

Christian
Vegetarians
and Vegans
UK

Cook Book

for beginners in the art
of compassionate cooking.

Christian Vegetarians and Vegans of the United Kingdom Cook Book Including Gluten-Free and Low FODMAP recipes and suggestions

This book has no claim other than that the recipes were all contributed by people who are devout both in their avoidance of meat and in their Christianity.

It has been put together to help their fellow Christians to be:
more animal-friendly
more environmentally friendly
healthier

**and above all to fulfil the vision
contained in such passages as
Genesis 1:29&30 and Isaiah 11:1-9**

‘VICTORIAN DOCTOR WAS TOO HEALTHY’
Daily Telegraph 2.1.08

Dr. Thomas Allinson was struck off the Medical Register by the GMC in 1894 because he advised people to give up smoking, take exercise, cut down salt and be teetotal. He was an enthusiastic vegetarian.

He was against many of the prescribed medical drugs of the day which included arsenic and mercury.

His advice to give up smoking was met with medical opposition as doctors regularly recommended a cigar for patients to clear the lungs.

He founded the wholemeal bread company ‘Allinsons.’

As he has been proved right in everything else, so he is being proved right in respect of vegetarianism.

The following recipes are all at least vegetarian.

Those with a **V** sign are also Vegan.

Those with a **G** sign are,
or can be made, Gluten-Free.

Those with an **F** sign are also FODMAP friendly,
very important for those with IBS
or similar digestive difficulties.

The Low FODMAP Diet

(FODMAP=Fermentable Oligo-Di-Monosaccharides and Polyols)

FODMAPs are carbohydrates (sugars) that are found in foods.
Not all carbohydrates are considered FODMAPs.

The FODMAPs in the diet are:

Fructose (some fruits, honey, high fructose corn syrup (HFCS), etc)

Lactose (dairy)

Fructans (wheat, onion, garlic, etc)

(fructans are also known as inulin)

Galactans (beans, lentils, legumes such as soy, etc)

Polyols (sweeteners containing sorbitol, mannitol, xylitol, maltitol,

Stone fruits such as avocado, apricots, cherries, nectarines, peaches,
plums, etc)

Some Basics

Onions and Garlic

the flesh is for most a complete no-no, but some of their flavour can be
obtained by infusing them in oil for at least a week, thus avoiding the flesh.

Beans, lentils, split peas etc

while being high FODMAP if used fresh or dried
they lose a lot of their problematic content if tinned in salted water,
or the dried versions soaked in salted water for at least 36 hours,
then thoroughly rinsed.

Protein Preparation Ideas

The recipes below are mostly with basic food ingredients, not with proprietary vegetarian/vegan meat or dairy replacers.

An important note on proprietary meat and dairy replacers:

Look at the protein content. It varies greatly. Anything under about 10% you may still wish to buy for its taste and/or texture, but you will need to add protein to your meal from another source.

PREPARATION OF TOFU (soya milk curd) [**V G F**]

There are three basic types available, all can be cooked, but none need to be.

A **very important ingredient** to Vegans as a rare source of important B vitamins.

1. **Soft or Silken Tofu.** Ideal as the basis for a salad dressing, or cooked as 'scrambled egg'.
2. **Firm Tofu.** Cube and roll in a little salt and use as Feta cheese, or (tastier and firmer) cube and fry with appropriate condiments (salt and freshly ground pepper, soy sauce), serve hot or cold.
3. **Smoked Tofu.** The unflavoured can be used as in (2), having both a better flavour and a vastly superior texture. The flavoured versions can be heated, or simply sliced and used as hard cheese on sandwiches or in salads.

PREPARATION OF TEMPEH

Slab made from fermented soy beans [**V G F**]

Frozen. Bottled versions also available

Unquestionably the **Queen** of soya products.

Thaw, slice thinly and fry with a little salt. Can be marinated (e.g. in a mixture of soy sauce and water) before frying. If you were addicted to bacon, this will help you overcome the craving!

Or thaw, cube, brush/spray with oil and bake.

PREPARATION OF UNFLAVOURED DRIED SOYA (TVP) [V]

- Unflavoured Soya is less likely to have unhealthy additives.
- Other cooks may use alternative methods.

Chunks:

Place dried chunks in pot and cover generously with water.

Bring to boil, then switch off.

Leave for 10 minutes.

Drain in colander and squeeze out excess water.

Heat small amount of oil in frying pan.

Then braise chunks. (Can start with chopped onion before chunks.)

Add flavouring to taste:

Basic Suggestion:

2 tomato stock cubes dissolved in boiling water *or* tomato puree *and* vegetarian gravy *or* soy sauce *or* Marmite

Experiment with seasoning. Can add dried onion, crushed garlic, spices, curry powder, herbs, bay leaves, etc.

