More Than Just a Blender

As a Health Food Chef, Liora Bels advocates a farm-to-table lifestyle full of plant-based ingredients in their most natural state. To accomplish this for herself and her clients, Liora relies on the powerful performance of Vitamix machines. The high-performance blenders whip velvety shakes and smoothies, refreshing sorbets, hot and cold soups, and crowd-pleasing dips in seconds. Creating healthy meals with flavourful variety has never been easier.

Learn more at vitamix.co.uk  |  vitamix.com

FOREWORD
TENEUES NOW PRESENTS EXCEPTIONAL BOOKS FOR GOURMETS, FOODIES, AND ALL CREATORS OF FINE CUISINE

by Hendrik teNeues und Regina Denk

teNeues has consistently championed all the best things in life. We focus our expertise on lifestyle themes like fashion, design, photography, and much more. Since Fall 2015, we have renewed our enthusiasm for food culture – in true teNeues style, with a passion for innovation and distinctive flair. Our preview on the following pages offers step-by-step introduction to some delicious recipes that you are welcome to try at home!

Veritable taste indulgences – and naturally, they’re healthy – are in the spotlight for our leading titles. Vegan Cuisine, a masterful cookbook by top chef Jean-Christian Jury, features over 800 recipes with mouthwatering vegan dishes and inspirational food photography. In The Mix introduces health food chef and nutrition expert, Liora Bels, with up-to-date and coveted recipes to prove that the blender is really the star of the show. Matcha, the new cult superfood, is the green highlight for the program. We reveal how versatile matcha is for use in cooking, baking, and infusions. In Feeding the Future, the English nutritionist, Lohralee Astor, describes how to cook healthy and delicious food for children – the former model and mother of three is well informed about her subject!

We also invite you on alluring culinary tours across the Alps, Ireland, and South Africa. And to Greece. For the fascinating new book by Princess Tatiana Blatnik of Greece, her famous friends, like Armani and Diane von Furstenberg, have revealed the secrets of their favorite recipes featuring Greek cuisine. We present further details of all these intriguing books below.

Whether you have a gift in mind, just want to experiment with new recipes, or simply to tantalize the tastebuds, the new fine food book program from teNeues offers something for everyone – from amateur cooks to gourmet chefs.

Bon appétit and enjoy browsing!
CONTENT
teNeues for Gourmets 2016

Content

TITLE

Vegan Cuisine 4–9
A Taste of Greece – Recipes, Cuisine & Culture 10–15
Good to Glow – Feel-Good-Food 16–19
Feeding the Future – Clean Eating for Children & Families 20–23
The Mix – The Joy of Plant-Based Cuisine 24–27
Bowl Stories 28–31
Matcha – The Cookbook 32–35
Living off the Land – Ireland’s Kitchen 36–39
Alpine Cuisine ... and Local Lore 40–41
The Grand Châteaux of Bordeaux 42–45
VEGAN CUISINE

JEAN JURY & JOERG LEHMANN

The trend of cooking and eating without using animal products has been around for many years and is gaining in popularity. Vegan cuisine is healthy, versatile, and international. It can hold its own in terms of artistry, lacks nothing found in traditional haute cuisine, and it is no more complicated to cook. How this is possible, and how amazing these dishes look on the plate, is the subject of the unique Vegan Cuisine. You will find over 800 recipes, collected and curated by top chef Jean Jury, who was an extremely successful vegan chef for many years, most recently at the Mano Verde in Berlin. The book is a life’s work of recipes, an homage to green cooking, and a must for anyone who loves to cook, whether they are full-time or only part-time vegans. Dishes range from classic appetizers, filling main dishes sure to satisfy everyone, and sinfully delicious desserts to vegan cheese, bread, soups, smoothies, and many special dishes that will surprise even seasoned vegan cooks. World-renowned food photographer Joerg Lehmann provides the perfect stage for culinary star dishes like Asian seaweed salad, vegan croissants, and the incredible Mano Verde Chocolate Tart. Vegan cuisine has never been so beautiful and appealing.

24.5 x 34 cm / 9 ½ x 13 ½ in.
496 pp.
Hardcover
130 color photographs
English
Europe: September 2016 / Overseas: October 2016
ISBN 978-3-8327-3376-6
€ 98 $ 125 £ 80

• Vegan cuisine like you have never seen it before
• A comprehensive compendium with 800 recipes divided into 6 categories from master vegan chef, Jean Jury
• Easy to cook for yourself, but also includes more challenging recipes for advanced cooks
Blood Orange & Strawberry Soup

350 g strawberries, thinly sliced
2 tsp lime juice
1 tsp chili powder
150 g vanilla soy yogurt
350 ml fresh blood orange juice
Agave syrup or maple syrup
25 g chopped mint leaves to garnish
30 g raspberries to garnish

Combine the sliced strawberries, lime juice and chili powder. Blend the strawberry mixture, yogurt and blood orange juice in a high-speed blender. Add agave or maple syrup to taste. Refrigerate for 2 hours before serving in deep bowls, garnished with chopped mint leaves and raspberries.

