

*We proudly present...*

---

THE LONG AWAITED:

# SUSCHEFS RECIPE BOOK

FOR ALL YOUR VEGAN INDULGENCES

---

*Cooking Committee 2019-2020,  
Study Association Storm*



# EVA

## CHAIRWOMAN

### FOREWORD

*Dear Stormers,*

*In the current situation we still want to provide you with your regular dose of deliciousness. Therefore, we decided to publish our long-awaited recipe booklet already now, so that you can bring the taste of a SusChefs dinner right to your home. Additionally to all the dishes we prepared for you in the past, we also each wrote down our absolute favourite (vegan!) recipes. Try them out because they will surely taste good!*

*We hope that you will get through this time well and cannot wait to see you at our next activities!*

*With love,*

*Your SusChefs 2019-2020*



# INDEX

## 1. Autumn Vibes

*Pumpkin Risotto*  
*Pretty Pumpkin Pie*

## 2. Thanksgiving Feast

*No Turkey Roll*  
*Stuffin' All the Stuff*  
*Cranberry Delish*  
*Chia French Toast*  
*Apple Cider*

## 3. Out-of-this-world Dies Dinner

*Galaxy Soup*  
*Roasted Flatbread*  
*Carmelitas*

## 4. Welcome to Italy

*Bruschetta*  
*Parmigiana*  
*Panna Cotta*

## 5. Storm Diner

*Hearty Veggie Burger*  
*Coleslaw Galore*  
*Milkshake Miracle*

## 6. Chef's Favourites

*Eva*  
*Arianna*  
*Niek*  
*Gabby*  
*Anouk*  
*Jasmijn*  
*Jannis*  
*Floor*





# PUMPKIN RISOTTO

## INGREDIENTS

### Pumpkin sauce

- 1 Pumpkin (500 grams)
- 1-2 Carrots
- 4-5 Tomatoes
- 3 Unions
- 1 (Grilled) Paprika
- 4 Spring unions
- 2 Cloves of garlic
- 1 teaspoons Cinnamon
- 1 teaspoon Paprika powder
- 250 ml Vegan cooking cream
- 2 teaspoons Dried basil or fresh basil
- Fresh Chives (optional)
- Vegetable oil
- Pepper & Salt

### Risotto

- 500g Risotto rice/ Arborio rice
- Vegan Vegetable Broth
- 2 Litres of Water
- Vegetable oil or Olive oil
- Salt

**SERVES: 6**

**LEVEL: EASY**

**TIME INTENSITY: ++**

## DIRECTIONS

### Risotto

*Cook two litres of water and add the vegetable broth and a bit of salt. Make sure the broth keeps cooking.*

*Put the risotto rice in a pot with some oil and bake on medium fire for a few minutes until the rice becomes glassy.*

*Add broth to the risotto a few spoons at the time until it's absorbed by the rice, then add more until all the broth is added. Keep stirring the pan. This can take up to 20 minutes.*

### Pumpkin Sauce

*Wash the pumpkin, cut in halves, take out the core, and cut into small (1 cm) blocks. Don't remove the peel. Precook the pumpkin blocks to make it softer. The pumpkin is finished when you can easily put a fork in it. Save the water you drain from the pumpkin for later.*

*(optional) Cut the paprika into pieces and grill in the oven until small parts start to get burned.*

*Cut the unions and put in a big pan with some oil. Bake on medium fire until it becomes glassy.*

*[continued on next page]*



# PUMPKIN RISOTTO

## DIRECTIONS

*Cut the Garlic into small pieces and add it to the unions.*

*Cut the carrot into small blocks and add to the union. Add some more oil if necessary. Bake for 5 minutes on medium to high fire.*

*Add 200 ml of the drained water from the pumpkin to the carrot and bring to a cook.*

*Add the pumpkin pieces to the carrot mixture. Cook for 5 minutes. Add more water from the pumpkin if necessary.*

*Add Cinnamon, Paprika powder and basil.*

*Cut Paprika and Tomatoes into small pieces and add to the pan. Cook for 5 minutes.*

*Add cooking cream and put a lid on the pan. Cook for 5 minutes.*

*Cut and wash the spring unions and add them to the pan. Cook for 10 more minutes until the sauce is thick and the vegetables are soft. Stir regularly.*

*(optional) Serve topped with freshly chopped chives, with a portion of risotto or pasta on the side.*

**Enjoy!**

**SERVES: 6**

**LEVEL: EASY**

**TIME INTENSITY: ++**



# PRETTY PUMPKIN PIE

## INGREDIENTS

### Crust

- 180 gram all-purpose flour (plus more for rolling/handling)
- 1/4 teaspoon salt
- 1/4 teaspoon sugar
- 110 gram cold butter
- 60 ml non-dairy milk

### Filling

- 600 gram Kabocha\* pumpkin (or 400 gram premade pumpkin puree)
- 170 ml full-fat coconut milk
- 50 gram cane sugar (rietsuiker)
- 32 g cornstarch
- 60 ml maple\*\* syrup
- 1 teaspoon vanilla extract
- 2 teaspoons pumpkin pie spice\*\*\*
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt

**LEVEL: MEDIUM**

**TIME INTENSITY: ++**

## DIRECTIONS

***A 24cm pie dish should be enough for this recipe, a bit larger should work as well.***

***Make the pumpkin puree:*** Roasting the pumpkin gives the best result, alternatively the flesh can be cooked in water. To roast, cut the pumpkin in half and remove the pits, but leave the skin on. Cover the part(s) in a bit of olive oil and roast for about 45-60 minutes on 180C until very soft. Let cool and scrape the flesh from the skin. The flesh will be soft enough to be pressed to mush in no time.

***Make the dough:*** Add the flour, salt and sugar into a large bowl and whisk to combine. Cut the cold butter into small cubes and scatter into the flour. Use a fork, two knives or just your fingers to break up the butter into the flour until you reach a crumbly texture. Add the milk and mix until everything comes together and you will be able to form a ball of dough. Don't over mix, because then the butter will melt.

