

Soy chiftele in tomato sauce



Soy chiftele in tomato sauce

3-4 chiftele per person (see recipe [here](#))

For the sauce:

3-4 tablespoons tomato paste
1-2 onions, finely chopped
5-6 cloves of garlic, finely chopped
1 bay leaf
10 peppercorns
dill, finely chopped
1 tablespoon oil
salt and papper, to taste

Stir fry the onions in oil for 2-3 minutes. Add the bay leaf, peppercorns and a cup of water. Cook for 4-5 minutes than and add the tomato paste and the garlic. Cover and simmer for 2-3 minutes. Add the dill and the chiftele and cook for another 2-3 minutes.

Served with various side dishes and salads.

Soy chiftele



For 15 to 17 chiftele:

100 g soy granules

2 tablespoons flour

2 tablespoons soybean flour

1 medium potato, finely grated

1 medium onion, finely grated

1 medium carrot, finely grated

5-6 cloves of garlic, mashed

1 $\frac{1}{2}$ tablespoon mix seasoning

1 teaspoon paprika powder

1 teaspoon thyme

parsley, finely chopped

dill, finely chopped

salt and pepper, to taste

Oil for frying

Prepare the soy granules as indicated on the package.

Mix all ingredients by hand until a paste. Allow to rest at least one hour in a refrigerator.

Formed patties with wet hands, get them through the flour and fry in hot oil until crisp.

Serve with various side dishes and salads.

Tofu paksoi



Vegan shoarma



Vegan shoarma

For 4-6 servings:

For the seitan:

seitan (see recipe [here](#))

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon paprika powder

1 tsp carob powder (optional, for the color)

When you make the seitan dough add the ingredients above. Further follow the steps from the seitan recipe.

After cooking, drain the seitan well then cut into pieces approx. 3-4 cm long and 0.5 cm thick.

For the marinade:

shoarma spices (shop bought)

or:

$\frac{1}{2}$ teaspoon cumin powder

1 teaspoon paprika powder

a pinch of cayenne pepper

$\frac{1}{2}$ teaspoon nutmeg

$\frac{1}{4}$ teaspoon white pepper

$\frac{1}{4}$ teaspoon fennel seed powder

$\frac{1}{4}$ teaspoon ground cloves

$\frac{1}{2}$ teaspoon ginger powder

$\frac{1}{4}$ teaspoon fenugreek powder

2 tablespoons olive oil

salt

Mix all the spices with the olive oil. Pour over the seitan, mix well and marinate for at least an hour, in the refrigerator.



Vegan shoarma

Before serving fry it in a little bit of oil until brown.

Serve with [pita bread](#), [garlic sauce](#) and: lettuce, tomatoes, cucumbers, bell peppers, etc .

Vegan bitterballen



Vegan bitterballen

For approx. 15 pieces (3 cm in diameter):

For the mix:

50 g of soy granules

150 ml water/vegetable broth

2 tablespoons flour

2 tablespoons oil

250 ml vegetable broth

1 teaspoon agar – agar

1 tablespoon mix seasoning

1 teaspoon paprika powder

a pinch of cayenne pepper (optional)

1 tsp nutmeg powder

2 tablespoons fresh parsley, finely chopped

salt and pepper, to taste

3-4 tablespoons flour

2 tablespoons unsweetened soy milk

5-6 tablespoons breadcrumbs

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

Heat the oil in a pan and add 2 tablespoons of flour. Stir fry for 2-3 minutes. Add, little by little, 250 ml of vegetable broth, stirring continuously until the sauce thickens. Add the agar-agar and cook for another 2 minutes. Set aside and add the soya granules, the spices, the parsley and salt and pepper to taste. Mix well.

Put the soya mixture on a baking tray, spread it evenly and let it cool, for at least an hour, in the refrigerator.



Vegan bitterballen

Divide the soya mix in equal parts, with a knife, and form little balls (with wet hands).

Roll each ball first through the flour, than through the soy milk, and then through the breadcrumbs.

Fry in hot oil until crisp (note: they brown very quickly).

Serve hot with mustard.

Note: Bitterballen is one of Holland's favorite snacks. It is served as appetizer and you'll find it in any restaurant/pub in the Netherlands.

Vegan mititei



Romanian vegan mititei

For 6 pieces:

50 g dry soy granules

150 ml water

1/2 teaspoon baking soda

1/2 teaspoon ground allspice (piment)

1/2 teaspoon thyme

1/2 teaspoon coriander powder

1/2 teaspoon onion powder

a pinch of chili powder

1/4 teaspoon ground pepper

1/4 teaspoon salt

1/2 teaspoon paprika powder

2 cloves of garlic, mashed

3-4 tablespoons soy flour (or flour)

1 teaspoon carob powder/cocoa (for color)

1 tbsp sunflower oil

Cook the soy granules as indicated on the package. Drain well.

Mix all ingredients by hand, until smooth and uniform. Refrigerate for at least an hour so the soy will take the flavor of the spices.



Romanian vegan mititei

Forme 6 mititei (rolls about 6-7 cm long and 3-4 cm thick) with wet hands to prevent sticking. Heat the grill. Grease the grill and the mititei with a little bit of oil. Grill each side for 2-3 minutes.



Romanian vegan mititei

Serve hot with mustard and/of fries.



Romanian vegan mititei