



Cook & Let Live

Vegan Cuisine for the Ethical Gourmet

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Kung Pao Chikun
(Photo Courtesy of Louise Gagnon)



Chikun Yakitori



Shredded Chikun with Belgian Waffle and Country Gravy



Crispy Coconut Curry Chikun



Beaf en Brochette (Steak Bites)



Beaf Kushiyaki (Japanese-Style Grilled Beef)



Prime Roast Beef



Prime Roast Beef, Manhattan Sandwich-Style, with Quick Pan Gravy



Stewing Beef



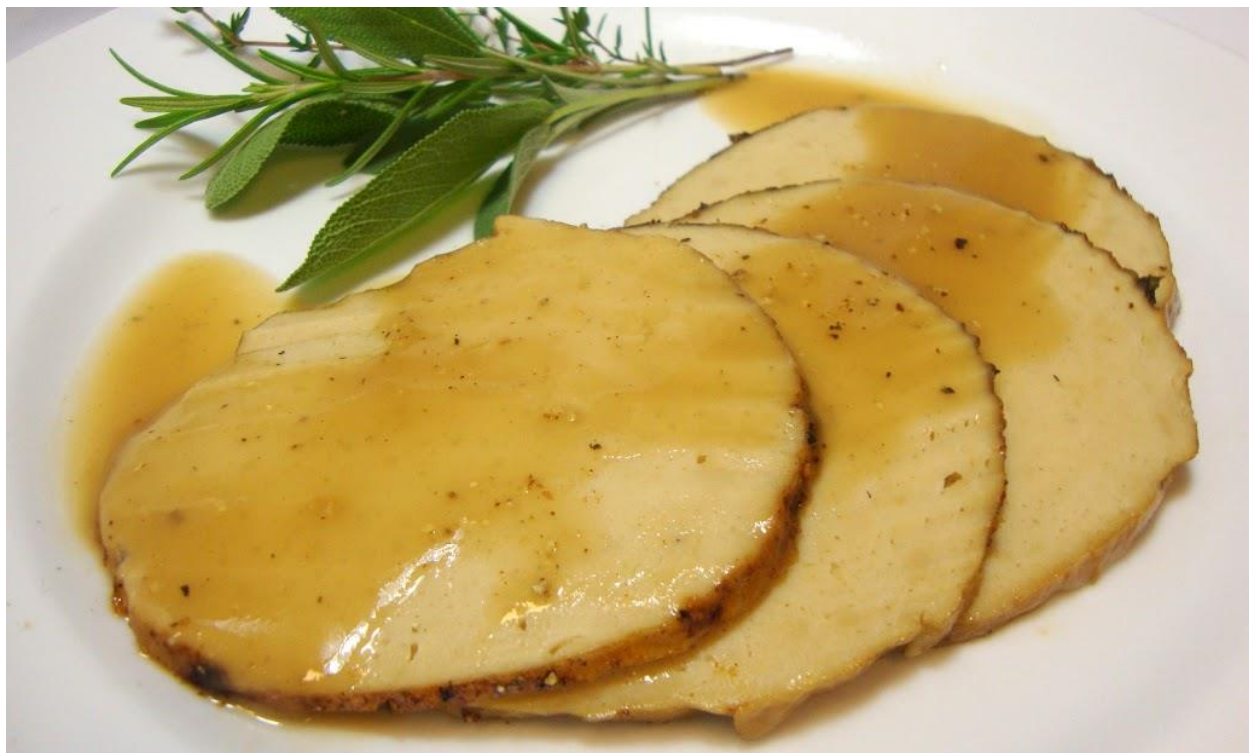
*Beer-Braised Shredded Beef
with Grilled Onions and Homemade Coleslaw*



Salisbury Steak with Savory Onion and Mushroom Gravy



Meatless Meatballs



Succulent Roast Turkey with Amber Gravy



*Succulent Roast Turkey
with Chef's Premium Bacon, Avocado, Lettuce and Tomato*



Sweet and Sour Porq



Medallions of Roast Porq with Peppercorn Gravy



Garden Ham
(Photo Courtesy of Louise Gagnon)



