



alamatamiso

Greek
Vegan

Recipes

Lisa Sizemore

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DEDICATION

It gives me joy to dedicate my little book to Fr. Peter Nicosia, a Capuchin Franciscan Friar who inspired and challenged me, who uplifted me with hope, who gave me wise and spiritual counsel, who blessed me and believed in me and who shares my prayer for a world filled with peace, love and compassion for all of creation.

INTRODUCTION

I have a passion for cooking—it is my way of expressing love. I used to think the richer the foods the better. But my food choices began to change when I started taking cooking lessons at a local health food store. I not only love to cook but I love to eat and I was surprised to find that vegan foods could be so amazingly delicious. It was also clear that whole foods were not only yummy but provided many health benefits. In 2010 I made a personal commitment to become a vegetarian. But becoming a vegetarian quickly became much more than a healthier way to enjoy food. It took on a mystical understanding the day that Sparkey, a very young feral kitten, showed up at our front door. It was love at first sight. When I looked into his weak little eyes it was as if I was looking into the eyes of a vulnerable animal destined for slaughter. Through Sparkey's love and through my kitchen prayers I began to make sense that a plant based diet was much more than just a way to eat—but food choice had a Divine dimension. I became conscious of a depth of love and compassion intrinsic to a vegan kitchen. I have always wanted to write a cookbook but now I was more inspired than ever!

My father was an immigrant from Athens, Greece. I grew up in a small Greek community and I come from a family of esteemed cooks. My mother used to tell me that my love and gift for cooking was not just handed down but that it was a genetic inheritance. Unlike my mother or grandmother who passed down their own recipes by memory, I have carefully documented veganized versions of my family's own classics. The reworked recipes provide delicious, healthy and compassionate alternatives. When converting our family's favorites I used whole foods which kicked-up the health and yum factor. When trying to decide what to name my little cookbook I thought why not name it after a couple of my favorite ingredients? Like Kalamata for Kalamata olives which are quintessential Greek; and miso, a new healthful ingredient I adore made of fermented beans or grains, which I infused into many of the recipes to enhance their deliciousness. And so, I came up with “Kalamatamiso” a kind of metaphor for Greek, healthy food. I hope you enjoy the recipes as much as I enjoyed preparing them.

May every bite be a celebration of life!

Lisa



Sparkey

FAVORITE VEGAN INGREDIENTS

May be found at your local grocery stores, health food stores or online.

Almond Milk: *Blue Diamond or Pacific Foods*

Kalamata Olives and Kalamata Olive Oil first cold pressed

Nondairy Sour Cream: *Tofutti or Follow Your Heart*

Miso: *Miso Master Organic Mellow White Miso*

Rice Milk: *Pacific Foods, Imagine Foods or Westbrae*

Soy Sauce: *Ohsawa Organic Nama Shoyu a raw unpasteurized soy sauce*

Tofu: *Nasoya or Wildwood Organics*

Vegan Margarine: *Earth Balance or Spectrum Organics*

Vegan Mayonnaise: *Veganise*

Zaatar: a Mediterranean blend of herbs that may be found at Middle Eastern stores or online

Zephyrhills or FIJI brand spring water

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ACKNOWLEDGEMENTS

ABOUT THE AUTHOR



Allspiced Apricot Preserves on Multigrain Toast

Allspiced Apricot Preserves

Serves 4

Sweet spiced stewed apricots were truly a delicious comfort food when I was growing up. My mother would make these preserves as a warm welcome to the first cool morning of fall.

1 cup dried apricots

½ cup evaporated cane sugar

1 cup water

4 whole allspice berries

1 whole clove

1 teaspoon cider vinegar

Place all ingredients into a saucepan. Bring to a boil over medium high heat. Reduce heat, cover and gently simmer for 30 minutes—apricots should be plump and soft. Add small amounts of water during cooking if needed. Serve warm or at room temperature for breakfast with whole grain toast or pita.



Bougatsa with tofu filling.

[Breakfast Bougatsa](#)

Serves 6

In Greece bougatsa are traditionally made with an egg custard filling. Tofu provides a very simple and healthy way to veganize this recipe without losing any of the yum factor.

1 14 oz. block extra-firm tofu drained and pressed dry then cut into 8 slices

Cinnamon sugar

24 sheets of phyllo dough, thawed overnight in fridge

1/3 cup vegan margarine melted

Maple syrup or agave

Confectioners' sugar

Preheat oven to 350°. Lay the phyllo flat on a table and keep covered with a damp towel, waxed paper or plastic wrap. Use 4 sheets of phyllo for each bougatsa, Place one sheet at a time on table or cutting board brushing each with melted Earth Balance. Place a slice of tofu on top third of phyllo and sprinkle with cinnamon sugar. Fold right and left sides of pastry towards the center, brush sides with melted margarine. Fold top border over the tofu. Fold over a few times to enclose tofu into an envelope. Place seam side down onto parchment lined cookie sheet. Repeat process with each pastry. Bake in preheated oven for 30 minutes. Serve right out of the oven or warm.

Note: bougatsa are NOT REAL SWEET, so if you have a sweet tooth like my husband Bruce, drizzle with maple syrup or agave and sprinkle with confectioner's sugar.



Tofu scrambled with Greek flavors.

