creme fraiche vegan substitute

creme fraiche vegan substitute is an essential topic for those seeking dairy-free alternatives without compromising on flavor and texture. Creme fraiche, known for its rich, tangy taste and creamy consistency, is widely used in cooking and baking. However, traditional creme fraiche contains dairy, making it unsuitable for vegans and individuals with lactose intolerance. This article explores various plant-based alternatives that mimic the taste and texture of creme fraiche, providing detailed guidance on how to prepare and use these substitutes. In addition, it covers nutritional considerations, tips for selecting the best vegan creme fraiche options, and common applications in recipes. Whether for sauces, dressings, or desserts, finding the right creme fraiche vegan substitute can enhance any dish while adhering to dietary preferences.

- Understanding Creme Fraiche and Its Characteristics
- Popular Vegan Substitutes for Creme Fraiche
- How to Make Homemade Vegan Creme Fraiche
- Nutritional Benefits and Considerations
- Using Vegan Creme Fraiche Substitutes in Cooking and Baking

Understanding Creme Fraiche and Its Characteristics

Creme fraiche is a cultured cream that originated in France, prized for its thick, velvety texture and mildly tangy flavor. It contains a higher fat content than sour cream, which contributes to its creamy mouthfeel and richness. The fermentation process involves the addition of specific bacteria cultures that thicken the cream and develop its distinctive taste. This ingredient is versatile and commonly used in both savory and sweet dishes, such as sauces, soups, and desserts. For those seeking a creme fraiche vegan substitute, replicating both the texture and flavor profile is critical to achieving comparable culinary results.

Key Characteristics of Traditional Creme Fraiche

Traditional creme fraiche has several defining features:

- **Texture:** Thick, smooth, and creamy consistency that holds shape well.
- Flavor: Mildly tangy with a subtle nutty undertone due to fermentation.

- **Fat Content:** Typically 30–40%, which contributes to its richness and stability when heated.
- **Uses:** Suitable for cooking, baking, and as a topping or condiment.

Understanding these characteristics helps in selecting or preparing an effective vegan alternative that meets culinary needs.

Popular Vegan Substitutes for Creme Fraiche

Several plant-based options serve as excellent creme fraiche vegan substitutes, each offering unique benefits. These alternatives are typically derived from nuts, soy, coconut, or other plant-based ingredients, fermented or combined to mimic the taste and texture of traditional creme fraiche.

Nut-Based Alternatives

Cashews and almonds are the most common nuts used for creating creamy, tangy substitutes. When soaked and blended with probiotics or acidic agents, they develop a rich and smooth consistency similar to creme fraiche.

Soy-Based Options

Soy yogurt or silken tofu can be transformed into a vegan creme fraiche by adding lemon juice or apple cider vinegar to create tanginess. These options are widely accessible and provide a neutral base for various recipes.

Coconut Milk Variants

Coconut cream, due to its high fat content, serves as a rich substitute. When combined with a fermentation agent or acid, it achieves a creamy texture and subtle tang, though it may impart a coconut flavor.

Store-Bought Vegan Creme Fraiche Products

Several commercial brands now offer ready-made vegan creme fraiche substitutes, often based on coconut, soy, or oat ingredients. These products are convenient and formulated to closely resemble traditional creme fraiche in both texture and taste.

How to Make Homemade Vegan Creme Fraiche

Preparing a homemade creme fraiche vegan substitute allows customization of flavor and texture. The basic process involves blending plant-based ingredients with a fermenting agent or acid to replicate the tangy flavor and creamy consistency.

Basic Cashew Creme Fraiche Recipe

- 1. Soak 1 cup of raw cashews in water for at least 4 hours or overnight.
- 2. Drain and rinse the cashews thoroughly.
- 3. Blend cashews with 1/2 cup water, 1 tablespoon lemon juice, and 1 tablespoon apple cider vinegar until smooth.
- 4. Add 1 tablespoon of probiotic powder or a tablespoon of vegan yogurt for fermentation.
- 5. Cover and let sit at room temperature for 12 to 24 hours to develop tanginess.
- 6. Refrigerate before use; the mixture will thicken further.

