

# Vegan Braised “Beef”

## Ingredients

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170g Dry textured vegetable protein (TVP)

1/2 tsp Salt

2 tbsp Sugar

2 tsp Black pepper

2 tbsp Soy sauce

1 tbsp Vegan oyster sauce

1 tbsp Cornstarch

1/2 cup Water

Sunflower Oil

Ginger

Onion

## Instructions

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1. Soak the TVP in water for 1 hour, then drain and pat dry. Deep fry the rehydrated TVP until crispy.
2. In a pan, heat 2 tbsp of sunflower oil and sauté the ginger and onion until golden brown.
3. In a bowl, mix salt, sugar, black pepper, soy sauce, vegan oyster sauce, dark soy sauce, cornstarch and water together.
4. Pour the sauce mixture into the pan with the ginger and onion and stir well. Add the fried TVP and simmer for about 15 minutes or until the sauce is absorbed by the fried TVP.
5. Transfer to a plate and serve immediately.



# Vegan Sweet & Sour “Pork”

## Ingredients

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170g Dry soy and Wheat protein  
9 tbsp Ketchup  
2 1/2 tbsp Sugar  
2 tbsp Vinegar  
4 tbsp Soy sauce  
1/2 cup Water  
Sunflower oil  
Ginger

## Instructions

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1. Soak the dry protein in water for 1 hour, then drain and pat dry. Deep fry the rehydrated protein until crispy.
2. In a pan, heat 2 tbsp of sunflower oil and sauté the ginger until golden brown.
3. In a bowl, mix ketchup, sugar, vinegar, soy sauce and water together.
4. Pour the sauce mixture into the pan with the ginger and stir well. Add the fried protein and simmer for about 15 minutes or until the sauce is absorbed.
5. Transfer to a plate and serve immediately.





# Vegan “Fish”



## Ingredients

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1 pack Firm tofu  
Soy sauce  
Nori sheets  
1/4 cup All-purpose flour  
Cornmeal  
Paprika  
Garlic Powder  
Allspice  
1/4 tsp Salt  
Water

## Instructions

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1. Drain and press the tofu to get rid of the moisture then use a sharp knife to slice the tofu block into small pieces (1-inch thick). Lay the tofu slices in a large casserole in a single layer.
2. In a bowl, mix soy sauce. Pour the mixture over the tofu slices and set aside to marinate for 20-25 minutes.
3. In a bowl, mix the flour, cornmeal, paprika, garlic powder, allspice and salt altogether.
4. Cut the nori sheet into small long pieces then wrap around the marinated tofu slices..
5. Dip the wrapped tofu slices into the flour mixture and set aside. Repeat the process until you have battered all the slices.
6. Heat oil in a large non-stick pan over medium heat. Once the oil heats up, place the tofu slices in the pan and fry them for about 5 minutes on each side until they get a golden color.
7. Serve with your favorite dipping sauce.



# Vegan “Shrimp”

## Ingredients

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200g Vegan shrimp  
1/2 tsp Salt  
1 tbsp vegan butter  
1 clove Garlic, minced (optional)  
1 squeeze Lemon juice (optional)

## Instructions

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1. Heat vegan butter in a skillet until melted, then add the "shrimp."
2. Sauté the shrimp over medium heat for about 3-5 minutes on each side.  
You can also add some minced garlic for extra flavor. They are also delicious with a squeeze of lemon juice if desired.
3. Serve as you would shrimp or toss them into your favorite recipes that call for shrimp.



