
The vegetarian cook

By Antoine Charlot

"My name is Antoine and I present you here my vision of the vegetarian cooking and, more widely, of vegetarianism. My interest for vegetarian cooking is not linked to my career, but surprisingly to my commitment to the practice of the Zen Buddhist meditation."

This is how the monk Antoine Charlot begins his presentation on his blog. Antoine has been tenzo (responsible for the kitchen team) during numerous camps and sesshin.

Antoine: *"My goal is to produce very healthy, simple, delicious recipes, and beyond that, a way of cooking with deeper meanings: respect for ourselves, respect for our environment and respect for life."*

As examples, here are 2 recipes, one for a starter course and one for a main dish:

Salade carottes et chou-chinois, sauce miel gomasio

This recipe is at the same time simple, but original. The way of cutting the carrots with a vegetable peeler, makes all the difference and gives a particular texture to the dish. The sauce is sweet and savoury at the same time. The result gives a vegetarian starter course that you can regularly prepare. For 4 people:.

INGREDIENTS

- 250 g of Chinese cabbage
- 250 g of carrots
- 4 tablespoons of olive oil
- 2 tablespoons of lemon
- 1 tablespoon of tamari (soya sauce)
- 1 tablespoon of honey
- 2 tablespoons of gomasio
- 2 pinches of dried parsley.

RECIPE

1. Cut the cabbage leaves in strips of 3 cm width, then slice the strips finely.
2. Make shavings of carrots with the vegetable peeler (they should not be longer than 4 cm).

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3. In a bowl, mix well the oil, the lemon, the tamari and the honey.
 4. Then mix the vegetables, the sauce, almost all of the gomasio. Mix the mixture well.
 5. Decorate with what is left of the gomasio and a little bit of dried parsley.

Potatoes and soya casserole with rosemary

This recipe is quite surprising. Very simple, it is a real delight for the palate. Composed basically of potatoes, onions and soya, it is then implemented with ingredients that make the recipe very tasty, while maintaining the identity of the dish. I really encourage you to try it! For 4 people.

INGREDIENTS

- 600 g of small potatoes
- 250 g of onions
- 130 g of (big) soya proteins
- 100 g of black olives
- 4 tablespoons of olive oil
- 4 tablespoons of soya sauce
- 1 tablespoon of honey
- 1/2 stick of fresh turmeric (or 1 coffee spoon of turmeric in powder)
- 1 coffee spoon of cooking salt
- 1 coffee spoon of dry rosemary
- 8 pinches of pepper.

RECIPE

1. In a pan of boiling water, boil the soya proteins on low fire, during 10 minutes. Drain.
2. Slice the onions thinly
3. Cut the potatoes in two
4. Slice the turmeric very finely
5. In a stew pot, heat the soya proteins and the onions on a low fire. Mix the lot regularly.
6. Add the honey and the soya sauce and go on cooking on low fire during 5 minutes
7. Add the potatoes, the turmeric, the rosemary, the olives, salt and pepper, plus 60 cl of water.
8. Cover and cook on low fire during 30 minutes.

For dessert, we suggest you a very refreshing fruits soup