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DELICIOUS
PLANT-BASED
RECIPES FOR
Culinary Medicine
Workshop

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Four-Course Menu

SALAD

Garden Fresh Salad

Gado Gado Sauce

Classic Vegan Caesar Dressing

Creamy Mayonnaise

SOUP

Potato Leek Soup

MAIN DISH

ToFish Fingers

Garlic Dip

DESSERT

Granola Tiramisu



Garden Fresh Salad

Serves: 4 servings

Active time: 15 min

Total time: 20 min

Ingredients

- 1 cup cucumber, julienned
- 1 cup turnips (singkamas/hikama), julienned
- 1 cup carrots, julienned
- 1 cup fresh tomatoes, sliced
- ¼ cup red onion, chopped
- ¼ cup bell pepper, sliced
- ¼ cup sliced olives (black or green)
- ½ cup Vegan Caesar salad dressing

Directions

Place all ingredients in a large bowl and toss with Caesar dressing.
Serve immediately.





Gado Gado Sauce

Serves: 1 ½ cups

Active time: 20 min

Total time: 20 min

Ingredients

1/2 cup peanut butter
1 tbsp lime/lemon/calamansi juice
¾ cup boiling water
1 tbsp tamari/soy sauce
1 tsp tamarind paste
2 pitted dated (any natural sweetener)
½ inch piece ginger, peeled
2 cloves garlic
1-3 small hot peppers, or ½ tsp hot sauce



Directions

Put all ingredients in high-speed blender and process on high until smooth.
Refrigerate until ready to use.

PER SERVING:

Per 3 Tablespoons (45 ml)

Calories: 148
Protein: 5 g
Fat: 10g
Carbohydrate: 11 g
Dietary fiber: 2g
Calcium: 15 mg
Magnesium: 12 mg
Potassium: 114 mg
Sodium: 129mg



Classic Vegan Caesar Dressing

Serves: 1 cup

Active time: 15 min

Total time: 4 hours

Ingredients

½ cup raw cashews, soaked for 4-8 hours, drained and rinsed
1/3 cup water
3 Tbsp lemon juice
2 Tbsp nutritional yeast
1 tsp plain mustard
1 large clove garlic
¼ tsp salt
¼ tsp ground black pepper

Directions

Put all ingredients in a high-speed blender.
Process until smooth and creamy.
Store in a jar and refrigerate until ready for use.





Creamy Mayonnaise

Serves: 4 cups

Active time: 30 min

Total time: 30 min

Ingredients

2 blocks firm tofu (340 g)
1/2 tsp salt
1/8 tsp onion powder
1 clove garlic
2 Tbsp fresh lemon juice
1 Tbsp Olive oil (optional)
1 Tbsp brown sugar
2 Tbsp Nutritional yeast flakes
Ground black pepper



Directions

- Place all ingredients in blender and blend on high for about 2 minutes until smooth.
- May place in the jar and store in refrigerator.

Recipe

Potato Leek Soup

SERVES: 6

ACTIVE TIME: 25 MIN.

TOTAL TIME: 1 HR



INGREDIENTS

- 4 cloves garlic, minced
- 1 white onion, chopped
- 8 onion leeks, chopped
- 4 medium potatoes, finely sliced
- 3-4 cups vegetable stock
- 1/8 of a lemon
- Mushroom powder to taste
- Salt to taste
- 2 tsp chives, finely chopped
- 1 tsp paprika

INSTRUCTIONS

Note: To prepare the onion leeks, remove the roots and the dark green portion - save the latter for making stock. Use only the white & light green part for this recipe. Also do not rinse potatoes after slicing to preserve the starch. This will help thicken the soup.

- Heat pan over medium to medium-high heat.
- Dry saute onions and stir until they soften and become translucent. Don't let them brown.
- Add garlic and cook for less than a minute.
- Add leeks and a pinch of salt. Sweat leeks for about 5-8 minutes until they soften.



Recipe

Potato Leek Soup

SERVES: 6

ACTIVE TIME: 25 MIN.

