



Vegetarian Recipes
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Introduction

This is a small collection of vegetarian recipes that i have collected over the years as a complement to the recipes in the cookbooks i own.

In formatting this compilation, i abbreviated the standard metric cooking measurements in the following, possibly nonstandard, way.

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

I also used metric units such as liters, kilograms, and Celsius with their standard abbreviations and without their American or British equivalents. A slight act of laziness and snobbery, i know. Finally, i chose to write single fractions instead of mixed numbers, such as $\frac{3}{2}$ instead of $1\frac{1}{2}$, because i think they look better.

Share and enjoy!

Almond Cake

INGREDIENTS

=====

1/2 C butter
1 C sugar
1 C almonds
1 C wheat flour
1/4 t salt
1 t vanilla extract
3 egg whites
100 ml cream
100 g dark chocolate

DIRECTIONS

=====

1. Preheat your oven to 175 C.
2. Thoroughly mix the butter and sugar.
3. Finely grind the almonds and add them to the mix.
4. Mix in the flour and salt.
5. Beat the egg whites until frothy ---an egg beater helps--- and add them to the mix.
6. Mix in the vanilla extract.
7. Pour the thick batter into a greased pie or cake dish and bake until golden brown (for 20--30 minutes) and until a knife poked into the center of the cake comes out crumb-less.
8. Let the cake cool for 10 minutes.
9. In the meantime, in a saucepan, heat the cream till frothy but not boiling.
10. Break the chocolate into small pieces in a separate bowl and thoroughly mix in the hot cream.
11. Spread the resulting chocolate ganash on top of the cooled cake.
12. Let the cake cool to room temperature, and then chill it to completely harden the frosting.
13. Serve chilled or at room temperature.

Anise Drink

INGREDIENTS

=====

1	L	water
1	T	anise seeds
1	T	flax seeds
1	T	honey
1		lemon, juiced

DIRECTIONS

=====

1. Boil the water and anise seeds for 20 minutes.
2. Add the flax seeds and boil for another 10 minutes.
3. Remove from heat, strain out the seeds, and stir in honey and lemon.

Banana Cake

INGREDIENTS

=====

3		largish ripe bananas
1/4	C	vegetable oil
1/2	C	honey
1/4	C	molasses
1		egg
1	t	vanilla
2	t	cinnamon (ground)
1	t	cardamom (ground)
1/4	t	cloves (ground)
1	t	baking soda
1/4	t	salt
2	C	whole wheat flour

DIRECTIONS

=====

1. Preheat the oven to 175°C.
2. In a large bowl mash the bananas with the oil.
3. Mix in the sugar, egg, vanilla, cinnamon, and salt.
4. Mix in the baking soda ensuring that no little chunks form.
They taste bitter.
5. Mix in the flour.
6. Grease a 200 mm x 200 mm pan and pour in the batter.
7. Bake for 30 minutes or until a knife poked into the center of the cake comes out clean.
8. Cool for 10 minutes.
9. Remove from the pan and serve with yogurt.

Bread, Honey Wheat

INGREDIENTS

=====

1/2	t	active yeast
600	g	wholemeal wheat flour
1/2	C	sunflower seeds
3/2	t	salt
2	T	olive oil
2	T	honey
420	mL	water

DIRECTIONS

=====

Put the ingredients in a bread machine in the order recommended by the machine's manual and bake.

Bread, Dark Rye

INGREDIENTS

=====

1/2	t	active yeast
450	g	wholemeal wheat flour
150	g	wholemeal rye flour
1	T	caraway seeds
1	t	fennel seeds
3/2	t	salt
2	T	olive oil
1	T	molasses
1	T	honey
420	mL	water

DIRECTIONS

=====

Put the ingredients in a bread machine in the order recommended by the machine's manual and bake.

Chocolate Peanut Butter Banana Pie

INGREDIENTS

=====

125	g	graham crackers (8--10 crackers)
1/3	C	margarine
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. Mash the graham crackers, melt the margarine, and mix the two.
2. Press the mix into a pie plate.
3. Lay the banana slices on the crust.
4. Filling. Melt the chocolate in a double-boiler.
5. 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.

