

What we eat affects our health and our mood. Focusing on plant-based whole foods, this collection of recipes from the kitchen of VIBE café will guide you to a healthier way of eating. You will feel vibrant, nourished and alive with its energising breakfasts, easy lunches and desserts, elixirs, juices, and milks. The recipes are curated from the café's best-selling dishes and adapted into a format that's easy for home cooks to recreate. With this book as your guide, embark on your health journey through flavourful, delicious and creative food!

visit our website at:
www.marshallcavendish.com

mc Marshall Cavendish
Cuisine

COOKERY

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EMMA FOUNTAIN

THE WHOLESOME PLANT-BASED WAY

Marshall Cavendish
Cuisine **mc**

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50+ Recipes from the VIBE Cafe Kitchen



For review only

THE **WHOLESOME** **PLANT-BASED** WAY

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A NOTE FROM OUR FOUNDER

When beginning the process of writing this cookbook, it became apparent to me that VIBE is a labor of love and passion for many people from our creators to our customers and it is an absolute honor to be involved in writing it.

We have tried to curate some of our best selling dishes at VIBE and translate them into a format that is easy for you to recreate at home. We made sure to include recipes that could be used in your everyday cooking as the building blocks to a healthier way of eating. For example, our dressings can be used with various salads, our fermented pickles can be added as a condiment with any dish you're preparing and of course our nut butter can be spread on everything in sight! We know that it might seem daunting to be preparing all your food from scratch but the goal is to integrate changes slowly and any steps you take towards eating healthier are steps in the right direction, no matter what your budget or skill level.

My personal food philosophy was formed in my childhood; my family are horticulturalists so we always had freshly picked seasonal vegetables at our table and there would always be a home cooked meal from scratch every evening shared as a family. I started working in restaurants when I was fourteen years old and I even made the food for over fifty guests at my eighteenth birthday party ~ not very rock and roll for a young person! After I studied a sports and nutrition university degree, my love affair with healthy food continued and the restaurant industry just seemed like a natural fit for me.

I'm incredibly lucky to have worked alongside my brother for over ten years now and the journey to developing the concept of VIBE has been shaped

from the other cafe concepts we have created, learning what works (and what doesn't) and what people want when they walk in the door of your cafe.

We were motivated to start VIBE in Cambodia as we had a personal connection to the country and its beautiful people and wanted to tie together our love of nutritious plant-based food, the desire to create a beautiful space for people and to give back to the local community.

I'm particularly interested in the domino effect of a guest leaving the cafe feeling energised and happy, smiling at a stranger on the street, going home and cooking healthy food for their family and generally spreading the good vibes. I'm inspired by my endless travels to different cultures, the people I meet, other restaurants I eat at and landscapes and nature will often influence dishes on the menu. Carolina and I have traveled to many countries and absorbed inspiration from all around us.

We always had a plan to grow the business internationally to offer healthy food to more people in the world and we are overwhelmed our dream is happening with the help of our wonderful customers. The feedback we get from guests is the reason we keep on doing what we do. Our goal has always been to make people happy through food.

My advice to anyone contemplating opening their own cafe would be ~ be prepared to work really hard, focus on every small detail and respect your team.

Sending you good vibes, all day, everyday.

Emma | Founder

OUR PHILOSOPHY

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VIBE / VĪB / NOUN / INFORMAL

A person's emotional state or the atmosphere of a place as communicated to and felt by others.

VIBE SPIRIT

Our name VIBE was inspired by the amazing vibration of bee's wings when they visit flowers to collect pollen; the high vibrational effect of the earth as it grows our food by the seasons and the vibe we experience when we have a connection with other people.

YOU ARE WHAT YOU EAT

Food doesn't just fuel our body, it impacts how we feel throughout the day. What we eat affects our digestive health, skin radiance, energy levels but also our emotional body, our mood and motivation. We wanted a cafe concept which embraced, wholeheartedly, the powerful connection between mind and body. Our plant-based recipes are specifically designed using the healthiest of ingredients to extract the maximum nutritional value. We wanted to avoid faux health foods like tofu and focus instead on whole foods from the earth that we know are nutrient-rich and know exactly where they come from. We believe eating a plant-based diet is the optimal way to nourish and care for the body and mind.

POSITIVE VIBES

The VIBE experience is nearly as much an aesthetic and a lifestyle as it is a cuisine. Everything is mindfully curated to promote a sense of harmony and balance. We want people to leave the cafe feeling more positive, more energized and inspired by the world around them.

A TASTE FOR HEALTH

Bland, tasteless, too wholesome, unappetizing to the eye are just some of the common misconceptions around healthy plant-based food. At VIBE we work with the very best plant-based chefs to create vibrant, truly nourishing dishes bursting with energy and flavor. Every dish is made from ethically sourced ingredients, consciously and carefully chosen. We care so much about what goes into every dish that we make almost everything in-house using techniques to maximum the nutritional quality of the food.

GOOD FOOD. GOOD VIBES.

At VIBE we like to keep it simple which is why we focus on those things that matter most to us - good food and good vibes. We believe food should be an experience, always vibrant, truly nourishing, made from plant-based ingredients which have been consciously and ethically sourced. More than a cafe, we create a space where people can recharge and restore both inside and out. We give people a chance to experience what a healthy lifestyle looks, feels and tastes like.

LIVING CONSCIOUSLY

We care about our impact on the environment. Which is why we aim to be plastic free by 2020 and why we only use eco-friendly cleaning products, biodegradable packaging and all our wooden furniture is made from reclaimed and recycled materials.



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INGREDIENTS
& TECHNIQUES





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GLUTEN FREE

Although not all our dishes are gluten free at VIBE, we do try to offer mostly dishes that are naturally gluten free and we are always looking for whole food alternatives to using traditional refined flours and grains.

WHAT IS GLUTEN?

Gluten is the general name for the proteins found in some grains such as wheat, rye, spelt and barley. It is made up of two different classes of proteins: gliadin, which gives bread the ability to rise during baking, and glutenin, which is responsible for dough's elasticity.

WHY GLUTEN FREE?

Nowadays it is very common for those even without gluten sensitivities to avoid gluten. Some people feel lighter and clearer without gluten and it is a personal preference. Those with celiac disease or other forms of gluten intolerance need to cut gluten entirely from their diet.

