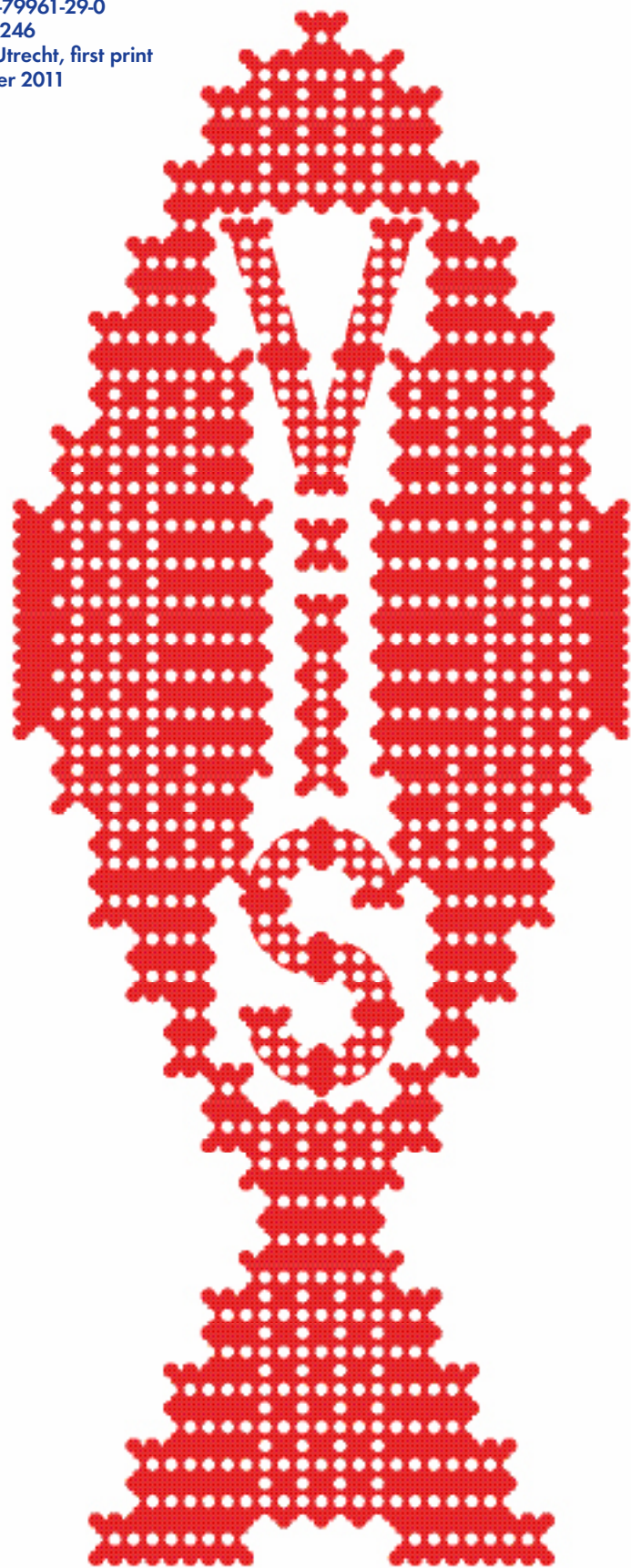


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4 × a week

FISH
AND
VEGETARIAN

192 recipies for meateaters



from
friends
for
friends

Prologue

Nowadays eating meat can hardly be defended. When reading this prologue, lumberjacks are cutting down tropical rainforests, cows are farting huge methane gasses and chicken are loaded out of trucks only to be slaughtered. Of course we all need to become vegetarians, but...ehm...meat tastes so well. Is a small piece of self-hunted biological partridge allowed? Of course, but cutting down on meat won't hurt.

The problem is that we would like to cut down on meat, but we do not really know what kind of nice food one can prepare without meat. This is exactly the reason why we created this book. We asked family, friends and acquaintances to share with us their favorite vegetarian or fish recipes.

That is correct; we do eat fish in this book. And yes, we do know: fish also fart, and you shouldn't eat them, but this is the first real cooking book for soft-core wannabe vegetarians. For principal sissies if you will.

Bon Appetite everybody!

Anya, Bregje, Chantal, Nanouk, Claudette en Annemarieke
September 2011

6 7

Januari – week 1

Witlof–bonensalade

van Andrea

(2 personen) 400 gr witlof ♦ 4 eieren ♦ 1 rode (punt)paprika ♦ 1 minikomkommer ♦ 100 gr pompoenpitten ♦ 250 gr kers-tomaatjes ♦ 4 el platte peterselie ♦ 2 el walnotenolie ♦ 1 tl mierikswortel (potje) ♦ 1 tl witte wijnazijn ♦ 425 gr grote witte bonen uit blik, uitgelekt en afgespoeld

Snijd de stronk van de witlofstronken, halveer ze en snijd in smalle reepjes. Kook de eieren in ca. 6 minuten hard. Halveer de rode paprika, verwijder zaad en zaadlijsten en snijd in blokjes. Halveer de komkommer en snijd in blokjes. Rooster de pompoenpitten in een droge, hete koekenpan. Snijd de tomaten in vieren.

