

SUSTAINABLE

Flavours

BY

STARCORE

INTERNATIONAL
MINES LTD.

VEGETARIAN RECIPES

RECIPE BOOK

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Happy Cooking!

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Table of CONTENTS

Intro	01
Oat Chilaquiles	03
Romerito Patties with Mole	05
Tinga Tostadas with Carrots	07
Vegan Lasagna	09
Chickpea and Mango Curry	11
Vegan Meatballs in Mushroom Sauce	13
Chickpea Croquettes – Falafel	15
Crispy Cauliflower	17
Zucchini and Broccoli Patties	19
Mushroom Risotto	21

SUSTAINABLE FLAVOURS: STARCORE'S NEW ESG INITIATIVE FROM OUR SAN MARTIN MINE.

We are delighted to share our commitment to employee well-being and the multifaceted approach we've undertaken to promote better health within our workforce at the San Martin Mine. Our dedication to employee well-being is exemplified through our greenhouse, cultivating a diverse array of vegetables and herbs exclusively for San Martin's employee dining room. Complementing this, our dining room has undergone a culinary transformation. The menu has been thoughtfully revamped to present a healthier and more balanced selection of meals and snacks.

To celebrate this journey towards better health, we invite you to enjoy these recipes as a flavorful expression of our dedication to bettering the lives of our employees.





OAT CHILAQUILES

Ingredients

2 cups of oats
Hot water
10 green tomatoes
¼ onions
2 serrano chiles
1 garlic clove
1 cup chicken broth
½ cup cilantro
Salt and pepper to taste
1 tsp cumin
½ cup of jocoque or cottage cheese
Optional: ½ cups of grated panela cheese
¼ cup red onion

Directions

- 1 For the oat dough, blend the oats until it becomes a powder. Mix the oats with the water until the dough is formed. Stretch the dough on a surface and make triangular cuts on a tray. Bake at 200 °C for 15 minutes, or until crispy. Set aside.
- 2 For the sauce, boil the tomatoes, onion, chiles and garlic until they change color. Blend with the chicken broth, cilantro, salt, pepper, and cumin.
- 3 Cook the sauce in a saucepan for 8 minutes, adjust the seasoning.
- 4 Serve the oat totopos, cover with the sauce and garnish with the jocoque or cottage cheese (optional), panela cheese and red onion.





ROMERITO PATTIES WITH MOLE

Ingredients

Water
500 g of romeritos
1 package cream cheese
Flour
4 eggs
4 tbsp grapeseed oil
1 cup mole paste
2 cups shrimp broth
1 cup dried peeled shrimp
2 cups cambray potatoes
Salt and pepper to taste
Sesame seeds to decorate.
Blanched romeritos for garnish

Directions

- 1 Cook the romeritos for 10 minutes in salted water until tender. Strain and let cool. Mix the romeritos with the cream cheese, season with salt and pepper, and with the help of a spoon form patties.
- 2 Separate the eggs into whites and yolks. Set aside. Beat the yolks lightly until they change color, set aside. Beat the egg whites until stiff peaks form. Add the egg whites to the egg yolks little by little and mix in an enveloping way. Coat the patties in flour and then in the egg mixture.
- 3 Fry the patties in hot oil on both sides until golden brown. Drain on absorbent paper. Set aside.
- 4 Heat the shrimp broth, add the mole paste and cook until it dissolves completely. Add the shrimp and potatoes and cook over low heat for 15 minutes, stirring constantly.
- 5 Serve the patties with the mole, garnish with sesame seeds and fresh romeritos.





TINGA TOSTADAS WITH CARROTS

Ingredients

1 cup grated carrots
¼ onion, sliced (julienne style)
2 tomatoes diced
1 garlic finely chopped
1 tbsp grapeseed or avocado
oil
Chipotle chili to taste chopped
in thin slices
Salt and pepper to taste

Directions

- 1 In a frying pan, add the oil and let it heat for a moment. Add the chopped onion and garlic until they are transparent, then add the chopped tomato together with the chipotle.
- 2 Mash the mixture in the pan as when you mash beans, to make a paste. Then add the grated carrot and season with salt and pepper to taste until the carrot is well cooked.
- 3 To serve: Prepare 2 to 3 tostadas on a plate, add mashed beans, top with the tinga, then lettuce and finally sour cream or vegan cream. You can garnish with sesame seeds.





VEGAN LASAGNA

Ingredients

Package of extra firm tofu (drained)
1 cup raw cashew nuts
½ cup nutritional yeast
2 tbsp lemon juice
1 tsp onion powder
2 tsp garlic powder
2 tsp dried oregano
Salt and pepper to taste
2 large handfuls of spinach
2 cups sautéed mushrooms
1 can artichoke hearts (drain water and chop)
1 box of lasagna sheets
2 bottles of marinara sauce or 7-8 cups of homemade tomato sauce.

Directions

- 1 Preheat oven to 375 °F. In a food processor or blender, mix the tofu, walnuts, nutritional yeast, lemon juice and spices. Process until smooth and homogeneous. Transfer to a bowl and mix with the mushrooms, spinach and artichokes.
- 2 Use a baking dish. Cover the bottom with the sauce mixture, then put a layer of lasagna sheet and then a layer of the sauce, continue in this way until finished and cover the rest with the remaining marinara sauce. Cover.
- 3 Bake for 1 hour and 20 minutes. Let it cool for about 10 minutes before slicing.





