

Country Life SDA Church

Plant-Based Recipes

Cooking Class

Sunday, September 27, 2026 - 10:00 a.m.

Presented by Rebecca Irvin

Soy Yogurt

Red Lentil Waffles

Tofu Cream and Omelette

Satay Tofu

Fragrant Jasmine Rice

Lettuce Cups

"Do all to the glory of God." - 1 Corinthians 10:31

Soy Yogurt

Made in an Instant Pot with a yogurt strainer

INGREDIENTS

- 2 quarts unsweetened soymilk
- 1/4 cup plant yogurt (the starter)

The first batch needs yogurt as the starter. After that, the whey becomes the starter for following batches (about 1/4 cup).

TOOLS

- Instant Pot (yogurt setting)
- Yogurt strainer / Greek-yogurt maker (Euro Cuisine or similar)

METHOD

Add 2 quarts soymilk and 1/4 cup plant yogurt to the Instant Pot.

Incubate on the yogurt setting (the demonstration used a 12-hour cycle). When it is set, transfer to a strainer.

Strain about 48 hours. You will see whey collected at the bottom.

Invert the strainer onto its lid. Spoon the yogurt into jars or a container. It keeps about 2 weeks refrigerated.

Save the whey. It keeps up to 21 days refrigerated and becomes the starter for the next batch. You only need yogurt the first time.



After 48 hours: whey collected at the bottom



Invert on the lid - then jar and refrigerate

Red Lentil Waffles

...yes, red lentils!

INGREDIENTS

- 1 cup red lentils
- 1 1/3 cups plant milk
- 4-6 dates
- Big pinch of salt
- 2 teaspoons baking powder (optional)
- 2 teaspoons lemon juice
- 1 teaspoon cinnamon or cardamom
- 2 tablespoons hemp seeds (optional)

METHOD

Rinse the lentils well. The rinse water will turn cloudy - that is excess starch and fine lentil dust coming off. Phytate can bind minerals; red lentils are relatively low in phytate, but a good rinse still helps.

Soak the lentils in the plant milk overnight in a bowl or large measuring cup.

In the morning, add the soaked lentils with the remaining plant milk and all other ingredients to a blender. Blend until a smooth batter forms.

Pour batter onto a hot, well-oiled waffle iron. About 3 1/2 minutes on a typical iron. Keep finished waffles in a warm oven until the batch is done.

Serve with fresh fruit compote.

Tofu Cream and Omelette

Tofu cream is used in many breakfast recipes

TOFU CREAM

- 1 block firm tofu
- 2 teaspoons flour
- 2 teaspoons cornstarch
- 1/4 teaspoon salt
- 1 cup water

Blend all ingredients until smooth. Place in a covered container and refrigerate. It will thicken as it chills.

OMELETTE

- 1/2 cup tofu cream
- 2 tablespoons chickpea flour
- 1/4 teaspoon turmeric
- 1/2 teaspoon garlic powder
- 1/2 teaspoon baking powder
- 1/2 teaspoon oregano
- 1/2 teaspoon black salt / kala namak (optional)
- Mushrooms, onion, spinach, plant-based cheese

METHOD

In a bowl, add tofu cream and all other omelette ingredients except the optional black salt. Mix well.

Lightly coat a nonstick skillet with cooking spray and heat on low. Slice mushrooms and onion and place them in the skillet. Pour the tofu mixture over the top - it will be thick.

Spread. Top with plant-based cheese and spinach. Cover and cook until the cheese is melted and the omelette is set and foldable, about 4 minutes. Fold in half. Finish with a pinch of black salt if you want that classic egg aroma.