FOODS CONTAINING GLUTEN

Gluten is hidden in many common pre-made foods you can buy from the supermarket. It is important to read labels, inform yourself of gluten in its many forms: it is commonly in breads, baked goods, soups, pasta, sauces, salad dressings, food coloring, beer, soups, and cereals, etc.

GLUTEN FREE ALTERNATIVES

Cutting out gluten from your diet may seem difficult but there are many delicious options that are naturally gluten free such as fruit, vegetables, beans, legumes, nuts, seeds, cassava and corn. Swap flour to almond, buckwheat or coconut flour and you can try amaranth, chickpea, millet, quinoa, teff, tapioca, etc.

Just because a product is gluten free doesn't mean it's healthy. It can still be highly processed and refined, so for this reason at VIBE, we put focus on whole foods, proper healthy fats, proteins and fiber.

SWEETENERS

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When it comes to sweeteners, we believe the less refined the better. We use the natural sweetness of fruits, dates and coconuts in a lot of our dishes. Below are the other sweeteners we use regularly. You can also use many other vegan alternatives such as agave, yacon syrup, molasses and brown rice syrup.

MAPLE SYRUP

Is made by boiling down the sap of maple trees. When purchasing syrup, be sure it is labeled “maple syrup”, rather than “maple flavored” or “pancake syrup”, as these are usually not 100% maple and are mixed with corn syrup and other products with poor nutritional value.

It has a distinct flavor that pairs very well with chocolate. Pure maple syrup is filled with potassium, magnesium, zinc and iron, among other minerals.

It dehydrates well to create crisp recipes, such as candied nuts and granolas.

DATES

If we are judging dates by their nutritional profile, it might be easy to categorize them as candy rather than fruit, but with plenty of potassium, magnesium, and fiber and its delicious caramel flavor, dates are one of our favorite unrefined, whole food natural sweeteners.

Medjool is our favorite variety, for its texture; not too chewy / not too soft and its rich flavor and intense sweetness.

If you are using dried dates, you may need to soak them in warm water until they are tender for better incorporation into recipes and to aid in digestion.

PALM AND COCONUT SUGAR

Palm sugar and coconut sugar are both natural sweeteners that come from trees: coconut sugar, from the buds of coconut tree flowers and palm sugar made from the sap of sugar palm tree.

They have a distinctive flavor similar to brown sugar, fruit, sweet, tart, a nice caramel-like taste which is similar to natural molasses but lighter.

The unrefined organic versions are best, containing micronutrients and minerals like iron, zinc, calcium, and potassium, as well as inulin fiber.

LUCUMA

Made from lucuma, a tropical fruit native to Peru, Chili and Ecuador. It has exceptional nutritional value and anti-aging properties but is also known for its subtle sweet flavor that adds creaminess and richness to raw desserts and smoothies.

MESQUITE

A traditional spiny tree that grows in New Mexico, Arizona and California. Mesquite bean flour has a rich caramel taste and nutty flavor, often used in raw desserts and smoothies. It goes really well with cinnamon, cacao, carob, maca, vanilla and other sweet spices.

// TIPS

We share this recipe as an example of how you can build your own sweeteners.

HOMEMADE COCONUT SYRUP

INGREDIENTS

1000g coconut water
500g palm sugar

METHOD

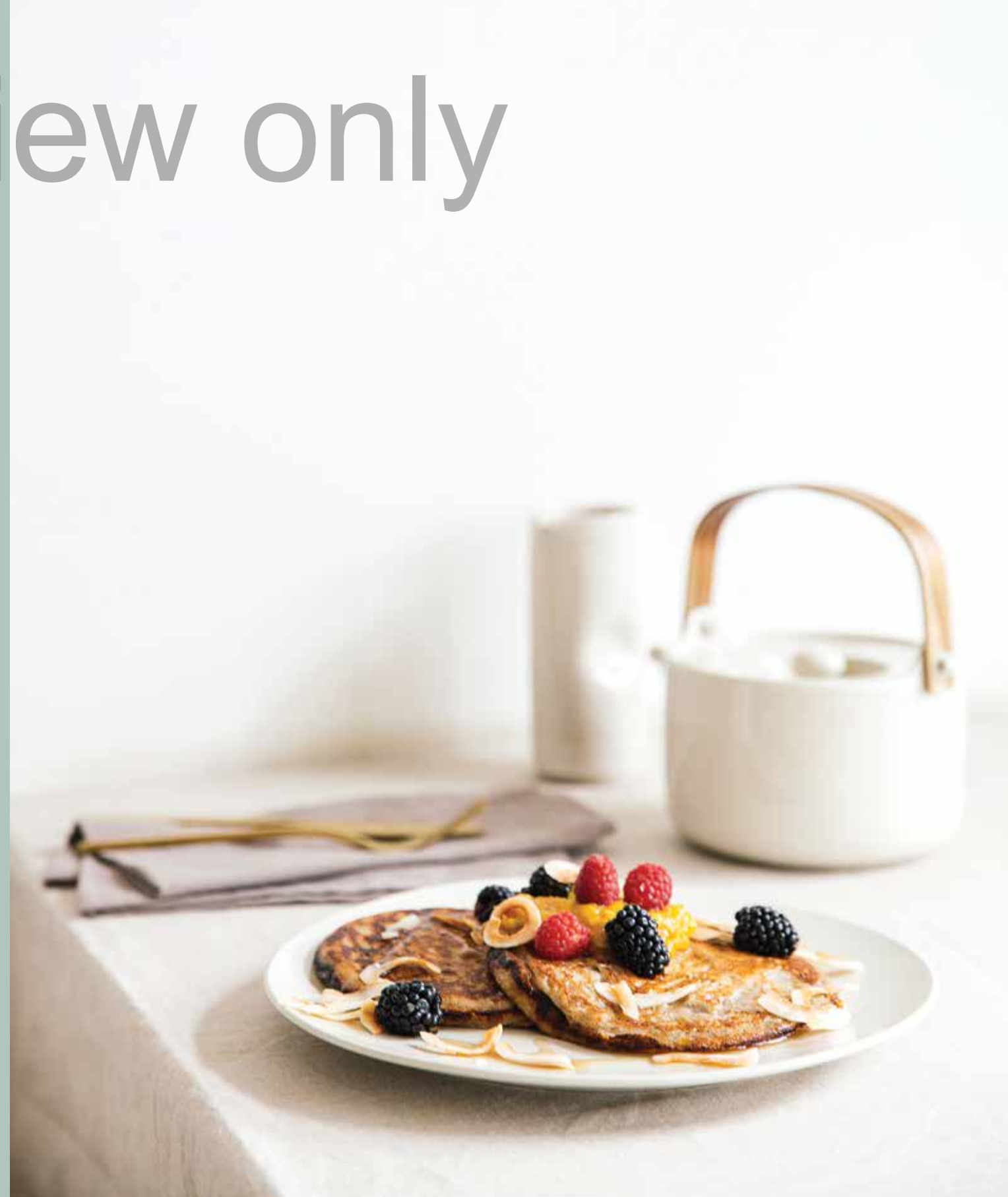
In a medium saucepan, bring to a boil coconut water and sugar, stirring until the sugar dissolves. Reduce to medium heat and simmer for about 40 minutes. Remove from the heat and leave the syrup to cool.

