

Vegan Soul Ramen



CHEF LACHELLE
CUNNINGHAM

INGREDIENTS

1 TBSP GRAPE SEED OR AVOCADO OIL
1 MEDIUM YELLOW ONION (COARSELY CHOPPED)
5 CLOVES GARLIC, ROUGHLY CHOPPED (5 CLOVES YIELD ~2 1/2 TBSP
OR 18 G)
1 3-INCH PIECE GINGER, PEELED AND MINCED
2 ROMA TOMATOES, DICED
2 TBSP DRY SAKE OR RICE VINEGAR
6 CUPS VEGETABLE STOCK (DIY OR STORE-BOUGHT)
4 OZ DRIED SHIITAKE MUSHROOMS
2 TBSP TAMARI OR SOY SAUCE (PLUS MORE TO TASTE)
1 TBSP MISO PASTE
1 TSP SESAME OIL

TOPPINGS

SPAGHETTI SQUASH NOODLES
CHAR-ROASTED SWEET POTATOES
STEWED COLLARD GREENS & BOK CHOY
CHAR SIU MUSHROOMS

GARNISH

1/2 CUP CHOPPED GREEN ONION
CHILI GARLIC SAUCE

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INSTRUCTIONS

1. HEAT OIL IN A LARGE POT OVER MEDIUM HEAT.
2. ADD ONION AND ALLOW TO SAUTÉ UNTIL TRANSLUCENT.
3. STIR IN THE GARLIC AND TOAST FOR 2-3 MINUTES.
4. ADD GINGER AND SAUTÉ FOR 2-3 MORE MINUTES.
5. ADD THE TOMATOES AND INCREASE HEAT TO MEDIUM-HIGH AND SAUTE FOR 10 MINUTES, STIRRING OCCASIONALLY.
6. ADD SAKE OR RICE VINEGAR TO DEGLAZE THE BOTTOM OF THE PAN. USE A WHISK (OR WOODEN SPOON) TO SCRAPE UP ANY BITS AND COOK UNTIL ALL OF THE LIQUID HAS EVAPORATED FROM THE POT.
7. DEGLAZE AGAIN BY GRADUALLY ADDING THE VEGETABLE BROTH WHILE STIRRING.
8. ADD THE DRIED MUSHROOMS, TAMARI OR SOY SAUCE AND MISO PASTE (TO TASTE) AT THIS TIME AND STIR.
9. BRING TO A SIMMER OVER MEDIUM HEAT, THEN REDUCE HEAT TO LOW AND COVER. SIMMER ON LOW FOR AT LEAST 1 HOUR, UP TO 3 HOURS, STIRRING OCCASIONALLY. THE LONGER IT COOKS, THE MORE THE FLAVOR WILL DEEPEN AND DEVELOP; THE LIQUID WILL ALSO REDUCE, SO YOU MAY NEED TO ADD MORE BROTH AS NEEDED.
10. WHILE THE BROTH IS SIMMERING, PREPARE THE TOPPINGS. (**SEE RECIPES BELOW**)
11. CUT OPEN THE ROASTED SPAGHETTI SQUASH AND USE A FORK TO SCRAPE OUT THE FLESH, WHICH THE FIBERS WILL COME OUT LIKE STRINGS OF NOODLE.
12. ONCE THE BROTH IS DONE SIMMERING, TASTE IT AND ADJUST SEASONINGS AS NEEDED, ADDING MORE SOY SAUCE OR SESAME OIL IF DESIRED.
13. STRAIN BROTH AND KEEP IT WARM ON LOW UNTIL IT'S TIME TO SERVE.
14. TO SERVE, DIVIDE THE SQUASH NOODLES BETWEEN FOUR SERVING BOWLS. TOP WITH STRAINED BROTH AND DESIRED TOPPINGS. SERVE WITH CHILI GARLIC SAUCE FOR ADDED HEAT.
15. BEST WHEN FRESH, THOUGH THE BROTH CAN BE STORED (SEPARATELY) IN THE REFRIGERATOR FOR UP TO 5 DAYS AND IN THE FREEZER FOR UP TO 1 MONTH.

