

PLANT-BASED MINI RECIPE BOOK

Plant-based recipes contributed by susGain
users for the Plant-based Recipe Contest 2022



IN COLLABORATION WITH

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Pumpkin Soup with an Asian and Crispy Twist

INGREDIENTS :

- 4 cups of pumpkin
- 16 cloves of garlic
- 1 shallot
- 1/2 bell pepper (optional)
- Salt
- Black pepper
- Olive oil
- 4 dried chillies
- 1/2 ginger
- Cornstarch
- Vegetable Stock
- Coconut cream
- 200g Oyster Mushrooms
- 2 Slices of sourdough bread

HOW TO MAKE :

Pumpkin Soup

1. Cut up pumpkin, 1/2 shallot and bell pepper, 8 cloves garlic and bell pepper, size should be about 2cm by 2cm, and place them in a baking dish. Coat with olive oil and salt and pepper.
2. Preheat oven to 200°C for 10 mins and place baking dish into for 15 mins.
3. Add 4 cups of vegetable stock and blend well.

Crispy Chilli Mushrooms

1. Soak dried chillies in hot water for 5 mins
2. Pound the chillies, ginger and remaining shallots and garlic until a paste has formed.
3. Mixed chilli paste, 1 tbsp of cornstarch and a dash of olive oil into the oyster mushroom.
4. Airfry at 180°C for 20 minutes or until crispy.

Assemble

Spoon the soup into a serving bowl, garnish with coconut cream, pepper and olive oil, top with the crispy mushrooms and enjoy. Serve with 2 slices of sourdough bread.

Submitted by: Michelle Lo Horton



Corn fritters / Perkedel Jagung

INGREDIENTS :

- 200 gr sweet corn kernels
- 120 gr all-purpose flour
3/4 cup
- 40 gr rice flour 7 Tbsp
- ½ tsp baking powder
- 2 shallots peeled
- 2 cloves garlic peeled
- 2 pieces of big chilli
- 3 pieces of spring onion
- 200 ml water
- ½ tsp salt
- ¼ tsp ground white pepper

HOW TO MAKE :

1. Chop 1/2 of the corn kernels and pound it in a mortar. This step is optional.
2. Chop all the dry ingredients (shallot, onion, etc.) into small pieces.
3. Mix the dry ingredients and then stir to combine. Add water and stir into a slightly runny batter.
4. Heat about 1 inch of oil over medium heat. Scoop about 1 spoonful of the batter and gently lower it to the hot oil. Fry it thinly and they will be crispy.
5. The dish is ready to serve.

Reference :

<https://whattocooktoday.com/corn-fritters-perkedel-jagung.html>

Submitted by: Aileen Laksmono



Creamy Shiitake Carbonara

INGREDIENTS :

- 1 serving of pasta of your choice (I chose angel's hair from the brand 'la Molisana')
- 300g block of silken tofu
- 250g fresh shiitake mushrooms, sliced
- 1 tbsp garlic oil (garlic is optional)
- A splash of truffle oil (optional)
- 1 tbsp no 'chicken' bouillon or shiitake powder (add more to your liking)
- 2.5 cherry tomatoes, halved
- Handful of walnuts
- 2 tsp miso paste
- 2 tsp rice syrup (available at Korean Marts)
- 2 tbsp hot water

HOW TO MAKE :

1. Sauté shiitake mushrooms in a pan with a bit of garlic oil till the edges turn golden-brown. (If you don't have garlic oil, sauté a few smashed & peeled cloves of garlic in oil of your choice till golden brown and remove the garlic from heat before adding the mushrooms.)
2. Set aside a handful of sautéed mushrooms in a bowl and combine the rest with tofu, truffle oil and no 'chicken' bouillon or shiitake powder in a blender till smooth.
3. Boil pasta with a tbsp of salt in a pot till al dente, following the duration stated on the package.
4. Whilst waiting for the pasta to boil, mix rice syrup, miso and hot water to form a savoury-sweet glaze.
5. Mix the glaze well with your walnuts.
6. When the pasta is done, strain and water and mix the pasta well with the creamy mushroom tofu base.
7. Top with cherry tomato halves, umami sautéed shiitake & savoury-sweet miso walnuts in rice syrup. Enjoy!

Submitted by: Teng Chu Yu



Indian Split-Chickpea Nugget and Aloo Curry

This traditional Indian recipe is very rich in proteins and serves as a good option when you do not have green vegetables available at home.

HOW TO MAKE :

- The nuggets are sun-dried chunks made from smooth paste of soaked yellow dal.
- Spices are added to the batter.
- These dried nuggets can be stored in air-tight containers and used for entire year.
- Both Aloo (Potatoes) and Nuggets are shallow fried separately till they turn golden brown.
- Then both of these are added along with fried onions, tomato puree other garnishing and spices.
- It is then cooked for 20-30 minutes in high flame after adding 2 cups of water and your delicious protein rich Chickpea Nugget-Aloo curry is ready.

Submitted by: Kumar



Tofu Cabbage Golden Pouch

HOW TO MAKE :

Tofu cabbage golden pouch is a very pleasing way to get people to eat healthy vegetables with a full tummy.

1. Chop thé tau pok, garlic and onion into small pieces
2. Steam Chinese cabbage and use the leaves to fold over the ingredients listed in no 1 - tau pok, garlic and onion. Season with sesame oil or soy sauce.
3. Use long spring onion to tie the cabbage pouches well
4. Steam them again
5. Prepare them with cooked quinoa and goji berries. Voila!

Submitted by: Sharon Goh



Mock Mutton Briyani

INGREDIENTS :

Marinade

- Mutton briyani seasoning
 - 2 teaspoon ginger garlic paste
 - 3 teaspoons sambal paste
 - Chilli powder 1 teaspoon
 - Garam masala 1 teaspoon
 - Turmeric powder 1 teaspoon
 - 1 teaspoon salt
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- 2 red onions sliced
 - 1 green, 1 red chilli sliced thinly
 - 2 small tomatoes diced
 - Handful of curry leaves
 - Handful of coriander chopped finely
 - 10 pieces of cashew halved

HOW TO MAKE :

Mix marinade paste onto mock lamb or mutton of your choice and leave in refrigerator for at least an hour.

Rice preparation:

Wash 3 cups rice, twice and allow it to soak for 30mins

Cook marinated mutton, ingredients and rice together.

Submitted by: Jaishee Jaybalan



Sweet Potato Avocado Guacamole

HOW TO MAKE :

1. Prepare 1 steamed sweet potato, 2 avocado
2. Chop onions, cilantro , tomato and carrots
3. Blend them together and add lime on top
4. Add with toppings pomegranate, nuts and microgreens . (Recipe learnt from farmz)

It blends well with the blue pea cranberry sourdough bread (obtained from cedele)

Submitted by: Sharon Goh



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susGain is a rewards-based engagement app that focuses on driving behavioural change within communities (corporates, schools, NGOs etc.) whilst measuring ESG reportable data on the impact created.

By better connecting the environmentally and socially conscious stakeholders, susGain hopes to accelerate the change towards a more sustainable Singapore.

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