Other Homemade Variations

Alternatives include using silken tofu blended with lemon juice and nutritional yeast or coconut cream mixed with vinegar and cultured with probiotics. Adjusting fermentation time and acid quantity influences the final flavor profile.

Nutritional Benefits and Considerations

Choosing a creme fraiche vegan substitute can impact the nutritional profile of dishes. Plant-based substitutes often offer lower saturated fat content and may include added nutrients depending on the base ingredient.

Health Benefits

- Lower in cholesterol compared to dairy creme fraiche.
- Rich in healthy fats, particularly from nuts and seeds.
- Contains probiotics when fermented, supporting gut health.

Suitable for lactose-intolerant and vegan individuals.

Possible Nutritional Drawbacks

Some substitutes may contain added sugars or preservatives if store-bought. Additionally, coconut-based options can be high in saturated fat, so moderation is advised. Reading labels and preparing homemade versions helps control nutritional content.

Using Vegan Creme Fraiche Substitutes in Cooking and Baking

Vegan creme fraiche substitutes are versatile and can be used in many applications where traditional creme fraiche is called for. Understanding their behavior in heat and flavor interactions ensures optimal results.

Cooking Tips

- Use substitutes with higher fat content, such as cashew or coconut-based, for sauces to maintain creaminess.
- Blend well to avoid grainy textures when using nut-based alternatives.
- Add acid gradually to balance tanginess without curdling.
- Refrigerate before use to achieve desired thickness.

Baking Applications

Vegan creme fraiche substitutes can enrich baked goods by adding moisture and tenderness. They serve as excellent replacements in recipes for cakes, tarts, and creamy fillings. Adjustments may be necessary to account for moisture content and acidity, which influence leavening and texture.

Frequently Asked Questions

What is a common vegan substitute for crème fraîche?

A common vegan substitute for crème fraîche is cashew cream, made by blending soaked cashews with water, lemon juice, and a bit of vinegar or apple cider vinegar to achieve a

Can coconut cream be used as a vegan substitute for crème fraîche?

Yes, coconut cream can be used as a vegan substitute for crème fraîche. It has a rich and creamy texture, and adding a bit of lemon juice or vinegar can help mimic the tanginess of traditional crème fraîche.

How do you make a vegan crème fraîche at home?

To make vegan crème fraîche at home, soak 1 cup of cashews overnight, then blend them with 1/2 cup water, 1 tablespoon lemon juice, and 1 tablespoon apple cider vinegar until smooth and creamy. Adjust the acidity to taste.

Is silken tofu a good substitute for crème fraîche in vegan recipes?

Silken tofu can be used as a vegan substitute for crème fraîche. Blend it with lemon juice and a little plant-based yogurt or vinegar to add creaminess and tanginess similar to crème fraîche.

What are the best store-bought vegan crème fraîche alternatives?

Some popular store-bought vegan crème fraîche alternatives include brands like Violife Vegan Sour Cream, Kite Hill Vegan Cream Cheese, and Forager Project Cashew Cream, which can be used as creamy and tangy substitutes.

Can almond milk be used to make a vegan crème fraîche substitute?

Almond milk alone is not thick enough to substitute crème fraîche, but it can be combined with soaked almonds or almond flour and a thickener like agar-agar or cornstarch to create a creamy vegan alternative.

How do I add tanginess to a vegan crème fraîche substitute?

To add tanginess to a vegan crème fraîche substitute, you can use lemon juice, apple cider vinegar, or white vinegar in small amounts. Fermented plant-based yogurt or probiotic powders can also provide a tangy flavor.

Is vegan sour cream the same as a vegan crème fraîche

substitute?

Vegan sour cream is similar to vegan crème fraîche in texture and taste, making it a suitable substitute in most recipes. However, crème fraîche is generally less tangy and richer, so you might want to adjust the acidity when substituting.

