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The Blazing Salads Cookbook

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### History of Blazing Salads

### Enjoyment of cooking

### Some essentials
- Flours
- Seaweeds
- Unrefined oils
- Nuts
- Seeds
- Sprouting
- Tofu
- Umeboshi plums — the hangover cure
- Kuzu
- Vinegars
- Soy sauces

### Grains, pasta and noodles
- Organic brown rice
- Organic millet
- Organic buckwheat
- Organic whole oats
- Bulgur wheat
- Wholemeal couscous
- Pasta
- Noodles

### Soups
- Miso soup
- Red lentil and vegetable soup
- Carrot and cashew nut soup
- Carrot, parsnip and fresh coriander soup
- Curried pumpkin and apple soup
- Green split pea and barley soup
- Beetroot and carrot soup with tofu sour cream
- Courgette and fresh coriander soup
- Mushroom and tofu soup
- Winter vegetable soup
- Curried parsnip soup
- Cauliflower and almond soup
- Butternut squash soup with Indian spices
Spreads and dips

Tahini and spring onion spread
Hummus
Lima bean and chilli spread
Miso pesto
Basil pesto
Coriander pesto
Parsley pesto

Salads

Red cabbage salad with apple and lemon dressing
Carrot salad with toasted almonds
Tabouli
Organic wholemeal spaghetti with julienne vegetables and miso pesto
Apple, celery and walnut salad with tofu and spring onion dressing
Chickpea salad with fresh chilli, lemon and extra virgin olive oil
Beetroot salad with orange, walnuts and watercress
Carrot and cucumber salad with tofu and fresh dill dressing
Organic wholemeal pasta with roasted vegetables and basil pesto
New potatoes with red plum seasoning and wholegrain mustard dressing
Cucumber and strawberry salad with tofu and fresh mint dressing
Mushroom salad with lemon and fresh rosemary
Mixed wholegrain salad with soy and ginger dressing
Mixed bean salad with soy and lemon dressing
Watermelon salad with red onion and fresh mint
Dressings for salad leaves

Savouries

Vegetable and tofu spring rolls with soy and ginger dip
Vegetable samosas with yoghurt and mint dip
Spinach, feta and rosemary turnovers
Polenta squares with roasted vegetables and mozzarella cheese
Pumpkin, sweet potato and almond turnovers
Tofu pizza with roasted Mediterranean vegetables and basil pesto
Pizza sauce
Brown rice balls with aduki bean and vegetable filling
Mushroom, onion and sage filling
Millet and vegetable burgers with parsley pesto
Millet croquettes
Buckwheat and vegetable burgers with tomato and red onion salsa
Arame strudel with carrot and sesame
Main courses

Caribbean stew
Spiced vegetable pilau
Spiced cashew nut paella
Vegetable stew with Indian yellow dal
Vegetable curry with cashew nuts
Tofu chilli
Sautéed vegetables and tofu
Baked cauliflower tempura
Winter vegetable crumble
Vegetable and tofu kebabs with spicy peanut sauce
Stuffed peppers with roasted tomato sauce
Spinach and feta filo bake
Courgette and carrot filo bake with toasted pine nuts
Roasted vegetable lasagne
Spinach and almond cannelloni
Baked aubergine parmigiana
Vegetable shepherds pie
Broccoli and walnut bake
Ratatouille bake

Bean casseroles

Haricots Catalan
The best baked beans
Provençal cannellini bean casserole
Indian-style lima bean casserole
Creole-style pinto bean casserole
Aduki bean and vegetable casserole
Moroccan chickpea casserole
Chickpeas with béchamel sauce
Chickpeas with kuzu and soy gravy
Spinach, carrot and black-eyed bean casserole
Spiced moong bean dal
Mexican-style red kidney bean casserole
Cakes and desserts

Apple pie with cashew nut topping 123
Strawberry and tofu cream pie 124
Almond fruit pies 125
Almond fruit puffs 126
Pumpkin pie 127
Pecan pie 128
Carrot cake 130
Chocolate brownies 131
Fig and almond torte 132
Date, oat and orange squares 133
Apricot, oat and almond slice 134
Oat, hazelnut and maple cookies 135
The best mince pies ever 136
Bernie's tea brack 138
Banana and walnut bread 139
Wholemeal scones 140
Pear and apple crumble 141
Winter fruit compote 142
Hunza apricots with cardamom 143
Creamy rice pudding 144
Raisin and cashew nut couscous pudding 145
Red grape jelly with fresh strawberries 146
Apple and carrot jelly 147
Pureéd pear jelly 147
Tofu and cashew nut cream 147
Oat custard 147

Breads 147

Basics 149
Yeasted breads 153
Wholemeal loaf 153
Focaccia 154
Wholemeal pizza base 156
Grissini 157

Sourdough breads 159
White sourdough starter 161
Country white sourdough bread 165
Rye sourdough 168
100% rye sourdough bread 170
Multigrain bread 172

Index 174