
Exeter Vegan Pledge 2012

Recipes

Black Olive Tapenade

1 tin (350g) pitted black olives, drained
1 tbsp olive oil
1 clove garlic, chopped
1 tsp dried mixed herbs
black pepper to taste
2 tbsp tomato puree, optional

1. Blend everything in a food processor until it looks like caviar. Pile into a small bowl and serve.

Based on a recipe by Vegan Village.

Coleslaw

8 oz (225g) white cabbage, finely shredded
8 oz (225g) carrots, grated
4½ oz (130g) vegan mayonnaise
mustard and lemon juice, optional

1. Mix all ingredients together. If desired add a little mustard and lemon juice for extra flavour. Serves 4-5.

Notes. i. Our favourite mayo to use for this coleslaw is Plamil garlic mayo.

ii. For pink coleslaw replace half the white cabbage with red cabbage.

Garlic Bread

3 oz (90g) vegan margarine
2 cloves garlic, crushed
2 tbsp fresh basil, finely chopped
½ tsp salt
1 large vegan ciabatta (270g)

1. Pre-heat the oven to 220C/Gas 7.
2. Mix the margarine, garlic, fresh basil and salt. Slice the baguette in half lengthways and spread margarine mixture over both surfaces.
3. Put back together and bake in the pre-heated oven for 10-15 minutes.
Serves 4.

Tomato Salsa

1 small red onion, chopped finely
6-8 tomatoes, chopped small
1 apple, cored and chopped finely
1 red pepper, chopped finely
Pinch of chilli powder, or to taste
Juice of 1 lemon, or to taste
Salt and sugar/agave to taste
3-4 tbsp chopped fresh coriander/basil
Small drained tin sweetcorn

1. Mix everything together and leave for at least an hour to allow the flavours to mingle. Serves 8-10.

Green Energy Salad

½ lettuce, torn
80g spinach
75g watercress, torn
2 tbsp fresh basil, finely chopped
½ cucumber, chopped
handful lentil sprouts

1. Mix everything together and serve with dressing. Serves 4-5.

Basic Dressing

100 ml extra virgin olive oil
50 ml cider or balsamic vinegar
15-25 ml soya sauce
1 tsp lemon juice - optional
small clove garlic

Shake everything together in a screw top jar. Store in fridge.

Spicy Peanut Dip

10 oz (280g) peanut butter
8 fl oz (230 ml) boiling water
2 tbsp soya sauce
2 cloves garlic, crushed
3 tsp curry powder
2 tsp lemon juice
2 cm fresh ginger, grated - optional
2 tsp toasted sesame oil - optional

1. Put the peanut butter into a bowl and add the boiling water. Stir until the peanut butter has dissolved and you have a smooth mixture.
2. Stir in the remaining ingredients and leave to cool. Store in a sealed container in the fridge.

Potato Salad

1lb 6oz (650g) potatoes
½ bunch spring onions
7 oz (200g) vegan mayonnaise
2 tbsp fresh dill, finely chop - optional

1. Mix everything together and serve. Serves 4-5.

*Notes. i. Spring onion can be replaced with 1 small red onion, finely chopped.
ii. We use Plamil garlic mayo in our potato salad.*

Quick Crusty Pizza

3 oz (90g) tomato puree
3 tbsp (45 ml) olive oil
¼ tsp mixed herbs
3½ oz (100g) vegan cheese, grated
4 dssp (50 ml) soya milk
2 baguettes (about 10" long) or 1 large ciabatta bread
Topping - 5 oz (140g) sweetcorn
2 small tomatoes, sliced
½ red onion, sliced
Redwoods pepperoni or slices of Frys polony

1. Mix tomato puree, olive oil and herbs well (and give it a mix again just before you use it).
2. Mix vegan cheese and soya milk in a blender or mash together with a fork until you have a paste.
3. Spread tomato mix onto baguettes, followed by cheese mix. Add the toppings or your favourite pizza toppings.
4. Bake at 220C for 10-15 minutes.

Notes. Good served hot or cold. If serving hot, olive oil can be replaced with vegetable oil.