Additional Resources

- 1. The Vegan Creme Fraiche Handbook: Dairy-Free Delights
 This book offers a comprehensive guide to making vegan creme fraiche at home using plant-based ingredients. It includes various recipes and techniques to achieve the perfect tangy and creamy texture without dairy. Readers will find tips on storage, flavor variations, and creative culinary uses. Ideal for those seeking healthy, cruelty-free alternatives.
- 2. Plant-Based Creams: Mastering Vegan Creme Fraiche and More Explore the world of plant-based creams with this detailed cookbook focused on vegan creme fraiche and its substitutes. The author breaks down the science behind fermentation and thickening to help readers create authentic flavors. Alongside creme fraiche, the book highlights other versatile vegan cream alternatives for sauces, dressings, and desserts.
- 3. Fermented Vegan: Cultured Creams and Creme Fraiche Alternatives
 This book delves into the art of fermentation to produce rich, tangy vegan creams that
 mimic traditional creme fraiche. It explains how to use nuts, coconut, and soy bases to craft
 cultured dairy-free products. With easy-to-follow recipes, it encourages experimentation
 with flavors and textures for savory and sweet dishes.
- 4. Vegan Gourmet: Creme Fraiche Substitutes for Everyday Cooking
 Perfect for home cooks, this cookbook presents simple vegan creme fraiche substitutes that
 can be prepared quickly. It offers practical solutions for adding creaminess and acidity to
 recipes without compromising on taste or ethics. The book also features meal ideas and
 nutritional insights to support a vegan lifestyle.
- 5. The Art of Vegan Creams: Homemade Creme Fraiche and Beyond
 Discover the nuances of creating decadent vegan creams with this beautifully illustrated guide. From making classic creme fraiche alternatives to experimenting with novel ingredients, the book inspires culinary creativity. It also discusses pairing vegan creams with various cuisines and seasonal produce.
- 6. Simply Vegan: Easy Creme Fraiche Alternatives for Every Meal
 This user-friendly book focuses on quick and easy recipes for vegan creme fraiche
 substitutes suitable for busy lifestyles. It emphasizes minimal ingredients and
 straightforward methods, making it accessible to beginners. The recipes cater to diverse
 dietary needs while maintaining delicious flavor profiles.
- 7. The Vegan Dairy-Free Kitchen: Creme Fraiche and More
 An essential resource for those eliminating dairy, this book specializes in dairy-free creme fraiche and related products. It covers ingredient sourcing, step-by-step preparation, and creative uses in both traditional and modern dishes. Readers will appreciate the nutritional information and allergy-friendly tips.

8. Cultured Vegan: Crafting Creme Fraiche Substitutes at Home
This book is dedicated to the craft of culturing plant-based creams, focusing on authentic vegan creme fraiche substitutes. It explains the fermentation process in detail and offers troubleshooting advice to ensure success. The author shares a variety of recipes that suit different tastes and dietary preferences.

9. Vegan Creams and Sauces: The Creme Fraiche Edition
Explore a collection of recipes centered around vegan creme fraiche and its applications in sauces and dressings. This book provides a balance of classic and innovative dishes that showcase the versatility of dairy-free creams. With tips on texture and flavor adjustments, it helps readers perfect their homemade vegan creme fraiche.

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creme fraiche vegan substitute: The Sugar Detox Diet for 50+ Dana Elia, 2021-03-23 Beat your sugar cravings and kick-start healthier habits with this dietary detox specially designed for seniors. Sugar crash? Again? As your body ages, many things change—including your metabolism and the way your body reacts to certain foods. The Sugar Detox Diet for 50+ explains the science behind this and outlines strategies for starting a gentle dietary detox today, including: Eliminating high-sugar fruits, vegetables, and snacks Increasing water intake and hydration levels Adding more protein to your meals And much more! Registered dietitian and author Dr. Dana Elia explains how to safely and effectively eliminate excess sugar from your diet to boost energy, help with weight loss, and prevent harmful health conditions such as heart disease, diabetes, and high cholesterol. Inside you'll also find recipes for breakfast, lunch, dinner, and snack options. Taming your sweet tooth has never been easier!

