What's Cooking in the Vegan Kitchen?

The Green Stove is India’s first 100% vegan bakery making delicious dairy-free and egg-free goodies that includes cupcakes, cookies, organic breads and vegan cheese spreads. Rithika is also a Lifestyle and Cooking Coach advising people on how to eat healthier. Here's a vegan twist to a few popular favourites.

**Vegan Alfredo with Fusilli**

**Serves 2**

**Ingredients:**
- 1/2 cup dry, raw and unsalted cashews
- 1 onion chopped fine
- 1-2 cloves of garlic
- 1 green/red/yellow capsicum cut in to 1/2 inch cubes
- 1/2 cup broccoli florets
- 7-8 mushrooms chopped
- 3 tsp sun dried tomatoes (optional)
- 1 tsp red chilli flakes
- 1 tsp mixed Italian herbs
- Salt and pepper
- 1 tsp olive oil
- 200 gms fusilli pasta

**Method:**
Start cooking the pasta in a pot of boiling, salted water, first.
Dry roast the cashews till they start showing brown patches on them.
Powder the cashews in a blender and add some water to make a paste.
Sauté the onions and garlic in olive oil.
Add the broccoli, mushrooms and chopped capsicum. Let it cook for 5 minutes.
Add in the cashew paste and mix well.
Add about 1 cup of water.
Let them all simmer together till the sauce achieves a nice thick consistency.
If you think the sauce is not enough add in a little bit more of water and let it simmer. Add the chili flakes, herbs, salt and pepper.

**Chocolate Mousse**
**Serves 4-6**

**Ingredients:**
- 1/2 liter (roughly 2 1/2 cups) of chocolate soy milk at room temperature
- 1 strip of agar agar/ China grass
- 1/4 cup water

**Method:**
- Cut the agar agar with scissors into small pieces. Put it in a grinder and grind it till it resembles flakes.
- Mix the powdered agar agar flakes with the water and bring it to a boil.
- Stir frequently and make sure most of the agar agar has disappeared.
- A few small lumps are okay. While stirring continuously, add the chocolate soy milk, little at a time.
- Keep it on the stove for another 3 minutes till the soy milk is hot, and then take it off the stove.
- Pour into a big glass bowl or smaller bowls to set. Keep it in the fridge and let it set for at least 45 minutes.
- Top with some grated/ chopped vegan chocolate (Bournville, Mordes Dark) and serve cold.

**Healthy Gajar Halwa**
**Serves 2**

**Ingredients:**
- 4 long carrots (usually available in winter. I'd suggest you use it only when it is available seasonally)
- 1/4 cup melted jaggery syrup (more or less depending on your sweet tooth)
- A handful of cashews powdered in a grinder
- 2 cloves of cardamom
- 4-5 almonds roasted

**Method:**
- Wash the carrots. It is not necessary to peel carrots as most of the nutrition is just under the skin.
- Cut the carrots in half and steam for 20 minutes. Don't let it become too soft.
- Once they are done steaming let it cool for another 10 minutes or so and then using a big holed grater, grate the carrots.
- Mix in the jaggery, cashew powder and cardamom.
- Top with some slivers of roasted almonds. Serve warm or cold.

**Some Famous Vegans:** Pamela Anderson, Alanis Morissette, James Cameron, Bill & Chelsea Clinton, Jason Mraz, Ben Stiller, Vanessa Williams.
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