

EMMA'S VEGETARIAN COOKBOOK

Healthy Cooking

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Emma Holzapfel-Mantin

Steinsel, Luxembourg

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Contents

Preface	1
Chapter one: Quick and easy	3
01. Shakshuka	4
02. Fruit salad.....	5
03. 5 min salad	6
04. Pancakes	7
05. Hummus dip.....	8
Chapter two: Main courses.....	9
01. Oven roasted potatoes	10
02. Sweet potato soup	11
03. Veggie Wok.....	12
04. Lentil Bolognese	13
05. Vegan mac n' cheese.....	14
06. Mac n' cheese	15
07. Broccoli and ricotta parcels	16
08. Gnocchi	18
09. Sushi.....	21
10. Feta pasta.....	23
11. Chilli sin carne	24
12. Easy and fast pasta with tomato sauce	25
13. Green beans with tomato sauce	26

14. Latkes	27
Chapter three: Baking	29
01. Banana Bread	30
02. Chocolate chip (walnut) cookies	31
03. 2-day chocolate chip cookies	33
04. Bagels	35
05. Pita.....	37
06. Vanilla Christmas cookies	38
07. Butter Christmas cookies	39
08. Pecan balls	40
09. Chocolate cake	41
10. Vegan chocolate cake.....	43
11. Knafeh	44

Preface

Welcome to my cookbook! Here I am sharing some of my favourite recipes. They are all (as the title says) vegetarian and partially vegan. Some of the recipes I came up with myself, some are family recipes, some are from friends, some are from other cookbooks, and for some the internet inspired me. I have modified some of the recipes. For example, I sometimes changed the amount of the ingredients, sometimes I changed the ingredients, etc.

Why a vegetarian cookbook? Because I am a vegetarian. I chose to become vegetarian 7 years ago. The reason was that I didn't like meat because of its taste and that I don't want the animals to die for me. First, my parents didn't believe that I would really turn vegetarian, but gradually I did and still am.

Being vegetarian or even vegan has a lot of benefits and advantages. For example: no unnecessary killing of animals just for our enjoyment, which in turn leads to a better conscience, limiting climate change because meat production causes lots of greenhouse gases and often the feed for cattle is grown on cleared rainforest, less animal cruelty as most animals are kept under horrible inhumane conditions and suffer their entire short life, less water usage (1kg of meat requires between 5,000 and 20,000 liters of water as opposed to wheat which needs around 500 and 4,000 liters of water*), improved physical health as animals in industrial livestock farming often receive lots of medications such as growth hormones and antibiotics, saves money as buying meat (even if it is not locally and ethically produced) is more expensive than veggies.

If everyone of us would eat veggies six times a week, less animals would be tortured and killed, we could protect our climate and our environmental resources (such as water and soil) better, and we would all be healthier. Maybe this cookbook can season the path to

* <https://www.theguardian.com/news/datablog/2013/jan/10/how-much-water-food-production-waste>

eating less of our fellow creatures by (re-)discovering the joys and wonderful flavours of a plant-centered diet.

I would like to thank everyone who helped and supported me by sharing their recipes and ideas with me and by being my honest and tough food critics.

Emma

May 2021

Chapter one:

Quick and easy

01. Shakshuka



SERVES
4



METHOD
STOVE



DIFFICULTY
3/10



MINUTES
15

Ingredients:

- 4 tomatoes
- 1 pepper
- 4-6 eggs
- Salt and pepper

Cooking Steps:

1. Cut the tomatoes and pepper and sauté in a pan.
2. Add eggs and let cook until eggs are ready.
3. Season with salt and pepper and enjoy!



02. Fruit salad



SERVES
8



METHOD
CUTTING



DIFFICULTY
3/10



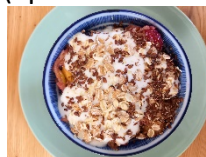
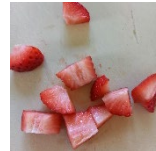
MINUTES
30

Ingredients:

- 2 apples
- 2 bananas
- 2 handful of strawberries
- 2 handful of raspberries
- 2 handful of blueberries
- 2 handful of blackberries
- 1 mango
- ½ handful of pine nuts
- The more fruit the better

Cooking Steps:

1. Grate the apples.
2. Slice the bananas in half lengthwise and then slice into 2 mm pieces.
3. Cube the strawberries into bite size pieces.
4. Wash the raspberries, blueberries, and blackberries then add to the bowl.
5. Peel the mango. Cut all the fruit off the seed. Cube into bite size pieces.
6. Roast the pine nuts shortly in a small pan.
7. Mix everything together in a bowl.
8. Serve. If you like, add and some yogurt and grains like flax seeds and oats to your bowl (I prefer it this way). Enjoy!



