

Vegan Cooking Class Recipes Session 64 (*March, 2019*)

- **Tofu Stir-Fry** (*page 1*)
- **Instant-Pot Rice** (*page 2*)
- **Classic Baked Tofu** (*page 2*)
- **Smokey Sprinkles** (*page 2*)
- **Growing Sprouts & Micro-Greens** (*pages 3,4*)
- **Frozen Peppermint Patty Treats** (*page 4*)

Tofu Stir-Fry

Stir Fry

- 1 14 oz. pkg. firm or extra-firm tofu**
- 2 c. whole green beans-chopped into bite sized chunks**
- 1 c. sliced carrots-chopped into bite sized chunks**
- 16 oz. vegetable broth**

Sauce

- ¼ c. Liquid Aminos**
- 1 Tbsp. fresh grated ginger**
- 2 Tbsp. organic brown sugar**
- 1 Tbsp. maple syrup or agave**
- 1 Tbsp. potato starch, or ½ Tbsp. Tapioca starch**

1. To prepare tofu, drain package, put tofu into a freezer bag, and freeze. This gives the tofu a meaty texture and lets it absorb the sauce. When fully frozen, thaw and press dry. This can be done by a tofu press or by placing the tofu between towels and laying a heavy object, like a book upon it. You may have to change towels several times. I always put a plastic bag between the tofu and the book.
2. If you are having rice, now is a good time to start it.
3. Prepare the sauce without the potato starch and set it aside.
4. Cut the tofu into about 1 inch cubes and place in the sauce.
5. While the tofu is soaking, about 5-10 min. Begin preparing the vegetables. Remove tofu and add the potato starch to the sauce and mix well.
6. Place a large skillet over medium heat. Add ¼ cup of the vegetable broth and swirl to coat. Heat the broth and add the carrots and stir to coat. Cook for about 3 min. stirring often, and then add the green beans.
7. Cook for another 7 to 8 min. or until they are softened, add the sauce and stir. It should bubble and thicken. Next add the tofu and stir to coat.
8. Cook the mixture for 3-5 min, stirring often. When the veggies are cooked to your preferred doneness, remove from heat. Serve as is or over rice. Best when eaten fresh, though will keep in the refrigerator for a couple of days.

Adapted from Minimalist Baker

Instant-Pot Soaked Rice

Soak 1 cup rice in several inches of water above rice overnight, drain off the water and then cook. Cook in Instant-Pot 1 cup rice (measured when it was dry) to 1 cup fresh water for 12 minutes on high pressure and then 12 minutes sitting before releasing the pressure.

Classic Baked Tofu

1-14 oz. block extra-firm tofu, sliced crosswise into 8 slabs

Marinade

3 Tbsp. Bragg Liquid Aminos (or soy sauce)

1 Tbsp. prepared yellow mustard (365 Brand is made with apple cider vinegar)

¾ c. vegetable broth

2 tsp. garlic powder

1. In a big dish, mix together the marinade ingredients. Add the tofu and marinate for an hour (or overnight in refrigerator), flipping it at least once.
2. Preheat oven to 425 degrees. Line a rimmed baking sheet with parchment paper.
3. Place the tofu in a single layer on sheet and cover with tin foil. Bake for 15 minutes.
4. Remove foil, flip the tofu and spoon on more marinade. Continue to bake, uncovered, for another 15 minutes. Tofu should be browned at edges.
5. Serve, or let cool and keep refrigerated in a well-sealed container for up to 5 days.

This is delicious straight out of the oven or with rice and vegetables, on sandwiches, sliced over salads etc.

Inspired by Isa Chandra Moskowitz, "Isa Does It"

Smokey Sprinkles

1 c. raw cashews (or blanched almonds)

¼ c. nutritional yeast flakes

¾ tsp. healthy salt

¼ tsp. Italian seasoning

½ tsp. garlic powder

2 tsp. lemon juice

2 tsp. Bragg's liquid aminos

¼ tsp. vitamin C powder (I used powdered lactic acid – available online. Yes, it is non-dairy.)

½ tsp. liquid smoke

1. Blend all in a food processor until it just begins to clump together.
2. Spread out on parchment paper on a baking sheet.
3. Bake at 300° F. for 20 minutes.
4. Let cool to become more crispy.

You may need to break it apart into smaller bits or use larger pieces like bacon in a BLT sandwich!

Adapted from Chef Ani's Vegan Parmesan Topping at www.ChefAni.com

How to Grow Sprouts & Micro Greens:

Sprouting Instructions for seeds:

1. Soak 2 Tbsp. of seed in cold water for 8-12 hours.
2. Drain off water and do not soak again.
3. Rinse thoroughly.
4. Drain thoroughly.
5. Rinse and drain with cold water every 8-12 hours.
6. On Day 3 move your sprouting jar to a well-lit location.
7. Continue to rinse and drain every 12 hours.
8. Harvest on Day 6 when the leaves are open and green.

