

Virtually SUBLIME

Delectable and endlessly inspiring, bloggers David Frenkiel and Luise Vindahl's recipes have us hooked...



David says: "Luise, Elsa and I packed our picnic bag with a blanket, fruit, juices and homemade wraps, met up with my mother and sister and took a bus to a 4H farm just outside the city. Elsa is crazy about animals, and since there aren't very many goats and cows running around the streets of central Stockholm, this is her only chance to listen to some moo and maa."

"The fun thing about wraps is that you can vary them endlessly depending on what you fill them with. Luise came up with three different fillings: creamy beetroot & goat's cheese, crunchy green lentils & walnut and sweet quinoa & raisin. Creamy, crunchy and sweet - isn't she phenomenal?"



Pretty Purple Picnic Wraps

Makes 8 big wraps

Ready in 50-55 mins

8 wholegrain or corn tortilla breads
4 big salad leaves (torn in two)

Purple Beetroot & Goat's Cheese

600g beetroot
300g vegetarian goat's cheese
5 tbsp olive oil
salt and pepper

Peel the beetroots with a peeler and put it in a blender or food processor, then press 'pulse' a few times. Add the goat's cheese, olive oil and salt and pepper. Blend for about a minute or until it has the consistency of a rough textured spread.

White Quinoa & Raisins

170g quinoa
1 tsp fennel seeds
75g raisins, any colour
1 tsp cinnamon
a pinch of salt

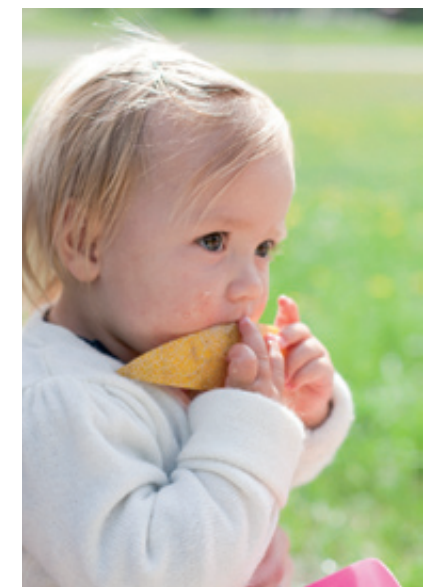
Rinse and cook the quinoa in 480ml water, add the fennel seeds, bring to

the boil and cook for about 15-20 minutes. Set aside. When cold, mix with raisins, cinnamon and salt.

Orange & Green Lentils

175g green lentils, any kind
1 tsp oregano
a pinch of salt
100g walnuts, chopped
1 organic orange (juice and zest)
a handful goji berries, optional

Rinse the lentils, add oregano and water and bring to the boil. Let it cook for 2-3 minutes, reduce the heat to medium and simmer until tender, about 35 minutes. Add a pinch of salt and set aside. When cold, add walnuts, orange juice and zest and goji berries and mix well.



COOK'S TIP

Don't add salt until the lentils are cooked, because the salt will toughen them if added during cooking.



Wrap it up!

1 Put all eight tortilla breads on the kitchen counter. Put 2-3 spoonfuls of the Beetroot & Goat's Cheese filling in the middle of each bread (not all the way to the sides), and cover with the salad leaf.

2 Place a couple of spoonfuls of White Quinoa & Raisins and a couple of spoonfuls of Orange & Green Lentils on top.

3 Fold each side in, about 2.5cm, then fold the end closest to you over the filling and 'tuck it in'. Fold each side a little, one more time, so you kind of lock in the filling. And finally roll the wrap over in the same direction one more time.

4 Roll some wrapping paper around them and tie a string around them to hold them together. Done! When serving, cut them in half.

