All right, okay, we're live.

Hi, everyone, welcome to our Cook With Us live demo on Facebook for today.

We've changed to a new day.

So thank you for those of you who remembered and are joining us Tuesday, on new day for our Facebook live Cook With Us demos.

So today's recipe is a mouthful, and I don't know how many people are viewing at the moment, whether I should go straight into it or whether I should do a little intro first.

But for those of you who don't know me, my name is Sisi. I'm the Community Outreach Team Leader for Down to Earth.

And I have the privilege of teaching you guys, how to cook in your home, on your lunch break.

Hopefully not while you're driving, but wherever you are, it's been awesome to have you join us here in our Honolulu Community Kitchen.

So today's recipe, like I said, is a mouthful.

It's a vegan, mac and cheese, pulled pork and bacon wrap.

So if you would like the recipe, you can go to d2e.co/mpbwrap.
M for mac and cheese, p for pulled pork
and b for bacon, mpbwrap.

So find the recipe on there
and follow along with us
as we cook here in our community kitchen.

And for those of you who are
joining us for the first time,

thank you so much.

I know some of you are really
excited over at Instagram,
so you may have joined us over from there.

So this recipe is a three part recipe
and it actually involves our recipe
that we already did last
Friday on Instagram.

So for those of you who
did not catch that demo,

that was alkaloid jackfruit demo.

I actually made it ahead of time.

I did half of the recipe that
you're following along with,

just for demonstration purposes.

And I actually did this
one without cabbage.

So it's just the jackfruit.

You can see, it looks, kind
of has that consistency
of pulled pork.

You can find that demo
on our Instagram page,
or I've actually created a
short link as well, d2e.co...

oh, that's the recipe
for the demo that we did.
And if you wanna go to the actual Instagram page, you can go to d2e.co/jackfruit live.

- [Cynthia] Yeah. And that's for the actual Instagram demo

- [Cynthia] And the video of the demo will be on this page soon.

- Yes, stay tuned, it's coming up too soon.

So this is our pulled pork that we're going to be using in our wrap.

But what I wanna show you is actually our bacon part of the recipe.

Now, I am going to be using these rice paper roll.

Yeah, you're probably looking at this thinking, "How is that going to become bacon?"

(Cynthia laughs)

We are going to be performing some plan basic magic in this kitchen today.

That's why this recipe is so amazing.

'Cause it's an ingredient that is actually so affordable

and it comes with... there are how many of these wraps in here?

I think there are probably about 10, at least,

probably right more than that in this pack,
and each wrap can actually make several pieces of bacon.

So first thing I'm going to do, you can see that it's actually quite tough, the texture.

So first thing I'm going to do is I'm going to score the wrapper and that will actually allow me to break it apart.

Now it does break apart, you can see even this one, it breaks apart pretty easily when it's own.

So if you don't wanna be putting too much force into it, you can just watch as I do it.

And it's okay if you lose a couple of pieces here and there, that's totally fine.

Bacon is not perfectly sliced clean, anyway.

So the way we're gonna do this is, I'm gonna score it in a half first, and if you want your bacon to be larger pieces, and I'm gonna send a snap up like this, and you can see it just snaps along that line, this one didn't quite do it, that's okay. And I'm going to cut these now into smaller slices.

Now, if you want your bacon to be a really long strip, then you can just leave it like this and cut like this,
score it like this and snap like that,
but I'm actually making them smaller
because I'm putting them into a wrap.

So I'm going to slice them
into smaller pieces like this,
and you'll notice they aren't
sliced terribly easily.

I'm just scoring them so I can snap them.

And what I'm going to do is,
I'm actually going to match up
the pieces on each side with each other.

The reason I'm creating
these twin sets is because
I'm going to double layer my
bacon when I actually put it
on my baking sheet.

So these ones go together and
then these ones go together.

And the reason I'm going
to do that is because
if you try and make it
with a single layer,
it actually burns super
easy and it's very flimsy.