Sweet Potato Soup with Pistachio Cream

1 tbsp olive oil
1 onion, peeled and chopped
1 garlic clove, peeled and chopped
3 sweet potatoes, peeled and chopped
1 tsp turmeric
1 tsp ground coriander seeds
2 tsp dried chili flakes
3¼ cups/750 ml vegetable broth
4 tbsp soy cream
2/3 cup/80 g shelled pistachios, finely chopped

Heat the oil in a saucepan over medium heat. Add the onion and cook for 4–5 minutes until softened, then add the garlic and cook 1 minute more. Stir in the sweet potatoes, turmeric, coriander, and chili flakes and cook for 2 minutes. Pour in the broth and bring to a boil, then reduce the heat and simmer for 10 minutes until the sweet potatoes are tender. Transfer to a food processor and blend until smooth. To serve, pour the soup into 2 bowls, drizzle with the soy cream, and garnish with chopped pistachios.

Miso Soup with Shiitake Mushrooms

4 tbsp vegetable oil
1 onion, peeled and finely chopped
4 garlic cloves, peeled and minced
4¼ cups/1 l vegetable broth
½ oz/15 g ginger, peeled and grated
4 tbsp soy sauce or tamari
1 tbsp sesame oil
Scant 4 oz/100 g shiitake mushrooms
3 oz/80 g broccoli
4 tbsp white miso paste

Heat the oil in a saucepan and fry the onions for 3–4 minutes. Add the garlic and continue cooking 2–3 minutes over medium heat. Add the vegetable broth, ginger, tamari or soy sauce, and sesame oil to the pan and bring to a simmer. Stir in the shiitake mushrooms, cover the pan, and simmer for 5 minutes until the mushrooms are cooked. Add the broccoli and simmer 5–8 minutes until the vegetable are tender. Ladle the broth into 4 bowls and dissolve 1 tbsp miso in each serving while still hot.

Almond Soup with Croutons

4 tbsp/60 g vegan margarine
1 garlic clove, crushed
2 cups/500 ml hot vegetable broth
¾ cup + 1 tbsp/200 ml soy cream
1¾ cups/250 g whole almonds, toasted and finely chopped
4 tbsp cold-pressed olive oil
4 slices white sandwich bread, crusts removed, cut in cubes
Salt and pepper
2 tbsp chopped parsley

For the soup, melt the margarine in a saucepan over medium heat. Add the garlic and sauté until softened. Pour in the broth, soy cream and almonds, and simmer for 8 minutes. Mix with a high-speed blender until smooth and pour into a bowl.

While the soup is simmering, make the croutons. Heat the olive oil in a frying pan and add the bread cubes, stirring to coat them in oil. Gently fry until golden on all sides. Season with salt and pepper and sprinkle with the parsley. Top the soup with the croutons just before serving.

Chef’s tip: The croutons can be replaced with freshly sautéed slivered almonds, also sprinkled on top of the soup just before serving.
Mushroom & Walnut Soup

- 4 tsp vegan margarine
- 1 tsp hazelnut oil
- 1 shallot, peeled and finely chopped
- 2 garlic cloves, peeled and minced
- 1 celery stalk, minced
- 12 oz/350 g shiitake mushrooms or chanterelles (in season), cleaned and sliced
- 1 potato, peeled and diced
- 1 rosemary sprig
- 1 bay leaf
- ½ cup/120 ml dry white wine
- ½ tsp ground nutmeg
- ½ tsp ground cinnamon
- ½ tsp sweet paprika
- 3 cups/700 ml vegetable broth
- Scant 1 cup/100 g walnuts
- 2/3 cup/150 ml soy cream
- 1 tsp Espelette chili pepper powder
- salt and pepper

In a large saucepan, heat the margarine and hazelnut oil. Add the shallot, garlic, and celery and cook over medium heat for 5 minutes. Add the mushrooms, potato, rosemary, and bay leaf and cook another 5 minutes. Stir in the wine, then season with the nutmeg, cinnamon, paprika, chili powder, and salt and pepper to taste. Bring to a boil, then reduce the heat to medium and simmer for 5 minutes.