# Vegan “Duck”

## Ingredients

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4 sheets Bean curd skin  
2 Bay leaves  
2 Star anises  
4 tbsp Vegetarian oyster sauce mix with 2 tbsp Water  
1 1/4 cup Dried shiitake soaking water (or water)  
1 tbsp Vegetarian oyster sauce  
2 tsp Sugar  
1 tbsp Light soy sauce  
1/2 tsp Dark soy sauce  
3 tbsp Vegetable oil

## Instructions

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1. Prepare your steamer with enough water for 12 minutes of steaming over high heat, and bring to a boil.
2. Lay out one of your sheets of bean curd on a clean work surface. Take your mixture of vegetarian oyster sauce and water, and brush lightly onto one of the sheets. Stack another sheet on top and brush that one with the oyster sauce mixture too. Fold the sheets into a rectangular form. Repeat with another 2 sheets of bean curd skin.
3. With the opening side down, lay them side by side on a heat proof dish. When the water in your steamer has come to a boil, steam the roll for 12 minutes over high heat.
4. Meanwhile, mix the braising sauce. Combine 1 1/4 cups of the mushroom soaking water, 1 tbsp vegetarian oyster sauce, 2 tsp sugar, 1 tbsp light soy sauce, bay leaves, star anises and 1/2 tsp dark soy sauce. Mix until sugar is completely dissolved, and set aside.
5. Remove the rolls from the steamer. Heat a clean wok/pan over medium heat. When the wok is heated, add the oil, and swirl it around the perimeter of the wok to coat it evenly. Add the rolls, and brown each side, about 1-2 minutes per side. Handle gently when flipping.
6. Once both sides are browned, add the sauce mixture. Braise over medium heat, cooking for 2 minutes covered, and then 2-3 minutes uncovered. Flip the rolls, and do the same on the other side. Once the sauce has reduced (it should coat the rolls, but they shouldn't be sitting in a pool of sauce), carefully transfer the rolls to a plate to let it cool completely then slice into 3/4 inch pieces and garnish with chopped scallion (optional) to serve.



# Vegan Scramble “Egg”

## Ingredients

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1 tsp Oil

1 cup JUST Egg

1 tsp Chives or green onions

Salt

Black pepper

## Instructions

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1. Preheat a small nonstick skillet over medium to medium-high heat. Coat evenly with oil.
2. Shake the bottle of JUST Egg well. Pour the desired amount into the skillet. Shimmy the skillet to distribute the liquid evenly and let it sit for a moment before stirring.
3. Scramble like an egg: Use a spatula to occasionally scrape and pull mixture across pan, while still letting the JUST Egg heat evenly and set. Steadily push the cooked sections out from the center and edges and redistribute the remaining liquid across the pan. When the liquid is about halfway cooked through, add any vegetables or desired mix-ins. Scramble until all the liquid is just cooked through. Use the spatula to break the scramble up into fluffy, bite-sized pieces. Remove from heat.
4. Sprinkle the cooked scramble with salt, if desired. Season with freshly ground black pepper and garnish with chives or green onions. Serve immediately.







# Vegan Fried “Chicken”

## Ingredients

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- 1 cup Textured Soy Protein (TSP) or Soy curls
- 1 cup Vegetable broth
- 1/4 cup Soy sauce
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 1/2 tsp Smoked paprika
- 1/2 cup All-purpose flour
- 1/4 cup Plant-based milk
- 1 cup Breadcrumbs
- Vegetable oil for frying

## Instructions

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1. Soak the TSP or soy curls in vegetable broth according to package instructions. Drain and set aside.
2. In a bowl, mix soy sauce, garlic powder, onion powder and smoked paprika together. Add the hydrated TSP and marinate for at least 30 minutes.
3. For coating, combine the flour with cornstarch in one bowl. Prepare plant-based milk and breadcrumbs in two separate bowls.
4. Heat the vegetable oil in a large skillet or deep fryer to 350°F (180°C).
5. Dredge each piece of the TSP in the flour mixture. Next, dip it into the plant-based milk, then coat it in the breadcrumbs.
6. Carefully place the coated TSP into the hot oil and fry until golden brown and crispy (around 3-4 minutes per side). Work in small batches to avoid overcrowding the pan.
7. Serve your Vegan Fried “Chicken” hot with your favorite dipping sauce.

