

# Snappy Veggie Cooking with The Mollster



UNDER  
**18s**  
ONLY

Viva!  
V £1  
Guide 15

Name: Molly  
 Alias: The Mollster  
 Profession: Undercover detective  
 Specialist assignments: Food  
 Strong points: Food  
 Weak points: Food  
 Height: Small  
 Weight: Considerably less before this job  
 Weapons: Hypnotic eyes  
 Mentor: The infamous Thomas Bone  
 Distinguishing features:  
 Vegetarian, wet nose



Right, you've done a bit of detective work on meat issues and it's given your head quite a kicking. In fact, those little noggin cells won't give you any peace, continually churning out nasty facts about factory farmed animals and the contents of your burger. So you've decided to sort out the grey matter once and for all. Yep, you're going to give this veggie malarkey a bash. Poochetastic! The next step is to fix that distant rumble in your belly, a task best left to the professionals. So put aside your amateur spy glass and false moustache and make way for The Mollster, private eye extraordinaire.

Gifted since a pup in sniffing out fine veggie morsels, I know exactly what you want. We're talking mouth watering, finger licking, scrumptiously moreish dishes which you can chomp in singledom or dazzle your nearest and dearests with. We're talking a little exertion but no sweat. We're talking cruelty free food, utterly ethical munchies, the food of angels.

And so I, Mollster the Detective, in a disguise that would put Holmes to shame, have travelled far and wide across the British Isles to find the most delicious veggie cuisine. Competition has been stiff and my trim waistline has taken a battering but I can now lay before you a selection of the easiest and yummiest vegetarian recipes.

So read my travelogue, rock into the kitchen, waltz with the utensils and salsa with the vegetables, send me a cryptic text and I'll be seated at your table, napkin on lap, before you can say 'veggiefest'.



## Mollster's Gospel

Before we start, let's get it straight - what exactly is a vegetarian and what about those freaky vegans?

Well, a vegetarian cuts a splendid figure because they neither eat dead animals nor chew on any slaughterhouse by-products. That means they consume no meat, poultry, fish or seafood (like prawns or crabs) and no by-products like gelatine. Don't be deceived by the innocent sound of the word gelatine in things such as jellies, yoghurts and sweets because it is actually made from boiled up animals' bones, horns and hooves - ugh!

A vegan doesn't eat anything derived from a dead animal in addition to rejecting dairy products, such as milk, cheese or butter, along with eggs and honey.

What I'm saying is that once upon a time when brains were being handed out, vegetarians and vegans were first in the queue!

Okay. You know what you can't eat. But what can you eat? Here's a brief guide to veggie nosh 24 - 7.

## Breakfast

A veggie breakfast is like a non-veggie breakfast. So, as long as you've been well behaved, you can look forward to tucking into a small bowl of cold gruel and a glass of tap water. Okay, okay, let's not be frugal with the truth. The great veggie breakfast throws open enough taste windows to make your tonsils rattle!

Of course, you can't go wrong with cereal, toast and juice. I'm a sucker for soya milk on my cereal - that cow's milk plays naughty tricks on my stomach and people have been known to talk! I simply adore porridge with a fat blob of golden syrup in the centre and always whop my favourite spread on the toast - yeast extract (eg Marmite) or peanut butter.

But perhaps you prefer more lardy feed? If so, why not treat yourself to a full English brekkie and scoff a king-size plate of grilled veggie sausages, veggie rashers, baked beans, mushrooms, waffles, scrambled tofu and fried onions.




Or maybe you consider yourself a touch more hoity-toity? How about a sophisticated muesli topped with yoghurt, fresh fruit salad or toasted bagels with marge and fruit conserve.

## Lunch

Once you've waved adieu to dead animals, you'll become wide-eyed to the full wonders of gorgeous vegetarian yums. Limp salads and white bread spam sandwiches will soon seem mighty tame and tasteless. Friends, suspicious at first, will learn to crane into your lunchbox everyday to drool over another succulent addition to your veggie diet.

Think generous and give the good old British sandwich a celebrity make-over.

 Grab something other than your sliced white - think malted brown, wholemeal, French bread, ciabatta, pitta bread, bagels or olive bread.



- Now slop on a filling:
- 🐾 How about peanut butter and sliced cucumber,
- 🐾 or Marmite and tomato,
- 🐾 or mashed banana?
- 🐾 Why not try houmous (hummus) - a yummy blend of chickpeas and garlic which can be found in the chilled cabinet in supermarkets - in pitta bread with grated carrot and salad.
- 🐾 Maybe some vegetable pate or a bacon substitute
- 🐾 BLT with lettuce, tomato and mayonnaise.
- 🐾 Don't forget (soya) cheese with pickle,
- 🐾 veggie sausages and mustard
- 🐾 or falafel - chick pea patties - with houmous and salad.
- 🐾 If you fancy, you could also tuck into fake 'meats' like 'chicken' or 'ham' - available in health food stores and major supermarkets - with salad and mayo.