Store in a container in the refrigerator for up to 2 weeks.



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BREAKFAST



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SLOW ROASTED VIBE GRANOLA

Our granola is the talk of the town, with many customers asking us for our secret recipe, so here it is. We choose to roast our granola slowly, although it takes longer, you will get a perfectly crispy granola, plus healthy fats are maintained when cooking at low temperatures.

Serves 10 - 12

INGREDIENTS

2 tablespoons dried raisins, soaked and drained
2 tablespoons dried currants, soaked and drained
2 tablespoons goji berries, soaked and drained
1 cup old fashioned rolled oats
1/2 cup raw almonds, chopped
1/2 cup raw pecans, chopped
1/2 cup raw cashews, chopped
1/4 cup raw pumpkin seeds
1/4 cup raw sunflower seeds
1/4 cup coconut flakes
1/8 teaspoon sea salt flakes
1/2 cup dates, pitted and soaked in warm water for 15 minutes, drained
1 tablespoon apple cider vinegar
1 tablespoon maple syrup
1/4 teaspoon ground cinnamon
2 tablespoons cold pressed coconut oil, melted

METHOD

Preheat the oven to 120°C (250°F). Line a baking sheet with baking parchment.

Combine rolled oats, nuts, seeds, coconut flakes and sea salt flakes in a large bowl. Add soaked raisins, currants and goji berries.

Blend soaked dates in 3/4 cup filtered water (175ml) with apple cider vinegar, maple syrup, ground cinnamon and melted coconut oil in a blender until smooth and creamy. Transfer to the bowl with the oat mixture and stir to combine until fully coated.

Evenly spread the granola on the baking sheet and bake, stirring every 10 minutes, for 45-60 minutes or until golden brown. Remove and transfer to a flat tray to cool.

After cooling, break up any clumps and transfer to a tightly sealed container and store in the refrigerator for up to 1 month.

Note: Reconstitute the dried raisins, currants and goji berries by soaking them in hot water until they look plump, approximately 20 minutes or so and then drain them.

// TIPS FROM OUR CHEFS

Baking granola is like cooking cookies, in the sense that it continues baking when you pull it from the oven. If you don't want a really browned granola, trust your eyes and intuition when judging if it is ready to come out of the oven, it is always a surprise how much it crisps as it cools.



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// INGREDIENT SPOTLIGHT

Za'atar, a Middle Eastern spice blend that can include dried marjoram, oregano, thyme, toasted sesame seeds, and sumac. Its herbal and earthy, but also has a lemony taste from the sumac. It is a typical garnish for falafel, mixed with olive oil and salt and drizzled over hot bread. At VIBE, we sprinkle it over vegetables as a seasoning.

NEW YORK BAGEL

CHICKPEA SCRAMBLE // CHEESY CASHEW MAYONNAISE

The components of this recipe can be used in many different dishes, for example the vegetable stock can be used as the base of sauces and soups, and the cheesy mayonnaise is perfect slightly warmed over a plate of nachos. You can even omit the bagel and have a vegan scrambled chickpea "eggs".

Serves 6 - 8





INGREDIENTS

VEGETABLE STOCK

- 1 medium white onion, chopped (1/2 - 3/4 cup)
- 1 medium carrot, chopped (1/2 - 3/4 cup)
- 1 large celery stalk, chopped
- 1 tablespoon extra virgin olive oil
- 6 cups filtered water
- 1 dry bay leaf
- 1 clove garlic, smashed
- 1 whole clove
- 1/4 teaspoon black peppercorns
- 3 thyme sprigs
- 5 parsley stems with leaves

“CHEESY” CASHEW MAYO

- 1/2 cup filtered water
- 2 tablespoons fresh lime juice
- 1 1/2 tablespoon apple cider vinegar
- 1 1/2 clove garlic, crushed
- 3 tablespoons nutritional yeast
- 1 tablespoon chickpea miso
- 1 teaspoon ground turmeric
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground yellow mustard
- 1/2 teaspoon onion powder
- 1/4 tsp Himalayan black salt
- 1/4 tsp ground black pepper
- 2 cups raw cashews, soaked 8 hours
- 2 tablespoons extra virgin olive oil

CHICKPEA SCRAMBLE

- 2 medium yellow onion, finely chopped (about 1 1/2-2 cups)
- 2 tablespoons extra virgin olive oil
- 1 teaspoon sea salt
- 1 large red bell pepper, finely chopped (about 1 cup)
- 1 1/2 teaspoon ground turmeric
- 1 tablespoon smoked paprika
- 1 teaspoon ground cumin
- 1 teaspoon Himalayan black salt
- 1/2 teaspoon za’atar
- 1/4 teaspoon ground black pepper
- 1 dry bay leaf
- 2 teaspoons apple cider vinegar
- 1 1/2 cup vegetable stock
- 720g cooked chickpeas (about 4 1/2 cups)

TO SERVE

- Bagel • Lettuce • Tomato, sliced • Sliced avocado • Wilted spinach • Himalayan black salt • Freshly ground black pepper

METHOD

VEGETABLE STOCK

Roughly chop carrots, celery and onion into small diced pieces.