Per half wrap: 307 cals, 16.4g fat



Grilled Portobello & Peach Burgers

Makes 6 burgers
Ready in 1hr 40 mins

- 6 Portobello mushrooms
- 6 peaches
- 6 sweet potatoes
- 6 burger buns of your choice
- 100g fresh pea shoots
- 5 small Roman or plum tomatoes, sliced
- 5 small spring onions, sliced
- fresh thyme
- olive oil
- salt and pepper

For the marinade
4 tbsp olive oil
2 fresh rosemary sprigs
1 tbsp fresh thyme
2 garlic cloves
1/2 a lemon
salt and pepper

For the guacamole
4 avocados
5 cherry or baby plum tomatoes
1 garlic clove
25g parsley (a small bunch)
1/2 a lemon
1 tbsp olive oil

1 Clean the Portobello mushrooms by carefully removing dirt from the caps with a kitchen towel or cloth; you can use a little water if needed. Pat dry. Cut the peaches in halves and remove the pits.
2 Now make the sweet potato fries: Preheat the oven to 175C/350F/Gas 4. Cut the sweet potatoes in 2.5cm-thick, 12cm-long sticks. Put them onto a



Luise says: "One of our favorite sunny-day dinners... we usually eat our burgers with avocado and some kind of salsa. They are very easy to make and taste so incredible fresh. For this recipe we added grilled peaches instead of making a salsa"

parchment-covered baking sheet. Drizzle olive oil, salt and thyme over them and put in the oven. The fries need around 30 minutes before they are ready, but you need to stir them after 15 minutes.

3 Prepare the marinade: Pour olive oil in a small bowl. Add one chopped rosemary sprig, chopped thyme, mashed garlic, freshly squeezed lemon juice and salt and pepper to taste. Stir around. Use the other rosemary sprig to brush the mushrooms and peaches with the marinade. When the barbecue or grill is ready, grill the Portobello and peaches for about three to four minutes on each side, while you use the rosemary stick to brush the marinade over them one more time.

4 Make the guacamole: Chop the avocados, tomatoes and parsley roughly. Add them to a small bowl with mashed garlic. Squeeze lemon juice over it, and mash everything with a fork. It's okay if the guacamole stays a little chunky.

5 Finally, assemble the burger: Slice the buns in half. Let them get some colour on the barbecue or under the grill. When done, place a big dollop of guacamole on the bottom bun, and add pea shoots, tomatoes, spring onion, one Portobello mushroom and two peach halves. Replace the top of the bun, and insert a stick to hold it all together. Enjoy!

Per serving: 648 cals, 36.8g fat

COOK'S TIP

This recipe is ideal for an early-season barbecue if the weather allows, but also works well under the grill... so you don't need to wait for sunshine!

Vegetarian Mini Pizza della Sicilia

Makes around 8-10 small pizzas (12cm) or 1 large pizza
Ready in 45-55 mins, plus proving

For the dough
240ml lukewarm water
2 tsp instant dry yeast
2 tsp sea salt
225g spelt flour (we used light)
2 tbsp olive oil

For the tomato sauce
1 tbsp olive oil
1 onion, chopped
1 garlic clove
2 tbsp capers, drained
a pinch of dried chilli
415g canned tomatoes
1 tbsp fresh or 1 tsp dried oregano
salt and black pepper

For the topping
4 cooked potatoes
250g marinated artichoke hearts
100g kalamata olives
1 courgette, marinated
1 aubergine, marinated
4 chestnut mushrooms, cut into quarters
1/4 fennel, cut into thin slices
300g small tomatoes
2 small spring onions, divided in half
1/2 head of broccoli
100g vegetarian goat's cheese
salt and black pepper
fresh rocket, to serve

1 To make the dough: Pour the warm water into a medium size bowl. Add salt and yeast and stir around. Mix in 200g of the flour. Gradually add more flour until the dough comes together

enough for you to start kneading it. Knead for a couple of minutes, adding additional flour if it sticks to your hands. Put the dough back in the bowl and drizzle it with olive oil. Work the dough until it's completely covered in the oil. Cover the bowl with plastic wrap and set it in a warm place for 1-2 hours.