Chef's Premium Bacon



Spicy Italian Pancetta



Roast Mock Lamb with English Mint Sauce



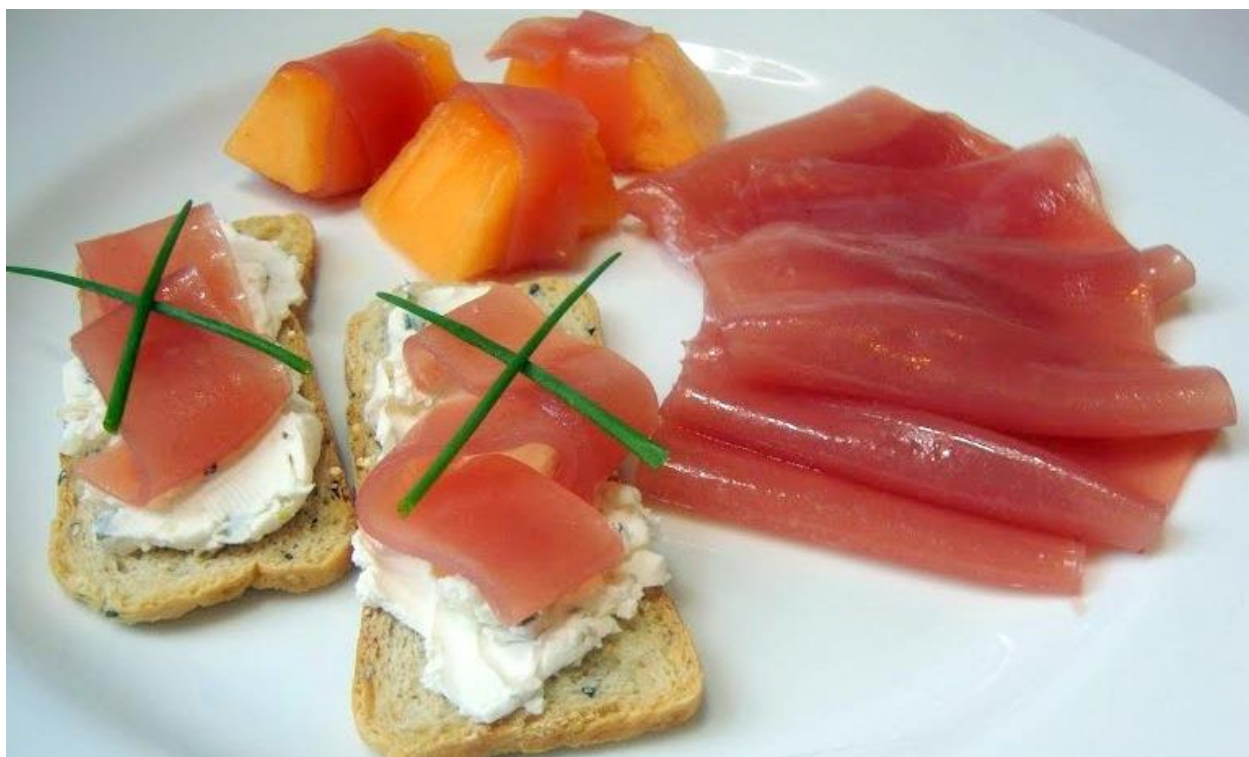
Stir Fry with Soy Chikun Strips



Indonesian Chikun Salad with Spicy Peanut Sauce



Sweet and Spicy Tofu Bacon with Avocado, Lettuce and Tomato



Mock Prosciutto Crudo



Lemon Tempeh



Fajitas with Soy Steak Strips Featuring Butler's Soy Curls



Soy "Pulled" Pork Strips Featuring Butler's Soy Curls



*Levantine Soy Shawarma
with Tahini Sauce Featuring Butler's Soy Curls*



Corned Soy Brisket Strips Featuring Butler's Soy Curls



Polska Kielbasa



Deutschewurst (German Sausage)



Portuguese Sausage



*Big Bangers
with Savory Onion Gravy, Mashed Potatoes and Morel Mushrooms*



Italiano Sausages



Pressure-Cooker Pepperoni



Italian Cauliflower "Sausage Bits" with Tofu Scramble



Deli-Style Bologna



Deli-Style Smoked Turkey, Manhattan Sandwich-Style, with Amber Gravy



Scallopz



Chilled Shrymp with Classic Cocktail Sauce



Golden Fried Shrimp



Ceviche



Shrymp Scampi



Shrymp Etoufée



New England Clamz Chowdah



Fried Sweet Clamz



Battered Flaky Tofysh Filets (Gluten-Free)



