



WORLD CUISINE

Travel through Thailand, India,
Indonesia and Vietnam

9
DELICIOUS
RECIPES



Authentic
Asian



Vegan

Pure
products from
Southeast Asia

About Terrasana

Positive eating

At Terrasana we love pure Food. No additives, no unnecessary ingredients. Just the tastiest food of the best organic quality.

When you use TerraSana products, you can be sure that they are organic. We use the purest ingredients from around the world. This way we use everyone's expertise, and you end up with a product that makes you happy.

We are happy to ensure that you can enjoy both daily products and luxurious, sustainable specialties without any worries. Because by eating organically you not only do good for your own health, but also for the future of our beautiful earth. Choose positive!

We only put in the necessary ingredients.



Good to know

- ✓ TerraSana literally means healthy earth. And that's what we stand for. Together for a healthy planet!
- ✓ TerraSana began 35 years ago in a miniature version in an attic room.
- ✓ TerraSana is almost a supermarket in itself. With more than 400 products in the range, there is something for everyone who wants to live consciously and needs something delicious!


400+ organic, fair products



Our product lines:


 Nut butter

 Artisan bread

 Superfood

 Basic ingredients

 (Vegan) snacks

 Maple syrup

 Coconut products

 Asian cuisine

 Japanese cuisine

 Mediterranean cuisine

 Jarred fruits & veggies

 Vegan latte

Asian goodness

Asian food

Asian is the cuisine of the East. Are you a fan of Thai, Vietnamese, Indian or Indonesian? There you go, you are an asian food lover!

Asian gems

We have been building a versatile organic range since 1989. So now we also bring the tastiest and purest Indian, Thai and Indonesian dishes to Europe. This way you can enjoy all the good things that the world cuisine offers without limits!

These are the countries where
our products originate from



Asian chefs

How it's made

We consciously choose where we get our products and ingredients from. That is why our Thai curries are truly Thai, and the Indonesian products really Indonesian.

The charming Thai producer is authentic and visionary. He does his work with attention to the environment, grows organically and with green energy.

The people who make our Indonesian bumbu love good food. An Indonesian family that makes the tastiest, authentic products with love for you!

We have our coconut oil made in a sustainable company in the Philippines. They produce with 50% less emissions, are zero-waste and work closely with farmers and the local community. Sustainable on all levels!

In Thailand they make
the curries using
solar energy.



Ketjap manis is sweet soy sauce. We sweeten it with the best sugar available: coconut blossom sugar. This is how you eat consciously!



Crispy onions are delicious as a crispy Indonesian topping. We make it without palm oil and without wheat. Pure and gluten-free!



Boembœ is an Indonesian spice paste. This is specially made for your nasi goreng (see recipe below). Completely vegan, because we left out the shrimp paste.

A jar full of Thai herbs, for curry. As pure as possible, and therefore without oil, water or sugar. That's how we do it!



Thai curry with jackfruit. A vegan meat substitute with the structure of meat!

Naan is airy flat bread from India. You eat naan with curry, dahl and dips.



These pure rice sheets are made of 100% rice. The perfect basis for pure and gluten-free summer rolls.



Our coconut oil is made by a sustainable company from the Philippines. A nice base for your favorite (Asian) dish!



Thai goodness

What makes a Thai curry really Thai? The base of peppers, and the light, fresh and aromatic herbs. The Thai make their curries with curry paste. Those are herbs in a jar. Nice and easy! Oh, and what jackfruit is? You can read that here.