Satay Tofu

From Malay/Indonesian satai or sate - traditionally three pieces on a stick

TOFU

- 1 block extra-firm tofu, cut in cubes
- 4 cups water
- 1 tablespoon salt
- 1 tablespoon cornstarch (optional)
- 1/2 cup coconut milk (for finishing)
- Olive oil, for coating

SEASONING MIX

- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon white pepper (optional)
- 1/2 teaspoon granulated or powdered garlic
- 1/2 teaspoon salt

SATAY SAUCE

- 1-2 tablespoons red curry paste
- 1 2/3 cups coconut milk, divided
- 1/3 cup peanut butter
- 1 teaspoon lemongrass paste
- 1 tablespoon Bragg's liquid aminos
- 1 teaspoon tamarind paste
- 1 tablespoon coconut sugar or brown sugar
- Juice of 1 lime
- 1 1/2-2 tablespoons water, as needed

METHOD

Bring water to a gentle boil and add salt. Add tofu cubes and simmer gently for 5 minutes. Drain and let the tofu steam-dry a few minutes.

Toss the drained tofu with a little olive oil - just a thin coat. Mix the seasoning with optional cornstarch and coat the tofu evenly. Set aside.

Sauce: Add 3/4 cup coconut milk and the red curry paste to a saucepan. Simmer gently until reduced by half and thickened. Add remaining coconut milk, peanut butter, lemongrass paste, Bragg's, tamarind, and sugar. Simmer 3-5 minutes until thick, creamy, and fragrant. Stir in lime juice. Set aside.

Put it together: Mix 1/3 cup coconut milk with one large serving spoon of satay sauce. Pour over the seasoned tofu and mix well. Air-fry at 400 F for 6-8 minutes until crisp and golden (times vary), or pan-fry or bake at 400 F until crisp.

Serve 3 pieces on skewers with extra satay sauce as a dip. Leftover sauce makes a great dressing with a little plant milk. Excellent with Fragrant Jasmine Rice.

Fragrant Jasmine Rice

Serve with Satay Tofu

INGREDIENTS

- 1 1/2 cups brown jasmine rice, rinsed
- 3 cups water
- 1 tablespoon coconut oil
- 1 teaspoon salt
- 1 small onion, finely diced
- 3 cloves garlic, minced
- 3 kaffir lime leaves (optional)
- Zest of 1 small lime
- 1 cup shelled edamame, frozen is fine
- 1 small bunch cilantro, chopped
- Chopped roasted peanuts (optional)

METHOD

Heat coconut oil (or olive oil) in a saucepan over medium heat. Add the onion and cook 3-4 minutes until softened.

Add garlic and lime leaves; cook about 30 seconds until fragrant. Add jasmine rice and stir 1 minute.

Add water, frozen edamame, lime zest, and salt. Bring to a boil, then reduce heat to the lowest setting. Cook 30-40 minutes until the water is absorbed.

After the cook time, leave the lid on another 5-10 minutes. Fluff with a fork. Serve with Satay Tofu; garnish with cilantro and peanuts if you like.

Lettuce Cups

...no forks needed!

INGREDIENTS

- 2 tablespoons vegan oyster sauce
- 1 tablespoon Bragg's liquid aminos
- 1/2 tablespoon chili flakes
- 1 tablespoon olive oil (for sauce)
- 1 teaspoon sesame oil
- 2 teaspoons garlic powder
- 2 tablespoons water
- 8 cremini mushrooms, chopped
- 1 can water chestnuts, chopped
- 1 medium carrot, shredded
- 1/2 red bell pepper, diced
- 3 cloves garlic, chopped
- 1 tablespoon ginger, finely chopped
- 1 1/2 cups crumbled tofu
- 1 tablespoon olive oil (for skillet)
- 1/4 cup cilantro, chopped
- 1 head Boston / Bibb lettuce
- Sesame seeds; optional crispy rice noodles

METHOD

Combine vegan oyster sauce, Bragg's, chili flakes, sesame oil, garlic powder, water, and oil in a bowl. Mix well and set aside.

Heat a large nonstick skillet over medium-high heat. Add oil, mushrooms, water chestnuts, carrot, red pepper, garlic, and ginger. Cook 4-5 minutes until the mushrooms have cooked down.

Pat tofu dry, crumble it into the pan, and stir to combine. Pour in the sauce and cook until warmed through. Stir in cilantro and remove from heat.

Wash the lettuce well and separate into cups. Fill the leaves. Garnish with cilantro and sesame seeds; crispy rice noodles are a nice extra. Enjoy!