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Recipes from The Incredible Veggie Roadshow

TOFU

Avocado with smoked tofu (serves 4)

Preparation/cooking time: 10 minutes

Ingredients: 2 large, ripe avocados
1 packet smoked tofu (available from most health food stores)
2 dsp sesame seeds
Black pepper

To serve: Mustard vinaigrette (see below)

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

Mustard vinaigrette (serves 4)

Ingredients: 175ml/6fl oz extra virgin olive oil
75ml/3fl oz white wine vinegar
¼ tsp salt
Masses of black pepper
2 dsp prepared French or Dijon mustard

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

Chocolate Mousse (serves 6-8)

Preparation/cooking time: 20 minutes plus chilling time

Ingredients: 1 pack silken tofu – available in good supermarkets or health stores
285g/10z dairy free chocolate such as Green & Blacks/Divine (just under 3x100g bars!)
3 tbsp natural syrup – maple, date, agave all good
1 tsp vanilla extract
Pinch of sea salt

1. Allow the tofu to drain for about 15 minutes, or until about 80ml/3fl oz has drained out.
2. Blend tofu in a food processor or blender until grainy look has gone and it's very smooth.
3. Soften chocolate with maple syrup in a double boiler (or bowl over pan of hot water), set over a low heat.
4. Stir gently with a rubber or plastic spatula until it's melted and combined.
5. Pour chocolate mixture with vanilla extract and salt into processor with the tofu.
6. Mix until creamy, scraping down sides once or twice to ensure everything well mixed in.
7. Refrigerate in containers of your choice for an hour or so.

Delicious and very rich – a little goes a long way. This quantity is easily halved.

CHEEZY CHEESE FREE

Ricotta Cheeze

A delightful cream 'cheese' resembling ricotta, very simple and is especially good on pizza with spinach or smothered on toast with jam!

Ingredients: 175g tofu
50g coconut oil, melted
1 tbsp rapeseed oil
1 tbsp lime juice
1tbsp agave syrup
2 tsp salt

Place all ingredients in a food processor or liquidize and combine well.

NB: Can be served as canapés rolled into balls and dipped in crushed black pepper or chopped fresh herbs.

CHEEZY CHEESE FREE (cont'd)

Macaroni with No-Cook Cheezy Sauce (serves 4)

Preparation/cooking time: 20 minutes

Ingredients: 1lb macaroni or small penne pasta
Salt
180ml/¾ cup water
6 tbsp tahini – or try lower fat version below
2 tbsp Engevita nutritional yeast flakes (made by Marigold, available in a brown and orange tub in health stores)
1 tbsp fresh lemon juice
2 tbsp chopped red onion **or** 1 large shallot
2 tbsp pale miso (pale yellow colour, available in good health stores – found in plastic packets on shelf or in tubs in chill cabinet)
1-2 tomatoes, thinly sliced, for garnish
½ tsp tarragon
Black pepper

1. Preheat grill.
2. Cook pasta in a large pan of salted, boiling water until cooked to your liking – see instructions on packet.
3. Meanwhile, blend all sauce ingredients, then heat through very gently – don't boil.
4. In a large heat-proof serving dish, place cooked, drained pasta and half sauce.
5. Mix well together then add rest of sauce.
6. Sprinkle with black pepper, add sliced tomatoes on top.
7. Grill for a few minutes until top starts to brown a little.

Good served with green salad and garlic bread.

Options:

- Low-fat – reduce tahini to 2 tbsp and add ¼ cup silken tofu
- Smokey flavour – add large pinch smoked paprika (available in big supermarkets, delis or health stores)

Fruity Tofu Cheesecake (serves 4-6)

Preparation time: 10 minutes/Cooking time: 20 minutes plus cooling time

Ingredients: 200g/7oz vegan digestive biscuits or Hobnob type (supermarket own brand oat crunch type are often vegan)
75g/2½oz vegan margarine
50ml/2fl oz soya milk
350g/12oz silken tofu
200g/7oz vegan cream cheese
1 tbsp vegetable oil
1-2 tbsp golden syrup
1 tsp vanilla essence
½ tsp lemon or orange essence (optional)
2 tsp arrowroot
Mixed berry fruits (tinned or frozen) for topping. If frozen, the fruit might be a bit tart, so you can sprinkle it with some caster sugar

Traditional Béchamel

Ingredients: 500ml lightly sweetened soya milk (eg Alpro Blue)
Bouquet garni (optional: bay leaf, ¼ onion, ¼ carrot)
White pepper
2 tbsp vegan margarine
3 tbsp plain flour

1. Gently heat the soya milk in a pan with the bouquet garni and any optional ingredients. Leave to stand for 20 minutes allowing the flavours to infuse.
2. Melt the margarine on a medium heat in another saucepan.
3. Add the flour and stir for 2 minutes until the flour is cooked but not browned.
4. Reserve the infused soya milk discarding the additional ingredients.
5. Gradually add the soya milk making sure to stir it in completely each time to avoid lumps (warm soya milk makes this stage easier and quicker).
6. Season to taste with white pepper and salt.