03. 5 min salad



SERVES
1



METHOD
CUTING



DIFFICULTY
1/10



MINUTES
5

Ingredients:

- Leaf salad of your choice
- ¼ avocado
- About 7.5 cm of a cucumber
- 1 mushroom
- About 5 cherry tomatoes
- Some olive oil
- Some balsamic vinegar

Cooking Steps:

1. Wash and dry your salad leaves, cucumber, mushroom, and tomatoes.
2. If you chose salad with big leaves, then cut or tear it. Cut your cucumber in half lengthwise, then cube. Slice your mushroom. Halve the cherry tomatoes. Assemble all in a bowl and add olive oil and balsamic on top. Enjoy!

04. Pancakes



SERVES
8



METHOD
STOVE



DIFFICULTY
2/10



MINUTES
30-40

Ingredients:

- 150g flour
- 250 ml milk
- 3 eggs
- About 5 tbsp sugar (if you want savoury pancakes, then skip the sugar)
- Butter for the pan

Cooking Steps:

1. Mix milk and eggs. Slowly sift in the flour. Add 1 tbsp of sugar in at a time until as preferred. The batter should be liquid.
2. Melt the butter in your pan. With a ladle pour some batter in the pan and let it cook on medium heat. When some bubbles form at the top of the pancake flip them and cook for 30 seconds and then they are ready. Enjoy!

05. Hummus dip



MAKES
1 BOWL



METHOD
BLENDER



DIFFICULTY
2/10



MINUTES
5

Ingredients:

- 2 garlic cloves
- ½ lemon
- 1 can canned chickpeas
- Salt, pepper, paprika powder, to taste

Cooking Steps:

1. Drain the chickpeas but save the “juice” in a glass.
2. Put the garlic and chickpeas in a tall measuring cup. Squeeze the lemon juice into the measuring cup. Add a little of the “juice” at a time while blending. Once it has reached the desired consistency, it is ready.



Chapter two: Main courses

01. Oven roasted potatoes



SERVES
4



METHOD
OVEN



DIFFICULTY
2/10



MINUTES
95

Ingredients:

- 1 kg red or yellow skinned potatoes
- 2 tbsp olive oil
- 3 tbsp fresh herbs chopped (rosemary, parsley, thyme, basil)
- Salt and pepper

Cooking Steps:

1. If there is enough time, soak up to 1 h (makes the potatoes fluffier). Drain the potatoes.
2. Preheat oven to 220°C
3. Scrub the potatoes. Dice into cubes.
4. Toss the potatoes in the oil, herbs, salt, and pepper.
5. Place on a baking sheet and bake for 30-35 minutes in the oven until brown and tender.



02. Sweet potato soup



SERVES
6



METHOD
STOVE



DIFFICULTY
5/10



MINUTES
60

Ingredients:

- 1 onion
- Butter
- 5 peeled and cubed sweet potatoes
- 5 cubed carrots
- Boiling water
- 2 tbsp vegetable stock
- Some salt and pepper
- 1 tbsp flour

Cooking Steps:

1. Chop the onion. Roast until sautéed in a big pot.
2. Add sweet potatoes and carrots into the pot. Let cook until sautéed but stir regularly.
3. Boil water, add veggie stock
4. Pour veggie broth on yams until covered. Add veggie stock and some salt and pepper. Let it boil.
5. Turn off the heat and add flour. Blend until smooth. Enjoy.

