



# Maui Fresh Chef Cooking Class Menus

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## **SAUCES (NOTE: They are included in dishes below)**

**Sesame Soy Lemon Dressing**

**Sweet Chili Ginger Sauce**

**Cilantro Citrus Marinade**

**Papaya Seed Dressing (Can use this for a salad)**

**Orange Ginger Teriyaki Sauce**

**Peanut Coconut Sauce**

**Basil Lime Marinade**

**Macadamia Nut Lemon Pesto**

**Honey Lime Dressing**

**Poke Sauce**

**Lemon Basil Vinaigrette**

**Carrot Ginger Dressing**

**Chickpea Miso Lemon Tahini Sauce**

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## **DRINKS (Alcoholic or Non-Alcoholic)**

**Lemongrass Ginger Lemon Sparkler**

**Tropical White Wine Sangria**

**Minty Lime Mojitos**

**Pina Colada with Fresh Pineapple Juice & Coconut Rum**

**Lilikoi (Passionfruit) Lemonade with Sparkling Pellegrino**

**Tropical Mango Passionfruit Pineapple Smoothie**

**Mango Coconut Smoothie**

**Hibiscus Citrus Tea**

**Passionfruit (Lilikoi) Calamans Lemonade**

**Ginger Lime Spritzer**

**Warm Cinnamon Coconut Chai**

**Warm Cacao with Coconut Milk, Cinnamon and Vanilla**

## **DIPS & APPETIZERS:**

**Sesame Encrusted Tofu with Sesame Soy Dressing with Namasu (Pickled Cucumber Salad)**

**COMPONENTS:** Make Sesame Encrusted Tofu. Make Sesame Soy Dressing.

**Layered Poke Towers: Sushi Rice, Avocado and Tomato, Sesame Tofu with Spicy Poke Sauce**

**COMPONENTS:** Poke sauce and vegetable mixture Make sushi rice. Mold with a tower.

**Tofu & Vegetable Summer Rolls in Rice Paper**

**COMPONENTS:** Avocado, Basil, Mint, Cucumber, Carrots, Vermicelli w/ Sweet Chili Ginger Sauce.

**Ginger Lime Marinated Tofu or Tempe with Peanut Coconut Sauce and Veggie Lettuce Wraps**

(sugarsnap peas, carrots, sprouts and green beans) with local butter lettuce

**Components:** Make marinade. Make peanut coconut sauce.

**Mango, Avocado & Coconut Lime Sauce with Fresh Flour Tortilla Crisps**

**COMPONENTS:** Prepare Chili Sauce with coconut milk and lime. Make tortilla rounds.

**Caramelized-Onion, Artichoke Basil Spread, Mushroom and Spinach Pizza.**

**COMPONENTS:** Make herb pizza dough. Caramelize Onions. Making Pesto. NOTE: With or without vegan cheese.

**Sticky Sesame Cauliflower**

Battered and Baked with Sweet Tamari Sauce

**Fried Vegetable Spring Rolls with Honey Mustard Sauce and Soy Vinegar Sauce**

Mushrooms, Rice Noodles, Ginger, Garlic, Tofu, Carrots, Cabbage

**Gyoza (Vegetable Dumplings) with Dipping Sauce**

Carrots, Cabbage, Green Onions, Garlic, Sprouts and Greens

**Maui Style Guacamole and Fresh Flour Tortilla Chips**

Lime Juice, Tomatoes, Shallots, Cilantro & Chili Sauce

**Spinach Mushroom Wontons with Sweet Sour Sauce**

**Raw Carrot Cashew Paté with Crackers and Flatbreads**

Carrots, Celery, Soaked Cashews, Tamari, Lemon Juice, Garlic

**Portabella Mushroom & Spinach Quesadillas with Guacamole & Salsa**  
Portabella Mushrooms, Garlic Spinach & Vegan Cheese

**Focaccia with Caramelized Onions, Basil Mac Nut Pesto, Spinach, Sundried Tomatoes & Artichoke Spread**

**SOUPS:**

**Carrot Ginger Coconut**

**COMPONENT:** Creating a rich blended soup with coconut milk.

**Creamy Turmeric Ginger Laksa**

Coconut Milk, Ginger, Chili, Carrots Cilantro, Mushrooms and Zucchini Noodles

**Creamy Roasted Butternut Squash Soup:**

Maui Onions, Carrots, Butternut Squash, Sweet Potato

**Coconut Lemongrass Kaffir Lime Leaf with Veggies & Rice Noodles**

Coconut Milk, Kaffir Lime, Lemongrass, Ginger, Onions, Green Beans, Mushrooms, Carrots

**Gazpacho with Avocado and Tortilla Strips**

**SALADS:**

**Raw Kale Salad with Spiralized Zucchini & Carrot "Noodles" & Mac Nut Lemon Pesto**

**COMPONENTS:** Massaging kale. Spiralizing Zucchini "Noodles". Variety of rich Basil Pesto with Mac Nuts and Pumpkin Seeds.

