

Recipes from the Free Vegan Food Fair in Bristol – 30th October 2010

If you cannot find the recipe for a dish you enjoyed today, please let us know:
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Potato Bondas

Oil for deep frying (e.g. sunflower)
1 kg / 2 ¼ lbs potatoes, boiled and mashed
2 tablespoons sunflower oil
½ teaspoon salt
2 teaspoons sugar
4 teaspoons desiccated coconut
5-10 green chillies, finely chopped
2 pinches of hing (asafoetida)(optional)
5 cm / 2 inch piece of root ginger, very finely chopped
1 teaspoon sesame seeds
1 teaspoon garam masala
Juice of 1 lime
Handful of coriander leaves, chopped

For the batter

6 tablespoons gram (chick pea) flour
Pinch of salt
Pinch of hing (asafoetida) (optional)
1 teaspoon ground turmeric
1 teaspoon chilli powder

1. Mix all the batter ingredients in a bowl, adding a little water a spoonful at a time, until a thick paste forms.
2. Heat the oil for deep frying.
3. Mix all the rest of the ingredients together and mould by hand into balls about the size of a golf ball.
4. When the oil is hot enough to cause a drop of the batter to sizzle and bubble rapidly, dip each ball of mixture in the batter and deep-fry in 2-3 batches, turning regularly until golden brown all over (5-10 minutes).
5. Drain on kitchen paper and serve hot or cold.
6. For convenience, the balls can be flattened out and shallow fried instead, turning once.

Serves 4-6 – makes about 24 Bondas.

Chickpea Kale Sweet Potato Stew

2 cups cooked chickpeas (or 2 cans, drained & rinsed)
2 cups soup stock, bean cooking liquid, or water
1 medium sweet potato or yam, peeled, chopped in bite size pieces
2 stalks celery, trimmed and sliced thin
4 cups chopped kale
1 tablespoon (2 - 3 cloves) garlic, peeled and minced
1 tablespoon fresh ginger, peeled and minced (2 thin slices)
1 tablespoon olive oil
1 teaspoon brown mustard seeds
1 teaspoon gr. coriander seeds
1/2 teaspoon gr. cumin seeds
1/2 teaspoon paprika
1/2 teaspoon gr. fennel seed
1/2 teaspoon gr. fenugreek seed

1/2 teaspoon turmeric
1 bay leaf
1/2 teaspoon salt or to taste
1 tablespoon Braggs Liquid Aminos or soy sauce
Fresh ground black pepper to taste
1/2 cup coconut milk, light or full fat

1. In a separate pot, heat the beans and liquid on medium heat, with the bay leaf.
 2. Peel & mince the garlic and ginger.
 3. Wash and trim the celery, slice thin.
 4. Peel and chop the sweet potato in bite sized pieces.
 5. Wash and strip the leaves from 1 bunch of kale. Discard the stems. Chop the leaves in small pieces.
 6. Heat the olive oil on medium low in a large dutch oven.
 7. Sauté the garlic, ginger, and mustard seeds 5 minutes.
 8. Add the sweet potatoes and celery, sauté 5 minutes.
 9. Add the spices, stir for a minute to heat through.
 10. Add the kale and stir fry until it wilts.
 11. Add the beans, liquid, and coconut milk. Bring to a boil, cover and simmer 10 minutes or until veggies are tender.
 12. Add Braggs or soy sauce, pepper, and salt just before serving.
- 4 Large Servings. All quantities are all flexible in this recipe. Preparation and cooking time is 30 - 40 minutes.

Turkish Bulgur Wheat Salad

250g bulgur wheat
1 cucumbers
2 peppers
3 tablespoons tom puree
1 bunch fresh parsley
juice of 1 lemon (or 1 tablespoon lemon juice instead)
5 tablespoons sunflower oil
pepper again (change quantities)

1. Put bulgar wheat in a pan with dash of oil, and enough water to generously cover. Put lid on and simmer for 15 mins.
2. Dice cucumber and peppers as small as possible.
3. Mix the above with the rest of the ingredients and serve.

