

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



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!
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✦ 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!)
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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.
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✨ 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.
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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
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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.