

BY CAROLINA SOSA

moabeat

RECIPES FOR THE COMMUNITY



EVERYTHING TASTES BETTER SHARED.

FROM A MEXICAN-MOABITER TO ALL MOABITER

VERSION 1, SEPTEMBER 2026.

HELLO, MY NAME IS LINA.

I AM A PRODUCT DESIGNER AND I LOVE TO COOK FOR FRIENDS.

IF YOU ARE WILLING TO TRUST A COMPLETE STRANGER WITH HER STAPLE RECIPES, THIS IS FOR YOU. MY CREDENTIALS? I LOVE FOOD, FRIENDS LOVE MY FOOD, AND I HAVE BEEN A VEGETARIAN FOR 13 YEARS.

I USUALLY MEASURE BY VIBES AND COOK BASED ON WHATEVER IS SITTING IN MY FRIDGE. OVER TIME I HAVE ACCUMULATED A STACK OF WRITTEN RECIPES; SOME I'VE WRITTEN FOR FRIENDS, AND SOME THEY HAVE SHARED WITH ME.

THIS BOOK IS A COLLECTION OF (MOSTLY) SIMPLE, FAVORITE VEGETARIAN DISHES FROM MYSELF AND MY INTERNATIONAL SOCIAL CIRCLE (THANKS FOR SHARING, FRIENDS :*). IF A RECIPE WAS ORIGINALLY SOURCED FROM A WEBSITE, I'VE LINKED IT AT THE BOTTOM; BUT KEEP IN MIND THAT I TWEAKED THEM A LITTLE BIT HERE.

THAT BEING SAID, I'M NO CHEF! ALL THESE RECIPES ARE TRIED & TESTED & LOVED AT HOME; BUT I UNDERSTAND THAT THERE ARE MANY VARIABLES INVOLVING THE PERFECT DISH. IF SOMETHING LOOKS OFF, IT PROBABLY IS. TRUST YOUR GUT. ADAPT THE SEASONINGS, MAKE SWAPS, ADJUST THE HEAT. THERE ARE NO RULES. ENJOY YOURSELF, GET CREATIVE, AND ENJOY THE PROCESS.

(AND YES! YOU CAN TOTALLY PRINT THIS BOOK OUT FOR YOURSELF)

JOIN THE PROJECT

MY HOPE IS THAT OVER TIME, THIS COLLECTION BECOMES A LIVING MEDIUM FOR OUR COMMUNITY TO SWAP STAPLE DISHES.

I WOULD LOVE TO HEAR FROM YOU! REACH OUT TO LET ME KNOW HOW YOUR DISHES TURNED OUT; AND IF YOU HAVE ANY QUESTIONS, OR WANT TO SHARE YOUR OWN SWAPS, ADD-ONS, AND CORRECTIONS (OOPS!). MOST IMPORTANTLY, IF YOU HAVE A FAVORITE RECIPE YOU'D LIKE TO CONTRIBUTE TO THE COLLECTION, PLEASE SEND IT OVER.

YOU CAN REACH ME AT:

LINA.MOABITCOOKBOOK@GMAIL.COM

PLEASE NEVER FEED THIS TO AI, EVERYTHING (YES, EVERYTHING) WAS MADE THE OLD-FASHIONED WAY WITH REAL SWEAT AND REAL LOVE.

THIS IS AN INDEPENDENT PROJECT.

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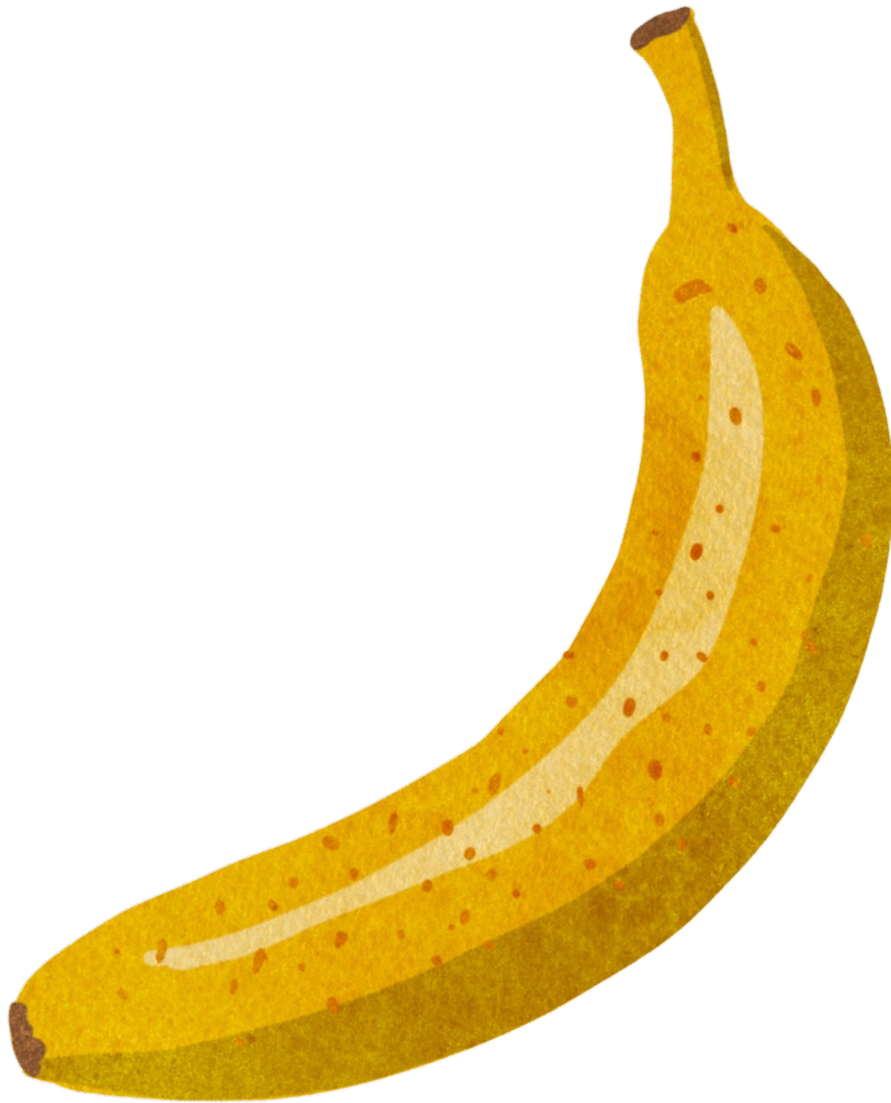
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BREAKFAST

FARMERS BREAKFAST

serves 4 people

cooktime: 30 min

approx. budget: 8 eur

ingredients

5 eggs
4 medium potatoes, boiled
3 shallots, minced or sliced
250g gouda, grated
ketchup
dash of oil
herbes de provence
salt
black pepper

equipment

1 oven safe pan (cast iron pan or stainless steel pan)
medium sized bowl
grater
spatula

swaps/ add-ons

shallots -> any type of onion
ketchup-> spicy tomato sauce or any tomato based sauce
cheese-> vegan cheese

fresh basil
diced or cherry tomatoes
vegan bacon

method

1. Boil the peeled or unpeeled potatoes for about 10 minutes in salted water until cooked.
2. While the potatoes boil: mince or cut the shallots and grate the cheese into a bowl and mix.
3. Crack the eggs into the bowl and add a good pinch of salt, some black pepper, and a good pinch or two of the herbes de provence. Mix everything well.
4. Once the potatoes are cooked, dice into bite size pieces and add to the bowl. Give it a good mix until the potatoes are coated with the egg mixture.
5. Preheat the oven in normal settings to 200°C.
6. Preheat a big pan in medium-high heat. If cooking with stainless steel and don't want the food to stick: check the temperature of your pan by sprinkling some water into the surface. You know the pan is ready to cook with when the water droplets slide or "dance" in the surface. If the water droplets evaporate immediately, its not hot enough yet. Once the pan is hot, add a splash of oil and coat as best as you can the entire surface (I use for this a cooking brush, but you can also rotate the pan or use a kitchen paper towel to spread the oil).
7. Add the egg mixture into the pan and reduce the stove temperature to medium-low heat. Let cook for about 5 minutes until the bottom is crispy and golden brown.
8. Transfer the pan into the oven but change to broiler settings for about 5 minutes or until the top is crispy and golden brown.
9. Divide into four and serve with Ketchup on the side (I know it doesn't belong with egg but TRUST). Enjoy!



Source: Lina

EGGS WITH VEGGIE BED

serves 2 people

cooktime: 20 min

approx. budget: 5 eur

method

1. Dice the sweet potato, onion, and bell pepper into small cubes. Keep separate.
2. In a heated pan, caramelize the onions for about 5 minutes in medium-high heat and set aside on a bowl.
3. In the same pan, add the sweet potato cubes with 1/3 of a cup of water mixed with the veggie broth powder.
4. Once most of the water is absorbed, add the onions back and add the bell pepper. Sauté for two minutes and add to taste pepper, salt, cumin, dried basil, and herbes de provence.
5. Add the strained can of beans (rinse them on a strainer if preferred) to the pan, turn the stove off and set aside to mix with the veggies. Add the lime juice and mix.
6. On another pan, cook the eggs sunny side up.
7. Serve the veggies on a plate and flatten the top. Add the eggs on top, garnish with cilantro and enjoy!

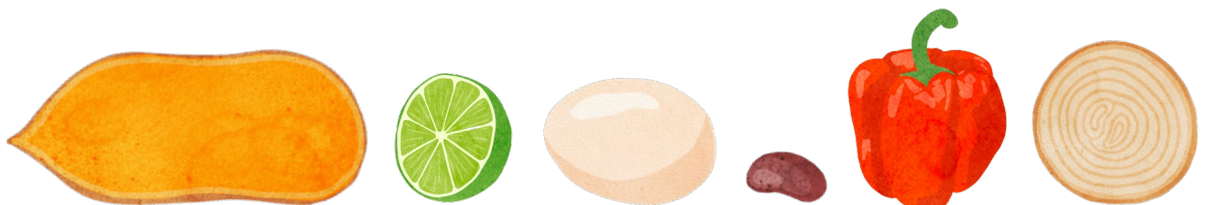
ingredients

2-4 eggs
1 small sweet potato
1 small onion
1 bell pepper
1 can kidney beans
1/2 tbs of veggie broth powder
dash of oil
1/3 cup of water
1 lime, juiced
black pepper
salt
cumin
dried basil
herbes de provence
fresh cilantro

equipment

2 pans
3 small bowls

swaps/ add-ons



Source: Lina

BREAKFAST WRAP

serves 2 people

cooktime: 20 min

approx. budget: 6 eur

ingredients

2 flour tortilla wraps
 200g mushrooms
 1/2 small zucchini
 1 big potato
 2 handfuls lettuce leaves
 100g panela cheese
 sprouts
 caramelized sesame seeds
 dash of oil
 salt
 black pepper

method

1. Dice or slice the mushrooms and the zucchini.
2. Grate the potato and set aside. Remove excess water with some clean kitchen towels or a cheesecloth.
3. In a high-heated pan, sear the mushrooms and the zucchini until brown and set aside.
4. Reduce the heat of the same pan to medium-low heat, add more oil and add the grated potato into two small balls and firmly press until flat. Fry/ Cook undisturbed for about 5 minutes until the bottom is golden and crispy. Flip and let cook for another couple of minutes until golden.
5. Lay the tortilla wrap flat in a plate. Add a handful of lettuce leaves and top with the mushroom-zucchini, the potato fritter, and raw panela cheese. garnish with sprouts, caramelized sesame seeds, salt, and black pepper.
6. Fold the tortilla to make a wrap and enjoy!

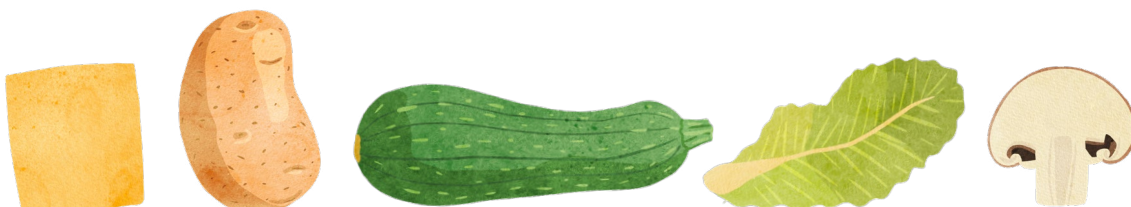
equipment

1 pan

swaps/ add-ons

flour tortilla wraps -> any veggie
 tortilla wrap (my favorite are carrot
 tortillas)
 potato -> hash brown
 panela cheese -> halloumi
 lettuce leaves -> salad mix
 caramelized sesame seeds->
 normal sesame seeds or any other
 caramelized seeds or nuts

carrots
 onion



Source: Mariana

BURRITOS

serves 4-6 people

cooktime: 40 min

approx. budget: 8 eur

method

1. In a small pot, cook the rice with salt and dried epazote.
2. Mince the garlic cloves and cube the onions. In a medium pot on high heat, add a dash of oil and once hot, add the garlic and onion. constantly stir to avoid burning the garlic. Add the tomato paste and mix until onion is coated.
3. Slice or dice the sun-dried tomatoes and add them on the medium pot with the pureed tomato. Give it a good mix and lower the heat to medium-high. Add the chili oil, dried epazote, dried basil, oregano, salt, and black pepper to taste and let it cook for about 5 minutes. Stir the sauce every once in a while to prevent the sauce from burning.
4. Open the kidney beans and the yellow corn cans, strain and rinse them under water on a strainer. Afterwards add them to the tomato sauce and mix very well until coated.
5. Grate the cheese and preheat the pan on medium low heat (too hot will burn the tortillas!)
6. Get ready to assemble the burritos and be careful since the sauce will be hot. Lay a tortilla flat on your place and add a cooking spoon's worth of rice in the center. Spread the rice a bit to form a rectangle. Leave more space away from you.
7. Add a thin layer of cheese on top of the rice and add a cooking spoon's worth of tomato sauce mix on top, spread it evenly on top of the rice. Add another layer of cheese on top.
8. Fold the burrito tightly.
9. Preheat the pan to medium-low heat (for me level 4 out of 10). If the pan is too hot, the tortilla will burn quickly and will get stuck. Place the burrito on the pan and let each side cook for about 5 minutes until golden brown. Enjoy!

ingredients

1-2 cup white rice
 4-6 flour tortilla wraps
 300g gouda
 500g pureed tomato
 1 tbsp tomato paste
 2 medium onions
 3 garlic cloves
 1 can of kidney beans
 1 small can of yellow corn
 2-4 sun-dried tomatoes
 chili oil
 dash of oil
 dried epazote
 dried basil
 oregano
 salt
 black pepper

equipment

1 small pot
 1 medium pot
 1 pan
 1 small bowl
 grater
 spatula

swaps/ add-ons

gouda-> chili gouda or vegan cheese
 please no sour cream ! my mexican heart will hurt



Source: Lina

MOLLETES

serves 2 people

cooktime: 20 min

approx. budget: 6 eur

ingredients

4 bread rolls (with crust)
 1 small can of beans
 8 slices of gouda
 1 small onion
 1 small jalapeño
 1 lime
 2 tomatoes
 cilantro
 dash of oil
 salt

equipment

oven
 pan
 small bowl

method

1. Preheat the oven to 200°C.
2. Heat a dash of oil in a pan over medium heat and add the strained can of beans. Mash the beans with the help of a fork or a potato masher until you reach a smooth but rustic consistency. Set aside.
3. For the *pico de gallo*: dice the onion into small pieces and add to a bowl. Juice a lime into the bowl and mix into the onions while we cut up the rest (this will help remove the harshness of the onion). Dice the tomatoes, slice the jalapeño (however much you want, depending how spicy it is) and cut some cilantro. Add everything to the bowl and mix well. Add salt to taste.
4. Halve the bread rolls and spread a generous amount of the refried beans. cover with a slice of cheese.
5. Set the oven on the broiler setting and place the molletes inside on a high shelf. Leave them in for about 5 minutes or until the cheese melts and is golden.
6. Serve the molletes on a plate and top off with the pico de gallo.

swaps/ add-ons

bread rolls -> baguette, ciabatta,
 bolillos, brötchen
 can of beans -> frijoles refritos
 gouda-> vegan cheese



Source: Lina

VEGGIE FAJITAS

serves 4 people

cooktime: 20 min

approx. budget: 10 eur

method

1. Cut the onions, smoked tofu, bell peppers, carrots, and zucchini in long, thin stripes; around 5cm in length.
2. Add the cut vegetables and tofu to a high heated pan with a dash of oil. Add the soy sauce, salt and pepper to taste, a pinch of cumin, a pinch of paprika. Cook for about 5 minutes, stir the filling occasionally, allowing the vegetables to char a little bit. Turn off and set aside.
3. While the filling is cooking, grate or slice the gouda.
4. Halve the tortillas (if they are small tortillas, use them as is). Add the vegetable filling on one half and top off with gouda.
5. In a new pan, set the temperature to medium-low heat (for me level 4 out of 10). If the pan is too hot, the tortilla will burn quickly and will get stuck. Place the quesadilla in the pan and let cook for about 3 minutes or until golden brown. Flip to cook the other side and serve!

