

Sauerkraut stampot



For 4-6 servings:

1.5 kg potatoes, peeled and cut in half
1 kg sauerkraut, finely chopped
10-15 peppercorns
2 bay leaves
2-3 tablespoons olive oil

Cook the potatoes, sauerkraut, bay leaves and peppercorns, in water enough to cover. Cover and simmer on medium heat.

When the vegetables are cooked drain the water (kept it separately), remove the bay leaves and mash. Add some water (from the potatoes and sauerkraut), little by little, until you get the consistency of a puree.

Add the olive oil and mix well.

Serve as side dish with soy, seitan, tempeh, etc. (in the picture above it is served with [lentil burger](#)).

Variation: you can add a few tablespoons of nutritional yeast.

Note: Stampot is a traditional Dutch dish and consists of mashed potatoes mixed with various ingredients like sauerkraut, carrots+ onions, kale, etc.

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

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.

Potato curry



For 4-6 servings:

1 kg potatoes, peeled and cubed (or cut into wedges)
4 onions, finely chopped
5 tomatoes, diced
250 ml coconut milk (canned)
chili / chili flakes, to taste
2 teaspoons mustard seeds
1 teaspoon coriander powder
1 teaspoon garam masala
2-3 curry leaves (optional)
1/2 teaspoon turmeric
salt, to taste

Heat the oil in a large saucepan and add the mustard seeds. Stir fry for 2-3 minutes until they begin to pop. Add the onion, chili and curry leaves. Cook for 2-3 minutes, stirring constantly.

Add the tomatoes and the rest of the spices. Cover and simmer for about 5 minutes, stirring occasionally.

Add the potatoes and coconut milk. If needed, add some water so that the potatoes are covered.

When the potatoes are cooked add salt to taste.

Paprikas krumpļi



Paprikas krumpļi

For 4 servings:

1 kg potatoes, cut lengthwise in 4
2 bell peppers, sliced
1 onion, finely chopped
2 tomatoes, finely chopped (or 2 tablespoons tomato puree)
4-5 garlic cloves, finely sliced
2 teaspoons paprika powder
a pinch of cumin
1 tablespoon oil
salt and pepper, to taste

Stir fry the onion in oil for 2-3 minutes. Add the bell peppers, potatoes, paprika powder, cumin and water enough to cover the potatoes.

Cover and simmer on medium heat, stirring occasionally.

When the potatoes are almost cooked add the tomatoes (tomato puree) and garlic.

Add salt and pepper to taste.

Rosemary new potatoes



For 4 servings:

1.5 kg new potatoes
a garlic head, finely chopped
1 tablespoon rosemary (fresh or dried)
3 tablespoons olive oil
salt and pepper

Wash and boil the potatoes whole, unpeeled, for 10 minutes.
Cut in half or quarters.

Put the potatoes in an oven tray, add the garlic, rosemary, olive oil, salt and pepper to taste. Mix well and bake at medium heat until brown and crispy.

Serve as side dish and/or with salad.

Grilled tempeh with parsley potatoes



Grilled tempeh with parsley potatoes

Per serving:

100 g tempeh, sliced □□approx. 0.5 cm thick

For the marinade:

2 teaspoons soy sauce
1-2 cloves of garlic, mashed
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
1 teaspoon olive oil
pepper, to taste

Mix all ingredients. Pour over the tempeh and let it marinate in the refrigerator for at least 2-3 hours.

Heat the grill and grill the tempeh for a few minutes on each side.

For the potatoes:

150-200 g potatoes, peeled and cubed
parsley, finely cut

1 teaspoon olive oil
salt and pepper, to taste

Cook the potatoes in water with a pinch salt. Drain and mix carefully with the other ingredients.

Potatoes ostopel



Potatoes ostopel

For 3-4 servings:

1 kg (2.2 lbs.) potatoes , peeled and cuted lengtwise
3 onions, finely chopped
5-6 cloves of garlic, sliced
2 cans of diced tomatoes (2 x 400g/2 x 14 oz) / fresh tomatoes finely chopped
1 glass of white wine
3-4 bay leaves
1 $\frac{1}{2}$ teaspoon thyme
10-15 peppercorns
2 tablespoon olive oil
salt, to taste

Fresh parsley, finely cut

Cook the potatoes in water with a pinch of salt. Drain.

Stir fry the onions in oil for 2-3 minutes. Add the tomatoes, wine, bay leaves, thyme and the peppercorns. Simmer until the sauce is reduced, stirring occasionally. Add the garlic and the potatoes and continue cooking for another 3 minutes.

Garnish with parsley.

Bombay potatoes



Bombay potatoes

For 4-5 servings:

- 1.5 kg (3 lb 3 oz) potatoes, peeled and cubed
- 2 onions , finely chopped
- 3-4 tomatoes, finely chopped / 1 tin diced tomatoes (400 g)
- 5-6 cloves garlic, finely chopped
- 2 cm fresh ginger, grated (1 teaspoon ginger powder)
- 1 teaspoon mustard seeds
- 2 tsp coriander powder
- 1/2 teaspoon turmeric
- 1 teaspoon garam masala
- 1/2 teaspoon chili powder, to taste

1 tablespoon oil
salt and pepper, to taste

Half cook the potatoes. Drain and set aside.

Heat the oil in a pan and add the mustard seeds. Fry for 2-3 minutes until they begin to pop. Add the onions, stir fry for few minutes then add the potatoes, garlic, coriander, ginger, chili and the tomatoes (canned tomatoes). Cover and simmer on medium heat, stirring occasionally, until the sauce has reduced and the potatoes are done. Add the turmeric and the garam masala, continue cooking for another 2-3 minutes. Add salt and pepper to taste.

Potatoes sour soup



Potatos (sauer) soup

1 kg potatoes, cubed
250 g soup vegetables (onions, carrots, peppers, parsnips, celery, etc.), chopped
2 tomatoes, finely chopped
1 teaspoon paprika powder
lemon juice, to taste (optional)
lovage/parsley

2 tablespoons olive oil
salt, to taste

Cook the potatoes together with the onions, in enough water to cover.

When the potatoes are half cooked add the other vegetables. Cook for 5 minutes then add the tomatoes.

When the tomatoes are cooked add the lemon juice and more water, the paprika powder and salt to taste.

Garnish with fresh lovage/parsley and olive oil.