***Roll the dough:*** Spread a clean tea towel over your work surface and lightly sprinkle flour over it. Scoop the dough into a rough ball, and put it in the center of the floured tea towel. Roll it out until you have a rough circle that is slightly bigger than your pie dish.

*[continued on next page]*



# PRETTY PUMPKIN PIE

## INGREDIENTS

\* Although any type can do, different species of pumpkin will give you very different results. We recommend the Kabocha for this recipe, as it is naturally sweet and very flavourful. If using a less sweet pumpkin, use more sugar to taste.

\*\* Or another sweetener. We like the maple syrup for its extra autumny flavour.

\*\*\* Hard to find in the Netherlands, but it is just a mix of ground cinnamon (3x), ground ginger (2x), ground nutmeg (2x), ground allspice (1x) and ground cloves (1x).

**LEVEL: MEDIUM**

**TIME INTENSITY: ++**

## DIRECTIONS

**Form the pie crust:** Use the tea towel to help you flip the dough into the pie dish. Press the dough into the dish and cover potential brakes and holes in the dough.

**Make the filling:** Add the pumpkin, coconut milk, sugar, cornstarch, maple syrup, vanilla extract, pumpkin pie spice, cinnamon and salt to a blender or a large bowl and mix well.

**Final steps:** Pour the pumpkin mixture into the pie crust. Use a spatula to spread the pumpkin evenly and smooth out the top. Bake for 60 minutes at 180C. When you remove it from the oven, the edges might be slightly cracked and the middle will still look wobbly.

**Patience:** Let the pie cool for a couple of hours (I know!), optionally placing the cooled down pie in the fridge for a while. When completely set, you can dive in! It can easily be made the day before.

**Enjoy!**



# THANKS- GIVING FEAST





# NO-TURKEY ROLL

## INGREDIENTS

### Part 1

- 240ml plant-based milk
- 10g dried mushrooms
- olive oil, for frying
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- 120ml white wine
- 50g cooked chickpeas
- 110g firm tofu, patted dry
- 3 tbsp white miso paste
- 2 tsp Maple Syrup
- 1 tbs Dried Tarragon
- 1 tbs Dried Thyme
- 1 tsp Dried Rosemary
- 1 tsp Dried Sage 1 tsp cayenne pepper
- 2 tsp sea salt
- 1 tsp cracked black pepper

### Part 2

- 300g vital wheat gluten
- 50g chickpea flour
- 2 tbsp nutritional yeast

**TIME INTENSITY: +++**

## DIRECTIONS

### Seitan

*Saute the onion and garlic in the olive oil (all from part 1)*

*Combine all the ingredients from part 1 in a blender cup. Blend until smooth.*

*In a large mixing bowl or stand mixer (dough hook attached) add the vital wheat gluten, chickpea flour & nutritional yeast together then mix well.*

*Add the wet mix to the bowl and stir until the mixture forms a dough.*

*Knead the dough for at least 10 minutes by hand or in your mixer on medium speed. This is the most important part of the recipe. If you don't knead it properly you will be left with horrible spongy seitan. Once kneaded the dough will be quite firm and elastic.*

*[continued on the next page]*

## EQUIPMENT

- frying pan
- large roasting tray (40 x 28 x 8cm H)
- muslin/cheesecloth



# NO-TURKEY ROLL

## INGREDIENTS

### Rub

- 4 tbs Mixed Dried Herbs (we used rosemary, sage and tarragon)
- 1 tsp Cayenne
- 1/2 tsp Sea Salt

### Broth

- 960ml Hot Vegetable Stock
- 480ml White Wine
- 2 Sprig Fresh Rosemary
- 2 Sprigs Fresh Thyme
- 1 Onion, cut in four
- Handful Dried Mushrooms (about 5-10 gram)
- 1 Bay Leaf
- 3 Cloves Garlic, peeled and crushed
- Pinch of Pepper

## DIRECTIONS

### The No-Turkey roll

*Using a rolling pin beat the dough into a rough rectangle shape around 1 cm thick.*

*Set the dough aside to rest for 10 minutes.*

*Cut a piece of muslin slightly larger than the seitan dough rectangle. Sprinkle the rub mix over the seitan dough. Then place it spice side down onto the muslin sheet. It's important to cover the seitan well in the spice mix as this stops the seitan sticking to the muslin.*

*Spoon generous amounts of the **stuffing (see next recipe!)** into the centre of the seitan dough rectangle width ways. Roll up the seitan dough around the stuffing, moulding the edges together.*

*Wrap the dough in the muslin as tight as possible. Twist the ends then tie them with string to secure to secure. Try to make sure your dough is a nice cylinder shape.*

*[continued on the next page]*

**A LOT OF WORK  
BUT SO WORTH IT!**

**SERVES: 8-10**

**LEVEL: MEDIUM/HARD**

**TIME INTENSITY: +++**

# DIRECTIONS BAKING

## The No-Turkey roll (cont.)

*Pre-heat the oven at 180 degrees Celsius.*

*Place the No-Turkey Roll wrap into the roasting tray with the broth then cover the tray with aluminium foil.*

*Place the tray into the oven for 2 hours. Carefully turn the seitan over halfway through cooking and add additional stock if needed.*

*After two hours of cooking, remove the tray from the oven & leave the seitan to cool. When cool enough to handle, carefully remove the muslin.*

## Final roasting

*Pre-heat your oven to 180 degrees C to roast the No-Turkey Roll.*

*Bake for 25 minutes.*

*Serve the No Turkey Roll straight away.*

## Gravy

*Whilst the No Turkey Roll is cooking add the leftover broth liquid to a saucepan & place it over a high heat to reduce down until thick, if its not thickening add a couple tbs of cornflour mixed with water to help it thicken.*

***Serve the Turkey Roll with sides of mashed potatoes, green beans, stuffing, cranberry relish, and a delicious glass of apple cider for a full-sized festive dinner!***

**AFTER ALL OF  
THIS....**

**ENJOY!**





# STUFFIN' ALL THE STUFF

## INGREDIENTS

The recipe uses dried and fresh herbs, but they can all be substituted for either as long as you use a higher volume of fresh herbs.

