

Mundekulla Cooks

VEGAN AND VEGETARIAN RECIPES FROM A PLACE FOR MUSIC, PEACE
AND SUSTAINABILITY IN THE SWEDISH FOREST



BY STEPHANIE VERSTIFT

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Photography • Elaine Lilje

Design and styling • Irena Krajnc Wouters

Ceramics • LjungbyLjung

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Illustrations • Lana Gorenc

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THE LOVE FOR COOKING

Why start a cookbook with a story about love? Well, in a way, it is hard not to. There are just so many connections between the two! Wouldn't you agree? We cook for our loved ones. Our loved ones cook for us. Families and friends gather around food. We fall in love over dinner. We remember our grandparents when we smell the dishes they used to make. The love for food builds bridges between countries and cultures.

One beautiful story about food and love that really sticks with me is when one of my friends told me her mother became so sad when she became a vegetarian. When I first heard this, I was surprised: why did it make her sad? It was because now she didn't know what to cook for her daughter anymore. She was used to showing her love for her daughter through making her food. That story made me cry. I thought it was so incredibly sweet. Maybe by solving this problem together in the kitchen with curiosity and new experiments, it could bring them closer instead?

Cooking and love have a lot in common. Both thrive on attention, care and feeling what the 'dish' (or the other person) needs. The better 'friends' you become with the ingredients and get to know their qualities, the better the results will be. Both cooking and love are about sharing and fun. They invoke interesting conversations and curiosity. Both are really good to our health (when done well) and both can be learned, practiced, refined and explored. Love and cooking thrive on beauty, harmony, balance and little surprises. They are about problem solving and being present. And of course, one of the main ingredients: patience! The best dishes, the tastiest breads and the most beautiful vegetables had the time to ripen and richen.

Like in love, so it is with cooking: we can read books and follow guidelines, but 'recipes' will only bring us 'so far'. Our presence is truly our greatest instrument. So, when reading this book: use all your senses. Your nose, eyes and taste buds. Ask yourself, what does it need? Then we make tiny decisions all the time and we trust. And when we mess up, we learn. Next time we can do it better and mess up something else instead. Both love and cooking are about forgiveness too.

Beside the similarities between love and cooking, I just truly love cooking itself. I forget time. Even after a long day of standing in the kitchen, I'll find a documentary about food or read a recipe book. Or I'll open the fridge to find something to snack on. I often send voice messages to my friends and they always accuse me of either cooking or eating when I record my messages. I might even enjoy cooking more than eating! And, finally, I love to think about all the care, hard work and passion that went into growing all the amazing ingredients. It truly is an art and a gift for all of us.

Food. Love. Beauty. Gratitude. Good stuff.

PUMPKIN, SAGE & SMOKED PAPRIKA

This is a very bold yet delicate soup! It combines characteristic flavours like smoked paprika, sage and cinnamon, yet the result is very gentle and agreeable. A rough fellow with a kind heart and the elegance of flavour to be served on a special occasion.

SERVES 4

1 kg butternut
pumpkin, diced

1 yellow onion, diced

2 cloves garlic, pressed

2 cm of stem ginger,
finely shredded

150 ml coconut cream

500 ml water

1 tsp cinnamon

1 tsp smoked paprika

1 sprinkle of chili
flakes

0.5 teaspoon of
cayenne pepper

handful of soft
fresh sage

sea salt and
black pepper

olive oil

PREPARATION

Preheat the oven to 230 degrees. Peel and dice the pumpkin. Lay it out on a baking tray and sprinkle with the spices, salt and olive oil. Put in the oven and bake for about 30 minutes until done and the first burns start to appear on the edges. Meanwhile glaze the onion with olive oil and some salt in the soup pan. When the onion starts to colour add the garlic and ginger. Stir well and fry along for 1-2 minutes. Now add the water and bring the whole to a boil and let it simmer on a low heat.

When the pumpkin is ready, add it to the soup together with the coconut cream. Blend with a stick blender until smooth. Add more salt, pepper and if you wish more spices to the soup to taste. Since all spices are intense in flavour, be careful not to overdo it. In a frying pan, fry gently on a low heat, three quarters of the sage with some sea salt until crispy and the oil turns slightly green. Use the fried and fresh sage, as well as the sage oil for decoration when serving the soup.

