

# Vegetarian

Versatile, fresh and tasty



# Vegetarian

Satisfied taste buds – and even without meat? Dishes normally listed as “side orders” make a really big impact thanks to our varied selection of international recipes! Delicious salads and al dente vegetables are as impressive as fine potato, rice and pasta dishes or wholemeal recipes using cereals and pulses.

Serve meals with great variety and treat yourself and family with some enticing menu tips and amazing new combinations that soon make you forget meat, sausage and fish.

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# Contents

## Introduction

## Salads

Raw vegetable salad with walnut vinaigrette  
Courgette salad with raisins and olives  
Portuguese salad with egg and green peppers  
Stuffed rice paper rolls with mixed vegetables  
Gourmet frisée salad with Gorgonzola and walnuts  
Grilled tomato salad with paprika  
Asparagus salad with strawberries  
Avocado salad with fruits  
Artichoke salad with truffles  
Wild asparagus with cherry tomatoes  
Warm vegetable salad on herb baguette  
Hot goat's cheese on salad  
Fennel and carrot salad with wholemeal bread, toasted  
Beetroot bowl with egg  
Basil salad with mangetout

## Vegetables & mushrooms

Creamy sweet potato soup with asparagus  
Baked chard rolls with mushrooms  
Corn fritters with orange salsa  
Cooked artichokes with lemon butter

Chanterelle gratin with aubergine, leek and tomatoes  
Exotic courgette ragout with oriental spices  
Vegetable fondue with garlic butter sauce  
Sweet potato schnitzel in couscous  
Breaded vegetables with cauliflower  
Vegetables in onion sauce  
Stuffed courgette flowers with rice  
Broccoli gratin with gnocchi  
Pumpkin and apple quiche with oriental spices  
Chilled cucumber soup with yoghurt and buttermilk  
Poacher's mushrooms with parsley roots  
Asparagus soup with wild garlic, cream and lemon  
Tomato canapés with herbs  
Artichokes and mushrooms with potatoes  
Aubergines with garlic and sunflower seed dip  
Pumpkin soup with dumplings  
Vegetable paté with mixed peppers

## Eggs & cheese

Poached eggs with spinach and yoghurt sauce  
Cheese omelette Provençal  
Frittata with potatoes  
Asian pancake rolls fruity and spicy  
Cheese terrine with aubergines and tomatoes  
Mexican eggs with avocado  
Leek bake with cheese  
Egg and cheese tartlets with herbs  
Spinach and ricotta dumplings  
Egg and vegetable gratin with sweet potatoes

Cheese dumplings Tyrolean style  
Tyrolean pasties with herbs and cheese  
Tortillas with egg and spicy salsa  
Stuffed pancakes with mixed vegetables

## Potatoes

Potato gratin classical style  
Potato with tomatoes  
Stacked potato cakes with mushrooms and artichokes  
Potato gnocchi with tomato sauce  
Potato soufflé with spinach salad  
Brussels sprouts-potato gratin with gouda and sour cream  
Potato-mushroom gratin with chanterelles  
Tyrolean potato soup with mixed herbs  
Spring vegetable gratin with goat's milk camembert  
Seasoned potato slices with dip  
Potato strudel with oriental spices  
Moroccan potato pasties stuffed with tofu  
Potato puffs with egg dip  
Fried potatoes topped with parsley  
Spanish potato omelette with green peppers and olives  
Cheesy mashed potatoes with a cheese crust  
Asparagus-stuffed potatoes with tarragon  
Greek potato salad with sheep's cheese and capers  
Curry gnocchi oriental style  
Potato terrine with pointed cabbage

Potato-coated mozzarella seasoned with marjoram and thyme  
Potato pockets with kidney beans and corn  
Spicy oven potatoes with mushrooms and tomatoes  
Baked béchamel potatoes with oyster mushrooms

## Rice & pasta

Pumpkin risotto with fried aubergines  
Asparagus risotto with herbs  
Asparagus risotto with almonds  
Rice-stuffed cabbage leaves with gravy  
Ratatouille lasagna French style  
Cabbage pilaf Turkish style  
Greek basmati rice with grape leaves and feta cheese  
Macaroni diablo Sicilian style  
Spinach spaghetti hot and spicy  
Spaghetti with oyster mushrooms  
Oyster mushroom risotto with parsley and cheese  
Steamed cabbage parcels with mushrooms and bean sprouts  
Ravioli Antipasti  
Romanesco cannelloni with eggs and chives  
Baked penne with fennel cream  
Green rice with onions and chillies  
Asparagus on ribbon noodles  
Morel risotto mild and creamy

## Grains & pulses

Quinoa gratin with mixed vegetables  
Chick peas and spinach with garlic and coriander



Braised lentils with mixed vegetables  
Tabbouleh – typical Middle Eastern  
Veggie burgers with tomato relish  
Pea pod soup classical style  
Herbed Puy lentils French style  
Polenta with chard  
Millet-stuffed aubergines with cashew nuts  
Couscous with tomatoes  
Spelt and goat's cheese gratin  
Black-eyed peas with tomatoes  
Kibbeh Middle Eastern style  
Bean and sweetcorn tamales Mexican style  
Stuffed onions with bulghur wheat  
Lentil puffs with yoghurt sauce