In a large stockpot, add olive oil and the vegetable mixture, stirring occasionally for 3 to 5 minutes.

Pour 6 cups of water into the pot. Add bay leaf, garlic, clove, and peppercorns. Bring to a boil over high heat, then simmer over low heat for 45 minutes.

Remove from the heat and add thyme and parsley. Cover and let it infuse for 20 minutes.

Set a fine mesh sieve or colander over another large pot or bowl and strain the stock. Discard the pulp. If you’re not using it immediately, let it cool to room temperature, pour into a lidded container, cover, and refrigerate. Tightly sealed, the stock will keep for 5 days in the refrigerator and up to 6 months in the freezer.

“CHEESY” CASHEW MAYO

Blend all the ingredients apart from the cashews and olive oil in a blender until well combined. Add the cashews and blend until it’s a smooth and thick creamy texture. Slowly drizzle in olive oil to finish. Store in an airtight container in the refrigerator for up to 1 week.

CHICKPEA SCRAMBLE

Place chickpeas in a mixing bowl and mash them with a fork until small and crumbly. You’re looking for a chunky texture, not puree.

Over medium heat, saute onions with salt and olive oil for 5-7 minutes until soft. The salt helps to draw out moisture in the onions.

Add red pepper and continue cooking for 3-5 minutes. Add ground turmeric powder and cook for another minute, stirring constantly.

Add paprika, cumin, black salt, za’atar, black pepper and bay leaf, stirring to combine.

Add apple cider vinegar, and with a wooden spoon, get all the brown bits stuck to the bottom of the pan and cook until almost dissolved.

Add the stock, stir and cook on a low heat until the flavors combine (about 10-15 minutes).

Then add the chickpea scramble and cook, stirring frequently, until mostly dry and golden brown color. Be careful not burn the scramble.

Remove from the heat. If you intend to store the chickpea scramble for later, let it cool before refrigerating it, covered, for up to 3 days.

ASSEMBLY

Lightly toast a bagel and spread both sides with a spoonful of “cheesy” mayo. Serve with lettuce, slices of tomato, avocado, wilted spinach, and warm chickpea scramble.

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MAIN COURSES



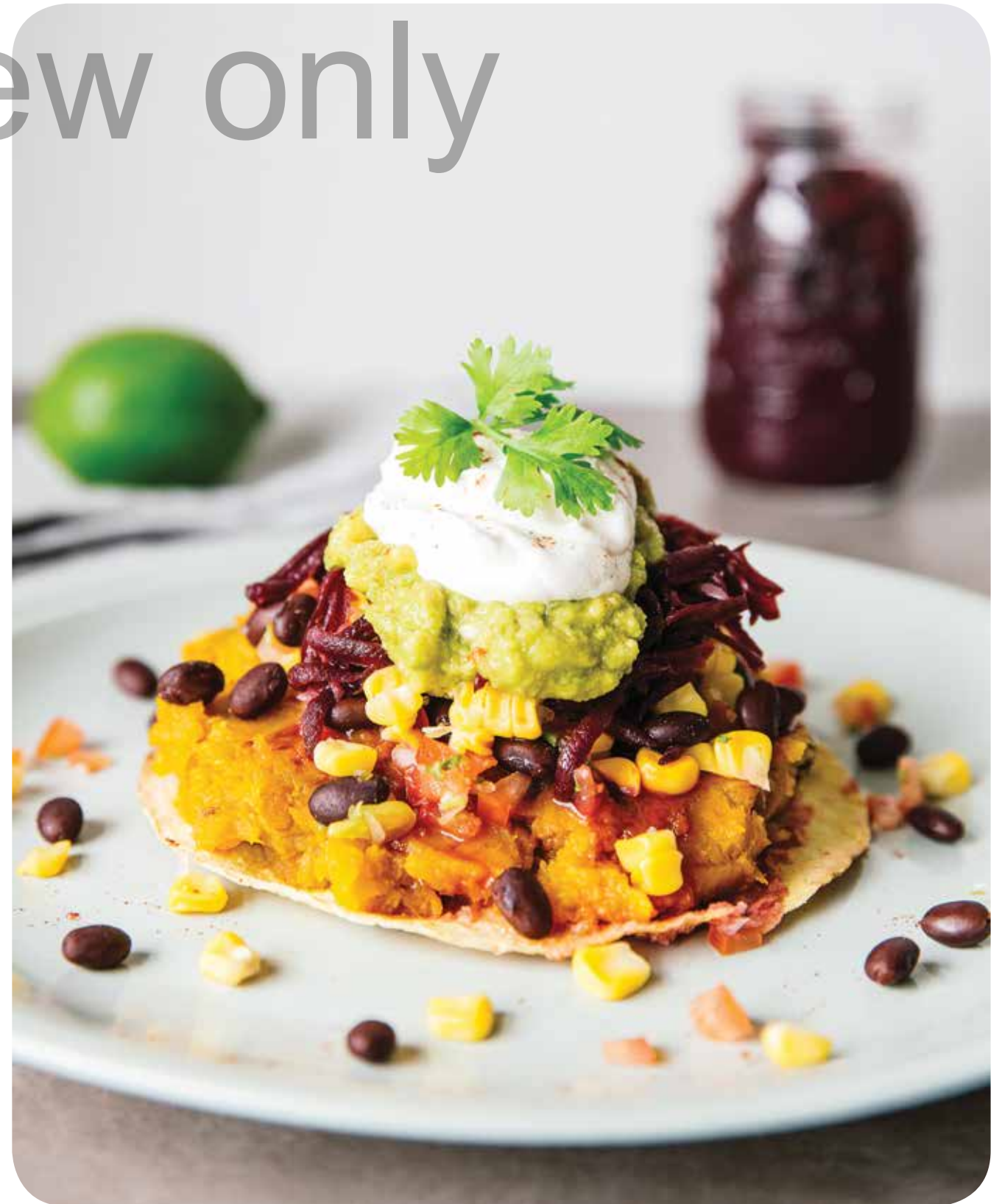
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EXPLORER QUESADILLA

—
GUACAMOLE // ROASTED PUMPKIN // TOMATO SALSA //
BEETROOT PICKLE // CASHEW SOUR CREAM
—

Our vegan, gluten free and super healthy version of one of the most delicious Mexican dishes. We put a VIBE spin on it with probiotic pickles, and vegan sour cream. It is one of our best selling classics on the menu.

