

Carlyn Wilson, “*Vegetarian Cuisine Made Easy*” • show 04093

Nappa Cabbage Salad

6 c. Napa or Chinese cabbage, thinly sliced
1 cucumber, halved lengthwise
2 c. carrots, julienned
1/2 Tbsp. vegetable oil
1 Tbsp. oriental toasted sesame oil
1 Tbsp. honey
1 small jalapeno, halved lengthwise
1 clove garlic, finely chopped
1/2 tsp. sea salt
1/3 c. lemon juice
1-2 inch slice of ginger, minced

1. In a large bowl combine cabbage, cucumber and carrots.
2. Cover and refrigerate until well chilled or until ready to serve.
3. In a jar with a tight fitting lid, combine remaining ingredients.
4. Just before serving, shake mixture; pour over salad and toss.

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Blackened Tofu with Bell Pepper Relish

1 pkg. firm tofu, drained, cut lengthwise into 1/4 in. thick slices
1 tsp. dried thyme
1 tsp. dried oregano
1 tsp. garlic powder
1 tsp. onion powder
1/4 tsp. cayenne pepper
1 Tbsp. olive oil
flour

Relish:

3 medium bell peppers, finely chopped (one each red, yellow and green)
1 small red onion, finely chopped
2 cloves garlic, minced
1 1/2 tsp. olive oil
3 Tbsp. fresh lemon juice

1. Line a baking sheet with 2 layers of paper towels; arrange tofu slices on the baking sheet.
2. Cover with another double layer of paper towels and weigh down with a cutting board or another baking sheet. Let drain for 10 minutes.
3. In a shallow bowl, mix a little bit of flour and all herbs and seasonings. Season to taste with cayenne pepper and sea salt.
4. Coat both sides of tofu slices in flour mixture; shake to remove excess.
5. Place oven temperature to broil. Coat baking sheet with nonstick cooking spray; place tofu on baking sheet and broil until blackened.
6. Remove from oven and turn oven temperature to 350 degrees. Then, place tofu back into oven for about 15 minutes.
7. To make relish, combine all relish ingredients in a medium bowl and mix well. Again, season to taste with sea salt and cayenne pepper.

Serve blackened tofu slices with pepper relish alongside.

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Grilled Pitas with Tomatoes, Olives and Tofu

1 c. diced and seeded plum tomatoes
1/2 c. pitted and coarsely chopped mixed olives
1/2 c. chopped red onion
4 Tbsp. olive oil, divided
3 Tbsp. chopped fresh mint
1/2 c. crumbled tofu cheese
4 whole wheat pita breads

Pitas:

1 c. whole wheat flour
2 c. bread flour
2 Tbsp. olive oil
1 Tbsp. bread yeast
1/2 tsp. sea salt
1 c. warm water

Preheat cooking stone to 350 degrees F.

1. To make pitas mix flour, salt, oil and bread yeast in a bowl.
2. Slowly add water until mixture is manageable; it should not be sticky.
3. Turn mixture out on flat surface and knead a little; let rest about 20 minutes.
4. On flour surface, roll out ball of dough into flat mini pizza shapes about 1/2 inch thick. Place on preheated stone.
5. Remove from oven when browned and place on a cooling rack; you may sprinkle with a little olive oil.
6. Combine tomatoes, olives, onion, 2 Tbsp. olive oil and mint in a small bowl.
7. When you have prepared enough pita bread, place tomato mixture on pitas spreading almost to the edge and sprinkle with tofu cheese.

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Hot Mint Cake

1 c. fructose
1/2 tsp. sea salt
1 1/2 c. bread flour
1 Tbsp. baking powder
1 tsp. lemon juice
5 Tbsp. soy margarine
3 Tbsp. carob powder
4 Tbsp. carob chips or more
1/2 c. cool water
few drops peppermint oil

Icing:

1 c. carob chips
1/4 c. soy milk
few drops peppermint oil

Preheat oven to 350 degrees F.

1. In a medium bowl mix together the flour, baking powder, fructose, carob powder and sea salt.
2. Mix well and then add the lemon juice and peppermint oil.
3. Place carob chips and margarine in a bowl in the microwave oven to melt.
4. After letting it cool down a bit, place into flour mixture.
5. Quickly add the cool water and stir mixture well.
6. Place in an oiled spring-form pan and place into oven; bake until cake separates from side a little.
7. You may test cake with a toothpick. Let stand for 5 minutes. Open ring and flip cake out onto plate.
8. To make the icing, melt the carob chips in a small saucepan with the soy milk; after melting add peppermint oil and stir.
9. Stir, let cool for 5 minutes and spread on cake.

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