

- [Cynthia] All right, okay, we're live.

- Hi, everyone, welcome to  
our Cook With Us live demo

on Facebook for today.

We've changed to a new day.

So thank you for those  
of you who remembered

and are joining us Tuesday, on  
new day for our Facebook live

Cook With Us demos.

So today's recipe is a mouthful,

and I don't know how many people  
are viewing at the moment,

whether I should go straight into it

or whether I should do  
a little intro first.

But for those of you who don't  
know me, my name is Sisi.

I'm the Community Outreach  
Team Leader for Down to Earth.

And I have the privilege  
of teaching you guys,

how to cook in your home,  
on your lunch break.

Hopefully not while you're driving,

but wherever you are, it's  
been awesome to have you

join us here in our  
Honolulu Community Kitchen.

So today's recipe, like  
I said, is a mouthful.

It's a vegan, mac and cheese,  
pulled pork and bacon wrap.

So if you would like the recipe,

you can go to [d2e.co/mpbwrap](https://d2e.co/mpbwrap).

M for mac and cheese, p for pulled pork

and b for bacon, mpbwrap.

So find the recipe on there  
and follow along with us

as we cook here in our community kitchen.

And for those of you who are  
joining us for the first time,

thank you so much.

I know some of you are really  
excited over at Instagram,

so you may have joined us over from there.

So this recipe is a three part recipe

and it actually involves our recipe

that we already did last  
Friday on Instagram.

So for those of you who  
did not catch that demo,

that was alkaloid jackfruit demo.

I actually made it ahead of time.

I did half of the recipe that  
you're following along with,

just for demonstration purposes.

And I actually did this  
one without cabbage.

So it's just the jackfruit.

You can see, it looks, kind  
of has that consistency

of pulled pork.

You can find that demo  
on our Instagram page,

or I've actually created a  
short link as well, [d2e.co...](https://d2e.co)

oh, that's the recipe  
for the demo that we did.

And if you wanna go to  
the actual Instagram page,  
you can go to [d2e.co/jackfruit](https://d2e.co/jackfruit) live.

- [Cynthia] Yeah.  
And that's for

the actual Instagram demo

- [Cynthia] And the  
video of the demo will be

on this page soon.

- Yes, stay tuned, it's  
coming up too soon.

So this is our pulled pork  
that we're going to be using

in our wrap.

But what I wanna show you  
is actually our bacon part

of the recipe.

Now, I am going to be using  
these rice paper roll.

Yeah, you're probably  
looking at this thinking,

"How is that going to become bacon?"

(Cynthia laughs)

We are going to be performing  
some plan basic magic

in this kitchen today.

That's why this recipe is so amazing.

'Cause it's an ingredient  
that is actually so affordable

and it comes with... there are how many

of these wraps in here?

I think there are probably  
about 10, at least,

probably right more  
than that in this pack,

and each wrap can actually  
make several pieces of bacon.

So first thing I'm going  
to do, you can see that

it's actually quite tough, the texture.

So first thing I'm going to do is

I'm going to score the wrapper

and that will actually  
allow me to break it apart.

Now it does break apart,  
you can see even this one,

it breaks apart pretty  
easily when it's own.

So if you don't wanna be  
putting too much force into it,

you can just watch as I do it.

And it's okay if you lose a  
couple of pieces here and there,

that's totally fine.

Bacon is not perfectly  
sliced clean, anyway.

So the way we're gonna do this is,

I'm gonna score it in a half first,

and if you want your  
bacon to be larger pieces,

and I'm gonna send a snap up like this,

and you can see it just  
snaps along that line,

this one didn't quite do it, that's okay.

And I'm going to cut these  
now into smaller slices.

Now, if you want your bacon  
to be a really long strip,

then you can just leave it  
like this and cut like this,

score it like this and snap like that,  
but I'm actually making them smaller  
because I'm putting them into a wrap.

So I'm going to slice them  
into smaller pieces like this,

and you'll notice they aren't  
sliced terribly easily.

I'm just scoring them so I can snap them.

And what I'm going to do is,  
I'm actually going to match up

the pieces on each side with each other.

The reason I'm creating  
these twin sets is because

I'm going to double layer my  
bacon when I actually put it

on my baking sheet.

So these ones go together and  
then these ones go together.