Pour in the vegetable broth, cover the pan, and simmer for 15 minutes. In a food processor or high-speed blender, pulse the walnuts until they are finely chopped. Set them aside. Remove the bay leaf and rosemary from the soup. Stir in the cream and mix well. Adjust the seasoning as needed. Serve the soup in deep soup bowls, decorated with chopped walnuts and sprinkled with the chili pepper powder.
HRH Princess Tatiana
Diana Farr Louis

A Taste of
GREECE
Recipes, Cuisine & Culture

A TASTE OF GREECE
RECIPES, CUISINE & CULTURE
HRH PRINCESS TATIANA & DIANA FARR LOUIS

Food. It fuels our body and nourishes our soul. Shared, it fosters a mysterious sense of intimacy, even among strangers. Universal, it remains unique to each country, an essential element of the cultural heritage that links present and past through traditions and memories. A single bite can transport us both round the world and back in time. What else but food can awaken and create such lasting memories and deep emotions? It is not by chance that, for A Taste of Greece, 37 well-known international personalities have chosen to share their favorite local food recipes to give life to their personal connection with this beautiful Mediterranean country and shed light on its multifaceted appeal. Their stories and recipes illustrated by stunning photos will give you a real appreciation of Greek cuisine, age-old traditions, and a fascinating contemporary culture. We trust that you will become as enamored of the country and its people as they are!

Ingredients

✴ 1 roasted red Florina or bell pepper, diced (optional)
✴ 1 tomato, coarsely grated, skin discarded
✴ 1½ cups/70 g fresh breadcrumbs
✴ 3 oz/100 g ground lamb
✴ 1 large onion, coarsely grated
✴ 3 tbsp olive oil
✴ 3 eggs
✴ 4 cups/960 ml chicken broth
✴ 1 egg, beaten
✴ ¼ tsp dried oregano
✴ ¼ tsp garlic powder
✴ 1 tsp vinegar
✴ 1 tbsp finely chopped fresh parsley
✴ 1 egg-lemon sauce:
✴ 1 egg, beaten
✴ ¼ tsp dried oregano
✴ ¼ tsp garlic powder
✴ 1 tsp vinegar
✴ 1 tbsp finely chopped fresh parsley
✴ 2 cups/480 ml chicken broth
✴ ⅛ tsp salt
✴ ⅛ tsp black pepper
✴ 1 tbsp lemon juice
✴ 1 tbsp water

Instructions

1. For the egg-lemon sauce:
   - In a medium-sized bowl and beating in the lemon juice, beat the eggs until fully combined.

2. For the stuffed grape leaves:
   - Bring a large pot of water to a boil. Rinse the grape leaves well under running water or dish towels to dry. Remove any hard stems.
   - Drain in a colander and spread out on paper towels to dry. Place them seam-side down in the pot, and repeat with the remaining filling and leaves, layering them in the pot as you go. Do not worry about the leaves turning under or sticking together.

3. Pour the broth over the stuffed leaves and place an old plate on top of them (this keeps them from moving). Bring the liquid to a boil, then reduce heat and simmer for 15 minutes. Remove the plate and let them simmer for an additional 30 minutes or more.

4. Return it to the pan with the dolmades. Slowly add some hot broth from the pan, the sauce should be fluffy and foamy. The sauce should be fluffy and foamy. The sauce should be fluffy and foamy.

5. Garnish with the remaining broth in place of the chicken broth.

For a vegetarian version, omit the meat, increase the rice to 1 cup, and use vegetable broth instead of the chicken broth. The sauce should be fluffy and foamy. The sauce should be fluffy and foamy. The sauce should be fluffy and foamy.

• Sumptuously photographed, this is an ideal gift for all lovers of the Greek experience
• A carefully-curated selection of the most delicious Greek recipes
• By buying this book, you will not only see and taste a Greece that may be new to you, but you will also provide help to people who need it; proceeds from its sale will enable BOROUME to supply meals for more families and build a closer sense of community
Princess Tatiana (née Tatiana Blatnik) was born in Caracas, Venezuela. After graduating from Aiglon College in Switzerland, she received her B.A. in sociology from Georgetown University in 2003. In 2006, she joined Diane von Furstenberg’s fashion house as public relations consultant and event organizer.

In 2010 she married Prince Nikolaos on the island of Spetses. Since then and especially after moving to Greece in 2013, Tatiana has actively pursued her passion for natural and healthy living through her philanthropic and entrepreneurial work.

In 2010 she joined Diane von Furstenberg’s fashion house as public relations consultant and event organizer.

Since then and especially after moving to Greece in 2013, she found herself intrigued by the sociological importance of food. The cookbook project, which she coordinated, became a concrete expression of her love for Greece and her commitment to joining forces with individuals and organizations, across borders, to support those in need in the country she now calls home.
My wife, Liz, likes any raw soups to be easy on the digestion so she avoids all the hearty stuff like raw green peppers or raw red onion or garlic, which seem to go in most recipes of this kind. She finds that having a tasty variety of the basic ingredients is much more important and allows you to make a very delicious gazpacho with very little fuss. Personally, I love to serve watermelon gazpacho as an amuse-bouche in espresso cups together with other snacks; people always come back for seconds or thirds. Choose a small watermelon, preferably seedless, with a dark green rind and deep red flesh. This type of watermelon has a richer flavor and a round sweetness, which is what you need to counterbalance the acidity in the tomatoes. For the tomatoes, the large beefsteak variety works best; choose very ripe tomatoes and make sure to remove the seeds.