# Vegan Kimbap

## Ingredients

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2 cups Sushi rice

4 cups Water

1/2 cup Rice vinegar

3 tbsp Sugar

1 tsp Salt

Nori Seaweed sheets

Assorted fillings (such as Avocado, Spinach, Cucumber, Carrots,  
pickled Radish, Bell peppers, Tofu)

Soy sauce for serving

## Instructions

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1. Rinse the rice under cold water until the water runs clear. Combine the rice and water in a rice cooker and cook according to the manufacturer's instruction.
2. In a small saucepan, heat the rice vinegar, sugar and salt over low heat until the sugar and salt dissolve. Remove from heat and let it cool.
3. Julienne the assorted vegetables (cucumber, carrots, radish, bell peppers) and set them aside.
4. Blanch the spinach by boiling the spinach in boiled water for 30-40 seconds then dipping it in ice water immediately. Squeeze out the excess water and put it aside.
5. Once the rice is cooked, transfer it to a large bowl and gently fold in the seasoned rice vinegar. Be careful not to mash the rice.
6. Lay a sheet of nori on a bamboo sushi mat. Wet your hands and spread a thin layer of rice on the nori, leaving about 1 inch of space at the top.
7. Arrange your desired fillings in a line across the bottom third of the rice-covered nori sheet.
8. Using the bamboo mat as a guide, carefully roll the sushi away from you, tucking the fillings in tightly. Roll it up completely and press the edges to seal. Optionally, brush with sesame oil and sprinkle sesame seeds on top.
9. Wet a sharp knife and slice the roll into individual pieces and serve with soy sauce.





A close-up, top-down view of a white ceramic bowl filled with a colorful mixture of fried rice, corn kernels, green peas, and diced carrots. The rice is light brown, suggesting it's been fried. The vegetables are vibrant and fresh. In the bottom left corner, a small glass jar filled with chopped green herbs is visible.

# Vegan Yangzhou Fried Rice

## Ingredients

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- 2 cups Cooked Jasmine rice, preferably day-old and cooled
- 1 tbsp Vegetable oil
- 1 small Onion, finely chopped
- 2 cloves Garlic, minced
- 1/2 cup diced Carrots
- 1/2 cup Green peas
- 1/2 cup Corn kernels
- 1/2 cup diced Bell peppers
- 1/4 cup chopped Scallions
- 1/2 cup diced Tofu or Tempeh
- 2 tbsp Soy sauce or Tamari
- 1 tsp Sesame oil
- Salt and Pepper to taste

## Instructions

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1. Heat the vegetable oil in a large pan or wok over medium heat
2. Add the onion and garlic, sautéing until fragrant and translucent.
3. Increase the heat to high and add the carrots, peas, corn and bell peppers. Stir frequently for 3-5 minutes.
4. Add the tofu or tempeh and continue to stir-fry for another 2 minutes.
5. Lower the heat and add the cooked rice, breaking up any clumps with a spatula.
6. Pour in the soy sauce and sesame oil, season with salt and pepper. Stir well to combine all the ingredients.
7. Cook for an additional 5 minutes or until everything is heated through and the rice has a slightly crispy texture.
8. Garnish with chopped scallions before serving.



# Vegan Fried Spring Roll

## Ingredients

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Spring roll wrappers (Rice or wheat-based papers)