03. Veggie Wok



SERVES
4



METHOD
STOVE



DIFFICULTY
5/10



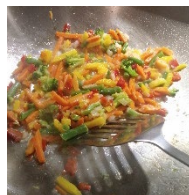
MINUTES
30

Ingredients:

- ½ bag frozen vegetables
- 4 servings udon noodles
- 4-5 Carrots
- 1 Pepper
- 2 blocks of Tofu
- 1 tbsp Miso paste
- A couple shots soy sauce
- 4 tbsp Peanut butter (optional)

Cooking Steps:

1. Take your frozen veggies and udon noodles out of the freezer and let them warm up a bit.
2. Cut your carrots in half and then slice them. Cube up your pepper and tofu in bite size pieces.
3. Put some frying oil in a wok pan and let it warm up for 30 seconds. Stir fry carrots for a few minutes, then add the frozen vegetables, and peppers.
4. Cook the udon noodles according to the instructions on the packages, set aside.
5. Add in the miso paste, soy sauce and peanut butter. Once the carrots are soft, add in the tofu and udon noodles. If needed add in some hot water. Serve.



04. Lentil Bolognese



SERVES
4



METHOD
STOVE



DIFFICULTY
5/10



MINUTES
50

Ingredients:

- 175 g canned lentils
- 5 tomatoes or 2 cans of diced tomatoes
- 4 carrots
- 1 little onion
- 2 garlic cloves
- 3 tbsp olive oil
- 500 ml vegetable broth
- 500 g spaghetti
- Salt and Pepper
- 3 stems finely chopped thyme
- ½ branch finely chopped rosemary

Cooking Steps:

1. Drain the lentils.
2. Peel the carrots and cut them into small cubes.
3. Finely cube garlic and onion.
4. Heat the oil in a pot and sauté the onion and garlic, then add the carrots.
5. Cover with vegetable broth. Let it simmer for a couple of minutes. Add the tomatoes and the rest of the vegetable broth. Let cook for 10-15 minutes.
6. Add the lentils, thyme, and rosemary and let cook while you cook the spaghetti al dente.
7. Taste the sauce with salt and pepper. Drain the pasta and serve with the sauce.



05. Vegan mac n' cheese



SERVES
4



METHOD
OVEN/STOVE



DIFFICULTY
5/10



MINUTES
30 (+30)

Ingredients:

- 500 g Macaroni pasta
- 250 g potatoes
- 1 carrot
- 1-2 shallots
- Water for boiling
- 150 g cashews
- 60 ml vegan cream, e.g., soy
- 3 tbsp yeast flakes
- 1 tbsp Miso paste
- 1 tbsp lemon juice
- Salt and pepper
- Pepper powder
- Handful of breadcrumbs or vegan parmesan

Cooking Steps:

1. Soak the cashews over night. If you forgot, then let them soak for at least 30 minutes.
2. Cook macaroni according to package instructions.
3. Boil water in a pot. Peel potatoes, carrots, and onions and cut them equally. Cook them until you can poke them with a fork. Drain them but save the water.
4. Blend vegetables in a blender with 200 ml of the water. Add the cashews, cream, miso paste, yeast flakes, and lemon juice. Blend until it becomes a yellow, creamy mass. Season with salt, pepper, garlic powder, and pepper (if it's not creamy enough, add a little water or cream. If it's not cheesy enough, add some yeast flakes.)
5. Mix the cheese sauce with the pasta and sprinkle the breadcrumbs on top. Bake in the oven for about 10 minutes at 180°C until the breadcrumbs are golden-brown. Enjoy!

06. Mac n' cheese



SERVES
4



METHOD
STOVE



DIFFICULTY
2/10



MINUTES
15

Ingredients:

- 1 package (500 g) elbow macaroni
- 1/4 cup butter, cubed
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- Dash pepper
- 2 cups milk
- 225gr cheddar cheese, shredded
- Paprika, optional

Cooking Steps:

1. Cook macaroni according to package directions.
2. Melt butter in a large saucepan over medium heat. Stir in flour, salt, and pepper until smooth. Gradually whisk in the milk. Boil for 1-2 minutes until thickened. Stir in cheese.
3. Drain macaroni. Mix macaroni with cheese sauce. Add paprika if desired. Enjoy!



07. Broccoli and ricotta parcels



SERVES
6



METHOD
OVEN/STOVE



DIFFICULTY
5/10



MINUTES
90

Ingredients:

- 200 g broccoli
- 120 g potatoes
- 200 g ricotta cheese
- 1 knob butter
- Salt
- Pepper
- 230 g Ready made puff pastry

Cooking Steps:

1. Preheat oven to 180°C.
2. Wash the broccoli and potatoes. Cut the broccoli into small florets and potatoes into 1 cm cubes.
3. Boil the broccoli and potatoes in separate pots.
4. In a pan melt a knob of butter, add the broccoli and potatoes. Add salt to taste.
5. Meanwhile in a bowl, mix ricotta and pepper and stir with a fork until creamy.
6. Add the broccoli and potato mixture to the ricotta and mix them together with a wooden spoon.
7. Roll out the puff pastry and cut into 4-6 squares and place the broccoli and ricotta filling in the middle. Fold the



- corners into the middle and brush the outside with melted butter.
8. Bake for 25-30 minutes until golden brown. Serve nice and hot. Enjoy!



08. Gnocchi



SERVES
4



METHOD
STOVE



DIFFICULTY
5/10



MINUTES
90

Ingredients:

- 500 g russet or Yukon gold potatoes
- 150 g 00 flour
- 2 tablespoons of 1 beaten egg (about half egg)
- Fine salt
- Gnocchi board or chopsticks
- A couple tbsp of butter (as much as you like)
- Some sage leaves (as much as you like)

Cooking Steps:

1. Wash the potatoes with their skin under cold water. Boil the potatoes for 20- 40 minutes feeling occasionally with a fork. Once they are cooked, drain and peel them.



2. Place your flour on your work surface and make a well in the middle for the mashed potatoes. Mash the potatoes with a potato masher, slowly at the beginning to let out the excess water.



3. Beat egg with a fork in a plate or little bowl. Add a pinch of fine salt and then add 2 tablespoons of the beaten egg to the well.



4. Mix the ingredients with your hands, quickly and for a short time. A long process would make the dough sticky. Potato gnocchi dough must be mixed very little and possibly when the potatoes are still warm because the heat favours the assembly.
5. Quickly make a ball and do not add flour. If you followed the recipe correctly then you will see that it is not necessary. Cut a piece of dough and put it on a floured surface.
6. Roll the dough as thick as a finger and cut every 2 cm.
7. To create the grooves, use a floured gnocchi board or chopsticks and slide your gnocchi over, lightly pressing on your thumb.
8. Let the gnocchi rest at room temperature for 20-30 mins before cooking.



9. Cook the gnocchi shortly, then transfer with a strainer ladle to the pan with butter and sage leaves. Toss the sage leaves in the butter before putting the gnocchi in. Toss the gnocchi for a few mins until slightly crunchy then transfer to a bowl to serve.



09. Sushi



SERVES
4



METHOD
STOVE



DIFFICULTY
3/10



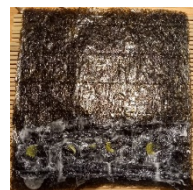
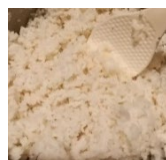
MINUTES
40

Ingredients:

- 340 g Sushi rice
- About 10 sheets seaweed paper
- About 1 tbsp egg-free mayonnaise
- 2-3 avocados
- About ½ cucumber
- Soy sauce
- Sushi rolling mat
- (Other things you would like to have in your sushi)

Cooking Steps:

1. Cook the sushi rice about 1 hour in advance. Once the rice is cooked, let it cool completely in the fridge without the lid.
2. While the rice is cooling, start cutting the avocado and cucumber. Cut open the avocado and scoop out the whole avocado with a spoon. Cut it into narrow strips lengthwise. Repeat with the other avocados.
3. Cut the cucumber into about 5 cm pieces. With a knife carefully peel 5 mm of the cucumber until you reach the middle of the cucumber. Save the middle part to snack. Cut the outside part into thin strips.
4. To assemble the sushi, you need a sushi rolling mat. Place the sushi roller so that the strings are away from you.
5. Place a sheet seaweed paper lengthwise on the sushi roller.
6. Spread some mayonnaise on the end facing you.



7. Take about a handful rice and spread it over the mayonnaise with wet hands. Place some avocado and cucumber strips on the rice.
8. Roll the sushi. To make the end stick, put a little water with your finger and press. Cut the sushi into 6-8 pieces. Dip in some soy sauce and enjoy!



