

Raisin cookies

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Sauer soyballs soup



Vegan stuffed eggs



For about 12-15 pieces.

To form the “egg white” I used a mold for chocolate eggs. You can also use avocado shells or any other mold/container similar to boiled eggs cut in half, or even a round shape will work.



I have tried to make the “egg white” 3 different ways , the closest to the taste and texture was the one with silken tofu but if it is difficult to get it, you can use only vegetable milk, agar-agar and kala namak salt but the texture will be different than that of the real ones. Some recipes on the internet use only unsweetened almond milk.

For an authentic egg taste it is important to use kala namak salt.

For the egg whites:

200 g silken tofu

200 ml unsweetened soy milk

5 g agar-agar

1/4 teaspoon salt kala namak (or to taste)

Blend the silken tofu until smooth, pour it into a saucepan and mix it with the soy milk and agar-agar. Do not add the salt yet otherwise the mix will split. Cook for about 2 minutes, stirring from time to time. Let it cool. When it is cooled, just not very hot but also not very cold, when you can hold your finger into without burning feeling, add the kala namak salt, mix well and pour it into the mold. Allow to cool in the refrigerator.

Scoop a little hollow in each egg where the yolk supposed to be.



For the stuffing:

300 g cooked chickpeas

5-6 tablespoons vegan mayonnaise (see recipe [here](#))

1-2 tablespoons dill, finely chopped
1/4 teaspoon salt kala namak (or to taste)
finely ground pepper, to taste
a pinch of turmeric, for the color

Process the cooked chickpeas until smooth. Mix with the other ingredients and let them cool in the refrigerator for 1/2 – 1 hour then fill each egg. Garnish with parsley leaves.

Boema cake

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Amandine

The recipe is for 12 cakes of 5 cm x 5 cm (choose an oven form with the proper size, slightly bigger because the hard edges of the leaf will be removed. I've used an oven form approx. 23 cm long and 18 wide).



Steps:

1. The caramel syrup (it will be used for the leaf and 2 tablespoons for the glaze).

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

$\frac{1}{4}$ cup warm water

Put the sugar in a saucepan, on low heat, and melt it until it gets a nice amber color. Add the water and mix, still on the heat, until the sugar dissolves.

Allow to cool

2. The rum syrup

$\frac{3}{4}$ cup water

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

1 $\frac{1}{2}$ tablespoon rum essence

Put the sugar with water in a saucepan and stir until the sugar has dissolved. Bring it to the boil. Allow to cool, then add the rum essence and mix well

3. The leaf

350 g flour

100 g sugar

375 ml the soymilk

125 ml sunflower oil

1 teaspoon rum essence

the caramel sugar syrup prepared above (set 2 tablespoons aside for the glaze)

a pinch of salt

1 packet (15g) baking powder

Mix the soymilk, oil, salt, rum essence, caramel syrup and sugar until the sugar has dissolved. Add the flour little by little, taking care not to form lumps. Finally add the baking powder and mix well.

Grease the oven form with a little bit oil and sprinkle with

flour. Pour the mix into the form and bake (in the preheated oven) on medium heat (175 C), for 30 minutes. Check with a straw/toothpick if the dough is baked inside, if the dough sticks to the straw bake for a few minutes longer.

Allow to cool, remove it from the form, level it cutting off the top then cut horizontally into two equal parts.

4. The cream

While the cake bakes in the oven we prepare the cream. (put aside 2-3 tablespoons of the cream for decorating the cakes).

200 ml vegetable whipping cream (I used Soyatoo)

150 g Soft silken tofu (I used Taifun)

2 tablespoons sugar (or to taste, the vegetable cream that I used it was quite sweet)

100 g pure chocolate, good quality

Whip the cream with a mixer / food processor until stiff.

Drain the tofu well and blend it until smooth.

Add the tofu and sugar by the whipped cream. Mix until everything is incorporated.

Melt the chocolate over a steam bath (bain-marie), let it cool slightly then add it little by little to the cream-tofu mix while processing.

Refrigerate for half an hour.

Assemble the cakes:

I've used a plastic cutting board with a baking paper on top of it. You can also use a tray.

Place a leaf on the cutting board (tray) and pour half of the rum syrup on it, little by little and wait until it is absorbed completely.

Spread the chocolate cream evenly over the leaf.



Add the second leaf on top and pour the rest of the rum syrup just like for the first one.



Cover with plastic wrap and refrigerate for at least 2-3 hours (I've prepared it the day before and refrigerated overnight).

Remove it from the fridge and cut it, with a sharp knife, in 12 pieces, each one with a size of 5 cm 5 cm (remove the hard edges if needed, I've removed about 1 cm each side).



5. The glaze

250 g sugar

75 ml water

2 tablespoons caramel syrup (see above)

2 teaspoons cocoa powder

50 g pure chocolate

1 teaspoon vanilla extract

Put the water, sugar and caramel syrup in a saucepan, over medium heat, stir continuously and boil for 2-3 minutes. Take off the heat, let it slightly cool, it must be still hot, and add the cocoa powder, chocolate and vanilla. Mix well until smooth then pour it with a spoon over each cake.

You have to work quickly with the glaze. To obtain a nice glaze on cake, with no signs on it you must pour it at once, the icing fluid will flow over the edges.

If the glazing forms crystals or hardens and becomes difficult to pour then heat it again a little bit.

Refrigerate for half an hour then you can decorate them with the rest of the cream.



Brined cucumbers in tomato sauce



For 4-6 servings:

10-12 brined cucumbers, sliced approx. 1 cm thick (if they are too salty leave them in cold water for half an hour then drain the water)

2 onions, finely chopped

200-300 g soy pieces, optional

3-4 tablespoons tomato puree or 400-500 ml tomato passata

1 bunch dill, finely chopped

2 tablespoons oil

pepper to taste

Heat the oil in a saucepan, add the onions and stir fry for about 2-3 minutes.

Add the cucumbers and cover with water. Cook until the cucumbers are soft. Add more water if needed.

Add the tomato puree dissolved in 1/2 cup water (or the tomato passata) and continue cooking until the sauce has reduced slightly.

Finally add the pepper and dill.

Red lentil pate



1 cup red lentils
1 bay leaf
2-4 cloves garlic, mashed (to taste)
3 tablespoons olive oil
salt and pepper, to taste

For the topping:

2 (red) onions, finely sliced
1 tablespoon olive oil
1 tbsp. tomato puree/paste

Wash the lentils thoroughly and cook them in 2 1/2 cups water, together with the bay leaf. Drain but keep the moisture aside. Remove the bay leaf and blend/process until smooth.

Put the lentils back in the pan, on low heat, add the oil and garlic and “beat” it with a wooden spoon until it becomes foamy (if necessary add a little water from the lentils to get the desired consistency). Add salt and pepper to taste and transfer the lentils to a serving bowl.

Heat 1 tablespoon of olive oil in a pan and simmer the onions on medium heat until golden brown. Add the tomato puree and

mix well. Spread evenly over lentil pate.

Sauerkraut soup



For 6-8 servings:

1/2 kg sauerkraut, finely chopped
1 onion
2 carrots
1 parsnip
2 potatoes
1 celery or a little bit of celeriac
a handful frozen peas
1 can diced tomatoes (400g)
1 bay leaf
10 peppercorns
1-2 tablespoons olive oil
lovage (or parsley), finely chopped

Cook the sauerkraut together with the bay leaf and peppercorns in 3 l water .

Finely chop all the vegetables. When the sauerkraut is almost cooked add the vegetables. Add more sauerkraut juice or water, to taste.

When the vegetables are cooked add the olive oil and the lovage.

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

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.