Cornbread

INGREDIENTS

=====

3/2	C	corn flour
1	C	whole wheat flour
2	t	baking powder
1	t	salt
1/4	C	unrefined sugar
1	C	soymilk
7/8	C	water
1/4	C	vegetable oil

DIRECTIONS

=====

1. Preheat the oven to 175°C.
2. Mix the dry ingredients.
3. Mix in the liquid ingredients.
4. Grease a 200 mm x 200 mm baking pan, pour in the batter, and bake 33 minutes or until a knife poked into the center of the bread comes out clean.

Donuts

INGREDIENTS

=====

3/4	C	orange juice
1/2	C	butter
4	T	unrefined sugar
3/2	T	dry yeast
7/2	C	wheat flour
2		eggs
1/4	t	salt
1/2	L	coconut, palm kernel, or palm oil
1		candy thermometer (not for eating)

DIRECTIONS

=====

1. Combine the orange juice, butter, and sugar in a saucepan, and heat the mixture until it melts.
2. Cool the mixture until it is lukewarm.
3. Stir in the yeast and let it activate (about 10 minutes).
4. Mix in the flour, eggs, and salt.
5. Knead the dough and let it rise until it doubles in size (about 30 minutes).
6. Punch down the dough, knead it a little, and let it rise again if desired (about 30 minutes).
7. Flatten and cut the dough into donuts.
8. In a large saucepan heat the oil to 163--190°C. Use the candy thermometer.
9. Fry some donuts on one side until golden brown and then fry the other side. Adjust the oil temperature within the range above as necessary.
10. Repeat for the remaining donuts

NOTES

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Makes about 40 small donuts.

Granola

INGREDIENTS

=====

2	C	rolled oats
1	C	nuts, such as almonds or walnuts
3/4	C	sunflower seeds
3/4	C	sesame seeds
1	C	dried fruit, such as raisins or cranberries
1/2	C	honey
1/4	C	oil, such as sunflower or olive
2	t	vanilla extract
1/2	t	salt

DIRECTIONS

=====

1. Crush the nuts by hand or food processor.
2. Place the oats, nuts, and seeds in a baking dish, and toast them in the oven for 15--20 minutes.
3. Meanwhile, combine the honey, oil, vanilla extract, and salt in a saucepan, and liquify the mixture over the stovetop.
4. Thoroughly combine the toasted mix, the liquid mix, and dried fruit in a large bowl.
5. Let cool before serving.

NOTES

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To make granola bars instead, proceed from step 4 as follows.

5. Line a large baking dish with a piece of parchment paper twice the area of the dish.
6. Place the granola in the lined dish, fold the second half of the parchment paper over top of the granola, and compress the granola into a dense brick.
7. Let cool for 2--3 hours, dump out the granola brick onto a cutting board, and cut the brick into bars.

Hummus

INGREDIENTS

=====

1	C	chickpeas (measured when dry), 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. Cook the chickpeas in a pot (boil in the 3 C water, then simmer covered for about 90 minutes) or, quicker yet, a pressure cooker (cook in the water at high pressure for 18 minutes).
2. Drain the chickpeas and reserve the chickpea liquid.
3. Whip the tahini and lemon juice.
4. Add in the remaining ingredients minus the cumin and blend, thinning to the desired consistency with chickpea liquid.
5. Sprinkle on cumin before serving.

NOTES

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Makes about 3 cups.

Ice Cream

INGREDIENTS

=====

4 eggs, whites and yolks separated
1/2 C sugar
300 mL cream
flavorings such as vanilla extract, banana, chocolate

DIRECTIONS

=====

1. In bowl 1, beat the egg whites until stiff. Add 1/4 C sugar and then beat again.
2. In bowl 2, beat the cream until stiff.
3. In bowl 3, beat the egg yolks and 1/4 C sugar until frothy. Mix in flavorings.
4. Pour the contents of bowl 1 and bowl 2 into bowl 3. Gently mix.
5. Pour the mix into a wide container (more surface area means a quicker freeze means fewer ice crystals in the final product), seal, and freeze for 4 hours.