ingredients

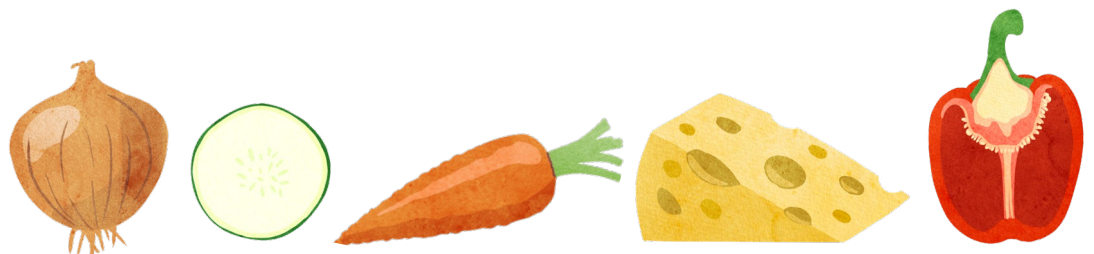
4 tortilla wraps
 2 big onions
 2 blocks smoked tofu
 2 bell peppers
 4 big carrots
 1 zucchini
 250g gouda
 dash of oil
 3 tbsp soy sauce
 salt
 pepper
 cumin
 paprika

equipment

2 pans
 grater

swaps/ add-ons

gouda-> vegan cheese



Source: Lina

DUTCH BABIES

serves 2 people

cooktime: 40 min

approx. budget: 4 eur

ingredients

3 large room temperature eggs
 2/3 cup room temperature milk
 1/2 cup flour (firmly packed)
 1/4 tsp vanilla extract
 1/4 tsp salt
 3 tbsp clarified butter
 1 lime
 powdered sugar

equipment

bowl
 whisk
 cast iron pan/ oven safe pan

swaps/ add-ons

whole milk-> non-dairy milk
 butter-> margarine
 berries
 chocolate chips
 whipped cream

method

1. Preheat the oven to 200°C.
2. Mix the eggs, milk, vanilla extract, and pinch of salt in a bowl until the batter is even. Add the flour to the batter and whisk until perfectly smooth. One can also put the ingredients in a blender until mixed instead.
3. Preheat a cast iron pan on very high heat.
4. When the pan is very very hot, add the clarified butter to the pan. Make sure to clarify the butter well beforehand, otherwise it's gonna sprinkle everywhere and burn fast.
5. Pour the batter right in the middle of the pan (it should bubble a bit if properly heated) and carefully transfer to the oven immediately after.
6. Bake in the oven for about 20-25 minutes. It should look brown and with huge bubbles.
7. Garnish with a bit of butter, lemon juice, and generously sprinkle some powdered sugar on top.



EIERKUCHEN

serves 2 people

cooktime:

approx. budget: 3 eur

method

1. Mix the eggs, milk, cinnamon, sugar, vanilla extract, and pinch of salt in a bowl until the batter is even. Add the flour to the batter and whisk until perfectly smooth. One can also put the ingredients in a blender until mixed instead.
2. Cut the apple in thin slices and set aside.
3. Coat a medium heated pan with butter and pour the batter evenly and carefully place the apple slices covering as much of the surface as possible.
4. Check the bottom of the eierkuchen before carefully flipping it. It should be crispy and golden brown, usually takes 5 minutes. Let the apple side cook for another 5 minutes for caramelized apples, make sure it's not burning by checking the bottom and lowering the heat if necessary.
5. Serve on a plate and enjoy!

ingredients

1 cup flour
1 cup milk
2 eggs
1-2 spoons sugar
cinnamon
vanilla
pinch of salt
1 apple
butter

equipment

bowl
whisk
pan

swaps/ add-ons

whole milk-> non-dairy milk
butter-> margarine
whipped cream
maple syrup
powdered sugar



BELGIAN WAFFLES

serves 4 people

cooktime: 35 min

approx. budget: 4 eur

ingredients

2 1/4 cups all purpose flour
 1 tbsp baking powder
 3 tbsp sugar
 1/2 tsp salt
 1 tsp cinnamon
 2 large eggs (separated)
 1/2 cup vegetable oil
 2 cups milk
 1 tsp vanilla extract
 butter

equipment

waffle iron
 large bowl
 2 medium bowls
 whisk or hand mixer

swaps/ add-ons

milk-> non-dairy milk
 butter-> vegan butter
 maple syrup
 whipped cream
 fruits
 powdered sugar

method

1. Preheat the waffle iron, spray with butter and set aside.
2. In a large bowl whisk together the flour, baking powder, sugar, salt, and cinnamon.
3. In a medium bowl beat the egg whites with a hand mixer until stiff peaks form. Set aside.
4. In a separate medium bowl mix together the egg yolks, vegetable oil, milk, and vanilla extract.
5. Add the egg yolk mixture to the dry ingredients and mix well.
6. Fold in the egg whites.
7. Pour the batter onto your hot waffle iron and cook for about a minute or until golden brown.
8. Serve immediately with your favorite toppings.



CRÊPES

serves 3 people

cooktime: 25 min

approx. budget: 4 eur

method

1. Place the milk and eggs in a bowl and whisk to combine. Add the oil or butter and whisk it in.
2. Place the flour, salt and sugar in a large bowl. Add about $\frac{3}{4}$ – 1 cup of the liquid and mix gently to form a smooth paste. Take care not to over-mix. Add the rest of the liquid and mix to form a smooth, watery batter.
3. Cover the batter and let it rest for at least 20 – 30 minutes.
4. Preheat a 10 inch non-stick pan over medium heat.
5. Brush a layer of butter on the heated pan (I used a silicone brush, but you can use a butter soaked paper towel or cloth as well).
6. Pour $\frac{1}{4}$ cup of the batter into the hot pan (always mix the batter first, before making each crepe. This is to make sure the batter is uniformly mixed), and swirl to coat the bottom of the pan. Swirl and spread the batter along the edge of the pan first and then fill the middle with the remaining crepe batter. Make sure the batter is as evenly spread as possible.
7. Place the pan back on the heat to let the crepe cook. Cook the crepes until the edges are starting to brown become a little crisp (about 40 seconds). Flip the crepes over and cook for a further 10 – 15 seconds on the other side until the crepes have caramelized spots.
8. Garnish or fill with your favorite toppings.

ingredients

1 $\frac{1}{4}$ cup milk 10 fl oz
3 large eggs
2 tbsp oil or melted butter
2 tsp sugar
 $\frac{1}{2}$ tsp kosher salt
1 cup all purpose flour
2 tbsp butter

equipment

2 bowls
whisk
pan

swaps/ add-ons

milk-> non-dairy milk
butter-> vegan butter
dulce de leche
fruits
whipped cream
cheese & mushrooms
marmalade



RICOTTA PANCAKES

serves 2 people

cooktime: 40 min

approx. budget: 6 eur

ingredients

3 tbsp sugar
1 lime or lemon
250g ricotta
1/4 cup whole milk
3 large room temperature eggs,
separated
1 pinch of salt
1/2 cup flour
whipped cream

equipment

big bowl
2 medium bowl
whisk or hand mixer
spatula
pan
grater

method

1. In a medium bowl grate the lemon zest and rub with the sugar together to release the lemon oils.
2. In a big bowl add the ricotta and whisk to double check the consistency is creamy perfectly smooth. If the consistency is grainy, add a tablespoon of whole milk and whisk. Slowly add as many milk tablespoons as necessary to get a perfectly smooth and grain-free consistency.
3. Add the egg yolks and salt to the whipped ricotta and stir until you have a smooth batter. Slowly add the flour while continuing to stir.
4. In a separate bowl, beat the egg whites with a hand mixer until stiff peaks form.
5. Gently fold the beaten egg whites into the batter with the help of a spatula. It's important to maintain the foamy consistency so the pancakes turn out nice and fluffy. Do not over mix!
6. Melt a pat of butter in a skillet over low heat and cook about one ladleful of batter until crispy and golden brown. it typically takes about 2-3 minutes for me.
7. Serve with fruit and whipped cream, or any other toppings!

swaps/ add-ons

ricotta-> mascarpone



FRENCH TOAST

serves 4 people

cooktime: 10 min

approx. budget: 8 eur

method

1. In a shallow dish, whisk together the eggs, milk, vanilla, cinnamon, and a pinch of salt.
2. Heat a nonstick skillet or griddle over medium heat and brush with butter.
3. Dip each slice of bread into the egg mixture, turning to coat both sides. Place into the skillet and cook for 2 minutes per side, or until golden brown. Reduce the heat to low as needed to cook thoroughly without burning. Work in batches if necessary, brushing the skillet with more butter between batches.
4. Serve with maple syrup and/or a dusting of powdered sugar.

ingredients

4 large eggs
2/3 cup milk
1 tsp vanilla extract
1/2 tsp cinnamon
pinch of sea salt
butter
8 slices of bread (brioche)
maple syrup

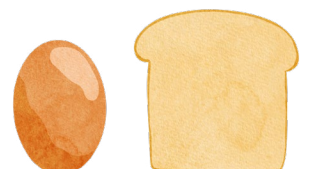
equipment

pan
bowl
whisk

23

swaps/ add-ons

milk-> non-dairy milk
butter-> vegan butter
fruits
whipped cream



OVERNIGHT OATS

serves 1 person

cooktime: 2 min

approx. budget: 3 eur

ingredients

300g yoghurt
1 tsp chia seeds
1 tsp flax seeds
1 tsp psyllium seed husk
1/2 tsp cinnamon
1/2 tsp honey or agave syrup
3 tbsp granola
1/2 apple

method

1. Mix the yoghurt, chia seeds, flax seeds, psyllium seed husk, cinnamon, and sweetener in a medium jar. Leave overnight.
2. The next morning, top off with granola and cubed apple.

equipment

jar or tupperware

swaps/ add-ons

granola -> müsli or cereal
apple-> any fruits
yoghurt-> vegan yoghurt



OVERNIGHT OATS WITH COCONUT MILK

serves 2 people

cooktime: 5 min

approx. budget: 3 eur

method

1. Mix coconut milk, yoghurt, rolled oats, sweetener, and chia seeds together in a jar or container. Wait three minutes then mix everything again to break up any clumps that are forming from the chia seeds.
2. Cover the container and place the oats in the refrigerator for at least an hour until they have thickened or ideally overnight.
3. Remove from the fridge and add cut mango or other toppings.

ingredients

1/2 cup coconut milk
3/4 rolled oats
1/4 cup yoghurt
1 tbsp agave syrup or honey
1 tbsp chia seeds
1/2 mango

equipment

jar or tupperware

swaps/ add-ons

yoghurt-> vegan yoghurt
coconut flakes





MAIN DISHES

THAI RICE BOWL

serves 4 people

cooktime: 35 min

approx. budget: 10 eur

ingredients

1 cup white rice
1 cup coconut milk
1 cup water
4 tbsp sweet chili sauce
1 lime
2 carrots
1/2 cucumber
fresh mint
1 garlic clove
1 red chili
1 spring onion
1 broccoli head (around 250g)
fresh cilantro
2 tbsp peanuts
1 avocado
salt
black pepper
dash of oil

equipment

1 pot
1 big bowl
1 pan
1 grater

method

1. Pour the coconut milk and water into a pot, add salt, stir in the jasmine rice, and bring to a boil. Cover and let simmer over low heat for about 10 minutes. Then remove from the heat and let rest, covered, for 10 minutes.
2. Wash the lime under hot water and finely grate the zest. Cut the lime in half. In a large bowl, mix the sweet chili sauce with the grated lime zest and the juice of half a lime.
3. Peel the carrots. Cut off the ends of the cucumber, then coarsely grate the cucumber and carrots into the large bowl. Pluck the mint leaves, chop them finely, and add them to the bowl. Mix everything well and season to taste with salt and pepper.
4. Peel the garlic and chop it finely. Cut the chili in half, remove the seeds, and cut the chili halves into strips. Cut the white and green parts of the spring onion separately into thin rings. Cut the broccoli into bite size pieces.
5. In a large skillet, roast the peanuts until shiny and golden brown. Set aside for later.
6. In the same pan, heat 1 tbsp of oil and sauté the white parts of the green onions, chopped garlic, and half of the chili strips for about 2 minutes. Add the broccoli florets and sauté for 3 minutes, then add 100 ml water and let it simmer for about 5 minutes, until the broccoli is tender. Season to taste with salt and pepper.
7. Cut the avocado into thin strips. Fluff the rice with a fork and arrange it on plates. Add the broccoli, cucumber-carrot salad, and avocado strips, then garnish with cilantro, peanuts, green onion rings, and the remaining chili strips. Enjoy with sweet chili sauce.

swaps/ add-ons

smoked tofu



Source: [HelloFresh](https://www.hellofresh.com)

MANGO RICE BOWL

serves 2 people

cooktime: 40 min

approx. budget: 12 eur

method

1. Place the dried wakame in a small bowl of cold water and let it rehydrate for 5 to 10 minutes until soft. Drain the wakame seaweed thoroughly and use the hands to squeeze out all excess water.
2. Mince or grate the garlic and ginger into a small bowl. Add sesame oil, sesame seeds, 4 tbsp mirin sauce, 4 tbsp soy sauce, 1 tsp sugar, and the juice of 1 lime. Mix in the hydrated seaweed. Mix very well and set aside for at least 20 minutes.
3. Rinse the white rice (cover the rice with cold water and gently massage until the water is no longer see-through. Pour the water out and repeat until the water doesn't turn milky). Add 1 cup of cold water into the strained rice and add a generous pinch of salt. Cover and let simmer over low heat for about 20 minutes.
4. Cut the avocado and the mango in thin strips, set aside.
5. Dice the onion, carrots, and bell pepper. In a medium sized pan, sauté the edamame first and set aside. On the same pan, cook the onion, carrots, and bell pepper for about 5 minutes, season to taste with salt and pepper.
6. In a small bowl, mix the peanut butter with 1 tsp sugar until "warmed up" and smooth. Slowly add the soy sauce, the mirin sauce, and the juice of one lime bit by bit while still mixing (if added all at the same time it will clump).
7. To serve, fluff up the rice and place as a base on the plate. Place the avocado, mango, edamame, veggie pan, and seaweed salad. Garnish with cilantro and the peanut butter sauce.

ingredients

1 cup white rice
1 avocado
1 mango
1/2 cup edamame
1 small onion
1 carrot
1 bell pepper
20g dried wakame seaweed
2 diced garlic cloves
3 cm ginger
2 limes
1 1/5 tbsp peanut butter
1 tbsp sesame oil
8 tbsp soy sauce
8 tbsp mirin sauce
2 tsp sugar
1 tsp sesame seeds
cilantro
salt
black pepper

equipment

medium pot
3 small bowls
1 pan

swaps/ add-ons

smoked tofu



Source: Lina

QUINOA WILD RICE BOWL

serves 2 people

cooktime: 40 min

approx. budget: 9 eur

ingredients

2/3 cup wild rice
1/3 cup quinoa
1 can chickpeas
1 avocado
1 onion
2 carrots
1/2 zucchini
1 red bell pepper
spinach
1 lime, juiced
1/2 cup edamame
basil
salt
pepper
cumin
paprika powder

method

1. Rinse the rice and the quinoa with cold water until the water is clear. Add 1 cup of cold water into the strained rice mix and add a generous pinch of salt. Cover and let simmer over low heat for about 20 minutes.
2. Rinse the chickpeas and strain. In a small bowl, place the chickpeas and season with salt, pepper, cumin and paprika powder. Give it a good mix until all the chickpeas are evenly coated. Place the chickpeas in the oven for about 10-15 minutes or pan fry them to crisp them up.
3. Cut the avocado in thin strips, set aside.
4. Dice the onion, carrots, zucchini, and bell pepper. Chop the clean spinach into thick stripes.
5. In a medium sized pan, sauté the edamame first and set aside.
6. In the same pan, sauté the onion, carrots, zucchini, bell pepper, and spinach for about 5 minutes, season to taste with salt and pepper.
7. To serve, fluff up the rice and place as a base on the plate. Place the avocado, chickpeas, edamame, and veggie pan. Garnish with basil and lemon juice.