Leek & Broccoli Croustade

Base – 1 oz (25g) vegan marg
2 tablespoons vegetable oil
3½ oz (100g) soft brown breadcrumbs
2¾ oz (75g) ground cashews
2¾ oz (75g) finely chopped almonds
1 teaspoon thyme
2 cloves garlic, crushed
Topping – 11 oz (310g) leeks, finely chopped
6½ oz (185g) broccoli, small florets
2 tablespoons vegetable oil
1 teaspoon ground nutmeg
1¾ oz (50g) wholemeal flour
10½ fl oz (300 ml) soya milk
2 tablespoons tamari
black pepper

1. Base: melt margarine and oil together. Mix with other base ingredients. Press into ovenproof dish and bake for 15 mins at 250C/Gas 8.
2. Topping: Saute leeks and broccoli in oil with nutmeg. Cover and cook on low heat for 10 mins or until leeks and broccoli are just cooked.
3. Stir in flour and slowly add soya milk and tamari. Season to taste with black pepper.
4. Simmer gently to thicken with stirring. Spoon mixture onto base and serve. Serves 4. Based on a recipe in Healing Foods cookbook by Jane Sen.

Cherry Tomatoes Stuffed with Pesto

cherry tomatoes
your favourite vegan pesto
optional garnish
green leaves
fresh parsley, dill or basil

1. Cut the cherry tomatoes in half and scoop out the insides with a teaspoon. Turn upsidedown on some kitchen towel to dry them out.
2. Use a piping bag or teaspoon to fill the tomatoes with pesto.
3. Place on a bed of lettuce, spinach and rocket or use your favourite leafy greens. Decorate with fresh herbs, if desired.

Notes. Also try stuffing with hummus. Quick and easy bite-size snack which is very tasty and looks good.

Smoky Baked Tofu

9 oz (250g) firm tofu
1 dessertspoon vegetable oil
2 dessertspoons tamari soya sauce
1 teaspoon cider/balsamic vinegar
½ teaspoon smoked paprika
Large pinch dried thyme
1 clove garlic, crushed - optional

1. Drain the tofu, cut into slabs about 1 cm thick and place in a bowl. Mix the remaining ingredients and pour over the tofu. Turn the tofu to ensure that it is completely coated in the mixture. Cover and marinade in the fridge for half an hour or more.
2. Put the tofu on a baking tray and pour the remaining marinade over the tofu. Bake for 20-30 minutes at 200C/400F until it starts to brown and crisp. Serves 2.

Notes. If you can't get hold of smoked paprika replace it with an equivalent amount of ground cumin.

Red Pepper and Courgette Mini-Quiche

1 medium onion, finely chopped
1 medium courgette, small cubes
1 med red pepper, chopped small
10 oz (285g) firm tofu, cubed
1 level tsp mixed herbs
1 dssp tomato puree
½ level tsp salt
generous pinch black pepper
generous pinch ginger
½ pack vegan cheese, grated
enough soya milk to make a paste

1. Pre-heat the oven to 200C/400F/Gas 6.
2. Make your chosen pastry as per recipes to the right.
3. Roll out pastry* and use a 4¼ inch cutter to cut 12 circles to fit yorkshire pudding tins. Bake without filling for 8 minutes.
4. Fry onion for a few minutes then add courgette and red pepper. Fry until they begin to soften.
5. Take off the heat and add the tofu, herbs, tomato puree, condiments, cheese and enough soya milk to make the mixture moist.
6. Divide mixture between cases and bake for about 30 minutes or until lightly browned. Makes 12.

*Notes. *If you are using gluten-free pastry roll it out between cling film.*

Gluten-free pastry

5 oz (150g) Dove's gluten-free flour mix or rice flour
2 oz (55g) gram flour
1 oz (30g) soya flour
1 level tsp xanthan gum
4 oz (115g) vegan margarine
3 floz (90 ml) water

1. Make pastry by rubbing margarine into flours and xanthan gum until it resembles fine breadcrumbs.
2. Add enough very cold water to make a dough which is soft, but not sticky. Wrap in cling film and place in the fridge for at least 30 minutes before use.

Note. Also works well with 2 oz (55g) marg and 2 oz (55g) white vegetable fat.

Wheat pastry

8 oz (225g) plain white/wholemeal flour
4 oz (115g) vegan margarine
3 floz (90 ml) water

1. Make pastry by rubbing margarine into the flour until it resembles fine breadcrumbs.
2. Add enough very cold water to make a dough which is soft, but not sticky. Wrap in cling film and place in the fridge for at least 30 minutes before use.

