

Oriental Menu

Raw Veggie Wrap: makes 8 half cut rolls

Cut the following veggies into thin Julian slivers and put aside to use in wraps:

- + 3 medium carrots
- + 1 cup jicama
- + 1 small cucumber (peeled)
- + 1 cup Chinese cabbage (shredded)

Take 1 ten inch round rice paper and place in hot water until soft (about 2 minutes)

Lay the soft rice round on a clean wet tea towel and put some of each chopped veggie in the center.

Fold over the sides then gently roll the wrap around the veggies tightly to make a 2 inch roll.

Cut in half and serve with the sauce below.

Ginger Plum Sauce: makes 1 cup

In a mini blender put the following and blend until a creamy liquid:

- + 1 orange juiced
- + 1 tbsp. maple syrup or honey
- + 1 tbsp. naturally fermented soya sauce
- + 1 plum (chopped)
- + 2-3 thin slices of ginger root
- + ¼ tsp. cayenne powder

Keep cool until ready to use.

Bok Choy & Bell Pepper Salad with Water Chestnuts: serves 2-4

Put the following ingredients in a large bowl:

- + 1 large Bok Choy (chopped finely)
- + 2 cups red bell peppers (cubed)
- + 1 cup sliced water chestnuts
- + 1 cup fresh pineapple (small cubes)
- + 2 tbsp. poppy seeds

Lemon Poppy Seed Dressing:

Put the following ingredients in a blender and blend until creamy:

- + 1 lemon juiced
- + ¼ cup extra virgin olive oil
- + 1 tbsp. poppy seeds
- + ½ tsp. curry powder
- + 3 small pieces of pineapple

Pour this dressing over the Bok Choy salad – toss well and serve.

Spinach Cabbage Salad with Jicama: serves 2-4 people

Put the following ingredients in a large salad bowl:

- + 3 cups shredded Chinese cabbage



- + 2 cups baby spinach
- + 2 cups jicama thinly sliced
- + 1 Fiji apple (cubed)
- + 2 tbsp. sesame seeds

Sesame Soya Dressing:

Put the following ingredients in a blender and blend until creamy:

- + ⅓ cup of each: sesame seed oil & apple cider vinegar
- + ¼ Fiji apple (diced)
- + 2 thin slices of ginger root
- + 1 tsp. honey

Pour this dressing over the cabbage salad – toss well and serve.

Veggie Stir Fry with Rice: serves 4-6

Steamed Rice:

In a saucepan sauté the following until browned:

- + 2 tbsp. coconut oil
- + ¼ cup orzo pasta

Add 2 ¼ cups water – bring this to a quick boil then add:

- + 1 cup brown Basmati Rice

Cover and cook on low/medium heat for 20-25 minutes

Veggie Stir Fry:

While the rice is cooking chop the following vegetables and put side:

- + 1 cup of each: red bell peppers & celery
- + ½ cup green onions
- + 10 medium mushrooms
- + 2 cloves garlic
- + 2 cups bean sprouts

Heat your Wok or skillet then add:

- + ¼ cup water
- + 2 tbsp. coconut oil
- + 2 tbsp. naturally fermented soya sauce
- + the peppers – celery – onion – garlic

Put on lid and stir occasionally until tender – adding water if necessary

Once this mixture is tender add the, bean sprouts okra and mushrooms and heat until the mushrooms are done. Serve this vegetable mixture over the rice.

Oriental Fruit Pudding: serves 4-6

Buy 2-3 small dragon fruits – scoop out the flesh dice then put aside both the outer shell and flesh.

In your food processor put the following ingredients and process until creamy:

- + 1 avocado (peeled & pitted)
- + 2 bananas
- + ½ cup fresh pineapple
- + ½ cup dragon fruit



(see dessert recipe below)



- + ½ cup lychee fruit (pitted and skinned)

- + 1 tsp. 5 Chinese spices

Pour this creamy mixture into a large bowl and add:

- + 1 cup fresh pineapple (in small cubes)

- + 1 cup fresh dragon fruit (in small cubes)

- + 1 lime juiced

Stir then scoop back into the dragon fruit shell, garnish with star fruit thinly sliced – chill until ready to serve.