

# *\* **VegeHead** \**

A Cookbook

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Version 2.0.1

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## > *Introduction*

This is a cookbook in progress. In compiling it, i set the following requirements.

**Yummy.** The food should taste great.

**Fast.** The food should take at most 30 minutes to make. I enjoy cooking but don't want to spend a lot of time doing it. To fulfill this requirement, several of the recipes below use a pressure cooker.

**Vegetarian.** The food should not require the killing of animals. I like to minimize the animal suffering involved in my meals and going vegetarian is a step in the right direction. Going vegan is a bigger step.

**Pre-industrial.** The ingredients should be as close as possible to the ones eaten by our pre-industrial ancestors. That rules out 20th-century edible food-like substances (synthetic flavorings, high-fructose corn syrup, skim milk powder, etc.) and food grown with synthetic pesticides. I don't trust that stuff. I'll let canned foods slide, though.

**Grain-free.** The food should not contain grains: wheat, rice, corn, oats, etc. Because i've read that it's healthy, i'm eating less carbohydrate these days, and cutting out grains is one simple way to do that. I'm cutting back on sugars too but still include some sweet recipes, such as ice cream. Mmm.

In formatting this book, i used the following abbreviations:

c = cup, T = tablespoon, t = teaspoon.

I also used metric units such as liters, kilograms, and Celsius with their standard abbreviations. Finally, i chose to write single fractions instead of mixed numbers, such as  $\frac{3}{2}$  instead of  $1 \frac{1}{2}$ , because i find them easier to read.

This cookbook is open-source with license [Attribution-NonCommercial-ShareAlike 3.0 New Zealand](#). You can contribute to the book via its Git repository at <https://github.com/araichev/vegehead>. Enjoy and share!

## > *Mayonnaise*

**Makes:** 1/3 c / **Equipment:** bowl, whisk

### Ingredients

- 1/2 t Dijon mustard
- 1 t apple cider vinegar
- 2 egg yolks
- 1/4 c olive oil
- 1 t honey
- salt to taste

### Directions

1. In a bowl, whisk the egg yolks, mustard, and vinegar until frothy.
2. Very slowly drizzle in the olive oil while whisking rapidly until thick.
3. Whisk in the honey and salt.

## > *Tempeh Sauerkraut*

**Serves:** 3 / **Equipment:** large skillet

This one comes from Lorna Sass.

### Ingredients

- 2 T coconut oil
- 500 g tempeh, cut into fingers
- 1 large onion, thinly sliced
- 1 red capsicum, diced
- 2 cloves garlic, diced
- 1/2 t caraway seeds
- 3 c sauerkraut
- 1/4 c water
- 1/4 c mayonnaise or honey mustard (homemade of course!)

### Directions

1. In a large skillet sauté the tempeh in 1 T of oil until golden brown. Set aside.
2. With the remaining oil, sauté the onion, capsicum, and garlic until lightly browned.
3. Add the tempeh, sauerkraut, mustard, caraway, and water and continue to cook, stirring continuously, until heated through.

## > *Pumpkin Hotpot*

**Serves:** 4 / **Equipment:** pressure cooker

### Ingredients

- 1 T coconut oil
- 1 onion, chopped
- 2 cloves garlic, diced
- 2 t diced ginger
- 400 mL chopped tomatoes
- 400 mL coconut cream
- 2 c pumpkin, chopped
- 1 t ground turmeric
- 1 t ground coriander seed
- 1 t ground cumin
- 1/2 chili powder
- 275 g tofu, cubed
- 2 c spinach
- 3/2 t salt or to taste

### Directions

1. Heat the oil and sauté the onions, garlic, and ginger for a minute.
2. Add the tomatoes, cream, pumpkin, and spices and pressure cook on high for 5 minutes.
3. Add the tofu and spinach and simmer for 5 minutes.
4. Add the salt and serve.

