

Cuc.in.Art



Hello, I'm Sara Luna!
Vegan and Nomad Cook

And this time I am accompanied by Hele,
artist and passionate about food,
our paths met in Formentera,
and after a long friendship, we unite her art,
our passion for vegan food and travel experience,

to give birth to this beautiful project

Cuc.in.Art

Cook in art · Cucinart-E · the art of cooking · cook in art

With this game of words and concepts we want to introduce you
the first 3 illustrated recipes.

- Vegan Pad Thai
- Indian curry with chickpeas
- Miso Ramen - my version

ACH RECIPE CARRIES AN ILLUSTRATION,
DESIGNED FOR YOU TO DECORATE YOUR KITCHEN,
BE INSPIRED TO CREATE MORE ART THROUGH FOOD
AND ENJOY WITH ALL THE SENSES OF THE

WONDERFUL EXPERIENCE
TO COOK WITH LOVE,
CONSCIOUSNESS, PRESENCE AND ART,

WHY NOURISH YOURSELF AND NOURISH OTHERS THROUGH
THOSE VALUES MAKE YOUR LIFE MORE BEAUTIFUL AND RICH.a



VEGAN PAD THAI



Hell

VEGAN PAD THAI

DIFFICULTY: Easy

TIME: 30 Mins

ORIGIN: Thailand

INGREDIENTS

250 grams of Thai rice noodles
4 teaspoons sesame / olive oil
200 grams of firm smoked tofu, cut into cubes
2 tablespoons of soy sauce for the tofu
1 carrot cut into julienne strips
2 cloves of grated garlic
1 tablespoon of grated ginger
2 handfuls of bean sprouts
1 teaspoon hot pepper, minced
4 green stalks of fresh onions, thinly sliced
Chopped fresh coriander
Chopped and crushed roasted peanuts
2 lime wedges
sriracha sauce to accompany (optional)

PREPARATION

Soak the rice noodles in hot water following the directions on the product.

Until they are soft but not too much, about 15-20 min.

Rinse in cold water, drain and reserve by adding a drizzle of oil so they don't stick to each other.

Sauté everything separately with 2 tablespoons of sesame oil or olive oil and set aside.

1st) the diced tofu with the soy sauce, reserve.

2º) the chive stems together with the chili pepper and a good handful of bean sprouts towards the end, reserve.

3º) the carrot cut into julienne strips together with the garlic and grated ginger.

In the same pan, now fry the noodles together with the previously prepared sauce and a little water if you see that they are very hard and add the reserved ingredients. You can do the portions on the side to make it better but it is not necessary so decorate with peanuts, coriander and lime and accompany with the sriracha sauce (optional)

For the Pad Thai sauce:

2 tablespoons of brown sugar

4 tablespoons of tamarind concentrate

mixed with 1/4 liter of vegetable stock

50 ml of soy sauce



INDIAN CURRY with BASMATI



INDIAN CURRY with BASMATI

DIFFICULTY: Medium

TIME: 45 Mins

ORIGIN: India

INGREDIENTS

- 2 tablespoons of olive oil
- 1 onion, finely chopped
- 2 cloves of grated garlic
- 1 carrot cut into thick pieces
- 1 lime
- 1 piece of ginger about 3 cm freshly grated
- 1 teaspoon Madras curry or similar
- 1 teaspoon ground cumin
- ½ teaspoon coriander seeds
- ½ teaspoon mustard seeds (optional)
- ½ teaspoon black pepper
- 1/2 teaspoon cayenne pepper powder (optional)
- 4 peeled pear tomatoes
- 1 tablespoon fresh coriander or chopped parsley
- 200 grams of cooked chickpeas
- 200ml of coconut milk

PREPARATION

1. Heat the olive oil in a saucepan and sauté the finely chopped onion and sauté for 5 minutes, then sauté the roughly chopped carrot until golden brown and then add the grated garlic, grated ginger, a teaspoon of Madras curry, cumin, coriander seeds, black pepper and cayenne pepper.
2. While the spices cook, peel the pear tomatoes and cut them into large pieces, add them and simmer for 10 minutes until reduced, then add the coconut milk and cook for another 5 minutes.
3. When ready, put the chickpeas in the curry and cook for another 5 minutes, let it rest.
4. Cook the previously washed basmati rice in a saucepan, first fry the mustard or coriander seeds, together with the chopped coriander, add the rice, water and salt and pepper for about 15 minutes from the moment of boiling, depending on of the rice Follow the manufacturer's instructions if any.
5. Serve a part of the rice and the curry on the side in a bowl together with a few pieces of lime and freshly chopped coriander (optional) And enjoy your meal!

