

The uncursed kitchen

Horra Dessert:

5 tablespoons flour, 1 / 2 cup sugar, 2 cups cold water, 1 / 2 cup almond, 3 tablespoons butter, 2 tablespoons rose water, 1 / 3 teaspoon salt, turmeric and saffron and cinnamon as necessary.

Beat Flour on medium heat constantly until golden. Add water and mix well together until flour is resolved completely. Then add the rest of the ingredients, and after it comes to a boil beat it on medium heat for about 5 minutes to obtain a thick and uniform texture. This dessert is consumed warm.



Walnut cookies:

2 cups flour, 1 cup vegan butter, 1 cup brown sugar, 1 cup chopped walnuts, 1 teaspoon vanilla extract, 1 / 2 teaspoon salt, 1 teaspoon baking powder.

Mix flour, sugar, salt, and baking powder and then add vanilla, butter, and walnuts and mix well together. Put a layer of pastry paper on a tray and then shape the dough as you desire in small amounts and put on paper while maintaining a bit of distance between them. Heat the dough in the oven at 300 degrees for about 10 minutes until golden.



Raw nuts cookie:

2 cup dates, 1 cup dried plums, 1 cup dried cranberries, 1 cup walnuts, 1 cup almonds (or pistachio, hazelnut,...), 1 tablespoon rosewater and cinnamon as necessary.

Mix all the ingredients in a food grinder until you get a thick paste. Shape into small balls and roll each in shredded coconut or sesame seeds and then refrigerate for about one hour before use.

**Raw vegan cherap ice cream:**

1 cup chopped and pitted and frozen cherries, 1 cup chopped and pitted and frozen apricots, 1 tablespoon rosewater.

Add all the ingredients to the mixer and blend well.



Chocolate cake:

1 and 1 / 2 cups flour, 3 / 4 cup sugar, 2 tablespoons cocoa powder, 1 teaspoon baking powder, 1 teaspoon baking soda, 1 / 2 teaspoon salt, 3 tablespoons oil, 1 teaspoon vanilla, 1 cup soy drink.

Mix dry ingredients first and then add liquid materials. Lightly oil the bottom of the cake pan, add the batter, and bake in 350 degree oven for about 20 minutes. To avoid cracking, let the cake cool down before cutting.

**Coco-nut cake:**

1 cup flour, 3 tablespoons sugar, 1 teaspoon baking powder, 2 tablespoons grated coconut, 1 tablespoon rosewater, 1 / 3 cup soy drink, 2 tablespoons oil and some salt.

Mix dry ingredients first and then add liquid ingredients and the result will be a harder batter. Pour batter into the pan and bake in 350 degree oven for about 15 minutes.



Banana Muffin:

2 chopped bananas, 1 cup flour, $\frac{3}{4}$ cup sugar, 2 tablespoons soy drink (or almond drink), 1 tablespoon oil, 1 teaspoon baking soda and $\frac{1}{3}$ teaspoon cinnamon. Mix all ingredients and then pour the batter into the muffin cups and bake in 350 degree oven for about 15 minutes or until a fork inserted into center of a muffin comes out clean.

**Banana Bamieh:**

2 bananas, 1 cup flour, 1 cup water, 2 tablespoons oil, 1 teaspoon baking soda. Mix the flour, water, oil and baking soda to make the dough. Then cut bananas into rings and dip one ring of banana at a time into the dough and fry it immediately in the hot oil on both sides.

Syrup: 1 cup water, 2 cups sugar, 1 tablespoon rose water, almond, pistachio, saffron and cinnamon as needed.

Boil the water and sugar until sugar is dissolved. Then add the rose water, cinnamon and saffron. Allow the syrup to cool, drop the fried banana bamiehs into the syrup for less than one minute and then decorate them with the chopped nuts and refrigerate before eating.



Bean cake:

1 cup red beans, 1 cup of chopped eggplant, 1 onion, 1 cup vegan cheese, 1 / 2 cup vegan yogurt, 1 cup of chopped lettuce, 1 chopped tomato, 1 avocado, salt and spices as necessary.

Sauté the onion a little, add the spices, and sauté a bit more. Add the red beans that you have already soaked along with water to the onions and cook well until all the water is boiled off. Crush the beans. Cook the eggplants separately and crush them also. After the beans and eggplants have cooled down, in a desired dish first lay the crushed beans, then crushed avocados, yogurt, crushed eggplants, lettuce, and tomatoes. This dish is served with bread, chips, or by itself.



