

# Tofu skewers



tofu, cubed  
sweet pepper, cubed  
zucchini, cubed  
mushrooms  
onion, cubed

skewers

## **For the marinade:**

garlic, mashed  
olive oil  
spices (thyme, rosemary, basil etc.)

Prepare a marinade mixing the garlic, oil and spices. Add the tofu and the vegetables. Let it rest in refrigerator for at least 2 hours.

Soak the skewers in water for 15-20 minutes.

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

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# Nettles with polenta



1/2 – 1 bag nettles  
1 large onion, finely chopped  
5-6 cloves of garlic, mashed  
1 tablespoon flour  
1 tablespoon corn flour  
1 tablespoon olive oil  
salt, to taste

Wash the nettles thoroughly and cook them for about 10 minutes in very little water. Add more water later on if needed.

Blend/process the cooked nettles in a food processor / blender.

Heat the oil in a saucepan and stir fry the onion. Add the nettles, flour, corn flour and the garlic. Cook for about 5 minutes.

Garnish on the plate with little bit olive oil. Serve hot with [polenta!](#)

*Note:* Pick the nettles early in the spring (march/april) when the plant is very young. Pick only the tips and use gloves.

The nettles are tasty, nutritious and absolutely free!

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## Onions in tomato sauce



Onion in tomato sauce

### For 2-3 servings:

1.5 kg onion, sliced  
2 tablespoons oil  
4-5 bay leaves  
10-15 peppercorns  
1 teaspoon paprika powder  
3 tablespoons tomato paste  
salt, to taste

Stir fry the onions in oil for 2-3 minutes. Add a cup of water, the bay leaves and the peppercorns. Cover and simmer stirring occasionally. When the onions have softened add the paprika powder and the tomato paste. Cook for another few minutes. Add salt to taste.

Serve with warm [polenta](#)!

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# Potatoes stew



Potatoes stew

## For 4 servings:

1 kg potatoes, cubed  
1/2 kg onion, sliced  
2-3 bell peppers, sliced  
4 tablespoons tomato paste  
2 teaspoons dried thyme  
6-7 garlic cloves, finely chopped  
fresh parsley, finely chopped  
2 tablespoons oil  
salt and pepper

Stir fry the onions, in oil, for about 3-4 minutes. Add the potatoes, the thyme and water to cover. Cook for approx. 10 minutes then add the bell peppers. When the potatoes are almost cooked add the tomato paste and the garlic. Simmer for a few minutes. Add salt and pepper to taste and garnish with parsley.

Serve with salads or pickles.

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# Nettle soup



Nettle soup

## For 3 servings:

200-250 g nettles, washed  
3 potatoes, sliced  
1 large carrot, sliced  
1 onion, chopped  
1 small parsnip, sliced  
3 cloves of garlic, mashed  
salt and papper, to taste

In a souppan put the vegetables and a little water (enough to cover). Cook for 5 minutes and than add the nettles. When the vegetables are cooked add the □□garlic and cook for another 2-3 minutes. Puree the soup with a blender / food processor until smooth. Add salt and pepper to taste and garnish with olive oil.

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# Chickpea patties



Vegan chickpea patties

300 g cooked chickpeas

3-4 tablespoons flour

1 large onion, finely chopped

4-5 cloves of garlic, mashed

1 tablespoon seasoning mix (coriander-, cumin-, allspice-, paprika-, juniper-, garlic-, mustard powder)

1/2 teaspoon dried thyme

parsley, finely chopped

dill, finely chopped

salt and pepper, to taste

oil for frying

Blend the chickpeas with a blender / food processor or with a fork. Add all the ingredients and mix well. Form little balls with wet hands, dredge through flour and fry in hot oil until golden brown.

Serve with vegetables, mustard, rice, mashed potatoes, salads ...

*Note:* fry first one piece, if won't hold together, add more flour to the mixture and try again.

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## Vegan asparagus soup



Asparagus soup

For 4 servings:

1/2 kg asparagus, chopped

1 large onion, chopped

250 g vegetable cream/250 ml unsweetened soy milk

1-4 tablespoons flour

a handful frozen peas (optional)

1 carrot, finely sliced (optional)

parsley, finely chopped, to garnish

salt and pepper

Cook the asparagus and the onion in 1 l water, for about 10 minutes. Remove from the heat and blend with a hand blender until smooth.

Add the peas and the carrots and simmer for another 5 minutes.

Separately, mix the vegetable sour cream with a tablespoon of flour (or the soy milk with 4 tablespoons flour) and pour

over the soup. Let it cook for 3-4 minutes, until thick. Add salt and pepper to taste.

Garnish with parsley and a little olive oil.

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## Calcium

Sorry, this entry is only available in [Română](#).

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