

# Main Dishes

Feed your comrades for the whole day or feast with your commune in abundance!

- Pumpkin Risotto
- Mushrooms Milanese
- Traditional Greek Stuffed Vegetables
- Seitan Strips
- Tacos for all
- Modular Egg-free Quiche

# Pumpkin Risotto

## Introduction

While rice has been a staple ingredient for millennia in Eastern and Southeastern Asia, this method of cooking originates in northern Italy. Plague had ravaged the countryside, and farmers had to come up with a way to make the best out of this new, cheap cereal.

**Time to prepare:** 40m

**Difficulty:** Easy

**Equipment:** Frying pan, wooden spoon, kettle or pot

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Opt-out

**Dish origin:** Northern Italy

## Ingredients:

- Water, 1L
- Medium grain rice (Arborio/Bomba/Brown/Parboiled/Carnaroli), 80-100g per person
  - [For greater nutrient availability, choose whole-grain rice if possible]
- Pumpkin (Hokkaido, other qualities), 50g per person
- Garlic (any type), 1 clove per person (max 3)
- Vegetable cube OR
  - Vegetable broth powder, 1tbsp OR
  - Vegetable broth, 1 cup
- Oil, 1 tbsp OR
  - Vinegar, 1 tbsp
- Butter (or margarine), 1 spoon
- White wine, 1 cup
- Optional: black pepper

## Preparation:

1. Put water to heat up in the pot or kettle.
2. Slice or mince the garlic and heat it up on the pan with the oil vinegar.
3. Dice the pumpkin and add it to the pan when the garlic is golden.
4. When the pumpkin cubes are starting to become soft, add the rice, the vegetable cube/powder and the glass of white wine OR one ladle of warm water from the pot/kettle.
5. Mix and add one ladle of warm water every few minutes.
6. When the rice is soft, lower heat and add the butter/margarine. Mix until melted.
7. Serve warm and add black pepper.



# Mushrooms Milanese

## Introduction

Many meat-based recipes will be reinvented and readjusted to accommodate for new, more environmentally-friendly diets and dishes. This recipe is the evolution of the *cotoletta alla milanese*, a traditional steak from Northern Italy, where mushrooms take the place of veal or chicken meat.

**Time to prepare:** 30m

**Difficulty:** Easy

**Equipment:** Frying pan, small bowl

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Opt-out

**Dish origin:** Northern Italy

## Ingredients:

- Frying oil, 200ml
- Oyster mushrooms, 150g
- Breadcrumbs, 1 cup
- Egg, 1 (1/2 water/flour mix)

## Preparation:

1. Wash the mushrooms and cut them to the size you prefer.
2. Heat up the pan and the frying oil.
3. Scramble the egg (1/2 water/flour mix) in the bowl, then dip each mushroom, first in the batter and then in the breadcrumbs, until completely covered.
4. Put the breaded mushroom in the frying oil and wait until golden.
5. Serve warm with a side of choice.

# Traditional Greek Stuffed Vegetables

Stuffed vegetables is a dish present in many different cuisines of Eurasia cultures (from Armenia to Spain). The Greek version of this dish usually consist of vegetables and a filling of rice (many call them "orphans") or a mixture of the rice and meat (code-named "married").

