

Raspberry & Almond Syllabub

Serves 4

5-10 minutes plus chilling time

Elegant and gorgeous, this attractive dessert is also incredibly quick and easy to make.

110g/4oz silken tofu (red or blue packet)

225g soya cream (Use Soyatoo or Granovita vegan whipping cream, sold in small longlife tubs)

225g/8oz raspberries

15g/1 tbsp caster sugar

1½ tbsp ground almonds

Optional: ½ tsp of orange flower water

Flaked almonds to decorate (optional) – make your own as instruction no.5 or buy ready-toasted

1. Blend the silken tofu until very smooth. Gently whisk in the vegan whipping cream.
2. Blend two-thirds of the raspberries and add to cream together with sugar.
3. Stir in the ground almonds followed by whole raspberries.
4. Put in the fridge to chill.
5. If toasting the flaked almonds yourself, place them in either a dry frying pan or on tin foil under grill, stirring occasionally. Don't take your eyes off them – they brown suddenly!
6. When syllabub is chilled, remove from fridge and decorate with almonds.

Chocolate Mousse

Serves 6-10

25 minutes, plus chilling time

This recipe halved will give 4 small but very rich portions. Good served with berry fruits as a garnish - the colour and tartness gives a lovely contrast. Raspberries and blueberries are particularly good. Or try

- chopped crystallized ginger
- orange juice and zest

1 pack of silken tofu (red or blue packet) – available in good supermarkets or health stores.

2 bars of plain vegan chocolate (200g total)

3 tbsp maple, date or agave syrup

1 tsp vanilla extract

Pinch salt

1. Blend tofu until just smooth.
2. Soften chocolate with syrup in a double boiler (or bowl over pan containing 5cm/2 inches of hot water), set over a low heat.
3. Stir gently with a rubber or plastic spatula until the mix has melted and combined.
4. Blend chocolate mixture with vanilla extract, salt and tofu.
5. Mix until creamy, scraping down sides once or twice to ensure everything is well mixed in.
6. Refrigerate in individual serving dishes of your choice for an hour or so - little espresso cups look lovely, or nice glasses.

Tiramisu

30 minutes plus 1 hour chilling time

This is an easy and relatively economical way of making tiramisu – delicious, yet far less fatty than the traditional variety too. Adapted from Robin Robertson's recipe in *Vegan on the Cheap* with thanks.

Good plain vegan chocolate: Divine, Organica, Plamil or Lidl Fair Trade Dark – if buying other brands, always check the pack as some companies add butterfat/whey/milk etc)

Bread base

4 x 2cm/generous 1 inch slices of good quality white bread, eg a bloomer or tin loaf – check packaging to ensure it is vegan

85 ml/3fl oz soya milk

½ tsp vanilla extract (use the best quality you can afford)

60g/2oz caster sugar

50g (half a large bar) dark vegan chocolate – grated, eg Lindt

Mocha Crème

110g/scant 4 oz unsalted cashew pieces (blanched almonds also work)

1 pack firm silken tofu (approximately 350g), drained and pressed down to get rid of excess water

110g/scant 4oz caster sugar

2 tbsp brandy or Amaretto liqueur

3 tsp instant coffee dissolved in 60ml/4 tbsp just-boiled hot water

1 tsp vanilla essence

1-2 tsp cocoa powder, as above

(Plus other half of the grated chocolate)

1. Lightly oil the cake tin or dish. Remove the crusts from the bread and cut into triangles. Arrange these on the bottom of the tin.
2. Heat the soya milk and 60g/2oz of the caster sugar in a small saucepan until the sugar has dissolved. Add the brandy/Amaretto and half teaspoon of vanilla essence, mixing in well, then turn off the heat.
3. Pour the milk mixture over the bread – pierce lightly with a knife or fork to ensure the liquid soaks through to all the bread pieces. Sprinkle the teaspoon of cocoa powder evenly over the bread then half the grated chocolate. Set aside.
4. Make the coffee mixture and set aside.
5. Now grind the cashews to a fine powder and set aside – use a coffee grinder or similar. Next, blend the silken tofu until very smooth and creamy. Use the spatula to mix in from the sides of the bowl every few seconds so there are no lumps.
6. Add the cashew powder to the tofu, then the rest of the sugar and vanilla extract, plus the coffee mixture (whisked up first if necessary) and vanilla essence. Blend thoroughly.
7. Pour the entire mixture over the bread base then sprinkle the rest of the cocoa powder over evenly. Chill for at least an hour then top with remaining grated chocolate before serving.

Sour Crème

1 pack silken tofu, preferably firm but soft will do – drained
2 tbsp lemon juice (or lime juice, particularly good with Mexican food)
1 tbsp plain-tasting vegetable oil (ie not olive, sunflower or anything strong)
1 tsp cider vinegar
1 tsp sugar
½ tsp salt

1. Whizz the silken tofu until it is completely smooth and creamy – get rid of any graininess.
2. Add remaining ingredients and whizz again to mix in well.

It keeps in an airtight container (or glass jar with lid) for several days. It will also freeze – but will need to be whizzed again!

Good in things like mushroom stroganoff or with Mexican dishes – lovely drizzled on tacos or quesadillas.

Hassle-free Home-made Mayo

Makes approximately 470ml (NB a bought jar of vegan mayo is 315ml). Quantities are easily halved to make less.

10 minutes

Very nice indeed and easy to make.

1 box Mori-Nu firm silken tofu (good supermarkets and health food shops) – or about 330g/12oz fresh silken tofu, eg Taifun (organic)
3 tbsp lemon juice OR cider vinegar
½ tsp salt
½ tsp sugar OR 2 tsp agave syrup
1 tsp Dijon mustard

1. 60ml/4 tbsp vegetable OR mild olive oil (half and half extra virgin and plain cooking oil works as it makes the extra virgin more mellow).
2. Blend all ingredients (except oil) in a small food processor until smooth. If using a stick blender, place ingredients into a deep bowl.
3. Once smooth, gradually add oil very very gradually, a couple of drops at a time or a very slow, thin, steady stream.
4. Taste and add more sweetener/mustard/salt if desired.
5. Store in an air-tight container in the fridge.

££ Cheap as Chickpeas – budget dishes. Cheaper than bought vegan mayo, especially if plain vegetable oil is used