

# Samosa



Samosa

For 15 to 20 pieces

filo pastry (defrosted if frozen)

## **For the filling:**

3 potatoes, diced

2 carrots, diced

100 g green beans, diced

100 g (frozen) peas

3 onions, finely sliced

1 teaspoon mustard seeds

$\frac{1}{2}$  teaspoon turmeric

$\frac{1}{2}$  teaspoon garam masala

chilli pepper/chilli powder, to taste

2 tablespoons oil

salt

Oil for frying

Heat 2 tablespoons of oil in a large pan and add the mustard seeds. Stir fry for about 2-3 minutes until they begin to pop. Add the onions. Cook further another 2-3 minutes then add the potatoes,  carrots, green beans and peas along with 2-3 tablespoons of water.

Cover and cook for 15-20 minutes, stirring occasionally and add more water if needed. When the vegetables are tender add the turmeric, garam masala, chilli and salt to taste. Cook for another 2-3 minutes.

Set aside to cool.



Samosa filling

Fold each sheet of pastry in half lengthways to give two layers and cut into strips measuring approx. 25 cm / 7 cm.

Add a tablespoon of filling on the pastry at the left end. Fold the pastry over the filling to form a triangle. Glue the pastry ends moistening with a little bit of water.

Fry in hot oil, on each side, until golden brown (3-4 minutes).

Allow to drain on kitchen paper to remove the oil excess.

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## **Vegetables aspic**



Vegetables aspic

**For 6-8 small portions:**

1 large carrot, peeled  
1 large potato, peeled  
1 onion, cutted in quarters  
1 parsnip, peeled  
50 g frozen peas  
50 g frozen green beans  
3 tablespoons canned corn  
5-6 cloves of garlic, mashed  
2 bay leaves  
10 peppercorns  
5 g of agar – agar  
salt

Put the potato, carrot, parsnip, onion, the bay leaves and peppercorns in a soup pan, cover with water and cook. When the vegetables are almost done add the peas, green beans and the garlic. Cook for another few minutes.

Remove the vegetables from the water (keep the water!) and cut them into small squares (or various forms for ornament ). Add the corn and mix. Place the mix vegetables in forms (for individual portions can be used coffee cups). To ornament can also be used parsley , dill and celery .

Remove the onions from the water where the vegetables cooked and add the agar-agar (previously dissolved in a little

water, to prevent lumps forming). Cook it for 2 minutes and then pour on top of the vegetables. Refrigerate for at least one hour .

Note : You can use other vegetables such as: celery, cauliflower, broccoli, etc.



Vegetables aspic

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## Seitan sausages



Seitan sausages

**For 3 pieces:**

seitan from 1 kg flour (see recipe [here](#))

1 ½ teaspoon paprika powder

½ teaspoon onion powder

½ teaspoon garlic powder

4 cloves of garlic, mashed

1 tablespoon mix seasoning ( marjoram, thyme, juniper berry)

1 tsp dried chilli flakes

salt and pepper

plastic film

jute rope

When you prepare the dough for seitan add the paprika powder, onion powder and the garlic powder to the flour. Further follow the steps of the seitan recipe.

After “washing” the dough add the rest of the spices, the garlic and the chili flakes to the seitan and mix well being careful not to “break” the seitan. Drain well.

Divide the seitan into three equal pieces. Roll each piece in plastic film and tie the ends with a piece a rope.



Seitan sausages

Cook the sausages in water for 40 minutes.

Before serving remove the plastic film and fry them a few minutes in oil until golden brown (you can also grill or bake them in the oven).

*Note:* You can keep them 2-3 days in the refrigerator in the plastic film to prevent drying.



Seitan sausages

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## Pasta salad



Pasta salad

100 g pasta shells  
75 g vegan mayonnaise (see recipe [here](#))  
2 tablespoons balsamic vinegar / rice vinegar  
2 teaspoons mustard  
1 teaspoon raw sugar  
1 teaspoon curry powder  
100 g pickled gherkins, finely chopped

2-3 chives (green onions), finely chopped  
salt and pepper, to taste

Cook the pasta as directed on package (the pasta should be soft). Drain and allow to cool. Cut it fine, irregular.

