



Flavours

BELGIUM

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about me

25, live in Brussels, have my own communication company. Love food, music and film. Training for my first triathlon. Vegan.

intro

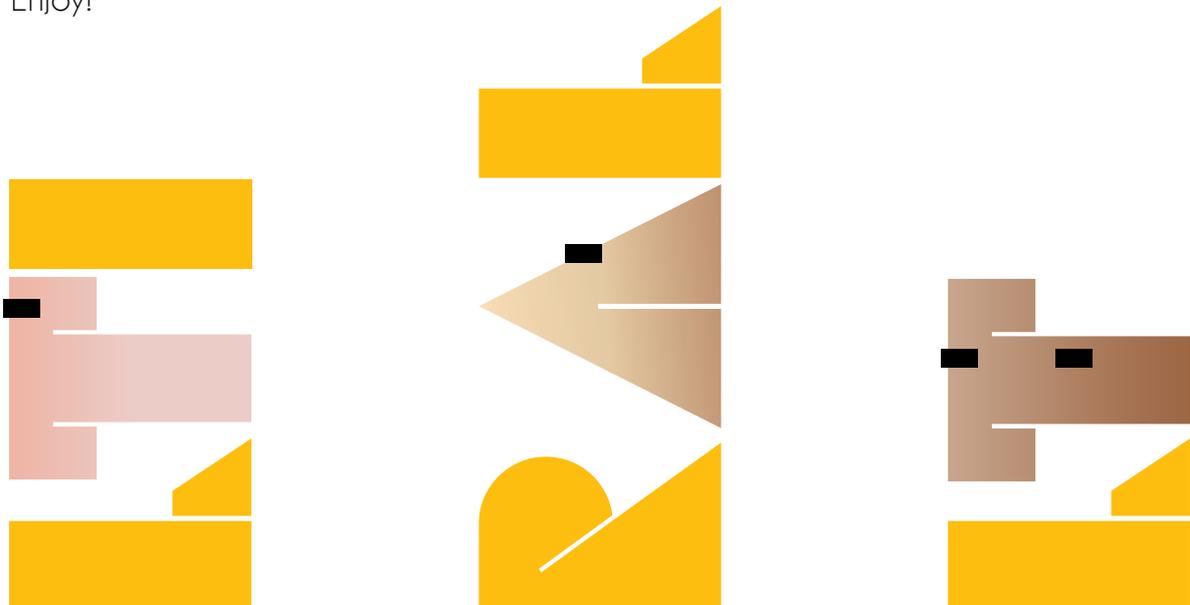
Belgians traditionally fill their plate with 3 things: potatoes, meat and 1 vegetable. Fortunately also pasta, rice and other more exotic dishes have become popular in the last 20 years.

Typical Belgian-grown products are endives, potatoes, apples, mussels, beef and asparagus.

Belgians typically love fries, chocolate, beer, cheese, beef stew, endive gratin, meatballs and shrimps.

As I've been a vegetarian my whole life and vegan since 8 months, I am not a fan of the traditional Belgian plate-of-three. I make the typical dishes in a plant-based version, create my own vegan recipes or get inspired from blogs like Rens Kroes.

Enjoy!



SPIRAL QUICHE



20min
+ 1h waiting time

I love quiches and I thought it would be very hard to make them without eggs, until I found this great Rens Kroes recipe. The oven in my apartment doesn't work very well, so I take every opportunity to prepare it when I'm at my parents' or colleague's house.

filling

- 2 zucchini
- 3 eggplants, preferably Chinese variety
- 3 large carrots, in as many colors as you can find

ingredients

crust

- 375 g (scant 4 cups) almond flour
- 1 tsp oregano
- a pinch of sea salt
- 1/4 tsp freshly ground black pepper
- 2 cloves garlic
- 50 ml (1/4 cup + 2 tsp) olive oil
- 1 and 1/2 tbsp coconut oil, melted
- 200 ml (scant 1 cup) water

sauce

- 200 g (7 oz.) cashews
- 100 ml (scant 1/2 cup) water
- 2 tbsp olive oil
- 15 g (0.5 oz.) basil leaves
- 40 g (1.5 oz.) sundried tomatoes, with sea salt
- sea salt and pepper, to taste
- 1/2 lemon

directions

Soak the cashews in water for at least an hour. Preheat the oven to 180°C. Combine all the dry ingredients for the crust in a mixing bowl, press the cloves of garlic into the bowl and add the olive oil and 200 ml (scant 1 cup) water. Using a spoon, stir the mixture until it begins to bind, then continue kneading using your hands. Let stand for 10 minutes. Meanwhile, make the sauce by draining the cashews, transferring them to the food processor and blending until smooth. Then add 100 ml (scant 1/2 cup) water, the olive oil, sundried tomatoes, basil, salt and pepper the juice of a half a lemon. Blend again until smooth.