How to recognize a Thai curry



base of peppers (green or red)



with coconut milk and curry paste



herbs like lemongrass, galangal, ginger and garlic



eaten with noodles or rice



fry vegetables, add curry paste and coconut milk, simmer for 5 minutes

Curry paste for your Thai curry



Green curry paste

base of green chili with herbs such as lemongrass, galangal and kaffir lime peel



Red curry paste

base of red chili with herbs such as lemongrass, galangal and kaffir lime peel



What is jackfruit?



fruit of the jackfruit tree



a fruit and a vegetable at the same time



vegan meat substitute, has the structure of meat



eaten in curry



warm up for 5-10 minutes, possibly with coconut milk or diced tomatoes

Ready-made pots with curry



Green jackfruit curry mild

with 52% jackfruit with herbs such as lemongrass, lime leaf and garcinia



Red jackfruit curry mild

with 52% jackfruit with herbs such as lemongrass, paprika and garcinia

Thai herbs

The Thais use fresh, light spices in their curries. Ginger and garlic are also standard. For Thai food, think of dishes such as pad thai (a noodle dish that is often eaten on the street) and light soups such as tom yum and tom kha kai (see recipe below).



Lemongrass (serum)

Stems with citrusy smell and taste. Bruising and cooking with (Thai) soup or curries.



Galangal (laos)

Root-like spice similar to ginger and turmeric. Has a slightly sharper, almost peppery taste.



Kaffir lime peel

Similar to lime, but the taste is more intense and aromatic. Has a lumpier skin.



Lime leaf

The aromatic leaf of the lime. Used to give soup or curry more flavour.



Garcinia

Tropical fruit that resembles the green pumpkin. Provides a sharp acidity in the curry.

Check your stock

Put these products in your kitchen cupboard as standard, and you always have a quick and good meal at hand.

Asian basics






- ☐ jars of ready-made curry
- ☐ curry paste
- ☐ rice
- ☐ naan
- ☐ rice noodles
- ☐ coconut milk
- ☐ sesame oil



Indonesian goodness

Indonesia consists of thousands of islands, each with its own food culture. The most famous part in Indonesian cuisine is the Indonesian rice table. This consists of many different small dishes. At the base of a rice table is always nasi goreng (fried rice) and often also bami goreng (fried noodles).

Indonesian rice table

-  base is nasi (goreng) and bami goreng
-  curry-like dishes such as sayur beans, rendang and ayam paniki (with coconut)
-  side dishes such as atjar tjampoer (pickles) and satay sauce
-  toppings such as crispy onions and serundeng
-  seasonings such as ketjap manis and sambal






This is on every rice table



Nasi goreng & bami goreng

Nasi goreng literally means 'fried rice'. Bami goreng stands for 'fried noodles'. You bake vegetables and season them with bumbu, ketjap manis and sambal. You serve fried rice or noodles with satay sauce and prawn crackers.

What is bumbu?

-  a spice paste and base for curry
-  often with sambal (hot peppers)
-  herbs such as ketoembar (coriander) and cloves
-  eaten with fried rice or noodles goreng
-  fry briefly in oil and add vegetables and meat substitute

Side dish and seasoning



Atjar tjampoer

Julienne sliced vegetables such as cabbage, carrot and onion, put in vinegar. Also called Indonesian pickles.



Ketjap manis

Sweet soy sauce, intended to flavour your Indonesian dish.

Indonesian ingredients

Indonesian cuisine uses its own set of spices. Think of ketoembar (coriander), djahé (ginger), laos, jinten (cumin) and sereh (lemon grass). Striking about Indonesian cuisine is the use of sambal (hot peppers), peanuts, crispy toppings and slightly sweet seasonings.



Satay sauce

Indonesia is known for the delicious satay sauce, also called peanut sauce.



Sambal

This red chili paste goes with any type of dish in Indonesia. Makes your dish nice and spicy.



Seroendeng

A crunchy sprinkle of peanuts, coconut and herbs.



Crispy onions

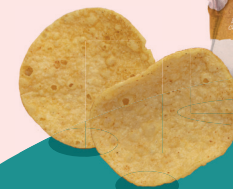
Indispensable over your fried rice or noodles. Completes your Indian dish. Nice and crunchy (and if you use ours: without palm oil!)



