

# Recipes from vegan food sample stall – Saturday 13 August 2011 – [www.bristolanimalrights.org.uk](http://www.bristolanimalrights.org.uk)

## Rissoles

<p>300g potatoes          1 tin chopped onions (or one chopped onion)          250g gram flour          3 vegetable stock cubes</p>	<p>Herbs of your choice          1-2 tsp smoked paprika          Lemon juice          Oil for frying</p>
---	--

- 1) Cook and mash potatoes.
- 2) Mix in onions, flour, oxo cubes, herbs and paprika.
- 3) Bind with lemon juice.
- 4) Divide into small balls, fry in oil 5 mins each side.
- 5) Eat immediately – be warned these are very moreish!

## Red Pepper and Courgette Quiche/Mini-Quiches

<p>Pastry          12 oz (340g) plain wholemeal flour          6 oz (170g) vegan margarine          enough water to bind          (or use vegan shop-bought short crust pastry–          e.g. Jus-roll is currently vegan)</p>	<p>Filling          2 medium onions chopped fine          2 medium courgettes chopped fine          2 medium red peppers chopped fine          9 oz (250g) tofu cubed          1 level dssp mixed herbs          1½ dssp tomato purée          1 level tsp salt          generous pinch black pepper and ginger          1½ packs of vegan cheese, grated          enough soya milk to make a paste</p>
--	---

1. Preheat the oven to 200°C/400°F/gas 6.
2. Make the pastry by rubbing the margarine into the flour until it resembles fine breadcrumbs. Add enough water to make a dough.
3. Roll it out and use a cutter (about 2¾ inch) to cut the pastry into rounds. Place them all into a bun tray and bake for 10 mins to set the pastry, or if making a large quiche, press into a 12cm x 12 cm flan dish.
5. Fry the onions for a few mins then add the courgettes and red pepper. Fry until soft.
6. Add the tofu, herbs, tomato purée, salt and pepper and fry a bit longer.
7. Take off the heat and add the vegan cheese and enough soya milk to make a paste.
8. Place about a heaped tsp into each mini-quiche. Bake for 25 mins if mini-quiches and 30-35 minutes for a large quiche, until golden.

Makes about 50 mini-quiches or one large one.

Variation: add ½ pkt Redwoods Cheatin' Bacon, chopped in step 5.

## Baked Bean, Onion, and Sheese Pasties

<p>400 g tin baked beans          85 g (1 cup) vegan "Sheese"          60 g (about 1/2 cup) chopped onion          15 g (1/4 cup) nutritional yeast flakes (Engevita          sold in healthfood shops – optional)</p>	<p>Pinch of two of black pepper          500g shortcrust pastry (Jusrol is currently          vegan)          soya milk, for brushing</p>
--	---

1. Mix beans, sheese, onion, nutritional yeast (optional), and black pepper in a medium bowl. Taste it and add more salt and/or pepper if needed.
2. Roll the pastry to around 1/8 inch thick and cut into three 8-9 inch circles (a plate makes a good template). Brush the edges with soya milk and plop a heaped 1/2 cup filling in the centre of each. Fold the pastry edges up to the centre and pinch them together, pleating or folding over as you go. Brush the outside with soya milk and poke a hole either side of the pleat (this lets the steam out while cooking).
3. Bake on a sheet at 180 C/Gas 4/ (350 F) for around 40 minutes, until the pastry is lightly browned. Eat hot or cold (but but if you opt for the former let it cool a bit).

## Vegan "Scotch eggs"

<i>1 packet sos-mix</i> <i>½ tsp nutmeg</i> <i>½ tsp sage</i> <i>½ tsp parsley</i>	1 tbsp chopped brazil nuts Approx 3 tbsp flour 15 button mushrooms
---	--

Prepare "sos-mix", add nutmeg, sage and parsley, oh and chopped brazil nuts too. Mix it all up, roll it out on some flour into a big circle about 1 cm thick. Pick the cutest button mushroom you can find and roll it in flour. Then place it in the middle of the "sos-mix", and wrap around. Keep pressing firmly to create a ball. Dust with flour again and roll in some oil. Finally, after all that rolling...roll your ball (not yourself) in bread crumbs. From <http://www.animalsnotingredients.co.uk>

## Date and Coconut Balls

Makes about 12

<i>5 cups of dates</i> <i>2 – 3 cups of coconut</i>	<i>3 tablespoons of tahini</i> <i>Cacao nibs (optional)</i>
--	--

- 1) Melt dates in a saucepan with as little water as you can get away with. Aim to evaporate it all in the process of melting the dried dates
- 2) Add cacao nibs (optional), coconut and tahini. Mix well.
- 3) Either spread onto a greased tray and leave to cool before chilling, or leave to cool and roll into balls, then chill.

