



Vegan Spaghetti Bolognese

Ingredients (serves 10)

- 300 g soy granules
- 1100 ml vegetable stock
- 3 onions
- 3 cloves of garlic
- 500 g carrots
- 250 g celery (bulb)
- 8 tbsp olive oil
- 5 tbsp tomato paste
- 2.5 tsp raw cane sugar
- 5 tbsp italian herbs (dried)
- 5 tbsp soy sauce
- 1250 g tomato pieces
- Salt
- 10 stalks basil
- 1250 g spaghetti

Also good with

- Pasta seasoning as substitute for parmesan cheese



Preparation

1. Pour $\frac{3}{4}$ of the boiling vegetable stock over soy granules, cover and soak for about 10 minutes until the stock is completely absorbed. Peel the onion, garlic, carrots and celery and dice finely.
2. Fry the soy in olive oil for approx. 5 min over high heat, stirring. Add vegetables, tomato paste, sugar, Italian herbs. Fry for approx. 5 min, season with soy sauce and pepper. Then add the remaining stock and the tomatoes and simmer for about 10 minutes, stirring several times, adding a little more water if necessary. Season the sauce with salt and pepper.
3. Wash, dry and chop the basil. Cook the spaghetti in salted water for about 10 minutes, drain and serve with the Bolognese sauce and basil.

Pasta seasoning, selfmade

Roast 200 g almonds or cashews until golden, then mix with 5 tbsp breadcrumbs, couscous or fine bulgur, 12 tbsp yeast flakes, 2 tsp ital. (instead of a food processor: use ground almonds and breadcrumbs or put roasted almonds in a freezer bag and crush almonds with a stone). Fill powder into screw-top jar. Keeps in a cool place for several weeks.



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One pot vegetable rice

Ingredients (serves 10)

- 625 g basmati or long grain rice
- 625 g mushrooms
- 250 g mixed vegetables (frozen or fresh)
- 1000 g tomatoes
- 2 ½ peppers, yellow/red
- 2 ½ bunches of spring onions
- 5 tbsp olive oil
- 1250 ml vegetable stock
- 125 g feta cheese
- salt and pepper
- grated peccorino or parmesan

Preparation

1. Clean the mushrooms and cut them into slices. Dice the tomatoes. Remove the seeds from the peppers and cut them into bite-sized pieces. Finely slice the white lower part of the spring onions and sauté them in a pot with the oil.
2. Add the mushrooms, tomatoes, peppers, rice, mixed vegetables and vegetable stock, bring to the boil and simmer over low heat for about 20 minutes until most of the liquid has been absorbed by the rice and the vegetables are tender.
3. Just before the end of the cooking time, stir in the crumbled feta. Season to taste with pepper and salt. Cut the green part of the spring onions into fine rings and place these over the food arranged on the plate. Serve sprinkled with the grated pecorino or parmesan.

Also good with

- replace rice with bulgur
- replace part of the rice with red lentils





Photo: Susanne Michalke Metzler

Dumplings with creamed mushrooms

Ingredients (serves 10)

Dumplings

- 750 g dumpling bread (alternatively 25 dried-out bread rolls)
- 5 small onions
- 5 cloves of garlic
- 10 eggs
- 400 ml milk
- 1 bunch parsley (80 g)

Creamed mushroom sauce

- 5 small onions
- 1500 g mushrooms (champignons, oyster mushrooms, ...)
- 500 ml vinegar diluted 1:1 with water)
- 750 ml cream
- 750 ml vegetable stock
- 5 tbsp crème fraîche

Also good with

- Optional red cabbage, sauerkraut, lentils



Preparation

Dumplings

1. Mix milk with eggs, season very vigorously with salt, pepper and nutmeg (a bit too much of everything!) and pour all the mixture over the dumpling bread. Steep
2. Peel and finely dice onions, press garlic cloves, peel and chop finely, chop parsley. Melt butter in a small saucepan, sauté onions until translucent, fry garlic briefly, then add parsley and to the bread mass. Mix in the flour.
4. Season with salt, pepper and nutmeg.
5. Wet hands with cold water, form dumplings (about 4cm in diameter) and place them on a base. Then quickly add the dumplings to the boiling water. The dumplings grow to almost twice the size, so cover only 2/3 of the water surface with dumplings. (use two pots). Reduce heat and simmer slightly for 15 to 18 minutes.