Liz’s Watermelon Gazpacho

Το γκασπάτσο της Λιζ με καρπούζι

1. Working in batches, puree the watermelon and tomato in a blender until smooth and transfer to a large bowl. Add the cucumber, garlic-infused olive oil, citrus juice, cumin (if using), and salt to taste. Stir to combine. Combine the parsley and cilantro stems and mint leaves in a small bowl.

2. To serve, divide the gazpacho into bowls. Add a dash of Tabasco and a few grinds of pepper to each, and then top with a scoop of the finely chopped herbs.

3. If you prefer a smooth soup, puree the cucumber together with the tomatoes in the blender.

Ingredients

- 6 cups/920 g watermelon, peeled, seeded, and chopped
- 2 cups/400 g tomatoes, peeled, seeded, and chopped
- 1 cucumber, peeled, seeded, and finely diced
- 2 tbsp garlic-infused olive oil
- Juice of 1 lemon or lime
- ½ tsp ground cumin (optional)
- Sea salt and freshly ground black pepper
- Small bunch fresh parsley stems, finely chopped
- Small bunch fresh cilantro stems, finely chopped
- Handful fresh mint leaves, finely chopped
- Tabasco
GOOD TO GLOW
FEEL-GOOD FOOD
TALI SHINE & STEPH ADAMS

This book is your guide to the world's hippest and most delicious, healthy and organic cafés! It features unique and exclusive recipes and signature dishes from destination spots handpicked by the author, Tali Shine. You will find mouth-watering recipes for juices and smoothies, brunches, dinners, as well as sweets and treats. Slow roasted chicken, Seafood Paella next to Triple Choc Cheesecake will leave no one's health food dreams unattended. Good To Glow features recipes from the globe's most beautiful supermodels, celebrities, and wellness experts, such as Elle Macpherson and James Duigan. Good To Glow is your go-to travel and health guide that will get you on the road to a glowing lifestyle. With numerous useful health advice and tips from the real experts and a glossary for global locations in one separate chapter.

INGREDIENTS

TALI SAYS:

VEGAN RAW CHOC

COCO BITES

PREPARATION

1) Add shredded coconut, coconut cream, coconut milk, and maple syrup into a small pot.

2) Grease a baking tray with coconut oil.

3) Shallow fry in ghee or coconut oil.

4) Place the baking tray in the fridge or freezer to allow shapes to form more consistent shapes.

5) To make the coating, add coconut oil, cacao powder, and maple syrup into a small pot.

6) On a low heat, stir mixture until it is combined.

7) Set aside to cool.

8) Remove the coconut mixture from the fridge or freezer to set.

9) Place in an air-tight container and store in the fridge.

10) Once the raw chocolate has set, take them out and repeat the dipping process to allow a thicker covering.

11) Once the raw chocolate has set, take them out and repeat the dipping process to allow a thicker covering.

12) Place in an air-tight container and store in the fridge.

DELICIOUS, HEALTHY, & ORGANIC

Good To Glow

19 x 25 cm / 7 1/2 x 9 1/6 in.

c. 200 color and b/w photographs

Hardcover

c. 176 pp.

English

Europe: March 2016 / Overseas: April 2016

ISBN 978-3-8327-3341-4

€ 24.50 $ 35 £ 19

• Delicious and nourishing recipes
• Health advice from renowned health experts and nutritionists
• Numerous addresses for “glowing” restaurants and cafés
To make the hummus, start by drizzling the bell pepper with 1 tablespoon of rapeseed oil, season and roast at 390°F / 200°C for about 30–40 minutes until soft and the skin has started to turn black. Put in a bowl and cover with cling wrap.

Cut the eggplant into 4 thick slices, about 2 in. / 5 cm. Drizzle with 3 tablespoons of rapeseed oil, season, and sprinkle with thyme. Roast at 350°F / 180°C for about 30 minutes until cooked. After 15 minutes, add a little extra oil if the eggplant looks dry.

To finish the hummus, peel the skin off of the cooled pepper and remove all seeds.

Put the pepper into a food processor and blitz with the juice of half a lemon, olive oil, chickpeas, tahini, grated garlic, paprika, and dried chili flakes (if you like heat). Season to taste.

For the dressing, mix the kefir with the juice from the other lemon half and season as desired with salt and black pepper.

To serve, spoon hummus on the plate, place 2 pieces of eggplant on top, crumble over feta, drizzle with kefir dressing, and sprinkle with pomegranate seeds, mint leaves, and sesame seeds.