When you prepare the vegan mayonnaise do not add the lemon juice but the vinegar, sugar, mustard and the curry powder.

In a bowl mix the pasta with the vegan mayonnaise, chives (onions) and the gherkins. If needed add some extra mustard, salt and pepper to taste.



Vegan "egg" salad

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## Scrambled tofu



## Scrambled tofu

For 2 servings:

150 g tofu

1 onion, sliced

1 pepper, sliced

a handful frozen peas (optional)

dill, finely chopped

1/2 teaspoon turmeric

1 tablespoon soy sauce

1/2 tablespoon oil

salt and pepper

Drain the tofu, crush it with a fork, add the turmeric, dill, salt and pepper to taste and mix it all together.

Fry the onion in oil, for 2-3 minutes. Add the pepper and the peas and fry it further. Then add the tofu and cook it for another 2-3 minutes, stirring occasionally. Finally, add the soy sauce.

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## Zucchini spaghetti with pesto sauce



## Zucchini spaghetti with pesto sauce

For 4 servings:

2 medium zucchini

see pesto recipe [here](#)

Cut the zucchini in the shape of spaghetti (you can use a julienne knife).

Season the zucchini spaghetti with the pesto sauce and garnish with basil.

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## Mushroom roulade



Mushroom roulade

### For the dough:

2 cups flour

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

1 packet of baking powder

salt

water

### **For the filling:**

500 g mushrooms, finely sliced  
1 onion, finely chopped  
100 ml vegetable cream  
dill/parsley, finely chopped  
1 teaspoon locust bean gum  
2 tablespoons oil  
salt and pepper

Mix all the ingredients for the dough and add water little by little, until the dough has the consistency of cream. Line a mid-size oven tray with baking paper, pour the mix and bake at medium heat until brown golden.

Fry the mushrooms and the onion in oil until the moisture evaporates. Add the vegetable cream, the locust bean gum (for thickening composition), the dill/parsley, salt and pepper to taste and mix. Allow to cool slightly.

Spread the dough with the mushroom mix leaving a border of about 2cm all the way around the edges. Roll gently and tight using the paper to help (pulling it away from you as you roll). Pack the roulade in the papier and refrigerate.

Before serving cut into about 2 cm slices. Serve as appetizer.

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## **Cauliflower Salad**



Cauliflower salad

1 medium cauliflower

2 garlic cloves, mashed

4-5 tablespoons vegan mayonnaise (see the recipe [here](#))

fresh parsley, finely chopped, to garnish

salt and pepper, to taste

Cut the cauliflower into florets, wash and cook them in water with a little bit of salt. Drain and allow to cool.

Mash it using a blender/food processor (or a fork). Add the vegan mayonnaise, garlic, salt and pepper and mix it well.

Garnish with finely cut fresh parsley .



Cauliflower salad

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# Tomatoes stuffed with tofu cream



For approx. 15 medium tomatoes:

200 g tofu

50 g of green olives, finely chopped (optional)

dill, finely chopped

2 tablespoons olive oil

salt and pepper, to taste

Let the tofu drain. Blend until smooth. Add the olives, dill, the olive oil, salt and pepper and mix it with a wooden spoon until you get a fine paste.

Cut the tops of the tomatoes, remove the core with a teaspoon and leave to drain upside down, for a few minutes. Fill each tomato with the tofu cream.



Tomatoes stuffed with tofu cream

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# Tapenade



Tapenade

100 g black olives  
100 g green olives  
20 g capers  
1 clove of garlic, mashed  
1 tablespoon olive oil

Blend all ingredients in a blender. Serve as an appetizer with baguette bread, chips, biscuits etc .



Tapenade