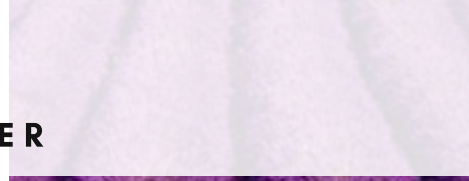




Overseas

PLANT-BASED CUISINE

Around the world in more than
100+ Simple Vegan Recipes
(Including 10+ "veganized" meat recipes)



The Bible Diet

BY ANNE LAURE WYNTER

Hi!

Before you start to dig into this Ebook, I just wanted to let you know that if you are a part of those who prefer to read printed copy books rather than digital books, you can get "Overseas Plant-based Cuisine" on the Amazing Facts website and it should arrive at your door in just a few days.



I am also personally trying to spend less time in front of my computer and my phone for my health sake and the one of my family, so I totally understand that even though technology can be a blessing, it can sometimes have negative impacts in our life. This Ebook is totally free, but I tried to make the printed copies as affordable as possible on the Amazing Facts site, and they are cheaper than on Amazon.

CLICK ON THE LINKS BELOW TO LEARN MORE:

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Overseas

PLANT-BASED CUISINE

Around the world in more than
100+ Simple Vegan Recipes

The Bible Diet
www.thebiblediet.co

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visit www.thebiblediet.co. We thank you for your interest and we
wish you God's blessing as you read.

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Intro

What about traveling around the world while staying at home by cooking recipes from Africa, Europe, Middle East, the Caribbean, South America, Asia, and North America? I invite you to discover or "re" discover cuisine inspired from overseas; but these recipes are made plant-based and are as much healthy as delicious. The recipes are classified by continents / world regions and while turning the pages you will discover beautiful photos that will transport you in the four corners of the world.

Here are some ideas to inspire you: Argentinian empanadas, Libanese tabbouleh, French ratatouille, Senegalese Mafe, Thai Pad thai, Puertorican mofongo, and more...

WHY THIS BOOK?

The idea of this cookbook came to me because I am originally from France, my mother is from Cape Verde and I grew up with a rich Senegalese influences, and since I was a child I ate food influenced by many countries. Now being a wife to a Guyanese man (who introduced many delicious Caribbean foods), and a mom I have never cooked so much, and I love it. Therefore, I wanted to share my recipes with others.

WHY PLANT BASED?

The recipes are all plant-based because this is how I make them now. A few years ago, I decided to stop eating flesh meat, dairy products and to strongly reduce eggs. I progressively found amazing alternative ingredients for my favorite recipes. You can also learn more about the benefits of a plant-based diet to obtain optimal physical, mental and spiritual health, from biblical and scientific points of view, in my other book "THE BIBLE DIET" (visit thebiblediet.co to get the free Ebook).

SPECIAL NOTE

This cookbook contains adaptation of diverse recipes from many countries that have been "veganized". So they are not exactly the same as the original recipes because many of those recipes usually contain animal products. Nevertheless the flavors are very similar and animal products have been replaced by plant based product that marry well with the other ingredients and are amazing alternatives to animal products.

Most recipes serve 8 people or more, and usually take less than 1 hour to make when experienced (the more you cook, the easier it will get).

MANY THANKS TO

Above all, I thank God whom I give all the glory to. Without God I would not have been the person I am today and I would not have made this book; "I can do all things through Christ which strengtheneth me" - Philippians 4:13.

I am also very thankful for all the people who have influenced the way that I cook today and who have helped me improve my cooking skills, including: my mother, my brothers, my dear husband, my mother in law, my church friends, and many online vegan bloggers.



Pantry Essential Ingredients

You will see that many of this book recipes include some of these ingredients below. I love to use them and try to always have in hand at least one of the ingredients in each categories, because it makes cooking delicious food easier.

I added a list of alternative ingredients that you can choose to use in case of food sensitivity, allergy or health issues (please note that there might be other alternatives available that are not in this list. If you find, I'd be glad to learn about it. You can send a message via my website thebiblediet.co or on one of my social media @thebiblediet). In case of health issues, always consult your doctor to see what food is best for you to use.

GRAINS, PASTA & FLOUR

- Brown rice
- Basmati rice
- Jasmine rice
- Quinoa
- Barley
- Oat
- Farro

- Couscous

- Whole wheat pasta
- Rice noodles
- Quinoa pasta
- Brown rice pasta

- Spelt flour (one of the healthiest flour)
- All purpose flour (can be gluten-free)
- Almond flour
- Chickpeas flour
- Oat flour
- Coconut flour
- Whole wheat flour

LEGUMES

- Black beans
- Black eyed peas
- Kidney beans
- Pinto beans
- White beans
- Chickpeas
- Edamame
- Lentils
- Peas

ONION, GARLIC

- Fresh and dry ground onions (white, yellow and/or red)
- Fresh and dry ground garlic



COOKING OIL

(Take a look at "The Bible Diet" book that you can get for free on thebiblediet.co to learn more about good and bad fats)

- Extra virgin olive oil (Best for the taste, but advised not to cook at a temperature higher than 375°F)
- Coconut oil (do not cook at temperature higher than 350°F)
- Pure olive oil
- Peanut oil
- Sesame oil
- Grapeseed oil
- Avocado oil

DAIRY FREE BUTTER (See the recipe on page 182)

(Take a look at "The Bible Diet" book that you can get for free on thebiblediet.co to learn more about good and bad fats)

DAIRY FREE MILK (See recipes on page 182)

- Almond milk
- Soy milk
- Rice milk
- Coconut milk
- Oat milk
- Cashew milk
- Hazelnut milk
- Hemp milk
- Banana milk

SPICES (preferably freshly ground)

- Cinnamon
- Nutmeg
- Cardamon
- Cumin
- Turmeric
- Cayenne pepper
- Coriander
- Ginger
- Black pepper

FRESH & DRY HERBS

- Basil
- Rosemary
- Parsley
- Thyme
- Dill
- Oregano
- Lavender
- Chive
- Mint



SEA SALT

(Take a look at "The Bible Diet" book that you can get for free on thebiblediet.co to learn more about good and bad salts)

- Celtic salt (the healthiest salt)
- Himalayan salt

SWEETENERS

(Take a look at "The Bible Diet" book that you can get for free on thebiblediet.co to learn more about good and bad sugars)

- Maple syrup
- Agave syrup
- Organic stevia extract (without any additives)
- Brown sugar
- Coconut sugar
- Dates
- Molasses
- Dry fruits
- Fresh fruits

You will see in the next pages that many of my sweet recipes use liquid sweeteners. For these recipes you can use maple or agave syrup or you can also use the equivalent as below:

1 tbsp maple syrup = 1 tbsp agave syrup = 1/8 tsp stevia = 1 1/4 brown sugar



Metric equivalent

tsp = teaspoon / tbsp = tablespoon / oz = ounce / lb = pound

- 1 tsp: 5 mL
 - 1 tbsp or 1/2 fluid oz: 15 mL
 - 1 fluid oz or 1/8 cup: 30 mL
 - 1/4 cup or 2 fluid oz: 60 mL
 - 1/3 cup: 80 mL
 - 1/2 cup or 4 fluid oz: 120 mL
 - 2/3 cup: 160 mL
 - 3/4 cup or 6 fluid oz: 180 mL
 - 1 cup or 8 fluid oz: 240 mL
 - 1 1/2 cups or 12 fluid oz: 350 mL
 - 2 cups or 16 fluid oz: 475 mL
 - 3 cups: 700 mL
 - 4 cups: 950 mL
-
- 1 oz: 28 g
 - 4 oz or 1/4 lb: 113 g
 - 1/3 lb: 150 g
 - 8 oz or 1/2 lb: 230 g
 - 2/3 lb: 300 g
 - 12 oz or 3/4 lb: 340 g
 - 1 lb or 16 oz: 450 g
 - 2 lb: 900 g





Veganized
AFRICAN INSPIRED RECIPES

The Bible Diet

Veganized beef Mafe

Senegal

- 2 carrots, peeled and chopped
- 2 tomatoes, diced
- 1 bell pepper, chopped
- 1 medium yellow onion, chopped
- 4 garlic cloves, minced
- 4 cups textured vegetable protein chunks
- 1/2 cup peanut butter
- 2 cups water
- 2 tbsp cooking oil (see p. 9)
- 2 tbsp all purpose seasoning (recipe on p 180)
- 1 tsp fresh or dry thyme
- 1 bay leaf
- 1/2 tsp ground cayenne pepper
- Sea salt, to taste (see p. 10)

Whisk together the peanut butter, the water and the all purpose seasoning.

Add the TVP chunks to the peanut butter mix.

Heat the cooking oil and the onion in a large pan over medium - low heat and cook until slightly brown and soft (add a little more oil or some water if necessary to avoid burning).

Add the garlic, pepper, carrots, tomatoes, bay leaf, dry thyme, cayenne pepper and TVP chunks with the sauce.

Stir well and bring to a boil on medium - low heat for about 30 minutes.

Serve with cooked rice (recipe on p. 182), or other grains (see p. 8).





Veganized Chicken Yassa

Senegal

VEGANIZED CHICKEN NUGGETS

- 1 cup vital wheat gluten
- 1/4 cup of tahini
- 4 cups of vegan chicken broth (recipe on p. 181)
- 2 tbsp nutritional yeast
- 1 tsp onion powder
- 1/2 tsp salt
- 1/2 tsp all purpose seasoning (recipe on p 180)

ONION SAUCE

- 5 medium yellow onions, chopped
- 1/2 cup green olives
- The juice of 1 or 2 lemons
- 2 tbsp French mustard (with the grains)
- 4 tbsp cooking oil (see p. 9)
- 1 tbsp dairy-free butter (see recipe on p. 182)
- 2 tbsp water
- Some fresh or dry parsley
- Sea salt, to taste (see p. 10)

VEGANIZED CHICKEN NUGGETS

In a mixing bowl, mix together the wheat gluten, nutritional yeast, onion powder, and all-purpose seasoning.

In a large bowl, place 3/4 cup broth and tahini and whisk until the consistency is smooth.

Mix the dry ingredients and the wet ingredients together and stir well. Knead the dough until it is elastic. Divide the dough into small little nuggets.

Put the nuggets in a baking dish and put the remaining vegetable broth over it and cover with some foil paper.

Cook for 40 minutes in the oven at 350°F (180°C), flip the nuggets and cook for an additional 20 minutes.

ONION SAUCE

Coat the bottom of the pan with cooking oil, and heat on medium heat. Add the onion and stir to coat the onions with the oil. Let cook about 5 minutes, stirring occasionally. Reduce the heat to prevent the onions from burning or becoming dry and add a pinch of salt (optional). You can also add a little water to the pan to keep the onions moist. Cook until slightly brown and soft.

Then add the mustard, lemon juice, parsley, and salt (to taste) and stir with the onions. Let it cook on low heat for 3 minutes.

Add the water, the rest of the cooking oil, the green olives and cook for 5 more minutes. The onions should be soft, sweet and a little acid, and the sauce should be tasty.

Serve with cooked rice (recipe on p. 182), or other grains (see p. 8).



Couscous

Morocco

- 4 medium zucchini, diced
- 4 medium carrots, chopped
- 1/2 savoy cabbage, slightly sliced
- 1 medium sweet onion, diced
- 2 tsp garlic, chopped
- 1 can chickpeas, drained
- 1/2 cup black raisins
- 1/2 cup golden raisins
- 1 1/2 tbsp cooking oil (see p. 9)
- 6 oz tomato paste (see recipe on p. 180)
- 1/2 tsp ground cinnamon
- 1/2 tsp ground or freshly grated ginger
- 2 1/2 cups water
- 10 oz couscous
- 1 tbsp nutritional yeast
- 2/3 tbsp brown sugar
- Sea salt, to taste (see p. 10)

Coat the bottom of a pan with 1 tbsp cooking oil, and heat on medium heat. Add the onion and stir to coat the onions with the oil. Let cook about 5 minutes, stirring occasionally. Reduce the heat to prevent the onions from burning or becoming dry and add a pinch of salt (optional). You can also add a little more olive oil or water to the pan to keep the onions moist.

Add the garlic and saute for another minute until fragrant.

Stir in the tomato paste, nutritional yeast, brown sugar, cinnamon, ginger and 1/2 cup of water until smooth. Bring to a boil.

Add the zucchini, carrots and cabbage to the pot. Stir to combine. Add the remaining 2 cups of water to the pot. Bring to a boil. Season with salt (to taste).

Reduce heat and cover the pot. Simmer the mixture for 50-60 minutes, stirring occasionally during cooking, till all the vegetables are fully tender. Add 1/4 cup black raisins, 1/4 cup golden raisins, the chickpeas, season with salt (to taste), and 1/2 tbsp olive oil (for flavor) and simmer for 5 minutes.

In the meantime, prepare the couscous according to its package directions and add the remaining black and golden raisins.





Ethiopia

- 1 1/2 cups dried red lentils
- 1 medium yellow onion, chopped
- 4 tbsp cooking oil (see p. 9)
- 1 1/2 tbsp garlic, minced
- 1 1/2 tbsp ground or freshly grated ginger
- 10 cherry tomatoes, sliced
- 1 cup fresh or frozen spinach leaves
- 1 tbsp paprika
- 1 tsp ground cinnamon
- 1/2 tsp onion powder
- 1/2 tsp ground cardamom
- 1/2 tsp garlic powder
- 1/2 tsp ground nutmeg
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- 1/4 tsp ground fenugreek
- 1/4 tsp ground allspice
- 1/4 tsp ground cloves
- 1/4 tsp ground cayenne pepper
- 4 cups water (or more if needed)
- Sea salt, to taste (see p. 10)

Heat the cooking oil and the onion in a large pan over medium - low heat and cook until slightly brown and soft (add a little more oil or some water if necessary to avoid burning).

Add the rest of the ingredients to the pan and stir well. Cook on high heat until it starts to form bubbles. Then lower to medium - low heat and cook for about 30 minutes stirring occasionally to make sure that the lentils don't stick to the pan. In the process you can add some more water if needed. The consistency should be soupy.

Serve with cooked rice (recipe on p. 182), or other grains (see p. 8).