- A quarter loaf of bread, sliced into medium sized cubes
- 1 Tbsp vegan butter
- 1 diced onion
- 2 diced celery stalks
- 1 diced apple
- 1 tsp dried sage
- 1 tsp thyme
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp nutmeg
- 1.5 cup vegetable stock

**SERVES: 3-4**

**LEVEL: EASY**

**TIME INTENSITY: +**

## DIRECTIONS

*Sauté onions and celery in butter until celery turns bright green.*

*Add apples and continue sauteing until onions are translucent.*

*Stir in sage, thyme, salt, pepper, and nutmeg.*

*Once cooked, add the bread and broth.*

*Mix until incorporated.*

***Enjoy!***

***This stuffing is part of the No Turkey Roll recipe, but can also be enjoyed on its own as a side!***





# CRAN-BERRY DELISH

## INGREDIENTS

- 350g fresh cranberries
- 1 apple cored and cut into small pieces
- ½ orange, seeds removed
- Granulated sugar
- Fresh cranberries and orange zest for garnish

**RELISH DIFFERS FROM CRANBERRY SAUCE BECAUSE CRANBERRY SAUCE IS COOKED AND HAS A DIFFERENT CONSISTENCY.**

**SERVES: 8**  
**LEVEL: EASY**  
**TIME INTENSITY: +**

## DIRECTIONS

*Place the cranberries in a food processor and pulse until coarsely chopped. Transfer the cranberries to a bowl.*

*Place the cranberries in a food processor and pulse until coarsely chopped. Transfer the cranberries to a bowl.*

*Add the apple to the food processor and pulse until finely chopped. Add the apple to the bowl with the cranberries. Add the orange to the food processor and pulse until finely chopped.*

*Add the orange to the bowl with the cranberries and apples.*

*Add the sugar to taste and stir to combine.*

*Cover the bowl and refrigerate for at least one hour or up to 3 days.*

*Serve, garnished with cranberries and orange zest if desired*

**Enjoy!**



# CHIA FRENCH TOAST

## INGREDIENTS

### Toast

- 3 heaping tsp chia seeds
- 3 tsp sugar
- 240 ml unsweetened non-dairy milk
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 10 normal or 5 thick slices of bread  
(use a sturdy, rustic bread)
- vegan butter or coconut oil for frying

### Coconut cream

- 200 ml coconut cream\*
- 30g powdered sugar
- Optional: ½ tsp vanilla extract

*\*You can also use the solid part of coconut milk, leave it in the fridge overnight to enhance the shifting. Don't shake!*

**SERVES: 5**

**LEVEL: EASY**

**TIME INTENSITY: ++**

## DIRECTIONS

### Coconut cream

*Beat the coconut cream for a minute.*

*Slowly add the powdered sugar and beat until fluffy.*

*Can be stored in the fridge for up to two weeks.*

### Toast

*Ground the chia seeds into a fine meal.*

*Mix all ingredients except the bread in a large bowl.*

*Place the mixture in the fridge to activate for 10-20 minutes.*

*Preheat a frying pan to medium heat and grease with 1 Tbsp vegan butter or coconut oil.*

*Dip each slice of bread in the batter (wipe off the excess).*

*Place on griddle and cook until golden brown, carefully flipping after 1-2 minutes.*

*Serve warm with a nice dollop of coconut cream.*

**Enjoy!**



# APPLE CIDER

## INGREDIENTS

This recipe is for alcoholic cider, also known as **hard cider**. In the states the term cider is also used for apple juice, also known as **soft cider**.

**Info:** The amounts are left arbitrary as it depends on how much you are going to make.

- Container cleaner
- Applejuice (from concentrate is fine, as long as there are no conservatives
- present. Cloudier juice is supposedly better)
- Cider starter (read the label for how much you need. We used this one: <https://www.braumarkt.com/wijngist-sweet-cider-10-g-5000640>)
- Sugar
- Spices (in case of mulled. Add what you like, we used clove, cinnamon, allspice and star anise)
- Fresh ginger (in case of mulled)
- Orange (in case of mulled)

**LEVEL: MEDIUM**

**TIME INTENSITY: +++**

## DIRECTIONS

### First fermentation

***This is the process in which the sugar is transformed into alcohol***

*If you are pouring the apple juice in a new container, first clean the container and any other surface area the juice will touch. You don't want anything else besides the yeast to be active in your drink.*

*Pour (or keep) your apple juice in a glass or plastic bottle/container*

*Add the cider starter.*

*Shake the bottle well.*

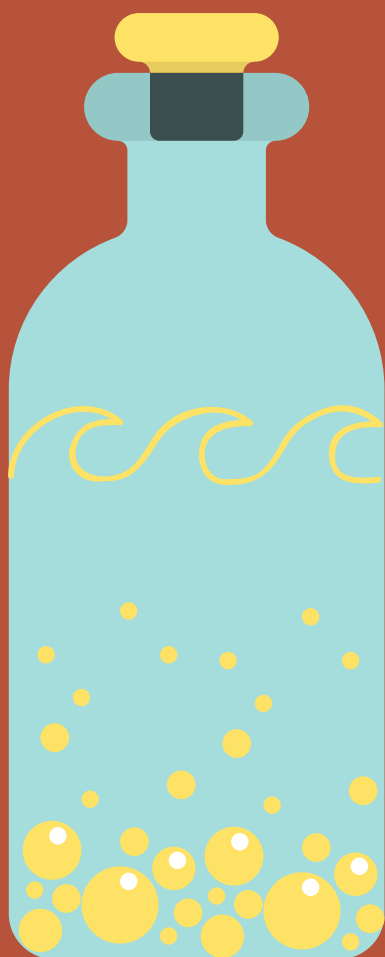
*Now leave the bottle cap slightly loose on the container to let the forming gas escape without allowing (too much) oxygen to get in. Even better is installing an airlock.*