Pasta salad:

3 cups pasta, 1 cup chopped carrots, 1 cup chopped tomatoes, 1 cup green onions, 1 / 2 cup peas, 1 / 2 cup corn, 1 cup white peas, 1 cup of chopped pickled cucumbers, 1 cup green beans, 1 / 2 cup chopped bell pepper, 1 cup chopped potato, 1 cup olives, 2 / 3 cup vegan mayonnaise, 1 / 2 cup olive oil, 1 / 2 cup lemon juice, salt as necessary.

First boil the pasta in hot water until soft. Soak white peas for about 2 hours and cook separately. Cook carrots, potato, green beans, peas, and corn together and then mix with pasta, white peas, and all other ingredients. In the end mix mayonnaise, olive oil, lemon juice, and salt together separately and add to the rest.

**Cabbage salad:**

2 cups chopped cabbage, 1 grated carrot, 1 cup chopped leek or any other vegetables, 1 red bell pepper, 1 yellow bell pepper, 1 grated garlic, 2 tablespoons vinegar, 2 tablespoons olive oil, 1 tablespoon sugar, salt as necessary.

First mix vinegar, oil, sugar, and salt together and then add the rest of the ingredients.



Salad Olivier:

3 potatoes, 1 / 2 cup of chopped pickles, 2 / 3 cup peas, 2 / 3 cup corn, 1 cups grated carrots, 1 cup chopped tofu, 3 tablespoons vegan mayonnaise, turmeric and salt as necessary.

Cook potatoes and turmeric in water and then crush them. Cook the chopped carrots along with peas and corn and tofu in a bit of water and add to the potatoes along with pickled cucumbers. After cooling the mix, add mayonnaise (If you do not have a vegan mayonnaise, you can use vegan butter instead).

**Spinach and yogurt:**

2 cups chopped spinach, 1 onion, 2 garlic cloves, 1 cup vegan yogurt, salt as necessary.

Sauté the onion and add spinach and cook until it is soft. After the spinach has cooled down, add crushed garlic, yogurt, and salt as desired. This dish can be served by itself, or with bread or rice.



Eggplant dip:

1 large eggplant, 1 cup chopped sweet red pepper, 1 onion, 1 cup chopped parsley, 1 large tomato, ¼ cup lemon juice, 1 garlic clove, 1/3 cup olive oil, salt and pepper as necessary.

Chop and roast the eggplant until its slightly brown. Then Process it with all other ingredients in a food processor to a coarse puree and serve it with crackers or bread.

**Chick-pea Olive dish:**

1 cup chick peas, 2 garlic cloves, 1 cup olives, 1 / 2 cup olive oil, 2 tablespoons vegan butter, 1 / 2 cup lemon juice, salt and water as necessary.

First soak the peas in water for about 2 hours and then cook them until they are very soft. Mill the cooked peas with garlic and olive and add to other ingredients and mix well. This food is served with bread.

This food is called hummus if you add tahini and cumin. To make tahini, lightly roast sesame seeds in oven without adding the oil. Then pour the seeds and olive oil into a blender and blend until you have a smooth paste. If the paste becomes too thick, add more olive oil.



Spinach Stew:

6 dried prunes, 1 onion, 2 cups chopped spinach, 4 tablespoons pomegranate paste, (if you do not like pomegranate sauce, use tomato paste), salt, pepper and spices as necessary.

Chop and sauté the onion in oil, add spinach, prunes, and spices, and sauté a bit more. Add pomegranate paste and about half a cup of water and let it cook on medium heat until it thickens. Serve with bread or rice.

**Okra and Eggplant Stew:**

1 cup chopped eggplant, 1 cup chopped okra, 1 medium onion, 1 tablespoon tomato paste, 1 / 2 cup pomegranate paste, salt and spices as necessary. Sauté the onion, add eggplant and okra and continue sautéing. Add tomato sauce and spices and then the pomegranate paste and about half a cup of water. After it comes to a boil, cook for about 15 minutes on medium heat until it thickens. You could also add dry plums to this stew and serve it with rice.



Lentil rice:

2 / 3 cup lentils, 1 cup rice, 1 medium onion, 1 cup chopped carrots, 1 cup raisins or dates, 1 cup almond slices, salt, cinnamon, saffron, and spices as necessary. Soak the lentils for about an hour. Add rice, oil, salt, and water so that it just covers the rice, and cook on medium heat until the water boils off. Dice the onion and sauté with chopped carrots, and then add spices, salt, raisins, and almond slices and sauté a bit more. Add the material on top of the rice and lentils mixture.

**Bread stuffed with Vegetables:**

2 cups cooked and mashed potatoes, 1 cup grated soy (or tofu, vegan sausage, lentil), 1 cup chopped celery, 1 cup chopped vegan cheese, 1 cup chopped coriander, 1 chopped green pepper, spices such as turmeric, cumin, cinnamon, pepper and salt as necessary and bread dough.

