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Vegan Starters (Recipes)

UNIT 7

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Deaf Chefs
Learning the Vegan Cuisine
2024-1-DE02-KA220-VET-000254897

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UNIT 7 - Recipe 1

Chickpea salad with roasted eggplants

for 4 persons

Quantity / Ingredients:

125 g soaked chickpeas
1 large eggplant
2 tomatoes
1 cucumber
200 g carrots, raw
1 small bunch of mint
1 dash Tabasco
½ tsp cayenne pepper
Fruit vinegar / oil (olive oil) / fresh lemon juice
Salt / rosemary to season

Preparation:

- Soak the chickpeas overnight. Then boil it soft in salted water for approx. 30 - 40 min.
- Cut the eggplants into ½ cm thick slices. Fry the eggplants in olive oil, season with lemon juice, salt and finely chopped rosemary.
- Dice the tomatoes, cut the cucumber and carrots into diamonds or cubes, mix with the chickpeas and eggplants.
- Finely chop the mint, but keep the sprigs for garnishing.
- Add the chopped mint, spices, Tabasco, fruit vinegar and olive oil to the salad mixture and mix.
- Garnish with a sprig of mint.

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UNIT 7 - Recipe 2

Vegan Rice Paper Packet with Tofu And Vegetables

for 4 Persons

Quantity / Ingredients:

For wrapping:

20 sheets rice paper

Filling:

180 g	tofu
200 g	mushrooms (finely diced)
2 small	carrots (Finely diced)
150 g	cabbage (shredded)
2	spring onions (chopped)
4	cloves garlic (minced)
1 tbsp	rice vinegar (or apple cider vinegar)
2 tbsp	soy sauce
1 tsp	sesame oil
1 tsp	fresh ginger (minced)
1 g	pepper
2 g	salt

For frying: oil

Preparation:

Prepare the filling: Finely shred the cabbage and carrots. Dice mushrooms into small cubes. Mince garlic and ginger. Crumble the tofu into small pieces.

Cook the filling: Heat olive oil in a large pan over medium heat. Sauté the mushrooms, cabbage, carrots, tofu, garlic, and ginger until vegetables soften, about 5-7 minutes. Season with salt, pepper, soy sauce and rice vinegar. Stir in spring onions, then remove from heat and let cool.

Wrap the balls:

- Dip a rice paper sheet in water for a few seconds and lay it on the damp surface.
- Place a spoonful of filling in the center and shape into a small rectangle.
- Fold the bottom of the rice paper over the filling, then fold the top and sides, creating a pocket.
- Dip a second sheet in water and double wrap the dumpling using the same method.

Repeat the process: Continue wrapping until all the filling is used.

Pan-fry the balls: Heat oil in a pan over medium-high heat. Fry the balls for 2-3 minutes on each side or until golden and crispy.

Serve: Enjoy hot with sweet and sour sauce or a soy-vinegar dipping sauce.

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UNIT 7 – Recipe 3

Marinated Tofu

for 2 persons

Quantity / Ingredients

250 g	tofu
2 tbsp	oil
4 tbsp	soy sauce
2 tbsp	Sherry (optional)
2	(organic) lemons
¼	chilli pepper or red pepper, finely chopped
10	radishes, sliced

1 bunch of chives, cut into fine rolls
1 pinch of sea salt
1 pinch of pepper from the mill
Oliveoil

Tbsp = Tablespoon

Preparation:

- Pat the tofu dry and cut into thin slices, then marinate with sauce and place on a plate.
- Sauce: Mix the oil, soya sauce, sherry and the juice of one lemon, season with sea salt and pepper.
- Prepare the chilli or pepper, deseed, finely dice, add to the sauce and leave to infuse for 30-40 minutes.
- Top with the radish slices, chopped chives and the second lemon slice, add oliveoil on top before serving.

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UNIT 7 – Recipe 4

Onion and Apple Spread

for 6 persons

Quantity / Ingredients

250 g coconut oil
4 medium-sized onions
1 " apple
1/8 l olive oil
Season to taste
1 pinch of salt
1 pinch of ground pepper

Preparation:

- Peel and finely dice the onions, brown in a little coconut oil.
- Add the rest of the coconut oil and the finely diced apple.
- Stir the mixture into the very cold olive oil - preferably put in the fridge in advance - and season with salt and pepper.
- Chill for at least 1 day.

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UNIT 7 – Recipe 5

Fennel Raw Vegetable Salad

for 2 persons

Quantity / Ingredients

1-2 tubers of	fennel (depends on size)
1 mug of	Sanoghurt
2 g	salt
5 g	apple syrup
1 tbsp	lemon juice
some	fennel greens
1 red-skinned	apple

Preparation:

- Prepare a salad dressing from the Sanoghurt, salt, lemon juice, apple syrup and finely chopped fennel greens.
- Wash and halve the fennel bulbs, finely slice with a slicer. Mix everything well.
- Wash the apple. Cut into thin strips (except for 2 apple wedges for decoration) and mix together.
- Garnish the finished salad with 1 apple wedge each.

