

# Paprikas krumpļi



Paprikas krumpļi

## For 4 servings:

1 kg potatoes, cut lengthwise in 4  
2 bell peppers, sliced  
1 onion, finely chopped  
2 tomatoes, finely chopped (or 2 tablespoons tomato puree)  
4-5 garlic cloves, finely sliced  
2 teaspoons paprika powder  
a pinch of cumin  
1 tablespoon oil  
salt and pepper, to taste

Stir fry the onion in oil for 2-3 minutes. Add the bell peppers, potatoes, paprika powder, cumin and water enough to cover the potatoes.

Cover and simmer on medium heat, stirring occasionally.

When the potatoes are almost cooked add the tomatoes (tomato puree) and garlic.

Add salt and pepper to taste.

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# Chocolate cake



Chocolate cake

## For 10-12 servings:

26 cm spring form

400 g vegan marzipan / fondant, different colors, for icing and ornaments

## For 1 leaf (prepare 2) :

300 g flour

3 tablespoons cocoa

150 g raw sugar

125 ml sunflower oil

375 ml soy milk

2 tsps. baking powder

a pinch of salt

Mix all the ingredients until the sugar has 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 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 than remove from the spring

form.

### **Chocolate cream:**

1 pack silken tofu (350 g)

5-6 tablespoons raw sugar

1 tablet vegan dark chocolate, at least 70% cocoa

100 g raisins

75 ml amaretto

Soak the raisins in amaretto for at least an hour (or overnight).

Blend/process the tofu, sugar and amaretto until smooth.

Melt the chocolate in bain-marie (steam bath). Mix with the tofu.

Add the raisins and mix. Allow to cool in the refrigerator for at least 15 minutes.

### **Assembling the cake:**

Lay a leaf on a plate, add the chocolate cream (keep 2-3 tablespoons apart, without raisins) and spread evenly. Put the other leaf on top and add the remaining cream. Spread over the cake, including the sides, so the marzipan / fondant will stick to the cake.



Chocolate cake

Knead the marzipan / fondant until it is elastic, lightly dust the work surface with powdered sugar (to prevent sticking) and roll it with a rolling pin. Cover the cake, smooth and remove the excess. Decorate with marzipan/fondant ornaments / figurines.



Chocolate cake



Fondant ornament

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## Lecso



Lecso

### **For 4 servings:**

1 kg (8-9 pieces) bell peppers, sliced approx. 1 cm (1/2 inch)  
1/2 kg (5-6 pieces) tomatoes, diced  
2-3 onions, sliced ☐☐  
2 teaspoons paprika powder  
1 teaspoon thyme  
2 tablespoons olive oil  
salt and pepper, to taste

In a saucepan stir fry the onions, in oil, for about 4-5 minutes. Add the bell peppers, paprika powder and thyme. Cover and simmer on medium heat, stirring occasionally.

When the onions and bell peppers have softened add the tomatoes. Continue cooking until the vegetables are done. Add salt and pepper to taste.

Serve as side dish, with salads, [polenta](#), etc..

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## **Vanilla ice cream**



Vanilla ice cream

**For 4 servings:**

2 cups soy milk

250 ml soy cream

1/2 cup raw sugar

2 teaspoons vanilla extract (or 1 sachet vanilla sugar – 9g )

3 teaspoons locust bean gum powder

Put all ingredients in blender or food processor and blend until smooth and the sugar has dissolved.

Put the composition in the ice cream maker or pour it into a container with a lid and place it in the freezer. After about an hour remove from the freezer and mix well, with a spoon (to prevent crystals formation). Repeat the process 2-3 times.

It can be served plain or with various toppings (for this one I used sour cherries in syrup).



Vanilla ice cream

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# Sauteed mushrooms with polenta



## For 4 servings:

600 g mushrooms, sliced  
2 tablespoons oil  
3-4 cloves of garlic, mashed  
dill (or parsley), finely chopped  
salt and pepper, to taste

Fry the mushrooms for approx. 6-7 minutes, stirring occasionally until the moisture evaporate. Add the garlic, dill, salt and pepper and stir fry for another 2-3 minutes.

