

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.

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.

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](#).

Zucchini patties



For 4 pieces:

200 g zucchini, roughly grated
3 tablespoons chickpea flour
1 tablespoon nutritional yeast (optional)
1 green onion, finely chopped
4-5 tablespoons parsley, finely chopped
2-3 tablespoons water
salt and pepper, to taste

oil for frying

Mix all ingredients.



Let it rest for about 10-15 minutes for the chickpea flour to absorb the moisture.

Heat a few tablespoons of oil in a pan and add approx. 2 tablespoons of the zucchini mix. After 1-2 minutes press it with a spatula until a thickness of about 1 cm.

Fry for 4-5 minutes on each side, at medium heat (or bake it in the oven, at medium heat- 200 C- until golden brown).



Vegetable pakoras



For approx. 15 pieces:

oil for frying

2 carrots, grated

1 medium zucchini, grated

150 g cabbage, finely sliced

1 sweet pepper, finely sliced

a handful fresh coriander, finely chopped (optional)

1 1/2 cup chickpea flour

1 cup water

3 cm ginger (or 2 teaspoons ginger powder)

3 garlic cloves

fresh chili, to taste (optional)

1 teaspoon turmeric

2 tsp. coriander powder

1 small onion, finely chopped

salt, to taste

Make a paste from garlic, ginger and chili.

Mix in a bowl the chickpea flour with the water, garlic, ginger and chili paste, coriander powder, turmeric and salt. Add the onion and the vegetables and mix well.



Heat the oil in a pan. Take a little bit of a buttermix with your fingertips (or with a tablespoon), press it slightly and batch into the oil. Fry on medium heat on one side till golden-brown and then turn it and fry it on the other side till golden-brown and crispy.

Serve as an appetizer with [raita](#) or hot pepper sauce.



Red lentil pata



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.

Lentil patties



For 15-20 pieces:

1 cup red lentils
3 tablespoons chickpea flour
1 large carrot
1 large onion
1 bell pepper
2-3 garlic cloves, mashed
2 tablespoons seasoning mix (coriander-, cumin-, allspice-, paprika-, juniper-, garlic-, mustard powder etc.)
1 tablespoon mint (fresh or dried)
2 bay leaves
salt and pepper, to taste

Wash the lentils thoroughly and cook them together with the bay leaves in 1 1/2 cup water. Check from time to time that they don't stick to the bottom of the pan. When the lentils are cooked the water should be completely absorbed. Remove the bay leaves and allow it to cool.

Process the carrot, onion, bell pepper and mint using a food processor (or finely grate or chop them).

Mix all the ingredients. Form little balls and bake them in the oven at medium heat (175 C) for 20-30 minutes.

Serve them warm with mustard or with side dishes and / or

salads.

Variation: you can add chilli / chilli powder to the mixture

Lentil bolognese pasta



For 4 servings:

500 g pasta, cooked

400 g puy lentils (or brown/green)

2 carrots, finely chopped

1 onion, finely chopped

2-3 garlic cloves, mashed

700 ml tomato passata

2 bay leaves

2 teaspoons oregano

1/2 glas wine

3 tablespoons lemon juice

1 tablespoon olive oil

salt and pepper, to taste

fresh basil, finely cut (optional)

Wash the lentils and cook them in water with the bay leaves.
Drain.

Stir fry the the onion and the carrots in oil for 2-3 minutes than add the tomato passata, wine and oregano. Cover and simmer on medium heat until the sauce has reduced. Add the garlic, lentils, lemon juice, salt and pepper to taste and cook for another few minutes.

Put the pasta on the plate and add the lentils on top of it. Garnish with fresh basil.

Peasant's cold buffet



The plateau includes:

1. Bean spread (see the recipe [here](#))
2. Eggplant salad (see the recipe [here](#))
3. Zacusca (see the recipe [here](#))
4. Chickpea patties (see the recipe [here](#))
5. lettuce, tomatoes, cucumber, red onion, olives, etc.



Peasant's warm buffet

The plateau includes:

Tofu slices and tempeh pieces , marinated and fried. Instead of tempeh you can use seitan.

For the marinade:

2 tablespoons soy sauce
1 tablespoon olive oil
2 tablespoons grill spices
4-5 cloves garlic, mashed
1 teaspoon rosemary
chili pepper flakes, to taste
pepper and salt, to taste

Mix all ingredients. Pour over the tofu and tempeh, mix well and leave to marinate for several hours (or overnight). Fry in a little oil or bake in the oven.



2. seitan sausages (see recipe [here](#))

3. polenta (see recipe [here](#))

4. pickles

5. tomato, cucumber, onion, olives, chili etc.

