

# A Collection of Recipes

jam

January 18, 2024

## Contents

Pancakes . . . . .	1
Chocolate Coconut Cereal . . . . .	1
Lentil Dal . . . . .	2
Coconut Zucchini Risotto . . . . .	2
Pickling Liquid . . . . .	3

<b>1 Pancakes</b>	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 recommended.

Heat a pan, add margarine or butter and fry pancakes once per side until bubbles start to form.

<b>2 Chocolate Coconut Cereal</b>	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. Thoroughly mix dry ingredients.
2	6 tbsp 100 grams	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	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

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

*Serve with bread, rice or potatoes.*

---

### 4 Coconut Zucchini Risotto

3 portions

1 hour

1	2 2 cloves 20 grams	white onions garlic ginger	Heat oil in a pot and add lightly fry for a few minutes.
2	1 can 700 ml	coconut milk vegetable broth	Heat broth and coconut milk in separate pot on low heat.
3	250 grams	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	1	zucchini	Add cubed zucchini to the pot. Cook for 8 more minutes.
6	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. Heat a pan on medium-high heat and fry tofu until crispy.

---

## 5 Pickling Liquid

As needed

30 mins

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

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