



Estella Schweizer  
Photography: Winfried Heinze

# LET'S NIGOS NUTS

80 VEGAN  
RECIPES WITH NUTS  
AND SEEDS

PRESTEL  
MUNICH · LONDON · NEW YORK

# CONTENTS

<b>Preface</b> .....	<b>7</b>
<b>Why we should eat nuts</b> .....	<b>8</b>
<b>The benefits of processing nuts where they are grown</b> .....	<b>10</b>
<b>How to use this book</b> .....	<b>12</b>
<b>The theory and practice of cooking with nuts</b> .....	<b>18</b>
<b>Basic recipes for nut milks and nut milk products</b> .....	<b>22</b>
<b>Basic recipes for dressings, marinades, and sauces</b> .....	<b>28</b>
<b>My pantry essentials and equipment for everyday cooking</b> .....	<b>246</b>
<b>Index</b> .....	<b>250</b>
<b>Acknowledgments</b> .....	<b>255</b>

## NUT PROFILES

	The walnut .....	44
	The peanut .....	62
	The pecan .....	72
	The brazil nut .....	98
	The cashew .....	112
	The tiger nut .....	130
	The hazelnut .....	150
	The almond .....	164
	The coconut .....	186
	The macadamia .....	200
	The pistachio .....	214
	The chestnut .....	232
	Seeds .....	242

## RECIPES

Spring .....	34
Summer .....	88
Autumn .....	140
Winter .....	190

# WHY WE SHOULD EAT NUTS

**As well as tasting fantastic, nuts and seeds are among the healthiest foods we can eat. In the nut profiles found later in the book, you will discover that the term “nut” does not refer to a cohesive botanical group; instead, it refers to any dry fruit with high protein and fat levels, and an impressively high micronutrient content. Also, while nuts and seeds are distinct, for the purposes of this book, I often use the term nut but am referring to both nuts and seeds.**

Nuts are a genuine superfood and are particularly important in plant-based cuisine as a welcome source of protein. They contain minimal water and are packed with minerals, trace elements, lots of B-complex vitamins, and vitamin E. Eating just 30 to 40 grams per day is enough to cover 50 percent of your requirements for certain minerals. And all for an equivalent of just 10 to 15 percent of the recommended daily calorie intake for men and women.

Nuts and seeds mostly contain monounsaturated and polyunsaturated fatty acids, which help regulate our fatty acid metabolism and lower cholesterol. Thanks to their high proportion of dietary fiber and vitamin E, nuts also have anti-inflammatory properties. Eating nuts helps prevent the formation of arteriosclerotic plaques in blood vessels. Folic acid is often present in high quantities and this, combined with vitamins B2 and B6, can lower homocysteine levels in the blood, preventing the buildup of deposits on the arterial walls and offering protection for the coronary arteries. High levels of arginine also have a positive impact on heart health. These amino acids play a crucial role in the formation of nitric oxide, which relaxes the arterial wall musculature, resulting in lower blood pressure.

Contrary to widespread belief, nuts can even help you stay slim. They have a complex structure and supply lots of energy, which keeps you feeling full for longer. Large cross-sectional studies show that people who incorporate nuts in their meals eat fewer snacks than those who avoid nuts. Furthermore, nut eaters tend to eat less at subsequent meals than those who refrain from eating nuts.

Research shows that nuts have a beneficial impact on body weight despite their very high calorie content. One plausible reason for this is that the main fat contained in nuts cannot be absorbed as easily by the body as the energy from isolated fats, such as oil and vegan margarine, or low-quality carbohydrates like highly processed flour and refined sugar. This means some of the calories consumed with nuts are simply excreted without being absorbed. Nutritional experts also suggest that nuts are associated with metabolic thermogenesis. This is often referred to as the thermic effect, in which body temperature rises slightly after eating and excess energy is consumed by the heating process.

As you can see, these are all great reasons for substituting some of the oil in sauces, dressings, and spreads with nut butters, which

taste fantastic and offer a more complex fat source with significantly more micronutrients. The nut profiles interspersed between the recipes in the book describe which nuts contain which vitamins and minerals, so you can find out what each nut is particularly suitable for and what you need to look out for when shopping.

