



MOUNTAIN
YOGA FESTIVAL
ST. ANTON



**Good luck
and
have fun cooking at home!**



Recipes

Mountain Yoga

Friday, September 4, 2026

GAMPEN
RESTAURANT

Carrot-Ginger Soup L (vegan)



Ingredients for 6 servings

- 2 onions
- 3 tbsp sunflower oil
- 500 g carrots
- 100 ml orange juice
- 800 ml vegetable broth
- 40 g ginger
- 1 pinch salt, 1 pinch black pepper
- 150 g vegan whipping cream

Preparation

Peel the onions, chop finely, and sauté in a large pot with the sunflower oil. Cut the peeled carrots into rough chunks, add to the onions, and sauté for 3–4 minutes, then deglaze with the orange juice. Pour in the vegetable broth, season with salt and pepper, and simmer for about 10 minutes over medium heat. Meanwhile, peel the ginger, cut into rough cubes, add to the soup, and simmer for another 10 minutes. Purée the soup finely with a hand blender, stir in the whipping cream, adjust the seasoning, and bring to a brief boil again. Finally, the soup can be garnished with chives or parsley.

Energy Drink

Ginger
Limes
Oranges
Cucumbers
Water / Tea

Slice the ginger, limes, oranges, and cucumbers. Pour hot or cold water over them and let steep.



STRAWBERRY WATER

250 g strawberries
1 liter water
1 lime
6 fresh mint leaves

Wash, hull, and halve the strawberries. Wash the lime and slice it. Put everything together with the mint into a pitcher and top up with cold water.



Coconut-Lemongrass Soup EL



Ingredients for 4 servings

- 1 onion
- 1 leek
- 2 garlic cloves
- 25 g ginger
- 4 tbsp peanut oil
- 4 stalks lemongrass
- 500 ml coconut milk
- 500 ml chicken broth
- Pinch of salt, pinch of pepper
- Some rice flour or cornstarch, for thickening

Topping for the soup:

- 4 tbsp roasted cashews

Preparation

Peel and finely chop the onion, leek, garlic, and ginger. Heat the peanut oil in a pot and sauté the chopped vegetables. Then add the coconut milk and chicken broth. Score the lemongrass stalks two or three times, crush them lightly, and add to the soup. After about 30 minutes of cooking, strain the soup through a sieve, bring it back to a boil, and thicken with the starch. Season with salt and pepper. Roughly chop the roasted cashews and arrange on top of the soup.

Broccoli-Tofu Stir-Fry with Rice

FN (vegan)

Ingredients for 4 servings

- 2 tbsp sesame seeds
- 400 g tofu
- 1 head of broccoli
- 1 tbsp sesame oil
- 1 garlic clove
- 1 tsp fresh ginger
- 3 tbsp soy sauce
- 2 tbsp maple syrup
- 1 tbsp rice vinegar
- 1 tsp cornstarch
- 50 ml water
- Pinch of salt, pinch of pepper

Cook the rice according to the package instructions.

Preparation

Toast the sesame seeds in a dry pan until lightly browned and set aside. Press the tofu with a clean kitchen towel to remove excess liquid, then cut it into roughly 2 cm cubes. Wash the broccoli and divide into small florets. Peel the broccoli stem and cut into thin slices. Heat the sesame oil in a pan and fry the tofu over medium heat until golden brown and crispy, then remove from the pan. Steam the broccoli in the pan with a splash of water, covered, for about 5 minutes until tender-crisp. Meanwhile, chop the garlic and finely grate the ginger. In a small bowl, mix the soy sauce, maple syrup, rice vinegar, garlic, ginger, cornstarch, and water. Stir until the cornstarch has completely dissolved. Add the mixture to the broccoli and simmer until the liquid thickens slightly. Add the tofu and toss in the sauce until everything is coated with soy sauce. Sprinkle with toasted sesame seeds when serving, and serve with the rice.

Carrot Cake ACH



Ingredients

- 250 g flour
- 200 g ground almonds
- 2 tsp baking powder
- 250 g sugar
- 8 g vanilla sugar
- 250 ml neutral oil
- 1 tsp cinnamon
- 375 g finely grated carrots
- 4 eggs

Grease a 26 cm springform pan with oil. Preheat the oven to 180°C (356°F) top/bottom heat. In a bowl, beat the eggs, sugar, oil, and cinnamon with a mixer. Add the carrots and ground almonds. Mix the flour and baking powder together, then fold in as well. Pour the batter into the springform pan and smooth the top. Bake on the middle rack at 180°C (356°F) top/bottom heat for about 55 minutes. Let the cake cool completely in the pan.