MY MISO RAMEN
By Nomada vegana



Hel

MY MISO RAMEN

by Nomada vegana

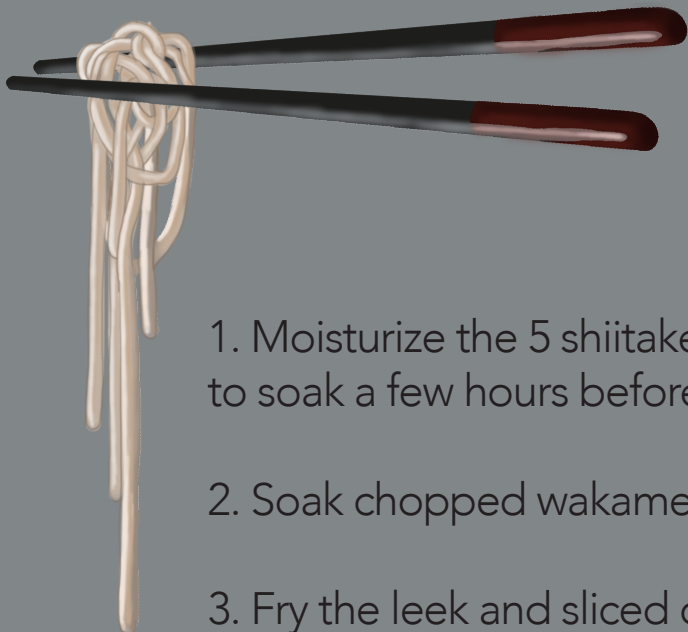
DIFFICULTY: Medium

TIME: 75 Mins

ORIGIN: Japón

INGREDIENTS

1 leek cut into slices
2 carrots cut into slices
5 dehydrated shiitake mushrooms
1 teaspoon of grated ginger
1 bunch of chives
1 turnip
1 parsnip (optional)
1 pak choi, chard or fresh spinach (a handful)
100 g of smoked hard tofu or similar
1 handful of bean sprouts
1 tablespoon chives, minced
Toasted white or black sesame or both
1 strip of kombu seaweed
1 strip of wakame seaweed cut into small pieces
1 or two strips of Nori seaweed
500ml of filtered water
200 grams of ramen noodles
40 ml of soy sauce
4 tablespoons miso (I usually use a blend of shiro miso and Mugi miso, but can always be adapted based on what we find)



PREPARATION

1. Moisturize the 5 shiitake with very hot water, they can be left to soak a few hours before to speed up the process.
2. Soak chopped wakame seaweed in filtered water in a glass.
3. Fry the leek and sliced carrots in a saucepan with a spoonful of oil. about 5 mins. Grate the ginger and add it together with the diced turnip and parsnip, brown everything together with the soy sauce for a couple more minutes.
- 4 . Add the 500 ml of filtered water together with the kombu seaweed strip and the wakame strips together with their water and cook over low heat for ½ hour.
5. Cook the tofu cut into squares of about 5 cm on both sides in a small pan with a drizzle of oil and set aside.
6. Cook the shiitake in the same pan cut into thick slices with a teaspoon of olive oil and a teaspoon of soy sauce over low heat until soft and set aside.
7. After at least 30 minutes of cooking the soup, switch off and let it rest for a moment to add the miso without boiling the water. While in a saucepan, boil the chosen ramen following the instructions and add directly into the bowl and then add the broth and decorate with the tofu, nori seaweed, shiitake, spinach or pak choi, bean sprouts, sesame and chopped chives



DON'T FORGET
THE MOST IMPORTANT THING!

FOR ANY DOUBT YOU HAVE
OR IF YOU WANT ME TO TEACH YOU
TO COOK THESE DISHES
OR OTHERS AMAZING RECIPES IN PERSON,
CONTACT ME HERE:

e-mail: nomadavegana@gmail.com

or whatsapp: +34 676322556

Cuc.in.Art

Hch



NÓMADA VEGANA