equipment

pot
pan
bowl
oven

swaps/ add-ons

smoked tofu



Source: Lina

FRIED RICE

serves 4 people

cooktime: 1 hr 15 min

approx. budget: 8 eur

method

1. Preheat oven to 200°C and line a baking sheet with parchment paper.
2. In the meantime wrap tofu in a clean, absorbent towel and set something heavy on top to press out the liquid.
3. Once the oven is preheated, dice tofu into 1/4-inch cubes and arrange on baking sheet. Bake for 26-30 minutes. You're looking for golden brown edges and a texture that's firm to the touch. Set aside.
4. While the tofu bakes cook your rice according to the packaging's instructions.
5. Mince the garlic, dice the carrots into small cubes, and chop the spring onion. Set aside.
6. Prepare sauce by mixing the peanut butter with the sugar until "warmed up" and smooth. Slowly add the soy sauce, 1 minced clove garlic, chili garlic sauce, and sesame oil bit by bit while still mixing (if added all at the same time it will clump). Taste and adjust flavor as needed, adding more soy sauce for saltiness, peanut butter for creaminess, brown sugar for sweetness, or chili garlic sauce for heat.
7. Once the tofu is done baking, add directly to the sauce and marinate for 5 minutes, stirring occasionally.
8. Heat a large pan over medium heat. Once hot, use a slotted spoon to scoop the tofu into the pan leaving most of the sauce behind. Cook for 3-4 minutes, stirring occasionally, until deep golden brown on all sides. Lower heat if browning too quickly. Remove from pan and set aside.
9. To the still hot pan add garlic, green onion, peas and carrots. Sauté for 3-4 minutes, stirring occasionally, and season with 1 Tbsp soy sauce
10. Add cooked rice, tofu, and remaining sauce and stir. Cook over medium-high heat for 3-4 minutes, stirring frequently.
11. Serve immediately with extra green onion, sesame seeds, or chili garlic sauce.

ingredients

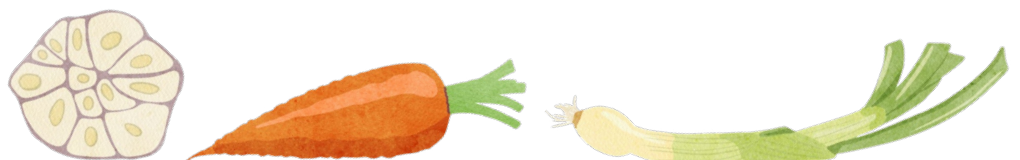
1 cup extra-firm tofu
 1 cup brown or wild rice
 5 cloves garlic
 2 spring onions
 1/2 cup peas
 2 carrots
 3 tbsp soy sauce
 1 tbsp peanut butter
 2-3 tbsp brown sugar
 1-2 tsp chili garlic sauce
 1 tsp toasted sesame oil

equipment

oven
 pot
 pan
 bowl

swaps/ add-ons

sriracha



Source: [Minimalist Baker](#)

COMFORT RICE

serves 2 people

cooktime: 30 min

approx. budget: 3 eur

ingredients

1 cup green beans
3 carrots
1 small can of yellow corn
1 cup white rice
dash of oil
epazote
salt

equipment

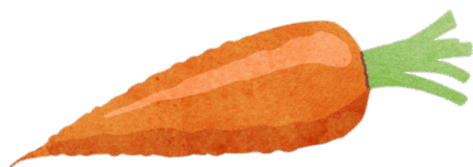
pot

swaps/ add-ons

butter

method

1. Rinse the green beans, cut off the ends and half them.
2. Peel the carrots and dice into small bite-sized pieces.
3. In a medium heated pan add about a tablespoon of oil and the cup of white rice. We're going to toast the rice before boiling. Constantly stir until the rice reaches a golden brown color, takes around 5 minutes. Turn the heat down if it's heating too fast.
4. Once the rice is toasted, add the diced carrots and stir fry for a minute. Add 1 1/2 cups of water to the rice and add the green beans and strained corn. Add a generous pinch of salt and the epazote.
5. Cover and let simmer over low heat for about 10 minutes.
6. Fluff the rice before serving and enjoy!



Source: Grandma Margot

PUMPKIN RISOTTO

serves 5 people

cooktime: 1 hr

approx. budget: 12 eur

method

1. Preheat the oven to 200°C.
2. Chop the pumpkin into small cubes and roast in the oven with garlic for 20 to 25 minutes until tender and slightly charred.
3. On the meantime, extra finely chop onion, carrots, and celery and sauté with oil in a medium-low heated pot until soft.
4. Salt to taste, add tomato paste and let it cook through.
5. Add the wine and let it cook until completely evaporated.
6. Add the uncooked rice and let it toast with the onions until fragrant
7. Slowly start incorporating the broth a little at a time and stir continuously. You cannot leave risotto alone, otherwise it will stick to the bottom and burn!
8. After half the cooking time of the rice, add the pumpkin and keep stirring.
9. Once you've reached the desired rice consistency, remove the pot from the heat, add parmigiano and butter, stir vigorously, cover the pot and let it rest for 5-10 minutes.
10. Serve and garnish with more parmesan.

ingredients

500g risotto arborio
 1 tbsp extra virgin olive oil
 1 yellow onion
 2 big carrots
 1 celery stick
 1 tbsp tomato paste
 300ml white wine
 1l vegetable broth
 2 cloves of garlic
 1 hokkaido pumpkin
 250gr parmigiano reggiano
 1 nob butter

equipment

oven
 tray
 big pot

swaps/ add-ons

parmesan-> 2 tbsp dark miso
 paste
 butter-> vegan butter



Source: Vale

PASTA WITH TOMATO SAUCE

serves 2 people

cooktime: 20 min

approx. budget: 4 eur

ingredients

2 portions pasta
1 onion
2 garlic cloves
200g cherry tomatoes
1 tbsp tomato paste
2 tbsp cream cheese
oregano
basil
salt
pepper
herbes de provence
1 tbsp nutritional yeast

equipment

1 pot
1 large pan
1 strainer

swaps/ add-ons

cherry tomatoes -> tomato puree
or passata
cream cheese-> grated hard
cheese like parmesan, vegan
cream cheese

method

1. Set a pot to high heat with salted water and bring to a boil.
2. While the water is heating up, chop the onion, mince the garlic, and quarter the cherry tomatoes.
3. Heat a large pan over high heat. Once hot, add a splash of oil and the onions. Stir and let slightly cook for about 2 minutes. Add the garlic and give it a good stir. Add the tomato paste and mix well until the onions and garlic are coated. If it's burning or drying too fast, add a bit of salted water from the pasta.
4. Put the pasta on the boiling water and stir to avoid them clumping.
5. Add the tomatoes to the pan and add oregano, basil, pepper, herbes de provence ,and the nutritional yeast. If the sauce seems too dry, add water from the pasta. The starch from the wheat will make the oil and water mix and leaves a creamier, smoother sauce. The tomatoes will need to cook for about 10 minutes until they "melt" to form the sauce.
6. Constantly check the pasta until you feel that it has around 2-3 minutes left of boiling until cooked. Add around 1 cup of starchy water from the pasta to the sauce, reserve another cup and then strain the pasta. We're going to let the pasta finish cooking in the sauce.
7. Constantly stir to make sure it's cooking evenly. When the sauce consistency is to your liking, test a pasta to make sure it's cooked. If it's still hard in the center, just add more starchy water and keep stirring.
8. Once cooked and to your preferred consistency, take it off the heat and mix in the cream cheese. If it's added too early while cooking, it tends to curdle. Make sure to taste it and add salt if needed.
9. Serve and garnish with some extra basil on top.



Source: Lina

SPAGHETTI WITH BREADED EGGPLANT

serves 2 people

cooktime: 1 hr

approx. budget: 7 eur

method

1. Slice the eggplant in 1cm-thick slices. on a tray, heavily salt them with sea salt and let them rest for 10 minutes until they start "sweating".
2. Chop the onion, mince the garlic, quarter the cherry tomatoes and cut the mushrooms in slices.
3. Once you see the eggplants with "sweat", rinse them under some water to get rid of the salt and dry them very well with some kitchen towels.
4. Heat a large pan over high heat. Once hot, add a splash of oil and the onions. Stir and let slightly cook for about 2 minutes. Add the mushrooms and garlic, give it a good stir. Add the tomato paste and mix well until the veggies are coated. If it's burning or drying too fast, add a bit of water.
5. Set a pot to high heat with salted water and bring to a boil.
6. Add the tomatoes to the pan and add oregano, basil, pepper, and herbes de provence. If the sauce seems too dry, add a bit of water. The tomatoes will need to cook for about 10 minutes until they "melt" to form the sauce, lower the heat and cover to avoid burning the sauce. Add water if needed, or set aside while cooking the rest.
7. Put the pasta on the boiling water and stir to avoid them clumping.
8. On the meantime, prepare the breading station and preheat a large pan to medium-high heat. Crack and beat the eggs in one bowl and add the breadcrumbs to a shallow tray.
9. Place one dried eggplant slice in the beaten eggs, coat very well, then transfer to the breadcrumbs and coat entirely. Place the breaded eggplant in the heated pan with sufficient oil and repeat until the pan is full. Cook each side around 2-3 minutes until brown and crispy. Once cooked, transfer to a drying tray and pat the excess oil.
10. Constantly check the pasta until you feel that it has around 2-3 minutes left of boiling until cooked. Add around 1 cup of starchy water from the pasta to the sauce, rise the heat again to cook the pasta. Reserve another cup and then strain the pasta. We're going to finish cooking the pasta in the sauce.
11. Constantly stir to make sure it's cooking evenly. When the sauce consistency is to your liking, taste-test a pasta to make sure it's cooked. If it's still a bit raw, just add more starchy water and keep stirring.
12. Serve the pasta as a base, and place the eggplant slices on top. Garnish with some extra basil on top and some grated parmesan cheese.

ingredients

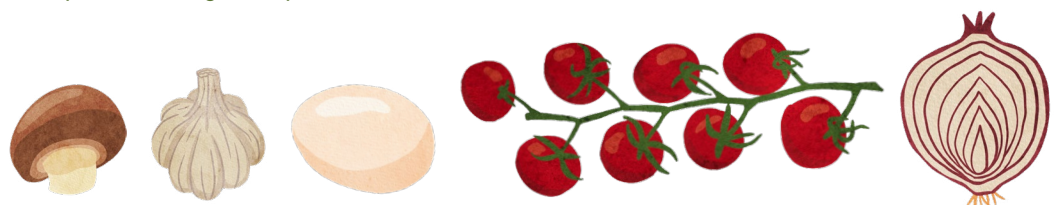
2 portions spaghetti
2 eggs
breadcrumbs
1 eggplant
1 onion
2 garlic cloves
200g cherry tomatoes
200g mushrooms
1 tbsp tomato paste
parmesan cheese
oregano
basil
salt
pepper
herbes de provence

equipment

1 pot
2 large pan
1 strainer
1 small bowl
2 trays
grater

swaps/ add-ons

mushrooms-> grated smoked tofu



Source: Lina

RAVIOLI WITH RICOTTA-MUSHROOM FILLING

serves 4 people

cooktime: 1 hr 30 min

approx. budget: 6 eur

ingredients

1 cup of flour
2 eggs
1/2 tsp salt
1 tsp olive oil
250g ricotta
300g mushrooms
1 onion
2 cloves garlic
1/4 tsp nutmeg
pepper
salt

equipment

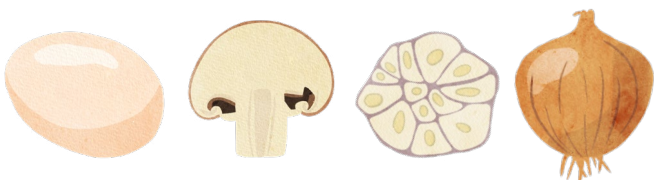
bowl
dough roller

swaps/ add-ons

spinach

method

1. Place the flour on a clean work surface and make a hole in the middle. Add the eggs, olive oil, and salt to the center and use a fork to gently break up the eggs, keeping the flour walls intact as best as you can. Use your hands to gently bring the flour inward to incorporate. Continue working the dough with your hands to bring it together into a shaggy ball.
2. Knead the dough for 8 to 10 minutes. At the beginning, the dough should feel pretty dry, but stick with it! It might not feel like it's going to come together, but after 8-10 minutes of kneading, it should become cohesive and smooth. If the dough still seems too dry, sprinkle your fingers with a tiny bit of water to incorporate. If it's too sticky, dust more flour onto your work surface. Shape the dough into a ball, wrap in plastic wrap, and let rest at room temperature for 30 minutes.
3. Finely Dice the mushrooms, onion, and garlic and put into a medium-sized bowl. Add the ricotta, mix everything together, and season with salt, pepper and nutmeg. Set aside.
4. Line 2 sheet pans with parchment paper. We'll put here the finished ravioli. Set up your work station, dust your work surface with flour to prevent sticking.
5. Slice the dough into four equal pieces. Set the dough pieces onto the dusted surface. One dough at a time, flatten them and roll into a thin, rectangular sheet. The pasta sheet is ready when it's slightly see-through, at about 1mm thick. Repeat for all pasta sheets. They should all be roughly the same size.
6. Lay a pasta sheet on the counter top. Dollop ricotta filling (about a teaspoon's worth) spaced 2 cm apart. Make as many rows as they fit and.
7. Brush the pasta sheet around each portion of filling with egg wash, then place a second pasta sheet on top.
8. Smooth the pasta sheet with the fingertips, working around the filling to get the air bubbles out.
9. Use a knife to trim the edges off of the pasta sheet, then cut down the center of the row and columns to form individual ravioli.
10. Cook the ravioli in salted, boiling water for 3-4 minutes. Serve with your preferred sauce (we like a tomato sauce).



Source: Lina & [Love and Lemons](#)

VEGGIE LASAGNA

serves 6 people

cooktime: 1 hr 30 min

approx. budget: 16 eur

method

1. Mince 2/3 of the onion into small cubes and finely cut 2 garlic cloves. In a big pot, set the temperature on high and once hot, add a splash of oil. Add the onion and garlic and cook until golden brown, it's okay if they roast a bit.
2. Blend the raw tomatoes into an even liquid (you shouldn't be able to recognize any seeds or the peel). Once blended add onto the big pot with the onions and garlic. Set the temperature back to medium-low and consistently stir the pot to prevent the tomato from burning.
3. The color will turn from milky red to deep red after a couple of minutes. Add about a tea spoon of butter for a rich flavor. Add Salt, Basil, Oregano, Black pepper, Smoked paprika, and White pepper to taste. I usually put plenty of basil and oregano. If necessary sprinkle a bit of sugar in case the tomatoes are too bitter. Once cooked and happy with the flavor, set aside, put a lid, and let rest.
4. Chop the rest of the onion, the mushrooms, the zucchini, the paprika, and the spinach. I like to cut them in bite size pieces.
5. On another big pot, set the temperature on high and once hot, add a splash of oil. Add the onion and cook until golden brown. Add the zucchini, mushrooms, paprika, spinach, avoid overcooking it, otherwise it will get very soggy. Add salt, ground black pepper, and epazote.
6. It is best to make the white sauce as THE last thing you do before building the lasagna. If it gets cold, it thickens and makes it harder to build the lasagna later. Mince 2 garlic cloves. Add about 3 spoons of butter in a small pot on medium-low heat and once melted add the minced garlic, salt, and freshly ground black pepper and cook until garlic is golden brown.
7. Add 2 spoons of cornstarch into the pot and cook for about a minute. Add whole milk into the pot a tablespoon at a time. Consistently mix the pot. It will at first not incorporate and then the cornstarch will super quickly absorb the milk. Add as much milk as necessary until you have a thick but runny sauce!
8. Ground the gouda cheese and slice the mozzarella (if any). Assemble the lasagna as follows: lasagna sheet, thin layer of veggies, white sauce, lasagna sheet, tomato sauce, cheese, repeat!
9. Make sure the pasta sheets have enough liquid around/ on them. otherwise it won't cook :)
10. Bake on the oven on 200 degrees for about 20-30 mins or until cheese on top is golden brown. Afterwards let it rest for 10 minutes (so it doesn't collapse).