Krupuk

These chips are usually made from prawn or cassava. You eat it with fried rice or noodles.

Our lentil chips resemble krupuk (prawn crackers) a little. Anyway, ours is without shrimp!



Indian goodness

Almost every Indian meal is full of herbs and spices. But getting your curry to taste as nicely as the Indians, that is quite a challenge for most Europeans. The answer? Spices. Lots of (earthly) herbs. You probably already know coriander, cumin and turmeric. These are the basis.

How to recognize an Indian curry



base is vegetables, herbs and spices



with tomatoes and/or coconut milk



spices such as coriander, cumin, turmeric and cardamom



eaten with rice or naan

What is dahl?



base of lentils or black beans



with tomatoes



spices such as garlic, ginger, turmeric



eaten as a soup or curry, with naan

Indian spices



Cardamom

Spice for sweet and savory dishes. Reminiscent of eucalyptus, but softer and sweeter.



Tamarind

Fresh and sour legume. Substitute for lemon or vinegar. The riper the fruit, the sweeter the taste.



Fenugreek

Green leaves, often used dried in curries. Fresh but complex taste.



Garam masala

Herbal mix of herbs as cloves, cumin, coriander, pepper and nutmeg.

Vietnamese goodness

Vietnamese cuisine is known for street food, light soups and fresh Vietnamese spring rolls, also known as summer rolls. In general, Vietnamese food is very fresh and vegetables are cooked briefly. Curry, sauce and stock is light and based less on salty seasonings like soy sauce.

How to recognize Vietnamese food



base of rice or (rice) noodles



light broths and soups



herbs such as coriander, lime, lemongrass



seasonings such as hoisin and many (!) dips

What are summer rolls?



rice paper filled with fresh vegetables



often also filled thin rice noodles



eaten before or as a snack



moisten rice paper and fill it with your favorite vegetables, noodles and protein source

Vietnamese herbs



Coriander

This leaf is found in almost every Vietnamese soup, curry or even in summer rolls.



Lime

Lime is found in most Vietnamese meals. Served as a wedge with your meal or used to add sour flavour.

Famous Vietnamese dishes



Pho (soup)

Noodle soup of a thin stock, served with lots of green (raw or briefly cooked) vegetables and egg tofu.



Hoisin sauce

A well-known Vietnamese sauce, often served in pho soup or in dips for summer rolls.

Green curry with noodles

with Thai green curry paste

What you need

3 corn on the cob
2 tbsp toasted sesame oil *
1 head of broccoli
1 green pepper
1 onion
1 tbsp olive oil

60 g Thai green curry paste *
1 can (200 ml) coconut milk *
50 g almond flakes *
1 pack (250 g) Thai rice noodles*

* TerraSana product

A jar full of Thai herbs.
As pure as possible, and
therefore without oil,
water or sugar.
That's how we do it!

Here's how you make it

1. Preheat the oven to 180°C.
2. Coat the corn cobs with sesame oil. Roast in the oven for 30 minutes. Turn around every now and then.
3. Wash the broccoli and bell pepper. Cut finely. Chop the onion.
4. Put the olive oil in a pan. Saute the onion, broccoli and bell pepper for 2 minutes.
5. Add the curry paste and coconut milk and mix until the curry paste is well dissolved. Simmer gently for 10 minutes, until the broccoli is tender.
6. Cook the noodles according to the instructions on the package.
7. Toast the almond slivers in a dry frying pan.
8. Divide the noodles and curry between the plates.
9. Garnish with almond shavings. Serve with the grilled corn on the cob. Sprinkle it with salt and pepper.
10. Are you short on time? Replace the corn on the cob with a jar of baby corn.