## Polenta:

500 g cornmeal for polenta  
1.5 liters of water  
1/2 tsp. salt

Bring the water to a boil in a heavy large saucepan and add the salt. Sprinkle 2 tablespoons of cornmeal stirring continuously and cook for 1-2 minutes. Gradually whisk in the remaining cornmeal. Reduce the heat to low, cover and cook

until the mixture thickens and the cornmeal is tender, stirring often, about 30 minutes, depending on the quality of the cornmeal (see the instructions on the package).

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## Green beans in tomato sauce



Green beans in tomato sauce

For 4 servings:

1 kg green beans, the ends trimmed and cut in half  
2 large onions, finely chopped  
5-6 large tomatoes, peeled and diced (or 1 can diced tomatoes)  
1 bunch of parsley, finely chopped  
2 tablespoons oil  
salt and pepper, to taste

Stir fry the onions, in oil, for 2-3 minutes. Add the green beans and half a cup of water.

Cook for about 10 minutes then add the tomatoes. Cover and simmer until the green beans are done.

Add salt and pepper to taste and garnish with parsley.

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# Peach cake



Peach cake

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

## For the base:

1 1/2 cup flour  
1/2 cup oil  
1/2 cup raw sugar  
2-3 tablespoons vegetable milk/water  
1 teaspoon vanilla essence  
a pinch of salt

Mix all ingredients 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

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

### **For the topping:**

4-5 peaches, sliced  
100 ml lemonade  
1 tsp. agar – agar

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



Peach cake

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 peaches making sure that all the empty spaces will be covered.



Peach cake

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## Courgette sour soup



Courgette sour soup

**For 5-6 servings:**

1 large courgette, cut in medium pieces  
1 onion  
2 carrots  
1 potato  
1 bell pepper  
2 celery stalks  
5-6 large ripe tomatoes, peeled and finely chopped  
1,5 l water  
juice of 1-2 lemons, to taste  
lovage, finely chopped  
salt, to taste  
1-2 tablespoons olive oil (optional)

Finely chop the onion, carrots, bell pepper, celery and potato. Put the vegetables in a soup pan with 1.5 l water.

Cover and cook for few minutes than add the tomatoes. When tomatoes are almost cooked add the courgette.

When the vegetables are done add salt and lemon juice to taste (add a little bit more water if needed). Cook for another few minutes.

Garnish with lovage and olive oil.

*Note:* you can use parsley instead of lovage.

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## Stuffed peppers



Stuffed peppers

**For 2-3 servings:**

7-8 small or 4-5 big peppers

1/2 cup rice

2-3 carrots, grated

1 large onion, finely chopped

2 tablespoons oil

1 bunch dill / parsley, finely chopped (use the leaves for the rice mix and the stalks for the sauce)

salt and pepper, to taste

6-7 large tomatoes

Remove the top of peppers, seeds and membranes.

In a saucepan stir fry the onion and carrots, in oil, for about 3-4 minutes. Add the rice and 1  $\frac{1}{2}$  cup water. Cook the rice half. If needed, add a little water. Add salt and pepper and the dill / parsley leaves.



Stuffed peppers

Stuff the peppers with rice mixture. Cover each pepper with a slice of tomato. Stand peppers upright in a saucepan.

Prepare a sauce of blended tomatoes, a cup of water, the dill/parsley stalks, salt and pepper. Pour over peppers.



Stuffed peppers

Cook on medium heat for about 30 minutes. Add more water to the sauce if needed.



Stuffed peppers

Serve warm or cold with salad or pickles.

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# Rice noodles salad



Rice noodles salad

## For 4 servings:

250 g rice noodles

1 lettuce

4 carrots

5 green onions

1 fennel

10-15 radishes

1 big cucumber (or 5-6 small)

chili, to taste (optional)

3-4 tablespoons sesame seeds

5 tablespoons soy sauce

the juice of one lemon (or 3 tablespoons rice vinegar)

1 cm ginger, grated

2 cloves of garlic, mashed

Prepare the rice noodles as directed on the package. Drain and set aside.

Chop all the vegetables finely.

Prepare a dressing mixing the soy sauce, lemon juice (or rice vinegar), ginger and garlic.

Mix all ingredients in a bowl. Garnish with fennel leaves.

Serve with [Sticky 5 spices tempeh](#)



Rice noodles salad

*Variation:* instead of lettuce you can use (Chinese) cabbage

*Note:* for weight loss use less noodles