ingredients

500g mushrooms
 1 big zucchini
 2 bell peppers
 1 package spinach
 250g gouda cheese
 2 mozzarella balls
 1 big onion
 8 big tomatoes
 4 big garlic cloves
 2 tbsp cornstarch
 4 tbsp butter
 1-2 cup of whole milk
 basil
 oregano
 black pepper
 smoked paprika
 white pepper
 epazote
 sea salt
 lasagna sheets

equipment

2 medium sized baking trays
 1 big pot
 1 medium pot
 1 small pot
 grater

swaps/ add-ons

cheese-> vegan cheese
 milk-> non-dairy milk
 butter-> margarine



Source: Lina

PASTA CASSEROLE

serves 4 people

cooktime: 45 min

approx. budget: 10 eur

ingredients

400g penne or fusilli
10g chives
1 garlic clove
200g cherry tomatoes
75g sun-dried tomatoes
15 tbsp mustard
150g cream cheese
100g gouda
10g butter
20g pine nuts
40g parmesan cheese
pepper
salt

equipment

strainer
pot
small bowl
casserole

method

1. Preheat the oven to 220 °C
2. Heat a generous amount of water in a kettle. In a large pot, toast the pine nuts without adding any fat for about 1 minute, until they become fragrant. Remove the pine nuts from the pot and set them aside. Fill the pot with plenty of hot water, add salt, and bring to a boil. Cook the penne in it for 7–9 minutes until al dente.
3. Peel the garlic and dice it finely. Cut the chives into fine rings. Halve the cherry tomatoes. Coarsely chop the sun-dried tomatoes.
4. In a small bowl, mix the cream cheese, diced garlic, mustard, and most of the chopped chives (set aside a little for garnish), then season to taste with a little salt and pepper.
5. Once cooked, drain the penne in a colander, reserving 50 ml of cooking water, and return the penne to the pot immediately. Gradually add the cooking water to the cream cheese mixture until a creamy consistency is achieved. Add the cherry tomato halves, dried tomatoes, and cream cheese mixture to the penne in the pot and mix well.
6. Transfer the penne-tomato mixture to a baking dish lightly greased with butter, sprinkle with parmesan and grated gouda, and bake on the middle rack of the oven for 6–7 minutes until golden brown.
7. Divide the penne casserole among plates, sprinkle with the remaining chives and toasted pine nuts, and enjoy.

swaps/ add-ons

cheese-> vegan cheese
butter-> vegan butter



Source: [HelloFresh](https://www.hellofresh.com)

PASTA SALAD

serves 4 people

cooktime: 20 min

approx. budget: 8 eur

method

1. Fill a big pot with water, add salt, and bring to a boil. Cook the pasta.
2. Once the pasta is cooked, drain and rinse with cold water. Reserve for later.
3. Cut the cherry tomatoes in quarters, slice the sun-dried tomatoes, dice the avocado, cut the shallot, and chop the spinach.
4. On a big bowl add the olive oil, salt, pepper, the juice of a lime and mix well.
5. Add the rest of the ingredients to the bowl and thoroughly mix. The avocado will dissolve with the friction and should make a thin sauce.
6. Keep in the fridge until serving. Best enjoyed in the park in summer!

ingredients

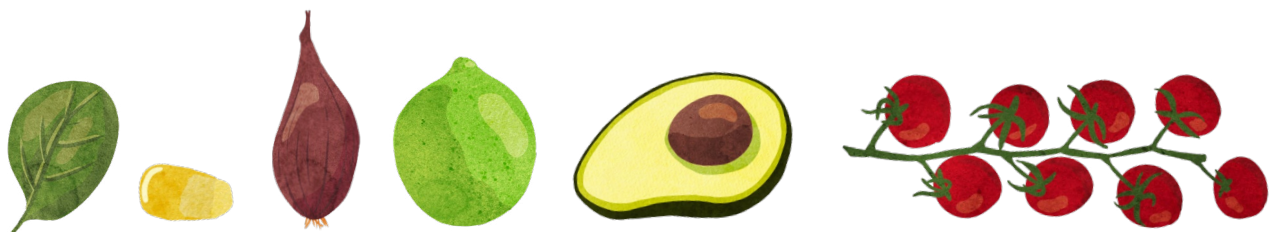
400g penne or fusilli
 1 avocado
 150g cherry tomatoes
 5 sun-dried tomatoes
 1 small can corn
 1 shallot
 2 cups raw spinach
 20g pine nuts
 1 lime
 olive oil
 salt
 pepper

equipment

pot
 big bowl

swaps/ add-ons

parmesan cheese



Source: Lina

QUINOA SALAD

serves 4 people

cooktime: 20 min

approx. budget: 8 eur

ingredients

1 cup quinoa
2 shallots
1 apple
1/2 cucumber
3 sun-dried tomatoes
1 lime
3 branches cilantro
1 branch mint
100g feta
40g pine nuts or peanut
1 tsp mustard
1 tbsp olive oil
1 tbsp honey
salt
pepper
1/2 tsp veggie broth

method

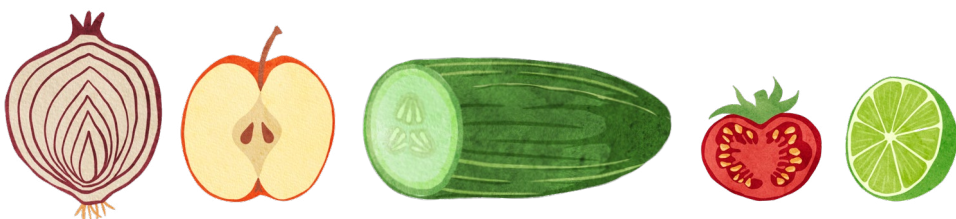
1. Rinse the quinoa and cook on a pot set to low heat with a bit less than 2 cups of water. Salt and add 1/2 teaspoon of veggie broth. Cook until all the water is absorbed, about 15 minutes.
2. In a small pan toast the pine nuts without adding any fat for about 1 minute, until they become fragrant. Remove the pine nuts from the pot and set them aside.
3. Cut the apple in tiny cubes, cut the shallots, dice the cucumber, slice the sun-dried tomatoes. With the help of a fork, ground the feta into small pieces.
4. On a big bowl add the mustard, olive oil, honey, salt, pepper, the juice of a lime and mix well. Cut the mint and cilantro and mix in the dressing.
5. Add the rest of the ingredients to the bowl and thoroughly mix. Keep in the fridge until serving. Best enjoyed in the park in summer!

equipment

1 pot
1 big bowl

swaps/ add-ons

apple-> peach
feta-> halloumi
cherry tomatoes



Source: Lina

LENTIL SALAD WITH GOAT CHEESE

serves 2 people

cooktime: 35 min

approx. budget: 8 eur

method

1. Preheat the oven to 220 °C.
2. Peel the sweet potato and cut it into 1-cm cubes. Spread the sweet potato cubes on a baking sheet lined with parchment paper, toss with 1 tbsp oil and a little salt, and bake in the oven for 20 minutes, until the sweet potato cubes are tender inside.
3. Peel the onion and cut it into thin strips. Peel the garlic.
4. Place the lentils in a colander and rinse them with cold water until the water runs clear.
5. In a large pan, toast the slivered almonds with a pinch of salt for about 3 minutes, until the slivers are lightly browned. Remove the toasted almond slivers from the skillet and transfer them to a large bowl. Add the goat cheese medallions to the hot almond slivers and coat them on all sides.
6. Wipe out the skillet and toast the pumpkin seeds in the same skillet without adding any fat until they are fragrant; then let them cool briefly.
7. In the same pan, heat 1 tbsp oil, press the garlic into the pan, add the onion strips, and sauté for about 5 minutes. Add the lentils and cranberries and sauté for another 3 minutes, then season to taste with salt and pepper.
8. Transfer the arugula and lentils to a large bowl and gently toss with the mango chili dressing. Season to taste with salt and pepper.
9. Divide the lentil salad among plates. Arrange the sweet potato cubes over the lentils and top with the breaded goat cheese. Drizzle the salad with balsamic cream. Top with toasted pumpkin seeds.

ingredients

1 cup brown lentils
 300g sweet potato
 50g ruccola
 1 onion
 1 garlic clove
 10g pumpkin seeds
 4 goat cheese medallions
 1 tbsp balsamic cream
 20g almond slices
 10g dried cranberries
 40g mango chili dressing

equipment

oven
 2 bowl
 pan

swaps/ add-ons

mango chili dressing -> honey
 mustard vinaigrette



Source: [HelloFresh](https://www.hellofresh.com)

HALLOUMI STICKS WITH APRICOT PILLAW

serves 2 people

cooktime: 40 min

approx. budget: 9 eur

ingredients

1/2 cup wheat berries
200g halloumi
50g baby spinach
1 onion
1 lime
150 yoghurt
20g dried apricot
1/2 tbsp veggie broth
20g pistachios
1 tsp paprika
1 tsp ground cumin
1 1/2 tsp garlic powder
1/2 tsp ground coriander
1/2 tsp chili flakes
1/8 tsp ground allspice
1/4 tsp sea salt
1.5 tsp finely cut sun-dried tomato

equipment

bowl
1 big pan with lid
pot

method

1. Bring a medium pot of water to a boil. Rinse the wheat berries and add to the pot. Reduce the heat and simmer, uncovered, 25 to 40 minutes for soft wheat berries, 45 to 90 minutes for hard wheat berries, or until tender. The timing will depend on your wheat berries. Add more water if necessary. Drain.
2. Cut the halloumi in half horizontally, then cut into 12 sticks. Cut the onion in half and slice into strips. Coarsely chop the dried apricots. Cut the lemon into 6 wedges. Coarsely chop the pistachios.
3. In a large bowl, gently toss the halloumi in 1 tsp paprika, 1/2 tsp ground cumin, 1/2 tsp garlic powder, 1/2 tsp ground coriander, 1/4 tsp chili flakes, 1/8 tsp ground allspice, 1/4 tsp sea salt
4. In a large pan with a lid, heat 1 tbsp oil; sauté the halloumi for 3–4 minutes, turning them occasionally, until crispy. Remove from the skillet.
5. In the same skillet, sauté the onion strips, wheat berries, apricots, and pistachios over high heat for 1–2 minutes. Deglaze with 150 ml water.
6. Stir in the vegetable broth and 1.5 tsp finely ground sun-dried tomato, 1 tsp garlic powder, 1/2 tsp ground cumin, 1/4 tsp chili flakes then cover and let everything simmer for 4–5 minutes, until the water has almost completely evaporated.
7. In the large bowl from Step 1, mix the yogurt with a little lemon juice and olive oil. Season to taste with salt and pepper.
8. Finally, fold the baby spinach into the spelt and immediately divide among plates. Top with the halloumi sticks and enjoy with the yogurt dip and remaining lemon wedges.

swaps/ add-ons

halloumi-> grill cheese
chili flakes -> cayenne pepper
sun-dried tomato -> dried tomato
flakes/granules



Source: [HelloFresh](https://www.hellofresh.com)

BULGUR SALAD WITH VEGGIES

serves 2 people

cooktime: 30 min

approx. budget: 7 eur

method

1. In a medium-sized pot cook the bulgur, lentils, and quinoa with 1 3/4 cups of water, salt, and veggie broth. Cook on low heat for about 20 minutes or until the lentils are cooked through. Add more water if needed.
2. Chop the onion, bell pepper, and carrot in small pieces. Sauté in the pan with oil over medium-high heat. Add the tomato paste and soy sauce, mis very well and cook through.
3. Dice in small pieces the cucumber, cherry tomatoes, and cheese.
4. Add everything to a bowl and mix very well.
5. Serve with extra cheese on top or coriander and lime!

ingredients

1/2 cup of bulgur
 1/4 cup of brown lentils
 1/4 cup quinoa
 1 big onion
 1 bell pepper
 1 carrot
 1 small cucumber
 250g cherry tomatoes
 1/2 pack cow's milk feta
 1 tsp tomato paste
 2 tbsp soy sauce
 1 tbsp veggie broth
 salt
 pepper

equipment

1 pan
 1 pot
 1 big bowl

swaps/ add-ons

cows milk feta-> feta



Source: Noah

VEGGIE DUMPLINGS

serves 6 people

cooktime: 1 hr 30 min

approx. budget: 12 eur

ingredients

3 carrots
2 onions
1 big leek
300g mushrooms
1/2 cabbage
2 cloves garlic
5cm ginger
3 pck dumpling sheets
1 spring onion
1 tsp sugar
1 tsp sesame oil
1 tsp chili oil
8 tbsp+ soy sauce
2 tbsp mirin sauce

equipment

food processor
big pot
bamboo steamer
pot (for the steamer)

swaps/ add-ons

minced smoked tofu

method

1. Wash and peel your produce. If the dumpling sheets were frozen, take them out to unfreeze.
2. Mince the carrots, onions, leek, mushrooms, cabbage, garlic and ginger in a food processor. (If you don't have a food processor, make sure to cut everything as small as you can; it will take significantly more time.
3. On a large pot cook the minced vegetables with oil, salt pepper, and a splash of soy sauce. The vegetables will release a lot of liquid. Cook over high heat and constantly stir until most water has evaporated.
4. On the meantime, we'll make the sauce. slice the green from a spring onion and add to a sauce jar/ bowl. Add the sugar, sesame oil, chili oil, soy sauce, and mirin sauce. Mix very well and let rest in the fridge until we are ready to serve.
5. Once the filling is ready, fill the dumpling sheet with about 1 tbsp of veggie filling. Fold the dumplings in your desired technique (look up tutorials if you have never folded dumplings).
6. Get the steamer station ready by boiling water on a pot (make sure it fits the steamer on top). Line the bamboo steamers with perforated paper liners or cabbage sheets (if the dumpling and the wood touch, they WILL stick). Place the dumplings on the steamers as packed as you can but make sure they are not touching each other.
7. Steam for 10 minutes.
8. Serve on the steamer on the center of the table (place a plate underneath the steamer) and enjoy with our spicy dumpling sauce!



Source: Lina

CAULIFLOWER QUESADILLAS

serves 3 people

cooktime: 30min

approx. budget: 9 eur

method

1. Cut the cauliflower in half and break it into small florets.
2. Place the florets in a food processor and pulse until they break down to rice-size pieces. Remove from the processor and set aside.
3. Add the mushrooms to the food processor and pulse until broken down to rice-size pieces.
4. Cut the onion, bell pepper, and garlic into small pieces
5. Heat the olive oil in a large skillet over medium heat. Add the onion, bell pepper, and garlic to the pan and cook for about 4 minutes, until fragrant and the onion is translucent.
6. Add the cauliflower, mushrooms, cumin, smoked paprika, chili powder, soy sauce, salt, and pepper and stir. Cook for about 10 minutes, until the cauliflower and mushroom mixture is tender and the water released from the mushrooms has evaporated.
7. Halve the tortillas. Heat a tortilla half over low heat in a large pan.
8. Sprinkle a half of the tortilla with a layer of cheese, then add a layer of cauliflower "meat", and another layer of cheese.
9. Fold the tortilla and cook for about 4 minutes, until the bottom layer of cheese has melted and the bottom tortilla is golden brown.
10. Carefully flip the quesadilla and cook for another 4 minutes, until all of the cheese has melted. Repeat for all quesadillas.

ingredients

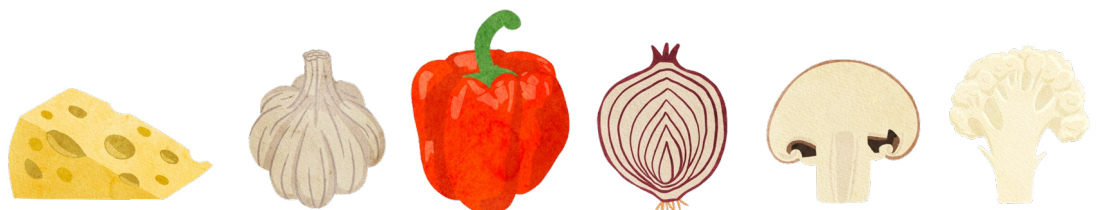
1 medium cauliflower
 200g mushrooms
 1 block smoked tofu
 1 onion
 1 green pepper
 2 cloves garlic
 2 tsp ground cumin
 1 ½ tsp smoked paprika
 2 tbsp chili powder
 2 tbsp soy sauce
 salt
 pepper
 3 large flour tortilla
 200g gouda

equipment

food processor
 2 large pans

swaps/ add-ons

cheese-> vegan cheese/ chili
 gouda

Source: [Tasty](#)

WRAPS

serves 4 people

cooktime: 40 min

approx. budget: 10 eur

ingredients

3 tortillas
4 tbsp hummus
100g cherry tomatoes
1 bell pepper
1 onion
100g mushrooms
3 carrots
1 small sweet potato
salat
1 small can corn
1 mozzarella
1 avocado
1 shallot
1 lime
1 tsp maple syrup
salt
pepper
olive oil
paprika
cumin

method

1. Preheat the oven to 200°C.
2. Peel the sweet potato and the carrots. Cut into thin stripes and place on the oven tray lined with parchment paper. Sprinkle some olive oil and coat with salt, pepper, paprika, and cumin. Toss them and place in the oven for about 20 minutes or until cooked and crsipy.
3. Quarter the tomatoes and place on a small bowl. Cut the bell pepper in thin stripes and place in another bowl. Clean the salad and set aside.
4. Finely dice a shallot and place on a bowl. Place the avocado flesh on the bowl with the shallots and puree with the help of a fork. Add the juice of half a lime and season with pepper, salt, and chili flakes. I like the consistency of the guacamole being slightly chunky.
5. Cut the onion and mushrooms in thin stripes and place on a pan over medium heat with some oil. Season with salt, pepper, and a little bit of maple syrup. Cook until the onions are soft and transparent. Once cooked, transfer to a bowl.
6. On that same pan, place the strained canned corn and mozzarella. Let the mozzarella melt completely and thoroughly mix with the corn.
7. To make the wraps, smear a tablespoon of hummus into each tortilla, portion everything into the four plates on top of the tortillas and fold into a wrap. Enjoy!

