

IT'S TIME FOR THE SUMMER FAMILY BBQ

Five tasty summer BBQ
recipes everyone will
enjoy



MY MOM SAM *♪*

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COLOPHON

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PREFACE

by Karen Soeters

And then it was summer.

The perfect season for the family BBQ. The moment we've all been waiting for! With so many plant-based options available, it is simply a joy to be able to feast on delicious food with a clear conscience together with friends and family. After connecting with an animal just like we did with Sam and her children, wanting meat on one's plate is a thing of the past.

Sam and her beautiful kids melt my heart. She was lucky to be rescued from the meat industry, but most of her kind are destined to an unfortunate ending over the smoldering charcoal of the BBQ. Maartje Borst has come up with five delicious plant-based recipes for all your summer BBQ parties, which Lisette Kreischer has photographed beautifully. A true and mouth-watering inspiration to look at; without needing to mention the exquisite experience of feasting together with them, rather than finding them on your BBQ. An absolute must, warmly recommended by Sam and her children, and of course myself. I'm going to try them all, that's for sure, and I hope you do too.

House of Animals wishes everyone a wonderful and animal-friendly summer!

“ These BBQ recipes are so delicious in taste and texture, you’ll wonder why you ever did it any other way! It’s a triple win: The animals, the environment, your table companions as well as yourself will be feeling good, fresh and happy. Let the summer begin!

-Maartje Borst

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“ How lucky I was to photograph these divine recipes. As a good old vegan, I am used to roasting all kinds of vegetables on the BBQ, but Maartje’s dishes were a completely new experience. All I could think was, when the carnivorous world finally gets acquainted with these flavors and techniques, no animal will ever end up on the BBQ again!

-Lisette Kreischer

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FIERY TOFU STEAKS

This is one hot flavored and chewy tofu recipe! The brining and grilling transforms the tofu into a meaty texture. Together with the sticky, fiery sauce, it bursts with flavor!

PREPARATION

Mix the water with the salt and garlic. Stir until the salt has almost dissolved. Place the tofu slices in the salty water and brine them for at least a few hours (or overnight).

In the meantime, make the sauce. Heat the rice oil. Fry the onion until translucent. Add the garlic and tomato paste and fry briefly. Add the ginger syrup, water, soy sauce, vinegar and sriracha. Bring the sauce to a boil. Mix the corn flour with the 2 tbsp water and add it to the sauce while stirring. Let it simmer on low heat until the sauce has thickened.

Light the BBQ. Brush the tofu with a little bit of oil and place the slices on the hot BBQ. Grill for a few minutes on both sides. Brush the slices generously with the fiery sauce, and grill both sides again until the sauce gets very sticky and clings to the tofu.

Good combinations with this dish: cucumber salad, tropical fruits such as mango and pineapple, rice and fresh coriander.

INGREDIENTS

Tofu

500 ml water
20 g Celtic sea salt
1 garlic clove, peeled and finely chopped
500 g tofu, sliced
dash of rice oil

Fiery sauce

1 tbsp rice oil
1 small onion, peeled and finely chopped
1 garlic clove, peeled and finely chopped
3 tbsp tomato puree
100 ml ginger syrup
100 ml water
1 tbsp soy sauce
1 tbsp vinegar
1 tbsp sriracha
2 tsp corn flour + 2 tbsp water



TEMPEH SHASHLIK

Shashlik is a popular dish in the Caucasus region and Russia. Traditionally, this rather acidic marinade is prepared with fruit juice or tomato. The tomato gives the marinade that umami boost that takes the tempeh to the next level. Try it yourself! There is no doubt that this tasty twist on tradition with tempeh will please your palate!

PREPARATION

Start by making the marinade. Mix the vegetable stock with the garlic, bay leaf, tomato puree, vinegar, sweet soy sauce, soy sauce, paprika powder, thyme and cumin seeds. Put the tempeh cubes in the marinade and leave for at least a few hours (or overnight).

