



Street Food

Traveling without moving

MADE
WITH

Garden
Gourmet®



USA

P 16-20



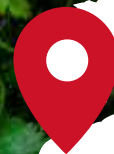
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India



Telling a Story:

Butter chicken is one of the most popular Indian dishes worldwide. You will not come across many Indian restaurants which do not have a butter chicken on the menu card.



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BUTTER FILLET PIECES – WITH RAW MINTED PUMPKIN SALAD AND NAN BREAD



10



20 mins



Medium

- 1-2 tbsp chili powder
- 1 tbsp salt
- 2 tbsp lemon juice
- 2 tbsp CHEF® Lemon Paste
- 1 kg Garden Gourmet® Fillet Pieces
- 40 ml CHEF® Vegan Chicken Liquid Concentrate
- 300g Maggi® Coconut Milk Powder
- 600 ml water
- 6 pc garlic cloves
- 100 g ginger, coarsely chopped
- 100 g almonds without skin
- 2 dl vegan yoghurt
- 3-4 tbsp ground garam marsala
- 1 tbsp ground turmeric
- 800 ml chopped tomatoes
- 100 g raisins
- 250 g onions, approx. 5 pc
- 150 ml vegetable oil or plant-based butter

PREPARATIONS

1. Mix the chili powder with salt, lemon juice and CHEF® Lemon Paste, Vegan Chicken Liquid Concentrate and mix it hereafter into the Garden Gourmet® Fillet Pieces.
2. Mix Maggi® Coconut Milk Powder with water and stir well to avoid lumps.
3. Blend garlic, ginger, almonds and yoghurt to a homogenies mass.
4. Mix the dried spices into the Fillet Piece and mix it hereafter with tomatoes and raisins.
5. Peel and chop the onions roughly.
6. Fry the onions in oil in large pot for 3-4 mins. Add the Fillet Pieces and fry for another 2 min.
7. Add the rest of the ingredients and let it simmer for 10-15 mins.

PUMPKIN SALAD

- 1 kg orange pumpkin
- 25 g mint leaves
- 50 g almonds
- 100 ml lime juice

PREPARATIONS

1. Pell the pumpkin and remove the seeds.
2. Slice the pumpkin into long fine slices on a mandolin.
3. Chop the mint and almond roughly.
4. Mix all the ingredients together to a salad.

GARNISH

- 30-50 g fresh coriander
- almonds
- 2 tbsp roasted sheered coconut
- rice
- indian bread/paratha bread

PREPARATIONS

Arrange the butter chicken/Fillet Pieces garnished with fresh coriander, chopped almonds and coconut and serve with rice and paratha bread.

CHEF'S TIP

- All sorts of raw vegetables will be fine for this dish.
- Vegan Butter chicken spice paste can be used to reduce complicity.

TANDOORI BREADED FILLET

– FRIED WITH CURRY LEAVES, SERVED WITH COCONUT RELISH, YOGHURT, CUCUMBER AND MINT



10



20 mins



Medium

- 2 pc red onions
- 2 pc cucumbers
- 2 tbsp CHEF® Lemon Paste
- 20 g mint leaves
- 100 ml vegetable oil
- 100 g curry leaves
- salt
- 10 pc Garden Gourmet® Breaded Fillet
- tandoori spice

COCONUT RELISH

- 2 pc coconuts*
- 2 pc green chillies
- 100 g ginger
- 2 pc garlic cloves, finely chopped
- 300 ml vegan yoghurt
- 2 pc lime
- 1 tbsp mustard seeds
- 50 g fresh coriander
- salt

*Grated, roasted coconut can replace the fresh coconuts

PREPARATIONS

1. Peel the red onions, cut them halves and slice them finely. Place the onions in ice water till serving and drain them in a sieve.
2. Peel the cucumbers, cut them in 1.5 cm pieces and mix them with CHEF® Lemon Paste, drained red onions and mint leaves.
3. Fry the curry leaves in hot oil. Leave them on paper towel and sprinkle with a little salt.
4. Use the same oil for frying the Garden Gourmet® Breaded Fillet for 2 mins on each side, and then sprinkle with tandoori spice mix.

PREPARATIONS

1. Crack a little hole in the coconuts and bake them in the oven at 180°C for approx. 30 mins. Cool down the coconuts. Take out the coconut meat and chop it roughly.
2. Clean the chillies, remove the seeds and chop the chillies finely. Grate the ginger on a microplane grater.
3. Blend the coconut meat with chilli, ginger, garlic, yoghurt and lime juice to a chunky mass.
4. Roast the mustard seeds on a dry, hot frying pan.
5. Mix the relish with finely chopped coriander. Season with salt and lime juice.

Telling a Story:

Tandoori- Garam masala is a mixed spices combination which gives taste and good aroma to the dish. Garam means strong and warm whereas masala refers to the spices. That is, Garam masala is a mix of spices which gives warmth to the body. Not two garam masala recipes are alike.

CHEF'S TIP

- Other deep-fried herbs can be used instead of curry leaves; basil, kaffir lime leaves and shiso leaves.
- Season the relish with chili lime pickles.



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PINEAPPLE CURRY WITH VEGAN BALLS

– IN FERMENTED BLACK PEPPER SERVED WITH MINT SAMBAL AND ROTI



10



20 mins



Medium

200g onions
 600 g carrots
 5 pc lemongrass sticks
 75 ml vegetable oil
 50 g curry leaves
 4-6 pc cinnamon sticks
 1 tbsp ground turmeric
 2 tbsp black/brown mustard seeds
 500 g pineapples (frozen can be used then reduce water by 100ml)
 300g Maggi® Coconut Milk Powder
 600 ml water
 800 g Garden Gourmet® Vegan Balls
 4 tbsp CHEF® Fermented Pepper Paste
 35ml CHEF® Asian Liquid Concentrate
 salt

MINT SAMBAL

100 g red onions
 100 g ginger
 6 pc long, green chillies
 2 pc garlic cloves
 60 g mint leaves
 100 g grated fresh coconut
 100 ml lime juice
 200 ml water
 salt

PREPARATIONS

1. Peel and chop onions and carrots roughly.
2. Cut the lemongrass sticks into 3 cm sticks and crush them lightly without breaking them.
3. Heat up the oil in a pot on medium heat.
4. Add onions, carrots, lemongrass, curry leaves, cinnamon sticks, turmeric and mustard seeds and cook over low heat for 7-8 mins.
5. Clean and cut the pineapples into 2x2 cm pieces.
6. Mix 300g Maggi® Coconut Milk Powder with 600 ml water into coconut cream, stir well to avoid lumps.
7. Add the Garden Gourmet® Vegan Balls, CHEF® Fermented Pepper Paste, CHEF® Asian Liquid Concentrate and salt and let it simmer for 5 mins.
8. Make the mint sambal - Peel and clean red onions, ginger, garlic, coconut lime, mint and water to a smooth paste and season with salt.

