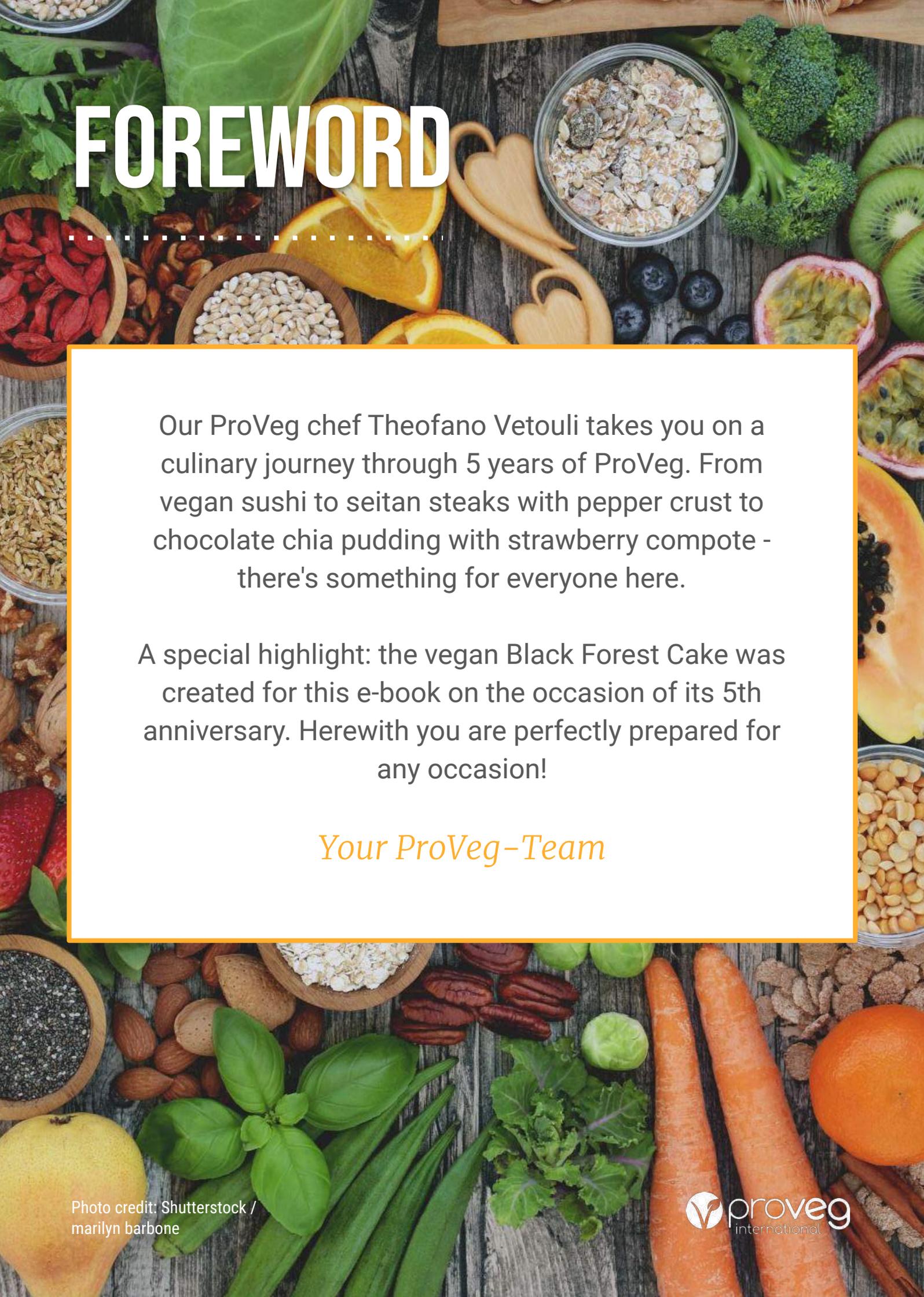


THE BEST PLANT-BASED RECIPES FOR ANY OCCASION

A ProVeg 5-Year Anniversary Recipe E-book



FOREWORD



Our ProVeg chef Theofano Vetouli takes you on a culinary journey through 5 years of ProVeg. From vegan sushi to seitan steaks with pepper crust to chocolate chia pudding with strawberry compote - there's something for everyone here.

A special highlight: the vegan Black Forest Cake was created for this e-book on the occasion of its 5th anniversary. Herewith you are perfectly prepared for any occasion!

Your ProVeg-Team

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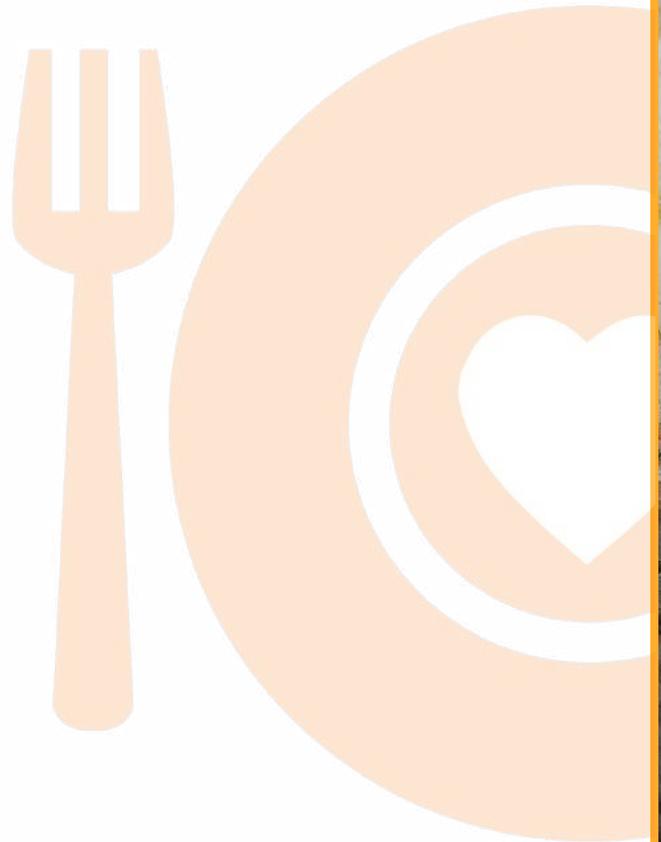
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The image features three slices of toast on a wooden cutting board. The top slice is topped with sliced tomatoes, pumpkin seeds, and chives. The middle slice is topped with sliced bananas, blueberries, and sesame seeds. The bottom slice is topped with sliced avocados, chives, and sesame seeds. A small white bowl filled with pumpkin seeds and a sprig of parsley is positioned to the left of the middle slice. The background is a light-colored, textured surface with scattered seeds and herbs.

APPETISERS



Time: 35 minutes
Servings: 5

SWEET POTATO FRITTERS WITH APPLE RAITA DIP

These sweet potato fritters are easy to make, and have a touch of ginger and coconut. Serve them with a soya-yoghurt raita dip, made with sweet apples and cinnamon, for a perfectly tasty appetiser.

Ingredients

For the fritters:

400 g	sweet potatoes
2	spring onions
2 tsp	ginger
1 tsp	coriander powder
5 tbsp	cornstarch
1 pinch	chili powder, more to taste
	Salt, to taste
3 tbsp	refined coconut oil

Instructions

For the fritters:

Peel and grate the sweet potato and place in a bowl. Thinly slice the spring onions, finely grate the ginger, and add both to the bowl.

Add the coriander powder, cornstarch, chilli powder, and salt. Mix and gently massage the fritter mixture with your hands, until well combined and slightly sticky.

In a medium pan, heat the coconut oil on medium-high. Add spoonfuls of the mixture to the hot oil and fry the fritters until golden on each side.

Remove the fritters from the pan and place on kitchen paper to absorb the oil for a few minutes before serving.

More ingredients and instructions on the next page...

Coconut oil makes the fritters crispy, but another light frying oil such as sunflower oil can be used instead.

Ingredients (cont.)

For the raita:

1	apple
300 g	soya yoghurt
½	lemon, juice and zest
1 pinch	cinnamon
1 pinch	salt

To serve: fresh coriander,
To taste

Instructions (cont.)

For the raita:

Peel and grate the apple and put it in a bowl. Add the soya yoghurt, lemon juice and zest, cinnamon, and salt, and mix well. Keep the raita chilled until serving.

To serve:

Serve the fritters on a platter with the apple raita and add some fresh coriander if you wish.

Instead of Thai basil, you can use fresh mint leaves.



Preparation time: 40 minutes
Servings: 6

MANGO AND TEMPEH SUMMER ROLLS WITH NO-FISH SAUCE

Fruity, refreshing, flavourful, and aromatic, these summer rolls are full of vitamins and nutrients, and taste delicious.

Ingredients

For the summer rolls:

200 g	tempeh
2 tbsp	peanut oil
2 tbsp	tamari, thick soya sauce
1	mango
1	avocado
4	radishes
1	bell pepper
1	small bunch fresh coriander
1	small bunch fresh basil
6	rice paper sheets

Instructions

For the summer rolls:

- Cut the tempeh into 12 slices.
- Heat up the peanut oil in a pan and gently fry the tempeh for a few minutes on each side until golden.
- Add the tamari sauce to the tempeh and mix thoroughly to coat.
- Remove from the stove and set aside to cool.
- In the meantime, prepare the other ingredients for the rolls.
- Wash, peel, and slice the mango, along with the vegetables, and wash and dry the coriander and basil leaves.

More ingredients and instructions on the next page...



Ingredients (cont.)

For the vegan fish sauce:

1	lime, juiced
4 tbsp	tamari or thick soya sauce
1 tsp	chopped chili pepper
¼ tsp	wakame or nori powder
¼ tsp	rice syrup or agave

Instructions (cont.)

When all the ingredients for the filling are prepared and the tempeh has cooled, the rolls can be prepared.

To do this, soak a piece of rice paper in water for a few seconds until soft and pliable.

Place the softened rice paper on a clean, damp kitchen towel, then place 2-3 slices of each ingredient (about a sixth of the total amount) horizontally in the middle of the rice paper.

Add a few coriander and basil leaves and close the roll tightly. This is done as follows:

- Fold the sides and bottom slightly inwards over the filling a little.
- Now, take the bottom edge and fold over so that it covers the filling.
- Finally, continue rolling towards the top side until you have a tightly wrapped summer roll!
- Repeat this process for all 6 rolls.

For the vegan fish sauce:

Mix all the ingredients for the no-fish sauce in a small bowl and serve next to the summer rolls.