Creamed mushroom sauce

1. Finely dice onions and garlic, cut the mushrooms into coarse pieces.
2. Melt the butter in a pan or saucepan over medium heat, add the onion and sauté until translucent. Add the garlic, sauté briefly, then add the mushrooms.
3. Sauté for approx. 5 - 8 minutes, stirring occasionally, until the water has evaporated somewhat.
4. Turn the heat to maximum, then add the white wine or diluted apple vinegar and simmer until the acid has dissipated a little.
5. Add the vegetable stock and cream and simmer for about 10 minutes.
6. Add the crème fraîche and season with salt, pepper (and the chopped parsley), if necessary, a dash of lemon juice.



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Cheese spaetzle noodles with fried onions und cucumber salat

Ingredients (serves 10)

- 1500 g plain flour (Type 405, 550 oder „Spätzlemehl“)
- 15 eggs
- 8 onions
- 650 g cheese (preferably a mix of 400 g mountain cheese und 250 g emmentaler cheese)
- 5 cucumbers
- 1 bunch parsley (ca. 75 g)
- 1 bunch dill (about 40 g) fresh, dried or frozen
- 125 g sour cream
- 12 tbs sunflower oil
- 5 tbs balsamico, white
- 12 g black pepper
- 50 g salt (2,5 tbs)
- 5 g nutmeg (2-3 tsp)

Preparation

Fried onions

1. Peel the onions, cut off the ends and slice in fine rings (or half rings).
2. Put the rings into a large bowl and mix thoroughly with 5 tbs of flour (using your hand). Empty into a colander, shake over the sink to get rid of any excess flour.
3. Heat oil to medium heat in a pan (a non-stick one works best). After having checked the right temperature with one ring, put in the onions (in any case, it must start „sizzling when the onions are fried). As soon as they start getting brown, stir and reduce the heat a little more. Continue frying for about 20 minutes until the onions are really crispy. Season with a little salt.

Spaetzle noodles

1. Basic rule for the dough: Ratio of flour (g): liquid (ml) (= eggs or eggs&water) = 1:1.
2. Pour the liquid into a bowl, add salt (and possibly a little nutmeg) and add the sifted flour, stirring all the time with a wooden spoon. When there are no more lumps, keep stirring until the dough starts to bubble. Leave the dough to stand for about 15 minutes.
3. Bring enough salted water to a boil in a saucepan. Grate the cheese and set aside.
4. Use a slicer, a press or a sieve to slide the dough into the boiling water (only 1-2 ladles at a time!). Wait 1-2 minutes until the spaetzle float to the top, then skim them off and mix them with the cheese and a little spaetzle water in a large ovenproof bowl (or a pot), keep warm in the oven. Repeat until the dough has been used up. Season the whole mixture to taste (don't forget the spaetzle water, it makes the whole thing nice and creamy).
5. You can use a spaetzle grater or a spaetzle slicer, but it also works wonderfully without.



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Photo: Anette Erdogan

Vegetarian (vegan) pan gyros

Ingredients (serves 10)

Vegan gyros

- 750 g soy cutlets
- 1250 ml vegetable stock
- 10 tbsp gyros spice (alternatively, mix it yourself: coriander powder, pepper, thyme, chilli flakes, cumin, marjoram, oregano, paprika powder Onion powder and garlic powder)
- 6 tbsp olive oil for marinating and frying

Zaziki (vegetarian or vegan)

- 1250 g yoghurt or soy yoghurt (unsweetened)
- 2-3 cucumbers
- 2-3 tbsp mustard (optional)
- 2-3 cloves garlic, pressed
- salt and pepper

Greek salad

- 5 large tomatoes
- 2-3 salad heads (romaine, lettuce or iceberg lettuce)
- 2-3 red onions
- black olives
- peperoni

Also good with

- Rice, pita bread or chips go well with the gyros



Preparation

Vegetarian (vegan) pan gyros

1. Pour boiling vegetable stock over the soy cutlets and leave to soak for at least 30 minutes.
2. Then drain and squeeze the excess liquid out of the soya cutlets. It is important to squeeze out as much of the liquid as possible so that the cutlets become crispy when fried.
3. Place in a bowl with the gyros spice and a little oil, mix together and set aside.

