

# Tiramisu

For 5-6 servings:

oven tray approx. 17 x 21 cm

1 tablespoon cocoa powder

For the base:

1 cup flour

slightly more than 1/2 cup soy milk

1/3 cup vegan sugar

3 tablespoons oil

1 teaspoon baking powder

vegan margarine to grease the form

Mix all ingredients until the sugar has dissolved.

Grease the form with a little bit margarine and coat with flour. Pour the mixture into the form and bake, in the preheated oven, on medium heat (175 C) for approx. 30 min. Check with a straw/toothpick if it is baked inside otherwise continue baking a few minutes longer.

Allow to cool slightly. Remove the base from the form, level it cutting off the top.



Wash and dry the form and put the base back into it.



For syrup:

75 ml amaretto (Disaronno)

150 ml coffee (espresso)

Mix the amaretto with the coffee and pour evenly over the base. Set aside until the syrup is completely absorbed.



For the cream:

1 packet Silken tofu (350 g)

1 packet vegetable whipping cream (250 g)

3 tablespoons vegan sugar

1 1/2 teaspoons vanilla essence

Wisk the cream until stiff.

Blend the silken tofu with the sugar and vanilla essence until the sugar has dissolved.

Add it to the cream and mix gently.

Pour over the base and spread evenly.



Refrigerate for at least an hour.

Before serving sprinkle cocoa powder on top.



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## Lentil pate



## Lentil pate

1 cup green lentils  
2 bay leaves  
10-15 peppercorns  
2 tablespoons oil  
1 onion, chopped  
3-4 cloves garlic, finely chopped  
2 teaspoons thyme  
1 teaspoon paprika powder  
1 tbsp. tomato puree  
1 cup dry white wine  
salt and pepper, to taste

Wash the lentils thoroughly and cook them together with the bay leaves and peppercorns in 3 cups of water. If needed add more water.

When the lentils are cooked drain but keep the water apart. Remove the bay leaves and peppercorns.

Heat 1 tablespoon oil in a pan and stir fry the onion and garlic for 3-4 minutes. Add the wine, the remaining spices and cook, uncovered, until the onion is soft and the alcohol has evaporated. Add the tomato puree dissolved in a little bit of water from the cooked lentils. Continue cooking for another 3-4 minutes. Add salt and pepper to taste.

Put all the ingredients in a food processor / blender and process/blend until smooth. If needed add a little bit more water from the cooked lentils until you obtain the consistency of a pate.

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# Creme caramel



Creme caramel

For 4 servings (forms of approx. 100ml):

500 ml soy milk

2 packages vanilla sugar (or 2 tablespoons raw sugar + 1 teaspoon vanilla extract)

2 teaspoons agar-agar

1/4 teaspoon turmeric, for the color

5-6 tablespoons raw sugar, for the caramel

Put 5-6 tablespoons of sugar in a small saucepan, melt it on low heat until it gets a nice amber color. Pour it into the forms so that you get a layer of 3-4 mm of caramel.

Dissolve the agar-agar in a little bit soy milk.

Mix the remaining soy milk with the vanilla sugar and turmeric. Stir until the sugar has dissolved, bring to a boil then add the agar-agar and cook for 2 minutes.

Pour into the forms, over the caramelized sugar.

Allow to harden at room temperature.



Crème caramel

Place a serving dish on top of the ramekin and turn upside down.

Consume it directly or keep it in the refrigerator, in forms, until the next day.

Note: for more servings you can prepare one big crème caramel, in a large form adjusting the quantities to the the size of the form.

Follow the prescribed amount of agar-agar otherwise it can harden too much.

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## Poached pears in red wine



Poached pears in red wine

3 pears, ripe but firm, peeled  
1/2 cup raw sugar  
1 cup red wine  
2 cups water  
1 cinnamon stick  
1 star anise

Put in a soup pan the water, wine, sugar, cinnamon stick and anise star and bring it to a boil then add the pears. Add more water if needed, enough to cover the pears. Cover and simmer (approx. 20 minutes) until the pears are done.



