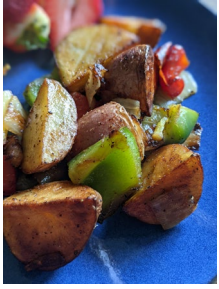


Brunch at Home

Spring 2021



For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley

Breakfast Potatoes

Vegan. Common allergens: Check vegan butter label if using.

Serves 4

Lightly adapted from [Minimalist Baker](#)

Ingredients

- 1 pound red potatoes, scrubbed clean
- 1 bell pepper, roughly chopped
- ¼ yellow onion, roughly chopped
- 3-4 tablespoons vegan butter (or olive oil)
- 1 teaspoon sea salt
- ½ teaspoon garlic powder
- ½ teaspoon ground black pepper

Instructions

1. Cut potatoes in quarters, place in a microwave safe bowl, cover, and heat for 4 minutes or until they begin to soften.
2. Heat a skillet to medium heat. Add 1 tablespoon oil or butter and add the onion and bell pepper. Sauté for 5 minutes, stirring occasionally, until they start to brown. Remove from pan.
3. Cut cooked potatoes into quarters, and place 3 tablespoons oil or butter onto the hot skillet. Add the potatoes.
4. After about 4 minutes, use a fork or spatula to tip the potato over onto its other side to brown evenly.
5. After another 3-4 minutes, flip the potatoes on their backsides (skin side down), add back onion and bell pepper and season with salt, pepper and garlic powder. Cook for another 2-4 minutes until crispy and golden brown on all sides.



Dalgona Coffee

Vegetarian, can be vegan. Common allergens: Milk, but could be made with plant milk (which may contain other allergens). Contains caffeine.

Serves 2

Ingredients

- 2 tablespoons instant coffee
- 2 tablespoons warm water
- 1 tablespoon granulated sugar
- about 1 cup milk or plant milk

Instructions

1. Combine instant coffee, water and sugar in a bowl or cup with enough room for the mixture to expand about 4 times.
2. Using a hand mixer or milk frother, blend until stiff peaks form. This can take anywhere from 2-6 minutes.
3. Put ice in 2 glasses, fill each with about ½ cup milk (or more to taste), then top with whipped coffee. Stir and enjoy.

Notes

- This coffee is very strong. You may wish to use decaffeinated coffee.
- Use a milk alternative such as oat or almond milk to make it dairy-free and vegan.
- The general formula for this recipe is 2 parts instant coffee, 2 parts water, and 1 part sugar. Most dalgona coffee recipes call for equal parts of all 3 ingredients, but it also works to use less sugar.
- This recipe does not work with brewed coffee or without sugar. The ingredients listed are necessary to make it whip properly.

Spring Veggies to Cook & Grow

Spring 2021

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Southwest Tofu Scramble

Vegan. Common allergens: Soy.

Serves 4

Recipe from [Minimalist Baker](#)

Ingredients

- 12-16 ounces extra-firm tofu
- 2 tablespoons olive oil
- ½ red or yellow onion, thinly sliced
- 1 red pepper, thinly sliced
- 4 cups kale, loosely chopped, about 1 bunch

For the sauce:

- ½ teaspoon sea salt
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- Water (to thin)
- ½ teaspoon turmeric (optional)

Optional toppings

- Salsa
- Cilantro
- Hot Sauce

Instructions

1. Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast-iron skillet, for 15 minutes.
2. While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.
3. Prep veggies and warm a large skillet over medium heat. Once hot, add olive oil and the onion and cook until it begins to brown. Add bell pepper and cook for 2 minutes.
4. Add kale, season with a bit more salt and pepper, and cover to steam for 2 minutes.
5. In the meantime, unwrap tofu and use a fork to crumble into bite-sized pieces.
6. Use a spatula to move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned.
7. Serve immediately or freeze for up to 1 month and reheat on the stovetop or in the microwave.

Notes

- You could also make this recipe with eggs. Whisk the eggs together and add them to the pan in step 6. Only cook as long as needed, which may be less than 5-7 minutes.