

## Vegan Recipe Collection Over 800 Vegan Recipes

Here's a collection of vegan recipes extracted from various cookbooks. They were entered in by hand typing so may contain some typos. Many of the recipes have been 'Americanized' or 'Anglicised' to appeal to UK and USA readers.

If you like a recipe, consider buying the cookbook it came from.

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A Taste of Mexico by Kippy Nigh

Chalupas

18 small corn tortillas (about 3 inches in diameter) or larger corn tortillas torn into similar shapes

1/2 cup sunflower oil for frying

1 cup refried beans

2 carrots, boiled or steamed and chopped

2 small beets, boiled or steamed and chopped

1/2 onion, thinly sliced

6 radishes, chopped

3 tbsp cilantro (coriander) or parsley chopped

1 cup shredded lettuce

Salsa from a jar or better yet, homemade

Sea salt to taste

#### Method

Fry both sides of the tortilla in the heated oil until crispy. Drain on paper towels and arrange on a tray. Spread tortilla with refried beans and cover with carrots, beets, onion, radishes, cilantro, lettuce, salsa and salt to taste.

#### Ron's Best Guacamole

4 very ripe avocados, smashed with a fork

4 fresh jalapeno chiles, seeded and finely chopped

juice of 2 limes

1/2 tsp salt

#### Method

Mix the avocado with the chiles, add the limejuice and salt, mix well and serve with tortilla chips.

#### Jicama con Limon y Chile

1 lb jicama, peeled and cut into 1/4 inch slices

juice of 5 green limes or 2 lemons

1/2 tsp powdered chile pequin (or Spanish smoked pimenton)

fine grain sea salt to taste

#### Method

Arrange the jicama slices on a platter. Sprinkle the lime juice on the top, followed by the chile and salt. Simple and non-fat!

#### Berenjena Catalana de Barbara

1 medium eggplant

1 red pimento, sliced in strips (or roasted red bell pepper from a jar)

1/4 cup olive oil

sea salt to taste

freshly ground black pepper to taste

#### method

Roast the eggplant in a dry skillet over a medium heat, turning to brown evenly. It should be well browned. Peel and cut into strips lengthwise. Arrange on a plate, interspersed with the pimento strips. Sprinkle with the olive oil, salt and black pepper. Serve with hot whole grain bread or crusty bolillos.

#### Sopa de Nopal (Cactus Soup)

8oz can nopalitos

1 quart boiling salted water

1/8 tsp baking soda

2 whole cloves garlic

1 small onion, sliced

2 lb green tomatillos, roasted in a skillet

1 quart water

1 chipolte chile

1/2 tsp marjoram

#### Method

Roast the tomatillos in a skillet for 5 minutes, turning occasionally. Blend the tomatillos with the garlic and 1 cup of the water. Strain and add the nopalitos, the chipolte chile, plus 3 more cups of water. Add the marjoram, bring to a boil and salt to taste. Serve with tortillas warmed in a dry skillet, wrapped in a cloth napkin.

#### Crema de Aguacate con Tequila (cold cream of Avocado with Tequila)



1 lb ripe avocados

1 cup orange juice

3 tbsp tequila

3 cups cold vegetable stock

2 tbsp cilantro, chopped

1 fresh jalapeno chile, seeded and chopped

sea salt to taste

tostadas (or corn tortilla chips)

Method

Blend the avocados with the orange juice. Gradually add the remaining ingredients and continue blending until smooth. Serve immediately with tostadas on the side.

Agucates Rellenos de Huitlacoche (Huitlacoche (or mushrooms)-Stuffed Avocados from Puebla)

4 large ripe avocados

1/4 cup white wine vinegar

juice of 1 lime

1/2 cup olive oil

sea salt to taste

freshly ground black pepper

Filling:

2 tbsp oil

1 medium onion finely chopped

6 cloves garlic, mashed

1 pound fresh huitlacoche or button mushrooms

3 tbsp fresh epazote or parsley, chopped

2 fresh green chiles, finely chopped

sea salt to taste

garnish

8 large lettuce leaves, washed, dried and chilled

Cut the avocados in half scoop out the pulp in strips, and reserve the empty shells. Place the strips of avocado on a platter. Blend the vinegar, lime juice, olive oil, salt and pepper, pour over the avocados and chill.

Heat the oil in a skillet and sauté the onion and garlic for 5 minutes. Add the huitlacoche (or mushrooms), epazote (or parsley) and chile, cook for about 10 minutes and season with the salt. Cook on low for 15 more minutes, turn off the heat and allow to cool. Fill the avocado shells with the filling, place on lettuce leaves and serve.

A Taste of Mexico by Kippy Nigh

Pastel de Lenteja con Nuez (Mexican Lentil Nut Loaf)

1 tbsp vegetable oil

1 tbsp onion, finely chopped

3 celery ribs, chopped

2 chipolte chiles, chopped

1 lb lentils, well washed

1 1/2 quarts water

1/4 cup parsley, chopped

1/2 lb pecans, chopped

1/2 cup bread crumbs

1 tbsp soy sauce

1/2 tsp salt or to taste

tomato sauce:

2 tbsp vegetable oil

1 tbsp onion, finely chopped

2 lbs tomatoes (about 5 1/2 cups) chopped

1 cup water or vegetable stock

1 bay leaf

1/2 tsp sea salt

freshly ground black pepper

Heat the oil in the bottom of a pressure cooker and sauté the onion, celery and chiles for 5 minutes. Add the lentils and cover them with 1 1/2 water. Close the pressure cooker and cook over medium heat for 30 minutes or until the lentils are soft and dry. If you don't have a pressure cooker, boil the lentils in the water, covered, over low heat until tender, about 1 1/2 hours. Add the parsley, pecans, breadcrumbs, soy sauce and salt, and mix well, forming a heavy dough.

Preheat the oven to 350F. Line a 5x9-inch bread pan with aluminium foil, and grease it with margarine. Fill the pan with the lentil mixture and cover with a piece of aluminium foil to seal in the moisture. Bake for 45 minutes.

While the lentil loaf is in the oven, prepare the tomato sauce by heating the oil in a 2 quart saucepan, and sautéing the onion for 5 minutes. Add the tomatoes and cook for 15 minutes over low heat stirring occasionally. Add the water, bay leaf, salt and black pepper cover and allow to cook over low heat for 45 minutes, stirring occasionally.

When the loaf is done baking, remove from the oven and allow to stand 5 minutes before removing from the pan. Decorate with pecan halves and serve sliced, covered with hot tomato sauce.

A Taste of Mexico by Kippy Nigh

Textured Vegetable Protein Mole Enchiladas

2 cups Red Mole Sauce (see below)

1/3 cup olive oil

6 cloves garlic, peeled

1/2 onion finely chopped

1 1/2 cups textured vegetable protein granules soaked for 10 minutes in 1 1/4 cups water or vegetable stock

1/2 tsp thyme

1/2 tsp cumin

1 tsp salt

12 corn tortillas

Prepare the Mole Sauce. While it's cooking, heat the olive oil and sauté the garlic and onion for 5 minutes. Add the soaked textured vegetable protein, thyme, cumin and salt, and stir well to combine over low heat.

Warm the tortillas one at a time on a hot comal or dry skillet, then dip in the Red Mole Sauce until soft. Place on a working plate, place a small amount of the seasoned textured vegetable protein in the middle and roll into a tube. Arrange the filled tortillas in an ovenproof dish until ready to serve. Warm for 15 minutes in a 375F oven. Place two on each plate and cover with more sauce. Serve with Mexican rice and a salad.

Red Mole Sauce (makes 2 cups)

4 ancho chillies, roasted and seeded

2 tomatoes, roasted, peeled and seeded

5 cloves of garlic, roasted and peeled

1/3 cup almonds

1/3 cup peanuts

1/3 cup raisins

1 slice of toasted bread

3 green onions, chopped

1 tsp sea salt water

1/4 cup sesame or corn oil

The traditional Mexican way to roast the chile, tomatoes and garlic is on a hot comal. You may also roast them in a dry skillet, turning to scorch on all sides. Some American cooks roast them under the broiler in the oven. After roasting blend all the ingredients except the oil with enough water to make a thick sauce. Heat the oil in a heavy saucepan and add the sauce. Cook 20 minutes add water to thin the sauce as desired.

A Taste of Mexico by Kippy Nigh

Arroz a La Mexicana (Mexican Rice with Vegetables)

1/2 cup sunflower oil

1 clove garlic

3 cups (2 lbs) rice

1 onion, sliced

2 small tomatoes, peeled, seeded and chopped

1 poblano chile, cut into strips

1 medium zucchini, cut into strips  
2 carrots cut into strips  
1 chayote, cut into strips or 1/2 cup peas  
4 cups hot water  
salt to taste  
1 tsp pepper  
1 sprig fresh thyme

Heat the oil in a 1 1/2 quart pot with a tight-fitting lid. Brown the garlic and rice for about 15 minutes. Add the onion and tomatoes and brown with the rice for 5 more minutes. Add the chile, zucchini and chayote (or peas) and brown for 2 more minutes. Add the water, salt, black pepper, and thyme, and bring to a boil. Lower the heat, cover with a tight fitting lid and simmer for another 20 minutes.

A Taste of Mexico by Kippy Nigh

Repollo Relleno en Salsa de Chipolte (stuffed cabbage in chipolte sauce)

1 head of cabbage  
2 cups of cooked rice  
1 tbsp garlic, chopped  
1/4 cup almonds, blanched and peeled  
1/4 cup sliced green olives  
1/4 cup parsley, chopped  
1 tsp thyme  
1/4 cup chopped zucchini  
sea salt to taste  
Chipolte sauce:  
4 medium tomatoes, roasted  
3 chipolte chiles, seeded and washed  
2 cloves of garlic

salt to taste

Remove the centre core and outer leaves from 1 head of cabbage and drop it into boiling water. Lift out after a few minutes and remove the soft leaves. Repeat, immersing the head and removing leaves until you have separated 12 of them.

In a large bowl, mix the rice, garlic, almonds, olives, parsley, thyme, zucchini and salt. Put a portion of this mixture into the middle of each cabbage leaf, fold the sides over and then roll them up into a packet. Preheat the oven to 375F.

To prepare the sauce, put the tomatoes, chillies and garlic in a blender and puree and strain. Add the salt to taste. Pour the sauce over the cabbage rolls, cover and bake for 20 minutes.

A Taste of Mexico by Kippy Nigh

Chiles Rellenos de Picadillo

12 poblano chiles

Picadillo filling:

1 head of garlic

1 tbsp oregano

1/8 tsp cloves

1/4 tsp cinnamon

1/4 tsp black pepper

1/2 tsp sea salt

2 tbsp fresh squeezed orange juice

2 tbsp apple cider vinegar

2 cups textured vegetable protein granules

4 tbsp olive oil

1 red onion, chopped

4 tomatoes

15 green olives, chopped

20 raisins

1/2 cup croutons

1 cup salsa

Roast the chillies on a comal or in a wide, dry skillet. While they are still hot, place them in a plastic bag to sweat until cooled. Place them in a wide pan with cool water and rub off the scorched skin. Cut a slit in the side of each chile to remove the veins and seeds. Rinse well. Roast and peel the garlic.

To make the filling, blend the garlic, oregano, cloves cinnamon, black pepper, salt, orange juice and vinegar. Hydrate the textured vegetable protein granules in 1 3/4 cup hot water, stirring to moisten evenly. Roast, peel, seed and chop the tomatoes. Heat the oil and sauté the onion for 5 minutes. Add the tomatoes and continue to sauté for 10 more minutes. Add the green olives and raisins, stir and combine with the textured vegetable protein. Turn off heat. Preheat the oven to 350F. Stuff the chiles with the picadillo filling. Arrange in an ovenproof dish and top with croutons. Bake for 20 minutes and serve with warmed salsa.

Chiles Rellenos de Arroz Integral (Chiles Rellenos Stuffed with Brown Rice)

4 large poblano chillies or 3 small ones, peeled, seeded and de-veined (see below)

3 cups cooked brown rice

1/4 cup fresh cilantro/coriander or parsley, chopped

4 green onions, chopped

1/2 tsp salt

2 cups refried beans

1 cup water

1 pint vegan sour 'cream' (Tofutti brand or make your own)

1/2 cup green onions, chopped

Preheat the oven to 375F. To peel the chillies, first roast them on a hot griddle or under the broiler, turning occasionally until they are evenly blistered. Place them in plastic bag to sweat for a few minutes, then peel. Cut a slit down the side of each chile. Remove the seeds and veins with care (you may want to wear gloves).

Combine the rice, cilantro/coriander, green onions and salt and fill the chiles with this mixture. Arrange the chiles in a lightly oiled 9x9inch baking dish and bake for 20 minutes. Make a sauce by heating the refried beans with the water, mixing well over low heat while the chillies bake. To serve, spoon the bean sauce over each chile and garnish with a spoonful of sour 'cream' and some chopped green onions.

Cueza a la Veracruzana (Chayote Root Veracruz Style)

3 lbs Cueza, peeled and cut in 1 inch slices (may substitute potato)

8 cloves garlic, chopped

1 cup onion, finely chopped

2 tbsp olive oil

4 lbs tomatoes, peeled, seeded and chopped

2 pimentos, cut in strips

1 tbsp sea salt

1 tsp freshly ground black pepper

4 bay leaves

1 tsp oregano

4 tbsp margarine

1/2 cup stuffed green olives, sliced

1/2 cup capers

12 guero chillies (fresh or canned)

Boil the Cuezas in salted water for 20 minutes, drain and reserve. While the Cuezas are cooking, sauté the garlic and onion in the oil for 3 minutes. Add the tomatoes and bring to a boil. Add the pimentos and cook, stirring for 2 more minutes. Add the salt, black pepper, bay leaves and oregano, cover and cook on low heat for 10 minutes. Turn off the heat. Preheat the oven to 375F. Sauté the Cuezas in the margarine until golden brown turning to brown both sides. Arrange the browned Cuezas in an oven proof baking dish, cover with the tomato mixture and sprinkle with olives, capers and guero chiles on top. Cover with banana leaf (or aluminium foil) and bake for 25 minutes or until bubbly. Serve with a green salad or sautéed spinach.

Salsa Mexicana

3 tbsp fresh jalapeno chillies, finely chopped

3 Italian (Roma) tomatoes or 2 large round ones, chopped

1 tbsp fresh cilantro/coriander, chopped

juice of 1 lime

1/4 tsp finely ground sea salt

Combine ingredients and serve.

Salsa Tapatio



8 dried de arbol chiles (or any small dried chillies)

3 fat cloves garlic, peeled

juice of 2 limes

1/2 tsp finely ground sea salt or to taste

spring water to thin

Roast the chillies in a dry skillet over medium heat for 5 minutes with the window open (otherwise the vapours may irritate nose and eyes). Grind them with the garlic in a molcajeta (stone mortar and pestle) if you have one or just use a blender. Add the lime juice, and some water to keep it fluid, keep grinding or blending, add the salt and strain. This may be made ahead of time. It keeps well in sterilized jars in the refrigerator.

Banana Flambé

2 tbsp brown sugar

1 tsp cinnamon

2 tbsp margarine

6 ripe bananas, peeled and sliced in half, lengthwise

3 tbsp dark Caribbean rum

Mix the brown sugar and cinnamon. Preheat the oven to 400F. Grease a 9x12inch ovenproof dish with margarine and sprinkle with half the cinnamon/brown sugar mixture. Arrange the bananas in the dish with the cut side down. Sprinkle with the rest of the cinnamon sugar mix and dot with margarine. Bake about 10 minutes or until the bananas are well cooked. Remove from the oven, sprinkle with the rum and ignite. Serve hot with vegan ice 'cream'.

## Salsa Chipotle

Makes 3/4 cup

4 dried chipotle chiles

1/2 cup hot water

2 cloves garlic

1/2 tsp salt

1/4 cup apple cider vinegar

Soften the chiles in the water for 5 minutes, then remove the stem and seeds. Grind them in a blender with the soaking water, garlic, salt and vinegar. Pour into a small saucepan and simmer over medium heat for 5 minutes. Let cool and pour into a jar.

# Alice Waters

## Fennel a la Grecque

### Ingredients

2 cups olive oil

2 cups white wine vinegar

$\frac{3}{4}$  cup white wine

12 cloves garlic

1 medium onion

1 lemon

24 peppercorns

4 bay leaves

2 tbsp fennel seed

4 small bulbs fennel

### Method

In a large pot, bring the olive oil, vinegar and white wine to a gentle simmer.

Peel the garlic. Peel and slice the onion very thin. Slice the lemon crosswise into  $\frac{1}{4}$  inch slices and add to the pot along with the onion, garlic, peppercorns, bay leaves and fennel seed. Simmer for about 15 minutes.

Cut off the feathery tops and stalks from the fennel bulbs and remove any tough outer layers. Cut the bulbs into eighths. Add them to the simmering liquid and cook until they are tender but still slightly crunchy. Remove from pot and let them cool. When both the fennel and the liquid have cooled down, return the fennel to the liquid and refrigerate. This is best if it sits for 24 hours.

## Caramelised Fennel

2 large fennel bulbs

¼ cup olive oil

salt and pepper

Trim the fennel bulbs, removing any tough outer layers. Cut into bulbs in half vertically, cut out the cores and cut the bulbs into 1/8 inch thick slices.

Heat a large sauté pan over medium heat, add olive oil, and when the oil is hot, add the sliced fennel (if necessary, cook the fennel in two batches; the fennel should brown, not steam). Cook, tossing or stirring occasionally for 8-10 minutes, until fennel is caramelised and tender. Season with salt and pepper. Drain off any excess oil and serve. Good as a side vegetable or a pizza topping.

## Fennel Pasta

Pick the tenderest feathery leaves from the centre of the lower stalks of fennel bulbs and parboil them for about 30 seconds. Drain, cool and chop them fine.

In a mortar, mash a couple of peeled garlic cloves into a paste and thin out with some olive oil. Put some dried linguini or fedelini on to cook in rapidly boiling salted water. Warm the garlic/oil paste in a large pan, add the chopped fennel leaves, and when pasta is done, drain and toss it together with the sauce in the pan, a few grinds of the peppermill and a squeeze of lemon.

## Grilled Asparagus with Blood Oranges and Tapenade Toast

1 shallot

3 blood oranges

1 ½ tsp balsamic vinegar

½ tsp red wine vinegar

extra virgin olive oil

salt and pepper

1 ½ pounds fat asparagus (25 –30 spears)

4 slices country style bread

Tapenade (olives, garlic, olive oil whizzed together)

## Method

Peel and chop the shallot fine and macerate for 30 minutes in the juice of ½ orange and the balsamic and red wine vinegars. Whisk in the olive oil to taste to make a vinaigrette and season with salt and pepper. Peel just the zest from one of the oranges, chop it very fine and add it to the vinaigrette.

Cut away all the rind and pith from all the oranges and slice them crosswise into thin rounds.

Snap off the tough bottom ends of the asparagus spears. Peel the spears and parboil them in salted water for about 1 minute, until they are just tender. Spread them out to drain thoroughly and cool to room temperature. Brush with olive oil, salt lightly and grill for about 6 minutes over medium heat, turning often to brown evenly. Toast bread at the same time.

When toasted, cut the bread slices into thirds and spread with tapenade. Arrange asparagus on a platter with the orange slices on top. Drizzle vinaigrette over and garnish with the tapenade toast.

# Moroccan Chickpeas

2 cups dried chickpeas

1 small carrot

1 yellow onion

1 small bunch cilantro

2 inch knob of fresh ginger

1 inch piece of cinnamon stick

1 pinch ground saffron

1 tsp ground turmeric

½ tsp cayenne

2 ripe tomatoes

salt

## Method

Soak chickpeas overnight in cold water. Peel the carrot and onion and chop roughly. Drain the chickpeas and cover with fresh water. Bring to a boil, skim off the foam and turn down to a simmer. Add the carrot and onion. Cut off the stems of the cilantro and reserve the leaves to garnish the finished dish. Tie the stems in a bundle and add to the chickpeas along with the ginger, peeled, and the cinnamon, saffron, turmeric and cayenne. Keep the chickpeas submerged in water as they cook, but do not add more water than necessary, so as not to dilute the flavourful broth.

Peel, seed and coarsely chop tomatoes. After 30 to 45 minutes, when the chickpeas are about three

quarters cooked add the tomatoes and salt to taste. Continue to simmer until the chickpeas are very soft and the broth has thickened slightly, about 1 hour. Remove and discard the cinnamon, ginger, and cilantro stems. Taste for seasoning, garnish with the reserved cilantro leaves and serve over cooked couscous. Serve with a dollop of harissa paste.

## Eggplant, Tomato and Onion Gratin

3 large sweet white onions

3 cloves garlic

olive oil

2 or 3 sprigs thyme

1 bay leaf

salt and pepper

3 medium Japanese eggplants

3 ripe tomatoes

Peel and chop the onions and garlic very fine. Stew them over a medium flame for about 5 minutes until soft in a couple of tbsp olive oil, with the leaves of the thyme, the bay leaf and salt and pepper.

Slice the eggplant into ¼ inch rounds. Slice the tomatoes slightly thicker.

Preheat oven to 400F. Oil a shallow gratin dish.

Remove the bay leaf from the onions and spread them over the bottom of the dish. Cover with overlapping rows of alternate tomato and eggplant slices. Each slice should cover two thirds of the preceding one. Season with salt and pepper, drizzle with some more olive oil, cover and cook in the oven until the eggplant is soft enough to be cut with a spoon, about 45 minutes. Uncover for the last 15 minutes or earlier if the tomatoes are giving up too much liquid. Brush or spoon the juices over the top occasionally to prevent the top layer from drying out. This gratin should be moist but not watery.

## Baked Stuffed Eggplant

Use small and pretty eggplants. Cut them in half and scoop out about half the pulp. Make a stuffing by chopping the pulp and combining it with pitted black olives, chopped garlic, capers, parsley and marjoram. Mix in breadcrumbs soaked in soymilk and squeezed dry. Mound the stuffing in the eggplants and put them in an earthenware gratin dish, drizzle generously with olive oil and bake loosely covered in a preheated 350F oven for an hour.

## Fava Bean Ragout with Potato Gnocchi

For the gnocchi

1kg desiree potatoes, peeled and cut into large, even sized chunks

115g plain flour

For the ragout

3 – 4 pounds young fava beans

1 large clove garlic

1 small sprig rosemary

olive oil

salt and pepper

½ lemon

Method

Shell the fava beans and discard the pods.

Cook the potatoes in lightly salted boiling water for 10-15 minutes until tender

Drain the potatoes, return to the pan and place over a low heat for few seconds to dry, then mash. Add the flour and season. Tip on to a floured surface and work into a dough. Divide the dough into quarters and roll into sausages. Cut into 3cm lengths.

Bring a pot of water to a boil, add fava beans and simmer for 1 minute. Drain and cool them immediately in cold water. Pierce the outer skin with a thumbnail and squeeze each bean out of its skin with thumb and forefinger. Peel and chop the garlic very fine.

Put the fava beans in a saucepan with a mixture of half water and half olive oil, enough to barely cover them. Add the garlic and rosemary and season with salt and pepper. Bring to a simmer, cover and cook until the beans are tender, about 5 minutes, more or less, depending on the beans.

Cook the gnocchi in a large pan of lightly salted boiling water for about 2 minutes – they're done when they rise to the surface.

Mix the gnocchi with the beans and finish with a squeeze of lemon juice and another grind or two of the pepper.

## Potato, Morel and Onion Fricassee

1 ½ pounds Yellow Finn or russet potatoes

salt and pepper

1 small onion

½ pound morels

2 tbsp margarine

¼ - ½ cup vegetable oil

¼ chopped parsley

method

peel the potatoes, cut them into big chunks and boil in salted water until they are very soft and the edges have started to breaking down. Be careful not to overcook them, lest the fall apart completely. Drain and set aside to dry. Slice the onion very thin.

Cut the morels in half lengthwise and wash quickly in plenty of water. Drain and sauté in the margarine over a high flame. They will release some water. Turn the flame down to medium, let the mushrooms reabsorb their juices and continue cooking until they are completely dry.

Fry the potatoes in a large skillet in 1/8 inch of the oil over medium heat. When the potatoes have started to turn golden brown, add the sliced onions. When the potatoes are crispy and the onions start caramelising drain off any excess oil, add the morels and the chopped parsley, season with salt and pepper. Toss together and serve.

Authentic Chinese Cuisine — **Bryanna Clark**

## Grogan

Sichuan Kung Pao 'Chicken'

12-14 ozs firm tofu, cut into strips

1 tbsp light soy sauce

2 tbsp cornstarch

1/8 tsp white pepper

1 tbsp oil

4 green onions, cut diagonally into 3/4 inch pieces

2 tsp minced garlic

1 tbsp chili garlic paste

1 red bell pepper, seeded and cut into 3/4 inch squares

1 tbsp brown bean paste

1/2 cup cold vegetarian broth

1 tbsp cornstarch

1 tsp light unbleached sugar

1 cup unsalted roasted peanuts or cashews, chopped

Mix the tofu with the soy sauce, 2 tsp cornstarch and white pepper. Heat a wok or heavy skillet over high heat. when hot, add the oil. When the oil is hot, add the tofu and stir-fry until lightly browned. Add the green onions, garlic and chili garlic paste. Stir fry for 1 minute.

Add the bell pepper and brown bean paste. Stir fry for 2 minutes.

Stir the broth, 1 tbsp cornstarch and sugar together, and add to the pan. Stir until thickened. Sprinkle the peanuts on top and serve immediately with rice.

Stir Fried Tofu with Leeks

Cooking Sauce:

2 tsp chili garlic paste

1 1/2 tablespoons dark soy sauce

1 tbsp dry sherry

1/2 cup to 1 cup light vegetarian broth

1 tbsp oil

12 ounces leeks, well cleaned, tough leaves discarded and shredded with a sharp knife (both white and green parts)

3 cloves garlic, minced

12-14 ozs firm tofu, sliced into small triangles and pan fried in 2 tbsp hot oil until golden on both sides

Combine the cooking sauce ingredients in a bowl and set aside.

Heat a large wok or heavy skillet over high heat. when it's hot, add the oil. When the oil is hot, add the leeks and garlic. Stir fry for about 3 minutes.

Add the tofu and the cooking sauce and cook 3 more minutes. Serve immediately with rice.



### Vegetarian Stir Fry 'Oyster' Sauce

1 mushroom broth cube

1/2 cup boiling water

2 tbsp brown bean sauce

1 generous tablespoon dark unbleached sugar

1 tsp cornstarch dissolved in 1 tsp cold water

Dissolve the broth cube in the boiling water. Mix with the brown bean sauce and sugar, and heat to boiling. Add the dissolved cornstarch and stir until thickened. Cool and store in a covered jar in the refrigerator.

### Sichuan 'Beef' and Broccoli

2 cups reconstituted textured soy protein chunks mixed with 2 tbsp dark soy sauce

1 tsp cornstarch

1 tbsp cooking oil

6 cloves garlic minced

1 bunch of broccoli (stalks peeled) cut into thin slices (about 6 cups)

1 to 2 large onions, each cut into 6 wedges, layers separated

2 tbsp water

1 large red bell pepper, seeded and cut into 1 inch squares

#### Cooking Sauce:

1 tbsp vinegar (rice, cider or white wine)

1 tbsp chili garlic paste

1/2 tbsp light unbleached sugar

1 cup light vegetarian broth

1 tbsp cornstarch mixed with 2 tbsp cold water

Mix the soy protein with the 1 tsp cornstarch. Heat the oil in a non-stick wok or large skillet over high heat. add the garlic and soy protein chunks. Stir fry until the soy protein chunks are browned. Remove from the pan and set aside.

Combine the cooking sauce ingredients in a bowl and set aside.

Add the broccoli, onions, bell peppers and 2 tbsp water to the pan. Cover and cook for 2-3 minutes until the broccoli is just crisp-tender. Add a little more water if necessary

Add the soy protein chunks back to the pan, along with the cooking sauce. Stir until the sauce is thickened and serve immediately.

### Red Pepper Tofu

12-14 ozs firm or extra firm tofu cut into 1/2 inch cubes

3 tbsp vegetarian stir fry 'oyster' sauce

#### Cooking Sauce:

1/3 cup vegetarian broth

6 tbsp dry sherry

6 tbsp light soy sauce

2 tbsp vinegar (rice, cider or white wine)

3 tbsp light unbleached sugar

4 tsp chili garlic paste

1 tbsp oil

#### Vegetables:

2 tbsp minced garlic

4 stalks celery, diagonally sliced 1/4 inch thick

1 large red bell pepper, seeded and thinly sliced

1 medium onion, thinly sliced

4 tsp cornstarch dissolved in 2 tbsp water

1/3 cup chopped toasted walnuts, almonds or cashews

Mix the tofu cubes thoroughly with the vegetarian stir fry 'oyster' sauce in a bowl and let stand while you prepare the other ingredients.

Mix the cooking sauce ingredients in a pitcher and set aside.

Heat a large wok or heavy skillet over high heat. When hot, add the oil. When the oil is hot, add all of the vegetables. Stir-fry over high heat for 1 minute. Add the tofu and stir fry 1 minute more. Stir in the cooking sauce. Bring to a boil, then simmer for 3 minutes over medium heat until the sauce thickens.

Pour onto a heated platter or shallow serving bowl and top with toasted nuts. Serve immediately.

### Mapo Doufu

Cooking sauce:

1 1/2 cups water

1/4 cup light soy sauce

4 tsp chili garlic paste or 2 crumbled dried hot chili peppers

1 cup dried textured soy protein granules soaked 5 minutes in 7/8 cup boiling water

2 tsp dry sherry

2 tsp soy sauce

2 tsp hoisin sauce

1/2 tbsp oil

2 tsp minced garlic

4 tsp minced fresh ginger

1 lb medium-firm fresh tofu, cut into 1/2 inch cubes and placed in a colander to drain.

4 green onions, thinly sliced

4 tbsp cornstarch mixed with 4 tbsp cold water

Combine the cooking sauce ingredients in a bowl and set aside.

Mix the soaked textured soy protein with sherry, 2 tsp soy sauce and hoisin sauce. Set aside.

Heat a large wok or heavy skillet over high heat. When it's hot, add the oil. When the oil is hot, add the garlic and ginger and stir-fry briefly. Add the textured soy protein mixture and stir-fry for 2 minutes. Add the tofu and cooking sauce and simmer for 3 minutes.

Add the green onions and the cornstarch mixture and stir over high heat until thick and bubbly. Serve immediately.

### Hunan Hot and Sour Vegetarian "Duck"

2 10oz cans vegetarian “roast duck” gluten (seitan) (mun chai’ya)

1 tbsp oil

1 small green pepper, seeded and cut into 1 inch squares

1/2 cup sliced celery

1/2 cup thinly sliced carrots

1 tbsp fermented black beans, mashed with a fork

1/2 tbsp minced garlic

1 tbsp fresh grated ginger

1 tsp chili garlic paste

1 cup vegetarian broth

2 tbsp light soy sauce

2 tbsp rice, cider or white wine vinegar

2 tbsp dry sherry

1 tsp cornstarch dissolved in 1 tbsp cold water

Rinse the gluten in a colander and cut it into bite size pieces. Heat a large wok or heavy skillet over high heat until very hot. Add the oil. When the oil is hot, add the gluten and stir fry for a couple of minutes. Add the vegetables, black beans, garlic, ginger, chili garlic paste and broth. Boil for 1 minute. Add soy sauce, vinegar and sherry, turn down the heat and simmer for 4 to 6 minutes. Add the dissolved cornstarch and stir until thickened. Serve immediately.

#### Steamed Tofu with Spicy Bean Paste Sauce

16 oz medium-firm tofu

Cooking Sauce:

1 tbsp oil

1 generous tbsp chopped green onions

1/2 tbsp minced fresh ginger

1/2 tbsp minced garlic

1 1/2 tbsp Sichuan hot bean paste or brown bean paste with chili garlic paste added to taste

2 tbsp plus 2 tsp light soy sauce

2/3 cup vegetarian broth

1 generous tsp cornstarch dissolved in 1 tbsp cold water

1/2 tbsp roasted sesame oil

Optional: 1 tbsp fresh cilantro

Cut the tofu in to 4 squares. Steam the squares over boiling water for 10 minutes.

While the tofu steams, prepare the sauce. It goes very fast so have everything chopped and measured. Heat a wok or heavy skillet over high heat. when it's hot, add the oil. When the oil is hot, add the green onion, ginger, garlic and bean paste. Stir for 10 seconds. Add the soy sauce and broth and bring to a boil. Stir in the dissolved cornstarch and add the sesame oil. Take the pan off the heat.

Drain the tofu in a colander. Cut the drained squares into 1-inch squares and arrange them neatly on a heated serving plate. Pour the sauce over the squares and sprinkle with cilantro.

Hunan Style "Duck" Curry

1 tbsp oil

1 to 2 cans vegetarian "Roast Duck" braised gluten seitan (mun chai'ya) or mock duck, rinsed and cut into 1 inch pieces

3 tbsp curry paste or powder

2 tbsp minced garlic

2 tsp grated fresh ginger

1/2 tsp chili garlic paste

1 large green pepper, cut into 1-inch squares

1/4 to 1/2 lb of mushrooms, halved (use only 1/2 lb if you only use 1 can of "duck")

1 large onion, peeled, cut into 6 wedges, layers separated

2 cups vegetarian broth

1/4 cup light soy sauce

1/4 cup dry sherry

2 tbsp cornstarch dissolved in 2 tbsp cold water

Heat a large wok or heavy skillet over high heat. When it's very hot, add the oil. When the oil is hot, add the seitan, curry, garlic, ginger and chilli paste. Stir-fry for 1-2 minutes, then add the green pepper and

mushrooms and onion. Stir-fry for another 2 minutes.

Add the broth, soy sauce and sherry. Cover, turn the heat down to medium low and simmer for 10 minutes. Stir in the dissolved cornstarch, turn the heat up to high and stir until it has thickened.

Serve with steamed rice.

#### Hunan Tofu with Fresh Garlic

6 to 7 oz extra firm tofu

1 tsp light soy sauce

1 tsp dry sherry

1 tsp cornstarch

1 tbsp oil

2 tbsp minced fresh garlic

1/2 large green pepper, seeded and cut into squares

1/2 cup diced celery

2 carrots, scrubbed and thinly sliced on the diagonal

1/2 cup vegetarian broth

1 tbsp dry sherry

2 tbsp light soy sauce

2 tsp cornstarch dissolved in 2 tbsp cold water

Cut the tofu into 3/4 inch squares, 1/4 inch thick. Mix the squares in a bowl with the 1 tsp soy sauce, 1 tsp sherry and 1 tsp cornstarch.

Heat a large wok or heavy skillet over high heat until very hot. Add the oil. When the oil is hot, add the tofu. Stir-fry until it starts to brown. Add the garlic, pepper, celery, and carrots and stir-fry for 3 to 5 minutes. Add the broth and cook for 1 minute. Add the 1 tbsp sherry, 2 tbsp soy sauce and the dissolved cornstarch and stir until it thickens. Serve immediately.

#### Chinese-Style Chili Green Beans

1 lb small fresh green beans, trimmed or frozen small whole green beans (Do not use frozen cut beans for this dish!)

1 tbsp oil

2 cloves garlic, crushed

1/2 tsp dried red chili flakes

2 tbsp light soy sauce

1/2 tsp unrefined sugar

1 tsp roasted sesame oil

If you are using fresh beans, blanch them for about 2 minutes in boiling water, then drain and place them in cold water. If using frozen beans, thaw them in a colander by running hot water over them. Drain the beans well.

Heat a large wok or heavy skillet over high heat. when it's hot, add the oil and turn the heat down to medium. Add the garlic and chili flakes and stir fry for a minute. Add the green beans, soy sauce and sugar and turn up the heat to high. Stir fry for 3-5 minutes until the beans are done. Sprinkle with the sesame oil and serve. These beans are also excellent when served at room temperature.

#### Chinese-Style Zucchini with Ginger

1 tbsp oil

1 lb zucchini cut into 1/4 inch slices

1/2 cup vegetarian broth

2 tsp light soy sauce

1 tbsp dry sherry

1 tsp roasted sesame oil

Heat a large wok or heavy skillet over high heat until very hot then add the oil. When the oil is hot, add the zucchini and ginger. Stir-fry 1 minute. Add the broth, soy sauce, and sherry. Stir-fry over high heat until the broth cooks down a bit and the zucchini is crisp-tender. Remove from the heat, sprinkle with sesame oil and serve.

#### Sichuan Spicy Tangerine 'Chicken'

3 tbsp dry sherry

2 tbsp light soy sauce

12 oz firm or extra firm tofu, cut into 1/2 inch dice or 2 cups textured soy protein chunks or cutlets which have been reconstituted in vegetarian broth/stock and cut into 1/2 inch pieces

1/2 cup flour

Sauce:

2 tbsp oil

1/2 tsp dried red chili flakes

optional: 1/4 tsp Sichuan pepper

1 heaping tbsp freshly grated tangerine or orange peel (orange part only, preferably organic)

1 tbsp rice, cider or white wine vinegar

1 cup vegetarian broth

Toss the sherry and soy sauce with the tofu and let marinate for at least 10 minutes.

Toss the marinated tofu in the flour, reserving the extra marinade.

Heat a large wok or heavy skillet over high heat. When it's hot, add 1 tbsp of the oil. When the oil is hot, add the half floured tofu cubes. Stir-fry until they are fairly crisp and browned. Remove them from the pan, add the second tbsp of oil, let it reheat and cook the remaining tofu the same way.

Add the first batch of tofu back to the pan along with the pepper flakes, Sichuan pepper and tangerine peel. Stir-fry for a minute, then add the vinegar, remaining marinade and broth. Cook over high heat until most of the broth evaporates. Serve hot.

#### Dan Dan Noodles

4oz thin rice noodles or 6 oz spaghetti or Japanese soba noodles or angel hair pasta

1 1/2 cups hot vegetarian broth

2 tbsp peanut butter

Sauce:

1 tbsp oil

1 medium onion, chopped

4 dried Chinese black mushrooms, soaked in hot water for 20 minutes, stems discarded and sliced

2 cloves garlic, minced

optional: 1 tbsp chopped Sichuan pickled vegetables

1/3 cup soy protein granules soaked in 1/4 cup boiling water or 1/2 cup vegetarian hamburger crumbles

1 tbsp light soy sauce

1 tbsp brown bean paste or light miso

1 tbsp chili garlic paste



1/2 tbsp cornstarch mixed with 2 tbsp cold water

2 tbsp chopped green onion

1 tbsp roasted sesame oil

Boil the noodles in plenty of water according to packet instructions. Drain in a colander.

Mix the hot broth with the peanut butter. Keep warm.

Heat a wok or heavy skillet over high heat. When it's hot, add the oil. When the oil is hot add the onion, mushrooms and garlic and the pickled vegetables, if using. Stir-fry until the onions soften, adding a bit of water as necessary to prevent scorching. Add the textured soy protein, soy sauce, brown bean paste and chili paste. When it bubbles, stir in the cornstarch mixture and stir until thickened. Remove from heat.

Run hot water over the noodles, drain, and divide them between 2 heated soup bowls. Heat the broth if necessary and pour over the noodles. Divide the sauce evenly between the two bowls, top with the chopped green onions and drizzle with the sesame oil. Serve immediately.

Seitan "Seafood" (scallops, fish, clams, shrimp)

Seitan seafood can be used in stir-fries or batter-fried and served with a dipping sauce. Adding some nori or dulce seaweed flakes to the batter gives it a more seafood taste.

Gluten dough:

2 1/2 cups pure gluten powder (vital wheat gluten)

2 cups cold water

Cooking broth:

4 cups water

6-inch piece kombu seaweed

1 1/2 tbsp salt

4 dried Chinese black mushrooms

2 tbsp lemon juice

1 tbsp sugar

1 tsp dried garlic

To make the raw gluten, mix together the gluten flour and the water. Mix until it forms a smooth, firm

dough. Knead briefly. Keep your hands wet when handling the dough for the rest of steps.

For “scallops”: Shape the raw gluten dough into a long roll about 1 inch in diameter. Cut into little rounds like very thin scallops. Mix the cooking broth ingredients and bring to a boil. Drop in the gluten rounds and simmer for 30 minutes. refrigerate overnight in the cooking broth.

For “fish”: flatten the raw gluten into very thin “fillet” shapes. If your pieces are too big, just cut them. Mix the cooking broth and bring to a low boil. Add the gluten “fillets” and return to a low boil, rather than a simmer and cook for 30 minutes. this makes a softer seitan. Refrigerate overnight in the cooking broth.

For “clams”: Tear the raw gluten into tiny bits. Bring the cooking broth to a boil and drop in the gluten pieces. Boil for 3 minutes and refrigerate overnight in the cooking broth.

For “shrimp”: cut the raw gluten into little wedge shapes about 1 1/2 long and 1/2 inch thick. Mix the cooking broth and bring to a simmer. Drop in the gluten and simmer for 30 minutes. Refrigerate overnight in cooking broth.

Note: remember that seitan expands quite a bit so whatever shape you cut, make the pieces at least half as small as you want them to be.

#### Buddha’s “Chicken”

This is a traditional yuba (bean curd skin) recipe used by Chinese Buddhist vegetarians. It makes a delicious appetizer. Leftovers can be chopped and used in dim-sum stuffings or rice and noodle dishes. If you use fresh yuba, which needs no soaking, this dish is very quick to prepare. It’s very easy to make whether you use fresh or dried yuba.

3 large sheets fresh yuba (bean curd skin) about 16 inches in diameter, cut in half, or 3 large rectangular sheets dried yuba

1/3 vegetarian broth

1 1/2 tbsp light soy sauce

2 tsp unrefined sugar

1/2 tbsp roasted sesame oil

oil for deep frying

If using the dried yuba, handle the sheets carefully and soak in warm water for 5 – 10 minutes. Pat them dry and cut in half.

Mix the broth, soy sauce, sugar and sesame oil in a small saucepan and heat until the sugar is dissolved. Pour into a bowl and allow to cool slightly

Spread a 12x6 inch piece of fine cheesecloth or thin white cotton sheeting over a cookie sheet. Place a half-sheet of the fresh or reconstituted dried yuba on the sheet.

Brush the yuba with soy sauce mixture. Cover with another piece of yuba and brush. Repeat until all of the yuba and sauce is used up. If there is some sauce left over, pour it over the yuba and brush evenly towards the edges.

Roll the stacks of sheets into a compact cylinder and wrap it in the cloth. Tie ends with white string. Steam the roll, covered, over boiling water for 10 minutes.

Remove carefully and cut the roll into 4 sections, diagonally. Heat the oil 350F in wok or skillet, or deep fryer. Drop in the rolls, standing back to avoid splattering and deep fry until golden brown. This will take only a few seconds. Drain the rolls on paper.

To serve, slice diagonally into 1/2 inch rounds and serve hot or cold.

## Chinese Style “Beefy” Seitan

Broth:

1 cup cold water

2 tbsp dark or mushroom soy sauce

2 tbsp ketchup

2 tsp Marmite, yeast extract or dark miso, mixed with 1/2 cup hot water until dissolved

1/4 tsp garlic granules

1/4 tsp onion powder

2 tsp Kitchen Bouquet or other gravy browner

1 1/4 cups pure gluten powder (vital wheat gluten)

Additional Ingredients:

1 tbsp light soy sauce

1 tbsp dry sherry

1 tbsp roasted sesame oil

Mix the broth ingredients together. In a small bowl, mix the gluten powder with 1 cup of the broth. Stir until a dough forms. Knead the dough a bit to thoroughly mix. Roll the dough into a log and cut it into 48 more or less equal-size slices or chunks.

Mix the remaining broth with 1/2 cup water and additional soy sauce and sherry in a medium saucepan. Bring to a boil. Drop in 12 pieces of gluten. Boil for 4 minutes, then remove them with a slotted spoon and place in a bowl. Add another 1/2 cup water to the broth and bring to a boil again, then drop 12 more pieces of gluten in and boil for 4 minutes. Repeat this 2 more times until all the gluten is cooked. You may have to add more than 1/2 cup water the last time. Just make sure the gluten pieces are more or less covered with the liquid while they cook.

When all the gluten is cooked, heat the sesame oil in a large heavy skillet and add the gluten pieces along with the remaining broth. Cover and cook over medium-low heat for about 20 minutes until all the broth is absorbed and the gluten is firm. Stir frequently as it cooks.

Place the gluten in a covered container and refrigerate or freeze.

## Asparagus Beef with Black Bean Sauce

Cooking sauce:

1/2 cup cold water or light vegetarian broth

1 tbsp light soy sauce

1 tbsp cornstarch

1/2 tsp light unbleached sugar

2 cups Chinese Style “Beefy” Seitan, cut into slivers

2 tsp dry sherry

1 tsp water

1 tsp cornstarch

1 tsp light soy sauce

1 tbsp oil

2 cloves garlic, minced or crushed

2 tsp fermented black beans, mashed with a fork

1 lb asparagus, trimmed and cut diagonally into 1 inch pieces

2 tbsp water

Combine the cooking sauce ingredients in a bowl and set aside

Mix the seitan slivers with the sherry, 1 tsp water, 1 tsp cornstarch and 1 tsp soy sauce in a bowl.

Heat a large wok or heavy skillet over high heat. When it is hot, add the oil. When the oil is hot, add the garlic and fermented black beans. Stir-fry for a few seconds then add the marinated seitan. Stir-fry for 3 minutes, then remove to a bowl.

Add the asparagus and onion to the pan, and stir-fry for 30 seconds. Add the 2 tbsp water to the pan, cover and cook for 2 minutes. Remove the cover, add the seitan mixture and cooking sauce. Stir cook until the sauce has thickened. Serve immediately with rice.

## Bharti Kirchner: Bengali Recipes

### Musurir dal – Onion-fragrant Red Lentils

3 cups water (750ml) water

1 cup (250ml) red lentils

¼ tsp turmeric

½ tsp salt

1 tsp sugar

2 tbsp vegetable oil (use mustard oil if you have it)

2 bay leaves

2 whole red chillies

½ tsp kalonji seeds

1 cup (250ml) thinly sliced slivered onion

1 small green chilli, chopped and seeded

1 tsp garam masala

2 tbsp fresh lime or lemon juice

1 tbsp finely chopped fresh cilantro/coriander

### Method

Bring water to boil in a pan over medium heat. Add lentils. Add turmeric and simmer, covered until lentils are tender, about 15 minutes. They should break easily when pressed between thumb and index finger.

Add salt and sugar. Puree the mixture in a blender until smooth. Return to the pan and keep warm.

Meanwhile, heat oil in a skillet over medium low heat. Fry bay leaves and red chillies until the chillies darken. Add kalonji seeds and fry for a few seconds. Fry the onion until richly browned but not burnt, 15 to 18 minutes, stirring constantly. Stir in green chilli. Pour this mixture over the pureed lentils. Simmer for 2-3 minutes.

Remove from heat. Stir in garam masala, lime juice and cilantro. Garnish with lemon wedges and serve.

#### Toker Dal – Tart Red Lentils

3 cups (750ml) water

1 cup (250ml) red lentils

1 tbsp peeled, minced fresh ginger

1 tsp fresh green chilli, seeded and chopped

½ tsp salt

1 tsp sugar

½ tsp tamarind concentrate

1 tsp vegetable oil (or mustard oil)

¼ tsp black mustard seeds

½ tsp five-spice, roasted and ground

#### Method

Bring water to boil in a pan over medium heat. Add lentils. Add turmeric and simmer, covered until lentils are tender, about 15 minutes. They should break easily when pressed between thumb and index finger.

Puree this mixture with the ginger and green chilli in a blender until smooth. Return to pan and bring to simmer. Add salt, sugar and tamarind and stir to dissolve the tamarind. Remove from heat.

Meanwhile, heat oil in a 6 inch skillet over a medium low heat. Fry black mustard seeds for a few seconds. As soon as the seeds start popping, remove from heat and pour contents over lentil mixture. Simmer lentils 2-3 more minutes. Stir in 5 spice. Cover and let stand for a few minutes to develop the flavours. Garnish with lemon wedges and fresh cilantro.

#### Matar Dal Shorshe Diyea – green split peas in zesty mustard sauce

4 cups (1 litre) water

1 cup (250ml) green split peas

1 bay leaf

¼ tsp turmeric

½ tsp salt

1 ½ tbsp vegetable oil (or mustard oil)

1 tbsp peeled minced fresh ginger

1 green chilli seeded and chopped

2 tsp black mustard seeds, ground to a powder, mixed with 4 tsp water and allowed to stand for 30 minutes

3 tbsp dried shredded or flaked sweetened coconut, ground in a blender to a coarse powder (or freshly grated or shredded coconut mixed with ½ tsp sugar).

Bring water to boil. Lower heat slightly. Add split peas, bay leaf and turmeric and simmer covered until peas are tender, 40–45 minutes. During this period, uncover occasionally and stir, adding a tbsp or so of hot water if the mixture sticks to the bottom of the pan. Add salt. Keep warm.

Meanwhile, heat oil in a skillet over medium low heat. Fry ginger and green chilli until ginger is lightly browned, 1-2 minutes. Add mustard paste and fry for another minute, stirring occasionally (you may need to keep the skillet partially covered for a few seconds if the spices start to splatter the cooking area). Add coconut and stir several times. Remove from heat. Pour over the pea mixture and stir. Cover and let stand for 15 minutes to develop the flavours. Garnish with cilantro.

Chholar Ghughni – Down home chick pea stew

2 ½ tbsp vegetable oil (mustard oil is preferred)

1 bay leaf

2 ½ cups (625ml) finely chopped onion

1 tbsp minced garlic

1 tbsp peeled, minced ginger

½ tsp turmeric

2 tsp ground cumin

2 tsp ground coriander

1 small fresh green chilli, seeded and chopped

½ cup (125ml) chopped tomatoes

¼ tsp salt

1 ½ cups (375ml) cooked chickpeas or a 16oz (450g) can of chickpeas, drained

garnish: mild raw onion rings, chopped Roma tomatoes, freshly chopped cilantro

#### Method

Heat oil in a skillet over medium heat. Add bay leaf and onion. Fry onion until richly browned but not burnt, 15 –20 minutes, stirring often and reducing heat to medium low halfway through cooking.

Stir in ginger and garlic and cook several minutes. Add turmeric, cumin, coriander and green chilli and mix well. Add tomatoes and salt. Lower heat slightly, cover and cook until tomatoes disintegrate and a thick sauce form, about 10 minutes. Stir occasionally to prevent sticking, adding a tbs of water if necessary. Add chickpeas cover and cook for 5 more minutes. Remove from heat and let stand, covered, for a few minutes to help develop the flavours. Garnish with onion, tomatoes and cilantro. Serving piping hot.

#### Chholar Dal – Festive Chickpeas with coconut and whole spices

1 cup (250ml) chana dal (split chickpeas), soaked over night in 5 cups (1 litre) of water

¼ tsp turmeric

1 whole fresh green chilli

½ tsp salt

1 tsp ground cumin

2 tbsp raisins

1 ½ tbsp vegetable oil (mustard oil preferred)

1 bay leaf

1 whole dried red chilli

5 whole cardamom pods

2 inch (5cm) cinnamon stick

2 whole cloves

¼ tsp kalonji seeds

1 tbsp seeded, chopped fresh green chilli

2 tbsp dried flaked or shredded sweetened coconut (or freshly grated or shredded coconut mixed with 1 tsp sugar

¼ tsp garam masala



## Method

Bring chana dal and the soaking water to boil in a large pan over medium heat. Add turmeric and whole chilli. Simmer, covered, 1 hour, or until the dal is very tender and breaks easily when pressed between thumb and index finger. During this period, uncover and stir often, adding 1-2 tbsp of water if the dal starts to stick to the bottom. Discard whole chilli. Add salt and cumin. Remove from heat.

Puree 1 cup (250ml) of the dal mixture in a blender, adding a little water if necessary. Return to the pan. Add raisins. Bring to simmer then keep warm.

Heat oil in a pan over medium low heat. Fry bay leaf and red chilli until the chilli darkens. Fry cardamom, cinnamon and cloves for 5 seconds. Add kalonji and fry another few seconds. Turn heat to low. Add chopped green chilli and coconut and cook for a few seconds, stirring constantly. Remove from heat. Add this spice mixture to the dal. Simmer 2-3 more minutes. Remove dal from heat. Blend in garam masala. Garnish with lemon wedges, sprinkle with whole cilantro leaves and serve.

## Jhal Alu – Fiery Potatoes

2 tbsp vegetable oil (mustard oil is preferred)

½ tsp black mustard seeds

¼ tsp fenugreek seeds

1 tbsp peeled, minced fresh ginger

1 green chilli seeded and chopped

¼ tsp turmeric

½ tsp salt

a dash of ground red chilli or cayenne pepper (or to taste)

1 ½ lb (750g) cooked potatoes (about 5 medium) cut into 1-inch cubes (2.5 cm) at room temperature

¼ cup (60ml) dried flaked or shredded sweetened coconut ground in a blender to a coarse powder or freshly grated or shredded coconut mixed with ½ tsp sugar

1 tbsp finely chopped fresh cilantro

heat oil in a skillet over a medium low heat. add mustard seeds. As soon as the seeds start popping add fenugreek, ginger and chilli and turmeric, stirring often. Keep the skillet partially covered to prevent the mustard seeds from flying out.

Add salt, red pepper and potatoes and fry for a minute or so, stirring constantly. Turn heat to low. Add coconut and cilantro and mix well. Remove from heat. serve hot or at room temperature.

## Siddha Alur Bhala – Spicy Home Fries

1 ½ lb (750g) unpeeled potatoes (about 5 medium) cut into 1 inch (2.4 cm) cubes

water for boiling potatoes

½ tsp salt

2 ½ tbsp vegetable oil (mustard oil preferred)

1 bay leaf

1 whole dried red chilli

½ tsp asafoetida powder

1 tsp sugar

1 tbsp ground cumin

a dash of ground red chilli or cayenne (to taste)

½ tsp garam masala

Method

Boil the potatoes with water to cover and salt until the potatoes are tender but still hold their shape, 15-20 minutes. Drain. Let cool to room temperature.

Heat 2 tbsp of the oil in a skillet over a medium heat. Fry potatoes until they turn medium brown, 5-6 minutes, turning often. Remove with slotted spoon and set aside.

Add remaining ½ tbsp oil to the same skillet and heat over medium low heat. fry bay leaf and red chilli until the chilli darkens. Sprinkle asafoetida over the spices. Add salt sugar potatoes cumin and red pepper. Fry for 2- 5 minutes to blend flavours, stirring often. Remove from heat. Stir in garam masala. Serve hot or at room temperature.

Alur Dom – Potatoes braised in rich tart sauce

1 tbsp plus 2 tsp to 3 tbsp vegetable oil (mustard oil preferred)

1 lb (1/2 kg) potatoes (about 4 medium) cut into 1 inch cubes

2 whole dried red chillies

½ tsp asafoetida powder

3 tbsp peeled minced fresh ginger

1 green chilli seeded and chopped

2 tsp ground cumin

a dash of red chilli powder or cayenne (or to taste)

½ tsp salt

½ tsp sugar

½ cup (125ml) water

1 tsp tamarind concentrate

#### Method

Heat 2 tbsp oil in a skillet over medium heat. Fry potatoes until they turn medium brown, 6–7 minutes, turning often. Remove with slotted spoon and set aside.

Add 1 tbsp oil to the skillet and heat over medium low heat. Fry red chillies until they darken. Sprinkle asafoetida onto the chillies. Add ginger, green chilli, cumin, red pepper, salt and sugar and stir a few times. Stir in the potatoes. Add water and simmer, covered until potatoes are tender but still hold their shape, 15–20 minutes.

Add tamarind and stir gently to mix in with the potatoes. Remove from heat and let stand covered for 10 minutes to develop the flavours. Garnish with cilantro to serve.

#### Alur Khosha Bhaja – Potato skin fry

1 tbsp besan (chickpea flour)

1 cup firmly packed potato peels, cut into 1 ½ inch (4cm) lengths

1 tbsp vegetable oil

1 tbsp white poppyseeds

½ tsp salt

a dash of ground red chilli or cayenne pepper (or to taste)

#### Method

Put besan in a paper bag and add the potato peels. Close the bag tightly and shake 8–10 times until peels are evenly coated.

Heat oil in a non-stick skillet over medium low flame. Add poppyseeds and sauté until lightly browned, a few seconds. Add salt and red pepper. Add the peels and fry until medium brown and crisp, 10–15 minutes, stirring constantly (the peels will absorb the oil quickly but continue to fry them). Remove from heat. serve hot or at room temperature.

#### Begun Pora – Rich roasted eggplant

1 medium eggplant, about 1 lb (½ kg)

2 tbsp vegetable oil (mustard oil preferred)

¼ tsp kalonji seeds

1 to 2 whole green chillies

1 cup (250ml) finely chopped onion

1 tbsp minced garlic

1 tbsp peeled, minced fresh ginger

¼ tsp turmeric

½ tsp salt

½ tsp sugar

½ cup (125ml) chopped tomatoes

1 tbsp finely chopped cilantro

#### Method

Preheat oven to 450F/230C gas mark 8. cut eggplant in half lengthwise and place on an un-greased baking sheet with the cut side down. Bake for 30 to 40 minutes or until the eggplant wrinkles and feels soft to the touch when pressed. The timing will vary depending on the thickness of the eggplant.

Allow the eggplant to cool. Discard the skin, finely chop the flesh and mash it with a fork.

Heat oil in a skillet over medium low heat. fry kalonji seeds and whole chillies for a few seconds. Add onion and fry until it is richly browned but not burnt, 8–10 minutes. Add garlic and ginger and stir several times. Add chopped green chilli, turmeric, salt, sugar and tomatoes. Simmer, covered, until tomatoes have disintegrated into a sauce, about 10 minutes. Discard whole chillies, if desired.

Add the eggplant and simmer, covered, 10 minutes to blend flavours, stirring occasionally to prevent sticking. Remove from heat. Let stand covered for 15 minutes to help develop the flavours. Add cilantro and mix well. Garnish with green onion and serve.

#### Kumror Ghanto – Butternut Squash in Mustard Sauce

2 tbsp vegetable oil (mustard oil preferred)

1 bay leaf

1 whole dried red chilli

¼ tsp kalonji seeds

1 green chilli seeded and chopped

¼ tsp turmeric

4 cups (1 litre) butternut squash cut into 1-inch (2.5 cm) cubes

½ tsp salt

½ tsp sugar

¼ cup (60ml) water

1 tsp black mustard seeds ground to a powder, mixed with 2 tsp water and allowed to stand for 30 minutes

¼ cup dried flaked or shredded sweetened coconut or freshly grated or shredded coconut mixed with ½ tsp sugar

method

heat the oil over medium low heat in a skillet. Fry bay leaf and red chilli until the chilli blackens. Fry kalonji seeds for a few seconds. Add green chilli and turmeric and stir a few times. Stir in butternut squash, salt, sugar and water.

Simmer covered, 10 minutes. Add mustard paste and stir gently to mix with sauce. Simmer, covered, until the vegetables are tender but not mushy, 5 – 13 minutes. Carefully stir in coconut. Remove from heat. scatter cilantro on top and serve.

Bandhakopir Ghanto – Cabbage Potato Extravaganza

2 ½ tbsp mustard oil

¾ lb (375g) peeled potatoes cut into 1 inch (2.5cm) cubes

½ tsp cumin seeds

6 cups (1 litre 500ml) finely shredded cabbage

1 green chilli seeded and chopped

¼ cup plus 2 tbsp water

¾ tsp salt

½ tsp turmeric

1 ¼ tsp sugar

a dash of red chilli powder or cayenne pepper (or to taste)

½ cup (125ml) thawed frozen peas

½ tsp garam masala

## Method

Heat 2 tbsp oil in a 12 inch, deep sided pan or Dutch oven over a medium heat. add potatoes and fry until medium brown, 5-8 minutes, stirring often. Remove with a slotted spoon and set aside.

Add the remaining ½ tbsp oil to the pan and heat over a medium low heat. add cumin seeds and fry for a few seconds until lightly browned. Add cabbage, green chilli and ¼ cup (60ml) water. Lower heat slightly and cook uncovered until cabbage is limp, 6-8 minutes, stirring often. Stir in salt, turmeric, sugar, red pepper, 2 tbsp water and the potatoes.

Simmer, covered, until potatoes are tender, 18-20 minutes, adding peas during the last 2-3 minutes. Remove from heat and blend in garam masala. Let stand for a few minutes to help develop the flavours.

## Phulcopi Bhapa – Steamed Spicy Cauliflower

1 tbsp ground cumin

1 tbsp ground coriander

2 tbsp water

1 ½ tsp sugar

¾ tsp salt

1 tbsp peeled fresh ginger, grated

1 green chilli seeded and chopped

2 tbsp mustard oil

4 cups (1 litre) cauliflower cut into florets 1 ½ inch (4cm) in diameter

½ lb (1/4kg) peeled potatoes (about 2 medium) cut into 1 inch (2.5cm) cubes

1 cup (250ml) chopped tomatoes

¼ cup (60ml) water

1 bay leaf

## Method

Combine cumin and coriander with 2 tbsp water in a small bowl. Add sugar salt, ginger, and green chilli. Add oil and mix well.

Combine cauliflower, potatoes, and tomatoes in a large bowl. Pour the spice mixture over the vegetables and mix thoroughly.

Heat the water in a non-stick skillet at least 10 inches (25cm) in diameter. As soon as it comes to a boil, add bay leaf and the vegetable mixture. You do not need to stir it. Simmer, tightly covered, until the

potatoes are tender and cauliflower is still slightly crunchy, 15-20 minutes. Garnish with cilantro and serve.

#### Phulkopir Dalna – Cauliflower and Potatoes in Roasted Red Chilli Sauce

1 ½ tbsp plus 2 tsp to 3 ½ tbsp vegetable oil (mustard oil preferred)

1 lb (½ kg) peeled potatoes (about 3 medium) cut into 1-inch (2.5cm) cubes

1 tsp sugar

1 bay leaf

¼ tsp black mustard seeds

½ tsp cumin seeds

¼ tsp turmeric

1 tbsp peeled, fresh ginger, grated

3 cloves garlic, crushed

½ cup (125ml) chopped tomatoes

½ tsp salt

¾ cup (175ml) water

1 to 2 tsp red chilli paste\*(recipe below)

2 tsp ground cumin

2 tsp ground coriander

3 cups cauliflower cut into florets 1 ¾ inches (4.5cm) in diameter

¼ cup thawed frozen peas

¼ tsp garam masala

2 tbsp fresh lemon juice

#### Method

Heat 2 tbsp oil in a large skillet over medium heat. Fry potatoes until they turn medium brown, about 5 minutes, turning often. Remove with a slotted spoon and set aside.

Add the remaining 1-½ tbsp oil to the skillet and heat over medium low heat. Add sugar and stir until it turns slightly brown. Fry bay leaf, black mustard seeds and cumin seeds until they start to crackle. Add turmeric, ginger and garlic and stir several times. Add tomatoes, salt and water. Add potatoes, red chilli

paste, ground cumin and coriander. Simmer, covered, for 10 minutes.

Add cauliflower and simmer, covered, until both cauliflower and potatoes are done, another 10-15 minutes: the cauliflower should be crisp-tender. Add peas and simmer, covered, 1 more minute. Remove from heat. Blend in garam masala. Let stand covered for a few minutes to help develop the flavours. Sprinkle lemon juice and cilantro on top and serve.

## **Red chilli paste:**

Dried red chilli, made into a paste, adds a rich, warm flavour and a mellow hotness to a dish. You can roast the chillies first to further enhance the sauce. Put 2 to 4 whole dried red chillies on an un-greased griddle or skillet over a low heat. Turn as soon as they start to darken on the bottom. Repeat for the other side. Soak the chillies (roasted or not) in hot water for about 15 minutes or until they are soft. You can remove the seeds to reduce the hotness or leave them in if they are mild. Grind the flesh with a mortar and pestle or in a mini-chopper using 2 tsp or so of the soaking water.

Do not substitute commercial red chilli paste, available in Asian markets. This paste contains other ingredients and will alter the taste of a dish.

Tomato Bhapa – Spicy Stuffed Tomatoes

10 Roma tomatoes

2 tbsp vegetable oil

¼ tsp asafoetida powder

¾ cup (175ml) finely chopped onion

1 tbsp peeled minced fresh ginger

1 green chilli seeded and chopped

¼ tsp turmeric

2 tsp besan (chickpea flour)

¼ tsp salt

1 tbsp finely chopped cilantro

Method

Remove the dark stem end from 8 of the tomatoes. Carefully hollow out each tomato by removing the pulp and seeds; discard the seeds but save the pulp. Chop enough of the remaining 2 tomatoes, discarding the seeds, to make ¼ cup (60ml) together with the reserved pulp. Set aside.

Heat oil in a skillet over medium low heat. sprinkle asafoetida over the oil. Fry onion until it is richly browned but not burnt, 8–10 minutes, stirring constantly. Add ginger, green chilli and turmeric and stir a few times. Stir in the besan. Lower the heat slightly. Add the reserved tomato pulp, salt and cilantro.



Cook until the pulp disintegrates into the sauce, about 2 minutes, stirring often. Transfer to a bowl and let cool slightly.

Stuff the hollowed tomatoes with this mixture and place upright in a baking pan. If they will not stand because of their point ends, place a crumpled piece of aluminium foil on the bottom of the baking pan and make small hollows in the foil to support the tomatoes upright. Or you can use a muffin pan...

Just before serving, preheat oven to 400F / 200C / gas mark 6. bake the tomatoes until they are tender but retain their colour and shape, 7- 12 minutes (the timing will vary with the firmness and size of the tomatoes. Do not over bake or the tomatoes will darken and their skin will wrinkle. Serve immediately.

Saak Bhate – pureed greens with chilli and coconut over rice

5 ½ cups (1 litre 375ml) firmly packed slivered greens (mustard greens, collards, kale, fresh spinach).

1 tbsp mustard oil

2 tsp black mustard seeds, ground to a powder, mixed with 2 tsp water and allowed to stand for 30 minutes

1 green chilli seeded and chopped

¼ tsp salt

2 tbsp dried flaked or shredded sweetened coconut or freshly grated or shredded coconut mixed with ¼ tsp sugar

plain boiled rice

Method

Bring 3-4 tbsp water to a boil in a large, deep sided pan. Add the slivered greens. Cover and turn heat to medium low, and steam until the greens are tender but still retain their color, 4-5 minutes. If using spinach, you need only a minute or two.

To puree the greens: Do this in batches: place about 2 tbsp water and about 2 cups of cooked greens in a blender. Don't use any more water than necessary to achieve a smooth puree.

Place the pureed greens in a sieve about 5 inches (2.5cm) in diameter. Rest the sieve over a tall tumbler to catch the drippings. With the back of a large spoon, press down on the greens to squeeze out moisture. About a cup of liquid will be released into the tumbler. When no more moisture comes out, set the greens aside.

Heat oil in a skillet over medium low heat. Add mustard paste and green chilli and stir a few times, keeping the skillet partially covered if the mustard paste starts to splatter. Add the greens and salt and stir a few times. Add coconut and mix well. Remove from heat. Serve about 2 tbsp per person on top of boiled rice.

Tarkarir Pullao – Vegetable Pullao

Vegetable oil

¾ cup (175ml) carrots cut into ¾ inch (2cm) cubes

1 cup (250ml) cauliflower cut into florets 1 inch (2.5cm) in diameter

¼ cup (60ml) green beans cut crosswise into ½ inch (1cm) pieces

1 bay leaf

6-8 cardamom pods

2-inch (5cm) cinnamon stick

2 whole cloves

1 cup (250ml) finely chopped onion

1 tbsp peeled minced fresh ginger

1 green chilli seeded and chopped

2 tbsp unsalted raw cashews

1 tbsp raisins (preferably golden)

1 ¼ cup (300ml) basmati or long grain white rice

¾ cup (175ml) chopped tomatoes

½ tsp salt

½ tsp sugar

½ to 1 tsp saffron, ground to a powder and soaked in 1 tbsp warm water for 30 minutes

2 cups (500ml) hot water

¼ cup (60ml) frozen peas, thawed

#### Method

Heat 1 ½ tbsp oil in a pan over medium heat. Fry carrots, cauliflower and green beans until the vegetables are lightly browned, 3-5 minutes. Remove with a slotted spoon and set aside.

Add 2 ½ tbsp oil to the pan and heat over a medium low heat. add bay leaf, cardamom, cinnamon and cloves and fry for a few seconds. Add onion and fry until translucent, about 2 minutes, stirring constantly. Add ginger, green chilli, cashews and raisins and fry for a minute or so, stirring constantly.

Add rice and fry until opaque, 3 or so minutes, stirring constantly. Add tomatoes, salt and sugar. Blend in saffron and the soaking liquid. Add hot water and bring to boil. Lower the heat slightly and simmer, covered, until most of the water is absorbed and rice is tender, about 12 minutes.

Place vegetables on top of rice; do not stir. Simmer, covered, until rice is done and vegetables are tender but firm, 5-10 minutes. Place peas on top of rice during last 2 minutes of cooking. remove from heat. Let stand covered for 10 minutes to allow rice to become plumper and fluffier. Serve garnished with brown-fried onions.

Luchi – puffed bread

1 cup plus 1 tbsp (265ml) all purpose flour

1 tsp baking powder

1 tbsp vegetable oil

6 tbsp warm water

additional flour for dusting

vegetable oil for deep frying

Method

Sift flour and baking powder into a bowl. Make a well in the center, add oil and blend with your fingers until the mixture resembles coarse crumbs. Gradually add water to form a dough that holds together. Knead and let rest at room temperature for at least 30 minutes.

Pinch off a portion of the dough and make a ball about 1 ¾ inches (4cm) in diameter by rolling between the palms of your hands. On a lightly floured work surface, roll out into a disc about 4 ½ inches (11cm) in diameter and 1/16 inch (1.5mm) thick; if rolled too thin, it may not puff up. Shake off excess flour.

Heat oil in a deep fat fryer or saucepan to 375F (190C). Carefully drop a disc into the hot oil. It will rise to the surface and puff up immediately, either entirely or in several places. Remove with a slotted spatula and drain on paper towels. Since the cook in a few seconds, I fry one luchi at a time.

Narkeler Payesh – Coconut Scented Rice Pudding

¾ cup (175ml) basmati rice or other long grain white rice

1 ½ cups (375ml) water

2 tbsp raisins (preferably golden)

2 tbsp toasted cashews or slivered almonds

1 tsp ground cardamom

¼ cup plus 1 tbsp (75ml) sugar

1 ¼ cups (300ml) fresh or unsweetened canned coconut milk

Method

Bring rice and water to boil in a pan. Simmer, covered, until all the water is absorbed and rice is tender, 20 or so minutes.

Add raisins, cashews and cardamom. Dissolve sugar in the coconut milk and stir into the rice mixture gently, so as to not break the rice kernels. Raise heat slightly and cook uncovered until the mixture thickens, 5 to 10 minutes. Remove from heat. Let cool slightly. Garnish with pistachios and serve.

## **Begun Posto – Smoked Eggplant in Garlic-Poppy seed Sauce**

1 medium eggplant, about 1lb

2 tbsp vegetable oil

2 whole dried red chiles

1/4 tsp fenugreek seeds

1 1/2 tbsp minced garlic

1 tsp seeded, chopped fresh green chili

1/4 tsp turmeric

1/4 cup water

2 tbsp white poppy seeds made into a paste (toast the seeds in a dry skillet and then pulverize them in a mortar and pestle with a little water to make a paste)

1/2 tsp salt

1/2 tsp sugar

Smoke and roast the eggplant: Preheat oven to 450F (230C). Cut eggplant in half lengthwise and place on an ungreased baking sheet with the cut side down. Bake for 30 to 34 minutes or until the eggplant wrinkles and feels soft to the touch when pressed. Slice. Set aside.

Heat oil in a skillet over medium low heat. fry red chiles until they darken. Add fenugreek, garlic and green chili and stir until garlic turns light brown. Add turmeric and water and bring to boil. Lower the heat slightly and stir in the eggplant slices. Add poppyseed paste, salt and sugar and mix well. Simmer covered for 20 minutes, stirring occasionally to prevent sticking. Remove from heat. let stand covered for a few minutes to help develop flavours. Garnish with green onions.

## **Begun Bhaja – Crisp Fried Eggplant**

1 cup besan (chickpea flour)

1/2 tsp baking powder

2 tsp ground cumin

1/4 tsp salt

1/2 tsp sugar

2 tsp vegetable oil

1/2 cup plain soy yoghurt

1 cup water

1 small eggplant, up to 1lb, cut into 2 1/2 x 1/2 x 1/4 inch pieces

vegetable oil for frying (at least 2 inches deep)

In a bowl, combine besan, baking powder, cumin, salt and sugar. Mix in oil and soy yoghurt. Gradually add water, stirring with a spoon so that a smooth batter forms. Place a few pieces of eggplant in the batter. Remove with a slotted spoon.

Heat oil in a saucepan or deep fat fryer to 375F (190C). heat oven to 200F (110C). Fry a few eggplant slices at a time until they turn golden brown all over, about a minute on each side, turning once. (cut one fried piece in half to see if the inside is cooked properly). Drain on paper towels. Serve immediately or keep warm in the oven until all have been fried.

Serve with chutneys and relishes.

## **Kumror Dalna – Sweet and Tart Pumpkin**

2 tbsp vegetable oil (mustard oil preferred)

1/2 tsp asafoetida powder

1/4 tsp kalonji seeds

1/2 tsp turmeric

1 tsp seeded, chopped, fresh green chili

3/4 tsp salt

3 1/2 sugar

3/4 cup water

5 cups peeled fresh pumpkin or butternut squash cut into 1/2 inch cubes

1 1/4 tsp tamarind concentrate

Heat oil in a skillet over medium low heat. sprinkle asafoetida over the oil. Add kalonji and fry for a few seconds. Add turmeric, green chili, salt and sugar. Add water and pumpkin. Simmer, covered, until vegetables are tender but not mushy, 18 – 25 minutes.

Stir in tamarind gently so as not to break the squash cubes. Cook uncovered for a minute or so to allow the sauce to thicken. If the sauce is still a little watery, mash a few of the vegetable cubes with the back of a spoon and mix in with the sauce. Remove from heat. let stand covered for a few minutes to help develop the flavours. Scatter cilantro on top.

## **Palong Saak Bhaja – Peanut Topped Greens**

6 cups firmly packed coarsely chopped hearty greens such as fresh spinach, chard, collard, kale and/or mustard greens

2 tbsp vegetable oil (mustard oil preferred)

1 bay leaf

1 whole dried red chili

1/4 tsp asafoetida powder

1 tsp seeded, chopped fresh green chili

1 tbsp peeled minced fresh ginger

1/4 tsp turmeric

1/8 tsp black pepper

2 tsp ground cumin

1/4 tsp salt

1/2 cup soymilk

1/4 unsalted dry roasted peanuts, coarsely chopped

Steam the greens until tender and puree in a blender. Set aside.

Heat oil in a large skillet over medium low heat. fry bay leaf and red chili until the chili darkens. Sprinkle asafoetida on top of red chili. Stir in green chili, ginger, turmeric, black pepper, cumin and salt. Add soymilk and cook until reduced to about half its volume, 3 – 5 minutes, stirring often.

Add the pureed greens. Cover and place over low heat for 3-5 minutes to blend the flavours and heat the mixture through. Remove from heat. sprinkle peanuts on top.

## **Kurmor Bhate – Lime Splashed Butternut Squash over Rice**

2 tbsp mustard oil (or vegetable oil)

1/2 tsp black mustard seeds

1 tsp seeded, chopped fresh green chili (or to taste)

1/2 tsp turmeric

2 cups mashed, cooked butternut squash

1/2 tsp salt

3 tbsp fresh lime or lemon juice

plain boiled rice

heat oil in a skillet over medium low heat and fry the black mustard seeds. As soon as the seeds start popping, add green chili and turmeric and stir a few times. Add squash and salt.

Fry for 2 minutes, stirring often. Remove from heat. Blend in lime juice. Serve a small amount over plain boiled rice garnished with green chili.

## **Narkeler Chatney – Coconut and Cilantro Chutney**

1/2 cup water

2 tbsp fresh lemon juice

1 cup dried flaked or shredded sweetened coconut

1/3 cup firmly packed, coarsely chopped fresh cilantro (coriander) leaves

1 tbsp peeled coarsely chopped fresh ginger

1/2 tsp seeded coarsely chopped fresh green chili (or to taste)

1 tsp ground cumin

1/4 tsp salt

1 tsp vegetable oil (mustard oil preferred)

1/2 tsp black mustard seeds

Place water, lemon juice, coconut, cilantro, ginger, green chili, cumin and salt in the order given in the container of a blender. Blend until reduced to a thick puree, adding a little more water if necessary. Pour into a small bowl.

Heat oil in 6-inch skillet over medium low heat. Add black mustard seeds. When the seeds start crackling, remove from heat. add to the contents of the bowl.

Biker Billy Cooks With Fire  Bill Hufnagle

Hot and Spicy Bean Curd Burritos

Olive oil

1lb extra firm bean curd, drained and cut into 1/2 inch cubes

2 carrots, peeled and cut into 1/2 inch chunks

1 bunch broccoli, florets reserved and stalks cut into 1/2 inch chunks

1 red bell pepper, cored and cut into 1/2 inch pieces

1 yellow bell pepper, cored and cut into 1/2 inch pieces

2 garlic cloves thinly sliced

2 medium red onions, diced

salt and pepper

eight to ten 10-inch flour tortillas

## Method

Heat several tbsp of olive oil in a large sauté pan or wok. Add the bean curd and stir well to coat with oil. Sauté stirring often for 7 to 10 minutes or until the bean curd is brown on all sides.

Add the carrots and broccoli stalks stir well and sauté for 3-5 minutes stirring often. Stir in peppers, garlic and onion and sauté for 3-5 minutes stirring often.

Cut the broccoli florets into bite size pieces and stir into the bean curd mixture. Sauté for 2-4 minutes, stirring often, the burrito filing is done with the broccoli florets darken but arte still crispy. Season to taste with salt and pepper.

Put tortilla on a plate. Place several tbsp of filling on the tortilla, but some salsa on top, roll up and serve.



## Biker Beerittos

2 tbsp olive oil

2 tbsp chopped garlic

2 medium onions diced

2 fresh cherry peppers minced

1 (19oz) can large red kidney beans, drained

1 tbsp liquid smoke

1/2 tsp black pepper

1/2 tsp salt

1/2 tsp ground cumin

1 yellow bell pepper cord and cut into strips

1 ripe beefsteak tomato, pureed

1 tbsp dark molasses

1 (12oz) bottle of dark beer

eight to ten 10-inch flour tortillas

salsa

## Method

Heat the olive oil in a large sauté pan over high heat. add the garlic, onions and cherry peppers, stir to coat with oil and sauté for 3-5 minutes or until the onions are golden brown. Add the beans liquid smoke, black pepper, salt and cumin. Reduce the heat to medium, stir well and simmer for 10 minutes or until the liquid is absorbed.

Add the bell pepper and tomato puree stir well and simmer for 8 to 10 minutes or until the liquid is absorbed. Reduce the heat to low add the molasses and beer and simmer for 8-10 minutes or until the sauce is reduced to a thick and creamy consistency.

Put tortilla on a plate. Place several tbsp of filling on the tortilla, but some salsa on top, roll up and serve

## Black Eyed Soup

3 tbsp margarine

2 medium onions minced

1 fresh long slim red cayenne pepper, minced

1 (15oz) can black eyed peas, rinsed

2 carrots cut into 1/4 inch slices

1/2 tsp salt

1/4 tsp black pepper

1 tsp dried parsley

1/8 tsp celery seeds

1.5 cups cool water

1/8 tsp ground cumin

## Method

In a cast iron skillet, melt 2 tbsp of margarine over medium heat. Add the onions and cayenne pepper and sauté 3-5 minutes or until the onions are golden brown.

Place the black-eyed peas carrots salt black pepper parsley and celery seeds in a 2-quart saucepan and cover with water. Bring to a boil. Add the sautéed onions and cayenne pepper, reduce heat to low and simmer for 30 to 40 minutes. Stir often to prevent the peas from sticking to the bottom of the pot. Remove the soup from the heat and allow to cool. Puree in a food processor or blender with the remaining 1 tbsp margarine and the cumin. Return to the saucepan, reheat and serve.

### Mean Black Bean Soup

1 ancho pepper, stemmed seeded and torn into small pieces

1 dried long slim cayenne pepper, stemmed and crushed

1/4 cup boiling water

2 tbsp olive oil

1 medium onion minced

1 carrot minced

1 celery stalk minced

1/2 cup peeled whole tomatoes with their juice

1/2 tsp black pepper

1/4 tsp dried oregano

1 tsp salt

1/4 tsp ground cumin

1 (19oz) can black beans

1 (12oz) bottle stout or dark beer

## Method

Place the ancho and cayenne peppers in a small bowl. Cover with the boiling water and set aside to cool.

Heat the oil in a large soup pot over medium heat. add the onion, carrot and celery, stir well to coat with oil and sauté for 2-3 minutes or until the onion is transparent.

While the onion is sautéing, puree the re-hydrated peppers along with the tomatoes in a blender for 1 minute, until smooth and free of chunks. Add the puree and the remaining ingredients to the pot, bring the soup to the boil, then reduce the heat to low. Cover and simmer for 30 minutes stirring often to prevent the beans from sticking to the bottom of the pot.

Using slotted spoon, remove 1 cup of the beans and set aside. Puree the rest of the soup in the blender or a food processor. Return the puree and the reserved beans to the pot and reheat over the lowest possible heat. Stir well before serving.

### Lucifer's Angel Pasta

14 sun-dried tomatoes, thinly sliced

7 tsp chopped garlic

2 dried long slim cayenne peppers, stemmed and crushed

1 ancho pepper, stemmed, seeded and torn into small pieces

1 cup boiling water

12 scallions

1/2 cup olive oil

1 lb angel hair pasta

## Method

Fill a large pot with water and bring to a boil to cook the pasta.

Combine the sun-dried tomatoes, garlic and cayenne and ancho peppers in a small bowl and cover with

the boiling water. Set aside and allow to cool to room temperature.

Trim the scallions. Remove the dark green tops and set aside. Cut the white and light green sections into 1/4-inch slices.

In a medium sauté pan, heat the olive oil over medium heat. Add the white and light green scallions and sauté for 3 to 5 minutes or until the scallions are golden brown. Add the pepper and sun-dried tomato mixture and stir well to deglaze the pan. Bring to a boil, reduce the heat and simmer for 15 minutes. Remove the pan from the heat and mash the sauce well with a potato masher. Return to very low heat to keep warm while you prepare the pasta.

Cut the dark green scallion tops into 1/4 inch slices and set aside.

Cook the angel hair al dente, according to the package directions. Drain well, rinse to remove starch, and drain again. Toss with the sauce, garnish with the scallion tops and serve immediately.

### Hot Nutty Noodles

6 scallions

1/4 cup peanut oil

2 fresh long slim red cayenne peppers, stemmed and minced

1 fresh red jalapeno pepper, stemmed and minced

7 garlic cloves minced

1/2 cup unsalted roasted cashews, coarsely chopped

2 tbsp sesame seeds

1/2 cup chunky peanut butter

1 cup coconut milk

1/4 cup water

salt and pepper to taste

1 lb angel hair pasta

## Method

Fill a large pot with water and bring to a boil to cook the pasta.

Trim the scallions. Remove the dark green tops, cut into 1/4 inch-thick slices and set aside. Mince the white and light green sections.

In a small saucepan, heat the peanut oil over low heat. add the minced scallions, peppers and the garlic,

the cashews and sesame seeds and sauté for 3-5 minutes or until the scallions are golden brown, being very careful not to burn the cashews and sesame seeds. Add the peanut butter and stir until completely melted. Add the coconut milk and stir well to blend. Slowly add the water, stirring constantly until well blended. Season with salt and pepper to taste.

Keep the sauté warm over very low heat while you prepare the pasta, stirring often so it does not separate.

Cook the angel hair as per package instructions.

Just before serving, add the dark green pieces of scallion to the sauce and stir well.

Drain the pasta well and toss with the sauce. Serve immediately.

### Smoky Bean Curd Stir Fry

1 (3.75 ounce) bag bean thread (cellophane) noodles

1 to 2 large broccoli stalks

7 scallions

peanut or olive oil

2 or more fresh Serrano peppers stemmed and thinly sliced

6 or more garlic cloves coarsely chopped

1-inch cube fresh ginger peeled and minced

4 carrots peeled and cut into irregular shaped pieces

3 celery stalks sliced 3/4 inch thick on a bias

1lb extra firm bean curd, drained

liquid smoke

1 small zucchini, quartered lengthwise and cut into 1/4 inch slices

1 cup snow peas, trimmed

1 (15oz) can baby corn, drained

1 red bell pepper cored and cut into 3/4 inch squares

salt and pepper

## Method

Bring a large pot of water to a boil. Add the bean threads, stir, then remove from heat and set aside to soak; they should be ready when the stir-fry is done (if the package directions are different, follow them).

Trim the broccoli, removing the florets and breaking them into bite-size pieces; set aside. Cut the stalks into irregular chunks. Trim the scallions. Remove the dark green tops and set aside. Cut the white and light green sections into 3/4 inch-thick slices. Thinly slice the dark green sections.

Heat several tbsp of oil in a very large sauté pan or wok. (it may be necessary to add more as you add more ingredients). Put the Serrano peppers, garlic and ginger into sauté pan or wok. Stir-fry for 1 minute. Add the broccoli stalk and carrots and stir well to coat with oil. Stir-fry for 3 minutes. Add the white and light green sections of the scallions along with the celery to the sauté pan or wok and stir-fry for 2 minutes.

Place the bean curd on a cutting board with large side up. Cut on diagonals into 4 triangles, then place each triangle piece on its longest side and cut in half from tip toward the longest side. Slice each triangle chunk into 4 slices. Place the bean curd pieces in the hot oil a few at a time, stirring to coat with oil. Stir fry until the bean curd begins to brown, 6-8 minutes. Add several generous dashes of liquid smoke while stirring.

Add the zucchini, snow peas, baby corn and bell pepper to the sauté pan or wok. Stir in the broccoli florets and dark green scallion tops, then stir-fry until the florets start to turn dark green, about 2 minutes.

Drain and rinse the bean threads. In a very large serving bowl, toss together the bean threads and stir fry mixture. Serve immediately.

Fried Rice with Hot Leek Sauce

### **For the hot leek sauce:**

1 tbsp cornstarch

1/2 cup cool water

1/4 cup peanut oil

1 leek minced

1/2-inch cube fresh ginger, peeled and minced

1 or more fresh long slim cayenne peppers, stemmed and minced

1 tbsp chopped garlic

1/4 cup light teriyaki sauce

### **For the rice:**

1/4 cup peanut oil

1-inch cube fresh ginger, peeled and minced

2 fresh long slim red cayenne peppers, stemmed and minced

6 scallions minced

2 tbsp chopped garlic

16oz extra firm bean curd, drained and cut into 1/2 inch cubes

1 cup unsalted cashews

2 carrots, shredded

2 celery stalks thinly sliced crosswise

1 cup sliced mushrooms

1/2 cup sliced water chestnuts

1/2 cup sliced bamboo shoots

1 (15oz) can baby corn pieces drained

2 broccoli stalks, florets only, cut into bite size pieces

1/4 cup light teriyaki sauce

3 cups cooked rice

## Method

To prepare the leek sauce: combine the cornstarch and the water in a small bowl and beat with a wire whisk to dissolve; set aside.

Heat 1/4-cup peanut oil in a small sauté pan over medium heat. add the leek, ginger and cayenne peppers and stir to coat with oil. Sauté for 5-7 minutes, or until the leek is golden brown. Add the teriyaki sauce and stir well. Set aside.

To prepare the rice: heat the second 1/4-cup of peanut oil in a large sauté pan or wok. Put the ginger, cayenne peppers, scallions and garlic in the sauté pan or wok and stir well. Sauté for 3 minutes, stirring often. Add the bean curd and stir well to coat with oil (it may be necessary to add more oil as you add ingredients) sauté for 8-10 minutes, stirring often to brown the bean curd on all sides.

Add the cashews and carrots and stir well. Sauté for 2 minutes, stirring often. Add the celery, mushrooms, water chestnuts, bamboo shoots and baby corn. Sauté for 5 minutes stirring often. Add broccoli, teriyaki sauce and cooked rice. Stir well and sauté for 7-10 minutes or until the broccoli turns dark green but is still crispy. Keep hot.

Put the leek sauce saucepan back on the stove over medium heat. Re-stir the dissolved cornstarch mixture and add to the leek sauce slowly while stirring. Simmer the sauce for about 2 minutes or until it

thickens.

Serve fried rice with the sauce on the side.

### Hot Tom Potatoes

2 fresh long slim red cayenne peppers, stemmed and minced

1 small red onion, coarsely chopped

1 tbsp liquid smoke

2 tbsp molasses (or sticky sweet syrup of your choice)

1 tsp salt

1 tsp ground black pepper

1 tbsp fresh chopped garlic

1/2 cup tomato ketchup

1 large baking potato, unpeeled and cut into 1/4 inch slices

yellow cornmeal

oil for frying

combine the cayenne peppers, onion, liquid smoke, molasses/syrup, salt, black pepper, garlic and ketchup in a blender or food processor equipped with a chopping blade. Puree for 1 to 2 minutes until smooth.

Put the potato slices in a mixing bowl and cover with the sauce, making sure that all the potato slices are coated. Marinate for at least 30 minutes, stirring occasionally.

Preheat the oven to 350F.

Fill a small, shallow bowl halfway with cornmeal. Have some more cornmeal on hand to sprinkle.

In a small frying pan, heat 1/2 inch of oil over medium heat.

Stir the potato slices in the sauce, making sure that each potato slice is thickly coated, lay them one at a time on the cornmeal and sprinkle cornmeal on top. Pick them up with a spatula or fork and place in the hot oil. (you have to handle them with care or the tomato sauce will slide right off the potato slice). Fry the potatoes a few at a time in a single layer so they don't stick together. Turn them with care, frying both sides until they are golden to deep brown, 3-5 minutes total. Remove from the oil and drain on paper towels.

Lay the potato slices on a cookie sheet one layer deep. Bake until they are tender when pierced with a fork, about 10 minutes. Serve piping hot.



### Hot Garbanzo Beans with Sun Dried Tomatoes

2 tbsp olive oil

4 sun-dried tomatoes, thinly sliced

2 garlic cloves, thinly sliced

1/2 medium onion, thinly sliced

1/2 to 1 dried New Mexico pepper, stemmed and crushed (or 1 tsp dried red pepper flakes (or to taste))

1 (16oz) can garbanzo beans

water

salt and ground black pepper

Heat the oil in a small sauté pan over medium heat. add the sun-dried tomatoes, garlic onion and New Mexico pepper and sauté until the onion begins to brown. Add the garbanzo beans and continue to sauté for about 5 minutes, or until the garbanzo beans begin to brown. Add enough water just to cover the garbanzo beans then stir well. Reduce the heat to low and simmer for about 5 minutes, or until the liquid is almost gone. Add salt and black pepper to taste and serve immediately.

### Masala Potatoes

3 tbsp margarine

1 tbsp black mustard seeds

1 fresh long slim red cayenne pepper, stemmed

1/2 tsp whole black peppercorns

2 medium onions, coarsely chopped

1 red bell pepper, cored and diced

1 tsp turmeric

1/2 tsp ground coriander

1/2 tsp salt

1 to 3 tsp ground cayenne pepper

4 or 5 medium potatoes, unpeeled, parboiled and cut into 1 inch chunks

1/4 cup of hot water

juice of 1 lemon

In a large pan, melt the margarine over medium heat. Add the mustard seeds and sauté about 2 minutes. Add the whole cayenne pepper, peppercorns, onions and bell pepper and sauté about 3 minutes, or until the onions are tender.

Add the turmeric, coriander, salt and ground cayenne. Stir well to blend. Add the potatoes, water, and lemon juice and stir well. Reduce the heat to low and simmer, covered for 3-5 minutes or until the sauce thickens. Remove the whole cayenne pepper before serving.

Mexi-Corn

2 tbsp margarine

1 small red bell pepper, cored and coarsely chopped

1 fresh green Anaheim pepper, stemmed and coarsely chopped

1 fresh green jalapeno pepper, stemmed and coarsely chopped

1 (12oz) can whole kernel corn, drained

salt and ground black pepper

In a small saucepan, melt the margarine over medium heat. Combine the peppers in the saucepan and simmer for 2-3 minutes. Add the corn and stir well. Reduce heat to low, cover and simmer for 3 – 5 minutes, stirring often to prevent burning. Season with salt and pepper to taste and serve piping hot.

Hot Nutty Butternut Squash

4 tbsp margarine

1 fresh red serrano pepper, stemmed and minced

1/2 cup cashews, coarsely chopped

1/2 cup currants

1/2 cup chunky peanut butter

1 tbsp unrefined sugar

1 butternut squash, halved lengthwise and seeded

Preheat oven to 400F

Melt the margarine in a small pan over low heat. Add the serrano pepper and cashews and sauté for 2 minutes. Add the peanut butter and stir until melted, then add the sugar. Stir well and remove from the heat.

A butternut squash has a cavity at the blossom end and a long solid section that extends to the stem.

Using a paring knife, make several 1/4-inch cuts in the flesh extending from the cavity to the stem end. Place the squash halves in a baking dish and cover the cut surface with the nut mixture. Divide the remaining nut mixture between the two cavities. Bake for 60 to 70 minutes, or until fork can be easily inserted through the skin into the solid section of squash.

### Spicy Hoppin' John

6 scallions

2 tbsp extra virgin olive oil

1 carrot peeled and thinly sliced

1 celery stalk, thinly sliced

1 red bell pepper cored and julienned

1 or more fresh long slim red cayenne peppers, diced

1 (10oz) package frozen black eyed peas, thawed and rinsed (or a 15oz can, rinsed)

1 bay leaf

1/2 tsp salt

1/2 tsp black pepper

1 tbsp liquid smoke

1 tbsp chopped garlic

1 (12oz) bottle dark beer

Cooked rice

Trim scallions. Remove the dark green tops and set aside. Cut the white and light green sections into 1/4 inch thick slices.

Heat the oil in a large sauté pan over medium heat. Add the carrot and stir well to coat with oil. Add the white and light green sections of the scallions and the celery, reduce heat to low and sauté for 2 minutes. Add the bell and cayenne peppers and sauté for about 3 minutes or until the carrot begins to brown. Add the black-eyed peas and stir well. Sauté for 1 minute.

Add the bay leaf, salt, black pepper, Liquid Smoke, garlic and beer. Stir well and bring to a boil. Reduce the heat and simmer, covered, for about 10 minutes, or until the liquid is almost completely absorbed – there should still be about 1/3 cup sauce.

Thinly slice the dark green scallion tops while the mixture simmers. Then stir in half the scallion greens. Ladle the Hoppin' John over a bed of cooked rice and sprinkle with remaining scallion greens.

### Killer Curry

1 (19oz) can garbanzo beans, drained, liquid reserved

2 (10oz) packages frozen chopped spinach

4 tbs margarine

2 fresh long slim red cayenne peppers, stemmed and minced

1 fresh red jalapeno pepper, stemmed and minced

7 garlic cloves, minced

3 medium onions, minced

2 carrots, peeled, halved lengthwise and cut into 1/2 inch slices

1/2 cup slivered almonds

1/2 cup golden raisins

2 tsp ground cumin

1 tsp ground coriander

1 tsp turmeric

1 tbs paprika

2 tsp salt

1 tsp ground black pepper

1/4 tsp ground ginger

1 cup water

1 yellow bell pepper, cored and cut into 1/2 inch squares

2/3 cup coconut milk

cooked rice, hot

In a large saucepan, combine the liquid from the garbanzo beans and the frozen spinach. Place over low heat, cover and allow the spinach to thaw.

In a large sauté pan, melt the margarine over medium heat. add the hot peppers, garlic and onions and sauté for 1 minute. Add the carrots and sauté for 4-6 minutes or until the onions are golden brown.

Stir in the slivered almonds, golden raisins, and garbanzo beans and stir well. Sauté for 1 minute. Add the cumin, coriander, turmeric, paprika and ground ginger. Stir well and sauté for 1 minute. Add the

thawed spinach and garbanzo liquid and water to sauté pan, stir well and simmer for 10 minutes.

Add the bell pepper and coconut milk to the sauté pan and stir well. Reduce heat to low and simmer, covered, for 30 minutes. Serve piping hot with rice.

#### Joe Allen's Polka Pepper Pasta

1/2 cup margarine

3 fresh red jalapeno peppers, stemmed and thinly sliced

7 garlic cloves

2 large sweet onions, quartered and cut into thick slices

1 medium head cabbage, quartered, cored and cut into thick slices

salt and pepper to taste

1 lb thin noodles

Fill a large pot with water and bring to a boil to cook the noodles. Melt the margarine in a very large sauté pan over medium heat. Add the jalapeno peppers, garlic and onions. Add the cabbage until the pan is full. You may not be able to fit all the cabbage in the pan at first, but you can add more as it cooks down. Sauté, stirring often, for 15 to 20 minutes or until all the cabbage is tender and transparent. Season with salt and black pepper to taste.

Cook noodles al dente, according to package instructions. Drain well and transfer to a large serving bowl. Add the cabbage and mix well. Serve piping hot.

#### Loco Lo Mien

1 ancho pepper, stemmed, seeded and torn into small pieces

1 dried New Mexico pepper, stemmed, seeded and torn into pieces

1/2 cup boiling water

2 inch length fresh ginger, peeled and julienned

1 broccoli stalk

1/4 cup extra virgin olive oil

1 lb extra firm bean curd, drained and cut into 1/2 inch cubes

2 carrots, peeled and cut into 1/4 inch slices

6 scallions

1 (8oz) can sliced water chestnuts, drained

1 (15oz) can baby corn, drained

1 cup sliced mushrooms

1 small zucchini, quartered lengthwise can cut into 1/2 inch pieces

1 red bell pepper, cored and julienned

1 cup snow peas, trimmed and cut into 1/2 inch pieces

2 tbsp chopped garlic

1/2 cup light teriyaki sauce

1 tsp ground black pepper

1 (10oz) package Chinese noodles or 1 lb angel hair pasta

Put the ancho and New Mexico peppers in a small bowl and cover with the boiling water. Place the ginger on top of the peppers and set aside to cool to room temperature.

Fill a large pot with water and bring to a boil to cook the noodles.

Remove the broccoli florets from the stalk. Break or cut the florets into bite size pieces and set aside. Trim any leaves or hard dry parts from the broccoli stalk. Cut the stalk into 1/4 inch slices.

Heat the olive oil in a very large sauté pan or wok over high heat. add the bean curd and sauté for 8-10 minutes or until the bean curd begins to brown. Add the broccoli stalks and carrots and sauté for 3 – 5 minutes or until carrots start to brown.

While carrots are sautéing, trim the scallions. Remove the dark green tops and set aside. Cut the white and light green sections into 1/4 inch slices.

Add the white and light green scallions, water chestnuts, baby corn, mushrooms, zucchini, bell pepper and snow peas to the pan and sauté for 3 – 5 minutes. Add the broccoli florets and sauté for 2-3 minutes or until the florets turn dark green but are still crispy.

In a blender or food processor, combining the re-hydrated peppers, ginger, garlic, teriyaki sauce, and black pepper. Puree for 1 minute or until smooth.

Add the purée to the vegetables and stir well. Reduce the heat to low and simmer, covered, while you prepare the noodles.

Cook the noodles al dente according to package instructions.

While the noodles cook, thinly slice the dark green scallion tops.

Drain noodles well and toss with the vegetables. Serve immediately, with the dark green scallion tops sprinkled on top.

## Red Hot Red Pepper Salsa

1 tbsp extra virgin olive oil

1 or more fresh long slim red cayenne peppers, stemmed and minced

1 medium onion, coarsely chopped

1 red bell pepper, cored and diced (or use 1 cup diced roasted bell pepper)

1/2 tsp ground black pepper

1/2 tsp salt

1 cup water

Heat the oil in a small sauté pan over medium heat. Add the cayenne peppers, onion and bell pepper and sauté for 2-3 minutes or until the onion is transparent. Add the black pepper, salt and water and reduce the heat to low. Cover and simmer for 10 minutes.

Puree in a blender or food processor equipped with a chopping blade for 30 seconds to 1 minute, until no large pieces of pepper remain. Serve warm.

# British Museum Cookbook – Michelle Berriedale-Johnson

## Imperial Rome

The following recipes have been adapted to modern kitchens from a cookbook written in the Roman Empire in the last century BC thought to be authored by ‘Apicus’.

### Mushrooms Stewed with Coriander and Red Wine

Serve the mushrooms in ramikin dishes as a starter with fresh brown bread.

2 1/2 cups red wine

1 1/4 lbs button mushrooms

salt and freshly ground black pepper

3 tbsp chopped fresh coriander (cilantro)

Put the wine in a pan, bring to the boil and boil briskly til it is reduced to 2 cups. Wipe the mushrooms and remove their stalks. Add them to the red wine with a pinch of salt and a generous grind of black pepper. Bring the wine back to the boil and simmer gently for 5 minutes. Remove from the heat. Just before serving, stir in the fresh coriander. Serve warm or cold.

## **Beets with Leek and Coriander**

2 lbs fresh young beets scrubbed and thickly sliced

1 lb trimmed leeks, thickly sliced

1 tsp ground cumin

1 tbsp chopped fresh coriander (cilantro)

2 1/2 cups sweet white wine

salt and pepper

Put the beets with the leeks and spices in a heavy bottomed pan. Add the wine, bring to the boil and simmer for 30 minutes or till the beets are tender. Season to taste with salt and pepper and server either hot or cold.

## **Baked Cabbage with Cracked Wheat and Pine Nuts**

1 lb white or green cabbage, finely sliced

1 onion, finely sliced



olive oil

2/3 cup vegetable stock

salt and pepper

4 oz cracked wheat

1/2 cup white wine

1 cup boiling water

2 oz pine nuts

2 oz raisins

Cook the finely sliced onion gently in some olive oil until it is transparent. Add the cabbage, mix the onion well in then add the stock and a little seasoning. Cover the pan and simmer gently for approximately 15 minutes or till the cabbage is cooked but still slightly crunchy. Turn the cabbage into an ovenproof dish. While the cabbage is cooking, put the cracked wheat into a bowl and pour on the boiling water followed by the wine. When the wheat has swelled and absorbed all the liquid, stir in the pine nuts and the raisins. Spread the mixture over the cabbage in the dish. Cook in a moderate oven 180C/350F for 20 minutes and serve at once.

## Medieval Europe

### **‘Fenkel in Soppes’ or Braised Fennel with Ginger**

The original of this recipe comes from the *Forme of Cury*, the collection of 196 ‘reciepts’ copied by Richard II’s scribes at his cooks directions. To follow the original recipe exactly, the fennel should be served on ‘soppes’ or thick sliced of coarse bread with the juices poured over the top.

1 1/2 lbs trimmed, fresh fennel root, cleaned and cut into matchsticks

8oz onions, thinly sliced

1 heaped tsp ground ginger

1 level tsp powdered saffron

1/2 tsp salt

2 tbsp olive oil

2/3 cup dry white wine

2/3 cup water

6 thick slices of coarse wholemeal bread

Put the fennel in a wide, lidded pan with the onions. Sprinkle over the spices and salt, then oil and finally pour over the liquids. Bring to the boil, cover and simmer for 20-30 minutes or until the fennel is cooked without being mushy. Stir once or twice during the cooking to make sure the spices get well distributed. Place on slice of bread on each warmed plate, cover it with fennel and pour over the juices.

## Comfits

To sweeten the breath at the end of a meal it was customary to eat or suck aromatic seeds such as coriander, aniseed, fennel and caraway. These were individually and immensely laboriously coated in sugar, seed by seed. The process often continued over several days.

If you have the patience to make them, melt 2 tbsp of unrefined sugar in 1 tbsp water. Keep the syrup warm enough to remain liquid without allowing it to caramelize. Dip each seed in the sugar, then remove it with tongs and allow to dry thoroughly before repeating the process, again and again and again until you have built up a thick layer of sugar all over the seed. It will certainly take you all of one day and may well be spread over several days if you want a really thick layer of sugar.

## Renaissance Italy

### Spinach 'Fried' with vinegar

The Opera of Bartolomeo Scappi, published in 1570 was one of the most important cookery books to come out of the Renaissance. As cook to some of the grandest cardinals of his time, Scappi had ample opportunity to experiment with the new techniques of braising and casserole cooking, pastas, pastries and the serving of vegetables such as spinach as complete dishes rather than elements in a stew or soup.

3 lb fresh spinach, washed, most of the water shaken off and roughly chopped

2 tbsp olive oil

4 tbsp wine vinegar

salt and freshly ground black pepper

heat the oil in a large pan and add the spinach. Cook briskly for a few minutes, stirring well so that all of the spinach gets well coated in oil. Add the vinegar, turn the heat down, cover the pan and simmer for 7 – 10 minutes or till the spinach is quite cooked. Season to taste with salt and freshly ground black pepper and serve.

## **17thCentury Pasta**

Use any shape pasta you wish (flat noodles and macaroni shapes were being produced in the 17thcentury) Allow 3-4 oz of past per head

Cook the pasta in stock, for 10 – 12 minutes or until al dente, drain slightly and top with generous sprinklings of sugar and ground cinnamon

## **16thCentury Venetian Frittole**

1oz sultanas/raisins

2 tbsp sweet white wine

1 1/2 fresh yeast

1 tsp sugar

4 oz plain wholemeal flour

4 oz white flour

generous pinch of salt

grated rind of 1 lemon

1 tsp cinnamon

oil for deep frying

unrefined sugar

Soak the raisins in the wine for at least 1/2 an hour. Dissolve the yeast with the sugar in 2 tbsp warm water and leave in a warm place until it froths. Mix the flour with the salt, lemon rind and cinnamon. Add the yeast and mix to a soft dough with more water. Mix in the soaked raisins and any remaining soaking fluid. Put the dough in a bowl in a warm place, covered with a cloth, to rise – it should take about half an hour and almost double in size.

Heat the oil and drop the batter into it in generous teaspoonfuls; the frittolo should take a couple of minutes to each cook. Drain them on kitchen paper and roll in sugar. Serve immediately.

# Brown Rice Cookbook

## Zen Hash

This dish was featured on the menu of Zen Hashery, one of New York's first macrobiotic restaurants.

2 lbs zucchini

1 lb spinach

1 large onion

1 carrot

5 tbsp vegetable oil

1/2 cup soy sauce

1/2 cup pine kernels or cashew nuts

cooked brown rice

Quarter and slice the zucchini

Coarsely chop spinach and onion and grate carrot

In a large frying pan sauté onion until golden in color

Add zucchini and sauté until nearly done (about 5 minutes).

Add soy sauce and nuts and mix well, then add carrot and spinach and cook for another 3 to 5 minutes until spinach is done. Season to taste.

Place brown rice on plates with hollowed out beds in the middle to fill with vegetable mixture.

Garnish with parsley sprigs, carrot sticks or whole radishes.

## Moroccan Rice Alicantina

3-4 crushed cloves garlic

5 tbsp vegetable oil

3 large green peppers, sliced

1 ¼ cups artichoke hearts

3 large tomatoes, chopped

1 ¼ cup green beans, chopped

1 ⅔ cups long grain brown rice

½ tsp salt

pinch of freshly ground black pepper

pinch of turmeric

7 ½ cups vegetable stock

In a large saucepan, fry the garlic in hot oil with the green peppers. Set aside.

Sauté artichoke hearts, chopped tomatoes and beans.

Add rice, seasonings and turmeric

Stir in the stock and cook briskly for 10 minutes, stirring constantly.

Simmer for approximately 30 minutes until rice is cooked, then set to one side of the stove and allow to dry out.

Stir in the garlic and the green pepper mixture and serve.

## **Nettle Soup with Brown Rice**

Pick the nettles for this recipe before June

2 lbs nettles

1 onion, finely chopped

2 cloves garlic, finely chopped

1 tbsp vegetable oil

7 1/2 cups vegetable stock

1 1/4 cup cooked brown rice

1 tsp sea salt

1 tsp black pepper

Wearing gloves, remove the tops and tender young leaves of the nettles and discard the stalks.

Saute the onion and garlic in the oil for a few minutes.

Add the nettles and cook for another few minutes.

Add the stock and bring to the boil, then stir in the rice and seasonings.

Simmer gently for at least 45 minutes, then adjust seasoning and add more water as required.

## Rice, Vegetable and Tofu Soup

1 stalk celery, diced

1 carrot, diced

4 mushrooms thinly sliced

1 1/2 tbsp vegetable oil

3 3/4 cups vegetable stock

1 1/4 cups cooked brown rice

1 tsp grated ginger

1 1/2 tbsp soy sauce

1/4 tsp kuzu dissolved in a little water

1 cup tofu, cut into small cubes

Saute celery, carrots and mushrooms in the oil for 5 minutes, or until tender. Set aside.

Mix the stock, rice, ginger and soy sauce together, Bring to the boil and stir in the kuzu.

When thickened, stir in the vegetables and the tofu. Bring back to the boil and serve immediately.

# Mushroom and Tomato Risotto

1 large onion, chopped

5 tbsp olive oil

4 cups small mushrooms, sliced

2 1/2 cups long grain brown rice

5 cups boiling water

2 cloves garlic, crushed

1 lb tomatoes, peeled, seeded and chopped

1 tbsp soy sauce

1 tsp thyme

1 tsp oregano

Saute the half the onion in half the oil, add the mushrooms and sauté for another 4 minutes.

Add the rice and stir fry for another 2-3 minutes. Then add the boiling water and simmer for 40-45 minutes.

In another pan sauté the remaining onion, adding the garlic after a few minutes. Add the tomatoes and simmer gently until the sauce thickens, about 20 minutes, adding a little water and the soy sauce.

Add the herbs a few minutes before removing the sauce from the heat, then combine the sauce with the rice.

Cover for 10 minutes to allow the flavours to combine, then serve.



# Café Pacifico Restaurant

## Recipes

### Strawberry Spinach Salad

4 large strawberries

120ml vegetable oil

30ml white wine vinegar

1 tbsp each fresh chopped basil and chives

1 tsp rice syrup or honey substitute

1/4 tsp fresh mustard

add salt and pepper to taste

blend together the above ingredients and drizzle over fresh spinach, sliced strawberries and lettuce. Sprinkle with pine nuts.

### Coconut Lime Rice

To begin, bring a litre of water and 200ml coconut cream (not coconut milk) to a boil. Add 500ml long grain rice and the juice of and zest of 3 limes.

Stir, bring to a boil, put a lid on and simmer until rice is tender.

You can think about adding chillies, or peas or whatever you fancy.

### Refried Beans

(for four people)

sort one mug of pinto beans to remove any small stones then rinse under running water. Place in a large saucepan and cover with water and leave to soak overnight or for 10 hours. Drain off the water. Return to saucepan cover with cold water and bring to a boil. Reduce the heat, partially cover the pan and simmer for 2 hours or more topping up the water and stirring every 20 minutes. check that the beans are tender and drain, reserving the water to use later. Stir in a tsp of salt and a tblsp of vegetable oil. Then mash the beans using your cooking water to thin the mixture. The mashed beans can also be used as a base for bean soup.

## Café Pacifico Hot Sauce

This is what they put on your table along with tortilla chips at the Café Pacifico restaurants in London, Amsterdam, Sydney and Paris.

1 tin plum tomatoes (400g)

100g tomato puree

2 fresh green chillies

20 sprigs fresh coriander (cilantro)

1 chopped medium onion

1 tsp salt

1 tsp lemon juice

Blend all.

It can be stored for three days in a sealed jar or frozen.

## Café Pacifico Guacamole

Dice a large RIPE avocado

A medium onion

1 tomato

and add 1/2 tsp of diced fresh chile, 1 tsp lemon juice

salt and pepper to taste

mash all by hand with a large fork and serve immediately.

Sprinkle lemon juice on the top if it is to be stored to keep it from turning dark before serving.

## Café Pacifico Margarita

3.5cl Tequila Cuervo Gold

3cl fresh lemon or lime juice

2 cl triple sec

3-4 ice cubes

mix the ingredients and shake, or stir and pour into a salt-rimmed glass (leave out the salt if you don't like it). Or blend in a blender if that's your taste to create a frozen effect.

Pour into a fluted 7oz glass.

## Good Time Eatin' in Cajun Country: Cajun Vegetarian Cooking — **Donna** **Simon**

### Peppered Tofu

2 lbs tofu, thinly sliced

oil for frying

6 tsp paprika

1/2 tsp salt

1/4 tsp cayenne

1/4 tsp thyme

### Method

Slice the tofu into 1/4 inch thick slices and pan fry in a lightly oiled skillet until golden on both sides. In a small bowl, mix the remaining ingredients and sprinkle each slice of tofu on both sides with the mixture. This is good for breakfast or makes great sandwiches.

### Corn Chowder

4 cups fresh or frozen corn

3 cups soymilk

1 onion, minced

1 red bell pepper, minced

2 stalks celery, minced

2 tbsp oil

2 potatoes, diced

3 cups water

1 1/2 tsp salt

1 tsp paprika

1/4 tsp cayenne

#### Method

Slice the fresh corn off the cob and scrape each ear with the back of a knife. This removes the creamy part of the kernels left on the cob. Frozen corn may be used but fresh is better.

Blend 2 cups of the corn in a blender with the soymilk and set aside.

Sauté onion, bell pepper and celery in the oil for 10 minutes, add the potatoes and simmer for an additional 15 minutes, stirring often. Add the remaining ingredients, bring to a boil, lower the heat and simmer for 1 1/2 hours.

Gumbo

Serves 4

## Ingredients

7 cups okra

1 cup whole-wheat pastry flour

3/4 cup oil

1 medium onion, minced

1 large bell pepper, minced

4 stalks celery, minced

3 tomatoes, diced

10 cups water

1 tbsp paprika

1 tbsp salt

1 tsp file(optional)

1/2 tsp cayenne

file to sprinkle on each bowl (optional)

## Method

In a dry skillet, fry the okra until lightly browned, and set aside. This takes the slime out of the okra. In a separate skillet, brown the flour and the oil, stirring constantly, until it is a very dark brown (almost burnt). Don't be nervous, a very dark roux is the secret to good gumbo. When the roux is dark enough, immediately add the onion, bell pepper, celery and tomatoes and sauté for 10 minutes, stirring constantly. Add the okra water and spices bring to a boil, lower to medium heat and cook for 45 minutes. Hot water mixes more easily with the roux. Serve over brown rice and sprinkle each bowl with about ¼ tsp file.

### Cajun Tofu

1 medium onion, thinly sliced

2 medium bell peppers, thinly sliced

2 stalks celery, thinly sliced

1/8 cup oil

2 lbs tofu, cubed

2 medium tomatoes, diced

1/2 cup fresh parsley, minced

1 tsp salt

2 tsp paprika

3/4 tsp thyme

1/2 tsp file

1/4 tsp cayenne

1/3 cup water

### Method

Sauté the onion, bell pepper and celery in the oil for 5 minutes. Add the tofu and sauté until they begin to brown. Add the remaining ingredients and simmer on low heat for 45 minutes. Serve as a side dish or over rice.

### Pecan Rice Dressing

1 large onion minced

3 green onions minced

3 stalks celery minced

1 large green pepper minced

1/3 cup oil

2 cups pecans, chopped

2 tsp paprika

1 tsp ground cumin

1/2 tsp thyme

1/2 tsp oregano

1 1/2 tsp salt

1/8 tsp cayenne

4 cups cooked rice

Method

Sauté the onions, celery and bell pepper in the oil for 15 minutes. Add the remaining ingredients except the rice and simmer for another 15 minutes. Stir in the rice and cook on low for 10 minutes, stirring often.

Cabbage Rolls

For the sauce:

1/2 medium onion, minced

2 tbsp oil

6 medium tomatoes, diced or 1 (32 oz) can tomato sauce

1 1/2 tsp salt

2 tsp paprika

1/4 tsp cayenne

For the rolls:

1 very large head cabbage

1 medium onion, minced  
2 tbsp oil  
3 green onions, minced  
2 medium cloves garlic, minced  
1/3 cup dry tvp + 1/3 cup water or 1 cup veggie mince  
2 medium tomatoes diced  
4 cups cooked rice  
1/3 cup fresh parsley, minced  
2 tsp salt  
2 tsp paprika  
1/4 tsp cayenne

#### Method

Make the sauce by sautéing the onion in 2 tbsp oil. Add the tomatoes, salt, paprika and cayenne, bring to a boil and simmer for 1 hour.

Remove the core of the cabbage and steam the whole head in a large pot with the core side down until it will separate, about 20 minutes. Remove and let cool. In a large skillet, sauté the onion in 2 tbsp of oil for 10 minutes, stirring often. Add the green onions, garlic, tvp, water and tomatoes and simmer for 15 minutes. Add the rice and spices and mix well.

Preheat the oven to 350F. Carefully separate the cabbage, one leaf at a time, and cut out the core pieces. Place some of the rice mixture on each leaf. Leave enough room to fold the sides inward, and roll up the leaves. Place the cabbage rolls in a casserole dish and cover with the sauce. Bake for 30 minutes.

#### Cajun/Creole Seasoning

3 cups salt  
1/4 cup chilli powder  
1/3 cup cayenne  
1/4 cup garlic powder

Mix them all up and place into a spice shaker.

#### Creole Courtboullion

2 lbs tofu, sliced 1/4 inch thick

1/8 cup oil for frying  
1 medium onion minced  
3 cloves garlic  
1 medium bell pepper minced  
2 stalks celery minced  
1 tsp salt  
3/4 tsp file  
1/4 tsp cayenne  
2 bay leaves  
6 medium tomatoes, diced  
1/3 cup water  
1/2 lemon, thinly sliced  
1/4 cup fresh parsley, minced

#### Method

Pan fry the tofu in half the oil until golden. Set aside. Sauté onion, garlic, bell pepper, celery and spices in the remaining oil. Stir well, lower heat and simmer for 5 minutes. Add the tomatoes and water and simmer for 30 minutes. Add the tofu, lemon parsley and simmer for 25 minutes, stirring carefully. Serve over hot rice.

#### Jambalaya

1 1/2 cup firm tofu, crumbled  
2 tsp oil  
1/2 cup tvp or one cup veggie mince  
1 tbsp oil  
1 medium onion minced  
1 large bell pepper minced  
3 stalks celery minced  
2 tomatoes diced



3 cloves garlic minced

1 tsp salt

1 tsp paprika

1 tsp cumin powder

1 tsp file

1/4 tsp cayenne

1/2 cup water

5 cups cooked rice

#### Method

In a skillet, brown the tofu in tbsp oil until golden and set aside. In the same skillet sauté the tvp with 1 tbsp oil until it begins to brown (omit browning if using veggie mince). Add the tofu and the remaining ingredients except the water and rice. Sauté for 15 minutes add the water and simmer on low heat for 20 minutes, stirring often. Add the rice and simmer for an additional 10 minutes, stirring well and often.

#### Broussard Black-Eyed Peas

1 onion, minced

1 bell pepper, minced

2 stalks celery, minced

1 tbsp oil

2 cups dry black-eyed peas

1/3 cup green onions minced

1/3 cup fresh parsley, minced

3/4 tsp salt

1/4 tsp cayenne

8 cups water

#### Method

In a 4 quart soup pot, sauté the onion, bell peppers and celery in the oil. Add the remaining ingredients, bring to a boil and lower the heat to a simmer. Cook for about 45 minutes until the black-eyed peas are soft and the liquid creamy. More liquid (water or veggie stock) could be added for a thinner sauce. Serve

with corn bread.

#### Lafayette Lima Beans

1 onion minced

2 tbsp oil

8 cups water

2 cups dry lima beans

1 small bell pepper minced

4 cloves garlic, minced

1 tsp salt

1/4 tsp cayenne

#### Method

In a 4 quart pot, sauté the onion for 10 minutes, stirring often. Add the remaining ingredients, bring to a boil, lower the heat to a simmer and cook for an additional 45 minutes. They should be real juicy, so if necessary, add more water or some veggie stock. Serve with corn bread.

#### French Fried Onion Rings

2 large onions, sliced into rings

3 cups chickpea flour (gram flour)

1 cup water

1/2 tsp salt

1/4 tsp paprika

1/4 tsp cayenne

oil for frying

#### Method

Slice the onions into 1/4 inch slices and separate into rings. Take 1 cup of the chickpea flour and sprinkle over the sliced onions. Mix the remaining ingredients adding enough water to make a fairly thick batter. Dip each onion ring into the batter and place in two inches of hot oil. Fry each side until golden. Place on a paper bag to drain. The amount of batter needed will depend on the size of the onion. Salt and pepper to taste.

#### Potato Fritters

3/4 cup chickpea flour

1/4 cup corn flour

1/4 cup nutritional yeast flakes

1/4 cup pastry flour

1/2 tsp salt

1/4 tsp paprika

1/4 tsp cayenne

1 cup water

4 medium potatoes, shredded

1 small onion, minced

oil for frying

Method

Mix all of the ingredients together, except the potatoes, onion and oil. The mix should resemble a thick pancake batter. More water may be added if it is too thick or more chickpea flour may be added if it is too thin. Add the potatoes and onion and drop by spoonfuls into 1/2 inch hot oil. Fry on each side until golden brown. Drain on a paper bag or paper towels.

Smothered Cabbage

1 small onion minced

2 tbsp oil

1 medium cabbage, cut into 2-inch squares

3 cloves garlic crushed

1/2 tsp salt

1/4 tsp paprika

1/8 tsp cayenne

1/2 cup water

Method

This dish is better if it is not overcooked. Sauté onion in the oil for 10 minutes and add the cabbage and

garlic. Sauté for an additional 10 minutes, stirring often. Add the remaining ingredients and simmer for 15 minutes or until tender.

#### Corn Bread

3/4 cup corn meal

1 cup pastry flour

3 tsp baking powder

1 tsp salt

1/4 cup oil

1 cup water or soymilk

#### Method

Mix all the ingredients and place in a hot, oiled skillet. Bake at 350F for 25-30 minutes or until golden

#### Hush Puppies

1 1/2 cups corn meal

1 1/2 cups water

1/3 cups soymilk

1 tbsp oil

1 small onion, minced

2 cloves garlic, minced

1/4 cup green onion, minced

1 cup pastry flour

3 tsp baking powder

2 1/2 tsp salt

1/4 tsp cayenne

oil for frying

#### Method

In a skillet or a medium heat, mix corn meal and water and cook until the corn meal begins to roll into a ball. Set aside.

Mix all the remaining ingredients and add to the corn meal. Take 2-3 tbsp of the mixture, form into a ball and deep fry in 2 inches of hot oil.

Or you can bake the balls by placing them on an oiled cookie sheet, brush each with oil and bake at 375F for 25 minutes or until golden. Goes great with any kind of cooked beans and greens.

### Scalloped Eggplant

1 large eggplant, diced

2 cups mushrooms, thinly sliced

1 onion, thinly sliced

1 bell pepper, thinly sliced

3 tbsp oil

1 cup soymilk

2 cups toasted breadcrumbs

1 tsp salt

1/2 tsp paprika

1/4 tsp cayenne

1 cup Yeast Cheese Sauce (see below) or soy mozzarella, shredded

Preheat oven to 350F. In a large skillet, sauté the eggplant, mushrooms, onion and bell pepper in the oil until the eggplant becomes tender, about 10-15 minutes. add the soymilk, 1 cup of breadcrumbs and the spices, and stir well. Place in a baking dish and top with the remaining breadcrumbs and the Yeast Cheese Sauce/soy mozzarella. Bake for 25 minutes.

## **Yeast Cheese Sauce**

1 cup nutritional yeast flakes

1/4 cup whole wheat pastry flour

2 tbsp arrowroot powder

1 tsp salt

2 cups water

2 tsp oil

2 tsp mustard

Mix the dry ingredients and whisk in the water. Mix well to remove the lumps. Cook in a double boiler, stirring often, until it begins to thicken. Remove from the heat and stir in the oil and mustard. The sauce will thicken as it cooks. More water may be added to make a thinner sauce. Makes 3 cups.

Macaroni and 'Cheese'

1/2 onions, minced

2 tsp oil

2 lbs macaroni

12 cups water

1 tbsp oil

1/2 tsp salt

2 cups Yeast Cheese Sauce (see below)

1/2 cup soymilk

1/2 tsp salt

1/4 tsp paprika

1/4 tsp cayenne

In a skillet, sauté the onion in 2 tsp of oil for 10 minutes and set aside. Add the macaroni to the boiling water along with 1 tbsp of oil and 1/2 tsp of salt. Cook the macaroni until tender, drain, and rinse with hot water. Preheat oven to 350F. mix the onion and noodles. Combine the Yeast Cheese Sauce, soymilk and spices in a blender to make a thick, creamy sauce. Pour over the macaroni and stir. Place in an 8x8 inch baking dish and bake for 25 minutes.

## **Yeast Cheese Sauce**

1 cup nutritional yeast flakes

1/4 cup whole wheat pastry flour

2 tbsp arrowroot powder

1 tsp salt

2 cups water

2 tsp oil

2 tsp mustard

Mix the dry ingredients and whisk in the water. Mix well to remove the lumps. Cook in a double boiler, stirring often, until it begins to thicken. Remove from the heat and stir in the oil and mustard. The sauce will thicken as it cooks. More water may be added to make a thinner sauce. Makes 3 cups.

## **Louisiana Pecan Mushroom Sauce**

2 cups mushrooms, thinly sliced

2 tbsp oil

1 onion, minced

3 tbsp almond butter

2 tbsp tamari

1/2 cup pecans, chopped

1 1/2 cups water

1/4 tsp salt

1/4 tsp cayenne

Sauté the mushrooms in the oil until they begin to brown. Add the onion and cook until it becomes translucent. Add the remaining ingredients and cook on low heat until the sauce thickens. You can add more water to make a thinner sauce. Serve over potatoes, sliced toast or gluten etc.

## **Southern Tomato Sauce**

1 medium onion, minced

2 small bell peppers, thinly sliced

2 tsp oil

3 stalks celery, minced

6 cloves garlic, finely shredded

12 medium tomatoes, diced

1 1/2 tsp salt

1/2 tsp thyme

1 tsp basil

1 tbsp paprika

1/4 tsp cayenne

Sauté the onion and bell peppers in the oil for 10 minutes, stirring often. Add the remaining ingredients and cook on low heat for 1 hour, stirring frequently. Serve over rice or noodles.

## Cajun Style Blackened Tofu

Seasoning Mixture:

6 tsp onion powder

6 tsp garlic powder

1 tsp cayenne

6 tsp file powder

1/2 tsp salt

2 lbs firm tofu, sliced 1/2 inch thick

oil for dipping tofu

In a bowl, combine the seasoning mixture. Dip the tofu in the oil and then in the seasoning mixture. Fry in hot iron skillet until blackened on both sides.

## Pepper Dressing

1 cup textured vegetable protein

2 tbsp oil

4 large bell peppers, minced

1 medium onion, minced

5 green onions, minced

1 tsp salt

2 tsp paprika

1/4 tsp cayenne



3/4 cup water

1 lb mushrooms, thinly sliced

2 tbsp oil

5 cups cooked rice

1 jalapeno pepper, finely shredded

Pan fry the textured vegetable protein in 2 tbsp oil until it begins to brown. Add the bell peppers, onions and seasonings and sauté for 10 minutes, stirring often. Add the water and simmer for 20 minutes, stirring often. Sauté the mushrooms in 2 tbsp oil until they begin to brown, about 15 minutes. Add the mushrooms, rice, and jalapeno pepper to the textured vegetable protein mixture and stir well. Heat on low very low heat until the rice is hot throughout and serve.

## Sloppy Joe's

2 1/2 cups granular textured vegetable protein

2 tbsp oil

1 medium onion, minced

1 medium bell peppers, minced

2 1/2 cups water

6 tomatoes, diced

1 clove garlic, minced

2 tsp salt

1/4 tsp cayenne

2 tbsp American chilli powder (or a mixture of paprika, cumin, black pepper and cayenne)

2 tbsp corn syrup or golden syrup

juice of 1 lemon

2 tbsp soy sauce

In a skillet, sauté the textured vegetable protein in the oil until lightly browned, stirring often. Add the onion, bell pepper and tomatoes and sauté for 20 minutes. Add the water and the remaining ingredients, stir well and simmer for 30 minutes or until the mix begins to dry out. It should be really thick. Serve on a grilled burger or hot dog bun.

## Gumbo Des Herbes

3/4 cup flour

1/2 cup oil

2 large onions, minced

1 cup celery, minced

1 medium bell pepper, minced

6 cups water

12 cups greens, finely chopped (any combination of mustard greens, turnips greens, collards or spinach)

1 cup fresh parsley, minced

1/2 tsp file

1/2 tsp salt

1/4 tsp cayenne

Brown the flour and add the oil, stirring constantly, until dark brown. Immediately add the onion, celery and bell pepper and sauté for 10 minutes, stirring constantly. Add the remaining ingredients, bring to a boil, lower the heat and simmer for 1 1/2 hours.

## Lima Bean Soup

1 medium onion, diced

4 stalk celery, minced

1 small bell pepper, minced

2 tsp oil

8 cups water

1 lb lima beans

1 clove garlic, minced

1/4 tsp cayenne

1 1/2 tsp salt

1/2 cup fresh parsley, minced

Sauté the onion, celery and bell pepper in the oil for 5 minutes. Add the remaining ingredients except for the parsley, bring to a boil, lower heat to a simmer and cook for about 1 1/2 to 2 hours. Add the parsley, stir and serve.

## Saucisse (Louisiana-style veggie sausages)

3 cups dry chick peas

12 cups water for soaking

2 cups flour

1 cup rolled oats

1 cup nutritional yeast flakes

3/4 cups oil

1 cup soymilk

2 1/2 tsp salt

2 tsp garlic powder

2 tsp oregano

2 tsp fennel, crushed

2 tsp ground cloves

1/4 cup soy sauce

2 tbsp liquid smoke

2 tbsp mustard

Bring the 12 cups of water to a boil, turn off the heat and add the chickpeas. Soak overnight or for at least 6 hours. Drain and grind the soaked chickpeas in a food processor until very fine. In a large bowl, mix add of the dry ingredients. In a separate bowl, mix all of the wet ingredients. Add the chickpeas and the wet mixture to the dry mixture and mix well. Cut 4 pieces of aluminium foil 10 x 12 inches. Divide the mixture into 4 pieces, shape like sausages and roll up in the foil. Seal the ends well, place in a steamer and steam for 1 hour. Let cool. Slice into 1/4 inch slices and fry in a lightly oiled skillet until brown on both sides. This is a large recipe and the leftovers freeze well.

# Traditional Candies

## Barley Sugar

1lb sugar

¼ pint water

¼ tsp cream of tartar

1 tbsp golden syrup

juice of 1 small lemon

Method

Place the sugar and water in a heavy pan and heat gently until the sugar has dissolved. Remove from the heat and stir in the cream of tartar and the golden syrup. Boil until a little of the mixture forms a hard ball when dropped into cold water (247F/119C on a sugar thermometer), then reduce the heat and boil gently until a little of the mixture dropped into cold water forms a 'hard crack' (310F/154C). Remove from heat and place the base of the pan in cold water for 5 seconds to cool the mixture. Carefully stir in the lemon juice, then pour into a greased shallow tin. When firm enough to handle cut in strips, twist and place on a cold, oiled surface to harden. Wrap in a greaseproof paper and store in an airtight tin.

## Acid Drops (sour balls)

1lb sugar

¼ pint water

½ tsp cream of tartar

¼ tsp lemon juice

1 tsp tartaric acid

icing sugar

Method

Put the sugar and water into a heavy pan and add the cream of tartar. Heat gently until the sugar has dissolved then boil until the mixture has a yellow tinge. Stir in the lemon juice. Pour on to a cold work surface and work in the tartaric acid with a knife. When the mixture is cool enough to handle, cut into sticks then into small pieces. Form these into small, flat rounds and dust with icing sugar.

## Real Fruit Jellies

In medieval times, these brightly coloured stiff fruit pastes were cut into a variety of shapes and were considered a great luxury

2lb fruit (the best fruits to use are those that will cook down to a thick pulp – apples, apricots, plums, pears etc)

sugar

juice of 1 lemon

Method

Place the prepared fruit in a pan with just enough water to prevent it sticking while cooking and bring to the boil. Simmer gently for about an hour until the fruit is completely soft. Sieve the fruit to make a puree. Weigh the puree and add an equal weight of sugar and stir in the lemon juice. Place in a heavy pan over low heat to dissolve the sugar, then increase the heat and boil rapidly until a thick paste forms and the mixture is on the point of setting. Pour the mixture into a shallow tin lined with non-stick baking paper and leave until cold. Cut into squares or rounds and roll in caster sugar. Store in an airtight tin.

## Cinder Toffee

8oz sugar

1 tbsp golden syrup

¼ tsp cream of tartar

2 ½ fluid oz water

¼ tsp bicarbonate of soda

1 tsp warm water

Method

Put the sugar, syrup, cream of tartar into a heavy pan and heat gently until the sugar has dissolved. Boil without stirring until a little of the mixture forms hard, brittle threads when tested in cold water (310F / 154C on a sugar thermometer). Dissolve bicarbonate of soda in the tsp of warm water and pour into the toffee which will froth up. Stir well and pour into a shallow greased tin. Break into pieces when cold. Wrap in greaseproof paper and store in an airtight tin.

## Edinburgh Rock

1lb sugar

½ pint water

½ tsp cream of tartar

icing sugar

colouring and flavouring (pink: raspberry or strawberry essence, yellow: lemon or pineapple essence, green: peppermint oil or essence)

Method

Place the sugar and water in a heavy pan over a low heat until the sugar has completely dissolved. Add the cream of tartar and boil the mixture until a hard ball is formed when a little of the mixture is dropped into cold water (275F / 120C on a sugar thermometer). Remove from the heat and stir in a few drops of the flavouring of your choice. Leave to cool for a few minutes. When cool, pour on to an oiled slab and gently turn the edges into the middle with an oiled knife. Repeat this process until the mixture cools and firms. Dust the hands with icing sugar and pull and work the mixture until it becomes dull and harder. Pull for about 10 minutes into strips and then cut into short lengths. Place on a tray lined with greaseproof paper. Leave in a warm place for 24 hours until the rock softens and becomes powdery. Store in an airtight tin lined with greaseproof paper.

# Caribbean Style Vegetarian Cooking

## Red Kidney Beans and Oatmeal Loaf with Coconut Sauce

For the Loaf

200g (8oz) red kidney beans

1 cup oats or oatmeal

2 cloves garlic

1 medium onion roughly chopped

1/2 red pepper

2 tsp vegetable bouillon

2 tbsp chopped parsley

2 tsp curry powder

2 tbsp tomato puree

salt and pepper to taste

1/4 cup roasted sunflower seeds

1 bay leaf

For the coconut sauce

1 large onion, chopped

2 skinned tomatoes, chopped

50g (2oz) margarine

2 tsp soy sauce

1 tsp brown sugar

150ml (5oz) coconut milk

Soak the beans overnight, then strain off the water and rinse them. Add the beans to a saucepan of fresh water, add a bay leaf, bring to the boil and cook slowly until the beans are tender (about 1 hour). Strain off the water and remove the bay leaf.

Pre-heat the oven to 180C (350F).

Meanwhile, place the chopped onion, garlic and red pepper in a food processor and chop finely. Alternatively, chop them finely by hand. Put the chopped vegetables in a large bowl and set it aside.

Blend the kidney beans in food processor in two batches, then add the bean puree and the oatmeal to the bowl with the chopped vegetables and mix well.

Oil a 2 pint loaf tin or deep oven-proof dish and spoon in the mixture. Pack firmly and leave it to stand for 5 minutes.

Scatter a handful of sunflower seeds on top. Cover with foil or a dish lid and bake in the oven for 20 minutes. Allow the loaf to cool slightly before turning it out on the plate.

To make the coconut sauce

Fry the onion in margarine until caramelised. Add the curry powder and brown sugar. Next, add the chopped tomatoes, soy sauce and coconut milk. Cook gently for 5 minutes and serve hot with the loaf.

## **Black Eye Peas and Rice**

Serves 4

250g(12oz) brown or white long grain rice

150g(6oz) black eye peas

1 medium onion chopped

250ml(10floz) vegetable stock

1 bay leaf

1 tbsp chopped fresh coriander (cilantro)

3 tbsp vegetable ghee or oil

50ml (2fl oz) coconut cream

550ml (20fl oz) boiling water

sprig of thyme

1 green hot pepper (optional)

salt and pepper to taste

Cover the peas with cold water; leave them to soak overnight, then rinse well (or use canned black eye peas-see below). Sauté onion and peas together in a saucepan for 5 minutes, then add the washed rice and stir for a minute. Add the vegetable stock, boiling water and all the remaining ingredients except for the coconut cream. Cover and simmer for 10 minutes.

Remove the bay leaf and the whole hot pepper then add the coconut cream. Season with salt and pepper to taste. If all the liquid has dried out add a little more warm water to the rice. Continue to simmer until the rice is cooked (about 20-30 minutes), then fluff with a fork. If you are using canned peas, drain the liquid from the can and add the peas to the rice when its almost cooked.

## Speedy Sweet Potato Pie

75g (3oz) margarine

2-3 lbs sweet potatoes

60 ml (2 1/2 oz) pineapple juice

5 pineapple slices

5 whole or 10 half glace cherries

1 tbsp lemon juice

2 tbsp soymilk



1/2 tsp salt

Peel the sweet potatoes, cut them into chunks and leave them to stand in a bowl of water with the lemon juice added for 5-10 minutes (the lemon juice prevents them becoming discoloured). Steam or boil the potatoes until they are cooked but not soft. Meanwhile preheat the oven to 200C (400F).

When the potatoes are cooked, transfer them to a large bowl and mash them with the margarine and the pineapple juice until fluffy. Transfer the creamed potatoes to a greased oven-proof dish, level the top, then garnish with the pineapple rings and one whole or two half glace cherries in each pineapple ring. Bake on the top shelf for 10 minutes.

Serve hot.

## Caribbean Yellow and Green Split Pea Rice

300g (12oz) long grain rice

salt and pepper to taste

100g (4oz) yellow split peas

100g (4oz) green split peas

1/2 a red pepper, diced

1/2 a green pepper, diced

3 cardamom pods

2 cloves garlic, chopped

pinch of saffron

1 vegetable stock cube

30oz (1 1/2 pints vegetable stock)

1 medium chopped onion

fresh coriander leaves for garnish

2 tbsp margarine

Sauté the chopped onion and garlic in a large saucepan for about 3 minutes. Add the rice, peppers and split peas and continue to sauté for a few minutes more. Pour in the stock and add the cardamom pods, a pinch of saffron for colour, salt and pepper to taste. Cook on medium for 15-20 minutes.

Remove the cardamom pods and stir the rice with a fork to evenly distribute the peas. The rice should be moist and fluffy.

Grease 4-6 ramekins or small bowls and fill them with the peas and rice. Turn the moulded rice out onto plates or a serving dish and garnish with coriander leaves.

Serve hot.

## **Jamaican Pumpkin Pancakes**

175g (6oz) plain flour

1/2 tsp salt

1/2 tsp baking powder

125ml (4 oz) water

125ml (4oz) soy milk

100g (4oz) grated pumpkin

pinch of grated nutmeg or ground mace

cooking oil for frying

Whisk together the flour, baking powder, salt, water and soy milk to make a pancake batter, then set aside in the fridge for 10 minutes.

Meanwhile, peel and grate the pumpkin coarsely and stir in the ground mace or nutmeg. When the pancake batter is ready, mix in the grated pumpkin.

Fry each pancake in 1 dessertspoon of oil in a medium frying pan.

Serve sprinkled with lemon juice and sugar.

## **Avocado with Raspberry Vinegar**

125g (4oz) fresh or frozen raspberries

75ml (3 oz) white wine vinegar

45ml (2oz) olive oil

75ml (3oz) polyunsaturated oil

2 firm ripe avocados

1 small radicchio lettuce

Place half the raspberries in a bowl. Heat the vinegar until in a saucepan until it starts to bubble, then pour it over the raspberries and leave to steep for 50 minutes.

Strain the raspberries, pressing the fruit gently to extract all the juices but not the pulp. Whisk the strained raspberry vinegar together with the oils and seasonings. Set aside.

Carefully half each avocado and twist out the stone. Peel away the skin and slice the flesh straight into the dressing. Stir gently until the avocados are completely covered in the dressing. Cover tightly and chill in the fridge for about 2 hours.

Meanwhile, separate the radicchio leaves, rinse and drain them, then dry them on kitchen paper. Store in the fridge in a polythene bag.

To serve, place a few radicchio leaves on individual plates. Spoon on the avocado mixture and garnish with the remaining raspberries.

# Chilli Recipes

## Hot Peanut Sauce

Excellent over baked tofu, or steamed vegetables or even a baked potato

1 cup crunchy peanut butter

4 tbsp peanut oil

juice of 3 limes or 2 lemons

2 fresh chilli peppers (preferably Thai) chopped

1 tsp tomato puree

Method

Place all ingredients a bowl and mix thoroughly.

## Chilli Noodles

4 tbsp olive or peanut oil

3 fresh red chilli peppers (preferably Jalapeno), chopped and seeded

4 leeks (white part only) chopped

1 green and 2 red sweet peppers sliced in long thin strips

4 garlic cloves chopped

½ cup peanuts or macadamia nuts chopped

1 tsp dark soy sauce

3 cups noodles cooked

Heat in the oil and fry the chilli peppers, leeks, sweet peppers, garlic and nuts until the leeks are cooked. Add the soy sauce, then quickly stir in the noodles. Cook only until the noodles are hot. Serve at once.

## Chilli Pesto

1 bunch of fresh basil

½ cup pine nuts, toasted

3 fresh red chilli peppers

½ cup olive oil

juice of ½ a lemon

3 tbsp vegan Parmesan substitute

Blend all ingredients in a blender. Heat in a saucepan to serving temperature and serve over pasta or use it to top garlic bread.

## Chilli Mulled Wine

4 cups red wine

4 red chilli peppers chopped

2 tbsp packed brown sugar

2 oranges sliced

1 lemon or lime sliced

1 tart apple sliced but not peeled

6 whole cloves

1 tsp fresh ginger chopped

Combine all ingredients. Heat on lowest possible heat for at least 20 minutes stirring occasionally. Drink warm.

## Grilled Peaches with Chilli

4 red chillies extremely finely chopped

4 firm peaches

4 tsp packed brown sugar

Cut peaches into halves, place under broiler and sprinkle a little chilli and sugar over each. Cook until the sugar dissolves and bubbles. Serve very hot.

## Chilli and Garlic Bread

8oz margarine

10 garlic cloves, crushed

3 red chilli peppers finely chopped and seeded

1 tbsp fresh parsley finely chopped

1 French stick, cut into slices diagonally

Beat the margarine with the garlic, chilli peppers and herbs until light. Spread generous spoonfuls in between each slice of bread. Wrap in aluminium foil or simply place in the centre of an oven preheated to 400F. Leave for 5-10 minutes, or until the margarine has melted between each slice. Serve hot.

Classic Vegetarian Cooking from the Middle East & North Africa - Habeeb Salloum

Shawrbat Rumman (Iraqi Pomegranate and Mushroom Soup)

1 cup finely chopped mushrooms

1 medium onion, finely chopped

1/2 cup fine breadcrumbs

salt and pepper to taste

1/2 tsp cumin

pinch cayenne

1/4 cup olive oil

1/2 cup finely chopped fresh cilantro

4 cloves garlic, crushed

1/2 cup finely chopped green onions

1/4 cup finely chopped fresh mint

1/2 cup lentils, washed and soaked overnight

1 tsp tarragon

1/4 tsp chili powder

3 tbsp dibs rumman (pomegranate concentrate)

8 cups water

Thoroughly combine the mushrooms, onion, breadcrumbs, salt, pepper, cumin and cayenne. Add a little water and form into small balls. Set aside (if balls fall apart, add a little flour).

In a saucepan, heat the oil and sauté the mushrooms balls over a medium heat, gently turning them over until the begin to brown. Stir in cilantro and garlic and sauté for a few more minutes. Stir in remaining ingredients and bring to a boil. Cover and cook over medium heat for about 30 minutes. Serve immediately.

Hasa al-Khar (Iraqi vegetable soup)

4 tbsp olive oil

2 medium carrots, peeled and finely diced

2 medium potatoes, peeled and finely chopped

1 medium onion, chopped

4 cloves garlic, crushed

1 cup finely chopped fresh cilantro

5 cups water

2 cups stewed tomatoes

1/2 tsp allspice

1/2 tsp cumin

salt and pepper to taste

Heat oil in a saucepan and sauté carrots, potatoes, onion, garlic and cilantro over medium heat for 8 minutes, stirring constantly. Stir in remaining ingredients and bring to boil. Lower heat, cover and simmer until vegetables are tender adding more water if necessary.

Fattoosh (Lebanese/Syrian Bread Salad)

1 loaf pita bread or 4 thin slices white bread, toasted brown, then broken into small pieces

juice of 1 large lemon

1 large English seedless cucumber, chopped or 1/2 head of lettuce, chopped

1 small sweet red pepper, chopped

4 firm ripe tomatoes, chopped

1 small bunch green onions, chopped

2 tbsp finely chopped parsley

2 tbsp finely chopped fresh mint

2 cloves garlic, crushed

5 tbsp olive oil

1 tsp sumac

3 tbsp finely chopped fresh cilantro

salt and pepper to taste

Toss all ingredients together. Taste and add more seasoning if desired; then serve immediately, before the bread becomes soft.

Salatt Batata (Tunisian Potato Salad with Caraway)

1/4 cup olive oil

3 tbsp lemon juice

1 tsp ground caraway

1/4 tsp cayenne

salt and taste

5 large potatoes, cooked, peeled and cubed

2 tbsp finely chopped fresh mint

2 tbsp finely chopped cilantro

1/4 cup finely chopped parsley

Heat olive oil in a frying pan over medium heat; add lemon juice, caraway, cayenne and salt, stirring constantly. Cook for 3-5 minutes, until some of the liquid in the frying pan evaporates.

Remove from heat; add potatoes and turn gently with a fork until they are coated with the seasoned oil. Place in a salad bowl; then add mint, cilantro and parsley and toss. Chill; then toss again and serve.

#### Tajin Khurshuf M'qualli (Moroccan Artichoke Tajin)

1 lb fresh or frozen fava beans

4 cloves garlic peeled and crushed

2 cups cooked chickpeas

2 tbsp olive oil

1 tbsp finely chopped ginger

salt and pepper to taste

pinch of saffron

1 14oz can artichokes, drained and quartered

1/2 cup pitted green olives

Place beans, garlic, chickpeas, oil, ginger, salt, pepper and saffron in a saucepan; barely cover with water and bring to boil. Cook over medium heat for 30 minutes; then add the remaining ingredients. Cook for another 20 minutes; then serve hot.

#### Kibbet Batata (Lebanese/Syrian Burghul and Potato Pie)

1 cup burghul (aka bulgur wheat)

3 cups mashed potatoes

3 tbsp flour

1/2 tsp dried basil

1/2 tsp cinnamon

1/2 tsp cumin

1/8 tsp cayenne

3 cups finely chopped onions

salt and pepper to taste

6 tbsp olive oil

4 cloves garlic, crushed



2 tbsp finely chopped cilantro

1/2 cup pine nuts or slivered almonds

Soak the burghul for 10 minutes in warm water; then drain in a strainer, pressing out as much water as possible.

Thoroughly combine burghul, potatoes, flour, basil, cinnamon, cumin, cayenne, 1 cup of the onions, salt and pepper. Divide into two even portions and set aside.

Heat 4 tbsp of the olive oil in a frying pan and sauté remaining onions, garlic, cilantro and pine nuts or almonds over medium heat for 10 minutes. If needed, stir in more salt and pepper; then set aside.

Spread a portion of the burghul-potato mixture evenly in an 7x11 inch well-greased pan. Spread frying pan contents evenly over top. Spread second portion of burghul-potato mixture evenly over top. Cut into 2-inch squares; then sprinkle with remaining oil.

Bake in an oven preheated to 400F for 30 minutes or until the edges turn golden brown. Serve hot or cold.

Fool Fass ('Fava beans of Fez')

2 cups fresh or frozen fava beans

4 tbsp olive oil

1 large sweet red pepper, finely chopped

4 cloves garlic, crushed

salt to taste

1 tsp cumin

1 tbsp finely chopped fresh cilantro

1/4 tsp chili powder

Place all ingredients in a saucepan and cover with water; cook for 10 – 15 minutes until fava beans are tender. Serve hot or cold.

Batata ma Snobar (Syrian Potatoes and Pine Nuts)

3 cups mashed potatoes, hot

1/2 cup finely chopped green onions

1/4 tsp nutmeg

6 tbsp olive oil

1 medium onion, finely chopped

2 cloves garlic crushed

1/2 cup pine nuts

Thoroughly combine potatoes, green onions, nutmeg, salt, pepper and 3 tbsp of the olive oil; then spread on a platter and set aside.

Heat the remaining oil in a frying pan and sauté onion and garlic over medium heat for 5 minutes. Add pine nuts and stir-fry for another 5 minutes or until nuts begin to brown. Spread frying pan contents evenly over potatoes and serve warm.

Mutabbal Koosa (Syrian zucchini appetizer)

4 tbsp olive oil

1 small head of garlic, peeled and sliced (not a clove, a whole bulb)

1 1/2 lbs zucchini, cut into 1/4 inch thick slices

4 tbsp vinegar

salt and pepper to taste

2 tbsp chopped green onions

1/8 tsp cayenne

2 tbsp finely chopped fresh cilantro

Heat oil in a frying pan and sauté garlic slices over medium heat until the turn light brown. Remove garlic slices with a slotted spoon and set aside.

In the same oil, adding more if necessary, sauté zucchini slices over medium heat until they turn light brown, turning them over once. Remove and drain on paper towels.

Combine vinegar with remaining ingredients.

Place zucchini on a serving platter. Sprinkle vinegar mixture over top, then evenly top with garlic slices. Allow to stand for 4 hours or so before serving.

Note: 2 tbsp of pomegranate concentrate, diluted in 2 tbsp water, may be substituted for the vinegar.

Mishee Malfoof bi Zayt (Cabbage Rolls in Oil)

1 medium head cabbage

1 cup rice, rinsed

1/2 19 oz can chickpeas, drained  
1 medium onion, finely chopped  
1 small bunch green onions, finely chopped  
1/2 cup finely chopped parsley  
1/2 cup finely chopped fresh cilantro  
1/2 cup finely chopped fresh mint  
1 cup olive oil  
salt and pepper to taste  
2 large tomatoes, finely chopped  
6 cloves garlic, coarsely chopped  
2/3 cup lemon juice

Core cabbage; then place in a large pot. Cover with water, bring to boil and cook until leaves soften. Separate leaves and trim thick ribs (return to pot and boil again for a few minutes if inner leaves are still hard). Cut large outer leaves in half; then cover the bottom of a pot with rib trimmings.

To make the filling, mix remaining ingredients except the garlic and lemon juice. Place a heaping teaspoon of filling on the bottom (stem end) of a leaf; then roll, tucking in the ends. Repeat. Squeeze the rolls gently; then place compactly in pot on top of the trimmings, sprinkle garlic pieces between the layers.

When leaves are all rolled and placed in pot, add lemon juice. Place an inverted dish on top of the rolls and add water to cover rolls. Bring to boil; then cover and cook over medium heat for 30 minutes. Turn heat to low and simmer for 15 minutes. Serve either hot or cold as a main dish or for snacks.

#### Kibbet Hummus (Chickpea and Burghul Patties)

1 cup dry burghul  
1 19oz can chickpeas, drained  
2 medium onions, chopped  
4 cloves garlic, crushed  
1/4 cup finely chopped fresh cilantro  
1 tsp baking powder  
1 tsp baking soda

1/2 tsp cumin

1/2 tsp allspice

pinch cayenne

salt and pepper to taste

1 cup flour

oil for frying

Soak in burghul in boiling water for 5 minutes; then drain in a strainer, pressing out as much water as possible.

Place all ingredients, except flour and oil, in a food processor and process until as soft paste is formed. Place in a mixing bowl; then add flour and mix thoroughly. Form into balls the size of walnuts (if batter is too sticky, add more flour; if too stiff, add a little water). Flatten into patties about 1/4 inch thick.

Heat oil about 1/2 inch deep in a saucepan and fry patties a few at a time over medium high heat until they turn golden brown, turning them over once (about 10 minutes on each side). Remove and place on paper towels to drain.

Serve either hot or cold (they reheat well on foil plates in the oven).

Hummus ma' Looby (Chickpeas with Green Beans)

4 tbsp olive oil

4 medium onions, chopped

1 cup chickpeas, soaked for 24 hours and split (see below\*)

1 lb green beans, washed and trimmed and halved

salt and pepper to taste

1/2 tsp allspice

4 large tomatoes, chopped into small pieces

Heat oil in a saucepan and sauté onions over medium heat until they begin to brown. Add chickpeas and green beans and stir fry for 10 minutes. Add remaining ingredients and cover with water; then cover saucepan and cook over medium heat for about an hour or until chickpeas are tender. Serve hot or cold.

\*To split chickpeas, soak overnight. Drain and spread on one half of a towel, fold over the other half to cover; then roll with a rolling pin. The chickpeas will split into two and the skin will loosen. Discard the skins.

Markit Ommalah (Tunisian Chickpea and Lentil Stew)

4 tbsp olive oil

2 medium onions, chopped

4 cloves garlic, finely chopped

1/2 cup finely chopped cilantro

1 cup lentils, soaked overnight and drained

3 cups cooked chickpeas

4 medium tomatoes, chopped

1 tsp cumin

1/2 tsp thyme

1/8 tsp cayenne

salt and pepper to taste

3 cups water

1/4 cup chopped green olives

2 tbsp lemon juice

Heat oil in a saucepan and sauté onions, garlic and cilantro for 5 minutes. Stir in remaining ingredients, except olives and lemon juice, and bring to boil. Cover and cook over medium heat for 40 minutes or until lentils are well cooked, adding more water if necessary. Stir in olives and lemon juice and simmer for another 5 minutes and serve.

Fool ma' Tomatin (Palestinian Fava Beans and Tomatoes)

4 tbsp olive oil

2 medium onions finely chopped

2 cloves garlic, crushed

2 cups fresh shelled fava beans

2 tbsp finely chopped fresh cilantro

1/4 tsp chili powder

1/4 tsp cumin

salt and pepper to taste

2 cups stewed tomatoes

Heat oil in a saucepan and stir fry onions and garlic until they begin to brown. Add beans and cilantro and stir fry a few more minutes. Stir in remaining ingredients and add water to barely covered beans; bring to a boil. Cover; then turn heat to low and simmer for about an hour, adding a little water if necessary. Serve hot or cold.

Bathinjan Maqlee Falasteeni (Palestinian Fried Eggplant)

1 large eggplant, peeled and cut into 1/2 inch slices

salt to taste

1/2 cup olive oil

2 cloves garlic, crushed

1 hot green pepper, very finely chopped

3 tbsp lemon juice

6 tbsp finely chopped parsley

Sprinkle both sides of eggplant slices with salt; then place in a bowl and cover with water. Allow to soak for 15 minutes; then remove slices from water and allow to dry on paper towels (this method of salting is common to some parts of Palestine and Jordan. The fried eggplant that has been salted in this manner tends to be crispier on the outside and moist inside).

Heat oil in a frying pan and fry eggplant slices over high heat, turning them over until they brown on both sides; add more oil if necessary. Remove with a slotted spoon, place on a serving platter and set aside.

Prepare a sauce by mixing remaining ingredients, except parsley. Spread sauce evenly over eggplant slices. Garnish with parsley and serve.

Khiyar Maqlee (Lebanese Fried Cucumbers)

1 large cucumber, peeled and cut into 1/2 inch rounds

salt and pepper to taste

1/2 cup flour

1/4 tsp garlic powder

3/4 cup olive or vegetable oil

1/2 cup green onions, finely chopped

Sprinkle both sides of cucumber rounds with salt and allow to stand in a strainer for 30 minutes, draining

excess water.

Thoroughly combine flour, pepper and garlic powder; then roll cucumber rounds in seasoned flour.

Heat oil in a frying pan and fry cucumber rounds until they turn evenly brown, adding more oil if necessary. Place on a serving platter; then sprinkle with chopped green onions and serve.

Bissara (Moroccan Fava Bean Puree)

2 cups large size fava beans, soaked overnight, drained and peeled

3 cloves garlic, crushed

salt to taste

1/2 cup olive oil

8 cups water

5 tbsp lemon juice

2 tsp cumin

1 tsp paprika

1/8 tsp chili powder

1/2 cup chopped parsley

Place fava beans, garlic, salt, 4 tbsp olive oil and the 8 cups water in a saucepan. Cook over medium heat until beans are tender. Drain, reserving 1 1/2 cups of the water. Place beans with reserved water in a food processor and blend until smooth. Return to saucepan; stir in lemon juice and cumin. Cook for 5 minutes over low heat, stirring a few times, then place on a serving platter. Sprinkle with remaining olive oil evenly over the top; then sprinkle with paprika and chili powder. Garnish with parsley and serve.

Bamya ma' Thoom (Syrian Okra and Garlic Appetizer)

4 tbsp cooking oil

1 11oz package frozen okra, thawed

1/2 head of garlic, crushed

4 tbsp olive oil

4 tbsp lemon juice

1/8 tsp cayenne

salt and pepper to taste

2 tbsp finely chopped fresh cilantro (coriander)

in a frying pan, heat oil and sauté over medium heat for 10 minutes or until pods begin to brown. Remove with a slotted spoon and place on paper towels to drain and cool. Place on a serving platter and set aside.

Prepare sauce by placing remaining ingredients in a blender; blend for a minute.

Spread sauce evenly over okra just before serving.

Mutabbal Batata (Palestinian Garlic Mashed Potato Appetizer)

3 cups cooked potatoes, mashed

1/2 head garlic, peeled and crushed

1/2 cup shelled pistachios

4 tbsp lemon juice

2 tbsp olive oil

1/2 tsp nutmeg

salt and pepper to taste

6 tbsp water

Place potatoes in a bowl and set aside

Place remaining ingredients in a blender and blend for 1 minute. Thoroughly stir the blenders content into the potatoes; then spread on a platter and serve (hot or at room temperature).

Maazat Hummus wa Zaytoon (Palestinian Chickpea and Olive Appetizer)

1 cup dried chickpeas, washed and soaked overnight in 8 cups of water

1/2 cup black olives, chopped

1/4 cup green onions, finely chopped

1 clove garlic, crushed

salt to taste

1/2 tsp paprika

1/8 tsp chili powder

2 tbsp finely chopped fresh cilantro (coriander)



1 tbsp olive oil

2 tbsp lemon juice

Place soaked chickpeas with their water in a saucepan and bring to a boil. Cook over medium heat for about 2 1/2 hours, or until chickpeas are tender. Drain; then place chickpeas in a salad bowl and allow to cool. Add the remaining ingredients to the chickpeas; combine thoroughly and serve immediately.

Maazat Zaytoon (Palestinian Olive Dip)

2 cups green olives, pitted and washed

4 tbsp tahini

2 tbsp chopped fresh cilantro (coriander)

1 tbsp lemon juice

2 cloves garlic, crushed

1/8 tsp cayenne

1 small tomato, finely chopped

1 tbsp olive oil

Place all ingredients except the tomato and olive oil in a blender and blend until smooth.

Spread on a serving platter and refrigerate for 1 hour. Garnish with tomato pieces, sprinkle with oil and serve.

Hasa al-Hummus (Iraqi Chickpea Soup)

1 cup dried chickpeas, washed and soaked overnight in 9 cups water

2 tbsp margarine

2 medium sized onions, chopped

4 cloves garlic, crushed

1/2 cup finely chopped fresh cilantro (coriander)

salt and pepper to taste

1/2 tsp cayenne

1/4 tsp mustard powder

Place chickpeas with their soaking water in a saucepan and bring to boil; cook over medium heat for 1 1/2 hours.

In the meantime, melt the margarine in a frying pan; stir fry onions and garlic until they begin to brown. Add cilantro and stir-fry a few minutes longer. Add frying pan contents and remaining ingredients to the chickpeas and stir. Cover and cook over medium heat for 1 hour or until chickpeas are tender, adding more water if necessary.

#### Shawrbat 'Adas bi Thoom wa Kammoon (Palestinian Lentil and Garlic Soup Flavoured with Cumin)

2 tbsp olive oil

1 head of garlic, peeled and crushed

1 small hot pepper, finely chopped

2 tbsp finely chopped fresh cilantro (coriander)

4 medium tomatoes, finely chopped

1 medium potato, cut into small cubes

3/4 cup lentils, rinsed

2 tsp ground cumin

salt and pepper to taste

6 1/2 cups water

Heat oil in a saucepan and sauté garlic, hot pepper and cilantro over medium heat for 5 minutes. Add tomatoes and sauté another 5 minutes; then stir in remaining ingredients and bring to boil, adding more water if necessary. Cover and cook over medium heat for 45 minutes. Serve hot.

#### L'Hamraak (Moroccan Eggplant and Summer Squash Soup)

Salt

1 medium eggplant, peeled and cut into 1/2 inch cubes

1/2 cup olive oil

1 large summer squash or zucchini (about 7-8 inches long) cut into 1/2 inch cubes

1 small onion, finely chopped

3 cloves garlic, crushed

3 tbsp finely chopped cilantro (coriander)

2 large tomatoes, finely chopped

1 tsp cumin

1/2 tsp pepper

5 1/2 cups water

Sprinkle salt on eggplant cubes and place in a strainer. Top with a weight and allow to drain for 45 minutes.

Heat oil in a large saucepan; add the squash and sauté over medium heat for 3 minutes. Stir in eggplant, onion, garlic and cilantro; sauté, stirring constantly for 5 minutes, adding more oil if necessary.

Stir in remaining ingredients and bring to boil. Lower heat, cover and simmer for 30 minutes, adding more water if necessary. Taste and add salt if needed. Serve hot.

#### Salatat Fool (Sudanese Peanut Salad)

2 cups unsalted peanuts

1/4 cup water

2 large tomatoes, finely chopped

1 medium onion, finely chopped

4 tbsp olive oil

pinch of cayenne

juice of 1 lemon

salt to taste

4 tbsp chopped parsley

Grind or pulverize the peanuts until they are fine as cornmeal; then add water and stir.

Add tomatoes, onion, olive oil, cayenne, lemon juice and salt and mix thoroughly. Place on a serving platter and garnish with the parsley. Chill and serve.

#### Cooking with Peta

Cream filled orange crumb cake

First layer

1 cup unbleached flour

1/2 cup granulated sweetener

2 tbsp oil

1 1/2 tbsp orange zest

1/2 tsp salt

1/2 cup chopped walnuts

Second layer

1 lb tofu

1/2 cup granulated sweetener

2 tbsp cornstarch

1 tbsp vanilla

1/2 tsp salt

Third Layer

2 cups unbleached flour

1/2 cups chopped walnuts

2 tsp baking powder

1/2 tsp baking soda

1/2 tsp cinnamon

1/2 tsp salt

1/8 tsp nutmeg

1 1/2 cups soymilk

1 cup granulated sweetener

2 tbsp oil

4 tbsp orange juice

Method

Preheat oven to 350F

For the first layer, combine the flour, sweetener, oil, orange zest and salt in a food processor until

blended. Add the walnuts and process until chopped. Press the mixture into the bottom and up the sides of a bundt pan.

For the second layer, blend the ingredients for the second layer together in a food processor or blender until smooth and creamy. Pour and spread on top of the first layer.

For the third layer, mix together the flour, walnuts, baking powder, baking soda, cinnamon, salt and nutmeg. Beat together the soymilk, sweetener, oil and orange juice, add the dry ingredients and beat until smooth. Pour and spread this mixture over the second layer, being careful not to stir the second and third layers together. Bake for 40-45 minutes. Let cool 15 minutes, then loosen the edges and turn out onto a rack to cool.

## Pumpkin Spice Cake

### Cake

1 2/3 cups flour

1 cup packed brown sugar

1 tsp allspice

1 tsp baking soda

1/2 tsp salt

1/2 cup water

1/3 cup vegetable oil

1 tsp cider vinegar

1/2 cup canned pumpkin

### Frosting

1/3 cup thawed apple juice concentrate

1/3 cup maple syrup

1/2 tsp cider vinegar

grated zest of one orange

1 tbsp cornstarch

1 tbsp water

1 3/4 cup crumbled firm silken tofu

## Method

Heat the oven to 350F. mix the flour, brown sugar, allspice, baking soda and salt in an un-oiled 8x8x2 inch baking pan. Stir in remaining cake ingredients and bake for 30-40 minutes until cooked through. Allow to cool on a wire rack before frosting.

Mix the apple juice concentrate, maple syrup, cider vinegar and orange zest in a small saucepan and bring to a boil. Let simmer for 5 minutes. Mix together the cornstarch and water and stir into the saucepan. Simmer until the mixture thickens, stirring continuously. Blend this syrup and the tofu together in a food processor until smooth. Frost the cooled cake.

## Apple Streusel Pie

8 baking or 'pie' apples (granny smith and Macintosh work well)

1 cup sugar

1 tsp cinnamon

1 deep-dish vegan pie crust

3/4 cup flour

1/2 cup margarine

## Method

Pre-heat the oven to 350F

Peel and slice the apples and place in a large bowl. In a small bowl, mix 1/2 cup of the sugar and cinnamon. Add to the apples until they are coated, then put the apples in the pie crust. Mix the remaining 1/2 cup sugar, the flour and margarine until crumbly. Add a small amount of flour in necessary until small crumbs form. Sprinkle the crumbs over the pie, covering completely.

Bake 40 minutes until slightly browned.

## Blueberry Cheeze Cake

2 8oz containers of non-dairy cream cheese (Tofutti Better Than Cream Cheese etc)

1 cup sugar

juice from one whole lemon

dash of vanilla

graham cracker crust

2 cup fresh or frozen blueberries

1/3 cup thawed apple juice concentrate

2 tbsp cornstarch

#### Method

Mix or blend together the fake cream cheese, sugar, lemon juice and vanilla and pour into the graham cracker crust. Bake at 350F for 60 minutes or until the top is golden brown. Allow to cool.

Mix together the blueberries, apple juice concentrate and cornstarch in a medium saucepan. Cook over medium heat until the mixture thickens, stirring frequently but gently in order to keep the berries whole. Spread the topping over the cheesecake.

#### Chocolate Rum Pie

2 tbsp margarine

4 oz semi-sweet baking chocolate

2 cups flaked coconut

2 12oz packages firm silken tofu

2 cups semi-sweet chocolate chips

1/2 cup sugar

1 1/2 tsp rum extract

toasted flaked coconut for garnish

#### Method

Line a 9-inch pie plate with foil.

In a double boiler, melt the baking chocolate and margarine. Turn off heat and place two cups of coconut into the chocolate mixture. Press this mixture into the bottom and sides of the pie plate. Chill until firm, at least one hour. Remove the coconut crust from the pie plate, carefully peel off the foil, then return to the pie plate.

In a blender, puree the tofu until smooth. Add chocolate chips, sugar and rum extract and continue to blend until smooth. Pour the tofu mixture into the coconut crust and chill for at least 2 hours.

Before serving, garnish the pie with a little toasted coconut.

#### Rice Crispy Treats

3/4 cup peanut butter

3/4 cup brown rice syrup

1/2 tsp vanilla

1/2 tsp cinnamon

1/4 cup chopped peanuts

1/2 cup carob or semi-sweet chocolate chips

2 cups crispy rice cereal

some shredded coconut

#### Method

Mix the peanut butter, rice syrup, vanilla, cinnamon, 1/4 cup chopped peanuts and carob chips together in a large bowl. Add the cereal, stirring gently until it is well coated.

Place a small bowl of water near your work surface. Using wet hands, form the cereal mixture into walnut sized balls and roll the balls in the shredded coconut. Place the balls in a container lined with waxed paper. Store at room temperature or in the freezer.

#### Fudgy Cocoa Mint Cookies

3 cups unbleached or whole wheat flour or 1 1/2 cups of each

1/4 cup cocoa

2 tsp baking soda

1/4 tsp salt

2 tbsp oil

1 1/2 granulated sweetener

2 1/2 cups finely grated zucchini (courgette)

1 tsp peppermint extract

1 cup chopped walnuts

#### Method

preheat the oven to 350F.

Mix together the flour, cocoa, baking soda and salt in a bowl.

Beat the oil, sweetener, zucchini and peppermint extract together with a mixer. Add the dry ingredients and beat until smooth. Fold in the walnuts.

Drop by spoonfuls onto cookie sheets and bake for about 12 minutes.



### Creamy Potato Leek Soup

2-3 potatoes peeled and diced (about 4 cups)

8 cups water

2-3 leeks (white part only) diced

1/4 lb mushrooms, chopped

2 tbsp margarine

1/4 cup water

1 (12oz) package firm tofu

1 1/2 – 2 tbsp dry vegetable broth powder or to taste

salt and pepper to taste

#### Method

In a large soup pot, boil the potatoes in the 8 cups water until cooked, about 10 minutes. Meanwhile, sauté the leeks and mushrooms in the margarine and 1/4 cup water until soft, then add to the cooked potatoes. Crumble the tofu into the pot with your hands. Blend this mixture in a blender or food processor in batches until smooth and creamy. Return to the pot over medium heat. whisk in the vegetable broth powder, salt and pepper to taste. Simmer for a few minutes and serve with crusty bread.

### Chipotle Spilt Pea Soup

2 cups dried split peas

8 cups boiling water

1 medium onion chopped

2 cloves garlic minced

2 carrots sliced diagonally

2 stalks celery, sliced diagonally

1/2 cup chopped parsley

1/2 chipotle finely cut (1 tsp) or more to taste

1 tbsp soy sauce

#### Method

Simmer the split peas in the boiling water until soft about 1 hour. Add the remaining ingredients and continue cooking until the vegetables are tender adding more water as needed.

### Chicken Friendly Tofu Nuggets with Maple Mustard Dipping Sauce

3 tbsp all-purpose flour

6 tbsp ice water

1/2 cup lightly toasted bread crumbs

1 tsp salt

dash of cayenne pepper

oil for frying

1 lb firm, fresh tofu pressed, frozen, thawed and cut into 1 inch cubes

Sauce:

1 1/2 tsp cornstarch

6 tbsp water

1/4 cup Dijon mustard

4 tsp maple syrup

1 tsp rice vinegar

1 tsp soy sauce

Method

In a small bowl, whisk the flour and water together to make a smooth batter; in a separate dish, toss the breadcrumbs with the salt and cayenne pepper.

Heat 1 inch of oil in a heavy skillet or wok.

Dip each tofu cube in the batter to coat, then roll the cubes in the breadcrumb mixture. Drop the cubes into the hot oil and cook for 2 minutes. Turn the cubes and continue cooking until they are golden brown. Drain the cubes on paper towels and serve immediately with mustard dipping sauce (Dissolve the cornstarch in a small amount of water. Place the cornstarch mixture in a small saucepan and add the remaining ingredients. Heat the sauce stirring constantly, until thickened)

### Artichoke Tofu Pasta

1/2 lb tri-coloured pasta (or elbow macaroni)

1/2 medium onion, chopped

2 cloves garlic

1 tbsp olive oil

1/4 lb firm tofu, diced

1 (14oz) can artichoke hearts, quartered

1 (12oz) can diced tomatoes

1 (8oz) can tomato sauce

#### Method

Cook pasta according to the package instructions. While pasta is cooking, sauté the onion and garlic in the olive oil for 1-2 minutes. Add the diced tofu and sauté for 2 minutes. Add the artichokes, tomatoes and tomato sauce and simmer. Drain the pasta and mix in the sauce.

#### Hot and Spice Lo Mein

1 single serving package ramen noodles

1/2 cup kim chee with liquid, chopped

1/4 lb firm tofu, cubed

1 stalk (including white bulb) green onion, chopped

#### Method

Cook the noodles in boiling water as directed on the label. Chop the kim chee. When the noodles are soft, pour into a serving bowl. Stir in the chopped kim chee with the liquid and cubed tofu. Sprinkle with chopped green onion and serve.

#### Jerk Tofu

1/4 cup apple or papaya juice

3 tbsp grated onion

3 cloves garlic, minced

2 tbsp soy sauce

2 tbsp chillies, minced (the spicier the better)

2 tbsp vinegar

1 tbsp oil

1 tbsp fresh ginger, grated

1 1/2 tsp allspice

1/2 tsp cinnamon

1/2 tsp black pepper

1/2 tsp thyme

1/4 tsp nutmeg

1 lb tofu, frozen, thawed, excess water squeezed out and cut into 1 inch cubes

1/2 cup chopped scallions

#### Method

Combine all the ingredients together (except the scallions and tofu) in a blender.

Arrange tofu cubes into one layer in a glass baking pan. Pour the blended mixture over the tofu. Lightly press sauce into the tofu with a spatula or hands. Let marinate for a few hours or overnight.

Preheat oven to broil.

Broil about 5 minutes, turn the tofu and broil 5 more minutes. Serve hot with chopped scallions for a garnish.

#### Zucchini Boats

3 medium zucchini (courgettes)

1 medium onion, chopped

1 tbsp olive oil

1/2 lb tofu or vegetarian burger, crumbled

3 tbsp nutritional yeast flakes

1 tsp garlic salt

1/2 tsp oregano

1 (16oz) jar tomato sauce

#### Method

Slice the zucchini lengthwise and scoop out the pulp. Chop the pulp and set aside.

In a non-stick pan, brown the onion in the olive oil. Add the tofu or crumbled burger, chopped zucchini

pulp, nutritional yeast, garlic salt and oregano.

Pour the tomato sauce into a 9x11 inch pan, place the zucchini 'boats' in the sauce and fill the boats with the tofu/burger mixture.

Cover with tin foil and bake for 30 minutes, remove the foil and bake 15 minutes more. Serve boats on plates and pour over some of the sauce.

#### Nutty Zucchini Loaf

2 onions, finely chopped

4 tbsp olive oil

1 clove of garlic, crushed

1/2 tsp cumin seeds

1 tsp ground coriander

1 tsp fresh, grated ginger

2 lbs zucchini, diced

3/4 cup chopped almonds

3/4 cup chopped walnuts

3/4 cup oatmeal

1/3 cup coconut milk

1/2 cup dried flaked coconut

1 tsp salt

pepper to taste

Preheat the oven to 400F

Gently sauté the onions in 3 tbsp of the olive oil. Add the garlic, cumin, coriander and ginger and cook for 30 seconds, stirring well.

In a separate pan, cook the zucchini in the remaining oil until just brown. Combine the onion mixture, zucchini and remaining ingredients. Press the mixture into an oiled ovenproof dish and bake for 30 minutes.

Serve with a large salad of mixed greens.

#### Quick Stroganoff

1 large onion, thinly sliced

1/2 lb white button mushrooms, sliced

2 cups slivered seitan or grilled Portobello mushrooms or crumbled veggie burgers

2 tbsp tomato paste

3 tbsp dry sherry plus 3 tbsp water or 1/3 cup dry white wine

1 (1oz) package vegetarian dried onion soup mix

2 cups boiling water

1 tsp dry mustard

3/4 cups Tofu Sour Cream (see below)

In a large non-stick skillet, steam fry the onion and white mushrooms until the onion starts to soften. Add the seitan or grilled mushroom slivers and stir fry for a few minutes. add the tomato paste along with the sherry and water or wine.

Dissolve the soup mix in the boiling water, and add to the pan with wine and mustard. Simmer over medium low heat for 5 minutes.

Add the tofu sour cream to the pan over low heat, stirring gently until heated through. Serve immediately

## **Tofu Sour Cream**

1/2 lb firm tofu

2 tbsp oil

1 tbsp fresh lemon juice

1 1/2 unrefined sugar or other sweetener

1/2 tsp salt

Combine all the ingredients in a blender and blend until smooth and creamy. This will keep in your refrigerator for 5-7 days.

Stir Fried Tofu and Vegetables in Ginger Sauce

3/4 cup soy sauce

3/4 cup lemon juice

1-2 tsp grated fresh ginger

- 1 lb extra firm tofu
- 2 tbsp vegetable oil
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 3 carrots cut into 2 inch strips
- 1 medium onion, sliced
- 1 green peppers, sliced
- 1 cup snow peas
- 1 cup sliced mushrooms
- 2 green onions, chopped
- 2 cups cooked rice

Mix the soy sauce, lemon juice and ginger. Cut the tofu into 1-inch chunks and place in the marinade. Let marinate for 45 minutes. drain the tofu saving the marinade. Heat the oil in a large pan, and add the cauliflower, broccoli, carrots, onion, green pepper and tofu. stir frequently, cooking evenly. Add the snow peas, mushrooms and green onions. Continue to stir frequently until the vegetables are cooked but still crunchy. Serve over rice, topped with the marinade.

#### Tofu Foo Yung

- 1 cup snow peas
- 1 cup sliced fresh mushrooms
- 8 green onions, cut into 1 1/2 inch pieces
- 1 (8oz) can water chestnuts, sliced
- 2 tbsp oil
- 2 cups fresh bean sprouts
- 1 3/4 lbs tofu, mashed
- 2 tbsp soy sauce
- 1/2 cup mashed tofu
- 3/4 cup unbleached white flour
- 3 tbsp nutritional yeast

2 tsp baking powder

In a skillet or wok, sauté the snow peas, mushrooms, onions and water chestnuts in the oil over low heat for about 5 minutes. When the vegetables are crisp tender, mix in the bean sprouts. Remove from heat and set aside.

Preheat the oven to 325F

Blend the 1 3/4 pounds tofu and the soy sauce until smooth and creamy. Pour into a bowl and mix in the 1/2 cup tofu, flour, nutritional yeast and baking powder.

Mix the vegetables and tofu together well. On an oiled cookie sheet, make six to eight 5 inch rounds about 1/2 inch thick, using about 1/2 cup of the mixture for each round. Leave about 1 inch of space between the rounds. Bake for 30 minutes, flip over and bake for 15 more minutes. serve hot over rice or noodles and Chinese Mushroom Gravy (see below)

## **Chinese Mushroom Gravy**

2 cups cold water

4 tbsp soy sauce

2 tbsp cornstarch

1/2 cup finely diced mushrooms

Mix all the ingredients together in a saucepan. Cook over low heat, stirring until thickened.

Linguine with Smoky Tomato Sauce

1-2 chipolte peppers

1/2 lb linguine

2 medium shallots, diced

4 cloves garlic, minced

6 plum tomatoes, diced

olive oil

salt to taste

Re-hydrate the chipolte in enough water to cover it; let it set for 10 minutes. Once re-hydrated, seed and dice it. Cook the pasta until it is al dente. Sauté the shallots, chipolte and garlic for 3 minutes. Add the tomatoes and simmer for 8 minutes more. After draining the pasta, lightly oil and salt it. Serve the smoky sauce over the linguine.



### French-Fried Onion String Beans

2 (14.5oz) cans French style green beans, drained

1 (2.8oz) can French-fried onions

3 tbsp nutritional yeast

1 tbsp vegetarian chicken style broth powder or powdered vegetable stock

1 tsp garlic salt

Combine all ingredients in a saucepan and stir over medium heat until well-blended and hot.

### Green Bean Stroganoff

3 large onions, thinly sliced

2 cloves garlic, minced

1/3 cup dry white wine

1 1/2 lbs frozen or fresh whole small green beans

3/4 lb fresh mushrooms, sliced

1 tbsp dried basil or three tbsp chopped fresh

1 (12.3oz) pkg firm silken tofu (or 1 1/2 cups tofu)

6 tbsp water

1/3 cup soy sauce or tamari

3 tbsp lemon juice

1/4 tsp unrefined sugar or other sweetener

salt and pepper to taste

Heat a large heavy non-stick or lightly oiled skillet over high heat. Add the onions and garlic and steam fry with 3 tbsp of the wine until the onion starts to soften (use a little water if necessary). Add the green beans, mushrooms, basil and remaining wine. Cover and cook over medium heat for 5 minutes or until the beans are done to your liking.

Meanwhile, mix the tofu, water, soy sauce, lemon juice, and sugar in a blender or food processor until very smooth. Pour this into the pan with the vegetables. Turn this into the pan with the vegetables. Turn the heat to low and heat the mixture gently. Add salt and pepper to taste. Serve hot over hot cooked linguine or fettuccini noodles.

### Cocoa Banana Muffins

1 1/4 cups all purpose flour

1 cup rolled oats

1/2 cup firmly packed brown sugar

1/3 cup unsweetened cocoa

1 tbsp baking powder

1/4 tsp baking soda

1 cup mashed bananas (about 3 small)

1/2 cup soy milk

5 1/3 tbsp margarine, melted

1 tsp vanilla

Preheat the oven to 400F. Line 12 medium muffin cups with paper baking liners.

