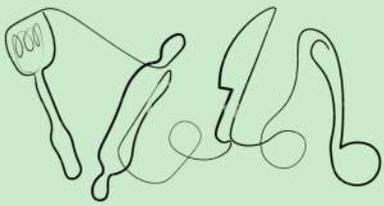




# The Kora team

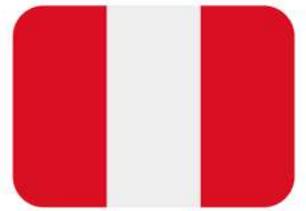


## Clara's vegan recipe booklet





# Perú



## EXTREME EXPLOSIVE Mushroom Ceviche

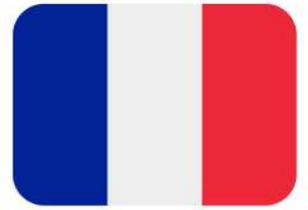
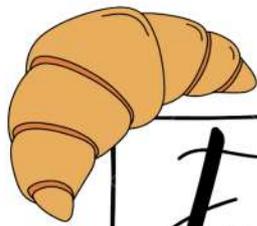


- 1 SWEET POTATO
- 1/4 RED ONION IN THIN SLICES
- 1/2 KG OF MUSHROOMS (CHAMPIGNON, PORTOBELLO, ETC.) IN SLICES OR CUBES
- JUICE OF 10 GREEN LIMES
- 4 TABLESPOONS OF OLIVE OIL
- 2 CLOVES OF GARLIC, FINELY CHOPPED
- 1 CHILI PEPPER, FINELY CHOPPED (OPTIONAL IF YOU'RE EUROPEAN)
- SALT AND WHITE PEPPER
- 1 TABLESPOON OF CHOPPED CORIANDER
- 1 CHOCLO (PERUVIAN LARGE-KERNEL CORN) (I HOPE YOU FIND IT SOMEHOW)



1. Cook the sweet potato in boiling water until soft. Peel and cut in 2cm slices. Keep it for later so it gets cold. The meal is supposed to be cold.
2. Cook the choclo in boiling water until soft. Keep it for later so it gets cold. Because, you know, ceviche is a cold dish.
3. Soak the onion slices in cold water for 10 minutes so its flavor is not too strong but enjoyable. Unless you like eating straight up raw onions. In that case ignore this step
4. Put the mushroom slices in a strainer and put boiling water over them. Drain them and put the slices in a bowl. Add the onion slices (also drained of course).
5. Add the lemon juice, olive oil, garlic, salt, pepper, choclo kernels and coriander. Mix well and let it marinate for 10 minutes.
6. Serve the mix on a plate or eat it straight out of the bowl if you're that hungry. Just be sure it's not hot.





- 250 g of flour
- 80 g of Maizena
- 240 ml of water
- 500 ml of vegetal milk
- 2 spoons of olive oil
- 1 pinch of salt

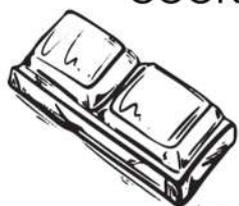


1 - Mix Maizena and water.

2 - Insert flour, salt and olive oil and mix.

3 - Keep mixing while you insert the vegetal milk.

4 - The mixture is ready, just use a pan to cook the crepes !



Si no es divertido, no es sostenible





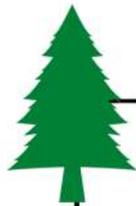
## Semmelknödel mit Eierschwammerln

10g linseeds in 50ml water  
 20ml rapeseed oil, 200g bread cubes  
 1ts salt, 40g flour, 250ml vegan milk  
 15g parsley chopped

100g onions, 5 garlic cloves  
 2 tbsp rapeseed oil, 600g chanterelle  
 1ts caraway  
 1ts cornstarch in 100ml water  
 400ml vegan cream  
 salt, pepper, 30g parsley

