

Zucchini patties



For 4 pieces:

200 g zucchini, roughly grated
3 tablespoons chickpea flour
1 tablespoon nutritional yeast (optional)
1 green onion, finely chopped
4-5 tablespoons parsley, finely chopped
2-3 tablespoons water
salt and pepper, to taste

oil for frying

Mix all ingredients.



Let it rest for about 10-15 minutes for the chickpea flour to absorb the moisture.

Heat a few tablespoons of oil in a pan and add approx. 2

tablespoons of the zucchini mix. After 1-2 minutes press it with a spatula until a thickness of about 1 cm.

Fry for 4-5 minutes on each side, at medium heat (or bake it in the oven, at medium heat- 200 C- until golden brown).



Strawberry jam



1 kg strawberries
400 g raw sugar
juice of 1/2 lemon

Wash the strawberries, remove the leaves and drain well. Cut each strawberry in 2 or 4 (depending on how big they are).

Place the strawberries with the sugar in a saucepan of

stainless steel or enamel, cover with a lid and simmer until the sugar has dissolved. Stir occasionally.

When the sugar has dissolved turn the heat high and simmer for approx. 1 hour, uncovered, stirring often .

Check the consistency of jam by putting a little bit of jam on a saucer and letting it cool. If it is still too soft (if it slides about as a liquid) continue cooking until you get a jam consistency, testing every 4-5 minutes because at the end it thickens very fast.

Finally add the lemon juice and give it a boil.

Wash the glass jars well, then put them in the oven to dry and sterilize them (at about 100 C).

Let the jam slightly cool (not too much) then pour it into the hot jars. Cover with a lid while still hot, label and store in a cool, dark cupboard for up to a year.

Soy milk



For approx. 1.5 l soy milk:

1 cup soy beans

6 cups water
a pinch of salt

Soak the soybeans overnight (10-16 hours).

Wash and rub the soybeans between the hands to remove the shells as much as possible.

Put them in the blender with 3 cups of water.

Blend for about 2 minutes until smooth.

Pour the soybean mixture into the cheesecloth and hold over the pot. Squeeze out as much liquid as you can.

The pulp, okara, can be used in other recipes and must be cooked.

Add 3 more cups of water and a pinch of salt to the soy milk.

Bring to a boil on high heat then cook it on low heat for approx. 15 minutes. Stir occasionally and remove the foam.

Finally you can add different flavors to your taste.

Keep it up to 3 days in the refrigerator.

Red lentil pate



1 cup red lentils
1 bay leaf
2-4 cloves garlic, mashed (to taste)
3 tablespoons olive oil
salt and pepper, to taste

For the topping:

2 (red) onions, finely sliced
1 tablespoon olive oil
1 tbsp. tomato puree/paste

Wash the lentils thoroughly and cook them in 2 1/2 cups water, together with the bay leaf. Drain but keep the moisture aside. Remove the bay leaf and blend/process until smooth.

Put the lentils back in the pan, on low heat, add the oil and garlic and “beat” it with a wooden spoon until it becomes foamy (if necessary add a little water from the lentils to get the desired consistency). Add salt and pepper to taste and transfer the lentils to a serving bowl.

Heat 1 tablespoon of olive oil in a pan and simmer the onions on medium heat until golden brown. Add the tomato puree and mix well. Spread evenly over lentil pate.

Banana bread



- 1 1/2 cup flour
- 3 large ripe bananas
- 1/2 cup raw sugar
- 1/2 cup sunflower oil
- 1 1/2 teaspoon baking powder
- a pinch of salt
- 1 teaspoon vanilla essence
- 1/2 teaspoon cinnamon powder
- 1/2 cup sunflower seeds (optional)
- 1/2 cup raisins (optional)

Blend the bananas with the sugar until smooth.

Mix all ingredients.

Grease a oven cake form with a little oil, pour the mixture into it and bake over medium heat (175C) for approx. 50 minutes.

Allow to cool a little bit before cutting slices.

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..

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.

Zacusca (romanian vegetable spread)



Zacusca

For 6 servings:

3 large eggplants
6 bell peppers
2 onions, finely chopped
6-7 large ripe tomatoes, finely chopped
3 bay leaves
15 peppercorns
2 tablespoons oil
salt to taste

Heat the grill and bake the eggplants on each side until they are soft inside. Peel while they are still warm. Drain well and let them cool.

Wash the sweet peppers, dry with a kitchen towel and grill, on each side. 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 help release the peel).



Process the eggplants and sweet peppers with a food processor until fine (not smooth).

Heat the oil in a saucepan and add the onions. Stir fry for few minutes than add the tomatoes, bay leaves and peppercorns. Cover and simmer, stirring occasionally, until the sauce has reduced.

Add the eggplants and sweet peppers mix. Mix well. Cover and simmer further, stirring occasionally, until you get the consistency of a spread. Finally add salt to taste.

Serve cold with pickles.

Zacusca can be refrigerate and consumed up to 3 days.