

# Sargaborso Leves (Hungarian yellow split pea soup)



Sargaborso Leves

## For 6 servings:

300 g yellow split peas (chana dal)

1.5 l water

2 onions, finely chopped

2 bay leaves

1 teaspoon paprika powder

3 cloves of garlic, crushed

salt and pepper, to taste

parsley for garnish (optional)

Soak the yellow split peas for at least an hour. Wash and drain.

Cook the peas together with the bay leaves and onions in 1,5 l water. When the peas are cooked add the garlic, paprika powder, salt and pepper.

Garnish with finely chopped parsley and a few drops of olive oil. You can also add croutons.

*Variation:* When the peas are almost done you can add two sliced ☐☐carrots and/or two potatoes, peeled and cubed.

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# Semolina pudding



Semolina pudding

## For 1 serving:

300 ml vegetable milk

3 tablespoons semolina

1-2 tablespoons raw sugar (to taste)

jam

Put the milk into a pan and heat. Sprinkle in the semolina stirring continuously to avoid lumps form. Add the sugar and cook slowly, stirring from time to time, for approx. 5 minutes (or conform indicated on the package).

Garnish with jam and serve warm.

Nice like dessert but also like breakfast.

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# Seitan teriyaki with rice noodles



Seitan teriyaki with rice noodles

## For 5-6 servings:

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

100 ml teriyaki sauce

After cooking cut the seitan into pieces of approx. 2 cm x 2 cm. Mix it with the teriyaki sauce and marinate for at least one hour.

Thread the seitan pieces on skewers. Heat the grill and grill them for about 2-3 minutes on each side.

## For the noodles:

400 g rice noodles

5 tablespoons soy sauce

5 tablespoons sesame seeds

2  $\frac{1}{2}$  tablespoons rice vinegar

1 tablespoon raw sugar

2-3 green onions, finely chopped (optional)

Cook the noodles according to the packet instructions. Drain.

In a bowl, prepare a dressing of soy sauce, rice vinegar and raw sugar. Mix it with the noodles, sesame seeds and the green

onions.

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# Strawberry cake



Strawberry cake

Spring form 26 cm (10-12 servings)

## For the leaf:

300 g flour  
150 g raw sugar  
125 ml sunflower oil  
375 ml soy milk  
2 tsp vanilla essence/amaretto  
15 g baking powder  
a pinch of salt

Mix all the ingredients until the sugar is dissolved. Grease the spring form with a little bit of oil. Pour the mix into the form and bake (in the preheated oven) on medium heat, for about 30-40 minutes. Check with a straw if the dough is baked inside, if the dough sticks to the straw bake for a few minutes longer. Allow to cool, remove from the spring form and cut horizontally into two equal parts.

### **For the cream:**

100 g strawberries

2 packs silken tofu (600 g )

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

zest of an orange/lemon (optional)

2 tablespoons amaretto/vanilla essence

7 tablespoons coconut butter/oil, melted

Blend the strawberries with the sugar. Mix and blend with the other ingredients until smooth and the sugar is dissolved . Refrigerate for at least an hour.

### **Assembling the cake:**

Place one piece of leaf on a platter. Add the half of the cream and spread evenly. Place the second leaf above and add the rest of the cream on top. Spread evenly, including the sides.

Garnish with strawberries and/or cake's decorations. Refrigerate before serving.



Strawberry cake

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# Valentine's day cake



Valentine's day cake

## For 10-12 servings:

26 cm springform

250 g strawberries, sliced

## For the leaf:

300 g flour

3 tablespoons cocoa

150 g raw sugar

125 ml sunflower oil

375 ml soy milk

15 g baking powder

a pinch of salt

Mix all the ingredients until the sugar is melted. Grease the springform with a little bit of oil. Pour the mix into the form and bake (in the preheated oven) on medium heat, for 30-40 minutes. Ceck with a straw if the dough is baked inside, if the dough sticks to the straw bake for a few minutes longer. Allow to cool, remove from the springform and cut horizontally into two equal parts.