equipment

6 small bowls
1 pan
oven
tray

swaps/ add-ons

smoked tofu
maple syrup -> sugar



Source: Lina & Maia

VEGGIE OVEN PAN

serves 3 people

cooktime: 1 hr

approx. budget: 10 eur

method

1. Preheat the oven to 200°C.
2. Dice the potatoes, tofu onions, zucchini, cherry tomatoes, carrots, and mushrooms. Place the veggies on the casserole and mix in the tomato sauce and season with salt, pepper, oregano, and cumin to taste.
3. Place the casserole in the oven for 40 minutes.
4. On the meantime, grate the cheese and set aside.
5. Once the 40 minutes have passed, spread the cheese on top and return to oven for the last 10 minutes.
6. Remove from oven and let it rest for a couple of minutes before serving.

ingredients

4 big potatoes
 400g smoked tofu
 2 onions
 1 zucchini
 100g cherry tomatoes
 2 carrots
 200g mushrooms
 150g gouda
 4 tbsps tomato sauce
 salt
 pepper
 basil
 oregano
 cumin

equipment

one casserole

swaps/ add-ons

cheese-> vegan cheese



Source: Noah

FILLED PORTOBELLO MUSHROOMS

serves 2 people

cooktime: 1 hr

approx. budget: 8 eur

ingredients

4 portobello mushrooms
1 big onion
2 garlic cloves
2 tbsp tomato paste
270 vegan ground meat
200g gouda
salt
pepper
oil

equipment

saucepan
oven tray
oven

method

1. Preheat the oven to 180°C.
2. Finely dice the onion and garlic cloves.
3. On a saucepan with oil over medium-high heat, sauté the Onion and garlic cloves with the tomato paste. Stir and add the vegan ground meat. Season with salt and pepper. Set aside.
4. Remove the stems from the portobellos and push the inside with a spoon to make space for the filling. Keep the mushroom whole.
5. Top each mushroom (upside down) with the meat filling and grate some gouda on top.
6. Bake in the oven for 40 minutes.
7. Serve with a lablespoon of wine reduction. Enjoy!

swaps/ add-ons

ground meat-> smoked tofu ground
on a food processor
cheese-> vegan cheese



Source: Lina & Noah

RICOTTA GNOCCHI

serves 4 people

cooktime: 2 hr

approx. budget: 5 eur

method

1. Heat the oven to 180°C.
2. Poke the potatoes a few times with a fork and bake them on the oven for about 1 hour or until tender when pierced.
3. Once the potatoes are cold enough to handle, remove the skins and mash them as fine as possible with a fork or a masher. Mix in the rest of the ingredients until we have reached a smooth dough. If it's too sticky/wet, add more flour.
4. Separate the dough in 4 pieces to work the dough.
5. On a clean surface, dust with flour and shape the dough into a long rope that has the desired thickness of the gnocchi. With a knife, cut the rope into gnocchi. You can also shape them with a fork or with special utensils. Arrange the gnocchi on a floured baking sheet as you go.
6. Cook the gnocchi in boiling salted water, they are done when they float. You can also alternatively pan fry them with some oil or butter until the desired browning.
7. Pair with your favorite sauce or main dish.

ingredients

3 potatoes
1 cup of flour
1 cup of ricotta
1/2 cup of parmesan
2 eggs
1 tbsp salt

equipment

oven tray
oven
masher
big mixing bowl
pot/ pan

swaps/ add-ons



Source: Noah

SOURDOUGH PIZZA

serves 6 people

cooktime: 5 hr

approx. budget: 9 eur

ingredients

650g water, room temp
160g sourdough starter
25g salt
1000g pizza flour
2 tbsp olive oil
3 cloves garlic
200ml tomato puree
salt
pepper
basil
oregano
semolina flour
cheese
toppings

equipment

big mixing bowl
6 deli containers
bowl
pizza stone
pizza shovel

swaps/ add-ons

cheese-> vegan cheese
burrata
spinach
gouda
mozzarella

method

1. Mix water, sourdough starter, and salt in a big mixing bowl.
2. Incorporate the pizza flour and 1 tbsp olive oil into the sourdough starter mix. Mix four about 5 minutes by hand until smooth
3. Leave the dough to rest for 30 minutes.
4. Divide the dough into 6 equal portions, shape into a ball. Oil 6 containers with olive oil and place the dough balls inside. (we use 500ml deli containers).
5. If using that same day, rest for 3 hours in room temperature or on the oven with the light on. We recommend resting for (24 hours -) 3 days in the fridge.
6. Finely dice the garlic cloves and place them on a saucepan on medium heat with olive oil, tomato puree, a pinch of salt, pepper, basil , and oregano to taste. Bring to a light simmer and set aside.
7. When you are ready to bake, preheat the oven to the highest possible setting. A pizza needs temperatures that a home oven cannot produce. The best way you can still bake it is with a pizza stone. Place the pizza stone on the highest rack of your oven so there is a spacing of ~5cm left between the stone and the broiler.
8. Drop one dough ball on a plate filled with semolina flour and cover all sides (makes it not sticky). Dust a clean surface with semolina flour and place the dough ball on the dusted surface.
9. Push down on the middle of the dough and work outwards by pushing down the dough flat leaving an outer cycle of untouched dough, this will be your crust. Place dough over your knuckles and let gravity stretch the flattened dough into desired pizza shape, it takes practice.
10. Place the shaped pizza back on a piece of baking paper. Spread 1 tbsp of the tomato sauce. Cut with scissors the excess parchment paper. If the paper has edges sticking out from under the pizza, they can catch fire if they get too close to the broiler.
11. Place the pizza with the parchment paper on the pizza stone with the help of a shovel. Bake for about 3 minutes.
12. Take pizza out of the oven and add the cheese and preferred toppings. Add back to the oven for another 3 minutes or until the cheese is melted. This way you achieve a higher browning on the crust without the cheese splitting from the heat.
13. Remove from the oven and enjoy with friends!



Source: Noah

CAST IRON PAN PIZZA

serves 2 people

cooktime: 2 hr

approx. budget: 6 eur

method

1. Combine bread flour, salt, sugar, dry yeast, garlic powder, olive oil, and whole milk in a big bowl.
2. If it's too wet to knead, add more flour, but try to keep the dough as sticky as possible. Knead until it's smooth and elastic. Cover and let it double in size, about 1–2 hours. (You can also put it in the refrigerator and let it rise slowly for 1–7 days.)
3. Take a 25 cm well-seasoned cast-iron pan and pour in enough olive oil to cover the bottom. Add some of your favorite pizza herbs (oregano, garlic, basil) and a pinch of salt, and coat the skillet with oil and seasonings. Transfer your dough to the pan and flatten it with your fingertips, making sure to stretch it a little wider than you want it to be (it will shrink slightly). Brush the surface with a little more olive oil and let it rest in the pan for at least 30 minutes.
4. Mix the tomato sauce, tomato paste, sugar, a pinch of oregano, a pinch of basil, and a pinch of chili flakes into a small bowl.
5. Grate the cheeses and set aside.
6. When you're ready to bake, turn on the stove to medium heat and preheat your oven to the highest setting (broil). Cook the dough on the stove top until the crust is browned, checking frequently by lifting it with a soft spatula. You can shake the pan to make sure the dough doesn't stick.
7. When the crust is cooked, remove the pan from the heat. Spread the tomato sauce from edge to edge. Sprinkle the cheese over the sauce, covering the entire surface. Add any other toppings you'd like.
8. Transfer the skillet under the hot broiler, close the oven door, and cook until the cheese is browned to your liking (takes 2–5 minutes).
9. Remove the pizza from the oven and let it cool until it's firm enough to slide out intact—no more than 5 minutes. (The sooner you take it out of the skillet, the crispier the crust will be.) Slide the pizza onto a cooling rack or a plate. If the crust is too soft or soggy, you can put it back in the skillet and cook over medium heat for another minute until it sizzles.
10. For the topping, mince 2 cloves of garlic with lemon zest and fresh basil. Sprinkle it over the pizza and enjoy!

ingredients

1 cup (120 g) bread flour
 1/2 tsp (3 g) salt
 1/2 tsp (2–3 g) sugar
 1/2 tsp (1–2 g) dry yeast
 1/4 tsp (1 g) garlic powder
 2 tsp (10 ml) olive oil
 1/2 cup (120 ml) whole milk
 2–3 tbsp tomato sauce
 1 tsp tomato paste
 1 pinch sugar
 oregano
 basil
 chili flakes
 mozzarella cheese (low-moisture and not pre-grated)
 parmesan cheese
 2 cloves of garlic
 basil
 fresh lemon zest

equipment

cast iron pan
 big bowl
 small bowl

swaps/ add-ons

toppings



TORTITAS DE PAPA

serves 4 people

cooktime: 1 hr

approx. budget: 6 eur

ingredients

1000g potatoes
100g feta cheese
2 eggs
2 tbsp flour
oil
mixed salad
150g cherry tomatoes
1/2 cucumber
2 limes

equipment

pot
masher
bowl
pan

method

1. Boil the potatoes with salted water for 30 minutes.
2. Once the potatoes are cold enough to handle, remove the skins and mash them as fine as possible with a fork or a masher. Mix in the cheese, eggs, and flour until we have reached a smooth dough.
3. Scoop about 1/3 of a cup from the dough and form a ball with your hands. Lightly pat the ball between both hands until a medallion is formed.
4. On a pan set to medium heat, fry with oil 1-2 patties for about 2 minutes. Check them to see if the side is golden brown. Flip them and let them cook for another 2-3 minutes until that side is golden brown. Set aside on kitchen towels to absorb excess oil and cook the rest of the patties.
5. Dice the cherry tomatoes and the cucumber, mix with the lettuce/ salad leaves. Season to your liking.
6. Serve the patties with some salad and lime juice. Enjoy!

swaps/ add-ons



Source: Mama Gaby

CAULIFLOWER CEVICHE

serves 4 people

cooktime: 30 min

approx. budget: 6 eur

method

1. Clean the cauliflower and cut into florets. Boil in salted water for 5-8 minutes, until tender. Strain the water and set aside.
2. Finely dice the red onion and green chili (add as much as you want) and add to a big mixing bowl. Juice the lime into the bowl and mix. Let rest for 5 minutes.
3. Dice the tomato, cut the cauliflower florets into smaller pieces, and chop the cilantro. Add them to the mixing bowl and season with salt and pepper. Mix very well. Add more lime juice if wanted.
4. Serve on a tostada and top with avocado. Enjoy!

ingredients

1 cauliflower head
5 tbsp olive oil
1 small red onion
fresh cilantro
pepper
1 tomato
1 lime
1 green chili
tostadas
avocado

equipment

pot
mixing bowl

swaps/ add-ons



Source: Mama Gaby

GRATIN

serves 8 people

cooktime: 2 hr

approx. budget: 5 eur

ingredients

3 tablespoons butter
 3 tablespoons all-purpose flour
 1-1/2 teaspoons salt
 1/8 teaspoon pepper
 2 cups 2% milk
 1 cup shredded cheddar cheese
 6 large potatoes
 1 big onion

method

1. Preheat oven to 180°C
2. Slice the potatoes thinly and chop the onion in long stripes.
3. In a large saucepan, melt butter over low heat. Stir in flour, salt and pepper until smooth. Gradually add milk. Bring to a boil; cook and stir 2 minutes or until thickened. Remove from heat; stir in cheese until melted. Add potatoes and onion.
4. Transfer to a greased baking dish. Cover with aluminum foil and bake 1 hour. Uncover, then bake 30-40 minutes or until the potatoes are tender.

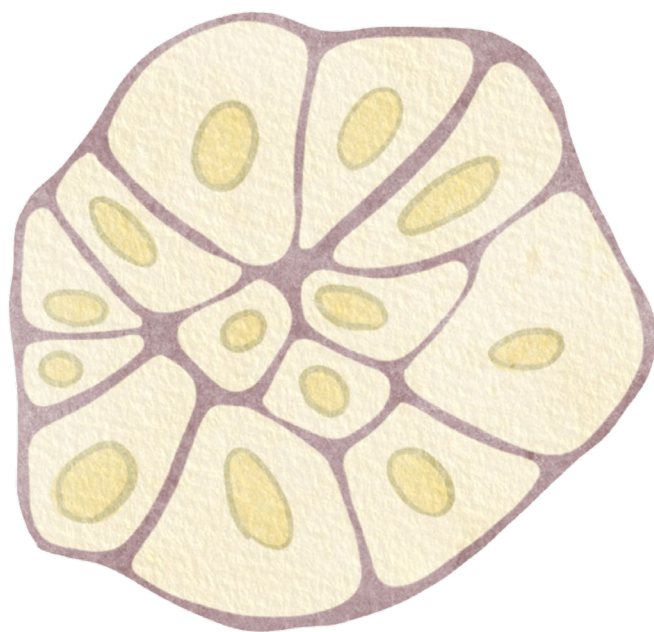
equipment

baking dish
 aluminum foil
 oven
 saucepan

swaps/ add-ons

cheese-> vegan cheese
 milk-> non-dairy milk
 cheddar-> gouda
 butter-> vegan butter

Source: [Taste of Home](https://www.tasteofhome.com/recipes/cheddar-potato-gratin/)



SOUPS

COCONUT MUSHROOM SOUP

serves 4 people

cooktime: 30 min

approx. budget: 9 eur

ingredients

500g mushrooms
2 tbsp oil
2cm ginger
2 medium shallots
2 teaspoons thai curry paste
1 stalk lemon grass
6 cloves garlic
900ml-1l coconut milk
4 cups vegetable broth
3 tablespoons soy sauce
2 tbsp brown sugar
2 limes
¼ cup chopped fresh cilantro

equipment

one big pot

swaps/ add-ons

thai curry paste -> tomato paste

method

1. Cut the mushrooms in thin slices and set aside. Mince the garlic and ginger, cut the onion, and slice the lemongrass.
2. Heat the oil in a 2 to 3 quart soup pot over medium heat until the surface of the pot shimmers.
3. Add the mushrooms and saute until they've softened and rendered their liquids, about 5 minutes. Stir in the shallots and cook for a few minutes more.
4. Spoon in the Thai red curry paste, ginger, lemongrass, and garlic and combine with the mushroom mixture until blended and fragrant.
5. Pour in the coconut milk and vegetable broth. Increase heat to high and bring the soup to a bubbly simmer. Stir in the soy sauce and brown sugar. Adjust the heat to retain a gentle bubbling and cook for 10 minutes.
6. Squeeze the juice from one lime. Stir, and carefully taste the soup, adding more lime juice if the soup needs a little brightening.
7. Serve immediately and garnish with some cilantro.

Source: [Soup Addict](#)

MUSHROOM SOUP WITH RICE NOODLES

serves 2 people

cooktime: 30 min

approx. budget: 5 eur

method

1. Cut the mushrooms in thin slices and set aside. Mince the garlic and ginger, cut the shallots.
2. Add the shallots to a pot over medium-high heat and sauté with oil until fragrant. Add the mushrooms, mix, and cook for about 5 minutes.
3. Add the garlic, butter, and soy sauce to the mushrooms and cook for another 2 minutes.
4. Add the chili flakes, paprika powder, oregano, basil, salt, white pepper, black pepper, and epazote. Mix well and add the veggie broth. Let it simmer for about 15 minutes.
5. Prepare the rice noodles by soaking them in hot or boiling water off the heat for 3 to 10 minutes until soft and pliable, then drain them.
6. Serve the noodles first on a bowl and then top with the mushroom soup. Enjoy!

ingredients

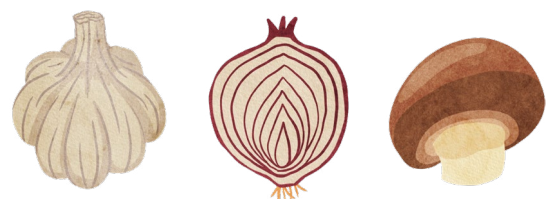
2 portions rice noodles
250g mushrooms
2 shallots
2 garlic cloves
3 tbsp olive oil
2 tbsp butter
5 tbsp soy sauce
chili flakes
paprika powder
oregano
basil
salt
white pepper
black pepper
epazote
800ml veggie broth

equipment

pot
bowl

swaps/ add-ons

butter-> vegan butter



Source: Lina

PASTA SOUP

serves 2 people

cooktime: 30 min

approx. budget: 3 eur

ingredients

250g small pasta
3 tomatoes
1 small onion
1/2 garlic clove
cilantro
2 tbsp vegetable broth powder

equipment

blender
pot

swaps/ add-ons

sour cream
panela cheese

method

1. Add the tomatoes, peeled onion, and garlic clove to a blender with a bit of water.
2. Place a pot over medium heat and add oil. Once the oil is hot, add the pasta and fry it until golden brown. Stir frequently to prevent them from burning.
3. Once the pasta is golden brown, add the tomato puree and let it simmer for 1–2 minutes.
4. Add 8 cups of water and the vegetable broth powder into the pot and bring to a boil.
5. Once boiling, let cook for about 5 minutes until the pasta is soft but not desintegrating.
6. Serve alone or with sour cream and panela cheese.