2 To make the tomato sauce: Heat the olive oil in a medium pan. Add the onion, garlic, and chilli and sauté for 2-3 minutes. Add the capers, fresh tomatoes and spices and cook for 10 minutes, then lower the heat and let it simmer for half an hour, lid on.

3 Preheat the oven to the highest temperature (260C/500F/Gas 9). Remove the plastic cover from the dough and start working it with your hands on a slightly floured work surface. Make 8-10 small portions. Stretch and flatten the dough until you get the size and thickness that you prefer and move it to a baking pan covered with parchment paper. Spelt flour doesn't stretch as well as wheat flour, but if you work carefully and flatten it with the palm of your hand you will get it right. Another trick is to roll the dough out directly on the parchment paper with a slightly floured rolling pin and then just move the parchment paper to the baking pan.

4 Brush the dough with 2 tbsp tomato sauce and cover each pizza with the topping(s) of your choice. Bake for about 10-15 minutes until the outer part of the topping and the edges are slightly burnt. Sprinkle with fresh goat's cheese, a bit of olive oil, fresh rocket, salt and freshly ground pepper. Serve immediately.

Per mini pizza (10 pizzas): 264 cals, 13.2g fat



Photos: David Frenkiel & Johanna Frenkiel



"It has probably been said a zillion times before, but this is a great idea for a party. Prepare all the ingredients and a big batch of pizza dough (you can make the dough the day before), then let everyone decorate their own pizza"



1 Elsa, 2, is a regular feature on her parents' popular blog
2 These pizza toppings can be grouped into flavours – pretty and practical



"Make the marinated tofu for this recipe 1-2 hours in advance. Since we like to keep our recipes as simple as possible we made a little extra marinade and used the leftovers as a salad dressing"

Vegetarian Sushi Salad

Serves 4
Ready in 60 mins, plus marinating

Marinated Tofu (see recipe)
Brown Rice (see recipe)
1 large broccoli, broken into 2.5cm pieces
1 spring onion, thinly sliced
2 avocados, cut into cubes
12 mushrooms (shiitake or whatever you prefer), cut into quarters
1 handful sugarsnap peas, halved
1 handful bean sprouts
1/2 cucumber, cut into sticks
8 sheets nori seaweed, cut into 5x5cm squares
1 handful roasted sesame seeds
1 handful fresh coriander
wasabi and soy sauce, to serve

For the marinated tofu
300g tofu
5 tbsp sesame oil
5 tbsp soy sauce
2 tbsp rice vinegar
1 garlic clove
1/2 red chilli
6cm piece fresh ginger, peeled and grated

For the brown rice
300g organic brown rice
2 tbsp rice vinegar
1 tbsp sesame oil
2-3 coriander leaves, chopped

1 First, marinate the tofu. Try to drain all water from the tofu by padding it with a towel. Cut it into 2.5cm cubes. Mix the ingredients for the marinade in a bowl and add the tofu. Make sure that the marinade covers all of the tofu. Leave in the fridge for 1-2 hours.
2 Boil the brown rice according to pack instructions. When it's done, stir through the rice vinegar, sesame oil and coriander.
3 Blanch the broccoli (pour boiled water over it, let it sit for two minutes and then throw it in ice cold water). Divide the rice into four large bowls and top it with all the vegetables mixed together.
4 Drizzle the rest of the tofu marinade over the salad, top it with sesame seeds and coriander and serve it with wasabi and soy sauce.

Per serving: 570 cals, 45.8g fat

Q&A

So what's it like creating a top veggie blog in your free time?
David Frenkel of Green Kitchen Stories takes time out from his double life to chat to *Cook Veg...*



David, 30, and Luise, 27, launched their blog back in October 2009

Tell us a little bit about yourselves...

