

Go Vegan for Lent!

by Reading University Vegetarian and Vegan Society

This book is full of vegan recipes and general advice about being vegan. We really hope you enjoy it. You're welcome to use this recipe guide for inspiration as to how you can eat less meat, fish eggs and/or dairy but our hope is that you'll go vegan for lent, either as a test of your will power or to raise money for charity by doing it as a sponsored event.

Most commonly people become vegan because they don't agree with mass production of animal products and the living conditions of the animals that these products come from, or they want to lower their carbon footprint, or for both of these reasons! For more information about this and about vegan products generally I recommend reading the Vegan Society's guide to being vegan: <http://www.vegansociety.com/Become-a-Vegan/Being-Vegan-Guide.aspx>

There are a few points to make about the book. Firstly many of the recipes instruct you to fry vegetables but I often steam vegetables if they're going into a sauce or if I'm cooking for a lot of people. It's not only a healthier alternative but it's much more convenient because you can just leave the steamer to work it's magic while you get on with other things. Another health tip is to try to vary the colours of the vegetables you are using in order to get a variety of vitamins and to make for meals look more appetising. For example, with a tomato based dish I would use orange or yellow peppers rather than red ones.

If you want more recipes please e-mail readingveggies@hotmail.com as I have loads. I tried to be selective about which recipes I put in this book because I didn't want to use too many expensive substitutes as this book is primarily aimed at students. As a general rule you'll always need a stock of tinned tomatoes, chickpeas, tofu, vegetables, kidney beans, vegan margarine (like vitalite or pure) and soya and/or rice milk (I find soya milk is best for savoury things like mash potato and rice milk is best for sweet things like hot chocolate.) If you buy dried chickpeas, lentils, kidney beans etc you will save money but you do have to pre-soak them (usually overnight) and boil them for quite a while so it's worth buying tinned too. The True Food Co-op sell organic produce and have lots of vegan products (visit <http://www.truefood.coop/>).

Also it's worth making extra food for lunch the next day or just to go in the freezer for when you can't be bothered to cook.

Try to be imaginative with you're cooking and adapt recipes if you don't

have all the ingredients available. When I first became vegan I tried to adapt things that I ate before I became vegan. If you struggle with this I recommend the book 'vegan cooking for one,' by Leah Leneman. It's a brilliant book with lots of great recipes but it's particularly good if you're not an experienced cook because it gives you a week by week shopping guide. Other vegan cook books that have been recommended to me are 'soy without oi', 'how it all vegan', 'vegan with a vengeance' and 'veganomicon.' You don't have to spend money though there are lots of good recipes available online, e.g. <http://www.vegcooking.com/veganMenus-1.asp> <http://www.fatfreevegan.com/all.shtml> <http://www.vegan-food.net/>

As for eating out, there are lots of great places in Reading. Global cafe on London Street sells Ethiopian food and it's amazing. Thursday is buffet night so you can try a bit of everything. Also there's Moondog cafe, which is unfortunately closing soon but they're still there at the moment and they serve vegan cakes and drinks. Aangan on Queenswalk (near the Hexagon) used to be a traditional Indian restaurant that only served vegetarian and vegan food. They've recently started serving meat but still have an extensive vegetarian menu.

I've also had these reviews sent to me:

<http://www.thainine.co.uk/> - vegan duck and vegan chicken on menu as well as tofu. Eat as much as you want. Also does some vegan sushi on the Japanese menu.

<http://www.t3v.veggroup.org/locations/1192.html> - Red Lion pub, has vegan menu (you have to ask) with simple vegan pub food - e.g. sausage and mash.

<http://www.chennaidosa.com/> - there is a branch of chennai dosa that just opened in Reading. South Indian food - most of the menu is vegan and unbelievably cheap!

<http://www.t3v.veggroup.org/index.html> is quite a comprehensive resource for eating out locally in and around Reading for vegans.

If you want a takeaway New Happy Garden on Wokingham Road have a large menu including tofu dishes, cashew nut dishes and vermicelli rice noodles.

I'd like to say a huge thank you to Jo and everyone who e-mailed me recipes and advice in response to her e-mail. I also want to thank Helen for

her recipes and the Reading University Campaigns forum for covering the printing costs. Also thank you Kelly Slade and everyone at Animal Aid for letting us use some of their recipes.

Lastly, please let me know what you think of the booklet by e-mailing me (readingveggies@hotmail.com) so that we can make improvements for next year.

