

# BEANS & GREENS

*Magazine for trainees and students*

**Meat,  
Fish and  
Cheese  
Alternatives**



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**Dear trainees,**

Food is one of the most frequent choices we make in our daily lives, and it carries significant weight when it comes to making a positive impact on the world. Tempting ideas, cravings, and appetizing advertisements showcasing mouth-watering burgers, crispy fries, melting cheese, and sweet soft drinks can easily influence our decisions. As dinner time approaches, you might find yourself torn between that enticing burger and a comforting homemade vegetable stew. What about the impact of your choice if you opt for pea protein balls served with mashed potatoes and gravy?

The conversation around alternatives to meat, dairy, and fish has become increasingly prominent, reflecting our growing awareness of the ecological footprint these foods leave behind. Recognizing the importance of our everyday choices has heightened our consciousness about sustainability and the impact of our diets. We're becoming more educated about food and asking the right questions. Why is veganism and a plant-based

diet crucial? How can we save the planet simply by reducing our meat consumption or completely switching to beans and peas, while also considering the nutritional value, balanced diet, and enjoyment of our meals?

The goal of plant-based alternatives is to minimize ecological footprints, combat deforestation, reduce greenhouse gas emissions, and lower water usage, all while promoting cruelty-free and healthier options. Embracing veganism benefits everyone, creating a win-win situation for individuals and the planet. So why not join us on this journey and embrace the adventure with an open heart and mind?

This workbook aims to illuminate the significance of your choices and provide you with the tools, ideas, and recipes you need to become a more conscious version of yourself and elevate your menus. Let's make impactful choices together!

**Maru Metspalu, Pirje Pärimets**



**There are a few symbols that you will come across repeatedly in the magazine:**



This symbol shows additional information.



Scan this code to watch a video on the topic.



Scan this code to see further recipes on the topic.



This symbol is followed by an exercise.

You may also notice that some numbers appear in the texts [as here]. These numbers are references and refer to the list of sources at the back of the booklet.

# 1 MEAT ALTERNATIVES

## Introduction

Many people choose meat alternatives for sustainability, health, and ethical reasons. In a world strained by pollution, overconsumption, and waste, reducing our environmental footprint is essential, and incorporating more plant-based foods is one of the simplest steps we can take. You don't need to be vegan to enjoy the benefits of meat alternatives.

Traditional meat production, especially beef, has a considerable environmental impact due to deforestation, greenhouse gas emissions, and intensive water use. In contrast, plant-based alternatives typically require less land, water, and energy, producing fewer greenhouse gases. Many of these options are also high in protein and contain all essential amino acids, comparable to meat.

Choosing plant-based options can benefit your health, as they often contain less saturated fat and cholesterol, which may help lower the risk of cardiovascular diseases. They're also rich in fiber, vitamins, and minerals, providing a range of nutrients for a balanced diet.

Encouraging others to try cooking with meat alternatives is as simple as showcasing easy-to-use products like tofu or vegetable patties while highlighting their nutritional value. For those with busy schedules, ready-made plant-based products offer a convenient way to eat more sustainably.

By choosing plant-based options, you're making a responsible choice that benefits both the planet and your well-being.



## 1. 1. Main Ingredients

The term “meat-like” describes alternative foods that mimic meat in texture, appearance, and taste. In contrast, “vegan” simply refers to plant-based foods, where resembling meat isn’t necessarily a priority. Food industries have invested heavily in developing meat-like products that, when sliced, even resemble a medium-rare steak or burger. However, you can also create meals reminiscent of classic meat dishes using a variety of ingredients, such as vegetables, grains (like oats or seitan), soy-based products (such as tofu, tempeh, and textured soy protein), legumes, pea-based items, mushrooms, and mycoprotein. Each of these ingredients offers unique textures and flavors, allowing for versatile and satisfying plant-based meals.

### → FUN FACT!

The popular “meat made from plants” Beyond Burger combines peas, brown rice, coconut fat, rapeseed oil, potatoes, and beets to create a convincing, flavorful alternative to traditional meat burgers.

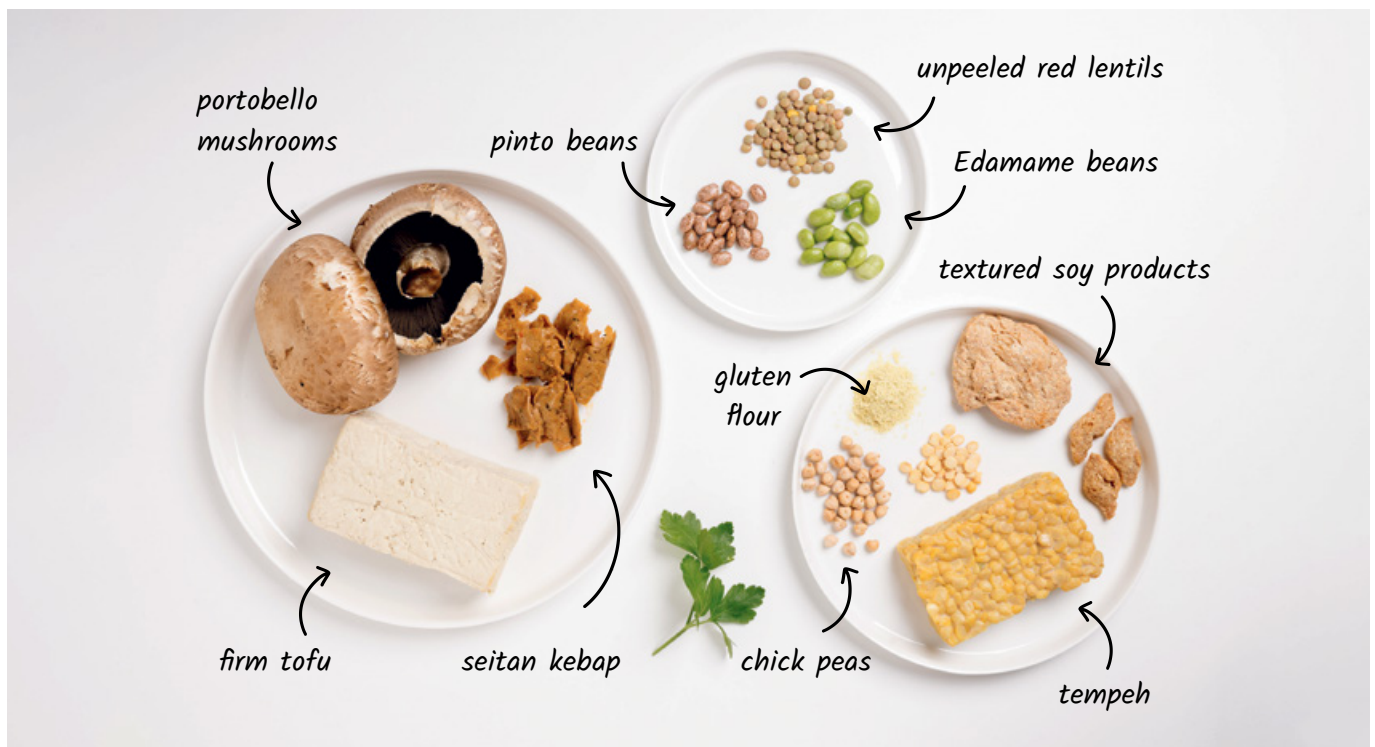


Figure 1. Examples of Main Ingredients



### → GOOD TO KNOW!

Mycoprotein is known as mycelium-based protein or fungal protein. It is a protein made for human consumption.

Table 1. Main Ingredients in Plant-based Meat Alternatives

Foodstuff	Texture	Additional information	Where to use
<b>tofu</b> made of soybeans	two types: silken tofu and firm tofu	absorbs flavors well	firm tofu for frying and stews, silken tofu for mixtures and sauces
<b>tempeh</b> traditionally made of fer- mented and pressed soy- beans, alternatively yellow peas	good texture from whole beans or peas	absorbs flavors well, has great texture, has strong aftertaste	soups, stews, Poke bowls, stir fry, salads and sandwiches
<b>textured soy ground meat</b> (granulated)/ <b>soy patties</b> (meat like strips) textured soy protein made of soybeans	ground meat like texture and meat like strips	dried granules or patties need to be soaked before cooking, absorbs flavors well	burgers, meatballs and patties, meatloaf, for grilling, bolognese sauce, meat pies and soups, stroganoff, gou- lash, ground beef sauce and stews
<b>textured peas</b> ground meat	ground meat like texture	ready to use “fresh” ground meat and burger patties	burgers, meatballs and pat- ties, meatloaf, stews and meat sauces
<b>dried peas</b> shelled or unshelled	crunchy texture whilst soaked and crushed;  creamy whilst cooked and pureed	turmeric softens the specific taste of peas	patés and meat-like spreads, falafel like patties, nuggets
<b>green peas</b> fresh or canned	meat like texture in burger patties	gives good texture when half crushed	burgers, meatballs and pat- ties, meatloaf
<b>chickpeas</b> dried or canned or as flour	crunchy texture whilst soaked chick- peas;  creamy whilst pureed canned chickpeas	gives good texture, when cooked/canned and crushed, good binder when pureed or as flour	Dried and soaked for falafels.  Canned: patties, burgers, curries, stews.  Flour for mixture thickeners and omelets
<b>beans</b> dried or canned beans (kid- ney, butterbean, black eyed etc)	floury and chewy if cooked/canned	gives good texture when half crushed	patties, burgers  curries, stews
<b>lentils</b> dried or canned or as flour (black lentils, du puy/green, brown and red)	gives good texture, binds mixtures	cooking time may vary due to different type of lentils	patties, burgers  curries, stews

Foodstuff	Texture	Additional information	Where to use
<b>seitan</b> ready made seitan, kebab like strips and as wheat gluten flour	dense, meat like texture	absorbs flavors well, contains gluten and not suitable in case of gluten intolerance	vegan chicken nuggets, meat rolls, vegan steak, sausages
<b>textured hemp protein products</b> dried	soft texture if soaked/cooked	good nutritional value, locally grown	nuggets, meat-like strips, stews, patties and burgers
<b>mushrooms, fresh or dried</b> cultivated and forest mushrooms	chewy meat like texture	dried boletus gives a good umami flavor	pulled mushrooms, meat-like patties, schnitzels



**Meat-free Alternatives EXERCISE 1**

1. List five types of meat alternatives available in your local supermarket, along with their main ingredients. You can also explore your supermarket’s online store for additional options.

Meat alternative	Main ingredient

2. What is the origin of tempeh? Can you name two legumes commonly used to make it, and identify which one is traditionally used?

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3. How should you season dry textured soy protein? (Choose the correct answers)

- Pour soy sauce or other marinades over the dry textured soy protein and start cooking.
- Boil the dry textured soy protein first, then marinate it, and fry afterwards.
- It’s fine to start chewing the dry protein chunk as is.

## 1.2. Improving Nutritional Value

A balanced vegetarian or vegan diet can provide sufficient nutrients, though certain nutrient deficiencies may still occur. Plant-based diets often include proteins with incomplete amino acid profiles and may lack **micro-nutrients** like iron, iodine, calcium, **vitamin B12**, vitamin D, and omega-3 fatty acids. **Proteins** are essential for building body cells, muscle repair, and supporting immune function. **Vitamin C**, for example, enhances iron absorption, demonstrating how nutrients can influence each other. To ensure a well-rounded intake, it's important to vary your diet and incorporate nutrient-dense additions to meals to enhance their overall nutritional value. Plain bean patties can be made more nutritionally valuable and texturally interesting by adding a few key ingredients. For instance, mixing in cooked whole grain rice and chopped, unpeeled almonds boosts protein, fiber, and micronutrient levels. Flax seeds add a dose of omega-3 fatty acids, while chopped, cooked onions enhance the flavor. Fresh herbs also bring an extra burst of taste along with additional micronutrients. For an example, refer to the recipe in the "Recipes" section for **red kidney bean patties**.

