

Vegan Lasagne from Romagna – Lasagne Romagnole Vegan

Published by: Francesca Gasparini – Bologna

Sent by: Franco Tedaldi

Translated into English by: Emilia Lorusso

This recipe is published on the Italian part of the IVU site. It is from the Emilia Romagna (center-north Italy), first published by the IVU internet partner Francesca Gasparini (her site's name is Il Vero Momón). Lasagne is a dish from Bologna, while the spaghetti alla Bolognese is unknown to people from Bologna, who would find Bolognese sauce unsuitable for spaghetti. Though, vegan lasagne is unknown in Bologna.

My grandmother taught me how to make lasagne when I was young. Even though I prefer to make up vegetarian recipes (or to find those that are traditionally so) rather than to modify recipes that originally aren't vegetarian, it seemed to me that lasagne (the real ones, not those that you find in British or American restaurants) ought to be kept in our menu.

Ingredients for the dough:

250g flour (not too refined)
2 tbsp olive oil (extra virgin, cold pressed)
1 tbsp corn meal or arrow root

Ingredients for the sauce:

100g carrots, celery, onions, parsley, finely chopped
300g grilled seitan, chopped
1 tin chopped tomatoes
1 tsp sugar
extra virgin olive oil

Ingredients for the béchamel sauce:

3 tbsp white flour
2 tbsp olive oil (extra virgin, cold pressed)
300 ml soya milk (or vegetable stock)
salt
a pinch of grated nutmeg

Method:

To make the dough: mix all the ingredients and make a dough, adding fresh water, until the dough is soft but not sticky. Knead at length. Roll out the dough with a rolling pin, until it's very thin (it should be see-through, but without holes), sprinkle with flour whenever necessary. Cut the dough into rectangles 13x18cm. Sprinkle with more flour and keep aside, without piling the pieces.

To make the red sauce: put the chopped vegetables in a saucepan and add a tbsp of oil. Sauté until tender. Add the tomatoes, seitan and sugar. Cook this sauce until it is very thick. When removing from the cooker, add another tbsp of olive oil, salt and pepper to taste.

For the béchamel sauce: use a little saucepan with a heavy bottom. Pour oil and stir in the flour, until the mixture is tender. Add soya-milk (or vegetable stock) very slowly, and keep stirring, so that you will not have any lumps. Put to the cooker, and keep stirring, until the sauce becomes creamy and thick. Take off the cooker, and add salt and nutmeg to taste. Boil some water in a squat kind of pan, add salt and a drop of oil. Gently place the pasta sheets into the water (only three or four at the time) and cook for three or four minutes. Take the pasta sheets out with a slotted spoon, then cook the next batch. Spread some red sauce into an empty oven dish, making sure it's all covered. Then add a layer of pasta, then a layer of red sauce, then a third of béchamel sauce. And so on. End with a layer of pasta, and cover the surface with some béchamel, some red sauce (to add colour). You could sprinkle some vegan parmesan over the whole. Bake in an oven at 180GC (not too hot). It should be cooked by the time the top layer turns brown and crunchy.

Source: from the author of the site <http://www.ilveromomon.too.it> (Partner IVU). We have received her recipe for the lasagne romagnole, adapted for vegans.

Can be found on: <http://www.ivu.org/italian/recipes/lasagne.html>

Potato Pie from Apulia – Tortino Pugliese di Patate

Sent by: Franco Tedaldi - Bologna

Translated into English by: Emilia Lorusso

With the autumn increases my desire for hot food, and I like to satisfy it with regional recipes. This Potato Pie recipe is from my friend Salvatore of Taurisano (FG), who gave me his mother's recipe. It is from Apulia, extreme south east of Italy.

Ingredients for the dough (4-6 people):

1200g potatoes
500 ml soya milk
300-350g breadcrumbs
1/2 glass extra virgin olive oil
salt

For the filling:

250g courgettes
350g smooth tofu
1/2 onion
1/2 cup of parsley
1 tsp curry
1 drop of balsamic vinegar
salt

Method:

Boil the potatoes in their skins, then peel and mash them into a pan, adding, a little at the time, soya milk, half the oil, and 3/4 of the breadcrumbs. The result will be rather firm.

