

# Mark Anthony, “Artistic Creations” - 08019

## Spinach & Artichoke Dip

1/3 c. vegan cream cheese  
1/4 c. vegan sour cream  
8 oz. artichoke hearts (drained weight)  
1/2 c. frozen chopped spinach, drained  
1 Tbsp. chopped garlic  
1/4 tsp. red pepper  
1/4 tsp. salt  
1/2 tsp. lemon juice  
1/4 tsp. pico de gallo seasoning

Combine ingredients, then process in food processor or mix by hand until well blended. Chill for 2 hours.

*Can be served in a hollowed-out fresh cabbage. Cut off the top and bottom of the cabbage, then hollow out a bowl in the center with a knife or melon ball scoop. Place the dip in the center and chill. Garnish with pesto, BBQ spice in olive oil or jerk spice with olive oil. **Mark Anthony***

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## **Almond Pate**

3 c. soaked almonds (soaked overnight)  
2 Tbsp. tahini  
2/3 c. lemon juice  
1/4 c. soy sauce  
2 tsp. chopped garlic  
1/2 c. chopped carrot  
1 Tbsp. flax seed  
1 tsp. mesquite seasoning  
1/4 tsp. salt  
1/4 tsp. red pepper

Combine all ingredients. Blend in food processor until desired texture is reached, adding water as necessary.

*Almond pate can be formed into balls and rolled in a variety of toppings, such as parsley, BBQ spice, sliced almonds, roasted garlic, flax seeds and chopped walnuts. Almond pate can be mixed with vegan cream cheese for variety.*

**Mark Anthony**

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## **Panama Potatoes**

3 16-oz. cans new potatoes  
1/4 c. pesto (fresh basil, pine nuts, garlic and salt)  
1/4 c. jerk spice in olive oil  
1/4 c. BBQ spice in olive oil  
1/2 c. peanut oil

1. Drain and bake the new potatoes in a 350 degree oven for about 15 minutes, or until lightly browned. This helps the toppings stick better.
2. Coat some the potatoes with pesto, some with jerk spice in oil and some with BBQ spice in oil. Arrange on baking sheet and bake at 350 degrees until crispy - about another 15 to 20 minutes. **Mark Anthony**

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## Asian Spring Rolls

1 package rice paper  
1 c. shredded green cabbage  
1 c. shredded carrots  
1 c. shredded Shiitake mushrooms  
1/2 c. onions, julienned  
1/2 c. peppers, julienned  
1/4 c. soy sauce  
1/4 c. olive oil  
2 tsp. chopped garlic  
1 tsp. ginger  
1 Tbsp. toasted sesame oil  
1/4 c. peanut oil for frying

1. In a wok, saute filling ingredients together. Let cool.
2. Place a little of the filling in the middle of a sheet of rice paper, fold up the sides, then roll up, moistening with a little water to help it stick. Place on baking sheet, spray rolls with vegetable oil spray and bake in oven at 350 degrees until crispy, about 10 minutes. Serve with sweet and sour sauce. **Mark Anthony**

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## **Asparagus & Tofu Teriyaki Castle**

3 to 10 packages extra firm tofu  
1 bag frozen asparagus spears  
1 bottle teriyaki glaze  
steak seasoning  
vegan beef bouillon cubes or vegan beef stock

1. Marinate tofu in beef base. Use an injector to add marinade to the inside of the tofu. Tofu can be cut into a variety of “castle block” shapes with various cutters and tools. Blocks can be secured with stalks of frozen asparagus.
2. Make castle and smother with teriyaki and steak spices. Bake in oven at 300 degrees for about 30 minutes depending on the size of the castle. Top with more glaze

*Can also use BBQ and pepper spices, parsley, mashed potatoes, rosemary sprigs etc. **Mark Anthony***

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## Coconut & Almond Poached Pears

4 under-ripe or firm pears (Bosc)  
1/2 c. sugar  
1/4 c. orange juice  
2 Tbsp. lemon juice  
2 tsp. lemon zest  
1/2 tsp. ginger  
1/4 c. sliced almonds, toasted  
1 Tbsp. almond extract

1. To prepare pears. cut a little off the bottoms so they will stand up. peel all except the very top and leave the stems on.
2. In a saucepan, combine sugar, orange juice, lemon juice, lemon zest, ginger and almond extract and bring to a boil. Add pears, return a boil, cover and simmer 25 minutes, until tender.
3. Remove pears to a serving dish. Reduce sauce to desired consistency and drizzle over pears. Top pears with sliced almonds and coconut. **Mark Anthony**

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