

Vegan is the way to go

Nina Osswald talks to *CE* about her vegan workshop called 'Life Beyond Cheese'

Photos: S Senthagapandiyan



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With people adopt almond milk over cows milk, tofu over paneer, etc, the idea of being a healthy vegan has been making its mark in our country for a long time now. To keep up with this healthy trend, Nina Osswald from Germany, a passionate vegan along with Bio Basics, On The Go and Arttd'inox organised a workshop called 'Life Beyond Cheese' and demonstrated how to make few of the recipes for the participants.

The workshop started with a brief introduction on the vegan culture and the importance of veganism. Once the basics were covered, Nina moved on to demonstrate the recipes to the participants. The main ingredients used during the course of workshop includes different types of nuts like almonds and cashews, dates, vanilla powder, cocoa powder, coconut sugar, tofu and seeds like flax seeds and pumpkin seeds. "One of important things to look for when you buy the ingredients is to look for genuine organic products," says Nina.

The first recipe that Nina demonstrated is how to extract almond milk at home. "All we

need is almonds soaked overnight in a litre of water. We have to grind the almond into a fine paste and pour the water into it. Then filter the water by using a cheese cloth," she explains as she shows the crowd how to filter the almond milk. If we want the almond milk to be sweet, we can also add two to three pods of dates while grinding the almonds. After she passes on the extracted milk to taste, she then teaches the next recipe, i.e. hot chocolate with ginger juice.

"I always use raw cocoa powder to make hot chocolate. All we have to do is mix the raw cocoa to the heated almond milk. After the cocoa and milk gets mixed properly, add in the ginger juice, coconut sugar and we are good to go," she explains. After the drinks, Nina moves on to spreads which is made entirely out of nuts and tofu. "Many think its weird to use tofu as a spread but it is really tasty. Any nut that is soaked over night can be used to make butters and cheese. Blending is the key here. Only thing we need to do is blend everything properly so that we can use them as spreads later," she avers.

She showcased few salad recipes as well. Those included salads with orange-ginger dressing, creamy penne a la red pepper marinara and chocolate truffles. It is interesting how all of the recipes were plant and organic based. Even the chocolate truffles main ingredients were cooked pumpkin, melted nut butter, dates, cocoa powder and salt. "Though most of it had the flavours similar to eating tofu and tahini (sesame seed paste), they are really healthy for your body," concludes Nina.