SERVING

This soup loves a Latin American companion. Think: kidney beans with lime, coriander and sour cream or the Mexican Black Beans with Burnt Chilli & Bell Peppers (p. 169). Because of the mild flavours and the sage you could – surprisingly! – also make a cross-over to the French kitchen. Imagine a Baked Brie (p. 164) with Salsa Verde (p. 196) and freshly baked bread on the side.



PURPLE KALE

WITH TAMARI, SEEDS & HAZELNUTS

SIDE SALAD SERVES 2-3

150 g of purple
or green kale

splash of apple
cider vinegar

splash of tamari

splash agave syrup

splash of roasted
sesame oil

handful of roughly
chopped hazelnuts and
sunflower seeds

white and black
sesame seeds

pinch of salt

Kale is an amazingly healthy vegetable with a very high density of nutrition. Like other dark leafy greens it contains many vitamins, minerals and antioxidants. In other words: it doesn't hurt to eat a bit of kale here and there or its crunchy cousin cabbage! Beside the health benefits, kale is a hardy vegetable that grows particularly well in cold climates. It has even been said that the flavour improves after the kale has endured its first frost. Our local Swedish farmers are champions at growing the most beautiful kale and cabbage, so we try to incorporate them in many of our dishes.

PREPARATION

Roast the hazelnuts in the oven at 160 degrees for 10-15 minutes until golden. Toast the sesame seeds in a dry frying pan until golden. Stir them well, because they burn easily. Wash the kale and tear the leaves off the stems. Cut the kale in pieces of roughly 3-5 centimetres and dry the leaves in a salad spinner.

Put the kale in a bowl and add a small splash of apple cider vinegar and a pinch of salt. Massage the kale thoroughly with both hands, the aim is to get the leaves soft and tender. The combination of both the salt and acid from the cider will assist in making the kale softer and more digestible for the stomach. Add a splash of tamari, syrup and sesame oil to bring out the flavour and massage all that goodness into the kale. Add as much or as little of the ingredients mentioned above as you like depending on your flavour preference. This is a great time to work on your culinary skills to create a beautiful balance between acid, sweet, bitter and salt. Be careful with each ingredient, you want to end up with a nice round and warm flavour. When satisfied with the flavour balance, serve the kale with the seeds and hazelnuts sprinkled on top.

SERVING

Great served as an autumn or winter dish. Goes well with caramelized beets, Chipotle Pumpkin (p. 140), Tahini Sauce (p. 200), boiled whole oats or kamut grains. Also works well with fried smoked tofu or Baked Feta (p. 164).







FAVOURITE FLAVOUR MAKERS

(stuff to have in your cupboard or growing in your window sills at all times)

Tamari is a Japanese soy sauce with a slightly warmer richer flavour than most soy sauces. You can buy it in less or more salty variations. Beside the flavour, the big plus of tamari is that it is gluten-free (most of the time!). While most soy sauces are made through a fermentation process that includes wheat or barley, tamari is a by-product of making miso paste.

I never thought I would appreciate **Mustard** the way I do now. I knew mustard through my Dutch grandparents who would always serve it with cheese at every occasion. But there is so much more you can do! It is incredibly flavourful and it fits in many types of dishes. From sauces, mash and stews to pickles and soup. It warms you up and gives a hint of sharpness and bitter. I especially love yellow mustard seeds and Dijon mustard. But you can also think of black mustard seeds, rocket, mizuna and Asian green leaves. Mustard is good friends with **Juniper Berries** and **Bay Leaves**.

Apple Cider Vinegar. Healthy, local, fresh and pretty neutral acid. Do I need to say more?!

Agave syrup: When cooking I avoid sugar and honey. Sugar because it tastes rather sharp. Honey is not vegan and it often has a lot of flavour, which I like, but by far not in all meals. Agave syrup is a great sweetener: it is warm in character, not too sweet and quite neutral. You don't need a lot. Often just a teaspoon can soften the acidity of for example a tomato sauce or it can give roundness to a curry or a dressing.

Good sea salt & olive oil. You can do without, but it is soooo much nicer with. When it comes to salt, I prefer grey and moisty variations that are loaded with

minerals. It truly feels alive. When it comes to olive oil, I prefer sweet and citrusy variations. A good olive oil doesn't feel fatty in your mouth. With this duo, you don't really need anything else. Bye bye bouillon.

Sesame is a master in disguise! It has many forms and gives a lot of flavour. Think: white and black sesame seeds, raw or roasted sesame oil, white and brown tahini (sesame paste). Sesame leads us from the Mediterranean to the Middle East and into Asia. It is a great flavour to bind different meals on a buffet together and it's applicable to many different flavour groups in both savoury and sweet dishes.

