

A smiling chef in a white uniform and hat, cooking in a kitchen. The chef is looking towards the camera while holding a wooden spoon over a pan on a stove. The background shows kitchen cabinets and a range hood.

Viva!
**Catering
Guide**

Vegetarian,
vegan and dairy-
free catering tips

By Jane Easton, Food & Cookery
Coordinator, Viva!

£6.99

Who is Viva!?

Viva! is a registered vegetarian and vegan charity. It runs a section called Viva!Health which focuses on health and nutrition and which monitors and explains the increasing amount of scientific research linking diet to health. We provide:

- ▶ accurate information from which to make informed choices
- ▶ accessible, easy-to-understand information to help people go veggie/vegan - and dispel urban myths!
- ▶ hundreds of vegan recipes and advice on cooking

We regularly communicate this information to the public, to health professionals, schools and food manufacturers by:

- ▶ launching dynamic health campaigns (eg on heart disease, diabetes, breast cancer and more)
- ▶ producing ground-breaking scientific reports
- ▶ publishing imaginative guides to help the public's understanding of health and food
- ▶ producing simple fact sheets on complex subjects

Viva! works on all issues relating to food because what we eat not only affects the animals that are bred and killed but also the environment, our health and the world's poorest people. We help supporters to make positive changes to their diet, campaign for animals and the planet - and hold the Incredible Veggie Roadshows across the UK with free cookery demos, food samples, talks and stalls.

Our patrons and celebrity supporters are wide ranging and include Sir Paul McCartney, Twiggy, actors Martin Shaw, Jenny Seagrove and Joanna Lumley, presenter Fearne Cotton and singers Ms Dynamite and Bryan Adams.

Through popular campaigns and solid research we have brought the consequences of modern farming into people's living rooms. We have enlightened millions and changed the diets of many.

Veggie Booze?

For delicious, quality animal-free wines, beer, cider, spirits and soft drinks, look no further! www.viva.org.uk/wineshop

Fruity Fundays

Our juicy campaign encourages people to increase their intake of health and vitality-enhancing veggie foods. Become an accredited Fruity Fundays business! Email info@viva.org.uk for further information.

Books for Life

Whether you want more recipe ideas, health or nutritional info, you'll find it at www.vivashop.org.uk/books

Vegetarian Recipe Club

A fantastic, FREE resource - with the largest collection of vegan/veggie recipes and much more. www.vegetarianrecipeclub.org.uk

Support

Put your questions to us on 0117 944 1000 (Mon-Fri 9-5) or info@viva.org.uk and we'll do our best to help.

Advice and in-house training

Our catering-savvy staff can also offer visits to your business at a reasonable cost (depending on distance). Please contact us regarding rates.



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Tel 0117 944 1000
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Vegan recipes: www.vegetarianrecipeclub.org.uk
Main Viva! web sites: www.viva.org.uk and www.vegetarian.org.uk
Recipe photography: Helen Rossiter/Viva!



Food for all? Read this and find out how and why!

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Why veggie and vegan?

Optimise your profits!

- ▶ The number of vegetarians in the UK is approximately 5 million
- ▶ The number of vegans in the UK is approximately 1 million, making it the largest lifestyle growth sector
- ▶ Sales of vegetarian foods will climb by more than 10 per cent to reach £882.4M by 2016, according to market intelligence group Key Note
- ▶ Food outlets are increasingly adding at least one vegan option to their menus. The industry knows from market research that mixed parties of diners are more likely to use an establishment that is able to feed *everyone* in their group
 - ▶ National Restaurant Association (USA) noted that more than one third of restaurant operators observed a rise in the demand for vegetarian meals (2011)
 - ▶ US leading catering magazine, *Nation's Restaurant News* states: "usually, if you have a vegan in your party, that will dictate where the party eats"
- ▶ Get free publicity and more customers by flagging up your fantastic new vegan and veggie-friendly menu on web sites such as Happy Cow; Vegetarian Visitor; Viva!; Vegan London and apps sites such as BunnyGo
- ▶ The number of vegans and vegetarians is likely to increase massively following two recent reports from the Environmental Programme of the United Nations which urge us to move towards a vegan diet to save the planet
- ▶ Many meat-eaters opt for more vegan/veggie meals to help the environment even if they don't take the fully veggie route
- ▶ Many Jewish people opt for a veggie/vegan option as it is always kosher
- ▶ Other groups refrain from animal products for religious or cultural reasons, eg Hindus, Buddhists, Jains, Seventh Day Adventists
- ▶ McDonalds and other fast food outlets provide veggie or vegan options
- ▶ Specialist eateries carry veggie and vegan offerings on their menu, eg the Loch Fyne Oyster Bar chain, YO! Sushi, Gourmet Burger, Wagamama, Pizza Express
- ▶ Imaginative, tasty veggie/vegan options are often the most popular on the menu
- ▶ Far from dairy being 'natural', 70% of the world's population is lactose-intolerant – they simply don't have the enzyme in their bodies which allows them to digest animal milk after weaning



- ▶ Dairy (lactose) intolerant numbers in the UK are on the rise. Like vegans, they avoid dairy products such as milk, yoghurt, butter, cream

All in all, it makes sense for you to make a few simple tweaks to your menus. It's not as confusing as it may seem! This guide aims to clear up any difficulties you may have – and help you optimise profits.

more than one third of restaurant operators observed a rise in the demand for vegetarian meals

Myth busting

Forget the 70s stereotypes about boiled lentils served in clogs – as you will discover in this guide, modern vegan cuisine is fresh and fabulous. See also our recipe section on pages 7-26 for even more great ideas.

Inclusivity is the key

Vegan food isn't just for vegans – did you ever hear of a meat-eater saying 'Oh, I can't eat beans on toast/roast vegetables/hummus /asparagus risotto because it's vegan?' It's all in the perception!

Making your vegetarian options vegan (or serving non-vegan ingredients like parmesan separately) saves you time and effort. Why? Because providing delicious vegan options means that you include vegetarians, the lactose-intolerant – as well as meat-eaters who like good food.

Everyone eats vegan food

These classic dishes are traditionally vegan or easily made so.

- ▶ Falafels – home-made with harissa sauce and served with other Middle Eastern mezze dishes. They can also be bought (Redwood or Cauldron, amongst other brands)
- ▶ Grains such as rice, cous cous, barley and bulghur (cracked wheat) – to make everything from risotto to tabouleh
- ▶ Hummus and olives and many other Middle Eastern side dishes/mezze
- ▶ Lentil dahl, cauliflower & potato curry – and countless other Indian dishes
- ▶ Pies – make big puff pies using Jus Rol puff pastry or filo toppings. See pages 11, 17, 18, 23 and 24 for ideas.
- ▶ Pizza – vegan melting cheese (see page 28) makes a great substitute for dairy cheese. Just ensure the pizza dough contains no milk or butter by-products. Then add lots of lovely vegetable toppings: artichoke hearts, mushrooms, peppers and so forth
- ▶ Pulses: beans, peas, lentils. Try puy lentil salad with

- walnuts, balsamic vinaigrette and roast vegetables on a bed of leaves. Or a Moroccan Chickpea & Vegetable Stew flavoured with saffron and served with harissa paste
- ▶ Risotto – ditch the butter and replace it with half olive oil and half vegan margarine. Replace chicken stock with a good vegan bouillon. Omit the parmesan (or serve it on the side) – or replace with nutritional yeast flakes, grated vegan cheese or Florentino Parmesan-style in a tub
- ▶ Spaghetti and tomato pasta sauce – made from roast or fresh tomatoes with a handful of basil and plenty of black pepper
- ▶ Roast vegetables – serve with dips, sauces, interesting bread or a grain dish for a more complete meal
- ▶ Vegetable spring rolls
- ▶ Tofu – used in lots of Chinese, Japanese and Thai dishes, often deep-fried. Or try smoked tofu with vegetable kebabs or in our Smoked Tofu and Avocado Salad on page 12

See page 6 for lots of easy ideas and product information about veganising your existing menu or adding new dishes.

But what do they eat?

Vegans and veggies eat a huge array of foods from many food groups – more than the average meat-eater, in fact. An easy way to remember is:

- ▶ vegetarians eat nothing from slaughtered animals
- ▶ vegans eat/use nothing from living or dead animals but see page 6 for a more comprehensive explanation!

Staff know-how

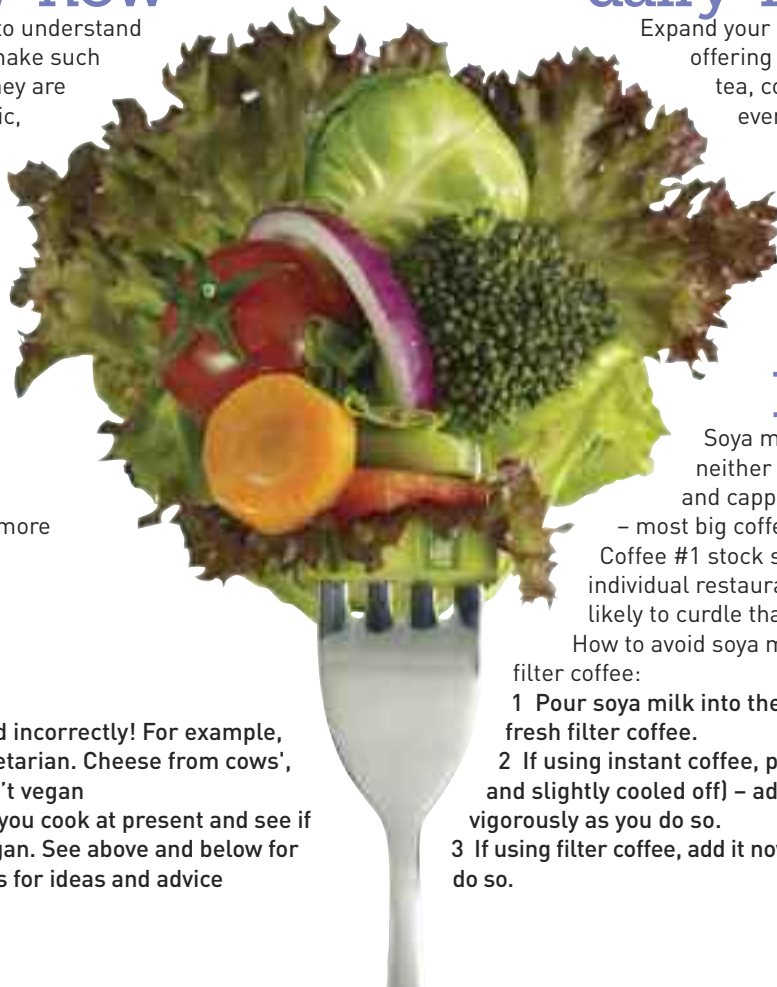
It's important for your staff to understand the reasons for those who make such ethical choices – that way they are more likely to be sympathetic, engaged and not regard these valuable customers as faddy nuisances. Vegans embrace their lifestyle for one or more of these reasons:

- ▶ avoiding animal cruelty
- ▶ saving the environment
- ▶ protecting their health
- ▶ feeding the world

See www.viva.org.uk and www.vegetarian.org.uk for more information.

First steps

- ▶ Check your menu
- ▶ Ensure nothing is labelled incorrectly! For example, fish or seafood is not vegetarian. Cheese from cows', goats' or sheeps' milk isn't vegan
- ▶ Veganise it! Look at what you cook at present and see if you can make any of it vegan. See above and below for suggestions. Or contact us for ideas and advice



- info@viva.org.uk marking your email Catering Advice
- ▶ Avoid cross-contamination with meat, fish and dairy products during food preparation – use separate pans, dishes, chopping boards and utensils
- ▶ Use only plant oils and vegetable stocks to cook with
- ▶ Publicise what you do – your customers will be impressed by your efforts and spread the word

A nice cuppa... the dairy-free way

Expand your selection of hot drinks by offering soya milk. It can be used in tea, coffee, lattes, cappuccinos and even milkshakes – that will suit vegans, many veggies, the lactose intolerant and those who just don't like cow's milk. Fruit tea doesn't always cut it!

Soya milk know-how

Soya milk does not curdle in tea; neither does it curdle in coffee, lattes and cappuccinos using coffee machines – most big coffee chains eg Costa, Starbucks, Coffee #1 stock soya milk as do many individual restaurants. Fresh soya milk is less likely to curdle than the longlife (UHT) variety.

How to avoid soya milk curdling in instant and filter coffee:

- 1 Pour soya milk into the cup first – heat it if using fresh filter coffee.
- 2 If using instant coffee, pour in the water (not boiling, and slightly cooled off) – add the granules last. Stir vigorously as you do so.
- 3 If using filter coffee, add it now, stirring vigorously as you do so.

What's a Vegetarian?

A person who avoids eating red and white meats, fish and all other water creatures such as prawns and lobsters; and who also avoids slaughter by-products such as gelatine (made from horns, hooves, bones etc), lard and cochineal (crushed insects). A vegetarian may or may not eat dairy products, free range eggs or honey.

What's a Vegan?

A person who tends to be much healthier than their dairy and meat-eating counterparts! Why? Because a vegan eats no animal products – red and white meats, fish and other water creatures, eggs, dairy and insect products such as honey and cochineal.

