

Cornelia Schinharl

Easy Vegetarian

Uncomplicated and sophisticated –
Vegetarian recipes for all seasons

SILVERBACK

Life is a banquet



For vegetarians, life is a banquet. Not only do they eat healthier meals, but they also enjoy great variety. Vegetables, grains, legumes, salads, and fruits ensure a colorful and flavorful feast that never becomes monotonous. Give yourself and your guests a treat and try the scrumptious recipes inside.

This One



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Easy Vegetarian Cooking

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Kohlrabi Carpaccio	8	158	●					●	●	
Orange and Carrot Salad	8	129				●	●	●		●
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Recipe	Page	Calories per serving	Spring	Summer	Fall	Winter	Easy	Fast	Inexpensive	Sophisticated
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Table



Today, even children know that feeling good, healthy, and energetic has a lot to do with what we eat. But what makes for a balanced diet?

Watch the Fat

Eaten in moderation, fat is vital to a healthy diet. Our bodies need fat in order to assimilate fat-soluble vitamins and to regulate our fat metabolism. However, most of us tend to eat too much fat (we should eat no more than 60–90 g daily). Nutritionists are also recommending that about two-thirds of the fat we consume be monounsaturated and polyunsaturated fatty acids, which are primarily found in plants and vegetable oils.

Protein for Life

Protein is a fundamental nutrient for our bodies that must be renewed constantly. It is made up of amino acids, eight of which are absolutely essential for life and must be assimilated from our diet. High-quality protein that can be utilized efficiently by the human body is mainly found in meat. Therefore, vegetarians must find a way to replace this animal protein as completely as possible.

Nutritious protein combinations include:

- * Potatoes combined with milk products or eggs.
- * Legumes combined with milk products, grains, eggs, or nuts (best are beans and corn).
- * Grains combined with milk products, legumes, or nuts.

Complete protein combinations are especially important in a vegetarian diet because they must replace the biologically available protein from meat.



A Few Odds and Ends

Roughage: Nothing Rough About It!

Roughage—or fiber—is a nondigestible or only partially digestible vegetable component of food that was long considered to be unnecessary. Today we know that fiber is absolutely essential because it increases the volume of the contents of our intestines, thus ensuring the faster transport of digested foods. This means it's good for the intestines and prevents the absorption of too many undesirable substances through the intestinal walls. Fiber is present, for example, in whole-grain products, legumes, potatoes, nuts, and dried fruit.

More Power through Carbohydrates

Carbohydrates are our number-one energy source and are mainly found in plant sources. They include monosaccharides, disaccharides, and polysaccharides, which the body always breaks down into their basic components, i.e.

monosaccharides. Mono- and disaccharides contained, for example, in candy or white bread are the easiest to metabolize and therefore won't fill you up for very long. You're better off with products containing polysaccharides such as the starches in whole grains, potatoes, fruit, and vegetables.

Vitamins, Minerals, and Trace Elements

We now know that when human beings take in enough vitamins, they don't tend to get sick as often as those who don't. Vitamins C and E, and beta carotene (a precursor of vitamin A) even help prevent cancer.

They're also called antioxidant vitamins and intercept the free radicals in the body that can damage cells. Foods rich in vitamin C include red bell peppers, sauerkraut, broccoli, kale, parsley, Brussels sprouts, fennel, and kiwi. Lemon juice enhances the body's intake of vitamin C. Vitamin E is found in nuts and seeds, wheat-germ oil, and soy products. Beta carotene is present in bright orange-yellow

vegetables, and fruits such as carrots, apricots, and mangos as well as in leafy vegetables, and herbs.

Secondary Vegetable Substances

Anything that gives a plant its specific taste and color is called a secondary vegetable substance. These substances include the natural elements responsible for taste, aroma and pigmentation, growth regulators, enzymes, and microorganisms. They are also known as vital material or bioactive substances and are now believed to have many health-promoting

properties. For example, allicin (found in onions and garlic) kills germs and strengthens the immune system. Carotinoids, present in all orange vegetables and fruits, stimulate the activity of certain phagocytes and the growth of lymphocytes. Flavinoids in beer, cherries, plums, red cabbage, eggplant, and broccoli build up our immunity and, like the indoles in all types of cabbage, are supposed to help prevent cancer. The saponides in legumes aid in lowering our cholesterol level.

Long-lasting energy is primarily supplied by the complex carbohydrates found in whole-grain products, vegetables, and fruit.





Green Salad with Fennel and Dill Cream

- Summer
- Sophisticated

Serves 4:

4–5 oz mixed salad greens (such as oakleaf lettuce, red leaf lettuce, and arugula)

1 fennel bulb

1 tbs pumpkin seeds

1/2 bunch fresh dill

1 strip zest and 1 tbs juice from 1 organic lemon

1/3 cup crème fraîche

1 tsp hot mustard

2 tbs vegetable stock

1 tbs olive oil

Salt & white pepper to taste

Whole-grain toast for accompaniment

Prep time: 20 minutes

Per serving approx.: 127 calories
16 g protein / 11 g fat / 5 g carbohydrates

1 Thoroughly wash and dry salad greens. Wash and trim fennel bulb and quarter lengthwise. Cut off core and stems and slice quarters thinly (a vegetable slicer or mandoline is helpful).

2 Tear salad greens into bite-size pieces then combine with fennel and pumpkin seeds, and transfer to plates or one large bowl.

3 Wash dill, shake dry, and cut off leaves. Finely chop lemon zest. Stir together lemon juice, crème fraîche, mustard, vegetable stock, and oil. Add dill leaves and lemon zest. Season mixture to taste with salt and pepper.

4 Spoon a dollop of the creamy mixture onto each salad portion. Toss the salad at the table or leave the salad in the bowl and serve the dressing on the side. Serve with whole-grain toast.

Variations

Instead of the fennel, this dish also tastes good with thinly sliced carrots or mushrooms. Clean the mushrooms by rubbing them with a paper towel and cut into thin slices. Mix with 1 tbs fresh lemon juice and add raw to the green salad. You can also vary your choice of herbs. Chervil goes especially well with carrots, and basil goes well with mushrooms.

Lentil-Apple Salad

- Fall/Winter
- Inexpensive

Serves 4:

5 oz French green lentils
 2 cups water
 1 tart apple
 1-2 tbs fresh lemon juice
 1 bunch fresh arugula
 4 green onions
 2 tbs apple cider vinegar
 Salt & pepper to taste
 Cayenne pepper
 1/4 cup olive oil
 1 tbs pine nuts

Prep time: 1 1/4 hours
 Per serving: 236 calories
 10 g protein / 10 g fat / 28 g carbohydrates

1 In a pot, bring the lentils and water to a boil, then cover and cook 35-45 minutes over medium heat, not allowing them to become too tender. Drain and let cool.

2 Peel the apple or wash thoroughly, cut it in half, and remove the core. First cut the apple into slices, then into strips. Mix with the lemon juice.

3 Wash the arugula, shake dry, and chop coarsely. Trim and thoroughly wash the green onions and cut into fine rings, including the tender green part.

4 In a salad bowl, stir together the vinegar, salt, pepper, and a little cayenne pepper. Beat in the olive oil. Add the lentils, apple, arugula, and green onions to the dressing. If desired, season to taste with a little lemon juice, salt, and pepper.

5 In a dry skillet, toast the pine nuts over medium heat while stirring constantly and sprinkle over the salad.

Variations

Try this salad with aromatic apricots cut into strips. Tomatoes are also delicious in the salad.

Tip! You can prepare this salad in larger quantities and serve buffet-style at a party.





Kohlrabi Carpaccio

- Spring
- Inexpensive

Serves 4:

2 bulbs kohlrabi
 1/2 to 1 bunch radishes
 (depending on size)
 3 green onions (or 1 bunch
 fresh chives)
 1 tsp sweet mustard
 1 tbs sour cream
 2 tbs fresh lemon juice
 1-2 tbs hazelnut oil
 2-3 tbs sunflower oil
 6 tbs vegetable stock
 Salt & white pepper to
 taste

Whole wheat baguette for
 accompaniment

Prep time: 25 minutes
 Per serving: 158 calories
 3 g protein / 14 g fat / 7 g
 carbohydrates

1 Peel the kohlrabi bulbs and slice them thinly. Wash the tender kohlrabi leaves and cut them into

narrow strips. Trim and wash the radishes, slice and then cut into strips. Trim the green onions or chives, wash thoroughly and cut into fine rings, including the tender green part.

2 Combine the mustard with the sour cream, lemon juice, and the two types of oil and mix thoroughly. Thin with vegetable stock and season to taste with salt and pepper.

3 Decoratively arrange kohlrabi slices on plates. Cover with radishes and green onions and drizzle with the dressing. Serve with the baguette.



Orange and Carrot Salad

- Winter
- Sophisticated

Serves 4:

10 oz carrots
 2 oranges
 1 bunch fresh basil
 1 piece fresh ginger (about
 the size of a walnut)
 Salt & pepper to taste
 Pinch of ground coriander
 1 tbs white wine vinegar
 1/4 cup canola oil
 1/4 cup sour cream

Prep time: 20 minutes
 Per serving: 129 calories
 2 g protein / 9 g fat / 12 g
 carbohydrates

1 Peel and trim the carrots, and cut into fine strips or grate. Peel 1 orange and cut into small cubes. Combine with the carrots in a bowl.

2 Wash the basil and cut into fine strips. Peel and mince the ginger.

3 Squeeze the juice from a second orange and stir it together with the ginger, salt, pepper, coriander, and vinegar. Beat in the oil. Mix in the basil.

4 Combine the dressing with the carrots and oranges. Season the salad once more to taste and transfer to plates. Garnish each portion with 1 tbs of sour cream.

Variation

In place of the carrots use squash or beets.



Couscous Salad

● Summer
● Sophisticated

Serves 4:

2 tomatoes
5 1/2 oz instant couscous
1/4 cup fresh lemon juice
1/4 cup olive oil
1/2 cup vegetable stock
5 oz snow peas
Salt
1 red bell pepper
Several small lemon balm leaves
1 tbs pistachio nuts
1 red chile pepper
Lettuce leaves for garnish

Prep time: 40 minutes
Per serving: 272 calories
8 g protein / 10 g fat / 39 g carbohydrates

1 Wash the tomatoes, remove the cores, and dice very finely. Follow the directions on the package for cooking couscous and let cool.

2 Combine the couscous, tomatoes, lemon juice, oil and stock and marinate for 30 minutes, stirring occasionally.

3 Wash and trim the peas and cook in boiling, salted water 3-4 minutes. Plunge them into cold water and let drain. Wash the bell pepper, cut in half, trim and dice finely. Wash the lemon balm leaves and separate into strips. Chop pistachios. Wash and trim the chile pepper and chop it finely.

4 Combine the peas, bell pepper, lemon balm strips, pistachios, and chile pepper with the couscous and tomatoes and season with salt. Wash the lettuce leaves and arrange the couscous salad on top.



Arugula-Radicchio Salad

● Fall
● Fast

Serves 4:

3 bunches fresh arugula (about 12 oz)
1 medium-sized head of radicchio
1 ripe pear
2 tbs fresh lemon juice
1 tsp coarse mustard
2 tbs olive oil
1 tbs sour cream
Salt & pepper to taste
Pinch of ground coriander
1 bunch fresh chives

Prep time: 20 minutes
Per serving: 71 calories
2 g protein / 2 g fat / 11 g carbohydrates

1 Wash the arugula and the radicchio leaves and shake dry thoroughly. Break larger leaves into smaller pieces.

2 Peel pear, quarter lengthwise and remove core. Cut pear into small cubes and combine with the lemon juice.

3 Stir together mustard, oil, sour cream, salt, pepper and coriander. Mix in pear. Wash chives and cut into fine rings.

4 Arrange salad leaves on plates. Pour pear dressing over the salad and sprinkle with chives.

Tip! Cutting the radicchio into quarters or eighths makes this salad even more beautiful.



Potato Salad with Bell Peppers and Spinach

- Summer
- Inexpensive

Serves 4:

- 1 red, 1 yellow, and 1 green bell pepper
- 1 onion
- 20 oz boiling potatoes
- 2-3 oz tender spinach leaves
- 1 bunch fresh basil
- 2 tbs fresh lemon juice
- Salt & pepper to taste
- Pinch of cayenne pepper
- 1/4 cup olive oil
- 1 tbs small capers

Prep time: 1 hour
 Per serving: 216 calories
 5 g protein / 8 g fat / 31 g carbohydrates

1 Preheat oven to 475°F. Wash the bell peppers, halve, and trim. Place the pepper halves on a baking sheet with the cut sides down. Peel the onion, halve, and place on the baking sheet with the cut sides down.

2 Bake the vegetables 20 minutes in the oven until the skin on the peppers blisters. Let the peppers stand briefly, then peel, and cut into strips. Also cut the onion into thin strips.

3 While the vegetables are cooking, wash the potatoes, and cook

covered over medium heat 20-30 minutes in a little water, not allowing them to become too tender. Drain, wait until they're cool enough to handle, peel, and dice.

4 Trim the spinach well and wash thoroughly in cold standing water. Allow to drain very thoroughly or spin dry. Wash the basil and break the leaves into smaller pieces.

5 Combine the lemon juice with salt, pepper, and cayenne pepper. Vigorously beat in the oil.

6 Combine the potatoes, bell pepper strips, onion strips, dressing, and basil and add seasoning if necessary. Lay out the spinach leaves on a platter or four plates, arrange salad on top, sprinkle with capers, and serve.