SERVED WITH

mint sambal
 brown rice
 roti

Telling a Story:

Cinnamon has been used for thousands of years in Indian dishes. It is for example used in soups, chutneys, dalls (lentil dishes), desserts and in various drinks. Cinnamon adds a beautiful aromatic aroma and taste in the salty as well as in the sweet kitchen.

CHEF'S TIP

- Mint sambal can be stored in the fridge for 3 days.
- Dried, grated coconut can replace fresh coconut.



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Japan



Telling a Story:

Bring a touch of Japan to your next buffet with this easy-to prepare yakitori grilled skewers. It is a popular Japanese street/finger-food. Yakitori is made from tender pieces of chicken on a wooden skewer and barbecued over an open flame or a very hot grill.

Japan Street Food

GRILLED YAKA TORI STICKS – WITH FERMENTED PEPPER SAUCE AND GINGER PICKLED CUCUMBER SALAD



10



20 mins



Medium

30 pc small grill sticks
1 kg Garden Gourmet® Fillet Pieces
200 ml water
100 ml soya sauce, low salt
40 ml CHEF® Roast Liquid Seasoning
50 ml sesame oil
4 pc cucumbers
2 pc onions
200 g pickled ginger

FERMENTED PEPPER & HONEY GLAZE

2-4 tbsp CHEF® Fermented Pepper Paste
100 ml soya sauce, low salt
100 ml honey

GARNISH

100 g peas shoots
black sesame seeds

PREPARATIONS

1. Soak the sticks in water for at least 1 hour.
2. Soak the Garden Gourmet® Fillet Pieces in CHEF® Roast Liquid Seasoning, water and low salt soya sauce for 30 minutes and then drain.
3. Peel the cucumbers. Cut them in half length-wise and cut them hereafter roughly into 2 cm pieces.

4. Cut the onions into small dices and wash them twice in cold water. Drain them from the water and mix it with the cucumbers and pickled ginger to a salad.
5. Mix CHEF® Fermented Pepper Paste with soya sauce and honey and combine it well.
6. Mix the garden Gourmet® Fillet Pieces with sesame oil and put the Fillet Pieces on the grill sticks.
7. Grill the sticks on a hot grill for 1-2 mins on each side.
8. Brush the hot sticks with the fermented pepper sauce and serve it with cucumber salad and peas shoots. Sprinkle with black sesame seeds.

CHEF'S TIP

- You can make the cucumber salad with raw beetroots, daikon or carrots.
- Served the sticks with steamed sushi rice.

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Telling a Story:

Takoyaki is a quintessential Japanese street food which is particularly popular at the festivals in Japan. Essentially, they are round balls which are smothered with a special savoury Takoyaki sauce and kewpie mayonnaise.

TAKOYAKI VEGAN BALLS

– IN MUSHROOM SAUCE, WATER CRESS SALAD, DRIED PORCINI MUSHROOMS AND SESAME



10



20 mins



Medium

6 pc	spring onions
500 g	carrots
50 g	dried Porcini mushrooms
50 ml	CHEF® Mushroom Liquid Concentrate
100 ml	hoisin sauce
100 ml	water
800 g	Garden Gourmet® Vegan Balls
100 ml	vegetable oil
100 g	water cress
150 ml	vegan mayonnaise
10 g	sesame

PREPARATIONS

1. Clean the spring onions and carrots.
2. Chop the spring onions in fine rings, and finely chop the carrots in long julienne.
3. Break the dried mushroom into smaller pieces.
4. Bring the CHEF® Mushroom Liquid Concentrate to the boil with hoisin sauce and water. Let it simmer for 5 mins.
5. Fry off the Garden Gourmet® Vegan Balls in a hot pan in oil for 4–6 mins.
6. Touch the Garden Gourmet® Vegan Balls in the sauce so all are well covered.
7. Sprinkle the balls with spring onions, mushroom and water cress and serve with mayonnaise.

CHEF'S TIP

- Fresh mushrooms such as enoki or shimeji mushrooms can be used instead of dried mushrooms.
- Mix the mayo with wasabi to add contrast to the sweet glaze.

Telling a Story:

Teriyaki is a Japanese cooking method where fish, meat and vegetables are marinated with a special teriyaki sauce and hereafter it is barbequed or fried. Teriyaki is also used to give flavour to noodles or wok dishes and it can also be used as a dip.



TERIYAKI BURGER

– WITH TEMPURA VEGETABLES, KALE, SPRING ONIONS AND LEMON NORI DIP



10



20 mins



Medium

100 ml	CHEF® Demi Glace Liquid Concentrate
200 ml	soya sauce, low salt
100 ml	honey
100 ml	water
50 ml	lime juice
40 g	roasted sesame
10 pc	Garden Gourmet® Sensational™ Burger
2 tbsp	vegetable oil

PREPARATIONS

1. Bring the CHEF® Demi Glace Liquid Concentrate to the boil with soy sauce, honey, water and lime juice and let it simmer for a 5 mins.
2. Fry off the Garden Gourmet® Sensational™ Burgers on a hot pan in oil for 3-4 mins on each side to a core temp of 74°C.
3. Brush all the burger buns with the sauce and sprinkle with sesame.
4. Serve the teriyaki burgers with crispy tempura vegetables and lemon-nori dip.

LEMON NORI DIP

2 sheet	nori seaweed
500 g	silk tofu
4 tbsp	CHEF® Lemon Paste
100 ml	vegetable oil

PREPARATIONS

1. Chop the nori seaweed finely.
2. Blend the tofu together with CHEF® Lemon Paste and oil to a fine purée.
3. Pour it in a bowl and stir in the nori seaweed.

Tempura:

20 pc	spring onions
500 kg	kale
300 g	wheat flour
3 tsp	baking powder
4 dl	ice water
200 g	rice flour

PREPARATIONS

1. Clean the spring onions and the kale and rinse it thoroughly. Strain off excess water using a salad centrifuge and remove the last water with a towel.
2. Mix flour and baking powder and then add water. It is fine with lumps in the tempura dough.
3. Heat up the oil in a pot to 180°C.
4. Mix the vegetables in rice flour and hereafter in the tempura dough. Put the vegetables in the hot oil and fry them until golden and crispy.
5. Take them out of the oil and place them paper to soak up the fat. Repeat the process until all vegetables have been fried.

