



# Food around the world

Savoury cooking with Yeast Extract

10 EASY  
VEGAN RECIPES  
FROM DIFFERENT  
CUISINES



# Food around the world – Savoury cooking with yeast extract

As an ingredient, yeast extract is extremely versatile. You can use it to season sauces, bouillons, soups, savoury snacks and much more. Yeast extract brings out and balances flavours in food, just like herbs and spices. Thanks to its umami taste, it not only complements the savoury taste of meat and fish dishes, but it is also perfect for preparing vegetarian dishes. It is free from animal ingredients but still provides a meaty taste. You can also use it to counteract the loss of savouriness that usually occurs when the salt content of a dish is reduced, and thus your perfect companion for low salt cooking.

With vegan recipes from different cuisines around the world, we would like to introduce you to the variety of dishes where yeast extract serves as the secret ingredient to create a perfect and well-balanced taste. We asked ten vegan and vegetarian food bloggers to create their favorite dish with yeast extract for you to try out at home.

Whether it is an Italian Spaghetti Carbonara, an American Mac and Cheese or an Asian Stew recipe, our recipe selection provides easy directions to create a savoury meal at home.

More information about the different food bloggers can be found below the recipes.

Happy cooking!

Your Eurasyp Team

For more information on yeast extract as a natural ingredient, visit our website [yeastextract.info](https://yeastextract.info)



# Recipes

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# Spaghetti Carbonara

## Ingredients for 2 servings:

### For the spaghetti

300 g spaghetti  
250 ml soy cream  
2 tablespoons vegetable milk (oat or soya)  
1 red onion  
1 tablespoon of oil (e.g. rape seed oil)  
2 tsp yeast extract, optional fresh herbs