And if your pot desires more, shovel down a jacket potato with lashings of baked beans, coleslaw, vegetable chilli or curry.

Or gorge yourself on a steaming bowl of vegetable soup and lovely crusty bread.

## Snacks

As with all diets, there are wholesome snacks and there are tooth-rotting, fat-increasing munchies. Veggie diets are capable of doing both very well, thank you. No doubt you will continue to scoff



your crisps and choccie bars, however, I highly recommend you try out a few of these numbers. Munch on carrot, cucumber or celery crudites - sounds posh! - which are small manageable sticks useful for dipping in mayonnaise, houmous or (soya) yoghurt. Or chew, like a grazing sheep, on dried fruit such as apricots, dates, raisins and even mango. Maybe mix up a handful of nuts, sunflower seeds and dried fruit and plop them into a tasty (soya) yoghurt. Popcorn's great too, especially if you pop your own and lightly salt them.

## Dinner

Aha. Now this, my friends, is where your imagination can really run wild - just take a gawp at the following recipes. Maybe they will inspire you to think of your own barepawed creations - if so, send a copy to [mollster@viva.org.uk](mailto:mollster@viva.org.uk) Or, more respectfully - since I am a mutt many years your senior - invite me to dinner.

So there we are, it's simple. Follow the ropes and very soon you'll be munching to the meat-free tune with the best of them.

Before we start, may I doff my cap at you in recognition of your love for animals. Off to your guilt-free recipes now!

## Tips

Woks are, quite frankly, the best. They spell an end to burnt pan bottoms. In case you're unsure, the measurement 'tsp' is a teaspoon and 'tbs' is a tablespoon (next size up from a dessertspoon).



Jody Pilkington 18 Cheshire

# Spaghetti Sort-of Bolognese

(serves 2-4)

## sniff out

- 250g Realeat soya mince (widely available in supermarkets)
- 1 tbs olive oil
- 1 small onion, chopped finely
- 1 carrot, chopped
- 1 courgette or 1 stick of celery, chopped
- 1 bay leaf
- 400g tin chopped tomatoes (including juice)
- 1/2 vegetable stock cube dissolved in a little hot water
- Big pinch of dried basil
- 1 tsp yeast extract (eg Marmite)
- 2 tbs tomato puree
- Wholemeal spaghetti (cook according to instructions on packet)
- Black pepper

## Follow the paws

**1** Lightly fry onion, carrot and courgette/celery in the oil.

**2** To the vegetables, add the mince along with the bay leaf, tomatoes, vegetable stock, basil, yeast extract and tomato puree. Simmer gently for about 30 minutes.

**3** Meanwhile cook spaghetti.

**4** Remove bay leaf, season with black pepper and pour over spaghetti.

I was absolutely bewitched by this subtle sauce - it slips down your throat with such ease. Perhaps a little too easily.



## curious canine

### Why veggie Jody?

"I became veggie because I hate the idea that animals, with feelings just like the companion animals I love and care for everyday, could suffer so horribly. I couldn't bear the idea that animals were being killed in my name".



Fran Rance 15 Hampshire

## Big Bean Burgers

(serves 2)

### sniff out

- 340g tin kidney beans
- 115g wholemeal breadcrumbs (made by tossing some bread into the food-mixer)
- 60g semolina
- 1 fresh tomato
- 1 garlic clove, crushed and chopped
- 1 heaped tsp chilli powder
- squeeze of lime
- 1 tbs soya sauce
- flour and sunflower oil for frying

### follow the paws

- Roughly mash the kidney beans.
- Finely chop the tomato into small cubes.
- Mix the beans, tomato and chilli powder together in a bowl.
- Add the breadcrumbs and semolina and mix well.
- Add the soya sauce and enough lime to make a soft texture which can be formed into balls.
- Form into burgers and lightly coat in flour.
- Lightly fry until brown on both sides.