## Basic Vegan Sponge Cake (and variations) (taken from Another Dinner is Possible)

<i>400g self raising flour</i> <i>200g caster sugar</i> <i>200ml sunflower, vegetable or rapeseed oil</i>	<i>300ml litres soya milk (or 200ml soya milk and 100ml water)</i> <i>1 tsp bicarbonate of soda</i> <i>1 tsp lemon juice or 1 tsp vinegar</i>
---	---

- 1) Pre-heat oven to 180 – 200°C.
- 2) Sift the flour. Add caster sugar and mix well.
- 3) Stir in the oil. Mix the soya milk, bicarbonate of soda and lemon juice or vinegar separately. Add to the mix and stir until smooth.
- 4) Pour into a greased cake tin and put in the oven. Takes 30 mins. Take a peek after 20 mins (but no sooner) to check it is not burning or going too brown.

### Variations:

**Chocolate cake:** In step 2, use 50g cocoa and 350g flour.

**Lemon cake:** Add grated rind from 1 lemon in step 2 (make sure organic and not waxed) and juice from the lemon and less soya milk in step 4 (same amount of liquid in total). When cooling down, poke holes in the cake and pour a drizzle over: 75g icing sugar and juice of ½ lemon brought to the boil and cooked for 3 mins, then drizzle over the cake.

**Carrot cake:** Add 3 -4 grated carrots, 1 tsp cinnamon and 50g sultanas in step 3

**Marble cake:** ½ white dough, half chocolate dough: pour into tin on top of each other and give one gentle stir with fork.

**Blackberry cake:** Stir in 200g washed blackberries just before putting the cake in the oven.

## Australian Crunch

(makes 10-12)

<i>6oz (175g) vegan margarine</i> <i>4oz (110g) wholemeal flour</i> <i>4oz (110g) raw cane sugar</i>	<i>3oz (75g) desiccated coconut</i> <i>1.5oz (40g) cornflakes</i> <i>1oz (25g) cocoa or 0.5oz carob cocoa and icing sugar to make a small amount of chocolate icing</i>
--	---

- 1) Melt the margarine in a saucepan.
- 2) Add the remaining ingredients.
- 3) Press into a greased 8 inch square tin and bake at gas 4 / 180°C / 350°F for 25-30mins (NB: check after 20mins)
- 4) Cool in the tin.
- 5) Top with a thin layer of chocolate icing with cocoa, icing sugar and water, not too hard and not too runny!
- 6) Allow to set and cut into squares.

## Gluten-free Chocolate Chip Orange Cupcakes

<i>1 cup rice flour</i> <i>1/2 cup vegan sugar</i> <i>1/4 tsp salt</i> <i>1/2 tsp bicarbonate of soda</i> <i>1/4 tsp baking powder</i> <i>1/4 cup chocolate chips</i>	<i>1/4 cup water</i> <i>1/4 cup coconut milk</i> <i>1/2 tsp orange extract</i> <i>1/2 tsp white wine or cider vinegar (vegan)</i> <i>1/8 cup oil</i>
--	--

- 1) Sieve and mix the dry ingredients.
- 2) Add wet ingredients and beat for one minute.
- 3) Put into 8 cup-cake tins (fill half full)
- 4) Cook at 180°C/Gas Mark 4/350°F for 15 – 20 mins

## Millionaire's Shortbread

<b>Shortbread</b> <i>150g (6 oz) vegan margarine (E.g Pure or Vitalite)</i> <i>75g (3 oz) caster sugar</i> <i>175g (7 oz) plain flour</i> <i>75g (3 oz) cornflour</i>	<b>Caramel</b> <i>300g caster sugar</i> <i>60g vegan margarine</i> <i>About 3 tbsp soya whipping cream (Almost half a carton - about 130ml)</i> <i>Vanilla - seeds from about 1/4 of a pod (or 1tsp vanilla essence)(optional)</i> <i>And of course, 100g of plain chocolate</i>
---	---