Time: 13 minutes
Servings: 10

CIABATTA ROLLS WITH BASIL CREAM PESTO, VEGAN FETA AND VEGETABLES

Crispy grilled ciabatta breads layered with a delicious spread and different toppings. They make an excellent appetizer for any BBQ party and provide a lot of room for improvisation.

Ingredients

10	ciabatta rolls
700 g	tomatoes
150 g	black olives, cored
200 g	peperoni, pickled
100 g	fresh arugula
600 g	zucchini
400 g	vegan feta or smoked tofu
200 g	basil cream pesto (page 77)

Instructions

Put the ciabatta rolls on a grill or baking tray and grill or bake for 2-3 minutes to warm them up.

Wash the tomatoes and cut them into slices. Cut the olives in half. Drain the peperoni and cut in half.

Wash the arugula and let it drain. Cut the zucchini into slices and grill them for 2-3 minutes on each side.

Cut the ciabatta rolls into two halves and spread each half with a thin layer of pesto cream.

Layer with tomatoes, grilled zucchini, vegan feta slices, and arugula leaves. Use the olives and peperoni for the topping.

Serve the ciabatta rolls cold or place under the grill briefly to serve them hot.



Time: 45 minutes + 4
hours to cool
Servings: 8

VEGAN DEVILLED POTATOES

Tender roasted potato bites, loaded with a luscious chickpea-and-mayonnaise paste with an 'eggy' touch, This vegan alternative to deviled eggs is completely delicious.

Ingredients

For the potatoes:

1200 g new potatoes (small, thin-skinned potatoes)

salt, to taste

2 tbsp olive oil

1 pinch black salt

Tandoori spice or hot paprika, to taste

For the chickpea cream:

220 g chickpeas, *cooked*

4 tbsp vegan butter or coconut fat, melted,

3 tbsp

vegan mayonnaise
(choose without soya for a soya-free dish)

½ tsp

black salt

2 tbsp

nutritional yeast

1 pinch

turmeric powder
(optional, for colour)

To decorate:

1 small carton

cresse

crushed pink pepper

Instructions on the next page...



Instructions (cont.)

Put potatoes in a medium-sized pot and cover with water. Add some salt and cook over a medium heat until potatoes are just tender – about 10-15 minutes.

Once ready, reserve 3 potatoes for the paste, and let the rest of the potatoes cool.

In a blender, process the chickpeas and melted vegan butter until a smooth paste forms. Add the mayonnaise, black salt, nutritional yeast, and turmeric, and blend again. Skin the reserved potatoes, cut into small pieces and add to the mixture while blending.

Leave the mixture in the fridge for at least 4 hours to firm up.

Halve the cooked potatoes, brush them with some olive oil, and sprinkle with smoked salt and tandoori spice.

Place in a baking pan and roast in the oven for 15 minutes, at 170°C, until golden.

Take out of the oven and let cool on a serving plate.

Top the potatoes with the chickpea cream, using a piping bag. Sprinkle with cress and fresh ground pink pepper and serve.



Preparation time: 45 minutes
Ingredients for 24 pieces

VEGAN NIGIRI SUSHI

Simple to make, this elegant and impressive plant-based sushi is made with red bell pepper fillets marinated in a salty seaweed sauce. Serve with a dollop of wasabi for the ultimate taste kick.

Ingredients

For the marinade:

- 1 lime, juiced
- 6 tbsp tamari sauce
- 1/3 tsp wakame powder
- 400 g roasted red peppers, drained

For the sushi:

- 125 g sushi rice
- 1 pinch of salt
- 2 tbsp rice vinegar

Instructions

For the marinade:

Mix all the marinade ingredients in a bowl and set aside.

For the sushi:

Rinse the sushi rice with plenty of fresh water and cook with a pinch of salt according to instructions. Once it's ready, mix in the rice vinegar and set aside to cool off for a bit.

In the meantime, prepare your roasted pepper fillets.

Rinse the peppers very well and gently dry them with a towel.

Cut into strips about 10 cm long and 4 cm wide.

More ingredients and instructions on the next page...



Ingredients (cont.)

For garnishing and serving:

½	avocado
½	nori sheet
	black sesame seeds
1 tbsp	microgreens of choice
tsp	wasabi paste
	tamari sauce

Instructions (cont.)

Using a sharp knife, carefully score each fillet at a 45° angle with parallel cuts every 1 cm.

Put the fillets in the marinade and let them soak while you make the rice rolls.

Using your hands, form about 24 oblong rolls of rice, pressing them with your fingers, and place on a tray.

Take the bell pepper fillets out of the marinade one at a time, drain slightly, and place on top of each rice roll.

For garnishing and serving:

Wash the avocado, cut in half, and remove the pit.

Cut the avocado into cubes and then cut the nori sheet into thinly sliced ribbons. Sprinkle the sushi with black sesame seeds and a dollop of wasabi paste.

Add some avocado cubes and/or nori sheet ribbons.

Serve with a small bowl of tamari soya sauce.

Instead of chickpea flour, you can use another flour of your choice.



Preparation time: 60 minutes
Servings: 4

CELERIAC FISH FINGERS WITH SAUCE TARTAR

These homemade vegan fish fingers, made from celeriac with a delicious gluten-free coating of almond meal, are healthy and delicious. Serve these versatile crispy sticks hot out of the oven with an easy-to-make tartar sauce.

Ingredients

For the fish fingers:

800 g	celeriac
30 g	corn flour
2 tbsp	chickpea flour
1 tbsp	ground flaxseed
150 ml	water

Instructions

For the fish fingers:

Firstly, wash, peel, and cut the celeriac into sticks about 8 cm x 1 cm x 3 cm.

Then, put them in a bowl, dust with the corn flour and mix well to coat.

In a small pot mix the chickpea flour and flaxseed meal with the water and gently warm up, stirring continuously.

Once the mixture is thick and slimy, remove from heat.

More ingredients and instructions on the next page...



Ingredients (cont.)

For the coating:

50 g	almond meal
50 g	corn meal
2 tbsp	nutritional yeast
2 tbsp	norí flakes
1 tsp	dill, finely chopped
½ tsp	salt
½ tsp	sweet paprika
¼ tsp	garlic powder

Instructions (cont.)

For the coating:

Mix all ingredients for the coating in a big bowl and preheat the oven to 180°C.

Then, dip the dusted celeriac sticks into the chickpea mixture, one by one, in order to create a thin coating.

Then put them in the bowl with the coating mixture and gently turn to completely cover them.

Place the celeriac fingers on a baking tray, layered with parchment paper. Alternatively, you can cover them with cooking oil.

Bake them for about 30–35 minutes, or until crispy.

More ingredients and instructions on the next page...



Ingredients (cont.)

For the tartar sauce:

- 120 g** vegan mayonnaise
- 120 g** vegan yoghurt,
 unsweetened
- 120 g** pickles, finely chopped
- 1 tsp** fresh tarragon,
 finely chopped
- 1 tbsp** capers
- 1 tsp** mustard
- 1 pinch** kala namak salt
 pepper, freshly ground,
 to taste

Instructions (cont.)

For the tartar sauce:

To make the tartar sauce, put all ingredients in a bowl and mix. For a finer texture put in a food processor and pulse briefly.

Serve the celeriac fish fingers hot, out of the oven, with the tartar sauce.



Preparation time: 80 minutes
Servings: 16 potato roses

BAKED POTATO ROSES

An original and fabulous way to serve potatoes, ideal for any festive occasion. Serve as a beautiful and impressive side dish.

Ingredients

1400 g	large potatoes
4 tbsp	olive oil
1 tsp	ras-el-hanout (optional)
1 tsp	salt
½ tsp	dried rosemary or 1 tsp fresh, finely chopped
¼ tsp	pink pepper

Instructions

Slice the potatoes about 3–4 mm thin with a mandoline vegetable slicer. Rinse the slices in cold water and lightly dry with a towel. Put the potatoes in a big bowl and add all the other ingredients. Mix well until all potatoes are coated.

Preheat the oven at 170°C (top and bottom elements).

Use a muffin baking pan with muffin papers or muffin paper forms in order to shape the potato roses.

More ingredients and
instructions on the next page...



Instructions (cont.)

To make the roses: place the potato slices one by one in each paper form.

Start from the edge and slowly twist toward the centre of the rose, forming a spiral.

As you add the 'petals' use the thinner slices for the inner section as they can be rolled more easily.

Repeat for each potato rose until you have used up all potato slices. Brush the top with the remaining oil from the bottom of the bowl.

Put in the oven and bake for about 45 minutes, until the roses are golden brown at the edges.

Let the potato roses cool down a bit and carefully remove them from the muffin forms before serving.

The recipe offers space for improvisation with different veggies and other additions such as mushrooms or veggie sausages!

Time: 30 minutes
Servings: 4

ASPARAGUS AND CHICKPEA FRITTATA

A vegan take on the classic frittata, made with chickpeas and spring greens, this chickpea frittata is filled with fresh asparagus, spring onions, chives, and spinach.

Ingredients

120 g	chickpea flour	4	spring onions
½ tsp	Kala Namak	200 g	green asparagus
2 tbsp	nutritional yeast		salt and pepper, to taste
1 tsp	egg replacer	2 tbsp	chives, chopped
1 tbsp	flour (any type)	2 handfuls	spinach
1 tsp	baking powder	30 g	plant-based cheese shreds
220 ml	water (or more, as needed)		
½	lemon, juiced		
200 ml	vegan whipping cream unsweetened		
2 tsp	Olive oil		

Instructions on the next page...



Instructions (cont.)

In a bowl, combine the chickpea flour with the black salt, nutritional yeast, egg-replacer powder, flour, baking powder, water, and lemon juice, and mix well. Set aside while the mixture absorbs the moisture.

Using a blender, blend the whipping cream until foamy and thick.

Put a medium-sized oven-safe pan on a medium heat, add the olive oil, and gently fry the spring onions for 1-2 minutes.

Cut the bottoms off the asparagus and discard. Then cut in half and add the asparagus to the pan. Stir-fry for another 1-2 minutes, then add the salt and pepper.

In the meantime, add the chickpea mixture to the whipped cream and blend together. Stir in the chopped chives and spinach leaves, and add the mixture to the pan.

Sprinkle the cheese shreds on top, lightly covering the frittata mixture and then gently press them into the mixture.

Over a medium heat, let the frittata cook for a few minutes, covered with a lid, until the edges start to get a golden crust.

Then turn off the stove and put the pan with the frittata into the oven. Bake under the grill for 3-4 minutes at 180°C.

Once golden brown on top, remove the frittata from the oven and let cool before serving. Top with extra chives, fresh ground pepper, and other herbs of your preference, and serve.