*Leave the container(s) for at least 6 days, you will see there is no gas forming during the last days.*

*[continued on next page]*



# APPLE CIDER



## DIRECTIONS

### Second fermentation

***The process to make your cider bubbly.***

*Pour the cider into a cleaned container, leaving behind the formed sediment in the bottom of the container. A glass swing-top bottle is the number one choice, but another resealable plastic or glass bottle is also fine.*

*Add a tsp of sugar for every liter of cider. This is to reactivate the yeast to form bubbles.*

*If desired, add dried spices to the cider. Don't add too much, the flavours might get too strong. Per liter we added: one allspice corn, a quarter of a cinnamon stick, one clove and one third of a star anise.*

*Store for a couple of days to a week, depending on how bubbly you want it to be.*

*Slowly and carefully release some pressure from the bottles every day.*

*If you are happy with the result, store the bottles in the fridge to deactivate the yeast.*

***Enjoy!***

**OPTIONAL: A DAY BEFORE SERVING, ADD FRESH ORANGE AND GINGER TO THE BOTTLES FOR TASTE. YOU CAN ALSO ADD IT WHEN HEATING THE DRINK FOR A WARM MULLED CIDER.**

**LEVEL: MEDIUM**

**TIME INTENSITY: +++**

# OUT-OF-THIS-WORLD DIES DINNER





# GALAXY SOUP

## INGREDIENTS

- 2 red onions
- 1 medium red cabbage
- 1 large sweet apple
- 2 tablespoons extra virgin olive oil
- 4 sprigs fresh thyme, leaves picked
- 750 ml vegetable stock
- 500 ml almond milk (or other plant-based milk)
- 2 tablespoons balsamic vinegar
- Pinch Salt and pepper

### Garnish

- apple slices
- spoonful vegan cream (creme fraiche)
- Sprinkling fresh thyme leaves
- Chopped chives

**SERVES: 5**

**LEVEL: EASY**

**TIME INTENSITY: +**

## DIRECTIONS

*Peel and slice the onions. Shred/cut the red cabbage evenly. Grate the apple flesh, avoiding the bitter core.*

*Preheat a large saucepan over a medium heat and add the olive oil. Once hot, add the onion, cabbage and apple. Follow this with a pinch of seasoning and the thyme. Seasoning early helps build a depth of flavor. Cook for around 4 minutes, stirring often to avoid anything burning.*

*The mixture should have halved in volume after 4 minutes and it's now time to add the stock, milk and balsamic vinegar. Give everything a good stir, then pop the lid on.*

*Simmer for 10–15 minutes, then check the red cabbage is soft. If so, start to blend. For this type of soup, I am not too bothered about how smooth it is; in fact, it's nice with a bit of texture, so by all means use a hand stick blender as it's a lot easier.*

*Once blitzed, check one last time for seasoning. I sometimes add an additional sprinkling of cracked black pepper as it works really well with the red cabbage. Serve the punchy peppery purple goodness topped with fresh apple slices, a spoonful of vegan crème fraîche and a sprinkling of thyme and chives.*

**Enjoy!**



# ROASTED FLAT- BREAD

## INGREDIENTS

### Sweet Potatoes

- 2 large (~150 g each) sweet potatoes
- 1 Tbsp avocado or olive oil
- 1 tsp fresh thyme
- 1/4 tsp ground cinnamon
- 1/2 tsp sea salt
- 1 pinch cayenne pepper (optional)

### Chickpeas

- 1 can chickpeas
- 1 Tbsp avocado or olive oil
- 1 tsp fresh or dried thyme
- 1 pinch ground cinnamon
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 scant tsp sea salt
- 1 healthy pinch each ground coriander + cardamom (optional)

**SERVES: 4**

**LEVEL: EASY**

**TIME INTENSITY: ++**

## DIRECTIONS

*Preheat oven to 205 degrees Celsius.*

*Wash & dry sweet potatoes, slice (keep skin on) into bite-sized pieces.*

*Add in a mixing bowl: the avocado/olive oil, thyme, cinnamon, sea salt, cayenne and the sweet potatoes. Stir, then arrange in a single layer on a baking sheet, making sure there is space between the pieces so they can become crispy.*

*To the same mixing bowl add: the rinsed & dried chickpeas, avocado/olive oil, thyme, cinnamon, cumin, paprika, sea salt & coriander. Stir, then arrange on baking sheet with sweet potatoes where space permits.*

*Bake for total of 25 minutes, flipping/stirring once at the 15-minute mark.*

*Prepare optional toppings:  
Once fillings are done baking, wrap flatbreads in a damp towel and warm them in the oven for 1-2 minutes (or microwave for 30 seconds). Check the instructions.*

*Flatbread is one of the oldest forms of bread there is, and it kind of looks like a thick tortilla. It's made with only water/flour/pinch of salt, so it's super easy to make yourself! If you don't feel like doing that, you can also buy it at the supermarket (probably the frozen section), or a Turkish market.*



# ROASTED FLAT- BREAD

## INGREDIENTS

### Garlic Dill Hummus Sauce

- 125 g Hummus
- 1-2 cloves of garlic
- 1-2 tsp lemon juice
- 2 grams of fresh dill

### For serving:

- 4 whole flatbreads or pita
- Toasted sunflower seeds or pumpkin seeds (optional)
- Dried cranberries (optional)
- Fresh arugula or parsley (optional)
- Baking paper and string to wrap the flatbreads

**SERVES: 4**

**LEVEL: EASY**

**TIME INTENSITY: ++**

## DIRECTIONS

*Prepare the garlic-dill hummus sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water or almond milk to thin it so it's pourable.*

*When the chickpeas and sweet potato is done, and the flatbread is ready, assemble the flatbread. Add a good spoon of the chickpea and sweet potato filling, arugula, dried cranberries, pumpkin/sunflower seeds into the flatbread and end with a drizzle of the garlic dill hummus sauce.*

*Wrap it up with a cut out piece of baking paper and a piece of string so it looks nice.*