Simmer until liquid absorbed and chunks are tender. Takes about 20 minutes but depends on brand.

Mince:

Heat small amount of oil in frying pan and braise (onion then) soya mince. Add liquid (and) flavouring and simmer until absorbed.

PREPARATION OF LENTILS [V G]

Place dried lentils in pot and cover generously with water.

Bring to boil, then turn down to simmer.

Red Lentils: Cooking Time about 10 minutes.

Brown and Green Lentils take a bit longer (20-30 minutes).

Lentils, Chickpeas, Butterbeans [V G F] Probably the least problematic legumes when canned, then drained and rinsed.

N.B. A dish with: **Wholegrain** (rice or wheat or pasta) **and a Legume** (peas or beans or lentils) makes **A COMPLETE PROTEIN**

(Aramanth, Quinoa and Millet are complete proteins in themselves.)

‘LUNCHEON LOAF’ made from peanuts [V G F]

Basically canned, pureed peanuts pressed into a loaf.

Can be used as is (but needs flavouring up)

Can be sliced and fried as a meat replacement

or

Cube and bake at a medium heat for about 15 minutes
then use either hot in a dish or cold in a salad

No need to use oil for baking.

Can be 'spiced up' by rolling in salt and pepper
or other spices before baking.

Soups

QUICK HEARTY SOUP [V G]

Empty into a saucepan 2 tins of Vegetable Soup, 1 tin of Lentil Soup and 1 tin of Cream of Tomato Soup. Heat and serve with warm Crusty Bread. Serves 6-8.

PEA SOUP [V G]

500g green split peas
Medium chopped onion
Chopped garlic
(1 tsp tumeric)
1 1/2 litres water or stock

Method

Cook onions and garlic in a little of the water until soft.
Add peas and rest of water.
Cook gently until soft, approx 20 mins.
Add 1/2 tsp salt, and liquidize.
Add salt and freshly ground pepper to taste.

BROWN VEGETABLE BROTH [V G]

1 cup chopped onions	4 carrots chopped
3 stalks celery chopped	pepper and sea salt
1.5 litres water	1 cup root vegetable
1 vegetable stock cube	1 cup any leafy vegetable
2 large potatoes chopped small	

Method

Put a little vegetable oil into a large stainless steel or ceramic pot, brown onions and celery a little, add the water and the stock cube and then the other vegetables, except the leafy one.
Season, simmer for 30 minutes and then add the leafy vegetable.
Cook for 3-5 minutes otherwise vitamins are destroyed.

PUMPKIN SOUP

1 kg pumpkin or butternut squash, peeled, deseeded
and cut into 1 cm cubes
2.5 cm piece fresh root ginger, peeled and finely chopped
1 Tbs vegetable oil
1 onion, chopped
4 tsp Thai curry paste
450 ml vegetable stock
400 ml can coconut milk
142 ml pot single cream
20g pack fresh basil, chopped

Method

Preheat the oven to 180 C, Gas 4. Place the pumpkin or butternut squash on non-stick baking tray and season. Roast for 30 minutes, or until tender.

Meanwhile, heat the oil in a medium pan and add the onion and ginger. Cover and sauté for 10 minutes, stirring occasionally. Stir in the curry paste and cook for 1-2 minutes, then add the pumpkin, stock and coconut milk. Cover and bring to the boil, then allow to simmer for 5 minutes. Remove from heat and cool slightly.

Puree the soup in a food processor or blender in 2 batches, until smooth. Return to the pan, season to taste and reheat gently, adding a little more stock or boiling water for a thinner consistency if required.

Place the cream and chopped basil in a small pan and heat gently. Serve the soup in bowls with the basil cream swirled over the top and sprinkled with freshly ground black pepper, and with crusty granary bread on the side.

Variation: Can be served garnished with strips of fried pumpkin. Reserve a little of the pumpkin flesh and cut into julienne strips, then fry in hot oil for 20-30 seconds until golden.

MUSHROOM SOUP [V G]

Heaped cup dried mushrooms

1/2 cup red lentils

Onion

Oil, water

Salt, black pepper, garlic

Method

In a smaller pot put the dried mushrooms,
cover with water, and simmer for 30 mins.

In larger pot, sauté chopped onions, then add lentils,
a cup of water, salt, pepper and crushed garlic,
and bring back to a simmer.

Put mushrooms and water into blender,
and whiz just long enough to chop roughly.

Add to larger pot and simmer for about 10 minutes.

(Catering packs of dried mixed mushrooms are a cheap and nutritious stock-cupboard item.)

Sauce Ideas

LENTIL AND TOMATO PASTA SAUCE [V G]

2 Tbs olive oil	1-2 onions, chopped
1 carrot, grated	2 cloves garlic, crushed
400g tin chopped tomatoes	1 Tbs tomato puree
1 tsp dried mixed herbs	4 oz red split lentils
3/4 pint vegetable stock	

Method

Cook onion and carrot in oil for 5 minutes or until soft. Add garlic and cook for a further minute, stirring. Add remaining ingredients and bring to boil then simmer for 20 minutes. Serve with your favourite pasta.

To make it more interesting you can add a tin of sliced mushrooms (drained) to the sauce for the last 5 minutes of cooking time.

CHUTNEY (No cooking, keeps indefinitely) [V G]

250g packet, cooking dates, stoneless
1/2 lb each of sultanas, apples and onions
Mince all these together. Then add:
1/2 lb brown sugar
1/2 pint vinegar
1 tsp salt, dash of cayenne pepper, piece of whole ginger
muslin bag of pickling spice

Method

Stir well. Leave for 24 hours, stirring occasionally.
Remove bag of spice and ginger. Put into jars.

FODMAP FRIENDLY IDEAS

Heat a little garlic-infused oil in a pan, add a tin chopped tomato and reduce, adding seasoning.

'White' sauce made with rice flour, water, herbs and spices - e.g. tumeric, salt, freshly ground pepper, chives.

Wine sauce made with alcohol-free red wine thickened with rice flour. (There is no point paying the tax on alcohol and then cooking it off.)

Making your own V G F 'Cheese' Sauce

You can get a proprietary 'cheese' powder, but another suggestion is:
Plant Milk (Soya gives the best amount of protein)
Nutritional Yeast Flakes (about half the volume of the milk)
A dash of cayenne, salt to taste
Thickened with soy or corn flour, or the proprietary 'cheese' powder

Miscellaneous Meal Ideas

Don't forget the Traditional Recipes that are (or can be)
Vegetarian or (even Vegan):

Cauliflower Cheese	Macaroni Cheese
Spaghetti with soya mince	Baked Potatoes
Potato and Cheese Bake	Pizza
Welsh Rarebit	Vegetable Soups
Salads with boiled egg, cheese or vegetarian/vegan sausage slices for protein	
Shepherd's Pie (Veggie Mince and Potato Topping)	

Main Meals

IRISH STEW WITH SOYA CHUNKS [V]

In a cooking pot place:

par-cooked potato chunks	carrots
cabbage	prepared soya chunks
extra vegetarian gravy	

Simmer till ready

BASIC STEW [V] (substituting TVP for meat)

1 cup dry lentils, rinsed	7 cups water	1 Tbs cornstarch
1 tsp soy sauce	1/2 tsp paprika	2 cloves garlic, minced
dash of ground cloves	2 bay leaves	1/4 tsp black pepper
2 cups carrots, quartered	4 medium potatoes, quartered	
1 cup fine soya mince, browned		

Method

Cover lentils with water and boil uncovered for 30 minutes. Add the vegetables, Worcestershire sauce, bay leaves, garlic, paprika, cloves and black pepper. Cook, covered with a lid, for another 30 minutes. Drain, reserving the broth. Set aside the vegetables and lentils, then remove the bay leaves and discard. Add enough water to reserved liquid, to equal 2 cups. Return to the pot. Whisk the cornstarch into 1/2 cup cool water until smooth and slowly pour into the soup pot. Heat, stirring constantly until thickened. Add previously browned mince, lentils and vegetables to soup pot. Heat and serve. Serves 8.

LEEK PAELLA (some options **V**, all **G**, **F** only if you use only the green portion of the leeks)

8 oz (225g) leeks

4 medium tomatoes (or a tin)

6 oz (150g) brown rice

2 oz (50g) polyunsaturated margarine

1 pint (1/2 litre) vegetable stock or water

seasoning to taste

2 Tbs tahini

or 2 oz toasted flaked almonds/grated cheddar

or soya chunks

Method

Remove outer and wilted leaves of leeks, cut off base.

Cut into sections about 1 inch long.

Melt margarine, add leeks (and hydrated chunks)

and cook gently for 3 minutes.

Add rice and fry a few minutes longer.

Stir in liquid, quartered tomatoes and seasoning.

Bring to boil, cover and simmer until rice is cooked

(approx. 30 minutes).

If using tahini, stir in before serving.

If using almonds or cheese,

sprinkle over top of individual portions.