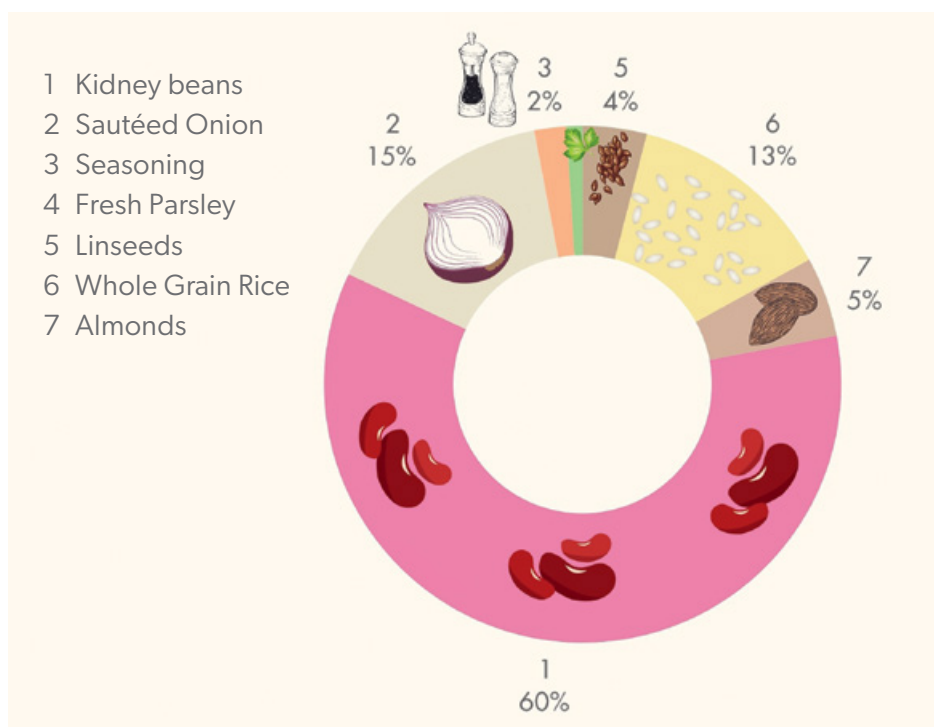


Figure 2. A visual Display of the Enriched Ingredients in Bean Patties

### **i** → GOOD TO KNOW!

When selecting almonds or other nuts, remember they are common allergens and each type has its own unique environmental impact. Consider alternatives like sunflower or pumpkin seeds, and check their country of origin to make an informed choice. Opt for local options to reduce environmental impact!

### **i** → GOOD TO KNOW!

Plant foods provide us with beneficial **phytonutrients**, which are primarily linked to anti-cancer properties and the prevention of cardiovascular diseases. The more colorful your plant-based food selection, the broader the spectrum of phytonutrients you receive—so remember to **"eat the rainbow"**!

Table 2. Nutrient-Boosting Additions

Foodstuff	Nutritional value [1]	How to use in patties
<b>mung bean</b> (green and black)	proteins, fibers, starch, good content of K, Ca, Mg, P, Fe, Zn, Cu, Mn, Se, Cr, vitamin K, B vitamins, including folates	dried and soaked, sprouted mung beans and flour as binding agent
<b>quinoa</b> (white, red and black)	proteins, fibers, good content of Mg, P, Fe, Zn, Mn, B vitamins, including folates	cooked or flour as binding agent
<b>buckwheat</b>	proteins with a good content of essential amino acid, fibers, good content of K, P, Mg, B vitamins, including folates	soaked or cooked groats, flour as binding agent
<b>whole grain</b> (rice, barley, rye, spelt, oat)	proteins, starch, fibers, B vitamins	cooked and as flour
<b>nuts</b> (hazelnuts, cashew, walnut, pecan, Brazil nut, almond)	proteins, fats, fibers, antioxidants, omega fatty acids	chopped, flour, soaked or roasted
<b>seeds</b> (pumpkin, flaxseed, sunflower, poppy, hemp, sesame, chia)	proteins, fats, fibers, antioxidants, minerals, vitamins  Flaxseed - high content of omega 3-fatty acids	chopped, flour, soaked or roasted
<b>nutritional yeast</b> (flakes)	B group vitamins included B12, K, Fe, Zn, sometimes also D3	ready for seasoning, gives nutty and cheese like flavor
<b>herbs</b> (dill, parsley, basil, thyme, tarragon, cilantro, ramson)	antioxidants, vitamins, minerals	chopped fresh and dried herbs
<b>nut, seed and vegetable oils</b> (cold pressed)	fats, including omega fatty acids, vitamin E	incorporated in mixtures or drizzled over patties



Figure 3. Types of Nuts and Seeds

→ **FUN FACT!**

The Brazil nut, also known as Para nut is actually a seed, not a true nut! The trees grow in the rainforests, and 12-25 seeds are hidden inside the spherical pods. A mature tree can produce more than 300 pods. The nuts are commonly eaten raw and are high in protein, fibre, thiamin, selenium, copper and magnesium. [2]



### Meat-free Alternatives EXERCISE 2

List three reasons why adding seeds and nuts to bean patties is beneficial.

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Which oils are best for frying bean patties? Why? Provide three examples.

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#### → GOOD TO KNOW!

#### Oils for Cooking, Frying, and Serving

Nut, seed, and vegetable oils are excellent sources of omega fatty acids and vitamins. Cold-pressed oils work well for seasoning, drizzling over dishes, and adding to sauces; some are suitable for gentle frying or sautéing. For frying and deep-frying, refined oils are often the better choice due to their higher heat stability.

- **Almond oil** – Great for drizzling, adding to sauces, and gentle frying
- **Walnut oil** – Ideal for drizzling, marinating, and enhancing sauces
- **Pumpkin seed oil, Camelina (false flax) oil** – Ideal for drizzling over patties or stews, and in cold sauces
- **Sesame oil** – Excellent for marinating tofu and drizzling over stews
- **Rapeseed oil, Grapeseed oil** – Suitable for frying, baking, and incorporating into sauces
- **Coconut oil** – Best for frying and baking
- **Rapeseed oil, Palm oil** – Optimal for deep frying
- **Avocado oil** – Great for drizzling and adding to sauces
- **Extra virgin olive oil** – Ideal for drizzling and enhancing sauces
- **Refined olive oil or a blend with extra virgin olive oil** – Perfect for sautéing and frying

### 1.3. How to Cook

#### 1.3.1. Creating Similar Texture and Appearance

Ready-made meat substitutes, such as textured soy or pea products, burgers, patties, sausages, and nuggets, offer a convenient meat replacement but are often highly processed and may contain significant amounts of fat, salt, and additives. Alternatively, similar products can be made from whole ingredients like vegetables, grains, and pulses for a more natural option.

#### 1.3.2. Cooking with Vegetables and Mushrooms

Using whole vegetables, slices, or quarters can bring a refreshing change to traditional meatloaves, nuggets, patties, fried tofu, and other meat alternatives. Choosing vegetables with satisfying texture, versatility, and bold flavor is key. Since vegetables are naturally low in fat, adding a bit of cooking oil can enhance taste and create a crispy, roasted surface.

- **Cauliflower:** Great for roasting whole or slicing into “steaks.” Its mild flavor pairs well with sauces, spices, and herbs. Aim to cook until slightly tender inside for the best results.
- **Cabbage:** Widely available and perfect for main dishes, cabbage can be cut into quarters or steaks, seasoned, and roasted or grilled. Blanched cabbage leaves can be stuffed with grains, beans, or tofu for cabbage rolls, and cabbage “schnitzel” is another popular option (see recipe).

- **Beets:** Often used as a tartare substitute, beets can be baked whole, covered in foil, then cubed or grated for tartare. Roasting intensifies their earthy flavor, making beet “steaks” a satisfying beef alternative.
- **Celeriac (Root Celery):** This root vegetable is popular for its light meat-like texture. After peeling and slicing, blanch until slightly tender, then brush with oil, season, and fry, grill, or bake. Whole celeriac can also be roasted in a salt crust or foil and then sliced. It’s commonly prepared as a “steak” with miso and spices or breaded for a schnitzel.
- **Jackfruit:** Is nutrient-rich and known for its fibrous pork-like texture, and is ideal for pulled or shredded dishes. It requires ample seasoning and is typically cooked in the oven or on the stove, often used canned.
- **Mushrooms:** Meaty mushrooms, like portobello, are excellent steak replacements. They grill well and are commonly used in vegan burgers. King oyster and oyster mushrooms also work well in pulled or shredded dishes.
- These vegetables and mushrooms offer diverse flavors and textures, making them versatile and satisfying options in plant-based cooking.



Check the QR code and find out what kind of vegetables you can also use to make your menu more versatile.



#### Meat-free alternatives EXERCISE 3

<p>Name two ingredients that can be used to create plant-based “pulled pork.” What seasonings would you use?</p>	<p>What are the most popular vegan steak options? Have you tried making any of them? Is there something similar on the menu at your workplace?</p>

### 1.3.3. Making Vegetable and Mushroom Schnitzels

You can use a variety of vegetables to make delicious schnitzels. Cut the vegetables into large slices and coat them with a breading. Depending on the texture, some vegetables—like celeriac, rutabaga, and cabbage leaves—may need to be blanched in salted water beforehand. Beets, rutabaga, and celeriac can also be baked whole until soft and then sliced. Once prepared, season the vegetables and coat them by dipping in flour, then batter, and finally breadcrumbs. For a golden, crispy crust, fry in plenty of oil or use a deep fryer.

#### → TIPS AND TRICKS!

You can also create egg substitutes using aqua faba or by soaking crushed flax seeds in cold water ahead of time.

For the batter, you can use tempura batter or make your own with flour, starch, and a liquid (such as water, sparkling water, or beer) seasoned with salt and pepper. Large mushrooms, like portobellos, can be dipped in batter and deep-fried, or breaded with flour, egg substitutes, and breadcrumbs for extra crunch.

#### **i** → GOOD TO KNOW!

Coating options for schnitzels and patties include fine or panko breadcrumbs, crushed corn flakes, nacho flakes, polenta, and crushed nuts or seeds.

### 1.3.4. Vegetable Mixtures for Burgers and Patties

Vegetables form the base of these dishes, often boiled and mashed or pureed to create mixtures that can be shaped into patties, meatloaves, or balls. Pureed vegetables can sometimes be too smooth or runny, so adding binders and texture-enhancing ingredients is essential. Various flours work well as thickeners,

such as wheat flour, chickpea flour, flaxseed flour, or potato starch. Starchy cooked vegetables like potatoes, sweet potatoes, rutabaga, and carrots create a thicker mixture and often reduce the need for additional flour. To improve texture and nutritional value, you can add cooked rice, other grains, legumes, grated raw vegetables, chopped nuts, seeds, or fried mushrooms to the mixture.

### 1.3.5. Legumes Mixtures for Burgers and Patties

Legumes are naturally starchy and, when cooked and mashed, help bind the mixture well, often eliminating the need for additional flour. The texture depends on the amount of cooking water and how soft the legumes are. Smaller legumes, like red lentils, can become too soft if overcooked or if excess liquid remains, resulting in a runny mixture. While flour can help thicken it, this may affect the texture quality.

Legumes are washed, soaked if necessary, and then cooked. Canned legumes, like red kidney beans, are a convenient option but should be rinsed with cold water and drained before use. To prepare, use a potato masher, hand blender, or food processor to puree the cooked or canned legumes. For the best texture, aim to partially puree the mixture, leaving some chunks intact for added bite.