Tom kha kai

Thai soup with coconut and Thai red curry paste

What you need

1 stalk lemongrass
3 cm ginger
1 red chili pepper
2 cloves of garlic
1 medium onion
1 tbsp coconut oil *
50 g Thai red curry paste *
600ml water

4 lime leaves (optional)
1 can (200 ml) coconut milk *
2 tbsp tamari soy sauce *
100 g bean sprouts
a few handfuls of fresh
coriander

* TerraSana product

With this jar of spices you
give flavour and spice to
your Thai curry, or actually
any dish. Bake vegetables,
add coconut milk, done!

Here's how you make it

1. Crush the lemongrass stalks. Cut them in half lengthwise.
2. Grate the ginger. Finely chop the chili peppers. Press the garlic. Chop the onion as finely as possible.
3. Place the coconut oil in a stockpot, along with the onion, ginger, chili pepper and garlic. Bake for 2 minutes.
4. Add the red curry paste and cook for another minute.
5. Deglaze with the water. Add the coconut milk, lime leaves (optional) and lemongrass.
6. Simmer gently for 10 minutes.
7. Season with tamari. Taste good and adjust if necessary.
8. Remove the lime leaves from the curry.
9. Divide the soup among 2-3 bowls.
10. Finish with bean sprouts and coriander.



Ready in
15 minutes



2-3
PORTIONS



VEGAN

Dahl with dips

Indian side dishes with naan (natural or garlic)

What you need

for roasted chickpeas:

1 jar (350 g) chickpeas
1 tsp Thai red curry paste*

for vegan raita:

80 g cashew yogurt
50 g cucumber
1 tbsp fresh coriander
1 tbsp fresh mint
1 tbsp lemon juice
1/4 tsp salt + pepper

for green chutney:

40 g fresh coriander
20 g fresh mint
4 cloves of garlic
4 cm fresh ginger
80-100ml water
4 tbsp lemon juice
80 g tahini dark *

1 pack of dahl of your choice
2 packs of mini naan of your choice *

* TerraSana product

Here's how you make it

1. Preheat the oven to 220°C.
2. Drain the chickpeas. Mix the curry paste with the chickpeas until everything is coated.
3. Roast in the oven for 5-10 minutes until golden brown.
4. Turn the oven down to 180°C.
5. Make the raita. Grate the cucumber. Chop the coriander and mint very finely. Mix all the ingredients for the raita in a bowl. Try it out and add salt and pepper to taste if needed.
6. Make the green chutney. Place all ingredients for the chutney in the blender. Start with 80 ml of water, add a little more if you find the chutney too thick.
7. Heat the naan in the oven for 3 minutes.
8. Heat the dahl according to the directions on the package.
9. Serve the dips with naan and dahl.



Naan is Indian bread
that you can use
to dip with.



Ready in
15 minutes

4
PORTIONS

VEGAN

Red jackfruit curry

with Thai red jackfruit curry in jar

What you need

200 g rice of your choice	150 g cherry tomatoes
1 medium onion	1 tbsp arrowroot *
1 clove of garlic	+ 2 tbsp cold water
1/2 head of pak choi	2 handfuls of fresh coriander
2 tbsp olive oil	
1 jar Thai red jackfruit curry *	
1 can (200 ml) coconut milk *	* TerraSana product

Jackfruit has the structure of meat, but is actually fruit and vegetables in one. Superfood in a mild Thai curry sauce!

Here's how you make it

1. Cook the rice according to the directions on the package.
2. Finely chop the onion, garlic and pak choi.
3. Put the olive oil in a pan and fry the onion and garlic until the onion is translucent.
4. Add the white parts of the pak choi and fry for a further 1 minute. Lower the fire.
5. Add the jackfruit curry and coconut milk and let it simmer gently for 5 minutes.
6. Halve the cherry tomatoes. Add them, along with the green parts of the pak choi, during the last 2 minutes. Mix the arrowroot with cold water and add to the curry. Stir until the sauce is the right thickness.
7. Finely chop the coriander. Divide the curry among 3-4 bowls and finish with fresh coriander.
9. Serve with rice.