Note: Vegans can simply remove the cheese and use coconut yogurt for the dressing. Equally delicious!
CARROT CUPCAKES

INGREDIENTS
(Makes 1 2 cupcakes)

- 1 cup / 120 g buckwheat flour
- 1 tsp baking soda
- ½ tsp baking powder
- 2 tsp cinnamon
- 1 tsp nutmeg
- 1 pinch sea salt
- 2 eggs
- 1 cup / 240 ml milk of your choice (rice, goat, cow, almond)
- ¼ cup / 100 ml rapeseed oil
- 1 cup / 215 g xylitol
- 2 tsp vanilla extract
- 1 cup / 50 g carrots (grated)
- 1 cup / 90 g desiccated coconut
- 1 cup / 225 g peaches in their natural juice (finely chopped)

Zest of lemon frosting:
- 1½ cups / 340 g cream cheese
- 3 tbsp agave nectar
- Zest from 1 lemon

PREPARATION
Preheat the oven to 350°f / 180°C.

Sift the flour, baking soda, baking powder, salt, nutmeg, and cinnamon.

In another bowl, mix together the milk, eggs, vanilla extract, oil, and xylitol.

Slowly add the dry ingredients and mix well.

Combine the carrots, coconut, some lemon zest, and peaches in another bowl, then slowly add to the mixture.

Pour the mixture into cupcake cases and bake for 10 to 15 minutes or until golden brown.

Once the cupcakes are in the oven, start making the frosting.

Combine the cream cheese, lemon zest, and agave nectar, then mix well.

Once the cupcakes are out of the oven and have cooled, gently spread the frosting on top and serve.

These carrots cupcakes are naturally sweet, we promise your kids will never guess that they’re also healthy! This recipe makes for a fun breakfast or dessert.

GF
PF
SF

AVOCADO TUNA ROLL

INGREDIENTS

- 3 1½ oz / 40 g glass jar of tuna in olive oil
- 3 ¼ ripe avocado
- 3 lemon wedge
- 3 1 nori sheet
- 3 1/3 cup / 80 g sushi rice (cooked)

PREPARATION

Mash up the tuna and mix in the avocado. Season with a small amount of salt and a squeeze of lemon.

Cut the nori paper into 2/3 of a piece.

Place the nori paper on a sushi mat.

Put a thin layer of cooked rice on the nori paper, leaving space at the end of the paper.

Press the rice firmly into the nori paper.

Add the avocado and tuna mixture in a line down the center.

Lift the side of the mat and roll to seal the edges. Use your hands to roll the shape and properly seal the cylinder shape of the sushi roll.

With a sharp knife, cut the roll into 0.5 in / 2 cm slices.

Kids love sushi rolls! They are a fun meal or snack. Choose from our different fillings and rice options.

DF
EF
GF
PF
SF

The concept of clean eating is becoming increasingly popular among adults, however it is children who are the most vulnerable to additives and nasty toxins such as sugar, found in unhealthy, processed, and fast food. Because children are still growing and developing, it’s important they consume adequate vitamins and nutrients through their diets. Children are, after all, our future. The concept is simple: using fresh ingredients in their most natural state. We say goodbye to gluten, wheat germ, refined sugar, and genetically modified oils, as these can be addictive, acidic, deplete energy, and can cause sluggishness, mood swings, and hyperactive behaviour in children. Feeding the Future is a glossy lifestyle/cookbook filled with inspiring recipes that all children—from those aged two to grown-up “kidults”—will love. These recipes are clean, nutritious, and delicious, as well as being easy to make. The book is the perfect tool for health-conscious and time-poor parents.

- Delicious, clean, and nutritious dishes for the whole family
- Easy-to-follow recipes for breakfast, lunch, and dinner
- Tips for special occasions like birthday parties
PEANUT BALL BITES

INGREDIENTS

(Makes 12 balls)

- 2 cups / 180 g oats
- 1 cup / 250 g FTF Peanut Butter (see recipe page 159)
- 1 cup / 170 g ground flaxseed
- 1 cup / 170 g raw chocolate (cut into tiny flakes)
- 1 cup / 115 g goji berries
- 1 cup / 130 g pumpkin seeds
- ½ cup / 200 g maple syrup
- 2 tsp vanilla extract
- 1 tsp cinnamon

PREPARATION

PUT all the ingredients into a food processor and blend together.

USE your hands to roll mixture into 1 in / 2.5 cm balls.

PUT them into the freezer for 1 hour.

Once they are set, PUT them in the fridge.

Peanut ball bites contribute to healthy skin and have high vitamin A content, which is an immunity booster. These balls are nutrient-packed, and are also high in antioxidants and protein.
CASHEW BASIL PARSLEY DIP
WITH LEMON, TOMATOES AND CAYENNE

If you love cashews, this recipe is for you! Creamy, filling, delicious, smooth, sweet, yet hearty and tangy at the same time.

