

creamy

Vichyssoise

Creamy and delectable, this classic French soup is divinely smooth and luxurious. Try to use walnut oil – the flavour goes very well with the leeks. The sage and thyme give the soup a nice herby lift. The soup can be served warm or cold.

- 2 tsp walnut / olive oil
- 2 leeks, white part only, chopped
- 1 shallot, chopped
- 3 garlic cloves, chopped
- 2 cups of water
- 1 potato, peeled and chopped
- 1 carrot, roughly chopped
- 2 fresh bay leaves
- ½ cup soy milk
- 1 tbsp each chopped fresh sage and thyme
- herbal salt, to taste
- 2 tbsp snipped chives
- black pepper, to taste

- 1 Heat the oil in a pot and gently sweat the leeks with the lid on, about 10 minutes. Add the shallot and cook for 3 minutes. Add the garlic and sweat for 1 minute.
- 2 Add the water to the pot, as well as the chopped potato, carrot (to flavour the stock) as well as the bay leaves.
- 3 Simmer for 20 minutes until the potato is soft. Cool slightly.
- 4 Remove the bay leaves and set aside. Remove the carrot (and eat it!).
- 5 Blend the soup with the soy milk in a liquidizer until smooth. Return the soup to the pot and add back the bay leaves, plus the sage, thyme and herbal salt to taste.
- 6 Re-heat (without boiling), if serving warm.



- 7 Dish up in soup bowls, decorate with the snipped chives and grind over some black pepper, if preferred.

Serves 4.

Baked falafels

These falafels look and taste just like the original Egyptian version, yet they are baked in the oven, not fried in oil. This results in light and crispy patties that are not oily. Apart from the aromatic spices and fresh coriander, finely grated carrot has been added for a little moisture and the prunes balance the spices beautifully. Ground linseeds prevent the patties from being too crumbly.

- 1 cup dried chickpeas, soaked overnight
- 2 tbsp ground linseeds (flaxseeds)
- 1 tbsp olive oil
- 4 prunes, snipped finely with a pair of scissors
- ½ cup finely grated carrot
- ½ cup chopped fresh coriander leaves and stems
- 2 tsp lemon juice
- 1 tbsp orange juice / water
- 2 tsp soy sauce
- 2 tsp coriander powder
- 1 tsp cumin powder
- ½ tsp cinnamon powder
- 2 - 3 finely grated cloves of fresh garlic
- ½ tsp freshly ground black pepper
- olive oil spray

- 1 Pre-heat the oven to 180°C. Place a sheet of non-stick baking parchment in a baking tray.
- 2 After soaking overnight, drain the chickpeas and place them in a food processor fitted with a steel blade. Add the linseeds. Process the mixture until crumbly.
- 3 Add the oil, prunes, carrot, fresh coriander, lemon juice, orange juice (or water), soy sauce, spices, garlic and black pepper. Process until the mixture starts to clump together in a large ball. The consistency will be like a coarse paste.
- 4 Form patties using two tablespoonfuls of the mixture at a time. The easiest is to first measure out all the balls to ensure that they are the same size. Then with wet hands, squeeze each ball tightly before gently shaping into a domed patty.
- 5 Place them on the parchment. Spray the patties with olive oil.
- 6 Bake them on the middle shelf in the oven for 15 minutes until crispy and golden brown in colour. (They will form hairline cracks all over.)
- 7 Remove from the oven and enjoy warm. Makes about 22 patties.



Serves 4 - 6.

Cook' tip:

Serve these tasty morsels with either a fruity sauce, such as Mango, tamarind & garlic dip (p. 22), a spicy sauce like the Cashew & curry salad dressing (p. 91) or Spicy apple dip (p. 21), or from the nut roasts, the Hummus sauce (p. 182).

Café-style olive & basil individual quiches

Creamy tofu baked until firm and golden in small pastry shells that are crispy and nutty, these easy individual quiches look very professional. The pastry is a joy to work with and feels like play dough! It rolls out easily and is dry enough to be lifted (like a wet handkerchief) since it is not sticky. The filling can be assembled in 10 minutes – play around with all sorts of thinly sliced or small diced vegetables and herbs. When cooled for 5 minutes, the pastry will start to pull away from the sides making it very easy to lift the quiches from their (ceramic or non-stick) baking dishes.

pastry:

8 tbsp (½ cup) wholemeal spelt flour
4 tbsp (¼ cup) oat bran
4 tsp white sesame seeds
large pinch of salt
4 tsp olive oil
4 tbsp cold water
olive oil spray

filling:

20 young green beans, chopped into rings
2 tsp olive oil
2 shallots, finely chopped
¾ cup firm tofu, drained and patted dry
½ cup soy / oat milk
2 tbsp savoury yeast flakes, powdered
1 tsp dried oregano
1 tsp salt
freshly ground black pepper
8 fresh basil leaves, chopped
2 tsp olive oil, extra

decoration:

4 slices of baby tomatoes and sliced pitted olives

- 1 Pre-heat the oven to 170°C.
- 2 Make the **pastry**: Mix the dry ingredients in a small bowl. Add the oil and rub in until the mixture resembles heavy bread crumbs. Add the water and stir until the mixture comes together. Stir hard a few times, then rest the pastry for 5 minutes. Knead the pastry for a minute until it becomes elastic, then place in a plastic bag or container in the refrigerator for half an hour.
- 3 Spray 4 small oven proof pie or quiche ceramic dishes (or little non-stick pans) with olive oil.
- 4 Remove the pastry from the refrigerator. Divide into 4. Lightly flour the work surface and the dough. Roll each into a ball, then roll out into a very thin disk with a rolling pin. Lift the pastry and place it in the pie dish, pressing it gently against the bottom and sides with your fingers. If the pastry tears, simply 'glue' it together again by pinching. Roll the rolling pin heavily over the rim of the ceramic dishes to 'cut' off the pastry neatly. There is no need to bake blind.
- 5 Make the **filling**: Pour boiling water over the beans in a small bowl to blanch them. Leave for 5 minutes. Meanwhile, heat the oil in a pan and sauté the shallot for a minute until soft.
- 6 Drain the beans, then add to the shallots and cook for a few seconds. Remove from the heat and set aside.
- 7 Place the tofu, soy milk, savoury yeast flakes, oregano, salt and pepper in a small blender and mix until smooth and creamy. Stir in the basil leaves, extra olive oil and the contents of the pan of shallots and beans.
- 8 Pour into the pastry shells. Level off the surface and place the decorations on top. Place the dishes on an oven tray in the oven, and bake on the middle shelf for 30 minutes.



New York style baked lemon 'cheesecake' [gluten free]

This plain lemon baked cheesecake tastes very close to the traditional one made with dairy cream, cheese and eggs. Here, firm tofu with a mix of thickened soy milk, lemon and tapioca flour are used to create a firm baked 'cheesecake', complete with the usual granular texture. Enjoy the cake as is, or drizzle over a mix of extra lemon juice and agave syrup.

pastry base:

5 tbsp finely ground toasted, unsalted cashew nuts
1 tbsp buckwheat flour / wholemeal spelt flour
2 tsp vanilla-infused grapeseed oil / walnut oil
1 tsp light agave syrup

filling:

1 cup soy milk
2 tsp lemon juice / orange juice / apple cider vinegar
1 lemon, juice
2 cups firm tofu, drained and pressed dry, chopped
1 tbsp vanilla-infused grapeseed oil / walnut oil
6 tbsp light agave syrup
2 tsp lemon zest
1 tsp vanilla essence
2 tbsp tapioca flour
20 ml corn starch

1 Pre-heat the oven to 180°C.

2 Make the **pastry** by combining all the ingredients in a small bowl. It will be a firm, heavy mixture. Line the bottom of a 1 L round pie dish with the pastry and oil the sides (or use a silicone baking dish). Press the pastry down firmly. Leave to rest in the refrigerator.

3 Make the **filling**: thicken the soy milk by stirring in the juice (or vinegar). It will thicken immediately. Set aside.

4 If you have a food processor, fit the juicer part and squeeze out the lemon juice. Change to the plastic blade. Add the tofu, oil, syrup, zest and vanilla essence. Process until floppy. Sprinkle over the flours and pour over the thickened soy milk. Process until completely smooth. Pour the tofu mixture into the baking dish onto the pastry.

5 Place on a shelf just below the middle in the oven and bake for 30 minutes, uncovered. Reduce the temperature to 160°C and bake a further 15 minutes. Lightly drape a sheet of tin foil over the top if the cheesecake browns too much.

6 Remove from the oven and cool completely. The filling will become firmer.

7 Decorate with lemon and lime zest. Cut into slices, or lift the cake from the mould before cutting.

Serves 8.

Cook's tip:

A cheesecake forms large cracks when the outside of the batter has firmed into a thin skin and the inner filling continues to expand with the heat. One can decrease this effect by placing a bowl of water on a lower shelf to create steam in the oven. Or, simply don't worry about it!



Rose mousse on soft macadamia biscuit

[gluten free]

Delicate heaps of rose flavoured soy milk are draped over a soft but nutty tasting biscuit, making this a lovely dessert. The mousse is set with agar-agar and stiffened with corn starch. Serve this at the end of a Turkish or Middle-Eastern inspired menu.

biscuit:

1 tbsp macadamia nut butter
1 tbsp white agave syrup
1 tbsp buckwheat flour (ground buckwheat seeds)
1 date, chopped
1 ml baking soda
2 tbsp soy milk

mousse:

1½ cups soy milk
2 tsp corn starch
8 ml agar-agar
1 tbsp pomegranate molasses
2 tbsp white agave syrup
2 tsp rose water
edible, dried (spray-free!) rose petals, for decoration (optional)

1 Pre-heat the oven to 180°C. Line a baking tray with non-stick baking parchment. Sprinkle 4 circles of buckwheat flour on the parchment .

2 Place all the **biscuit** ingredients in a small blender and mix until smooth; or use a pestle and mortar. Make 4 biscuits by pouring 1 tablespoonful onto each buckwheat circle.

3 Bake on the middle shelf in the oven for 6 – 7 minutes until golden and light. Transfer the biscuits to a wire rack to cool.

4 Make the **mousse**: Mix a small amount of soy milk with the corn starch and agar-agar to slake fully, then pour with the rest of the soy milk into a small saucepan. Add the pomegranate molasses and agave syrup. Bring slowly to the boil, stirring all the time. The tart pomegranate will sour and thicken the soy milk.



5 Remove from the heat when the mixture starts to simmer. Add the rose water, if using. Use electric beaters and beat for half a minute until bubbly. Place in the refrigerator for 3 minutes.

6 Remove from the refrigerator and beat with the electric beaters again.

7 Place the biscuits on a large plate. Spoon a large spoonful of the mousse on top of each biscuit. Place the plate in the freezer for 2 minutes (which will make the mousse set very quickly).

8 Remove and place a smaller amount of mousse on top. Place back in the freezer for another 2 minutes. Repeat with smaller and smaller spoonfuls, building up the mousse to an attractive tower.

9 Place in the refrigerator until serving time. (The dessert can also be served the moment you add the final spoonful.) Scatter a few dried rose petals over the top for decoration (if using).

The dessert can be refrigerated overnight.

Serves 4.