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SPAGHETTI SQUASH NOODLES

INGREDIENTS

1 SPAGHETTI SQUASH
EXTRA-VIRGIN OLIVE OIL
SEA SALT AND FRESHLY GROUND BLACK PEPPER

INSTRUCTIONS

1. PREHEAT THE OVEN TO 400°F.
2. SLICE THE SPAGHETTI SQUASH IN HALF LENGTHWISE AND SCOOP OUT THE SEEDS AND RIBBING. DRIZZLE THE INSIDE OF THE SQUASH WITH OLIVE OIL AND SPRINKLE WITH SALT AND PEPPER.
3. PLACE THE SPAGHETTI SQUASH CUT SIDE DOWN ON THE BAKING SHEET AND USE A FORK TO POKE HOLES. ROAST FOR 30 TO 40 MINUTES OR UNTIL LIGHTLY BROWNED ON THE OUTSIDE, FORK TENDER, BUT STILL A LITTLE BIT FIRM. THE TIME WILL VARY DEPENDING ON THE SIZE OF YOUR SQUASH. I ALSO FIND THAT THE TIMING CAN VARY FROM SQUASH TO SQUASH.
4. REMOVE FROM THE OVEN AND FLIP THE SQUASH SO THAT IT'S CUT SIDE UP. WHEN COOL TO THE TOUCH, USE A FORK TO SCRAPE AND FLUFF THE STRANDS FROM THE SIDES OF THE SQUASH.
5. SET NOODLES ASIDE AND DISCARD THE SKIN.

ROASTED SWEET POTATOES

INGREDIENTS

2 POUNDS SWEET POTATOES, PEELED AND CUT INTO 1/2-INCH PIECES
2 TABLESPOONS AVOCADO OIL
3/4 TEASPOON KOSHER OR SEA SALT

INSTRUCTIONS

1. PREHEAT THE OVEN TO 425 DEGREES.
2. PEEL AND CUBE THE SWEET POTATOES INTO 1/2 INCH PIECES.
3. TOSS IN A BOWL WITH AVOCADO OIL.
4. SPREAD THE POTATOES ON A SHEET PAN AND ARRANGE IN AN EVEN LAYER.
5. ROAST IN THE OVEN, FLIP EVERY 10 MINUTES COOKING FOR A TOTAL OF 27-35 MINUTES.

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STEWED GREENS

4-6 SERVINGS

INGREDIENTS

3 BUSHELS LEAFY GREENS (COLLARD, MUSTARD, TURNIP, KALE, CABBAGE, ETC. OR A COMBINATION THEREOF), REMOVE STEMS, CUT/TORN INTO BITE-SIZE PIECES & TRIPLE WASHED