This table lists foods vegetarians and vegans do and don't eat:

Vegan yes, yes, yes

- ▶ Pulses: peas, beans, lentils
- ▶ Fruit and vegetables
- ▶ Nuts and seeds, including 'butters', eg peanut, tahini
- ▶ Soya products: tofu (assorted flavours and firmness); tempeh
- ▶ Vegan dairy: plant milks (soya, rice etc); soya yoghurt; vegan ice cream and margarine
- ▶ Wheat protein – seitan/gluten
- ▶ Faux meats without animal/dairy by-products eg no albumen
- ▶ Grains – wholegrain or white: rice; quinoa; barley; couscous; millet; bulghur

- ▶ Pasta and noodles, egg-free: wheat, rice, buckwheat (soba), white or wholemeal
- ▶ Bread: most – just check no animal products including cheese/egg/butter/milk/whey etc

Vegan no-no

- ▶ Red meat; white meat; poultry; fish, including anchovies; seafood; slaughterhouse by-products such as gelatine, aspic, lard
- ▶ Dairy products: cheese; yoghurt; cream; milk; crème fraîche; condensed milk; butter
- ▶ Dairy by-products: eg dried milk; whey; lactose of animal origin (see page 31)
- ▶ Eggs
- ▶ Any foods containing the above, eg Quorn
- ▶ Honey
- ▶ Any animal by-products: eg lard; animal rennet (used in cheese); aspic; gelatine

Vegetarian yes, yes, yes

See 'What's a Vegetarian?'

Plus everything a vegan eats, see above

Vegetarian no-no!

See the vegan no-no list. However, vegetarians may eat eggs, honey and some dairy products
For a complete list see page 31.

Veganise it! Budget dishes converted the easy way

There is a wide range of alternatives to most dairy products and meats if you want to give a quick 'veganise' to some of your current menu favourites.

Please note – many Quorn products are not currently suitable for vegans, or the lactose/egg intolerant. See page 27-30 for alternative brands and stockists.

Full English: use vegan sausages and vegan rashers, make sure the hash browns are vegan (McCains are suitable). Include the usual baked beans, fried bread, mushrooms, and tomatoes (fried in oil of course and in a separate pan) – all you need to do is ditch the egg!

Chicken Curry: replace meat with soya TVP chunks and make sure any curry sauce you use is free from animal derivatives (whey, milk, cream etc).

Chilli: replace meat with veggie mince, frozen or dried. See page 10 for an easy, delicious recipe.

Bangers & Mash: use vegan sausages as above; replace butter with vegan margarine in the mash. Gravy: use home-made vegan gravy (see page 18 for recipe) or just use plain Bisto granules!

Burgers: use vegan burgers – see pages 27-28. Use Plamil or other vegan mayo. Check bread and rolls are animal-free (Hovis is good) and use vegan margarine such as Pure or Vitalite.

BLT: make a VLT by using Redwoods rashers instead of bacon and Plamil mayo instead of traditional mayo.

Coleslaw: make your own using Plamil mayo thinned with soya or rice milk.

Pies: use Jus Rol or Saxby's shortcrust or puff pastry – available

in catering packs as well as supermarket sizes.

See page 28 (Accessible alternatives).

Soups: use vegan stock powder or cubes and omit meat, fish, egg or dairy – see pages 8-9 for ideas. Use soya or oat cream instead of dairy cream where a recipe requires it.

Veganise it! Upmarket dishes converted the easy way

There is a wide range of alternatives to most dairy products and meats now if you want to give a quick 'veganise' to some of your current menu favourites. See pages 27-28 for brands and stockists. Or see pages 7-26 for delicious recipes.

Risotto: use half and half olive oil and vegan margarine such as Pure or Vitalite. Use strong vegan stock. Omit parmesan or offer it separately for those who eat it.

Soups: use vegan stock powder or cubes and omit meat, fish, egg or dairy – see pages 8-9 for ideas. Use soya cream instead of dairy cream where a recipe requires it.

Roast vegetables: tart them up with interesting sauces, grain or pulse-based extras.

Pancakes: savoury or sweet. See page 21 for our excellent basic batter recipe.

Roast dinners: baked vegetables with herb and spiced-flavoured fillings; pastry-based meals; nut and other roasts... the possibilities are endless.

Pies: see pages 11, 17, 18, 23 and 24.

Pesto-based dishes: See pages 15 and 16 for our delicious recipe.

Desserts: think luxurious, think beyond the ubiquitous fruit salad! See pages 19-22.

Recipes – budget

Here is a small sample of recipes to inspire and help you – it won't just be the vegans that go for these luscious offerings! As you will notice, all recipes are for small quantities to allow you to test them first. They can easily be bulked up according to the requirements of your business – or see pages 23-26 for ready-to-use bulk recipes.

Lunch bunch Wrap it up – Sandwiches and other filled bread

Sandwiches, subs or pittas? Whatever you choose, use vegan margarine such as Pure – then use some of the ideas below as a starting point.

- ▶ Hummus with salad or roasted vegetables
- ▶ Avocado, mashed or sliced, with rocket, tomato and vegan mayo
- ▶ Falafel, grated carrot, tomato and sweet chilli sauce
- ▶ Bean burger with salad and ketchup
- ▶ Vegan mock meat burger, as above
- ▶ Vegan sausage, tomato, salad and vegan mayo
- ▶ Cream 'cheese' – eg Tofutti – with cucumber, lettuce and tomato (just like Philadelphia!)
- ▶ Vegan BLT – Redwood Rashers, lettuce, tomato, vegan mayonnaise
- ▶ 'Cheese' and pickle – Redwood, Sheese or No-Moo dairy-free cheese comes in many flavours
- ▶ Spicy bean pate with green salad and vegan mayo
- ▶ Smoked tofu sliced thinly with avocado, mayo, tomato and leaves
- ▶ Cheatin' chicken (Redwood Cheatin' Slices) with avocado and vegan mayo
- ▶ Cold Cuts – Redwood Cheatin' Slices or Vegusto cold cuts

Salads – Beyond the iceberg

- ▶ Mixed leaf salads are always good when served with a nice oil and vinegar dressing or vegan mayo
- ▶ Mixed bean salad with chopped red pepper and olives
- ▶ Tomato and cucumber – simple, fresh and classic
- ▶ Couscous, cucumber, grated carrot, tomato, parsley and mint with lemon juice and olive oil
- ▶ Coleslaw – grated cabbage and onion with perhaps a little carrot: easily made vegan by using vegan mayo thinned down with a little soya or rice milk.
- ▶ Extras: try topping with toasted seeds, such as pumpkin or sunflower

Salads – Going with the grain. Rice and more

- ▶ Tabouleh – classic Middle-Eastern salad made from bulghur (wheat, diced cucumber, tomatoes, lots of chopped fresh parsley and mint plus olive oil, lemon juice and salt
- ▶ Rice Salad – use white or brown-long grain. Mix with French beans, olives, chopped red peppers – and whatever else your imagination comes up with. Toss well in a tasty vinaigrette
- ▶ Couscous – similar to bulghur. Try serving it cold with chopped roasted veg, olives, grated carrot... and a nice spicy dressing

Spud love

Baked potatoes – either sweet or white. Add vegan margarine such as Pure or Vitalite then top with one or two of these

- ▶ mixed bean salad
- ▶ roast vegetables
- ▶ veggie curry
- ▶ ratatouille
- ▶ olive tapenade
- ▶ vegan cheese, grated
- ▶ hummus
- ▶ veggie chilli
- ▶ and good old baked beans – from a tin or make your own home-made barbecue beans, using smoked paprika and molasses

Tropical Rice Salad, see page 14



Souped up



Italian Lentil & Tomato Herby Soup

Serves 4 | 30 minutes

Easy to make, very tasty and cheap as chips!

- ▶ 1 tbsp olive oil
- ▶ 1 onion, chopped
- ▶ 2 or more garlic cloves, crushed
- ▶ 200g/7oz orange lentils OR 2 tins cooked lentils (green or brown)
- ▶ 2 bay leaves
- ▶ 1 tsp mixed dried herbs
- ▶ 1 medium carrot, grated
- ▶ 1 tin chopped tomatoes
- ▶ 1 tbsp tomato puree
- ▶ 1250ml/2½ pints vegan stock (use a stock cube or bouillon powder if you don't have home-made)
- ▶ Salt and black pepper to taste

Options:

- ▶ Finely chopped red pepper or celery
- ▶ Greens: finely chopped cabbage/spinach/swede/Brussels sprouts
- ▶ Potato: use one medium-large potato and dice it small so it cooks quickly.

- 1 Heat oil in a large pan and gently fry onion and garlic for a few minutes until the onion is soft.
- 2 Add orange lentils, bay leaves, mixed herbs, grated carrot, tomatoes and tomato puree plus stock to the pan. Add any other vegetables you want from the options list at this stage too. If using tinned lentils, rinse them well and reduce salt.
- 3 Give everything a good stir, bring to the boil and cook for 5 minutes, stirring regularly.
- 4 Reduce heat and simmer for 20 minutes until soup is thickened and the lentils are cooked.
- 5 Adjust seasoning if necessary and blend if you wish.
- 6 Serve with crusty bread, hummus or other dip and green salad for a more filling meal.



Jerusalem Artichoke Soup With Roast Garlic

Serves 4-6 | 50 minutes – or 25 minutes if using a pressure cooker

A slightly nutty-flavoured, creamy soup that is very easy to make and absolutely lovely. Omit the roast garlic if time is of the essence – but it only takes 30-40 minutes in the oven, wrapped in a piece of tin foil, greased with olive oil.

- ▶ 1 tbsp olive oil
- ▶ 1 large leek, cut in half lengthways, then into small chunks
- ▶ 350g/12½ oz Jerusalem artichokes, chopped into small chunks
- ▶ 1 medium carrot, grated
- ▶ ¼ tsp nutmeg
- ▶ ½ tsp oregano
- ▶ ½ tsp black pepper
- ▶ 1 tsp yeast extract (eg Marmite)
- ▶ 1 bulb of roast garlic, squeezed to remove the pulp
- ▶ 1L/35fl oz hot vegetable stock – home-made or from bouillon powder/stock cube
- ▶ Salt to taste

- 1 In a medium-large saucepan, heat the oil and sauté the leek for 3 minutes, stirring occasionally.
- 2 Add the Jerusalem artichoke pieces and sauté for 3-4 minutes, as above.
- 3 Add the carrot, nutmeg, oregano and black pepper and stir in.
- 4 Add the yeast extract and stir in, followed by the hot stock. Stir well to ensure the yeast extract is dissolved. Add the roast garlic and whisk in well.
- 5 Cook for 30-40 minutes on a low heat, covered, or until the artichokes are soft. Alternatively, cook in a pressure cooker for 15 minutes on the high setting.
- 6 Blend until smooth and creamy. Check seasoning and serve.



Roasted Butternut Squash Soup with Rosemary & Chilli

Serves 4 | 70-80 minutes, most of it roasting time

Top tip: try adding some cooked beans or whole lentils if you want a more filling, protein-rich soup. Half a tin (about 110g/4oz home-cooked) haricot beans, butter beans or chickpeas would all work well. You decide whether you want them blended in the soup or left whole.

- ▶ 1-2 tbsp olive oil
- ▶ 1 large butternut squash
- ▶ 1 long sprig fresh rosemary
- ▶ ½-1 fresh green chilli
- ▶ 1.5L hot strong vegetable stock, either home-made or from vegan bouillon/stock cubes
- ▶ Salt and black pepper

- 1 Pre-heat the oven to 180°C/350°F/Gas Mark 4.
- 2 Scrub the squash, slice in half and scoop out the seeds. Leave the skin on – it will soften during the roasting process. I like to leave it in the soup, others prefer to peel it off – it's up to you, but it will blend in pretty well.
- 3 Roughly chop into medium chunks.
- 4 Drizzle the olive oil on a large roasting tray and place the chunks of squash on it, turning over to coat each piece.
- 5 Place in the oven and bake for 45-60 minutes until soft.
- 6 Place all ingredients (except for the salt and pepper) into a medium-large saucepan and bring to the boil.
- 7 Cook for about 20-30 minutes on a low heat, covered, until you can taste the rosemary without it being too overpowering. If using unblended pulses, add now.
- 8 Remove the rosemary sprig. If using blended pulses, add now. Then blend everything. Taste and adjust seasoning if necessary.



Gourmet Potato & Greens Soup

Serves 4 | 50 minutes

A take on the traditional Potato & Watercress, this lovely, simple and frugal soup can be made to suit your budget and the seasons – we even include an option for the wild food brigade, using delicious young nettles!

