



## **Vegan Corny "Beef" Hash + Egg-celent Omelette Cups + Orange Juice Bubble Pop**

By Dylan Sabuco, Dylan Sabuco

**Prep Time 20 / Cook Time 35 / Serves 4 - 6**

### **Shopping List**

- FRESH
- 1 large potato **\*\* (see allergy subs below) \*\***
- 1 pkg extra firm tofu **\*\* (see allergy subs below) \*\***
- EGGS
- 6 eggs **\*\* (see allergy subs below) \*\***
- PANTRY
- 1 tsp paprika **\*\* (see allergy subs below) \*\***
- 1 T pickling spice **\*\* (see allergy subs below) \*\***
- 1 tsp ground mustard
- 2 tsp salt
- 1 tsp ground black pepper
- 4 T vegetable oil **\*\***
- 3 C bottled orange juice
- 2 C sparkling water
- HAVE ON HAND
- cooking spray or oil to grease pan
- 1/2 C water

- 1 to 2 C ice, optional

## Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**chop:** to cut something into small, rough pieces using a blade.

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**season:** to add flavor to food with spices, herbs, and salt.

**taste:** to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

**strain:** to separate liquids from solid foods or remove bigger food particles from smaller particles using a perforated or porous device like a strainer, sieve, colander, or cheesecloth.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**chop:** to cut something into small, rough pieces using a blade.

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**crack:** to break open or apart a food to get what's inside, like an egg or a coconut.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

## Equipment

- Large skillet
- Medium mixing bowl

- Strainer
- Cutting board + kid-safe knife
- Measuring spoons
- Wooden spoon
- Cutting board
- Kid-safe knife
- Oven
- Muffin pan
- Large mixing bowl
- Liquid measuring cup
- Whisk
- Table knife or small spatula
- Pitcher

## **Ingredients**

### **Egg-Free Tofu Scramble**

- 1 pkg extra firm tofu (roughly 1 1/2 C tofu, chopped)
- 2 tsp turmeric or curry powder
- 1 tsp salt + more to taste
- 1/2 tsp ground black pepper
- other spices of your choice, optional
- 1 drizzle vegetable oil, for sautéing \*\*

### **Vegan Corny "Beef" Hash**

- 1 pkg extra firm tofu **\*\*(for SOY ALLERGY sub 2 C mushrooms)\*\***
- 1 large potato **\*\*(for NIGHTSHADE ALLERGY sub sweet potato)\*\***
- 1 T pickling spice **\*\*(for NIGHTSHADE ALLERGY make your own pickling spice: 1 tsp dill seed, 1 tsp mustard seed, 2 bay leaves)\*\***
- 1 tsp paprika **\*\*(Omit for NIGHTSHADE ALLERGY)\*\***

- 1 tsp ground mustard
- 1 tsp salt
- 1/2 tsp ground black pepper
- 2 T vegetable oil \*\*

### Egg-celent Omelette Cups

- 6 eggs \*\*(for EGG ALLERGY follow Egg-Free Tofu Scramble recipe)\*\*
- 1/2 C water
- 1 tsp salt
- 1/2 tsp ground black pepper
- 2 T vegetable oil \*\*
- cooking spray or oil to grease pan

### Orange Juice Bubble Pop

- 3 C bottled orange juice
- 2 C sparkling water
- 1 to 2 C ice, optional

## Food Allergen Substitutions

### Egg-Free Tofu Scramble

**Soy:** Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

### Vegan Corny "Beef" Hash

**Soy:** For 1 pkg extra firm tofu, substitute 2 C mushrooms. Substitute canola oil or other nut-free oil for vegetable oil.

**Nightshade:** For 1 large potato, substitute 1 sweet potato. Omit ground paprika. Make your own pickling spice—for 1 T, use 1 tsp dill seed, 1 tsp mustard seed, and 2 bay leaves.

### Egg-celent Omelette Cups

**Egg:** Follow **Egg-Free Tofu Scramble** recipe.

**Soy:** Substitute canola oil or other nut-free oil for vegetable oil.

## Orange Juice Bubble Pop

### Instructions

#### Egg-Free Tofu Scramble

##### strain + chop

Start by draining all the liquid from **1 pkg extra firm tofu**. You can even squeeze it with a paper towel to get even more liquid out. Then, chop all of the tofu as finely as possible and place in a medium mixing bowl.

##### measure + season + mix

Next, measure **2 teaspoons turmeric**, **1 teaspoon salt**, and **1/2 teaspoon black pepper** and add them to the bowl of tofu. These 3 ingredients will give the tofu flavor and the color of scrambled eggs. Tofu is great because it can take on many flavors. If you would like to add a spice of your own, do that now. Mix the spices and tofu with a wooden spoon or spatula.