Note. Also works well with 2 oz (55g) marg and 2 oz (55g) white vegetable fat.

Creamy Cashew Roast

2 dessertspoons vegetable oil
8 oz (225g) onion, finely chopped
3 oz (85g) celery, finely chopped
1 garlic clove, crushed
5 oz (140g) carrot, grated
6 oz (170g) courgettes, grated
9 oz (255g) cashew nuts
2 dssp tomato puree
¾ tsp rosemary
¾ tsp dried thyme
salt and pepper

1. Place onion, celery and garlic in a saucepan with oil and saute until onion and celery begin to soften. Add carrots and courgettes, cover with a lid and continue to saute the vegetables until they are just soft.
2. Meanwhile grind half the cashew nuts very finely and leave the rest chunky (pulse in a blender for a few seconds or leave whole).
2. Remove pan from heat and stir in cashews, tomato puree and herbs. Season with salt and pepper.
3. Place in a greased 2 lb/900g loaf tin and bake in a pre-heated 180C/350F/Gas 4 oven for ¾-1 hour or until golden brown. The centre should still feel soft to touch. Suitable for freezing. Serves 4-5.

Cranberry Sauce

300g cranberries
90g caster sugar or 6 tbsp sweet freedom/agave nectar
12 juniper berries - optional
Zest of 1 orange, organic/unwaxed

1. Place all ingredients in a saucepan. Bring to the boil, turn the heat down and simmer gently for 10-15 minutes. The berries will plump up and change colour to a darker red.
2. Adjust sweetener according to taste, press the mixture through a sieve and serve chilled. Makes enough for 8-10 portions.

Potato, Onion and Vegan Cheese Pie (Homity Pie)

Pastry from previous page made with 7 oz (200g) flour and 3½ (100g) fat
¾ lb (350 g) potatoes, large dice
¾ lb (350 g) onions, chopped
2 tbsp (45 ml) vegetable oil
1 oz (25g) margarine
4 oz (100 g) vegan cheese, grated
2 tomatoes, chopped
2 garlic cloves, crushed
1 tbsp (15 ml) soya or rice milk
salt & pepper to taste

1. Roll out pastry and use to line a quiche dish. Prick the pastry with a fork a few times and bake without the filling for 10 minutes at 200C/400F.
2. Boil or steam potatoes until tender.
4. Combine potatoes and onions, add the margarine, cheese, tomato, garlic and milk, and season well to taste.
5. Cool, then use to fill the pastry case. Bake in the oven at 220C (425F/ Gas 7) for 22-30 minutes, until golden.

Notes. To cut down preparation time, use ready made pastry. Jus Rol shortcrust pastry is vegan if you make sure you don't use the 'butter' variety.

Irish Stew

- 8 oz (225g) plain or smoky tofu
- 2 fl oz (60 ml) soya sauce
- 4 tbsp vegetable oil
- 2 medium onions, sliced
- 50g (2 oz) wheat or rice flour
- 1½ pints (900 ml) light vegetable stock
- 8 oz (225g) celery, sliced
- 8 oz (225g) carrot or parsnips, cut into rounds
- 8 oz (225g) swede or turnips, diced
- 4 oz (110g) split red lentils
- 1 tsp mixed herbs
- 14 oz (400g) mushrooms, sliced
- 2 tsp yeast extract
- salt and pepper, to taste
- 3-4 tbsp fresh parsley, chopped

1. Crumble up tofu and marinade in the soya sauce.
2. Heat oil in a large saucepan, add onions and fry gently until they are transparent. Add flour mixing thoroughly and cook gently for a few minutes.
3. Add vegetable stock, celery, carrot, swede, red lentils and herbs, mixing well, and bring to the boil. Cover and simmer for about 30 minutes.
4. Add mushrooms, tofu and yeast extract and simmer all vegetables are tender.
5. Season to taste with salt and pepper and stir in parsley just before serving. Serves 6.

Dumplings

- 8 oz (225g) plain flour
- 4 oz (115g) margarine
- 2 tsp baking powder
- 2 tsp mixed herbs

1. Rub margarine into flour and then stir

in baking powder and mixed herbs. Add enough water to make a soft dough.
2. Shape into 12 dumplings and cook in stew for the last 20 minutes of cooking time. Serves 6.

