

THE LOTUS AND THE ARTICHOKE



Justin P. Moore

SAMPLE

**The Lotus and the Artichoke
Vegan Recipes from World Adventures**

© 2012 / 2021 Justin P. Moore

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The Lotus and The Arjuna Tree



YOGAN BEGINS FROM WORD AND YOGINS





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About this Cookbook

The Lotus and the Artichoke - Vegan Recipes from World Adventures was first published in 2012. In the years since, I've been to many more countries, met countless incredible individuals, made and shared thousands of meals in kitchens all over, and created a series of cookbooks inspired by my journeys and dedicated to the fantastic cuisines of **México** (2014), **Sri Lanka** (2015), **Malaysia** (2016), **India** (2017), and **Ethiopia** (2019).

In early 2020, I planned to return to Japan and continue my adventures and research from the previous year. But the pandemic struck and changed everything. The lockdowns and border closures meant drastic changes not just to daily life, work, and school – but to our travel aspirations as well. It became clear that my culinary and creative projects – and my priorities – would be staying very close to home. As life became more routine and restricted, I sought escape and comfort in the kitchen and my studio, revisiting the intense dishes, unforgettable places, and global flavors that have shaped my life and projects in the last nine years.

I've always attempted to make the most of obstacles and the unexpected. I embraced the challenges of these strange times and got to work recreating my classic first book. It was something I'd hoped to do for years – ever since the sequels came out, each more passionate, detailed, and refined than the last. After an intense year (full of unpredictability, domestic duties, homeschooling, struggles with focus, anxiety, and the bane of artistic perfectionism), this new edition of my original bestselling cookbook has finally emerged!

This is WORLD 2.0 – the fully-revised and updated, deliciously re-photographed, freshly illustrated, expanded version of my original vegan cookbook! It's got more stories, new and improved recipes, better photos, and more experience – with more attention to 'authenticity' and cultural context. From cover to cover it's a new book with upgraded visuals, clarity, and content – and more fun, flavor, and feeling than ever.

Just in case you're new to my books, let's back up and I'll tell you my story:

The Lotus and the Artichoke combines my lifelong passions – travel, cooking, art, photography, and design.

My family moved from the United States to the Marshall Islands, in the North Pacific, when I was five. From an early age, I was exposed to long journeys, world cultures, and parts of the globe with varied weather, scenery, tastes, and traditions. We took annual trips back to the US and often went on extended road trips and excursions to see friends, relatives, and national parks. In the winter, we toured other parts of Micronesia and Polynesia, vacationed in thatched huts and other accommodations, swam in tropical waters, explored island ruins and tropical jungles, and engaged with indigenous folk and local communities.

Our family had a strong tradition of healthy, explorative, and versatile eating. All of us were encouraged to cook. My three younger brothers and I often shared cooking duties with my mom during the week. Dad took the helm on the weekends and made us pancakes, waffles, and French toast. We experienced a variety of cuisines owing to our immigrant ancestors, including Russian-Ukrainian, German, and Polish dishes – especially when visiting my grandparents. We also enjoyed American classics and plenty of comfort food – baked casseroles, pasta, homemade pizza, and lots of fresh vegetables – ideally from our backyard garden or local farmer's markets. When we lived overseas, we got excited about Chinese and Japanese restaurants in Honolulu.

My early experiences with Thai, Mexican, and Ethiopian food were also with my family. At childhood friends' homes, I often snuck into the kitchen to peek in the fridge and pantry. I marveled at imported spices, bottled sauces and condiments, jars of kimchi or chilies, packages of udon noodles and soybean curd – so many specialities in packages with fascinating, foreign scripts and emblems. My love affair with Indian food began when I was only two years old – a friend of the family often took care of me and stuffed me with home-cooked curries and decadent sweets, forever defining my culinary tastes and desires.

I didn't go to culinary school, but I've always loved kitchens. I never aspired to be a chef, nor have my own restaurant. You see, I'm not really an expert or authority on cooking and culinary wisdom – I'm just a guy who has spent his life enjoying food and world cultures, living boldly, and hoping to give back some of the insight and wonder that have been shared with me. I love cooking for others and comparing recipes and ideas. I've learnt from watching, asking questions, lots of experimentation, practice, and willingness to make mistakes. I adore the challenge of recreating dishes, refining skills, exploring new ingredients, and I absolutely love to connect with people through food. Food has always been a dominant factor in my travel destinations.

Ever since I was a kid, I've been documenting my life, travels, visions, and ideas with artwork and photography. I knew from an early age that I wanted to be an artist, like my maternal grandmother. At thirteen, I'd gotten my first real camera and learned how to work in the darkroom to develop film and print photographs. After high school, I went on to study painting and printmaking. After completing a degree in Fine Arts, I moved to Boston and worked as a web programmer and designer. But after a few trips to Europe, a cross-country motorcycle adventure, jaunts to Canada and Mexico, and a couple visits to Asia and Africa, I was hungry for more.

So I left Boston and my career in interactive design and spent four months backpacking in India and Nepal, riding ramshackle trains and buses, trekking in the Himalayas, staying in ashrams and cheap guesthouses, all the while sharing meals, moments, laughter, and mishaps with locals and other travelers.

In 2001, I booked a one-way ticket to Berlin and moved to Germany. I immersed myself in learning German and connected with the international art scene. Between projects, I ventured around Europe and made my way to North Africa and back to Asia. For several years, I was the art director, lead designer, and cartographer for a walking tour company with outposts in fourteen cities. I met many amazing people, photographed lots of landmarks, and illustrated a lot of maps.

On an overnight train in South India in 2010, I met a young man searching for an Art and English teacher for an international school. A few months later, I'd subletted my apartment in Prenzlauer Berg and moved to India. I lived for a year in Amravati, Maharashtra. I ate and cooked constantly with neighbors and new friends.

