

Fruitarian Dinner 3.6.2018



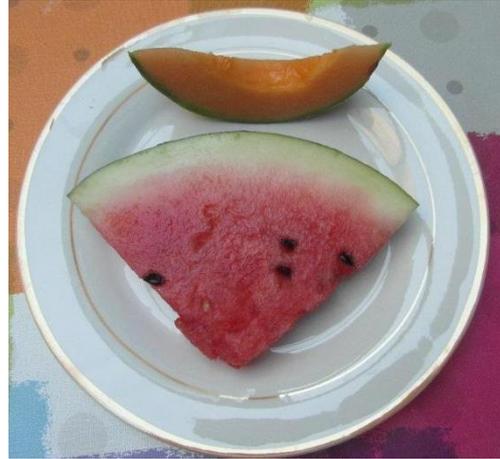
Starters

- Melon and Watermelon
- Fruitarian salad

Recipe

Ingredients (doses of portion served): Cucumber (1 for 3 people), tomatoes (1 each), olives (50g/person), sundried tomatoes (3 each), avocados (we used 7 for 11 people but it is also fine if you use 1 each, it depends by how much you like it :p). You might add also some red or yellow bell pepper and raw grated pumpkin.

Procedure: you might soak in water the sundried tomatoes and the olives if you do not like too much salt (I suggest to keep the sundried tomatoes for some hours in water if too dried), cut the olives in at least half and the sundried tomatoes in small pieces, cut the cucumbers with the mandoline in very thin slices, cut the tomatoes in small pieces. Add everything to a big bowl and mix carefully all the ingredients. Just before, cut the avocados in small pieces, smash them with a fork to create the cream and stir again. (The avocados are added as last because subjected to oxidation, this is also the reason why we try to use ceramic knives for it)



Main course

- Zucchini spaghetti with bolognaise sauce

Recipe

Ingredients (doses for 10/11 people):

- sauce: eggplants (2 kg), tomato sauce (1 bottle of 700 g), butternut squash (75 g w/o peel and seeds), red bell pepper (1 big), zucchini (1 medium).

- spaghetti: zucchini (1 big each)

Salt and seedless extra virgin olive oil.

Procedure:



- sauce: peel the eggplants and the zucchinis. Cut the eggplants in big cubes and blend them, keep them with the size you want for the texture of the sauce you want. Squeeze with your hands to remove a big part of the water and place the dry part in a bowl. Add some oil and salt to the mixed eggplants and mix with your hands. Place them in a baking tray with some paper and cook them for 30 min at 180 °C. In the meantime you can cut the veggies for the "soffritto" (pumpkin, red bell pepper and zucchini) in very small pieces (cubes of 4 mm side more or less). Put all the pieces in a non-stick frying pan with a bit of salt. With high-medium fire cook them until soft (10 minutes) being careful not to burn them. When they are ready you can add the baked eggplant and increase the fire for 2-3 minutes. At this point you can add the tomato sauce and cook it for 10-15 minutes. You can adjust the salt as you prefer.
- spaghetti: peel the zucchini and spiralize them with the tool you prefer. It is Always better to have hard and straight zucchinis. Add salt and mix them in a pot. After 10 minutes you can take out the water released by the veggie-fruit. Put them on the fire and cook it for 5 minutes stirring them very often. Now you can remove again the water if needed and add part of the sauce. Serve them using a fork, place the amount you want, add some sauce on the top and a bit of olive oil. Enjoy it :p

Dessert

- **Belgian waffle**

Recipe

Ingredients (doses for 1 waffle): Water(180 g), plantain flour (110 g), fresh fruits (in this case we used strawberries, avocado and mango), date syrup and carob powder as toppings.

Procedure: Mix the water and flour. We used an immersion hand blender to avoid lumps. Cook in a waffle machine at high temperature until it detaches from the walls.



For the plantain flour: buy green plantains (5 times more the weight of the amount of flour you want to produce. Peel them, cut in slices of 2-3 mm and dehydrate them at 50-60 °C. If you do not have a dehydrator you can always do it in an oven keeping the door slightly open. Use a grinder to produce the flour when the slices are completely dry. It takes at least 6-8 hours. You will finally have a completely gluten free flour that you can use for all the recipes you want ;)