Ye'abesha Gomen

Ethiopia

- 10 oz Collard greens, chopped
- 2 tbsp cooking oil (see p. 9)
- 1 1/2 tsp ground and freshly grated ginger
- 2 tsp garlic, minced
- 1 medium yellow onion, chopped
- 1 tsp smoked paprika
- 1/2 tsp ground cardamom
- 1 tsp ground cumin
- 1/2 tsp ground cayenne pepper
- The juice of 1 lemon
- Sea salt, to taste (see p. 10)

Heat the cooking oil and the onion in a large pan over medium - low heat and cook until slightly brown and soft (add a little more oil or some water if necessary to avoid burning).

Then add the garlic, the ginger, the cumin, the cardamom, the cayenne pepper, some salt and the smoked paprika, stir well and cook for about 1 minute making sure that nothing is sticking to the pan.

Add the collard greens and the lemon juice, stir well, cover the pan and cook for about 10 minutes until the collard greens are well cooked.





Mealie corn bread

South Africa

- 1 1/2 cup cornmeal
- 1 1/2 cup flour (see p. 8)
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp sea salt
- 1 cup dairy free milk (see p. 9)
- 1 tbsp freshly squeezed lemon juice
- 1 tbsp ground flax seed meal
- 3 tbsp hot water
- 1/2 cup dairy-free butter (see recipe on p. 182)
- 1/2 cup brown sugar
- 2 tbsp liquid sweetener (see p. 10)
- 1 15oz can whole sweet corn

Add the cornmeal, the flour, the baking soda, the baking powder and the salt to a bowl and mix the dry ingredients well.

In an other bowl, add the lemon juice to the soy milk and set aside.

Make a flax egg by mixing together the flax seed meal and the hot water and allowing it to sit for about 5 minutes.

Add the dairy free butter in a glass bowl and place it in a microwave for about 30 seconds until it is melted. Then add the sugar and the agave syrup to it and stir well until the sugar is dissolved. Then add the almond milk and the lemon juice, and stir well.

Add the wet ingredients to the dry ingredients as well as the flax egg.

Combine very well making sure that there is no lumps. Drained the corn can and add the corn to the batter.

Place it in a baking dish previously greased with oil or butter, and cook for 25 minutes in a preheated oven at 400°F (200°C).

At the end of the 15 minutes, insert a toothpick at the center of the bread to check if it is well cooked. If the toothpick doesn't come out dry, cook for 5 to 10 more minutes.





Lemon flavored date balls

Egypt

- 16 medium dates
- 1/4 cup almond butter
- 10 pistachios, chopped
- 10 dry cranberries, chopped
- 2 tbsp coconut flakes, chopped
- 2 tbsp, lemon zest
- 1 tbsp, orange zest
- 1 cooking spray

Soften the dates in warm water for 10 minutes, then drain.

Place the dates, almond butter and 1 tbsp of lemon zest in food processor and pulse until a smooth paste forms.

Spray clean hands with the cooking spray and press equal portions into small balls to make about 8 date balls.

Roll each ball in the pistachios, cranberries, coconut flakes, lemon zest or orange zest.







Veganized

MIDDLE EAST INSPIRED RECIPES

The Bible Diet

Tabouleh and falafel

Liban

TABBOULEH

- 1 cup Quinoa or couscous, rinsed
- 2 cups water
- 2 cups fresh parsley, chopped
- 2 Tomatoes, cubed
- 1 large cucumbers, cubed
- 1/2 Onion, chopped
- The juice of 1 lemon
- 1 tsp paprika
- 1 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 cup extra virgin olive oil
- Sea salt, to taste (see p. 10)

FALAFEL

- 2 cups dry chickpeas
- 1 small yellow onion, chopped
- 1/4 cup fresh parsley, chopped
- 4 cloves garlic
- 8 tbsp chickpea flour
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1/4 tsp ground cardamom
- 1/4 tsp ground cayenne pepper
- 1 3/4 tsp sea salt, to taste (see p. 10)
- About 1/2 cup cooking oil for frying (see p. 9)

TABBOULEH

Boil the quinoa in the water on medium - low heat for 15-20 minutes, stirring occasionally (or the couscous according to package directions).

When cooked, place it in a large plate and let it cool down.

In a large bowl, place the fresh parsley, the tomatoes, the cucumber, the onion and the cooled quinoa (or couscous).

In a small bowl, mix up together the lemon juice, the olive oil, the salt and all the other spices. Then add this sauce to the salad bowl and gently mix all the ingredients together.

FALAFEL

Soak the chickpeas overnight, and drain them. In the food processor, add the chickpeas, and all the other ingredients, except the chickpea flour and the vegetable oil. Process until blended, but it should not form a puree. Progressively add the chickpea flour and pulse. It should form a ball and the dough should not be sticky and not too dry while placed in your hands or they might fall apart while cooking (add a little more flour if necessary).

Place the mix into a bowl. Cover it and place it in a refrigerator for 2 to 3 hours.

Form small balls and heat them a few at a time in about 1 or 2 inch of very hot oil. Make sure the balls are golden brown on each side.

Absorb the excess oil with paper towel.



Israeli savory couscous

Israel

- 1 cup large grain couscous
- 1 medium yellow onion, diced
- 1 zucchini, diced
- 1 large carrot, diced
- 1/2 cup raisins
- 1 tsp ground cinnamon
- 2 tbsp cooking oil (see p. 9)
- 1 cup water (more if needed)
- 1 tbsp all purpose seasoning (recipe on p 180)
- 1 bay leaf

Heat the cooking oil and the onion in a large pan over medium - low heat and cook until slightly brown and soft (add a little more oil or some water if necessary to avoid burning).

Add the zucchini and the carrot and cook until soft. Then, add the couscous, the raisins, the cinnamon, the bay leaf, the all purpose seasoning and the water. Cook for 10 minutes or until the couscous is soft, stirring occasionally (add more water and cook longer if necessary).





Turku Turku

Turkey

VEGETABLES

- 1 eggplant, cut into long pieces the size of a finger
- 2 zucchini, cut into chunks
- 2 small red onions, cut into quarters
- 2 potatoes, cubed
- 2 carrots, cut in half lengthwise
- 2 beets, cut into chunks
- 1 red pepper, cut into strips
- 2 tbsp cooking oil (see p. 9)
- 1 tsp ground cinnamon
- 1 tsp ground coriander
- 1 tsp ground cayenne pepper
- 1/2 fresh parsley, chopped
- Sea salt, to taste (see p. 10)

TOMATO & CHICKPEAS SAUCE

- 1 medium yellow onion, diced
- 5 cloves garlic, crushed
- 2 tomatoes, chopped
- 2 cup cooked chickpeas (recipe on p. 182)
- 2 tbsp cooking oil
- 1 tsp brown sugar
- Sea salt, to taste

VEGETABLES

To cook the vegetables, place them (but not the zucchini) in a large roasting pan; add the spices, the extra virgin olive oil, some salt and toss well so that the olive oil and the spices cover well the vegetables.

Cook in a preheat oven to 400°F (200°C) for about one hour, turning the vegetables every 20 minutes and adding the zucchini 15 minutes before the end of the cooking.

TOMATO & CHICKPEAS SAUCE

For the sauce, heat the cooking oil in a large pot over medium. Saute the onion for several minutes till softened. Then add the garlic and stir until fragrant. Add the rest of the ingredients and stir well.

Place the vegetables into a large serving pan, pour the sauce over the vegetables and garnish with the fresh parsley.





993P

Traditional Hummus

Liban

- 3 1/2 cooked chickpeas (recipe on p. 182)
- 1/3 cup tahini paste
- 8 garlic cloves
- 1/2 cup fresh lemon juice
- 1 tbsp extra virgin olive oil
- 3/4 tsp ground cumin
- 1/2 tsp sea salt (see p. 10)
- 1/4 tsp ground cayenne pepper
- More extra virgin olive oil, a few chickpeas, paprika or cayenne pepper, and fresh minced parsley for garnish

PINK HUMMUS

- 1/2 beet

GREEN HUMMUS

- 1 cup fresh cilantro leaves

Roast or pan fry the garlic with some oil until brown.

In a food processor combine all the ingredients (except the garnish ingredients).

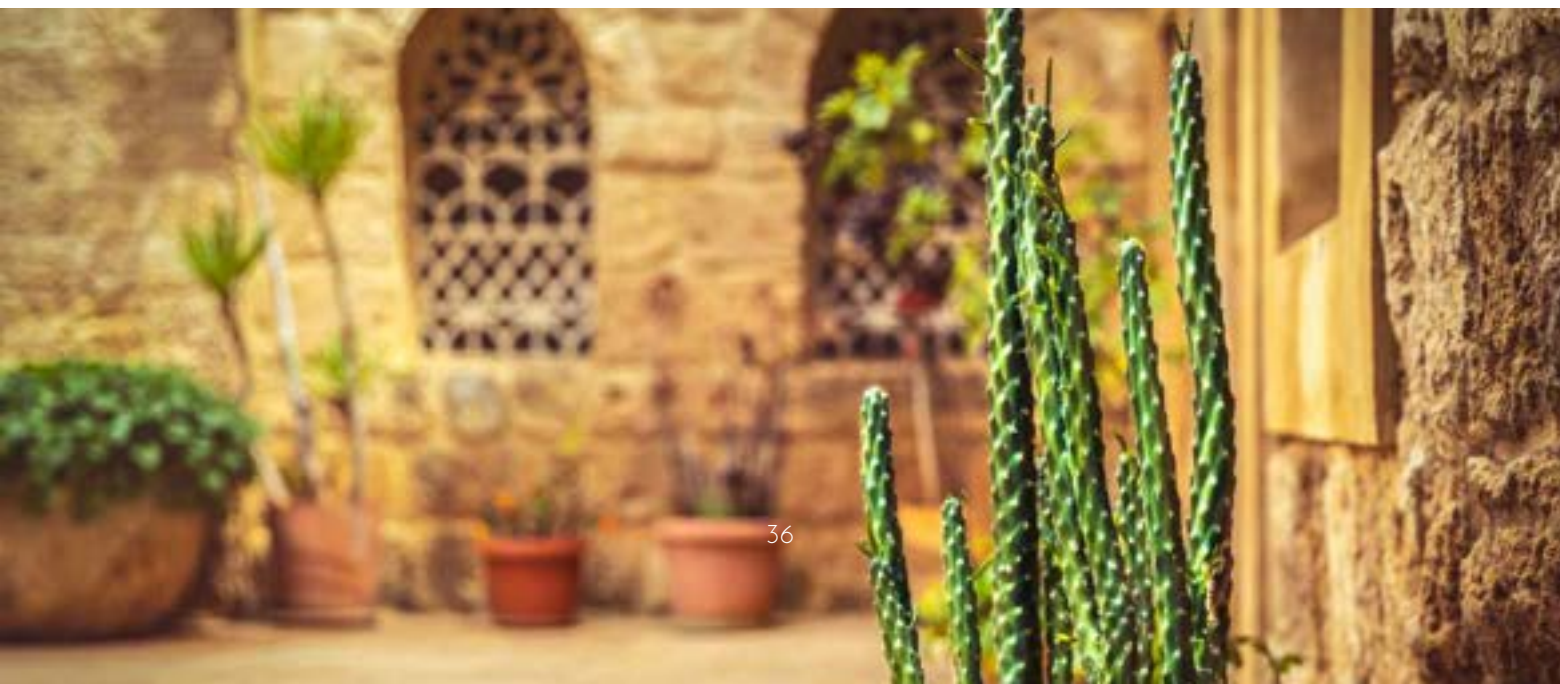
Blend until the mixture is very smooth (add more extra virgin olive oil if you would prefer a thinner consistency). Place the hummus into a serving bowl, and use a spoon to make some smooth waves on top. Garnish with the chickpeas, extra virgin olive oil, paprika or cayenne pepper and fresh parsley.

PINK HUMMUS

Boil 1/2 beet for 15 minutes or until tender. Peel it and process it in a food processor with 1 1/2 cup of traditional hummus.

GREEN HUMMUS

In a food processor, process 1 cup of fresh cilantro leaves with 1 1/2 cup of traditional hummus.





Muhamarah dip

Syria

- 3 large red bell peppers
- 1 garlic clove, minced
- 1/2 cup raw walnuts, chopped
- 2 tbsp fresh lemon juice
- 2-3 tbsp pomegranate molasses (recipe on p. 182) or other liquid sweetener
- 1 tbsp extra virgin olive oil
- 3 tbsp bread crumbs
- 1/2 tsp ground cumin
- 1/4 tsp ground cayenne pepper
- 1/2 tsp sea salt (see p. 10)

Heat oven to 450°F (230°C) and place the whole bell peppers directly on a baking pan. Roast until blackened on the outside for about 20 minutes. Then, cover with some foil paper to let them steam and cool for 10 minutes. Take off the skin, core and the seed.

In a food processor, add all the other ingredients and pulse (so that it doesn't become totally pureed). Then add the roasted bell peppers and pulse some more.

You can eat it at room temperature or warm.





Matzah

Israel

- 4 cups flour (see p. 8)
- 3/4 cup cooking oil (see p. 9)
- 3/4 cup water
- 1 tsp sea salt (see p. 10)
- 1 tsp ground coriander

Mix the flour, sea salt and coriander and stir in the cooking oil and then the water. Knead the dough and add more flour or more water so that it is not sticky neither too dry.

Roll the dough on a flat surface covered with some flour.

The dough should be about 1/4 in thick. roll it on the work surface to form a round that's no more than 1/4-inch thick. Cut the edges if necessary so that it will fit in one or two large baking sheet that has been previously greased.

With a fork, make some holes in the dough and transfer it in a heated oven at 400°F (200°C).

Bake for about 10 minutes or until the dough becomes a little golden.

As soon as you take it off from the oven, cut the Matzah to form some rectangles and let it cool down.





Mujaddara

Iraq

- 2 onions, thinly sliced
- 4 medium cloves garlic, crushed
- 1 cup green lentils
- 1 bunch green onions, sliced
- ½ cup fresh parsley
- 2 bay leaves
- 1 cup rice (see p. 8)
- 4 tbsp cooking oil
- 1 tbsp ground cumin
- Sea salt to taste (see p. 10)
- 6 cups water
- Spicy sauce, optional
- Vegan yogurt, optional (recipe on p. 182)

Coat the bottom of the pan with 1 tbsp cooking oil, and heat on medium heat. Add the onion and stir to coat the onions with the oil. Let cook about 5 minutes, stirring occasionally. Reduce the heat to prevent the onions from burning or becoming dry and add a pinch of salt. You can add more oil to prevent the onions from burning. Cook until slightly brown and soft, and set aside.

