

# Kyong & Larry Weathersby, “Taste of Orient”

## Walnut Gluten - Vegetarian Beef

### GLUTEN:

1 c. water  
3/4 c. walnuts  
1/2 tsp. sea salt  
1/2 tsp. onion powder  
1/4 tsp. garlic powder  
1 1/2 c. gluten flour  
2 Tbsp. whole wheat flour

### BROTH:

5 c. water  
1/4 c. soy sauce, unfermented  
1/2 tsp. sea salt  
1 tsp. onion powder  
1 tsp. garlic powder  
2 Tbsp. nutritional yeast flakes

1. Prepare broth by combining all ingredients in a large saucepan. Bring to a boil.
2. For gluten, place walnuts, 1 cup water, sea salt, onion powder and garlic powder into blender. Blend until very smooth.
3. In a medium bowl, combine gluten flour and whole wheat flour. Mix well, then add the liquid from the blender. Mix and knead until a dough is formed. On an oiled counter, shape the gluten dough into a roll, then slice into 1/2-inch slices. Drop the slices into the boiling broth, reduce heat and simmer for about 30 minutes. Cool. **Kyong Weathersby**

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## **Korean Teriyaki Steak (Bulgogi)**

2 c. walnut gluten, sliced into strips  
1/2 onion, sliced  
2 Tbsp. soy sauce, unfermented  
6 Tbsp. water  
1 Tbsp. nutritional yeast flakes  
1 Tbsp. turbinado sugar  
1 tsp. garlic powder

Mix all ingredients in a bowl with hands. Marinate overnight in refrigerator. Sauté in a hot skillet with a little olive oil until browned on both sides. Serve with brown rice, potatoes, pasta or corn. Very delicious! **Kyong Weathersby**

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## Chinese Pepper Steak

2 c. walnut gluten, cut into strips  
1 c. water  
1 onion, sliced  
2 cloves garlic, minced  
2 green bell peppers, cut into strips  
1 red bell pepper, cut into strips  
4 Tbsp. additional water  
1 Tbsp. nutritional yeast flakes  
1 Tbsp. cornstarch  
4 tsp. turbinado sugar  
2 Tbsp. soy sauce, unfermented

In a large saucepan, heat 1 Tablespoon olive oil, then add walnut gluten, and cook until browned. Add water, onions, peppers and garlic. Bring to a boil, and cook until the vegetables are crisp-tender (about five minutes). Stir together the additional water, yeast flakes, cornstarch, turbinado sugar and soy sauce. Stir this into the steak mixture, continuing to stir until mixture thickens. Serve with brown rice. Yummy! **Kyong Weathersby**

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## **Thai Vegetables with Tofu (non-spicy)**

1 Tbsp. olive oil  
1 onion, chopped  
2 cloves garlic, minced  
1/2 pkg. tofu, firm, water packed, cut into small cubes  
2 celery stalks, sliced  
1/2 c. mushrooms, sliced  
7 1/2 oz. cut baby corn (half of a can)  
1/2 red bell pepper, sliced  
1 8-oz. pkg. mung bean sprouts  
1 13.5-oz. can coconut milk  
3 Tbsp. soy sauce, unfermented  
1 1/2 Tbsp. paprika  
1 tsp. turbinado sugar  
1 Tbsp. nutritional yeast flakes

Heat olive oil in a hot skillet and stir-fry onion and garlic for 1 - 2 minutes. Add tofu and remaining ingredients and bring to a boil. Simmer, stirring constantly, until vegetables are tender and crisp. Garnish with chopped parsley. Serve with brown rice. Delicious! **Kyong Weathersby**

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## **Filipino Chow Mein (Pancit)**

4 oz. angel hair pasta or thin rice noodles  
1 c. green beans, cut into 1" pieces  
2 Tbsp. olive oil  
2 cloves garlic, minced  
1/2 onion, sliced  
2 c. cabbage, thinly sliced  
1 carrot, thinly sliced  
1 c. walnut gluten, sliced in strips  
4 Tbsp. soy sauce, unfermented  
1 Tbsp. nutritional yeast flakes  
1 Tbsp. turbinado sugar

Break angel hair pasta in half. Cook pasta in boiling water for 5 minutes. Rinse and drain, then set aside. Blanch green beans in boiling water for 2 minutes. Rinse and drain. Set aside. Heat a large skillet over high heat. Add olive oil, green beans and garlic. Stir-fry a little, then add remaining ingredients one at a time except pasta. Continue to heat until vegetables are crisp-tender. Add pasta and stir-fry until pasta is hot. Yum yum! **Kyong Weathersby**

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## **Vietnamese Spring Rolls with Rice Skins**

2 c. walnut gluten, cut into strips  
2 carrots, cut into thin matchsticks  
1 cucumber, cut into thin matchsticks  
2 c. romaine lettuce, cut into strips  
1 12-oz. package rice skin spring rolls or soft corn tortillas

Heat water in a large skillet. Dip one rice skin at a time into the hot water until softened. If using tortillas, spray with a little oil and heat in a dry skillet. Place some romaine, walnut gluten, carrots and cucumber in the center of rice skin and roll up. Cut in half and serve with spring roll sauce. **Kyong Weathersby**

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## **Spring Roll Sauce**

3/4 c. water  
1/4 c. soy sauce, unfermented  
1 Tbsp. nutritional yeast flakes  
1/2 tsp. garlic powder  
1 tsp. onion powder  
1 tsp. turbinado sugar  
1 tsp. paprika  
1 Tbsp. toasted sesame seeds  
2 chopped green onions

Mix all ingredients together well in a small bowl. Serve with spring rolls. **Kyong Weathersby**

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