

Meatless Meatball with Creamy Mushroom Sauce

Servings: 8

Ingredients

- 2 lbs white mushrooms, finely chopped
- 3 tbsp olive oil
- 3 pinch salt
- 3 tbsp butter
- 1 medium sized finely chopped onion
- 8 cloves garlic, minced
- 2 cups Panko breading
- 2 cups shredded parmigiano cheese
- ¼ cup chopped flat-leaf (Italian) parsley
- 6 large eggs (half for breading)
- 1 cup all purpose flour
- Freshly ground pepper to taste
- 1 pinch cayenne pepper, or to taste
- 1 pinch dried oregano

Mushroom Sauce

- 1 ltr vegetable stock
- 2 cups cream 35%
- 1 cup chopped mushrooms
- ¼ cup diced onions
- 3 cloves minced garlic
- Salt and pepper to taste
- 1 pc lemon (juice and zest)
- Parsley

Meatless Meatballs

1. Heat olive oil in a skillet over medium-high heat. Add mushrooms to the hot oil, sprinkle with salt, and cook and stir until liquid from mushrooms has evaporated. Stir butter into mushrooms, reduce heat to medium, and cook and stir mushrooms until golden brown, about 5 minutes.
2. Stir onion into mushrooms and cook, stirring often, until onion is translucent, 5 minutes. Remove skillet from heat and stir garlic into mushroom mixture until fragrant, about 1 minute. Transfer mixture to a mixing bowl.
3. Mix panko into mushroom mixture until thoroughly combined. Gently stir Parmigiano-Reggiano cheese into the mixture, ¼ cup parsley, and 1 egg; season with salt, black pepper, cayenne pepper, and oregano. Mix together with a fork until crumbly. Stir in remaining 1 egg. The mixture should hold together when pressed.
4. Start rolling the meatballs with your hands in your desire size. Place the meatballs in the tray. Once all the meatballs are done, prepare your breading station, whisked eggs in a bowl, flour in another bowl and panko bread crumbs.
5. Coat the meatballs in flour first, then dip them to the egg, and lastly cover in panko. When all the meatballs are completely done, place them in the freezer for at least 20 minutes and fry them all till they're golden brown.
6. Serve hot with sauce.

Creamy Mushroom Sauce

1. Sautee the chopped mushrooms till they all turn brown, then add the onions and garlic. Leave it for 5 minutes on a medium heat.
2. Add the vegetable stock and let it simmer for another 5 minutes.
3. Add the cream and turn the heat down. Do not let the sauce boil, just reduce the sauce till it is slightly thick, then add your salt and pepper, lemon juice and lemon zest.
4. Sprinkle with parsley and serve with the meatless meatballs.



Vegetarian Stir Fry Udon Noodles

Servings: 6

Ingredients

- 3 tbsp sesame oil
- 1 crown broccoli, chopped
- 1 bell pepper, chopped
- 2 cloves garlic, minced
- 200g snap peas, halved
- 2 packs (600g) udon noodles
- 1 large carrot, peeled and julienned
- 4 tbsp soy sauce
- 2 tbsp rice vinegar
- ¼ tsp freshly ground black pepper
- 1 tsp fresh ginger
- 1 bunch green onions

Directions

1. In a large frying pan or wok, heat sesame oil.
2. Add broccoli, bell pepper, garlic, and snap peas and cook until tender.
3. Place udon noodles in a large colander and run hot water over then in the sink, using your fingers to break them up.
4. Add noodles to the wok along with carrot, soy sauce, rice vinegar, black pepper, and dried ginger. Toss to combine.
5. Serve topped with sliced green onions.



White Chocolate Matcha Cookies

Servings: 10

Ingredients

- ½ cup (125g) unsalted butter room temp
- ¾ cup (150g) granulated sugar
- 1 egg
- 1½ cups (180g) all purpose flour
- ½ tsp salt
- ½ tsp baking soda
- ½ tsp baking powder
- 4 tsp matcha powder
- ⅔ cup (150g) Callebaut white chocolate / any regular white chocolate chips

Directions

1. With an electric hand mixer whip room temperature butter with sugar for a few minutes. Mix in the egg, just until combined.
2. Sift in flour, matcha powder, salt, baking powder and baking soda, fold with Rubber spatula. Fold in white chocolate chips. Leave some for later so you can place more chocolate chips on the half-baked cookies.
3. Prepare 2 baking pans with parchment. Shaped the dough in small size ball and place 9 pieces on the tray, as they will expand during the baking process.
4. Let the cookie dough rest in the fridge for an hour. Pre-heat oven to 175 C / 347°F. After 1h chilling time, bake the cookies for 15 minutes in the following way: Bake for 10 minutes then place more chocolate chips on top, then bake them for further 5 minutes.
5. Let the cookies rest for a few minutes, then carefully remove them from the parchment and let them cool on a Cooling rack. Serve them while they are slightly warm. The Cookies will further set as they cool. Store at room temp for a few days in air-tight jar



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| ☐ 2.5 lbs fresh white mushrooms | ☐ 1 pc red bell pepper |
| ☐ ½ cup butter | ☐ 1½ cups snap peas halved |
| ☐ 2 medium size onions | ☐ 2 packs (600g) udon noodles |
| ☐ 1 bulb garlic | ☐ 1 pc large carrot |
| ☐ 1 box panko bread crumbs | ☐ 4 tbsp dark soy sauce |
| ☐ 2 cups shredded parmigiano cheese | ☐ 2 tbsp rice vinegar/regular white vinegar |
| ☐ 1 bunch parsley | ☐ 1 pc fresh ginger |
| ☐ 8 pcs large eggs | ☐ 1 bunch green onions |
| ☐ 1 cup all purpose flour | ☐ Small amount of sesame seeds for garnish |
| ☐ Cayenne pepper | |
| ☐ Black pepper | ☐ ½ cup unsalted butter |
| ☐ Dried oregano | ☐ ¾ cup granulated sugar |
| ☐ Salt | ☐ 1 egg |
| ☐ 1 ltr vegetable stock | ☐ 1½ cup all purpose flour |
| ☐ 2 cups cream 35% | ☐ ½ tsp baking soda |
| ☐ 1 pc lemon | ☐ ½ tsp baking powder |
| ☐ Sesame oil | ☐ 4 tsp matcha powder |
| ☐ 1 pc broccoli | ☐ ⅔ cups white chocolate chips |