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HAPPY
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10
VEGAN
RECIPES

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Cucumber Apple and Pea Soup

SERVINGS: 4 AS A STARTER OR 2 AS A MAIN

Ingredients

- 1 medium onion, finely chopped
- 2 tbsp extra virgin olive oil and extra for drizzling
- 1 cucumber
- 1 cox apple, corred and sliced
- A pinch of dry dill
- 125- 150g frozen peas
- 500ml vegan stock
- 1 lemon, zest
- A few basil leaves

Directions

1. Wash the cucumber and cut in half lengthwise. Using a tea spoon, scoop out the seeds and slice thinly. Wash and core the apple and cut in quarters. Slice thinly.
2. Bring a saucepan with the olive oil to a medium heat and add the onion. Sweat it for 4-5 minutes until translucent and add the cucumber. Cook, stirring continuously for 3-4 minutes on a high temperature to scorch a little. Add the apple slices and dill and toss to coat with the oil.
3. Add the stock and bring to the boil. Lower the heat, cover the pan and cook on a low to medium temperature for 20-25 minutes until the cucumber and apple are soft.
4. Transfer the soup to a powerful blender, add 125g of peas, blitz and if needed add another 25g of peas to reach a cream, smooth consistency. Return to a clean pan and season with sea salt and freshly ground black pepper.

Serve drizzled with some extra virgin olive oil and sprinkled with some torn basil leaves and lemon zest. Squeeze some lemon juice too if you love zingy flavours.

I love using Greek basil when I can find it in supermarkets as it is particularly fragrant and pretty



Celeriac and Fennel Soup

SERVINGS: 4

Ingredients

- 1 large celeriac root, peeled and thinly sliced
- 2-3 tbsp extra virgin olive oil
- 1 fennel root, thinly sliced
- 1 medium sized potato, thinly sliced
- 1 tsp fennel seeds
- 1 banana shallot, thinly sliced
- 1 Ltr vegan stock
- ½ tsp ground cumin
- ½ tsp ground coriander
- 250ml almond milk

Directions

1. To make the soup, bring a large pan to a medium heat and add the olive oil. Add the chopped shallot and sweat for 3-4 minutes before adding the fennel seeds and ground spices. Give them a couple of turns with a large spoon and add the sliced fennel, potato and celeriac, holding back 250g to make the fritters with, if making.
2. Cook for a few minutes, stirring all the time and finely add the stock. Bring to the boil, lower the heat, cover the pan and cook slowly until all the vegetables are cooked and soft and the liquid reduced, approx. 35-40 minutes.
3. Leave to cool a little and transfer to a blender to blitz.
4. Return to a clean pan and add the almond milk. Season with sea salt and freshly ground black pepper and bring to heat once again before serving.

The soup with the celeriac and wild garlic fritters (recipe overleaf) makes for a lovely lunch.

If wild garlic is not in season, you may substitute with spinach or kale



Celeriac Wild Garlic Fritters & Wild Garlic Oil

SERVINGS: 4

Ingredients

- 250g grated celeriac
- 1 small shallot, finely chopped
- A small bunch of wild garlic leaves, shredded
- 3 tbsp buckwheat
- 4 tbsp chickpea water
- ½ tsp ground cumin
- ½ tsp ground coriander
- 100ml extra virgin olive oil for frying.

For the garlic oil

- A big bunch of garlic, approx. 200g
- 300ml sunflower oil
- A pinch of salt

Directions

For the fritters:

1. preheat the oven to 200 OC.
2. Put all the ingredients, apart from the oil, in a bowl and season with sea salt and freshly ground black pepper. Mix well.
3. Heat a large frying pan with the oil. Take some celeriac mix in your hands and shape to a loose patty. Fry the fritters a couple of minutes on each side until golden. Transfer onto a lined baking sheet and bake in the oven for 10 minutes to finish cooking.

For the wild garlic oil:

1. Wash a bunch of wild garlic and blanch in boiling water for 30 seconds. Drain and pad dry with a clean towel. Chop roughly with a knife and drop in a powerful blender.
2. Add the oil and a pinch of salt and blitz until you see a vividly green loose puree. Transfer the wild garlic/oil mix into a clean mousseline cloth over a colander and strain over a couple of hours.
3. At the end of the 2 hours, squeeze to extract any more oil that is there and use a second piece of muslin to strain again. Keep in squeezey bottles to use or put in little tubs and freeze. Defrost thoroughly before using.

