

# RECIPES

## Women's Camp FEMØ 2024

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## Saturday Evening

**Pasta Bolognese:** Plant-based meat for everyone

Salad with cabbage-apples-carrots-nuts

\*Note to kitchen responsible: If possible, buy and chop all vegetables before arrival (e.g., with a food processor) so the dish is quick to make and requires 2 Femønists.\*

**For 10 Femønists (remember children count as ½ adult)**

### **Pasta Sauce**

- 200 g soy granulate
- 500 g frozen chopped onions
- 8 cloves of garlic
- Optional: 1 dl red wine
- 1 tsp honey
- 1.5 kg mixed eggplants, zucchini, and bell peppers
- ½ celery stalk
- 1,2 kg chopped peeled tomatoes
- 250 g concentrated tomato puree
- 1 tbsp oregano
- Salt and pepper

### **Instructions:**

1. Soak the soy granulate in 1 liter vegetable broth.
2. Cut eggplants into small cubes and salt to draw out bitterness for ½ - 1 hour. Rinse off salt before adding.
3. Cut zucchini, bell peppers, and celery into small cubes.
4. Sauté onions and garlic in plenty of oil in a large pot.

5. Add the drained eggplants.
6. Sauté zucchini, bell pepper, and celery with the onion/eggplant mixture.
7. Add honey and red wine. Let the wine cook down a bit.
8. Add tomato paste, peeled tomatoes, and soaked granulate.
9. Lower heat once the mixture boils.
10. Add oregano and season with salt and pepper.
11. Simmer for ½ hour or longer.

## **Pasta**

- 750 g pasta (gluten-free only for those with gluten allergies)

## **Instructions:**

1. Cook pasta according to the package instructions.
2. Add oil to prevent sticking.

\*Kitchen tip: Boil water for pasta. Stir occasionally. Check pasta when it is about to boil or just started boiling. With large quantities, it doesn't always need to boil for several minutes.\*

## **Salad**

- 0.5 bag shredded cabbage
- 2 roughly grated apples
- 0.5 bag carrots
- 100 g roasted hazelnuts

## **Instructions:**

1. Grate apples and carrots.
2. Roast and chop nuts.
3. Mix everything together.

4. Pour a good dressing over it.

\*Note to kitchen responsible: If there are leftovers from dinner, they can be frozen and used for Thursday.\*

# Sunday Evening

## Vegetarian Caribbean Turmeric Soup

For 10 Femønists

### **Turmeric Soup**

- 100 g red lentils
- 2 onions
- 3 tbsp olive oil
- 3 cloves of garlic
- 500 g whole leaf spinach (frozen)
- 5 tsp turmeric
- 1 liter coconut milk
- Shredded coconut
- 2 cans (800 g) peeled tomatoes
- 1 liter water with vegetable broth
- 75 g butter beans (canned) roasted separately
- 10 pita breads

### **Instructions:**

1. Rinse the lentils and cook for 15 min. Drain the water.
2. Finely chop onions. Sauté in butter with crushed garlic and spinach.
3. Dissolve turmeric in a little water and add.
4. Add coconut milk, shredded coconut, peeled tomatoes, and water with broth, and cooked lentils. Simmer under lid.
5. Serve with pita bread.

### **Potatoes**

- 1 kg potatoes

**Instructions:**

Boil the potatoes.

## Monday Evening

### Rice Table with Cauliflower and Almond Salad

**For 10 Femønistis (remember children count as ½ adult)**

- 750 g (½ can) cooked chickpeas fried with tamari and 3 cloves of garlic. Reserve and serve with the rice table as a topping on rice with sauce.

#### **Instructions:**

Heat 4 tbsp oil and 3 finely chopped garlic cloves in a pan. When the garlic is golden, add 3 tbsp tamari. Stir and add the chickpeas. Fry until the chickpeas are colored and crispy.

- 1,5 kg turkey cut into cubes and fried with salt and pepper (only if the week includes meat)

#### **Instructions:**

1. Clean and cut the meat into 2 cm cubes, then fry in a pan.
2. Place in a baking dish, cover with parchment paper, and keep warm in a low oven. Serve with the rice table and rice with sauce.

