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1- (877) 2**VEGAN**0 (283-4260)

Makawoni au Graten

Organic Vegan Haitian-style Baked Macaroni & Cheese

Serve: 6-8 ppl serve oz (Gluten) can be GF

Makawoni au Graten

Equipment:

INGREDIENTS

1 box Rigatoni /or Penne Pasta (fresh or dried) you can use GF pasta instead
1 teaspoon Himalayan Pink Salt
4-6 cups clean water
1 cup fresh Onion (medium-diced)
1 cup fresh Red Bell Peppers (medium-diced)
1 cup fresh Green Bell Peppers (medium-diced)
1 cup fresh Orange Bell Peppers (medium-diced)
¼ cup fresh Garlic (cut on the bias)
6 - 8 fresh Bay Leaves
Hand-full fresh Thyme, Parsley, Green Onions (bouquet garni)

----- CASHEW CHEESE -----

1 ½ cup raw Cashew
1 large fresh Onion (cut fours)
3 large fresh Yukon potatoes (cut fours)
3 large fresh Carrots (cut fours)
2 cloves fresh Garlic
½ cup broth *"from the onions, carrots, potatoes"*
⅓ cup Chef Marcus's vegan stock (as needed)
½ bunch fresh Thyme
½ teaspoon Himalayan Pink Salt and Black Pepper (to taste)
1 stick ½ cup Vegan Butter
1 cup Almond Milk (your choice plant based milk)
3 - 5 tablespoon Nutritionist Yeast
¼ cup homemade Haitian Epis
1 teaspoon Garlic powder
1 teaspoon Onion powder
2 tablespoon Smoked Paprika
1 teaspoon Paprika
2 tablespoon dried Thyme
½ cup vegan Mayo
1 vegan bouillon

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½ cup vegan Carnation or Evaporated Milk - If you can find them (option)
½ cup vegan Parmesan cheese

---- **VEGAN ROUX** ----

2 tablespoon AP flour - you can use GF flour instead (as needed)
3 tablespoon vegan butter

----- **CHEF MARCUS'S VEGAN STOCK** -----

Please keep in mind that you need to keep the skin on them; just wash very well.

2-3 fresh organic whole onion
4 medium fresh organic whole Carrots
1 whole fresh organic Celery
1 cup fresh organic Garlic
5-8 fresh organic Bay Leaves
½ bunch fresh organic Thyme
¼ cup fresh organic Ginger
2 tablespoon Himalian Pink Salt
4-6qt fresh clean water

---- **HAITIAN VEGAN STYLE EPIS** ----

1 fresh organic Onion (cut fours)
1 fresh organic **Green, Red, and Yellow** Bell Peppers (clean & cut)
1 fresh organic Scallions (coarsely chopped)
1-2 fresh organic Celery stalks (optional)
6-8 fresh organic Garlic (coarsely chopped)
2-4 fresh Scotch Bonnet Peppers
1 bunch fresh organic Parsley, Green Onions and thyme
1 cup Avocado Oil
2 tablespoons organic Apple or White Vinegar
2 tablespoons fresh Lime Juice
1 tablespoons whole cloves
½ tablespoons Himalian Pink Salt
½ tablespoons Dried Rosemary and Basil
1 vegan bouillon cube

DIRECTIONS

----- **Saute the veggies** -----

1. Melt the butter in a medium saucepan over medium-heat. Add the onions to the saucepan and saute for 2 minutes; or until softened. Add the garlic and bell peppers; saute for 4 minutes or until fragrant tender. You can reduce the heat if the onions are cooking too fast. After the veggies mixture is done and set aside.

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2. Preheat the oven to 375°F degrees and grease a baking dish with cooking spray/or vegan butter. In a small saucepan add butter and flour to make a roux. Set aside
3. Cook the pasta in salted water according to the package directions. Bring to a boil and add the pasta, fresh bay leaves, fresh herbs (step1), and veggies mixture to the pot. Cook until the pasta is soft or *al dente* depending on the preference of. The authentic version of this dish features fully cooked pasta but if you don't like soft pasta bakes; cook until *al dente*. Drain, return the pasta & veggies to the hot pot, immediately move onto the next step. Set aside.
4. **To make the cashew cheese sauce**; In a medium-pot with clean water and salted. Bring it to a boil. Add the raw cashews, onions, yukon potatoes, carrots, 2 gloves, fresh bay leaves and thyme. Cook for 8-12 minutes; or until the onions & potatoes are tender and soft. Set aside. Once the cashew based has finished cooking; drain cashew based, but save 1 ½ cup of the broth.
5. Assemble the pasta bake. In the same pot. Add ½ cup vegan stock, ½ cup broth from cashew based, ½ cup almond (as needed) fresh & dried thyme, 1 stick of vegan butter, nutritional yeast, Haitian epis seasoning, onion & garlic powder, paprika and smoked, rest of the ingredients, pink salt and black pepper; to a high powered blender or vitamix. Blend until a thick sauce comes together. If you want a thinner consistency sauce, add ½ cup almond milk if it needs it. Taste and adjust seasonings as necessary. In a large mixing bowl, add the pasta & veggies, cashew cheese sauce, Haitian epis, vegan bouillon, evaporated milk, roux, mayo, shredded cheddar and mozzarella cheeses, and seasoning if needed. Mix well with all the ingredients and cover with cashew cheeses.
6. **Time to bake the mac and cheese**; before baking the dish, sprinkle vegan shredded cheddar and mozzarella cheeses on the top. Bake for 25-30 minutes or until the cheese has melted and the top is golden brown. Remove from the oven and allow to sit for 10 minutes before serving. **Jwi** (HAITIAN CREOLE)!!

★ ----- **FOR HAITIAN EPIS** -----

1. Add all the chopped vegetable ingredients to a food processor, vitamix blender, or use a pestle fitted.
2. Proceed to pulse/breakdown the vegetables into smaller pieces (chopped).
3. Continue to pulse until the mixture is almost liquid with some chunky bits like a pesto texture. Please Note: Haitian epis shouldn't be too much of a liquid texture.
4. Breakdown into small food containers or freeze into ice cubes/small portions in pots. Haitian epis can be refrigerated 30-60 days or/and frozen for 6 months. Epis can be used in other recipes or daily meal prep.

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----- FOR VEGAN STOCK -----

1. All sorts of scraps can contribute to a flavorful stock. Here are a few that work especially fresh onions skins & ends, leek tops, carrot tops, celery bottom and top, ginger skins and ends, garlic skins & ends. Please note to save skins, bottoms, ends, tops, of the vegetables as listed. If you are saving the sorts during the week to make your stock, it only lasts for 2-4 days in the refrigerator; don't freeze.
2. Place the onions, carrots, celery, leek tops, garlic, ginger, thyme, bay leaves, pink salt, and clean water in a large soup-pot and bring to a boil over high heat (If 12 qt of water won't fit in your pot, you can use 8-11 qts). Reduce the heat and simmer gently, covered, for 1 ½ hour.
3. Strain and discard the vegetables. Season to taste and use in your favorite soup, stews, braised food recipes. Please note the stock is used in every Chef Efford, Marcus recipe. Or you can save time by purchasing it from www.marcusefford.com.

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