**Mixed Greens and Veggies with Papaya Seed Dressing.**

**COMPONENTS:** Make dressing using papaya seeds and Maui Onion. This is a great dressing for cole slaw or waldorf salad.

**Mixed Chopped Salad with Hawaiian-Honey Lime Dressing**

Mixed Greens, Tomatoes, Corn, Cucumbers, Avocadoes, Carrots & Crisp Tortilla Strips

**Massaged Rainbow Kale Salad with Umeboshi Plum Vinegar**

Shredded Carrots, Pomegranate Seeds, Purple Cabbage, Edamame, Dates

**Mixed Greens with Roasted Beets & Lemon Basil Vinaigrette**

**Spiralized Carrots, Cucumbers, Edamame, Grape Tomatoes, Dried Cranberries, Toasted Pumpkin Seeds and Toasted Macadamia Nuts**

**Chopped Vegetable Salad w/ Romaine Lettuce & Papaya Seed Dressing**

Tomatoes, Avocado, Carrots, Corn, Cauliflower, Broccoli & Garlic Croutons

**Chopped Vegetable Tofu Salad & Papaya Seed Dressing**

Tofu, Tomatoes, Avocado, Carrots, Corn, Cauliflower, Broccoli & Garlic Croutons

**Quinoa Salad with Pesto & Veggies over Mixed Greens**

Carrots, Garlic, Broccoli, Asparagus, Green Beans & Sundried Tomatoes w/Pumpkin Seeds

**Mixed Salad with Tofu with Citrus Basil Dressing**

Tomatoes, Cucumbers, Carrots, Roasted Chickpeas, Avocado, Dried Cranberries, Macadamia Nuts & Green Beans,

**Sesame Salad with Napa Cabbage & Vegetables**

Sugarsnap Peas, Peapods, Carrots & Sesame Soy Dressing with Fried Wontons

**Poke Bowl with Sushi Rice, Avocado, Tomato, Seaweed, Sesame Tofu, Wonton Crisps & Spicy Poke Sauce**

#### **MAIN COURSES:**

**Cilantro Citrus Tofu and Vegetable Tacos with Roasted Peppers, Zucchini. Guacamole and Pineapple Mango Salsa.**

**COMPONENTS:** Cilantro Marinade: lemon, orange, calamansi & lime juice with Maui Onions. Make Local guacamole with fresh avocado, sweet chili ginger and tomatoes. Make pineapple mango salsa.

**Tofu and Purple Sweet Potato with Coconut Lemongrass Kaffir Lime Leaf Sauce**

Coconut Milk, Vegetable Stock, Kaffir Lime, Lemongrass, Ginger, Onions, Green Beans, Carrots

**COMPONENTS:** Learn to infuse a stock with Asian flavors. Add coconut milk to create a rich sauce/soup for fish.

**Roasted Tomato, Basil, White Wine and Fresh Herbs with Mixed Vegetables (Zucchini, Mushrooms, Onions)**

**COMPONENTS:** Roast tomatoes, Over pasta or rice or quinoa.

**Stir Fry Rice and Vegetables with Tofu. (Teriyaki Ginger, Curry or Peanut Coconut Sauce)**

**COMPONENTS:** Using fresh ginger and turmeric. Make a sauce of choice. Cooking rice and veggies separately.

**Portabella Mushroom & Spinach Quesadillas with Guacamole & Salsa**  
Portabella Mushrooms, Garlic Spinach & Vegan Cheese

**Gado Gado Vegetable Medley (Peanut/Coconut Sauce)**

Fried Tofu, Roasted Portabellas, SugarSnap Peas, Green Beans, Cabbage, Carrots, Asparagus