## > *Mung Dal*

**Serves:** 6 / **Equipment:** pressure cooker, small saucepan

### Ingredients

- 3/2 c dried mung beans, soaked for at least 4 hours
- 5 c water
- 2 T coconut oil
- 400 mL chopped tomatoes
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 T shredded ginger
- 1 t ground turmeric
- 1 hot chili
- 1 red capsicum, chopped
- 1 t salt
- 1 t cumin seeds
- 2 t black mustard seeds
- some coriander leaf for garnish

### Directions

1. Except for 1 T coconut oil, the cumin seeds, and the mustard seeds, put everything into a pressure cooker, and cook at high pressure for 11 minutes.
2. In a small saucepan, fry the reserved coconut oil, cumin seeds, and mustard seeds until the mustard seeds begin to pop.
3. Add the fried seeds and oil to the soup, garnish with coriander leaf, and serve.

## > *Chana Dal*

**Serves:** 6 / **Equipment:** pressure cooker, skillet

### Ingredients

- 3/2 c dried chana dal or yellow split peas, washed and soaked for at least 1 hour
- 6 c water
- 1 t ground turmeric
- 3 thin slices unpeeled ginger
- 1/2 t garam masala
- 4 T ghee
- 2 onions chopped
- 1 t cumin seeds
- 3 cloves garlic chopped
- 1 t red chili powder
- some coriander leaf for garnish

### Directions

1. Put the chana dal, water, turmeric, ginger, and 1 T ghee into a pressure cooker, and cook at high pressure for 10 minutes.
2. In a skillet, fry the reserved ghee and onions until golden. Then add the cumin seeds and garlic and stir fry until the garlic is lightly brown.
3. Add the fried stuff and chili powder to the cooked soup, garnish with coriander leaf, and serve.



## > *Chickpea Curry*

**Serves:** 4 / **Equipment:** food processor, large sauce pan

This is the spiciest (highest spice count) dish i've ever cooked! It is also my favorite Hare Krishna recipe.

### Ingredients

- 1 c dry chickpeas, soaked for at least 4 hours
- 3 c water
- 1 T coconut oil
- 1/2 t ground cinnamon
- 1 T fennel seeds
- 1/8 c curry leaves
- 1/2 T asafetida
- 400 mL coconut cream
- 400 mL chopped tomato
- 1/2 kumara, diced
- 1/2 T ground fennel seeds
- 3/4 T ground coriander seeds
- 3/4 T ground fenugreek
- 1/2 T ground turmeric
- 1/2 t chili powder
- 1/4 T garam masala
- 1 T channa masala
- 1 head broccoli, chopped
- 1 t tamarind concentrate
- 1 t salt or to taste
- some chopped coriander for garnish

### Directions

1. Pressure cook the chickpeas and water at high pressure for 18 minutes, separate the liquid from the beans, and set aside both.
2. In the meantime, in a large saucepan, heat the coconut oil and sauté the cinnamon, unground fennel seeds, curry leaves, and asafetida until fragrant.
3. Add the coconut cream, chopped tomato, and kumara, and bring to a boil.
4. Reduce heat to simmer and add the remaining spices.
5. Cook until the kumara is just short of tender, about 8 minutes.
6. Add the broccoli and tamarind and cook for another 5 minutes.

7. Add the cooked chickpeas and enough chickpea liquid to thin.
8. Garnish with coriander and serve.

## > *Chili*

**Serves:** 6 / **Equipment:** pressure cooker

### Ingredients

- 3 T olive oil
- 1 onion, diced
- 3 cloves garlic, diced
- 1 green capsicum, diced
- 2 jalapeños, diced
- 2 ribs celery, diced
- 1 t oregano
- 1 t basil
- 1 t cumin seed
- 1 t smoked paprika
- 1/2 t ground turmeric
- 1 t ground coriander seed
- 1/4 t cinnamon
- 800 mL chopped tomatoes
- 800 mL water
- 2 c assorted dried beans (but not chickpeas, because they take too long to cook compared to other beans), soaked for at least 4 hours
- 1/2 kumara, diced
- 2 c greens such as kale
- 1 t salt or to taste
- some coriander for garnish

### Directions

1. In a pressure cooker, heat 1 T olive oil and sauté the onion, garlic, capsicum, and chilis until golden.
2. Add in everything else except the salt and coriander, and pressure cook at high pressure for however long the slowest cooking bean needs, e.g. 12 minutes for a kidney bean + pinto bean + mung bean combination.
3. Add the remaining olive oil, salt, and coriander, and serve.

## > *Italian Lentil Soup*

**Serves:** 6 / **Equipment:** pressure cooker, a cup

This one comes from Lorna Sass.

