

# YUMI's Vegan Brunch Cooking Class

With Ayumi Hashimoto

December 8<sup>th</sup> 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.