

Saturday May 13th – Vegfest
Chef Krimsey Lilleth

From her book *The Cajun Vegan Kitchen*, by Krimsey Lilleth

Cajun JAMBALAYA

Serves 3–4 (makes about 8 cups)

Ingredients

- 1 tablespoon plus 2 teaspoons vegetable oil, divided
- $\frac{3}{4}$ cup chopped yellow onion (about $\frac{1}{2}$ small onion)
- $\frac{3}{4}$ cup chopped red bell pepper (about $\frac{1}{2}$ medium pepper)
- $\frac{3}{4}$ cup chopped green bell pepper (about $\frac{1}{2}$ medium pepper)
- $\frac{3}{4}$ cup chopped celery (about 2 medium stalks)
- 1 tablespoon minced garlic (about 3 medium cloves)
- 3 cups water
- $1\frac{1}{2}$ cups dry parboiled rice
- $2\frac{1}{2}$ tablespoons Krimsey's Cajun Seasoning
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon ground bay leaf (or 1 whole bay leaf)
- 2–3 links spicy vegan sausage, sliced into $\frac{1}{3}$ -inch-thick half-moon shapes
- 1 cup shredded vegan chicken and/or vegan shrimp, optional
- $1\frac{1}{2}$ cups cooked kidney beans (or one 15-ounce can)
- $1\frac{1}{2}$ cups cooked black-eyed peas (or one 15-ounce can)

Toppings: diced red cabbage, sliced green onions, and Cali-Cajun Sauce (page 179)

What to Do

1. Heat 1 tablespoon of the vegetable oil in a 3-quart or larger pot over medium heat, then add onion, red bell pepper, green bell pepper, and celery. Sauté for 5 minutes, then add garlic and sauté another 1–2 minutes, or until onions are slightly translucent and garlic is fragrant.
2. Add water, parboiled rice, Cajun seasoning, salt, and bay leaf. Bring to a boil, then lower the heat to medium-low and cover. Simmer lightly for about 15 minutes, or until rice is cooked through. Stir every minute or so during the last 5 minutes of cooking, scraping the bottom of the



pot as you go. If all your water absorbs and the rice is still crunchy, add more water, ¼ cup at a time, and simmer on low heat until absorbed.

3. While rice is cooking, heat remaining 2 teaspoons of vegetable oil in a medium saucepan over medium heat. Add vegan sausage slices and vegan chicken or shrimp, if using, and sauté for 6–8 minutes, or until slightly browned.

4. When rice is done cooking, remove from the heat and add kidney beans, black-eyed peas, vegan sausage, and vegan chicken/shrimp, if using. Stir, cover, and set aside off the heat to steam for an additional 10 minutes.

5. When ready to serve, if needed, reheat the jambalaya over low heat for 4–5 minutes until piping hot.

6. Portion into bowls and serve topped with diced red cabbage, sliced green onions, and Cali-Cajun Sauce.

krimsey's cajun SEASONING

This is my signature Cajun seasoning recipe; formerly used and sold at the restaurant in North Hollywood. Store-bought varieties often overdo the salt and skimp on (or even completely skip) the more expensive ingredients like white pepper.

Ingredients

1 tablespoon white pepper
1 tablespoon paprika
1 tablespoon chili powder
2 teaspoons freshly cracked
black pepper
2 teaspoons salt
1½ teaspoons garlic powder
1½ teaspoons onion powder

Combine all ingredients in a small bowl and whisk until well-blended. Store in an airtight container at room temperature. Generally, you should replace spices every year, because they start to lose their potency. This recipe is no exception.

Louisiana COLLARD GREENS

Serves 4-6

As with many other delicious and well-known Southern recipes, African slaves in the South originally introduced this dish to Louisiana. Plantation owners would give them leftover food scraps (including greens and meat leftovers), and the ingenious and resourceful African cooks found a way to make them delicious by boiling the collards with things like ham hocks and various spices. Collards grow quickly during Southern winters, so they were readily available and used often.