Instead of smoked salt you can also use 1 tbsp of salt and 1 tbsp of liquid smoke

Preparation time: 15 minutes
Waiting time: 12 hours
Servings: 4

VEGAN CARROT SALMON

Vegan carrot salmon is a feast for the eyes as well as the palate. Its marine flavour intensifies the longer the carrot strips are marinated. Vegan carrot salmon makes for a great appetizer or you can use it to spice up your sushi!

Ingredients

For the carrot salmon:

- 4** carrots, large
- 2 tbsp** rice vinegar
- 2 tbsp** nori flakes
- 1 tbsp** smoked salt
- 1 tsp** agave syrup

To serve:

- 2 tbsp** rapeseed oil
- smoked salt, to taste
- dill to serve

Instructions

For the carrot salmon:

Use a potato peeler to cut the carrots into long strips, then place them in boiling water or steam for 3 minutes.

Put the vinegar, nori, smoked salt and the agave syrup in a large, sealable container and mix well.

Add the lukewarm carrot strips and leave to stand in the fridge overnight or ideally 2–3 days.

To serve:

Mix the oil with a bit of smoked salt, then coat the carrot salmon with the mixture and serve it with some dill.

You can use boiled corn if you cannot find raw for this recipe.

Time: 15 minutes
Servings: 4

GRILLED CORN ON THE COB WITH MISO-BUTTER

Corn on the cob is a perfect addition to any BBQ. Sweet and buttery, it is a fun recipe and very kid-friendly. Brush with this tasty miso-butter for a surprisingly delicious side dish.

Ingredients

4	cobs of corn
2 tbsp	vegan butter (room temperature)
2 tbsp	white miso
1 tbsp	nutritional yeast flakes
1.5 tsp	BBQ seasoning (optional)
1 tbsp	coriander or parsley, finely chopped
	Salt flakes, to taste

Instructions

In a small bowl, mix together the butter, miso paste, and nutritional yeast flakes.

Put the corn on the grill and lightly brush with the miso-butter.

Grill for a few minutes on all sides, until tender and slightly charred, but still juicy. Brush generously with the rest of the miso butter, add the BBQ seasoning, and sprinkle with herbs and a bit of salt.

Serve immediately and enjoy.



SOUPS



Preparation time: 30 minutes
Servings: 4

MIDDLE EASTERN LENTIL SOUP WITH PITA BREAD

The North African spice ras el hanout makes this lentil soup slightly spicy, while the red lentils provide plenty of protein. Serve it with a dollop of soya yoghurt and warm pita bread for a filling and tasty meal.

Ingredients

1	onion
2 cloves	garlic
1	carrot
2 stalks	celery
3 tbsp	neutral oil
200 g	red lentils
1 tsp	Ras el Hanout (spice)
800 ml	vegetable broth
200 g	soya yoghurt
1 tsp	harissa paste
1 tbsp	lemon juice
4	pita bread

Instructions

Start by peeling the onion and garlic and chopping them finely. Then peel the carrot and cut into thin slices. Wash the celery and also cut it into thin slices.

Heat the oil in a saucepan. Brown the onion and garlic for 1 minute. Add the lentils, carrot, celery, and ras el hanout spice and fry for 2 minutes, while stirring.

Deglaze the saucepan with the vegetable broth. Stir in the yoghurt and harissa and cook for about 15 minutes. When the lentils are soft, remove four tablespoons for garnish. Puree the rest of the soup and season with salt, pepper, and lemon juice, and season with harissa if desired.

Garnish the plates with the removed lentils and serve with pita bread.



Preparation time: 45 minutes
Servings: 4

VELVET ROASTED BEETROOT SOUP

An elegant winter vegetable soup that makes for a perfect starter, the roasted vegetables give a delicious aroma and depth of flavour, while the bright purple colour makes a beautiful presentation, ideal for festive occasions.

Ingredients

250 g	sweet potatoes
500 g	beetroot
125 g	parsnips
4 tbsp	olive oil
½ tsp	flaky salt
	several dashes of fresh ground pepper
1 tbsp	maple syrup (optional)
¼ tsp	fresh rosemary, chopped
1 tsp	sage, dry or 1 tbsp fresh, chopped
½ tsp	lemon rind, chopped or grated
1	garlic clove, crushed
1 L	vegetable stock
200 ml	coconut cream (or oat cream)

Instructions

Preheat the oven to 200°C (top and bottom elements).

Wash, peel, and cut the veggies into chunks.

Put them on a baking tray, drizzle with 3 tablespoons olive oil, and add the spices and maple syrup (if using), along with the herbs and lemon rind. Mix well and roast in the oven for 25 minutes.

In a medium pot, heat up the remaining tablespoon of oil and gently fry the garlic in it over a medium heat. Then add the veggies and the vegetable stock and let everything cook for 5-10 minutes, until the veggies are very soft.

Blend the soup with a stick blender until velvety smooth.

Serve and top with the remaining coconut (or oat) cream and add more herbs if desired.

The recipe also works with other types of pumpkin. Hokkaido is especially suitable because the peel is edible.



Preparation time: 30 minutes
Servings: 8

CREAMY PUMPKIN SOUP

This warming pumpkin soup is packed with protein and other nutrients, is easy to prepare, and super creamy thanks to the coconut milk.

Ingredients

200 g	onions
1750 g	Hokkaido pumpkin
50 ml	neutral oil
750 ml	coconut milk
1 L	vegetable broth
5 g	fresh ginger, grated
300 g	red lentils

Instructions

Peel the onion and cut into rings. Wash and dice the pumpkin.

Heat the oil in a large pot and lightly fry the onions. Add the diced pumpkin to the pot and fry for a few minutes.

Add the coconut milk (all but 2 tablespoons), vegetable broth, fresh ginger, and red lentils, and stir. Cook the soup over a medium heat for about 15 minutes.

More ingredients and instructions on the next page...



Ingredients (cont.)

- 10 g** salt
- 5 g** black pepper
- 20 ml** lime juice
- 3 tbsp** pumpkin seeds, roasted
- 3 tbsp** fresh herbs, such as thyme, chives or sage, finely chopped

Instructions (cont.)

Once the lentils and pumpkin are soft, puree the soup with a hand blender and season with salt, pepper, and lime juice.

Pour the pumpkin soup into deep plates, garnish with the remaining coconut milk, toasted pumpkin seeds, and finely chopped herbs, and serve.

Wholemeal bread goes well with the pumpkin soup.



Preparation time: 45 minutes
Servings: 8

PEA SOUP WITH RYE CROUTONS

This delicious pea soup with rye croutons will delight even the youngest eater. The dish was developed for school catering.

Ingredients

500 g	potatoes
200 g	onions
25 ml	oil for frying
800 g	peas, frozen
100 g	cashews
1 L	oat drink
	salt, pepper, nutmeg, and lime juice, to taste

Instructions

Preheat the oven to 220° C.

Peel the potatoes, cut into small pieces, and steam.

Peel and dice the onions and sauté them in the oil. Add the peas, cashews, and oat milk, and cook for 10 minutes.

Finely puree the soup and season to taste with the spices and lemon juice.

More ingredients and
instructions on the next page...



Ingredients (cont.)

200 g	wholemeal or rye bread
15 ml	olive oil smoked paprika, to taste

Instructions (cont.)

Dice the rye bread, mix with the olive oil, salt, and paprika powder, and bake in the preheated oven for 10 minutes.

Before serving, add the potatoes to the pea soup and sprinkle with the croutons.



SALADS

Photo credit: shutterstock.com /
Morinka



Time: 15 minutes

Servings: 4

CHICKPEA SALAD WITH BEETROOT AND MINT

A fresh and delicious chickpea salad that is easy to prepare and surprisingly filling, thanks to the chickpeas. Can also be served as a light meal.

Ingredients

For the salad:

425 g	chickpeas, cooked
250 g	beetroot, cooked
15 g	fresh mint
30 g	fresh parsley
1	small onion
1	jalapeño pepper
1	garlic clove
300 g	cherry tomatoes

Instructions

For the salad:

Rinse and drain the chickpeas and put them in a salad bowl.

Cut the beetroot into small cubes and add to the chickpeas.

Finely chop the mint, parsley, onion, jalapeño pepper, and garlic clove, and add to the bowl.

Halve the cherry tomatoes and mix everything together.

More ingredients and instructions on the next page...



Ingredients (cont.)

For the dressing:

60 ml	olive oil
3 tbsp	lemon juice
5 tbsp	apple cider vinegar
	salt, to taste
	pepper, to taste

Instructions (cont.)

For the dressing:

Mix all the dressing ingredients well and add to the salad. Serve in glasses and decorate with mint leaves.

If you can find baby chard or spinach, you can also make this salad raw instead of braised.



Time: 15 minutes
Servings: 5

BRAISED SWISS-CHARD SALAD WITH WALNUTS AND BEETROOT AND A TAHINI DRESSING

Warm salad made with braised, tender swiss chard and beetroot and topped with a pink tahini dressing and walnuts. It is super nutritious, aromatic, and colourful. It tastes amazing, and looks absolutely gorgeous.

Ingredients

For the salad:

300 g	colorful Swiss chard
2	small beets
1 tbsp	olive oil
1 tsp	ginger
1 pinch	salt
½ tsp	lemon zest

Instructions

For the salad:

Wash and roughly chop the swiss chard stems and leaves separately. Wash and peel the beetroot and cut into thin slices.

In a pan, heat up the olive oil and add the chopped stems, the beetroot slices, and the chopped ginger. Stir and cook over medium heat for a couple of minutes.

Then add the chopped leaves, a pinch of salt, and the lemon zest, and continue braising for 2-3 minutes, while stirring the mixture together.

Remove from the heat and set aside while you prepare your dressing.

More ingredients and instructions on the next page...



Ingredients (cont.)

For the dressing:

200 g	vegan quark
1 tbsp	Tahini
1	Small beetroot, cooked or raw
1 tbsp	lemon juice
1 tbsp	nutritional yeast (optional)
¼ tsp	salt, to taste

For the topping:

50 g	walnuts
	Coloured peppercorns, freshly ground

Instructions (cont.)

For the dressing:

In a mixer or blender, combine all ingredients for the dressing and process into a smooth and vibrant, pink, creamy consistency.

Serve the warm salad with generous spoonfuls of dressing over it and finish with chopped walnuts and the freshly ground peppercorns.



