

# Raisin cookies

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# Sauer soyballs soup



# Vegan stuffed eggs



For about 12-15 pieces.

To form the “egg white” I used a mold for chocolate eggs. You can also use avocado shells or any other mold/container similar to boiled eggs cut in half, or even a round shape will work.



I have tried to make the “egg white” 3 different ways , the closest to the taste and texture was the one with silken tofu but if it is difficult to get it, you can use only vegetable milk, agar-agar and kala namak salt but the texture will be different than that of the real ones. Some recipes on the internet use only unsweetened almond milk.

For an authentic egg taste it is important to use kala namak salt.

For the egg whites:

200 g silken tofu

200 ml unsweetened soy milk

5 g agar-agar

1/4 teaspoon salt kala namak (or to taste)

Blend the silken tofu until smooth, pour it into a saucepan and mix it with the soy milk and agar-agar. Do not add the salt yet otherwise the mix will split. Cook for about 2 minutes, stirring from time to time. Let it cool. When it is cooled, just not very hot but also not very cold, when you can hold your finger into without burning feeling, add the kala namak salt, mix well and pour it into the mold. Allow to cool in the refrigerator.

Scoop a little hollow in each egg where the yolk supposed to be.



For the stuffing:

300 g cooked chickpeas

5-6 tablespoons vegan mayonnaise (see recipe [here](#))

1-2 tablespoons dill, finely chopped  
1/4 teaspoon salt kala namak (or to taste)  
finely ground pepper, to taste  
a pinch of turmeric, for the color

Process the cooked chickpeas until smooth. Mix with the other ingredients and let them cool in the refrigerator for 1/2 – 1 hour then fill each egg. Garnish with parsley leaves.

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## Boema cake

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## Falafel



For approx. 40 – 50 pieces

500 g chickpeas, soaked in water for about 12-15 hours  
4-5 tablespoons cold water  
1 medium onion, finely chopped  
5-6 cloves of garlic, mashed

1 parsley bunch, finely cut  
1 coriander bunch, finely cut  
3 tablespoons flour  
1 teaspoon baking soda  
2 teaspoons coriander powder  
1 teaspoon cumin powder  
1 teaspoon paprika powder  
1/2 teaspoon of cardamom powder  
chili powder, to taste (optional)  
salt

sesame seeds, for coating (optional)

sunflower oil for frying

Process the chickpeas with a food processor, add the water, until a paste is obtained, but not mushy and holds itself together (you can also use a mincer/grinder, repeat the process 2-3 times).

In a bowl, mix all the ingredients by hand until smooth and uniform. Refrigerate for at least an hour.

With wet hands form balls (or patties) the size of a walnut and press them well. Cover them with sesame seeds and fry on both sides, in hot oil, until brown (3-4 minutes on each side). Fry first one piece, if it won't hold together, add more flour to the mixture and try again.

Serve hot with [hummus](#), [pita bread](#), [tahini sauce](#) and mix salad/pickles.

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# Baked tofu in tomato sauce



*For 2 servings:*

300 g tofu, drained well and cut into pieces

1 tablespoon tomato paste or 2-3 tablespoons tomato passata

For the marinade:

1 teaspoon dried oregano

1 teaspoon dried thyme

1 teaspoon dried basil

1 teaspoon paprika powder

chili powder or dried chili flakes, to taste (optional)

salt and pepper, to taste

4-5 cloves garlic, mashed (or to taste)

2-3 tablespoons olive oil

Mix the spices (oregano, thyme, bususioc, paprika, salt and pepper) or you can use 2-3 tablespoons of seasoning for grill.

Mix all the ingredients for the marinade with 2 tablespoons of olive oil. Add the tofu and mix well until all the tofu pieces are coated with spices. Let it marinate in the fridge

for a few hours or it can be prepared the day before and left overnight to marinate.

Heat a tablespoon of olive oil in a pan, add the pieces of tofu and fry for few minutes, at medium heat, until golden-brown. Add the tomato paste dissolved in a little bit of water (or the tomato passata), stir fry for few minutes .

Serve with polenta or mashed potatoes, rice, cous cous, etc.

Variation: Instead of tofu you can use tempeh or seitan.

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## Mascote

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## Amandine

The recipe is for 12 cakes of 5 cm x 5 cm (choose an oven form with the proper size, slightly bigger because the hard edges of the leaf will be removed. I've used an oven form approx. 23 cm long and 18 wide).



Steps:

**1. The caramel syrup** (it will be used for the leaf and 2 tablespoons for the glaze).

$\frac{1}{2}$  cup sugar

$\frac{1}{4}$  cup warm water

Put the sugar in a saucepan, on low heat, and melt it until it gets a nice amber color. Add the water and mix, still on the heat, until the sugar dissolves.

