

CARE FLAVOUR

RECIPES FOR FEEDING COMMUNITIES



This document was produced by Service Civil International (SCI) as part of the PEACE for Nature project, with the financial support of the **European Youth Foundation of the Council of Europe**. The views expressed herein do not necessarily represent the official position of the Council of Europe.

P.E.A.C.E. for Nature (Participate in Environmental Activism through Civic Engagement for Nature) is a project coordinated by SCI's Climate Team – a dynamic group of young members from various SCI organizations. The team is dedicated to advancing climate justice both within the SCI network and on a global scale. Serving as SCI's hub for youth climate action, the Climate Team is committed to fostering a sustainable and equitable future.

This project primarily targets youth workers, aiming to prepare more SCI activists to train young people and facilitate the creation of diverse, sustainable, and effective movements within SCI.

The objectives of the PEACE for Nature project are to:

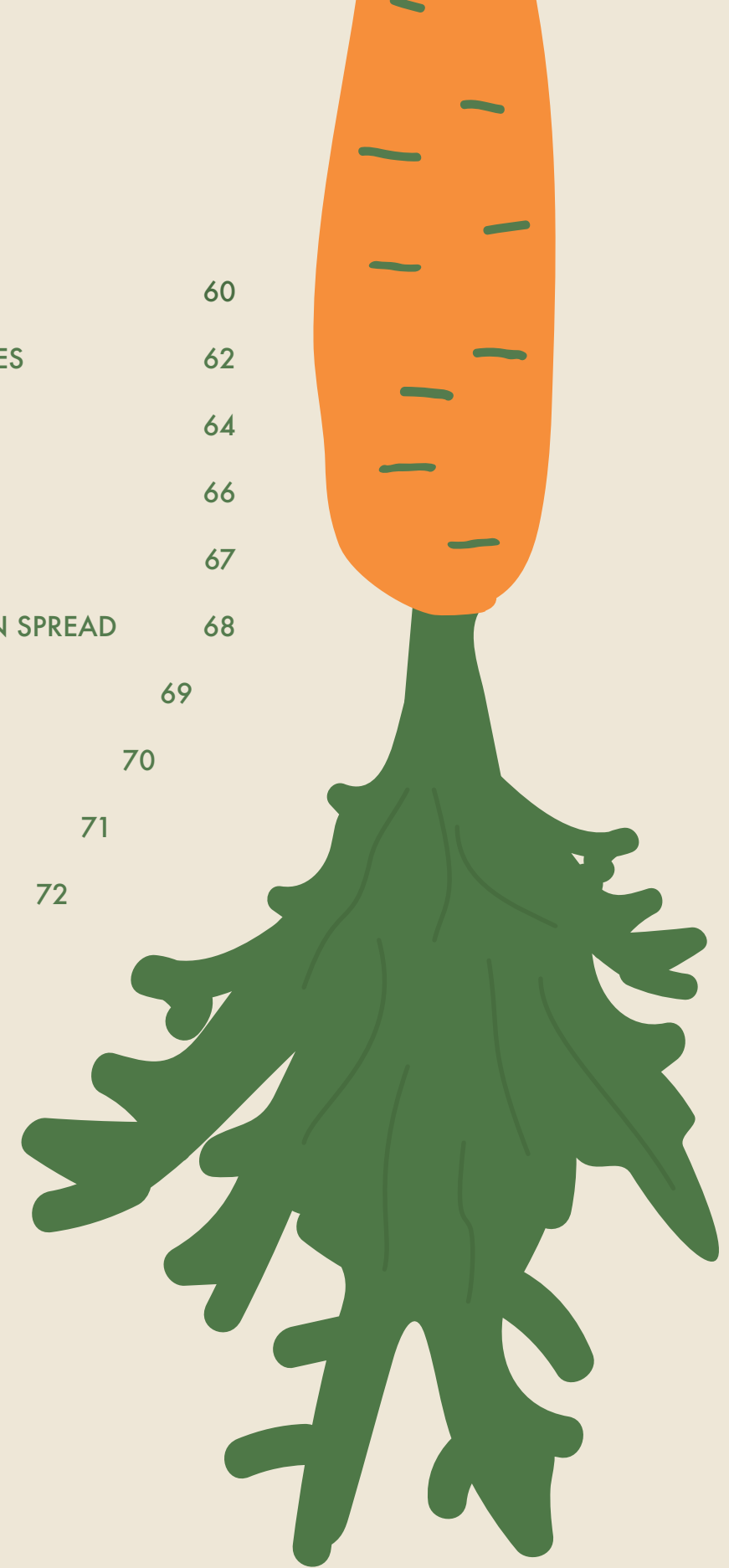
- Explore the diverse ways individuals can engage in climate activism
- Equip young people with knowledge and skills for effective climate advocacy
- Build an international climate activist network within SCI
- Strengthen the sustainability of the Climate Team
- Provide tools to prevent activist burnout
- Promote shared responsibility for a peaceful and sustainable future in Europe



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INTRODUCTION

Cooking as care work

Welcome to my little skill-sharing recipe book. My name is Dana Hirschova, and I believe cooking is a revolutionary community practice that can save the world.

I cooked my first broth when I was 12 years old. My mum was so sick she couldn't get out of bed and told me what to do. I don't think what I cooked back then would satisfy me today, but it must have been enough for my little siblings. It made me realize that cooking is like witchcraft: you stir some roots with strange powders, a dead animal body, and a bit of patience in a pot, and suddenly, you get food out of it! And I got to really like it. I grew up cooking for large numbers of people, as I have nine siblings.

Among all household chores, cooking was my favorite. It became the most honest and, at the same time, sophisticated love language I developed within my queer family, which I built after escaping my family home as a teenager. To this day, it remains an adventurous space for celebrating our memories and togetherness.

As a trans person, working class, and migrant, I had to learn how to enjoy the world with very limited resources. Especially while hosting dinners for groups of other broke queers, it was crucial to invent this champagne life on a lemonade budget—a sort of pleasure activism. (There's a book by adrienne maree brown titled *Pleasure Activism: The Politics of Feeling Good*—you should check it out!) Here, I am sharing what I have learned over these years of feeding my loved ones, combined with a decade of experience working in gastronomy.

The power of food is that it can elevate moods and bring energy—not only through its nutritional value but also by exciting the connections of flavors. I want food that makes us feel connected and at home, even if it's the first time eating such a dish. I want food that makes us warm, strong, and nourished.

But it's difficult to cook with such devotion just for yourself. We often struggle to feed ourselves and wouldn't put in so much effort if it were just for us. Some of us will never become passionate about cooking, and that's fine—not all of us need to know everything. The problem is that our societies don't encourage us to team up around our biological needs beyond the nuclear family.

There are various types of labor we need to perform to survive—not just cooking. Our well-being depends on the quality of these efforts. In an individualistic culture that promotes the nuclear model, we keep all care labor within the private sphere—we cook, do laundry, and clean within our households, alienated. We have juicers, microwaves, washing machines, and ovens in every apartment. In one apartment block, there are hundreds of identical efforts.

Joining forces around care work would not only help us consume less but could also turn out to be much more pleasurable and playful. But to do that, we'd need to reimagine our concepts of living, success, and self-care. Self-care, in particular, is something that capitalism has completely swallowed. bell hooks points out that self-care was originally understood as a collective practice—something performed within a group of beings who care for each other. They also say that not many of us, if any, heal alone.

Through food made specifically for you, you receive not only nourishment but also a message: I see you, and I want you to be alive.

I have many thoughts about food, sharing resources, and queer liberation, but I'll save them for another occasion. The crucial thing I want to say is this: revolution won't start on the streets—it will begin in our kitchens and other spaces of underappreciated care work.

And one last thing: talking to people and sharing food with them has more potential to change the world than organizing panels about care work in art galleries. Period.



ABOUT THIS BOOK

You don't have to start a revolution to use this book. You can use it for any situation that involves group cooking. The recipes I have collected here are designed for about 30 people and come from my experience in providing food for events such as NGO seminars, youth exchanges, film sets, and art residencies. You can also adjust these recipes for smaller gatherings. Most of them are gluten-free, and all of them are vegan.

Beyond the recipes, there is a chapter with advice that you should read carefully to understand how to implement them. Some tips focus on managing group cooking, especially if you don't have much experience with it. I have tried to present everything in a way that is accessible to people of any skill level, so certain things might be overexplained—but I believe that's better than leaving things unsaid.