Zaziki

4. Finely grate the cucumber.
5. Mix the yoghurt, mustard (if you like), garlic and spices in a bowl.
6. Finally, fold in the grated cucumber and refrigerate.

Greek salad

7. Wash the tomatoes and lettuce and cut them into the desired shape.
8. Peel the red onion and cut into rings.
9. Mix the lettuce, tomatoes, onion rings, olives and peperoni.

Putting it all together

10. 1Fry the prepared soy cutlets in a pan until crispy.
11. Serve with zaziki, salad and rice or pita bread.





Potato goulash

Ingredients (serves 10)

- 4 kg potatoes
- 5 peppers (red)
- 2-3 onions
- 7 cloves garlic
- 1500 ml water
- 7 tsp vegetable stock
- 5 tbsp paprika, hot
- 2 - 3 tubes tomato paste
- salt, pepper, chilli if necessary

Preparation

1. Cut the potatoes and peppers into small cubes and set aside. (away from dirt).
2. Finely dice the onions and fry with garlic in a large pot. Then add the peppers and potatoes and fry briefly.
3. Add water, stock and paprika powder and cook everything for about 10 minutes.
4. When the potatoes are soft (test with a fork): Stir in tomato paste, salt and pepper.
5. Serve with baguette, for example.

Also good with

- Serve with a spoonful of yoghurt or sour cream





Asian pan-fried vegetables with pasta

Ingredients (serves 10)

- 1250 g carrots
- 5 spring onions
- 5 onions
- 1250 g broccoli
- 750 g pea pods
- 7 cloves garlic
- 1250 g Chinese cabbage
- 2-3 bell peppers
- 1 thumb-sized piece of ginger
- 1000 g mien noodles (without egg)
- 1 bulb of ginger
- Some pepper, salt and coriander
- 2 - 3 lemons
- neutral oil
- soy sauce
- 3 spoons of golden syrup or sugar

Also good with

- Rice instead of noodles



Preparation

1. Cut the vegetables into small pieces, finely chop the garlic and ginger and fry everything together in batches with plenty of oil in a large pot (if there are fewer people, a large frying pan may be sufficient).
2. Cook the noodles according to the instructions and add to the pot (or pan). Add the pea pods.
3. Deglaze with soy sauce and season with salt, pepper, cumin, golden syrup (sugar) and lemon juice, then simmer a little longer and serve.

Variations and supplements

Can also be expanded with the following ingredients::

- Nuts, walnuts, cashews
- Addition of eggs. Underwork eggs after stewing until it falters.





Mediterranean pasta

Ingredients (serves 10)

- 1250 g spaghetti
- 25 - 50 cocktail tomatoes
- 15 spring onions
- 5 cans of chickpeas (240 g each)
- 5 cans of chopped tomatoes (400 g each)
- 5 cans of artichoke hearts (400 g each)
- 3 small jars of capers (30 g each) or 40 green olives (optional)
- 2 liters vegetable stock
- 5 cloves garlic
- salt, pepper, chilli powder

Preparation

1. Halve the cocktail tomatoes, cut the spring onions into rings and chop the garlic.
2. Put the spaghetti, all the ingredients (cocktail tomatoes, spring onions, artichokes, chickpeas, capers, canned tomatoes, garlic, salt, pepper, herbs) and vegetable stock into the pot. Bring to the boil for about 10 to 15 minutes. Stir now and then and taste the pasta. Once the pasta is al dente, the dish is ready.
3. Season a little and serve.