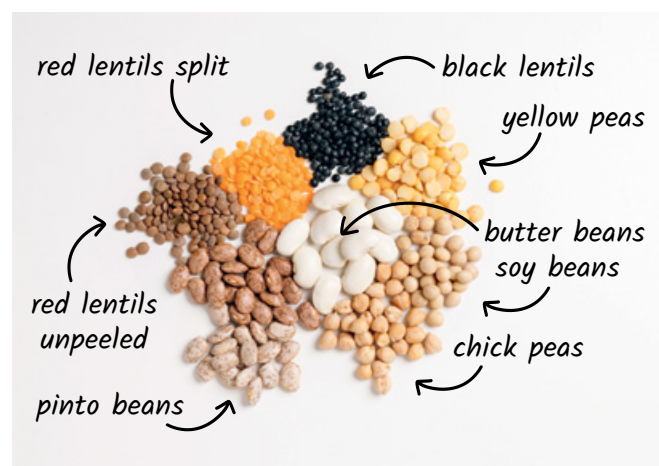


Figure 4. Various Legumes for Making Meat Alternative

### 1.3.6. Cooking with Tofu

Tofu is made by coagulating soy milk and pressing the resulting “curds” into solid white blocks. With a history spanning over 2000 years, tofu remains a popular, versatile, and delicious way to add plant-based protein to your meals. Contrary to common misconceptions, tofu doesn’t have to be rubbery—just a few simple preparation techniques can transform it into a flavorful ingredient. Adding tofu to your diet can also help reduce your carbon footprint.



→ **GOOD TO KNOW!**

Tofu for human consumption is always made of non – GMO soybeans!

A Genetically Modified Organism (GMO) is an animal, plant, or microbe whose DNA has been altered through genetic engineering techniques. GMO soy is used for animal fodder.

There are two main types of tofu: silken and firm (or extra firm). Firm and extra firm tofu are ideal for slicing, cubing, and marinating, while crumbled firm tofu works well in dishes like Bolognese. Tofu itself has a mild flavor, acting like a sponge that absorbs all sorts of seasonings. It pairs well with spices like cumin, coriander, paprika, and chili powder, as well as herbs like thyme and rosemary. For a flavor boost in marinades, try adding miso paste or peanut butter.

Tofu is also available pre-smoked or pre-seasoned with ingredients like herbs, caraway seeds, peppers, mushrooms, or olives — perfect for quick, flavorful additions to morning sandwiches and spreads. Unseasoned tofu, however, isn’t meant to be eaten directly from the package.

Tofu can be grilled, stir-fried, baked, or added to stews. It can also be breaded or coated in tempura and deep-fried. Additionally, tofu works well in patties, and combining firm tofu with silken tofu provides a variety of textures. Silken tofu is also excellent when mixed into pie batters, adding a smooth, creamy consistency.



→ **GOOD TO KNOW!**

Tofu can also be transformed into scrambled eggs just adding the Himalayan black salt, or Kala Namak, which gives it an egg-like flavor, and a bit of oat cream for a softer texture.

Silken tofu, with its soft and smooth texture, is perfect for desserts, creams, dressings and sauces. Also gives plant-based cheesecakes. It’s also used in plant-based cheesecakes, feta-like spreads, and spicy dishes like mapo tofu.



#### Meat Free Alternatives EXERCISE 4

Tofu is ready to eat straight from the package.	Tofu is a traditional, minimally processed food.	Tofu acts like a sponge, readily absorbing flavors and seasonings.
True/False	True/False	True/False
Provide the chef with two creative suggestions for featuring tofu in the daily specials.		



**Meat Free Alternatives EXERCISE 5**

Craft a social media post to inform customers about the inclusion of vegan options on the menu, highlighting the benefits of plant-based food and why tofu is a featured ingredient.



**1.3.7. Cooking with Textured Protein Products**

Textured vegetable-based proteins are versatile and convenient ingredients commonly used in plant-based cooking to replicate meat textures. Textured soy or pea protein comes in a dry, granular form, chunks, or filet-style pieces, making it an ideal pantry item that only requires storage in a cool, dry place, away from direct sunlight.

fillets or pork in curries, goulash, and stews, or even grilled. Bigger pieces are also ideal for making nuggets—just dip in batter, coat with breadcrumbs, and fry for a crispy, satisfying result.



**→ GOOD TO KNOW!**

Rehydrated textured protein leftovers can be stored in the refrigerator for up to 3-4 days or frozen for several months.

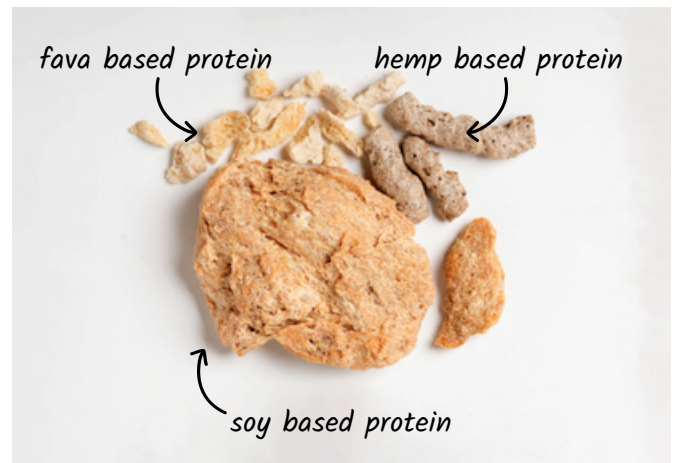


Figure 5. Textured protein products [3]

To prepare dry textured proteins, soak them in hot water or vegetable broth for 10-15 minutes until softened. Once rehydrated, squeeze out excess liquid, then marinate the protein in your choice of sauces, spices, and seasonings to infuse it with flavor.

Rehydrated and seasoned protein can be sautéed with onions and garlic until golden, added to stir-fries, vegan meatloaves, stuffed peppers, or casseroles. Granulated soy protein works well as a ground meat substitute in Bolognese sauce, chili sin carne, and taco fillings. Larger chunks can be used like chicken

**→ FUN FACT!**

Ready-made nuggets offer endless possibilities! Use them in wraps, sandwiches, as “loaded nuggets” with toppings, or even as a pizza topping with vegan cheese sauce. They’re also perfect for adding a twist to salad bowls. After all, food should be fun!

## 1.4. Seasoning Options

Some spices benefit from a quick heat treatment to release their full flavor. Fresh herbs, on the other hand, are best added at the end of cooking, mixed into fillings, or sprinkled on top for a burst of freshness. Ready-made sauces, pastes, and liquids can also enhance flavor, adding depth and character to dishes.

For meat-free alternatives, you can use the same seasonings as you would with meat. The food industry has also developed flavor profiles in ready-made products that closely resemble traditional meat items like chicken nuggets, making it easy to enjoy familiar tastes in plant-based options.



***Check the QR-code for composition of 5 tofu marinades for making tofu skewers or further inspiration.***

- **Salt varieties (sea salt, Himalayan salt, coarse salt, rock salt, salt flakes)** – Essential for enhancing flavor
- **Pepper (black, white, green)** – Adds depth and a hint of spice
- **Sugar and syrups** – Helps balance and round out flavors
- **Fresh herbs** – Brings a burst of freshness and aromatic notes
- **Spices (curry, chili, cumin, turmeric, ginger, paprika, garam masala)** – Adds rich flavor and cultural flair
- **Garlic and onion powder** – Enhances taste with a softer, pre-cooked profile
- **Umami boosters (barbecue sauce, teriyaki, soy sauce, miso paste)** – Delivers savory, umami depth
- **Alcohols (wine, whiskey, bourbon, vodka, beer)** – Provides a special kick and complexity
- **Acids (apple cider vinegar, wine vinegar, lemon and lime juice)** – Adds a bright, tangy note
- **Fresh chilis** – For adding heat and spice
- **Smoky flavors (smoking, liquid smoke, smoked salt)** – Imparts a rich, grilled taste

## 1.5. Considering Sustainable Aspects

Choosing sustainable options in our daily lives is essential, though not everyone may want to go vegan—and that's perfectly okay. Food choices are shaped by various factors, including taste preferences, beliefs, cooking skills, and social norms, which are further influenced by the food environment around us. Building supportive environments that make healthier, more sustainable options accessible requires collaboration across communities and industries [4].

The environmental impact of meat and animal products is significant. Europe and Central Asia have the

second-highest red meat consumption rates globally, exceeding sustainable diet recommendations by more than four times. In addition, consumption of eggs, dairy, and poultry is also high. For a sustainable diet, the recommended daily intake of red meat is 40-60 grams (about the size of a matchbox), or approximately 350 grams per week. Rising meat consumption in Europe not only places a strain on the planet but also contributes to lifestyle-related health issues. Making small, mindful adjustments—such as reducing red meat consumption, choosing local, seasonal produce, and exploring plant-based meals—can help support a healthier planet and lifestyle [5].

### **Organic Farming as a Sustainable Environmental Choice**

Organic farming promotes sustainability by minimizing synthetic chemicals like pesticides, herbicides, and fertilizers, which helps to maintain healthier soil and support biodiversity. Key practices include crop rotation, cover cropping, composting, and the use of natural fertilizers, creating a more resilient agricultural system that contributes to climate change mitigation and a healthier ecosystem overall.

### **Mushroom Mycoprotein – Innovation Meets Nature**

Mycoprotein, also known as mycelium-based or fungal protein, is a sustainable, nutritious alternative to meat, combining high-quality protein with a satisfying, meat-like texture. Produced through a fermentation process with *Fusarium venenatum*, a naturally occurring fungus, mycoprotein has a significantly lower environmental impact than animal agriculture. Often a part of the circular economy, its production some-

times uses upcycled materials like coffee grounds or brewery waste, further reducing its footprint. Compared to beef, mycoprotein has a carbon footprint 30 times lower and a water footprint 25 times lower. It's widely used in plant-based products such as nuggets and can be transformed into schnitzels, making it a versatile choice for sustainable, plant-based meals. [6]. Mycoproteins' rapid growth and higher yield lower the environmental footprint, resulting in fewer CO<sub>2</sub> emissions and less land degradation [7].



**Check the QR-code for more information about organic farming.**

### **HOW TO BE MORE SUSTAINABLE?**

- 1.** Local and Seasonal Foods – Opt for locally sourced, seasonal products like barley instead of rice or peas instead of soybeans. Enjoy asparagus only in the spring to reduce reliance on foods that travel long distances, supporting local farmers and sustainability.
- 2.** Preserve Foods Sustainably – Try preserving, fermenting, salting, or freezing seasonal foods to extend their shelf life and reduce waste.
- 3.** Look for Sustainable Labels – Select organic, fair-trade, or “farm to table” labeled products.
- 4.** Buy in Bulk – Reduce packaging waste and save money by purchasing staple items in bulk.
- 5.** Plan Meals and Purchases – Thoughtful planning, including smaller preparations and portioned menus, helps minimize food waste and supports mindful consumption.
- 6.** Make Use of Vegetable Scraps – Save vegetable scraps to create homemade broth.
- 7.** Use Energy Efficiently – Maximize oven space by cooking multiple dishes at once. Turn off the stove and oven when you are no longer using it.



**Meat-free Alternatives EXERCISE 6**

1. Visit the website of a local restaurant, review the menu, and identify any plant-based options. Fill in the table.

Restaurant name	
Number of plant-based options on the menu	
Types of meat alternatives available	
Types of side dishes available	
Are the plant-based options sustainable and nutritionally balanced?	
What menu changes would you suggest based on this topic and considering sustainable choices and nutritional balance?	

2. Design a lunch special main course featuring tofu, your choice of grains, and seasonal vegetables. Ensure the dish is nutritionally balanced—providing essential minerals, vitamins, and nutrients—and prioritize sustainability by selecting locally sourced, seasonal ingredients wherever possible.

