

# VEGAN

## Recipe



**Avatamsaka Monastery**

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## Table of Contents

Black Bean with Assorted Vegetable.....	1
Spaghetti Sauce.....	2
Bean Curd Sheet with Preserved Bean Curd .....	3
Bean Curd Sheet Roll.....	4
Vegetarian Bits .....	5
Banana Bread.....	6
Best Corn Bread.....	7
Veggie Bun.....	8
Tofu Burger.....	9
Vegetarian Burger (one serving).....	10
Three Color Cake (Sweet).....	11
Orange Cake .....	12
Potato Cakes .....	13
Sun Cake .....	14
Water Chestnut Cake.....	16
Chili .....	17
Curry (for 4 people).....	18
Tofu Dessert.....	19
Chickpea Dip .....	20
Vegetarian Dumpling .....	21
Vegetarian Rice Dumpling.....	22
Prepared Gluten .....	23
Fried Gluten Balls in Tomato Sauce.....	24
Multi-Color Fresh Fruit Juice.....	25
Apple Pie .....	26
Oatmeal Apricot Cookies .....	27
Braised Winter Melon (Dong Kwa) .....	28
Black Glutinous Rice Porridge Dessert .....	29
Banana Walnut Muffins (yields 12).....	30
Stuffed Mushrooms with Lotus Root .....	31
Pancakes .....	32
Stuffed Papaya .....	33
Five Spice Peanuts .....	34
Couscous Salad.....	35
Mandarin Salad.....	36
Chick Pea Salad .....	37
Chick Pea Salad .....	38
Seaweed Salad .....	39
Bean Curd Sheet Sandwich.....	40
Flavored Seaweed .....	41
Vietnamese Side Dish .....	42
Apple Soup.....	44
Barley vegetable soup.....	45
Hot and Sour Soup.....	46
Winter Melon Soup .....	47
Quinoa with vegetable soup.....	48
Seaweed soup .....	49
Soy bean sprout soup .....	50
Taro Root.....	51
French Toast .....	52
Tofu Flat .....	53
Fried Tofu with Mushroom .....	54

Tofu Round .....	55
Seasoned Tofu.....	56

## **Black Bean with Assorted Vegetable**

*By Mrs Luu*

### **Ingredients:**

1 cup (diced) -----Black bean  
1/2 cup (diced) -----Red pepper  
1/2 cup (diced) -----Green pepper  
1/2 cup (diced) -----Corn (frozen)  
1/4 cup (diced) -----Tomato  
1/4 cup (diced) -----Carrot  
2 (minced)-----Red chili  
1/2 cup (minced) -----Cilantro

### **Seasoning:**

1/2 tsp-----Salt  
1/4 tsp-----Pepper

### **Preparations:**

1. Wash black bean.
2. Add water. (Water must cover the black bean).
3. Bring to boil.
4. Take off stove. Soak for 8 to 12 hours.
5. Heat oil, put in black bean, carrot and corn. Cook till soft, add red and green pepper, tomato and red chili, salt and pepper.
6. Cook for 1 – 2 minutes, and then add cilantro.
7. Dish up and serve.

## Spaghetti Sauce

*By Lynn*

### Ingredients:

2 pkg-----Veggie Ground Round  
1 can-----Tomato paste  
1 can-----Tomato sauce  
1 large can -----Crushed tomatoes

### Spices:

Oregano, Basil, rosemary, thyme, parsley flakes, sage and marjoram, salt & pepper. (1 tsp or ½ tsp of each, 2 tbsp parsley)

Fry Veggie Ground Round then adds all sauces and spices (dry spices).

### Preparations:

1. In separate pan fry 2 zucchinis, 2 large green peppers, 4 cups of chopped mushrooms (white capped).
2. Fry in olive oil then add sauce, simmer for about ½ hour.

## Bean Curd Sheet with Preserved Bean Curd

*By Mrs Luu*

### Ingredients:

- 1 package (400 g)-----Round bean curd sheet (frozen)
- 2 -----White cloth
- 2 (1 foot long)-----Cotton string
- 5 tbsp -----Soy sauce
- 1 ½ piece (smashed) -----Preserved bean curd
- 1 ½ tbsp -----Brown sugar
- 1½ cup-----Water
- 3 tbsp -----Sesame oil

### Preparations:

1. Sauce: Put water, brown sugar, preserved bean curd and soy sauce into a pot, bring to boil. Add sesame oil.
2. Take 3 pieces bean curd sheet and fold in half. Then brush the sauce on each layer, fold both corners to the middle and roll it up into a roll. Wrap with white cloth, tie it with the string.
3. Use left over sauce, add 1 cup of water, put on bean curd roll, cook for 20 – 30 minutes then press with heavy object for 1 – 2 hours.
4. Unwrap the bean curd roll, cut into pieces and serve.

## Bean Curd Sheet Roll

### Ingredients:

2 pieces-----Round bean curd sheet  
1 cup-----Bean sprouts (shredded)  
½ cup -----Carrots (shredded)  
¼ cup -----Celery (shredded)  
1 tsp -----Cilantro  
1 package -----Green vegetables  
½ tbsp -----Fat-choy (black moss)  
½ tbsp -----Ginger (shredded)  
1 tbsp -----Vegetarian barbecue sauce  
1 tbsp -----Corn starch  
1 tsp -----Sesame oil  
1 tsp -----Salt

### Flour mixture

½ tsp -----Flour  
½ tsp -----Water

### Preparations:

1. Cut each sheet of bean curd into 4 triangular pieces.
2. Blanch carrots, celery and bean sprouts for 30 seconds. Mix with vegetarian barbecue sauce and ¼ tsp of salt.
3. Spread out the bean curd sheet and place sufficient amount of filling in the centre. Roll it up slowly and use the flour mixture to glue the edge of the bean curd sheet. Repeat with rest of bean curd sheets.
4. Fry until it turns golden brown then cut into 3 pieces.
5. Blanch green vegetables and garnish around the plate.
6. Boil 1 cup of water and put in fat-choy, ginger, ¼ tsp of salt, cornstarch and sesame oil. Pour over bean curd rolls and serve.



## Vegetarian Bits

*By Elise Ginn*

### Ingredients:

8 oz -----Gluten  
1 tbsp -----Sesame oil  
2 -----Dried red chili

### Seasoning:

1 tbsp -----Dark soy  
 $\frac{3}{4}$  tsp-----Salt  
2 tbsp -----Sugar

### Preparations:

1. Boil gluten for 5 minutes, drain. Dice after cooled. Deep fry in hot oil until slightly golden brown. Drain and marinate with seasoning for 6 hours.
2. Heat 1 tbsp oil. Add prepared gluten, red chili and 1 cup of water. Simmer over low heat until the sauce is dry, stirring occasionally. Add in sesame oil and mix well. Discard red chili. Serve cold.

