

Delicious
RECIPES
with Vera



ROMMELSBACHER

VEGGIE DRINK & SOUP MAKER SVD 1400

Vera



VEGGIE DRINK & SOUP MAKER

SVD 1400 *Vera*

For homemade plant drinks & soups
Vegan diet made easy



Find out more
about our Vera
online



mixing/stirring unit with stainless steel
blade und detachable



Delicious **PLANT DRINKS & SOUPS** *with Vera*

Vegan food is getting more and more popular. Whether for reasons of a conscious and wholesome nutrition or simply because it tastes good – vegan cuisine is more popular than ever before. There is now a high demand for plant-based alternatives to cow's milk in particular. From oat milk and almond drink to soya milk - retailers offer a wide variety of these drinks (because they are not actually 'milk').

We are going one step further as we are now making these drinks ourselves.

With the SVD 1400 Vera veggie drink & soup maker, we offer a practical appliance for preparing **affordable vegan milk alternatives**.

Hot soups, creamy porridge and **cool smoothies** can also be prepared very easily in Vera. Let our recipes surprise you.

Highlight

Veggie Drink & Suppenbereiter
Rommelsbacher SVD 1400 Vera



TECHNIK ZU HAUSE.de
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CONTENTS

vegan drinks

- 7* soya drink
- 9* berry smoothie
- 11* horchata de chufa
- 13* oat drink
- 15* coconut drink
- 17* almond drink
- 19* pistachio drink
- 21* cashew-peanut drink



soups

- 23* potato soup with sausages
- 25* pumpkin soup with shrimps
- 27* courgette soup

other

- 29* nut cream and oat cream
- 31* basic porridge recipe





Soya drink

INGREDIENTS

> makes approx. 750 ml (filtered)

100 g soya beans
(dry or soaked)

1 l water

PREPARATION

- 1 Attach the blending bell to the blade.
- 2 Place the beans in the container of the Veggie Drink Maker and fill with water up to the lower filling line.
- 3 Put the lid on, select the **soya** program and start.
- 4 When preparing soy drinks, make sure that the programme is not interrupted for more than 2 minutes to prevent cooling. Soya drinks must simmer for around 20 minutes to ensure that the digestion-inhibiting substances (trypsin inhibitors) are reliably broken down.
- 5 At the end of the program, filter the drink through a fine sieve or nut milk bag as required.
- 6 Allow the finished drink to cool and store in a sealed container in the refrigerator.

TIP

After filtering the soya drink, there will be pulp left over from the soya bean, also known as okara. This can be used to make patties, crispbread, veggie burgers or pancakes, for example.



Berry smoothie

INGREDIENTS

> makes approx. 1 l

400 g blueberries

1 banana in pieces

1 sachet of vanilla sugar

coconut blossom sugar or
similar to taste

750 ml almond or coconut drink
(see page 15-17)

OPTIONAL

Alternatively, strawberries, raspberries,
wild berries (fresh or defrosted), any
plant-based drink or even animal
milk can be used.

PREPARATION

- 1 Place all the firm ingredients in the container of the Veggie Drink Maker.
- 2 Fill with milk or milk alternative up to the lower filling line.
- 3 Put the lid on, select the **smoothie** program and start.
- 4 If the smoothie is not chopped finely enough, use the **pulse** function or run the **smoothie** program a second time.
- 5 Enjoy the finished drink straight away or pour it into a container, seal and **chill in the fridge for 1 - 2 hours.**



Horchata de chufa

tiger nut milk

INGREDIENTS

> makes approx. 750 ml (filtered)

200 g tiger nuts

900 ml water

1 teaspoon lemon zest

1 pinch of cinnamon

5 dates (dried and chopped)

PRE-PARATION

Wash the dried tiger nuts and soak in plenty of cold water for about **24 hours**.

PREPARATION

- 1 Drain the tiger nuts and pour away the soaking water.
- 2 Attach the blending bell to the knife.
- 3 Place the tiger nuts in the pot of the Veggie Drink Maker together with the other ingredients.
- 4 Put the lid on, select the **smoothie** program and start.
- 5 At the end of the program, start the **smoothie** program again and allow it to run again completely.
- 6 Now filter the drink through a sieve or a nut milk bag.
- 7 Now put the horchata de chufa in the fridge. Because it tastes best if it is well chilled!
- 8 Horchata does not keep for long, so it is always made fresh.

