



Wisdom Gua Bao

Both salty and sweet, Gua-Bao is a traditional Chinese dish that is also commonly known as a “Chinese hamburger,” and since it is vegetarian, it’s also healthy.

Ingredients

8 pieces marinated vegetarian meat
(sold in vegetarian stores)

Chinese sauerkraut, coriander, sweet
peanut powder
(amount depending on preference)

8 pieces lettuce

8 pieces gua-bao

(sold in Chinese supermarkets)

Seasoning

120g soy sauce

120g water

sugar

star anise

Directions

1. Soak the Chinese sauerkraut in water for 30 minutes. Wring out, and cut into small pieces. Sauté ginger until aromatic. Add Chinese sauerkraut and sugar until the mixture is thick.
2. Add 1 portion of soy sauce, 1 portion of water, and 1 piece of star anise to the marinated vegetarian meat. Cook over low heat until thick.
3. Place all ingredients into the gua-bao.



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King Oyster Mushrooms in Pesto Sauce

It's easy to catch a cold when the weather varies greatly from one day to another. This nutritious dish will help keep you healthy, and mushrooms can also strengthen one's immune system!

Ingredients

1 pound King Trumpet mushrooms
basil

Seasoning

2 tbsp garlic oil
1 tbsp butter
crushed walnut
parmesan cheese
black pepper
sea salt

Directions

1. Cross-cut the mushrooms 1cm thick, and then cross-cut on the opposite side. Pan-fry the mushrooms.
2. Add the sliced basil leaf, then combine all seasonings.
3. Add butter.

Tips: garlic oil – mix 1:1 chopped garlic and olive oil



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Unity Mochi with Peanut Powder

Sweet and soft, yet full of texture, mochi goes great with tea, and is easy to make at home.

Ingredients

1 cup Japanese sweet rice flour
1 cup Thailand sweet rice flour
peanut powder
(can be replaced with sesame powder or coconut powder based on preference)

Seasoning

1 ¼ cup cold water
3 teaspoons sugar
vegetable oil
coconut milk

Directions

1. Mix the Japanese and Thailand sweet rice flour, and steam over medium heat for 10 minutes.
2. Stir steamed sweet rice flour, and let cool.
3. Separate sticky rice into small balls, and dip in peanut powder *(or sesame powder or coconut powder)*.



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Regimen Steamed Pumpkin Buns

Ingredients

700g all-purpose flour
350g wheat flour
350g pumpkin
½ teaspoon salt
water

Seasoning

20g yeast baking powder

Directions

1. Cut the pumpkin into large pieces and use a rice cooker to steam for 7 minutes, adding ½ cup of water to the outer pot.
2. Mix yeast baking powder with warm water (*please refer to the instructions on the package*). Add all-purpose flour, wheat flour, pumpkin, and mixed yeast baking powder. Add water slowly, rub all ingredients into non-sticky dough.
3. Place a wet cloth on the dough, and let ferment for 69-90 minutes.
4. Cut the dough into long pieces, then into smaller pieces.
5. Place the small pieces of dough into a pot to steam, let them ferment for 15 minutes.
6. Boil water, and steam over medium heat for 15 minutes.



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Tenderness Oden

Ingredients

white radish
corn
vegetarian pork balls
(vegetarian chikuwa, fried
bean curd, konjac)

Seasoning

1,000g water
15g rice vinegar
60g seaweed soy sauce
sweet chili sauce
60g ketchup
300cc water
sweet rice flour water
20g sugar

Directions

1. Cut corn and white radish into chunks.
2. Boil water, mix in sweet chili sauce and ketchup, then thicken the sauce with sweet rice flour and water for the dipping sauce.
3. Add water, rice vinegar, and seaweed into one pot. Boil over low heat.
4. Cook white radish and corn over low heat for 15 minutes, then add in other ingredients. Cook for 3 minutes.



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Mixed Fruit and Vegetable Smoothie

This smoothie is packed with fruit and vegetables, providing a great source of nutrition and fiber. You can help keep the whole family healthy with this beverage, and it can even be used as a type of ‘food medicine.’