The main component of tofu with the main flavor and/or cooking method		<p>Visualize your plate here:</p>
Sauce (hot or cold)		
Side dish from grains		
Side dish from vegetables (hot or cold)		
Decorations		
Complete name of the dish for the menu:		

## 1.6. RECIPES FOR MEAT ALTERNATIVES

### RED KIDNEY BEAN PATTIES

#### Ingredients

1 can of kidney beans, drained 240 g

50 g onion

25 g whole grain rice

1 tbsp chopped almonds

10 g linseed flour

1 tsp (smoked) paprika

1 tbsp flour if needed

salt and pepper, to taste

fresh parsley, chopped

oil for frying

#### → FUN FACT!

Adding paprika powder to your kidney bean patties brings a taste of Bulgaria! Bulgarians are passionate about their paprika (*Capsicum annuum*), categorizing it into four distinct grades based on sweetness and heat [8].



#### Preparation

Cook the rice until soft, then drain, rinse with cold water, and set aside to cool.

Peel and finely chop the onion. Sauté in a little oil until softened; add 2-3 tablespoons of water if needed for extra tenderness.

Drain and rinse the canned kidney beans with cold water. Crush the beans in a food processor or with a hand blender, leaving a mix of puree and small pieces for texture.

In a mixing bowl, combine the crushed beans, cooked rice, sautéed onion, chopped almonds, linseed flour, paprika, flour (if needed), salt, pepper, and chopped parsley. Mix thoroughly to form a smooth, well-blended dough. Adjust seasoning to taste.

Shape the mixture into equal-sized patties. Fry in a pan with oil until golden and crispy on both sides. For extra crispiness, bake in a preheated oven at 180°C (350°F) after frying. To maintain shape, use a metal ring for frying (press the mixture evenly into the ring, then remove before flipping).

Serve the patties in burgers, as an appetizer, or as a main dish with your choice of sides and sauces.

# CABBAGE SCHNITZEL

## Ingredients

1 small fresh cabbage

Salt

Black pepper

Dried oregano or thyme

## Tempura Batter

Wheat flour

Cornstarch

Salt

Water

## Coating

Wheat flour

Panko breadcrumbs

Cooking oil for frying



***Check the QR code  
for the recipe of herb  
mayonnaise.***



## Preparation

Remove the core from the cabbage. Place the whole cabbage head in salted boiling water and cook until the outer leaves become tender.

If needed, flatten any thick parts of the cabbage leaves with a meat mallet. Pat the leaves dry with a kitchen towel and season with salt, black pepper, and dried oregano or thyme.

Hammer the thicker parts of the cabbage if needed. Fold the cabbage leaves into a rectangular or oval shape to resemble a schnitzel. Lightly dust with flour.

Prepare the tempura batter by mixing equal parts flour and cornstarch. Season with a pinch of salt, and add enough water to achieve a thick, yogurt-like consistency.

Dip the cabbage "schnitzels" into the batter, then coat with panko breadcrumbs. Season with salt flakes. Fry in a generous amount of oil until crispy and golden. Sprinkle with salt flakes to finish.

Serve with herb mayonnaise.

## VEGAN LASAGNA BOLOGNESE

Serves 6 (Makes 2 kg of lasagna)

### Bolognese Sauce Ingredients:

100g carrots

70 g onion

30 g celery stalk

1 garlic clove

800 g of chopped tomatoes

300 ml vegetable broth

300 g textured protein minced meat  
(ready-made)

Salt, Pepper, Sugar, Dried oregano  
and Basil

Oil, for frying

### White sauce Ingredients:

30 g flour

25 g cooking oil

550 ml soy milk or other alternative

2 tsp mild mustard

4 tbsp nutritional yeast

Nutmeg

Salt and Pepper

### Additional Ingredients:

275 g lasagna sheets

150 g vegan mozzarella alternative,  
grated

Chopped parsley, for serving



### → FUN FACT!

Bolognese sauce originates from Bologna, Italy, and is a rich ragù made with beef or pork, vegetables, and tomatoes, traditionally served with pasta. Lasagna is another iconic Italian dish, consisting of layers of pasta, sauce, and cheese. Both Bolognese sauce and lasagna have gained international popularity, making them beloved staples in cuisines around the world. [9]

## Preparation

Peel the carrot and onion, then finely chop them along with the celery stalk.

Sauté the chopped carrot, onion, garlic, and celery in a little oil until the onion is tender

Add the vegetable broth and simmer for 5 minutes. Then, stir in the chopped tomatoes and let it simmer on low heat for an additional 10 minutes.

Incorporate the pre-fried textured soy minced meat into the sauce. Bring to a boil and adjust the seasoning for the Bolognese sauce.

To prepare the white sauce, gently cook the flour with the oil in the bottom of a separate pot, taking care not to let it change color. Gradually whisk in the soy milk until well combined. Bring to a boil and then reduce to low heat, cooking for 5 minutes. Season to taste. Assembling the Lasagna in an Oiled Baking Dish:

1. Thin layer of white sauce
2. 3 lasagna sheets
3. Bolognese sauce
4. Thin layer of white sauce
5. Grated vegan cheese alternative
6. 3 lasagna sheets
7. Bolognese sauce
8. Thin layer if white sauce
9. Grated vegan cheese alternative
10. Continue with one more layer.

Finally, place the last lasagna sheets on top and pour the remaining white sauce evenly over everything. Cover the dish with foil and bake at 180°C (350°F) for 30 minutes. Remove the foil, sprinkle additional grated cheese alternative on top, and bake for an extra 10 minutes until golden and bubbly. Garnish with chopped parsley and serve alongside a fresh salad.

## 2 FISH ALTERNATIVES

### Introduction

Classic cookbooks often feature extravagant seafood platters filled with lobster, prawns, oysters, and more. In the Nordic region of Europe, it's common to enjoy cold-smoked or salted salmon and shrimp-topped sandwiches. However, alongside these culinary delights arise concerns about toxins, micro-plastics, over-fishing, and sustainability. Have you ever encountered a plant-based seafood platter? This chapter explores the growing emphasis on vegan alternatives.

There are many fish products and dishes that can be made with plant-based ingredients, offering similar flavors and textures. While developing these alternatives can be more challenging than crafting meat substitutes, innovations in large-scale production have made convincing plant-based seafood widely available in stores. You can also create your own alternatives using nutrient-rich sea vegetables like algae, which infuse your dishes with the taste of the ocean.

Seaweed cultivation not only benefits marine ecosystems by supporting carbon sequestration and nutrient cycling, but it also represents a sustainable choice for both the planet and your health. Join us as we dive into the world of plant-based seafood, discovering how to create and prepare delicious dishes with a reduced environmental impact.



## 2.1. Main Ingredients

There are numerous ingredients available for creating seafood alternatives. Refer to the table below for a list of some of the most common options.

Table 3. Main Ingredients

Foodstuff	Texture	Additional information	Where to use
<b>tofu</b>	two types of tofu: silken tofu and firm tofu	absorbs flavors well	firm tofu as “fish” fingers, silken tofu as spreads
<b>root celeriac</b>	tough when raw, tender when cooked or baked, good flakiness when grated	considered an allergen	patties or “fish” cakes, marinated or smoked “fish” slices
<b>carrot</b>	tough when raw, tender when cooked, baked or roasted, good flakiness when grated	good color	“vegan salmon” aka carrot lox, salted or smoked
<b>cabbage</b>	good flakiness when grated and sauteed	mild in taste	“fish” cakes
<b>dried yellow peas</b>	crunchy texture when soaked and sautéed, creamy when cooked	good cheap ingredient and locally grown	spreads “vegan tuna” patties
<b>chickpeas</b> dried or canned, flour	creamy in texture when cooked or canned and pureed	have good binding features	good for spreads, patties and “vegan tuna”, “fish and chips”
<b>beans</b> dried or canned (white and butter-beans)	creamy in texture when cooked or canned and pureed	have good binding features	fish curry and patties “fish” in cream sauce “fish and chips”
<b>black lentils</b> dried or canned	similar to caviar	mimics caviar well, do not overcook!	vegan caviar
<b>king oyster mushroom</b>	slightly denser than scallops but mimics it well	mimics scallops well in shape and color	scallops

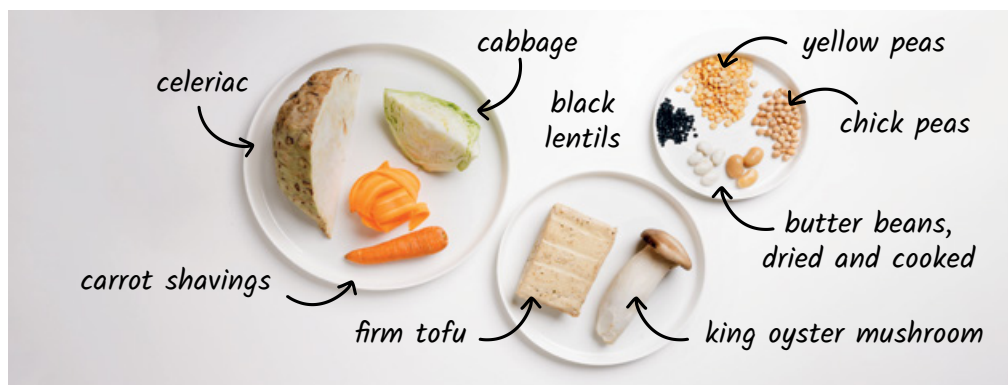


Figure 6. Main Ingredients for Making Fish Alternative

## 2.2. Improving Nutritional Value

Fish and seafood are abundant sources of protein, omega fatty acids, and essential vitamins, including D, B12, B3, A, and E, as well as important minerals such as potassium, calcium, phosphorus, selenium, and iodine [10]. This knowledge can be used when choosing alternatives to fish, because using only vegetables or legumes as the main ingredient does not provide the similar nutritional value as fish.

Check out the bubbles below to discover which ingredients can help you achieve similar nutritional benefits [11][12].