# BASIC RECIPES FOR NUT MILKS AND NUT MILK PRODUCTS



*From left to right: Nut Parmesan, mozzarella with psyllium husks, mozzarella with tapioca starch (bottom), cashew cream cheese (top), cashew quark, cashew yogurt, nut milk*



The ideal nuts for making nut milk are almonds, hazelnuts, and cashews. For nut quark, yogurt, and cream cheese, cashews are particularly good, because they have the most neutral flavor. If you want to make your own nut ricotta, you can't go wrong with almonds or a combination of cashews and macadamias. If you want to have a go at making cheese using raw ingredients in the style of Camembert or similar cheeses, cashews are the recommended option.

Due to their texture and intense flavor, walnuts, pecans, Brazil nuts, and tiger nuts are only suitable to a limited extent for making milk, quark, and so on.

## ALMOND, HAZELNUT, AND CASHEW MILK

**MAKES 1 LARGE BOTTLE**

### **Preparation time**

15–20 minutes + overnight soaking

### **Kitchen equipment**

Freestanding or immersion blender, nut milk bag

### **Ingredients**

- 3 ½ ounces (100 g) almonds, hazelnuts, or cashew pieces (or whole cashews), soaked in water overnight
- 1 pinch salt
- optional: 2 tbsp maple syrup (or 2–3 pitted dates, soaked in water overnight)

Drain the nuts in a sieve and rinse with cold water. Blend the nuts with 1 cup (240 ml) of water on the lowest setting, then at full power until finely ground. Add an additional 1 cup (240 ml) of water, the salt, and the maple syrup, if using, and process again for 30–60 seconds.

Cashew milk can be used immediately, as it contains no components that need to be filtered. Almond and hazelnut milk require filter-

ing before consumption. Pour the nut milk into a nut milk bag over a large bowl. Seal the bag at the top and squeeze it out vigorously over the bowl until all that remains in the bag is the dry pulp. Decant the nut milk into a clean bottle. It will keep for about 5 days in the refrigerator.

### **Quick and easy: Nut milk in 3 minutes**

*Here is a quick way to make nut milk – perfect for your morning coffee or cereal – that takes just a few minutes. Blend 1–2 tsp of nut butter with ⅓–¾ cup (80–180 ml) of warm water and use immediately.*

### **Nut milk bag**

*A nut milk bag is a bag-shaped straining cloth used to filter plant-based milks. The fine mesh of the hemp or linen fabric allows liquid to pass through while any fibrous materials are held back, making it easy to separate the nut milk from the pulp. Nut milk bags are available in zero waste stores or from online retailers. A fine laundry net, which can be found in drugstores, is a cheaper alternative, though the material is not particularly high quality.*

## CASHEW QUARK, YOGURT, AND CREAM CHEESE

**MAKES ABOUT 1 POUND (450 G) OF QUARK OR CREAM CHEESE OR 2 ¼ POUNDS (1 KG) YOGURT**

### **Preparation time**

15 minutes + overnight soaking + 8–12 hours fermentation time

### **Kitchen equipment**

Freestanding or immersion blender

### **For the basic mixture**

- 14 ounces (400 g) cashew pieces (or whole cashews; alternatively 9 ounces (250 g) cashews and 5 ¼ ounces (150 g) macadamias or almonds for a more rounded flavor and a grainier consistency), soaked in water overnight
- 1 tsp probiotic powder (such as OMNi-BiOTiC®, VSL#3®, or a different probiotic powder or capsule, available at drugstores)

### **For the quark**

- zest and juice of ½ lemon
- 1 pinch salt

### **For the cream cheese**

- 2–3 tbsp light miso (shiro miso or lupin miso)

Drain the cashews in a sieve and rinse with cold water. Purée the nuts with ¾–1 ¼ cups (180–300 ml) of water, stirring as needed to loosen the mixture, until thick and creamy. Add the probiotic powder and mix well. For the **quark continue** from (1), for the **yogurt** from (2), and for the **cream cheese** from (3).

**(1) For the quark**, transfer the mixture to a large, clean jar, cover loosely, and leave to ferment for 8–12 hours at room temperature. As soon as the mixture smells slightly sour and little bubbles are visible, seal the jar and refrigerate to halt the fermentation. Before using the quark (such as in desserts, or for mozzarella or dips) adjust the flavor with lemon zest, lemon juice, and salt. Use the quark within 4–5 days.