CHEF'S TIP

- Mushrooms such as shitake, enoki and oyster mushrooms will be nice in tempura too.
- Season the tempura with spices or miso.

Lebanon



Lebanon



Telling a Story:

Zaatar is a mixed spice. The content varies from family to family and from region to region. The base, however, does always consist of thyme and sumac. This green zaatar is made of sundried thyme, sumac, roasted sesame, cumin and salt. Zaatar can be used to spice up meat, fish and vegetables. But it can for example also be used as sprinkle on a salad. Moreover, it is also a delicious sprinkle on the breakfast eggs. It is told that zaatar helps keeping you physically and mentally healthy.



GRILLED ZAATAR BURGER – WITH GRILLED PEPPER, CRISPY BITTER SALAD AND TAHINI SAUCE



10



20 mins



Medium

500 g	mixed bitter salad, such as endive, radicchio, rocket
50 g	flat leaf parsley
500 g	grilled red pepper, pickled/frozen
10 pc	Garden Gourmet® Sensational™ Burger
2-3 tbsp	vegetable oil
	black pepper
4-5 tbsp	CHEF® Roast Liquid Seasoning
10 pc	burger buns

ZAATAR:

100 g	sesame
100 g	thyme
20 g	sumac
10 g	ground cumin
5-10 g	salt

BASIC TAHINI SAUCE:

2	garlic cloves
500 ml	tahini
250 ml	lemon juice
250 ml	water
1 tsp	salt

PREPARATIONS

1. Wash the salad. Chop the parsley roughly.
2. Slice the peppers into 3x3 cm pieces and mix them with the salad lettuce and parsley to a salad.
3. Roast the sesame on a dry pan until it is golden. Cool down.
4. Chop the fresh thyme very finely and mix it with sesame, sumac, cumin and salt.
5. Grate the garlic on the fine side of the grater and mix with tahini, lemon juice, water and season with salt.
6. Fry off the burger buns on a hot pan in oil for 2 mins on each side. Sprinkle with black pepper and brush with CHEF® Roast Liquid Seasoning.
7. Take the burger buns off the pan and sprinkle with a lot of Zaatar.
8. Serve the Zaatar burgers with salad and tahini sauce.

CHEF'S TIP

- Try to freestyle the Zaatar, with a variation of herbs and spices, like smoked paprika and lemon thyme and ground coriander.
- Replace burger buns with flat bread.



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Telling a Story:

Tomato sauce has probably taken the lead in the worlds sauce race; closely followed by soy sauce. This is just guesswork, but one thing is for sure: There is a wealth of variations of the popular tomato sauce.

KOFTAS VEGAN BALLS

– WITH CHICKPEAS, SPICY TOMATO SAUCE AND RAW VEGETABLES



10



20 mins



Medium

600 g	turnips
2-3 tsp	salt
50 ml	lemon juice
4 pc	onions, approx. 150 g
4 pc	garlic cloves
25 g	fresh thyme
100 ml	olive oil
1000 ml	Maggi® Tomato Coulis
2 tsk	sugar
2-4 tbsp	harissa
4 tbsp	CHEF® Mushroom Liquid Concentrate
	salt
800 g	cooked chickpeas
200 g	green olives, without stones
800 g	Garden Gourmet® Vegan Balls

GARNISH

coriander
bread

PREPARATIONS

1. Clean the turnips and cut them in wedges. Mix the wedges with salt and lemon juice and let them marinate for 30 mins.
2. Chop onions, garlic and thyme finely.
3. Sauté turnips, onions and garlic in a pot with oil and thyme in approx. 5-10 mins at middle temperature without it taking too much colour.
4. Add Maggi® Tomato coulis and let it simmer for another 10-15 mins.
5. Add sugar, harissa and CHEF® Mushroom Liquid Concentrate and let it simmer for about 30 mins until it has reached the desired texture.
6. Add chickpeas, olives and the Garden Gourmet® Vegan Balls and let it simmer for 10 mins.
7. Serve the koftas balls in small bowls with salted turnips, bread and coriander.

CHEF'S TIP

- All different kinds of chilli paste can be used instead of harissa.
- Replace olives with dates or other types of dried fruit.

Lebanon



Telling a Story:

Harissa is a chili sauce that originates from Tunisia. But today it is used within all kitchens in the Middle East where the obligatory bowl with harissa is available on all dinner tables. Here it is used in the same way as salt and pepper is used for seasoning in Europe. However, be careful it is strong matters! Harissa is an exceptionally strong, aromatic chilli sauce based on either fresh or smoked, red chillies. The chillies are blended with garlic, cumin, fresh coriander, lemon and olive oil.



PAN FRIED HARISSA VEGAN MINCE – WITH ROASTED NUTS, ONIONS, SERVED WITH HUMUS AND FLATBREAD



10



20 mins



Medium

4 pc	red onions
8 pc	garlic gloves
100 ml	olive oil
800 g	Garden Gourmet® Vegan Mince
1 tbsp	cinnamon
1 tbsp	cumin seeds
2 tbsp	ground coriander
1 tbsp	honey
4 tbsp	harissa
600 ml	water
4-5 tbsp	CHEF® Vegan Beef Taste Liquid
	Concentrate
	salt
	black pepper
1 kg	hummus
400 g	pomegranate kernels (can be frozen)
50 g	flat leaf parsley
100 g	toasted almonds
10 pc	flat bread

PREPARATIONS

1. Peel and cut onions in thin slices.
2. Crush garlic and fry it in a large pot with olive oil and red onions on medium heat for 5 mins without taking colour.
3. Add Garden Gourmet® Vegan Mince, all the spices, honey and harissa and stir well.
4. Add CHEF® Vegan Beef Taste Liquid Concentrate and water, cook it until the liquid has almost evaporated. Season to taste with salt and pepper.
5. Spread some hummus onto 10 small plates and pile the Vegan Mince on top. Garnish with the pomegranate kernels, chopped parsley, almonds. Serve with flat bread.

CHEF'S TIP

- All types of nuts can be used.
- If you make your own hummus, then try to do it with black beans instead of chickpeas.