It doesn't have the same
consistency, that chewiness
that we might be looking for.

-Cynthia] This texture and the wrath,
does that help with that bacon texture
that you're looking for?
- Yes.

It's very chewy.

I haven't eaten bacon in over 12 years
and I don't necessarily
remember what it tastes like,
but it definitely doesn't have the same...

You're not gonna fool anyone
by saying, "This is bacon."

But it definitely has the flavoring,
the seasoning and it's really yummy
even if it doesn't taste
or look like bacon.

- [Cynthia] Yeah, there's
a lot of beacon substitutes
out there,
- Yes.

- [Cynthia] but this one is probably
the cheapest one I've seen.
- Yeah, it's really, really affordable.

The most expensive ingredient on here
can actually even be substituted,
so it's very affordable.

- [Cynthia] Can you
show the wrapper again?

- Yes.
You can, thank you.

- You can buy these in our stores.

And then we also carry
a brown rice variety

in some of our stores, not all,

but often I like to use that
one for this recipe as well,

because it naturally
has that darker coloring

which works a little more.

- [Cynthia] And where do we find these?

'Cause actually I'm
not even familiar with-
- You can get this in the Asian section in our stores.

- [Cynthia] Okay.
  So we have

  our Asian, much Mexicans, such Indian,

  I hope you can find it there.

- [Cynthia] Okay, cool.
  So what I am going to do now,

  I’m actually going to...

  and this is an important step

  and you don’t wanna
  switch these steps around

  because I’ve shared this recipe.

  This is actually a great recipe

  for a Father’s Day coming up
  because we know a lot of dads

  do love their bacon,
  and it’s a great recipe

  that you can make with your kids.

  It’s really fun to make with kids.

  And actually, this is
  my boyfriend’s recipe.

  So we know that the men love it.

  His recipe, it’s suited to men’s tastes,

  but I love it also.

  So it’s not isolated to men,
  but you could definitely

  make this fun, the dads in your life,

  the next Sunday’s Father’s Day.

  So what I’m gonna do is,
  you don’t want to switch

  these steps around because my friends

  who I’ve shared this recipe with have switched
the steps around and told me
it's really, really hard to manage
when you try to dunk it in the
water first and then cut it
because it softens it
and it's very stickier.

So you wanna score them first,
then you're going to dip
your piece into...

Oh, before I do that, I
have to make my marinate.

And actually you're gonna
see now that I dip this in,
you're going to see how soft
and hard to manage it becomes.

But before I do that, let
me make my marinate first.

So what I'm going to do, I'm going to use
my favorite ingredients
that I use for everything.

Aloe vera aminos, shout out,
it's on Super Saver right now.

So if you wanna check out
our Super Saver deals,
grab a copy or applying in stores
or on our website, downtoearth.org.

So I'm going to add just
a couple of tablespoons
and you know what?
I'm going to switch my
workstation around a little bit
so you can see everything
a little clearer.

- [Cynthia] Okay.
I'm gonna move
my spring rolls away, momentarily,

it might be more wrappers.

And those are the same wrappers that you use

for summer rolls.

So spring rolls, summer rolls, I always get confused

what to called them, but the ones that you use to wrap

with tofu and different veggies inside.

So I'm adding my coconut aminos,

- [Cynthia] Okay.
you can use any substitute

like show you, or tamari,
or Bragg's liquid aminos.

And then I'm going to take actually a couple of tablespoons

of this water here, just to make sure I have enough

and to water down my marinade a little bit.

- [Cynthia] Did you choose these pans or bowl specifically,

‘cause they're shallow or does it matter?

- It doesn't really matter.

It's a little bit easier if they are shallow

because you can dip them easily,

but whatever dish you have will be fine.

- [Cynthia] Okay.
Any dish that you can

basically put your mix in.

And then I'm going to add a little bit of...

Oh where's my...
Oh there it is.

My onion powder and garlic powder in there.

- [Cynthia] Okay, whoa.


You want that seasoning.