Preparation time: 20 minutes
Servings: 4

LENTIL SALAD WITH CUCUMBER TOPPING

Fresh cucumber and apple pieces make this lentil salad a light and nutritious lunch. It is quickly prepared with ingredients that you might already have at home, and provides a lot of vitamins and protein.

Ingredients

400 g	brown lentils
500 ml	vegetable broth
	salt and pepper
1 tsp	garam masala
2	lemons, with juice and peel
1	cucumber
1	red onions
1	apple
4 tbsp	dill, chopped
4 tbsp	parsley, chopped

Instructions

Cook the lentils with the vegetable broth until soft but still a little firm. Add more vegetable broth if necessary.

Season with the salt, pepper, garam masala, lemon juice, and lemon zest, and leave to cool.

For the cucumber topping, chop the cucumber, onion, and apple into small cubes, and season with the dill, parsley, salt, pepper, and lemon juice.

Finally, place the lentils in bowls and top with the cucumber mixture. Serve with crackers.



Preparation time: 35 minutes
Servings: 10

JACKFRUIT TUNA SALAD

This delicious creamy salad, made with pulled 'jackfruit tuna', can be served chilled on salad leaves or used as a sandwich filling for an impressive and satisfying appetizer or party snack.

Ingredients

For the jackfruit-tuna marinade:

- 2 tbsp** capers
- 2 tbsp** tamari sauce
- 2 tbsp** rice vinegar
- 1 tbsp** caper water
- 2 tbsp** no-fish sauce or more tamari

For the jackfruit tuna:

- 340 g** young jackfruit in brine, drained

Instructions

For the jackfruit tuna marinade:

Put all the ingredients for the tuna marinade in a blender and process until smooth.

For the jackfruit tuna:

Rinse and drain the jackfruit and pull it apart in threads.

Put the pulled jackfruit on a baking pan and pour the marinade over it.

Mix well until all jackfruit is covered, then put the pan in the oven.

Grill at 200 °C for about 20 minutes.

Take out of the oven and let cool.

More ingredients and instructions on the next page...



Ingredients (cont.)

For the salad:

240 g	cooked white beans
6	radishes
1	red onion
100 g	pickled cucumber
2 tbsp	dill, chopped
150 ml	vegan mayonnaise
1	lettuce head
	salt and pepper, to taste

Instructions (cont.)

For the salad:

In a salad bowl, roughly mash the white beans with a fork or a potato masher.

Finely chop the radishes, onion, and pickles, and add to the mashed beans.

Add the mayonnaise and the dill and mix well.

If the consistency is too thick, add a bit of the pickle brine and mix in the cooled jackfruit tuna.

Add some salt and pepper to taste, mix, and serve on salad leaves.

Garnish with some extra dill, radishes, or chopped chives.

Instead of king oyster mushrooms, you can use regular oyster mushrooms or portobello mushrooms, which can be grilled whole and sliced afterwards.



Time: 20 minutes

Servings: 4

GRILLED MUSHROOM AND ASPARAGUS SALAD WITH STRAWBERRY VINAIGRETTE

Refreshing and full of colours, flavours, and roasted aromas, this salad is a gastronomic experience in itself. It is a simple way to upgrade a salad into a delicious dish that tastes fantastic and looks impressive.

Ingredients

For the mixed salad:

100 g	mixed salad greens
60 g	fresh strawberries
150 g	king oyster mushrooms
120 g	green asparagus

Instructions

For the salad:

Wash the salad greens and strawberries and let them drain.

Cut the mushrooms into thick slices and grill for 2-3 minutes, until tender.

Cut and discard the bottoms of the asparagus and grill them for 3-4 minutes, until slightly tender but still crispy.

More ingredients and instructions on the next page...



Ingredients (cont.)

For the vinaigrette:

60 g	fresh strawberries
1	lime, juiced
2 tbsp	olive oil
2 tbsp	agave nectar
1 tbsp	fresh basil leaves
¼ tsp	salt, or more to taste

Instructions (cont.)

For the vinaigrette:

In the meantime, clean the strawberries and put them in a blender, together with all the other ingredients. Blend for a few seconds, to make a thick pink dressing with a creamy consistency. Salt according to taste.

Put the salad greens in a bowl and add the grilled asparagus and mushrooms. Dizzle with the strawberry vinaigrette and top with whole or sliced strawberries. Toss well and serve.

Dulse seaweed is very nutritious and a rich source of iodine. As such, it should be consumed in moderate amounts.



Preparation time: 20 minutes
Servings: 10

CABBAGE AND SEAWEED SALAD WITH WASABI-LIME DRESSING

This cabbage and dulse seaweed is easy to make, light, and delicious, and makes for a filling and nutritious dish. The wasabi and lime dressing is healthy and aromatic and gives a slightly spicy and refreshing finish.

Ingredients

For the salad:

- 2** pointed white cabbage heads (about 2 kg)
- 1** pinch of salt
- 5 tbsp** dulse flakes, dried

Instructions

For the salad:

- Cut the cabbage into very fine slaw and put in a bowl.
- Add a pinch of salt and massage the slaw with your hands for 1–2 minutes, until the cabbage becomes soft.
- Add the dulse flakes and mix again.

More ingredients and instructions on the next page...



Ingredients (cont.)

For the dressing:

2 tbsp	sesame oil
2	limes, juiced
2 tsp	wasabi paste, more to taste
250 ml	vegan yoghurt
120 ml	vegan mayonnaise or more yoghurt

For garnishing:

4 tbsp	seeds of choice, e.g. sesame, pumpkin, sunflower
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Instructions (cont.)

For the dressing:

Mix all ingredients for the dressing in a jar until well blended.

Pour over the cabbage-seaweed mixture and mix well. Keep chilled until serving.

For garnishing:

Roast your seeds for 1–2 minutes in a small pan over a medium heat, stirring continuously.

Garnish the cabbage and seaweed salad with the roasted seeds right before serving.

Take this salad to the next level by sprinkling some crushed walnuts or pecan nuts on top.



Preparation time: 20 minutes
Servings: 10

CELERIAC-APPLE SALAD

The celery salad is bright and colorful thanks to the apples, carrots, and grapes. It's also fresh and crunchy, and rounded off with a creamy mayonnaise dressing.

Ingredients

For the salad:

500 g celeriac
250 g apples
200 g carrots
30 ml lemon juice

For the dressing:

80 g vegan mayonnaise
5 g salt, more to taste
1 g white pepper
20 ml apple cider vinegar
20 g agave syrup

Additionally:

125 g red grapes, seedless
125 g white grapes, seedless

Instructions

For the celeriac salad:

First, wash, peel, and cut the celeriac into thin stripes.

Then wash, core, and cut the apples into thin stripes. Then wash, peel, and thickly grate the carrots.

Put the veggies in a bowl and mix well. Add the lemon juice and mix again.

For the dressing:

In a bowl, mix the mayonnaise, salt, pepper, apple cider vinegar, and agave syrup into a thick dressing.

To serve:

Pour the dressing over the salad and mix well. Wash and cut the grapes in half, mix into the salad, and serve.



MAIN DISHES

The patties can be served as burgers with wholegrain bread, or as patties with a vegetable side-dish.

Time: 30 minutes
Servings: 3

BEAN BURGER WITH BEETROOT MAYONNAISE

These burgers are nutritious, delicious, easy to make, and look gorgeous. Thanks to their beany texture, they hold together firmly and can be pre-cooked and then fried or grilled. Serve with beetroot mayo for an impressive dish.

Ingredients

For the patties:

1 can	kidney beans
1	onion, diced
1 tbsp	olive oil
2	tomatoes, crushed or pureed
1 tsp	paprika
3 tbsp	tamari
80 g	oat flakes
1 tbsp	nutritional yeast flakes
5 tbsp	bread crumbs

3 tbsp	white flour
	salt, to taste
	pepper, to taste

For the beetroot mayonnaise:

50 ml	soya milk
1	beetroot
150 ml	rapeseed oil
1 tbsp	lemon juice
2 tsp	mild mustard
	salt, to taste
	pepper, to taste

Instructions on the next page...



Instructions (cont.)

For the patties:

Rinse the kidney beans and drain them. Then transfer into a bowl and mash with your hands or a potato masher.

In the meantime, roast the onions in the oil for a few minutes.

Add all other ingredients to the bowl with the mashed beans and mix well.

With wet hands, form patties and put them on a baking tray layered with baking paper. Bake at 200°C for about 10 minutes and let them cool.

To finish cooking them, roast in the pan or in a grill-pan for 2-3 minutes.

For the beetroot mayonnaise:

Using a stick blender, blend the beetroot and soya milk until smooth. Add the rest of the ingredients and blend until it reaches a mayonnaise consistency.

Add salt and pepper to taste and chill in the fridge.

If you are using wooden skewers, dip the skewers into water before adding or attaching the medallions. This will prevent them from getting burned.

Time: 125 minutes
Servings: 4

SOYA MEAT SKEWERS (SOYA SOUVLAKI)

These vegan Greek souvlaki skewers are made from soya chunks. The meaty texture and the tasteful marinade make the soya chunks perfect for juicy, grilled skewers.

Ingredients

For the soya medallions:

750 ml vegetable broth
125 g soya medallions
1 small beetroot (raw)

Instructions

For the soya medallions:

Put the soya medallions and the vegetable broth in a medium-sized pot over a medium-low heat.

Peel the beetroot and add it to the pot.

Let simmer for about 15 minutes, until the soya meat is tender. Remove from the stove and let cool.

Then strain the soya chunks and press them firmly to drain the water.

More ingredients and instructions on the next page...



Ingredients (cont.)

For the marinade:

2 tbsp	olive oil
2 tbsp	vegan Worcestershire sauce
1 ½ tsp	yeast extract
1 tsp	dried oregano
1 tsp	dried thyme
½ tsp	dried rosemary
½ tsp	powdered juniper berries
½ tsp	smoked paprika
¼ tsp	chili powder
¼ tsp	ground black pepper
1	garlic clove, crushed

For the serving:

lemon wedges
pinch of dried herbs (oregano, thyme, marjoram)
pinch of cajun spice or some extra paprika

Instructions (cont.)

For the marinade:

Put all the marinade ingredients into a container and mix well. Then dip each soya medallion in the marinade, making sure that they are all thoroughly covered.

Mix well, and let them marinate in the container for at least an hour.

Once properly marinated, the medallions are ready to grill. Put them on skewers (4-5 per skewer depending on size), brush them with a bit of extra oil and grill them for 3-4 minutes, until they have a nice brown crust and slight grill marks.

For serving:

Serve with lemon wedges and sprinkle with a pinch of dried herbs and smoky cajun spice. Delicious!