The book is divided into the following sections:

ADVICE – Read it mindfully.

MAINS AND SIDES – Complete lunch ideas paired with side dishes.

SIMPLE DINNERS – These are straightforward meals that should always be served with bread or another filling side, such as potatoes or grains.

SPREADS AND SAUCES – These can be part of a larger meal or served as breakfast or snacks. Some of them (like vegan mayo) appear in other recipes.

Writing all of this down was quite a challenge, as I almost never use or create written recipes. Most of my knowledge is intuitive and embodied—if someone wants to learn it, they have to come and cook with me. But International Secretariat of SCI provided me with a micro-grant to share my skills in written form, and I am beyond grateful for that.

Special thanks go to Patryk Kurowski, my exceptional companion on this journey through flavors, who is responsible for the visual aspect of this booklet.

This cookbook is an Open Educational Resource. Feel free to use and modify the content in the spirit of the message and aim of the PEACE for Nature project of SCI, but attribute (By SCI International) and share alike (SA)

ADVICE



Cooking time is not specified in any of the recipes. For me, it usually takes no longer than two hours to make any of them, sometimes even quicker, but this is something I owe to my decade-long experience in gastronomy as well as ADHD hyperfocus ability. You need to judge for yourself how much time you need, depending on your skills, experience, and tools, or whether you have anyone to help you. I would recommend starting to cook 3.5 hours before mealtime if you are alone. Especially on the first day, give yourself even more time to see how you're doing—boiling 10 liters of water, for example, takes much longer than 3 liters. If the burners are not industrial, it might take even 40 minutes. Once you get familiar with your workspace, it will be easier to plan your workflow.

Also, certain prep jobs might be done in advance, like peeling, cutting, frying onions, or cooking beans. Especially if you have supporters only for a limited time, outsource some jobs to them. Any veggies can be cut and stored in the fridge until the following day. Just make sure you cover them.

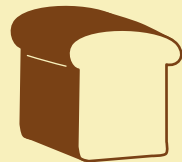
Basically, you are the one responsible for your time management if you cook alone. What you have to deliver is a meal on time, but how you organize prep is your business. Try to decide if you prefer to wake up early.

Groceries



Besides ingredients, make sure you have such utensils as dish soap, sponges, paper towels, baking paper, and aluminum foil. When buying food products, check the proportion of price and quantity and choose the most affordable option. Quality-wise, it doesn't matter if you grab random cheap pasta instead of fancy one—the quality of both will be similar, and both were produced under capitalism. The same applies to organic products: the organic certificate doesn't mean that no pesticides were used, only that fewer were applied.

Breakfast



If you are cooking alone for the whole group or have just one person to help you, don't take it all on yourself—let the group serve themselves or ask the production team. There are recipes for spreads that, with bread, can serve as a morning meal. Get some fruits, milk, yogurt, flakes, and other products that can be put out in a couple of minutes. Keep the morning time for yourself, as there are two meals ahead to cook. Just leave exact instructions. And unless you are paid incredibly well, ask for help with prep or cleaning.

Taste things



Especially if you're not sure how much salt to add or want to learn, it is important to try your food at every stage of cooking. Just remember not to dip the same spoon twice after licking it.



Onion is a base for most of my recipes. It is cheap, healthy, and can elevate any dish if you know how to treat it. Vegan cuisine often lacks depth of flavor, and well-cooked onion is the cheapest way to fix that. When burned or caramelized, it enriches the dish with extra smokiness and umami sweetness.

Now I'm going to describe how to prepare onions for the recipes in this book step by step. Peel and cut them however you want, but ideally fast, as it's a time-consuming process. The bigger the chunks, the longer they take to fry. So I usually cut them rather small but not extremely tiny. If you have a food processor, you can just halve them and cut mechanically, but try not to turn them into a purée.



When you are halfway through cutting, start heating the oil. Give it a moment and add the onions. Stir from time to time while you keep cutting. Once all the onions are in, cover the pot and lower the heat. If you don't have a matching lid, cover the pot or pan with aluminum foil. Let the onions cook. Covered like this, they can fry for a long time without your attention if the heat is low enough. They will sweat, release a lot of liquid, and begin to steam. When completely softened, uncover the onions and turn the heat up so the liquid can evaporate. Let them reduce on medium heat and change color to brown. Remember to stir. If you get wild with the heat or forget to stir (as I often do) and burn them, it's still alright. Slightly burned onion is even recommended.





Beans are a base for most of the recipes included here. They are cheap and rich in protein, which makes them perfect for vegan group cooking. The problem is the gas we generate digesting them. There is a way to minimize it. In Hungarian, the foamy water from cooking beans is called "fingos víz," which literally means "farty water." So once you soak your beans overnight, change the water and bring them to a boil. Keep them simmering until they are almost soft and, again, change the water—strain the beans using a strainer, place them back in the pot, and cover with warm tap water. Boil them again and cook until they soften properly. Then strain again and rinse with warm water in the strainer. Now they are ready to use.

I know it's a time-consuming and annoying process, but it really helps. Also, it doesn't require too much attention. You can focus on other things while the beans are simmering on the stove.

I say beans, but this applies to chickpeas too, as well as lentils and green peas. However, with those, it's quicker, and rinsing once after cooking is enough.



Lemon zest is something I recognize as a crucial spice, as important as rosemary or thyme. How to make it? It is super easy, but you have to remember a couple of things. First: wash your lemons, ideally with freshly boiled hot water. Second: The white part of the skin is bitter, and we don't want it. What we use as spice is only the thin yellow layer, which contains delicious essential oils. You can peel it off with a grater (small holes) or a veggie peeler.



Beverages

You can buy them, but you can also easily make them. You can infuse water with some fruits or add syrups. I love elderflower syrup—it tastes sort of fancy and pairs very well with fresh mint. You can also cook fruits with spices, especially in winter. What I usually do is a mixture of everything: 1–2 apples, 1 orange, 1 lemon, a spoonful of cinnamon, some sliced ginger, cloves, a couple of mint stalks, and a bit of syrup. Cook it for at least an hour in a big pot et voilà! If it stays overnight, you can just heat it up again the next day.



There are five basic tastes: saltiness, sweetness, bitterness, sourness, and savoriness (aka umami). Learning about this concept years ago helped me develop my cooking a lot. If you don't know what umami is, think of baked mushrooms or soy sauce—this is a flavor that vegan cuisine often misses. Toasted seeds, smoked products, or roasted veggies can provide umami too. A good dish balances all these tastes. But besides them, there are other qualities, like oiliness or spiciness. Among spices, some are refreshing, while others are bitter and earthy. Try to identify them when you cook.

4x5=...

Adjust the recipes

If you feel like it, adjust the recipes. If you think something should be more or less spicy, salty, acidic, or sweet—go for it. You are the one cooking, not me.

GOOD LUCK!



MAINS WITH SIDES

COWBOY GOULASH

Servings: about 30

Goulash:

- 400 ml vegetable oil
- 2 kg onion
- 100 g paprika powder
- 2 teaspoons chili (or more, ask the group if they like spicy)
- 1 tablespoon cinnamon
- 1 tablespoon piment
- 3 teaspoons black pepper
- 6-8 bay leaves
- 100 ml soy sauce
- Optionally: 2 tablespoons black cumin (also called nigella)
- 1.5 kg dry soy chunks
- 600 g tomato concentrate
- 6 tablespoons garlic powder
- 100 g fresh coriander
- Powdered vegetable broth

Accompaniment:

3-4 kg potatoes or 1.5 kg buckwheat (dry), if you manage to find it

Salad:

- 3 kg white cabbage
- 100 g horseradish spread
- 50 g dill
- 400 g vegan mayo (see the last section of this book)

INGREDIENTS

Goulash:

1. In a large pot, sauté the onions as described in the ADVICE section and add the bay leaves at the beginning.
2. While the onions are reducing, clean the potatoes. You don't need to peel them if the skin looks nice; just wash them well. Start by cleaning your sink and drying it with a kitchen towel to ensure no soap is left. Plug the sink, throw the potatoes in, and fill it with water. (If you don't have a proper plug, you can use a folded plastic bag.)
3. Mix the potatoes in the water, take them out one by one, cut out any undesirable pieces, and place them into a large pot half-filled with cold water. If there are significant size differences, cut the larger ones into smaller chunks.
4. Start cooking the potatoes at least 1 hour before mealtime. Add 2 generous tablespoons of salt. Start with high heat, and reduce it once the water begins to bubble. Keep the pot covered with the lid.
5. Once the onions are soft and reduced, add the dry spices (except garlic powder). Keep it on low heat and stir for a couple of minutes.
6. Add the soy chunks, 8 tablespoons of broth powder, and enough water to cover the chunks by a couple of centimeters. Stir well and turn up the heat. The soy meat will soak up a lot of the water.
7. Add the tomato concentrate and soy sauce, then refill the water so that the chunks are still covered—not too much, just 1-2 cm above them.
8. Rinse the coriander, chop it finely, and add it to your stew. Optionally, add the black cumin if you managed to find it.
9. Once the stew reaches a boil, turn the heat down to low and let it simmer until lunchtime.
10. Check the potatoes: take one out, cut it in half, and check if it's soft in the middle. Once the potatoes are ready, strain them and store them in a pot with the lid on.

