

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.

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 smokes 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.

Hummingbird cake



For a cake with a diameter of 20 cm

2 x spring form (20 cm)

For the leaves:

350 g flour

250 ml of sunflower oil

200 g raw sugar

4 medium ripe bananas, mashed

1 tin pineapple chunks (450 g), drained

50 ml pineapple syrup (from the pineapple tin)

1 teaspoon cinnamon powder

3 tsp. vanilla essence

a handful pecans (or walnuts), finely chopped

Mix the oil, pineapple syrup and sugar until the sugar has dissolved. Add the flour, bananas, cinnamon and vanilla. Mix well.

Add the pineapple chunks and pecans and mix.

Grease the spring forms with a little bit of oil. Divide the batter evenly and pour into the 2 spring forms.

Bake in the preheated oven, on medium heat (175 C), for about 30-40 minutes. Check with a straw if it is baked inside, if it sticks to the straw bake for a few minutes longer.

Allow to cool, remove from the spring forms and cut each leaf horizontally into 2 equal parts.

For the cream:

3 packs silken tofu (3 x 350 g)

150 g icing sugar

3 tsp. vanilla essence

5-6 tablespoons coconut butter (oil), melted in bain-marie

Place all ingredients in blender and blend until smooth.

Refrigerate for an hour.

Assembling the cake:

Place a leaf on a plate and add 1/4 of the cream on top. Spread evenly. Add another leaf on top and repeat the process 3 times.

Add the remaining cream on the last leaf and spread evenly, including the sides.

Garnish with pecans/walnuts as desired.

Before serving refrigerate for at least an hour.

Red lentil stew



For 2-3 servings:

1 cup red lentils, rinsed well
1 bay leaf
1 onion
1 carrot
1 bell pepper
chili pepper, finely chopped, to taste (optional)
2-3 cloves garlic, mashed
2 teaspoons oregano
1 tablespoon seasoning mix (coriander-, cumin-, allspice-, paprika-, juniper-, garlic-, mustard powder etc.)
2 tablespoons tomato paste
1 bunch dill, finely chopped
2 tablespoons olive oil
salt and pepper, to taste

Process/finely chop the carrot, onion and green pepper.

Heat the oil in a saucepan and stir fry the vegetable mix for 2-3 minutes. Add the lentils, spices, bay leaf, chili and 1 1/2 cup water. Cover and simmer on medium heat, stirring occasionally. Add a little bit more water if needed.

When the lentils are cooked add the tomato paste, garlic and dill. Let it simmer for another few minutes than add salt and pepper to taste.

Serve with salad or pickles.

Red lentil pate



1 cup red lentils
1 bay leaf
2-4 cloves garlic, mashed (to taste)
3 tablespoons olive oil
salt and pepper, to taste

For the topping:

2 (red) onions, finely sliced
1 tablespoon olive oil
1 tbsp. tomato puree/paste

Wash the lentils thoroughly and cook them in 2 1/2 cups water, together with the bay leaf. Drain but keep the moisture aside. Remove the bay leaf and blend/process until smooth.

Put the lentils back in the pan, on low heat, add the oil and garlic and “beat” it with a wooden spoon until it becomes foamy (if necessary add a little water from the lentils to get the desired consistency). Add salt and pepper to taste and transfer the lentils to a serving bowl.

Heat 1 tablespoon of olive oil in a pan and simmer the onions on medium heat until golden brown. Add the tomato puree and

mix well. Spread evenly over lentil pate.

Chili con verduras



For 2-3 servings:

200 g beans (black)
2 large onions, finely chopped
3-4 carrots, sliced
1-2 green pepper, chopped
3-4 cloves of garlic, mashed
1-2 tablespoons olive oil
1 bay leaf
1 jalapeno / chili, chopped (or to taste)
a pinch of cumin powder
1/4 teaspoon cocoa
1/4 teaspoon cinnamon
1 teaspoon oregano
1 can a 400 g diced tomatoes
salt and pepper, to taste

Soak the beans overnight. Wash and cook them with the bay leaf. Set aside.

Heat the olive oil in a saucepan and add the onions. Stir fry

for a few minutes then add the green pepper, carrots, jalapeno / chili, cocoa, cinnamon and oregano. Cover and simmer for a few minutes, stirring occasionally.

Add the tomatoes, beans and garlic. Cover and simmer on low heat until the sauce has reduced and vegetables are cooked (if necessary add a little water from the beans).

Add salt and pepper to taste.

Variation: You can add various vegetables along with the carrots and green pepper (celery, mushrooms, etc.) and / or pieces of tofu.