

# Sauer soyballs soup



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# 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).



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# Brined cucumbers in tomato

# sauce



For 4-6 servings:

10-12 brined cucumbers, sliced approx. 1 cm thick (if they are too salty leave them in cold water for half an hour then drain the water)

2 onions, finely chopped

200-300 g soy pieces, optional

3-4 tablespoons tomato puree or 400-500 ml tomato passata

1 bunch dill, finely chopped

2 tablespoons oil

pepper to taste

Heat the oil in a saucepan, add the onions and stir fry for about 2-3 minutes.

Add the cucumbers and cover with water. Cook until the cucumbers are soft. Add more water if needed.

Add the tomato puree dissolved in 1/2 cup water (or the tomato passata) and continue cooking until the sauce has reduced slightly.

Finally add the pepper and dill.

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# Fennel salad



For 3-4 servings:

3 fennels, finely sliced  
1 bunch parsley, finely chopped  
juice from one lemon  
1 1/2 tablespoon olive oil  
salt and pepper to taste

Mix all ingredients.

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# 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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## Chana Punjabi



For 2 servings:

350 g (a can) cooked chickpeas  
1 onion, finely chopped  
2 tomatoes, finely chopped  
1 clove garlic, mashed  
1 cm ginger, minced (or 1/2 teaspoon ginger powder)  
fresh chili, to taste (or chili powder)  
1 teaspoon mustard seeds (extra, optional)  
1 teaspoon paprika  
1 teaspoon coriander powder  
1/2 teaspoon garam masala  
1/4 teaspoon turmeric  
1 tbsp oil

fresh cilantro (optional)

Heat the oil in a saucepan, add the mustard seeds. Stir fry for 2-3 minutes until they begin to pop. Add the onion, stir fry for a few minutes then add the garlic, coriander, ginger, paprika, chili (chili powder) and tomatoes.

Cook at medium heat until the sauce has reduced, stirring occasionally. If needed, add a little water.

Add the turmeric, garam masala and chick peas and continue to cook for approx. 5 minutes. Add salt to taste and garnish with fresh cilantro.

Serve with boiled rice / [biryani](#) and / or [naan bread](#).

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## Stuffed eggplant with smoked tofu



### For 2 servings:

1 large eggplant  
200 g smoked tofu, finely chopped  
1 onion, finely chopped  
3-5 garlic cloves, finely chopped

1 tsp. rosemary  
1 tsp. oregano  
1 tablespoon olive oil  
salt and pepper, to taste  
grated vegan cheese (optional)

Wash the eggplant and cut in half lengthwise. Using a small knife, cut a border inside each eggplant about 1 cm thick. Scoop out the core with a teaspoon. Sprinkle the eggplants with salt, brush with a little bit oil and bake them in the oven for about 10-20 minutes, until tender.

Heat the oil in a small saucepan and stir fry the onion for 2-3 minutes. Add the finely chopped eggplant core, garlic, rosemary and oregano. Cover and simmer. Stir occasionally, add 1-2 tablespoons of water if needed.

When the eggplant is done add the smokes tofu, salt and pepper to taste and mix well.

Stuff the eggplants, top with grated vegan cheese and bake in the oven (175- 200 C) until golden brown (15-20 minutes).

Serve with salad.



# Red lentil stew



For 2-3 servings:

1 cup red lentils, rinsed well  
1 bay leaf  
1 onion  
1 carrot  
1 bell pepper  
chili pepper, finely chopped, to taste (optional)  
2-3 cloves garlic, mashed  
2 teaspoons oregano  
1 tablespoon seasoning mix (coriander-, cumin-, allspice-, paprika-, juniper-, garlic-, mustard powder etc.)  
2 tablespoons tomato paste  
1 bunch dill, finely chopped  
2 tablespoons olive oil  
salt and pepper, to taste

Process/finely chop the carrot, onion and green pepper.

Heat the oil in a saucepan and stir fry the vegetable mix for 2-3 minutes. Add the lentils, spices, bay leaf, chili and 1 1/2 cup water. Cover and simmer on medium heat, stirring occasionally. Add a little bit more water if needed.

When the lentils are cooked add the tomato paste, garlic and dill. Let it simmer for another few minutes than add salt and pepper to taste.

Serve with salad or pickles.

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## 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.

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## Chili con verduras



For 2-3 servings:

200 g beans (black)  
2 large onions, finely chopped  
3-4 carrots, sliced  
1-2 green pepper, chopped  
3-4 cloves of garlic, mashed  
1-2 tablespoons olive oil  
1 bay leaf  
1 jalapeno / chili, chopped (or to taste)  
a pinch of cumin powder  
1/4 teaspoon cocoa  
1/4 teaspoon cinnamon  
1 teaspoon oregano  
1 can a 400 g diced tomatoes  
salt and pepper, to taste

Soak the beans overnight. Wash and cook them with the bay leaf. Set aside.

Heat the olive oil in a saucepan and add the onions. Stir fry for a few minutes then add the green pepper, carrots, jalapeno / chili, cocoa, cinnamon and oregano. Cover and simmer for a few minutes, stirring occasionally.

Add the tomatoes, beans and garlic. Cover and simmer on low heat until the sauce has reduced and vegetables are cooked (if necessary add a little water from the beans).

Add salt and pepper to taste.

Variation: You can add various vegetables along with the carrots and green pepper (celery, mushrooms, etc.) and / or pieces of tofu.