Upon returning to Berlin, I nearly accepted a position at a school to continue teaching art. But I couldn't stop thinking about my travels, the food and cooking sessions in India, and how I'd always wanted to make a cookbook. I learned about crowdfunding and was introduced to Kickstarter. I dedicated the next six months to my dream.

I wrote, photographed, illustrated, and designed the first edition of **The Lotus and the Artichoke – Vegan Recipes from World Adventures**. I self-published a thousand copies with the help of hundreds of supporters around the world. The books were delivered to my doorstep in early December. I spent the next weeks signing and packing cookbooks – and going to the post office. Just before the first printing sold out a few months later, an independent publisher contacted me. They offered to publish a German edition and reprint the book in English. Since then, we've reprinted my first book many times and released English and German versions of another five cookbooks based on my culinary adventures.

I've toured Germany and other countries in Europe, hosted dinner parties and cooking classes, and done cooking shows at events, festivals, and conventions. Sometimes it even feels like I know what I'm doing!

Of course, there's another important aspect to all of this:

When I was 15, I decided to embrace a vegetarian way of life – for ethical, environmental, and health reasons. As early as eight, I'd made the connection between living animals and the food on our plates. It troubled me – eating animals didn't feel right or necessary. It seemed the only reason it persisted was because of tradition and taste, ignoring the suffering and waste.

When I was a bit older, I met a few vegetarians and read about the ethics, impact, economics, and politics of animal agriculture. I was inspired by musicians, writers, and others and I was reassured to discover that significant parts of the world population adhered to more compassionate, sensible, and sustainable ways of eating. By time I was seventeen, I'd transitioned to a vegan diet – in a time when the term was mostly unknown. Over the years, my eating habits – and culinary skills – have constantly evolved.

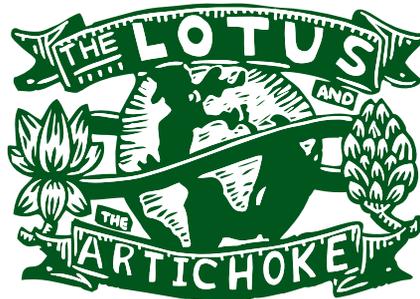
I've faced many challenges while on the road, but I've always strived to maintain my ideals and yet still express modesty, respect, and gratitude. The social aspects of food are woven undeniably deeply into our cultures. Whether we are at home with family, or elsewhere as a guest, we make choices which affect the health and welfare of ourselves, others, and our planet. Each of us must follow the path we believe to be right, to the extent possible and practicable. This is what has worked for me for nearly thirty years.

With this book – these recipes, pictures, and personal stories – I wish to share with you the appreciation and enjoyment I have gathered from my adventures in the unique countries and cultures that have hosted me, and all of the unforgettable meals and individuals that have inspired and guided me.

Justin P. Moore

September 2021

Berlin, Germany





In the Kitchen

These recipes use ingredients and cooking methods which are practical almost anywhere in world. Most conventional and organic supermarkets and grocery stores will have almost everything you'll need. Many ingredients you can find in the international sections of supermarkets, and at Asian & African markets and shops. Local markets are great for getting seasonal, fresh, organic produce.

I keep recipes as traditional as possible, but also provide suggestions for substitutions. I use few "exotic" ingredients, and typically provide alternatives. Experiment with new methods and ingredients – seek them out. Try not to omit or substitute, especially seasonings and key ingredients– unless you really must, or desire a different dish and taste. Often just a few ingredients make a huge difference in the taste, intensity, and wonder of meals.

Culinary exploration, experimentation, and exchange are fantastic things – I encourage them to be done with openness, awareness, and enjoyment. Authenticity is complex. Accuracy is always arguable. I try to regard the specifics and context from which culinary traditions and dishes originate. With respect, it's acceptable for you to make adaptations to suit tastes and availability.

My recipes are inspired by extensive research and sessions with cooks, friends, and family around the world. I seek to recreate and reflect the wonder that has been shared with me. I encourage you to explore and discover deeper for yourself.

Following Recipes

Recipe descriptions and instructions are written as simply and clear as possible. My photographs give an idea of how your creation may turn out, and how to present it. Don't be upset if your dish looks different. My recipes are not exact formulas for perfection. They are meant as guidelines and inspiration. Stray from the recipes if you want (or need) to use more or less of particular ingredients.

If you're new to cooking and/or particular cuisines, ingredients, or methods: Follow recipes closely the first time to learn the basics, then explore. In my early years of cooking, I focused too much on creativity and improvisation – I made lots of mistakes and overlooked many fundamentals.

Portion estimates give you an idea of the recipe's yield. Most recipes are intended for 2 to 3 servings, others provide for 4 or more. My portions run small as many dishes – especially Asian – are intended to be served along with others. Keep this in mind if you're cooking only one dish for more than two people. Most recipes can be scaled up or down e.g. doubled or halved. Beyond that, you may need to adjust amounts and times.

Mise en place is the best: always prep your mind, workspace, tools, and ingredients first. Read through the recipe. Find and sort everything you need, including measuring, chopping, and slicing. Get ready and go!

Estimated cooking times do not include prep and idle time (soaking, rising, cooling, chilling, etc.) and are usually more true for the second or third time making a dish – once you're familiar with the flow. Recipes that involve idle time are marked with +.

Oven temperatures and times will vary depending on your oven. I recommend using an oven thermometer. Whether cooking on the stove or in the oven, I try to provide visual cues to guide you, not just cooking times.