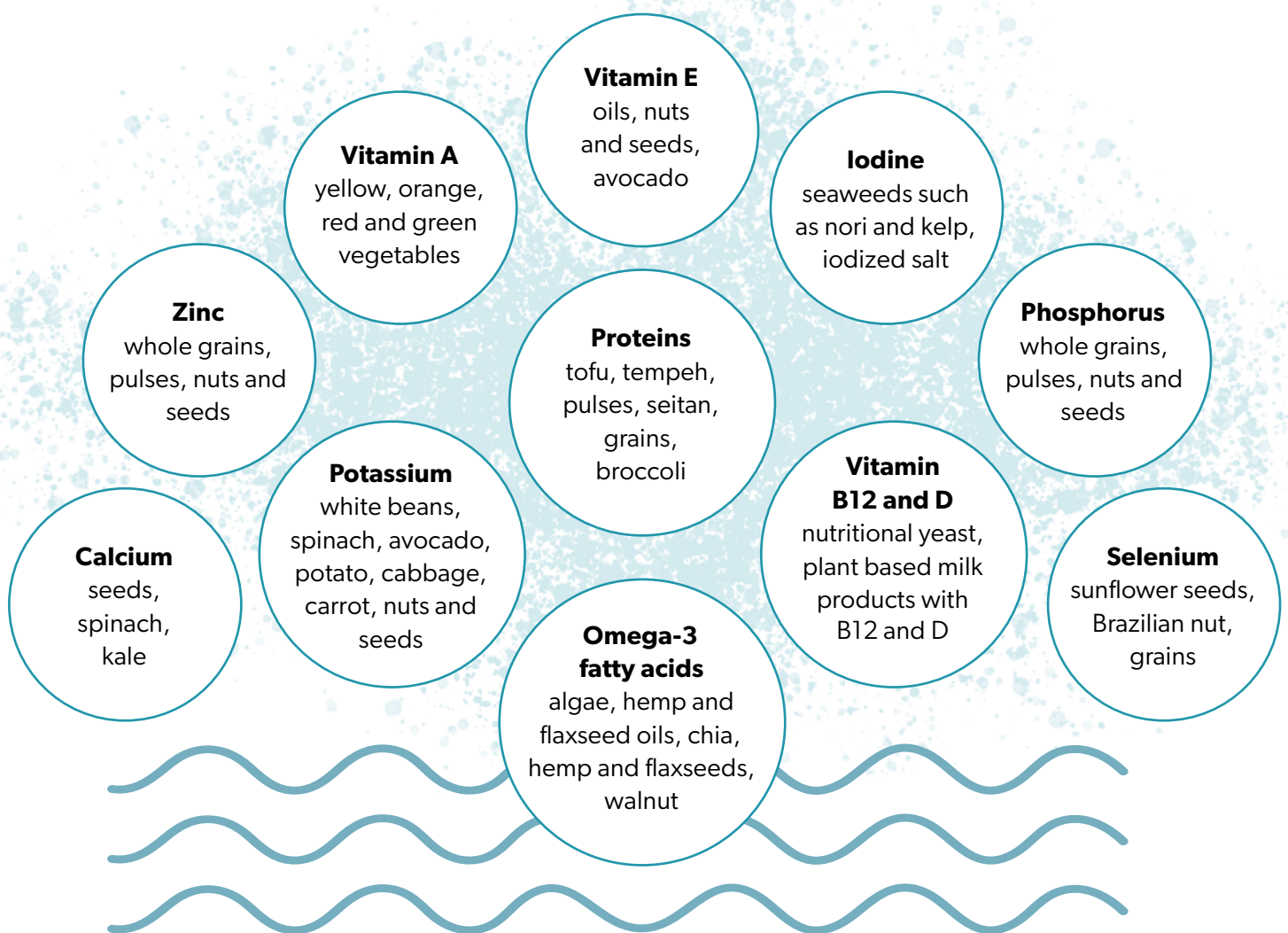


Figure 7. Necessary nutrients and their availability

## 2.3. How to Cook

### 2.3.1. Achieving Similar Texture and Appearance

**Carrot Lox/Smoked Carrot/Vegan Salmon:** A perfect addition to bagels, seafood pasta dishes, sandwiches, and wraps. Carrot lox can be prepared in various ways—check out the recipe below for more details.

**Chickpea “Tuna” Spread:** Made with mashed chickpeas or yellow peas, vegan mayonnaise, celery, red onion, mustard, nori flakes, lemon juice, pepper, and salt for a delicious and hearty spread.

**Tofu “Fish” Filets:** Season tofu with soy sauce, garlic powder, onion powder, lemon juice, salt, and pepper, then wrap a moistened nori sheet around it. Bake or fry until crispy.

**Fish Fingers with Tofu and Nori:** Mimic traditional fish fingers by adding seaweed flakes to your breadcrumbs. Season tofu to your liking, dip it in tempura batter, coat it with breadcrumbs, and fry until crispy all around. Alternatively, wrap tofu in nori, then batter and crumb it before frying until golden.

**Fish and Chips:** Enjoy this classic dish by adding seaweed flakes to your batter. Use tofu, sliced and baked root celeriac, or well-seasoned mashed chickpeas as a substitute for fish. Fry in bubbling oil for a satisfying crunch.

**Mushroom Scallops:** Create scallops from king oyster mushrooms by slicing them into scallop-like rounds. Marinate in a mixture of soy sauce, mirin, sugar, and seaweed, then sear in a hot pan until golden. For an added umami kick, briefly boil them in seaweed broth.

Jackfruit is ideal for **crab cakes or just easy fishcakes** due to its similar texture, canned jackfruit’s texture is ideal for these dishes. Combine jackfruit with breadcrumbs, mustard, scallions, lemon juice, nori flakes, salt, and pepper, form into patties, and fry or bake.

**Celeriac Fish Cakes:** Root celeriac serves as a fantastic stand-in for fish when seasoned with seaweed, lemon, capers, and dill, providing a delightful bite—see the recipe for details!

**Lentil Caviar:** Add protein and texture to your dishes with lentils. Using black Beluga lentils, season with soy sauce, seaweed flakes, or strips of nori to create a **vegan caviar**. Be sure not to overcook the lentils! Enhance with black sesame seeds or poppy seeds for added color and texture.



*Check the QR code for more information how to use different produce to make fish alternatives: daikon as a white fish, vegan ceviche, white fish sauce, vegan caviar of chia seeds, fish cakes from yellow peas, chickpeas and seaweed.*



**Fish alternatives EXERCISE 1**

Check also QR-code for answers. Fill in the table.

Suggest a method for making vegan caviar.	
Which plant-based ingredient would you use to replicate ceviche?	
Identify two ways to substitute fish and seafood with daikon.	
List three key ingredients suitable for making fish cakes.	

**2.3.2. Ready-Made Fish Alternatives**

The plant-based and alternative protein industry has made remarkable progress in developing texture-rich, flaky fish alternatives that cater to both vegans and those looking to reduce their traditional seafood consumption. These innovative products provide sustainable and cruelty-free options that are often difficult to replicate at home.

Many alternatives are designed to mimic the flakiness and texture of classic fish filets, as well as more adventurous options like shrimp, calamari, and squid. These products are commonly found in the frozen section of supermarkets.

Numerous alternatives incorporate a blend of legumes and seaweed, resulting in ready-made vegan shrimp, fish burgers, crab cakes, crusted “fish” filets and sticks, fish spreads, and smoked “fish” filet strips, all perfect for quick sandwiches and salads.

Innovation continues to enhance the imitation of fish, including technologies like 3D printing using myco-protein, which has even higher amino acid bioavailability than beef and is loaded with Omega-3 fatty acid and vitamins [13], or production of salmon fillets using pea protein which quite truly replicates the taste, aroma, and texture [14].

The future looks promising for sustainable seafood alternatives, offering a brighter outlook for our seas and oceans!

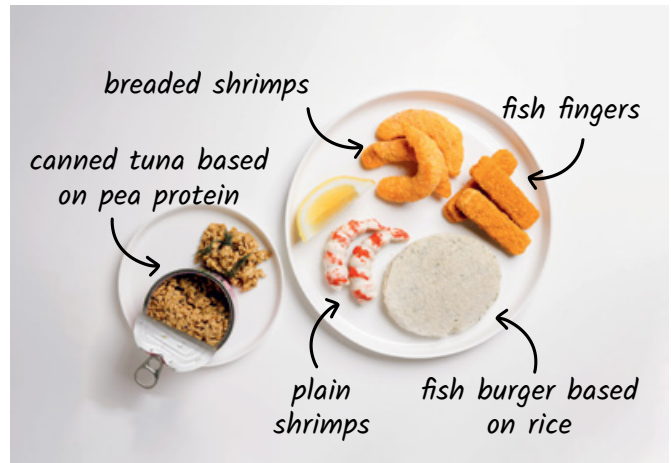


Figure 8. Examples of Vegan Fish Alternatives



**Check the QR code for a video about making fish alternative from peas.**

### 2.3.3. Seasoning Ideas

Seaweeds, such as **kelp**, **nori sheets**, various **seaweed flakes** and **wakame**, are fantastic additions to vegan cooking for infusing seafood-like flavors into your dishes. Smoked carrot, for example, can mimic the taste of smoked salmon beautifully. Exploring the diverse world of seaweeds allows you to experiment with different flavor profiles that enhance your vegan meals and add a delightful hint of the ocean. The nat-

ural flavors of certain seaweeds can deliver a fishy or seafood-like taste without relying on actual seafood, helping to combat over-fishing.

This seafood flavor is particularly beneficial for those following a vegan or vegetarian diet who miss the taste of fish. Embrace these unique seasonings to elevate your dishes while supporting sustainable practices!



#### TIPS AND TRICKS!

Mix finely chopped seaweed, such as dulse or nori, into vegan butter to create a flavorful seaweed-infused spread. Top it off with a sprinkle of sesame seeds for added crunch. This delightful spread is perfect for use on bread, roasted vegetables, or grilled dishes. Incorporate it into your vegan oceanic plate for a touch of the sea in every bite!

Figure 9. Various Ingredients to Mimic or Support the Fish Taste

**Nori sheets** are commonly used in sushi rolls, imparting a delightful seafood flavor to the rice and vegetables. You can crumble nori sheets or cut them with scissors to sprinkle over salads, rice dishes, or vegan seafood alternatives for a subtle hint of the ocean. They also work well in dukkah mixes, adding a unique twist to sandwiches or pasta.

**Dried wakame** is a beloved addition to miso soup, providing a delicate sea flavor. Simply rehydrate the wakame before adding it to the soup, or toss it with fresh vegetables for a distinctive texture and flavor. It adds a satisfying bite to green salads, “fish” soups, or stews.

**Kelp flakes** serve as a versatile seasoning that can be sprinkled on a variety of dishes. Incorporate kelp flakes into marinades for plant-based proteins like tofu or tempeh to infuse them with a seafood-like flavor.

#### **i** → GOOD TO KNOW!

Seaweeds are abundant in natural glutamates, which enhance the umami flavor in dishes. Additionally, they are packed with essential minerals such as iodine, iron, and calcium, providing valuable nutritional benefits to your meals.

**Dulse flakes**, known for their slightly chewy texture, make a great garnish for pasta, salads, or even vegan seafood stews. You can create a flavorful seaweed broth or stock by simmering seaweed (such as kombu) with aromatic vegetables. This rich broth can be used as a base for soups, stews, or risottos, enhancing them with a delicious seafood essence.

Alternatively, you can enhance oceanic flavors using various homemade seasoning salts. For example, you can create **celery salt** by blending leaves from root celeriac with sea salt or mixing dried root celeriac powder with sea salt. **Capers** also serve as a fantastic substitute for anchovies in sauces or tuna-like spreads. Alternatively, you can enhance oceanic flavors using various homemade seasoning salts. For example, you can create celery salt by blending leaves from root celeriac with sea salt or mixing dried root celeriac powder with sea salt. Capers also serve as a fantastic substitute for anchovies in sauces or tuna-like spreads, adding a briny, umami-rich flavor that mimics the taste of the sea.

→ **TIPS AND TRICKS!**

Seaweeds add a distinct umami flavor and a touch of oceanic essence to vegan recipes. When incorporating seaweed into your cooking, it's best to start with small amounts and adjust to your personal taste, as their flavor can be quite potent. A little seaweed goes a long way in enhancing your dishes!

→ **FUN FACT!**

Traditional herbs beautifully complement seafood and enhance the fishy flavors in dishes. Spices such as fennel (including its seeds), dill, and white pepper pair wonderfully with fish-like tastes. If seaweed isn't your preference, don't worry—dill is an excellent alternative that can still provide a fresh, aromatic profile!



→ **FUN FACT!**

Two plants that capture the essence of the sea are:

**Salicornia:** Often found adorning fish dishes in upscale restaurants, this plant boasts a natural salty flavor. Known as sea asparagus, samphire, or glasswort, it can be enjoyed fresh, sautéed in vegan butter, or cooked. When dried and powdered, it can even be used as a salt substitute.

**Sea Kale:** While it may not be widely recognized everywhere, sea kale is a popular choice in Europe and the British Isles. This versatile plant can be served as a side dish, used in cabbage rolls with young leaves, or crafted into dishes featuring capers from its flower buds.



## Fish alternatives EXERCISE 2

Identify one or two key ingredients for creating fish alternatives, along with your preferred seasonings. Please fill in the table below!

Fish alternative	Main ingredients	How to season How to enhance the sea flavor
Vegan tuna spread for sandwiches		
Fried vegan scallops as an appetizer		
Fish fingers as a main course		
Vegan salmon on a sandwich		

## 2.4. Considering Sustainable Aspects

Plant-based seafood is gaining popularity as traditional seafood faces significant sustainability challenges. Our oceans are increasingly polluted with microplastics, while over-fishing is depleting fish stocks and disrupting marine ecosystems. Additionally, aquaculture can contribute to disease outbreaks, waste accumulation, and local water pollution.