**Time to prepare:** 3 hours

**Difficulty:** Advanced

**Utensils:** Cutting knife, food processor, saucepan, carving spoon, large baking pan

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Yes

**Dish origin:** Greek

**Servings:** 6

## Ingredients:

Accurate quantities	Approximate quantities
<ul style="list-style-type: none"><li>• 4 large green peppers</li></ul>	<ul style="list-style-type: none"><li>• 4 large green peppers</li></ul>
<ul style="list-style-type: none"><li>• 8 large tomatoes</li></ul>	<ul style="list-style-type: none"><li>• 8 large tomatoes</li></ul>
<ul style="list-style-type: none"><li>• 25 gr. sugar</li></ul>	<ul style="list-style-type: none"><li>• 5 tsp sugar</li></ul>
<ul style="list-style-type: none"><li>• 1 clove garlic (whole) + 1 (minced)</li></ul>	<ul style="list-style-type: none"><li>• 1 clove garlic (whole) + 1 (minced)</li></ul>
<ul style="list-style-type: none"><li>• 80 gr. fresh mint or basil (chopped)</li></ul>	<ul style="list-style-type: none"><li>• 1 bunch fresh mint or basil (chopped)</li></ul>
<ul style="list-style-type: none"><li>• 40 gr. parsley or dill (chopped)</li></ul>	<ul style="list-style-type: none"><li>• 1/2 bunch parsley or dill (chopped)</li></ul>
<ul style="list-style-type: none"><li>• 60 gr. + 120 gr. + 80 gr. olive oil</li></ul>	<ul style="list-style-type: none"><li>• 4 tbsp + 1/2 cup + 1/3 cup olive oil</li></ul>
<ul style="list-style-type: none"><li>• 2 dry onions (chopped)</li></ul>	<ul style="list-style-type: none"><li>• 2 dry onions (chopped)</li></ul>
<ul style="list-style-type: none"><li>• 500 gr. glazed rice (washed)</li></ul>	<ul style="list-style-type: none"><li>• 1 package of glazed rice (washed)</li></ul>

• 15 gr. tomato paste	• 2 tbsp tomato paste
• 120 gr. vegetable stock	• 1/2 cup vegetable stock
• 4 potatoes	• 4 potatoes
• 25 – 30 gr. breadcrumbs	• 4 – 5 tbsp. breadcrumbs
• Salt & Pepper to taste	• Salt & Pepper to taste

☐ Veggies to be stuffed may vary depending on what you have available, feel free to add more peppers and less tomatoes, or even carve some eggplant or zucchini to be stuffed. Make sure your cooking pan is small enough keep all the veggies standing up, for the filling not to drop out. If your pan is bigger than what needed feel free to chop some more potatoes to add them between the stuffed veggies, just make sure to add a little bit more liquid medium on the interface of the veggies for the potatoes to be properly cooked.

## Preparation:

1. Wash all the vegetables and place them in a pan to make sure they fit. They must not be too crowded so that we can put the potatoes in the gaps.
2. Cut the cap off the green peppers and remove the white inside under the cap. Discard the seeds and keep the cap. Also, cut the caps off the tomatoes and delicately remove/carve their insides with a spoon, which we put in a separate bowl.
3. With a fork, prick the vegetables at the bottom in 4 places (optional for filling drainage).
4. Sprinkle the inside of each vegetable with 1/2 tbsp. sugar, salt and pepper.
5. Put the insides of the green peppers (optional), the insides of the tomatoes, the whole clove of garlic, the mint (or basil) and the parsley (or dill) in the food processor and grind them to make the filling sauce.
6. In a large pan, heat the 4 tbsp. olive oil over high heat and saute the onions and the chopped garlic clove for 2-3 minutes.
7. Add the rice and the tomato paste to the pan, saute for 1 more minute and extinguish with half the sauce and the vegetable stock. Cook for another 4-5 minutes or until the liquid is absorbed and take the pan off the heat.
8. Add 2-3 tbsp of salt & pepper and 1/2 cup of olive oil to the mixture and mix well. Adjust the taste, if necessary, with salt and pepper (at this point the rice should be quite salty).
9. Fill all the vegetables with the filling up to 3/4 of volume.
10. Preheat the oven to 170 degrees Celsius on air.
11. Clean the potatoes and cut them into wedges. Season them with salt and pepper and squeeze them between the vegetables.
12. Sprinkle the stuffed with 1/3 cup of olive oil and close the vegetables with their carved caps.
13. Pour the rest of the sauce with 1/2 cup of water into the pan and sprinkle the breadcrumbs all over.

14. Optional, in the case your oven is small and you fear the caps will get burned or if you don't want to check mid-baking to add liquids in the cooking pan: first cover the cooking pan with veggies with a piece of parchment paper and then seal very well with aluminum foil.
15. Bake for 1 hour, uncover or check for the liquids, and leave for another 30 minutes to 1 hour, depending on your oven.

