

# Peasant's cold buffet



The plateau includes:

1. Bean spread (see the recipe [here](#))
2. Eggplant salad (see the recipe [here](#))
3. Zacusca (see the recipe [here](#))
4. Chickpea patties (see the recipe [here](#))
5. lettuce, tomatoes, cucumber, red onion, olives, etc.



# Peasant's warm buffet

The plateau includes:

Tofu slices and tempeh pieces , marinated and fried. Instead of tempeh you can use seitan.

For the marinade:

2 tablespoons soy sauce  
1 tablespoon olive oil  
2 tablespoons grill spices  
4-5 cloves garlic, mashed  
1 teaspoon rosemary  
chili pepper flakes, to taste  
pepper and salt, to taste

Mix all ingredients. Pour over the tofu and tempeh, mix well and leave to marinate for several hours (or overnight). Fry in a little oil or bake in the oven.



2. seitan sausages (see recipe [here](#))
3. polenta (see recipe [here](#))
4. pickles
5. tomato, cucumber, onion, olives, chili etc.



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# Filo dough baskets

filo dough

muffins form

Proceed as in the image below.

Bake at medium heat (175 C) for about 5-7 minutes, until browned.

It can be filled with various salads.



# Roasted red pepper & tomato soup

For 4 servings:

750 g of tomato passata  
1 1/2 cup water  
2 red bell peppers  
1 onion, finely chopped  
3 cloves garlic, finely chopped  
1 tablespoon olive oil  
1 1/2 teaspoon oregano  
salt and pepper, to taste

fresh basil / parsley, finely chopped

Wash the sweet peppers, dry with a kitchen towel and roast on the grill/oven, on each side, being careful not to burn. Put the roasted peppers in a pan, sprinkle with salt and cover. Allow them to rest for approx. 10 minutes than peel them (dip your fingers in cold water to release the peel). Cut into pieces.



Heat the oil in a soup pan, add the onion and garlic. Stir fry until the onion has softened.

Add the water, tomato passata, roasted peppers and oregano. Cover and simmer for about 10-15 minutes.

Blend/process with a blender / processor until smooth.

Add salt and pepper to taste and garnish with fresh basil or parsley and, if desired, with a little bit olive oil.

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# Tiramisu

For 5-6 servings:

oven tray approx. 17 x 21 cm

1 tablespoon cocoa powder

For the base:

1 cup flour

slightly more than 1/2 cup soy milk

1/3 cup vegan sugar

3 tablespoons oil

1 teaspoon baking powder

vegan margarine to grease the form

Mix all ingredients until the sugar has dissolved.

Grease the form with a little bit margarine and coat with flour. Pour the mixture into the form and bake, in the preheated oven, on medium heat (175 C) for approx. 30 min. Check with a straw/toothpick if it is baked inside otherwise continue baking a few minutes longer.

Allow to cool slightly. Remove the base from the form, level it cutting off the top.



Wash and dry the form and put the base back into it.



For syrup:

75 ml amaretto (Disaronno)

150 ml coffee (espresso)

Mix the amaretto with the coffee and pour evenly over the base. Set aside until the syrup is completely absorbed.



For the cream:



1 packet Silken tofu (350 g)  
1 packet vegetable whipping cream (250 g)  
3 tablespoons vegan sugar  
1 1/2 teaspoons vanilla essence

Wisk the cream until stiff.

Blend the silken tofu with the sugar and vanilla essence until the sugar has dissolved.

Add it to the cream and mix gently.

Pour over the base and spread evenly.



Refrigerate for at least an hour.

Before serving sprinkle cocoa powder on top.



# Lentil pate



Lentil pate

1 cup green lentils  
2 bay leaves  
10-15 peppercorns  
2 tablespoons oil  
1 onion, chopped  
3-4 cloves garlic, finely chopped  
2 teaspoons thyme  
1 teaspoon paprika powder  
1 tbsp. tomato puree  
1 cup dry white wine  
salt and pepper, to taste

Wash the lentils thoroughly and cook them together with the bay leaves and peppercorns in 3 cups of water. If needed add more water.