Poached pears in red wine

Remove the pears to a platter and let the sauce simmer, on medium heat, until reduced by half.

Serve plain or with [vegan vanilla ice cream](#).

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## Pumpkin mousse

For 4-6 servings:

1 kg pumpkin  
1 tablespoon raw sugar (or to taste)  
1/2 cup raisins soaked in rum, including the rum

1/2 cup walnuts, crushed

Wash the pumpkin, remove the seeds and cut into pieces.

Bake in oven until tender (try with a fork if is ready).

Allow to cool. Remove the peel and blend/process it together with the sugar until smooth, using a hand blender or a food processor .

Add the raisins, rum and nuts and mix.



Pumpkin puree



Pumpkin puree

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# Lentil stew



Lentil stew

For 4 servings:

250 g green lentils  
1 bell pepper, finely chopped  
1 onion, finely chopped  
4 cloves of garlic, finely chopped  
2 bay leaves  
1 teaspoon thyme  
3-4 tablespoons tomato paste  
1 tablespoon oil  
salt and pepper, to taste

Wash the lentils well and cook them in water with the bay leaves. Drain but keep the water separate.

Heat the oil in a saucepan and add the onion. Stir fry for 2-3 minutes then add the bell pepper and continue frying for a few minutes more.

Add some water from the cooked lentils, the thyme and garlic. Cover and simmer, stirring occasionally, until the vegetables are soft.

Add the tomato paste and, if needed, more water (from the cooked lentils) and the lentils.

Cook for another few minutes. Add salt and pepper to taste.

Serve with pickles or as garnish.

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## Pumpkin strudel



Pumpkin strudel

For 4 large pieces:

For the dough:

500 g flour

1 cup warm water

3 tablespoons raw sugar

3 tablespoons oil

1 teaspoon vinegar

a pinch of salt

Mix all ingredients and knead for a few minutes. The dough should be elastic but soft. Put it in a bowl, cover with plastic wrap or a clean kitchen towel and let it rest, at room

temperature, at least 30 minutes.

Meanwhile prepare the filling.

For the filling:

8 cups grated pumpkin

3 tablespoons raw sugar

2 tablespoons oil

Heat the oil in a large saucepan, add the grated pumpkin and sugar and fry , stirring occasionally, until the pumpkin has softened slightly (approx. 10 minutes).



Pumpkin strudel

Divide the dough into four equal parts.

Sprinkle a little flour on the work surface and roll the dough lengthwise, using a rolling pin, to a thickness of 3-4 mm.

Add 1/4 of the amount of pumpkin, close the ends and roll.



Pumpkin strudel

Grease an oven tray and put the strudels in it.



Pumpkin strudel

Brush them with a little bit soy milk for a nice color.

Bake them in the preheated oven, on medium heat (175 C) for about 30-40 minutes.

Serve warm (if they get colder the dough harden).

*Note:* you can also use filo dough.

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# Tricolor quinoa pudding



Tricolor quinoa pudding

For 2-3 servings:

1 cup (tricolor) quinoa

2 cups vanilla vegetable milk (or natural vegetable milk + 2 tablespoons raw sugar + 1/2 teaspoon vanilla essence)

a handful of goji berries (optional)

Wash well the quinoa and cook it in the vegetable milk.

Cook for 8 minutes on low heat, set aside, add the goji berries, mix, cover with a lid and let it rest for about 10 minutes.

Serve warm.

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## Pancakes



## Pancakes

For approx. 7 medium pancakes:

1 cup soda water

1 cup vanilla soy milk (or soy milk + 1 tablespoon sugar + 1/2 teaspoon vanilla extract)

1 1/2 cup flour

1/4 teaspoon turmeric, optional (for the color)

oil to grease the pan

Mix all ingredients with a whisk or mixer until smooth. Add more soda water or vegetable milk if needed.

Heat a lightly oiled frying pan over medium high heat. Pour a ladle of the batter into the pan and spread evenly moving the pan in the desired direction.

Brown on both sides and serve hot with jam, syrup, vegan chocolate paste etc..