

Dannielle's Memories

Twin M Supermarket “Marching Saint Style”
& Summer Family Gatherings

“Hickory dickory dock.
The mouse ran up the clock.
The clock struck one,
The mouse ran down,
Hickory dickory dock.”



1901 Mother Goose

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Vegan Potato Salad 🥔

Ingredients (serves 4–6)

- 2 lbs potatoes (Yukon gold or red potatoes work best)
- ½ cup vegan mayo (store-bought or homemade)
- 1 tbsp Dijon mustard
- 2 tbsp apple cider vinegar (or lemon juice)
- 1 small red onion, finely diced
- 3 stalks celery, finely chopped
- ¼ cup dill pickles, diced (or relish)
- 2 tbsp fresh dill (or parsley), chopped
- ½ tsp garlic powder
- ½ tsp smoked paprika (optional, for depth)
- Salt & black pepper, to taste

Optional add-ins: chopped green onions, capers, peas, or crumbled tofu for an “egg salad” vibe.

Instructions

1. Cook potatoes:

- Scrub and cut potatoes into bite-sized chunks (you can peel if you prefer).
- Place in a large pot, cover with cold salted water, and bring to a boil.
- Cook until fork-tender (about 10–12 minutes).
- Drain and let cool slightly.

2. Make the dressing:

- In a large bowl, whisk together vegan mayo, mustard, vinegar/lemon, garlic powder, paprika, salt, and pepper.

3. Combine:

- Add cooled potatoes, celery, onion, pickles, and fresh dill to the dressing.
- Toss gently until well coated.

4. Chill & Serve:

- Cover and refrigerate for at least 1 hour (or overnight) so flavors meld.
- Garnish with extra dill or paprika before serving.

💡 Tips:

- For extra creaminess, mash a few potato chunks into the dressing.
- If you want it lighter, swap half the mayo for unsweetened vegan yogurt.
- Best served cold!

Vegan "Tuna" Macaroni Salad 🌱

Ingredients (serves 4–6)

- 8 oz elbow macaroni (or your favorite pasta shape)
- 1 (15 oz) can chickpeas, drained & rinsed
- ½ cup vegan mayo
- 1 tbsp Dijon mustard
- 1 tbsp apple cider vinegar (or lemon juice)
- 1 tbsp soy sauce (or tamari for gluten-free)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tbsp nutritional yeast (optional, for umami)
- 1 sheet nori (or 1 tsp kelp granules), crushed, for “sea” flavor
- 2 celery stalks, finely chopped
- ½ small red onion, finely diced
- ¼ cup dill pickles, diced (or relish)
- 2 tbsp fresh parsley or dill, chopped
- Salt & pepper, to taste

Optional add-ins: diced red bell pepper, peas, corn, or shredded carrots.

Instructions

1. Cook pasta:

- Boil macaroni in salted water until al dente. Drain, rinse with cold water, and set aside.

2. Make the "tuna":

- In a large bowl, mash chickpeas with a fork or potato masher until flakey but not pureed.
- Mix in mayo, mustard, vinegar, soy sauce, garlic powder, onion powder, nutritional

yeast, and crushed nori. Adjust seasoning to taste.

3. Combine:

- Add the cooled macaroni, celery, onion, pickles, and fresh herbs to the chickpea mixture.
- Toss gently until everything is well coated.

4. Chill & Serve:

- Cover and refrigerate at least 1 hour for flavors to meld.
- Sprinkle with extra herbs or paprika before serving.

💡 Tips:

- For a lighter version, replace half the mayo with unsweetened vegan yogurt.
- If you want it extra “fishy,” add a splash of lemon juice + an extra pinch of kelp granules.
- Great as a side dish or served on a bed of lettuce for a full meal.

Vegan Macaroni Salad with Italian Dressing 🍝 & Cheese

Ingredients (serves 4–6)

- 8 oz elbow macaroni (or shells, rotini, penne)
- ½ cup vegan Italian dressing (store-bought or homemade)
- ¼ cup vegan mayo (for creaminess — optional but recommended)
- 1 cup vegan cheese, diced or shredded (cheddar or mozzarella-style work well)
- 1 small red bell pepper, diced
- 1 small cucumber, diced
- ½ cup cherry tomatoes, halved
- ¼ cup red onion, finely diced
- ¼ cup black olives, sliced
- 2 tbsp fresh parsley or basil, chopped
- Salt & pepper, to taste

Optional add-ins: artichoke hearts, roasted red peppers, zucchini, or broccoli florets.

Instructions

1. Cook pasta:

- Boil macaroni in salted water until al dente. Drain, rinse with cold water, and set aside.

