

Scrambled tofu



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For 2 servings:

150 g tofu

1 onion, sliced

1 pepper, sliced

a handful frozen peas (optional)

dill, finely chopped

1/2 teaspoon turmeric

1 tablespoon soy sauce

1/2 tablespoon oil

salt and pepper

Drain the tofu, crush it with a fork, add the turmeric, dill, salt and pepper to taste and mix it all together.

Fry the onion in oil, for 2-3 minutes. Add the pepper and the peas and fry it further. Then add the tofu and cook it for another 2-3 minutes, stirring occasionally. Finally, add the soy sauce.

Tofu strudel



Tofu strudel

For 5-6 pieces:

filo dough

250 g tofu

4-5 tablespoons raw sugar

100 g raisins soaked in brandy

2 tablespoons brandy

Drain the tofu well and then blend him with the sugar and the brandy until you get a very fine paste (using a blender / food processor). Add the raisins and mix.

Place 3-4 sheets of filo dough one upon another, brush them with a little bit oil and fill with 3-4 tablespoons of tofu composition. Fold the dough so that we get a roll of approx. 10 cm long and 5 cm wide, closed at the ends. Brush the rolls with a little bit of oil and bake them until golden brown (15-20 minutes).

Apple strudel



Apple strudel

For 5-6 pieces:

filo dough

6 large apples

1 tablespoon oil

3-4 tablespoons raw sugar

1 teaspoon cinnamon

raisins

Wash the apples and cut them into small pieces. Fry the apples in a little bit of oil, for a few minutes, until they are slightly softened, then add the sugar, cinnamon and the raisins.

Place 3-4 sheets of filo dough one upon another, brush them with a little bit oil and fill with 3-4 tablespoons of apple composition. Fold the dough so that we get a roll of approx. 10 cm long and 5 cm wide, closed at the ends. Brush the rolls with a little bit of oil and bake them until golden brown (15-20 minutes).

Cauliflower with bechamel sauce



Cauliflower with bechamel sauce

1 cauliflower
oil to grease the oven tray
2 tablespoons breadcrumbs

For the bechamel sauce:

500 ml unsweetened soy milk
5 tablespoons flour
5 tablespoons oil
2 tablespoons nutritional yeast
salt, pepper

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

Heat the oil in a saucepan, add the flour and fry for 1-2 minutes, stirring continuously. Add the soy milk (at the room temperature or slightly warmed), little by little, stirring continuu (to prevent lumps forming). Cook the sauce 2-3

minutes, turn the heat off, add the nutritional yeast, salt and pepper to taste. The sauce should not be too thin nor too thick.

Grease an oven tray with oil and coat it with breadcrumbs. Place the cauliflower florets and pour the sauce over, also between the cauliflower florets.

Bake in the oven until light brown (15-20 minutes).

Variation: Instead of cauliflower you can use potatoes.



Cauliflower with bechamel
sauce

Vegan hachee



Vegan hachee

For 3-4 servings:

Seitan, uncooked and cut in pieces (see the recipe [here](#))

When you prepare the seitan dough add:

1 teaspoon paprika powder
1 teaspoon onion powder
1 teaspoon garlic powder
 $\frac{1}{2}$ tsp carob powder (for color)

For the sauce:

1 kg onion
3 bay leaves
2-3 cloves
1 teaspoon thyme
1 teaspoon rosemary
 $\frac{1}{2}$ l beer
2-3 tbsp tomato puree
2tbsp flour
1 tablespoon oil
salt and pepper, to taste

Slice the onions and fry them a few minutes in oil, along with the spices. Add the beer and the seitan pieces. Cover and simmer until the seitan and onions are well-done. If needed add a little bit water.

Add the tomato puree and the flour and continue cooking for another few minutes. Add salt and papper to taste.

Serve with boiled potatoes.

Note: Hachee is a traditional Dutch dish.



Vegan hachee

Tempeh pangang



Tempeh pangang

For 3-4 servings:

300 g tempeh

300 ml water

1 onion, diced

4 garlic cloves, diced

2 cm ginger, grated / 2 teaspoons ginger powder

6 tblsp soy sauce

1 tsp chilli flakes

2 tblsp raw sugar

1 ½ tbsp rice vinegar
4 tblsp tomato paste
2 tblsp flour
1 tblsp oil

Prepare a marinade of soy sauce, garlic and ginger. Cut the tempeh into thin strips, mix them with the marinade and refrigerate for at least an hour.

Fry the onion in oil for 2-3 minutes. Add the water, hot pepper flakes, sugar and the vinegar. Allow to boil for a few minutes then add the tomato paste and the flour, stirring continuously to prevent lumps forming. Add the tempeh with the marinade and continue boiling for a few minutes until the sauce thickens.

Serve on a bed of sweet-sour pickled cabbage (atjar) with boiled rice or [nasi](#).

Note: Pangang is an Indonesian/Maleasian dish.

Vegan tiramisu



For the cake:

2 cups flour

2 teaspoons baking powder

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

$\frac{1}{4}$ cup raw sugar

$\frac{1}{2}$ cup vegetable milk

Mix all the ingredients until the sugar has dissolved. Pour the mixture in a medium size oven tray and bake 20-30 minutes (try with a toothpick , if it sticks on it then continue cooking).

Allow to cool then cut it into desired shape and size. Put it into the form (can be a glass).

Syrup :

2 cups espresso

4-5 tablespoons amaretto (or other liqueur)

1-2 tablespoons raw sugar

Mix the coffee, amaretto and sugar and pour generosity over the cake.

Cream:

400 g raw cashew nuts

4-5 tablespoons maple syrup

2 tsp vanilla essence (or vanilla stick)

$\frac{1}{2}$ cup vegetable milk

vegan chocolate for garnish

Soak the cashew nuts in water for 2-3 hours. Drain them and blend all the ingredients until the cream is smooth. Spread over the cake and decorate with grated vegan chocolate. Let it set in the fridge for about an hour.



Vegan tiramisu