**Cooking Demo by Sandi Sumaylo, Pastry Chef, Greens Restaurant, San Francisco, California**

**Vegetarian Appetizers**

Fresh Asian Summer Rolls:

Rice Paper Wrappers

Vegetables – carrots, cucumbers, scallions, napa cabbage, tofu, shitake mushrooms

Herbs – mint, thai basil, cilantro

Bean Thread Noodles – soaked in hot water for 10 minutes, drained, tossed in a little of the dipping sauce

Place rice paper wrappers in hot water and let soak for a few seconds until soft

Place vegetables, herbs, and noodles on top, and wrap tightly

Hoisin Chili Dipping Sauce:

Hoisin – ½ cup

Sweet Chili Sauce – ¼ cup

Rice Vinegar – 2 Tablespoon

Sugar – 2 Tablespoon

Soy Sauce – 1 Tablespoon

Sesame Oil – ½ teaspoon

Chopped Cilantro – 1 teaspoon

Caprese Crostini:

Baguette – sliced, brushed with olive oil, toasted in 350 degree oven

Basil Pesto – basil – 1 1/2 cups, parmesan – ½ cup, garlic 2 cloves, olive oil, salt and pepper

Combine basil, parmesan, garlic, in food processor, drizzle in olive oil until emulsified, add salt and pepper to taste

Mozzarella Cheese – grated

Fresh Tomatoes – sliced

Spread pesto on top of crostini, sprinkle cheese and let melt in oven under broiler

Top with fresh tomatoes

Spicy Pita Chips:

Pita Bread – Split in Half, Cut into 1/6 or 1/8

Olive Oil – ½ cup

Spices: Cumin- 1 Tablespoon, Coriander-2 teaspoons, Cayenne – ½ to teaspoon , Garlic Powder – 2 teaspoons, Salt – 1 teaspoon, Black Pepepr – 1 teaspoon

Mix olive oil with spices

Toss or brush pitas

Bake in 350 degree oven until crisp – About 15 minutes

Edamame Hummus:

Edamame – 2 cups cooked and cooled

Peas – ½ cup cooked and cooled

Tahini – ¼ cup

Lemon Juice of 1 lemon

Lemon Zest of 1 lemon

Garlic Clove – 1

Cumin - ½ teaspoon

Coriander – ¼ teaspoon

Garlic Powder – 1/8 teaspoon

Italian Parsley Leaves – 1/8 cup

Olive Oil – approximately ¼ cup

Salt – to taste

Black Pepper – to taste

Place all ingredients in food processor, slowly drizzle in olive oil while processing

Until smooth

Add salt and pepper to taste

Vegetarian Potstickers:

Potsticker Wrappers

Garlic – chopped 2 cloves

Ginger – chopped 1 Tablespoon

Scallions – chopped – 3 stalks

Shitake Mushrooms – sliced – 2 cups

Napa Cabbage – chopped or shredded - 2 cups

Carrots – grated – 1 cup

Jicama - chopped into small dices – 1 cup

Edamame – 1 cup

Canola Oil for Sauteeing vegetables

Soy Sauce

Sesame Oil

Heat pan, add oil

Add garlic, ginger, and scallions to flavor the oil

Add remaining vegetable

Finish with soy sauce and sesame oil

Let cool and fill potsticker wrapper

In a nonstick pan, heat canola oil

Place potstickers on flat side and brown

Carefully pour water to ¼ up the potstickers, cover with lid and let steam and cook until all the water has evaporated and potsticker wrapper is cooked.

With a non abrasive spatula, take potstickers off pan

Soy Ginger Dipping Sauce:

Soy Sauce – 1 cup

Red Vinegar – ½ cup

Ginger – finely chopped - 2 Tablespoon

Garlic – finely chopped – 1 Tablespoon

Siracha – 1 teaspoon

Combine and let sit for flavor to develop

Fruit Kebobs with Mint, Yogurt, and Honey Sauce

Skewers

Fresh Fruit – Pineapples cut in cubes, Strawberries hulled, Melons cut into cubes,

Greek Yogurt

Local Honey

Fresh Mint – chopped

Skewer fruit

Mix yogurt, honey and mint, let sit for 30 minutes