

Side dishes

Brussel sprouts with sesame oil and marmalade (serves 4)

225g/8oz fresh prepared brussel sprouts
2 heaped tbs marmalade
1tbs toasted sesame oil

1. Cook sprouts in boiling water for 5 mins. Drain.
2. Return to pan with marmalade and sesame oil and stir until sprouts are coated. Serve immediately.

Marmite roast potatoes (serves 4)

675g/1½lbs peeled potatoes
1 heaped tsp yeast extract (such as Marmite)
Vegetable oil

1. Quarter potatoes and parboil in salted water for 7 mins. Drain and return to pan with yeast extract. Hold a lid over pan and shake so potatoes are roughened and covered with yeast extract.
2. Add enough oil to a roasting tin to cover the base, heat at 200°C/400°F/Gas Mark 6. Add potatoes and turn in the oil. Roast for about 45 mins until golden and crispy.

Roasted garlic heads with thyme (serves 6)

(Can also be spread on bread or toast as a starter.)

6 large heads of garlic
8 sprigs fresh thyme
100ml/3½fl oz olive oil
Salt and pepper

1. Soak heads of garlic in cold water for 30 mins. Drain and slice off the tops or cut in half if large.
2. Place in roasting tin with oil and thyme and season to taste. Roast for 50mins-1hr at 180°C/350°F/Gas Mark 4, turning occasionally. Serve when golden and tender.

Maple syrup and mustard sweet potatoes (serves 4)

1kg/2.2lb peeled sweet potatoes
2tbs maple syrup
2 heaped tsp grain mustard

1. Cut potatoes into even sized chunks. Toss in mustard and maple syrup and roast for 45 mins at 200°C/400°F/Gas Mark 6 until tender golden and sticky.

Red cabbage, beetroot and apple sauté (serves 4)

40g/1½oz vegetable margarine
1tsp ground mixed spice
2 dessert apples
½ red cabbage, finely shredded
1tbs brown sugar
225g/8oz cooked beetroot, cubed
150ml/¼ pint red wine
50g/2oz pecan nuts, toasted
1tbs chopped fresh thyme
3tbs balsamic vinegar
Salt and pepper

1. Melt margarine and fry cabbage, spices and sugar for 10 mins. Add wine and vinegar and bring to boil. Cover pan and cook over a low heat for 20 mins.
2. Core and thickly slice apples and fry gently in a little more margarine until golden.
3. Add to cabbage and cook for a further 20 mins until tender.
4. Stir in beetroot and cashew nuts. Heat through. Season and serve.

Desserts



Pears in red wine and cinnamon (serves 4)

8 large hard pears
1 pint red wine
50g/2oz caster sugar
2 whole cinnamon sticks
1tsp vanilla essence
1 rounded dsp arrowroot

1. Peel pears leaving stalk intact. Place in a casserole dish with wine, sugar, cinnamon and vanilla. Cover and bake at 130°C/250°F/Gas Mark ½, for 1½ hours.
2. Turn pears over and bake for a further 1½ hours. Remove pears and cinnamon and leave to cool.
3. Mix arrowroot into a little cold water and over a medium heat whisk into red wine mixture until thickened. Pour over pears and chill.

Cranberry and raspberry ice cream layer (serves 4)

1 tub vanilla or other flavour dairy-free 'ice cream' *
50g/2oz dried, sweetened cranberries
1 bag frozen raspberries or summer fruits
50g/2oz caster sugar
Plain chocolate/nuts to decorate

1. Defrost fruits, add sugar and simmer gently with cranberries for 3 mins. Leave to chill in fridge until required.
2. In a tall glass, alternately layer 'ice cream' with fruit mixture. top with crushed nuts and shavings of plain chocolate. Serve immediately.

* Such as Swedish Glace or Tofutti available in most healthfood shops

Chocolate and brandy truffle torte (serves 8)

Cooking oil
5tbs liquid glucose (available from chemists)
5tbs brandy
450g/1lb plain chocolate
250ml/½ pint soya cream
75g/3oz plain Hob Nobs or other similar biscuits, crushed
Cocoa powder to decorate

1. Base line a 23cm/9in cake tin with greaseproof paper and brush sides with oil. Sprinkle the crushed biscuits over.
2. Melt chocolate, brandy and glucose in a bowl over a pan of barely simmering water.
3. Remove from heat and gently stir in cream. Pour into tin and chill overnight.
4. Turn out onto a large plate and dust with cocoa powder.



