

# 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

---

## Soy romanian sarmale



**For approx. 35 sarmale:**

1 medium sauerkraut/ cabbage

**For the filling:**

125 g of dry soy granules

100 g rice

2 onions, finely chopped

4 tablespoons mix seasoning

2 teaspoons paprika powder

2 teaspoons dried thyme

2 tablespoons tomato paste

1 bunch parsley, finely chopped

salt and pepper, to taste

2 tablespoons oil

**For the sauce:**

4-5 tablespoons tomato paste/ 1 can diced tomatoes

juice of 1 lemon (for the cabbage version)

If the sauerkraut is too salty leave it half an hour in cold water than drain.

If you use cabbage soak each leaf in boiling water until softens (otherwise it will break when rolled). Drain.

Soak the soy granules in 150 ml water for 10 minutes (or as indicated on the package).

Heat the oil in a saucepan and stir fry the onions for 2-3

minutes then add the rice and cover with water. Cook for 10 minutes, stirring occasionally to prevent sticking to the bottom of the pan. Allow to cool a little bit.

Add the soy granules, the mix seasoning, paprika powder, thyme, 2 tablespoons tomato puree and the parsley. Mix well.



Filling for the sarmale

Place 1-2 tablespoons of the filling into the center of each cabbage leaf and roll.



Finely cut the rest of the sauerkraut/cabbage. Divide it into two equal parts. Put one part of finely cuted sauerkraut/cabbage into a souppan, place the rolls on top and cover with the rest of sauerkraut/cabbage.



Dissolve the rest of the tomato puree in two glasses of water and pour over cabbage rolls (if you use cabbage than add the lemon juice too).



Romanian soy sarmale

Cover and cook the cabbage rolls for approx. 30-45 minutes.

Serve hot with [polenta](#).

Variation : Instead of dried soy garnules you can use only rice (300 g) adding finely chopped mushrooms or grated carrots.

---

# Fried sauerkraut



Fried sauerkraut

1 kg sauerkraut, finely cut

6 tablespoons oil

3 teaspoons paprika powder

10-15 peppercorns

If the sauerkraut is too salty soak it half an hour in cold water than drain well.

Heat the oil in a saucepan, add the sauerkraut and the peppercorns. Stir frequently because it sticks to the bottom of the pan. When the water has evaporated and the sauerkraut has a golden color add the paprika powder and, if needed, extra ground pepper, to taste.

Serve with polenta, fresh chili or as side dish.

---

# Cabbage stew



Cabbage stew

## For 3-4 servings:

1 medium cabbage, finely chopped

2 onions, chopped

1/2 kg fresh tomatoes, chopped / 1 can diced tomatoes

1 bunch of dill

1 teaspoon paprika powder

fresh chilli pepper, finely chopped/chilli powder, to taste (optional)

2 tablespoons oil

salt and pepper

Stir fry the onions, in oil, for 2-3 minutes. Add the cabbage and very little water. Cover and simmer, stirring frequently. Add more water if needed. When the cabbage is softened add the tomatoes, paprika powder and the chilli/chilli powder. Cook for another 10 minutes. Add salt and pepper to taste.

Garnish with finely cut dill.

Serve with [polenta](#)/bread or various dishes of tofu/soy/[seitan](#).