Cabbage, finely shredded

Carrots, julienned

Bell peppers, thinly sliced

Mushrooms, thinly sliced

Tofu or tempeh, cut into thin strips

Fresh cilantro or parsley, chopped

Soy sauce or Tamari for seasoning

Salt and Pepper to taste

Vegetable oil for frying

## Instructions

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1. Heat the oil in the frying pan over medium heat. Add the tofu and cook until golden brown, set aside.
2. In the same pan, sauté the cabbage, carrots and bell peppers until they are tender but still have a slight crunch. Stir in the mushrooms and cook for an additional minute. Season with soy sauce, salt and pepper then add the fresh herbs. Let mixture cool down,
3. Take a spring roll wrapper and dip in warm water until it's pliable. Lay the wrapper flat on the cutting board and place a portion of the veggie mixture near the bottom edge. Fold the bottom edge over the filling, then fold in the sides. Roll it up tightly and seal the final edge with a dab of water. Repeat with other rolls.
4. Heat a generous amount of oil in your frying pan over medium-high heat then carefully place the spring rolls in the hot oil and fry until golden brown on all sides.
5. Once they are crispy and browned, remove them from the oil and let them drain on paper towels.



# Vegan Korean Glass Noodle



## Ingredients

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- 250g Sweet potato noodle
- 300 Smoked firm tofu
- 200g Zucchini
- 130g Carrots
- 1 medium Onion
- 3 Scallion stalks
- 3 Garlic cloves
- 6 Dried Shiitake mushrooms (soak overnight)
- 2 bunches Spinach
- Sesame seeds
- 5 tbsp Soy sauce
- 2 tbsp Sugar
- 1 tbsp Sesame oil

## Instructions

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1. Bring a large pot of water to a boil and cook sweet potato noodles following the directions on the package. Once cooked, drain and rinse with cold water to stop the cooking process. Add 1 tsp of sesame oil to coat the noodles and then use scissors to cut the noodles (around 3-4 times). In the same pot, add in the spinach and blanch for 30 seconds. Rinse with cold water and squeeze the excess water out. Chop the spinach in half.
2. Slice all the vegetables into match stick sized pieces. They should all be relatively the same size. Cut the tofu into thin rectangles.
3. Combine soy sauce, sugar and sesame oil into a small bowl and stir.
4. In a large wok, over medium high heat, fry the smoked tofu with a dash of sesame oil just until lightly brown on each side. Transfer into another bowl and set aside.
5. In the same wok, fry onion and garlic for 1 minute then add the shiitake mushrooms and carrot and fry for another minute. Add zucchini and scallions and fry for one more minute. Turn off the heat and add the noodles, spinach, tofu and sauce and mix thoroughly.
6. Garnish with toasted sesame seeds and serve.



# Vegan Deep Fried Mushroom

## Ingredients

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450g Oyster Mushrooms

Vegetable Oil

### *For Wet batter:*

1 cup Spelt flour

1 cup Water

1 tsp Onion powder

1 tsp Garlic powder

1 tsp Sea salt

### *For Dry Batter:*

1 cup Spelt flour

1 tsp onion powder

1 tsp Garlic powder

## Instructions

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1. Wash the mushrooms and pull apart to desired size.
2. Making wet batter: place 1 cup of spelt flour in a large mixing bowl along with garlic powder, onion powder and sea salt. Add water and mix. The mixture should not too thick or runny. Set aside.
3. Making dry batter: place 1 cup of spelt flour, garlic powder and onion powder in a bowl then mix until fully combined, set aside.
4. Heat the oil in a large frying pan until hot.
5. Coat the mushroom in the wet batter ONCE then evenly coat with the dry batter ONCE. Repeat for all pieces.
6. Carefully place mushrooms in oil and fry for about 2-3 minutes or until evenly brown. Remove the cooked mushrooms from oil and place on a plate cover with a paper towel. Sprinkle with additional sea salt and dried parsley (optional).
7. Serve with your favorite dipping sauces, on top of a salad or along with your favorite sides for dinner.



