



Earth Day 2022 Recipe Submissions

Submitted by: Cherie Taylor, Administration

Vegan Cabbage Rolls

Pre-heat oven to 350 degrees

Ingredients:

3/4 cup rice

1 head of cabbage

1 package of Mexican Veggie Ground

1 large Tin of Diced Tomatoes

1 small tin of tomatoes sauce (whatever brand or flavor)

1 Tin of Campbell's Tomatoes Soup

1 onion diced

2 -3 mushrooms diced

2 green onions diced

1 green pepper diced

Garlic, oregano, basil, salt, pepper, chilli flakes

Directions:

1. Make rice as per cooking instructions and put aside (I add veggie stock to the water)
2. Remove stalk from cabbage and place in a covered pot of boiling water for 6 mins
3. Once cabbage leaves start to fall away – start removing and place on a towel to dry
4. In a frying pan cook up garlic and onions and then add rest of ingredients (with exception to the Tomatoes Soup and tomatoes sauce)
5. Pour tin of tomato sauce in the bottom of 11x13 Pyrex
6. Start filling the cabbage and roll, and place seam down in a 11x13 Pyrex onto of tomato sauce
7. Spoon tin of tomatoes soup on top and add some additional spices to the top
8. Cook covered with tin foil for 90 mins
9. Let sit for 15 mins before serving
10. Eat and enjoy!

Submitted by: Kai Luecke, Medical Oncology

Vegetarian Kimchi

- 2 cups cooked white rice (12 ounces; 350g) (see note)
 - 3/4 pound kimchi with juices (about 1 cup packed; 340g)
 - 2 tablespoons (30ml) vegetable or canola oil, divided
 - Your choice of vegetables or tofu cut into 1/4- to 1/2-inch dice
 - 1 large onion, finely diced (1 1/2 cups; 12 ounces; 340g)
 - 4 scallions, white and pale green parts only, thinly sliced (about 1/4 cup; 40g)
 - 2 medium cloves garlic, minced (about 2 teaspoons; 10ml)
 - 1 hot red or green chili (such as jalapeño, serrano, or Thai bird), stemmed and thinly sliced
 - Freshly ground black pepper
 - 2 teaspoons (10ml) soy sauce
 - 1 teaspoon (5ml) toasted sesame oil
 - 1/2 cup chopped fresh cilantro leaves and fine stems (1/2 ounce; 14g)
 - Kosher salt
 - Fried eggs for serving (optional)
 - Hot sauce, for serving
1. If using day-old rice, transfer to a medium bowl and break rice up with your hands into individual grains before proceeding. Place kimchi in a fine-mesh strainer set over a large bowl and squeeze out excess liquid. Reserve liquid and finely chop kimchi.
 2. Heat 1/2 tablespoon oil in a wok over medium-high heat until shimmering. Add veggies and cook, tossing and stirring frequently, until starting to crisp. Add chopped kimchi and onion and cook, stirring and tossing regularly, until vegetables are softened, about 4 minutes. Transfer to a bowl and set aside.
 3. Add another 1/2 tablespoon oil to wok. Increase heat to high and heat until smoking. Add half of rice and cook, stirring and tossing, until rice is pale brown, toasted, and has a slightly chewy texture, about 3 minutes. Transfer to a medium bowl. Repeat with another 1/2 tablespoon oil and remaining rice.
 4. Return all rice to wok and press it up the sides, leaving a space in the middle. Add another 1/2 tablespoon oil to the space. Add scallions (reserving some for garnish), garlic, and chili and cook, stirring gently, until lightly softened and fragrant, about 1 minute. Toss with rice to combine. Add onion, kimchi, and veggie mixture and toss to combine. Pour in reserved kimchi juice and season generously with black pepper. Add soy sauce, sesame oil, and cilantro (reserving some cilantro for garnish). Toss everything to combine. Season to taste with salt if necessary. When ready to serve, allow rice to sit in wok without tossing for 45 seconds to create a crisp crust underneath. Turn rice out onto a serving platter, trying to get as much of the crispy rice facing up as possible. Top with fried eggs, sprinkle with reserved scallions and cilantro, and serve immediately with hot sauce.

Notes

For best results, use Chinese-style medium-grain rice, jasmine rice, or sushi rice. Rice should either be cooked fresh, spread on a tray, and allowed to cool for 5 minutes, or transferred to a loosely covered container and refrigerated for at least 12 hours and up to 3 days.