Serves 6 - 8





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INGREDIENTS

FERMENTED PICKLED BEETROOT

- 6 cups shredded raw beetroot
- 1½ tablespoon sea salt
- ½ cup ginger, finely sliced
- ¼ cup parsley leaves, tightly packed
- ¼ orange peel

ROASTED PUMPKIN

- 1 small pumpkin, peeled, halved lengthwise, pitted, diced
- 2 tablespoons extra virgin olive oil
- 2 teaspoons sea salt

TOMATO SALSA

- 1 cup seeded, finely diced tomatoes
- ¼ cup finely diced red onion
- ⅓ cup chopped fresh coriander
- 2 cloves garlic, finely chopped
- 1 jalapeño, seeded and finely chopped
- 2 tablespoons fresh lime juice
- ¼ teaspoon Himalayan salt
- ⅛ teaspoon ground black pepper

CASHEW SOUR CREAM

- ¼ cup + 1 tablespoon filtered water
- ¼ cup + 1 tablespoon fresh lime juice
- 1½ tablespoon apple cider vinegar
- 1½ clove garlic, crushed
- ½ tablespoon yellow mustard seeds
- ¼ teaspoon Himalayan salt
- ¼ teaspoon ground black pepper
- 2 cups raw cashews, soaked 8 hours
- 2 tablespoons extra virgin olive oil

GUACAMOLE

- 2 medium ripe avocados
- 1 shallot, finely chopped
- 2 tablespoons freshly squeezed lime juice
- 1 tablespoon finely chopped coriander leaves
- 1 teaspoon Himalayan salt

TO SERVE

Corn tortilla • Smoked paprika • Fresh coriander leaves

METHOD

FERMENTED PICKLED BEETROOT

Combine beetroot and salt in a mixing bowl. Squeeze the salted beetroot with your hands to release all the juices. Let it sit for 5 minutes until water is released. Add the rest of the ingredients and combine.

Pack in a clean glass jar, pushing the beetroot down with force, ensuring juice covers it entirely. If there isn't enough juice, make a brine of 2 cups filtered water and ½ tablespoon of sea salt. Leave 1 inch (2.5cm) of space at the top for gases and expansion.

To keep the beetroot submerged in the brine, take a small glass or ceramic insert, to press down into the jar.

Cover tightly with a lid and ferment at room temperature for 3 to 7 days or until it has enough sourness for your taste. Burp jar daily. The rate of fermentation will be faster in a warm environment. Move to the refrigerator to slow the fermentation.

ROASTED PUMPKIN

Preheat the oven to 200°C (400°F). Drizzle the pumpkin with olive oil and sprinkle with salt. Bake for 20-25 minutes.

TOMATO SALSA

In a bowl, combine all the ingredients. Let it sit for 30 minutes, giving the flavors a chance to marinate, then taste again. Add more salt, lime juice or coriander if desired.

CASHEW SOUR CREAM

Blend all the ingredients except for cashews and olive oil in a high speed blender until well combined. Add the cashews and blend until smooth and thick creamy texture. Slowly drizzle in olive oil to finish. Store in airtight container in the refrigerator for up to 1 week.

GUACAMOLE

Halve the avocados. Remove the stone. Scoop out the avocado and mash in a bowl.

Combine the avocados with the rest of the ingredients.

ASSEMBLY

Heat 1 corn tortilla in a pan over medium heat. Top with all the ingredients as you like. Garnish with smoked paprika and fresh coriander leaves.

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NUM PANG TEMPEH

KAMPOT BLACK PEPPER MARINATED TEMPEH //
TUCK TREY CHILLI MAYO // GREEN PAPAYA + CARROT PICKLE

If you go to the riverside in Phnom Penh at sunset, you will see the area come alive with kites, balloons and games of shuttlecock, you will also see street sellers of everything from popcorn to fried insects and barbecued skewers of meat. It's this traditional street food that inspired us to create this dish.

We marinate the tempeh and cook it to recreate the barbecue taste. We made it into a baguette as they are everywhere in Cambodia, a legacy left over after years of French rule. Cambodians usually eat these baguettes for breakfast with a cup of strong coffee with condensed milk.

Serves 4 - 6



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INGREDIENTS

KAMPOT BLACK PEPPER AND GINGER MARINATED TEMPEH

- 1 cup tamari
- 1/2 cup maple syrup
- 1/4 cup fresh lime juice
- 2 tablespoons vegan "fish" sauce
- 1/2 tablespoon chili paste
- 1 tablespoon sea salt
- 1 1/2 tablespoon palm sugar
- 3 tablespoons freshly ground black pepper
- 2 cloves garlic, finely chopped
- 1 tablespoon fresh ginger, finely chopped
- 18 slices of tempeh



CAMBODIAN COLESLAW

- 1/4 head napa cabbage, finely shredded
- 1/8 head red cabbage, finely shredded
- 15g bean sprouts
- 1/2 red bell pepper, thinly sliced
- 5 Thai basil leaves
- 10 coriander leaves
- 1 tablespoon roasted peanuts, crushed
- 2 tablespoons Tuk Trey sauce

TUK TREY SAUCE

- 1 1/2 cup warm water
- 1/2 cup vegan "fish" sauce

- 1/4 cup rice vinegar
- 1/2 cup palm sugar
- 2 tablespoons clove garlic, finely minced
- 1 1/2 tablespoon sea salt
- 3 - 4 Thai chilies
- 1 whole fresh lime, juiced

VEGAN "FISH" SAUCE

- 2 cups filtered water
- 3 tablespoons tamari
- 7g dried shiitake mushrooms
- 1 piece (5 x 10cm) sheet of dried kombu or wakame seaweed
- 1/2 shallot, chopped
- 2 cloves garlic, crushed
- 1 teaspoon black peppercorn
- 1 teaspoon chickpea miso paste
- 1 teaspoon tomato ketchup
- 1/4 teaspoon palm sugar
- 1/2 teaspoon Himalayan salt