Weights & Measurements

My recipes use a combination of American and metric measurements. When creating recipes, I always measure both. I do not use standardized weights for various sizes of things – Vegetables and other items are weighed and recorded every time I write a recipe. Metric weights are far more accurate and reliable than volume amounts for recreating results: Your cup of flour or sugar might weigh 20–30% more or less than mine!

I recommend using a digital kitchen scale.

Vegetables & Fruit

Always use fresh and organic ingredients whenever possible. You can still get excellent results with quality frozen ingredients, particularly peas, spinach, okra, and mango. Weights will vary because of the water content, and you'll need to thaw items and/or adjust cooking times. Canned/tinned items will often work fine, such as tomatoes and pineapples, but I prefer fresh for maximum flavor.

Spices & Herbs

Grinding your own spices just before you use them will seriously upgrade the flavors of your cooking. Cumin, coriander seeds, and black pepper are three spices I always grind regularly. Grinding is also great for making your own spice mixes, but quality Garam Masala, Sambar Masala, Berbere, and Ras el Hanout from shops are fun and tasty. I do not recommend "curry powder", nor garlic powder or onion powder. Whenever possible, obtain spices from specialty (import) shops. Always keep spices well-sealed in a dry place away from heat and light, and replace them after a few months. Please. Old spices taste dull and ruin dishes!

Fresh herbs are vital to flavor. My favorites are coriander/cilantro, parsley, mint, and basil – they must be fresh. Dried rosemary, thyme, sage, dill, and Herbes de Provence are decent, but fresh always wins. Grow some! If you can get fresh curry and fenugreek leaves, definitely do! Otherwise, dried leaves work and are far easier to find. For store-bought minced garlic or ginger, 1 tsp is roughly equivalent to 1 clove or 1/2 in (1 cm) fresh.

I often avoid garlic and onions, as they often overpower more subtle flavors in many dishes. Consequently, many recipes feature a "vedic" variation rooted in Indian Ayurvedic tradition. Asafoetida (hing) and dried curry leaves are cheap and commonly available. Both are game changers for South Asian cuisines!

Lentils & Beans

I often prefer soaking and cooking dried legumes instead of cooked, canned/tinned beans and lentils. Soak dried beans overnight, or cover them with boiling water and soak for a few hours. Rinse and cook them in fresh water – without salt (or they'll cook forever). Drain and rinse canned/tinned products before use.

Flours & Grains

I recommend all-purpose (type 550) unbleached flour for most recipes. Blend up to half the quantity with whole grain flour for more nutrition and earthy feels. Spelt flour can usually be used with similar results. For all substitutions adjust liquid and salt amounts accordingly.

I recommend chickpea flour (Indian "besan" or "gram flour") and rice flour from Asian shops, as they are typically more finely ground and have better flavor than conventional and especially organic brands. Otherwise, you'll need to adjust (decrease) liquid amounts in recipes.

Corn starch/flour and tapioca starch/flour are featured in many recipes. Be careful with measurements and substitutions, especially with other binders which may have very different textures and binding strength!

Buy quality rice, especially basmati and sushi rice. Your dishes deserve it. Always rinse rice before steaming. Soak it, too – if you have time.

Soy, Seitan, Meat Substitutes

I prefer organic extra firm tofu. Remove moisture excess moisture by cutting tofu in slabs, wrapping it in a dish towel, and applying weight (e.g. cutting boards) for 20–30 min. This helps the tofu soak up flavors and improves the texture. Some recipes use soft or silken tofu. Tofu can be substituted for seitan or soy meats in many recipes. Smoked tofu is a decent sub for Tofu Paneer (in Indian recipes) if you're in a hurry. Tempeh, especially smoked and seasoned, can be a versatile substitution for many dishes, too.

Soy mince and chunks (TVP) should be soaked in hot water or broth and then pressed to remove moisture. Larger pieces can be chopped or ripped. Frying them prior to adding liquid improves texture.

Seitan in a can from Asian shops is my favorite, but conventional and organic seitan from other stores is fine. Drain and rinse before use. Making and seasoning your own seitan can be fun, too.

My recipes do not use many processed meat substitutes, but products available these days are astounding. Experiment with your favorites in curries, stews, casseroles, quiches and more. Jackfruit, mushrooms, cauliflower, and potatoes are also substitution possibilities for many recipes.

Sweeteners & Salt

For most recipes, I use organic, unrefined (raw) sugar or agave syrup. I avoid most refined sweeteners, but occasionally use powdered sugar or brown sugar. In dishes with citrus and sour ingredients, including lemon/lime juice, vinegar, or tamarind, I usually add sweetness to balance flavors.

I prefer sea salt and Himalayan (pink) salt, but also use regular iodized salt. Use what you prefer. Kala namak (black salt) is available at Asian shops. It provides a rich, sulfur/egg flavor – just don't overdo it!

Oil & Vinegar

When recipes call for vegetable oil, I recommend a neutral-tasting oil such as canola/rapeseed. Safflower is also okay, but I avoid sunflower and peanut oil because of their stronger flavors. I use extra virgin olive oil in many recipes. Get the quality that suits your budget. I also cook with quality, refined coconut oil and decent sesame oil. For margarine, I recommend Alsan, Naturli, Earth Balance, or other quality vegan spreads.

If reducing (or omitting) oil in recipes, be sure to lightly fry (or roast) spices early in cooking. Especially for Indian dishes, many spices do not stew or steam well, unless they've been pre-roasted or fried to activate flavors. Expect different results.

Kitchen Tools & Cookware

Over the years and around the world, I've worked in all kinds of kitchens. It's amazing what can be done with even the most minimal arrangements – but there are indeed items and tools which will significantly upgrade your experience and results. Work with what you've got and appreciate whatever you can afford!