If wild garlic is not in season, you may substitute with spinach or kale



Mixed Mushroom Stifado

SERVINGS: 4

Ingredients

- 3 medium size onions, peeled
- 3 garlic cloves, finely chopped
- 300g mixed fresh mushrooms
- 20g dried shitake mushrooms
- 2 tbsp extra virgin olive oil
- 250ml vegan stock
- 1 tbsp tomato paste
- 100ml passata
- 2 bay leaves
- ¼ tsp ground all spice
- 1 tsp soft brown sugar
- 3 tbsp traditional balsamic vinegar

Directions

1. In a bowl put the dried shitake mushrooms and 200ml of boiling water and leave to soak until soft.
2. Drain and slice the mushrooms, reserving the water.
3. Slice the onions in half and then into thick slices. Slice the fresh mushrooms also.
4. Bring a large saucepan with the olive oil to a medium heat. Add the onions toss them in the oil and cook stirring for 4-5 minutes. Add all the mushrooms and garlic and stir for a couple more minutes.
5. Add the tomato paste, stir for a minute and add the passata, stock, mushroom water, bay leaves, vinegar and sugar. Season with salt and freshly ground black pepper, stir, bring to the boil, cover the pan, lower the heat and cook until the onions are soft, the mushrooms cooked and the sauce has greatly reduced, approx. 40-45 minutes.
6. Stir occasionally towards the end to avoid catching on the pan bottom. Adjust seasoning and serve with some chopped herbs and or pickled baby onions or perhaps a spiced crumb.

I love serving the stifado with fava puree as in this photo but an extra virgin olive oil mash will suit this dish beautifully too



Red Kidney Bean Soup with a Cashew & Lime Drizzle

SERVINGS: 6

Ingredients

- 2 tins of red kidney beans, drained and rinsed
- 1 large red onion, finely chopped
- 2 cloves of garlic
- 2 red chillies, finely chopped
- 4 sticks of celery, trimmed and finely sliced
- 1 tbsp tomato paste
- 1 tsp brown sugar
- 1 tin of chopped tomatoes
- 1 Ltr vegan stock
- 2 tbsp extra virgin olive oil and more for drizzling
- 2 bay leaves
- A small bunch of coriander, finely chopped.
- 100g raw cashew nuts
- 1 lime, juice and zest

Directions

1. Put the cashew nuts in a bowl and covering them with cold water.
2. Bring a large pan to a medium heat and add the olive oil and onion. Sweat the onion on a low heat for about 10 minutes.
3. Add the garlic and the chopped chillies and cook those for an extra couple of minutes. Add the celery next and cook that for 3-4 minutes before adding the tomato paste and sugar. Give everything a good stir and then add the rinsed and drained beans, chopped tomatoes, bay leaves and stock.
4. Bring the soup to the boil, reduce the heat, cover the pan and cook for 1 hour, stirring 2-3 times in that time to ensure the beans don't catch on the bottom of the pan.
5. Put the cashew nuts in the jug of a stick blender and add 125ml cold water. Blitz to a smooth thick cream consistency. Season with salt, pepper and some of the lime zest.
6. When the soup has cooled a little, discard the bay leaves and blitz in a blender. Return to the pan and season with salt and freshly ground black pepper. Last, add the remaining lime zest and lime juice to your taste.
7. Serve the soup with a drizzle of cashew cream, some extra virgin olive oil, the fried beans and some finely chopped coriander.

This soup accompanied with some crusty bread makes for a very hearty lunch.