In a large pot, add the garlic, bay leaves, cumin, and some salt. Add 6 cups water and bring to a boil.

Add the rice and reduce the heat to medium heat. Cook covered with a lid for about 10 minutes and stir occasionally.

Then add the lentils to the pot, stir well and reduce the heat to low heat. Cook for about 10 minutes with the lid on, and stirring occasionally, until the rice and the lentils are soft.

If there is any excess of water, drain it.

Then, with a fork, crush the garlic cloves of the side of the pan, add half of the parsley and the green onions and gently stir.

Add more salt if necessary and transfer to a serving dish. Garnish with the cooked onions, the rest of the parsley and the green onions.

You can serve with spicy sauce and vegan yogurt.





Tofu borek

Turkey

- 6 sheets filo pastry
- 3.5 oz fresh spinach
- 14 oz medium-firm tofu
- 1/2 cup fresh mint, finely chopped
- 2 cloves garlic, crushed
- 1/2 dairy-free butter (see recipe on p. 182)
- 2 tbsp nutritional yeast
- Sea salt, to taste (see p. 10)

Drain and crumble the tofu with a fork or a potato masher. Melt the butter and add half of it to the crumbled tofu as well as the mint, garlic, nutritional yeast, and salt.

Cut the filo pastry in half. In a large oven dish place some melted butter to grease it and add a first layer of the folio pastry. Coat with some melted butter, and do that 3 times. Then place a layer of half the spinach and half the tofu mix over it, and repeat these last steps.

Cover with filo pastry coated with a good amount of melted butter and bake in a preheated oven at 400°F (200°C) for 45 minutes or until the pastry turn golden.





Eggplant kebab and tahini sauce

Turkey

EGGPLANT KEBAB

- 1 big eggplant, cubed
- 1/2 cucumber, sliced
- 1 red onion, sliced
- 1 tomato, sliced
- 1/2 cup fresh parsley
- 1/2 cup green onions, sliced
- 2 sour pickles, sliced
- 2 flatbread
- Hummus (see recipe on p. 36)

BATTER

- 1 tsp oregano
- 1/2 tsp cumin
- 1/2 tsp coriander
- 1/2 tsp sesame seeds
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp paprika
- 1/4 tsp cayenne pepper
- 2 tbsp rice flour (or all purpose flour)
- 1/3 cup water

TAHINI DRESSING

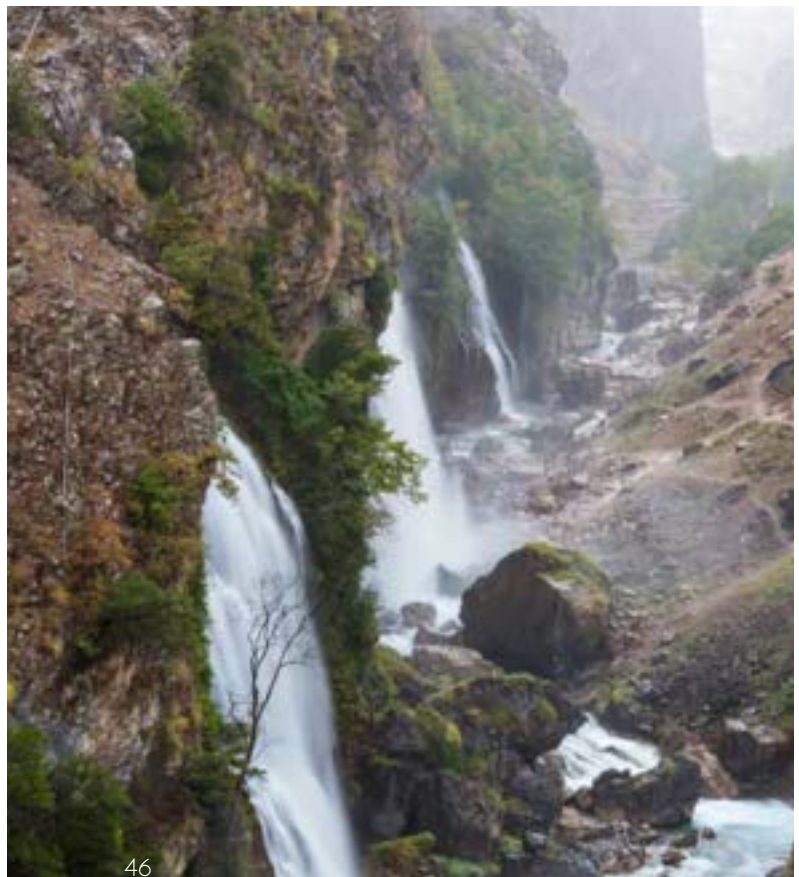
- 1/3 cup tahini
- 1/8 cup lemon juice
- 1/4 cup water

Make the batter by mixing up all the ingredients together. Pour the batter mix on the egg plants and mix well so that of the eggplant pieces are covered by the batter.

Cover a baking tray with parchment paper and place on the eggplant cubes. Cook in a preheated oven at 400°F (200°C) for about 40 minutes or until the cubes turn crispy and brown.

Make the tahini dressing by mixing up all the ingredients together.

In a pan, place the flatbread and heat them up a few seconds. Transfer to a plate and spread the hummus, the vegetables, the herbs and the eggplants. Close it and sprinkle some tahini sauce on top.





Roasted beets kebab

Iran

- 4 beets
- 1/2 cup onion, chopped
- 1 cup black beans, cooked
- 1/2 cup parsley, chopped
- 10 cashew nuts
- 6 tbsp cooking oil (see p. 9)
- 6 garlic cloves, minced
- 2 tsp ground cumin
- 1/2 tbsp ground coriander
- 1/2 cup breadcrumbs
- Sea salt, to taste (see p.10)

Slice all the beets, cover them with 2 tbsp cooking oil and place them on a baking trail. Bake for about 50 minutes in a preheated oven at 400°F (200°C).

Remove the beets from the oven, and when the beets have cooled down, take off their skin and wash them.

In a large pan, warm up 2 tbsp of cooking oil on medium heat and add the onions. Cook the onions until they are soft and golden (add more oil if necessary). Then add the garlic cloves, cumin and coriander and cook a minute until fragrant. Add the cooked beans, shredded coconut, parsley, and salt, and stir well. Cook for about 5 minutes.

Let it cool down and process in a food processor with the beets. Then add the bread crumbs and process some more.

Place the mix in a bowl and form some cylinder shapes with your hands. Place a skewer in the middle of each cylinders and heat them in a pan with 2 tbsp of hot cooking oil for about 3 minutes on each sides.





Maamoul with Date & Orange

Lebanon

FILLING

- 1/2 pound pitted Medjool dates, chopped
- 2 tbsp fresh orange juice
- 1/4 tsp sea salt (see p. 10)
- 1 tsp fresh ginger, grated
- The zest of 1/2 a orange

DOUGH

- 2 cups flour (see p. 8)
- 1 tsp baking powder
- 1/4 tsp sea salt
- 1/2 tsp ground cinnamon
- 3/4 cup dairy free milk (see p. 9)
- 1/4 cup cooking, (see p. 9)
- 1 tbsp liquid sweetener (see p. 10)
- 1/2 cup tahini

FILLING

Process the dates, orange juice, ginger, orange zest and 1/4 tsp sea salt to obtain a paste and set aside.

DOUGH

In a bowl add the flour, baking powder, and cinnamon and mix well.

In a separate bowl mix up the liquid ingredients together and slowly add the mix to the dry ingredients stirring constantly.

On a flat surface add layer some flour on place the dough. Add more flour on top and roll the dough so that it becomes about 1/4-inch thick. Cut circles using a 3 inch round cutter. Place some parchment paper on 2 baking sheet and place half of the dough circles on top.

Add about a teaspoon on the date paste at the center on each circles that are placed on the baking sheets. With the finger or a baking brush place just a little water on the edges of the circles that have the paste at their center.

Place the other circles over them and close the edges with a fork. Gently pierce their top and bake in a preheated oven at 325°F (160°C) for about 30 minutes, or until golden on top.

When they are not too hot transfer them on a wire rack to cool them off.







Veganized

EUROPE INSPIRED RECIPES

The Bible Diet

Ratatouille

France

- 6 tomatoes, diced
- 1 eggplant, diced
- 1 bell pepper, diced
- 3 large zucchini, cubed
- 6 tbsp extra virgin olive oil
- 1 medium yellow onion, chopped
- 4 cloves garlic, minced
- ¼ cup fresh basil, chopped
- ¼ tsp dried oregano
- Sea salt, to taste (see p. 10)

In a large pan add 1 tbsp of olive oil and the onion and cook on medium - low heat until slightly brown and soft. Then add all the other ingredients, stir well and cook for about 5 minutes without the pan lid.

Then add the lid and cook for additional 20 minutes, stirring occasionally .





Spaghetti Pesto

Italy

- 16 oz spaghetti (see p. 8)
- 1 garlic cloves, chopped
- 1/2 cup toasted pine nuts
- 2 cups fresh basil leaves, washed and stemmed
- 1/2 cup extra virgin olive oil
- Sea salt, to taste (see p. 10)
- Vegan parmesan, to taste (see recipe on p. 181)

Cook the spaghetti according to package directions, and drain them.

Process the other ingredients in a food processor (except the pine nuts, and the parmesan. And keep a few extra basil leaves for the garnish) until smooth.

Add in the the pine nuts and pulse about 10 times. You can season with more salt and pepper. Add the pasta to a large bowl and toss well with the pesto sauce. Add some parmesan and garnish with some fresh basil leaf.





Gratin dauphinois

France

- 8 medium potatoes, peeled
- 1 onion, sliced
- 2 1/4 cups dairy-free milk (see p. 9)
- 2 tbsp nutritional yeast
- 1 tbsp corn starch
- 1 tbsp all purpose seasoning (recipe on p 180)
- 1 tsp ground nutmeg
- 2 tbsp cooking oil (see p. 9)
- 1 cup shredded dairy-free cheese
- Sea salt, to taste (see p. 10)

Thinly slice the potatoes with a mandolin, a food processor, or with a knife. Place them in a large baking dish.

Coat the bottom of a pan with 1 tbsp cooking oil, and heat on medium heat. Add the onion and stir to coat the onions with the oil. Let cook about 5 minutes, stirring occasionally. Reduce the heat to prevent the onions from burning or becoming dry and add a pinch of salt (optional). You can also add a little more olive oil or water to the pan to keep the onions moist.

In a bowl add the dairy free milk, and the corn starch, and mix very well until completely dissolved.

In a sauce pan, add the dairy free milk mixture, nutritional yeast, nutmeg, salt and bring to a boil. As soon as it boils turn to a low heat, and stir constantly until the sauce becomes a little thick. Pour the sauce over the sliced potatoes and cover with the shredded cheese.

Bake in a preheat oven at 350 °F (180°C) for 40 minutes or until the potatoes are soft and the vegan cheese is a little golden.





Rotkohl

Germany

- 1 medium head of red cabbage, shredded
- 1 medium yellow onion, diced
- 1 large green apple, cubed
- 1 bay leaf
- 2 tbsp corn starch
- 2 tbsp cold water
- 2 tbsp dairy-free butter (see recipe on p. 175)
- 4 tbsp freshly squeezed lemon juice
- 2 tsp brown sugar
- 1/2 tsp ground nutmeg
- 1/4 tsp ground cloves
- Sea salt, to taste (see p. 10)

Coat the bottom of a large pan with 1 tbsp cooking oil, and heat on medium heat. Add the onion and stir to coat the onions with the oil. Let cook about 5 minutes, stirring occasionally. Reduce the heat to prevent the onions from burning or becoming dry and add a pinch of salt (optional). You can also add a little water or more oil to the pan to keep the onions moist. Cook until slightly brown and soft.

Then, add the red cabbage and apples. Cook for about 5 minutes.

Add the water, lemon juice, sugar, salt, nutmeg, and cloves. Stir well and lower the heat. Cook until the cabbage is tender for about 40 minutes, stirring occasionally.

In a small bowl, mix up together 2 tbsp corn starch and 2 tbsp of cold water, and slowly stir the corn starch mix in the pan until you see that the red cabbage liquid is thickened.





Ragù alla Bolognese

Italy

- 1 medium yellow onion, chopped
- 3 garlic cloves, chopped
- 2 medium carrots, chopped
- 2 large tomatoes, diced
- 4 tbsp cooking oil (see p. 9)
- 2 cups TVP (textured vegetable protein)
- 1 1/2 tbsp all purpose seasoning (recipe on p 180)
- 1 tbsp paprika
- 2 cups boiling hot water
- 12 oz tomato paste
- 2 cups water
- 1 tbsp brown sugar
- 1 tbsp freshly squeezed lemon juice
- Sea salt, to taste (see p. 10)

Coat the bottom of a large pan with 1 tbsp cooking oil, and heat on medium heat. Add the onion and stir to coat the onions with the oil. Let cook about 5 minutes, stirring occasionally. Reduce the heat to prevent the onions from burning or becoming dry and add a pinch of salt (optional). You can also add a little more olive oil or water to the pan to keep the onions moist.

Add the garlic, and cook until fragrant. Then add the carrots and the tomatoes.

In a medium bowl, mix up the TVP, hot water, all purpose seasoning and paprika. In a large pan, add 3 tbsp of cooking oil and the TVP mix, and cook on medium-high heat for about 20 minutes or until it becomes a golden-brown.

Add the cooked TVP mix to the other pan, as well as the tomato paste, the water, the lemon juice and the brown sugar. Stir well and cook on low-medium heat for 10 minutes.

Serve with pasta (see p. 8).





