

Spicy Pepper Relish

This is an incredibly versatile relish: you get to control the heat! Leave in the seeds and pith for lots of heat, or remove to keep it mild. Slice at your own risk!



RECIPE BY MING TSAI. ALL RIGHTS RESERVED.

INGREDIENTS

- 1 red pepper, small diced
- 1 small onion, small diced
- 1 small jalapeño, minced (with or without seeds and pith)
- 1 cup rice vinegar
- 1 tbsp tamari
- 1 tbsp honey
- Grapeseed oil, for cooking
- Kosher salt
- Freshly ground black pepper

1. Lightly coat stainless steel non-reactive sauté pan with oil over medium-high heat.
2. Add onions and cook for about 3-4 minutes until lightly caramelized. Season with salt and pepper.
3. Add bell peppers and jalapeño, sauté for 1 minute and season.
4. Mix the vinegar, tamari, and honey. Deglaze the pan with this mixture. Reduce until almost completely evaporated and the relish is still moist, about 5-7 minutes. Check once more for seasoning.
5. Serve warm or chilled with your favorite flavor of MingsBings. I really love this relish with my Plant-based Cheesesteak MingsBings!

Dairy-Free Lemon Ranch Dipper

This ranch dipper is perfect for dipping Buffalo Cauliflower Bings as well as celery and carrots.



RECIPE BY MING TSAI. ALL RIGHTS RESERVED.

INGREDIENTS

- 1 cup vegan mayonnaise
- 2 tbsp chopped parsley
- 1 tbsp Dijon mustard
- 3 scallions, thinly sliced
- 1 clove garlic, minced
- Juice and zest of 1 lemon
- Kosher salt
- Freshly ground black pepper

- 1.** Combine all ingredients. Taste for seasoning; adjust with salt and pepper as needed.
- 2.** Serve with hot bings and enjoy!
I highly recommend this lemon ranch dipper with my Buffalo Cauliflower MingsBings.