Note: Bits will harden the next day.

## Banana Bread

*By Kathy Lai*

### Ingredients:

½ cup -----Vegetable oil  
½ cup ----- Sugar  
60 ml to 75ml ----- Water  
3 ----- Mashed Bananas (ripe)  
2 ----- Cake flour sifted  
¾ tsp ----- Baking power  
½ tsp ----- Salt  
¾ cup ----- Walnuts

### Preparations:

1. Beat oil, sugar and water until smooth, add mashed bananas and blend in.
2. In another bowl, sift flour, baking soda, baking power, salt and mix. Add nuts.
3. Add dry ingredients to banana mixture, stirring only to moisten.
4. Transfer to greased loaf pan. Bake at 350°F for 45 minutes to 1 hour.  
(Loaf is done when inserted toothpick into center and comes out clean)

### Apricot Glaze:

Apricot jam - adds little water, boil to right consistency or use a package of store bought apricot glaze.

## Best Corn Bread

*By Elise Ginn*

### Ingredients:

1 c. -----Cornmeal uncooked  
1 ½ tsp -----Baking powder  
1 tsp -----Sea salt  
2 tsp -----Egg Replacer Powder  
4 Tbsp -----Water  
1 can -----Cream style corn  
¼c-----Olive oil  
1 (300g) pkg -----Soft tofu

### Preparations:

1. Mix well cornmeal with baking powder
2. Mash tofu or blend in blender until smooth.
3. Dissolve egg replacer powder in water; beat until you see the bubble.
4. Mix all ingredients together and pour into a lightly greased 8 x 8 inch baking pan.
5. Bake in 400°F oven for 35 minutes or until golden brown.
6. Serve with chilli on top.

## Veggie Bun

By Kathy Lai

### Ingredients:

1 ½ cup----- Mixed flour (Dai bau flour)  
3 cups----- All purpose flour  
⅓ cup ----- Sugar  
1 tbsp ----- Baking Powder

Mix above ingredients and add:

2 cups----- Soya milk or water  
1 tbsp ----- Vegetable oil

Knead to make dough. Cover with a cloth or plastic sheet for at least 15 minutes. Divide dough into 24 portions.

### Filling:

1 tsp ----- grated ginger  
8 ----- Mushrooms (washed, cut and marinated with a dash of salt)  
2 tbsp ----- Preserved vegetable (soaked, washed and diced)  
1 lb----- Jicama (washed and diced) or ½ lb cabbage (washed and diced)  
1 large ----- Carrot (peeled and cut)  
1 bunch ----- Mung bean thread (50g, soaked, washed, drained, cut to ½ inch long strips)  
2 tbsp ----- Flour  
2 tbsp ----- diced Cilantro

### Seasoning:

1 tsp ----- Salt  
1 tsp ----- Sugar  
¼ tsp ----- Pepper  
1 tbsp ----- Oil  
few drops (optional) ----- Sesame oil

### Preparations:

1. Sauté ginger with oil, add mushrooms and preserved vegetable until fragrant. Put in jicama, carrots and mung bean threads, and stir fry for about 2 minutes. Then slowly add flour. Put in a bowl, when it is cool add in cilantro.
2. Take a ball of dough, roll flat, put 2 tbsp of filling in the middle of the dough, seal edge. Repeat with rest of dough. Then steam for 15 minutes.

## Tofu Burger

*By Elise Ginn*

### Ingredients:

½ cup -----millet cooked in 2 cups water until soft (keep  
water)  
½ cup -----pecans, ground  
1 pkg. (454 g)-----medium/firm tofu  
2 cups-----quick oats  
½ cup -----chopped celery  
1-2 tbsp-----nutritional yeast flakes  
1 tsp -----sea salt  
4 tbsp -----Braggs All Purpose seasoning (or Light Soy  
Sauce)  
¼ tsp-----pepper (optional)  
1 cup-----cooked brown rice

### Preparations:

1. Blend tofu until smooth. Pour into mixing bowl.
2. Add remaining ingredients and mix well.
3. Drop by tablespoonfuls on a preheated non-stick skillet. Form into shape of a burger.
4. Fry both sides of burger until golden brown.
5. Serve warm on a bun with lettuce, tomato and salad dressing.

## **Vegetarian Burger (one serving)**

*By Sylvie Lu*

### Ingredients"

(one leaf) ----- Lettuce  
1/4----- Tomato  
2 ----- Mushrooms  
Ketchup\ (no onion or garlic)  
Nasoya Nayoonnaise Sandwich Spread  
1 -----Vegetarian patty  
Sesame Burger Bun

### Preparations:

1. Slice mushrooms and fry them in a pan.
2. Grill or fry the vegetarian patty.
3. Fry Burger Bun if preferred.
4. Put all of ingredients in the Burger Bun.

Note: To make a vegetarian hamburger, one should buy ingredients that are free of meat, egg, garlic and onion.

## Three Color Cake (Sweet)

*By Elise Ginn*

### Ingredients:

1 pound -----Taro Root  
1 pound -----Sweet Potato  
½ pound -----Pumpkin  
½ cup -----Wolfberry seeds  
½ cup -----Raisins  
½ cup -----Shredded Soy Cheese  
2½ tsp -----Sugar  
1½ cup -----Corn starch  
¼ cup -----Sesame seeds

### Preparations:

1. Remove the skin of the taro root, sweet potato and pumpkin. Take out the seeds from the pumpkin. Add raisins, sugar and mix well. Then mix in cornstarch.
2. Grease the pan and put the mixed ingredients in the pan. Pat the mixture down. Steam for 40 minutes. Allow the cake to cool before cutting it. You may sprinkle sesame seeds on top of the cake if you like.

## Orange Cake

*By Kathy Lai*

### Preparations:

Preheat the oven to 350°F. Grease one loaf pan or line the bottom with wax or parchment paper.

### Ingredients:

1½ cups ----- all purpose flour or cake flour (sifted)

½ to 2/3 cup ----- sugar

½ tsp ----- baking powder

½ tsp ----- baking soda

½ tsp ----- salt

Whisk together thoroughly in a large bowl.

1 cup ----- orange juice

1/3 cup ----- vegetable oil

1 tbsp ----- grated orange zest

1 tbsp ----- white or cider vinegar or lemon juice

1 tsp ----- vanilla (optional)

Add and stir together until smooth.

