

PASTRY & CONFECTIONERY

Mateja's Vegan Cookbook

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Design of e-book: Fotospring

Publisher: Fotospring E-Publishing Ltd

For Publisher: Mario Pusic

Year; 2012

ISBN: 978-961-6858-10-6

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E-book on:

<http://itunes.apple.com/si/book/isbn9789616858106>

CIP - Kataložni zapis o publikaciji
Univerzitetna knjižnica Maribor

641.55(083.12)

DEREANI, Mateja Tea
Pastry & confectionery [Elektronski vir] :
Mateja's vegan cookbook / Mateja Tea Dereani ;
[Jaka Kosir (poems) ; photographs Matjaz Preseren,
Bosko Stamenov (portrait) ; translation Romana
Hudin, Mateja Tea Dereani, Kajetan Dolinar
(poems)]. - El. knjiga. - [Maribor] : Fotospring
E-Publishing, 2012

Način dostopa (URL):
<http://itunes.apple.com/si/book/isbn9789616858106>

ISBN 978-961-6858-10-6

COBISS.SI-ID 69089281

*This book speaks of good food.
It makes the ignorant cook wisely.
I want to teach you
of the cooking arts.
He who does not understand them
should look through this book.
He can make great dishes
from many small things,
he who remembers this lesson very well,
which will be given in this book!
For it can well teach
of many dishes
of great and small,
how they combine
and how they see to it
that seemingly insignificant bits turn into noble foods.
He should take this book
and not be ashamed
if he asks about what he does not know.
This decision quickly turns him into a wiser man,
who then wants to learn to cook.
So, he should mark this book well.*

From »Daz buoch von guoter spise«. Original 14th century manuscript, part of the household manual edited by Michel de Leone. Manuscript dated between 1345 and 1354.

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Mateja Tea Dereani - book author

PASTRY AND CONFECTIONERY

What crisps between teeth?
What crunches so soft?
What cheers up our pith?
The crescent-shaped cookies ...

For those always dainty
are cookies all sorts ...
Of all this we're fainting ...
More choices – more hurts.

For apricot bonbons
for cocoa small balls,
for sweet wraps, their fragrance,
we make ardent calls.

Oh, well crisps each biscuit,
and how much more crackers ...
There're always something sweet
for mouths fond of such fares.

To make biscuits, I always take margarine out of the fridge some time before, so it gets softer and binds more easily with other ingredients. A lot depends also on the type of margarine you use. There are quite a few margarine types available on the market (with non-hydrogenised fats, of course) and some are naturally very soft or almost fluid. These can be used immediately. The procedure for biscuits is like this: mix the ingredients very well by hand and crush even the smallest lump. Then make a hole in the middle, add liquid ingredients, such as malt, maple syrup, milk, margarine, cream, and make dough. From this make any forms you wish, put them on a baking tin greased and dusted with flour (or use baking paper instead), and bake them.

For the dough I normally use brown flour (this mean German type 800, or French type 80). You can also use plain white flour or any other kind of flour you like. In this case adjust the other liquid ingredients to the flour. Also note: certain flours need more or less liquid, so feel free to adjust.

Hazelnut biscuits



350 g, flour, type 800 (or plain white flour)

150 g ground hazelnuts

1 tsp baking powder

150 mL maple syrup

240 g margarine

1. Make dough.
2. Put it in the biscuit maker. Grease baking tin with margarine and dust with flour, or use baking paper instead.
3. Make biscuits using biscuit maker, arrange them on baking tin and bake them at 180 °C.

Almond crescents



250 g ground almonds

400 g flour, type 900 (or dark flour)

1 tsp baking powder

Vanilla powder

200 mL maple syrup

120 g margarine

1. In a large bowl, mix almonds, flour, baking powder and vanilla powder. Mix maple syrup and margarine into the dry ingredients.
2. Make crescents from pastry, put them in a baking tin and bake them at 180 °C until golden.

Black and white cookies



43 g flour, type 800 (or plain white flour)

1 tsp baking powder

1 lemon, zested

½ tsp vanilla powder

200 g margarine

100 mL maple syrup

1 heaping spoon cacao powder

1. Make dough from first 6 ingredients.
2. Take half of dough and thoroughly mix cacao powder into it.
3. Take two equal pieces of baking paper. Roll out black and white dough separately.
Put the black dough on the white dough.
4. Roll, and cut into 1-cm pieces. Put the cookies in a baking tin (greased with margarine and dusted with flour) and bake them.