*Munch these flavoursome burgers aloft in a seeded bun, topped with sliced tomato and lettuce and thick with tomato ketchup or mayonnaise. Team it up with a dish of cajun wedges, sit back and enjoy.*



### curious canine

#### Why veggie Fran?

*"I just can't imagine eating meat. It would be like chewing on one of my friends! Additionally, a veggie diet is far healthier. So you've nothing to lose and everything to gain".*



Anna Bradley 14 West Yorkshire

## Cajun Potato Wedges

(serves 2-4)

### sniff out

- 4 medium to large potatoes, scrubbed but not peeled
- 1 tbs sunflower oil
- 2 tbs brown breadcrumbs
- 1 garlic clove, crushed and chopped
- 1/2 tsp cayenne pepper
- 1/2 tsp ground cumin
- 1/2 tsp paprika
- 1 heaped tsp freshly-ground black pepper
- 1 heaped tsp fresh thyme leaves
- Sea salt to taste

### follow the paws

- Heat oven to 220°C/gas mark 7/425°F.
- Cut the potatoes into 6-8 pieces lengthwise, depending on size of potatoes.
- Dry them and place in a large bowl.
- Add the oil and toss well.
- Mix the other ingredients in another bowl.
- Add to potatoes and coat well. Season with salt.
- Place on an oven tray in a single layer. Bake for about 25-30 minutes until crisp and cooked through - test by pushing fork into one of them.



*Very seductive to the taste buds...mmm. I really mustn't. Oh alright, perhaps just one more...*



### curious canine

#### Why veggie Anna?

*"I've been veggie since I was six but started to get more 'active' during the last three years. I abhor animal cruelty and think it's vital to make a stand against it!".*



Charlotte England 11 East Sussex

## Smoky Korma

(serves 2)

### sniff out

- Basmati rice (cook according to instructions on packet)
- 1 large red onion
- 1 tbs olive oil
- 1 pack smoked tofu
- 2 tsp curry powder
- 2 tsp tomato puree
- 1/4 tsp white sugar
- 140 ml warm vegetable stock (read instructions on packet)
- 1 tbs ground almonds
- 6 tbs Soya Dream (soya version of single cream)



*I simply can't resist these spicy, creamy morsels. Don't be tempted to add more curry powder - despite these modern times, bottom-belching is still not considered good etiquette.*



### Follow the paws

- 1 Start cooking the rice.
- 2 Chop the onion into chunks and fry with the oil for about 2-3 minutes or until soft.
- 3 Chop the tofu into 2 cm chunks and fry with the onion for about 2-3 minutes.
- 4 Stir in the curry powder, sugar, tomato puree and stock. Bring to the boil. Then stir and simmer for about 5 minutes.

5 With the heat down low, stir in the ground almonds. Then stir in the Soya Dream.

6 Serve with basmati rice.

### curious canine

#### Why veggie Charlotte?

*"I have been almost vegetarian since I was five but I decided to become a proper veggie about a year ago. I got into animal rights and realised that it was murder to take away the life of any animal, whether it looked cute or not".*



Gemma Chambers 15 Wolverhampton

## Hot Sun Soup

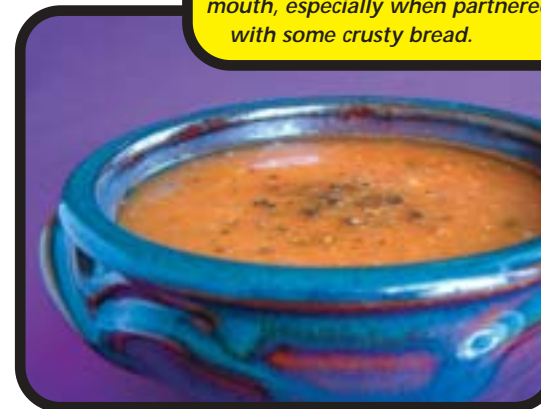
(serves 4)

### sniff out

- 200g red lentils
- 1 onion, chopped
- 2 bay leaves
- 2 (or more!) garlic cloves, crushed and chopped
- 1 tbs fresh thyme, chopped
- A sprinkling of black pepper
- 1250 ml vegetable stock (read instructions on the packet)
- 230g tin chopped tomatoes
- Pinch of sugar
- Touch of sea salt

### Follow the paws

- 1 Put lentils, onion, bay leaves, garlic, thyme and black pepper in a pan.
- 2 Add the stock and tomatoes. Bring to the boil and boil for 5 minutes.
- 3 Reduce the heat and simmer for 20 minutes until thickened and tender.
- 4 Add sugar and salt.