- 1) Put the margarine in a mixing bowl and beat in the caster sugar.
- 2) Mix in the flour and cornflour, pressing the dough lightly together with your hands.
- 3) Press the shortbread into a rectangular oven-able dish until it's flat and level
- 4) Cook for about 30 minutes or until the shortbread is JUST beginning to brown.
- 5) While the shortbread is cooling, you can start on the caramel. Put the sugar into a large stainless steel pan and put it on a medium heat. Yes, all by itself. No water!
- 6) The plan is to end up with caramel colour melted sugar with no burnt bits, so just keep melting the sugar, stirring (especially around the edges of the pan) to make sure it doesn't burn.
- 7) When all the sugary lumps have melted and the caramel is a lovely golden brown colour, add the margarine, soya cream and vanilla and stir it all together.
- 8) Put a drop of caramel in a cup of cold water, to check that it is the right consistency. It should form a soft ball between your finger and thumb. If the drop dissolves and doesn't come together, put the caramel back on the heat. If the ball is rock solid and more like toffee than caramel you could put it over a very gentle heat with some extra soya cream.
- 9) Pour your perfect caramel over the shortbread and leave it to set.
- 10) Melt the chocolate in a bowl over a pan/bowl of boiling water, making sure no water splashes into the chocolate. Pour the chocolate over the caramel. Voila.

## Vegan Tea-Cake

*This cake does well if kept for a few days.*

<i>8 oz/225g mixed dried fruit</i> <i>6 fl.oz/180ml cold strained tea</i> <i>4 oz/115g soft brown sugar*</i>	<i>8 oz/225g S.R. flour</i> <i>1 medium size ripe banana, well mashed</i>
--	--

- 1) Soak fruit overnight in the tea. Cover with a plate.
- 2) Heat oven to 160°C/Gas 3/310°F
- 3) Grease 11b loaf tin
- 4) Add all remaining ingredients and beat well. The consistency should be slightly wet so add water if necessary.
- 5) Pour into tin and bake for 1hr (or until cooked)
- 6) Leave in tin to cool.

\*2 3/4 oz sweet freedom also works well instead of sugar. You can buy Sweet Freedom from Holland & Barrett and other health food shops

## Fruit Scones

<i>1 lb (450g) self-raising flour</i> <i>½ tsp salt</i> <i>½ tsp baking powder</i> <i>3½ oz (100g) vegan margarine</i>	<i>4 oz (110g) raisins or sultanas</i> <i>1½ oz (40g) sugar optional</i> <i>9 fl oz (250ml) sweetened soya milk</i>
---	---

1. Sift the dry ingredients into a bowl.
2. Cut the margarine into small pieces and rub into the flour until the mixture looks like breadcrumbs. Add fruit, and sugar if using.
3. Bind the mixture with the milk a bit at a time until the dough is very soft but not sticky.
4. Flour a board and pat the dough out flat until it is 2-2.5 cm thick. Cut into scones using a pastry cutter or glass. Carefully place the scones on a greased baking tray and brush the tops with soya milk.
5. Bake at 220°C/425°F/gas 7 for 10-15 mins until golden brown.
6. Cut in half and spread with jam and vegan cream (see recipe below). Alternatively you can use Soyatoo squirty vegan cream or Granovita Whipping Cream.

## Whipped “Cream”

<i>9 oz (250g) silken tofu</i> <i>4 tbsp oil</i> <i>¼ cup icing sugar</i> <i>1 tsp vanilla essence</i>	<i>⅛ tsp salt</i> <i>½ tsp lemon juice</i> <i>2 tbsp soya milk if required</i>
---	--

1. Blend the ingredients in the order given, adding the soya milk last only if needed to blend the mixture into a thick cream. Chill.
2. Whip the cream with a spoon or whisk before serving.

**Peanut butter oatmeal cookies<sup>1</sup>**, taken from Vegan with a vengeance and modified a little bit.

<i>225g plain flour</i> <i>175g rolled oats</i> <i>2 teaspoons baking powder</i> <i>1/2 teaspoon salt</i> <i>150ml rapeseed oil</i>	<i>175g peanut butter</i> <i>175g granulated sugar</i> <i>175g brown sugar</i> <i>100ml vanilla soy milk</i> <i>2 teaspoons vanilla extract</i>
---	---

- 1) Preheat the oven to 180 degrees Celsius.
- 2) Sift the flour and baking powder in a bowl. Add the rolled oats and salt and mix.
- 3) In a separate bowl mix together the oil, peanut butter, sugars, soy milk and vanilla extract.
- 4) Mix the dry ingredients into the wet ingredients.
- 5) Roll 1-2 tablespoons of mixture into a ball and place on a baking sheet. Use a wet fork or glass bottom to flatten to 1cm thickness, leave about 2.5cm between the cookies as they will spread slightly.
- 6) Bake for 8-10 minutes, allow to cool for a few minutes on tray before placing on a wire rack to cool.

[www.bristolanimalrights.org.uk](http://www.bristolanimalrights.org.uk) / [barc@hotmail.co.uk](mailto:barc@hotmail.co.uk)