Coleslaw

handful of brazil nuts (optional)
1/2 a small onion
1/2 clove of garlic
2-3 heaped tablespoons egg-free mayo
splash of lemon juice
splash of salad dressing (mix of vinegar and oil)
ground black pepper
1/2 a small red cabbage
1/2 a small green/white cabbage
2 medium carrots
generous handful of fresh parsley

This can be done almost entirely in a food processor with a grater attachment to save time.

1. Whizz together or finely chop the brazils, onion and garlic and set aside in a large bowl or tub.
2. Add the mayo, lemon juice, salad dressing, black pepper and mix well.
3. Grate the cabbage and carrot.
4. Roughly chop the parsley.
5. Mix parsley, cabbage and carrot in with the mayo mixture.

NB: these are vague quantities only and can be adapted to taste and to make it look pretty! It is much nicer not swimming in mayo like coleslaw often is, gives it a much fresher taste and appearance.

Vegan Spread

6 rice cakes
4 table spoons water
2 table spoons tomato puree
1 onion
2 table spoons sunflower oil
pepper
salt
pinch of chilli powder
herb-flavoured vinegar
parsley for decoration

1. Crumble the rice cakes to very small pieces (but not powder).
2. Chop the onion.
3. Add the water, oil, tomato puree, onion and mix it with your hands.
4. Season to taste with salt, pepper, chilli, herb-flavoured vinegar.
5. Put it in the fridge for at least 3 hours.

Hummus

1 tin chickpeas (drain but keep the liquid)
1 clove garlic, crushed
1 tablespoon olive oil
juice of ½ lemon
1 teaspoon tahini
½ teaspoon ground cumin
½ teaspoon soy sauce (optional)

1. Grind up the chick peas in a food processor or blender
2. Add all the ingredients except the reserved liquid from the chickpea tin and mix well.
3. Add enough of the chick pea juice to make it creamy, dippy or spreadable, depending on your intended use.
4. Leave to ripen overnight in the fridge.

Vegan Sausages

1/2 cup cooked black beans, drained
1 cup vegetable stock
1 tablespoon olive oil
2 tablespoons soy sauce
2 tablespoons tomato puree
2 teaspoons lemon zest
2 crushed garlic cloves
1 1/4 cups wheat gluten (available from www.lowcarbmegastore.com called 'Wheat gluten powder'. P&P is quite pricey, so best to club together and buy lots if possible)

1/4 cup yeast flakes (e.g. 'Engevita' brand, available in most health food shops)
1 tablespoon smoked paprika
1 tablespoon dried sage
1 teaspoon dried oregano
1/4 teaspoon cayenne
1 teaspoon liquid smoke (easy to find online, e.g. www.americansweets.co.uk)

You will need several sheets of tin foil and a steamer.

1. Mix all the ingredients together with a fork or in a blender until well combined.
2. Take handfuls of the dough and roll into rough sausage shapes. They'll be quite uneven at this stage, but will swell when cooked. Place each sausage along the edge of a piece of foil and roll it up, twisting the ends to seal it.
3. Place each wrapped sausage in the steamer, and steam for about 40 minutes. Once cooked, the sausages can be sliced up and cooked (e.g. grilled or fried) or used in other recipes (e.g. a sausage and veg hotpot).
Makes about 12 depending on how big you want them!

Vegan Boursin

100g tofu
100g cashew butter (this can be prepared by grinding raw cashews which have been soaked overnight, or at least for some time, and then drained, until they form a powder and then a paste)
Salt to taste
Garlic, ground or minced fine
Fresh herbs (basil, tarragon, parsley or as you like)
Freshly ground pepper
Yeast flakes (e.g. Engivita brand from health food shops) - optional

1. Mix the tofu, cashew butter and garlic in a blender to make a thick but creamy spread.
2. Remove from the blender into a bowl. Add salt to taste, and finely minced fresh herbs and fresh pepper and stir together.
3. Yeast flakes can be added for a cheesier taste if available but are not necessary.