To protect our seas, we need to reduce fishing efforts, minimize the environmental impact of fishing gear, and make informed choices about our seafood consumption—whether that means choosing different types of fish or eliminating fish altogether. This highlights the importance of creating your own vegan and sustainable “fish” alternatives, which can be featured in restaurants and cafes while effectively mimicking oceanic flavors.

The relationship between over-fishing, the growing concerns surrounding fish farming (aquaculture), and the expanding market for plant-based seafood alternatives represents a promising synergy between problem and solution. By embracing these alternatives, we can contribute to a more sustainable future for our oceans. Over-fishing depletes fish populations, disrupts marine ecosystems, and jeopardizes the livelihoods of com-

munities that rely on fishing. Additionally, bycatch of non-target species contributes to biodiversity loss. Practices like bottom trawling damage the seafloor, harming marine life and disrupting the habitats of various sea animals and flora. This imbalance can lead to collapsed fish stocks, which have dire consequences for fishing communities. Aquaculture also raises significant concerns, including disease outbreaks, concentrated waste, and pollution that negatively affect surrounding waters and local ecosystems. Furthermore, maintaining fish farms often requires substantial energy and resources, contributing to their environmental impact [15].



### → GOOD TO KNOW!

Steer clear of fish listed on the red list. This includes species such as European eel, Atlantic cod and halibut, Baltic sturgeon and some shark species etc. [19]

To protect our seas, we must reduce fishing efforts today, minimize the environmental impact of fishing gear, and be willing to **change our choices** at the fish counter. As the sea ecosystem continues to evolve, so too must our human activities—this includes reconsidering how we fish, the types of fish we consume, and even the decision to eliminate fish from our diets altogether. **Make the switch to help save the seas and change your eating habits!**

Certainly, the environmental impact of plant-based alternatives also hinges on how the ingredients are sourced. The processing and packaging of these alternatives contribute to their overall ecological footprint. However, there's no need to lose sleep over it—**plant-based alternatives generally have a lower carbon footprint** compared to traditional seafood and require fewer resources, such as water and land, than fish farming.

Choosing plant-based fish alternatives, ensuring transparent ingredient sourcing, and prioritizing local options are essential steps toward sustainability. Plant-based alternatives can offer environmentally friendly options that are both tasty and versatile! The development of innovative foods, algae-based products, and even lab-grown seafood may offer more sustainable solutions for the future. Addressing issues like over-fishing and unsustainable aquaculture practices is critical [17] and requires our collective attention and action.



**Check the QR code for additional information about the labels ASC and MSC and also problems of MSC certification.**

**i** → **GOOD TO KNOW!**

Look for certifications like the **Aquaculture Stewardship Council (ASC)** to ensure you're choosing responsibly farmed seafood and to **help drive positive change** in the industry. Additionally, regionally recognized labels such as **KRAV or Dolphin Safe** encourage fishermen to adopt more environmentally sustainable practices, pushing for safer fishing methods that protect marine ecosystems [18]. Opt for local, seasonal and sustainably sourced seafood!

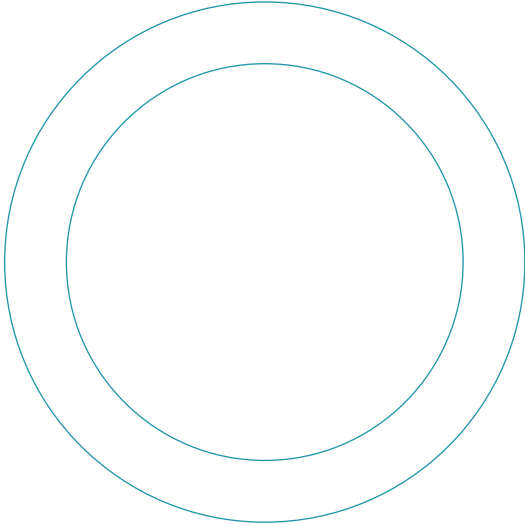
When you're unsure about the origin of the fish or its sustainability, choosing local options is the best approach. Consuming fish that has been transported from the other side of the world is not environmentally friendly. By selecting seafood with transparent sourcing and production practices, you can also explore **plant-based alternatives that are kinder to the planet.**

**i** → **GOOD TO KNOW – IF YOU REALLY HAVE TO EAT FISH!!**

**Choose Small Fish:** Opt for smaller species like herring or sprat, as they are generally in a more sustainable situation compared to larger fish. Small fish also tend to grow to maturity faster than their larger counterparts. **Explore Variety:** Experiment with different types of fish in your purchases. By diversifying your choices, you can help alleviate the pressure on popular and over-fished species [16]. **However, an even more sustainable choice would be to enjoy root celeriac and carrot lox!**

**Fish alternative EXERCISE 3**

Design a plant-based fish alternative main course for a restaurant, highlighting the key components of your dish. Consider the nutritional value, textures, flavors, and cooking techniques used to create a well-rounded and satisfying meal.

Main component and cooking method		Visualize your dish here:  
Sauce (hot or cold)		
Side dish 1		
Side dish 2		
Decorations		
Complete name of the dish for the menu:		

**LAUNCH the CAMPAIGN!**

Join us in supporting our head chef as we celebrate a week of marine-themed special lunches and dinners—**without serving any fish or seafood!** Create an engaging post or video to promote this exciting campaign, showcasing the innovative alternatives we'll be featuring.

## 2.5. RECIPES FOR FISH ALTERNATIVES

### SMOKED CARROT (CARROT LOX)

#### Ingredients

4 large carrots

15 g light soy sauce or salt

1 nori sheet or seaweed flakes

Lemon or quince juice or mild white wine vinegar to taste

30 g of rapeseed oil

0,8 ts of liquid smoke



*Watch the video how to make smoked carrot as a salmon alternative.*



#### Preparation

Peel the carrots and pull wide ribbons using a vegetable peeler until you have no more carrot left in your hand.

Note: Any leftover carrot can be used for making soup, broth, salad, pasta sauce, or can be enjoyed as a healthy snack.

In a baking dish, combine the carrot strips with rapeseed oil and salt. Bake at 200°C (392°F) for 10 minutes, keeping an eye on them to ensure they turn out slightly crunchy.

While the carrots are baking, finely cut the nori leaves with scissors, or crush them in a coffee grinder. Alternatively, you can use ready-made seaweed flakes. Once the carrots are done, mix them with the light soy sauce and liquid smoke.

Allow the mixture to cool, then transfer it to a jar or glass container with a lid. Store in the refrigerator, where it will keep well for up to 4 days.

## SPICED EGG-PLANT A LA BALTIC SPICED SPRATS

### Ingredients

200 g eggplant

Salt

Rapeseed oil for frying

4 g crushed Baltic sprats spice mix  
(a blend of allspice, black pepper,  
nutmeg, coriander, cloves, ginger,  
cardamom, cinnamon)

### Sauce

1 tbsp soy sauce

3-4 tbsp rapeseed oil

Seaweed crumbs, for seasoning



### Preparation

Slice the eggplant into 0,5 cm slices.

To reduce any bitterness, sprinkle the slices with salt and let them sit for 15 minutes until they release some moisture. Rinse the slices with cold water and drain well.

In a hot pan, fry the eggplant slices until they are tender and golden brown on both sides.

For the sauce, combine the soy sauce, spice mix, seaweed crumbs, and rapeseed oil. Add the sauce to the cooked eggplant and marinate for at least 1 hour to allow the flavors to meld.

Serve the marinated eggplant on rye bread with vegan mayonnaise as a delicious sandwich, or use it as a topping for potato salad.

### → FUN FACT!

Baltic spiced sprats, known as "vürtsikilu," are a traditional Estonian delicacy made by salting sprats with a blend of aromatic spices. A popular industrial brand of these spiced sprats is "Tallinna kilud," which features the iconic silhouette of Tallinn's Old Town on its label. [20]

## ROOT CELERY AND NORI “NO FISH” PATTIES

### Makes 8 Patties

#### Ingredients

250 g firm tofu

250 g of celery root

1 onion

1-2 tbsp seaweed flakes

2 tbsp capers

Spring onions

Freshly ground black pepper

Salt, to taste

2-3 tablespoons oat cream

2 tbsp flour

Panko for breading

\* instead of seaweed you can also use  
0.5 nori leaves



#### Preparation

For the “No Fish” patties, begin by peeling and finely dicing the onion. Peel the celery root and grate it using a coarse grater. In a pan, sauté the onion and grated celeriac in oil until the onion becomes translucent and the celeriac is tender.

While the vegetables are cooking, chop the spring onion and capers. Cut the nori sheet into very thin strips using scissors.

Mix all the ingredients together until well combined. Taste the mixture and adjust the seasoning with salt as needed. If the mixture is too wet, add flour; if it’s too dry, stir in a bit of oat cream.

Shape the mixture into patties using wet hands and let them rest for a short time to help them firm up and develop flavor. If desired, coat the patties in panko breadcrumbs for extra crunch.

Fry the patties on medium heat until golden brown on both sides.

Serve the patties alongside a seasonal salad and cauliflower mac ‘n cheese (refer to the recipe in the cheese alternatives chapter).

#### → FUN FACT!

All kinds of fish cutlets and patties are immensely popular in Estonia and along the Baltic Sea coast. The recipes often vary depending on the catch of the day. A classic accompaniment includes boiled potatoes, pickles, and sour cream, making for a truly traditional dish.

# VEGAN BOUILLABAISSE WITH WHITE BEANS AND SEAWEED

**Serves 6**

## Ingredients

120 g dried white butter beans  
(or 260 g canned beans)

800 g of crushed tomatoes

750 ml vegetable broth

2 tbsp oil (for frying)

75 g of celery root

50 g of leek or fennel

65 g of carrots

1 small red onion

1 clove of garlic

1 tsp fennel seeds

0.4 teaspoon of turmeric

1 tbsp dulse seaweed flakes

0.5 tbsp kombu seaweed flakes  
or 2 sheets of nori

Salt, to taste

## For Serving

Olive oil

Dulse seaweed flakes

Freshly ground pepper

Chili flakes (optional)



## Preparation

Soak the butter beans in water for 24 hours. After soaking, rinse the beans and boil them in plenty of water. Cover the pot and let them simmer until soft. Alternatively, you can use canned butter beans for convenience.

Once the beans are ready, pour the crushed tomatoes over them. Add additional liquid in the form of water or vegetable broth, depending on how much liquid the beans absorbed during cooking.

Peel the carrot and celery root, then chop them into thin strips. Clean and finely chop the onion and garlic. For the

leek, cut it in half lengthwise, rinse it under running water, and then slice it into strips. If using fennel, slice it finely.

Heat the pan, add oil and carrot, celeriac, onion, garlic and leek. Then the turmeric, fennel seeds and stir for a few more minutes and pour everything from the pan into the tomato and beans. Also sprinkle seaweed flakes or nori pieces, additional salt to the soup pot if needed. Finish the soup with a splash of lemon juice for brightness.

When serving, drizzle the bouillabaisse with olive oil, sprinkle with additional seaweed flakes, and add freshly ground pepper for extra flavor [21]. Enjoy!

## 3 CHEESE ALTERNATIVES

### Introduction

Cheese, as a product of dairy production, plays a significant role in our culinary landscape. Transitioning from traditional dairy cheese to alternatives made from nuts, seeds, and grain-based drinks like oat milk is an essential step toward reducing our ecological footprint.

Plant-based cheeses are not solely for vegans; they offer a conscious choice for anyone looking to make more environmentally friendly decisions. The tide is shifting! Meat and dairy are often linked, and by altering our dinner choices, restaurant selections, and fast food cravings, we can contribute to a more sustainable future. While countries with rich cheese-making traditions—such as France, the Netherlands, and Great Britain—hold cultural significance in dairy cheese production, it's crucial to expand our perspective and consider the health of our planet.

