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[veganvillage.co.uk/recipes.htm](http://veganvillage.co.uk/recipes.htm)

[mouthwateringvegan.com](http://mouthwateringvegan.com)

[vegancampaigns.org.uk/resources/recipes.html](http://vegancampaigns.org.uk/resources/recipes.html)

### Animal Free Shopper

[vegansociety.com/afssearch.aspx](http://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](http://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](http://veggies.org.uk/events/animal-rights-calendar)

### Eating out in Devon

[vegetariandevon.com](http://vegetariandevon.com)

### Exeter and Devon cruelty-free info

[effa-uk.org/effa/local.aspx](http://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](http://fairfoods.org.uk)

Exeter Vegan Pledge 2012 run by  
Exeter Friends For Animals...  
[effa-uk.org](http://effa-uk.org)

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# Exeter Vegan Pledge 2013

# Recipes

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## 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.

## Garlic Bread

- 60 ml olive oil
- 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 oil, garlic, fresh basil and salt. Slice the baguette in half lengthways and spread oil mixture over both surfaces.  
3. Put back together and bake in the pre-heated oven for 10-15 minutes.  
Serves 4.

## White Bean, Cherry Tomato and Basil Salad

- 520g cooked cannellini beans (equivalent to 2 x 400g tins, drained)
- 2 tbsp balsamic vinegar
- 1 tbsp soya sauce
- 3 shallots, finely chopped
- 2 tbsp olive oil
- 2 garlic cloves, finely sliced
- 400g cherry tomatoes
- ½ tsp dried thyme
- ½ bunch fresh basil, chopped

1. Marinate beans in vinegar and soya sauce for at least two hours.  
2. Cook the shallots gently in a little olive oil, add the garlic, tomatoes and thyme and turn the heat up. Fry for five minutes, then add the beans and season.  
2. Heat the beans through and stir in the basil. Drizzle with more oil. Serve warm or at room temperature - serves 6.

## 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

150 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  
1 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. Cook the potatoes until tender, drain and dice them.  
2. 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.*

## 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 green leaves. Decorate with fresh herbs, if desired.

*Notes. Also try stuffing with flavoured vegan cream cheese.*

## Vegetable Chilli

2 tbsp vegetable oil  
8 oz (225g) onion, chopped  
3 cloves garlic, crushed  
4 dssp cumin  
1/2 tsp chilli  
water  
8 oz (225g) carrots, sliced  
1 red pepper, chopped  
8 oz (225g) broccoli  
8 oz (225g) sweetcorn  
9 oz (260g) cooked green lentils  
1 tin kidney beans (260g drained)  
1 tin chick peas (260g drained)  
1 tin tomatoes, chopped  
4 fresh tomatoes, chopped  
3 round dssp tomato puree  
2 round tsp yeast extract  
2 tsp mixed herbs  
salt and pepper to taste

Fry onions in oil for 5 minutes. Add garlic, cumin and chilli and fry for a further minute.

Add carrots, red pepper and enough water to cover and cook for 10 minutes.

Add broccoli, sweetcorn, lentils, beans, tinned and fresh tomatoes, puree, yeast extract and herbs and cook until all vegetables are soft. Season and serve - serves 6.

## Red Pepper and Courgette Mini-Quiche

2 tbsp vegetable oil  
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  
soya milk

1. Pre-heat oven to 200C/400F/Gas 6.  
2. Make pastry (recipe below).  
3. Fry onion for a few minutes in the oil then add courgette and red pepper. Fry until they begin to soften.  
4. Take off the heat and add the tofu, herbs, tomato puree, salt, pepper, ginger, cheese and enough soya milk to make the mixture moist.  
5. Roll out pastry\* and use a 4¼ inch cutter to cut 12 circles to fit yorkshire pudding tins.  
6. Divide mixture between cases and bake for about 30 minutes or until lightly browned. Makes 12.

## Wheat pastry

8 oz (225g) plain white/wholemeal flour  
4 oz (115g) vegan margarine  
3 fl oz (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.*

## 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 barbecue.
- 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.

