

VEGAN COOKING 101

SATURDAY AFTERNOON
SEPTEMBER 28TH

2:00 - 3:30 PM
POINT LOMA
HERVEY BRANCH LIBRARY



INTERNATIONAL

POKE DAY



It's a classic Hawaiian recipe, veganized! Join us for tips on creating a Build-Your-Own Poke Bowl Buffet and celebrate with samples of chilled cubed fresh seedless watermelon infused with an Asian sesame ginger dressing served on bed of warm coconut jasmine rice with protein-rich teriyaki tofu and a rainbow of fresh vegetables.

It's an all-plant-based Poke Bowl Party!

Recipe from Liz Gary's book, *Black Belt in TOFU*

VEGAN POKE BOWL WITH COCONUT JASMINE RICE

INGREDIENTS

POKE:

- ½ small seedless watermelon, cubed
- ¼ cup rice vinegar
- ⅓ cup tamari or low sodium soy sauce
- 2 tablespoons olive oil
- 1 tablespoon sesame oil
- 2 teaspoons agave syrup
- 1½ teaspoons grated ginger
- 1-2 teaspoons Sriracha to taste

COCONUT RICE:

- 2 cups jasmine rice
- 1 (15 ounce) can coconut milk
- 2 cups filtered water
- 1 teaspoon agave syrup
- ¼ teaspoon pink salt

VEGGIES AND PROTEIN:

- 2-3 Persian cucumbers, sliced
- 1 bunch radishes, trimmed and sliced
- ¼ small purple cabbage, sliced thin
- 1 avocado, sliced or cubed
- 1 cup frozen shelled edamame
- 2 carrots, peeled and shaved thin or grated
- 8 ounces prebaked teriyaki tofu, cubed

ACCOMPANIMENTS:

- 2-3 green onions, sliced thin
- 2 tablespoons sesame seeds
- ¼ bunch cilantro, stems removed
- 1 jalapeño, sliced thin
- 1 lime, cut into wedges
- Toomey's Seasoning to taste

DIRECTIONS:

Divide a small watermelon into two halves; reserve one half and cut the other into ½-inch slices. Cut away the rind then slice the watermelon into cubes. Place the watermelon cubes into a medium glass or non-metallic bowl and set aside.

Combine the rice vinegar, tamari, olive oil, sesame oil, agave, ginger, and Sriracha in a small bowl; whisk to combine. Pour the mixture over the cubed watermelon, cover it, and refrigerate until ready to serve.

Place two cups of rice in a medium mixing bowl, add 4-6 cups of water to rinse it. Stir the rice to release the excess starch. When the water becomes milky and cloudy drain it and transfer it to a medium saucepan. Pour the canned coconut milk into a 2-cup liquid measuring cup, add enough water to equal two cups, then pour it into the rice. Add an additional 2 cups of water, the agave syrup, and salt. Bring it to a boil, cover, and simmer 20 minutes or until the water is absorbed.

Prepare the remaining vegetables while the rice is cooking. When the rice is done remove the poke from the refrigerator, drain off the excess marinade, and set it aside.

When ready to serve place a generous cup of the hot rice into a bowl, top it with a serving of the poke and each of the additional vegetables and tofu. Garnish it with a sprinkle of sliced green onion, black sesame seeds, cilantro, sliced jalapeño, and a wedge of lime. Serve with additional sriracha and a drizzle of the remaining marinade.

While the seafood alternative in this recipe is the watermelon poke, the baked tofu and edamame give this dish the protein boost that makes it super satisfying. Try this recipe with a firm baked or flavored vacuum packed commercial teriyaki tofu.



