

Flavors Around the World

Spring 2024

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Ghanaian Red Red

Serves 8

Time 60 minutes

Vegan

Common Allergens None

Recipe from [The Canadian African](#)

Ingredients

- 1 medium red onion
- 3 tomatoes, roughly chopped
- ½ red bell pepper, chopped
- 2 cloves of garlic
- 1 thumb size ginger, peeled
- 1 scotch bonnet or habanero pepper, optional
- ¼ cup red palm oil or vegetable oil
- ¼ cup tomato paste
- 1 ⅔ cups tomato sauce
- 1 tablespoon curry powder
- 1 tablespoon cumin powder
- 1 teaspoon ground cloves
- 2 bay leaves
- 1 tablespoon vegetable bouillon powder
- 2 15-ounce cans black eyed peas or 2 cups dried (see instructions below)
- 2 cups of spinach chopped (optional)



Notes

- Red palm oil is traditionally used and has a distinct flavor and appearance. You can substitute another oil, but it will affect the flavor and appearance.

Instructions

1. If using dried beans, soak overnight in a large pot of water. Then drain and rinse the beans, and add fresh water to cover the beans. Bring to a boil, then simmer for 45-50 minutes or until just tender. If using canned beans, rinse and drain them.
2. Finely dice half of the red onion and set aside. Roughly chop the other half.
3. In a blender add the roughly chopped onion, tomatoes, bell pepper, garlic, ginger, and scotch bonnet pepper (if using). Blend the mixture with about ¼-⅓ cup of water, just enough water to make it blend.
4. In a large pot, heat ¼ cup of red palm oil (or any vegetable oil of choice) at medium heat. Add the finely diced onions and cook in the oil until soft.
5. Add the tomato paste and mix it well with the onions. Add ¼ cup of water if the pot turns dry.
6. Add the blended tomato mixture, tomato sauce, and spices.
7. Cover the pot and let the sauce cook for 30 minutes at medium heat or until the sauce starts to stick to the bottom of the pan. You want to evaporate out as much water as possible and be left with a thick sauce.
8. Mix in the cooked beans and let it cook in the sauce for 10 minutes. Add the spinach if using, turn off the heat, and stir until spinach is wilted.
9. Serve with fried plantains and /or rice.

Fresh Spring Rolls with Marinated Tofu & Peanut Sauce

Yields 10 rolls

Time 60 minutes

Vegan

Common Allergens Soy, peanuts, may contain wheat, sesame, alcohol (check labels)

Recipe from [The Viet Vegan](#)

Ingredients

- 1 block extra-firm tofu, drained and pressed
- ¼ cup dark soy sauce or mushroom soy sauce
- 1 teaspoon sugar
- ½ teaspoon chili flakes
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- 2 tablespoons olive oil, divided
- 3 ounces rice vermicelli noodles
- 10-12 leaves of lettuce (butter or green leaf lettuce)
- about 20 sprigs of chives
- about 20 mint leaves
- about 20 sprigs/stems of cilantro, optional
- 2 cups cucumber, cut into strips
- 10 rice paper wraps

For the peanut sauce:

- ½ cup natural peanut butter
- 1/3 cup hoisin sauce
- 1 teaspoon sriracha sauce
- Optional: 1 tablespoon crushed peanuts



Notes

- As an alternative to dark soy sauce, use 3 ½ tablespoons soy sauce or tamari + 1 teaspoon molasses + ½ teaspoon sugar
- To make this recipe wheat/gluten-free, use gluten-free soy sauce or tamari and check hoisin label (may have other common allergens like soy, sesame, or alcohol)

Instructions

1. Cut the drained tofu into thick strips and place into a food storage container.
2. Whisk together the dark soy sauce, sugar, chili flakes, garlic powder, salt, and 1 tablespoon olive oil. Pour over tofu and let marinate for up to 1 hour.
3. Prepare the noodles according to package instructions.
4. Heat remaining tablespoon of olive oil in a large nonstick skillet, then pan-fry the tofu until each side is browned. Set aside.
5. To assemble spring rolls, dip the rice paper into a bowl of warm/hot water to moisten. Place on a plate, it will soften as you put in the ingredients.
6. Arrange lettuce, rice noodles, cooked marinated tofu, chive, mint leaves, cilantro if using, and cucumber and wrap, tucking in the sides then rolling up to make a sealed spring roll.
7. Repeat until all ingredients are used.
8. To make the peanut sauce, whisk the peanut butter, hoisin sauce, sriracha and 1/3 cup water together. Add more water if you like it thinner. Garnish with crushed peanuts if using.
9. Best served immediately with the peanut sauce. To store, separate each roll with parchment paper or other barrier so they don't stick together.