Classic French Vegetarian

Rhona Bowles Kamar

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Schedule:

1. Meringues: Mix the large batch up front of meringues and divide between each couple.

Equipment:

Baking sheet

Parchment paper

Spoon

Oven preheated to 225

Cook for one hour

2. Socca batter: They will mix their Socca batter to set aside until the meringues are done.

Equipment:

Cutting board for herbs

Chefs knife

Large mixing bowl

Whisk

Oven proof skillet

3. Ratatouille veg: They will cut all of their vegetables for the ratatouille. Then we will cook the ratatouille.

Equipment:

Cutting board

Chefs knife

Bowl to hold cut vegetables

Largest saute pan or sauce pan

Spoon for stirring ratatouille

4. Chantilly Coconut: I will mix this in a batch up front.

5. Berries: Toss the berries with the rosewater, honey and vanilla seed

Equipment:

Mixing bowl

Spoon

6. Bake the socca. By this time the meringues will be done. We will turn the ovens up to 450, preheat the pans and then pour in the batter. They take about 5 minutes to bake.

Equipment:

Oven safe skillet

Thin spatula to remove

7. Assemble the pavlova on plates.

Shopping List:

For the Ratatouille:

For every two people:

½ pound eggplant

½ pound zucchini

1 medium yellow onion

1 bell pepper (it’s nice to have different colors if you can find them)

4 cloves of garlic

1 pound fresh tomatoes

2 sprigs each ; fresh rosemary, fresh basil

¼ cup balsamic vinegar

½ teaspoon sea salt

½ teaspoon black pepper

2 tablespoons olive oil

½ cup water

For the Socca:

For every two people:

1 cup chic pea or garbanzo bean flour (Besan flour in Indian groceries)

1 cup lukewarm water

4 Tablespoons olive oil

½ teaspoon sea salt

fresh ground pepper

3 Tablespoons fresh minced rosemary

For the meringues:

We will make this upfront in the mixer and divide the batter.

2 dozen eggs

Cream of tartar

4 cups sugar

For the Chantilly Coconut:

We will also make this up front in the mixer:

6 cans of Whole Foods brand Full fat Organic Coconut Cream (these need to be kept in the refrigerator at least 24 hours before mixing)

6 Tablespoons powdered sugar

3 teaspoons vanilla extract

For the Marinated Berries:

For each two people:

1 cup blackberries

1 Tablespoon rosewater

½ vanilla pod

1 teaspoon honey

RATATOUILLE

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THE RECIPE

Serves 4 to 6 people

1 pound Zucchini, diced medium

1 pound Eggplant, diced medium (see note)

2 Onions, diced medium

2 Bell peppers of one or various colors, diced medium

1 head Garlic, chopped

2 pounds fresh tomatoes, cored and chopped rough

3 Tablespoons fresh herbs, chopped fine. Any combination of basil, parsley, thyme, sage, rosemary or lavender.

½ to 1 cup balsamic vinegar

1 teaspoon sea salt or more to taste

1 teaspoon black pepper or more to taste

3 Tablespoons olive oil

In a large sauté pan or dutch oven, heat a tablespoon of olive oil on medium heat. Pan-sear the zucchini and eggplant in olive oil in batches to get a nice crust on all sides. Remove from the pan and set aside.

Add another tablespoon of olive oil and sauté onions, bell peppers and garlic until soft and caramelized.

Add the seared vegetables in with the aromatics and tomatoes. Add about a half a cup of water in with the vegetables. Cover and turn the heat on medium to start to soften the vegetables.

Keep a careful eye on the stove and adjust the heat if the vegetables are cooking too fast. The lid will help to keep the juices steaming. Add more water if the pan is running dry.

When the vegetables are soft in about half an hour, remove the lid and add ½ cup balsamic vinegar and continue to sauté uncovered until the vinegar begins to caramelize and evaporate.

Stir in the chopped vegetables and salt and pepper. Taste and add more seasonings, if you like, including balsamic vinegar or herbs.

Socca: a classic French Vegan + Gluten Free Flatbread

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[www.prana-junkie.com](http://www.prana-junkie.com)

1 cup chic pea or garbanzo bean flour (Besan flour in Indian groceries)

1 cup lukewarm water

4 Tablespoons olive oil

½ teaspoon sea salt

fresh ground pepper

3 Tablespoons fresh minced rosemary, thyme, chives or other herbs

9 to 12 inch round oven-proof skillet or Socca or crepe pan.

Sift the flour through a fine sieve into a mixing bowl. Slowly add the water while whisking out any lumps. If the batter is still lumpy, strain it through the fine sieve another time. The batter needs to be smooth.

Whisk in the salt, pepper and 2 Tablespoons of olive oil. Set the batter aside to rest while you preheat the oven, or up to several hours.

Set rack as close to the top of the oven as will accommodate your pan. Preheat the oven to 450 degrees. When the oven is preheated, set the pan inside to heat, about 3 minutes.

Stir the fresh herbs into the batter. Remove the pan from the oven and swirl in 2 Tablespoons of olive oil. Coat the pan well. Pour in the batter and swirl it around to coat the pan.

Bake the socca for about 7 minutes, until it is well set and then turn the oven to broil. Broil for 2 to 3 minutes until a brown crust forms on the top.

Carefully remove from the oven. Slide a thin spatula around the edges to loosen and then underneath the bread and slide onto a cutting board. Cut into triangles and serve immediately.

THE PAVLOVA

Meringue :

Granulated sugar

Egg whites

Cream of Tartar

Marinated Berries

2 cups mixed fresh berries (any combination of raspberries, blueberries, blackberries or strawberries)

1 tablespoon rosewater

Seeds from ½ inch vanilla pod

½ teaspoon honey, optional

In a mixing bowl, toss the washed berries with the rosewater, vanilla seeds and honey. Set aside.

Coconut Chantilly

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2 cans full fat organic coconut milk

1 tablespoon sifted powdered sugar

(Sweetener is optional with this whipped cream. Coconut milk is already slightly sweet.)

1 teaspoon vanilla extract

Chill the cans of coconut milk in the refrigerator for at least 8 hours before using.

Open the cans and with a butter knife, go around the inside edges of the can to loosen the dense coconut cream. Pour the contents of the can into a strainer set on top of a bowl.

Place the thick cream into a food processor with the blade attachment. Reserve the liquid. Add in the sugar, if using and the vanilla. Turn on the food processor for 30 seconds and then stop to check for any large chunks of cream that aren’t breaking down. If you find any, use a fork to mash them. Continue to process the cream for another 30 seconds or so until the cream is light and fluffy with no lumps. Keep chilled.