

ADOBO DE LA TIERRA



Submitted by Noriel San Pedro at Stanford Health Care, California

SERVES 6 • PORTION 2 LETTUCE CUPS

INGREDIENTS

Filling

- .5 lbs. tofu
- .5 cup garbanzo beans, drained
- .5 cup red kidney beans, drained
- .5 cup cannellini beans, drained
- 2 tbsp. yellow onion, diced
- .5 cup couscous, cooked
- .5 cup lentils, cooked
- .5 cup quinoa, cooked
- 2.5 oz. shitake mushroom
- 2 oz. roasted pepper, drained
- 2 roasted jalapenos
- 1 tbsp. vegetable base
- 1 tbs. salt, Kosher
- 2 cups basmati rice, steamed

Sauce

- 5 oz. oyster mushroom, bias cut
- 5 oz. shitake mushroom, sliced
- 4.5 oz. fingerling potatoes, diced
- 4.2 oz. carrots, diced 1/4 inch
- 1 oz. red onion, diced 1/4 inch
- 1 tbsp. garlic, minced
- 1 tbsp. ginger, minced
- 5 whole bay leaves
- 1 cup green onion, 1/8 in. bias cut

PREPARATION

1. Filling Bring all grains (couscous, quinoa, and lentils) to a boil over medium-high heat in separate saucepans until tender. Drain well and cool. Add the couscous, quinoa, lentil, tofu, garbanzo beans, kidney beans, cannellini beans, diced yellow onion, shiitake mushroom, roasted pepper, and roasted jalapeno to a food processor bowl. Add vegetable base and salt. Blend/process until ingredients are fully incorporated. Make 4 oz. patties of the plant-based protein. Place into a freezer to make patties firm. Remove patties from the freezer after 30 minutes and cut into strips. Preheat an oven to 350 degrees. Place strips into the oven for 15-18 minutes, until browned. Place basmati rice into a steamer. Steam for 15 to 20 minutes.

2. Sauce Blanch diced fingerling potatoes and diced carrots for three to five minutes in boiling water. Drain and cool. Heat oil in a large pot or kettle. Add garlic, ginger, and onions. Sauté until onions are translucent, approximately 5 minutes. Add the blanched diced potatoes, shiitake mushrooms, oyster mushrooms, and whole bay leaves.



ADOBO DE LA TIERRA (CONT.)



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INGREDIENTS

Sauce (cont.)

- 1 tsp. black pepper
- 2 tbsp. brown sugar
- 1/8 cup cornstarch
- 1 cup white vinegar
- 1.5 cups soy sauce
- 1 tbsp. vegetable base
- 1 tbsp. canola oil
- 12 butter lettuce leaves

Atchara (pickled papaya)

- 12 tbsp. green papaya, grated
- 6 tbsp. carrots, grated
- 3 tbsp. jalapeno, seeded, slivered
- 6 tbsp. white vinegar
- 3 tbsp. white sugar, granulated
- 3 tbsp. salt, Kosher
- 3 tbsp. yellow bello pepper

PREPARATION

- 1. Sauce (cont.)** Cook for 2 minutes. Add soy sauce, white vinegar, vegetable base, brown sugar, and cornstarch. Bring to a simmer. Cook for 10 to 15 minutes, until internal temperature is 165 degrees. Add the blanched diced carrots and sliced green onion. Reserve adobo sauce until filling is placed within a butterleaf lettuce cup.
- 2. Atchara** Combine papaya, carrots, and jalapeno in a mixing bowl. Add salt and let sit for 10 minutes to draw out water. After 10 minutes, squeeze remaining water out of the mixture. Mix vinegar and sugar in another bowl. Combine papaya mix and vinegar mix. Let rest for a minimum of 30 minutes.
- 3. Plating** Place cooked strips into butter lettuce leaf, top with adobo sauce, and garnish with atchara. Serve two lettuce cups with 4 oz. of basmati rice on the side.