Have fun and goodluck,

Natalie

(Reading University Vegetarian and Vegan Society)

Snacks/ light lunches

scramble on toast

(feeds 2) This recipe is from the animal aid leaflet 'I can't believe it's... vegan!' Visit www.animalaid.org.uk for more details.

You will need:

- 250g plain tofu
- 1 clove of crushed garlic
- 1 teaspoon tumeric
- 1 teaspoon mixed herbs
- pepper to taste
- tabasco sauce
- 2-4 slices of bread for toasting.

Method:

1. Mash the tofu.
2. Add the other ingredients.
3. Fry in a little oil.
4. Serve on toast.

There are a lot of recipes for scrambled tofu around. Try experimenting with different herbs and/or spices.

nachos

You will need:

- bag of vegan nachos (some makes aren't even vegetarian so make sure you check)
- grated vegan melting cheese
- guacamole (see enchiladas recipe)

salsa (feeds 2):

- 1 tin of tomatoes
- 1 red onion
- about $\frac{1}{2}$ a jar of jalopenos (or to taste depending on how spicy you want your nachos to be)
- $\frac{1}{4}$ of a tube of tomato puree

Method:

salsa:

1. Fry the onion in a little oil for 5-10 minutes.
2. Add the tomatoes and tomato puree and half the jalopenos.

nachos:

1. Pre heat oven to 200°C.
2. Put just over $\frac{1}{2}$ of the nachos into a casserole dish and layer $\frac{1}{2}$ of the salsa, $\frac{1}{2}$ of the vegan cheese then the rest of the salsa and the remaining cheese and jalopenos.
3. Serve with the guacamole.

cornish pasties

(feeds 2)

You will need: Pastry:

- 500g of plain flour
- 3 teaspoons of baking powder
- 300g vegan margarine
- enough soya milk to glaze the pasties

Filling:

- about a cup of soya chunks (follow instructions on packet for preparation if necessary)
- one chopped onion
- cup of diced potato
- cup of diced carrot
- cup of diced turnip
- one tablespoon of plain flour
- vegetable stock
- black pepper to taste

Method:

1. Make up the pastry by rubbing the margarine into the flour and baking powder, using your hands as little as possible to keep it cool, then mix it to a stiff dough with very cold water and refrigerate.
2. Fry the onion in a little oil until soft, then add in the soya chunks and other vegetables and fry briefly.

3. Stir in the flour to coat the mixture, season with pepper, and add enough stock to just cover the vegetables.
4. Simmer the mixture whilst stirring it to stop it sticking to the pan and make it thicken up, until the vegetables are soft, adding more flour or water/stock as necessary if too wet or dry.
5. Roll out the pastry into circles about 15-20 cm in diameter. Place on greased baking trays and place a heap of filling on each one, to one side of the centre.
6. Moisten round the edge of the pastry circles with water, and fold over the circles so that the edges meet and the filling is sealed inside.
7. Press the edges with the end of a fork to seal the filling in and make a pretty edge pattern, brush the pasties with milk, and bake in a hot oven till golden.

falafel

You will need:

- 1lb/450g cooked chickpeas
- 2oz/50g breadcrumbs
- 1 peeled onion
- 4 cloves of garlic
- 1 teaspoon of cumin
- 1 teaspoon of ground coriander
- 2 tablespoons of finely chopped fresh parsley
- black pepper to taste

Method:

1. Mince the onion with the garlic and put in a mixing bowl.
2. Mash the chickpeas and add together with the remaining ingredients. Combine thoroughly until everything binds together.
3. Take rounded dessert spoonfuls of the mixture and roll into balls in the palm of the hand.
4. Shallow fry the balls in hot olive oil until golden, drain on kitchen paper and serve warm.

Mains

sweet potato and chickpea curry

(feeds 2)

You will need:

- 1 chopped medium sized sweet potato
- 1 chopped pepper
- 1 chopped onion
- 1 chopped courgette
- 8 chopped mushrooms
- $\frac{1}{2}$ bag of spinach
- 1 tin of chopped tomatoes
- chopped fresh chilli and chilli powder to taste
- pepper to taste
- about a teaspoon of coriander
- about a teaspoon of tumeric
- about a teaspoon of cumin
- 1 tin of chickpeas

Method:

1. Boil the sweet potato until soft (usually takes about 5-10 minutes).
2. Meanwhile fry the peppers in a little oil and add the rest of the veg (not the spinach) after about 5 minutes. When the veg is cooked add the tinned tomatoes, chilli powder, pepper and spices.
3. When the sweet potato is cooked drain and rinse under the cold tap. The skin should come away quite easily now, so peel the pieces of potato and add to the curry.
4. Boil the chickpeas for about 5 minutes and then add to the sauce.
5. Add the spinach right at the end and cook until it's started to wilt. I usually just have the sauce because the sweet potato is quite filling but you could do less sweet potato and have some rice with it instead (or miss out the sweet potato altogether). In the past I've also used new potatoes or butternut squash instead of sweet potatoes.
6. If you want to make this into a korma style curry add a tin of coconut milk and allow to reduce.

enchiladas

(feeds 2)

You will need:

- 1 chopped pepper
- $\frac{1}{2}$ a chopped courgette
- 1 chopped onion
- 8 chopped mushrooms
- chopped fresh chillis and chilli powder (to taste)
- 2 tins of chopped tomatoes

- 2 cloves of chopped garlic
- pepper to taste
- tortilla wraps (use wholewheat if you wanna be extra healthy)
- 1 tin of kidney beans

guacamole:

- 2 avacodos
- soya milk to taste
- soya yoghurt to taste
- olive oil to taste
- lemon juice to taste
- 1 clove chopped garlic
- pepper to taste

Method:

guacomole:

To be perfectly honest with the guacamole I just put all of the ingredients listed into a blender so that it's smooth and tastes good and then put it in the fridge. You want the avacodos to be really soft (maybe even going a bit brown).

enchiladas:

1. Fry the peppers in a little oil.
2. After about five minutes add the rest of the vegetables (not the garlic).
3. Chop the garlic quite finely and add when the rest of the vegetables are cooked to your liking. I usually only allow the garlic to fry for the time it takes me to open the tinned tomatoes (there's nothing worse than burnt garlic!) Don't feel that you have to use the vegetables listed here but I think the onions, peppers and garlic are pretty much essential.

4. Add tinned tomatoes and then chilli powder and pepper to taste. Leave to simmer for about ten minutes, stirring occasionally.
5. Boil the kidney beans for about five minutes, then drain and add to the sauce.
6. Preheat the oven to about 200°C.
7. Using a spoon, spread some of the juice from the sauce over the bottom of a casserole dish. Then put a couple of spoonfuls of the sauce into the middle of each wrap, fold the bottom of the wrap over and then both sides and place in the casserole dish. I usually do about 3 or 4 wraps per person but you could do just 2 wraps and have some rice as well.
8. Cover the wraps with any remaining sauce and put the dish in the oven until the wraps have gone crispy. You can easily get hold of vegan cheese from health food shops (just make sure you get one that melts). I don't bother because I like the wraps to go quite crunchy.

vermicelli style chow mein

(feeds 2)

You will need:

- vermicelli rice noodles (or wholewheat noodles if you prefer)
- 6 teaspoons of curry powder
- 2 teaspoons of corriander
- 2 teaspoons of ground ginger (or root ginger finely chopped)
- 1 chopped pepper
- 1 chopped onion
- $\frac{1}{2}$ of a chopped courgette
- 6 chopped mushrooms

- chopped broccoli
- soy sauce to taste
- pepper to taste
- 1 tin of chickpeas

Method:

1. Fry the veg in a wok with a little oil and add the corriander and ginger.
2. Boil the noodles (according to the instructions on the packet) with the curry powder in the water.
3. About 5 minutes before the noodles are done add the drained chickpeas.
4. When the noodles are cooked, drain the noodles and chick peas and add to the wok.
5. Add the soy sauce and pepper and mix well.

You could use rice instead of noodles or stir fry the vegetables and put a few spoonfuls in a tortilla wrap as a light lunch or snack.

pesto pasta

(feeds 2)

You will need:

- 1 packet of pine nuts
- 1 clove of chopped garlic
- vegan parmasan (optional)
- olive oil
- a little water

- pasta
- a handful of fresh basil

Method:

1. Cook the pasta according to the instructions on the packet.
2. Chop up the garlic and basil and put in a blender with the vegan parmesan. Add water and olive oil a little at a time until the mixture blends to form a paste.
3. Use a pestle and mortar to grind up the pine nuts a little (you could just blend these as well but I think it's better this way to keep some texture). Add the pine nuts to your blended paste and mix well.
4. When the pasta is cooked drain and then return it to the pan along with the pesto sauce. Mix the the sauce and pasta over a low heat for one or two minutes then serve.

spaghetti bolognese/ shepherd's pie

(feeds 2)

You will need:

- vegan gravy granules
- vegan vegetable stock
- vegan mince (available in most health food shops)
- 1 chopped pepper
- 1 tin of tomatoes
- 2 cloves of chopped garlic
- 1 chopped onion
- 8 chopped mushrooms

- peas (I usually use frozen)
- fresh/dried basil to taste
- thyme to taste
- 1 tin of sweetcorn
- 2 chopped carrots
- if making the shepherd's pie you will need potatoes (how many will depend on the size of your casserole dish), soya milk and vegan butter (soya butter or vitalite). If making the spaghetti bolognese you just need spaghetti.

