

# Cherry cake



Cherry cake

26 cm (11 inch) tart pan fluted with removable bottom (Quiche Pan)

## For the base:

180 g flour

125 g margarine (see recipe [here](#) )

50 g raw sugar

a pinch of salt

Mix the margarine with the sugar until the sugar dissolves . Add the flour and mix well . Roll the dough in the shape of the form .

Bake in the pre-heated oven on medium heat ( 175 C ) for 15-20 minutes . Allow to cool.

## Cream:

1 pack silken tofu (350 g / 12.3 oz )

3-4 tablespoons raw sugar

2 tsp vanilla essence

1-2 tbsps. melted coconut oil (if you use soft silken tofu)

Place all ingredients in a blender and blend until smooth.  
Pour on the base.

**For the topping:**

1 jar cherry compote (700 g)

1 tsp. agar – agar

Drain the cherries well and keep the moisture.

Place the cherries evenly over the cream so that the entire surface is covered .

In a saucepan, cook the moisture from the cherries . When it starts boiling and add the agar (dissolved in a tbsp. syrup from the cherries, otherwise it will form lumps). Continue to cook for 2 minutes, still stirring. Allow to cool a little bit, checking and stirring regularly because it hardens relatively quickly.

Pour over the cherries making sure that all the empty spaces will be covered.

Whipped cream to garnish :see recipe [here](#) (for the this cake I used soy whipped cream).



Cherry cake

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# Quinoa goreng



Quinoa goreng

## Per serving:

50 g quinoa

300 g vegetables: carrot, onion, leek, sweet pepper, green beans, peas, broccoli, cabbage, cauliflower, celery, zucchini, etc.

1 cm ginger, grated (or 1 teaspoons ginger powder )

1 teaspoon coriander powder

2 garlic cloves, diced

chilli/chili powder, to taste (optional)

2 tablespoons soy sauce

1/2 tablespoon oil

Cook the quinoa as indicated on the package.

Cut all the vegetables into cubes or slices. Cook the green beans apart for 7-10 minutes and drain.

Heat the oil in a wok and add the vegetables gradually, beginning with the ones which take longer to cook. Add a little bit of water (not too much), the ginger, the garlic and

the coriander powder. Stir fry for about 5-6 minutes. The vegetables should be crunchy.

Finally add the soy sauce, mix well then add the cooked quinoa.

Serve with peanut sauce and sweet-sour pickles .

Peanut sauce

200 ml unsweetened soy milk

1 teaspoon ginger powder

1 teaspoon coriander powder

2-3 tablespoons soy sauce

4-5 tablespoons peanut butter

Preheat the soy milk in a saucepan, add all the ingredients, mix it well until peanut butter is incorporated and let it cook for about a minute. The composition should have the consistency of a thick sauce otherwise add a little bit more peanut butter. After cooling the sauce continues to thicken.

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## Strawberry cake



26 cm (11 inch) tart pan fluted with removable bottom (Quiche

Pan)

**For the base:**

180 g (6.3 oz.) flour  
125 g (4.4 oz.) margarine (see recipe [here](#) )  
50 g (1,8 oz.) raw sugar  
a pinch of salt

Mix the margarine with the sugar until the sugar dissolves. Add the flour and mix well. Roll the dough in the shape of the bake form.

Bake in the pre-heated oven on medium heat ( 175 C ) for 15-20 minutes. Allow to cool.

**Cream:**

1 pack silken tofu (350 g / 12.3 oz )  
3-4 tablespoons raw sugar  
2 tsp vanilla essence  
1-2 tbsps. melted coconut oil (if you use soft silken tofu)

Place all ingredients in a blender and blend until smooth. Pour on the base en spread evenly.

**For the topping:**

400 g (14 oz.) strawberries, sliced  
100 ml lemonade (preferably red or add 2-3 teaspoons beet juice )  
1 tsp agar – agar

Place the strawberries evenly over the cream so that the entire surface is covered.

In a saucepan, bring the lemonade to boil and add the agar (dissolved in a tbsp. lemonade/water, otherwise it will form lumps). Continue to cook for 2 minutes, still stirring. Allow to cool a little bit, checking and stirring regularly because

it hardens relatively quickly.

Pour over the strawberries making sure that all the empty spaces will be covered.

Whipped cream to garnish: see the recipe [here](#) (for this cake I used soy whipped cream in a tube – Soyatoo).