**Enjoy!**



**Also pictured: we used the leftover veggies from the dinner in the salad (#nofoodwaste). We made a dressing consisting of:**

***1/3 balsamic vinegar***

***2/3 olive oil***

***1 tsp whole-grain mustard***

***2 tsp agave syrup/other sweetner***

***Salt and pepper to taste***



# CARME-LITAS

## INGREDIENTS

*For a 20x20 baking form.*

### Oat Cookie Base/Topping:

- 1,75 cups of flour
- 1,25 cups of oats
- 1 teaspoon baking soda
- 0,5 cup of coconut oil
- 0,3 cups brown rice syrup

### Date Caramel & Chocolate Layer

- 10 Medjool dates, pitted
- 0,5 cup warm water
- 1,5 teaspoons vanilla extract
- A pinch of salt
- 250 g dark chocolate, divided and chopped

## DIRECTIONS

*Preheat oven to 160° Celsius and line your baking form with parchment paper or grease it.*

*In a large mixing bowl, mix the flour, oats, baking soda and salt until evenly distributed.*

*Pour melted coconut oil and rice syrup over the dry ingredients. Stir until well combined.*

*Set  $\frac{3}{4}$  of the mixture aside and empty the remaining  $\frac{1}{4}$  into your baking form. Use your fingers to distribute the dough evenly.*

*Bake it for 12 minutes until it starts to turn golden on top.*

*Meanwhile, make the date caramel. Add dates and  $\frac{1}{4}$  cup of warm water into a food processor. Blend until the dates become a thick paste.*

*Add the remaining  $\frac{1}{4}$  cups of water, vanilla and a bit of salt and continue blending until it's absolutely smooth.*

*[continued on next page]*

**LEVEL: MEDIUM**

**TIME INTENSITY: ++**



# CARME- LITAS

## DIRECTIONS

*When the cookie base is done baking, sprinkle 200 g of chopped dark chocolate over top (no need to melt it, the oven will take care of that ;) ) and the date caramel. Then, top with the reserved  $\frac{3}{4}$  cups of the cookie dough. Use your fingers to squeeze the down down and to distribute it evenly.*

*Bake it again for 15 minutes until the cookie topping turns golden.*

*Melt the remaining 50g of chocolate in a doubleboiler so that they don't burn. Use a spoon to drizzle the chocolate over the baked bars. Let cool fully before slicing.*

*Garnish your carmelita with flakey sea salt and ice cream if desired (we used the vegan Alpro vanilla ice cream during our Dies Dinner).*

**Enjoy!**

**LIFE IS TOO  
SHORT TO  
SHARE  
DESSERT.**

**LEVEL: MEDIUM**

**TIME INTENSITY: ++**



# BRUS-CHETTA



## INGREDIENTS

- 0.5 kg of vine tomatoes
- 10 grams of fresh basil
- 10 ml of extra vierge olive oil
- 1 baguette
- 1 clove of garlic
- Salt & pepper



**SERVES: 5**  
**LEVEL: EASY**  
**TIME INTENSITY: +**

## DIRECTIONS

*Preheat the oven at 200 °C.*

*Optional: Make small incisions at the centre of the tomatoes. Put the tomatoes in boiling water for 120 seconds, afterwards, get them out directly and put them in a bucket with ice water. (This makes it easier to get rid of the skin, if you want to.)*

*Remove the seeds of the tomatoes and cut the flesh into cubes.*

*Cut the basil. Mix it with the tomatoes and make it tasty by adding extra vierge olive oil, pepper and salt.*

*Cut the bread (-+ 1.5 cm slices) and put in the oven for approximately 8 min. (No oven? You could also roast the bread in a pan).*

*Cut the garlic in two parts and rub it over the toasted bread. Put the tomato mix on top and add some olive oil to taste.*

***Enjoy!***



# PARMI- GIANA



## INGREDIENTS

- 4 eggplants
- 500 gr tomato sauce
- Vegan cheese
- Flour
- Bread crumbs
- Salt
- Basil
- Garlic
- Extra virgin olive oil



**SERVES: 5**

**LEVEL: MEDIUM**

**TIME INTENSITY: ++**

## DIRECTIONS

### ***Taking the bitter of the eggplants off:***

*Cut the eggplants in slices. Put the slices in a bowl full of water with a spoon of salt and let the rest in a bit (c.a. half an hour) covered with a weight. Put them on a clean towel and dry them.*

### ***Eggplant batter:***

*In a bowl put the semola, 2-3 pinches of salt, pepper and mix. Add water until the batter is not too dense.*

*In another bowl put the bread crumbs and the finely chopped garlic.*

### ***Frying the eggplants***

*Put each slice of eggplant first in the semola bowl and then in the bread crumbs bowl. Fry them in a pan with hot oil until golden brown.*

### ***Assembling the parmigiana***

*Cook the tomato sauce with extra virgin olive oil, salt and water*

*Put tomato sauce, a layer of eggplants, cheese, tomato sauce, a layer of eggplants, cheese... etc. Make at least 3 layers*

*Last layer on top: put tomato sauce, bread crumbs and grated cheese.*

*Put in the oven for around 15 minutes to melt the cheese and warm the parmigiana, and serve.*

***Enjoy!***





# PANNA-COTTA



## INGREDIENTS

### Panna Cotta

- 1l unsweetened plant-based milk (we used soy milk)
- 80g of agave syrup
- 4g of agar powder
- 2 lemon peel strips
- 1 vanilla bean

### Topping

- 230g of frozen blueberries
- 2tbsp of brown or cane sugar
- 1tbsp of water

*Information: Stays fresh for 4-5 days in fridge when covered, takes 20 minutes to prepare, but requires at least 1.5 hours to cool down before its ready to be served.*

**SERVES: 4**

**LEVEL: EASY**

**TIME INTENSITY: ++**

## DIRECTIONS

*Add the milk, agave syrup and agar powder to a saucepan, and stir until well combined.*