*Due to several 'incidents' with soup cans - oh, how I wish I too had an opposable thumb - home-made soups are a must. This enchanting number takes a relaxed country dance around your mouth, especially when partnered with some crusty bread.*

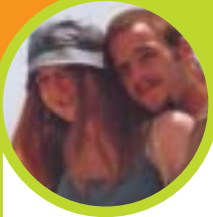


### curious canine

#### Why veggie Gemma?

*"I used to feel really guilty when I thought about what was on my plate, be it a 'Babe' sausage, a fluffy little lamb chop or a cute little chicky. But I decided to do something about it and so should you".*





Rowena Searby-Rodgers (and boyfriend Mark) 18 Nottingham

## Layered Cashew and Mushroom Roast

(serves 6-8)

### sniff out

- 3 medium parsnips
- A little soya milk
- 1 tbs olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, crushed and chopped
- 225g cashew nuts
- 115g fresh breadcrumbs
- ½ tsp dried rosemary
- ½ tsp dried thyme
- 1 tsp yeast extract (eg Marmite)
- 140 ml hot vegetable stock (read instructions on packet)
- Black pepper
- 50g vegetable margarine
- 225g mushrooms, chopped
- Vegetable margarine for the parsnips and greasing tin

*This is an irresistible roast which pokes other nut roasts in the eye. It makes fantastic Christmas fare teamed up with roast potatoes and parsnips, carrots and leafy green veg. Equally, it can be served cold with a salad or stir-fry; or even sliced in a sandwich.*



### curious canine

#### Why veggie Rowena?

*"I am veggie because I could not bear the guilt of knowing that in my lifetime I would be responsible for the death of 900 animals. I only have to look at my dog and think would I eat him? No, I wouldn't and I wouldn't eat any creature who lives and breathes, feeling the same emotions as us. Then there's the health side. Intensive farming means animals are often diseased and pumped full of drugs. No way I'm putting that in my mouth!"*

### follow the paws

**1** Pre-heat oven to 175°C/gas mark 4/350°F.

**2** Make mashed parsnips: peel parsnips and cut into quarters. Put in a saucepan, cover with water and bring to the boil. Turn heat down and simmer for about 20 minutes until they feel soft when a knife is stuck into them. When cooked, drain off excess water. Add a large knob of margarine and a

splash of soya milk and mash together - make sure it's not too dry.

**3** Fry the onion and garlic in the oil until soft.

**4** Grind the cashew nuts in a food processor and mix with the breadcrumbs in a bowl.

**5** Add the parsnips, garlic, onion and herbs to the dry mixture. Make sure to scrape the pans for all the juices.

**6** Dissolve the yeast extract in the hot stock and add to the other ingredients.

**7** Season with black pepper.

**8** Melt the margarine in a frying pan and saute the chopped mushrooms until soft.

**9** Grease a 900g loaf tin with margarine.

**10** Press in half the nut mixture. Cover with the mushrooms. Top with the rest of the nut mixture.

**11** Cover with foil and bake for 1hr. When cooked, remove the loaf from the oven and let it stand for 10 minutes before turning out.

## The Mollster's Garlic Bread

### sniff out

- 1 large baguette
- 50g margarine
- 6 garlic cloves, crushed and chopped
- 1 tsp dried mixed herbs
- A dash of black pepper

### follow the paws

**1** Heat oven to 200°C/gas mark 6/400°F.

**2** Slice vertically into the baguette at equal spacing along the bread - a large baguette would require about 10 cuts. Make sure to only half cut into the bread.

**3** Mix the margarine, garlic, mixed herbs and black pepper together in a bowl.

**4** Spread the margarine mix evenly throughout the baguette.

**5** Wrap the loaf in baking foil.

**6** Bake for 10 minutes. Remove and fully open the foil. Bake for a further 5 minutes.



The Mollster





# The Mollster's Closet Chickpea Stew

(serves 2-3)

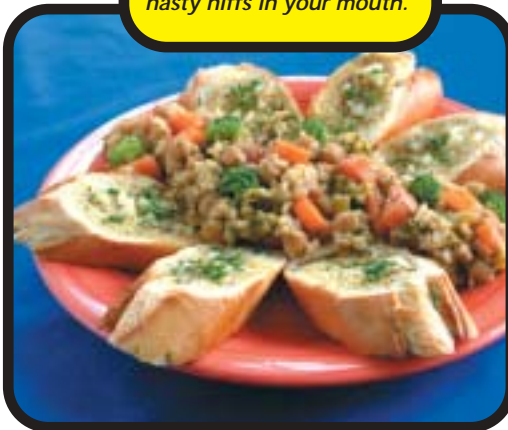
## sniff out

- 3/4 tbs olive oil
- 1/2 onion, chopped
- 2 garlic cloves, crushed and chopped
- 3 medium carrots, roughly chopped
- 150g broccoli florets
- 150g mushrooms, sliced
- 400g tin ready-cooked chickpeas
- 150g long grain rice
- 1 heaped tbs peanut butter
- 1 heaped tsp yeast extract (eg Marmite)
- 1 herb bouquet sachet or bay leaf
- 1 stock cube
- 750 ml boiling water

## Follow the paws

-  Fry onion and garlic in oil until soft. Take pan off heat.
-  Add all the vegetables, chickpeas and rice. Mix well.
-  Dissolve the peanut butter, yeast extract and stock cube in the water and pour over the vegetable mixture. Add herb bouquet sachet or bay leaf.
-  Return to heat and wait until mixture starts to bubble. Reduce heat and simmer for 25-30 minutes or until rice is cooked thoroughly, adding a little more water if needed.