Smoked Paprika, Chipotle & Chilli: Rich, full, smoky, a bit wild, a bit meaty. Something to be careful with, cause when you overdo it you can truly destroy a meal. But in the right amounts it's delicious.

In for some fun experiments? Try **Cinnamon**, **Cardamom**, **Cumin**, **All-Spice**, **Turmeric**, **Saffron** and **Star Anise**. These spices are very specific in their flavours. They all work in both savoury and sweet dishes. These star players give character to a dish, especially if you use them in unexpected but subtle ways.

Coriander! Whether as whole seeds, ground or fresh leaves, if it was up to me 80% of my meals would have coriander. However, coriander doesn't make all of us happy. There is research suggesting that our genes make us either lovers or haters of this herb, as it can truly taste like soap for some of us. If you have guests, be on the safe side and just check. Most of the time it is easy enough to serve the coriander as an option on the side.

Fresh **Lemons & Limes**. Lifts almost any dish either through the zest or the juice. When 'something' is missing, it's almost always lemon. It's like calling the IT department and asking them about your malfunctioning computer. They always answer: Did you try to unplug and restart? In the kitchen the answer almost always is: did you try lemon?

Allround heroes: **Onion & Garlic**. I love all types! Shallots, chives, red onion, wild garlic, leaks. As a base, sweetly roasted or raw to give a little punch to a salad or soup. However, there is also a nice creative challenge in not using any onion or garlic in a meal. It truly invites to experiment with other flavours. Temple food from countries like Korea and India, often avoid onions and garlic. Instead, fresh herbs and many fermented foods - like kimchi, soybean paste, miso and plum vinegars - are used to give flavour.

Peppercorns are great to have. Black, white and red

pepper I use most, both ground and whole. But there are so many varieties of pepper! They all have their own specific qualities. Some are more spicy or sharp, others are more citrusy or flowery.

Lemongrass & Lime Leaves! These are two of my best friends in the kitchen. Both do magic in Asian soups, curries and sauces. Even in a breakfast rice porridge!

Fresh Herbs speak for themselves. I seldom serve a dish without them. There are so many variations. I love them all. From more classic herbs like basil, thyme, rosemary, coriander, oregano, parsley, dill, mint and chives to more adventurous or forgotten herbs.

Like chervil, tarragon, sage, lovage, lemon balm, borage, celery, watercress and Thai basil. Grow your favourites in the window sill.

Don't forget about **Capers**. They are great in salads, salsas and sauces. Salty, fresh and lifting.

REFLECTIONS

Want to minimize? Get good olive oil, salt, pepper & fresh herbs. Forget about the rest.

If you're in doubt about whether you like a flavour maker, try it with some carefulness. Don't let a bad experience in the past spoil it for the future! That's advice I'd give for any ingredient you think you don't like. Sometimes the true reason you didn't enjoy it, was because of the way it was prepared or served.

Often people tell me: 'I thought I didn't like beets!' or 'I normally don't eat ginger'. I don't really like beets either, but when they are roasted for a long time until they become all chewy and caramelized, I think they are very good. You might surprise yourself.

Over time my list of favourite flavour makers slowly changes. Some ingredients fall off the list, others are added. I like to gradually get to know new ingredients, testing a bit here and there, adding them to the 'repertoire'. It's a nice way to explore new flavours and their qualities.



MILLET SALAD

WITH ROASTED VEGGIES, ORANGE & ALMONDS

LUNCH SERVES 2

150 g dry millet

200 g carrots,
peeled & chunky

1 red bell pepper,
chunky

1 zucchini, sliced

1 small onion

1 orange, fruit

handful of almonds

opt. 1 tsp smoked
paprika

handful of flat parsley,
chopped

handful of rocket

For the dressing:
100 ml sunflower oil

1 tbsp apple cider
vinegar

1 tsp caraway

1 tbsp honey

1 orange, juiced

2 tsp paprika powder

1 tsp cayenne

1 tsp grated ginger

1 tsp cinnamon

Instant warming happiness on a plate! We love the warm flavours combined here: grilled zucchini and bell peppers, smoky salted almonds, sweet orange and a tiny punch of cayenne. Millet is a great-gluten free replacement of couscous. It is tasty and warm in character. Beside using it in salads millet is also very tasty in your breakfast porridge.

