




BUDDHA'S
CAFE

HEALTHY WORLD FOODS

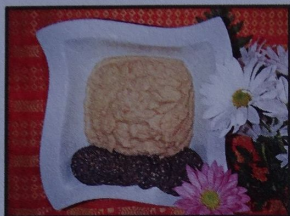
COOKBOOK

Recipes By Supiah Ayu Clarson





MEDITERRANEAN HUMMUS



INGREDIENTS

- 1 1/2 Cups Garbanzo Beans
COOKED
- 1 Tbsp Sesame Seeds
- 1 Clove Garlic
- 2 Tbsp Lemon Juice
- 3 Tbsp Grape Seed Oil
- 1/4 Tsp Cumin
- 1/2 Tsp Sea Salt
- 1/4 Tsp Black Pepper
- 1/4 Cup Hot Water

INSTRUCTIONS

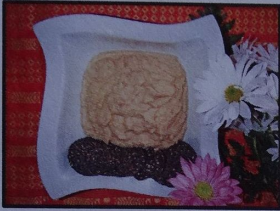
In a Food Processor or Blender
Combine all Ingredients
Blend for 2-3 minutes until Smooth
Serve with Chips or Bread

IF ONE LIVES A PURE LIFE
NOTHING CAN DESTROY HIM

Gautama Siddhartha



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INDONESIAN CASHEW SAUCE

INGREDIENTS

- 2 Tbsp Olive Oil
- 1/2 Cup Chopped Onion
- 2 Cloves Chopped Garlic
- 1 Cup Raw Cashews
- 2 Hot Chili Peppers (OPTIONAL)
- 2/3 Cup Hot Water
- 1 Tbsp Tamarind Juice
- 1/3 Cup Palm Sugar
- 1 Tbsp Organic Sugar
- 1 Tsp Sea Salt
- 2 Lime Leaves

INSTRUCTIONS

Heat the Olive Oil in a pan on Medium
Add Onion, Garlic, Cashews, Chili Peppers
Saute for 3-4 minutes
Until Cashews are golden brown
Set Aside

In a Food Processor or Blender add
Hot Water, Tamarind Juice
Palm Sugar, Organic Sugar, Sea Salt, Lime Leaves
And the Roasted Ingredients
Process it until Chunky Smooth
And Enjoy

BETTER A GOOD DINNER
THAN A FINE COAT

French Proverb



STIR FRIED FRESH RICE NOODLES



INGREDIENTS

- 2 Tbsp Olive Oil
- 1 Cup Chopped Onion
- 3 Cloves Chopped Garlic
- 1 Tbsp Sesame Seeds
- 2 Pounds Fresh Rice Noodles
- 2 Tbsp Tomato Sauce
- 2 Tbsp Indonesian Sweet Soy Sauce
- 1 1/2 Tsp Sea Salt
- 1/4 Tsp Black Pepper
- 1 Cup Bean Sprouts
- 1/3 Cup Chopped Green Onion

INSTRUCTIONS

Heat the Olive Oil in a pan on Medium

Add Onion, Garlic, Sesame Seeds

Saute for 3-4 minutes

Add Noodles, Tomato Sauce, Indonesian Sweet Soy Sauce

Sea Salt and Black Pepper

Saute for 3-4 minutes

Mix with a Spoon until Noodles are soft

Add Bean Sprouts and Green Onion

Saute for 1 minute

And serve

MY RELIGION IS VERY SIMPLE
MY RELIGION IS KINDNESS

Dalai Lama



TOFU STEAK SAUCE

INGREDIENTS

- 2 Tbsp Olive Oil
- 1/4 Cup Chopped Onion
- 1/2 Cup Tomato Sauce
- 1 Tbsp Soy Sauce
- 2 Tbsp Organic Brown Sugar
- 1 Tsp Sea Salt
- 1/2 Tsp White Pepper
- 1/4 Cup Pure Water
- 1 Tsp Roasted Sesame Seeds

