

Vegan Recipes

Apple Cake

275g plain flour (it is nice with whole meal but any plain flour is fine)

1 teaspoon cinnamon

1/2 teaspoon baking powder

150g vegan margarine (the original recipe is for butter)

150g soft brown sugar

275g (approx) eating apples

1. Preheat oven to 180 degrees C
2. Mix flour, cinnamon and baking powder and rub in margarine to form a fine breadcrumb texture.
3. Peel and core the apples, cut into small pieces and stir into the flour mixture, along with the sugar.
4. If it won't hold together add a little milk of your choice (but as little as possible)
5. Grease a large baking sheet and form the cake mix into a large round (or put in greased tin)
6. Bake 35 minutes
7. Nice warm or cold
8. It doesn't keep very well because of the apples but can be frozen.

Beetroot & Walnut Hummus

50g walnuts

1 tbsp cumin seeds

25g stale bread, crusts removed

200g cooked beetroot (not pickled)

1 tbsp tahini paste

1 garlic clove, crushed

juice of 1/2 - 1 lemon

salt, pepper

A little oil (optional)

From: River Cottage Everyday, Hugh Fearnley-Whittingstall

9. Put walnuts on a baking tray and toast for 5-7 minutes at 180 degrees C. Leave to cool.
10. Fry cumin seeds stirring continuously for a couple of minutes.
11. Put bread, walnuts and cumin in food processor and blitz until fine. Add the rest of the ingredients, blitz again.
12. Check seasoning and add a little oil if you think it needs it.
13. Mix all ingredients thoroughly.
14. Form into small balls, place on greased baking sheet and flatten slightly with a fork.
15. Bake in a pre-heated oven 180 degrees for approximately 12 minutes.

Carrot and Sunflower Spread/Dip

200 g cooked carrots

100g sunflower seeds, soaked in water for approx 2 hours and drained

1 tablespoonful parsley

finely grated rind of 1 orange

2 teaspoons maple syrup

1 teaspoon ground coriander

1/2 teaspoon ground ginger

3-4 tablespoons sunflower oil

salt and pepper

1 tablespoon nutritional yeast (optional)

Combine all ingredients in a food processor, adding oil and seasoning to taste.

Chestnut and Parsnip Spread/Dip (or 'sausage' roll filling)

180g cooked chestnuts
300 g cooked parsnips
1 1/2 teaspoons ground cumin
1 1/2 teaspoons smoked paprika
1 teaspoon ground coriander
clove of garlic - crushed
juice of 1 lemon
olive oil (approx 3 tablespoons)
1 tablespoon nutritional yeast (optional)
salt and pepper

Courgette Fritters

200g tofu
juice of 1/2 lemon
1/2 tsp salt
heaped tsp mixed dried herbs
1 heaped tblsp nutritional yeast (optional)

300-350g courgettes (large ones are fine)
salt and black pepper
110g chickpea (gram) flour
1/4 tsp bicarbonate of soda
120ml soda water (or iced water)
Good handful of chopped fresh mint and dill
(or whatever is to hand)
5 spring onions (or white part of leek) finely
chopped
oil for frying

Courgette, rosemary and orange cake

250 g courgettes, coarsely grated (not peeled)
and drained in a sieve
3 tablespoons soya yoghurt
125ml vegetable or sunflower oil
150g caster sugar
225g self-raising flour
1/2 teaspoon bicarbonate of soda
1/2 teaspoon baking powder
rind of 1 orange, finely grated
teaspoonful of finely chopped rosemary

Blend all ingredients in food processor, adding olive oil and seasoning to taste.

1. Press tofu in under a tea-towel to dry it out a bit. Crumble tofu into a bowl.
2. Combine lemon juice, salt, dried herbs and nutritional yeast, pour over feta and leave to marinate for several hours/overnight.
3. Coarsely grate the courgettes, place in a colander, sprinkle with 3/4 tspn salt, mix well and leave for 20 mins.
4. Meanwhile, make thick batter by mixing the flour, bicarb and water.
5. Squeeze the courgettes in a clean dry cloth and mix into the batter with the herbs, spring onion and tofu (drained of any liquid), season with black pepper. Check seasoning.
6. Fry for 2-3 minutes on each side in hot oil.