Salty stuffed cookies



Dough:

300 g flour

100 g margarine

150 g soya yogurt

1 tsp baking powder

½ tsp salt

Filling:

70 g grated soya cheese

Soya cream

1. Make dough.
2. Roll it 0.5 cm thick and slice into circles.
3. Mix grated cheese with some soya cream.
4. Put filling on one half of each circle. Take the other halves, moisten the edges with water

- and put them on the first halves. Press the edges with a finger or forks.
5. Bake in the oven (180 ° C).

Shortbread

(for baking tin 30*30 cm)

Dough:

- 400 g flour type 900 (or brown flour)
- 2 lemons, zested
- 150 g wheat malt
- 220 g margarine

Topping:

- 5 tbsp fructose powder
- ¼ tsp vanilla powder

1. Make dough.
2. Put it in the fridge for half an hour.
3. Grease a baking tin with margarine and dust with flour. Arrange dough in it.
4. Bake in the oven at 200 °C until lightly golden.
5. Mix fructose powder and vanilla powder.
6. While still hot, cut into squares and roll in fructose and vanilla powder.

Chocolate and grain coffee biscuits



Dough:

600 g flour, type 900 (or brown flour)

220 g malt (e.g., wheat, barley)

240 g margarine

2 tsp baking powder

1 lemon, zested

Filling:

400 mL oats or soya cream

100 mL maple syrup

2 heaping tbsp grain coffee

350 g corn starch (or 30 g arrowroot)

25 g vegan chocolate

Topping:

150 g vegan chocolate

80 g margarine

1. Make dough, slice into circles, and bake in the oven at 180 ° C.
2. For the filling, put all ingredients except chocolate in a pot, mix well and boil until it becomes creamy.
3. Set aside and cool. Stir every few minutes.
4. Break chocolate in pieces. When the cream has the temperature of around 35° - 40° C, add chocolate to it. Stir until it melts.
5. Put 1 tsp of filling on each cookie and cover with another cookie.
6. For the topping, melt the chocolate and margarine in a bowl over lightly simmering water.
7. Pour topping over every cookie. Garnish with cream left from the filling, if you still have any.

Wholegrain kamut&cocoa biscuits

650 g kamut wholegrain flour

50 g cacao powder

1 tsp vanilla powder

300 mL wheat or rice malt

250 g margarine

1. Make dough.
2. Make biscuits with hand or with a biscuit mould.

Put in the oven, and bake at 200°C until golden brown.

Yogurt biscuits filled with almonds



Dough:

200 g wholemeal flour

300 g plain white flour

1 tsp baking powder

1 tsp vanilla powder

2 lemons, zested

100 mL maple syrup

200 g soya yogurt

100 g margarine

Filling:

Ground almonds

Malt (wheat, rice...)

Cream (soya or oat)

Topping:

Fructose powder

1. Knead dough.
2. Roll into a thickness of half a centimetre, and cut it into squares.
3. For the filling, mix almonds with malt and cream; the filling should be quite thick.
4. Put 1 tsp of filling in the middle of every square. Moisten edges with water and press them together.
5. Bake in the oven (180 ° C) until golden.
6. Allow to cool. Sprinkle with fructose powder.

You can fill the biscuits with marmalade, which should be thick.

Spelt biscuits with rolled oats

200 g rolled oats

200 g wholemeal spelt flour

100 g wheat malt

350 g stewed apple

100 mL sunflower oil

40 g raisins

1 lemon, zested

½ tsp baking powder

1. Mix rolled oats with flour, baking powder and zested lemon.
2. Add all the other ingredients and knead the dough.
3. Place a piece of dough in a baking tin and press down with forks. Repeat until the tin is full. The cookies should be of different shapes.
4. Bake them in the oven (180 ° C) until golden.

