

 COOKING SHOW #136 - BRUNCH & MOCKTAILS

# Instant Pot Mashed Potatoes

## INGREDIENTS

- 5 lbs. russet potatoes, peeled and chunked**
- 2 teaspoons garlic powder**
- 2 teaspoons onion powder**
- 1 tablespoon nutritional yeast (optional)**
- 1/2 cup water**
- 1-2 cups soy milk**

## METHOD

To prepare the Instant Pot Mashed Potatoes, place all of the ingredients except the soy milk into the Instant Pot without the trivet. Set to high pressure for 8 minutes, manual release.

When the potatoes are done, open the Instant Pot but do not remove the water. Add the soy milk a little at a time while mashing/stirring until you reach your desired creaminess.

Enjoy as part of the Southern Comfort Brunch on page 5 or with your favorite dishes.

### Chef's Notes

This is our favorite way to make mashed potatoes, but you can make them on the stove like we did on the show!





## COOKING SHOW #136 - BRUNCH & MOCKTAILS

# Country Gravy

### INGREDIENTS

- 2    **teaspoons garlic powder**
- 2    **teaspoons onion powder**
- 2    **teaspoons paprika**
- 1    **teaspoon date powder**
- 1    **teaspoon dried parsley**
- 1/2    **teaspoon dried rosemary**
- 1/2    **teaspoon dried sage**
- 1/2    **teaspoon dried thyme**
- black pepper, to taste**
- 2    **tablespoons nutritional yeast**
- 1/2    **cup oat flour**
- 1/2    **cup cashews**
- 2    **cups soy milk (or less)**

### METHOD

Add all of the ingredients to a high-speed blender and blend until smooth, adding the last cup of milk gradually as needed. You can use your blender on high to heat it or pour into a pot on the stove and heat slowly while stirring. It will thicken as you cook it and even more as it cools. You can always adjust by adding more soy milk.

Drizzle on the Southern Comfort Brunch on page 5 or enjoy with your favorite dishes.

### Chef's Notes

If your gravy is too thin, add more flour and continue to blend for a minute or two.



 COOKING SHOW #136 - BRUNCH & MOCKTAILS

# Country Fried Portobello

## INGREDIENTS

**3-4 portobello mushrooms**

### Batter

**2/3 cup oat flour**

**1/4 cup chickpea flour**

**1 cup soy milk**

**1 teaspoon apple cider vinegar**

### Breading

**1/3 cup cornmeal**

**3/4 cup breadcrumbs**

**1/3 cup nutritional yeast**

**2 tablespoons Italian Seasoning**

**1 teaspoon smoked paprika**

**1 teaspoon garlic powder**

**1/4 teaspoon ground turmeric**

## METHOD

In a mixing bowl, add the batter ingredients and whisk until there are no clumps.

In a shallow bowl, add the breading ingredients and whisk to combine.

Make an assembly line with the mushrooms, the batter, a small plate, the breading, and an air fryer tray.

Stick a fork into the stem of the mushroom and use it to hold the mushroom. Dip the mushroom into the batter, ensuring it is completely covered. Next, coat the battered mushroom with the bread crumbs. Do not place the mushroom directly into the breadcrumbs or your mixture will get too wet and clumpy. You can use your hands or a spoon to sprinkle the breading on, whatever works best for you. Place the coated mushrooms stem side down on an air fryer tray.

Air fry the mushrooms at 400°F for 30 minutes.

Enjoy as part of the Southern Comfort Brunch on page 5 or on their own.



### Chef's Notes

**If you do not have an air fryer, you can bake these mushrooms instead! Just keep an eye on them while increasing the time as needed.**



## COOKING SHOW #136 - BRUNCH & MOCKTAILS

# Blackened Tofu

### INGREDIENTS

- 1 14-16 oz. block firm tofu, pressed
- 1 teaspoon black pepper
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 2 teaspoons mustard powder
- 1 tablespoon Italian seasoning
- 1 tablespoon date powder
- 2 tablespoons smoked paprika

### METHOD

Preheat a non-stick electric griddle to 350°F.

Cut the tofu widthwise through the middle to create two thinner rectangles. Cut each rectangle diagonally to make 4 triangles.

Add the remaining ingredients to a bowl and whisk together. Then transfer to a large plate.

Use your hands to press each tofu triangle into the seasonings. Ensure that all the sides are evenly covered, by flipping it a few times.

Place on the griddle and cook for 5-10 minutes on each side or until you reach your desired level of doneness.

Enjoy as part of the Southern Comfort Brunch on page 5 or combine with your favorite recipe.



### Chef's Notes

If you don't have a griddle, try this recipe in the air fryer!

The more you blacken the tofu the less potent the spices in the dry rub will be.

# COOKING SHOW #136 - BRUNCH & MOCKTAILS

## Southern Comfort Brunch

### INGREDIENTS

- 1 bunch greens, chopped  
(collard, swiss chard, kale, spinach)

### Southern Comfort Brunch

- mashed potatoes
- steamed greens
- Country Gravy
- Country Fried Portobello
- Blackened Tofu
- chopped green onions, to serve

### Chef's Notes

Boost the flavor of your greens by tossing in a couple tablespoons of apple cider vinegar, lemon juice, tamari, Stardust, or Galaxy Dust.



No time to make gravy? Use our Mushroom Gravy Mix!

### METHOD

Place the greens in a steamer pot and steam for about 10 minutes. Set aside.

To prepare the Southern Comfort Brunch, get a shallow bowl or deep plate handy.

First, add a layer of mashed potatoes and then add a layer of steamed greens. Drizzle on some of the Country Gravy. Next, place the Country Fried Portobello on top of the greens and drizzle on even more gravy. Lastly, top with the Blackened Tofu and sprinkle with green onions.

Enjoy all the recipes together for a Southern Comfort Brunch or mix and match your favorites!





# Reebsberry Shrub

Makes 1 Glass

## INGREDIENTS

- 4 strawberries
- 2 rosemary sprigs, stripped
- 1 orange, juiced
- 4+oz. sparkling water
- 1/2-1 teaspoon balsamic vinegar (optional)

### To serve:

- ice
- strawberry garnish
- rosemary garnish

## METHOD

Add the strawberries, rosemary, and orange juice to a cocktail shaker or mixing bowl and muddle together using a muddler or a pestle. Set aside.

Fill a tall glass with ice, and strain the muddled mixture into the glass. Add the sparkling water and balsamic vinegar and give it a swirl.

For added pizzazz, dress it up with a strawberry slice and sprigs of rosemary.

### Chef's Notes

If you are not a fan of balsamic you can sub for apple cider vinegar or omit for a delicious strawberry mocktail.





## COOKING SHOW #136 - BRUNCH & MOCKTAILS

# Sweet Potato Latte

Makes 2 Mugs

### INGREDIENTS

- 1 small sweet potato, peeled, cooked, and hot
- 2 cups soy milk, heated
- 1-2 tablespoon date powder (or 2-3 deglet dates)
- 1/4 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger

### METHOD

Add all of the ingredients to a high speed blender. Blend until everything is smooth. Top with a sprinkle of cinnamon or nutmeg. Enjoy!



Try our Date Powder in this recipe!

### Chef's Notes

Use the spices listed and amounts as a starting point to find your own perfect combination. Try other spices too such as ground turmeric.

We recommend using a white sweet potato, but an orange one works great too.

