

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.



Lentil pate



Lentil pate

1 cup green lentils
2 bay leaves
10-15 peppercorns
2 tablespoons oil
1 onion, chopped
3-4 cloves garlic, finely chopped
2 teaspoons thyme
1 teaspoon paprika powder
1 tbsp. tomato puree
1 cup dry white wine
salt and pepper, to taste

Wash the lentils thoroughly and cook them together with the bay leaves and peppercorns in 3 cups of water. If needed add more water.

When the lentils are cooked drain but keep the water apart. Remove the bay leaves and peppercorns.

Heat 1 tablespoon oil in a pan and stir fry the onion and garlic for 3-4 minutes. Add the wine, the remaining spices and cook, uncovered, until the onion is soft and the alcohol has evaporated. Add the tomato puree dissolved in a little bit of water from the cooked lentils. Continue cooking for another 3-4 minutes. Add salt and pepper to taste.

Put all the ingredients in a food processor / blender and process/blend until smooth. If needed add a little bit more water from the cooked lentils until you obtain the consistency of a pate.

Sauerkraut croquettes



Sauerkraut croquettes

300 g potatoes
250 g sauerkraut, finely chopped
50 g vegan smoked bacon (or smoked tofu), finely chopped
2 shallots, finely chopped
3 tablespoons flour
1 teaspoon nutmeg
2 bay leaves
1 tablespoon oil
pepper, to taste

for the crust:

flour
1/2 cup soy milk
breadcrumbs

oil for frying

Peel the potatoes and boil them whole, together with the sauerkraut and the bay leaves. When the potatoes are cooked drain the water (keep it separately) and mash. Add a little water from the boiled potatoes until you get a not too soft puree.

Refrigerate for several hours (or overnight).

Heat a tablespoon of oil in a saucepan and add the onions and the vegan bacon. Stir occasionally until golden. Add it to the mash potatoes together with the nutmeg, pepper and 3 tablespoons of flour. Mix well.

Take a little bit of the mix and form the croquettes in to the desired shape (with wet hands).

Roll them through the flour, then through soy milk and finally through the breadcrumbs. Shake off the excess.

Fry in hot oil until golden brown.

Serve hot or cold with mustard, as appetizer.

Celeriac, carrot and apple salad



Celery, carrot and apple salad

For 3-4 servings:

1 celeriac, grated
2-3 carrots, grated

1-2 apples, grated

Avocado Mayonnaise:

2 avocados, pureed

juice of 1/2 lemon

1-2 teaspoons mustard, to taste

salt, to taste

Mix all ingredients for the avocado mayonnaise.

Pour over vegetables and mix.

Serve with bread or as salad next to a main dish.



Grilled seitan & vegetables skewers



Grilled seitan & vegetables skewers

For 6-8 servings:

seitan
2 zucchini
2-3 onions
2-3 sweet peppers

For the seitan:

1 kg flour
1 teaspoon paprika powder
1/2 teaspoon onion powder
1/2 teaspoon garlic powder

2 bay leaves
10 peppercorns

The preparation of seitan is described [here](#).

Cook the seitan, whole, in water with the bay leaves and peppercorns, for about 30-35 minutes. Drain well then cut into approx. 3 x 3 cm (1 x 1 inch) pieces.

For the marinade:

6 cloves of garlic, mashed
2 tablespoons olive oil
2 teaspoons thyme
1 teaspoon oregano

1 teaspoon paprika powder
salt and pepper, to taste

Mix all ingredients.

Wash the vegetables and cut into pieces.

Pour the marinade over the seitan and vegetables, mix well and leave to marinate for at least one hour (the longer, the better).

Thread the seitan pieces and vegetables on skewers.

Grill the seitan and vegetables skewers, on each side, on a pre-heated grill pan.



Grilled seitan & vegetables
skewers

Baingan Bharta



Baingan Bharta

For 2-3 servings:

2 large eggplants
1 onion, finely chopped
2 tomatoes, finely chopped
2-3 cloves of garlic, mashed (optional)
1 cm fresh ginger, grated (or 1 teaspoon ginger powder)
fresh chili/chili powder, to taste
1/2 teaspoon cumin seeds
1 teaspoon coriander powder
1/2 teaspoon turmeric
1/2 teaspoon garam masala (optional)
1 tablespoon oil
fresh coriander, finely chopped
salt, to taste

Heat the (pan)grill and bake the eggplants on each side until they are soft inside. Peel while they are still warm. Drain well and chop them. Set aside.

Heat the oil in a pan and add the cumin seeds. Fry for 2-3 minutes until they begin to pop. Add the onion, stir fry for few minutes then add the tomatoes, coriander powder and chili.

Cover and simmer on medium heat, stirring occasionally, until the sauce has reduced than add the eggplants, turmeric, garam masala and garlic. Cook further for another few minutes. Add

salt to taste and garnish with fresh coriander.

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

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.

Couscous vegetable burger



Couscous vegetable burger

For 10 pieces:

1/2 cup couscous
300 g (10,5 oz) potatoes, cooked and mashed
1 zucchini, grated
3 carrots, finally grated
1/2 cup sweet corn (canned)
1 cup frozen peas
1 large onion, grated
5 cloves of garlic, mashed
a pinch of cumin powder
2 teaspoons rosemary
1 teaspoon thyme
2 teaspoons paprika powder
fresh chili pepper / chili flakes, to taste (optional)
salt and pepper, to taste

Prepare couscous according to package directions. Allow to cool.

Mix all ingredients until you get a paste.



Couscous vegetable burger

Divide the mixture into 10 equal parts. Form balls and than press between your hands about approx. 1,5-2 cm. thick (0,5 inch).



Couscous vegetable burger

Fry the burgers in a little bit of oil, about 5 minutes on each side.



Couscous vegetable burger

You can also bake them in the oven, on medium heat, for about

15 minutes on each side.

Cut the burger bun in half, add the burger and salad, finely chopped onions, tomatoes, mustard, ketchup, [vegan mayonnaise](#) or [garlic sauce](#), to taste.

Sauteed mushrooms with polenta



For 4 servings:

600 g mushrooms, sliced
2 tablespoons oil
3-4 cloves of garlic, mashed
dill (or parsley), finely chopped
salt and pepper, to taste

Fry the mushrooms for approx. 6-7 minutes, stirring occasionally until the moisture evaporate. Add the garlic, dill, salt and pepper and stir fry for another 2-3 minutes.

Polenta:

500 g cornmeal for polenta
1.5 liters of water

1/2 tsp. 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, about 30 minutes, depending on the quality of the cornmeal (see the instructions on the package).

Rice noodles salad



Rice noodles salad

For 4 servings:

250 g rice noodles
1 lettuce
4 carrots
5 green onions
1 fennel
10-15 radishes
1 big cucumber (or 5-6 small)
chili, to taste (optional)
3-4 tablespoons sesame seeds

5 tablespoons soy sauce
the juice of one lemon (or 3 tablespoons rice vinegar)
1 cm ginger, grated
2 cloves of garlic, mashed

Prepare the rice noodles as directed on the package. Drain and set aside.

Chop all the vegetables finely.

Prepare a dressing mixing the soy sauce, lemon juice (or rice vinegar), ginger and garlic.

Mix all ingredients in a bowl. Garnish with fennel leaves.

Serve with [Sticky 5 spices tempeh](#)



Rice noodles salad

Variation: instead of lettuce you can use (Chinese) cabbage

Note: for weight loss use less noodles