

# Delicious Vegan Recipe

Simple and environmental conscious products are healthy in our daily lives, and a positive attitude provides spiritual nourishment purifying our souls. The key to “eat to live” depends on a good diet and spiritual nourishment. Therefore, how to have a healthy diet has become a critical topic.

Jing Si Publications products include instant-rice, instant-noodles and cereal grains used in Tzu Chi international disaster relief. Master Cheng Yen has been preaching, “eat less delicacies and live a frugal life; less dining out but more dining in; eat 80% full; less desires but more indigenous learning.” Tzu Chi volunteers used their own ingenuity to create simple yet delicious dishes, hoping to lead an effort to a new movement in the society.

These plain and healthy foods can now satisfy people’s appetites for natural and healthy eating, and have become a good choice for people today. It would not have been possible without Tzu Chi volunteers’ efforts to feature and promote delicious vegetarian eating.





## Hawaii Wild Mushroom Pie/Hand Roll

This recipe came from Hawaiian fried rice. Black pepper and pieces of pineapple can give flavor and moisture on the dry rice. Adding well-cooked mushrooms can attract appetite from younger audience.

### Ingredients: Serving 4

3 packs of Jing Si instant Rice (seasoning and sauce, not used), 2 fresh Shiitake mushrooms

2 sliced pieces of pineapple, 1 sheet of shushi nori (roasted seaweed), 1~2 romaine lettuce, bean sprouts

1~2 asparagus, half bowl of julienned red pepper and yellow pepper, hon-shimeji mushroom, some nuts, one spoon of vegetarian laver floss

### A. Hawaii Shiitake Mushroom Pie

1. Sauté Shiitake mushrooms and chop pineapples to small pieces
2. Pour 120cc boiling water to one pack of instant rice, and spread black pepper and

pineapple pieces over it.

3. Stuff rice from (2) into Shiitake mushrooms from (1) and serve it.

Or spread cheese powers over it and bake it to a mushroom pie.

### B. Hand Roll

1. Pour 240cc boiling water over two packs of instant rice, spread black pepper and pineapple pieces over it.
2. Cut a sheet of sushi nori (roasted seaweed) into 4 pieces, fold a cut sushi nori to a cone shape, stuff romaine lettuce, instant rice, bean sprouts, asparagus, green pepper, red pepper, hon-shimeji mushroom into it, and spread some nuts and vegetarian laver floss.



Go gobo! Many people are not familiar with or don't like gobo. This recipe shows you how to cook gobo. Its richness, distinctive fragrance, and flavor give a joyful, healthy complement to your meal.

**Ingredients: Serving 4**

½ stick of gobo, 4 vegetable balls, 4-5 dry Shiitake mushrooms, imitation goat meat 100 g, white mushroom (Enoki mushroom or hongshi mushroom) 150 g, 5-6 (Chinese) red dates, one spoon of goji, some slices of golden (roasted) gobo.

**Seasoning:** 3 tablespoons of gobo powder, a pinch of pepper

1. Cut gobo into small long sticks, cube the vegetables balls
2. Pre-soak dry shiitake mushrooms and cut into small pieces. Add 1000 cc water and gobo powder with the mushrooms and cook it using low heat.
3. Add julienned gobo strips from (1) and cook until it is done. And then add (Chinese) red dates, white mushroom, imitation goat meat and sprinkle some pepper.
4. Top it with golden (roasted) gobo and goji.

## Great Gobo (Burdock Root)





## Grain, Nuts and Banana Rolls

Cereal-grain powder and barley-beans powder are used as specialties. Organic nuts replace traditional peanuts to bring fragrance of popiah (Chinese burrito) and are free of aflatoxin (A toxin produced by mold). And this dish was served with Jing Si tea as a complement.

### **Ingredients: Serving 4**

Organic nuts 50 g, cereal grain powder 2 tablespoons, barley and beans powder 2 tablespoons, some cranberries, 2-3 bananas, 10 pieces of popiah

1. Grind nuts, mixing with cereal grain powder and barley and beans powder
2. Slice each banana horizontally to 4 pieces of long sticks
3. Take one popiah and spread (1) on it, place sliced banana, cranberry and cover using (1) on top and wrap it up.



This meal may bake it in the oven or be fried over the stove. Your imagination can be applied to cooking to impart a variety of flavors and have a wonderful enjoyment.

### Ingredients: Serving 4

3 packages of Jing Si instant rice (with sweet corns or other flavor in it), oat and grain powder 100 g, white sesame, boiling water 360 cc, cilantro

**Seasoning:** Shiitake oyster soy sauce, olive oil

1. Follow instructions to soften instant rice with 360 cc boiling water.
2. Add and mix oat and grain powder into (1), make rice balls, spread shiitake oyster soy source and olive oil and sprinkle some white sesame .
3. Bake from (2) about 15 minutes (setting

temperature to 180°C )

4. When baking is done, sprinkle cilantro and serve it.

2. Pre-soak dry shiitake mushrooms and cut into small pieces. Add 1000 cc water and gobo powder with the mushrooms and cook it using low heat.

3. Add julienned gobo strips from (1) and cook until it is done. And then add (Chinese) red dates, white mushroom,

Imitation goat meat and sprinkle some pepper.

4. Top it with golden (roasted) gobo and goji.

## Baking Pearl Rice





## Veggie Macaroons (de Monica)

The sweet taste of sweet yam makes it great and healthy to cook with rice (with red bean flavor) and nuts.

This meal can be shaped into favorable and popular Macaroons to make it more joyful.

### Ingredients: Serving 4

Jing Si instant rice (red bean flavor, seasoning and sauce are not used), sweet yam 100 g  
Organic nuts, boiling water 120 cc, one spoon brown sugar, and mayonnaise

1. Peel and cube the sweet yam; then steam it until well done. Lastly mash the steamed sweet yam into round shape.
2. Scoop one tablespoon of brown sugar with 120 cc boiling water and mix it.
3. Add instant rice into (2), cover it for 20 minutes, and let it cool down and mold/shape it into small flat balls.
4. Using (1) and (3) and shape it into Macaroons, add sweet yam over instant red bean rice. On top of the sweet yam, add some eggless mayonnaise to act as adhesive agent. Lastly add nuts for decoration.