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Telling a Story:

Tahini is made of roasted sesame seeds which have been grinded to a thick paste, like for example a peanut butter. The taste is slightly bitter and nutty with a rich, intense aftertaste of sesame. Tahini is a popular ingredient in the Middle East within the salty as well as the sweet kitchen. It is for example an important ingredient in a humus recipe. You can also use tahini directly from the tin as dip to raw vegetable or as spread on roasted bread. Try for example blending tahini to an excellent dressing with lemon juice and olive oil or try and blend it together with a soup made of smoked aubergine and chickpeas.

Lebanon

Street Food

VEGAN MINCE – WITH WHITE TAHINI AND FRESH HERBS



100 g	parsley
80 g	mint
1 kg	Garden Gourmet® Vegan Mince
3 g	ground black pepper
3 g	ground all spices
3 g	ground cinnamon
3 g	ground cumin
50 ml	CHEF® Vegan Beef liquid concentrate

WATERY TAHINI

400 g	raw tahini
800 g	cold water
10 g	salt (can be reduced to taste)
1 pc	lemon

GARNISH

10 pc	bread
	parsley
	mint
	lemons

PREPARATIONS

1. Chop the parsley and mint roughly and mix it with the Garden Gourmet® Vegan Mince.
2. Mix all the spices with CHEF® Vegan Liquid concentrate and mix it with the Vegan Mince.
3. Mix tahini, water, lemon juice and season with salt. Mix it all very well together.
4. Place the Vegan Mince in 10 small ovenproof bowls/trays and cover with tahini sauce.
5. Bake it in the oven at 180°C for 8–10 mins when using small bowls or for 12–15 mins when using a large form or until the tahini becomes golden brown.
6. Serve with flat bread, parsley, mint and lemon pieces.

CHEF'S TIP

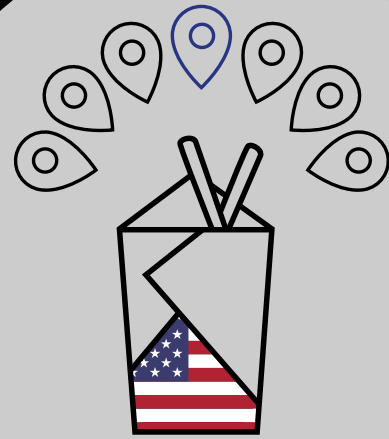
- The mince can be used in a Lebanese vegetable lasagne.
- Serve with pickled peppers and aromatic herb salad.



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USA



USA



Street Food

Telling a Story:
One of the best parts of many fairs and festivals in Indiana or at street food trucks around in the south of America are the corn dogs! And nothing pairs better with a corn dog than yellow mustard.



CORN DOG

– WITH TOMATOES DIP AND MUSTARD

10 20 mins Easy

10 pc Garden Gourmet® Sensational™ Sausage (defrosted)
10 pc grill sticks, 20 cm

CORN BATTER

300 g yellow corn flour
300 g all-purpose flour
1.5 tsp baking powder
1/2 tsp baking soda
1 tsp sugar
1/2 tsp salt
60 ml CHEF® Vegan Chicken Taste Liquid Concentrate
200 ml plant milk
100 ml chickpeas water
all-purpose flour, for rolling
vegetable oil or peanut oil for frying
200 ml ketchup
200 ml yellow mustard

PREPARATIONS

1. Whisk together the dry batter ingredients; corn flour, all-purpose flour, baking powder, sugar and salt.
2. Whisk together the wet batter ingredients; CHEF® Vegan Chicken Taste Liquid Concentrate, plant milk and chickpeas water.
3. Combine the wet and dry ingredients and whisk to combine.
4. Pour the batter into a tall container almost to the top (the container should be taller than the sausage).
5. Put the sticks into the Garden Gourmet® Sensational™ Sausage and roll them in extra flour.
6. Put the sausage straight down into the batter and give each a little twirl to fully coat them as you lift them up again. Let the excess batter drip off.
7. Hold each corn dog at an angle in the hot oil for 5-7 secs to let it seal. Then drop into the oil (this keeps them from sticking to the bottom of the pot).
8. Fry for 3-4 mins or until golden brown.
9. Fry up to 4-5 corn dogs at a time to avoid dropping the oil temperature. Turn the corn dogs as they need to brown evenly. Transfer to a wire rack to cool.
10. Serve the corn dogs with ketchup and mustard.

CHEF'S TIP

- Various types of spice mixes can be added to the batter.
- Remember to soak the sticks 30 min before use.
- Cut the Garden Gourmet® Sensational™ Sausage in smaller pieces and create a small snack.



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USA



Street Food



Telling a Story:
The classic version of a US sloppy Joe sandwich/ burger is a plain sandwich served in school cafeterias and at kitchen counters across the country. It comes together in about 20 mins, it is a kind of messy burger, so serve with a fork and plenty of napkins.

SLOPPY JOE BURGER WITH VEGAN MINCE

– PICKLED CUCUMBERS AND RAW VEGETABLES



10



20 mins



Medium

4 pc	onions
3 pc	garlic gloves
400 g	carrots
6 pc	sticks of celery
100 ml	vegetable oil
2 tbsp	dried oregano
1 tbsp	dried thyme
½ tsp	cayenne pepper
800 g	Garden Gourmet® Vegan Mince
1 l	Maggi® Tomato Coulis
60 ml	CHEF® Vegan Beef Liquid concentrate
200-300 g	baby beetroots
300 g	pickled cucumber
2-3 pc	baby cos lettuce
10 pc	burger buns

PREPARATIONS

1. Clean onions, garlic, carrots and celery and chop them into fine dices.
2. Fry the vegetables in a large pot with oil on medium heat for 5 mins.
3. Add oregano, thyme, cayenne pepper and Garden Gourmet® Vegan Mince and stir it well together.
4. Add Maggi® Tomato Coulis and CHEF® Vegan Beef Concentrate and let it cook for 20-30 mins until a thick sauce. Season with salt and pepper.
5. Clean the beetroots and slice them very finely on a mandolin grater.
6. Slice the cucumber lengthwise and clean and cut the cos lettuce.
7. Heat up the burger buns and serve all the ingredients in different bowls and plates and build your own burgers.

CHEF'S TIP

- Make a big portion of the mince and use it for a pasta dish or with raw vegetables or with spaghetti.
- Season the Vegan Mince with chipotle or other type of mexican seasonings.



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Telling a Story:

Sweet potatoes are a great non-starchy carb, plus they contain more vitamin C than regular potatoes, which our bodies need and utilise every day. Moreover, they are deliciously sweet and creamy and so easy to work with.



