

YOGALICIOUS

Plant-based recipes for Fall and Winter



Lucia Vimercati

NOTE

All recipes and pictures are the property of Lucia Vimercati.

Reproduction of this e-book is not permitted, unless authorized by the author.

All recipes serve 4, unless otherwise specified. They have all been tested various times, but if you find any mistakes or have any questions please write to info@luciavimercati.com

CONTENT

INTRODUCTION	3
APPETIZERS AND SIDE DISHES	4
SOUPS	15
MAIN COURSES	21
DESSERTS	36
ABOUT ME	47

INTRODUCTION

As an aspiring Yogini, I put a lot of care and find a lot of joy in the way I prepare my meals. Food is a gift from nature for which we can only be grateful. Whether we are cooking for our family or for ourselves, we have an opportunity three times a day to bring ourselves in harmony with nature and improve our physical wellbeing.

The way we eat also influences the way we think and act and impacts on our yoga and meditation practices. Eating a Sattvic* (pure) diet allows us to nourish our souls and evolve spiritually. At the same time we have a chance to practice Ahimsa*, non-harming, one of the Yamas (restraints) in Patanjali's Yoga Sutras.

Instead of preparing and eating our meals in a hurry, we can live this experience as a meditation: take the time to choose the ingredients, focus on their shapes and colours, think of unusual combinations, prepare our meals with love and gratitude, eat slowly and in total silence with no technology next to us. We can live in the present moment also while we cook and eat.

In this e-book you will find a collection of my recipes for the Fall/Winter season. Some of them have been published on my blog, others are totally new. My dishes contain no ingredients of animal origin, sugar or industrial products. I also try to use ingredients which are organic, seasonal and local as much as I can.

I hope you will enjoy them and that they will inspire you to create your own.

Lucia Vimercati










***Sattvic:** Sattva, Rajas and Tamas, i.e. the Gunas are the qualities of Nature.

- Sattva (Pure, light, nourishing, gives more clarity to the mind)
Cereals, fruit, vegetables, pulses and beans, nuts, milk, honey.
- Rajas (increase activity level in the body and mind)
Onions, garlic, vinegar, tofu, peanuts, peppers, tomatoes, spices, eggs, fish, poultry, coffee, frozen products, ketchup
- Tamas (heavy and causing mental dullness, lethargy)
Red meat, sausage, alcohol, mushrooms, chocolate, fried and fermented products, aged products like cheese

***Ahimsa:** Ahimsa is a Yama (one of the 8 limbs of Yoga) and means non-harming. It applies to all beings and impacts our Karma.

Note: I replace garlic and onions in all recipes with Asafoetida, an Indian spice. If you don't find it, you can replace it with a clove of garlic or a small onion, sliced or diced.

APPETIZERS AND SIDE DISHES

	KALE AND FIG SALAD WITH TAHINI AND MUSTARD SAUCE	5
	FENNEL SALAD WITH POMEGRANATE AND ORANGE VINAIGRETTE	6
	MAPLE GLAZED CARROTS	6
	SALSIFY WITH SEAWEED CREAM AND MUSHROOM AND OLIVE SPREAD	8
	SEAWEED CAVIAR	10
	CABBAGE SALAD WITH APPLES AND WALNUTS AND BALSAMIC VINEGAR REDUCTION	11
	RED BEET HUMMUS	11
	VEGETABLE AND APPLE TOWER	13
	SAUERKRAUT AND OTHER FERMENTED VEGETABLES	14

KALE AND FIG SALAD WITH TAHINI AND MUSTARD SAUCE

INGREDIENTS

10 kale leaves, stem removed, chopped
4-6 figs (depending on size)

1 avocado

A handful walnuts

2 tablespoons Olive oil

For the sauce:

1 tablespoon Tahini (sesame cream)

1 teaspoon mustard paste

Juice of one lemon

3-4 tablespoons water

INSTRUCTIONS

Put the chopped kale in a bowl with 2 tablespoons olive oil and mix it with your hands, massaging each leave thoroughly. Wedge the figs, dice the avocado and the walnuts.

For the sauce: in a little bowl whisk the ingredients until you obtain a smooth cream.

Plate the salad and sprinkle the sauce over it



FENNEL SALAD WITH POMEGRANATE AND ORANGE VINAIGRETTE

INGREDIENTS

2 fennels
1 orange
A handful pomegranate seeds
2 tablespoons Olive oil
Salt
Pepper

INSTRUCTIONS

Clean the fennel and slice it finely. Press the juice of half orange and mix it with the olive oil, salt and pepper and set aside.

Dice the other orange half in small pieces and set aside.

When ready to serve, spread the fennel on a dish, add the orange vinaigrette and decorate with the pomegranate and orange.

MAPLE GLAZED CARROTS

INGREDIENTS

1 kg carrots of various colours
2 tablespoons olive oil
2 tablespoons maple syrup
1 tablespoon mustard paste
Salt
Pepper
Rosemary
Thyme

INSTRUCTIONS

Peel the carrots and if too large, cut them in half lengthwise. In a cup mix the olive oil, maple syrup, mustard, salt and pepper. Lay the carrots on a baking tray and drizzle them with the dressing mix. Add rosemary and thyme. Bake at 200°C for about 45 minutes or until tender.