(Cynthia laughing)

This is my boyfriend's garlic onion recipe.

- [Cynthia] Yay. So I'm gonna mix that around a little bit.

And then I'm going to add a little bit of sesame oil.

I'm using toasted sesame oil.

It's just a little bit more flavorful than the regular sesame oil, but if you only have non-toasted, you can definitely use that as well.

- [Cynthia] Okay. And then I'm going to put in some maple syrup.

Like I said, this is probably the most expensive ingredient on the recipe and you can substitute it with another sweetener, like coconut nectar or honey, organic.

The reason I'm using maple syrup is because of that maple bacon flavor, but you're definitely welcome
to a substitute.
- [Cynthia] Yeah.

Very classic American flavor.

- Exactly, so I'm gonna put a little bit
  of the maple syrup in there.

And then the last
ingredient I'm going to add
really helps to provide the coloring.

- [Cynthia] Shocker.
  Yeah.

- [Cynthia] It's just not a Sisi recipe
  without coconut.
  (mumbling)

Yeah, coconut aminos is more propitious.

- Yes, my two favorites.

- [Cynthia] Yes.
  They love each other as well.

Okay, so I am going to pop a little bit
of this smoked paprika in here.

And it really depends on
how smokey you want it
as to how much you add and
also how colored you want it.

- [Cynthia] Okay.
  It provides the coloring
  of the bacon.

So now I'm gonna mix this all together
and make sure that it's well distributed
and you can see that smoked paprika
really gives it that redness.

And actually I'll show
you some examples of ones
that I put earlier that
I didn't put as much
smoked paprika in.

Okay, so now comes the part where I'm going to dip.

So you can see this one, I dipped in the water

and it's very kind of-

- [Cynthia] Wow, it's very flimsy.

- flimsy, sticky, if you stick two sides together,

they're gonna stick and it's not as easy to manage.

So this one I dipped in the water already.

I can do this now in my marinade.

And then I'm just going to lay it on my baking sheet.

And then my matching piece, which was this one here,

I'm gonna put in the water, then on the marinade.

- [Cynthia] So you have a nice assembly line.

- I do.

Yeah.

- And often, what I do is, I actually will score many of these pieces and then I'll do my assembly line

- [Cynthia] Right. It depends how much space

I have and I actually often do this in the air fryer.

The one I'm making today is going to be in the oven.

And I know not everybody has an air fryer.

You definitely don't have to have an air fryer
to make these, but I do find that the air fryer does make them a little bit more crispy.

So you see all of our twins going on together.

- [Cynthia] Very crucial step. Yes.
  
  Crucial, crucial step.
  - [Cynthia] Make sure the twins support each other.
  - Right, they need to be there for each other.

Are there any questions so far about any of our steps or any ingredients or anything?

- [Cynthia] There's no questions from the customer yet,
  - Okay. but obviously I'm thinking like seems it takes a little bit of time to make this, how much time in advance can you make these?

- Great question, so this is not the kind of recipe that I usually leave and then forget about,
  
  one, because it doesn't take a lot of time in the oven or the air fryer.
  
  It only takes in the air fryer only about four or five minutes in the oven or at least seven to eight minutes.

So what I usually do is, I'll make a layer and then while that one's cooking,
I'll make another layer.

So it's not a recipe you can just do and then go away and do your dishes in the meantime.

So I would set aside at least a good half an hour, to actually spend time making this.

This half an hour will make you three layers basically, 'cause three sets of seven to eight minutes in the oven, a little bit of prep (mumbling) this side time as well.

So I'm just gonna demo this little batch, just for demonstration purposes.

You might have a little bit of a risk (mumbling) and now they're going to go over to the oven.

So I quickened the oven to 400 degrees Fahrenheit and then put them straight it.

- [Cynthia] So can I make a big batch of this a week ahead?

- Yeah, absolutely, you can make a big batch.

The texture definitely got the cute one.

