

Sauerkraut stampot



For 4-6 servings:

1.5 kg potatoes, peeled and cut in half
1 kg sauerkraut, finely chopped
10-15 peppercorns
2 bay leaves
2-3 tablespoons olive oil

Cook the potatoes, sauerkraut, bay leaves and peppercorns, in water enough to cover. Cover and simmer on medium heat.

When the vegetables are cooked drain the water (kept it separately), remove the bay leaves and mash. Add some water (from the potatoes and sauerkraut), little by little, until you get the consistency of a puree.

Add the olive oil and mix well.

Serve as side dish with soy, seitan, tempeh, etc. (in the picture above it is served with [lentil burger](#)).

Variation: you can add a few tablespoons of nutritional yeast.

Note: Stampot is a traditional Dutch dish and consists of mashed potatoes mixed with various ingredients like sauerkraut, carrots+ onions, kale, etc.

Brussels sprouts in tomato sauce



For 4 servings:

1 kg Brussels sprouts, finely chopped
2 onions, finely chopped
2 tablespoons tomato paste
1 bunch of dill, finely chopped
1 teaspoon paprika powder
2 tablespoons oil
salt and pepper, to taste

Stir fry the onions, in oil, for 2-3 minutes. Add the cabbage and very little water. Cover and simmer, stirring frequently. Add more water if needed. When the cabbage is softened (5-6 minutes) add the tomato paste (diluted in 1/2 cup water) and paprika powder. Cook for another 2-3 minutes. Add salt and pepper to taste.

Garnish with finely cut dill.

Serve with [polenta](#)/bread or various dishes of tofu/soy/[seitan](#).

Variation: You can add little pieces of smoked tofu.

Lentil stew



Lentil stew

For 4 servings:

250 g green lentils
1 bell pepper, finely chopped
1 onion, finely chopped
4 cloves of garlic, finely chopped
2 bay leaves
1 teaspoon thyme
3-4 tablespoons tomato paste
1 tablespoon oil
salt and pepper, to taste

Wash the lentils well and cook them in water with the bay leaves. Drain but keep the water separate.

Heat the oil in a saucepan and add the onion. Stir fry for 2-3 minutes then add the bell pepper and continue frying for a few minutes more.

Add some water from the cooked lentils, the thyme and garlic. Cover and simmer, stirring occasionally, until the vegetables are soft.

Add the tomato paste and, if needed, more water (from the cooked lentils) and the lentils.

Cook for another few minutes. Add salt and pepper to taste.

Serve with pickles or as garnish.

Bratkartoffeln – german style fried potatoes



Bratkartoffeln – german style fried potatoes

For 4-6 servings:

1 kg potatoes

2-3 large onions, finely sliced

100 g smoked vegan bacon (or smoked tofu), finely cut

2 – 3 tablespoons olive oil

salt and pepper, to taste

Peel the potatoes and boil them whole. Drain the water and cut the cooked potatoes into slices.

Heat the oil in a saucepan and add the onions. Fry on medium

heat, stirring occasionally, until the onions soften.

Add the vegan bacon (or smoked tofu), potatoes, salt and pepper. Stir occasionally, taking care not to crush the potatoes.



Bratkartoffeln – german style fried potatoes

It is ready when the potatoes are slightly browned.

Serve as side dish and/or with salad (in the picture below are served with [sauerkraut German style](#)).



Bratkartoffeln – german style fried potatoes

Sauerkraut german style



Sauerkraut german style

For 4 servings:

1 kg sauerkraut, finely cut
100 g smoked vegan bacon (or smoked tofu), finely cut
2 bay leaves
10-15 peppercorns
5 allspice berries (juniper corns)
2-3 tablespoons olive oil

Rinse the cabbage with cold water to remove the excess of salt.

Put the sauerkraut in a saucepan, add the bay leaves, peppercorns, juniper corns and the vegan smoked bacon (or the smoked tofu). Add water enough to cover.

Cover and simmer on medium heat until the cabbage is done and the water has evaporated (if needed add a little bit more water on the way).



Sauerkraut german style

At the end add the oil and mix well.

Serve as side dish with vegetables, soy, tofu, seitan (in the picture below it is served with German potato).



Sauerkraut german style

Sauteed peas



Sauteed peas

For 4-6 servings:

1 kg frozen peas
2 onions, finely chopped
2 tablespoons oil
salt and pepper, to taste

Heat the oil in a saucepan and add the onions. Stir fry for about 2-3 minutes than add the peas.

Cover and simmer. Stir often. If needed, add a tablespoon of water.

When the onions and peas are cooked add salt and pepper.

Variation: you can add fresh dill, finely chopped and / or some lemon juice.

Sauteed leeks



Sauteed leeks

For 4 servings:

4-5 leeks, sliced

2 teaspoons oregano

1 teaspoon basil

fresh chilli / chilli flakes, to taste (optional)

2 tablespoons olive oil

salt and pepper, to taste

Heat the oil in a saucepan, add the leeks, chili, oregano and basil.

Cover and simmer on medium heat, stirring occasionally.

When the leek has softened add salt and pepper.

Rosemary new potatoes



For 4 servings:

1.5 kg new potatoes
a garlic head, finely chopped
1 tablespoon rosemary (fresh or dried)
3 tablespoons olive oil
salt and pepper

Wash and boil the potatoes whole, unpeeled, for 10 minutes.
Cut in half or quarters.

Put the potatoes in an oven tray, add the garlic, rosemary, olive oil, salt and pepper to taste. Mix well and bake at medium heat until brown and crispy.

Serve as side dish and/or with salad.