Imagine melting cheese strings, mouthwatering molded Camembert, crumbled Parmesan on your spring risotto, or sunset-colored Cheddar; these delights may still feel distant, but innovation within the plant-based cheese sector, fueled by creative minds and a willingness to experiment, is beginning to yield promising results.

Encouraging people to choose plant based cheese or any other dairy product involves demonstrating how to use it, what are the tricks in making them yourself and what are the pro's and con's in eating it. Environment first!

Plant-based cheeses are remarkably versatile, ranging from cream cheese and Parmesan-like options to sliceable varieties and salty feta alternatives that perfectly complement a Greek salad. There are even melting cheeses ideal for pizza nights, nachos, or warm cheese sandwiches to enjoy alongside your oat milk cocoa, topped with a sprinkle of pumpkin spice.



### 3.1. Main Ingredients

The food industry's vegan alternatives to dairy cheese primarily rely on coconut oil. However, when making your own cheese at home, the main ingredients are typically nuts and seeds. Additionally, more innovative vegan cheese options are being created using white beans as a base, offering a unique flavor and texture.

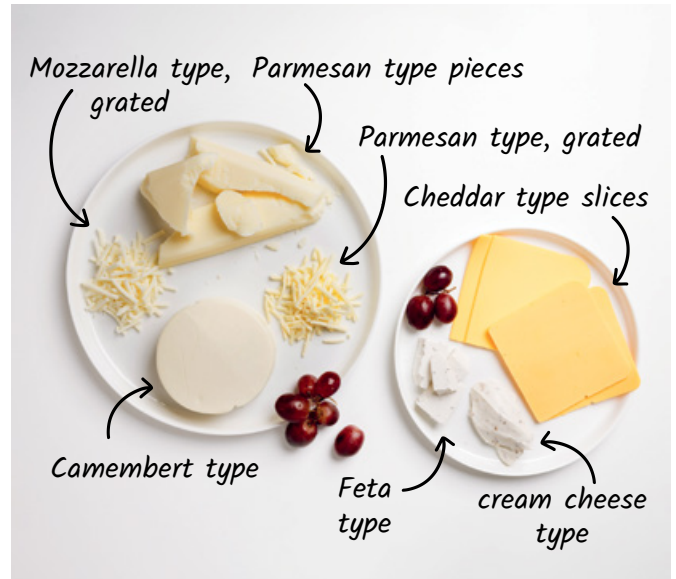


Figure 10. Various Vegan Cheese Alternatives

Foodstuff	Where to use
<b>cashew nuts</b>	soaked or cooked and pureed – cream cheese ground – grated Parmesan molded cheeses cheesecake
<b>almonds</b>	feta-like cheese, cream cheese molded cheeses
<b>coconut (oil and cream)</b>	feta-like cheese, cream cheese, sliceable cheese, cheesecake
<b>silken tofu</b>	cream cheese, cheesecake
<b>pumpkin seeds</b>	soaked or cooked and pureed – cream cheese molded cheeses
<b>sunflower seeds</b>	soaked or cooked and pureed – cream cheese ground – grated Parmesan molded cheeses
<b>potato</b>	pureed with carrots and nutritional yeast – cheese sauce
<b>white beans</b>	pureed in cheese mixture
<b>hemp seeds</b>	ground – grated Parmesan

Table 4. Main Ingredients



Figure 11. Main Ingredients for Making Cheese Alternatives

### 3.2. Improving Nutritional Value

Many supermarket products are already fortified with calcium and enriched with essential vitamins, particularly vitamin B12, which is crucial for vegans. Beta-carotene not only imparts a warm yellow color to vegan cheese and butter but is also converted into vitamin A in the body.

**Nuts and seeds** play a vital role in plant-based alternatives. Products made from these ingredients provide healthy fats, proteins, minerals, and vitamins. While nuts and seeds are high in fat, it's important to remember that cheeses made from them also contain a significant amount of energy.

**Nutritional yeast** is another excellent addition, providing a cheesy flavor while contributing B vitamins, including vitamin B12, and some varieties are fortified with vitamin D.

You can enhance the nutritional profile of your plant-based cheese by creating a **cheese sauce** from vegetables like carrots or sweet potatoes and using bell peppers for seasoning and color. Garlic and onion not only boost flavor but also provide antioxidants. Adding chia seeds or flax seeds can increase the omega-3 fatty acid content.

**Proteins to your vegan cheese?** Just add some white beans or silken tofu to your mixtures or add the hemp powder or some other protein powder to elevate the protein content.

**Fermentation** techniques improve the digestibility and nutritional quality of the plant-based cheese. By making cheese from scratch, you minimize processing and can use whole food ingredients, helping to preserve nutritional integrity. However, always adhere to hygiene standards when experimenting with fermentation to ensure safety.

#### → TIPS AND TRICKS!

Nuts and seeds should be soaked overnight or boiled briefly if you're short on time. Once soaked or boiled, drain them and blend with other ingredients in a high-speed blender until you achieve a smooth and creamy consistency. This process enhances the texture and makes it easier to incorporate flavors into your vegan cheese alternatives.

### 3.3. Creating Similar Texture and Appearance

Creating cheese-like alternatives is one of the most challenging tasks in plant-based cooking. Achieving the exact texture, appearance, melting properties, and mouthfeel of dairy cheese requires careful consideration of ingredients and techniques. Common options for creating vegan cheese alternatives include cashews, almonds, and macadamia nuts, which are favored for their ability to produce a rich and creamy texture. For a more budget-friendly and allergy-friendly choice, sunflower, pumpkin, and hemp seeds are excellent alternatives. Additionally, coconut cream, which has a mild coconut flavor, contributes to the creaminess and richness of vegan cheese, enhancing the overall mouthfeel without overpowering other flavors.

**Thickening agents** should be incorporated once the mixture has been transferred to a saucepan and cooked over medium heat, stirring constantly until it thickens. Agar-agar, a seaweed-derived gelatin substitute, is commonly used to help set and firm up plant-based alternatives. For softer cheese alternatives, like mozzarella, tapioca flour can be added to create a gooey, stretchy texture. Other options for thickening include arrowroot and cornstarch.

#### → FUN FACT

What is annatto? Annatto is a natural coloring agent and condiment derived from the seeds of the achiote tree, which is native to the tropical regions of the Americas. This vibrant orange-red pigment is commonly used in the dairy industry to enhance the color of products like cheese and butter. It is a popular ingredient in various culinary applications, including sauces, snacks, and marinades.

To achieve a desirable **cheese-like flavor**, incorporate ingredients such as nutritional yeast, salt, garlic powder, onion powder, and mustard. Miso paste is an excellent addition for enhancing umami flavor. For the

best results, consider adding probiotics, which promote fermentation in cultured cheeses.

Balancing the taste of your cheese can be achieved by introducing **acidity** with white wine vinegar, apple cider vinegar, or lemon juice. These acids are also effective in curdling milk alternatives.

The **color of the cheese** often indicates its type; for instance, cheddar is typically orange. To replicate this hue, add annatto powder or sweet paprika to your cheese mixture. Additionally, carrot or beetroot juice can provide natural coloring. To mimic the appearance of plain hard cheese, a small amount of annatto combined with turmeric can be effective. Don't hesitate to experiment with these ingredients to find the perfect balance and achieve the desired flavor and color!

#### → TIPS AND TRICKS!

Use a combination of nuts and seeds, coconut milk and as a thickening agent agar-agar and tapioca both to achieve a creamy texture similar to cheese.

Always taste your cheese alternative and adjust the flavorings to your preference. Pour the mixture into molds or containers and refrigerate until set. This process can take anywhere from a few hours to overnight, depending on the recipe, ensuring that your cheese alternative is ready for slicing.



### Cheese alternatives EXERCISE 1

Match the Words with the Correct Descriptions

One of the words has two correct answers. Which one?

1	lemon juice	gives good texture and yellow color for the cheese sauce
2	sunflower seed	thickening agent, so called vegan gelatin
3	potato	makes a creamy mixture for making vegan cheesecake
4	agar-agar	gives cheese-like taste and adds extra vitamins
5	nutritional yeast	needs soaking or boiling before pureeing in food processor
6	carrot juice	gives cheddar like yellow color
7	cashew nut	is good for balancing the taste and add acidity

## 3.4. Making Cheese Alternatives

### 3.4.1. Cream Cheeses

Cream cheese is one of the simplest plant-based cheeses to prepare. The key is achieving a harmonious balance of flavor, texture, and nutritional value while ensuring a creamy consistency that closely mimics dairy-based products. Cashews are the most popular choice due to their creamy texture but you can also use other nuts and seeds such as almonds, hazelnuts, macadamia nuts, or sunflower seeds.

Cashews are particularly popular for making cream cheese due to the rich creaminess they achieve after soaking. For improved preservation of the vegan cheese, you can also cook the nuts briefly. To create your cream cheese, add lemon juice, apple cider vinegar, nutritional yeast, garlic powder, onion powder, and salt to the soaked cashews. If needed, incorporate extra water or a milk alternative, adding it a teaspoon at a time to reach your desired consistency.

#### → TIPS AND TRICKS!

Before serving your cream cheese you can coat it with peppers, chopped herbs and nuts. Let your creativity shine!



#### → GOOD TO KNOW!

Store your homemade vegan cream cheese in an airtight container in the refrigerator, where it will keep for up to 5-7 days.

Blend all the ingredients until smooth, then adjust the seasoning to your liking. Transfer the mixture to a clean, airtight container and refrigerate for at least 1-2 hours to allow the flavors to meld and the mixture to firm up.

This delicious cream cheese can be served on toast and crackers, or used as a spread or dip for fresh vegetables.

### 3.4.2 Semi-Hard and Hard Cheeses

Vegan grated Parmesan is one of the simplest cheese alternatives to make at home, and it's sure to impress! To create this delightful topping, combine cashew nuts or almonds with garlic powder/onion powder, nutritional yeast, a pinch of salt, and a splash of lemon juice for acidity. Blend the mixture in your food processor until it reaches a coarse, sand-like texture. Store your homemade vegan Parmesan in a sealed container. Crafting plant-based semi-hard and hard cheeses,

such as Emmental, Cheddar, or Gouda, is significantly more challenging than making cream cheeses.

Important steps: soak the nuts, blend ingredients and then cook the mixture on a saucepan, stirring constantly, until it thickens. Taste and adjust! Pour your cooked mixture into molds or containers to set.

**→ TIPS AND TRICKS!**

For a nut-free vegan Parmesan alternative, use hulled hemp seeds or lightly roasted sunflower seeds. For a nut-free vegan Parmesan alternative, use hulled hemp seeds or lightly roasted sunflower seeds.

Main ingredients	Firming agents	Seasoning	Balance in acidity
raw cashews	agar-agar	nutritional yeast	lemon juice
almonds	tapioca starch	onion and garlic powder	apple cider vinegar
coconut cream	carrageenan	mustard	white wine vinegar
silken tofu		herbs	citric acid
		salt	
		miso-paste	

Table 5. Components When Making Semi-Hard Cheese

**3.4.3. White and Blue Cheese**

We can create two types of molded cheese—white cheese and blue cheese—both of which are semi-soft and made using different mold cultures. White cheese, such as Brie or Camembert, is produced with **Penicillium candidum**, while blue cheese, like Roquefort, utilizes **Penicillium roqueforti** cultures. The first mold creates a soft, edible white rind, while the second develops sharp and piquant flavors, resulting in the characteristic blue/green veins found both inside and outside the cheese.

A simple approach to making these cheeses is to use raw cashew nuts, which provide the perfect creaminess and richness. Incorporating probiotic cultures such as **Lactobacillus acidophilus** or **mesophilic cultures** will initiate the fermentation process, enhancing flavor and texture. Refined coconut oil can also be added for extra creaminess and to create a favorable environment for mold growth. Salt is essential not only for flavor enhancement but also for inhibiting the growth of undesirable molds. Once prepared, these cheeses can be stored in the freezer for several months. Additionally, other nuts and seeds can be substituted as the primary ingredient.