1 cup/120 g raw cashews, soaked in filtered water for about 4 hours, rinsed well
juice of 1 lemon
6–8 cherry tomatoes
handful fresh basil leaves, or more if you like
handful fresh parsley, or more if you like
sea salt to taste
pinch of cayenne
fresh chili (optional)

Blend all ingredients together in your high-speed blender until creamy and smooth.

Note: Enjoy this dip with veggies and salads or just spread it on some bread.

THE MIX
THE JOY OF PLANT-BASED CUISINE
LIORA BELS

Living a balanced way of life is about the combination of eating whole, delicious foods that are nourishing and energizing, taking care of yourself and others, and about the sustainable coexistence of people and nature. Conscious living is holistic. Liora Bels’ philosophy as a specialist on healthy eating and wholesome living revolves around the positive effects nutrition can have on body and soul and the benefits of a plant-based diet. The Mix offers vibrant, simple, and healthy everyday meals, that are rich in wholesome, natural, fresh ingredients and easy to make. Eating well must not be stressful, but rather a celebration of the goods nature has to offer. You will find scrumptious smoothies, nutritious spreads and dips, tasty soups, bowls, and even sweets and treats. Beautiful imagery allows a glimpse into a holistic lifestyle and Liora’s inspiring sense for aesthetics. The Mix is a treat for eyes and taste buds and not exclusively for the health-conscious reader.

19 x 25 cm / 7 1/2 x 9 5/6 in.
176 pp.
Hardcover
c. 125 color and b/w photographs
English
Europe: August 2016 / Overseas: September 2016
ISBN 978-3-8327-3381-0
€ 29.90  $ 39.95  £ 25

Includes delicious, healthy, and easy-to-make recipes
Find out more about a plant-based diet and a holistic lifestyle
An invaluable source of inspiration with beautiful and atmospheric photos by Mirjam Knickriem
CASHEW YOGURT BOWL
CAN YOU BELIEVE IT? IT TASTES JUST LIKE YOGURT AND IT'S SUPER HEALTHY AS WELL!

A wonderfully delicious dairy-free yogurt option. Tasty, cultured, and so good for you!

280g raw cashews, soaked for about 8 hours and rinsed well
100ml non-chlorinated water (distilled)
200g strawberries, fresh or frozen
juice of 1/2-1 lemon
scrapings of 1 vanilla bean
1 tablespoon pure raw coconut nectar or pure maple syrup, more if needed
powder from 2 probiotic capsules (equals 20 billion active cells)

Topping options:
- fresh berries
- pomegranate seeds
- bee pollen
- hemp seeds
- shredded coconut
- sprouted granola
- or anything else you desire

Blend cashews with water on high setting until smooth and creamy. Transfer to a sanitized glass bowl or jar, open the probiotic capsules and add the powder to the mixture. Stir in with a wooden or plastic spoon.

Cover with a clean cloth or kitchen towel and let set in a warm, dark spot for about 12 hours or overnight. The yogurt should taste tangy sour. Place yogurt in your blender, add the rest of the ingredients and blend until smooth. Adjust to taste, adding more liquid sweetener or lemon. Chill in the fridge for at least 30 minutes or better longer and serve with your favorite toppings.

NOTE: It is important to use distilled, non-chlorinated water for this recipe, as the friendly bacteria can otherwise not survive. You can also simply use boiled water and let it cool down.

For a quicker, non-cultured version, simply substitute the probiotic capsules with 1 teaspoon psyllium husk powder. Blend all ingredients at once, adding psyllium husks, until smooth and creamy. Adjust to taste, adding more liquid sweetener or lemon. Chill in the fridge for 30 minutes. Serve with your favorite topping.
**INGREDIENTS**

- Kale
- Cauliflower
- Vegetable oil
- Butter
- Tahini (sesame paste)
- Curry powder
- Crushed red pepper
- Salt, pepper, sugar
- Onions
- Apple cider vinegar
- Bay leaves
- Allspice berries
- Blue cheese
- Toasted sesame seeds

**TO SERVE**

Arrange the cauliflower, kale, and onions in two bowls. Sprinkle with sesame seeds and crumble the blue cheese over the top.