CHICKPEA AND MANGO CURRY

Ingredients

300 g cooked chickpeas
2 garlic cloves
Small spring onion
2 g coriander seeds
2 g cumin seeds
1 curry leaf or bay leaf
2 small fresh chili peppers (to taste)
1 small thin leek
1 small carrot
1 small celery
5 g ground curry mix
1 ripe mango
200 g coconut milk or cooking oat milk
5 ml lemon juice
Fresh parsley or cilantro
Black pepper, salt and olive oil

Directions

- 1 Finely chop the garlic and spring onion. Wash and chop the vegetables. Remove the mango pulp and mash with its juices to make it creamy.
- 2 Heat oil in a frying pan or casserole with the cumin, coriander and curry leaves or bay leaves until they release their aroma. Add the garlic and spring onion paste and stir well over low heat for about 8-10 minutes. Add the vegetables. Season lightly with salt and pepper and add the curry mixture. Sauté over medium heat for 5 minutes and add the mango pulp, coconut milk and stir well. Bring to a boil, reduce heat and cover.
- 3 Cook for about 10 minutes. Add the chickpeas and cover again. Cook over low heat for about 10 minutes, adjusting the amount of liquid with water or broth.
- 4 Add lemon juice at the end and salt to taste. Serve with fresh parsley or cilantro.





VEGAN MEATBALLS IN MUSHROOM SAUCE

Ingredients

For the meatballs:

2 cups cooked lentils
1 cup cooked brown rice
2 tbsp breadcrumbs
1 tbsp onion powder
¼ cup oats
1 tbsp cumin powder
Olive oil

For the sauce:

⅓ cup chopped onions
1 tbsp of chopped garlic
2 cups of mushrooms chopped in 4
2 cups of soy milk
1 sprig of thyme
¼ cup water or vegetable broth

Garnish: fresh thyme

Directions

- 1** For the meatballs: In a food processor or blender, mix the lentils, cilantro, and oats. Once mixed in a bowl with the rice, breadcrumbs, onion powder, cumin, add a little salt and pepper. With your hands make balls to form the meatballs. Cook the balls in a pan or in the oven and turn them when they are browned, do not use oil.
- 2** For the Sauce: In a skillet sauté the onion with a little avocado or grape seed oil, then add the garlic and mushrooms, until they soften, then add the soy milk, water, thyme, mix everything, leave it for a few minutes and remove from heat, you can move it to a pot over low heat to make it thicker.
- 3** Serve the meatballs and coat them with the mushroom cream.





CHICKPEA CROQUETTES- FALAFEL

Ingredients

For the croquettes:

- 1 ½ cups of cooked chickpeas
- 1 clove of garlic
- 2 sprigs of parsley
- ½ Lemon (juice)
- 3 tbsp of oats
- 1 tsp vegetable bouillon
- ½ tsp ground cumin

For the garnish:

- 4 Italian lettuce leaves cut in pieces
- 2 cups cherry tomato cut in halves
- 3 tbsp olive oil
- 1 tsp vegetable stock

To serve:

- Mixed vegetable salad
- Pita bread (optional)

Directions

- 1 Place the chickpeas, garlic, parsley, lemon juice, oats, ½ tsp of vegetable bouillon and cumin in a food processor. Puree into a smooth, lump-free puree.
- 2 Divide the above mixture into 8 portions and form croquettes. Fry in a frying pan with olive oil until golden brown on all sides.
- 3 For the garnish, combine the cherry tomatoes with the lettuce and a little olive oil. Season with ½ tsp of Vegetable Bouillon.





CRISPY CAULIFLOWER

Ingredients

1 tsp of vegetable bouillon powder
1 tbsp of olive oil
½ tsp paprika
½ tsp cumin
1 tsp oregano
½ tsp dried chili flakes
½ cauliflower in florets

Directions

- 1 Combine the vegetable stock powder with the oil and the rest of the spices. Season the cauliflower with this mixture.
- 2 Cook in air fryer at 150 °C for 10 minutes or until cauliflower is crispy. Serve and enjoy.





ZUCCHINI AND BROCCOLI PATTIES

Ingredients

1 broccoli
2 grated zucchinis
2 garlic cloves, chopped
½ onion finely chopped
1 tsp chopped fresh thyme
1 egg
1 raw potato, grated
2 tbsp wheat flour
1 tsp vegetable broth
Cooking spray to taste

Directions

- 1 Process or finely chop raw broccoli; mix with zucchini, garlic, onion, thyme, egg, potato, flour and season with vegetable broth.
- 2 Once the mixture is uniform, set aside. Heat a Teflon skillet and coat with cooking spray. Add 1 tbsp of mixture into the pan and shape it into a patty.
- 3 Cook the prepared mixture for approximately 3 minutes or until the patties are golden brown on both sides.





MUSHROOM RISOTTO

Ingredients

5 medium potatoes
300 g mushrooms
250 g round rice
1 onion
1 garlic clove
1 lt. of vegetable broth
1 small glass of white wine
50 g parmesan cheese
4 tbsp olive oil
Parsley
Salt
Pepper

Directions

- 1 Heat the vegetable broth, wash and chop the parsley (reserving some for garnish) and grate the parmesan.
- 2 Peel and chop the garlic and onion and cook for 5 minutes in a pan with olive oil over medium heat.
- 3 Clean the mushrooms and reserve a few for garnish. Chop the rest into small pieces and add them to the casserole. Cook for 5 minutes more.
- 4 Add the rice to the casserole and sauté for 5 minutes. Pour in the glass of white wine and a ladle of broth and cook for 15 minutes, stirring constantly. Add more broth as the rice needs.
- 5 Add the cheese to the rice, parsley and season to taste. If you still have some broth left over, add it and cook for 3 more minutes. Let it rest for a couple of minutes. Serve the risotto garnished with some mushrooms and a sprig of parsley.





WE HOPE YOU ENJOY THESE RECIPES AS MUCH AS
WE ENJOY CONTRIBUTING TO THE WELL-BEING OF
OUR INCREDIBLE TEAM AT **STARCORE**

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