

Masala sauce



Masala sauce

4-5 onions, sliced
2 cans diced tomatoes
2 tablespoons oil
3 cm ginger, finely chopped (or 2 teaspoons ginger powder)
5 cloves of garlic, finely chopped
1 teaspoon cinnamon powder
1 teaspoon mustard seeds
1 teaspoon garam masala
3 teaspoons coriander powder
1 teaspoon cumin powder
fresh chilli /chilli powder , to taste
salt

Heat the oil in a pan and add the mustard seeds. Fry for 2-3 minutes until they begin to pop. Add the onion and cook for 2-3 minutes. Add the canned tomatoes, ginger, cinnamon, coriander powder, cumin powder and the chilli. Cook approx. 10 minutes than add the garlic and garam masala. Continue cooking for another 2-3 minutes. Add salt to taste.

Blend with a hand blender/blender until a smooth paste is obtained.

This sauce can be served with basmati rice/[biryani](#), [naan bread](#) and any Indian dish.

Also, you can add marinated vegetables (in oil/soy yoghurt and the herbs above) and simmer until the vegetables are soft.

Samosa



Samosa

For 15 to 20 pieces

filo pastry (defrosted if frozen)

For the filling:

3 potatoes, diced

2 carrots, diced

100 g green beans, diced

100 g (frozen) peas

3 onions, finely sliced

1 teaspoon mustard seeds

$\frac{1}{2}$ teaspoon turmeric

$\frac{1}{2}$ teaspoon garam masala

chilli pepper/chilli powder, to taste

2 tablespoons oil

salt

Oil for frying

Heat 2 tablespoons of oil in a large pan and add the mustard seeds. Stir fry for about 2-3 minutes until they begin to pop. Add the onions. Cook further another 2-3 minutes then add the potatoes, carrots, green beans and peas along with 2-3 tablespoons of water.

Cover and cook for 15-20 minutes, stirring occasionally and add more water if needed. When the vegetables are tender add the turmeric, garam masala, chilli and salt to taste. Cook for another 2-3 minutes.

Set aside to cool.



Samosa filling

Fold each sheet of pastry in half lengthways to give two layers and cut into strips measuring approx. 25 cm / 7 cm.

Add a tablespoon of filling on the pastry at the left end. Fold the pastry over the filling to form a triangle. Glue the pastry ends moistening with a little bit of water.

Fry in hot oil, on each side, until golden brown (3-4 minutes).

Allow to drain on kitchen paper to remove the oil excess.

Zucchini masala



Zucchini masala

For 3-4 servings:

2 zucchini

1 tablespoon oil

$\frac{1}{2}$ teaspoon cumin seeds

$\frac{1}{2}$ teaspoon mustard seeds

$\frac{1}{4}$ teaspoon fennel seeds

$\frac{1}{2}$ teaspoon garam masala

fresh chilli / chill powder (to taste)

$\frac{1}{4}$ teaspoon turmeric

1 teaspoon raw sugar

salt

Wash the zucchini, cut them in half, lengthwise and then into slices of approx. 0.5 cm.

Heat the oil in a pan and add mustard, cumin and fennel seeds. Fry for 2-3 minutes until they begin to pop. Add the zucchini and cook, stirring occasionally, being careful that they do not stick to the pan.

When the zucchini have softened slightly add the remaining spices and salt to taste. Continue cooking for approx. 4-5 minutes. The zucchini must be firm, crunchy.

Serve with basmati rice/[biryani](#) and /or [naan bread](#).

Mushrooms – peas curry



Mushrooms / peas curry

For 3-4 servings:

250 g mushrooms, sliced

200 g peas (fresh or frozen)

3 tomatoes, chopped

2 tablespoons oil

2 cm ginger, peeled and chopped (or 1 teaspoon ginger powder)

1 teaspoon cumin seeds

$\frac{1}{2}$ teaspoon turmeric

2 tsp coriander powder

chilli / chilli powder to taste

Fresh cilantro for garnish (optional)

Heat the oil in a pan and add the cumin seeds . Fry them for 2-3 minutes , until they begin to pop.