Ready in
15 minutes



3-4
PORTIONS



VEGAN

Green Jackfruit Curry

with Thai green jackfruit curry in jar

What you need

- | | |
|------------------------------------|----------------------------|
| 150 g rice of your choice | fresh coriander to taste |
| 1 medium red onion | (optional) |
| 2 tbsp coconut oil * | sambal to taste (optional) |
| 80 g snow peas | |
| 1 can (200 ml) coconut milk * | |
| 50 g green peas | |
| 1 jar Thai green jackfruit curry * | * TerraSana product |

Here's how you make it

1. Cook the rice according to the directions on the package.
2. Finely chop the red onion.
3. Heat the coconut oil in a frying pan or wok.
4. Add the red onion and snow peas and fry over high heat for about 2 minutes. Lower the heat and wait a while.
5. Then deglaze with the coconut milk. Add the peas and green jackfruit curry and simmer gently for 5-8 minutes.
6. Serve the curry with the rice and garnish with fresh coriander. Prefer a spicy curry? Add sambal to taste.
7. Tip: can't find snow peas near you? Replace with bimi or green beans.



Real Thai green curry,
but the vegan way!
Made by an authentic Thai chef.
That's tasty for sure!



Ready in
15 minutes

2
PORTIONS



VEGAN

Nasi goreng

Indonesian basic dish with bumbu and ketjap manis (sweet soy sauce)

What you need

300 g basmati rice	1 jar of Indonesian bumbu for nasi goreng *
1 (150 g) large onion	100 g bean sprouts
1 (200 g) small leek	3 tbsp ketjap manis *
150 g pointed cabbage	crispy onions to taste *
1 (150 g) large carrot	sambal oelek to taste
1 red chili pepper	
3 garlic cloves	
1 tbsp coconut oil	* TerraSana product

This bumbu is specially made to flavour your nasi goreng, and to make Indonesian cooking easier for you. That's a jar full of spices!

Here's how you make it

1. Cook the rice according to the directions on the package.
2. Chop all garlic, chili pepper and vegetables (very) fine.
3. Place a tablespoon of coconut oil in a large frying pan. Fry the onions for 2-3 minutes. Add the rest of the vegetables, along with the garlic and chili pepper. Fry on medium to high heat.
4. When the vegetables have shrunk after about 5 minutes, add the jar of bumbu. Cook for another 3-5 minutes on low heat.
5. Drain the rice and add to the vegetables. Stir well. Add the ketjap and the bean sprouts, fry briefly over medium heat and turn off the heat.
6. Put the nasi goreng on a plate. Top with crispy onions.
7. Do you like spicy? Sambal really belongs to nasi, so add spiciness to taste.
8. Serve with peanut sauce and vegan prawn crackers (or TerraSana lentil chips).



Ready in
25 minutes



Balado terong (eggplant)

Indonesian side dish with ketjap manis (sweet soy sauce)

What you need

- | | |
|---------------------------------|--------------------------------|
| 1 large eggplant | 150 ml water |
| 15 tbsp odourless coconut oil * | 1 stock cube |
| or sunflower oil | 4 lime leaves (optional) |
| 2 shallots | 2 tbsp ketjap manis * |
| 2 red chili peppers | 1 tbsp coconut blossom sugar * |
| 4 cloves of garlic | |
| 1 stalk lemongrass | |
| 2 tomatoes | |

* TerraSana product

Ketjap is a must-have for adventurous cooks. Lots of flavour and a little sweet!