### Preparations:

Scrape the batter into the pan and spread evenly. Bake 30 to 45 minutes until a toothpick inserted into the center comes out clean. Let cool in the pan on a rack for 10 minutes. Slide a thin knife around the cake to detach it from the pan.



## Potato Cakes

*By Chin Yuan Zheng*

Ingredients: (makes 20 – 25 cakes)

2½ pounds-----boiled potato

1 cup----- (veggie ground round original) vegetarian ham -  
YVES

½ cup -----cheese

1 cup-----peas

½ cup -----parsley or cilantro

3 tbsp -----corn starch

1 tsp -----nutmeg powder

1 tsp -----pepper

1 tsp -----salt

Vegetable oil or butter

Preparation:

1. Peel the potatoes and mash them up in a bowl.
2. Cut ham and cheese. Cut parsley or cilantro.
3. Mix ham, cheese, peas, corn, etc. with your mashed potatoes. Add salt, pepper, nutmeg powder and corn starch.
4. Make balls out of the potato mixture. (You can use an ice cream scoop to do this.) Make sure the balls are packed tight.
5. In a fry pan, add some vegetable oil or butter. After placing balls in pan, flatten it with spatula. Fry until golden brown and serve.

## Sun Cake

*By Patience Lee*

Ingredients (Filling for 5 dozen):

10 tbsp ----- heavy malt syrup  
5 cups----- powdered sugar  
10 tbsp ----- black bean powder  
15 tbsp ----- cake flour  
10 tbsp ----- margarine  
5 tbsp ----- water

Preparation:

1. Pour powdered sugar on a kneading board, and add malt syrup. With powdered sugar on the fingers, stretch the heavy malt syrup into a long strip, and then knead and blend well.
2. Mix ingredients black bean powder and cake flour, and pour on the kneading board. Add margarine, mix well, and then add water. Note: The amount of water may be adjusted according to need.
3. Knead into a ball of dough. Divide into 60 portions, and store in a container.

This dessert has a flaky shell, which contains two parts: water-margarine shell, and margarine center.

### **Water-margarine shell:**

Ingredients:

420 g ----- all-purpose flour  
168 g ----- margarine  
180 cc----- water

Preparations:

1. Put flour and margarine into a mixing bowl. Mix with hands without kneading.
2. Slowly pour water into the bowl, and mix all ingredients well with hands. Cover with damp towel, and put aside for 30 minutes. Divide into 60 parts.

### **Margarine center:**

Ingredients:

360 g ----- cake flour  
234 g ----- margarine  
Mix these two ingredients in a bowl, and then divide into 60 parts.

#### Finishing Preparations:

1. Flatten one water-margarine shell with both hands, and wrap around a margarine center. Repeat with the other 59 parts. Cover with cloth to prevent from drying up.
2. Flatten one ball of dough from 1 (above) on a board, and roll into an oval using a rolling pin. Hand-roll the dough into a 5 - 6 cm long and 1 -2 wide cylinder. Repeat with other dough.
3. Shorten the cylindrical dough from 2 (above) by pushing in from both ends, let the dough sit on one end, and then flatten it to form a circle. Repeat with the remaining dough.
4. Repeat B for the dough from 3 (above).
5. Repeat 3 (above) for the dough from 4 (above) (If the dough is too hard to roll, set aside for a while.) Lightly grease a baking pan with margarine.
6. Roll 5 (above) into a circle, and tightly wrap around a part of the filling. Carefully flatten with hands, then roll into a circle with a diameter about 7 - 8 cm. Place on a baking pan. After finishing 20 cakes, preheat the oven to 300°F for 10 minutes. Repeat with remaining pastry while baking the first batch.
7. Bake at 300°F for 20 minutes. To bake evenly, rotate the baking pan 180 degrees halfway.

## Water Chestnut Cake

*By Elise Ginn*

### Ingredients:

2 ½ cups----- Water  
1 cup----- brown sugar  
6 ----- fresh Water Chestnuts (diced)  
1 tsp ----- oil  
½ cup ----- Water Chestnut powder  
½ cup ----- Water

### Preparations:

1. Put 2 ½ cups water, brown sugar and Fresh water chestnut into a pot, bring to boil, add oil, stir it till the sugar dissolves. Change to medium heat.
2. Mix ½ cup water with ½ cup Water Chestnut powder.
3. Slowly pour Water Chestnut mixture into the pot, stir slowly till the color changes to clear, then pour into a greased pan. Cool overnight. Ready to eat.

## Chili

*By Elise Ginn*

### Ingredients:

1 cup-----chopped red pepper  
1½ cups -----chopped green pepper  
1½ cups -----corn  
2 cups-----dry gluten ball (soaked and diced)  
1 can 540 ml (19 fl oz) -----Six Bean Blend  
1 can -----diced tomatoes with herbs  
1 can -----tomato sauce  
1 tsp -----chilli powder  
1 tsp -----salt  
1 tsp -----olive oil

### Preparations:

1. Fry gluten ball with olive oil
2. Add green pepper and red pepper and cook for a few minutes.
3. Add remaining ingredients. Simmer for ½ hour.
4. Add chilli powder and salt. Ready to serve.

## Curry (for 4 people)

*By Guo Hua Xiong*

### Ingredients:

1 pound ----- taro  
4 (medium sized) ----- carrots  
3 (small) ----- potatoes  
1 can ----- coconut milk (or 1 cup of soy milk, ½ can of  
coconut milk)  
1 package ----- deep fried tofu  
¼ ----- cabbages  
3 ----- sticks of lemon grass  
1 tbsp ----- salt  
½ tbsp ----- sugar

### Preparations:

1. First cook the curry, lemon grass and carrots.
2. Then when the mixture is boiling, add the rest of the ingredients.

## Tofu Dessert

*By Elise Ginn*

Preparations:

1. Soak dried soy beans in water overnight.
2. Put one cup of beans with two cups of water in the blender. Blend for 10 minutes.
3. Pour mixture into a cloth bag and add two more cups of water. Squeeze out the soy liquid.
4. Put a larger cloth bag in a pot and squeeze out soy liquid again before boiling.
5. Prepare a large bowl that will hold all of the liquid.
6. Using  $\frac{1}{2}$  cup of water, add one teaspoon of edible terra alba\* and two tbsp of corn starch. When the soy liquid boils, pour the mixture of terra alba and corn starch into the bowl. Then pour the soy liquid into bowl. Let it sit for 15 minutes.

Syrup: To make the sugar syrup, boil a few slices of ginger and one pound of sugar in two cups of water.

Note: If you want soy milk, just follow the instructions up to step 4.