Variation: Instead of the herbs, add some tomato salsa (e.g. one small jar of shop bought, or an equivalent amount homemade).

Couscous – Marocco

(recipe from (p.97) 'Vegetarian quick & easy; cooking from around the world' by Troth Wells. Published by the New Internationalist)

Couscous is today eaten throughout the Arab world and in many other places as well. It is a national dish in the Maghreb countries of Morocco, Algeria and Tunisia but each country has its special treatment. The Moroccans often put in saffron to impart a subtle aroma; Algerians may emphasise the taste of tomatoes while in Tunisia the couscous may be spiced up with ginger and chillies. Often the dish is accompanied by the region's fiery condiment, harissa. Couscous itself is a fine semolina grain (made from wheat), which is usually cooked by steaming it above the vegetables. If you do not have a couscoussier (special pan) you can use a sieve placed above (but not in) the cooking vegetables.

Serves 4

Ingredients:

1/2 pound / 225 g couscous
2 onions, finely chopped
1/2 cup / 75 g garbanzos/chickpeas
1/2 cup / 75 g broad beans

2 tomatoes, chopped
2 carrots, sliced
1 green bell pepper or turnip, finely chopped
1 zucchini/courgette, sliced
1 tablespoon raisins or sultanas
¼ teaspoon saffron or turmeric*
2 tablespoons fresh parsley, chopped
2 tablespoons fresh cilantro/coriander, chopped
½ teaspoon chilli powder
1 teaspoon paprika powder
1 tablespoon margarine
oil
salt and pepper

* Turmeric does not have the same flavour as saffron but it does yield a similar yellow colour.

1. First, heat the oil in a saucepan large enough to take the other ingredients (and one in which your sieve, if using, will sit comfortably). Fry the onions until soft.
2. Now put in all the other ingredients except the couscous, and season well. Stir to combine.
3. Next, pour over just enough boiling water to cover. Place the couscous in the sieve or couscoussier and suspend above the vegetables. Put the lid on the saucepan, bring to the boil and then simmer for 10-15 minutes until everything is ready.
4. Spoon out the couscous onto a large plate, or onto individual plates, and then pile the vegetables on top.

Banoffee Pie

10 vegan digestive or Hobnob biscuits (approx 250g)
2-3 tablespoons of dairy free margarine (e.g. Pure or Vitalite)
one packet of silken tofu (approx 350g)
half to a third of a cup of maple syrup/golden syrup/Sweet Freedom (to taste)
half cup of fat free dairy free soya milk
1-2 banana's (depending on taste)
dairy free whipping cream (e.g. Granovita or Soyatoo from Health food shops or Sweet Mart on St. Marks Road, Easton)
dairy free dark chocolate

round cake tin (approx 8"")

base:

1. Crush or blend biscuits into fine crumbs.
2. Gently melt margarine and stir in crumbs until the mixture takes on a firm feel. Spoon into cake tin and flatten then place in fridge to cool

Middle:

3. Mix tofu, maple syrup and milk in a blender until tofu becomes smooth.
4. Pour mixture into pan and heat. Once it starts to boil don't turn down the heat but keep stirring with a wooden spoon. Eventually (around 10-15 minutes) of constant heating and stirring the mixture slowly starts to thicken and darken. At this stage continue stirring on a very low heat for a few more minutes, then when it starts to take on a gluey consistency remove from heat.
5. Slice bananas and layer on biscuit base then pour over the still hot tofu mixture and smooth out. Place in fridge and allow to cool. As this happens the mixture will take on a firm toffee consistency.

Top:

6. Once chilled, whip cream and layer on top of toffee. Finely grate chocolate on top of cream and cover gently cover with cling film and place back in the fridge for around 30 minutes to allow the cream to set to a firmer consistence....

