The World of Canapés; the Bite Sized World of Possibilities
Sunday Sept. 13th – 9:15 – 10:30 AM

It all starts with the highest quality organic ingredients you can find, an innovative yet simple menu prepared and presented with a delicate hand, and attentive service with a smile. For larger parties it is easier to serve bite-sized fare, but the challenge is to create a small taste that gives guests a glimpse of the meal to follow—piquing their interest while delighting with a balance of tastes (acid, sweet, fat, salty, spicy, cooling), levels of taste (subtle, sharp), and texture. The greatest joy of food service, is to bring fresh, organic, clean food to the masses, and the best way to do so is by focusing on superior quality ingredients and presentation in all you offer your guests*

There are a number of ways to showcase these first impression recipes for your guests; the most common are:

**Amuse-bouche**  
*French derived for small appetizer. A bite sized morsel to tickle the palate before a meal.*

**Hors d’oeuvre**  
*Bite sized morsel before a meal, usually finger food; can be served in small boats, cones, on skewers, or with toothpick*

**Canapé**  
*Meaning ‘couch’ in French, canapés are small decorative, bitesized finger food before a meal, usually served on bread or cracker, warm or cold, typically served with cocktails.*

**Appetizer**  
*A small starter, and first course in a multi-course menu that is larger than amuse-bouche, yet still plated. Most appetizers require silver to eat, rather than just bite sized passed options of the canapé and Hors d’oeuvre*

Will Cover:
- Base components
- Herb and spice combining
- Taste balancing
- Working with plant based proteins
- Ingredient substitution and conversion
- Methods: germinating, culturing, pickling, baking, steaming, infusing

**Sampling Canapé Menu**

**Save the Tuna Pate** (demo with rocket & tomato salad)  
*In cucumber cups with kelp and fresh dill*

**Apple, Maple and Fennel Sausage**  
*Skewered with roasted sweet potato and green onion*

**Baked Seitan, Kale, and Wild Mushroom Köfte with Fennel**  
*With mint yogurt sauce and wine pickled onions*

**Sage Polenta Cakes**  
*With wild mushroom, roasted pepper sweet relish and horseradish root*
Almond-Dill Pate with Pickles (AKA: mock Tuna Salad)

1 c sunflower seeds soaked 10-12 hours
1 c almonds soaked 10-12 hours
2 T dill, fresh and minced
2 T lemon juice
T kelp granules
½ T Celtic salt
2 T maple, or agave
1 t black pepper
1/3 c celery minced
¼ c red onion minced
1/3 c pickles diced

Homogenize almonds and sunflower seeds, hand mix in remaining ingredients, mixing thoroughly.
Serve by itself or wrapped in nori with assorted veggies.
Will keep for 1 week chilled.

Wine Pickled Onions

2 red onions, peeled and sliced paper thin on mandolin
½ c red wine or merlot vinegar
3 T agave syrup
Pinch of course sea salt

Toss all ingredients well, and gently massage. Allow to pickle for a few hours to overnight.
Store in jar chilled, will keep for up to 2 weeks.

Seitan (standard version)

¼ c shoyu
1 ¼ c mushroom stock (or veg stock)
1 ½ T maple syrup
½ c masala wine
½ T Worchester sauce
3 T catsup

Whisk all above ingredients well, In separate bowl mix the dry batch:

½ t chipotle powder
1 ½ T onion powder
T garlic powder
2 c gluten flour
½ c nutritional yeast

Hand mix wet and dry batches. Knead for 3 minutes until all is mixed thorough and elastic texture of dough.

For baking: In baking pan, or roast pan. Make another batch of the liquid as listed above, and pour in pan. place the Seitan loaf in the center and bake at 375 degrees for 20 minutes, flip, baste with liquid and continue to bake for 20 more minutes. Allow to sit to firm up before use. Shred, grind or mince for recipes.
**Seitan: Apple, Herbs and Maple Sausages**

This is great on the grill, or seared as a breakfast sausage.

1 ½ c vegetable stock  
3 T masala wine  
2 T catsup

Whisk all above ingredients well. In separate bowl mix the dry batch:

2 c gluten flour  
¼ c nutritional yeast  
¼ cup dried apples fine diced  
½ T garlic powder  
½ T onion powder  
1 ½ T tasted fennel seeds  
½ T sea salt  
½ T fresh oregano  
½ T fresh sage  
2 T garlic chives, or regular chives minced

Hand mix wet and dry batches. Knead for 3 minutes until all is mixed thorough and elastic texture of dough. Cut dough into 6 pieces... **Forming sausages:**

**Option 1:** Roll each piece in parchment paper, sausage length and size. roll in cheese cloth, tie one end tight with string, for the next end twist until the sausage is fairly tight, then tie. Cut remaining cloth off ends.

**Option 2:** using sausage maker, stuff plastic casings to desired size. tie off ends, and twist each tight to separate.

Steam for 40 minutes. Once cooled, remove from casing, and sear, or grill for service.

**Baked Seitan, Kale, and Wild Mushroom Köfte with Fennel**

2 c cooked seitan, ground / minced in the food processor  
2 med red russet potato boiled and mashed smooth  
1/4 c raw white onion minced  
1/4 c parsley chopped  
1/2 c kale steamed, and fine shredded  
3 T nutritional yeast  
1 ½ T Crushed red pepper  
1/2 c whole wheat bread crumbs  
2 T fennel seed toasted n ground  
Black pepper to taste  
3 cloves garlic minced  
3/4 c diced wild mushrooms  
Shot of tamari

Preheat oven to 375 degrees.

Using the cooked ‘standard seitan recipe’, grind fine in food processor. In small sauté pan, steamfry the minced garlic and diced mushrooms, right when mushrooms are close to fully cooked give a splash of tamari and set aside.

Hand mix in large bowl all ingredients, including the ground seitan, and steam fried garlic mushrooms. Hand roll into small ‘meat ball size’ balls. Place on non stick sheet pan and bake for 25 minutes, turn over half way to ensure they do not burn.

Serve warm with either a spicy marinara, or chilled soy/mint yogurt sauce. These can be frozen once they are fully cooked.