Beetroot and Spring Onion Salad

SERVINGS: 2

Ingredients

- 3 small beetroot, approx. 200g in total
- 2 spring onions sliced thinly
- 5g toasted sesame seeds
- 3 tbsp extra virgin olive oil
- 2 tsp grape molasses
- 2 tsp red wine vinegar
- 2 tbsp extra virgin olive oil
- Small bunch of fresh herbs, finely chopped (dill, parsley, chives)
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Directions

1. Peel the beetroot, cut in large dice and steam for 20-25 minutes until a sharp knife can go through it easily.
2. Alternatively, wash the beetroot and trim. Bring a saucepan with plenty of water (it needs to cover the beetroot) to the boil. Add a pinch of salt and the beetroot. Lower the heat to a soft boil and cook for the beetroot for 25-45 minutes depending on size. Using your hands, remove the skin and cut the beetroot.
3. Transfer to a bowl and add the sliced spring onions.
4. In a small bowl, whisk the red wine vinegar with the grape molasses. Add the oil in a slow drizzle while whisking to incorporate. Season with a pinch of salt and freshly ground black pepper. Add the dressing to the salad bowl and stir. Sprinkle with the sesame seeds and chopped herbs.

In Greece we tend to boil the beetroot and have it simply with lots of extra virgin olive oil and vinegar. But of course, lots of things suit the beetroot very well so feel free to add your favourite ingredients to this salad.



Butternut Squash Chickpea and Broccoli Salad, Black Garlic Hummus Dressing

SERVINGS: 4

Ingredients

- 1 medium size butternut squash, peeled, deseeded and cut into bite size chunks
- 4 small red onions, unpeeled, cut into quarters
- 1 tin of chickpeas
- 150g giant couscous
- 200g tender stem broccoli
- Extra virgin olive oil, approx. 50ml
- 2 tbsp tahini
- 1 tsp ground coriander
- 5 cloves of black garlic, sliced (optional)
- 1 lemon, juice and zest
- A bunch of fresh coriander leaves
- Pickled vegetables, optional

Directions

1. Preheat the oven to 200 °C.
2. Place the butternut squash and onion quarters on a baking tray, drizzle with 2-3 tbsp of the olive oil and scatter with 3-4 sprigs of thyme. Season with sea salt, freshly ground black pepper and the dried coriander.
3. If you decide to replace the black garlic with roasted, now is the time to add a few garlic cloves in their skins. Coat them with the olive oil, cover the tin tightly with some foil and bake for 10 minutes. After 10 minutes, uncover and continue baking checking as the garlic cooks in less time than the vegetables. Take everything out of the oven when tender and cool.
4. Cut any large pieces of stem broccoli in half lengthwise. Bring a saucepan with water and a pinch of salt to the boil and cook the broccoli for 2-3 minutes. Rinse under a cold tap to stop it cooking any further and pat dry. Drizzle with 1 tbsp of olive oil and season with some salt and pepper. Bring a griddling pan to a high heat and cook the broccoli in a single layer for a few minutes on each side until charred. Transfer into a large bowl.
5. Drain the can of chickpeas, reserving their liquid. Add half the chickpeas to the bowl with the broccoli.



Butternut Squash Chickpea and Broccoli Salad, Black Garlic Hummus Dressing

Directions Cont.

6. Take the remaining half of the chickpeas and put in a small blender with 3-4 tbsp of their reserved liquid and place in a small blender. Add the tahini, 3 cloves of black garlic or the roasted garlic if you prefer, lemon juice and lemon zest, salt and pepper and 2-3 tbsp olive oil. Blitz until smooth, and add more chickpea water if necessary to thin to a dressing consistency.

7. Giant couscous is like pasta so cook in a pan of boiling water to which you have added a pinch of salt until tender but take care not to overcook, approx. 10 minutes. Drain in a sieve and rinse under the cold tap for a couple of minutes to cool it. Place it in the bowl with the broccoli and at this point add a couple of tbsp of oil and mix everything up. The oil will stop the couscous from sticking.

8. Remove the outer skin from the red onion chunks and transfer with the butternut squash into the bowl with the rest of the ingredients, adding the coriander leaves. Mix well, adjust the seasoning and transfer to a salad plate.

9. Serve drizzled with the black garlic hummus, scatter the two sliced black garlic cloves, a few coriander leaves and pickled vegetables if using.