Cheezy Lentil Slice

- 6 oz (175g) split red lentils
- 12 fl oz (340ml) water
- 4 oz (115g) grated vegan cheese*
- 1 med onion, finely chopped
- 2 oz (55g) mushrooms, finely chopped
- 1½ oz (40g) breadcrumbs/
well-cooked millet
- 1 tbsp vegetable oil
- 1 tsp dried mixed herbs
- 1 tbsp lemon juice
- salt and pepper

1. Put lentils and water into a medium-sized saucepan and simmer very gently until lentils are tender and all the liquid absorbed: 20-30 minutes. If necessary add a little extra water but keep it to a minimum.
2. Add grated cheese, onion, mushrooms, breadcrumbs, oil, mixed herbs and lemon juice to the lentils, mixing well. Season to taste with salt and pepper.
3. Place in a well-greased oven dish and bake at 180C/Gas Mark 4 for 45 minutes or until golden-brown on top. Can be served hot or cold. Serves 4.

Note. Use gluten-free breadcrumbs or cooked millet to make this recipe gluten-free.

**Much as we love Sheese, it does not work in this recipe, use Cheezly.*

Creamy Vegetable & Chick Pea Korma

- 2 tbsp veg oil
- 1 onion, chopped
- 3 clove garlic, crushed
- ½ inch fresh ginger, grated (or use 2 tsp dried)
- ½ tsp salt
- 1 tsp turmeric
- ¼ tsp chilli or to taste
- 2 tsp cumin
- 2 dssp dried coriander
- 9 oz (250g) mushrooms, quartered
- ¼ cauliflower, in chunks
- 7 oz (200g) green beans, chopped
- 1 sweet potato, small chunks
- 200 ml boiling water
- 1 tin chick peas (or use 120g dried chick peas and cook)
- 3½ oz (100g) creamed coconut
- ½ small bunch coriander
- juice of ¼ lemon

1. Heat oil and fry onion for 5 minutes.
2. Add garlic, ginger, salt, turmeric, chilli, cumin and dried coriander. Fry, stirring constantly, for 1 minute.
3. Add mushrooms, cauliflower, green beans, sweet potato and water. Bring to boil and simmer for about 15 minutes until the vegetables are soft.
4. Add chick peas and coconut and cook for a further 5-10 minutes.
5. Add fresh coriander and lemon juice to taste and serve. Serves 4.

Notes. When you add the water, it won't seem like enough, but don't add more or you will end up with too much liquid. Wait until near the end and if you still need it, add some then.

Recipe by vegancampaigns.org.uk.

Sweet Dishes

Chocolate Cake

- 8 oz (225g) caster sugar
- 4 dssp cocoa powder
- 12 oz (340g) plain white flour
- 1½ tsp bicarbonate of soda
- 6 fl oz (170ml) vegetable oil
- ¾ pint (350ml) cold water
- 2 tsp vanilla essence
- 4 tsp vinegar

1. Pre-heat oven to 180°C/350°F/ Gas 4. Oil 7 inch round cake tin.
1. Sieve sugar, cocoa, flour and bicarbonate of soda into a mixing bowl and mix well.
2. Measure oil, water, vanilla essence and vinegar and add to dry ingredients. Mix well to combine.
3. Pour into a 7 inch cake tin and bake for 1 hour or until a cocktail stick comes out clean.
4. Cool thoroughly and top with chocolate icing (recipe below) and sprinkle grated chocolate on top.

Choc Orange Cake

Use the recipe above and add 2 tablespoons grated orange zest in with the liquids.

Chocolate Icing

- 2 oz (55g) vegan margarine
- ½ tsp vanilla essence
- 1 dssp (10g) cocoa powder, sifted
- 6 oz (170g) icing sugar, sifted

1. Mash margarine and vanilla essence into the cocoa powder and sugar with a fork.

Lemon Cake

This makes a cake with a lovely light texture. We always add in 2 round dessertspoons ground flax seed with the liquids and replace 30g of the plain flour with soya flour, but you will get a good result without these ingredients.

