

Vegan Japanese Cooking Class

With Ayumi Hashimoto 9/24/2010



Tofu & Zucchini Kushikatsu

1. Slice:

Tofu
Zucchini

2. Combine in a bowl to make the breading:

Whole wheat flour
Sea Salt or Herbamare
Onion Powder
Garlic Powder
Yeast Flakes
Parsley
Or any other herbs of your choice

3. Have the following ready in 2 bowls:

Whole Wheat Panko (Breadcrumbs)
Deluded vegan mayonnaise (cashew or almond mayonnaise would do well!!)

4. Coat the sliced tofu and zucchini with the flour all over, dip them in mayonnaise and coat them with bread crumbs.

5. Place in oven dish and bake at 350 °F for about 30 minutes or until brown.

6. Turn and bake for about 10 minutes.

7. Serve them with Japanese brown sauce or with Mayonnaise mixed with chopped onion, ginger, chopped scallion



Sneak Peak at the Final Product

Sushi Cake

1. Prepare:

- 2/3 cup scrambled tofu
- 2/3 cup roasted bell peppers
- 1/2 cup vegan mayonnaise
- 2/3 cup carrot "tuna"
- 1 avocado, sliced
- 2 sheets nori seaweed, broken into pieces

2. Mix:

- 2 cups brown rice, cooked
- 1/4 cup toasted sesame seeds, ground
- 3 tablespoons juice from your choice of citrus fruits
- 1 teaspoon sea salt
- Place plastic wrap in a pie pan.

3. Layer scrambled tofu, carrot tuna and roasted bell peppers over the plastic wrap.

4. Add a layer of the rice mixture (1 cup), add a layer of avocado, mayonnaise and seaweed, ending with another layer of rice (1 cup).

5. Cover with a plastic wrap and press the content firmly into the dish.

6. Remove the plastic wrap

7. Place a large plate on top of the dish and flip it over to serve.

8. Garnish with sliced fresh vegetables such as:

- cucumbers
- yellow squash
- zucchini
- radish
- scallion

Nut Mayonnaise

1. Blend till smooth:

- 1 cup raw cashews (or try slivered almonds or Brazil nuts)
- 2 cups water
- 1/2 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 tablespoons nutritional yeast flakes (optional)
- 3/4 teaspoon salt

2. Cook over medium heat stirring constantly

3. When thick turn off the heat and stir in:

- 2 tablespoons
 - 1/4 cup lemon juice
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Carrot "Tuna"

1. Mix:

- 2 cups carrot pulp from juicing (Enjoy the juice first!!)
- 1 cup vegan mayonnaise or cashew mayonnaise
- 1/2 teaspoon sea salt
- 3 tablespoons nutritional yeast
- 1-3 tablespoons extra virgin olive oil or flax seed oil (optional)
- 1/2 cup chopped olives
- 2 cups chopped vegetables (onion, celery, tomatoes, bell peppers, parsley, scallion, etc.)
- 1 tablespoon dry herbs (basil, parsley, chives, oregano and/or Italian herbs)

2. Try adding:

- 1 teaspoon or more of your favorite seasonings
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Adzuki & Edamame Ice Cream

1. Blend till smooth:

- 1 cup vanilla soy milk creamer
- 1 can coconut milk
- ¾ cup honey
- 2 T Psyllium husk, plain
- ½ tsp salt
- 1 tsp vanilla
- 1/2- 1 cup edamame or adzuki paste

2. Put in a container and freeze.

(Mix with Whisk once or twice before it gets completely frozen for creamier texture)



Stuffed Daikon (Japanese Radish)

1. Using cookie cutter, make a circle hollow to each piece of:

- 1 medium Japanese radish, cut into 2" width (Save the cut out parts for salad)

2. Cook the radish in vegetable broth seasoned with kelp and/or shitake seasoning

3. Prepare Spinach & Tofu mixture (which is called Horenso no Shira- ae, Japanese dish) by mixing the ingredients below:

- 1 ½ cup cooked spinach (or 10 oz frozen chopped spinach), chopped
- lemon juice
- ½ lb soft water pack tofu
- 1 T soy sauce
- 1 T Norigoma (or tahini)
- 2 T toasted sesame seeds, ground
- 1 T lemon juice
- sea salt to taste

4. Stuff holes with the above filling.

SCRAMBLED TOFU (for other taste of sushi cake)

1. Sauté in a frying pan over medium heat, using a little extra virgin olive oil and/or water:

1-2 cloves garlic, minced/crushed
1 medium onions, mined
½ cup sliced mushroom (optional)

2. Add:

1 lb. firm or extra firm tofu, mashed with fork, masher, etc.
1 tablespoon nutritional yeast flakes
1 teaspoon onion powder
½ teaspoon garlic powder
¾ teaspoon sea salt
¼ teaspoon paprika
⅛ teaspoon turmeric or more
1 tablespoon sweet basil
¼ cup fresh parsley, chopped fine (optional)
1 tablespoon seasoning of your choice (I used onion/herb mix and mushroom mix)

3. Add and sauté more:

½ cup ripe tomatoes, diced (optional)
½ cup bell pepper, chopped into small pieces

4. Add tofu mixture and heat thoroughly.

5. Add and simmer for a few minutes:

3 tablespoons- ½ cup slivered almonds blended with a little water till smooth