INSTRUCTIONS

Salad:

1. Cut the cabbage finely. You can start this while the stew is simmering or even earlier.
2. Cut the dill.
3. Make the vegan mayo (see the last section of this book), then add the dill and horseradish, and blend again.
4. Mix everything together in a large pot.

ENJOY!

INSTRUCTIONS

Tip:

If there are any leftover potatoes, you can use them for lentil soup.

RISOTTO

Servings: about 30

Risotto:

- 300 ml vegetable oil
- 1 kg onion
- 2 kg risotto rice
- 3 tablespoons rosemary
- 2 teaspoons nutmeg
- 2 large heads of fresh garlic (or 3 tablespoons garlic powder)
- Zest of 2-3 lemons
- 5 tablespoons apple cider vinegar (or more, to taste)
- 300 g tahini
- 1 L oat milk
- Broth powder and water
- 2-3 Hokkaido pumpkins (or butternut squash)

Salad:

- 2 large kohlrabi (or 3-4 small ones)
- 2 large red onions
- 1 kg pears
- 200 g arugula (rucola)
- 200 g sunflower seeds

INGREDIENTS

INSTRUCTIONS

1. Prepare the onions as described in the **ADVICE** section.
2. In the meantime, preheat the oven to 180°C.
3. Blend the tahini with 1 L of oat milk and prepare the lemon zest.
4. Toast the sunflower seeds in the oven for about 8-12 minutes.
Tip: Every oven is different—some are unpredictable—so set a timer for every 3 minutes to check on the seeds. They should be visibly darker but not black or too brown. Once ready, transfer them to a bowl and let them cool.
5. Cut the pumpkin into chunks. Season with salt and oil, then rub them well. Place on a baking tray and bake for 40 minutes, or until they are roasted on the outside and soft inside.
6. When the onions are ready, add the rice and garlic. Increase the heat and stir continuously for at least 10 minutes. The longer you fry the rice, the nuttier the flavor will be.
7. Add rosemary, nutmeg, and lemon zest. Stir for another 2 minutes.
8. Add 3 L of water, but not all at once—pour it in three portions, letting the rice absorb each batch before adding more. Stir with a spatula, making sure to scrape the entire bottom of the pot.
9. Once the rice has absorbed all the liquid, add the blended tahini and oat milk mixture, 4 tablespoons of broth powder, and 1 tablespoon of salt. Let the mixture absorb and taste it. Adjust seasoning with more salt, broth powder, and/or vinegar if needed. If unsure, ask someone to taste it with you.
10. Blend the toasted sunflower seeds—not into a fine powder, just crush them slightly. Do this in small batches.
11. Prepare the salad: Slice the pears, kohlrabi, and red onion very thinly. A mandoline would be helpful. Place everything in a large mixing bowl, add the arugula, and season with salt, apple cider vinegar, mustard, and oil. If unsure about seasoning, taste and adjust.
12. Sprinkle the blended sunflower seeds over the salad and mix gently.

ENJOY!

CHICKPEA STEW

Servings: about 30

Stew:

- 2.5 kg chickpeas
- 6-7 leeks
- 3 stalks green celery
- 4 tablespoons thyme
- Zest of 5 lemons
- 5 teaspoons nutmeg
- 2-5 teaspoons cumin
- 2-3 teaspoons chili powder
- 3-4 teaspoons ground black pepper
- 1.5 kg carrots
- 5 heads garlic
- 10 tablespoons powdered broth
- 500 ml vegetable oil

Accompaniment:

- 2 kg quinoa (dry)

Side dish:

- 2 kg zucchini
- 1 kg cucumber
- 500 g red onion
- 100 g peanut butter
- 100 ml soy sauce
- 2 generous tablespoons mustard (ideally spicy mustard)
- 80 ml apple cider vinegar

INGREDIENTS

INSTRUCTIONS

Stew

1. Prepare the chickpeas: Soak them overnight and cook them according to the instructions in **ADVICE**.
2. Prepare the vegetables:
 - Cut the leeks in half lengthwise, then slice them thinly.
 - Heat the oil in a large pot or saucepan and add the leeks.
 - Slice the celery thinly and add it to the pot.
 - Do the same with the carrots. Tip: You don't need to peel them—just wash them well.
3. Prepare the garlic:
 - Peel the garlic. Tip: Place the garlic heads in a large jar or airtight container, close the lid, and shake vigorously—it will help remove the peels.
 - If this method doesn't work, smash the garlic heads with the flat side of a knife or a chopping board.
 - Chop the garlic finely with a knife, or use a hand blender/food processor.
4. Cook the stew:
 - Add the garlic, lemon zest, and all the spices to the frying vegetables.
 - Cook on low heat for another 5 minutes, stirring occasionally.
 - Rinse the chickpeas one last time and transfer them to the pot.
 - Add enough water to cover the chickpeas by about 2 cm, then add the fried vegetables.
 - Bring to a boil, then reduce the heat and let it simmer until lunchtime.

Salad:

1. Slice the onions and zucchini in half lengthwise, then cut them into thin slices.
2. Dice the cucumber into cubes.
3. In a bowl, mix the peanut butter, soy sauce, vinegar, and mustard until smooth.
4. Just before serving, combine the vegetables with the dressing and mix well.

Cook the quinoa

1. Cooking time depends on the type of quinoa, typically 15-25 minutes.
2. Start boiling water at least 1 hour before serving to ensure it's ready on time.
3. Don't forget to salt the water. If you're unsure how much salt to use, taste the water—it should be pleasantly salty.

ENJOY!

INSTRUCTIONS

INGREDIENTS

BRETON-STYLE BEANS

Fun fact: Bretons have never heard of this dish, but this is what we call it in Poland!

Servings: about 30

Beans:

- 2.5 kg white beans
- 400 ml vegetable oil (300 ml for the onions, 100 ml for the tofu)
- 2 kg onions
- 3-4 blocks smoked tofu (600-800 g)
- Tomato concentrate (amount to taste)
- 50 g dried marjoram
- 2 teaspoons black pepper
- 1.5 teaspoons piment
- 8 bay leaves
- 4 tablespoons garlic powder
- 6-8 tablespoons powdered broth
- 100 ml soy sauce
- Powdered vegetable broth

Quinoa Salad:

- 1 kg quinoa
- 4-5 cucumbers
- 2 leeks
- About 100 g fresh ginger (or twice the volume of a thumb)
- Vinaigrette (see the last section of this book)

Beans

1. Prepare the beans:

- Soak the beans the day before.
- Cook them according to **ADVICE**, using the largest pot you have. Add the bay leaves at the beginning.

2. Prepare the onions:

- Heat the oven to 180°C.
- Cook the onions as described in **ADVICE**, but this time with the bay leaves from the start.
- For this dish, slightly burning the onions enhances the flavor.

3. Prepare the tofu:

- Cut the tofu into small cubes, roughly 1.5 x 1.5 cm.
- Spread them on a baking tray, season with salt, and drizzle with 100 ml of vegetable oil.
- Bake for about 1 hour, stirring occasionally. Tip: Set a timer every 15 minutes to check and stir.
- The tofu should become super crispy.

4. Combine the ingredients:

- Add all the spices (except marjoram) to the onions and cook for a few minutes, stirring well.
- Transfer the onion mixture to the pot with the beans.
- Add the remaining ingredients: soy sauce, powdered broth, marjoram, garlic powder, and tomato concentrate.
- Mix thoroughly and check for saltiness—add more salt or broth powder if needed.
- Let the stew simmer on low heat until serving time.

INSTRUCTIONS

INSTRUCTIONS

QUINOA SALAD

1. Cook the quinoa:

- Follow the cooking instructions or use leftovers from the previous day if available.

2. Prepare the vegetables:

- Cut the leeks lengthwise into four parts, then slice them finely.
- Cut the cucumbers lengthwise into four parts, then chop into 5 mm pieces.

3. Prepare the ginger:

- Peel the ginger using a teaspoon or a small knife. If you've never done this before, look up a tutorial on YouTube.
- Cut the ginger into very small cubes (about 1x1 mm).

3. Assemble the salad:

- Prepare the vinaigrette.
- In a large bowl, combine all the ingredients and mix evenly.

ENJOY!

RICE NOODLES WITH TOFU AND CHAMPIGNONS

Servings: about 30

Noodles:

- 2 kg rice noodles
- 100 g garlic powder
- 300 g ginger
- 250 ml soy sauce
- 300 g sesame seeds
- 200 g parsley
- 2 kg zucchini
- 1.5 kg tofu
- 2 kg champignon mushrooms

INGREDIENTS

INSTRUCTIONS

1. Prepare the ginger:
 - Peel the ginger using a small spoon. If you're not sure how to do this, I recommend checking out a tutorial on YouTube or using a method that feels more familiar to you.
2. Prepare the mushrooms:
 - Wash the champignons. Place them in a clean, plugged sink or a large bowl/pot filled with water. Scrub any remaining dirt off the mushrooms.
 - Grate the mushrooms using a large-hole grater.
3. Cook the mushrooms:
 - Heat oil in a pan over high heat. Add the grated mushrooms and fry them—expect them to release a lot of moisture.
 - Once they've sweated out, reduce the heat to medium and let them cook down, stirring occasionally.
4. Prepare the ginger and tofu:
 - While the mushrooms cook, finely dice the ginger into small cubes (1x1 mm or 2x2 mm). If you don't have a sharp knife, you can use a food processor or hand blender and then cut it into smaller pieces.
 - Break the tofu into pieces by hand. Mash it energetically until it resembles the consistency of ricotta or ground meat. Larger chunks are fine, as long as they're no bigger than 1 cm.
5. Combine tofu and mushrooms:
 - Add the tofu to the pan with the mushrooms. Stir well, as the tofu may stick to the bottom. Use a spatula to scrape the bottom and prevent burning.
 - Lower the heat and stir occasionally.
6. Season the mixture:
 - Add the ginger, chili, garlic powder, and soy sauce to the pot. Stir everything together and let it cook for another 20 minutes, stirring occasionally.

7. Cook the noodles:

- Meanwhile, soak or cook the rice noodles according to the instructions on the package.

8. Toast the sesame seeds:

- Toast the sesame seeds in a pan over medium heat, stirring occasionally, until they become fragrant (about 5-8 minutes). Be careful not to burn them.
- Alternatively, you can toast them in the oven at 180°C for 8-12 minutes. Make sure the oven is preheated, and set a timer so you don't overdo it (trust me, I've burned sesame seeds more times than I care to admit!).

9. Prepare the vegetables:

- Cut the zucchini in half lengthwise, then slice it thinly.
- Chop the parsley finely.

10. Combine everything:

- Add the cooked noodles, zucchini, parsley, and toasted sesame seeds to the pot. Stir everything together until well combined.
- Taste and add salt if needed.
- Heat everything through until hot and serve.

ENJOY!

INSTRUCTIONS

INGREDIENTS

CHICKPEA CURRY WITH VEGAN RAITA AND RICE

Servings: about 30

Curry:

- 2 kg chickpeas
- 2 L coconut milk
- 1 kg onion
- 3-4 heads of garlic
- 3-4 tbsp cumin powder
- 3-4 tbsp coriander powder
- 4 tbsp broth powder
- 1 tbsp chili powder
- 200 g ginger (or 4 thumb-sized pieces)
- 6 limes
- 800 g canned tomatoes or passata
- 100 ml light soy sauce
- 50 g fresh coriander

Rice:

- 2 kg jasmine or basmati rice
- Vegan Raita:
- 4-5 cucumbers
- 1-1.2 kg unsweetened vegan natural yogurt*
- 5-6 cloves of garlic
- 50 g fresh mint
- Juice of 1 lemon
- 1 tsp cumin powder
- 1/2 tsp black pepper

Other:

- Chili oil

*Make sure your yogurt is unsweetened and doesn't contain any artificial flavors—you really don't want a vanilla-flavored raita!

CHICKPEA CURRY:

1. Soak the chickpeas overnight, then cook them until soft. Drain and rinse.
2. In a large pot, fry the onions according to the ADVICE section.
3. While the onions are frying, start preparing the cucumbers for the raita (see instructions below).
4. Peel and smash or finely chop the garlic.
5. Peel the ginger and dice it into tiny cubes, or blend it together with the garlic and a bit of water in a food processor.
6. Add the coriander powder, cumin, and chili to the fried onions. Fry together for another couple of minutes.
7. Add the ginger, garlic, coconut milk, broth powder, chickpeas, soy sauce, and tomatoes. Pour in enough water so that the liquid level is a few centimeters above the chickpeas.
8. Rinse the limes with hot water, dry them, and grate the zest using the fine holes of a grater. Squeeze out the juice.
TIP: Roll the limes against the countertop to break up the insides—this makes squeezing much easier.
9. Add the lime zest and juice to the curry, then mix well.
10. Taste and adjust seasoning with more broth powder or salt if needed.
11. Cover and let simmer over low heat until serving time.
12. Chop the fresh coriander and serve separately as a topping.

INSTRUCTIONS

RICE:

1. Start boiling water at least 45 minutes before serving time.
2. Use a water-to-rice ratio of 1.5 to 2:1 (measure by volume, not weight).
3. Once the water is boiling, add 3 tbsp oil and 2 tbsp salt, then add the rice.
4. Cook basmati rice for 10-12 minutes and jasmine rice for 15 minutes. Bring to a boil, then reduce the heat and cook covered until all the water is absorbed. Stir occasionally.

VEGAN RAITA:

1. Grate the cucumbers using the large holes of a grater or slice them thinly. Sprinkle with 2 tbsp salt and let sit for at least 30 minutes to draw out excess moisture.
2. Finely chop or crush the garlic, mix it with ½ tsp salt, and let sit for 15 minutes.
3. Strip the mint leaves from the stems and chop finely.
4. Lightly squeeze out excess water from the cucumbers.
5. Mix all the ingredients together and adjust seasoning to taste.

ENJOY!

TIP: Leftover rice?
Keep it for burritos!

BURRITOS

This dish is perfect for takeout.

You can prepare everything a day in advance, except for frying the soy chunks.

Servings: about 30

Tortillas:

- 45-60 pieces (2 per person)

Soy "Meat"

- 750 g dry soy chunks
- Broth powder
- 4 tbsp garlic powder
- 1 tbsp thyme
- 1 tsp allspice powder
- Vegetable oil

Relish:

- 500 g onion
- 1.2 kg canned tomatoes
- 500 g canned corn (drained weight)
- 1 tsp chili powder
- 2 tbsp apple cider vinegar
- 2 tbsp sugar
- Salt to taste

Guacamole:

- 6-8 avocados (depending on size)
- 1 medium red onion
- 50 g fresh coriander
- Juice and zest of 1 lime
- 250 g fresh tomatoes
- Salt
- Vegetable oil
- Apple cider vinegar

Bean Spread:

- 4 cans of red or black beans
- 1 red onion
- Vegetable oil
- Zest and juice of 1 lemon
- 50 g fresh parsley
- 50 ml soy sauce
- 1 tbsp garlic powder
- 1 tsp cumin

Paprika Aioli:

- 600 g vegan mayo (150 ml aquafaba + 450 ml oil)
- 3 tbsp paprika powder
- 5-6 cloves garlic
- 1 tsp chili powder
- 3 tbsp apple cider vinegar
- 1 tbsp soy sauce

Additional Veggies:

- 2 cucumbers
- 1 large Chinese cabbage (or 2 smaller ones)

Tip: When buying avocados, check that they are not too soft. If they collapse under gentle pressure, they might be overripe.

