

New vegan help guide

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Tangerine sorbet



For 4 servings:

100 g raw sugar

150 ml water

400 ml fresh tangerine juice

Put the water and sugar in a saucepan and boil for 5-6 minutes (do not stir!!). Allow to cool.

Add the tangerine juice and mix well.

Put the mixture into a container with a lid and place it in the freezer. After about an hour remove from the freezer and stir well with a spoon (to prevent crystals formation). Repeat the process 2-3 times.

Creamy tomato-lentil soup



For 4-6 servings:

1 cup red lentils, well washed
2 cans a 400 g (diced of whole) tomatoes
2 onions, finely chopped
1 head of garlic, chopped
1 bay leaf
1 teaspoon rosemary
2 teaspoons oregano
1-2 tablespoons olive oil
salt and pepper, to taste

fresh basil, finely chopped (optional)

Stir fry the onions and garlic, in olive oil, for 2-3 minutes. Add the lentils, bay leaf, rosemary, oregano and 3 cups of water. Cook for about 10 minutes then add the tomatoes.

When everything is cooked (10-15 minutes) remove the bay leaf and blend until smooth. Add salt and pepper to taste.

Add fresh basil on plate.

Lentils sauer soup



For 6 servings:

500 g bruin lentils (not red!!)

500 g vegetables for soup (carrots, onions, parsnips, celery, potato, peas, cauliflower, etc.)

500 g ripe tomatoes, diced / 400 g can diced tomatoes

2 bay leaves

1 teaspoon paprika powder

juice from 1-2 lemons, to taste

2 tablespoons olive oil

1 bunch lovage/dille

salt and pepper, to taste

Wash the lentils and cook them in 2 l water together with the bay leaves.

When the lentils are half cooked add the chopped vegetables. Continue to cook for another 5-6 minutes than add the tomatoes, paprika powder and the lemon juice. Add more water if needed. When the lentils and the vegetables are cooked add salt and pepper to taste.

Garnish the dish with olive oil and finely chopped lovage or

dille.

Sauerkraut stampopot



For 4-6 servings:

1.5 kg potatoes, peeled and cut in half

1 kg sauerkraut, finely chopped

10-15 peppercorns

2 bay leaves

2-3 tablespoons olive oil

Cook the potatoes, sauerkraut, bay leaves and peppercorns, in water enough to cover. Cover and simmer on medium heat.

When the vegetables are cooked drain the water (kept it separately), remove the bay leaves and mash. Add some water (from the potatoes and sauerkraut), little by little, until you get the consistency of a puree.

Add the olive oil and mix well.

Serve as side dish with soy, seitan, tempeh, etc. (in the picture above it is served with [lentil burger](#)).

Variation: you can add a few tablespoons of nutritional yeast.

Note: Stampot is a traditional Dutch dish and consists of mashed potatoes mixed with various ingredients like sauerkraut, carrots+ onions, kale, etc.

Red lentil burger



For approx.. 10 pieces:

- 1 cup red lentils
- 3 tablespoons chickpea flour
- 1 large carrot
- 1 large onion
- 1 bell pepper
- a handful (frozen) peas
- a handful olives, finely chopped
- 2-3 garlic cloves, mashed
- 2 tablespoons seasoning mix (coriander-, cumin-, allspice-, paprika-, juniper-, garlic-, mustard powder etc.)
- 1 tablespoon mint (fresh or dried)
- 2 bay leaves
- salt and pepper, to taste

Wash the lentils thoroughly and cook them together with the bay leaves in 1 1/2 cup water. Check from time to time that they don't stick to the bottom of the pan. When the

lentils are cooked the water should be completely absorbed. Remove the bay leaves and allow it to cool.

Process the carrot, onion, bell pepper and mint using a food processor (or finely grate or chop them).

Mix all ingredients. Form the burgers and bake them in oven at medium heat (175 C) for 20-30 minutes.

Cut the burger bun in half, add the burger and salad, finely chopped onions, tomatoes, mustard, ketchup, [vegan mayonnaise](#) or [garlic sauce](#), to taste.

Variation: you can add fresh chili / chili powder to the mixture.

Creamy cauliflower soup



For 3-4 servings:

450 g cauliflower, cut into pieces

1 large potato, cubed

1 onion, chopped

fresh parsley, finely chopped

olive oil, for garnish (optional)

salt and pepper, to taste

Cook the cauliflower, onion and potato in 1 l water. When the vegetables are cooked blend until smooth.

Add salt and pepper to taste. Garnish with fresh parsley and a little bit olive oil.

Lentil patties



For 15-20 pieces:

1 cup red lentils
3 tablespoons chickpea flour
1 large carrot
1 large onion
1 bell pepper
2-3 garlic cloves, mashed
2 tablespoons seasoning mix (coriander-, cumin-, allspice-, paprika-, juniper-, garlic-, mustard powder etc.)
1 tablespoon mint (fresh or dried)
2 bay leaves
salt and pepper, to taste

Wash the lentils thoroughly and cook them together with the bay leaves in 1 1/2 cup water. Check from time to time that they don't stick to the bottom of the pan. When the

lentils are cooked the water should be completely absorbed. Remove the bay leaves and allow it to cool.

Process the carrot, onion, bell pepper and mint using a food processor (or finely grate or chop them).

Mix all the ingredients. Form little balls and bake them in the oven at medium heat (175 C) for 20-30 minutes.

Serve them warm with mustard or with side dishes and / or salads.

Variation: you can add chilli / chilli powder to the mixture

Lentil bolognese pasta



For 4 servings:

500 g pasta, cooked

400 g puy lentils (or brown/green)

2 carrots, finely chopped

1 onion, finely chopped

2-3 garlic cloves, mashed

700 ml tomato passata

2 bay leaves

2 teaspoons oregano
1/2 glass wine
3 tablespoons lemon juice
1 tablespoon olive oil
salt and pepper, to taste

fresh basil, finely cut (optional)

Wash the lentils and cook them in water with the bay leaves.
Drain.

Stir fry the the onion and the carrots in oil for 2-3 minutes
than add the tomato passata, wine and oregano. Cover and
simmer on medium heat until the sauce has reduced. Add
the garlic, lentils, lemon juice, salt and pepper to taste
and cook for another few minutes.

Put the pasta on the plate and add the lentils on top of it.
Garnish with fresh basil.