If desired, the cake can be topped with icing.

For the icing

- 120 g powdered sugar
- 10 g lemon juice
- 10 g water

Mix all ingredients until smooth and spread over the cooled cake.

Trout Fillet with Parsley Potatoes and Lime Butter ADG



Ingredients for 2 servings

- 4 trout fillets
- 1 bunch fresh parsley
- ½ bunch dill
- 1 organic lime
- 1 garlic clove
- Some flour
- Salt, pepper
- 5 potatoes
- 50 g butter
- 1 shallot

Preparation

Pat the trout fillets dry. Chop the dill and parsley. Wash the lime, halve it, slice one half, and squeeze the juice from the other half. Season the top side of the fillets with salt and pepper and dust the skin side with flour. In a large pan, fry slowly in ghee or clarified butter, skin-side down. Remove the pan from the heat and let rest briefly. Peel the potatoes and cook in salted water until done. Drain the water, add a small knob of butter, salt, pepper, and the remaining chopped parsley. Toss everything well. Chop the shallot and sauté gently in a pot with a little butter until translucent. Melt the remaining butter and let it brown very lightly. Add the lime juice and serve with the potatoes and trout. Garnish with lime slices.

Tagliatelle with Chanterelles ACG



Ingredients for 2 servings

- 300 g fresh chanterelles
- 250 g tagliatelle
- 10 g butter
- 200 ml cream
- 1 garlic clove
- 1 onion
- 1 tsp salt, 1 tsp pepper
- Optional: 2 tsp grated Parmesan and fresh parsley

Preparation

Cook the tagliatelle al dente in a pot of salted water according to the package instructions. Drain the pasta thoroughly in a colander. Clean the chanterelles of any coarse dirt, trim the stem ends and any bad spots, and halve the larger mushrooms if needed. Peel the onion and garlic and chop finely. Melt the butter in a large pan and sauté the onion and garlic for about 2 minutes. Add the chanterelles and sauté briefly. Deglaze with the cream, bring to a brief boil, and season with salt and pepper. Now stir the tagliatelle into the chanterelle cream sauce and let sit briefly.

To finish, top the pasta with some freshly chopped parsley and finely grated Parmesan.

Baked Apple Dessert in a Glass

FH (vegan)

Ingredients for 5 glasses

For the compote:

- 4 apples
- 50 g sugar
- 1.5 tsp cinnamon
- 2 mandarins
- ½ organic orange
- 3–4 tsp water
- ½ tsp cornstarch

Cream:

- 450 g vegan cream cheese
- 200 g vegan coconut yogurt
- ¼ tsp cinnamon
- 2 vanilla pods
- 50 g agave syrup
- ½ organic orange

Crunchy topping:

- 60 g sliced almonds
- 60 g chopped almonds
- ½ tsp cinnamon
- 30 g agave syrup



Compote:

Core the apples, cut into small pieces, and place in a pot with the sugar, cinnamon, the zest of ½ an orange, and the juice of 2 mandarins. Simmer over low heat. Once the apple pieces are soft, mix the cornstarch with water and add gradually to the compote until the desired consistency is reached. Cover the compote and let it cool.

Cream:

Scrape out the vanilla pods and finely zest the ½ organic orange. Whisk together the cream cheese and coconut yogurt. Add the cinnamon, vanilla seeds, orange zest, and agave syrup, and stir until a creamy mixture forms. Keep the cream refrigerated until ready to use.

Crunchy topping:

Toast the sliced and chopped almonds in a dry pan over medium heat, stirring, until golden brown. Reduce the heat. Add the cinnamon and agave syrup and let caramelize over low heat for about 1 minute, stirring. Place the caramelized almonds on baking paper and let cool. Once completely cooled, break into small pieces by hand.

Assembly:

Now layer the ingredients into glasses one by one, alternating the cream and the compote. Before serving, sprinkle the crunchy topping on top.

Enjoy your meal!