\*Terra alba: Also called gypsum, this naturally occurring calcium sulfate, is the traditional coagulant for Chinese tofu and is preferred by many for a delicious source of dietary calcium.

## Chickpea Dip

*By Elise Ginn*

### Ingredients:

1 lb (500g) ----- Cooked or canned chickpeas  
8oz (250g)----- Sesame paste (tahini)  
4 oz (125ml) ----- Lemon juice  
1 oz (30ml) ----- Olive oil  
1 oz (30ml) ----- Salt  
Pinch ----- Cayenne pinch  
1 -2 oz (30-50ml) ----- Olive oil

### Preparations:

1. Puree the chickpeas with the sesame paste, lemon juice, and olive oil.
2. If necessary, thin out the puree with a little water or with additional lemon juice, depending on the taste.
3. Season with salt to taste and with cayenne.
4. Chill for at least an hour to allow the flavors time to blend.
5. Spoon the hummus into serving bowls. Drizzle additional olive oil over the bowl before serving.



## Vegetarian Dumpling

*By Ping Chen*

### Ingredients (A):

5 cups-----all purpose flour  
2 cups-----Warm water

### Ingredients (B):

½ can -----Gluten balls (julienne)  
1 stick-----Celery (diced)  
4 -----Dry mushrooms (diced)  
5 -----Carrots (julienne)  
½ can -----Bamboo shoots (diced)  
1/8 -----White gourd (diced)  
1 piece -----Spiced pressed bean curd

### Ingredients (C):

½ tsp-----Cayenne pepper  
½ tsp-----Ginger powder  
½ tsp-----Salt  
½ tsp-----Sugar  
½ tsp-----Oil

### Ingredients (D):

Sauce: Chinese vinegar, dark soy sauce, sugar, sesame oil

### Preparations:

1. Heat up oil, add cayenne pepper, ginger powder, mushrooms, carrots and bamboo shoots and fry a little. Let it cool down.
2. Use warm water and mix with flour. Let sit for one hour then take a small chunk and flatten it (to be used as the dumpling skin).
3. Mix (B) and add (C)
4. Mix the mixture from step 1 and step 3.
5. Put one tbsp of filling (from step 4) in the middle of the dumpling skin (from step 2) and fold in half. Repeat.
6. Using a fry pan, heat it up with oil. Fry the dumplings until it is brown. Then add some warm water in the fry pan and cover with lid for 10 minutes or until water dries.

## Vegetarian Rice Dumpling

*By Mrs. So*

### Ingredients:

40 (large)-----dried bamboo leaves  
20 -----pieces of cotton string  
6 cups -----sweet rice (Riz Cal Pacific Sweet Rice)

### Filling:

20 -----dried shitake mushrooms  
20 slices -----vegetarian ham  
20 slices -----taro root  
20 -----chestnuts  
1 cup -----peanuts

### Others:

½ cup of soy sauce, five spices powder, pepper, sugar, sesame oil, pressure cooker

### Preparations:

1. Soak the bamboo leaves for 2 hours in water, wash, then soak in hot water for a few minutes and dry.
2. Mushrooms – wash, soak in warm water for 1 hour, then add ½ cup of soy sauce, 2 tbsp of sugar, 1 tbsp of oil, 1 cup of water, and cook on low heat for 10 minutes.  
Taro root – cut into slices, fry using 1 tbsp of oil and 1 tsp of salt  
Peanuts – wash, put in pressure cooker for 30 minutes.  
Ham – cut into slices
3. Sweet rice – wash, add to the mushroom mixture and add 1 tbsp salt, 2 tbsp sesame oil, 2 tbsp five spices powder, 1 tbsp pepper and mix
4. Taking 2 bamboo leaves, put them back to back and fold. Put in 1 – 2 tbsp of rice and add some of the filling and add another 1 – 2 tbsp of rice.  
Wrap it up and tie it using the string.
5. Put 20 together in a pressure cooker, filling it with water until it covers the wrapped dumpling. Cook for about 20 minutes on low heat. If you're using a pot instead, cook for about 1 hour.

## Prepared Gluten

*By Elise Ginn*

### Ingredients (A):

1 cup -----gluten flour  
1/2 tbsp -----wheat flour  
1/2 tbsp -----all purpose flour  
1/2 tsp -----baking powder

### Ingredients (B):

2 cups-----warm water  
1/2 tbsp -----salt  
1/2 tbsp -----sugar  
1/2 tbsp -----oil

### Preparations:

1. In a bowl, mix (A)
2. In another bowl, mix (B)
3. Pour (A) into (B), mixing with egg beater
4. Heat up oil, cut gluten into small pieces. Drop into oil piece-by-piece and flip. Change to medium heat and take out gluten when brown.
5. Steamed Gluten flour.
6. Using ingredients (B), slowly pour in 1 cup of gluten flour and mix well with egg beater. Let it sit for one hour. Then steam the gluten for one hour. After it cools down, cook it the way you like.
7. If you find it not soft enough, you can add 1/2 tsp of baking powder with the gluten flour before you pour it into (B).

## Fried Gluten Balls in Tomato Sauce

*By Elise Ginn*

### Ingredients:

10 oz ----- fried gluten balls  
1 tbsp ----- sesame oil

### Seasoning:

1 cup ----- water  
3 tbsp ----- tomato ketchup  
3½ tbsp ----- sugar  
2 tbsp ----- white vinegar  
¼ tsp ----- salt  
1 tbsp ----- malt sugar  
½ tsp ----- flavor essence

### Sauce:

2 tbsp ----- corn flour  
2 tbsp ----- water

### Preparations:

1. Deep fry gluten balls in hot oil until firm. Drain.
2. Boil seasoning with 2 tbsp oil over low heat until malt sugar is dissolved. Add in prepared gluten balls and cook until liquid is nearly dry. Pour in sauce, then add in sesame oil. Mix well and put in dish. Cut into small pieces with scissors. Serve hot or cold.

## **Multi-Color Fresh Fruit Juice**

*By Kathy Lai*

### **Ingredients:**

Apples

Oranges

Pears

Grapes

Strawberries

Pineapple (canned)

Lemon

Fruit juice or water

Remove skin and seeds from the fruits, place in blender with fruit juice or water.