MAPLE GLAZED CARROTS

SALSIFY WITH SEAWEED CREAM AND MUSHROOM AND OLIVE SPREAD

INGREDIENTS

For the salsify

6-7 salsify roots
½ glass white wine
1 tablespoon extra virgin olive oil
Salt
Pepper
1 lemon

For the seaweed cream

5 g dulse
300 ml oat milk
A handful salted capers
1 teaspoon asafoetida
2 tablespoons olive oil
1 tablespoon corn starch
Salt
Pepper

For the mushroom and olive paté

A dozen champignons
1 tablespoon olive paté
A handful walnuts
A pinch of asafoetida
Salt
Pepper
Olive oil

INSTRUCTIONS

Peel the salsify and wash it well. Cut it in 10-15 cm pieces and put them in a bowl with water and lemon to avoid darkening.

In a pan heat 1 tablespoon olive oil, add the salsify and sauté for a couple of minutes. Add half glass white wine and let it evaporate. Add salt and pepper and continue to cook for around 10 minutes stirring often. Once the roots are al dente, remove from fire and keep warm

For the seaweed cream: Soak the dulse seaweed in water for 30 minutes. Wash the capers to remove the salt. In a pot heat the milk, seaweed and asafoetida. Blend with the capers, oil, salt and pepper to obtain a cream. Blend the corn starch with a couple of spoon water. Heat the cream again, add the corn starch and stir until the cream becomes slightly thicker.

For the mushroom and olive paté: Slice the mushrooms finely and sauté them in a pan with 1 tablespoon olive oil. Add salt and pepper at your taste. Blend with all the other ingredients.

To serve put a few tablespoons seaweed cream on the dish, add the roots and then a quenelle of paté



SALSIFY WITH SEAWEED CREAM AND MUSHROOM AND OLIVE SPREAD

SEAWEED CAVIAR

INGREDIENTS

5 tablespoons of mixed dry seaweeds
Juice of half lemon
3 tablespoons olive oil
30 g ground hazelnuts
1 tablespoon soy sauce
1 cm fresh ginger
Salt
Pepper
A pinch of asafoetida

INSTRUCTIONS

Soak the seaweeds in a cup water for 15 minutes. Dice the ginger finely.

In a pan heat the olive oil, asafoetida and the ginger and let them toast. Then add the ground hazelnuts and let them toast. Remove the seaweeds from the water, dry them and cut them in small pieces and add them to the pan. Add the soy sauce, lemon juice, salt and pepper and mix well. Cook for another few minutes and serve on toasted bread or use to dress noodles or rice.



CABBAGE SALAD WITH APPLES AND WALNUTS AND BALSAMIC VINEGAR REDUCTION

INGREDIENTS

½ white cabbage
1 green apple
A handful walnuts
Extra-virgin olive oil
2 tablespoons balsamic vinegar
2 teaspoons maple syrup
Salt
Pepper

INSTRUCTIONS

In a small pot heat at very low fire 2 tablespoons balsamic vinegar with 2 teaspoons maple syrup. Let it boil until until it will reduce by half in size, then remove from fire and let it cool down.

Slice the cabbage finely, dice the apple and the nuts. Mix everything in a bowl, adding 2 tablespoons olive oil. Then use the balsamic reduction to finish the seasoning.

Tip: you can replace the white cabbage with Savoy cabbage or lettuce

RED BEET HUMMUS

INGREDIENTS

250 g cooked chickpeas, drained
200 g cooked red beet
2 heaping tablespoons tahini sauce
Juice of one lemon
Salt
Pepper
A pinch of asafoetida

INSTRUCTIONS

Blend all ingredients until you obtain a smooth cream (add some of the chickpeas cooking water or simple water if needed) and serve with bread or vegetables

Tip: replace the red beet with cooked carrots if you want an orange hummus or with spinach for green



RED BEET HUMMUS

VEGETABLES AND APPLE TOWER

INGREDIENTS

15-20 radishes
1 green apple
1 avocado
1 fennel
A handful of sprouts
Juice of half lemon

INSTRUCTIONS

Slice the avocado, radishes, fennel and apple (making sure you preserve the apple peel in the upper or lower edge). Plate all the ingredients one over the other, helping yourself with a kitchen ring. Sprinkle salt and lemon juice over it.

If you wish you can serve with a pesto or other sauce. I served it with blended spinach cream, just made of spinach and water



SAUERKRAUT AND OTHER FERMENTED VEGETABLES

INGREDIENTS

1 white cabbage (approx 900 g/1 kg)
½ teaspoon cumin
Salt

INSTRUCTIONS







Slice the cabbage finely, put it in a bowl and mix with ½ teaspoon cumin. (Optional: Mix the cabbage with some salt and put a weight on the cabbage and let it stand for a couple of hours so that it releases its juice). Transfer everything in glass jars. Add 1 tablespoon salt to 1 litre water. Add the water to the jars and close with a lid. Let it stand in a dark place and after 2 days it will be ready.