Can be served with
sesame
breadsticks,
crackers or similar.



Time: 30 minutes
Servings: 4

JACKFRUIT-BURGER WITH BBQ-SAUCE

Delicious and easy-to-make BBQ burgers, loaded with veggies and smoky roasted pulled jackfruit. Nutritious and very satisfying, this is an amazing recipe for pulled plant-based meat that you simply must try!

Ingredients

For the BBQ jackfruit:

2 x 400ml cans jackfruit in brine
1 red onion
1 garlic clove
2 tbsp rapeseed oil
150 ml BBQ sauce
(page 76)
salt, to taste
white pepper,
to taste

Instructions

For the BBQ jackfruit:

Rinse the jackfruit and let it drain. Cut the onion into thin slices and the garlic into fine cubes.

In a pan, add the oil, jackfruit, onion, and garlic, and fry over medium-high heat for a few minutes. Mix in the BBQ sauce and then let it simmer.

In the meantime, roughly tear apart the jackfruit pieces using a fork and season with salt and pepper.

More ingredients and
instructions on the next page...



Ingredients (cont.)

For serving the burgers:

- 2** tomatoes
- ¼** lettuce salad
- ⅛** red cabbage
- 1** ripe avocado
- 4** burger buns
- 8 tbsp** hummus

Instructions (cont.)

For serving the burgers:

- Cut the tomatoes into thin slices.
- Wash the lettuce and divide the salad leaves.
- Wash the red cabbage and cut into fine shreds.
- Cut the avocado into thin slices.
- Toast the burger buns, cut in half, and spread a tablespoon of hummus on each side.
- Add the salad, tomatoes, and cabbage to the bottom halves of the buns, then add the BBQ jackfruit and top with the avocado slices.
- Add the top bun and serve.

Instead of pan frying, you can also grill the steaks. Brush the steaks with oil before rubbing them with the spices. Once grilled, gently brush them with the glaze.

Time: 140 minutes
Servings: 4

PEPPER-CRUSTED SEITAN-STEAKS

This amazing seitan steak is full of flavour, with a delicious and aromatic pepper crust. It takes a little while to prepare but it is totally worth it. Serve it with grilled veggies.

Ingredients

For the seitan steaks:

240 g	white beans, cooked
1	medium beetroot, cooked
½ tsp	liquid smoke
¼ tsp	chili powder
1	garlic clove
60 ml	red wine
1 tbsp	vegan Worcestershire sauce
180 ml	warm water

½ tsp	lemon salt (replace with regular salt and lemon zest)
200 g	gluten powder

For the pepper crust:

½ tsp	crushed peppercorns
¼ tsp	salt flakes
2 tbsp	oil
2 tbsp	soya sauce
2 tsp	mustard
2 tsp	maple syrup

Instructions on the next page...



Instructions (cont.)

For the seitan steaks:

Put all the ingredients, except for the gluten, in a food processor and blend until smooth.

Put the mixture into a bowl, add the gluten and knead for 2 minutes until firm and elastic.

Divide the mixture into 4 equal pieces and flatten with your hands. Let the steaks rest for about 1 hour.

Boil a little water in a big pot with a fitted steamer. Reduce the heat to low and put the steaks inside the steamer.

Steam for about 20 minutes and then flip and steam for another 20 minutes.

Remove the seitan steaks from the steamer and allow them to cool in order to firm up. (At this point you can refrigerate the steaks and use them later. They will last in the fridge for at least 1-2 days and can be frozen for 1-2 months).

For the pepper crust:

Heat a little oil in a big pan on a medium heat. Rub each steak with salt flakes and crushed pepper and add to the pan.

Cook on each side for 2-3 minutes, turning twice.

To make the glaze, mix the soya sauce, mustard and maple syrup in a small bowl until smooth. Once the steaks are crusted and nicely browned, remove the pan from the fire.

Gently pour the glaze over the steaks and stir to combine. Serve immediately.



Time: 135 minutes
Servings: 10

GRILLED AVOCADOS WITH MEXICAN PAN-FRIED MILLET

A delicious, nutritious and colourful dish, loaded with protein and fibre, this Mexican-inspired millet pan with stuffed avocados is an explosion of flavours, colours, and roasted aromas.

Ingredients

For the pan-roasted millet:

400 g	millet
1 L	water
1 tbsp	salt, for cooking the millet
200 g	red paprika
200 g	eggplant
200 g	zucchini
300 g	tomatoes
200 g	onions
200 g	green beans
200 g	corn
80 g	olive oil
30 g	tomato puree
30 g	agave syrup or sugar
20 g	balsamic vinegar

20 g	salt
5 g	garlic powder
	Tabasco sauce, to taste

For the grilled avocados:

5	avocados
200 g	smoked tofu
80 ml	olive oil
100 g	red lentils
100 g	BBQ sauce
500 ml	vegetable broth
	salt, to taste
	pepper, to taste
20 ml	lime juice
	fresh coriander, to top

Instructions on the next page...



Instructions (cont.)

For the pan-fried millet:

Rinse the millet with hot water. Put the millet in an oven pan, add the water and a bit of salt and let it soak for 1 hour. Then steam it for 15 minutes with the steaming function of the convection oven at 120°C. (exact cooking time depends on the kind of millet)

If you don't have a convection oven, you can cook the millet in a pot on the stove. Let the millet simmer for about 10 minutes, or until all the liquid is absorbed. Then remove from heat and let it rest with the lid on for another 15 minutes.

Cut the vegetables into cubes and the green beans into small pieces and mix together. Put in an oven-proof pan, drizzle with the olive oil and bake at 200°C until all the liquids have evaporated.

Add the tomato puree, the syrup, and the vinegar, and season with salt, pepper, garlic powder, and tabasco to taste. Fold the millet into the veggies and garnish before serving.

For the grilled avocados:

Wash the avocados, cut them in half and remove the pit.

Grill on a medium heat for 3-4 minutes on the cut side and set aside while preparing the filling.

Dice the onion and cut the tofu into small cubes or grate it. Put the onions and tofu together in a pan. Add the oil and roast for a few minutes.

Add the red lentils, the BBQ sauce and the vegetable broth and mix.

Season with salt and pepper and let the mixture simmer slowly until the lentils are soft and have absorbed the liquid. Once ready, remove from the stove.

Allow to cool. Then add the lime juice and coriander and mix.

Fill the avocado halves with the mixture and grill or bake for 3 minutes at 230°C.

Serve on top of the Mexican pan-roasted millet.

The ratio of regular tofu to smoked tofu can be adapted to your preference.

Time: 90 minutes
Servings: 7

WALNUT-AND-TOFU ROAST

This plant-based version of meatloaf is ideal for holiday celebrations or a formal dinner. It is packed with protein, is easy to cut into thick, firm slices, and is very filling.

Ingredients

200 g	walnuts	½ tsp	salt
1	onion, quartered		pepper, to taste
250 g	roasted red peppers, drained	1 tbsp	yeast extract (alternatively: 1 tbsp nutritional yeast + 1 tbsp soya sauce)
400 g	regular tofu		vegetable stock powder
200 g	smoked tofu	2 tsp	gluten flour
½ tsp	thyme, dried	50 g	bread crumbs
½ tsp	marjoram, dried	150 g	
¼ tsp	rosemary, dried or 1 tbsp fresh and finely chopped		
¼ tsp	basil, dried		
¼ tsp	sage, dried		

Instructions on the next page...



Instructions (cont.)

Using a food processor, blend the walnuts to a fine crumble. Add onions and process again to make a paste.

Continue processing while adding the peppers, tofu, and seasoning.

If necessary, scrape down the inside of the blender with a spatula to ensure that the mixture is uniform and well blended. Taste and adjust seasoning as needed.

Transfer mixture into a bowl, add the gluten flour and breadcrumbs, and knead for a few minutes.

Transfer the mixture into a bread pan and bake for about 75 minutes at 150°C.

After baking, wait for the loaf to cool down before removing from the pan.

Place on a serving dish, cut into slices, and serve with your favourite sauce and sides.

As it cools, the loaf will firm up and slice more easily. For best results, prepare the loaf a day ahead, cool overnight, and heat up again before serving.



Preparation time: 75 minutes
 Waiting time: 2 hours
 Servings: 4

TOFU FISH AND CHIPS

A vegan take on the classic dish, with perfectly marinated tofu taking the place of fish, these beer-battered fried tofu seaweed nuggets are absolutely delicious and go perfectly with oven-roasted fries and mushy peas.

Ingredients

For the tofu-fish:

400 g firm tofu
 1 nori sheet

Instructions

For the tofu fish:

First cut the tofu into 4 100-gram fillets.

Then score each fillet by making cuts on one side with a sharp knife, about half way through. These cuts will help the marinade get more absorbed and the tofu to get coated as much as possible.

Once scored, cut the tofu into smaller triangular fillets.

Cut the nori sheet into the same shape and number of tofu fillets and set aside.

Then place the tofu fillets in a small baking pan.

More ingredients and instructions on the next page...



Ingredients (cont.)

For the marinade:

4 tbsp	capers, with juice
1 tbsp	white miso
1 pinch	white pepper
½ tsp	lemon zest

Instructions (cont.)

For the marinade:

Put all ingredients for the marinade in a blender and process to a smooth cream.

Pour the cream on top of the fillets and gently massage to make sure the tofu is well coated.

At this point, you can refrigerate the marinated tofu for a few hours or overnight.

Then put the baking pan with the tofu in the oven and bake at 50°C for 45 minutes.

Take out of the oven and set aside to cool.

More ingredients and
instructions on the next page...



Ingredients (cont.)

For the potato chips:

1 kg	potatoes
¾ tsp	salt
4 tbsp	olive oil
½ tsp	curry powder, optional
1 tbsp	nutritional yeast, optional

For the mushy peas:

400 g	peas
1 pinch	salt
1 tsp	coconut oil
1 cup	spring onions, green leaves, chopped

Instructions (cont.)

For the potato chips:

Cut the potatoes into wedges. Put them in a pot and cover with water. Add some salt and put the pot on a medium-high heat.

Cook the potatoes for 3 minutes, so that they are slightly cooked but not soft. Then take out of the water and put onto a baking pan lined with parchment paper. Let them cool down to touch.

Then add the olive oil, curry powder, nutritional yeast and a bit more salt and mix well.

Bake for about 30 minutes at 200°C, or until slightly crispy.

For the mushy peas:

Cook peas in slightly salted water for a few minutes and then drain.

In a small pot, heat up coconut oil and gently saute the green onions for 2 minutes.

Remove from heat. Add the peas and mash with a potato masher.