*Scrape the inside of a vanilla bean with a spoon to get the seeds and peel two strips off of a lemon, add the vanilla seeds and lemon peel strip to the saucepan, and stir until well combined (you can also add the entire vanilla bean for extra flavour).*

*Bring the mixture to a boil, then cook over a medium-high heat for two minutes, stirring constantly.*

*Remove the lemon peel strips (and the vanilla bean if you added it).*

*Divide evenly among four glass jars or bowls, let it cool at room temperature and then leave it in the fridge for at least one hour.*

*To make the topping, add the frozen blueberries, the sugar and the water to a saucepan.*

*Cook this mixture over medium-high heat until it thickens (around 5-10 minutes), stir occasionally.*

*Cool this mixture at room temperature.*

*Add some blueberry compote to the glass jars and serve.*

**Enjoy!!**

WELCOME

NOW SERVING



STORM  
DINER



# HEARTY VEGGIE BURGER

## INGREDIENTS

- 6 burger buns
- 300g chickpeas
- 300g black beans
- 200g sweet potato
- 60ml BBQ sauce
- Bunch of fresh coriander
- 40 g tomato puree
- 1 big tbs oregano
- 1 big tbs dried chilli flakes
- Zest & juice of 1.5 lemon
- 6 tbs flour
- 12g sea salt
- 90 ml (Olive) oil (for baking)

**SERVES: 6**  
**LEVEL: MEDIUM**  
**TIME INTENSITY: ++**

## DIRECTIONS

*Preheat the oven to 180 degrees Celsius.*

*Rinse the chickpeas and beans very well!*

*Pulse the chickpeas, beans and sweet potato in a blender.*

*Add all the ingredients together and mix well.*

*Form burgers of approximately 130 gram each.*

*Fry the burgers in a pan, 3 min each side.*

*Put the burgers on a baking plate and place in the oven for 10-14 minutes to finish.*

*Nice on a lightly toasted bun, topped with:*

- Crispy onions
- Lettuce
- Tomato

*And a side of coleslaw (see next recipe) and fries.*

***Enjoy!***



# COLE-SLAW GALORE

## INGREDIENTS

### Coleslaw

- 120g green cabbage
- 120g red cabbage
- 90g carrots
- 90g vegan mayo
- 30ml granulated sugar
- 30ml apple cider vinegar
- Pinch of celery seed
- pinch of salt

## DIRECTIONS

*Cut the vegetables in thin strips.*

*Add the vegan mayo, granulated sugar, apple cider vinegar, salt and celery seed to a large mixing bowl and whisk together until fully combined.*

*Add in the vegetable mix and stir well.*

*Cover, and refrigerate for at least 2 hours before serving, if possible.*

**Enjoy!**

Thank you!

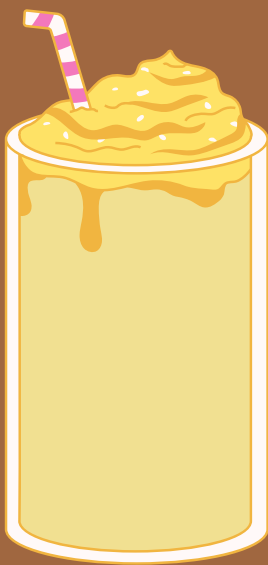
**SERVES: 6**  
**LEVEL: EASY**  
**TIME INTENSITY: +**



# MILK-SHAKE MIRACLE

## INGREDIENTS

- 4-5 Frozen bananas (without peel)
- 1 Litre almond milk (cooled)
- 2 tablespoons maple syrup or agave syrup
- Sugar (optional)
- 2 teaspoons Cinnamon
- 15 ml Vanilla extract



**SERVES: 5**  
**LEVEL: EASY**  
**TIME INTENSITY: +**

## DIRECTIONS

*Peel and freeze the bananas 1 day in advance. Take them out of the freezer half an hour before use. Put the almond milk in the fridge 1 day in advance.*

*Cut the bananas into small pieces.*

*Put half of the almond milk into the blender and add the bananas.*

*Mix with the blender and keep adding almond milk until the desired thickness is reached.*

*Add the cinnamon, vanilla extract, and agave syrup. Blend for 1 more minute.*

*If you want to make it sweeter, add sugar or more agave syrup.*

**Enjoy!**





# CHEF'S FAVES CHOCO- NUTS-COCO CAKE EVA

## INGREDIENTS

- 250 g of ground almonds, hazelnuts or grated coconut (feel free to mix and match)
- 250 g flour
- 250g cane sugar
- 1 pack baking powder
- 1 pack vanilla sugar
- 1 pinch of cinnamon (optional)
- 1 pinch of salt
- 3 tablespoons of cocoa powder
- 50 g margarine
- 150 ml plant milk
- 150 ml of coffee, espresso, tea or, my favourite, cherry juice.

*Optional (I recommend them, as they make the cake fruitier and more juicy)*

- 1 grated carrot
- Cherries from a jar

**LEVEL: EASY**

**TIME INTENSITY: +**

*This was the first vegan cake that I ever made and it is still one of my absolute favourites many years later. In my family, it became our traditional birthday cake. The great thing about it is that you can vary a lot with the ingredients, depending on what you fancy at the moment or what you have at home. This is my version.*

## DIRECTIONS

*Preheat oven to 180°C.*

*Mix all dry ingredients well.*

*Slowly add margarine, coffee/juice and milk into the dough and mix well with a mixer.*

*Add cherries and grated carrot if you like and carefully mix through the dough.*

*Add dough into a greased bundt cake tin or a normal baking form and bake for approximately 60 minutes.*

**Enjoy!**





# CHEF'S FAVES CAULIFLOWER CURRY

## NIEK

## INGREDIENTS

- 1 big cauliflower
- 1-2 carrots
- 250-300g (canned) chickpeas
- 4 Tomatoes
- 2-3 big unions
- 2 cloves garlic
- 1 Hot pepper
- 2 tbsp Lemon Juice
- 1L Water
- 400 ml coconut milk (optional)
- Yellow curry paste
- 2 tsp Curry powder
- 1 tsp Turmeric
- ½ tsp Coriander
- Oil for baking
- Rice or naan