Hachi Parmentier

France

- 10 large potatoes
- 4 medium yellow onions, diced
- 5 medium carrots, diced
- 6 oz tomato paste
- 2 cups green lentils or 24 oz medium-firm tofu
- 4 tbsp cooking oil (see p. 9)
- 2 tbsp dairy-free butter (see recipe on p. 182)
- 3 tsp all purpose seasoning (recipe on p 180)
- 1/2 cup bread crumbs
- 1 tsp garlic powder
- 1 tsp dry parsley powder
- 1 1/2 cup water
- Sea salt, to taste (see p. 10)

In a large pot, boil the potatoes on medium-high heat for about 20 minutes or until soft. Place the potatoes in a colander to remove the water and let them cool down.

Peel the skin off the potatoes and mash them with a fork and a potato masher. Add the dairy-free butter and some sea salt. In a pan large add 1 tbsp of cooking oil and the onions and cook on medium heat until soft and slightly brown. Then add the carrots and cook for about 10 minutes on medium-low heat.

If you use the green lentils, wash and drain them. Cook them in boiling water until for 15 minutes or until they become soft and add 3 tbsp of cooking oil and the all-purpose seasoning. Stir well.

If you use the tofu, drain it, and crumble it with a fork or with a potato masher. In a pan, add 3 tbsp of cooking oil, the crumbled tofu and the all purpose seasoning, and cook on medium-high heat stirring occasionally, until the tofu becomes slightly brown.

Add the lentils or crumbled tofu to the other pan, as well as the tomato paste and water and stir well. Simmer on low heat for 5 minutes.

In a large oven safe dish, add the lentils or tofu mix and place the mashed potatoes on top.

In a small bowl mix up the bread crumbs, the garlic powder and the dry parsley, and add this mix on top of the mashed potatoes.

Bake in a preheated oven at 350°F (180 °C) for 15 minutes.



Shepherd's pie

United Kingdom

- 2 cups black lentils
- 2 medium carrots, peeled & sliced
- 1 medium yellow onion, chopped
- 1/2 pound potatoes
- 1 tbsp cooking oil
- 2 garlic cloves, minced
- 1/4 cup of water
- 1 tbsp tomato paste (see recipe on p. 180)
- 2 cups water
- 1/2 cup bread crumbs
- 1/4 cup vegan grated Parmesan (see recipe on p. 181)
- 1 cup of dairy free milk (see p. 9)
- 1/2 cup vegan yogurt (see recipe on p. 182)
- All-purpose seasoning (see recipe on p. 180)
- Fresh parsley, washed & peeled

In a pot, bring the potatoes and 4 cups of salted water to a boil, reduce to a simmer, and cook until tender. Drain the potatoes.

Warm 1 tbsp of cooking oil in a pan over medium heat. Add the onions, and cook, stirring occasionally, until tender. Add the garlic, carrots, and the parsley. Cook, stirring occasionally until the vegetables soften.

Add the water, the lentils, and season with some all-purpose seasoning, and cook for about 20 minutes or until the lentils are soft. Stir in the tomato paste and cook about 1 minute. Transfer to a baking dish. Peel and mash the potatoes, add them to a bowl and add the vegetal milk, the vegan yogurt, and some salt.

Mix well. Spoon the mash potatoes evenly over the vegetables. Mix the breadcrumbs and the vegan parmesan together, and add the mix over the mashed potatoes. Bake in preheated oven to 350°F (170°C) for about 30 minutes or until the top is lightly browned.





Pizza

Italy

DOUGH

- 2 cups flour (see p. 8)
- 1/2 cups cold water
- 3 tbsp cooking oil
- 1 tsp sea salt

PIZZA SAUCE (OPTIONAL)

1 cup pureed tomatoes
1 tsp garlic powder
1 tbsp extra virgin olive oil
Sea salt, to taste (see p. 10)

TOPPINGS

It is up to you! Here are some suggestions: Dairy-free cheese, olives, onions, pineapple, bell peppers, spinach, broccoli, asparagus, Herbes de Provence (recipe on p. 174), basil, rosemary...

Mix the flour and the baking powder together. Place the flour mix on a clean surface in a volcano shape, and make a hole in the middle (so that it really looks like a volcano).

Then place the oil, sea salt and cold water.

Mix all the ingredients together very well and knead the dough until it becomes elastic and smooth. The dough should not be too sticky or too dry, so add a little more water or flour in necessary.

Sprinkle some flour on a large clean surface and place the dough on the surface. Divide it in 2 pieces and let it rest for 10 minutes.

Roll each pieces into circles with the thickness that you desire . Place the circles on greased baking sheets.

PIZZA SAUCE

Simply mix up all the ingredients together in a bowl.

Add some sauce over the dough, making sure that you leave the edges empty.

Brush some olive oil on the edges and add your favorite toppings on the pizza.

Cook the pizza in a preheated oven at 400°F (200 °C) for about 10 minutes or until the crust becomes golden brown.



Potato Fries

Belgium - Not France ;)

- 6 medium potatoes, cut into thick fries
- 2 tbsp cooking oil (see p. 9)
- 1 tsp dry parsley
- 1/2 tsp sea salt (see p. 10)
- 1/2 tsp paprika
- 1/2 tsp garlic powder

Coat the potato fries with the oil.

Spread coated potato fries in a single layer, leaving space around each fries, on one or two prepared baking sheet.

Bake in the preheated oven at 425°F (220°C) for 20 minutes; flip fries and continue baking until crisp and browned for about 20 more minutes.

Sprinkle some garlic powder, salt, paprika and parsley on the hot French fries.





Quiche

France

PASTRY

- 2 cups flour (see p. 8)
- 1 tsp sea salt (see p. 10)
- 12 tbsp cooking oil (see p.9)
- 5 tbsp ice cold water

FILLING

- 1/2 red bell pepper, sliced thinly
- 1 cup peas
- 1 medium onion, sliced thinly
- 1 tbsp cooking oil
- 15.5 oz firm silken tofu
- 3 tbsp lemon juice
- 3 tbsp nutritional yeast
- 3 tbsp chickpea flour
- 1/2 tsp nutmeg
- 3/4 cup vegan shredded cheese cheese
- Sea salt, to taste

PASTRY

Mix all the pastry ingredients together except the ice cold water until the mixture is uniform. Then add the ice cold water gradually while you mix the dough some more (if you add the cold water too quickly, the dough will be too tough. If the dough is too dry add just a little bit more cold water, or if the mixture is too sticky add a little bit of flour.

When the dough is not too dry and not too sticky gently form a ball and wrap it into a film paper, then plate it in the fridge during 45 minutes. Then you can remove the dough and roll it out to form a circle (it should preferably be about 2 to 3 mm thick) that will cover the pie pan. Grease the pie pan and place the dough. If needed, you can trim the excess dough with a knife.

Now pierce the bottom of the dough with a fork in just a few places and then chill it again for 30 minutes in the fridge. Preheat the oven to 355° F (180° C) to bake the pastry. Place a large piece of crumpled baking paper and fill with rice or baking beads. Bake it for 15 minutes. You can then remove the paper and the rice or baking beads and bake for 10 minutes more.

FILLING

In a pan add the cooking oil and the onions and cook on medium heat until soften and slightly brown. Add the bell pepper and the peas and 1/4 tsp sea salt and cook for 10 more minutes on low-medium heat. In a food processor place the tofu the nutritional yeast, the lemon juice, the nutmeg and the sea salt and process until it is very smooth.

Now you can add the chickpea flour as well as more seasoning if you'd like, and then process some more until the texture is smooth. Fill the pre-baked dough with the cooked onions, bell pepper and green peas and add the tofu mix. Add the vegan shredded cheese on top and bake for about 30 minutes at 400° F (200 °C) until the top is browned.



Gurkensalat

Germany

- 2 large cucumbers, sliced
- Juice of 1/2 lemon
- 10 oz silken tofu
- Fresh chives, chopped
- Sea salt, to taste (see p. 10)

Blend the silken tofu with the lemon juice in salt to obtain a creamy consistency.

Toss with the cucumbers and sprinkle some fresh chives at the top.





Bruschetta

Italy

- 2 tomatoes, diced
- 2 cloves garlic, minced
- 2 tbsp extra virgin olive oil
- 1 tbsp cherry or raspberry sauce
- 1 loaf Italian or French bread, sliced and toasted
- Sea salt, to taste (see p. 10)
- Fresh parsley or basil for garnish

In a bowl, toss together the tomatoes, garlic, sea salt, and 1 tbsp of olive oil.

Spread the tomato on the toasted bread and sprinkle more olive oil and raspberry or cherry sauce.

Garnish with some fresh parsley or basil.





Tomato & Cucumber Gazpacho

Spain

- 6 very ripe tomatoes, seeded and roughly chopped
- 1 cucumber, peeled and roughly chopped
- 1 red bell pepper, roughly chopped
- 1/4 cup extra-virgin olive oil
- 1 tbsp freshly squeezed lemon juice
- Sea salt, to taste (see p. 10)

In a blender, blend all the ingredients together.





Whole Wheat Country Bread

France

- 3 cups whole wheat flour
- 3/4 cups unbleached all-purpose flour + more for rolling and dusting
- 1 1/2 cups warm water
- 3/4 tbsp fast-acting yeast
- 2 tbsp liquid sweetener (see p. 10)
- 1/2 tbsp sea salt (see p. 10)
- Optional: olives (pitted and sliced), nuts (chopped), or raisins

Combine all the ingredients in a large bowl and stir well. Knead the dough with your clean hands (add a little more flour if necessary so that it is not sticking to the sides).

Lift the dough out and lightly grease the bowl with cooking oil. Cover and let rise for 4 hours in the fridge. Transfer dough to a lightly floured work surface and knead about 30 turns or until elastic.

Place on a baking sheet and put a light coating of flour over the top to help keep the dough moist. Loosely cover with fabric and let rest for 45-60 minutes.

Preheat oven to 425°F (220°C). Place in oven and bake the bread for 30 minutes, or until golden brown and risen.

Remove the bread from the oven and let rest in the pan for a few minutes.





Tarte Bourdaloue

France

RUSTIC PIE CRUST

- 1 1/2 cup all-purpose flour, plus extra for rolling
- 1 cup wheat flour (or other flour, see p. 8)
- 1 cup dairy free very cold unsalted butter (see recipe on p. 182)
- 7 tbsp very cold water
- 1 tsp sea salt (see p. 10)

FILLING

- 1/2 cup brown sugar (or other, see p. 10)
- 2/3 cup almond powder
- 1 tbsp corn starch
- 1 tbsp flax seed meal
- 3 tbsp water

- 4 ripe pears, peeled and sliced

RUSTIC PIE CRUST

Mix the flours and the salt together with a spatula. Add the butter and mix very well with one hand. With one hand add the cold water very slowly and keep mixing with the other hand. The dough should hold together but should not be too sticky (You can always add a little more flour or water depending on the dough consistency).

Knead your dough but not too much as it could develop gluten which will toughen the dough.

Sprinkle your dough with a little flour and wrap it in plastic wrap, and refrigerate for one hour.

FILLING

Preheat your oven to 350°F (180 °C). Grease a pie plate of 8 inch in diameter and spread the dough about 0,3 inch thick.

Mix together the flax seed meal and water and let sit for at least 5 minutes.

Mix together the sugar, 1/2 cup almond powder, the corn starch and flax egg to obtain a moist consistency (add a little more water if necessary, but the consistency should not become liquid).

To make the pie, roll the dough in a circle shape and place it in a previously greased pie pan.

Then add the filling over the dough, and the sliced pears in a star-shape and sprinkle the rest of the almond flour on top. Bake for about 30 minutes.





Red fruits tarte

France

CRUST

- 1 1/2 cups all-purpose flour
- 1/4 cup thin brown sugar
- 1/2 cup vegan butter (see recipe on p. 175)
- Water if needed, added little by little

FILLING

- 1/2 cup all-purpose flour
- 2 cups non dairy milk (see p. 9)
- 1/3 cup thin brown sugar
- A pinch sea salt
- 1/4 cup fresh lemon juice
- 2 tsp lemon zest, grated
- 1/2 tsp vanilla extract
- About 10 large strawberries, delicately and nicely sliced
- Other red fruits (optional)

CRUST

Mix of the ingredients together and gently knead the dough. Add some water if necessary knowing that the dough should be smooth.

Sprinkle some flour on a large clean surface and form a circle with the dough, that is about 0.3 inch thick.

Place the dough on a round pie dish previously greased, add some parchment paper and rice over it, and bake in a preheated oven at 300 °C (150 °C) for about 20 minutes or until golden. Then set it aside and let it cool down

FILLING

Place all the ingredients in a saucepan, and whisk well to combine. Warm up over medium heat whisking constantly until it thickens. When it has thickened, place the mixture into a small bowl with a plastic wrap over it (it should cover the cream very well by touching it, so that it will prevent the cream from thickening at the top). Then place it in the refrigerator for at least 2 hours.

To make the pie, place the cream on the crust and add some strawberry slices over it with other red fruits if you would like. Refrigerate for at least an hour before eating.





French Rustic Apple Pie

France

RUSTIC PIE CRUST

- 1 1/2 cup all-purpose flour, plus extra for rolling
- 1 cup wheat flour (or other flour, see p. 8)
- 1 cup dairy free very cold unsalted butter (see recipe on p. 182)
- 7 tbsp very cold water
- 1 tsp sea salt

FILLING

- 1/2 cup brown sugar (or other, see p. 10)
- 2/3 cup almond powder
- 1 tbsp corn starch
- 1 tbsp flax seed meal
- 3 tbsp water

- 5 sweet apples, peeled and sliced
- Apple or apricot preserve (optional)
- Walnuts or sliced almond (optional)

RUSTIC PIE CRUST

Mix the flours and the salt together with a spatula. Add the butter and mix very well with your washed hands. With one hand add the cold water very slowly and mix with the other hand. The dough should hold together but should not be too sticky (You can always add a little more flour or water depending on the dough consistency).

Knead your dough but not too much as it could develop gluten which will toughen the dough.

Sprinkle your dough with a little flour and wrap it in plastic wrap, and refrigerate for one hour.

FILLING

Mix together the flax seed meal and water and let sit for at least 5 minutes.

Mix together the sugar, 1/2 cup almond powder, the corn starch and flax egg to obtain a moist consistency (add a little more water if necessary, but the consistency should not become liquid).

To make the pie, roll the dough in a circle shape and place it in a previously greased pie pan. Then place the filling in it and arrange the apple slices on top in overlapping concentric circles.

If you have extra dough, you can place it over the pie in a decorative way.

Bake in a preheated oven at 400 °F (200 °C) for about 40 minutes or until the apples are tender and golden. You can optionally brush the apples with the some melted preserves or add some nuts on top.





Mousse au Carob

France

- 3/4 cup chia seeds
- 2 1/4 cups dairy free milk (see p. 9)
- 1/2 cup carob powder
- 1/3 cup liquid sweetener (see p. 10)
- 1 tsp vanilla extract
- 1/2 tsp sea salt (see p. 10)

Whisk together the chia seeds, milk, carob powder, liquid sweetener, vanilla and salt in a bowl. Cover and place in the fridge for 2 hours or overnight.

Place the mix to a blender and blend until smooth and creamy.

Optionally top with nuts, dry fruits or fruits fruits.







Veganized
CARIBBEAN INSPIRED RECIPES

The Bible Diet

Okra And Rice

Bahamas

- 24 okra, sliced
- 1 tbsp tomato paste (see recipe on p. 180)
- 1 tsp fresh or dry thyme
- 2 tbsp cooking oil (see p. 9)
- 1 tbsp all purpose seasoning (recipe on p 180)
- 2 cup rice
- 2 cups water (or more if necessary)
- Sea salt, to taste (see p. 10)

In a large pan, warm up the cooking oil and add the okra, all purpose seasoning, thyme, and salt to your taste. Cook for about 15 minutes or until the okra are soft.

Add the tomato paste, stir, and cook for a minute.

In a separate pot, bring the water to a boil and add the rice. Cook for 15 minute (or more for brown rice) on low-medium heat. Turn off heat, and add a lid on top so that the rice will steam for 10 minutes. Keep the lid on until serving, without stirring the rice.





Callaloo Rice

Jamaica

- 2 cups callaloo, chopped
- 1/2 onion, chopped
- 2 garlic cloves, chopped
- 2 heads scallion, chopped
- 1 tsp fresh or dry thyme
- 1 tsp ground cayenne pepper
- 2 tbsp cooking oil (see p. 9)
- 2 cups rice
- 1 tsp brown sugar
- 1 tbsp all purpose seasoning (recipe on p 180)
- 4 tbsp coconut milk
- 2 cups water (or more if necessary)
- Sea salt, to taste (see p. 10)

Coat the bottom of a pan with 1 tbsp cooking oil, and heat on medium heat. Add the onion and stir to coat the onions with the oil. Let cook about 5 minutes, stirring occasionally. Reduce the heat to prevent the onions from burning or becoming dry and add a pinch of salt (optional). You can also add a little more olive oil or water to the pan to keep the onions moist. Then add the garlic, scallion, thyme, cayenne pepper and cook until fragrant.

Add the callaloo and continue to cook for another 5 minutes on low-medium heat.

In a separate pot, bring the water to a boil and add the rice, sugar, all purpose seasoning, coconut milk, and salt. Cook for 15 minute (or more for brown rice) on low-medium heat. Turn off heat, and add a lid on top so that the rice will steam for 10 minutes.

Stir in the cooked callaloo.





Mofongo

Puerto Rico

SOFRITO

- 1/2 green bell pepper, sliced
- 2 garlic cloves, minced
- 1/4 large onion, sliced
- 1/4 cup fresh cilantro
- 1 small red chili
- 1 tsp ground annatto
- 1 teaspoon cooking oil (see p. 9)

STEW

- 2 cups cooked black beans (recipe on p. 182)
- 1/2 green bell pepper, chopped
- 1 onion, chopped
- 1 yellow squash, sliced
- 2 tomatoes, chopped
- 1/2 cup tomato sauce
- 1 tbsp cooking oil
- 1 tsp vegan liquid smoke
- 1 tbsp all-purpose seasoning (recipe on p 174)
- Sea salt, to taste (see p. 10)

MOFONGO

- 4 green plantains, peeled and sliced
- 2 garlic cloves, minced
- 3 tbsp cooking oil
- 1 tsp paprika
- 1 tsp ground cumin
- 1 tsp ground cayenne pepper
- 1 tsp all purpose seasoning

SOFRITO

Thinly chop all the sofrito ingredients.

STEW

In a large pan, add 1 tbsp of cooking oil and saute the sofrito for about 2 minutes. Then add the bell pepper, onion, and squash and sauté for about 10 minutes. Add the tomatoes, tomato sauce, all purpose seasoning, liquid smoke, and beans. Cover with a lid and cook on low heat, stirring occasionally for about 10 minutes until the sauce is thickened.

MOFONGO

Heat 3 tbsp cooking oil in a large pan and add the sliced plantains. Cook about 4 minutes on each side or until the plantains turn golden.

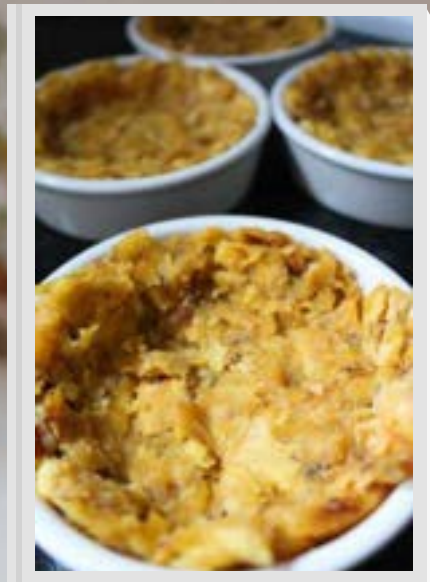
Place the plantains in a bowl, as well as all the other mofongo ingredients and mash until soft and a little chunky.

Fill 4 to 6 ramekins, with the plantains and firmly pat the mixture at the bottom and side of the ramekins.

Over a few minutes, the mixture will chill and it will be easy to turn out the mofongo in a plate.

To serve, place a portion of stew in the mofongo.





Rice & Peas

Jamaica

- 2 cups rice
- 1/2 cup water
- 1 1/2 cups full fat coconut milk
- 2 cups black or kidney beans, cooked (recipe on p. 182)
- 1 garlic clove, crushed
- 1/2 tsp ground allspice
- 1/2 tbsp fresh and dry thyme
- Sea salt, ta taste (see p. 10)

Add the the ingredients in a sauce pan, except the beans.

Bring to a boil, and then reduce to heat to low-medium heat and cook covered with a lid for about 10 minutes, stirring occasionally. Check if the rice is cooked (add a little more water and cook a little more if necessary).

Then remove from the heat and add in the cooked beans by stirring gently.

Cover for 10 minutes before serving.





Fried Plantains

Trinidad

- 4 ripe plantains, thinly sliced
- 4 tbsp cooking oil (see p. 9)

In a large pan, warm up the cooking oil. Then add the plantains. Cook on each side for about 2 minutes or until they are golden-brown

Place the plantains on a absorbent towel for a few minutes and then place on a serving dish.





Green Mango Souseau

Guadeloupe

- 1 green mango, peeled and grated
- 1 garlic clove, finely chopped
- 1/2 yellow onion, finely chopped
- 1/4 red bell pepper, finely chopped
- 1/2 tsp ground cayenne pepper
- 2 tbsp extra virgin olive oil
- Sea salt, to taste (see p. 10)

Mix all the ingredients together.
Let stand for about an hour in the fridge.





Papaya Marmalade

Martinique

- 1/2 papaya, diced
- 1/3 cup brown sugar

In a blender, blend the papaya.

Place the blended papaya and the brown sugar in a pot, stir well and cook on low fire for 20 minutes, stirring occasionally.

For serving, you can spread the marmalade on some dairy-free butter (see recipe on p. 182) on a toasted bread.





Sea Moss Drink

Jamaica

- 100 g Jamaican / Irish sea moss
- 5 cups water
- 1 cup dairy free milk (see p. 9)
- 1 cups full fat coconut milk
- 1/4 cup of liquid sweetener (see p. 10)
- 1/2 tsp ground nutmeg
- 1 tsp ground cinnamon
- 1 tsp of vanilla extract

Wash the sea moss several times and very well in a colander to take off the debris and excess salt.

Soak the sea moss overnight in some water. Drain the water (it will be salty and not good for the drink), place the sea moss in a blender with the 5 cups of water and blend in a blender. The texture of the seamoss should be like gelatine (if it is not, place it an other night in the fridge).

Depending on your blender power there might remain some small pieces of sea moss that won't taste nice in the drink, so you get place the blended sea moss in the colander to make sure that you obtain a smooth consistency.

You will obtain a large quantity of thick seamoss that you can keep in the fridge for several weeks.

To make about 6 to 8 drinks, mix up 8 tbsp of seamoss with the rest of the ingredients. Add more sweetener, nutmeg, cinnamon and vanilla extract to your taste. Enjoy fresh!







Veganized

SOUTH AMERICA INSPIRED RECIPES

The Bible Diet

Chow Mein

Guyana

- 12 oz package dried chow mein noodles
- 1 cup peas
- 1 cup carrots, cubed
- 1 cup corn
- 1 tsp freshly grated ginger or ground ginger
- 2 tbsp sesame oil
- 3 tsp soy sauce
- 1 tbsp casareep or sorghum syrup
- 1 tsp garlic powder
- 1 tsp sichuan peppercorns
- 1 tsp ground star anise
- 1/2 tsp ground cloves
- 1 tbsp ground cinnamon
- 1 tbsp ground fennel seeds
- Sea salt, to taste (see p. 10)

In a large pot, bring some water to a boil and add some salt and the chow mein. Cook according to package directions.

Drain noodles in colander, and rinse with cold water right away.

Place the noodles in a long pan and season with the all the spices and 1 tbsp of sesame oil. Gently stir, and set aside.

In a large pan, add 1 tbsp of sesame oil, the carrots, peas, and corn and cook for about 8 minutes or until the carrots are soft. Then add the seasoned chow mein noodles and cook for 5 more minutes, stirring gently occasionally.





3 Beans & Yellow Rice

Mexico

3 BEANS

- 2 cups cooked black beans (recipe on p. 182)
- 2 cups cooked pinto beans
- 2 cups cooked white beans
- 1 medium onion, sliced
- 1 red bell pepper, diced
- 10 cherry tomatoes, sliced
- 10 fresh or dry basil leaves
- 3 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp paprika
- 1/8 tsp ground cayenne pepper
- 1 tbsp tomato paste (see recipe p. 180)
- 1/2 cup water
- 2 bay leaves
- 1 tbsp purpose seasoning (see recipe p. 180)
- Sea salt, to taste (see p.10)

YELLOW RICE

- 2 cups rice
- 2 cups water
- 3 tsp cooking oil
- 1 tsp ground tumeric
- 1/2 tsp saffron or ground annato
- 1 tbsp all purpose seasoning
- Sea salt, to taste

3 BEANS

Place the onion and the bell pepper with some oil in a skillet and cook, stirring occasionally, until tender. Place the beans in a pot with the rest of the ingredients. Bring to a boil, then reduce the heat to low and cook for 20 minutes

YELLOW RICE

Bring the 2 cups of water to a boil in a pot. Add the rest of the ingredients. Cook for 15 minute (or more for brown rice) on low-medium heat. Turn off heat, and add a lid on top so that the rice will steam for 10 minutes. Keep the lid on until serving, without stirring the rice.





Veganized Bake & Salt Fish

Guyana

VEGANIZED SALT FISH

- 2 14 oz cans hearts of palms, drained and chopped
- 2 spring onions, chopped
- 1 red onion, chopped
- 4 gloves garlic, chopped
- 1 bell pepper, chopped
- 2 tbsp cooking oil (see p. 9)
- 1 tbsp soy sauce
- 2 tbsp freshly squeezed lemon

BAKE

- 3 cups all-purpose flour
- 4 tablespoon dairy free butter (see recipe on p. 182)
- 2 1/2 tsp baking powder
- 3 tbsp fine brown sugar
- 1 1/4 tsp sea salt (see p. 10)
- 1 1/4 cup water or more

VEGANIZED SALT FISH

Add the cooking oil, bell pepper and the onions in a pan and cook on low-medium heat for about 10 minutes or until slightly soft.

Add the remaining ingredients to the pan and mix well. Cook for 5 more minutes.

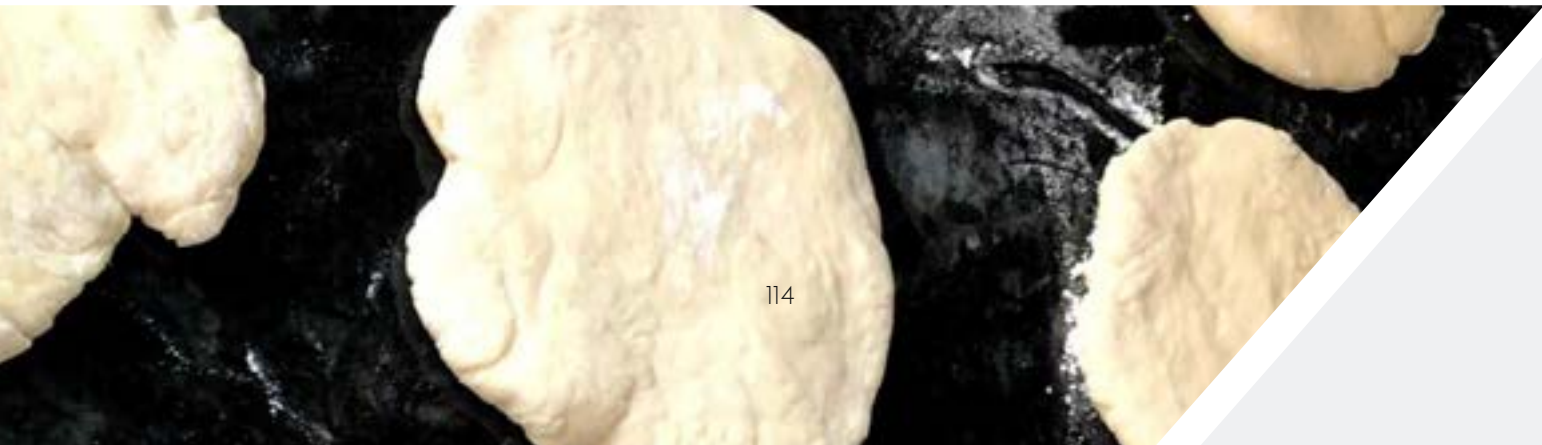
BAKE

In a large bowl, whisk together flour, sugar, baking powder, and salt. Then add the dairy free butter to stir well. add the water little by little, while mixing with your clean hands. The dough should be smooth (not too dry and not too sticky).

Let the dough rest for 20 minutes.

Divide the dough into 10 balls and flatten them to 1/2 inch thick. Place them on a baking sheet. Bake at 390° for 15-18 minutes or until lightly browned.

Split in half and fill with veganized salt fish.





Refried Bean Dip

Mexico

- 2 cups cooked black beans (recipe on p. 182)
- 1/3 cup water
- 1/2 tbs lime juice
- 1 tbsp all purpose seasoning (recipe on p. 180)
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- Sea salt, to taste (see p. 10)

In a saucepan over medium heat the water and add the all purpose seasoning, onion powder, garlic powder, cumin, coriander, salt, and stir well. Then add beans, stir and bring the mixture to a boil.

When it starts boiling, reduce to low heat and cook for 5 more minutes.

Mash the beans with a fork or a potato masher while it is still cooking.

Add lime juice and stir to combine. Let the mixture rest for 5 minutes covered so that it will stop to thicken.





Empanadas

Argentina

DOUGH

- 6 cups all-purpose flour
- 1 cup cooking oil (see p. 9)
- 1 cup cold water
- 1 tsp salt

FILLING

- 2 cloves garlic, minced
- 2 cups fresh spinach
- 1 onion, finely chopped
- 1 sweet potato, chopped in small cubes
- The juice of 1 lime
- 2 tbsp cooking oil
- 1 tsp ground cumin
- 1 tsp smoked paprika
- Sea salt, to taste (see p. 10)
- About 1/2 cup of dairy free milk (see p. 9)



FOR THE DOUGH

Combine the flour and the salt in a large bowl, and add the oil and the water. Knead well to form the dough but not too much as it could develop gluten which will toughen the dough.. Add more water or more flour if necessary.

TO MAKE THE FILLING

Heat the cooking oil in a large pan over medium heat. Saute the onion for several minutes until softened.

Add the garlic and cook until fragrant. Then add all the other ingredients and cook for about 20 minutes on low-medium heat, until the vegetables are soft. Gently mash the sweet potatoes with a fork or a potato masher. Stir well and it has cooled down. Place in the fridge overnight.

TO MAKE TO EMPANADAS

Roll out the dough and form circles about 1/4 inch thick and the size you'd like (the bigger the circles, the bigger the empanadas).

With a brush add some dairy-free milk on the borders of the circles. Add the filling at the center and close your empananas. To seal them you can use your finger or you can use a fork (make sure to be gentle, so that any hole is formed in the empanadas).

Brush the tops with your dairy free milk.

Bake in a preheated oven at 400°F (200°C) for 30 to 40 minutes or until golden brown.



Vegetable Feijoada

Brazil

VEGETABLES

- 3 medium sweet potatoes, cubed
- 1 green bell pepper, coarsely chopped
- 1 red bell pepper, coarsely chopped
- 1 red onion
- 2 tbsp cooking oil (see p. 9)
- Sea salt, to taste (see p. 10)

BLACK BEAN STEW

- 8 cups cooked black beans
- 1 onion, diced
- 4 cloves garlic, crushed
- 1 tbsp cooking oil
- 2 tsp tomato paste (see recipe on p. 180)
- 1 tbsp all purpose seasoning (see recipe on p. 174)
- 2 tsp smoked paprika
- 2 tsp ground coriander
- 2 tsp dried or fresh thyme
- 2 cup water

FOR THE VEGETABLES

Place all the vegetables in a shallow tray. Sprinkle with the cooking oil and the salt. Mix well so that the olive oil and the salt cover the vegetables well.

Place in a preheated oven at 375°F (190°C) for 30 minutes or until the vegetables are soft and roasted.

FOR THE BLACK BEANS STEW

Coat the bottom of a pan with 1 tbsp cooking oil, and heat on medium heat. Add the onion and some of salt (optional) and stir to coat the onions with the oil. Let cook about 5 minutes, stirring occasionally. Reduce the heat to prevent the onions from burning or becoming dry. You can also add a little more olive oil or water to the pan to keep the onions moist.

Then add the garlic and cook until fragrant, add the paprika and coriander, and stir well.

Add the beans, the water, the tomato paste and the thyme, stir well, increase the heat, and when the liquid start to boil, reduce the heat to medium and cover with a lid.

Cook for about 15 minutes.

Then add the roasted vegetables to the black bean pan and stir gently.





Cauliflower Ceviche

Peru

- 1 large head of cauliflower, chopped
- 2 medium tomatoes, diced
- 1 cucumber, de-seeded and diced
- 1 bell pepper, minced
- 1/2 onion, finely chopped
- 1 tbsp parsley or cilantro, chopped
- 3 tbsp fresh lime juice
- Sea salt, to taste (see p. 10)

In a large pot, bring salted water to a boil. Take a large bowl and fill it with water and ice.

Place the cauliflower into the boiling water and cook for 2 minutes. Drain the cauliflower and place them in the bowl with the ice water for about 10 minutes.

With a knife chop cauliflower into very small pieces or use a food processor.

Place the cauliflower, the tomatoes, cucumber, bell pepper, onion, cilantro or parsley, and lime juice, in a large bowl and mix well.

Season with salt, and let marinate for at least 30 minutes.





Elotes

Mexico

- 4 ears of corn, peeled
- 2 cloves garlic, finely minced
- 1 tsp ground cayenne pepper or paprika (for non spicy)
- 1 tbsp cilantro, finely chopped
- 1 tbsp fresh lime juice
- 1/2 cup of crumbled vegan feta or parmesan (see recipe on p. 181)
- 1/3 cup vegan mayonnaise, optional (see recipe p. 181)
- Sea salt, to taste (see p. 10)
- Lime wedges for garnish

Boil some water in a large pot, add some salt and the corn ears. Cook for 5 to 7 minutes.

In the meantime, mix together the vegan mayonnaise, garlic, cilantro and salt.

Place the cooked corn in a plate and spread the mayonnaise mixture on them and then the feta. Sprinkle a little cayenne pepper powder or paprika powder, and serve with lime wedges.







Veganized
ASIA INSPIRED RECIPES

The Bible Diet

Pad Thai

Thailand

- 7 oz pad Thai noodles
- 1 tbsp cooking oil (see p. 9)
- 3 tbsp soy sauce
- 1 tbsp sriracha
- 2 tbsp freshly squeezed lime juice
- 2 tbsp brown sugar
- 1 cup fresh bean sprouts
- 1 carrot, cut into julienne
- 1/2 red bell pepper, cubed
- 6 oz green beans, chopped
- 1 cup cilantro
- 3 scallions, thinly sliced
- 1/2 cup peanuts, chopped
- 1/4 cup peanut butter
- 1 lemon, sliced into 4 pieces

Bring a large pot of salted water to a boil. Remove from heat and add the noodles. Let sit about 20 minutes, or until soft. Drain and rinse under cool water.

Heat 2 tbsp cooking oil in a medium skillet over medium heat. Cook the green beans, red pepper, and carrot for 7 minutes until tender but a little crunchy.

To make the dressing, in a small bowl combine the soy sauce, sriracha, lime juice, the rest of the cooking oil, peanut butter and brown sugar. Whisk until emulsified.

In a large skillet combine the noodles, sauce, bean sprouts, green beans, red pepper, carrot, cilantro, and scallions. Toss until combined. Serve garnished with peanuts. and a lemon slice.





Veganized Meat Balls with Ginger Glaze

Korea

VEGANIZED MEAT BALLS

- 12 oz extra firm tofu, drained
- 1/2 medium onion, chopped
- 1 garlic clove, minced
- 1 1/4 cups panko breadcrumbs
- 2 tbsp dairy free milk (see p. 9)
- 2 tbsp soy sauce
- 2 tbsp cooking oil (see p. 9)

GINGER GLAZE

- 1/4 cup very cold water
 - 1 tbsp cornstarch
 - 1/4 cup soy sauce
 - 2 tbsp freshly squeezed lemon juice
 - 2 tbsp liquid sweetener (see p. 10)
 - 1 tsp sesame oil
 - 2 tsp freshly ginger, grated
-
- Sesame seeds

VEGANIZED MEAT BALLS

Preheat oven to 375°F (190°C). Place the tofu, onion, garlic, panko bread crumbs, milk, and soy sauce into a food processor bowl. Pulse until well mixed and crumbly.

Roll into several balls. Place the balls on a baking sheet lined with parchment and brushed with some oil.

Bake 30 minutes, turning about halfway through.

GINGER GLAZE

While the meatballs bake, stir cold water and cornstarch together in a small cup. Place the soy sauce, lemon juice, maple syrup, sesame oil and ginger in a small pot.

Bring just to a simmer, and stir in cornstarch mixture. Continue to simmer, stirring, just until mixture thickens, about one minute. Remove from heat. Pour the glaze over the meatballs and sprinkle with sesame seeds.





Sesame-seared tofu

Indonesia

- 12 oz extra firm tofu, drained
- 1 tbsp cornstarch
- 2 tsp cooking oil (see p. 9)
- 1 tsp sesame oil
- 1/2 cup vegetable broth (see recipe on p. 180)
- 2 tsp tamari
- Sesame seeds
- Basil leaves

Pat dry the tofu very well with paper towels. Cut tofu into 4 rectangular slices. Cut each slice diagonally to make 8 triangles.

Sprinkle the slices lightly with cornstarch, turning gently to coat. In a medium skillet heat the cooking oil over medium-high heat. Add the sesame oil, and stir.

Add the tofu to the skillet; cook about 2 minutes per side until lightly browned, turning carefully to prevent it from breaking. Add broth and soy sauce to skillet.

Bring to boiling; reduce heat to medium. Simmer 3 to 5 minutes or until liquid reduces to thickened consistency, spooning tofu slices with cooking liquid occasionally.

Transfer to a platter, sprinkle with sesame seeds and basil leaves while still hot.





Banana Ketchup

Phillipines

- 3 large bananas, mashed
- 1/2 medium yellow onion, chopped
- 2 garlic cloves, minced
- 1/2 cup bell pepper or jalapeño, chopped
- 2 tsp fresh ginger, grated
- 2 tbsp cooking oil (see p. 9)
- 1/4 tsp ground allspice
- 1/2 tsp ground turmeric
- 1 tbsp tomato paste (recipe on p. 174)
- 1 tbsp soy sauce
- 3 tbsp freshly squeezed lemon juice
- 2 tsp liquid sweetener (see p. 10)

Coat the bottom of a pan with 1 tbsp cooking oil, and heat on medium heat. Add the onion and some of salt (optional) and stir to coat the onions with the oil. Let cook about 5 minutes, stirring occasionally. Reduce the heat to prevent the onions from burning or becoming dry. You can also add a little more olive oil or water to the pan to keep the onions moist. Then add, the bell pepper or jalapeño, garlic, ginger, turmeric, and allspice and cook for a minute until it is fragrant.

Add the banana, the lemon juice, liquid sweetener, tomato paste and soy sauce and cook covered with a lid on low heat for about 10 minute, stirring occasionally.

Let it cool down and blend in a food processor until the consistency is smooth. Add a little water if it is too thick. You can enjoy it warm or cold with tofu, fried rice, potato fries, empanadas, burger, or other.





Veganized Tocino

Phillipines

- 2 cups vital wheat gluten
- 1/4 cup nutritional yeast
- 3 tbsp all purpose seasoning (see recipe on p. 174)
- 2 cloves garlic, finely minced
- 2 tbsp paprika
- 1/2 cup vegan chicken broth (see recipe on p. 181)
- 1/4 cup soy sauce
- 1/2 cup liquid sweetener (see p. 10)
- 2 1/2 tbsp vegan liquid smoke
- 1 tbsp dijon mustard
- 3 tbsp tomato paste (see recipe on p. 174)
- 1/4 cup cooking oil (plus more for frying)



In a bowl mix together the vital wheat gluten, nutritional yeast, 2 tbsp all purpose seasoning and 1 tbsp paprika.

In an other bowl, mix together the vegan chicken broth, 1/4 cup cooking oil, 1/4 cup soy sauce, 1/4 cup liquid sweetener, 2 tbsp liquid smoke, the dijon mustard and 2 tbsp tomato paste.

Mix the wet ingredient and the dry ingredients very well. It should form a thick dough that you can knead a few minutes until it becomes firm. Try to form a rectangle with the dough, place it in foil paper and steam it for 20 minutes. Then cool it down a few minutes and cut into small pieces or slices (if you'd like it to look like bacon).

Set aside and make a marinade by mixing up together the rest of the all purpose seasoning, paprika, soy sauce, liquid sweetener, liquid smoke, garlic, and tomato paste. Place half of the marinade on the slices.

In a large pan heat some oil over medium heat and cook the slices a few at a time for a few minutes on each side, making sure that it doesn't burn. When all the slices are cooked, set them aside. Add the remaining marinade to the pan, warm it up on low heat, and add all the slices to it, trying to cover them with the marinade.



Fried Rice

China

- 4 cups rice
- 8 cups water
- 2 medium carrots, cubed
- 1 cup green beans, chopped
- 1 cup corn
- 1/2 medium yellow onion, chopped
- 1 tbsp cooking oil (see p. 9)
- Soy sauce, to taste
- 1 tbsp sesame oil
- Green onions for garnish

In a saucepan, bring the water to a boil. Add the rice, and reduce to heat to medium. Cook for 15 minute (or more for brown rice) on low-medium heat. Turn off heat, and add a lid on top so that the rice will steam for 10 minutes. Keep the lid on until serving, without stirring the rice.

Heat the cooking oil in a large pan over medium heat. Saute the onion for several minutes until softened. Then add the carrot, corn and green beans, as well as 1 tbsp water. Stir well and cover the pot. Let cook on low-medium heat for about 10 minutes, stirring occasionally (add a little more water if needed to avoid burning).

Stir the rice in the vegetables add the soy sauce and the sesame oil. Toss well and cook on low heat for about 5 minutes.