Chocolate Date Pie

1 ½ cups rice flour
2/3 teaspoon salt
½ cup water
2/3 cup nut butter, e.g. almond/brazil/cashew

1. Base: Mix dry ingredients together. Add nut butter and water and mix well. Press into a pie plate and prick all over with a fork. Bake at 180° until brown (approximately ½ hour).

Date filling:
500 g dates
1 teaspoon cocoa powder (or more if you prefer)
vanilla essence (a few drops or more)

2. Soften dates by simmering in very little water. Allow to cool, then add cocoa powder and vanilla essence to taste. For a less firm consistency, add some orange juice.

Chocolate layer:
250 g dark chocolate
soya milk

3. Melt chocolate (bowl over small amount of boiling water) and add a small amount of soya milk to make a creamier consistency.

4. Allow pie crust to cool. Spread chocolate filling over base of crust and refrigerate till firm. Add date filling, then top with chopped nuts.

Tip: the same recipe can be used with a fruit mince filling for example, or anything you desire.

Chocolate Brandy Truffles

1 tub vegan 'cream cheese' like Tofutti Original Creamy Smooth or Original Creamy Sheese
454g icing sugar
345g dark chocolate
1½ teaspoons brandy
Cocoa powder

1. Spoon vegan 'cream cheese' into a bowl, sieve in the icing sugar and beat well until smooth.
2. Break the chocolate into a bowl and then immerse the bowl into a saucepan of simmering water on the top of your oven. Stir with wooden spoon as it melts.
3. Add melted chocolate to 'vegan cheese' and icing mixture, along with the brandy.
4. Mix well, cover and refrigerate for 1 hour.
5. Now shape the mix into truffles (about ½ inch balls). Put the cocoa powder into a bowl, add the truffles and then gently shake the bowl so they become coated.

Makes about 25 truffles. Preparation/cooking time 2 hours

Apple Cake

9oz self raising flour

4oz vegan margarine

3oz caster sugar (plus an extra 2tbs)

milk to bind

3 cooking apples, chopped

1. Rub margarine and flour together to form a crumble-like substance.
2. Add the sugar and repeat the process.
3. Add the apple.
4. Then add enough milk to bind the ingredients together, it should be moist and a little bit sticky. It should not be too wet, so add the milk slowly.
5. Place the dough mixture into a baking form and sprinkle the cake with 2tbs of caster sugar.
6. Bake at 180 degrees for approximately 35 minutes.

Vegan Double Chocolate Muffins

320g plain flour

100g cocoa

1tbsp baking powder

1/2tsp salt

225g castor sugar

460ml soya milk

120ml vegetable oil

1tsp vanilla extract

180g chocolate chips

80g Dark chocolate

100 Thousands: Sugar sprinkles

1. Add flour, cocoa powder, baking powder, sugar and salt to a bowl and mix thoroughly.
2. Stir in the milk, oil, vanilla extract and chocolate chips.
3. Use a mixer to give the dough a lighter and fluffier texture (1-2 minutes). Put the mix into 12 muffin cases in a muffin form and bake for approximately 25 minutes at 200 degrees (check with a knife to see if it comes out clean, if it does then they are ready even if they feel very soft).
4. Melt the dark chocolate while you leave the muffins to cool down. With a baking brush, put chocolate on each muffin and finally sprinkle with 100-Thousands and leave to dry and cool.