Here's how you make it

1. Cut the aubergine into 2x2 cm cubes.
2. Put 10 tbsp oil in a frying pan or wok. Bake the eggplant for 3-5 minutes. Remove from pan and set aside.
3. Clean the shallots, chili peppers, garlic and lemongrass and cut into pieces, along with the tomatoes. This doesn't have to be nice, because it will go straight into the blender.
4. Fry in a generous amount of oil (think 5 tablespoons)
5. 3 minutes on.
6. Grind the chili mixture in the blender (without the eggplant).
7. Return to the pan and turn the heat to medium-high. Joint
8. Add the fried aubergine and the rest of the ingredients to the mixture.
9. Let it reduce on medium heat for 25-30 minutes (can also be longer on low heat), until the sauce binds more to the aubergine.
10. Serve with rice or nasi goreng and a salad and/or fried tempeh.
11. Do not eat the lime leaves.



Ready in
40 minutes



2
PORTIONS



VEGAN



Tempeh with satay sauce

Indonesian side dish with soy sauce and crispy onions

What you need

For the tempeh:

300 g tempeh
6 tbsps coconut oil *
2 shallots
3 garlic cloves
1 chili pepper (or rawit pepper)
2 cm ginger
3 tbsps ketjap manis (sweet soy sauce) *

For the satay sauce:

125 g peanut butter smooth *
3 tbsps ketjap manis *
1 tsp garlic powder
1 can (200 ml) coconut milk*

For the topping:

crispy onions to taste *

* TerraSana product

Did you know that crispy onions are usually made with wheat and palm oil? We can do better! That's why our onions are gluten-free, palm oil-free, free of added salt and sugar, and simply delicious as a topping!

Here's how you make it

1. Cut the tempeh into 1x1 cm cubes.
2. Heat 4 tablespoons of coconut oil in a frying pan or wok. Bake the tempeh for about 5 minutes until golden brown and crispy. Set aside to keep the tempeh crispy.
3. Chop the shallots, garlic and pepper very finely. Grate the ginger. Heat 2 tablespoons of coconut oil in the pan. Add the shallots, garlic, pepper and ginger and cook for 3-5 minutes. Add a little water when it sticks.
4. Add the soy sauce and fried tempeh and fry for about 5 minutes.
5. Prepare the satay sauce just before serving. Place all four ingredients in a saucepan and heat until it has the consistency of (thick) sauce.
6. Serve with rice and salad.
7. Top with crispy onions.



Ready in
35 minutes

3
PORTIONS

GLUTEN
FREE

VEGAN

Summer rolls with hoisin

Vietnamese starter or lunch with rice paper

What you need

For the summer rolls:

50 g Thai rice noodles *
10 cm cucumber
2 carrots
120 g smoked tofu
1 avocado
fresh basil (optional)
6 sheets of rice paper *
crispy onions * or black
sesame seeds * (optional)

For the hoisin dipping sauce:

1 tbsp peanut butter fine*
2 tbsp tamari soy sauce *
1 tbsp maple syrup grade c*
1 tbsp toasted sesame oil*
1 tbsp lime juice
1/4 tsp garlic powder
chili pepper to taste

*TerraSana product

We make rice paper from 100% rice. You use it to keep all those tasty fresh vegetables together. Add a dipping sauce and you have a super fast and healthy lunch!

Here's how you make it

1. Cook the Thai rice noodles for 3-4 minutes. Drain and rinse with cold water.
2. Mix all the ingredients for the hoisin sauce in a bowl.
3. Cut the cucumber and carrot into 10 cm pieces. Cut them julienne. Cut the smoked tofu and avocado into strips (not too thin).
4. Hold a sheet of rice paper under the tap for 5 to a maximum of 10 seconds. Place on a cutting board. The rice paper should not be too soft, it will become soft later.
5. Place a small handful of the noodles, vegetables, tofu and basil on the rice sheet and roll to about a third. Then fold the sides in and roll into a tight roll.
6. Cut the rolls in half and dip in the hoisin sauce. Sprinkle with crispy onions and black sesame seeds, if desired.



Ready in
20 minutes

2
PORTIONS



VEGAN

Plant-based
enjoyment

9 simple dishes
with the Asian products
from TerraSana



Curious about all 400+ TerraSana products?
Check them out at terrasana.nl



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