2. Mix dressing:

- In a large bowl, whisk together Italian dressing + vegan mayo (if using) for a creamy-tangy base.

3. Combine:

- Add pasta, cheese, bell pepper, cucumber, tomatoes, onion, olives, and herbs.
- Toss until well coated. Taste and adjust seasoning with salt & pepper.

4. Chill & Serve:

- Refrigerate for at least 1 hour before serving so flavors meld.
- Garnish with fresh basil or parsley before serving.

💡 Tips:

- For stronger Italian flavor, stir in 1 tsp dried oregano + 1 tsp garlic powder.
- Use a block-style vegan cheese and cube it for the most “classic” macaroni salad feel.
- Best served cold — perfect for picnics and BBQs.

Vegan Boursin Veggie Sandwich 🥪

Ingredients (makes 2 sandwiches)

- 4 slices of hearty bread (sourdough, ciabatta, or multigrain)
- 4 tbsp vegan Boursin cream cheese
- ½ avocado, sliced
- 1 small cucumber, thinly sliced
- 1 small tomato, sliced
- ½ cup arugula (or spinach)
- ¼ small red onion, very thinly sliced
- 2–3 fresh basil leaves (optional, for brightness)
- Olive oil, for drizzling
- Salt & black pepper, to taste

Optional add-ons: roasted red peppers, marinated artichokes, or grilled zucchini/eggplant for extra richness.

Instructions

1. **Prep bread:**
 - Lightly toast the bread slices for sturdiness.
2. **Spread:**
 - Generously spread vegan Boursin cream cheese on each slice.
3. **Layer veggies:**
 - On two slices, layer avocado, cucumber, tomato, red onion, arugula, and basil.
 - Season with a pinch of salt, black pepper, and a drizzle of olive oil.
4. **Assemble & serve:**
 - Top with the other bread slices (Boursin side down).
 - Press gently, slice in half, and enjoy!

💡 Tips:

- For a warm version, grill the sandwich panini-style until the Boursin gets slightly melty.
- If you want more protein, add marinated tempeh, baked tofu slices, or chickpea “tuna.”
- This also works beautifully on a baguette for a picnic sandwich.

Vegan New England “Beef” Stew

Ingredients (serves 6)

- 2 tbsp olive oil (or vegan butter)
- 1 large yellow onion, diced
- 3 cloves garlic, minced
- 3 carrots, cut into thick rounds
- 3 celery stalks, chopped
- 2 lbs potatoes (Yukon gold or red), cubed
- 1 cup mushrooms, quartered (adds umami depth)
- 2–3 cups vegan “beef” chunks (seitan, soy curls, or store-bought vegan beef tips)
- 4 cups vegetable broth
- 1 cup red wine (optional, but traditional for depth)
- 2 tbsp tomato paste
- 2 tbsp soy sauce (or tamari)
- 2 tbsp Worcestershire sauce (vegan variety)
- 2 tsp dried thyme
- 1 tsp dried rosemary
- 2 bay leaves
- 1 tsp smoked paprika (optional, for richness)
- 2 tbsp flour (or cornstarch slurry) for thickening
- Salt & black pepper, to taste
- Fresh parsley, chopped (for garnish)

Instructions

1. Brown the vegan “beef”:

- Heat 1 tbsp oil in a large Dutch oven or heavy pot.
- Add vegan beef chunks and sear until browned on all sides. Remove and set aside.

2. Sauté aromatics:

- Add remaining oil, onion, garlic, carrots, celery, and mushrooms. Cook 8–10 minutes until softened.

3. Deglaze & build flavor:

- Stir in tomato paste, cook 2 minutes.
- Add red wine (if using), scraping up browned bits from the pot. Simmer 2–3 minutes.

4. Simmer the stew:

- Add potatoes, broth, soy sauce, Worcestershire, thyme, rosemary, paprika, and bay leaves.
- Return vegan beef to the pot. Bring to a boil, then reduce heat and simmer 45–60 minutes until potatoes are tender and flavors meld.

5. Thicken:

- Mix flour with a bit of water (or use cornstarch slurry). Stir into stew and simmer 5 minutes until thickened.

6. Finish & serve:

- Remove bay leaves, season with salt and black pepper.
- Garnish with fresh parsley. Serve with crusty bread or biscuits.

✦ Tips for Classic New England Flavor:

- Use Yukon gold potatoes (creamy, hold shape well).
- For a subtle sweetness like traditional stews, add ½ cup parsnips or turnips.
- If you want a richer broth, add a splash of dark beer along with (or instead of) red wine.

