

Mai Cookbook

~ Bus life food & easy dishes ~



Pho

- ~ Veggie broth
- ~ pho spices
- ~ shirataki noodles
- ~ hemp Tofu
- ~ mushrooms
- ~ sprouts & micro sprouts
- ~ cilantro, kafir lime, thai basil

Sauerkraut noodles

- ~ Sauerkraut
- ~ Kimchi
- ~ Shirataki noodles (panfry them in coco amino's, garlic, olive oil)
- ~ Spring Onions (*option: cilantro)
- ~ Bacon tempe, vegan sausage or canned wild tuna
- ~ Micro (broccoli) sprouts

Spiralized pasta

- ~ Zucchini (replace with sweet potato, beet, carrot, radicchio)
- ~ pesto
- ~ basil & spring onion
- ~ Avocado
- ~ Olives
- ~ pine nuts
- ~ Fried onion

Salad

- ~ Greens
- ~ Micro (broccoli) sprouts
- ~ Avocado
- ~ Peeled and de seeded cucumber
- ~ Palm heart / Artichoke
- ~ Wild salmon / A2 Cheese / Tempe
- ~ Dressing: Olive oil & Balsamic - or Joe's Sause: coco amino's & mustard
- ~ Topping: Nuts or fried onions

Lettuce Boats

- ~ Organic Romain lettuce
- ~ Cauliflower Humus (or Guacamole)
- ~ Avocado
- ~ Sprouts & Micro
- ~ Vegan Chorizo, Tempe, 'bacon' (or 'falafel' & tahini)
- ~ Spring Onion, Cilantro
- ~ Fried Onion

Lettuce 'Burger'

- ~ Iceberg lettuce
- ~ Avocado, deseeded & peeled tomato
- ~ Pickles
- ~ Onion
- ~ Grass fed beef burger
- ~ A2 Cheese

Egg wraps

- ~ egg wraps (sprouts)
- ~ cauliflower humus (PP topping)
- ~ avocado
- ~ basil, spring onion
- ~ prosciutto

Thai Cauliflower Rice

- ~ Cauliflower rice
- ~ Thai Curry (Penang) & coconut milk
- ~ Bamboo shoots & Chestnuts
- ~ Sprouts & Micro
- ~ Mushrooms, Bok choy
- ~ Vegan chicken or tofu
- ~ Cilantro, kafir lime leave, Thai basil

Cauliflower & Broccoli & TJ's Jackfruit cakes

- ~ Cauliflower
- ~ Broccoli
- ~ Joe Sauce; mustard, coco aminos
- ~ Nutritional yeast
- ~ toasted sesame seeds & sesame oil
- ~ Jackfruit cakes

Creamed Spinach Omelet

- ~ Eggs
- ~ Milk & PP flour for binder
- ~ Vegan chorizo
- ~ Spinach
- ~ Mushrooms
- ~ Onion, garlic
- ~ Micro sprouts for topping

Joe's Mushroom Stroganoff

- ~ Oyster mushrooms & normal
- ~ vegetable stock ~ 'better than bouillon' garlic flavor
- ~ coconut milk
- ~ Montreal steak seasoning
- ~ sage
- ~ parsley (at the end)
- ~ almond flour & water mix to thicken it up

Veggie medley & Scallops ~ Wok dish

- ~ Scallops or wild salmon
- ~ mushrooms, asparagus, bok choy, leek, okra (fry in Joe sauce)
- ~ 1 big sweet onion, garlic
- ~ dehydrated Onion on top

Seared Scallops & Cauliflower risotto

- ~ 1 lb. jumbo scallops
- ~ 2 tbl salted butter
- ~ 1 tbl olive oil and S&P
- ~ 1 lb. riced cauliflower
- ~ 1 cup Parmesan
- ~ 1 cup heavy whipping cream (replace with PP)
- ~ 3 garlic
- ~ (small chopped) Broccoli, asparagus, mushrooms
- ~ green onions

Creamed Spinach Prawn noodles

- ~ Spinach
- ~ cream cheese (replace PP)
- ~ Shirataki noodles
- ~ Garlic & (spring) Onion
- ~ Mushrooms
- ~ Prawns/Scallops/Vegan

Shrimp & Spinach Alfredo

- ~ Shirataki noodles
- ~ 3 cups spinach
- ~ 1 lb Shrimps/ scallops
- ~ ½ cup heavy whipping cream (replace PP)
- ~ 4 oz. cream cheese (replace PP)
- ~ 1 tbl ghee
- ~ ½ cup Parmesan
- ~ Garlic & Onion
- ~ Italian seasoning, S&P

Pasta ala Mamala

- ~ Shirataki noodles
- ~ Onion & garlic, fry
- ~ sundried tomato (replace PP, like artichoke)
- ~ Mushrooms, Spring onions
- ~ Smoked (wild) salmon
- ~ Crème fraiche (PP replace) for creamy

Beetroot Burgers (using pressure cooker)