I make things and I put them in the bridge. (mumbling), they're actually more flavorful the next day, which isn't surprising, but the texture is very, very different.

So there's just wanting to use it
maybe with some other dishes, just to add some flavor,

then yes, definitely you can keep it overnight

or for a few days, but if you're wanting it

as a very exculiar bacon dish, I would probably

have as breakfast.

- [Cynthia] Okay. Yeah.

Okay, now we're gonna go over and make mac and cheese.

Okay, so I did actually make a vegan grilled cheese sandwich

a couple of weeks ago on an Instagram live demo.

And the demo link is d2e.co/cheese live,

if you wanna see that demo, I did do a demo.

And basically that recipe is actually a very healthy, cheesy recipe.

So if you're looking for a very, very healthy

mac and cheese, not that this one isn't healthy,

but that was even healthy.

It's got potatoes and carrots in it.

It's like a very veggie-filled mac and cheese,

but cheesy recipes.

You can use that one and you can use that sauce

for this mac and cheese recipe.

Or if you want that kind of a little bit fattier,
tasting one, creamier, then this is probably the one.

So the main ingredient for our mac and cheese, well apart from our macaroni, is our cashews.

So I soaked these cashews for about three hours.

You can see they're engorged.

And the reason I say this one is probably closer to your dad mac and cheese is because it does... the cashews make it taste very fatty or creamy, so that's why we use the cashews.

If you're not free, you can actually substitute cashews with hemp seeds, but I would recommend actually trying that other recipe if you're not free because it uses less cashews, and the substitute perhaps is less. Hemp seeds are usually dearer than cashews. So if you're thinking budget wise as well.

Okay, so I'm gonna put these cashews in here, and then a little bit of water, and I'm going to put some lemon in there, make sure you always roll your lemon before squeeze and that allows the juices to flow.

Any questions while we are waiting?
(mumbles)
- [Cynthia] No.

I guess even if you wanna make it a little bit easier,
you can also just use the boxed-

- Yes.
mac and cheese as well.

- Great point, we have a number of... (screams).

I'm always thinking lemon everett.

We have a number of both napkin cheeses that are very, very popular.

- [Cynthia] Yeah and we have regular ones,
we have gluten-free ones, even a vegan one.

- That's right, and you can find them at downtoearth.org,

if you wanna shop online or curbside pickup or delivery.

And you can just search for different product categories like mac and cheese, or you can search for pasta,

whatever you want, it's very, very easy to use that (mumbles).

Okay, so I'm gonna put some... this is actually what really makes this cheesy sauce, cheesy.

And that is nutritional (mumbles).
I've never made a cheesy sauce without nutritional ingredients.

- That's just crazy talk.
Right.
That is definite essential with every cheesy sauce.

- Oh I have an interesting question, so if someone asks, "Are there any without oil?"

I'm assuming you're talking about the mac and cheese boxed packages, and I'm gonna say probably not.

- Right. You would need to make that yourself, but you have the other recipes you need to substitute the oils.

- Yes, the other recipe, I actually don't even know if I have oil in my other recipe 'cause I don't often cook with oil.

That is this recipe here d2e.co/grilledcheese.

But even if it does have oil, you can actually very easily substitute with veggie broth instead.

But I'm pretty certain it doesn't have oil because most of my recipes, most of them, except for like ones where I use sesame oil for flavoring, most are actually oil-free and I just slot in veggie broth.

So this one also is oil-free, but it's not low fat because it does have cashews in it.

So if you're on a cam ornish, or if you've been on one of those low fat diets,
then you still wanna make sure
that you try the other recipe
‘cause it’s definitely low fat.

But this one is oil free.
  - [Cynthia] Right.

  - Well not the other part,
  this mac and cheese part is separate.

  (Cynthia laughs)
  - Okay, so now I’m gonna put
some garlic powder and I’m
actually putting some turmeric in,
not really for flavor.

You don’t wanna put a whole lot in,
it’s more just for coloring.

That gives that good turmeric scent.

Every being yellow, including food.

