

Pear cake



Pear cake

For a (spring) form with a diameter of 26 cm.

2-3 pears, cut into small pieces

2 cups flour

1 cup water

1/2 cup raw sugar

4 tablespoons oil

1-2 teaspoons vanilla extract

1 1/2 teaspoon baking powder

2 teaspoons vinegar

1/4 teaspoon turmeric, for color (optional)

pinch of salt

Mix the water with sugar, oil, salt and vanilla extract until the sugar has dissolved. Add the flour, little by little, stirring to avoid lumps forming. Finally add the turmeric, vinegar, baking powder and mix well. Add the pears and mix.

Grease the (spring) form with oil and coat with flour.

Pour the mixture into the form and bake in pre-heated oven, at medium heat (175C) for approx. 30 minutes..

Cucumber – radish salad



Cucumber – radish salad

For 2 servings:

1 cucumber, finely sliced
10 radishes, finely sliced
dill, finely chopped
1 tablespoon olive oil
2 tablespoons vinegar
salt and pepper, to taste

Mix all the ingredients! Serve directly!

Seitan gyros



Seitan gyros

For 3-4 servings:

For the seitan:

1 kg flour
1 teaspoon paprika powder
1/2 teaspoon onion powder
1/2 teaspoon garlic powder

2 bay leaves
10 peppercorns

The preparation of seitan is described [here](#).

Cook the seitan, whole, in water with the bay leaves and peppercorns, for about 30-35 minutes. Drain well then cut into small pieces.

For the marinade:

6 cloves of garlic, mashed
2 tablespoons olive oil
2 teaspoons thyme
1 teaspoon oregano
1 teaspoon paprika powder
1 teaspoon coriander powder
1/4 teaspoon cumin powder
chili powder, to taste
salt and pepper, to taste

Mix all ingredients.

Pour the marinade over the pieces of seitan, mix well and leave to marinate for at least an hour (the longer, the better).

Fry the seitan gyros in 1-2 tablespoons olive oil.

It can be served with [pita bread](#), fries, [garlic sauce](#), tomatoes, onions and pickles.

Note: Gyros is a traditional Greek dish.

Potato curry



For 4-6 servings:

1 kg potatoes, peeled and cubed (or cut into wedges)

4 onions, finely chopped

5 tomatoes, diced

250 ml coconut milk (canned)

chili / chili flakes, to taste

2 teaspoons mustard seeds

1 teaspoon coriander powder

1 teaspoon garam masala

2-3 curry leaves (optional)

1/2 teaspoon turmeric
salt, to taste

Heat the oil in a large saucepan and add the mustard seeds. Stir fry for 2-3 minutes until they begin to pop. Add the onion, chili and curry leaves. Cook for 2-3 minutes, stirring constantly.

Add the tomatoes and the rest of the spices. Cover and simmer for about 5 minutes, stirring occasionally.

Add the potatoes and coconut milk. If needed, add some water so that the potatoes are covered.

When the potatoes are cooked add salt to taste.

Grilled seitan & vegetables skewers



Grilled seitan & vegetables skewers

For 6-8 servings:

seitan

2 zucchini
2-3 onions
2-3 sweet peppers

For the seitan:

1 kg flour
1 teaspoon paprika powder
1/2 teaspoon onion powder
1/2 teaspoon garlic powder

2 bay leaves
10 peppercorns

The preparation of seitan is described [here](#).

Cook the seitan, whole, in water with the bay leaves and peppercorns, for about 30-35 minutes. Drain well then cut into approx. 3 x 3 cm (1 x 1 inch) pieces.

For the marinade:

6 cloves of garlic, mashed
2 tablespoons olive oil
2 teaspoons thyme
1 teaspoon oregano
1 teaspoon paprika powder
salt and pepper, to taste

Mix all ingredients.

Wash the vegetables and cut into pieces.

Pour the marinade over the seitan and vegetables, mix well and leave to marinate for at least one hour (the longer, the better).

Thread the seitan pieces and vegetables on skewers.

Grill the seitan and vegetables skewers, on each side, on a pre-heated grill pan.



Grilled seitan & vegetables skewers

Grilled seitan and vegetables



Grilled seitan and vegetables

For 3-4 servings:

seitan
2 zucchini
2-3 onions
2-3 sweet peppers

For the seitan:

1 kg flour

1 teaspoon paprika powder
1/2 teaspoon onion powder
1/2 teaspoon garlic powder

2 bay leaves
10 peppercorns

The preparation of seitan is described [here](#).

Cook the seitan, whole, in water with the bay leaves and peppercorns, for about 30-35 minutes. Drain well then cut into four equal pieces.