*This recipe has been in my family for years and is so called because great-great-great-grandfather Paddy was caught many times devouring it on the sly. Always escort it with a salivacious stick of garlic bread which has the added bonus of hiding all the nasty niffs in your mouth.*



Abbie Crathern 15 West Sussex









# Lentil and Rice Burgers

(serves 2-3)

## sniff out

- 1/4 cup dried lentils
- 1/4 cup long grain brown rice
- 1 cup water
- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- several sprigs of fresh coriander, finely chopped
- 1/2 tbs soya sauce
- 1/4 tsp yeast extract (eg Marmite)
- 30g semolina flour and sunflower oil for frying

## Follow the paws

-  Put the lentils, rice and water in a saucepan and bring to the boil. Remove any scum that surfaces, turn down the heat and simmer for about 25 minutes until all the water has been absorbed and both the lentils and rice are soft.
-  Meanwhile gently fry the onion in a little oil until soft.
-  Mix the fried onion, chopped garlic and coriander together in a mixing bowl.
-  Add the cooked rice and lentils along with the soya sauce, yeast extract and semolina. Mix well and allow to cool.
-  Form into burgers and coat lightly in flour.
-  Shallow fry on both sides until browned.



## curious canine

### Why veggie Abbie?

*"Deciding to turn veggie was the best decision I ever made. It wasn't difficult to change my diet as there are tasty veggie options everywhere. I feel a great deal healthier than I did before which is no doubt due to the fact that a veggie diet is the healthiest diet in the world. But best of all is the great feeling that I am helping to save some of the millions of animals that are slaughtered every week".*

*Forming burgers will always be a problem for those with paws. These lovely aromatic burgers went down a dream until my dinner companions began to pull hairs out of their teeth...*





Amy Erridge 16  
East Sussex

## Rocking Risotto

(serves 4)

### sniff out

4 spring onions,  
topped and tailed  
100g button  
mushrooms,  
sliced thinly  
1 1/2 tbs sunflower  
oil  
50g flaked  
almonds



1 vegetable stock cube  
225g bulghar wheat (see what  
on earth?)  
8 ready-to-eat dried apricots  
4 sprigs of fresh parsley  
salt and ground black pepper

### Follow the paws

**1** Cut the spring onions into pieces.

**2** Gently warm the almonds  
in 1/2 a tablespoon of oil  
until they are golden.

Remove from pan and place on kitchen paper to absorb any excess oil.

**3** Fry the mushrooms and spring onions in 1 tablespoon of oil for 5 minutes  
or until they are soft. Stir often.

**4** Dissolve the stock cube in 600ml of boiling water

**5** Add the cracked wheat to the mushrooms and spring onions. Stir for one  
minute.

**6** Pour stock over mixture.

cont...

Devour this  
divine dish  
on its  
lonesome or  
suggest a brief  
rendezvous with a  
hunky bean burger.



### curious canine

#### Why veggie Amy?

"I'm a vegan because I love animals and  
find it impossible to eat something which  
has had its life taken away merely to  
feed a human being. Animals raised for  
meat suffer terrible pain and the  
conditions they are forced to live in are  
appalling.



We don't need meat to  
survive; in fact, I've been  
healthier since I became a  
vegan. I used to suffer from hay  
fever and many other allergies  
but since I stopped eating dairy  
products, they've disappeared.

Remember being veggie doesn't  
just save the lives of millions of animals,  
it benefits your body too".

continued...

**7** Turn the heat up until it boils. Then reduce heat and put the lid on for 10  
minutes.

**8** Cut the apricots into small pieces. Add the apricots to  
the bubbling mixture along with a little salt and  
pepper.

**9** Take the lid off the pan and let the mixture cook for a  
further 5 minutes or until all the stock has been absorbed.