## Shepherds Pie

3 tbsp vegetable oil, divided  
6oz/170g onion, chopped  
1 clove garlic, crushed - optional  
2oz/55g green lentils  
850ml/1.5pt water  
1 tbsp veg bouillon  
7oz/200g red lentils  
8oz/225g carrots, diced  
7oz/200g mushrooms, quartered  
3.5oz/100g frozen peas  
2 round tsp yeast extract  
1 tbsp tomato puree  
900g/2lb potatoes  
salt and mustard to taste

1. Fry onions and garlic in 1 tbsp vegetable oil for a few minutes. Add the green lentils, water and bouillon and simmer for 10 minutes. Add red lentils and carrots and simmer until just cooked. Take off the heat and stir in mushrooms, peas, yeast extract and tomato puree. Allow to cool.
2. Boil potatoes and mash with 2 tbsp vegetable oil. Add salt and mustard to taste.
3. Spread the lentil mixture in a baking dish and spread the mashed potato over the top. Bake at 180C/350F/Gas 4, for 30 minutes. Serves 5.

Alternative without mushrooms... replace mushrooms with 2 oz (55g) extra frozen peas, 2 oz (55g) sweetcorn and 3 oz (85g) walnuts. Add at the same time as you would have added the mushrooms.

## 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.

## Laksa - Big, Fragrant Thai Coconut Soup with Vegetables and Tofu

An aromatic, fragrant and all-round gorgeous big soup or main meal.

Although it looks like quite a long list of ingredients, it's not difficult. Just get everything out that you need, chop the vegetables and go for it. It's surprisingly fast – even quicker if you cheat and use a ready-chopped stir-fry mix with some added green beans and peas.

Vegan Thai red curry pastes: Asda; Biona; Geo; M&S; Thai Taste are all suitable - other brands may contain fish sauce, shrimp sauce or other non-vegan ingredients, so read the labels carefully.

1L vegan stock, made from bouillon or stock cubes (eg Marigold red tub or Kallo vegetable cubes)  
3 limes – squeeze the juice from 2 and set aside; use the other as garnish, chopped into 4 pieces

3 big cloves garlic, crushed  
1 big 'thumb' ginger, grated

Chilli: choose from 1 dried OR 1-2 tsp lazy chilli paste OR 1 fresh, de-seeded and chopped

3 tbsp plain vegetable oil, rapeseed or similar

1 leek OR 2 big shallots OR 1 small red onion – finely chopped

Soya sauce – preferably shoyu or tamari type

2 tbsp sweet chilli sauce

Enough vegetables for 4, chopped roughly same size

- Carrots
- Red pepper (orange or yellow fine too)
- Green beans
- Beansprouts
- Other vegetables that work, eg broccoli; mange tout; pak choi; peas; mushrooms. If using pak choi, chop the white stem and use in stage 7 (hard veg). Use the finely shredded greens in stage 9 (soft veg).

1-3 tbsp vegan red Thai curry paste (see list above)

1 tin coconut milk

1 tbsp lemon grass paste

½ tsp turmeric

brown sugar to taste – about 1 tsp

Tofu chunks: 1 packet of Cauldron marinated pieces OR 250g plain tofu, chopped into chunks and fried OR a pack of ready-made deep fried plain tofu pieces from Oriental grocers

1 pack of udon noodles, eg Clearspring brand

To serve:

- 2 tbsp toasted sesame seeds
- fresh coriander, finely chopped

1. Make the stock and set aside. Fill the kettle again and put it on to boil.
2. Mix the garlic, ginger and chilli plus a splash of the lime juice together in a bowl. Set aside.
3. Wash and prepare all the vegetables – the carrots and peppers need to be in thin slices. Divide the veg into hard and soft types, eg carrots, peppers and beans hard, mushrooms and beansprouts soft.
4. In a large heavy-bottomed pan or wok, heat 1 tbsp of the oil then gently

- fry the leeks, shallots or onions until softened. Add a splash of the stock if it starts to stick. Add the bowl of garlic, ginger mixture and stir well.
5. Remove from hob and add a splash of soya, the sweet chilli sauce and another splash of lime juice. Spoon this mixture into a bowl and set aside.
  6. Cook the udon noodles. Pour the kettle of hot water and a little salt into a saucepan, bring to the boil, add the noodles and cook them according to the packet instructions – usually 6-7 minutes. If they are ready before the soup is, drain and rinse in cold water to prevent them sticking together.
  7. Heat up the rest of the oil in the pan and stir-fry the hard veg for a few minutes. Add a little stock if it starts to stick. When the veg are almost cooked, add another splash of soya sauce and lime juice. Then pour in the onion and garlic mixture. Stir in and let it cook in and infuse for a minute or two.
  8. Mix 1 tbsp red Thai curry paste with the coconut milk. Add it to the soup. Bring to the boil then reduce heat to a simmer. Taste and add more curry paste if a hotter soup is desired.
  9. Add the lemon grass paste, turmeric and sugar plus the soft veg (eg mushrooms, beansprouts, peas) and simmer for 4-5 minutes. Just before the soup is ready, add the rest of the lime juice and the tofu chunks. Taste and season if necessary.
  10. Serve the cooked noodles in the middle of bowls. Ladle the soup round it. Top with toasted sesame seeds and chopped coriander.

