

How to Make Wasabi Pea Tofu Encrusted Salad

With Trini Kaopuiki and Mama T

Taizo Braden: We head into the kitchen...

To whip together a healthy, delicious and quick meal...

With the one, the only Mama T from Down to Earth...

She'll show us how to make a...

Wasabi pea-encrusted tofu salad...

And dish...

That one of those ono, go-to cooks that we can just make...

In less than thirty minutes...

Coming up next on Living 808...

We head to the kitchen with Mama T from Down to Earth...

She's got a quick and easy recipe...

For those of you who are on the go...

Find out how to make a healthy and delicious meal...

In just thirty minutes...

We'll be right back...

[Music Playing]

Trini: It is time to head into the kitchen...

And make something healthy and delicious...

We're catching up with Mama T from Down to Earth...

Now Taizo... The meal that we're about to make takes 30 minutes...

Taizo: Wow...

Trini: Start to finish...

It is healthy, delicious and quick...

Trini: We know how busy families are each afternoon.

Right?

They're rushing home...

Trying to get meals on the table...

Who has time for that?

I know... It's us...I know...

We're here with Mama T from Down to Earth...

And you are teaching us today...

How to make an easy and delicious meal...

And healthy meal for the family...

Mama T: Right... Healthy and delicious is the key...

Today we're making Wasabi Pea encrusted tofu...

With a little bit of Quinoa...

That has some grated Ginger...

And some sesame oil in it...

It's very simple, easy and perfect for working mommas...

Like ourselves...

Trini: Alright... Perfect!

So I see the tofu...

Mama T: Ok... so right now we've already pat dried our tofu...

And we have really clean ingredients...

This is a non-gmo organic tofu....

And we want to lay out all of our ingredients...

So that we can really assemble and put this dish together....

Very easily...

Trini: Because if you plan... It does really go by faster...

Mama T: Right... Absolutely...

So I'm going to get you cooking today too Trini...

Trini: Ok... I love it!

You're the only one that lets me do something in the kitchen...

Thank you...

Mama T: Ok... So first off... Let's salt and pepper our flour...

So if you can put some salt and pepper in there...

Trini: Ok...I'm hopeless now...

Mama T: Go ahead... A pinch...

A pinch of each...

Trini: A pinch of each....ok.

Mama T: Yes... That's ok. We got you cooking Trini...

Trini: See, a lot of my friends, they don't have recipes...

But I need recipes...

Mama T: Ok... That's fine...

Well I have recipes for you...

Trini: Like how much pepper? How much....

Mama T: Right... And in our food processor, we have our wasabi peas...

That are going to be our crust...

And we've just given them a quick pulse...

And we have a nice crumb there...

[Blending Sound]

Trini: I just used the word...

[Laughter]

A processor...

Mama T: Do you own a processor Trini?

Trini: I do... I've never used it, but I have one.

[Laughter]

Mama T: Time to get it out of the box...

Ok... So next we're going to have our assembly line...

So we're going to empty our wasabi peas...

And we're going to put them right into this plate...

Trini: Ok...

Mama T: If you can put that on there for me...

[Laughter]

Trini: Mama T...

Mama T: Just like... There we go...

Ok... Pour them onto my plate...

And so what we have is our assembly line...

And now is the easy fun messy part...

Trini: Ok...

Mama T: Alrighty?

Ok... So right here instead of eggs...

We're going to use chia seeds...

And they act as vegan bacon binders...

And they're wonderful, because...

They're full of Omega-6 and 3 fatty acids...

Now...

Trini: So of course, all of the ingredients we're using today...

We can find at Down to Earth...

Mama T: Everything you can find at Down to Earth...

Which is amazing and wonderful...

And easy to shop...

And you can contact me if you need help finding them...

Trini: Now this chia seeds...

Is that what's going to keep the peas attached to our food?

Mama T: Yes... It's our egg replacer...

Ok... So now you want it to be very viscous like this...

You don't want it to be real thick and clumpy...

When you add water it can get really thick and clumpy...

Now... We're going to do our process...

Are you ready to get dirty?

Trini: I'm ready!

Mama T: Ok... It's fun. This is fun for kids...

My daughter loves to help me in the kitchen...

With stuff like this...

Alrighty... First process...

We're going to coat in flour...

You're up next Trini...

You gotta do this next...

Then we're going to put it into our wash...

Which is our chia wash...

Then straight to the wasabis...

And then they go onto the baking sheet...

And pau...

Trini: Ok ... I can do this...

Mama T: You got it Trini...

Trini: Alright...

Mama T: Now, into the flour...

Into the base...

Go ahead... Get dirty...

Trini: Just dump it in like that?

Mama T: Yes... You gotta wash it in and flip it...

Now we're going to put it right into our wasabi peas...

It's a little slippery guy...

[Laughter]

So that's our [inaudible] replacer wash...

Go ahead... Flip it around...

Now just flip the tofu...

There you go see...

Now right onto the platter...

Trini: Yeah!

So from beginning to end this takes...

About how long?

Mama T: Just about 30 minutes...

Trini: 30 minutes...

Mama T: There you go... You can wipe your hands off there...

Trini: Ok, we're going to make more of this... Right?

We're going to continue making it...

But when we come back we're going to be able to taste it...

Mama T: Awesome...

Trini: This healthy, easy and delicious meal...

Mama T: Your family is going to love you...

Trini: I love it... Thanks to you...

Taizo: I love that recipe because...

You know...usually when you do pan encrusted things.

You kind of fry it like Katsu or these things...

But baking... Much more healthy though...

Trini: Much more healthy... And I love Mama T...

And she's teaching me how to cook...

Taizo: She's a great teacher isn't she?

Trini: I love it... She is...

Taizo: Nice...

Trini: She is... She's wonderful!