



## Nøsen's Christmas Recipes

Dear friends,

Although this year's holiday season might be a bit different than usual, it is still important to enjoy some cozy times, cuddle up inside, watch the snow falling slowly, and maybe sip on a warm cup of tea.

As there can be no Christmas time without warming food, we would like to share some recipes with you that light up our winter days here in Nøsen!

We hope that a cup of homemade chai, some comforting Palak Paneer, or a slice of our Raw Gingerbread Cake can bring some Nøsen vibes into your very home.

Enjoy this special time of the year and keep spreading love.

Merry Christmas from the Nøsen family!



Katharina's Breakfast Pancakes



Stewed Apples



Christmas Porridge



Sweet Potato Soup



Palak Paneer



Prasad's Red Lentil Masur Daal



Khichdi



Christmas Cookies



Raw Gingerbread Cake: Peperkake



Masala Chai



## Katharina's Breakfast Pancakes

Vegan & Gluten Free

### Ingredients:

(for 4 servings)

- 1 tbsp chia seeds
- 250 ml water
- 160 ml plant milk
- 30 ml coconut oil, melted
- 30 g brown sugar
- 30 g maizena (corn starch)
- 100 g oat flour
- ½ tsp cardamom
- 1 tsp cinnamon
- 3 tsp maple sirup
- 1 tsp vanilla
- oil for the pan

### Method:

- 1) Soak the chia seeds in water and let the mixture sit for 10 minutes.
- 2) Mix in the vegan milk and oil and stir well.
- 3) Add the remaining dry ingredients and mix everything until it reaches a homogeneous consistency.
- 4) Cover the bowl and set in the fridge. Let the dough rest overnight or at least for some hours.
- 5) After resting time, take the dough out of the fridge and stir thoroughly. If it hardened overnight, add some more coconut oil.
- 6) Heat up a pan to medium heat, add some oil to its surface and pour small dough islands on it.
- 7) When the top of the pancakes begins to show some bubbles, flip them carefully.
- 8) Cook until golden brown on both sides.



## Stewed Apples

Vegan & Gluten Free

Stewed apples are a great way to start your day according to Ayurvedic philosophy. Over the night, our metabolic fire of digestion in the stomach slows down. To slowly wake our digestion up again, easy-to-digest foods should be eaten before heavier foods, such as grains or raw fruits, are introduced to our morning stomach. Cooked apples serve as a gentle daily cleanse for the digestive system, strengthening digestion in general, while also boosting our immunity to prevent colds and flus.

### Ingredients:

(for 4 servings)

- 500 ml water
- 8 whole cloves
- 4 medium apples
- for Fiery digestions:  
Use pears for the apples.
- for Earthy digestion:  
Add a 1-inch piece of a  
cinnamon stick.

### Method:

- 1) Boil water and cloves in a small saucepan. While waiting for the water to boil, peel the apples and chop them into bite-size pieces.
- 2) Add the chopped apples to the hot water and bring to boil a second time. Reduce the heat, cover the saucepan, and let it simmer for 5 minutes.
- 3) After 5 minutes, the apples should be soft and translucent, but not too mushy.
- 4) Drain the liquid and save it on the side. You can use the liquid for porridge or a warm apple juice.
- 5) Let the apples cool down a bit.
- 6) Eat the stewed apples first thing in the morning.



## Christmas Porridge

Vegan & Gluten Free

Preparing porridge for breakfast at Nøsen means emptying huge amounts of oats and water into our biggest pot early in the morning and keep stirring regularly until everyone is ready for breakfast. It also means cooking it slowly and with lots of porridge-love. Especially during the holiday season, we love to spontaneously add some christmas flavor to it.

### Ingredients:

(for 4 servings)

- 90 g oats
- 320 ml vegan milk
- 320 ml water
- 1 tsp cinnamon
- 1 tsp cardamom
- 1 tsp flax seeds
- 1 tsp sweetener of choice
- a handful of dried fruit
- a handful of frozen or fresh fruit
- a handful of nuts

### Method:

- 1) Fill a pot of appropriate size with water and bring it to boil.
- 2) Add the oats and vegan milk.
- 3) Keep cooking and stirring until the oats are almost cooked. Do not stop stirring regularly because the oats will get burned.
- 4) Add ingredients of choice, such as christmas spices, sweetener, nuts, or fruits.
- 5) Remove from heat and serve with your favorite toppings, e.g. coconut flakes or homemade almond butter.



