Forget the Fried Chicken - Tonight, Make it Vegan



By "Chef" Pete Updike, Authorized Saladmaster Dealer

Physicians Committee for Responsible Medicine (PCRM) is a prestigious nonprofit organization of doctors and laypersons that, among other issues, promotes health preservation and disease prevention through a plant-based (vegan) diet. And in their message of good and better health, they are provided Saladmaster Cookware to use in their Food for Life cooking classes!

There are many potential customers that request a non-meat (vegan) meal and I've made delicious changes to accommodate this, and it's been easy! I simply substituted the fried chicken with a wonderful vegetable stir fry that has been enthusiastically received by my vegan customers.

Most standard American Saladmaster demonstration meals include 3 vegetables cooked in the 11" Large Skillet, potatoes cooked in the 3 Qt. Sauce Pan with Steamer inset, fried chicken in the Electric Oil Core Skillet, a cake in the Small Skillet, and, of course, the Saladmaster salad.

The plant-based alternative to the Saladmaster demonstration dinner is even easier and faster than our typical dinner. All that is needed to adjust is to replace the fried chicken with a vegetable stir fry medley and veggie meatballs (see recipe below). Add one or two more vegetables to the new 11" Deep Dish Skillet and you're good to go.

Recipe:
Simply place a package of veggie meatballs into Electric Skillet. Pour two large bags of frozen oriental blend vegetables over the veggie meatball; add about 1/3 to ½ of a 12-ounce bottle of sweet and sour sauce; cover and set the temperature probe to RIC1 or RIC2 (this is the automatic rice setting for the Electric Skillet, but it also works great on most casseroles and lasagnas). Your dish will be ready in about 30 minutes. The temperature probe automatically raises the heat and gradually lowers to cook perfectly.

If you are using a stove top skillet in lieu of the Electric Skillet, place food in skillet, cover and place skillet over medium heat. When Vapo-Valve™ clicks reduce heat to low and cook for 20 - 25 minutes. Combine meal with the potatoes with onions, five vegetables cooked in the Deep Dish Skillet, a veggie salad and veggie cake. This meal knocks it out of the park and is easy.

Addition:
I was curious about meat substitutes that can aid transitions to a more vegetable based diet and as I started exploring choices in the store I found many meat alternatives, such as: veggie meatballs, griller crumblers (ground beef alternative), chic patties, veggie patties, vegetarian buffalo wings, vegetarian sausage patties, vegetarian sausage Links, vegetarian bacon strips, black bean and veggie burgers.

If you are looking for delicious plant-based recipes, check out the vegan section of this website or click on the recipe links below.

Recetas Relacionadas:

Beefless Tips N' Rice
Apple Spice Cake
Hoppin' John Salad
Maitake Mushroom Stir-Fry
Polenta Lasagna with Portabellas and Kale

Valoración:

