

## COOKING DEMONSTRATION

London, May 04, 2014

### RECIPE N°1: "VEGETARIAN SAUSAGES"

#### INGREDIENTS:

- |                      |                            |
|----------------------|----------------------------|
| ✓ 1 tomato           | ✓ salt                     |
| ✓ 2 cloves of garlic | ✓ 1 cup of crushed walnuts |
| ✓ 1 onion            | ✓ ½ minced soya beans      |
| ✓ 1 red pepper       | ✓ 1 cup of mushrooms       |
| ✓ ½ cup oil          | ✓ potato starch            |
| ✓ oregano            |                            |

#### PREPARATION:

- Slice the tomato, chop the onion, the garlic and the red pepper, and chop the mushrooms as well. Put all these ingredients in a blender and process them until well blended.
- When the blended mixture is ready, add salt on taste and oregano, and pour the mixture into a clean bowl.
- Then add the minced soya beans and the crushed walnuts, mix them well and add potato starch until you can form shapes from the mixture with your hands
- Take a role of cling film and place it on a wide, clean surface, prepared for rolling.
- Shape part of the mixture into a sausage and roll it very carefully all over, avoiding any air remained between the foil and the mixture. Then take a string and tide up the sausages in the wanted size.
- Once they are very well tided up, place them in salty boiling water for 40 min.
- After 40 min. drain them well up and leave them to cool for a while. Then remove the foil very carefully.

### RECIPE N°2: "VEGAN MOZZARELLA"

#### INGREDIENTS:

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|----------------------------------|--------------------------|
| ✓ ½ cup of soy milk unsweetened  | ✓ 2 spoons potato starch |
| ✓ 2 spoons of soy natural yogurt | ✓ salt on taste          |
| ✓ 3 spoons sunflower oil         | ✓ 2 tomatoes             |

#### PREPARATION:

- In a clean bowl mix well the soy milk, the yoghurt and the oil, add a pinch of salt (according to your taste and depending on the use of cheese, it depends whether you want it more or less salty), then add the potato starch and mix everything very well.
- Put the mixture in a pan on the hob on a medium heat and stir it well continuously for 5 min. The reason is that the potato starch will start thickening and we would like to avoid the forming of any lumps.
- When the mixture gets thick and quite sticky, put it in a clean bowl and form it in the shape you want.
- Leave it in the fridge for 2 hours and then it will be ready to be sliced for a sandwich with mozzarella and tomato or whatever meal you fancy.
- Leave the vegan mozzarella to stay in the fridge until the next day when it will be ready to be grated on pasta or a pizza.

**Note:** This recipe can be vegetarian as well, just replace the non dairy products with dairy products.

### **RECIPE N°3: "STUFFED MUSHROOMS WITH SUNDRIED TOMATO PATE"**

#### **INGREDIENTS:**

- ✓ 1 cup soaked for 8-12 hours sunflowers seeds
- ✓ 1 cup sundried tomatoes,
- ✓ ½ cup water
- ✓ the juice of ½ lemon
- ✓ 2 cloves chopped garlic
- ✓ salt
- ✓ cayenne pepper (optional)
- ✓ ½ small red onion chopped
- ✓ chopped parsley
- ✓ mushrooms (marinated for 5-30 min in soy sauce)
- ✓ soy sauce

#### **PREPARATION:**

- Put in a food processor the cup of soaked sunflower seeds, the cup of sundried tomatoes (drained from the olive oil), the half cup of water, the lemon juice, chopped garlic cloves, a pinch of salt and of cayenne pepper and process smoothly all the ingredients.
- After you receive a consistent mixture add the finely chopped red onion, the chopped parsley and pulse it for a little while to keep the texture but avoid over processing of the onion and the parsley.
- When the mixture gets ready, prepare the work place for filling the pate into your chosen product. This time we use mushrooms but there are many other alternatives which you can choose from – the mixture can be used as a spread on a sandwich, for a filling for stuffed red peppers, on a romaine lettuce, as a dip for a veggie plateau, etc. whatever your imagination decides.
- After the mushrooms are marinated and dried, we fill them in with the pate, arrange them nicely on a plateau and decorate them with the chopped parsley; (if you do not tolerate the mushrooms fresh, steam them for 5 min).

### **RECIPE N°4: "BRAZILIAN PIZZA"**

#### **INGREDIENTS:**

- ✓ 5 tomatoes
- ✓ 2 red peppers
- ✓ 1 green peppers
- ✓ 2 Onions
- ✓ 1 cup green pitted olives
- ✓ salt
- ✓ ½ lemon juice
- ✓ oregano
- ✓ 1 cup of oil
- ✓ 2 spoons of active yeast dissolved in warm water
- ✓ 1 cup of coarse-ground polenta
- ✓ 1 cup of soy milk
- ✓ wholemeal wheat flower
- ✓ 2 spoons sesame seeds
- ✓ 2 spoons linseed
- ✓ 2 spoons sunflower seeds

#### **PREPARATION:**

- Slice the tomatoes, the red and green peppers, the onion and the olives.
- Add the lemon juice, some oregano, the cup of oil, the active yeast paste, the ground polenta, the seeds (sunflower, linseed, and sesame) and the soy milk and mix them very well.
- After the mixture is ready, add wholemeal flour as much as it takes to shape the composition into dough for baking in a tray.
- Preheat the oven at 50 degrees Celsius and place the dough in for 40 min at this temperature, after 40 min set the temperature at 180 degrees for another 40 min.

We hope you enjoy these delicious recipes!

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