

*An Italian inspired Valentine's  
Menu for your Favorite Vegan*



# A VEGAN Valentine's

- \* Aperitif
- \* Crostini with Tomato & Olives
- \* Pasta with Walnut Pesto
- \* Torta di Mandorla



<http://AllVeganFoods.com>



## ABOUT THE REPORT

This report is a sexy Italian vegan menu for couples to make together for Valentine's Day or any other time they want to.

Why photos of almond trees in blossom? Because we always think of chocolate as it is the easy option for Valentine's Day but almonds are more romantic and show more thought.

More romantic because of the story of Phyllis and Demophoon from Heroides; Phyllis was the Queen of Thrace, madly in love with Demophoon, a soldier in the Trojan War. Demophoon had to leave Phyllis and promised to return. Demophoon eventually settled in Cyprus and forgot about Phyllis. When he doesn't come back, Phyllis commits suicide in the throes of her despair, but the Gods intervene and change her into an almond tree. When Demophoon finally returns, he finds the bare tree in the spot where he left Phyllis. Realizing what happened, he embraced the lifeless almond tree, causing it to burst into white almond blossoms.

The tree is brought back to life, and almonds became a symbol of true and everlasting love. Challenge that, Chocolate!

At the end of this report is the full ingredient list; so you can use it as a shopping list for the whole menu.

If you are hungry for more vegan recipes, you are always welcome to visit us at "[All Vegan Foods](#)" 😊

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## DISCLAIMER

This "Valentine's Day Dinner Menu" contains suggestions for a Vegan Dinner. This information is for entertainment only. We do not claim that a vegan diet will cure any disease, only that your food might taste better and that you will experience new ways of cooking.

Everything has been done to make sure this information is correct.

All Vegan Foods  
Metsästäjänpolku 4  
Tammisaari  
Finland



## Aperitif:

If you want an alcoholic drink as an aperitif I suggest:

**Asti Spumante** or Champagne with **pomegranate** garnish because pomegranate is believed to be the ancient symbol of Aphrodite, and alcohol, in moderate amounts, is relaxing and stimulating to the senses. Just one glass each or one of you may fall asleep.

As a non-alcoholic drink I suggest: **Sparkling Pomegranate:**

- 1 cup pomegranate unsweetened juice
- 1 cup sparkling seltzer or sparkling water
- 1 small lemon, half juiced

Add ice cubes to 2 glasses; pour in pomegranate juice, seltzer/sparkling water and lemon juice.

I prefer to buy pomegranate juice that is 'not from concentrate', as the concentrated might contain sugar. But it's totally up to you.

Cook the meals while you are enjoying your bubbles, set the table with cloth napkins and candles – and your best cutlery.

Take turns when serving and being served, that's sexy!



## **Crostini with Tomato & Olives**

Jamie Oliver inspired us for this starter.

Crostini is small toasted breads.

You can make the tomato olive mix the day before but it doesn't take long to mix.

If you do it the same day, then start making the mix and then heat the crostini.

Serves 2 Approx. time: 10 mins. Difficulty: super easy

### **Ingredients**

4 cherry tomatoes

4 black or green olives without stones

1 tbsp avocado oil but you can also use an extra virgin olive oil

A few drops of balsamic vinegar

Salt

Pepper

A little dried chili, crumbled

Crostini + baby basil leaves

### **Method**

Take 4 ripe cherry tomatoes and cut them into quarters.

Chop up the black or green olives.

Toss in a bowl with the tomatoes, 1 tbsp. of avocado oil and a few drops of balsamic vinegar, and season carefully with salt and pepper and a little crumbled dried chili. (Some olives are salty, so go easy on the salt.)

Spoon over each of your hot crostini and sprinkle some baby basil leaves over the top.

Just before serving you make the crostini:

Preheat oven to 175°C /350°F

Cut 1 bruschetta or ciabatta bread into thick slices.

Brush with olive oil and sprinkle with pepper and if you like garlic and/or herbs

bake until golden in the oven. Taste and if necessary add salt remembering you have salt in the topping.

## **Pasta with Hazelnut Pesto**

Serves 2 approx time: 30 mins. Difficulty: Easy

This recipe calls for hazelnuts; you can also use walnuts, pecan nuts or maybe almonds?

### **Ingredients:**

One 28oz can / 2 cans 500 ml crushed tomatoes  
2 tbsp coconut oil  
1/2 medium onion, diced  
3 garlic cloves, minced  
1 tsp dried oregano  
Pinch red pepper flakes  
1/2 cup packed fresh basil leaves, stems removed & chopped finely  
1 tsp kosher/crystal sea salt, or to taste  
Freshly ground black pepper, to taste  
70 g /1/2 cup nutritional yeast  
2 large handfuls spinach, roughly chopped  
70-85 g or 1/2-3/4 cup hazelnuts  
Pasta, your favorite – it is Valentine's Day choose the best quality you can get!

### **Directions:**

1. Chop onion and garlic. In a large frying pan/skillet, heat 2 tbsp. of coconut oil. Add in the onion and cook over a low to medium heat for about 5 minutes. Add in the minced garlic and cook on low for another 4-5 minutes until the onion is translucent.
2. Add in the oregano, salt, and black pepper. Stir well. Cook on low heat for a few minutes. Now add in the crushed tomatoes, chopped basil, and nutritional yeast. Stir. Bring to a low boil and then simmer on low for about 5 minutes. Meanwhile, cook your pasta.
3. Stir in the chopped hazelnuts and the chopped spinach. Cook for about 10 minutes longer on med-low. Serve over pasta and garnish with basil leaves and additional walnuts. Makes about 800 ml /3.5 cup sauce.

