

Sourdough Stuffing with Onion, Celery, Mushroom and Seitan

Ingredients:

6 cups unyeasted sourdough bread, cubed
½ cup of water
Pinch of Sea Salt
1 ¼ cup onions, diced
½ cup celery, diced
½ cup seitan, diced
1 tsp, sage, oregano or rosemary
1 tsp. shoyu
Toasted sesame oil

Description:

Preheat oven to 350. Heat up some toasted sesame oil and sauté onions with a pinch of sea salt for 1 minute, add the mushrooms, celery, seitan and sage. Add the mixture to the bread cubes along with the water and shoyu. Mix gently and put in an oiled baking dish.

Cook 25 minutes and serve warm.

Green Beans with Sesame-Miso Dressing

Ingredients:

2 cups (1 lb) green beans, stems removed and sliced in 2 inch lengths
Water for boiling beans
2 Tbsp barley miso
¼ cup tan sesame seeds, roasted
2-3 Tbsp water
2 Tbsp Brown Rice Syrup

Description:

Place 1 inch of water in a pot, cover and bring to a boil. Add the beans, cover and simmer 2-3 minutes until tender. Remove, rinse and drain. Place the water, miso and syrup in a saucepan and simmer 2 minutes. Grind the sesame seeds in a suribachi until half-crushed. Add the sesame seeds to the miso mixture and mix thoroughly. Add the beans to the sesame dressing and mix. Place in a serving bowl.