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UNIT 9

Main Courses (Recipes)

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Deaf Chefs
Learning the Vegan Cuisine
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UNIT 9 - Recipe 14

Cauliflower Thaler Breaded with Potato Salad

for 2 Persons

Quantity / Ingredients

400 g cauliflower, fresh (2 g slices – approx. 2 cm thick)
100 ml vegetable oil

Breading:

100 g panko breadcrumbs
1-2 tbsp flour
100 ml coconut milk, unsweetened
150 ml vegetable oil
1 pinch of salt
1 dash soy sauce
1 (organic) lemon for juice

Potato salad:

400 g waxy potatoes
50 g onions
40 g vinegar
60 g oil
200 ml vegetable stock
20 g medium hot mustard
Salt/pepper

Garnish:

Chives and/or parsley

Preparation:

Potato salad:

- Boil the waxy jacket potatoes for 40-50 minutes until soft, peel and cut into thin slices. Season with hot vegetable stock, vinegar, oil, salt/pepper and mustard. Peel and finely dice the onions, sauté briefly in oil until translucent, add to the potatoes and mix everything together.
- Cut the raw cauliflower 2 cm thick from the thick head. Marinate the cauliflower pieces with lemon juice, salt and a little soy sauce. Mix the coconut milk with the flour, then coat the cauliflower slices and roll in panko breadcrumbs on both sides.
- Fry the breaded slices in a pan with hot vegetable oil until golden brown, then cook in the oven at 120°C for 10-15 minutes.
- Serve and sprinkle the potato salad with chopped chives or parsley.

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UNIT 9 - Recipe 15

Vegan „Lasagne al forno“

for 2 - 4 Persons

Quantity / Ingredients

Dough:

600 g	wheat flour
3	vegan egg replacer
3 tsp	salt
	Water - as required

Filling:

300 g	onions
30 ml	oil
800 g	mushrooms
3 cloves	of garlic
80 g	wheat groats
280 ml	wine
200 ml	water
160 ml	almond or coconut milk
800 g	leaf spinach, fresh
1-2	vegan egg replacer

Seasoning:

vegan cheese, grated to gratinate

Salt / pepper, herbs

Preparation:

- Dough: Work the ingredients into an elastic pasta dough and roll out thinly. Cut in pieces.
- Filling: Peel and finely dice the onions, fry in oil until golden brown. Chop the mushrooms, peel the garlic cloves and fry with the onions.
- Stir the wine, water and almond milk into the cracked wheat and bring to the boil.
- Wash and roughly chop the spinach and add with the egg substitute. Season with salt/pepper and Italian herbs.
- Put the sauce in a baking dish, then a layer of pasta dough, then another layer of sauce with mushrooms and spinach - 2 layers on top of each other, finally sauce and grated vegan cheese on top.
- Bake in the oven at 180° for 30-40 minutes.

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UNIT 9 - Recipe 16

Vegan Roulade

for 2 Persons
Quantity / Ingredients

250 g	Seitan-Fix
175 ml	vegetable stock
50 ml	beetrut juice
2 tbsp	soy sauce
250 g	black beans
1 tsp	mustard, medium hot
2 tsp	garlic powder
50 g	onions, in strips
1 tsp	salt
40 ml	rapeseed oil

Sauce:

2x30 g	vegan bacon (alternatively: dried celery with smoked paprika)
2x1/2	cucumber
2 g	mustard
40 g	shallots

Preparation:

- Place all ingredients except seitan in a blender. Then knead in a bowl with seitan. Keep folding the seitan inwards for tension, leave to rest for 30 minutes.
- Shape into 6 flat pieces. Then roll out. Brush the roulades individually with mustard, steam the onion strips and place on the roulades, cover with vegan bacon slices and roll up. Hold together with toothpicks.
- Steam for 30-40 minutes, then fry in a pan.
- Then make the vegan sauce and braise together in the oven for 60 minutes.
- Serve with mashed potatoes.

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UNIT 9 - Recipe 17

Polenta Slices

for 2 - 4 Persons

Quantity / Ingredients

750 ml vegetable stock or water with yeast stock extract
220 g corn semolina (polenta)
a little sea salt
4 tbsp tomato puree
2 cloves of garlic, crushed
3-5 tomatoes - depending on size
Herbs: fresh parsley, herbs de Provence, Sea salt / pepper
100 - 150 g grated vegan cheese

Preparation:

- Bring the vegetable stock or water to the boil in a pan and season if necessary.
- Pour in the com semolina (polenta) and cook over a low heat for approx. 15 minutes until the porridge separates from the bottom.
- Spread the polenta out on a greased baking tray.
- Mix the tomato purée with the crushed garlic and spices and brush on. Top with tomato slices and sprinkle with cheese.
- Bake at 200°C for approx. 15 minutes.

