



VEGAN & VEG-CURIOUS MEETUP

Plant-Powered Global Cuisine

Delicious oil-free, whole food, plant-based recipes
from culinary traditions around the world



prepared for the

OFFICE OF BROOKLYN BOROUGH PRESIDENT
ERIC ADAMS

August 3, 2020



Recipe Builder for **Plant-Powered Global Cuisine**

prepared for the Office of Brooklyn Borough President Eric Adams
August 3, 2020

Table of Contents

Demonstrated Dishes:

- ❖ Soul Food Cuisine
 - Super Seasoned Collard Greens presented by Emani Parsons pg 3
- ❖ Jamaican Cuisine
 - Island Kale Salad presented by Chef Don pg 4
- ❖ Latin Cuisine
 - Agave Nectar-Lime Quinoa Breakfast Bowl
 - presented by Chef Yexenia Gomez, Keys to Abundant Life..... pg 5

Bonus Dishes:

- ★ Ayurvedic Tradition
 - Kitchari by Chef Bale Shabaka Kaza-Amlak pg 6
- ★ Korean Cuisine
 - *Bibimbap* (Mixed Rice) by Vivian Lee pg 7
- ★ Thai Cuisine
 - Tofu Larb by Tida Wei pg 8

Super Seasoned Collard Greens

Recipe contributed by PPMNY Brooklyn Organizer Emani Parsons

IG: [@veganmani](https://www.instagram.com/@veganmani)

Ingredients:

1 bunch of collard greens
1 small tomato
 $\frac{1}{2}$ onion
 $\frac{1}{2}$ T onion powder
 $\frac{1}{2}$ T garlic powder
 $\frac{1}{2}$ T smoked paprika
Cayenne pepper, desired amount
Sea Salt, desired amount



Instructions:

- Clean collard greens and cut them into a ribbon shape.
- Put collard greens aside.
- Place onions and tomato in the pan and wait about 1 to 2 minutes until they cook down.
- Add onion powder, garlic powder, smoked paprika to the pan. Add salt and cayenne pepper to taste.
- Add collard greens to the pan and cook them for about 5 to 7 minutes or until they cook completely.

Island Kale Salad

Recipe contributed by Chef Don

IG: [@chefdon](#)

Ingredients:

3 cups shredded kale
2 cups baby lettuce
1 cup arugula
 $\frac{1}{2}$ cup mango, diced
1 cup red onion, sliced
 $\frac{1}{2}$ red bell pepper, sliced
 $\frac{1}{4}$ cup mango juice (use juice from diced mango)
 $\frac{1}{3}$ cup hemp seeds
 $\frac{1}{4}$ cup spring water
 $\frac{1}{2}$ tsp sea salt
1 tsp onion powder
 $\frac{1}{2}$ tsp ginger powder
 $\frac{1}{4}$ tsp ground clove
 $\frac{1}{2}$ tsp teaspoon dried thyme



Instructions:

- Rinse kale, lettuce, and arugula thoroughly with cold water and set aside in a large mixing bowl.
- Add sliced onions, peppers, and mangoes to the mixing bowl.
- To make dressing, add hemp seeds, water, and seasonings in a blender and blend for 1 minute.
- Add hemp dressing to the bowl with mango juice and mix gently for about 30-45 seconds until dressing is evenly distributed.
- After mixing, taste salad and add more seasonings, if necessary.

Agave Nectar-Lime Quinoa Breakfast Bowl

Recipe adapted from Two Peas and Their Pod and presented by Keys to Abundant Life

IG: [@ktabundantlife](#)

Ingredients:

Serves 10

For the fruit:

1 ½ cups blueberries
1 ½ cups strawberries, sliced
1 ½ cups mango, chopped
1 ½ cups grapes, halved (ideally seeded)
Optional: chopped mint for garnish

For the quinoa:

1 cup of quinoa
2 cups water
Pinch of salt

For the agave nectar-lime dressing:

Juice of 1 large lime
2 ½ T agave nectar
Optional: 2 T finely chopped fresh mint leaves

Other breakfast bowl ingredient options:

1 ½ cup vanilla coconut yogurt
Granola

Instructions:

For the agave nectar lime dressing:

In a medium bowl, whisk the lime juice, agave nectar, and optional mint together until combined.

- Using a strainer, rinse the quinoa under cold water.
- Add quinoa to boiling water and salad to a medium saucepan. Then bring to a boil over medium heat.
- Turn the heat toward simmer for about 15 minutes or until water is absorbed. Remove from heat and fluff with a fork. Let quinoa cool to room temperature, if time permits.
- Chop the mangoes and place in a bowl in the center of the table..
- Slice the strawberries and place in a separate bowl on the table.
- Cut the grapes in half and place in a separate bowl on the table.
- Place granola in a separate bowl.
- Place yogurt in a separate bowl.
- In individual bowls, guests layer desired ingredients next to one another. Drizzle one tablespoon of agave nectar lime dressing over the breakfast bowl.
- Garnish with additional mint, if desired.
- Enjoy eating ingredients individually or mixed together.

