

Seitan sausages



Seitan sausages

For 3 pieces:

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

1 $\frac{1}{2}$ teaspoon paprika powder

$\frac{1}{2}$ teaspoon onion powder

$\frac{1}{2}$ 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

Soy romanian sarmale



For approx. 35 sarmale:

1 medium sauerkraut/ cabbage

For the filling:

125 g of dry soy granules

100 g rice

2 onions, finely chopped

4 tablespoons mix seasoning

2 teaspoons paprika powder

2 teaspoons dried thyme

2 tablespoons tomato paste

1 bunch parsley, finely chopped

salt and pepper, to taste

2 tablespoons oil

For the sauce:

4-5 tablespoons tomato paste/ 1 can diced tomatoes

juice of 1 lemon (for the cabbage version)

If the sauerkraut is too salty leave it half an hour in cold water than drain.

If you use cabbage soak each leaf in boiling water until softens (otherwise it will break when rolled). Drain.

Soak the soy granules in 150 ml water for 10 minutes (or as indicated on the package).

Heat the oil in a saucepan and stir fry the onions for 2-3

minutes then add the rice and cover with water. Cook for 10 minutes, stirring occasionally to prevent sticking to the bottom of the pan. Allow to cool a little bit.

Add the soy granules, the mix seasoning, paprika powder, thyme, 2 tablespoons tomato puree and the parsley. Mix well.



Filling for the sarmale

Place 1-2 tablespoons of the filling into the center of each cabbage leaf and roll.



Finely cut the rest of the sauerkraut/cabbage. Divide it into two equal parts. Put one part of finely cut sauerkraut/cabbage into a souppan, place the rolls on top and cover with the rest of sauerkraut/cabbage.



Dissolve the rest of the tomato puree in two glasses of water and pour over cabbage rolls (if you use cabbage than add the lemon juice too).



Romanian soy sarmale

Cover and cook the cabbage rolls for approx. 30-45 minutes.

Serve hot with [polenta](#).

Variation : Instead of dried soy garnules you can use only rice (300 g) adding finely chopped mushrooms or grated carrots.

Salad a la russe



Salad a la russe

8 medium potatoes
8 large carrots
1 celery root
2 parsnips
1 large can peas, drained
20-25 gherkins
2-3 pickled red bell peppers (optional)
mustard, salt, pepper, to taste
vegan mayonnaise (see recipe [here](#))

Cook the vegetables, whole, in water with a pinch of salt (this water can be use as vegetable broth). Allow to cool a little bit.

Cut the vegetables and the pickles into small pieces. Add the peas.



Salad a la russe

Add the mustard, the mayonnaise, salt and pepper to taste. Mix gently.

Place the mix on a plateau and garnish.



Salad a la russe

It can also be served in [filo dough baskets](#).



Cozonac (romanian panettone)



Cozonac

Ingredients for 2 cozonaci:

1 kg flour

250 g margarine

2 cups soy milk

250 g raw sugar

15 g dry yeast (30g fresh yeast)

300g raisins

2 tsp. vanilla essence

zest of an orange / lemon (optional)

saffron / 1/4 tsp. turmeric (optional, for a nice color)

Mix the saffron/turmeric with the soymilk.

Mix together the flour, yeast, sugar and margarine. Add the vanilla essence, soy milk, orange/lemon zest and knead for approx. 10 minutes.

The dough should not stick to the hands, if so add a little bit more flour. Cover with a clean kitchen towel and let rise in a warm place until doubled in volume (about 2 hours) .

Add the raisins and knead for approx. 5 minutes.

Divide the dough into two equal pieces and put each piece into cake form. You can also shape the dough into 2/3 ropes and braid.

Variation: with walnut filling:

300 g walnuts, ground

100 g raw sugar

200 g raisins soaked in amaretto / rum

3 tablespoons cocoa

a little bit warm soy milk

Mix all the ingredients for the filling adding the soy milk little by little until you get a paste.

Roll the dough with a rolling pin, add the walnut filling on top and spread evenly. Roll.

Let it rise again in a warm place for about an hour.



Cozonac

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.

Pasta salad



Pasta salad

300 g pasta (farfalle)

1 can peas (400 g)

1 can sweet corn (300-400 g)
400 g pickled gherkins, finely diced
1 pickled red sweet pepper, finely diced (optional)
4-5 tbsps. vegan mayonnaise (see recipe [here](#))
salt and pepper

Cook the pasta as directed on package. Drain and leave to cool.

Drain the peas and corn well.

Mix all ingredients. Add salt and pepper to taste (and extra mustard if desired).

Spring rolls

one pack filo dough

For the filling:

2 carrots
2 spring onions
100 g cabbage
1 celery stalk
50 g bean sprouts
3 garlic cloves, minced
1 teaspoon ginger (fresh, grated or powder)
1 teaspoon coriander powder
1 tablespoon soy sauce
1 tablespoon oil
salt and pepper, to taste

oil for frying

The filo dough dries very quickly, cover it with a damp towel

while working to prevent it from breaking.

Cut all the vegetables a la Julienne. Heat the oil in a saucepan, add all the ingredients and stir fry for a few minutes until the moisture evaporates.

Allow to cool.

Lay the filo dough (10 cm x 10 cm for little spring rolls) on a clean working surface. Place one tablespoon of filling like in the picture below.



Spring rolls

Fold the left and right sides of dough over filling. Roll upwards. Wet the end so will stick to the roll.



Spring rolls

Fry it on each side for a few minutes, in hot oil, until crisp. Place on a paper towel to drain.

Serve with [peanut sauce](#) or sambal (chili sauce).



Maxi sprin roll