Combine the flour, oats, brown sugar, cocoa, baking powder and baking soda in a large bowl. In a medium bowl, combine the mashed bananas, soymilk, margarine and vanilla. Add the banana mixture to the dry ingredients and stir until just moistened.

Spoon the batter into prepared muffin cups and bake for 20 to 25 minutes until a toothpick inserted into the centre of the muffins comes out clean. Cool on a wire rack.

### Cream of Celery Soup

1/2 cup (1/4 lb) chopped onion

4 cups (1lb) chopped celery

2 cloves garlic, minced

1/2 tbsp olive oil

2 cups vegetable stock or water

1 1/2 tsp salt

1/4 tsp dill

1 cup soymilk

green onions, chopped, or fresh dill to garnish

Sauté the onion, celery and garlic in the oil. Add the stock and simmer until soft.

Blend with a hand blender or in an electric blender until creamy. Return to the soup pot, stir in the salt, dill and soymilk, and heat until almost boiling. Do not boil. Serve hot, garnished with chopped green onions or a sprig of fresh dill.

#### Noodles with Peanut Sauce Salad

1/2 lb cooked spaghetti

1/2 cup peanut butter

1/2 cup water

4 tbsp soy sauce

1 tsp peeled, minced gingerroot

2 tbsp brown rice syrup

2 tbsp brown rice vinegar

1 tsp chili powder

dash cayenne

1/4 cup chopped onion

raisins

Cook the spaghetti according to the package instructions.

Meanwhile, place the peanut butter and water in a large bowl and whisk until smooth. Add the soy sauce, gingerroot, rice syrup, rice vinegar, chili powder and cayenne pepper and whisk.

When the spaghetti is done, rinse it with cold water and drain. Add the spaghetti and onions to the peanut sauce and toss well until the spaghetti is coated with the sauce. Refrigerate for several hours or overnight.

Before serving, toss the spaghetti again. Divide among four plates and sprinkle raisins over each serving.

#### Bleu 'Cheese' Salad Dressing

1/2 cup crumbled firm or medium-firm tofu

1/3 cup water

3 tbsp lemon juice

2 tbsp sesame meal

1 tbsp vinegar (cider, white wine or rice)

1 tsp salt or 1 tbsp white miso + 1/2 tsp salt

1 large clove garlic, crushed

1/4 tsp white pepper

1/4 tsp soy sauce or veggie Worcestershire sauce

Combine all the ingredients in a blender until very smooth. If the dressing is too thick, add a little more water. Keep refrigerated in a jar.

### Crispy Tofu Cubes

1 lb firm tofu

2 tbsp nutritional yeast

2 tbsp flour

1 tbsp garlic salt

1 tsp pepper

1-2 tbsp oil

Cut the tofu into 1/4 inch cubes. Do not pat dry.

Combine the nutritional yeast, flour, garlic salt and pepper in a container with a lid. Add the tofu. Shake well to coat the tofu.

Heat the oil in a non-stick skillet. Add the tofu and cook over medium heat turning the tofu every few minutes until golden brown and crispy.

Use in stir frys or fried rice.

### Knishes

Dough:

1 cup mashed potatoes

1 tbsp oil

1 tsp salt

3 cups unbleached flour

1 tsp baking powder

1/2 cup cold water

Filling:

1 cup chopped onions

2 tbsp oil

1 1/2 cups mashed potatoes

1 1/2 cups mashed tofu

1/4 cup chopped fresh parsley

1 tsp salt

1/2 tsp garlic powder

1/4 tsp black pepper

Prepare 2 1/2 cups mashed potatoes. To make the dough, beat together 1 cup of the mashed potatoes, the 1 tbsp oil and the salt. Add the flour and baking powder and mix well. Mix in the water and knead into a smooth dough. Let rest on a board covered with a cloth for 1/2 hour.

To make the filling sauté, the onions in the tbsp oil until transparent. Mix together with the rest of the filling ingredients.

Cut the dough into 4 sections, then roll each section as thin as possible (about 1/16 inch thick). Cut into 5x6 inch rectangles. Place 2 or 3 tbsp of filling in the middle of each rectangle. Fold the sides in first, then the ends.

Place folded side down on an oiled cookie sheet. Bake at 350F for 25 minutes, or until golden. Serve with horseradish or mustard.

Deviled Tempeh Spread

1/2 lb tempeh

1 tbsp ketchup

1 tbsp miso

1 tsp onion powder

1/2 tsp garlic powder

1/2 tsp sage

1/2 tsp thyme

1/8 tsp red pepper flakes

Steam the tempeh for 20 minutes.

Process all the ingredients in a food processor until smooth and spread-able. Spread on bread with lettuce and tomato for sandwiches.

### Chickpea Pita Pockets

1 16oz can chick peas, rinsed, drained and mashed

1/3 cup chopped celery

1 tbsp minced onion

2 tbsp pickle relish (or Piccalilly)

2 tbsp egg-free mayonnaise

1 tsp mustard

dash of garlic powder

4 whole wheat pitas

lettuce, tomato slices, grated carrot, etc for toppings.

Place the chickpeas, celery, onion, relish, mayonnaise, mustard and garlic powder in a bowl and mix well.

Cut the pitas in half and open up into pockets. Fill each pita pocket with 1/4 of the chickpea spread, top with lettuce, tomato or other veggies and serve immediately. For bag lunches, pack the spread, veggies and pita bread in separate containers and assemble before eating.

### “Beefless” Stew

1 cup dry “beef” style textured vegetable protein chunks

7/8 cup boiling water

1 tsp lemon juice

1 medium onion, chopped

1 clove garlic, minced

1 tbsp oil

4 cups water

1 (14oz) can tomatoes  
1 tsp vegan Worcestershire sauce  
2 small bay leaves  
2 tsp salt  
1/2 tsp black pepper  
pinch ground allspice  
1 vegetable bouillon cube  
1 tsp sugar  
6 carrots, chopped  
3 potatoes, cut into bite sized pieces  
1 (10oz) package frozen peas  
2 tbsp cornstarch, dissolved in a small amount of water.

Reconstitute to textured vegetable protein chunks in the boiling water and lemon juice. Let stand for 5 to 10 minutes. brown the onion and garlic in the oil, add the chunks and continue browning. Add 4 cups water, the tomatoes, Worcestershire sauce, bay leaves, salt, pepper, allspice, bouillon cube and sugar and simmer for one hour. Add the carrots, potatoes and peas. Cook another 30 minutes or until the carrots are cooked but still firm. Thicken with the cornstarch. Serve with crusty bread.

#### Butternut and Chestnut Holiday Sauté

1 cup dried lentils, soaked overnight  
6 tbsp olive oil  
4 shallots, chopped  
1 large garlic clove, minced  
1 large butternut squash, peeled, seeded and cut into cubes  
1 lb tomatoes, chopped and peeled or 1 (16oz) can diced tomatoes  
1/2 tsp chopped fresh thyme  
1 cup shelled chestnuts

Drain the soaked lentils and cover with fresh water. Bring to a boil and cook about 30 minutes, or until the lentils are tender. Heat the oil in a large sauté pan and cook the shallots and garlic until just tender.

Add the squash and cook for a few minutes. Add the tomatoes and thyme, and cook for 10 minutes. Add the lentils and cook for 10 more minutes or until all the ingredients are tender. Add the chestnuts and warm through. Serve with crusty bread.

### Smoky Spuds and BBQ Beans

4 sweet potatoes

vegetable oil for brushing the potatoes

2 cups cooked black beans (canned are OK)

3/4 cup barbecue sauce

Scrub the potatoes and cut them crosswise into thin slices. Brush with oil and grill for 15 – 20 minutes, turning the potatoes over once.

Meanwhile, combine the black beans and barbecue sauce in a medium saucepan. Simmer over very low heat to keep the beans warm while you're grilling the potatoes.

Top the potatoes with the hot black beans and serve.

### Stuffed Roasted Poblanos

6 fresh poblano peppers (or Anaheim's – they can be found in the UK in Sainsbury's or Tesco's)

2 cloves garlic

2 cups fresh cilantro (aka coriander) lightly packed

3 tbsp fresh limejuice

1 tsp salt

1 lb firm tofu

1 cup tomato sauce or salsa

Preheat the oven to broil.

Wash the peppers, then roast them under the broiler, turning them until charred and blistered all over. Close the blistered peppers in a plastic or paper bag for about 15 minutes then remove the peels, membranes and seeds. Slit the peppers open down one side.

Turn the oven down to 350F

Chop the garlic in a food processor, add the cilantro leaves and chop. Add the limejuice. Salt and tofu and blend until creamy. Stuff each pepper with about 1/3 cup of the tofu filling. Arrange the stuffed peppers in an 11x7 inch-baking dish. Pour the tomato sauce / salsa over the peppers and bake 35 – 40 minutes.



## Szechuan Noodles

1 lb spaghetti

4 green onions, chopped

3 cloves garlic, minced

1/2 cup cold water

1 tsp veggie broth powder

1 tsp cornstarch

1/3 cup soy sauce

2 tbsp ketchup

1 tbsp vinegar

1 tbsp chili paste (chili bean paste, chili garlic paste, or hot salsa)

1 tsp unrefined sugar

1/4 cup chopped vegetarian 'bacon' or 'ham' or 2 tbsp soy bacon chips soaked in 2 tbsp boiling water

1/4 cup chopped dry-roasted peanuts

2/3 cup chopped, peeled cucumber, zucchini or celery

1 (10oz) pkg frozen chopped spinach, thawed and squeezed

Cook the pasta according to the directions on the package.

Heat a large, lightly oiled non-stick wok or skillet. Add and steam fry the green onions and garlic for about 2 minutes. mix the water, broth powder, cornstarch, soy sauce, ketchup, vinegar, chili paste and sugar. Add this to the pan and stir until it boils.

Add the vegetarian 'ham', peanuts, cucumber and spinach. Stir quickly over high heat until everything is hot. Drain the pasta quickly and add to the skillet/wok. Toss quickly and serve immediately.

## Polenta and Tomato Stuffed Peppers

1 green, 1 red, 1 yellow and 1 orange bell pepper

1/2 tsp minced fresh garlic

1 tbsp olive oil

2 medium tomatoes diced

1 tsp salt

1/2 tsp pepper

1 (1lb) pkg cooked polenta

paprika

Preheat the oven to 375F. Cut the tops off the peppers and scoop out the insides. Place on a cookie sheet.

Sauté the garlic in the olive oil over medium heat. add the tomatoes, salt and pepper. Heat briefly and stir into the polenta.

Fill the peppers with polenta mixture and sprinkle with paprika. Cook for 30 – 40 minutes.

#### Peanut Better Bars

1 cup light corn syrup (or golden syrup)

1 cup unrefined sugar

1 1/2 cups peanut butter

6 cups corn flakes

1 (8oz or more...!) bag vegan chocolate chips (or couple of vegan chocolate bars broken up)

Lightly oil an 8x10inch cake pan and place the corn flakes in the pan. Mix the corn syrup and sugar in a saucepan and bring to a light boil. Remove from the heat, add the peanut butter and mix until smooth. Pour mixture over the corn flakes and combine. In a double boiler or saucepan, melt the chocolate chips and pour over the top of the cereal mixture. Place in the refrigerators overnight to harden. The next day, cut and serve.

#### Chocolate Pudding

1 1/2 lbs soft tofu

1 1/4 cups unrefined sugar

1/3 cups cocoa

1/4 cup oil

1 1/2 tsp vanilla

1/4 tsp salt

Combine all ingredients in a food processor or blender and blend until smooth and creamy. Pour into individual serving dishes or a baked pie shell. Chill until firm and serve

Tip from MrFalafel: mix in a tsp or two of instant coffee for a mocha flavour

## **Creamy “Bacon” – Orange Salad Dressing**

6 tbsp freshly squeezed orange juice

1/4 cup tofu

1/4 cup egg-less mayonnaise

1 1/2 tbsp fresh lemon juice

1 tbsp Dijon mustard

white bulbs of 3 green onions, chopped

1 tsp soy bacon bits

1 tsp sugar or other sweetener

1 large clove garlic, peeled

1/2 tsp sesame oil

1/4 tsp salt

Place all ingredients in a blender and process until creamy. Refrigerate.

## **Creamy Dill Dressing**

1/2 lb tofu

1/2 cup water

1/4 cup lemon juice

1/4 cup fresh parsley

1/4 cup chopped green onion

1 tbsp chopped fresh dill weed or 1 tsp dried dill weed

1 tbsp chopped fresh basil or 1 tsp dried basil

1/4 tsp salt

1/4 tsp sugar

1 clove garlic, crushed

pinch cayenne

Combine all the ingredients in a blender until very smooth. If the dressing is too thick, add a little more water. To make a thicker dill dip, use less water.

## Poppy Seed Passion Dressing

1 cup vegetable broth & 2 tsp cornstarch cooked over high heat until thickened (stirring constantly).  
Chilled

6 tbsp lemon juice

1/4 cup maple syrup

1-2 tbsp poppy seeds

1/2 tsp salt

1 tsp dry mustard

1 tsp paprika

1 tsp lemon zest

Combine all the ingredients in a covered jar, and shake.

## Vegan Thousand Island Dressing

1 1/2 cups tofu

2 tbsp + 1 tsp lemon juice

2 tsp onion powder

1/2 tsp dry mustard

1/2 tsp salt

7 tbsp chopped onion

3 1/2 tbsp sweet pickle relish

1/4 cup ketchup

Combine the tofu, lemon juice, onion powder, mustard, ketchup and salt in a blender until smooth and creamy. Fold in the onion and pickle relish

## Psychedelic Pasta Salad

1/2 lb tri-colored pasta, cooked

3 ears corn, cooked with the kernels cut from the cob

1 bunch broccoli florets, cut small and steamed

15 large black olives, sliced

15 green olives with pimento, sliced

14oz can of artichoke hearts, halved

1 red bell pepper, diced

8oz can water chestnuts

15oz can chickpeas

1/3 cup of your favourite Italian dressing (or just olive oil and balsamic vinegar mixed)

Combine ingredients, mix well and refrigerate. Serve cold.

## Jicama Salad with Orange Vinaigrette

1 cup orange juice

1 1/2 tbsp orange marmalade

4 cups jicama root, peeled and sliced into julienne strips

1 red bell pepper, diced

3 tbsp chopped fresh parsley

salt to taste

Whisk together the orange juice and marmalade. Add remaining ingredients and mix well. Marinate in the refrigerator several hours or overnight.

## Creamy Tomato Bisque

1 1/2 cups tofu

1 cup water

1 (10 3/4oz) can tomato soup

1 (14oz) can diced tomatoes

1/4 cup dry sherry

dash of black pepper

Blend the tofu and water until smooth. Combine all the ingredients and heat through.

## Hot Shot Soup

2 tbsp olive oil

2 cups chopped yellow onions

1 cup minced celery

1 cup minced green bell pepper

8oz can whole tomatoes

6 cups tomato/vegetable juice cocktail

2 tbsp hot sauce

grated zest of 2 limes

2 tbsp vegetarian Worcestershire sauce

salt and pepper to taste

vodka (optional)

grilled corn kernels

guacamole

Heat the olive oil in a heavy stockpot. Add the onions, celery and bell pepper and cover. Cook, stirring occasionally until the onions are soft. Add the tomatoes, vegetable juice, hot sauce, and lime zest and bring to the boil. Reduce heat and simmer for 15 minutes. Let cool slightly, then puree the soup in batches in a blender. Return to simmer for 10 more minutes. add the lime juice, Worcestershire sauce, salt and pepper and if desired, a half shot of vodka. Stir well.

Pour the soup into individual bowls and garnish with corn kernels and a dollop of guacamole.

## Fiesta Dip

1/2 cup tahini

1/2 cup salsa

Mix together well.

Serve with tortilla chips or carrot/ celery sticks etc.

Cooking With Seitan ■ Aveline Kushi

Seitan with Onions and Carrots Baked in a Heavenly Creamy Dill Sauce

3 tsp sesame oil

2 medium onions, diced

2 large carrots, sliced in to 1/2 inch rounds

4 large cups (about 2 pounds) of seitan cubes or reconstituted textured vegetable protein chunks or crumbled veggie burgers

2 tbsp whole wheat pastry flour

1/4 tsp sea salt

1 cup water

3/4 cup plain soymilk or Rice Dream

1 tbsp finely chopped fresh dill

1/4 tsp black pepper

For the Dill Sauce

1/2 cup plain soymilk or Rice Dream

2 tbsp chickpea flour

1 tbsp mirin

1 tbsp chopped fresh dill

1/4 tsp sea salt

Preheat oven to 350F.

Heat the oil in a flameproof casserole over medium heat. Add onion, carrots and seitan and sauté for 3-5 minutes.

Sprinkle the pastry flour and sea salt over the seitan and vegetables. Continue to sauté the ingredients for a few minutes, stirring frequently. Add the water, soymilk, dill and pepper to the casserole. Stir the ingredients occasionally for about 5 minutes until the liquid begins to thicken.

Cover the casserole, transfer to the oven and bake until the carrots are tender (about 45-60 minutes).

Remove the stew from the oven and place it on the stove top over very low heat.

Prepare the dill sauce. First make a loose smooth past by adding the soymilk to the chickpea flour. Add the mirin, dill and sea salt. Slowly add this mixture to the stew, stirring constantly until the sauce thickens. Continue to simmer the stew for about 15 minutes.

Serve the hot stew either alone or with noodles, or rice or whatever.

### Hot Wilted Spinach Salad with Sesame-Chili Braised Seitan and Bell Peppers

6 chilled seitan cutlets (about 1 1/2 lbs)

4 tbsp coconut milk

2 tbsp brown rice syrup

1 tsp Thai red curry paste

3 tbsp minced fresh cilantro (coriander) leaves

1 medium Vidalia or mild onion, sliced into thin half moons

10 – 16 oz fresh spinach, washed and patted dry

1 large orange, red or yellow bell pepper sliced into 1/4 inch strips

For the marinade

3 tbsp sesame oil

1 tbsp toasted dark sesame oil

1/2 cup rice wine vinegar

freshly squeezed juice from 1 lime

1/2 tsp garlic granules

1/4 tsp black pepper



In a medium bowl, combine the marinade ingredients and mix well. Slice the seitan cutlets into thin strips (1x2x 1/8 inch). Add the strips to the marinade, toss well, and set aside for 20-30 minutes, turning frequently.

In a 10-inch frying pan, combine the coconut milk, brown rice syrup, red curry paste and cilantro. Heat for 3 minutes over medium heat.

Reserving the marinade, remove the seitan strips and add them to the pan along with the onions. Cover and simmer for 5 minutes. Turn the seitan and onions, add the reserved marinade, then cover and simmer 5 minutes more. Uncover and continue to simmer until the sauce is reduced by about half.

While the seitan is simmering, tear the spinach into bite size pieces and place in a salad bowl along with the bell pepper strips.

Add the hot seitan with the sauce to the salad bowl and toss carefully. The heat will cause the spinach to wilt.

Serve the salad hot or at room temperature.

#### Baked Country Style Patties with Grated Apples and Sauerkraut

2 cups (about 1 pound) ground seitan or reconstituted textured vegetable protein or other ground beef substitute

4 cups (32 oz) sauerkraut

2 cups water

2 tbsp whole wheat pastry flour

1/4 cup chickpea flour

3 tbsp sesame oil

1 tart apple, unpeeled

#### Seasoning Blend:

1 1/2 tsp garlic granules

1 1/2 tsp oregano

1 tsp paprika

3/4 tsp fennel

1/2 tsp dry mustard

1/2 tsp sage

3/8 tsp black pepper

3/8 tsp white pepper

Drain the sauerkraut and squeeze it gently to remove the excess brine. Place the sauerkraut and water in a bowl and let it soak for about 15 minutes to remove some of the salt.

While the sauerkraut is soaking, prepare the seitan patties. In a large bowl, combine the seitan, pastry flour chickpea flour and seasoning blend. Form the mixture into 12 small patties (1 1/2 – 2 inches in diameter).

Preheat the oven to 300F. Heavily coat a medium ovenproof casserole dish with cooking oil and set it aside.

In a heavy skillet, heat the sesame oil over medium heat. Add the seitan patties and cook them until well browned (5-7 minutes on each side).

Grate the apple into a medium bowl and set aside. Reserving the soaking water, drain and firmly squeeze the sauerkraut, then combine it with the grated apple.

Place the seitan patties in the prepared casserole dish. Cover the patties with the apple sauerkraut mixture and half of the reserved soaking water

Cover and bake the patties until they are heated through (45-60 minutes). Serve hot.

#### Baked Cutlets with Onions and Herbed Almond Crumb Stuffing

6 seitan cutlets (about 1 1/2 lbs)

1 medium onion, cut crosswise into thin slices

1-cup plain soymilk or Rice Dream beverage

1 tbsp corn oil or sesame oil

#### Stuffing

1 cup torn pieces day-old bread, tightly packed

1 1/2 cups coarsely chopped almonds

3 tbsp dried parsley

1 tsp dried rosemary, thyme or sage

1/2 tsp allspice

1/4 tsp turmeric

Preheat oven to 400F. Lightly oil a 1 1/2 quart ovenproof casserole dish and set aside.

To make the stuffing, place the bread, almonds, parsley, rosemary, allspice and turmeric and pulse until crumbs are formed. Set aside.

Arrange the seitan cutlets in the bottom of the casserole dish and top with breadcrumbs mixture. Place sliced onions on top of the crumbs.

In a small bowl, combine the soymilk and oil. Pour this mixture evenly over the onions (as you pour, lift each cutlet a little with a fork to make sure liquid reaches the bottom).

Cover and bake for 30 minutes. Serve immediately.

#### Roasted Seitan with Red and Yellow Peppers in a Chive Garlic Sauce

2 cups (about 1 lb) seitan cubes or soy chunks or reconstituted textured vegetable protein cubes or crumbled veggie burgers, chilled

2 large red bell peppers, halved and seeded

2 large yellow peppers, halved and seeded

1 tbsp olive oil

1/4 cup minced fresh chives

#### Chive Garlic Sauce

6 cloves garlic, crushed and minced

1 tbsp olive oil

1 cup water

2 tbsp soy sauce

1/3 tsp paprika

1/8 tsp black pepper

Preheat oven to 450F

Lightly blot the chilled seitan with paper towels to remove surface moisture. Cut the bell pepper halves into thirds or quarters.

Place the seitan and bell peppers in 1 to 2 inch deep baking dish and coat evenly with a thin layer of olive oil. Set aside.

To prepare the sauce, combine the garlic, olive oil, water, soy sauce, paprika and black pepper in a blender. Puree the ingredients then spoon this mixture evenly over the seitan and peppers.

Place in the oven and bake, uncovered, basting the ingredients occasionally with the sauce. Continue to bake until the peppers are tender and the seitan is crispy (20 – 30 minutes).

#### Pastichio – Greek-Style Macaroni Casserole

2 cups (about 1 lb) coarsely ground seitan or reconstituted textured vegetable protein or crumbled veggie burgers

16 ozs pastichio pasta or a broad flat pasta

3 tbsp olive oil or sesame oil

1 1/2 tsp soy sauce

1 cup bread crumbs

#### Sauce

1 1/2 tbsp kuzu or arrowroot

1 – 1 1/2 cups water

1 1/2 cups plain soymilk or Rice Dream

1 tbsp tahini

3/4 tsp sea salt

1/2 tsp cinnamon

Preheat oven to 400F. Lightly oil a 9x13 inch baking dish and set aside.

While the oven is preheating, cook the pasta until al dente, then drain and place in a bowl.

In a large skillet, heat the oil, then add the seitan. Brown the seitan for 3-4 minutes, then add the soy sauce. Combine the browned seitan with the drained pasta, mix it together and set aside.

To prepare the sauce, dissolve the kuzu in 1/2 cup of the water and set it aside. In a saucepan, heat the soymilk, another 1/2 cup water, the tahini, salt and cinnamon over medium heat, stirring constantly until the mixture is almost boiling. Add the dissolved kuzu to the pot and stir this sauce as it thickens. If the

sauce gets too thick, add a little more water (no more than 1/2 cup). Adjust the seasonings.

To assemble the casserole, first layer half the pasta-seitan combination in the bottom of the prepared baking dish. Pour half the sauce evenly over the top; add the rest of the pasta and cover with the remaining sauce. Top with a layer of breadcrumbs.

Cover the casserole with foil and bake 15 minutes. Remove the foil and bake another 15 minutes to brown the crust. Serve hot.

#### Hickory Flavoured Barbecue Sauce

1/4 cup tomato paste

2 1/2 tbsp cider vinegar

2 tbsp liquid hickory smoke flavouring (ie Liquid Smoke)

2 tbsp barley malt syrup

1 1/2 tbsp brown rice miso or barley miso

1 tbsp olive oil

1/2 medium onion minced

2 cloves garlic, crushed and minced

Combine all the ingredients in a small saucepan and simmer over low heat for 5-10 minutes.

Use immediately or cover tightly and refrigerate up to two weeks

#### Golden Squash Potage

1 cup veggie sausages, sliced or sliced seitan

1 medium butternut squash

4 cups water

1 tsp sea salt

1/4 tsp allspice

1 cup plain soymilk or Rice Dream beverage

2-3 tbsp corn oil or sesame oil

3 tbsp minced fresh parsley or 1 tbsp dried

Cut the squash in half, remove the seeds and peel. Cut into 1-inch cubes.

In a large pot, bring the water to a medium boil and cook the squash until tender (about 15 minutes).

Reserving the cooking water, transfer the squash to a blender or food processor. Adding the reserved cooking water a little at a time, puree the squash to a creamy consistency. Return the squash to the pot and whisk in the salt, allspice and soymilk. Cover the puree and keep it warm over low heat.

In a heavy pan or skillet, cook the seitan slices in the oil until they are well browned on both sides (about 5 minutes per side). Place on absorbent paper towels to remove any excess oil.

About 10 minutes before serving the soup, add the seitan.

Ladle the hot soup into individual bowls and garnish with a sprinkle of the parsley.

## Cranks **Cookbook**

### Garlic Relish

4 oz (100g) Wholemeal breadcrumbs

1/4 pint (150ml) hot water

1 large onion

2 oz (50g) margarine

1 oz (25g) fresh yeast

2-3 crushed garlic cloves

1 tbsp thyme

salt and pepper to taste

Soak the breadcrumbs in hot water. Finely chop the onion. Melt the margarine in a saucepan and sauté the onion until transparent. Add the soaked bread and any excess liquid and cook over a high heat, stirring all the time until no free liquid remains. Off the heat. Crumble in the yeast and add the remaining ingredients. Adjust seasonings. Beat well and press into shallow serving dish. Cover and leave to cool. Serve on individual plates with a salad garnish and triangles of wholemeal toast. This can also be used as a sandwich filling.

### Baked Grapefruit

2 grapefruit

4 tsp raw brown sugar

1 oz margarine

2 tsp ground cinnamon

Cut the grapefruit in half. Remove the central pith with a grapefruit knife, then loosen the segments. Mix together the sugar, margarine and cinnamon and spread over the fruit. Bake in the oven at 190C (375F) for about 15 minutes. Serve warm.

#### Armenian Soup

2oz red lentils, washed

2 oz dried apricots, washed

1 large potato

2 pints vegetable stock

juice of 1/2 lemon

1 tsp ground cumin

3 tbsp parsley, chopped

salt and pepper to taste

Place lentils in a large saucepan. Roughly chop the potato and add to the pan with remaining ingredients. Bring to the boil, cover and simmer for 30 minutes. Allow to cool, then blend in a liquidizer goblet until smooth. Reheat to serving temperature and adjust seasonings to taste.

#### Carrot Apple and Cashew Nut Soup

1 lb carrots

1 large onion

1 small potato

1 large cooking apple

2 oz margarine

2 pints (1.2 litres) vegetable stock

2 oz broken cashew nuts

salt and pepper to taste

Roughly chop the vegetables and apple. Melt the margarine in a large saucepan and sauté the prepared vegetables for 5 minutes, stirring occasionally. Add the remaining ingredients, bring to the boil, cover and simmer for 30 minutes until the vegetables are just tender. Allow to cool before blending in a liquidizer or food processor. Reheat to serving temperature and adjust seasonings.

#### Mushroom and Potato Pie

2 lbs (900g) potatoes  
4 celery sticks  
1 medium onion  
1 lb mushrooms  
3 oz margarine  
4 tbsp soy milk  
2 crushed garlic cloves  
1 1/2 tbsp arrowroot  
1/3 pint (200ml) soy milk  
2 tbsp chopped parsley  
1 tsp dried thyme  
2 tsp lemon juice  
salt and pepper to taste

Cook the potatoes in boiling water until tender. Grate the celery, chop the onion and mushrooms. Drain the potatoes, add 1oz of margarine and 4 tbsp soy milk to the potato pan and mash until creamy. Season well.

Melt the remaining margarine in a large saucepan. Add the celery and onion and cook gently until the onion is transparent. Add the mushrooms and garlic and cook, stirring occasionally for 5 minutes. Blend the arrowroot with a little of the soymilk, stir in remaining soymilk and stir into the mushrooms. Add the parsley, thyme and lemon juice and season to taste. Simmer gently for 5 minutes. Turn the mixture into an ovenproof serving dish. Top with the mashed potato and place under a hot grill until heated through and golden or place in an oven at 190C for about 20 minutes.

# **Delicious Jamaica - Yvonne McCalla Sobers**

## **Jamaican Yam Run Down Casserole**

1 lb yams



2 medium carrots

1 onion, chopped

salt to taste

1 tbsp sweet pepper, seeded and chopped

1 tsp hot pepper, seeded and chopped

1 sprig fresh thyme

6 pimento grains (or 1/2 tsp Jamaican allspice)

2 cloves garlic, crushed and chopped

3 medium tomatoes, skinned, seeded and chopped

1 cup coconut milk

peel, wash and boil the yams until firm and tender

preheat the oven to 350F

slice the yams and carrots

mix together the onion, salt, sweet pepper, hot pepper, thyme, allspice and garlic

grease a Pyrex dish (or casserole) and place in it alternating layers of yams, carrots, tomatoes and seasoning mix

cover the ingredients with coconut milk and bake until done (about 25 minutes).

## **Jamaican Peanut Stew**

1/2 cup ground peanuts or crunchy peanut butter

1 cup vegetable stock

1 cup water

1 cup onions, sliced

2 cloves garlic, crushed and chopped

1/2 tsp hot pepper, chopped

2 tbsp oil

salt to taste

1/4 tsp dried thyme

2 bay leaves

2 cups canned tomatoes

1 whole, unripe hot pepper

6 okra, sliced

blend the peanut butter, stock and water

sauté the onions, garlic and chopped hot pepper in the oil, combine with the seasonings, canned tomatoes, whole hot pepper, and peanut stock, and simmer for 20 minutes.

Add the okra and simmer for 5 minutes, or until the okra are tender and firm.

Recheck the seasonings and adjust if necessary.

Remove the whole hot pepper and serve over rice.

## **Jamaican Vegetable Run Down**

4 cups coconut milk

1 cup green beans, sliced

2 medium carrots, thinly sliced

1/2 cup tomatoes, skinned, seeded and chopped

1 whole unripe hot pepper

1 medium clove garlic, crushed and chopped

4 pimento grains (or 1/2 tsp Jamaican allspice)

1/4 tsp thyme

1 hot pepper, seeded and chopped

1 small head of cauliflower, separated into chunks

1 sprig celery, sliced

1/2 cup bean sprouts

1/4 cup onions, finely chopped

6 okra, sliced

Simmer the coconut milk in a heavy pan until the milk begins to turn oily (about 45 minutes).

Add the green beans, carrots, tomatoes, whole hot pepper, and seasonings.

Simmer for 10 minutes and add the rest of the vegetables

Simmer for another 10 minutes, remove the whole hot pepper and serve with boiled potatoes or rice.

## **Ackee Heritage**

2 cans ackee

1 small onion, sliced

1 sweet pepper, sliced

1/4 tsp hot pepper, seeded and chopped

1 scallion, chopped

1 tbsp coconut oil

1 small tomato, skinned, seeded and chopped

1/4 dried thyme

salt to taste

1 tbsp textured vegetable protein soaked in 1 tbsp warm water and squeezed dry (optional)

Drain the ackees

Sauté the onion, sweet pepper, hot pepper and scallion in the oil until the onion is transparent.

Add the tomato and thyme and simmer until the tomato is tender

Add the ackees and textured vegetable protein, tossing lightly to ensure the ackees are covered in the sauce.

Simmer for about 3 minutes and serve hot with Johnnycakes, fried plantains or boiled yams or potatoes.

## **Jerk Tofu**

2 lbs tofu, sliced and lightly poached

1/4 cup jerk seasoning (moist) – see below

about 1/2 cup BBQ or tomato sauce

Marinate the tofu in the jerk seasoning for two hours or overnight if possible.

Preheat the oven to 350F.

Place the marinated tofu on a baking pan, cover with BBQ/tomato sauce, and bake for about 15 minutes.

Serve hot with rice or baked potatoes

## **Jerk Seasoning (moist)**

1 large onion, finely chopped

4 scallions, chopped finely

1 hot pepper, very finely chopped

2 tsp corn syrup, barley syrup, rice syrup or maple syrup

2 tbsp tamari

1 tbsp cider vinegar

2 tbsp coconut oil

1 tsp salt

1/2 tsp ground nutmeg

1/2 tsp ground cinnamon

1/2 tsp ground dried thyme

1 tsp ground pimento (Jamaican allspice)

Combine all the ingredients in a blender or food processor, blend until smooth, and store in the refrigerator in an airtight jar.

## **Jerk Potatoes**

3 large potatoes

1-2 tbsp oil

1-2 tbsp jerk seasoning (dry) – see below

1/2 cup water or vegetable stock

fresh parsley, chopped for garnish

Steam the potatoes until tender, and cut them into cubes

Heat the oil in a skillet. Stir in the jerk seasoning, then add the potatoes and water/stock.

Cook until the water evaporates and the mixture is dry.

Stir in the chopped parsley and serve

## **Jerk Seasoning (dry)**

2 tbsp onion powder

1/2 tsp garlic powder

2 tsp ground thyme

1 1/2 tsp salt

1/4 tsp ground nutmeg

1/2 tsp ground cinnamon

2 tbsp unrefined sugar

1 1/2 tsp powdered hot pepper (cayenne)

1 tsp ground pimento (Jamaican allspice)

Combine all the ingredients and store in an airtight jar.

## **Jamaican Pea Soup**

8oz red peas, red kidney beans, gungo peas or pigeon peas

4 cups water

2 cups coconut milk

2 bay leaves

6 pimento grains (or 1/2 tsp Jamaican allspice)

1 whole, unripe hot pepper

1 onion, chopped

1 whole clove garlic

2 carrots, chopped

1 potato, cubed

1/2 lb yellow yams, cubed

1 small sweet potato, cubed

2 scallions, crushed whole

1/2 tsp hot pepper, seeded and chopped

1 clove garlic, chopped

1 tsp salt

1/2 tsp dried thyme

wash the peas/beans and soak a few hours or overnight

add enough water to the soaked peas/beans to make 4 cups. Add the coconut milk, bay leaves and pimento grains (allspice).

Cook for about 2 hours until the peas are almost tender. Add the whole hot pepper, half the onion, the whole garlic, carrots, potato, yams, sweet potato, scallions and chopped hot pepper.

Cook another 20 minutes or until the peas/beans are tender and the vegetables are cooked.

Add the rest of the onion, chopped garlic, salt and thyme. Correct the seasonings to taste and simmer for another 10 minutes.

Puree half the soup to thicken and serve hot.

## **Lacatan Banana Loaf**

1 cup soft tofu (1/2 lb) crumbled

2 cups bananas, mashed

1 tbsp lime or lemon juice

rind of 1 lime, grated

1 tsp vanilla

1/4 cup barley syrup, corn syrup, maple syrup, golden syrup, etc

1/2 cup oil

2 cups whole wheat or unbleached flour

1 1/2 tsp baking soda

1/4 tsp cinnamon

1/4 tsp ground ginger

1/4 tsp ground nutmeg

1 cup dried tropical fruit (such as dried papaya, pineapple, etc)

1/4 cup cashews (optional)

preheat oven to 350F

in a blender, combine tofu, bananas, lime juice and rind, vanilla, syrup and oil. Puree until smooth.

Sift together the flour, baking soda and add the spices.

Combine the dry and liquid ingredients, then add the dried fruit and cashews.

Pour the batter into well greased 9-inch baking tin or loaf pan, and bake until a toothpick comes out clean, about 50 minutes.

Cool in the pan for 5 minutes, then remove the loaf.

## Stamp and Go

1/2 lb tofu, frozen, thawed and squeezed dry

1/2 medium onion, finely chopped

2 scallions, chopped

1 hot pepper, seeded and finely chopped

1/4 cup tomatoes, skinned seeded and chopped

2 cloves garlic, crushed and finely chopped

1 1/2 cups whole wheat flour

1 tsp baking powder

1 1/2 cups cornmeal

about 1/2 tsp salt

1/2 tsp dried thyme

some water

oil for frying

soak the tofu about 2 hours or overnight in lightly salted water. Squeeze dry again and finely chop before using.

Sauté the onion, scallions, hot pepper, tomatoes and garlic until the onion is transparent.

Sift together the flour, baking powder and add the cornmeal, salt, thyme, tofu and sautéed vegetables.

Add enough water to make a soft, sticky batter.

Heat up a skillet with about 1/4 inch oil.

Drop mixture by spoonfuls into hot oil in a shallow skillet.

Fry until the fritters are golden brown, drain in crushed kitchen paper and serve hot.

## **Ben Johnson Vegetable Stew**

In Jamaica, Ben Johnson Day is the day of the week, frequently Friday, when not much food is in the house and a visit to the market is due. It's a real test of the imagination to produce a meal from the bits and pieces left in the pantry.

3 potatoes, or 1/2 lb yams

1/2 lb pumpkin

1 cho-cho (or small cucumber or small zucchini)

1 small turnip

1 onion, chopped

2 cloves garlic, crushed and chopped

2 stalks celery, chopped

1/4 tsp hot pepper seeded and chopped finely

1 sweet pepper, chopped

2 tbsp margarine

2 tbsp prepared mustard



1-2 tbsp molasses

3 tbsp tamari

1 cup vegetable stock

1 cup beer (preferably Red Stripe)

2 medium tomatoes, skinned, seeded and chopped

4 pimento grains (or 1/2 tsp Jamaican allspice)

1 tsp basil

1/4 tsp thyme

1 bay leaf

1 whole, unripe hot pepper

salt to taste

1/4 cup fresh parsley, chopped

Scrub and trim the potatoes or peel and wash the yams, quarter lengthwise and slice in 1/2 inch slices.

Slice the pumpkin, cho-cho and turnip the same thickness as the potatoes and steam these vegetables with the potatoes.

Sauté the onion, garlic, celery, hot pepper and sweet pepper in the margarine until the onion is transparent.

Mix mustard, molasses, tamari and stock.

In a saucepan, combine the sauce/stock mixture, steamed vegetables, sautéed vegetables, tomatoes, pimento grains (allspice), basil, thyme, bay leaf and whole hot pepper.

Simmer for 10 minutes, add the salt and parsley and thicken the sauce by cooking uncovered for another 5 minutes. Serve with rice.

# Deutsch Rezepte

## Gefüllte Tofuschnitten

1 kleine Fenchknolle

1 kleine Mohre

1 Knoblauchzehe

1/2 bund Dill

1/2 unbehandelte Zitrone

salz – schwarzer Pfeffer

500g Tofu

4 El Sesamasmen

4 El Erdnussol

Holzspiesschen

- 1) Den Fenchel von den welken Blättern und den Stielen befreien, waschen und der Länge nach achteln. Den Strunk jeweils herausschneiden und den Fenchel sehr fein hacken. Die Mohre schalen und fein rasplen. Fenchel und Mohre mischen.
- 2) Den Knoblauch schalen und zum Gemüse pressen. Den Dill waschen und die Spitzen abschneiden. Die Zitrone heiss abwaschen, abtrocknen und die Schale abschnitten. Die Schale sehr fein hacken und mit dem Dill zum Gemüse geben. Mit Salz und Pfeffer abschmecken.
- 3) Den Tofu abtropfen lassen und in 4 gleich dicke Scheiben schneiden. Bei jeder Scheibe von einer Langsseite aus eine Tasche einschneiden. Dabei vorsichtig arbeiten, damit Sie den Tofu nicht ganz durchschneiden.
- 4) Die Gemüsemischung vorsichtig in die Tofutaschen füllen. Die Öffnungen jeweils mit einem Holzspiesschen vorsichtig verschleissen.
- 5) Die Tofuschnitten mit Salz und Pfeffer würzen und in den Sesamsamen wenden. Das Öl in einer grossen Pfanne erhitzen. Die Tofuschnitten darin bei mittlerer Hitze pro Seite 5 Min. braten. Die Tofuschnitten heiss servieren.
- 6) Tip: Zu den Tofuschnitten passen Bratkartoffeln oder Brot und eventuell ein gemischter Salat.

Easy Vegan Cooking - Leah Leneman

Potato-paprika

3 onions

1 green pepper

1 red pepper

4 tbsp vegetable oil

8 large cooked potatoes

200ml/ 1/3 pint / 3/4 cup soy yoghurt

2 tsp paprika

as required sea salt

a sprinkling of caraway seeds

Chop the onions and slice the peppers into thin slivers

Sauté the onions in the oil until they start to turn brown, then add the peppers.

Cube the cooked potatoes and add these to the pan. Sprinkle with paprika and salt and seeds. Fry lightly stirring well.

Pour on the yoghurt, heat through without bringing to the boil, and serve.

Hazelnut and Potato Patties

2 onions

2 tbsp vegetable oil plus additional for frying

2 tsp yeast extract

680g/ 1 1/2 lbs cooked, peeled potatoes

170g/ 1 1/2 cups hazelnuts

chop the onions and fry them in the oil for a few minutes until they begin to brown.

Remove from the heat and add the yeast extract. Mash the potatoes and add them to the pan.

Grind the nuts (if they are lightly roasted and blanched before hand the flavour will be better). Add them to the potato mixture and knead well with your hands.

Form into patties (about 16) and shallow fry them until browned on both sides.

Banana and Spaghetti Curry

285g / 10oz wholemeal spaghetti

1 small onion

55g / 1/4 cup vegan margarine

40g / 1/3 cup wholewheat flour

2 tsp curry powder

285ml / 1 1/3 cup soy milk

55g / 1/3 cup raisins or sultanas

2 tsp chutney

3 large bananas

cook the spaghetti in boiling salted water until tender, then drain, reserving 140ml / 2/3 cup of the water.

Chop the onion finely, melt the margarine and sauté the onion gently for 5 minutes

Stir in the flour and curry powder, then add the soymilk and spaghetti water, stirring constantly to avoid lumps.

Bring to the boil, then add the raisins and chutney.

Cut the bananas into 1.5cm (1/2 inch) slices and add them to the sauce. Simmer gently for 10 minutes.

Place the spaghetti in a heated serving dish and pour the sauce over.

Quick Pizza

(notice the lack of yeast and rising time!)

200g / 1 3/4 cup wholewheat flour

5 tbsp vegetable oil

pinch of sea salt

2 tsp baking powder

1 onion

2 tbsp tomato puree (paste)

5 tbsp water

2 tsp dried oregano

6 black olives

1 tbsp tahini

1 tbsp miso

mix the flour with 1 tbsp oil, salt and baking powder, then add sufficient water to make a soft dough.

Roll out into two 17cm (7-inch) circles for the bases.

Chop the onion finely. Fry in 2 tbsp oil until tender.

Mix the tomato puree, 2 tbsp water, oregano and the onion in a small bowl.

Chop the olives finely.

Mix the tahini, miso and remaining 3 tbsp water in a small bowl.

Heat 1 tbsp oil in a large frying pan. Fry one of the bases for 4-5 minutes, then turn over. Spread with half the tomato mixture, sprinkle with half the olives and top with half the tahini, then place under a medium grill (broiler) until the tahini is slightly browned.

Repeat with second base.

Serve with a green salad.

Nasi Goreng

2 onions

2 tbsp vegetable oil

2 tbsp ketchup

2 tbsp soy sauce

2 tsp Tabasco sauce

340g / 2 cups brown rice, cooked

1 small cucumber

chop the onions. Heat the oil in a wok or frying pan and fry them until they are turning brown.

Add the ketchup, soy sauce and Tabasco sauce to the wok and stir well. Add the rice and stir fry until heated through.

Dice the cucumber and sprinkle it over the top.

Lebanese Style Green Bean Stew

1 onion

3 tbsp vegetable oil

225g – 1/2 lb potatoes

340g – 3/4 lb fresh or frozen green beans

2 tsp ground cumin

pinch cayenne pepper

1 14oz can tomatoes

salt and pepper to taste

Chop the onion and sauté in oil for 2-3 minutes.

Peel the potatoes and chop in to small pieces. Add to the saucepan and continue cooking for a further 3-4 minutes, stirring often.

If using fresh beans, top and tail them. Add to the saucepan. Sprinkle in the cumin and cayenne and stir well.

Put tomatoes into a liquidizer and blend. Add to the saucepan. Stir, bring to the boil then lower the heat (but not too much), cover and leave to cook for 12-15 minutes, stirring occasionally. By this time the beans and the potato should be tender and the tomatoes reduced to a thick paste. Taste for seasoning and add salt and pepper.