Rice biscuits



400 g wholemeal rice flour

120 g margarine

1 tbsp baking powder

1 lemon, zested

100 mL maple syrup

100 g soya yogurt (or just enough to make dough)

1. Knead dough.
2. Make biscuits with biscuit maker or simply with hands.
3. Bake them in the oven until golden.

Coconut cookies

200 g shredded coconut

300 g wheat flour
2 tsp baking powder
Pinch of salt
200 g margarine
200 g wheat malt

1. Make dough.
2. Make balls and bake them in the oven at 180°-200° C for 10-15 minutes.

Coconut & rice biscuits



300 g shredded coconut
500 g wholemeal rice flour
2 tsp baking powder
250 g wheat malt
250 g soya yogurt
150 g margarine

100-150 g raisins

1. Mix shredded coconut with rice flour and baking powder.
2. Add malt, yogurt and margarine. Knead dough.
3. Gently fold in raisins.
4. Make balls and bake them in the oven. (180 ° C).

Wholegrain kamut biscuits

560 g wholegrain kamut flour

300 mL wheat or rice malt

140 g margarine

Zested lemon

1. Make dough.
2. Make any form you wish and bake them in the oven at 200°C until golden brown.

Carob cookies



500 g plain white flour

2 tsp baking powder

50 g carob flour

1 tsp vanilla powder

1 tsp cinnamon powder

180 g margarine

70 g oats or soya cream

200 g maple syrup

1. Make dough from all the ingredients.
2. Roll out and make different shapes of cookies.
3. Bake in the oven (180 ° C).

Hazelnut biscuits

300 g flour

200 g ground hazelnuts

1 ½ tsp baking powder

Pinch of salt

250 g margarine

200 mL maple syrup

1. Make dough.

2. Make balls, arrange them Iz testa oblikuj kroglice, jih razporedi na pekač in peci v pečici na 180°-200° C 10-15 minut.

Cocoa beans & kamut cookies



100 g cocoa beans

200 g wheat malt

70 g margarine

200 g wholemeal kamut flour

2 tsp vanilla powder

1 tsp baking powder

Hazelnuts for decoration

1. Soak cocoa beans in cold water for an hour or two. Peel, dry, and grind them with a coffee grinder.
2. Put them in a bowl. Mix them with flour, vanilla powder and baking powder.
Add malt and margarine and kneed dough.
3. Shape the mixture into balls, and put them in a baking tin (with baking paper beneath).
Put 1 whole hazelnut in the middle of every cookie.
4. Bake them in the oven (180 ° C).

Spelt balls with dry fruit

100 g spelt

1 little piece of kombu

100 g grind hazelnuts

Raisins

Wheat malt

Vanilla powder

Shredded coconut

1. Soak spelt overnight in water with a piece of kombu.
2. Next day cook it.
3. Mix in a blender (together with kombu).
4. Put in a bowl; add hazelnuts, malt and vanilla.
5. Make balls and roll them in a shredded coconut.

Anise seed cookies



100 g flour type 800 (brown flour)

50 g corn starch

15 g baking powder

150 mL flaxseed gel

150 g wheat malt

30 g margarine

1 tbsp anise seeds

1 tsp turmeric powder

1. Mix flour, starch and baking powder in a bowl. Add flaxseed gel, malt and margarine,

and mix with electric mixer until amalgamated. At the end, slowly fold in (with the mixer on low speed) turmeric and anise seeds.

2. Put baking paper in a baking tin. With a tablespoon arrange the pastry at least 3 cm apart.
3. Bake in the oven (180 ° C).
4. As soon as they are done, roll them a bit and stand them upright in jars until cold.

Coconut balls

60 g shredded coconut

15-20 almonds

100 g coconut milk powder

Pinch vanilla powder

70 mL wheat malt

1 tbsp soya cream

1 cup shredded coconut for rolling the balls in it

1. Roast shredded coconut in a pan until golden.
2. Roast almonds and peel them (or buy peeled).
3. Make soft pastry from milk, flour, vanilla powder, wheat malt and soya cream.
4. Make balls from them, and put an almond in the middle of each.

Roll them in shredded coconut.

Mint gel candies



Inner part:

- 2 tsp agar agar powder
- 100 mL water
- 2 oats or soya cream ($\frac{1}{2}$ L)
- 50 mL maple syrup
- 5 bags mint tea

Coating:

- 70 g vegan chocolate
- 70 g margarine

1. Soak agar agar in 100 mL water.
2. Boil cream and maple syrup. Add bags of mint tea and leave for 20 minutes.
Strain bags well.
3. Add soaked agar agar and boil once again. Set aside, and place in a rectangular container (it functions as a mould). Cool completely.