Ingredients

3 tablespoons olive oil
1 cup thinly sliced onion (about 1 medium onion)
1 tablespoon minced garlic
4 cups low-sodium vegetable stock
2 tablespoons apple cider vinegar
1 teaspoon Bragg liquid aminos, or soy sauce (regular or gluten-free)
2 teaspoons Krimsey's Cajun Seasoning
1 teaspoon brown sugar
1 teaspoon salt, plus extra for topping
½ teaspoon freshly cracked black pepper
¼ teaspoon crushed red pepper
¼ teaspoon liquid smoke
⅛ teaspoon ground bay leaf (or 1 whole bay leaf)
2 bunches collard greens (about 10 stems total), washed, de-stemmed, and sliced into 1-inch strips
Topping: Smoky Maple Bacon Bits (page 196)

WHAT TO DO

1. Heat olive oil in a 4-quart pot over medium heat. Add onions and cook, only stirring 2–3 times, for 8–10 minutes to caramelize.
2. Add garlic and cook for another minute.
3. Add vegetable stock, apple cider vinegar, liquid aminos, Cajun seasoning, brown sugar, salt, black pepper, crushed red pepper, liquid smoke, and bay leaf.
4. Bring to a soft boil, then add collards. Lower the heat to medium-low, cover, and simmer for about 40 minutes, or until collards are tender.
5. Add salt to taste, portion into bowls, top with Smoky Maple Bacon Bits, and serve.

loaded jalapeño CORNBREAD MUFFINS

Makes 1 dozen muffins

Despite the “jalapeño” in the name, these cornbread muffins aren’t too spicy. They carry the jalapeño flavor, but not the heat. If you like food that bites back, try subbing in habanero peppers for the jalapeño peppers.

Ingredients

1½ cups cornmeal
1½ cups all-purpose flour
¾ cup cane sugar
2 teaspoons baking powder
2 teaspoons salt
1¾ cups unsweetened non-dairy milk (rice milk recommended)
½ cup vegan butter, melted
1 jalapeño, deseeded and finely diced (3–4 tablespoons diced)
½ cup finely diced yellow onion
½ cup corn kernels, fresh or canned (well drained)
¾ cup vegan cheddar cheese shreds

Topping: vegan cheddar cheese shreds and coarse-ground salt

For serving: vegan butter

WHAT TO DO

1. Preheat your oven to 375°F.
2. In a large bowl, whisk together cornmeal, flour, sugar, baking powder and salt.
3. When well combined, use a spatula to mix in non-dairy milk and melted butter. Gently blend until chunks are gone.
4. Set aside about 1 tablespoon of diced jalapeño for topping, then fold in the
5. rest of the diced jalapeño, yellow onion, corn, and vegan cheese.
6. Transfer batter to a lightly oiled 12-cup muffin pan. If using a standard-sized muffin pan, you should fill each cup almost to the very top—don’t be afraid of overflow! Filling them this high will make big, beautiful muffin tops.
7. Sprinkle a bit of vegan cheese and diced jalapeño on each raw muffin, then grind a tiny bit of coarse salt on top.
8. Bake for 30 minutes, or until muffin tops turn golden brown.
9. Let cool slightly and serve warm with vegan butter.

smoky maple BACON BITS

Makes about 1 cup

These mimic the savory, smoky flavor of bacon without involving any pigs (preferable, in my opinion). Just be sure you're buying coconut flakes—sometimes called coconut chips—because “shredded coconut” is something totally different and won't work well.

Ingredients

2 teaspoons maple syrup
1½ teaspoons balsamic vinegar
1 teaspoon salt
1 teaspoon cane sugar
1 teaspoon vegetable oil
½ teaspoon liquid smoke
1 cup dried coconut flakes (not shreds),
plus extra as needed

WHAT TO DO

1. Preheat oven to 375°F.
2. Mix all ingredients except the coconut flakes in a medium bowl, then add coconut flakes and stir well to coat completely. If you've got a little extra liquid at the bottom of your bowl after stirring well, add some more coconut flakes, 1 tablespoon at a time, to soak up the extra juice.
3. Transfer to a dry baking sheet and spread out coconut flakes evenly on the pan, doing your best to separate flakes as much as possible into a single layer. Try to keep them somewhat close, though, because rogue pieces off on their own will receive more heat from the pan and will be likely to burn.
4. Bake for 3½ minutes, then remove from the oven and stir.
5. Return to the oven and bake for 3–4 more minutes, or until they are medium brown (the color of pancake syrup) with some dark edges. Watch carefully, as they can go from perfectly well-done to totally burnt very quickly! Also be aware that the flakes will continue to brown and crisp for a minute or so after removing them from the oven, so you'll want to stir them one more time before letting them cool. Separate them so that they don't stick together as they cool down.
6. Once they're at room temperature, they'll crisp up! Use immediately, or freeze in an airtight container or bag and use as craved.