Also good with

- penne
- rigatoni
- spirelli





Minestrone with vegetable pesto

Ingredients (serves 10)

- 8 carrots
- 5 onions
- 5 cloves of garlic
- During season: 20 spears of asparagus (white or green), alternatively more of the other vegetables
- Approx. 250 g white or pointed cabbage
- 1300 g other vegetables, 2-3 different kinds e.g. mushrooms, kohlrabi, turnip, broccoli, fennel, celery, courgette, beans
- 750 g waxy potatoes
- 250 g small pasta
- 1250 g fresh tomatoes
- 1800 ml vegetable stock
- olive oil

Variation

- Add garlic to the pesto
- Add white beans (cooked or from a can)



Preparation

Minestrone

1. Cut all the vegetables into pieces with about the same size. Peel the potatoes and cut them into evenly sized pieces, approx. 2 cm. Finely dice the onions and garlic.
2. Put the asparagus peelings, the peelings from the carrot and, if necessary, other vegetable cuttings (such as the inside of the fennel, celery peelings, parsley root peelings, ...) into a saucepan, pour in 1.5 l of water and bring to the boil once, leave to infuse for 15 minutes.
3. Heat the olive oil in a pot. Add the cabbage and sauté until hot, then add the potatoes and carrots and sauté briefly. Make some space in the middle and fry the onions and garlic until they are translucent. Pour in 1.8 l of the vegetable stock.
4. Add the tomatoes. Now add the ingredients little by little, depending on how long they take - rely on your cooking instincts!
5. Add the grated parmesan, fresh, chopped herbs and season with salt, pepper, olive oil and a dash of balsamic vinegar (or lemon juice).

Pesto homemade

1. Crush the roasted sunflower seeds with chopped garlic cloves in a mortar until you get a fine cream.
2. Add the finely chopped basil, crush until a fine cream is formed, finally mix with Parmesan and oil, season to taste.





Dal with spinach, lemon yoghurt and rice

Ingredients (serves 10)

- 1 kg red lentils (or yellow)
- 7.5 cm ginger
- 3 onions
- 3 cloves of garlic
- 2 kg cans of tomatoes (pieces)
- 750 g fresh spinach (or frozen spinach leaves)
- 5 carrots
- 2 ½ lemons
- 5 tsp cumin
- 5 tsp of other spices (e.g. kukuma, curry, garam masala, ...)
- 1250 ml vegetable stock
- 1 large bunch of coriander or parsley
- 400 g yoghurt
- 2 ½ lemons
- 750 g rice

Preparation

1. Peel and chop the onion and garlic. If necessary, peel the ginger and also chop it into small cubes. Cut the carrots into even cubes.
2. Heat a neutral oil or coconut oil in a saucepan and sauté the onions and ginger until colourless. Add the garlic, about 30 seconds later add the spices and sauté for 1 minute.
3. Add the lentils and fill well with hot vegetable stock and bring to the boil. Add the tomatoes and simmer on a low heat.
4. After about 5 minutes, add the carrots.
5. Wash and roughly chop the spinach. With frozen spinach, defrost beforehand. When the lentils are cooked, add them and let them simmer for about 2 minutes. Meanwhile, season with salt and acid (e.g. lemon juice, but vinegar also works).
6. Stir the yoghurt until smooth and season with a little lemon zest, lemon juice, salt and pepper.
7. Chop the coriander or parsley and garnish the rice with it.



Cook the rice

Wash the rice once, then bring to a boil in a pot with a lid in a ratio of 1:1.75 (rice:water) with salt. Reduce the heat and cook until the rice has absorbed the water and is cooked (about 8-15 minutes). It will start to hiss slightly, so you know that the water has been completely absorbed. Do not remove the lid during the entire cooking process!