***My favorites include French Garden Mix (clover, arugula, cress, radish, fenugreek, dill), Russian Mix (red clover, onion, mustard, fenugreek, dill), Italian Blend (red clover, garlic, cress) Cabbage**

Nutrition: Vitamin A, B, C, E and K, calcium, iron, magnesium, phosphorus, potassium, zinc, carotene, chlorophyll, amino acids, antioxidants

Sprouting Instructions for beans:

1. Soak 1/3 to 1 cup of beans in cold water for 8-12 hours.
2. Drain off soak water. Do not ever soak again.
3. Rinse thoroughly.
4. Drain thoroughly.
5. Rinse and drain with cold water every 8-12 hours.
6. Bean sprouts don't need light. Keep your sprouter in a low light location.
7. Harvest on Day 2 or 3, when most of the beans have short roots. Refrigerate your crop.

***My favorites include San Francisco Mix (mung, peanut, lentils, peas, garbanzo and adzuki) Madison Market Mix (sunflower, peanut, almond & pumpkin) Beanies Awesome Mix(3 lentils, 3 peas, garbanzos & adzuki)**

Nutrition: Vitamin A, B, C, & E, calcium iron, magnesium niacin, phosphorus potassium all essential amino acids, protein 20-25%

Growing Instructions for Micro Greens:

No soaking needed.

1. Plant 1-2 teaspoons of seed on thoroughly moistened soil.
2. Cover crop with another tray to keep light out and moisture in.
3. Keep your soil moist by spraying lightly with water as needed.
4. When your plants have begun to show leaves, remove cover and move crop to a well-lit location.
5. Harvest (5-14 days) when leaves are open and a few inches tall.
6. Cut just above the soil with scissors or a sharp knife.

***My favorites include Broccoli, Arugula, Cabbage, Kohlrabi, Long life (broccoli and 10 friends, all brassicas) Kale, Brunos Indoor Garden (a blend of 13 seeds), Tatsoi.**

Nutrition: Vitamins A,B,C,E & K, calcium iron, magnesium, phosphorus, potassium, zinc, carotene, chlorophyll, trace elements, amino acids, antioxidants, protein 35%.

Growing Instructions for Sunflower Sprouts:

1. Put 1/4 cup of seed in a jar (for 5X5 planting tray)
2. Fill the jar with cold water and soak them all evenly. Use a lid because sunflower seeds float.
3. Soak for 12 hours.
4. Drain off water. Never soak them again.
5. Rinse thoroughly.
6. Drain thoroughly.
7. Rinse and drain again every 8-12 hours until your seeds have a little root showing.
8. Plant them of thoroughly moistened soil.
9. Cover your crop with another tray to keep light out and moisture in.
10. Keep your soil moist by watering gently with spray bottle as needed.
11. When your plants have begun to push up the cover, remove the cover and move your crop to a well-lit location.
12. Harvest when the leaves are open and most of them have shed their hulls.
13. Cut just above the soil with scissors.

***Nutrition:** Vitamin A, B, C, & E, calcium, chlorophyll, iron, magnesium, niacin, phosphorus, potassium, amino acids, protein 20-25%.*

Shared by Julia Abela from The Sprout People www.sproutpeople.org

Frozen Peppermint Patty Treats *(These remind me of a minty It's It!)*

2 big bananas, peeled and chunked

½ c. cocoa powder (or ½ c. carob powder + 1 Tbsp. Roma or other coffee substitute powder)

½ c. maple syrup

½ c. almond milk

2 tsp. vanilla

¼ tsp. peppermint extract (or 1-2 drops peppermint oil)

2 c. rolled oats (quick or old-fashioned)

Grape Nuts cereal to roll them in

1. Blend the first 6 ingredients (everything except the oats and Grape Nuts) in a food processor until smooth.
2. Pour into a bowl and mix with the oats. Let sit for about 20 minutes to thicken up.
3. Prepare a small cookie sheet or plate with wax paper.
4. Then scoop out a spoon full of the mix into some Grape Nuts. Cover the top with the cereal too, gently, and then carefully scoop up in your hand. Try to not get any of the sticky part on you. Gently but quickly drop the ball from one hand to the other to drop off extra kernels of cereal and then place on the wax paper. You can flatten it slightly if you wish at this point. Continue this process until all the mix is used up.
5. Place in freezer. When frozen, store in freezer bags until ready to eat. Best eaten slightly thawed but before they get too soft.

Adapted from "Minty Frozen Chocolate Balls" in "The Prevent and Reverse Heart Disease Cookbook" by Ann Esselstyn