**(2) For the yogurt**, stir an additional 1 ⅔–2 cups (400–480 ml) of water into the mixture to achieve the desired consistency. Transfer the mixture to a large, clean jar, cover loosely, and leave to ferment for 8–12 hours at room temperature. As soon as the mixture smells slightly sour and little bubbles are visible, seal the jar and refrigerate to halt the fermentation. Use the yogurt within 4–5 days.

**(3) For the cream cheese**, stir the miso into the mixture – miso supplies additional probiotic cultures and produces a lovely cheesy flavor. Transfer the mixture to a large, clean jar, cover loosely, and leave to ferment for 8–12 hours at room temperature. As soon as the mixture smells slightly sour and little bubbles are visible, seal the jar and refrigerate to halt the fermentation. Use the cream cheese within 4–5 days.

### **Tip:**

*To make a particularly delicious cream cheese, adjust the flavor by adding additional ingredients after fermentation. For 3 ½ ounces (100 g) of cream cheese, stir in 1 tsp of lemon zest, some lemon juice, 1 heaping tsp of yeast flakes, and some salt.*

### **Did you know:**

*Probiotics vary in terms of their potency. That is why it is best to experiment a bit to figure out how much is needed. If nothing is happening after 8 hours, you need a couple of grams extra, if the mixture is working after 4 hours in the kitchen, you will need to rein in the quantities slightly.*

*Also: Fermented yogurt can be used as a “starter” for a new mixture. Just stir 1 tbsp of the yogurt into the basic mixture – there is no need to add a probiotic.*

# SPRING

*Fields glisten with morning frost and dewdrops, as the natural world awakens and tentatively stretches up towards the sun. A trip to the market offers the enticing prospect of fresh greens and wild herbs. Everything is sprouting and growing. What we crave are raw delicacies packed with vitamins and flavor, allowing us to savor their slightly bitter notes and rich green leaves.*

<b>Omega-3 porridge with rhubarb compote</b> .....	<b>36</b>
<b>Soft oat and millet bread</b> .....	<b>38</b>
<b>Potato and wild garlic spread</b> .....	<b>40</b>
<b>Green tofu and hemp pâté</b> .....	<b>41</b>
<b>Golden turmeric cream</b> .....	<b>46</b>
<b>Carrot and banana bread with golden turmeric cream</b> .....	<b>48</b>
<b>Velvety beet and celery soup</b> .....	<b>50</b>
<b>Double radish with green polenta</b> .....	<b>54</b>
<b>Raw miso kohlrabi with strawberries</b> .....	<b>56</b>
<b>Summer rolls with a spring feel</b> .....	<b>58</b>
<b>Oven-baked asparagus with mango and peanut salsa</b> .....	<b>64</b>
<b>Roasted carrots with nutty quinoa</b> .....	<b>66</b>
<b>Green and white asparagus with cashew hollandaise</b> .....	<b>68</b>
<b>Spring quiche</b> .....	<b>74</b>
<b>Kohlrabi pasta with cashew carbonara</b> .....	<b>78</b>
<b>Asian rice noodle bowl with asparagus</b> .....	<b>80</b>
<b>Sweet carrot halva</b> .....	<b>84</b>
<b>Cashew and coconut mousse</b> .....	<b>86</b>



# OMEGA-3 PORRIDGE WITH RHUBARB COMPOTE

WALNUT · HEMP · FLAXSEED OIL

First make some hemp seed milk. Blend the hemp seeds with 1 ⅔ cups (400 ml) of warm water for 1 minute. There is no need to strain the milk through a cloth, as the hemp seed fibers will not be noticeable in the porridge.

Roughly chop the walnuts and combine in a bowl with the oats, flaxseed meal, berries, and salt. Pour over the warm milk and leave to swell briefly.

Meanwhile, prepare the rhubarb compote. Trim and peel the rhubarb then chop into small pieces. Quarter, core, and finely chop the apple. Heat some coconut oil in a small saucepan and sauté the diced apple over moderate heat until golden on all sides. Add the white cane sugar and vanilla powder and allow to caramelize slightly. Add the chopped rhubarb with about 2 tablespoons of water and simmer gently with the lid on until the rhubarb begins to fall apart.

Stir the porridge well using a balloon whisk to ensure a creamy consistency before serving. Divide between four large glasses, drizzle each with 1 tablespoon of flaxseed oil and 1 tablespoon of maple syrup and serve with the rhubarb compote.



