



# Aubergine al Ragu

*Vegan stuffed aubergine with an Italian al ragu filling with vegan minced “meat”, rice and tomatoes.*

*Topped with the vegan cheesy sauce.*

*This dish can be enjoyed hot or cold. I personally, I prefer it cold.*

*It will be a great centrepiece for your vegan buffet and can be easily prepared in advance.*

*This recipe is for 3 medium aubergines.*

## Ingredients

3 aubergines medium size  
60 g rice (weight for dry rice)  
1 small onion  
1 tomato  
40 g tomato puree  
50 g vegan minced meat (soy or tofu or seitan)  
2 garlic cloves  
3 tablespoons olive oil  
herb salt  
black pepper  
soy sauce  
cayenne  
1 tablespoon dried Italian herbs

Vegan Cheesy Sauce (next page)

## Instructions

- cut the aubergine in halves and scoop out the flesh; put the flesh aside for later sprinkle the aubergine with salt and let it drain for about 20 mins dry it with a paper towel and prebake the aubergine on a tray at 200 C (non fan) for approx. 20 mins, until the aubergine are soft
- boil the rice
- dice the onion and fry it in the olive oil until brown but not burned
- add tomato puree, thinly sliced garlic and the minced soy meat; mix well
- spice with salt, pepper, soy sauce, cayenne and Italian herbs
- continue to fry until the garlic is fragrant
- add the cooked rice to the ragu sauce and mix well; if the filling became too dry, add a little bit of water, although the filling shouldn't be like a sauce, more “stuffy”
- fill the aubergine halves with the filling
- dice the tomato and sprinkle it over the filling
- prepare the vegan cheesy sauce (recipe next page) and sprinkle it with a spoon over the aubergines
- bake in the oven at 200 C (non fan) for approx. 20 mins, until the tomatoes are soft and the “cheese” is crisp
- serve hot or cold

# Vegan Cheese Sauce



*This cheese sauce is great to scallop any dish, to put it on a pizza, prepare mac&cheese, cheesy toast etc etc*

*Basically everything where you want to have melted cheese if you were a dairy-eater.*

*Prepared within minutes. And the ingredients have a super long shelf-life, so your pantry can be always well stocked with it in case you need the cheesy sauce.*

## Ingredients

150 ml coconut cream  
3 tablespoons nutritional yeast  
2 tablespoons tapioca starch  
½ teaspoon herb salt  
¼ teaspoon onion granulate  
¼ teaspoon garlic granulate  
1 pinch smoked paprika powder

optional:  
1 teaspoon curcuma (turmeric) for the colour

## Instructions

- Mix the coconut cream with the nutritional yeast, tapioca starch, garlic and onion granulate, a pinch of smoked paprika powder and herb salt with a whisk in a pan.
- When everything is well mixed, boil it for 1 minute or a few seconds longer, whisking continuously, until the sauce becomes a chewy paste like melted cheese.
- Use a spoon and spread the cheesy sauce on top of a pizza, spread it on toast for grilled cheese toast, top your vegetables to gratinated it – basically wherever you want to have melted cheese on top.
- If you want to have a cheddar like colour – use a bit of turmeric in your mix, which will add the orange cheddar colour to your cheesy sauce.
- Prepare the sauce fresh from scratch when you need it, it only takes 3 minutes and it doesn't taste as good when you stored it in the fridge.