

Creative Cooking

S2 PROGRAM 5

AROUND THE WORLD IN 7 DAYS!
NICOLE BRAXTON • DCC0000017

INTERNATIONAL TRAVEL



GRILLED KEFTAS

INGREDIENTS

- 6 Beyond Burgers (or veggie replacement)
- 1 onion quartered
- 3-4 fresh parsley sprigs (chopped)
- 2-3 fresh cilantro sprigs (chopped)
- 1-2 fresh mint sprigs (chopped)
- ½ tsp ground cumin
- ½ tsp pumpkin spice
- 1 tsp paprika
- himalayan salt to taste

INSTRUCTIONS

Chop veggie burgers and put in food processor until smooth then put on a plate. Now in the processor add onion, seasoning and all fresh herbs. Next add the veggie meat into the processor. Place in bowl and let it sit in the refrigerator overnight or let it be in the refrigerator for around 2 hours. Mold the meat into small oval shapes and place kebab sticks in the middle. Lastly, cook the Kefta's for 4 to 7 minutes and turn once.

KEFTA DRESSING

INGREDIENTS

- 3 Tbsp chopped fresh mint
- 7 Tbsp plain vegan yogurt

INSTRUCTIONS

Blend mint and yogurt. Stir and place in the freezer for 20 to 30 minutes.

HOT & SOUR SOUP

INGREDIENTS

- 4-6 dried shitake mushrooms (soaked in boiling water for 30 minutes, discard liquid)
- 1 (8 oz) package fresh firm tofu (cut into cubes to make 1 cup diced tofu)
- ⅓ cup sliced bamboo shoots (drained)
- 2½ cups water
- ½ Tbsp chili garlic sauce (optional)
- 2 tsp chicken style seasoning
- 2 Tbsp lemon juice
- ⅓ cup of soy curls (cooked and drained)
- 1 Tbsp Braggs Aminos
- 1 tsp of cornstarch (mix with water to turn into paste, set aside)
- salt to taste
- ¼ tsp lime zest

INSTRUCTIONS

Boil water, now add chicken style seasoning, tofu, soy curls, bamboo shoots and mushrooms. Let simmer for 2 to 3 minutes. Now add Braggs Aminos and salt. Stir in cornstarch mixture, then cook for 5 to 6 minutes. Lastly, just before serving, add lemon juice and a dash of lime zest.