Linguini with Clamz Sauce



Watuna Sashimi with Scallions, Sesame Seeds and Seaweed Salad



Classic Golden Cheese Sauce



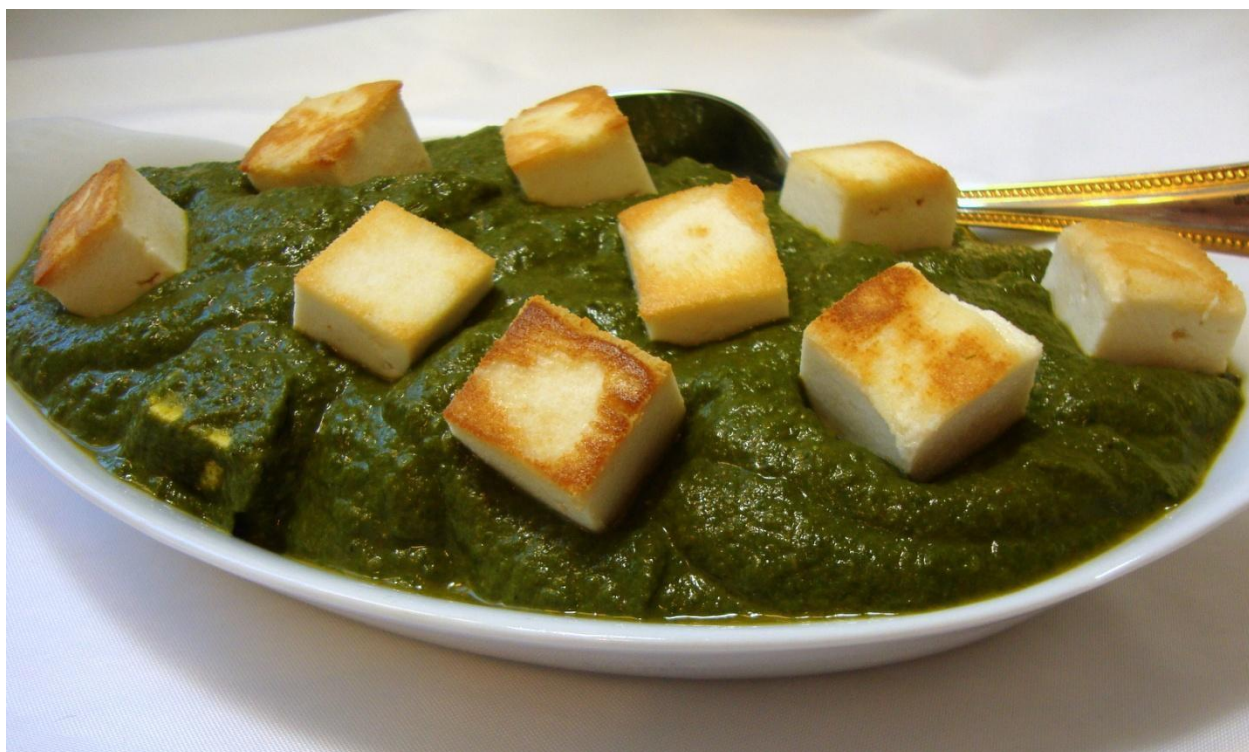
Amande Cheese with Za'atar



*Manicotti with Fresh Almond Milk Ricotta
Melly Mozzarella and Grated Hard Parmesano*



*Lasagna with Fresh Almond Milk Ricotta
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Fresh Paneer



Fresh Almond Curd Cottage Cheese



Greek Feta



Creamy Feta Salad Dressing



Garlic Herb Gournay



Fresh Churned Butter



Yomage Cheese



Hard Parmesano and Greek Feta with Mediterranean Herbs
(Photo Courtesy of Louise Gagnon)



Grilled Halloumi Cheese



Shreddin' Chedda'



Roquefort Cheese



Camembrie



Melty Mozzarella



Crock Beer Cheese



Monterey Jack Cheese Melt



Scrambled Eggz featuring Gentle Chef Vegan Eggz Essentials



Classic Tofu Scramble



*Whole Yolx on Silken Tofu Eggz
with Sweet and Smoky Tofu Bacun*



*Broken Yolx with Skillet Cooked Eggz
and Sweet and Smoky Tofu Bacun*



Skillet-Cooked Eggz Whites with Broken Yolx



*Silken Tofu Eggz with Broken Yolx
and Maple Sage Sausage Patties*



Huevos Rancheros



Egg Omelet with Country Gravy



Spanish Omelet



Eggz Florentine with Mushrooms



Shirred Eggz with Chef's Premium Bacon



Eggz Frittata



Eggz-Dipped Pain Perdu



Classic Silken French Toast



Belgian Waffles



*Italian Farinata/French Socca
with Grilled Mushrooms*



Potato and Onion Latkes
(Photo Courtesy of Louise Gagnon)



Chile Relleno Chimichangas



Mediterranean Mixed Green Salad with Pomegranate Vinaigrette



Apple, Walnut and Beet Salad with Citrus Miso Vinaigrette



Island Shrimp Salad



Three Bean Salad with Cumin-Scented Vinaigrette



Singapore Salad



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Mushroom Barley Soup



Pasta e Fagioli



Chickpea Creole Gumbo



Spicy Chipotle Pumpkin Soup with Toasted Pepitas



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Asian Spring Rolls



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Mediterranean Kalamata Olive and Artichoke Hummus



