

Tricolor quinoa pudding



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For 2-3 servings:

1 cup (tricolor) quinoa

2 cups vanilla vegetable milk (or natural vegetable milk + 2 tablespoons raw sugar + 1/2 teaspoon vanilla essence)

a handful of goji berries (optional)

Wash well the quinoa and cook it in the vegetable milk.

Cook for 8 minutes on low heat, set aside, add the goji berries, mix, cover with a lid and let it rest for about 10 minutes.

Serve warm.

Pancakes



Pancakes

For approx. 7 medium pancakes:

1 cup soda water

1 cup vanilla soy milk (or soy milk + 1 tablespoon sugar + 1/2 teaspoon vanilla extract)

1 1/2 cup flour

1/4 teaspoon turmeric, optional (for the color)

oil to grease the pan

Mix all ingredients with a whisk or mixer until smooth. Add more soda water or vegetable milk if needed.

Heat a lightly oiled frying pan over medium high heat. Pour a ladle of the batter into the pan and spread evenly moving the pan in the desired direction.

Brown on both sides and serve hot with jam, syrup, vegan chocolate paste etc..

Dutch apple pie



Dutch apple pie

a round (spring) form with a diameter of 24 cm

For the filling:

5 medium apples
4 tablespoons raw sugar
2 teaspoons cinnamon
juice of one lemon
2 tablespoons breadcrumbs

For the dough:

2 cups flour
1/2 cup soy milk
2/3 cup sunflower oil
1/2 cup sugar
1/2 banana
2 teaspoons baking powder
1 teaspoon vinegar
zest of one lemon

Place the soy milk in the blender, start the blender and add the oil, little by little. Finally add the sugar and banana and continue blending until the sugar has dissolved.

Place the mixture in a bowl and add the remaining ingredients. Knead for a few minutes until you get an elastic dough. Refrigerate until you prepare the filling.

Peel the apples, remove the cores and cut them into small pieces. Add the sugar, lemon juice and cinnamon. Mix well.

Divide the dough into two parts. Dust the working surface with a little bit of flour and roll 2/3 of the dough, with a rolling pin, to the size of the form and approx. 4 cm extra for the edges. Place it in to the form, arrange the edges, sprinkle the breadcrumbs evenly on the bottom then add the apples (well drained) and spread evenly.

Roll the remaining dough and cut it into strips of approx. 1,5 – 2 cm and layer them over the apple pie to form a raster . Brush with a little soy milk for a nice color.

Bake at medium heat (175 C) for about an hour.

Before removing the tart from the form let it cool slightly. Brush on top with syrup (maple, jam etc.)

Serve warm or cold.

Variation: You can add a handful of raisins to the stuffing.

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.

Bratkartoffeln – german style fried potatoes



Bratkartoffeln – german style fried potatoes

For 4-6 servings:

1 kg potatoes

2-3 large onions, finely sliced

100 g smoked vegan bacon (or smoked tofu), finely cut

2 – 3 tablespoons olive oil

salt and pepper, to taste

Peel the potatoes and boil them whole. Drain the water and cut the cooked potatoes into slices.

Heat the oil in a saucepan and add the onions. Fry on medium heat, stirring occasionally, until the onions soften.

Add the vegan bacon (or smoked tofu), potatoes, salt and pepper. Stir occasionally, taking care not to crush the potatoes.



Bratkartoffeln – german style fried potatoes

It is ready when the potatoes are slightly browned.

Serve as side dish and/or with salad (in the picture below are served with [sauerkraut German style](#)).



Bratkartoffeln – german style fried potatoes

Sauerkraut german style



Sauerkraut german style

For 4 servings:

1 kg sauerkraut, finely cut

100 g smoked vegan bacon (or smoked tofu), finely cut

2 bay leaves

10-15 peppercorns

5 allspice berries (juniper corns)

2-3 tablespoons olive oil

Rinse the cabbage with cold water to remove the excess of salt.

Put the sauerkraut in a saucepan, add the bay leaves, peppercorns, juniper corns and the vegan smoked bacon (or the smoked tofu). Add water enough to cover.

Cover and simmer on medium heat until the cabbage is done and the water has evaporated (if needed add a little bit more water on the way).



Sauerkraut german style

At the end add the oil and mix well.

Serve as side dish with vegetables, soy, tofu, seitan (in the picture below it is served with German potato).



Sauerkraut german style

Vichyssoise soup



Vichyssoise soup

For 4-6 servings:

- 1 onion, finely chopped
- 2 large leeks, sliced
- 3 medium potatoes, cubed
- 1 cup unsweetened soy milk

1 tablespoon olive oil
salt and pepper, to taste

parsley or chives, for garnish

Heat the oil in a soup pan and add the onion. Stir fry for about 2-3 minutes then add the leeks. Cover and simmer for a few minutes, stirring occasionally.

Add the potatoes and 3 cups of water. Cover and simmer.

When the vegetables are cooked add the soy milk, salt and pepper. Let it cook for 1-2 minutes.

Blend/process until you get a smooth cream.

Garnish the dish with finely chopped parsley or chives .

Serve cold or warm.

Sauteed peas



Sauteed peas

For 4-6 servings:

1 kg frozen peas

2 onions, finely chopped
2 tablespoons oil
salt and pepper, to taste

Heat the oil in a saucepan and add the onions. Stir fry for about 2-3 minutes than add the peas.

Cover and simmer. Stir often. If needed, add a tablespoon of water.

When the onions and peas are cooked add salt and pepper.

Variation: you can add fresh dill, finely chopped and / or some lemon juice.

Blueberry Muffins



Blueberry muffins

For 10-12 muffins:

2 cups flour
1 cup vegetable milk

1/4 cup sunflower oil
1/4 cup raw sugar (or to taste)
1 teaspoon baking powder
1 teaspoon vinegar
zest of one lemon or orange, finely grated
1 teaspoon vanilla extract

1/2 cup blueberries

Mix all the ingredients besides the blueberries and whisk until the sugar has dissolved. Add the blueberries and gentle mix.

Pour the mixture into muffin forms and bake in the pre-heated oven, on medium heat (175 C), for about 25-30 minutes.

Check with a straw if it's baked inside, otherwise bake a few more minutes.

Basic muffins



Basic muffins

For 10-12 muffins:

2 cups flour

1 cup vegetable milk

1/4 cup sunflower oil

1/4 cup raw sugar (or to taste)

1 teaspoon baking powder

1 teaspoon vinegar

zest of one lemon or orange, finely grated

1 teaspoon vanilla extract

Mix all the ingredients and whisk until the sugar has dissolved.

Pour the mixture into muffin forms and bake in the pre-heated oven, on medium heat (175 C), for about 25-30 minutes.

Check with a straw if it's baked inside, otherwise bake a few more minutes.