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## Taco



Taco

10 tacos:

10 taco shells

200 g minced spicy tofu

1 small can sweet corn  
1 onion, finely chopped  
2 cloves garlic, mashed  
5-6 tablespoons tomato passata (or tomato paste)  
1 1/2 teaspoon cumin  
1 teaspoon paprika powder  
chilli (powder), to taste  
1 tablespoon oil  
salt and pepper, to taste

Stir fry the onion in oil for 2-3 minutes. Add the tomato passata, paprika powder, chilli and the cumin. Cook until the sauce has reduced then add the tofu, sweet corn and the garlic. Cook for another 3-4 minutes. Add salt and pepper to taste.

Fill each taco shell and serve warm.

On top add lettuce, tomato, bell pepper etc.

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## Breaded tempeh



Breaded tempeh

**For 4 servings:**

300 g tempeh, sliced

5-6 tablespoons breadcrumbs

oil for frying

**For the marinade:**

3-4 teaspoons mustard

3-4 tablespoons water

1 teaspoon thyme

pepper, to taste

Mix all ingredients for the marinade and pour over the tempeh. Allow to marinate for at least 2 hours.

Roll each piece of tempeh in the breadcrumbs until evenly coated and fry in hot oil on each side until golden brown.

Serve with various side dishes and/or salads/pickles.

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## Tempeh teriyaki



Tempeh teriyaki

**For 12-15 pieces:**



300 g tempeh, cubbed  
6-7 tablespoons teriyaki sauce  
sesame seeds (optional)  
skewers

Marinate the tempeh in the teriyaki sauce for at least 2-3 hours.

Soak the skewers in water for 15-20 minutes.

Thread the tempeh on skewers and grill for a few minutes on each side.

Sprinkle sesame seeds on top.

Serve with Asian side dishes and salads like: noodles, rice etc..

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## Malaga gelato



Malaga gelato

### For 2 servings:

250 ml coconut milk  
2-3 tablespoons raw sugar / maple syrup (to taste)

3 tablespoons rum

3 tablespoons raisins

Soak the raisins in rum a few hours (or over night).

Blend the coconut milk with the sugar until the sugar dissolves. Add the raisins and the rum and mix. Pour into a container and place it in the freezer.

After approx. 1 hours stir the ice cream with a spoon to prevent crystals formation.

Return to the freezer.



Malaga gelato

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## **Grilled tempeh with parsley potatoes**



Grilled tempeh with pasley potatoes

**Per serving:**

100 g tempeh, sliced □□approx. 0.5 cm thick

**For the marinade:**

2 teaspoons soy sauce  
1-2 cloves of garlic, mashed  
1/2 teaspoon dried thyme  
1/2 teaspoon dried oregano  
1 teaspoon olive oil  
pepper, to taste

Mix all ingredients. Pour over the tempeh and let it marinate in the refrigerator for at least 2-3 hours.

Heat the grill and grill the tempeh for a few minutes on each side.

**For the potatoes:**

150-200 g potatoes, peeled and cubed  
parsley, finely cut  
1 teaspoon olive oil  
salt and pepper, to taste

Cook the potatoes in water with a pinch salt. Drain and mix carefully with the other ingredients.

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# Snow-white cake



Snow-white cake

Springform (24-26 cm)

## For the base:

1  $\frac{1}{2}$  cup flour  
 $\frac{1}{2}$  cup raw sugar  
 $\frac{1}{2}$  cup oil  
 $\frac{1}{2}$  cup water  
2  $\frac{1}{2}$  teaspoons baking powder  
zest of an orange/lemon  
2 teaspoons vanilla essence

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.

Remove the base from the springform and wash the form (to

prevent sticking later).

Replace the base cake in the springform. If the springform does not close tightly than cover first with a plastic film than add the base cake (to prevent cream leaking).

**For the cream and whipped cream:**

4 canned coconut milk (4 x 400 ml)

1 cup raw sugar

4 tsp vanilla essence

10 g agar

$\frac{1}{2}$  pineapple, finely diced

$\frac{1}{2}$  mango, finely diced

2 kiwi, finely diced

raisins soaked in rum (optional)

Put 3 of the coconut milk cans in the refrigerator for several hours (or overnight). Separate the solid part from the liquid. Put the liquid in a saucepan along with the other canned coconut milk (which was not refrigerated),  $\frac{1}{2}$  cup sugar and 2 teaspoons vanilla essence. When it starts to cook add the agar-agar (dissolved in a little bit coconut milk, otherwise it will form lumps) and continue cooking for 2 minutes. Allow to cool stirring occasionally. When it has slightly cooled add the fruit and mix. Pour the mix on top of the base in the springform.

Allow to cool in the refrigerator.

For the whipped cream mix the solid part of the coconut milk with the remaining sugar and vanilla essence (see the recipe [here](#)).

Before serving decorate with coconut whipped cream.



Snow-white cake



Snow-white cake