## SERVES 4

### Preparation time

25 minutes

### Kitchen equipment

Freestanding or immersion blender

### For the porridge

- 4 tbsp hulled hemp seeds
- 2 ounces (60 g) walnuts
- 1 ¼ cups (110 g) (gluten-free) oats
- 2 tbsp flaxseed meal
- 4 tbsp dried berries (or other dried fruit)
- 1 pinch salt

### For the rhubarb compote

- 4 large rhubarb stalks
- 1 small apple
- coconut oil (or vegan margarine)
- 1–2 tbsp white cane sugar
- 1 pinch bourbon vanilla powder

### Also

- 4 tbsp flaxseed oil
- 4 tbsp maple syrup

# SOFT OAT AND MILLET BREAD

BUCKWHEAT · BRAZIL NUT

## MAKES 1 LOAF

### Preparation time

20 minutes + 45 minutes rising time + 1 hour baking time

### Kitchen equipment

Hand mixer or stand mixer, approx. 12 × 4-inch (30 × 10 cm) loaf pan

### Ingredients

- 3 cups (240 g) (gluten-free) oats
- ¾ cup (100 g) millet flour (or ragi flour)
- ¾ cup (100 g) whole-grain buckwheat flour (or spelt flour)
- ¾ cup (80 g) flaxseed meal
- 4 tbsp ground psyllium husks
- 1 tbsp salt
- optional: 1 tbsp bread spice
- ¾ ounce (20 g) fresh yeast
- 3 ½ ounces (100 g) Brazil nuts
- optional: olive oil



In a large bowl, combine the oats, millet flour, buckwheat flour, flaxseed meal, psyllium husks, salt, and bread spice, if using.

Pour 2 ½ cups (600 ml) of lukewarm water into a medium container, crumble in the yeast, and stir to dissolve. Add this mixture to the dry ingredients and knead using the dough hook attachment for at least 5 minutes until you have a smooth and elastic dough. Roughly chop the Brazil nuts and work these into the dough.

Line the loaf pan with parchment paper, leaving a 1-inch (2.5 cm) overhang on the long sides. Transfer the bread dough to the pan, moisten the surface slightly with water, and smooth it out. Cover the pan with a kitchen towel and let rise in a warm place for 45 minutes. About 10 minutes before the end of the rising time, preheat the oven to 425°F (220°C) (convection setting). Pour roughly 2 cups (480 ml) of water into a second ovenproof dish.

Brush the top of the risen dough with olive oil, if using. Slide the loaf pan into the oven and place the dish filled with water on the rack underneath, working quickly to ensure as little heat as possible escapes. Bake the bread for 5 minutes then reduce the heat to 350°F (180°C) and continue baking for another 45 minutes. Carefully lift the bread out of the pan using the parchment paper, set directly on the oven rack, and bake for another 10 minutes to create a crust all over. Remove the bread from the oven and let cool completely on a wire rack before slicing.

### **Quick and easy: bread spice**

*Bread spice, which gives German breads their richness and warmth, is easily found at German supermarkets and some online retailers, but you can also whip up your own. Simply combine ground fennel, coriander, caraway, and aniseeds in equal parts and store in an airtight container for use in all your homemade loaves.*



# POTATO AND WILD GARLIC SPREAD

CASHEW · NUTMEG

## SERVES 4 TO 6

### Preparation time

20 minutes + 30–35 minutes  
cooking time

### Ingredients

- 14 ounces (400 g) starchy potatoes
- salt
- 1 ¾ ounces (50 g) cashews
- 3 ½ ounces (100 g) wild garlic (or chives)
- ¼ cup (50 g) cashew butter
- 2 tbsp white balsamic vinegar (or mild white wine vinegar)
- 1 pinch ground nutmeg
- freshly ground pepper

Recipe photo see p. 39

Put the potatoes in a medium saucepan with some salt, add just enough water to cover the potatoes, and cook with the lid on over moderate heat for 30–35 minutes until soft. Drain in a sieve and let the potatoes cool.

Meanwhile, chop the cashews and toast in a small dry pan over moderate heat until golden brown. Finely chop the wild garlic. Peel the slightly cooled potatoes, transfer to a bowl, and mash with a fork or potato masher.

Mix the cashew butter, white balsamic vinegar, nutmeg, and some salt with the potatoes. Fold in the wild garlic and use a fork to stir the spread until smooth. Season with salt and pepper and serve sprinkled with the roasted cashews.



