

## Tofu and Rice Salad

8 oz (225g) firm tofu, drained well  
1 cup long grain brown rice  
2 cups water  
1 carrot, grated  
2 spring onions, chopped  
1 red bell pepper, cut into strips

### Marinade

2 tbsp tamari soy sauce  
2 tbsp water  
Small clove of garlic or more to taste, crushed  
1 tbsp fresh grated ginger

### Dressing

2 tbsp olive oil  
2 tbsp miso  
1½ tbsp lemon juice  
½ tsp each basil, thyme and sage  
Cayenne or fresh ground pepper to taste

1. In a mixing bowl, combine marinade ingredients together. Cube the tofu, place in a shallow dish, and cover with the marinade. Let it sit for at least 2 hours, turning several times.
2. In a saucepan, bring the water to a boil. Add rice and cook until all the water has been absorbed (approx. 45 minutes). Allow it to cool.
3. In a mixing bowl, combine all the dressing ingredients together and whisk well.
4. Toss the rice with the rest of the ingredients, except the tofu and the dressing.
5. Pour the dressing over the tofu, then pour everything over the rice mix. Toss gently but thoroughly, and chill. Can also be served warm.

## Sweet Dishes

## Thick Cream

The secret of this recipe is the creamed coconut which thickens the cream up once it is put in the fridge to chill. It is rich and a great alternative to thick cream made with cows' milk.

1½ oz (45g) creamed coconut  
½ pkt silken tofu  
Pinch salt  
2 tsp vanilla essence  
1 oz (30g) icing sugar

1. Heat creamed coconut over a very low heat until it softens enough to blend easily in a food processor. Cool slightly.
2. Place the creamed coconut into a food processor with the remaining ingredients and blend well. Chill and serve.

## Strawberry Mousse

12 oz (350g) silken tofu  
3 fl oz (90 ml) vegetable oil  
4 oz (115g) caster sugar  
6 oz (170g) fresh ripe strawberries, sliced  
1 tsp vanilla essence  
1 tbsp lemon juice

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

# Exeter Vegan Pledge 2012 Recipes

part two

## Veggie Chilli

1 tbsp vegetable oil  
7 oz (200g) onion, chopped  
1 clove garlic  
2 tsp cumin  
½ tsp chilli  
3 oz (85g) green lentils  
7 oz (200g) carrots, chopped  
1 red pepper, sliced  
6 oz (170g) kidney beans, cooked  
6 oz (170g) chick peas, cooked  
1 tin sweetcorn, drained  
1 x 400g tin tomatoes  
2 tbsp tomato puree  
1 tsp yeast extract  
Salt and pepper to taste

1. Fry onions in oil for 5 minutes. Add garlic, cumin and chilli and fry for a further minute.
2. Add green lentils and enough water to cover, bring to the boil and simmer for 10 minutes. Add carrot and continue to cook for 15 minutes. If required add a little extra water to keep the lentils and carrots covered.
3. Add red pepper, beans, sweetcorn, tomatoes, tomato puree and yeast extract and cook until all vegetable and lentils are soft. Season and serve with rice. Serves 4.

## Spiced Lentil and Coconut Soup

2 tbsp vegetable oil  
2 onions, chopped finely  
2-3 cloves garlic, crushed  
1 tsp ground coriander  
1 tsp turmeric  
1 tsp ground cumin  
1 tsp ground ginger  
1¼ pts (750 ml) water  
7 oz (200g) lentils  
½ block creamed coconut  
Salt and pepper to taste

1. Heat the oil and saute the onions and garlic for a few minutes. Stir in the spices and cook for a minute or two more, then add the lentils and water. Bring to the boil, then lower the heat, cover and cook for 30-40 minutes, until the lentils are soft. Add more water if needed.
2. Chop or grate the coconut and add to the pan. Season and serve.

Exeter Vegan Pledge run by Exeter Friends For Animals... [effa-uk.org](http://effa-uk.org)

Recipe booklet compiled by Fairfoods vegan catering... [fairfoods.org.uk](http://fairfoods.org.uk)

## The Vegan Dairy

### Any tips for replacing cows' milk in my tea and coffee?

#### TEA

Try replacing it with sweetened or unsweetened soya milk, rice milk or oat milk. All of these are easy to get hold of, being sold in supermarkets and health food shops. You may even find soya milk in your local corner shop so keep an eye out.

Soya milk has a distinctive taste and it may take your palate a little time to adjust. Experiment with different soya milks to find your favourite.

Rice milk has a silky taste and is easy to adapt to. It is slightly thinner than cows' milk, as is oat milk.

