

## **British recipes**

Veggie Haggis  
Ale and Mushroom Puff Pastry Pie with Champ  
Blind Scouse (Liverpool)  
Cornish Pasties (Cornwall)  
Vegan Cheese Pie  
Creamy Cashew Nut and Almond Roast  
Gravy  
Yorkshire Puddings  
Chestnut Wellington Roast  
Bangers and Mash

## **Irish recipes**

Vegetarian Irish Stew  
Colcannon  
Champ!

## **French recipes**

Vegetarian Sauerkraut  
Vegetarian Cassoulet  
Beans Bourguignon  
Salade Nicoise Tofu

## **Spanish recipes**

Gazpacho Andaluz  
Tortilla De Patatas  
Vegan Paella

### **Regional recipes from the Alpujarras (Granada):**

Pez de tierra (Land fish)  
Pinchitos morunos (Moorish kebabs)  
Salmorejo (A traditional summer recipe from Córdoba)  
Alternative salad dressing (from Madrid)  
Patatas con setas (Potatoes with oyster mushrooms)

## **Portuguese recipes**

Cozido à Portuguesa  
Vegan Feijoada  
Soupe: Caldo Verde  
Dessert: Vegan leite-creme

## **Italian recipes**

Vegan Lasagne from Romagna – Lasagne Romagnole Vegan  
Potato Pie from Apulia – Tortino Pugliese di Patate  
Polenta and Eggplant Sauce  
Focaccia  
Potato Gnocchi  
Eggplant Parmigiana

## **Swiss recipes**

Swiss Lentil Soup  
Rosti  
Mountain-Style Pasta with Apple mousse (Äplermagronen mit Apfelmus)

## **German recipes**

"Speckknoedel" mit Sauerkraut  
("Bacon" dumplings with sauerkraut)  
"Sauerbraten" with Brown Sauce  
"Goulash"  
Seitan Pieces in Creme Sauce  
Traditional German Stew  
Vegan Pancake  
Apple Soup  
Frankfurt Green Sauce

## **Greek recipes**

Greek Lasagna  
Vegetarian Moussaka

## **Czech recipes**

Vegetable Risotto With Ceria  
Ceria Goulash  
Ceria Loaf  
Ceria Rolls  
Ceria Schnitzel

## **Hungarian recipes**

Potatoes Paprikash  
Rizseslecso  
Spicy Bean Goulash

## **Polish recipes**

### **Soups:**

Yellow pea soup (Grochowka)  
Beetroot soup (Barszcz czerwony)  
Sauerkraut soup (Kapusniak)  
Millet soup (Krupnik)

### **Main dishes:**

Sauerkraut mish mash (Bigos)  
Vegetable mish mash (Gulasz warzywny)  
Oats cutlets (Kotlety z platkow owsianych)  
Potato cakes (Placki ziemniaczane)  
South Polish potatoes with sauerkraut (Ziemniaki z kapusta po Slasku)

### **Pates for bread:**

Lentil pate (Pasta z soczewicy)  
Green pea pate (pasta z zielonego groszku)

### **Desserts:**

Apple jelly  
Strawberry rice (Ryz z truskawkami)

### **Drinks:**

Compote (Kompote)  
Apple-peppermint drink (Napoj jablkowo-mietowy)

## **Russian recipes**

Borsch