

Recipes from Vegan Sample Stall – 20 July 2013, Gloucester Road

Vegan “Scotch eggs”

1 packet sos-mix ½ tsp nutmeg ½ tsp sage ½ tsp parsley	Approx 3 tbsp flour 15 button mushrooms 1 packet bread-crumbs
---	---

1. Prepare Sosmix.
2. Pick the cutest button mushroom you can find and roll it in flour. Then place it in the middle of the Sosmix and wrap the Sosmix around the mushroom. Keep pressing firmly to create a ball.
3. Dust with flour and roll in some oil.
4. Finally, after all that rolling...roll your ball (not yourself) in bread crumbs.
5. Bake in the oven on a greased baking tray for 15-20 mins at 200°C/400°F/gas mark 5.

Adapted from www.animalsnotingredients.co.uk

Vegan Cheese Sauce (perfect on top of pizza)

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

1. Mix flour and salt in a saucepan. Add water gradually. Boil for a minute, then add oil, mustard and yeast flakes.
2. Eat on pasta, in jacket potatoes or drizzle on top of pizza before cooking it.

Cheesy Lentil Slice

1 tbsp vegetable oil 12 floz (340ml) water 6 oz (175g) split red lentils 4 oz (115g) grated vegan cheese – Redwoods Cheezly* 1 med onion, finely chopped	2 oz (55g) mushrooms, finely chopped 1.5 oz (40g) gluten-free breadcrumbs/well-cooked millet 1 tsp dried mixed herbs 1 tbsp lemon juice – optional salt and pepper
--	---

1. Put oil into pan, add water and lentils and simmer at the lowest heat until lentils are soft (they change colour slightly when cooked). This takes about 20 minutes.
2. Take lentils off the heat and mix in vegan cheese, onion, mushrooms, breadcrumbs, mixed herbs and lemon juice. Season to taste with salt and pepper.
3. Place in a well-greased oven dish and bake at 180°C /350°F/Gas Mark 4 for 45 minutes or until golden-brown on top. Can be served hot or cold and feeds four.

This cheesy lentil slice is very versatile, it can be eaten cold or hot and can be re-heated in the oven or under the grill.

The mixture can be frozen before or after baking. If you bake the cheesy slice and then freeze it, be sure to serve it hot after you have defrosted it, it won't taste as good cold (freezing it affects the texture and this is noticeable if you serve it cold).

*This cheese substitute works best!

Rice and Broadbean Salad

200g brown rice (preferably long grain) 400g broad beans (fresh frozen or tinned) 1 large avocado Juice of 1 large lemon 4 tbsp chopped fresh parsley 4 tbsp chopped nuts A few whole almonds, hazelnuts, cashews or mixed nuts	Dressing: 4 tbsp soya cream 2 tsp Dijon mustard 2 cloves garlic 2 tbsp olive oil Salt and pepper
---	---

- 1) Cook the rice in at least twice the amount of water until done (30-40 mins). Rinse with cold water, fluff up with a fork and leave to cool.
 - 2) If you are using fresh or frozen broad beans, boil them for 5-10 mins.
 - 3) Peel and chop the avocado into bite size chunks. Drizzle a bit of the lemon juice over.
 - 4) Make a dressing by mixing the soya cream with the mustard, then stirring in the rest of the lemon juice, garlic, olive oil and salt and pepper. Combine everything in a large bowl and serve.
- From "Another Dinner is Possible"

Rice Crispy Squares

2/3 cup golden syrup 1 cup brown sugar	1 cup smooth peanut butter 4 cups rice crispies
---	--

1. Combine sugar and golden syrup in a saucepan. Stir over a moderate heat until the sugar has melted and the mixture just starts to bubble. Turn off heat and add the peanut butter. Stir until peanut butter dissolves.
2. Add the rice crispies and mix in.
3. Gently press into a 9' tin. Cool until room temperature. When cool you can turn out and cut into squares.