CRISPY BREADED FILLET – WITH SWEET POTATO FRIES AND CHICKPEAS TZATZIKI



10



20 mins



Easy

- 1.5 kg sweet potatoes (alternatively frozen fries)
- 300 g rice flour
- salt
- 10 pc Garden Gourmet® Breaded Fillet (defrosted)
- 2-3 tbsp vegetable oil
- 2-3 tbsp crushed black pepper

TZATZIKI

- 2 pc cucumbers
- 2 pc red onions
- 400 g chickpeas
- 50 g dill
- 20 g mint
- 4 pc garlic cloves
- 2 tbsp CHEF® Lemon Paste
- 1 pc lemons
- 2 tbsp CHEF® Fermented Black Pepper
- 6 dl vegan yoghurt
- salt
- black pepper

PREPARATIONS

1. Cut the cucumbers lengthwise. Remove the seeds with a teaspoon and cut the cucumbers in thin slices.
1. Chop the red onions, dill and mint very finely. Grate the garlic on the fine side of the grater.
3. Grate the lemons zest on the fine side of the grater and squeeze the juice. Mix the grated lemon and the lemon juice with yoghurt. Add the rest of the tzatziki ingredients. Season with salt and pepper.
4. Peel and clean the potatoes. Cut them lengthwise into 1.5 cm thick slices and hereafter cut them into 5 cm strips.
5. Toss the sweet potatoes in rice flour and leave them on a baking tray.
6. Deep fry the potato strips in batches for 3 mins in oil until they soften. Leave the fries on a baking tray. Then fry them in batches again in the same oil for 3 mins; the second time to make the potatoes crispy and caramelized. Transfer the chips to a baking tray with a kitchen towel to soak up excess oil. Sprinkle with salt.
7. Fry Garden Gourmet® Breaded Fillet in oil for 2 mins on each side. Sprinkle with crushed black pepper and salt.
8. Serve the Breaded Fillet with tzatziki and crispy sweet potato chips.

CHEF'S TIP

- Mix the tzatziki with spring cabbage for a more rustic look.
- Keep the chickpea water (aquafaba) and use to replace egg white it can be frozen.



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Telling a Story:
The Poke bowl has recently been one of the trendiest dishes/salads amongst foodies. It has its origin in Hawaii with inspiration from Japan. A Poke bowl can be built up as you please. However, the main ingredient should be rice, kernels or grain and to this, you add lots of fresh vegetables and a protein subject.



POKE BOWL WITH CHARGRILLED PIECES

– AVOCADO, EDAMAME BEANS, BLACK RICE, APPLES, CARROTS AND FERMENTED PEPPER SAUCE

10 20 mins Easy

- | | |
|---------|------------------------------------|
| 500 g | black sushi rice |
| 1 l | water |
| 1 tsp | salt |
| 500 g | carrots |
| 3 pc | avocados |
| 3 pc | green apples |
| 50 ml | lemon juice |
| | salt |
| | black pepper |
| 60-80 g | CHEF® Fermented Pepper Paste |
| 40 ml | CHEF® Roast Liquid Seasoning |
| 150 ml | water |
| 800 g | Garden Gourmet® Chargrilled Pieces |
| 100 ml | vegetable oil |
| 100 g | baby salad leaves |
| 500 g | edamame beans |

PREPARATIONS

1. Rinse the rice in a sieve under cold running water until water runs clear. Bring rice, water and salt to a boil in a heavy saucepan, uncovered and over medium-high heat.
2. Cover and reduce the heat to low. Cook the rice for approx. 35 mins or until it is tender and most of water has been absorbed.
3. Remove from heat and let stand covered for approx. 10 mins. Fluff with a fork.
4. Peel and cut the carrots into julienne.
5. Clean the avocados and apples and cut them into small wedges. Sprinkle with lemon juice, salt and black pepper (keep the stones in the bowl to prevent from oxidation).
6. Mix CHEF® Fermented Pepper Paste, CHEF® Roast Liquid Seasoning and water in a large bowl.
7. Fry the Garden Gourmet® Chargrilled Pieces in hot oil in a large pan for 3-4 min.
8. Marinate the fried Chargrilled Pieces in the seasoning.
9. Arrange 10 Poke bowls with all the ingredients in separately or set up a "build yourself Poke bowl station".

CHEF'S TIP

- You can use all kinds of rice, grain and kernels, simply just use what is available.
- Serve a seasoning sauce on the side like goma, ponzu, tahini or salsa to season the dish.



Traveling without moving

Morocco

عند حسن



Telling a Story:
This kind of food is also served as street food where it is grilled on a large BBQ and then tossed into flat bread with some hummus and salad.

GARDEN GOURMET® CHARGRILLED PIECES

– AVOCADO, EDAMAME BEANS, BLACK RICE, APPLES, CARROTS AND FERMENTED PEPPER SAUCE

10 20 mins Medium

30 pc grill sticks

TAHINI MARINADE

4 pc garlic cloves
2 pc onions
100 ml olive oil
1 tbsp ground cumin
½ tsk cayenne pepper
50 ml lemon juice
400 ml tahini
salt
800 g Garden Gourmet® Chargrilled Pieces

SALAD

2 pc pomegranate (can be replaced with frozen)
100 ml olive oil
salt
75 g flat leave parsley
4 pc small baby romaine salad/cos

GARNISH

flat bread
rice
hummus

PREPARATIONS

1. Soak the grill sticks in water for at least 30 mins to avoid the sticks from burning.
2. Peel onions, garlic and blend with oil, cumin and cayenne pepper to a fine purée.
3. Add lemon juice, tahini and blend it to a smooth pure.
4. Mix the Garden Gourmet® Chargrilled Pieces in a big bowl with tahini marinate and mix it very well. Let it marinate for 5 mins.
5. Cut the pomegranates in halves and knock on the outside with a spoon.
6. Hold the pomegranates over a bowl and the kernels and juice fall out. Ensure to remove all the white threads as they can be very bitter.
7. Mix the olive oil with the pomegranate kernels and -juice. Season with salt.
8. Pick the parsley leaves and mix it into the salad.
9. Divide the Chargrilled Pieces all on the 30 grill sticks.
10. Grill for 1 min on each side on a very hot grill.
11. Serve the Chargrilled Pieces on a piece of salad with the pomegranate. Serve with flatbread, hummus and rice.

CHEF'S TIP

- Fry off the Garden Gourmet® Chargrilled Pieces and mix it all to a large salad.
- Serve with a spicy harissa sauce on the side.