- ▶ 1 tbsp olive oil
- ▶ Onion flavouring. Choose from:
 - ▶ 1 large leek, peeled and chopped
 - ▶ 4 large shallots, peeled and chopped
 - ▶ 1 medium white onion, peeled and chopped
- ▶ 700g/1½ lbs potatoes, peeled and diced
- ▶ Greens. Choose from 130g/5oz of:
 - ▶ watercress
 - ▶ finely shredded spring greens
 - ▶ spinach
 - ▶ young nettle leaves (pick the top young leaves using rubber gloves)
- ▶ 900ml/1¾ pints vegan stock
- ▶ 2-3 tbsp dairy-free milk
- ▶ Salt and lots of black pepper
- ▶ Optional garnishes
 - ▶ Dairy-free yoghurt
 - ▶ Finely chopped parsley or watercress

- 1 In a large saucepan, heat the oil and sauté the leek/shallots/onion.
- 2 Turn down heat and cover – cook for 5 minutes until the onion is translucent but not brown.
- 3 Add a little stock if necessary to prevent sticking.
- 4 Add the potatoes, and cook, covered for 5-10 minutes.
- 5 Stir from time to time, adding a little stock to prevent sticking.
- 6 Stir in rest of stock and bring to the boil.
- 7 Cover pan and leave to simmer on a low heat for about 20-25 minutes or until the potatoes are cooked.
- 8 About 5 minutes from the end, add the greens.
- 9 Add non-dairy milk to soup and blend everything thoroughly.
- 10 Season to taste.
- 11 Serve the soup hot in bowls, each with a swirl of yoghurt and herb garnish if using.

Budget Dinner or a more substantial lunch

Classic Chilli

Serves 4-6 | 30 minutes

This recipe from actor Martin Shaw is the business – fed to tens of thousands of meat-eaters and veggies at Viva!'s Roadshows and given the big thumbs-up by everyone! Do include the peanut butter if possible – it is a lovely way to thicken the chilli liquid and gives it a slightly creamy, nutty taste.

- ▶ 2 tbsp vegetable oil
- ▶ 1 large onion, chopped
- ▶ Half a red pepper, chopped
- ▶ 1 medium courgette, chopped in half lengthways then sliced into semi-circles
- ▶ 100/3½ oz mushrooms, chopped
- ▶ 3 cloves of garlic, crushed
- ▶ 1 tbsp peanut butter, smooth or crunchy
- ▶ 225g/8oz frozen veggie mince* (half a pack)
- ▶ ½-1 tsp mild chilli powder
- ▶ 1 tsp paprika
- ▶ 1 tsp cumin,
- ▶ 1 tbsp tomato purée
- ▶ 2 x 400g tins of chopped tomatoes
- ▶ 1 vegan stock cube or 1½ tsp vegan bouillon powder
- ▶ 100g/3½ oz kidney beans, cooked, rinsed and drained
- ▶ 100g/3½ oz sweetcorn
- ▶ Salt and pepper



- 1 Fry the onion and red pepper in the oil until soft.
- 2 Add the garlic, courgette and mushrooms and cook until the mushrooms are golden brown.
- 3 Add the peanut butter and stir in until it melts.
- 4 Add the mince and spices and fry for 4-5 minutes, stirring constantly. (If the mixture sticks and needs a bit of moisture use some of the juice from the tinned tomatoes.)
- 5 Add the tomato purée, tinned tomatoes and stock cube/bouillon, then the kidney beans and sweetcorn.
- 6 Bring to the boil, stir well and simmer for 15 minutes. Taste and season if necessary. Serve with cooked boiled rice.

*Linda McCartney, Fry's, Asda, Morrison, Sainsbury and Tesco own brands are vegan. For a more budget option, try either of these:

- ▶ dried savoury TVP mince (brown in colour, not beige), soaked in a little hot stock before cooking
- ▶ OR 240g (1 drained tin) of cooked whole green or brown lentils. Add at stage 6, not 4.

Classic Veggie Bolognese

Exactly the same as the Chilli recipe, except

- ▶ Omit the spices, kidney beans and sweetcorn
- ▶ Replace with
 - ▶ olive oil instead of plain oil (if the budget allows!)
 - ▶ 1-2 tsp dried mixed herbs (or Italian herbs such as oregano and basil)
- ▶ Serve with spaghetti or other pasta and lots of black pepper
- ▶ Replace parmesan with Florentino vegan parmesan (sold in small tubs) or grated vegan cheese (see pages 27-28)





Lentil & Potato Curry

Serves 4-6 | 30 minutes

A simple, classic dish that warms the cockles of the heart.

- ▶ 1 tbsp plain oil
- ▶ 200g/7oz red lentils
- ▶ 2cm/1 inch cinnamon stick
- ▶ 800ml/28fl oz water
- ▶ 2 medium potatoes, raw or cooked
- ▶ 2 tbsp plain oil
- ▶ 1 onion, chopped fine
- ▶ 2-3 tbsp curry paste (eg Patak's) – just ensure it doesn't contain milk, cream or yoghurt

OR

- ▶ 1½ tsp cumin seeds
- ▶ 1½ tsp ground coriander
- ▶ ¼ tsp asafoetida powder OR fenugreek powder
- ▶ ¼ tsp mild chilli powder
- ▶ 1 tsp salt

Optional: 3 lumps of frozen spinach

- 1 Wash and drain the lentils and place in a pan with the water, oil and cinnamon stick.
- 2 Bring to boil and simmer for 15 minutes.
- 3 While the lentils are cooking, peel and chop the potatoes into 1.25cm/ ½ inch cubes.
- 4 Add uncooked potatoes to lentil mixture about 10 minutes into its cooking time and simmer until the potatoes are soft and tender. If using cooked potatoes, add nearer the end. Add the frozen spinach now, if using.
- 5 Meanwhile, heat the oil in a small frying pan or wok and sauté the onion on a medium heat until softened.
- 6 Add the cumin seeds and fry until they turn brown. Keep stirring so they don't catch and burn.
- 7 Add the rest of the spices, stirring in so everything is well incorporated.
- 8 Add this mixture to the curry, stirring carefully so the potatoes keep their shape.
- 9 If the curry is too thick, add a little hot water before serving. Taste and season before serving.



Mushroom Pasties

Makes 2 large or 3 medium pasties | 30 minutes

- ▶ 2 tbsp oil
- ▶ 1 onion, chopped
- ▶ Half a red or other coloured pepper, chopped
- ▶ 2 cloves garlic, crushed
- ▶ 200g/7oz mushrooms, chopped
- ▶ 1 tsp dried tarragon or mixed herbs
- ▶ 1-2 tbsp soya sauce
- ▶ Black pepper
- ▶ 1 sheet of puff pastry – Jus Rol is vegan (see page 30 for details)

- 1 Pre-heat the oven to 200°C/400°F/Gas Mark 6.
- 2 Heat the oil and fry the onion until soft. Add the chopped red pepper and cook for another few minutes.
- 3 Add the mushrooms and garlic and fry until the mushrooms are cooked.
- 4 Add the soya sauce and pepper.
- 5 Roll out the puff pastry and cut into two 17cm/7 inch squares. Place half the mushroom filling in the middle of each square and fold into a parcel.
- 6 Seal with a little soya milk and brush the top of the pastry with a little of the same.
- 7 Place on an oiled tray with the fold facing down and cook for approximately 10-15 minutes, or until golden brown.



Gourmet lunches and light meals



Avocado & Walnut Toast with Tomato & Coriander

Serves 1 | 7 minutes

A taste of sunshine... and a lovely, stylish snack to offer your guests.

- ▶ 2 slices of toast, made with good wholegrain bread
- ▶ Vegan mayonnaise
- ▶ Slices or chunks of ripe avocado
- ▶ Fresh lime juice
- ▶ Salt and freshly ground black, pepper
- ▶ ½ a tomato, sliced OR a few ripe cherry tomatoes, halved
- ▶ A few roasted walnut pieces
- ▶ Fresh coriander leaves

- 1 Spread toast with mayonnaise.
- 2 Arrange avocado on it in a thick layer.
- 3 Sprinkle lightly with lime juice and salt.
- 4 Tuck some halves of cherry tomato among avocado and top with a few walnut pieces.
- 5 Add more salt and pepper to taste, top with coriander leaves and eat.



Smoked Tofu & Avocado Salad with Mustard Vinaigrette

Serves 4 | 5-10 minutes

A great way to use tofu if you aren't too familiar with it. One of our perennial favourites – it always wins converts at our cookery demos! It's particularly nice with Taifun smoked tofu – available from good health food shops or large branches of Waitrose.

- ▶ 2 large, ripe avocados – or try strips of roasted red pepper instead
- ▶ 1 packet smoked tofu available from large supermarkets or health food stores eg Taifun or Dragonfly brands
- ▶ 2 dsp sesame seeds
- ▶ Salt and black pepper

Mustard vinaigrette:

- ▶ 175ml/6fl oz extra virgin olive oil
- ▶ 75ml/3fl oz white wine vinegar
- ▶ A little salt and masses of black pepper
- ▶ 2 dsp prepared French mustard

- 1 In a pan, dry roast the sesame seeds over a high heat until starting to pop and brown. Keep stirring with a wooden spatula so they don't burn.
- 2 Allow to cool.
- 3 Meanwhile, make the vinaigrette: mix the oil, white wine vinegar, mustard, salt and black pepper.
- 4 Divide the avocados into halves, length-ways. Remove the stone and skin.
- 5 Place each half on an individual serving plate and cut into 6 slices.
- 6 Cut the smoked tofu into thin slices and insert in between avocado cuts.
- 7 Season with a little salt.
- 8 Pour the vinaigrette round then sprinkle seeds artistically over top of everything.
- 9 Sprinkle black pepper over the salad and serve.
- 10 The vinaigrette recipe makes quite a lot, but will keep for ages in a screw-top jar in the fridge. Alternatively, half or even quarter the quantities!



Baby Broad Bean, Tomato & Fresh Herb Salad with Creamy Dressing

Serves 4-6 | 10 minutes

- ▶ 450g/1lb broad beans (frozen or fresh). Cooked flageolet beans or steamed fresh soya beans also make a good alternative
- ▶ 225g/8oz tomatoes – any sort
- ▶ Small bunch rocket, washed and spun dry
- ▶ 1-2 tbsp chopped fresh herbs – fresh tarragon is good, otherwise use any other fresh leafy herb of your choice such as flat-leafed parsley or coriander

Creamy Dressing

- ▶ 3 tbsp soya yoghurt, such as Alpro, Provamel
- ▶ 2 tbsp dairy-free milk, eg soya or rice
- ▶ 1-2 tsp Dijon or wholegrain mustard, to taste

1 Lightly steam the broad beans for a few minutes until tender – or if very fresh, use raw. If using another type of cooked bean, drain and rinse.

2 Chop the tomatoes into small pieces.

3 Chop the rocket with scissors.

4 Mix all ingredients together in a serving dish.

5 Make dressing by thoroughly mixing all three ingredients in a small bowl.

6 Pour dressing over salad, coating everything well.

7 Serve immediately.



Avocado, Fresh Tomato, Garlic & Basil Sauce with Pasta

Serves 4 | 15 minutes

Genius! The sauce is actually a salad that you add to hot pasta or grains – it melts the avocado a little and warms it all through.

Options

- ▶ For those who prefer large quantities of garlic to be cooked, sauté the garlic in some of the olive oil first. Then just mix in with the chopped vegetables, herbs and pasta as below.
- ▶ Replace avocados with strips of roasted red pepper – home-made or in a jar. You will need at least half a large jar. Roasted peppers are sold either in brine or in oil. If using brine-based peppers, drain well and reduce the salt in the rest of the dish. If they are in oil, omit most of the oil in the recipe.

- ▶ 450g/1lb pasta – very good with spaghetti, but works with pasta shapes too
- ▶ 2-3 tbsp olive oil (extra virgin if possible)
- ▶ 3 large cloves garlic
- ▶ 2 large, ripe avocados
- ▶ 2 large ripe tasty tomatoes – eg 'beefsteak' variety
- ▶ ½ medium red chilli
- ▶ 15 fresh basil leaves, torn
- ▶ Zest and juice of a lime
- ▶ Salt and lots of black pepper

1 Cook the pasta in a large pan of salted boiling water according to the packet instructions.

2 While the pasta is cooking prepare the rest of the dish.

3 If you are cooking the garlic, do so now. Heat 2 tbsp of the oil in a small frying pan and fry it gently for a minute or two, making sure it does not burn. Remove from heat – keeping any remaining oil – and set aside.

4 If using the garlic raw, crush and set aside.

5 Peel the avocados. Remove the stones and chop into chunks.

6 Chop the tomatoes into chunks.

7 De-seed the chilli and chop fine.

8 Drain the pasta and mix in the prepared vegetables.

9 Add the remaining olive oil, lime zest/juice and basil leaves. Season well.

10 Serve immediately.

Tropical Rice Salad with Sesame Orange Dressing

Serves 4 | 30 minutes plus cooling time if cooking rice, 15 minutes if using pre-prepared rice

A truly superior version of rice salad! The dressing is particularly gorgeous.