# Vegan Vanilla Cake



## Ingredients

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### *For the Cake:*

- 1 3/4 cups All purpose flour
- 1 cup White granulated sugar
- 1 tsp Baking soda
- 1/2 tsp Salt
- 1 cup Soy milk or other Non-dairy milk
- 2 tsp Vanilla extract
- 1/3 cup Canola oil or Vegetable oil
- 1 tbsp Apple cider vinegar

### *For the Frosting:*

- 3 3/4 cups Powdered Sugar
- 3 tbsp Vegan butter
- 4 tbsp Soy milk or other non-dairy milk
- 2 tsp Vanilla extract

## Instructions

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1. Preheat the oven to 350°F, spray two 7-inch round cake pans with non-stick spray.
2. Sift the flour into a mixing bowl and add the sugar, baking soda and salt. Mix together then add soy milk, vanilla extract, oil and vinegar. Give it a quick whisk with a hand whisk until just combined.
3. Divide the batter evenly between 2 prepared cake pans and bake for 25-30 minutes or until a toothpick inserted into the center of the cakes come out clean. Let it cool for a few minutes before transferring to a cooling rack.
4. *For the frosting:* Add the powdered sugar, vegan butter, vanilla and half of the soy milk in a mixing bowl. Begin mixing with an electric mixer on low speed first then slowly increase the speed. Mix until it is smooth and creamy. If your frosting is thin, add more powdered sugar, if it's thick, add a drop of soy milk gradually.
5. When your cake is completely cool, add frosting to the top of one of the layers then add the second layer. Frost it completely using a knife.
6. Decorate with fresh fruits and serve right away.

# Vegan Carrot Cupcake



## Ingredients

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### *For the Cake:*

- 2 1/4 cups All-purpose flour, sifted
- 2 tsp Baking soda
- 2 tsp Baking powder
- 1 tsp Sea salt
- 1/2 tbsp Cinnamon, grounded
- 1/2 tsp Ginger, grounded
- 1/4 tsp Nutmeg, grounded
- 1/8 tsp Cloves, grounded
- 1 cup Solid refined coconut oil
- 1 1/2 cup Brown sugar
- 1 cup Unsweetened apple sauce
- 2 tsp Vanilla extract
- 3 cups Carrots finely grated
- 1 cup Walnuts, toasted and chopped

### *For the Vegan Cream Cheese Frosting:*

- 8 oz Vegan Cream cheese, cold from the fridge
- 1/2 cup Vegan Butter, room temperature
- 1 tsp Vanilla extract
- A pinch of salt
- 1/4 cup Cornstarch, sifted
- 2-3 cups Powdered sugar, sifted
- 1 cup Walnut, chopped for garnish (optional)

**Instructions (next page)**



# Vegan Carrot Cupcake

## Instructions (continue)

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1. Preheat the oven to 350°F. Line muffin cups with cupcake liners or foil bake cups.
2. In a large mixing bowl, whisk together the flour, baking soda, baking powder, salt and spices.
3. Place the coconut oil in a microwave-safe bowl. Melt the oil in the microwave by heating in 15-seconds bursts, then stir in the sugar, apple sauce and the vanilla extract until thoroughly combined, at least 2-3 minutes.
4. Pour the flour mixture into the wet mixture, then fold in the shredded carrots and nuts.
5. Working quickly, divide the batter evenly between 24 cupcake liners (about  $\frac{2}{3}$  of the liner). Tap the cupcake pan on the counter three times (lift and tap down slightly) to remove any excess air bubbles before baking.
6. Place the pan in the middle rack of your oven and in the center of that rack. Bake for 20-22 minutes until fully cooked. Remove from the oven and let them cool in the pans for about 5 minutes then transfer to a cooling rack to cool completely.
7. *For the frosting:* beat the butter and cream cheese for about 2 minutes, or until fully incorporated. Beat in the vanilla extract and salt, followed by the sifted cornstarch and 1 cup of powdered sugar. Once the first cup is incorporated, add the next one. If the frosting has reached your desired sweetness and consistency, stop there. If not, add the third cup of sugar. Refrigerate the bowl of frosting for at least 15 minutes before using.
8. After the cakes cooled down, frost with vegan cream cheese frosting and garnish with walnuts to serve.