JAMAICAN RICE DISH (Serves 2) [V G]

1 cup brown rice, par-cooked

(If easy-cook rice, this can be done by putting a cup of rice into a flask and adding a cup of boiling water an hour or more beforehand)

1 can of coconut milk

1 can of pigeon peas (or other legume)

1 chopped onion

a little oil

1 tsp salt, 4 cloves of crushed garlic,
and some freshly ground black pepper

Method

Sauté onion.

Open can of coconut milk,

add to it salt, crushed garlic and black pepper.

Add drained can of pigeon peas and coconut milk mixture to cooked onion. (If milk lumpy, disperse lumps.)

Add rice and simmer until liquid absorbed.

QUICK AND EASY POTATO AND MUSHROOM DISH [V G]

Mushrooms, sliced

Tin potatoes

Onion, chopped

Vegetable oil

Garlic, chopped

Salt and ground black pepper

Tin spinach

'Super-melting' non-dairy alternative to cheese.

Method

In a large heavy-based pot, start frying the onions on a medium heat.

Drain, rinse and slice the potatoes, add to the onions,
fry for a further 5 mins.

Add mushrooms, garlic and seasoning, fry about another 10 mins.

Stir in spinach and cheese, stirring occasionally until the 'cheese' is melted, and serve.

TOFU FLAN FILLING [V G F]

10 oz tofu
juice of 1 lemon
2 tbsp oil
Par-cooked vegetable chunks

salt and chives to taste.
2 Tbsp tamari sauce
1/4 pint soy or rice milk
1 tin spinach, drained.

Method

Spread vegetable chunks over base of flan, spread spinach over vegetables. Crumble tofu into blender, add lemon juice, soy sauce, oil, milk, salt and chives. Blend, adjusting seasoning if necessary.

Pour over vegetables and bake for 30 minutes or until set.

Allow to cool for 10 minutes before serving.

CRUSTLESS SPINACH AND CHEESE TART

300g frozen spinach, left to thaw
stock powder
3 eggs, beaten
1 clove crushed garlic (optional)
250g smooth cottage cheese or plain yoghurt
1 cup grated cheddar cheese
freshly ground black pepper

Method

Preheat oven to 180 C. Heat spinach and stir, simmer until all liquid evaporates. Spread over bottom of a flan dish. Put all the other ingredients into a bowl or jug and mix well. Pour over spinach. Bake for 20-25 minutes, until set.

MARMITE TART

1 cup flour

2 tsp baking powder

salt and pepper

1 egg

1 cup grated cheese

125g margarine

1/2 cup milk

Method

Mix flour, margarine, cheese, baking powder, salt and pepper and crumble with fingers. Transfer to baking dish.

Mix egg and milk and pour over dry mixture.

Bake at 375 F for half an hour.

Melt 1 tablespoon margarine and 1 teaspoon Marmite and pour on hot pie and allow to be absorbed.

CHINESE-STYLE SAVOURY RICE [G, F without the onion]

(The Rice and Peas provide complete protein)

Par-cook rice and peas as usual until nearly ready

Heat wok with minimum oil

Can start with sliced onion or other vegetable.

Stir in peas for about 30 seconds.

Add rice, stirring continually for a few minutes, adding salt water occasionally to prevent it getting too dry.

Break egg, spread over top and stir in

Can add other vegetables e.g. spinach or sweetcorn or courgettes or serve with fresh salad.

TOMATO, MUSHROOM AND MACARONI HOT POT [V G] (Serves 4)

3 Tbs olive oil

2 garlic cloves, crushed

3 Tbs tomato puree

450 ml/16 fl oz vegetable stock

3 Tsp chopped fresh flat-leaf parsley

800g/1 lb 12 oz canned chopped tomatoes

75g/2 3/4 oz mushrooms, sliced thinly

225g/8 oz dried short macaroni or other pasta

1 onion, chopped

1 tsp dried oregano

1 tsp salt

1/4 tsp pepper

Method

Cook onion and mushrooms in the oil for 5 minutes until soft. Stir in garlic, oregano, tomato puree and 1 1/2 Tbs of the parsley. Cook for 1 minute. Pour in tomatoes and stock. Bring to boil.

Add macaroni, salt and pepper. Simmer for 20 minutes over a medium-low heat or until macaroni is tender. Sprinkle with the remaining parsley.

BROCCOLI AND BLACK EYED BEAN RISOTTO [V G] (Serves 2/3)

1 Tbs olive oil	410g tin black eyed beans
large head of broccoli in florets	300g brown or risotto rice
2 small red onions diced	large stick of celery diced
crushed clove of garlic (optional)	seasoning to taste
grated blue vegan cheese - as much as you like!	
1 litre of your favourite veggie stock	

Method

Heat oil in a large saucepan and sauté onions and garlic for 5 mins.