INSTRUCTIONS

Heat the Olive Oil in a pan on Medium

Saute the Onion for 2 minutes

Add Tomato Sauce, Soy Sauce, Organic Brown Sugar

Sea Salt and White Pepper

Stir for 3-4 minutes

Add Water

Stir for 1 minute

Pour Sauce right on top of the Tofu Steak

Sprinkle with Roasted Sesame Seeds

And serve

WHEN YOU HAVE ONLY TWO PENNIES
LEFT IN THE WORLD
BUY A LOAF OF BREAD WITH ONE
AND A LILY WITH THE OTHER

Chinese Proverb



TOFU STEAK

INGREDIENTS

- 1 Pound Pack of Tofu
- 1/4 Cup Chopped Cilantro
- 2 Tbsp All Purpose Flour
- 1 Tsp Sea Salt
- 1/2 Cup Olive Oil



INSTRUCTIONS

Place Tofu into a Large Bowl
 Mash it with a Fork or your Hand until Smooth
 Add Cilantro, All Purpose Flour, Sea Salt
 Mix until Ingredients combine
 Make a Round Shape like a Burger Patty
 Makes 8 Pieces

Heat the Olive Oil in a on Medium
 Fry Tofu Steaks for 3 minutes on each side
 Until golden brown
 Serve with Tofu Steak Sauce



THE DISCOVERY OF A NEW DISH
 DOES MORE FOR HUMAN HAPPINESS
 THAN THE DISCOVERY
 OF A NEW STAR

Jean Anthelme Brillat-Savarin

TOFU SESAME



INGREDIENTS

- 1/3 Cup Olive Oil
- 1/2 Cup Chopped Onion
- 2 Cloves Chopped Garlic
- 1 Cup Chopped Green Beans
- 1 Cup Sliced Cherry Tomato
- 1 Tbsp Sesame Seeds
- 2 Cups Fried Tofu
- 2 Tbsp Tomato Sauce
- 2 Tbsp Indonesian Sweet Soy Sauce
- 2 Tsp Sea Salt
- 1/4 Tsp Black Pepper
- 1 Tsp Corn Starch & 4 Tbsp Water
MIXED

INSTRUCTIONS

- Heat the Olive Oil in a pan on Medium
 Saute the Onion and Garlic for 2 minutes
 Add Green Beans, Cherry Tomato, Sesame Seeds
 Saute for 3 minutes
 Add Tofu, Tomato Sauce, Indonesian Sweet Soy Sauce
 Sea Salt and Black Pepper
 Stir for 2 minutes
 Add Corn Starch Mix
 Stir for 1 minute
 And serve

HAPPINESS IS NOT
 SOMETHING READY MADE
 IT COMES FROM YOUR OWN ACTIONS

Dalai Lama



FRESH TOFU BASIL

INGREDIENTS

- 3 Tbsp Grape Seed Oil
- 1/2 Cup Chopped Onion
- 2 Cloves Chopped Garlic
- 1 Large Chopped Tomato
- 1 1/4 Tsp Sea Salt
- 1/4 Tsp Black Pepper
- 1/2 Pound of Tofu
CUT INTO SMALL CUBES
- 1 Tbsp Lime Juice
- 1/3 Cup Pure Water
- 1/2 Cup Bean Sprouts
- 1/2 Cup Basil



INSTRUCTIONS

Heat the Grape Seed Oil in a pan on Medium
 Saute the Onion and Garlic for 4 minutes
 Add Tomato, Sea Salt, Black Pepper
 Stir for 2 minutes
 Add Tofu, Lime Juice, Water
 Stir every 30 seconds for 5 minutes
 Add Bean Sprouts and Basil
 Stir for 1 minute
 Serve with Rice



HEALTH IS THE GREATEST GIFT
 CONTENTMENT THE GREATEST WEALTH
 FAITHFULNESS THE BEST RELATIONSHIP

Buddha

GRILL TOFU NIRVANA



INGREDIENTS

- 1 Pound Pack of Tofu
CUT INTO 1" THICK SLICES
- 2 Cups Pure Water
- 3 Cups Mixed Fresh Vegetables
CHOPPED BROCCOLI, CARROT
CABBAGE, GREEN BEANS
- 1/2 Cup Coconut Milk
- 2 Tsp Organic Curry Powder
- 1 Tbsp Organic Sugar
- 1 1/2 Tsp Sea Salt
- 1/4 Tsp Black Pepper