More ingredients and instructions on the next page...



Ingredients (cont.)

For the beer batter:

3 tbsp	all purpose flour
3 tbsp	cornstarch
	oil, for frying
1 tbsp	baking powder
100 ml	beer
1 pinch	salt
1 pinch	white pepper
¼ tsp	garlic powder
	lemon wedges, for serving

Instructions (cont.)

For the beer batter tofu:

In a bowl, mix the flour and cornstarch.

Take the cooled baked tofu and press one of the cut nori sheets on it so that it sticks.

Repeat this step for all the tofu fillets.

Then roll each one in the flour-and-cornstarch mix until they are all well coated, and then set aside.

In the meantime, heat up the oil for frying in a pan, pot, or fryer.

Then add the rest of the ingredients for the batter to the bowl and mix gently until smooth.

Dip the tofu-nori fillets in the batter and place in the frying pan. Fry on each side for about a minute or until golden brown.

Serve on a platter with the potatoes, the mushy peas, and lemon wedges.

Your vegan fish and chips are ready!

Fresh herbs
are more
aromatic than
dried ones.

Preparation time: 75 minutes
Servings: 8

VEGAN ROAST WELLINGTON

Puff pastry dough-wrapped roast with a hearty tofu, mushroom, pine nut, and chestnut filling, served with gravy, potato roses, and cranberry sauce or fresh berries.

Ingredients

50 g	pine nuts
5 tbsp	olive oil
1	large onion
3	garlic cloves
400 g	regular tofu
350 g	smoked tofu
1 tbsp	thyme, dried or fresh
1 tsp	rosemary, dried or fresh
	pinch of ground coriander
1 tsp	paprika (sweet or smoked)
4	dashes fresh black pepper

Instructions

First, put the pine nuts in a frying pan and roast them over a low to medium heat for a few minutes. Once they are lightly browned and fragrant, remove from the pan and set aside.

Add 3–4 tablespoons of the olive oil to a large deep pan and place on medium heat.

Finely chop the onion and fry for 3–4 minutes. Then finely chop or press the garlic and add to the pan. Stir and saute for another 2 minutes.

In the meantime, using a food processor, process the tofu into thick crumbles and then add to the pan.

Stir and add the thyme, rosemary (finely chopped if using fresh), and spices.

More ingredients and
instructions on the next page...



Ingredients (cont.)

3 tbsp	soya sauce
2 tbsp	Worcestershire sauce
	salt, to taste
200 g	shiitake mushrooms
200 g	chestnuts (cooked and peeled)
4 tbsp	cornstarch

Instructions (cont.)

Let the mixture cook for about 5 minutes, stirring frequently, before adding the soya and Worcestershire sauce.

Mix well, adjust salt and pepper to taste, cook for another minute and remove from heat.

In a medium pan, heat 1–2 tablespoons of olive oil and add the shiitake mushrooms, roughly chopped. Roast the mushrooms for 3–4 minutes over a medium heat. Once nicely browned and very fragrant, add to the tofu mixture in the big pan.

Roughly chop the chestnuts (just enough to not have big chunks, don't crumble them completely) and add them to the tofu mixture.

Wrap the roasted pine nuts in a kitchen towel and using a kitchen hammer or other heavy object, crush them and add to the mixture in the pan.

Mix everything very well, fold in the cornstarch, and mix again thoroughly. Let stand another 10 minutes to cool.

More ingredients and instructions on the next page...



Ingredients (cont.)

270 g	vegan puff pastry
1 tsp	mustard
1 tsp	agave syrup
1 tsp	soya yoghurt

Instructions (cont.)

Preheat your oven to 180°C (top and bottom elements).

Roll out the puff pastry onto a sheet of baking paper. Carefully place the filling mixture in the middle, running lengthwise, and press firmly with your hands to compact the filling as much as possible. Then wrap the dough around the filling on the one side and roll it to wrap completely around it. Twist the edges of the open sides with your fingers in order to close the whole roll like a candy wrapper. Carefully transfer the loaf with the baking paper on to a baking tray.

In a small bowl, mix together the mustard, agave syrup, and soya yoghurt, and brush the loaf with it generously.

Place in the middle rack of the oven and bake for about 25–30 minutes or until golden brown.

Let cool slightly before slicing.

Serve your roast Wellington with gravy, potatoes, and cranberry sauce (or berries).

Enjoy!



Preparation time: 75 minutes
Servings: 10

VEGAN GOULASH WITH RED CABBAGE AND SALTED POTATOES

A delicious and warming dish for the cold winter days, this hearty soya goulash is perfectly complemented by the salted potatoes and the slightly sweet red cabbage.

Ingredients

For the salt potatoes:

1 kg potatoes
1 tsp salt

For the goulash:

500 g soya chunks or small medallions
1 L vegetable stock
salt, to taste
pepper, to taste
400 g onions
400 g bell peppers
10 g garlic cloves

Instructions

For the salt potatoes:

Peel the potatoes, put them in a pot, and cover with cold water. Add the salt, turn the heat on, and boil for about 20 minutes with the lid on. Once the potatoes are soft, drain the water and set them aside.

For the goulash:

Soak the soya chunks in hot vegetable stock for 5-10 minutes. Then drain the water, press the moisture out of them, and add salt and pepper.

Peel the onions, wash the bell pepper, and cut them all into strips. Peel and mince the garlic.

More ingredients and instructions on the next page...



Ingredients (cont.)

For the goulash:

4 tbsp	rapeseed oil
200 g	tomato paste
100 ml	rapeseed oil
90 g	whole grain flour

For the red cabbage:

100 g	onions
3 tbsp	rapeseed oil
800 g	red cabbage
200 g	apples
350 ml	vegetable stock
3-4	laurel leaves, or to taste
	pinch of ground cloves, more to taste
	salt, to taste
	pepper, to taste
30 g	cornstarch

Instructions (cont.)

For the goulash:

In a pot, heat up a bit of rapeseed oil and saute the soya chunks with the onions. Add peppers, garlic, and tomato paste and mix. Pour the vegetable stock over them and let the food simmer for about 30 minutes.

In a small pot, heat up the rapeseed oil and slowly add the flour while stirring. Add the thick paste (or roux, to use the correct cooking term) to the goulash and mix well.

For the red cabbage:

Peel the onions, cut into cubes, and fry in oil until translucent.

Wash the cabbage and apples and cut into strips and small pieces, respectively. Add them to the onions, pour vegetable stock over everything, add the spices, and gently cook for 30-40 minutes.

Finally, add the cornstarch, diluted with 1-2 tablespoons of water, to the vegetables and mix well to bind.

To serve:

Serve the vegan goulash with salted potatoes and red cabbage.



Preparation time: 50 minutes
Servings: 4

VEGAN POKÉ BOWL

Aromatic coconut rice with hoisin tofu, steamed edamame, sweet fresh fruit, marinated carrot ribbons, and crispy toasted nori leaves. Impressive, nutritious, and full of colours and flavours, this Hawaiian-inspired poké bowl is absolutely delicious.

Ingredients

For the coconut rice:

400 g	basmati rice
400 ml	coconut milk
500 ml	water
1	cardamom pod, optional
¼ tsp	salt

For the edamame:

200 g	edamame beans
	salt, to taste

Instructions

For the coconut rice:

To make the coconut rice, put the rice, coconut milk, water, cardamom, and salt in a pot and cook over a medium heat. Once the rice is soft and the liquid is almost completely absorbed, remove from heat and cover the pot with a towel.

For the edamame:

Steam or cook the beans in salted water for 2 minutes, until soft.

More ingredients and instructions on the next page...



Ingredients (cont.)

For the mushrooms:

- 300 g** mushrooms
- 2 tbsp** sesame oil
- 2 tsp** nori or wakame flakes

For the hoisin tofu:

- 400 g** firm tofu
- 3 tbsp** sesame oil
- 2 tsp** hoisin sauce

To serve:

- ½** pineapple or 1 mango
- 1** large avocado
- ½** cucumber
- 4** radishes

Instructions (cont.)

For the mushrooms:

Cut the mushrooms into thick slices, heat up 2 tablespoons of sesame oil in a medium pan, and add the mushrooms to the pan. Once they are slightly browned, put them in a bowl and sprinkle with the nori flakes.

For the hoisin tofu:

To make the hoisin tofu, cut the tofu in ½ -1-cm thick slices. Heat up 3 tablespoons of sesame oil in a medium pan and fry the tofu on both sides until golden. Remove from the heat and add the hoisin sauce. Mix to coat, adding a tablespoon of water to thin, if necessary.

To serve:

Then wash and cut the pineapple into bite-sized cubes.

Wash and cut the avocado in half, and then cut into thin slices.

Wash and slice the cucumber and radishes.

More ingredients and instructions on the next page...



Ingredients (cont.)

4	carrots
3 tbsp	rice vinegar
1 tbsp	no-fish sauce, optional
1	nori sheet
	sesame seeds, to garnish

Instructions (cont.)

Wash the carrots and then slice them into ribbons using a peeler and mix in a bowl with the rice vinegar and no-fish sauce.

To make the bowls: once everything is ready, divide each component by 4 and serve in 4 bowls.

To toast the nori sheet, cut the sheet into 4 pieces. Using a gas cooker or an open flame, pass each piece on top of the flame, back and forth, about 12 times. This should be done fast enough not to burn the nori sheet but slow enough to toast it and make it change colour from purple to dark green. As soon as it is toasted, the nori sheet will stiffen up and become crispy.

Serve immediately on top of the poké bowl and garnish with some sesame seeds.

Instead of rice noodles, you can serve this dish with rice instead.



Preparation time: 30 minutes
Servings: 4

OYSTER MUSHROOM FILLETS IN COCONUT SAUCE

Pan-seared king oyster mushroom fillets in a creamy curried coconut sauce with peanut butter. Serve this mouth-watering combination on top of your favourite rice noodles, topped with some chili and lime for a perfectly delicious vegan fish dish.

Ingredients

For the oyster mushroom filets:

- 500 g** king oyster mushrooms
- 5 tbsp** peanut oil
- 4 tbsp** no-fish sauce or tamari

Instructions

For the oyster mushroom filets:

First, prepare your oyster mushroom fillets: cut the mushrooms in 8–10mm thick slices. Then score every slice on both sides by making diagonal cuts into the mushroom flesh. Be careful not to cut too deep, or the fillets will break apart.

Once the fillets are scored, heat 2 tablespoons of the peanut oil in a pan and sear them on each side, until nicely browned.

Once ready, put them in a bowl and drizzle the no-fish sauce over them. Mix gently to evenly coat and set aside.