And the reason I'm going  
to do that is because

if you try and make it  
with a single layer,

it actually burns super  
easy and it's very flimsy.

It doesn't have the same  
consistency, that chewiness

that we might be looking for.

- [Cynthia] This texture and the wrath,  
does that help with that bacon texture  
that you're looking for?

- Yes.

It's very chewy.

I haven't eaten bacon in over 12 years  
and I don't necessarily

remember what it tastes like,

but it definitely doesn't have the same...

You're not gonna fool anyone  
by saying, "This is bacon."

But it definitely has the flavoring,

the seasoning and it's really yummy

even if it doesn't taste  
or look like bacon.

- [Cynthia] Yeah, there's  
a lot of bacon substitutes

out there,  
- Yes.

- [Cynthia] but this one is probably  
the cheapest one I've seen.

- Yeah, it's really, really affordable.

The most expensive ingredient on here

can actually even be substituted,  
so it's very affordable.

- [Cynthia] Can you  
show the wrapper again?

- Yes.  
You can, thank you.

- You can buy these in our stores.

And then we also carry  
a brown rice variety

in some of our stores, not all,

but often I like to use that  
one for this recipe as well,

because it naturally  
has that darker coloring

which works a little more.

- [Cynthia] And where do we find these?

'Cause actually I'm  
not even familiar with-

- You can get this in the  
Asian section in our stores.

- [Cynthia] Okay.  
So we have

our Asian, much Mexicans, such Indian,

I hope you can find it there.

- [Cynthia] Okay, cool.  
So what I am going to do now,

I'm actually going to...

and this is an important step

and you don't wanna  
switch these steps around

because I've shared this recipe.

This is actually a great recipe

for a Father's Day coming up  
because we know a lot of dads

do love their bacon,  
and it's a great recipe

that you can make with your kids.

It's really fun to make with kids.

And actually, this is  
my boyfriend's recipe.

So we know that the men love it.

His recipe, it's suited to men's tastes,

but I love it also.

So it's not isolated to men,  
but you could definitely

make this fun, the dads in your life,

the next Sunday's Father's Day.

So what I'm gonna do is,  
you don't want to switch

these steps around because my friends

who I've shared this  
recipe with have switched

the steps around and told me  
it's really, really hard to manage  
when you try to dunk it in the  
water first and then cut it  
because it softens it  
and it's very stickier.

So you wanna score them first,  
then you're going to dip

your piece into...

Oh, before I do that, I  
have to make my marinate.

And actually you're gonna  
see now that I dip this in,

you're going to see how soft  
and hard to manage it becomes.

But before I do that, let  
me make my marinate first.

So what I'm going to do, I'm going to use

my favorite ingredients  
that I use for everything.

Aloe vera aminos, shout out,  
it's on Super Saver right now.

So if you wanna check out  
our Super Saver deals,

grab a copy or applying in stores

or on our website, [downtoearth.org](http://downtoearth.org).

So I'm going to add just  
a couple of tablespoons

and you know what?

I'm going to switch my  
workstation around a little bit

so you can see everything  
a little clearer.

- [Cynthia] Okay.  
I'm gonna move

my spring rolls away, momentarily,

it might be more wrappers.

And those are the same  
wrappers that you use

for summer rolls.

So spring rolls, summer  
rolls, I always get confused

what to called them, but the  
ones that you use to wrap

with tofu and different veggies inside.

So I'm adding my coconut aminos,

- [Cynthia] Okay.  
you can use any substitute

like show you, or tamari,  
or Bragg's liquid aminos.

And then I'm going to take  
actually a couple of tablespoons

of this water here, just  
to make sure I have enough

and to water down my  
marinade a little bit.

- [Cynthia] Did you choose  
these pans or bowl specifically,

'cause they're shallow or does it matter?

- It doesn't really matter.

It's a little bit easier  
if they are shallow

because you can dip them easily,

but whatever dish you have will be fine.

- [Cynthia] Okay.  
Any dish that you can

basically put your mix in.

And then I'm going to  
add a little bit of...

Oh where's my...

Oh there it is.

My onion powder and  
garlic powder in there.

- [Cynthia] Okay, whoa.

- Yeah.  
Nice.

You want that seasoning.