INGREDIENTS

SOY "MEAT"

1. Prepare the broth by boiling 3-4 L of water and adding broth powder. Taste it—it should be strongly flavored rather than watery. If it's too salty, dilute with more water.
2. Add the soy chunks, submerging them fully by placing a plate on top. Let soak for at least 30 minutes.
3. Strain the soy chunks and set them aside in a colander. Continue with the rest of the prep, and return to this step later.
4. If preparing in advance, store the soaked (but unfried) soy chunks in the fridge overnight.
5. When ready to fry, place the soy chunks in a large bowl and season with allspice, thyme, and garlic powder. Mix thoroughly.
6. Heat 1-2 mm of oil in the largest pan you have. Fry the soy chunks in batches—each batch should slightly overlap but not overcrowd the pan.
7. Let the chunks fry undisturbed for a few minutes until crispy, then flip and brown on the other side.
8. Once crispy and golden, transfer to a tray.
9. Replenish the oil between batches and always allow it to heat up before adding more chunks.

RELISH

1. Dice the onions and sauté them in a pan until soft.
2. Add 3 tbsp of water, cover, and let them soften further.
3. Season with 1 tsp salt, sugar, and vinegar.
4. Add the corn and canned tomatoes. Bring to a boil. That's it!

INSTRUCTIONS

GUACAMOLE

1. Cut the avocados in half, remove the pits, and scoop the flesh into a large mixing bowl.
2. Finely chop the red onion and add it to the bowl.
3. Dice the tomatoes into small cubes and add.
4. Chop the coriander and add it in.
5. Add 2-3 tbsp vegetable oil, 1 tbsp apple cider vinegar, and a pinch of salt and pepper.
6. Mash everything with a fork until well combined. Adjust salt if needed.

BEAN SPREAD

1. Rinse the beans thoroughly in a strainer.
2. Place them in a mixing bowl and add 100 ml water. Mash with a fork or hand blender, but leave some chunks for texture.
3. The consistency should be slightly runny but not watery (similar to hummus).
4. Finely chop the onion and parsley, then add them to the beans.
5. Grate the lemon zest and squeeze the juice into the mixture.
6. Add a generous splash of oil, soy sauce, cumin, vinegar, and garlic powder.
7. Mix well and taste. Adjust with more salt, soy sauce, or vinegar if needed. If the flavor feels mild or soapy, it likely needs more acidity.

INSTRUCTIONS

PAPRIKA AIOLI

1. Prepare vegan mayo but, before blending, add garlic, chili, paprika powder, and an extra 3 tbsp vinegar.
2. Once emulsified, whisk in soy sauce.

Veggies

1. Dice the cucumbers and chop the cabbage.
2. Place each in separate serving bowls.

Leftover Rice?

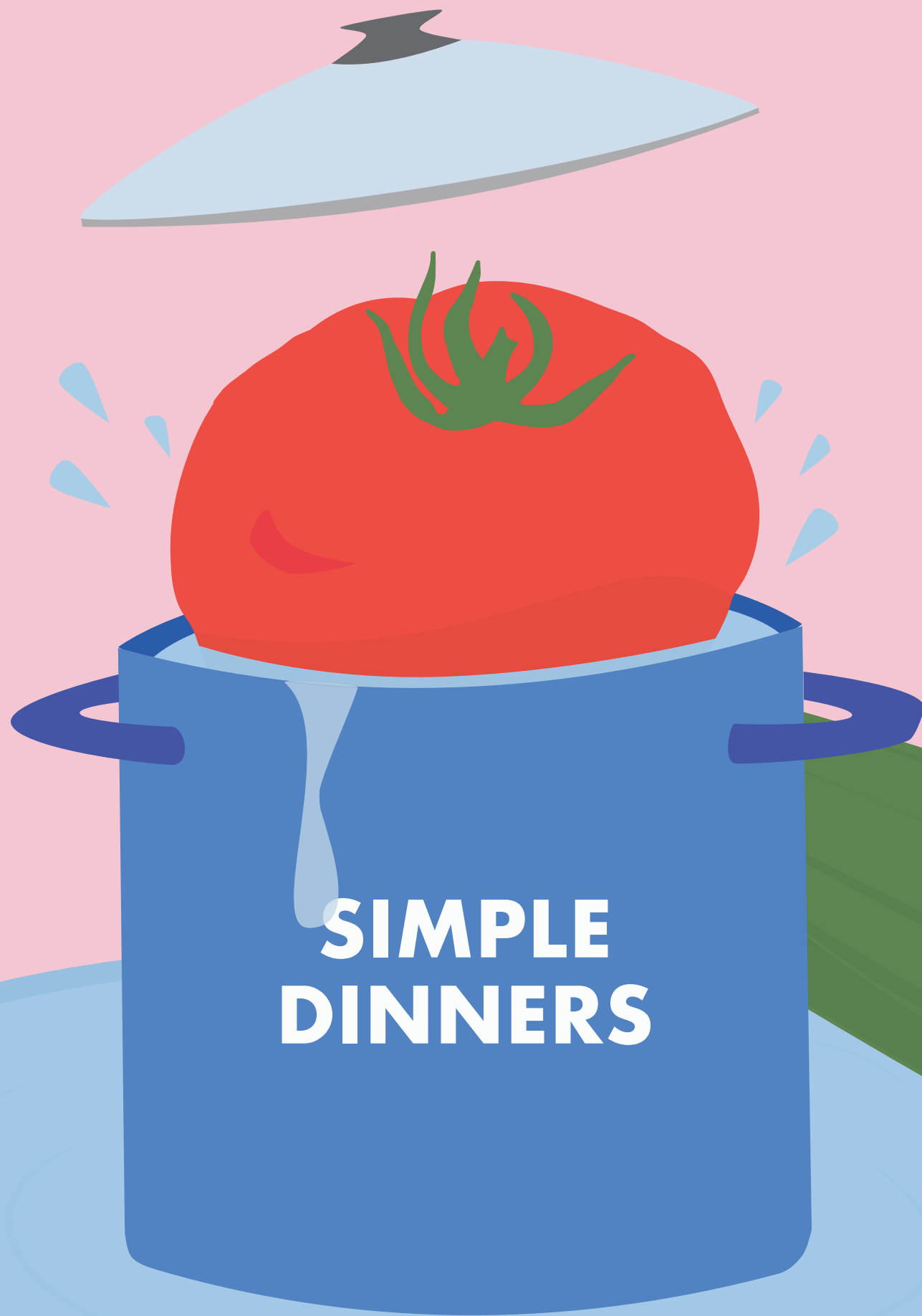
If you have leftover rice from the chickpea curry, refresh it by heating it with 2 tbsp oil and ½ cup water.

BURRITO ASSEMBLY STATION

1. Arrange the table so people can easily move around.
2. Set out all the containers and bowls, leaving space for rolling the burritos.
3. Prepare labels with short descriptions of each ingredient.
4. Leave clear notes:
 - 2 tortillas per person
 - Please don't take too much guacamole
5. Provide aluminium foil so people can wrap their burritos for later

ENJOY!

INSTRUCTIONS



SIMPLE DINNERS

Most of these dishes can be prepared in advance and simply heated up 30 minutes before serving. They are all best served with bread.

LENTIL SOUP

Servings: about 30

Soup:

- 200 ml oil
- 2 kg green lentils
- 1.5 kg potatoes
- 500 g carrots
- 1 kg onions
- 1 kg red peppers
- 100 g fresh dill
- Powdered broth
- Fresh or powdered garlic
- 3 tsp black pepper

Vegan Cream:

- 200 ml oil
- 3 lemons
- 500 ml soy milk

Pairing Idea:

- bread

INGREDIENTS

INSTRUCTIONS

SOUP

1. Sauté the onions in the pot you'll use for the soup (see **ADVICE**).
2. Cook the lentils separately in another pot. Once softened, strain and rinse them.
3. Prepare the vegetables:
 - Clean and slice the carrots and potatoes, then add them to the frying onions. Stir occasionally.
 - Dice the potatoes and add them as well. Fry everything together for another 10 minutes.
4. Add garlic—at least 2 whole heads of fresh garlic or a few tablespoons of garlic powder. (There is never too much garlic!)
5. Combine: Add the cooked lentils and pour in enough water to cover the ingredients by about 10 cm.
6. Season: Add 4 tablespoons of powdered broth for now.
7. Add peppers & dill: Chop the red peppers and dill, adding them when the potatoes are almost soft.
8. Add lemon zest: Grate the zest from the lemons and add it to the soup.

