

Vegetarian Sauerkraut

by Alliance Végétarienne

6 persons

Ingredients

- * 2 kg uncooked sauerkraut
- * 6 large or 12 small to medium potatoes
- * 12 small smoked vegetarian sausages
- * 12 small slices of smoked vegetarian ham
- * 6 chunks or slices of gluten 'steak' cut into pieces
- * 4 laurel leaves
- * 1 tablespoon juniper berries
- * 1 teaspoon peppercorn (optional)
- * 1 tablespoon oil
- * 1 large glass of water

Preparation

1. Put sauerkraut in a colander and rinse briefly under cold tap water. Do not over rinse as this will wash the flavours away. Drain water by squeezing in your hands.
2. Spread one tablespoon of oil evenly over the bottom of a large anti stick pot.
3. Place the sauerkraut in the pot.
4. Add water, juniper berries, peppercorn and laurel leaves and mix with the sauerkraut.
5. Peel the potatoes, wash them and place them (whole, or quartered if they are very large) on top of the sauerkraut so they can steam cook with the sauerkraut. Alternatively, steam them separately and add them later.
6. Cook over medium heat, keeping an eye on the pot whilst cooking. Do not let all the liquid boil away. If necessary, add some water to prevent mixture sticking to pot.
7. When potatoes are cooked (test with a knife), place the vegetarian sausages, ham and gluten pieces on top and cook gently for another 10-12 min on low heat just to warm them up.
8. Serve on each plate individually, or serve on one large presentation dish kept warm on a dish warmer in the centre of the table.

Serve with mustard, a nice lager with or without alcohol, or a good dry white wine from Alsace.

Note: Never buy pre-cooked sauerkraut, although it may not have any meat in it, is always cooked in lard.

Vegetarian Cassoulet

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Serves 6-8

Ingredients

- * 1 kg dried small haricot beans
- * 2 carrots, peeled and sliced
- * 2 whole onions, each studded with a clove
- * 5 garlic cloves + 1 for rubbing the dish
- * 500 g fresh tomatoes diced (or 1 can of peeled tomatoes, or 3 tablespoons of tomato paste)
- * 3 tablespoons oil
- * 4 laurel leaves
- * 1 large twig of thyme
- * 1 tablespoon dried oregano
- * Salt and freshly ground pepper to taste
- * Vegetarian sausages, smoked tofu and gluten pieces (quantities according to preference)

Preparation

1. Roughly sort the haricots beans to get rid of grit. Place them in colander and rinse thoroughly in cold water to remove dust. Place in bowl, cover with cold water and leave overnight or approximately 12 hours.
2. Drain off water and place beans into large pot filled with cold water.
3. Add diced carrots, garlic cloves, laurel, thyme and onions studded with cloves.
4. Bring to boil and simmer for about two hours until the beans are cooked but still firm. Stir often to ensure the beans do not burn. If necessary, add a little boiling water whilst cooking. Liquid in pot should become smooth and thicken towards the end of cooking.
5. Add the tomatoes and oregano, stir well. Add salt and pepper to taste.
6. Rub the entire inside surface of a large oven dish (preferably terracotta) with garlic and oil.
7. Place bean and vegetable mixture in dish.
8. Preheat oven for 10 min to 150° (thermostat 4), then cook dish for about 20 minutes, take out, gently fold in the vegetarian sausages, smoked tofu and gluten pieces. Cook for further 10 minutes. Serve hot from oven.

Beans Bourguignon

Originally from: Brian Dobby - Shropshire, England

- 3oz shallots
- 4oz button mushrooms
- 0.5oz vegan margarine
- 1 pint vegan red wine
- bouquet garni
- 2 cloves garlic
- 1 tbsp tomato purée
- 2 cans mixed beans
- 3tsp vegan gravy granules

1. Sweat shallots and mushrooms in margarine
2. Add wine and herbs.
3. Boil for about 25 minutes to reduce
4. Add tomato purée and beans
5. Bring to boil, add gravy granules and simmer until thickened

Serve with wild rice and garlic bread.

Adapted from source: International Vegetarian Union website

Salade Nicoise Tofu

(Serves 6)

Firm tofu adds the texture and the looks to this vegan version of the classic "nicoise." Use a high quality olive oil for maximum flavor.

Dressing:

1/2 cup olive oil
1/4 cup fresh lemon juice
3 teaspoons mustard (Dijon gives a good flavor)
3 Tablespoons chopped parsley

Salad:

2 1/2 cups (about 1 1/2 pounds) firm tofu, cubed into 1/2 inch pieces
1 pound fresh green beans, cut into 3-inch lengths
4 cups assorted baby lettuces
2 salad tomatoes, wedged
1 1/2 cups cooked white or baby lima beans, chilled
1/2 cup thinly sliced red onions
12 Nicoise or Kalamata (black) olives
1 Tablespoon capers

For dressing, mix all ingredients in a nonmetallic bowl until well combined. Cover and refrigerate until needed.

For salad: Place tofu cubes in a nonmetallic bowl, brush with a small amount of dressing and allow to marinate for at least one hour.

Grill marinated tofu on a barbecue grill for 4 minutes or broil for 5 minutes. Allow to cool.

Blanch green beans in boiling water for a minute; remove immediately from water and "shock" in cold water for 30 seconds. Drain.

To present: Arrange lettuce on six individual plates. Distribute tofu evenly among plates and decorate each plate with pieces of tomato, a scattering of green and white beans, several slices of onion, 2 olives, and several capers. Drizzle remaining dressing over salads or serve on the side.

Notes: Haricot vert (extremely thin, young green beans) are traditionally used. Try to get the thinnest, freshest beans (and even do an assortment of wax and green beans). Black olives are also a tradition with Nicoise. Experiment with various types.

Total calories per serving: 415

Fat: 27 grams

Source: <http://www.vrg.org/journal/vj98nov/98bfrench.htm>