### Ingredients

- 6 c water
- 2 c brown lentils, rinsed
- 2 T olive oil
- 1 large onion, peeled and coarsely chopped
- 2 large cloves garlic, peeled and minced
- 4 ribs celery, cut into 2cm slices
- 2 large carrots, chopped
- 125 g mushrooms, sliced
- 2 bay leaves
- 1 t dried thyme or marjoram
- 3/4 t dried oregano
- 1/4 t dried chili flakes
- 3 T tomato paste or 2 large tomatoes, coarsely chopped
- 2 T balsamic vinegar
- 1 t salt or to taste
- some parsley for garnish

### Directions

1. Put everything except the tomato paste, vinegar, and salt in a pressure cooker, and pressure cook everything at high pressure for 11 minutes.
2. Remove the bay leaves, add the vinegar and salt, dissolve the tomato paste in a cup of soup, and stir the cup back into the soup. Garnish with parsley and serve.

## > *Orange Squash Soup*

**Serves:** 4 / **Equipment:** pressure cooker, immersion blender

This one comes from Lorna Sass.

### Ingredients

- 1 kg butternut squash, kabocha, or delicate squash, scrubbed, - seeded, and cut into 1 cm chunks (peeling not necessary)
- 1 small onion, peeled and coarsely chopped
- 2 c cups water
- 2 T coconut oil
- 1 c freshly squeezed orange juice (see cook's Notes)
- 1/4 c rolled oats
- 1 T freshly grated ginger
- 1 T finely minced or grated orange peel
- 1/2 t ground cinnamon
- 1/4 t ground coriander seeds
- 1/2 t sea salt, or to taste
- 1–2 T maple syrup or honey
- some toasted pumpkin seeds for garnish

### Directions

1. Place all ingredients except the maple syrup into a pressure cooker, and cook at high pressure for 5 minutes.
2. Puree the soup with an immersion blender, add the maple syrup, thin slightly with water or orange juice if necessary, and garnish with toasted pumpkin seeds.

## > *Cabbage Salad*

**Serves:** 6 / **Equipment:** large bowl, small sauce pan

### Ingredients

- 1 medium head cabbage (about 1.5 kg), thinly sliced
- 1 apple, grated
- 200 g roasted and salted peanuts
- 1/2 c desiccated coconut
- 1/4 c lemon juice
- 1/4 c chopped coriander
- 1/4 c coconut oil
- 2 t black mustard seed
- 2 t cumin seed
- 2 t asafetida
- 1/2 t turmeric

### Directions

1. In a large bowl, mix the cabbage, apple, peanuts, coconut, lemon juice, and coriander.
2. In a small sauce pan, heat the oil and fry the spices until fragrant.
3. Mix everything together and serve.

## > *Red Cabbage Salad*

**Serves:** 6 / **Equipment:** big bowl

### Ingredients

- 1 medium head red cabbage (about 1.5 kg), grated
- 1 t salt
- 1 t caraway seeds
- 1 apple, grated
- 2/3 c balsamic vinegar
- 2 T olive oil

### Directions

1. In a big bowl, combine the cabbage, salt, and caraway seeds in a large mixing bowl, and thoroughly squeeze the mixture for several minutes to soften the cabbage and release its juice.
2. Mix in the rest of the Ingredients.
3. If you have the time, chill the salad for several hours before serving.

## > *Mashed Kumara*

**Serves:** 4 / **Equipment:** medium saucepan, steamer basket, small skillet

### Ingredients

- 1 c water
- 1 kg kumara, cut into 1 cm cubes
- 2 T coconut oil
- 1 onion, thinly sliced
- 2 t allspice
- salt to taste

### Directions

1. In a medium saucepan with a steamer basket, boil the water and then steam the kumara (with the lid covered) for about 10 minutes, or until soft.
2. Meanwhile, in a small skillet, fry the onion in the coconut oil.
3. Mix the steamed kumara, fried onion, allspice, and salt, and mash.



## > *Hummus*

**Serves:** 4 / **Equipment:** pressure cooker, food processor

### Ingredients

- 1 c dry chickpeas, soaked for at least 4 hours
- 3 c water
- 1/2 c tahini
- 1/4 c lemon juice
- 1/4 c olive oil
- 1 t salt
- 2 cloves garlic
- 1 t cumin

### Directions

This is most easily prepared with a food processor, but you can also use simple implements such as a whisk, mortar, and pestle.

