

# Class Date: 25 June 2020

## Course description:

Plant-based and gluten free sandwich fillers. Faux Tuna melt/egg mayo and a BLT

## Ingredients

### **MAKES 2 TOASTIES**

240 g (8½ oz) drained tinned artichokes, chopped  
4 cornichons, chopped  
1 carrot, grated  
4 tablespoons Plant Mayo (see page xxx) or shop-bought  
1 tablespoon Dijon mustard  
juice of ½ lemon [Bettina: is this correct?]  
1 tablespoon chopped dill  
4 pieces of sourdough or good-quality gluten-free bread  
2 pieces of melty plant cheese (optional)  
olive oil, for brushing  
salt and freshly cracked black pepper

### **MAKES 2 PORTIONS**

4 pieces of sourdough or good-quality gluten-free toast  
1 handful of watercress

### **FOR THE VEGAN EGG**

60 g (2 oz/¾ cup) chickpea (gram) flour  
1/8 teaspoon bicarbonate of soda (baking soda)  
1 teaspoon apple cider vinegar  
120 ml (4 fl oz/½ cup) water  
olive oil, for frying

### **FOR THE FILLING**

4 tablespoons Plant Mayo (see page xxx) or shop-bought  
1 tablespoon capers (baby capers), chopped  
1 tablespoon snipped chives  
1 teaspoon Dijon mustard  
juice of ½ lemon  
salt and freshly cracked black pepper

### **MAKES 2**

140 g (4¾ oz) extra-firm or smoked tofu  
4 slices of sourdough or good-quality gluten-free bread  
2 tablespoons Plant Mayo (see page xxx) or shop-bought  
4 little gem (bibb) lettuce leaves  
1 tomato, sliced

### **FOR THE MARINADE**

2 tablespoons tamari  
½ teaspoon brown sugar  
1 tablespoon olive oil  
1 teaspoon barbecue spice mix

### **FOR THE ONION PICKLE**

½ red onion, thinly sliced  
1 tablespoon apple cider vinegar  
sprinkle of brown sugar