



DORCAS' VEGAN KITCHEN

Chewing Life

Meals Preparation service and Nutrition Education.

**SIMPLE,
DELICIOUS,
HEALTHY
AND
NUTRITIOUS,
EASY RECIPES
FOR EVERY
HOME**



HOMEMADE TOFU IN TOMATO

INGREDIENTS

1 a blog of homemade firm tofu, sliced in a desired shape
Soy cooking oil
1 large red onion, finely chopped
Handful of celery, chopped
5 cloves of garlic chopped
Two table spoons tomato paste
1 cup blended fresh tomatoes
½ cup green, yellow and red pepper
½ tsp of cumin powder
½ tsp of salt to taste, add more if needed
½ tsp of coriander seeds
½ tsp of fennel seeds
3 to 4 table spoons of corn starch

METHOD

1. In plate put corn starch and deep the tofu in the starch slice by slice.
2. In a frying pan put little oil and place the tofu inside cook until golden brown. Flip and do the same on the other side.
3. Remove tofu from the pan and put aside in a plate.
4. In the same frying pan add oil and add onions followed by chopped garlic and other ingredients except celery, stir well and simmer for 3 to 5 minutes stirring occasionally
5. Once it's cooked add fresh chopped celery and stir, return tofu to the pan. Gently toss with tomato mixture and cook 2 minutes more or until tofu is hot.
6. Transfer to a serving plate. Sprinkle with fresh celery and thyme. Serve over rice if desired.



CHICKPEA VEGAN OMELET

INGREDIENTS

FOR CHICKPEA BUTTER

½ cup chickpea flour
2 table spoons nutritional yeast (optional)
½ tsp of turmeric
¼ black salt
1 tsp of Garlic Paste or powder
2 table spoons oil

FOR THE VEGGIE FILLING

1 table Spoons soy cooking oil
1 Medium red onion, sliced
1 half cup green and black olives
1 medium red and yellow bell pepper, sliced
Chopped celery at desired amount
½ tsp cumin powder
Salt to taste

METHOD

Combine chickpea flour with nutritional yeast, turmeric, and black salt in a small bowl. Add water and whisk until the batter is smooth, then add garlic powder and whisk again until blended.

In a frying pan on medium heat coat with oil and pour half of the batter. Cook the omelet until bubbles appear in the center, about 4 minutes. Carefully flip and cook it for another 2 minutes.
Transfer the omelet to plate. Recoat again the pan with oil if needed and repeat with the remaining batter.

Make the Veggie Filling

Recoat the pan with oil and raise the heat to medium-heat. Add all of the veggies and stir-fry to desired tenderness, about 4-6 minutes.
Remove the pan from heat and season the veggies with salt and cumin.

Assemble the Veggie Stuffed Omelets

Stuff each omelet with cashew cream, vegan cheese or any cream of your choice. Then add veggies. Fold over and top with toppings of choice.
Serve.



RED KIDNEY BEANS BURGERS

INGREDIENTS

1 cup boiled red kidney beans
1 cup boiled chickpeas
Half a cup breadcrumb
2 table spoons corn starch
2 table spoons nutritional yeast (optional)
1 large red onion chopped
Chopped celery
Chopped green, yellow and red bell pepper
½ tsp Garlic powder
½ tsp cumin powder
½ tsp dry thyme

METHOD

1. In a large mixing bowl put boiled beans together with boiled chickpeas.
2. With a potato masher or a fork, mash the beans and chickpeas until smooth and well combined.
3. Add the chopped red onion, celery, bell peppers, cumin, garlic powder, nutritional yeast, corn starch, breadcrumbs and thyme to the mixture and stir in well.
4. With cookies cutter or your hands shape the burgers to your desired size.

1. OVEN BAKE METHOD.

Place all the burgers on a greased baking tray or directly over a non-stick baking paper. Spray them all with olive oil sprayer or brush each one with olive oil to ensure they turn out brown and crispy in the oven.
Bake in a preheated oven to 250°C (480°F) for about 15 - 20 minutes or until golden.

2. SHALLOW FRY PAN METHOD.

In a frying pan over a medium-heat put one table spoon of olive oil or any oil you are using.
Scatter 1/2 cup of flour over a chopping board and roll each of the burger in the flour before placing them in the pan.
Shallow fry each side of the burgers for about 3 minutes, turning them gently.

**For more information please visit:
www.dorcasvegankitchen.com**