### Tip:

*If covered, the spread will keep in the refrigerator for 4–5 days and tastes fantastic either on bread or served as a dip with vegetables.*

# GREEN TOFU AND HEMP PÂTÉ

ARUGULA · PARSLEY · WALNUT · TAMARI

Roughly chop the arugula and parsley. Roughly chop the walnuts and crumble the tofu. Zest and juice the lemons.

Blend the arugula, parsley, walnuts, tofu, lemon zest, half the lemon juice, hemp seeds, tamari, olive oil, maple syrup, and paprika, pulsing until everything is well combined but stopping before the consistency is completely smooth. Season with salt, pepper, and possibly more lemon juice.



**Tip:**

*If covered, the spread will keep in the refrigerator for 4–5 days and tastes fantastic either on bread or served as a dip with potatoes or roasted vegetables.*

**SERVES 4 TO 8**

**Preparation time**

20 minutes

**Kitchen equipment**

Freestanding or immersion blender

**Ingredients**

- 1 handful arugula leaves
- 1 bunch fresh parsley
- 1 ¾ ounces (50 g) walnuts
- 7 ounces (200 g) natural tofu (or smoked tofu for a heartier flavor)
- 2 lemons
- ⅓ cup (50 g) hulled hemp seeds
- 6 tbsp tamari soy sauce (strong, dark soy sauce)
- 4 tbsp olive oil
- 2 tbsp maple syrup
- 1 tsp smoked paprika (such as Pimentón de la Vera; alternatively, hot or sweet paprika)
- salt
- freshly ground pepper

**Recipe photo see p. 39**





# THE WALNUT

---



**Walnuts are arguably the classic nut and were long thought to be a type of stone fruit in botanical terms. But it is now clear that walnuts are indeed nuts.**

**Walnut trees** are leafy, deciduous members of the Juglandaceae family. The walnut tree is monoecious, which means it has both male and female flowers. The male flower heads mature roughly four weeks before the female flowers, and pollination is done by wind.

**Walnut kernels** are generally divided into two symmetrical halves, which are surrounded by a hard shell. The shell also consists of two halves, joined together by a bulging seam. The nut is enclosed inside a thick, green fruity layer, which gradually decays over time and splits open once the nut is edible.

In central Europe, walnuts are harvested in September and October. In California, harvesting takes place between August and November. It can sometimes take 10 to 15 years for a walnut tree to flower and bear fruit for the first time. To harvest the nuts, the walnuts are shaken from the trees, swept up, and soaked. During the machine cleaning process, the nuts are separated from the outer shell, washed, and then carefully dried for as long as necessary to ensure no mold develops.

## HEALTH BENEFITS

Walnuts supply up to 62 percent fat (including lots of unsaturated fatty acids), roughly 15 percent protein, and roughly 11 percent carbohydrate. They are particularly recommended because they are the nut with the highest linolenic acid content (Omega-3 fatty acid) and have an abundance of tocopherols (vitamin E derivatives). Like many other nuts, walnuts contain plenty of B vitamins, minerals, and trace elements.

Regular walnut consumption can lower the risk of developing Type 2 diabetes. In combination with linseed oil, which is rich in Omega-3 fatty acids, walnuts can have a beneficial effect on the health of our blood vessels and offer protection against cardiovascular disease. The polyphenols contained in the nuts can scavenge free radicals and protect our cells against oxidative stress.

## ECONOMIC CHALLENGES

Walnut trees are most commonly found in the Mediterranean, on the Balkan peninsula, in North America, the Near East, Central Asia, and China. Most of the walnuts sold on the global market come from China and the United States. Walnuts also thrive in central Europe, but are primarily cultivated for sale at local markets, rather than in supermarkets or health-food stores.

To buy products that are as sustainable and environmentally friendly as possible, it is important to look for organically cultivated goods and preferably nuts that are grown in your own country or that have been directly imported from neighboring countries.

## CULINARY USES

Walnuts have a strong flavor with a hint of bitterness and a slightly sweet element. The sky really is the limit when it comes to their culinary uses. Roasted, salted walnuts add the perfect finishing touch to an autumn salad. A hearty loaf or aromatic herb pesto can also be greatly enhanced by the characteristic flavor of walnuts. Desserts and pastries are another ideal place to use walnuts. Caramelized walnuts offer a perfect balance between sweet and savory. They are an essential ingredient in Christmas baking, ensuring lebkuchen, cookies, and various other delicious treats are not too sweet.

