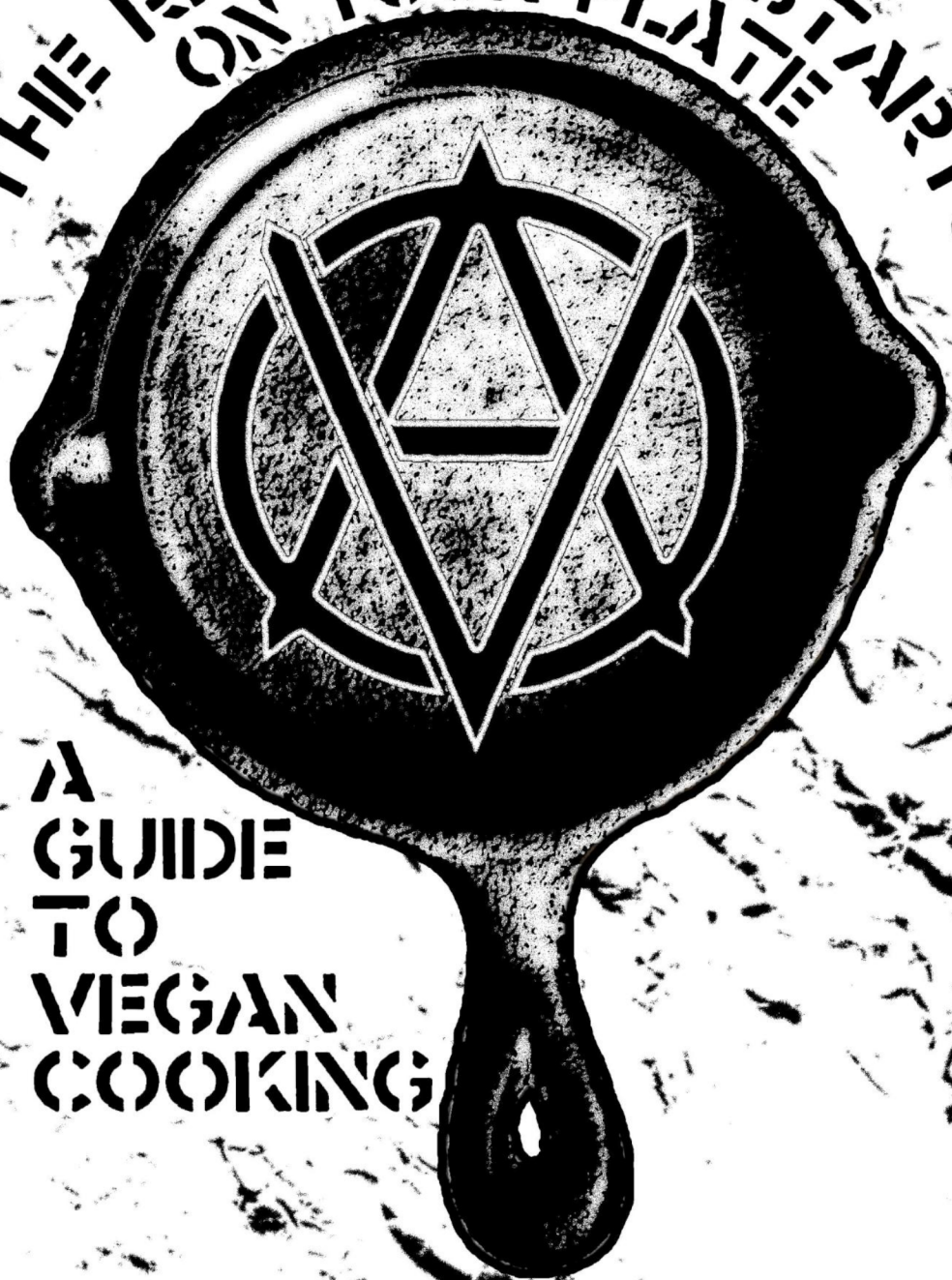


THE REVOLUTION STARTS
ON YOUR PLATE



A
GUIDE
TO
VEGAN
COOKING

- the revolution starts on your plate -

Welcome to the first edition of:
"the revolution starts on your plate: a
guide to vegan cooking"!

We want to give you easy vegan recipes
to make a lovely dinner for yourself and
others.

The reason we provide this zine is to
make clear that the vegan diet is more
than just a diet; it's an integral part of
a revolutionary lifestyle. Because not
boycotting the bio-industry negates all
points of total liberation. No one is free
until all are free, which includes animals
as well.

We hope to give you some knowledge
how to make good vegan food without
paying the highest price or supporting
genocide.