10. Feta pasta



SERVES
4



METHOD
OVEN/STOVE



DIFFICULTY
2/10



MINUTES
35

Ingredients:

- 4 handful of cherry tomatoes
- 250gr feta
- Olive oil
- Salt
- Pepper
- Dried basil
- Paprika powder

Cooking Steps:

1. Put the washed cherry tomatoes in an oven dish. Add some oil mix with the tomatoes.
2. Put the feta in the middle. Add the seasonings on top and bake in a 180°C oven for 30 minutes. The feta block should be a little dark brown on the edges.
3. Cook some pasta while the sauce is in the oven.
4. When the sauce is ready, take out of the oven and mix with a wooden spoon. Add the pasta, serve, and enjoy!



11. Chilli sin carne



SERVES
8



METHOD
STOVE



DIFFICULTY
5/10



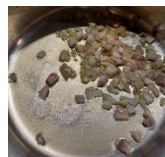
MINUTES
30

Ingredients:

- 1 tbsp olive oil
- 1 chopped onion
- 1 chopped pepper
- 1 pressed garlic clove
- 1 can diced tomatoes (400g)
- 2 cans kidney beans (425g each)
- 1 can green lentils (400g)
- 1 tsp paprika powder
- 1 tsp chili powder
- Salt and pepper

Cooking Steps:

1. Heat the oil in a pot and add the onion and pepper. Sautee for 10 minutes then add the garlic and tomatoes.
2. Add kidney beans and lentils and add to the pot, add seasonings.
3. Let it simmer for at least 30 minutes, add water if needed.



12. Easy and fast pasta with tomato sauce



SERVES
8



METHOD
OVEN



DIFFICULTY
5/10



MINUTES
90

Ingredients:

- 5 tomatoes
- 1 onion
- Olive oil
- Seasoning: basil, salt, pepper, paprika powder
- 500gr pasta of choice

Cooking Steps:

1. Cut the tomatoes into 1.5 cm pieces. Chop the onion into very small pieces.
2. Heat some oil in a pot and sauté the onion. Add the tomatoes and let it simmer. Occasionally stir.
3. Cook your pasta.
4. Once the tomatoes have reached a sauce like consistency, add the seasonings, simmer for another couple minutes then serve.



13. Green beans with tomato sauce



SERVES
4



METHOD
PAN



DIFFICULTY
5/10



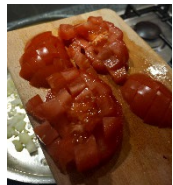
MINUTES
30

Ingredients:

- 1 onion
- Sunflower oil
- 2-3 garlic cloves
- 0.5 k green beans
- 2 tomatoes
- 2 tbsp tomato paste
- A little water
- 1 tbsp Vegetable broth
- Seasonings of choice: pepper paprika

Cooking Steps:

1. Chop the onion very fine.
2. Press the garlic cloves.
3. Sautee the onion and garlic with the oil.
4. Chop off the ends of the green beans. Cut into 3 cm pieces.
5. Cube the tomatoes. Sautee the tomatoes and beans with the onion and garlic.
6. Add the tomato paste, water, vegetable broth, and seasonings. Let simmer for 15 mins.



14. Latkes



SERVES
8



METHOD
OVEN



DIFFICULTY
5/10



MINUTES
90

Ingredients:

- 1 k potatoes
- 1 k sweet potatoes
- Salt
- 4 eggs
- 20 gr flour

Cooking Steps:

1. Grate the potatoes and sweet potatoes separately (if you like you can also make them together).
2. Sprinkle some salt on the potatoes and sweet potatoes to let liquid out then let drain for 15 minutes.
3. Put them in bowls (together or separate) and add 2 eggs per bowl. The potatoes have to be evenly covered with egg. Add 10gr flour per bowl (or 20gr in 1 bowl). Mix with a fork.
4. Prepare a pan with sunflower oil and fry until golden brown. Put on a plate with a paper towel. Put another 2 layers of paper towel in between the layers to absorb the excess grease.





Chapter three:

Baking

01. Banana Bread



SLICES
16



METHOD
OVEN



DIFFICULTY
5/10



MINUTES
80

Ingredients:

- 275 gr flour
- 100 gr sugar
- ½ tsp salt
- 1 tsp baking soda
- 4 ripe bananas
- 100 gr melted butter + some for the pan
- 2 tsp vanilla extract (or 2 sachets vanilla sugar)
- 1 egg + 1 egg yolk

Cooking Steps:

1. Preheat oven to 180°C.
2. Butter your baking pan (for banana bread I recommend a rectangular one).
3. In a large bowl add flour, sugar, salt, and baking soda. Whisk together.
4. In a separate medium bowl, mash the bananas. Then mix in melted butter, vanilla extract and 1 egg + 1 egg yolk. Combine the two bowls.
5. Transfer to your pan and smooth it out.
6. Bake for 50 to 60 minutes.

02. Chocolate chip (walnut) cookies



AMOUNT
22



METHOD
OVEN



DIFFICULTY
3/10



MINUTES
30

Ingredients:

- 275 gr flour
- 1 teaspoon salt
- ½ teaspoon baking soda
- 180 gr softened butter
- 100 gr brown sugar
- 1 egg+ 1 egg yolk
- 2 tsp vanilla or 2 sachets vanilla sugar
- 100 gr chocolate chips
- 1 handful chopped walnuts (optional)

Cooking Steps:

1. Preheat oven to 200°C.
2. In a medium sized bowl whisk flour, salt, and baking soda together.
3. In a large bowl cream together butter and brown sugar. Add in 1 egg + 1 egg yolk and vanilla extract. Gradually mix in the dry ingredients and then chocolate chips (and walnuts).
4. With an ice cream scooper form the dough into balls and place on a baking sheet (about 12 per sheet) and do not flatten! (If you do flatten them, they will be crusty, burnt and will not taste good.) Bake for 7 minutes. Let them cool completely and enjoy!



03. 2-day chocolate chip cookies



AMOUNT
12



METHOD
OVEN



DIFFICULTY
5/10



TIME
1 D, 13 H

Ingredients:

- 230 gr unsalted butter
- 4 ice cubes
- 100 gr light brown sugar, packed
- 2 teaspoons espresso powder
- 2 teaspoons (kosher) salt
- ½ teaspoon baking soda
- 2 large eggs
- 2 teaspoons vanilla extract
- 340 gr all-purpose flour
- 200 gr 50-70% chocolate, coarsely chopped

Cooking Steps:

1. Put the butter in a pan over medium-high heat. Stir constantly until the butter turns dark brown. Watch carefully so the butter does not burn. Remove from heat.
2. Add an ice cube to the butter and slowly let it melt. Be careful, it may/will froth and bubble. Add the remaining 3 ice cubes and gently stir until melted.
3. In a large bowl, combine the sugar, espresso powder, salt, and baking soda.
4. Pour the brown butter into the sugar mixture and mix until combined.
5. Add the eggs and vanilla and whisk until glossy and smooth.
6. Add the flour and fold in with a rubber spatula.
7. Fold in the chopped chocolate into the dough until evenly distributed.
8. Using an ice cream scoop, scoop the dough onto a parchment-lined baking

- Flaky sea salt, for sprinkling

- sheet. Cover the baking tray with another baking sheet.
9. Let the dough rest in the fridge for at least 36 hours to allow the flavor to develop.
 10. When ready to bake, preheat the oven to 170°C. Line 2 baking sheets with parchment paper.
 11. Arrange the cookies on the baking sheets, leaving at least 5 cm of space between the cookies and away from the edges of the pan.
 12. Bake for 18-20 minutes. Sprinkle the cookies with flaky sea salt. Then let cool completely. The cookies will be very soft at first but will set after they are fully cooled.



04. Bagels



AMOUNT
8



METHOD
OVEN/STOVE



DIFFICULTY
5/10



TIME
2H 30 MINS

Ingredients:

- 350ml warm water (ca. 37°C)
- 3 teaspoons instant or active dry yeast
- 550 gr bread flour plus more for work surface and hands
- 1 tablespoon brown sugar
- 2 teaspoons salt
- 2 teaspoons olive oil to coat the bowl
- egg wash: 1 egg beaten with 1 tablespoon water
- 2 litres of water
- 60 gr honey

Cooking Steps:

1. Whisk the warm water and yeast together with a dough hook attachment. Cover and allow to sit for 5 minutes until bubbles develop at the surface.
2. Add the flour, sugar, and salt. Beat on low speed for 2 minutes. The dough is very stiff and will look somewhat dry.
3. Turn the dough out onto a lightly floured surface. With lightly floured hands, knead the dough for 4-5 minutes.
4. Lightly grease a large bowl with oil. Place the dough in the bowl, turning it to coat all sides in the oil. Cover the bowl with a clean kitchen towel. Allow the dough to rise at room temperature for 60-90 minutes or until double in size.
5. Line two large baking sheets with parchment paper.
6. When the dough is ready, punch it down to release any air bubbles. Divide the dough into 8 equal pieces. Shape each piece into a



ball. Press your index finger through the center of each ball to make a hole about 3.5 cm to 5 cm in diameter. Loosely cover the shaped bagels with a (the same) kitchen towel and rest for a few minutes as you prepare the water bath.

7. Preheat oven to 220°C.
8. Fill a large, wide pot with 2 litres of water. Whisk in the honey. Bring water to a boil, then reduce heat to medium-high. Drop bagels in, 2-4 at a time, making sure they have enough room to float around. Cook the bagels for 1 minute on each side.
9. Using a pastry brush, brush the egg wash on top and around the sides of each bagel. (Sprinkle poppy seeds, sesame seeds, dried garlic, and flakey sea salt on the bagels)
10. Place 4 bagels onto each lined baking sheet. Bake for 20-25 minutes, rotating the pan halfway through. You want the bagels to be a dark golden brown. Remove from the oven and allow bagels to cool on the baking sheets for 20 minutes, then transfer to a wire rack to cool completely. Enjoy!

05. Pita



SERVES
8



METHOD
OVEN



DIFFICULTY
5/10



MINUTES
90

Ingredients:

- 1k bread flour
- 1 tbsp sugar
- ½ tbsp salt
- 42 gr fresh or dry yeast
- 2 tbsp olive oil
- 3 glasses water

Cooking Steps:

1. Mix dry ingredients
2. Add oil and water then knead for 7 minutes.
3. Form into a ball and cover for 1 hour until double in size.
4. Preheat oven to 250°C. Take out of the bowl and split into 15-20 pieces.
5. Form into balls then flatten out to a 15cm diameter and 5mm to 1 cm thickness (about size of a phone).
6. Bake in the oven for 5-10 minutes until the pita blows up or until golden.
7. Ideal to serve with hummus dip from chapter two recipe 5.



06. Vanilla Christmas cookies



TRAYS
6



METHOD
OVEN



DIFFICULTY
5/10



TIME
4 HOURS

Ingredients:

- 750gr flour
- 50gr sugar
- 350gr soft cut up butter
- 130gr finely ground almonds
- 4 vanilla beans
- 1 packet vanilla sugar
- 1 pinch of salt

Cooking Steps:

1. Pour the flour on the counter and make a mould in the middle.
2. Cut the vanilla bean lengthwise in the thinner side. Scoop out the vanilla with a teaspoon
3. Add the sugar, butter, almonds, vanilla, and salt. Knead a shortcrust.
4. Wrap in plastic and put in the fridge for an hour or prepare the night before and put in the fridge overnight.
5. Roll out the dough (about thickness of pinky finger) and cut out with cookie cutters.
6. Preheat the oven to 180°C/350°F and bake for about 13 minutes until they are golden brown.

07. Butter Christmas cookies



TRAYS
6



METHOD
OVEN



DIFFICULTY
5/10



TIME
4 HOURS

Ingredients:

- 250gr cut up butter
- 75gr sugar
- 1 egg white
- 1 sachet vanilla sugar
- 350 gr flour

Cooking Steps:

1. Stir the butter until smooth, then add the sugar and stir until foamy.
2. Add the rest of the ingredients and knead the dough.
3. Wrap the dough in plastic and let it rest in the fridge for an hour or prepare the night before and put in the fridge overnight.
4. Roll out the dough and cut out with cookie cutters.
5. Preheat the oven to 200°C and bake for about 8 minutes.

08. Pecan balls



SERVES
8



METHOD
OVEN



DIFFICULTY
5/10



MINUTES
60

Ingredients:

- 300gr soft butter
- 50gr powdered sugar
- 100gr finely chopped pecan nuts
- 2 sachets vanilla sugar
- 420gr flour

Cooking Steps:

1. Mix the butter and powdered sugar
2. Add the rest of the ingredients and mix slowly until the dough is ready.
3. Cover the bowl with beeswax wrap and put in the fridge for half an hour.
4. Line a baking tray with parchment paper. Make small balls out of the dough and arrange on the tray. Bake at 170°C for about 15 minutes.