TIPS

- The leftover tiger nut pulp can be put to good use. It goes just as well in muesli as it does in pancake batter. It also tastes delicious mixed with fruit and quark and keeps you full for a long time.
- Tiger nuts are also known as chufa nuts. However, tiger nuts do not belong to the nut family and are therefore a good alternative for nut allergy sufferers.
- In Spain, horchata de chufa is enjoyed very sweet. If you prefer this, you can mix in plenty of sugar (150 g per 1 l water)



Oat drink

INGREDIENTS

> makes approx. 750 ml
(when filtered)

50 g oat flakes

1 l of water

2 dates (dried)

PREPARATION

- 1 Attach the blending bell to the blade.
- 2 Place the oat flakes and the chopped dates in the container of the Veggie Drink Maker.
- 3 Fill up with water up to the lower filling line.
- 4 Put the lid on, select the **oats** program and start.
- 5 At the end of the program, filter the drink through a sieve or nut milk bag as required.
- 6 Keep the finished drink tightly sealed in the fridge.



Coconut drink

INGREDIENTS

> makes approx. 750 ml (filtered)

100 g coconut flakes or grated
coconut

1 l water

2 – 3 tbsp rice syrup

PREPARATION

- 1 Attach the blending bell to the blade.
- 2 Place the coconut flakes and rice syrup in the container of the veggie drink maker.
- 3 Fill up with water up to the lower filling line.
- 4 Put the lid on and **leave it to soak for 1 - 2 hours**.
- 5 Then select and start the **oats** program.
- 6 At the end of the program, filter the drink through a fine sieve or a nut milk bag.
- 7 Keep the drink tightly sealed in the fridge.

TIP

After filtering the coconut drink, coconut pulp remains. This can be used for baking cakes or pancakes, for example.



Almond drink

INGREDIENTS

> makes approx. 750 ml (filtered)

100 g almonds (dry or soaked),
without skin*

1 l water

PREPARATION

- 1 Attach the blending bell to the blade.
- 2 Place the almonds in the container of the Veggie Drink Maker and fill with water up to the lower filling line.
- 3 Put the lid on, select the **almond** program and start.
- 4 At the end of the program, filter the drink through the sieve provided or a nut milk bag.
- 5 Leave the finished drink to cool and store tightly sealed in the fridge.

TIP

*Note on skinning the almonds: Pour plenty of boiling water over the almonds in a bowl and **leave to soak for a good half an hour**. This will loosen the skin, and the almonds will easily slip out of their brown skin if you squeeze them a little. This produces beautifully soft, white almonds without the skin.



Pistachio drink

INGREDIENTS

> makes approx. 1 l

100 g pistachios
(shelled and unroasted)

1 l of water

1 – 2 drops of bitter almond
flavouring

sweetener to taste
(e.g. rice syrup or honey)

PREPARATION

- 1 Attach the blending bell to the blade.
- 2 Place the pistachios in the container of the Veggie Drink Maker and fill with water up to the lower filling line.
- 3 Put the lid on, select the **almond** program and start.
- 4 At the end of the program filter the drink through a sieve or a nut milk bag.
- 5 Stir in the bitter almond flavouring and, if desired, a little sweetener.
- 6 Leave the finished drink to cool and store tightly sealed in the fridge.



Cashew-peanut drink

INGREDIENTS

> makes approx. 750 ml (filtered)

50 g cashew nuts (dry or soaked)

50 g peanuts (roasted and
shelled, not salted)

1 l water

PREPARATION

- 1 Attach the blending bell to the blade.
- 2 Place the nuts in the container of the Veggie Drink Maker and fill with water up to the lower filling line.
- 3 Put the lid on, select the **nuts** program and start.
- 4 At the end of the program, filter the drink through a fine sieve or a nut milk bag.
- 5 Leave the finished drink to cool and store tightly sealed in the fridge.



Potato soup with sausages

INGREDIENTS

> makes approx. 2 portions

400 g potatoes

150 g carrots

60 g celeriac

1 small onion

600 ml vegetable stock

1/4 tsp marjoram (dried)

1 pinch of nutmeg (freshly grated)

salt and pepper

50 g whipping cream

FURTHERMORE

Vienna sausages

parsley

PREPARATION

- 1 Attach the blending bell to the knife.
- 2 Peel the potatoes and carrots and cut into small cubes (1x1 cm).
- 3 Peel and finely dice the onion and celeriac.
- 4 Now put all the ingredients - except for the cream - into the soup maker container.
- 5 Put the lid on and start the **soup** program.
- 6 In the meantime, cut the sausages into slices and set aside.
- 7 At the end of the program, remove the lid from the soup maker and stir in the cream.
- 8 Season again with salt and pepper to taste and add the sausages. Leave briefly in the soup to warm them up.
- 9 Divide the potato soup between 2 plates, garnish with parsley and serve.