## Torta di Mandorla

For dessert I've chosen an almond cake and not a chocolate cake, if you've read the introduction you know why.

This cake is very close to the original recipe and you can make it the day before 😊

You will need 2 bowls, a whisk and a 23 cm /9-inch spring form cake tin.

If you cannot get almond flour, then you can just put almonds in a blender or food processor and make your own.

1 tsp = teaspoon = 5 ml, 1 tbsp. = tablespoon = 15 ml.

## Torta di Mandorla or Almond Cake

### Ingredients

125 g / 1 cup all-purpose flour  
60 g / ½ cup blanched or natural almond flour  
1-1/2 tsp baking powder  
1 tsp kosher salt  
Egg-substitute equals 3 eggs.  
150 g / ¾ cup vegan sugar or [date syrup](#)  
1.2 dl? / ½ cup plus 1 tablespoon extra-virgin olive oil  
½ tsp pure vanilla extract  
¼ tsp pure almond extract  
Grated zest of 1 medium lemon or ¼ of a medium orange  
1.5 dl? / ½ cup orange juice?

### For the Glaze:

2 tbsp almond butter  
200 g / 1 cup confectioner/icing sugar  
3 tbsp almond milk  
A few drops of fresh lemon juice  
170 g / ½ cup sliced, blanched almonds, toasted and cooled

### Method

1. Preheat the oven to 175°C / 350°F. Grease and flour a 23 cm / 9-inch round spring form or cake tin and set aside.



2. In a medium bowl, mix together the flour, almond flour, baking powder and salt to thoroughly combine them and set aside.
3. Put the egg-substitute into a large mixing bowl. Add the sugar to the bowl and whisk it in thoroughly for approx. 30 seconds. Add the olive oil and whisk until the mixture is a bit lighter in color and has thickened slightly, about 45 seconds. Whisk in the extracts and zest, followed by the orange juice.
4. Add the dry ingredients to the bowl and whisk until they are fully combined; continue whisking until you have a smooth, emulsified batter, about 30 more seconds.
5. Pour the batter into the prepared tin, and bake the cake for 30 to 45 minutes. The cake is done when it has begun to pull away from the sides of the tin, springs back lightly when touched, and a cake tester inserted in the center comes out clean.
6. Allow the cake to cool for ten minutes in the tin, then gently remove it from the tin and allow it cool completely on a rack.
7. While the cake cools, make the glaze. Melt the vegan butter over medium heat – not too hot. When the bubbles decrease, lower the heat and watch the vegan butter carefully, swirling it in the pan occasionally to spread the heat. Turn off the heat and let the vegan butter sit.
8. While the butter cools, put the confectioner's sugar into a medium bowl. Whisk in the almond milk until completely smooth but thick, then slowly whisk in the butter. Taste the glaze and add a few drops of lemon juice to balance the sweetness. Stir in the toasted almonds. Spread the almonds and glaze onto the top and sides of the cake and let it sit until set and dry.

## **Ingredient list**

This list looks rather large however you most likely already have some if not most of the ingredients.

The measures in the parentheses are what are needed for the recipes.

The recipes call for olive oil, coconut oil and walnut oil, olive oil only can be used, the walnut oil gives a very delicate taste, and so you may want to try it if you don't already know it.

### **Vegetables/Fruit:**

Cherry tomatoes (4-6)  
Basil fresh, a big bunch  
1 Onion (1/2)  
1 Garlic (3 cloves)  
1 lemon or 1 orange  
Spinach, 2 large handfuls  
Pomegranate Juice and fresh if in season

### **Nuts:**

Almonds, whole or sliced (170 g / 1/2 cup)  
Hazelnuts (1/2-3/4 cup)

### **Dry:**

Oregano (1 tsp)  
Red pepper flakes (only a pinch)  
Dried chilli (only a pinch)  
Baking powder (1-1/2 tsp)  
All-purpose flour (125 g / 1 cup)  
Almond flour (60 g / 1/2 cup)  
Confectioner/icing sugar (200 g / 1 cup)  
Pasta, your favorite.

### **Vegan specific:**

Nutritional yeast (1/2 cup) - (not necessary but gives a nice taste)

Egg substitute (for 3 eggs)  
Vegan sugar (150 g / 3/4 cup) or make your own [vegan date syrup](#)  
Almond butter (2 tbsp)  
Almond milk (3 tbsp)

**Wet:**

Olive oil, Avocado and Coconut oil  
Balsamic vinegar (just a few drops)  
4 black or green olives without stones  
Pure vanilla extract (1/2 tsp)  
Pure almond extract (1/4 tsp)  
Can crushed tomatoes (one 28oz can or 2 cans 450ml)

**Bread:**

1 Ciabatta or Bruschetta bread – for the Crostini.

**Drinks:**

1 bottle of Asti Spumante which is Italian sparkling white wine or Champagne  
1 bottle of red wine or if you choose drink the remainder of the sparkling water.

## Credits

Photo of the Champagne with pomegranate [Anathea Utley](#)

Photo of the almond branch: [Susanne Flø](#)