Until every cage is empty,
Tinnifus Patches



Index

- Gnocchi with Mushrooms and Vegan Cream
by Wonderteef - page 3
- Vegan Udon Noodles
by Wonderteef - page 4
- Where to get the Cheapest Stuff?
- page 5
- Pumpkin Pasta
by Ernst - page 7
- Bean Soup
by Chaser - page 8
- Fluffy Pancakes
by Chaser - page 9
- Very Fudgy Brownies
by Draakje - page 11
- Buidel's Special Sauce
by Buidelrat - page 12

Gnocchi with Mushrooms and Vegan Cream

Recipe by Wonderteef

Ingredients:

250 grams mixed mushrooms
500 grams Gnocchi
3 big onions
4 cloves of garlic
Olive oil or any other oil you prefer
1 pack of oat cream
Salt, pepper and vegeta to your own taste
2 rosemary branches
Mustard to taste (i use 3-5 teaspoons)

Instructions:

1. Heat the oil in a pan you prefer. Make sure it is warm enough. In the mean time; boil some water for the gnocchi.
2. Cut the onion, mushrooms and garlic in sizes you find the best.
3. Throw the onions in the heated pan with olive oil. After the onions are a bit glassy/ see through, add the mushrooms and the garlic. Make sure it won't be too watery!
4. Cook the gnocchi as advised on the package. Gnocchi should float towards the surface and should slide off the knife when ready.
5. Add the oat based cream in the veggie mix and let it simmer for a couple of minutes. Add the mustard to it as well.
6. Add the salt, pepper, vegeta or other spices to the veggie mix as desired.
7. Add the gnocchi to the veggie mix.
8. Done! Have a nice meal!

- the revolution starts on your plate -

Vegan Udon Noodles

Recipe by Wonderteef

Ingredients for 4 people:

20 grams of ginger
4 cloves of garlic
1 carrot
1 paksoi
1 cabbage
1 can of soybeans
3 spoons of soysauce
2 spoons of mirin
1 spoon of miso paste
600 grams of udon noodles
3 spoons of sesame oil
Oil to bake at own preference

Instructions:

1. Peel the ginger and garlic and cut in small pieces. Cut the veggies in preferred size.
2. Heat the pan with oil and stir the veggies, ginger and garlic for about 3 minutes on highest heat.
3. Add the soysauce, mirin and misopaste and stir throughout.
4. Add the udon noodles to the veggie stew and stir for 2 minutes until the noodles are warm enough to eat.
5. Plate the noodles (if you like to!) and add some sesame oil over the noodles.



Where to get the cheapest stuff?

Food anno 2025 is expensive, most stores increase prices without any reason and calling it inflation. Luckily a vegan diet already makes your grocery shopping a lot cheaper due to not needing to buy animal products, which seemingly have become unaffordable after the Corona pandemic of 2020, yet the replacement can sometimes have less taste or recipes call for product not readily available in grocery stores or are way more expensive to buy there.

While other forms of "shopping" exist and can always provide a source of financial relief, a topic we will come back to in a later zine, it's also understandable that we first need to talk about places that either provide a better price for much needed items, better taste or a better availability.

A lot of products known for great taste can be found at asian grocery stores or sometimes called "Toko" in dutch. Some of these products can be found at regular dutch grocery stores like Albert Heijn or Jumbo, but they are either watered down versions or are more expensive. While not all asian grocery stores carry every product you may need, it is worth looking for a local one that carries a lot of the products you usually need.

Frozen veggies or canned veggies are most of the time cheaper than fresh veggies. They have the same nutritional values, but the fresh ones seem healthier because they're fresh. Pre cutted veggies are also more expensive than the fresh veggies. Keep an eye out on the "price per kilograms", so you can get your cheapest veggies. We love cheap stuff <3

Other places amount to going to the market regularly most dutch markets sell either the same or more different produce available at grocery stores, often at a discounted price. They sometimes even be willing to let go of some of the produce for free or at a steep discount at the end of the day.

- the revolution starts on your plate -

VEGANISM IS
NOT A DIET.
IT'S A
REJECTION OF
VIOLENCE
NOT OF
CALORIES.



- the revolution starts on your plate -

Pumpkin Pasta

Recipe by Ernst

Ingredients for 4 people:

A lot of onion

Garlic

1 pumpkin

1 paprika

A can of chickpeas

Tahin

Whole wheat pasta

Herbs and spices you like

Optional: extra red or orange veggies and vegan bacon

Instructions:

1. Put the onions and garlic in the pan and cook them with oil. Boil the water for the pasta.
2. Peel the pumpkin and make in sizes you prefer. Add it to the onions and garlic with a little bit of vegeta. Add the paprika in pieces of preference to the mixture.
3. When it's all soft and done, but it in the blender together with the chickpeas and tahin and the herbs and spices you like.
4. Cook the pasta as instructed on the package.
5. Put the pasta with the mixture and serve.
6. Jummy! e noodles (if you like to!) and add some sesame oil over the noodles.

