

The Cool Kitchen

INSPIRING RECIPES AND TRENDS BY PINGVIN

#ISSUE03

Vegan gastronomy

— VEGAN RECIPES —



GREENYARD 

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Foreword



VEGETABLES PLAY FIRST FIDDLE

An increasing number of people choose to become **flexitarian** and to not eat meat or fish for one or more days a week. Not out of principle, as vegetarians or vegans do, but rather because of a gut feeling that eating less meat benefits both their health and the environment. Vegetables these days definitely play a more dominant role on people's plates – a great trend, since **cooking with vegetables is simply hard to beat.**

So go on, set your creative vibes free; **get experimenting with the abundance in tastes and textures vegetables have to offer.** I bet not even the most hard-nosed meat lover will pine for that piece of meat (or fish). What's more, vegetables add loads of colour to your dishes; and since you also eat with our eyes, your food will taste even better! **Let's eat a rainbow!**

In this magazine you will find inspiration and recipes to go all the way and stir up a vegetable feast. You get handy tips on what the best combinations are and how to whip up some magic on the dinner table, with healthy and tasty dishes. No fancy superfoods required... just superveggies!

Have fun cooking,



CULINARY ADVISOR

FREDERIK VANHUYSE

CHEF SINCE 1999

Basic recipes

CREAMY CASHEW CREAM

Are you looking for a vegan dairy cream alternative? This creamy cashew cream is your answer. You just need 300 grams of whole cashew nuts and some water.

Leave the nuts to soak in the water in the fridge for 24 hours. Strain the water and then blend the nuts in a blender or kitchen robot, adding about 750 ml of water; blend for 2 to 3 minutes. Be careful though: this cashew cream will reduce much faster than dairy cream.

VEGAN MOUSSELINE

INGREDIENTS

120 g	tofu
2 tsp	shallot
2 tbsp	olive oil
1 tsp	mustard
1/2	lemon
	turmeric
	cayenne pepper

Put the shallots, tofu, olive oil and mustard in a blender. Squeeze the lemon and mix. Season with pepper and salt, a bit of cayenne pepper and some turmeric for colour.

PESTO PRESTO

INGREDIENTS

120 g	basil
30 g	parsley
15 g	nutritional yeast flakes
35 g	pecan nuts
2 tbsp	garlic
1 tbsp	lemon juice
120 ml	olive oil

Blend all ingredients in a blender or kitchen robot until you have a creamy mixture. Have a quick taste: still needs a bit of an extra? Add some more basil, finish with a pinch of pepper and salt.

ITALIAN STYLE: SPICY MARINARA SAUCE

INGREDIENTS

250 g	Misto per Sofrito
1,5 kg	canned whole tomatoes
2 tbsp	garlic
1 tsp	chili flakes
2 tbsp	basil

In a blender, mix the tomatoes until you have a smooth paste. You can also use passata as an alternative. Heat the olive oil in a pan and give the Misto per Sofrito and garlic a short fry. Now add the tomato puree and leave to simmer. Season with pepper, salt and basil.

New products

EDAMAME



NEW

This legume from East Asia is popular for all apparent reasons: edamame is a great side dish, apero time snack or simply when you feel a small hunger pang in between. Boil the beans very shortly in salted water, then give them a quick fry-up in some olive oil or butter (to taste) and serve with a sprinkle of coarse salt or, why not, some sesame seeds.

SOY BEANS



NEW

These beans are ideal in a salad and are packed with fibre, protein and vitamins – the perfect protein substitute in a vegetarian or vegan diet. Give them a short boil in salted water, followed by a quick fry-up in butter or olive oil and season with pepper and salt.

MANGO



NEW

Apart from being the perfect dessert ingredient, our mango cubes are a fantastic touch to a salad or other cold dishes, such as a poke bowl. Leave to thaw in the fridge and there you go, ready to use in an instant in all kinds of desserts, salads or other dishes.

PINEAPPLE



NEW

The annoyance of peeling and dicing a pineapple is history: simply add to desserts, a curry, pizza or salad... there are no limitations! Just leave to thaw in the fridge – and enjoy!

AVOCADO



NEW

The avocado trend is still going strong. Who doesn't like a tangy guacamole, filled avocado or avocado sushi? This fruit is full of nutrients, rich in protein and contains plenty of unsaturated fats and minerals, such as iron and potassium. Tip: add a small dash of lemon or lime juice to avoid decolouring.