Tip: You can basically ferment any vegetables, from roots to green leaves, from zucchini to peppers to pumpkin and even fruit and mix them with spices and herbs. Here are some ideas:

- 1 kg carrots, 1 teaspoon carvi, 1 teaspoon coriander grains, 5 cm ginger
- 500 g daikon cut in round slices, 3 cm ginger cut in small pieces, 2 small chilli peppers
- sliced ginger, rice vinegar, salt
- cucumber, peeled and sliced, some fresh dill, 1 teaspoon of mustard grains
- peeled and shredded beetroot, 1 teaspoon of juniper berries



SOUPS

 KALE AND POTATO SOUP	16
 PASTA E FAGIOLI (PASTA AND BEANS)	17
 SPICY CARROT AND RED LENTIL SOUP	17
 BARLEY AND VEGETABLE SOUP	19
 SWEET POTATO AND CANNELLINI SOUP	19
 BUTTERNUT SQUASH AND APPLE SOUP	19

KALE AND POTATO SOUP

INGREDIENTS

2 potatoes
2 cups kale, stem removed and chopped
Asafoetida
Salt
Pepper
Water or vegetable stock
Hemp seeds to decorate (optional)

INSTRUCTIONS

Peel the potatoes and cut them in small pieces. In a pot put the potatoes, the chopped kale, a pinch of asafoetida, salt, pepper and enough water or vegetable stock to cover the vegetables over 2-3 centimetres.

Boil for 10-15 minutes or until the potatoes are soft.

Blend to obtain a cream.

Serve warm decorating with hemp seeds (optional, or replace with any seeds)



PASTA E FAGIOLI (PASTA AND BEANS)

(photo on the cover)

INGREDIENTS

400 g cooked borlotti beans
300 g short noodles (Ditalini type is ideal)
A pinch of asafoetida
1 small carrot
1 celery stem
100 g smoked tofu
250 g tomato passata
Herbs to decorate
Black pepper
Salt
Extra virgin olive oil
Vegetable stock

INSTRUCTIONS

Finely chop the carrot, celery and tofu. Put a little bit of olive oil in a large skillet and add a pinch of asafoetida and the chopped vegetables and tofu. Add a cup of vegetable stock to allow the vegetables to cook better, then add the tomato sauce and the beans. Stir to mix well. In a pot bring water to boil with salt and cook the pasta. Meanwhile take 2 cups of the vegetable/tofu mix and blend it until creamy. Add the cream to the remaining vegetables, then drain the pasta and add this too, stirring well to mix everything. If needed add a few spoons of vegetable stock. Decorate with rosemary leaves and serve with a sprinkle of olive oil and black pepper.

SPICY CARROT AND RED LENTIL SOUP

INGREDIENTS

3 carrots, peeled and diced
1 cup of red lentils
1 teaspoon turmeric
1 teaspoon ground ginger
1 teaspoon ground coriander
1/2 teaspoon ground cinnamon
A pinch of asafoetida
3 cups vegetable stock or water (or more if you don't like your soup too thick)
Salt
Pepper

INSTRUCTIONS

Put all ingredients in a pot and bring to boil. Cover and cook for about 15/20 minutes, then blend and serve hot



SPICY CARROT AND RED LENTIL SOUP

BARLEY AND VEGETABLE SOUP

INGREDIENTS

1 cup barley
1 carrot, diced
Half fennel, diced
1 teaspoon curry powder
A handful shitake mushrooms, soaked and diced
1 tablespoon olive oil
1 tablespoon miso
Hot water or vegetable stock

INSTRUCTIONS

Soak the shitake mushrooms in water for 10-15 minutes. In a pan heat 1 tablespoon olive oil, add the curry and let it toast. Add the diced vegetables and mushrooms, let them toast and then add the barley. Once everything has toasted add enough boiling water or vegetable stock to cover twice the volume of the vegetables and barley and cook until the barley is ready (see instructions on the package). Add more vegetable stock or water if you need. Take 2-3 tablespoons water/vegetable stock from the pot and mix it in a bowl with the miso. Take the pot from the fire, add the miso to the soup and serve warm.

SWEET POTATO AND CANNELLINI SOUP

INGREDIENTS

2- 3 sweet potatoes (depending on size)
250 g cooked cannellini beans
A pinch of asafoetida
2 litres water
Salt and pepper
1/2 teaspoon thyme
1/2 teaspoon rosemary
1 fresh chilli pepper (optional), sliced
Olive oil

INSTRUCTIONS

Peel and chop the sweet potatoes and cook them together with the asafoetida and sliced chilli pepper (optional) in 2 litres water. Bring to boil and cook for approximately 20 minutes. Add the cannellini, salt and pepper and the herbs and cook for another 10 minutes. Blend everything and serve decorating with fresh herbs, sliced chilli (optional) and olive oil drops.

BUTTERNUT SQUASH AND APPLE SOUP

INGREDIENTS

400 g butternut squash, chopped
1 apple, peeled and chopped
Salt and pepper to taste
2 teaspoons cinnamon
½ teaspoon curry
1 tablespoon olive oil
4 cups of vegetable stock
Pumpkin seeds (optional)













INSTRUCTIONS

Heat 1 tablespoon olive oil, add the spices and let them toast. Then add the apple and squash and stir. After a couple of minutes add the vegetable stock and let it boil until the squash is soft. Blend everything and serve warm decorating with pumpkin seeds if you wish.