Light the BBQ. Thread alternating pieces of bell pepper, tempeh and onion onto a bamboo skewer. Brush with some rice oil and grill on all sides for a few minutes on the BBQ. Serve with vegan barbecue or shashlik sauce.

INGREDIENTS

200 ml vegetable stock
1 garlic clove, peeled and finely chopped
2 bay leaves, coarsely crumbled
1 tbsp tomato puree
2 tsp vinegar
2 tbsp sweet soy sauce
1 tbsp soy sauce
1 tsp spicy paprika powder
½ tsp dried thyme
½ tsp cumin seeds
250 g tempeh, cubed
1 green bell pepper, deseeded and sliced
1 red bell pepper, deseeded and sliced
1 large red onion, peeled and sliced
dash of rice oil





THE BBQ BURGER

The search for the tastiest BBQ burger ends here! Let it surprise you with its juicy and tender meaty texture brimming with rich flavors and taste. Perfect on a burger bun, or just on its own. It may take some time to make (although the active work is very limited), but it will be worth it for the special meal you'll be able to sink your teeth into.

PREPARATION

Crush the jackfruit by hand and remove all the large, hard triangular pieces and seeds. Put these coarser pieces and seeds into a food chopper or food processor together with the onion, and grind fine. You don't want large chunks in your mixture. Mix with the rest of the jackfruit. Mix in the soy sauce, olive oil and water, and for a dramatic ruddy effect, a splash of beet juice (or add some beetroot powder to the dry mixture). For the dry mixture, combine the gluten powder, flour, garlic powder, plenty of freshly ground black pepper and nutmeg. Then mix the dry with the wet mixture. Knead and handle the dough as little as possible, otherwise it will become unmanageable due to gluten strands forming. You have now made seitan dough.

Finish your delicious burger on the next page.

INGREDIENTS

Burgers

1 can (+/- 500 g) jackfruit, drained (+/- 250 g)
 1 onion, peeled and coarsely chopped
 5 tbsp soy sauce
 1 tbsp olive oil
 50 ml cold water
 150 g gluten powder
 25 g flour, plus a handful extra
 1 tsp garlic powder
 freshly ground black pepper
 ¼ nutmeg ball, grated
 optional: dash of beet juice or some beetroot powder

Glaze

2 tbsp rice oil
 2 tbsp vegan BBQ sauce

Additional

tea towel (washed without detergent) or a piece of cheesecloth



PREPARATION (continued)

Sprinkle a thin layer of flour on the cheesecloth (only where the dough will be). Place the seitan dough on the cloth and make a very thick sausage with your hands with a diameter of about 9 cm. Roll the sausage tightly in the cloth and tie with kitchen twine. Tie a few strings around the sausage but not too tight so that the cloth stays closed. Transfer the sausage to a large saucepan and submerge completely in water. Bring to a boil and let it simmer for about 3 hours with the lid on the pan. Remove the sausage from the water and cut into slices (approx. 6). These are your ultimate home made burgers!

Light the BBQ. Brush the burgers with some oil and grill them for a few minutes on both sides (possibly with the lid closed, so they get this super deep roasty flavor). Mix the oil with the BBQ sauce for the glaze and spread it over the burgers. Grill them again briefly on both sides.



MERGUEZ

The time has come: You can now make delicious spicy sausages with animal-friendly ingredients! How cool is that! They give a flaming touch to your plant-powered BBQ banquet and make the BBQ season super festive for people AND animals!

PREPARATION

Mix the gluten powder with the flour, smoked and regular paprika powder, garlic powder, ras el hanout, nutmeg and black pepper. In a measuring cup, mix the water with the soy sauce, olive oil and harissa or sriracha. Mix the wet mixture with the dry mixture to make the seitan dough. Knead as little as possible to keep the dough workable (if the gluten strands start to form, the dough will become very tough and you won't be able to shape it as easily). Divide the dough into 6-8 pieces. Take 6-8 sheets of aluminum foil, about 15 cm wide is enough. Grease the sheets with a drop of olive oil. Put a piece of seitan dough on each sheet and form it into a long thin sausage with your hands. Then, squeeze and roll. Roll the foil tightly around the sausages and twist the ends like a toffee. Repeat with all pieces of dough. Bring a large pan (that fits the sausages) with water to a boil and place the sausages in it. Boil them for about 2-3 hours. Remove the foil.