## Apple Pie

*By Kim Au*

*The pie recipe asks for cream cheese; for some it might not be considered vegetarian. If one wishes, one may substitute tofu cream cheese (available at many health food stores.)*

### Pie Crust:

1. Place 1½ cups of flour, ½ cup butter and ½ tub (250 g) of Philadelphia Spreadable Cream Cheese in food processor. Pulse until mixture almost forms a ball.
2. Shape into a ball and refrigerate for 1 hour or until well chilled.
3. Roll out on lightly floured surface. Divide pastry into two portions.
4. Roll half the pastry on lightly floured surface. Place into 9 inch pie plate.
5. Mix 6 peeled and sliced apples, 2/3 cup sugar, 2 spoonfuls flour and 1 spoonful cinnamon. Place in crust.
6. Roll remaining pastry out and place on top of pie. Slit top then trim and pinch edges to seal. Bake at 400°F for 30 minutes.

## Oatmeal Apricot Cookies

*By Kim Au*

### Ingredients:

1¼ cups -----rolled oats  
¾ cup -----all purpose flour  
½ tsp -----baking powder  
½ tsp -----salt  
½ cup (1 stick) -----unsalted butter, room temperature  
½ cup -----packed light-brown sugar  
¼ cup -----granulated sugar  
35 ml -----Soya milk, water  
1 tsp -----vanilla extract  
¾ cup -----roughly chopped dried apricots  
¾ cup -----slivered almonds

### Preparations:

1. Preheat oven to 350°F. In a medium bowl, combine oats, flour, baking powder and salt; set aside.
2. In the bowl of an electric mixer, cream butter and sugars on medium speed until smooth; add Soya milk and vanilla. With mixer on low speed, add oat mixture and mix until just combined.
3. Stir in apricots and almonds by hand.
4. Divide dough into twelve pieces, and roll into balls. Place balls 3 to 4 inches apart on baking sheets. Use your fingers, flatten balls to about ¾ inch thickness.
5. Bake cookies until edges begin to brown, 25-30 minutes. Let cool 5 minutes on baking sheet, then transfer to a wire rack to cool completely

## **Braised Winter Melon (Dong Kwa)**

*By Mrs Luu*

### **Ingredients:**

Winter melon ----- 1 pound

### **Seasonings:**

Soy sauce----- 2 tbsp

Ginger ----- 1 tsp (Minced)

Sugar ----- 1 tbsp

Pepper ----- ½ tsp

Water ----- 1/2 cup

### **Preparations:**

1. Removed skin and the seed of the winter melon, cut into squares, then draw a "cross" on the top of the skin side. Brown the skin side first, then brown the other side. Ready for use.
2. Heat wok with oil, sauté ginger until fragrant, add gluten fry for 1 minute, add seasonings and water, put in 1 (above) and simmer for 20-30 minutes or until it is soft, then serve.





## Banana Walnut Muffins (yields 12)

*By Elise Ginn*

### Ingredients:

½ cup ----- Butter/Margarine/olive oil  
1/3 cup ----- Soya milk  
1 cup----- Sugar (optional)  
3 medium ripe----- Bananas  
2 cups----- Cake flour  
1 tsp ----- Baking soda  
½ tsp ----- Baking powder  
½ tsp ----- Salt  
1 cup----- Chopped walnuts  
½ cup ----- Raisins

### Preparations:

1. Cream butter, add Soya milk, beating until smooth, add mashed bananas and blend in.
2. In second bowl stir flour with baking soda, baking powder, salt and sift and stir in raisins and nuts. Add into banana mixture, stirring only to moisten.
3. Place batter in prepared muffin tins and bake at 350°F on the middle shelf for about 20-25 minutes until baked.

## Stuffed Mushrooms with Lotus Root

By Elise Ginn

### Main Ingredients:

15 ----- Shitake Mushrooms  
1 pound ----- lotus root  
1 tsp ----- diced carrots  
½ tsp ----- green peas  
1 pound ----- broccoli  
1 tbsp ----- vegetable oil

### Sauce Ingredients (A):

¼ tsp ----- sugar  
¼ tsp ----- corn flour  
1 tsp ----- soy sauce  
1 tsp ----- vegetable oil

### Seasoning:

½ tsp ----- salt  
½ tsp ----- sugar  
3 tsp ----- corn flour  
¼ tsp ----- pepper

### Sauce (B):

½ tsp ----- light soy  
½ tsp ----- corn flour  
¼ tsp ----- salt  
4 tbsp ----- water  
A few drops of sesame oil

### Preparations:

1. Cut broccoli into florets. Blanch in boiling water with oil and salt until cooked. Then rinse in cold water and set aside for use as garnish later.
2. Wash, soak and trim mushrooms. Dice 5 mushrooms and mix with the sauce ingredients (A). Stir well and steam for 15 minutes.
3. Clean, peel and mash lotus root into paste. Drain excess liquid; add diced mushrooms and seasoning. Mix well.
4. Dust the insides of mushrooms with corn flour. Stuff mushrooms with filling and top with carrot and peas.
5. Garnish dish with broccoli and place stuffed mushrooms on plate. Steam for 8 minutes.
6. Bring sauce (B) to a boil, add oil and pour over mushrooms. Serve.

## Pancakes

*By Elise Ginn*

Ingredients (make 12 pancakes):

3 1/2 cups ----- whole wheat flour

2/3 cup ----- ground flax seeds

1 tbsp ----- baking powder

1/2 tsp ----- salt

1 tbsp ----- syrup

3 cups ----- soy milk

3 tbsp ----- olive oil

Preparations:

1. Mix together the dry ingredients
2. Add remaining ingredients and stir until well mixed.
3. Drop by spoonfuls on a medium hot pan
4. Fry until you see the bubble then flip pancakes to brown the other side.

## Stuffed Papaya

*By Elise Ginn*

### Ingredients:

1 ----- papaya  
6 ----- Roma tomatoes, diced  
1 ----- piece of tofu, diced  
4 ----- mushrooms, diced  
2 pieces ----- cheese, sliced

### Seasoning:

Pinch of salt  
Pinch of pepper  
6 leaves ----- fresh basil, julienne  
1 piece ----- cilantro, julienne  
½ tsp ----- olive oil

### Sauce:

½ tsp ----- corn starch  
1 tsp ----- water

### Preparations:

1. Pre-heat oven to 350°F.
2. Cut papaya in half, remove seeds. Scoop out some papaya flesh with spoon.
3. Heat wok with olive oil, sauté tomato, mushrooms and tofu with salt and pepper.
4. Add papaya flesh and sauce ingredients. Simmer for 2 minutes.
5. Stuff sautéed ingredients into papaya. Place slices of cheese on top and bake for 10 minutes or until cheese melts.