INSTRUCTIONS

Put the Griller on top of your Stove on Medium heat
 Spray it with Olive Oil
 Grill Tofu for 3 minutes on each side
 Until it has a Grill Mark
 Put it on a Plate and Set Aside

In a pot bring the Water to a Boil
 Add Mixed Vegetables
 Cook for 2 minutes and Strain
 Place the Vegetables on top of the Grill Tofu

In a pan on Medium heat add
 Coconut Milk, Organic Curry Powder, Organic Sugar
 Sea Salt and Black Pepper
 Simmer for 2 minutes
 Pour right on top of Tofu and Vegetables
 And serve

TEMPEH GINGER SESAME

INGREDIENTS

- 6-8oz Pack of Tempeh
CUT INTO 1/2" THICK STRIPS
- 1/2 Cup Olive Oil
- 2 Tbsp Olive Oil
- 1/2 Cup Chopped Onion
- 2 Cloves Chopped Garlic
- 1 Tbsp Sesame Seeds
- 1 Tbsp Sesame Oil
- 1/2 Cup Chopped Bell Pepper
- 1 Large Chopped Tomato
- 2 Tbsp Sliced Ginger
- 1 Tbsp Indonesian Sweet Soy Sauce
- 1 Tsp Sea Salt
- 1/4 Tsp Black Pepper



INSTRUCTIONS

Heat 1/2 Cup Olive Oil in a pan on Medium
Fry the Tempeh for 3 minutes on each side
Until golden brown
Set Aside

Heat 2 Tbsp Olive Oil in a pan on Medium
Add Onion, Garlic, Sesame Seeds
Saute for 3 minutes
Add Sesame Oil, Bell Pepper, Tomato, Ginger
Indonesian Sweet Soy Sauce, Sea Salt, Black Pepper
Saute for 3-4 minutes
Add the Fried Tempeh
Stir together for 2 minutes
And serve

SWEET & SOUR TEMPEH



INGREDIENTS

- 6-8oz Pack of Tempeh
CUT INTO 1" THICK SLICES
- 1/2 Cup Olive Oil
- 2 Tbsp Olive Oil
- 1/2 Cup Chopped Onion
- 2 Cloves Chopped Garlic
- 1/4 Cup Chopped Bell Pepper
- 1/2 Cup Tomato Sauce
- 1 Tsp Soy Sauce
- 1 Tbsp Organic Brown Sugar
- 1/2 Tsp Sea Salt
- 1/4 Tsp Black Pepper
- 1 Cup Chopped Pineapple

INSTRUCTIONS

Heat 1/2 Cup Olive Oil in a pan on Medium
Fry the Tempeh for 3 minutes on each side
Until golden brown
Set Aside

Heat 2 Tbsp Olive Oil in a pan on Medium
Saute the Onion and Garlic for 3 minutes
Add Bell Pepper, Tomato Sauce, Soy Sauce, Brown Sugar
Sea Salt and Black Pepper
Stir for 2 minutes
Add Fried Tempeh and Pineapple
Stir for 2 minutes
And serve

EGGPLANT BASIL DELIGHT

INGREDIENTS

- 2 Japanese Eggplants
CUT INTO 1" THICK SLICES
- 1/2 Cup Olive Oil
- 2 Tbsp Olive Oil
- 1/2 Cup Chopped Onion
- 2 Cloves Chopped Garlic
- 1 Large Chopped Tomato
- 1 Tbsp Indonesian Sweet Soy Sauce
- 1/2 Tsp Sea Salt
- 1/4 Tsp Black Pepper
- 1/2 Cup Basil



INSTRUCTIONS

Heat 1/2 Cup Olive Oil in a pan on Medium
 Fry the Eggplant for 2 minutes on each side
 It will be tender when done
 Set aside on a Paper Towel to absorb the Oil

Heat 2 Tbsp Olive Oil in a pan on Medium
 Saute the Onion and Garlic for 3 minutes
 Add Tomato, Indonesian Sweet Soy Sauce
 Sea Salt and Black Pepper
 Stir for 3 minutes
 Add the Fried Eggplant and Basil
 Stir together for 2 minutes
 And serve



CREATIVITY IS EXISTENCE
 AND EXISTENCE IS CREATIVITY