Vegan Cream

1. In a jug or blender, combine soy milk and lemon juice.
2. While blending, slowly pour in the oil to emulsify.
3. Add 1 cup of hot soup to the mixture and blend again. Then pour the vegan cream into the soup and stir well.

Final Adjustments

Taste the soup and adjust seasoning with more powdered broth if needed. Serve & Enjoy!

CABBAGE STEW

Servings: about 30

Stew:

- Ingredients
- 2 kg onions
- 2 kg mushrooms
- 2 large or 3 medium fresh cabbages
- 2-2.5 kg sauerkraut
- 300 g tomato concentrate

Seasoning:

- 3 tsp chili powder
- 150 g fresh ginger
- 150 ml soy sauce
- 4 tbsp garlic powder
- 1 tbsp black pepper
- (Optional) 3 tbsp black cumin (nigella seeds), if available

Pairing Idea:

- bread

INGREDIENTS

INSTRUCTIONS

STEW

1. Prepare the onions: Chop and sauté them according to ADVICE.
2. Cook the mushrooms: Cut them into small chunks, add them to the onions, and fry until they shrink and release their moisture.
3. Prepare the ginger: Finely dice it or blend in a food processor (adding water if necessary).
4. Prepare the cabbage:
 - Remove any outer leaves that look damaged.
 - Cut the cabbage into large pieces, then slice it thinly, discarding the tough core. (A mandoline can help!)
5. Combine everything:
 - Add the cabbage, ginger, chili, soy sauce, garlic powder, and black pepper to the pot.
 - Mix well, cover with a lid, and let it soften. Stir occasionally.
6. Add the final ingredients:
 - Stir in the sauerkraut and tomato concentrate.
 - Cover again and cook for another 30 minutes, stirring occasionally.
7. (Optional) Sprinkle in black cumin if you have it.

SERVE & ENJOY!

BAKED PUMPKIN WITH BECHAMEL & PESTO

Servings: about 30

PUMPKIN:

- 5 medium Hokkaido or butternut squashes
- Salt, black pepper, oil (for baking)
- Spicy mustard

Bechamel Sauce:

- 4 L unsweetened soy milk
- 400 ml oil
- 500 g wheat or gluten-free flour
- 2 tbsp nutmeg
- 1½ tbsp black pepper
- 2 tbsp spicy mustard

Pesto:

- 100 g arugula
- 100 g parsley
- 200 g sunflower seeds
- 2 limes
- 1 tsp chili
- 4 cloves garlic
- 50 ml soy sauce
- 150 ml oil
- Apple vinegar

Salad:

- 4-5 heads romaine lettuce
- 3 apples
- 2 red onions
- 200 g pumpkin seeds

Dressing:

- 2-3 tbsp mustard
- 90 ml oil
- 2 tsp salt
- 2 tbsp apple vinegar

INGREDIENTS

INSTRUCTIONS

1. Prepare the Sunflower & Pumpkin Seeds

- Preheat the oven to 180°C.
- Spread the sunflower seeds on a baking tray and toast for 8-12 minutes, checking frequently to avoid burning. Set aside to cool.
- Toast the pumpkin seeds the same way.

2. Roast the Pumpkin

- Increase the oven temperature to 220°C (fan on). If your oven has no fan, you'll need to swap trays halfway.
- Clean the pumpkins. Cut them into quarters, remove the seeds, and trim any damaged spots. The skin is edible, so no need to peel.
- Slice the quarters into wedge-like pieces (as if slicing an orange).
- Line two baking trays with parchment paper, place the pumpkin pieces, season with salt, black pepper, and oil, and bake for 40-60 minutes.
- If your oven has no fan, bake for 20 minutes, then swap trays and continue for another 20-25 minutes.

3. Make the Bechamel Sauce

- While the pumpkin bakes, heat oil in a large (5L+) pot.
- Add the flour and stir constantly with a spatula for 7-10 minutes until it slightly darkens. Reduce heat to medium.
- Add nutmeg, black pepper, and salt, and mix well.
- Slowly pour in 1 liter of soy milk while whisking vigorously to dissolve lumps. It should thicken like pudding.

This step continues on the next side ->

- Gradually add the remaining 3 liters, stirring continuously to prevent sticking.
- Bring the sauce to a gentle boil, then turn off the heat.
- Stir in 2 tbsp spicy mustard.

4. Bake with Bechamel

- Lower the oven temperature to 180°C.
- Remove the baking paper from the trays.
- Pour the bechamel sauce evenly over the roasted pumpkin.
- Bake for another 25–35 minutes until the sauce turns crispy and golden brown. Swap trays midway if there's no fan.

5. Make the Pesto

- Use a tall, narrow container (e.g., a jug or jar) to prevent splashing.
- Chop the arugula and parsley, then add them to the container.
- Add oil, garlic, chili, soy sauce, and vinegar.
- Wash the limes with hot water, dry them, and grate the zest.
- Roll the limes against the countertop to loosen the juice, then squeeze it into the mix.
- Blend everything until smooth.
- Add the sunflower seeds and blend again.

INSTRUCTIONS

6. Prepare the Salad

- Cut the lettuce into quarters, then slice into 1 cm thick chunks.
- Cut apples into thin wedges.
- Thinly slice the red onions.
- Make the vinaigrette: Add all dressing ingredients to a jar and shake vigorously until thickened.
- Mix everything just before serving.

FINAL ASSEMBLY

- Spread the pesto over the baked pumpkin with bechamel.
- Serve with the salad on the side.

INSTRUCTIONS

UKRAINIAN BORSCHT

There will be a lot of chopping for this dish. Start early or ask for help!

Servings: about 30

Main ingredients:

- 1 kg white beans (dry)
- 500 ml vegetable oil
- 1 kg onions
- 1 kg carrots
- 1 large white celery (size of 2 adult fists)
- 1 medium cabbage
- 1.5 kg potatoes
- 2 kg beetroots*
- 400 g tomato concentrate
- 100 g horseradish paste (ensure it's dairy-free)
- Juice of 2-3 lemons
- 100 g fresh parsley**

Seasonings:

- 8-10 bay leaves
- 2 tsp allspice powder (or 2 tbsp whole allspice)
- 2 tbsp black pepper
- 4 tbsp garlic powder
- 100 ml soy sauce
- Vegetable broth powder (start with 4 tbsp, adjust as needed)
- 2 tbsp apple vinegar

Pairing Idea:

- bread

Notes:

**Wear gloves when handling beetroots!*

***More parsley is always welcome in a vegan soup!*

INGREDIENTS

INSTRUCTIONS

1. Prepare the Beans

- Soak the white beans overnight.
- Cook them according to ADVICE, strain, and set aside.

2. Prepare the Aromatics

- In a large pot, heat the oil over medium heat.
- Add bay leaves and allspice (if whole) from the start.
- Fry the onions until golden and reduced.

3. Add Vegetables

- Peel and clean the celery thoroughly to remove dirt.
- Grate it using a coarse grater and add to the onions. Stir, cover with a lid, and cook for a few minutes.
- Add black pepper.
- Wash and thinly slice the carrots (use a mandoline for even slices). Add them to the pot and stir occasionally.
- Chop the cabbage and add it once the other vegetables are soft and fragrant.

4. Build the Broth

- Pour in just enough water to cover the cabbage.
- Increase the heat to bring the broth to a boil, then reduce to a simmer and cover.
- Add garlic powder, soy sauce, and broth powder (4 tbsp to start).

5. Add Potatoes & Beets

- Peel and dice the potatoes into chunks, then add them to the soup.
- Peel and coarsely grate the beetroots, then add them to the soup at least 45 minutes before serving to allow them to soften.

6. Final Adjustments

- Add the cooked beans.
- Stir and check the consistency. The soup should be rich but still liquid—if needed, add boiling water (preheat it in a kettle to maintain cooking speed).
- Once the potatoes and beetroots are soft, add the tomato concentrate, horseradish paste, chopped parsley, and lemon juice.

7. Taste & Adjust

- If the soup is too watery, add more soy sauce and broth powder.
- If it tastes too mild or sweet, add more lemon juice for balance.

8. Serving

- Serve hot with fresh bread or enjoy as is.

ENJOY!