Crockpot Vegan New England “Beef” Stew

Ingredients (serves 6)

- 2–3 cups vegan “beef” chunks (seitan, soy curls, or store-bought vegan beef tips)
- 1 large yellow onion, diced
- 3 cloves garlic, minced
- 3 carrots, cut into thick rounds
- 3 celery stalks, chopped
- 2 lbs Yukon gold or red potatoes, cubed
- 1 cup mushrooms, quartered
- 4 cups vegetable broth
- 1 cup red wine (optional, for depth)
- 2 tbsp tomato paste
- 2 tbsp soy sauce (or tamari)
- 2 tbsp vegan Worcestershire sauce
- 2 tsp dried thyme
- 1 tsp dried rosemary
- 2 bay leaves
- 1 tsp smoked paprika (optional)
- 2 tbsp flour (or cornstarch slurry for thickening)
- 2 tbsp olive oil (for pre-browning, optional but adds flavor)
- Salt & black pepper, to taste
- Fresh parsley, chopped, for garnish

Instructions

1. Optional sear (for richer flavor):

- In a skillet, heat olive oil.
- Sear vegan beef chunks until browned. Remove and set aside.
- In the same pan, quickly sauté onion, garlic, and tomato paste for 2–3 minutes (this caramelizes flavors).

If you want a quick prep, skip this step and just add everything straight into the crockpot. 🍷

2. Load crockpot:

- Add seared vegan beef, onion mixture, carrots, celery, potatoes, mushrooms, broth, wine (if using), soy sauce, Worcestershire, thyme, rosemary, paprika, and bay leaves.

3. Cook:

- Cover and cook on LOW 7–8 hours or HIGH 4–5 hours, until potatoes and carrots are tender.

4. Thicken the stew:

- About 20 minutes before serving, whisk flour (or cornstarch) with a little water to make a slurry. Stir into stew, cover, and let thicken.

5. Finish & serve:

- Remove bay leaves. Season with salt & pepper to taste.
- Garnish with fresh parsley. Serve hot with crusty bread or biscuits.

🌟 Crockpot Tips:

- If using soy curls, rehydrate them first in broth for 10 minutes before adding.
- For extra New England authenticity, add ½ cup chopped parsnips or turnips.
- The stew tastes even better the next day after the flavors meld.

Vegan New England Boiled Dinner with 🌿 Kielbasa

Ingredients (serves 4–6)

- 2–3 vegan kielbasa sausages (Field Roast, Tofurky, or your favorite), sliced into large chunks
- 1 small head green cabbage, cut into wedges
- 3 large carrots, cut into thick chunks
- 3 parsnips, cut into chunks (optional but traditional)
- 2–3 rutabagas or turnips, peeled & cubed
- 2 lbs small red or gold potatoes, halved
- 1 medium yellow onion, peeled & quartered
- 3 cloves garlic, smashed
- 6 cups vegetable broth (or water + 2 bouillon cubes)
- 2 bay leaves
- 1 tsp dried thyme
- ½ tsp whole black peppercorns
- Salt & pepper, to taste
- Fresh parsley, chopped (for garnish)
- Whole-grain mustard or horseradish (for serving — very New England!)

Instructions

1. Prepare broth:

• In a large stockpot or Dutch oven, add broth, onion, garlic, bay leaves, thyme, peppercorns, and a pinch of salt.

- Bring to a boil, then reduce to a simmer.

2. Cook root vegetables:

- Add carrots, parsnips, rutabagas/turnips, and potatoes.
- Simmer for 20–25 minutes, until just tender.

3. Add cabbage & kielbasa:

• Gently place cabbage wedges and vegan kielbasa chunks on top.
• Simmer for another 15–20 minutes, until cabbage is soft but not mushy and kielbasa is heated through.

4. Finish:

- Taste broth, adjust seasoning with salt & black pepper.
- Remove bay leaves.

5. Serve:

- Ladle vegetables, broth, and kielbasa into bowls.
- Garnish with fresh parsley.
- Serve with whole-grain mustard or horseradish on the side, and warm crusty bread.

💡 Tips:

- If you want a deeper, smoky broth: add 1 tsp smoked paprika or a splash of liquid smoke.
- For a more “brothy” dinner (like the old-school Yankee table), serve the broth separately in mugs or bowls as a starter.
- Leftovers taste even better the next day as the flavors meld!

