

# Plant-Based Spanish Tapas Night | Zoom Cooking Class

FREE Zoom Cooking Class on November 19th, 2020 from 6:30-8pm EST.

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## MENU

Oat & Olive Oil Flatbread

Garlicky Mushrooms

Chickpeas with Spinach

Warm Marinated Olives, Tofu & Roasted Peppers

Gazpacho (optional)

## SHOPPING LIST

### *Dry Grocery*

- traditional Active Dry Yeast
- maple syrup or honey
- psyllium husk *powder*
- gluten-free all-purpose baking flour (Bob's Red Mill 1 to 1 Baking Flour works well)
- gluten-free quick oats
- 1-398 mL (14 fl oz) can chickpeas (aka garbanzo beans)
- extra virgin olive oil
- sea salt
- chili flakes
- sweet paprika
- black pepper
- oregano
- ground cumin

- 1 cup (240 mL) olives (any type you like)
- 1 small jar roasted red peppers
- sherry vinegar or apple cider vinegar

### *Fresh Produce*

- 4 cups cremini mushrooms (aka brown mushrooms or baby-bellos)
- 1-2 heads of garlic (10-20 cloves)
- flat leaf parsley
- 1 lemon
- 3 cups (720 mL) baby spinach
- 1 pkg extra firm organic tofu (sprouted, if possible)
- 1 small red pepper
- 2-3 ripe tomatoes
- 1 seedless cucumber
- 1-2 green onions

### *Optional*

- dry sherry
- flaky sea salt
- vegetable broth/bouillon powder

### *Tools you'll need...*

- cutting board
- chef's knife and small paring knife
- blender or smoothie bullet
- various bowls for prepped ingredients
- baking tray or stone
- large skillet/frying pan
- medium-large pot
- 1-2 wooden spoons
- 1 rubber spatula
- tongs
- paper towels or clean tea towel
- mesh strainer or colander
- measuring spoons

- measuring cups
- pastry/basting brush
- parchment paper (if you don't have a baking stone)
- pantry ingredients/spices

#### BEFORE WE ZOOM...

- prepare flatbread dough and rise for 60-90 minutes (video below)
- preheat oven to 400F (205C)
- prepare and chill gazpacho (optional)
- drain and rinse chickpeas/garbanzo beans
- peel garlic
- wash, dry and prep the fresh produce
- chop and measure anything you can to save time during the call!

#### THE RECIPES

##### ***Oat & Olive Oil Flatbread***

Makes 4-5 Servings

##### *What you'll need...*

- 1  $\frac{1}{2}$  cups (350 mL) warm water, not too hot!
- 1 tbsp (15 mL) traditional active dry yeast \*see notes below
- 1 tbsp (15 mL) maple syrup or honey
- 4 tsp (20 mL) psyllium husk powder \*see notes below
- 1 tsp (5 mL) sea salt
- 1  $\frac{1}{2}$  cups (350 mL) gluten-free all-purpose flour \*see notes below
- $\frac{3}{4}$  cup (175 mL) gluten-free quick oats \*see notes below
- 1/3 cup (80 mL) extra virgin olive oil

##### *What to do...*

1. In a large bowl stir together lukewarm water, traditional yeast, maple syrup, psyllium husk and sea

- salt. Add flour blend and oats; stir until mostly combined. Stir in olive oil until a dough forms.
2. Cover bowl with a damp kitchen towel and let rise for 60-90 minutes, or until about doubled in size.
  3. Preheat oven to 400F (205C). Use a baking stone if you have one, if not line a sturdy baking tray with parchment paper; make sure it isn't one that tends to warp in the oven. Brush generously with additional olive oil.
  4. Gently dump proofed dough into center of the oiled baking stone/tray. Using the tips of well-oiled fingers, patiently press out the dough until roughly 1.5-2cm ( $\frac{1}{2}$ - $\frac{3}{4}$ " ) thick. The shape doesn't matter, just get it as even in thickness as possible. If the dough tears, press it back together; it's forgiving if you're not overly rough.
  5. Allow the formed dough to rest at room temperature for 20 minutes. Gently brush with more olive oil and sprinkle with flaky sea salt. You can also top it with any herbs or infused oils you like. □
  6. Bake for 25-35 minutes in the center of the oven. When it's golden and crispy looking around the edges, it's done. You're better off over baking this, if underdone it will be wet and gummy inside. Ideally, allow to cool for 20 minutes before serving.