PREPARATION

Roast the carrots and bell pepper with olive oil and salt in the oven at 220 degrees. Ensure that each vegetable is on its own tray, so they each have their own baking time. After 20 minutes check to see if they are golden with a little burn here or there. Stir and continue to bake for another 10-15 minutes at 200 degrees until they are fully roasted. Grill the zucchini in a hot grill or frying pan.

Meanwhile, boil the millet in water with salt until done. Strain and rinse the excess starch out. Let the millet cool down. Peel and cut 1 orange into equal wedges without the peel. Keep aside for later. Squeeze the juice of the other orange into a bowl and whisk into a dressing together with the apple cider vinegar, sunflower oil, caraway, honey, cayenne, ginger, cinnamon and salt.

Roast the almonds for about 10-15 minutes in the oven at 160 degrees with some sunflower oil, salt and optionally smoked paprika.

Mix the dressing into the millet and add the vegetables and orange pieces. Taste if the salad is juicy and flavourful. Add some more oil, vinegar or salt to taste. Garnish with parsley, rocket and the roasted almonds.

SERVING

Very nice on a summer buffet with different salads, a vegetarian grill party or for a picnic in the park. Make sure you store the almonds separately and only add them just before serving. This way, they'll stay nice and crispy. Combines well with fresh counterparts, like a green salad with butter lettuce, spring onions, herbs and cucumber. Protein flavour friends are yellow peas, fried chickpeas, black lentils in a fresh herb dressing, halloumi or feta.





GRILLED HISPI

WITH HARISSA MAYONNAISE, GRAPES & BARBERRIES

SERVES 4-6

1 pointed cabbage,
hispi or savoy

2 handful of white
grapes in halves

1 handful of dried
barberries

200 ml of harissa
mayonnaise
(p. 214)

1 handful of fresh
tarragon or flat parsley

salt and black pepper

opt. nigella seeds

opt. chili flakes

This recipe is inspired by one of my favourite cookbooks: The Flavour Bible, written by Niki Segnet. One of my best friends got me very excited about this book that elaborately explains about 99 flavours and how you can combine them. That is how I learned that anise flavours (in this recipe the tarragon) and grapes make a beautiful combination. From there, the experiments have evolved into this tiny explosion of flavours! The barberries are slightly sour dried berries from the Berberis shrub. You find them in many Arabic supermarkets. You can replace them with dried cranberries.

PREPARATION

Cut the cabbage in the length in large long pieces. You want it to be chunky enough to hold its structure once you grill it. You can leave the stem in the bottom intact, so it can keep the leaves together (the same way you would with an onion when you don't want it to fall apart).

Grill the cabbage on both sides in a hot grill or pan on high fire until it gets a little burn here and there. You want the cabbage to be heated through, but not overly done. Once you take it off the stove, it will continue heating through a bit more. Lay the grilled cabbage on a serving plate and dress with the mayonnaise, grapes, barberries, tarragon or parsley.

SERVING

This dish has a middle eastern character. It is complemented wonderfully with Tabbouleh (p. 83), Tagine (p. 102) or Muhammara (p. 202) and fresh flat breads. For a protein I would go for fried chickpeas, black lentils, feta or yoghurt. Other flavour friends: (preserved) lemon and grilled bell pepper.



BUTTER BEAN DIP WITH ROSEMARY

WITH GRILLED FENNEL & SUN-DRIED TOMATO

SERVES 4

150 g dry butter beans
(or 400 g from a tin)

3-4 cloves of garlic

1 branch of fresh
rosemary

olive oil

pinch of black pepper

pinch of salt

opt. 1 grilled fennel
bulb with greens

opt. tbsp of sliced
sun-dried tomatoes

opt. lemon zest

opt. extra roasted
garlic (see p. 193)

Elise is a great chef on our team! She rocks the kitchen every time with delicious food, music and laughter. She always brings beautiful and colourful dishes to the table. As a lover of local produce and foraging, she'll disappear in the forest on an autumn day and come back with the most delicious mushrooms. You can find her culinary creations on Instagram at @artichokeeater. This butter bean dip is one of her favourite dips. You can serve it by itself or accompany it with two great flavour companions: fennel and sun-dried tomato.

PREPARATION

Peel and crush the garlic with the back of your knife and then dice into small pieces. Chop the rosemary into small pieces. If you're using tinned butter beans, drain the liquid and keep it aside, you will need some when blending the dip. You can also keep the liquid and make vegan mayonnaise (p. 214).

