

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.

Filo dough baskets

filo dough

muffins form

Proceed as in the image below.

Bake at medium heat (175 C) for about 5-7 minutes, until browned.

It can be filled with various salads.



Margarine for dough



Margarine for dough

For about 150 g margarine:

1 cup soy milk

2 cups sunflower oil

a pinch of turmeric – for color

a pinch of salt

Put the soy milk, salt and the turmeric in a blender. Start the blender and add the oil, little by little, as for mayonnaise. Margarine should have the consistency of thick mayonnaise, otherwise add more oil.

Polenta



Polenta

For 4 servings:

500 g cornmeal for polenta

1.5 liters of water

1/2 teaspoon salt

Bring the water to a boil in a heavy large saucepan and add the salt. Sprinkle 2 tablespoons of cornmeal stirring continuously and cook for 1-2 minutes. Gradually whisk in the remaining cornmeal. Reduce the heat to low, cover and cook until the mixture thickens and the cornmeal is tender, stirring often, for about 30 minutes, depending on the quality of the cornmeal (see the instructions on the package).

Serve hot.

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.

Seitan

For 2-3 servings:

1 kg flour

warm water

a pinch of salt

In a bowl mix the flour with the salt and add gradually water until you get a dough as for bread. You can add different spices (not too many otherwise it will break the gluten). Knead the dough for about 5 minutes. Allow to rest for at least an hour in a warm place.



Seitan dough

“Wash” the dough under running cold water (in a bowl or colander) until the water is clear (it takes approx. 10-15 minutes).



Seitan

The remaining dough after washing (seitan) will be divided and shaped considering the final use of the seitan or it can be cooked whole and then cut into pieces.



Seitan

Cook the seitan in water with spices (salt, pepper, bay leaves, etc.) for about 30-40 minutes.

Seitan can also be cooked rolled in a clean kitchen towel/plastic film, tied at the ends.

After cooling remove the towel/plastic film and cut the seitan as desired.

Let it drain well.

Seitan can be used in various dishes.

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

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