**Main cultivation areas for walnuts**





# GOLDEN TURMERIC CREAM

CASHEW · VANILLA · CINNAMON

Heat the coconut oil in a small saucepan until melted.

Drain the cashews in a sieve and rinse with cold water. Thoroughly purée the coconut oil, drained cashews, agave syrup, rice milk, and ground spices, until you have a silky-smooth cream. Season with salt.



**Tip:**

*This turmeric cream is ideal as a sandwich spread or as a topping for the carrot and banana bread (recipe see p. 48) or a warm porridge (recipe see p. 194). It will keep covered in the refrigerator for about 5 days.*

**Quick and easy: Sweet turmeric spice mix**

*It's always useful to have a spice mix in your larder! Just combine 2 tablespoons of ground turmeric, 1 tablespoon each ground cinnamon, ground cardamom, ground ginger, and bourbon vanilla powder, plus 5 tablespoons of raw cane sugar and store in an airtight jar. Bring 1 cup (240 ml) of plant-based milk to a boil and add 1 teaspoon of the spice mix for an exquisite, golden turmeric drink. This mix is also a fabulous way to spice up and dye Frozen Cubes (recipe see p. 138/139) or perfect for stirring into a warm bowl of porridge.*

**MAKES 1 MEDIUM JAR**

**Preparation time**

10 minutes + overnight soaking

**Kitchen equipment**

Freestanding or immersion blender

**Ingredients**

- 3 tbsp coconut oil
- 5 ¼ ounces (150 g) cashew pieces (or whole cashews), soaked in water overnight
- 2 ¼ tbsp agave syrup
- ⅔ cup (150 ml) rice milk
- 1 pinch each ground turmeric, bourbon vanilla powder, ground nutmeg, ground cinnamon, ground allspice, and cayenne pepper (or 1 tsp pumpkin spice mix)
- salt

# CARROT AND BANANA BREAD WITH GOLDEN TURMERIC CREAM

CASHEW · CINNAMON · CRISPY CARROT STRIPS

## MAKES 1 LOAF

### Preparation time

40 minutes + 45 minutes baking  
+ cooling time

### Kitchen equipment

Hand mixer or stand mixer,  
approx. 12 × 4-inch (30 × 10 cm)  
loaf pan

### For the bread and crispy carrot strips

- 3 cups (250 g) (gluten-free) oat flour
- ¾ cup (100 g) whole-grain buckwheat flour
- ½ cup (52 g) flaxseed meal
- 1 tsp baking powder
- ½ tsp baking soda
- 1½ tsp ground cinnamon
- salt
- 3 ripe bananas
- 10 ounces (300 g) carrots
- ¼ cup (50 g) cashew butter
- 1 splash lemon juice (or a light vinegar)
- coconut oil

### Also

- golden turmeric cream  
(recipe see p. 47)



Preheat the oven to 350°F (180°C) (convection setting). In a large bowl, combine the oat flour, buckwheat flour, flaxseed meal, baking powder, baking soda, 1 teaspoon of the cinnamon, and a pinch of salt.

Peel the bananas and mash with a fork on a plate. Peel and grate the carrots, setting aside the strips of peel for later. In a small bowl, stir together the cashew butter, ⅓ cup (80 ml) of water, and the lemon juice. Add this mixture, along with the mashed bananas, to the dry ingredients and whisk until smooth and combined. Fold in the grated carrots. Line the loaf pan with parchment paper, leaving a 1-inch (2.5 cm) overhang on the long sides, pour in the batter, and smooth the surface.

To make the crispy carrot strips, melt some coconut oil in a small saucepan. Toss the reserved carrot peel strips, a pinch of salt, and the remaining cinnamon in the coconut oil. Line a baking sheet with parchment paper then arrange the carrot strips on top. Put the carrots and the bread in the oven and bake for 10 minutes. Turn the carrots and continue baking for another 5 minutes until crisp and dry. Remove the carrots from the oven and continue baking the bread for another 20 minutes until golden brown (an inserted skewer should come out clean – if any mixture sticks to it, extend the baking time slightly). Turn off the oven and leave the bread to continue baking for another 10 minutes. Remove the bread from the oven, carefully lift it out of the pan using the parchment paper, and let it cool completely on a wire rack.