Colourful vegan bolognaise

BURSTING WITH TASTE



INGREDIENTS

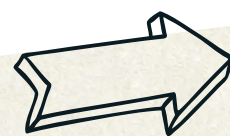
- 500 g Mediterranean vegetable brunoise
- 200 g precooked quinoa
- 5 cl balsamic vinegar
- 250 g tomato passata
- 2 tbsp of Savour'Eaze Provençale
- 4 courgettes or 750 g courgetti
- 2 tbsp of pesto (basic recipe)
- Olive oil
- Pepper and salt
- 1 tbsp of garlic

GET COOKING

Fry the Mediterranean brunoise in hot oil. Add the garlic and leave everything on the hob until mostly thawed. Cool down with the balsamic vinegar and tomato passata, then leave to simmer on a low heat. Season with Savour'Eaze Provençale. Add the quinoa to the sauce and finish with some pepper and salt. Would you like some more spice? Then add a touch of cayenne pepper.

With a spiral cutter, cut the courgettes in long strings. Shortly fry the courgetti in a pan with hot oil. Season with basil, pesto (basic recipe), pepper and salt.

Dress the courgetti on a plate and add the vegetable sauce. Add some basil leaves for a finishing touch.



CHEF'S TIP

No time to make your own vegan pesto? Use our Savour'Eaze pesto instead!



Deliziosa courgetti

Cauliflower rice risotto

WITH FOREST MUSHROOMS

INGREDIENTS

- 1 kg forest mushrooms
- 500 g riced cauliflower (as an alternative to rice)
- 10 cl white wine
- 20 cl cashew cream (basic recipe)
- 2 tbsp of lemon juice
- 2 tbsp of forest mushroom stock
- 1 tbsp of garlic
- 2 tbsp of shallots
- 2 tbsp of nutritional yeast

GET COOKING

Fry the forest mushrooms in olive oil and add the forest mushroom stock (once thawed, remove the mushrooms and keep the cooking water).

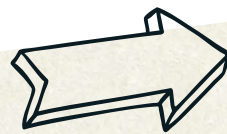
Fry the shallots and garlic in some olive oil. Pour the white wine in the pan, as well as the cooking water and lemon juice. Leave to reduce for a short while, then add the cashew cream (see basic recipe). Cook until you have a creamy sauce.

Add the riced cauliflower and heat. Once hot, add the mushrooms and finish the dish off with a sprinkle of nutritional yeast and some green herbs.

CHEF'S TIP

Omit the mushrooms from the risotto. Put some mushrooms and cheddar cheese in a puff pastry and heat up in a panini toaster.

Oh so creamy



Trendy poke bowl

WITH SWEET POTATO FALAFEL

INGREDIENTS

- 250 g sweet potato
- 100 g red kidney beans
- 50 g walnuts
- 50 g fried onion
- 1 tbsp of lemon juice
- 1 tbsp of garlic
- 3 tbsp of poppy seeds
- 1 tsp of cumin
- 1 tbsp of paprika powder

GET COOKING

First mix the sweet potatoes with the herbs and oil, then roast them for 10 minutes at 180°C. Blend in the blender or kitchen robot and add the kidney beans, fried onion, lemon juice and walnuts. After all ingredients have been mixed, add the poppy seeds. Place a sheet of baking paper on an oven tray. Use 1 tablespoon of the mixture to shape 1 falafel, and place the falafel on the baking paper. Bake the falafels for 25 minutes at 180°C. After 12 to 13 minutes, turn the falafel so both sides can crisp up.

Falafel

INGREDIENTS

- 50 g corn super sweet
- 50 g soy beans
- 50 g chickpeas
- 50 g red beetroot
- 50 g precooked quinoa
- 150 g mango
- 150 g pineapple
- 300 g cucumber
- ½ chili pepper
- 1 tbsp of lemon juice
- 2 tbsp of chopped mint
- 1 lime (for zest)
- 2 tbsp of rice vinegar

GET COOKING

Boil the corn, soy beans, chick peas and quinoa in a vegetable broth at 70°C for about 2 minutes. This will sweeten the taste of the corn and give the other vegetables a lively colour. Season the red beetroot with a light vinaigrette of oil and vinegar. Leave the mango, pineapple and cucumber to thaw in the fridge. Then mix all ingredients and season to taste. Store in a fresh and cool place.

