

# RECIPE

## INGREDIENTS

- 3/4 cup chopped yellow
- 1 large clove garlic (minced)
- 2 cups vegetable broth of your choice
- 2 cups frozen mixed vegetables or use diced fresh veggies of your choice. Cut them small before the class. You can use a combination of cooked chicken, mushrooms, diced carrots, diced sweet potatoes, diced butternut squash, spinach, jackfruit etc.
- 1/4 cup milk. Almond milk or dairy milk. For almond milk it is best to use homemade almond milk. One cup almonds soaked over night. Blend with 4 cups of water. No need to strain.
- ~1/4 cup unbleached all-purpose flour/1/4<sup>th</sup> cup corn flour not corn starch/1/4<sup>th</sup> cup besan
- 2 bay leaves
- 1 pinch each sea salt and black pepper
- 2 cups of all purpose flour / For GF version I used this blend(1 cup of potato starch(not potato flour), 1 1/4<sup>th</sup> cup of almond flour and 1 tbsp of corn starch)
- 1 tsp sea salt
- 2 1/4 tsp baking powder
- 1 tbsp fresh lemon juice/ or a mild vinegar.
- 1 Tbsp organic cane sugar optional
- 2 tsp parmesan powder / 2 tsp nutritional yeast(for dairy free option) (**optional**)
- 4 Tbsp vegan butter
- 1 cup of milk/ For Dairy free use 1/2 to 1 cup of homemade almond milk.(Note we need less milk for the gluten free version)

## DIRECTIONS

1. Preheat oven to 425 degrees.
2. Add 2 Tbsp oil to a large saucepan over medium heat. Wait for it to sizzle.
3. Then add onion and garlic and a pinch of salt – stir. Cook until soft – about 5 minutes.
4. Add 1/4<sup>th</sup> cup of flour and stir with a whisk
5. Stir in the broth(2 cups) little by little while whisking. Keep on whisking for a smooth texture.
6. Add almond milk and bay leaves and stir. Simmer until the mixture is thickened (about 10 minutes. Adjust the consistency to that of your favorite gravy by adding more flour or more milk.

### ONTO MAKING BISCUITS

7. Add Vinegar/lemon juice(1 tbsp) to the milk(1/2 cup to 1 cup) and set aside (This will be our wet ingredient.

8. In a large mixing bowl, whisk together dry ingredients.(2 cups flour,1 tbsp baking powder, parmesan cheese or nutritional yeast and 3/4<sup>th</sup> tsp of salt)
9. Add cold butter and use fingers or a pastry cutter to combine the two until only small pieces remain and it looks like sand. Work quickly so the butter doesn't get too warm.
- 10.**Now add the wet ingredients(buttermilk) in the dry mixture 1/4<sup>th</sup> cup at a time till just combined. Use a wooden spoon to combine. **The gluten free dough will be tacky and sticky.**
11. Turn onto a lightly floured surface, dust the top with a bit of flour and then very gently turn the dough over on itself 5-6 times – hardly kneading (**Do not do this for gluten free flour**). For gluten free flour combine till it comes together. DO NOT OVERHANDLE this dough. Add more flour as needed to prevent sticking.
12. Form into a 1-inch thick disc, handling as little as possible.
13. Use a 1-inch thick dough cutter or a similar-shape object with sharp edges. Indian katoris are great for this step. Keep aside.

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14. Once the sauce is thickened, add the frozen vegetables and cook for 4-5 more minutes. Taste and adjust seasonings, adding more salt and pepper if needed.
15. Discard the bay leaves and divide the mixture evenly between 5-6 lightly greased ramekins or a 8×8 baking dish.
16. Top with vegan biscuits and brush the tops of the biscuits with melted vegan butter.
17. Set your 8×8 dish or ramekins on a baking sheet.
18. Bake until the biscuits are golden brown and the filling is bubbly (about 14-17 minutes). Let cool for 5 minutes before serving.
19. Serve with a side salad. Our favorite salad is lettuce, cucumber, carrots, fresh apple, oranges cranberries, almond slices. Dressing is made of MCT oil, ACV, salt and pepper