TOTAL TIME: 1 HR



INSTRUCTIONS

- Add about a teaspoon or tablespoon of water as needed if ingredients start to stick.
 - Add potatoes and stir.
 - Add about 3 cups of hot stock, just enough to cover the ingredients. Don't add too much because we want to achieve a creamy soup. Just add stock gradually as needed.
 - Season with a little salt and mushroom powder.
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- Bring soup to a simmer. Cover and cook for about 10 minutes or until potatoes are tender. Do not overcook the potatoes because the soup will become grainy.
 - Remove soup from the heat.
 - Add 1-2 laddles of soup to the blender and squeeze half of the sliced lemon.
 - Place a clean cloth over the lid of the blender for safety. Do not leave blender while running.
 - Blend until smooth.
 - Add the remaining half of the soup and lemon. Blend.
 - Taste the soup and season with salt and mushroom powder as needed.
 - Transfer to a bowl and garnish with chives and a pinch of paprika.
 - Serve hot!
 - Best eaten when hot! ♥



Recipe

ToFish Fingers

SERVES: 6

PREP TIME: 20 MIN.

COOKING TIME: 30 MIN



INGREDIENTS

TOFISH FINGERS

- 1 block firm tofu
- 6 sheets of seaweeds, cut into rectangles
- 1/2 cup soymilk
- 1/2 cup water
- 1 cup flour
- 2 cups breadcrumbs
- 2 tbsp nutritional yeast
- Salt to taste
- Mushroom powder to taste
- Coco sugar to taste

GARLIC DIP

- 1 head of garlic, minced
- 2 green chilis, chopped
- 1 cup raw cashews, soaked for at least 3 hours
- 1 lemon
- 1 cup water
- 3 tbsp chives, chopped, plus more for garnish
- 2 tsp coco sugar
- Salt to taste



Recipe

ToFish Fingers

SERVES: 6

PREP TIME: 20 MIN.

COOKING TIME: 30 MIN

INSTRUCTIONS



TOFISH FINGERS

- Cut a block of firm tofu into fingers and use paper towel to soak up the excess moisture.
 - In a bowl, mix the soy milk, water, and flour. Add some mushroom powder, salt, and coco sugar to taste. This will serve as your batter.
 - Get a separate bowl for the coating mixture. Put the breadcrumbs and nutritional yeast. Add mushroom powder and coco sugar to taste.
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- Roll each tofu finger into a rectangular sheet of seaweed twice. Repeat until all tofu fingers are covered with seaweeds.
 - Dip the tofu finger into the batter and and roll over the breadcrumb mixture. Repeat until all tofu fingers are coated.
 - Place one layer of tofu fingers into the airfryer. Do not overlap to allow even cooking of the tofish.
 - Airfry each batch for about 15 minutes or until crumbs are golden brown.
 - Serve with garlic dip or any preferred dip.

GARLIC DIP

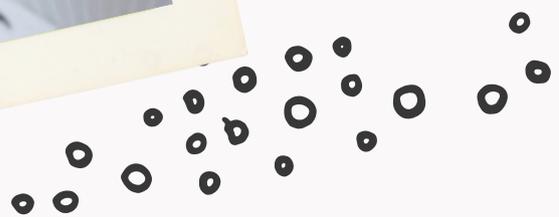
- Discard water from the cashews. Squeeze juice from lemon.
- Blend all ingredients until smooth and creamy. Add water gradually to reach desired consistency.
- Serve garnished with chives.



Granola Tiramisu

KEEP LIFE SWEET

Once in a while, we choose to get dessert!
But desserts can also be healthy!

