

A Collection of Recipes

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Abstract

In life, many meals are prepared. The best ones are collected here.
All recipes are vegan-friendly.

1 Pancakes			2 portions
			¹ / ₂ hour
i	1 cup 1 touch 1 tbsp 1 pack	flour salt baking powder vanilla sugar	Mix all of the dry ingredients thoroughly in a bowl.
ii	1 1 cup	banana milk	Mash the banana into pulp. Then mix the banana pulp and milk with the dry ingredients. Let the batter rest until some bubbles start to form.
iii	Many	fruits	Optionally, add fruits to the batter. Blueberries are recom- mended.
iv	1 tbsp	margarine	Heat a pan, add margarine or butter and fry pancakes once per side until bubbles start to form.

2 Chocolate Coconut Cereal			A weeks worth
			1 hour
i	500 grams 180 grams 1 touch 80 grams	oats coconut flakes salt cocoa powder	Preheat oven to 180°C. Thoroughly mix dry ingredients.
ii	6 tbsp 100 grams	coconut oil honey	Heat coconut oil and honey in a pot and mix. Pour mixture over dry ingredients while stirring.
iii			Spread over baking paper and put in the oven for 10-12 minutes.
iv	50 grams	dark chocolate	Sprinkle dark chocolate pieces over the cereal fresh out of the oven. Mix and let cool, then store for later consumption.
3 Lentil Dal			5 portions
			45 mins
i	2 50 grams 5 cloves	white onions ginger garlic	Chop it all up and fry it in the pot with oil.
ii	3 tsp	garam masala	Add garam masala and continue to roast briefly.
iii	500 grams 1 can 200 grams 1 can to taste	lentils canned tomatoes fresh tomatoes coconut milk salt, pepper, chili	Add all to the pot and stir. Let simmer for about 20 minutes.
iv			Serve with bread, rice or potatoes.
4 Coconut Zucchini Risotto			3 portions
			1 hour
i	2 2 cloves 20 grams	white onions garlic ginger	Heat oil in a pot and add lightly fry for a few minutes.
ii	1 can 700 ml	coconut milk vegetable broth	Heat broth and coconut milk in separate pot on low heat.

iii	250 grams	risotto rice	Add rice to garlic, onion and ginger. Fry briefly until glassy.
iv			Gradually add more broth, waiting for the rice to absorb it at each step. Cook for about 12 minutes.
v	1 big	[zucchini] Add cubed zucchini to the pot. Cook for 8 more minutes.
vi	2 tbsp 2 tbsp 2 tbsp 1 tbsp 250 grams	sesame oil soy sauce rice vinegar honey/syrup smoked tofu	Dice tofu and marinade with other ingredients.
vii			Heat a pan on medium-high heat and fry tofu until crispy.
viii			Serve rice with tofu.