Take a medium sized frying pan and heat the olive oil. When the oil is hot add the butter beans and fry for about 5 minutes until you see some light browning occur on the beans. Then add the garlic, rosemary, salt, pinch of pepper and a splash more olive oil to keep it from drying out too much. All of the moisture and frying penetrates the beans and adds additional flavour, making your dip even more delicious at the end. Continue frying for a further 2-3 minutes, then take off the heat and let the beans cool down a little.

To blend the dip, you will ideally need a jug blender. However, if you don't own one a stick blender will also work, it just won't make the dip as smooth. Add the contents of the frying pan into the blender, the juice of the lemon, salt to taste and a splash of the butter bean juice and blend. You can blend the dip as smooth or chunky as you like, blending for longer will make a smoother dip, adding liquid will also help with this, but be sure not to add too much liquid or you will end up with a thick soup-like consistency.

Serve the butterbean dip by itself or garnish with grilled fennel, fennel greens and slices of sun-dried tomato.

SERVING

The butter bean dip is a great starter together with a beautiful bread. It also goes very well with grilled vegetables, like zucchini, aubergine and bell pepper.

VEGAN MAYONNAISE

WITH CHIVES, HARISSA OR LEMON

INGREDIENTS

150 ml aquafaba (from
a can of preboiled
chickpeas)

0.5 tbsp dijon mustard

0.5 tbsp apple cider

vinegar

pinch of salt

400 – 600 ml
sunflower oil

opt. handful of chives

opt. lemon and parsley

For harissa:

2 cloves of garlic, pressed

2 tsp of grated fresh ginger

1 tsp cumin seeds

1 tsp coriander seeds

1 tsp smoked paprika

1 tsp paprika powder

pinch of chili flakes

salt and black pepper

200 ml of tomato paste

1 tbsp agave syrup

It is not the healthiest of sauces, but it is definitely very tasty! Instead of egg, we use the liquid of canned chickpeas for this mayonnaise, but you can also use the liquid of other peas or beans. The result is just as delicious as classic mayonnaise or maybe even better – if you ask me! You can serve the mayonnaise as it is, or you can try one of the flavour variations described below. I prefer to use sunflower oil, because it is rather neutral in flavour and it doesn't become rancid or bitter when blended on high speed (like olive oil), but of course you are free to experiment.

PREPARATION

Put the aquafaba in a blender or in a deep narrow mixing jug/bowl and use a stick blender. My experience is that for small amounts, a stick blender is most effective. Add the mustard, vinegar and a pinch of salt. Mix them together on low to medium speed. Now start adding the sunflower oil very slowly in a tiny stream. You want the oil to get the opportunity to gradually mix in with the other ingredients. You can slowly raise the speed as you keep adding oil until the sauce becomes thick as mayonnaise and too thick to spin more in the blender. Taste if it has enough salt and you're ready to serve!

VARIATION

Green chive mayonnaise:

Blend a big handful of chives with a little sunflower oil in a jug blender into a deep green oil and stir it gently through the mayonnaise.

Red harissa mayonnaise:

Harissa is a spicy Moroccan tomato paste. You can buy it or make it yourself. The version I make is less spicy and slightly sweeter. Gently glaze the garlic and ginger in sunflower oil. Then add cumin seeds, coriander seeds and glaze for another 1-2 minutes. Then add the tomato paste, smoked paprika, paprika, chili and some black pepper. Fry the paste for 3-5 minutes so the acidity of the tomato paste becomes milder. Let it cool down and then gently stir it through the mayonnaise. Very yummy!

Lemon and parsley mayonnaise:

This classic is very easy and very yummy! Add lemon zest, garlic and flat parsley to your mayonnaise and top with freshly ground black pepper.



APRICOT BREAD FOR LAZY CHEFS

WITH WHEAT, RYE & SPELT

This easy no knead bread is as gorgeous as it is delicious, perfect for lazy cooks. The apricots give this bread a happy bright feeling. They add a lovely sweet touch without being overwhelming. The mix of different flour gives a nice flavour and beautiful crust.

