

Caramel pudding



For 2-3 servings:

400 g silken tofu

4 tablespoons raw sugar

1 teaspoon vanilla essence

1.5 teaspoons locust bean gum (carob gum)

Blend the silken tofu with vanilla essence until smooth.

Put 4 tablespoons of sugar in a saucepan, on low heat, melt it until it gets a nice amber color. Put a little bit of caramel on a piece of baking paper. Allow to cool then crush it. Use it to decorate the pudding.

Let the rest of the caramel on low heat and add about a quarter of the amount of tofu. Stir until the caramel has incorporated into tofu. Mix with the remaining tofu and carob gum.

Pour into cups and refrigerate for at least an hour.

Before serving garnish with caramel.

Vegetables-tempeh souflaki



For 4-6 servings:

300 g tempeh (can be replaced with tofu)
2 bell peppers
1 zucchini
2-3 onions
10 tiny tomatoes
a few cloves of garlic (optional)

For the marinade:

3-4 tablespoons olive oil
juice of one lemon
2 tablespoons oregano
2 tablespoons thyme
salt and pepper, to taste

Prepare a marinade mixing the lemon juice, oil and spices. Cut the tempeh (or tofu) and the vegetables into medium pieces and mix them with the marinade. Let it marinate in the fridge for at least 2 hours.

Soak the wooden skewers in water for about 15-20 minutes.

Thread the tempeh and the vegetables on skewers and grill for a few minutes on each side.

Serve with different side dishes and / or salad.

Variation: you can also use other vegetables like mushrooms, eggplant, etc.

Seitan nuggets



For approx. 12-15 pieces:

seitan from 1 kg flour (see recipe [here](#))

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 cup soy milk

4-5 tablespoons flour

6-7 tablespoons breadcrumbs

10 peppercorns

2-3 allspice berries

2-3 bay leaves

2 tablespoons grill/Italian mix seasoning

salt and pepper, to taste

oil for frying

Mix the garlic and onion powder with flour then follow the seitan recipe.

Drain the seitan dough well and cut it in the form of nuggets.

Cook the seitan pieces in water with peppercorns, allspice and bay leaves, approx. 30-40 minutes. Drain well.

Add the mix seasoning to the flour and mix well. Roll the seitan nuggets through the flour, then through the soy milk and finally through the breadcrumbs.

Fry them a few minutes on both sides, in hot oil, until golden brown.

Serve with side dishes and salads.

Variation: you can add more spices to the flour like: dried basil, dried oregano, etc.

Chocolate mint mousse



For approx. 4 servings:

1 pack (350 g) silken tofu, well drained

100 g pure chocolate (> 70% cocoa)

10 dates

2-3 tablespoons fresh mint, to taste

Blend the tofu with the dates and mint leaves until smooth.

Melt the chocolate in bain-marie (steam bath). Pour it over the tofu mix while the blender is running.

Pour the chocolate mousse into glasses and garnish with mint leaves of grated chocolate.

Serve directly or refrigerate till next day.