*From vegetarianrecipeclub.org.uk*

## Quick Pizza

Delicious vegan pizza. Use a vegan-friendly base such as Sainsbury's Thin & Crispy or Waitrose Stoneground.

- 1 pizza base – ready-made or made from a mix. (See notes above)
- Pizza topping from a jar - or use a tomato-based pasta sauce or just some tomato puree
- 3 medium mushrooms, sliced
- ½ small red pepper, sliced or thin rings
- Other veg of your choice:* sweetcorn, olives, tinned artichoke hearts cut in half, thinly-sliced onions etc
- Olive oil
- 3 tbsp grated melting vegan 'cheese' such as redwood's melting mozzarella or melting cheddar, available from health stores
- Freshly ground black pepper

1. Preheat oven to temperature according to instructions on pizza base packet.
2. Lightly fry vegetables – except for ready cooked items such as sweetcorn and artichoke hearts.
3. Leave mushrooms until last and don't overcook.
4. Spread pizza base with topping, then arrange vegetables and cheese artistically on top.
5. Bake for 10-15 minutes or until vegetables are just tender and the cheese has melted a bit.

*From vegetarianrecipeclub.org.uk*

## Oven-roasted Tofu Mediterranean

A really simple recipe that bakes while you prepare other things. We've converted many 'tofu virgins' with this dish! You could also add other vegetables, such as thin strips of pepper, shredded kale, finely chopped leeks or shallots...

450g/1lb firm tofu, plain or smoked  
2 tbsp plain soya sauce – preferably shoyu or tamari – if using tamari, reduce to 1-1½ tbsp as it is stronger  
1 tbsp oil, any kind. Olive oil or leftover oil from a jar of sundried tomatoes is good!

2 cloves of garlic, crushed  
2 tsp grated fresh ginger (or cheat and use ready grated ginger in a jar)  
½ tsp dried rosemary  
1 heaped tsp paprika  
Black pepper  
6 small-medium tomatoes, eg cherry or plum. A mixture of red and yellow looks particularly pretty

1. Pre-heat oven to 225°C/450°F/Gas Mark 7.
2. Drain the tofu in a colander, place a clean cloth on top of it and weigh down with something heavy like tins of baked beans, pressing gently to remove some of the excess liquid. Then cut into medium-sized cubes.
3. In a medium oven dish (approximately 8 x 5 inches), place all the ingredients. Using clean hands or a large spoon, gently toss everything together so that the tofu is evenly coated.
4. Bake in the oven for 15-20 minutes, or until the cubes are brown on top.

5. Gently turn over the cubes so the paler bits get a chance to brown.
6. Return to the oven and bake for another 15-20 minutes. Serves 2-4.

From [vegetarianrecipeclub.org.uk](http://vegetarianrecipeclub.org.uk)

## Cashew Nut Roast with a Choice of Two Stuffings and Red Wine Gravy

Oil spray or 1 tbsp olive oil  
1 medium leek, finely chopped  
2 sticks celery, finely chopped  
1 tbsp soya sauce  
2 tbsp vegan margarine, eg Pure, Suma or Biona  
350ml/generous 12fl oz hot water  
1 tsp yeast extract (marmite, vegemite etc.)  
550g/16oz cashew nuts - grind them in a food processor but not too fine. Leave some texture  
2 tbsp soya flour (available from health stores)  
2 tsp fresh herbs or 1 tsp dried  
160g/6oz white bread crumbs  
Sea salt and pepper to taste

Filling: choose from one of these  
1 dsp olive oil  
450g/1lb mushrooms, sliced medium  
2 cloves garlic  
1 dsp soya sauce  
OR  
1 pack smoked tofu, mashed roughly  
1/2 large jar roasted red peppers, sliced fine  
1 tsp soya sauce

## Red Wine & Onion Gravy

2 tbsp miso  
2 tbsp hot water

2 shallots or 1/4 red onion, finely chopped  
1 tbsp olive oil  
2 rounded tbsp wholemeal flour  
240ml/9fl oz vegan stock, eg Green Oxo or Marigold red or purple tub  
240ml/9fl oz red wine \*  
Salt and pepper to taste

\*Vegan wine: The Co-op and Sainsbury's label their own wines.