Add broccoli and celery and cook for 2 mins.

Add rice and mix well.

After 1 minute, start adding stock a ladle at a time, and stir.

Repeat this until rice is cooked.

Add tin of black eyed beans and mix thoroughly.

Serve.

Add grated blue style vegan cheese.

Season to taste and serve on a bed of rocket and watercress (optional).

BUTTER BEANS AND TOMATO (Serves 2) [V G]

1 Tbs olive oil	1 onion, chopped
2 cloves garlic, crushed	140g tin tomato puree
1 tsp mixed herbs	1 vegetable stock cube
1/2 cup water	400g tin butter beans

Method

Fry onion in the olive oil for 5 minutes or until soft. Add garlic and fry for a further minute. Remove from heat, add puree, herbs, crumbled stock cube and 3 cups water and stir. Return to heat, drain butter beans and add to mixture then cook for 5 minutes. Serve with rice.

LENTIL CURRY (Serves 4) [V G]

2 Tbs vegetable oil	1-2 onions, finely chopped
2 tsp curry powder, or to taste	1 1/4 pints vegetable stock
8 oz red split lentils	2 Tbs mango chutney

Method

Heat onion in oil for 5 minutes or until soft. Add curry powder and cook for a further minute, stirring. Add remaining ingredients, bring to the boil then simmer for 20 minutes, stirring. Serve with rice.

YELLOW SPICE RICE [V G]

1 Tbs vegetable oil	1 red onion, chopped
1 1/2 tsp curry powder	1 tsp cumin
1/4 tsp turmeric	1/2 tsp salt
1/2 tsp black pepper	1 1.2 cups rice
3 cups water	1 can chick peas
1/4 cup chopped fresh parsley	2 cloves garlic, crushed
1 red pepper, de-seeded and chopped	

Method

Fry onion and red pepper in oil for 5 minutes, add garlic and cook for further 1 minute. Add curry powder, cumin, turmeric and salt and pepper and cook, stirring for 30 seconds. Stir in water and rice and bring to a simmer. Add chick peas and cook for 15-20 minutes until rice is tender. Remove from heat, fluff up and fold in parsley. Stand for 5 minutes.

QUICK CASSEROLE [V G]

Frozen Brussel Sprouts
Sachet sausage mix.

Tin new potatoes
Chopped Onion

Method

Cover sprouts with boiling water. Chop onion. Rinse potatoes. In a measuring jug mix up the sausage mix with a little more water than indicated and the chopped onion. Drain sprouts and put in casserole with potatoes. Cover with sausage mix. Bake at medium heat for about half an hour – until browned.

QUORN 'CHICKEN' PIE (Two types of Quorn Chunks: the **Vegan ones have Gluten so are **not FODMAP friendly**; the **Gluten-Free** ones have egg, **so are not Vegan**)**

1 packet of quorn chicken-style pieces	mushrooms
2 packets of Schwartz creamy pepper sauce	garlic
1 packet of chilled puff pastry	onion

Method

Put chicken-style pieces in a pie dish. Gently fry onion, mushroom and garlic in butter, then add to chicken pieces. Use pepper sauce according to instructions and mix into contents of pie dish. Mix together and top with pastry - then bake. Serve with plain boiled potatoes and carrots roasted in olive oil and thyme.

SAUSAGE CASSEROLE [V]

400g (1lb) pack vegan sausages	1 large onion, chopped
400g can chopped tomatoes	280ml(1/2pint) water
1 red pepper, de-seeded and chopped	
100g(4oz) sliced mushrooms	
3 Tbs instant veg gravy granules	

Method

Pre-heat oven to 180C/350F/Gas 4. Brown sausages under a grill and place in an oven proof dish. Add onions, tomatoes, pepper, mushrooms and water. Cover and cook for 1 hour. Remove from oven and stir in gravy granules to thicken sauce. Return to the oven for a further 15 minutes.

SPICY CORNBURGERS

1 can sweetcorn
1 large carrot, grated
5 oz/ 140 g medium oatmeal
1 can chickpeas
1 tsp curry powder
1 free range egg, beaten

Method

Drain cans of sweetcorn and chickpeas.
Mix in food processor till coarsely blended.
Tip into bowl and add carrot, curry powder and 1/2 oatmeal. Mix.
Add egg. Mix.
Shape into burgers and roll in remaining oat-meal.
Lightly fry burgers 3-4 minutes each side till golden brown.

STUFFED AUBERGINES (Serves 4)

2 aubergines 1 chopped onion 1 crushed clove of garlic
4 oz washed and sliced mushrooms
2 oz wholemeal breadcrumbs 1 beaten egg - free range
seasoning to taste
e.g. black or cayenne pepper, mixed herbs, curry powder, cumin

Method

Cut aubergines in half lengthways,
scoop out most of flesh, chop the flesh.
Heat 2 tablespoons of olive oil
and gently fry onion and garlic for 5 minutes.
Stir in mushrooms and aubergine,
continue to cook for 15 minutes till soft.
Add seasoning.
Remove from heat and add 1 oz of breadcrumbs
and enough egg to bind mixture together.
Spoon mixture into aubergine cases
and sprinkle with remaining bread crumbs.
Place stuffed aubergines into ovenproof dish
and pour in enough water to cover base of dish.
Cover dish and bake in moderate oven 180 C / 350 F / Gas 4 for 35
minutes or until breadcrumbs are browned.
(It may be necessary to remove lid for a few extra minutes.)

QUICK AND EASY CHRISTMASSY MEAL [V G F]

Potatoes
Tempeh (bottled or frozen)
Oil
Salt and ground pepper to taste.

Sprouts
Tamari sauce
Small tomatoes

Method

Once you have started defrosting the tempeh and put the potatoes on to boil, all the rest of the preparation can easily be done during the cooking process.

40 minutes maximum from start to table!

Drain/defrost tempeh, then cut into bite sized pieces.

Parboil potatoes, drain, peel, cut into bite sized pieces.

Trim sprouts, boil for three minutes, drain, slice in half.

Halve (or if slightly larger, quarter) tomatoes.

Heat oil in large pan, add potatoes and tempeh, stir on and off until beginning to change colour.

Add sprouts, stir on and off until beginning to brown in places.

Add tomatoes, a light sprinkle of salt and a good few screws of pepper, stir until tomatoes soften a little.

Sprinkle with Tamari, stir until this has burnt off, and serve.

Bread

Many FODMAP sufferers will tolerate Spelt bread, others sourdough bread; most will be able to tolerate 100% Spelt sourdough bread. Most bread makers will make Spelt bread on the Basic cycle.

[I suggest if you don't already make sourdough bread, check you can tolerate it and like it before attempting to make your own.]

Gluten-Free, Vegan Soda Bread [V G F]

Excellent. Lasts well. If flax seed used freezes well.

- 9 oz gluten-free flour
- 1 tablespoon baking powder
- 1 teaspoon xanthan gum
- 1/2 teaspoon salt
- 8 fl oz soya milk
- 2.5 fl oz (75 ml) vegetable oil
- 2.5 fl oz (75 ml) water
- 1 tsp vinegar
- 1 rounded dessertspoon ground flax seed – optional

1. Preheat the oven to 180C/350F/Gas 4 and grease a 1lb (450g) loaf tin.
2. Sieve the flours, baking powder, xanthan gum and salt into a bowl and mix well.
3. Whisk the soya milk, vegetable oil, water, vinegar and – if using – ground flax seed together and leave to stand for a few minutes. Add to the dry ingredients and mix until just combined. Place in the loaf tin and smooth the top.
4. Bake for 40 to 50 minutes or until a cocktail stick comes out clean. After ten minutes turn the loaf out of the tin and leave to cool on a wire cooling rack. Alternatively bake in greased muffin tins for about 15 minutes.
5. Variations: Seed bread – add 2oz (55g) sunflower seeds to the dry ingredients and stir, then add the soya milk mix.

Spelt Machine Bread [V G F]

10 sun-dried tomato halves, cut into pieces OR 1 tsp ascorbic acid
2 tbsp crushed linseed
(4 tbsp sunflower seeds)
1 tsp sugar
1½ tbsp oil
1 tsp salt
350 ml warm water
500 gram wholewheat Spelt flour
1 tsp fast-action yeast
Use Basic cycle

SPREADS AND SANDWICH FILLINGS

CASHEW 'CHEESE' SPREAD [V G F]

1 cup water
2 Tbsp tahini
1 tsp salt
1/4 tsp garlic powder (or freshly crushed garlic)
1/4 cup lemon juice
1 cup cashews (milled to a powder)
1/4 cup yeast flakes
1 tsp onion powder (or 1 tbs chives)

Blend all ingredients until smooth and creamy.
Pour into a pan and heat until thickened.
(This can be done in a microwave.)
Allow to cool.

This freezes well.

PEA SPREAD [V G]

300 g tin mushy processed peas; 1 1/2 tsp yeast extract;
75 g raw finely chopped onion; approx. 50 g porridge oats
Mix all ingredients together to make a firm but not too dry mixture.
Pack into a dish, cover and leave in fridge until required.
Ideal spread for crackers, bread rolls, naan, or pitta bread.
Suitable for everyone, including vegetarians and vegans, also those with an allergy to wheat.