## Chocolate Cream:

3 ripe avocados  
3 tablespoons cocoa  
3 tablespoons coconut butter, melted  
 $\frac{1}{2}$  cup raw sugar / maple syrup  
50 g raisins  
3-4 tablespoons amaretto

Soak the raisins in amaretto for at least an hour.

Blend/process the avocados, cocoa, coconut butter, sugar and the amaretto until a very smooth paste is obtained.

Divide the cream into two equal parts. Add the raisins in one part and mix.

### **Assembling the cake:**

Place one piece of leaf on a platter. Add the cream which contains the raisins and spread evenly. Put on top of the cream half of the strawberries. Place the second leaf above and add the rest of the cream. Spread evenly, including the sides.

Garnish with remaining strawberries. Refrigerate before serving.



Valentine's day cake

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# Raffaello



Raffaello

## For 15 to 20 pieces:

1 cup raw cashew nuts, soaked for 2-3 hours  
3-4 large soft dates  
2 tablespoons maple syrup/raw sugar, to taste  
2 tsp vanilla essence/amaretto  
1 tablespoon coconut butter (optional), melted  
2 tablespoons coconut flakes  
juice of half a lemon/orange  
zest of a (bio) lemon/orange

Blend all ingredients using a blender/food processor until it becomes a fine paste then form small balls with wet hands. Roll each ball into the coconut flakes.

Refrigerate for at least half an hour before consuming. They will melt in your mouth!



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# Leeks and olives in tomato sauce



Leeks and olives in tomato sauce

## For 4 servings:

4-5 pieces leeks, only the white part  
200 g black/calamata olives  
5 tablespoons tomato paste  
2 bay leaves  
salt and pepper, to taste

Wash the leeks and cut into pieces of approx. 3 cm. Put the leeks in a pan and cover with water. Cook them for 5 minutes together with the bay leaves. Add the olives and the tomato paste and stir. When the leeks are done add salt and pepper.

Serve with bread or boiled potatoes.

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# Tortilla wraps

For 6 pieces :

200 g flour  
120 ml of warm water  
1 tablespoon oil  
a pinch of salt

Mix all ingredients. Knead the dough for 5 minutes, cover with a towel and leave it to rest in a warm place for about half an hour.

Divide the dough into 6 equal pieces, forming balls. Roll each piece of dough with a rolling pin, to a round shape of approx. 20 cm.

Bake for 2-3 minutes on each side, in a hot non-stick frying pan (no need to be greased), on medium heat.

The sheets are filled while they are still warm, or keep stacked and warm inside a clean tea towel, otherwise it will harden.

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# Tahini sauce

1 tablespoon tahini (sesame seed paste)  
1 clove of garlic, crushed  
the juice of a half lemon  
salt

Mix all ingredients, if the sauce is too thick than add a little bit of water.

Serve with salads and falafel.

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## Pita bread



Pita bread

### **4-5 pieces:**

200 g flour  
120 ml warm water  
1 teaspoon yeast  
1 teaspoon raw sugar  
a pinch of salt  
1 tablespoon oil

Mix the sugar and the yeast in half of the amount of water. Allow to rest 10 minutes until the yeast begins to ferment. Mix all ingredients in a bowl, to obtain a dough. Knead the dough for at least 5 minutes. Allow the dough to rise for at least one hour, in a warm place, until the volume is doubled. Divide into 4-5 equal parts and form balls. Allow to rise for 10 minutes. Roll each piece of dough in a round shape (about 10 cm in diameter).



Pita bread

Allow to rise for another 20 minutes.

Bake in the pre-heated oven, on high heat (220 C) until golden brown (about 4-5 minutes).

Serve warm (once cooled, they become hard) with various fillings ([falafel](#), [shoarma](#) etc.).