I recommend investing in a good, high-speed blender. I use mine every day for sauces, soups, milks, creams, smoothies, and desserts. (My recipes have been tested with and are possible with inexpensive blenders, too.)

A small food processor, or personal blender, is great for smaller amounts and blending pastes. Immersion blenders are helpful for soups or mashed potatoes, but I don't use one for much else.

An electric coffee/spice grinder is awesome for grinding spices, nuts, and seeds. I also use an old-fashioned heavy-duty mortar and pestle. Asian rice cookers are excellent for superior rice, every time.

I use a collection of stainless steel pots, and a set of high-quality non-stick pots and pans, all with decent, fitting lids. A well-seasoned cast-iron wok and crêpe pan are fantastic, too.

I only have a couple of semi-fancy knives, nothing especially expensive. It works for me!

Kitchen Inventory & Ingredients Master List:

Tools

knives (small, large, serrated)
kitchen scale (digital)
measuring cups & spoons
mixing bowls (small, medium, large)
cutting boards (small, medium, large)
colander
lemon & lime squeezer/press
mortar & pestle
pastry brush (silicone)
sieve/strainer (metal/mesh)
serving spoons / ladles
slotted spoons (metal)
wooden spoons
spatula
vegetable grater
vegetable peeler
whisks (small, medium)
zester / Microplane

Cookware

crêpe pan (seasoned cast-iron)
frying/sauce pans (small, medium, large)
pots (small, medium, large – with lids)
pressure cooker
wok (non-stick or seasoned cast-iron)

Bakeware

baking tray (metal, non-stick)
baking/casserole dish (round, rectangular)
muffin pan/bakeform
springform pan/bakeform

Kitchen Appliances

high-powered blender
small food processor
immersion blender
spice/coffee grinder (electric)
rice cooker

Spices & Seasonings (dried)

allspice
amchoor (mango) powder
asafoetida (hing)
bay leaves
Berbere spice mix
black pepper (whole, ground)
cardamon (whole, ground)
cinnamon (sticks, ground)
cloves (whole)
coriander seeds (whole, ground)
cumin (whole, ground)
curry leaves
fenugreek leaves (kasuri methi)
Garam Masala (spice mix)
Herbes de Provence
juniper berries
kala namak (black salt)
mustard seeds (black/brown)
nutmeg (whole, ground)
paprika (ground)
Ras el Hanout (spice mix)
saffron (threads, ground)
Sambar Masala (spice mix)
sea salt
turmeric (ground)

Fresh Herbs

basil
coriander/cilantro
curry leaves
dill
mint
oregano
parsley
rosemary
sage
thyme

Nuts & Seeds

almonds
brazil nuts
cashews
chia seeds
flax seeds
hazelnuts
hemp seeds
peanuts
sesame seeds (white, black)
sunflower seeds
walnuts

Dried Fruit

apricots
cranberries
dates
figs
plums (prunes)
raisins

Beans & Lentils

black beans
brown lentils
chickpeas (garbanzo beans)
kidney beans
northern/white beans
red lentils
toor dal
urid dal (split, hulled & whole)

Grains

arborio (risotto) rice
basmati rice
brown rice
bulgur
couscous
jasmine rice
lasagna noodles
mee (thin wheat noodles)
oats (steel-cut, rolled)
pasta (macaroni, spaghetti, etc)
rice noodles
quinoa
semolina
sushi rice

Flours

all-purpose flour (type 550)
chickpea flour (besan)
corn starch/flour
rice flour
soy flour
spelt flour
tapioca starch/flour
whole wheat flour

Oils

coconut oil
margarine (Alsan, Earth Balance)
olive oil (extra virgin)
sesame oil
vegetable oil (canola/rapeseed)

Vinegar & Wine

apple cider vinegar
balsamic vinegar
rice vinegar
red wine vinegar
red wine
white wine

Sweeteners

agave syrup
blackstrap molasses
brown sugar
jam/marmalade
maple syrup
powdered sugar
unrefined (raw) sugar

Other

alfalfa seeds (for sprouting)
baking powder
baking soda
cocoa powder (unsweetened)
coconut (grated)
coconut milk (min. 60%)
peanut butter
hot sauce / chili sauce
lemon juice
lime juice
nutritional yeast flakes
oat milk
soy sauce (shoyu or tamari)
soy milk
soy cream
tahini (sesame paste)
tamarind paste (seedless)
tomato paste/concentrate
vegetable broth powder



Salade à la Montréal

arugula, pears, walnuts & lemon balsamic dressing

serves 2 / time 20 min

arugula pear walnut salad:

- 2 cups (70 g) fresh arugula (rocket) greens
- 1 medium (100 g) pear thinly sliced
- 1/4 cup (30 g) walnuts
- 1 tsp olive oil
- 1/4 tsp black pepper ground
- 1/4 tsp salt
- 1 tsp sugar

1. Rinse and dry **arugula**. Transfer to a large bowl and set aside.
2. Heat **olive oil** in small frying pan on medium heat. Add sliced **pear**. Sprinkle with about 1/8 tsp ground **black pepper** and 1/8 tsp **salt**. Sear until soft and browned, about 2–3 min each side, stirring regularly. Transfer slices to a plate to cool.
3. Add **walnuts** to pan. Lightly roast on medium heat, stirring regularly, about 2–3 min.
4. Add 1/8 tsp ground **black pepper** and 1/8 tsp **salt**, followed by **sugar**. Mix well until sugar melts and coats walnuts, about 30–60 sec. Remove from heat immediately if it starts to burn or smoke. Transfer caramelized walnuts to another plate to cool.

lemon balsamic dressing:

- 1 Tbs olive oil
- 1 Tbs lemon juice
- 2 tsp balsamic vinegar
- 1 tsp sugar or agave syrup
- 1–2 Tbs water
- 1/4 tsp black pepper ground
- 1/4 tsp salt

1. Whisk all **dressing ingredients** in a bowl or cup. Adjust to taste.
2. Add dressing to arugula greens and toss several times to mix.
3. Arrange arugula with dressing on plates. Top with seared pears and caramelized walnuts and serve.

