

STUDENTS4SUSTAINABILITY'S

# VEGAN CHEF

# 2025

# RECIPE BOOKLET



# VEGAN CHEF RECIPES

## Recipe 1: Mexican-style broccoli steak *by Brocco*

### *1. Broccoli Steak*

First cut the broccoli's into steaks and marinate them with sunflower oil, chipotle and smoked paprika powder. Make small cuts in the broccoli stem with your knife so it can absorb the flavor well. Heat some sunflower oil in two frying pans then add the four broccoli steaks to the pan. After 3 minutes add small bits of the plant-based margarine and the whole garlic gloves. Let this cook around 10 minutes and sometimes pour the butter over the stem.



- Sunflower oil
- 2 broccoli heads, preferably wider than thick for the best steak shape
- La Morena Diced Chipotle Pepper
- AH Terra Plant-Based Margarine (250g) or a similar alternative (not salted)
- 6 cloves of garlic

### *2. Beet-Yogurt Sauce*

Cut the beet into cubes and add these along side the koriander, lime juice and soja yoghurt to a mixing bowl and blend to a smooth and thin sauce.

- 1 pre-cooked red beet
- AH plant-based yogurt alternative (125g) or a similar alternative but not the gurt or kwark
- 2 limes
- 5g cilantro



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## **3. Refried Beans**

Heat sunflower oil into a frying pan and add the onion, garlic and jalapeno. Add the black beans with the liquid, cumin and smoked paprika powder and let it cook for 10 min until the beans are bursting. If the beans become too dry add a little water. Finally smash the beans with a potato smasher and add lime juice.

- Sunflower oil
- 1 can black beans (400g, drained weight 252g)
- 1 red onion
- 2 cloves of garlic
- 2 jalapeños
- 1 lime
- Ground cumin
- La Chinata Smoked Paprika Powder (hot)

## **4. Pickled Red Onion**

Cut the red onion in half rings and put them in a preserving jar. Add 100 ml water, 100 ml natural vinegar, star anise and a spoon of sugar to the jar and let the flavours set for 30 min.

- 1 red onion
- Star anise
- Natural vinegar
- Granulated sugar
- Water

## **5. Chimichurri**

Add all the ingredients to a food processor and chop in rough pieces

- 35g cilantro fresh
- 35g parsley fresh
- 1 clove of garlic



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- 2 shallots
- Olive oil
- 1 red chili pepper
- Oregano (dried is fine)

## 6. Fried Rice Paper

Heat a thick layer of sunflower oil in a fry pan and wait until the oil is really hot. Let the rice papers one by one fry for 15 sec in the oil and take them out. Flavour them with turmeric, salt and peper.

- 3 sheets of rice paper
- Sunflower oil
- Turmeric
- Salt
- Pepper

## 7. Plating

Plate everything nicely and enjoy!



# **VEGAN CHEF RECIPES**

## **Recipe 2: Crispy gochujang oyster mushrooms with smashed cucumber salad *by Policy & Parsley***

### ***Ingredients:***

**1 box of sushi/pokebowl rice**

### **Garnish:**

**Spring onions**

**Sesame seeds**

**1 sheet seaweed or furikake**

**2 large carrots (cut it julienne yourself, like a real queen)**

### **Crispy oyster mushrooms:**

**200 grams oyster mushrooms (preferably king oyster mushrooms)**

**Peanut or sunflower oil**

**½ box of cornstarch (maizena)**

**1 tbsp koriander powder**

**1 tsp salt**

**Kitchen towel or paper towel**

### **Sauce:**

**3 cloves of garlic**

**2 tbsp Brown sugar**

**2 tbsp sesame oil**

**3 tbsp gochujang**

**3 tbsp soy sauce**

**3 cm of fresh ginger (grated)**

### **Smashed cucumber salad:**

**1 cucumber**

**2 cloves of garlic (chopped or pressed)**

**2 tbsp rice vinegar**

**1 tbsp soy sauce**

**1 tbsp brown sugar**

**30 grams of fresh cilantro**



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## *Preparation:*

Pull apart the oyster mushrooms and coat them in a mix of cornstarch, koriander powder and salt. Start making the sauce by first briefly frying the garlic and then adding all the ingredients, but only half of the ginger. Let it simmer on low for about 10 min. If the sauce is thick enough (barely any moisture left, more like a paste), add the rest of the ginger and let it stay for a bit.

Heat the oil in a pan up 180 degrees and fry the oyster mushrooms until crispy. Transfer to a plate with kitchen towel and let it dry. Then coat the mushrooms in the sauce.

Add the vinegar, garlic, soy sauce and sugar to large bowl and mix until the sugar is dissolved. Cut off the ends of cucumber and smash it so breaks into four. Then cut up the cucumber in 2 cm blocks and add it to the bowl. Add the cilantro leaves and mix. Season to taste with salt. For the best result, let it stay for 10 minutes before serving, so the vinegar can soak into the cucumber.

