

Stuffed eggplant with smoked tofu



For 2 servings:

1 large eggplant
200 g smoked tofu, finely chopped
1 onion, finely chopped
3-5 garlic cloves, finely chopped
1 tsp. rosemary
1 tsp. oregano
1 tablespoon olive oil
salt and pepper, to taste
grated vegan cheese (optional)

Wash the eggplant and cut in half lengthwise. Using a small knife, cut a border inside each eggplant about 1 cm thick. Scoop out the core with a teaspoon. Sprinkle the eggplants with salt, brush with a little bit oil and bake them in the oven for about 10-20 minutes, until tender.

Heat the oil in a small saucepan and stir fry the onion for 2-3 minutes. Add the finely chopped eggplant core, garlic, rosemary and oregano. Cover and simmer. Stir occasionally, add 1-2 tablespoons of water if needed.

When the eggplant is done add the smoked tofu, salt and pepper to taste and mix well.

Stuff the eggplants, top with grated vegan cheese and bake in the oven (175- 200 C) until golden brown (15-20 minutes).

Serve with salad.



Fruit cake



For a (spring) form with a diameter of 22 cm.

- 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

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 vinegar, baking powder and mix well.

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

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

For the cream:

1 pack silken tofu (350 g)

5-7 tablespoons icing sugar, to taste

4 tsp. vanilla essence

2 teaspoons locust bean gum or 1-2 tablespoons coconut butter (oil), melted in bain-marie

Place all ingredients in blender and blend until smooth.

Refrigerate for at least an hour.

For the coconut whipped cream:

1 tin coconut milk

2-3 tablespoons raw sugar

1 teaspoon vanilla essence

Let the coconut milk tin in the refrigerator for several hours (or overnight).

Put in a bowl only the white, solid part of coconut milk, add the sugar (2 tablespoons will be enough) and the vanilla essence and blend (with a mixer) until the sugar has dissolved and the composition becomes frothy (do not blend too long otherwise you'll get coconut butter).

Assembling the cake:

Place the leaf on a plate and add the silken tofu cream on top. Spread evenly. Add the whipped coconut cream on top.

Garnish with fruit as desired.

Before serving refrigerate for at least an hour.

Soy milk



For approx. 1.5 l soy milk:

1 cup soy beans

6 cups water

a pinch of salt

Soak the soybeans overnight (10-16 hours).

Wash and rub the soybeans between the hands to remove the shells as much as possible.

Put them in the blender with 3 cups of water.

Blend for about 2 minutes until smooth.

Pour the soybean mixture into the cheesecloth and hold over

the pot. Squeeze out as much liquid as you can.

The pulp, okara, can be used in other recipes and must be cooked.

Add 3 more cups of water and a pinch of salt to the soy milk.

Bring to a boil on high heat then cook it on low heat for approx. 15 minutes. Stir occasionally and remove the foam.

Finally you can add different flavors to your taste.

Keep it up to 3 days in the refrigerator.