Method:

1. Fry the peppers in a little oil, then add the onions and mushrooms after five minutes.
2. Boil the carrots, sweetcorn and peas.
3. After about ten minutes add the garlic and tomatoes to the vegetables. Add the carrots, sweetcorn and peas once the carrots are soft.
4. Add the thyme and dried basil (add the basil at the end if you're using fresh). Also add about a mug full of gravy and crumble a vegetable stock cube into the sauce.
5. Boil the potatoes/ pasta depending on which dish you are making.
6. In most cases you'll probably be able to add the mince to the sauce as it is but read the instructions on the packet.
7. Keep stirring the sauce and add water if necessary (vegan mince usually soaks up quite a bit of liquid).
8. If you're making spaghetti bolognese simply serve the pasta with some sauce once the pasta is cooked.
9. If you're making the shepherd's pie pre-heat the oven to 200°C and drain the potatoes once they are soft.

10. Mash the potatoes with some vegan butter and soya milk until the mash is creamy and lump free.
11. Pour the sauce into a casserole dish making sure you leave room for the mash (if you have too much allow to cool and put in the freezer for another time). Spread the mash evenly over the top and put in the oven for about 10-15 minutes.

Tip: Cut up the potatoes so that they are very small and they will cook faster.

tomato pasta with olives and capers

(feeds 2)

You will need:

- pasta
- 1 jar of pitted kalamata olives soaked in brine (or another variety if you prefer)
- 1 tin of chopped tomatoes
- 1 small jar of capers
- tomato puree to taste
- fresh and dried basil to taste
- 2 teaspoons of thyme
- 4 chopped spring onions
- 2 cloves of garlic
- olive oil to taste

Method:

1. Cook the pasta according to the instructions on the packet.

2. Put all the other ingredients in a pan and heat gently and stir often.
3. Once the pasta is cooked serve with the sauce. You could add some vegan parmasan if you like.

african sweet potato stew

(feeds 2)

You will need:

- 1 onion
- 2 cloves of crushed garlic
- 2 teaspoons of grated ginger
- $\frac{1}{2}$ teaspoon of cayenne pepper
- 350g/12oz sweet potatoes, cut into cubes
- 1 tablespoon of mild or medium curry paste
- $\frac{1}{2}$ pint of passata
- $\frac{1}{2}$ pint of vegetable stock
- 225g/8oz spinach
- 225g/8oz button mushrooms
- 4 tablespoons of peanut butter
- 2 tablespoons of chopped fresh coriander
- salt and pepper to taste
- fresh coriander to garnish (optional)

Method:

1. Heat a little oil in a saucepan and fry onion, garlic, ginger and cayenne gently for 10 minutes.
2. Add the curry paste and cook, stirring for 1 minute.
3. Add the sweet potatoes and fry for about 4 minutes.
4. Add the passata and stock, bring to the boil, cover and simmer for 15-20 minutes until the potatoes are almost tender.
5. Roughly shred the spinach.
6. Heat a little oil in a frying pan, add mushrooms and stir-fry for about 5 minutes until they start to release their juices.
7. Add to the potatoes with the spinach and cook for a further 5 minutes.
8. Mix a few spoonfuls of the stew juice with the peanut butter to soften it then stir into the pan.
9. Add the ground coriander, season and heat through.
10. Garnish with fresh coriander.

fresh herb polenta

(serves 4)

You will need:

- 1 finely chopped red onion
- 1 crushed clove of garlic
- 1 pint 2 fluid ounces of vegan vegetable stock
- 115g/4 ounces polenta
- 1 small handful of chopped fresh basil
- 1 small handful of chopped fresh parsley

Method:

1. Gently fry onion and garlic in vegetable oil until soft. Add stock and bring to the boil.
2. Slowly pour in polenta, stirring all the time. Cook over a low heat for 1 minute.
3. Take mixture off the heat and stir in parsley and basil. Pour into a greased tin (the polenta should be about 2 cm thick). Allow to cool.
4. Turn out and cut into triangles or squares.
5. Grill until they start to brown, turning once.