## Five Spice Peanuts

*By Chin Yuan Zheng*

### Ingredients:

500g / 1 lb.----- Peanuts

### Seasoning:

8 flowerets----- Star anise

1 whole piece----- Dry orange skin

8 cups----- Water

2 tsp ----- Salt

### Preparations:

1. Rinse peanuts with water and soak for at least 4 hours in water. Water must be 2 inches or more higher than the level of the peanuts. Drain water.
2. Boil peanuts in water for 10 minutes on medium heat. Drain water.
3. Using 8 cups of water, add star anise, dry orange skin and boil for 30 minutes (do not cover pot with lid). Simmer on low heat for 3 hours then add salt. Continue to simmer the peanuts for another hour.
4. After cooling, the peanuts can be stored in a jar or in the freezer for 1 week.

## Couscous Salad

*By Elise Ginn*

### Ingredients:

2 cups -----couscous  
1½ tsp -----Kosher Salt  
2 cups -----hot boiling water  
¼ cup plus 2 tbsp -----fresh lemon juice  
2½ tsp -----ground cumin  
1½ tsp -----finely grated lemon zest  
½ cup plus 2 tbsp -----extra -virgin olive oil  
¼ tsp -----freshly ground pepper  
1 tbsp -----finely chopped cilantro (parsley, rosemary)  
2 tbsp -----each chopped dried fruits (papaya, pineapple,  
cranberry)

### Preparations:

1. In a soup pot, toss the couscous with 1 tsp of salt. Stir in the hot water, cover with lid and let stand until the water is absorbed, about 15 minutes.
2. Meanwhile, in a small bowl, whisk the lemon juice with cumin and lemon zest. Gradually whisk in the olive oil and season with ½ tsp salt and pepper.
3. Fluff the couscous with a fork. Add the dressing and cilantro, Let stand for 5 minutes. Then add dry fruits. Ready to serve.

## Mandarin Salad

*By Kathy Lai*

### Ingredients:

¼ cup ----- sliced almond  
1½ tbsp ----- sugar  
½ tsp ----- water  
6 cups ----- spring mix lettuce  
Some sliced----- celery  
1 can ----- mandarin orange segments

### Preparations:

Cook almonds and sugar in saucepan, using low heat and stirring constantly until sugar is melted and almonds are coated. Cool and break apart. (Or use toasted almond slices.)

### Sweet Sour Dressing

¼ cup ----- vegetable oil  
2 tbsp ----- sugar  
2 tbsp ----- white vinegar  
1 tbsp ----- chopped parsley  
½ tsp ----- salt  
Dash of pepper  
Dash of red pepper sauce  
Juice from mandarin can (optional)

Shake all ingredients in a tight container and pour over salad. Toss to combine.

### Roasted Mushroom & Tomato Salad

Mushrooms (sautéed)  
Tomatoes (diced)  
green peas

Mix all with herb oil vinaigrette and add toasted pine nuts (optional).



## **Chick Pea Salad**

*By Kathy Lai*

### Ingredients:

Chick peas (canned)  
Tomatoes  
Green and red peppers  
Artichokes (canned – optional)

### Herb oil vinaigrette dressing:

Vegetable or olive oil  
Herbs (i.e. basil, oregano, parsley)  
Salt  
Pepper  
Sugar

### Preparations:

1. Mix the herb oil ingredients to taste
2. Cut the salad ingredients into small pieces and mix
3. Add vinaigrette

## **Chick Pea Salad**

*By Kathy Lai*

### Ingredients:

Chick peas (canned)  
Tomatoes  
Green and red peppers  
Artichokes (canned – optional)

### Herb oil vinaigrette dressing:

Vegetable or olive oil  
Herbs (i.e. basil, oregano, parsley)  
Salt  
Pepper  
Sugar

### Preparations:

1. Mix the herb oil ingredients to taste
2. Cut the salad ingredients into small pieces and mix
3. Add vinaigrette

## Seaweed Salad

*By Mrs Luu*

### Ingredients:

2 pieces -----seaweed (circular kind)  
1 cup -----celery - shredded

### Seasoning:

3 tbsp -----sesame oil  
2 tbsp -----soy sauce  
1 tbsp -----Japanese vinegar  
1 tbsp -----Chinese red vinegar  
1 tsp -----pepper

### Preparations:

Wash seaweed and drain excess water. Mix all seasoning ingredients with seaweed

## Bean Curd Sheet Sandwich

*By Gwo Chan Lang*

### Ingredients:

1 package (400 g) ----- Bean curd sheet

### Seasoning:

1 cup ----- Water  
¾ tbsp ----- Salt  
2 tbsp ----- Sugar  
2 tbsp ----- Soya sauce  
½ tsp ----- Five Spices powder  
¼ tbsp ----- Sesame seed oil

### Sandwich Ingredients:

½ piece ----- Bean curd sheet  
2 slices ----- Bread  
your choice ----- Lettuce  
1 (sliced) ----- Tomato  
¼ tbsp ----- Mustard/Mayonnaise

### Preparations:

1. Put one folded bean curd sheet into hot water for 30 seconds. Then remove from hot water and fold into a long rectangular shape. Put in drainer to strain the water.
2. Put vegetable oil into a non-stick fry pan and use medium heat to brown both sides of the bean curd.
3. Pour all seasoning ingredients into a wok and mix. Then place the bean curd sheets into the mixture and bring to a boil. Change to low heat to simmer the mixture for 5 minutes. Then move the bottom pieces to the top and the top to the bottom and simmer again for another 5 minutes.
4. Make one sandwich using ½ piece of bean curd sheet, bread, lettuce, tomato and mustard/mayonnaise.

## Flavored Seaweed

*By Chin Yuan Zheng*

### Ingredients:

1 pack (125 g)-----Dried Seaweed  
12 slices -----Ginger, julienne  
1 tbsp -----Roasted sesame seeds  
Cilantro -----to taste  
1 -----Carrot julienne

### Flavoring:

1 tbsp -----Vegetable oil  
3 tbsp -----Barbecue sauce  
2 tbsp -----Apple cider vinegar  
1 tsp -----Pepper  
1 tbsp -----Sugar  
1 tsp -----Salt  
½ tbsp -----Sesame oil

### Preparations:

1. Soak seaweed in cold water for 1 hour. Drain. Wash 4 to 5 times.
2. Boil water with ginger (6 slices) and add in seaweed. Cook for 10 minutes. Drain.
3. Soak seaweed in cold water for another 10 minutes. Drain.
4. Heat 1 tbsp oil. Fry the rest of the ginger and add seaweed and stir-fry. Add all the flavoring ingredients and mix. Put on plate with sesame seeds, carrots and cilantro.

This can be eaten warm or cold like a salad.