Variation

To give the salad a spicier flavor, use arugula instead of spinach leaves.

Spinach Salad with Warm Vegetables and Mustard Cream

- Spring/Summer
- Sophisticated

Serves 4:

- 1 bunch green onions
- 4 carrots
- 1 fennel bulb
- 3 1/2 oz tender spinach leaves
- 1/2 organic lemon
- 1 bunch fresh Italian parsley
- 1 slice whole-grain bread
- 1/4 cup vegetable stock
- 2 tbs olive oil
- 2 tsp grainy mustard
- 2 tbs crème fraîche
- Salt & pepper to taste
- Pinch of ground coriander

Prep time: 25 minutes

Per serving: 129 calories

17 g protein / 6 g fat / 14 g carbohydrates

1 Trim and thoroughly wash the green onions. Cut off the dark green parts. Halve the green onions lengthwise. Peel the carrots and quarter lengthwise. Trim the fennel, wash and cut into eighths lengthwise.

2 Trim the spinach, remove thick stems, and wash thoroughly in cold standing water. Allow to drain thoroughly and transfer to plates. Wash the lemon with hot water, remove thin layer

of zest, and chop finely. Squeeze out juice. Wash the parsley and finely chop the leaves. Sprinkle the lemon zest and parsley leaves over the spinach.

3 Soak the bread in the vegetable stock. In a blender, finely puree the bread with the oil. Mix in the mustard and crème fraîche and season to taste with 1 1/2 tbs lemon juice, salt, pepper, and coriander.

4 In a wide pot, bring about 2 inches of salted water to a boil for the vegetables. Cover and cook the vegetables 5 minutes until tender-crisp.

5 Drain the vegetables and arrange on the spinach leaves. Distribute the mustard cream over the salad and serve immediately.



Puff Pastry Sticks with Avocado Cream

- Summer
- Easy

Small, fancy appetizers for four; a snack or evening meal for two. Puff pastry takes about 30 minutes to thaw.

Serves 2–4:

For the puff pastry sticks:

2 sheets frozen puff pastry
2 oz Romano cheese
1 tbs sunflower kernels
1 tbs crème fraîche
Pepper to taste

For the avocado cream:

1 large ripe avocado
2 oz plain yogurt
1 tsp fresh lemon juice
1 tbs capers (if possible, preserved in salt)
Salt to taste
Cayenne pepper to taste
1/4 cucumber

Prep time: 35 minutes
For 4 servings
Per serving: 245 calories
8 g protein / 18 g fat / 14 g carbohydrates

1 Place sheets of pastry side by side, cover and let thaw. Preheat oven to 400°F.

2 Finely grate cheese. Chop sunflower kernels finely. Combine both with crème fraîche and season with pepper.

3 Roll out pastry on a lightly floured surface to about 1/8-inch thick.

Spread cheese mixture on pastry. Cut sheets into 1/2-3/4-inch strips. Rinse a baking sheet in cold water and arrange the strips on the sheet.

4 Bake cheese sticks 12-13 minutes in the oven. Let cool slightly and then remove from the baking sheet.

5 For the cream, halve the avocado lengthwise, remove the pit and peel. Mash the avocado thoroughly and mix with the yogurt and lemon juice. Rinse capers in cold water, drain and chop finely. Mix with the avocado cream. Season with salt and cayenne pepper. Peel the cucumber and cut into strips about the thickness of a finger. Serve the cucumber strips with the avocado cream.

Morel Mousse with Marinated Tomatoes

- Summer
- Sophisticated

Serves 4:

For the mousse:

1 oz or more dried morel mushrooms
3 green onions
1 bunch fresh Italian parsley
1 clove garlic
1 tbs butter
1/2 cup dry white wine or vegetable stock
1 tsp agar-agar
3 1/2 oz mascarpone cheese

Salt & pepper to taste
1 tsp fresh lemon juice
For the tomatoes:
9 oz cherry tomatoes
1 bunch fresh basil
1 clove garlic
1 tbs fresh lemon juice
Salt & pepper to taste
Dash of honey
2 tbs olive oil

Prep time: 30 minutes
Marinating time: 2 hours
Per serving: 254 calories
4 g protein / 19 g fat / 16 g carbohydrates

1 Soak the morels for 1 hour in lukewarm water. Then rinse under cold running water, drain thoroughly, and chop finely. Pour water used for soaking through a coffee filter. Set aside the filtered water for later use.

2 Trim and thoroughly wash the green onions. Cut into fine rings, including the tender green part. Wash the parsley, remove large stems, and chop finely. Peel and mince garlic.

3 Heat the butter in a pot. Add and briefly sauté the morels, green onion rings, garlic, and parsley. Add wine or vegetable stock and simmer 5 minutes.

4 Drain the morels and save the liquid in which they were cooked. Finely chop morels in a blender or food processor.

5 In a pot, stir together the agar-agar, liquid in which the morels were cooked, and 1 cup of the water in which the morels were soaked, heat and boil 2 minutes. Stir into the morel mixture. Mix in the mascarpone. Season to taste with salt, pepper, and lemon juice and refrigerate 1 hour.

6 Wash and halve the tomatoes. Wash the basil and cut leaves into fine

strips. Peel the garlic and squeeze through a press. Beat the lemon juice, salt, pepper, honey, and oil until creamy. Mix in the basil and garlic and combine with tomatoes. Cover this mixture and let marinate 2 hours at room temperature.

7 Form dumplings from the morel mixture with large spoons and transfer to plates. Arrange marinated tomatoes beside them.



above: Puff Pastry Sticks with Avocado Cream
below: Morel Mousse with Marinated Tomatoes



Vegetable-Stuffed Crescent Rolls with Salad

- Summer
- Easy

Makes 16 rolls:

10 oz frozen whole-grain puff pastry (in health-foods stores)

1 small fennel bulb

1 small carrot

2 green onions

8 oz soft ricotta cheese

1 egg

1/2 bunch mixed fresh herbs

1 clove garlic

Salt & pepper to taste

Grated zest from 1/2 organic lemon

1 tbs heavy cream

4 oz salad greens

2 tomatoes

1 cucumber

1 bunch fresh chives

1 1/2 tbs balsamic vinegar

3 tbs olive oil

Thawing time: 1 hour

Prep time: 1 hour

Per roll: 126 calories

5 g protein / 9 g fat / 8 g carbohydrates

1 Follow directions on package for thawing pastry.

2 Wash or peel the vegetables, trim and chop very finely in a food processor. Combine with the ricotta and egg. Wash the herbs and chop finely. Peel the garlic, mince and add to the vegetable mixture. Mix in the herbs. Season to taste with salt,

pepper, and lemon zest.

3 Preheat oven to 400°F. Rinse a baking sheet in cold water and do not dry it.

4 Roll out the pastry on a lightly floured surface until 1/8-inch thick. Cut it into eight squares and cut each square diagonally into triangles. Place a little of the ricotta-vegetable mixture in the center of the pastry pieces. Roll the pieces starting from the long side and bend them into crescents. Place crescent rolls on the baking sheet and brush with cream.

5 Bake crescent rolls 25 minutes in the oven.

6 Meanwhile, wash salad greens and shake dry. Wash and dice the tomatoes and the cucumber. Wash the chives and cut into rings.

7 Stir the salt and pepper into the vinegar and beat in the oil. Mix with the salad greens. Serve rolls hot with the salad.

Artichokes with Tomato Cream

- Summer
- Easy

Serves 4:

- 4 large artichokes
- 1 lemon
- Salt
- 1/2 bunch mixed fresh herbs (e.g., tarragon, basil, chervil, dill, and chives)
- 7 oz tomatoes
- 1 clove garlic
- 1/2 cup crème fraîche
- 4 oz plain yogurt
- 1 tsp hot mustard
- 1 tsp Hungarian paprika

Prep time: 40 minutes
 Per serving: 337 calories
 10 g protein / 27 g fat / 15 g carbohydrates

1 Wash the artichokes and cut off the stems. Cut off tips of leaves with scissors. Squeeze the juice from the lemon.

2 In a pot, bring a generous amount of water to a boil with the lemon juice and salt. Boil the artichokes in this water over medium to high heat 20-30 minutes until you can easily detach the outermost leaves.

3 Meanwhile, wash the herbs and pull leaves off of stems. Wash the tomatoes, remove cores,

and dice. In a blender, finely puree the tomatoes and herbs.

4 Peel garlic and mince. Add to tomato puree along with crème fraîche and yogurt. Season the cream to taste with mustard, salt, and paprika.

5 Drain artichokes thoroughly and transfer to plates. Pour tomato cream into small bowls. To eat, pull off artichoke leaves and dip fleshy end in the dip. When finished with the leaves, remove fuzzy center and eat the heart with the remaining dip.

Variation

Instead of the tomatoes, this cream can also be made using twice the amount of herbs. In a blender, finely puree the herbs with 1 hot chile pepper from a jar. Peel 1 hard-boiled egg. Separate the egg white and chop finely. Mash yolk with a fork. Mix egg white and yolk into the cream.



Mascarpone-Bell Pepper Cream

- Summer
- Fast

Mascarpone cheese is a rich Italian cheese made from cow's milk. It has a delicate flavor and soft texture that makes it ideal for blending with spices, herbs, and other flavorings.

Serves 4:

- 1 red bell pepper
- 1 tsp capers
- 1 bunch fresh chives
- 7 oz mascarpone cheese
- 1/2 cup crème fraîche
- 1 tsp harissa or other hot pepper paste
- Salt & pepper to taste

Prep time: 15 minutes
Per serving: 198 calories
3 g protein / 19 g fat / 4 g carbohydrates

1 Wash the bell pepper, cut in half, trim and cut into very small cubes. Finely chop the capers. Wash the chives, pat dry and slice into rings.

2 Stir mascarpone together with crème fraîche. Mix in half the pepper cubes, the capers and the chives. Season the cream to taste with harissa, salt and pepper. Sprinkle remaining pepper cubes over the top.

Variation

Mascarpone Cream with Tomato and Pesto
Wash 1 large tomato and dice very finely. Wash 1 bunch fresh basil and cut the leaves into fine strips or chop. Combine the tomato and basil leaves with 2 tsp prepared pesto and mix with the mascarpone. Season to taste with salt, pepper, and cayenne pepper.

Celery Root Flans with Apple Horseradish Salad

- Fall/Winter
- Inexpensive

Serves 4:

- 20 oz celery root
- Salt
- 1/2 cup heavy cream
- 3 tsp fresh lemon juice
- 4 egg yolks
- Pepper to taste
- Pinch of freshly grated nutmeg
- 1 tart apple
- 1 piece fresh horseradish (about 3/4-inch long)
- 6 oz sour cream
- 1 tsp olive oil
- Dash of honey
- 1 bunch fresh chives
- Butter for molds

Prep time: 40 minutes
Cooking time: 1 hour
Per serving: 252 calories
7 g protein / 20 g fat / 11 g carbohydrates

1 Peel celery root and cut into cubes. In a pot bring about 1 1/4 inches of salted water to a boil. Cover and cook celery root 20 minutes in this water over medium heat until tender.

2 Preheat oven to 300°F. Pour water off cooked celery root, let drain thoroughly, and puree very finely in a blender until no pieces are visible. Mix in the cream and lemon juice, then the egg yolks. Season the mixture

to taste with salt, pepper, and nutmeg.

3 Brush butter on the inside of four small heatproof molds that have a diameter of about 4 inches. Pour celery root mixture into the molds. Place the small molds inside a larger heatproof mold. Fill the larger mold with hot water until the level is half the height of the small molds.

4 Cook the flans 1 hour in the oven until they solidify. Stick a wooden toothpick into the flan mixture. When the toothpick comes out clean, the flan is done.

5 For the salad, peel the apple or wash it thoroughly and cut in half. Remove the core, slice, and cut into fine strips. Peel horseradish and grate finely.

6 Mix the apple and horseradish with the sour cream and olive oil. Season to taste with salt, pepper, and honey. Wash the chives and cut into 1/2-inch pieces.

7 With a knife, loosen flan from the sides of the molds and carefully shake them out onto plates. Arrange apple horseradish salad beside flan and sprinkle with chives.

Tip! Prepare the flans a day ahead of time and then serve cold—they're just as appetizing!



above: Mascarpone-Bell Pepper Cream
below: Celery Root Flans with Apple Horseradish Salad

The quality of a meal depends not only on what you buy, but also on its quality.

Buying Fruits and Vegetables

No other foods lose nutrients as quickly after harvesting as do fruits and vegetables. So make sure you buy only truly fresh foods, if possible directly from the grower or from a well-patronized produce store—where the turnover is high enough that the products don't have time to sit around for very long. It's easy to tell whether vegetables are fresh. Leafy vegetables and vegetables that are sold with the leaves on should

not be limp, but must have leaves that are strong and lush. Vegetables that are botanically fruits but are eaten as vegetables, such as cucumbers, zucchini and eggplant, must be firm and should not have a shriveled skin. Don't buy onions, garlic, or potatoes that are sprouting green shoots. And one more thing: Whenever possible, buy vegetables in season because these have been grown outdoors and have been able to absorb all the proper nutrients. So forget about strawberries in winter and asparagus for Christmas dinner and enjoy whatever the season has to offer you in abundance.

Patronize organic farmers markets for the very best, locally grown produce.



One-Pot Meals

Storing Vegetables

Store vegetables at home for as short a period of time as possible. With the exception of tomatoes, bell peppers and cucumbers, most vegetables can be kept in the vegetable crisper of your refrigerator. Onions and garlic are best stored in a basket, away from light and heat. Mature potatoes require a cool, dark, dry place to keep them from forming the green spots containing poisonous solanine. On the other hand, new potatoes should be consumed as quickly as possible.

Tips for Careful Preparation

- Wash vegetables before trimming them to remove any dirt or other impurities before cutting.
 - After cutting up vegetables, prepare them quickly in order to retain valuable nutrients.
 - Cook vegetables for as short a time as possible.
 - Cook vegetables in as little liquid as possible and use this liquid later on in the meal.
- Exception: Greens such as spinach and chard, as

well as beets, contain nitrate, which partially dissolves when they are boiled. This water should be thrown away.

- Do not salt potatoes until after they're cooked because sodium (salt) leaches the potassium out of the potatoes.

Steaming

Cooking with steam is an especially gentle method that preserves both nutrients and flavor. During steaming, the food does not actually come into contact with the water but is cooked in steam at around 210°F. When steaming, pour 1-2 cups of stock or water into a pot with spices. Place the food in a colander or steamer and suspend it over or place it inside the pot. First bring the liquid to a boil, then cover the pot, and cook over medium heat.



Put into a pot with 1-2 bunches of mixed herbs, 2 bay leaves, 1 tsp peppercorns, and 1 1/2 quarts water. Simmer vegetable stock 30 minutes, then pour off, and add salt. You can easily freeze the stock in individual portions.

Braising

Braising is cooking food in its own juices or with a little liquid or fat—both in a covered pot. Cut your ingredients into uniform-sized pieces so that they will cook evenly. Usually braising is done in a small amount of fat. Then add a very small amount of liquid, cover, and cook over low heat until done. Braising is ideal for vegetables with a high water content and for fruits.



Sautéing or Stir-Frying

With this method, finely chopped ingredients are cooked in hot fat over high heat while constantly stirring. Vegetables remain wonderfully juicy.

Basic Vegetable Stock

For 1 1/2 quarts stock: Trim, peel or wash 3 lb mixed vegetables and chop as finely as possible.

Kohlrabi-Curry Soup

● Spring/Summer

● Inexpensive

Serves 4:

2 kohlrabi (about 26 oz)

1 baking potato (about 5 oz)

1 onion

1 tbs butter

3 cups vegetable stock

4 tsp curry powder

1 bunch fresh chives

2 tbs sunflower kernels

About 1 tbs fresh lemon juice

Salt to taste

1/2 cup sour cream

Prep time: 30 minutes

Per serving: 283 calories

11 g protein / 9 g fat / 39 g carbohydrates

1 Wash kohlrabi and potato, peel and cut into small cubes. Wash tender kohlrabi leaves, cover, and set aside. Peel and mince onion.

2 Heat the butter in a soup pot. Add the onion and sauté until translucent. Briefly sauté the kohlrabi and the potato with the onion. Pour in the stock and bring to a boil. Season the soup with the curry powder, cover, and cook 15–20 minutes over medium heat until the vegetables are tender.

3 Meanwhile, wash the chives and cut into fine rings. Cut kohlrabi leaves into fine strips. Finely purée the soup in the pot using a hand blender. Mix in the sunflower kernels and kohlrabi leaves. Season to taste with the lemon juice and salt.

4 Pour the soup into warmed bowls. Garnish each bowl with 1 tbs sour cream and chives and serve immediately.

Potato-Green Onion Soup with Croutons

● Spring

● Easy

Serves 4:

2 bunches green onions

2 shallots

18 oz baking potatoes

2 tbs butter

4 cups vegetable stock

Salt & pepper to taste

3 slices whole-wheat bread

1 tbs sliced almonds

Several sprigs fresh chervil

– cup crème fraîche

2 tsp fresh lemon juice

1–2 tbs truffle oil

Prep time: 50 minutes

Per serving: 486 calories / 12 g

protein / 22 g fat / 60 g carbohydrates

1 Trim and thoroughly wash the green onions. Cut off the top third and cut the rest into fine rings. Peel shallots and also cut finely. Wash and peel potatoes and cut into small cubes.

2 In a soup pot, heat 1 tbs butter. Add and briefly sauté half the green onions and all the shallots. Add and briefly sauté the potatoes, then pour in the stock. Bring the soup to a boil and add salt and pepper.

3 Cover the soup and simmer 15–20 minutes

over medium heat until the potatoes are tender. Then purée the soup in the pot and keep hot over very low heat.

4 Remove the crust from the bread and cut into cubes. In a dry nonstick skillet, toast sliced almonds over medium heat until golden yellow, then remove from pan.

5 Put remaining butter in the pan and lightly brown bread cubes in the butter over medium heat while stirring constantly until bread is crispy. Set aside.

6 Wash the chervil and pinch off leaves. Stir crème fraîche and the remaining green onion rings into the soup. Season soup to taste with lemon juice, salt, and pepper.

7 Sprinkle truffle oil over the croutons. Pour soup into warmed bowls. Sprinkle the croutons, sliced almonds and chervil over the top and serve.

Variation

You don't have to buy truffle oil just to make this soup; it also tastes delicious with walnut or hazelnut oil.



above: Kohlrabi-Curry
Soup

below: Potato-Green Onion
Soup with Croutons



Cabbage Soup with Barley

- Fall
- Fast

Serves 4:

1 small head green cabbage
 1/2 cup pearl barley
 1 small leek
 1 carrot
 1 stalk celery
 1 tbs olive oil
 1/4 cup dry white wine or vermouth
 4 cups vegetable stock
 Salt & pepper to taste
 1 bunch fresh chives
 1/4 cup sour cream

Prep time: 1 hour, 30 minutes
 Per serving: 350 calories
 10 g protein / 11 g fat / 53 g carbohydrates

1 Cut the cabbage into quarters and cut out the core. Wash the cabbage, dry, and cut into fine strips. Rinse the barley and dry.

2 Trim, peel, and/or wash leek, carrot, and celery, then dice finely. Heat oil in a large saucepan over medium-low heat. Add the leek, carrot, and celery, and sauté for about 5 minutes. Add the barley and sauté for about 2 minutes. Add the wine and cook until most has evaporated. Stir in the cabbage. Pour in the vegetable stock.

3 Cover and simmer for 60–75 minutes over low heat, until the barley is tender. Season with salt and pepper.

4 Wash chives and cut into fine rings. Garnish with 1 tbs sour cream, and sprinkle with chives,



Butternut Squash Soup

- Fall/Winter
- Sophisticated

Serves 4:

24 oz butternut squash
 5 oz baking potatoes
 1 bunch green onions
 2 cloves garlic
 1 organic orange
 1 organic lemon
 1 tbs butter
 About 4 cups vegetable stock
 Salt & pepper to taste
 1/8 tsp powdered saffron
 1/2 cup heavy cream
 Several sprigs of fresh mint

Prep time: 30 minutes
 Per serving: 358 calories
 10 g protein / 14 g fat / 50 g carbohydrates

1 Peel squash and potatoes and dice. Trim and wash green onions and cut into fine rings. Peel and chop garlic.

2 Wash orange and lemon, grate off a little zest and set aside. Squeeze juice from orange and 1/2 lemon.

3 In a large pot, briefly sauté squash, potatoes, green onions, and garlic butter over medium heat. Pour in the stock and season with salt, pepper, and saffron. Cover and simmer 15–20 minutes.

4 In a blender or food processor, carefully puree the soup. Stir in the lemon and orange juice. In a bowl, beat cream until stiff. Wash the mint and cut into strips. Combine with the cream and citrus zests. Garnish with this mixture.



Herb Soup

- Summer
- Sophisticated

Serves 4:

- 1 bunch fresh arugula
- 2 bunches mixed fresh herbs
- Several leaves dandelion greens
- 1 bunch green onions
- 1 tbs butter
- 3 tsp flour
- 3 cups vegetable stock
- 1 cup heavy cream
- Salt & pepper to taste
- Freshly grated nutmeg
- 1 large tomato
- 2 cloves garlic
- 1 tbs capers
- 1 tbs olive oil
- 4 slices white bread

Prep time: 20 minutes
 Per serving: 410 calories
 9 g protein / 24 g fat / 39 g carbohydrates

1 Wash the arugula, herbs, and dandelion leaves and chop very

finely. Trim and wash the green onions and cut into fine rings.

2 In a pot, briefly sauté the green onions in butter over medium heat and dust with flour. Add half of the herbs, the stock, and the cream. Season to taste with salt, pepper, and nutmeg and simmer 5 minutes.

3 Wash and dice the tomato finely. Peel and chop the garlic. Combine tomato, garlic, capers and oil and season with salt and pepper.

4 Toast bread in toaster. Stir remaining herbs into the soup. Spread tomato mixture on bread and serve with soup.



Tomato-Millet Soup

- Summer
- Easy

Serves 4:

- 28 oz tomatoes
- 1 carrot
- 1 stalk celery
- 1 onion
- 2 cloves garlic
- 3 oz millet
- 1 tbs olive oil
- 3 1/3 cups water
- 1 bunch fresh basil
- 4 oz sheep's milk cheese
- 1 tbs crème fraîche
- Salt & pepper to taste
- 1/2 tsp honey

Prep time: 40 minutes
 Per serving: 225 calories
 10 g protein / 9 g fat / 26 g carbohydrates

1 Remove the cores from the tomatoes. Briefly plunge the tomatoes into boiling water, remove peels, cut flesh into quarters and dice. Peel carrot. Dice carrot and

celery finely. Peel the onion and garlic and chop finely. In a colander, rinse the millet with cold water and drain.

2 Heat oil in a pot. Add and briefly sauté onion, garlic, carrot, and celery. Add millet, tomatoes, and water. Cover and simmer 20 minutes over medium heat.

3 Meanwhile, wash the basil and cut the leaves into strips. Crumble sheep's cheese. Combine both ingredients with crème fraîche and stir into the soup. Season soup to taste with salt, pepper, and honey and serve.

Potato-Shallot Stew with Saffron

- Winter
- Sophisticated

Serves 4:

18 oz shallots
28 oz boiling potatoes
1 orange
2 tbs olive oil
2 tsp fennel seeds
1 tsp honey
1/2 cup dry white wine or vegetable stock
1 cup vegetable stock
1 small jar ground saffron
2 tbs lemon juice
Salt
Black pepper
1 bunch basil

Prep time: 45 min.

Per serving approx.: 342 calories
9 g protein / 5 g fat / 61 g carbohydrates

1 Peel shallots and leave whole. Peel and wash potatoes and cut into shallot-sized pieces.

2 Squeeze juice from the orange. Heat olive oil in a large pot. Add and sauté shallots and fennel seeds 5 minutes over medium heat while stirring constantly. Add and briefly sauté the potatoes.

3 Add the honey. Pour in the wine and the stock. Stir the saffron into a little water and add to the mixture. Stir in the

orange juice and lemon juice. Season stew with salt and pepper, cover and simmer 25–30 minutes over medium heat until the potatoes are tender.

4 Wash the basil and cut leaves into strips. Sprinkle basil over the potato stew and serve.

Tip! Serve each portion with a tablespoon of crème fraîche.

Another delicious idea: Trim 10 oz fresh spinach leaves, wash thoroughly, and blanch 1 minute in salted water. Plunge into cold water and drain. Stir into the Potato Shallot Stew. Saffron is one of the most expensive spices. You can usually buy it already ground in a small jar. If you buy saffron threads, rub them between your fingers and stir them into a little hot liquid before adding them to the dish.

Garbanzo Bean-Vegetable Stew

- Summer
- Inexpensive

Serves 4:

10 oz dried garbanzo beans
4–6 tbs olive oil
2 1/2 cups vegetable stock
1 eggplant
1 zucchini
1 yellow bell pepper
8 oz celery
14 oz tomatoes
1 onion
2 cloves garlic
Several sprigs of fresh rosemary
Salt & pepper to taste
Hot paprika
2 oz black olives (pitted)

Prep time: 1 1/2 hours

Soaking time: Overnight

Per serving approx.: 573 calories
22 g protein / 21 g fat / 77 g carbohydrates

1 Put the garbanzo beans in a bowl with enough water to cover them and soak overnight. The next day, pour off water and drain thoroughly.

2 In a pot, heat 1 tbs olive oil. Add and briefly sauté the garbanzo beans. Pour in the vegetable stock, cover, and simmer 1 hour over medium heat, occasionally adding a little water as needed.

3 Meanwhile, wash the eggplant and the zucchini, trim and dice. Wash the bell pepper, halve and trim, and cut into strips or diamond-shaped pieces. Wash the celery, trim and cut into slices about 1/4-inch thick.

4 Remove the cores from the tomatoes. Plunge the tomatoes into boiling water, remove peels, cut into quarters and dice coarsely. Peel the onion and the garlic and chop finely. Wash the rosemary, pinch off leaves and chop coarsely.

5 In a large skillet, heat 2 tbs oil. Add and brown eggplant cubes on all sides and remove from the pan. Heat remaining oil in the pan. Add and briefly sauté zucchini, celery, and bell pepper. Then add and briefly sauté onion, garlic, and rosemary.

6 Add eggplant and tomatoes to the pan and season to taste with salt, pepper, and paprika. Cover entire mixture and simmer 10 minutes.

7 Combine vegetables and olives with the garbanzo beans. Season to taste with salt, pepper, and paprika and simmer an additional 15 minutes until the beans are tender.

Tip! With the exception of lentils, all legumes must be soaked in water before cooking. It's best to soak them overnight but they must always soak at least 8 hours. The cooking time for legumes depends on the hardness of the water as well as on the age of the peas or beans. The older they are, the longer it takes to cook them. Whether the legumes should be cooked in the water they were soaked in or in fresh water is always subject to debate. Some say that the soaking water contains many valuable nutrients that shouldn't be thrown away. Others believe that there are too many harmful substances that accumulate in the soaking water.



above: Potato-Shallot Stew with Saffron
below: Garbanzo Bean-Vegetable Stew



Barley with Spring Vegetables

- Spring
- Sophisticated

Serves 4:

10 oz pearl barley
 2 1/4 cups water
 1 lb white or green asparagus
 8 oz snow peas
 10 oz baby carrots
 Salt
 1 bunch green onions
 2 cloves garlic
 1 tbs butter
 Salt & white pepper to taste
 1/2 cup heavy cream
 2 oz Parmesan cheese, freshly grated
 1/4 bunch fresh dill

Prep time: 40 min.

Cooking time: 1 hour

Per serving approx.: 510 calories

17 g protein / 20 g fat / 70 g carbohydrates

1 Rinse the barley well. Combine the barley and water in a pot and bring to a boil. Reduce the heat to low, cover the pot, and simmer the barley for 1-1 1/4 hours, until tender. Drain the barley.

2 Wash the asparagus, remove ends, and peel completely. (For green asparagus: peel only the bottom one-third of the stalks). Cut into 1 1/2-inch pieces, setting aside asparagus tips. Wash the snow peas and remove ends. Peel carrots and

quarter lengthwise. In a large pot, bring a generous amount of salted water to a boil. Consecutively blanch the vegetables in this water as follows: asparagus pieces 10 minutes, asparagus tips 5 minutes, carrots 5 minutes, and snow peas 3 minutes. Remove each vegetable, plunge into cold water and drain.

3 Trim the green onions, wash thoroughly and cut into fine rings, including the tender green part. Peel and mince the garlic.

4 Heat the butter in a pot. Add and briefly sauté the green onions and garlic. Add the barley and sauté briefly with the other ingredients. Stir in the blanched vegetables and season the mixture with salt and pepper.

5 Beat cream to the soft-peak stage and stir in Parmesan. Wash dill and pinch off leaves. Transfer barley and vegetables to bowls and garnish with Parmesan cream and dill leaves. Serve remaining Parmesan cream separately.

Bean Stew with Arugula and Bell Peppers

- Summer
- Easy

Serves 4:

10 oz dried large white beans

8 oz fresh arugula

2 large red bell peppers

1 red onion

2 cloves garlic

3 tbs olive oil

1/2 cup vegetable stock

Salt & pepper to taste

Cayenne pepper

1 cup ricotta cheese

1 tbs fresh lemon juice

Soaking time: Overnight

Prep time: 30 minutes

Cooking time: 1 hour

Per serving approx.: 410 calories

25 g protein / 15 g fat / 46 g carbohydrates

1 Put beans in a pot with enough water to cover them and soak overnight.

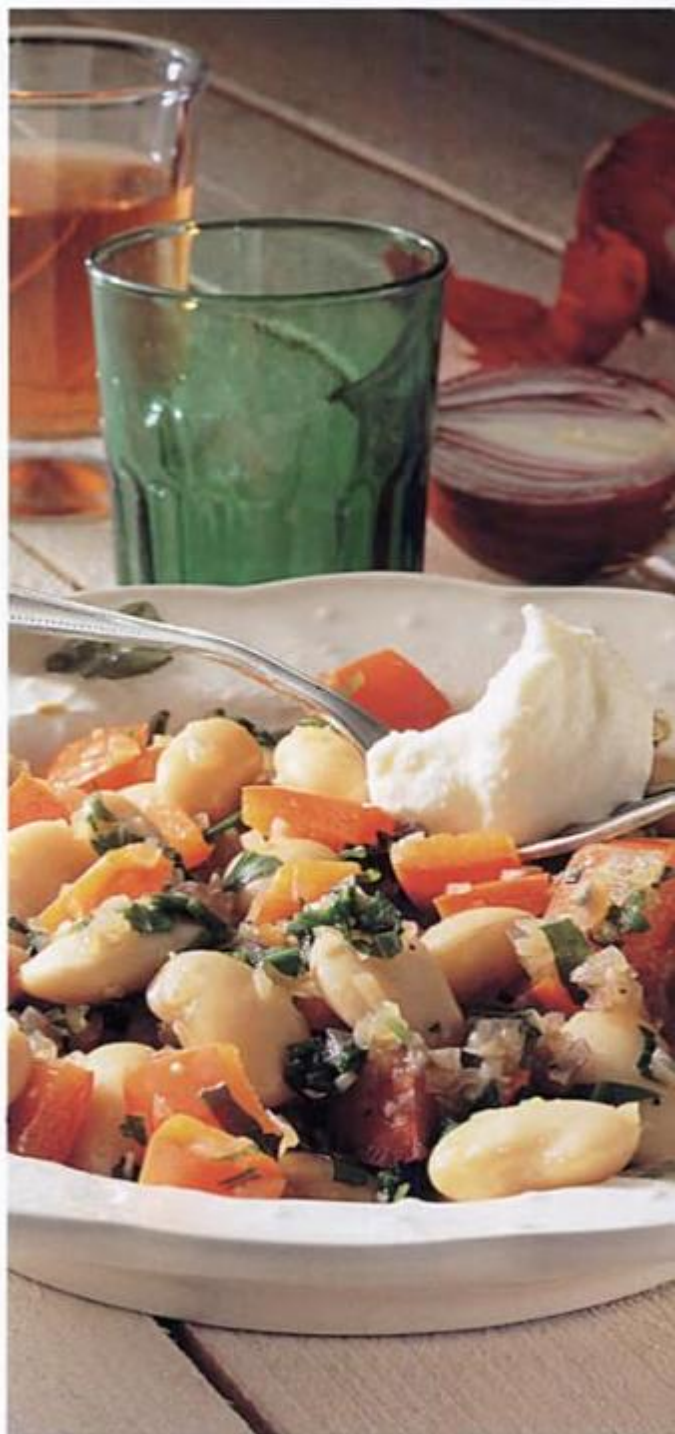
2 The next day, bring the beans to a boil in the soaking water. Then cover and simmer 1 hour over medium heat until tender.

3 Wash the arugula and chop coarsely. Wash the bell peppers, halve, trim, and cut into cubes of about 1/2-inch. Peel and mince the onion and garlic.

4 Heat the oil in a pot. Add and briefly sauté onion and garlic. Add bell peppers and sauté with the other ingredients. Drain white beans. Add beans and arugula to the pot.

5 Pour stock over the entire mixture and season to taste with salt, pepper, and cayenne pepper. Cover and simmer 15 minutes until the bell pepper cubes are cooked.

6 Meanwhile, combine ricotta and lemon juice and stir until creamy. Season with salt and pepper. Serve separately with the stew.



When you buy certified organic products, you can be sure that no harmful pesticides, herbicides, or fertilizers have been used, at least in the case of recognized growers.

Buying in Season

Buying products in season is a guarantee of quality because plants grown outdoors get more sun and require less "help" to grow. Of course, the harmful substances contained in rainwater and in the soil still make their way into organically grown products. By following tips below, you can keep the amount of harmful substances to a minimum.

- Always remove a generous number of outer leaves from salad greens and cabbage since these leaves contain most of the harmful substances.
- Be sure to peel any vegetables and fruits that are grown by conventional growers.

- Always wash vegetables thoroughly in order to wash away any impurities that have collected on them.

Nitrate and Nitrite

Nitrate is found in vegetables, particularly in salads and leafy vegetables. It is most concentrated in plants that don't get a lot of light (those grown during the winter and in hothouses). In your digestive tract, microorganisms can turn nitrate into nitrite. If nitrite is present in large amounts, it can bond with amino acids and produce carcinogenic substances in your body. You can avoid this by buying products in season, by buying certified organic products, and by eating a wide variety of foods.

Healthy and Filling



Grains

Grains contain important vitamins (mainly B vitamins), minerals, fiber, polyunsaturated fatty acids, and high-quality protein. Obviously, whole grains and the products manufactured from them retain the most nutrients. But if you just don't like whole-grain pasta, go ahead and buy white flour pasta. Maybe it's more in keeping with your style to use brown rice and whole-grain bread.

Bulgur is pre-cooked, dried, cracked durum wheat. You can buy it in natural foods stores and in Middle Eastern delicatessens.

Wheat and spelt are close relatives and have excellent baking properties.

Green spelt is spelt harvested before it ripens and then dried. It has an

especially nutty flavor. Rice is easily digestible and contains important vitamins and minerals. It's especially nutritious when it still has its bran (brown rice).

Millet cooks quickly but may taste slightly bitter. You can avoid this by rinsing the grains thoroughly in cold water. Millet is rich in magnesium and iron. Dried corn is also a grain. In the kitchen, it is mainly used for fine-grained polenta.

Legumes

Legumes provide us with fiber as well as important vitamins and minerals.

Beans are available in a number of dried varieties, whether the well-known white beans, red adzuki beans, black beans, or pinto beans. All dried beans are prepared similarly, simmered gently in water.

Peas in their dried form are mainly used for soups and purees. In vegetable dishes, fresh green peas taste better than dried. Garbanzo beans have a slightly nutty flavor and are primarily used in Middle-Eastern and Mediterranean cooking. Lentils are available in different varieties. Small lentils are particularly tasty, such as the greenish-brown Le Puy lentils. Other delicious varieties are yellow, orange, and red lentils.

Nothing to It! – Side Dishes from Grains

Potatoes, pasta, and rice aren't the only side dishes that go well with vegetables. Other grain dishes make excellent accompaniments as well. Plan on about 1/4 cup of raw grain per person.

- Bring bulgur, millet or buckwheat to a boil in two times the amount of

water, cover, and cook about 20 minutes over very low heat.

- In a pot, brown rolled oats slightly in oil. Add 1 chopped onion. Pour in two times the amount of vegetable stock and simmer 1 hour. Then let stand 1 hour.

Grains and legumes supply nutritious B vitamins and fiber.





Potato-Sauerkraut Pancakes with Spiced Cream Cheese

- Winter
- Inexpensive

Serves 4:

For the pancakes:

- 9 oz sauerkraut
- 26 oz baking potatoes
- 2 tbs sunflower kernels
- 2 eggs
- Salt & pepper to taste
- 1/4 cup flour

For the Spiced Cream Cheese:

- 1 bunch fresh chives
- 8 oz cream cheese
- 1/2 cup heavy cream
- Salt & pepper to taste
- 1 tsp caraway seeds
- Dash of ground caraway

In addition:

- 2-3 tbs clarified butter or vegetable oil

Prep time: 40 minutes

Per serving: 450 calories

17 g protein / 25 g fat / 37 g carbohydrates

1 Drain sauerkraut, and chop coarsely. Wash potatoes, peel, and grate finely with a vegetable grater or in a food processor.

2 Combine sauerkraut and potatoes with sunflower kernels, eggs, salt, pepper and flour to form a batter.

3 For the spiced cream cheese, wash chives and cut into rings. Combine

cream cheese and heavy cream and stir in chives. Season with salt, pepper, caraway seeds, and ground caraway.

4 For the pancakes, heat clarified butter or oil in one or, preferably, two skillets. For each pancake, spoon 1 tbs of the potato mixture into the pan and flatten it slightly. Fry the pancake 5 minutes over medium heat, then flip it over and fry an additional 5 minutes. Serve the pancake fresh from the pan with the spiced cream cheese.

Variations

Instead of sauerkraut, use finely chopped leek or grated carrots. In the cream cheese, you can substitute 2 bunches of chives and 1 generous pinch of hot paprika powder for the caraway.

Boiled Potatoes with Cheese-Vegetable Dip

- Summer
- Inexpensive

Serves 4:

2 1/4 lb baking potatoes
6-7 oz sheep's-milk feta cheese
8 oz cream cheese
1/4 cup plain yogurt
10 oz mixed vegetables (carrots, bell peppers, green onions, and cucumbers)
2 cloves garlic
1 bunch fresh basil
Salt & pepper to taste

Prep time: 35 minutes

Per serving: 360 calories
24 g protein / 10 g fat / 44 g carbohydrates

1 Wash the potatoes thoroughly under running water and place in a pot. Pour in 1 1/2-2 inches water and bring to a boil. Cover and cook potatoes 20-30 minutes over medium heat until tender.

2 Meanwhile, crumble sheep's-milk cheese and mash finely with a fork. In a bowl, combine with the cream cheese and the yogurt.

3 Wash the vegetables. Peel the carrots, trim the peppers and the green onions, peel cucumber if desired. Cut the

vegetables into very fine strips or dice as finely as possible. Peel and mince garlic. Wash the basil and cut the leaves into strips.

4 Stir the vegetables, garlic, and basil into the cream cheese mixture. Season to taste with pepper and, if desired, a little salt (usually the sheep's cheese is salty enough).

5 Pour water off potatoes, peel, and serve with the vegetable-cream cheese mixture. New potatoes can be served with the skins.

Variation

Instead of sheep's-milk cheese, combine Roquefort or another blue cheese with the cream cheese.



Dandelion Green Risotto with Parmesan-Tomato Cream

- Summer
- Sophisticated

Serves 4:

6 oz dandelion greens
 2 carrots
 1 onion
 2 cloves garlic
 2 tbs butter
 1 tbs pine nuts
 2 cups Arborio rice
 1 cup dry white wine or vegetable stock
 1 2/3 cups vegetable stock
 1 2/3 cups water
 10 oz tomatoes
 2 1/2-3 oz Parmesan cheese
 Salt & pepper to taste
 Dash of honey

Prep time: 1 hour
 Per serving: 657 calories
 20 g protein / 13 g fat / 101 g carbohydrates

1 Wash and trim the dandelion greens. Cut the leaves into strips and finely chop the stems. Peel the carrots and dice very finely. Peel and mince the onion and the garlic.

2 Heat half the butter in a pot. Add the onions and the garlic and sauté over medium heat until translucent. Then add and briefly sauté pine nuts and rice. Finally, add and briefly sauté dandelion greens while stirring constantly.

3 Combine wine with stock and water. Pour about a fourth of this mixture into the rice. Simmer rice uncovered until the liquid has boiled off, stirring frequently.

4 Add the second fourth of the liquid and again let it boil down, stirring frequently. Then add the rest of the stock mixture, cover, and cook rice another 30 minutes over medium heat, stirring frequently and adding water if necessary.

5 Meanwhile, wash the tomatoes, remove the cores, and dice coarsely. Break or cut Parmesan into cubes. Blend the tomatoes and the Parmesan in a blender or food processor until smooth. Season to taste with salt and pepper.

6 Add remaining butter to the risotto. Season to taste with salt, pepper, and honey and serve in a warmed bowl. Serve with Parmesan-tomato cream.

Vegetable Pilaf with Tofu

- Summer
- Easy

Serves 4:

8 oz firm tofu
 2 tbs soy sauce
 1 small zucchini
 1 small eggplant
 1 yellow bell pepper
 1 large onion
 2 cloves garlic
 9 oz tomatoes
 1/4 cup plus 1 tbs sunflower oil
 1 dried chile pepper
 1 small jar ground saffron
 1/2 cup vegetable stock
 1 1/2 oz dried currants
 1 1/4 cups long-grain rice
 1 1/2 oz pine nuts
 2 cups water
 Salt & pepper to taste
 1/2 tsp ground cumin
 1/4 bunch fresh dill

Prep time: 50 minutes
 Per serving: 544 calories
 15 g protein / 21 g fat / 74 g carbohydrates

1 Cut the tofu into cubes of about 1/2-inch. Combine with the soy sauce and let stand.

2 Wash the zucchini, eggplant, and bell pepper, trim and dice. Peel and mince the onion and the garlic. Remove the cores from the tomatoes. Plunge the tomatoes into boiling water, remove peels, cut into quarters and dice as finely as possible.

3 In a pan, heat 1/4 cup oil. Add the vegetables, onion, and garlic and brown 4 minutes over high heat while stirring constantly.

4 In a small bowl, crumble chile pepper. Stir saffron into the vegetable stock. Add stock to the vegetables and bring to a boil. Add chile pepper, currants, rice, pine nuts, tomatoes and water. Season the mixture to taste with salt, pepper, and cumin.

5 Cover pan and cook 25 minutes over low heat until the rice is tender. Brown rice takes a little longer. Stir occasionally and add a little water as needed.

6 Before serving, heat the remaining oil in a skillet over medium-high heat. Add the tofu and fry until crispy on all sides. Wash the dill, remove larger stems, and chop finely. Put the tofu and dill on top of the pilaf and serve immediately.

Tip! Another delicious idea: Serve this dish with yogurt sprinkled with cumin.



above: Vegetable Pilaf with Tofu

below: Dandelion Green Risotto with Parmesan-Tomato Cream



Whole-Wheat Pasta with Red Pepper Ragoût and Mozzarella

- Summer
- Sophisticated

Serves 4:

2 red bell peppers
 1 yellow bell pepper
 4 green onions
 2 cloves garlic
 Salt
 16 oz whole-wheat fettuccine
 2 tbs olive oil
 1/2 cup dry white wine or vegetable stock
 Salt & pepper to taste
 8 oz fresh mozzarella cheese
 Basil leaves as garnish

Prep time: 1 hour
 Per serving: 540 calories
 26 g protein / 16 g fat / 471 g carbohydrates

1 Preheat oven to 475°F. Wash the bell peppers, halve and trim. Place the pepper halves on a baking sheet with the cut sides down and bake 15–20 minutes in the oven until the skin blisters.

2 Let the peppers cool briefly, then peel and cut into strips. Trim the green onions, wash thoroughly and cut into fine rings, including the tender green part. Peel and mince the garlic.

3 For the pasta, bring a generous amount of salted water to a boil and cook the pasta until al dente, following the instructions on the package.

4 Meanwhile, heat the oil in a pot over medium heat. Add green onions and garlic and sauté until translucent. Then add bell pepper strips and sauté briefly. Finally, add wine or stock, season with salt and pepper, cover and simmer 3 minutes over medium heat.

5 Drain mozzarella and cut into small cubes. Wash basil.

6 Top the pepper ragoût with the cheese. Drain and add pasta. Mix loosely and serve immediately on warmed plates with basil sprinkled over the top.

Penne with Cabbage-Walnut Sauce

- Fall
- Inexpensive

Serves 4:

18 oz young savoy cabbage
 2 oz walnut halves
 2 cloves garlic
 1 bunch fresh Italian parsley
 Salt
 16 oz whole-wheat penne
 1 tbs butter
 1/2 cup vegetable stock
 1/2 cup heavy cream
 Salt & pepper to taste
 Freshly grated nutmeg
 Pinch of ground caraway
 2 1/2-3 oz Asiago, Parmesan, or Romano cheese, freshly grated

Prep time: 20 minutes
 Per serving: 657 calories
 26 g protein / 28 g fat / 78 g carbohydrates

1 Remove all wilted leaves and the core from the savoy cabbage. Wash the cabbage, drain and cut into fine strips. Finely chop the walnuts. Peel the garlic and mince. Wash the parsley, pinch off leaves and chop finely.

2 For the pasta, bring a generous amount of salted water to a boil and cook until the pasta is al dente, following the instructions on the package.

3 While the water is heating, heat butter in a pot over medium heat. Add garlic and walnuts and sauté briefly. Then add savoy cabbage and sauté briefly. Finally, add vegetable stock, cover, and cook 10 minutes over medium heat until the savoy cabbage is tender-crisp.

4 Add cream to the cabbage mixture. Season with salt, pepper, nutmeg, and caraway.

5 Drain pasta. Combine with cheese and parsley and stir into cabbage and vegetable mixture. Serve immediately on warmed plates.



Vegetable-Stuffed Tofu

- Summer/Fall
- Sophisticated

Serves 4:

1 small fennel bulb
1 small carrot
1 clove garlic
1/4 bunch fresh dill
1/2 organic lemon
Salt & pepper to taste
18 oz extra-firm tofu
1/4 cup sesame seeds
1/4 cup peanut oil

Prep time: 50 minutes
Per serving: 304 calories
26 g protein / 24 g fat / 8 g carbohydrates

1 Remove wilted leaves and the stems from the fennel. Wash fennel and cut into eighths lengthwise. Cut the core out of each piece and chop fennel very finely. Peel the carrot and grate finely. Combine the fennel and the carrot.

2 Peel garlic, mince and add to the vegetables. Wash the dill and cut off leaves. Wash lemon with hot water, dry, and remove zest. Chop zest very finely. Add the zest and the dill to the vegetables. Season to taste with salt and pepper.

3 Drain tofu and cut into 4 equal slices. Cut a pocket lengthwise along

one side of each slice. Be careful not to cut all the way through.

4 Carefully fill the pockets in the tofu with the vegetable mixture. Carefully close each of the openings with a toothpick.

5 Season the tofu slices with salt and pepper and dip in the sesame seeds. Heat oil in a large pan and fry tofu slices 5 minutes on each side over medium heat. Serve hot.

Tip! The tofu slices go well with fried potatoes or bread, or even a tossed salad.

Garbanzo Bean Meatballs in Tomato-Thyme Sauce

- Summer
- Inexpensive

Serves 4:

For the meatballs:
One 15-oz can garbanzo beans
1/2 onion
1 clove garlic
1/2 bunch fresh Italian parsley
1 tsp grated organic lemon zest
Salt & pepper to taste
3 tbs olive oil
For the tomato-thyme sauce:
20 oz tomatoes
1/2 bunch fresh thyme
1 tbs pine nuts
2/3 cup crème fraîche
Salt & pepper to taste

Prep time: 50 minutes
Per serving: 635 calories
24 g protein / 29 g fat / 74 g carbohydrates

1 Drain the garbanzo beans well.

2 Peel and mince the onion and the garlic. Wash the parsley and finely chop the leaves.

3 Place the garbanzo beans, onion, garlic, parsley, and lemon zest in a food processor and blend to a paste. Season to taste with salt and pepper. Let the mixture stand for about 30 minutes. Form the mixture

into walnut-sized balls.

4 In a pan, heat 2 tbs of the olive oil over medium heat. Add the meatballs and sauté for 10 minutes. Shake the pan at regular intervals so that they brown evenly. Remove the meatballs from the pan and keep them warm in the oven at the lowest setting.

5 While the meatballs are frying, prepare the tomatoes for the sauce by removing the cores. Plunge the tomatoes into boiling water, remove peels, cut into quarters, and chop finely. Wash the thyme and strip the leaves from the stems.

6 Add remaining oil to the pan. Add pine nuts and thyme and sauté briefly. Add tomatoes and simmer mixture 10 minutes over medium heat. Mix in crème fraîche and season sauce to taste with salt and pepper. Serve with the meatballs.



above: Garbanzo Bean
Meatballs in Tomato-
Thyme Sauce
below: Vegetable-Stuffed



Polenta Gnocchi with Herbed Peas

- Summer
- Easy

Serves 4:

4 cups water
Salt
1 cup polenta
1 bunch green onions
2 cloves garlic
1 bunch mixed fresh herbs
1 organic lemon
1 tbs butter
10 oz frozen or freshly shelled peas
1/2 cup dry white wine or vegetable stock
2/3 cup crème fraîche
Salt & pepper to taste
2 oz Romano cheese, freshly grated

Prep time: 50 minutes
Per serving: 553 calories
16 g protein / 23 g fat / 68 g carbohydrates

1 In a large pot, bring water and 2 tsp salt to a boil. Sprinkle in the polenta and cook 20 minutes over very low heat, stirring occasionally. The polenta mixture should be shapeable but not too dry.

2 Trim the green onions, wash thoroughly and chop finely, including the tender green part. Peel and mince the garlic. Wash the herbs, remove larger stems, and chop finely. Wash the lemon with hot water and dry.

Grate off a thin layer of zest and chop finely.

3 Heat the butter in a pot over medium heat. Add green onions and garlic and sauté briefly. Then add peas, lemon zest, and half the herbs and sauté briefly. Finally, add wine or vegetable stock, cover, and sauté 5 minutes. Preheat oven to 150°F.

4 Meanwhile, form dumplings from the polenta mixture using a tablespoon and lay side-by-side in a baking dish. Keep warm in the oven.

5 Add the crème fraîche to the pea mixture. Season the vegetables with salt and pepper. Stir remaining herbs into the pea mixture and spread over the gnocchi. Sprinkle cheese over the top and serve.

Asparagus with Tomato-Egg Sauce

- Spring/Summer
- Fast

Serves 4:

2 1/4 lb asparagus
Salt
Pinch of sugar
1 tbs fresh lemon juice
4 eggs
2 large tomatoes
1 bunch fresh basil
10 oz sour cream
Salt & white pepper to taste

Prep time: 25 minutes
Per serving: 290 calories
20 g protein / 18 g fat / 11 g carbohydrates

1 Wash asparagus and cut off the ends. Peel the lower third of the spears.

2 In a large pot, bring a generous amount of salted water to a boil with the sugar and lemon juice. Add asparagus spears and cook 6-8 minutes, until tender-crisp.

3 Cook the eggs 10 minutes in boiling water, plunge into cold water, peel and dice finely. Wash the tomatoes, remove cores, and dice finely. Wash the basil, pinch off leaves and cut into strips.

4 Combine the diced eggs, tomatoes, basil, and

sour cream and season to taste with salt and pepper.

5 Remove the cooked asparagus from water using a skimmer and arrange on warmed plates or a platter. Serve with sauce.

Tip! The sauce can also be served with new potatoes or whole-grain crepes.



Buckwheat Patties with Celery Root Puree

- Winter/Spring
- Inexpensive

Serves 4:

For the patties:

- 1 cup buckwheat groats
- 1 1/4 cups vegetable stock
- 1 carrot
- 1 shallot
- 1 bunch fresh basil or arugula
- 2 eggs
- 3-4 tbs whole-wheat bread crumbs

Salt & pepper to taste
Freshly grated nutmeg

For the celery puree:

- 24 oz celery root
- 10 oz baking potatoes
- Salt
- 2 tbs whole hazelnuts
- 2-3 tbs sunflower oil
- 3/4 cup milk
- 1 tbs butter
- Salt & pepper to taste
- 4 green onions

Prep time: 1 hour

Per serving: 559 calories

19 g protein / 22 g fat / 61 g carbohydrates

1 In a medium-sized pot, bring the buckwheat groats and the vegetable stock to a boil, cover and cook 15 minutes over the lowest possible heat.

2 Peel the carrots and grate finely. Peel the shallot and chop very finely. Wash the basil or arugula, remove larger stems and chop very finely.



3 Let buckwheat cool slightly, then add carrot, shallot, basil or arugula, eggs and bread crumbs. Season to taste with salt, pepper, and nutmeg.

4 For the puree, peel celery root and potatoes and cut into small cubes. Put both in a pot. Cover with salted water and bring to a boil. Cover pot and cook 20 minutes over medium heat until vegetables are tender.



5 Meanwhile, finely chop hazelnuts. In a dry pan, toast hazelnuts over medium heat until golden while stirring constantly. Transfer to a plate.



6 Heat sunflower oil in a pan. With a spoon, form patties from the buckwheat mixture and place in the pan. Fry 5 minutes on each side over medium heat.



7 Meanwhile, heat the milk. Drain the celery root and the potatoes and mash finely with a potato masher. Stir in the

milk and the butter. Season to taste with salt and pepper. Mix in hazelnuts.

8 Trim the green onions, wash thoroughly and cut into very fine rings, including the tender green part.

9 Arrange patties and puree on warmed plates and sprinkle the green onions over the puree.

Tip! This is also good served with the Orange and Carrot Salad (see recipe on page 8).

Variation**Vegetable Tofu Patties**

Wash or peel 20 oz mixed vegetables (kohlrabi, carrots, celery, and leek) and grate very finely. Drain off liquid that forms. Peel 2 cloves garlic, mince, and add to vegetables. Mash 9 oz tofu with a fork and add to mixture. Mix in 1 tsp lemon zest from an organic lemon, 1 bunch finely chopped fresh basil, 1 egg, 5 tbs whole-wheat bread crumbs, salt and pepper to taste and knead the entire mixture into a dough. Form into patties and fry in a pan over medium heat in 2-3 tbs oil for 5 minutes on each side.



Steamed Vegetables with Mustard Foam

- Spring/Summer
- Sophisticated

Serves 4:

2 1/2 lb mixed vegetables (small baby carrots, small white turnips, kohlrabi, zucchini, and young beets)
 1 cup vegetable stock
 1 bay leaf
 2 juniper berries
 1 whole clove
 2 eggs
 2 tbs grainy mustard
 2 tbs butter
 Salt & pepper to taste
 Pinch of ground caraway

Prep time: 35 minutes
 Per serving approx.: 264 calories
 12 g protein / 13 g fat / 25 g carbohydrates

1 Trim the vegetables and peel or wash. Leave the carrots whole. Cut the turnips and the kohlrabi into sticks about 1/2-inch thick. Cut zucchini into 1/2-inch-thick slices. Cut the beets into sticks about 1/4-inch thick.

2 Grease a steamer insert with butter. Put the vegetable stock in a pot large enough to hold the steamer insert. Add the bay leaf, juniper berries, and clove.

3 Bring liquid to a boil and insert steamer. Cook the vegetables covered

10–15 minutes over medium to high heat until tender-crisp.

4 Pour the liquid through a colander into another pot (cover vegetables and keep warm in the pot used to cook them).

5 Remove the pot from stove. Beat the eggs, mustard, and butter into the liquid and briefly bring to the boiling point while stirring constantly; do not allow to boil. This will thicken the sauce. Season to taste with salt, pepper, and caraway.

6 Arrange the vegetables on warmed plates and serve the sauce beside them or separately.

Eggplant Roulades with Sheep's Cheese Filling

- Summer
- Sophisticated

Serves 4:

2 Japanese eggplants (about 25 oz)
 Salt
 1 red bell pepper
 1 yellow bell pepper
 1 green bell pepper
 1 white onion
 2 tomatoes
 6 oz sheep's milk cheese
 2 tbs ricotta cheese
 1 tbs prepared pesto
 1 bunch fresh basil
 1 bunch fresh Italian parsley
 2 cloves garlic
 Pepper to taste
 5 tbs olive oil
 1/4 cup vegetable stock
 Pinch of Sucanat

Prep time: 1 hour
 Per serving: 278 calories
 12 g protein / 19 g fat / 16 g carbohydrates

1 Wash the eggplants, dry, remove stems, and cut sides flat. Cut lengthwise into thin slices. Salt the eggplant slices and let stand 30 minutes. Use the leftover eggplant pieces for another dish, such as a pasta sauce.

2 Meanwhile, wash the bell peppers, halve, trim, and dice. Peel the onion, halve, and cut into thin slices. Remove the cores from the tomatoes. Pour

boiling water over tomatoes, remove peels, cut into quarters and dice finely.

3 Crumble sheep's-milk cheese and mash with a fork. Combine with ricotta and pesto. Wash the herbs and chop leaves very finely. Peel the garlic and mince.

4 Stir the herbs and garlic into the cheese-pesto paste and season to taste with pepper.

5 Pat the eggplant slices dry using paper towels. Spread the paste over the eggplant slices, roll them up, and secure ends with toothpicks.

6 In a pot, heat 1 tbs oil over medium heat. Add the onions and sauté briefly. Then add the diced bell peppers and sauté briefly. Stir in the tomatoes. Add vegetable stock and season to taste with salt, pepper, and Sucanat.

7 Cover vegetables and braise 12 minutes over medium heat until tender-crisp.

8 Meanwhile, heat remaining oil in a pan. Fry eggplant roulades 10 minutes over medium heat until brown on all sides.

9 Serve roulades with vegetable mixture.

Tip! If you don't want to bother rolling up the slices, simply place one slice on top of another with the filling in between. Then fry them one or two at a time or in two pans, since they require more space than the roulades.



above: Eggplant Roulades with Sheep's Cheese Filling
below: Steamed Vegetables with Mustard Foam

Dishes baked in the oven are easy to prepare and don't require your constant attention while they cook.

Energy-Saving Oven and Stove-Top Cooking

Other than soufflés, which require a really hot oven in order to rise well, all baked dishes can be placed in the oven while it's still preheating, thus shortening the cooking time by about 5 minutes. Modern ovens can be switched off 5-10 minutes before the end of the actual cooking time because they hold heat so efficiently. Make sure that the burner has the same diameter as the bottom of your pot. Using a smaller pot on a larger burner wastes precious energy. Cover and cook vegetables with a small amount of liquid. This

shortens the cooking time and helps retain nutrients.

Tasty Casseroles

Eggs and cheese are important ingredients in casseroles and gratins. Eggs serve as a binding agent and cheese gives flavor.

Cheese

All cheeses used in baked dishes must meet two conditions: They must taste good and they must melt well.

Mozzarella becomes nice and creamy when it melts and has a particularly mild flavor. It is made from cow's milk or water buffalo milk. On the other hand, blue cheeses such as Roquefort and Gorgonzola have a strong and tangy flavor while also having excellent melting properties. Semi-hard cheeses such as cheddar, Gruyère and Appenzeller have a rich taste and are excellent

Cheese gives casseroles and gratins good flavor and a crispy crust.

Hot Out of the Oven



for melting. These types of cheese should always be freshly grated in order to allow their flavor to unfold fully.

Eggs

Eggs serve as a binding agent as well as adding flavor. The most important factor for eggs is their freshness. Raw eggs can contain salmonella, which is completely destroyed by cooking. In order to avoid being infected by salmonella, taste your dough or batter before you add the eggs. And another thing: Always rinse all appliances and utensils that come into contact with the egg mixture thoroughly and in hot water immediately after use.

If you want to be completely certain, put your eggs through a freshness test. The air chamber inside the egg expands as the egg ages, and can be detected when tested in water. Fill a sufficiently large glass with water and drop in the egg. A fresh egg will lie flat on the bottom. When an egg is about one week old, the flat side containing the air chamber tilts up slightly toward the surface. An egg that is 2-4 weeks old stands completely on end. Such eggs should only be boiled or baked. After 5-6 weeks, the air chamber is so large that the egg floats to the surface. These eggs should be discarded.

Freshness test for eggs: In a glass of water, a fresh egg sinks to the bottom; a 2-to-4-week-old egg stands on end; a spoiled egg floats to the top.



Tips for Preparation

- Flakes of butter on top of casseroles and gratins not only give them a richer flavor but also make for an appetizing crust.
- Always cook ingredients such as pasta, rice, and other grains before baking them in the oven; otherwise they won't become tender.
- Precook vegetables with tough fibers such as fennel, some types of cabbage, and turnips before arranging them in layers. Blanch leafy vegetables such as spinach and chard before baking them in the oven in order to reduce the amount of liquid that forms in your casserole or baking dish.

- Soft vegetables such as zucchini, tomatoes, bell peppers and mushrooms as well as potatoes, can be layered when raw.
- Precooked ingredients don't require that you add as much liquid when you put them in the baking dish and top them with cheese. As a result, their cooking time is shorter.
- Always let baked casseroles, lasagna, and quiches stand at least 10 minutes before serving.

Preserving and Reheating Leftovers

Leftover casseroles, lasagna, etc., that are sealed in plastic containers will keep several days in the refrigerator or can be frozen.

Take the leftovers from the refrigerator and transfer them to a baking dish. Cover the dish with a lid or aluminum foil. Then bake with the cover on for 10-15 minutes at 400°F until heated all the way through. The cover is important because it prevents the dish from drying out.

If frozen, place leftovers in the oven without thawing and uncovered while the oven is preheating.

Potato-Chard Tart

- Summer/Fall
- Sophisticated

Serves 4:

20 oz baking potatoes
18 oz Swiss chard
Salt
1 green chile
2 cloves garlic
1 bunch fresh marjoram
Salt & pepper to taste
Freshly grated nutmeg
4 oz fresh mozzarella cheese
10 sun-dried tomatoes preserved in oil
4 oz Swiss cheese
1 1/2 cups heavy cream
2 eggs
2 tbs sunflower kernels
1 tbs butter

Prep time: 45 minutes
Baking time: 35–40 minutes
Per serving: 790 calories
37 g protein / 46 g fat / 66 g carbohydrates

1 Wash and cook the potatoes 20–30 minutes in a little water with the pot covered until the potatoes are tender.

2 Wash and drain chard. Chop the leaves and cut stems into fine strips. Bring a generous amount of salted water to a boil. Add stems and blanch 2 minutes. Add leaves and blanch both ingredients another 2 minutes. Pour off water, plunge chard into cold water and drain.

3 Finely chop chile pepper. Peel garlic and mince. Wash marjoram and pick off the leaves. Combine chard, chile pepper, garlic, and marjoram and season with salt, pepper, and nutmeg.

4 Pour water off potatoes and let cool slightly, then peel and slice. Preheat oven to 400°F.

5 Drain the mozzarella and the tomatoes. Slice the mozzarella. Dice the tomatoes. Grate the Swiss cheese. Mix the cream and eggs and stir in the grated cheese, salt, and pepper.

6 Arrange alternating layers of potatoes and chard in the baking dish, seasoning each layer with salt and pepper. Top with mozzarella and tomato cubes.

7 Pour egg-cream mixture over the tart. Sprinkle with sunflower kernels and dot with butter. Bake 35–40 minutes in the oven until the surface is nicely browned.

Stuffed Kohlrabi

- Spring/Summer
- Sophisticated

Serves 4:

4 bulbs kohlrabi
Salt
1 bunch green onions
5 oz small white mushrooms
2 cloves garlic
1 bunch fresh marjoram
1 tbs butter
2/3 cup heavy cream
1 slice whole-wheat toast
1 organic lemon
2 oz Parmesan cheese, freshly grated
Black pepper to taste
1/2 cup vegetable stock

Prep time: 35 min.
Baking time: 30–35 min.
Per serving approx.: 287 calories
11 g protein / 20 g fat / 20 g carbohydrates

1 Peel kohlrabi and set aside tender kohlrabi leaves. In a pot, bring a generous amount of salted water to a boil. Add kohlrabi and simmer covered for 15 minutes. Then plunge into cold water and drain.

2 Meanwhile, trim and wash the green onions and chop finely, including the tender green parts. Clean the mushrooms and dice finely. Peel the garlic and mince. Wash the marjoram and chop leaves coarsely.

3 Heat the butter in a pan. Add the green onions, mushrooms, and garlic and sauté briefly while stirring constantly. Add half of the cream. Stir in the marjoram and sauté entire mixture 5 minutes over medium heat.

4 Cut the top off of each kohlrabi. Hollow out the kohlrabi with a melon baller so that the sides are no more than 1/2-inch thick. Finely dice the flesh of the kohlrabi that you removed. Add 2 tbs of the diced kohlrabi to the mushroom mixture.

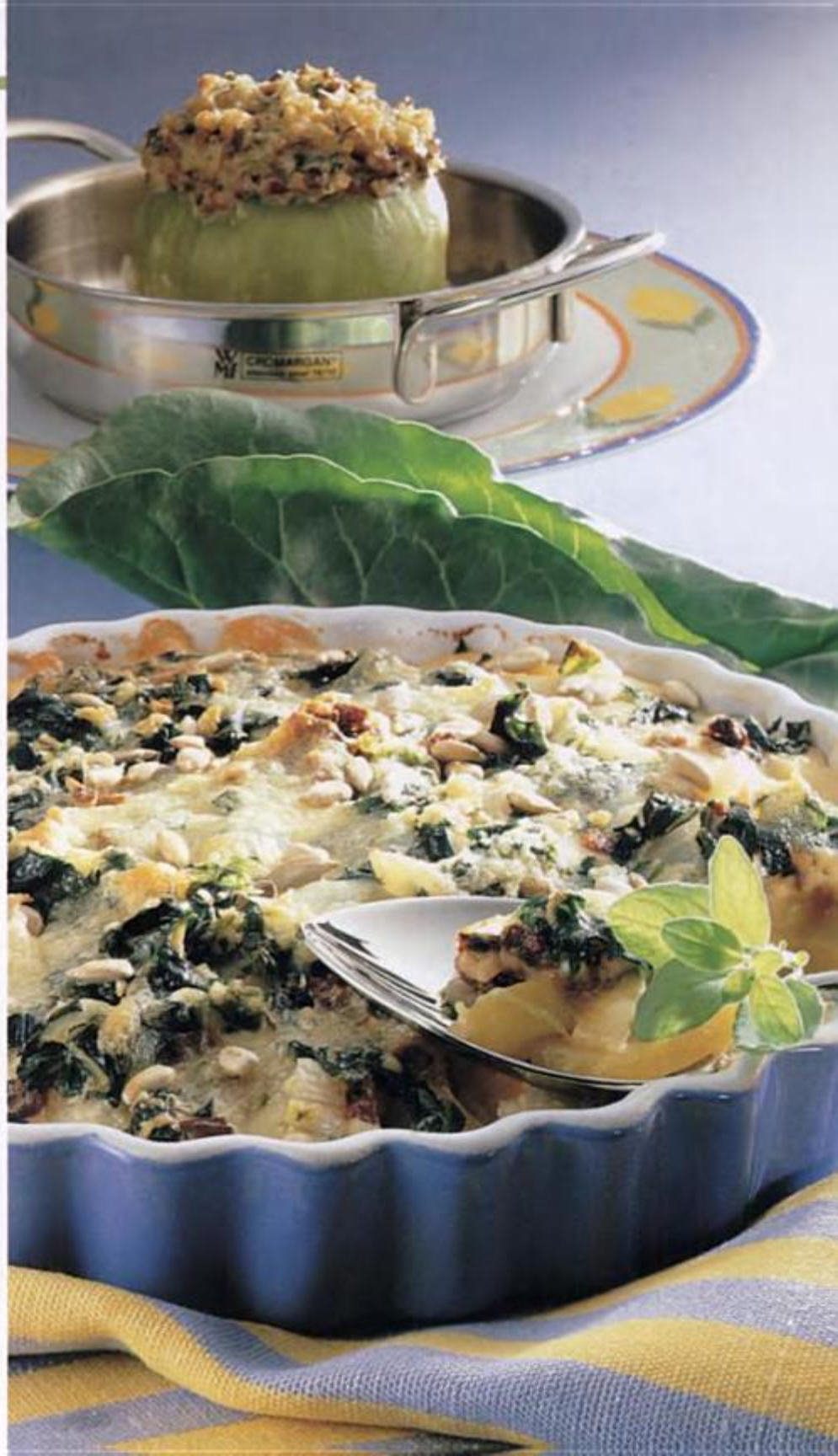
5 Finely chop the kohlrabi leaves. Cut the toast into very small cubes. Wash the lemon with hot water, remove thin layer of zest, and chop finely. Combine all these ingredients with the mushroom filling and cheese and season to taste with salt and pepper.

6 Preheat oven to 350°F. Fill the kohlrabi with the mushroom mixture and arrange side-by-side in a baking dish (if necessary, cut a little off the bottom

of each kohlrabi to flatten it and make them more stable).

7 Combine the vegetable stock, remaining cream, and remaining diced kohlrabi and arrange next to the stuffed kohlrabi.

8 Bake 30-35 minutes in the oven until nicely browned.



above: Stuffed Kohlrabi
below: Potato-Chard Tart

Vegetable Strudel with Lemon Sabayon

- Summer/Fall
- Sophisticated

Serves 4:

For the dough:

1 1/3 cups bread flour

Salt

3 tbs sunflower oil

1 egg yolk

About 1/3 cup lukewarm water

For the filling:

1 leek

1 bulb kohlrabi

1 fennel bulb

2 cloves garlic

2 bunches fresh arugula

7 oz small white mushrooms

1 tbs clarified butter or oil

Salt & pepper to taste

1 tsp Hungarian paprika

1 tbs sunflower kernels

1 cup crème fraîche

For the sabayon:

3 egg yolks

Pinch of salt

1 tsp spicy mustard

1/2 cup dry white wine

1 cup vegetable stock

2 tbs fresh lemon juice

Salt & pepper to taste

In addition:

3 tbs melted butter

Flour

Strips of organic lemon zest

Prep time: 1 hour

Baking time: 50 minutes

Per serving approx.: 695 calories

29 g protein / 43 g fat / 56 g carbohydrates

1 For the dough, combine the flour with a large pinch of salt, the oil, egg yolk and water. Knead into a smooth, elastic dough.

2 Form the dough into a ball and wrap in parchment paper. Fill a bowl with boiling water, pour out the water, and place the dough in the hot bowl. Let dough rest for 30 minutes.

3 Meanwhile, for the filling, trim the leek and cut lengthwise. Then wash very thoroughly under running water and cut into very fine strips, including the light green part. Peel kohlrabi and cut into fine sticks or grate. Wash fennel bulb, trim and quarter lengthwise. Cut the core out of each piece and slice fennel very thinly. Peel garlic and mince. Wash arugula, shake dry and cut into fine strips.

4 Clean and slice the mushrooms. In a pan, heat clarified butter and fry mushrooms several minutes while stirring, boiling off any liquid that

forms. In a bowl, combine mushrooms with vegetables, arugula, and garlic and season to taste with salt, pepper, and paprika.



5 Preheat oven to 400°F. Grease a baking dish with a little melted butter. Divide dough into two equal parts. Roll the first portion out thinly on a floured kitchen towel, then stretch it out as thinly as possible over the floured backs of your hands.



6 Brush the dough with a little melted butter. Fill with half the vegetable mixture, leaving a margin of about 3/4-inch on all sides. Sprinkle vegetables with half the sunflower kernels and coat with half the crème fraîche.



7 Fold the edges of the dough inward over the filling. Lift up one side of the towel and use it to roll up the strudel.

8 Slide the strudel into the greased baking dish. Repeat the same procedure with the second portion of dough and transfer to the dish. Brush the strudel with the rest of the butter.

9 Bake strudel 50 minutes in the oven until nicely browned. When the strudel is done, turn off the oven without removing the strudel.



10 For the sabayon: in a metal bowl, combine the egg yolks, a pinch of salt, and the mustard and beat with an electric mixer.



11 Place the bowl in a hot double boiler. Combine wine and vegetable stock and slowly pour into egg-cream while stirring constantly. Continue beating until the sauce thickens.

12 Flavor the sauce to taste with lemon juice, salt, and pepper and transfer to a gravy boat. Garnish with lemon zest strips and serve separately with the strudel.





Fennel and Tomato Gratin

● Summer

● Easy

Serves 4:

4 young fennel bulbs

Salt

4 tomatoes

1 bunch fresh Italian parsley

1 bunch green onions

1 clove garlic

4 oz ricotta cheese

3 oz Romano or Parmesan cheese, freshly grated

1/4 cup whole-wheat bread crumbs

2 tbs olive oil

Pepper to taste

Pinch of cayenne pepper

Prep time: 35 minutes.

Baking time: 25-30 minutes

Per serving: 227 calories

15 g protein / 36 g fat / 38 g carbohydrates

1 Trim the fennel and quarter lengthwise. Cut the core out of each piece without removing the leaves. Chop the tender leaves.

2 Bring a generous amount of salted water to a boil. Add fennel and blanch for 6 minutes, then plunge into cold water and drain thoroughly.

3 Remove the cores from the tomatoes. Plunge the tomatoes into boiling water, remove peels, cut into quarters and dice

finely. Wash the parsley and chop the leaves finely. Trim green onions, wash thoroughly, and cut into fine rings, including the tender green part. Peel garlic and mince.

4 Preheat oven to 400°F. Combine ricotta cheese with tomatoes, parsley, fennel leaves, garlic, green onions, Romano or Parmesan, bread crumbs and olive oil and season to taste with salt, pepper, and cayenne pepper.

5 Place fennel quarters in a baking dish. Spread tomato mixture over the top. Bake fennel 25-30 minutes in the oven until it is nicely browned.

Endive-Potato Gratin

- Fall/Winter
- Inexpensive

Serves 4:

14 oz Belgian endive
 2 shallots
 2 cloves garlic
 1/2 bunch fresh thyme
 28 oz baking potatoes
 Salt & white pepper to taste
 3/4 cup plus 2 tablespoons
 crème fraîche
 1/2 cup heavy cream
 Juice from 1 small lemon
 4 oz Parmesan cheese,
 freshly grated

Prep time: 30 minutes
 Baking time: 45 minutes
 Per serving: 536 calories
 15 g protein / 36 g fat / 38 g
 carbohydrates

1 Wash endive heads and cut into fine rings. Peel and mince shallots and garlic. Wash thyme and strip leaves from the stems.

2 Peel potatoes, wash and cut into very thin slices (a mandoline or vegetable slicer is helpful).

3 Preheat oven to 350°F. Arrange alternating layers of potatoes and endive in a flat baking dish, sprinkling each layer with shallots, garlic, and thyme leaves and season with salt and pepper.

4 Combine the crème fraîche with the cream and lemon juice and pour over the contents of the baking dish. Sprinkle with cheese.

5 Bake gratin 45 minutes in the oven until the potatoes are tender and the surface is nicely browned.

Variation

Replace all or half the potatoes with celery root or kohlrabi.



Onion Quiche with Caraway

- Winter
- Inexpensive

For 11-inch baking dish

Serves 4-6

For the crust:

1 1/3 cups whole-wheat flour

3 1/2 oz butter

1/2 tsp salt

2 tbs sour cream

1-2 tbs cold water

For the filling:

2 1/4 lb red and yellow onions, mixed

2 tbs sunflower oil

2 cloves garlic

2 tsp caraway seeds

Several sprigs of fresh marjoram

1 bunch fresh chives

Salt & pepper to taste

4 oz Gruyere cheese, freshly grated

8 oz sour cream

4 eggs

Prep time: 30 minutes

Refrigeration time: 1 hour

Baking time: 40 minutes

For 12 pieces, per piece: 245 calories / 9 g protein / 15 g fat / 19 g carbohydrates

1 For the crust, combine flour with butter, salt, sour cream and water and knead into a smooth dough. Roll out to a 12-inch circle and carefully transfer to an 11-inch quiche dish. Refrigerate dough in the pan for 1 hour.

2 Meanwhile: for the filling, peel the onions, halve lengthwise, and cut into strips. Heat oil in a large skillet. Add the onions and sauté 10 minutes over medium heat, stirring occasionally.

3 Peel the garlic, mince and add to the onions. Stir in the caraway seeds. Wash marjoram, pinch off leaves and add to onions. Wash chives, cut into small rings, and add to onions. Season to taste with salt and pepper.

4 Preheat oven to 400°F. Combine cheese, sour cream, and eggs and stir thoroughly. Season to taste with salt and pepper.

5 Transfer the onion mixture to crust and pour egg mixture over the top. Bake quiche 40 minutes in the oven until it is nicely browned. The quiche tastes best when lukewarm.

Vegetable Lasagna

- Summer
- Sophisticated

Serves 4-6:

1 eggplant

2 zucchini

1 yellow bell pepper

1 red bell pepper

1 fennel bulb

2 red onions

1/4 cup plus 2 tablespoons olive oil

4 cloves garlic

1 bunch fresh basil

1 bunch fresh arugula

24 oz tomatoes

8 oz mascarpone cheese

4 oz Romano or Parmesan cheese, freshly grated

Salt & white pepper to taste

Cayenne pepper

4 oz fresh mozzarella cheese

8 oz lasagna noodles (do not choose the precooked variety)

Prep time: 1 1/4 hours

Baking time: 35-40 minutes

For 6 servings, per serving

approx.: 724 calories

44 g protein / 39 g fat / 62 g carbohydrates

1 Wash the eggplant and the zucchini, remove stems and ends and cut into thin slices. Wash the bell peppers, halve, trim, and cut into strips. Wash the fennel, trim and halve lengthwise. Cut the core out of each piece and cut fennel into thin slices. Peel the onions and cut into rings.

2 In a skillet, gradually add and heat 1/4 cup olive oil, browning portions of vegetables consecutively for 2-3 minutes over medium heat and setting aside. Continue until all the vegetables are cooked.

3 Peel the garlic and mince. Wash the basil and arugula, remove larger stems, and chop very finely.

4 Remove the cores from the tomatoes. Plunge the tomatoes into boiling water, remove peels, cut into quarters and dice very finely. Combine with the mascarpone and the Romano cheeses. Season to taste with salt, pepper, and cayenne pepper. Drain the mozzarella and cut into thin slices.

5 Preheat oven to 400°F. Follow package directions for cooking lasagna noodles and rinse with cold water. In a rectangular baking dish, arrange lasagna noodles and vegetables in alternating layers, beginning with the noodles and ending with the vegetables. Season

each vegetable layer with salt and pepper, sprinkle with garlic and herbs and cover with tomato cream.

6 Finally, lay mozzarella over the top and sprinkle with remaining olive oil. Bake lasagna 35-40 minutes in the oven until the noodles are tender and the surface is nicely browned.



above: Onion Quiche with Caraway
below: Vegetable Lasagna

Since most sweet dishes are basically vegetarian, there's really no need to include them in a vegetarian cookbook. But what's a cookbook without sweets? So here's a few recipes to sweeten up your breakfast, provide a fine dessert, or produce a small, sweet main course.

Maple syrup, honey, and Sucanat give food an extra rich flavor.



Alternative Sweeteners

If you want to eat healthily, always keep the following in mind:

Whether you use sugar, honey, or maple syrup, all should be enjoyed in moderation.

Honey, in contrast to sugar, does contain some vitamins and minerals, but you can't meet your needs for these nutrients with honey alone. Honey is even worse for your teeth than sugar because it's so sticky. Use honey not so much to sweeten a dish as to enhance its flavor.

The same can be said of maple syrup. It is very sweet and sticks to your teeth but lends dishes a fine flavor.

Sucanat is made from dried sugar cane juice. It contains more vitamins than sugar and gives your dishes a light caramel flavor. Sucanat is available in natural foods and health-foods stores.

Using Less Sugar

- Soak and then puree several pieces of dried fruit such as plums or apricots. This puree can then be used in place of

Sweets Are Not Just Desserts

or in addition to other sweeteners.

- Gradually reduce the amount of sugar you use. This is a simple way to get your taste buds accustomed to less sweetness.
- Buy fruit for your sweet dishes only when it is truly ripe and aromatic. Then you won't need to add as much sugar.

Alternative Setting Agent

If you don't want to use gelatin (which is derived from beef bones) as the setting agent in your desserts, you can substitute pure vegetable agar-agar, which is obtained from red algae. In contrast to gelatin, agar-agar must be boiled in liquid 1-2 minutes in order to develop its setting capability. Agar-agar gels very quickly, so make sure all your other ingredients are ready before you boil it. As with gelatin, don't freeze dishes made with agar-agar because freezing will cause it to soften again.

Fruit in Plenty

In addition to eggs, grains, and dairy products, most desserts and sweet main courses call for fresh fruit. As with vegetables, the fruits that are in season and are grown locally are especially flavorful and have had a chance to develop all their nutrients. Many fruits that are shipped from far away were harvested when green, meaning that the ripening process was not yet completed. The reason for this is that fruit harvested when fully ripe often keeps for only a very short while. With the exception of apples, pears and many exotic fruits, you should eat most fruit as soon as possible after you buy it. Berries are best when eaten the same day. Don't buy any fruits with brown spots or bruises since they generally start to mold very quickly.

Storing Fruit

Berries can be removed from their packaging, spread out on a plate and kept for about a day in the refrigerator. Store fully ripe fruit

(except for exotic fruits, apples, and pears) in the refrigerator.

Fruit that isn't quite ripe can be stored at room temperature and allowed to ripen.

Preparing Fruit

Fruits with peels should always be washed thoroughly under running water because, among other things, this will remove most of the impurities that have accumulated on the peel. However, never leave fruit standing in water. If you buy fruit from a conventional grower, remove a thin layer of the peel. Wash exotic fruits thoroughly before

peeling or cutting them open. Their peels are often treated and some of the additives may stick to your hands while you prepare them and then be transferred to the fruit. Berries are fragile and should be washed only briefly just before serving.

To avoid losing vitamins, eat fruit as soon as possible after buying it.





Almond-Apricot Couscous

- Summer
- Sophisticated

Serves 4:

- 4 dried apricots
- 5 1/2 oz couscous
- 1 1/4 cups milk
- 14 oz ripe fresh apricots
- 1 tbs slivered almonds
- 1 tbs almond butter (natural foods or health-foods store)
- 1 tbs honey or maple syrup
- 2 tsp fresh lemon juice

Prep time: 15 minutes
Soaking time: 30-60 minutes
Per serving approx.: 383 calories
9 g protein / 4 g fat / 66 g carbohydrates

1 Dice dried apricots very finely. Combine with couscous and milk and let stand 30-60 minutes.

2 Wash fresh apricots, remove pits, and dice finely. In a dry pan, roast slivered almonds over medium heat while stirring constantly until they turn golden.

3 Combine couscous with slivered almonds, almond butter, honey or maple syrup, and lemon juice and transfer to small bowls. Sprinkle fresh apricots over the top.

Tip! Almond-Apricot Couscous tastes great for breakfast or as a sweet snack.



Apple-Banana Muesli

- Fall/Winter
- Inexpensive

Serves 4:

- 1 banana
- 1 tbs fresh lemon juice
- 2 tart apples
- 1 tbs butter
- 5 oz four-grain cereal
- 2 tbs brown sugar or Sucanat
- 1/2 cup milk
- 2 tbs raisins

Prep time: 20 minutes
Per serving: 323 calories
5 g protein / 7 g fat / 51 g carbohydrates

1 Peel the banana and mash finely with a fork. Mix with the lemon juice. Peel the apples or wash thoroughly and cut into quarters. Remove the cores and dice.

2 Heat butter in a skillet over medium heat. Add the cereal and toast until crunchy while stirring constantly. Sprinkle with the sugar or Sucanat and let caramelize. Add the milk and remove from the burner.

3 Combine apples, raisins, and banana puree with the cereal. Transfer to small bowls and serve.



Berries with Ricotta Cream

- Summer
- Fast

Serves 4:

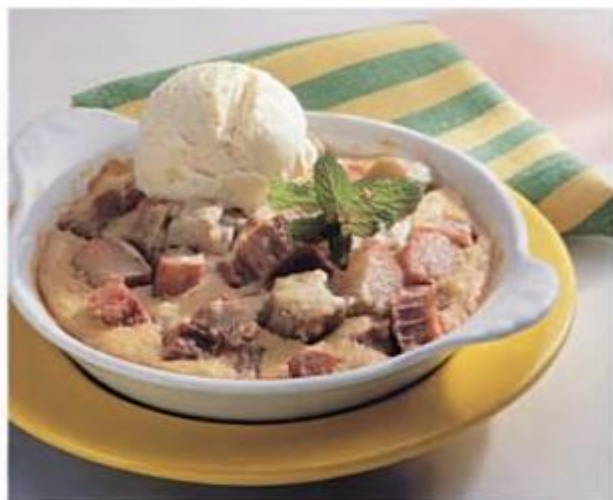
18 oz mixed berries
(raspberries, strawberries,
and black currants)
10 oz soft ricotta cheese
1 tbs honey
1/2 cup heavy cream
Grated zest from 1/2
organic lemon
Chocolate shavings
(optional)

Prep time: 15 minutes
Per serving: 233 calories
8 g protein / 15 g fat / 17 g
carbohydrates

1 Sort the berries and wash carefully. Drain very thoroughly or pat dry carefully with paper towels. Transfer the berries to four dessert bowls.

2 Combine the ricotta with the honey and cream and stir until smooth. Stir in the lemon zest.

3 Spoon ricotta cream onto each serving of berries and, if desired, garnish with chocolate shavings. Serve as quickly as possible.



Rhubarb Gratin à la Mode

- Spring
- Easy

Serves 4-6:

20 oz rhubarb
3 oz Sucanat
Butter
1 cup crème fraîche
1 tbs fresh lemon juice
2 oz (about) ground
almonds
Pinch of cinnamon
1 egg
4-6 scoops vanilla ice
cream

Prep time: 15 minutes
Baking time: 25-30 minutes
For 6 servings, per serving: 367
calories / 9 g protein / 25 g fat /
27 g carbohydrates

1 Wash the rhubarb and cut into pieces slightly less than 1/2-inch. In a bowl, combine with half of the Sucanat.

2 Preheat oven to 425°F. Grease 4-6 small baking dishes with butter or use one large baking dish.

3 Stir together crème fraîche, remaining Sucanat, lemon juice, almonds, cinnamon, and egg.

4 Drain rhubarb and transfer to baking dishes. Spoon crème fraîche mixture over each serving.

5 Bake gratins 25-30 minutes in the oven until nicely browned. Serve hot with a scoop of vanilla ice cream.



Blueberry Muffins with Yogurt Sauce

- Summer
- Sophisticated

Makes 12

For the batter:

- 4 oz blueberries
- 6 oz cornmeal
- 6 oz whole-wheat flour
- 3 1/2 tbs Sucanat
- 3 tsp baking powder
- Pinch of salt
- 1 cup milk
- 1 egg
- 2 tsp melted butter

For the yogurt sauce:

- 8 oz plain yogurt
- Grated zest and juice from
1/2 organic lemon
- 1 tbs maple syrup

Prep time: 15 minutes
Baking time: 20 minutes
Per muffin: 163 calories
5 g protein / 3 g fat / 26 g
carbohydrates

1 Preheat oven to 425°F. Sort blueberries, wash carefully and drain thoroughly.

2 Combine the two types of flour with the Sucanat, baking powder, and salt. Whisk together the milk and the egg. Stir in the flour mixture. Add the melted butter and the blueberries.

3 Line a 12-cup muffin tin with paper liners. Or, if you don't have a muffin tin, place two muffin tins inside each

other for each portion and place on a baking sheet. Pour the batter into the cups. Bake 20 minutes in the oven until they have risen and browned nicely.

4 Meanwhile, combine yogurt, lemon zest, lemon juice, and maple syrup and stir until creamy.

5 Take the muffins from the oven and let cool slightly. Remove from baking cups. Cool until lukewarm, then serve on dessert plates with the sauce.

Ricotta Dumplings with Orange Sauce

- Winter
- Sophisticated

Serves 4:

18 oz ricotta cheese
1 cup semolina
1/3 cup whole-wheat flour
1 egg
2 tbs Sucanat or sugar
Pinch of salt
Grated zest from 1 organic lemon
4 oranges
1 tbs maple syrup
Pinch of ground cloves

Prep time: 35 minutes
Per serving: 522 calories
24 g protein / 18 g fat / 67 g carbohydrates

1 In a bowl, thoroughly mix the ricotta with the semolina, whole-wheat flour, egg, Sucanat, salt, and lemon zest. Set aside for 30 minutes.

2 From the dough, form dumplings about the size of ping-pong balls. Before forming all the dumplings, simmer one dumpling for 5 minutes in salted water but do not allow it to boil. If it holds together, the consistency of the dough is correct and you can cook the rest of the dumplings. If it falls apart in the water, add more flour to the dough.

3 Simmer dumplings in salted water for 15 minutes over low heat until cooked through.

4 Meanwhile, squeeze the juice from 1 orange. Peel remaining oranges and dice, removing all seeds. Puree the fruit with a blender or food processor.

5 Combine orange purée, orange juice, maple syrup and ground cloves.

6 Remove dumplings from the water with a slotted spoon and arrange on a platter. Serve with sauce.

Tip! If you wish, add a little orange liqueur to the sauce.



Grapefruit Jellies with Pistachio Cream

- Winter
- Easy

Serves 4:

For the grapefruit jellies:

3–4 pink grapefruits
1 tbs fresh lemon juice
5 tbs Sucanat
1 tsp agar-agar
1 tbs orange liqueur
(optional)

For the pistachio cream:

2 oz unsalted shelled
pistachio nuts
2/3 cup crème fraîche
2 oz plain yogurt

In addition:

Cocoa powder

Prep time: 20 minutes

Refrigeration time: 1 hour

Per serving: 361 calories

5 g protein / 22 g fat / 35 g
carbohydrates

1 Squeeze the juice from the grapefruits. You will need 2 cups of juice. Strain grapefruit juice and lemon juice through a fine sieve.

2 Bring the juice and 3 1/2 tbs Sucanat to a boil and stir constantly until Sucanat is dissolved. Beat in the agar-agar using a wire whisk and let mixture boil 2 minutes. Add the liqueur.

3 Pour the mixture into 4 small molds, cool and let gel in the refrigerator for 1 hour.

4 In a dry nonstick skillet, toast pistachios over medium heat until they smell aromatic. Then grate finely. Combine with crème fraîche and yogurt and sweeten with remaining Sucanat.

5 Immerse molds in hot water and invert grapefruit jellies out onto plates. Garnish with the pistachio cream and sprinkle with cocoa powder.

Raspberry Mascarpone Ice Cream with Poppy Seed Cream

- Summer
- Sophisticated

Serves 4:

For the ice cream:

9 oz raspberries
1 tbs fresh lemon juice
1 cup mascarpone cheese
2 1/2 tbs Sucanat
1/2 cup heavy cream

For the poppy seed cream:

1 oz poppy seeds
1/2 cup raspberry juice
Scant 1/2 cup heavy cream
1 tbs maple syrup

Prep time: 20 minutes

Refrigeration time: 2–3 hours

Per serving approx.: 593 calories

6 g protein / 50 g fat / 30 g
carbohydrates

1 Sort raspberries and, if necessary, wash carefully. Mash finely with a fork.

2 Combine the raspberry puree and the lemon juice. Stir together the mascarpone, Sucanat, and cream until the Sucanat dissolves. Mix in the raspberry puree.

3 Transfer mixture to a stainless steel bowl and place in freezer 2–3 hours, stirring occasionally to make sure that it freezes evenly, and that no large ice crystals form.

4 In a saucepan, bring the poppy seeds and raspberry juice to a boil, then simmer 5 minutes. Turn off burner and leave to soak. In a bowl, beat cream until stiff. Fold in poppy seed mixture and maple syrup.

5 Place scoops of ice cream on plates or in bowls and arrange poppy seed cream beside them. Serve immediately.

above: Raspberry Mascarpone Ice Cream with Poppy Seed Cream
below: Grapefruit Jellies with Pistachio Cream



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