Variations:

Raspberry: Substitute 1 tsp raspberry jam for agave syrup. **Apples:** Granny Smith or other crisp apples work in place of pears. **Nuts:** Lightly roasted sunflower seeds, pecans, or other nuts can be used in place of walnuts.



Tofu Scramble

with mixed vegetables

serves 3 to 4 / time 30 min

14 oz (400 g) firm tofu crumbled
2 medium (200 g) potatoes peeled, chopped
1 medium (100 g) carrot peeled, chopped
1 cup (100 g) broccoli chopped
7–8 small (90 g) cherry tomatoes chopped
1 small (70 g) onion chopped

2 Tbs vegetable oil
1/2 tsp cumin ground
1/4 tsp black pepper ground
1/4 tsp paprika ground
3/4 tsp turmeric ground
2 sprigs fresh rosemary and/or **thyme** chopped
1–2 Tbs margarine or **water**
1–2 Tbs tapioca starch or **chickpea flour** (besan)
1 Tbs nutritional yeast flakes *optional*
3/4 tsp sea salt
1/2 tsp kala namak (black salt) *optional*
2 tsp lemon juice
fresh parsley or **other herbs** chopped, for garnish

1. Heat **oil** in a large pan on medium heat.
2. Add chopped **onion**. Fry, stirring often, until onion starts to soften, 2–3 min.
3. Add chopped **potatoes** and **carrot**, followed by ground **cumin**, **black pepper**, and **paprika**. Fry, stirring regularly, until potatoes begin to soften, 5–7 min.
4. Stir in crumbled **tofu**, ground **turmeric**, and **rosemary** and/or **thyme**. Fry 2–3 min, stirring regularly.
5. Add chopped **broccoli** and **tomato**. Cook, partially covered, stirring regularly, until broccoli begins to soften and tomatoes fall apart, 3–5 min.
6. Stir in 1–2 Tbs **margarine** (or **water**). Mix in **tapioca starch** (or **chickpea flour**), **nutritional yeast**, and **salt**. Continue to cook, stirring, until liquid is gone and potatoes are soft, 3–5 min.
7. Add **kala namak** (if using) and **lemon juice**. Mix well. Turn off heat. Cover and let sit 5 min.
8. Garnish with fresh **parsley** (or **other herbs**) and serve.

Variations:

More vegetables: Add chopped mushrooms and/or half a red, green, or yellow pepper along with broccoli. Adjust spices and salt as needed. **Sweet potatoes:** Substitute for regular potatoes. **Vedic Indian:** Replace onion with 1 tsp black mustard seeds, 1/2 tsp fenugreek seeds, several curry leaves, and 1/4 tsp asafoetida (hing), followed almost immediately by chopped potatoes, carrots, and other spices.



Ma Jiang Mian

Chinese cold sesame noodles

serves 3 to 4 / time 30 min +

9 oz (250 g) mee noodles (Asian thin wheat noodles)
2 tsp sesame oil

3 Tbs peanut butter or **cashew butter**
1 Tbs sesame paste (tahini)
3–4 Tbs soy sauce
1 Tbs rice vinegar or **2 Tbs lemon juice**
2–3 Tbs agave syrup or **sugar**
1/4 tsp salt
3–4 Tbs water as needed
1 small (70 g) carrot peeled, grated
1 cup (50 g) bean sprouts
1/4 cup (10 g) spring onion greens or **scallions** chopped
1 Tbs sesame seeds lightly roasted, for garnish

1. Prepare **noodles** according to package instructions. Drain and rinse with cold water. Transfer noodles to a large bowl and toss with **sesame oil**. Set aside while making sauce.
2. In a measuring cup, whisk **peanut** (or **cashew**) **butter**, **sesame paste**, **soy sauce**, **vinegar** (or **lemon juice**), **agave syrup** (or **sugar**), **salt**, and 3–4 Tbs **water** (as needed) until creamy and smooth. Adjust soy sauce, salt, and sweetness to taste.
3. Pour most of the whisked sauce over cooled noodles. Toss several times to coat with sauce. Cover and transfer to fridge. Chill 30 min.
4. Remove from fridge and add half of the grated **carrot**, **bean sprouts**, and chopped **spring onion greens** (or **scallions**) to the cold noodles. Toss several times to combine with sauce.
5. Portion onto plates or in bowls. Top with remaining grated **carrot**, **bean sprouts**, and **spring onion greens** (or **scallions**). Drizzle remaining sauce over everything. Garnish with **sesame seeds**.
6. Serve with other dim sum dishes, such as Wonton (page 71), or as an appetizer.

Variations:

Tofu/Seitan: Add thinly sliced smoked tofu or seitan to cooled noodles before mixing with sauce.

Spicy: Add 1–2 tsp hot chili sauce to sauce before mixing. **Spicy Seitan:** In hot oil, fry 7 oz / 200 g sliced seitan, 1–2 chopped red chilies, 1/2 in (1 cm) chopped fresh ginger, and 1/2 tsp each ground black pepper and coriander. Let cool before adding to noodles and mixing with sauce. Adjust soy sauce as needed.



