



Vegan main course

I. Smoked Tofu with Kdaif & Potatoe,
Nutmeg puree

II. Salads with avocado cream &
mushrooms

Syu Poropat



I. Smoked Tofu with Kadaif & Potatoe, Nutmeg puree

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Preparation time: 1:30
3 servings

I. SMOKED TOFU WITH KADAIF

INGREDIENTS

- ◆ 150 g smoked tofu
- ◆ 50 g soya vegetable spread
- ◆ 50 g oats
- ◆ 2 g cayenne pepper
- ◆ 100 g kadaif dough
- ◆ 0,5 l oil for frying

Cut smoked tofu on small cubes and mix it with vegetable spread, pepper and oats. Form 60 g big balls. Cover the balls with kadaif dough and deep fry.

II. POTATO AND NUTMEG PUREE

INGREDIENTS

- ◆ 250 g potato
- ◆ Salt
- ◆ Pepper
- ◆ 20 g coconut butter
- ◆ 30 g soya cooking cream
- ◆ 5 g nutmeg

Boil the potatoes. When they are cooked mash them with salt, pepper, nutmeg, butter and cream. Put in piping bag and use.

III. GREEN SAUCE

INGREDIENTS

- ◆ 100 g frozen peas
- ◆ 100 g soya cooking cream
- ◆ Salt

Cook frozen peas until they become soft. Mix with soya cream and blend. Add salt and warm it up.



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IV. SAUTEED ASPARAGUS AND BABY CARROT

INGREDIENTS

- 100 g asparagus
- 100 g baby carrot
- 50 ml olive oil
- Salt

Wash and peel asparagus and carrots. Steam both vegetables. Sautee on olive oil and salt.

V. ASPARAGUS FOAM

INGREDIENTS

- 50 g asparagus
- 200 ml water
- 20 g soya cooking cream
- Salt
- 4 g Bubble Sosa

Cook asparagus in salted water until they become soft. Blend with cream and Bubble powder.

VI. DECORATION

INGREDIENTS

- 50 g young spinach
- Peas cress
- Edible flowers

Combine everything on the plate. Add some decorations.



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I. SALADS

INGREDIENTS

- 300 g mixes spring salad
- 50 g walnuts (chopped and roasted)
- 50 ml walnuts oil
- 40 g apple vinegar
- Salt
- Pepper

1. Chopp and roast mushrooms.
2. Mix all the ingrediants in salads bowl, add some vinegar, salt and pepper.

II. MARINATED MOREL MUSHROOMS

INGREDIENTS

- 200 g morel mushrooms
- 1 pc garlic
- 10 g chopped parsley
- Salt
- Pepper
- 50 ml olive oil
- 1 lemon

1. Grill morel mushrooms.
2. When they are cold mix with marinade and marinate for 2 hours. Marinade:
3. Chopp the garlic and mix it with all other ingredients.

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II. Salads with avocado cream & mushrooms

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INGREDIENTS

- 1 soft avocado
- 1 lime
- Salt
- Pepper
- 50 g tofu

INGREDIENTS

- 150 g whole grain bread
- 1 spoon walnuts oil

III. AVOCADO CREAM

1. Peel avocado and cut in small pieces.
2. Blend all ingredients.
3. Put in fridge for 1 hour.

IV. CROUTONS

1. Cut the bread on small cubes and bake it in pan with some oil.
2. Combine all the dishes in one plate for salads.

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