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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
Bulgar 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

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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 bèchamel 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  
Strawberry and tofu cream pie  
Almond fruit pies  
Almond fruit puffs  
Pumpkin pie  
Pecan pie  
Carrot cake  
Chocolate brownies  
Fig and almond torte  
Date, oat and orange squares  
Apricot, oat and almond slice  
Oat, hazelnut and maple cookies  
The best mince pies ever  
 Bernie’s tea brack  
Banana and walnut bread  
Wholemeal scones  
Pear and apple crumble  
Winter fruit compote  
Hunza apricots with cardamom  
Creamy rice pudding  
Raisin and cashew nut couscous pudding  
Red grape jelly with fresh strawberries  
Apple and carrot jelly  
Pureéd pear jelly  
Tofu and cashew nut cream  
Oat custard  

Breads

Basics  
Yeast breads  
Wholemeal loaf  
Focaccia  
Wholemeal pizza base  
Grissini  

Sourdough breads  
White sourdough starter  
Country white sourdough bread  
Rye sourdough  
100% rye sourdough bread  
Multigrain bread  

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