

YUMI's Vegan Brunch Cooking Class

With Ayumi Hashimoto

December 8th 2010

Potato Wedges:

Preheat oven to 375-400°F.

In a large mixing bowl and mix:

6-8 medium potatoes, unpeeled cut into wedges

1/2 teaspoon sea salt 1 tsp minced fresh garlic 1 T fresh rosemary leaves, broken into pieces

1 tsp garlic powder

2 tsp onion powder

1 T nutritional yeast flakes

(or just use your favorite seasoning mix)

Coat the oven dish with extra virgin olive oil.

Place the potatoes on a sheet pan coated with extra virgin olive oil f in a single layer with cut-side down.

Sprinkle with fresh rosemary pieces.

Bake for 30 minutes. Remove from oven and turn wedges; cook for 10 to 15 minutes, or until tender.

Bake until they are lightly browned, crisp outside, and tender inside.

Sprinkle some more fresh rosemary for garnish.

Scrambled Tofu

Sauté the following in the frying pan over medium/low heat till tender:

1/2 cup Onion chopped fine

2-3 cloves arlic chopped fine

Add:

1/2 cup Bell Pepper, chopped into small pieces

1/2 cup Ripe Tomato, diced

Mix in:

1 lb water packed firm or extra firm Tofu, mashed

1/4 tsp Paprika

1/8 tsp Turmeric

2 tsp Onion Powder

1 tsp Garlic Powder

1/2 tsp Sweet Basil

1 tsp Fresh or dry Parsley

2 T Yeast Flakes

1/2 tsp Salt

Scramble till well heated.

Banana Waffles:

Blend till smooth:

- 1 ripe banana, mashed
- 2 cups water
- 2 cups quick oats (or 1 1/2 cup quick oats and 1/2 cup flour)
- 1 T turbinado sugar
- 1 tsp vanilla
- 1/2 tsp salt
- 1 T flax seeds or 2 tsp baking powder

Sprinkle a few sesame seeds on hot waffle iron.

Pour in batter until griddle is nearly covered.

Bake for 10- 15 minutes

Fruity Cream Sauce

1. Blend until very smooth and creamy:

- 12 oz Canned peach or pears (no sugar added, fruit juice sweetened)
- 1/2 cup Raw Cashew nuts
- 1/2 tsp Salt
- 1 Tb Vanilla or Maple flavoring
- 1/12 tsp Stevia

2. Cook in a sauce pan stirring constantly till desired thickness.

3. Add 1 tsp Lemon Extract or Lemon Juice after blending.

The consistency will be very light.

If you like thicker consistency, cook the mixture in saucepan, stirring constantly with a wire whip and add the lemon extract in the end.

You may serve hot or chilled in the fridge.

Carob Fudgicles

Blend till smooth:

- 1/4 cup honey
- 4 T carob powder
- 1 tsp Roma (roasted barley and chicory based coffee substitute)
- 2 Tbsp Almond Butter
- 14-16 oz Silk vanilla soy milk

Pour into a desired container and freeze

Apple Crisp

Cook until tender but not mushy:

¼ c. maple syrup

¼ t. coriander

⅛ t. salt

1 T turbinado sugar

4 c. chopped or sliced apple

Mix together and stir into cooked apples:

1 T heaping apple juice

1 T heaping cornstarch

Pour into baking dish.

Sprinkle with 1 cup granola on top.

Bake at 300°F for 30 minutes till the surface gets crispy.