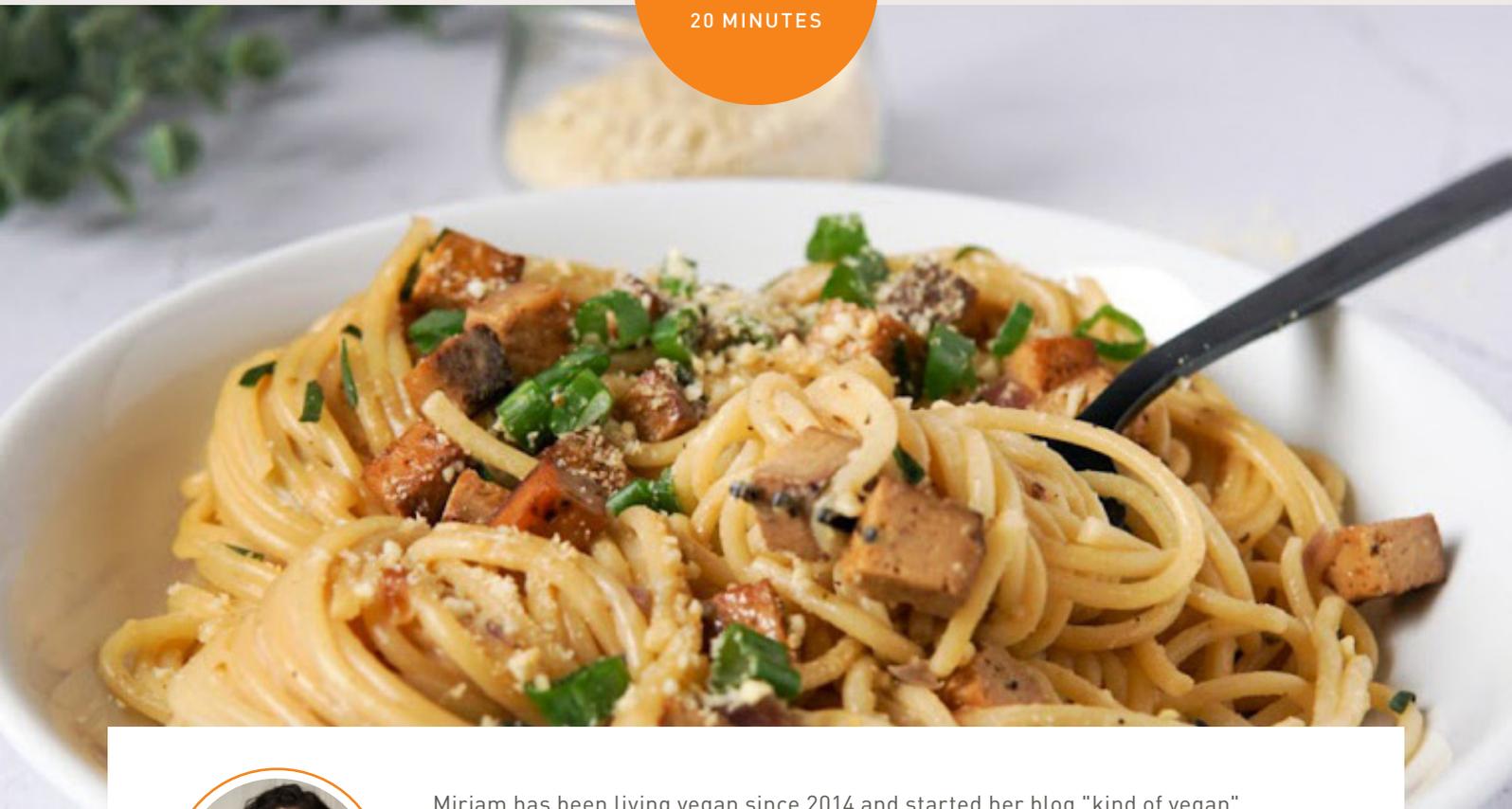
### For the tofu

200 g smoked tofu, 1 tsp yeast extract  
Spices (each ½ TL paprika powder & oregano)  
1 tablespoon of oil (e.g. rape seed oil)  
1 teaspoon agave syrup (or other sweetness)

## Preparation:

1. cook the spaghetti according to the package instructions. In the meantime prepare the tofu first: Cut the tofu into small cubes with a knife. Mix the yeast extract, 2 tsp. water and spices in a bowl and marinate the tofu cubes for a few minutes.
2. then chop the onion for the cream sauce and fry in oil. Deglaze with the soy cream and vegetable milk and add the yeast extract. Flavour with salt, pepper and optionally fresh herbs.
3. fry the marinated tofu in oil for a few minutes, then flavour with salt and pepper and caramelize slightly with the agave syrup.
4. finally, add the cooked spaghetti and the caramelized tofu to the cream sauce and mix everything well.

PREPARATION  
TIME:  
20 MINUTES



Miriam has been living vegan since 2014 and started her blog "kind of vegan" in 2016 on Instagram. The focus of her blog is on vegan food as well as quick and healthy recipes.

[kindofvegan.de](http://kindofvegan.de)

# Cauliflower wings with chipotle chili sauce

## Ingredients for 2 servings:

### Sauce:

1 onion, 2 cloves of garlic  
3 dates (or 1 tablespoon of apple pulp)  
100 ml grape juice (red) 100 ml strained tomatoes  
1 tablespoon of olive oil  
1 teaspoon red pepper powder, sweet as a nut  
1 teaspoon paprika powder, smoked  
1 teaspoon chipotle chili spice  
1 tsp yeast extract, 1 tsp soy sauce

### Cauliflower wings:

500 g cauliflower, 100 ml water  
100 g wholemeal spelt flour  
1 tablespoon yeast extract  
1 teaspoon paprika powder, noble sweet  
1/2 tsp cayenne pepper  
1 teaspoon maple syrup  
2 tablespoons of olive oil  
Pinch of pepper, optional wholemeal breadcrumbs

## Preparation:

- For the sauce, chop onions, garlic, and dates finely and sauté in olive oil until translucent. Fry it briefly with all spices and then deglaze it with grape juice. Boil down for 10 minutes. At the end put it in a blender and mash it to a smooth sauce.
- Preheat the oven to 220° C.
- Wash the cauliflower and cut it into bite-sized florets. Make a dough mixture with the remaining ingredients – except the bread-crumbs. Marinate the cauliflower well in it.
- Place on a black tray with baking paper, optionally sprinkle with breadcrumbs and bake for 15 to 20 minutes at 220° C, top shelf.



Sarah is a food blogger and cookbook author from Dortmund. Under her brand "Heimatgemüse" she cooks vegan recipes, which can be turned into vegetarian options if required. With her recipes she wants to inspire people to cook more vegan recipes and show how various a plant-based diet can be.

[heimatgemuese-kochen.de](https://heimatgemuese-kochen.de)

# Spinach and potato gratin

## Ingredients for 4 servings:

1.2 kilo potatoes (mainly waxy)  
500 ml coconut milk  
1 tablespoon of starch (e.g. tapioca)  
2 cloves of garlic  
3 tsp yeast extract  
1 tsp salt  
1 tsp onion powder  
30g vegan butter  
1/3 tsp pepper  
pinch of nutmeg  
vegan pizza cheese (optional)  
400g TK leaf spinach  
1 pack of soy cream  
1 large onion  
salt & pepper

## Preparation:

- Preheat the oven to 180 °C (circulating air). Wash potatoes and cut or slice thinly (1.5-2mm). Cut onions, sauté briefly and then add the spinach. After 3 minutes, refine with soy cream and remove the pan from the heat. Grease a large casserole dish and spread the spinach evenly on the base.
- Stir coconut milk, garlic, pepper, salt, yeast extract, onion powder and vegetable stock in a mixer until it is smooth.
- Fill the potatoes evenly in the form and spread a thin layer of sauce all over them. Repeat the process until all the sauce is used up. Potatoes that are not covered with sauce will not soften as quickly. For my big form I needed three layers of potato/sauce in alternation. If you didn't use the liquid sparingly enough, you can stretch the remaining liquid with some more soy cuisine. Optionally, you can sprinkle vegan pizza cheese on the gratin (after half the baking time).
- Bake the vegan potato gratin now for about 60 minutes until it's golden brown. Take it out of the oven and let it cool down for 5-10 minutes before serving.

PREPARATION TIME:  
30 MINUTES

COOKING TIME:  
60 MINUTES



Joana is a food blogger from Berlin and creates vegan recipes for every taste. According to her motto "Everyone can cook healthy" she regularly shares tips & tricks for a healthy and sustainable lifestyle on her blog.

[foodreich.com](https://www.foodreich.com)

# Baked eggplants with walnut crumble and cashew cream

## Ingredients for 2 servings:

### For the Cashew Creams:

100 g cashew nuts (soaked overnight in water)  
1 garlic clove, 1 teaspoon cider vinegar  
1 tablespoon yeast flakes  
salt and pepper  
3 stems of mint, 3 stems of parsley

### For the baked eggplant:

2 eggplants, Salt  
1 garlic clove, 2 tablespoons of olive oil  
1/2 TL yeast extract  
1 tablespoon maple syrup pepper

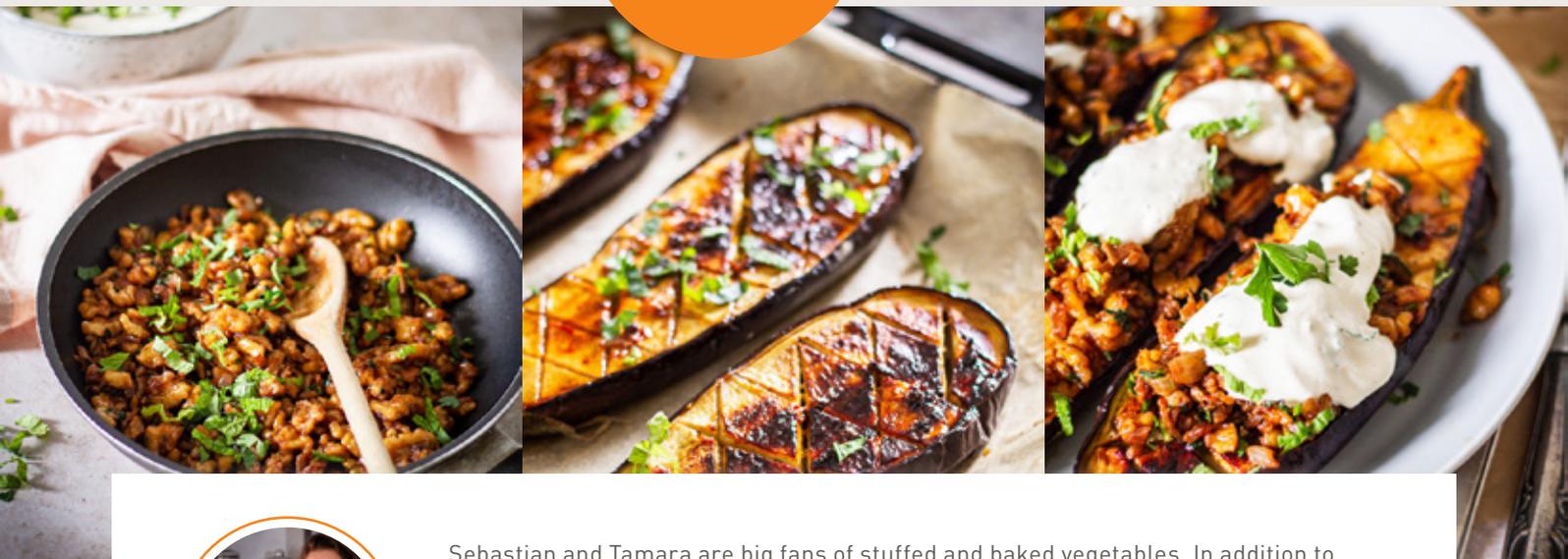
### For the walnut crumble:

125 g walnut kernels, 1 onion, 1 garlic clove  
1 tablespoon of olive oil  
2 tablespoons of soy sauce  
1/2 tablespoon of yeast extract  
salt and pepper, 3 parsley stems

## Preparation:

- For the Cashew Cream, drain the soaked cashew nuts and rinse well. Puree cashew nuts, garlic, apple vinegar and yeast flakes with 120 ml water to a fine cream. Season with salt and pepper. Chop mint and parsley finely and stir into the cream. Wash the eggplants, cut them in half and sprinkle the surfaces with salt. Leave to stand for 20 minutes and then pat dry.
- For the marinade, peel the garlic, press it and mix it with olive oil, yeast extract, maple syrup and some pepper. Preheat the oven to 200° C. Coat the eggplants with the marinade and bake for 25 minutes.
- For the Walnut Crumble, chop the walnut nuts. Peel garlic clove and onion and chop finely. Heat the olive oil in a high pan and fry the onion and garlic until transparent. Add the nuts and roast for about 10 minutes at medium heat. Stir again. Deglaze with soy sauce and season to taste with yeast extract, salt and pepper. Finely chop parsley and add to the sauce.
- Remove the eggplants from the oven, spread the crumble on top and serve with the Cashew Cream.

PREPARATION  
TIME:  
45 MINUTES +  
BAKING TIME



Sebastian and Tamara are big fans of stuffed and baked vegetables. In addition to vegan cuisine, they place a further priority on the seasonal availability of the products. In cooperation with Eurasyp they created the recipe: "Baked eggplant with Walnut Crumble and Cashew Cream".

[simply-vegan.org](http://simply-vegan.org)

# Vegan stew and dumplings

## Ingredients:

### For the stew:

1 tbsp olive oil  
6 cloves garlic, 1 onion  
3 celery stalks, 2 carrots  
70g canellini beans  
75g baby potato  
550ml vegetable stock  
5g thyme  
1 tsp yeast extract  
2 tbsp cornflour  
300ml water  
1 tsp paprika powder  
1 tsp parsley  
1 tsp black pepper  
1 tsp onion powder

### For the dumplings:

120g plain white flour  
¼ tsp salt, 1 tsp baking powder  
2 tbsp thyme  
1,5 tsp nutritional yeast  
1 tbsp vegan butter  
65ml unsweetened soy milk

## How to make the stew:

1. Gently fry your garlic and onion.
2. Then add carrots and celery and fry for further 15 minutes.
3. Add vegetable stock, tomato puree, yeast extract, beans and potato. Simmer for another 20-25 minutes.
4. In the meantime, make your dumplings (full instructions below). Add dumplings to the pan and cook uncovered for 8 minutes, then cover and cook for 12 minutes. Don't forget to stir the bottom occasionally.