Beautiful Vegan Pepper Jelly

Ingredients (makes about 4 half-pint jars)

- 1 cup red bell pepper, finely minced (about 2 medium peppers)
- ½ cup green bell pepper, finely minced
- ¼ cup hot peppers, finely minced (jalapeño, serrano, or habanero — adjust for heat level)
- 1 ½ cups apple cider vinegar
- 6 cups sugar
- 1 (3 oz) package liquid pectin (check it's vegan; most are, but avoid gelatin-based ones)
- 1 tsp salt

Optional for beauty: a few drops of natural beet juice for deeper ruby color.

Instructions

1. Prepare peppers:

- Remove seeds and membranes (unless you want extra heat).
- Finely mince by hand or pulse in a food processor (don't puree — you want small bits).

2. Cook peppers & vinegar:

- In a large pot, combine peppers, vinegar, salt, and sugar.
- Bring to a boil, stirring often, until sugar is fully dissolved.

3. Add pectin:

- Stir in liquid pectin.
- Return to a rolling boil for 1–2 minutes, stirring constantly.

4. Test consistency:

- Drop a spoonful onto a cold plate. If it gels and wrinkles when pushed, it's ready.
- If too thin, boil 1–2 minutes more.

5. Jar the jelly:

- Pour hot jelly into sterilized jars, leaving ¼ inch headspace.
- Wipe rims, seal with lids.
- Process jars in a boiling water bath for 10 minutes (for shelf stability).

If you don't want to can, just cool and refrigerate — keeps about 3–4 weeks. 🍷

Serving Ideas 💡

- Spoon over vegan Boursin or cream cheese with crackers.
- Use as a glaze for roasted veggies or grilled tofu.
- Stir into a vinaigrette for a sweet-heat salad dressing.
- Spread on sandwiches or burgers for a flavor kick.

Beautiful Vegan Sea Grape Jelly 🍇

Ingredients (makes about 4 half-pint jars)

- 4 cups sea grapes (fresh, cleaned and stemmed)
- 3 cups sugar (adjust to taste; sea grapes can be tart)
- 1 cup water
- 2 tbsp lemon juice (helps balance sweetness and enhance color)
- 1 (3 oz) package liquid pectin (check that it's vegan)

Optional: ½ tsp vanilla extract for subtle warmth.

Instructions

1. Prepare the grapes:

- Wash sea grapes thoroughly and remove stems.
- Gently crush grapes in a large saucepan or bowl to release juice (you can use a potato masher).

2. Cook the grapes:

- Add water to the crushed grapes and bring to a simmer over medium heat.
- Simmer 10–15 minutes until grapes are soft and fragrant.

3. Strain the juice:

- Pour the mixture through a fine mesh sieve or cheesecloth, pressing gently to extract as much juice as possible. Discard solids.

- You should have about 3 cups of juice; add water if needed.

4. Make the jelly:

- Return juice to a clean pot, stir in sugar and lemon juice.
- Bring to a full boil over medium-high heat, stirring constantly until sugar dissolves.
- Stir in liquid pectin, return to a rolling boil, and boil 1–2 minutes.

5. Test & jar:

- Spoon a small amount onto a cold plate; if it gels, it's ready.
- Pour hot jelly into sterilized jars, leaving ¼ inch headspace.
- Wipe rims, seal, and process in a boiling water bath for 10 minutes (for shelf stability).
- Or let cool and refrigerate for up to 4 weeks.

Serving Ideas 💡

- Spread on toast, bagels, or vegan biscuits.
- Pair with vegan cheese boards — the deep purple color is stunning.
- Drizzle over oatmeal, yogurt, or smoothie bowls.
- Use as a glaze for baked fruits or roasted vegan meats.

Homemade Vegan Dandelion Wine

Ingredients (makes about 1 gallon / 3.8 L)

- 4 cups dandelion petals (fresh, yellow parts only — avoid greens/stems as they are bitter)
- 1 lemon, sliced
- 1 orange, sliced
- 4 cups sugar
- 1 gallon water (filtered, if possible)
- 1 tsp acid blend (optional, for balance; can substitute with extra lemon juice)
- 1 package wine yeast (Lalvin EC-1118 or similar; vegan-friendly)
- Optional spices: 1 cinnamon stick or 2 cloves for subtle warmth

Instructions

1. Prep the petals:

- Harvest fresh dandelion petals from pesticide-free areas. Rinse gently and remove any green parts.

2. Make the infusion:

- Boil 1 gallon water. Remove from heat and stir in sugar until dissolved.
- Add dandelion petals, lemon, orange, and optional spices. Cover and let cool to room temperature.

- Let mixture steep for 24–48 hours, stirring occasionally.

3. Strain:

- Strain out petals, citrus, and spices using a fine mesh sieve or cheesecloth. Keep the liquid.