- ▶ Cooked rice: 450g/1lb brown long grain or brown basmati
- ▶ Uncooked rice: 225g/8oz long grain OR basmati brown rice simmered in water with added 1 tsp vegan bouillon powder (eg Marigold red tub or Kallo OR 1 Green Oxo)
- ▶ 1 thick slice of fresh ripe pineapple, cored and cut into medium cubes (unsweetened tinned pineapple will do at a pinch) OR half a mango, peeled and cubed
- ▶ 1 small, ripe avocado, peeled, stone removed and chopped into medium cubes
- ▶ 2 spring onions, chopped + 3 more left whole for decoration
- ▶ ½ stalk celery, finely chopped
- ▶ ½ pack bean sprouts, washed and drained
- ▶ 1 tbsp raisins or chopped apricots
- ▶ 2 tbsp whole peanuts
- ▶ 2 tbsp toasted cashew pieces
- ▶ 1 tbsp sesame seeds
- ▶ ½ a red pepper
- ▶ ½ a yellow or orange pepper

Dressing

- ▶ 40ml/1 generous tbsp plain vegetable oil
- ▶ 1½ tbsp toasted sesame oil – don't omit this as it adds something special
- ▶ 60ml/4 tbsp fresh orange or pineapple juice
- ▶ 1 small garlic clove, crushed
- ▶ 1 tsp grated fresh ginger root
- ▶ ¼ tsp crushed red pepper flakes
- ▶ 1 tbsp shoyu or tamari soya sauce
- ▶ Pinch of salt
- ▶ 1 tbsp cider vinegar

1 If using prepared rice, go to no. 4.

2 Put the rice in a pan, add enough water to cover and more (about 2cm/1 inch), sprinkle in the bouillon or stock cube and bring to the boil.

3 Simmer for 25-30 minutes. The rice should be tender but not sloppy. If it starts to dry up, add a little hot water as needed.

4 Meanwhile, toast the cashews and sesame seeds in a non-stick frying pan over a medium heat, turning over continuously with a spatula. The nuts and seeds should be a light golden colour, not black. Remove from the pan and set aside until needed.

5 Prepare the rest of the salad ingredients.

6 Make the dressing in a screw top jar and give a good shake to ensure everything is well integrated.

7 The rice should be cooked but without remaining liquid. However, if it is still wet, drain it then allow to cool.

8 When it is ready, add all salad ingredients. Pour on dressing and mix in well. Serve in an attractive bowl and garnish with the leftover spring onions.



Italian Bean & Rosemary Mash

Serves 4 | 30 minutes, including preparation and cooking time

The red pepper in the recipe can be raw or roasted, depending on what sort of texture you like.

- ▶ 4 tbsp extra virgin olive oil
- ▶ 3 sprigs rosemary
- ▶ 1-2 garlic cloves
- ▶ 900g/2lb potatoes, peeled and cut into chunks
- ▶ Zest and juice of half a lemon (add more lemon juice to taste if necessary)
- ▶ 2 x 400g/14oz tins of floury beans such as borlotti, butter or cannellini (rinsed and drained) OR 450g/9oz home-cooked beans
- ▶ 1 small red pepper, finely chopped OR equivalent of a roasted red pepper, cut into strips (home-roasted or from a jar)
- ▶ A handful of fresh herbs, eg parsley or mixed Italian herbs, chopped fine
- ▶ 30g/1oz watercress, rocket or any spicy leaf – radish sprouts also good!
- ▶ Salt and black pepper

Variations: chopped artichoke hearts (tinned or frozen); olives; steamed French beans etc.

1 Place potatoes in water and bring to the boil. Add salt and simmer for about 15 minutes.

2 Meanwhile, heat 2 tbsp of the olive oil in a frying pan or heavy-bottomed saucepan.

3 Add the rosemary and garlic and heat gently for 2 minutes. Remove from heat, cover and set aside.

4 When potatoes are cooked, drain and return the potatoes to the heat. Dry them over a low heat, shaking the pan gently to ensure the water evaporates and the potatoes don't stick.

5 Remove rosemary sprigs and garlic from the oil with a slotted spoon. Discard the rosemary but keep the garlic and set aside.

6 Add the herby-garlic oil and lemon zest to the potatoes and mash them by hand until smooth and creamy. Keep warm.

7 Place the beans in a saucepan, drizzle the remaining olive oil, lemon juice and garlic from the marinade over them.

8 Warm through on a gentle heat, then stir in red pepper pieces, herbs, leaves/radish sprouts and season well.

9 Warm through again.

10 Divide the mash between four plates, place beans on top and serve immediately.

11 Drizzle with extra olive oil if desired.

Gourmet dinners or more substantial lunches



Sautéed Butternut Squash with Olive Tapenade & Cannellini Beans

Serves 4 as a light meal, 2-3 as a main | 30 minutes

This is a quick way of using squash or pumpkin and very nice indeed. It's also much quicker than roasting or baking the vegetable, yet you still get that rich flavour. Or try using sweet potato, which also works well. Serve with a large salad and some crusty bread.

- 1 medium squash or pumpkin, eg butternut. You will need 500-600g/18-21oz peeled and seeded squash, cut into medium chunks
- 60g/2oz mixed green and black pitted olives
- 2 tbsp olive oil
- 2 tbsp finely chopped parsley – any type
- Half a tin of cannellini beans, rinsed and drained OR 120g/4oz home-cooked
- 1 lemon, zested
- Black pepper
- 1 clove garlic (or more if preferred) and 1 tbsp olive oil OR a few squirts of oil spray

- 1 Steam the squash chunks until they are tender – approximately 15-25 minutes.
- 2 Meanwhile, chop the olives and parsley and mix thoroughly with the 2 tbsp olive oil, cannellini beans and lemon zest.
- 3 In a large frying pan, heat the 1 tbsp olive oil or oil spray. Cook the crushed garlic gently until it starts to turn translucent then toss the hot cooked squash in the mix.
- 4 Mix in the olive tapenade with the squash, add black pepper and serve hot.



Sundried Tomato & Asparagus Pasta with Home-made Pesto

Serves 3-4 | 15 minutes

A simple way to make pesto without cheese.

- 250g/8oz fusilli or penne pasta
- ½ pack sundried tomatoes, soaked in hot water then chopped with scissors into bite sized pieces
- Half a bunch of fresh, lightly steamed asparagus chopped into 2cm/1 inch pieces
- 4 large garlic cloves, finely chopped but not crushed
- 3 tbsp extra virgin olive oil
- Half a jar of vegan pesto (eg Meridian or Zest) OR make home-made basil or walnut pesto – see recipe on page 16
- 2 tsp dried herbs such as basil or oregano OR a handful 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 Add the asparagus to the cooked pasta.
- 4 Add herbs.
- 5 Add sundried 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.
- 8 Add salt and freshly ground black pepper.



Gado Gado

Serves 4 | 30 minutes

An Indonesian classic, Gado Gado is basically a sumptuous pile of lightly cooked and raw vegetables mixed with a protein source such as tofu and accompanied by delicious satay (spicy peanut) sauce. It looks impressive and is very quick to make. Serve on a big platter with the satay sauce on the side.

Satay Sauce: Serves 2-4 | 10 minutes

- ▶ 125ml/8 level tbsp smooth peanut butter
- ▶ ½ tbsp grated root ginger
- ▶ ½ tbsp crushed garlic (about 2 medium cloves)
- ▶ 2 tsp date syrup
- ▶ 2 tsp tomato puree
- ▶ 180ml/6.5fl oz hot water
- ▶ 2 tbsp cider vinegar
- ▶ 1 tbsp soya sauce
- ▶ Large pinch chilli powder
- ▶ Optional – 2 tsp plain vegetable or peanut oil

- 1 If you prefer your garlic cooked, sauté it first in 2 tsp plain oil for a minute or two.
- 2 Otherwise, just mix everything in a pan until smooth and warm gently until thickened. Use a wooden spoon or balloon whisk.
- 3 If the sauce is too thick, add more hot water but adjust seasoning to taste.

Vegetables

- ▶ 1 pack bean sprouts, washed and drained

Choose at least THREE of these:

- ▶ 1 large carrot, grated on largest holes OR sliced into thin matchsticks
- ▶ 2 peppers, any colour, cut into thin strips
- ▶ 1 bunch spring onions, sliced lengthways then into long strips
- ▶ 100g/3½ oz mange tout, lightly steamed for a minute or two then rinsed in cold water and drained
- ▶ 100g/3½ oz fine beans, prepared like the mange tout
- ▶ ½ a small cauliflower, broken into small florets and lightly steamed as above
- ▶ Cooked potatoes, diced

PLUS 1 pack Cauldron marinated tofu pieces OR 1 pack smoked tofu, chopped into small cubes. Alternatively, deep-fry cubes of deep-fried plain tofu.

- 1 Make sauce and set aside until needed.
- 2 Prepare all the vegetables and steam mange tout, cauliflower and beans (if using) – rinse in cold water and drain when they are just tender.
- 3 Prepare tofu/seitan as necessary – ie chop into cubes if you aren't using the ready-made tofu chunks.
- 4 On a large serving plate or dish, arrange the vegetables artistically, with bean sprouts on the top.
- 5 Re-heat the satay sauce and either pour it over the entire dish OR serve it from a bowl.

Walnut & Parsley Pesto

A lovely alternative. To make the classic variety, simply replace the walnuts and parsley with cashews and basil.

- ▶ 25g/1oz walnut pieces
- ▶ 2 tbsp Florentino vegan parmesan OR Engevita nutritional yeast flakes*
- ▶ 1 garlic clove
- ▶ 50g/2oz fresh parsley
- ▶ 4-6 tbsp olive oil plus 1-2 tbsp water if necessary
- ▶ Black pepper
- ▶ Salt to taste

- 1 Blend nuts and Parmesano/yeast flakes with the garlic until smooth.
- 2 Add the herbs, olive oil and seasoning and blend again until smooth – add water if mixture is too stiff.
- 3 Mix in with hot or cold cooked pasta or vegetables.
- 4 The pesto will keep for 2-3 days in an air-tight container in the fridge.

*Yeast flakes available in large tubs from good health food shops; Florentino also available in larger supermarkets' Free From shelves. See page 30 for wholesale stockists.

Serve on pasta such as spaghetti, linguine or penne – or on baked/steamed vegetables such as butternut squash.



Mushroom & Ale Pie

Serves 4 | 50 minutes, including baking time

It's easy, looks good and is easily varied by changing the combination of vegetables in the pie, eg if leeks are out of season or expensive, try using cooked butternut squash or red peppers – experiment! Makes one large pie or several individual pies – cut out lids accordingly.

Cook the filling first and set aside – then bake individual pastry lids to order.

- ▶ One sheet of Jus-Rol puff pastry OR half a slab of Jus-Rol frozen puff, defrosted according to packet instructions (see page 30 for details)
- ▶ A little soya milk to brush pastry

Pie Filling

- ▶ 1 onion
- ▶ 1 tbsp vegan margarine such as Pure or Vitalite
- ▶ 2 cloves garlic
- ▶ 450g/1lb leeks sliced into 2cm/1 inch slices and washed thoroughly
- ▶ 450g/1lb mushrooms, wiped and broken into medium pieces
- ▶ 1 tbsp soya sauce
- ▶ ½ tbsp brown sugar OR date syrup
- ▶ 1 tsp yeast extract, eg Marmite
- ▶ 30g/1oz wholemeal flour
- ▶ Half a bottle vegan stout (eg Samuel Smith's Imperial Stout or Black Sheep brand) – about 115ml
- ▶ 110g/4oz frozen garden peas
- ▶ Salt and pepper

- 1 Finely chop the onion and cook in the margarine until soft.
- 2 Preheat the oven to 210°C/425°F/Gas Mark 7.
- 3 Add the garlic and leeks – leave the mixture to sweat until the leeks are soft. Add the mushrooms, soya sauce, sugar/syrup and yeast extract. Stir well and make sure the sugar and yeast extract are thoroughly melted and mixed in.
- 4 When the juices have come out of the mushrooms make a roux with the flour. Slowly stir in the stout, mixing well, using a whisk if necessary.
- 5 Bring to the boil, add the peas and simmer for 4 minutes.
- 6 If the mixture is too thick, dilute with a little water or stock. If too thin, mix 1-2 tsp cornflour with a little water and add to the mixture, stirring well as it comes back to the boil.
- 7 Measure out pie lid or lids according to the size of dishes you have. (Roll out frozen pastry if using to less than 1cm/¼ inch thick.)
- 8 Place the filling into the pie dish while it is still hot and put it on the bottom shelf of your oven.
- 9 Oil a baking tray, place your pie lid/s on it, brush with soya milk and bake in the top of the oven.
- 10 Cook for 8-12 minutes until pastry has puffed up and turned golden brown.
- 11 Take the pie filling and the lid/s out of the oven, place on top of the dish/es and serve.
- 12 Serve with baked potatoes/sweet potatoes/green salad – whatever you fancy.



Chestnut Paté en Crôte

Serves 4 | 1 hour total (30 minutes preparation or maybe less)
Makes 1 plait. Serve with a well-seasoned red wine and porcini mushroom gravy (see next recipe).

- ▶ 2 onions, chopped
- ▶ 1 piece of celery, finely chopped
- ▶ 2 tbsp olive oil
- ▶ 2 garlic cloves, crushed
- ▶ 100g/3½ oz button mushrooms, sliced
- ▶ 200g unsweetened chestnut purée OR 200g whole cooked chestnuts, blended to leave some texture
- ▶ ½ oz fresh soft breadcrumbs – wholemeal or white
- ▶ 1 tbsp brandy
- ▶ Salt and pepper
- ▶ 1 sheet of Jus Rol ready-rolled puff pastry (rectangular, not round) (see page 30 for details)
- ▶ Soya milk to glaze

- 1 Preheat the oven to 230°C/450°/Gas Mark 8.
- 2 Fry the onions and celery in the oil in a large saucepan, covered, for 10 minutes. Add the garlic and mushrooms, cook for 2-3 minutes.
- 3 Mix in the chestnut purée, breadcrumbs, brandy and seasoning until everything is well amalgamated.
- 4 Unroll the pastry from the packet and place carefully on a lightly-oiled baking sheet. Pile the chestnut mixture lengthways down the middle third of the pastry.
- 5 Make diagonal cuts 1cm/½ inch apart on the pastry on either side of the chestnut mixture. Fold these up alternately to make a lattice covering it.
- 6 Trim the ends – you could make leaves from these left-over pieces and stick on top with water. Brush the pastry with soya milk.
- 7 Bake for 5 minutes, then reduce the oven to 200°C/400°F/Gas Mark 6 and bake for a further 20-25 minutes.