14 floz (400 ml) soya milk
2 teaspoons vinegar
5 floz (150 ml) vegetable oil
9 oz (255g) caster sugar
3 teaspoon vanilla essence
2 tablespoons lemon zest, organic or unwaxed
10 oz (280g) plain white flour
1 oz (30g) cornflour
1 teaspoon bicarbonate of soda
1½ teaspoons baking powder

1. Pre-heat oven to 175C/350F/Gas4.
2. Oil a 7 inch round cake tin or 10x8 inch tin.
3. Place soya milk, vinegar, oil, sugar, vanilla and lemon zest in a large bowl. Whisk thoroughly and set aside.
4. In a separate bowl measure the flours, bicarbonate of soda and baking powder. Give them a good stir to combine.
5. Sift flour mixture into wet ingredients and mix well to combine (whisk if necessary).
6. Pour mixture into your tin and bake for 60 minutes (7" cake) or 35 minutes (traybake) or until the top of the cake bounces back when you touch it.
7. Cool thoroughly and top with vanilla icing (recipe right) and sprinkle grated lemon zest on top to decorate and also enhance the lemony flavour.

Lemon Curd

Why not split your lemon cake in half and put this yummy lemon curd in the middle for extra tang? It is quick and easy to make.

5 floz (140 ml) lemon juice
1 oz (30g) cornflour
5¼ oz (150g) sugar
5 oz (140g) margarine

1. Dissolve cornflour in a little of the lemon juice.
2. Put remaining ingredients into a saucepan and mix in the cornflour mixture.
3. Bring to the boil and boil for 1 minute.
4. Put pan in a sink of cold water and beat to cool it. Keeps well for over 3 weeks in fridge.

This makes more lemon curd than you need for one cake. It is more tart than usual, to complement the sweetness of the cake.

Vanilla Icing

2 oz (55g) vegan margarine
½ tsp vanilla essence
6 oz (170g) icing sugar, sifted

1. Mash margarine and vanilla essence into the sugar with a fork.

Note. If you want really thick icing reduce the amount of margarine used to 1½ oz.

Fruit Cake

1 lb (450g) mixed dried fruit
4 oz (115g) chopped dried dates
4 oz (115g) chopped dried apricots
340 ml (12 floz) water
2 tbsp lemon or orange juice
rind of 1 lemon or orange
6 oz (175g) brown self raising flour
2 oz (60g) ground almonds
2 tsp mixed spice

1. Soak dried fruit in the liquid overnight.
2. Add dry ingredients.
3. Bake in a 2 lb loaf tin for approx. 1½ hours at 160°C/325°F/Gas 3, covering with greaseproof paper for the last hour.

To make gluten-free replace the flour with rice flour and 2 tsp gluten-free baking powder. Source: Hillside Animal Sanctuary

Lemon and Coconut Cheesecake

Base - 4 oz (115g) marg
1 tablespoon golden syrup
8 oz (225g) oats
Topping - 13 oz (375g) tofu, chopped
¾ block (150g) creamed coconut, chopped small
3½ oz (105g) margarine
4½ oz (128g) sugar
juice of 2-3 lemons
Decoration - desiccated coconut
grated lemon rind (lemon should be organic or unwaxed)

1. Start by making the base; melt the margarine and golden syrup in a

saucepan over a low heat. Remove from the heat and stir in the oats thoroughly. Press down well into a large flan dish and place in the fridge.

2. To make the topping, place the tofu, creamed coconut, margarine, sugar and juice of two of the lemons into a food processor. Blend until smooth. Taste and add more lemon juice if needed.

3. Place the topping into the flan dish on top of the base, smooth down and decorate with desiccated coconut and lemon rind. Chill for a few hours until set.

Coffee & Walnut Cake

300g (10½ oz) plain white flour
200g (7oz) brown sugar
1 tsp cinnamon
4 tsp baking powder
60g (2oz) walnuts, plus more for decoration

4 tsp instant coffee - dissolve in a little boiling water and top up with cold to 300ml (11fl oz)
170ml (6 floz) vegetable oil

1. Pre-heat oven to 190C/375C/Gas 5.
2. Sift dry ingredients and mix well. Stir in nuts.
3. Mix in wet ingredients.
4. Pour into greased round 7 inch tin and bake for 50-60 minutes or until a cocktail stick comes out clean.