#### COFFEE

When it comes to coffee, it helps to use a bit more soya milk than you would have done cows' milk. Alpro soya milk works well or try Sunrise Cafe Expert which has been made especially for use in tea and coffee.

Weaker coffee is also less likely to curdle and it helps if the soya milk is heated and the coffee is allowed to cool slightly before adding the milk.

If all else fails and the coffee curdles, tip in extra soya milk, stirring all the time.

If you like just a splash of milk in your coffee, try rice milk. It does not curdle, but because it is thinner than soya milk, is not very creamy.

### What alternatives are there to cheese?

#### HARD CHEESE

The three main hard vegan cheese brands available are Bute Island 'Sheese', Redwoods 'Cheezly' and Vegusto 'No-Moo'.

Redwoods Melting Cheezly is at the smoother and softer end of the hard vegan cheese range and perfect on pizza and lasagne.

You might find it beneficial to leave off dairy cheese for a couple of months before trying vegan cheese, to give your taste buds a chance to adapt. Also try it in cooking before eating it on its own.

#### VEGAN CREAM CHEESE

Toffuti or Bute Island make a vegan cream cheese. Both are very smooth and creamy. The plain versions of Toffuti and Bute Island cream cheese make a great 'cream' for a cream tea.

#### ENGEVITA YEAST FLAKES

These give a nice cheesy flavour and can be put into lasagne, cauliflower cheese, scones and many other recipes. They are also nice sprinkled into salad.

## Leek and Spinach Quiche

7oz (200g) plain white/wholemeal flour  
3½ oz (100g) vegan margarine  
1 tbsp vegetable oil  
8 oz (225g) 1 medium leek, chopped  
5 oz (140g) spinach, shredded  
12 oz (340g) tofu  
2 tbsp soya milk  
Pinch nutmeg  
2 dssp soya sauce  
1 clove garlic, crushed  
2 tbsp Engevita yeast flakes  
Salt and pepper to taste

1. Make pastry by rubbing margarine into flour until it resembles fine bread-crumbs. Add enough water to make a dough which is soft, but not sticky. Roll out and use to line a 9 inch quiche dish.
2. Prick the pastry with a fork a few times and bake without the filling (blind) for 10 minutes at 200C/400F.
2. Fry leek in the oil until soft. Take off the heat and stir in the spinach which should wilt at little.
3. Blend tofu, soya milk, nutmeg, soya sauce, garlic and yeast flakes until smooth. Mix with leek and spinach and turn into the pastry case.
4. Bake at 200C/400F until firm and starting to go golden. Serves 6.

## Smoky Tofu & Aubergine

1 tablespoon vegetable oil  
1 small onion, chopped  
1 small garlic clove, crushed  
7 oz (200g) smoked tofu  
9 fl oz (250ml) apple juice  
4 tsp tomato puree  
3 tsp marjoram  
1 large aubergine, chopped

1 large red pepper, chopped

1. Heat the oil in a pan and add the onion and garlic. Sauté for 2-3 minutes.
2. Add the tofu (cubed) to the pan and sauté for a further 2-3 minutes.
3. Add the juice, tomato puree, marjoram, aubergine and red pepper. Bring to the boil, then lower heat and simmer, covered, for about 15 minutes or until the aubergine and pepper are cooked. Add more liquid if needed.

## Sweet Sour Tofu and Veg

5 tbsp vegetable oil  
7 oz (160g) onion, sliced  
9 oz (250g) carrot, sliced  
12 oz (340g) courgette, strips  
4 oz (120g) red pepper, strips  
500g tofu, diced  
14 oz (400g) tomatoes, chopped  
9 oz (260g) tinned pineapple, diced  
2.5 tbsp cornflour  
4 tbsp soya sauce  
4 tsp vinegar  
1 tsp agave or ½ tsp sugar  
½ bunch spring onions, strips - optional

1. Fry onion and carrots in the oil until carrots start to soften. Add courgette and red pepper and saute for 10 minutes.
2. Add tofu, tomatoes and pineapple and simmer for 10 minutes. Meanwhile dissolve cornflour in soya sauce, add to the pan with vinegar, agave and spring onions and gently bring to the boil.
3. Simmer for a couple of minutes, adjust the seasonings and serve. Serves 6.

*Alternative. Replace half the tofu with cashews, add nuts with onion and carrots.*

## Tofu Tips

Tofu has a delicate flavour and this makes it very flexible and therefore suitable for use in a wide variety of dishes.

### Firm Tofu

Firm tofu keeps its shape well. It can be:

- Added to casseroles, chilli, soups, curries or crumbled into spaghetti sauce.
- Sliced, marinated and put into stir-fry
- Cut into large cubes, marinated and included on kebabs for the barbeque.
- Marinated in soya sauce for 10 minutes and shallow fried until crispy. Add the pieces to pasta, rice and casseroles or put in a sandwich.
- Fried or baked and combined with roasted or sauteed veggies and salsa in a wrap.
- Blended into quiche.
- Cut into slabs, marinated and baked in the oven.

