

## Chef from the Hood Recipes



### Chefs:

Alex Bury of Sparks Vegetarian Restaurant & Cooking School  
Downtown Guerneville

### Recipe:

Brazilian Kabobs!

### Ingredients:

#### For the sauce:

3/4 cup filtered water  
3/4 cup organic canola or safflower oil  
1/4 cup organic maple syrup  
1/2 cup organic tamari  
OR 1/3 cup soy sauce (tamari is better in this recipe)  
1/2 cup organic apple cider vinegar  
2 tablespoons ground nutmeg  
PLUS 1 tablespoon OF EACH of these ground spices:  
allspice, cinnamon, black pepper & clove 8  
cloves garlic, peeled  
1/2 onion, peeled and rough chopped,  
OR 5 green onions, roots removed and  
rough chopped  
1/2 bunch cilantro, washed & trimmed

#### For the skewers:

(soak skewers in water if wood)  
3 blocks (3 packages) fresh firm tofu, cut  
into 1" cubes  
3-4 seasonal summer vegetables, RAW  
bell peppers, zucchini, onion, eggplant,  
mushrooms, etc. and/or PAR-COOKED  
yams, potatoes or carrots. (Steam or boil  
until not quite done, cool, thread on  
skewers with raw items, so that all  
vegetables will finish cooking at the same  
time.)

Nothing says warm weather party fare like kabobs. Chef Alex Bury's meatless version is packed with flavor and protein, yet free of saturated fat. Serve kabobs Carnival style with rice and tropical grilled pineapple or mango. (Carnaval SF runs May 25th, festivities air on KQED, 9).

Puree the sauce ingredients in a blender until thick and smooth. Taste, then say, "Wow! This is delicious!" Adjust seasoning if necessary. Wash your hands VERY WELL and remove your jewelry. Get out a sheet pan for the finished skewers (your hands will be too messy to grab it later). Toss the tofu and veggies with some of the sauce in a bowl or hotel pan. Make sure all pieces get a good covering. Make your skewers: once piece of each item on each skewer. To oven roast: lay skewers on a sheet pan, place in a hot oven (450°) and roast until tender and dark brown. To grill: Place skewers over medium flame and turn a few times until dark brown and the veggies are tender. Serve with more of the sauce on the side. Yum!