NOTES

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The ice cream is airy. To make it denser, only beat half the cream, leave the rest of it as is, pour the final mix into ice cube trays (to further increase the freezing speed to guard against ice crystal formation), and freeze.

Example flavors.

- Vanilla: add 2 t vanilla extract.
- Chocolate: add 100 g melted dark chocolate, 1/2 t vanilla extract.
- Fat Elvis: add 1.5 very ripe bananas mashed, 75 g chocolate chips, 1/2 C peanut butter.
- Rosey: add 2 T rosewater.

Ice Coffee

INGREDIENTS

=====

1/4	C	medium grind coffee
1	C	water
2	t	cardamom
1	T	sugar
1	T	milk (optional)

DIRECTIONS

=====

1. Combine coffee, cardamom, and water in a glass container and let sit a room temperature for at least 4 hours.
2. Add sugar and chill.
3. Dilute with equal parts water or ice and add milk.

NOTES

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Makes about 2 C coffee.

Jam

INGREDIENTS

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500 g fruit, such as strawberries
1/2 C raw sugar
1 T lemon juice
1/2 t fruit pectin

DIRECTIONS

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1. Place the fruit, sugar, and lemon juice in a pot and boil, stirring occasionally, until the mixture is homogeneous. Takes about 15 minutes.
2. Remove the jam from the heat and stir in the pectin.
3. Pour the jam into a sterilized jar and then let it cool completely before sealing.
4. Eat now and then refrigerate or store the jam sealed at room temperature for up to three months.

NOTES

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Makes about 3/2 C jam.

Lentil Loaf

INGREDIENTS

=====

2	C	water
1/2	t	salt
1	C	lentils
1		small onion, diced
1	C	quick-cooking oat
3/4	C	grated cheddar cheese
1		egg, beaten
3/4	C	pasta sauce
1	t	garlic powder
1	t	dried basil
1	T	dried parsley
1/2	t	vegetable stock powder
1/4	t	black pepper

DIRECTIONS

=====

1. Boil the water and salt in a saucepan.
2. Add the lentils and simmer covered until the lentils are soft and most of the water is evaporated (about 25--30 minutes).
3. Drain, partially mash, and scrape the lentils into a mixing bowl.
4. Mix in the remaining ingredients.
5. Spoon the mixture into a well-oiled 200 mm x 200 mm pan.
6. Bake at 175°C until the top of loaf is dry, firm, and golden brown (about 45 minutes, but longer for a more loaf-shaped pan).
7. Cool in the pan on a rack for about 10 minutes.
8. Run a sharp knife around edges of pan, turn out loaf, and serve.

Mashed Potatoes

INGREDIENTS

=====

1 large pot of water
1 kg potatoes
2 T olive oil
1/2 bulb garlic
1/4 C milk, cream, yoghurt, or vegetable stock
1 t paprika
 salt to taste

DIRECTIONS

=====

1. Boil the water.
2. Meanwhile cut the potatoes into 1 cm cubes.
3. Put the potatoes into the boiling water and cook for 25 minutes, stirring periodically.
4. Drain the potatoes and set them aside.
5. In the same pot sauté the garlic in the olive oil.
6. Add the potatoes and milk and mash.
7. Salt the mix to taste and garnish with paprika.

Moroccan Lentils

INGREDIENTS

=====

1	C	brown or French green lentils
1/2	C	dried apricots, chopped
6	C	water
2		medium onions, diced
4		cloves garlic, diced
1		carrot, diced
2	t	cumin
2	t	turmeric
1	t	cinnamon
1	t	paprika
3	T	oil
2		400g cans of chopped tomatoes
3/2	t	salt
1	C	yogurt

DIRECTIONS

=====

1. Cook the lentils in 4 C boiling water for 20--30 minutes or until soft. Drain.
2. In the meantime, soak the apricots in 2 C boiling water for 10 minutes. Drain.
3. In the meantime, sauté the onion, carrot, garlic, and spices in the oil over high heat for 5--10 minutes or until soft. Stir regularly.
4. Add the tomatoes and salt and cook for 10 more minutes.
5. Add the lentils and apricots.
6. Top with yoghurt before serving.

