

## RECIPES

Invented by James and Emelyn Deal  
November 28, 2013

### Philippine Pasta Bitter Mellon and Sprouted Soybean Noodles

#### Ingredients

- 3 bitter melons, medium size
- 1 container of sprouted soybeans
- 4 oz. vegan noodles by weight  
(1/4 of a 1 pound package of Flour Sticks Noodles from the Philippines)
- 2 tbsp. dried basil
- 1 bunch of garlic cloves
- 1 medium onion chopped
- 1 medium onion chopped
- ¼ cup olive oil
- Salt and soy sauce to taste
- Sesame tahini butter to taste
- Nutritional yeast to taste

#### Instructions

Steam stir fry onions and garlic in olive oil and water for 4 minutes. Add sliced bitter melon, soy beans, and basil and cook for another 4 minutes. Take everything out of the pan except for the remaining water. Add the noodles and more water and boil the noodles for 4 minutes. Add the cooked bitter melon and soybeans back to the pan and cook together for another minute. Garnish with green onions.

On each individual serving sprinkle a generous amount of nutritional yeast or sesame butter.

### Chick Peas and Cabbage (by Emelyn)

#### Ingredients

- 1 cup sprouted chick peas
- 5 potatoes diced
- ½ cup sprouted kamut
- Head of Chinese cabbage chopped
- 1 head of garlic chopped
- 2 inches of ginger, chopped
- ½ cup olive oil
- Salt to taste
- Pepper to taste
- Soy sauce to taste
- ¼ cup water
- 1 bunch of parsley, chopped

### Instructions

Place chick peas and kamut in pressure cooker and cook for 10 minutes after steam begins to come out. After pressure is released, mash the contents with potato masher.

In a separate pot add olive oil and  $\frac{1}{4}$  cup water, and steam stir fry garlic, ginger. Occasionally stir for 3 minutes. Add diced potatoes. Add another  $\frac{1}{2}$  cup of water. Cook for 3 minutes. Add cabbage and parsley and cook for another 3 minutes. Add salt, soy sauce, and pepper to taste. Serve hot.

### James' Flaxen Smoothie

#### Ingredients

1/8 cup flax seeds, ground in a coffee grinder (to taste)  
3 cups frozen watermelon, or other frozen fruit  
1 cup frozen grapes, or other frozen fruit  
1 cup coconut milk  
Maple syrup  
(to taste, depending on how sweet or sour the fruit is)  
Other frozen fruit: bananas,

#### Instructions

Flax has a strong flavor that you may gradually come to like. Remember that we all need to eat around 4 tablespoons of flax seed ground up or 1 tablespoon of flax oil on average each day. Start with a little flax and gradually work up. We are looking for creative ways to make flax seed taste acceptable.

#### Other fruit:

Freeze grape, plum (cut out seed before freezing), watermelon,

### Emelyn's Brown Rice Salad

#### Ingredients:

4 cups brown rice, 4 cups  
 $\frac{1}{2}$  cup walnuts  
1 bunch green onions  
Soy sauce to taste  
Peppert to taste  
1 bunch cilantro  
1 big cucumber  
1 big carrot  
 $\frac{1}{2}$  cup nutritional yeast (to taste)  
 $\frac{1}{4}$  cup flax oil

### Emelyn's Nutritional Yeast Dressing

2 T flax oil  
2 T olive oil  
1 T nutritional yeast  
1 lime

### Falafil According to Gus M

Soak chickpeas overnight 4 inches deep in our pressure cooker, lots of water  
1 tsp baking powder  
Drain and rinse

Run through grinder with  
3 parsley  
1 large onion  
1 tbsp salt  
2 tbsp cumin  
1/2 tbsp all spice  
1/2 tbsp white pepper

Refrigerate  
Buy a falafel scoop from Pita King  
Deep fry in oil

### Falafil According to Jimmie Deal

Soak chickpeas and/or fava beans overnight 4 inches deep in our pressure cooker, lots of water. Add 1 tsp baking powder to the soak water. After 24 to 48 hours, drain and rinse off the beans.