09. Chocolate cake



SERVES
8



METHOD
OVEN



DIFFICULTY
5/10



MINUTES
90

Ingredients:

- 500ml cream
- 300gr sugar
- 1 sachet vanilla sugar
- 6 eggs
- Pinch of salt
- 400gr flour
- 100gr cocoa powder
- 400gr chocolate chips or grated chocolate
- 1 sachet baking powder
- 6-8 tbsp milk

For the ganache:

- 150gr chocolate
- About 100ml cream

Cooking Steps:

1. Preheat the oven to 180°C. Butter a 25 cm diameter baking pan and line the middle with a parchment paper round.
2. Pour the cream in a bowl and beat semi hard with a mixer. Add the sugar and vanilla sugar and mix.
3. Separate the eggs, add the egg whites in a separate bowl and the yolks to the cream mixture and mix with a spatula.
4. In another separate bowl, sift the flour, cocoa powder, and baking soda in a bowl then add the chocolate. Mix with together with the whipping cream mixture. Add the milk.
5. Clean the mixer-beaters well, add a pinch of salt and beat the egg yolks stiff. Carefully fold the egg whites with a spatula into the dough.
6. Transfer the dough to the baking pan, smooth out the dough with a spatula and bake for about 1 hour.
7. Take the cake out of the oven and let cool for at least 15 minutes before making the ganache.

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8. To make the ganache, melt the chocolate in a small pot on medium-low heat. Once the chocolate is melted, add the whipping cream in increments. The ganache should be nice and smooth. If the ganache is chunky and the oil is separating, add 1 tbsp of boiling water at a time to make it smooth again.
 9. Let the ganache cool for a couple minutes, then pour the ganache on the cake and let it cool until the ganache is almost hard.



10. Vegan chocolate cake



AMOUNT
1 CAKE



METHOD
OVEN



DIFFICULTY
5/10



MINUTES
90

Ingredients:

- 100gr sugar
- 250gr applesauce
- 2 packets vanilla sugar
- 250ml sunflower oil
- 475gr flour
- 100gr cocoa powder
- 3 tsp baking soda
- 1 tsp salt

Cooking Steps:

1. Preheat oven to 180°C.
2. Grease a 25 cm diameter baking pan and line the bottom with a baking paper round.
3. Using a mixer, combine sugar, applesauce, vanilla, and oil in a big bowl.
4. In a separate bowl, sift together the flour, cocoa powder, baking soda, and salt.
5. Add the dry ingredients to the wet in increments.
6. Pour the batter into the pan and bake for 1 hour until a toothpick comes out clean.

11. Knafeh



AMOUNT
1 TRAY



METHOD
OVEN/STOVE



DIFFICULTY
6/10



MINUTES
90

Ingredients:

- 500gr knafeh angel hair
- 2 tbsp butter ghee
- 6 tbsp vegetable ghee
- 2l milk
- 1 tsp citric acid
- 1 cap orange blossom water
- 100-250gr mozzarella (depends on your liking)
- 1 to 1 sugar and water (I used 1 glass)

Cooking Steps:

1. In a large baking tray rip the angel hair into about 7 cm pieces (doesn't have to be perfect)
2. In a pan melt butter ghee and vegetable ghee. Pour over the angel hair and use your hands to mix in the butter. Save half of the angel hair for later. Distribute half of the angel hair evenly in the baking tray.
3. In a small pot, mix 1l milk and the citric acid on high heat. Cook until there are only clumps and clear liquid.
4. Strain the clumps and press all the liquid out.
5. In the same pot, boil the other 1l milk and the orange blossom water. Once the milk starts boiling, remove from stove and mix with the clumps.
6. Let cool in the fridge until warm to touch.
7. Preheat oven to 180°C. Pour the milk mix evenly on the angel hair. Grate the mozzarella evenly on top. Add the other half of the angel hair evenly on top.

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8. Bake for 30 mins at 180°C, then another 20 mins at 200°C until golden brown.
 9. Make the sugar water: pour first the sugar then water in a small pot then stir a little while cooking on medium/high heat.
 10. Pour the sugar water evenly on the knafeh and enjoy!



The end!

I hope you enjoyed the recipes!