

# Sauer soyballs soup



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# 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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## Panettone



For a 24 cm diameter panettone:

800 g flour

approx. 2 cups of soy milk, warm

200 g vegan sugar

200 g vegan margarine

3 1/2 teaspoons dry yeast

200-250 g raisins

100-150 g candied orange peel (and / or lemon)

zest of an orange / lemon (optional)

2 teaspoons lemon essence (or vanilla)

1/2 teaspoon salt

1/4 teaspoon turmeric, for the color

Mix one teaspoon of sugar with the yeast in 1/2 cup warm soy milk. Allow to ferment for 10 minutes.

Dissolve the sugar in soymilk. Add the remaining ingredients (except raisins and candied orange) and mix. The dough should be elastic and soft but should not stick to the hands. Add a little bit more flour or soy milk if needed.

Knead for about 10 minutes.

Cover with a kitchen towel and let it rise, in a warm place, for 2-3 hours.

Add the candied peel and raisins and knead again for about 5 minutes.

Put the dough in the baking form (greased with a little bit margarine and dusted with flour). Let it rise until it

doubles in volume (1-2 hours).

Bake at medium heat (175 C), in a pre-heated oven, approx. 45-60 minutes. Do not open the oven door during this time!

Check with a straw if it is baked inside otherwise continue baking a few minutes longer.

Allow to cool in the baking form.

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## 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.



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## 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.



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## Roasted red pepper & tomato soup

For 4 servings:

750 g of tomato passata

1 1/2 cup water

2 red bell peppers

1 onion, finely chopped  
3 cloves garlic, finely chopped  
1 tablespoon olive oil  
1 1/2 teaspoon oregano  
salt and pepper, to taste

fresh basil / parsley, finely chopped

Wash the sweet peppers, dry with a kitchen towel and roast on the grill/oven, on each side, being careful not to burn. Put the roasted peppers in a pan, sprinkle with salt and cover. Allow them to rest for approx. 10 minutes than peel them (dip your fingers in cold water to release the peel). Cut into pieces.



Heat the oil in a soup pan, add the onion and garlic. Stir fry until the onion has softened.

Add the water, tomato passata, roasted peppers and oregano. Cover and simmer for about 10-15 minutes.

Blend/process with a blender / processor until smooth.

Add salt and pepper to taste and garnish with fresh basil or parsley and, if desired, with a little bit olive oil.

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# Tiramisu

For 5-6 servings:

oven tray approx. 17 x 21 cm

1 tablespoon cocoa powder

For the base:

1 cup flour

slightly more than 1/2 cup soy milk

1/3 cup vegan sugar

3 tablespoons oil

1 teaspoon baking powder

vegan margarine to grease the form

Mix all ingredients until the sugar has dissolved.

Grease the form with a little bit margarine and coat with flour. Pour the mixture into the form and bake, in the preheated oven, on medium heat (175 C) for approx. 30 min. Check with a straw/toothpick if it is baked inside otherwise continue baking a few minutes longer.

Allow to cool slightly. Remove the base from the form, level it cutting off the top.



Wash and dry the form and put the base back into it.



For syrup:

75 ml amaretto (Disaronno)

150 ml coffee (espresso)

Mix the amaretto with the coffee and pour evenly over the base. Set aside until the syrup is completely absorbed.



For the cream:

1 packet Silken tofu (350 g)

1 packet vegetable whipping cream (250 g)

3 tablespoons vegan sugar

1 1/2 teaspoons vanilla essence

Wisk the cream until stiff.

Blend the silken tofu with the sugar and vanilla essence until the sugar has dissolved.

Add it to the cream and mix gently.

Pour over the base and spread evenly.



Refrigerate for at least an hour.

Before serving sprinkle cocoa powder on top.



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## Lentil pate



## Lentil pate

1 cup green lentils  
2 bay leaves  
10-15 peppercorns  
2 tablespoons oil  
1 onion, chopped  
3-4 cloves garlic, finely chopped  
2 teaspoons thyme  
1 teaspoon paprika powder  
1 tbsp. tomato puree  
1 cup dry white wine  
salt and pepper, to taste

Wash the lentils thoroughly and cook them together with the bay leaves and peppercorns in 3 cups of water. If needed add more water.

When the lentils are cooked drain but keep the water apart. Remove the bay leaves and peppercorns.

Heat 1 tablespoon oil in a pan and stir fry the onion and garlic for 3-4 minutes. Add the wine, the remaining spices and cook, uncovered, until the onion is soft and the alcohol has evaporated. Add the tomato puree dissolved in a little bit of water from the cooked lentils. Continue cooking for another 3-4 minutes. Add salt and pepper to taste.

Put all the ingredients in a food processor / blender and process/blend until smooth. If needed add a little bit more water from the cooked lentils until you obtain the consistency of a pate.

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# Orange cake



Orange cake

Springform

250 g orange jam

## For the base:

1 1/4 cup flour

1/2 cup raw sugar

1/2 cup oil

1/2 cup water or soy milk

1 1/2 teaspoons baking powder

zest of an orange

1 teaspoon amaretto

Mix the oil, water and sugar and whisk until the sugar dissolves. Add the rest of the ingredients and mix everything thoroughly. The composition should have the consistency of cream otherwise add a little bit more water / flour as necessary.

Pour it into the baking springform and bake it, in the preheated oven, for approx. 30-40 minutes. Check with a straw if it's baked inside.

Allow it to cool (it can be prepared the day before).

### **For the cream:**

2 packs silken tofu (600 g )

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

zest of an orange

2 tablespoons amaretto (optional )

2 teaspoons carob (locust) bean gum ( for thickening )

Mix all the ingredients until a smooth paste is obtained and the sugar is melted .

### **For the jelly:**

Orange juice from 6 oranges

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

1 teaspoon amaretto (optional )

5 g of agar – agar

Strain the orange juice and cook it together with the sugar and stirring occasionally. When it starts boiling add the agar ( dissolved in a little bit of orange juice, otherwise it will form into lumps. Boil it for 2 minutes still stirring, remove it from the heat and add the amaretto. Allow to cool, checking and stirring regularly because it hardens relatively quickly.

**Whipped cream for garnish** (see recipe [here](#) )

### **Assembling the cake :**

Remove the base from the springform and wash the form (to prevent sticking later).

Replace the base cake in the springform, add the orange jam on top and spread it evenly. Add the tofu cream and also spread evenly .

Garnish as desired with orange pieces .

Pour the jelly on top and refrigerate it.

Before serving remove the cake from the springform ( use a

knife on the sides of the form ), place the cake on a platter and garnish with coconut cream .



Orange cake

*Note:* Use only the zest of bio oranges .

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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