Then Run through grinder with  
3 parsley  
1 large onion  
1 tbsp salt  
2 tbsp cumin  
1/2 tbsp all spice  
1/2 tbsp white pepper

Refrigerate  
Buy a falafel scoop from Pita King  
Bake in a 350 degree oven until lightly brown

### Steamed Okra with Lime Sauce Brussel Sprouts and Shitake Mushrooms in Garlic and Ginger

6 cups Brussel sprouts, sliced in halves  
2 inches of fresh finely chopped ginger  
1 bunch of garlic  
2 cups shitake mushrooms sliced in strips  
1/4 cup olive oil  
1/4 cup water  
1 tbsp oregano  
Soy sauce (to taste)

Steam stir fry ginger garlic with olive oil, water, and oregano until the ginger and garlic are soft  
Add brussel sprouts and cook for 5 minutes with lid on pan

Add shitake mushrooms and cook for another 5 minutes more with lit on pan  
Add soy sauce (to taste)

#### Tomato Sauce

3 cups tomatoes  
3 cloves of garlic  
1/8 cup olive oil  
1/4 cup water  
4 tbsp. fresh chopped ginger  
1 tsp. Italian seasoning  
Salt to taste

Combine all ingredients and simmer slowly until all ingredients are soft.

#### Recipe for great BBQ Sauce:

##### INGREDIENTS

1 quart apple cider vinegar  
1 (20 ounce) bottle ketchup  
1/4 cup paprika  
1 pound dark brown sugar  
1/4 cup salt  
1 tablespoon black pepper  
2 tablespoons red pepper flakes  
1 tablespoon garlic powder  
1/4 cup Worcestershire sauce  
1/2 cup lemon juice

##### DIRECTIONS

In a large container, mix together the apple cider vinegar, ketchup, paprika, brown sugar, salt, pepper, red pepper flakes, garlic powder, Worcestershire sauce and lemon juice. Pour into an empty vinegar bottle, ketchup bottle or other container and store in the refrigerator for up to 1 month.

#### Sprouted Mongo Mint

2 cups sprouted mung beans  
1 cup brown rice  
1 tbsp soy sauce  
4 tbsp Flora DHA flax oil  
1 bunch of ground mint  
3 tbsp nutritional yeast

Mix it all together and enjoy. It's chewy, tasty, and nutritious.

#### Beets, Kale, and Chard by Emelyn Deal

Pressure Cooker Ingredients  
Bunch of small beets including beet greens  
Bunch of chard

Or Beets, Red Cabbage, and Carrots

Stir Fry Ingredients

10 oz can of bamboo strips  
1 cup of water (for pressure cooker)  
½ cup of water (for stir fry)  
1 big onion  
1 cup olive oil  
2 bunches garlic cloves  
½ cup nutritional yeast  
soy sauce (to taste)

Chop the beets, beet greens, and chard and put them into a pressure cooker with 1 cup of water. Cook for 10 minutes after the steam release starts wobbling.

At the same time use a large pan to sauté chopped onions, whole garlic cloves, bamboo strips, soy sauce, and nutritional yeast in olive oil and ½ cup of water. Sautee for five minutes.

Then add the steamed beets and chard. Sautee and stir for another 2 minutes. Add soy sauce (to taste).

Chick Peas With Herbs

By Emelyn Deal 9-12-9

2 cups sprouted chick peas  
2 tbsp cloves  
2 tbsp Italian seasoning (  
2 tbsp dried parsley or 1 cup fresh parsley  
1 tbsp dried ground onion or 1  
1 tbsp ground garlic or 4 cloves fresh chopped garlic  
2 tbsp herbal salt  
3 tbsp extra virgin olive oil  
Enough water to cover the ingredients  
Soak and sprout 2 cups of chick peas. Place all ingredients into a pressure cooker and cook for 15 minutes after the rocker begins rocking.

Garbanzo Soup with Tahini

Emelyn & James' joint invention

2 big onions  
1 hand full of dill or fennel strands  
1 bunch parsley  
1 cup tahini

1 bunch cilantro  
1 tsp chili peppers  
1 tbsp dried dill weed  
1 cup nutritional yeast  
¼ cup sesame seeds  
½ cup olive oil  
3 cups sprouted garbanzo beans  
2 tbsp herb salt  
3 cups water

Cook the garbanzo beans in pressure cooker with 3 cups of water.