Pumpkin soup with sausages

INGREDIENTS

> makes approx. 2 - 3 portions

- 600 g butternut pumpkin
- 1 small onion
- 1 clove of garlic
- pumpkin spice
- 1 tbsp almond flour or protein powder
- 300 ml orange juice
- 300 ml vegetable stock

FURTHERMORE

- 20 g cream cheese
- 3 Black Tiger shrimps
- a little olive oil for frying
- salt and pepper

PREPARATION

- 1 Chop the pumpkin, onion and garlic clove.
- 2 Place the ingredients - except the cream cheese and shrimps - in the soup maker and start the **soup** program.
- 3 Meanwhile, lightly season the shrimps (with salt and pepper or a special shrimp seasoning) and fry them in a little olive oil in a pan. They are cooked when they are evenly pink.
- 4 When the **soup** program is finished, remove the lid from the appliance and stir the cream cheese into the soup. The Pulse function can be used for this.
- 5 Pour the soup into bowls, garnish each with 1 shrimp and serve.



Courgette soup

INGREDIENTS

> makes approx. 1.3 l

300 g finely diced courgettes

750 ml water

3 tbsp rice

nutmeg

soup seasoning to taste

200 ml oat cuisine (or homemade
oat cream -> see page 29)

salt and pepper

OPTIONAL

mushrooms, potatoes, broccoli,
cauliflower

PREPARATION

- 1 Place everything except the oat cuisine in the soup maker pot.
- 2 Fill with water up to the lower filling line, put the lid on.
- 3 Select the **soup** program and start.
- 4 At the end of the program, remove the lid.
- 5 Now add the Oat Cuisine, put the lid on and mix using the **pulse** function.
- 6 If necessary, season with salt and pepper.

TIPS

- o You can replace the rice with diced potatoes. This ingredient serves to bind the soup; the result is creamier.
- o Roast finely diced courgettes and chopped almonds in olive oil and add to the soup as a topping.
- o If the soup is too thin, add a few dried potato flakes (puree powder), mix in with the **pulse** function and leave to infuse briefly.
- o If the soup is too thick, simply dilute with a little stock or water.



Vegan Cream

of nuts or oat

INGREDIENTS FOR NUTS CREAM

> makes approx. 900 ml

180 g nuts (e.g. cashew; unroasted, unsalted, without skin)

900 ml water

3 tsp neutral oil (e.g. sunflower or safflower)

1 pinch of salt to taste

INGREDIENTS FOR OAT CREAM

> makes approx. 900 ml

150 g wholegrain oat flakes

900 ml water

3 tbsp neutral oil (e.g. sunflower or safflower)

1 pinch of salt to taste

PREPARATION

- 1 Attach the blending bell to the blade.
- 2 Pour the ingredients into the container of the Veggie Drink Maker.
- 3 Put the lid on, select the **nuts** program and start.
- 4 At the end of the program, pour the mixture through the sieve provided and leave it to cool.
- 5 Then store the nut or oat cream in a sealable container in the refrigerator.

TIPS

- o Vegan cream substitute is used for cooking and baking just like conventional cream.
- o However it is not suitable for whipping (like whipping cream).
- o Store in a sealable, hygienic container in the refrigerator. Vegan cream will remain fresh there for 3 - 4 days in any case.



Porridge

basic recipe

INGREDIENTS

> makes approx. 1 l

60 g soft oat flakes

100 g grainy oat flakes

800 ml milk or vegan
plant-based drink

1 pinch of salt

PREPARATION

- 1 Pour the dry ingredients into the container of the veggie drink maker.
- 2 Fill with the milk or milk alternative up to the lower filling line.
- 3 Put the lid on, select the **porridge** program and start.
- 4 At the end of the program, remove the porridge from the container soon and divide between bowls, as porridge thickens over time.
- 5 Serve the porridge with maple syrup, cinnamon-sugar, hot butter or chopped fruit. Dried fruit, fruit compote or nuts also taste good with porridge. You can draw on the full range of seasonal flavours here.

TIP

You can refine the basic recipe by adding cinnamon, vanilla flavouring or chocolate sprinkles to the container right at the start, for example.



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