BUTTERNUT SQUASH AND APPLE SOUP

MAIN COURSES

 ARTICHOKE RISOTTO	22
 CHANA MASALA MY WAY	23
 SWEET POTATO AND LENTIL CURRY	23
 PIZZA WITH ESCAROLE	24
 LINGUINE WITH KALE PESTO	26
 ORECCHIETTE WITH BROCCOLI	26
 BREADED CAULIFLOWER CUTLETS	29
 CHICKPEA OMELETTE WITH SPINACH	29
 LIGHT RIBOLLITA	31
 LASAGNE WITH JERUSALEM ARTICHOKEs	32
 BUCKWHEAT GNOCCHI	34
 SPAGHETTI SQUASH WITH SAGE	35

ARTICHOKE RISOTTO

INGREDIENTS

4-5 Artichokes
1 lemon
300 g rice (Arborio or Carnaroli)
Pinch of asafoetida
1 Litre Vegetable stock
1 glass of white wine
Extra virgin olive oil
Salt
Pepper
3 tablespoons vegetal cream
2 tablespoons vegan parmesan (made of blended nutritional yeast and almonds)

For the vegetable stock:

2 sticks celery
2 carrots
A pinch of asafoetida
4-5 pepper grains
Salt

INSTRUCTIONS

Prepare approx. 1 litre vegetable stock with a couple of chopped celery sticks and carrots, a pinch of asafoetida, a pinch of salt and some pepper grains. Keep this always hot, and boil extra water just in case you need more liquid. Prepare the artichokes by removing the tough outer leaves, paring the stalks and cutting so that you have a cone shape at the tip of the artichoke. Cut in half, remove the hairy choke if there is one and reserve the artichoke halves in a bowl of water with lemon juice squeezed into it to prevent blackening. When the artichokes are all trimmed, cut them into small (half cm) pieces. Heat 2 tablespoons olive oil in a large heavy bottomed high-sided skillet. Add the asafoetida and the artichoke pieces, sauté for a couple of minutes, until the artichoke is tender. Add the rice and sauté for a couple of minutes. Add the white wine and stir in, letting it evaporate. Begin adding the hot stock, a ladle at a time, stirring well and letting the liquid evaporate before you add another ladleful of it. Add salt and pepper. Begin tasting the rice when it has been cooking for around 15 minutes (check time on the packaging). When it seems cooked but still firm to the bite (“al dente”), switch off the heat. Add the cream and the parmesan, stir well and cover. Let the risotto sit for a couple of minutes before you serve it.



CHANA MASALA MY WAY

INGREDIENTS

400 g cooked chickpeas
½ tablespoon fennel seeds
½ tablespoon cumin seeds
1 tablespoon coriander seeds
1 red chilli
1 tablespoon cardamom
½ tablespoon mustard seeds
½ tablespoon cloves
About 10 curry leaves
A pinch of asafoetida
½ teaspoon turmeric powder
2 cm fresh ginger, diced finely
1 teaspoon garam masala
2 tomatoes finely diced
Black pepper
Salt
Juice of ½ lemon
1 cup water or vegetable stock
1 tablespoon Coconut oil
Coriander leaves for garnishing

INSTRUCTIONS

In a small bowl mix the turmeric powder, asafoetida and pepper with a couple of tablespoons hot water and set aside. In a mortar grind the fennel, cumin, coriander seeds, red chilli, cardamom, curry leaves, ginger, cloves and mustard. Heat some coconut oil in a pan, add the spices you ground in the mortar and stir for a couple of minutes. Add the mix of spices you set aside in the water and stir again. Add the chickpeas and the tomatoes, salt and stir. Add enough water to prevent it to dry up (1 cup more or less). Once the chana masala becomes more creamy, remove from the heat, add the garam masala and the lemon juice and let it cool a bit before serving. Garnish with fresh coriander leaves and serve with basmati rice.

SWEET POTATO AND LENTIL CURRY

INGREDIENTS

2 sweet potatoes, peeled and diced
3 cups red split lentils
1 chilli pepper, finely sliced
1 tablespoon turmeric
1 tablespoon ground coriander
1 teaspoon ground chilli pepper
A pinch of asafoetida
1 teaspoon mustard grains
1 teaspoon fennel seeds
1 teaspoon fenugreek
A couple of curry leaves
Coconut oil
Salt
Pepper
Vegetal stock or water
Some green leaves (Spinach or kale) to decorate

INSTRUCTIONS

In a wok warm up 2 Tablespoons coconut oil, add the mustard grains, fennel seeds, fenugreek, the fresh chilli pepper and the curry leaves and roast. In the meantime in a small bowl mix the turmeric, coriander, chilli pepper and asafoetida with some warm water or stock to obtain a cream. When the mustard grains start to crackle, add the cream to the other spices and continue to roast and mix to let the aroma of the spices come out. Add the sweet potatoes and the lentils and continue to stir while roasting them. Add 3-4 cups vegetable stock or water, lower the temperature and let cook for about 15-20 minutes, watching that it does not dry up too much (in case add more broth or water). Add salt and pepper to taste. Serve warm decorating with green leaves like spinach or kale.