**BOWL STORIES**

Benjamin Donath and Viola Molzen decided to call their book *Bowl Stories* because eating out of bowls is not a passing fad, but a declaration of love for the food itself. The duo defines eating from a bowl, or even directly from the pot, as the ultimate pleasure. Eating from bowls is both practical and sensuous; all ingredients and components are nestled close to each other so it’s easy to have a bit of everything on your spoon. Ben and Viola serve up classic dishes with a fun twist: Asian carbonara with pork belly, ayran Black Forest cake, and pea soup with nectarine yakitori or hay panna cotta. Marketing manager Viola, who loves food above all else, and pastry chef Ben, author of the food blog EateryBerlin.com, find inspiration for their recipes from childhood memories, leftovers in the fridge, and of course, from their travels: to Turkey, Portugal, or a campground in Brandenburg.
### RICE PUDDING WITH BUTTER BISCUIT SNOW

#### INGREDIENTS

**Butter biscuit snow**
- 2½ oz/70 g butter biscuits
- ½ cup/125 g butter
- 2 tbsp/20 g brown sugar
- Salt

**Rice pudding**
- 2 tsp/10 g butter
- ½ cup/100 g short grain rice
- 2 tsp/10 cl Licor 43
- 2 ⅔ cups/550 ml milk
- Zest from ½ organic lemon
- ½ vanilla bean
- Salt
- 5 tsp/20 g sugar

**Other**
- Rectangular baking pan
  (about 5 x 3½ inches/13 x 9 cm)

#### PREPARATION

**Butter biscuit snow**
1. Crush the biscuits into crumbs. Melt the butter in a pot and cook until it browns. Line a sieve with a paper towel, then pour the browned butter through the sieve into a bowl.
2. Mix the biscuit crumbs and the sugar into the butter and add salt to taste.
3. Line the baking pan with plastic wrap. Scrape the crumb mixture into the lined pan and press down firmly. Cover the pan, then place in freezer and let it sit overnight.

**Rice pudding**
1. Melt the butter in a pot, then add the rice and sauté lightly. Add the liqueur and then pour in the milk.
2. Add the lemon zest, vanilla bean, and salt to taste, then simmer the rice over low heat for about 25 minutes, stirring occasionally.
3. Last, stir in the sugar and adjust the seasonings of the rice pudding to taste.

#### TO SERVE

Divide the rice pudding into two bowls. Remove the frozen block of biscuit crumbs from the pan and grate over the warm milk pudding.
The new trend is green: matcha is top-quality green tea that is ground into a fine powder. Originally used in the traditional Japanese tea ceremony, matcha is now inventively used in other dishes as well. And now we are going to make this neon-green ingredient our very own: with its tart-sweet taste, matcha gives ice cream or smoothies its own special kick. Other than the color, what is so special about this powder? The entire tea leaf is ground to make matcha powder, which means all of the beneficial ingredients in green tea—like anti-oxidants and phytochemicals—are preserved. It is a great reason to take a closer look at this green trend! Gretha Scholtz, recipe developer and matcha queen, shows us what we can do with the green powder in the kitchen. Enjoy truly healthy breakfasts, hearty main dishes, and of course, a wide variety of sweets and baked goods—which could even be considered healthy, thanks to the matcha used to make them.

MATCHA
THE COOKBOOK
GRETHA SCHOLTZ

19 x 25 cm / 7 1/2 x 9 1/4 in.
176 pp. | Hardcover

c. 125 color photographs | English or Dutch

Europe: August 2016 / Overseas: September 2016
ISBN 978-3-8327-3405-3 (Dutch edition)
€ 29.90 / $ 39.95 / £ 25

More than 50 sweet and savory recipes with the hottest-trending ingredient
An introduction to the Japanese tea ceremony
Plus: matcha makes you more beautiful on the outside, too—recipes for DIY facial masks and bath essences
GREEN HOLLANDAISE SAUCE

I love the creamy, satiny emulsion that is hollandaise sauce. It’s the perfect accompaniment to eggs Benedict, or a simple poached egg on its own. It’s wonderful drizzled over blanched fresh white asparagus. Or use it as dipping sauce for steamed artichokes or broccoli. Hollandaise is very simple to make – it shouldn’t be a luxury reserved only for special occasions.

INGREDIENTS

Makes 1 cup (250ml)

- 3 tbsp rice vinegar
- 1 tsp matcha
- 1 tsp Dijon mustard
- 1 cup (250g) butter
- 3 large egg yolks
- ½ tsp lemon juice, or more to taste
- Salt (optional)

If you don’t have rice vinegar, white wine vinegar will work, but the sauce will be slightly more acidic.

If your food processor has a small bowl for sauces, use that rather than the large bowl.

Hollandaise doesn’t like to sit around, but this version is more stable than the classic and can be kept warm for 20 minutes without splitting. A Thermos works well for this purpose.

For a simple but delicious dish, grill asparagus spears and top with poached salmon, a drizzle of green hollandaise and salmon roe.