Morokko

Street Food

GRILLED BURGER

– WITH AUBERGINE, ZAALOUK AND PICKLED CHILLIES

10 20 mins Medium

4 pc aubergine
4 tbsp olive oil
4 pc tomatoes
100 ml olive oil
4 pc garlic cloves
1 tbsp paprika
1 tbsp cumin
1 bunch flat leave parsley
salt
pepper
½ tsp chili powder
10 pc Garden Gourmet® Sensational™ Burger
2 tbsp vegetable oil

GARNISH

2 pc lemon
parsley
pickled green chillies

PREPARATIONS

1. Cut the aubergines in halves and brush them with olive oil. Grill until dark brown for approx. 10 mins until they become soft.
2. Dice the tomatoes and sauté on high heat in olive oil.
3. Add minced garlic, cumin and paprika.
4. Chop the parsley finely and add it to the tomatoes.
5. Dice the aubergines (with or without their skin) and add them to the tomatoes.
6. Keep stirring and cook for approx. 15-20 mins until the aubergines are tender.
7. Drizzle with olive oil and add a pinch of chili powder. Season with salt and pepper.
8. Brush the Garden Gourmet® Sensational™ Burgers with oil and grill them on a very hot grill for 3-4 mins on each side to a 74°C core temperature.
9. Serve the burger with zaalouk, lemons, parsley and pickled chillies.

CHEF'S TIP

- The dish can be made the day before and reheated in the oven. Dust with bread crumbs to get crispy.
- Serve with tabbouleh.

Telling a Story:

Zaalouk is a Moroccan salad which is known throughout North Africa. The main ingredient of the salad is often aubergine. The salad is a great accompaniment to e.g. grilled meat, fish and tagine dishes. When an aubergine is grilled, it changes its flavours completely. After a visit on the grill, it achieves a creamy texture, and the taste gets smoky. The smoky flavour and the rich aubergine flavour in a combination with the lemon acid takes the combined, final flavour and taste into a higher level.

MADE WITH
Garden Gourmet

Traveling without moving

Telling a Story:

This soup is particularly served during Ramadan as it is a very filling soup. It is served in many restaurants in Morocco as it is a very popular soup with a lovely edge of lemon acid and fresh coriander.

GRILLED BURGER

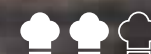
– WITH AUBERGINE, ZAALOUK AND PICKLED CHILLIES



10



20 mins



Medium

- 4 pc onions
- 8 pc sticks celeriac
- 2 pc garlic cloves
- 100 ml olive oil
- 1 tbsp turmeric
- 1 tbsp cinnamon
- 1 tbsp ground ginger
- ½ tsp ground nutmeg
- 20 pc saffron treads
- 1 l Maggi® Tomato Coulis
- 60 ml CHEF® Vegan Beef Taste Liquid Concentrate
- 400 g yellow lentils
- 600 g chickpeas, cooked
- 800 g Garden Gourmet® Vegan Balls
- 30-50 g CHEF® Lemon Paste
- salt
- black pepper

GARNISH

- 50 g coriander
- 5 pc moroccan flat bread
- 150 g sweet dates

PREPARATIONS

1. Peel and dice the onions, celeriac and garlic.
2. Sauté the onions, celery at high heat in olive oil. Add spices and saffron.
3. Add Maggi® Tomato Coulis, CHEF® Vegan Beef Taste Liquid Concentrate and lentils.
4. Keep stirring and cook until the lentils have cooked for approx. 20 mins.
5. Add chickpeas, Garden Gourmet® Vegan Balls and cook for further 10 mins. Season with CHEF® Lemon Paste, salt and pepper.
6. Serve with flat bread, sweet date and sprinkle with roughly chopped coriander.

CHEF'S TIP

- Leftovers can be baked with pasta in the oven and gratinated with cheese.
- Brush the flat bread with olive oil and sprinkle with Dhuka spice mix.

Mexico





Telling a Story:

Taco is the most eaten Mexican street food in the world. It is often served in the traditional way but is it also an easy dish to change if you feel like a little free styling.



CRISPY TACOS WITH ROASTED FILLETS PIECES – MARINATED IN MOLE, KALE AND SALSA VERDE



10



20 mins



Medium

3 pc	brown onions
3 pc	garlic gloves
50 g	fresh oregano
1 kg	Garden Gourmet® Fillet Pieces
2 tbsp	vegetable oil
100 ml	mole, mexican sauce
4 – 6 tbsp	CHEF® Roast Liquid Seasoning
1 l	Maggi® Tomato Coulis

SALSA VERDE

4 pc	garlic cloves
2 pc	large white salad onions
100 g	coriander
400 g	pickled tomatillos
100 g	pickled jalapeños
2-3 tsp	salt
50 ml	vegetable oil
100 ml	lime juice

GARNISH

2-3 pc	large red chillies
400 g	kale
300 ml	vegan crème fraiche
20 pc	taco shells

PREPARATIONS

1. Peel onions and garlic and chop them into small dices.
2. Chop the oregano roughly.
3. Prepare the salsa verde by Peel garlic and onions and chop them roughly together with coriander.
4. Mix with all remaining ingredients together in a food processor and blend it to a chunky salsa and season with salt and lime juice.
5. Mix garlic, onions and oregano together with the Garden Gourmet® Fillet Pieces and fry it in hot oil for 2-3 mins.
6. Add mole, CHEF® Roast Liquid Seasoning, Maggi® Tomato Coulis and bring it to the boil. Let it hereafter simmer for 4-5 mins to let it reduce in consistency. Season to taste.
7. Divide the tacos shells in a baking tray, fill them Fillet Pieces and sauce.
8. Serve the tacos shells with finely chopped kale, oregano, chillies, crème fraiche and salsa verde.

CHEF'S TIP

- For the salsa verde, leave out the salt and lime juice and replace it by 2-3 tbsp of salted lemons instead of.
- You can also bake the taco shells, with grated cheese in the oven at 185-200°C for approx. 5 mins, until the cheese has melted.



Traveling without moving



Telling a Story:
Chipotle is smoked jalapenos chillies in tomato paste. They are used in various casseroles and chilli dishes, and they are also used in chipotle mayonnaise.