So it gives it the color that it wants.

I put my garlic powder
and turmeric in here,

and my last ingredient, I’m gonna put in,
is just a little bit of salt
and actually the nutritional yeasters
comes from natural saltiness to it.

It’s not exactly salty,
but the flavor is just...

it’s so out of this world
that it kind of makes up,

even if you don’t have a whole
lot of salt, it really helps.

Okay, so now I’m just going
to blend this all together.

Ideally, you want high-power blender.
If you don't have a high-power blender, fruit processing is great as well. So it's gonna make some noise. (blender roaring).

Okay, sorry about that ruckus, but I wanted to make it really smooth so you can see how nice and creamy the cashews become.

So that is our cheesy sauce.

Now, at this point, you can do a couple of things. You can either...

and I'm gonna show you now our pasta that we are using. This is actually a brown rice elbow. This is my favorite macaroni pasta that's gluten-free. Of course you can use any kind of pasta you like.

If you want to use a whole wheat pasta, you're welcome too as well, because I am gluten-sensitive and I usually try to avoid gluten.

I have a lot of experience with different gluten-free pasta this probably is my favorite for macaroni. It is, some natural growing pastas, it usually become mushy, the gluten-free ones, this one is awesome.

The only thing is that this one cooks for a little bit
longer than the other gluten-free ones.

It cooks for about 15 minutes,

as opposed to some of the others cook for at least

seven to eight minutes (mumbling).

The bean pastas are really great as well.

It has some (mumbles) pastas and things like that.

- [Cynthia] This brand really knows what are your concerns,

'cause right there, it says, not mushy.

- Oh yes, that's exactly-

- [Cynthia] Good texture and not mushy, al dente.

- That's my biggest concern with gluten-free pasta.

And usually once I finished cooking it,

I didn't do it this time,

which is why it's sticking together a little bit,

I usually rinse it with cold water first

and then I put a little bit of oil to stop it

from sticking together.

You can see that when I don't do that,

it does stick together a little bit.

Oh, I can smell that cheesiness.

At this point, you can put your sauce in,

pour all that in there,

And give it a stir, and you can do two things.

You can either leave it as is, look at that
- [Cynthia] Yum.
  Look at that macaroni.

- [Cynthia] It has that classic yellow-

- Yeah.
bask

- Thank you, tumeric, hello tumeric.

Okay, so you can either do that or...

oh, you know what?

Our bacon has been cooking
for a really long time,

(mumbles)

- [Cynthia] Oh no.
  We didn't hear it go off

but that's okay.

I'm gonna pull it out,

I do have some prepared
earlier, just in case.

- [Cynthia] Let's see it, 'cause you know-

(Sisi laughs)

I actually, I know a lot
of people who prefer their-

- bacon a little bit burnt-
  bacon to be burnt

so it may not be that bad.

- This one is not ideal when it's burnt,
but it's okay, I did make some earlier
just in case I was thinking,

"I'm not sure if I'm gonna hear the oven
while I'm demoing everything else."

So I'm glad actually that that happened
because I dint hear the buzzer go off
so that happened and the bacon is burnt
but that's what happens in the kitchen sometimes
and you just roll with it.

And thankfully, this is so easy to make
that you can make another batch, so cool.

Okay, so back to the mac and cheese,
all right, now you can either leave it like this,
which is already a very creamy mac and cheese

obviously, it looks like mac and cheese already,
or if you wanna take it to the next level,
you can put it in the oven at about 400 degrees Fahrenheit

for... you know what?
It really depends on the oven
for anywhere between 10 to 15 minutes.

If basically, you wanna see it start to crisp on top

and then it's ready.

So you do need to watch it a little bit
like yeah, 10 to 15 minutes or sometimes to speed it up,

I'll even bring the heat a little bit up here.

So it depends what you wanna do.

This is already a complete mac and cheese,

and they smell the cheesiness, that's awesome.