METHOD

- Stir together the vinegar, matcha and mustard in a small saucepan until smooth. Warm gently over low heat, stirring continuously, until hot but not boiling. Keep warm.
- Place the butter in a separate saucepan (preferably one with a spout) over low heat. Melt gently so that the butter solids sink to the bottom of the pan. If your pan does not have a spout, transfer the melted butter to a small pitcher. Keep warm.
- Add the egg yolks to the bowl of a food processor fitted with a metal blade and pulse just until broken down.
- With the processor on the lowest speed, pour the warm matcha mixture through the feed tube in a steady stream.
- With the processor still running, add the melted butter, drop by drop so that it blends well with the eggs (the mixture will look quite runny until all the butter has been added). Stop pouring when only the solids are left in the pan. Turn off the processor. Discard the butter solids.
- Add the lemon juice and pulse once to mix. Taste and add more lemon juice and salt if desired. If the sauce is too thick, add some hot water, 1 tsp at a time.
- Pour the sauce into a warmed serving dish and serve immediately, or cover with plastic wrap and keep warm for up to 20 minutes before serving.
LIVING OFF THE LAND
IRELAND’S KITCHEN

In an age of highly processed foods and more and more people with food allergies and intolerances, interest in local and organic foods and healthy eating is skyrocketing. This is where Living Off the Land – Ireland’s Kitchen comes in. The Connemara region of Ireland is one of the country’s most picturesque areas. Oscar Wilde once called it “a savage beauty.” With its rugged hills, postcard-pretty heaths and moors, and rocky western coastline, it offers a variety of impressive landscapes. Here, it is still possible to live in harmony with nature and make use of the natural resources and native crops the land provides. This volume takes you to the Screebe House, a historic manor in western Ireland famous for its hospitality, comfort, and outstanding cuisine, and shows how you can use local products to create outstanding dishes with just a bit of cooking skill. Along with classics like a full Irish Breakfast and afternoon scones, you can cook mussels, clams, cockles, scallops, rack of lamb, and learn all about Irish cheeses. Breathtaking landscape photographs from the region round out the book perfectly and sweep you away on a dream trip to the west coast of beautiful Ireland.

• Culinary highlights in one of Ireland’s oldest and most traditional regions
• Cook healthy, quality meals using local products
• A treat for both the eyes and the stomach
Scallop Carpaccio

WITH OIL & LEMON JUICE
SERVED IN ITS OWN SHELL

INGREDIENTS

Scallops (Rossover)  
Lemon juice  
Salt, pepper  
Olive oil

PREPARATION

Open the Clams and remove the meat. Clean and cut into pieces.

Serve the meat in its shell.

Sprinkle with olive oil and lemon juice and season with salt and pepper to taste.

We recommend mixing a dressing from these ingredients when preparing a larger number of clams.
ALPINE CUISINE
... AND LOCAL LORE
ALPS MAGAZINE

So much more than mere “Schmankerlküche” (Bavarian treats), the Alps are a little piece of paradise for foodies. Wide variations in climate and huge elevation changes have forced the locals to adapt and be inventive. Over the centuries, each region has developed its own unique flavors and special products. Recently, the Alpine gastro scene has led the way back to rediscovering regional tastes, reviving everything that got lost in a sea of lemongrass and avocado foam, and returning to the real delicacies from local farms and fields—while completely re-interpreting tried-and-true dishes. This book invites you on a stroll through the skillets and soup kettles of contemporary Alpine cooking: visit the most beautiful mountain cottages, the homiest kitchens, and the most remote Alpine meadows—the whole delicious spectrum of culinary delicacies from all over the Alps! We also include stories about special local ingredients and traditional recipes with a new contemporary twist. Because if there is one thing you can count on in the Alps, it is that every valley is unique!
This may sound a little crazy, but take a moment to close your eyes while you’re browsing through this book. You’re sure to taste a hint of fine red wine spreading across your tongue. The Grand Châteaux of Bordeaux is your complete guide to the most famous wine-growing region in the world. Discover outstanding vineyards and their wines in spectacular photos: everything from Margaux and Mouton Rothschild to Gruaud-Larose and Latour. Take an exciting look behind the walls of the châteaux where these storied vintages are born. See Bordelais vintners and cellar masters at work in Saint-Émilion or Pomerol. And learn about the history of the vineyard estates and their architectural heritage, as well as grape varieties, wine storage, and soil characteristics, because, as Goethe famously said, “Life is too short to drink bad wine.” The informative texts round out the book like the silky finish of a Grand Cru.

However, the focus is still on the wine. The soil of clay, sand and gravel unites Saint-Émilion with Pomerol. The experience has led to an unusual blend: 58% of the almost 37 hectares in the lovingly tended vineyards are planted with late-maturing, aromatic Bouchet grapes (Cabernet Franc), which give the wine its complexity, longevity, elegance, and melting tannins despite the low yields. The Merlot ripens earlier and gives it richness and silkiness. A trace of Malbec from a small, older plot rounds it out without being obvious. Estate manager Pierre Lurton and his family have had the owners’ trust since 1991. The estate has maintained its current layout since 1871. Cheval Blanc has had to deal with very few changes in ownership. The owners since 1998 are Baron Albert Frère and Bernard Arnault, chairman of luxury goods group LVMH. The group bought a half share from Arnault in 2009.