Slice some green onions and garnish your dish.





Masala Lentils

India

- 3/4 cup brown lentils, washed and drained
- 2 large tomatoes, chopped
- 2 cups water
- 1 medium yellow onion, finely chopped
- 6 cloves garlic, chopped
- 2 tbsp cooking oil (see p. 9)
- 2 tsp ground coriander
- 1 tsp paprika
- 1/2 tsp ground cumin
- 1/2 tsp ground cardamom
- 1/2 tsp ground cinnamon
- 1/8 tsp fenugreek seeds
- 1/8 tsp ground nutmeg
- 1 tbsp water
- Hot sauce, to taste
- Sea salt, to taste (see p. 10)
- Fresh cilantro or parsley for garnish (optional)

Bring 2 cups of water to a boil in a saucepan and add the lentils. Reduce the heat to medium, cover the saucepan and cook for about 30 minutes or until the lentils are soft.

In a large pan, add 1 tbsp of oil and cook the onions on low-medium heat until they become golden. Add more oil or some water to the pan if necessary to avoid burning.

Add the garlic, cumin, coriander, cinnamon, fenugreek, paprika, nutmeg, cardamom, hot sauce, 1 tbsp oil and the 1 tbsp of water in a blender. Blend until it forms a paste.

Add this paste to the pan and cook for a few minutes and fragrant.

Then add the tomatoes, and some salt and cook for about 5 minutes. Add the lentils to the pan and cook for 10 more minutes.

Add some cilantro or parsley for garnish.





Chickpea Curry with Spinach

India

- 4 cups cooked chickpeas (see recipe on p. 182)
- 4 cups spinach
- 2 large tomatoes, sliced
- 1 medium yellow onion, chopped
- 3 garlic cloves, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp cooking oil (see p. 9)
- 2 tsp ground coriander
- 2 tsp paprika
- 1 tsp ground cumin
- 1/3 cup water
- Sea salt, to taste (see p. 10)
- Fresh parsley, for garnish

Coat the bottom of a pan with 1 tbsp cooking oil, and heat on medium heat. Add the onion and some of salt (optional) and stir to coat the onions with the oil. Let cook about 5 minutes, stirring occasionally. Reduce the heat to prevent the onions from burning or becoming dry. You can also add a little more olive oil or water to the pan to keep the onions moist.

Add the garlic and ginger and cook until fragrant. Add the paprika, coriander, and cumin and cook for about 1 minute.

Then, add the chickpeas, the tomatoes, some salt, and the water and stir well.

Reduce the heat to low, and cover the pan partially. Cook for about 15 minutes.

Add the spinach and stir well. Cook for about 10 minutes until the spinach become tender.

Garnish with some fresh parsley.



Fruit Spring Rolls

Vietnam

- 2 ripe mangoes, thinly sliced
- 2 bananas, thinly sliced
- 2 oranges, thinly sliced
- A bunch of fresh mint leaves
- 1 lemon
- 8 rice paper wraps

Add some warm water in a large bowl. Soak the rice paper for 15-20 seconds.

Make sure that the rice paper becomes soft but is still a little firm, and not too sticky.

Find the smooth side of the rice paper and place it in a large plate. Place the fruits in the middle of the rice paper, fold the top and the bottom of it and roll it very gently.





Hobak Buchim

Korea

HOBAK BUCHIM

- 1 medium zucchini, cut into match sticks
- 1/2 cup onion, thinly sliced
- 2 green hot chili peppers, thinly sliced
- 1/2 cup all purpose flour
- 1 tbsp flax seed meal
- 3 tbsp water
- Cooking oil for frying (see p. 9)
- Sea salt, to taste (see p. 10)

DIPPING SAUCE

- 1 tbsp soy sauce
- 1 tsp freshly squeezed lemon juice
- 1 tbsp water
- 1/2 tsp brown sugar
- Ground cayenne pepper, to taste

HOBAK BUCHIM

Place the zucchini in a bowl with about 1/2 tsp of sea salt and gently stir. Let the zucchini rest for about 10 minutes so that it can release some liquid.

In the meantime, make a flaxegg by mix 1 tbsp of flaxseed meal with 3 tbsp pf water. Stir well and set aside for at least 3 minutes.

Drain the zucchini by keeping the liquid in a separate bowl, and set the zucchini aside.

Mix up the flour with a flax egg and add the mixture to the zucchini, as well as the onion and the green chili peppers. Gently stir well. Let sit for about 3 minutes so that the mixture can become more liquid or add a little more water to it.

In a large pan, heat about 2 tbsp of oil and add some mixture to make a thin round shape just like a pancake.

Reduce to heat to medium and cook until the bottom becomes golden then delicately flip it on the other side.

Do the same with the remaining of the mixture.

DIPPING SAUCE

For the dipping sauce, simply mix up all the ingredients together.



Kongnamul Japchae

Korea

- 4 ounces Korean sweet potato starch noodles
- 1/2 medium carrot, thinly sliced into julienne
- 1/4 red bell pepper, thin sliced into julienne
- 1 cup soybean sprouts
- 2 scallions, sliced
- 2 garlic cloves, minced
- 2 cups water
- 1 tsp cooking oil (see p. 9)
- 2 tbsp soy sauce
- 1 tbsp brown sugar
- 1 tbsp sesame oil
- 1/2 tsp sesame seeds

Bring the water to a boil in a large pan and add the soybean sprouts. Cover the pan and cook for about 2 minutes. Remove the soybean sprouts from the pan and set aside. Make sure to keep the liquid in the pan.

In a medium bowl mix up the soy sauce, garlic, brown sugar, sesame oil, and sesame seeds together. Make sure that the sugar dissolves.

Add 1 tsp of oil and 1 tbsp of the soy sauce mix to the liquid in the pan, stir well and add the noodles. Cook for 7 minutes until the noodles are soft and that the liquid is almost gone. Lower the heat, and add the bell pepper, the carrot, the scallions and the soybean sprouts, as well as the remaining sauce. Toss everything well and cook for an extra minute.

If you would like the carrots and the bell pepper not to be crunchy and therefore more cooked. Add them upfront at the same time as the noodles in the pan.





Barley Pudding

India

- 2 cups barley, cooked
- 1 cup raisins
- 1 15oz can of full fat coconut milk
- 1/4 cup liquid sweetener (see p. 10)
- 1 cup dairy free milk (see p. 9)
- 2 tsp vanilla extract
- 2 tsp ground cinnamon
- 1/4 tsp ground cardamom
- 1/4 tsp ginger powder
- Zest of half an orange
- A pinch of salt

In a sauce pan bring the coconut milk to a boil and add the cooked barley, the sweetener, the vanilla extract, the cinnamon, cardamom, ginger and orange zest. Cook on medium - high heat for 5 minutes.

Add the raisins and the vegetal milk, stir well and cook for another 10 minutes, stirring frequently.

If you would like the consistency to be a little thicker, cook for a few more minutes. Keep in mind that the mixture will thicken anyway when the pudding will cool down.





Khao Niaow Ma Muang

Thailand

- 2 ripe mangos, sliced
- 1 cup "sticky" (or "starchy") rice
- 1 1/2 cups water
- 4 tbsp brown sugar
- 1/4 tsp sea salt (see p. 10)
- 1 can full fat coconut milk

Add the rice and 1 cup of water to a saucepan and let soak for 30 minutes. Soak the rice in 1 cup water for 20 to 30 minutes.

Add 1/2 cup more of water, 1/2 can coconut milk, the salt, and 1 tbsp of brown sugar, and stir well.

Bring to a boil and lower the heat to low - medium as soon as it boils. Cover the saucepan with a lid partially, and simmer for about 30 minutes or until the rice has absorbed the liquid.

Then turn off the heat and place the lid tightly on the pan. Let sit for 10 minutes.

Warm up the rest of the coconut milk and the sugar on low heat for about 5 minutes, stirring occasionally.

To serve, place a scoop of sticky rice in small plate or a bowl, drizzle some sweet coconut milk sauce, and top with some mango slices.







Veganized

NORTH AMERICA INSPIRED RECIPES

The Bible Diet

Black Bean Burger

Texas, USA

- 2 cups cooked black or red beans (recipe on p. 182)
- 1/2 green bell pepper, diced
- 1/2 medium onion, sliced
- 3 cloves garlic, peeled
- 1/2 red onion, thinly sliced
- 1 tomato, sliced
- 1/2 lettuce, washed, sliced
- 1 tbsp chili powder
- 1 tbsp ground cumin
- 1 1/2 cup bread crumbs
- 4 whole wheat burger buns
- Vegan Cheesy sauce (see recipe on p. 181)
- Ketchup (see recipe on p. 181)
- Vegan mayonnaise (see recipe on p. 181)
- Sea salt, to taste (see p. 10)

In a medium bowl, mash the black beans with a fork or a potato masher. In a food processor, finely chop the bell pepper, onion, and garlic. Then stir them into the mashed beans.

Mix in salt, chili powder, and cumin and bread crumbs until the mixture is sticky and holds together. Divide mixture into 4 patties.

Place patties on a lightly oiled baking sheet, and bake in a preheated oven at 375°F (190°C) for about 10 minutes on each side.

Place the cooked patties between burger buns and add any assortment you'd love in your burgers such as the vegan cheesy sauce, vegan mayonnaise, ketchup, red onion slices, tomato slices, lettuce.





Veganized Fried Chicken (with Cauliflower)

Louisiana, USA

- 2 heads of cauliflowers, rinsed
- 1 cup cornstarch
- 2 tbsp garlic powder
- 2 tsp onion powder
- 2 tsp paprika powder
- 1/2 cup water
- 2 cups breadcrumbs
- Sea salt, to taste (see p. 10)

Cut the cauliflowers into 1 to 2 inches florets. Combine the cornstarch, garlic powder, onion powder, salt, paprika, and water in a bowl and whisk until homogeneous.

Add the batter to the cauliflowers and stir with clean hands until the cauliflowers are well coated with the batter.

Place the breadcrumbs into a plate and place the cauliflowers into it (a few pieces at a time) to coat them with the breadcrumbs.

Place the cauliflowers into a air fryer or a oven and fry during 15 minutes in a preheated oven at 370°F (190°C). Then stir, and fry the cauliflowers 7 more minutes. Let it cool a few minutes, and eat while crispy and warm.

You can serve with BBQ sauce (recipe on p. 160).





BBQ Sauce

South Carolina, USA

- 1 cup tomato paste (see recipe on p. 180)
- 1/2 cup water
- 3 tbsp liquid sweetener (see p. 10)
- 3 tsp molasses
- 4 tsp freshly squeezed lemon juice
- 2 1/2 tsp vegan liquid smoke
- 1 tsp ground cayenne pepper
- 1 tsp garlic powder
- Sea salt, to taste (see p. 10)

Add everything in a bowl and simply mix everything together.

You can serve it as it is or warm it up with your favorite food!





Veganized Mac & Cheese

Boston, USA

- 2 Cauliflowers
- 1 cup cashew nuts previously soaked for 8 hours (overnight)
- 6 tbsp nutritional yeast
- 3 tbsp cornstarch
- 3 tsp onion powder
- 3 tsp garlic powder
- 3 tsp paprika
- 2 tsp dijon mustard
- 1 cup water
- 1 cup dairy free shredded cheese
- Sea salt, to taste (see p. 10)

Cut the cauliflowers into macaroni size pieces. Steam them for 5 minutes to soften them a little (they should not be too soft). Place 3/4 of the cauliflowers in a baking pan.

In a mixer, mix the 1/4 of the cauliflowers, 1 cup soaked cashews, 6 tbsp nutritional yeast, 3 tbsp cornstarch, 3 tsp onion powder, 3 tsp garlic powder, 3 tsp paprika, 3 tsp sea salt, 2 tsp Dijon mustard and 1 cup water, until smooth consistency.

Place the mixture into a oven pan and stir in the cauliflowers. Add some vegan shredded cheese on top.

Bake for 20 minutes in a preheated oven at 375°F (190°C).





Veganized meatloaf

Pennsylvania USA

- 2 small carrots, diced into small pieces
- 2 celery stalks, diced into small pieces
- 1 small onion, diced into small pieces
- 3 garlic cloves, minced
- 1 tbsp cooking oil (see p. 9)
- 3 cups cooked chickpeas (see recipe on p. 176)
- 2 tbsp flax seed meal
- 1 cup breadcrumbs
- 3 tbsp nutritional yeast
- 2 tbsp soy sauce
- 1/3 cup ketchup, plus extra for topping (see recipe on p. 181)
- 1/2 tsp vegan liquid smoke

Coat the bottom of a pan with 1 tbsp cooking oil, and heat on medium heat. Add the onion and some of salt (optional) and stir to coat the onions with the oil. Let cook about 5 minutes, stirring occasionally. Reduce the heat to prevent the onions from burning or becoming dry. You can also add a little more cooking oil or water to the pan to keep the onions moist.

Add the garlic and cook until fragrant, and then add the celery and carrots and cook for 5 more minutes. Set aside.

Gently mash the chickpeas in a large bowl with a fork or a potato masher, so that they don't become too mushy.

Add all the other ingredients and stir well to combine.

Place the mixture into a oiled loaf pan and firmly press it down with a spoon or your clean hands.

Cover the pan with foil and bake in a preheated oven at 375°F (190 °C) for 30 minutes.

Spread some ketchup on top and cook in the oven for an other 10 minutes, with the foil paper.

Let it cool down before slicing.



Sweet Potato Poutine

Quebec, Canada

SWEET POTATO FRIES

- 6 small-medium sweet potatoes, cut into thick fries
- 3 tbsp cooking oil (see p. 9)

GRAVY

- See recipe on p. 175

SPINACH (optional)

- 4 cups fresh spinach
- 1 tbsp cooking oil
- 1 tbsp all purpose seasoning (see recipe on p. 180)
- Sea salt, to taste (see p. 10)

SAVORY VEGETABLES (optional)

2 onions, thinly sliced
1 bell pepper, thinly sliced
2 tbsp cooking oil
Sea salt, to taste

VEGANIZED BACON (optional)

2 cups vital wheat gluten
1/4 cup nutritional yeast
3 tbsp all purpose seasoning
2 tbsp paprika
1/2 cup vegan chicken broth
1/4 cup cooking oil (plus more for frying)
1/4 cup soy sauce
1/2 cup liquid sweetener (see p.10)
2 1/2 tbsp liquid smoke
1 tbsp dijon mustard
3 tbsp tomato paste

SWEET POTATO FRIES

Coat the sweet potato fries with the oil. Spread coated potato fries in a single layer, leaving space around each fries, on one or two prepared baking sheet. Bake in the preheated oven at 400°F (200°C) for 15 minutes; flip fries and continue baking until crisp and browned for about 15 more minutes or until they become golden brown.