Grease the quiche pan using coconut oil and press the crust 'dough' into the bottom and sides of the pan. Spoon about 1/2 of the sauce into the crust. Slice the zucchini, carrots and eggplant into long thin strips using the mandolin or a vegetable peeler. Roll a slice of zucchini into a tube and place it upright in the middle of the bottom of the quiche. Wrap the zucchini with a slice of eggplant, twisting around and around until the entire quiche is filled with a large spiral of vegetable slices. Thin out the leftover sauce with a bit of water and pour over the quiche filling. Place the tart in the preheated oven for 40 to 50 minutes, checking its progress every so often. Once you can easily insert a fork into the carrot, the quiche is done.

ASPARAGUS CREAM SOUP



15min
+ 25min cook time

My mother is crazy about asparagus, and although it took me more than 20 years, I have learned to eat, and in this case, drink them as well. I usually use Alpro cream for creamy recipes, but in the meantime I know that cashews and here cauliflower do wonders, too!

ingredients

- 1 tablespoon olive oil
- 1 yellow onion, thinly sliced
- 3-4 cloves garlic, minced
- 2 pounds asparagus, ends trimmed and chopped
- 1/2 head medium cauliflower
- 6 cups vegetable broth
- 1 juice of lemon
- 1/2 cup nutritional yeast
- salt and pepper, to taste

optional toppings

- vegan parmesan cheese
- caramelized onions
- fresh asparagus
- freshly ground pepper

directions

Heat oil in a large stock pot over medium-high heat. Stir in onions and garlic and cook until onions are translucent, about 7 minutes.

Add asparagus, cauliflower, and vegetable broth. Bring to a boil, then reduce heat to a simmer. Simmer for about 10 minutes, until asparagus and cauliflower are tender.

Transfer soup to a blender (this may have to be done in batches) and blend until smooth. Return to heat and stir in lemon juice, nutritional yeast, and salt and pepper.

Serve with desired toppings.

STOEMP

/MASHED POTATOES/



30min

Why not make mashed potatoes a full meal? That's what some Belgians must have thought hundred years ago.

ingredients

- 1 head of cauliflower (400 g, 1 1/4)
- 2 sweet potatoes (yams) (600 g, 4 cups)
- 250 g mixed seasonal mushrooms
- 2 large carrots (180 g, 1 and 1/4 cup)
- 1 organic vegetable bouillon cube
- 1 large red onion
- coconut oil, for frying
- 2 cloves garlic
- sea salt and black pepper, to taste
- 1 tbsp mustard
- 1 tbsp soy sauce
- 1/2 tsp cayenne pepper

directions

Wash the vegetables and mushrooms. Cut the cauliflower into florets and chop the stalk. Slice the carrots into rounds. Boil the cauliflower, carrots and sweet potatoes (yams) separately and drain, reserving about a cup of the cooking liquid from the sweet potatoes. Crumble the bouillon cube into the cup of cooking liquid and stir until dissolved.

In the meantime, chop the onion and sauté until glassy in about a tablespoon of coconut oil in a frying pan. Peel the garlic and press (using a garlic press) into the sautéed onion. Transfer to a plate and keep separate from the other ingredients until it is time to combine. Slice the mushrooms and sauté in a tablespoon of coconut oil in the same frying pan. Let the moisture cook off and season to taste with salt and pepper. Mash the sweet potatoes, adding the cooking liquid/bouillon mixture and onions until fine. Mash the remainder of the vegetables coarsely. Add the vegetables to the sweet potato puree and mix to combine. Season the mash with mustard, tamari, cayenne pepper and black pepper. Season to taste. Garnish the mash with the sautéed mushrooms



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