(Cynthia laughing)

This is my boyfriend's  
garlic onion recipe.

- [Cynthia] Yay.  
So I'm gonna mix that

around a little bit.

And then I'm going to add  
a little bit of sesame oil.

I'm using toasted sesame oil.

It's just a little bit more flavorful

than the regular sesame oil,

but if you only have non-toasted,

you can definitely use that as well.

- [Cynthia] Okay.  
And then I'm going to put in

some maple syrup.

Like I said, this is probably  
the most expensive ingredient

on the recipe and you can substitute it

with another sweetener,  
like coconut nectar

or honey, organic.

The reason I'm using maple  
syrup is because of that

maple bacon flavor, but  
you're definitely welcome

to a substitute.

- [Cynthia] Yeah.

Very classic American flavor.

- Exactly, so I'm gonna put a little bit  
of the maple syrup in there.

And then the last  
ingredient I'm going to add

really helps to provide the coloring.

- [Cynthia] Shocker.

Yeah.

- [Cynthia] It's just not a Sisi recipe

without coconut.  
(mumbling)

Yeah, coconut aminos is more propitious.

- Yes, my two favorites.

- [Cynthia] Yes.

They love each other as well.

Okay, so I am going to pop a little bit  
of this smoked paprika in here.

And it really depends on  
how smokey you want it

as to how much you add and  
also how colored you want it.

- [Cynthia] Okay.

It provides the coloring

of the bacon.

So now I'm gonna mix this all together  
and make sure that it's well distributed  
and you can see that smoked paprika  
really gives it that redness.

And actually I'll show  
you some examples of ones

that I put earlier that  
I didn't put as much

smoked paprika in.

Okay, so now comes the part  
where I'm going to dip.

So you can see this one,  
I dipped in the water

and it's very kind of-

- [Cynthia] Wow, it's very flimsy.

- flimsy, sticky, if you  
stick two sides together,

they're gonna stick and  
it's not as easy to manage.

So this one I dipped in the water already.

I can do this now in my marinade.

And then I'm just going to  
lay it on my baking sheet.

And then my matching piece,  
which was this one here,

I'm gonna put in the water,  
then on the marinade.

- [Cynthia] So you have  
a nice assembly line.

- I do.  
Yeah.

- And often, what I do  
is, I actually will score

many of these pieces and  
then I'll do my assembly line

- [Cynthia] Right.  
It depends how much space

I have and I actually often  
do this in the air fryer.

The one I'm making today  
is going to be in the oven.

And I know not everybody has an air fryer.

You definitely don't  
have to have an air fryer

to make these, but I do  
find that the air fryer

does make them a little bit more crispy.

So you see all of our  
twins going on together.

- [Cynthia] Very crucial step.  
Yes.

Crucial, crucial step.  
- [Cynthia] Make sure

the twins support each other.

- Right, they need to  
be there for each other.

Are there any questions so  
far about any of our steps

or any ingredients or anything?

- [Cynthia] There's no  
questions from the customer yet,

- Okay.  
but obviously I'm thinking

like seems it takes a little bit of time

to make this, how much time in advance

can you make these?

- Great question, so this  
is not the kind of recipe

that I usually leave  
and then forget about,

one, because it doesn't take  
a lot of time in the oven

or the air fryer.

It only takes in the air fryer only about

four or five minutes in the oven

or at least seven to eight minutes.

So what I usually do is, I'll make a layer

and then while that one's cooking,

I'll make another layer.

So it's not a recipe you  
can just do and then go away

and do your dishes in the meantime.

So I would set aside at  
least a good half an hour,

to actually spend time making this.

This half an hour will make  
you three layers basically,

'cause three sets of seven  
to eight minutes in the oven,

a little bit of prep (mumbling)  
this side time as well.

So I'm just gonna demo this little batch,

just for demonstration purposes.

You might have a little  
bit of a risk (mumbling)

and now they're going  
to go over to the oven.

So I quickened the oven  
to 400 degrees Fahrenheit

and then put them straight it.

- [Cynthia] So can I make a  
big batch of this a week ahead?

- Yeah, absolutely, you  
can make a big batch.

The texture definitely got the cute one.

I make things and I  
put them in the fridge.

(mumbling), they're actually  
more flavorful the next day,

which isn't surprising, but the texture

is very, very different.