Bakewell Tart

Shortcrust pastry - bought or made (4oz plain wholemeal flour, 4oz plain white flour, 4 oz marg rubbed together with a small amount of water or Jus-Roll is currently vegan)

Jam (about half a jar)

200g self raising flour

1 heaped teaspoon baking powder

75g brown sugar

30-40g ground almonds

1/2 tsp almond essence

240ml water

90ml sunflower oil

icing:

200g icing sugar

water

chocolate ice cream/dessert sauce (in a squirty bottle - Askeys dark chocolate one is vegan)

1. Preheat oven to 175°C/gas mark 4
2. Line a big square tin with greased baking paper, bottom and sides
3. Roll out the pastry to cover the bottom and sides of the tin. Prick pastry with a fork
4. Spoon lashings of jam on to the pastry and spread it out
5. Sieve together flour, baking powder, sugar and ground almonds. mix well in a jug, mix the water, oil and almond essence. add to the flour a big dollop at a time and mix well. (NB: mixture should be quite runny, so if it isn't add a bit more oil and water)
6. Pour into the middle of the jammy pastry. mixture should spread out evenly, but if it isn't tip the tin gently
7. Bake for 40mins, check after 30-35mins
8. Remove from the tin when cooled by lifting up the baking paper
9. Sieve the icing sugar and add a little water to make an unrunny icing ice the cake, then use the choc sauce to draw horizontal lines across it about 2cm apart
10. With a sharp knife, lightly draw vertical lines across the cake, 2cm apart, alternating direction, wiping the knife between lines.

Fairfoods Lemon Cake (wheat)

15 fl oz (425ml) soya milk or rice milk

2¼ teaspoons vinegar

5 fl oz (150ml) vegetable oil

2 tablespoons grated lemon zest

10oz (285g) caster sugar

8½ oz (240g) wheat flour

2 oz (55g) cornflour

1 teaspoon bicarbonate of soda

1½ teaspoons baking powder

1. Whisk soya milk and vinegar together in a large bowl. Add vegetable oil, lemon zest and sugar. Whisk again.
2. Sift flours, bicarbonate and baking powder into wet ingredients and mix well, whisking if necessary.
3. Pour into a 7 inch cake tin and bake for 50-60 minutes at 175°C or until a cocktail stick comes out clean. Alternatively the mixture will make 12 muffins/large cupcakes, pour into cases and bake for 25 minutes at 175°C or until a cocktail stick comes out clean.
4. Note. Replace half the cornflour with soya flour to give a richer and slightly more 'melty' texture.

Fairfoods Lemon Cake (gluten-free)

15 fl oz (425ml) soya milk or rice milk

2¼ teaspoons vinegar

5 fl oz (150ml) vegetable oil

2 tablespoons grated lemon zest

10oz (285g) caster sugar

2 dssp ground flax seed, optional

8 oz (225g) rice flour

2 oz (55g) cornflour

1 teaspoon xanthan gum

1 teaspoon bicarbonate of soda

1½ teaspoons baking powder

1. Whisk soya milk and vinegar together in a large bowl. Add vegetable oil, lemon zest, sugar and flax seed (if using). Whisk again.
2. Sift flours, xanthan gum, bicarbonate and baking powder into wet ingredients and mix well, whisking if necessary.
3. Pour into a 7 inch cake tin and bake for 50-60 minutes at 175C or until a cocktail stick comes out clean. Alternatively the mixture will make 12 muffins/large cupcakes, pour into cases and bake for 25 minutes at 175C or until a cocktail stick comes out clean.

Note: Replace half the cornflour with soya flour to give a richer and slightly more 'melty' texture.

Fairfoods Vanilla Icing

2 oz (55g) vegan margarine
1/2 tsp vanilla essence
6 oz (170g) icing sugar, sieved

1. Mash margarine and vanilla essence into the sugar with a fork.

Note: If you want really thick icing replace half the margarine with vegetable fat (e.g. Trex). If possible leave the Trex out to soften for a couple of hours before using.

See www.fairfoods.org.uk for more Fairfoods recipes, including some of those on their stall today!