**Marinate tofu in herbs and spices** to give it delicious flavour and use in the dishes above. Here is a basic recipe, alter to include your favourite flavours.

9 oz (250g) firm tofu, diced or sliced  
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

Mix the marinade ingredients together and then pour over the tofu. Leave for at least an hour then use in the above suggestions.

### Silken Tofu

Silken tofu is softer than firm tofu and goes very smooth when blended. It is ideal for creamy dressings and works well in cheesecakes, mousse, cream and other dessert recipes.

You can even use 50g tofu in place of an egg in some cake recipes, blended in with the wet ingredients. It works well in dense cakes and brownies, and in smaller quantities for lighter cakes (if the recipe calls for 3 eggs only use 2 "tofu" eggs").

### Preparing Tofu

If using firm tofu from the fridge, drain and rinse before use. Packs of silken tofu can just be drained.

### Storing Tofu

Store leftover tofu in water inside an airtight container. Change the water daily and keep in the fridge.

### Freezing tofu

If you freeze tofu, it will change texture and become more spongy and chewy. It can absorb marinade or other liquids more quickly, so is good in stews and casseroles, but won't work too well if you try to blend it for a cheesecake etc. Once you have defrosted your frozen tofu, squeeze out any liquid before use.

## Vegan Cheese Scones

15 oz (425g) plain white flour  
1 oz (30g) soya flour  
½ tsp salt  
2½ tsp baking powder  
3½ oz (100g) margarine  
6 oz (170g) vegan cheese, grated  
9 oz (250 ml) plain soya milk  
2 tsp mustard  
½ oz (10g) Engevita

1. Pre-heat oven to 220°C/425°F/Gas Mark 7.
2. Sift flours, salt and baking powder into a bowl. Cut the margarine into small pieces and rub into the flour until the mixture looks like breadcrumbs. Stir in vegan cheese.
3. Measure out the soya milk and whisk the mustard and Engevita yeast flakes into it using a fork or whisk.
4. Add the milk mixture to the flour mixture. Use a knife to bind the mixture together to make a soft dough.
5. Flour a board and pat the dough out flat until it is about 2-2.5 inch thick. Cut into scones using a pastry cutter or glass. Do not twist the cutter as this will stop the scones rising evenly. Place on a greased baking tray. If desired brush the tops with soya milk.
6. Bake in the top of the oven for 10-15 minutes until golden brown and scones are firm to the touch. Turn halfway through cooking.

## Creamy Cauliflower Cheeze

4 tbsps oil  
1 large leek, washed and sliced  
½ tsp ground cumin  
1½ oz (45g) plain flour

14 fl oz (400 ml) soya milk  
14 fl oz (400 ml) water  
½ tsp mustard  
1 heaped tsp marmite  
½ block of vegan cheese, grated  
1½ oz (40g) engevita yeast flakes  
Salt and pepper  
1 large cauliflower

1. Fry the leeks gently in the oil until just cooked (10-20 minutes).
2. Add the cumin and flour. Cook for about 1 minute stirring continuously.
3. Take off the heat and add the soya milk and water. Add a bit at a time, stirring in completely each time. Put back on a medium heat and gently whisk the sauce to get rid of them.
4. Add the mustard, marmite, vegan cheese and yeast flakes and bring slowly to the boil. Simmer very gently for a few minutes until the vegan cheese has melted. Season to taste with salt and pepper.
5. Meanwhile steam or boil the cauliflower and serve with the sauce on top. Serves 4.

## Quesadilla

Thinly sliced vegan cheese  
Sliced tomatoes  
Round tortilla breads

1. Place cheese and tomato between two wheat tortillas to make a sandwich (no margarine is required).
2. Toast the tortilla sandwich on both sides in a dry frying pan, cut into quarters and serve with side salad. The tomato will heat and the cheese will melt slightly to produce a quick, delicious snack.

## Cooking with Beans and Pulses

It is easy to find **tinned** beans and pulses in supermarkets, health food shops and even your local corner shop.

**Dried** beans and pulses are also easy to find. They work out a lot cheaper than tinned and tend to taste nicer and fresher.

If you buy dried, it is well worth cooking a big batch and freezing some of the beans in batches in freezer bags. They freeze well and it means you can just pull them out of the freezer as and when required.

Most beans need to be soaked overnight. Lentils do not need to be soaked, but you can soak brown, green and puy lentils for two to four hours to reduce their cooking time. Soak red lentils for one to two hours.