All the other ingredients go a big stock pot with 4 cups of water and are boiled for 15 minutes. Then the garbanzo is added.

#### Emelyn's Concoction

¼ onion chopped thinly  
4 tbsp nutritional yeast  
½ cup olives  
1 head of garlic, microwaved, then sliced thinly  
Sprouted lentils  
Braggs or soy sauce to taste

#### Butternut Squash

Cut up butternut squash  
2 bunches of kale  
2 cups of chopped shitake mushrooms  
one tbsp of ginger  
one tbsp garlic finely chopped

Bake the squash for one hour 375 degrees, at 30 minutes add ¼ cup of olive oil 3 tbsp of Braggs on the squash,  
Add half of the onions and let it cook for another 30 minutes  
Remove from stove, add nutritional yeast  
Fry garlic and ginger first, add 1 tbsp of water  
Stir fry the mushrooms one tbsp of ginger one tbsp garlic finely chopped in 2 tbsp of olive oil

#### Fennel Bounty

1 medium size pressure cooker full of fennel stalks and fleecy leaves  
½ cup of water  
After fennel is steamed add  
Olive oil ¼ cup  
Sesame oil 3 tbsp  
Braggs 2 tbsp or to taste  
Nutritional yeast 3 tbsp  
Sesame seeds 1 tbsp

Instructions: Steam it all in pressure cooker for 20 minutes.

#### Cauliflower & Fennel Salad

½ head of cauliflower, uncooked  
2 cups feecy fennel leaves  
Onion  
Nutritional yeast

Instructions: Food process cauliflower and fennel each separately because they have different textures and blending time.

#### Popcorn Topping Ingredients:

Popcorn  
Olive oil/flax oil  
Nutritional yeast, large flake  
Onion  
Celery seed  
Dill  
Parsley  
Garlic  
Black pepper  
Cumin  
Rosemary  
Sea salt  
Mushroom powder  
Paprika  
Basel

#### SOM TAM TAENG (SPICY CUCUMBER SALAD)

3 dried red chiles  
5 cloves garlic  
3 cups thinly shredded peeled cucumber  
1 cup shredded peeled carrot  
4 cherry tomatoes  
3 tablespoons roasted peanuts  
3 tablespoons lime juice  
1 tablespoon soy sauce  
1 teaspoon salt  
2 tablespoons tamarind sauce  
1 tablespoon sugar

Cut open the chiles, remove seeds and soak in water a few minutes. Remove chiles, squeeze them dry and place in a large bowl together with the garlic, cucumber, carrot, tomatoes and peanuts. Pound well with back of a heavy spoon while seasoning to taste with lime juice, soy sauce, salt, tamarind sauce and sugar. Makes 3 or 4 servings.

Note: Tamarind sauce is available in the Asian foods section of most supermarkets.

## PAD THAI

¼ cup bean sprouts  
2 tablespoons vegetable oil  
2 shiitake mushrooms, sliced  
1 tablespoon dried, pickled Chinese radish  
1 package (16 ounces) extra-firm tofu, cut into cubes  
1 tablespoon shredded carrot  
3 ½ ounces flat rice noodles, cooked according to package directions  
2 tablespoons sugar  
1 tablespoon vinegar  
2 tablespoons light soy sauce  
½ cup water  
Lime wedges for garnish  
2 to 4 tablespoons roasted peanuts for garnish (to taste)

Wash all vegetables well and remove hulls and root tips from the bean sprouts. Set aside.

Heat oil in a wok over high heat. Add shiitake mushrooms, radish, tofu and carrot and stir-fry several minutes. Add noodles, sugar, vinegar, soy sauce and water and continue to stir-fry until done.

Serve pad Thai with lime wedges, peanuts and the bean sprouts. Makes 3 to 4 servings.

## PINEAPPLE FRIED RICE

This recipe from Jacki Passmore's "The Vegetarian Table Series: Thailand" (Chronicle Books, 1997) is sure to tempt your taste buds. You can serve this dish in a medium-sized serving dish, mounding it high, just as in Thailand. Jasmine rice works best in this recipe, but long-grain white rice does the trick, too.

