

# Zucchini spaghetti with pesto sauce



Zucchini spaghetti with pesto sauce

For 4 servings:

2 medium zucchini

see pesto recipe [here](#)

Cut the zucchini in the shape of spaghetti (you can use a julienne knife).

Season the zucchini spaghetti with the pesto sauce and garnish with basil.

---

## Mushroom roulade



Mushroom roulade

**For the dough:**

2 cups flour  
 $\frac{1}{2}$  cup oil  
1 packet of baking powder  
salt  
water

**For the filling:**

500 g mushrooms, finely sliced  
1 onion, finely chopped  
100 ml vegetable cream  
dill/parsley, finely chopped  
1 teaspoon locust bean gum  
2 tablespoons oil  
salt and pepper

Mix all the ingredients for the dough and add water little by little, until the dough has the consistency of cream. Line a mid-size oven tray with baking paper, pour the mix and bake at medium heat until brown golden.

Fry the mushrooms and the onion in oil until the moisture evaporates. Add the vegetable cream, the locust bean gum (for thickening composition), the dill/parsley, salt and pepper to taste and mix. Allow to cool slightly.

Spread the dough with the mushroom mix leaving a border of

about 2cm all

the way around the edges. Roll gently and tight using the paper to help (pulling it away from you as you roll). Pack the roulade in the papier and refrigerate.

Before serving cut into about 2 cm slices. Serve as appetizer.

---

## Cauliflower Salad



Cauliflower salad

1 medium cauliflower

2 garlic cloves, mashed

4-5 tablespoons vegan mayonnaise (see the recipe [here](#))

fresh parsley, finely chopped, to garnish

salt and pepper, to taste

Cut the cauliflower into florets, wash and cook them in water with a little bit of salt. Drain and allow to cool.

Mash it using a blender/food processor (or a fork). Add the vegan mayonnaise, garlic, salt and pepper and mix it well.

Garnish with finely cut fresh parsley .



Cauliflower salad

---

## Tomatoes stuffed with tofu cream



For approx. 15 medium tomatoes:

200 g tofu

50 g of green olives, finely chopped (optional)

dill, finely chopped

2 tablespoons olive oil

salt and pepper, to taste

Let the tofu drain. Blend until smooth. Add the olives, dill, the olive oil, salt and pepper and mix it with a wooden spoon until you get a fine paste.

Cut the tops of the tomatoes, remove the core with a teaspoon

and leave to drain upside down, for a few minutes. Fill each tomato with the tofu cream.



Tomatoes stuffed with tofu cream

---

## Tapenade



Tapenade

100 g black olives  
100 g green olives  
20 g capers  
1 clove of garlic, mashed  
1 tablespoon olive oil

Blend all ingredients in a blender. Serve as an appetizer

with baguette bread, chips, biscuits etc .



Tapenade

---

## Potato salad



Potato salad

1 kg potatoes

150 g pickled cucumbers

3 spring onions (optional)

4-5 tablespoons vegan mayonnaise (see the recipe [here](#))

salt and pepper

Peel the potatoes, cut them into pieces and boil them in water with a little bit salt.



When the potatoes are cooled, add finely chopped green onions, sliced cucumber, mayonnaise, salt and pepper.

Serve as an appetizer.

---

## Vegan sushi



### For 10 rolls:

250 g sushi rice  
10 nori seaweed sheets  
10-12 tablespoons rice vinegar  
1/2 tablespoon raw sugar  
1/2 teaspoon salt

### For the filling:

1 avocado, sliced  
1 green pepper, sliced, grilled  
pickled gherkins  
saute carrot (cut into strips if too thick)  
cucumber, cut into strips  
sesame seeds  
etc.

bamboo sushi mat

Cook the rice according to the directions on package. In a small bowl, mix the rice vinegar, sugar and the salt. Add the cooked rice and mix gently. Allow to cool a little bit.

Place one nori sheet on the bamboo sushi mat (with the rough side up). Wet your hands to prevent sticking. Have a small bowl of water next to you. Using your hands (or a wet spoon), spread a thin layer of rice (1/2 cm) on the sheet of nori and press, leaving a 4 cm border at one end of the nori sheet.

Place the filling ingredients vertically, in a line down the center of the rice (you can make different combinations, let your imagination free: avocado + cucumber, grilled peppers and saute carrot, avocado + pickled gherkins, etc). You can sprinkle some sesame seeds over the rice.



Vegan sushi

Wet the free border so it will stick on the sushi roll. Roll up the bamboo mat slowly, tucking in the closer end of the sushi roll and press lightly with both hands. Remove the roll from the mat.

Allow to cool for at least half an hour before serving.

Cut the roll, just before serving, into pieces of approx. 1.5 – 2 cm thick, using a moistened sharp knife to prevent sticking.

Serve with little bowls of soy sauce (you can add a little



bit of grated horseradish to the soy sauce).



Vegan sushi

---

## Salad a la russe



Salad a la russe

- 8 medium potatoes
- 8 large carrots
- 1 celery root
- 2 parsnips
- 1 large can peas, drained
- 20-25 gherkins
- 2-3 pickled red bell peppers (optional)

mustard, salt, pepper, to taste  
vegan mayonnaise (see recipe [here](#))

Cook the vegetables, whole, in water with a pinch of salt (this water can be use as vegetable broth). Allow to cool a little bit.

Cut the vegetables and the pickles into small pieces. Add the peas.



Salad a la russe

Add the mustard, the mayonnaise, salt and pepper to taste. Mix gently.

Place the mix on a plateau and garnish.



Salad a la russe

It can also be served in [filo dough baskets](#).



---

## Romanian lentils drob



Romanian lentils drob

### For the dough:

450 g flour

80 ml ☐☐sunflower oil

180-200 ml cold water

salt

Mix all ingredients without kneading. Refrigerate for about an hour.

### For the filling:

300 g lentils yellow/green/brown (not red lentils!!)  
5 spring onions, finely chopped  
5 (green) garlic, finely chopped  
250 g mushrooms, finely chopped  
2 slices of bread soaked in water and well drained  
1 bunch parsley, finely chopped  
1 bunch dill, finely chopped  
1 teaspoon thyme  
2 tablespoons mix seasoning  
1 tablespoon oil  
salt and pepper, to taste

Cook the lentils in water with a pinch of salt. Drain and leave to cool.

Heat the oil in a pan and stir fry the mushrooms.

Mix all the ingredients.



Romanian lentils drob

Roll the dough double the size of the form, add the filling, spread evenly and cover with the dough. Brush with a little bit of soy milk.



Romanian lentils drob

Prick the dough with a knife.



Romanian lentils drob

Bake in the oven for 45-50 minutes. Let it cool in the form. Before serving cut into sliced.

Variation: insted of lentils you can use chickpeas.

---

## **Oriental salad**





Oriental salad

**For 3-4 servings:**

- 1 kg potatoes
- 3 large onions, finely sliced
- 100 g olives
- 2 bell peppers, finely sliced
- 10-15 pickled gherkins, sliced
- 1 cup vinegar from the pickled gherkins
- 3-4 tablespoons olive oil
- salt and pepper

In a large bowl mix the onions with salt, add the vinegar and the olive oil. Mix well. Set aside. The onions will soften.

Cook the potatoes (whole, don't cut them). Cut the potatoes in pieces while they are still hot. Add to the bowl and mix well. Set aside to cool.

Before serving add the bell peppers, olives, gherkins and pepper to taste.

*Variation:* You can add some tomatoes.