creme fraiche vegan substitute: Artisan Vegan Cheese Miyoko Schinner, 2013-03-14 Gourmet restaurateur and vegan food expert Miyoko Schinner shares her secrets for making homemade nondairy cheeses that retain all the complexity and sharpness of their dairy counterparts while incorporating nutritious nuts and plant-based milks. Miyoko shows how to tease artisan flavors out of unique combinations of ingredients, such as rejuvelac and nondairy yogurt, with minimal effort. The process of culturing and aging the ingredients produces delectable vegan cheeses with a range of consistencies from soft and creamy to firm. For readers who want to whip up something quick, Miyoko provides recipes for almost-instant ricotta and sliceable cheeses, in addition to a variety of tangy dairy substitutes, such as vegan sour cream, creme fraiche, and yogurt. For suggestions on how to incorporate vegan artisan cheeses into favorite recipes, Miyoko offers up delectable appetizers, entrees, and desserts, from caprese salad and classic mac and cheese to eggplant

parmesan and her own San Francisco cheesecake.

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creme fraiche vegan substitute: The Vegetarian Flavor Bible Karen Page, 2014-10-14 Throughout time, people have chosen to adopt a vegetarian or vegan diet for a variety of reasons, from ethics to economy to personal and planetary well-being. Experts now suggest a new reason for doing so: maximizing flavor -- which is too often masked by meat-based stocks or butter and cream. The Vegetarian Flavor Bible is an essential guide to culinary creativity, based on insights from dozens of leading American chefs, representing such acclaimed restaurants as Crossroads and M.A.K.E. in Los Angeles; Candle 79, Dirt Candy, and Kajitsu in New York City, Green Zebra in Chicago, Greens and Millennium in San Francisco, Natural Selection and Portobello in Portland, Plum Bistro in Seattle, and Vedge in Philadelphia. Emphasizing plant-based whole foods including vegetables, fruits, grains, legumes, nuts, and seeds, the book provides an A-to-Z listing of hundreds of ingredients, from avßav? to zucchini blossoms, cross-referenced with the herbs, spices, and other seasonings that best enhance their flavor, resulting in thousands of recommended pairings. The Vegetarian Flavor Bible is the ideal reference for the way millions of people cook and eat today -- vegetarians, vegans, and omnivores alike. This groundbreaking book will empower both home cooks and professional chefs to create more compassionate, healthful, and flavorful cuisine.

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creme fraiche vegan substitute: Good & Sweet Brian Levy, 2022-07-26 ONE OF THE BEST COOKBOOKS OF THE YEAR: Los Angeles Times, Serious Eats Groundbreaking recipes for real desserts—sweetened entirely by fruit and other natural, unexpectedly sweet ingredients—from a pastry cook who's worked at acclaimed restaurants in New York and France. Brian Levy spent years making pastries the traditional way, with loads of refined sugar and white flour, at distinguished restaurants, inns, and private homes in the United States and Europe. But he discovered another world of desserts—one that few bakers have explored—where there's no need for cane sugar or coconut sugar, for maple syrup or honey, or for anything like stevia. When Levy succeeded in making a perfect mango custard, harnessing only the natural sweetness of fruit with no added sugar, it was a breakthrough that inspired years of experimentation converting other desserts into nutritious indulgences. In Good & Sweet, Levy stretches this experiment across 100 recipes that ingeniously deploy fruit (dried, juiced, and fresh), nuts, grains, dairy, and fermented products to create sweet treats whose flavor is enriched by whole-food, feel-good ingredients. Every recipe offers substitutions for dietary restrictions and includes a flavorful sweetener that exceeds cane sugar, from freeze-dried sweet corn to coconut cream and apple cider. A Pistachio-Studded Peach Galette gets its wings from fresh fruit, dried apricots, and orange juice; chestnuts, golden raisins, and dried apples perform a pas de trois in Chestnut Ricotta Ice Cream; and dates, milk powder, and a touch of miso paste make for a dense, caramely Sticky Toffee Pudding Cake. With sweets like these—ones that nudge you toward mindful eating but don't compromise flavor—you'll never have to give up dessert.

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families, working moms, and everyone who wants to be able to put a wonderful vegetarian dinner on the table every day, angst-free. A true teacher's teacher, Martha Rose Shulman takes the reader by the hand and walks them through 100 mouthwatering dishes including: Minestrone with Spring and Summer Vegetables; Vegetarian Phô with Kohlrabi, Golden Beets, and Beet Greens; Perciatelli with Broccoli Raab and Red Pepper Flakes; Stir-Fried Noodles with Tofu, Okra, and Cherry Tomatoes; Basmati Rice with Roasted Vegetables, Chermoula, and Chickpeas; and much, much more. Whether the reader is brand new to vegetarian cooking or a working parent trying to decipher farmers' market offerings or an overflowing CSA box, The Simple Art of Vegetarian Cooking is the perfect tool and the ideal, must-have addition to everyone's kitchen bookshelf.