1 large ripe pineapple  
1 ¾ cups long-grain white rice  
2 ½ cups water  
2 tablespoons shredded coconut, toasted, for garnish (optional)  
1/3 cup (1 ½ ounces) finely sliced long beans or green beans  
2 ½ tablespoons peanut or vegetable oil  
2 ½ teaspoons finely minced garlic  
½ cup (2 ½ ounces) finely diced yellow onion ½ cup (2 ½ ounces) diced firm tofu or tempeh  
2 teaspoons grated or finely minced fresh ginger  
1/3 cup (2 ½ ounces) sliced canned straw mushrooms, or 2 ounces fresh oyster mushrooms, sliced if large ¼ red bell pepper, diced  
1 mild fresh red chile, seeded and chopped  
2 teaspoons tomato paste  
1 ½ teaspoons mashed yellow bean sauce or fermented tofu and its brine  
Superfine white sugar to taste Light soy sauce to taste

Cut pineapple in half lengthwise, cutting straight through the crown (leaves). Using sharp knife, remove flesh from skins. Cut flesh into ½-inch cubes. You will need 1 ½ cups for this recipe. (Reserve remaining pineapple for another use.) Turn the 2 empty pineapple skins upside down on a tray to drain.

Place rice in heavy saucepan and add water. Cover and bring to a rapid boil over high heat. Reduce heat to lowest setting so rice cooks very gently. Do not lift lid for at least the first 10 minutes of cooking; then, if you want, stir the rice lightly with a fork and return lid promptly. Cook until all liquid has been absorbed and rice is fluffy and dry, about 6 minutes longer.

Meanwhile, in small skillet without oil, toast coconut if using, until golden, stirring constantly, about 2 minutes. Set aside to cool.

In small saucepan of lightly salted water, parboil beans 1 ½ minutes. Drain and set aside.

Heat oil in wok or large skillet over high heat. Add garlic and fry, stirring constantly, 30 seconds. Add onion and diced tofu or tempeh, and stir-fry until light golden, about 3 ½ minutes. Add ginger, parboiled beans, mushrooms, bell pepper, chile, tomato paste and yellow bean sauce or fermented tofu. Stir over high heat about 2 minutes, then add rice and continue stirring, tossing and turning until well mixed.

Stir the 1 ½ cups diced pineapple into the rice, and add sugar and soy sauce. Cook a little longer until heated through.

Mound rice in pineapple shells and garnish with the toasted coconut. Serve at once. Makes 4 or 5 servings.

#### Pizza Notes

Pizza Pi in Seattle on University Way, uses Teese as its vegan cheese substitute. See: <http://teesecheese.com>. Another vegan cheese is the one from Daiya. See <http://www.daiyafoods.com>.

#### Bean soup made by Kirandeep

- Fry the onions
- Add small green jalapino chilli peppers
- Cumin
- Garlic
- Tomatoes

#### Emelyn's Kale-Mung-Pot-Herbs

##### Ingredients

- kale from the back yard
- sprouted mug beans
- garlic
- onions
- olive oil
- water

potato  
ground garlic  
oregano

Put all the ingredients into the pot, except the kale. Stir well.  
Set kale and mung beans on the top, put the lid on and cook for 10 min  
Stir.  
Cook on low for 20 minutes, covered completely.

### Emelyn's Steamed Kale Salad

#### Ingredients:

Ginger, ½ inch, chopped finely  
kale from the back yard, 10 big leaves  
½ red onions, diced  
olive bruschetta, 4 tbsp  
½ lime  
1 medium cucumber  
Olive oil, 3 tbsp  
2 14.5 oz (411 grams) cans of organic diced tomatoes

Cook the kale: Wash and chop the kale. Pressure cook it in 2 inches of water for 10 minutes, counting from when the steam starts steaming out.

Salad dressing: Combine ginger, diced onions, olive bruschetta, lime, cucumber, olive oil, and diced tomatoes in bowl. Don't cook.

Strain the kale to remove excess water and move it to a big bowl.

Then add the salad dressing to the kale and let it marinate for 20 minutes.

#### Garbanzo Salad:

Ingredients: Garbanzo beans, red wine vinegar, olive oil, red onion, apricot, pitted kalamata olives, Italian parsley, salt, garlic, paprika, Dijon mustard, oregano, black pepper, marjoram.