This delicately flavoured sauce is ready to serve; try it smothered on steamed vegetables or with nut roasts.

Variations (include these just **before** final seasoning):

- For Moussaka Sauce; add ½ tsp grated nutmeg
- For Parsley Sauce; stir in a handful of fresh chopped parsley
- For Cheezy sauce; add 2 tbsp yeast flakes, 1 tsp mustard powder, 1 tsp tamari (or soya sauce)

Experiment with *your* cheezy sauce – you may wish to add more or less of the above ingredients or include other additions at the final stage such as; ½ crushed garlic clove, ½ finely chopped and fried onion, a dash of lemon juice, ½ tsp vegan bouillon powder or 1-2 tbsp tahini for a luxurious sauce.

1. Preheat oven to 180°C/350°F/Gas Mark 4.
2. Grind biscuits until there are no lumps left (or batter them with a rolling pin in a sealed plastic bag!).
3. Melt margarine in pan, mix in biscuit crumbs.
4. Spread biscuit/margarine mixture in a greased flat tin (about 8-9 inch spring form tin best) and bake in oven for 5 minutes.
5. Blend all other ingredients – but not fruit – thoroughly until smooth.
6. Remove cheesecake base from oven.
7. Pour filling mixture over base and return to oven.
8. Bake for 20 minutes.
9. Remove and leave to cool.
10. Top with fruit topping and chill before serving.

PASTA

Sundried Tomato & Asparagus Pasta with Pesto (serves 3-4)

Preparation/cooking time: 15-20 minutes

Ingredients: 250g/8oz fusilli or penne pasta
½ pack sun dried tomatoes, soaked in hot water then chopped with scissors into bite sized pieces
1 tin asparagus (or ½ bunch fresh, lightly steamed), chopped into 2cm/1" pieces
4-8 garlic cloves, finely chopped but not crushed (NB: the chopping can be done in a grinder/food processor but do very quickly!)
3 tbsp extra virgin olive oil
½ jar vegan pesto
2tsp dried herbs such as basil or Oregano
OR a handful of fresh coriander, chopped
Freshly ground black pepper
Salt

1. Cook pasta in a pan of boiling water for 10 minutes or according to taste.
2. Add some olive oil to stop pasta sticking.
3. Heat asparagus and add to cooked pasta.
4. Add coriander or dried herbs.
5. Add sun dried tomatoes.
6. In a saucepan, heat olive oil, add chopped garlic and fry gently until lightly browned.
7. Add oil and garlic mix to pasta and stir in carefully but thoroughly.
8. Add salt and freshly ground black pepper.

VEGGIE MINCE

Chilli Non Carne (serves 4) Preparation/cooking time: 30 minutes

Ingredients: 2 tbsp sunflower oil
1 large onion, chopped
½ red pepper, chopped
2-3 cloves garlic, crushed
1 medium courgette, chopped in half lengthways, then sliced
100g/4oz mushrooms, chopped
½ tsp chilli powder
1 tsp paprika
1 tsp cumin
225g/8oz veggie mince (OR use half this quantity of dried tvp, soaked in hot vegan stock)
2 x 400g tins chopped tomatoes
1 tbsp tomato purée
1 tbsp peanut butter
100g/4oz sweetcorn, rinsed and drained
100g/4oz cooked kidney beans, rinsed and drained, if using tinned

1. Fry onion and red pepper in oil until soft.
2. Add garlic, courgette and mushrooms and cook until mushrooms are golden brown.
3. Add mince and spices and fry 4-5 minutes, stirring constantly. (If mixture sticks, add some of tinned tomato juice.)
4. Add tinned tomatoes, purée and peanut butter.
5. Stir well and simmer for 10-20 minutes over a low heat.
6. Add sweet corn and kidney beans to chilli and heat through.

CHINESE

Broccoli & Tofu in Black Bean Sauce (serves 2) Preparation/cooking time: 25 minutes

Ingredients: 125g/4oz white rice
500g/1lb broccoli florets
1 tbsp toasted sesame oil
250-300g/8-10oz packet plain tofu, drained, cut into cubes and fried until golden brown OR a packet of Cauldron deep-fried tofu pieces
4 tbsp black bean sauce (available from supermarkets and elsewhere)
1 tbsp soy sauce
Salt and freshly ground black pepper

1. Boil kettle for rice and cook rice in a pan of boiling water for about 10 minutes (test after 8).
2. Cook broccoli in saucepan of boiling water until just tender – about 4 minutes.
3. Check rice – if it's cooked, drain and rinse in cold water to prevent it cooking in own heat.
4. Drain broccoli and return to warm saucepan.
5. Meanwhile, heat sesame oil in a frying pan or wok and fry tofu on both sides, until crisp and golden brown.
6. Add tofu to broccoli, together with hoisin and soy sauces and salt and pepper to taste.
7. Cook gently for 3-4 minutes, stirring until heated through.
8. Heat through rice and serve with tofu/broccoli mixture.

