

# A Collection of Recipes

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1 Pancakes

2 portions

1/2 hour

1	1 cup 1 touch 1 tbsp 1 pack	flour salt baking powder vanilla sugar	Mix all of the dry ingredients thoroughly in a bowl.
2	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.
3	Many	fruits	Optionally, add fruits to the batter. Blueberries are recom- mended.

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

1	500 grams 180 grams 1 touch 80 grams	oats coconut flakes salt cocoa powder	Preheat oven to 180°C. Thor- oughly mix dry ingredients.
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2	<b>6 tbsp</b> <b>100 grams</b>	coconut oil honey	Heat coconut oil and honey in a pot and mix. Pour mixture over dry ingredients while stirring.
3			Spread over baking paper and bake for 10-12 minutes.
4	<b>50 grams</b>	dark chocolate	Sprinkle dark chocolate pieces over the cereal fresh out of the oven. Mix and let cool.

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### 3 Lentil Dal

5 portions

45 mins

1	<b>2</b> <b>50 grams</b> <b>5 cloves</b>	white onions ginger garlic	Chop it all up and fry with oil in a pot.
2	<b>3 tsp</b>	garam masala	Add garam masala and continue to roast briefly.
3	<b>500 grams</b> <b>1 can</b> <b>200 grams</b> <b>1 can</b> 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.

*Serve with bread, rice or potatoes.*

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### 4 Coconut Zucchini Risotto

3 portions

1 hour

1	<b>2</b> <b>2 cloves</b> <b>20 grams</b>	white onions garlic ginger	Heat oil in a pot and add lightly fry for a few minutes.
2	<b>1 can</b> <b>700 ml</b>	coconut milk vegetable broth	Heat broth and coconut milk in separate pot on low heat.
3	<b>250 grams</b>	risotto rice	Add rice to garlic, onion and ginger. Fry briefly until glassy.
4			Gradually add more broth, waiting for the rice to absorb it at each step. Cook for about 12 minutes.
5	<b>1</b>	zucchini	Add cubed zucchini to the pot. Cook for 8 more minutes.

6	2 tbsp	sesame oil	Dice tofu and marinade with other ingredients. Heat a pan on medium-high heat and fry tofu until crispy.
	2 tbsp	soy sauce	
	2 tbsp	rice vinegar	
	1 tbsp	honey/syrup	
	250 grams	smoked tofu	

## 5 Pickling Liquid

As needed

30 mins

1	1 cup	white vinegar	Mix equal parts vinegar and water, bring to a boil.
	1 cup	water	
2	3/4 cup	sugar	Add sugar once boiling.
3	2 tbsp	salt	Reduce heat, add spices and keep on low heat for 20 minutes.
	4 pieces	ginger	
	5	black peppercorns	

*Slice and prepare the vegetables to be pickled. Pour liquid over the vegetables in a container. Let fully cool before screwing on the lid.*

## 6 Banana Bread

1 loaf

90 mins

1	300 g	flour	Preheat oven to 180°C. Mix the dry ingredients in a bowl.
	10 g	baking powder	
	1 touch	salt	
2	3	ripe bananas	Mash up the bananas to a pulp and mix all wet ingredients in a separate bowl before adding to the dry ones.
	250 g	applesauce	
	135 ml	milk	
3	150 g	walnuts	Roughly chop walnuts and chocolate and add to the batter. Save some of the walnuts for on top.
	75 g	chocolate	

*Bake for 60mins. Cover with a lid or foil after 30mins to prevent walnuts from burning.*

## 7 Vegetable Gyoza Seasoning

As needed

1	2 tbsp	soy sauce	To be mixed into the gyoza filling before folding.
	1 tbsp	miso	
	2 tsp	toasted sesame oil	
	1 tsp	salt	
	1/2 tsp	pepper	
	135 ml	milk	