More ingredients and
Instructions on the next page...



Ingredients (cont.)

For the curry coconut sauce:

1	onion, finely chopped
2	garlic cloves, pressed
1 tsp	ginger, grated
2 tsp	yellow curry paste
400 ml	coconut milk
200 ml	vegetable broth
200 g	rice noodles
1½ tbsp	peanut butter

To serve:

2	limes
1 tbsp	fresh chili, finely chopped
1	small bunch of fresh coriander

Instructions (cont.)

For the curry coconut sauce:

In a medium pan, gently fry the onion in the rest of peanut oil for a few minutes. Add the garlic and ginger and fry for a few minutes further until everything is soft and fragrant. Then add the curry paste, coconut milk, and vegetable broth, and let the mixture cook for about 10 minutes.

In the meantime, cook the rice noodles according to the package instructions.

Once the coconut curry sauce has cooked, add the peanut butter and mix well to dissolve. Continue mixing until you get a creamy consistency and then remove from the heat.

To serve:

Add the seared oyster mushroom fillets, together with the juice of one lime, to the sauce and let stand for a few minutes. If needed, season with a bit more no-fish sauce or tamari.

Serve the mushroom fillets and coconut sauce with your cooked rice noodles. Garnish your vegan fish curry with some coriander leaves, fresh chili peppers, and lime wedges.



Preparation time: 60 minutes
Servings: 4

PILAF WITH SHIITAKE “MUSSELS”

A very tasty and filling rice dish, this is a veganised version of mussel pilaf, which is very popular in Greece. The shiitake mushrooms are slowly baked, packing them with umami flavour, while the herbs, seaweed powder, and ouzo, bring out the Mediterranean flavours.

Ingredients

For the shiitake “mussels”:

- 120 g** shiitake mushrooms
- 2 tbsp** olive oil
- 2 tbsp** tamari sauce
- ½ tsp** wakame powder or nori powder

For the pilaf:

- 350 g** jasmine rice or another long grain rice
- 6 tbsp** olive oil
- 1** onion, chopped

Instructions

For the shiitake “mussels”:

- Wash the shiitake mushrooms, place them on a baking tray, and toss with the oil and tamari sauce to coat.
- Sprinkle with the wakame powder and bake at 150° C for about 45 minutes.

For the pilaf:

- In the meantime, prepare the pilaf. First, wash the rice very well in plenty of water, to release the starch.
- Then heat the oil in a big pan over a medium heat and gently fry the onions for 2-3 minutes.

More ingredients and instructions on the next page...



Ingredients (cont.)

- 3** cloves of garlic, minced
- 1 bunch** spring onions, chopped
- ½ tsp** estragon, dried or 1 tbsp fresh, finely chopped
- ½ bunch** dill, finely chopped
- 1** bell pepper, chopped
- 800 ml** vegetable broth or more if needed
- 1 pinch** saffron threads, optional
- 1 tbsp** lemon zest
- 1 shot** ouzo, optional
- nori flakes, for garnish
- salt and pepper to taste

Instructions (cont.)

- Then add the garlic, spring onions, herbs, and pepper and fry further for 2-3 minutes, mixing continuously.
- Then add the rice, the vegetable broth, and saffron, and let the pilaf cook, covered, over a medium-low heat until the water is absorbed and the rice is cooked through. This should take about 20-25 minutes.
- Mix as little as necessary.
- Then add the mushrooms, lemon zest, and ouzo shot and mix.
- Remove from the heat, adjust salt and pepper, and sprinkle with nori flakes before serving.



SAUCES



Time: 5 minutes

Servings: 4

BBQ SAUCE

This quick and simple BBQ sauce takes just a few minutes to make. Vegan and kid-friendly, it can be used as a side for burgers, as a base sauce for pulled jackfruit, or as a dip for grilled veggie sausages or steaks.

Ingredients

2 tbsp	tomato puree
2 tbsp	plum jam
1 tbsp	mustard
4 tbsp	ketchup
1 tbsp	fried onions
1 dash	Cola drink
	salt, to taste
	pepper, to taste
1 pinch	chili, or more to taste
1 pinch	smoked paprika

Instructions

Mix all the ingredients together and season to taste.

Serve as a dip for vegan sausages or as a sauce on this Jackfruit Burger on page 51.



Time: 10 minutes

Servings: 8

BASIL CREAM PESTO

This creamy homemade pesto tastes delicious and takes just a few minutes to make. Perfect for spreading on grilled bread, making mouth-watering crostinis, or as a simple pasta sauce.

Ingredients

150 g	almonds
5 g	fresh garlic
20 g	fresh basil
80 ml	almond milk
250 ml	olive oil
	salt, to taste

Instructions

Put all the ingredients in a blender and process until smooth and creamy. Adjust salt to taste.

This recipe will give about 400g of pesto cream. If it is not used right away, it can be stored in a sterilized vacuum jar.



Preparation time: 10 minutes
 Waiting time: 5 hours
 Servings: 4

VEGAN TZATZIKI

This vegan version of the classic Greek dish is made with soya yogurt and tahini and is deliciously tasty and rich. It's great as a dip for fried potatoes or as a side dish for grilled vegetables.

Ingredients

400 g	soya yoghurt
1/2	cucumber
2 cloves	garlic
½ bundle	dill
1 tbsp	tahini
1 tbsp	white wine vinegar
3 tbsp	olive oil, more for serving
	salt and pepper to taste

Instructions

Wrap the yogurt in a tea towel placed over a colander, and let it drain for about three hours.

Coarsely grate the cucumber and sprinkle with a little salt. Mix well and drain the liquid.

Next, mix the drained yogurt and the drained, salted cucumbers in a bowl, together with all the other ingredients. Season to taste with salt and pepper.

Ideally, let the tzatziki sit in the refrigerator for two to three hours. Serve chilled and drizzled with a little olive oil.



Preparation time: 20 minutes
Servings: 8

CRANBERRY SAUCE

A delicious and easy-to-make cranberry sauce, this is a wonderful addition to festive dishes such as vegan Wellington or nut roast, and is ready in only 20 minutes.

Ingredients

- 250 g** cranberries
- juice of 1 orange
- 150 ml** water
- 80 g** brown sugar
- pinch of salt
- ¼ tsp** pumpkin pie spice (or
 Clove powder)
- ¼ tsp** orange zest
- 1 shot** orange liqueur (optional)

Instructions

- Wash the cranberries and put them in a small pot, along with all the other ingredients.
- Cook on a medium heat, covered, for 15 minutes. If using liquor, add after cooking, and stir well.
- Remove from heat and let cool to room temperature before serving.

If you don't have a spice or herb infuser, you can use a small piece of cheesecloth instead to strain the spices.

Preparation time: 80 minutes
Servings: 8

BASIC VEGAN BROWN SAUCE (GRAVY)

This homemade vegan brown sauce, made with roasted fresh vegetables and infused with spices, can be used as a base for other sauces or served as a gravy as is.

Ingredients

200 g	carrots
½	leek
150 g	celeriac
1	red onion
1	white turnip
3 tbsp	rapeseed oil
2 tbsp	wine vinegar
1 tbsp	tomato paste, more if needed
100 ml	red wine
1 L	vegetable broth
2	bay leaves
8	juniper berries
½ tsp	caraway seeds
4	allspice berries
	salt and pepper, to taste

Instructions

Wash, peel, and roughly chop the vegetables. Place them on a baking tray covered with baking paper and mix them with the oil. Spray lightly with vinegar. The vinegar will evaporate during roasting, giving an intensive vegetable aroma.

Roast the veggies at 220°C for about 25-30 minutes (top and bottom elements).

Remove from the oven and place the vegetables in a pot. Add the tomato paste and cook on a high heat for approximately 3 minutes. Deglaze with the wine and mix to evaporate the alcohol. Then add the vegetable stock.

Put the bay leaves, juniper berries, caraway seeds, and allspice berries into a spice infuser and add to the pot. Simmer for about 40 minutes.

Then let the mixture cool down, remove the spice infuser, and blend the mixture into a creamy sauce. Season with salt and pepper, warm up when needed, and serve.

DESSERTS



Time: 10 minutes + 4
hours to cool
Servings: 6

HEALTHY VEGAN CHICKPEA FUDGE

This recipe for vanilla and chocolate-chip soft fudge uses a surprise ingredient: chickpeas! It is very easy to make, loaded with protein, and super tasty.

Ingredients

230 g	chickpeas, cooked and drained
1 tbsp	vanilla extract
2 tbsp	hazelnut butter
50 g	agave syrup
120 ml	melted shea butter or refined coconut oil
50 g	vegan chocolate chips (optional)
2 pinches	salt flakes

Instructions

Blend chickpeas in a blender or food processor until smooth, scraping down the sides of the container between pulsings.

While blending, slowly add the vanilla extract, the nut butter, and agave syrup, until completely combined into a smooth mixture. Then slowly add the melted butter, while processing at high speed.

Transfer the mixture to a square container about 15x15 cm, lined with parchment paper.

Fold in the chocolate chips and gently smooth out the surface with a spoon.

Sprinkle some salt flakes on top and chill for at least 4 hours in order for the fudge to firm up. Once firm, remove from the container, cut into squares, and serve.

Instead of almonds, you can use walnuts or hazelnuts.

Preparation time: 100 minutes
Servings: 50 cookies

VEGAN XMAS VANILLA COOKIES

These vanilla Xmas cookies are popular in many European countries and go by various traditional names, such as Vanillekipferl in Austria, Vaniljekranse in Denmark, and Qurabiya in Greece. This recipe shows you how to make easy and delicious vanilla cookies without eggs or butter.

Ingredients

200 g	margarine
60 g	sugar
250 g	all-purpose flour
	pinch of salt
100 g	ground almonds
¼ tsp	vanilla powder
100 g	powdered sugar
24 g	vanilla sugar

Instructions

- Warm up the margarine until melted and then mix with the sugar.
- In a bowl, mix the flour, salt, ground almonds, and vanilla powder. Add the margarine-sugar mix and combine using a hand mixer for about 3 minutes.
- Wrap the pastry in plastic foil and put in the fridge for at least 1 hour.
- Preheat the oven at 180 °C (top and bottom elements).

More ingredients and instructions on the next page...



Instructions (cont.)

Take the pastry out of the fridge and roll it out onto a lightly floured surface in a 4-cm thick layer. Cut out half-moon shapes with a cookie cutter or cut into 1-cm wide stripes and shape them into half moons.

Put the half- moon cookies on a baking tray that is lightly oiled or covered with baking paper .

Put the vegan vanillekipferl into the oven and bake for 10-12 minutes until golden.

