

Recipes from Free Vegan Food Stall

12 November 2011

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Chocolate Fudgy Oatmeal Cookies

Makes 24 cookies

2 cups quick cooking oats	2tbsp ground flax seed
1 2/3 cups all purpose flour	2/3 cup soya milk
2/3 cup cocoa powder	2/3 cup corn oil
½ tsp baking soda	1 ½ tsp vanilla extract
½ tsp baking powder	¼ tsp almond extract
¾ tsp salt	¾ cup chocolate chips
1 ½ cups sugar	1 cup glace cherries, chopped or sultanas

- Preheat the oven to 350°F. Line two baking sheets with greased proof paper.
- In a medium sized bowl, stir together oats, flour, cocoa powder, baking soda, baking powder, and salt. Set aside.
- In a large bowl, beat together sugar, flax seeds, and soya milk until smooth. Add the oil and the vanilla and almond extract and beat until well mixed. Fold in half of the flour mixture to moisten then fold in the remaining half. Just before the mixture is completely combined, fold in the chocolate chips and dried cherries or raisins, if desired.
- For each cookie drop 2 generous tablespoons of dough onto the cookie sheet, leaving about 2 inches of space between each cookie. If desired, flatten slightly with moistened fingers or the moistened back of a measuring cup. Bake for 10-12 minutes until cookies are firm and risen. Let the cookies rest on the baking sheet for 5 minutes then transfer to wire racks to complete cooling. Store in a tightly covered container.
- *Leave the dough unflattened if you want chewy cookies or flatten for a firmer texture

Recipe taken from *Vegan Cookies Invade Your Cookie Jar* by Isa Chandra Moskowitz & Terry Hope Romero

Apple & Sultana Squares

makes 12-16 – ready in 50 minutes

225g self-raising flour	110g sultanas
225g rolled oats	2tbsp golden syrup
225g Pure or any vegan margarine	1tsp bicarbonate of soda
225g sugar	2 dessert apples, peeled, cored and finely chopped

- Preheat the oven to 180C. In a bowl, mix together flour, oats and bicarbonate of soda.
- Place a saucepan on medium-low heat, add the vegan margarine, sugar and golden syrup and stir together for a few minutes until it has melted and dissolved.
- Remove saucepan from heat and stir into the flour and oat mixture. Press half the mixture into a greased and lined square tin.
- Mix together the apples and sultanas and sprinkle over the mixture in the tin and spread the remaining oat mixture on top.
- Place in oven and bake the biscuits for about 30 minutes until golden, then leave to cool for a few minutes before cutting into squares and place on a wire rack to cool.
Perfect with a cup of tea!

Sweet Thai Balls

450g firm tofu	2tsp golden syrup
2 garlic cloves, crushed	1tbsp fresh coriander, chopped
1 red chilli, deseeded and diced	2-3tbsp flour
1 lemongrass stalk, chopped	1tbsp coconut butter
2cm piece fresh root ginger, grated	

- Pulse the tofu, garlic, lemongrass, chilli, ginger and syrup in a food processor to combine. Do not over process. Add coriander and enough flour to stiffen the mixture.
- Chill for 30 minutes, then roll the mixture into small balls.
- Heat the coconut butter in the frying pan and fry the balls in batches for 4-5 minutes until golden all over. Serve with sweet chilli dipping sauce.

Courgette and Red Pepper Quiche

Pastry	12 oz tofu (340g) tofu, cubed
9 oz (255g) plain wholemeal flour	1 pack of vegan cheese
4.5 oz (130g) margarine	1.5 dssp tomato puree
	1 level tsp salt
Filling	generous pinch black pepper and ginger
2 medium onions	1 level dssp mixed herbs
2 medium courgettes	soya milk to make a paste
2 medium red peppers	

- First make the pastry by rubbing the margarine into the flour until it resembles fine breadcrumbs. Add enough water to make a dough which is soft, but not sticky. Roll out on a floured board to size and place into a large quiche dish. Bake for 10 minutes at 200°C/400°F/Gas Mark 6 to set the pastry.
- Now make the filling: chop the onions fairly finely; and chop the courgettes and red pepper. Fry the onions for a few minutes. Add the courgettes and red pepper, fry until they begin to soften. Meanwhile cube the tofu and grate the cheese.
- Take off the heat. Add tofu, cheese, tomato puree, condiments, herbs and enough soya milk to make a paste. Place into quiche dish and bake in the oven for 30-50 minutes.

Variation - Rashers' and mushroom quiche

- Omit the courgette and red pepper. Use 200g/7oz of mushrooms (sliced) and half a packet of Redwood's cheatin' bacon. Add the mushrooms when you would have added the courgette and red pepper. Add the cheatin' bacon at the same time as the tomato puree.

Savouries

300g potatoes	herbs of your choice
1 tin eazy onions	1 - 2 tsp smoked paprika
250g gram flour	lemon juice
3 veggie oxo cubes	oil for frying

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

Date and Coconut Balls

Makes about 12

5 cups of dates	2 – 3 cups of coconut
3 tablespoons of tahini	

For a normal domestic baking tray - try 5 cups of dates to 2/3 cups of desiccated or shredded coconut and 3tbsp of tahini.

For about 10 balls, use 5 cups of dates, 2-3 of coconut and 3 tablespoons of tahini

- 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
- Add coconut and tahini. Mix well.
- Either spread onto a greased tray and leave to cool before chilling, or leave to cool and roll into balls, then chill.
- and spread them onto a greased tray and leave to cool before chilling. Try the mixture also with some chopped nuts.

Pizza

2 1/2 cups flour	1 tbsp. oil
2 3/4 tsp. baking powder (if using baking soda use half and omit salt)	3/4 to 1 cups water
1 tsp. salt	Toppings – e.g. tomato puree, spinach, olives, red pepper, red onion, tinned sweetcorn

- Mix dry ingredients. add 3/4 cup water and oil. Stir until it forms a ball. If dough is stiff, add more water.
- The dough will be soft, not sticky. Knead on a floured surface for 3-4 minutes.
- Top with your choice of toppings, including vegan cheese sauce (see recipe below)
- Bake at 400°F for 15-25 minutes

Vegan Cheese Sauce (perfect on top of pizza)

40g nutritional yeast flakes/Engevita (can buy from large supermarkets, Sweetmart and independent health food shops)	225ml vegetable/sunflower oil
50g white flour	2 tsp mustard
1-2 tsp salt	650ml water

- Mix flour and salt in a saucepan.
- Add water gradually
- Boil for a minute, then add oil, mustard and yeast flakes.

Eat on pasta, in jacket potatoes or drizzle on top of pizza before cooking it.