Sauté the onion in a saucepan with a little oil, and add the curry, then the courgettes, and a little water, a pinch of salt, and balsamic vinegar, if you like. Turn the heat off before the courgettes are completely cooked.

Grease an oven dish, and make a thin layer with the potatoes mixture, adding a little at the time that you have pressed between your hands. Over the first layer sprinkle half the parsley. Spread some smooth tofu over, and form a second layer. Third layer will be the courgettes. Sprinkle the other half parsley. Cover this with what's left of the potatoes dough. Use a spoon and oil to smooth the surface. Add breadcrumbs and blend them in with the oil.

Bake at 220GC for 40 minutes. Leave to set for two hours. Serve warm.
You may vary the filling according to your own imagination.

Can be found on: <http://www.ivu.org/italian/recipes/potatopie.html>

Polenta and Eggplant Sauce

From: Lori Penny

- 2c boiling water
 - 1/2 oz. dried mushrooms (anykind)
 - 6 1/2c water
 - 1 1/2c polenta or yellow cornmeal
 - 1 red pepper, cut in strips
 - 2T parsley
 - 2 1/2c canned tomatoes, crushed
 - 2c cubed eggplant
 - 1/2c chopped onions
 - 1T olive oil
1. In a small bowl, combine the boiling water and mushrooms.
Let soak until soft.
Drain, reserve the soaking liquid.
 2. In a large frying pan, heat oil.
Add eggplant, cook for 5 min. or until browned and soft.
Stir in mushrooms, peppers, and onions; stir constantly.
 3. Pour in the tomatoes and reserved mushroom liquid; bring to a boil.
Reduce heat and simmer for 45 minutes, or until sauce is thickened.
 4. Meanwhile, prepare the polenta by bringing the 6 1/2c water to a boil in a 3-quart saucepan.
Slowly whisk in the polenta or cornmeal.
Reduce the heat to low; cook, stirring often, for 30 to 35 minutes, or until thick and smooth.
 5. Pour the polenta onto a large serving platter and keep warm until sauce is ready.
Spoon the eggplant sauce on top. Sprinkle with parsley.

Serves: 2.

Preparation time: 20

Source: International Vegetarian Union website

Focaccia

From: cn1793

Recipe by: Madge Rosenberg THE BEST BREAD MACHINE COOKBOOK EVER;

Serving Size: 16

- 1 1/2 teaspoons active dry yeast
- 2 1/2 cups bread flour
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 1 cup water
- 1 tablespoon cornmeal
- 1 tablespoon olive oil
- 1 teaspoon coarse salt (kosher)
- 2 teaspoons dried rosemary

Add the yeast, flour, salt, vegetable oil, and water in the order suggested by your bread machine manual and process on the dough cycle according to the manufacturer's directions.

At the end of the dough cycle, remove the dough from the machine.
Preheat the oven to 450 degrees.

Cut the dough in half.

Press out each half into a circle about 9 inches in diameter.

Transfer to a pizza tray or cookie sheet dusted with the cornmeal.

Cover with a clean kitchen towel and let rise 5 minutes.

Press fingers into dough to create dimples.

(You can also make one large focaccia that will cover a whole 11-by-16-inch pan.)

Drizzle half the olive oil over each focaccia and sprinkle half the salt and half the rosemary on each.

Bake for 15 minutes, or until golden.

NOTES : Focaccia is a great snack; it can be cut up and served as an hors d'oeuvre, and it goes well with soups and pasta.

Instead of rosemary, try basil or thyme, or top the bread with olives.

Source: International Vegetarian Union website

Potato Gnocchi

Source: Dr.Weil Recipes

Gnocchi (pronounced "nyo-kee" and derived from the German word for "knuckle") are tasty little dumplings, one of Italy's oldest pastas dating back to the 12th century.

Traditional ingredients vary from region to region, with recipes including potatoes, flour, semolina, spinach and even bread crumbs.

My favorite base for gnocchi is the Idaho potato.

Potatoes are packed with complex carbohydrates, plenty of potassium, vitamins C and B-6, and lots of great minerals.