CHANA MASALA

PIZZA WITH ESCAROLE

INGREDIENTS

For the dough:

150 g whole spelt flour
250 all purpose flour
1 teaspoon agave syrup
3 g yeast
40 ml extra virgin olive oil
Salt
Pepper
180 ml lukewarm water

For the filling:

2 bunches of escarole
2 tablespoons black olives, pitted
1 tablespoon raisin, soaked in water
1 tablespoons salted capers, unsalted
1 tablespoon pine nuts
A pinch of asafoetida
Extra-virgin olive oil
Salt
Pepper

INSTRUCTIONS

For the dough: Dissolve the yeast and agave syrup in 180 ml lukewarm water. Add it to the flours, also with 40 ml olive oil, a pinch of salt and pepper. Knead the ingredients using your hands until you obtain a soft elastic dough ball. Put it in a bowl, covered with a cloth and let it rest for 3-4 hours in a lukewarm spot

For the filling: Clean the escarole and chop it roughly. In a pan with a tablespoon olive oil heat the escarole, a bit at a time, sauté it for a couple of minutes and then put it in a colander. Once it's lukewarm, squeeze it with your hands to remove the remaining water.

Put the pan back on fire with a tablespoon olive oil, add the asafoetida, the capers, the raisins, olives and pine nuts. Sauté for a minute and then add the escarole and sauté for another couple of minutes stirring well. Let it cool down and in the meantime take the dough and divide it in two parts, one a bit bigger than the other. Roll the biggest one out and place it in a greased 28 cm diameter baking tray, covering also the edges. Spread the filling on the entire surface. Roll out the other dough and cover the filling, closing the edges well with your fingers. Brush the surface with some olive oil and using a fork, make some holes in the dough to allow the air to come out. Bake at 180°C for around 40 minutes or until the pizza will be golden.

Let it cool down a bit and serve lukewarm.



PIZZA WITH ESCAROLE

LINGUINE WITH KALE PESTO

INGREDIENTS

400 g linguine
2 cups kale, stem removed and chopped
1/2 cup almonds
1 tablespoon pinenuts
3 tablespoons extra-virgin olive oil
Asafoetida
Salt
Pepper

INSTRUCTIONS

In a pot heat water for the noodles and once boiling cook the kale for 3-4 minutes. Remove the kale, setting aside 3 tablespoon of its water. Bring again the water to boil, add salt and cook the linguine as per instructions on the package.

In the meantime blend the kale with all the other ingredients (including the water you set aside) until you obtain a pesto which you will add to the linguine once ready. Serve warm.

Tip: to give more flavour to the pesto you might add 1 tablespoon nutritional yeast. If you wish to make this nut-free you can replace almonds and pinenuts with seeds, for example sunflower seeds

ORECCHIETTE WITH BROCCOLI

INGREDIENTS

400 g orecchiette
1 big broccoli (or 2 small)
1 chilli pepper, sliced
3 tablespoons extra-virgin olive oil
Asafoetida
Salt
Pepper
Water

INSTRUCTIONS

Clean the broccoli and chop the florets and stem roughly.

Heat the water for the orecchiette and cook as per instructions on the package.

In the meantime, in a pan heat 3 tablespoons olive oil with a pinch of asafoetida and the chilli pepper. Once toasted add the broccoli and let sauté for around 10 minutes adding a couple of tablespoons water from the orecchiette. Add salt and pepper at your taste. Once the orecchiette are ready, add them to the broccoli, stir well and serve warm



LINGUINE WITH KALE PESTO

BREADED CAULIFLOWER CUTLETS

INGREDIENTS

1 cauliflower
2 tablespoons chickpea flour
water
Approx 100 g bread crumbs (add more if needed)
Extra-virgin olive oil
Salt
Herbs like Rosemary or Thyme (optional)

INSTRUCTIONS

Wash the cauliflower and remove the external leaves. Then cut it in slices about 1 cm thick. Keep the remaining florets for another recipe.

Bring some water to boil and cook the cauliflower slices for about 3-4 minutes (alternatively you could steam them). Remove them from the water when they are soft but still crunchy and let them cool down a bit.

In the meantime prepare the dough by mixing the chickpea flour with a cup of water and salt to taste. In another bowl prepare the bread crumbs. You could add some herbs like Rosemary or thyme to give more flavour. Spread some olive oil on a baking tray and heat the oven at 200°C.

Dip the cauliflower slices in the chickpea dough and then in the bread crumbs. For better breading repeat this operation twice.

Place the breaded cauliflower slices on the baking tray and sprinkle them with olive oil.

Bake for approx 15 minutes at 200°C or until they are Golden. You might wish to flip them upside down after half of the baking time.

CHICKPEA OMELETTE WITH SPINACH

INGREDIENTS

100 g chickpea flour
200 g water
500 g spinach
Extra-virgin olive oil
A pinch of Asafoetida
Salt
Pepper

INSTRUCTIONS

In a bowl whisk the chickpea flour and the water until smooth. Season with salt and pepper and set aside.

Clean the spinach and sauté it in a pan with 2 tablespoons olive oil and a pinch of asafoetida.

Add the chickpea dough and cook as a normal omelette, flipping it upside down when golden.



BREADED CAUWLIFLOWER CUTLETS

LIGHT RIBOLLITA

INGREDIENTS

250 g cannellini beans (cooked)
150 g Tuscan kale
1 carrot
1 celery stalk
4 tomatoes
1 pinch of asafoetida
2 bay leaves
Rosemary
Salt
Extra Virgin olive oil
1 cup of vegetable stock

INSTRUCTIONS

Dice the carrot, celery and tomatoes finely. Remove the kale stem and cut in 1 cm stripes. In a pan heat a couple of tablespoons olive oil with a pinch of asafoetida. Add carrots, celery and bay leaves and stir for a couple of minutes. Add tomatoes and rosemary and stir well. Add the Tuscan kale and let it cook for a couple of minutes and then add the vegetable stock. Season at your taste with salt, lower the fire to the minimum, cover the pan and cook for another 30 minutes adding more vegetable stock if needed. Once the vegetables are ready add the cannellini beans and cook for another 10 minutes. Serve warm with bread slices.