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buttercreams, roasted tomatoes, and pasta without special equipment. Her easy methods make slow food fast, and full of flavor. The Homemade Vegan Pantry raises the bar on plant-based cuisine, not only for vegans and vegetarians, but also for the growing number of Americans looking to eat lighter and healthier, and anyone interested in a handcrafted approach to food.

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creme fraiche vegan substitute: A Grain, a Green, a Bean Gena Hamshaw, 2025-04-15 In this collection of over 80 delicious, plant-based recipes, nutritionist, blogger, and author of The Vegan Week explores one simple meal planning formula: a grain, a green, and a bean. "Gena's fun formula, made accessible by her bright recipes, is for anyone who wants to consume fewer animal products (me) and not feel unsated doing so (also me)."—Emma Laperrugue, associate director of cooking at Bon Appétit and Epicurious This simple trinity of foods lends itself to endless possibilities. Gena Hamshaw expands on the nourishing and economical trio with meals that include not only dark, leafy greens, whole grains, and beans, but also pasta, bread, zucchini, edamame, and tofu. She offers an approach to wholesome vegan eating that's welcoming and adaptable to any lifestyle. Keeping busy schedules in mind, A Grain, a Green, a Bean includes time-saving methods and formulas, including sheet-pan meals and one-pot wonders. Bring the beans and grains in your pantry to life with recipes such as: • Bowls & Salads: Baked Pita, Crispy Chickpeas, and Spinach with Curried Cauliflower and Beet Couscous, Cheesy Tofu, and Watercress • Beans and Greens on Bread: Kidney Beans and Kale over Savory Waffles and French Onion Brothy Beans and Greens with Garlic Toast • Stovetop Meals: Red Wien Braised Mushrooms and French Lentils with Farro and Gochujang Pasta with Scallions, Kale, and Edamame • Oven to Table: Spinach Lasagna Rolls and Sheet Pan Shawarma-Spiced Soy Curls and Freekeh • Basics: Cashew Sour Cream and Eggy Tofu • Sweet Things: Freezer Fruit Crumble and Olive Oil Cake These recipes serve as flashes of inspiration for when you've looked in your cabinets ten times for dinner ideas and still don't know what to make. A Grain, a Green, a Bean will guickly set you up to create an array of beautifully balanced grain bowls, soups, salads, toast, and more—with the promise of endless possibilities to keep you inspired.

creme fraiche vegan substitute: German cookbook Marcus Petersen - Clausen, German cookbook soups Beetroot - raspberry - soup with vegan Königsberger Klopsen for a Federal Chancellor (vegan, SPD), page: 03-04 Apple and lentil soup for Wyk auf Föhr (Nordfriesland district, on the island of Föhr, vegan), page: 05 Presidents - Potatoes - Sauerkraut - Soup with Merguez for our Federal President (vegan), page: 06 Blueberry soup for Hamburger SV (vegan), page: 07 Goulash soup for Friedrichstadt (Nordfriesland district, vegan), page: 08-09 Quince and lentil stew with coconut milk for the Hamburger Tafel (vegan), page: 10 Cucumber cold dish for Garding (Nordfriesland district, vegan), page: 11 Brussel sprouts cream soup for Hamburg-Altstadt (Hamburg-Mitte district, vegan), page: 12 Beetroot and sweet potato soup for Hamm (Hamburg-Mitte district, vegan), page: 13-14 Red cabbage - walnut - soup for Steinwerder

