



# FOODWAYS SYMPOSIUM RECIPES

Recipes from Chef Josh Musinski

## FLAX GOOP

1/4 cup whole flax seeds  
3 cups water  
Mix seeds and water in a large sauce pot. Bring to a low boil on medium.

## SEED MILK

1/2 cup raw hulled sunflower seeds  
1/4 cup raw pumpkin seeds  
2 Tablespoon raw hulled hemp seeds  
4-6 cups water

Combine seeds in a blender and grind on medium into a meal  
Add water to seed meal and grind until completely liquefied  
Strain through nut milk bag if needed

## NACHO CHEESE

1 1/2 cup cooked butternut squash  
1 1/2 cup cooked potato  
1 teaspoon salt  
1/2 teaspoon white pepper  
2 Tablespoon nutritional yeast  
1/4 teaspoon of turmeric  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
2 Tablespoon potato starch  
1/4 cup sunflower oil  
1/2 teaspoon yellow prepared mustard  
1/2 teaspoon ketchup  
2 teaspoon apple cider vinegar  
1 Tablespoon miso PASTE  
Boil peeled and diced vegetables, drain when tender.  
Blend all ingredients until smooth

## EGGY TOFU

1 block of firm tofu  
1 cup nutritional yeast  
2 teaspoon kosher salt  
1 teaspoon black pepper  
1 teaspoon mustard powder  
1/4 teaspoon turmeric powder  
Optional: 1/4 onion powder, garlic powder and kala namak black salt

1. Mix all ingredients but tofu
2. Dry tofu with towel or press
3. Dredge tofu in Eggy seasoning on all sides
4. Sauté in 1 Tablespoon olive oil

## TOFU SCRAMBLE

1 block of firm tofu crumbled into a bowl and mixed with about 1/4 cup Eggy seasoning. Sauté in hot pan with oil. Optionally sauté veggies, seeds, mushrooms, veggie sausage or bacon first and add into scramble.

## BUTTERNUT SQUASH BACON

1/4 cup oil  
1/4 cup soy sauce  
1/4 cup maple syrup  
1 Tablespoon applewood liquid smoke  
Black pepper  
1/4 cup nutritional yeast

Cut butternut squash in half horizontally (reserve bottom for later use). Peel and slice 1/16" with mandolin or by hand. Transfer to bowl and cover with liquids and marinate for 1-24 hours. Lay out the pieces of squash on parchment lined sheet tray. Drizzle about half of the marinade over the squash. Lightly coat with black pepper and nutritional yeast. Drizzle some of the remaining marinade as to moisten the nutritional yeast (but do not completely cover with marinade).  
Bake for 30-45 minutes at 370 degrees

## CAULIFLOWER CREMA

2 cups steamed cauliflower  
1 tsp white vinegar  
1/2 tsp salt  
1/2 tsp nutritional yeast  
1/4 cup sunflower oil

Blend on high until fully emulsified  
\*for mayo add 1/2 tsp mustard powder, 1/2 tsp garlic powder, an extra 1/2 cup oil

## CAULIFLOWER RICE

1 head cauliflower  
2 T extra virgin olive oil  
1 tsp salt

Grind cauliflower in food processor into rice sized pieces.  
Toss riced cauliflower with oil and salt  
Spread cauliflower on baking sheet prepared with parchment or silpat  
Dehydrate at 165 for 40 minutes or on the lowest setting in a oven at 200 for 25 minutes