There are many reasons for giving up meat - not least the fact that for your pleasure, no animals have to suffer in horrible factory farms and slaughterhouses. Then there's health, of course, with vegetarians tending to be healthier and living longer. Being veggie helps to reduce exploitation of the developing world and cuts your contribution to environmental destruction. All in all, a convincing list of reasons.

Viva! campaigns against factory farming and promotes vegetarianism as the best way of stopping cruelty to animals. If you want to find out more about these and other vegetarian issues, tick the boxes below and send for a free Go Veggie pack and a list of *Viva!*'s easy to read guides, each one written by an expert and devoted to a specific subject. We also have probably the UK's largest selection of vegetarian books available by mail order. They cover everything from veggie and vegan cookery to animal issues, health, travel and science.

Then there's our wonderful range of merchandise, including t-shirts, toys, mugs,

treats for dogs and a mass of other unusual products. We also stock a wonderful selection of vegan and organic wines, confectionary and dairy and lactose-free chocolates, including truffles, pralines, after dinner mints and chocolate-covered nuts.



For a free Go Veggie pack and free copies of our catalogues, please tick the boxes below and return the coupon to *Viva!* You can also call us on 0117 944 1000 or order online at www.viva.org.uk

Go Veggie pack
 Viva! guides list
 Books for Life catalogue
 Wines catalogue
 Gifts for Life catalogue

Proceeds from the sale of guides, books and merchandise all go towards our campaigns for animals.

Title: _____ First name: _____ Surname: _____

Address: _____

Postcode: _____ Email: _____

Return to:
Viva!, 8 York Court, Wilder Street, Bristol BS2 8QH.
Tel: 0117 944 1000
Email: info@viva.org.uk
Web: www.viva.org.uk

Viva!

Viva!

Christmas Celebration Feast





Christmas is a time for love and laughter, celebration and indulgence, good food and fine wine. It's also a time for compassion - and what better way of spreading peace and goodwill than by making your feast

vegetarian so that nothing need die for your day of pleasure!

To make that choice easier for you, **Viva!** presents a selection of delicious recipes for a wonderful three-course meal which will bring pleasure to the tastebuds and joy to the eyes. And no animal products are used in any of them.

If you go veggie, you won't be on your own because vegetarianism is the fastest growing lifestyle in Britain with an estimated 2,000

people a week rejecting meat. An even greater number are actively reducing the amount of meat they eat as the health and animal welfare messages hit home.

Don't let anyone tell you that missing out meat means misery: it doesn't. Our recipes for starters, main courses and side dishes are so gloriously self-indulgent and mouth-watering that you won't have to worry about left-overs!

And then of course, there are the sumptuous desserts! Who can resist lashings of ice cream, sweet, juicy berries and silky-smooth chocolate... Go on, be a devil!

Cheers everybody!

Jenny Seagrove

Jenny Seagrove

Starters

Parsnip and potato rosti with 'cream cheese' and cranberry (serves 4)

2 large potatoes
3 large parsnips
Olive oil for frying

Salt and pepper
1 pack soya 'cream cheese'*
1 jar cranberry sauce

Chives to garnish

1. Parboil potatoes and parsnips whole for 10 minutes. Leave to cool, peel and grate. Mix with salt and pepper to taste and form into round patty shapes, squeezing mixture together.
2. Fry in olive oil until golden, turning once.
3. When ready, top with a spoon of 'cream cheese' and a smaller spoon of cranberry sauce. Decorate with chives.



* Such as Sainsbury's Free From 'cream cheese' with garlic and herbs or Tofutti 'cream cheese' with garlic and onions or herbs and chives, available in most health food shops

Grilled asparagus with walnut sauce (serves 4)



1kg/2.2lb asparagus spears, trimmed
For sauce:
50g/2oz walnuts, toasted
2 large spring onions, chopped
1 garlic clove, crushed
1tsp grated lemon rind

1tbs fresh chopped basil
1tbs fresh chopped parsley
4tbs walnut or olive oil
50ml/2fl oz soya milk
To serve:
Vegan 'parmesan' (available in most health food shops)

1. Place all sauce ingredients in blender or food processor and mix to a smooth sauce. Add more milk if necessary.
2. Brush asparagus spears with oil and grill until tender and golden (about 5 mins).
3. Pour sauce over asparagus, sprinkle with 'parmesan' and quickly grill until bubbling.

Avocado with smoked tofu (serves 4)

2 large, ripe avocados
1 packet smoked tofu
(available from most health

food stores)
2dsp sesame seeds
Salt and black pepper

To serve:
Mustard vinaigrette

1. Divide the avocados into halves, length-ways. Remove the stone and skin. Place each half on an individual serving plate, cut into 6 slices.
2. Cut the smoked tofu into thin slices and insert in between avocado cuts.
3. In a saucepan, dry roast the sesame seeds over a high heat until starting to brown. Allow to cool and sprinkle liberally over avocado and tofu halves.
4. Season with salt and pepper and pour mustard vinaigrette round.