## **Curry Sauce**

- 2 tbsp curry
- 1 tbsp cumin
- 1 tbsp coriander
- 5 tsp turmeric
- 1 tbsp chili



- 2 tbsp grated ginger
- 5 cloves garlic
- 4 large onions
- 2 red bell peppers
- 300 g lentils
- 2 dl water
- 2 cans coconut milk
- 2 cans peeled tomatoes

### **Instructions:**

1. Rinse lentils and cook for 15 min.
2. Press garlic and grate ginger.
3. Cut bell peppers into cubes and chop onions.
4. Sauté curry, cumin, coriander, turmeric, and chili until fragrant.
5. Heat ginger and garlic.
6. Fry bell pepper and onion.
7. Add lentils, water, coconut milk, and peeled tomatoes.
8. Let simmer under lid.

### **Cauliflower with Almonds**

- 2 cauliflowers (cut into small florets)
- 250 g almonds (dipped in boiling water for 10 seconds)
- 1 clove garlic (do not cook to softness)
- 2 tbsp Dijon mustard (rinsed carefully in cold water)
- 2 tbsp honey (roughly chopped)
- 4 tbsp lemon juice (whisked together with mustard, honey, lemon juice, and olive oil)

- 8 tbsp olive oil (mix all ingredients together)

## **Rice**

- 750 g rice (about 10 dl)

## **Instructions:**

1. Rinse thoroughly and cook in a pot with water until the water stands a good finger's width above the rice. Stir so everything is soaked.
2. Remember salt.
3. Cook for 10 min and let stand for 10 min.

## **Rice Table Buffet**

- ½ cucumber (diced)
- ½ dl raisins
- 150 ml shredded coconut (toasted in a pan until golden)
- ½ bunch parsley (chopped)
- ½ banana
- 1 dl peanuts
- ½ can corn
- ½ dl pumpkin seeds

## Tuesday Evening

Chili Sin Carne & Chili Con Carne

With rice and tortilla chips

Iceberg-avocado-cucumber-lime

**For 10 Femønists (remember children count as ½ adult)**

### **Basic Recipe for All**

When the sauce is made, divide it in two and add meat to the portion meant for 'con carne' (with meat).

### **Chili Sin Carne**

- 2 eggplants
- 2 zucchinis
- 5 onions
- 5 bell peppers
- 1 tsp chili
- 2 tsp paprika
- 2 tsp cumin
- 1 tsp cinnamon
- 5 cloves garlic
- 1 kg peeled tomatoes
- 1 tbsp cocoa powder
- 250 g red beans (canned)
- 250 g black beans (canned)
- 2½ tbsp tamari

## **Chili Con Carne**

- 500 g granulate or ground beef (if the week includes meat)

## **Rice**

- 750 g rice (about 10 dl)

## **Instructions:**

1. Rinse thoroughly and cook in a pot with water until the water stands a good finger's width above the rice. Stir so everything is soaked.
2. Remember salt. Cook for 10 min and let stand for 10 min.

## **Sides**

- 1 bunch cilantro
- 400 g grated cheese
- 1 lime
- 1 can / 340 g corn
- 300 ml crème fraîche
- 300 g tortilla chips

## **Salad**

- 1 iceberg lettuce
- 2 cucumbers
- 1 pack frozen avocado
- ½-1 lime

## Wednesday Evening

Falafel

Potato Salad & Cucumber Salad

Turkey Breast with Bacon

**For 10 Femønists (remember children count as ½ adult)**

### **Falafel**

- 30 frozen falafels (fried in plenty of oil)

### **Turkey Breast with Bacon (if the week includes meat)**

- 1,5 kg turkey breast
- 250 g bacon slices
- Salt and pepper

### **Instructions:**

Wrap each piece with a slice of bacon. Place pieces on a baking tray with parchment paper and bake in the oven until the bacon is crispy, about 1 hour. (To reduce baking time, cut the breast into smaller pieces and cover with bacon.)