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# Introduction



More and more people are either giving up meat altogether or making an effort to eat less of it, for a wide variety of reasons. Some may lose their appetite for meat as a result of meat-related scandals and reports of mass farming or because of the environmental impact of the meat industry; some want to reduce their meat consumption in order to live more healthily; and others will do so for ethnic reasons. Whatever the motivations, one thing is certain: a vegetarian diet does not mean having to do without culinary pleasure and variety – in fact, it's easy to conjure up wonderful meals every day! In seven chapters, this book will show you how to bring life into your meat-free kitchen – whether it's an occasional choice or a permanent one. A range of delicious dishes are presented, all guaranteed to succeed. The key players are various salads, vegetables, mushrooms, pasta, rice, cheese and eggs, grains and pulses, all of which provide plenty of variety on your menu. So there's no need to even think of "going without"! These recipes definitely put an end to the idea that meat has to be an essential part of a "proper" meal – and there's no way that flavour is impaired, either.

## Balanced diet

It is easy to explain why we need to eat: our bodies are constantly consuming energy that we need to replace. The food we eat contains proteins, carbohydrates and fats that our body converts into energy, as well as minerals, trace elements, vitamins and fibre that provide it with all the essential nutrients it requires. In order to ensure that this happens correctly, the ratios between these things need to be balanced carefully. Balance should be the main consideration in your diet – in particular if you decide to give up eating meat. That is not to say, though, that choosing a

vegetarian diet will in any way endanger the healthy balance of your nutritional and mineral levels; after all, nutrients can also be obtained from plant and dairy products and eggs.

## Protein

Our bodies need protein to build muscles and organs, and also for the production of blood and hormones. Protein may be derived from animal or plant sources. Anyone who does not eat meat, or only eats a little, should make sure they receive enough protein from other sources. These include dairy and grain products, eggs, pulses, fruit, soya and nuts. So if you prefer not to eat meat, there are plenty of alternatives to obtain protein elsewhere.

## Carbohydrates

Carbohydrates are particularly important for muscle construction, as well as brain and nerve cells. Grains, vegetables, wholegrain products and potatoes contain high proportions of carbohydrates, so even if you decide to choose a meat-free diet there is no risk of a deficiency.

## Fats

A certain level of fat in the diet is essential for the human body to function properly. Here too, though, you can manage perfectly well without meat, because plant fats - apart from a few exceptions - are unsaturated, and therefore much healthier than fats derived from animal sources. The latter should only be enjoyed in moderation.



## Vitamins and minerals

Although vitamins and minerals do not provide energy, they do perform a great many critical tasks in the body. They are essential to ensure that the metabolic processes function correctly, for example, and to strengthen the immune system. Because the body is only able to produce a small number of vitamins on its own, it is essential that we ingest a wide variety of them in the food we eat. Fruit and vegetables are the main suppliers of vitamins and minerals.

## Trace elements

Trace elements are also important for our bodies, and essential for many of its functions. They, too, can be obtained from fruit, grains, vegetables, eggs and dairy products. So even in the event of anaemia, a deficiency of red blood cells which can often arise in people who do not eat meat, the proper diet can solve the problem. Iron is essential for the transportation of oxygen in the blood, and is present in large amounts in meat. Iron levels can also be balanced by frequent consumption of wholegrain bread, pulses and green vegetables, such as the various types of cabbage and spinach.

## Healthy without meat

So even if you do not eat meat, or only eat a small amount of it, there is no need to be concerned about a lack of nutrients as long as you enjoy a healthy, carefully combined diet with plenty of variety. Not eating meat is not an unhealthy choice - quite the opposite, in fact: vegetarians usually have a lower cholesterol level than meat-eaters, are less likely to be overweight, have a lower risk of cancer, diabetes or gout, and are less likely to suffer a heart attack as the result of high blood pressure.

# Salads



# Raw vegetable salad with walnut vinaigrette



Preparation time: approx. 25 minutes  
Per portion approx. 485 kcal / 2037 kJ  
26 g P, 39 g F, 9 g CH

## **Serves 4**

150 g carrots  
150 g celery stalks  
2 hearts of romaine lettuce



1 apple  
4 tbsp white wine vinegar  
6 tbsp oil  
3 tbsp walnut oil  
salt, pepper  
½ tsp sugar  
50 g walnut kernels  
4 stalks flat-leaf parsley

**1** Wash and peel the carrots and cut diagonally into thin slices. Wash and peel the celery, pull off the strings and cut the stalks diagonally into thin slices. Chop the celery leaves and set aside.

**2** Trim the romaine lettuce, then wash and spin dry. Wash the apple and cut into quarters, then remove the seeds and cut into thin slices. Blend with 1 tablespoon of the vinegar.