4. Cut into squares.
5. Melt chocolate and margarine in a bowl over some lightly simmering water. Set aside.
6. Dip squares into coating, and place on greased paper. Put in the fridge.

Orange apricot gel candies

Interior:

1 L oat milk

250 mL cream

1 glass of apricot marmalade

1 glass of orange or lemon marmalade

3 tbsp agar agar powder

Coating:

100 g vegan chocolate

1 heaping spoon margarine

Shredded coconut

1. For the interior, mix all ingredients (except agar agar); if you want smoother cream, use a blender.
2. Put in a dish; add agar agar, stir and boil.
3. Pour in a rectangular dish. Cool completely.
4. Melt chocolate and margarine in a bowl over some lightly simmering water. Set aside.
5. Cut into little squares, dip them in the chocolate and roll them in shredded coconut.
Put them in the fridge.

Bayadera

(Traditional Serbian chocolate dessert)



300 g ground vegan cookies

200 g grind hazelnuts

100 mL any vegetable milk

100 g wheat (or any other kind of) malt

100 g margarine

60 g grated vegan chocolate

Chocolate or hazelnut cream (vegan)

1. Mix cookies and hazelnuts in a bowl.
2. Boil milk, and pour over mixture. Add malt and margarine.
3. Divide into halves. Add chocolate to one half.
4. First spread the light half on a tray; on the top of it spread the dark half (the one with chocolate).
5. Top with chocolate or hazelnut cream. Optionally sprinkle with shredded coconut.
6. Store in the fridge for at least 2 hours.

Fried rice balls

3 cups rice flakes

1 cup agave syrup or concentrated apple juice

Handful of raisins

2.5 cups oat (or any other kind) milk

Batter:

1.5 cups gram flour

1-1.5 cups water

Oil for frying

1. Boil rice flakes, agave syrup, raisins and milk.
2. Set aside and wait until cold enough to hold in your hands.
3. Make batter from water and gram flour.
4. Make balls, dip them in the batter and fry them in oil.

Fried rice balls, stuffed with chocolate cream

250 g rice flakes

100 mL maple syrup

350 mL oat (or soya, etc) milk

1 pear

30 g shredded coconut

Vanilla powder

Chocolate or hazelnuts cream (approx 15 tsp)

Batter:

80 g flour

120 mL water

2 tbsp fructose powder

Oil for frying

1. Boil rice flakes, maple syrup and milk. Cool.
2. Grate pear and squeeze it. Add pear, shredded coconut and vanilla to the flakes.
3. Make batter, a bit denser than for pancakes.
4. Make balls, with 1 tsp of chocolate cream in the middle (cream should be dense), dip them in the batter and fry them.

Squash balls



320 g squash

3 cloves garlic

Olive oil

25 g kuzu

3 tbsp non-dairy milk

Salt

Seaweed in flakes

Pitted olives

1. Boil squash in water until soft and dry it.
2. Chop garlic and fry in oil. Add to squash and mash everything together.
3. Mix kuzu with cold milk. Put the mashed squash on pan over low heat, and stir until it starts to boil. Add kuzu with milk, stir and cook until it starts to boil and becomes thick.
4. Salt it and mix.
5. Set aside and add the desired quantity of seaweed flakes.

6. Take paper muffin cups, and arrange them in the muffin tin. Fill them using spoons.
Put one olive in every cup.
7. Leave them in the muffin tin until cold. Then arrange them on a plate and serve.

Vanilla crescent

450 g brown flour

1 tsp baking powder

Pinch salt

1 tsp vanilla powder

250 g malt (rice, wheat or corn)

130 g margarine

1. Make dough.
2. Make crescents, put them on a greased baking tin and bake in the oven at 180°-200° C for 10-15 minutes.

Cook's tip: If desired, coat the crescents with chocolate. Melt the chocolate and margarine in a pan (at very low heat!) and dip every crescent in it.

Spice cookies



400 g flour

1 tsp baking powder

Pinch of salt

$\frac{1}{2}$ tsp clove powder

1 tsp cinnamon powder

$\frac{3}{4}$ tsp nutmeg powder

150 g margarine

250 g malt (wheat, rice or barley)

1. Make dough.

2. Make biscuits using a biscuit maker and arrange them on a baking tin.

Bake in the oven at 180°-200° C for 10-15 minutes.