Add the □□mushrooms and fry them, stirring occasionally (if you are using fresh peas then it will be added together with the mushrooms). If necessary add a tablespoon of water.

When the mushrooms are slightly softened add the tomatoes, ginger, coriander powder, chilli and the frozen peas. Continue to cook, stirring occasionally. When the vegetables are done add the turmeric and cook for another minute.

Garnish with finely cut fresh coriander and/or hot peppers.

Serve with basmati rice/biryani and/or naan bread.

Tofu masala



Vegan butter tofu masala

For 3-4 servings:

150 g tofu, cubed

2 tomatoes

chilli / chilli powder

2 cm ginger

4 tablespoons soy yogurt

1 tablespoon oil

1 teaspoon cumin seeds

1 tsp coriander powder

$\frac{1}{2}$ teaspoon turmeric

$\frac{1}{2}$ teaspoon garam masala

1 tablespoon flour

fresh coriander and chilli for garnish (optional)

Blend the tomatoes, chilli/chilli powder (to taste) and ginger with a blender / food processor.

Mix the tomato sauce with the yogurt, coriander powder and the flour.

Heat the oil in a pan and add the cumin seeds. Fry for 2-3 minutes, until they begin to pop. Add the sauce and simmer approx. 5 minutes, stirring frequently.

Add the tofu, turmeric and the garam masala. Cook for another few minutes.

Garnish with finely cut fresh coriander and/or chilli.

Serve with basmati rice / biryani and / or naan bread.

Orange cake



Orange cake

Springform

250 g orange jam

For the base:

1 1/4 cup flour
1/2 cup raw sugar
1/2 cup oil
1/2 cup water or soy milk
1 1/2 teaspoons baking powder
zest of an orange
1 teaspoon amaretto

Mix the oil, water and sugar and whisk until the sugar dissolves. Add the rest of the ingredients and mix everything thoroughly. The composition should have the consistency of cream otherwise add a little bit more water / flour as necessary.

Pour it into the baking springform and bake it, in the preheated oven, for approx. 30-40 minutes. Check with a straw if it's baked inside.

Allow it to cool (it can be prepared the day before).

For the cream:

2 packs silken tofu (600 g)
1/2 cup raw sugar
zest of an orange
2 tablespoons amaretto (optional)
2 teaspoons carob (locust) bean gum (for thickening)

Mix all the ingredients until a smooth paste is obtained and the sugar is melted .

For the jelly:

Orange juice from 6 oranges
1/2 cup raw sugar
1 teaspoon amaretto (optional)
5 g of agar – agar

Strain the orange juice and cook it together with the sugar and stirring occasionally. When it starts boiling add the agar (dissolved in a little bit of orange juice, otherwise it will form into lumps. Boil it for 2 minutes still stirring, remove it from the heat and add the amaretto. Allow to cool, checking and stirring regularly because it hardens relatively quickly.

Whipped cream for garnish (see recipe [here](#))

Assembling the cake :

Remove the base from the springform and wash the form (to prevent sticking later).

Replace the base cake in the springform, add the orange jam on top and spread it evenly. Add the tofu cream and also spread evenly .

Garnish as desired with orange pieces .

Pour the jelly on top and refrigerate it.

Before serving remove the cake from the springform (use a knife on the sides of the form), place the cake on a platter and garnish with coconut cream .



Orange cake

Note: Use only the zest of bio oranges .

Apple pie



Apple pie

For the dough:

3 cups flour

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

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

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

15 g baking powder

salt

For the filling:

1-1 $\frac{1}{2}$ kg apples

$\frac{1}{2}$ cup raw sugar

2 teaspoons cinnamon

Peel and core apples, grate on a box grater. Add the sugar and the cinnamon and mix it. Drain off apple juice.