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UNIT 9 - Recipe 18

Stuffed Mushrooms with Soy Filling (Tofu), Tomato Sauce and Rosemary Potatoes From the Oven

for 2 Persons

Quantity / Ingredients

8 giant mushroom caps
200 g soybean meal
1 g thyme
1 clove of garlic, chopped
30 g onions, finely diced
1 egg substitute
salt / pepper, paprika powder
80 g grated vegan cheese

Sauce:

200 g tomatoes, chopped, with sauce
50 g onions, chopped
Salt / pepper, paprika powder, sugar

Potato garnish:

300 g potatoes, waxy
2 cloves of garlic, chopped
1 sprig of rosemary
50 g olive oil
Salt to season

Preparation:

- Peel the potatoes and cut into 2 cm cubes. Pluck the washed rosemary from the stem and chop.
- Mix everything with olive oil and season with salt.
- Preheat the oven to 180°. Spread the potatoes on a baking tray and place in the oven for 20-25 minutes.
- Wash the mushroom caps and drain with kitchen paper.
- Fry the soybean meal in a pan for 2-3 minutes, season, add the diced onion and fry for another 5 minutes. Transfer to a bowl, fold in the egg substitute and half of the vegan cheese. Pour the finished soy mixture into the mushroom caps.
- Sauce: Fry the onions in the frying pan until translucent, add the tomatoes and spices and bring to the boil.
- Then layer the mushrooms in the sauce, sprinkle the remaining cheese on top of the mushrooms and place in the oven with the potatoes for 20 minutes.

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UNIT 9 - Recipe 19

Tajine Courgette /Thymian

for 2 Persons

Quantity / Ingredients

1 kg	mini courgette
2 sweet	yellow onions
1 bunch	flat-leaf parsley
1 large	tomato
4 tbsp	olive oil
1 tsp	thymianpouder
1 tsp	ground ginger
1 tsp	paprika
1 tsp	Curcuma
	Salt, black pepper
6 to 8	saffron threads
20 ml	half a glass of water

Preparation:

- Heat the olive oil, add a grated onion and the spices. Stir-fry gently until lightly browned.
- Wash the mini courgette, place in the tagine, add the second sliced onion and the chopped parsley.
- Sprinkle with half a glass of water. Place the whole tomato in the center.
- Cook over medium heat, turning off the heat, basting the courgette throughout cooking. The courgette is cooked as soon as a knife blade is easily inserted into it, about 20 minutes.
- Remove the lid from the tagine and continue cooking until the sauce thickens, about 5 to 8 minutes.

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UNIT 9 - Recipe 20

Zucchini Vegan Gratin

for 2 Persons
Quantity / Ingredients

600 g	Zucchini
20 cl	vegan cream
30 g	chickpea flour
75 g	plant-based yogurt
2 g	Salt
1 g	Pepper
100 g	grated Vegan cheese or breadcrumb

Preparation:

- Heat the olive oil, add a grated onion and the spices. Stir-fry Preheat the oven to 200C.
- Slice the zucchini into rounds and place them in a baking dish.
- In a bowl, whisk together the cream, chickpea flour, yogurt, salt, and pepper.
- Pour the mixture over the zucchini, making sure it covers the entire surface.
- Cover with 2 handfuls (100 g) of vegan grated cheese or breadcrumbs and bake for 40 minutes.

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UNIT 9 - Recipe 21

White Cabbage Steak With Tomato Sauce, Caraway Seeds, Mustard

for 2 Persons
Quantity / Ingredients

1 head (approx. 2 pounds) of white cabbage, the outermost leaves removed
4 tbsp extra virgin olive oil (tbsp = tablespoon)
3/4 tsp salt, divided
3/4 tsp ground pepper, divided
1 medium onion, halved and sliced
4 large garlic cloves, sliced
2 g caraway seeds
2 g cumin
3 tbsp tomato purée
2 cups (100g) vegetable stock
1 tsp mustard, medium hot
Chopped parsley, to garnish
wholemeal mustard, to serve

Preparation:

- Preheat the oven to 200°C.
- Cut the cabbage in half through the root. Cut each half into 4 wedges, leaving the root intact. Heat 1 tablespoon oil in a large cast-iron or other heavy ovenproof skillet over medium heat. Add 4 cabbage wedges and fry for 3 to 5 minutes per side, until lightly browned on both sides. Transfer to a plate and sprinkle both sides with 1/4 teaspoon each salt and pepper. Repeat the process with 1 tablespoon of oil, the remaining cabbage and 1/4 teaspoon each of salt and pepper.
- Add the remaining 2 tablespoons of oil, the onion, garlic, caraway seeds and cumin to the pan and stir-fry for 2 to 3 minutes, until the cabbage begins to soften and brown. Add the tomato paste and cook, stirring, until it begins to darken, about 2 minutes. Add broth, dry mustard, and remaining 1/4 teaspoon salt and pepper; increase heat to medium-high and bring to a simmer. Return cabbage to Ovenplate, overlapping wedges as needed. Bake, turning once, until the cabbage is very soft and the sauce has thickened slightly.

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UNIT 9 - Recipe 22

Galette Potatoes, Spinach, Champions

for 2 - 4 Persons

Quantity / Ingredients

400 g	potatoes
300 g	spinich
200 g	champignons
100 g	onion
5 g	pepper
5 g	salt
2 g	nutmeg
5 g	Curcuma

Preparation:

- Wash the potatoes, peel, cut into pieces and cook ,Cook the potatoes in boiling salted water so that they are very tender. Drain them and crush them with a puree press to have a very fine puree. Gradually add the cornstarch and Curcuma, check the seasoning, Depending on the quality and humidity of the potatoes, you may need to add a little more, the dough must be homogeneous and we must be able to make a ball.
- Prepare the filling by finely onions and champignons. put oil in the pan, onion brunoise and champignons for few minutes and add chopped spinach, salt, pepper and nutmeg.
- Divide the dough into a dozen balls. Flatten a ball in the palm of your had and add the equivalent of a large teaspoon of filling in the centre. Fold the sides to cover the filling and make a bowl and the simplest well, Then we put it in a hot pan with a little oil and butter and cook it from both sides.

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UNIT 9 - Recipe 23

Vegan Pan - Curry Rice Vegetables

for 2 Persons

Quantity / Ingredients

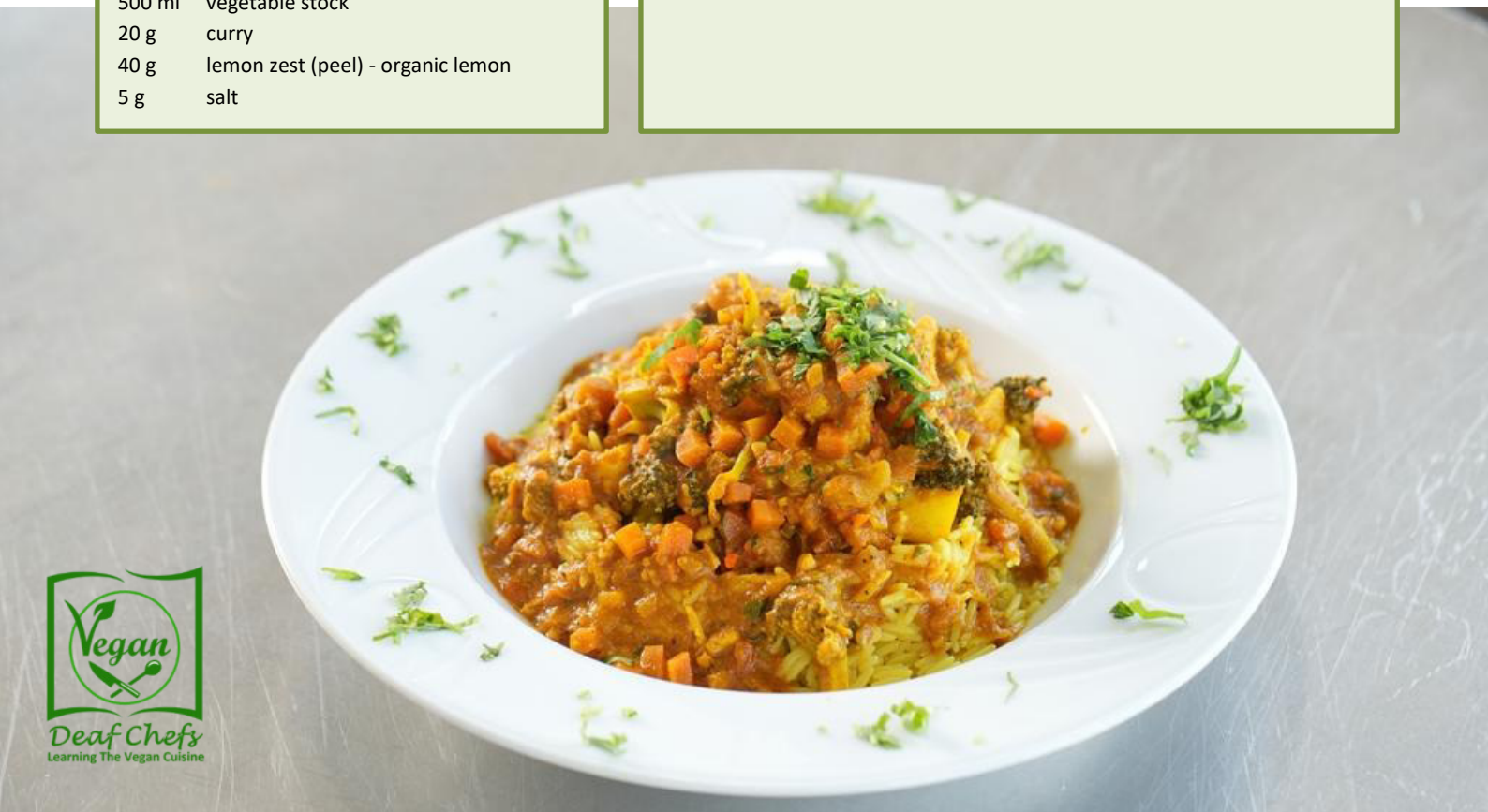
800 ml	coconut milk
300 g	chopped canned tomatoes
250 g	cauliflower florets
250 g	broccoli florets
200 g	carrots, cut into pieces or baby carrots
3 cloves	garlic
10 g	fresh ginger, diced
20 g	unsalted cashew nuts
20 g	cashew nut butter (or peanutbutter)
1 medium-ripe banana (approx. 200 g*)	
10	coriander leaves
1 large	yellow onion
1	chili pepper
Spices:	
30 g	curry powder
10 g	coriander powder
10 g	curcuma =turmeric, ground
2 green	cardamom pods
1 pinch of cinnamon	
1 pinch	cumin, ground
	vegetable oil
	salt