☐ There should be some liquid left in the pan and the vegetables and potatoes should have started to dry out.

This recipe was expropriated from [VakiarosCooking Blog](#)

# Seitan Strips

If you are looking for accessible plant-based meat options, seitan is a very good choice. It has been used as mock meat in Asian cuisine for ages. This recipe is a basic preparation of seitan strips, feel free to evolve it and add the spices or flavors you think might enhance the experience.

**Time to prepare:** 20-30m

**Difficulty:** Medium

**Equipment:** Frying pan, small bowl, food processor/blender, cutting knife, small or mid-sized pot

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Yes

**Dish origin:** North America

## Ingredients:

- Vital Wheat Gluten, 150g
- 1/2 block extra firm tofu or mushrooms of your choice, 200g
- 1/2 onion, white or red
- 1 medium carrot
- 3-4 garlic cloves
- 2 tablespoons paprika
- 1 tablespoon cumin
- 1 teaspoon black pepper
- 1 tablespoon nutritional yeast (optional)
- 1 teaspoon chili powder (optional)
- 3 tablespoons soy sauce or soy free alternative
- Vegetable broth (optional)
- Wine (optional)

## Preparation:

1. Peel and chop the vegetables (if using portobello mushrooms those too), in a frying pan with a splash of vinegar or water fry the vegetables for 2-3 minutes.
2. Add them to a food processor or blender together with the soy sauce/soy free alternative (and tofu if using soy). Blend until you have a relatively smooth paste.
3. In a bowl mix the vital wheat gluten and spices, add the paste and mix well.
4. Knead the dough for 2-3 minutes, if too sticky add more vital wheat gluten.
5. Flatten out the dough into the dimensions you want the seitan to have and now you have two options:
  1. Fry the strips in oil for about 5 minutes, constantly turning them



2. Heat a pot of water, add vegetable broth and wine (if available). Once the water is boiling reduce the temperature and let

Recipe is an inspiration from "Street Vegan" cookbook

# Tacos for all

Originally from central **Abya Yala** (the name of the american continent since Pre-Columbian times in Kuna language), tacos are a very fitting solarpunk dish since the fillings and the tortilla themselves don't necessarily have to be from specific ingredients. So use this recipe more like a guide to experiment on your own using as many regional ingredients as possible.

## 1. Tortillas

**Time to prepare:** 20-30m

**Difficulty:** mid-level

**Equipment:** Frying pan, big bowl, rolling pin

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Yes

**Dish origin:** Central Abya Yala

## Ingredients:

- Corn flour (suitable for tortillas), Wheat flour, Rice flour, Tapioca flour, etc. (some flours might work better than others) 150 gr
- A pinch of salt (optional)
- Spices of choice (optional)
- Mashed pumpkin or sweet potato (still warm), 100 gr (optional)
- Lukewarm water, 180-200 ml (if using mashed pumpkin or sweet potato reduce the amount of water used)

## Preparation:

1. Mix the flour of choice with the salt and then slowly add the water while you mix it with your hands. Add enough water so that there is no more dry flour around but not too much so that you can still knead the dough without it being too sticky.
2. Make small balls out of the big dough and spread them out on a surface with flour with a rolling pin as much as possible.
3. Heat your pan without oil and cook the tortillas for 20-30 seconds per side depending on the temperature.
4. Let them cool and use them the same day or store in a closed container in the fridge. Stacking them is ok.

## 2. Filling

**Time to prepare:** 1 hour to 1.5 hours

**Difficulty:** easy

**Equipment:** Pot, knife, cutting board/place, spoon

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Yes

**Dish origin:** Central Abya Yala

## Ingredients:

- pre-soaked beans of your choice, or canned pre-cooked ones, 150 gr
- Spices of choice
- regional vegetables of choice, 50-100 gr
- soy meat (optional), 50 gr
- vinegar of choice, 1 tbsp
- chili, paste/powder/fresh, if you want it spicy, 2 tbsp
- Water

## Preparation:

1. Cut the vegetables into small pieces.
2. Place the pot on the stove.
3. Add the vinegar and vegetables, let them fry for a minute or two constantly moving them.
4. Add the chili (optional)
5. Add the beans, if pre-cooked with 100-150 ml of water, if pre-soaked enough water to cover them twice and let cook in slow fire/setting.
6. Add the soy meat (optional)
7. Add the spices and check the pot every now and then so it doesn't dry up. Add water if necessary.
8. Cook until beans achieve your desired consistency.

