

# Potatoes ostopel



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## For 3-4 servings:

1 kg (2.2 lbs.) potatoes , peeled and cuted lengtwise  
3 onions, finely chopped  
5-6 cloves of garlic, sliced  
2 cans of diced tomatoes (2 x 400g/2 x 14 oz) / fresh tomatoes finely chopped  
1 glass of white wine  
3-4 bay leaves  
1  $\frac{1}{2}$  teaspoon thyme  
10-15 peppercorns  
2 tablespoon olive oil  
salt, to taste

Fresh parsley, finely cut

Cook the potatoes in water with a pinch of salt. Drain.

Stir fry the onions in oil for 2-3 minutes. Add the tomatoes, wine, bay leaves, thyme and the peppercorns. Simmer until the sauce is reduced, stirring occasionally. Add the garlic and the potatoes and continue cooking for another 3 minutes.

Garnish with parsley.

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# Romanian soy drob



Romanian soy drob

3 cups soy granules  
2 carrots, finely grated  
2 tablespoons flour  
2 teaspoons paprika powder  
5 spring onions, finely chopped  
5 green garlic, finely chopped  
1 bunch parsley, finely chopped  
1 bunch dill, finely chopped  
salt and pepper

oil to grease the ovenpan

Prepare the soy granules according to the instructions on the package. If the granules are too big than mince.

Mix all the ingredients by hand until you get a paste.



Romanian soy drob

Grease a ovenpan with a little bit of oil, pour the mix and spread evenly pressing slightly.



Romanian soy drob

Bake in the preheated oven, approx. 25-30 minutes at medium heat (175C).

Serve as appetizer or with various side dishes and/or salads.

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## Warm salad



Warm salad

**For 2-3 servings:**

1 zucchini, sliced  
1 sweet pepper, sliced  
2-3 onions, ½ inch thick sliced  
tomatoes, sliced  
handful of olives  
dried basil and oregano, to taste  
1 tablespoon olive oil  
1 tablespoon balsamic vinegar  
salt and pepper, to taste

Heat the grill and grill the zucchini, the sweet pepper and the onions a few minutes on each side.

Mix with the rest of the ingredients and add salt and pepper to taste.



Warm salad

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# Bombay potatoes



Bombay potatoes

## For 4-5 servings:

- 1.5 kg (3 lb 3 oz) potatoes, peeled and cubed
- 2 onions , finely chopped
- 3-4 tomatoes, finely chopped / 1 tin diced tomatoes (400 g )
- 5-6 cloves garlic, finely chopped
- 2 cm fresh ginger, grated (1 teaspoon ginger powder)
- 1 teaspoon mustard seeds
- 2 tsp coriander powder
- 1/2 teaspoon turmeric
- 1 teaspoon garam masala
- 1/2 teaspoon chili powder, to taste
- 1 tablespoon oil
- salt and pepper, to taste

Half cook the potatoes. Drain and set aside.

Heat the oil in a pan and add the mustard seeds. Fry for 2-3 minutes until they begin to pop. Add the onions, stir fry for few minutes then add the potatoes, garlic, coriander, ginger, chili and the tomatoes (canned tomatoes). Cover and simmer on medium heat, stirring occasionally, until the sauce

has reduced and the potatoes are done. Add the turmeric and the garam masala, continue cooking for another 2-3 minutes. Add salt and pepper to taste.

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## Lentil stew



**For 2-3 servings:**

1 cup beluga lentils (or brown/green)  
1 carrot  
1 onion  
1 leek  
2-3 cloves of garlic  
1 can diced tomatoes (400g/14 oz)  
2 bay leaves  
1 teaspoon thyme  
1 teaspoon oregano  
5 tablespoons red wine  
2 tablespoons lemon juice  
1 tablespoon olive oil  
salt and pepper, to taste

fresh basil, finely cut (optional)

Wash the lentils and cook them in water with the bay leaves. Drain.

Chop all the vegetables very, very fine. Stir fry the vegetables (except garlic) in oil for 2-3 minutes than add the tomatoes, the wine and the spices. Cover and simmer on medium heat until the sauce reduced. Add the garlic, the lentils, the lemon juice, salt and pepper to taste and cook for another few minutes. Garnish with fresh basil.

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## Beluga lentils salad



Beluga lentils salad

100 g beluga lentils, cooked and well drained  
5-6 radishes, finely sliced  
1 red onion (2-3 green onions), finely chopped  
2 tomatoes, diced  
1/2 cucumber, diced / finely sliced  
1 sweet pepper, diced  
1 tablespoon olive oil  
the juice of half lemon  
parsley, finely cut  
salt and pepper, to taste

Mix all the ingredients.

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# Beluga lentils tartine



Beluga lentils tartine

100 g beluga lentils, cooked and drained

2 tablespoons soy sauce

1 teaspoon balsamic vinegar

french baguette

Mix the soy sauce with the vinegar and add the lentils. Allow to marinate at least one hour.

Serve on baguette.

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# Strawberry mousse





1 pack silken tofu  
1/4 cup sugar / maple syrup  
100 g strawberries (3,5 ounce)  
3 tablespoons coconut butter, melted

strawberries for garnish

Wash the strawberries and remove the leaves. Put all the ingredients in a blender/food processor and blend until smooth.

Pour into individual forms. Allow to cool for at least an hour. Before serving garnish with strawberries.

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## Stuffed mushrooms



Stuffed mushrooms

### **For 2 servings:**

250 g mushrooms  
1-2 cloves of garlic, mashed  
2 tablespoons nutritional yeast  
dill, finely cut  
salt and pepper, to taste

Wash the mushrooms and remove the stems.

Chop the stems finely and mix with the rest of the ingredients. Fill each mushroom cap with the mix.



Stuffed mushrooms

Bake in the oven on medium heat (175C) for 15 minutes.

Serve warm.

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## **Super easy tomato soup**



Super easy tomato soup

**For 2-3 servings:**

2 cans diced tomatoes (2 x 400g / 2 x 14,5 oz)

3 large onions, sliced

3-4 cloves of garlic, sliced

1 tablespoon olive oil

1 teaspoon oregano

1 teaspoon basil

salt and pepper, to taste

fresh parsley or basil, finely cut, to garnish

Stir fry the onions and the garlic in olive oil for 2-3 minutes. Add the tomatoes and the spices, cover and simmer on medium heat for about 10 minutes, stirring occasionally.

Blend with a food processor / blender until smooth. Add salt and pepper to taste and garnish with fresh basil / parsley.



Super easy tomato soup