LASAGNE WITH JERUSALEM ARTICHOKEs

INGREDIENTS

For the Lasagne:

12 Lasagne

For the sauce:

1 kg Jerusalem Artichokes, peeled and finely sliced

500 g mushrooms, sliced

1 glass of white wine (optional)

Extra virgin olive oil

Salt

Pepper

Asafoetida

Vegan parmesan (mix 2 tablespoons nutritional yeast and 2 tablespoons ground almonds)

Sage or other herbs to taste

For the Béchamel:

1 litre vegetal milk

50 g flour

50 g oil

A pinch of nutmeg powder

Salt

Pepper

INSTRUCTIONS

If the lasagne need to be pre-cooked, in a pot bring water to boil, add salt and one tablespoon olive oil and then the lasagne. Once ready remove from water and put them in a bowl with ice water to stop the cooking process. When ready to use, lay them on a clean cloth.

For the sauce: In a pan heat 3-4 tablespoons olive oil, add the vegetables and let them toast for a couple of minutes. Add the wine and let it evaporate. Add the herbs, salt, pepper and asafoetida to taste. Cook for approximately 6-10 minutes making sure that the sauce doesn't dry too much.

For the béchamel: In a bowl blend the flour with the oil until you get a soft dough. Put the milk in a pot with some nutmeg powder, bring it to boil and then add it to the flour mix. Stir well until the flour dissolves completely and then put it back on the fire. Bring it again to boil by mixing continuously until it becomes thicker.

Pre-heat the oven to 200°C.

In a baking form, put oil and some béchamel, then the lasagne, the sauce, béchamel, parmesan, then again the lasagne and so on until you have no more ingredients. Bake for 30 minutes.



LASAGNE WITH JERUSALEM ARTICHOKEs

BUCKWHEAT GNOCCHI

INGREDIENTS

1/2 kg potatoes
Approx 200 g buckwheat flour
Salt
A pinch of nutmeg powder
3 tablespoons olive oil
Water

INSTRUCTIONS

Wash the potatoes and place them unpeeled in a large pot with enough cold water to cover. Bring the water to a boil and cook, partially covered, until the potatoes are easily pierced with a skewer but the skins are not split, about 35 minutes. Drain the potatoes and let them stand just until cool enough to handle. (The warmer the potatoes are when they are peeled and riced, the lighter the gnocchi will be.) Scrape the skin from the potato and pass the peeled potatoes through a potato ricer.

Add a pinch of nutmeg, salt, oil and enough flour to get a dough. Tip the mixture out onto a floured work surface and knead for 3-5 minutes (the longer you knead, the heavier the gnocchi will be). Divide the dough in a few pieces and using both hands, in a smooth back-and-forth motion and exerting light downward pressure, roll the dough into a rope approx 2 cm thick, flouring the dough if necessary as you roll to keep it from sticking. Then cut into dumplings about 2 cm long. Take one dumpling of dough and with the tip of your thumb, press the dough lightly against the tines of a fork as you roll it downward toward the tips of the tines. As the dough wraps around the tip of your thumb, it will form into a dumpling with a deep indentation on one side and a ridged surface on the other. Set on a tray lined with a floured kitchen towel and continue forming gnocchi from the remaining dough balls. Repeat the whole process with the remaining pieces of dough. Cook them a few at a time in boiling water stirring gently until they rise to the surface. Remove the gnocchi from the water with a skimmer, draining them well, and serve them immediately with a sauce of your choice.

Tip: to make gnocchi with different colours:

Yellow/orange: add some turmeric or saffron or add some pumpkin puree

Green: add some spinach puree

Pink: add beetroot puree

Purple: use purple potatoes instead of white

SPAGHETTI SQUASH WITH SAGE

INGREDIENTS











1 spaghetti squash
A handful fresh sage leaves
Olive oil
Salt
Pepper

INSTRUCTIONS

Preheat the oven at 200°C and cover a baking plate with baking paper. Cut the squash in halves and remove the seeds. Brush the internal parts with olive oil and season with salt and pepper. Put the halves on the baking plate with the internal sides looking down. Bake for 30-40 minutes until tender. Scoop the spaghetti out and set aside. In a pan heat 2 spoons of olive oil with the sage leaves, add the spaghetti and cook for another couple of minutes. Serve warm decorating with fresh sage.



DESSERTS

 EASY APPLE CRUMBLE	37
 APPLE CAKE	37
 CHOCOLATE PUDDING WITH PEARS	39
 GINGER AND CINNAMON GLAZED PEARS	39
 MOUSSE AU CHOCOLAT WITH AQUAFABA	41
 SACHERTORTE	41
 CHRISTMAS YULE LOG	43
 PROTEIN CACAO CREAM	43
 VANILLE KIPFERL (ALMOND COOKIES)	45
 ORANGE JELLY	45

EASY APPLE CRUMBLE

INGREDIENTS

For a 17x14 cm baking dish – serves 6 approximately

5 apples

A pinch of ground vanilla

½ teaspoon ground cinnamon

¼ cup maple syrup

1 tablespoon coconut oil

¼ cup water

1 cup oats

1 cup buckwheat flakes (or any other flakes)

½ cup flaked almonds

½ cup walnuts

INSTRUCTIONS

Peel the apples, dice them and then cook them in a pot with water, ½ teaspoon cinnamon and a pinch of vanilla, until they are soft (but not too soft otherwise they'll become a puree).