Serve immediately.

Hummus Patties

2 14oz cans chickpeas, drained

2 cloves garlic

115g – 2 cups wholewheat breadcrumbs

3 tbsp tahini

2 tsp ground cumin seeds

juice of 1/2 lemon

vegetable oil

Put the drained beans in a large mixing bowl and mash them well. Crush the garlic and add it to the bowl.

Add the breadcrumbs, tahini, cumin seeds and lemon juice if using (the taste and texture will be fine without it). Add seasonings if desired. Mix well and form into eight large or 16 small patties.

Heat some oil in a frying pan and shallow fry the patties until lightly browned on both sides.

Chickpeas in a Spanish Sauce

1 green pepper

1 red pepper

1 fresh chilli

1 onion

1 clove garlic

2 tbsp chopped parsley

455g/ 1 lb ripe tomatoes

1 tsp sea salt

2 14oz cans chickpeas, drained

Chop the peppers, onions, garlic and tomatoes.

Lightly fry the peppers, onion and garlic in the olive oil for a few minutes.

Add the parsley, tomatoes and salt and cook, stirring occasionally, until the tomatoes are pulped.

Combine this mixture with the cooked chickpeas and serve over rice.

Butter Bean and Potato Stew

680g – 1 1/2 lb potatoes

2 onions

2 tbsp vegetable oil

285ml – 1 1/3 cups vegetable stock

1 tbsp finely chopped parsley

1 tsp dried sage

2 14oz cans butter beans (lima beans) drained

1 tsp miso

Cook the potatoes in lightly salted boiling water until tender (or use leftover cooked potatoes). Drain and chop.

Slice the onions thinly. Sauté in the oil for a few minutes until lightly browned.

Stir in the stock, the parsley and the sage. Then stir in the drained beans. Bring to the boil and simmer for a further 2-3 minutes.

Remove a little of the stock from the saucepan and cream it with the miso in a cup before stirring into the

saucepan.

Serve immediately with rice or bread.

### Vegetable and White Bean Casserole

680g – 1 1/2 lbs mixed root vegetables (carrots, turnips, Swedes)

225g – 1/2 lbs potatoes

1 small head celery

3 onions

55g – 1/4 cup vegan margarine

2 14oz cans butter(lima) beans or haricot(navy) beans, drained

285ml – 1 1/3 cups water

2 tsp yeast extract (marmite etc)

1 14oz can tomatoes

55g – 1/4 cup breadcrumbs

Dice the root vegetables and potatoes. Trim and slice the celery and the onions.

Melt the margarine in a large saucepan. Add the diced vegetables, celery and onion. Stir over moderate heat for 5 minutes.

Stir in the beans, water, yeast extract and the can of tomatoes. Bring to the boil, then transfer to a large casserole.

Cover and bake in the centre of a moderate oven at 350F/180C for 1 1/4 – 1 1/2 hours until the vegetables are cooked.

Remove lid from the casserole. Sprinkle the breadcrumbs over the vegetables and cook for a further 20-30 minutes in the oven until the topping is crisp and golden.

### Megedarra

285g – 1 3/4 cups brown rice

285g – 1 3/4 cups brown lentils

as required sea salt

as required vegetable oil

3 large onions



as required ground black pepper

Put the rice and lentils in a large saucepan, pour boiling water over them, cover the pan and leave to soak for several hours.

Chop one of the onions finely and fry in a little oil until tenderised and turning golden.

Drain the rice and lentils then return them to the saucepan, cover with water, add the fired onion and a little sea salt and bring to the boil. Lower heat and simmer for about 25 minutes. Taste for salt and add more if necessary. Grind in pepper to taste.

A few minutes before the rice and lentils are ready, slice the other two onions thinly and fry them in very hot oil, stirring constantly so they don't burn but turn very dark brown.

Put the sliced fried onions on top of the rice and lentil mixture. Top with soy yoghurt if desired.

#### Armenian Black-eyed Beans and Nuts

225g – 1 1/4 cups black-eyed beans

2 onions

100ml – 1/2 cup olive oil

1 tsp unrefined sugar

1 tsp sea salt

1 8oz can tomatoes

2 tsp tomato puree/paste

140g – 1 cup mixed nuts

1 tbsp chopped parsley

Cover the black-eyed beans with boiling water and leave to soak for several hours or overnight. Cook until tender and drain.

Chop the onions and sauté them in the olive oil until soft. Chop the nuts coarsely.

Liquidize the tomatoes and add them to the saucepan with the rest of the ingredients.

Simmer for 10-15 minutes before serving.

#### Caribbean Salad

1/2 green pepper

1/2 red pepper

4 sticks celery

1 tin (400g)/1 can (14-16oz) pineapple chunks

4 tbsp coarsely chopped walnuts

4-6 tbsp vegan mayonnaise

a squeeze of lemon juice

Chop the peppers and celery and drain the pineapple.

Combine all the ingredients and serve.

### Curried Lentil Soup with Mushrooms

2 onions

2-3 cloves garlic

2 tbsp vegetable oil

2 cups mushrooms

1/2 tsp ground coriander

1/2 tsp turmeric

1/2 tsp ground cumin

1/2 tsp ground ginger

1 cup red lentils

4 cups water

1/4 cup creamed coconut

sea salt and freshly ground black pepper to taste

Chop the onions and garlic finely. Heat the oil in a saucepan and sauté them for a few minutes. Chop the mushrooms and add them to the pan; cook for a few minutes longer.

Stir in the spices and cook for a minute or two more, then add the lentils and water plus a little salt. Bring to the boil, then lower the heat, cover and cook for 15-20 minutes, until lentils are soft.

Chop or grate the creamed coconut and stir into the pan. Taste for seasoning and add more salt if required and black pepper.

### Stuffed Banana Salad

For one person

1 oz raisins or sultanas

2oz peanut butter

4 small bananas

2 tbsp vegan mayonnaise

2 tbsp salted peanuts

as required crisp lettuce leaves

Chop the raisins finely. Mix them together with the peanut butter.

Peel and split the bananas lengthwise and fill them sandwich fashion with the peanut butter raisin mixture.

Spoon the dressing over the bananas and top with salted peanuts.

Serve on crisp lettuce leaves.

Mexican-style Potato Salad

1 lb new potatoes

1 tbsp vegetable oil

1 tbsp cider vinegar or wine vinegar

1 12oz can sweet corn

¼ pint soy yoghurt

as required sea salt

as required black pepper

1 bunch watercress

2 tbsp smoky snaps (soy 'bacon' bits)

Cook the potatoes until tender, drain and dice them.

Combine the oil and vinegar; pour this over the diced potatoes and leave until cold.

Drain the corn and mix it with the yoghurt and seasoning. Combine with the potatoes.

Pile on to a serving dish and surround with sprigs of watercress. Sprinkle smoky snaps over the salad just before serving.

## Black-eyed Bean Salad

1 cup dried black-eyed beans

juice of 1 lemon

3 tbsp olive oil

1 1/2 cups fresh parsley

as required sea salt

as required ground black pepper

The night before, cover the beans with boiling water and leave to soak overnight.

In the morning, drain them, cover with lots of fresh water, bring to the boil, then lower the heat. Sprinkle in a little lemon juice, then cover and leave to simmer until tender, about 45 minutes. After about half an hour, add a little more lemon juice (this keeps the white colour of the beans from becoming brown) and few minutes before the end of cooking time add a little sea salt.

Drain the beans, and while still hot, pour the remainder of the lemon juice and the olive oil over them. Stir well. Leave to cool, then chill.

Chop parsley finely. Just before serving stir in the parsley into the beans and add salt and pepper to taste.

## Tagliatelle All' Alfredo

12-14oz whole-wheat tagliatelle

2oz or 1/4 cup vegan margarine

1 – 1 1/2 cups (or 2 120g cartons) vegan cream

1/2 cup nutritional yeast or 2 tbsp vegan Parmesan

as required sea salt

as required freshly ground black pepper

Cook tagliatelle until just tender and drain.

Melt the margarine over a low heat in a large saucepan. Add the cream. Add the tagliatelle, add a little sea salt and lots of pepper and mix well. Sprinkle yeast or parmesan over the top. Place under a heated grill (broiler) for a couple of minutes to brown the top and serve.

## Tofu and Miso Sauce for Spaghetti

1lb firm tofu

2 tbsp vegetable oil plus additional for deep frying

2 onions

2 cloves garlic

115g/2 cups mushrooms

2 sticks celery

340g/ 3/4 cups tomatoes

2 carrots

120ml / 1/2 cup tomato ketchup

140ml / 2/3 cups water

2 bay leaves

as required ground black pepper

3 tsp miso

2 tbsp hot water

Cut the tofu into small cubes and deep fry until golden. Set aside.

Chop the onions coarsely and the garlic finely.

Sauté in oil for 2-3 minutes.

Chop the mushrooms, celery and tomatoes. Grate the carrots. Add to the onion, stir and cook for a further 2-3 minutes.

Add the ketchup, water, bay leaves, pepper and tofu. bring to the boil, then lower the heat and simmer for about 15 minutes.

Cream the miso in a cup with the 2 tbsp hot water and add to the tofu sauce. Simmer for another minute, then remove from the heat and serve over spaghetti.

San Clemente Curry

1 large onion

1 tbsp vegan margarine

455g / 1 lb mushrooms

2 tsp (or more to taste) curry powder

2 tomatoes

pinch sea salt

4 tsp lemon juice

285ml / 1 1/3 cups soy yoghurt

4 avocados

cooked rice

Chop the onion. Sauté in the margarine along with the mushrooms until tender.

Stir in the curry powder and cook for a few moments longer.

Chop the tomato and add to the saucepan, with the salt. Heat through.

Add the lemon juice and yoghurt. Stir well and heat until just below boiling point.

Peel and halve the avocados. Place on the rice and fill with the mushroom mixture.

Avocado a la King

55g / 1/4 cup vegan margarine

30g / 1/4 cup whole-wheat flour

285ml / 1 1/3 cups soy milk

225g / 2 cups mushrooms

2 tinned red pimentos (or roasted red peppers from a jar)

2 large avocados

as required sea salt

as required ground black pepper

Heat half the margarine in a saucepan, add the flour and cook gently for a minute and then gradually add the soy milk, stirring constantly to make a white sauce. Set aside.

Slice the mushrooms and sauté in the remaining margarine until tender.

Chop the pimentos coarsely. Add to the white sauce along with the mushrooms.

Peel and dice the avocados. Add to the white sauce just before serving. Season to taste. Serve over whole wheat toast.

### Curried Cashews

1 small onion

1 clove garlic

1 small piece fresh ginger

1 fresh chili

1 tsp turmeric

1 cinnamon stick

2 cardamom pods

grated rind of 1/2 lemon

as required sea salt

200ml / 3/4 cup water

285g / 2 cups whole cashews

30g / 2tbsp creamed coconut

Chop the onion and chili finely, making certain the chili seeds have been discarded. Crush the garlic and grate the ginger.

Combine these ingredients with all the spices and over them with water in saucepan. Simmer for a few minutes.

Add the cashews and creamed coconut and simmer for a further 20-30 minutes. Serve over rice.

### Bubble and Squeak

455g / 1lb cabbage, cooked

455g / 1lb potatoes, cooked

2 onions

2-3 tbsp vegetable oil

as required sea salt

as required black pepper

Use either leftover cabbage and the potatoes or cook them up freshly. Chop both the cabbage and potatoes quite finely.

Chop the onions and sauté in the oil until tender. Add the potatoes and stir well over a moderately high flame until the onions and potatoes begin to brown. Then add the cabbage and continue stirring. Season well.

### Cauliflower Romagna-Style

1 cauliflower

30g / 2 tbsp vegan margarine

3 tbsp vegetable oil

1 clove garlic crushed

2 tbsp chopped parsley

as required sea salt

as required ground black pepper

6 tbsp water

1 tbsp tomato puree (paste)

Divide the washed cauliflower into individual florets.

Heat the margarine and oil in a saucepan and fry the garlic and parsley for a few moments.

Add the cauliflower, stir and cook for several minutes, then add the seasoning, water and tomato puree (paste). Cover the pan and cook over low heat until tender (about 15-20 minutes).

### Hot Blackberry Soup

2pts/5 cups water

680g/1 1/2 lb fresh blackberries

55g/2oz vegan margarine

1 1/2 tbsp whole-wheat flour

55g/ 1/3 cup raw cane sugar

30g/ 3 tbsp chopped almonds

Put the water in the saucepan and add the berries. Bring to the boil and simmer until tender, then put them through a sieve. Return the sieved berries to the cooking liquid, discard the pulp.

Heat the margarine in a pan and stir in the flour. Add the soup gradually stirring constantly to avoid lumps. Sweeten (the amount given is only a rough guide as berries vary so much in sweetness) and simmer for about 10 minutes.



Serve hot, sprinkled with almonds.

#### Avocado Dessert

3-4oz / 1/2 – 2/3 cup raw cane sugar

2 avocados

juice of 1/2 lemon

place the sugar in a liquidizer (or coffee grinder) and grind to a fine powder

peel and dice the avocados

combine all the ingredients in the liquidizer and blend thoroughly

#### Avocado and Gooseberry Fool

455g/1 lb fresh gooseberries

1/4 pint / 2/3 cup water

1 avocado

as required raw cane sugar

55g/2oz vegan chocolate

Top and tail the gooseberries

Cook with the water until tender. Cool the gooseberries

Peel and dice the avocado and put in a liquidizer with the gooseberries. Blend thoroughly, adding raw cane sugar to taste.

Chill the mixture. Shortly before serving, grate the chocolate over the top.

#### Baked Bananas and Oranges

30g-1oz-2tbsp vegan margarine

45g - 1 1/2oz -1/4 cup raw cane sugar

2 oranges

4 bananas

Grate the zest of one of the oranges. Cream the margarine and the sugar together and mix in the grated rind.

Peel and slice the oranges. Peel and slice the bananas. Layer the fruit and the margarine mixture in an oven dish and bake at 425F/220C for 10 minutes.

### Oliebollen

170g – 6oz – 1 ½ cups whole wheat flour

2 tbsp dried yeast

1 apple

about 285ml – 1 1/3 cups soya milk

55g – 1/3 cup raisins

55g – 1/3 cup currants

30g – 1oz candied mixed peel

3 tsp lemon juice

pinch of sea salt

as required oil for deep frying

as required raw cane sugar

Put the flour in a bowl. If using ‘easybake’ yeast it can be added straight to the bowl; otherwise dissolve it in a little of the soymilk.

Peel and chop the apple. Heat the soymilk to lukewarm.

Add the dried fruit, lemon juice, peel, salt and milk to the bowl. (the dough should be thick, so add the milk slowly and if it looks like becoming thin, do not use the full amount).

Cover the bowl and leave it in a warm place for an hour.

Drop spoonfuls of the dough in hot oil until lightly browned. Serve warm, sprinkled with sugar.

### Coconut Refrigerator Cookies

55g-2oz-1/4 cup vegan margarine

45g-1 1/2oz-1/4 cup raw cane sugar

115g-4oz-1 cup whole wheat flour

pinch of sea salt

1/2 tsp baking powder

60ml-2floz-1/4cup soymilk

45g-1 1/2oz-1/2cup desiccated (shredded) coconut

Cream the margarine and sugar in a bowl until light. Mix together the flour sea salt and baking powder. Add the milk to the margarine mixture, then flour mixture and finally the coconut. Mix well, and then knead into a dough.

Form the mixture into a large roll (like an oversized sausage) and cover with cling film or foil. Put roll into the refrigerator and chill thoroughly.

When ready to bake, remove the roll from the refrigerator and slice in into 1/4 inch rounds. Place the rounds on a greased baking tray and bake for 10 minutes at 325F/170C.

### Banana Cream Pie

1 pre-baked pastry case (pie shell)

170g / 6oz / 1 cup stoned dates

115g / 4oz / 3/4 cup cashews

4tsp arrowroot

pinch sea salt

1 tsp vanilla essence

285ml – 1 1/3 cups water

2 ripe bananas

Chop the dates and place them in a liquidiser with the cashews, arrowroot, salt, vanilla and water. Blend thoroughly.

Pour into the saucepan and heat gently, stirring constantly until thickened. Allow the mixture to cool.

Slice the bananas into the pie shell. Cover them with the cashew date mixture; chill to firm and serve.

### Blackcurrant Sorbet

455g – 1lb – 3 cups fresh blackcurrants

juice of 2 lemons

85-115g or 1/2 – 1/3 cup raw cane sugar

top and tail the blackcurrants

puree the fruit (in 2 batches if necessary) in a liquidiser

add the lemon juice to the sugar and stir well. Mix this with the fruit puree.

Freeze the mixture in the ice compartment of the refrigerator. If desired, when almost stiff, puree again in the liquidiser just before serving.

#### American Style Muffins

225g / 2 cups whole-wheat flour

1 tsp baking powder

1 tsp bicarbonate of soda (baking soda)

pinch of sea salt

1-2 tbsp unrefined sugar

3 tbsp margarine

425ml/2 cups soya yoghurt

Put all the dry ingredients in a bowl and mix them well.

Melt margarine. Add it to the dry ingredients along with the soya yoghurt. Stir the mixture until it is a smooth batter.

Pour the mixture into greased muffin tins and bake at 425F/225C for 15-20 minutes.

#### Crepes

170g/ 1 1/2 cups whole-wheat flour

3 tbsp soya flour

1 tsp baking powder

2 tsp vegetable oil

1 tsp sea salt

as required water

Combine the flours, baking powder and sea salt. Make a well in the centre, pour in the oil, then pour in the water gradually, stirring constantly with a fork. The consistency should be like thick cream. Leave to stand for about half an hour. If it's too thick then add more water, if it's too thin, add more flour.

Melt some margarine or vegetable oil and fry crepes on both sides.

#### Potato Scones

455g / 1 lb potatoes

1/2 tsp sea salt

115g/ 1 cup whole-wheat flour

Cook the potatoes (or use leftover cooked potatoes). Peel and mash them.

Add the salt and flour to the potatoes and knead the mixture. Roll it out thinly on a floured board and cut into rounds or triangles.

Bake in a very hot oven 500F/240C for 10 minutes, turning the scones after 5 minutes.

Serve warm with golden syrup or jam.

Avocado Vichyssoise

3 leeks

1 large onion

2 tbsp margarine

455g / 1 lb potatoes

850ml / 3 3/4 cups water

1/2 of a vegetable stock cube

1 avocado

140ml / 2/3 cup soymilk

1/4 tsp freshly grated nutmeg

as required sea salt

sprinkling of paprika

chop the leeks and onion. Sauté for 3-4 minutes in the margarine.

Peel and slice the potatoes thinly. Add to the leek and onion.

Pour in the water and add the stock cube. Bring to the boil, then cover and simmer for about 15 minutes until tender. Set aside to cool.

Peel and chop the avocado. Place in a liquidizer and add the leek, potato mixture and soymilk. Also add the nutmeg and salt. Blend thoroughly.

Place in the refrigerator until thoroughly chilled. Sprinkle with paprika before serving.

White Bean and Black Olive Soup

2 onions

3 cloves garlic

3 tbsp extra virgin olive oil

850ml / 3 3/4 cups vegetable stock or water

2 tins (14oz or 435g each) haricot (navy) beans

16 black olives

juice of 1 small lemon

as required sea salt

as required freshly ground black pepper

Chop the onions finely and crush the garlic. sauté them in the oil for a few minutes until they start to go brown.

Add the stock and beans. Chop the olives and add them to the pan. Bring to the boil, then lower the heat and simmer, uncovered, for a few minutes.

Add the lemon juice and season to taste. (taste before adding the salt as olives can be salty enough for this soup to require no more). Serve piping hot.

#### Curried Butter Bean Salad

2 cans (14oz / 400g) cooked butter beans

140ml / 2/3 cup vegan mayonnaise

1 heaped tbsp mango chutney

1 heaped tbsp desiccated coconut

2 heaped tsp curry powder

Drain the beans.

Combine the mayonnaise, chutney, curry powder and coconut. Add the beans, mix and serve.

#### Quick Sausage Pie

4 large onions

2 tbsp vegetable oil

455 – 570g / 1 1/2 lbs vegan sausages

1/2 tsp thyme

900g/ 4 cups mashed potatoes

Chop the onions and fry them in the oil until tender. Add the sausages and fry them with the onions until everything is browned.

Place in an oiled pie dish, sprinkle with thyme and cover with mashed potatoes.

Bake in a moderate oven at 350F/180C until the top is golden brown, or if the ingredients have been kept warm, place briefly under the grill instead. Alternatively, heat briefly in the microwave and then finish off under the grill.

Toad in the Hole

85g / 1/3 cup margarine

285g / 2 1/2 cups flour

pinch of sea salt

2 tsp baking powder

570ml / 2 1/2 cups soymilk

455g-680g / 1 – 1 1/2 lbs vegan sausages

Melt margarine.

In a bowl, combine the flour, salt, baking powder, melted margarine and soymilk.

Place the sausages in a greased casserole dish. Pour the batter over them. Bake at 245F/224C for about 15 minutes, then at 350F/180C for a further 15-20 minutes.

Veggie Burger Mix Cottage Pie

2 onions

3 tbsp vegetable oil

2 packets (c.125g/2 cups each) dried veggie burger mix

570ml / 2 1/2 cups water

900g/4 cups mashed potatoes

chop the onion. Heat the oil in a saucepan and fry the onion for a few minutes until just beginning to brown.

Stir in the burger mix and the water, bring to the boil, then lower heat and simmer for a few minutes.

Transfer the mixture to a greased casserole, top with the mashed potato and bake at 375F/190C for about 20-30 minutes until the top has begun to brown.

#### Veggie Burger Mix Bolognese Sauce for Spaghetti

1 onion

1 clove garlic

1 tbsp vegetable oil

115g / 2 cups mushrooms

2 sticks celery

1 tin (c. 400g / 14-16oz) chopped tomatoes

1 packet (c. 125g/ 1 cup) dried veggie burger mix

285ml / 1 1/3 cups vegetable stock or water

as required sea salt

as required freshly ground black pepper

chop the onion and garlic finely. Heat the oil and sauté them for 3-4 minutes. chop the mushrooms and celery and add them to the pan. Continue cooking for a few minutes longer, stirring frequently.

Add the tomatoes, dried mix and stock or water. Bring to the boil, then lower the heat and simmer, uncovered, for 15-20 minutes.

Season taste, and serve over spaghetti.

#### Mock 'Ham'

225g / 1/2 lb dried bean milk sheets (aka tofu skins)

200ml / 3/4 cup water

4 tbsp soy sauce

1 tbsp cider vinegar or wine vinegar

1 tsp raw cane sugar

1 tbsp sesame oil

break the sheets into small pieces.

Combine the water, soy sauce, vinegar and sugar in a large saucepan. Add the bean milk sheets and turn



them into the sauce. Bring to the boil, then lower the heat and simmer for about 20 minutes until the sauce has been absorbed. Add the sesame oil.

Turn out on to a large piece of muslin and roll up the cloth into a sausage shape. Tie it up securely with lots of string. Steam it over hot water for 2 hours.

Remove from the heat and leave it to cool then chill it thoroughly before unwrapping and slicing it.

### Smoked Tofu and Mashed Potato Cakes

455g / 1 lb potatoes

455g / 2 cups smoked tofu

2 tbsp finely chopped parsley

1-2 tbsp grated onion

as required freshly ground black pepper

as required flour

as required vegetable for frying

Cook the potatoes until tender, then cool, peel and mash.

Mash the tofu.

Combine the mashed potato, tofu, parsley, onion and pepper, and form into patties. Dip them lightly on both sides in the flour.

Shallow fry the cakes on both sides until nicely browned.

### Swiss 'Steak'

565g / 2 1/2 cups frozen tofu

2 tsp yeast extract (ie marmite/vegemite)

285ml / 1 1/3 cups plus 2 tbsp water

55g / 1/2 cup plus 2 tbsp flour

1 tsp paprika

1 tsp oregano

1 tsp freshly ground black pepper

4 tbsp vegetable oil

2 onions

225g / 1/2 lb tomatoes

2 sticks celery

1 green pepper

115g / 2 cups mushrooms

for this dish it is easiest if the tofu has been frozen in slices 8-12 mm (1/2 inch) thick. Defrost the slices and squeeze excess liquid from them.

Dissolve yeast extract in the 285ml/ 1 1/3cup waters warm water.

Place the tofu slices in a shallow bowl and pour the yeast extract liquid over them. Leave to marinate for an hour or two. Turning the slices occasionally if possible.

Combine the 55g / 1/2 cup flour with the paprika, oregano, and a tsp of pepper and spread out on a plate.

Lift each tofu slice from the marinade, gently squeezing the marinade from it back into the bowl, and coat both sides with the flour. Sauté in 2 tbsp of the vegetable oil in a frying pan, turning once, until light browned on both sides. Set aside.

Chop the onions and sauté in a saucepan the remaining oil for 2-3 minutes. Peel and chop the tomatoes. Chop the celery and mushrooms finely. Add to the saucepan.

Add the yeast extract marinade to the saucepan, bring to the boil, cover and simmer for about 3 minutes.

Combine 2 tbsp flour with 2 tbsp water in a cup. Stir this into the vegetable mixture until thickened.

Place tofu slices at the bottom of an oiled casserole. Pour the vegetable mixture over them. Bake at 350F/180C for about half an hour.

#### Piquant Coleslaw

1 head (900g/2 lb) white cabbage

4 sticks celery

1 green pepper

1 small onion

a dozen green olives

4-6 tbsp vegan mayonnaise

a few drops of Tabasco sauce

Grate the cabbage coarsely. Chop the celery and green pepper. Chop the onion and olives finely.

Combine all the ingredients in a large bowl and mix thoroughly.

## Hijiki Tofu Balls

55g/2oz hijiki

565g/ 2 1/2 cups tofu

4 tbsp soy sauce

1-2 (about 115g/4oz) carrots

as required sesame seeds

as required oil for deep frying

Rinse hijiki well by covering with water and draining two or three times. Soak it in enough water to cover for about 20 minutes.

Bring the water to the boil, lower the heat and simmer the hijiki for about 20 minutes. add 2 tbsp soy sauce and simmer for a further 15-20 minutes. drain and cool.

Drain the tofu, put into a large bowl and mash thoroughly. Grate the carrot. Chop the hijiki finely. Add the carrot and hijiki to the tofu along with the remaining soy sauce. Knead mixture with hands then form into balls about the size of a golf ball.

Spread sesame seeds on to a plate and roll each ball in them so they are coated with seeds.

Deep fry the balls until lightly browned

## Cauliflower Sandwich Spread

1 medium cauliflower

4 spring onions (scallions)

2 tbsp mined parsley

4-5 tbsp vegan mayonnaise

Wash and break up the cauliflower into small florets. Steam in a small amount of water until just tender (only a few minutes).

Mash the cauliflower coarsely or chop it finely. Allow to cool.

Chop the scallions finely.

Combine all the ingredients and chill before serving.

## **Fried Peanut Butter Sandwiches**

8 slices of bread

as required peanut butter

as required margarine

Spread half the slices with of bread thickly with peanut butter. Cover with dry slices.

Heat some margarine in a frying pan and fry the sandwiches, turning them once so they are lightly browned on both sides. Serve immediately.

Note: if you add banana slices to the peanut butter, you'll be eating one of Elvis's favourite snacks.

## **Curried Avocado Spread**

2 avocados

juice of 1/2 lemon

1/2 – 1 tsp curry powder

1 tbsp vegan mayonnaise

3 tbsp fake bacon bits

Peel, stone and mash the avocados.

Add the rest of the ingredients and mix thoroughly.

## **Grilled Garlic Mushrooms**

455g / 8 cups mushrooms

115g / 1/2 cup margarine

2 cloves garlic

8 small slices of toast

Clean the mushrooms and remove stems.

Crush the garlic and sauté it in the margarine over a very low flame.

Fill the mushroom caps with the garlic margarine mixture. Place in a shallow baking pan and grill (broil)

for 5-7 minutes.

Soak up the margarine that has run out of the caps with the toast: place the mushrooms on the toast slices and serve hot.

## **Creamy Banana Risotto**

225g / 1 1/4 cup rice

55g / 1/4 cup margarine

1 small onion

1 green pepper

30g / 1/4 cup flour

570ml / 2 1/2 cups soy milk

30g / 1/4 cup vegan hard 'cheese' (Cheezly Mozzarella works well)

455g / 1lb green tipped bananas

Cook the rice until tender

Chop the onion, slice the green pepper into thin strips and sauté them in 30g / 2 tbsp margarine until tender.

Stir this mixture into the cooked rice.

Melt the rest of the margarine and stir in the flour. Slowly add the soy milk, stirring constantly to avoid lumps. Bring to the boil and simmer for 1 minute. Add the 'cheese' and stir until melted.

Peel and slice the bananas thinly and mix in with the rice mixture. Season to taste with salt and pepper.

Put a layer of the rice mixture into a greased baking dish. Cover with a layer of the sauce. Repeat the layers until all ingredients are used up, ending with the sauce on top.

Bake in a moderate oven at 350F / 180C for about half an hour. Alternatively, cover with greaseproof paper and microwave for about 8 minutes.

## **Creamy Curried Sauce on Bulgar**

225g / 1 cup bulgar wheat

3 tbsp vegetable oil

1-2 tsp curry powder

as required salt

4 small leeks

4 sticks celery

225g / 4 cups mushrooms

285ml / 1 1/3 cups soy yoghurt

Cook the bulgar wheat in salted water until tender

Heat the oil and add the curry powder. Cook over a gentle heat for 1 minute.

Slice the leeks finely and chop the celery and mushrooms, then stir fry them in the seasoned oil for a few minutes until just tender.

Turn off the heat, stir in the yoghurt and mix well.

Serve the sauce over the bulgar wheat

## **Gnocchi alla Romana**

1140ml / 5 cups soymilk

as required salt

as required freshly ground black pepper

as require nutmeg

225g / 2 cups semolina (farina)

55g / 2 oz nutritional yeast or 2 tbsp vegan Parmesan

85g / 1/3 cup margarine

as required tomato sauce (a jar of Seeds of Change Roasted Garlic Tomato Sauce is really good with this)

heat the milk in a saucepan, seasoning it with salt, pepper and a good grating of nutmeg. Sprinkle in the semolina (farina) and bring to the boil. Stir continuously over a low heat until thickened.

Stir in half the yeast flakes or vegan parmesan and 55g / 1/4 cup margarine into the semolina, then spread it on an oiled dish or board and smooth it down to about 1.5cm / 1/2 inch. Cool and then chill until ready to prepare.

Cut the mixture into small squares and put the squares, overlapping if desired, into a greased ovenproof dish. Sprinkle with the other half of the yeast flakes or vegan Parmesan and dot with small pieces of the remaining margarine.

Bake at 400F/200C for about 20 minutes

Serve with tomato sauce.

## Oaty Burgers

1 onion

2 cloves garlic

2 tbsp vegetable oil plus additional as required

115g / 1 cup rolled oats

55g / 1/2 cup soy flour

2-3 tbsp peanut butter

2 tsp caraway seeds

4-6 tbsp water

Chop the onion and garlic finely. Sauté in the oil until lightly browned.

In a mixing bowl combine the oats, flour, peanut butter, yeast extract and caraway seeds. Add the onion and garlic and just enough water to form into firm patties.

Add just a little more oil to the frying pan and fry the burgers until nicely browned on both sides.

Serve on buns with lettuce, tomato and desired condiments.

## Cream of Peanut Butter Soup

2 tops celery

285ml / 1 1/3 cups water

1 tsp sea salt

4 sticks celery

1 tbsp grated onion

30g / 2 tbsp vegan margarine

2 tbsp flour

3 tbsp peanut butter

425ml / 2 cups soymilk

as required freshly ground black pepper

sprinkling paprika

Chop the celery tops and cook them in the water with the salt for about 10 minutes. Strain, reserving the water but discarding the celery tops.

Chop the celery finely. Sauté this with the onion in the margarine for 2 minutes in a large saucepan.

Stir in the flour. When well blended, add the peanut butter and mix well.

Stir in the soymilk and celery water. Stir over a low heat until the mixture boils. Simmer for 2-3 minutes.

Season to taste with black pepper. When serving, sprinkle with paprika.

## Quick Curried Pea Soup

1 can (400g – 14oz) peas

1 tbsp grated onion

1 heaped tsp curry powder

as required sea salt

30g / 2 tbsp margarine

570ml / 2 1/3 cups soymilk

blend all the ingredients together in a liquidizer, except the margarine.

Pour the mixture into a large saucepan and heat gently. Add the margarine and mix well.

Serve when well heated.

# Eva Batt's Vegan Cooking

Onions De Luxe

1 tbsp nut butter or margarine

1 lb (445g) smallish onions of equal size

1/3 pint (200ml) grapefruit juice



1 tbsp unrefined sugar

1 tsp soya flour

2 tbsp cold water

melt the nut butter in a heavy pan and make sure the bottom and sides are coated.

Put the peeled onions in the pan with the fruit juice and sprinkle with sugar. Cover and simmer until tender (about 20 minutes).

Remove the onions from the pan and place on a serving plate. Mix soya flour and water and add it to the onion liquid in the pan and cook gently for a few minutes, stirring. Pour over the onions and serve.

### Bircher Potatoes

Scrub and thickly slice potatoes. Place in well-oiled shallow baking tin, sprinkle with caraway seeds and a little salt. Bake for 30 minutes at 400F/200C or until the potatoes are brown and crispy.

### Stuffed Butter Bean (lima bean) Roast

4oz (115g) dried butter beans

1 medium onion

2oz (55g) wholemeal breadcrumbs

1 tsp soya flour

seasoning (dried herb mix, salt and pepper, etc, to taste)

1/2 tsp sage

1 large ripe tomato

Soak butter beans overnight. Remove outer skin. Place in a sauce pan and cover with water. Simmer until soft (about 50 minutes).

Chop onion and fry lightly, until translucent

Mix beans, breadcrumbs, soya flour, seasoning and onion together, form into a roll. Cut through centre, lengthwise. Lift off top half

Place thick slices of tomato on bottom half and replace top half, cover with greased paper.

Bake in a fairly hot oven (400F/200C) for about 20 minutes. Serve with gravy and green vegetables.

### Stuffed Marrow

4oz(115g) lentils

1 small onion

1/4 pint stock

1oz (30g) fresh breadcrumbs

1 tsp agar agar (dissolved in a little water)

1/2 tsp dried sage

1 tsp lemon juice

2 tbsp vegetable oil

seasoning (dried mixed herbs, salt and pepper to taste etc)

1 marrow

Cook lentils and chopped onion in the stock for 20 minutes, keeping pan covered.

Add more water if necessary. Stir in bread crumbs and agar agar, herbs, lemon juice, oil and seasoning.

Cut marrow in half, lengthways and remove seeds. Do not peel. Place in a baking tin with a little oil, cover with greased paper and bake at 300F (150C) for 30 minutes.

Fill marrow cavities with the stuffing and return to oven for another 30 minutes, raising the heat to 400F/200C for the last 10 minutes to brown.

### Economy Casserole

2oz (55g) celery

4oz (115g) carrots

4oz (115g) parsnips

6oz (170g) leeks

4oz cooked brown rice

1 large tomato

1/2 pint (285ml) vegetable stock or water

1 tsp yeast extract

1 tsp soya flour mixed with 1 heaped tsp flaked millet

a good handful of fresh parsley, chopped

Chop and fry the vegetables in a little oil for 5 minutes.

Place the vegetables and rice in a casserole dish. Top with slices of tomato.

Pour over the water or stock in which the yeast extract has been dissolved. Sprinkle over millet/soya flour mix and crisp under the grill until topping is slightly browned.

#### Black-eyed Bean Layer Pie

6oz (170g) black eyed beans (dried)

1 large onion (chopped)

2 tbsp vegetable oil

3 medium tomatoes (skinned)

2 sticks celery (sliced)

1 small green pepper (deseeded and chopped)

salt and pepper to taste

1 tbsp chopped fresh parsley or 1 tsp other dried herbs

Leftover mashed potatoes

Cook beans in double the quantity of water for about 30 minutes.

Fry the onion in the oil for a few minutes then add the tomatoes, celery and pepper. Cook together for about 5 minutes.

Place layer of beans and vegetables in an oiled oven-proof dish adding seasoning and herbs to taste.

Cover with mashed potatoes and bake in a moderate oven (325F/170C) for about 30 minutes.

Serve with a lightly cooked juicy green vegetable such as spinach, cabbage or kale.

### Mushroom Pie

4oz(115g) onions, chopped

2 tbsp vegetable oil for frying

2 medium tomatoes

1 tsp basil or marjoram

4oz (115g) field mushrooms, sliced

4oz (115g) cooked brown rice or wheat

a little finely chopped celery (optional)

1 tsp soya flour

salt and pepper to taste

for the topping:

about 10oz (285g) potatoes, cooked and mashed with 1oz (30g) vegan margarine

Fry the onions in oil until lightly browned, then add tomatoes, herbs, mushrooms, rice and celery.

Mix the soya flour with 1 tbsp of cold water and stir into the mixture. Add seasoning then cover and cook gently for 5 minutes: turn into a baking dish, cover with the mashed potato and brown under the grill.

Serve alone or with a brown gravy and green vegetables.

### Fricassee with Mushrooms

Generous 1/2 pint (285g) stock

2oz (55g) TVP mince

4oz mushrooms, washed and sliced

3fl oz (90ml) vegetable oil

1oz (30g) wholemeal flour

1/2 pint (285ml) water

salt and pepper to taste

a squeeze of lemon juice

a bit of fresh parsley, chopped

make the stock according to packet instructions, heat and add the TVP to soak.

In a saucepan, cook the mushrooms in oil for about 5 minutes, add the flour stirring then add the water gradually. Bring to the boil and allow to thicken, still stirring.

Strain the TVP and add it to the mushrooms. Bring back to the boil and add seasoning and lemon juice.

Just before serving, garnish with chopped parsley. Serve with large croutons of fried bread or broken crisp breads and green vegetables.

### Apple Rolypoly

3oz (85g) vegan margarine

6oz (170g) wholemeal self-raising flour

1 tbsp red jam (rasberrie, red-currant, strawberry etc)

2 medium apples

unrefined sugar

rub margarine into the flour, mix with a little cold water and roll into an oblong shape.

Spread with jam and sliced apples, sprinkle with sugar and roll, sealing ends.

Place in oven dish and bake at 400F/200C until pale brown. Sprinkle with sugar.

### Soya Cream Cheese Style

4oz (115g) soya flour

yeast extract to taste

2oz (60ml) vegetable oil

Mix well and leave to set. Store in cool place. Fresh herbs could be used for flavouring in place of the yeast extract but if so the cheese should be used within a day or two.

Parkin

6oz (170g) treacle

3oz (85g) vegan margarine

1/2 lb (225g) wholemeal flour

3oz (85g) Barbados sugar

1/2 oz (15g) cake spice, ginger and nutmeg, mixed

4oz (115g) rolled oats

Warm treacle in a heavy based saucepan.

Rub margarine into flour, add sugar, spice and oats. Add this to the warmed treacle and mix thoroughly.

Press into a greased, flat shallow tin.

Bake for 15 minutes at 350F/180C. When cooked, cut into strips and leave to cool.

Soya Fritters

3 heaped tbsp soya flour

3 heaped tbsp wholemeal flour

3 heaped tbsp plain flour

1 tsp sage

1 tsp yeast extract

1/4 tsp sea salt

cold water to make a fairly thick batter

Beat all ingredients together thoroughly then allow to stand for 30 minutes. Beat again and fry quickly by the spoonful in very hot oil.

Pease Pudding Fritters

1 large can pease pudding

2oz (55g) fine wholemeal breadcrumbs

chopped chives

1 tsp sage

1 tsp marjoram

Mix all ingredients thoroughly, form into rissoles, roll in flour and fry in vegetable oil

Peach Curry

1lb (455g) tinned peaches, unsweetened

1 1/2 lb (680g) cooking apples, chopped

1 small onion, chopped

3 tbsp vegetable oil

1 tsp yeast extract

1 pint (570ml) hot water

1 tbsp curry powder

1 rounded dessertspoon wholemeal flour

grated rind and juice of 1/2 lemon

1oz ground almonds

2 bananas, peeled and sliced

1 dessertspoon coconut

grapes

Drain juice from tin of peaches into a saucepan. Gently simmer apples in the juice in a covered pan until almost tender.

Lightly fry onion in the oil for a few minutes, do not brown.

Dissolve yeast in the hot water

Mix curry powder and flour together in a basin. Add one tsp flour and curry mixture to pan containing onion and stir in adding small quantity of the water. Continue to do this until you have used all the water.

Then add the lemon rind and juice and almonds. Cook gently until the mixture is thick and creamy.

Stir in the cooked apples, peaches and lastly the bananas. Keep stirring gently while reheating the mixture

Just before serving, sprinkle top with coconut and grapes.

#### Brazil and Hazelnut Roast

2oz (55g) Brazil nuts

1oz (30g) hazelnuts

1 tbsp wheat flakes

6oz onions, chopped and cooked in 2 tbsp oil

1 tomato, skinned and chopped

1 tsp yeast extract

pinch of sage

small handful chopped parsley

Mix and blend ingredients. Press mixture into oiled baking tin and roast for 30 minutes at 375F/190C.

#### Fruitarian Cake

6oz(170g) chopped dates

6oz(170g) chopped apricots

2oz (55g) milled cashews

1oz(30g) sunflower seeds or chopped nuts (any kind)

millet flakes or desiccated coconut

A strong pasty blender is the best to use for this. Blend fruit nuts and seeds thoroughly and pound with heavy wooden spoon or potato masher.

Flatten and roll in millet flakes or desiccated coconut

#### Apple and Date Mousse

1 lb (455g) apples

1/2 lb (225g) dates

juice of an orange

1 tbsp coconut cream

stew the apples until soft



wash stone and chop the dates into small pieces and mash well with the apple.

Add the orange juice and beat in the nut cream while the mixture is still hot.

Pour into dish and leave to cool

#### Carrot Cutlets

6oz (170g) carrots, washed, scraped and sliced thinly

1 tbsp vegetable oil

3 tbsp water (approx)

seasoning

1oz (30g) wholemeal flour

1oz (30g) vegan margarine

1/4 pint (140ml) water

2oz (55g) chopped almonds

2oz (55g) breadcrumbs

oatmeal, for coating

Place the carrots, oil, water and seasoning in saucepan, bring to the boil and simmer until carrots are tender. Press through sieve or liquidize.

To make a roux, melt the margarine in a pan then stir well while gradually adding flour to melted margarine. Cook for a couple of minutes before slowly adding the water, still stirring. Cook and stir for a further 3 or 4 minutes.

Add to this the chopped almonds, breadcrumbs and seasoning to taste. Stir in carrot mixture and allow to cool.

Shape into cutlets, coat with fine oatmeal and fry in hot oil. Serve hot or cold with salad.

#### Pease Pudding with Corn and Sauce

6oz carrots

mint

small tin sweetcorn

large tin pease pudding

salt

wholemeal flour

soya flour

yeast extract

water

fried onion rings for garnish

Clean and dice 6oz (170g) carrots. Cook over a low heat in a little vegetable oil until tender. Then add a pinch of salt and 1 tbsp chopped mint (or rather less if dried mint is used). Drain a small tin of sweetcorn (retain liquid) and a large tin of pease pudding. Mix and form all ingredients into a loaf, brush with oil and bake for 45 minutes at 375F/190C. Garnish with fried onion rings and serve with a green vegetable sauce. To make the sauce, add sufficient water to sweetcorn liquid to make 1/2 pint and bring to the boil. Mix one tbsp wholemeal flour and soya flour with a little cold water. Add boiling liquid and 1 tsp yeast extract, stir, return to pan and stir until it boils. Pour over the loaf before serving.

## Super Simple Shepherds Pie

2 1/2 oz (70g) tvp mince

1 large onion, diced

2 tbsp vegetable oil

1/2 oz (15g) wholemeal flour

1 tsp yeast extract

1/4 pint (140ml) vegetable stock

1 tbsp tomato ketchup

1lb (455g) potatoes, cooked and mashed

Soak the mince in water for 10 minutes.

Meanwhile, gently fry the onions in oil for 3 minutes. Add the flour to the onions and cook for a further few minutes.

Add the yeast extract and some of the stock and stir until the mixture thickens. Stir in the ketchup and

any seasonings desired. If necessary, add the rest of the stock but the mixture should not be very moist.

Strain off the mince and add to the savoury mixture. Turn into a pie dish and cover with mashed potato. Cook at 350F/180C for 30 minutes or until nicely browned.

Fannie Farmer

Tuscan Bread Salad

5 ripe and juicy tomatoes, peeled (about 3 cups)

2 large cloves garlic, peeled and crushed

1 tsp salt or to taste

2 tsp balsamic vinegar

3 tbsp olive oil

3 cups torn French bread

1 bunch Italian flat-leaved parsley, washed and trimmed

Method

Put the tomatoes in a large bowl and mash into a coarse puree. Add garlic, salt, vinegar and olive oil and mix well. Taste and correct seasonings. Tear the bread into irregular chunks about 1.5 inches. Add the bread to the tomato mixture and mix until the bread has absorbed lots of the mixture. Tear parsley into sprigs. Serve each portion of salad with a handful of the parsley

Capellini with Salsa Cruda

1.5 lbs ripe tomatoes seeded and chopped and juice reserved from seeding

2 tsp minced garlic

1 tbsp chopped basil

1/3 cup olive oil

1 tbsp red wine vinegar

salt and pepper to taste

12 ounces of dry capellini (any very thin pasta can be used)

4 quarts water, boiling

Method

In a large bowl, combine the tomatoes, reserved tomato juice, garlic, oil, basil, vinegar and salt and pepper. Toss well to mix and set aside. Cook the capellini in the boiling water for about 8-10 minutes, until just tender. When done, drain the pasta and immediately pour into the bowl with the tomato sauce. Toss to mix and coat all the pasta. Serve at once on warmed plates.