Poke Bowl

CHEF'S TIP

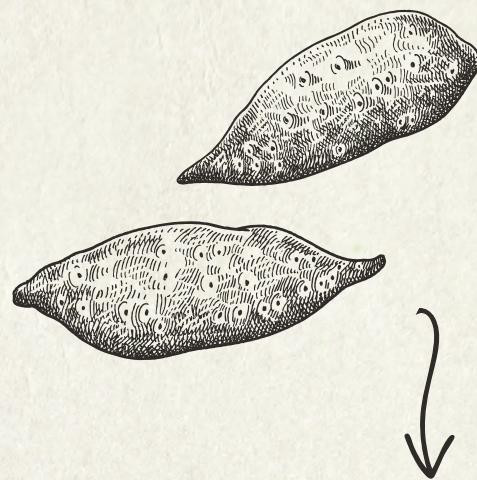
Use our ready to serve vegetables quinoa.



A delightful
mix of cultures

Daring and layered

VEGAN PARMENTIER



INGREDIENTS

- 500 gr riced cauliflower (as an alternative to rice) 
- 100 g hazelnuts
- 2 tbsp of thyme 
- 2 tbsp of parsley 
- 2 tbsp of shallots 
- 500 g sweet potato 
- 125 ml almond milk
- 500 g romanescos 
- 2 l vegetable stock
- vegan mousseline (basic recipe)

GET COOKING

DARING

Crush the hazelnuts and give them a quick fry in some olive oil. Add the shallots and fry for a while longer, then add the riced cauliflower and thyme. Leave on the heat until defrosted. Season with the flat parsley, pepper and salt.

LAYERED

Fry the sweet potatoes in hot olive oil. Add the almond milk and puree the potatoes using a fork or masher. Season with pepper and salt. Bring the vegetable stock to the boil; briefly defrost the romanescos in the hot broth. Leave to cool down straight after.