GRILLED QUESADILLAS WITH SPICY, SMOKY VEGAN MINCE – BLACK BEANS, PUMPKIN, AVOCADO, CHEESE AND CORIANDER SALSA



10



20 mins



Medium

3 pc	onions
2 pc	garlic cloves
600 g	pumpkin
220 g	chipotles/smokes jalapenos chillies in tomato paste
100 ml	vegetable oil
800 g	Garden Gourmet® Vegan Mince
60 ml	CHEF® Roast Liquid Seasoning
400 ml	water
480 g	black beans
	salt

CORIANDER SALSA

3 pc	large white onions
3 pc	avocados
4 pc	tomatoes
100 g	coriander
100 ml	lime juice
50 ml	vinegar
	Salt

GARNISH

10 pc	wheat tortillas
200	vegan cheese

PREPARATIONS

1. Peel onions, garlic and chop them into fine dices.
2. Peel the pumpkin and remove the seeds. Grate the pumpkin and mix it in 2 tsp salt.
3. Chop the chipotles finely, keep the liquid.
4. Fry off the onions and garlic in oil for 3 mins. Add the Garden Gourmet® Vegan Mince and stir it together.
5. Add the chipotles and the liquid and CHEF® Roast Liquid Seasoning, water, black beans and let it simmer for 5-10 mins. Season with salt if needed.
6. Clean the onions and avocados, chop them into fine dices.
7. Slice the tomatoes and chop them into fine dices.
8. Chop the coriander finely.
9. Mix it all together just before service.
10. Season with salt and adjust with vinegar.
11. Divide the filling on one side of the tortillas, add the grated pumpkin and cheese and fold it over to a half moon.
12. Now the tortillas are ready to grill, pan fry or bake in the oven. Grill them one both sides for 2 mins until crispy and hot inside. Serve with coriander salsa.

CHEF'S TIP

- These tortillas can easily be made the day before and then baked in the oven instead of grilling them.
- Use artisanal corn tortillas.



Traveling without moving

Telling a Story:

Tomatillo is an essential vegetable in Mexican food. It is for example used in salsa verde. The taste of a tomatillo is completely different from a normal tomato as the taste of a tomatillo is a little sour and the pulp with the many small seeds is extremely crispy. The taste appeals to most people and some even name it an 'exquisite delicacy'.

TORTAS/SANDWICH/BURGER WITH BREADED FILLET – CRISPY, FRIED OREGANO, TOMATILLOS SALSA, COLESLAW AND SALAD



10



20 mins



Medium

100 ml olive oil
50+75 g fresh oregano
10 pc Garden Gourmet® Breaded Fillet
salt
black pepper
2 pc cos salad
10 pc soft brioche buns

COLESLAW

2 pc pointed cabbage
2 pc cucumbers
2 tsp salt
2 pc lime
2 tbsp CHEF® Lemon Paste
200 ml mayonnaise

TOMATILLOS SALSA

4 pc garlic cloves
2 pc white salad onions
100 g coriander
600 g tomatillos
2 pc jalapeños
salt
roasted sesame (optional)

PREPARATIONS

1. Heat up the olive oil in a large pan.
2. Chop the oregano roughly and fry it crispy in the oil. Take it out of the oil, leave it on kitchen towel and sprinkle it with a little salt.
3. Chop the pointed cabbage finely and cut the cucumbers into slices.
4. Put the pointed cabbage and cucumbers in a bowl and mix with the salt.
5. Grate the lime peel with the fine side of the grater and juice the lime.
6. Stir it all together with CHEF® Lemon Paste and mayonnaise and mix it with the coleslaw just before serving.
7. Peel the garlic and onions and chop them and the coriander roughly.
8. Drain the tomatillos, keep the liquid.
9. Put all the ingredients in a food processor and blend to a coarse salsa. Season with salt and the liquid from the tomatillos.
10. Fry Garden Gourmet® Breaded Fillet crispy in the remaining oregano oil.
11. Break the cos salad into pieces.
12. Heat the brioche buns.
13. Serve it all in bowls and plates for a 'build your own burger' session.

CHEF'S TIP

- The dish can be accompanied with a large, raw salad of vegetables instead of bread.
- Serve with thinly sliced fresh jalapeños for a spicy kick.

Thailand





Telling a Story:
Larb Moo Isaan is a classic dish from Laos and Northern Thailand. In Northern Thailand, this popular dish is made with all kinds of meat, such as pork and chicken. They serve it as a very hot and fresh dish with lots of rice on the side. When you cross the borders to Laos, Larb Moo is also made with buffalo meat, but of course, they also use chicken or beef.



LARB NORTHERN THAI SALAD WITH WOK FRIED VEGAN MINCE

– SPICY NAM JIM DRESSING, HERBS, CABBAGE AND CUCUMBER



10



20 mins



Medium

100 g glutinous rice
5 pc lemon grass stalks
6 pc dried chillies without seeds
200 g small red onions
2 bunch coriander
1 bunch mint
40 ml vegetable oil
800 g Garden Gourmet® Vegan Mince
20 pc kaffir lime leaves, frozen or fresh
4 pc large dried red chillies
2 tbsp roasted rice

NAM JIM DRESSING:

4 pc red chillies, small thai chillies
2 pc garlic cloves
200 ml lime juice
100 ml water
45 ml honey or sugar
45 ml CHEF® Roast Liquid Seasoning
40 g CHEF® Black Garlic Paste
40 ml Low salt soy sauce

GARNISH

1 pc white cabbage 6-700g
400 g cucumbers, cut into sticks

PREPARATIONS

1. Fry the raw rice on a dry pan at medium temperature for about 5 mins until light golden.
2. Crush the roasted rice in a mortar or blend to a coarse powder.
3. Place all the nam jim dressing ingredients in a blender and blend roughly. Season with CHEF® Roast Liquid Seasoning, lime juice and sugar to adjust the spiciness of the chillies.
4. Clean the lemon grass stalks and red onions and cut them as finely as possible.
5. wash the coriander and mint leaves and chop them roughly.
6. Heat up the oil in a wok or large frying pan and fry Garden Gourmet® Vegan Mince.
7. on high heat for 2-3 mins with kaffir lime leaves and dried red chillies.
8. remove the mince from the heat and in a bowl mix with lemon grass, dried chillies, onions and nam jim dressing. Season to taste.
9. Mix it with mint and coriander and arrange it in 10 small bowls or plates. Sprinkle with the raw rice.
10. Serve the salad with roughly chopped cabbage and cucumber sticks.

CHEF'S TIP

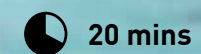
- All raw vegetables can be used here, to mellow down the spiciness of the chillies.
- Nam jim dressing can also be used as a dipping sauce/dressing in Thai Dishes.