**10** Break the stalks off the parsley and snip the leaves  
into small pieces.

**11** Stir the parsley and half of the flaked almonds into the mixture.

**12** Sprinkle the rest of the almonds on top and serve immediately.

### what on earth?

Bulghar wheat is also called  
cracked wheat and can be  
rooted out in supermarkets.  
It is made from wheat  
which has been boiled,  
dried and ground.



Kelley Griffiths 14 Carmarthenshire

## Me Ma's Salad

### sniff out

Fresh spinach leaves  
Fresh broccoli florets  
Mushrooms, sliced  
Tomatoes, chopped  
Spring onions, chopped  
Carrots, grated  
Celery, chopped  
Sunflower seeds  
Hemp seeds  
Cashew nuts  
Pistachio nuts  
Pumpkin seeds  
Sesame seeds

### curious canine

#### Why veggie Kelley?

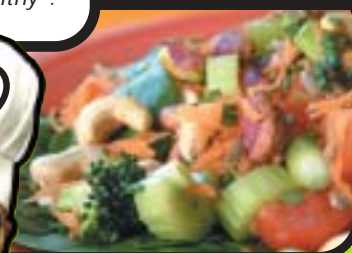
"It's lush and mega  
healthy".

A warm, hairy handshake  
to Mrs Griffiths for  
this creation. It's a  
fine show of a 'real'  
salad - nothing like  
those sham salads with  
their limp lettuce leaves,  
dry cucumber slices and  
soft tomatoes p'lease.



### Follow the paws

**1** Mix together in a bowl!





Oliver Edwards 16 Hampshire

## Sausage Pasta Salad

(serves 2)

### sniff out

- Pasta (enough for two)
- 1/2 stock cube
- 5 veggie sausages, cooked and sliced
- Celery, chopped
- Beansprouts
- Spinach leaves
- Red pepper, chopped
- Lettuce leaves, chopped
- Cucumber, diced
- Tomato, chopped
- Onion rings
- 1 garlic clove, chopped
- 1 tbs chives, finely chopped
- 1 tbs parsley, finely chopped
- 1 tbs olive oil
- 1/2 tbs vinegar
- 1 tbs lemon juice
- Lots of black pepper
- Salt to taste

### follow the paws

- Cook the pasta according to the instructions on the packet but adding the stock cube to the water whilst it cooks.
- Let pasta cool in a big bowl.
- Add sausages, salad ingredients and herbs.
- In a separate bowl, mix the olive oil, vinegar, lemon juice, black pepper and salt.
- Pour over the other ingredients and mix well.



Sausages but not a porker in sight. Bless me curly-tailed chums.

### curious canine

#### Why veggie Oliver?

"I decided to go vegetarian because eating meat fuels unacceptable cruelty, contributes to environmental pollution and sets your personal health back".



## Scrummy Stir-fry

(serves 2)

### sniff out

- 1/2 tbs olive oil
- 1 packet tofu, cut into chunks (see what on earth? - Tasty Tofu and Pasta on page 18)
- 1 tsp ground ginger
- 1 tsp dried coriander
- 1/2 tsp dried mixed herbs
- 1/2 tsp dried cumin (optional)
- 1/2 stock cube dissolved in 1/2 cup of boiling water
- Lots of veggie stuff, think:
  - Cashew nuts
  - Carrots and celery, cut into matchsticks
  - Broccoli florets
  - Sugar snap peas
  - Red pepper and mushrooms, sliced
  - Cabbage, shredded
  - Spinach
  - Beansprouts
  - Garlic - how much can you handle?
  - Couscous - cook according to packet (see what on earth?)

### follow the paws

- Warm oil and add tofu. Coat tofu with ginger, coriander, mixed herbs, cumin and stock. Gently turning at intervals, fry until brown and crispy.
- Add the cashew nuts and all the vegetables except the beansprouts and cook for 3-4 minutes.
- Add the beansprouts and fry for a further 1 minute.
- Meanwhile, cook couscous.
- Add garlic to stir-fry and serve with couscous.



We've all heard the jokes about tofu - the pasty-faced wall-flower - but, believe me, after a quick makeover you'd never recognise it. Smothered in herbs and spices, it makes an absolutely captivating dinner partner - quite the belle of the ball.



### curious canine

#### Why veggie Leah?

"I am vegetarian because I think animals should have rights in this world. I can't bear to think about all the animals cramped together in sheds or cages waiting to die. Think of all the animals which regain consciousness on the slaughter-line - ahhh!".



### what on earth?

Couscous is made from finely ground wheat and can be tracked down in supermarkets.