1. For the dumplings, leave the linseed to soak for approx. 5 minutes, then whisk with the oil. Mix the bread cubes with salt and flour. Mix the linseed with the vegan milk and add to the bread mixture with the chopped parsley. Knead everything well with your hands and let it sit.
2. Heat water with 2 tsp salt in a soup pot. Form 8 dumplings from the dumpling mixture with wet hands.
3. For the mushroom goulash, peel the onion and garlic and cut into small cubes. Heat the oil in a frying pan and fry the onion and garlic until golden brown. Clean the mushrooms with a brush, shorten the stalks a little and cut the larger mushrooms into slices. Add to the frying pan with the caraway and fry, stirring again and again. The mushrooms draw a lot of water, but this boils down during the cooking time. Cook over medium heat for about 10 minutes. Stir.
4. When the dumpling water boils, put in the dumplings, bring to a boil briefly, turn down the heat and let the dumplings draw until they rise to the surface.
5. Mix the cornstarch well with cold water and add to the mushrooms. Stir through and simmer for 2-3 minutes. Stir in the vegan cream, salt, pepper and finally season with the chopped parsley.
6. Lift the dumplings out of the water, drain briefly and serve with the goulash.





Suomi



### Ingrediënts:

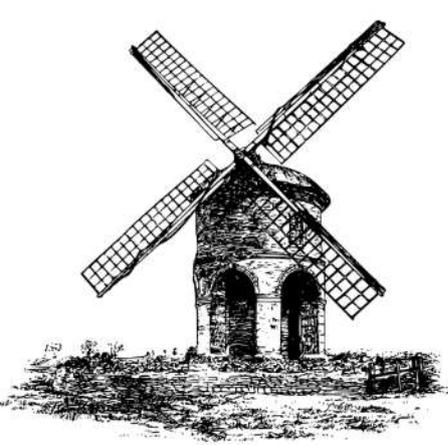
- 300 gr lindseed
- 750 gr water
- 680 gr vegan margerin
- 1200 gr sugar
- 1320 gr cane sugar
- Vanilla sugar
- 375 gr gluten-free flower
- 375 gr oatmeal flower
- 3 tp salt
- 6 tp baking powder
- 500 gr coco powder
- 1250 gr chocolate



## Brownies

1. Preheat the oven to 180° Celcius
2. Blend the lindseeds in a blender into a fine flour and put them under water to soak
3. Soften the margarin and beat with the sugar until foamy
4. Add the lindseed flour mixture into the butter-sugar mixture and add the dry ingredients little by little
5. Add the cutted chocolate and put in the over for 20-25 minutes





# Nederland



## Vegan endive stamppot



- 6 medium sized potatoes
- pinch of salt
- 50 ml oatmilk
- 1 tablespoon of coconut oil
- 1 tablespoon of turmeric
- 1 crop of endive
- 2 red onions
- 2 garlic cloves

1. Peel the potatoes and boil them in water with a pinch of salt. Boil them for about 8 minutes or until you can easily make a hole in them with a fork.
2. Remove the water from the pan and add the oatmilk, coconut oil and turmeric. Mash this together with a potato masher or a similar tool you can find so you get a puree.
3. Cut the kale into small pieces and wash well. Add this to the potato puree and mix together.
4. Cut the onion and garlic and bake it, put this over the stamppot to garnish and enjoy!



\*If you cannot find endive you can also use kale, just boil it first!

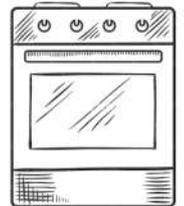


- 14 cabbage leaves
- 200 g rice
- 600 ml water
- 15 g dried porcini, soaked overnight (ideally)
- 250 g of your favourite mushrooms
- 120 ml white wine (or veggie stock)
- 2 tsp quality balsamic vinegar, adjust to taste
- 2 tbsp olive oil
- 2 shallots/ onions, finely diced
- 6 garlic cloves, finely diced
- ½ tsp sea salt, adjust to taste
- pepper, to taste
- fresh thyme, to taste



