

Cucumber and mint raita



300 g natural soy yogurt
1 large cucumber, finely chopped
a handful fresh mint, finely chopped
salt, to taste

Mix all ingredients.

Served chilled as an accompaniment to Indian dishes (curry, pakoras, etc). Very refreshing sauce, ideal for hot summer days.

Tahini sauce

1 tablespoon tahini (sesame seed paste)
1 clove of garlic, crushed
the juice of a half lemon
salt

Mix all ingredients, if the sauce is too thick than add a little bit of water.

Serve with salads and falafel.

Masala sauce



Masala sauce

4-5 onions, sliced
2 cans diced tomatoes
2 tablespoons oil
3 cm ginger, finely chopped (or 2 teaspoons ginger powder)
5 cloves of garlic, finely chopped
1 teaspoon cinnamon powder
1 teaspoon mustard seeds
1 teaspoon garam masala
3 teaspoons coriander powder
1 teaspoon cumin powder
fresh chilli /chilli powder , to taste
salt

Heat the oil in a pan and add the mustard seeds. Fry for 2-3 minutes until they begin to pop. Add the onion and cook for 2-3 minutes. Add the canned tomatoes, ginger, cinnamon, coriander powder, cumin powder and the chilli. Cook approx. 10 minutes than add the garlic and garam masala. Continue cooking for another 2-3 minutes. Add salt to taste.

Blend with a hand blender/blender until a smooth paste is obtained.

This sauce can be served with basmati rice/[biryani](#), [naan bread](#) and any Indian dish.

Also, you can add marinated vegetables (in oil/soy yoghurt and the herbs above) and simmer until the vegetables are soft.

Pesto

30 g pine nuts
50 g basil leaves
2 garlic cloves
2 tablespoons nutritional yeast
50 ml olive oil
lemon juice (to taste)
salt and pepper

Place all ingredients except the olive oil in a blender, turn the blender on and add the olive oil, little by little, until you get a fine paste.

In the absence of a blender you can use a garlic/spices mortar.

Peanut sauce



Peanut sauce

200 ml unsweetened soy milk
1 teaspoon ginger powder
1 teaspoon coriander powder
2-3 tablespoons soy sauce
4-5 tablespoons peanut butter

Preheat the soy milk in a saucepan, add all ingredients, mix it well until peanut butter is incorporated and let it boil for a minute. The composition should have the consistency of a thick sauce otherwise add a little bit more peanut butter. After cooling the sauce continues to thicken.

Serve with Asian dishes ([nasi rice](#), [spring rolls](#) etc).

Avocado sauce



Avocado sauce

1 ripe avocado

1 garlic clove, mashed

the juice of half lemon

salt and pepper

Mashed avocado, add the garlic, lemon juice, salt and pepper to taste and mix.

Use it as dressing for salads, vegetables etc.