

TEA SAGE HUT

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RECIPES



BREAKFAST



Toasted Oats with Raspberry Chia Sauce

This is a healthy, hearty way to start a winter day, and we often prepare this dish at the Center. It helps prepare your stomach for a deep shou tea session! It is simple to make, perfect for helping you to quickly start the day when you are busy planning for tea guests the following morning. However, to make this you will need to put a can of coconut milk in the fridge overnight, so it does take some preparation.

Ingredients

Raspberry Chia Sauce

3 cups of frozen raspberries
(Works equally well with strawberries or blueberries.)
3 tablespoons of maple syrup
2 cups of water
3–4 tablespoon of chia seeds

Toasted Oatmeal

2 tablespoons of coconut oil or butter
2 cups of rolled oats
1 cup of water
1 cup of coconut milk
Pinch of sea salt
Pinch of ground cinnamon

Coconut Whipped Cream

1 can of full-fat coconut milk, chilled overnight
1 tablespoon of maple syrup
½ teaspoon of vanilla extract

Directions

Start with the sauce. In a small pot, add the berries, sweetener and water. Simmer over medium heat, stirring often. Mash the berries, if needed. Reduce the heat and stir in the chia seeds. You can add more or less to make the sauce the thickness you desire. Allow the sauce to cook for 15-20 minutes, then take off the heat.

To make the oats, begin by melting the coconut oil in a skillet. Then add the oats, toasting them while stirring occasionally. The oats will turn to a light brown, but don't let them burn!

In a separate pot, add coconut milk, water, salt and cinnamon. Bring the mixture to a slow boil, and add the toasted oats, gently stirring them in. Cover the pot and turn off the heat. Leave the mixture like this for at least 8-10 minutes. Remember, you will be adding a sauce to this mixture, so leave the oatmeal thicker than usually preferred.

To make the coconut whipped cream, take the chilled coconut milk from the fridge. The coconut cream should have separated from the liquid by now. Open the can carefully and scoop the cream off the top, with a spoon, into a mixing bowl. (It helps if the bowl is chilled too!) Use an electric mixer (or hand mix, for truly great cream and sore arms) to beat the cream until fluffy, then add the sweetener and vanilla extract, and gently blend again to combine.

Put the oatmeal into a bowl, and make a divot for the gorgeous berry sauce. Finally, add a dollop of coconut cream to the top, and serve.



LUNCH



Buddha's Delight

We cannot tell you how many guests have asked us to publish the recipe for our signature dish, which we call "Buddha's Delight." This is one of the only dishes that we make on a monthly basis here at the Center, and everyone always loves it. Wu De invented Buddha's Delight. He changes the way he cooks it every time, as the recipe is much more about the sauce than the vegetables, which vary each time. Try playing with this recipe. It's nice with some rice or quinoa on the side. We have never had a lunch at the Center where the guests did not love this dish!

Ingredients

Sauce

- 1 large piece of fresh turmeric
- Healthy squirt of Bragg's or aged soy sauce
- 1 chili pepper
- 1 small piece of fresh ginger
- 1–2 cloves of garlic
- 3–4 tablespoons of virgin coconut oil
- 1 teaspoon of roasted and ground cumin
- 2 large carrots
- 2 cups of roasted peanuts

Stir Fry

- 2 cups of fresh celery
- 2 cups of shredded carrots
- 1 head of fresh broccoli
- 1 small head of cauliflower
- 2 cups of soaked or canned chickpeas
- 1–2 cups of roasted peanuts
- ½ cup of chopped coriander

Directions

Start with the sauce. Blend all of the ingredients for the sauce thoroughly. You may need to add a bit of water. You will want the consistency of a smoothie, made on the thin side; thick, but definitely in liquid form. Add more of any ingredient to taste, as you blend.

Then the stir fry: You can substitute any veggies you want for this, also adding tempeh if you like. Put the oil in a large wok and turn the heat on high. Stir-fry the carrots, broccoli, cauliflower and chickpeas. Add the peanuts and celery later, so that they stay crunchy. When the veggies are ready, pour the Buddha's Delight sauce over the veggies. Immediately turn off the heat so the sauce doesn't burn, and cook with the sauce for another minute, turning off the heat so the sauce doesn't burn. Serve the Buddha's Delight, using the coriander to garnish if you want. (Wu De often mixes the coriander in at the end.)



DINNER



Chinese Herbal Shou Puerh Soup

During the winter, we serve Chinese herbal soup every week to warm up the body from the inside and raise the immune system to prevent colds from spreading through the Center. Our recipe is based on a traditional Cantonese soup called “ba ku tei,” which literally translates as “bone broth tea,” though ours is much better since it is vegetarian. Many guests who visit the Tea Sage Hut in the winter go home with fond memories of the all-day warmth this soup provides. We cook our Chinese herbal soup on charcoal and recommend you do the same if possible, as the added depth of heat will bring the best flavors and medicine out of all the herbs and tea.

Ingredients

Some nice shou puerh
(About a cup, more if you want to use spent leaves.)
Chinese herbs
(You can choose any herbs you want. We recommend astragalus, reishi, jujube, goji berries, eucommia bark and Chinese licorice.)
3 large cloves of garlic, finely chopped
A healthy pile of ginger, finely chopped
2 cups of dried shiitake mushrooms
Dash of sesame oil
Dash of tea seed oil (if available, but not necessary)
Dash of soy sauce
1 teaspoons of salt
3 shallots, chopped
1 onion chopped
Various mushrooms
(As many different kinds of fresh mushrooms or tree fungus as you can get. You can really add as much as you want.)

Directions

Boil the tea until it is as dark as it will get. You can start with less and add more tea as you go. You may choose to use spent leaves, fresh shou or a combination of shou and spent leaves from previous sessions. It doesn't take much for the soup to become dark. Strain the liquor from the leaves and put the tea liquor back into the pot. Then add the Chinese herbs and bring to a boil again. (Do not add the jujube or goji berries at this time or they will get too soft.) Once it comes to a boil, reduce to a simmer and put a lid on it. Add the garlic, ginger and chopped onions. Then add the salt and soy sauce. Crush the dried mushrooms into bite-sized chunks and soak them in a bowl of hot water. It helps to use a plate to hold the mushrooms down in the hot water.

Let the soup simmer for around twenty minutes. Then add the soaked mushrooms and the broth they were soaking in to the soup. Chop up all the mushrooms to the desired size. You can leave them whole or chop them up. We usually leave the small ones whole and chop the larger ones, like the shiitakes. Add them to the soup.

Let the soup simmer for another ten to fifteen minutes, and then add the jujube, goji berries and sesame/tea oil. Then let it simmer for another twenty to thirty minutes before serving steaming bowls to your guests.