(Hamburg-Mitte district, vegan), page: 15 Rocket cream soup with roasted pine nuts for Wilhelmsburg (Hamburg-Mitte district, vegan), page: 16 Potato soup for Husum (Nordfriesland district, vegan), page: 17-18 Ribollita for Preetz (Ploen district, vegan), page: 19 Salad soup with radishes for Altona-Nord (Altona district, vegan), page: 20-21 Saffron soup for Altona-Altstadt (District Altona, vegan), page: 22 sour - hot - soup for Othmarschen (District Altona, vegan), page: 23-24 Sauerkraut soup for Osdorf (Altona district, vegan), page: 25 Spicy midnight soup for the Sternschanze (District Altona, vegan), page: 26 Spicy rosemary soup for Eimsbüttel (Eimsbüttel district, vegan), page: 27-28 Foam soup from parsley root for Harvestehude (Eimsbüttel district, vegan), page: 29-30 Black radish soup for Rotherbaum (Eimsbüttel district, vegan), page: 31-32 Wild herb soup for Tornesch (Pinneberg district, vegan), page: 33 Black salsify soup for Stellingen (Eimsbüttel district, vegan), page: 34 Pointed cabbage soup with vegan minced meat and vegan cream cheese for Farmsen-Berne (Wandsbek district, vegan), page: 35-36 Lemon soup for Heimfeld (Harburg district, vegan), page: 37 Zuppa stracciatella for Rönneburg (Harburg district, vegan), page: 38 Two types of celery and paprika soup for Sinstorf (district of Harburg, vegan), page: 39-40 Onion and garlic soup for Wilstorf (district of Harburg, vegan), page: 41 stews: Kale stew with vegan pee (vegan), page: 42-43 meat substitute: Vegan Königsberger Klopse with potatoes for a Federal Chancellor (SPD), page: 45-46 Currywurst with French Fries (vegan), page: 47-48 MPC's vegan doner kebab, page: 49 Vegan Mock Duck Döner (doner kebab with fake duck), page: 50-51 Poultry Substitute: Thai curry with chicken meat substitute, page: 52 Thai chicken substitute in red coconut curry, page: 53-54 Thyme Chicken Substitute, page: 55 Tieba ziji, sweet and sour soy cubes with tomato sauce, page: 56 Fried tofu with like chicken and vegetables, page: 57 Poultry Seasoning Powder, page: 58 Tomato schnitzel with mushrooms or porcini mushrooms, page: 59 Tortellini Romagnoli, page: 60 Tuscan Cuisine - Vegan Chicken Braised, page: 61 Trevisano spaghetti and vegan nougat schnitzel, page: 62-63 Dry chicken substitute curry with wild rice, page: 64-65 Trollinger vegan chicken substitute Wingerter Stolz, page: 66-67 Turkey alternative farm style, page: 68-69 Turkey alternative with chestnut filling, page: 70-71 Turkey breast alternative with carrot and onion vegetables, page: 72-73 Turkey fricassee alternative, page: 74-75 Slices of fillets with garlic puree (vegan), page: 76-77 Slices of fillets with young peas, page: 78-79 Gratinated fillet chicken style (vegan), page: 80-81 Scalloped planted.pulled medallions, page: 82 Vegan gratinated turkey schnitzel made from wheat (vegan), page: 83 vegan bihun soup (inspired by an Indonesian recipe), page: 84-85 Coated chicken fillet, page: 86-87 Four-country vegan duck with pepper sauce and apricot dumplings, page: 88-90 Vegetarian butcher bites, page: 91-92 Like chicken with cherries, page: 93 Vegetarian butcher with grapes, page: 94-95 Soy schnitzel with poured dumplings, baked apple and potatoes, page: 96-98 Fake Christmas goose with roast Brussels sprouts. page: 99-101 Grapes with chickeriki strips and carrots, page: 102-103 White Fake Chicken with Peanut Butter Sauce, page: 104-105 Wild false duck with pineapple, page: 106-107 Wild fake duck with lentils, page; 108-110 Spicy soy chicken with apple red cabbage, page: 111-112 Yu-lang-chi (vegan chicken and vegan ham cheat in green paradise, vegan), 113-114 Lemon or Orange Chicken 1 (vegan), page: 115 Lemon or Orange Garlic Chicken (vegan), page: 116-117 Lemon fillet (vegan), page: 118-119 Dwarf schnitzel (vegan), page: 120 Onion Soy Chicken (vegan), page: 121-122 Fisher set: Hamburger fish rolls deluxe (vegan). page: 123 Fish rolls for Hamburg (vegan), page: 124 Salmon Roll (vegan). page: 125 shrimp rolls, page: 126 Pasta: Penne arrabiata (vegan), page: 127-128 Lasagna with spinach and vegan salmon substitute made from carrots for a health minister (SPD), page: 129-130 Beetroot spaghetti with Revo salmon made from plant-based soy cream sauce (vegan), page: 131 Spaghetti Carbonara (vegan), page: 132 Pizza (Lower Saxony, vegan) Pizza 4 Ever, page: 133-135 Pizza 2022, page: 136-138 Pizza Agito, page: 139-141 Pizza Ancona (WITH PICTURE), page: 142-144 Pizza Bali, page: 145-147 Pizza Bombay, page: 148-150 Pizza Boston, page: 151-153 Pizza camembert, page: 154-156 Pizza Capri, page: 157-159 Pizza Carpaccio e Rucola (WITH PICTURE), page: 160-162 Pizza chorizo, page: 163-165 Pizza Donatello (WITH PICTURE), page: 166-168 Pizza double decker, page: 169-171 Pizza Enzo (WITH PICTURE), page: 172-174 Pizza Greca, page: 175-177 Pizza Italia (WITH PICTURE). page: 178-180 Pizza