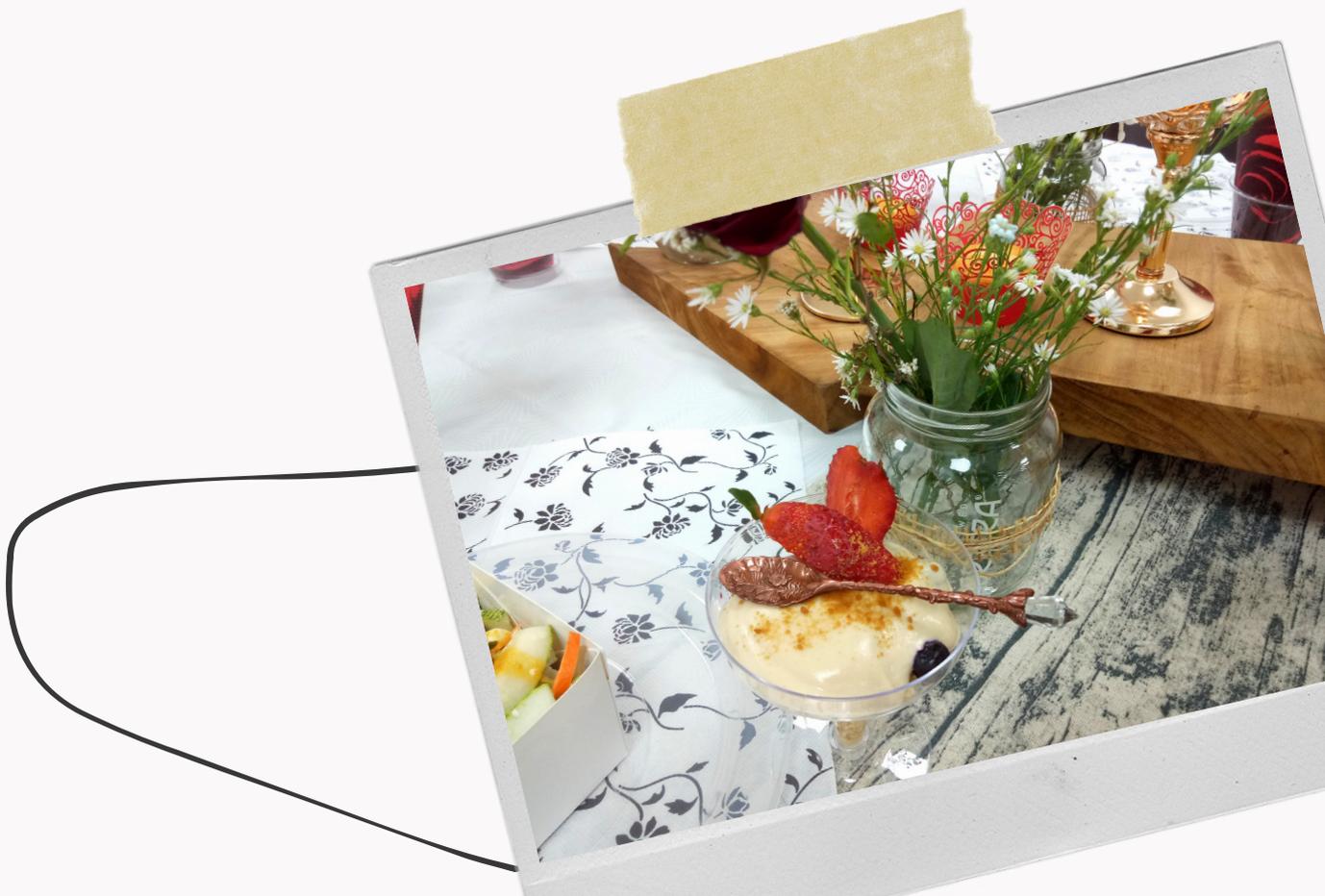


INGREDIENTS

- 1/2 kg cashews, pre-soaked
- Water (enough to cover cashews)
- 1/2 cup agave
- 1 lemon
- Lemon zest
- Pinch of salt
- 1–2 tbsp granola mix
- 3–5 frozen blueberries
- Strawberry slices
- Flaxseed powder

INSTRUCTIONS

- Soak cashews in water for 4 hours.
- Combine cashews, agave, lemon juice, lemon zest, salt, and water, and blend until smooth.
- In a goblet or clear glass, make a layer of granola, blueberries, and cashew cream.
- Garnish with strawberry slices and sprinkle with flaxseed powder.
- Refrigerate for 2 hours and serve cold.



HAPPY COOKING!

Hope you enjoy making
our plant-based recipes.