A pressure cooker is not necessary, but if you cook a lot of beans they are worth considering, since they will reduce the cooking time to about a third of the time usually required.

If you want to make your beans less 'windy', rinse them thoroughly under cold running water after they have been soaked. As an extra measure, put the beans or pulses into a saucepan, cover them with cold water and boil them for 5 minutes. Turn them into a colander and rinse again under cold running water, then continue to cook.

Here are the cooking times of some of the more common beans and pulses. Times are given for soaked beans unless otherwise stated.

Aduki beans	30 minutes
Black eyed beans/peas	30-45 minutes
Butter beans	1¼ hours
Cannelloni beans	1 hour
Chick peas	1½ - 3 hours
Lentils, brown unsoaked	30-45 minutes 1-1¼ hours
Lentils, green unsoaked	30-45 minutes 1-1¼ hours
Lentils, puy unsoaked	25 minutes 40 minutes
Lentils, split red unsoaked	15-20 minutes 20-30 minutes
Mung beans unsoaked	20-30 minutes 30-40 minutes
Red kidney beans*	1 hour

\*Red kidney beans must be boiled vigorously for 10 minutes to remove a toxin that can cause illness. The heat can then be lowered and the beans allowed to cook gently until tender.

## Hummus

1lb 2oz (500g) cooked chick peas  
3 oz (75g) - 3½ oz (100g) light tahini  
1 clove garlic, crushed  
½-1 teaspoon salt  
Juice of 1 lemon (about 50 ml)  
4 floz (100ml) olive oil

1. Put all ingredients into a food processor and blend until everything is well-combined and the mixture has a creamy consistency. Start off with 75g of the tahini and ½ teaspoon of the salt. Taste and add extra tahini, salt or lemon juice if required.

## Butterbean Casserole

9 oz (250g) dried butterbeans  
3 tbsp vegetable oil  
9 oz (250g) onions, chopped  
9 oz (250g) carrots, chopped  
3 cloves garlic, crushed  
4.5 oz (125g) mushrooms, chopped  
2 bay leaves  
½ small bunch parsley, finely chopped  
1 oz (25g) rice flour  
½ tbsp vegetable bouillon  
18 fl oz (½ litre) soya milk  
2 tbsp tamari soya sauce  
Salt & pepper to taste

1. Soak butterbeans overnight in plenty of cold water (or for 1 hour in boiling water) until they swell and the skins are not wrinkled. Rinse and drain.  
2. Put butterbeans into a pan with plenty of water and bring to the boil. Turn down and simmer for about 1 to 1½ hours until beans are soft. Rinse.  
3. Fry onions and carrots in vegetable oil to cover the bottom of a large pan.  
4. When the carrots are soft add garlic, mushrooms and bay leaves. Mix. Then add the flour and bouillon and cook, stirring all the time, for 2-3 minutes.  
5. Slowly add soya milk, stirring quickly.  
6. The mixture will thicken and bubble. Turn it down and add the parsley, soya sauce, cooked butterbeans and salt and pepper to taste. Serves 4.  
*Based on a recipe in 'So what do you eat?' by Liz Cook.*

## Spicy Dahl Cakes

5.5oz (150g) split red lentils  
2 floz (60ml) vegetable oil  
1 tsp chilli powder  
1 clove garlic, crushed

3cm fresh ginger, finely grated  
½ tsp salt  
50ml hot water

1. Rinse lentils in cold water; drain and place in a bowl and cover with fresh cold water. Leave to soak for 1-2 hours.  
2. Drain lentils and place in a food processor with 1 floz vegetable oil, chilli powder, garlic, ginger and salt. Blend to a coarse paste adding water a little at a time.  
3. Heat a frying pan and add 1 floz vegetable oil. Drop dessertspoons full of the mixture onto the pan. Use the back of the spoon to smooth the mixture into little round cakes. Cook for 2-3 minutes on each side or until lightly golden in colour. Makes 16-20 cakes.  
*Based on a recipe by Pure.*

## Butterbean and Fresh Herb Spread

1 onion, chopped finely  
2 tbsp vegetable oil  
1 x 15 oz (400g) tinned butterbeans  
1 tomato, finely chopped  
1 heaped tbsp fresh basil, finely chopped  
Salt and pepper to taste

1. Heat the oil in a saucepan and saute the onion until translucent.  
2. Drain the beans and put them into a bowl. Mash coarsely, leaving some of the beans whole. Add the beans and tomato to the saucepan, stirring well. Season to taste, cook for a minute or two, then remove from the heat.  
3. Place in a bowl and mix in the fresh herbs. Leave to cool then chill in fridge.  
*Based on a recipe by Leah Leneman.*