Basmati rice, cooked with curry and lemon, to serve.

200 g	basmati rice
500 ml	vegetable stock
20 g	curry
40 g	lemon zest (peel) - organic lemon
5 g	salt

Preparation:

- In a small blender, combine the spices, garlic, ginger and 1 tablespoon of coconut milk.
- Cut the vegetables into small, evenly sized pieces.
- In a large saucepan or casserole, sauté the chopped onion with 2 tablespoons of oil. Once it starts to brown, add the spice and coconut mixture.
- Cook for about 2 minutes (it should thicken slightly but not burn), then add the chopped tomatoes and cook for a further 2 minutes.
- Add the vegetables, chili, coconut milk and 1/2 glass of water.
- Simmer over a medium heat for about 15 minutes, then add the sliced banana and cook for a further 15 minutes until the vegetables are soft but still have some shape and texture. Add a little more water if necessary. Stir in the cashew butter 5 minutes before the end of the cooking time. Season to taste with salt. Add the coriander leaves.
- Take the cashew nuts, put in a oily sugered pan and caramelise them crunchy. Put them on top and serve hot with lemon rice.



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UNIT 9 - Recipe 24

Tajine Potatoes Und Lemon Confit

for 2 Persons
Quantity / Ingredients

200 g	Potatoes
200g	Onions
200g	Tomatoes
150 g	Green olives
60 g	Lemon confit (Convenience)
2 clove	Garlic
5 g	Pepper
5 g	Curcuma
2 g	Salt
5 g	Ginger
0,5 g	Safran
40 g	Olive oil
40 g	Parsley
40 g	Coriander

Preparation:

- First wash and peel the potatoes and then cut them into large pieces .
- Take a pot and put olive oil, garlic and all the pieces in it, then add the potatoes pieces and mix well until the spices merge well.
- Cut the tomatoes and onions into rings
- We take the Moroccan taijne and put the onion rings, then the tomatoes rings, then the potatoes and spices, olive oil, green olives and lemon confit on top, finally parsley and coriander, then we put it on medium heat for 50 min.

