

Vegetable RISOTTO with CERIA*

Sent by: Jitka Skockova

Czech society for nutrition and vegetarianism

5 portions

Ingredients	quantity (gr.)	quantity (other)
Water	450	3/4 pint
Brown rice	350	14 oz
CERIA	200	9 oz
Carrot	30	1 oz
Onion	100	1 medium onion
Frozen peas	200	9 oz
Salt	6	1 teaspoon
Oregano	0.8	1 teaspoon
Ginger	1	1/4 teaspoon
Oil	20	2 tablespoons
Maha** spice	5	1 teaspoon
Curry	4	1 teaspoon
Vegetable stock	100	4 oz

Instructions

Wash the rice and soak overnight. Pour water over the rice, add salt and boil. Heat oil, toss Maha spice and chopped onion in this; fry until golden brown. Add chopped CERIA, fry for 2 min. Add peas, chopped carrot, and fry again. Pour the stock over the mixture, mix well and cool. Add the rice and mix.

Serve with vegetables.

* CERIA = flavored wheat protein, can be replaced by tofu or cooked and flavoured soya meat

** Maha spice = a mixture of caraway seeds (mainly), coriander and mustard seeds

CERIA goulash

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Ingredients	quantity (gr.)	quantity (other)
CERIA	350	14 oz
Water	900	1.5 pint
Flour	30	2 tablespoons
Green pepper	75	3 oz
Onion	80	3 oz
Tomato purée	50	2 oz (3 tablespoons)
Oil	10	2 teaspoons
Garlic	10	2 cloves
Salt	5	1 teaspoon
Maha spice	5	1 teaspoon
Sweet paprika	5	1 teaspoon
Marjoram	1	1/4 teaspoon
Leek	20	1 oz

Instructions

Heat the oil, add Maha spice and fry until golden brown. Add finely chopped onion, mix, and fry until coloured. Add chopped CERIA and mix again. Add paprika, preheated tomato purée, mix, add chopped pepper, add salt and water. Thicken with fried flour blended with water and boil for 20 minutes. Season with crushed garlic and marjoram.

Serve with wholemeal bread, pasta, rice, or dumplings and vegetable salad.

CERIA loaf

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Ingredients	quantity (gr.)	quantity (other)
CERIA	400	1 lb
onion	100	1 medium onion
garlic	10	1 clove
oil	20	2 tablespoons
breadcrumbs	40	5 tablespoons
linen seed stock	200	16 tablespoons
marjoram	1,6	1/2 teaspoons
Maha spice	4	1 teaspoon
white pepper	1	1/4 teaspoon
rosemary	1	1/4 teaspoon
water	100	10 ml
oil	30	3 tablespoons
soya sauce	10	1 tablespoon
dried yeast	8	1 tablespoon

Instructions

Make the linen seed stock.

Heat the oil and add Maha spice until golden. Mince CERIA with garlic and onion. Add Maha spice, pepper, marjoram, rosemary, breadcrumbs, and mix well. Form the mixture into a loaf, put on a greased tray, and brush it with the mixture of water, oil, yeast, and soya sauce. Roast for 30 min in a moderately hot oven, 190 C, Gas Mark 5.

Serve with boiled, roast, or mashed potatoes.

CERIA rolls

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Ingredients	quantity (gr.)	quantity (other)
vegetable stock	750	1,25 pint
CERIA	500	1 lb
onion	100	4 oz (1 medium onion)
plain flour	50	2 oz
pickled cucumbers	100	4 oz (1 – 2 small cucumbers)
green cabbage	75	3 oz
red pepper	50	2 oz
oil	30	2 tablespoons
Maha spice	20	4 teaspoons
white pepper	0.5	a pinch
salt	5	1 teaspoon
mustard	10	2 teaspoons

Instructions

Cut CERIA in slice 1 cm thick and tap slightly. Brush each slice with mustard, sprinkle with salt and pepper. Lay finely chopped onion, pepper, cucumber, and cabbage into the centre of the slices. Roll the slices and tie them with a string.

Heat the oil with Maha spice, add onion and fry until brown. Put the rolls on the pan, pour in the stock, and simmer for 20 min.

Serve with rice, potatoes, or vegetables.

CERIA schnitzel

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Ingredients	quantity (gr.)	quantity (other)
water	500	1 pint
vegetable stock cube		1 cube
CERIA	250	10 oz
potato starch	30 g	2 tablespoons
seasoned salt	5 g	1 teaspoon
minced linen seed	30 g	2 tablespoons
breadcrumbs	100 g	4 oz

Instructions

Boil the stock cube with water; cut CERIA in slices, put into a shallow dish and pour over with part of the boiling stock. Make sure the slices are completely soaked. Grind the linen seed, fry until crispy, and add into the rest of the stock. Boil the stock until thick, add starch and seasoned salt. Dip CERIA in the mixture and cover in breadcrumbs. Fry the slices on both sides in hot oil until golden brown.

Serve with potato salad, mashed or boiled potatoes.