INDIAN

Gujerati Vegetable Curry (serves 4-6) *Preparation/cooking time: 30-40 minutes*

Ingredients: 2 tbsp oil (not olive)
450g/1lb par-cooked potatoes, cubed
450g/1lb peas
225g/½lb French beans, sliced
1 onion, chopped
½ tsp cumin powder
1 tsp coriander powder
1 tsp turmeric powder
1 tsp paprika or chilli powder (or less if you don't like food too hot)
2 tsp salt
1 tsp soft brown sugar OR a dribble of natural syrup such as date or agave

1. Heat oil and fry potatoes, peas and beans.
2. Remove and lightly fry onion.
3. Add all spices and fry for a few minutes.
4. Add vegetables, salt, sugar and ½ cup hot water.
5. Cover and simmer till all vegetables cooked, adding a little more hot water if necessary.

THAI

Pad Thai (Thai Fried Noodles) (2 large portions)

Preparation/cooking time: 25-30 minutes

Ingredients: 250g/8oz fine noodles (eg rice noodles)
300g/10oz firm tofu OR 1 packet of Cauldron marinated tofu pieces
1 tsp garlic, chopped
¼ cup chopped peanuts
1-2 tsp chilli sauce (to taste)
1-2 tsp brown sugar (to taste)
1/8 cup rice vinegar
1/8 cup soy sauce
½ bunch spring onions, chopped into 2 cm/1 inch pieces
2 cups bean sprouts
1 lime

1. Boil enough water to cover noodles: once boiling, add noodles and remove from heat.
2. Let noodles stand 3 minutes and then rinse with cold water.
3. Slice tofu lengthways into 2-3 'steaks', depending on how thick slabs are.
4. Fry in large pan or wok over medium-high heat with a little plain oil and sesame oil.
5. When almost done, add garlic, being careful not to burn.
6. Remove from pan, drain on kitchen paper and chop into cubes.
7. Add noodles to the pan. Add vinegar, soy sauce, red pepper paste, sugar, the juice of half the lime, and a little more oil.
8. Return tofu to pan.
9. Continually spread and re-spread the noodles in a thin layer across the bottom and sides of pan, ensuring the ingredients are well mixed and the noodles are cooked soft, but not mushy.
10. Stir in bean sprouts and one inch sections of green onion.
11. Once incorporated, remove from heat and serve sprinkled with chopped peanuts and garnish with lime wedges from the remaining half of lime.

Green Vegetable Curry (serves 4)

Preparation/cooking time: 30-40 minutes

Ingredients:
1 pack of plain tofu – OR 1 packet of Cauldron marinated tofu pieces
1 jar vegan green curry paste or sauce such as Geo or Go Organic available from most supermarkets/health stores (use recommended amount from instructions on back!)
2 onions, peeled and chopped
1 tbsp vegetable oil
4 cloves garlic, peeled and finely chopped
About 1kg/2lb assorted vegetables: baby sweet corn halved lengthwise, French or baby runner beans, red peppers - these take 20-30 minutes to cook
4 Kaffir lime leaves, left whole (available from Waitrose and other good supermarkets)
1 level tsp palm sugar (optional)
400ml/14fl oz can coconut milk
Salt and freshly ground black pepper
Juice of ½ lime or more, to taste
Generous handful of fresh coriander leaves, washed, dried and coarsely chopped
A few Thai basil leaves, washed, dried and coarsely chopped – OR use ordinary basil if you can't find it
Handful of roasted cashews to garnish
8oz Thai fragrant rice, jasmine rice OR 1 packet of noodles

1. If using plain tofu, follow stages 2-4. Otherwise start at 5.
2. Slice tofu lengthways so that you make 2-3 'steaks', according to thickness.
3. Fry the steaks in a little hot oil until golden brown on each side. Add little soya sauce before removing from pan.
4. Drain tofu steaks on kitchen paper then chop into cubes when cool and set aside.
5. Fry chopped onions in oil until onions have started to soften, then add curry sauce/paste.
6. Add garlic and vegetables, plus lime leaves, palm sugar, salt and pepper, and fry a bit longer.
7. Put on pan of water for rice or noodles.
8. Gradually stir in coconut milk – leave some out if the curry looks too watery—and simmer until vegetables are tender.
9. A few minutes before end, add tofu chunks.
10. Cook rice or noodles for appropriate time, drain and rinse in cold water then put aside.
11. Heat through rice or noodles.
12. Stir in fresh coriander, basil leaves and roasted nuts or tofu chunks just before serving.
13. When vegetables are cooked, taste, adjust seasonings and add lime juice.
14. Serve with Thai fragrant rice, jasmine rice or noodles.