Allow to cool

**2. The rum syrup**

$\frac{3}{4}$  cup water

$\frac{1}{2}$  cup sugar

1  $\frac{1}{2}$  tablespoon rum essence

Put the sugar with water in a saucepan and stir until the sugar has dissolved. Bring it to the boil. Allow to cool, then add the rum essence and mix well

**3. The leaf**

350 g flour

100 g sugar

375 ml the soymilk

125 ml sunflower oil

1 teaspoon rum essence



the caramel sugar syrup prepared above (set 2 tablespoons aside for the glaze)  
a pinch of salt  
1 packet (15g) baking powder

Mix the soymilk, oil, salt, rum essence, caramel syrup and sugar until the sugar has dissolved. Add the flour little by little, taking care not to form lumps. Finally add the baking powder and mix well.

Grease the oven form with a little bit oil and sprinkle with flour. Pour the mix into the form and bake (in the preheated oven) on medium heat (175 C), for 30 minutes. Check with a straw/toothpick if the dough is baked inside, if the dough sticks to the straw bake for a few minutes longer.

Allow to cool, remove it from the form, level it cutting off the top then cut horizontally into two equal parts.

#### **4. The cream**

While the cake bakes in the oven we prepare the cream. (put aside 2-3 tablespoons of the cream for decorating the cakes).

200 ml vegetable whipping cream (I used Soyatoo)  
150 g Soft silken tofu (I used Taifun)  
2 tablespoons sugar (or to taste, the vegetable cream that I used it was quite sweet)  
100 g pure chocolate, good quality

Whip the cream with a mixer / food processor until stiff.

Drain the tofu well and blend it until smooth.

Add the tofu and sugar by the whipped cream. Mix until everything is incorporated.

Melt the chocolate over a steam bath (bain-marie), let it cool slightly then add it little by little to the cream-tofu mix while processing.

Refrigerate for half an hour.

*Assemble the cakes:*

I've used a plastic cutting board with a baking paper on top of it. You can also use a tray.

Place a leaf on the cutting board (tray) and pour half of the rum syrup on it, little by little and wait until it is absorbed completely.

Spread the chocolate cream evenly over the leaf.



Add the second leaf on top and pour the rest of the rum syrup just like for the first one.



Cover with plastic wrap and refrigerate for at least 2-3 hours (I've prepared it the day before and refrigerated overnight).

Remove it from the fridge and cut it, with a sharp knife, in 12 pieces, each one with a size of 5 cm 5 cm (remove the hard edges if needed, I've removed about 1 cm each side).



## 5. The glaze

250 g sugar

75 ml water

2 tablespoons caramel syrup (see above)

2 teaspoons cocoa powder

50 g pure chocolate

1 teaspoon vanilla extract

Put the water, sugar and caramel syrup in a saucepan, over medium heat, stir continuously and boil for 2-3 minutes. Take off the heat, let it slightly cool, it must be still hot, and add the cocoa powder, chocolate and vanilla. Mix well until smooth then pour it with a spoon over each cake.

You have to work quickly with the glaze. To obtain a nice glaze on cake, with no signs on it you must pour it at once, the icing fluid will flow over the edges.

If the glazing forms crystals or hardens and becomes difficult to pour then heat it again a little bit.

Refrigerate for half an hour then you can decorate them with the rest of the cream.



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## Chinese-style asparagus



For 2-3 servings:

200 g tofu, diced

200 g green asparagus, cut in pieces of 3-4 cm long

1 onion, chopped

1 red bell pepper, chopped

2 green onions, chopped

2 tablespoons sesame seeds

1 tablespoon sesame oil

For the marinade:

3-4 tablespoons soy sauce

4 cm grated ginger (or 1 tablespoon ginger powder)

2 tsp. coriander powder  
chilli flakes, to taste  
5-6 garlic cloves, minced  
pepper, to taste

Mix all the ingredients for the marinade. Pour over the tofu pieces, mix well and leave to marinate in the refrigerator for at least an hour.

Heat the sesame oil in a wok, add the onion and the tofu and stir fry for about 2-3 minutes on high heat. Add the asparagus and the bell pepper, stir fry for further 3-4 minutes. At the end add the green onions and the sesame seeds. Mix everything and continue to stir fry for another 2-3 minutes. If needed add more soy sauce to taste.

Serve plain or with boiled rice.

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## Seitan kebab



For the seitan:

1 kg flour (see the recipe [here](#))

Cook the seitan whole, in water with some bay leaves, peppercorns and allspice, for approx. 40 min.

Drain then slice finely.



Mix the following spices:

3 tsp. paprika

1/4 tsp. cumin powder

2 tsp. garlic powder

2 tsp. dried thyme

cayenne powder, to taste

salt and pepper, to taste

Pour the spice mix over the seitan spices and mix well. Cover and let it rest for at least an hour.

Fry the seitan in a little oil till golden brown.



Serve with pitta bread and lettuce, shredded red cabbage, tomato and pickles slices, [garlic sauce](#) or [avocado sauce](#).