## How to make vegan dumpling dough:

1. Combine all your dry ingredients.
2. Then add in vegan butter (room temperature, but not melted) little by little. Make sure to really rub the butter into the flour mixture using a spoon.
3. Last but not least, add your plant milk little by little. Mix well. Don't worry if some lumps remain.
4. If you want your dumplings to be really big like mine, use a 1/8 cup measuring cup. If you prefer smaller, just use a tablespoon. Drop the dough on top of the simmering stew. Preferably, place it on top of vegetables to prevent it from sinking. Then, as stated above, cook for 8 minutes uncovered and further 12 minutes covered.



Tajda is a food blogger from Slovenia and lives in Manchester. As “myveganminimalist”, she creates original and vegan recipes – in cooperation with Eurasyp, she oriented herself towards Asian cuisine. Tajda’s recipe “Vegan Stew with Dumplings” shows how variously yeast extract can be used as an ingredient in international cuisine.

[myveganminimalist.com](http://myveganminimalist.com)

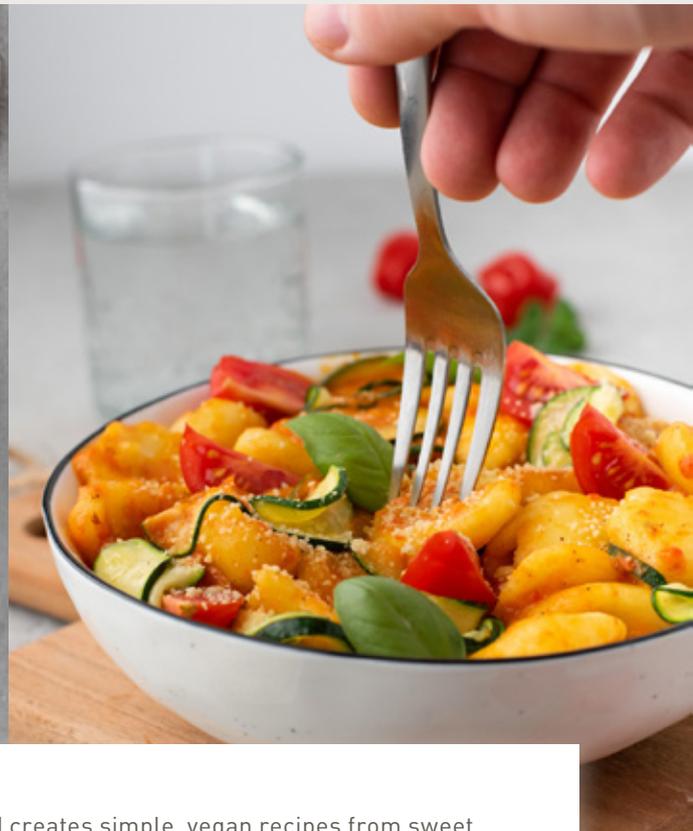
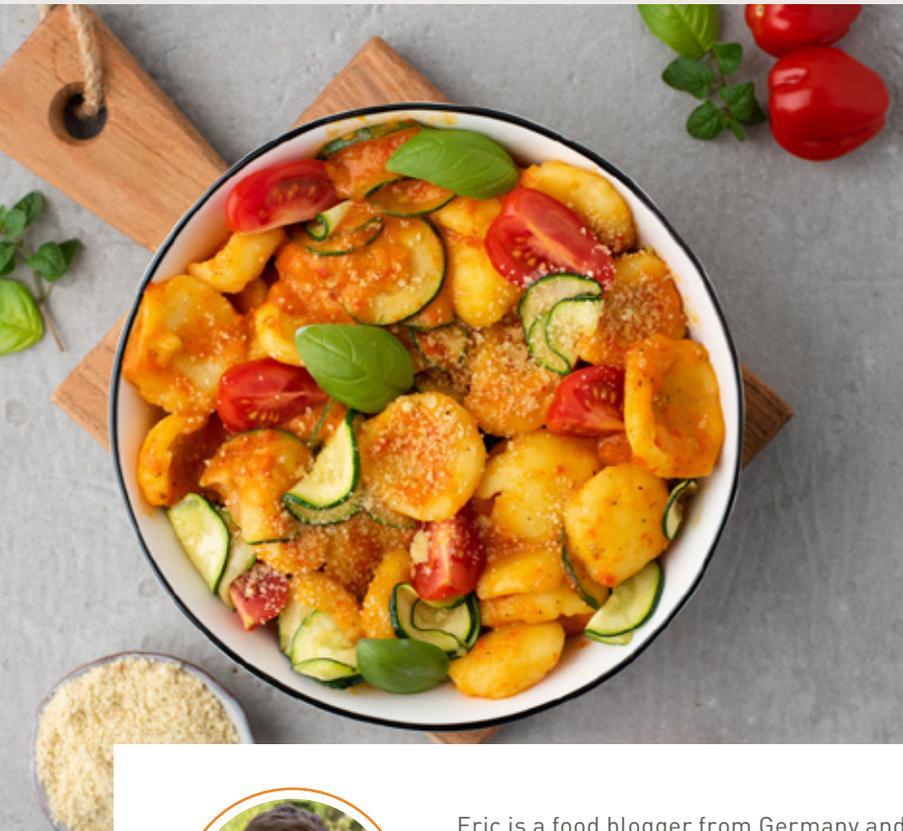
# Gnocchi in a creamy sweet pepper sauce