**3** Stir together the oil and walnut oil with the remaining 3 tablespoons vinegar, salt and pepper to make a vinaigrette.

**4** Dry-roast the walnuts in a non-stick pan until golden. Wash and pat dry the parsley, then pull off the leaves and chop roughly. Arrange the apple slices, vegetables and romaine lettuce on a plate and sprinkle over the vinaigrette. Combine carefully and garnish with the walnut kernels, parsley and chopped celery leaves.

# Courgette salad with raisins and olives



Preparation time: approx. 20 minutes  
Per portion approx. 388 kcal / 1630 kJ  
10 g P, 28 g F, 22 g CH

## **Serves 4**

2 tbsp sherry  
2 tbsp sherry vinegar  
4 tbsp olive oil

1 tsp mustard  
salt, pepper  
100 g raisins  
150 g sheep's cheese  
200 g pitted black olives  
500 g courgettes  
1 lollo rosso lettuce  
1 tbsp oregano leaves

**1** Make a dressing out of the sherry, vinegar, olive oil, mustard, salt and pepper. Wash the raisins in hot water, crumble the cheese and slice the olives. Combine with the dressing.

**2** Wash and dry the courgettes. Trim the ends, cut the courgettes lengthways into quarters and slice the quarters. Arrange the lollo rosso leaves on plates. Top with the courgettes and pour over the salad dressing. Garnish with oregano leaves before serving.

# Portuguese salad with egg and green peppers



Preparation time: approx. 20 minutes  
Per portion approx. 113 kcal / 474 kJ  
4 g P, 7 g F, 6 g CH

## **Serves 4**

2 large, firm tomatoes  
2 green peppers  
3 carrots

1 Spanish onion  
1 egg  
1 bunch parsley  
5 radishes  
1 lettuce  
1 tbsp freshly chopped dill  
5 tbsp oil  
5 tbsp vinegar  
salt, pepper

**1** Wash the tomatoes. Remove the stalks and slice the tomatoes. Trim and wash the peppers and remove the seeds. Cut the peppers into strips. Wash, peel and grate the carrots.

**2** Peel and thinly slice the onion. Hard-boil the egg, then peel and slice. Wash and pat dry the parsley, then pull off the leaves and chop them. Slice the radishes. Wash the lettuce, then spin dry and shred the leaves.

**3** Place all the vegetables in a salad bowl. Make a salad dressing out of the remaining ingredients, then pour over the salad and combine. Top with slices of hard-boiled egg and sprinkle with parsley leaves.

# Stuffed rice paper rolls with mixed vegetables



Preparation time: approx. 40 minutes  
Per portion approx. 333 kcal / 1399 kJ  
10 g P, 35 g F, 6 g CH

## **Serves 4**

8 sheets rice paper  
8 leaves oak leaf lettuce  
1 bunch radishes

500 g celery stalks  
1 red pepper  
1 yellow pepper  
3 pears  
100 g pine nuts  
225 g yoghurt  
2 tbsp creamed horseradish  
100 g curd  
1 tbsp chilli powder  
½ bunch coriander

**1** Soak the rice paper in water briefly, then place on a tea towel and leave to soften. Wash and dry the lettuce leaves.

**2** Trim, wash and slice the radishes. Trim and wash the celery stalks and cut them into pieces. Trim and wash the peppers, then remove the seeds and cut the peppers into strips. Trim the pears, then peel and halve them. Remove the seeds and cut the flesh into strips. Combine everything in a bowl.

**3** Add the pine nuts to the salad ingredients. Blend the yoghurt with the creamed horseradish, curd and chilli powder. Wash and pat dry the coriander, then pluck off the leaves and add to the dressing. Place a lettuce leaf on each piece of rice paper and arrange the salad ingredients on top. Sprinkle over some dressing, then fold over the sides and roll into a sausage shape. Arrange the rice paper rolls on plates and serve.

# Gourmet frisée salad with Gorgonzola and walnuts



Preparation time: approx. 25 minutes  
Per portion approx. 609 kcal / 2559 kJ  
5 g P, 14 g F, 6 g CH

## **Serves 4**

150 g walnuts, chopped  
1 tbsp Dijon mustard  
1 tbsp red wine vinegar



2 tbsp walnut oil  
salt, pepper  
400 g frisée lettuce  
2 pears  
250 g Gorgonzola

- 1** Dry-roast the walnut kernels in a pan. Stir together the mustard and red wine vinegar, and season to taste with salt and pepper.
- 2** Wash and dry the frisée and divide into bite-sized pieces. Trim the pears, then peel and halve them. Remove the seeds and dice the flesh.
- 3** Cut the Gorgonzola into small strips. Combine the salad ingredients, then arrange on plates and drizzle over the dressing.

# Grilled tomato salad with paprika



Preparation time: approx. 20 minutes (plus grilling and standing time)

Per portion approx. 206 kcal / 865 kJ

2 g P, 18 g F, 6 g CH

## **Serves 4**

500 g firm

tomatoes

2 red peppers