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Couscous with melted tomatoes, feta and mint

Ingredients (serves 10)

- 1250 g couscous
- 40 cherry tomatoes
- 2 sprigs rosemary or 10 sprigs thyme
- 500 g feta
- 10 sprigs of mint
- 4 small cucumbers
- 2 1/2 lemons
- 2 1/2 bunches of radishes
- olive oil
- salt, pepper
-

Also good with

Instead of couscous

- bulgur
- rice



Preparation

1. Bring 1.5 litres of water to the boil in a pot, season very spicily with salt, pepper, lemon juice and a little olive oil (if necessary, you can also add spices such as cumin, ras el hanout, curry, ...) and pour into a bowl over the couscous. Cover and leave to stand for about 10 minutes, loosening occasionally with a fork.
2. Heat about 15 tablespoons of olive oil in a pan, add three sprigs of rosemary, 7 sprigs of thyme and 5 cloves of garlic, pressed and peeled, and sauté briefly. Then add 2/3 of the whole (and washed) cherry tomatoes and fry until the tomatoes burst open. Season with salt and pepper, reduce the heat, leave on the cooker for another 2-3 minutes, then take them down and let them cool in the pan.
3. Chop the remaining tomatoes, dice the cucumber, chop the radishes, cut some of the radish greens into strips. Roughly chop the mint. Dice the feta.
4. Season the couscous to taste (with salt, pepper, lemon juice and olive oil), then add all the ingredients (except the melted tomatoes), mix and season again.
5. Garnish with the melted tomatoes.





Celery schnitzel

Ingredients (serves 10)

Schnitzel

- 2 ½ celery tubers
- salt
- breadcrumbs
- 10 tbsp flour
- 450 ml water
- vegetable oil

Mushroom sauce

- 1000 g mushrooms
- 5 onions
- Tomato paste
- Grape juice
- 500 ml vegetable broth
- 500 ml cream

Also good with

- Millet
- Rice
- Cucumber or mushroom salad



Preparation

Schnitzel

1. Peel the celery root and cut it into 1 cm slices.
2. Boil the celery in salted water for about 5 minutes.
3. Mix the water and flour with 1-2 tsp salt.
4. Prepare a plate with breadcrumbs for breading.
5. Turn the celery slice in the flour-water mixture and then in the breadcrumbs. Repeat the process if you prefer a thicker crust.
6. Fry the cutlets in not too little vegetable oil until they are golden brown.

Mushroom Sauce

7. Dice onions, slice mushrooms
8. Fry onions and mushrooms in oil. Add tomato paste and fry with
9. Alternately deglaze with 1/4 of the grape juice and vegetable broth and bring to a boil, repeat the whole thing 4 times.
10. Finally, add cream, bring to a boil and season with salt and pepper.

Variations

Substitute for celery

- parsley root (similar taste, but makes nuggets rather than cutlets)
- Parsnips (taste somewhat milder)
- fennel
- kohlrabi





Pumpkin chickpea coconut curry

Ingredients (serves 10)

- 2 ½ Kürbisse (ca. 2400 g)
- 10 cm Stück Ingwer
- 10 Schalotten
- 10 Knoblauchzehen
- 2 frische rote Chili
- 2 Bund frischer Koriander
- Erdnussöl
- 3 Teelöffel Senfkörner
- 40 Curryblätter
- 2 ½ Teelöffel Kurkuma
- 1000 g Dose gehackte Tomaten
- 2000 g Dosen-Kokosmilch
- 2000 g Dosen-Kichererbsen

Also good with

- rice
- naan bread
- chutneys and dips



Preparation

1. Cut the pumpkin into 3 cm pieces and cut the ginger into matchsticks.
2. Pick the coriander leaves and chop the stems.
3. Pour a good portion of peanut oil into a large pot and put it on high heat. Add the ginger, garlic, peppers and shallots and reduce to a medium heat.
4. Cook, stirring occasionally, until golden brown, then add mustard seeds, curry leaves and coriander stalks and sauté until the curry leaves are crispy.
5. Add the turmeric, tomatoes and coconut milk. Bring to the boil, then add the pumpkin and chickpeas. Reduce to low heat, cover with a lid and simmer for 45 minutes.
6. Check occasionally and add a splash of water if it looks a bit dry.
7. When the time is up, remove the lid and simmer for another 15 minutes or so until the sauce is nice and thick. Sprinkle with coriander leaves.