### *Notes...*

- Traditional yeast needs to be "activated" by dissolving it in warm water. If using quick-rise yeast, reduce the quantity to 2  $\frac{1}{4}$  tsp (12 mL,) add it to the dry ingredients and reduce rising time by roughly half... I have not tested this recipe using quick rise yeast so can't guarantee the results. Generally, I prefer the flavour of traditional yeast and don't mind waiting a little longer.
- Psyllium husk powder is ideal for the most "bread-like"

texture, if the psyllium husk you have is coarse, grind it into a powder using a blender or bullet. Ground chia seeds can be substituted in a pinch... Use  $\frac{1}{4}$  cup (60 mL) ground chia seeds in place of the 4 tsp (20 mL) of psyllium. I tested it this way; it works fine but is a bit more “gummy” inside.

- This recipe was tested using Bob’s Red Mill 1:1 Baking Flour which contains xanthan gum. If using a flour blend that doesn’t contain xanthan, add  $1\frac{1}{2}$  tsp (7.5 mL) for a similar result. There are so many options for gluten-free flours on the market, not all are equal. I tested this with my own flour blend and it turned out alright..  $\frac{3}{4}$  cup (185 mL) brown rice flour,  $\frac{1}{3}$  cup (80 mL) potato starch (different from potato flour,)  $\frac{1}{4}$  cup tapioca starch, 3 tbsp sweet rice flour (or glutinous rice flour),  $1\frac{1}{2}$  tsp (7.5 mL) xanthan gum.
- If all you have is large flake or rolled oats; just pulse them one or two times in a blender to make your own quick oats.

### ***Garlicky Mushrooms (Champiñones Al Ajillo)***

Serves 3-4

*What you’ll need...*

- $\frac{1}{4}$  cup (60 mL) extra virgin olive oil
- 4 cups (1000 mL) cremini/brown mushrooms, cut in half
- 2-10 cloves garlic, thickly sliced
- $\frac{1}{4}$ -1 tsp (1.25-5 mL) chili flakes
- $\frac{1}{2}$  tsp (2.5 mL) sea salt
- black pepper, to taste
- 2 tbsp (30 mL) dry sherry or 1 tbsp (15 mL) lemon juice  
\*see note below
- 2 tbsp (30 mL) chopped flat leaf parsley

*What to do...*

1. In a large skillet, heat 2 tbsp/30 mL olive oil over medium.
2. Add mushrooms. Using tongs, turn the cut side down on as many as possible. Let them sear, without stirring, for 2-3 minutes or until golden brown. Sauté for an additional 2-3 minutes stirring often. Don't overcrowd the pan; do this in two batches if needed.
3. Return all mushrooms to the pan if browned in multiple batches. Add remaining oil, sliced garlic, chili flakes, salt and pepper. Sauté for 1-3 minutes, stirring often, or until garlic is starting to soften.
4. Add sherry or lemon juice, stirring constantly until liquid has evaporated. Stir through parsley just before serving.

#### *Notes...*

- Sherry will add a more authentic flavour, but don't buy a whole bottle if you won't use it. Lemon juice isn't the same, but will brighten up the recipe if you don't have sherry.