So there's just wanting to use it

maybe with some other dishes,  
just to add some flavor,

then yes, definitely you  
can keep it overnight

or for a few days, but  
if you're wanting it

as a very exculiar bacon  
dish, I would probably

have as breakfast.

- [Cynthia] Okay.  
Yeah.

Okay, now we're gonna go  
over and make mac and cheese.

Okay, so I did actually make a  
vegan grilled cheese sandwich

a couple of weeks ago on  
an Instagram live demo.

And the demo link is [d2e.co/cheese](https://d2e.co/cheese) live,

if you wanna see that  
demo, I did do a demo.

And basically that recipe is actually

a very healthy, cheesy recipe.

So if you're looking  
for a very, very healthy

mac and cheese, not that  
this one isn't healthy,

but that was even healthy.

It's got potatoes and carrots in it.

It's like a very  
veggie-filled mac and cheese,

but cheesy recipes.

You can use that one and  
you can use that sauce

for this mac and cheese recipe.

Or if you want that kind  
of a little bit fattier,

tasting one, creamier, then  
this is probably the one.

So the main ingredient  
for our mac and cheese,

well apart from our  
macaroni, is our cashews.

So I soaked these cashews  
for about three hours.

You can see they're engorged.

And the reason I say this  
one is probably closer

to your dad mac and cheese  
is because it does...

the cashews make it taste  
very fatty or creamy,

so that's why we use the cashews.

If you're not free, you  
can actually substitute

cashews with hemp seeds,

but I would recommend actually  
trying that other recipe

if you're not free because  
it uses less cashews,

and the substitute perhaps is less.

Hemp seeds are usually  
dearer than cashews.

So if you're thinking budget wise as well.

Okay, so I'm gonna put  
these cashews in here,

and then a little bit of water,

and I'm going to put some lemon in there,

make sure you always roll  
your lemon before squeeze

and that allows the juices to flow.

Any questions while we are waiting?

(mumbles)

- [Cynthia] No.

I guess even if you wanna  
make it a little bit easier,

you can also just use the boxed-

- Yes.  
mac and cheese as well.

- Great point, we have a  
number of... (screams).

I'm always thinking lemon everett.

We have a number of both napkin cheeses  
that are very, very popular.

- [Cynthia] Yeah and we have regular ones,  
we have gluten-free  
ones, even a vegan one.

- That's right, and you can  
find them at [downtoearth.org](http://downtoearth.org),

if you wanna shop online or  
curbside pickup or delivery.

And you can just search for  
different product categories

like mac and cheese, or  
you can search for pasta,

whatever you want, it's very, very easy

to use that (mumbles).

Okay, so I'm gonna put some...

this is actually what really makes

this cheesy sauce, cheesy.

And that is nutritional (mumbles).

I've never made a cheesy sauce

without nutritional ingredients.

- That's just crazy talk.  
Right.

That is definite essential  
with every cheesy sauce.

- Oh I have an interesting question,

so if someone asks, "Are  
there any without oil?"

I'm assuming you're talking  
about the mac and cheese

boxed packages, and I'm  
gonna say probably not.

- Right.

You would need

to make that yourself, but  
you have the other recipes

you need to substitute the oils.

- Yes, the other recipe,  
I actually don't even know

if I have oil in my other recipe

'cause I don't often cook with oil.

That is this recipe here  
[d2e.co/grilledcheese](http://d2e.co/grilledcheese).

But even if it does have oil,

you can actually very easily substitute

with veggie broth instead.

But I'm pretty certain it doesn't have oil

because most of my recipes, most of them,

except for like ones where I  
use sesame oil for flavoring,

most are actually oil-free and  
I just slot in veggie broth.

So this one also is oil-free,

but it's not low fat because  
it does have cashews in it.

So if you're on a carnitish,

or if you've been on one  
of those low fat diets,

then you still wanna make sure  
that you try the other recipe  
'cause it's definitely low fat.

But this one is oil free.  
- [Cynthia] Right.

- Well not the other part,  
this mac and cheese part is separate.

(Cynthia laughs)  
- Okay, so now I'm gonna put

some garlic powder and I'm  
actually putting some tumeric in,  
not really for flavor.

You don't wanna put a whole lot in,  
it's more just for coloring.