## Ingredients for 2 servings:

400g Gnocchi  
2 red sweet peppers  
1 small courgette  
6 Cocktail tomatoes  
2 tablespoons yeast extract  
50ml vegan cream  
100ml water  
1 tablespoon olive oil  
pinch of salt and pepper

## Preparation:

1. Cut the peppers in half and put them in the oven at 180 degrees convection for 20-25 minutes until the skin of the peppers turns slightly black.
2. Cook the gnocchi for about 3-5 minutes.
3. Wash the courgettes and cut them into thin slices.
4. Add the courgettes to the pan with the olive oil and fry well.
5. Take the peppers out of the oven and peel them when they have cooled down a little. Then put them briefly in a blender and mix thoroughly.
6. Add the resulting paprika sauce and water to the pan.
7. Then stir in the yeast extract and the cream.
8. Just before the gnocchi are added, cut the tomatoes in half and add them to the sauce.
9. Toss the gnocchi briefly in the pan and then serve.



Eric is a food blogger from Germany and creates simple, vegan recipes from sweet to savory. For Eurasyp he created homemade gnocchi with paprika sauce in which yeast extract is used as a flavouring ingredient. Eric's recipe is excellent to follow and shows how simple vegan dishes can be.

@mytypeofhealth

# Pulled mushroom burger

## Ingredients for 2 burgers:

1 tablespoon ketchup  
1 tablespoon yeast extract  
1 teaspoon paprika powder smoked  
2 tablespoons vegetable oil e.g. rape oil  
salt & pepper  
10 large mushrooms e.g. herb sidlings  
1 onion  
1 clove of garlic

## Also:

2 burger buns  
Topping e.g. tomatoes,  
gherkins, salad,  
burger sauce, etc.

## Preparation:

1. For the marinade, mix ketchup, yeast extract, paprika powder, 1 tablespoon vegetable oil, salt & pepper in a large bowl.
2. clean the mushrooms if necessary and pluck them with your fingers into narrow strips. Alternatively, score them with a fork so that the mushrooms shred into a kind of pulled pork. Add the plucked mushrooms to the marinade and mix well.
3. peel the onion and chop finely. Press or finely chop the clove of garlic and fry both in 1 tablespoon vegetable oil over medium heat in a large pan. After one or two minutes add the mushrooms and fry everything together for about 10 minutes. Finally, season again with salt & pepper. Alternatively, you can also fry the onions and garlic, add them to the mushrooms, mix everything and cook the mixture on a baking tray in the oven for 15 minutes at 180 degrees.
4. place the vegetarian Pulled Pork together with the burger sauce, tomatoes, gherkins & co. on the burger buns and that's it!

PREPARATION TIME:

15 MINUTES

COOKING TIME:

10 MINUTES



Frances loves good and simple food. On her blog you will find healthy recipes for cooking and baking. In addition she focuses on the seasonal availability of the ingredients in her recipes.