Makes about 20 small fritters

Adapted from: Casa Moro, S & S Clark

Preheat oven to 180 degrees C

7. Beat yoghurt, oil and sugar till creamy
8. Add flour, bicarb and baking powder and continue to beat
9. Stir in courgettes, orange rind and rosemary
10. Pour into tin or muffin cases

Bake 25 - 30 mins for large cake, less for muffins

Adapted from: How to be a domestic goddess, Nigella Lawson

Peanut Butter Biscuits

100g soft brown sugar
100g peanut butter
75g vegan marg
175g plain flour
3/4 tspn bicarb
2 tbspn non-dairy milk

1. Mix all ingredients thoroughly.
2. Form into small balls, place on greased baking sheet and flatten slightly with a fork.
3. Bake in a pre-heated oven 180 degrees for approximately 12 minutes.

Adapted from: Delia Smith Book of Cakes

Semolina Cake

250g soya yoghurt
225g sugar
115g plain flour
225g semolina
235g sunflower oil
5g cream of tartar
2 tbsp sparkling mineral water
finely grated rind 1 lemon
teaspoon of vanilla essence

For the syrup:

250g sugar
150g water
1tsp lemon juice
1tsp rose water
pistachios

1. Preheat oven to 200 degrees C
2. Mix all ingredients together and put in lined tin.
3. Bake 25 - 30 mins.

To make the syrup: bring all the ingredients to the boil and simmer for 15 minutes. Pour over the warm cake.

Vegan Food & Living, July 2017 (slightly altered)

Vegan Nut Loaf

1 medium onion or small leek, chopped
1 fl oz/30 ml vegetable oil
2 tsp/10 ml vegetable oil
8 oz/225g chopped nuts
2 tbsp ground almonds
4 oz/100g wholemeal breadcrumbs
1 tbsp sage
Salt and pepper to taste

1. Pre-heat oven to 180C/350F/gas mark 4
2. Sauté onion or leek in oil until soft
3. Combine all ingredients (mixture may be slightly slack)
4. Turn into an oiled oven proof dish

Bake for 30 minutes until golden brown.

www.vegansociety.com/resources/recipes/special-occasions/easy-nut-roast

If you are a typical meat eater, your food will equal c. 10% of your carbon footprint.

If you are a vegan, your food will be c. 1.5% of your carbon footprint.

How many days a week can you “vegan”?

100g	kWh	Protein	Our daily calcium	Water	origin	calories	g fat	sodium	g fibre
beef	8	23		8	animal				
lamb	7	21			animal				
pork	4	22			animal				
chicken	1	24		2.5	animal	130	1		0
Sesame seeds	<0.5	18	98%		seed	573	50		11.8
Quorn chicken	<0.5	13.8		1	fermented fungus + egg	90	2.6		7.1
Quorn mince	<0.5	15		1		105	2		5.5
tofo (soya) with calcium sulfate	<0.5	9	68%		soy beans	81.9	4.1	23.4	0
dry soya "mince"	<0.5	82			soy beans	349	0.2	0.2	0.9
seitan	<0.5	21	2%		wheat	105.3	2	444.6	2
tempeh	<0.5	21			soy beans	202.41	7.02	14.04	10.53
edamame	<0.5	11	6%		soy beans	509	5.2		5.2
cup cooked lentils	<0.5	16			lentils	323	13.3		198
almonds	0.5	23	27%		nuts	622	56		5.55
walnuts	0.5	17			nuts	669	65		4.7
cashews	0.5	16			nuts	585	49		3.4
peanuts	0.3	29			Legume	622	53		6.2
sunflower seeds	<0.5	23			seed	585.3	48.7		5.7

Kale, Collard Greens, Broccoli, Spinach and Soybeans are high in calcium.