**Potato Salad** (Optional: combine all in the potato salad or serve as a separate salad)

- 30 medium potatoes
- 3 cucumbers
- ½ bunch radishes
- ¼ celery stalk

- 200 g frozen peas

**Instructions:**

1. Wash and boil the potatoes in good time.
2. They should have time to cool.

**Green Salad Platter**

- 1 romaine lettuce
- 500 g peas
- 500 g green beans

**Dressing**

- ½ l crème fraîche
- ½ l A 38
- ½ dl mayonnaise
- 1 chopped onion
- 1 bunch chives
- 1 bunch dill
- Salt and pepper (optional: a little curry)

**Instructions:**

Mix a dressing with the remaining ingredients and toss the cold sliced potatoes in it.

\*Serve with cucumber salad from the workshop tent (large can)\*

\*Estimate about 500 g per 10 Femønists\*

## Thursday Evening- All

### Dahl

### Indian Vegetables- Rice- Flatbread & Raita

"WEEKLY REVIEW" OF LEFTOVERS

\*If there is no Dahl spice blend, you can make it yourself:\*

#### Per 10 Femønists

- 3 tbsp (45 ml) curry
- 1 tbsp (15 ml) ground coriander
- 1 tsp (5 ml) ground cardamom
- 1 tsp chili

### Dahl

For 10 Femønists (remember children count as ½ adult)

- 5 tbsp oil
- 2 onions (chopped)

#### **MILD VERSION**

Add 2 tbsp Dahl spice blend (found pre-mixed at the camp) to one half of the mixture.

#### **SPICY VERSION**

Add 5 tbsp Dahl spice blend (found pre-mixed at the camp) to the other half of the mixture.

### **Instructions:**

1. Add 4 cloves garlic, 1 piece grated ginger (about 3 cm), 1 liter vegetable broth, 500 g lentils, 1 liter coconut milk, 1 small can peeled tomatoes (about 500 g), salt, pepper, and other spices to taste.
2. Use two pots for this dish as not everyone likes strong food. Ask at lunch how many want strong vs. mild Dahl.
3. Rinse lentils thoroughly.
4. Heat oil in two pots.
5. Fry onions until soft and clear.
6. Add spice blend, garlic, and ginger and fry until fragrant.
7. Add lentils and heat until they become a little clear at the edges.
8. Add broth and coconut milk and simmer on low heat, stirring regularly until the lentils are tender, about 30 min.
9. Be careful not to burn.

### **Rice**

- 750 g rice (about 10 dl)

### **Instructions:**

1. Rinse thoroughly and cook in a pot with water until the water stands a good finger's width above the rice. Stir so everything is soaked.
2. Remember salt. Cook for 10 min and let stand for 10 min.

**Indian Vegetables:** tossed in oil and baked in the oven

- 4 tbsp oil
- 2 onions (chopped)
- 1 cauliflower (cut into florets)



- 2 large zucchinis (chopped)
- 3 slender eggplants (chopped)
- 250 g coarsely chopped green beans

### **Cucumber Raita**

- 2 cucumbers (grated and lightly squeezed to remove water)
- 1 liter Greek yogurt
- Salt
- Mint

### **Instructions:**

Mix together.

\*Kitchen tips: You can make raita with whatever other green or fruit you want, experiment with it.\*

Serve with fresh cilantro and 10 pita breads per 10 Femønists, warmed in the oven.

## Friday Evening

Choice of Menu- Decided Monday

Vegetarian- Vegetarian Burger

Meat- Burger with Beef Patty

With Oven-Baked Potatoes

**For 10 Femøists (remember children count as ½ adult)**

**Lunch team has to boil the potatoes!**

### **Vegetarian/Vegan – The Dish**

#### **Vegetarian Burger**

- 20 veggie patties
- 20 burger buns
- Onion, ketchup, and lettuce, tomato, and cucumber
- Pickles, roasted onions, mayonnaise
- Optionally make a dressing
- Optionally grill the buns

### **Meat – The Dish**

#### **Burger**

- 20 beef patties
- 20 burger buns
- Onion, ketchup, and lettuce, tomato, and cucumber
- Pickles, roasted onions, mayonnaise
- Optionally make a dressing

For both meat and vegetarian dishes, serve...

## **Potatoes**

### **Instructions:**

Wash and halve potatoes, sprinkle with oil, and bake in the oven on baking sheets with parchment paper.