[carry-on-cooking.com](http://carry-on-cooking.com)

# Crispy tofunuggets with dill-herbal dip

## Ingredients for 4 servings:

### Tofunuggets:

400 g tofu  
100 ml soy milk  
2.5 tablespoons yeast extract  
2 tablespoons cornstarch  
1 c chickpea flour  
1 c wholemeal breadcrumbs  
1 teaspoon chili  
1 tablespoon smoked paprika powder  
1/2 tablespoon cumin  
2 tablespoons onion powder

### Dill herb dip:

250 g soy yoghurt  
1 teaspoon salt  
1 lemon (juice)  
1/2 bunch dill  
Pepper

## Preparation:

- Mix the soy milk with the yeast extract in a small bowl. Put the chickpea flour in an extra bowl
- Mix the spices with the breadcrumbs and place in a small bowl
- Squeeze the tofu and cut it into 1cm thick strips
- First turn the tofu strips in the chickpea flour, then dip them in the soy milk/yeast extract and cover with the breadcrumbs
- Fry the tofu strips in a pan with plenty of olive oil
- Oil-free version: Bake in the oven at 180°C for 25 minutes until its golden/brown
- In the meantime, mix the yoghurt with the remaining ingredients and season with pepper
- Serve together

PREPARATION  
TIME:  
20 MINUTES



Giulia discovered vegan cuisine and its diversity in 2018. Cooking and creating is her passion. On her blog she regularly develops individual recipes and pictures.

[giuliadagate.com](http://giuliadagate.com)

# Vegan Cheese-Potato Wedges with avocado dip

## Ingredients for 2-4 servings:

### For the vegan cheese and potato wedges:

900 g small organic potatoes  
1 tablespoon sweet paprika powder  
2 tablespoons yeast extract  
1 teaspoon salt  
4 tablespoons olive oil

### For the avocado dip:

2 soft avocados  
2 tablespoons lemon juice  
1 tablespoon of olive oil  
salt and pepper to taste

## Preparation:

### For the potato wedges:

1. Preheat the oven to 200 degrees top and bottom heat.
2. Clean the potatoes with a brush and water and put them in a large bowl.
3. Mix the potatoes with the olive oil, paprika powder, yeast extract and salt.
4. Cover a baking tray with baking paper.
5. Spread the potato wedges on the baking tray.
6. Bake the potatoes for 15 minutes, turn them over and bake them for another 15 minutes. (Note: If your potatoes are a bit bigger, the baking time might be a bit longer).

### For the avocado dip:

1. For the avocado dip, cut the avocados in half, remove the stone and scoop the flesh out of the skin with a large spoon. Crush the avocados with a fork.
2. Now season the avocados with lemon juice, salt and pepper.

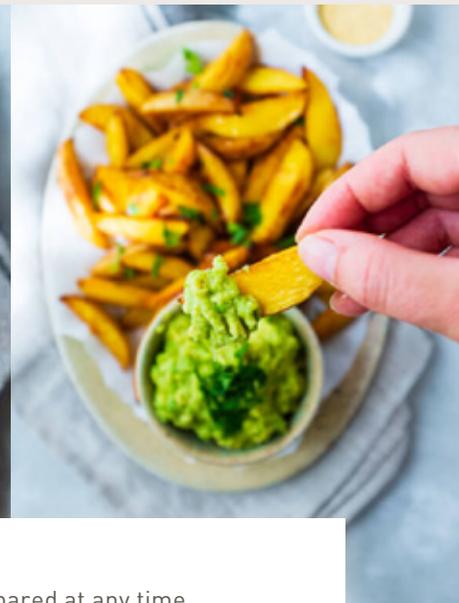
When the potato wedges are golden brown and crispy, take them out of the oven and serve them together with the avocado dip.

PREPARATION TIME:

15 MINUTES

COOKING TIME:

30 MINUTES



Susanne likes to cook uncomplicated recipes that can be prepared at any time. The quality of the ingredients is particularly important to her, which is why she uses mainly fresh and regional products for her dishes.

[meinkleinerfoodblog.de](http://meinkleinerfoodblog.de)