Alice Gorman 16  
Derbyshire

# Tasty Tofu and Pasta

(serves 4)

## sniff out

- 250g tofu, cut into cubes (see what on earth?)
- 3 tsp olive oil
- 1/2 tbs basil
- 1 large courgette, diced
- 1 orange pepper, diced
- 400g tin chopped tomatoes
- 2 tbs tomato puree
- 1 tbs red wine vinegar
- salt and pepper to taste
- 250g penne pasta (cook according to packet)
- 150g (soya) cheese, sliced (see what on earth?)

## Follow the paws

- Put the tofu in a bowl with the olive oil and basil and leave in the fridge for 30 minutes to marinade.
- Fry the tofu for 5 minutes or until browned.
- Separately fry the courgette and pepper for 5 minutes in a little oil.
- Heat oven to 190°C/gas mark 5/375°F.
- To the courgette and pepper, add tomatoes, tomato puree, red wine vinegar, salt and pepper and simmer for 15 minutes.
- Meanwhile, cook pasta.
- Mix pasta, tofu and tomato mixture and put in an oven proof dish. Arrange cheese slices on top.
- Bake for 25 minutes or until browned on top.

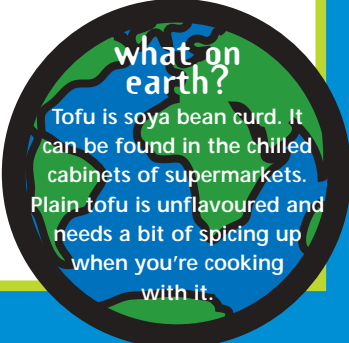
## curious canine

### Why veggie Alice?

"I'm veggie quite simply because I love animals and hate all types of cruelty. Going veggie has really opened my eyes to what happens behind closed doors.

I didn't want to support the pain, torture and death of the meat industry. Also, I feel so much healthier as a veggie and I am always amazed at how many health advantages there are with a vegetarian diet.

One of my favourite recipes has to be Tasty Tofu and Pasta because it's, well, really tasty. It's healthy and filling so it doesn't need to be served with much, I usually have salad with it".

**what on earth?**  
Tofu is soya bean curd. It can be found in the chilled cabinets of supermarkets. Plain tofu is unflavoured and needs a bit of spicing up when you're cooking with it.



Holly Maguire 11 East Sussex

# Pizza

(serves 1)

## sniff out

- 1 large crustless slice of bread
- A little melted marga
- 1 tsp tomato puree
- 3 onion slices
- 2 slices of unskinned tomatoes
- 2 slices of red pepper
- A handful of grated (soya) cheese (see what on earth?)
- Large pinch of mixed herbs
- Dust of black pepper

## Follow the paws

- Heat oven to 175°C/gas mark 4/350°F.
- Cover the bread slice with melted marga and place on a baking sheet.
- Cover with tomato puree.
- Top with onion, tomato, pepper and finally cheese. Sprinkle with herbs and pepper.
- Bake for about 20 minutes.
- Try it with different toppings like mushrooms, sliced veggie sausages and olives.



**what on earth?**  
Soya cheese, like Scheese or Cheezly, is widely available in health food stores. It's made from soya instead of milk.

This brings back childhood memories of long hot days with my Italian aunt Bessie in East Croydon. If you want an even more authentic touch, stick it in a cardboard box and get a friend to ring the doorbell and deliver it.



## curious canine

### Why veggie Holly?

"I am a veggie because I don't see why animals should suffer and die just so we can have a meal when there are so many meat-free alternatives. Once you know the truth about the meat industry I don't know how you couldn't be a veggie".



James Fordham 16 Devon

# Lovely Lasagne

(serves 4-6)

## Sauce) sniff out (Pasta

- 50 ml olive oil
- 1 large onion, finely chopped
- 400g tin chopped tomatoes
- 85g tomato puree
- 2 tsp basil
- 1 tsp oregano
- 3 garlic cloves, crushed and chopped
- 1 stock cube
- 460 ml hot water

## Follow the paws

- Fry onion in the oil.
- Stir in tomatoes, tomato puree, basil, oregano and garlic.
- Dissolve the stock cube in the water and add to the pan.
- Cook on a low heat for 15 minutes, stirring occasionally.

## sniff out (Cheezy Sauce)

- 120 ml nutritional yeast flakes (see what on earth?)
- 120 ml cornflour
- 2 tbs flour
- 1 tsp salt
- 460 ml water
- 120 ml olive oil
- 1 tsp wet mustard

## Follow the paws

- Mix together nutritional yeast flakes, cornflour, flour and salt in a saucepan.

