



MOUNTAIN
YOGA FESTIVAL
ST. ANTON



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



Recipes

Mountain Yoga

Saturday, September 5, 2026

GAMPEN
RESTAURANT

Chanterelle Soup AL (vegan)



Ingredients for 4 servings

- 275 g fresh chanterelles
- 2 tbsp olive oil
- 1 small onion, chopped
- 30 g flour
- 200 ml vegan cream
- 500 g vegetable broth
- Pinch of salt, pinch of pepper
- Some lemon zest

For the garnish:

- 75 g fresh chanterelles
- 1 tbsp olive oil
- Salt, pepper
- Some fresh chives

Preparation

Clean the chanterelles and cut into small pieces. Heat a pot and sear the mushrooms over high heat without any fat. If water is released, keep cooking until the liquid has evaporated. Add 2 tbsp olive oil and the diced onion, and sauté briefly. Pour in the cream, let it reduce briefly, then add the vegetable broth. Let the soup simmer gently for 15–20 minutes, then purée it. Season to taste with salt, pepper, and a little lemon zest. Sear the remaining chanterelles briefly over high heat in 1 tbsp olive oil, season, and add to the soup as a garnish. Sprinkle with chives and enjoy!

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.



Zucchini Cake ^{AH} (vegan)

Ingredients for a 25 cm loaf pan

- 160 g wheat or spelt flour
- 1 tbsp cornstarch
- 50 g baking cocoa
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 60 ml soy milk
- 100 ml rapeseed oil
- 150 g brown sugar
- ½ tsp instant coffee powder
- 1 tsp vanilla extract
- 1 tsp apple cider vinegar
- 1 ripe banana
- 250 g grated zucchini
- 150 g chocolate chips or grated chocolate

Preparation

Preheat the oven to 175°C (347°F). Grease a 25 cm loaf pan and line it with baking paper. Sift the flour, cornstarch, cocoa, baking powder, baking soda, and salt into a large bowl and mix. Mash the banana with a fork and mix with the plant-based milk, oil, sugar, vanilla, and vinegar. Pour the banana mixture into the flour mixture and stir into a well-combined batter. Squeeze the grated zucchini lightly and fold in along with the chocolate chips. Pour the batter into the loaf pan and optionally sprinkle more chocolate chips on top. Bake the cake for about 50–60 minutes.

Clear Vegetable Soup with Soup Greens ^L (vegan)



Ingredients for 2 servings

- 1 liter vegetable broth
- 200 g carrots
- 100 g celeriac
- 80 g leek
- 1 bunch parsley
- Salt, pepper

Preparation

First, warm the vegetable broth in a pot over medium heat. Meanwhile, cut the carrots and celeriac into fine strips. Also cut the leek into rings, then wash with cold water and drain in a sieve. Add the chopped vegetables to the hot broth and let steep for 10 to 15 minutes. Season with salt and pepper. Then wash the parsley, shake dry, and finely chop the leaves. Finally, sprinkle over the clear vegetable soup.

Pan-Fried Chicken Breast with Carrots, Snow Peas, and Quinoa

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Ingredients for 4 servings

- 500 g carrots
- 300 g snow peas
- 4 chicken fillets
- Salt, pepper
- 2 tbsp sunflower oil
- 150 g heavy cream
- 3 sprigs chervil
- 200 g quinoa
- 350–400 ml water
- Spices for the quinoa: paprika powder, cumin, chili, herbs

Quinoa preparation

Rinse the quinoa thoroughly with hot water. Then season with water and spices of your choice (e.g., cumin, chili, paprika, herbs), bring to a boil, and let simmer gently, covered, for about 10 minutes. Turn off the heat and let it swell for about 15 minutes.

Chicken pan preparation

Peel the carrots, trim, and cut into diagonal slices. Wash the snow peas. Wash the chicken, pat dry, halve the fillets crosswise, and season with salt and pepper. Heat the oil in a pan and fry the chicken for about 10 minutes, turning occasionally. Remove the chicken, pour the cream into the pan, and bring to a brief boil. Add the vegetables and simmer for about 5 minutes, seasoning with salt and pepper. Return the chicken to the vegetable pan and cook for another 3 minutes. Wash the chervil, pat dry, and finely chop, reserving a few leaves for garnish.

Arrange the chicken pan with quinoa and garnish with chervil.