Rose's Onion Gravy with Options

Serves 4 | 30 minutes total preparation and cooking time
 A sure-fire gravy recipe from top cookery writer, Rose Elliot – one of those invaluable staples that always works. It goes well with nut roasts and pies – or home made vegan sausages.

- ▶ 1 onion, diced
- ▶ 2 tbsp oil
- ▶ 2 tbsp plain flour
- ▶ Clove of garlic (crushed)
- ▶ 450ml/15fl oz vegan stock
- ▶ 1 tsp yeast extract
- ▶ 1 or 2 tbsp shoyu or tamari soya sauce
- ▶ Freshly ground black pepper

Options:

- ▶ 1 tbsp dried porcini mushrooms soaked in some of the hot vegetable stock
- ▶ 2 tbsp vegan red wine or sherry (deduct this amount from the vegetable stock). Harvey's wines and Tio Pepe sherry are vegan – see page 29 for more on vegan booze

- 1 If using the dried mushrooms, soak now.
- 2 Heat the oil in the saucepan and fry the onion for 5 minutes.
- 3 Add the flour and cook for a further 5-10 minutes until the flour and onion are nut-brown and the onion is soft and slightly pulpy.
- 4 Add the garlic then gradually stir some of the vegetable stock – and the wine/sherry if using.
- 5 Bring to the boil and simmer for 10 minutes.
- 6 If using the dried soaked mushrooms, blend with their soaking stock.
- 7 Add this mushroom mix – sieve if necessary – plus yeast extract, soya sauce and black pepper to the gravy.
- 8 Stir well. Blend if you like, or serve as it is.

Simply sweet

...because there is more to life than fresh fruit salad...

Sumptuous Sponge Cake

50-60 minutes total preparation and cooking time

A lovely, light and moist sponge cake which is adapted easily to create different flavours and fillings.

The basic recipe makes a vanilla sponge and a vanilla 'buttercream' filling and topping. Also included: options for a lemon cake, a chocolate cake or a fresh strawberry filled cake.

Vanilla Cake

- ▶ 250g/9oz vegan margarine such as Pure/Vitalite/Suma brands OR 180ml/6fl oz oil
- ▶ 250g/9oz caster sugar
- ▶ 500g/18oz self-raising flour
- ▶ 6 tsp baking powder (2 tbsp)
- ▶ Pinch salt
- ▶ 1 large (500ml) tub of plain soya yoghurt (or ¾ tub made up with soya milk eg Alpro or Provamel)
- ▶ 2 tsp soya milk plus a little more if necessary
- ▶ 2 tsp vanilla extract
- ▶ Plus filling options:

- 1 Preheat the oven to 180°C/350°F/Gas Mark 4 (NB: Reduce by 5-10 degrees if using a fan-assisted oven).
- 2 In a saucepan, warm the margarine/oil and sugar until both have melted. Leave to cool. Alternatively, place oil and sugar in a saucepan and warm gently until melted.
- 3 Grease two 20cm/8 inch loose bottomed cake tins and line the bases with greaseproof paper.
- 4 Sieve the flour and baking powder into a bowl and add the salt.
- 5 Pour the margarine/oil and sugar mixture, yoghurt, soya milk and vanilla extract to the flour mix.
- 6 Mix well until you get a soft dropping consistency. The batter will look slightly curdled – this is just the cake's raising agents doing their work!
- 7 Add a little more soya milk if necessary.
- 8 Spoon cake mix equally into the tins and bake for 30-40 minutes until risen and golden – check after 30 minutes, especially if using a fan-assisted oven.
- 9 Make the filling of your choice from the list below and refrigerate.
- 10 When the cooking time is up, the centre of the cakes should feel springy. Test with a cocktail stick or knife – it should come out cleanly if the cake is cooked inside. Leave cakes to cool completely before placing on a cooling rack.
- 11 Carefully remove the greaseproof paper from the bottom.
- 12 Spread filling of your choice on the two inside halves of the cake.

Vanilla Buttercream Icing Option

- ▶ 85g/3oz vegan margarine (see above)
- ▶ 200g/7oz icing sugar
- ▶ 2 tsp vanilla essence
- ▶ Cream icing ingredients thoroughly. Spread a little jam on each cake, then spread the icing on the bottom layer. Place the top layer on top and sprinkle with sieved icing sugar.



Lemon Cake Option

Omit vanilla essence and replace with 2 tbsp lemon juice and zest of 2 lemons in the cake batter. Then make lemon icing as below.

Lemon Buttercream Icing:

- ▶ 85g/3oz vegan margarine
- ▶ 200g/7oz icing sugar
- ▶ zest of a lemon
- ▶ 2 tbsp lemon juice

1 Cream icing ingredients thoroughly and spread on the bottom half of the cake and place the other half on top.

Chocolate Cake Option

Replace 80g of flour with cocoa powder (NOT drinking chocolate) plus ½ tsp extra baking powder. Then make chocolate icing as below.

Chocolate icing:

- ▶ 85g/3oz vegan margarine
- ▶ 250g/9oz icing sugar
- ▶ 2 tbsp sieved cocoa powder
- ▶ 2-3 tbsp soya milk

1 Cream icing ingredients thoroughly. Chill before using.
2 Spread icing on the bottom half of the cake and place the other cake half on top.

Fresh Strawberry Filling Option

Make the basic vanilla sponge recipe. Fill as below – and decorate the top with sliced strawberries and a dusting of icing sugar.

Strawberry Filling

- ▶ Half a carton of vegan whipping cream (see page 28)
 - ▶ 400g/14oz strawberries, sliced
 - ▶ 1 tsp orange flower water
 - ▶ 1 tbsp caster sugar
- Optional: 1 tbsp orange liqueur, eg Cointreau or Grand Marnier

1 Set aside about one third of the fruit and marinate the rest in the orange flower water, sugar and liqueur if using.
2 Chill for at least one hour.
3 Spread the whipping cream over the bottom cake layer, fill with the marinated fruit, place the other cake on top and decorate with the unsoaked, sliced strawberries.



Magic Muffins

Makes 12 | 30 minutes

Can be iced using icing recipe on page 19.

- ▶ 115g/6oz fine self-raising wholemeal flour
- ▶ 115g/6oz white self-raising flour
- ▶ 225g/8oz caster sugar
- ▶ 1½ tsp bicarbonate of soda
- ▶ 4 tsp soya flour (available from good health food shops)
- ▶ 290ml/10½ fl oz soya milk
- ▶ 110ml/4fl oz mild tasting vegetable oil, eg rapeseed or sunflower
- ▶ ½-1 tsp vanilla essence

Options: a handful or two of whatever flavourings you like. **Good additions:** blueberries, raspberries, vegan chocolate chips, lemon zest and poppyseeds, raisins, cranberries and vegan white chocolate pieces or chips, 2 tbsp cocoa powder, sieved.

- 1 Preheat oven to 200°C/400°F/Gas Mark 6. NB, reduce heat a little if using a fan-assisted oven.
- 2 Sift together flour, sugar, bicarbonate of soda and soya flour. Mix well.
- 3 Add flavourings of choice, plus the soya milk and oil.
- 4 Mix together until just mixed (try not to over-mix the batter).
- 5 Bake in large paper cases/muffin cases inside muffin tins for about 17-20 minutes or until a skewer/knife inserted into the middle comes out clean.



Banana, Date & Walnut Loaf

Serves 6-8 | 70 minutes: 10 minutes preparation, 50-60 minutes baking time

This is lovely served with fruit coulis and dairy-free ice cream such as Booja Booja (expensive but excellent) or Swedish Glace – see page 28.

- ▶ 3 large, very ripe bananas
- ▶ 60g/2oz vegan margarine such as Pure or Vitalite
- ▶ 100g/generous 3oz soft brown sugar
- ▶ 250g/9oz self-raising flour (We like half each of fine wholemeal and white, but all-white works too)
- ▶ 1 tsp baking powder
- ▶ 1 tsp vanilla essence
- ▶ 5 tbsp soya milk or other non-dairy milk
- ▶ 2-3 tbsp chopped dates
- ▶ Handful of walnut pieces

- 1 Preheat the oven to 180°C/350°F/Gas Mark 4 – a little lower if using a fan-assisted oven. Grease a large non-stick loaf tin with low-cal oil spray or a light coating of margarine/oil.
- 2 In a large bowl, mash the bananas in a bowl with a fork or potato masher. Add the margarine and cream together well.
- 3 Add the sugar and mix in well.
- 4 Sieve the flour and baking powder then add the banana mixture and stir well.
- 5 To this, add the soya milk and vanilla essence a little at a time, mixing in well.
- 6 Add dried fruit – and nuts/seeds if using.
- 7 Spoon batter into the loaf tin and cook for 50-60 minutes until cooked through and golden brown on the top. Test after 45 minutes, using a toothpick/sharp knife in the centre. It should come out clean if it's ready – otherwise, put the cake back in the oven for another 5-10 minutes.
- 8 Leave to cool for a few minutes then turn out onto a wire rack and let it cool completely.



Viva!Bocker Glory

Serves 1 | 5-10 minutes

The ultimate in old school desserts! Just multiply as needed.

- ▶ 3 tbsp fruity sauce – Askeys brand is vegan. Or else thin 4 tbsp jam with a little water (strawberry or raspberry probably work best)
- ▶ 2 scoops of vegan ice cream, eg Swedish Glace, Tofutti or Booja Booja
- ▶ Fresh fruit of your choice, eg banana, raspberries, strawberries, blueberries, pineapple chunks, mango
- ▶ Vegan whipping cream, see page 28
- ▶ 2 tsp grated vegan chocolate, see page 28
- ▶ 1 tsp toasted slivered almonds or hazelnut pieces

- 1 Drizzle ½ of the fruity sauce at the bottom of your sundae glass or other dish.
- 2 Place one scoop of ice cream, followed by a layer of fruit.
- 3 Repeat the process until you reach the top but leave enough fruity sauce for the topping.
- 4 Squirt or pipe cream on the top, then add grated chocolate, another squirt of fruity sauce and sprinkle with nuts.
- 5 Serve immediately.



Pancakes – Basic Batter

Makes 8 pancakes | 40 minutes total (5 minutes prep, 20 minutes to sit, 15 minutes to cook)

Thin down a little for crêpes, make a bit thicker for American or Scotch-style pancakes.

- ▶ 175ml/6 fl oz soya milk
- ▶ 175ml/6 fl oz water
- ▶ 175g (6oz) plain flour (use gluten-free flour if appropriate)
- ▶ 2 tbsp gram flour
- ▶ 1 tsp baking powder
- ▶ 1 tbsp sunflower oil
- ▶ Pinch of salt
- ▶ Additional oil or oil spray for frying
- ▶ Sweet or savoury options of your choice

- 1 Pre-heat the oven to 160°C/300°F/Gas Mark 3.
- 2 Sieve the flour, especially the gram flour.
- 3 Blend all of the ingredients, except the oil for frying, until smooth. Alternatively, add the liquid a little at a time and whisk by hand until there are no lumps.
- 4 Heat a small amount of oil or oil spray in a frying pan until piping hot. Drain off any excess.
- 5 Using the ladle, pour enough of the batter mixture in to the frying pan to thinly cover the bottom. Gently swirl the batter to cover the base of the pan. Don't worry if the first pancake is a bit dodgy – the rest will be fine.
- 6 Fry on one side for about a minute. Loosen the edges with a non-scratch spatula or fish slice and flip the pancake.
- 7 Fry the flip side for another minute or until done – as the frying pan gets hotter, this will take less time.
- 8 Remove the pancake from pan and keep warm in the oven – you may want to cover the pancakes with a bit of tinfoil.
- 9 Add more oil to the pan if and when necessary.
- 10 Repeat steps 4 to 7 until all of the mixture is used up.



Chocolate & Brandy Truffle Torte

Serves 8 | 20 minutes plus overnight chilling time

Not only is this sophisticated little number a piece of chocolate heaven, it's also incredibly quick and easy.

- ▶ Cooking oil or low-cal spray
- ▶ 5 tbsp liquid glucose (eg Supercook brand)
- ▶ 5 tbsp brandy
- ▶ 450g/1lb vegan plain chocolate
- ▶ 250ml/½ pint tub Alpro soya cream (1 small tub)
- ▶ 75g/3oz regular Hob Nobs or similar oatly vegan biscuits
- ▶ Sieved cocoa powder to decorate
- ▶ Optional: raspberries or other berry fruit to garnish

- 1 Base line a 23cm/9 in cake tin with greaseproof paper and brush sides with oil or squirt with low-cal spray.
- 2 Sprinkle the crushed biscuits over.
- 3 Use a warm spoon to measure the glucose syrup.
- 4 Melt chocolate, brandy and glucose in a bowl over a pan of barely simmering water.
- 5 Remove from heat and gently stir in cream.
- 6 Pour into tin and chill overnight.
- 7 Turn out onto a large plate and dust with cocoa powder. Garnish with fruit if using. Good served with one of Booja Booja's gourmet dairy-free ice creams or a fruit coulis.