Submitted by: Chad Lund, Radiation Oncology

Tempeh

What is Tempeh?

It's a plant-based protein made of cooked soybeans (think edamame) that have been fermented. The fermentation process binds the soybeans into a cake/patty, which is what you'll find at your local grocery store. Some varieties of tempeh only include soybeans, but others will contain grains like barley, rice, flax or millet along with the soybeans.

How to Cook Tempeh

Packaged tempeh is pre-cooked so you can easily enjoy it right from the package (on sandwiches, salads, etc), but highly recommended to cook it so that it tastes better.

A lot of people suggest steaming the tempeh before marinating or cooking to help remove any bitterness. To steam the tempeh, cut it as desired, place in a steamer basket, cover and steam for 10-15 minutes. If you don't have a steamer basket, you can fill a saucepan with 1-2 inches of water and bring it to a boil. Once boiling place the tempeh in the saucepan, cover and reduce heat to a simmer and cook for 10-15 minutes.

A great way to make tempeh taste amazing is to marinate it! You can marinate in the fridge anywhere from one hour to overnight. The longer it marinates the longer the tempeh has time to soak up all the flavors. A simple tempeh is made of maple syrup, balsamic vinegar, oil, tamari and garlic.

Once your tempeh is prepped and marinated, it's time to cook it! You have a few options.

- **Pan sauté** – Heat 1 Tablespoon of oil in a large skillet over medium-high heat. Add the tempeh and cook until golden brown, about 4-5 minutes per side.
- **Bake** – Baking tempeh is a great hands-off cooking option! Line a baking sheet with parchment paper or a silicone mat. Spread the tempeh evenly and bake at 400°F for about 25 minutes or until golden brown.
- **Air fry** – If you have an air fryer, this is a great option for crispy and delicious tempeh! Add the tempeh to the basket and bake at 375°F for about 15 minutes. Toss every 5 minutes for even cooking.

Submitted by: Yuki Robinson, Administration

Easy Pumpkin Curry

Ingredients for 2 servings

8 oz. pumpkin puree
1/2 onion
2 cloves of garlic
1 tablespoon olive oil or ghee
1 can (13.5 oz) coconut milk
1/4 teaspoon cardamom
1/2 teaspoon cumin
1/4 teaspoon nutmeg
1/8 teaspoon cinnamon
1/8 teaspoon paprika
1/2 teaspoon cayenne
salt + pepper to taste
cilantro and pumpkin seeds (pepitas) to serve

Instructions

Mince the garlic and finely chop the onion. Sauté in the oil or ghee for 3-4 minutes until softened and fragrant. Add the coconut milk, pumpkin puree, and all the spices except for salt and pepper. Whisk together and cook over medium heat until everything is warmed through. Taste and add salt and pepper to your liking.

Submitted by: Mel Konn, Administration

Aloo Gobi (Cauliflower & Potatoes)

1 large cauliflower cut into large chunky florets
1 large potato cut into small-sized cubes (keep them small so they cook faster)
1 large onion cut into medium-sized chunks
1 large carrot - cut into cubes (optional)
A cup fresh or frozen peas (optional)
1 large tomato
chunk of ginger chopped fine – more is less 😊
1 tsp whole cumin seeds
1 dried red chilli (optional)
Fresh cilantro chopped – more is less 😊

1sp each of dry powders: asafoetida, red chilli, turmeric, coriander, MDH Sabzi Masala + salt to taste

Process:

Heat oil in a large sized wok

Add asafoetida and cumin seeds until very slightly brown

Add ginger until you smell the rich aroma! – this is the key ingredient

Add Onions – fry until slight soft

Add the cauliflower, potatoes, carrots, peas and tomatoes with all the dry spices + salt

Mix well and ensure spices get into the gaps of the cauliflower. If you find the colour is too light add more of the MDH Sabzi Masala

Once mixed thoroughly, shut the lid tight, keep on high flame and cook for around 8-10 minutes

Open and mix around and check if potatoes are cooked. At that time also scrape fond from the bottom of the pan and mix well

Shut lid and continue cooking for another few minutes

When potatoes are cooked and mash with slight pressure, remove from flame

Cauliflowers should be crunchy, not mushy

Add fresh cilantro and squeeze fresh lime / lemon – mix well and savour it!

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