Corfu Tofu Scramble

Serves 2 to 4

1 tablespoon olive oil

1 tablespoon vegan margarine

8 oz. (½ slab) extra firm tofu

1/2 teaspoon ground turmeric

2 teaspoons oregano—divided

1 teaspoon nutritional yeast

4 green onions

½ cup grape tomatoes, cut in halves

4 Kalamata olives, sliced

1 large handful fresh baby spinach leaves

1 teaspoon fresh lemon juice

1 teaspoon Liquid Aminos

1 teaspoon vegan margarine melted

Cracked black pepper and sea salt to taste

Heat olive oil with margarine in saucepan over medium high heat. Drain and press water out of tofu—crumble into saucepan; sauté until beginning to turn golden and crispy. Add turmeric, 1 teaspoon oregano and nutritional yeast—toss to blend. Add tomatoes, olives and spinach—cook and toss until spinach begins to wilt. Remove from heat—stir in remaining teaspoon oregano, lemon juice, aminos, margarine sea salt and cracked pepper to taste. Serve immediately.



Farro with dried fruits and nuts.

Farro for Breakfast

Serves 2

1 cup farro soaked in 3 cups spring water overnight

Assorted dried fruits such as Calimyrna figs, cranberries, apricots or others

Walnuts coarsely chopped

Soy creamer

Agave or maple syrup

Soak farro overnight. In the morning, drain and rinse the farro. Add farro and 3 more cups of water to a pot. Bring to a boil over medium high heat then reduce to a simmer. Cover and cook for 10 to 15 minutes. Drain and top with chopped dried fruits, walnuts, creamer and drizzle with agave or maple syrup.

Note: Farro takes about 30 to 45 minutes to cook. Soaking overnight speeds up the cooking process for a healthy quick breakfast. You may also like spelt berries, wheat berries or steel cut oatmeal, using this same cooking process.



Soy yogurt with cinnamon, almonds, granola and dried fruits.

Soy Yogurt Breakfast

6 oz. container vanilla soy yogurt, I like Silk Live Yogurt brand

1 tablespoon of favorite granola

Sliced almonds

Calimyrna figs chopped

Dried apricots chopped

Cinnamon

Agave nectar or maple syrup

Top vanilla yogurt with granola, almonds, chopped figs, chopped dried apricots or other fruits of choice. Sprinkle with cinnamon and drizzle with syrup.



Hummus with Parsley Kalamata Dressing

Hummus Pate

Serves 6 to 8 as an appetizer

Sometimes I crave hummus. It is great smeared on whole grain bread for a quick snack or even on toast for breakfast. It is so simple to make—but if you want to impress family and friends, press it into a plastic-wrap lined mold, like a plastic bowl, for a vegan-chic presentation.

Hummus

2 garlic cloves chopped

1 15 ounce can organic garbanzo beans drained and rinsed

1 tablespoon olive oil

1 tablespoon sweet white miso

½ teaspoon sea salt such as Celtic, Redmond Real Salt or Himalayan

Drop garlic into running food processor fitted with steel blade; turn off, drop in garbanzo beans, olive oil, miso and salt—process for 2 to 3 minutes or until pureed and creamy scraping down sides as needed. Line a coffee cup or another 1 cup container with plastic wrap leaving long overhang to help remove hummus. Refrigerate for a couple of hours or overnight.

Parsley Dressing

¼ cup fresh Italian parsley finely chopped

6 Kalamata olives chopped

1 tablespoon fresh lemon juice

2 tablespoons olive oil, divided

¼ teaspoon sea salt or to taste

½ teaspoon lemon zest

Mix parsley together with olives, lemon juice, 1 tablespoon olive oil and sea salt. Unmold hummus onto saucer or serving dish. Spoon parsley dressing onto top and around the bottom of the pate—sprinkle with lemon zest and drizzle with remaining tablespoon of olive oil. Serve with warmed pita triangles or toasted pita chips.

Note: Miso adds a sweet creaminess to hummus. It also boosts the nutrition factor.



Fried Oyster Mushrooms

[Fried Oysters](#)

Serves 4 to 8

I remember walking home from school and passing by the Sponge Docks at the same time the Greek fishermen were unloading their nets and coolers with the catch of the day. I saw live octopus dumped and squirming on the ground. The fishermen would pick them up by their tentacles and beat their bodies against the concrete to tenderize their flesh. Even as a young child I found this sad and disturbing. So I was so happy to learn that oyster mushrooms provide a compassionate substitute for seafood. To my family and me they are just as delicious as octopus, calamari or squid.

1lb. oyster mushrooms

3 tablespoons cornstarch

½ cup spring water

½ cup unbleached flour

1 teaspoon sea salt

½ teaspoon ground black pepper

3 teaspoons zaatar optional

Canola oil

Lemon wedges

Clean mushrooms. Whisk together cornstarch and water to make a slurry. In a separate bowl mix flour, sea salt, pepper and zaatar. Toss the mushrooms with the slurry trying to coat all sides. Then toss with flour mixture. Heat 1 inch of oil in pan over medium-high heat to 365 F. Fry mushrooms in hot oil until golden brown. Drain on paper towels. Serve immediately with tzatziki sauce and lemon wedges.



Tofu Saganaki

Saganaki

Serves 4 to 8

Saganaki is an appetizer of fried Greek cheese. It is flamed with brandy at the table and the waiter shouts "Opa!" Tofu is just as tasty and a lot healthier, "Oh yeah!"

½ of a 14oz. slab of extra firm tofu drained and pressed dry cut into 8 rectangles

1 tablespoon flour

1 tablespoon panko bread crumbs

1 teaspoon sea salt

1 tablespoon olive oil

Fresh lemon wedges

Dried oregano

Extra virgin olive oil

Drain tofu and press out extra moisture without breaking the slab. Cut into 8 rectangles. Mix together the flour, bread crumbs and sea salt. Dip tofu rectangles in water then lightly press into flour mixture to coat all sides. Heat olive oil in skillet (preferably iron) over medium heat. Pan sear tofu pieces turning until golden brown on both sides. Drizzle with additional olive oil, sprinkle with dried oregano and dribbles of lemon juice.

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