That gives that good tumeric scent.

Every being yellow, including food.

So it gives it the color that it wants.

I put my garlic powder  
and tumeric in here,

and my last ingredient, I'm gonna put in,

is just a little bit of salt

and actually the nutritional yeasters

comes from natural saltiness to it.

It's not exactly salty,  
but the flavor is just...

it's so out of this world  
that it kind of makes up,

even if you don't have a whole  
lot of salt, it really helps.

Okay, so now I'm just going  
to blend this all together.

Ideally, you want high-power blender.

If you don't have a high-power blender,

fruit processing is great as well.

So it's gonna make some noise.

(blender roaring).

Okay, sorry about that ruckus,

but I wanted to make it really smooth

so you can see how nice and  
creamy the cashews become.

So that is our cheesy sauce.

Now, at this point, you  
can do a couple of things.

You can either...

and I'm gonna show you

now our pasta that we are using.

This is actually a brown rice elbow.

This is my favorite macaroni  
pasta that's gluten-free.

Of course you can use any  
kind of pasta you like.

If you want to use a whole wheat pasta,

you're welcome too as well,  
because I am gluten-sensitive

and I usually try to avoid gluten.

I have a lot of experience

with different gluten-free pasta

this probably is my favorite for macaroni.

It is, some natural growing pastas,

it usually become mushy,  
the gluten-free ones,

this one is awesome.

The only thing is that this  
one cooks for a little bit

longer than the other gluten-free ones.

It cooks for about 15 minutes,

as opposed to some of the  
others cook for at least

seven to eight minutes (mumbling).

The bean pastas are really great as well.

It has some (mumbles)  
pastas and things like that.

- [Cynthia] This brand really  
knows what are your concerns,

'cause right there, it says, not mushy.

- Oh yes, that's exactly-

- [Cynthia] Good texture and not mushy,

al dente.

- That's my biggest concern

with gluten-free pasta.

And usually once I finished cooking it,

I didn't do it this time,

which is why it's sticking  
together a little bit,

I usually rinse it with cold water first

and then I put a little  
bit of oil to stop it

from sticking together.

You can see that when I don't do that,

it does stick together a little bit.

Oh, I can smell that cheesiness.

At this point, you can put your sauce in,

pour all that in there,

And give it a stir, and  
you can do two things.

You can either leave  
it as is, look at that

- [Cynthia] Yum.  
Look at that macaroni.

- [Cynthia] It has that classic yellow-

- Yeah.  
bask

- Thank you, tumeric, hello tumeric.

Okay, so you can either do that or...

oh, you know what?

Our bacon has been cooking  
for a really long time,

(mumbles)

- [Cynthia] Oh no.  
We didn't hear it go off

but that's okay.

I'm gonna pull it out,

I do have some prepared  
earlier, just in case.

- [Cynthia] Let's see it, 'cause you know-

(Sisi laughs)

I actually, I know a lot  
of people who prefer their-

- bacon a little bit burnt-  
bacon to be burnt

so it may not be that bad.

- This one is not ideal when it's burnt,

but it's okay, I did make some earlier

just in case I was thinking,

"I'm not sure if I'm gonna hear the oven  
while I'm demoing everything else."

So I'm glad actually that that happened

because I dint hear the buzzer go off

so that happened and the bacon is burnt

but that's what happens  
in the kitchen sometimes

and you just roll with it.

And thankfully, this is so easy to make  
that you can make another batch, so cool.

Okay, so back to the mac and cheese,

all right, now you can  
either leave it like this,

which is already a very  
creamy mac and cheese

obviously, it looks like  
mac and cheese already,

or if you wanna take it to the next level,

you can put it in the oven at  
about 400 degrees Fahrenheit

for... you know what?

It really depends on the oven

for anywhere between 10 to 15 minutes.

If basically, you wanna see  
it start to crisp on top

and then it's ready.

So you do need to watch it a little bit

like yeah, 10 to 15 minutes  
or sometimes to speed it up,

I'll even bring the heat  
a little bit up here.

So it depends what you wanna do.

This is already a complete mac and cheese,

and they smell the  
cheesiness, that's awesome.

Okay, so I'm am not going to you use

our burnt bacon for the  
assembly of (mumbling).