Photo: Tina Ambrosius

Chard - Potato Vegetables

Ingredients (serves 10)

- 3 kg potatoes
- 15 stalks chard
- 3 onions
- 3 cloves of garlic
- 400 ml grape juice (white wine if necessary)
- 500 ml vegetable stock
- 250 g sour cream or sour cream, with herbs if desired
- 150 g Parmesan cheese
- 750 g tomatoes
- Herbs: rosemary, thyme, Parsley, chives

Possible variation

Instead of chard

- savoy cabbage
- chinese cabbage



Preparation

1. Wash the potatoes (peel if necessary) and cut into 2 cm cubes. (The smaller, the quicker the dish is ready!).
2. Wash the chard and remove the leaves from the stems. „Fold“ the leaves and cut into thin strips, cut the stems diagonally into strips about 1 cm thick.
3. Finely dice the onion, chop the garlic, roughly dice the tomatoes, grate the Parmesan cheese and chop the herbs.
4. Heat the oil in a saucepan, add the potatoes and leave until they are nicely browned. Stir, create some space in the middle and fry the onions there until they're translucent (add a little oil if necessary).
5. Add the chard, mix everything together and sauté the garlic a little in the middle too (don't let it brown!).
6. Deglaze with a good shot of white wine, let the white wine boil down to about 2/3, then add water or stock until everything is just covered. Bring to the boil, then add the tomatoes and herbs such as rosemary or thyme.
7. Simmer gently until the potatoes are soft but still have „bite“.
8. Season to taste with salt, pepper and vinegar. Add herbs such as chives or parsley. Serve on the plate with a spoonful of sour cream and sour cream.



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Green beans in olive oil

Ingredients (serves 10)

- 2 kg green beans, wide
- 5 medium onions
- 1 kg tomatoes
- 3 tbsp tomato paste
- 150 ml olive oil
- 2 - 3 tsp salt
- 2 - 3 tsp sugar
- Pepper
- 1 kg yoghurt, natural
- 5 cloves garlic

Variations

Replace green beans with french beans
Add 1 tbsp savory, dried

Side dishes

White bread, rice, potatoes,
bulgur...



Preparation

Beans

1. Wash and clean the beans, removing the strings. Cut the beans into pieces about 4 - 5 cm long.
2. Peel and finely chop the onions. Remove the stalks from the tomatoes and dice.
3. Knead the beans, tomatoes and onions with the olive oil, salt and sugar so that the tomatoes release their juice.
4. Cover and cook over a high heat for about 10 minutes, without opening the lid. Shake the pot a few times to prevent the vegetables from sticking.
5. Mix the tomato paste with 500 ml water and add. Stir and cook the beans, covered, over a medium heat for 20-30 minutes until tender. Season with salt and pepper.

Garlic yoghurt

6. Dice the garlic, mix with salt and mash finely with a fork, blend into the yoghurt.
7. Serve the beans with garlic yoghurt. Feta cheese also tastes good with it.





Photo: Vera von Stamm

Chili without Meat

Ingredients (serves 10)

- 300 g soy granules
- 1000 ml vegetable broth
- 7 tbsp oil
- 7 cloves garlic
- 5 onions
- 2 red chili peppers
- 2 1/2 tsp red paprika powder
- 125 g tomato paste
- 5 carrots
- 2 kg can of tomatoes
- 620 g kidney beans
- 2 1/2 cans of Corn
- Salt, pepper
- Sugar
- Fresh parsley

Serving suggestion

Serving together with

- Rice



Preparation

1. Peel and quarter garlic, onions and carrots or chop the garlic.
2. Soak the soy granules in hot vegetable broth for 5-10 min. and then drain.
3. Heat the oil in a hot pan and fry the soy granules with the carrot and onion cubes.
4. Add paprika powder, chili, garlic and tomato paste and fry briefly.
5. Add tomatoes, broth, kidney beans and corn and simmer for about 20-25 min over low heat.
6. Season with salt, pepper and a little sugar.
7. Meanwhile, cook the rice according to the package instructions.
8. Chop the parsley and sprinkle it on the finished dish.

Variations

Replace the 2 kg canned tomatoes with 5 red peppers



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