FOR 2 LOAVES

400 ml water
1 tbsp agave syrup
1 package of dried yeast
300 ml white wheat flour + 100 ml extra
100 ml fine rye flour
150 ml fine spelt flour
100 ml rolled oat
1,5 tsp fine salt
150 ml dried apricots
50 ml flax seeds
2 x 50 ml pumpkin seeds

PREPARATION

Take 400 ml of lukewarm water (37 degrees) in a big mixing bowl and stir the agave syrup in. When the water comes to rest spread the dried yeast in a thin layer on the surface of the water. Let stand for about 10 minutes. If the yeast doesn't look alive, something went wrong: maybe the water was too hot (in that case start a new batch) or if the water was too cold let it stand a bit longer in a warm place and see if it comes to life. When the yeast looks alive and bubbly you can add the flour, seeds and apricots. Mix well with a big wooden spoon. The dough should be pretty sticky, almost like porridge. Cover the bowl with a clean wet cloth or plastic film and let the dough rise in a warm spot for about 1 hour. Preheat the oven to 220 degrees.

When the dough is doubled in size, it is ready. Put the dough on a flour covered big table surface. Sprinkle some flour over the top and just gently roll the dough through the flour. There's no need to knead the dough, you just want to shape it and cover the outside with flour. Shape the dough into 1 or 2 loaves. Put them on a tray with baking paper. Make a long cut over the length with a sharp knife, about 1 cm deep. You can fill this cut with pumpkin seeds. Now bake the bread 25-35 minutes. It is ready when it is golden brown and sounds like a deep hollow drum when you tap it on the bottom.



ORANGE ALMOND CAKE

WITH COCONUT LIME CREAM

FOR 12 SERVINGS

For the cake:
(23 cm diameter)

2 oranges

250 g almond flour

5 eggs or
100 g rice flour

200 g raw sugar

0.5 tsp fine salt

2 tbsp baking powder

handful of raw
almond shavings

handful of raw
hulled sesame seeds

1-2 tbsp coconut oil

For the cream:
400 ml pure
coconut cream

150-200 ml coconut oil

zest of two limes and
juice of 0.5 lime

3 tbsp agave syrup

Optional toppings:
orange parts, finely
chopped rosemary,
roasted whole almonds

When we first heard that you can put a whole boiled orange into a cake, we were in awe! We had to try it and we fell in love with the tangy sweetness instantly! The coconut cream on top is a great extra and also lovely with other cakes or desserts. Don't forget to make the cream at least a few hours ahead of time or even the day before you plan to eat it so it can stiffen up in the fridge. This cake is very easy to make but it takes a little extra time, because of the boiling of the oranges. We also created a vegan version that is slightly moistier, but just as delicious!

PREPARATION

The cake:

Boil the whole oranges gently for 1 hour in water. When ready, let them cool down and then cut it into pieces and remove the seeds. Put the pieces in a blender and make it into a smooth mash (that's right: the whole orange including the peel!).

Preheat the oven to 180 degrees. Whisk the eggs in a bowl and mix in the oranges (vegan variation, see below). Now add the almond flour, sugar, a pinch of salt and baking powder. Line a cake form with baking paper. Rub coconut oil on the bottom and the sides and sprinkle sesame seeds over. Now add the dough and sprinkle it with the almond shavings. Bake the cake for 50-60 minutes until it is fully cooked. After 50 minutes you can test if it's ready by pricking it with a metal or wooden pin. When it comes out dry, the cake is done! Let the cake truly cool down. Then it's ready to top it with the beautiful cream and more fun garnish like almonds, lime zest or even a bit of finely chopped rosemary.

The cream:

Melt coconut oil on low heat in a saucepan until it is fully liquid. Put the coconut cream in a bowl. If you are using a can, you want to only take the creamy white part and not the thinner transparent liquid. Whisk the liquid oil, zest of two limes, lime juice and agave syrup into the cream, until you have a smooth consistency. Let the cream stiffen up in the fridge for at least 3-4 hours.


VARIATION

For the vegan variation of this cake, instead of the eggs, add 100 g of rice flour. The cake will be a bit moistier, but just as yummy! You might want to bake the cake a little longer than 60 minutes. Let the cake cool down before serving.









Mündekulla is a course and retreat center in the forests of Småland. A place for music, peace and sustainability where people come together for personal development, mindfulness, creativity, yoga, nature and of course: beautiful nourishing food.

For many years we collected and developed inviting, colourful, healthy and tasty recipes. We want to make beautiful dishes you just have to bring home to share with your loved ones.

In this book you find our favourite vegan and vegetarian recipes, as well as lots of inspiration on flavour experiments, farm-to-table, how to design a meal and sustainable practices.

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