**→ TIPS AND TRICKS!**

Cheese platter and variety of cheeses: choose 3-5 different kinds of cheeses in texture and taste. There should be strong taste together with mild.

Enrich cheese platter with some fruit, berries, jam, crackers or cookies.



**Check the QR code for blue cheese making manual.**

### 3.4.4 Cheese Sauce

There are two primary methods for making delicious cheese sauces. The easiest method involves combining oat cream with a generous amount of nutritional yeast, a splash of mustard or Sriracha chili sauce for a kick, and a squeeze of lemon juice or apple cider vinegar for acidity. Season with salt and pepper, then blend until smooth. This sauce is perfect for drizzling over pasta, orzottos, salads, or grilled vegetables.

For a more wholesome option, boil carrots and potatoes in salted water until tender. Blend them into a silky, creamy sauce with nutritional yeast, a pinch of salt, and a splash of apple cider vinegar or lemon juice. This flavorful sauce pairs wonderfully with nachos, plant-based meatballs, fries, or as a drizzle over steamed vegetables.

### 3.5. Cooking with Vegan Cheese Alternatives

Cooking with vegan cheese can be a bit challenging, as these alternatives often don't behave like traditional dairy cheese and may not melt as well. When making dishes like pizza, opt for mozzarella or cheddar-like cheeses specifically designed for melting. For pizza, sprinkle the vegan cheese over your tomato sauce and then add your desired toppings on the top of the cheese. For Pasta and Risotto introduce cheese alternatives toward the end of cooking to retain their flavor and texture.

Combine cheese alternatives with plant-based cream, nutritional yeast, and seasonings to create a creamy, cheesy sauce that's perfect for pouring over gratins, serving as a dip for vegetables, or as a side for your patties.



#### → GOOD TO KNOW!

When choosing cheese-like products, always read the label carefully to determine if the product is specifically designed to melt or if it is better suited for crumbling over dishes like risotto.



### Cheese alternatives EXERCISE 2

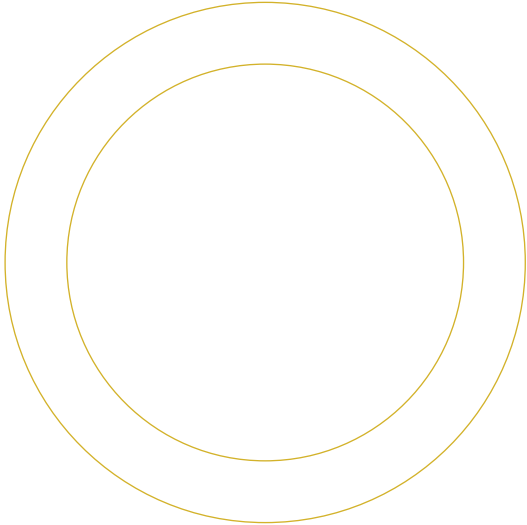
Answer the questions.

1. Name two methods for preparing cheese sauce	
2. How to make vegan Parmesan from hemp seeds?	



**Cheese alternative EXERCISE 3**

Assemble a cheese platter featuring three handcrafted vegan cheese alternatives, and be sure to include the main ingredient for each cheese.

Cheese 1		<p>Visualize Your Platter Here</p> 
Cheese 2		
Cheese 3		
Jam		
Fresh Fruit		
Crunchy Element		
Decorations		
Complete name of the cheese platter:		

### 3.6. Considering Sustainability Aspects

When evaluating the sustainability of vegan and plant-based cheese alternatives, it's essential to consider various factors, including environmental impact, resource use, social implications, and animal welfare. Dairy production has a significant environmental footprint, involving extensive land use for grazing and growing feed crops. This contributes to deforestation, habitat loss, and a decline in biodiversity. Additionally, methane emissions from cows, along with carbon dioxide released during feed production and manure management, contribute to greenhouse gas emissions. Water usage in dairy farming is another critical concern, as it is heavily consumed not only for hydrating livestock but also for growing feed, which can lead to water scarcity in certain regions.

In contrast, vegan cheese alternatives generally have lower greenhouse gas emissions, as nuts and seeds do not produce methane and require less land and water.

#### → GOOD TO KNOW!

From a scientific perspective, there are two types of freshwater on earth: blue water and green water. 'Blue water' is water in rivers and lakes, groundwater and the water frozen in glaciers and the polar ice caps. Freshwater is also found in plants, the soil and rain – experts call this 'green water'. [22]

For example, cashew-based dairy substitutes are more environmentally friendly than traditional dairy products due to their reduced greenhouse gas emissions. **Cashew** trees require less water than other nuts, such as almonds, and they rely primarily on "green water," or rain, in their natural tropical habitats. However, there are ethical issues related to worker mistreatment during cashew processing, as cashew shells contain a toxic substance that can cause rashes and blistering. Cashew nuts are rich in healthy fats and help stabilize blood sugar, and they can be used in a variety of foods, including creams. [23]

**Almonds**, grown primarily in California (USA), impact bees due to pesticide use to control diseases, leading to a significant decline in bee populations. A survey of commercial beekeepers reported that over 50 billion bees, representing more than one-third of USA commercial bee colonies, died in the winter of 2018-2019 [24]. This high mortality rate is attributed to pesticide exposure, diseases from parasites, and habitat loss, exacerbated by large-scale industrial agriculture practices. Although almonds have a large water footprint, their by-products are used to reduce waste. The hulls are used as dairy feed, while shells are turned into livestock bedding, contributing to the zero-waste concept in almond production. [25]

**Coconut** milk is commonly used in store-bought vegan cheeses, but how sustainable is coconut? While coconut trees are drought-resistant and require less land than other crops, large-scale cultivation can still cause deforestation, habitat loss, and biodiversity decline. Furthermore, the process of soaking, grinding, and pressing coconuts can consume significant amounts of water and lead to pollution if not managed properly.

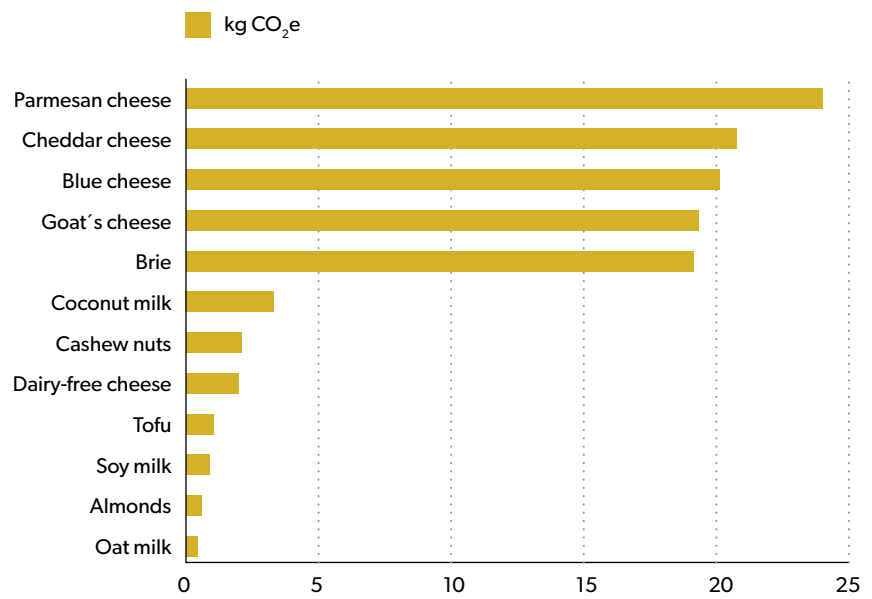
Another concern is the use of monkeys to harvest coconuts, a centuries-old practice in Thailand and other countries like India, Malaysia, and Sri Lanka. Critics argue that monkeys are often taken from the wild, kept in captivity, and forced to work, raising ethical concerns about animal welfare. [26]

Coconut products boast a low carbon footprint due to their reduced water and land requirements. However, the sustainability of coconut-based products can be impacted by transportation and processing methods. To ensure that these products are sourced sustainably and ethically, consumers should take into account the entire supply chain, which includes transportation, processing practices, and the ethical treatment of workers and animals.

In conclusion, while plant-based alternatives typically have a lower environmental impact compared to dairy, they still present sustainability challenges. Opting for vegan products fosters a more ethical

and sustainable food system, but it's essential to read labels carefully and consider factors such as sourcing, production methods, and packaging. Look for products that are fair trade, ecological, and locally sourced to support sustainable and ethical practices.

**Emissions per Kilograms**



Graph 1. Greenhouse Gas Emissions per kg of Food [27]



**Cheese alternatives EXERCISE 4**

Identify two raw materials you would use in the creation of your own vegan cheese alternatives. Which aspects should be taken into account keeping sustainability in mind (social, nutritional, ecological).

Raw material	Sustainability aspects

## 3.7. RECIPES FOR CHEESE ALTERNATIVES

### SLICEABLE CHEDDAR LIKE CHEESE

#### Ingredients

70 g raw cashews

375 ml filtered water

4,5 tsp powdered agar agar

1 tbsp carrot juice or 0,5 tsp turmeric

3 tbsp nutritional yeast

1 tbsp lemon juice

1 tsp salt

2 tsp dijon mustard

Pinch of garlic powder



#### Preparation

Rinse the raw cashews under cold water. Soak them for 4 hours or overnight to soften. If you're short on time, you can blanch them in boiling water for 15 minutes instead. Once done, drain the cashews.

In a saucepan, combine the soaked cashews, agar-agar, and water. Cook over medium heat, stirring occasionally. Allow the mixture to simmer for 5-6 minutes until the agar-agar has completely dissolved.

Add any remaining ingredients to the saucepan and blend the mixture on high speed until it reaches a smooth and creamy consistency. Taste and adjust seasoning as needed.

Lightly oil your mold to prevent sticking, then pour the cashew mixture into the prepared mold. Cover it and chill in the refrigerator until firm.

When ready, turn out the cheese from the mold and slice as desired. Use on sandwiches and salads.

## VEGAN GRATED PARMESAN-LIKE CHEESE

### Ingredients

55 g cashews

1 small garlic clove or 1 tsp garlic powder

0,5 tsp oil

Salt and freshly ground black pepper

1 tsp roasted onions or onion powder, optional

2 tbsp of nutritional yeast

Few drops of lemon juice

Pinch of turmeric, if desired for the color



### Preparation

Place the soaked cashews in a food processor. Add a clove of garlic, salt (or salt flakes), freshly ground pepper, and a generous amount of nutritional yeast.

Incorporate a tiny drop of oil and a splash of lemon juice to enhance flavor and texture. Blend the mixture!

Taste the mixture and adjust the seasoning as needed.

Transfer the vegan Parmesan to a glass jar for storage. This cheese alternative can be used just like grated Parmesan.

# CAULIFLOWER CHEESE

6 portions as a side dish

## Ingredients

550 g cauliflower

80 g cashew nuts

250 ml soy milk

4 tbsp nutritional yeast

1,5 tbsp Dijon mustard

1 tbsp oil (plus extra for greasing the baking dish)

Salt

Pepper



*Check the QR code for video tutorial how to make cauliflower cheese.*



## Preparation

Preheat the oven to 200 °C.

Place the cashew nuts in a pot of boiling water and cook for about 10 minutes. Once done, cool them down slightly and drain.

In a blender, combine the cooked cashews with soy milk and the other ingredients. Blend until you achieve a smooth and creamy consistency.

Bring a pot of salted water to a boil and cook the cauliflower florets for just 1 minute. Drain well.

Place the baking dish in the preheated oven and bake for 20-30 minutes, or until the top is golden brown and bubbly.

For an added touch, sprinkle with vegan Parmesan-like cheese before serving. Enjoy this delightful cauliflower cheese as a comforting side dish!



*Check the QR code for more recipes like cheese sauce with potatoes and carrots and grilled cheese sandwich.*

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