Tip: Whisper a bit to the pumpkin and rub wherever but keep it consensual, gives amazing gastronomic effects.

Top: Do not burn the food, one time is okay but it mostly dangerous if you eat it a lot.

Top 2: Don't change the pumpkin with peas or tofu!!!!!!!!!!!!!!



Bean Soup

Recipe by Chaser

Ingredients for 4 people:

Varieties of beans

2 onions

Garlic, celery, carrot and potato by preference

Tomatoes in can

Tomatopaste

1 apple

Paprikapowder, onionpowder, garlicpowder, stock cube, soysauce, MSG, chiliflakes, nutmeg

Instructions:

1. Heat the pan with oil. Cook the onion and garlic.
2. Add the tomatopaste and chiliflakes and the herbs to the onion and garlic.
3. Add the carrots, celery, potato and tomato one by one. Then add the stock cube and water.
4. Make the water boil and put the complete apple in the mixture. Let it rest for 30-45 minutes.
5. Take out the apple and put the soysauce to the mixture. Put the beans in it as well.
6. Add the herbs, pepper and salt as much as you would like.
7. If wanted to, serve with vegan creme fraiche or sour cream and with a bit of bread.



Fluffy Pancakes

Recipe by Chaser

Ingredients for 4 people:

200 grams of flour
2/3 bag of baking powder (rather too much than too little)
2 tablespoons of sugar
250ml vegan milk
Aquafaba (liquid from a can of chickpea)
Oil or vegan butter

Instructions:

1. Mix the dry ingredients together. Optional: sieve the flour and baking powder if it has little bits in it.
2. Add the aquafaba and your vegan milk of choice. Mix it until it is thick but not too doughy.
3. Add oil or vegan butter in a hot pan. Put the heat a bit lower (middle heat).
4. Bake the pancakes. The other side needs a little less time. Turn them when the top is a bit bubbly, not too runny.
5. Do not add too much butter in between the pancakes, just a little. They'll become nice gold brown then.

Tip: works amazingly to make for other lesbiennes in the morning as breakfast in bed.



- the revolution starts on your plate -



Very Fudgy Brownies

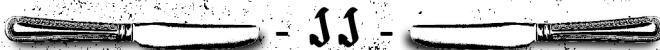
Recipe by Draakje

Ingredients:

18gr linseed, crushed
75ml water
70gr vegan butter
125gr cane sugar
140gr light brown sugar
10gr vanilla extract
80gr flour
55gr cocoa powder
1,80gr salt
3,2gr baking powder
115gr baking chocolate chips

Instructions:

1. Mix the linseed and water into a thick paste and let it rest.
2. Preheat the oven to 175 degrees Celsius.
3. Melt the vegan butter.
4. In a large bowl, beat together the butter and sugars with a whisk.
5. Now add the linseed mixture and the vanilla and mix everything well together.
6. Now sift the flour, salt, baking powder and cocoa powder over the mixture and mix everything well with a spatula. Do not overmix.
7. Add half of the baking chocolate and fold it into the mixture.
8. Add the mixture to an oven dish and smooth it out, sprinkle the rest of the baking chocolate over the batter and bake the brownies for 30 to 40 minutes. They will still be bubbly and not appear ready yet but they will harden as they cool.
9. Let rest for 15 minutes until hardened, then remove from the baking dish to slice.



- the revolution starts on your plate -

Buidel's Special Sauce

Recipe by Buidelrat

Ingredients:

- 500ml vegetable stock
- 4 tablespoons or 60ml of flour
- 60gr vegan butter
- 1 tablespoon or 15ml of Garam Masala
- 1 teaspoon or 5ml of Dijon mustard
- 1 teaspoon or 5ml of red aged miso paste
- 1 teaspoon or 5ml of marmite paste

Instructions:

1. Melt the vegan butter on low heat in a large frying pan or in a sauce pan.
2. When the butter is completely liquified add the mustard, miso paste and marmite, stir this mixture with a wooden spoon (the older the better) until completely dissolved.
3. Add the garam masala and mix well.
4. Now add the first tablespoon of flour, slowly mix this with the spiced butter until incorporated, continue with the next tablespoon when the last one has been completely incorporated.
5. After the flour has completely been incorporated you can start by adding small amounts of the vegetable stock, making sure that each part has been fully absorbed by the mixture before adding the next.
6. The sauce is now almost done, start by tasting the mixture and checking the thickness of the sauce. For more taste add small amounts of salt or MSG. For a less thick sauce add more vegetable stock, for a thicker sauce boil off some water on high heat while stirring.

I hope you enjoy this recipe and for more help with performing the steps, the sauce is based on a french sauce type called Béchamel.

MADE BY
TONNOTUS



PATCHES

ANTI COPYRIGHT
YOU CAN DO WHATEVER
YOU WANT WITH THIS ZINE
STEAL COPY SPREAD