##### preheat + sauté

In a large skillet, add **1 drizzle of vegetable oil** and turn the heat to medium. After the oil is heated, add the tofu mixture and cook for 10 minutes (or more if your tofu is still wet), stirring often with a wooden spoon.

##### taste + serve

Make sure that you taste the tofu scramble and add any seasonings accordingly. Enjoy!

#### Vegan Corny "Beef" Hash

##### intro

"Dia duit" (Jee-ah ghwitch) or "Hello" in Irish! Corned beef is a staple of St. Patrick's Day celebrations, especially in America. This dish actually has a history dating back to the Middle Ages. Pickling the beef with spices and salt would preserve the beef in a world before refrigeration. In current times, we don't need to pickle and preserve our meats to keep them fresh, but it tastes so good that people have kept making corned beef for centuries. In this recipe, you will replace the beef with tofu to create a similar styled corned "tofu" hash! Enjoy!

##### strain + chop

Start by draining all the liquid from **1 pkg extra firm tofu**. You can squeeze it with a paper towel to get even more liquid out. Then, chop the tofu and **1 large potato** as finely as possible and place in a medium mixing bowl.

### measure + season + mix

Next, measure **1 tablespoon pickling spice**, **1 teaspoon paprika**, **1 teaspoon ground mustard**, **1 teaspoon salt**, and **1/2 teaspoon black pepper** and add them to the bowl of tofu and potato. These 5 ingredients will give the tofu the flavor and color of corned beef. Tofu is great because it can take on many flavors. Mix the spices, tofu, and potato with a wooden spoon.

### preheat + sauté

In a large skillet, add **2 tablespoons vegetable oil** and turn the heat to medium. After the oil is heated, add the tofu mixture and cook for 20 minutes, stirring often with a wooden spoon.

### brown + serve

Cook until browned and the potatoes are tender. Serve alongside eggs, like our **Egg-celent Omelet Cups!** "Bain taitneamh as do bhéile" (Bwin tat-nyuv oss duh vay-il-eh) or "Enjoy your meal" in Irish!

## Egg-celent Omelette Cups

### crack + measure

Start by cracking **6 eggs** into a large mixing bowl. Then, measure **1/2 cup water**, **1 teaspoon salt**, **1/2 teaspoon black pepper**, and **2 tablespoons vegetable oil** and add those to the bowl.

### whisk

Now, whisk until all the eggs are smoothly combined. It should be hard to tell the difference between the egg whites and egg yolks.

### preheat + bake

Preheat your oven to 350 F. Meanwhile, grease a muffin pan with a tiny amount of vegetable oil or cooking spray. Pour the egg mixture into the wells of the muffin pan until they are each 2/3 full. Place the muffin pan in the oven and bake for 12 to 15 minutes or until there are no runny eggs left in the pan.

### remove + serve

Remove the Egg-celent Omelette Cups from the muffin pan using a table knife or small spatula and serve alongside your favorite breakfast staples, like **Vegan Corny "Beef" Hash!**

## Orange Juice Bubble Pop

### measure + mix

Measure and mix **3 cups orange juice** and **2 cups sparkling water** in a pitcher.

### pour + cheers

Divide **1 to 2 cups of ice** between all your cups. Pour the Orange Juice Bubble Pop over the ice and enjoy. Cheers!

## Featured Ingredient: Pickling Spice!

Hi! I'm Pickling Spice!

"I'm in a pickle—can you help me? I'm not sure which type of pickled cucumber I like best: sweet pickles, dill pickles, or bread and butter pickles. Which do you like best, or do you like them all? Did you know pickling spice makes them what they are? I like to think we're a vibrant community of wonderfully flavorful spices that make taste buds say, 'Mmm, that's tasty!'"

Pickling spice is a blend of spices, typically whole or crushed, added to brine (salty water) or vinegar to pickle fruits, vegetables, and other foods. It is also used to season beans, meats, rice, soups, stews, and corned beef and cabbage.

Pickling spice blends may include various combinations of allspice berries, anise seeds, bay leaves, black peppercorns, caraway seeds, cardamom pods, cinnamon, cloves, coriander seeds, dill seeds, fennel seeds, garlic cloves, ginger, mace (protective outer covering of nutmeg seed), mustard seeds, nutmeg, and red pepper flakes.

We mostly see and hear about pickled cucumbers (pickles), but other foods can also be pickled, such as asparagus, baby corn cobs, beets, carrots, green beans, hard-boiled eggs, mushrooms, onions, peaches, peppers, tomatoes, watermelon, and more.

Corned beef is beef brisket cured in salt and cooked by boiling, usually with pickling spices. To make a corned beef and cabbage dinner, popular on Saint Patrick's Day, potatoes, carrots, and cabbage are added to the pot cooking the corned beef, so the vegetables also take on the flavor of the spices.