

3ABN Recipes

Recipes from *3ABN Presents*, January 22, 2003 (show 02014)

Mango Passion Fruit Upside Down Cake

Cake:

3/4 c. whole wheat pastry flour
1/4 tsp. salt
1 Tbsp. EnerG Egg Replacer
3/4 c. milled cane sugar
1/2 tsp. pure vanilla
3/4 c. Silk Vanilla Soymilk
3/4 c. all purpose flour
2 tsp. Rumford's Baking Powder
1/4 c. water
1/2 c. Smart Balance Margarine
1/2 tsp. almond extract

Filling:

3 Tbsp. Smart Balance Margarine
1/2 tsp. rum extract
1 c. fresh mango, chopped
1/3 c. Sucanat milled cane sugar
1/2 c. pineapple juice
3 Tbsp. passion fruit concentrate or pulp of 2 passion fruits

Preheat oven to 350 degrees.

1. In a small saucepan melt the butter for the filling and stir in Sucanat, rum extract, pineapple juice, passion fruit concentrate, & chopped mangos.
2. Simmer for 1 minute & pour into a standard 9 inch baking pan.
3. In a large bowl sift together the flours, salt, & baking powder.
4. In a separate bowl whisk together the EnerG Egg Replacer and 1/4 cup of water until foamy.
5. Add the 1/2 cup of margarine, Sucanat, vanilla, & almond extract.
6. Beat with an electric mixer until smooth.
7. Beat in the soymilk & gradually add flour. Blend til smooth, but do not overbeat.
8. Spoon this mixture over the mango mixture & bake at 350 for 30 minutes until an inserted toothpick comes out clean.
9. Cool in pan for 10 minutes.
10. Put a plate over top of cake, shake gently, & invert cake.
11. Scrape any remaining fruit topping onto cake.
12. Serve warm with vanilla Better Than Ice Cream.

Barbara Kerr

Antillean Tofu with Mango Tomato Salsa

1 lb. extra firm tofu, cut short side into 8-1/2 inch thick slices
1/3 c. fresh lime juice
1/2 tsp. freshly grated ginger
1/4 c. cream of coconut
4 tsp. honey
1/2 tsp. rum extract
1 ripe mango, peeled & diced
1/4 c. fresh cilantro, finely chopped
1 or 2 pinches of cayenne pepper
4 Tbsp. lime juice
1 lg. ripe tomato, diced
1 sm. cucumber, peeled, seeded, & chopped
1/4 c. green onion, minced (green part only)
1/2 tsp. salt or to taste

1. Marinate the tofu in the lime juice, cream of coconut, & ginger.
2. Place in refrigerator for 4 hours.
3. Prepare salsa by stirring together honey, lime juice, & rum extract.
4. Pour over other ingredients evenly & toss gently.
5. Allow to sit at room temperature while tofu is marinating.
6. Place tofu pieces into a heated skillet and pour 2 or 3 tablespoons of lime-coconut marinade.
7. Sear to brown and caramelize on each side.
8. Serve with salsa and marinade drizzled over top.

Barbara Kerr

Virgin Island Sweet Potato Salad

2 Tbsp. orange juice concentrate
juice of one lemon
2 Tbsp. honey
1/8 tsp. cayenne pepper
1/4 tsp. allspice
1 c. fresh cubed pineapple
juice and zest of one lime
1 scant tsp. freshly grated ginger
2 Tbsp. Smart Balance Margarine, melted
1/4 tsp. cinnamon
3 lbs. cooked sweet potatoes, peeled & diced
1/4 c. currants

1. In a blender combine the orange juice, lemon & lime juices, zest, ginger, honey, oil, cayenne, & spices & blend.
2. Steam potatoes for about 5 minutes until almost soft. Toss the sweet potatoes, mango, pineapple, and currants with the dressing.

Barbara Kerr

Banana Curried Cauliflower

2 tsp. curry powder
1 med. onion
1/2 c. water
1 tsp. salt
1 tsp. rum extract
1/2 tsp. lime zest
1 Tbsp. vegetable oil
1 med. apple
1/2 c. lite coconut milk
1 1/2 c. lightly steamed cauliflower florets
1/4 c. raisins
3 slightly green bananas, peeled & sliced

1. In a large, dry frying pan toast the curry powder until fragrant for about 3 minutes.
2. In the same pan, sauté onions until soft.
3. Add the apple & cook over low heat for 3 or 4 minutes.
4. Pour in water, coconut milk, salt, cauliflower, rum extract, raisins, & cook until slightly thickened.
5. Add bananas and continue over low heat for 5 minutes.
6. Remove from heat & serve at once.

Barbara Kerr

Caribbean Oatmeal with Fruit Salad

2 Tbsp. honey
1/2 c. fresh diced mango
1 kiwi, peeled & diced
3 3/4 c. Silk Soymilk
1 med. banana
2 Tbsp. lime juice
1/4 c. fresh diced pineapple
2 c. old fashioned rolled oats
1/2 tsp. cinnamon
100% maple syrup

1. In a small cup stir together honey and lime juice.
2. Gently toss mango, pineapple, & kiwi coating with the honey dressing.
3. Cook oatmeal according to package directions using the Silk Soymilk instead of water to impart richness, stirring in cinnamon.
4. Slice banana into oatmeal & cook during the last 5 minutes.
5. Divide the oatmeal into 3 or 4 bowls & top generously with fruit salsa.
6. Serve at once with maple syrup.

Barbara Kerr

Pineapple-Coconut Cornmeal Pancakes

3/4 c. water
1/2 c. all purpose flour
1 tsp. Rumford's Baking Powder
1/2 tsp. salt
1 tsp. pure vanilla
2 Tbsp. Sucanat
1/4 c. water
hot maple syrup
1/4 c. cornmeal
1/2 c. whole wheat pastry flour
1/2 tsp. baking soda
1/2 c. Silk Vanilla Soymilk
1/4 c. sweetened cream of coconut
1 Tbsp. EnerG Egg Replacer
1 1/4 c. fresh or canned pineapple, drained & well chopped

1. In a small saucepan bring water to boil & add cornmeal, cooking for 3-4 minutes.
2. In a medium glass bowl sift together the flours, baking soda, baking powder, Sucanat, and salt.
3. Mix Silk Soymilk, vanilla, & cream of coconut in separate cup & gradually stir into flour mixture.
4. In a small bowl whisk together EnerG Egg Replacer & 1/4 c. water until foamy.
5. Gradually stir into flour mixture until batter is smooth.
6. Fold into cornmeal.
7. Heat griddle, spray with oil, & ladle batter onto griddle.
8. Drop a scoop of pineapple on top.
9. Cook as normal & serve with maple syrup.

Barbara Kerr

