

# Quick baked eggplant



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For 3-4 servings:

3 large eggplants

1 head of garlic, finely chopped

1 can diced tomatoes (or 1/2 kg tomatoes, finely chopped)

2-3 tsp. oregano (dried or fresh)

2 tablespoons olive oil

salt and pepper, to taste

Wash the eggplants and slice them lengthwise, about 1 cm thick. Grill each slice about 2-3 minutes per side.

Grease an oven tray with a little olive oil and place a layer of eggplant, add on top some garlic, oregano, salt, pepper and tomatoes. Repeat the process until you get 3-4 layers.

Bake in the oven, on medium heat, about 1/2 hour.

*Variation:* the eggplants can be used without being grilled, but you have to bake them longer in the oven.

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# Cauliflower in tomato sauce



Cauliflower in tomato sauce

For 3-4 servings:

1 cauliflower

1 onion, finely chopped

1/2 kg tomatoes, chopped or 1 can of chopped tomatoes or 2-3 tablespoons tomato paste

1 tablespoon oil

parsley, finely chopped

salt and pepper, to taste

Wash the cauliflower and cut it into florets.

Heat the oil in a large pan and add the onion. Fry for 3-4 minutes, stirring occasionally.

Add the cauliflower florets and a cup of water. Cover and simmer, on medium heat, for about 7-10 minutes.

Add the tomatoes (or the canned tomatoes or the tomato paste dissolved in a cup of water). Continue cooking on medium heat until cauliflower is done. Stir occasionally, taking care not to crush the cauliflower.

Finally add salt and pepper and garnish with parsley.

*Variation:* Together with the cauliflower you can add 3-4

potatoes, cut into pieces

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## Oyster mushroom soup



Oyster mushroom soup

For 6 servings:

For the vegetable stock:

- 1 carrot
- 1 onion, cut into large pieces
- 1 parsnip
- 1/2 celeriac or 2 stalks celery, cut
- 2 potatoes, cut in half
- 2-3 bay leaves
- 10 peppercorns

Put all ingredients in a soup pot with 2 liters water. When the vegetables are done remove them from the water (they can be served as salad, with garlic sauce or horseradish sauce).

Leave the pot on the stove on low heat.



Oyster mushroom soup

- 300 g oyster mushrooms, sliced [ ] approx. 0.5 cm thick
- 1 carrot, grated
- 1 yellow bell pepper, finely sliced
- 250 ml vegan sour cream (or 1 cup soy milk mixed with 2 tablespoons flour)
- 2 tablespoons olive oil
- 3-5 cloves garlic, mashed – to taste
- 3-5 tablespoons vinegar, to taste

Heat 1 tablespoon oil in a pan and add the carrots and bell pepper. Fry, stirring occasionally, until tender.



Oyster mushroom soup

Blend until smooth.



Oyster mushroom soup

Heat 1 tablespoon of oil in a pan and add the mushrooms. Fry, stirring occasionally. Add the moisture from the mushrooms to the vegetable stock. Continue frying until tender, taking care not to brown the mushrooms.



Oyster mushroom soup

Add the carrot/bell pepper paste and the mushrooms to the vegetable stock. Cook for a few minutes.

Add the vegan sour cream and salt (to taste).

Add the garlic and vinegar to taste and continue cooking for a few minutes longer.

Serve with fresh chili.

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# Red lentil creamy soup



Red lentil creamy soup

For 6 servings:

1 cup red lentils  
1 large onion  
1 carrot  
1/2 celeriac or 2 stalks celery  
2 potatoes  
1 bell pepper  
2 tomatoes  
2 bay leaves  
4-5 cloves of garlic  
fresh chili / chili flakes (optional)  
salt and pepper, to taste

Wash the lentils thoroughly .

Wash the vegetables and cut into medium pieces.

Put everything in a soup pan, add 4 cups of water, cover and simmer on medium heat.



Red lentil creamy soup

When the vegetables and lentils are cooked remove the bay leaves then blend until smooth.

Add salt and pepper to taste.

*Variation:* you can add in the plate some olive oil and / or fresh parsley, finely chopped.

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## Celeriac & olives in tomato sauce



Celeriac & olives in tomato sauce

**For 2-3 servings:**



1 celeriac  
1 onion, finely chopped  
3 tablespoons tomato puree  
150 g black olives  
1 tablespoon oil  
salt and pepper, to taste

Peel, wash and cut the celeriac in medium size pieces.

Stir fry the onion in oil for about 1-2 minutes. Add the celeriac and cover with water.

When the celeriac is almost cooked add the olives, tomato puree, salt and pepper to taste. Continue cooking until the celery is done.