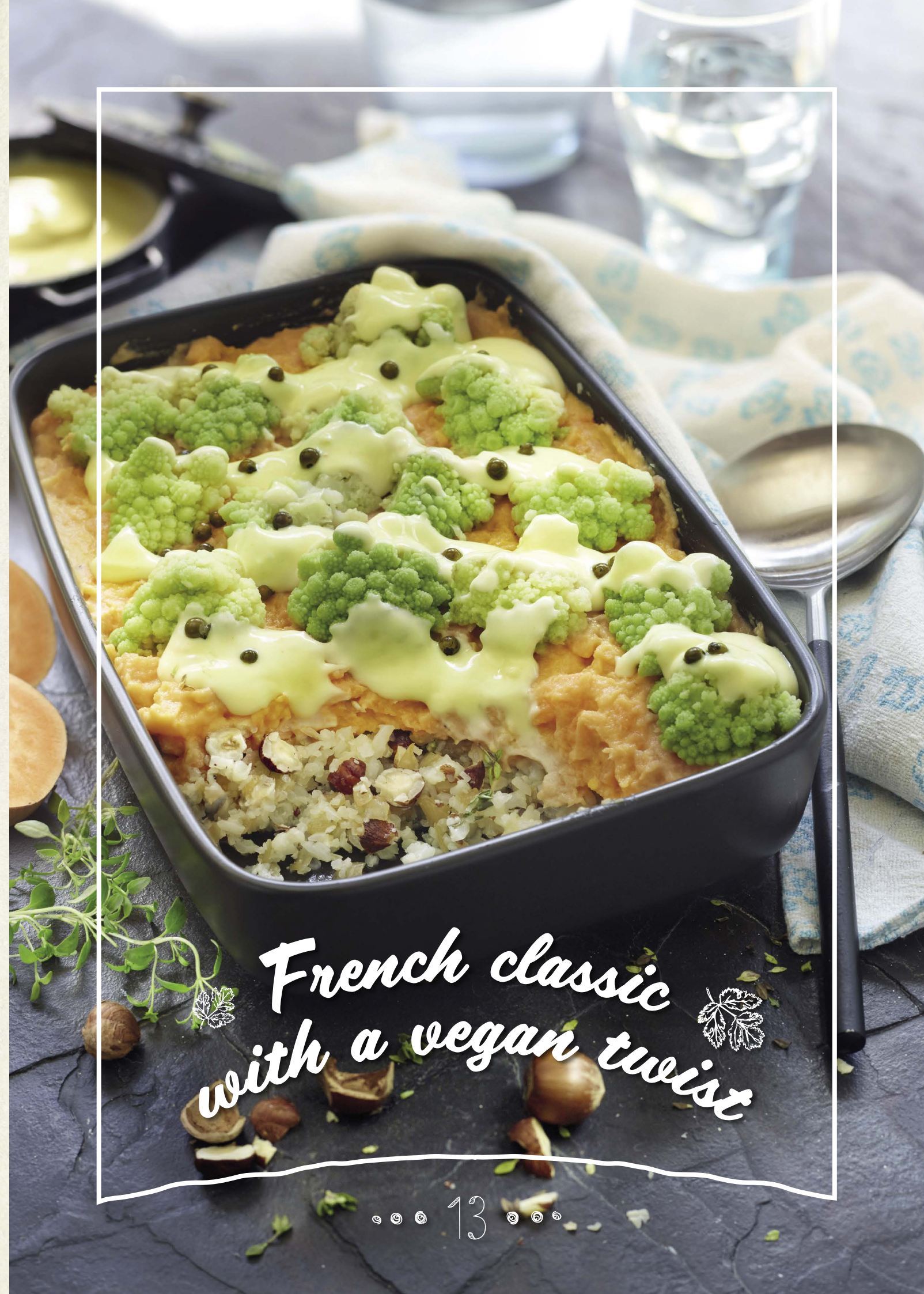
PARMENTIER

First put a layer of the riced cauliflower in an oven dish, then a layer of the sweet potato puree, then the romanescos, which to taste can be halved or quartered. Finish with the vegan mousseline (see basic recipe). Place in the oven for 10 minutes at 140°C.



CHEF'S TIP

Not vegan? Use our Penguin mousseline sauce instead. 



French classic
with a vegan twist

Creamy pasta with broccoli

AND A MUSHROOM MIX



INGREDIENTS

- 500 g precooked spaghetti (unfortunately not vegan)
- 4 tbsp of shallots
- 1 tbsp of garlic
- 350 g broccoli 20/40
- 300 g baby oyster mushrooms
- 150 g shiitakes
- 1 tbsp of forest mushroom stock (powder)
- 2 tbsp of mustard
- ½ lemon
- 4 tbsp of parsley
- spring onion
- cashew cream (basic recipe)

GET COOKING

Chop the shallots and fry in olive oil. Add the baby oyster mushrooms, shiitakes and garlic, and leave on the heat until defrosted. Pour in the forest mushroom stock powder but do not leave to reduce down.

Next, add the cashew cream (see basic recipe), lemon juice and mustard. Lastly, add the broccoli and leave to simmer until the broccoli is fully defrosted. Add the spaghetti and season with smoked sea salt and freshly ground black pepper.

You're ready to dish up! Using a meat fork, place a neat swirl of spaghetti on a plate. Then dress the vegetables and pour the sauce. Finish with some spring onion.



CHEF'S TIP

If you like a change of taste, go for salted or roasted cashew nuts.



Spicy curry

WITH MUSHROOM BALLS

INGREDIENTS

- 200 g onion 10x10
- 750 g sliced mushrooms
- 500 g chick peas
- 2 tbsp of sesame oil
- 1 tbsp of forest mushroom stock (powder)
- 1 tbsp of maple syrup or Liège syrup
- 4 tbsp of roasted sesame seeds
- panko
- tempura flour

GET COOKING

Fry the onions in very hot sesame oil. Add the mushrooms and then the forest mushroom stock. Leave on the heat until all of the moisture has reduced down. Add the maple syrup or Liège syrup and glaze for a short while. Season with salt and pepper.

Blend the chick peas and the mushroom mix in a blender or kitchen robot, until you have a smooth mixture. Roast the sesame seeds for 3 minutes at 250°C. Knead the roasted sesame seeds and the panko with the mixture into a nice and smooth dough. Using your hands, make small dough balls and place them in the freezer for 1.5 hrs. Before frying in hot oil until crispy, roll the balls in the tempura flour.