I am a graphic designer and an art director who works for an interiors magazine during the day. Previously, I worked for a Swedish food magazine and that's where my interest for food photography and styling started. Luise is educated in social psychiatry and has a special interest in health and how nutrition affects our well-being – although, right now she is spending most of her time trying to rehabilitate from a back injury. I am Swedish and Luise is Danish and, strangely enough, we met on the streets of Rome, so Italy has a special place in our hearts and in our cooking.

How important is food to you and your family?

Both of us have always loved to cook and we spend a large part of our day talking about food, flavours and recipes. Neither of us was educated as a chef or has worked in a restaurant, though, so it is very much from a home cooks' perspective. Since our daughter was born we have become even more thorough about nutrition. As we raise her on a vegetarian diet we want to make sure that she gets a balanced intake of proteins, minerals, vitamins and fats. And so far she looks like a very healthy and well fed 2-year old.

Why and when did you decide to start a vegetarian blog?

I've been a vegetarian almost my whole life, and healthy food has always been a very central part in Luise's life. So, when we met our two worlds collided and we both learned to adjust to each other's food habits. I cut back on refined sugar and started using more wholegrains, nuts and seeds, and Luise almost stopped eating meat (sometimes she cheats though). When, after a while, we learned to cook food that was both healthy and green, we thought it was such an achievement, and felt that it was a waste keeping it to ourselves. So, we started the blog. That was two and a half years ago; today we have more than 120,000 monthly visitors, which is completely unimaginable.

What do you enjoy most... and least... about the blogging process?

We love how blogging has connected us with people all over the world. When we recently took six months off work to travel the world together with our daughter, we received an enormous amount of travel information and great tips from our readers. We even met up and became friends with some other bloggers. When we wrote that we were going to Beijing we received an email from a reader with all the best vegetarian restaurants there (not very many...). She had even attached some important Chinese phrases for us, like: "wo bu che rou", which means "I don't eat meat". How thoughtful was that!? It was still pretty difficult to communicate in China, but without her email we would have been completely stranded.

What we enjoy least is that it takes up a lot of our time. Since I also have a day job we shoot the photos during the weekend, so it kind of feels like we are constantly working.

How has the blog developed since the early days?

We have the same kind of recipes as we did when we started blogging, but we put a lot more effort into photographing them and perfecting them. I don't think we realized when we started that people would actually make our recipes. It's a big responsibility. You don't want to spend an hour on a recipe that doesn't come out well. Also, we write our recipes more thoroughly. Once, we got an email from a reader who tried our date truffles and had blended the dates without removing the stones (oops). We thought it was obvious that you should remove the stone before blending dates, but from that day on we've made our recipe descriptions more detailed.

What's next for Green Kitchen Stories?

Last year we released our own iPad app called Green Kitchen, with our favourite recipes from the blog and a few unique for the app. Now we've also released it for iPhone, so you can keep all our best recipes right in your pocket. We are super excited about this since it is a much easier way to read our recipes than on the blog and with even larger photos. It's available to download on the app store.

Apart from that we have even bigger news! We've just signed a book deal with Hardie Grant Books in the UK and Rizzoli Publishing in the US, and in spring 2013 we will be releasing our first international cookbook. It will be 100 percent vegetarian and many recipes will also be vegan and gluten-free.

What advice would you give wannabe food bloggers?

Try to narrow your blog down to a very specific subject. There are thousands and thousands of food bloggers out there, so try blogging about something very specific that makes you unique. For example, we've never seen a nice looking blog devoted to smoothies. Or a passionate bean blog? Those two areas would definitely have me hooked.

Also, put in a little extra effort to take really good photos of the food. It can be as simple as moving the dish to a window to get natural light. Flash almost never makes food look good! If you have quality photos it will be a lot easier to get them published on food sites like foodgawker.com or tasteline.com. We reached our first readers by publishing our photos on those two sites.

For more completely fabulous recipes or to find out about the Green Kitchen app, visit www.greenkitchenstories.com

