

RICE NOODLES WITH HERB SALAD AND FRIED TEMPEH

rice noodles

tempeh

carrots

coriander

stinky parsley (mexican coriander)

sweet basil

edamame beans

spring onions

red onions

salt and pepper

bouillon:

garlic

chili

ginger

lemon grass

lime leaves

vegetable stock

lime juice and zest

tamari alt. soy sauce

sesame seeds

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Soak the rice noodles in cold water for 30 min.

bouillon:

Gently sauté ginger, garlic and chili in sesame oil then add vegetable stock.

Add lemon grass, lime leaves, lime juice and zest, let it simmer for 20 min. When thinking about the amount of bouillon, this should not be a soup, the bouillon is to dress the noodles with flavor, to heat them up and cook them through just before serving.

Fry diced tempeh at a high temperature in sesame oil and tamari or soy sauce.

Cut the carrots, spring onions and red onions in fine slices. Wash and roughly tear the herbs. Mix noodles, tempeh, edamame beans and vegetables in a pot, pour over the boiling bouillon, put the lid on and let everything sit for a couple of minutes. Add the fresh herbs at the end, season with salt and pepper and serve with toasted sesame seeds.

YELLOW PEA SOUP

yellow peas
onions
carrots
dry thyme
dry marjoram
olive oil
vegetable stock
lemon, juice and zest
fresh thyme
fresh marjoram
salt and pepper

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Soak the yellow peas in generous amounts of water over night.

Gently sauté onions and carrots in olive oil, add the peas and cover with vegetable stock. Add dry marjoram, dry thyme, bay leaves and let the peas simmer until they are thoroughly cooked through and until the soup really starts to thicken.

When the soup is ready to serve add lemon zest and juice, fresh marjoram, fresh thyme and finish off with salt and pepper to the taste.

RED CABBAGE SALAD WITH APPLE AND TOASTED SEEDS

red cabbage
green apples
red onions
chili
fresh parsley
roasted sunflower and pumpkin seeds
olive oil
apple cider vinegar
salt and pepper

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Finely slice red cabbage, add some salt, mix around and let it sit for 10 min.

Add finely sliced red onions, diced apples, fresh parsley and some chili.

Dress with olive oil and apple cider vinegar. Add salt and pepper to the taste and serve with toasted seeds on top.

LEEK AND POTATO SOUP

potatoes

leek

onions

carrots

bay leaves

dry oregano

olive oil

lemon

vegetable stock

salt and pepper

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Gently sauté onions, carrots, leek and diced potatoes cover with vegetable stock and bring to the boil. Add bay leaves and oregano and let it simmer until the potatoes are cooked through.

Add lemon juice, salt and pepper to the taste.

GREEN CURRY WITH SWEET POTATOES AND TOFU

tofu

coconut milk

sweet potatoes

sesame oil

sesame seeds

vegetable stock

curry paste:

ginger

garlic

green chili
lemon grass
lime leaves
tamari or soy sauce
lime, juice and zest
sweet basil
coriander
stinky parsley

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curry paste:

Use a food processor and mix the following ingredients to a fine paste:

ginger, garlic, green chili, lemon grass, lime leaves, lime (juice and zest), sweet basil, coriander, stinky parsley and tamari or soy sauce. Save some herbs for later.

Gently sauté the diced sweet potatoes in the curry paste and sesame oil for a few minutes.

Add tofu cover with coconut milk and vegetable stock then bring it to the boil. Cook until the potatoes are done. Finish off with lime juice, tamari or soy sauce, salt and pepper to the taste and serve with some of the fresh herbs and toasted sesame seeds.

ROASTED TOMATO SOUP WITH RED WINE AND LARGE WHITE BEANS

onions
garlic
stalk celery
tomato puré
sugar
spring onions
tinned whole tomatoes
large white beans
fresh thyme
lemon, zest and juice
bay leaves
ginger
vegetable stock
olive oil
salt and pepper

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Fry finely chopped garlic, ginger and onions in a generous amount of olive oil, add tomato puré and sugar and continue to fry on a high temperature until the ingredients starts to gently caramelize. Stop the caramelization with red wine and reduce the wine for 10 minutes. Add tinned tomatoes, vegetable stock, celery, white beans and bay leaves and cook for another 20 minutes. At the end add lemon zest and juice, fresh thyme, finely sliced spring onions and a generous swig of olive oil. Finish off with salt and pepper to the taste.