

Celeriac & olives in tomato sauce



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For 2-3 servings:

1 celeriac
1 onion, finely chopped
3 tablespoons tomato puree
150 g black olives
1 tablespoon oil
salt and pepper, to taste

Peel, wash and cut the celeriac in medium size pieces.

Stir fry the onion in oil for about 1-2 minutes. Add the celeriac and cover with water.

When the celeriac is almost cooked add the olives, tomato puree, salt and pepper to taste. Continue cooking until the celery is done.

Celeriac, carrot and apple salad



Celery, carrot and apple salad

For 3-4 servings:

1 celeriac, grated
2-3 carrots, grated
1-2 apples, grated

Avocado Mayonnaise:

2 avocados, pureed
juice of 1/2 lemon
1-2 teaspoons mustard, to taste
salt, to taste

Mix all ingredients for the avocado mayonnaise.

Pour over vegetables and mix.

Serve with bread or as salad next to a main dish.



Spaghetti alla puttanesca



Spaghetti alla puttanesca

For 4 servings:

500 g spaghetti

750 ml tomato passata or 750 g ripe tomatoes, finely chopped

5-6 garlic cloves, finely chopped

1 tablespoon capers

100 g black olives

2 teaspoons oregano

fresh chili, finely sliced (or chili flakes), to taste

2-3 tablespoons parsley, finely chopped

1 tablespoon olive oil

salt and pepper, to taste

Cook the spaghetti according to package directions. Drain.

Heat the olive oil in a saucepan and add the garlic. Stir fry for 2-3 minutes. Add the tomato passata (or the chopped tomatoes), cover and simmer until the sauce reduces slightly. Stir occasionally.

Add the capers, olives, chili and oregano. Stir and continue cooking another 5-6 minutes.

Finally add the salt, pepper, spaghetti and mix.

Garnish with parsley.

Coconut – Lemon cake



Coconut – lemon cake

Spring form 20 cm (8 -10 servings)

2 cans coconut milk

Leave the coconut milk cans in refrigerator overnight. Before use separate the solid part from the liquid part. The solid one will be used to prepare the cream, the other one for the

leaf.

For the leaf:

300 g flour

150 g raw sugar

125 ml sunflower oil

375 ml liquid from the coconut milk cans (if needed add vegetable milk or water)

zest from 1 untreated lemon

3 tablespoons coconut flakes (fresh or dry)

2 tsp. vanilla essence

1 tsp. vinegar

15 g baking powder

a pinch of salt

Mix all the ingredients until the sugar has melted. 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, remove from the spring form and cut horizontally into 3 equal parts.

For the cream:

2 packs silken tofu (600 g)

the solid part of coconut milk

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

zest of one untreated lemon

juice of 1-2 lemons (to taste)

2 tablespoons amaretto or 2 teaspoons vanilla extract

3-4 tablespoons coconut flakes (fresh or dry)

1-2 tablespoons coconut butter (oil), melted (only if needed)

Blend all the ingredients until smooth and the sugar has dissolved. Refrigerate for at least an hour. If the cream is too soft add the melted coconut butter (oil) (for my cream it was not necessary).

Assembling the cake:

Place a leaf on a plate and add 1/3 of the cream on top. Spread evenly. Add another leaf on top and repeat the process 3 times.

Add the remaining cream on the last leaf and spread evenly, including the sides.

Garnish as desired.

Before serving refrigerate for at least an hour.



Coconut – lemon
cake

Plum cake



Plum cake

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

4-5 plums, sliced

1 cup flour

1/2 cup water

1/2 cup raw sugar

3 tablespoons oil

1-2 teaspoons vanilla extract

1 teaspoon baking powder

1 teaspoon 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.

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

Pour the mixture into the form and place the plum slices on top.



Plum cake

Bake in pre-heated oven, at medium heat (175C) for approx. 30 minutes.

Pasta alla Norma



Pasta alla Norma

For 4 servings:

500 g pasta (penne, rigatoni, spaghetti, etc.)

2-3 eggplants, sliced □□approx.. 0.5 cm

750 ml tomato passata (or 1/2 kg ripe tomatoes, finely chopped)

1 head of garlic, finely cut

2 tablespoons olive oil

fresh basil, finely chopped (to taste)

salt and pepper, to taste

Cook the pasta according to package directions. Drain.

Grill the eggplant slices on the pre-heated grill, 2-3 minutes on each side.

Heat the olive oil in a saucepan and add the garlic. Stir fry for about 2-3 minutes. Add the tomato passata (or the chopped tomatoes), cover and simmer until the sauce has reduced slightly. Stir occasionally.

Add the eggplant slices, salt and pepper and cook for few minutes.

Put the pasta on a plate and add the sauce on top. Garnish with fresh basil.

Soybeans in tomato sauce



Soybeans in tomato sauce

For 4 servings:

500 g soybeans

2 onions, finely chopped
1 bell pepper, chopped
5-6 tomatoes, diced (or 2-3 tablespoons tomato paste dissolved
in a cup of water)
2-3 bay leaves
1 teaspoon thyme
1 tablespoon oil
salt and pepper, to taste

Soak the soybeans overnight. Sort through them and discard any discolored kernels, then rinse them. Cook them in water (2 times the amount of soybeans) and add the bay leaves. If needed, add more water. Drain.

In a saucepan stir fry the onions in oil, for 2-3 minutes. Add the tomatoes (tomato paste), bell pepper and thyme. Cover and simmer, stirring occasionally, until sauce has slightly reduced.

Add the cooked soy beans, salt and pepper, to taste. Cook for further 2-3 minutes.

Serve with pickles or cabbage salad.