Cook's tip: Instead of a biscuit maker, you can use a biscuit mould, so the cookies will look nicer.

Cocoa cookies

650 g flour

2 tsp baking powder

30 g cocoa powder

320 g margarine

300 g malt

1. Make dough.
2. Make balls and bake them in the oven at 180°-200° C for 10-15 minutes.

Marmalade Pockets



Pastry:

320g flour

Pinch of salt

210 g margarine

4 tbsp maple syrup

Filling:

Plum or apricot marmalade

1. Make dough. Put in the fridge for half an hour.
2. Roll to a thickness of half a centimeter. Cut into circles, and put 1 tbsp of marmalade on each one. Press them together with fingers.
3. Bake in the oven at 180° C for 10-15 minutes.

Hokkaido pumpkin biscuits

200 g Hokkaido pumpkin

230 g margarine

100 mL maple syrup

1 tsp baking powder

200 g corn flour

250 g plain white flour

1. Steam Hokkaido pumpkin (you don't need to peel it), cool down a bit and mash together with margarine and maple syrup.
2. Mix flour separately with baking powder, add to pumpkin and make dough.
3. Make balls and bake them in the oven at 180° C until golden brown.

Coconut roulade



Outer part:

220g vegan cookies, ground
100 g margarine
100 g malt
100 g vegan chocolate, grated
1 lemon, zested

Filling:

150 g shredded coconut
200 mL non-dairy milk
50 g margarine
50 g malt

50 g ground flax seeds

1. Knead all the ingredients with hands for the outer part. Sprinkle baking paper with flax seeds and roll in pastry 1.5 cm thick.
2. Boil milk and pour it over shredded coconut. Add margarine and malt and mix until well melted.
3. Spread onto the outer part.
4. Roll and put in the fridge.

Sweet Wheat

Traditional Serbian desert

250 g wheat (or spelt or kamut)

Piece of kombu seaweed

Pinch of salt

250 g ground hazelnuts

Maple syrup or malt

Vanilla powder

Cinnamon (optional)

Cloves, powdered (optional)

1. Wash wheat. Soak with kombu overnight.
2. The next day, cook it with a pinch of salt until soft. Put it through a strainer. Drain and put on dish clothes so that absolutely all the moisture drains.
3. Grind it, and add hazelnuts, spices and some maple syrup or malt (or both) until sweet enough. Knead with hands.
4. Put on a serving plate – make a big ball and sprinkle with ground hazelnuts.
5. Serve with a cream.

Salty Hokkaido pumpkin crackers



½ kg Hokkaido pumpkin (or any starchy pumpkin)

40 g margarine

300 g flour

1 tsp baking powder

2 tsp salt

1. Boil squash. Dry, mash and cool.
2. Fold in margarine, flour, baking powder and salt.
3. Grease a baking tin. Take bits of pastry with a teaspoon and arrange in the baking tin.
4. Put in the oven at 180° C and bake until golden brown.

Salty crackers with sesame

1/2 kg flour type 900 (or brown flour)

1 tbsp salt

100 g sesame seeds

250 g margarine

170 mL soya or oat cream

1. Mix flour, salt and sesame seeds.
2. Add margarine and cream, and make dough.
3. Roll the dough to a thickness of 0,5 cm, and put it in the baking tin (do not forget to use baking paper or grease with margarine)
4. Bake in the oven (180 ° C).
5. When done, cut into squares.

Salty crackers with soya cheese



150 g brown flour

80 g margarine

50 g soya cheese, grated

80 g margarine

4 tbsp soya cream

1. Knead pastry from listed ingredients.
 2. Put in the fridge for 1 hour.
 3. Make round crackers and ornament them with a biscuit stamp.
 4. Line a baking tin with baking paper, arrange biscuits inside, and bake in the oven.
-

Metric Conversion Charts

Milliliters to fluid ounces:

mL	fl. oz.
50	1,7
100	3,4
200	6,8
250	8,4
500	16,9
750	23,36
800	27
1000	33,8

Grams to ounces:

g	oz
50	1,7
100	3,5
150	5,29
200	7
250	8,8
300	10,6
350	12,3
400	14,1
450	15,8
500	17,6
600	21,2
700	24,7

Kilograms to pounds:

kg	lb
0,5	1,1
1	2,2
2	4,4