#### Turkish Pilaf

6 tbsp margarine

1 cup rice

1.5 cups finely chopped onion

½ tsp salt

1 bay leaf, crumbled

¼ tsp cinnamon

½ cup raisins

½ cup sliced toasted almonds

2 cups vegetable stock

#### Method

Preheat the oven to 375F. melt the margarine in a skillet. Stir in the rice and cook over low heat until all the grains glisten. Add the onion and cook, stirring until they are soft. Put the mixture into a 1.5 quart casserole. Add the salt, bay leaf, cinnamon, raisins and almonds. Heat the broth to a boil, mix with all the ingredients in the casserole, cover and bake for 45 minutes.

#### Colcannon

2 lbs boiling potatoes peeled and quartered

1.5 pounds cabbage, quartered

4 tbsp margarine

1 cup soymilk

1 tsp salt or to taste

freshly ground pepper

6 scallions sliced wafer thin

#### Method

Put the potatoes in a pan and just cover them with cold water. Bring to a boil and boil gently for a total of 15-20 minutes or until tender when pierced with a fork. Halfway through the cooking, add the cabbage quarters to the pot. When done, drain very well. Remove the cabbage and slice into thin strips and set aside. Add the margarine, half of the soymilk, salt and pepper to the potato pot and mash, smoothing out all the lumps. Add the remaining soymilk, blending until you have a thick puree. Add the shredded cabbage and mix until well blended. Taste and correct seasonings. Return the pot to low heat, stirring frequently until hot. Serve in a heated serving bowl garnished with the scallions.

### Garlic fried Eggplant

1 medium eggplant (about 1.5 lbs)

salt

freshly ground pepper

6 tbsp olive oil

2 cloves garlic, chopped fine

3 tbsp finely chopped parsley

### Method

Cut the eggplant into slices  $\frac{1}{4}$ - $\frac{1}{2}$  inch thick. Sprinkle lightly with salt and pepper and let drain on paper towels for 30 minutes; pat dry. Heat the olive oil in a large skillet. Add the garlic, and then the eggplant slices and cook over a moderate heat, turning once or twice until they are golden. Serve hot, sprinkled with the parsley.

### Lyonnaise Potatoes

3 tbsp margarine

1 small onion, chopped fine

3 cups potatoes in small cubes (3-4 potatoes)

4 tbsp vegetable stock

salt & pepper

### Method

Melt the margarine in a skillet. Add the onion and cook until transparent. Add the potatoes and mix well. Stir in the stock, lower the heat, and simmer, covered, until the potatoes are tender and lightly browned on the bottom. Season with salt and pepper to taste. Serve hot.

### Sweet Potato and Apple Scallop

2 cups thinly sliced boiled sweet potatoes or yams (about 2 medium potatoes)

1.5 cups peeled thinly sliced tart apples

half a cup brown sugar

4 tbsp margarine

salt

Method

Preheat the oven to 350F, grease a 1.5 quart baking dish. Put half the potatoes in the baking dish. Cover with half the apples, sprinkle with half the sugar, dot with half the butter and sprinkle with salt. Repeat layers. Cover and bake for 30 minutes. Uncover and bake about 30 minutes more or until apples are soft.

Braised Herb Tomatoes

4 tbsp margarine

4 scallions, chopped

1 tbsp finely chopped parsley

4 tsp chopped fresh basil or 2 tsp dried, crumbled

2 tsp chopped fresh thyme or 1 tsp dried, crumbled

8 medium tomatoes peeled

salt & pepper

Method

Melt the margarine in a skillet, stir in the scallions, parsley, basil and thyme. Cook over a low heat, stirring often, for 5 minutes. Add the tomatoes, cover and cook over a low heat for 5 more minutes. Season to taste with salt and pepper. Place the tomatoes on a platter and spoon the herb juices over them.

# **Feasts from the place below – Bill Sewell**

## **Asparagus in Nori with Dill Dressing**

The quantities are quite small as this is designed to be part of a many –coursed meal – double the

quantities of asparagus and nori for a more generous sized starter. If there is any dill dressing left over have it with globe artichokes or salad potatoes. Dried dill is no use for this recipe.

#### Ingredients

500g (1lb) asparagus, trimmed of any woody bits

1tbsp soy sauce

1tbsp English mustard

6 sheets sushi nori

1 bunch dill

1tsp Dijon mustard

1tsp lemon juice

1 good tsp brown rice syrup

2 tbsp olive oil

#### Method

Bring a large pan of water to the boil. Put the asparagus in and bring back to the boil. Simmer for a couple of minutes. Take out one piece to see if it is cooked. If not, continue simmering for another minute and repeat.

As soon as the asparagus is tender, drain and plunge into cold water to stop it cooking any further. Drain again, very thoroughly this time.

Make a thin past out of the soy sauce and English mustard. Brush this sparingly onto on sheet of nori. Divide the asparagus into six bundles and put the first bundle onto the first sheet of nori with the tops of the asparagus poking over the edge of the bottom right hand corner. Fold the left hand side of the sheet over the stalks and then roll the asparagus up. You should be left with a cigar with asparagus ends poking out. Repeat with the other 5 bundles.

Mix all the remaining ingredients together except the olive oil, then gradually add the olive oil, whisking as you go to emulsify the dressing.

Dribble dressing on each to serve.

## **Tabouleh with roast peppers**

#### Ingredients

1 large red pepper in fat strips

1 large yellow pepper in fat strips

2 tbsp olive oil

salt and pepper

225g (8oz) coarse bulgur wheat

425ml(3/4 pint) water

3 tbsp olive oil

juice of 1 lemon (more to taste)

1 bunch of parsley, chopped (either curly or flat leaf is fine)

1 bunch mint, chopped

Method

Pre heat the oven to 230C(450F/gas mark 8). Roast the peppers in the olive oil and seasoning until they are just beginning to colour at the edges and their skin has gone wrinkly. Set aside.

Put the water and some salt in a pan with a closely fitting lid and bring to the boil. Add the bulgur and simmer for 5-10 minutes until all the water has been absorbed and the bulgur is chewy but cooked. Stir in the olive oil and allow to cool.

Mix the bulgur with all the other ingredients and serve in a gracious Lebanese manner.

## **Puy Lentils in a Truffled Balsamic Vinaigrette**

Ingredients

175g (6oz) Puy lentils

125ml (4floz) red wine

30ml(1 floz) soy sauce

425ml (15floz) water

1tbsp balsamic vinegar

1tbsp olive oil

1tbsp truffle oil

Method



Place the lentils in a pan with a well fitting lid together with the wine, soy sauce and water. Bring to the boil, turn down the heat and simmer with the lid on for about 35-45 minutes until the lentils are completely tender. Just about all of the liquid should have been absorbed. If it has not, turn up the heat and take the lid off the pan and boil fiercely until the remainder has evaporated or been absorbed.

Take of the heat and mix with the rest of the ingredients. Serve either at once or at room temperature.

## The Ultimate Potato Salad Recipe

This is a sauce that is poured over recently boiled potatoes. This will cover about two kilos worth of potatoes.

### Ingredients

140g (5oz) garlic (2 medium sized bulbs)

60g (2oz) ground almonds

1 tsp salt

90ml (3floz) water

1tbsp white wine vinegar

300ml sunflower oil

### Method

Pre-heat the oven to 230C (45F/gas mark 8).

Break the garlic bulbs into cloves but do not peel and spread them out onto a baking sheet. Bake for 10-15 minutes until soft when pressed and smelling toasty. Allow to cool and then peel.

Toast the ground almonds, either in the oven, spreading them out on a baking sheet and turning over after about 5 minutes when the ones on the surface are coloured or in a dry pan over a medium heat, stirring every 30 seconds or so until most are golden coloured. Allow to cool.

Put the peeled baked garlic and the toasted almond in a blender together with the salt, water and vinegar and whizz until very smooth. While still whizzing, gradually pour in the sunflower oil. Check the seasoning and pour over recently boiled potatoes.

## Nori Sausages with Pepperonata and Arame

### Ingredients for the sausages

400g firm tofu, diced to the size of green peas

### Ingredients for the marinade

100ml (4floz) red wine

3tbsp dark soy sauce

3tbsp water

For the rest

2tbsp sesame oil

1tbsp Tabasco

400ml (14floz) basmati rice

1 inch ginger

1 bulb garlic

2tbsp rice wine vinegar (not rice vinegar!)

1tsp sugar

a little wasabi powder (or 1 tsp hot English mustard)

2tbsp dark soy sauce

12 sheets toasted sushi nori

Method

Mix the marinade together, pour over tofu and marinate in the fridge overnight or at least two hours. Drain.

Pre-heat the oven to 240C(475F/gas mark 9). Put the sesame oil and Tabasco sauce over the tofu and mix gently.

Spread out the tofu on a baking sheet. Roast for about 25 minutes until it is going brown and crispy.

Meanwhile, put the rice in a pan with a lid and slightly more than one and a half times its one volume of salted water – about 650ml (1 pint 3floz). Bring to the boil with the lid off then turn down very low, put the lid on and simmer gently for about 10 minutes. Turn the heat off and leave it to continue to cook in its own steam for another 10 minutes or so. Turn out into a large bowl and mix in the roasted tofu. Whizz together the garlic and ginger with the rice wine vinegar and sugar and mix well with the rice and tofu mix. Taste and adjust the seasoning (bearing in mind that the nori you are using for a ‘skin’ will be quite salty).

To prepare the sausages, mix a little wasabi with half soy sauce and half water to make a thin paste. Lay a sheet of toasted nori on a clean work surface and brush with the soy wasabi mix. You are then going to proceed as for a jam roly-poly or a spinach roulade. Put a couple of tablespoons of the rice mixture on to the nori making a neat thin oblong with a small gap at the side nearest to you and a gap of about one third of the sheet at the end furthest from you and a gap about a thumb's width on either side of the sheet.

Then, starting with the edge nearest you, slowly and carefully begin to roll the sausage up, keeping the roll as tight as possible. When you have just got the roll started, tuck in the side edges on top of the rice mixture and continue rolling. The sausage is sealed by the unfilled bit of nori at the far edge. Your first sausage will almost certainly be a complete mess (unless you made a lot of Blue Peter items as a child) but persevere and after two or three you will be working with the dexterity of a Japanese sushi chef.

You can eat the sausages cold with an oriental salad, but I think they are most delicious hot. To heat them, you really need a microwave – on a fairly high-powered microwave it takes about 30 seconds per sausage, but you should experiment with your machine.

For the Pepperonata and Arame

4 red peppers, in fat long strips

4 yellow peppers, in fat long strips

3 tbsp olive oil

1 large onion sliced to half circles

2 cloves garlic crushed

3 tbsp olive oil

1 tin tomatoes whizzed

1 packet arame, soaked for about thirty minutes and drained

1 good sized bunch of flat parsley, finely chopped

Method

Preheat the oven to 220c(425f/gas mark 7). Roast the pepper in 3 tbsp of the olive oil until going tender and beginning to colour.

Meanwhile make the tomato sauce. Sweat the onion and garlic in the second 3tbsp of olive oil until the onions are very tender. Add the pureed tomatoes and simmer for about 20 minutes.

Add the roast peppers, the drained arame and the chopped parsley. Reheat and check the seasoning. Serve warm but not piping hot with the nori sausages.

## **Field Mushrooms Stuffed with Roast Tofu and Shallots**

Ingredients for the marinade

150ml (5floz) dark soy sauce

150ml (floz) red wine

2 cloves garlic crushed

1cm (1/2 inch) fresh root ginger, finely chopped

for the rest

350g (12oz) firm tofu

2 tbsp sesame oil

1 tsp Tabasco

225g (8oz) shallots peeled and quartered

2 tbsp olive oil

2 cloves garlic crushed

pinch chilli powder

salt and pepper

Method

Prepare the stuffing first. Mix together the marinade ingredients (soy sauce, red wine, garlic and ginger). Cut the tofu into 32 small cubes, place in a dish and pour the marinade over it. Leave in the fridge for a couple of hours. If you are leaving it to marinate overnight, add some water to the marinade or the tofu will end up too salty.

Preheat the oven to 220C (425F/gas mark 7). Drain off the marinade, gently turn the tofu cubes in the sesame oil and Tabasco, season and arrange with the shallots on a baking sheet. Roast for about 30 minutes or until the tofu is just crisp on the outside and the shallots are tender but not squashy.

You don't need to peel the mushrooms. Put the olive oil, garlic, chilli and seasoning in a blender and process until combined. Brush the mushrooms with the oil and garlic mixture, place on an oiled baking sheet and bake until the mushrooms are just beginning to give out their juices.

Transfer the mushrooms to a baking dish and divide the roast shallot and tofu equally between them. There should be a little mountain of stuffing in each one. Return to oven for 20 minutes until sizzling hot.

Serve with garlic mashed potatoes and either mushroom or onion gravy.

## German Lentil Soup

By Friederike Weberdiehl

1 1/8 pounds dried lentils, (small green Puy lentils are best)

3 medium potatoes

3-4 medium carrots

1/2 celeriac

1 stalk leek

1 small parsley root

3 dried laurel leaves

vegetable oil

6 1/3 cups vegetable stock, with some red wine mixed in

tomato paste, optional

pepper

soy sauce

sugar

red wine vinegar

Dice potatoes, carrots, celeriac and parsley root into fairly small cubes (about 1 cm). Cut leek in 1 cm rings.

Saute the veggies in vegetable oil. Add lentils and vegetable stock (note: lentils should be well covered!), season with soy sauce, pepper, and some sugar (I use at least one teaspoonful). Add the laurel leaves and cook. In a pressure cooker, this takes about 20 minutes.

When cooked, take out the laurel leaves and discard them, add the vinegar (to taste) and tomato paste if desired.

This is a variation of a traditional German recipe. If you want to be traditional you can serve this with a vegetarian sausage - but it is nice by itself, and particularly good for a cold winter day. If you can't get celeriac you can substitute celery stalks, and if you can't get parsley root you may want to substitute it with parsnip.

(NOTE: This was originally in metric, and I converted it to American. The original measurements were 500g of lentils, and 1.5 litres of stock. KES)

Flavours of Korea ■ Deborah Coultrip-Davis

Kimchi Kuk (Kimchi Soup)

One 12 oz jar cabbage kimchi, chopped

1/2 lb firm tofu, cubed

3 green onions, green and white parts, chopped

1 tbsp rice vinegar

1 tbsp soy sauce

1 tsp sesame oil

1 tsp Korean red pepper powder or 1/2 tsp cayenne

2 cups water

combine all the ingredients in a medium saucepan.

Bring to a boil, then reduce heat to a simmer and cook for about 20 minutes. Serve.

Sam Bap (Rice Balls)

2 cups water

1 1/2 cups uncooked medium-grain white rice

1/2 tsp salt

1 tbsp rice vinegar

2 tbsp sugar

suggested fillings:

any type of fruit cut into 1/2 inch pieces

dates, cut into halves or thirds

seedless cucumber, cut into 1/2 inch pieces

sweet potato, cooked and cut into 1/2 inch pieces

1/2 cup pine nuts or chestnuts, crushed

Dipping sauce:

1/4 cup soy sauce

1/4 tsp Korean red pepper powder or 1/8 tsp cayenne

1 green onion, minced

In a medium pan, heat the water, rice and salt to boiling. Reduce the heat to low and simmer until the liquid is absorbed, about 20 minutes.

After the rice is cooked and still warm, add the rice vinegar and sugar. Mix thoroughly. Scoop up 1 heaping tbsp rice, place a piece of one of the suggested fillings in the center of the rice and form a ball around the filling. (It's easier to form the rice ball if the rice is warm and your hands are wet). While the rice balls are still moist, roll them in the crushed pine nuts or chestnuts.

Mix the dipping sauce ingredients in a small bowl.

Serve the rice balls and dipping sauce at room temperature.

Kongnamul Kuksu (Bean Sprout Noodles)

1/2 lb fresh soybean or mung bean sprouts

4 cups boiling water

1/2 tsp salt

3 green onions, chopped

1 clove garlic, minced

1/2 cup soy sauce

1 tbsp rice vinegar

1 tsp sugar

1/2 tsp Korean red pepper powder or 1/4 tsp cayenne

1 1/2 tsp sesame oil

1/2 lb wheat or spaghetti noodles, cooked according to package directions and drained

1 tsp toasted sesame seeds

place the bean sprouts in a pan of boiling water to which the salt has been added. Cover the pan and cook for 1 minute. Rinse in cool water and drain, squeezing out the excess water.

In a large bowl, mix together the onions, garlic, soy sauce, vinegar, sugar, red pepper powder and sesame oil. Add the bean sprouts and noodles, and gently toss to mix thoroughly.

Place on a serving platter, and sprinkle with toasted sesame seeds.

Tubu Kui (Barbecued tofu)

Marinade:

1/2 cup soy sauce

1/4 cup rice vinegar

1 tbsp gochjuang

2 tsp sugar

2 cloves garlic, crushed

1lb firm tofu, cut into slices 3 inches long by 1 inch wide by 1/2 inch thick

1 1/2 tbsp sesame tempura oil or vegetable oil plus 2-3 drops of sesame oil

Mix the marinade ingredients in a small saucepan. Bring to a boil, stirring to dissolve the gochjuang and sugar. Remove from the heat.

Place the tofu slices in a large, plastic seal-able bag or a small bowl. Pour the marinade over the tofu, coating all the slices. Place in the refrigerator and marinate for 8 hours or overnight. Drain, discard the marinade.

In a large skillet, heat the oil over medium high heat. place 4 tofu slices in the pan and cook until lightly browned, about 3 minutes. Turn the tofu slices over and brown the other sides. Transfer to a platter and repeat with the remaining tofu slices.

Maeun Tubu Bokum (fiery tofu)

Marinade:

1/4 cup soy sauce

1 tbsp rice vinegar

1 tsp sugar

1 tsp gochjuang

2 cloves garlic, minced

1/2 tsp grated fresh ginger root

8 whole dried red chili peppers



1 lb firm tofu, cut into 1/2 inch cubes

1 tbsp sesame tempura oil or vegetable oil

1 medium onion, cut into 1 inch pieces

garnish:

1 tbsp toasted sesame seeds

1 tbsp chopped green onion tops

Heat the marinade ingredients to boiling in a small saucepan, stirring constantly until the sugar and gochjuang are dissolved. Remove from the heat and cool.

In a large, seal-able bag, add the marinade and tofu, ensuring that all the cubes are coated with marinade. Let set for at least 15 minutes. Drain.

In a wok or large skillet, heat the oil over high heat. Stir-fry the onion until light brown, about 1 minute. Add the tofu and stir fry until light brown and no moisture remains, about 1 minutes.

Place on a serving platter and sprinkle the toasted sesame seeds and chopped onions over the top. Serve with rice or noodles.

Kokuma Bokum (Sweet Potato Stir-Fry)

2 large sweet potatoes, peeled and quartered

1/2 tsp salt

2 tbsp vegetable oil

1 large green bell pepper, cut into strips 1 inch long by 1/4 inch wide

1 medium white onion, chopped

2 tbsp soy sauce

1 tsp toasted sesame seeds

Fill a saucepan with water and salt and bring to a boil. Add the sweet potatoes and parboil for 5 minutes; the sweet potatoes should still be firm. Drain and cool and cut into bite-size cubes.

In a wok or large skillet, heat the oil over medium-high heat. Add the sweet potatoes, green pepper and onion. Stir-fry until the vegetables are golden, about 4 minutes.

Add the soy sauce. Cook until the liquid is absorbed, about 1 minute. Sprinkle with the toasted sesame seeds and serve warm or at room temperature.

### Tubu Kuksu (tofu noodles)

1/2 lb soft tofu, cut into 2-inch by 1-inch rectangles

vegetable oil for frying

6 oz Korean vermicelli (or other noodles)

1 tbsp sesame tempura oil or 1 tbsp vegetable oil with 2 or 3 drops of sesame oil added

1 cup Chinese cabbage, coarsely shredded

1 carrot, coarsely grated

4 green onions, green and white parts, chopped into 1-inch pieces

1 clove garlic, minced

salt and black pepper to taste

2 tbsp soy sauce

1 tsp sugar

1/2 tsp vinegar

preheat oven to 200F. In a wok or large pan, deep-fry the tofu in oil until golden brown. Drain on paper towels. Keep warm in the oven while preparing the rest of the recipe.

In a large pan, bring the water to a boil. Add the vermicelli and boil 5 or 6 minutes. Drain, rinse in cold water and drain again.

In a wok or large skillet, heat the sesame tempura oil. Add the cabbage, carrot, green onions and garlic. Add salt and pepper to taste and stir-fry for 1 minute.

In a cup or small bowl, mix together the soy sauce, sugar and vinegar. Add the soy sauce mixture and vermicelli to the vegetables. Cook 1 minute, gently mixing the vegetables and vermicelli.

Transfer to a large serving platter, or divide into 4 servings and place on individual plates. Arrange the tofu pieces on top of the noodles to serve.

### Kuksu Muchim (Cucumber Noodles)

1 lb wheat noodles or spaghetti

1/2 cup soy sauce

1/4 cup rice vinegar

1 tbsp sugar

2 tsp sesame oil

2 tbsp gochujang (or chili paste)

2 cloves garlic, minced

6 green onions minced

1 large seedless cucumber, peeled and cut into matchsticks (reserve some of the longer cucumber peels for garnish)

Boil the noodles according to package directions. After the noodles are cooked, drain and rinse them in cold water. Transfer to a large bowl.

In a small bowl, thoroughly mix together the soy sauce, vinegar, sugar, sesame oil and gochujang. Add the garlic, onions and cucumber.

Add the soy sauce mixture to the noodles and toss gently to mix thoroughly.

Mound on a large platter.

Kaji Kuksu (eggplant and noodles)

2 Japanese eggplants

1/2 tbsp sesame tempura oil or vegetable oil plus 3 drops chili sesame oil

3 green onions chopped

1 clove garlic chopped

2 tsp sesame seeds

salt and pepper to taste

1/4 cup soy sauce

1/2 lb wheat or spaghetti noodles, cooked according to package instructions and drained.

In a steamer or pan of water, steam or parboil the whole eggplants for 10 minutes. Cool the eggplants and cut into long narrow strips.

Heat the oil in a wok or large skillet. Over medium high heat, stir-fry the onions, garlic, sesame seeds and eggplant strips for 1 minute. Add the salt, pepper and soy sauce and cook 1 minute more.

Add the cooked noodles to the eggplant mixture and carefully toss. Place on a large serving platter and serve warm.

Maeun Kochu Kuksu (hot pepper noodles)

2 tsp sesame tempura oil or vegetable oil plus 3 drops chili sesame oil

1 mild red chili pepper, cut into matchsticks

4 green onions chopped into 1-inch pieces

2 cloves garlic minced

1/2 cup soy sauce

2 tbsp gochujang (or chili paste)

1 tbsp sugar

1 tbsp cider vinegar

1/2 lb wheat or spaghetti noodles cooked according to package directions and drained

In a wok or skillet, heat the oil. Over medium high heat, stir fry the chili pepper, onions and garlic for 1 minute. Add the soy sauce, gochujang, sugar and vinegar and cook just until liquid simmers

Add the noodles and gently toss to mix.

Place the noodles on a large serving platter. Serve warm or at room temperature.

Kong Namul Kuk (Bean Sprout Soup)

6 cups water or vegetable broth

4 cups soybean sprouts, washed and root ends trimmed

2 tbsp soy sauce

1 clove garlic, minced

1 tsp sesame oil

1 tsp Korean red pepper powder or 1/2 tsp cayenne

2 tsp salt

6 green onions chopped

several red pepper threads to taste (or red pepper flakes)

In a large saucepan, bring 2 cups of the water or broth to a boil. Add the bean sprouts, reduce the heat to low and cook for 10 minutes.

Mix in the soy sauce, garlic, oil, red pepper and salt. Add the remaining 4 cups or water and simmer 10 minutes.

Add the onions and simmer 3 minutes more. Ladle into soup bowls.

Decorate the top of the soup with red pepper threads and serve.

Hobak Juk (pumpkin stew)

4 cups water

2 cups Chinese cabbage, shredded

2 tbsp denjang paste (or a fermented soy bean paste)

2 cups cubed pumpkin, steamed until cooked but firm

4 green onions cut into 1-inch lengths

1/2 tsp salt

1/4 tsp pepper

2 tsp toasted sesame seeds

In a large pan or Dutch oven, heat the water to boiling. Add the cabbage and reduce the heat to low. Cover the pan and simmer for 10 minutes.

Add the denjang paste, stirring until the paste dissolves.

Add the pumpkin, onions, salt and pepper. Simmer 15 minutes. Ladle into four soup bowls and sprinkle with the toasted sesame seeds.

Maeun Dok Bokum (Spicy Rice Cakes)

1 tbsp sesame oil

1/2 cup diagonally sliced celery

1 carrot, thinly sliced on the diagonal

3 green onions, cut into 1 inch pieces

2 cups rice cakes thinly sliced (1/4 inch thick) on the diagonal

2 tbsp soy sauce

1 tbsp gochujang or chili paste

2 tbsp sugar

2 tbsp water

in a wok or large skillet, heat the oil over medium-high heat. add the celery, carrot and onions. Stir fry for 1 minute.

Add the sliced rice cakes, and stir fry 1 minute.

Add all of the rest of the ingredients. Reduce heat to low and simmer for 5 minutes. Serve warm.

Kaji Tubu Bokum (eggplant tofu)

1 Japanese eggplant

1 tbsp vegetable oil

1 lb fresh tofu cut into bite size cubes

1 green chili pepper, seeded and thinly sliced

4 green onions cut into 1 inch pieces

2 cloves garlic, minced

2 tbsp soy sauce

1 tsp rice vinegar

1 tsp toasted sesame seeds

Parboil or steam the eggplant for 5 minutes. Drain and cool. Cut the eggplant into 1-inch cubes.

In a wok or large skillet, heat the oil over high heat. Add the eggplant, tofu, chili pepper, onions and garlic. Stir fry 2 minutes.

Mix together the soy sauce and rice vinegar. Pour over the vegetables and cook until the moisture is absorbed, about 1 minute.

Transfer to a serving platter and sprinkle with the sesame seeds before serving.

Sangkang Tubu Muchim (Ginger Tofu)

Ginger marinade

1 tsp grated fresh ginger root

3 tbsp soy sauce

1 tsp rice vinegar

1 lb firm tofu, drained and cubed

1 tbsp sesame tempura oil (or vegetable oil plus 2-3 drops sesame chili oil)

2 cloves garlic, minced

4 green onions, chopped

Combine the ginger marinade ingredients in a medium bowl.

Add the cubes of tofu and stir to coat. Marinate 5 minutes. Drain and discard the marinade.

Heat the oil in a wok or large skillet. Add the garlic and onions. Stir fry for 1 minute. Add the tofu and stir fry until light brown. Serve warm.

Bosot Tubu Muchim (Mushroom Tofu)

1/2 cup dried mushrooms, 2 inches in diameter

1 1/2 tbsp sesame tempura oil (or vegetable oil plus 2-3 drops sesame chili oil)

1 lb tofu, cut into bite size cubes

1 small green bell pepper, chopped

1 clove garlic, minced

4 green onions, chopped

1/2 tsp grated fresh ginger root

3 tbsp soy sauce

1/4 tsp black pepper

1/4 cup water

In a large bowl, soak the dried mushrooms in enough warm water to cover for 10 minutes; drain. Remove and discard the stems and slice the mushroom caps into 3 or 4 pieces.

In a large skillet, heat the oil over medium-high heat. stir fry the tofu, mushrooms and green pepper until the tofu is golden brown, about 5 minutes.

Add the garlic, onions and ginger and cook 1 minute more.

Add the soy sauce, water and pepper and simmer for about 5 minutes

Kochu Tubu Chorim (Pepper Tofu)

2 tbsp soy sauce

1 tsp rice vinegar

1 tsp sugar

1 tbsp sesame tempura oil (or vegetable oil plus 2-3 drops sesame chili oil)

1 lb firm tofu, cut into bite size pieces

1 red bell pepper, cut into 1 inch matchsticks

1 green bell pepper cut into 1 inch matchsticks

1 small onion, cut into 1 inch slices

2 cloves garlic minced

1/2 tsp grated fresh ginger root

in a small bowl, mix together the soy sauce, rice vinegar and sugar. Set aside.

In a wok or large skillet, heat the sesame oil to 380F degrees or very hot but not smoking. Add the tofu and stir fry 1 minute.

Add the peppers, onion, garlic and ginger and stir fry 1 minute more.

Pour the soy sauce mixture over the tofu and vegetables. Stir fry until the moisture has been absorbed about, 1 minute.

Serve warm with rice or noodles.

## **Maeum Kuk (Spicy Rice Soup)**

1 tsp vegetable oil

1 small onion, cut into 1 inch pieces

3 cloves garlic, minced

4 cups vegetable broth

1 tsp gochujang (or chilli paste)

2 cups cooked rice

1/4 lb tofu, cut into bite size pieces

salt and pepper to taste

In a skillet, heat the oil over medium-high heat. fry the onion and garlic for 2 minutes. Remove from the heat and set aside.

In a large pan, add the vegetable broth and gochujang. Heat to boiling, stirring constantly until the gochujang as dissolved



Add the rice, tofu, onion and garlic to the broth. Taste and season with salt and pepper. Simmer for another 10 minutes to allow the flavours to blend.

Serve hot.

## **Miyuk Kuk (Seaweed Soup)**

1 tbsp sesame oil

1/2 lb tofu, cut into cubes

1 clove garlic, minced

6 cups water

4oz dried miyuk seaweed soaked in water for 20 minutes and torn into 3 inch strips

2 tbsp soy sauce

1 tsp salt

1/2 tsp black pepper

In a large saucepan, heat the sesame oil over medium high heat. Fry the tofu for 2 minutes. Add the garlic and fry for 1 minute more. Add all the remaining ingredients. Simmer for 15 minutes and serve.

## **Yachae Kochu Bokum (Red Pepper Broccoli)**

1 1/2 tbsp vegetable oil

1 large red bell pepper, cut into 1.5inch by 1/4 inch wide strips

4 cups broccoli florets, cut into bitesize pieces

1 small white onion, cut in half lengthwise and then thinly sliced crosswise

1/2 tsp grated fresh ginger root

2 cloves garlic, minced

1/2 tsp cayenne

1 tbsp soy sauce

1 tbsp pine nuts

In a wok or large skillet, heat the oil over medium-high heat. add the red pepper and broccoli. Stir fry until the vegetables are crisp-tender, about 5 minutes.

Add the onion and ginger, stir fry 2 minutes more.

In a small bowl, mix together the garlic, cayenne and soy sauce. Add to the vegetables. Cook until the liquid is absorbed, about 1 minute.

Sprinkle with pine nuts and serve.

## **Kochu Kamja Chorim (Pepper Potatoes)**

1 tbsp vegetable oil

1 tsp sesame oil

3 medium potatoes, cut into bite-size pieces

1 small leek, thinly sliced

1 green bell pepper, cut into bite-size pieces

1 red bell pepper, cut into bite-size pieces

1 yellow bell pepper, cut into bite-size pieces

1 tsp grated fresh ginger root

1/4 cup soy sauce

1 tsp unrefined sugar (or sweetener)

1 cup water

1/4 tsp cayenne pepper

Heat the vegetable oil and sesame oil in a large saucepan or dutch oven over medium-high heat. add the potatoes, leek, peppers and ginger and sauté until golden brown.

In a small bowl, mix together the soy sauce, water and cayenne. Add to the vegetable mixture.

Bring to a boil, cover and reduce heat to simmer. Cook until the liquid is absorbed and potatoes are tender, about 5 to 10 minutes, then serve.

## **Dan Kim Kui (Crispy Seaweed)**

10 sheets nori

1 tbsp vegetable oil

1/4 cup unrefined sugar

With a soft pastry brush, gently brush the nori sheets with oil

Heat a large skillet or non-stick pan over medium low heat. place a sheet of nori in the pan for a few seconds. The nori will become crisp and turn dark green. With chopsticks or tongs, quickly flip the sheet over and toast the other side for a few seconds. Remove and place on a large cutting board.

While still warm, lightly sprinkle each side of the nori sheet with sugar. Repeat with each sheet.

When all the sheets have been sugared and toasted, stack the sheets in one pile. Cut the pile of sheets in half lengthwise, then cut crosswise to make 6 rectangular pieces of nori. Stack the smaller sheets in a pile and place a toothpick in the centre to hold them in place.

Eat as a snack.

## Oi Sangchae (Cucumber Salad)

2 medium seedless cucumbers, peeled and cut into thin strips

1 tsp salt

Sesame Sauce:

3 green onions, green and white parts, minced

1 tbsp gochujang (or chilli paste)

1 clove garlic, minced

1 tsp soy sauce

1/2 tsp sesame oil

1/2 tsp sesame seeds

1 tbsp sugar

1 tbsp vinegar

salt and pepper, to taste

Place the cucumber strips in colander and sprinkle with the salt. Let stand for 5 minutes. rinse the cucumber strips in cold water, then drain and gently squeeze out the excess water.

In a medium bowl, thoroughly mix together the sesame sauce ingredients.

Pour the sauce over the cucumbers and toss gently.

Serve immediately so that the cucumbers don't become watery.

## Baechu Kimchi (Cabbage Pickle)

1 large Chinese cabbage (2 1/2 to 3 lbs), cut into 2 inch wide slices

1/2 cup salt

6 green onions, finely chopped

3 large cloves garlic, minced

2 tbsp Korean red pepper powder or 1 tbsp cayenne pepper

1/4 tsp grated fresh ginger root

1 tbsp sugar

3/4 cup hot water

Wash the chopped cabbage. Drain and sprinkle with salt and let stand in a colander for 2 hours. Rinse in cold water and squeeze out excess liquid. Place the cabbage in a large bowl.

Add the onions, garlic, red pepper powder, ginger and sugar to the cabbage. Toss and mix all the ingredients so that the cabbage pieces are well-coated.

Pack the cabbage mixture in a crock or large glass jar. Pour the hot water into the large bowl that held the cabbage mixture and swish around to gather any remaining seasonings. Pour into the jar of packed cabbage. Cover the jar with a tight lid and place in a cool room for 2 days before refrigerating. (This will allow the fermentation process to commence and intensify the flavour). Refrigerate for at least 24 hours before serving as an accompaniment to any and all meals.

## Veggie Food from the Stars – Animal Aid

Sicilian Bean and Potato Salad – Paul McCartney

### Ingredients

450g/1lb new potatoes, unpeeled

450g/1lb French beans, steamed and cut into 2.5cm/ 1 inch lengths

225g/8oz cooked or tinned haricot or cannelloni beans

1 small red onion chopped finely

50g/2oz black olives, pitted and sliced

1-2 tbsp capers

freshly chopped parsley to garnish

## **Classic Vinaigrette**

1-2 tsp fine or grainy Dijon mustard

2 tbsp fresh lemon or lime juice or tbsp wine vinegar

balsamic vinegar or cider vinegar

6 tbsp olive oil

crushed garlic to taste (optional)

sea salt and black pepper to taste

## **Method**

For the vinaigrette: in a small bowl, mix the mustard with the lemon or lime juice or vinegar. Whisk in the olive oil gradually. Stir in the garlic if you are using it and season to taste with salt and pepper.

In a medium saucepan cook the potatoes in boiling water until tender. Allow to cool slightly and cut in half. Mix the potatoes, beans, onion, black olives and capers in a large bowl. Pour sufficient vinaigrette over the salad to moisten and toss well. Sprinkle with parsley and serve.

Crispy Vegetable Wontons – Paul McCartney

## **Ingredients**

1 tbsp groundnut oil

50g/2oz carrots, finely grated

115g/4oz cabbage, finely grated

50g/2oz beansprouts

2 large cloves garlic, chopped finely

1 tbsp soy sauce

3 tbsp mashed tofu

pinch of sea salt

pinch of unrefined sugar

1 tsp sesame oil

½ tsp black pepper

20 wonton skins or 275g/10oz filo pastry

vegetable oil for deep frying

## Sweet and Sour Chilli Dipping Sauce

6 tbsp white or rice vinegar

4 tbsp unrefined brown sugar

1 tbsp soy sauce

1 small red chilli, de-seeded and chopped very finely

½ tsp grated fresh ginger

## Method

To make the chilli sauce: in a small saucepan, boil the vinegar with the sugar until it has slightly thickened, about 5 minutes. Add the soy sauce and the chilli, then stir in the ginger.

For the wontons: heat a wok or large frying pan and add the oil. When it is hot, stir-fry the carrots, cabbage, beansprouts and garlic for 1 minute. Set the vegetables aside and allow them to cool.

Combine the vegetables with the rest of the ingredients. Put a generous teaspoonful of the filling in the centre of each wonton skin. Pull up to opposite corners, dampen the edges with a little water and pinch the together. (if you are using filo pastry, cut a double thickness into 10cm/4inch squares, and brush lightly with water before filling them). Bring up the other two corners, pinch the together with the first two, and seal with a little water, so that they look like small bundles.

Pour 5-7.5 cm/2/3 inches of oil into a medium saucepan and place on a medium to high heat. The oil is ready when a cue of bread browns immediately. Deep-fry the wontons in several until they are golden and crisp. Drain them on kitchen paper. Serve at once with the Sweet and Sour Chilli Dipping Sauce.

Knockout Guacamole – Dannii Mynogue

## Ingredients

One avocado

Tabasco sauce

1 level tsp cumin powder

a few slices of red onion

1 small tomato

cracked pepper

1 tbsp shredded basil

juice of ¼ lemon or ½ lime

## Method

Take the avocado and cut in half and remove the stone. Scoop out flesh and mash in a bowl with a fork.

Put in a few drops of Tabasco sauce, the cumin powder and a few slices of red onion (cut up as small as possible).

Scoop out the middle of the tomato, strain in sieve and add to bowl

Add the cracked pepper and shredded basil

Squeeze in juice of a quarter of a lemon or half a lime

Mix together and serve with raw veggies of your choice, corn chips or potato wedges.

Spikes Sweet Spaghetti – Spike Milligan

Take a reasonable amount of spaghetti and boil it for about 10 minutes, or until it's al dente (cooked but quite firm). Take it out. Mix with non-dairy soya cream and castor sugar.

The Best Sandwich Ever – Victoria Wood

Take two big slices of wholemeal bread, preferably with bits in. Margarine to spread on them. Lots of avocado, tomato, cucumber, cress. (alfalfa sprouts too if you live on one of the three places that sell them!) Put it all together (put the bread on the outside) Put the vegan mayonnaise and salt and pepper in the middle. Eat it.

Tofu, Rambutan & Pineapple Curry – Michaela Strachan

## Ingredients

500g tofu, cubed

5 rambutans (or lychees)

10 cubes pineapple

100ml pineapple juice

200ml coconut milk

2 fresh red chillies  
2cm root ginger  
3 cloves garlic, crushed  
75ml groundnut oil  
2 tsp garam masala  
2 tsp ground coriander  
1 tsp ground cumin  
1 tsp salt  
½ tsp turmeric  
2 cardamom pods

## Method

1. Shallow fry the tofu and set aside
2. Heat the oil in a thick-based saucepan
3. Add the ginger, chillies, cardamom pods and garlic and sauté
4. Add the garam masala, coriander, cumin and turmeric and lightly fry
5. Add the salt, tofu, pineapple, rambutan and pineapple juice and simmer for 10 minutes
6. Fold in the coconut milk
7. Serve with rice

## Middle Eastern Potato Casserole – Virginia McKenna

A dish of this simplicity depends entirely on slow cooking so that the flavours have plenty of time to develop. Serves 8

## Ingredients

1.75kg/3 ½ lb potatoes  
750g/1 ½ onions, diced  
50ml/2fl oz olive oil  
1 tsp turmeric  
1 tsp ground coriander  
65ml/1 ½ fl oz water  
dash of Tabasco



3 cloves of garlic crushed

4-5 strands saffron, dissolved in 50ml/2floz hot water

150g/6oz raisins

1 tbsp fresh parsley

1 tbsp fresh coriander

salt and freshly ground pepper

## Method

Peel and cut the potatoes into even-sized pieces and place in pan of cold, salted water. Bring to the boil until tender but still firm, as they are going to cook further. Drain and set aside.

Fry the onion in the olive oil until transparent and add the turmeric and ground coriander. Continue to fry until the spices are well absorbed and the grittiness is all cooked out. Add the potatoes and half the water. Add the salt pepper Tabasco and crushed garlic and simmer for a further 7-8 minutes.

Now add the saffron stock and raisins and continue to simmer for at least another 10 minutes, until the potatoes are tender and the sauce is thickened and a rich golden colour with the flavours mingled into an evocative whiff of the orient.

Just before serving, add in the chopped parsley and coriander and, if you wish, a further glug of olive oil, gently stirred in.

Vegetable Risotto – Eric Richard

## Ingredients

6oz brown rice

2 tbsp olive oil

1 large onion, chopped

1 or 2 cloves of garlic, crushed

1 red pepper, sliced

4oz mushrooms, sliced

1-cup peas (fresh or frozen)

1-cup sweetcorn (fresh or frozen)

2 medium carrots, chopped into small cubes

a pinch of mixed herbs

freshly ground salt and pepper

## Method

Put the rice into a sieve and run under the cold tap until the water runs clear. Place the washed rice in a saucepan and cover with an inch of water, bring to the boil and simmer until tender. Taste to check.

Wash and prepare vegetables. Put the peas, sweetcorn and carrots in a pan of boiling water and simmer for 5 minutes. Heat the olive oil in a large frying pan and add the garlic until it begins to brown – then add the onion. Fry gently for about 3 minutes then add the red pepper and mushrooms. Fry gently for another 3 minutes and add the salt pepper and herbs to taste.

We often use just one herb such as oregano or thyme for a difference. After a few minutes turn off heat and put a lid on the frying pan and leave for 5 minutes to let the flavours mingle.

Flavours of India - Madhur Jaffrey

Mango Curry – Manga Kalan

Mango curries are a Kerala treat. This one may be served with all Indian meals. I serve it in individual bowls, to be eaten with a teaspoon.

If you wish to use unsweetened, desiccated coconut instead of fresh coconut use 150g/5oz/ 1 ½ cups. Barely cover with warm water and leave for 1 hour, then proceed with the recipe.

## Ingredients

3 medium-sized ripe mangoes, peeled, pit removed and flesh cut into 1cm/ ½ inch pieces

1 tsp ground turmeric

1 tsp cayenne pepper

1-1 ½ tsp salt

50g/2oz jaggery or brown sugar, if needed

300g/11oz/2 ¾ cups freshly grated coconut

3-4 fresh hot green chillies, coarsely chopped

½ tbsp cumin seeds

300ml/10fl oz/1 ¼ cups plain soya yoghurt lightly beaten

2 tablespoons coconut oil or any other vegetable oil

¼ tsp brown mustard seeds

3-4 dried hot red chillies broken into halves

¼ tsp fenugreek seeds

10-12 fresh curry leaves, if available

## Method

Put the mangos in a medium-sized pan. Add 250ml/8fl oz/1 cup water. Cover and stew for 8-10 minutes over medium-low heat. Stir occasionally. Add the turmeric, cayenne pepper and salt. Stir well. (if the mangoes are not sweet enough, add the jaggery or brown sugar to make the dish sweeter).

Meanwhile, put the coconut, green chillies and cumin seeds into the container of an electric blender. Add 250ml/8fl oz/ 1 cup water and blend to a fine paste.

When the mangoes are cooked, mash them to a pulp. Add the coconut paste. Mix. Cover and simmer over medium heat, stirring occasionally, until the mixture becomes thick.

This should take about 10-15 minutes. Add the soya yoghurt and heat, stirring, until just warmed through. Do not let the mixture come to the boil. Remove from the heat and put to one side. Check for salt.

Heat the oil in a small pan over medium-high heat. When hot, add the mustard seeds. When the mustard seeds begin to pop, a matter of a few seconds, add the chillies, fenugreek seeds and the curry leaves. Stir and fry for a few seconds until the chillies darken. Quickly add the contents of the small pan to the mangoes. Stir to mix.

Chick Pea Flour Pancakes - Pudla

This nutritious chickpea flour pancake may be served with all Indian meals just as bread might be. It can also be eaten at breakfast or as a snack with chutneys, pickles and other relishes.

## Ingredients

150g/5oz/1 ¼ cups chick pea flour, sifted

½ tsp salt

½ tsp cayenne pepper

½ tsp ajwain seeds

1 small red onion (25g/1oz, very finely chopped)

5cm/2inch piece of fresh ginger, peeled and very finely chopped

4 fresh hot green chillies, very finely chopped

5 garlic cloves, peeled and very finely chopped

2 tbsp very finely chopped fresh green coriander

about 3 tbsp oil

## Method

Put the chickpea flour into a large mixing bowl. Slowly add 250ml/8fl oz/1 cup water mixing with a wooden spoon to make a smooth batter. Add the salt, cayenne, ajwain seeds, onion, ginger, chillies, garlic and coriander. Stir to mix. Set aside for 15 minutes.