SOYA SPREAD (serves 3) [**V G**]

50 g soya flour, 50 g oats, 50 g margarine, 2 level tsp yeast extract, 100 ml water.

Mix all together to form a smooth spreadable mixture.

NUT SPREAD (serves 2) [**V G F**]

60 g porridge oats; 60 g hazel nuts; 7 brazil nuts; 120 ml water; 1 level tsp yeast extract.

Cut brazil nuts in half then mix with oats and hazel nuts and grind finely in a coffee/nut grinder. Mix with water and yeast extract to form a smooth spreadable mixture.

If this spread is used three times a week it gives adequate amounts of selenium for two people as recommended by the Vegan Society.

(For a high Omega 3 spread replace hazelnuts with walnuts, and add another 30g (1oz) oats.)

Salad Dressings

Vegan Mayonaisse [**V G F**] Blender needed

120 mls water

1 tsp Xanthum gum - Blend on slow for a minute

slowly add

2 tsps mustard powder

1 tsp salt

2 tbs vinegar

very slowly add 1 cup (garlic infused) extra virgin olive oil.

QUICK MINT SALAD DRESSING [**V G F**]

1 block soft Tofu

3 heaped tsp mint sauce

Salt and Black Pepper to taste.

Mash together with fork or potato masher.

PESTO-TYPE SALAD DRESSING [V G F]

2 Tbs balsamic vinegar

dried basil (or oregano)

garlic-infused olive oil (or olive oil and a few crushed cloves)

1 cup cashews, whizzed in a coffee-grinder or liquidiser

Method

Put in as much dried herb as will be thoroughly soaked by the vinegar, leave a few hours.

Stir in ground cashews, then sufficient oil to achieve the desired consistency.

Salads

LENTIL SALAD [V G]

1 cup / 150g red lentils

1 tablespoon grated onion

several garlic cloves, crushed

2 tablespoons olive oil

juice of 1 lemon or equivalent of lemon concentrate

salt and pepper

Method

Cook lentils as usual.

When ready, drain, then rinse with cold water and drain thoroughly.

Mix dressing of all other ingredients.

Place lentils in bowl, add dressing and combine well.

TOMATO AND ONION SALAD [V G]

ripe tomatoes, onions

olive oil, cider vinegar, crushed garlic, salt, black pepper, basil.

Method

Layer sliced tomatoes and finely sliced onion rings in a steep-sided dish. In a jar mix equal amounts of oil and vinegar, add the herbs and spices, shake, and pour over tomato and onion. Leave at least 1/2 an hour, preferably three or four hours.

QUICK AND EASY RICE SALAD [V G. F only if using garlic infused oil rather than fresh garlic]

(Takes very little 'hands on' time, but needs to be started a few hours in advance.)

1 cup wholegrain rice	tin favourite legumes
few sundried tomatoes	small onion
1/2 cup olive oil	1/2 cup cider vinegar
2 cloves crushed garlic	1/2 tsp salt,
1/2 tsp black pepper	1 tsp dried basil
salad leaves	

Method

Put the rice in a pot with 2 cups water, bring to boil then turn down to simmer on minimum heat for 20 minutes. Turn off and leave to continue cooking and allow to cool.

In a sealable container put the oil, vinegar, herbs and spices, and finely chopped onion and tomatoes. Shake and leave.

About half an hour before serving mix the contents of the container and the drained legumes into the rice.

Serve on a bed of salad leaves.

TOMATO AND CUCUMBER SALAD [V G F]

Ripe tomatoes, Cucumber
Olive Oil, Rice or good White Grape Vinegar, Lemon Juice, Chives,
Salt, Black Pepper, Basil.

Method

Layer sliced tomatoes and finely sliced cucumber in a steep-sided dish. In a jar mix roughly equal amounts of oil and vinegar/lemon juice, add the herbs and spices, shake, and pour over tomato and cucumber. Leave at least 1/2 an hour, preferably three or four hours.

COURGETTE SALAD [V G F]

1 large or two small courgettes
125ml balsamic vinegar
tsp dried basil or oregano

125ml (garlic infused) olive oil
Tsp dried chives
(pinch salt) (black pepper)

Method

Combine all dressing ingredients together and shake well.

Top and tail courgettes, divide into approx 5 cm lengths, and slice lengthways very thinly. (A vegetable peeler does this easily and well, or use spiraliser.)

Place in steep sided vessel and pour dressing over. Leave for a few hours, turning occasionally.