Lay them on a small baking dish.

Put oats, flakes, almonds and walnuts in a food processor and process just for a couple of seconds. In a pot melt the coconut oil, add the above mix, the maple syrup and a pinch of vanilla. Cook for a few minutes stirring well. Lay the mix over the apples, spreading it all over. If you wish, you can also bake the crumble for 5-10 minutes. Serve lukewarm with vegan vanilla ice-cream or custard cream.

As an alternative you could serve the crumble in small glasses alternating the layers of apples and oats/flakes mix.

APPLE CAKE

INGREDIENTS

5 apples

100 ml vegetal milk

20 g coconut oil

2 Tablespoons chia seeds

50 g maple syrup

1 lemon

Salt

70 g spelt flour

16 g baking soda

INSTRUCTIONS

Heat the oven at 180°C. In a small bowl soak the chia seeds in a couple of tablespoons water, until they look like a gelatine. Grate the lemon zest, squeeze the juice and set them aside. Peel the apples and slice them very finely with a mandolin. Sprinkle the lemon juice on the apple slices, mix well so they don't darken. Warm up the milk, add the coconut oil and cook until it melts, then remove it from the fire.

In a bowl mix the flour, the lemon zest, salt and baking soda. Separately mix the milk, maple syrup and the chia seeds gelatine, then add them to the rest of the ingredients and mix until you obtain a smooth cream. Add the apples and mix again.

Spread coconut oil and flour on a 18 cm diameter baking tray, add the cake mix and bake at 180°C for approximately 50 minutes.



EASY APPLE CRUMBLE

CHOCOLATE PUDDING WITH PEARS

INGREDIENTS

½ liter vegetal milk
4 tablespoons cacao
5 tablespoons + 1 teaspoon maple syrup
1 teaspoon agar agar powder
2 pears
Water

INSTRUCTIONS

First peel the pears and dice them into small pieces, then cook them for a few minutes with 2 tablespoons water and 1 teaspoon maple syrup stirring well. Keep 1 tablespoon milk aside. In a pot boil the rest of the milk with the cacao and 5 tablespoons maple syrup. In a small bowl dissolve the agar agar in the spoon milk you kept aside, take the cacao milk from the fire and add the agar agar milk to the mixture. Stir well and bring to boil for 5 minutes. Take your pudding bowls/tins and put the pears at the bottom then add the cacao mixture on top. Let cool down until the pudding becomes hard. You can eat as they are or flip them on a plate so that the pears appear on top.

GINGER AND CINNAMON GLAZED PEARS

INGREDIENTS

4 pears, cut in quarters
1 cup of apple juice
1 tablespoon kuzu (or replace with starch)
A pinch of salt
½ teaspoon of cinnamon
2 teaspoons of fresh ginger juice

INSTRUCTIONS

In a pot put the pears and the apple juice, add a pinch of salt and ½ teaspoon cinnamon and cook for about 5-10 minutes until soft but not overcooked. Transfer the pears to a dish. Dissolve 1 tablespoon kuzu in a couple tablespoons cold water. Take the liquid remaining from the cooking of the pears and in a pot cook it with the kuzu, stirring until it becomes a bit thick. Add the ginger juice (if you don't have a juicer, grate the ginger and then squeeze the pulp in your hands to obtain the juice). Glaze the pears with this mixture and serve lukewarm or cold.



GINGER AND CINNAMON GLAZED PEARS

MOUSSE AU CHOCOLAT WITH AQUAFABA

INGREDIENTS

Aquafaba* from a can of
beans/chickpeas (around 125 ml)
150 g dark chocolate
1-2 tablespoons maple syrup
A pinch of salt

*Aquafaba is the cooking liquid of beans
and chickpeas and can be used to
replace egg whites

INSTRUCTIONS

Melt the chocolate in a bowl over a pot of hot water
and let it cool down. Whip the aquafaba until hard (it
might take around 15 minutes). Add the maple syrup
and salt and continue to whip. Add the melted
chocolate and stir slowly until well blended. Keep
refrigerated for around 4 hours before serving

SACHERTORTE

INGREDIENTS

For the dough:

1 cup flour
1 cup whole-wheat flour
1 cup cacao
A pinch of salt
16 g baking powder
1 cup vegetal milk
1 cup maple syrup
1 cup apple juice

For the filling and icing:

350 g apricot jam
100 ml water
200 g dark chocolate, finely chopped
1 tablespoon maple syrup

INSTRUCTIONS

In two separate bowls mix the wet and dry ingredients
and then mix them all together until smooth. Grease a
round 18 cm baking tin and bake at 130°C for 20
minutes and then at 160°C for another 25 minutes.

Once the cake is cold, cut it crosswise in two halves.

Cover the base with around 150 g apricot jam and set
the other half cake on top.

In a small pot heat the remaining jam, pass it through
a colander to remove any small pieces and brush it on
the outer cake surface. Let it dry for 30 minutes.