lasagne

You will need:

- 1 onion
- 115g of red lentils. (If these are bought dried make sure you follow the instructions of the packet. You may have to soak them overnight.)
- 850ml of vegetable stock or 1 heaped tsp marmite dissolved in 850ml of water
- 300g of chopped mushrooms
- 1 chopped courgette
- 2 cloves of crushed garlic
- 1 tin of chopped tomatoes
- 2 tablespoons of tomato puree
- 2 teaspoons of mixed herbs
- 75g of vegan margarine

- 50g of plain flour
- 750ml of soya milk
- 50g of nutritional yeast flakes (optional)
- 1 teaspoon of mustard
- salt and pepper to taste
- 250g lasagne (make sure this isn't egg pasta)

Method:

1. Pre-heat the oven to 220°C.
2. Fry the onion and lentils in a little oil for 2 minutes.
3. Add vegetable stock, or marmite and hot water. Simmer uncovered for 10 minutes.
4. Add garlic, mushrooms, courgette, tinned tomatoes, tomato puree and mixed herbs.
5. Cook for another 10 minutes, uncovered. Add more water if necessary.
6. Meanwhile, make the “cheese” sauce. Heat margarine in a large saucepan, until melted.
7. Add the flour. Stir well.
8. Add 100 ml of soya milk and stir well. Gradually add the rest of the soya milk, stirring constantly. Cook for a few minutes until it thickens to a custard consistency.
9. Add $\frac{3}{4}$ of the nutritional yeast flakes, mustard and salt and pepper.
10. Put a third of the lentil mixture into the bottom of a baking dish.
11. Add a layer of lasagne, then repeat twice.
12. Top the lasagne with the “cheese” sauce, then sprinkle with the rest of the nutritional yeast flakes.
13. Cook 20 minutes until brown on top.

moussaka

You will need:

- 1 sliced large aubergine
- 1 chopped large onion
- 4 cloves of crushed garlic
- 1 diced red pepper
- 1 sliced courgette
- 100g of sliced mushrooms
- 50g of minced textured vegetable protein (TVP)
- 250ml of vegetable stock
- 1 tin of chopped tomatoes
- 2 tablespoons of tomato puree
- 2 teaspoons of dried basil
- 2 teaspoons of dried oregano
- juice of 1 lemon
- salt and pepper to taste
- 625g of peeled and thinly sliced potatoes
- 300ml of soya milk
- 115g of grated vegan “cheese”
- 25g of corn flour

Method:

1. Pre-heat the oven to 200°C.

2. Boil the potato slices for 5-10 minutes until just cooked.
3. Meanwhile heat some oil in a large pan, and saut the onion and garlic for 5 minutes.
4. Add the peppers, courgettes and mushrooms and saut for a further 5 minutes.
5. Add the soya mince, stock, tinned tomatoes, tomato puree and herbs.
6. Bring to the boil and simmer for 10 minutes or until the vegetables are tender. Add the lemon juice, salt and pepper.
7. Meanwhile, heat the some oil in a large frying pan and saut the aubergine for 5 mins on each side.
8. Transfer half of the mince and vegetable mixture to a casserole dish.
9. Arrange the aubergine on top of the mince, then put another layer of mince on, and a layer of potatoes on top.
10. Make a white sauce by mixing the corn flour and soya milk to a smooth paste in a saucepan. Bring to the boil stirring continually, then add the soya cheese and simmer for a minute to thicken.
11. Pour the sauce over the potatoes and cook in the over for about 30 minutes until browned.

chilli-sin-carne

(feeds 2)

You will need:

- 1 clove of garlic
- 1 finely chopped chilli
- 1 chopped onion
- 1 chopped pepper

- one packet of soya mince (follow instructions on packet for preparation if necessary)
- 1 teaspoon of paprika
- 1 tablespoon of cocoa powder
- 1 tin of drained red kidney or pinto beans
- 1 tin of chopped tomatoes
- 2 fresh chopped tomatoes

Method:

1. Fry the onions and chilli until soft, then add the garlic, pepper, mince and beans and continue to fry briefly.
2. Stir in the paprika and cocoa until the mixture is coated, then add the tinned tomatoes and simmer until almost cooked.
3. Stir in the fresh tomatoes, simmer briefly, and serve with white or brown rice, quinoa or baked potatoes.

veggie sausage stew

You will need:

- 2 sliced onions
- 6 veggie sausages, preferably herby ones such as Vegideli sausages, cut into chunks
- 6 sliced potatoes
- 3 sliced carrots
- vegetable stock