### ***Spinach & Chickpeas***

Serves 3-4

#### *What you'll need...*

- 3 tbsp (45 mL) extra virgin olive oil
- 2-6 cloves garlic, roughly chopped
- 2 tbsp (30 mL) sweet paprika (not smoked)
- 1-398mL (14 fl oz) can chickpeas, a.k.a. Garbanzo beans, drained & rinsed
- $\frac{1}{4}$  cup (60 mL) water or vegetable broth
- $\frac{1}{2}$  tsp sea salt, or more to taste
- 3 cups (720 mL) chopped baby spinach

#### *What to do...*

1. In a large pot, heat oil over medium-low. Add garlic and

- sauté 2-3 minutes, stirring often, or until starting to soften. Don't burn the garlic!
2. Stir through the paprika. Add chickpeas, water/vegetable broth and sea salt. Increase heat to medium-high. Bring to simmer and cook until the water is mostly evaporated.
  3. Add the chopped spinach and keep stirring until wilted, roughly 1-2 minutes. Season with additional salt & pepper if needed.

### ***Warm Marinated Olives, Tofu & Roasted Peppers***

Serves 3-4

*What you'll need...*

- $\frac{1}{2}$ -400g (14 oz) package extra firm organic tofu (sprouted, if possible)
- 1 tbsp (15 mL) sweet paprika
- $\frac{3}{4}$  tsp (3.75 mL) dried oregano
- $\frac{1}{2}$ -1 tsp (2.5-5 mL) chili flakes
- $\frac{1}{2}$  tsp (2.5 mL) sea salt
- $\frac{1}{4}$  tsp (1.25 mL) black pepper
- 3 tbsp (45 mL) extra virgin olive oil
- 3-8 cloves garlic, sliced
- 1 cup (250 mL) olives, any type you like
- $\frac{1}{2}$  cup (125 mL) jarred roasted red peppers, cut into strips \* see notes below
- 2 tbsp (30 mL) dry sherry, optional \*see notes below
- $\frac{1}{4}$  cup (60 mL) chopped flat leaf parsley

*What to do...*

1. Cut the tofu into 2 cm ( $\frac{3}{4}$ " ) thick slices; press between a clean kitchen towel to remove excess moisture. Cut tofu slices into 2 cm ( $\frac{3}{4}$ " ) cubes. Toss with paprika, oregano, chili flakes, sea salt and black pepper in a bowl; set aside.
2. In a large skillet, heat oil over medium-low. Add garlic

and sauté 2-3 minutes, stirring often, or until starting to soften. Increase heat to medium-high. Add marinated tofu and stir to cover in garlicky olive oil.

3. Add olives, peppers and dry sherry. Stir gently until moisture has mostly evaporated and everything is heated through. Stir through parsley before serving.

### *Notes...*

- This recipe was tested using jarred roasted peppers which are usually sold in a light vinegar based brine. If you want to roast and peel your own red peppers, just add  $\frac{1}{2}$  tsp (2.5 mL) sherry or apple cider vinegar to the recipe.
- Sherry will add a more authentic flavour, but don't buy a whole bottle if you won't use it. Replace the moisture with vegetable broth or water.

## **Gazpacho**

Serves 2-3

### *What you'll need...*

- 2-3 very ripe tomatoes, chunked \*see notes below
- 1 small red pepper, seeded & chopped
- $\frac{1}{2}$  seedless cucumber, peeled & chopped
- 1-2 green onions, roughly chopped
- 1 clove garlic, roughly chopped
- 2 tbsp (30 mL) extra virgin olive oil
- 2 tsp (10 mL) sherry vinegar, or apple cider vinegar
- $\frac{1}{2}$  tsp (2.5 mL) sea salt
- $\frac{1}{4}$  tsp (1.25 mL) ground cumin
- roughly 5 cm (2") square piece Oat & Olive Oil Flatbread, optional \*see notes below

### *What to do...*

1. Blend everything until smooth. Serve room temperature or chilled.

2. For more texture, garnish with finely diced tomato, red pepper, and cucumber, if desired.

#### Notes...

1. You need  $1\frac{1}{2}$ -2 cups (375-500 mL) chunked tomatoes. The quality and ripeness of the tomatoes makes ALL the difference here; buy heirloom and/or vine ripened if possible and give them some time to ripen sufficiently on your counter. Never store tomatoes in the fridge!
2. Traditionally Spanish gazpacho is thickened with a chunk of bread. This isn't necessary but if you've baked an Oat & Olive Oil Flatbread, add a small chunk for more authentic flavour and texture.