Heat 100 ml water with 1 tablespoon maple syrup.
Remove from fire and add the dark chocolate. Stir
until the chocolate is totally melted.

With the help of a warm spatula cover the cake with
the melted chocolate. Let it dry for 2 hours.

You can use some of the melted chocolate to write
“Sacher” on the cake: with a square piece of baking
paper make a small cone, cut the tip, put the melted
chocolate inside and write “Sacher” on a piece of
baking paper or on a smooth surface. Let it dry and
once the cake is ready, you can add it on the top



MOUSSE AU CHOCOLAT WITH AQUAFABA

CHRISTMAS YULE LOG

INGREDIENTS

For the roll:

200 g flour
70 g sunflower oil
120 g maple syrup
10 g baking powder
200 g vegetal milk
A pinch of salt

For the filling:

Jam or chestnut cream or whipped coconut cream (see below)

For the icing:

300 g dark chocolate
2 tins of coconut milk, kept in the fridge for 24 hours so that the white cream separate from the water (as an alternative 400 g silk tofu).

INSTRUCTIONS

Mix the dry and wet ingredients for the roll separately and then mix all together until smooth. Lay a baking paper sheet on a baking tray of around 20x30 cm. Pour the dough and level it with a spatula. Cook at 160°C for around 20 minutes. When the cake is ready, tip it onto a clean towel, peel off the baking paper, then roll the cake up from its longest edge with the towel. Leave to cool.

Once cold unroll the cake, spread the jam or chestnut or coconut cream and then carefully roll it up again.

To make the icing, melt the dark chocolate in a bowl over a pan of hot water. Remove from the fire and mix with the coconut cream (first remove the coconut water and keep only the white cream) or silk tofu.

Put the roll on a serving dish, cut a thick diagonal slice from one end of the log, then arrange the slice on the side with the diagonal cut against the cake to make a branch. Spread the icing over the log and branch, then use a fork to mark the icing to give the effect of tree bark and decorate as you prefer.

PROTEIN CACAO CREAM

INGREDIENTS

250 g cannellini beans, cooked
100 g hazelnuts
150 g maple syrup
3 tablespoons cacao

INSTRUCTIONS

Blend the cannellini with all the other ingredients until you obtain a cream



CHRISTMAS YULE LOG

VANILLEKIPFERL (ALMOND COOKIES)

INGREDIENTS

150 g whole wheat flour
150 g flour
200 g almond flour plus some more for the decoration
120 g coconut sugar
1 teaspoon ground vanilla plus 1/4 for the decoration
120 g sunflower oil
150 g vegetal yogurt
1 pinch of salt

INSTRUCTIONS

Mix the dry and wet ingredients separately and then mix them all together kneading with your hands to obtain a dough. Wrap in film and refrigerate for at least 2 hours. Take the dough and form rolls about 2 cm thick and then cut them in 1 cm slices and give the cookies a half moon shape. Heat the oven at 180°C, put some baking paper on a tray and transfer the cookies on it. Bake for about 15 minutes.

In the meantime grind some Almond flour very finely and mix it with 1/4 teaspoon ground vanilla. Once cookies are cold, pass them into the Almond/vanilla flour. You can preserve them for about 3 weeks in a tin box

ORANGE JELLY

INGREDIENTS

500 g oranges
80 g maple syrup
2 tablespoons lemon juice
2 teaspoons Agar Agar powder
50 ml water

INSTRUCTIONS

Press the oranges and filter the juice to remove the pulp. Heat the orange juice in a pot and add the maple syrup and lemon juice. In a couple of spoons water, dissolve the agar agar and then add it to the orange juice, bring to boil and let cook for 2-3 minutes stirring well. Remove from fire and pour in tins/bowls. Let the jellies cool down before serving decorating with orange slices.

Tip: you can replace the oranges with tangerines, lemons or any other citrus fruit



VANILLEKIPFERL

ABOUT ME

ABOUT ME



My name is Lucia Vimercati. I am an Italian Yoga teacher and I currently live and teach in Brussels.

After working many years in sales and marketing for International Organizations I decided to make a radical change in my studies, my working life and in my lifestyle in general and pursue my two main passions: Yoga and Cooking.

I consider food as nourishment both for the physical body and the soul. I cook my recipes in harmony with nature, with a special eye to health, but never at the expense of taste.

CREDENTIALS

- Macrobiotic cook training (200 hours) – La Sana Gola – Milan
- Macro-bio-vegan Food therapist training (200 hours) – La Sana Gola – Milan
- Ayurvedic cook training with Leela Mata (81 hours) – Yoga Vidya – Bad Meinberg
- Raw cooking with Vito Cortese (2 days) – Nudo & Crudo – Milan
- Raw cooking and food styling (1 day) – Daniela Cicioni Chef/Roberta Restelli Food Styling - Milan
- Internship in the kitchen of Coox and Candy (Vegan restaurant) – Stuttgart for 2 years

STAY IN TOUCH

www.luciavimercati.com

info@luciavimercati.com

Facebook: www.facebook.com/yogaecucinanaturale/

Instagram: Luxvim

Food is a gift from nature for which we can only be grateful. Whether we are cooking for our family or for ourselves, we have an opportunity three times a day to bring ourselves in harmony with nature and improve our physical wellbeing. The way we eat also influences the way we think and act and impacts on our yoga and meditation practices.