## Sweet Potato Soup

Vegan & Gluten Free

To mix up the soup game a little bit, Ava started surprising us with this creamy sweet potato soup for lunch. Served with homemade bread and sprinkled with roasted pumpkin seeds, this dish symbolizes autumn and winter days in the mountains.

### Ingredients:

(for 4 servings)

- 2 large sweet potatoes
- 1 can coconut milk
- 8 large carrots
- a pinch of salt
- ½ tsp pepper
- 1 tsp nutmeg

### Method:

- 1) Peel the sweet potatoes and carrots and cut into medium sized chunks.
- 2) Place sweet potatoes and carrots in a medium pot, add the coconut milk and enough water to cover the vegetables.
- 3) Boil until the sweet potatoes are soft. Cooking time depends on the size of your chunks.
- 4) Use an immersion blender to mix sweet potatoes and carrots with the water and coconut milk.
- 5) Add spices and keep blending until you reach a smooth, soup-like consistency.
- 6) Serve with bread or topped with cilantro.



## Palak Paneer

Gluten Free

### Ingredients:

(for 4 servings)

- 300 g fresh spinach
- 1 medium onion
- 20 g garlic
- 125 g cottage cheese
- 20 g ginger
- 1 tsp cumin seeds
- 2 tsp cumin powder
- 1 tsp turmeric powder
- 30 ml olive oil
- a pinch of salt

### Method:

- 1) Chop onion, garlic, and ginger. Slice cottage cheese into small cubes.
- 2) Heat up a pan and add oil.
- 3) Add chopped ginger, garlic, and onion when the olive oil is hot. Fry until the onion is slightly brown.
- 4) Add cumin seeds and fry them until they turn into a deeper brown shade.
- 5) Add spinach and stir regularly for 15 minutes.
- 6) When the spinach is cooked, use a hand blender to mix everything. While blending, add turmeric and cumin powder.
- 7) When everything turns into a homogene, green mixture, add the cottage cheese.
- 8) Cook the cheese for 10 minutes in the spinach.
- 9) Serve with rice, salad, or bread.



## Prasad's Red Lentil Masur Daal

Vegan & Gluten Free

One of the most common meals that we traditionally eat for lunch here at Nøsen is Prasad's Daal. Easily thrown together it can be spiced up with your favorite vegetables or served with all kinds of side dishes, such as rice, naan bread, or curry.

### Ingredients:

(for 4 servings)

- 250 g red lentils
- 1 l of water
- 20 g ghee  
(can be substituted with olive oil)
- 2 tsp cumin seeds
- 1 tsp turmeric powder
- salt (to taste)

### Method:

- 1) Bring water to boil in a large pan.
- 2) Add the lentils and cook for about 8 to 10 minutes until they turn soft.
- 3) Heat ghee (or oil) in a second pan and add cumin seeds.
- 4) Fry cumin seeds until golden brown.
- 5) Mix in with the lentils and add turmeric powder and salt to taste.
- 6) Serve with rice, naan bread, or another dish.



## Khichdi

Gluten Free

Khichdi is a very common meal for every Ayurvedic cleanse and a stable basic in an Ayurvedic diet. It nourishes the body while also being light enough on the digestion. This comforting, classic dish is therefore perfect during periods of transition.

### Ingredients:

(for 4 servings)

- 200 g aged white rice
- 120 g yellow split moong dal
- 1.6 l water
- 4 cloves
- 1 tbsp grated fresh ginger
- 4 black peppercorns
- ½ tsp turmeric powder
- 1 tsp coriander seeds
- 1 tsp fennel seeds
- 1 tsp cumin seeds
- 1 tsp rock salt for taste
- 2 tbsp ghee
- optional: 150-200 g vegetables, diced

### Method:

- 1) Wash moong dal and rice until the water runs clear.
- 2) Soak moong dal and rice overnight or at least for 1 hour in hot water.
- 3) Combine all ingredients in one big pot and cook uncovered for 25-30 minutes.
- 4) Serve with some chopped cilantro, parsley, or cilantro mint chutney. If you would like, you can also add some more ghee on top before enjoying.





## Christmas Cookies

Vegan

### Ingredients

(for 4 servings):

- 2 tbsp flaxseeds
- 300 g flour, plus some additional for the kneading
- 75 g sugar
- 10 g vanilla sugar
- 15 g baking powder
- juice of ½ a lemon
- 2 drops of bitter almond oil
- 200 g vegan margarine

### Method:

1) Mix the flaxseeds with 6 tbsp of water and set aside for 10 minutes.