Okay, so I'm am not going to you use
our burnt bacon for the assembly of (mumbling).
I'm going to use some bacon that I magically prepared earlier.

(Cynthia laughs)

So you can see this bacon is actually not as red as the bacon that I put into the oven on this demo, just because I didn't put as much smoked paprika.

So if you want it to have a more red coloring, then you just put more smoked paprika.

And also, like I said, if you use brown rice paper rolls, then that often will add to the coloring as well.

It makes it a little bit darker.

Okay, so now I'm going to assemble your outline, workstation, a little bit (mumbling)

What is it called here?

Rice paper bacon.

- [Cynthia] Rice paper?
I was like,

"It's not bacon but it is bacon but it's not bacon."

okay, and the wrap I'm using this is a coconut wrapper, it's so awesome.

It's a product that we have in our bakery section, and it's just three ingredients.

It's coconut meat, coconut water, and coconut oil.

It's like paleo, it's grain-free-
- [Cynthia] Its all the things.

- Yes, its everything that you can think of.

It's raw as well as there's no salt,

So everything that (mumbles) different

It suits a lot of dietary work.

So it comes on this sheet and you can actually smell

the coconut as soon as you pull it out,

- [Cynthia] Yeah, we're gonna zoom in here-

- And I have been ignorant to rip these very, very easily

so I'm trying to be a little more careful as I pull it out.

Here we go, okay.

It comes out like this.

There is a wrap, I did a terrible job of pulling it out

'cause it stuck to a couple of different things,

but that's okay.

As long as you can see it.

And I love it because sometimes, gluten free wraps

can break when you follow them.

But I love this one because it's actually very foldable

as you can see.

- [Cynthia] Yeah, it smells crazy like coconut.

- It smells like coconut, yeah.

So basically, I'm going to assemble my wrap here.
I'm gonna put a little bit of mac and cheese and I don't wanna put too much because I wanna make sure that I can roll it into a wrap.

You can still make a sandwich with this, if you would prefer to make a sandwich.

- [Cynthia] And Sisi is putting on her pork.

- This is the pulled pork and meat.

- [Cynthia] She added meat and the jackfruit.

- And then I'm gonna put my bacon on there.

Now, this bacon is very crispy and you can now see why I made the pieces smaller because a long piece would have just completely not worked.

So now, I can fold it a couple of ways.

I can either roll it and just slice it in half and do it that way.

Or you can fold it like a burrito.

It's really up to you.

I think for the purpose of this demo, it might be easier if I just do this, like that and then I just slice it in a half.

And you can make it fatter if you want it to be a more substantial wrap.

I just know that if I try to make it really full,
I'm probably gonna end up spilling it everywhere.

But that's what it ends up looking like.

Your mac and cheese, your bacon, your pulled pork,

that is your-
- [Cynthia] Wow.

- wrap, and of course, if you use a bigger wrap,

you're going to have bigger room for ingredients.

- [Cynthia] And I'll see that because we're trying
to show you how many different alternative ways to do it,

at home you can just do a basic mac and cheese,

that's in a box, you can use whatever

kind of wraps that you have at home, a tortilla wrap.

And you could buy the pulled pork, jackfruit,

and we also have vegan bacon all over this store.

- And you know what?

You don't even need to put it in a wrap or a sandwich,

even if you just make these separately and put it,

especially if you made a mac and cheese baked

or a casserole, if you had that out of the oven,

just sprinkle some of the whole Jackfruit pork on it,

and then put some slices of bacon on top, whoa.
So there are so many ways that you can arrange and assemble this recipe.

It’s totally up to you, but the combo of these three... these are favorites to so many dads, how many dads love their mac and cheese? How many dads love their pulled pork, soon to be converted to pulled jackfruit and their bacon?

This is delicious crispy.

Look at this crispiness, you can actually see it in there. Its so yummy, I think am gonna take a bite, ready?

- [Cynthia] Oooh, I can hear that crispy crunchiness.

- Thanks so much for joining us and love life, eat healthy, be happy.