

# Quick Cooking Classes

## Twice-Baked Potatoes Prep

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### Tempeh Bacon

- 1 package unflavored tempeh
- 2 tablespoons low sodium tamari or soy sauce
- 2 tablespoons liquid smoke
- 1 tablespoon maple syrup

### Cheezy Sauce

- 2 baked russet potatoes
- 1 baked yam
- 2 cups unsweetened plant milk
- ½ cup raw cashews, soaked
- ½ cup nutritional yeast
- 1 tablespoon chickpea miso
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon turmeric powder
- 2 teaspoons mustard
- 1 pinch ground black pepper

1. Bake all potatoes ahead of time – potatoes and sweet potatoes or yams for the cheezy sauce as well as potatoes for the twice-baked potatoes (however many you'd like).
2. Soak cashews (at least 10 minutes and up to 8 hours).
3. Prepare tempeh bacon marinade by adding tamari, liquid smoke, and maple syrup to a medium-sized flat-bottom dish with a tight-fitting lid. Whisk well.
4. Slice tempeh block to desired 'bacon-slice' thickness and add to marinade. Cover with lid and turn to coat (doing this over a sink is highly recommended). Let sit for at least 10 minutes – up to an hour.
5. Bake tempeh in a single layer on a parchment lined baking sheet at 425 degrees for 15 to 25 minutes depending on thickness of slices and desired crispiness.
6. Peel and large dice 2 russet potatoes and the yam for the Cheezy Sauce. Add them and the rest of the sauce ingredients to a blender and blend well! As soon as completely smooth, blend one more minute.

7. Carefully cut the rest of your baked potatoes lengthwise. Using a small spoon, scoop out inner most potato flesh. Leave at least a half inch of potato attached to the skin so that they will hold up like little boats.
8. Add the scooped out potato to a bowl, add desired amount of cheezy sauce (start with half cup and gradually add more as needed).
9. Small dice prepared tempeh and add half to the potato/cheezy sauce mixture. Use a potato masher or immersion blender to combine well.

### **Assembly:**

Using a spoon or piping bag, add potato, cheezy sauce, tempeh mixture back into potato boats. Make sure there are peaks to create lots of opportunity for browning. Sprinkle remaining tempeh onto potatoes and then baked on parchment paper lined baking sheet for 15 minutes at 425 degrees or until edges start to become golden and crispy.

### **Summary of Prep Steps:**

Bake potatoes and yam.

Soak cashews.

Prepare tempeh bacon.

Prepare cheezy sauce.

Scoop, mix, and add back cheezy potato bacon filling.

Bake again.