1. Melt the margarine in a large saucepan and cook the celery and leek in it for a few minutes.
2. Preheat oven to 180°C/360°F/Gas Mark 4.
3. Meanwhile, make the filling of your choice.  
Mushroom: cook garlic in olive oil until golden. Add mushrooms and cook for a few minutes. Add soya sauce. Let this cook gently, then drain off any liquid that's left and reserve for gravy. Put mushroom garlic mix aside.  
Smoked tofu: mix mashed tofu with red pepper pieces and soya sauce. Set aside.
4. Make the roast. Mix the yeast extract into the hot water (alternatively you could use any stock you like) and add this to the leek and celery.
5. Stir in the soya flour, nuts, herbs, breadcrumbs and salt and pepper and mix well. Allow to cool slightly while you grease a loaf tin.
6. Place half the nut roast mixture in the tin and press down well - then add the mushroom and garlic stuffing (pressing down well again) and place the rest of the nut roast mixture on top. Bake in the oven for about 40 minutes and allow to sit for a few minutes, covered. Turn it carefully out of the tin and slice.
7. While the roast is baking, make the

gravy. In a small bowl, mix miso and hot water and mix well. Set aside.  
8. In a large saucepan on medium-high heat, sauté shallots/onion in oil until translucent. Add flour and mix well; this will become pasty and dry.  
9. Slowly start adding stock while stirring continually. Add a little bit at a time until everything becomes well mixed and there are no lumps. Use a balloon whisk to get rid of floury lumps if necessary. Lower heat to medium-low and simmer until sauce is thickened, stirring often.  
10. Stir in miso, taste and season with salt and black pepper if necessary. Keep warm until ready to serve with the roast.

From [vegetarianrecipeclub.org.uk](http://vegetarianrecipeclub.org.uk)

## 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.

## 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.

## Black Bean, Courgette and Olive Chilli Wraps

1 teaspoon olive oil  
¼ red onion, chopped quite small  
2 courgettes, small-medium dice  
½ green chilli, seeds removed and chopped very small  
¼ teaspoon salt  
2 cloves of garlic, crushed  
⅓ cup (45g) black olives, chopped  
½-1 teaspoon cumin powder  
½ teaspoon coriander powder  
1 jar fajita or other Mexican tomato-based sauce (Discovery brand is vegan)  
1 tin of black beans or 260g home-cooked, drained and rinsed  
Corn tortillas or wraps of your choice

1. Heat oil in a medium-large saucepan then add red onion. Gently fry until softened then add courgette, chilli and salt. Cook for several minutes, until courgette starts to brown.
2. Add garlic, olives and spices and cook for a couple of minutes more.
3. Add fajita sauce and black beans. Cook for about 5 minutes until the sauce has absorbed all the flavours.
4. Meanwhile, warm tortillas or wraps in a dry frying pan (pre-heat the frying pan over a hot heat first) for a few seconds. Alternatively, wrap in foil and warm in a medium oven for about 10 minutes.
5. Serve chilli with wraps on the side. Goes well with tomato salsa, chopped avocado, fresh coriander and/or sour creme (recipe to right). Serves 4.

*Adapted from Appetite for Reduction, by Isa Chandra Moskowitz*

## Quinoa Pilaf

1 tbsp olive oil  
1 medium onion, chopped finely  
2 large cloves garlic, crushed  
180g/6 oz quinoa, rinsed thoroughly through a fine sieve )  
450ml/16floz strong vegetable stock (home-made or using 2½ tsp Marigold bouillon in the red tub)  
100g/3oz of baby broad beans OR peas (frozen work well)  
1 tbsp chopped oregano OR 1 heaped tsp cumin powder  
1 medium carrot, grated on the big holes  
Salt and black pepper to taste (but remember the stock will be quite salty)

1. Dry roast quinoa first if you want. Stir constantly in a large, preferably non-stick frying pan for 2-3 minutes, making sure the grains don't catch and burn. Remove from pan and set aside.
2. Heat the olive oil in the frying pan. Add onion and cook until soft – 3-5 minutes.
3. Add garlic and cook for a minute or two, making sure it doesn't burn. Add the quinoa, stock, (with wine if using), broad beans and oregano/cumin.
4. Bring to a boil over high heat then reduce heat to medium-low. Simmer, covered, for 20 minutes or until liquid is absorbed – if too wet, remove lid and boil fast until it has reduced.
5. A minute or two before the end, add the grated carrot and cook in. Season, then serve.