Ingredients

- ½ tomato
- 1 banana
- ¼ carrot
- 3 slices red cabbage
- ½ stalk celery
- 5 pieces pineapple
- ½ beetroot
- 1 apple
- 1 spoon Jing-Si multi-grain instant mix
- 500cc cold water

Directions

1. Cut tomato, carrot, celery, apple, and pineapple into small pieces, then mix with other ingredients in a juicer for 1 minute. Best to drink within 30 minutes.



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At-Ease Cold Noodles with Peanut Sauce

This cold noodle dish is a popular summer meal in Shanghai. It is delicious and easy to make.

Ingredients

wide noodles
olive oil
bean sprouts
chili
hot pickled mustard tuber

Seasoning

peanut butter
soy sauce
rice vinegar
chili oil

Directions

1. Steam the noodles.
2. Use the water used for steaming to cook the noodles.
3. Mix in olive oil, and let noodles cool. Then, add in other ingredients.



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Jing Si Mooncake

Jing Si instant mixes are made out of natural grains, are full of nutrition, and are good for your stomach. Mooncakes made from these instant mixes have a wonderfully refreshing taste, and these pastries are very simple to make, as no baking is involved.

Crust (1 portion will make 120g)

60g Jing Si multi-grain instant mix
10g cooking oil
25g water or plum juice

Filling

10g Jing Si red bean powder
18g Jing Si cocoa flavor instant mix
10g crushed walnuts
20g hot water

Directions

1. Mix the ingredients for the crust (Jing Si multi-grain instant mix, cooking oil, and water) into dough.
2. Mix the ingredients for filling - red bean instant powder and hot water first, then add in the crushed walnuts, and separate into small mounds of dough.
3. Use a mooncake mold, and apply oil inside. Put the filling mixture created in step 2 into the crust mixture created in step 1, and place the dough into the mold. The opening should face up. Close the mold, and then remove the product.

Tips:

- The crust can be made from various flavors of Jing Si instant mixes.
- Mashed red bean or green bean can also be used as filling.
- No need to store these mooncakes in a refrigerator - it will harden the crust. Best to serve within 3-4 days.



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Sliced Chilled Bitter Melon in Plum Juice

This bitter melon dish is cool and crunchy, and by adding plum juice or plum powder, the sweet and sour combination makes it a delicious appetizer!

Ingredients

2 bitter melons
2-3 tablespoons of plum juice
(or 3 teaspoons of plum powder)
salt

Directions

1. Cut the bitter melon in half, clean out the seeds, then cut into 0.1cm slices. Add salt, and wait 1 hour until the melon becomes soft, then drain the water.
2. Add plum juice or powder, depending on preference.
3. Store it in a refrigerator for 1 hour or more.

Tips: Both green and white bitter melons can be used. Wolfberry can be added as well. Cut the bitter melons as thinly as possible. If no plum juice is available, you can alternatively use a mixture of 3 plums, ½ bowl of hot water, and 1 tablespoon of sugar or plum powder. Can also add chili.



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Stir-Fried Rice with Toon Sauce

Chinese mahogany is colorful, nutritious, and appetizing! Among the many different vegetarian dishes, Chinese fried rice with mahogany is one of the most popular.

Ingredients

4 small packages Jing Si instant rice
2 cups sticky rice
20 Chinese mahogany leaves
10 Chinese mushrooms
5-6 spoons crushed ginger
1 spoon soy sauce
1 spoon sesame oil
1 teaspoon Jing Si vegan seasoning powder (*preserved cabbage flavor*)

Directions

1. Soak sticky rice for 5~6 hours. Drain and cook.
2. Pour 5600cc hot water over instant rice, cover, wait 20 minutes until it is cooked.
3. Mix [1] and [2].
4. Clean Chinese mahogany leaves, remove stem. Blanch with boiled water, then shock with cold water to keep leaves green. Drain and mince.
5. Soak Chinese mushroom, then cut into thin slices.
6. Saute Chinese mushroom, then place aside.
7. Saute mashed ginger, then add Chinese mahogany and Chinese mushroom, turn off heat. Add instant rice and sticky rice. Stir in other ingredients, add soy sauce and vegan seasoning powder. Add sesame oil.

Tips: Blanching the Chinese mahogany can reduce the nitrite salt in it. Chinese mahogany leaves can be chopped and placed in cans and kept in the freezer. Mashed ginger can increase the fragrance of instant rice and help metabolism. Sticky rice can add the texture to food.



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