1. Pressure cook the chickpeas and water at high pressure for 18 minutes.
2. Separate the chickpeas and liquid and save both.
3. In a food processor, whip the tahini and lemon juice.
4. Add in the remaining ingredients, blend, and thin to your desired consistency with the chickpea liquid.

## > *Tarator*

**Serves:** 6 / **Equipment:** big bowl

This is a Bulgarian recipe from my mother.

### Ingredients

- 1 L yoghurt
- 3 c water
- 1 T balsamic vinegar
- 1 t salt
- 1 t olive oil
- 1 large cucumber, diced
- 4 cloves garlic, minced
- 1/2 c walnuts, chopped
- 1/2 c fresh dilled, chopped

### Directions

1. In a big bowl, mix the yoghurt and water thoroughly.
2. Mix in the rest of the ingredients.
3. Chill and serve.

## > *Black Bean Brownies*

**Makes:** 12 brownies / **Equipment:** food processor, baking dish

The chia seed and water combination used in this recipe is a clever vegan substitute for eggs.

### Ingredients

- 2 T chia seeds or flax seeds + 2 T water
- 400 mL cooked black beans
- 1/2 c maple syrup
- 3/4 c cocoa powder
- 1/4 c nut butter, such as peanut butter
- 1/4 t salt
- 1 t vanilla extract
- 3/2 t baking powder
- coconut oil to grease the baking dish
- nuts, goji berries, cocoa nibs for garnish (optional)
- some creamy topping, such as coconut yoghurt (optional)

### Instructions

1. Preheat the oven to 180°C
2. Grease the baking dish in coconut oil
3. In the food processor, pulse the ground chia seeds and water. Add the maple syrup, black beans, cocoa powder, nut butter, salt, vanilla, and baking powder. and blend until smooth, adding a little water if necessary.
4. Pour the mix into the baking dish, smooth over with a knife, and sprinkle with the optional garnish
5. Bake until the top is crispy but the inside still fudgy, about 25 minutes

## > *Nut Butter Muffins*

**Serves:** 12 / **Equipment:** big bowl, baking mold for 12 muffins

### Ingredients

- 1 c nut butter such as peanut or almond
- 2 spotty bananas
- 2 large eggs
- 1/2 t baking powder
- 1 t apple cider vinegar
- 1 c blueberries

### Directions

1. Preheat the oven to 180°C.
2. In a big bowl, mix the nut butter, bananas, and eggs until smooth.
3. Mix the baking powder and vinegar in a separate bowl and then add that to the main mix.
4. Gently fold in the blueberries.
5. Spoon the batter into 12 muffin cup and bake for 10 minutes.

## > *Chocolate*

**Makes:** 175g / **Equipment:** sauce pan, grater, thermometer, chocolate mold (optional)

### Ingredients

- 100 g cocoa butter
- 60 g cocoa powder
- 1 t vanilla extract
- 2 t maple syrup or sugar syrup

### Directions

1. Finely grate 1% of the cocoa butter (1 g) or a little more and set aside
2. Melt the remaining 99% of the cocoa butter in a sauce pan or double boiler until it reaches 46°C
3. Remove from heat and thoroughly mix in the remaining ingredients
4. Cool/heat the mix until it reaches 35°C
5. Mix in the grated cocoa butter to seed the crystallization of the chocolate
6. Pour into a chocolate mold, pan, baking paper, something like that
7. Let it cool at room temperature until it hardens

### Variations

- Replace the vanilla extract with 1/2 t of peppermint extract
- Add 1/2 t orange zest, 1/2 t cinnamon, and 1/2 t ground chilis

### Notes

The heating and cooling to specific temperatures in this recipe tempers the chocolate so that it hardens and remains hard at room temperature. As a short cut, you can skip steps 4, 5, and 7 and cool the chocolate in the refrigerator, but you better keep it there to preserve its pleasant texture. Bringing the chocolate back to room temperature will probably cause melting and meanness.