2) In a big bowl, combine flour, sugar, vanilla sugar, and baking powder.

3) Add the soaked flaxseeds, juice of ½ a lemon, and bitter almond oil.

4) Add the vegan margarine in flakes and knead everything until it becomes a sleek dough.

5) Wrap the dough in cling film and place in the fridge. Let it sit for at least 30 minutes.

6) After 30 minutes, dust your working space with flour and roll out the dough thinly.

7) Use cookie cutters or any other forms to cut out cookies.

Keep reusing the leftover dough, spreading it out again and again until it is used up.

8) Cover a baking tray with a baking sheet and place cookies on it.

9) Bake cookies at 200°C for 12-15 minutes.

10) Let the cookies cool down completely.

11) For toppings, you can use melted chocolate or whip up some powdered sugar with lemon juice.



## Raw Gingerbread Cake: Peperkake

Vegan & Gluten Free

Holiday season is the perfect time for baking yummy cookies or complicated dinner dishes. But it might also be the perfect time for introducing something new to your typical christmas cuisine.

What about a delicious raw cake? A bite of our Peperkake takes you on a journey through all main christmas spices, such as cardamom, cinnamon, and ginger, while being perfectly sweet.

And all that without huge amounts of processed sugar!

### Ingredients:

(for 4 servings)

#### Base:

- 3 dl almonds
- 2 dl fine oats
- 1 ½ tsp cardamom
- ½ tsp ginger spice
- 10-15 pitted dates
- ½ tsp salt
- a splash of water

#### Creme:

- 1 ½ dl melted coconut oil
- 3 dl coconut cream
- 1 dl cashews, soaked
- 5 pitted dates
- 1 tbsp tahini
- 1 tsp cinnamon
- ½ tsp ginger spice
- 1 tsp cardamom
- 1 dl maple syrup
- 1 tsp salt

#### Chocolate topping:

- 2 tbsp melted coconut oil
- 1 ½ tbsp cacao powder
- 1 tbsp almond butter
- 1 tbsp maple syrup
- 1 tsp coconut sugar
- a pinch of salt
- a pinch of vanilla



## Method:

- 1) For the base, soak the dates for 10 minutes in some water.
- 2) Place the almonds in a food processor and blend on their own until thoroughly chopped.
- 3) Add the remaining ingredients for the base. Start blending on a low frequency and keep speeding up until everything is blended well together. If the mixture is too dry to form a uniform dough, add some water and keep blending for a few more minutes.
- 4) Line a cake form with a baking sheet and press the base mixture on the bottom. Spread it out as consistently as possible.
- 5) Place the base into a freezer while preparing the creme.
- 6) For the creme, place all ingredients in your food processor and blend until smooth.
- 7) Take the base out of the freezer and spread the cream on top.
- 8) Cover the cake form with some plastic foil and place in the freezer for 2 hours before preparing the final chocolate layer.
- 9) For the final topping, mix all ingredients together until they form a smooth liquid.
- 10) Take the cake form out of the freezer and cover it with the chocolate.
- 11) If you would like, you can add some decorations on top. We love to use crushed almonds or cashews.
- 12) Place the entire cake in the freezer. Leave it there overnight or at least a few hours.
- 13) Take it out of the freezer about 20 minutes before serving.



## Masala Chai

Vegan & Gluten Free

Ildhi used to work in an Indian Tea House in Hungary where she learned this specific Chai recipe. The Tea House's owner was Indian and used to drink chai at home. When he would have his friends over at the Tea House, they would all have Masala Chai together. When Ildhi made it for them, her chef made her the compliment that Ildhi's chai would taste like the one his mom used to make at home.

### Ingredients:

(for 4 servings)

- 6-8 whole cloves
- 1 cinnamon stick
- 6 slices of ginger
- 10-12 cardamom pods
- 4.5 dl vegan milk
- 6 tsp sugar
- 4 small tea bags of black tea or 4 tbsp of loose black tea
- 4.5 dl water

### Method:

- 1) Boil water and add in cloves, cinnamon, ginger, and cardamom. Keep boiling for about 5-8 minutes.
- 2) Add the black tea and let it steep for 3 more minutes.
- 3) Add sugar and vegan milk.
- 4) Lower the heat and let the mixture slowly heat up.  
Be careful not to let the chai boil again because the milk will run out otherwise.
- 5) Steep the mixture for 5 more minutes.
- 6) Use a sieve to filter out all spices.
- 7) Enjoy with some cookies.