Source: Mama Gaby

POTATO SOUP

serves 2 people

cooktime: 30 min

approx. budget: 3 eur

method

1. Peel the potatoes and cut into bite size sticks.
2. Add the tomatoes, peeled onion, and garlic clove to a blender with a bit of water.
3. Add the tomato sauce to a medium high heated pot and add the vegetable broth powder and some cilantro.
4. Add the potato sticks and add enough water to completely cover the potatoes.
5. Let cook for about 20 minutes until the potato sticks are cooked.

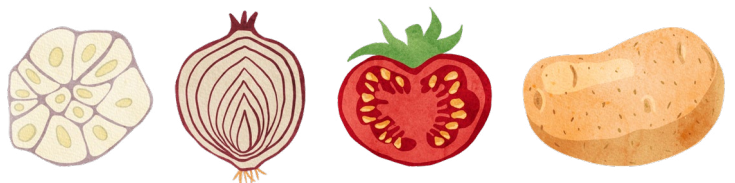
ingredients

6 potatoes
2 tomatoes
1 small onion
1/2 garlic clove
cilantro
1 tbsp vegetable broth powder

equipment

blender
medium pot

swaps/ add-ons



Source: Mama Gaby

PUMPKIN SOUP

serves # people

cooktime:

approx. budget:

ingredients

1 hokkaido pumpkin
2 carrots
1 onion
5cm ginger
1 lime
2 tbsp vegetable broth powder
nob of butter
250g cooking cream
1 tbsp soy sauce
salt
pepper
chili flakes

method

1. Cut the pumpkin, carrots, onion, and ginger into smaller pieces.
2. On a medium-high heated pot, sauté the vegetables with a nob of butter for 2-3 minutes.
3. Fill the pot with hot water until the veggie pieces are barely covered. Season with salt, pepper, and chili flakes to taste. Let simmer over medium heat for 20 minutes.
4. Transfer soup to a blender and puree until the consistency is smooth.
5. Re-transfer to the pot, with the heat off, and mix in cooking milk. Stir well to combine and season to taste with soy sauce and lemon juice.

equipment

hand blender or blender
big pot

swaps/ add-ons

cooking cream -> coconut milk
butter -> margarine



Source: Noah

LENTIL SOUP

serves 4 people

cooktime: 1 hr

approx. budget: 6 eur

method

1. Dice the carrots, potatoes, and celery into small pieces. Chop the onion and mince the garlic and ginger.
2. On a medium-high heated pot, heat oil and sauté the onions, carrots, potatoes, celery, and ginger with a pinch of salt for about 5 minutes. Add the garlic and cook for another minute.
3. Blend the tomatoes on a blender and add it to the pot. Rinse the lentils and add into the pot with the bay leaves, thyme, and marjoram.
4. Pour in 6 cups of water with the vegetable broth powder. Turn up the heat and bring to a boil, until it boils.
5. Reduce the heat until the simmer is very gentle. Partially cover and cook for 25 to 30 minutes. The lentils will be ready when they can be easily crushed between two fingers but remain whole.
6. If it looks too dry before it's done, add a splash of hot water.
7. Taste and adjust the salt. Serve hot and garnish with some chopped parsley.

ingredients

1 cup brown lentils
 4 carrots
 4 potatoes
 1 onions
 1 celery
 2 garlic cloves
 2cm ginger
 1 tsp tomato puree
 2 small tomatoes
 1 tbsp oil
 2 tbsp veggie broth powder
 2 bay leaves
 1 tsp dried thyme
 1 tsp dried marjoram
 salt
 pepper
 chopped parsley

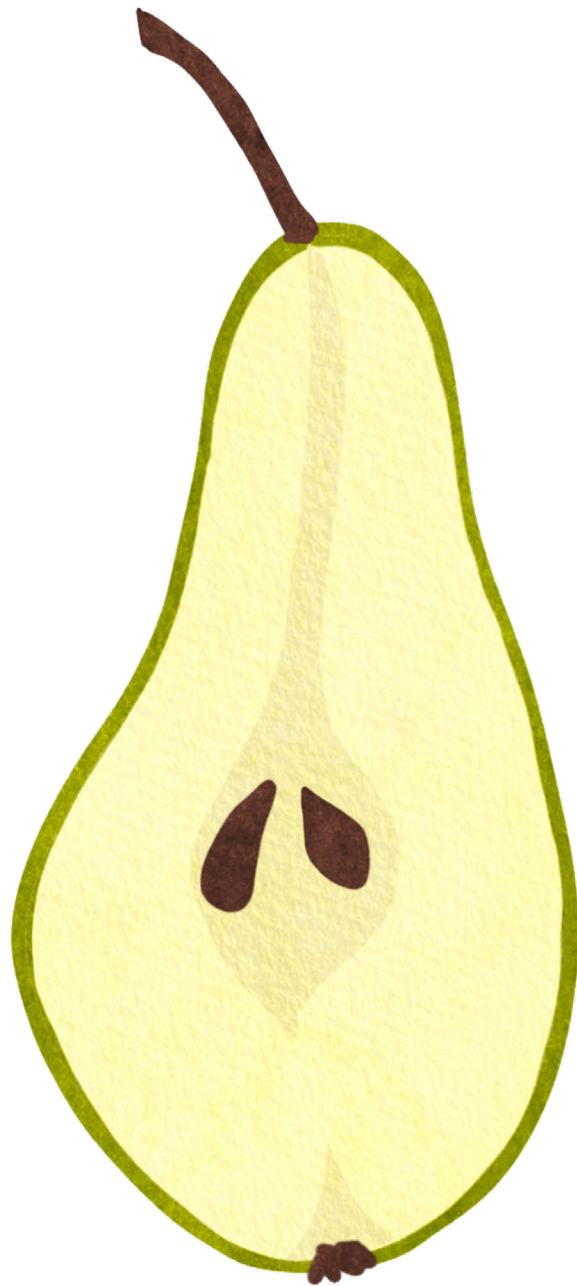
equipment

blender
 pot

swaps/ add-ons



Source: Lina



DESSERTS

APPLE PIE

serves 8 people

cooktime: 2hr 30 min

approx. budget: 8 eur

ingredients

2 1/2 cups + 3 tbsp flour
 1/2 cup + 1/2 tbsp granulated sugar
 1/2 tsp sea salt
 225g cold + 8 tbsp butter
 7 tbsp ice water
 8 apples
 1 1/2 tsp cinnamon
 1/4 cup water
 1 egg

equipment

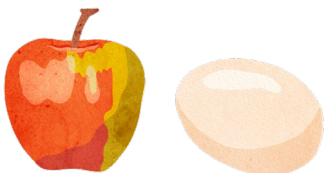
food processor
 small pot
 bowl
 pie plate
 rolling pin
 pizza cutter
 oven

swaps/ add-ons

8 apples-> 4 apples & 4 pears

method

1. Place 2 1/2 cups of flour, 1/2 tbsp sugar and salt into the bowl of a food processor and pulse a few times to combine.
2. Add 225g cold diced butter and pulse the mixture until coarse crumbs form with some pea-sized pieces then stop mixing. Mixture should remain dry and powdery.
3. Add 7 Tbsp ice water and pulse just until moist clumps or small balls form. Press a piece of dough between your finger tips and if the dough sticks together, you have added enough water. If not, add more water a teaspoon full at a time. Be careful not to add too much water or over mix as this can make the dough sticky and difficult to roll out.
4. Transfer dough to a clean work surface, and gather dough together into a ball – Fold/knead the dough over itself just enough for it to hold together. It should not be smooth and DO NOT over mix. Divide dough in half and flatten to form 2 disks. Cover with plastic wrap and refrigerate 1 hour before using in recipes that call for pie crust.
5. Preheat oven to 220°C.
6. Melt 8 tbsp butter in a medium saucepan over medium heat. Whisk in 3 tbsp flour, then simmer for 1 minute, whisking constantly. Whisk in 1/4 cup water and 1/2 cup sugar and bring to a boil. Reduce heat and continue simmering for 3 minutes, whisking frequently, then remove from heat.
7. Peel, core, and thinly slice the apples and place them in a large bowl. Sprinkle the top with 1 1/2 tsp cinnamon and toss to combine. Pour the sauce over the apples and stir to coat the apple slices.
8. Sprinkle your work surface with flour and roll out the bottom pie crust to a 12" diameter circle. Wrap it around your rolling pin to transfer it to the 9" pie plate. Add apple mixture, mounding slightly in the center and being careful not to get the filling on the edges which would make it difficult to seal.
9. Roll the second crust into an 11" round and cut into 10 even-thickness strips using a pizza cutter. Arrange strips in a woven lattice pattern over the top. Beat together 1 egg and 1 Tbsp water and brush the top with egg mixture.
10. Bake in the center of the oven for 15 minutes. Reduce the heat to 180°C and continue baking for another 45 minutes or until the apples are soft and the filling is bubbling through the vents for at least 5 minutes.* Rest at room temp 1 hour before serving.



Source: [Natasha's kitchen](#), [Natasha's kitchen](#)

APPLE CRUMBLE

serves 4 people

cooktime: 1 hr

approx. budget: 6 eur

method

1. Peel and chop apple into large chunks.
2. Add 2 tbsp flour, 2 tbsp sugar, lemon juice, and 1 tsp cinnamon, then let sit for 10 to 15 minutes or until juices have come out.
3. Preheat oven to 180 degrees Celsius.
4. Melt the butter over a small pot and set aside.
5. Prepare crumble by combining rolled oats, flour, brown sugar, baking powder, 1/2 tsp cinnamon, a pinch of salt, and butter, stirring until rough crumbs form.
6. Bake for 35 minutes. Enjoy with some ice cream or alone!

ingredients

6 apples
2 tbsp sugar
3 tbsp lemon juice
2 tsp cinnamon
1 cup rolled oats
1 cup + 2 tbsp all-purpose flour
1/2 cup + 2 tbsp brown sugar
1/2 tsp baking powder
salt
115g unsalted butter

equipment

2 bowls
1 tray
oven

swaps/ add-ons

6 apples-> 4 apples & 1 pear
vanilla ice cream
vanilla sauce



CARROT CAKE

serves 8 people

cooktime: 1hr 20 min

approx. budget: 6 eur

ingredients

1 cup all-purpose flour
 ½ tsp baking soda
 1 tsp baking powder
 ¼ tsp salt
 1 tsp ground cinnamon
 ¼ tsp ground nutmeg
 ⅛ tsp ground cloves
 ½ cup granulated sugar
 ½ cup brown sugar
 2 large eggs
 ½ cup + 1 tbsp canola oil
 1 tsp pure vanilla extract
 180 grams carrots
 ½ cup pecans or walnuts
 115g cream cheese
 55g cup butter
 1 cup powdered sugar
 1 tsp vanilla extract

equipment

hand mixer
 loaf pan
 bowl
 spatula

method

1. Preheat oven to 180°C.
2. Butter a 9×5-inch loaf pan.
3. Peel and grate the carrots, set aside. Roughly chop the pecans or walnuts and set aside.
4. In a large bowl sift together flour, baking soda, baking powder, salt, cinnamon, nutmeg, and cloves. Set aside.
5. In a bowl beat together eggs, granulated sugar and brown sugar with the help of a hand mixer on medium-high speed until light and fluffy, about 2 minutes. On low speed and with the mixer running, add the oil slowly and beat until combined. Beat in vanilla extract until combined, then turn off mixer.
6. Fold in by hand with a spatula the carrots until combined. Fold in dry ingredients just until combined. Don't over mix. Fold in nuts.
7. Pour the batter into the buttered loaf pan. Bake for 40-50 minutes or until a toothpick inserted into the center of the cake comes out clean. Allow cake to cool completely.
8. To make the frosting: In a bowl beat the cream cheese, butter and vanilla extract with the help of a hand mixer on medium speed for 1 minute until creamy and combined thoroughly. Add powdered sugar and beat until the mixture is fluffy and smooth. If the frosting is too thin, add more powdered sugar until desired consistency is reached. You can add pinch of salt or lemon juice to cut the sweetness. Spread frosting over the top of the cooled cake. Decorate with walnuts or pecans if desired.
9. Cake is best served at room temperature.

swaps/ add-ons

Source: [Pretty Simple Sweet](#)

BANANA BREAD

serves 8 people

cooktime: 1 hr

approx. budget: 4 eur

method

1. Preheat the oven to 175°C
2. Butter an 8x4-inch loaf pan.
3. Melt the butter over a small pot and set aside.
4. In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.
5. Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.
6. Pour the batter into your prepared loaf pan.
7. Bake for 1 hr, or until a toothpick or wooden skewer inserted into the center comes out clean. If the outside of the loaf is browned but the center is still wet, loosely tent the loaf with foil and continue baking until the loaf is fully baked.
8. Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving. Slice and serve.

ingredients

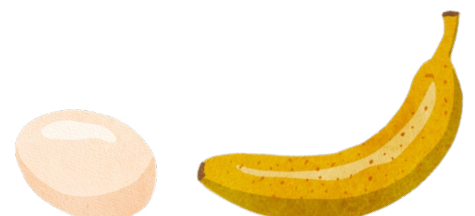
3 ripe bananas
1/3 cup (76g) butter
1/2 tsp baking soda
1 pinch salt
1/2 cup sugar
1 large egg
1 teaspoon vanilla extract
1 1/2 cups (205g) all-purpose flour

equipment

oven
loaf pan
small pot
bowl

swaps/ add-ons

dried cranberries
walnuts



CHEESECAKE

serves 8 people

cooktime: 3 hr

approx. budget: 11 eur

ingredients

120g butter cookies/ graham crackers
 60g butter
 400g cream cheese
 120g sugar
 250g heavy cream
 100g plain yoghurt
 2 eggs
 2 tbsp corn starch
 1 1/2 vanilla extract
 1/2 lemon
 500g fresh strawberries

equipment

bowl
 oven
 spring-form pan
 oven tray
 aluminum foil
 parchment paper

swaps/ add-ons

strawberries -> homemade marmalade, berries
 meringue topping

method

1. Preheat the oven to 180°C.
2. Line the spring-form pan with parchment paper (start with the base, then lock in the spring ring, and line the inside ring with more parchment paper.
3. Melt the butter over a small pot and set aside.
4. Use a food processor, a blender, or a potato masher to grind the cookies/ crackers into fine crumbs. Place the crumbs in a bowl and pour in the melted butter and mix. Using moderate pressure with your hand, press the crumbs firmly into the base and partially up the sides until the mixture is no longer crumbly.
5. Bake the crust for 10 minutes. Take it out of the oven and leave it aside while you get the filling ready.
6. On an empty oven tray, pour about a kettle's worth of hot water and place in the bottom rack of the oven.
7. In a large bowl beat the sugar with the eggs for about a minute until completely smooth. Add in the cream cheese, heavy cream, yoghurt, corn starch, and vanilla extract. Mix until perfectly incorporated. As the last thing, add the juice of 1 lime while you keep beating the batter and mix very well.
8. Pour in the batter into the spring-form pan and cover the top with aluminum foil.
9. Bake for 30 minutes at 180°C.
10. Lower the temperature to 150° and let bake for another 30 minutes.
11. Turn the oven off but let rest inside for another hour. Take it off the oven and let slightly cool off before transferring to the fridge overnight.
12. The next morning, thinly slice the strawberries and decorate the top of the cheesecake.
13. Enjoy!



Source: Lina

FLAN

serves 8 people

cooktime: 1hr

approx. budget: 7 eur

method

1. Preheat the oven to 180°C.
2. In a medium sized sauce pan at medium-low heat, place the sugar and wait until the caramel dissolves. Keep boiling and stir until the syrup becomes light brown. Be careful! Caramel is very needy and it can burn very fast.
3. Pour the caramel into the flanera and swirl the mould to cover the bottom and the sides of the flanera with caramel. Let cool.
4. In a bowl or blender, mix the eggs, condensed milk, evaporated milk, cream cheese, and vanilla until it forms a smooth texture.
5. Pour the custard into the flan mould and close the flanera up.
6. Place the mould inside a large oven tray (the flaneras usually come with a base to avoid the bottom touching the base of the tray). Fill it with about a kettlebell's worth of warm water.
7. Place the flan in the oven for 50 minutes. The flan will keep cooking while it cools, so do not let it longer in the oven. Let it cool.
8. Once the flan has cooled, run a knife between it and the baking pan. Place a large serving plate on top of the pan and invert with a quick move to avoid any liquid caramel from spilling from the pan.
9. Slice, serve, and enjoy.

ingredients

5 eggs
 1 can condensed milk (with sugar)
 1 can evaporated milk
 200g cream cheese
 1 tbsp vanilla
 1 cup sugar

equipment

flanera or flan mould
 oven tray
 bowl

swaps/ add-ons

flanera-> cake mould with aluminum foil cover.