Vanilla Tray Bake

15 floz (400 ml) soya milk 1.5 teaspoons cider vinegar 5 floz (150ml) vegetable oil 9 oz (255g) caster sugar 3 teaspoon vanilla essence 2 slightly rounded dessertspoons ground flax seed, optional	9 oz (255g) plain white flour 2 oz (55g) cornflour (for best result replace 1oz of this with soya flour) 1 teaspoon bicarbonate of soda 1 teaspoon baking powder
--	---

1. Place the soya milk, vinegar, oil, sugar, vanilla and flax (if using) in a large bowl and whisk thoroughly.
2. Measure out flours, bicarbonate and baking powder. Give a good stir to combine, then sift into the wet ingredients. Again mix well to combine. Whisk if necessary – we always whisk.
3. Pour into a lightly oiled 10 x 8 inch tray and bake for 40 minutes at

175°C/350°C /Gas Mark 4 or until a cocktail stick comes out clean.

4. Cool and ice.

Variation:

Lemon – add 2 tablespoons grated lemon zest from an organic or unwaxed lemon. Use 1 tsp vanilla essence, not 3.

Vanilla icing

This icing thickens up a bit after a few hours because of the coconut oil. Bear this in mind when you are making it and don't worry if it is slightly too thin.

1 oz (30g) coconut oil 2 dssp rapeseed oil 1 tsp vanilla extract	3-4 tsp soya milk 6 oz (170g) icing sugar. sieved
--	--

Melt coconut oil over a very low heat until it is only just melted. Remove from the heat and mix in rapeseed oil, vanilla and 3 tsp soya milk with a fork. Add icing sugar and mash until everything is thoroughly combined. If you want it a bit thinner, add tiny amounts of soya milk until it reaches your desired consistency.

Basic Vegan Sponge Cake (and variations)

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

Pre-heat oven to 180 – 200°C/375°F/Gas mark 5. Sift the flour. Add caster sugar and mix well.

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. Pour into a greased cake tin and put in the oven. Takes 30- 40 mins. Take a peek after 25 mins (but no sooner) to check it is not burning or going too brown.

Test to see if cooked by putting a knife in the middle and pulling it out. If the knife comes out clean, it is ready to come out of the oven. Best to keep it in the tin to serve.

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 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.

Recipe taken from Another Dinner is Possible.

Rhubarb Cake

1 cup soy milk 1 teaspoon apple cider vinegar (you can also use white vinegar or lemon juice) 1/2 cup (4 oz.) non-dairy margarine 1 1/4 cups sugar 1 1/2 teaspoons Ener-G egg replacer 2 tablespoons warm water 1 teaspoon vanilla extract 2 cups unbleached all-purpose flour	1 teaspoon baking soda 1/8 teaspoon salt 3 cups diced rhubarb (about 6 stalks, depending on their size) For the topping 2 tablespoons sugar 1/2 teaspoon cinnamon
---	--

Preheat the oven to 180°C/350°C/Gas Mark 4.

Mix the vinegar into the soy milk and set aside. Measure the flour, baking soda and salt into a bowl and whisk to combine. Set aside.

Cream together the margarine and sugar. Mix the egg replacer with the warm water, and add this along with the vanilla extract to the creamed mixture. Mix well, scraping down the sides as needed. Add in the soy milk mixture.

Add the flour mixture, and mix just until combined. If you're using an electric or stand mixer, fold the rhubarb in by hand.

Pour the batter into a greased 8 x 11-inch pan. Mix the sugar and cinnamon for the topping together and sprinkle evenly over the batter. Place the pan on the middle rack in the hot oven. Bake for 20 minutes, rotate the pan around, and bake for an additional 20 minutes. It's done when the top is lightly brown and a cake tester comes out clean – don't hesitate to let it go longer or take it out sooner, the baking time will vary based on your oven. Let the cake cool before you cut it.

Taken from www.cestlavegan.com/2010/04/rhubarb-cake/

Tea Cake

8 oz mixed fruit 6 fl.oz cold strained tea *4 oz soft brown sugar or equivalent in agave syrup/sweet freedom etc	8 oz S.R. flour 1 medium size ripe banana, well mashed
--	---

- 1) Soak fruit overnight in the tea. Cover with a plate.
- 2) Heat oven to 160°C/325°F/Gas Mark 3
- 3) Grease a 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

*Or better still, no sugar at all. I find that banana and dried fruit make this cake sweet enough to be able to leave out any additional sweetening

See more recipes at www.bristolanimalrights.org.uk