Yogurette Dessert in a Glass F (vegan)



Ingredients for 4 glasses

- 350 g vegan skyr or quark
- 200 g strawberries
- 2 tbsp agave syrup
- 1 tbsp lemon juice
- 1 tbsp baking cocoa
- 40 g vegan chocolate
- 1 tsp coconut oil

Preparation

First, put the skyr into a bowl with the agave syrup and lemon juice and stir until smooth. Then put 100 g of it into a new bowl and stir in the baking cocoa. Now wash the strawberries, cut into small cubes, and fold into the prepared skyr. Fill the finished strawberry mixture into four small glasses. Then spread the cocoa skyr evenly on top. Finally, tap the glasses gently on the counter so the surface becomes nice and smooth. Melt the chocolate and coconut oil in the microwave in 15–30 second intervals, stirring in between, then pour over the glasses. Chill the glasses well in the refrigerator.

TIP: Take out of the fridge 5 minutes before eating so the chocolate layer isn't too hard.

Hummus (vegan)



Ingredients for 4 servings

- 1 can chickpeas (240 g drained weight)
- 2 garlic cloves
- 1 lemon
- ½ tsp cumin
- ½–1 tsp salt
- 50 g tahini
- 2 tbsp olive oil
- 50 g aquafaba (chickpea liquid) or water

To serve:

- 1–2 tbsp olive oil, 2–3 sprigs parsley, 1 pinch paprika powder

Preparation

For the hummus, drain the chickpeas, reserving the liquid (aquafaba). Rinse briefly with cold water and drain. Meanwhile, peel the garlic and chop roughly. Squeeze the lemon. Put the drained chickpeas into a food processor or blender together with the garlic, lemon juice, cumin, salt, tahini, and olive oil. Purée everything into a smooth, creamy mixture, adding the reserved aquafaba (or alternatively water) tablespoon by tablespoon until the desired consistency is reached. Finally, season again with salt. To serve, put the chickpea hummus into a bowl or deep plate. Drizzle with olive oil. If using, wash the parsley, pluck the leaves from the stems, and garnish the hummus with them. Sprinkle with a pinch of paprika powder, if desired. Hummus will keep airtight and refrigerated for about 5 days! Enjoy!

Grilled Potato and Vegetable Skewers (vegan)



Ingredients for 4 servings

- 500 g cooked new potatoes
- 2 bell peppers
- 1 onion
- 1 sprig oregano, 1 sprig thyme
- 1 zucchini
- 16 button mushrooms
- 1 lemon
- 1 clove garlic
- 3 tbsp olive oil
- Salt, pepper
- Grill tray
- 8 skewers

Preparation

Cut the bell peppers, zucchini, and mushrooms into bite-sized pieces. Slice the onion thinly. Halve the cooked potatoes. Finely chop the herbs and put into a bowl, press in the garlic, add the oil, and season with salt and pepper. Put the vegetables into a large bowl and mix with the marinade. Thread the vegetables onto the skewers, making sure the thickness is even so nothing burns. Season the potatoes with a little olive oil, salt, and rosemary and briefly sauté over medium heat. Grill the skewers in a grill tray for 12 to 15 minutes, turning regularly. Arrange the potatoes and finished vegetable skewers on a plate and serve with hummus or sour cream dip.

Vegetable Gröstl c (vegan)

Ingredients for 4 servings

- 500 g small potatoes (cooked and peeled)
- 2 tbsp olive oil
- 2 small red onions
- 1 yellow bell pepper
- 1 zucchini
- 200 g eggplant
- 200 g carrots
- Salt, pepper

Preparation

Cut the potatoes into thick slices. Peel the onions and cut into fine rings. Rinse the carrots and halve lengthwise. Wash the eggplant and cut into small pieces. Wash the bell pepper and zucchini and cut into small pieces. Heat the oil in a non-stick pan. Fry the potato slices, bell pepper, carrots, and onion rings over medium heat for 5 minutes. Then add the zucchini and eggplant cubes and fry for another 5 minutes, turning occasionally. Season the vegetables with salt and pepper. Arrange the Gröstl on plates.



Sour Cream Dip c

300 g sour cream
250 g crème fraîche (or extra sour cream)
Salt and black pepper
1 bunch chives
1 bunch parsley
4 spring onions
½ organic lemon
Optionally a little garlic
Optionally a little paprika powder

Preparation

Put the sour cream and crème fraîche into a bowl, season with salt and pepper, and mix. Wash the chives and parsley, pat dry with a kitchen towel, and chop finely. Halve the spring onions and cut into thin half-rings. Add the herbs and spring onions to the sour cream mixture and stir everything together well. Zest a little of the lemon and squeeze the juice. Add the zest and juice to the cream and stir in. Let the sour cream sit for about 20 minutes. If you like it more intense, you can add a finely diced garlic clove or a little chili powder.