BROWNIES

serves 8 people

cooktime: 1 hr

approx. budget: 6 eur

ingredients

1/2 cup brown sugar
 1/2 cup white sugar
 3 eggs
 250g chocolate
 150g butter
 sea salt
 1 tsp vanilla extract
 1/2 cup flour
 1/3 cocoa powder

equipment

saucepan,
 metal/glass bowl
 spatula
 2 bowls
 oven form
 oven
 whisk

swaps/ add-ons

chocolate chips
 walnuts

method

1. Boil water in a small saucepan. Place a metal or glass bowl on top, make sure it doesn't touch the water. Place the chocolate and the butter in the bowl and let it melt over the pot. Mix to incorporate both, carefully take the bowl off the pan and let it cool off.
2. Preheat oven to 180°C.
3. In a big bowl place the sugar and beat the eggs one by one until white and fluffy, about 5 minutes.
4. Add room-temperature chocolate-butter mixture into sugar and eggs. (if it's too hot it will cook the eggs, so make sure it's cooled off). Whisk until well incorporated. Add the salt and vanilla, whisk to incorporate.
5. Mix the flour and cocoa in a small bowl.
6. Fold the dry ingredients in, carefully and in small portions, into wet batter. Do not over mix, fold only until incorporated.
7. Place the batter into an oven form and put in the oven for 30 minutes.
8. Remove them from the oven and let cool off before serving.



Source: Lina

CARAC CAKE

serves 12 people

cooktime: 3 hr

approx. budget: 15 eur

method

1. Preheat the oven to 160 °C on the convection setting.
2. Beat 130 g softened butter with the powdered sugar until the mixture becomes lighter in color and fluffier. Use a stand mixer or a hand mixer for this. Then add the egg (beaten) and stir it in briefly.
3. Add the dry flour and vanilla extract, stir briefly, transfer the mixture to a work surface, and quickly knead by hand into a dough. Wrap the dough in plastic wrap and place it in the refrigerator for about 20 minutes.
4. Divide the chilled dough in half; return one half to the refrigerator and briefly knead the other half by hand until the dough becomes smooth and pliable. Now roll out the dough on a floured work surface to a thickness of 3 mm. This is best done using rolling pins.
5. Grease and flour the tart pans, then cut out the crusts using the pan and place them on a baking sheet lined with parchment paper using a spatula. Now take the second half of the dough out of the refrigerator, knead it briefly as well, and roll it out to a thickness of 3 mm. Remove the rolling pins and roll over the dough again with light pressure until it reaches a thickness of about 2 mm.
6. Line the tart shells neatly and them at 160 °C for about 10 minutes. After baking, let them cool on a rack.
7. Heat the heavy cream and 25g of butter together in a saucepan. Then pour the hot butter-cream mixture over 300g couverture chocolate in a bowl and let it sit briefly.
8. Now stir well with a whisk until a smooth mixture forms. Transfer the finished ganache to a piping bag and fill the cooled molds to about 3 mm below the rim. Place the Carac in the refrigerator for 30 minutes to allow the ganache to set.
9. Bring the water and granulated sugar to a boil together and let the mixture boil for about 1 minute. Then remove from the heat.
10. Place the melting fondant in a saucepan and heat it over low heat (do not heat over 40°C, it will lose its shine). Now add 2–3 tablespoons of the water-sugar syrup.
11. Add a pinch of the green food coloring and stir well until the fondant is evenly colored.
12. Transfer some of the melted fondant into a piping bag and use it to top off the last 3 mm of the ganache-filled Carac. You'll need to work quickly here, as the mixture cools down rather fast.
13. To end off, just a dab a bit of the 100g tempered dark couverture in the center of the green surface.

ingredients

155g softened butter
 70g powdered sugar
 30g egg
 200g flour
 1/4 vanilla extract
 150 heavy cream
 400g dark chocolate couverture
 30g water
 60g granulated sugar
 400g melting fondant
 green food coloring

equipment

tart pan
 hand mixer
 2 bowls
 rolling pin
 pastry roller
 oven
 3 saucepan
 2 piping bags
 whisk

swaps/ add-ons

piping bags-> spoons?



PISTACHIO RASPBERRY CAKE

serves 12 people

cooktime: 4 hr

approx. budget: 20 eur

ingredients

pistachio cake

150 g all purpose flour
85 g pistachio flour
1 ¼ tsp. baking powder
½ tsp. salt
175 g granulated sugar
85 g unsalted butter
25 g vegetable oil
2 egg whites room temperature
2 tsp. vanilla
60 g sour cream room temperature
100 g whole milk

raspberry jam

150 g raspberries fresh or frozen
1 lemon
45 g lemon juice divided
50 g granulated sugar
8 g corn starch

pistachio mascarpone whipped cream

225 g mascarpone
1 tbsp. granulated sugar
30 g pistachio cream
⅛ tsp. salt
1 tsp. vanilla
225 g heavy whipping cream
170 g fresh raspberries

pistachio milk soak

30 g pistachio cream
85 g whole milk

method

Pistachio Cake

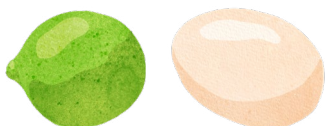
1. Preheat the oven to 175°C. Butter a 7" spring-form pan, then coat the inside with sugar.
2. To a medium sized mixing bowl, add the flour, pistachio flour, baking powder, salt, sugar, and cubed butter. Use a hand mixer or a stand mixer fitted with the paddle attachment to beat the mixture together until the butter has completely combined with the dry ingredients and no lumps remain.
3. Add in the oil, egg whites, vanilla, sour cream, and milk. Whisk the ingredients together just until a cohesive batter has formed.
4. Pour the cake batter into your prepared pan. Bake for 35-45 minutes, until a toothpick inserted in the center of the cake comes out with only a few moist crumbs.
5. While the cake is baking, work on the raspberry jam, pistachio mascarpone whipped cream, and the pistachio milk soak.

Raspberry Jam

6. Set a fine mesh sieve over a small bowl. Set aside.
7. Add the raspberries, lemon zest, 15g (1 tbsp.) of lemon juice, and the sugar to a small saucepan set over medium heat. Stir the mixture frequently, mashing down the raspberries as they soften.
8. Once all the raspberries have been mashed up, take the mixture off of the heat and pour it through the fine mesh sieve.
9. Press down on the raspberries to get out as much of the juice as possible. Discard the raspberry seeds, and transfer the mixture back into the saucepan and bring it to a simmer.
10. In a small bowl, mix together the corn starch and remaining lemon juice. Once the raspberry mixture is simmering, mix the corn starch slurry in to it, stirring until the jam thickens.
11. Once thickened, remove the jam from the heat and transfer it to a heat-safe container to chill in the fridge until you're ready to assemble the cake.

Pistachio Mascarpone Whipped Cream

12. Add the mascarpone, sugar, pistachio cream, salt, and vanilla to a medium sized mixing bowl. Use a hand mixer (or a stand mixer fitted with the whisk attachment) to beat the mixture just until combined.

Source: [Fresh Bean Bakery](#)

method

13. While mixing, slowly pour in the heavy whipping cream. Continue mixing until the mixture reaches stiff peaks.
14. Cover the cream and place it in the fridge until you're ready to assemble the cake.
15. Pistachio Milk Soak
16. Add the pistachio cream to a small mixing bowl.
17. In a small microwave-safe measuring cup, heat the milk until it just starts to bubble up. Pour the milk over the pistachio cream and mix until well combined.
18. Cover the mixture and place it in the fridge until you're ready to assemble the cake.

Assembly

19. Once the cake has completely cooled to room temperature, slice it in half horizontally twice to get three even pieces.
20. Place the bottom piece of the cake back into your spring-form pan. Brush $\frac{1}{3}$ of the pistachio milk over the cake, then top it with $\frac{1}{3}$ of the pistachio mascarpone and $\frac{1}{2}$ of the raspberry jam.
21. Place the middle layer of cake on top, then top it with $\frac{1}{2}$ of the remaining pistachio mascarpone and the remaining raspberry jam.
22. Brush the remaining pistachio milk over the bottom of the top layer of cake, then place the top layer of cake on to the cake. Cover the cake and place it in the fridge for 30 minutes to firm up.
23. Once you're ready to serve the cake top it with the remaining pistachio mascarpone and fresh raspberries. Slice, serve, and enjoy!

equipment

spring-form
2 medium bowls
2 small bowls
hand mixer
saucepan
sieve
spatula
whisk

swaps/ add-ons

pistachio flour-> finely ground
pistachios

CINNAMON ROLLS

serves 6 people

cooktime:

approx. budget: 9 eur

ingredients

2 cups +2 tbsp coconut milk
 1 1/3 cup brown sugar
 365g + 2 tbsp butter
 7g dry yeast
 650 g flour
 1 egg
 1 tsp baking powder
 1 tsp vanilla extract
 salt
 2 tbsp cinnamon
 250g cream cheese

equipment

saucepan
 4 bowls
 oven
 oven tray

swaps/ add-ons

method

1. Melt 115g of butter in a saucepan and set aside. Place the rest of the butter outside to warm up.
2. Mix 2 cups of room temperature coconut milk, 1/2 cup sugar and melted butter to a bowl. Make sure that the mix is warm, not hot. Add and mix in the yeast into the bowl. Leave for 10 minutes and let bloom.
3. Incorporate egg into the wet mix.
4. In a bowl add the flour, salt, cinnamon, and baking powder, mix well. Slowly incorporate the dry ingredients into the wet mix.
5. On a clean, floured surface, knead until stretchy but not sticky. Takes about 15 minutes.
6. Lightly grease a bowl with butter or oil and place the dough ball in the bowl. Cover with a plastic wrap and leave on the oven with the light on. Allow the dough to rise until it doubles in size, around 1 hour.
7. Dust your surface with flour and roll the dough into a big square. Rub in 250g softened butter, and evenly sprinkle 1/2 cup brown butter and 2 tablespoons cinnamon.
8. Tightly roll the dough and cut 3cm thick pieces.
9. Butter an oven tray and place the cinnamon rolls evenly, leaving room between them.
10. Leave in the oven with the light on for 40 minutes.
11. Take them out of the oven and preheat the oven to 190°C.
12. Bake for 25-30 minutes until browned.
13. In a small bowl mix the cream cheese, 2 tablespoons of softened butter, vanilla extract, 1/3 cup sugar. Mix in a bit of coconut milk until you reach your preferred consistency.
14. Pour the frosting over the cinnamon rolls and enjoy!



BROWN BUTTER TOFFEE COOKIES

serves 25 large cookies

cooktime: 1d 35 min

approx. budget: 10 eur

method

1. In a medium pan set over medium heat, melt the butter. Swirling the pan occasionally, continue to cook the butter. It should become foamy with audible cracking and popping noises. Once the crackling becomes quieter, continue to swirl the pan or stir until the butter develops a nutty aroma and brown bits start to form at the bottom. Once the bits are amber in color, remove from heat and pour into a mixing bowl. Be sure to keep the brown bits at the bottom of the pan as well, they hold so much flavor!
2. Add the granulated sugar and brown sugar to the hot butter, stirring to combine. Set aside to cool to room temperature.
3. Chop the chocolate into bits and set aside.
4. In a medium bowl, combine the flours, baking soda, baking powder, salt, and espresso powder.
5. To the cooled butter mixture, whisk in the eggs, yolk, and vanilla until combined. Gradually stir in the flour mixture with a rubber spatula. Stir in the chocolate chunks and toffee bits.
6. Wrap dough in plastic wrap and refrigerate for at least 4 hours, preferably 24 hours.
7. Preheat the oven to 180°C. Line baking sheets with parchment paper.
8. Divide the dough into 3-tablespoon sized balls using a large cookie scoop and drop onto prepared baking sheets. Dough may be slightly challenging to scoop.
9. Bake for 12 to 14 minutes, or until golden brown. Remove from the oven and immediately use a round cookie or biscuit cutter slightly larger than each cookie to gently reshape them into perfectly round, thicker cookies.
10. Sprinkle flaky sea salt on top of the cookies, if desired. Let cookies cool for 2 minutes before removing to wire racks to cool completely.

ingredients

225g butter
 100g granulated sugar
 200g packed dark brown sugar
 190g flour
 127g bread flour
 1 tsp baking soda
 1/2 tsp baking powder
 1 tsp fine sea salt
 1 tsp espresso powder
 3 eggs
 2 tsp vanilla
 300g chocolate
 1 cup toffee bits
 flaky sea salt

equipment

saucepan
 2 bowls
 spatula

swaps/ add-ons



CHOCOLATE CHIP COOKIES

serves 24 cookies

cooktime: 1 hr

approx. budget: 7 eur

ingredients

375g flour
1 tsp baking soda
3/4 tsp salt
227g butter
200g sugar
200g brown sugar
2 large eggs
2 tsp vanilla extract
2 1/2 cups chocolate chips

equipment

hand mixer
bowls
sheet pan

swaps/ add-ons

flaky sea salt

method

1. In a small bowl, whisk together the flour, baking soda, and salt. Set aside.
2. In a bowl beat the room temperature butter, brown sugar, and granulated sugar with a hand mixer on medium-high until light and creamy, about 3 minutes.
3. Add the eggs and vanilla and mix on low until completely combined, scraping down the bowl as needed.
4. Add the flour mixture all at once and mix on low until just combined. Stop mixing as soon as there are no dry spots of flour in the dough – do not over-mix.
5. Add the chocolate chips and mix into the batter just until combined.
6. Transfer the mixing bowl to the refrigerator and refrigerate for 20 minutes while the oven heats.
7. Heat oven to 180°C.
8. Lightly grease a sheet pan or line it with parchment paper.
9. Use a tablespoon measuring spoon to scoop out even portions of cold cookie dough. Be sure that the cookie dough is about the size of a golf ball. If the cookies are smaller than this they won't spread out enough to have soft, chewy centers.
10. Arrange the cookie dough on the prepared sheet pan, leaving space for the cookies to spread out.
11. Bake the cookies until the edges are just starting to turn golden brown and the centers are still very pale and soft (they will continue to firm up and darken after you remove them from the oven), 9 to 12 minutes.
12. When you remove the sheet pan from the oven, tap it firmly on the kitchen counter a few times to deflate the cookies (this step helps to give the cookies lightly crinkled edges and a dense center).
13. Leave the cookies on the sheet pan to cool for 5 minutes before transferring them to a cooling rack. If you try to move them too early they may fall apart, but will firm up as they cool.