Plate the dish by first pressing the rice in a round bowl. Then lay on top or the sides the mushrooms, julienne carrot and cucumber salad. Watch your detail here! This is what transforms the dish into an artwork. Sprinkle with the garnish and enjoy!



# VEGAN CHEF RECIPES

## Recipe 3: Caramalised leek with crispy chickpeas and citrus-mint espuma *by De Groene Brigade*

### *Ingredients:*

3 leeks  
Bag of cashew nuts  
Bag of pistachios (shelled)  
3 shallots  
2 lemons  
2 limes  
Bunch of fresh mint  
Bunch of Thai basil  
Extra virgin olive oil  
Sunflower oil  
2 cans of (cooked) chickpeas  
1 can of coconut milk  
1 can of coconut cream  
Cognac  
Balsamic vinegar  
Agave syrup  
Packet of agar agar  
Bunch of cherry tomatoes

1 pack of rice paper  
Salt  
Pepper  
Ras el hanout  
Cayenne pepper  
Chili flakes



### *Preparation:*

#### 1. Crispy spicy chickpeas

Drain the liquid from the chickpeas and set it aside for the foam.

Season the chickpeas with ras el hanout, cayenne pepper, chili flakes, salt, and pepper.

Heat a pan with a little neutral oil and roast the chickpeas until golden brown and crispy.



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## **2. Creamy nut mousse**

**Place the cashews and pistachios in a spice grinder.**

**Add a bit of water and a pinch of salt.**

**Blend into a smooth, airy mousse and set aside.**

## **3. Fresh citrus-mint foam**

**Whip the chickpea liquid in a food processor until it becomes foamy.**

**Add ground mint, lemon juice, lime juice, the zest of both, and coconut milk.**

**Whisk until you have a light foam and set aside.**

## **4. Caramelized leek with flambé**

**Cut the leeks and shallots in half. Use the white and light green parts of the leeks.**

**Wash the leeks thoroughly, pat dry, and sprinkle with a pinch of salt.**

**Heat a stainless steel pan over high heat with a generous splash of olive oil.**

**Place the leeks and shallots cut-side down in the pan and cook until deeply golden brown.**

**Flip them over and glaze with agave syrup and balsamic vinegar.**

**Add a splash of cognac or whiskey and flambé briefly for a rich, smoky depth.**

**Sprinkle with freshly ground pepper.**

## **5. Elegant plating**

**Make an elegant swirl of the nut mousse on the plate.**

**Place the caramelized leek on top.**

**Add playful dollops of citrus-mint foam and garnish each with a Thai basil leaf.**

**Sprinkle the crispy, spicy chickpeas on top for extra crunch.**

**Serve and enjoy!**



# VEGAN CHEF RECIPES

## Recipe 4: Roasted pumpkin Indian curry *by Chef Spatel*

### *Ingredients:*

#### For the roasted pumpkin:

Half a butternut squash, diced

1 tbsp olive oil

½ tsp cinnamon

½ tsp ground cumin

Pinch of salt

#### For the curry:

400 g basmati rice

1 tbsp oil

1 onion, finely chopped

3 cloves garlic

1 tbsp grated ginger

½ tbsp ground turmeric

1 tsp garam masala

½ tsp smoked paprika

½ tsp ground coriander

100 g unsalted cashews

1 can coconut milk (400 ml)

1 tbsp tamari (or soy sauce)

1 tsp maple syrup or agave syrup

Juice of half a lime

1 tbsp pomegranate seeds

200 g spinach

Fresh coriander & chopped pistachios  
for garnish



### *Preparation:*

#### 0. Rice

Cook the rice according to the package instructions.

#### 1. Roast the pumpkin

Toss the pumpkin cubes with olive oil, cinnamon, cumin, and a pinch of salt. Roast in a skillet until soft and lightly caramelized.



# **VEGAN CHEF RECIPES**

## **2. Make the cashew curry sauce**

**Blend the cashews with 100 ml of the coconut milk into a creamy paste, and set aside.**

**(Optional: soak the cashews in warm water for 1 hour beforehand for extra smoothness.)**

## **3. Make the curry**

**Heat the oil in a pan over medium heat.**

**Sauté the onion for 3–4 minutes until translucent.**

**Add the garlic, ginger, turmeric, garam masala, smoked paprika, and coriander powder, and cook for 1 more minute.**

**Add the remaining coconut milk and the cashew cream. Stir well.**

**Season with tamari (or soy sauce), maple/agave syrup, and lime juice. Let simmer for 10 minutes.**

**Stir in the fresh spinach until wilted.**

## **4. To serve**

**Serve the rice with the curry and the roasted pumpkin.**

**Garnish with pomegranate seeds, chopped pistachios, and fresh coriander.**