**Japanese or Rice Noodles with Vegetables Sesame Soy Dressing**

SugarSnap Peas, Carrots, Scallions, Toasted Sesame Seeds & Toasted Almonds

**Fried Brown/Red Rice Bowls with Toppings**

Fresh Rice Bowl with Sesame Tofu with Lemon Ginger Soy Sauce or

Carrot Sesame Sauce

**COMPONENTS**

Brown & Red Jasmine Rice

Fresh Basil, Mint, Fried Peanuts, Avocado, Carrots, Sprouts, Broccolini, Roasted Cauliflower, Fried Shallots, Garlic Peapods, Fried Ginger Bean Sprouts and Kabocha Pumpkin Squash

**Tofu Pad Thai with Peanut Coconut Sauce & Toasted Peanuts**

Broccoli, Carrots, Sprouts, Thai Basil, Green Beans Lime

**Mild Coconut Vegetable Curry with Tofu & Roasted Chickpeas**

Coconut Milk, Green Beans, Mushrooms, Sweet Peppers, Cauliflower, Broccoli & Maui Onions

**Risotto with Basil Pesto & Vegetables**

Fennel, Asparagus, Artichokes, Baby Spinach & Mushrooms

**Sesame Encrusted Tofu with Sesame Lemon Sauce & Veggies**

Carrots, Peapods, Edamame, Scallions & Toasted Sesame Seeds

**Vegetable Sides**

Baby Bok Choy with Ginger

Big Island Hamakua Mushrooms with Rosemary

**Zucchini with Fresh Herbs and Maui Onions**

**Roasted Herbed Eggplant**

**Asian Vegetable Stir Fry**

**Sugarsnap Peas, Baby Bok Choy, Carrots, Sprouts, Fresh Ginger**

**Roasted Cauliflower with Olive Oil & Herbamare**

**Baby Spinach with White Beans, Raisins & Apples**

**Roasted Brussels Sprouts & Shallots**

### **Starch Sides**

**Black Forbidden Coconut Rice**

**Fried Mixed Brown & Red Rices with Shallots, Sprouts, Garlic, Ginger, Green Onions**

**Short Grain Coconut Sticky Rice**

**Big Island Hamakua Mushroom Risotto with Rosemary**

**COMPONENTS: Make Mushroom Stock. Using Arborio Rice. Secrets to making risotto.**

**Purple & Japanese Sweet Potatoes with Fresh Ginger and Coconut Milk**

**Oven Roasted Rosemary Sweet Potatoes**

**Garlic Fried Smashed Potatoes**

**Quinoa with Pesto & Veggies**

**Basil, Carrots, Garlic, Sundried Tomatoes**

**Japanese or Rice Noodles with Sesame Soy Dressing**

**Sugarsnap Peas, Carrots, Scallions, Toasted Sesame Seeds & Toasted Almonds**

### **DESSERTS:**

**Pineapple Macadamia Upside Down Cake with Passionfruit Coconut Whipping Cream**

**COMPONENTS: Prepare cake. Spiralize a pineapple.**

**Frozen Mango Coconut Cream**

**Myer Lemon Passionfruit Pie with Macadamia Pecan Crust with Berry Compote**  
**COMPONENTS:** Made with Cashews, Coconut Milk, Lemon Juice, Lemon Zest, Passionfruit Purée, Vanilla Beans, Honey or Maple Syrup and Coconut Oil

**Chocolate Coconut Ice Cream**

**Dark Chocolate Macadamia Shortbread Bars**  
**COMPONENTS:** Shortbread Crust. Macadamia filling with chocolate layer.

**Triple Almond Cookies**  
Toasted Sliced Almonds, Marzipan and Almond Extract

**Peppermint Double Chocolate Cookies**  
**COMPONENTS:** Chocolate Chips and Cacao with Peppermint Oil

**Chocolate Cream Pie with Macadamia Nut Vanilla Bean Crust**

**Raw Meyer Lemon Passionfruit Pie with Macadamia Date Crust**  
**Berry Compote**  
Cashews, Lemon Juice, Passionfruit Juice, Honey, Macadamia Nuts, Dates, Vanilla

**Creamy Mango Pineapple Pie with Macadamia/Pecan Crust**  
**Mango Pineapple Topping**  
Cashews, Mango Jam, Mangoes, Pineapple, Passionfruit Juice, Honey, Macadamia Nuts, Pecans, Dates, Vanilla Bean

**Dark Chocolate Coconut Mousse with Toasted Macadamia Nuts**

**Coconut Pudding w/ Toasted Coconut, Chocolate & Macadamia Nuts**  
**COMPONENTS:** Organic Cornstarch, Hawaiian Vanilla Bean, Coconut Milk, Organic Sugar