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UNIT 9 - Recipe 25

Beet potato steak

for 2 Persons
Quantity / Ingredients

0.3 kg jacket potatoes, cooked
0.3 kg raw beet
2 vegan eggs > alternative: 100 g
oat or yeast flakes
salt / pepper
½ piece onion
Season with:
marjoram
nutmeg
lovage
Oil for frying

Preparation:

- Coarsely grate the raw beet and cooked, cold potatoes.
- Cut the onions into brunoise and sauté.
- Now mix everything together, add the egg substitute and spices and form meatballs.
- Fry for approx. 5 mins

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UNIT 9 - Recipe 26

Green Tagliatelle with Creamy Tofu, Spinach and Pistachios

for 4 Persons
Quantity / Ingredients

350 - 400 g	green tagliatelle
1 tablespoon of	olive oil
300 g	baby spinach leaves
1 small clove of	garlic, peeled and pressed
Salt and pepper to taste	
3 tablespoons	roasted, salted pistachios, roughly chopped
300 g	creamy tofu
60 ml (1/4 cup)	35% cream or dairy-free almond, soy or oat milk
4 tablespoons	nutritional yeast
2 small	garlic cloves, peeled and roughly chopped
2 teaspoons	lemon juice
2 teaspoons	Dijon mustard
2 tablespoons	olive oil
1 teaspoon	fine salt
3 to 4 pinches of	grated nutmeg
to taste	Freshly ground pepper

Preparation:

- In a large pan of boiling, salted and seasoned water, cook the pasta according to the packet instructions or until al dente. Drain, reserving at least 125 ml of the cooking water.
- Combine the creamy tofu, cream, nutritional yeast, chopped garlic, lemon juice, Dijon mustard, fine salt, nutmeg and olive oil using a hand blender, hand blender or food processor. Puree until the mixture is smooth and creamy. Taste and season with salt, pepper and an additional pinch of nutmeg if necessary.
- While the pasta is cooking, heat the olive oil in a large frying pan over a medium heat. Add the spinach and crushed garlic and season with salt and pepper. Sauté for 2 to 3 minutes, until the spinach is wilted.
- Add the tofu alfredo sauce to the skillet along with the spinach. Heat over a low heat, stirring the spinach gently for 1 to 2 minutes to combine with the sauce.
- Add the pasta to the sauce and stir gently. If necessary, add a little pasta cooking water to loosen the sauce.
- Divide between 4 soup plates and garnish with chopped pistachios and freshly ground pepper.

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UNIT 9 - Recipe 27

Potatoes Pizza with Hummus, Rucola

for 2 Persons

Quantity / Ingredients

400 g	potatoes
300 g	vegan cheese
100 g	tomatoes
100 g	onions
120 g	rucola
50 g	hummus
50 g	tahini
1 Tps	Hot sauce
40 g	olive oil

Preparation:

- Wash potatoes, peel and cut into thin slices, we take the oven plate with cooking paper and put potatoe slices on it, then grated cheese,then sprinkle with a little olive oil and put it in the oven at a temperature of 200 d for 10 min.
- After taking it out of the oven, we turn it and mind it well with a mixture of hummus and tahini and put tomatoe slices, onion slices, rucola and hot sauce.

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UNIT 9 - Recipe 28

Vegetarian Couscous with Vegetables and Onions Caramelised

for 2 Persons

Quantity / Ingredients

200 g	couscous
200 g	onions
200 g	tomatoes
200 g	carottes
200 g	Green pumpkin
200 g	red pumpkin
200 g	navet
1 pinch	coriander
20 g	salt
5 g	pepper
10 g	Curcuma
10 g	ginger
40 g	olive oil
1 l	water

Caramelised onions:

20 g	olive oil
20 g	sun flower oil
50 g	raising
200 g	onions
5 g	cinnamon ground
5 g	ginger ground
1 pinch	pepper
1 pinch	salt
1 TS	Honey
1 Pinch	Safran
100 g	almond

Preparation:

- First wash, peel and cut the vegetables into medium pieces
- We take a cooker and put it on fire and add oil, tomatoes, onions, then spices and stir well for a few minutes. Then add carrots and navet and add boiling water. After 15 min add potatoes, then green and red pumpkin and simmer for 25 minutes, then add coriander.
- Onions: peel onions and cut it into strips, fry in olive oil with salt/pepper until golden brown, add honey, cinnamon and raising, safran ,ginger. Finally put the couscous in the pot, season the couscous with Curcuma, olive oil ,salt and add boiling water,cover and let it brew for 10 min . Roast almond without peel in a pan and put them to serve on top.

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UNIT 9 - Bonus

Mascarpone Leek Sauce

for 20 Persons
Quantity / Ingredients

250 g mascarpone, vegan
1-2 pcs leek
2 pcs. onions
2 garlic cloves
500 ml vegetable stock or vegan cream
To season:
salt / pepper, a pinch saffron

Preparation:

- Sauté the onions in brunoise (small fine cubes).
- Sauté the washed leek in julienne (fine strips),
- Add the vegan mascarpone and pour in the stock or cream.
- Reduce until creamy and season to taste.

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