Manhattan, page: 181-183 Pizza modo mio (WITH PICTURE), page: 184-186 Pizza Pastor, page: 187-188 Pizza Quattro Formaggi, page: 189-190 Pizza Salmon. page: 191-193 Pizza Thessaloniki, page: 194-195 Pizza spinach, page: 197-199 Pizza vegano Napoletana, page: 200-202 Pizza Wedemark (WITH PICTURE), page: 203-205 Pizza Western, page: 206-207 Sauces: Aioli, page: 208 Pineapple Sauce, page: 209 apple sauce, page: 210 apricot sauce, page: 211 BBQ sauce 1, page: 212 BBQ sauce 2, page: 213 BBQ sauce 3 for burgers, page: 214 bearnaise sauce, page: 215 béchamel sauce, page: 216 Brown sauce. page: 217 burgundy sauce, page; 218 mushroom sauce 1, page: 219 mushroom sauce 2, page: 220 Chili cheese sauce, page: 221 Fennel sauce with vegan Gorgonzola and cream cheese (vegan), page: 222 Frankfurt green sauce, page: 223 fruit sauce 1, page: 224 fruit sauce 2, page: 225 fruit sauce 3, page: 226 green sauce, page: 227 cucumber sauce, page: 228 rosehip sauce, page: 229 Dutch sauce 1, page: 230 Dutch sauce 2, page: 231 caper sauce, page: 232 caramel sauce, page: 233 Cheese - cream - sauce, page: 224 Cheesesauce, page: 235 Cheese sauce also for gratinating, page: 236 Very good as a spicy dip for spring or summer barbecues, page: 237 Soubise - sauce, page: 238 Devil's Sauce, page: 239 Vanilla sauce, page 240 Vegan béchamel sauce, page: 241 wine sauce, page; 242 Vegetables: Pepper antipasti, page: 243 Asparagus and boiled potatoes with vegan hollandaise, page: 244-245 Salads: Ahrensböker vegetable salad, sweet and sour, page: 246 Bad Schwartauer leaf salad with oyster mushrooms, page: 247 Bad Segeberger Brussels sprouts and mushroom salad with curry and coriander, page: 248 Bargteheider three bean sprouts salad, page: 249-250 Caesar's dressing, page: 251 Geesthacht zucchini carpaccio with vegetable vinaigrette, page: 252 Glücksburger Baltic Sea gnocchi and red cabbage salad with plant-based feta cheese (Schleswig-Flensburg district, vegan), page: 253 Chicken cabbage salad from Lindewitt (Schleswig-Flensburg district, vegan), page: 254 Autumn salad made from Jagel with roasted pumpkin, caramelized pear, vegan blue mold cheese and walnuts (Schleswig-Flensburg district), page: 255 Kronshagen red cabbage salad with sesame and tofu crumbs, page: 256 Neustadt Mediterranean salad with oregano, page: 257 Quickborn red cabbage salad, page: 258 Eggebek salad made from chanterelles and green salad (Schleswig-Flensburg district, vegan), page: 259-260 Salad of vegan smoked salmon, Fehmarn potatoes and rapeseed oil Wulfen style, page: 261 Taarstedt banana salad (Schleswig-Flensburg district), page: 262 Tönninger lettuce with aloe vera (vegan), page: 263 Uetersen endive red-white (vegan), page: 264-265 Warm Tellingstedt vegan bacon potato salad (vegan), page: 266 Wedeler apple and endive salad with mustard dressing, page: 267 Wilster salad with fresh wild herbs (vegan), page: 268-269 Potatoes, rice and pasta: Zucchini pepper