Mix celery, soy and the spices and cook (but not thoroughly), then mix them with the other ingredients. Punch down the dough, roll it out and stuff it with the mixture and bake in 370 degree oven until it is golden brown.

To make the sauce, chop and fry one onion. Add 1 tablespoon tomato paste, 1 tablespoon vinegar, 1 table spoon sugar and salt as needed and fry for a few seconds more and pour over the breads.



Bean rice with vegetables:

2 cup rice, 2/3 cup red bean, 1 cup chopped parsley, 1 cup chopped green onion, 1 onion, salt as necessary.

Mix rice and vegetables and cook them. Cook the beans separately. Chop and saute the onion. Mix everything together at the end.

**Groats mix:**

1 cup chopped groats, 2 cups chopped cabbage, 1 cup chopped mushrooms, 1 medium onion, 1 / 2 cup peas, 1 / 2 cup corn, 2 / 3 cup chopped walnuts, 3 garlic cloves, 2 small peppers, 1 tablespoon tomato paste, 2 tablespoons lemon juice, 2 tablespoons vinegar, 2 tablespoons sugar, salt and oil and and spices as necessary.

Cook groats separately in water until water is completely evaporated, then sauté the onions in a little oil until golden. Add cabbage and mushrooms until they are cooked dry and then sauté a little. Add garlic, pepper, lemon juice, sugar, vinegar, spices, and walnuts. Cook the peas and corn separately and add to the mix. Add all materials to the groats container, mix and let cook for 10 minutes on low heat.



Colored mix:

1 cup beans, 1 cup parsley, 1 cup chopped mushrooms, 1 medium onion, 1 potato, 1 sweet potato, 1 carrot, 1 Cup corn, 3 vegan sausages (or any other kind), 2 tablespoons tomato paste, 2 tablespoons lemon juice, 2 tablespoons vinegar, salt and spices as necessary.

Soak black beans for 2 hours and then cook them. Chop the onions, potatoes, and carrots and sauté. Add mushrooms, parsley, and spices and sauté a bit more. Cook peas and corn separately. Sauté chopped sausage in a pan and then add vinegar, lemon juice, and spices and cook a little more. Mix everything together at the end.

**Cheesy zucchini:**

2 cups chopped zucchini, 1 medium onion, 1 potato, 1 cup parsley or chopped onion, 1 / 2 cup vegan pizza cheese, salt and spices as necessary.

Chop onion and potatoes and sauté with the chopped squash in a little oil. Add the herbs and spices and sauté. At the end sprinkle cheese on top. This meal is served with bread or rice.



Legumes cutlet:

2 cups black beans, 1 onion, 1 garlic clove, 1 tablespoon chopped parsley, 1 tablespoon chopped leek, 1 tablespoon lemon juice, 1 tablespoon brown flour, salt, turmeric and pepper as necessary.

Cook beans separately and then add cooked beans, parsley, lemon juice, onion, garlic and spices and mix until you get a uniform texture. Then add the flour, make into small shapes and fry in oil.

**Vegetable cutlet:**

1 medium potato, 1 squash, 1 carrot, 1 mini sweet pepper, 1 medium onion, 1 garlic clove, 1 tablespoon brown flour, salt, pepper, cumin and turmeric as needed.

Grate the vegetables and take out the excess water. Add the spices and flour, make into small shapes and fry in oil until they are golden brown.



Sausage dish:

1 medium onion, 1 tomato, 1 cup chopped mushrooms, 1 cup chopped okra, 1 cup bell pepper, 2 cups chopped lettuce, 1 cup of vegan sausage chopped (or tofu), 1 garlic clove, 1 table spoon lemon juice, salt, pepper, Saffron, and cinnamon as needed.

Cook all chopped ingredients aside from lettuce, tofu and spices in a little water until soft. Add the tofu and spices and sauté as desired. Pour material in a container and after cooled, add raw lettuce.

**Potato dish:**

2 cups chopped potatoes, 1 medium onion, 1 garlic clove, 1 tablespoon chopped fennel, 2 tablespoons parsley, 1 tablespoon (or more) vegan butter, salt, pepper, and turmeric as necessary.

First, sauté chopped onions and garlic in oil along with vegetables, add spices, potatoes, and water (about 1 / 2 cup) to ingredients and cook on low heat until the potatoes are cooked and water is thoroughly evaporated. At the end crush the mixture and add butter.



Sweet Soup:

1 cup white peas, 1 cup wheat, 1 medium onion, 4 tablespoons sugar (as desired), 2 tablespoons vinegar, salt, pepper, and turmeric as necessary. Soak the peas for 2 hours. Sauté the onions until golden, then add spices and sauté a bit more. Add peas, wheat, and about 3 cups of water to the mixture and put on medium heat until boiling. After the water comes to boil, lower the heat to cook materials well. Finally add sugar and cook a few more minutes. White peas, like other plants, are very nutritious and are good for brain cells.