Hak de peterselie fijn. Meng de walnootolie met de mierikswortel en de wijnazijn. Klop tot een dressing, met zout en peper naar smaak. Meng alle groenten met de witte bonen, de pompoenpitten en de dressing in een kom. Verdeel het mengsel over 2 borden. Pel de eieren en snijd ze in vieren, leg ze neer in bloemvorm. Strooi in het midden wat platte peterselie als een groen hart en verdeel de rest van de peterselie over de salade.



FISH

FROM TESS

Thai Fish from Tess

(serves 4) 4 cups of rice ♦ olive oil ♦
1 tbs Thai green curry paste ♦
200 ml coconut milk ♦ 2 small onions ♦
600 g tilapia fillet

Cook the rice until tender. Heat up a little bit of olive oil in a frying pan. Add the Thai curry paste, fry a bit and add the coconut milk. Cut the onions into small rings and add them to the coconut milk with curry. Then cut the fish in small pieces. Cook it on a low heat. Add some salt. Serve the dish with the rice and the green vegetables.

MARCH

03

from:

Suzanne, Mercedes, Jos, Gerda,
Alberto, Lisette, Caron, Lina, Aurel, Patrick, Hannie
Bregje, Sabine en Jean

STUFFED



PEPPERS

Stuffed peppers

from Julia

(serves 2) 3 pieces of dry bread ♦ 10 anchovy fillets ♦ 8 black olives ♦ a hand full of persil ♦ hand full of fresh basil leaves ♦ 1 teaspoon of capers ♦ 2 green peppers ♦ olive oil

Preheat oven to 180 degrees Celsius. Dry the bread in the oven till you can make breadcrumbs out of it. Drain well the anchovy fillets and cut into small pieces. Cut the olives in rings. Chop the persil and basil leaves into small pieces. Toss breadcrumbs with the anchovy fillets, black olives, capers and herbs. Add salt and pepper to taste.

Cut the cap of green peppers and remove the seeds. Fill the green peppers with breadcrumb stuffing and push them tight. Grease the baking dish with olive oil and fill it with a layer of water (about 1 cm). Put the peppers in the baking dish and let them cook in the oven for about 1 hour.

Mexicaanse burritos

van Pieter

(4 personen) 1 rode paprika ♦ 1 ui ♦ 1 courgette ♦ 125 gr champignons ♦ tabasco ♦ 400 gr chilibonen uit blik, uitgelekt ♦ 1 citroen, geperst ♦ 150 gr maïs uit blik, uitgelekt ♦ bosje koriander, grof gehakt ♦ bosje peterselie, grof gehakt ♦ 8 tortilla's ♦ 125 gr zure room ♦ 150 gr gerasppte kaas ♦ 8 blaadjes ijsbergsla



Oven voorverwarmen op 200°C. Paprika, ui, courgette en champignons in blokjes snijden van ca. 1 cm. Paprika met de ui smoren. Courgette even meebakken. Champignons apart bakken, dan erbij voegen. Alles op zacht vuur bakken, niet teveel roeren en op smaak brengen met zout en peper en de tabasco. Chilibonen toevoegen, 2 eetlepels citroensap erbij doen en op het laatst

de maïs en de verse kruiden.

De tortilla's insmeren met de zure room, geraspte kaas erover strooien, een blaadje ijsbergsla erop leggen en daarop het groentemengsel. De tortilla dichtvouwen en een minuut of 7 in de oven zetten. Alles op tafel zetten en tortilla's zelf laten beleggen kan ook. Dan de tortilla's even in de oven of in een pan verwarmen. Lekker met guacamole erbij.

TROUT

WITH WALNUTS-COGNAC SAUCE

from Lieve

(serves 2) 2 trout fishes ♦ 50 g dairy butter ♦ 2 cloves garlic ♦ splash of cream ♦
splash of cognac ♦ hand crushed walnuts

Preheat the oven until 130 Celsius degrees. Wash the fish under the tap. Dab with paper towel and sprinkle into the belly with the salt. Melt a knob of butter (15g) in the hot pan and fry the fish for about 5 min a side until they become nicely brown. Lay the fish into a baking dish.

Place it in the middle of the oven for about 10 min.

Meanwhile melt the butter with the rest of the juices. Squeeze the garlic in and cook it slowly until it gets light colour. Add the cream and cook it a bit. Finally add splash of cognac and walnuts.

Delicious with mashed potatoes and celeriac.