SAMBAL OELEK CASHEW MAYO

- 1/4 cup + 1 tablespoon filtered water
- 1/4 cup + 1 tablespoon fresh lime juice
- 1 1/2 tablespoon apple cider vinegar
- 1/4 teaspoon + 1 pinch Himalayan salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon chili paste
- 2 cups raw cashews, soaked 4 hours
- 2 tablespoons extra virgin olive oil

GREEN PAPAYA AND CARROT PICKLE

- 1 1/4 cup apple cider vinegar
- 3/4 cup rice or white vinegar
- 1/2 cup palm sugar
- 1 teaspoon Himalayan salt
- 1 bird's eye chili (optional)
- 1 clove garlic, finely chopped (optional)
- 1/2 green papaya, finely shredded
- 2 carrots, peeled and finely shredded

// ABOUT THE CREATION OF THIS DISH

This dish was created by our kitchen team in Siem Reap with the guidance of Carolina, our Executive Chef.

METHOD

BLACK PEPPER AND GINGER MARINATED TEMPEH

In a medium saucepan, combine tamari, maple syrup, lime juice, "fish" sauce, salt and palm sugar. Stir to combine, then bring to a boil over medium heat. Reduce to low heat and simmer until the mixture has reduced by half (about 10-12 minutes).

Stir in the pepper, ginger and garlic, cook for 1 minute, then turn off the heat. Once it cools, it will be about the consistency of maple syrup.

Slice the tempeh, and fry 3 or 4 slices per sandwich with a little bit of oil until browned, 2 to 4 minutes, both sides. Add 3 or 4 tablespoons of the black pepper marinate and cook for 2 to 3 minutes.

CAMBODIAN COLESLAW

Mix all together in a bowl and let it sit in the liquid for 10 minutes to marinate.

TUK TREY SAUCE

Combine all the ingredients in a bowl and stir until the sugar is dissolved. Keep in a container in the fridge.

VEGAN "FISH" SAUCE

Bring all to a simmer in a medium pot, uncovered, over medium heat. Simmer until reduced by half. You should have about 1 cup of liquid. Strain, discard the pulp and keep in the fridge.

SAMBAL OELEK CASHEW MAYO

In a blender, mix water, lime juice, apple cider vinegar, salt, black pepper and chili paste until combined.

Then add the cashews and blend until it has a smooth texture. With the blender running slowly, add the olive oil and blend until combined.

GREEN PAPAYA AND CARROT PICKLE

Combine vinegar, salt and sugar in a small saucepan and bring to a boil and stir until the sugar and salt are dissolved. Remove from the heat and set aside.

In a bowl, add the brine and the chili, garlic, papaya and carrots and set aside for 2 hours. Then place in a container in the refrigerator.

ASSEMBLY

To prepare the sandwich, spread each piece of bread with 2 to 3 tablespoon of mayo, add tempeh, lettuce, salad, cucumber strips, pickles and herbs. Yummy! ផ្សារ - changnyang

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DESSERTS



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// TIPS FROM OUR CHEFS

The beauty of these truffles is that you can freestyle your toppings using crushed cacao nibs, crushed nuts, shredded coconut, matcha, etc.

MACA CHILI TRUFFLES

Raw desserts are often the gateway to plant-based eating for a lot of people. They're easy to make and often taste so delicious, that it's hard to tell it from the real thing.

Serves 10 - 15

INGREDIENTS

3 cups raw cashews
1/2 cup maple syrup
1/2 teaspoon vanilla extract
1/4 cup warm water
1 tablespoon maca powder
1/4 teaspoon Himalayan salt
1/4 teaspoon freshly ground nutmeg
1/8 teaspoon cayenne pepper
1/2 cup + 1 tablespoon cacao butter, melted
1/2 cup + 1 tablespoon raw cacao powder,
plus extra to coat

TOPPING

Raw cacao powder

METHOD

In a blender process the cashews until you get a thick butter. Add the rest of the ingredients, apart from the cacao butter and cacao powder.

With the blender running slowly, pour in the melted cacao butter and cacao powder and blend until well combined. Do not over blend or overheat, once the cacao is added to the mixture, it will start to separate.

Place the mixture in a flat container and refrigerate for 3-4 hours to firm.

Scoop the mixture into individual balls and roll them in cacao powder. You can use a cookie scoop for evenly sized balls.

Place on a plate or baking tray lined with baking paper and leave in the fridge for 2 hours.

Once set, store in a sealed container in the fridge for up to 1 week or 1 month in the freezer.



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NAHM KRUK PANNA COTTA

DRAGON FRUIT + PUMPKIN PANNA COTTA // COCONUT + SESAME CRUMBLE

Nahm Kruk ~ Dessert in Khmer language. Cambodia's traditional desserts are mostly made from red bean, rice, banana, coconut and pumpkin. They usually wrap them in banana leaves and are sold in markets and on the roadside.

Serves 14 - 16

// ABOUT THE CREATION OF THIS DISH

This dessert was developed by our kitchen team in Phnom Penh with the help of Carolina, our Executive Chef.



INGREDIENTS

PANNA COTTA

Pumpkin layer

- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- 1/4 teaspoon Himalayan salt
- 100g fresh mango
- 100g roasted pumpkin (see recipe, page 57)
- 30g coconut meat
- 2 cups filtered water
- 1/2 cup palm sugar
- 2 teaspoons agar powder
- 2 teaspoons chia seeds

Dragon fruit layer

- 210g red dragon fruit
- 190g fresh mango
- 20g coconut meat
- 50g roasted pumpkin (see recipe, page 57)
- 2 teaspoons apple cider vinegar
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1 cup filtered water
- 1/4 cup + 1 tablespoon palm sugar
- 2 teaspoons agar powder

COCONUT AND SESAME CRUMBLE

Flax "egg"

- 2 tablespoons ground flax seeds
- 1/2 cup warm filtered water

- 1 cup roasted peanuts
- 1 cup coconut shards
- 1 cup sesame seeds
- 1/2 cup palm sugar
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- 2 teaspoons ground cinnamon

TO SERVE

Dragon fruit • Mango • Homemade coconut syrup (see recipe, page 18) • Khmer sweet basil leaves • Edible flowers • Basil seeds

METHOD

PANNA COTTA

For the pumpkin layer, blend in a blender maple syrup, vanilla extract, salt, mango, roasted pumpkin and coconut until smooth.