## > *Chocolate Chip Cookies*

**Makes:** 12 cookies / **Equipment:** food processor, large bowl, baking tray

### Ingredients

- 1/2 c Medjool dates, pits removed
- 2 c almonds
- 1 t baking soda
- 1/8 t salt
- 1 t vanilla extract
- 2 T coconut oil, melted
- 1 egg
- 1/4 c shredded coconut
- 1/2 c dark chocolate chips

### Directions

1. Preheat the oven to 180°C.
2. In a food processor, grind the dates, almonds, baking soda, salt, and vanilla into a fine mix.
3. Add the coconut oil and egg, and blend for a few more seconds until mixed.
4. Transfer the mix to a large bowl, and stir in the shredded coconut and chocolate chips.
5. Shape the mix into 12 cookies and place them on a baking tray.
6. Bake until golden brown, roughly 15 minutes.

### Variation

Replace 1 c almonds, the coconut oil, and the shredded coconut with 1/2 c peanut butter to make peanut butter chocolate chip cookies.

## > *Chocolate Peanut Butter Banana Pie*

**Serves:** 8 / **Equipment:** pie plate, small sauce pan, large plate, large bowl

### Ingredients

- 1 c diced almonds
- 1/4 c coconut oil
- 1 banana, sliced into disks
- 250 g dark chocolate
- 1/2 c peanut butter
- 500 g silken tofu
- 4 T maple syrup or honey

### Directions

1. Crust. In a small sauce pan, melt the coconut oil and mix in the almonds.
2. Press into a pie plate.
3. Lay the banana slices on the crust.
4. Filling. Melt the chocolate in a double-boiler (a large plate on top of a small sauce pan of simmering water)
5. In a large bowl, mix the melted chocolate, peanut butter, tofu, and maple syrup into a homogenous goo.
6. Pour the goo into the crust and chill for an hour.

## > *Apricot Balls*

**Serves:** 8 / **Equipment:** food processor

### Ingredients

- 3/4 c raw cashews
- 3/4 c raw almonds
- 1/4 c pitted Medjool dates
- 3/2 c dried apricots
- 1 dash salt
- 1/4 c shredded coconut
- 1 T grated orange zest
- 3/2 T grated fresh ginger

### Directions

1. In a food processor, blend all the ingredients except the ginger until homogeneous.
2. Blend in the ginger.
3. Shape into balls.



## > *Ice Cream*

**Serves:** 4 / **Equipment:** ice cream maker

### Ingredients

- 1/8 t guar gum
- 4 eggs yolks
- 1/3 c grade B maple syrup
- 600 mL cream
- flavorings

### Directions

1. In a medium bowl, mix the guar gum with a little bit of cream to make a homogeneous paste with no lumps.
2. Mix the paste with the remaining ingredients.
3. Pour into an ice cream maker and make. Alternatively, put in the freezer and stir every 20 minutes until it reaches your desired consistency.

### Notes

The guar gum is to prevent the ice cream from freezing too hard.

Here are some example flavorings.

- Vanilla: add 2 t vanilla extract
- Chocolate: add 1 t vanilla extract and 150 g melted dark chocolate
- Raspberry: add 2 t vanilla extract and 300g mashed raspberries
- Peppermint: add 1 t vanilla extract, 2 t peppermint extract, and 25 g shaved chocolate bar
- Rosey: add 2 T rosewater
- Fat Elvis: add 2 t vanilla extract, 1 very ripe bananas mashed, 25 g shaved chocolate, and 1/3 c peanut butter

## > *Hooray for Baking Soda*

Baking soda, also known as sodium bicarbonate is a versatile chemical compound. Besides baking with it, you can use it as part of

- Tooth powder: mix three parts baking soda and one part salt and brush your teeth with the stuff
- Mouthwash: add baking soda to water and rinse to neutralize mouth acids and kill bacteria
- Body deodorant: dampen your armpits with water and apply a little baking soda
- Exfoliant: dampen your skin with water and gently rub with baking soda
- Cleaner: sprinkle some baking soda on a dirty surface, add your favorite liquid cleaner (water, vinegar, etc.), and rub. Don't do this on aluminum surfaces, though, as baking soda attacks the thin nonreactive protective oxide layer of this otherwise very reactive metal.

For more uses of baking soda, check out its [Wikipedia article](#).