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## CABBAGE ROLLS

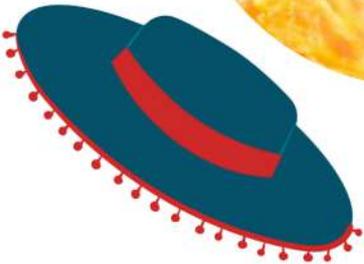


- Soak porcini in water. Preferably overnight.
- Make the filling by frying onion, garlic and chopped mushrooms until all of the liquids have evaporated.
- Next, stir in raw rice, thyme and porcini stock. Leave some for the oven. Add wine, balsamic vinegar, salt and pepper. Cook for about ten minutes to soften the rice a little before it finishes off in the oven.
- Blanche cabbage leaves in boiling water for about ten minutes. Prepare leaves for stuffing. Using a sharp knife thin the stem so that the leaves are more pliable when filling and more pleasant to eat.
- Fill the leaves with rice-mushroom filling. Roll them tightly and lay on an oven pan. Add some more stock and olive oil.
- Preheat oven to 180 C. Put the rolls in the oven for about 40-50 minutes. Cover them in the end if necessary. Enjoy!



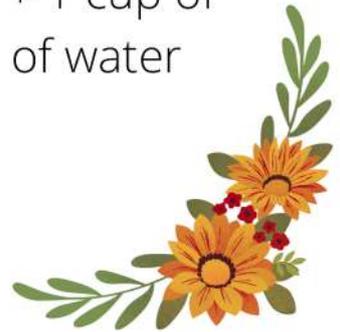


## Potatoes tortilla



### Ingredients:

- AOVE
- 1600gr potatoes
- 1 onion
- 32 tsp chickpeas flavour (flat)
- 32 tsp of water + 1 cup of water or 250ml of water
- Salt



1. Peel the potatoes, wash them, cut them in half and cut them into thin slices. Cut the onion into very small pieces.

2. In a frying pan, add plenty of oil and when it is hot, add the potatoes, onion and salt. Cover with a lid and leave the potatoes to cook over a medium heat until they are done, usually about 20 minutes. Stir from time to time so that they do not stick to the pan. Strain the potatoes and onion with a slotted spoon or sieve to remove the oil.

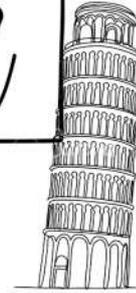
3. In a bowl add the 32 tsp of flour and water, beat until smooth, add a little salt and the cooked potatoes and onion. Stir.

4. Pour one or two spoonfuls of oil into a frying pan and when it is hot, add the previous mixture and leave it to cook over a medium heat for about 5 minutes. Place a plate over the omelette and turn it over to cook on the other side for another 5 minutes. Turn the omelette as many times as necessary so that the omelette is cooked inside and out.





# Italia



## Wine Donuts



- 240 grams flour 0
- 70 grams sugar
- 80 grams red wine
- 20 grams sultanas
- 5 grams aniseed seeds or powder
- 5 grams baking powder
- 60 grams sunflower oil



1. Preheat the oven to 180C . In a small bowl, add the wine, raisins, and anise seeds. Leave to soak for 15 minutes.
2. In a larger bowl, add the flour, sugar , baking powder and mix well with a whisk.
3. Add the seed oil, wine, raisins and aniseed and mix with a fork or spatula until you have a ball of dough.
4. Knead with your hands for 1 minute to make it smooth. Don't knead too much.
5. Take small pieces of dough, with the palms of your hands roll them on the work surface, forming small pieces of dough in the shape of a snake.
6. Cut the snakes into 5 cm pieces, roll them one more, then join the two ends, creating donuts.
7. Transfer to a baking sheet lined with parchment paper. Bake in the oven for 20 minutes at 180C.
8. Leave to cool, then arrange them on a serving dish. Sprinkle with powdered sugar or dip them upside down first in water and then in white granulated sugar.





*Feliz Cumpleaños*