

# Vegfest - May 14th 2023

## Chef Krimsey Lilleth

From her book - Cajun Vegan Kitchen, by Krimsey Lilleth

### *heart of the bayou* ÉTOUFFÉE

Serves 4–6 **GF**

Pronounced “ay-too-fay,” this dish was inspired by the French word étouffer (which means “to smother”). It is believed that it was first served around the year 1920 in the backcountry bayous of Louisiana. It was originally a popular dish among Cajuns of the backwaters (made with crawfish), but it eventually made its way into many New Orleans restaurants as people tasted it and loved it.

#### STUFF YOU NEED

- 2 cups dry parboiled rice
- ¼ cup vegan butter
- ½ cup all-purpose flour (for gluten-free, use ¼ cup rice flour instead)
- 1 (14.5-ounce) can diced tomatoes, with juice
- 4 cups coarsely chopped onions (about 2 large onions)
- 2 cups coarsely chopped green bell pepper (about 1 large pepper)
- 2 cups coarsely chopped red bell pepper (about 1 large pepper)
- 2 cups coarsely chopped celery (about 4 stalks)
- 4 garlic cloves, minced
- 2 cups low-sodium vegetable stock, plus extra as needed
- 1 (15-ounce) can whole hearts of palm, crushed with hands
- 2 tablespoons Krimsey’s Cajun Seasoning (page 193)
- 2 teaspoons salt
- 1 (8×8-inch) sheet dried roasted nori seaweed paper
- ½ teaspoon cayenne pepper
- 1 bay leaf
- ¼ cup chopped fresh parsley leaves

#### WHAT TO DO

1. Cook rice according to package instructions and set aside.
2. While rice is cooking, melt vegan butter in a 4-quart pot over low heat.
3. Raise the heat to medium and add flour to make your roux. Stir continuously with a flat-bottomed spoon, scraping the bottom of the pan as you go, until the mixture is the color of peanut butter. This should take 4–6 minutes. I advise that you don’t try to multitask while the roux is roasting, because you’ll likely burn it! (At least, that’s what usually happens to me...)
4. Add diced tomatoes and their juice, onions, bell peppers, celery, garlic, and ½ cup of the vegetable stock. Reduce the heat to medium-low and lightly simmer, stirring occasionally, until onions are translucent, about 10 minutes.
5. Add remaining 1½ cups stock, hearts of palm, Cajun seasoning, salt, crumbled nori paper, cayenne pepper, and bay leaf. Continue to simmer gently for another 20 minutes, or until the mixture is the consistency of a thick soup. If it’s too thick for your liking, just add a little more stock until it’s perfect.
6. Add fresh parsley, stir, and serve over rice. Top with green onions and battered vegan shrimp, if desired.

*Recommended toppings:* sliced green onions sliced green onions and battered vegan shrimp

# one-pot mardi gras **MEDLEY**

Serves 2–3 **GF**

The green, purple, and yellow in this simple recipe (pictured on page 128) remind me of Mardi Gras and make getting my veggies in for the day so much easier. This recipe pairs well with the Blackened Cajun Tempeh (page 91) and the Yukon and Russet Mash (page 161).

## STUFF YOU NEED

- 1½ cups baby brussels sprouts (about ½ pound), trimmed and cut in half
- 1 ear corn, shucked and cut crosswise into two or three pieces (or 2–3 frozen mini corn cobs)
- 1½ cups sliced red cabbage (about half a small cabbage), cut into 1-inch-wide strips
- 3 large kale leaves, hand-torn into chunks  
Juice of ½ small lemon (about 2 teaspoons)
- ½ teaspoon Krimsey’s Cajun Seasoning (page 193), plus extra for topping

## WHAT TO DO

1. Before starting, make sure you have all of your veggies chopped and ready to go. Note: Chopping through an ear of corn is no easy task. I suggest using a serrated knife to “saw” through it gently. You can chop the corn into as many pieces as you need depending on how many people you’re serving.
2. Bring 1 inch of water to boil over medium-high heat in a 4-quart (or larger) pot with a lid.
3. Place brussels sprouts in a steamer basket insert and set over the boiling water. Cover and steam for 2 minutes.
4. Add corn cobs to the steamer basket, cover again, and cook for 2 minutes.
5. Add red cabbage to the steamer basket. Cover again and cook for another 2 minutes.
6. Add kale to the basket, cover, and steam for 1½ minutes more. When all the veggies are done cooking, they should be vibrant and colorful!
7. Remove the pot from the heat and take off the lid to stop the cooking process. Pour out the water from the main pot and transfer veggies out of the steamer basket into the dry pot.
8. Squeeze fresh lemon juice over veggies and sprinkle with Cajun seasoning. Use tongs to toss and distribute the flavors. Serve immediately, topped with additional Cajun seasoning if desired.

