

Berry Kanten with Creamy Tofu Topping

Kanten

- 4 cups organic apple juice
- 1/4 cup agar agar flakes
- 1/4 cup rice syrup
- Pinch sea salt
- 1/4 cup kuzu root starch
- 1 cup fresh or frozen organic berries

Creamy Tofu Topping

- 1 pound firm tofu
- 1 cup rice syrup or 2/3 cup maple syrup
- 1 teaspoon umeboshi vinegar
- 1/2 teaspoon vanilla

Garnish

- 1/2 cup finely sliced roasted almonds

Bring 3 1/2 cups of the apple juice, agar agar, rice syrup and salt to a boil. Reduce heat to low and simmer 10 minutes, stirring occasionally until all the agar flakes are dissolved. Dilute the kuzu in the remaining 1/2 cup of apple juice (this juice must be room temperature or cold in order to dilute the kuzu properly). Mix well with fingers in order to get rid of any lumps of kuzu. Add the diluted kuzu to the pot, stirring constantly to avoid lumping.

As you stir, bring the mixture back to a boil (kuzu needs to boil in order to thicken). Let boil about 1 minute, as you continue stirring. It should become slightly thickened and a little glossy, like a gravy. Add the chopped berries and simmer 2 more minutes. Remove from heat and pour into serving cups. Let the kanten set for about 1 hour (refrigeration optional). Meanwhile, bring

a pot of water to a boil. Drop the tofu in and let it cook for 2 minutes. Remove from water. Put the tofu, sweetener, vinegar, and vanilla in a blender or food processor. Whiz ingredients until smooth. Taste and adjust sweeteners to your liking. Chill until cool and a little thickened. When the kanten has set, garnish each serving with a dollop of the creamy tofu topping and top with a sprinkle of roasted almonds.

Variation:

Use 5 heaping tablespoons of agar agar and eliminate the kuzu from the recipe. Let kanten set in a shallow pan. When it has gelled, put it in a blender with umeboshi vinegar and vanilla and blend until smooth. You may need to add a little apple juice to help it blend. Layer the blended kanten with the creamy topping to create a parfait.

Amazake Pudding

- 4 cups amazake
- 4 level tablespoons kuzu, diluted in a little cold water

Put amazake in a pot over medium heat. Stir regularly, to avoid sticking. Just before it boils, add diluted kuzu, stirring constantly until it boils. Simmer, while stirring, for one minute. Remove from heat. Pour into individual serving bowls. Serve.

Serves 6

Variation: Add lemon zest, cinnamon, ginger, orange juice or anything else that floats your boat.

Strawberry Sorbet with Crispy Almond Tuiles

by Eric LeChasseur, from his book, *Love, Eric*

Strawberry Sorbet

- 16 ounces frozen organic strawberries
- 1/4 cup maple syrup
- 1 teaspoon lemon juice
- 1 pinch sea salt

For the Crispy Almond Tuiles

- 1/3 cup maple sugar
- 1/3 cup maple syrup
- 3 ounces non-hydrogenated soy margarine
- 2/3 cup unbleached flour
- 1 pinch sea salt
- 2/3 cup sliced almonds

To make sorbet:

Leave the frozen strawberries out at room temperature for 20 minutes. In a food processor, puree the strawberries until smooth. Add the sea salt, lemon juice and maple syrup. Process for a few more seconds. Transfer to a freezer container and freeze (up to two weeks).

To make the Tuiles:

Preheat the oven to 350 degrees F. In a large bowl, combine the ingredients to make a dough. Divide and roll dough into 12 balls, about 1-ounce each. On a baking sheet, evenly spread out 6 dough balls. Press on each dough ball to flatten into a 4-inch diameter circle. Bake 6 tuiles per baking sheet for about 8 minutes, or until golden brown. Allow tuiles to cool on the pan. Using a stainless steel spatula, remove tuiles from the baking sheet and set aside. Do not stack them.

To serve:

Using an ice cream scoop or 2 soup spoons, make a small ball of the sorbet and set it in the middle of a crispy tuile. Add a second tuile over the ball of sorbet. Add one final scoop of sorbet to crown the dessert.

Carrot Cupcakes with Caramelized Lotus Root

by Eric Le Chasseur, from his book, *Love, Eric*

For the Caramelized Lotus Root:

48 thin slices of lotus root, cut into half moons

1 pinch sea salt

3 tablespoons maple syrup

For the Carrot Cupcakes:

1 3/4 cups unbleached flour

1 1/4 cups pastry flour

1 tablespoon aluminum-free baking powder

1 teaspoon baking soda

1 pinch sea salt

1 cup maple syrup

1/3 cup safflower oil

1 cup soy milk

1/2 teaspoon organic apple cider

1 teaspoon vanilla extract

1/2 cup walnuts, chopped

1 cups carrots, shredded

1/4 teaspoon ground cinnamon

1/4 teaspoon allspice

1/4 teaspoon powdered cloves

1/4 teaspoon nutmeg, freshly ground

For the Raisin-Louts Stew:

3/4 cup organic raisins

1 cup water

1 teaspoon kuzu

To make the Caramelized Lotus Root:

Boil the lotus root slices in water with a pinch of sea salt for 20 minutes. Drain and dry with a towel.

In a saucepan over medium heat, combine the lotus root slices with maple syrup. Cook until the maple syrup has almost evaporated. Transfer to a tray and allow to cool.

To make the Carrot Cupcakes:

Preheat the oven to 350 degrees F. Lightly oil a muffin pan. In a large bowl, sift together the dry ingredients. In a blender or using a hand mixer in a medium bowl, blend the wet ingredients. Add shredded carrots and stir to combine. Pour liquid mixture into the flour mix. Using a wire whisk, gently mix wet and dry together. Do not overmix. Pour the batter equally into each compartment of the muffin pan and place a few slices of the Caramelized Lotus Root on top of each one. This should use up about half of the louts root slices. Bake for 25 to 30 minutes. The cupcakes are ready when a bamboo skewer inserted in the center comes out clean. Remove from the oven and allow cupcakes to sit in the pan for 10 minutes. Remove cupcakes from pan and set them on a wire rack to cool. Serve cupcakes with the Rains-Lotus Stew on the side.

To make the Raisin-Lotus Stew:

Dissolve the kuzu in 1 tablespoon of water and set aside.

Combine the raisins and water in a saucepan and cook gently over a low flame for 15 minutes.

Stir in the kuzu and remove the saucepan from heat. Add the remaining Caramelized Lotus Root and set aside.