\*\* When cooking the seaweed, you must stir it constantly at high heat. Don't cook too long.

## Ginger Vinegar

Marinate for at least 1 day

1 cup-----Young ginger, julienne  
3 tbsp -----Apple cider vinegar  
2 tbsp -----Sugar  
½ tsp-----Salt  
½ tsp-----Sesame oil

Mix together. Serve as a side dish with the seaweed.

## Vietnamese Side Dish

*By Guo Shi Yu*

### Materials:

Half pound ----- Bean sprouts  
½ cup ----- Mint  
1 cup ----- Lettuce (julienne)  
1 pack ----- Rice noodle, soaked in cold water for 1 hour,  
then put in boiling water for 5 minutes, drain.  
½ cup (crushed) ----- Ready to eat peanuts  
1 package ----- Spring roll wraps

### Spring roll filling:

1 tsp ----- sugar and salt  
½ ----- taro root julienne  
½ ----- cabbage julienne  
2 ----- carrots julienne  
4 oz. ----- green beans (peeled split mung beans) soaked in  
cold water for 4 hours, drain, steam for 45  
minutes, ready to use.  
1 tbsp ----- Cornstarch mixed with 2 tbsp hot water to seal  
off the corner of wrap

Mix the spring roll filling ingredients together and place on top of the spring roll wrap, roll up, and seal off end with the cornstarch mix. Use medium heat to fry the spring rolls in hot oil until it is light golden brown.

### Sauce ingredients:

1 cup ----- sugar  
3 cups ----- hot water  
½ cup ----- rice vinegar  
1 tbsp ----- light soy sauce  
1 tsp ----- salt  
1 tsp ----- chili paste (optional)

Mix sugar with hot water until dissolved, then put all the other ingredients in, mix well.

Putting it all Together: In a bowl put in the materials, cut the spring roll in pieces and add in the sauce. Ready to eat.

Instead of spring rolls, you can eat it with salad rolls.

Materials:

1 package -----Rice wraps

Salad roll fillings:

1 tsp -----salt

Jicama -----julienne then put in microwave for 5 to 10  
minutes squeeze out the water

2 -----Carrot, julienne

½ package -----Tofu pow/puff (julienne)

½ cup -----Fry rice powder

1 tbsp -----Sugar

Mix salad roll filling. Put a piece rice wrap into a bowl of hot water for a few seconds, and then put on a plate. Put all fillings on top of the rice wrap, roll up the wrap like a spring roll, dip into the sauce ingredients to eat.

## Apple Soup

*By Chin Yuan Zheng*

### Ingredients:

2 ----- white fungus  
1 ----- red delicious apple  
1 ----- Chinese pear  
½----- ripe papaya or pumpkin  
10 ----- figs  
¼ cup ----- dry lily bulbs  
2 pieces----- astragulas  
1 piece ----- codanapsis (dong shan)  
6 pieces----- wei shan  
¼ cup ----- wolfberries  
20 ----- red dates  
5 ----- sweet dates  
4 ----- slices of ginger  
1 tsp ----- salt

### Preparation:

1. Soak the white fungus in warm water for 2 hours.
2. Cut the apple, Chinese pear and papaya or pumpkin into small chunks.
3. Soak the piece of dong shan in water until soft and clean.
4. Wash the other ingredients.
5. In a big pot, boil 10 cups of water. Then put in all the ingredients (except wolfberries) and boil for 10 minutes. After, turn the stove down to low heat and simmer for 1.5 hours. Then add wolfberries and salt at the last 5 minutes before serving.



## Barley vegetable soup

*By Elise Ginn*

### Ingredients:

6 cups-----water  
1 -----bay leaf  
1 tbsp -----dried parsley  
1 cup-----pearl barley  
2 -----medium potatoes, diced fine  
2 -----carrots, diced  
2 -----stalks celery, diced fine  
2 -----large tomatoes, diced  
½ tsp -----salt to taste

### Preparations:

1. Put barley and seasoning into 6 cups water, bring to boil. Changed to medium heat, cover and simmer for 20 – 30 minutes.
2. Add vegetables, cover and let simmer for 5 – 10 minutes.
3. Serve hot.

## Hot and Sour Soup

*By Kathy Lai*

### Ingredients:

½ cup ----- dried mushrooms, soaked and shredded  
½ cup ----- bamboo shoots  
½ cup ----- dried wood ear, soaked and shredded  
½ cup ----- carrots, shredded  
½ cup ----- celery, shredded  
2 tsp ----- ginger, shredded  
1 piece ----- firm tofu  
4 cups ----- water or vegetable stock

### Seasoning:

2 tbsp ----- soy sauce  
1 tsp ----- sugar  
1½ tsp ----- salt  
3 tbsp ----- rice vinegar or white vinegar (or use 3 oz  
tamarind pulp soaked in ½ cup of hot water,  
pressed and strained)  
1 tsp ----- white pepper  
½ tsp ----- dried chili or cayenne pepper

### Sauce:

Cornstarch: 3 tbsp mix with ½ cup water  
1 tbsp ----- Sesame oil

### Preparations:

Julienne all ingredients, dice tofu. Bring stock or water to boil. Put all ingredients and seasoning in pot. Re-boil. Add sauce to thicken and sesame oil. Heat then serve.

## Winter Melon Soup

*By Elise Ginn*

### Ingredients:

5 ----- Shitake mushrooms  
Half pound ----- Winter melon  
2 stick ----- Carrots  
½ cup ----- Green peas  
½ cup ----- Veggie balls  
1 piece ----- Tofu  
1 bunch ----- Cilantro  
4 cups ----- Water

### Seasoning:

¼ tsp ----- Salt  
¼ tsp ----- Sugar  
¼ tsp ----- Pepper

### Preparation:

1. Soak and trim mushrooms, dice all the ingredients.
2. Boil water, put in mushrooms, carrots and winter melon. Cook for 10 minutes, then add green peas, tofu and veggie balls. When the water boils again, put in seasoning. When the soup is ready, add cilantro.

## Quinoa with vegetable soup

*By Elise Ginn*

### Ingredients:

5 cups ----- water  
1 cup ----- diced carrots  
1 cup ----- zucchini, diced  
1 cup ----- celery, chopped  
1 ½ ----- cups shredded green cabbage  
½ cup ----- fresh cut green beans  
1 cup ----- quinoa, washed in a fine-mesh strainer  
1 tsp ----- basil  
1 tsp ----- salt

### Preparations:

1. Place all ingredients into a large soup pot. Stir well.
2. Simmer for 30 minutes, or until vegetables are tender and quinoa has swollen, then add salt.
3. Serve hot.