Add the gravy (see recipe on p. 181) on the fries and enjoy as it is or with other toppings such as spinach, savory vegetables, vegan bacon, vegan cheese....

SPINACH

Warm put the oil in a large pan and add all the other ingredients. Stir well and cook with the lid on for about 10 minutes on medium heat.

SAVORY VEGETABLES

Coat the bottom of a pan with the neutral oil, and heat on medium heat. Add the onions and some of salt (optional) and stir to coat the onions with the oil. Let cook about 5 minutes, stirring occasionally. Reduce the heat to prevent the onions from burning or becoming dry. You can also add a little more olive oil or water to the pan to keep the onions moist. You can then add the bell pepper and cook for 5 more minute, stirring occasionally.

VEGANIZED BACON

In a bowl mix together the vital wheat gluten, nutritional yeast, 2 tbsp all purpose seasoning and 1 tbsp paprika. In an other bowl, mix together the vegan chicken broth, 1/4 cup neutral oil, 1/4 cup soy sauce, 1/4 cup liquid sweetener, 2 tbsp liquid smoke, the Dijon mustard and 2 tbsp tomato paste. Mix the wet ingredient and the dry ingredients very well. It should form a thick dough that you can knead a few minutes until it becomes firm. Try to form a rectangle with the dough, place it in foil paper and steam it for 20 minutes. Then cool it down a few minutes and cut slices with a knife. Set aside and make a marinade by mixing up together the rest of the all purpose seasoning, paprika, soy sauce, liquid sweetener, liquid smoke and tomato paste. Place the marinade on the slices.

In a large pan heat some oil and cook the slices a few at a time for a few minutes on each side.



Rice Krispies with carob

Michigan, USA

- About 5 big Medjool dates (or 10 small dates)
- 1/2 cup creamy peanut butter
- 1/4 cup carob powder
- 2 tbsp liquid sweetener (see p. 10)
- 4 cups brown rice crispy cereal
- Some Water

Add the dates, peanut butter, carob powder and liquid sweetener into a blender and blend well. Add some water if the consistency is too stick.

Using your hand, mix up this mix with the crispy rice in a large bowl.

Grease a pan and place the mixture in it. Press the mixture firmly in the pan by using your hands.

Refrigerate for 1 hour or more and then cut everything into small bars.





Strawberry - Carob Icepops

California, USA

CAROB ICE POPS

- 2 cups full fat coconut milk, at room temperature
- 4 tbsp carob powder
- 1 tbsp pure vanilla extract
- 3 tbsp liquid sweetener (see p. 10)

FOR THE STRAWBERRY ICE POPS

- 2 cups fresh or frozen strawberries
- Liquid sweetener, to taste (optional)

FOR THE CAROB ICE POPS

Blend all the ingredients together with a whisk or a fork. Place the mixture into ice pop containers and place in the freezer for at least 12 hours.

FOR THE STRAWBERRY ICE POPS

Blend the strawberries in a blender with the liquid sweetener (optional). Place the mixture into ice pop containers and place in the freezer for at least 12 hours.

You can place other ingredients in you ice pop containers to create some decoration such as poppy seeds, pieces of fruits, or nuts. Don't hesitate to be creative.!





Fluffy Vanilla pancakes

Quebec, Canada

- $\frac{3}{4}$ cup whole wheat flour
- $\frac{1}{2}$ cup all-purpose flour
- 1 cup dairy free milk (see p. 9)
- 2 tsp baking powder
- 2 tbsp liquid sweetener (see p. 10)
- 1 tbsp cooking oil (plus more for frying)
- 1 tsp pure vanilla extract
- $\frac{1}{4}$ tsp sea salt (see p. 9)

Mix all the dry ingredients together in a bowl, and mix all the wet ingredients together in a separate bowl.

Make a hole at the center of the dry ingredients and pour in and wet ingredients. Mix all together very gently and for just a minute or two until the batter is smooth. Set aside for 5 minutes.

Add some oil in a pan and heat it over medium heat. Place some batter at the center and gently move your pan some that the batter form a pancake. When you start seeing a few bubbles at the top you can gently flip your pancake and cook for about a minute until it is brown at the bottom (keep in mind that in general the first pancake is never well formed so if it is the case don't despair and try an other one).

Place the pancake in a plate and cook the other pancakes.





Yogurt parfait, Granola & Fruits

New York, USA

GRANOLA

- 2 cups rolled oat
- 1/3 cup liquid sweetener (see p. 10)
- 1/3 cup nut butter (peanut, almond...)
- 1 tbsp cinnamon (optional)
- 1 tsp vanilla extract (optional)
- Dry bananas (optional)
- Dry shredded coconut (optional)
- Carob chips (optional)
- Almond (optional)
- Raisins (optional)

Mix all together well with a spoon or your clean hands.

Grease a large pan with some oil.

Add the granola mix, and press down on it with the bottom of a large spoon or a glass.

Bake for 16 min in a preheated oven at 325°F (160°C), flipping halfway. Let it cool down.

For presentation, take a clear glass and place alternative layers of yogurt, granola, and fruits.

YOGURT

- See recipe on p. 182

FRUITS

- Add your favorite fruits





Banana, vanilla, chia Milkshake

Chicago, USA

- 2 ripe medium bananas, peeled, chopped and frozen
- 3 tbsp chia seeds
- 4 cups dairy free milk (see p. 9)
- 1 tsp vanilla extract
- Liquid sweetener, to taste (optional)

Place the milk and the chia seeds in a bowl and stir well. Place in the refrigerator for an hour, stir well and place the bowl back in the refrigerator for an other hour (or more).

Add the chia seeds mix, the bananas, the vanilla extract and the liquid sweetener (optional) into a blender and blend until smooth and creamy.

Enjoy while it is fresh!







Simple DIY
SEASONINGS, SAUCES & MORE

The Bible Diet

All-purpose seasoning

1 tbsp sea salt
1 tbsp paprika
1 tbsp garlic powder
1 tbsp onion powder
1 tbsp dried parsley
1 tsp dried tarragon
1 tsp dried dill
1 tsp dried oregano
1 tsp celery seed
1/2 tsp ground coriander

Add all the ingredients in a bowl and combine well. Transfer the seasoning to a standard-sized spice jar with a large hole. Store in a cool, dry place.

Herbes de Provence seasoning

1 tbsp dried oregano
1 tbsp dried rosemary
1 tbsp dried thyme
1 tbsp dried marjoram
1 tbsp dried savory
1 tbsp dried basil
1 tbsp dried fennel seed
1 tbsp dried lavender flowers (optional)

Add all the ingredients in a bowl and combine well. Transfer the seasoning to a standard-sized spice jar with a large hole. Store in a cool, dry place.

Vegetable broth

1 onion, chopped
2 stalks celery, chopped
1 carrot, chopped
1 medium potatoes, coarsely chopped
1/3 cup mushrooms, chopped
3-4 cloves garlic, minced
3 bay leaves
1 tbsp soy sauce
9 cups water
Sea salt

Place all the ingredients in a large pot and bring to a boil. Reduce heat and let your vegetable broth simmer for 2 hours, covered with a lid. The liquid should reduce a little. Once your broth is done cooking, strain out the vegetables and garlic and remove the bay leaves (you can keep the vegetables to make a puree).

Tomato paste

10 lbs very ripe and good quality tomatoes
1 tbsp extra-virgin olive oil
1 tbsp salt

Preheat the oven to 200°F (93°C)

Core the tomatoes. Remove the seeds with your fingers. Place all the tomatoes and bring to a boil, stirring occasionally, until the tomatoes release their juices.

Pass the tomatoes through a colander to remove the skins and any seeds. Return the tomato purée to the same pot and set over high heat. Stir in the salt, and turn the heat down as the purée thickens to prevent it from bubbling and splattering furiously, and stir often to prevent scorching.

Lightly put some oil on a non-aluminum baking sheet, spread the thick tomato purée in an even layer. Position a rack in the center, place the baking sheet in the oven and bake. Remove from the heat every 20 minutes and stir the purée with a spatula so that it dries evenly and doesn't form a crust. Do this for 2 hours.

Let the tomato paste cool and pack it tightly in a clean jar with a spoon, tamping it down to make sure there are no air pockets. Cover the surface completely with olive oil so that the paste is not exposed. It will keep in the refrigerator for at least a year.



Vegan mayonnaise

1 cup oil
1/2 cup unsweetened soy milk, at room temperature
2 tsp freshly squeezed lemon juice
1/2 tsp salt

Blend all the ingredients together, except the oil. Then slowly add the oil while blending until it emulsify and that the mayonnaise takes form.

Vegan cheesy sauce

1/2 cup nutritional yeast
1/2 cup unbleached flour
1 tsp soy sauce
2 cups cold water
1/4 cup vegetable oil
1 tsp dried mustard

Whisk together nutritional yeast flakes and flour in a sauce pan. Place pan over medium-high heat and whisk in cold water and soy sauce. Keep whisking as sauce thickens, bring to a rolling boil, reduce heat, cook 1 minute, remove from heat. Whisk in vegetable oil and mustard.

Vegan Parmesan

3/4 cup raw cashews
3 tbsp nutritional yeast
3/4 tsp sea salt
1/4 tsp garlic powder

Add all ingredients to a food processor and mix/pulse until a fine meal is achieved. Store in the refrigerator to keep fresh. Lasts for several weeks.

Ketchup

18 oz tomato paste
1/3 cup freshly squeezed lemon juice
1 tsp garlic powder
1 tbsp onion powder
2 tbsp liquid sweetener
1 tsp salt
1 tsp dry mustard
1/4 tsp allspice
1 cup of water

Place all ingredients in a blender, and blend on high for 3 minutes. Put in a jar and leave in fridge

Vegan chicken broth

1 1/2 cups nutritional yeast flakes
1 tbsp onion powder
1 tbsp paprika
2 tsp garlic powder
1 tsp dried parsley flakes
1/2 tsp dried thyme
1/4 tsp dried marjoram
1/4 tsp ground dill
1/2 tsp turmeric
1 1/2 tbsp salt

Mix all the ingredients together. And place at room temperature in an airtight container. Place 1 tbsp of this mix into a saucepan. Whisk in 2 cups water and mix well.

Vegan gravy

6 tbsp dairy free butter
1/4 cup unbleached all purpose flour
2 1/2 cups vegan chicken broth
Sea salt, to taste

In a sauce pan melt the butter on medium-low heat. Gently add the flour and whisk for about 10 minutes until fragrant. Then whisk in the vegan chicken broth little by little and reduce the heat to low. You can add some salt to your taste. Let the gravy simmer and continue to gently whisk until the gravy become a little thick. Turn off the heat and cover the saucepan a few minutes so that the gravy won't get thicker.



Dairy free butter

1 cup refined coconut oil
2 tbsp avocado, canola, or grapeseed oil
1/3 cup unsweetened vegetal milk
1 tsp freshly squeezed lemon juice
1 tsp nutritional yeast
1/4 tsp turmeric
A pinch of salt (optional)

Melt the coconut oil and add it to a blender with all the other ingredients. Blend until the consistency is smooth. Place in a dish and refrigerate for several hours.

Oat milk

2 cup old-fashioned oats
8 cups water

Place the oat and the water in a bowl, stir well and let it sit for 20 minutes. Then place in a blender and blend until you obtain a smooth consistency. Place in a glass bottle, refrigerate and shake well before serving.

Banana milk

4 ripe bananas
4 cup water
1 cup old-fashioned oat for more consistency (optional)

Place all the ingredients in a blender and blend until smooth.

Nut milk (almond, cashew, walnut, peanut...)

1 cup raw nuts
4 cups water

In a small cover the nut with water and soak them about 12 hours.
Drain them and add them to a blender with 4 cups of water. Blend until very smooth. Strain through a fine-mesh sieve in a bowl. Add more water if you desire a more liquid consistency.

Pomegranate molasses

4 cups pomegranate juice
1/2 cup sugar
2 tbsp lemon juice

In a sauce pan bring the pomegranate juice, sugar, and lemon juice to a simmer. Cook for about an hour stirring occasionally until the juice reduces into a syrup and make about 1 cup. Let it cool down, place in a jar and place in the fridge.

Vegan yogurt

2 cans full-fat coconut milk
1 tbsp agar agar flakes
1 tsp probiotic powder

Place all your cooking material into a big pot of boiling water to sterilize them (this will prevent any bacteria from forming in the yogurt).

In a saucepan, bring the coconut milk to a boil and add the agar agar flakes. Stir consistently to dissolve the agar agar flakes. The milk temperature should be checked with a thermometer and should show 180°F (80°C). Remove the pot from the heat and cool down until it reaches 110°F (40°C). If you check with a clean finger it should be warm but not hot. Then add the probiotic powder and mix well. Pour the mixture into a jar and seal it. Wrap a towel and place it in a warm place for 20 to 24 hours.

Cooked beans and chickpeas

For any beans, rinsed them very well and soak them overnight or for 1-2 hours in very hot water. Drain them and placed them in a pot cover with water. Bring to a boil and then lower the heat to medium and cook for 1 to 2 hours , stirring occasionally , until the beans are soft (add more water during the process if necessary). When the beans start to become soft you can lower the heat to avoid burning.

Cooked rice

2 cups of rice (any type)
1 tbsp cooking oil
1 tsp sea salt
4 cups of water (or more if necessary, especially for the brown rice)

Bring the water to a boil and add the rice. Cook for about 15 minutes (about 30 minutes or more for brown rice) on low-medium heat, stirring occasionally and adding more water if necessary. Turn off heat, and add a lid on top so that the rice will steam for 10 minutes. Keep the lid on until serving, without stirring the rice.



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