WATER

1 TBSP KOSHER SALT

2-3 OZ. GRAPESEED OIL

2 LARGE TOMATOES, DICED

1 ONION, DICED

4-6 GARLIC CLOVES, MINCED

2 BAY LEAVES

SALT & PEPPER TO TASTE

2 PINCHES OF OREGANO

3+ DASHES HOT SAUCE, TO TASTE

EXTRA VIRGIN OLIVE OIL FOR FINISHING

INSTRUCTIONS

1. PLACE GREENS IN A LARGE POT AND COVER WITH WATER, ADD 1 TBSP KOSHER SALT AND BRING TO A BOIL, THEN REDUCE TO A SIMMER FOR 60 MINUTES OR UNTIL TENDER.
2. WHILE GREENS ARE COOKING IN A NON-REACTIVE FRYING PAN, HEAT OIL OVER MEDIUM, ADD ONION AND SAUTÉ UNTIL VERY SOFT AND TRANSLUCENT, ABOUT 6-7 MINUTES.
3. ADD THE MINCED GARLIC AND COOK UNTIL GARLIC IS TOASTED AND THE MIXTURE IS VERY SOFT AND FRAGRANT.
4. ADD TOMATOES, BAY LEAVES AND COOK UNTIL MIXTURE BOILS AND REDUCE HEAT. SIMMER FOR 20 MINUTES, STIRRING OFTEN; SAUCE WILL TURN ORANGE-ISH COLOR.
5. ADD 2 PINCHES OF OREGANO AND SEASON TO TASTE WITH SALT AND PEPPER.
6. DRAIN $\frac{1}{3}$ - $\frac{1}{2}$ WATER FROM GREENS AND THEN ADD THE TOMATO SAUCE, 3+ DASHES OF HOT SAUCE AND STIR.
7. SEASON TO TASTE, DRIZZLE WITH EXTRA VIRGIN OLIVE OIL AND THEN SIMMER FOR 20-30 MINUTES.
8. TASTE AGAIN, ADD MORE OLIVE OIL AND CORRECT SEASONING IF NEEDED.

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CHAR SIU MUSHROOMS

INGREDIENTS

- 3 LARGE MEATY MUSHROOMS OF CHOICE
- 1 TABLESPOON VEGETABLE OIL, FOR FRYING
- 3 CLOVES GARLIC, FINELY MINCED
- 1 INCH GINGER, FINELY MINCED
- 1/2 TABLESPOONS DOUBANJIANG (SPICY BEAN PASTE)
- 2 TABLESPOONS SOY SAUCE
- 1/4 CUP WATER
- 1 TABLESPOON RICE COOKING WINE (LIKE SHAOXING WINE)
- 1 TABLESPOON SUGAR
- 1 BAY LEAF
- 1/2 TEASPOON GROUND FIVE-SPICE
- 1/2 TEASPOON TOASTED SESAME OIL

INSTRUCTIONS

1. PREPARE THE MUSHROOMS BY REMOVING ANY SPORES OR WOODY PARTS.
2. POKE HOLES WITH A FORK ON ALL SURFACES OF THE MUSHROOMS. AFTER POKING HOLES, USE A KNIFE TO SCORE TWO SIDES OF EACH MUSHROOM.
3. PREPARE THE SAUCE BY MIXING TOGETHER THE SOY SAUCES, SUGAR, RICE COOKING WINE, AND WATER. MIX WELL AND SET ASIDE.
4. IN A MEDIUM-SIZED POT, HEAT UP VEGETABLE OIL ON MEDIUM-LOW HEAT. ADD GINGER AND GARLIC, AND FRY FOR ANOTHER 30-60 SECONDS, OR UNTIL SMELLING NICE. ADD DOUBANJIANG (SPICY BEAN PASTE) AND SLOWLY FRY UNTIL THE OIL STAINS ORANGE. PLACE THE MUSHROOMS IN THE POT AND TURN THE HEAT UP TO MEDIUM. COOK THE MUSHROOMS FOR 2-3 MINUTES, TURNING AS NEEDED, UNTIL EACH SIDE IS LIGHTLY-BROWNEED. DEGLAZE THE POT WITH THE PREPARED SAUCE, FOLLOWED BY THE BAY LEAF AND FIVE-SPICE. COOK COVERED FOR 15 MINUTES.
5. REMOVE THE LID AND TURN UP THE HEAT TO REDUCE THE BRAISING LIQUID. REDUCE BY ABOUT HALF, OR UNTIL THE LIQUID ACHIEVES A SAUCE-LIKE COATING CONSISTENCY. FINISH WITH TOASTED SESAME OIL. REMOVE FROM THE HEAT AND SERVE IMMEDIATELY.