(And dressing left after the courgette has been eaten can be used on your next salad!)

LENTIL SALAD [V G F]

1 tin green lentils, drained and rinsed. 2 tablespoons olive oil
1 tablespoon gluten-free curry powder (or own spices)
juice of 1 lemon or equivalent salt and pepper

Method

Heat the oil, add the curry, stir for a few minutes.

Switch off, add all other ingredients, combine well. Refrigerate.

CHICK PEA SALAD [V G F]

Tin chick peas, drained and well rinsed 150 ml Mayonnaise
Tin broad beans, drained Lettuce for serving
Few sun-dried tomatoes, chopped 2 tbsp Capers chopped
Chopped chives/tbsp dried chives Lemon Juice to taste (1dsp)
12 Pitted black olives, halved Salt and pepper to taste.

Method

Combine mayonnaise, chives, capers, olives, (tomatoes) lemon, salt and pepper. Stir in peas and beans. Serve on lettuce.

QUINOA MEDLEY [V G F]

2 Tbsp oil	2 tsp Tumeric
1 Tbsp dried chives	1 cup quinoa
1 pint water	salt and black pepper
5 oz peas, cooked.	

Seed Topping

2 oz sunflower seeds	2 oz pumpkin seeds
4 Tbsp wheat-free soy sauce (Tamari)	

Method

Heat oil, stir in Tumeric, add chives and cook for a few minutes stirring all the time. Add quinoa, water and seasoning, bring to boil and simmer for 10 minutes, allow to cool. Mix in peas. Place in salad bowl.

Seed Topping

Heat pan, add seeds and soy sauce, stir continuously over medium heat until seeds are dry. Leave to cool.

Serve garnished with fresh tomato, sprinkling on the seeds just before serving

Notes:

1. Rice can also be used - then simmer for 20 minutes.
2. The seeds **and** soy mixture makes a superb topping for other salads, e.g. potato.

AVOCADO AND ARAMANTH SALAD [V G]

Ingredients Per person

Topping:

2 tbs sunflower seeds	2 tbs pumpkin seeds
4 tbs Tamari (wheat free soy sauce)	

Dressing:

1 dsp balsamic vinegar	1 tbs (garlic infused) olive oil
1 dsp chives	

Salad:

1 small avocado	2-3 radishes
1 cup aramantth popcorn	Lettuce

Method:

In advance make topping according to Quinoa Medley recipe above and mix dressing.

Shortly before eating slice radishes, cut avocado into bite-size pieces, mix in aramanth then dressing.

Serve on lettuce and top with seeds

PARTY SNACKS

'HAM' AND ASPARAGUS [G F]

Drain a tin of asparagus spears, wrap a e.g Quorn 'ham' slice around each and secure with cocktail stick

OLIVE DIP [V G]

Tin olives in brine Fresh garlic
1 tbs Mayonnaise – vegan if preferred

Method

Mince olives, mix in mayonnaise and 1 – 3 cloves crushed garlic.

Dip them in flour and fry until golden brown. Eat hot or cold.

Cocktail sticks ideas

Cubed baked 'luncheon loaf' – see Protein Preparation ideas Serve on sticks with olives and cocktail onions

Place mushrooms on a baking tray, sprinkle with salt and black pepper, (brush/spray with oil) and bake for about 15 minutes. Serve on their own or on sticks with olives and/or cubed baked luncheon loaf

Seeds [V G F]

Prepared as in 'Quinoa Medley'

Small squares of toast [V G F]

(Gluten Free) with one of the nut spreads and alternating half olives with half cherry tomatoes.

Cheesy Dip [V G F]

Cashew 'cheese' spread mixed with a little mayonnaise (or soy cream) and a dash of cayenne, served with appropriate raw vegetables and/or gluten-free breadsticks/chips.

Moving towards Veganism?

Some Suggestions

Eggs If using eggs make sure they are high welfare and free-range, best of all from a Rescue Hen Scheme.

Egg Replacers There are excellent vegan egg replacers (available at health food shops and on-line) to use in your normal baking recipes.

Vegan Cheese There are an increasing range of varying textures and some are really good for melting e.g. on pizza or macaroni.

Non Dairy Cream

- Plain Alpro Yoghurt can be a good substitute for dressings, in soup or on puddings.
- - Alternatively put a tin of coconut milk in the fridge, then scoop off the hard part. For whipped cream, add sufficient of the liquid portion and beat until the right consistency is obtained. (Also commercially available.)
- Oat and soy pouring creams are commercially available.

CVV-UK

Donations (to the address below) are appreciated to cover our expenses.

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Spring 2018

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