Ma Jiang Doufu

Chinese sesame ginger tofu

serves 2 to 3 / time 30 min

- 9 oz (250 g) firm tofu**
- 1 small (60 g) red onion** chopped
- 2 cloves garlic** finely chopped
- 1 in (3 cm) fresh ginger** finely chopped
- 1 small red chili** seeded, chopped *optional*

- 2 Tbs vegetable oil**
- 2 tsp sesame oil**
- 1 Tbs sesame paste** (tahini)
- 1 Tbs corn starch**
- 3 Tbs soy sauce**
- 2 Tbs sugar**
- 1 Tbs lemon juice** or **2 tsp rice vinegar**
- 1 cup (240 ml) water** more as needed
- 1 Tbs sesame seeds** lightly roasted, for garnish

1. Cut **tofu** in slabs, wrap in a dish towel. Weigh down with a cutting board 15–20 min to press out excess moisture. Unwrap and cut into triangles or cubes.
2. Heat **vegetable oil** and **sesame oil** in a wok or large pan on medium high heat.
3. Add chopped **onion, garlic, ginger,** and **red chili.** (if using). Fry, stirring constantly, until onion starts to brown, 2–3 min.
4. Add tofu cubes. Fry, flipping and turning pieces regularly, until golden brown, 5–7 min.
5. In a bowl or measuring cup, whisk **sesame paste, corn starch, soy sauce, sugar, lemon juice** (or **rice vinegar**), and **water** until smooth.
6. Gradually stir mixture into frying tofu. Return to simmer, reduce heat to medium low. Continue to cook until sauce thickens, stirring constantly, 3–5 minutes. Stir in more water gradually for thinner sauce.
7. Garnish with **sesame seeds.** Serve with jasmine or brown rice.

Variations:

Indo-Chinese: Replace onion and garlic with 1 tsp black mustard seeds, 1 tsp ground coriander and 1/2 tsp black pepper. After frying tofu, add 1 chopped small (70 g) tomato and 1 Tbs tomato paste with whisked mixture.

Nutty: Substitute 1–2 Tbs peanut or cashew butter for sesame paste (tahini).



Palak Paneer

North Indian spinach with tofu paneer

serves 2 / time 45 min

tofu paneer:

- 7 oz (200 g) tofu
- 2 Tbs lemon juice
- 1 Tbs soy sauce
- 2 Tbs nutritional yeast flakes or chickpea flour (besan)
- 2 Tbs corn starch
- 2–3 Tbs coconut oil or vegetable oil

1. Cut **tofu** in slabs and wrap in a dish towel. Weight with a cutting board for 15–20 min to remove excess moisture. Unwrap and cut into triangles or cubes
2. Combine **lemon juice**, **soy sauce**, **nutritional yeast flakes** (or **chickpea flour**), and **corn starch** in bowl. Add tofu cubes, mix well, coat all pieces.
3. Heat **oil** in a small frying pan on medium high. Fry battered cubes evenly in batches until golden brown, turning regularly, 4–6 min. Remove, drain, set aside.

palak (spinach) curry:

- | | |
|--|---|
| 4 cups (7 oz / 200 g) spinach chopped | 1–2 Tbs vegetable oil |
| 2 medium (180 g) tomatoes chopped | 1 tsp black mustard seeds |
| 1 small (70 g) red onion chopped <i>optional</i> | 4–6 curry leaves |
| 1 clove garlic finely chopped <i>optional</i> | 1 tsp coriander ground |
| 1/2 in (1 cm) fresh ginger finely chopped | 1 tsp cumin ground |
| 1 small green chili seeded, sliced <i>optional</i> | 1/2 tsp Garam Masala |
| fresh coriander leaves chopped, for garnish | 1/4 tsp turmeric ground |
| | 1/4 tsp asafoetida (hing) <i>optional</i> |
| 1 cup (240 ml) soy milk or water | 1 tsp sugar |
| 1 Tbs lemon juice | 3/4 tsp salt |

1. Blend chopped **tomatoes** and **soy milk** (or **water**) in a blender or food processor until smooth.
2. Heat **oil** in a large pot on medium heat. Add **mustard seeds**. After they start to pop (20–30 sec), stir in chopped **onion** and **garlic** (if using), **ginger**, **green chili** (if using), **curry leaves**, ground **coriander**, **cumin**, **Garam Masala**, **turmeric**, and **asafoetida**. Fry, stirring often, until richly aromatic, 2–3 min.
3. Stir in blended tomatoes, **sugar**, and **salt**. Bring to simmer and reduce to low heat. Cook 10–15 min.
4. Add **spinach**. Mix well. Partially cover and simmer until spinach has shrunk and is mostly cooked, 4–6 min.
5. For a smoother curry: Remove from heat, blend briefly with an immersion blender. Alternately, transfer curry to blender and pulse a few times on low, then return to pot.
6. Stir in fried tofu cubes and **lemon juice**. Simmer on low, partially covered, 4–5 min. Remove from heat.
7. Garnish with chopped **fresh coriander**. Serve with basmati rice, chapati (roti), or naan.

Variations:

Aloo Palak: Fry 2–3 chopped medium potatoes until golden brown and soft. Add to simmering spinach curry instead of fried tofu cubes. **Coconut:** Replace soy milk with coconut milk. **Rich & Creamy:** Blend tomatoes with 2–3 Tbs cashews and 1 Tbs tomato paste. For all variations, adjust water and salt as needed.