Cheesecake 1

Base:

1 packet of hobnobs (minus one or two biscuits to eat whilst you make it!)
2-3 tablespoons vegan margarine (e.g. Pure or Vitalite)

Filling:

10oz (285g) firm tofu (e.g. Cauldrons)
2 tablespoons sunflower oil
2oz (55g) raw cane sugar
juice and rind of one lemon
1 teaspoon vanilla essence
1 1/2oz (45g) ground almonds

1. Preheat oven to 350°F/180°C/Gas mark 4. Melt margarine over a medium heat.
2. Crush the biscuits in a bag with a rolling pin and stir into melted margarine.
3. Press into a greased 9" tin and bake for 10mins.
4. Meanwhile blend remaining ingredients in a food processor.
5. Pour filling onto base and cook for a further 30mins.
6. Cool, then chill before serving.

Cheesecake 2: Chocolate

Base:

200g Digestive biscuits (dairy free. like tesco value or M&S)
75g 'Pure' or other dairy-free margarine

Topping:

1 tub Dairy free tofutti cream cheese (health food shops sell this)
170g Soft tofu (silken or just the ordinary 'cauldron' sort from the supermarket)
1 tablespoon Vegetable oil
60g Caster sugar
125g Dark chocolate (check that it is dairy free)

1 teaspoon Vanilla essence

1. Grease a loose based cake tin. One that is about 6 1/2 or 7 inches will work best.
2. Crush the digestive biscuits.
3. Melt the margarine in a pan, and pour over the digestive biscuit crumbs. Mix thoroughly, and pour into the cake tin. Press down evenly with a spoon until the base is very firmly compacted.
4. Melt the chocolate in a bowl over a pan of gently simmering water.
5. Put tofu, cream cheese, vegetable oil, sugar and vanilla essence in a blender and blend until smooth. If you don't have a blender, you'll need to use silken tofu, and get it as smooth as you can with a whisk or a fork.
6. Stir in the melted chocolate.
7. Pour the topping over the biscuit base and chill in the fridge for a couple of hours.
8. You could decorate it with vegan whipped cream (e.g., Soyatoo, or see the recipe in our Vegan Beginner Guide), chocolate curls or sliced strawberries.

Also see our Vegan Beginner Guide for a recipe for lemon coconut cheesecake.

Cooking Demonstration Recipes – Vegetarian & Vegan Foundation

Versatile Veggie Quiche with Healthy Crust

Serves 4

75 minutes – including baking time

This recipe is tasty, as well as being very adaptable and economical - and the reduced-fat pastry is a health bonus too. We have included some filling suggestions, but get creative with fridge leftovers! It's good served with tomato or mixed salad or new potatoes.

Reduced-fat Pastry Crust

Serves 4: the crust will fill a 23-28cm/9-11 inch pie dish

This simple pastry crust needs no rolling. We have included a gluten-free alternative also.

30g/1oz vegan margarine

2-3 cooked potatoes, mashed (about 250g/9oz)

100g/3½ oz fine wholemeal flour, sieved OR for a gluten-free alternative: split the 100g flour into about 70g buckwheat flour and 30g gram flour

½ teaspoon baking powder

½ teaspoon salt

Oil spray

Filling:

2 teaspoons olive oil

1 onion, roughly chopped

2 cloves of garlic

330g pack of firm silken tofu

½ teaspoon turmeric

2-3 tablespoons soya milk

1 tablespoon Dijon mustard

Large pinch of mixed dried herbs (choice depends on the dominant taste in your filling, eg if making a mushroom quiche, try tarragon. Or try sage/thyme with an onion tart)

Salt and black pepper

One of the combinations below

Combinations – any one of these:

Mushroom: 150g/5oz mushrooms, sliced

Sweetcorn: 100g/3 1/2oz, drained

Red onion: 3 medium red onions, thinly sliced and sautéed plus 1 teaspoon dried thyme (omit onion from the filling mix above)

White onion: add 2 onions to the filling mix above

Roasted red pepper and courgette: 1 small red pepper, sliced into thin rings – de-seeded and pith removed

Optional extras – one of any of these:

1 tomato, chopped

Smoked tofu, sliced thinly

Sliced, cooked vegan sausages

1. Make the pastry. Mash the margarine together with the potatoes until smooth – this is easier if the potatoes are warm, so you might want to quickly heat up leftover spuds in a microwave or steamer. (Do not use an electric blender/food processor to mash them or the potato will turn gluey!)
2. Mix the dry ingredients together and combine them with the potato mash.
3. Spray the quiche dish with a couple of squirts of oil spray. Spread it round with clean hands or a pastry brush.
4. Press the crust on the bottom and edges of a large pie dish (diameter about 25-28 cm/10-11 inch).
5. Refrigerate while you prepare the filling.
6. Preheat oven to 190°C/375°F/Gas Mark 5.
7. Make the pastry as above if not already done.
8. Filling: sauté the onion and garlic in the 2 teaspoons oil until softened – about 3-5 minutes.
9. Blend this mixture with the tofu, turmeric, soya milk, Dijon mustard, herbs, salt and pepper until fairly smooth.
10. Stir in your chosen ingredients (see above for suggested combinations)
11. Pour the filling mixture into the pastry case and bake in the oven for 30-45 minutes or until firm in the middle. Check after 35 minutes, as the time will vary depending on your oven.

** Gram flour is also known as chickpea or besan flour, available in large supermarkets, health stores and ethnic groceries.*

Andy's Tofu Scramble

Serves 4. 15 minutes

This is a great alternative to scrambled eggs. It's good on its own with toast – or added to a big weekend fry-up! Andy Murray, cookery writer, kindly made his special version of the dish for us. We've made it ever since – and won lots of people over to the joys of tofu on the strength of it! As with all the recipes that use tofu instead of eggs, doing so will immediately cut cholesterol and unhealthy fat levels.

1 tablespoon sunflower oil or other plain, non-olive oil

1 small red onion, finely chopped

1-2 garlic cloves, crushed

1 tablespoon plain white flour (use gluten-free if desired)

100ml/3fl oz soya milk (add more if mixture too thick)

225g/8oz plain firm tofu, crumbled
2 medium vine tomatoes, finely chopped
2 teaspoons wholegrain mustard
½ teaspoon mixed dried herbs
6 fresh basil leaves, torn
Salt and freshly ground black pepper

1. In a heavy-bottomed pan, heat the oil and fry onion and garlic until onion is translucent – about 3-5 minutes. Add a tablespoon of water if the onion starts to stick.
2. Stir in the flour and let it cook for a few seconds before adding the soya milk a little at a time to make a roux (paste). Stir with a wooden spoon to avoid lumps.
3. Add the crumbled tofu, tomatoes, mustard and dried herbs.
4. Stir, still on a low heat, for about 3 minutes.
5. Toast some bread.
6. Add the basil leaves to the scramble and season to taste.
7. Spread margarine on the toast if desired then spoon scramble over it.

Chocolate Mousse

Serves 6-8. 10 minutes

455g/1lb silken tofu (red packet) – available in good supermarkets or health stores.
285g/10oz dairy free chocolate chips or dairy-free dark chocolate such as Divine
3 tablespoons maple or agave syrup – or more, to taste
1 teaspoon vanilla extract
Pinch sea salt

1. Drain tofu and blend in a food processor or blender until just smooth.
2. Soften chocolate with maple syrup in a double boiler (or bowl over pan of hot water), set over a low heat.
3. Stir gently with a rubber or plastic spatula until its melted and combined.
4. Pour chocolate mixture with vanilla extract and salt into processor with the tofu.
5. Mix until creamy, scraping down sides once or twice to ensure everything well mixed in.
6. Refrigerate in containers of your choice and allow to set in the fridge for an hour or so.

Cupcakes with Butter Icing

Makes 12. If you can't get muffin cases, use 16 large cases.

