

Zucchini spaghetti with pesto sauce



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For 4 servings:

2 medium zucchini

see pesto recipe [here](#)

Cut the zucchini in the shape of spaghetti (you can use a julienne knife).

Season the zucchini spaghetti with the pesto sauce and garnish with basil.

Pretzels



Pretzels

For 6 medium-size pretzels:

2 cups flour
1 cup warm water
2 teaspoons yeast
1 1/2 tsp raw sugar
1/2 teaspoon salt
1 tablespoon oil
coarse salt
poppy seeds (optional)

2 liters water
2 tablespoons baking soda

Mix the sugar and yeast in $\frac{1}{2}$ cup of warm water. Allow to rest 10 minutes until the yeast begins to ferment. In a bowl, mix the flour, oil, salt, yeast and add the remaining water. The dough should be elastic.

Knead it for at least 5 minutes with the hands smeared with a little bit oil, to prevent sticking.

Allow the dough to rise for at least one hour, in a warm place, until the volume is doubled.

Divide the dough into six equal parts. Roll each part on a work surface dusted with a little flour. The roll should be thicker in the middle and thinner at the ends. Place the roll in the form of the letter U ...



Pretzels

... twist the ends twice, one over the other...



... attach them to the base.



Bring 2 liters water to a boil, add two tablespoons of baking soda. Dip the pretzels, carefully, one by one, into the hot water (they will float) for a few seconds and then place them on a baking tray. Sprinkle with coarse salt (and / or poppy seeds).



Bake them in the preheated oven, about 20 to 30 minutes.



Celery root in tomato sauce



Celery root stew

For 2-3 servings:

- 1 celery root
- 1 onion

3 tablespoons tomato puree
1 tablespoon oil
salt and pepper

seitan (optional)

Peel, wash and cut the celery in medium size pieces. Stir fry the finely chopped onion, 1-2 minutes, in oil. Add the celery and cover with water. When the celery is almost cooked add the seitan (optional), tomato puree, salt and pepper to taste. Continue cooking until the celery is done.

Variation: You can add olives along with the tomato puree.

Bean soup



Bean soup

For 6 servings:

500 g beans

500 g vegetables for soup (carrots, onions, parsnips, celery, potato, peas, cauliflower, etc.)

500 g ripe tomatoes / 400 g canned tomatoes

2 tablespoons olive oil

1 bunch lovage/parsley

salt and pepper

Allow the beans to soak overnight. Wash and boil them in 3 l water.

When the beans are almost cooked add the chopped vegetables. Continue to boil for 5-6 minutes and add the chopped tomatoes. When the beans and the vegetables are well-done just add salt and pepper to taste.

Garnish the dish with olive oil and finely chopped lovage/parsley.

Mushroom roulade



Mushroom roulade

For the dough:

2 cups flour

$\frac{1}{2}$ cup oil

1 packet of baking powder

salt

water

For the filling:

500 g mushrooms, finely sliced
1 onion, finely chopped
100 ml vegetable cream
dill/parsley, finely chopped
1 teaspoon locust bean gum
2 tablespoons oil
salt and pepper

Mix all the ingredients for the dough and add water little by little, until the dough has the consistency of cream. Line a mid-size oven tray with baking paper, pour the mix and bake at medium heat until brown golden.

Fry the mushrooms and the onion in oil until the moisture evaporates. Add the vegetable cream, the locust bean gum (for thickening composition), the dill/parsley, salt and pepper to taste and mix. Allow to cool slightly.

Spread the dough with the mushroom mix leaving a border of about 2cm all

the way around the edges. Roll gently and tight using the paper to help (pulling it away from you as you roll). Pack the roulade in the papier and refrigerate.

Before serving cut into about 2 cm slices. Serve as appetizer.

Soy romanian sarmale



For approx. 35 sarmale:

1 medium sauerkraut/ cabbage

For the filling:

125 g of dry soy granules

100 g rice

2 onions, finely chopped

4 tablespoons mix seasoning

2 teaspoons paprika powder

2 teaspoons dried thyme

2 tablespoons tomato paste

1 bunch parsley, finely chopped

salt and pepper, to taste

2 tablespoons oil

For the sauce:

4-5 tablespoons tomato paste/ 1 can diced tomatoes

juice of 1 lemon (for the cabbage version)

If the sauerkraut is too salty leave it half an hour in cold water than drain.

If you use cabbage soak each leaf in boiling water until softens (otherwise it will break when rolled). Drain.

Soak the soy granules in 150 ml water for 10 minutes (or as indicated on the package).

Heat the oil in a saucepan and stir fry the onions for 2-3

minutes then add the rice and cover with water. Cook for 10 minutes, stirring occasionally to prevent sticking to the bottom of the pan. Allow to cool a little bit.

Add the soy granules, the mix seasoning, paprika powder, thyme, 2 tablespoons tomato puree and the parsley. Mix well.



Filling for the sarmale

Place 1-2 tablespoons of the filling into the center of each cabbage leaf and roll.



Finely cut the rest of the sauerkraut/cabbage. Divide it into two equal parts. Put one part of finely cuted sauerkraut/cabbage into a souppan, place the rolls on top and cover with the rest of sauerkraut/cabbage.



Dissolve the rest of the tomato puree in two glasses of water and pour over cabbage rolls (if you use cabbage than add the lemon juice too).



Romanian soy sarmale

Cover and cook the cabbage rolls for approx. 30-45 minutes.

Serve hot with [polenta](#).

Variation : Instead of dried soy garnules you can use only rice (300 g) adding finely chopped mushrooms or grated carrots.

Cauliflower Salad



Cauliflower salad

1 medium cauliflower
2 garlic cloves, mashed
4-5 tablespoons vegan mayonnaise (see the recipe [here](#))
fresh parsley, finely chopped, to garnish
salt and pepper, to taste

Cut the cauliflower into florets, wash and cook them in water with a little bit of salt. Drain and allow to cool.

Mash it using a blender/food processor (or a fork). Add the vegan mayonnaise, garlic, salt and pepper and mix it well.

Garnish with finely cut fresh parsley .



Tomatoes stuffed with tofu cream



For approx. 15 medium tomatoes:

200 g tofu

50 g of green olives, finely chopped (optional)

dill, finely chopped

2 tablespoons olive oil

salt and pepper, to taste

Let the tofu drain. Blend until smooth. Add the olives, dill, the olive oil, salt and pepper and mix it with a wooden spoon until you get a fine paste.

Cut the tops of the tomatoes, remove the core with a teaspoon and leave to drain upside down, for a few minutes. Fill each tomato with the tofu cream.



Tomatoes stuffed with tofu cream

Tapenade



Tapenade

100 g black olives
100 g green olives
20 g capers
1 clove of garlic, mashed
1 tablespoon olive oil

Blend all ingredients in a blender. Serve as an appetizer with baguette bread, chips, biscuits etc .



Tapenade

Potato salad



Potato salad

1 kg potatoes
150 g pickled cucumbers
3 spring onions (optional)
4-5 tablespoons vegan mayonnaise (see the recipe [here](#))
salt and pepper

Peel the potatoes, cut them into pieces and boil them in water with a little bit salt.

When the potatoes are cooled, add finely chopped green onions, sliced cucumbers, mayonnaise, salt and pepper.

Serve as an appetizer.