

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.



Creme caramel



Crepe caramel

For 4 servings (forms of approx. 100ml):

500 ml soy milk

2 packages vanilla sugar (or 2 tablespoons raw sugar + 1 teaspoon vanilla extract)

2 teaspoons agar-agar

1/4 teaspoon turmeric, for the color

5-6 tablespoons raw sugar, for the caramel

Put 5-6 tablespoons of sugar in a small saucepan, melt it on low heat until it gets a nice amber color. Pour it into the forms so that you get a layer of 3-4 mm of caramel.

Dissolve the agar-agar in a little bit soy milk.

Mix the remaining soy milk with the vanilla sugar and turmeric. Stir until the sugar has dissolved, bring to a boil then add the agar-agar and cook for 2 minutes.

Pour into the forms, over the caramelized sugar.

Allow to harden at room temperature.



Crème caramel

Place a serving dish on top of the ramekin and turn upside down.

Consume it directly or keep it in the refrigerator, in forms,

until the next day.

Note: for more servings you can prepare one big crème caramel, in a large form adjusting the quantities to the the size of the form.

Follow the prescribed amount of agar-agar otherwise it can harden too much.

Poached pears in red wine



Poached pears in red wine

3 pears, ripe but firm, peeled

1/2 cup raw sugar

1 cup red wine

2 cups water

1 cinnamon stick

1 star anise

Put in a soup pan the water, wine, sugar, cinnamon stick and anise star and bring it to a boil then add the pears. Add more water if needed, enough to cover the pears. Cover and simmer (approx. 20 minutes) until the pears are done.



Poached pears in red wine

Remove the pears to a platter and let the sauce simmer, on medium heat, until reduced by half.

Serve plain or with [vegan vanilla ice cream](#).

Pumpkin mousse

For 4-6 servings:

1 kg pumpkin

1 tablespoon raw sugar (or to taste)

1/2 cup raisins soaked in rum, including the rum

1/2 cup walnuts, crushed

Wash the pumpkin, remove the seeds and cut into pieces.

Bake in oven until tender (try with a fork if is ready).

Allow to cool. Remove the peel and blend/process it together with the sugar until smooth, using a hand blender or a food processor .

Add the raisins, rum and nuts and mix.



Pumpkin puree



Pumpkin puree

Pumpkin strudel



Pumpkin strudel

For 4 large pieces:

For the dough:

500 g flour

1 cup warm water

3 tablespoons raw sugar

3 tablespoons oil

1 teaspoon vinegar

a pinch of salt

Mix all ingredients and knead for a few minutes. The dough should be elastic but soft. Put it in a bowl, cover with plastic wrap or a clean kitchen towel and let it rest, at room temperature, at least 30 minutes.

Meanwhile prepare the filling.

For the filling:

8 cups grated pumpkin

3 tablespoons raw sugar

2 tablespoons oil

Heat the oil in a large saucepan, add the grated pumpkin and sugar and fry, stirring occasionally, until the pumpkin has

softened slightly (approx. 10 minutes).



Pumpkin strudel

Divide the dough into four equal parts.

Sprinkle a little flour on the work surface and roll the dough lengthwise, using a rolling pin, to a thickness of 3-4 mm.

Add 1/4 of the amount of pumpkin, close the ends and roll.



Pumpkin strudel

Grease an oven tray and put the strudels in it.



Pumpkin strudel

Brush them with a little bit soy milk for a nice color.

Bake them in the preheated oven, on medium heat (175 C) for about 30-40 minutes.

Serve warm (if they get colder the dough harden).

Note: you can also use filo dough.

Tricolor quinoa pudding



Tricolor quinoa pudding

For 2-3 servings:

1 cup (tricolor) quinoa

2 cups vanilla vegetable milk (or natural vegetable milk + 2 tablespoons raw sugar + 1/2 teaspoon vanilla essence)
a handful of goji berries (optional)

Wash well the quinoa and cook it in the vegetable milk.

Cook for 8 minutes on low heat, set aside, add the goji berries, mix, cover with a lid and let it rest for about 10 minutes.

Serve warm.

Pancakes



Pancakes

For approx. 7 medium pancakes:

1 cup soda water

1 cup vanilla soy milk (or soy milk + 1 tablespoon sugar + 1/2 teaspoon vanilla extract)

1 1/2 cup flour

1/4 teaspoon turmeric, optional (for the color)

oil to grease the pan

Mix all ingredients with a whisk or mixer until smooth. Add more soda water or vegetable milk if needed.

Heat a lightly oiled frying pan over medium high heat. Pour a ladle of the batter into the pan and spread evenly moving the pan in the desired direction.

Brown on both sides and serve hot with jam, syrup, vegan chocolate paste etc..

Dutch apple pie



Dutch apple pie

a round (spring) form with a diameter of 24 cm

For the filling:

5 medium apples
4 tablespoons raw sugar
2 teaspoons cinnamon
juice of one lemon
2 tablespoons breadcrumbs

For the dough:

2 cups flour
1/2 cup soy milk
2/3 cup sunflower oil
1/2 cup sugar
1/2 banana
2 teaspoons baking powder
1 teaspoon vinegar
zest of one lemon

Place the soy milk in the blender, start the blender and add the oil, little by little. Finally add the sugar and banana and continue blending until the sugar has dissolved.

Place the mixture in a bowl and add the remaining ingredients. Knead for a few minutes until you get an elastic dough. Refrigerate until you prepare the filling.

Peel the apples, remove the cores and cut them into small pieces. Add the sugar, lemon juice and cinnamon. Mix well.

Divide the dough into two parts. Dust the working surface with a little bit of flour and roll 2/3 of the dough, with a rolling pin, to the size of the form and approx. 4 cm extra for the edges. Place it in to the form, arrange the edges, sprinkle the breadcrumbs evenly on the bottom then add the apples (well drained) and spread evenly.

Roll the remaining dough and cut it into strips of approx. 1,5 – 2 cm and layer them over the apple pie to form a raster. Brush with a little soy milk for a nice color.

Bake at medium heat (175 C) for about an hour.

Before removing the tart from the form let it cool slightly. Brush on top with syrup (maple, jam etc.)

Serve warm or cold.

Variation: You can add a handful of raisins to the stuffing.

Blueberry Muffins



Blueberry muffins

For 10-12 muffins:

2 cups flour

1 cup vegetable milk

1/4 cup sunflower oil

1/4 cup raw sugar (or to taste)

1 teaspoon baking powder

1 teaspoon vinegar

zest of one lemon or orange, finely grated

1 teaspoon vanilla extract

1/2 cup blueberries

Mix all the ingredients besides the blueberries and whisk until the sugar has dissolved. Add the blueberries and gentle mix.

Pour the mixture into muffin forms and bake in the pre-heated oven, on medium heat (175 C), for about 25-30 minutes.

Check with a straw if it's baked inside, otherwise bake a few more minutes.

Basic muffins



Basic muffins

For 10-12 muffins:

2 cups flour

1 cup vegetable milk

1/4 cup sunflower oil

1/4 cup raw sugar (or to taste)

1 teaspoon baking powder

1 teaspoon vinegar

zest of one lemon or orange, finely grated

1 teaspoon vanilla extract

Mix all the ingredients and whisk until the sugar has dissolved.

Pour the mixture into muffin forms and bake in the pre-heated

oven, on medium heat (175 C), for about 25-30 minutes.

Check with a straw if it's baked inside, otherwise bake a few more minutes.