I'm going to use some bacon that

I magically prepared earlier.

(Cynthia laughs)

So you can see this bacon  
is actually not as red

as the bacon that I put  
into the oven on this demo,

just because I didn't put  
as much smoked paprika.

So if you want it to  
have a more red coloring,

then you just put more smoked paprika.

And also, like I said, if you  
use brown rice paper rolls,

then that often will add  
to the coloring as well.

It makes it a little bit darker.

Okay, so now I'm going  
to assemble your outline,

workstation, a little bit (mumbling)

What is it called here?

Rice paper bacon.

- [Cynthia] Rice paper?  
I was like,

"It's not bacon but it is  
bacon but it's not bacon."

okay, and the wrap I'm using  
this is a coconut wrapper,

it's so awesome.

It's a product that we  
have in our bakery section,

and it's just three ingredients.

It's coconut meat, coconut  
water, and coconut oil.

It's like paleo, it's grain-free-

- [Cynthia] Its all the things.

- Yes, its everything  
that you can think of.

It's raw as well as there's no salt,

So everything that (mumbles) different

It suits a lot of dietary work.

So it comes on this sheet  
and you can actually smell

the coconut as soon as you pull it out,

- [Cynthia] Yeah, we're  
gonna zoom in here-

- And I have been ignorant to  
rip these very, very easily

so I'm trying to be a little  
more careful as I pull it out.

Here we go, okay.

It comes out like this.

There is a wrap, I did a  
terrible job of pulling it out

'cause it stuck to a  
couple of different things,

but that's okay.

As long as you can see it.

And I love it because  
sometimes, gluten free wraps

can break when you follow them.

But I love this one because  
it's actually very foldable

as you can see.

- [Cynthia] Yeah, it  
smells crazy like coconut.

- It smells like coconut, yeah.

So basically, I'm going  
to assemble my wrap here.

I'm gonna put a little  
bit of mac and cheese

and I don't wanna put too much

because I wanna make sure that  
I can roll it into a wrap.

You can still make a sandwich with this,  
if you would prefer to make a sandwich.

- [Cynthia] And Sisi  
is putting on her pork.

- This is the pulled pork and meat.

- [Cynthia] She added  
meat and the jackfruit.

- And then I'm gonna  
put my bacon on there.

Now, this bacon is very  
crispy and you can now see

why I made the pieces smaller

because a long piece would have  
just completely not worked.

So now, I can fold it a couple of ways.

I can either roll it and  
just slice it in half

and do it that way.

Or you can fold it like a burrito.

It's really up to you.

I think for the purpose of  
this demo, it might be easier

if I just do this, like that

and then I just slice it in a half.

And you can make it fatter  
if you want it to be

a more substantial wrap.

I just know that if I try  
to make it really full,

I'm probably gonna end up  
spilling it everywhere.

But that's what it ends up looking like.

Your mac and cheese, your  
bacon, your pulled pork,

that is your-

- [Cynthia] Wow.

- wrap, and of course,  
if you use a bigger wrap,

you're going to have bigger  
room for ingredients.

- [Cynthia] And I'll see  
that because we're trying

to show you how many different  
alternative ways to do it,

at home you can just do  
a basic mac and cheese,

that's in a box, you can use whatever

kind of wraps that you have  
at home, a tortilla wrap.

And you could buy the  
pulled pork, jackfruit,

and we also have vegan  
bacon all over this store.

- And you know what?

You don't even need to put  
it in a wrap or a sandwich,

even if you just make these  
separately and put it,

especially if you made  
a mac and cheese baked

or a casserole, if you  
had that out of the oven,

just sprinkle some of the  
whole Jackfruit pork on it,

and then put some slices  
of bacon on top, whoa.

So there are so many  
ways that you can arrange

and assemble this recipe.

It's totally up to you, but  
the combo of these three...

these are favorites to so many dads,

how many dads love their mac and cheese?

How many dads love their pulled pork,

soon to be converted to pulled  
jackfruit and their bacon?

This is delicious crispy.

Look at this crispiness, you  
can actually see it in there.

Its so yummy, I think am  
gonna take a bite, ready?

- [Cynthia] Oooh, I can hear  
that crispy crunchiness.

- Thanks so much for joining us

and love life, eat healthy, be happy.