Trifle

At first glance this looks complicated but each step is quite simple. Further, if you buy in some thick vegan cream by Sojade or whipping cream by Soyatoo (available from most health food shops) and have some cake ready to pull out of the freezer you can save time. Prepare in advance to give the jelly time to set and the custard and cream a chance to cool.

Sponge

¼ recipe sponge on this page

Fruit

1 tin fruit or 8 oz (225g) fresh fruit

Jelly

1 packet vegan jelly mix (i.e. Just Wholefoods)

Custard

1 pint (570 mls) custard (vegan custard powder, 1-2 tbsp sugar to taste and 1 pint soya milk)

Cream

2 tbsps cornflour
10 fl oz (280ml) soya milk
2 tsp vanilla essence
4 tbsp icing sugar
4 oz (120g) marg

Topping

2 oz (55g) flaked almonds

1. Slice the sponge cake into the bottom of the dish. Chop the fruit and place it on top of the cake.
2. Make up jelly as per instructions. If you are using tinned fruit use the juice to make up the quantity of water required. Pour it over the sponge and fruit.
3. Make up the custard and let it go cold. When the jelly has set, spread the custard over the top. Place in the fridge.

4. Make the cream. Put the soya milk and cornflour into a pan and mix well. Heat, stirring all the time until it goes thick. Allow to cool. Blend the vanilla essence, icing sugar and marg into the cooled mixture by beating with a fork, whisk or electric mixer.
5. Scoop onto the trifle, then sprinkle nuts on the top. Leave in the fridge for at least an hour. Just prior to serving sprinkle the nuts on top and serve.

Basic Sponge Cake

14 oz (400g) self raising flour
7 oz (200g) caster sugar
7 fl oz (200 ml) vegetable oil
11 fl oz (300) ml soya milk
1 tsp bicarbonate of soda
1 tsp vinegar
2 tsp vanilla essence

1. Pre-heat oven to 180-200C. Oil 7 inch round tin.
 2. Sift flour into a mixing bowl and add sugar. Mix together.
 3. Mix oil, soya milk, bicarbonate of soda and lemon juice separately, then add to the mix, stir until smooth.
 4. Bake for 50-60 minutes or until a cocktail stick comes out clean. Leave to cool on a wire rack.
- From Another Dinner is Possible.

Chocolate Chip Cookies

5 oz (140g) vegan margarine
5 oz (140g) caster sugar
4 tsp soya milk
1 tsp golden syrup
10 oz (300g) plain white flour (or half wholemeal, half white)
½ tsp bicarbonate of soda
4 oz (110g) dark chocolate chips

1. Cream margarine and sugar together.
2. Stir in soya milk and golden syrup.
3. Gradually add the flour and bicarbonate of soda, then the chocolate chips and mix well.
4. Roll mixture into 16 balls. Place on a greased baking tray and press flat with a fork.
5. Bake for 10-15 mins at 180°C/350°F/gas 4. Makes 16.

Ginger Cookies

4 oz (115g) margarine
3 oz (85g) caster sugar
1 round tablespoon golden syrup
4 oz (115g) self raising flour
4 oz (115g) rolled oats
pinch of salt
pinch of bicarbonate of soda
2 tsp dried ginger
2 tsp fresh ginger, grated

1. Cream margarine, sugar and syrup then mix in dry ingredients. Roll into 12 balls, place on greased baking tray and press flat with a fork.
2. Bake at 175C/350F/Gas 4 for 15-20 minutes until golden brown.

Useful Websites

More Yummy Recipes

effa-uk.org/effa/recipes.aspx
veganvillage.co.uk/recipes.htm
mouthwateringvegan.com
vegancampaigns.org.uk/resources/recipes.html

Animal Free Shopper

vegansociety.com/afssearch.aspx

Free online listing of thousands of vegan products, food and non-food.

Viva! vegan guide

viva.org.uk/guides/l-plate/vegan/p02.htm

Useful guide to eating vegan, full of info about what to eat

Upcoming Events

veggies.org.uk/events/animal-rights-calendar

Eating out in Devon

vegetariandevon.com

Exeter and Devon cruelty-free info

effa-uk.org/effa/local.aspx

Eating out, cruelty-free shopping, information centres and more

Recipe booklet compiled by Fairfoods
vegan catering, who are based in
Devon... fairfoods.org.uk

Exeter Vegan Pledge 2012 run by
Exeter Friends For Animals...
effa-uk.org