*From vegetarianrecipeclub.org.uk*

## 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 [theveganapproach.com](http://theveganapproach.com)*

## 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
- ⅔ 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.

### 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 victoria sponge overleaf

#### 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. Serves 4.

*Notes. Thinly sliced fresh pineapple and bananas work well in this. Put the bananas in first so they get covered in jelly, this helps stop them going brown. The lemon flavoured Just Wholefoods jelly crystals works the best, though any flavour is fine. You can find the jelly in health food shops.*

### Fruit Cake

- 1 lb (450g) mixed dried fruit
- 4 oz (115g) chopped dried dates
- 4 oz (115g) chopped dried apricots
- 340 ml (12 fl oz) 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 liquid overnight.
2. Add dry ingredients and stir well to mix
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*

## Victoria Sponge

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  
10½ oz (295g) plain white flour  
1 oz (30g) cornflour  
1 teaspoon bicarbonate of soda  
1 teaspoons baking powder

1. Pre-heat oven to 175C/350F/Gas4.
2. Oil a deep springform 7 inch round cake tin.
3. Place soya milk, vinegar, oil, sugar and vanilla 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 until the top of the cake bounces back when you touch it.
7. Cool thoroughly and split in half. Fill the middle with raspberry jam and the top with vanilla icing (recipe right). Decorate with grated vegan white chocolate or buttons.

## 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.*

## Chocolate Ganache

2 floz soya milk  
2 tbsp golden syrup  
4 oz (115g) vegan chocolate

1. Bring the soya milk to a gentle boil in a small sauce pan.
2. Immediately remove from heat and add the chocolate and syrup. Use a rubber heatproof spatula to mix the chocolate until it is fully melted and smooth.
3. Use to cover your cake. If it is too runny, let it cool down a bit so it thickens up.

## Strawberry Mousse

12 oz (350g) silken tofu  
3 floz (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 food processor until smooth.
2. Pour into individual serving dishes and chill before serving. Serves 4.

## Chocolate Bounty

16 standard greaseproof cupcake cases, roughly 4.5cm diameter base  
60g creamed coconut (comes in a block)  
75ml soya cream  
35ml golden syrup  
150g desiccated coconut  
300g vegan milk chocolate – we use Plamil

1. Heat creamed coconut in a small saucepan over a VERY low heat until it has just melted. Keep an eye on it to make sure it doesn't burn. Take off the heat and stir in soya cream and golden syrup until mixed. Mix in desiccated coconut. Be precise with the liquids – too much and it will be over-moist.
2. Divide your coconut mix into 16 equal pieces and roll each into a flattish disk which will just fit into your cupcake case, don't put them in the cases just yet though.
3. Melt chocolate in a double saucepan. Put 1 dessertspoon of melted chocolate in the bottom of each of your cupcake cases. You should have about half of it left – you'll use this in a few minutes.
4. Place a coconut disk into each cupcake case on top of the chocolate and press down – some of the melted chocolate should squish up over. Cover with the remaining chocolate, smooth over a bit and put in the fridge to set. Once set you can remove the case if desired – store covered in the fridge until you are going to eat them and eat within a few days.

## Fruity Cheesecake

200g/7oz vegan biscuits, such as ordinary Hobnobs or McVitie's LIGHT Digestives  
75g/3oz vegan margarine, eg Pure  
50ml/2fl oz soya milk  
1 pack silken tofu (eg Morinu, sold in tetrapacks), firm or soft - 350g  
200g/7oz vegan cream cheese - eg Tofutti original, available from health food shops)  
1 tbsp vegetable oil  
1-2 tbsp golden syrup  
1 tsp vanilla essence  
½ tsp lemon or orange essence (optional)  
2 tsp arrowroot  
150g/5oz fruit topping (eg fresh or defrosted frozen raspberries or strawberries)  
Method:

1. Preheat the oven to 350F/180C/Gas Mark 4.
  2. Grind the biscuits (which will be used as the base for the cheesecake) until there are no large lumps left.
  3. Melt the margarine and mix in the biscuit crumbs.
  4. Spread in a greased flat tin and bake in the oven for 5 minutes.
  5. Blend all the other ingredients thoroughly until smooth (except the fruit).
  6. Remove the crumb mixture from the oven and pour the filling over the base.
  7. Bake in the oven at the same temperature for 20 minutes, or until firm. Remove and leave to cool.
  8. Top with fruit topping and chill before serving.
- Serves 2-4