4. Fermentation:

- Pour liquid into a sanitized fermenting vessel (glass carboy or food-grade bucket).
- Add wine yeast according to package instructions. Stir gently.
- Cover with an airlock or loosely with a clean cloth.

5. Primary fermentation:

- Let ferment in a cool, dark place for 1–2 weeks until bubbling slows significantly.

6. Secondary fermentation:

- Siphon wine into a clean sanitized container, leaving sediment behind.
- Fit with an airlock and let age for 4–6 weeks (longer aging improves flavor).

7. Bottling:

- Once clear and no longer fermenting, siphon into sanitized bottles.
- Cap or cork and store in a cool, dark place.

Tips

- Dandelion wine develops more complex floral notes with aging — it can improve for 6 months to 1 year.
- Sweeten gently at bottling with a little sugar or agave syrup if desired, but make sure fermentation is complete.
- Use only pesticide-free dandelions; avoid lawns treated with herbicides.

Vegan “Chicken” Soup

Ingredients (serves 4–6)

- 2 tbsp olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 3 carrots, sliced into rounds
- 3 celery stalks, sliced
- 1 cup mushrooms, sliced (adds umami)
- 2–3 cups vegan chicken pieces (store-bought, like Gardein or Beyond Chicken, or homemade seitan/tofu)
- 6 cups vegetable broth
- 2 tsp soy sauce (or tamari)
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 bay leaf
- 1–2 cups small pasta (optional; like elbow macaroni, or skip for gluten-free)
- Salt & black pepper, to taste
- Fresh parsley, chopped, for garnish
- Optional: 1 tsp smoked paprika or a few drops of liquid smoke for “roasted chicken” flavor

Instructions

1. Sauté aromatics:

- Heat olive oil in a large pot over medium heat.
- Add onion, garlic, carrots, celery, and mushrooms. Cook 5–7 minutes until softened and fragrant.

2. Add vegan chicken & broth:

- Stir in vegan chicken pieces, vegetable broth, soy sauce, thyme, rosemary, bay leaf, and optional smoked paprika.
- Bring to a boil, then reduce heat and simmer 15–20 minutes for flavors to meld.

3. Add pasta (optional):

- If using, add pasta in the last 10 minutes of cooking. Cook until tender.

4. Finish & serve:

- Remove bay leaf. Taste and adjust seasoning with salt and black pepper.
- Garnish with fresh parsley before serving.

Tips ✨

- For extra depth, roast mushrooms or vegan chicken pieces before adding to the soup.
- Add a squeeze of lemon juice just before serving to brighten the flavors.
- This soup freezes well — store in airtight containers for up to 3 months.

Vegan Gluten-Free Fried Dough 🍩

Ingredients (makes 6–8 servings)

Dry Ingredients:

- 2 cups gluten-free all-purpose flour blend (with xanthan gum included)
- 2 tbsp sugar
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt

Wet Ingredients:

- ¾ cup unsweetened non-dairy milk (almond, oat, soy)
- 2 tbsp vegetable oil (plus more for frying)
- 1 tsp apple cider vinegar
- 1 tsp vanilla extract

Toppings (optional):

- Powdered sugar
- Cinnamon sugar (½ cup sugar + 1 tsp cinnamon)
- Vegan chocolate or caramel drizzle

Instructions

1. Prep the batter:

• In a small bowl, mix non-dairy milk + apple cider vinegar and let sit 5 minutes (creates a vegan “buttermilk”).

- In a large bowl, whisk together flour, sugar, baking powder, baking soda, and salt.

- Add the milk mixture, oil, and vanilla. Stir until a slightly sticky dough forms.

2. Heat oil:

- In a large, deep skillet or pot, heat 1–2 inches of vegetable oil to 350°F (175°C).

3. Shape & fry:

- Dust a clean surface with gluten-free flour.

• Roll or stretch small portions of dough into ¼–½ inch thick pieces (irregular shapes are fine — classic fairground style!).

• Carefully place dough into hot oil, 1–2 pieces at a time. Fry 2–3 minutes per side until golden brown.

4. Drain & coat:

- Remove with a slotted spoon and drain on paper towels.
- While warm, dust generously with powdered sugar or cinnamon sugar.

5. Serve:

- Enjoy warm for the best fairground experience!

Tips ✨

- For extra fluffiness, let the dough rest 10–15 minutes before frying.
- Keep oil temperature steady; too hot = burnt outside, too cool = greasy.
- You can double the recipe for a fair-sized batch and serve with vegan chocolate sauce or fruit preserves.