

 COOKING SHOW #124 - ASIAN FUSION

Indonesian Gado Gado

INGREDIENTS

Chestnut Gado Gado Sauce

- 1/2 cup roasted chestnuts
- 1 tablespoon tahini (optional)
- 1/2" nub fresh ginger
- 1 lime, juiced
- 1 green onion
- 1 red arbol chili (optional)
- 1/2 teaspoon cumin
- 1/2 teaspoon ground coriander
- 2 teaspoons coconut shreds
- 2 garlic cloves
- 1 teaspoon date powder
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon black pepper
- 6 tablespoons soy milk
- 1/4 cup water, or as needed

Gado Gado Bowl

- brown rice
- corn
- chopped lettuce
- sliced radishes
- diced cucumber
- steamed green beans
- steamed red pepper
- shredded carrots
- boiled potatoes, cubed

- Savory Tofu Bites (next page)
- Chestnut Gado Gado Sauce
- cilantro

METHOD

To prepare the Chestnut Gado Gado sauce, add all of the ingredients to a high-speed blender and blend until smooth, using only as much water as needed to reach your desired consistency.

Prepare your Gado Gado bowl any way you desire using as little or as many ingredients from the list provided. Don't forget to include the Savory Tofu Bites (recipe next page!). Serve with a drizzle or small ramekin of Chestnut Gado Gado Sauce.



Chef's Notes

For a peanut sauce: sub the chestnuts for 1/3 cup peanut butter.



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Savory Tofu Bites

INGREDIENTS

1 14-16 oz. block tofu, pressed

Tofu Marinade

5 dates

1/2" nub fresh ginger

2 garlic cloves

2 tablespoons rice vinegar

1 teaspoon sriracha or chili sauce

1 tablespoon tamari (optional)

1 green onion

1 red arbol chile

1/4 cup water, or as needed

METHOD

Press the tofu using a tofu press or pan for about 20 minutes. Drain and set aside.

Add the marinade ingredients to a small blender and blend until smooth, using only as much water as needed to reach your desired consistency. Pour the marinade into a small mixing bowl.

Cut the tofu into any size cubes you desire, and toss in the marinade. Marinate for a minimum of 30 minutes, but feel free to marinate these longer or overnight for added flavor.

Line a baking sheet with parchment paper, and air-fry at 400° for 15-20 minutes, checking the tofu for your desired level of crunch and doneness. (Alternatively you can bake these in the oven at 375° for 20-25 minutes).



 COOKING SHOW #124 - ASIAN FUSION

Vietnamese Pho

INGREDIENTS

Pho Broth

- 5 quarts water
- 6 star anise
- 2 cinnamon sticks
- 1 tablespoon coriander seeds
- 3 green cardamom pods
- 4 cloves 
- 1 tablespoon date powder or 3 deglet dates
- 2 red thai chili pods
- 3/4 cup fresh ginger, chunked
- 2 1/2 cups daikon radish, chunked
- 1 cup oyster mushrooms
- 2 large carrots, chunked
- 2 ribs celery, chunked
- 1 medium cabbage, chunked
- 2 yellow onions, chunked
- 1 bunch green onions

Pho Soup

- brown rice ramen noodles
- bok choy
- sliced yellow onions
- tofu
- sliced carrots
- broccoli florets

To Serve

- bean sprouts
- jalapeño
- cilantro
- Thai basil
- mint
- lime
- WYW Sriracha



METHOD

To prepare the Pho Broth, add all of the ingredients to a large stock pot and bring to a boil. Once boiling, lower the temperature to a simmer and cook for 1-5 hours. Use a strainer or mesh sieve to remove the veggies and discard.

To prepare the pho, cook the brown rice noodles in a separate pot according to package directions. Place the noodles in a large soup bowl.

Next, add some of the Pho Broth to a pot along with any of the veggie/tofu ingredients that you desire from the recommended list. Allow to cook for a few minutes on medium heat to soften the vegetables. Transfer the contents of the pot into the bowl with the noodles.

Serve with bean sprouts, jalapeño, cilantro, Thai basil, mint, a squeeze of lime and Well Your World Sriracha.



 COOKING SHOW #124 - ASIAN FUSION

Instant Pot Soy Bean Curry

INGREDIENTS

- 1 cup dry soy beans
- 1 yellow onion, diced
- 1 green chili, diced (or bell pepper)
- 3 garlic cloves, minced
- 2 teaspoons fresh ginger, minced

- 1 1/2 cups water
- 4 roma tomatoes, chopped
- 1/2 teaspoon red chili pepper or paprika
- 1 tablespoon curry powder
- 1 tablespoon garam masala
- 1 teaspoon ground coriander

- fresh chopped cilantro, to serve

METHOD

Soak the soy beans in water overnight or for at least 8 hours. After soaking, rinse the beans well.

Add the onion, green chili, garlic, and ginger to the Instant Pot (or sauté pan) and sauté until the veggies are tender, adding a little water or veggie broth as needed to keep from sticking.

Transfer the sauté mixture to the Instant Pot if you used a separate pan. Add the soaked soy beans, water, tomatoes, and spices and set the Instant Pot to manual, high-pressure for 25 minutes, natural release.

Blend with an immersion blender for a few seconds for a creamier finish. Serve on a bed of rice or enjoy on its own or topped with fresh cilantro.

Chef's Notes

We don't care for the sauté feature on our Instant Pot so we sautéed the veggies in a separate pan on the stove. Or you can skip the sauté step all together and just throw it all in the pressure cooker.

Perfect Brown Rice: Add to a pot with plenty of boiling water, cook for about 30 minutes like pasta, strain out water, cover for 10 minutes and toss to fluff!

