

Cozido à Portuguesa

From: Cristina Rodrigues,
www.centrovegetariano.org

Ingredients:

½ cup of soy cubes
1 soy *farinheira* (type of sausage mainly filled with soy flour, flour and several condiments as salt and cumins)
1 soy *chouriço* (type of sausage mainly filled with soy, garlic, vinegar, red wine and let to dry over smoke)
2 or 3 average size potatoes
4 big leaves of green cabbage
½ white cabbage
2 or 3 carrots
1 turnip
1 onion
a pinch of salt
a pinch of cumin
water

Preparation:

Heat some water in a big pot and season with salt and cumins. Add the rest of the ingredients accordingly to the time each one takes to cook (first the potatoes, the turnip and the carrots and, then, the cabbages, the different kinds of sausages and the soja cubes).

Leave it to boil and stir gently with a wooden spoon. Then, leave it to cook for about 20 minutes and season to taste.

Vegan Feijoada

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Ingredients:

2 cups of pre-cooked red beans
1 cabbage
2 carrots
3 mature tomatoes
1 bay leaf
1 chopped onion
2 garlic
2 heads of garlic
salt
olive oil

Preparation:

In a pan, heat some olive oil and add the onion, garlic and the bay leaf. Fry gently and add the chopped tomatoes, leaving it to stew for two or three minutes. Add some water. Chop the carrots into thin round slices and add them along with the cabbage leaves to the cooking. When the vegetables are almost cooked, add the beans. Leave it to cook in a low heat and serve with brown rice.

SOUPE

Caldo Verde

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Ingredients:

250g of green cabbage cut into small pieces

700g of potatoes

½ soy *chouriço* (type of sausage mainly filled with soy, garlic, vinegar, red wine and let to dry over smoke)

1 onion

2l water

olive oil

salt

Preparation:

Boil the water, add the potatoes sliced into small pieces, the onion and a pinch of salt. When you see that the potatoes are cooked mix everything with a magic wand and, then, leave it to cook again. When it starts boiling add the cabbage, some olive oil and let it simmer until the cabbage is slightly cooked. Cut the soy *chouriço* into round slices and add them to the soup.

Serve with corn or rye bread.

DESSERT

Vegan leite-creme

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Ingredients:

1 l soy milk

1 orange or lemon peel

1 cinammon stick

4 tablespoons sugar

4 tablespoons cornstarch

Preparation:

Dissolve the cornstarch in a bit of milk and mix it along with the rest of the ingredients in a pot at medium heat. Do not stop stirring until it bubbles. The cream is ready when it turns thick.

Remove the peel and the stick and pour the cream into individual dessert bowls.

Sprinkle with cinammon and sugar if desired. Serve hot.