Olive Salad Spread with Sliced Melty Mozzarella



Fried Mozzarella Sticks



Southwestern Polenta Crispy Fries with Cilantro Lime Aioli



Sicilian Panelle



Curry Zucchini Corn Fritters



Falafel



Green Beans with Savory, Sweet and Smoky Almonds



German Spätzle



*Charred Brussels Sprouts Slaw
with Shallots and Toasted Pine Nuts*



Irish Colcannon



Potato, Leek and Fennel Gratin



Holiday Green Bean Casserole



Sage Dressing with Mushrooms and Water Chestnuts



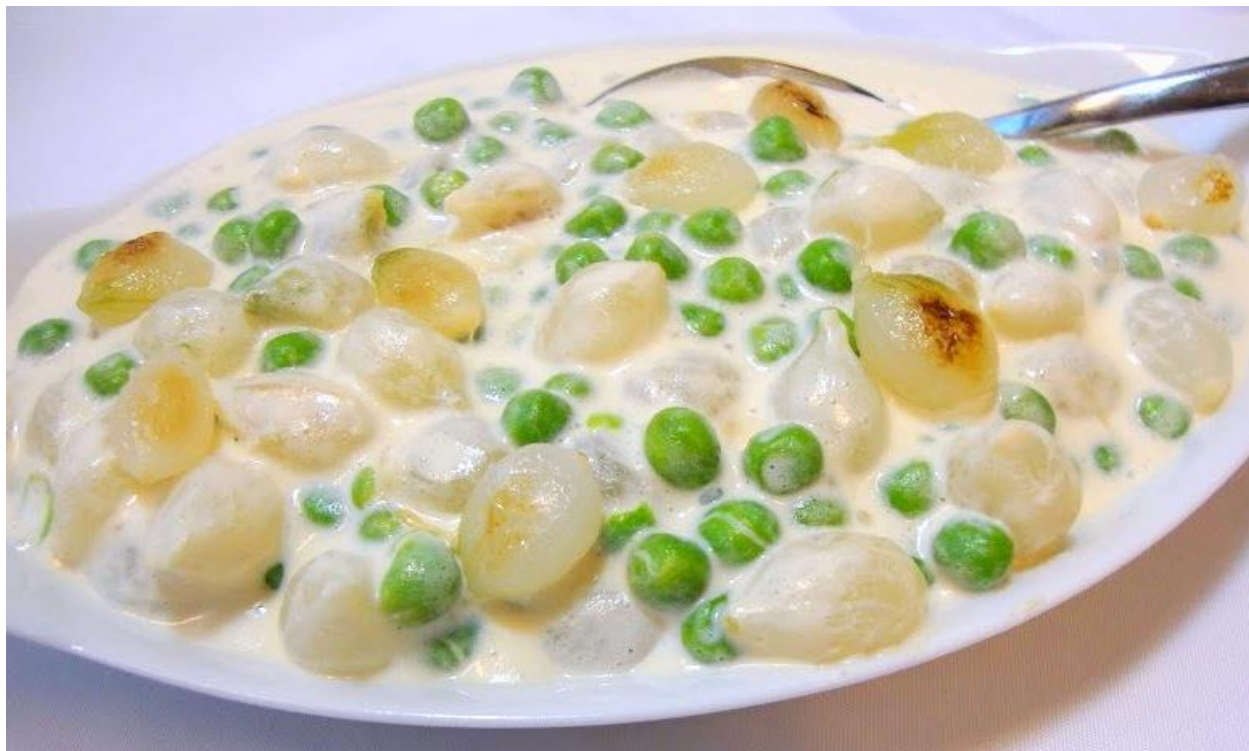
Potatoes Dauphinoise featuring Sauce Fromage Blanc



Jellied Port Wine Cranberry Sauce



Butter-Browned Brussels Sprouts with Cauliflower Cashew Cream



Creamed Baby Peas and Pearl Onions



Hasselback Potatoes



Cheesy Broccoli Cauliflower Rice Casserole



Gourmet Refrigerator Pickles and Raw Live Sauerkraut



Lemon Meringue Pie



Bananas Foster Chimichangas
(Photo Courtesy of Louise Gagnon)



Chocolate Mousse Torte



'Nog Cheesecake



Holiday Gingersnap Cheesecake



Chocolate Lover's Cheesecake with Chocolate Sauce
(Photo Courtesy of Louise Gagnon)



Panna Cotta with Passionfruit Syrup and Tropical Fruits



*Whole Grain Bread Pudding
with Drunken Raisins and Salted Caramel Sauce*