NOTES

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Makes 6 servings. Serve with couscous.

Nut Burgers

INGREDIENTS

=====

1		medium onion
1	C	walnuts, pecans, almonds, cashews or other nuts, preferably raw
1	C	(raw) rolled oats or cooked short-grain white or brown rice
2	T	miso, tomato paste, nut butter or tahini
1	t	chili powder or any spice mix you like
1		egg
		salt and freshly ground black pepper to taste
2	T	peanut oil, extra virgin olive oil or neutral oil, like grapeseed or corn.

DIRECTIONS

=====

1. Grind onion in food processor. Add nuts and oats, and pulse to chop, but not too finely. Add remaining ingredients except oil. Process briefly; don't grind too finely. Add a little liquid – water, stock, soy sauce, wine, whatever– if necessary; mixture should be moist but not loose.
2. Let mixture rest a few minutes, then shape it into 4 burgers. (Burger mixture or shaped burgers can be covered tightly and refrigerated for up to a day. Bring back to room temperature before cooking.)
3. Put oil in nonstick or well-seasoned cast iron skillet and turn to medium. When oil is hot, add burgers to skillet. Cook about 5 minutes, undisturbed, until browned, then turn with spatula. Lower heat a bit and cook 3 or 4 minutes more, until firm.
4. Serve on buns with mustard, ketchup, chutney or other toppings.

NOTES

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Makes 4 small burgers. Can replace the egg with 1/2 sheet nori and 3
T miso instead of 2 T.

Orange Squash Soup

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
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 in a pressure cooker.
2. Lock the lid into place. Over high heat bring to high pressure. Lower the heat just enough to maintain the pressure at high and cook for 5 minutes. Reduce pressure with a quick-release method. Remove the lid, tilting it away from you to allow any excess steam to escape.
3. Puree the soup in a blender (for a smoother texture), food mill, or food processor. Add maple syrup to taste. Return the soup to the pot and rewarm. Thin slightly with water or orange juice, if necessary. Garnish with toasted pumpkin seeds.

NOTES

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Standard Stovetop Method: In a large soup pot, proceed as directed in step 1. Bring to the boil, reduce heat and simmer, covered, until the squash is very soft, about 25 minutes. Follow step 3.

Red Cabbage Salad

INGREDIENTS

=====

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

DIRECTIONS

=====

1. 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.

Tapioca Pudding

INGREDIENTS

=====

1/2	C	tapioca pearls
3/2	C	rice milk
3/2	C	coconut milk
1/4	C	sugar
1/4	t	salt
1	t	vanilla extract

DIRECTIONS

=====

1. Soak the tapioca overnight in enough water to cover.
2. Cook everything except the vanilla extract in a medium saucepan over medium low heat for at least 15 minutes and until the tapioca is translucent and the pudding has reached your desired thickness. Stir occasionally.
3. Remove the pudding from heat and add the vanilla extract. Serve warm or cold.

Tarator

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. Mix the yoghurt and water thoroughly.
2. Mix in the rest of the ingredients.
3. Chill and serve.

NOTES

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This is a Bulgarian recipe.

Tropical Pancakes

INGREDIENTS

=====

2 eggs
1/4 t vanilla extract
1/4 t salt
7 T wheat flour
1/2 C milk
3 T coconut oil
 toppings such as banana, shredded coconut, honey

DIRECTIONS

=====

1. Heat a circular fry pan over medium heat.
2. Meanwhile beat the eggs and vanilla. Mix in the salt and flour and then the milk.
3. Spoon a tablespoon of oil into the fry pan, ladle in some batter, and spread. Cook, flatten, and flip the pancake twice until it is thin and golden brown.
4. Top with sliced banana, shredded coconut, and honey, for instance. Roll up and serve.
5. Repeat for the rest of the batter.

NOTES

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Makes 3 thin pancakes.

In Praise of Baking Soda

Baking soda, also known as sodium bicarbonate, sodium hydrogen carbonate, and NaHCO_3 , is one 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 unreactive protective oxide layer of this otherwise very reactive metal.

For more uses of baking soda, see its Wikipedia article at http://en.wikipedia.org/wiki/Baking_soda.