Plasas & Fufu

Gambian spinach peanut stew with mashed cassava

serves 2 to 3 / time 35 min

plasas (spinach peanut stew):

8–10 cups (12 oz / 350 g) spinach chopped
1 large (230 g) sweet potato peeled, chopped
2 medium (160 g) tomatoes chopped
1 medium (100 g) red onion chopped
2 cloves garlic finely chopped
1/2 tsp black pepper ground

2 Tbs vegetable oil
3 Tbs peanut butter or **peanuts** lightly roasted, ground
1–2 Tbs tomato paste
2 tsp vegetable broth powder
1/2 tsp salt
3/4 cup (180 ml) water
1/4 cup (30 g) peanuts lightly roasted, for garnish

1. Heat 2 Tbs **oil** in large pot on medium heat.
2. Add chopped **onion, garlic,** and ground **black pepper**. Fry, stirring regularly, until aromatic. 2–3 min.
3. Add chopped **sweet potato** and **tomatoes**. Cook until tomatoes fall apart, 4–6 min, stirring regularly.
4. In a bowl or measuring cup, whisk **peanut butter** (or ground peanuts), **tomato paste, vegetable broth powder, salt,** and **water**. Stir into pot. Bring to low boil, reduce heat to medium low. Simmer partially covered, stirring occasionally, 10 min.
5. Stir in chopped **spinach**. Cover and steam 5–7 min, stirring occasionally, adding more water if needed. When the spinach is done, stir a few times and turn off heat.
6. Garnish with roasted **peanuts**. Serve with fufu or rice.

fufu (mashed cassava):

18 oz (500 g) cassava (also known as: manioc & yuca) peeled, chopped
1 Tbs margarine or **vegetable oil**
1 1/2 cup (360 ml) water more as needed
1/4 tsp salt

1. Bring 1 1/2 cup (360 ml) **water** to boil in large pot. Add chopped **cassava**.
2. Return to boil, reduce heat to low. Cover, steam until soft, stirring occasionally, about 20 min.
3. Remove from heat. Add **margarine** (or oil) and **salt**. Mix well. Let cool 5–10 min.
4. Blend or mash until mostly smooth with an immersion blender or potato masher until mostly smooth. Add water gradually, if needed. The consistency should be similar to thick, sticky mashed potatoes.



Dabo Firfir

Ethiopian bread in Berbere tomato sauce

serves 2 / time 35 min

3–4 large slices (200 g) stale bread chopped (e.g. sourdough, baguette, etc.)
4 small (200 g) plum tomatoes chopped
1 medium (100 g) red onion finely chopped
2 cloves garlic finely chopped
1/2 in (1 cm) fresh ginger finely chopped

3/4 cup (180 ml) water more as needed
2 Tbs vegetable oil
1 Tbs olive oil
2 tsp Berbere spice mix
1 tsp paprika ground
1/2 tsp black pepper ground
1/4 tsp turmeric ground
2 Tbs tomato paste
5–6 soft dates chopped
3 Tbs white wine *optional*
2 Tbs lemon juice
2 tsp sugar
3/4 tsp salt
1 small green jalapeño seeded, sliced *optional*

1. Purée chopped **tomatoes** with 1/2 cup (120 ml) **water** in a small food processor or blender. Set aside.
2. Heat **vegetable oil** and **olive oil** in a large pot on medium low heat. Add chopped **onions, garlic,** and **ginger**. Fry until onions are soft, stirring frequently, 8–12 min.
3. Stir in **Berberé**, ground **paprika, black pepper,** and **turmeric**. Mix well and fry another 1–2 min.
4. Stir in puréed tomatoes, **tomato paste**, chopped **dates, wine** (if using), **lemon juice, sugar,** and **salt**.
5. Bring to simmer and reduce heat to medium low. Simmer until deep red and thickened, gradually stirring in another 1/4 cup (60 ml) **water**, or more as needed, 15–20 min.
6. Add chopped **bread**. Gently stir pieces into the sauce until well coated. Remove from heat.
7. Garnish with sliced **jalapeño** (if using) and serve.

Variations:

Injera Firfir: If you can get or make them, go more traditional with 1 or 2 Ethiopian injera flatbreads, chopped or ripped into pieces instead of stale bread. Also works great with day-old pancakes!

Spinach Bedinich Firfir: Add 2 medium (200 g) chopped potatoes along with spices. Fry until mostly soft, 8–10 min, before adding tomato purée. Stir in 2 cups (100 g) fresh chopped spinach for last 5 min of simmering, before adding chopped bread. Adjust salt as needed.



Gazpacho

Spanish cold tomato & cucumber soup

serves 2 to 4 / time 20 min +

3 thick slices (50 g) baguette or **bread roll** chopped
1/2 cup (120 ml) cold water more as needed
6–8 medium (500 g) roma tomatoes chopped
1 small (125 g) cucumber peeled, chopped
1/2 medium (100 g) green pepper chopped
1/2 small (35 g) red onion chopped
1 clove garlic chopped *optional*
2 Tbs sherry vinegar or **red wine vinegar**
2 Tbs olive oil more for garnish
1 tsp salt
1/8 tsp cumin ground
1/4 tsp black pepper ground, more for garnish

1. Put chopped **baguette** or **bread roll** in a bowl and combine with 1/2 cup (120 ml) **cold water**.
2. Add chopped **tomatoes, cucumber, green pepper, onion, garlic**, and soaked bread (including water) to a food processor or blender. Pulse several times and then blend coarsely.
3. Add **vinegar, olive oil, salt**, ground **cumin**, and **black pepper**. Blend at increasing speed until smooth, about 2–3 min, gradually adding slightly more cold water if needed and adjusting vinegar and salt to taste.
4. Cover, transfer to fridge, and chill for 2–4 hours before serving.
5. Pour into bowls or large glasses, garnish with more ground **black pepper** and a drizzle of **olive oil**. Serve with fresh bread or croutons, if desired.

Variations:

Fruity: Blend with 1 1/2 cups (200 g) fresh strawberries or chopped watermelon. Adjust salt as needed. Optionally add 1–2 Tbs lemon or lime juice.