For the marinade:

6 cloves of garlic, mashed
2 tablespoons olive oil
2 teaspoons thyme
1 teaspoon oregano
1 teaspoon paprika powder
salt and pepper, to taste

Mix all ingredients.

Wash the vegetables and cut into pieces.

Pour the marinade over the seitan and vegetables, mix well and leave to marinate for at least one hour (the longer, the better).

Grill the seitan and vegetables on a pre-heated grill pan.



Baingan Bharta



Baingan Bharta

For 2-3 servings:

2 large eggplants
1 onion, finely chopped
2 tomatoes, finely chopped
2-3 cloves of garlic, mashed (optional)
1 cm fresh ginger, grated (or 1 teaspoon ginger powder)
fresh chili/chili powder, to taste
1/2 teaspoon cumin seeds
1 teaspoon coriander powder
1/2 teaspoon turmeric
1/2 teaspoon garam masala (optional)
1 tablespoon oil
fresh coriander, finely chopped
salt, to taste

Heat the (pan)grill and bake the eggplants on each side until they are soft inside. Peel while they are still

warm. Drain well and chop them. Set aside.

Heat the oil in a pan and add the cumin seeds. Fry for 2-3 minutes until they begin to pop. Add the onion, stir fry for few minutes then add the tomatoes, coriander powder and chili.

Cover and simmer on medium heat, stirring occasionally, until the sauce has reduced than add the eggplants, turmeric, garam masala and garlic. Cook further for another few minutes. Add salt to taste and garnish with fresh coriander.

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

Pizza

For 4 servings:

For the dough:

400 g flour

2 teaspoons dry yeast

200 ml water

4 tablespoons olive oil

1 teaspoon raw sugar

a pinch of salt

In a cup mix the yeast and sugar with little water. Let it rest until the yeast begins to ferment (approx. 10 minutes).

Mix all ingredients and knead well. The dough must be soft and elastic but should not stick to your hands.

Put the dough in a bowl, cover with a clean kitchen towel and let it rise for 2 hours. Knead again and let it rise for another hour (optional).

Divide into 4 equal parts and shape each part into a pizza with a rolling pin.

For the sauce:

1 onion, chopped
4-5 large ripe tomatoes, chopped
1 teaspoon basil
1 teaspoon oregano
4-5 cloves of garlic, mashed
1 tablespoon olive oil

Stir fry the onion in oil for 3-4 minutes. Add the remaining ingredients, mix well, cover and simmer until the sauce has reduced, stirring occasionally.

Put the sauce into a blender/food processor and blend/process until you get a smooth sauce.

Smear a little bit tomato sauce evenly over the pizza base and top with finely cut vegetables, like: onions, sweet peppers, hot peppers, zucchini, eggplant, olives, mushrooms, etc.

For the pizza in the image below I used: red onion, bell pepper, mushrooms, olives, garlic and basil.



Pizza

Bake in de pre-heated oven until crisp and golden.



Pizza



Zacusca (romanian vegetable spread)



Zacusca

For 6 servings:

3 large eggplants
6 bell peppers
2 onions, finely chopped
6-7 large ripe tomatoes, finely chopped
3 bay leaves
15 peppercorns
2 tablespoons oil
salt to taste

Heat the grill and bake the eggplants on each side until they are soft inside. Peel while they are still warm. Drain well and let them cool.

Wash the sweet peppers, dry with a kitchen towel and grill, on each side. Put the roasted peppers in a pan, sprinkle with salt and cover. Allow them to rest for approx. 10 minutes than peel them (dip your fingers in cold water to help release the peel).



Process the eggplants and sweet peppers with a food processor until fine (not smooth).

Heat the oil in a saucepan and add the onions. Stir fry for few minutes than add the tomatoes, bay leaves and peppercorns. Cover and simmer, stirring occasionally, until the sauce has reduced.

Add the eggplants and sweet peppers mix. Mix well. Cover and simmer further, stirring occasionally, until you get the consistency of a spread. Finally add salt to taste.

Serve cold with pickles.

Zacusca can be refrigerate and consumed up to 3 days.

Sauteed Leeks



Sauteed leeks

For 4 servings:

4-5 leeks, sliced

2 teaspoons oregano

1 teaspoon basil

fresh chilli / chilli flakes, to taste (optional)

2 tablespoons olive oil

salt and pepper, to taste

Heat the oil in a saucepan, add the leeks, chili, oregano and basil.

Cover and simmer on medium heat, stirring occasionally.

When the leek has softened add salt and pepper.