

# Sauer soyballs soup



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## Soy milk



For approx. 1.5 l soy milk:

1 cup soy beans  
6 cups water  
a pinch of salt

Soak the soybeans overnight (10-16 hours).

Wash and rub the soybeans between the hands to remove the shells as much as possible.

Put them in the blender with 3 cups of water.

Blend for about 2 minutes until smooth.

Pour the soybean mixture into the cheesecloth and hold over the pot. Squeeze out as much liquid as you can.

The pulp, okara, can be used in other recipes and must be cooked.

Add 3 more cups of water and a pinch of salt to the soy milk.

Bring to a boil on high heat then cook it on low heat for approx. 15 minutes. Stir occasionally and remove the foam.

Finally you can add different flavors to your taste.

Keep it up to 3 days in the refrigerator.

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## Soybeans in tomato sauce



Soybeans in tomato sauce

### For 4 servings:

500 g soybeans

2 onions, finely chopped

1 bell pepper, chopped

5-6 tomatoes, diced (or 2-3 tablespoons tomato paste dissolved

in a cup of water)  
2-3 bay leaves  
1 teaspoon thyme  
1 tablespoon oil  
salt and pepper, to taste

Soak the soybeans overnight. Sort through them and discard any discolored kernels, then rinse them. Cook them in water (2 times the amount of soybeans) and add the bay leaves. If needed, add more water. Drain.

In a saucepan stir fry the onions in oil, for 2-3 minutes. Add the tomatoes (tomato paste), bell pepper and thyme. Cover and simmer, stirring occasionally, until sauce has slightly reduced.

Add the cooked soy beans, salt and pepper, to taste. Cook for further 2-3 minutes.

Serve with pickles or cabbage salad.

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## Soy spread



Soy spread

150 g soybeans

3 bay leaves  
3 tablespoons olive oil  
1 teaspoon mustard  
juice of one large lemon  
1 small onion, finely chopped  
salt, to taste

Soak the soybeans overnight. Wash them and cook them with the bay leaves. Drain but keep a little bit of the moisture.

Mash the cooked soybeans with a food processor (or mash crusher) until you obtain a paste (not very smooth). Add a little moisture if needed (2-3 tablespoons).

Put it in a bowl, add the olive oil, mustard, lemon juice and whisk. At the end add the chopped onion and salt. Mix well.

You can serve it on bread/crackers with olives.

*Note: you can use more/less of mustard/lemon juice to your taste.*



Soy spread

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# Romanian soy drob



Romanian soy drob

3 cups soy granules  
2 carrots, finely grated  
2 tablespoons flour  
2 teaspoons paprika powder  
5 spring onions, finely chopped  
5 green garlic, finely chopped  
1 bunch parsley, finely chopped  
1 bunch dill, finely chopped  
salt and pepper

oil to grease the ovenpan

Prepare the soy granules according to the instructions on the package. If the granules are too big than mince.

Mix all the ingredients by hand until you get a paste.



## Romanian soy drob

Grease a ovenpan with a little bit of oil, pour the mix and spread evenly pressing slightly.



## Romanian soy drob

Bake in the preheated oven, approx. 25-30 minutes at medium heat (175C).

Serve as appetizer or with various side dishes and/or salads.

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## 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 cutted 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.

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# Soy burgers



Soy burger

For 3 burgers:

50 g soy granules

150 ml water

2 tablespoons soy flour

1 tablespoon soy sauce

2 garlic cloves, diced

2 tablespoons ketchup (or tomato puree)

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

1 teaspoon coriander powder

1 teaspoon paprika powder

1 teaspoon onion powder (or a small onion chopped very fine)

1 teaspoon locust bean gum

salt and pepper, to taste

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

Mix all the ingredients by hand, stirring until you get a paste. Let it rest in the refrigerator for at least an hour so the soy will take the flavor of the spices .

Form in 3 patties, wetting the hands in water to prevent sticking.



Soy burger

Brush the burgers with a little bit of oil and grill them 4-5 minutes on each side (or they can be dusted with a little flour and fried in hot oil).

Cut the roll in half, add the burger and salad, finely chopped onions, tomatoes, mustard, ketchup, [vegan mayonnaise](#) or garlic sauce to taste.



Soy burger

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## 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.

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## 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.

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# 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.