



VEGAN TASTE OF THE TROPICS

08 JULY 2014

MANAPUA

1 recipe Faux BBQ Pork filling
1 pkg dried yeast (2-1/4 tsp)
1-1/2 c lukewarm water
1 tsp agave nectar
4 c flour + extra for kneading
1/4 c sugar
2 TBSP vegetable oil or vegan margarine, melted
1/2 c boiling water
2 TBSP sesame seed oil

Water and white vinegar for steaming

Dissolve yeast in 1-1/2 cup lukewarm water with agave nectar. Allow to proof (bubbles), about 10 minutes. Add 1 cup of flour. Mix thoroughly. Cover with a damp cloth. Let rise 1 hour.

In a small bowl, dissolve sugar and vegetable oil in 1/2 cup boiling water. Stir well. Cool until lukewarm. Pour into yeast mixture. Add 3 cups flour. Mix until incorporated.

Roll out dough onto a lightly floured board and knead until smooth. Transfer dough to an extra large, greased bowl and set in a warm place. Cover with damp cloth. Let rise until double in bulk, about 2 hours.

Once the dough has risen, transfer to a lightly floured board, knead dough 3-5 minutes and roll into one long, sausage-like roll 2 inches in diameter. Slice the roll crosswise into 1 inch pieces.

Flatten each piece with the palm of your hand and roll with rolling pin into 3 inch rounds. Make sure that the edges are thinner than the center.

Place 1-2 tablespoons of filling in center of each round.

Gather dough up around the filling and fold and pinch the sides, gently but securely, twisting to close.

Place each roll on a baking sheet lined with parchment paper. Cover with a damp towel and allow to rise again (about an hour, or until dough springs back when touched with finger.) Also cut out circles of parchment paper for later during the steaming process.

Fill a pan with water and add 1/4 c white vinegar to the water. Place the steamer basket in the pot. Lay out individual parchment circles into the basket and place the filled buns on top of them. Cover the pan with a lid. Steam, tightly covered, over briskly boiling water for 10-15 minutes or until the centers are done and the buns are fluffy. These can be prepared in advance and can be frozen. Thaw out in plastic bag and re-steam for about 10 minutes.

Remove steamer from heat, let stand 5 minutes, then open. Serve hot.

FAUX BBQ PORK FILLING:

up to 3 c water
1 yellow, white or red onion, chopped fine
1 can young green jackfruit (in brine or water), rinsed and drained
1 clove garlic, chopped fine

SAUCE:

1 c cold water
2 TBSP Tamari
1-2 tsp minced ginger
2 TBSP brown sugar
1 TBSP cornstarch dissolved in 2 TBSP water

Prepare young green jackfruit by rinsing well and draining off excess water. Remove the seeds and set aside.

Heat a large skillet and add finely chopped onions. Once the onions have heated through, add water, 1/2 cup at a time and allow all the water to cook off before adding more. This is to caramelize the onions. Once the onions have browned and caramelized, add garlic and prepared young green jackfruit.

In a small bowl combine water, Tamari, ginger, and brown sugar. Mix to combine, then add sauce to the rest of the filling in the pan. Allow to cook 5-10 minutes-once the young green jackfruit has softened, use a spatula or wooden spoon to break it into smaller pieces (it will resemble pulled pork when done). At this point, add the cornstarch dissolved in water and allow to boil and cook until a thick sauce forms. Set aside and allow to cool slightly before filling the buns.

www.earthsave.org

CHIK'N LONG RICE

2-3 c Poultry-Style Seitan, cut into strips
6 Tbsp soy sauce
1 Tbsp sesame oil
2 Tbsp minced fresh ginger
3 cloves garlic, minced
1 ½ tsp agave
Salt & Pepper, to taste
2 Tbsp vegetable oil
1 c sliced mushrooms
2-4 chopped green onions
10 oz. long rice (Saifun cellophane noodles)
1 c vegetable broth

Combine 2 tablespoons soy sauce, sesame oil, ginger, garlic, sugar and pepper to create a marinade. Add the seitan and refrigerate at least 1 hour.

Cover and soak long rice in warm water for 30 minutes. Once hydrated, cut into smaller pieces if desired.

Heat a large skillet on high heat. When hot, add vegetable oil and marinated seitan and cook until lightly browned. Reduce heat and add mushrooms, green onions, long rice, vegetable broth and remainder of soy sauce. Simmer until hot, stirring often - about 3 minutes.

VEGAN MUSUBI

Sushi rice, cooked as per package
Nori seaweed, cut into strips
1 recipe Vegan Spam-Style Seitan, sliced

Heat a skillet with a little bit of oil. Slice the Spam-Style seitan and dip in any remaining sauce (from making the seitan). Place dipped slices into the heated skillet and cook briefly on each side until lightly browned.

Once the Spam-Style Seitan is cooked, allow to cool slightly. Make sure your sushi rice has also cooled enough to handle so you don't burn your hands.

Start making your Musubi by moistening your hands with water to prevent the rice from sticking. Rub a pinch of sea salt between your palms. Shape the cooked rice into rectangles and place vegan Spam on top. Wrap with nori strips.

Musubi tastes best when eaten the same day it was made. The rice will harden if you refrigerate and the texture will not be as enjoyable. (Texture really is everything!)

SPAM-STYLE SEITAN

1-1.5 oz can garbanzo beans, rinsed & drained
2-1/2 c Vital Wheat Gluten Flour (Bob's Red Mill)
2 c seasoning sauce:
1 Tbsp oil or melted vegan margarine
2 vegan bouillon cubes (Not Chicken)
2 Tbsp smoked paprika
1 Tbsp ground cloves
1 tsp nutmeg
2 tsp onion powder
1 tsp allspice
1 tsp sea salt
1 tsp nutritional yeast
1 tsp garlic powder
2 Tbsp tapioca starch
1/4 c Tamari
1-1/2 c cold water

In a saucepan, heat oil on medium high along with 2 vegan bouillon cubes. Heat until bouillon is dissolved. Add all the seasonings. In a bowl or jar, mix cold water, Tamari, and cornstarch. Mix until cornstarch is dissolved, then add to the rest of the ingredients. Turn heat up to high, stirring frequently, and bring to a boil. At this point, the sauce should thicken like a gravy. Remove from heat and set aside to cool to room temperature or less. This is very important! If it is hot at all at this stage, it will change the texture of the finished seitan and makes it rubbery like gristle and just not very appealing.

In a food processor, add garbanzo beans and pulse until semi smooth. Add 2 cups of cooled seasonings (this makes more than 2 cups-reserve whatever is left for later) and pulse again until smooth. Add gluten flour and it will form a ball of dough. The dough will be shiny & pliable. Remove from the food processor and knead for a minute and form into a loaf.

Wrap in foil, making sure there is a tight seal. Place in a steamer basket and steam for 1 hour and 15 minutes.

Carefully remove from the steamer and allow to cool completely before slicing.

TROPICAL BLISS SMOOTHIE

1-2 c Coconut milk
1-2 Frozen bananas, sliced
½ c Frozen Pineapple chunks

In a high powered blender, add coconut milk, bananas, and pineapple chunks. Blend until smooth. Enjoy!