

Yi-Wen Lee

✕ Plant Forward Whole Foods 🌐 China

2020
FOR
2020
Recipes

FOOD
FOREVER
Biodiversity for Resilience

FOOD IS LIFE
THE CHEFS'
MANIFESTO

Steamed Taro Cake

Ingredients:

1 ½ bowls yam taro, cleaned, peeled and diced into 1-2cm cubes
1 bowl sorghum wholegrain flour
2 tablespoons kudzu root powder or arrowroot starch
2 bowls water
½ - ¾ bowl fava beans
½ cup red bell peppers, diced
5-6 pieces of shiso leaves aka perilla, julienned
5 shallots, finely chopped
1 clove garlic, minced
1 teaspoon fermented organic bean paste
½ teaspoon white pepper
1 teaspoon Sesame oil



Directions:

Heat a pan over medium-high heat, and stir-fry the shallots until they become aromatic. This should take about 3-5 minutes. Then add in the minced garlic, stir for another 1-2 minutes.

Add diced yam to the pan, and stir-fry with the shallots until caramelized brown, another 3-5 minutes. Add in the fava beans or sweet garden peas and diced bell peppers, stir another 2 minutes.

In a separate bowl, mix the sorghum flour, kudzu or arrowroot starch and water, stir until it forms a smooth paste and there are no lumps in the mixture.

Add the flour mixture into the pan slowly, stir until everything forms a thick paste.

Add the fermented bean paste, pepper and julienned shiso leaves, then mix well.

Pour the mixture into a heat proof bowl/plate and steam over high heat for 45 minutes, or until cooked.

Serve with chili sauce on top, and garnish with finely chopped chives or spring onions.



Yi-Wen's Wholefood Health Tips:

Shiso also called Japanese basil or perilla, with red or green leaves, is an anti-bacterial, anti-viral medicinal herb plant, the leaves impart a reddish color and natural flavoring when combined with fermented soybean paste with yam or taro provides added protein and health benefits.

HELP PLANT THE SEED FOR A MORE DIVERSE, SUSTAINABLE, & DELICIOUS FUTURE:

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