- ~ 8 beetroots
 - ~ 6 big carrots
 - ~ 3 big Onions
 - ~ 20 cloves garlic
 - ~ 3 cup (1lb) (pressure cooked) quinoa, 6 cups water
 - ~ 3 cups (1lb) lentils, 6-8 cup water (pressure cooked)
 - ~ PP flour (millet, sorghum, green banana etc)
 - ~ flax meal (&/or xanthan/tapioca/baking powder) for binding
 - ~ 6 eggs
 - ~ spices; caraway seeds, mustard, garlic & onion powder, S&P
- Condiments:
- ~ mustard, pickles, nutritional yeast
 - ~ Romain lettuce for burger, Avocado, (micro)sprouts
 - ~ cottage cheese (replace with cauliflower humus)
 - ~ Thai basil or cilantro

Cauliflower Pizza (oven)

- ~ Cauliflower crust (or broccoli) TJ's
- ~ PP base, like cauliflower humus (no tomato or eggplant)
- ~ Mushrooms, onion, artichoke, palm heart, micro sprouts, arugula
- ~ Parmesan cheese
- ~ Pesto
- ~ Basil, (spring) onion
- ~ Vegan sausage/bacon or tempe

Pao de Queijo (oven)

- ~ 2 cups tapioca
- ~ $\frac{3}{4}$ cup milk (1/2 can coco, $\frac{1}{4}$ water)
- ~ 1/3 cup A2 butter/ghee
- ~ 1 tbl iodized salt
- ~ 2 eggs, beaten
- ~ 1 cup parmesan

Asian Coleslaw

- ~ 2 cups shredded Napa cabbage
- ~ 2 cups red cabbage
- ~ 5 cups thinly sliced green cabbage
- ~ 2 carrots, julienned
- ~ 6 green onion, chopped
- ~ ½ cup cilantro
- ~ 2 tbl minced garlic
- ~ 2 tbl minced ginger
- ~ 3 tbl brown sugar (replace PP)
- ~ 3 tbl coconut aminos
- ~ 5 tbl (PP)nut butter
- ~ 6 tbl olive oil
- ~ 6 tbl rice wine vinegar

Sushi Roll

- ~ Nori seaweed
- ~ steamed cauliflower rice (1-2 tbl rice vinegar, coco aminos/mustard)
- ~ Avocado, Cucumber (deseeded)
- ~ Asparagus, Onion, Sprouts
- ~ Wild (smoked) salmon

Sushi Bowl

- ~ 4 cups riced cauliflower
- ~ 8 oz wild fish
- ~ ½ avocado
- ~ ½ cucumber (deseeded and peeled)
- ~ sheet of Nori, into small pieces
- ~ 1 tbl coconut oil
- ~ 1 tbl toasted sesame oil & seeds
- ~ 2 tbl mayo (replace PP)
- ~ 2 tbl siracha
- ~ ½ cup red cabbage (shredded), garnish
- ~ ½ cup radish, thin rounds
- ~ Fried onion
- Option * bamboo, chestnuts

Buddha Bowl

- ~ Coleslaw, Greens
- ~ sprouts, micro
- ~ cilantro, basil, rocket
- ~ avocado, cucumber (deseeded & peeled)
- ~ Joe sauce: mustard & coco aminos
- ~ Tempe, dumplings, fish, *falafel

Home made Sauerkraut

- ~ 5 lb (1big crop) Cabbage
- ~ 3 tbl. Salt > kneed until water comes out
- ~ 5 carrots
- ~ 1 spicy island pepper (madam jeanet)

Kimchi

- ~ 3-8 pound Napa cabbage (vary: bok choy, collard greens, celery, radish etc)
- ~ 3 large carrots
- ~ 2 bunches green onions
- ~ 15/20 cloves garlic
- ~ 4-6" peeled Ginger
- ~ ½ cup salt (knead until water comes out of veggie mixture)
- ~ 4 tbl Miso
- ~ 1 tbl fish sauce
- ~ ½ cup Korean Chili powder

Kimchi Pancakes

- ~ 3 cups chopped Kimchi
- ~ 1,5 cup water or kimchi juice
- ~ 1,5 cup flour (Sorghum, green banana, millet)
- ~ 3 tbl green onions
- ~ Top with cilantro, sprouts, avocado

My Fave ~ Green pancakes

- ~ Any Greens (spinach, kale, dandelion, collard greens etc) – in food processor
- ~ 1 cup Casava flour, ½ cup tapioca
- ~ 1 cup water
- ~ Garlic powder, S&P
- ~ Top with cauliflower humus, parmesan cheese, mushrooms, onion, rocket, nutritional yeast

Pancakes

Pancakes ala Eva

- ~ Coconut flour
- ~ Almond flour
- ~ 2 tbl tapioca flour
- ~ psyllium husk
- ~ baking powder/soda/xanthan gum
(*option: 2-4 eggs)
- ~ coconut Milk

Sweet: monk, eggnog spices, van&almond extract, saffron

Savory: S&P, Nutritional yeast, paprika, liquid smoke

Dutch pancakes – keto – pannenkoeken

20min, 4servings, oven or air fryer

- ~ 4 oz cream cheese (replace PP)
- ~ 4 pasture raised eggs
- ~ ¼ tsp (aluminum free) baking soda
- ~ ¼ tsp cinnamon
- ~ ½ tsp vanilla extract
- ~ pinch of pink salt
- ~ ½ tsp ACV
- ~ 3 tbl unsalted butter/ghee
- ~ strawberries or berries (Org)
- ~ monk fruit