When the lentils are cooked drain but keep the water apart. Remove the bay leaves and peppercorns.

Heat 1 tablespoon oil in a pan and stir fry the onion and garlic for 3-4 minutes. Add the wine, the remaining spices and cook, uncovered, until the onion is soft and the alcohol has evaporated. Add the tomato puree dissolved in a little bit of water from the cooked lentils. Continue cooking for another 3-4 minutes. Add salt and pepper to taste.



Put all the ingredients in a food processor / blender and process/blend until smooth. If needed add a little bit more water from the cooked lentils until you obtain the consistency of a pate.

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## Creme caramel



Creme caramel

For 4 servings (forms of approx. 100ml):

500 ml soy milk

2 packages vanilla sugar (or 2 tablespoons raw sugar + 1 teaspoon vanilla extract)

2 teaspoons agar-agar

1/4 teaspoon turmeric, for the color

5-6 tablespoons raw sugar, for the caramel

Put 5-6 tablespoons of sugar in a small saucepan, melt it on low heat until it gets a nice amber color. Pour it into the forms so that you get a layer of 3-4 mm of caramel.

Dissolve the agar-agar in a little bit soy milk.

Mix the remaining soy milk with the vanilla sugar and

turmeric. Stir until the sugar has dissolved, bring to a boil then add the agar-agar and cook for 2 minutes.

Pour into the forms, over the caramelized sugar.

Allow to harden at room temperature.



Crème caramel

Place a serving dish on top of the ramekin and turn upside down.

Consume it directly or keep it in the refrigerator, in forms, until the next day.

Note: for more servings you can prepare one big crème caramel, in a large form adjusting the quantities to the the size of the form.

Follow the prescribed amount of agar-agar otherwise it can harden too much.

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## Poached pears in red wine



Poached pears in red wine

3 pears, ripe but firm, peeled  
1/2 cup raw sugar  
1 cup red wine  
2 cups water  
1 cinnamon stick  
1 star anise

Put in a soup pan the water, wine, sugar, cinnamon stick and anise star and bring it to a boil then add the pears. Add more water if needed, enough to cover the pears. Cover and simmer (approx. 20 minutes) until the pears are done.



Poached pears in red wine

Remove the pears to a platter and let the sauce simmer, on medium heat, until reduced by half.

Serve plain or with [vegan vanilla ice cream](#).

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# Pumpkin mousse

For 4-6 servings:

1 kg pumpkin

1 tablespoon raw sugar (or to taste)

1/2 cup raisins soaked in rum, including the rum

1/2 cup walnuts, crushed

Wash the pumpkin, remove the seeds and cut into pieces.

Bake in oven until tender (try with a fork if is ready).

Allow to cool. Remove the peel and blend/process it together with the sugar until smooth, using a hand blender or a food processor .

Add the raisins, rum and nuts and mix.



Pumpkin puree



Pumpkin puree

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## Lentil stew



Lentil stew

For 4 servings:

- 250 g green lentils
- 1 bell pepper, finely chopped
- 1 onion, finely chopped
- 4 cloves of garlic, finely chopped
- 2 bay leaves
- 1 teaspoon thyme
- 3-4 tablespoons tomato paste
- 1 tablespoon oil
- salt and pepper, to taste

Wash the lentils well and cook them in water with the bay leaves. Drain but keep the water separate.

Heat the oil in a saucepan and add the onion. Stir fry for 2-3 minutes then add the bell pepper and continue frying for a few minutes more.

Add some water from the cooked lentils, the thyme and garlic. Cover and simmer, stirring occasionally, until the vegetables are soft.

Add the tomato paste and, if needed, more water (from the cooked lentils) and the lentils.

Cook for another few minutes. Add salt and pepper to taste.

Serve with pickles or as garnish.