# Brunch (or possible supplements for lunch)

## Choice of Menu- Decided Monday

\*If you do not hold a brunch, you can choose to order the following items and use them continuously for lunches.\*

Recipes for brunch are in the food folder

- American pancakes (recipe see below)
- Banana pancakes for vegans (recipe see below)
- Scrambled eggs
- Scrambled tofu

### **Scrambled tofu instructions:**

1. Mash the tofu with a fork and sauté with a little oil.
2. Add salt and pepper, optionally a little curry.
3. Fry until heated through.

### **Bacon**

### **Fruit**

- Watermelon
- Apples
- Oranges

### **Cheese**

- Usual breakfast cheeses

### **Vegetables**

- Bell pepper
- Cucumber
- Tomato

### **American Pancakes (about 30 pcs)**

- 3¼ dl wheat flour
- 1 dl buckwheat flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp sugar
- 1 tsp salt
- 2 eggs
- 5 dl A38
- 4 tbsp oil

### **Instructions:**

1. Mix flour, baking powder, baking soda, sugar, and salt (dry ingredients).
2. Whisk eggs with A38 and oil (wet ingredients).
3. Mix wet ingredients into dry ingredients.
4. Bake into small thick pancakes. Serve with agave syrup.

### **Scrambled Eggs for about 20 Femønists**

- 8 eggs
- 16 tbsp A38
- Butter
- Salt and pepper

### **Instructions:**

1. Whisk eggs and A38 together. Melt butter over low heat. Pour in the egg mixture and when it begins to set, gather it into flakes with a flat wooden spoon.
2. Let the mixture stand for a couple of minutes under a lid with the heat off to make it glossy.
3. Sprinkle salt and pepper over the serving, otherwise, the scrambled eggs will become watery and grainy.

### **Vegan Banana Pancakes**

- 2 dl flour
- 1,5 tsp baking powder
- 2 tsp vanilla powder
- 1 tsp cinnamon (can leave it out)
- 1,5 dl. Oat milk
- 3 bananas, ripe
- 1 tsp salt

#### Alternatively:

- 3 bananas
- 3 dl oatmeal
- 1-2 tbsp syrup
- ½ tsp salt
- 1 tsp baking powder
- 2 dl oat milk or similar
- ½ tsp vanilla powder

#### **Instructions:**

1. Mix flour, baking powder, vanilla powder, salt, and cinnamon in a bowl.

2. Add milk and whisk well. Mash bananas with a fork and fold them into the batter. Let the batter rest for 10-15 minutes to thicken.
3. Put a little plant-based butter in a pan over medium heat. When the butter is melted, pour the batter and form small pancakes. Fry for about a minute on each side.
4. Serve the pancakes immediately with banana slices and syrup.

### **Roasted Chickpeas**

- 200 g chickpeas (canned)
- 2-3 cloves of garlic
- 1 onion
- 2-3 tbsp tamari (or to taste)
- 1 bunch fresh thyme

### **Instructions:**

Sauté chickpeas with garlic and onion in oil. When the onions are light brown, add tamari. Add chickpeas and fry together. Add fresh thyme.

### **Ginger Butter Beans**

- 200 g butter beans (canned)
- Various vegetables
- Oil
- Chili
- Grated ginger
- Salt

### **Instructions:**

Sauté a selection of delicious vegetables in oil with chili. Mix in the beans and add grated ginger and lots of salt (good for hangovers).



## Lunch Inspiration

### Inspiration for lunches and ideas for using leftovers

**\*All lunch recipes are for 30 Femøists (unless otherwise stated)\***

#### Egg Salad

- ½ l A38
- Mayonnaise
- 10 coarsely chopped hard-boiled eggs
- 1 tbsp capers
- Curry, salt, and pepper
- 1 bunch finely chopped chives
- 1 finely chopped small onion

#### **Instructions:**

Mix all ingredients and garnish with tomato wedges.

#### Hummus

- 500 g chickpeas (canned)
- 4 tbsp tahini
- 8 tbsp tamari
- 4 tbsp olive oil
- Juice of 2 lemons
- 4 cloves of garlic
- 8 tbsp A38
- Chopped parsley for garnish
- Paprika for garnish
- Olives for garnish

### **Instructions:**

1. Put the chickpeas in a pot with peeled garlic. Add water and bring to a boil. Reduce heat and let the chickpeas simmer for 30 min.
2. Mash the cooled chickpeas in a food processor.
3. Mix the remaining ingredients with the mashed chickpeas in a bowl. Add some of the cooking water if the consistency is too thick. Season with salt, pepper, and lemon juice. Garnish with paprika, chopped parsley, and olives.