*This is your offensive charmer. Should you ever be caught out by your 'rents, this stunner, accompanied by garlic bread and a green salad, is a totally safe form of brainwashing. It has already released me from a couple of tight scrapes - people just can't seem to resist its creamy allure. It seems to fog the mind of elders - perhaps the Italian magic takes them back to their romantic heyday long, long ago.*



## curious canine

### Why veggie James?

*"I became vegan because of the heart-breaking way calves are wrenched away from their mothers at a couple of days old so we can drink their milk. I was already veggie because I abhorred the horrors of factory farming and the slaughterhouse".*



- Whisk in water, oil and mustard.
- Cook and stir until the sauce thickens and bubbles. It will get thicker the more it cooks and can be thinned down with a little water.

## sniff out (Lasagne at last!)

- 920 ml pasta sauce (recipe page 20)
- 10 large lasagne sheets (see what on earth?)
- 450 g tofu, well-drained and crumbled
- 460 ml cheezy sauce (recipe page 20)
- A little margarine

## Follow the paws

- Heat the oven to 175°C/gas mark 4/350°F.
- Grease a pan approximately 30cm x 22cm with marge.
- Put a little tomato sauce in the bottom.
- Layer half the pasta sheets on the sauce.
- Spread half the tofu on top.
- Whop on half the cheezy sauce.
- Pour half the tomato sauce on top.
- Make another layer of pasta sheets.
- Spread on the rest of the tofu.
- Pour over the rest of the tomato sauce.
- Pour over the rest of the cheezy sauce.
- Cover the pan with baking foil.
- Bake in the oven for 45 minutes.
- Remove the foil and bake for a further 15 minutes.





Arthur Parkinson 9  
Nottingham

## Chocolate Crunchies

### sniff out

- 110 g margarine
- 55 g sugar
- 2 rounded tbs golden syrup
- 30 g cocoa
- 4 cups of cornflakes
- cake cases

### follow the paws

**1** Melt the marger, syrup and sugar together in a pan.

**2** Take off the heat and quickly add the cocoa.

**3** Add the cornflakes, mix together and divide the mixture into little cake cases. Let harden.



### curious canine

#### Why veggie Arthur?

"Just yummy! I'm a vegetarian because I love animals and birds and I hate factory farming which is hideously cruel."



Elasticated trousers are simply a must in my profession. Without them I could never get down on my knees and worship all this sugary sweetness.



Sita Ruskin 14 Bristol

## Flapjacks

### sniff out

- A little margarine (for greasing tin)
- 220g margarine
- 8 level tbs golden syrup
- 160g sugar
- 450g rolled oats

### follow the paws

**1** Heat the oven to 160°C/gas mark 3/335°F.

**2** Grease an approximately 20 x 30 cm shallow tin with marger.



### curious canine

#### Why veggie Sita?

"To me it's simple. I am repulsed by the cruel and inexcusable treatment of animals and the fact that our species do it just for their taste buds. On top of this, there is the bare fact that people are eating the flesh and old blood cells of an animal - they're eating a carcass!"



Melt marger, syrup and sugar in a pan over a low heat until the marger has melted. Take off the heat.



Add the oats and stir well. Then press into the tin and bake in the oven for 30-40 minutes.



Grace Dawson 16 Suffolk

## Chocolate Pudding Cake

(serves 6)

### sniff out

- 3 tbs cocoa powder
- 230 ml white flour
- 2 tsp baking powder
- 2 tbs sunflower oil
- 1 tsp vanilla extract
- 170 ml sugar
- 1/2 tsp salt
- 120 ml soya milk

### follow the paws

**1** Heat the oven to 175°C/gas mark 4/350°F.

**2** Mix together all the ingredients and stir well.

**3** Pour the thick batter into a greased 20 x 20 cm baking pan (a baking tin with deep sides).

### then sniff out

- 170 ml brown sugar
- 50 ml cocoa powder
- 400 ml boiling water

### and follow the paws

**4** Mix the sugar and cocoa together and sprinkle the mixture over the top of the cake batter.

**5** Pour the boiling water gently over the mixture. Then cook for 45 minutes and serve warm.



### curious canine

#### Why veggie Grace?

"I am vegan because a vegan diet means everyone wins - you, the environment and, of course, the animals. It's THAT simple."

This is a fab recipe cos it's easy to make and tastes great - especially to those with a sweet tooth".





# Snappy Veggie Cooking

is a straight-talking vegetarian recipe  
guide for teenagers by teenagers,  
compiled by Viva!'s doggy detective,  
The Mollster

Published by *Viva!* and the *Vegetarian & Vegan Foundation* 2005

For more info on going veggie or vegan - and for a free colourful mag, *It's Time to Go Veggie*,  
send your name and address to:

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