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We Develop Client Recipes for Consumer & Foodservice Publications

Apricot Pumpkin Miso Glazed Soy 'Chicken'

Feb 4, 201

From: Chef Seamus Scott, Roots Market, Clarksville

4 frozen soy "chicken" breasts
2 scallions, finely chopped
½ cups apricot pumpkin miso glaze (recipe follows)

Apricot Pumpkin Miso Sauce (yields 5 cups):

2 Tbsp. soybean oil
1 medium yellow onion, diced
3 Tbsp. white miso paste
1 Tbsp. tamari or soy sauce
28 oz. apricot jam
1½ cups water
6 Tbsp. canned pumpkin puree
½ tsp. amchur (dried mango) powder
½ tsp. red pepper flakes
½ tsp. sea salt

For apricot sauce: In medium sauce pan, add oil & onion, sauté 5 minutes, stirring regularly. Add miso and tamari; cook 5 minutes, stirring regularly. Add pumpkin puree, water, and apricot jam; cook 10 minutes, stirring regularly. Add amchur, red pepper flakes, and sea salt; cook 5 minutes, stirring regularly. Remove from heat and let cool.

For soy "chicken": In a 13" x 9" pan, place 4 frozen soy "chicken" breasts. Pour apricot sauce over chicken. Marinate for 15 minutes. Remove from pan and broil for 5 minutes on each side. Remove from broiler and serve with an additional ¼ cup of sauce.

Note: Sauce can also be used with tofu, vegetables, or other proteins.



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Hy-Vee Chef Wins Iowa State Fair Competition

Competitors vie for healthiest salad dressing recipe

August 17, 2016, 01:25 pm



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August 17, 2016, 01:25 pm



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State fair food is commonly known for its deep-fried excess, but this year's Iowa State Fair featured a contest showcasing options that are both healthy and delicious.

This week's competition, hosted by The Soyfoods Council and the Iowa Restaurant Association, allowed fairgoers to watch four local chefs make and discuss their tofu-based salad dressings in front of a panel of professional judges, then sample the results.

The winner: Chef Alex Strauss from the Market Café at the West Lakes Hy-Vee supermarket in West Des Moines. Strauss won over the crowds as well as a six-judge panel with his gold medal-winning sweet and spicy creamy mango habanero dressing, served over a mixed local greens salad with avocados, hearts of palm, red peppers and Jamaican jerk pork.

Healthy and Consumer Friendly

The competing chefs were challenged to make salad dressing recipes using soft silken tofu as the base; the dressings had to be consumer friendly and were delicious enough to put on a restaurant menu.

The other competitors were Chef Kerri Rush, Fresh Café & Market, who won second place for her Olive-Avotziki salad dressing; Chef Hassan Atarmal, Fresh Mediterranean Express, third place, Waukee-tofu soy ginger dressing; and Chef Patrick Cashman, Guru BBQ, Des Moines, fourth place, tofu roasted raspberry chipotle dressing

All participants received cash prizes.



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