### Pasta with Mushrooms in Cream Sauce

- 500 g pasta (preferably leftovers from the previous day)
- 500 g mushrooms (frozen)
- 3 onions
- 1 bunch parsley
- ¼ l heavy cream

### **Instructions:**

Sauté mushrooms. Chop and sauté onions. Add heavy cream. Mix in the pasta and heat through. Serve with chopped parsley.

### Rice Salad with Nuts

#### **Instructions:**

1. Wash, cook, and cool 2 dl rice or use leftovers from the previous day.
2. Mix with chopped hazelnuts, orange pieces, celery, and optionally a bit of cabbage. Drizzle with basic dressing.

## Spanish Onion Omelet

- 4-5 onions (sliced thinly and browned in a pan)
- 7 eggs (whisked with a little salt and a hint of chili)
- Eggs poured over onions. When set, flip using a pot lid.

The omelet should be golden on both sides but soft inside.  
Garnish with chives and tomatoes.

## Pasta Salad

### **Instructions:**

1. Cook 1 kg pasta al dente according to the package instructions.
2. Toast a handful of hazelnuts in a dry pan and chop into smaller pieces.
3. Cut 6 tomatoes and 2 cucumbers into smaller pieces and mix into the cooled pasta with the nuts and a finely chopped onion. Mix with basic dressing and garnish with chopped parsley.

## Tuna Salad

- 2 small cans of tuna (250 g each)
- 3 tbsp mayonnaise
- 3 tbsp crème fraîche
- ½ chopped onion
- Salt, pepper, a little paprika, and curry
- Lemon juice

### **Instructions:**

Mix all ingredients and garnish with lemon slices.

## Tamari Roasted White Beans

- 750 g white beans

### **Instructions:**

Heat 4 tbsp oil and 3 finely chopped garlic cloves in a pan. When the garlic is golden, add 3 tbsp tamari. Stir and add the white beans. Fry until the beans are colored and crispy. Serve with chopped parsley.

## Cod Roe Salad

- 1 can cod roe (600 g)
- ¼ dl oil
- Juice of 2 lemons
- 3 tbsp mayonnaise
- 1 tsp salt
- ½ tsp pepper

### **Instructions:**

Mix the cod roe evenly with oil, the juice of 1 lemon, salt, pepper, and mayonnaise. Garnish with lemon slices.

## Three Types of Dressing

### **Dressing 1:**

- 2 dl olive oil
- 1 dl lemon juice
- 1 dl water
- 10 cloves garlic

- 4 tsp Dijon mustard
- Salt and pepper

### **Dressing 2:**

- 2 dl olive oil
- 1 dl regular vinegar
- 1 tsp sugar
- Garlic
- Lemon juice
- Salt and pepper

### **Dressing 3:**

- 2 dl oil
- 1 dl regular vinegar
- Dijon mustard
- Garlic
- Salt and pepper

Bean Pâté (can be made in a large portion and refrigerated or frozen)

Fetch a Dane to understand the recipe (sorry, your translator got tired....)

Det er virkelig nemt at lave denne bønnepostej, og den skal ikke engang bages. Den er proppet med gode sager, så spis bare løs på dit yndlingsbrød. Brug den også som dyp til gulerødder eller som spread i en sandwich.

1 portion

1 dåse kidneybeans  
1 fed hvidløg  
35 g soltørrede tomater  
50 g solsikkekerner  
1 tsk. røget paprika  
1 tsk. tørret timian  
2 spsk. olie  
1 tsk. salt  
peber  
saft af ½ citron

Hæld vandet fra bønnerne, og lad dem dryppe godt af. Kom dem i foodprocessoren sammen med resten af ingredienserne (en stavblender kan også bruges), og blend, til du har en lækker cremet postej. Smag til med salt, peber og citronsaft.