Zwiebelkuchen

German savory cake with onions & mushrooms

serves 4 / time 60 min +

crust:

2 tsp dry active yeast	3 cups (380 g) flour (all-purpose / type 550)
1 tsp sugar	2 tsp sea salt
1 cup (240 ml) warm water	2–3 Tbs olive oil

1. Whisk **yeast**, **sugar**, and 1/2 cup (120 ml) **water** in a small bowl. Cover and let sit 5–10 min.
2. Combine **flour** and **salt** in a large mixing bowl. While mixing, gradually add yeast water and work in remaining 1/2 cup (120 ml) water and 1 Tbs **olive oil**. Combine well and knead for 1–2 min. Gradually work in another 1–2 Tbs **olive oil** and knead until smooth and rubbery, about 3–5 min.
3. Cover and let rise in a warm place for 1–2 hrs.

filling:

6 oz (175 g) firm tofu crumbled
1/3 cup (45 g) cashews and/or **sunflower seeds**
3 Tbs nutritional yeast flakes
2 Tbs chickpea flour
2 Tbs tapioca starch
1 Tbs corn starch
1/2 tsp turmeric ground
1/4 tsp nutmeg ground
1 cup (240 ml) soy milk more as needed
3 Tbs lemon juice
1 tsp lemon zest
1 tsp sea salt

onions & mushrooms:

5 medium (450 g) red onions or **leeks** sliced
4 medium (90 g) mushrooms chopped
2 Tbs olive oil
1 tsp smoked paprika ground
3/4 tsp black pepper ground
2–3 sprigs fresh rosemary chopped
or **1 tsp dried rosemary**
1/4 tsp sea salt

handful fresh parsley chopped

1. Soak **cashews** (and/or **sunflower seeds**) in a bowl of hot water for 30 min. Drain and discard water.
2. Heat **olive oil** in a large pot on medium heat. Add chopped **onions** (or **leeks**). Fry 4–5 min, stirring often.
3. Add chopped **mushrooms**, **paprika**, **black pepper**, **rosemary**, and 1/4 tsp **salt**. Continue to fry 2–3 min.
4. Preheat oven to 400°F / 200°C / level 6.
5. Blend crumbled **tofu**, soaked **cashews** (and/or **sunflower seeds**), **nutritional yeast**, **chickpea flour**, **tapioca starch**, **corn starch**, ground **turmeric**, **nutmeg**, **soy milk**, **lemon juice** and **zest**, and **salt** in a blender until smooth and pourable, adding a bit more soy milk if needed.
6. Grease a large baking tray or baking dish with oil. Knead risen dough a few times and spread or roll out evenly and thinly to fill the pan. Pinch, pull, and turn up edges to form a thick border to contain filling.
7. Spread about 2/3 of fried onions and mushrooms evenly across the crust. Pour blended mixture over it. Arrange the remaining fried onions and mushrooms evenly across the top.
8. Bake until the top and crust are golden brown and a toothpick comes out clean, about 25–45 minutes. Remove from oven. Let cool 15–20 min before cutting.
9. Garnish with chopped **fresh parsley** and ground **black pepper** and serve.



Apfelstrudel

Austrian-German apple pastry

makes 6 to 8 slices / time 60 min +

strudel dough:

- 1 1/4 cup (150 g) flour** (all-purpose / type 550) more as needed
- 3 Tbs (45 ml) warm water** more as needed
- 2 Tbs vegetable oil** more as needed
- 1 tsp lemon juice**
- 1/8 tsp salt**

1. In a large mixing bowl, combine 3 Tbs (45 ml) **warm water**, 1 Tbs **oil**, **lemon juice**, and **salt**.
2. Add half of the flour and combine well with a wooden spoon. Gradually knead in remaining flour, adding another 1 tsp **oil** after 1–2 min of kneading. Continue to knead well until very smooth, gradually adding small amounts of **oil** (or **water**) if needed, another 7–8 min. If dough is wet or sticky, add flour.
3. Lightly oil a medium-sized bowl. Form dough into a ball and rub it with oil. Place it in the bowl and cover with plastic wrap. Let it rest in a warm place for 1 hr.

apple & nut filling:

- 4 medium (350 g) apples** peeled, cored, finely chopped
- 1/3 cup (40 g) almonds** or **walnuts** chopped
- 1/3 cup (40 g) raisins**
- 1/3 cup (65 g) sugar**
- 1 tsp cinnamon** ground
- 1/8 tsp nutmeg** ground
- 1 Tbs lemon juice**
- 2 Tbs bread crumbs**
- 2 Tbs margarine**

1. Combine chopped **apples**, **almonds** (or **walnuts**), **raisins**, **sugar**, ground **cinnamon**, **nutmeg** and **lemon juice** in a large bowl. Mix well.
2. Preheat oven to 375°F / 190°C / gas level 5. Melt **margarine** in small pan on low heat.
3. Spread some flour on the counter and roll out dough into a large rectangle, as thin as possible (1–2 mm), turning it over often and stretching it carefully. Spread some flour on a clean dish towel and transfer flattened strudel sheet onto it so it will be easier to roll up and move when filled.
4. Brush entire surface of strudel sheet with melted margarine. Spread bread crumbs evenly across the top.
5. Spread apple nut filling evenly over half of the strudel sheet, lengthwise. Fold ends over and roll it up, brushing the pastry with margarine as you go. Carefully transfer strudel to an oven tray lined with baking paper. Transfer to oven and bake until golden brown, 35–45 min. Let cool 20 min before slicing.
6. Cut into 6 to 8 slices. Garnish with powder sugar and serve with vegan ice cream, if desired.

Variations:

Quick pastry: Roll out 1 or 2 large (7 oz / 200 g) sheets of store-bought puff pastry as thin as possible. If using smaller sheets of pastry, roll out two and make two strudels. **Rum raisins:** Soak raisins in 1 Tbs rum before combining with other filling ingredients.