Method:

1. Fry the onions until softening, then add the sausages and fry until brown (or cook according to instructions on the packet if they aren't suitable for frying.)
2. Add in the carrots and potatoes and cover with stock.
3. Simmer until all the vegetables are soft, then serve.

pizza

(feeds 2)

You will need:

base:

- 4 cups self-raising flour
- half a cup of vegan margarine
- 1 cup of soya milk

topping:

- a combination of your favourite toppings, such as peppers, pineapple, mushrooms, courgettes, sweetcorn, olives, onions, veggie sausage, capers, chillies, sundried tomatoes, spinach
- 2 cloves of finely chopped garlic
- 1 tin of chopped tomatoes
- tomato puree to taste
- basil to taste
- oregano to taste
- sliced tofu

Method:

1. Rub the margarine into the flour and mix it to a dough with the soya milk.
2. Divide into two, and roll out into two pizza bases. Place on greased baking trays.
3. Put the the garlic, tomatoes, puree and herbs. Simmer gently to reduce the liquid a little.
4. When it is done, drain the sauce into a bowl using a sieve (save the stuff in the sieve for a pasta sauce.)
5. Spread it over the pizza bases and arrange on your chosen toppings and the tofu.
6. You can add vegan melting cheese if you like.
7. Cook at 180°C for about 10 minutes.

simple dahl

You will need:

- 1 finely chopped onion
- 2 cloves of crushed garlic
- 1cm of finely chopped root ginger
- one diced sweet potato or large carrot
- 2 cups red lentils
- 1 tablespoon curry powder (or a mixture of spices such as cumin, coriander, ginger, chilli, garam masala or turmeric)

Method:

1. Fry the onion and carrot or sweet potato until soft, then add the garlic and fry briefly.

2. Stir in the lentils and spices and cover with water.
3. Boil until the lentils are cooked to a paste, stirring to stop it sticking to the pan and adding more water if necessary.
4. Serve with rice or chapattis, or as a side with other curries.

jalfrezi

You will need:

- one sliced onion
- 3-4 large chopped chillies
- pinch of chilli flakes
- 2cm of finely chopped root ginger
- 1 roughly chopped pepper
- a large handful of green beans
- 1 diced large carrot
- about 2 handfuls of small unpeeled new potatoes or larger ones cut into large chunks
- 1 tablespoon mixed spices such as cumin, coriander, garam masala, paprika, fennel, onion seeds, mustard, allspice, black pepper, fenugreek etc
- 1 tin of chopped tomatoes

Method:

1. Fry the onions until softening, then add in the chillies, ginger and carrots and fry briefly.
2. Stir in the spices, potatoes and tomatoes and simmer until the potatoes are softening.

3. Add in the green beans and peppers and cook a little longer until they are also softening, and serve.

mushroom carbonara

You will need;

- 1 sliced onion
- 2 cloves of chopped garlic
- 2-3 large handfuls of sliced mushrooms, preferably a mix of types such as white, brown, oyster, chestnut, portobello etc, (variation - replace some of the mushrooms with fennel)
- 1 carton soya pouring cream
- 1 tablespoon of wholegrain mustard
- black pepper to taste
- 1 tablespoon of dried or finely chopped fresh parsley

Method:

1. Fry the onions on a low heat until softening, then add the mushrooms and garlic and fry on a higher heat until they brown well and become smaller.
2. Mix a tablespoon of the mustard into the cream and stir it into the mushrooms with the parsley, seasoning well with pepper.
3. Cook it a little longer so that the cream is heated through, and stir it into cooked long pasta.

Desserts

A lot of the recipes in this chapter are from the animal aid leaflet 'I can't believe it's... vegan!' Visit www.animalaid.org.uk for more details.

chocolate orange sponge cake

You will need:

sponge:

- 300g self-raising flour
- 2 teaspoons baking powder
- 100ml sunflower oil
- 2 heaped tablespoons of cocoa powder
- 175g brown sugar
- 180ml water

icing:

- 170g icing sugar
- 60g cocoa powder
- 115g vegan margarine
- 1 small orange

Method:

sponge:

1. Preheat oven to 180°C
2. Mix the water, sugar and oil in a pan and heat gently until sugar dissolves.
3. Leave to cool and then add dry ingredients, folding mixture together carefully.
4. Pour mixture into tins and bake for about 30 minutes.
5. Once cooked leave the cake to cool before icing.

icing:

1. Mix the zest and juice of the orange together.
2. In a bowl, beat the margarine until soft, then gradually add the icing sugar and cocoa, beating until smooth.
3. Add a little orange juice at a time and mix thoroughly.
4. Spread half the icing onto the bottom half of the cake and sandwich the two together.
5. Coat the top of the cake with the remaining icing.

strawberry dessert

This is like a strawberry mousse. You could try experimenting with other fruits (or chocolate!)