**SERVES: 4**

**LEVEL: EASY**

**TIME INTENSITY: +**

## DIRECTIONS

*Cut the unions, hot pepper and garlic. Add a little oil to a pan and sauté together until the unions are glassy. Add yellow curry paste to the union and fry for one more minute.*

*Add curry powder, turmeric and coriander to the pan. Cut the carrot into small pieces (0.5 cm) and add to the mixture. Leave on medium heat for about five minutes.*

*Cut the cauliflower into florets. Add the cauliflower to the pan and put on high fire for about 2 minutes.*

*Add 400ml of boiled water and bring to a cook. Add more water if necessary to create a good 'broth'. Cook for about 10 minutes. Stir regularly.*

*Cut the tomatoes into small pieces and add to the pan. Wash the canned chickpeas and add them to the pan.*

*Reduce the heat and let the pan simmer for at least 10 minutes. (optional) Add coconut milk.*

*Add lemon juice. Stir regularly and taste the curry. Add more spices and pepper if necessary.*

*Let simmer for 5 more minutes.*

*Serve with rice or naan bread.*

**Enjoy!**



# CHEF'S FAVES MUSHROOM RISOTTO

## ARIANNA

## INGREDIENTS

- 350 gr Arborio rice (specifically for risotto)
- 500g Champignon mushrooms
- Vegetable stock
- 1 Onion
- Salt
- Parsley
- White wine
- Water
- Oil
- Nutritional yeast (optional)



**SERVES: 4**  
**LEVEL: EASY**  
**TIME INTENSITY: ++**

## DIRECTIONS

*Wash the mushrooms and cut them vertically.*

*Cook them in a pan with oil, salt and a bit of parsley.*

*Wait until all the water from the mushrooms is gone.*

*When the mushrooms are cooked boil some water in a pot with some vegetables if you want or vegetable stock.*

*Pour the rice with no water in the mushrooms and let the rice cook for a couple of minutes until glassy.*

*After a bit, pour some (not a lot!) broth and half a cup of white wine in the pan with the rice and the mushrooms and stir frequently.*

*Add some salt if, after tasted, needs some.*

*When all the water is evaporated and absorbed by the rice, pour some more, till you taste the rice and it's done. This can take around 20 mins.*

*Optional: garnish with some nutritional yeast for a cheesy flavour.*

**Enjoy!**



# CHEF'S FAVES

# VEGAN

# PAD THAI

## GABBY

## INGREDIENTS

- 400g of wide rice noodles
- 4 tbsp of sesame oil
- 4 spring onions
- 3 garlic cloves
- 2 hot red chilli
- 4 carrots
- 2 large handfuls of green beans
- 1 broccoli head
- 2 red peppers
- 100g of bean sprouts
- ½ cup of peanuts (roasted & unsalted) (optional, used as a topping)
- Fresh coriander (optional, used as a topping)

*The ingredients for the sauce are on the next page!*

**SERVES: 4**  
**LEVEL: EASY**  
**TIME INTENSITY: +**

## DIRECTIONS

*Mix all the ingredients for the sauce in a small bowl, set aside.*

*Cut the spring onions into slices, finely slice the garlic clove and the chilli.*

*Shave the carrots into long thin slices, cut the green beans in half, cut the broccoli into edible-sized pieces and finely slice the red peppers.*

*Heat up sesame oil in a wok (or large frying pan), add the spring onions, the garlic and the chilli.*

*Stir constantly until the spring onions become soft, then transfer the mixture to a plate (leave as much oil in the wok as possible).*

*In the same wok (which now only contains the left-over sesame oil) add the cut up vegetables in the following order leaving around 1 minute between each new vegetable: broccoli, peas, red pepper, carrot and bean sprouts.*

*[continued on next page]*



# CHEF'S FAVES

# VEGAN

# PAD THAI

## GABBY

## INGREDIENTS

### Sauce

- 10 tbsp tamarind sauce (Alternative: 5tbsp lime juice mixed together with 5tbsp of light brown sugar)
- 6tbsp soy sauce
- 2tbsp vegan fish sauce
- 3tbsp maple syrup

## DIRECTIONS

*Stir the vegetables until they are cooked but still a little crunchy.*

*Cook the rice noodles according to the instructions on the packaging.*

*Add the spring onions, garlic and chilli back to the wok.*

*Add the cooked rice noodles to the wok.*

*Add the sauce to the wok and mix everything well.*

*Divide between your plates*

*Optional: Top the serving with some crushed peanuts and some coriander.*

**Enjoy!**



**SERVES: 4**

**LEVEL: EASY**

**TIME INTENSITY: +**



# CHEF'S FAVES

# BAPAO

# BUNS

## ANOUK

## INGREDIENTS

### Dough:

- 500 gram bapao flour\*
- 7 gram instant/dried yeast
- 250 gram (lukewarm) water
- 1 tsp sugar

### Filling:

- 500 gram meaty component (tempeh, tofu, mushroom, store bought meat substitute, etc.)
- 2 cloves of garlic
- 1 chilli pepper (optional)
- 2 tbsp ketjap
- 2 tbsp Sherry (optional)
- 1 leek
- 2 or 3 spring onions
- 1 dL warm water
- 2 tbsp cornstarch
- 2 bouillon cubes

**SERVES: 15 MEDIUM BUNS**

**LEVEL: EASY**

**TIME INTENSITY: ++**

## DIRECTIONS

### Make the filling:

*You can go completely wild with the filling and change it to taste. As a base, you can follow these steps for a basic (but very tasty) filling:*

*Add a good splash of oil to a baking pan and bake the 'meaty' component with garlic, ginger and the optional chilli pepper until almost cooked (it has a good colour).*

*Add the ketjap and optionally the sherry and leave to sudder for a minute. Add the leek and spring onion, cook until just soft.*

*In a bowl, whisk the warm water, bouillon and cornstarch until smooth. Add to the pan and let it cook for 5 minutes.*

*Turn off the heat and give it a taste. Add black pepper, salt and other spices to taste.*

### Make the dough:

*Add the yeast to the lukewarm water and let it sit for a few minutes until the yeast is activated.*

*To a wide bowl, add the flour, sugar and the yeast mixture. Form a dough and knead into a soft and elastic dough (try to keep it up for 10 minutes).*

*Divide the dough into 15 small balls of around 50 grams.*



# CHEF'S FAVES BAPAO BUNS ANOUK

## INGREDIENTS

\* You can get the bapao flour at the toko. Alternatively you can use all purpose flour, but the real bapao flour makes the bapaos lighter, fluffier and tastier!