CAULIFLOWER & BROCCOLI SOUP WITH SMOKED TOFU

Servings: about 30

Soup Base:

- 200 ml oil
- 1 kg onions
- 1 kg carrots
- 1.5 kg potatoes
- 2 stalks green celery
- 5–6 heads cauliflower or broccoli (or a mix, depending on availability)
- 100 g fresh dill
- 4 tbsp vegetable broth powder

Crispy Smoked Tofu:

- 1 kg smoked tofu
- 100 ml oil
- 1 tsp black pepper
- Salt, to taste

Vegan Cream:

- 500 ml unsweetened soy milk
- 200 ml oil
- Juice of 3 lemons

INSTRUCTIONS

INGREDIENTS

1. Prepare the Smoked Tofu

- Preheat the oven to 180°C (fan or top & bottom heat).
- Dice the smoked tofu into small cubes.
- Toss the tofu with oil, salt, and black pepper.
- Spread it evenly on a baking tray and bake for at least 40 minutes, stirring after 20 minutes.
- If your oven has no fan, open it occasionally to release steam.
- The tofu is ready when it's crispy and golden brown.

2. Prepare the Soup Base

- Fry the onion according to **ADVICE** until golden.
- Clean and chop the carrots and celery, then add them to the pot. Cover and stir occasionally.
- Dice the potatoes, add them to the pot, and stir.
- Keep cooking on low heat, covered, stirring occasionally.
- Clean and cut the broccoli/cauliflower into small florets.
- Add the florets to the pot and pour in water—it should cover the vegetables by a few centimeters.
- Stir in 4 tablespoons of broth powder.
- Once the tofu is crispy, add it to the soup.

INSTRUCTIONS

3. Make the Vegan Cream

- Wash, dry, and peel the lemon zest—save it for the next day.
- In a tall jug or blender, combine soy milk and lemon juice.
- While blending, slowly drizzle in the oil to emulsify.
- Add 1 cup of hot soup and blend again.
- Pour the vegan cream into the soup and stir.

4. Final Touches

- Finely chop the dill and add it to the soup.
- Taste and adjust seasoning with broth powder or salt if needed.

5. Serving

- Serve hot, garnished with extra dill or crispy tofu on top.

INSTRUCTIONS

ENJOY!

GREEN PEA CHOWDER WITH COCONUT MILK & MINT PESTO

Servings: about 30

Soup Base:

- 150 ml oil
- 3 kg green peas (preferably frozen; if using canned, measure drained weight)
- 6 leeks
- 3 stalks green celery
- 3 kg potatoes
- 1.5 L coconut milk

Seasonings:

- 2 tbsp nutmeg
- Zest of 3 lemons
- 3 tbsp thyme
- 2 tbsp garlic powder
- 2 tbsp black pepper
- Vegetable broth powder, to taste

Mint Pesto:

- 200 ml oil
- 100 g fresh mint leaves
- 5 cloves fresh garlic
- 200 g sunflower seeds
- Juice of 3 lemons
- 1 tsp salt

INGREDIENTS

INSTRUCTIONS

1. Make the Charred Leek Broth

- Separate the leeks:
 - Cut off the dark green leaves but don't discard them.
 - Set aside the white parts for later.
- Cut the dark green leaves into smaller pieces and rinse well to remove sand. Pat dry with paper towels.
- Heat a pan with a few tablespoons of oil and fry the dark leek leaves until nearly black.
- Once charred, add 1 tbsp salt and 3 cups of water. Cover with a lid, lower the heat to medium, and let simmer for 30 minutes.

2. Prepare the Chowder Base

- Chop the celery and heat the oil in a large pot.
- Add the celery and let it sweat—don't brown it.
- Dice the potatoes and add them to the pot.
- Stir in thyme, nutmeg, lemon zest, black pepper, and garlic powder. Cook for another 5 minutes, stirring occasionally.
- Add coconut milk and green peas, then mix well.
- Strain the burned leek broth directly into the pot. Discard the charred leek pieces.
- Add water, just enough to cover the vegetables by a few centimeters.
- Stir in broth powder gradually, tasting as you go to adjust seasoning.
- Chop the white parts of the leeks finely and add them when the potatoes are nearly soft.
- Cook for another 5–10 minutes, until all vegetables are tender.

3. Make the Mint Pesto

- Toast the sunflower seeds in a dry pan or oven until slightly darker but not burned. Let them cool.
- Strip the mint leaves from the stalks.
- Blend all pesto ingredients together until smooth.

4. Serving

- Serve the chowder hot, topped with a spoonful of mint pesto for freshness.

ENJOY!

INSTRUCTIONS

BAKED VEGGIES WITH SPREADS

Overview:

This meal is designed to use up leftovers from the week. Before buying additional ingredients, check what's left in your fridge. You'll likely have potatoes, carrots, zucchini, cauliflower, or eggplants. Plan for at least 300g of vegetables per person.

Different vegetables bake at different speeds—potatoes and carrots take longer than zucchini or cauliflower—so bake them separately. If you're out of ideas, the budget-friendly recipe below is a solid backup plan.

Servings: about 30

Roasted Veggies:

- 3 kg potatoes
- 4 kg carrots
- Salt & black pepper to taste
- Thyme or rosemary (optional)
- 500 g sunflower seeds

Peanut Butter Sauce:

- 400 g peanut butter (or tahini, whichever is cheaper)
- 3 limes (zest of 2, juice of all 3)
- 2 tbsp apple cider vinegar
- 200 g fresh parsley, coriander, or both
- 2 thumb-sized pieces fresh ginger
- 1 tsp chili powder or flakes
- 5 cloves fresh garlic
- 50 ml soy sauce
- 100 ml water (or more, if needed)

Herbal Aioli:

- 400 g vegan mayo
- 75 g fresh dill
- 3 cloves garlic
- (Optional) 50 g horseradish spread (check if people like it)

Salad:

- 4 cucumbers
- 4 red bell peppers
- 100 g sesame seeds
- 60 ml soy sauce

INGREDIENTS

1. Prep & Toasting

- Preheat oven to 180°C.
- Toast sunflower seeds for 8–12 minutes, keeping an eye on them to prevent burning. Set aside to cool.
- Toast sesame seeds for 8 minutes.
- Increase oven temperature to 200°C.

2. Roasted Veggies

- Clean & cut vegetables into long chunks.
- Toss with oil, salt, pepper, and optionally thyme or rosemary.
- Spread veggies on at least 2 trays to avoid overcrowding. Layers should be minimal to ensure roasting instead of steaming.
- Bake potatoes and carrots first—they need about 60–70 minutes.
- Bake zucchini, cauliflower, eggplant, or bell peppers later—they take about 30–40 minutes.
- If using multiple trays, swap their positions every 20 minutes for even cooking.
- Before serving, pulse the toasted sunflower seeds in a food processor with 1 tsp salt, then sprinkle over the veggies.

3. Herbal Aioli

- If making homemade vegan mayo, prepare it first.
- Finely chop dill and garlic.
- Mix into the mayo. If using horseradish spread, stir it in.

4. Peanut Butter Sauce

- Peel ginger and garlic.
- Chop herbs finely, including stalks.
- Grate the zest from 2 limes and squeeze out the juice from all 3.
- In a food processor, blend all ingredients except peanut butter until smooth.
- Add peanut butter and blend again. If too thick, gradually add more water until you reach a creamy consistency.
- Taste and adjust with soy sauce or vinegar if needed.

5. Salad

- Slice cucumbers and bell peppers into thin, long strips.
- Toss with toasted sesame seeds and soy sauce.

Serving Suggestions

- Arrange roasted veggies on a large platter.
- Serve with peanut butter sauce & herbal aioli on the side.
- Pair with fresh salad for a refreshing contrast.

INSTRUCTIONS

INSTRUCTIONS

ENJOY!

BREAKFASTS AND SNACKS



Sweet Breakfast Ideas

As I mentioned at the beginning, the easiest way to manage breakfasts for large gatherings is to provide a mix of cereals, bread, fruits, peanut butter, marmalades, and milk.

You can also prepare overnight-soaked porridge. Simply combine dried fruits, nuts, oats, chia seeds, or mashed bananas with a spoonful of cinnamon and a pinch of salt. Let it soak overnight for a quick and nutritious morning meal.