You will need:

- 350g silken tofu
- 50ml vegetable oil

- 115g caster sugar
- 170g sliced fresh strawberries
- 1 teaspoon vanilla essence
- 1 tablespoon lemon juice

Method:

1. Blend all the ingredients in a blender until smooth.
2. Pour into individual serving dishes and chill before serving.

strawberry and kiwi cheesecake

You will need:

base:

- 75g vegan margarine
- 340g vegan digestive biscuits (e.g. Waitrose own or Doves Farm Organics)

cheesecake mixture:

- zest and juice of 3 lemons
- 430g plain tofu
- 95ml soya milk
- 95ml sunflower oil
- 95g soft brown sugar
- 1 tablespoon vanilla essence

topping:

- 1 sliced kiwi
- 1 85g packet jelly crystals (e.g. Just Wholefoods)

Method:

cheesecake:

1. Preheat oven to 160°C
2. Grease a loose bottomed deep, 20cm/ 8 inch cake tin with vegan margarine.
3. Crush the digestives until they resemble fine breadcrumbs.
4. Melt the margarine gently in a saucepan, pour in the biscuit crumbs and mix well.
5. Press the biscuit-mix firmly into the cake tin until about 1cm deep.
6. Put the lemon zest, lemon juice and all the other mixture ingredients into a blender and blend until smooth.
7. Pour the blended mixture onto the base, smooth the top and place in the oven for one hour or until the top turns golden brown.

topping:

1. Allow the cheesecake to cool.
2. Follow instructions on the jelly packet.
3. Slice the kiwi and arrange on top of the cheesecake.
4. Pour on the hot jelly, leave to cool and then place in the fridge to set.

chocolate coconut truffles

The truffle mixture has no processed sugar, is gluten-free and tastes delicious without the chocolate (if you are not using chocolate roll them in cocoa powder or desiccated coconut). For a special occasion cover them in chocolate. The chocolate given in the recipe is enough to cover them completely.

You will need:

- 3 ounces/85g of cashew nuts
- 3 ounces/85g of desiccated coconut
- 4 ounces/115g of dates - soaked for 1 hour and drained, save the soak water
- 2 ounces/55g of raisins - soaked for 1 hour and drained
- 2 teaspoons of vanilla essence
- 1 ounces/25g cocoa powder
- 2 dessertspoons agave nectar
- 150g plain vegan chocolate for coating (optional)

Method:

1. Grind the cashews in a food processor. Add remaining ingredients and process until smooth and blended. Save the soak water from the dates and if necessary add a small amount to make the mixture moister.
2. Roll the mixture into balls (if necessary put it in the fridge for an hour or so to make it easier to handle).
3. Melt the chocolate in a double-saucepan and use to cover the balls.

To make vanilla truffles, omit the cocoa powder and add an extra teaspoon of vanilla essence.

scones

You will need:

- 12 ounces/340g of plain white flour
- 4 ounces/115g of plain wholemeal flour
- pinch of salt
- 4 teaspoons of baking powder
- 1 teaspoon of mixed spice
- 4 ounces/115g of vegan margarine
- 1½ ounces/45g of caster sugar
- 6 ounces/170g of sultanas
- 8 fluid ounces/230ml of soya milk

Method:

1. Sift the flours, salt, baking powder and mixed spice into a bowl.
2. Cut the margarine into small pieces and rub into the flour until the mixture resembles breadcrumbs.
3. Stir in the fruit and sugar.
4. Mix in half the milk, then add enough of the remaining milk to make a dough which is soft but not sticky.
5. Roll the dough out to a thickness of 2 inches on a floured board. Cut into scones with a pastry cutter. Place on a greased baking tray and brush the tops with soya milk.
6. Bake at 220°C/425°F for 10-15 minutes or until golden brown. Serve with jam and vegan cream (available in health food shops or you can follow the recipe below to make your own cream).

thick cream

You will need:

- 1½ ounces/45g of creamed coconut
- ½ packet of silken tofu
- pinch of salt
- 2 teaspoons of vanilla essence
- 1 ounce/30g of icing sugar

Method:

1. Melt the creamed coconut in a pan over a very low heat. Cool slightly.
2. Place the creamed coconut into a food processor with remaining ingredients and blend well.
3. Chill before serving.

sticky toffee pudding

You will need:

- 100ml of water
- 2/4 tablespoons of coffee
- 250ml of soya milk
- 200g of dates, chopped in half
- 1 teaspoon of bicarbonate of soda
- 115g of vegan margarine
- 115g of soft brown sugar

- 200g of self raising flour
- 70g of chopped pecan nuts

toffee sauce:

- 175g of soft brown sugar
- 115g of vegan margarine
- 1 teaspoon of vanilla essence
- 30-50g of chopped pecan nuts
- 6 tablespoons of vegan cream

Method:

1. Preheat the oven to 190°C and line and grease a large baking tin.
2. Boil the water in a sauce pan, add the coffee, milk and dates and stir. Simmer until the dates are soft.
3. Take date mixture off the heat and stir in the bicarbonate of soda which will froth when added. Leave to cool.
4. In a bowl beat together the marg and sugar until pale and creamy. Add the date mixture and stir in.
5. Sieve the flour into the bowl and add the pecans and fold into the sponge mixture. Spoon the sponge mixture into the prepared tin
6. Bake in the preheated oven for 30 minutes or until cooked and the sponge bounces back when pressed.

Toffee sauce:

1. Around 10 minutes from the end of the sponge cooking, put the vegan margarine, sugar, vanilla essence and pecan nuts into a saucepan and heat gently, stirring until smooth.

2. Bring to the boil, allow to cool slightly and stir in the soya cream.
3. Prick the pudding all over, pour over half the sauce, serving the rest with the pudding.
4. For an extra treat serve with a splash of soya cream or a scoop of vanilla soya ice cream

black forest gateau

You will need:

- 300g of self raising flour
- 2 teaspoons of baking powder
- 45g of vegan drinking chocolate powder
- 115g of soft brown sugar
- 340ml of water
- 125ml of sunflower oil
- 40g of chocolate drops
- black cherry jam
- 1 carton of soya whipping cream

Method:

1. Sieve all dry ingredients into a bowl and stir.
2. Mix the oil and water in a measuring jug, add liquid to dry ingredients a bit at a time, stirring and mixing thoroughly each time.
3. Add the chocolate drops, beat the mixture and pour into two greased 8 inch tins.
4. Bake at 175°C for 30 minutes or until firm and springy.

5. Once cool sandwich with $\frac{1}{2}$ of the jam and some whipping cream (which needs to have been whipped!)
6. Add second cake, top with jam and whipping cream and cover sides with remaining cream.

brownies

You will need:

- $\frac{1}{3}$ cup of flour
- $\frac{2}{3}$ cup of cold water
- 12 ounces extra firm silken tofu
- 1 cup of dark chocolate
- 2 cups of brown sugar
- 2 teaspoons of vanilla
- $\frac{1}{2}$ cup of sunflower oil
- $\frac{3}{4}$ cup of cocoa powder
- $1\frac{1}{2}$ cups of flour
- 1 teaspoon of baking powder
- $\frac{1}{2}$ cup of chopped hazelnuts

Method:

1. In a blender puree the tofu, $\frac{1}{3}$ cups of flour and water until smooth. Pour the mixture into a sauce pan, and whisk constantly over low heat until it thickens (it should not boil, if it starts to turn the heat down). This takes about 10 minutes.

2. Remove from heat and stir in the chocolate chips, vanilla and sugar. Stir occasionally until the chocolate is melted. Set the mixture aside to cool completely.
3. Preheat your oven to 180°C.
4. When mixture is cool enough mix in the oil.
5. Sift the $1\frac{1}{2}$ cups of flour, cocoa and baking powder together. Fold in the tofu mixture with the hazelnuts until well combined and smooth.
6. Spread evenly in a greased baking pan for 35-40 minutes.

chocolate chip cookies

- 140g of vegan margarine
- 280g of flour
- 1 teaspoon of golden syrup
- 55g of plain chocolate chips
- 140g of caster or brown sugar
- $\frac{1}{2}$ teaspoon of bicarbonate of soda
- 2 dessert spoons of soya milk.

Method:

1. Pre-heat oven to 180°C.
2. Cream margarine and sugar together. Add syrup and milk.
3. Gradually add the mixed flour and bicarbonate of soda, then chocolate drops. Mix well.
4. Put heaped teaspoon sized pieces onto a greased baking tray.
5. Bake in oven for 15 to 20 minutes.