rice pan (vegan), page: 270 Risotto tricolor, page: 271-272 vegan Labskaus, page: 273-274 Gräwes (vegan), page: 275 Broccoli and potato casserole, vegan, page: 276 Grilling: Mediterranean zucchini, page: 277 Baked aubergines, page: 278 grilled potatoes, page: 279 Fruity Hawaiian skewers, page: 280 Crumbly pumpkin with thyme, page: 281 bean burger, page: 282 Vegan steaks a la Nordkraft, page: 283 potato vegetable skewer, page: 284 Onion - garlic - packet, page: 285 Green asparagus with pine nuts, page: 286 Grilled fennel, page: 287 Grilled pak choi, page: 288 Corn on the cob for grilling in stock, page: 286 Marinated soy medallions for the grill, page: 290 Grilled garlic and mushroom skewers, page: 291 Barbecue - onions, page: 292 Grilled rosemary potatoes, page: 293 Grilled vegetables, page: 294 Grilled Pita Bread (Arabic), page: 295 Grilled mushrooms, page: 296 shashlik, page: 297 Fiery grilled potato skewers, page: 298 Snacks: Tortilla chips with avocado dip, page: 299 Our crunch muesli stock, page: 300 Spicy walnut paste (spread), page: 301 Spelled fruit muesli, page: 302 Strawberry and mint jam (spread), page: 303 Bircher-Benner muesli, page: 304 Strawberry Apple Muesli, page: 305 Fruit and cereal dish with almond butter, page: 306 sweet break, page: 307 Deserts: Sweet Pumpkin Raw Food Dessert, page: 308 Baked sweet potato batter from the pan, vegan, page: 309 Blueberry Banana Yogurt, page: 310 Maple caramel cream, page: 311-312 Banana Split Pie, page: 313 Vegan semolina porridge, page: 314 Apple vanilla pudding, page: 315-316 Coconut rice pudding with guince and lavender jelly and pear blossoms (WITH PICTURE, vegan), page: 317 Raw Chia Pudding, page: 318 Yellow Jell-O, page: 319 Apple roses with vegan puff pastry, page: 320-321 Mini apple strudel, page: 322 Millet pudding with apricots, page: 323 Rice castle Gottorf with sour cherries (vegan, with picture), page: 324 Apricot

and cherry dumplings, page: 325 Vegan Cold Dog Muzzle, page: 326 Lychee - berries - pudding, page: 327 Brownies with bananas and chocolate sauce, page: 328 Pumpkin Chia Dessert, page: 329 Passion fruit - oranges - pudding, page: 330 Apple pancakes with nuts and cinnamon, page: 331 Dessert with caramel apricots or peaches, page: 332 mocha cream, page: 333 curd strudel, page: 334 Cauliflower Pudding Oats, page: 335 plum pudding, page: 336 Custard with fruits, page: 337 quince pudding, page: 338 Vegan yoghurt waffles, page: 339 Soyoghurette, page: 340 Peach and passion fruit cream, page: 341 Aquafaba chocolate cream, page: 342 jelly schnapps, page: 343 Protein chocolate mousse, page: 344 Raspberry filo pastry dessert, page: 345 Sweet vegan beans, page: 346 Vanilla strawberry amaranth dessert, page: 347 Coconut Raspberry Dessert, page: 348 Coconut chia dessert with raspberries, page: 349 Coconut panna cotta, page: 350 waffles with berries, page: 351 Vegan Cheese:

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