Kitchari

Recipe contributed by Chef Bale Shabaka Kaza-Amlak
IG: [@chef_amlak](#)

Ingredients:

1 cup moong dal
½ cup basmati rice
6 cups water
2 cups collards, chopped
1 cup carrots, chopped
2 T grated ginger
1 tsp turmeric powder
1 tsp cumin powder
1 tsp coriander powder
1 tsp salt
1 tsp cumin seeds
1 tsp fennel seeds
1 tsp mustard seeds
Pinch of hing powder (asafoetida - can be found in Indian grocery stores)
Chopped cilantro
Shredded coconut
Sliced lemons
1-2 T water



Instructions:

- Soak moong dal and rice (together) in water with a tablespoon of lemon juice or capful of vinegar overnight or for 4 hours. Strain and rinse.
- In a medium pot, heat water then add cumin, fennel, and mustard seeds at medium temperature. Shift seeds around until they begin to pop. Be careful not to burn the seeds. (In Ayurvedic teaching, the popping is a sign of the Prana, or vital energy of the seeds being released.)
- Add the grated ginger and powdered spices. Stir for a minute or two until it becomes aromatic.
- Add rice and moong dal, mixing thoroughly to allow the spices to coat rice completely.
- Add 6 cups of water, letting it come to a rapid boil, then reduce heat to a simmer.
- Add desired veggies and stir occasionally over the next 20-30 minutes.

Kitchari is ready when rice and dal are tender. Top with shredded coconut.

Not-So-Traditional Bibimbap (Mixed Rice)

Recipe contributed by PPMNY Bronx Organizer Vivian Lee
IG: [@vivayounghealth](#)

Ingredients:

Serves 2-4

For brown rice:

1 cup brown rice (short-grain is customary)
6 cups water
(Yields approximately 3 cups of cooked rice)



Assorted vegetables of choice:

½ large red pepper, sliced
¼ small red cabbage, sliced
1-2 cucumbers, sliced
1-2 small tomatoes, sliced
1-2 medium carrots, finely sliced
3-4 perilla leaves, sliced (or substitute spinach if too strong)
Preferred sprouts (e.g. broccoli, radish, alfalfa)
½ Asian pear, peeled and sliced
1-2 T gochujang*, or red pepper paste (available at most Asian grocery stores or in the ethnic food aisle in supermarkets)



*Tip: I suggest [Mother in Law's Original Gochujang Paste](#).

Instructions:

For brown rice:

- Rinse the rice in a mesh colander to remove any fine particles.
- Bring a medium or large pot of water (the 6 cups) to boil.
- Add the rice. Reduce the temperature as needed but keep a steady boil.
- Cook for about 30 minutes. While rice is cooking, prep the vegetables.
- After the rice is cooked, let it steam. Fluff it with a fork and leave it aside.

For vegetables:

- As the rice is cooking, prep the vegetables, assembling them on a large plate. (See picture above).
- In a serving bowl, place rice in the middle and plate vegetables on top.
- Place the gochujang on top. Use the amount desired as it can be spicy to some.
- Mix up all the ingredients evenly and enjoy.

Tofu Larb

Recipe contributed by Tida Wei

IG: [@tidawei](#)

You can also watch PPMNY's [recording of this dish being demonstrated here](#).

Ingredients:

Serves 2

1T chili flakes
3 T coriander, fresh leaves (or substitute mint)
3 T cilantro/culantro, fresh leaves (or substitute lemongrass)
3 T spring onions
2 tsp kaffir lime leaves (optional)
2 T red onion, thinly sliced
1½ - 2 cups tofu, crumbled
3 T lime juice
2 T rice (or sticky rice if you have access to it), toasted and ground

Serve with cooked jasmine rice or rice vermicelli noodles.



For rice vermicelli:

Soak in room temperature water for 3 minutes and then boil for 5 minutes.

Instructions:

- Overnight prep: Prep your 2 tbs of sticky rice by rinsing it until the water is clear. Drain thoroughly and let dry and paper towels overnight.
- Heat your pan to medium heat and toast the rice until brown.
- Let cool then pulse in the coffee grinder until you get a consistency of sand (but not powder).
- Cut cilantro/culantro, spring onions, and kaffir lime leaves into fine slices (chiffonade).
- Add chopped herbs to crumbled tofu, add lime juice and salt to taste.
- Sprinkle with toasted sticky rice grounds to serve.
- Enjoy with steamed rice or rice vermicelli.