

Strawberry jam



1 kg strawberries
400 g raw sugar
juice of 1/2 lemon

Wash the strawberries, remove the leaves and drain well. Cut each strawberry in 2 or 4 (depending on how big they are).

Place the strawberries with the sugar in a saucepan of stainless steel or enamel, cover with a lid and simmer until the sugar has dissolved. Stir occasionally.

When the sugar has dissolved turn the heat high and simmer for approx. 1 hour, uncovered, stirring often .

Check the consistency of jam by putting a little bit of jam on a saucer and letting it cool. If it is still too soft (if it slides about as a liquid) continue cooking until you get a jam consistency, testing every 4-5 minutes because at the end it thickens very fast.

Finally add the lemon juice and give it a boil.

Wash the glass jars well, then put them in the oven to dry and sterilize them (at about 100 C).

Let the jam slightly cool (not too much) then pour it into the hot jars. Cover with a lid while still hot, label and store in a cool, dark cupboard for up to a year.

Chana Punjabi



For 2 servings:

350 g (a can) cooked chickpeas
1 onion, finely chopped
2 tomatoes, finely chopped
1 clove garlic, mashed
1 cm ginger, minced (or 1/2 teaspoon ginger powder)
fresh chili, to taste (or chili powder)
1 teaspoon mustard seeds (extra, optional)
1 teaspoon paprika
1 teaspoon coriander powder
1/2 teaspoon garam masala
1/4 teaspoon turmeric
1 tbsp oil
fresh cilantro (optional)

Heat the oil in a saucepan, add the mustard seeds. Stir fry for 2-3 minutes until they begin to pop. Add the onion, stir fry for a few minutes then add the garlic, coriander, ginger, paprika, chili (chili powder) and tomatoes.

Cook at medium heat until the sauce has reduced, stirring occasionally. If needed, add a little water.

Add the turmeric, garam masala and chick peas and continue to cook for approx. 5 minutes. Add salt to taste and garnish with fresh cilantro.

Serve with boiled rice / [biryani](#) and / or [naan bread](#).

Raw carrot cake

For a medium sized cake, 8-10 servings:

Required:

- spring form (22-24 cm)
- food processor

For the first layer:

15 medium carrots, peeled and cut into pieces

100 g walnuts

200 g dates

2 tsp. vanilla essence

1 tablespoon lemon juice

Process all the ingredients until smooth.

Place the edge of the spring form (without the bottom) on a round platter. Add the carrot mix, spread evenly and press it.

Refrigerate until you prepare the second layer.

For the second layer:

200 g cashew nuts, hydrated in water at least 2 hours
2 tablespoons date syrup (or any other vegan syrup)
1/2 can coconut milk
5 tablespoons coconut flakes
1 tablespoon lemon juice
1 teaspoon vanilla essence

Refrigerate the coconut milk overnight. Use only the hardened part.

Process all the ingredients until smooth. If needed add little by little more coconut milk until the mix has the consistency of crème.

Spread on top of carrots mix.

The last layer (orange jelly):

fresh orange juice from 5-6 oranges
1 tablespoon sugar or any light color syrup
5 g of agar-agar

Strain the orange juice. Add the sugar and bring it to a boil, stirring occasionally. When it starts boiling add the agar (dissolved in a little bit of orange juice, otherwise it will form lumps). Cook it for 2 minutes, stirring. Allow to cool, check and stir regularly because it hardens relatively quickly.

You can decorate the cake with some carrot slices/forms. Carefully pour the jelly mix over it.

Refrigerate for at least 1/2 hour.

Keep it in the fridge up to 2 days.

Variation: you can use the mini forms.