Light the BBQ. Brush the sausages with a bit of oil and grill them on all sides. Serve with vegan BBQ sauce or tzatziki.

INGREDIENTS

150 g gluten powder
25 g flour
1 tsp smoked paprika powder
1 tsp regular paprika powder
1 ½ tsp garlic powder
½ tsp ras el hanout
some freshly grated nutmeg
lots of freshly ground black pepper
125 ml cold water
2 tbsp soy sauce
1 tbsp olive oil + extra for greasing
1 tbsp harissa or sriracha

Additional
recycled aluminum foil



SATAY

Of course, you can't miss this classic dish in your BBQ repertoire this summer! When marinated properly, this delicious version of satay with mushroom is a true umami bomb!

PREPARATION

Start by making the marinade. Mix the sweet soy sauce with the soy sauce, garlic, coriander, cumin, fresh ginger and sriracha or sambal. Mix the mushrooms with the marinade and let it marinate for at least half an hour.

In the meantime, make the peanut sauce. Heat a dash of oil in a saucepan and fry the onion until translucent. Add the spices and sauté for a moment. Add the coconut milk, peanut butter, sugar, sweet soy sauce, sambal and garlic, stir on low heat until a nice thick sauce is formed. If the sauce gets too thick or starts to separate, just add a dash of water.

Thread the mushrooms onto the skewers. Light the BBQ. Brush the mushrooms lightly with oil, put them on the hot BBQ and grill them on both sides. Serve with the peanut sauce.

INGREDIENTS

Skewers

- 2 tbsp sweet soy sauce
- 1 tbsp soy sauce
- 1 large garlic clove, peeled and finely chopped
- ½ tsp ground coriander seeds
- ¼ tsp ground cumin seeds
- small piece of fresh ginger, grated
- 2 tsp sriracha or sambal oelek
- 150 g oyster mushrooms, torn into coarse strips
- 100 g shiitakes
- dash of rice oil

Peanut Sauce

- oil for frying
- 1 onion, peeled and finely chopped
- 1 tsp ground coriander seeds
- ¼ tsp ground cumin seeds
- ½ tsp ginger powder
- 200 ml coconut milk
- 5 tbsp peanut butter
- 2 tbsp brown sugar
- 3 tbsp sweet soy sauce
- 1 tsp sambal
- 2 garlic cloves, peeled and finely chopped





THANK YOU

On behalf of Sam, her family and all animals, we thank you for choosing plant-based BBQ fun. Your choice makes every being happy!

ABOUT MY MOM SAM | SPREAD THE LOVE

In February 2021, pregnant pig Sam was rescued by Melief Animal Sanctuary. Before her rescue, she was 'just a number' in the meat industry, bred to serve as a breeding machine for over 9 years. In those 9 years, she gave birth to 240 piglets. Never did she have a chance to see her babies grow up or have space to mother them. However, her rescue changed that. On March 16, 2021, Sam gave birth to her last litter, this time surrounded by people who love her and with the prospect of seeing her piglets grow up.

House of Animals was there from the beginning of Sam's rescue, documenting how her life and that of her children unfolded. House of Animals is on a mission to make a documentary about the extraordinary creatures that are pigs - a species of which 1.5 billion are slaughtered worldwide every year.

On the Instagram page [@mymomsam](#) we will keep you informed of this documentary and give you a glimpse into the new life of Sam and her precious piglets.

We hope you will follow this amazing journey!

Would you like to read more and donate to this fantastic project?

You can do that here: www.mymomsam.earth

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