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UNIT 7 – Recipe 6

"Moroccon Rolls" With Vegetables In Filo Pastry And Saffron Sauce

for 4 persons

Quantity / Ingredients

40 g	Phyllo pastry
2 g	ginger, ground
2 g	turmeric
2 g	salt
2 g	pepper
2 tbsp	soy sauce
4 g	oil for coating
40 g	vegetables: carrot, red cabbage, spring onions, white cabbage
1 clove	garlic
1 sprig of parsley, flat-leaf or curly, chopped	
2 g	coriander, ground
10 g	vegan hard cheese, grated
2 tbsp	hot Asian sauce or BBQ sauce
4 tbsp	flour and water

For the sauce:

100 ml	vegan cream
20 ml	vegetable stock
1 g	saffron

Preparation:

- Cut the vegetables into thin strips and sauté briefly. Add all the spices and mix together. Remove from the pan, add the cheese, the BBQ or Asian sauce and the herbs.
- Cut the Phyllo pastry into a square or oblong shape, brush with melted butter. Place the filling on top and roll up tightly. Coat the end with the flour and water.
- Bake the filled Phyllo pastry on a baking tray in a preheated oven at 180° C for approx. 15 - 20 minutes.

Sauce:

- Boil the vegan cream with the vegetable stock, add the saffron and reduce.

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UNIT 7 – Recipe 7

Zaaluk Eggplant Tartare With Flatbread

for 4 persons

Quantity / Ingredients

200 g	eggplants
1	red bell pepper
5 g	salt
1-2	small clove of garlic, fresh
2 g	cumin
2 g	paprika powder, smoked
2 g	paprika powder, hot
2 tbsp	olive oil
1 small sprig	coriander, fresh
2 tbsp	tomato puree
100 g	flatbread or baguette

(tbsp = tablespoon)

Preparation:

- Fry the eggplant and peppers in a dark place in the oven or on a grill plate or gas.
- Place the eggplant in a plastic bag and squeeze out the flesh.
- Peel the peppers. Finely chop both. Peel and finely chop the garlic.
- Place the vegetables, chopped garlic and tomato puree in a pan. Sauté everything, add the spices, season to taste and add the olive oil.
- Cut the flatbread or baguette into slices and toast.
- Serve the tartare and sprinkle with chopped coriander.
- Arrange the toasted slices of bread on top.

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UNIT 7 - Recipe 8

Australian Bush Bread

for 4 - 6 persons

Quantity / Ingredients:

200 g wheat flour
(with a mixture of ½, ½ of the flour types it becomes spicier, can also be only wheat flour can be used if desired. With only wheat flour please only use 100 g almond milk and 1 sachet of baking powder, everything else remains the same).
1.5 pk. baking powder
100 g Macadamia nuts, unsalted, roughly chopped
100 g vegan buttermilk
150 g almond milk
1 tsp Macadamia oil or other nut oil
1 tsp salt
1 tbsp Tasmanian berries (i.e. red peppercorns)
1 tbsp herbs, dried or fresh, chopped (rosemary, thyme, basil)
Tip: 50 g dried tomatoes, roughly chopped, can also be added

Preparation:

- Place the flour, baking powder, herbs, red peppercorns and salt in a bowl.
- Make a well in the middle, pour in the buttermilk, almond milk and oil and mix everything together. Then knead on a floured surface with the coarsely chopped macadamias until the dough is smooth.
- Shape into an oval loaf and leave to rise on a baking tray lined with baking paper for 30 minutes. (This can be omitted if using wheat flour only).
- Score the top of the loaf 4-6 times with a knife. Brush with milk or water and bake in a preheated oven at 180 degrees for approx. 50 minutes. Place a cup of water in the oven for baking.
- Remove the bread and leave to cool.
- Cut the bread into slices. Top each slice with avocado cream.

Recommendation:

- Australians like to drink black tea with a dash of milk, sugar if desired

Avocadocreme

for 2 persons

Quantity / Ingredients:

1 ripe avocado
1 tbsp olive or nut oil
30 g vegan cream cheese
juice of ½ lime
1 pinch of salt
1 pinch of ground pepper

Preparation:

- Halve the avocado and peel out of the skin with a spoon, mash with a fork and sprinkle with lime juice.
- Mix with the cream cheese, oil, salt and pepper to make a cream.

Tip:

- Chili flakes or finely chopped chili can also be added.

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Learning The World Cuisine
2021-1-DE02-KA220-VET-000034650
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UNIT 7 – Recipe 9

Vegan Mozzarella

for 4 persons

Quantity / Ingredients

100 g	cashew nuts, unsalted
10 g	psyllium seeds
200 ml	water
½	organic lemon juice
2-3 g	salt

Preparation:

!! Attention needs 1-2 preparation days

- Soak the psyllium seeds overnight in 200 ml water.
- Also soak the cashews in extra water overnight.
- The next day, pour off the water from the cashews and puree in a blender with the psyllium seeds, which are now jelly-like with the liquid, lemon juice and salt.
- Pour the mixture into an artificial casing or jar and refrigerate for a few hours until it becomes firm like mozzarella.

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UNIT 7 – Recipe 10

Vegan Cream Cheese

for 2- 4 persons

Quantity / Ingredients

150 g	Cashew nuts (soak in water overnight)
30 g	coconut oil
1 tbsp	apple cider vinegar
1 pinch of	ground pepper
1-2 tablespoons	lime juice
1-2 teaspoons	yeast flakes
2-3 g	salt

For garnish:

10 g	fresh chives or other herbs
1 tbsp	black or roasted sesame seeds

Preparation:

- Drain the soaking water from the cashews.
- Puree the soaked cashews with all the ingredients.