Flaxseed pancakes

- ~ ½ cup sun flour seed meal (replace with PP, like green banana flour)
- ~ ½ cup blanched almond flour
- ~ ¼ cup flax seed meal
- ~ 3 large eggs
- ~ 1 tsp GF baking powder
- ~ ¼ tsp salt
- ~ ¼ cup avo/coco oil
- ~ ½ cup sparkling water (for fluffy) or more, up to ¾ cup
- ~ 1 tsp vanilla extract
- ~ monk fruit

Soups

Frans Pho spices

- ~ 1 gallon broth
- ~ ½ cinnamon stick, 1 ½"
- ~ ½ tsp cloves
- ~ ¼ tsp fennel seeds
- ~ 1 star anise
- ~ 2 cardamon pods
- ~ 1 stalk lemongrass

Cream of Asparagus

- ~ 2 lb Asparagus (ends trimmed), cut into 1" pieces
- ~ 2 tbl ghee
- ~ 2 clove garlic
- ~ 2 cups broth
- ~ ½ cup heavy cream (replace PP)
- ~ S&P, Chives, Dill

'Bacon' Cauliflower Chowder

- ~ 1 head cauliflower, cut small
- ~ 1 Onion
- ~ 2 big carrots
- ~ 2 stalks Celery
- ~ 2 cloves garlic
- ~ 2 tbl PP flour
- ~ 1 qt Broth
- ~ 1 cup (PP) milk
- ~ 4 slices 'bacon'
- ~ 2 springs Thyme, S&P

Creamy Broccoli Cheddar

- ~ 2 heads broccoli
- ~ 1 onion & 2 cloves garlic
- ~ 3 tbl PP flour
- ~ 3 tbl butter/ghee
- ~ 4 cups broth
- ~ 2 cups half & half (replace with PP)
- ~ 3oz sharp white cheddar (A2 replace)
- ~ Nutmeg, S&P

Thai Chicken Coconut

- ~ 6 cups Broth
- ~ 1 cup coconut milk
- ~ 1 lb (vegan) chicken
- ~ 1 tbl freshly minced ginger
- ~ 1 tbl fish sause
- ~ Juice of 1 lime
- ~ cilantro, thai basil
- ~ 4oz shirataki mushrooms
- ~ 1tbl Olive oil
- ~ bamboo shoots

Thai Tom Yam Soup (fresh) (1-2 servings)

- ~ 2 cups broth
 - ~ 1 tbl tom yam paste
 - ~ 2 stalks of lemon grass (white part & pounded)
 - ~ 3 slices galangal
 - ~ 2 kafir lime leaves
 - ~ Onion, sliced
 - ~ 2 thai chillis, chopped (replace PP with more ginger)
 - ~ 2 tbl fish sauce
 - ~ 1 tbl coconut sugar (monk)
 - ~ mushrooms
 - ~ pan fried tofu
- Topped with
- ~ coconut milk
 - ~ salt, lime, cilantro

Bone broth (dr. Axe)

- ~ 4 lb beef bones with marrow
- ~ 4 carrots , peeled
- ~ 4 celery stalks
- ~ 2 medium onions, peel on, sleced in half, lengght wise & kwartered
- ~ 4 garlic cloves, peel on & smashed
- ~ 1 tsp salt & 1 tsp whole pepper corns
- ~ 2 bay leaves
- ~ 3 sprigs fresh thyme
- ~ 6 sprigs parsley
- ~ ¼ cup ACV
- ~ 18-20 cups water

Smoothies & drinks

Eva's superfood shakie

- ~ Greens
- ~ Avocado
- ~ Lemon
- ~ (deseeded & peeled cucumber)
- ~ Psyllium husk, flax seeds, maca, acai, collagen, inulin
- ~ Cinnamon, Monk, Orange oil or keto powder for flavor

Michaels Eggnog Shakie

- ~ Milk/coco milk
- ~ Avocado (option; banana)
- ~ 1 egg
- ~ eggnog spices: nutmeg, clove, pumpkin, cinnamon, cardamon, 5 spices, ginger
- ~ vanilla/almond extract, Monk
- ~ maca, flax

Varieties (see telegram for recipes)

- ~ Berry, Lavender, Acai, Mint, Cinnamon & almond butter, tahini, pecan pie, chocolate

Golden milk

- ~ 1/2 can coconut milk
- ~ 1/2 can water
- ~ Golden milk powder, Turmeric, black pepper
- ~ maca, cinnamon, monk
- ~ almond&vanilla extract

Matcha Green tea

- ~ (3tbl) Matcha powder
 - ~ coco milk & water
 - ~ vanilla & almond extract, monk
- Iced: add Ice & more milk

Best tea ever (big pan)

- ~ Mushrooms (reishi, chaga etc)
- ~ Ginger, Turmeric (& bl. Pepper)
- ~ Chai masala spices
- ~ dandelion root
- ~ monk fruit