CHOCOLATE FUDGE COOKIES

serves 10 cookies

cooktime: 45 min

approx. budget: 6 eur

method

1. Preheat oven to 180°C. Line two rimmed baking sheets with parchment paper and set aside.
2. To melt the chocolate mixture: add chocolate and butter to a large, heatproof bowl and place over a pot of simmering water. The water should not touch the bottom of the bowl; you don't want to submerge the bottom of the bowl in simmering water.
3. Whisk the chocolate and butter together as it melts. Once melted, turn off the heat and place the bowl on a heatproof surface to cool slightly.
4. Meanwhile, in a large bowl using a hand mixer, beat together eggs, granulated sugar, and brown sugar for 5 minutes.
5. While the eggs and sugars are mixing, grab another large bowl and whisk together the cake flour, cocoa powder, baking powder, and salt until well blended.
6. Once the sugars and eggs have been mixing for five minutes, pour the melted chocolate mixture into the bowl with the eggs and sugars and mix for about a minute. Then slowly add the combined dry ingredients into the bowl and mix just until all ingredients are incorporated.
7. Using a medium ice cream scoop, scoop out the dough (it will be wet and gooey) to form cookies onto the lined baking sheets. Be sure to leave about 2 inches of space between each cookie, as the dough will spread during baking.
8. If desired, sprinkle a little sea salt on top of each cookie.
9. Bake for 11-12 minutes, then remove and allow them to sit in the baking sheet for at least 15-20 minutes before eating. The center will be soft and fudgy.

ingredients

225 dark chocolate
 155g butter
 3/4 cup sugar
 1/2 cup brown sugar
 2 large eggs
 1 1/4 cake flour
 3 tbsp cocoa powder
 1 tsp baking powder
 1/2 tsp salt

equipment

saucepan
 small bowl
 2 large bowls

swaps/ add-ons



VEGAN CHOCOLATE CHIP COOKIES

serves 18 cookies

cooktime: 2 hr 30 min

approx. budget: 8 eur

ingredients

2 1/4 cups all purpose flour
 1 tbsp cornstarch
 1/2 tsp baking soda
 1/4 tsp sea salt
 150 g vegan butter
 2/3 cup light brown sugar
 1/2 cup granulated sugar
 1/3 cup dairy free yogurt
 1 tbsp vanilla extract
 1 cup vegan chocolate chips

equipment

spatula
 whisk
 oven tray
 parchment paper
 2 bowls

method

1. Line a cookie sheet with parchment paper, and measure out all ingredients.
2. In a small saucepan melt the butter
3. In a medium bowl, whisk together the flour, cornstarch baking soda, and sea salt. Set aside.
4. In a large bowl, whisk together the vegan butter, sugar, brown sugar, dairy free yogurt, and vanilla. Then add in the flour, baking soda, and sea salt. Use a rubber spatula to fold together. Stop just before all of the flour is mixed in.
5. Add in the chocolate chips: Fold in chocolate chips until evenly distributed.
6. Chill the dough for 2 hours. When the dough is nearly done chilling, preheat the oven to 180°C.
7. Using a cookie scoop, and roll about 1.5 tablespoons of dough per cookie for regular sized cookies, or 3 tablespoons of dough for large cookies onto the sheet. Place into oven and bake for 10-12 minutes or until the edges are lightly golden and are "set." The middles shouldn't be dough-y looking, but if they're still soft, that's perfectly fine.
8. Remove from the oven and let cool for 10 minutes. This allows the cookies to firm up to hold together.
9. Sprinkle with extra sea salt and enjoy!

swaps/ add-ons

dairy free yoghurt -> unsweetened applesauce



CHOCOLATE PUDDING

serves 4 people

cooktime: 20 min

approx. budget: 3 eur

method

1. In a medium bowl, whisk the egg yolks for about 60 seconds until light yellow and increased in volume, then whisk in the cornstarch and about 1/4 cup of the milk. Once smooth and incorporated, set aside.
2. Place the sugar, cocoa, salt, and remaining milk in a saucepan, and bring to a scald over medium-high heat, which is when the liquid is about 180-190°F. This is before the mixture comes to a boil, and in this stage you will see little bubbles start forming on the sides of the pan. Remove the pan from the heat and, while whisking constantly, dribble the hot cocoa into the egg cornstarch mixture very gradually. We are tempering so we don't scramble the eggs. Pour everything back into the saucepan and cook over medium high heat, whisking constantly, until the pudding comes to a full boil. Reduce the heat to a simmer and continue whisking for a couple minutes until the pudding is thickened.
3. Remove the pudding from the heat and stir in the vanilla extract. Pour the pudding into a bowl and press plastic wrap directly on the surface of the pudding so a skin doesn't form. Refrigerate for an hour or two until chilled. Serve and enjoy!

ingredients

2 large egg yolks
2 tbsp. cornstarch
2 cups whole milk
1/2 cup sugar
1/4 cup cocoa powder
1/4 tsp. salt
2 tsp. vanilla extract

equipment

2 bowls
saucepan

swaps/ add-ons

1/2 cup sugar -> 1/4 cup maple syrup



CHOCOLATE MOUSSE

serves 3 people

cooktime: 3 hr

approx. budget: 6 eur

ingredients

200g dark chocolate
100g butter
6 eggs, separated
100g sugar
vanilla extract
salt

equipment

saucepan
3 bowls
spatula
hand mixer
container

method

1. Boil water in a small saucepan. Place a metal or glass bowl on top, make sure it doesn't touch the water. Place the chocolate and the butter in the bowl and let it melt over the pot. Add a pinch of salt, and mix to incorporate both, carefully take the bowl off the pan and set aside.
2. Beat the egg yolks with 50g sugar for 5 minutes until creamy.
3. Beat the egg whites and slowly add sugar until stiff peaks form.
4. Fold the melted chocolate with the egg yolk mix until incorporated
5. Fold yolk mixture carefully with the beat egg whites until completely incorporated.
6. Transfer to a container or individual jars. Refrigerate 1-2 hours.
7. Serve with berries and/ or whipped cream!

swaps/ add-ons





BASICS

HOMEMADE GRANOLA

serves 1 big container

cooktime:

approx. budget: 8 eur

ingredients

4 cups rolled oats
 1/2 cup pumpkin seeds
 1/2 cup sunflower seeds
 1/4 cup hemp seeds
 1/4 cup flax seeds
 1 tsp flaky sea salt
 1/2 tsp cinnamon
 1/2 cup melted coconut oil
 1/2 cup maple syrup
 1 tsp vanilla extract
 1/2 cup dried cranberries

equipment

oven tray
 oven
 big mixing bowl
 big container

swaps/ add-ons

coconut oil-> olive oil
 maple syrup -> honey, other
 sweetener

method

1. Set your oven to 180°C and prepare a large baking sheet with raised edges by lining it with parchment paper.
2. In a big bowl, mix together the oats, nuts and/or seeds, salt, and cinnamon until well combined.
3. Add the oil, honey, and vanilla extract to the dry ingredients. Stir thoroughly so that every oat and nut is evenly coated. Transfer the granola mixture onto the lined baking sheet and spread it out evenly using a large spoon.
4. Bake for about 25 minutes or until the granola turns a light golden color, stirring once halfway through. For chunkier granola, press the mixture down with a spatula after stirring to form a uniform layer. The granola will continue to crisp as it cools.
5. Allow the granola to cool completely without disturbance for an hour. Once cooled, add the dried fruit. Break the granola into chunks by hand if you prefer larger pieces, or mix with a spoon if you want a less clumpy texture.
6. Keep the granola stored in an airtight container at room temperature for 1 to 2 weeks, or freeze it in a sealed bag for up to 3 months.



HOMEMADE PASTA DOUGH

serves 4 people

cooktime: 1hr 30 min

approx. budget: 1 eur

method

1. Place the flour on a clean work surface and make a hole in the middle. Add the eggs, olive oil, and salt to the center and use a fork to gently break up the eggs, keeping the flour walls intact as best as you can. Use your hands to gently bring the flour inward to incorporate. Continue working the dough with your hands to bring it together into a shaggy ball.
2. Knead the dough for 8 to 10 minutes. At the beginning, the dough should feel pretty dry, but stick with it! It might not feel like it's going to come together, but after 8-10 minutes of kneading, it should become cohesive and smooth. If the dough still seems too dry, sprinkle your fingers with a tiny bit of water to incorporate. If it's too sticky, dust more flour onto your work surface. Shape the dough into a ball, wrap in plastic wrap, and let rest at room temperature for 30 minutes.
3. For fettuccine: Slice the dough into four equal pieces. Set the dough pieces onto the dusted surface. One dough at a time, flatten them and roll into a thin, rectangular sheet. The pasta sheet is ready when it's slightly see-through, at about 1 mm thick. Repeat for all pasta sheets.
4. Lay a pasta sheet on the counter top. Heavily flour the surface. Carefully roll or fold the pasta sheet onto itself.
5. Use a knife to slice thin layers of the pasta roll. Once you unfold them, you will have long noodles.
6. Cook the pasta in salted, boiling water for 3-4 minutes. Serve with your preferred sauce.

ingredients

1 cup of flour
2 eggs
1/2 tsp salt
1 tsp olive oil
salt

equipment

rolling pin
plastic wrap
pot

swaps/ add-ons



SEITAN

serves 4 people

cooktime: 4hr 45 min

approx. budget: 1 eur

ingredients

1200 all purpose flour
750 ml water
2l vegan broth

equipment

large bowl
sieve
pot
container

swaps/ add-ons

method

1. In a large bowl, combine the flour and water and mix until you get a fairly shaggy ball.
2. Turn out the mixture onto a clean counter and knead until you get a fairly smooth ball that springs back when you poke it. This should take about 10-15 minutes of kneading, but if you have a bread maker or a heavy-duty stand mixer, you can let that do the kneading!
3. Cover the ball with cool water and allow to rest for 1-2 hours. After a rest, pour out the water and cover the ball with fresh, cold water.
4. Start kneading the dough in the water to wash out the starch. Once the water gets really opaque and thicker with starch, strain the seitan through a sieve.
5. Repeat the rinsing with a fresh batch of cold water and keep kneading until you get a spongy mass that clings together really well. It takes me 3-4 passes of kneading in fresh water, but just keep going until the water is only lightly cloudy instead of opaque and white.
6. Squeeze out as much water as you can and then let the seitan rest in a sieve to drain for 20-30 minutes.
7. Meanwhile, prepare your broth in a pot with a low simmer.
8. After a rest, stretch your seitan until its about 30cm long. Use a knife to cut 3 strands, leaving about 1 inch uncut at the top to hold together the braid. Braid the strands and then tuck in the ends into the braid.
9. You can let rest again for about 5-10 min for better results, otherwise stretch out the braid to about 18-20 inches and then tie a large knot in the centre. Add on as many knots as you can on top and tuck in the ends inside the braid.
10. Add the braided and knotted seitan into your broth and cover, then simmer for 2 hours.
11. Once cooked through, transfer to a container and cover with some of the broth. Allow to cool until cool enough to refrigerate, then let rest in the fridge for 4-8 hours.
12. After a chilled rest, pull apart to reveal the amazing shreds from this! Store in the fridge for up to 2-3 days, or freeze for up to a couple weeks!
13. To cook, you can marinate this and pan-fry, or use just like you would shredded cooked chicken!

Source: [The Viet Vegan](#)

SOURDOUGH BREAD FOR PEOPLE WITH A LIFE

serves 1 loaf

cooktime: 1 day

approx. budget: 0,50 eur

method

1. Day prior to baking: mix a tablespoon of sourdough starter, 50g of flour and 50g of water. Mix well and place on a marmalade jar. Leave on the kitchen counter with the lid loosely on overnight.

Maintenance: After taking out the starter, put jar with remaining scraps in fridge until the evening before the next bread. (Possible to store up to 4-6 weeks without feeding)

2. In the morning (6am-10am), mix 256g of water with the 98g starter we mixed yesterday. Add the salt, and 380g flour and mix until well combined. No need for a smooth dough, just incorporate flour and water well. Then let dough rest for 10 minutes.
3. Afterwards do the rubaud method, fold, stretch, or leave it alone; Whatever you have time for. Cover with a lid, plastic wrap or a wet towel and leave it on the kitchen counter until you come home in the afternoon/evening.
4. In the afternoon/evening (4pm-10pm): put dough on floured surface, pre-shape to a ball with the help of a scraper. Cover with the bowl and let it rest for 10 minutes.
5. Afterwards slightly dust with flour, flip dough and fold (bottom to middle, left to middle, right to left, top to bottom) and flip again. With pinky fingers build tension all around by dragging the bottom of the dough over the counter. Place the dough in a floured banetton basket with the dough's seam side up. Leave uncovered on counter for another hour, close the banetton basket in plastic bag and put in the fridge overnight.
6. It doesn't matter if you bake in the morning or evening but as a rule of thumb the banetton should have been be at least 10 and maximum 24 hours in the fridge. Preheat the oven to highest setting (~250° C) with pizza stone or dutch oven inside for at least 30 minutes. If you have a pizza stone, score the dough and place it on the pizza stone and cover with a big pot. If you have a dutch oven, place the dough on the shallowest part of the dutch oven (upside down), score the loaf, and cover with the deepest part. Bake for 20 minutes covered and 20-30 minutes uncovered until the crust is baked to the desired level of darkness.
7. Let the bread cool of before cutting and eating.

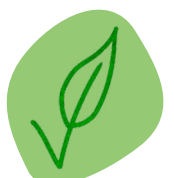
ingredients

1 tbsp sourdough starter
430g bread flour
306g water
9g salt

equipment

jar
big bowl
lid/ plastic wrap
banetton basket

swaps/ add-ons



CHILI OIL

serves 16 people

cooktime: 10 min

approx. budget: 5 eur

ingredients

1 ½ cups neutral oil
 ½ cup toasted rapeseed oil
 10 cloves garlic
 2 shallots
 4 star anise
 3 black cardamom pods
 1 cinnamon stick
 2/3 cup sichuan red chili flakes
 2 tsp red sichuan peppercorns,
 freshly ground
 1.5 tbsp kosher salt
 2 tsp msg
 1 tbsp granulated sugar
 1 tbsp toasted sesame seeds
 1 tbsp chinese black vinegar

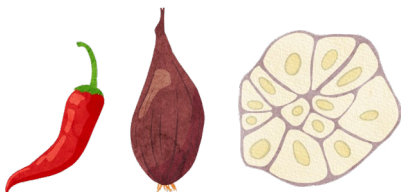
method

1. Peel and half the shallots.
2. In a small-sized sauce pot, combine the neutral oil, rapeseed oil, garlic, shallot, star anise, black cardamom, and cinnamon. Set over medium heat until the oil reaches 121°C. Let cook, stirring occasionally, until the vegetables are very deeply browned but not burned, about 20-30 minutes.
3. Carefully strain the mixture through a metal fine mesh strainer into a heat proof container. Discard the solids then pour the oil back to your sauce pot, set over medium heat, and bring up to 176°C.
4. In a large-sized heat proof mixing bowl, combine the Sichuan chili flakes, ground Sichuan peppercorn, kosher salt, MSG, sugar, and toasted sesame seeds. Pour your hot oil into your bowl and immediately whisk to combine. Once homogeneous, stir in Chinese black vinegar. Let cool until room temperature then store in an airtight container in the fridge until ready to use, or use immediately.

equipment

pot
 strainer
 heat proof container
 whisk

swaps/ add-ons

Source: [Joshua Weissman](#)

PICKLED ONIONS

serves 1 jar

cooktime: 10 min

approx. budget: 1 eur

method

1. Slice the red onions into thin stripes. Place on a jar or container.
2. Cover them about 1/3rds of the way up with room temperature white vinegar, then up to 2/3 of the way with apple cider vinegar plus the juice of a lime, a pinch of salt, and a tbsp of sugar. (the onions will release water and will be covered in pickle juice the next day)
3. Close the lid and place them in the fridge. Stir once or twice over the next few hours. Leave in the fridge for at least 12 hours.
4. They'll be pickles the next day. Use as topping for your main dishes!

ingredients

4 big red onions
white vinegar
apple cider vinegar
1 tbsp sugar
1/4 tsp salt

equipment

jar or container

swaps/ add-ons

herbs or spices



TOMATO SAUCE

serves 4 people

cooktime: 40 min

approx. budget: 3 eur

ingredients

1 big onion
2 garlic cloves
olive oil
7 big tomatoes
1 tsp butter
1 tsp basil
1 tsp oregano
1 tsp salt
1 tsp pepper
1 pinch sugar

equipment

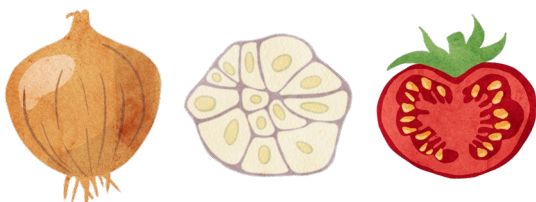
saucepan

method

1. Cut the other onion into small pieces and add 1 1/2 minced garlic to a medium saucepan. You turn the stove on medium heat and add a little olive oil.
2. peel the 7 tomatoes. You open them and remove all the seeds they have inside, and once they are 'clean', you cut them into small squares and put them in the pot with the onion and garlic.
3. Let the sauce cook over low heat, and you have to constantly stir it so it does not burn. If the sauce burns, you have to repeat everything.
4. When it has a more intense color, (or when the tomato squares begin to fall apart) add salt to taste, oregano, basil, and black pepper. I add about a teaspoon respectively, but it is completely up to you. Mix in the tsp of cold butter for creaminess.
5. It takes about 15-20 minutes to cook. If it is overly sour you can add a pinch of sugar until it is good.
6. Serve with pasta or any other main dishes!

swaps/ add-ons

butter-> vegan butter



Source: Lina

RED WINE REDUCTION

serves 2 people

cooktime: 40 min

approx. budget: 1,50 eur

method

1. Finely mince the shallot and garlic.
2. On a medium heated pan, sauté the shallot with butter/ oil and cook for 3 minutes. Add the garlic, rosemary, and thyme. Let it infuse for a minute.
3. Add the wine to the pan and stir. Let it simmer down to half.
4. Add the broth, stir and let simmer down to half again or until desired consistency.
5. Remove from heat. If you want to have a smooth sauce, strain out the bits. Add the cold butter in small dices and whisk for even smoother consistency.
6. Serve with main dish of your preference.

ingredients

1 tbsp butter or olive oil
 2 tbsp cold butter
 1 shallot
 1 clove of garlic
 rosemary or thyme
 250 ml of red wine
 250 ml broth

equipment

pan

swaps/ add-ons

butter-> vegan butter



PROVECHO!