Traveling without moving

NOODLE SOUP WITH FILLET PIECES

– SPROUTS, SPINACH, NOODLES, STOCK AND SPRING ONIONS



Telling a Story:
A noodle soup is a popular dish any time of the year and of the day. It has this wonderful taste combination of cinnamon and ginger flavours. Cinnamon is an important spice in the Thai- and Chinese kitchen and is especially used in soups and braised dishes. Moreover, cinnamon is the perfect match with star anise and ginger. Remember to use chopsticks when you eat a noodle soup.

1 pc daikon radish
150 g regular onions
100-120 ml CHEF® Vegan Chicken Taste Liquid Concentrate
3 l water
4 pc star anise
3 pc cinnamon sticks
10 pc coriander roots
100 ml low salt soya
3 tbsp sugar
400-500 g glass noodles
800 g Garden Gourmet® Fillet Pieces
200 g sprouts
250 g baby bok choy or spinach

GARNISH

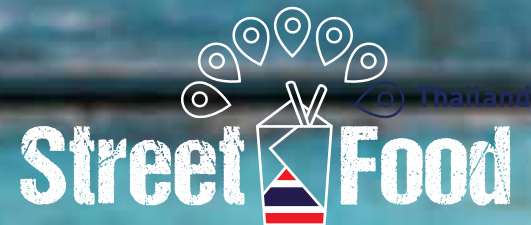
4 pc spring onions
150 ml rice vinegar
chili powder

PREPARATIONS

1. Peel the daikon and onions and cut them in pieces that fits on a spoon.
2. Add all the soup ingredients to a large pot. Bring it to the boil and let it simmer for 10-20 mins.
3. Cook the noodles according to the package instructions and keep them warm.
4. Add the Garden Gourmet® Fillet Pieces to the soup for the last 5 mins.
5. Arrange 10 small hot soup bowls with noodles, sprouts, bok choy/spinach.
6. Pour over the soup and add the Fillet Pieces, daikon and onions.
7. Serve with chopped spring onions, rice vinegar and chilli powder.

CHEF'S TIP

- Instead of noodles, the dish can also be served with rice, pasta or vegetable spaghetti.
- Spice up the soup with chili paste and fresh Thai herbs.



Telling a Story:

Som Tam salad is one of the most popular Thai salads and a daily dish in many Thai homes. This salad can be found on any Thai street corner. The salad is crushed in a big clay mortar made particularly for this purpose and the wonderful smell of green papaya combined with the sounds of the mortar when the salad is in the making is just magical. The salad is actually named after this 'tam tam' sound. Watch the Vietnamese movie: The Scent of Green Papaya and get more inspiration on this magical salad!

SOM TAM SALAD

– WITH GREEN MANGO, APPLES, CELERIAC, NUTS AND GRILLED BLACK GARLIC SAUSAGE



10



20 mins



Easy

400 g	green mango
400 g	celeriac
2 pc	green apples
4 pc	garlic cloves
100 g	nuts, peanuts/cashew nuts, roasted
6 pc	bird eye chillies
4 tbsp	CHEF® Asian Liquid Concentrate
200 ml	water
200 ml	lime juice
65 g	icing sugar
300 g	small cherry tomatoes
10 pc	Garden Gourmet® Sensational™ Sausage
2 tbsp	CHEF® Black Garlic Paste

GARNISH

1 bunch	fresh coriander leaves
30 g	nuts, peanuts/cashew nuts, roasted

PREPARATIONS

1. Peel mango, celeriac and apples.
2. Cut mango, celeriac and apples into thin julienne on a mandolin or on a grated.
3. Smash garlic, nuts and chillies in a mortar to a rough paste or pulse in a blender.
4. Mix it with the CHEF® Asian Liquid Concentrate, water, lime juice and sugar, until the sugar have dissolved.
5. Cut the cherry tomatoes into halves and crush them a little.
6. Mix it all together to a Som Tam salad (veggies, dressing, nuts, tomatoes). Arrange it in a big bowl or in 10 small bowls.
7. Grill the Garden Gourmet® Sensational™ Sausage 3-4 mins on each side. Then brush them with CHEF® Black Garlic Paste and cut them into pieces.
8. Serve with Som Tam salad on the side and sprinkle with extra nuts and coriander.

CHEF'S TIP

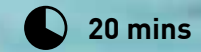
- Root vegetables as carrots, turnips and parsnip can be used raw in this salad.
- Som Tam can also be used in a sandwich with Fillet Pieces.



Traveling without moving

Telling a Story:
Thai Holly basil 'krapow' has dark green/purple slightly wrinkled leaves with small cilia. The leaves have a strong and spicy pepper taste. The herb is used in hot dishes such as curries and wok dishes in combination with lots of chillies.

PAD GAPRAO STIR FRIED VEGAN BALLS – WITH HOLY BASIL, FERMENTED PEPPER SAUCE AND JASMINE RICE



- 6 pc garlic gloves
- 4 pc bird eye chillies
- 4 pc large red chillies
- 6 tbsp CHEF® Fermented Pepper Paste
- 6 tbsp CHEF® Vegan Beef Taste Liquid Concentrate
- 150 ml water
- 30g sugar
- 400 g long beans
- 4 pc small onions
- 2 tbsp vegetable oil
- 800 g Garden Gourmet® Vegan Balls
- 100 g holy basil leaves
- jasmine rice

PREPARATIONS

1. Chop the garlic and chillies coarsely.
2. Then pound it together in a mortar to a rough paste or use a food processor.
3. Mix the CHEF® Fermented Pepper Paste and the CHEF® Vegan Beef Taste Liquid Concentrate, water and sugar and stir to dissolve the sugar.
4. Chop the long beans into 4 cm pieces. Half the onions and chop them finely.
5. Sauté in a wok or a large sauté pan the garlic-chilli paste in a little vegetable oil over medium high heat until the garlic starts to turn golden.
5. Add the Garden Gourmet® Vegan Balls, beans and onions and stir it together.
6. Add the fermented pepper sauce and continue to cook and stir. Let it cook for 5 mins until the Vegan Balls are heated through.
7. Remove from heat and stir in the holy basil.
8. Arrange it on small plates or bowls, served it with cooked jasmine rice and extra chillies.

CHEF'S TIP

- If you want it less spicy then leave out the chillies and leave them on the side instead of, there would still be a nice pepper spicy taste in the.
- Replace Vegan Balls with Fillet Pieces.