In the meantime, mix the vanilla sugar with the powdered sugar.

Take the vanillekipferl out of the oven and dust the sugar mixture over them while still hot. Allow to cool and remove from the tray.

The walnuts can optionally be omitted or replaced with other crushed nuts such as almonds or macadamia.

Time: 60 Minutes
Servings: 10

CARROT CAKE WITH VEGAN CREAM-CHEESE FROSTING

A moist and aromatic carrot cake with walnuts, cinnamon, and fresh ginger, topped with a vegan cream-cheese frosting.

Ingredients

For the Frosting:

400 g	soya yoghurt (strained overnight)
100 g	margarine (room temperature)
250 g	powdered sugar
¼ tsp	salt
1 tsp	cream stabiliser

Instructions

For the Frosting:

To strain the soya yoghurt, place a cheesecloth in a strainer, pour in the yoghurt and let it thicken overnight.

Using a mixer, beat the margarine and half of the sugar for a few minutes until light and fluffy.

Add the juice, salt, strained yoghurt, and the rest of the sugar, and beat again at high speed. Continue mixing and add the cream stabiliser. Let the frosting cool in the fridge for at least 2 hours before using.

More ingredients and instructions on the next page...



Ingredients (cont.)

For the carrot cake:

180 g	vegan butter/ margarine (room temperature)
220 g	brown sugar
300 g	carrots, shredded
1 tbsp	ginger, grated
1 tsp	cinnamon
1 tsp	vanilla extract
1 tbsp	apple cider vinegar
1	orange or lime, zest
350 ml	orange juice
450 g	white spelt flour
15 g	baking powder
¼ tsp	salt
70 g	Walnuts, crushed

For serving:

½ cup	walnuts (optional)
1	lime, zest

Instructions (cont.)

For the carrot cake:

Using a mixer, beat margarine and sugar for a few minutes until light and fluffy.

In a bowl, mix the shredded carrots with the ginger, cinnamon, vanilla, flaxseed, vinegar, zest, and orange juice.

In another bowl, mix the flour with the baking powder and the salt.

Add the carrot mixture to the margarine and add the dry ingredients one by one, mixing them in as you go. Then fold in the crushed walnuts.

Pour mixture into a 26-cm-diameter round pan and bake at 180°C for about 50 minutes (place on the middle rack, no fan). Check that the cake is baked all the way through by inserting a toothpick into the middle and making sure it comes out clean.

Let the cake cool before frosting.

For serving:

Transfer the cooled carrot cake to a serving dish.

Spread a thick layer of frosting on top and decorate with walnuts and lime zest.



Preparation time: 60 minutes
Servings: 8

WALNUT BROWNIES WITH WHIPPED CREAM AND RASPBERRIES

These vegan walnut brownies are super simple to make and full of flavour. Serve them with vegan whipped cream and raspberries for a mouth-watering dessert

Ingredients

For the Brownies:

70 g	walnuts
140 g	dark couverture chocolate
200 g	white flour
100 g	cocoa powder
200 g	sugar
100 g	cane sugar
½ tbsp	baking powder
½ tsp	salt

Instructions

For the Brownies:

Preheat your oven to 180°C.

Chop the walnuts and chocolate into small pieces.

In a medium bowl, mix together the flour, cocoa powder, the two types of sugar, the baking powder, and the salt.

In a large bowl, puree the avocado, banana, and oil. Add the orange zest, water, and vinegar, and mix in. Then add the chopped walnuts and chocolate, along with the batter, and mix together.

More ingredients and instructions on the next page...

Ingredients (cont.)

½	avocado, small
½	banana, small
100 ml	rapeseed oil
½ tbsp	orange zest
270 ml	water
1 tbsp	balsamic vinegar
	margarine or vegan butter, for greasing the pan

For the whipped cream:

300 ml	whippable soya cream
⅓ tsp	vanilla-bean paste
10 g	whipping cream stabiliser

For the topping:

80 g	raspberries
------	-------------

Instructions (cont.)

Line a baking tray with baking paper and grease with margarine or vegan butter. Spread the brownie mixture evenly.

Bake for 20 to 30 minutes.

After taking out of the oven, cool for 10- 15 minutes, before cutting into small squares.

For the whipped cream:

Whip the soya cream with the vanilla until it reaches maximum volume. Then gradually add the cream stabiliser while continuously whipping the cream. Scrape off the edge with a spatula or dough scraper and whip again until the cream is stiff.

To serve:

Spoon the whipped cream into a piping bag and pipe onto the brownies. Garnish each brownie with a raspberry.



Preparation time: 10 minutes
 Waiting time: 8 hours
 Servings: 4

CHIA CHOCOLATE PUDDING WITH STRAWBERRY RAGOUT

A dessert recipe that is simple to prepare, impressive, and delicious, this beautiful chia pudding is thick and creamy, and rich in fibre, protein, and omega-3 fatty acids.

Ingredients

For the chia chocolate pudding:

400 ml	almond milk (alternatively oat or soya milk)
80 g	chia seeds
40 g	cocoa powder
3 tbsp	agave or maple syrup
1 pinch	cinnamon
1 shot	espresso
1 pinch	salt

Instructions

For the chia chocolate pudding:

Mix all the ingredients in a bowl and season to taste.
 Pour into glasses and chill, preferably overnight.

**More ingredients and
 instructions on the next page...**



Ingredients (cont.)

For the strawberry ragout:

250 g	strawberries
1 tbsp	agave syrup
1 splash	balsamic vinegar
	some freshly ground pepper

To serve:

1 tbsp	almond slivers
	mints

Instructions (cont.)

For the strawberry ragout:

Clean the strawberries and cut them into small slices or cubes. Mix with the rest of the ingredients and season to taste.

To serve:

Pour the strawberry ragout over the chia chocolate pudding, decorate with mint and almonds, and serve.



Preparation time: 45 minutes
 Waiting time: 1 hour
 Servings: 8

VEGAN HEFEZOPF

This is a simple and delicious recipe for the classic German bread, made without any eggs. This recipe makes a beautiful, fluffy, slightly sweet and aromatic yeast bread that is also vegan, using plant-based milk and margarine.

Ingredients

200 ml	soya milk, warm
150 g	brown sugar
25 g	fresh yeast
600 g	white flour
18 g	vanilla sugar
75 g	margarine, room temperature
100 ml	aquafaba (chickpea brine)
1 tbsp	agave syrup

Instructions

Combine the warm milk (not hot) in a bowl with the sugar and the yeast, and mix to dissolve. Add a few spoonfuls of the flour, mix well and let sit for five minutes.

Add the rest of the flour, along with the vanilla sugar, the margarine, and the aquafaba (reserve 2 tablespoons for brushing the bread). Mix and knead for 10 minutes, until the dough is smooth. If needed add a bit of flour.

Wrap the dough in cling film and let it rest in a warm place for about 40 minutes.

More ingredients and
instructions on the next page...



Ingredients (cont.)

1 pinch	vanilla powder
2 tbsp	almond flakes (optional)
1 tbsp	vegan sugar sprinkles (optional)

Instructions (cont.)

Knead the dough for a few minutes, divide it into three parts, and form a braid. Put the braided loaf on a baking pan lined with baking paper. Let it rest for another 20 minutes in a warm place.

Mix the reserved 2 tablespoons of aquafaba with the agave syrup and the vanilla powder, and coat the braid with the liquid using a pastry brush.

Bake at 165°C (convection function) for about 25 minutes, until the loaf is golden brown.

Remove from the oven and let cool.

If you wish, you can lightly brush the braid with the remaining aquafaba-agave mixture, and sprinkle almond flakes and sugar sprinkles to give your bread some pop. Enjoy!



Preparation time: 186 minutes
 waiting time: 6 hours
 Servings: 1 cake (20 cm)

VEGAN BLACKFOREST CAKE

This is a deliciously veganised version of the german classic Black Forest cake. A five-layer cake, it's luscious and rich, and is bound to impress.

Ingredients

For the cake:

380 g	white flour
35 g	vanilla-pudding-powder substitute (made with cornstarch)
17 g	baking powder
1 pinch	salt
4 tbsp	cocoa powder
200 g	sugar
185 ml	sunflower oil, plus more to grease the pan

Instructions

For the cake:

In a bowl mix together the flour, pudding powder, baking powder, salt, and cocoa.

In a separate bowl, mix the sugar, oil, soda water, and vinegar. Pour into the wet mixture and mix well until incorporated.

Divide the cake batter into three equal parts. Bake each part in a 20cm Ø springform for about 22 minutes, at 180°C.

Let cool completely and remove from the springforms.

More ingredients and instructions on the next page...



Ingredients (cont.)

400 ml soda water
1 tbsp vinegar

For the filling cream:

200 g cashews, (soaked for 6 hours)
200 ml vegan whipping cream
1 pinch vanilla powder (or 1-2 tsp vanilla extract)
100 ml melted vegan butter
120 g icing sugar

For the garnish:

200 ml vegan whipping cream
3 tbsp powdered sugar
2 tbsp cream stabiliser powder
360 g sour cherries in cherry juice, cored

Instructions (cont.)

For the filling cream:

Put the soaked cashews in a blender and blend until smooth, scraping the mixture down from the sides as necessary. Add the 200 ml whipping cream and vanilla and continue blending while slowly adding the melted vegan butter. Blend until as smooth as possible. Finally, add the icing sugar and process to incorporate.

For putting the cake together and garnishing:

Whip the whipping cream with the powdered sugar and the cream stabiliser until firm. Keep in the refrigerator until ready to use.

Drain the sour cherries from their juice, and reserve each separately. You will need about 160 ml sour cherry juice. Mix the juice with the cherry water.

Place one of the cakes on your cake stand/serving plate.

More ingredients and instructions on the next page...



Ingredients (cont.)

For the garnish:

40 ml	cherry water, optional, omit for alcohol-free version
50 g	vegan chocolate flakes
70 g	vegan candied cherries or fresh cherries

Instructions (cont.)

Using a tablespoon, pour about a third of the cherry-juice liquid evenly onto the surface of the sponge layer. Do this slowly enough for the cake to absorb as much liquid as possible.

Top with half of the sour cherries and the half of the cashew filling, spreading evenly.

Place the second sponge layer on top and repeat the process.

Then finally place the third sponge layer on top and soak with the last third of the cherry-juice liquid.

Use the chilled whipped cream to cover the cake on the top and sides as desired.

Decorate the cake with the chocolate flakes and finally garnish with the candied cherries.

For best results, refrigerate the cake overnight before serving.

Enjoy!

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