Meanwhile prepare the dough mixing all the ingredients, if it is too hard then add a little water.

Divide the dough into two equal parts and roll on to the tray size. Place one sheet of dough in tray, add the apple filling

(drained), spread evenly and cover with the remaining dough sheet.

Bake at medium heat for 30-40 minutes, until brown.

Note: The above amounts are for a medium-sized oven tray for a large one you have to double the quantities.

Vegetables aspic



Vegetables aspic

For 6-8 small portions:

- 1 large carrot, peeled
- 1 large potato, peeled
- 1 onion, cutted in quarters
- 1 parsnip, peeled
- 50 g frozen peas
- 50 g frozen green beans
- 3 tablespoons canned corn
- 5-6 cloves of garlic, mashed
- 2 bay leaves
- 10 peppercorns
- 5 g of agar – agar

salt

Put the potato, carrot, parsnip, onion, the bay leaves and peppercorns in a soup pan, cover with water and cook. When the vegetables are almost done add the peas, green beans and the garlic. Cook for another few minutes.

Remove the vegetables from the water (keep the water!) and cut them into small squares (or various forms for ornament). Add the corn and mix. Place the mix vegetables in forms (for individual portions can be used coffee cups). To ornament can also be used parsley, dill and celery.

Remove the onions from the water where the vegetables cooked and add the agar-agar (previously dissolved in a little water, to prevent lumps forming). Cook it for 2 minutes and then pour on top of the vegetables. Refrigerate for at least one hour.

Note : You can use other vegetables such as: celery, cauliflower, broccoli, etc.



Vegetables aspic

Seitan sausages



Seitan sausages

For 3 pieces:

seitan from 1 kg flour (see recipe [here](#))

1 $\frac{1}{2}$ teaspoon paprika powder

$\frac{1}{2}$ teaspoon onion powder

$\frac{1}{2}$ teaspoon garlic powder

4 cloves of garlic, mashed

1 tablespoon mix seasoning (marjoram, thyme, juniper berry)

1 tsp dried chilli flakes

salt and pepper

plastic film

jute rope

When you prepare the dough for seitan add the paprika powder, onion powder and the garlic powder to the flour. Further follow the steps of the seitan recipe.

After “washing” the dough add the rest of the spices, the garlic and the chili flakes to the seitan and mix well being careful not to “break” the seitan. Drain well.

Divide the seitan into three equal pieces. Roll each piece in plastic film and tie the ends with a piece a rope.



Seitan sausages

Cook the sausages in water for 40 minutes.

Before serving remove the plastic film and fry them a few minutes in oil until golden brown (you can also grill or bake them in the oven).

Note: You can keep them 2-3 days in the refrigerator in the plastic film to prevent drying.



Seitan sausages

Biscuit walnut raisin roll



Biscuit salami

For a salami of approx. 40 cm length and a thickness of 6-7 cm.

250 g vegan (coconut) biscuits

150 g walnuts

100 g raisins

100 ml coconut milk

50 ml amaretto

3 tablespoons cocoa

2 tablespoons raw sugar

3 tablespoons coconut flakes

plastic film

Soak the raisins in amaretto for at least an hour.

Crush the biscuits in a bowl.

Bake the walnuts 10 minutes in the oven, let cool and than grind finely. Mix with the biscuits.

Put the coconut milk, sugar and the cocoa in a saucepan and cook for 1-2 minutes. Let it cool a little and than mix with the raisins, amaretto and the coconut flakes. Pour over the biscuits and mix well.

Pour the mixture onto a plastic film, roll it in a salami shape, close the ends and refrigerate for several hours.

Before serving cut into slices approx. 1.5 -2 cm.

Variation: you can use any vegan biscuits, coconut milk can be replaced by other vegetable milk and you can add small pieces of vegetable Turkish delight.