In a medium saucepan, whisk together water and agar powder. Bring to a simmer on low heat and continue whisking for 2 to 3 minutes, until the mixture appears to thicken. Remove from the heat.

When agar mixture has cooled slightly, but not to the point of setting, blend with the pumpkin mixture until well combined. Add chia seeds and blend again.

Divide the mixture into the prepared silicone molds (depending on size it will determine how much is in each mold). Cover and refrigerate overnight or until set (at least 2 hours).

When the first layer has set, blend the next layer in a blender consisting of dragon fruit, mango, coconut, roasted pumpkin, apple cider vinegar, vanilla extract and salt until smooth.

In a medium saucepan, repeat the same step from the pumpkin layer.

When agar mixture has cooled slightly, but not to the point of setting, blend with the dragon fruit mixture until well combined.

Remove silicone molds from the fridge and pour the mixture on top of the pumpkin layer. Cover and refrigerate overnight or until set (at least 4 hours). The finished panna cotta will keep, refrigerated, up to 5 days.

COCONUT AND SESAME CRUMBLE

Preheat the oven to 120°C (250°F). Line a baking sheet with baking parchment.

Soak ground flaxseeds in warm water and let sit for 10-15 minutes until they thicken.

Combine maple syrup, vanilla extract and cinnamon in a bowl. Add soaked ground flaxseeds and whisk until combined.

In a food processor pulse roasted peanuts, coconut shards and sesame seeds to break into smaller pieces. Transfer to the bowl with the wet mixture and stir to combine until fully coated.

Evenly spread the granola on the baking sheet and bake, stirring every 10 minutes, for 45-60 minutes or until golden brown. Remove and transfer to a flat tray to cool.

After cooling, break up any clumps and transfer to a tightly sealed container and store in the refrigerator for up to 1 month.

ASSEMBLY

Invert the mold over a dessert plate. We like to service it with fresh mango, dragon fruit, coconut syrup, crumble, basil leaves and flowers.

For review only

TONICS & ELIXIRS



For review only

// KIMCHI LIVE SHOT



// IMMUNITY SHOT



// BEET WARRIOR SHOT



VIBE LIVE SHOTS

We often use these shots as the first line of defense if we are feeling under the weather or run down. These immunity boosting shots have fermented brines to boost the probiotics in the gut, oil of oregano for skin health and turmeric root for its well publicized anti-inflammatory properties.

Serves 1

INGREDIENTS

KIMCHI LIVE SHOT

- 2 tablespoons kimchi brine
- 1 tablespoon liquid gold juice (see recipe, page 113)
- 1/2 tablespoon fresh lime juice
- 1/4 teaspoon fresh ginger juice or 1/8 teaspoon ground ginger
- 1/8 teaspoon cayenne pepper

BEET WARRIOR SHOT

- 2 tablespoons fermented beetroot brine
- 1 tablespoon warrior juice (see recipe, page 117)
- 1/2 tablespoon fresh orange juice
- 1/4 teaspoon fresh turmeric juice or 1/8 teaspoon ground turmeric
- 1/8 teaspoon ground black pepper

IMMUNITY SHOT

- 2 tablespoons aloe vera juice
- 1 tablespoon fresh lemon juice
- 1 teaspoon fresh ginger juice
- 1/4 teaspoon oil of oregano

METHOD

Add all the ingredients to a small jar and whisk until combined.

Pour into a shot glass and drink up!

// TIPS FROM OUR CHEFS

I like a little shot of this to start the day, but you can also dilute the fermented brine with water for a less sour drink, or mix a shot of it in dressings, sauces, smoothies or mocktails, like "kimchi bloody Mary" with tomato and bell pepper juice, celery, lime, black pepper and crushed ice.

For review only



ROYAL ELIXIR

Butterfly pea ~ a Cambodian classic ingredient infused with some next level blue magic with the addition of moringa, lemongrass, ginger and coconut water. It may become your new favorite happy hour drink!

Serves 5

INGREDIENTS

MORINGA AND BUTTERFLY PEA INFUSION

4 cups filtered water
3/4 cup fresh chopped lemongrass stalk
3/4 cup fresh chopped ginger root
1/4 cup palm or coconut sugar
2 tablespoons dried moringa leaves
1 tablespoon dried gotu kola leaves (optional)
1/4 cup dried butterfly pea flower

SERVED

Crushed ice • Mint leaves • 1/2 cup moringa and butterfly pea infusion • 3 tablespoons fresh lime juice • Coconut water

METHOD

MORINGA AND BUTTERFLY PEA INFUSION

Bring the water, lemongrass, ginger and sugar to a boil in a small saucepan, stirring until the sugar has dissolved.

Reduce to a medium heat and simmer, uncovered for 25 minutes.

Add moringa leaves and butterfly pea flowers and bring to a boil. Once boiling, turn off the heat.

Steep for 10 minutes, then strain the infusion through a fine mesh sieve. Leave to cool at room temperature.

You can store it for up to 2 weeks, in a sterilized bottles in the refrigerator.

ASSEMBLY

Serve immediately over crushed ice, mint leaves, lime juice and top with coconut water.

// INGREDIENT SPOTLIGHT

Butterfly pea is an amazing brain boosting herb native to tropical equatorial Asia that it has been consumed for centuries as a memory enhancer, brain booster, anti-stress and calming agent. Known for its luminous indigo color, butterfly pea has traditionally been used as a vegetable in cooking and to color desserts.

For review only

// INGREDIENT SPOTLIGHT

Rosemary is a woody herb with fragrant evergreen needle like leaves. It is bitter and aromatic, with notes of pepper, sage, and smoke. It complements a wide variety of foods and drinks. It is a medicinal culinary herb with anti-fungal, antibacterial, antiseptic, and anti-inflammatory properties. It is used to relieve headaches, improve memory, enhance mood, and reduce pain.