Strawberry Tarts

Serves 6 | 15-20 minutes

Makes one large tart or 6 mini tartlets. Whichever size, use the loose-bottomed type as they are much easier to serve. This uses a very good buttery-type pastry – cook it for 15 minutes for a softer pastry, cook for 20+ minutes for more of a shortbread texture. The sauce is also easy.

Pastry

- ▶ 110g/scant 4oz vegan margarine, eg Pure, Vitalite, Suma
- ▶ 125g/4½ oz icing or caster sugar
- ▶ 125g/4½ oz plain flour

Vanilla Custard Filling

- ▶ 65g/generous 2oz caster sugar
- ▶ 2 tbsp plain flour
- ▶ 4 tbsp cornflour
- ▶ 4 tbsp water
- ▶ 315ml/11fl oz soya milk
- ▶ 2 tsp vanilla extract
- ▶ 1 large punnet of strawberries

- 1 Make the custard filling. Mix the flour and cornflour together, beating vigorously with a hand or electric whisk until creamy.
- 2 Gently heat sugar and soya milk in a medium saucepan. Add cornflour/flour mixture and bring to boil, whisking thoroughly.
- 3 Cook sauce for one minute, stirring continuously and then add vanilla essence. Remove from heat, place in a bowl and set aside in fridge or cool place.
- 4 Preheat the oven to 180°C/350°F/Gas Mark 4. Grease your tin or tins using low-cal oil spray or a light coating of plain cooking oil.
- 5 Make the pastry. In a medium-large bowl, cream the sugar and margarine together until smooth. Sieve the weighed flour over the bowl and mix in thoroughly.
- 6 If using individual tartlet tins, divide the pastry into six pieces. Otherwise place all the pastry into one 23cm/9-10 inch loose-bottomed tart tin. Roll it out between two sheets of greaseproof paper if it is too sticky.
- 7 Press the pastry in so that the bottom and sides are completely covered.
- 8 Put the tartlet tins/whole tin in the oven and bake for 15-20 minutes, or until a light golden brown.
- 9 Remove and allow to cool for a minute or two. Carefully remove the pastry case(s) from the tins and place on a rack.
- 10 Just before you are ready to serve, hull the strawberries and slice them thinly.
- 11 Spoon the vanilla custard carefully into the tartlet case(s), making sure they are evenly filled.
- 12 Arrange the sliced strawberries neatly on top. Serve.



Bulk recipes

We include a small handful of useful recipes for larger quantities – but to find more, go to www.vegetarianrecipeclub.org.uk/catering



Middle Eastern Nutty Millet Pilaf

Serves 24 | 50-60 minutes

- ▶ 100ml olive oil
- ▶ 6 med-large onions, chopped fine
- ▶ 6 peppers of any colour or mixed, deseeded & chopped into bite-sized pieces
- ▶ 30g/6 tsp cumin
- ▶ 30g/6 tsp turmeric
- ▶ 1.35K millet
- ▶ 3L-3.4L veg stock – start with less, add more as necessary and depending on how juicy lemons are
- ▶ 1.35K frozen peas
- ▶ 450g slivered almonds, roasted or equivalent other nuts
- ▶ 6 lemons, juiced
- ▶ 2 bunches of mint, finely chopped

Serving suggestions:

- ▶ Plain soya yoghurt to serve – optional
- ▶ Tahini & Orange Sauce (thin tahini with water and mix with fresh orange juice and a little soya sauce)
- ▶ Tomato Salad with vinaigrette

- 1 Dry-roast millet in a wok – stir continually with a wooden spatula so it doesn't burn.
- 2 Remove from heat.
- 3 In a large pan, heat oil and cook onion and red pepper over moderate heat for 5 minutes.
- 4 Add spices and fry for 1 minute, stirring continually.
- 5 Add roasted millet and hot vegetable stock, mixing in well.
- 6 Bring to boil, cover and simmer for 20+ minutes, stirring occasionally, or until millet is tender.
- 7 Meanwhile, roast nuts if not already done. Toast like the millet.
- 8 Check if millet almost tender, then add peas.
- 9 Cook for 5 minutes.
- 10 When all liquid absorbed and pilaf is light and fluffy, it's done.
- 11 Stir in nuts, lemon juice and mint.
- 12 Serve with any of above suggestions.



Artichoke Heart, Butterbean & Olive Filo Pie

Serves 20 | Preparation time: 30-40 minutes plus 20-30 minutes baking time

A creamy, rich pie with a distinctive, delicious taste.

- ▶ 3 large red onions, chopped fine plus a little olive oil
- ▶ 8 x 400g tins of butterbeans, rinsed and drained OR 1.9K cooked beans
- ▶ 170ml olive oil
- ▶ 120ml lemon juice
- ▶ 1 large bunch of flat leaf parsley, finely chopped
- ▶ 2 tsp salt plus a very light sprinkling on each layer of the pie
- ▶ ½ tsp black pepper plus a very light sprinkling on each layer of the pie
- ▶ ½ tsp cayenne pepper
- ▶ 1K frozen or tinned artichoke hearts and/or bottoms, chopped into smallish chunks
- ▶ 300g black or mixed olives, chopped quite fine – enough to enhance the flavours of the other ingredients without taking over
- ▶ 12 large sundried tomatoes, chopped very small with scissors
- ▶ Filo pastry – enough to cover base, middle layer and lid several times
- ▶ Olive oil or a mixture of olive and plain oil for basting the filo pastry

- 1 Preheat the oven to 200°C/400°F/Gas Mark 6.
- 2 Heat a little olive oil and sauté the onion until tender.
- 3 In a separate container, part-blend some of the butterbeans until smooth. Mash the rest with a hand blender – aim for some texture amongst the creamed beans.
- 4 Add the olive oil, lemon juice, parsley, salt and cayenne. Mix in well.
- 5 Add the chopped artichoke hearts, olives and sundried tomatoes. Mix in gently. Taste and add more lemon juice/salt/pepper if necessary.
- 6 Oil a large metal baking dish (about 35cm x 30cm and 3-4 cm deep). Line it with overlapping layers of filo sheets, oiling each layer well. Make sure the sheets overhang the tray so they can be folded back on top of the bake.
- 7 Spoon half the filling smoothly and evenly on top of the filo base. Sprinkle with a little salt and black pepper. Fold over some of the filo layers, add more oiled filo and repeat the process with the second part of the filling. Finish the pie with more layers of oiled filo.
- 8 Bake for 20-30 minutes or until golden brown. Remove from the oven. Allow to cool a little before slicing into portions.



Winter Puff Pie with Porcini-Sherry Gravy for Caterers

Serves 20 if using individual 150mm oval dishes OR 25 if using smaller serving dishes | 40-50 minutes

A rich and delicious pie that is fairly quick and easy to make because it uses ready-made puff pastry sheets and the pastry is baked in the oven while the filling cooks on the stove. This method also means that pie lids can be baked to order.

We offer a choice of three fillings to suit your budget and customer base.

Filling options – choose ONE of these

- ▶ 500g dried chestnuts, simmered for 30 minutes until tender, OR 1K vacuum-packed cooked or frozen chestnuts
- ▶ 1.2K smoked tofu chunks – fry up first if necessary – add to the stew a few minutes before serving
- ▶ 1.2K seitan (wheat gluten) – sold in tins by Oriental grocers or in jars from health food suppliers. Chop into chunks and add near the end
- ▶ 200g TVP chunks, rehydrated in strong, hot stock

Other pie ingredients

- ▶ 120ml olive oil
- ▶ 5 medium-large onions, chopped
- ▶ 8 cloves garlic, crushed
- ▶ 1K mushrooms, chopped if medium or large, left whole if small button variety
- ▶ One of the filling options, as above
- ▶ 150g vegan gravy granules (red tub Bisto is fine) made up with 1.4L boiling water
- ▶ 75ml/5 tbsp Dijon mustard
- ▶ 25g/5 tsp mixed dried herbs
- ▶ 30-50ml good quality soya sauce: eg shoyu or tamari type – add minimum then more to taste if necessary
- ▶ 150ml sherry (see below for vegan-friendly brands)
- ▶ 50g porcini mushrooms, soaked in boiled water then chopped into small pieces with scissors. Reserve the soaking water and include it in the gravy water – see above
- ▶ 500g frozen peas
- ▶ Black pepper (gravy granules and soya sauce should provide enough salt)

Pie crust

- ▶ 1,500-1,600g of ready-rolled Jus-Rol puff pastry sheets OR the equivalent weight of block puff pastry rolled out by hand – (see page 28)
- ▶ Oil spray or a little vegetable oil
- ▶ A little soya milk to brush top of pastry

- 1 Pre-heat oven to 225°C/450°F/Gas Mark 7.
- 2 Heat olive oil in a medium-large saucepan.
- 3 Sauté onion and garlic until onion is translucent – about 5 minutes.
- 4 Add mushrooms and cook for 3-4 minutes.
- 5 Add the TVP chunks now if using and gently stir in with rest of vegetables to coat with oil.
- 6 Make the gravy as above then add the mustard, herbs, soya sauce and sherry/wine and mix in well. Add to the sautéed vegetable mixture plus the peas and porcini mushrooms. Stir carefully to mix in well, taste and season if necessary, then turn down heat and leave to simmer.
- 7 If not using TVP, add the protein option of your choice now, ie seitan, smoked tofu or chestnuts. Add other protein options a few minutes before the end: fried smoked tofu; seitan pieces or cooked chestnuts.
- 8 Meanwhile, cut out pastry lids to fit individual oven-proof dishes. Lightly oil a non-stick baking sheet or tray and place the pastry rounds on it, well-spaced out on the baking tray.
- 9 Brush with a little soya milk and bake in the hot oven for approximately 10-12 minutes, or according to the packet instructions – the pastry should be well risen and golden brown.
- 10 Spoon the hot stew into dish or dishes, place the pastry lids on top and serve immediately.

Vegan-friendly sherries:

Domeq's Sherries
 Gonzalez Byass
 Harveys Bristol Cream
 Tio Pepe Fino
 Waitrose Rich Cream Sherry
 Waitrose Dry Amontillado Sherry
 Waitrose Fino Del puerto
 Waitrose Palo Cortado
 Waitrose Dry Oloroso Sherry

See page 29 for more booze ideas



Oven-roasted Tofu Mediterranean

Serves 16 | 45 minutes-1 hour: 5-10 minutes preparation time, the rest in the oven

This works out quite cheaply if you buy loose tofu from an Oriental store – they sell large slabs, approximately 500g. Use four of those for this recipe.

- ▶ 1.8K plain firm tofu, cut into cubes
- ▶ 8 tbsp plain soya sauce – preferably shoyu OR wheat and gluten-free tamari – if using tamari, reduce by 1-1½ tbsp as it is stronger
- ▶ 4 tbsp oil, any kind. Olive oil or leftover oil from a jar of sundried tomatoes is good!
- ▶ 8 cloves of garlic, crushed
- ▶ 4 tsp grated fresh ginger
- ▶ 2 tsp dried rosemary
- ▶ 4 heaped tsp paprika
- ▶ Black pepper, lots
- ▶ 450g cherry tomatoes, red and/or yellow

Serving suggestions

- ▶ Spicy sweet potato wedges and salad
- ▶ Quinoa Pilaf and/or roast vegetables

- 1 Pre-heat oven to 225°C/450°F/Gas Mark 7.
- 2 Prepare all the ingredients while oven is heating.
- 3 Place everything in a large metal oven dish (fairly deep). 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 – longer if it needs to crisp up a bit more round the edges.



Thai Curry with Vegetables and Tofu

Serves 30-35 | Approx 1 hour

Tofu

- ▶ 1.35K plain, cubed and deep-fried OR equivalent pre-fried tofu pieces

Vegetable Curry

- ▶ 90ml plain oil
- ▶ 6 medium onions – any colour – chopped
- ▶ 6 aubergines, cut into small pieces
- ▶ 2.5K assorted veg – a selection of these works:
 - ▶ fine green beans (frozen work well)
 - ▶ peppers, any colour, chopped into strips
 - ▶ carrot sticks
 - ▶ broccoli florets, quite small
 - ▶ baby sweetcorn
 - ▶ mangetout
 - ▶ courgette
 - ▶ sweet potato
 - ▶ mushrooms
- ▶ 100-150g red or green Thai curry paste. Less if red, more if green. Ensure it is vegan: see page 28, Pastes and Sauces (no added fish sauce)
- ▶ 24 lime leaves
- ▶ 6 tins coconut milk
- ▶ Salt and black pepper
- ▶ Light soya sauce to taste
- ▶ 3 limes +, juiced OR 100ml bottled fresh juice
- ▶ Coriander, fresh, 1 large bunch

Serving suggestions

- ▶ Sticky rice
- ▶ Cashews, roasted, for garnish
- ▶ Chilli flakes

- 1 Prepare all vegetables. Fry tofu cubes and set everything aside.
- 2 Heat the oil and fry the onion until translucent. Add the aubergine and fry until just tender. Add a little water or stock if it starts to stick.
- 3 Add the rest of the vegetables, the curry paste, coconut milk, sugar, soya sauce, lime leaves, lime juice, salt and black pepper. Cook for 15-20 minutes or until the vegetables are just tender. Don't overcook.
- 4 Add the fried tofu pieces about 5 minutes before the end so that they absorb some flavour but keep their texture.
- 5 Put rice on to coincide with the curry being ready.
- 6 Taste and adjust seasoning - salt, pepper, lime juice - if necessary.
- 7 Stir the chopped coriander into the curry and serve it with the rice and any accompaniments.