Quinoa is a complete protein and contains a high amount of calcium.

## Seaweed soup

*By Elise Ginn*

### Ingredients:

4 or 5 (slice)-----Vegetable balls  
1 sheet-----Seaweed - (soaked, washed and drained)  
4 or 5 -----White mushrooms - (washed and sliced)  
1 cup-----Frozen mixed vegetables  
2 cups-----water

### Seasoning:

½ tsp-----Salt  
⅛ tsp-----Pepper

### Preparations:

Heat water, put in vegetable balls for 10 minutes. Add seaweed, mushrooms and mixed vegetables. Bring to boil. Add salt and pepper for taste.

## Soy bean sprout soup

*By Mrs. Luu*

### Ingredients:

½ pound ----- Soy bean sprouts  
2 large ----- Tomato (diced)  
1 tbsp ----- Preserved vegetable  
1 piece ----- Bean curd (soft one) (diced)

### Seasonings:

¼ tsp ----- Salt  
¼ tsp ----- Oil

### Preparations:

Heat oil, fry soy bean sprouts and tomato. Add salt, change to medium heat; cook about 1/2 hour. When it is ready, add preserved vegetable, then serve.

## Taro Root

*By Guo Hua Xiong*

### Ingredients:

1 lb-----Taro root (peeled, washed and cut into 2" x 2" x  
1/2" pieces)  
1/2 lb-----Kao fu (cut same size as taro root)

### Seasoning:

2 pieces-----Fermented bean curd  
1 tbsp-----Sugar  
1 tsp-----Salt  
1/4 tsp-----Five spice power (optional)  
1 tbsp-----Soy sauce  
1 tbsp-----Oil

### Preparations:

1. Heat up oil with a wok. Sauté all the seasonings, put in taro root and kao fu, add 2 cups of water and cook for 5 minutes
2. Put 1 piece taro root with 1 piece of kao fu and line them in a bowl. Steam for 45 minutes on high heat or until taro root becomes soft. Invert the bowl onto a plate. Serve when it is warm.

### How to Make Kao Fu:

Mix 1 pound of gluten flour with 1 tbsp baking power, add 3 cups of water, and lightly mix. Bake at 375 for 45 or 50 minutes.

## French Toast

*By Elise Ginn*

### Ingredients:

$\frac{3}{4}$  cup ----- Soy Milk  
 $\frac{1}{4}$  tsp ----- Salt  
1 package ----- Silken tofu  
1 tbsp ----- Syrup  
 $\frac{1}{2}$  loaf ----- Whole grain bread

### Preparations:

1. Combine all ingredients in blender and blend until smooth. Pour into a large bowl.
2. Dip slices of whole grain bread into the mixture. Pan fry both sides until golden brown.



## Tofu Flat

*By Y.S. Tan*

### Ingredients:

1 package-----tofu sheets  
2 tbsp -----soya sauce  
½ tbsp -----salt  
1 tbsp -----sugar  
1 tsp -----cinnamon powder (optional)  
1½ cups -----warm water

### Preparations:

1. Take one piece of tofu sheet and dip it into warm water and take it out. Place it on a large tray or the table and fold it into a rectangular shape. Repeat with the rest of tofu sheets if necessary.
2. Pan-fry it with a spoonful of oil. Turn it regularly to fry evenly.
3. Put them into a pot and boil it with salt, sugar and water. (Add cinnamon too if you like.)
4. Cut into pieces and serve.

## Fried Tofu with Mushroom

*By Elise Ginn*

### Ingredients:

1 pack ----- Fried tofu  
1 ----- Chinese white radish  
1 pack ----- Shanghai bok choy  
4 slices----- Ginger  
2 pieces----- Star aniseed  
½ stick----- Cinnamon

### Seasoning:

3 tbsp ----- Mushroom sauce (aka vegetarian oyster sauce)  
1 tbsp ----- Sugar  
1 tsp ----- Sesame seed oil  
2 cups----- Water

### Preparations:

1. Cut tofu in halves. Cut white radish in sticks, longer than the tofu.
2. Use a chopstick to make a hole in the center of a piece of tofu, then put a piece of white radish through the hole.
3. Heat up the wok on high heat with 1 teaspoon of oil, and fry ginger, star aniseed and cinnamon for 1 minute. Then add mushroom sauce, sugar and water and mix. Put tofu in and when the mixture boils, turn down to medium heat for 5 minutes. Turn over the tofu and cook for another 5 minutes.
4. Place shanghai bok choy on top of the tofu and cover for 2 minutes or until the shanghai bok choy is ready.
5. Place tofu and shanghai bok choy on plate and pour sesame seed oil on top.

## Tofu Round

*By Guo Hua Xiong*

### Ingredients:

2 packages -----tofu sheets  
1 tsp -----salt  
1 tsp -----sugar  
1 tsp -----light soy  
½ tbsp -----pepper (coarse or fine)  
Rectangular, clean cloth for wrapping the tofu  
Plastic cling-wrap  
Strings  
Oil for deep frying

### Preparations:

1. Place 1 package of tofu sheets (shredded) with warm water in a big bowl. Drain the water.
2. Add salt, sugar and pepper into the tofu sheets as filling. Divide into 4 portions
3. Cut one bean curd sheet into 4 pieces. Place fillings on top of a piece and wrap tightly, into a long rounded shape. Then wrap with plastic cling-wrap. Using the cloth, wrap it again and tie it with a piece of string
4. Cook it for an hour in boiling water. Then take it out and let it cool.
5. Take it out of the plastic and cloth wrappings and deep fry it in hot oil.
6. Cut into thin slices and serve with veggie toppings.

## Seasoned Tofu

*By Chin Yuan Zheng*

### Ingredients:

4 packs, 400g each ----- Pressed bean curd

### Seasoning:

6 flowerets----- Star anise  
3 tbsp ----- Five-spice powder  
1 tbsp ----- Dried red pepper  
2 pieces----- Bay leaves (optional)  
4 tbsp ----- Sesame seed oil  
4 tbsp ----- Dark soy sauce  
2 tbsp ----- Light soy sauce  
2 tbsp ----- Rock sugar (or 3 tbsp brown sugar)  
2 tsp ----- Salt  
7 cups (1 cup = 250 mL) --- Water

### Preparations:

1. Wash bean curd and cut in half. Put in pot with all the seasoning ingredients.
2. Add 7 cups of water and bring to boil with medium heat. Simmer for 1 hour with low heat.

This can be stored in freezer for 1 week. Left-over can be cooked with dried lily bulbs, dry wood ears, mushrooms and beans.