Buckwheat, Sweet Potato, Sultanas and Pine Nut Salad

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Ingredients

- A small cup of buckwheat
- 50g sultanas
- 25g pine nuts
- 1 medium onion, finely chopped
- 300g select mixed vegetables (frozen)
- 1 tsp vegan bouillon
- 3 tbsp extra virgin olive oil
- 1 tsp cumin seeds
- 1 tsp smoked paprika
- 1 sweet potato, chopped in small dice
- 1 small bunch of fresh coriander
- ½ lemon or lime

Directions

1. Rinse the buckwheat in a colander and drain. Put in a saucepan with 1 and ¾ cup of water, a pinch of salt and 1 tbsp of olive oil. Bring to the boil, reduce the heat a little and cook for 18 to 20 minutes until soft and the liquid has been absorbed. If necessary add a little more water. Add the sultanas and give it a stir.
2. Bring a sauteing pan to a medium heat and add the remaining olive oil and the cumin seeds. Stir a couple of times and add the onion. Cook the onion for 4-5 minutes until soft. Add the paprika, sweet potato, vegetables, the bouillon and an espresso cupful of water. Give everything a good stir, cover with a lid and cook on a low heat for around 10 minutes until the potato is soft. Add the buckwheat to the vegetables, season with some sea salt and pepper and serve with some fresh coriander and a wedge of lemon or lime.

Buckwheat is a seed like quinoa or amaranth and can be used instead of rice. It is nutty, earthy and comforting. Like other seeds it contains fibre and protein and is a good source of magnesium which is good for bone health



Date and Coconut Brownie, Coconut Cream and Lime Topping

MAKES: 18 PETIT FOURS

Ingredients

- 210g majool dates deseeded
- 75g almond flour
- 75g pistachios
- 30ml vin santo, or other aged sweet wine or sherry

For the topping

- 200ml coconut cream
- 20g caster sugar
- 1 tsp pistachio paste
- ½ lime, zest only

Directions

1. This best be made from the day before to give the cream topping a chance to set.
2. Put the dates, almond flour, pistachios and vin santo in a blender and blitz.
3. Line a tin measuring with double clingfilm. Spread the date mix and flatten with a palette knife.
4. For the topping, whisk the coconut cream and the sugar until the sugar has melted, add the pistachio paste, whisk again to incorporate and spread over the brownie.
5. The next day and just before serving, top with some freshly grated lime zest

This is a very rich dessert and best enjoyed in small pieces, so ideal as a petit fours



Coconut Palmiers

Ingredients

- 250g plain flour and a bit extra for dusting
- 150g coconut oil, soft but not melted
- 1 tsp caster sugar
- 1 tsp red wine vinegar
- A pinch of salt
- Lukewarm water, approx. 150ml
- 3-4 tbsp coconut sugar (or demerara)
- 2-3 tbsp desiccated coconut
- 2 tbsp coconut milk

Directions

1. In a large bowl, combine the sugar, salt, vinegar and water.
2. Add the flour gradually whilst mixing till you have a soft dough ball that is not sticky, adding a little water if necessary. Cut the dough in half and roll each half on a floured surface fairly thinly into a rectangle.
3. Brush one third of the rectangle with coconut oil and fold over to the middle. Do the same with the opposite third so that the two folded parts meet in the middle. Repeat brushing with oil and folding till you have an envelope shape of around 10-15cm square.
4. Do exactly the same with the other half of the pastry. Wrap both pastry envelopes in plastic wrap and chill in the fridge for 20-30 minutes.
5. Take the pastry out of the fridge, place one envelope on top of the other and again roll out on a floured surface to a thickness of 1 pound coin. Cut off any excess edges to end up with a perfect oblong. Dust with the coconut or demerara sugar. Sprinkle with the desiccated coconut. Fold one long side 2-3cm towards the middle of the pastry sheet. Repeat from the other side. Now fold both sides once again till they meet in the middle of the sheet.
6. Brush with the coconut milk and rest in the fridge for 15-30 minutes.
7. Preheat the oven to 210C.
8. Line a large flat baking tin with baking paper or a silicone mat.
9. Take the pastry from the fridge and using a sharp knife cut slices of about 1cm thick. Lay those flat on the baking tray with a distance of 2-3cm from each other and press slightly with your palm to flatten.
10. Sprinkle with the granulated sugar and bake till golden brown on both sides, approx. 25-30 minutes.