Bean Salad Niçoise with Mustard Dressing

Serves 12 | Approx 30 minutes

- ▶ 750g thin French beans, fresh or frozen
- ▶ 1K cooked, mixed beans (eg about 4 tins assorted tins of haricot, flageolet, borlotti, kidney, all rinsed and drained – OR 400g dried beans, cooked)
- ▶ 750g fresh tomatoes, plum if available
- ▶ Small bunch fresh basil
- ▶ 3 handfuls of black and green pitted olives
- ▶ Salt and coarsely-ground black pepper

Mustard Dressing

- ▶ 3 tsp Dijon mustard
- ▶ 1 large garlic clove, cut into 3 pieces
- ▶ 3 tbsp cider vinegar
- ▶ 9 tbsp olive oil

Serving options

- ▶ Warm bread: white/wholemeal/flat bread such as pitta
- ▶ Hot pasta, tossed in olive oil
- ▶ Marinated fried tofu pieces
- ▶ Smoked tofu cubes

- 1 If using fresh beans, trim them – just remove tops and leave the tails.
- 2 Cook them in boiling water to cover for 4-6 minutes until *al dente*. Drain in a colander and cool under the cold tap. Drain again.
- 3 Meanwhile, drain and rinse the other beans, cut the tomatoes into chunky pieces, tear the basil and put them all into a bowl, along with the olives.
- 4 Season with salt and a little pepper.
- 5 Make the dressing: put the mustard, crushed garlic, vinegar and a little salt into a bowl and mix with a fork or small whisk, then gradually whisk in the oil. Season.
- 6 Add half the dressing to the salad and toss so that it's all glossy, then heap onto plates or a serving dish.
- 7 Drizzle the rest of the dressing over and around, and grind some more pepper coarsely over the salad.



Bread & Butter Pudding

Serves 12 | 50 minutes

- ▶ 1.3L/4 pints runny custard made with
 - ▶ 1.3L soya milk
 - ▶ 130g custard powder
 - ▶ 240g sugar – add extra if necessary.
- ▶ 36 slices of medium sliced good quality white bread, crusts removed
- ▶ Vegan margarine such as Pure or Vitalite
- ▶ Sultanas or raisins – approximately 60g/4 tbsp
- ▶ Citrus peel – as above
- ▶ 3 tbsp brandy if desired

Serving suggestions

- ▶ Soya cream, eg Alpro/Provamel or Cremovita – see page 28
- ▶ Vegan ice cream, eg Swedish Glace – see page 28

- 1 Pre-heat oven to 180°C/350°F/Gas Mark 4.
- 2 If using the brandy, soak the dried fruit in it and set aside.
- 3 Make the custard with soya milk and sugar according to the instructions on the custard packet. Set aside.
- 4 Grease the inside of a large oven proof dish.
- 5 Butter the bread generously with the vegan margarine and slice in half.
- 6 Put a layer of bread (margarine side up) on the edges and the bottom of the dish. Sprinkle some of the dried fruit on it then pour on a layer of custard.
- 7 Repeat this process until the bread is used up – finish with the custard on top.
- 8 Bake in oven for 30 minutes until golden brown.

Products

All of the items listed below are vegan, meaning they are suitable for vegetarians and the dairy intolerant too – a triple whammy!

The list below is not comprehensive but it is a good

introduction to what is available from retailers: major supermarkets (large branches) plus Holland & Barrett or independent health food shops/ethnic grocers.

For bulk orders, see page 30 for a list of wholefood wholesalers.

	Asda	Sainsbury	Tesco	Waitrose	Other: Health food shop chains; independent health food shops; independent ethnic grocers
Bread: Hovis, Warburton and Co-op range mostly vegan – check the labels. Check other manufacturers/bakeries	✓	✓	✓	✓	✓
Cheese, vegan hard: Redwood assorted flavours, Sheese assorted flavours, No-moo (Vegusto)	✗	✗	✓	✗	✓
Curry pastes, Indian: Patak's: Balti; Bhuna; Biryani; Jalfrezi; Mild; Korma; Rogan Josh; Tikka and Tikka Masala; Kashmiri Masala; Madras; Extra Hot; Vindaloo	✓	✓	✓	✓	✓
Curry pastes, Thai: Thai Taste	✓	✓	✓	✓	✓
Curry pastes, Thai: Tesco own brand	✗	✗	✓	✗	✗
Curry pastes, Thai: Asda own brand	✓	✗	✗	✗	✗
Cream cheese, vegan: Tofutti plain and flavoured or Tesco Free From	✗	✗	✓	✗	✓
Margarine: Pure soya or sunflower	✓	✓	✓	✓	Varies
Margarine: Vitalite	✓	✓	✓	✗	✗
Margarine: other brands eg Suma or Biona	✗	✗	✗	✗	✓
Mayonnaise: Plamil	✓	✓	Granose vegan mayo	✓	✓
Meat alternatives: Redwood	✗	✗	✗	✗	✓
Meat alternatives: Fry's	✗	✗	✗	✗	✓
Meat alternatives: Linda McCartney	✗	✗	✗	✗	✓
Soya cream, single	✗	✓	✗	✓	✓
Soya cream, whipping	✗	✗	✓	✗	✓
Soya milk	✓	✓	✓	✓	✓
Soya yoghurt, plain and/or flavoured	✓	✓	✓	✓	✓
Soya sauce (shoyu and/or tamari)	✗	✓	✓	✓	✓
Tofu, Cauldron plain	✓	✓	✓	✓	✓
Tofu, Cauldron marinated pieces	✓	✓	✓	✓	✓
Tofu, plain, other brands	✗	✗	✗	✗	✓
Tofu, smoked	✗	✗	✗	✓	✓
Tofu, other flavoured	✗	✗	✗	✓	✓
Tofu, silken	✗	✓	✓	✓	✓
Tempeh	✗	✗	✗	✗	✓
Yeast flakes, nutritional	✗	✗	✗	✗	✓



Accessible alternatives

Retail

- ▶ large supermarkets, mainly Sainsburys/Tesco/Waitrose although they don't each sell all products listed here
- ▶ independent suppliers, eg health food shops, ethnic grocers; web stores

Wholesale

- ▶ see page 30 for our list of wholefood and other suppliers

Key

S – supermarkets

IR – independent retailers;

IW – independent wholesalers

CW – chain wholesalers (eg 3663),

including internet stores

WS – web shop (company's own)

Cheese

- ▶ Vegusto (No-Muh) – including melting. Assorted flavours IR WS
- ▶ Redwood Cheezly – including melting. Assorted flavours IR WS
- ▶ Sheese – hard and cream-style, including melting. Assorted flavours IR WS
- ▶ Tofutti – cream cheese-style, assorted flavours; grated mozzarella-style IR IW
- ▶ Tesco Free From Soya Cheddar Style and Creamy Style Spread

Chocolate

- ▶ Dark (without nuts or other flavourings)
 - ▶ Divine S IR IW
 - ▶ Lidl Dark Fair Trade
 - ▶ Montezuma S IR IW
 - ▶ Organica S IR IW
 - ▶ Plamil – all S IR IW WS
 - ▶ Sainsbury Dark Belgian Cooking Chocolate
 - ▶ Waitrose organic Fair Trade Swiss dark chocolate
- ▶ Milk (without nuts or other flavourings)
 - ▶ Moo-free IR IW WS
 - ▶ Organica Couverture S IR IW
 - ▶ Plamil – as dark S IR IW

Condiments

- ▶ Tomato ketchup; brown sauce; burger relish; mustard – most OK but check no added whey etc. Supermarket own-brands mostly fine S IR IW CW

Cream

- ▶ Single
 - ▶ Soya: Alpro or Provamel S IR IW
 - ▶ Oat: Oatly S IR IW

- ▶ Whipping
 - ▶ Cremovita S IR CW
 - ▶ Soyatoo S IR CW

Ice cream

- ▶ Booja-Booja – assorted flavours. Expensive but gourmet award-winning company IR IW
- ▶ Swedish Glace – in several flavours S IR IW
- ▶ Tofutti IR IR

International

- ▶ Indian curry pastes
 - ▶ Pataks – many pastes and some sauces. Check the label or website. Their lactic acid is vegan S IR IW CW
- ▶ Italian
 - ▶ Meridian pesto S IR IW
 - ▶ Many tomato-based pasta sauces but check
- ▶ Mexican
 - ▶ Discovery – taco shells; tortillas; salsa; some sauces S CW
- ▶ Thai curry paste (without fish/shrimp sauce)
 - ▶ Thai Taste S CW
 - ▶ Geo IR IW

Margarine

- ▶ Biona IR IW
- ▶ Pure S IR IW CW
- ▶ Suma IR IW
- ▶ Vitalite S CW
- ▶ Other (3663)

Mayonnaise

- ▶ Granovita S IR IW
- ▶ Plamil S IR IW WS

Meat

- ▶ Chunks; strips; sausages – chilled/frozen
 - ▶ Fry's – wide range from pies to poloni and more IR CW (3663) WS
 - ▶ Linda McCartney – sausages and some pies S IR CW
 - ▶ Real Eat chunks and mince S IR IW CW
 - ▶ Redwood deli slices, sausages, roasts and more S IR IW WS
 - ▶ Vegetarian Choice sausages, burgers IR IW
 - ▶ Vegusto deli slices, sausages and more WS
 - ▶ Wicken Fen sausages, some vegan IR IW
- ▶ Mince, frozen
 - ▶ Fry's IR CW (3663) WS
 - ▶ Linda McCartney S IR CW
 - ▶ Supermarket: Asda; Sainsburys; Tesco

- ▶ Milk
 - ▶ Plain
 - ▶ Soya – long-life and/or fresh
 - ▶ Alpro S CW
 - ▶ Provamel IR IW
 - ▶ Plamil IR IW WS
 - ▶ Supermarkets – all
 - ▶ Other – almond/hemp/oat/rice and more
 - ▶ Flavoured
 - ▶ Soya
 - ▶ Alpro
 - ▶ Provamel
 - ▶ Lidl

Pastry

- ▶ Jus-Rol puff and shortcrust in frozen blocks or chilled/frozen sheets S CW WS
- ▶ Sainsburys puff and shortcrust in chilled sheets

Stock: bouillon and cubes

- ▶ Green Oxo S CW
- ▶ Marigold red or purple tub vegan, gluten-free bouillon IR IW

Tofu

- ▶ Plain: firm – stir-fries, scrambles, deep-fried cubes for Oriental dishes
 - ▶ Cauldron S IR IW
 - ▶ Clearspot IR IW
 - ▶ Dragonfly IR IW
 - ▶ Taifun S IR IW
 - ▶ Oriental supermarkets, eg Chinese, Thai, Korean often sell excellent quality tofu
- ▶ Silken (unflavoured) used in quiches or desserts. Firm or soft
 - ▶ Blue Dragon S IR IW CW
 - ▶ Clearspring S IR IW
 - ▶ Mori-nu S IR IW CW
 - ▶ Taifun S IR IW
 - ▶ Oriental supermarkets, see above
- ▶ Flavoured
 - ▶ Cauldron organic marinated pieces S IR IW CW
 - ▶ Clearspot marinated IR IW
 - ▶ Dragonfly smoked IR IW
 - ▶ Taifun smoked; basil; rosso (sundried tomato) S IR IW
 - ▶ Viana, smoked IR IW

Yeast flakes

- ▶ Marigold Engevita. Used as a 'cheezy' condiment or to make sauces IR IW

Yoghurt – plain and flavoured

- ▶ Alpro
- ▶ Provamel
- ▶ Tesco

Cruise the booze

Some alcohol is not vegetarian or vegan-friendly as it includes fining agents such as gelatine, isinglass (fish swim bladders) and egg albumen.