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## 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.



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## Spaghetti alla puttanesca



## Spaghetti alla puttanesca

For 4 servings:

500 g spaghetti

750 ml tomato passata or 750 g ripe tomatoes, finely chopped

5-6 garlic cloves, finely chopped

1 tablespoon capers

100 g black olives

2 teaspoons oregano

fresh chili, finely sliced (or chili flakes), to taste

2-3 tablespoons parsley, finely chopped

1 tablespoon olive oil

salt and pepper, to taste

Cook the spaghetti according to package directions. Drain.

Heat the olive oil in a saucepan and add the garlic. Stir fry for 2-3 minutes. Add the tomato passata (or the chopped tomatoes), cover and simmer until the sauce reduces slightly. Stir occasionally.

Add the capers, olives, chili and oregano. Stir and continue cooking another 5-6 minutes.

Finally add the salt, pepper, spaghetti and mix.

Garnish with parsley.

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# Coconut – Lemon cake



Coconut – lemon cake

Spring form 20 cm (8 -10 servings)

2 cans coconut milk

Leave the coconut milk cans in refrigerator overnight. Before use separate the solid part from the liquid part. The solid one will be used to prepare the cream, the other one for the leaf.

## **For the leaf:**

300 g flour

150 g raw sugar

125 ml sunflower oil

375 ml liquid from the coconut milk cans (if needed add vegetable milk or water)

zest from 1 untreated lemon

3 tablespoons coconut flakes (fresh or dry)

2 tsp. vanilla essence

1 tsp. vinegar

15 g baking powder

a pinch of salt

Mix all the ingredients until the sugar has melted. Grease the spring form with a little bit of oil. Pour the mix into the form and bake (in the preheated oven) on medium heat, for 30-40 minutes. Check with a straw if the dough is baked inside, if the dough sticks to the straw bake for a few minutes longer. Allow to cool, remove from the spring form and cut horizontally into 3 equal parts.

### **For the cream:**

2 packs silken tofu (600 g)

the solid part of coconut milk

$\frac{1}{2}$  cup raw sugar

zest of one untreated lemon

juice of 1-2 lemons (to taste)

2 tablespoons amaretto or 2 teaspoons vanilla extract

3-4 tablespoons coconut flakes (fresh or dry)

1-2 tablespoons coconut butter (oil), melted (only if needed)

Blend all the ingredients until smooth and the sugar has dissolved. Refrigerate for at least an hour. If the cream is too soft add the melted coconut butter (oil) (for my cream it was not necessary).

### **Assembling the cake:**

Place a leaf on a plate and add  $\frac{1}{3}$  of the cream on top. Spread evenly. Add another leaf on top and repeat the process 3 times.

Add the remaining cream on the last leaf and spread evenly, including the sides.

Garnish as desired.

Before serving refrigerate for at least an hour.



Coconut – lemon  
cake

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## Plum cake



Plum cake

For a (spring) form with a diameter of 26 cm.

4-5 plums, sliced

1 cup flour

1/2 cup water

1/2 cup raw sugar

3 tablespoons oil  
1-2 teaspoons vanilla extract  
1 teaspoon baking powder  
1 teaspoon vinegar  
1/4 teaspoon turmeric, for color (optional)  
pinch of salt

Mix the water with sugar, oil, salt and vanilla extract until the sugar has dissolved. Add the flour, little by little, stirring to avoid lumps forming. Finally add the turmeric, vinegar, baking powder and mix well.

Grease the (spring) form with oil and coat with flour.

Pour the mixture into the form and place the plum slices on top.



Plum cake

Bake in pre-heated oven, at medium heat (175C) for approx. 30 minutes.

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## Pasta alla Norma



Pasta alla Norma

**For 4 servings:**

500 g pasta (penne, rigatoni, spaghetti, etc.)

2-3 eggplants, sliced □□approx.. 0.5 cm

750 ml tomato passata (or 1/2 kg ripe tomatoes, finely chopped)

1 head of garlic, finely cut

2 tablespoons olive oil

fresh basil, finely chopped (to taste)

salt and pepper, to taste

Cook the pasta according to package directions. Drain.

Grill the eggplant slices on the pre-heated grill, 2-3 minutes on each side.

Heat the olive oil in a saucepan and add the garlic. Stir fry for about 2-3 minutes. Add the tomato passata (or the chopped tomatoes), cover and simmer until the sauce has reduced slightly. Stir occasionally.

Add the eggplant slices, salt and pepper and cook for few minutes.

Put the pasta on a plate and add the sauce on top. Garnish with fresh basil.