



## Veganuary

### Creamy Miso Soup with Crispy Tofu

Ingredients (Serves 3):

- Sunflower oil
- Chili oil
- 3 garlic cloves
- 3 heads of mini bok choy
- 2 scallions
- 1 tbsp of tahini (or peanut butter)
- 250 ml (1 cup) coconut milk
- 1 tbsp soy sauce
- 500 ml (2 cups) of vegetable broth (water + broth cube)
- 1 tbsp miso paste
- Noodles of choice
- Tofu (crumbled)
- Pinch of smoked paprika (optional)
- Lemon or lime (optional)

Instructions for soup base:

1. In a pot, heat 2 tbsp sunflower oil and 1 tsp chili oil over medium heat.
2. Sauté garlic and green onions until fragrant, i.e. about 1 minute.
3. Add 1 tbsp tahini (or peanut butter) and add 1 tbsp soy sauce, lower heat and cook for 30 seconds.
4. Pour the vegetable broth and coconut milk into the soup base.
5. Increase heat to medium again, and bring to gentle simmer. In the meantime, prepare the rest of the dish.

Instructions for tofu:

1. Crumble the tofu into bite-sized pieces.
2. Heat oil in a pan and sauté the tofu on high heat until golden.
3. Add soy sauce, chili oil, and (optionally) smoked paprika.
4. Cook for 1-2 minutes, and then set aside.

Finalising:

1. In a small bowl, dissolve 1 tbsp of miso paste in half a cup of hot water.
2. Turn off the heat for the soup base, and add the contents of the bowl.
3. Cook noodles as desired, adding the bok choy to the soup base 3 minutes before the noodles are done.
4. Portion the noodles, soup, and tofu into bowls. Top with green onions, chili oil, lemon/lime, and any other optional toppings.



## Korean Fried Cauliflower

### Ingredients:

- 1 head of cauliflower
- (Sunflower) oil for frying
- 1 scallion (to garnish)
- Sesame seeds (to garnish)

### Batter ingredients:

- 1 cup cornstarch
- 1 cup flour
- 1 tsp baking powder
- 1 tbsp salt
- 1 tbsp white pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 cup (carbonated) water

### Sauce ingredients:

- ½ cup soy sauce
- 3 tbsp sugar
- 2 tbsp agave syrup (or similar honey replacement)
- 1 tbsp gochujang
- 1 tbsp rice vinegar
- ¼ cup water

### Instructions:

1. Break cauliflower into bite-sized pieces.
2. Mix together the batter ingredients until smooth.
3. Add the cauliflower pieces to the batter and mix until the pieces are fully coated.
4. Shallow fry the cauliflower pieces in the sunflower oil, making sure excess batter drips off before adding the piece to the oil. Do not overfill the pan. Fry both sides until the cauliflower is golden brown and crispy.
5. Drain the fried cauliflower pieces of the oil, e.g. with paper towels or by leaving them on a wire rack. Then season with salt.
6. In a small saucepan, add the sauce ingredients. Mix them over medium heat until bubbling and thickened.
7. Brush or pour the sauce onto the fried cauliflower, and garnish with sesame seeds and the green ends of the scallion.



## Pancakes

### Ingredients:

- 500g flour
- 4tbsp unflavoured (e.g. sunflower) oil for batter
  - + extra for cooking
- 6tbsp sugar
- 1tsp salt
- 1tsp (or a packet) baking powder
- ½ can of beer (165ml)

### Instructions:

1. Add the listed ingredients to a bowl.
2. Add water and whisk until a pancake batter consistency is achieved. It should be a smooth and viscous liquid.
3. You may add flour if the batter is too runny, though try to avoid repeatedly adding water and flour.
4. Add oil to a medium heat pan.
5. Add batter (according to the desired size of pancake) to the pan, and cook both sides.
6. Repeat 5 until all the batter is used up. You may need to add oil and/or reduce heat if the pancakes are sticking to the pan.
7. Serve with your favourite pancake toppings!