SUMMER NIGHTS COOLER

When creating this elixir, we imagined a balmy summers night with the smell of sea and sand in the air. This cooler would make a great mocktail at a party.

Serves 1

INGREDIENTS

ROSEMARY AND GINGER SYRUP

1½ cup filtered water
½ cup maple syrup
50g fresh ginger root
10g fresh rosemary sprigs

SERVED

¼ cup fresh apple juice • 2 tablespoons rosemary and ginger syrup • Tonic or sparkling water • Crushed ice

METHOD

ROSEMARY AND GINGER SYRUP

In a small saucepan, bring the water, ginger and maple syrup to a boil, stirring until the maple syrup has dissolved. Add the rosemary and reduce to a medium heat. Simmer for 15 minutes, or until a syrup consistency is achieved.

Strain the syrup through a fine mesh sieve. Leave to cool at room temperature. You can store it for up to 2 weeks, in a glass jar in the refrigerator.

ASSEMBLY

Add all the components over ice and serve.



For review only

JUICES, SMOOTHIES
& COLD MILKS



For review only

// TIPS FROM OUR CHEFS

Be warned - fresh turmeric stains easily, and you have to handle with care if you don't want to turn your kitchen yellow. Wear gloves and avoid using plastics. To remove turmeric stains from your hands, use lemon juice.



LIQUID GOLD JUICE

This vibrant gold juice is packed with so much potent nutrient power, it is a delicious combination filled with anti-inflammatory, energy boosting, and digestion soothing properties with our hero spice, turmeric that adds citrusy and peppery notes.

Serves 3 - 4

INGREDIENTS

10g fresh turmeric root
3 oranges, peeled
1kg carrot, peeled
1 pineapple

METHOD

Wash and roughly chop all the ingredients and feed them through your juicer, beginning with the turmeric root to allow the juice of the oranges and pineapple to push through the more fibrous root.

Pour into a glass and drink.

// TIPS FROM OUR CHEFS

Depending on the type of juicer you have, you may need to chop your ingredients into small pieces before juicing.

For review only

CASHEW CHAI MILK

In India, drinking traditional chai tea is a core part of day-to-day life. Ours is a tea-free version that includes a warm spice blend. Chai is an ancient spice blend, all of which have their own superpowers, used to help relaxation, improve digestion and strengthen immunity.

Serves 1

INGREDIENTS

1½ cup cashew milk
6 dates, pitted and soaked
1 teaspoon cold pressed coconut oil
¼ - ½ teaspoon chai spice mix
¼ teaspoon vanilla extract
¼ teaspoon Himalayan salt

CHAI SPICE MIX

3 tablespoons ground cinnamon
2 tablespoons ground ginger
1 tablespoon ground cardamom
½ tablespoon ground allspice
½ tablespoon ground clove
½ tablespoon ground nutmeg
½ tablespoon ground black pepper
1 teaspoon ground star anise

METHOD

CHAI SPICE MIX

Combine the ground spices in a jar, mix well and store until ready to use.

ASSEMBLY

Add all the ingredients to the blender and process on low, then high for at least 1 minute or until well incorporated.

You can store it for up to 2-3 days, in a glass jar in the refrigerator.

Shake well before serving and pour into a glass filled two-thirds with ice. We love to drink it really cold but you can also serve warm.

// TIPS FROM OUR CHEFS

Add 1 large turmeric root, peeled and roughly chopped to the blender and you will get a golden chai cashew milk, including all the benefits from the curcumin.



For review only

MEDICINAL HOT DRINKS



For review only



GOLDEN LATTE

Turmeric lattes are on trend right now, but often you're not assimilating the true benefits of the wonder herb. By combining turmeric with black pepper and healthy fats like coconut oil or nut butter, it enhances its bioavailability in the body, which increases the profound positive medicinal benefits it has to offer.

Serves 1

INGREDIENTS

TURMERIC PASTE

- 1/2 cup ground turmeric
- 1 tablespoon ground ginger
- 1 cup filtered water
- 1 teaspoon ground black pepper
- 2 tablespoons cold pressed coconut oil, melted

SERVED

- 1 1/2 cup nut milk
- 1 tablespoon almond butter
- 1 tablespoon maple syrup or 1 date (optional)
- 1 1/2 teaspoon turmeric paste
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon ground cinnamon
- 1 pinch Himalayan salt

METHOD

TURMERIC PASTE

Place water, turmeric, ginger, and black pepper into a saucepan and cook over low heat, stirring until it has reached a paste-like consistency, approximately 3-5 minutes.

Let the mixture cool, then add melted coconut oil and stir until well combined. Refrigerate in a sealed container. It should last for several weeks refrigerated.

ASSEMBLY

Heat nut milk in a small saucepan until warm, but do not boil.

Combine with the rest of the ingredients in a high speed blender, and blend for a minute. Pour into mug. Enjoy when it's still warm.



For review only

THE GOOD VIBE FOUNDATION

It was fundamental for us when we created VIBE that we also set up The Good Vibe Foundation, with the clear goal to provide health, food and education to school children in Cambodia and to be a positive impact in the world.

BACKGROUND

A beautiful country, full of genuine smiles, Cambodia is still recovering from a recent genocide. The average salary in 2016 was \$3.30 per day and it is ranked the 35th poorest country in the world. It also has high rates of essential vitamin and mineral deficiencies. The World Health Organization ranks micronutrients deficiencies among the top ten leading causes of death globally. Cambodia also has a staggering 40% of stunted children according the latest Cambodian Demographic and Health Survey (CDHS 2010).

PROJECT

Our main project is 'Nourish for Learning' which aims to feed 10,000 school children healthy plant-based food in Cambodia. We work in poor, rural communities and hope to build long-term relationships with schools in order to commit to nourishing children throughout their education. We try to establish roots with the parents and families of the children to educate them on nutrition and give them practical knowledge and advice to help them feed healthier food to their children. We believe this community reach will impact the eating habits of several generations to come. We also work directly with farmers who produce fruit and vegetables without chemicals or pesticides, which allows us to serve high quality fresh ingredients.

Everytime you eat at VIBE, your money goes to support the Good Vibe Foundation.

Find out more about our organization at goodvibefoundation.org