

# Cucumber and mint raita



300 g natural soy yogurt  
1 large cucumber, finely chopped  
a handful fresh mint, finely chopped  
salt, to taste

Mix all ingredients.

Served chilled as an accompaniment to Indian dishes (curry, pakoras, etc). Very refreshing sauce, ideal for hot summer days.

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# Tahini sauce

1 tablespoon tahini (sesame seed paste)  
1 clove of garlic, crushed  
the juice of a half lemon  
salt

Mix all ingredients, if the sauce is too thick than add a little bit of water.

Serve with salads and falafel.

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# Masala sauce



Masala sauce

4-5 onions, sliced  
2 cans diced tomatoes  
2 tablespoons oil  
3 cm ginger, finely chopped (or 2 teaspoons ginger powder)  
5 cloves of garlic, finely chopped  
1 teaspoon cinnamon powder  
1 teaspoon mustard seeds  
1 teaspoon garam masala  
3 teaspoons coriander powder  
1 teaspoon cumin powder  
fresh chilli /chilli powder , to taste  
salt

Heat the oil in a pan and add the mustard seeds. Fry for 2-3 minutes until they begin to pop. Add the onion and cook for 2-3 minutes. Add the canned tomatoes, ginger, cinnamon, coriander powder, cumin powder and the chilli. Cook approx. 10 minutes than add the garlic and garam masala. Continue cooking for another 2-3 minutes. Add salt to taste.

Blend with a hand blender/blender until a smooth paste is obtained.

This sauce can be served with basmati rice/[biryani](#), [naan bread](#) and any Indian dish.

Also, you can add marinated vegetables ( in oil/soy yoghurt and the herbs above) and simmer until the vegetables are soft.

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## Pesto

30 g pine nuts  
50 g basil leaves  
2 garlic cloves  
2 tablespoons nutritional yeast  
50 ml olive oil  
lemon juice (to taste)  
salt and pepper

Place all ingredients except the olive oil in a blender, turn the blender on and add the olive oil, little by little, until you get a fine paste.

In the absence of a blender you can use a garlic/spices mortar.

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## Peanut sauce



Peanut sauce

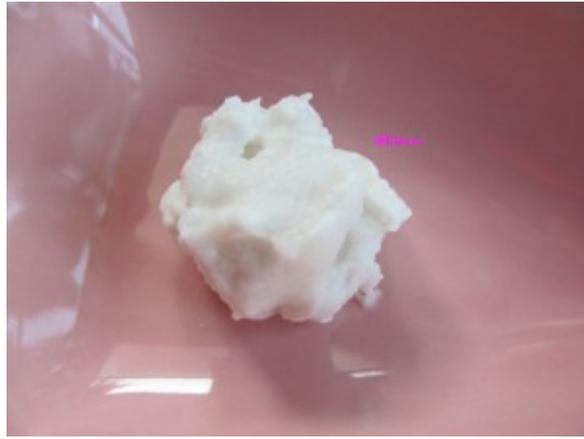
200 ml unsweetened soy milk  
1 teaspoon ginger powder  
1 teaspoon coriander powder  
2-3 tablespoons soy sauce  
4-5 tablespoons peanut butter

Preheat the soy milk in a saucepan, add all ingredients, mix it well until peanut butter is incorporated and let it boil for a minute. The composition should have the consistency of a thick sauce otherwise add a little bit more peanut butter. After cooling the sauce continues to thicken.

Serve with Asian dishes ([nasi rice](#), [spring rolls](#) etc).

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## **Vegan whipped cream**



Vegan whipped cream

1 tin coconut milk

2-3 tablespoons raw sugar

1 teaspoon vanilla essence

1 teaspoon locust bean gum (optional)

Let the coconut milk tin in the refrigerator for several hours (or overnight).

Put in a bowl only the white, solid part of the coconut milk, add the sugar, the locust bean gum and the vanilla essence and blend (with a mixer) until the sugar has dissolved and it becomes frothy (do not blend too long otherwise you'll get coconut butter).

The cream can be kept in the fridge up to 2 days.

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## Avocado sauce



Avocado sauce

1 ripe avocado

1 garlic clove, mashed

the juice of half lemon

salt and pepper

Mashed avocado, add the garlic, lemon juice, salt and pepper to taste and mix.

Use it as dressing for salads, vegetables etc.

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## Garlic sauce

vegan mayonnaise (see the recipe [here](#))

5-6 garlic cloves, mashed

salt and pepper

finely chopped chives (optional)

Mix all ingredients.

Optionally you can add finely cut gherkins.

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# Vegan mayonnaise



Vegan mayonnaise

1 measure (according to desired amount) unsweetened soy milk

2 measures oil (1  $\frac{1}{2}$  parts sunflower oil,  $\frac{1}{2}$  part olive oil)

1  $\frac{1}{2}$  teaspoon mustard

the juice from 1 lemon

salt, to taste

Place the soy milk in the blender, turn the blender on and slowly add the oil until it has the consistency of mayonnaise, if not add more oil.

Finally add the mustard, lemon juice and the salt.



Vegan mayonnaise