



Fun & Easy International Recipes

Remember that cooking is a fun art, so these measurements are just a guideline. Feel free to add more of what you love, and less of what you don't. More importantly, have fun with the magic of Soy Curls!

Japanese (Teriyaki):

Mixing Ingredients:

- 8oz Pack Soy Curls (serves 3-4 people)
- 4 TBSP – Tamari or Soy Sauce
- 2 TBSP – Shredded Ginger
- 1 TBSP – Crushed Garlic (4 cloves)
- Juice of 1 Fresh Squeezed Lime
- ¼ TSP – Thai & True Hot Chili Oil (Optional-Spiciness)
- One Green Bell Pepper
- One-half Yellow or White Onion

Instructions:

- Soak Soy Curls in lukewarm water for 10-15 minutes, drain, and press hard to remove as much moisture as possible.
- Combine mixing ingredients into a bowl and blend thoroughly.
- Add Soy Curls.
- Let marinade for at least 30 minutes. For tastiest results, let marinade overnight, or throughout the day, in refrigerator.
- Bring wok or skillet to high heat, and add 2 TSP cooking oil.
- Add Soy Curl marinade to wok/skillet.
- Sautee for 10-15 minutes, continuously pressing and stirring Soy Curls every few minutes to caramelize lightly and evenly. Remember to continuously add 1-2 tsp of cooking oil each time you turn over.
- Enjoy with warm bowl of rice.

Thai Lettuce Wraps:

Mixing Ingredients:

- 8oz Pack Soy Curls (serves 3-4 people)
- 2 TSP – Tamari or Soy Sauce
- 2 TSP – Thai & Panang Curry Paste
- 2 TBSP – Shredded Ginger (more is better)
- 1 TBSP – Crushed Garlic (4 cloves)
- ¼ TSP – Thai & True Hot Chili Oil (Optional-Spiciness)
- Juice of 1 Fresh Squeezed Lime
- One Stalk Celery
- One-half Yellow or White Onion

Serving Ingredients:

- 1 head Iceberg Lettuce
- 1 bunch Fresh Cilantro

Instructions:

- Combine mixing ingredients and Soy Curls in lukewarm water, and mix thoroughly.
- Let marinade for at least 30 minutes. For tastiest results, let marinade overnight, or throughout the day, in refrigerator.
- Drain Soy Curls, and press hard to remove as much moisture as possible.
- Bring wok or skillet to high heat, and add 2 TSP cooking oil.
- Add Soy Curl marinade to wok/skillet.
- Sautee for 10-15 minutes, continuously pressing and stirring Soy Curls every few minutes to caramelize lightly and evenly. Remember to continuously add 1-2 tsp of cooking oil each time you turn over.
- Garnish with Freshly-chopped Cilantro
- Serve and Enjoy with Iceberg Lettuce.