Pecan Pie Baklava

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INGREDIENTS

1/2 PACK PHYLLO DOUGH 1 ROLL FROM A 2 ROLL BOX, DEFROSTED
1/2 CUP 1 STICK UNSALTED BUTTER, MELTED
2 CUPS FINELY CHOPPED PECANS
1 CUP HONEY
1 CUP WATER
1/2 CUP MAPLE SYRUP
1 TEASPOON VANILLA
CINNAMON, FOR GANISH

INSTRUCTIONS

1. PREHEAT OVEN TO 350°F. THOROUGHLY BUTTER YOUR 9X9" PAN USING A PASTRY BRUSH. UNWRAP YOUR ROLL OF PHYLLO DOUGH ONTO A CUTTING BOARD AND CUT IT IN HALF.
2. COVER THE PHYLLO DOUGH WITH A LAYER OF PLASTIC WRAP AND PLACE A DAMP KITCHEN TOWEL OVER THE TOP.
3. BRUSH THE TOP SHEET OF PHYLLO WITH MELTED BUTTER. GRAB IT AND THE SHEET BELOW IT (SO YOU HAVE TWO SHEETS) AND PLACE THEM, BUTTER SIDE DOWN, IN THE PAN. REPEAT TWO MORE TIMES, SO YOU HAVE 6 SHEETS OF PHYLLO IN THE PAN. COVER THE PHYLLO WITH THE PLASTIC/DAMP TOWEL.
4. SPRINKLE WITH PECANS.
5. BUTTER ANOTHER PHYLLO SHEET AND GRAB THE ONE BELOW IT (SO YOU HAVE TWO SHEETS) AND PLACE THEM, BUTTER SIDE DOWN, ON TOP OF THE PECANS. SPRINKLE WITH PECANS. REPEAT THIS ABOUT 4 MORE TIMES, OR UNTIL YOU ARE OUT OF PECANS.
6. BUTTER ANOTHER PHYLLO SHEET AND GRAB THE ONE BELOW IT (SO YOU HAVE TWO SHEETS) AND PLACE THEM, BUTTER SIDE DOWN, ON TOP THE LAST PECAN LAYER. REPEAT THIS TWO TIMES, SO YOU HAVE 6 LAYERS ON TOP OF YOUR LAST PECAN LAYER. BUTTER THE TOP OF THE BAKLAVA.
7. USING A SHARP KNIFE, CUT YOUR BAKLAVA INTO SQUARES, BEING SURE TO CUT ALL THE WAY THROUGH ALL THE LAYERS. YOU CAN CUT SQUARES OR DIAMONDS, WHATEVER YOU LIKE.
8. BAKE ABOUT 30-40 MINUTES, UNTIL THE BAKLAVA IS GOLDEN BROWN.
9. WHILE THE BAKLAVA IS BAKING, HEAT THE WATER, HONEY, MAPLE SYRUP, AND VANILLA IN A SAUCEPAN. BRING TO A BOIL, THEN REDUCE HEAT TO LOWEST SETTING UNTIL THE BAKLAVA COMES OUT OF THE OVEN.
10. WHEN THE BAKLAVA COMES OUT OF THE OVEN, POUR THE SYRUP MIXTURE OVER THE TOP, BEING SURE TO GET IT IN ALL THE CUTS. LET COOL COMPLETELY, UNCOVERED, FOR SEVERAL HOURS.

Hibiscus Mango Lassi



HEALTHY
ROOTS
INSTITUTE

CHEF LACHELLE
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INGREDIENTS

1/2 cup hibiscus tea (1/4 cup hibiscus flowers steeped for 15 minutes in hot water)

1-2 tablespoons honey or adjust to taste

1 cup mango chunks, fresh or frozen (thawed)

1 cup plain yogurt

1/4 teaspoon cardamom powder

pistachios to garnish, optional

saffron strands to garnish, optional

INSTRUCTIONS

1. Strain the hibiscus tea and combine with the honey, stir to dissolve.
2. Add the mangoes to a blender with the yogurt, hibiscus tea and cardamom powder.
3. Blend everything until well smooth.
4. Pour the mango lassi into serving glasses and chill before serving!
5. Garnish with the pistachios and saffron strands before serving!