Mushroom
balls

INGREDIENTS

- 750 g Gala mix
- 250 g lentils
- 500 ml coconut milk
- Yellow curry paste (to taste)
- 2 tbsp of Savour'Eaze Thai
- Mushroom balls

GET COOKING

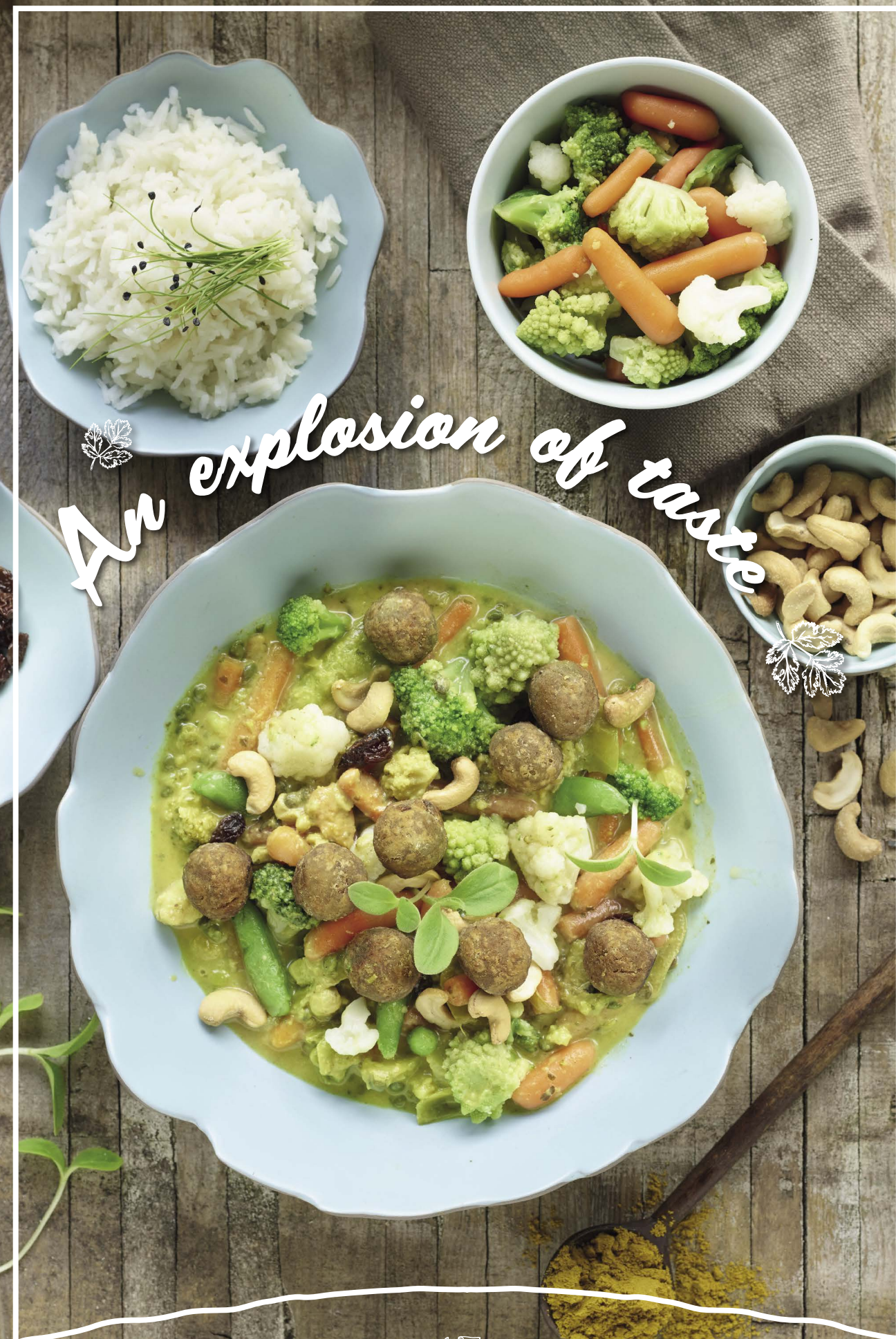
Bring the coconut slowly to the boil whilst adding yellow curry paste (to taste) and Savour'Eaze Thai. Leave to reduce or use some corn flour. When the sauce is ready, add the Gala mix and lentils. Once everything is defrosted, add the crispy mushroom balls and leave to simmer for 5 minutes.

Finish with some coriander or flat-leaf parsley.

Curry
sauce

CHEF'S TIP

The balls can also be served with a different sauce, such as a marinara sauce (basic recipe).





Contact

HOW TO CREATE MAGIC AT THE DINNER
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