**SERVES: 15 MEDIUM BUNS**  
**LEVEL: MEDIUM**  
**TIME INTENSITY: ++**

## DIRECTIONS

### **Fill them up:**

*Take a ball of dough and flatten it, keeping the middle somewhat thicker than the edge.*

*Scoop a spoon of filling in the flattened ball and carefully fold the edges together to close in the filling. Make sure the buns are securely closed.*

*Carefully roll into a nicer looking ball and place it seam-side-down on a piece of parchment paper.*

### **Resting:**

*Cover the bapaos (with foil or a towel) and leave to rest for about an hour.*

### **Steaming:**

*Place the bapaos with the parchment paper in the steaming basket/pan and steam for 10 minutes. They will grow a bit in size, so don't place them together too closely.*

*The bapao is done when it still looks moist but is firm on the touch (be careful, they are hot!).*

*Now, they're ready to eat! Or keep them in the fridge or freezer to enjoy another time!*

### **Enjoy!**



CHEF'S FAVES

# HEALTHY SMOOTHIES

## JASMIJN

### SUNSHINE SMOOTHIE

#### Ingredients

- 500ml carrot juice, chilled
- 200g pineapple (fresh or canned)
- 2 bananas, broken into chunks
- small piece of ginger, peeled
- 20g cashew nuts
- juice of 1 lime

#### Instructions

Put the ingredients in a blender and whizz until smooth. Drink straight away or pour into a bottle to drink on the go. Will keep in the fridge for a day.

### STRAWBERRY SMOOTHIE

#### Ingredients

- 10 strawberries, hulled (approx 175g)
- 1 small banana, sliced
- 100ml orange juice, chilled

#### Instructions

Blitz the strawberries in a blender with the banana and orange juice until smooth. Pour the smoothie into a tall glass to serve!

### TROPICAL BREAKFAST SMOOTHIE

#### Ingredients

- 3 passion fruits
- 1 banana, chopped
- 1 small mango, peeled, stoned and chopped
- 300ml orange juice
- ice cubes

#### Instructions

Scoop the pulp of the passion fruits into a blender and add the other ingredients. Purée until smooth and drink immediately, topped with ice cubes.



# CHEF'S FAVES EASY AF CHILI JANNIS

## INGREDIENTS

- 7-8 medium sized potatoes
- 1 block of firm/extra-firm tofu or vegan “ground meat”
- 3 cans of kidney beans
- 2 cans of peeled tomatoes
- 1 small can of corn
- 1 bell pepper
- 1 Tbsp vegetable broth powder
- ½ Tbsp cayenne pepper (or more if ur feeling extra spicy)
- 4 Tbsp olive oil

**SERVES: 4**  
**LEVEL: EASY**  
**TIME INTENSITY: +**

## DIRECTIONS

*Peel potatoes and cut them into small cubes. Put them in the pot and cover them with water. Add vegetable broth powder/cube.*

*Rinse the kidney beans. Cut the tofu and bell pepper into bite-sized cubes. Drain the water from the corn can.*

*When the water is boiling throw all the ingredients in there and let it cook for a while. I like adding the bell pepper last so that it remains a little more fresh, but it's up to you, really.*

*Make sure you stir it every once in a while so that the bottom part doesn't burn. When the potatoes are done it's ready to serve.*

**Enjoy!**





# CHEF'S FAVES

# LASAGNE

## FLOOR

## INGREDIENTS

- Passata/marinara (red tomato sauce)
- 1 onion
- 3 cloves of garlic
- 1 zucchini
- 1 eggplant
- Few handfuls of spinach
- Lasagne sheets
- Vegan mozzarella

### **Béchamel sauce:**

- 3 Tbsp vegan butter
- 3 Tbsp All Purpose Flour
- 300ml unsweetened plant milk
- Salt and Black Pepper (to taste)

**SERVES: 5**

**LEVEL: MEDIUM**

**TIME INTENSITY: ++**

## DIRECTIONS

*Preheat the oven to 200 degrees Celsius.*

*Cut the onions and garlic finely. Sauté the onions and the garlic in olive oil.*

*Cut the eggplant in small pieces and add it to the onion/garlic until soft. Cut half of the zucchini in thin slices and add the other half to the sauce (small pieces). Keep the slices.*

*Cut up the spinach in small pieces and add to the vegetable mixture. Add the passata and warm it through. Make sure the sauce is wet enough, as the lasagne sheets have to cook in this liquid.*

### **Béchamel sauce:**

*Add the butter to a pot and turn to medium high. When the butter is melted add the flour all at once and stirring continuously fry the flour in the oil for a bit. Then add the plant milk little by little and stir continuously until it reaches the desired thickness. This will usually be a few minutes.*

### **Assembling the lasagne:**

*Grab a large oven tray and layer the lasagne: red sauce, lasagne sheet, béchamel, zucchini, vegan cheese, red sauce, lasagne sheet, etc... You can also choose to substitute the lasagne sheet for zucchini a few times. It doesn't really matter, as long as the lasagne sheets are covered in sauce so they can cook!*

*The top layer should end with red sauce and vegan cheese. Bake in the oven for 30 minutes. and let it rest for 10 minutes.*

**Enjoy!**



# HAPPY COOKING!



*LOTS OF LOVE,  
EVA, ARIANNA, NIEK, GABBY, ANOUK,  
JASMIJN, JANNIS, AND FLOOR*