

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.

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.

Romanian soy drob



Romanian soy drob

3 cups soy granules
2 carrots, finely grated
2 tablespoons flour
2 teaspoons paprika powder
5 spring onions, finely chopped
5 green garlic, finely chopped
1 bunch parsley, finely chopped
1 bunch dill, finely chopped
salt and pepper

oil to grease the ovenpan

Prepare the soy granules according to the instructions on the package. If the granules are too big than mince.

Mix all the ingredients by hand until you get a paste.



Romanian soy drob

Grease a ovenpan with a little bit of oil, pour the mix and

spread evenly pressing slightly.



Romanian soy drob

Bake in the preheated oven, approx. 25-30 minutes at medium heat (175C).

Serve as appetizer or with various side dishes and/or salads.

Romanian lentils drob



Romanian lentils drob

For the dough:

450 g flour

80 ml ☐☐sunflower oil
180-200 ml cold water
salt

Mix all ingredients without kneading. Refrigerate for about an hour.

For the filling:

300 g lentils yellow/green/brown (not red lentils!!)
5 spring onions, finely chopped
5 (green) garlic, finely chopped
250 g mushrooms, finely chopped
2 slices of bread soaked in water and well drained
1 bunch parsley, finely chopped
1 bunch dill, finely chopped
1 teaspoon thyme
2 tablespoons mix seasoning
1 tablespoon oil
salt and pepper, to taste

Cook the lentils in water with a pinch of salt. Drain and leave to cool.

Heat the oil in a pan and stir fry te mushrooms.

Mix all the ingredients.



Romanian lentils drob

Roll the dough double the size of the form, add the filling, spread evenly and cover with the dough. Brush with a little bit of soy milk.



Romanian lentils drob

Prick the dough with a knife.



Romanian lentils drob

Bake in the oven for 45-50 minutes. Let it cool in the form. Before serving cut into sliced.

Variation: insted of lentils you can use chickpeas.

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.

Vegan “pasca”



Pasca

For 6-8 servings:

26 cm (spring) form

For the dough:

1/2 kg flour

125 g margarine

1 cup soy milk

125 g raw sugar

15 g dry yeast (40 g fresh yeast)

1 tsp. vanilla essence

zest of an orange / lemon (optional)

saffron / a pinch turmeric (optional, for 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 one and a half hour) .

Divide the dough into two equal parts, roll one part and place it on the bottom of the form. Divide the other part into 3, make 3 rolls and braid. Put it on the edge of the (spring) form, leaving a free space in the middle where you will add the filling.

For the filling:

300 g tofu
200g raisins
80 g raw sugar
2 tsp vanilla essence
50 ml amaretto / rum
zest of 2 oranges / lemons
2-3 tablespoons breadcrumbs

Soak the raisins for a few hours in amaretto or rum.

Blend the tofu until a paste. Add the sugar, vanilla extract, orange or lemon zest, raisins, bread crumbs and mix well. Refrigerate for 2-3 hours.



Pasca

Put the filling in the middle of the cake.



Pasca

Bake (in the preheated oven) on medium heat, for about 45 minutes. Check with a straw if the dough is baked inside, if the dough sticks to the straw bake for a few minutes longer. Allow to cool than remove from the (spring) form.



Pasca

Seitan stufat



Seitan in tomato sauce



Seitan in tomato sauce

For 2-3 servings:

For seitan (see recipe [here](#))

2 teaspoons paprika powder

1 teaspoon garlic powder

1 teaspoon onion powder

1 tsp carob powder (optional, for color)

2 tablespoons soy flour (optional)

10 peppercorns

2 bay leaves

For the sauce:

4-5 tablespoons of tomato passata (or 2-3 tablespoons tomato paste)

4-5 cloves of garlic, finely chopped

2 teaspoons thyme

2 tablespoons olive oil

salt and pepper, to taste

Add to the seitan dough the paprika-, carob-, onion-, garlic powder and soy flour than follow the steps from the seitan recipe.

Cut the seitan into desired shape and cook for about 30-40 minutes, in water with peppercorns and bay leaves. Drain well.

Put the seitan in a oven tray.

Mix the olive oil, tomato passata (or the tomato paste dissolved in a cup of water) with the garlic and spices. Pour over seitan and bake in the oven on medium heat for about 15-20 minutes.

Served with various side dishes and salads / pickles.