## Rice Leftovers

### Rice Fritters

#### **Ingredients:**

1. Mix ingredients and shape into patties, then fry in a pan.
  - 500 g rice
  - 1 egg
  - 1 dl breadcrumbs
  - 1 finely chopped onion
  - Finely chopped herbs
  - Milk or cream
  - Salt, pepper, and optionally garlic

### Tamari Roasted Rice

Fry leftover rice in a pan with oil. Add finely chopped vegetables, onions, and garlic. Optionally add roasted bacon bits but set aside some for vegetarians first.

## Rice Salad

Mix leftover cooked rice with finely chopped tomatoes, cucumbers, corn, and onions. Drizzle with a good garlic dressing.

## Pasta Leftovers

### Pasta Salad

Mix cooked pasta with chopped tomatoes, lettuce, tuna, and onions. Pour a good dressing over it.

### Fried Pasta

Fry leftover cooked pasta in oil with various herbs like oregano or thyme. Pour whisked eggs seasoned with salt and pepper over it. Let it set while stirring.

## Potato Leftovers

### Fried Potatoes

Fry with onions and optionally zucchini cubes and serve with fried eggs.

### As Toppings

Slice and use as toppings. Preferably with chopped chives.

### Potato and Egg Pie

Fry potatoes and onions in a pan. Pour an egg mixture of 1 egg and 2 tbsp milk over it. Season with salt and pepper. Fry on low heat. Garnish with tomato slices and chopped chives.

## Nut Pâté

For 10 Femønists

### Ingredients:

- 250 g hazelnuts
- 3 dl rice (or red lentils)
- 120 g walnuts
- 1000 g mushrooms
- 3 onions
- 5 cloves garlic
- 3 apples
- 500 g root vegetables (potatoes or carrots)
- 5 tbsp flaxseed
- 18 tbsp water
- 2 dl (vegan) cream
- 4 tbsp tahini
- 3 tsp thyme
- 3 tbsp butter
- 4 tbsp soy sauce

## Vegan Bean Patties

For 10 Femønists

### Ingredients:

- 5 tbsp flaxseed
- 18 tbsp water
- 5 dl oats
- 5 cans cooked black beans



- 5 tbsp oil
- 5 tbsp tomato paste
- 7 cloves garlic
- 3 onions
- 3 tbsp paprika
- 3 tbsp cumin
- (1 tsp chili)
- 3-4 tbsp flour

## Lentil Patties

### For 10 Femønists

#### **Ingredients:**

- 5 tbsp flaxseed
- 18 tbsp water
- 500 g red lentils
- 5 cloves garlic
- 3 onions
- 10 tbsp flour
- 2 tsp baking powder
- 2 tsp paprika
- 2 tsp cumin
- 5 tbsp oat milk
- 3 handfuls greens (spinach or basil or parsley)

## Gitte's Good Rye Bread (1 loaf)

### **Ingredients:**

- 225 g sourdough
- 6,75 dl lukewarm water
- 3 tbsp salt
- 150 g wheat flour
- 280 g rye flour
- 280 g cracked rye grains

### **Instructions:**

Mix everything together and let it stand for 5-12 hours.

Remember to take out sourdough before adding cracked rye grains!

### **Add:**

- 1 bottle white beer
- 1 tbsp honey/syrup
- 150 g cracked rye grains
- 225 g flaxseed
- 225 g sunflower seeds

Put in a mold and let it rise for about 8 hours.

Bake for 1½ hours at 200 degrees.

## Bread/Buns (Lactose and Gluten-Free)

Makes about 10 pcs – multiply as needed

### **Ingredients:**

- 4 eggs
- ½ dl flaxseed
- ½ dl sesame seeds
- ½ dl sunflower seeds
- 2 tsp baking powder/or 5 g yeast
- 3 dl buckwheat flour
- 2 dl water
- 2 dl gluten-free oats
- 1 tsp salt
- 5-6 medium carrots/zucchini or potatoes

### **Instructions:**

1. Soak oats in water.
2. Whisk eggs together and then add the grated carrots.
3. Add flaxseed, sesame, and sunflower seeds and mix together.
4. Add more oats or rice flour until the dough can be shaped into buns with a spoon but still wet.
5. Bake at 200 degrees for 15-20 minutes.