### 3. Salad

**Time to prepare:** 5-10 minutes

**Difficulty:** easy

**Equipment:** Knife, cutting board/place, spoon, small bowl

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Yes

**Dish origin:** Central Abya Yala

## Ingredients:

- salad vegetables of choice, enough to fill 1 small-medium sized bowl

- spices/fresh herbs, 1/4 tsp each, 1 tsp for fresh
- dressing of choice (i.e. vinegar or lemon juice)

## Preparation:

1. Cut the vegetables into small pieces.
2. Place them in bowl, add dressing and mix.

## 4. Sauce

**Time to prepare:** 5-10 minutes

**Difficulty:** easy

**Equipment:** Knife, cutting board/place, spoon, small bowl, blender (optional)

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Yes

**Dish origin:** Central Abya Yala

## Ingredients:

- fat source from a fatty fruit like avocado (mashed) or nut or seed butter of choice, 100 gr
- spices/fresh herbs of choice, 1/4 tsp each, 1 tsp for fresh
- vinegar of choice, 2 tbsp
- Miso or salt, 1 tsp
- chili fresh(optional), 1 tbsp

## Preparation:

1. If using blender place all ingredients in it and blend. If no blender is available cut the chili and fresh herbs into small pieces. Add them to the bowl
2. Add the rest of the ingredients into the bowl and mix with a fork.

Now you can place all the ingredients on the table and start building your own tortillas with the ratios you prefer. Of course you can go wild and have more than one filling, sauce or salad, these are just references to fill your tortillas and make some satisfying tacos. So now give it a shot and refine your skills with each time and come up with recipes of your own!

# Modular Egg-free Quiche

**Time to prepare:** 30-40 minutes

**Difficulty:** Easy

**Equipment:** Frying pan, baking pan, blender/hand mixer/potato masher, wooden spatula, whisk/fork, knife

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Yes

**Dish origin:** France

## Ingredients:

### Filling

- 300 gr. Tofu or 200 gr. chickpea flour for soy free version
- Water or plant based natural yogurt, 150 - 200 ml, could be more could be less depending on the texture of the cream
- 3-4 vegetables of choice
- 2-3 spices of choice
- nutritional yeast, 1 tablespoon (optional)
- Miso or salt, 1 teaspoon

### Dough

- 1 cup of flour of choice can be with or without gluten
- 2-3 tablespoons of nut/seed butter of choice
- 1 tablespoon of any seed of choice
- 1-2 spices of choice
- Water, adding tablespoon by tablespoon until dough is not sticky and can be kneaded by hands
- Miso or salt, 1/2 teaspoon (optional)

## Preparation:

1. Place all of the **Filling** ingredients, except the vegetables into a blender or bowl if mixing with hand mixer or masher/whisk and mix until a creamy consistency is reached. If using chickpea flour you just need to mix everything with a whisk and slowly add the water.
2. Slice your vegetables into their desired size (preferably small cubes) and heat them in a pan with a bit of vinegar/water/oil of choice. Once the vegetables are a bit cooked you can add them to your **Filling** mixture.
3. Put all the ingredients of the **Dough** mixture, except the water in a bowl and mix. Slowly add the water until you can knead the dough with your hands and it is not sticky. If you

added too much water just add more of your flour.

4. Depending on the size of your baking pan you might need to increase the dough size or make several batches. Grease the pan and place your dough in it molding it so that it fits the pan.
5. Bake the dough for 5 minutes on 180 °C.
6. Without turning off the oven take out the dough, add the filling and bake again for 10-20 minutes depending on the consistency of the cream you desire.
7. Slice and serve.