30 minutes total

115g/6oz fine self raising wholemeal flour
115g/6oz white self raising flour
225g/8 oz caster sugar
1½ teaspoons bicarbonate of soda
4 teaspoons soya flour
290ml/10½ fl oz soya milk
110ml/4 fl oz sunflower oil
½ -1 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 tablespoons 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 at for about 20 mins, until a skewer inserted into the middle comes out clean.

Butter Icing: Lemon, Chocolate, Coffee or Vanilla

50g/ 2oz vegan margarine
100g/4oz icing sugar

Options

Chocolate: 1 teaspoon cocoa powder

Lemon: zest of 1 lemon plus 1 teaspoon lemon juice

Coffee: 1 teaspoon coffee powder dissolved in 2 teaspoons hot water (add another 2 teaspoons icing sugar to this version)

Vanilla: 1 teaspoon vanilla essence

1. Place margarine in a mixing bowl and sift icing sugar over the top. Add whichever option you are using.
2. Mix well with a wooden spoon until smooth.
3. Decorate each cupcake using a pallet knife to smooth the butter off.

Pancakes – Sweet or Savoury

Makes approximately 8
15-20 minutes

These pancakes are very easy to make – just use a good heavy or non-stick frying pan. Being egg and dairy-free makes them cholesterol-free to boot! Don't worry if the first pancake doesn't turn out too well – the rest will be fine.

175ml/6fl oz soya milk
175ml/6fl oz water
175g/6oz plain flour, sieved
2 tablespoons chick pea flour, sieved
1 teaspoon baking powder
1 tablespoon sunflower oil
Pinch of salt

Additional oil for frying – or low-cal spray if using non-stick pan

To serve: maple or date syrup and/or lemon juice OR fresh fruit and vegan ice cream, eg Swedish Glace

1. Pre-heat oven to 170°C/350°F/Gas Mark 3.
2. Place all of the ingredients, except the oil for frying, in a blender and blend until smooth. Alternatively, place all dry ingredients in a mixing bowl, make a well in the middle and add the liquid gradually. Use a whisk and beat until there are no lumps.

3. Heat a small amount of oil in a frying pan until piping hot. Drain off any excess (or use low-cal spray, as above).
4. Pour enough of the batter mixture in to the frying pan to thinly cover the bottom. Swirl the pan gently to distribute the batter evenly.
5. Fry on one side for about a minute. Loosen the edges with a spatula and flip.
6. Fry the other side for another minute or until done.
7. Remove from pan and keep warm in the oven on a low setting.
8. Add more oil/spray to the pan if and when necessary and repeat steps 3 to 6 until all of the mixture is used up.
9. Serve drizzled with syrup/lemon juice.

To make a simple savoury filling

Oil spray or 2 teaspoons olive oil

1 small onion (red or white), chopped fine

1 garlic clove, crushed

100g/3½oz mushrooms, sliced quite thick

1 teaspoon mixed dried herbs

A little allspice or ground nutmeg

200g/7oz spinach, chopped roughly (baby spinach is best – if using bigger leaves, remove tough stalks)

1 tablespoon shoyu or tamari soya sauce

Options:

Sauce – hummous or a ready-made tomato pasta sauce work well.

Tofu – chunks of smoked tofu or marinated pieces are delicious.

Pulses – aduki or whole lentils also work well.

1. In a heavy-bottomed saucepan or non-stick frying pan, heat the oil.
2. Sauté (gently fry) the onion and garlic until the onion becomes translucent.
3. Add the mushrooms and fry for a few minutes until they start to turn golden brown.
4. Add herbs and allspice/nutmeg.
5. Add the spinach and cook until it starts to wilt.
6. Add the soya sauce and stir everything well so the flavours get well mixed in.
7. Spoon the filling into hot pancakes, roll them up and serve.

Today's event was organised by Bristol Animal Rights Collective:

www.bristolanimalrights.org.uk and sponsored by Veg Fund, Animal Aid and The Vegan Society.

Please contact 07595745441 or barc@hotmail.co.uk if you would like any of these recipes in a larger font.