Mustard vinaigrette (serves 4)

175ml/6fl oz extra virgin olive oil
75ml/3fl oz white wine vinegar

2tsp salt
Masses of black pepper

2dsp prepared French mustard

1. Mix ingredients in a jar with lid and shake until well combined or place in a bowl and whisk.

Main courses

Mushrooms and artichokes en croute (serves 4-6)

450g/1lb mixed mushrooms
(eg. oyster, shitake and button)
400g/14oz tin artichoke hearts, drained
4 shallots, sliced

3 cloves garlic, crushed
25g/1oz vegetable margarine
4tbs 'soya cream'*
1tbs Madeira or brandy
1tbs snipped chives

1tbs plain flour
Salt and black pepper
675g/1½lb puff pastry
Soya milk to glaze

1. Slice mushrooms and quarter artichoke hearts. Fry shallots and garlic gently in margarine until softened.
2. Add all mushrooms except oyster mushrooms (if used). Sauté until all liquid has evaporated. Add oyster mushrooms, artichoke hearts and Madeira/brandy.
3. Sauté gently for a few minutes. Add flour, salt and pepper, stir to combine. Add 'soya cream' and snipped chives and cook until thickened.
4. On a lightly floured surface roll out half the pastry thinly and trim to a rectangle 38x20cm (18x15in). Keep the trimmings.
5. Place on large baking sheet and prick with fork. Bake at 200°C/400°F/Gas Mark 6 for about 15 mins or until golden. Cool on a wire rack. Roll out remaining pastry thinly.
6. Return cooked pastry to baking sheet and pile filling on top. Brush pastry edge with soya milk and place over filling to enclose completely. Trim off excess pastry leaving about 2.5cm (1in) to tuck in all round.
7. Use trimmings to decorate with fine lattice of pastry strips, or use lattice cutter. Brush with soya milk, make two small holes in pastry to allow steam to escape. Bake at 200°C/400°F/Gas Mark 6 for about 40 mins or until pastry is golden.

* Such as Soya Dream, available in most health food shops and big supermarkets



Aubergine towers & roast tomato sauce (serves 4)

4 small aubergines
2tbs olive oil
1 small onion, chopped
2 garlic cloves, crushed
2tsp grated lemon rind
1tsp ground cumin
½tsp ground cinnamon
50g/2oz sultanas

50g/2oz cashew nuts, toasted and chopped
2tsp tahini (sesame seed paste)
50g/2oz sun-dried tomatoes in oil, drained and chopped
2tbs fresh coriander, chopped
Salt and pepper
To serve:
Roast tomato sauce

1. Slice off top and bottom of aubergines and stand upright. Scoop out flesh leaving skin intact. Chop the flesh.
2. Heat oil in a frying pan and fry onion, garlic and spices for 5 mins. Add aubergine flesh and lemon rind and continue to cook for a further 8 mins or until tender. Stir in remaining ingredients and season to taste.
3. Spoon mixture into aubergine cases, brush with oil.
4. Add 1cm water to roasting tin, add aubergines and cook for 40 mins at 200°C/400°F/Gas Mark 6.

Roast tomato sauce (serves 4)

450g/1lb tomatoes, quartered
1 red pepper, roughly chopped

1 onion, chopped
2 garlic cloves, crushed
1tsp mixed herbs

2tbs olive oil
Salt and pepper

1. Mix all ingredients together in a roasting tin and roast for approx 45 mins at 200°C/400°F/Gas Mark 6, until slightly charred round the edges.
2. Blend in a blender or food processor or pass through a sieve. Season to taste.

Onion tart tatin (serves 4-6)

6 large red onions
75g/3oz vegetable margarine
250g/9oz ready-rolled

shortcrust pastry
Salt and pepper

1. Peel onion and slice into wedges. Melt 50g/2oz of margarine in pan with a lid and fry the onions, stirring occasionally until soft and golden.
2. Remove the lid and increase heat, stirring constantly until the onions are sticky and glazed. Season to taste.
3. Brush in a 23cm/9in round tart tin (fixed base) with remaining spread, put onions into tin and cover with pastry, pressing down and trimming the edges.
4. Bake at 220°C/425°F/Gas Mark 7, for about 25 mins until golden.
5. Run a knife around the edge of tin, hold a plate over and turn the tart out. Serve hot or warm.