Potatoes convert to glucose in your body fairly quickly, triggering the release of insulin, which leads to increased levels of relaxing serotonin in your brain.

When making gnocchi (a relaxing activity in itself), to get a better surface for holding sauce, press each one into the curved cup of a fork, letting it fall to the floured surface once you've made an indentation.

Handle the gnocchi as little as possible and cook them right away if you can.

Toss the dumplings into the bubbling water and drink in the scented steam.

They will emerge light and delectable.

- 3 large baking potatoes
- 1-2 cups unbleached white flour
- salt to taste
- dash paprika
- dash grated nutmeg
- 2 tablespoons chopped fresh parsley

Peel the potatoes, cut in quarters, cover with cold water, bring to a boil, reduce heat, cover, and cook until tender.

Drain and mash.

To make the gnocchi, for each cup of mashed potato put 1 cup minus two tablespoons unbleached white flour in a bowl, and mix with salt (to taste) dashes of paprika and nutmeg, and the chopped parsley.

Add the warm potatoes and knead on a floured surface just until dough is well mixed and not sticky.

Let rest for 15 minutes.

Roll chunks of dough on floured board into logs about 1 inch thick.

Cut into diagonal slices about 3/4 inch thick.

Bring a large pot of water to the boil.

Add gnocchi.

After they rise to the surface, adjust heat and simmer for 10 minutes, uncovered.

Drain well and cover with your favorite pasta sauce.

Can be found on: [International Vegetarian Union website](#)

Eggplant Parmigiana

A delectable, flavor-rich version of the classic eggplant (aubergine) dish.

Recipe for Eggplant Parmigiana, contributed by Janey Macleod

Eggplant parmigiana is a great vegetarian stand-by. It can be found on the menus of Italian restaurants throughout the world, and is always a good choice for people who strive to avoid meat. When well made, it is truly delicious.

A Neopolitan friend tells me that eggplant parmigiana originates in Naples (where it's known as *parmigiana di melanzane*), and that it's impossible to find the genuine article outside that city. That may be true, but don't let it put you off. It's not at all difficult to make an excellent parmigiana at home, and while the result might lack the authentic flavor of the Tyrrhenian Sea, it should certainly please your family and dinner guests.

I've collected several recipes for eggplant parmigiana (aubergine parmigiana) over the years, but this one is my favorite. It's relatively easy to prepare, and produces consistently good results. The quantities given here will make an excellent dinner dish for two.

Note that genuine parmesan cheese is never strictly vegetarian, as the manufacturing process involves the use of animal rennet. However, it's possible to find vegetarian alternatives - sometimes labeled 'parmesan-style cheese' - and while this is not completely authentic, it still produces excellent results. You could even make a vegan version of eggplant parmigiana by substituting vegan versions of mozzarella and parmesan (adapted below).

- 1 large or 2 small eggplants (aubergines)
- Salt
- A little flour
- Olive oil for frying
- 1½ cups (12 fl oz, 360 ml) tomato sauce; or a 14-oz (400 g) can of tomatoes
- 5 oz (150 g) vegan mozzarella cheese, cut into thin slices
- ½ cup (2 oz, 50 g) vegan parmesan cheese, finely grated
- A few leaves of fresh basil (optional)
- Salt and pepper for seasoning

Oven: Pre-heat to 375F, 190C.

Start by salting and pressing the eggplant (aubergine). You need to do this several hours before you start the main part of the preparation. Cut the eggplant into ¼-inch (½ cm) slices, and arrange these on a large plate. Sprinkle with a generous amount of salt. Place another plate on top, and then place something heavy on top of that (I use three or four heavy books).

When you are ready to start cooking, wash the eggplant thoroughly and dry with a paper towel. Coat each slice with a little flour, and fry it for a few minutes in the heated olive oil.

Next, arrange half the slices of eggplant at the bottom of an oven-proof dish. Pour on half the tomato sauce along with the basil, then add a layer of half of each of the cheeses. Repeat the process with another layer of eggplant, tomato and cheese, ending with a sprinkling of salt and pepper.

Cook in the oven for about 45 minutes, removing the lid about ten minutes before serving.

Recipe for Eggplant Parmigiana (August 2005)

Source: adapted from www.veg-world.com