Cover the carrot and banana bread with the turmeric cream and scatter over the crispy carrot strips. Enjoy for breakfast with a hot cup of tea or coffee.







# VELVETY BEET AND CELERY SOUP

APPLE · HORSERADISH · SESAME SEED · SUNFLOWER SEED

## SERVES 4

### Preparation time

1 hour

### Kitchen equipment

Freestanding or immersion  
blender

Recipe photo see p. 50/51

Cut off the root ends of the beets. If the skin is unblemished, it can be left on; otherwise, peel the beets. Pluck off a couple of leaves from the celery and set aside to use as decoration. Peel the potatoes, onion, and garlic. Finely chop the onion and garlic. Cut the beets, potatoes, and celery into large pieces.

Heat some olive oil in a large saucepan. Fry the onion, garlic, and cloves until fragrant and slightly browned. Add the beets, potatoes, and celery and sauté briskly over high heat, stirring constantly. Deglaze the pan with the apple juice, scraping any delicious bits from the bottom of the pan, and pour in the vegetable broth. Reduce the heat to low, cover the pan, and simmer for 20 minutes until the vegetables are tender.

Meanwhile, peel and finely grate the horseradish. Cut the apple into quarters and remove the core, then slice each quarter into thin matchsticks. Toast the sunflower seeds in a small dry pan over moderate heat then set aside.

### **Did you know:**

*The reason for using a blender here is not just to create a purée but also because breaking down the ingredients is the best way to release their distinctive flavors.*

Blend the cooked vegetables until completely smooth. Add some salt and the tahini then process again. If the soup is too thick, stir in some hot water. Season with salt, vinegar, and possibly some more tahini.

Divide the soup between four deep bowls and garnish with the grated horseradish, apple matchsticks, sunflower seeds, and celery leaves. Serve immediately.



### Ingredients

- 1 ¼ pounds (600 g) beets
- 2 celery stalks with leaves
- 2 small potatoes
- 1 onion
- 1 garlic clove
- olive oil
- 4 cloves
- 1 ⅔ cups (400 ml) apple juice
- 2 cups (480 ml) vegetable broth
- 1 piece horseradish, roughly ¾ inch (2 cm)
- 1 apple
- 4–6 tbsp sunflower seeds
- salt
- 2 tbsp light tahini (or a pale nut butter)
- 1–2 tbsp vinegar (or soy sauce)

### **Tastes great with:**

*Hearty whole-grain bread.*

# DOUBLE RADISH WITH GREEN POLENTA

PISTACHIO · APRICOT · LEMON

## SERVES 4

### Preparation time

1 hour

### Kitchen equipment

Freestanding or immersion  
blender

### For the polenta

- 1  $\frac{2}{3}$  cups (400 ml) vegetable broth
- $\frac{1}{2}$  tsp salt
- 1  $\frac{1}{4}$  cups (200 g) coarse polenta

### For the pesto

- 1 lemon
- 2 bunches radishes with leaves
- 4 tbsp olive oil
- 1–2 tbsp mirin (sweet rice wine)

### Also

- 2–4 garlic cloves
- 4–8 dried apricots
- 1  $\frac{3}{4}$  ounces (50 g) shelled pistachios
- olive oil (or canola oil)
- 2–3 tbsp apple syrup (or maple syrup)
- salt
- freshly ground pepper

To make the polenta, bring the vegetable broth and salt to a boil in a medium saucepan. Pour in the polenta, stirring constantly, and return to a boil. Turn off the heat, cover the pan, and leave to thicken for about 15 minutes.

Meanwhile, prepare the pesto. Zest and juice the lemon. Separate the leaves from the radishes and reserve a third of the leaves for later. Purée the remaining leaves with the lemon zest and juice, the olive oil, mirin, and  $\frac{3}{4}$  cup (180 ml) of water to create a fine paste. Stir into the thickened polenta.

Slice the radishes in half. Peel the garlic cloves and crush using the flat side of a knife. Slice the apricots into strips. Roughly chop the pistachios.

Heat some olive oil in a pan. Sauté the garlic over moderate heat until fragrant. Place the radishes, cut side down, in the hot oil and sauté briskly over high heat until slightly browned. Add the apricots and the reserved radish leaves and continue frying briefly. Deglaze the pan with the apple syrup, scraping any delicious bits from the bottom of the pan, then season with salt and pepper. As soon as the leaves have wilted, remove the pan from the heat. Divide the polenta and radishes between plates and scatter with pistachios before serving.







