

Vegetarian Cookery Class

9th October 2019

Cuisse Centre
Health · Hope · Happiness

Smashed Cheesy Brussel Sprouts

Ingredients:

- 0.5 kg. Brussels sprouts
- 2 tbsp. olive oil
- 2 cloves garlic, minced
- Kosher salt
- Ground black pepper
- Shredded mozzarella
- 1/4 c. grated Parmesan
- Fresh parsley, chopped, for garnish

Directions:

1. Preheat oven to 180 C.
2. Blanch brussels sprouts: Bring a large pot of salted water to a boil. Add brussel sprouts and cook until bright green and very tender, about 10 minutes.
3. On a large baking sheet, toss blanched brussel sprouts with olive oil and garlic.
4. Using the end of a small glass or mason jar, press down on the brussel sprouts to smash them into a flat patty. Season each smashed brussel sprout with salt and pepper, then sprinkle mozzarella and parmesan on top.
5. Bake until the bottoms of the sprouts are crispy and the cheese is melted and golden, about 20 minutes.
6. Garnish with parsley and serve warm.

Cauliflower Rice with Peas

Ingredients:

- 2 cups cauliflower florets (one large head)
- 2 tbsp. sunflower oil
- 2 minced cloves garlic
- Half a head of chopped red onion
- Salt
- 1/4 cup vegetable broth
- 1 cup frozen petite peas

Directions:

1. Pulse cauliflower florets in a food processor until chopped.
2. Heat 2 tablespoons sunflower oil in a large skillet over medium heat.
3. Add chopped red onion and two minced cloves garlic, petite peas and cook, stirring, until tender, about six minutes.
4. Add cauliflower and season with salt. Stir in vegetable broth and steam, covered, until broth has evaporated and cauliflower is tender, about six minutes.
5. Transfer to a bowl and cover.

Banana Sushi

Ingredients:

- Bananas
- Sticky substance (eg. peanut butter, melted chocolate, jam, chocolate-hazelnut spread, etc.)
- Toppings (eg. chocolate chips, coconut flakes, sesame seeds, chia seeds, nuts, berries, etc.)
- Dipping "sauce" (eg. melted chocolate, yogurt, etc.) (optional)

Instructions:

1. Peel each banana.
2. Spread your sticky substance over the top of the banana lengthwise.
3. Sprinkle on your desired toppings.

4. Freeze for 30–60 minutes, if desired.
5. Slice the banana with a sharp knife.
6. Use chopsticks to pick up banana slices and dip in your "sauce."

Possible Flavor Combinations:

- Peanut butter • chocolate chips • coconut flakes
- Plain yogurt • blueberries • chia seeds
- Melted white chocolate • raspberries • cashews
- Melted dark chocolate • chopped pistachios • chia seeds or coconut flakes
- Peanut butter • melted dark chocolate • sesame seeds or coconut flakes
- Chocolate-hazelnut spread • coconut flakes • chopped nuts
- Whipped cream • strawberry or peach slices • chia seeds or chopped nuts