Beer

Bottled beers are the safest bet as most cask beer contains isinglass. However, see Samuel Smith

- ▶ Becks: can and bottle
- ▶ Budweiser: can and bottle
- ▶ Carlsberg: regular; Edge; Export; Special Brew: can and bottle
- ▶ Cobra: bottle
- ▶ Coors: bottle
- ▶ Corona: bottle
- ▶ Co-op: own-label beers clearly marked on the label if vegan, eg Czech lager
- ▶ Deuchars: bottle
- ▶ Elephant: bottled
- ▶ Freedom: lager, bottle
- ▶ Golden Promise: bottle
- ▶ Grolsch
- ▶ Heineken: Pilsner
- ▶ Holsten: Export; Pils; Super
- ▶ M&S: their vegan list includes lots of vegan booze, not just wine
- ▶ Perroni Nastro Azzurro: bottles
- ▶ Samuel Smith:
 - ▶ Bottles: all vegan EXCEPT Yorkshire Stingo
 - ▶ Cask: all EXCEPT Old Brewery Bitter hand pulled from the cask. San Miguel: bottled
- ▶ Tiger: bottle
- ▶ Tsingtao: bottle
- ▶ Tuborg: bottle
- ▶ Tyskie : bottle

Cider

- ▶ Aspell: all cider
- ▶ Dunkertons: all
- ▶ Luscombe Organic: all
- ▶ Merrydown: all
- ▶ Samuel Smith: Cider Reserve; Organic Cider
- ▶ Sheppy's Cider: all
- ▶ Thatcher's: all
- ▶ Weston & Son: all
- ▶ Woodpecker

Fortified wines – sherry and port

- ▶ Cockburns: Special Reserve Port
- ▶ Domeq's Sherries
- ▶ Fonseca: vintage ports; prima organic reserve
- ▶ Gonzalez Byass
- ▶ Harvey's Bristol Cream
- ▶ Waitrose: Rich Cream Sherry; Dry Amontillado Sherry; Fino Del Puerto;
- ▶ Palo Cortado; Dry Oloroso Sherry

Spirits

Most spirits are vegan but not advocaat, which contains eggs

Wine

Asda: marks its own-label wines.

Brown Brothers: it varies!

www.brownbrothers.com.au/uploads/veganapril2011.pdf

Co-op: see Co-op beer and cider

Majestic: has a vegan list www.majestic.co.uk/find/Vegan-is-Vegan

M&S: marks its own wines if suitable. See M&S beer and cider

Oxford Landing: all of its range from 2008 vintage onwards is vegan

Sainsbury: marks its own-label wines

Tesco: as Sainsbury. Ask customer services.

Yellow Tail: all red (the white uses gelatine)

www.discoveryyellowtail.com/faqs.php Independents: most independents know their stuff and should be able to tell you what is suitable.

FFI check out these useful sites www.barnivore.com and www.veggiewines.co.uk

Books available from www.vivashop.org.uk

Viva! sells a wide range of cookery books. Here's a sample. Prices range from £2.99-£22. Order online, or call 0117 944 1000 (Mon-Fri, 9-5).

Vegan Recipes by Nicola Graimes. Cheap, cheerful and very good. International flavours with some excellent desserts as well as starters, mains and sides.

Easy Vegan by Julia Charles – fusion and ethnic dishes that look and taste good and are simple to make.

Viva Vegan! ... for Latin Food Lovers. Nothing to do with Viva! but a Latino cookbook by Terry Hope Romero.

The Asian Vegan Kitchen by Hema Parekh – features just

about every Asian cuisine from Thai to Japanese, Malaysian to Vietnamese as well as Southern Asia.

The Complete Book of Vegan Cooking by Tony & Yvonne Bishop-Weston. A great book that is a kind of vegan 'Delia' – with lots of important basics as well as recipes.



Rose Elliot's New Complete Vegetarian – another of those important reference guides cum cookbooks. Not vegan but with lots of vegan recipes – and most of the veggie dishes can easily be veganised, eg substituting vegan cream, margarine, mayo, yoghurt and cheese.

Terre à Terre, by Amanda Powley and Philip Taylor. From the cutting-edge Brighton cordon vert restaurant:

complex and sophisticated composite dishes with inspirational photos. Vegetarian with some vegan recipes – but again, lots more could be veganised with a little imagination and vegan ingredients.

My Sweet Vegan by Hannah Kaminsky – featuring innovative, beautiful dessert ideas.

Mmm, Yummy Cakes

A good vegan cake, muffin and dessert book for under £3.

And, coming soon... our very own **The Viva! Cookbook**, the culmination of years of experience from which many of the recipes included in this guide have been taken. One hundred per cent animal-free and delicious.



All washed up: kitchen and washroom products

Animal-free and non-tested products are widely available for washrooms and kitchens – and are often good for the environment – there are plenty of economical brands too. Not only do those listed below do the job well, they are increasingly

easy to buy from mainstream outlets. All are BUAV approved.

Promote yourself – mention that you provide cruelty-free/vegan/eco-friendly products in your promotional materials and website to encourage extra custom!

Cleaning

The new generation of animal and planet-friendly cleaners are very good. Please note: the Co-op was updating its own-brand range of cruelty-free cleaning products at time of press so couldn't supply details. See bottom right for contacts – and check your local store.

Cleaner type	Astonish	Bio-D
Washing-up	✓	✓
All-purpose spray	✓	✓
Bathroom	✓	✓
Shower	✓	X
Toilet	✓	✓
Dishwasher	✓	✓
Oven	✓	X
Laundry	✓	✓

Washrooms and Bathrooms

It's easy and inexpensive to replace soap and bathroom cleaners. For those businesses which offer accommodation, there are many budget cruelty-free toiletries. As well as the stockists below, Faith in Nature brand is also good value and can be bought wholesale.

Toiletry type	Superdrug own-brand	Original Source	Lush (green sticker only)
Soap, liquid/	✓	✓	X
Anti-bacterial gel	✓	X	X
Hand Cream	✓	X	✓ (various)
	SD: Essentials range		
Shower gel	✓	✓	✓
Shampoo	✓	✓	✓
Conditioner	✓	✓	✓
Toothpaste	✓	X	X

BULK: Bio-D – sells large catering packs of ecological and vegan washing up liquid, all-purpose cleaner, loo cleaner etc, see Wholesale stockist list see page 30.

Superdrug

Liquid soap – all own brand hand washes/anti-bacterial hand gels

Shower – all own brand

All other bath and shower lines they currently stock are suitable for vegans

Shampoo – all

Conditioner – all

Exceptions

X Moisture Rich Silk Handwash

X Moisture Rich Silk Bath Cream

X Moisture Rich Silk Shower Crème

X Cream Shower Silk

X Cream Shower Pearl

X Cream Shower Milk and Honey

X Shower Cream Cherry Blossom

X Shower Cream Almond and Milk

X Coconut & Sweet Almond Shampoo

X Superdrug Pro Vitamin Extra Shine Shampoo

X Superdrug Pro Vitamin Normal Shampoo.

X Coconut & Sweet Almond Shampoo

X Coconut & Sweet Almond Conditioner

X Coconut & Sweet Almond Intensive Conditioner

X Superdrug Pro Vitamin Extra Shine Conditioner

X Superdrug Pro Vitamin Normal Shampoo

Stockists

Superdrug: free delivery on orders over £25.

Call 0845 6710709 www.superdrug.com

Co-op: retail range varies according to store size.

Call 0800 0686 727 customer.relations@co-operative.coop

Astonish: retail and wholesale. Widely available. A large range of every possible cleaning product.

Visit www.astonishcleaners.com

Original Source: all vegan washroom/bathroom products.

Widely available at www.originalsource.co.uk

Wholesale: Bio-D; Faith in Nature – see Stockists page 30;

Astonish (see above). Please note, not all Ecover products are suitable for vegans.

Stockists

Wholesale

The following are major distributors of health foods and/or suppliers of vegetarian/vegan alcohol and/or kitchen and toiletry products. They are a good starting point when trying to source products. If buying in small quantities you should be able to buy all of the products below at your local health food store and many of them in the supermarket too (look in the free-from, special foods or ethnic food sections first).

Although we suggest nearby delivery areas, these companies travel a fair bit – and their own brand goods are available in many national outlets. Give them a ring for advice.

www.3663.co.uk

Fry's products. Vitalite 2K and several other brands of vegan margarine.

Essential Trading Co-operative Ltd (Bristol and the South West)

T: 0117 958 3550 www.essential-trading.co.uk

Green City Wholefoods (Scotland)

T: 0141 554 7633 www.greencity.co.uk

Infinity Foods Co-operative Limited

(Brighton and the South-East)

T: 01273 424060 www.infinityfoods.co.uk

Suma Wholefoods

T: 0845 458 2291 www.suma.co.uk

Vinceremos Wines

T: 0113 244 0002 www.vinceremos.co.uk – wholesale and retail

Vintage Roots (organic wines) – wholesale and retail

T: 0800 980 4992 www.vintageroots.co.uk

Retail online

Goodness Direct www.goodnessdirect.co.uk sells just about everything online and offer free delivery for orders over £35. Many of the products listed below are stocked by them. They also offer a chilled/frozen delivery service.

Vegusto www.vegusto.co.uk – animal-free cheeses, meats etc

Redwood www.redwoodfoods.co.uk - vegan cheeses, meat slices, patés, vegan fish patés and fish fingers

Retail Stockists

- ▶ **Goodness Direct** – see above
- ▶ **Independent health food shops**
- ▶ **Holland & Barrett**
- ▶ **Waitrose, Sainsburys, Tesco, Marks & Spencer or Asda** – all have a vegan list if you ask
- ▶ **Morrison** also sells a pretty good range of vegan products but does not supply a vegan list at time of writing
- ▶ **Lidl and Aldi** sell a small range of veggie products but vegan labelling varies. The **Co-op** labels vegan and veggie foods very well but their range of modern vegan products is limited at present

More recipe ideas

The internet is a vast treasure trove and there is a huge range of excellent vegan and vegetarian recipe books available – a little research will reap dividends. See below for recommendations.

- ▶ www.viva.org.uk
- ▶ www.vegetarianrecipeclub.org.uk – a constantly upgraded, all-vegan recipe site, with a large range of modern and traditional dishes
- ▶ www.veganyummyum.com/archives – she also has a great book out now
- ▶ www.bbcgoodfood.com/content/recipes/vegetarian/vegan – some interesting ideas on this trustworthy and wide-ranging site
- ▶ **Veggies** – www.veggies.org.uk
- ▶ **Vegan Society** – www.vegansociety.com
- ▶ **Vegetarian for Life** – this charity works with those involved in catering for the elderly, providing excellent catering training to care homes and the like – www.vegetarianforlife.org.uk

Vegan and lactose intolerant no-nos

A glossary of common animal substances used in food.

The following list is by no means exhaustive but should give you an idea of ingredients to avoid when buying products suitable for vegetarians, vegans and the dairy intolerant. If you have any questions about any of the following, or other ingredient you're uncertain of, please contact Viva! and we will be happy to advise. Call 0117 944 1000 (Mon-Fri, 9-5) or email info@viva.org.uk.

albumen – (egg white) protein part of an egg.

anchovy – small fish of the herring family, often used as a flavour enhancer. Found in Worcester sauce and some pizza toppings. NB Vegan Worcester sauce available

animal fat – fat derived from slaughtered animals. This is boiled off the skin and used in many processed foods eg baked and pastry products, margarines, soups and stocks as well as soaps.

aspic – used as a glazing agent from meat or fish-derived jelly.

carmine (E120) – red food and drink dye pigment obtained from cochineal.

casein – milk-derived protein, used in cheese production.

cheese – dairy product made from cow, sheep or goat milk. Unless labelled 'vegetarian', it is likely to have been made using animal-derived rennet. NB Parmesan is never vegetarian.

cochineal (E120) – red dye made from the dried bodies of crushed insects.

dairy produce – products made from cow, goat, sheep or any other animal milk. Includes milk, butter, cream, ghee (rancid

butter used in many Indian dishes), casein, yoghurt, cheese, ice-cream, lactose or anything that contains these products or derivatives of them.

gelatin(e) – protein jelly obtained by boiling animal tissues such as hooves, bones, horns, skin etc. One of the most widely used animal-derived ingredients in processed foods and many other products. Used as a gel in some sweets, jellies, capsules (eg for nutritional food supplements and drugs), confectionary and all non-digital photographic film.

isinglass – pure form of gelatine, obtained from the swim (air) bladders of slaughtered freshwater fish, especially sturgeon. Used to clarify (refine) alcoholic drinks, eg wine/beer.

lactose – is used as a carrier for flavouring agents in many processed foods. Also used in cosmetics and medicines. It comes from two sources, so check with manufacturers:

– animal (mainly cows)

– non-animal. Eg Patak's curry pastes use a vegan version.

rennet – enzyme extracted from calves' stomachs after they have been slaughtered, used in cheese-making. Non-animal rennets made from microbial or fungal enzymes are available to make vegetarian cheeses – check that the label says the cheese is vegetarian.

shellac (E904) – insect secretion, used as a candied sweet glaze and also added to hair spray, lip sealer and polishes.

suet – hard fat used in cooking made from the kidneys of cattle and sheep. Vegetable suet is widely available.

whhey – milk-derived substance left after most of the fat and casein has been removed in cheese-making. Used in many processed foods eg some margarines, biscuits, and crisps as well as some cleaning products.



If you want to:

- ▶ increase and optimise your profits
- ▶ attract new customers
- ▶ offer delicious food that everyone will want to try, whatever their dietary preference
- ▶ offer contemporary vegan, vegetarian and planet-friendly food
- ▶ learn how to 'veganise' existing menu options to save time and effort
- ▶ find suppliers the easy way
- ▶ access cutting-edge vegan and vegetarian catering expertise – FREE or at little cost

... then look no further!

Viva!

£6.99
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Vegan recipes: www.vegetarianrecipeclub.org.uk
www.viva.org.uk www.vegetarian.org.uk

ISBN 978-0-9561093-5-4



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