VEGAN BANANA PANCAKES

These are not Michelin-star pancakes, but my flatmate Kalina introduced me to this recipe ages ago when we were both young and broke. I couldn't believe how easy, cheap, and satisfying it was—plus, it's gluten-free and a great way to save half-dead bananas

- 4–5 very ripe bananas (or more)
- 500 g flour (your choice: oat, rice, or all-purpose flour works well)
- 1 tsp cinnamon
- A pinch of salt
- Water (adjust as needed)
- Oil for frying

INGREDIENTS

INSTRUCTIONS

1. Mash the bananas thoroughly or blend them until smooth.
2. Add flour, cinnamon, and salt.
3. Gradually add water while mixing until the batter reaches a consistency similar to hummus—runny but thick enough to hold its shape.
4. Heat up a generous amount of oil in a pan. This helps the pancakes get crispy on the outside, soft on the inside, and prevents sticking, even if using an old pan.
5. Spoon the batter onto the pan (about 2 tablespoons per pancake) and spread it gently.
6. Fry for 2–3 minutes per side, flipping once they turn golden brown.

ENJOY!

BANANA BREAD

Another great way to avoid wasting bananas is to bake banana bread. Unlike pancakes, you can make it a day in advance and let people serve themselves, which is a huge advantage.

- 7 and 1/2 glasses (1875 ml) flour
- 1 and 1/3 glasses (approx. 420 ml) oil
- 1 and 1/3 glasses (approx. 420 ml) sugar
- 1 and 1/3 glasses (approx. 420 ml) plant-based milk
- 10 ripe bananas
- 10 teaspoons baking powder
- 1 teaspoon salt
- Optional: 5 glasses of add-ins, such as pitted dates, dried fruits, nuts, pumpkin seeds, or sunflower seeds

Note: 1 glass = 250 ml.
Make sure you have a measuring glass for accurate volume measurements.

INGREDIENTS

INSTRUCTIONS

1. Preheat the oven to 180°C (350°F). Grease a loaf pan lightly with oil.
2. In a small bowl, mix the flour, baking powder, and salt.
3. In a large bowl, mix the oil and sugar.
4. Mash the bananas thoroughly with a fork or blend them until smooth. Add them to the oil-sugar mixture along with the plant-based milk, and mix well (or blend for a smoother texture).
5. Combine the wet and dry ingredients. Stir with a spoon until just combined.
6. If using add-ins, fold them in gently at the end.
7. Pour the batter into the prepared loaf pan. Bake for about 45–50 minutes, or until a toothpick inserted in the center comes out clean.
8. Let the banana bread cool completely before slicing it like regular bread.

ENJOY!

VEGAN EGG SPREAD

- 1 kg tofu
- 1 teaspoon black pepper
- A pinch of salt
- 1 batch of vegan mayo (approx. 400 g)
- Black salt (kala namak), to taste
- ½-1 teaspoon turmeric
- 1 tablespoon mustard
- 100 g chives or scallions

INGREDIENTS

INSTRUCTIONS

1. Preheat the oven to 180°C.
2. Dice the tofu into small cubes (about 3×3 mm).
3. Place the tofu on a baking tray lined with parchment paper. Drizzle with a few tablespoons of oil, season with salt and black pepper, and toss to coat.
4. Bake for about 30 minutes, stirring occasionally, until slightly golden.
5. Chop the chives or scallions.
6. Prepare the mayo: Make one batch of vegan mayo, adding turmeric for color and black salt instead of regular salt to achieve the egg-like flavor.
7. Once the tofu has cooled slightly, mix everything together.
8. Taste the spread and adjust with more salt if needed.

ENJOY!

VEGAN TZATZIKI

INGREDIENTS

- 1.5 kg vegan natural yogurt (make sure it's unsweetened and without any sweet aroma)
- 5-6 cucumbers
- 75 g fresh dill
- 5-6 cloves fresh garlic
- Juice from 1-2 lemons
- Salt, to taste

1. Grate the cucumbers using the large holes of a grater or slice them thinly. Season with 2 tablespoons of salt and let sit for at least 30 minutes.
2. Mince or crush the garlic, mix it with ½ teaspoon of salt, and let sit for 15 minutes.
3. Chop the dill finely.
4. Squeeze the excess water out of the cucumbers using a strainer.
5. Mix all ingredients together in a large bowl.
6. Taste and adjust the salt if needed.

ENJOY!

INSTRUCTIONS

DRIED TOMATO & PUMPKIN SPREAD

- 1 Hokkaido or butternut squash
- 1 jar dried tomatoes
- 1-2 teaspoons thyme
- 200 g sunflower seeds
- 4 cloves fresh garlic (or more)
- 1 tablespoon apple vinegar
- 1 tablespoon sweet paprika powder (ideally smoked)
- Black pepper, to taste
- Salt, to taste

INGREDIENTS

INSTRUCTIONS

1. Preheat the oven to 180°C.
2. Cut the pumpkin in half and bake for 45-60 minutes until soft.
3. Toast the sunflower seeds in the oven at 180°C for 8-12 minutes, keeping an eye on them to avoid burning.
4. Crush the garlic with 1 teaspoon of salt until it forms a paste.
5. When the pumpkin cools down, scoop out the seeds with a spoon.
6. Grind the toasted sunflower seeds using a hand blender or food processor. If using a hand blender, do this in a deep jar or jug, covering the top with your hand to prevent seeds from flying around.
7. Dice half of the dried tomatoes into tiny chunks.
8. Blend the remaining dried tomatoes along with the oil and any liquids from the jar into a smooth paste.
9. In a large mixing bowl, combine:
10. Mashed pumpkin (with the skin)
11. Crushed sunflower seeds

ENJOY!

HUMMUS

INGREDIENTS

- 1 kg chickpeas (dry)
- 500-600 g tahini
- 500-600 ml fresh lemon juice
- 8 cloves garlic
- 5 teaspoons cumin
- Salt, to taste
- Water

1. Soak the chickpeas overnight.
2. Cook them until they are almost overcooked and very soft.
3. Mince the garlic finely, mix it with 2 teaspoons of salt, and let it rest for 15 minutes.
4. Blend everything together using a hand blender, adding water gradually. Start with 2 cups.
5. Blend until the hummus becomes smooth and creamy.
6. Taste and adjust the salt if needed. Remember to use a clean spoon each time you taste to prevent it from going bad quickly.
7. Store hummus in an airtight container in the fridge for up to one week.
8. For each breakfast, prepare a separate bowl in advance and always use a clean, dry serving spoon.

ENJOY!

INSTRUCTIONS

VEGAN MAYO

This recipe makes a bit more than 400 g.

Important: The soy milk should always be cold from the fridge, otherwise your mayo might not turn out well.

- 100 ml unsweetened soy milk
- 1 tablespoon mustard
- 1–2 tablespoons apple vinegar
- ½–1 teaspoon salt
- Optional: ½ teaspoon black pepper
- 300 ml oil

Note: The proportion of soy milk to oil I always follow is 1:3.

INSTRUCTIONS

1. Pour the cold soy milk into a jug or food processor.
2. Add the mustard and vinegar.
3. Start blending, and while blending, slowly pour in the oil in a narrow stream without stopping.
4. Blend until the mayo thickens and reaches a creamy consistency.

ENJOY!

CHILI OIL

This is a side that everyone loves! When cooking for big groups, it's better to be careful with chili, but you should never forget about the spice-loving fellows.

INGREDIENTS

- 1 L oil
- 300 g sesame seeds
- 300 g sunflower seeds
- 300 g pumpkin seeds
- 3 tablespoons sweet paprika powder
- 100 g chili flakes
- 4 tablespoons apple vinegar
- 4 tablespoons garlic powder
- 2 tablespoons dried oregano
- 4 tablespoons soy sauce

1. Toast the seeds in the oven for 8–12 minutes at 180°C. Be careful not to burn them—some ovens can be unpredictable!
2. Place all ingredients in a pot and heat over medium heat.
3. Once the liquid starts moving, lower the heat. Be careful—it's easy to burn. Stir occasionally, paying extra attention to the bottom of the pot.
4. Cook until the vinegar and soy sauce evaporate—when the oil stops bubbling, it's ready.

ENJOY!

INSTRUCTIONS

INGREDIENTS

VINAIGRETTE

- 150 ml oil
- 50 ml apple vinegar
- 2 tbsp spicy mustard
- 1 tsp sugar
- 1 tsp salt

INSTRUCTIONS

Place all ingredients in a jar and shake vigorously until you achieve an emulsion.

ENJOY!

INGREDIENTS

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2024