**Vegetable Soup:**

1 medium onion, 1 cup peas, 1 cup corn, 1 cup chopped tomatoes, 1 cup chopped mushrooms, 1 cup bell pepper, 1 / 2 cup lentils, 1 / 2 cup of vetch, 1 cup chopped wheat, 1 cup chopped sweet potatoes, 1 cup chopped carrots, 2 cups of parsley or coriander greens, 1 cup beet leaves, turmeric, salt and pepper as necessary.

Soak vetch for about two hours. Sauté the onions, add spices and sauté a bit more. Add lentils, wheat, and vetch (and water as needed) to the materials and cook well and add the vegetables at the end and cook on low heat for another 10 minutes.



Eggplant haleem:

2 medium onions, 1 cup lentil, 3 medium eggplants, 1 cup chopped walnuts, 3 garlic cloves, 2 tablespoons chopped mint, 1 cup vegan yogurt, salt and turmeric and pepper as necessary.

Chop and saute one onion in oil, add enough water and lentil and cook. Chop and cook the eggplants and then add it to the cooked lentils and crush the mixture.

Chop and saute another onion, add chopped garlic, mint, spices and saute a little more. In a desired dish first lay the lentil and eggplant mixture, then vegan yogurt and decorate the top with the onions.

**Omlet:**

1 potato, 1 onion, 1 garlic clove, 1 sweet potato, 1 cup chopped vegan cheese, 1 table spoon tomato paste, salt and pepper and turmeric as needed.

Chop onion, garlic and potatoes and saute in oil, then add the spices, tomato paste and about half cup of water. At the end add the cheese to melt. Remove from heat before it dries completely.



Pizza:

1 pizza dough (medium), 1 cup chopped mushrooms, 1 cup chopped olives, 1 / 2 cup chopped pineapple or apple, 1 medium onion, 1 bell pepper, 1 / 2 cup chopped parsley, 1 tomato, 1 potato, 2 cups herbal cheese, 1 tablespoon tomato paste, 3 garlic cloves, salt, pepper as necessary.

To make dough:

2 cups warm drinking water, $\frac{3}{4}$ tablespoon yeast, $\frac{3}{4}$ teaspoon sea salt, 2 tablespoons oil and about 3 cups white vegan flour.

Mix all the ingredients and let the dough rest for about two hours.

Mix tomato paste with some water in a bowl to obtain a thick liquid and then add chopped garlic, parsley, salt, and pepper. Cut the potato into desired shapes and cover the pizza pan with them and then cover them with the pizza dough. Spread the sauce on the dough. Add cheese, onions, olives, sweet peppers, tomatoes, mushrooms, and pineapple or apple in that order, and put the pizza in the oven at 400 degrees for about 25 minutes.

**Pasta With White Sauce:**

1 onion, 1 cup chopped mushroom, 1 cup chopped celery, 1 cup chopped cabbage, 1 cup chopped green beans, 1 cup chopped carrots, 1 package dry vegan pasta, 1 cup chopped parsley, 1 cup vegan cheese, 1 tablespoon tomato paste, 1 $\frac{1}{3}$ cup soy drink, about $\frac{1}{2}$ cup white flour, 1 tablespoon vegan butter, salt, pepper and spices as needed.

Saute all vegetables and add tomato paste and spices, then mix it with the cooked pasta.

For the white sauce: mix soy drink, flour, butter and pepper and stir over medium heat until thickened.



Black bean sushi:

1 cup rice, 1 lemon, 1 cup chopped mushroom, 1 cup kale (or any other vegetable), 1 cup black beans, 1 tomato, 1 cucumber, 1 onion, 2 tablespoons vinegar, sushi nori, salt as necessary.

Cook the rice and black beans separately. Cook mushroom and kale along with the vinegar until they are soft. Add lemon juice to the cooked rice and pour it on one side of the sushi nori (the side that is not shiny) to cover about one third of the nori. Add the cooked beans and raw onion to the mixture and mix them until you get a uniform texture and then pour on the rice. Slice the tomato and cucumber and add along the center of the other ingredients. At the end roll the sushi nori and cut with a sharp knife.



Abdug khiar:

1 cup Cold drinking water, 1 cup vegan yogurt, 1 cup chopped cucumber, 1 cup chopped walnuts, 1 cup chopped bread, 1 tablespoon chopped mint, 1 cup chopped parsley, ½ cup raisin (or dates) and salt as needed.

Mix all the ingredients and enjoy eating this delicious and healthy food.