# RAW MISO KOHLRABI WITH STRAWBERRIES

MACADAMIA · MISO · THYME

Remove and discard the outer leaves from the kohlrabi. Slice the attractive inner leaves into thin strips. Peel the kohlrabi bulbs and cut into thin matchsticks. Put the kohlrabi leaves and matchsticks in a medium bowl and lightly season with salt. Hull the strawberries then cut into quarters or eighths. Strip the thyme leaves from the stems. Add the strawberries and thyme leaves to the kohlrabi.

For the dressing, stir together the macadamia nut butter, raspberry vinegar, agave syrup, sweet mustard, miso, and 5 tablespoons of water in a small bowl until creamy. Season with salt and pepper. Drizzle the dressing over the kohlrabi and strawberries, toss everything carefully, and divide between plates.

Roughly chop the macadamia nuts. Sprinkle each portion of salad with macadamias and scatter with wild herbs if using.



**Tastes great with:**

*Freshly baked baguette or ciabatta.*

**SERVES 4**

**Preparation time**

30 minutes

**For the salad**

- 2 kohlrabi bulbs with leaves
- salt
- 9 ounces (250 g) strawberries
- 2–3 sprigs fresh thyme

**For the dressing**

- ¼ cup (50 g) macadamia nut butter (or another pale nut butter)
- 5 tbsp raspberry vinegar (or another fruity vinegar)
- 2 tbsp agave syrup
- 1 tsp Bavarian sweet mustard
- 1 tsp light miso (shiro miso or lupin miso)
- salt
- ground white pepper

**Also**

- ¾ cup (100 g) roasted macadamia nuts
- optional: edible wild herbs to decorate

# SUMMER ROLLS WITH A SPRING FEEL

RADISH · FERMENTED TOFU · ORANGE · PEANUT

**SERVES 4**  
**(ROUGHLY 12–16 ROLLS)**

**Preparation time**

40 minutes

**For the dip**

- 1 orange
- ½ cup (100 g) peanut butter
- 3 tbsp tamari soy sauce (strong, dark soy sauce)
- 3 tbsp rice vinegar
- 2 tbsp maple syrup
- 1 fresh chile
- optional: 1 scallion
- 3 ½ ounces (100 g) salted roasted peanuts

**For the summer rolls**

- 3 ½ ounces (100 g) mixed fresh herbs and salad leaves (such as Thai basil, mizuna, loose leaf lettuce, arugula, and dandelion greens)
- 1 small bunch fresh cilantro
- 1 small bunch fresh mint
- 1 large carrot
- 6 button mushrooms
- 8 radishes with leaves
- 7 ounces (200 g) fermented tofu (available from Asian supermarkets or health food stores; or vegan feta)
- rice paper sheets

Zest and juice the orange for the dip. Stir both together with the peanut butter, tamari, rice vinegar, and maple syrup in a small bowl.

Cut the chile lengthwise in half, removing the seeds if preferred, and slice thinly. If using, clean the scallion if necessary and slice into thin rings. Roughly chop the peanuts. Stir the chile, scallion, and peanuts into the dip. Set aside to infuse.

Roughly chop the mixed herbs and salad leaves, along with the cilantro and mint, for the summer rolls. Cut the carrot into thin strips using a peeler. Clean the mushrooms then slice thinly. Separate the best leaves from the radishes and add to the herbs and salad leaves. Thinly slice the radishes. Slice the fermented tofu diagonally into thin strips.

Fill a large, shallow bowl with warm water. Briefly immerse a sheet of rice paper in the water, then spread it out on a large plate. Arrange slices of carrot, mushroom, and radish in a fan pattern in the center as desired. Top with a slice of fermented tofu and a few herbs and salad leaves. Fold the sides of the rice paper over the filling, then roll it up starting from the bottom.

Prepare the remaining rolls in the same way and serve with the peanut and chile dip.



**Quick and easy: Fresh spring side salad**

Use the leftover herbs, lettuce, and vegetables to rustle up a quick side salad. The dressing for the mango and fennel salad makes a great simple vinaigrette (recipe see p. 104). If you have all the ingredients, that salad is also lovely served alongside the summer rolls with any leftover herbs, lettuce, and vegetable mixed in.