Smear a large, wide, non-stick frying pan with 1 tsp of the oil and set over lowish heat. When very hot, stir the batter and pour about 70ml/2  $\frac{3}{4}$  fl oz/  $\frac{1}{3}$  cup on to the centre of the pan. Quickly tilt the pan in all directions as you would for a crepe, spreading the batter to make an 18-19cm/7-7  $\frac{1}{2}$  inch pancake.

Cover and cook for 3 minutes or until the pancake is reddish brown at the bottom.

Dribble another tsp of oil around the edges of the pudla. Turn the pudla over and cook, uncovered, for further minute or until golden. Remove from the heat and keep covered between 2 plates. Repeat with the remaining batter. Always remember to stir the batter before use it. (left over batter maybe be covered, refrigerated and re-used.)

Spicy Potatoes with Tomatoes – Batata Nu Shak

These potatoes are hot – and quite delicious. They are best served with Indian breads but may also be served with store-bought pita bread. They can be a part of any Indian meal.

## Ingredients

4 tbsp peanut or any other vegetable oil

$\frac{1}{2}$  tsp brown mustard seeds

$\frac{1}{2}$  tsp cumin seeds

2 dried hot red chillies

2 bay leaves

$\frac{1}{4}$  tsp ground asafoetida

10 fresh curry leaves, if available

4 small-medium potatoes (450g/1lb), peeled or unpeeled, cut into 1cm/  $\frac{1}{2}$  inch pieces

1  $\frac{1}{2}$  tsp cayenne pepper

$\frac{1}{2}$  tsp ground turmeric

2 tsp salt

2 fresh hot green chillies, finely chopped

2.5cm / 1 inch piece of fresh ginger, peeled and finely grated

2 tbsp finely chopped, fresh green coriander

2 medium-sized tomatoes, chopped into 2.5cm / 1 inch dice

1 ½ tbsp unsweetened, desiccated coconut

½ tbsp ground coriander

1 tbsp jaggery, chopped up or 2 tsp brown sugar

¾ tbsp thick tamarind paste

## Method

Heat the oil in a large, wide, preferably non-stick pan or wok over medium-high heat. When hot, put in the mustard seeds. As soon as they pop, a matter of seconds, add the cumin seeds, red chillies, bay leaves and asafoetida. Stir for 4-5 seconds, and add the curry leaves. Stir once and add the potatoes, cayenne pepper, turmeric, salt, green chillies and ginger. Stir to mix. Add 150ml/5fl oz/ 1/3 cup water. Cover and simmer for 10 minutes over low heat. Now add the fresh coriander, tomatoes, coconut, ground coriander, jaggery or brown sugar and 350ml/12 fl oz/ 1 ½ cups water. Stir to mix then cover again and leave to simmer for a further 10 minutes. Add the tamarind paste. Simmer for a further 2-3 minutes.

Remove from the heat.

Sweet and Sour Chick Pea Flour Soup - Kadhi

This is not a soup in the sense that you can drink it as a first course. It is soupy, however, and is usually eaten with rice. As an unusual variation, you may put in 3 tbsp of fresh mango pulp instead of the sugar.

## For the soup base

500ml/17 fl oz/2 cups plus 1 tbsp plain soya-yoghurt

2 tbsp chickpea flour

2.5 cm/1 inch piece of fresh ginger, peeled and finely grated

4 fresh hot green chillies finely chopped

1 tbsp chopped fresh coriander leaves

## You also need

1 tbsp vegetable oil

½ tsp cumin seeds

¼ tsp ground asafoetida

2.5cm / 1 inch cinnamon stick broken into 2-3 pieces

5-6 cloves

2 bay leaves

1-1 ½ tbsp sugar

¾ -1 tsp salt

## Method

Make the soup base: put the soya-yoghurt and chickpea flour into a container of an electric blender. Add 750ml/1 ¼ pints/3 cups water. Blend thoroughly. Add the ginger chillies and coriander. Blend to mix. Set aside.

Heat the oil in a large pan over medium-high heat. When hot, add the cumin seeds. As soon as they begin to change colour, a matter of seconds, add the asafoetida, cinnamon, cloves and bay leaves. Stir and fry for a few seconds or until the bay leaves darken in colour. Quickly add the soup base, sugar and salt. Stir and bring to the boil.

Reduce the heat to very low and leave to simmer gently for 15 minutes. Remove from the heat.

Gingery Cabbage and Peas – Kobi Vatana Nu Shak

If you can get fresh peas, boil them first until just tender, drain them and then refresh them in cold water before using them in this recipe. Frozen peas should be defrosted thoroughly in warm water and then used. You may serve this dish with any Indian meal.

## Ingredients

3 tbsp peanut oil or any other vegetable oil

½ tsp cumin seeds

¼ tsp ground asafoetida

6-7 fresh hot green chillies, finely chopped

7.5cm/3 inch piece of fresh ginger, peeled and finely grated

½ tsp ground turmeric

450g/1 lb green cabbage, finely shredded

½ tsp salt or to taste

½ tsp lemon juice

1 tbsp unsweetened, desiccated coconut

½ tbsp ground coriander

1 tbsp chopped fresh green coriander

100g/4oz/1 cup shelled, cooked green peas

## Method

Heat oil in a large, wide non-stick pan or wok over medium heat. When hot, add the cumin seeds and a second later, the asafoetida. Stir once and put in the chillies, ginger and turmeric. Stir and fry for 30 seconds. Add the cabbage and salt. Stir. Cover and cook for 4-5 minutes or until the cabbage is just beginning to soften. Add the lemon juice, coconut, ground coriander, fresh coriander and peas. Stir and fry for 2 minutes. Remove for the heat and serve. The cabbage should be slightly crunchy.

Carrots Stir-Fried with Green Chillies – Gajar Marcha No Sambharo

Gujaratis eat many vegetables that are very lightly stir-fried. Rather like Chinese vegetables, they are expected to remain crunchy even after they are cooked. These carrots go well with all Indian meals.

## Ingredients

3 tbsp peanut or any other vegetable oil

½ tsp brown mustard seeds

¼ tsp ground asafoetida

550g/1 ¼ lb carrots, peeled and very coarsely grated

6 fresh hot green chillies, slit in half and cut into long slivers

½ tsp salt

¼ tsp ground turmeric

½ tsp ground coriander

½ tsp limejuice

## Method

Heat the oil in a large, wide, preferably non-stick pan or wok over medium heat. When hot, add the mustard seeds. As soon as they pop, a matter of seconds, add the asafoetida. Stir to mix. Add the

carrots, chillies, salt, turmeric, coriander and limejuice. Stir and fry for 2-3 minutes. Remove from the heat. The carrots should remain slightly crunchy.

### Stuffed Potato Patties – Alu Tikki

Within Bengal there is a vegetarian tradition where no garlic and onions are used and certain vegetables and pulses (legumes) are forbidden. Such food is supposed to be eaten by widows. While many women have followed these rules, they have created from adversity some of Bengal's most delicious dishes. This is one of them. Serve with a salad or as part of an Indian meal.

## Ingredients

4 small-medium (450g / 1lb) peeled potatoes

1 ¼ tsp salt

1 tsp black peppercorns

¼ tsp fennel seeds

2.5cm / 1 inch piece of fresh ginger, peeled and finely chopped

5-6 fresh hot green chillies, finely chopped

about 5 tbsp vegetable oil

50g/2oz/ ½ cup shelled peas (frozen peas, defrosted well, may be used)

50g/2oz/ 1/3 cup grated carrot

50g/2oz red pumpkin peeled and cut into 1 cm/ ½ inch dice

50g/2oz/ ½ - ¾ cup cauliflower cut into 1cm/ ½ inch pieces

½ tsp sugar

150g/5oz/ 1-cup plain (all purpose white) flour

## Method

Boil the potatoes until cooked. Mash well with ¾ tsp salt

Put the peppercorns and fennel seeds into a clean coffee grinder. Grind to a fine powder. Put the ginger, chillies and the ground black pepper mixture into the container of an electric blender. Add 100ml/3 ½ fl oz/ ½ cup water. Blend to a fine paste.

Heat 1 tbsp of the oil in a small pan over medium heat. When hot, add the vegetables, spice paste, remaining salt and the sugar. Stir and fry for 6-8 minutes over medium-low heat until the vegetable are tender. Add a sprinkling water, if needed, to prevent them sticking. Remove from the heat.



Put the mashed potatoes and cooked vegetables into a bowl. Mix well. Divide the mixture into 4cm/ 1 ½ inch balls. With lightly floured hands, flatten each ball to roughly 7.5cm/3 inch rounds. Coat with the flour.

Heat 3 tbsp of the oil in a large, wide frying-pan over medium heat. When hot, put in as many of the potato patties as the pan will hold easily in a single layer. Fry for 2-3 minutes on each side until golden and hot in the centre. Make all the patties this way, adding more oil as needed. Serve immediately.

### Sweet and Sour Red Lentils – Tak Dal

The Ghoti community of West Bengal uses a fair amount of sugar in its food. Many of its dishes, such as this dal, are sweet and sour. The sourness may be provided by thin slices of raw green mangoes in season or tamarind. Eat this with plain rice and a selection of vegetables.

## Ingredients

250g/9oz/ 1 ¼ cups red lentils

¼ ground turmeric

tbsp mustard or any other vegetable oil

½ tsp brown mustard seeds

½ tsp panch phoran

4 hot dried red chillies

1 bay leaf

1 ¼ tsp salt

2 tbsp thick tamarind paste or to taste

1 tbsp sugar or to taste

## Method

Wash the lentils in several changes of water until the water runs clear. Put them in a medium-sized pan with the turmeric and mix. Cover with 1 litre/ 1 ¾ pints/4 ½ cups water. Bring the lentils to the boil over medium-high heat. Reduce the heat to low, cover partially and simmer for 40 minutes or until the lentils are tender. Stir now and then during the last 10 minutes. When the lentils are cooked, mash with a spoon to a pulp-like consistency.

Heat the oil in a large, wide, preferably non-stick pan or wok over medium-high heat. When hot, add the mustard seeds. As soon as they pop, a matter of seconds, add the panch phoran, chillies and bay leaf. Stir and fry for 5-6 seconds or until the chillies darken in colour. Add the cooked lentils, 150ml/5fl oz/ 2/3 cup water and the salt. Stir to mix. Add the tamarind paste, a little at a time to get the sourness you desire. Add just enough sugar to balance the sourness. Bring to the boil. Turn the heat to a low and simmer for 8-10 minutes. The finished dal should have the consistency of a thick puree.

## Munchable Peanut Salad - Sundal

For most vegetarians in Tamil Nadu, peanuts form an important part of the diet. Plain boiled peanuts, sprinkled with just a little salt and cayenne pepper, are sold from small wooden carts by eager vendors. They are plain and good. This is a somewhat more elaborate version of the same idea. Sundals with variations in seasonings can be made out of soaked and boiled beans, chickpeas and dried peas, even split peas. They are sold in the evenings on the beach.

I like to put a blow out for people to nibble with drinks. I also leave several teaspoons for people to dig in with. Nothing is fried here so this makes for nutritious snack food as well.

## Ingredients

200g/7oz/ 1 ½ cups raw, shelled, skinless peanuts

1 ½ - tsp salt or to taste

4 shallots (50g/2oz) peeled and cut into fine slivers

2 medium-sized tomatoes, finely chopped

2¼ tsp cayenne pepper

4 tbsp lime juice

## Method

Soak the peanuts in warm water to cover for 1 hour. Drain. Put the peanuts in a saucepan. Add water to cover well. Add 1 tsp of the salt and bring to the boil. Cover, turn the heat down and cook for about 20 minutes or until the peanuts are tender. Drain. Put the peanuts in a bowl.

Add all the remaining ingredients, using just as much salt as is needed for a good balance of salt and sour. Mix well.

Indian Cooking – Naomi Good

Pakora

## Ingredients

125g/4oz) gram flour

1 tsp salt

½ tsp chilli powder

about 150ml/ ¼ pint water

2 green chillies finely chopped

1 tbsp finely chopped fresh coriander

1 tsp oil

2 onions cut into rings

oil for deep frying

8 small fresh spinach leaves

2-3 potatoes, parboiled and sliced

## Method

Sift the flour, salt and chilli powder into a bowl. Stir in sufficient water to make a thick batter and beat well until smooth. Leave to stand for 30 minutes.

Stir the chillies and coriander into the batter, then add the oil into the batter. Drop in the onion rings to coat thickly with batter.

Heat the oil in a deep pan, drop in the onion rings and deep fry until crisp and golden. Remove from the pan with a slotted spoon, drain on kitchen paper and keep warm.

Dip the spinach leaves into the batter and deep fry in the same way adding more oil to the pan if necessary.

Finally, repeat the process with the potato slices.

Serve hot, with mango chutney on the side.

Phul Gobi with Peppers

## Ingredients

3 tbsp oil

1 onion, sliced

½ tsp turmeric

1 cauliflower, broken onto florets

salt

2 green chillies, seeded

1 green, 1 yellow and 1 red pepper cored, seeded and cut into strips

## method

heat the oil in a pan, add the onion and fry until soft. Add the turmeric and cook for 1 minute. Add the cauliflower and salt to taste, stir well, cover and cook gently for about 10 minutes, until the cauliflower is almost cooked.

Add the chillies and peppers, stir and cook for a further 5 minutes or until tender

Aloo Mattar

## **ingredients**

5 tbsp oil

1 onion chopped up

2.5cm / 1 inch piece ginger chopped

1 green chilli, finely chopped

2 cloves garlic, crushed

1 tsp turmeric

750g / 1 ½ lb potatoes cut into small cubes

6-8 mint leaves

250g / 8oz shelled or frozen peas

## **method**

Heat the oil in a pan, add the onion and fry until soft and translucent. Add the ginger, chilli, garlic and turmeric, stir well and cook for 5 minutes, add the potatoes and salt to taste, stir well, cover and cook for 5 minutes.

Add the mint and fresh peas, stir well and cook for 20 minutes, until tender. If using frozen peas add them after the potatoes have cooked for 15 minutes and cook for 3 minutes only.

Masoor Dhal

## **Ingredients**

4 tbsp oil

6 cloves

6 cardamom

2.5cm (1 inch) piece cinnamon stick

1 onion, chopped

1 green chilli finely chopped

1 clove garlic chopped

½ tsp garam masala

250g / 8oz masoor dhal (or lentils)

salt

juice of 1 lemon

## method

heat the oil in a pan, add the cloves, cardamom and cinnamon and fry until they start to swell. Add the onion and fry until translucent. Add ginger, chilli, garlic and garam masala and cook for about 5 minutes.

Add lentils, stir thoroughly and fry for 1 minute. Add salt to taste and enough water to come about 3cm/1 ¼ inches above the level of the lentils. Bring to the boil, cover and simmer for about 20 minutes, until really thick and tender.

Sprinkle with the lemon juice, stir and serve immediately.

Courgette, Peas and Coriander

## Ingredients

4 tbsp oil

2 onions sliced

2 green chillies chopped

2.5cm (1 inch) piece ginger chopped

4 tbsp finely chopped coriander

salt

500g (1 lb) courgettes cut into 5mm (1/4 inch) slices

250g (8oz) shelled peas

## method

heat oil in a pan, add the onion and fry until soft. Add the garlic, chillies, ginger, coriander and salt to taste and cook for 5 minutes, stirring occasionally. Add the courgettes and peas, stir well, cover and cook for 30 minutes, or until the peas are tender. If necessary, boil quickly to evaporate any liquid before serving.

Aloo Sag

## **ingredients**

6 tbsp oil

1 onion chopped

2.5cm (1 inch) piece ginger chopped

2 green chillies finely chopped

1 tsp turmeric

2 cloves garlic finely chopped

500g (1lb) potatoes cut into small pieces

salt

2x227g (8oz) packets of frozen spinach leaf, thawed

## **method**

heat oil in lidded frying pan, add the onion and cook until soft. Add the spices and garlic and cook for 5 minutes. Add the potatoes and salt to taste, stir well, cover and cook for 10 minutes.

Squeeze out any liquid from the spinach and chop. Add to the potatoes and cook for about 5 minutes, until both vegetables are tender.

Tamatar Aloo

## **Ingredients**

2 tbsp oil

½ tsp mustard seeds

250g (8oz) potatoes cut into small cubes

1 tsp turmeric

1 tsp chilli powder

2 tsp paprika

juice of 1 lemon

1 tsp sugar

salt

250g (8oz) tomatoes quartered

2 tbsp finely chopped coriander to garnish

## Method

Heat the oil in a pan, add the mustard seeds and fry until the pop – just a few seconds. Add the potatoes and fry for about 5 minutes. Add the spices, lemon juice, sugar and salt to taste, stir well and cook for 5 minutes.

Add the tomatoes, stir well, then simmer for 5 to 10 minutes until the potatoes are tender. Sprinkle with coriander to serve.

Potato with Mustard Seed

## Ingredients

4 tbsp oil

1 tsp mustard seeds

1 tsp turmeric

1-2 green chillies chopped

500g (1lb) potatoes boiled and diced

juice of 1 lemon

salt

## method

Heat the oil in a frying pan and add the mustard seeds. When they begin to pop, stir in the turmeric and chillies and cook for a few seconds. Add the potatoes and stir well to mix. Pour in lemon juice and add salt. Season to taste.

Bharta

## ingredients

500g aubergines

2 tbsp oil

1 large onion finely chopped

1 clove garlic crushed

1 green chilli seeded and chopped

1 tbsp ground coriander seeds

1 tbsp finely chopped coriander

salt 1 tbsp lemon juice

## Method

Cook the aubergines in a pre-heated moderate oven, 180c(350F), gas mark 4, for 30 minutes or until soft. Cool slightly, then slit open, scoop out all the flesh and beat it with a fork.

Heat the oil in a pan, add the onion, garlic and chilli and fry until the onion is soft but not coloured. Add the ground and fresh coriander and salt to taste. Add the aubergine pulp, stir well and fry, uncovered, for 2 minutes, then cover and simmer very gently for 5 minutes. Sprinkle with lemon juice and serve.

### Paratha Bread

250g (8oz) wholemeal flour

1 tsp salt

200ml (1/3 pint) water (approximately)

50-75g (2-3 oz) margarine

place flour and salt in a bowl. Make a well in the centre, gradually stir in the water and work to a soft supple dough. Knead for 10 minutes, then cover and leave in a cool place for 30 minutes. Knead again very thoroughly, then divide into 6 pieces. Roll out each piece on a floured surface into a thin circle. Brush with melted margarine and fold in half, brush again and fold in half again. Roll out again to a circle about 3mm (1/8 inch) thick

Lightly grease a griddle or heavy based frying pan with a little of the margarine and place over a moderate heat. Add paratha and cook for 1 minute. Lightly brush the top with a little of the margarine and turn over. Brush all round the edge with the margarine and cook until golden.

Remove from the pan and keep warm while cooking the rest. Serve hot.

### Chapati

250g (8 oz) wholemeal flour

1 tsp salt

200ml (1/3 pint) water (approximately)



Place the flour and salt in a bowl. Make a well in the centre, gradually stir in the water and work to a soft supple dough. Knead for 10 minutes then cover and leave in a cool place for 30 minutes. Knead again very thoroughly, then divide into 12 pieces. Roll out each piece on a floured surface into a thin round pancake.

Lightly grease a griddle or heavy-based frying pan with a little oil or margarine and place over a moderate heat. Add chapatti and cook until blisters appear. Press down with a spatula then turn and cook on the other side until lightly coloured. Remove from the pan and keep warm while cooking the rest. Brush a little margarine on one side and serve warm.

Quick Curries – Pat Chapman

Corn and Mushroom Stir Fry Balti

1 can (8oz/225g) corn kernels

2tbsp sesame oil

½ tsp cumin seeds

½ tsp fennel seeds

2 tsp minced garlic

1 tsp fresh minced ginger

1 tbsp curry powder

1 tbsp garam masala

2 tbsp dried onion flakes

6oz (170g) fresh mushrooms chopped or sliced (3/4 cup)

4-6 green onions (bulbs and leaves) chopped

2-3 canned tomatoes chopped

2 tbsp chopped bell pepper

2-3 green chilli pepper chopped

salt to taste

## method

Drain corn, reserving liquid. Add water to make 1/3 cup (80ml). Heat oil in a wok or large skillet and stir-fry seeds 10 seconds. Add garlic and ginger and stir-fry 1 minute. Add curry powder and garam masala and cook 1 minute longer.

Add onion flakes, stirring briskly until they start sizzling. Add reserved corn liquid and remaining ingredients except salt. Simmer 2-3 minutes, then add salt to taste

### Madras Sambar

Cooks in southern India combine vegetables, lentils and chilli peppers in the classic dish sambar. My quick version is based on a recipe from Madras, it's typical tart flavour produced by lime pickle. Serve with a main-course curry, plain rice and chutneys.

1 cup (250ml) vegetable stock or water

¼ cup (60g) split red lentils

2 tsp dried coconut

1 red chilli

10-12 curry leaves fresh or dried (optional)

2 tbsp sunflower oil

½ tsp mustard seeds

¾ tsp cumin seeds

¼ tsp sesame seeds

1 tsp minced garlic

1 tsp chopped lime pickle

1 tsp curry powder

¼ cup (60g) canned mixed vegetables, liquid reserved

2 tsp chopped cilantro (coriander)

### method

bring stock or water to a boil, then add lentils coconut, chilli pepper and curry leaves (if using) . Simmer 20 minutes. Spoon off froth that forms.

Heat oil in wok or large skillet. Stir-fry seeds 20 seconds. Add garlic, pickle and curry powder and stir-fry 1 minute. Add vegetables. When sizzling, add cilantro and vegetable liquid. Add lentil mixture to wok. Simmer 2-3 minutes. Add salt.

### Savory Fritters (Pakorás)

1/2 cup besan (dried chickpea flour)

5 oz. warm water

1/4 tsp. red pepper

3/4 tsp. salt

1/2 tsp. Garam Masala paprika (optional)

1 small onion

1 potato

a few spinach leaves

oil for deep frying

In a bowl put the besan and half the water and stir until it becomes a thick batter. Beat hard for 5 minutes gradually add the rest of the water and leave to swell for 30 minutes Add salt and pepper and Garam Masala and beat again. Wash, peel and slice onion and potatoes. Wash and pat dry spinach leaves. Heat oil till smoking hot and dip the vegetables in the batter and deep fry till golden brown. Serve hot.

Friends of the Earth

Spicy Split Pea Pate

1/2 lb / 250g split peas

1 small onion, chopped

1 clove garlic, crushed

1 fresh green chili finely chopped

3 tbsp olive oil

juice of 1 lemon

1 heaped tsp salt

1/2 tsp black pepper

Soak the split peas and simmer them until soft (about 1 hour in a saucepan or 20 minutes in a pressure cooker). Mash them with a fork or rub them through a sieve or a mouli-legumes. Beat in the oil and lemon juice and if the puree is still too stiff, add more of either to taste. Mix in the remaining ingredients and taste for seasoning. Chopped fresh tomatoes can be added as well, in season. Pile into a dish and serve as a pate or dip. Very good as an accompaniment to vegetable kebabs.

#### Mushrooms in Red Wine

1 lb / 500g mushrooms

4 shallots, finely chopped

2 cloves garlic, crushed

2 tsp coriander seeds, crushed

2 wineglasses red wine

4 tsp fresh thyme or parsley chopped

3 tbsp olive oil

1 tbsp wine vinegar

4 tomatoes, skinned, deseeded and chopped

1 tsp ground cumin

salt and black pepper to taste

Wash and trim the mushrooms – use them whole if they are small button mushrooms, halve them if medium size and quarter them if large. Heat the olive oil in a heavy frying pan and fry the shallots, mushrooms and garlic and coriander briskly for about 3 minutes, stirring all the time. Remove the mixture from the pan and pour in the wine. Boil until reduced by half. Add the wine to the mushrooms, together with the tomatoes, vinegar, cumin and herbs. Season well, cover and leave to cool. Serve cold with hot Greek bread, rye bread or crusty wholemeal bread.

#### Chestnut and Apple Soup

1 lb / 500g chestnuts

3 onions

2 cooking apples

margarine for frying

1 1/2 / 850ml water

salt and pepper

Slit the chestnuts and boil them for 20 minutes or so. Alternatively, grill them until they burst open. Remove the peel and the inner skins. Chop the vegetables and cook them gently, first in the margarine and then with the water added. When they are soft, add the chestnuts and cook for 5 minutes longer. Rub everything through a sieve or mouli-legume. Season well with salt and pepper to taste. heat through and serve.

#### Fennel and Lemon Soup

1 1/2 lb / 750g fennel bulbs

2 large onions (3oz/75g)

2 potatoes (3oz/75g)

1 lemon, (grated peel and juice)

1 tbsp oil

2 pints / 1 litre water or light vegetable stock

salt and pepper

1 tsp lightly roasted fennel seeds

Scrub the fennel and the potatoes and peel the onions. Cut them all into thick slices and sauté gently in the oil in a large saucepan. Pour the hot stock or water over the vegetables, cover the pan and simmer for 20 minutes or so, until they are soft. Rub through a sieve or mouli-legumes. Heat through slowly stirring all the time, season and add the juice of one lemon. Mix the roasted fennel seeds with the grated lemon peel and sprinkle a little over each bowl.

#### Jerusalem Artichoke Casserole

1 lb / 500g Jerusalem artichokes

1 clove garlic

pinch of nutmeg

1 wineglass of cider

1 tsp oil or margarine

1 large onion

1/2 tsp dried or 1 tsp fresh mixed herbs

salt and pepper to taste

1 wineglass vegetable stock

Slice the onion and cook in the oil or margarine until it begins to brown. Quarter the scrubbed artichokes and place these with the onion, herbs, garlic, nutmeg, salt and pepper in the pan. Cover with stock and cider and simmer until the artichokes are tender.

#### Devilled Leeks

6 even sized leeks

1 clove

1 sprig fresh thyme

1/2 teacup cider

6 slices of toasted bread

1 tbsp fresh breadcrumbs

2 sprigs parsley

1 bay leaf

1/2 oz / 10g margarine

1/2 teacup stock

2 tsp mild mustard

salt and pepper to taste

Trim the green tops from the leeks. Cut the white parts into 2-inch / 5cm lengths and wash them well; place them in a saucepan with the herbs, the spices and margarine. Season with salt and pepper and pour the cider and stock over them. Cover the pan and boil briskly for one minute. Transfer leek mixture to a casserole and bake for 30 minutes in a moderate oven (325F/170C). Toast 6 slices of bread, cut into triangles and arrange them around the sides of the casserole. Remove the herbs, spread the mustard over the leeks and the toast, sprinkle top with breadcrumbs and return dish to the oven for another 10-15 minutes.

#### Barley Pilaf

1/2 lb / 250g pot barley

1 onion

1 tbsp chopped nuts

1 tbsp raisins

1 tbsp oil

parsley

Cook the barley in a big pot with lots of water for about 40 minutes.

Slice and dry the until soft, then add the nuts and raisins. Drain the barley and add to the onion mixture.

Heat through and stir with a fork until the flavours have blended a little. Sprinkle the top with parsley and serve as an accompaniment to kebabs or vegetable dishes.

### Hippie Rice

1 mugful brown rice

2 mugfuls boiling water

1 tbsp oil

1 tsp yeast extract (Marmite etc)

1 tbs soya sauce

Rinse the rice. Heat the oil in a saucepan until it is smoking and fry the rice, stirring until all the grains are well coated with oil. Mix the boiling water with the soya sauce and yeast extract and pour into the rice. Cover the pan and simmer for 30 to 40 minutes until all the liquid is absorbed and rice is soft. The rice grains will be shiny and brown with a rich savoury flavour.

### Frumenty

This very simple dish is as old as the invention of cooking pots. In the Middle Ages, frumenty was probably eaten more widely as a staple food than bread and was used as a savoury or a sweet dish depending on what was added to it. It was originally cooked next to a fire. It is ideal for cooking in a thermos flask or a haybox.

Wash whole wheat berries and place it in an earthenware crock or casserole with three times its volume of boiling water. Put the dish in a hot oven and after a few minutes turn off the heat and leave undisturbed for 24 hours. The husks should have burst by the time and the wheat set to a thick, creamy white jelly.

### English Field Bean Pate

1/2lb / 250g English Beans (or tic beans, daffa beans, brown Dutch beans or fowl medames)

aprox 1/4 pint / 150ml olive oil

salt and pepper

1 large clove garlic

1 tsp strong flavoured herb e.g. thyme, sage or rosemary

Soak the beans in water overnight. Boil them in plenty of unsalted water for 1 hour, until they are soft. Mash them with a fork, pound them in a pestle and mortar or press them through a sieve or mouli legumes. Add the olive oil, the finely chopped herbs and garlic and the seasoning. If the puree is too stiff

add some lemon juice, water or more oil. Chill and serve with toast.

#### Pulse Chutney

This is an African recipe – use fewer chillies if you do not want it so hot.

2oz / 50g green mung beans

1 1/2 inch / 3 1/2cm piece of ginger root

4 green chillies

salt

lemon juice

Soak the green mung beans for 3 to 4 hours. Allow to sprout. Mince the green chillies and fresh ginger and salt. Grind to a paste in a mortar and pestle or food processor. Season with lemon juice.

#### Aduki Bean, Orange and Tomato Casserole

1 lb / 500g aduki beans

1 lb / 500g tomatoes

2 onions

1 clove garlic

1 small orange

1 tsp marjoram

1 tbsp oil

salt and pepper

Soak the aduki beans overnight (or in boiling water for 3 hours), boil for 20 minutes. Slice the onions and sauté them in oil until softened. Skin and chop the tomatoes and add them with the orange, sliced very thinly, the marjoram, garlic and seasoning. Simmer for 15 minutes or so, until thickened. Drain the beans and add them to the sauce for a further 20 minutes.

This is good layered with fried aubergine, marrow or courgette slices and baked with breadcrumbs on top for 20 minutes in a moderate oven.

#### Summer Vegetable Hot Pot

This is based on a wartime recipe issued by the UK Ministry of Food in the 1940s

1 1/2 lb / 750g potatoes



1/2 lb / 250g young carrots

stock or water

small bunch fresh herbs

1/2 lb / 250g runner beans

bunch of spring onions

salt and pepper

1 lb / 500g peas

Wash and slice the potatoes, beans, carrots and spring onions. Put them together in a casserole with enough stock or water to come half way up the vegetables. Add salt and pepper to taste and push the herbs into the centre of the pot. Cover closely and simmer for 1/2 hour. Remove the herbs and add the peas and cook for a further 10 minutes. Serve very hot.

Stuffed Turnips

1 lb / 500g small turnips

For the stuffing

2 thick slices stale brown bread

4 veggie rashers or fake bacon slices (1/4lb / 125g)

1 tsp parsley

1 medium onion

1/2 dozen black olives

1 tbsp oil

salt and pepper

1 glass cider (scrumpy or any dry cider)

Peel the turnips and steam for about 8 minutes until they are softened but not mushy. Leave to cool a little and then scoop out the centres. Cut the bread into small cubes and fry until crisp in the hot oil. Cut the onion and rashers into small pieces and add to the bread and saute. Chop the pulp from the turnips and when the onion and rashers are crisp, add to the pan along with the parsley, olives and seasoning and sauté for a couple of minutes.

Stuff the turnips with as much of this mixture and lay them in a casserole. Spread any stuffing that remains over the top, pour the cider over them and bake, uncovered, in a moderate oven for 20 minutes.

### Half Baked Potatoes

4 large potatoes

4 tbsp oil

2 tsp cumin or caraway seeds

1 tsp salt

Scrub the potatoes and cut them in half lengthwise. Lay them face down in a baking tin or large flat casserole. Pour the oil and sprinkle the cumin seeds and salt over them and bake for 1 hour at gas mark 6 (400F / 200C)

### Jugged Peas

This is an Edwardian method for cooking peas.

2lb / 1kg peas

1 tsp sugar

a few mint leaves

1oz margarine

large pinch salt

Shell the peas and place in a large pickling jar with the margarine, sugar, salt and mint. Cover the jar tightly and stand in a pan half filled with water. Boil for 1/2 hour, after which the peas, as long as they are young, should be cooked.

Alternatively, once the peas inside the jar are hot, the remainder of the cooking time could be done in a haybox.

### Stuffed Nasturtium Leaves

1 dozen large nasturtium leaves (the size of a saucer if possible) and a few extra for lining the dish

2 cups cooked brown rice or bulgur wheat

1/2 lb / 250g cooked green beans, chopped

1 raw onion, finely chopped

1 large tsp French mustard

4 cloves garlic

1 red pepper chopped

1 tsp pickled nasturtium seeds

salt and pepper

1 tbsp oil

Place the nasturtium leaves in large bowl, cover them with boiling water and immediately pour the water away – they must not get too soggy at this stage. Mix the rest of the ingredients, except the garlic and oil, for the stuffing, place a dessertspoonful in the centre of each leaf and wrap up into a parcel. Line a flat dish or heavy metal casserole with the extra leaves and lay the stuffed leaves, open sides down, over them. Slice the garlic cloves and distribute them between the leaves. Pour oil and 2 tbsp water over the top, cover the dish and either bake in a slow oven for 1 hour or simmer very gently on top of the stove. Can be served hot or cold.

Mushroom Ketchup

Makes about 3 pints

3lb / 1 1/2 kg fresh mushrooms

3/4 lb / 350g salt

to each quart / litre of the resulting liquor (see below) add:

1 tbsp ground ginger

1/2 tsp powdered mace

1 heaped tsp allspice

1/4 tsp cayenne

The mushrooms must be dry. Layer the mushrooms with the salt in a large glass jar. Leave for three days, stirring three times a day. Pour the mushrooms and salt into a saucepan and stew very slowly until the juice runs freely, Strain the liquor into a large jar that will withstand the heat, add the spices and place the jar in a pan full of boiling water. Simmer for 3 hours. Strain several times through muslin, pour into bottles, cork and seal with wax.

# **From the Tables of Lebanon – Dalal Holmin & Maher Abbas MD**

## **Shorbat Mamrouteh – Southern Lentil Soup**

2 cups whole lentils

1 large onion, chopped

1/2 cup olive oil

1/2 cup uncooked white rice

1/4 cup fresh lemon juice

1 cup chopped parsley leaves

1 tbsp ground cumin

salt and black pepper to taste

2 Arabic breads, cut into 1 inch pieces

Rinse the lentils in cold water, drain and place in a medium pot. Cover with water and cook until tender, about 20 minutes.

Meanwhile, sauté the onions in the olive oil and set aside. Remove the lentils from the pot and either puree in a food processor or press through a sieve. Return the pureed lentils to the pot and add the rice and onions. Bring to a boil, lower heat and simmer until the soup is thickened. Add water as needed.

Just before serving, add the lemon juice, parsley, cumin, salt and pepper and mix. Serve with toasted pieces of Arabic bread.

## **Shorbat Sbanegh Bi-Adas – Spinach Lentil Soup**

1 cup whole lentils

4 cups water

2 tsp salt

3/4 cup finely diced red potatoes

2 cups finely chopped fresh spinach

1 cup finely chopped onion

1/2 cup olive oil

6 large cloves garlic, minced

1/4 cup lemon juice

Rinse the lentils and drain. Cook the lentils in the water in a medium pot until almost tender, about 20 minutes.

Add the salt, potatoes and spinach.

Sauté the onions in the olive oil in a separate pan until limp. Add half the garlic to the onion and stir well. Sauté until golden brown.

Add the onion to the lentils and bring to a boil while stirring well. Lower the heat and cook for 20 more minutes. Add the lemon juice and the rest of the garlic just before serving and stir well. Serve hot or cold.

Variation: sauté 1/2 cup chopped fresh cilantro along with the garlic and onions.

## **Salatet Al-Fasoolia – Bean Salad**

1 cup cooked chick peas

1 cup cooked lima beans

1 cup cooked kidney beans

1 medium red onion, thinly sliced

Dressing:

2 cloves garlic, crushed

1 tsp salt

1/3 cup fresh lemon juice

1/3 cup extra virgin olive oil

1/4 tsp black pepper

1/2 cup chopped fresh green parsley

Mix the chickpeas, lima beans, kidney beans and onion in a bowl.

Combine the dressing ingredients and pour over the beans. Add the parsley.

Toss gently and place in the refrigerator for at least 2 hours before serving.

## **Salatet Al-Zaatar – Thyme Salad**

1 cup fresh thyme leaves

1 small white onion, finely chopped

1 tsp salt

1/4 cup lemon juice

1/2 cup extra-virgin olive oil

Pick off the thyme leaves and discard the stems. Rinse the leaves in a cold water, drain well and set aside.

Mix the onion with 1/2 tsp of the salt. Add the thyme leaves to the onion and mix with the lemon juice, olive oil and the remaining salt.

Serve with Arabic bread.

## **Hindbeh Bi-Zeyt – Dandelions with Onions**

3 quarts water

1 1/2 lbs tender dandelions, cleaned, washed and finely chopped

3 large white onions, julienned

1/2 cup olive oil

1 clove garlic, minced with 1/4 tsp salt

lemon juice to taste

salt to taste

Bring the water to a boil and add the dandelions and a pinch of salt. Cover and simmer for 20 minutes or until the dandelions are tender. Drain and squeeze out the excess water.

Sauté the onions in the olive oil until golden brown. Set aside half the onions. Add the garlic and salt and sauté for 2 minutes. Add the dandelions and sauté for 5 more minutes.

Remove and put on a large, shallow plate. Garnish with the other half of the onions. Sprinkle on lemon juice and salt to taste.

Serve right away with warm pita bread and lemon wedges.

# **A Taste of Georgia - members of the Newmann Junior Service League circa 1976**

## **Mary's Garden Vegetable Casserole**

## Ingredients

1/3 cup cooked rice

3-4 small summer squash sliced

2-3 medium onions sliced

1 bell pepper sliced

3-4 medium tomatoes sectioned

salt and pepper to taste

2 tbsp margarine thinly sliced

## Method

In greased 1 ½ quart casserole, arrange the vegetables in layers (layer squash – layer onion...etc) In between layers, make 2 layers of rice. Be sure not to have rice on the top or bottom of casserole. Preferably have tomato layer on top. Salt and pepper to taste. Place margarine slices on top. Bake uncovered at 325F for 1 ½ hours.

# Southern Fried Okra

2 pounds okra

1 cup plain corn meal

1 cup flour

1 ½ quarts vegetable oil for deep frying

## method

wash okra and cut into fairly thin slices; do not use stem or tip. Make sure okra is moist with water and place in large plastic container with lid. Add meal and flour. Place lid on container and shake several times. Remove lid and make sure all okra slices are coated with meal-flour mixture. Fry coated okra slices in deep vegetable oil until brown. Remove with slotted spoon and drain on paper towel. Salt to taste while hot.

# Fried Squash Balls

8-10 yellow squash chopped

1 onion finely chopped

salt and pepper



1 cup Rice Krispies

egg replacer for 1 egg (optional)

a dash of fish free Worcestershire sauce

corn meal

cooking oil

Method

Boil squash with onion and salt to taste until tender. Drain and mash. Add next 3 ingredients and blend. Refrigerate a few hours. Shape mixture into balls, roll in corn meal and fry in hot oil until brown.

## Bohemian Tomatoes

1 (1 lb) can of tomatoes

1 cup diced celery

1 large onion chopped

¼ cup chopped green pepper

¼ cup margarine

salt and pepper

½ cup breadcrumbs

Mix all ingredients except breadcrumbs and place in a greased casserole. Top with crumbs and bake uncovered in a moderate oven (375F) for 1 hour or until it is cooked down and soft.

## Scalloped Tomatoes

1 quart tomatoes

6 tbsp brown sugar

1 stick margarine

1 ½ cup breadcrumbs

½ tsp basil

Bring the tomatoes and brown sugar to a boil; boil a few minutes, stirring. Melt margarine and pour over breadcrumbs. Combine the tomatoes and breadcrumbs. Add basil and mix well. Bake in 1 ½ quart casserole for 45 minutes at 350F uncovered.

## Fried Green Tomatoes

4 large green tomatoes

2 cups plain corn meal

1 ½ tbsp salt

pinch of black pepper

½ cup oil

wash the tomatoes and pat dry. Cut tomatoes in ¼ inch slices. Sprinkle with salt and pepper. Dip each slice in corn meal and lay aside on waxed paper. Heat oil. Fry tomato slices until golden brown. Drain on paper towels. Serve hot.

## Artichoke and Rice Salad

2 (7 oz) packages paella rice

4 green onions thinly sliced

½ green pepper seeded and chopped

12 pimento stuffed olives, sliced

2 (6 oz) jars marinated artichoke hearts

¾ tsp curry powder

1/3 cup eggless mayonnaise

cook rice as directed, omitting butter. Cool in a large bowl. Add onions, pepper and olives. Drain artichoke hearts, reserving marinade and cut in half. Combine the marinade curry powder and mayo. Add the hearts to the rice and toss with the dressing. Chill.

## Fire and Ice

2 large purple onions cut in ¼ inch slices

6 large firm tomatoes peeled and quartered

1 bell pepper seeded and cut into strips

¾ cup cider vinegar

¼ cup water

1 ½ tsp celery seed

1 ½ tbsp mustard seed

½ tsp salt

2 tbsp sugar

½ tsp cracked black pepper

place onions tomatoes and bell pepper in a bowl. In a saucepan, bring all other ingredients to a boil. Boil for 1 minute only. Pour over vegetables and chill.

## **Cole Slaw**

1 head of cabbage

2 onions

¾ cup sugar

1 cup white vinegar

¾ cup vegetable oil

2 tsp sugar

1 tsp dry mustard

1 tsp celery seed.

Shred cabbage. Chop onions and add to cabbage. Top with ¾ cup sugar. Boil vinegar, oil, 2 tsp sugar, mustard and celery seed. Let cool. Pour this mixture over the cabbage and onions and mix. Refrigerate for at least 6 hours before serving.

# **Gilligan's Island Cookbook – Dawn Wells**

## **I am What I Yams**

4 sweet potatoes

3 oz Curacao

2 tbsp margarine

1/2 tsp cinnamon

salt and pepper to taste

6 oranges, halved, pulp removed

Bake the sweet potatoes until tender. Remove the pulp and mash. Add and blend the Curacao, margarine, cinnamon, salt and pepper. Remove the pulp from 3 halved oranges and fill the orange shells with the yam mixture. Bake at 400F for 15 minutes.

## Spudnik Cucumber Surprise

1 lbs potatoes, peeled and sliced

3 tbsp olive oil

salt and pepper to taste

1 sprig fresh basil

1 bay leaf

2 medium tomatoes, peeled and seeded

water

2 chilled young cucumbers

In a skillet combine the potatoes, olive oil, salt, pepper, a sprig of fresh basil, a bay leaf and tomatoes. Add water to cover. Cover and cook for 20 minutes over medium high heat.

Peel the cucumbers and quarter each one lengthwise. Season with salt and pepper and add them to the potatoes. Serve at once. The taste of hot potatoes and the fresh raw cucumbers is a happy surprise.

## Mayflower Cauliflower Casserole

2 10oz packages frozen cauliflower

1 tbsp margarine

1 tbsp flour

salt and pepper to taste

1/2 cup soy milk

1 cup grated soy cheese

1/4 cup cracker crumbs

1 tbsp melted margarine

Cook the cauliflower according to package directions. Drain and place in a greased 1 1/2 quart casserole.

In a skillet over low heat melt 1 tbsp margarine. Add the flour, salt and pepper. Cook, stirring constantly, until smooth. Gradually add the soy milk and stir constantly until the mixture thickens. Add the soy cheese and stir until it melts. Spoon this sauce over the cauliflower.

In a small bowl, combine the cracker crumbs and 1 tbsp melted margarine. Sprinkle the mixture over the cauliflower. Bake at 325F for 20 minutes or until thoroughly heated. Makes 4 – 6 servings.

## **Ginger's Hawaiian Ginger Beets**

1 13 ½ oz can pineapple tidbits

1/3 cup vinegar

1/3 cup water

1/3 cup sugar

4 tsp cornstarch

1/2 tsp salt

2 tbsp margarine

1/2 cup sliced onions

2 16oz jars whole beets, drained

2 tbsp chopped preserved ginger

Drain and reserve the syrup from the pineapple. In a bowl, combine the pineapple syrup, vinegar, water, sugar, cornstarch and salt. Blend well. In a skillet melt the margarine and sauté the onion until tender. Add the syrup mixture and cook, stirring constantly, until thick and clear. Add the beets and the ginger. Simmer to blend the flavours, about 15 minutes. just before serving, add the pineapple tidbits and heat through. Makes 6 servings.

## **Plan B Green Beans with Basil**

3 cups fresh green beans (cut in 1 inch lengths)

2 – 3 tbsp margarine  
1/2 cup chopped onion  
1/4 cup chopped celery  
1 minced garlic clove  
1/2 tsp dried rosemary  
1/2 tsp dried basil

In a covered stock pot cook the beans for 10 minutes in boiling salted water. Drain. Stir in remaining ingredients and replace the cover. Cook for 10 minutes or until tender. Makes 6 to 8 servings.

## **Jack and the Beanstalk Bean Pot**

1 lb pinto beans  
water  
2 tsp salt  
2 large onions, diced  
4 cloves garlic, minced  
7oz can green chillies, chopped  
30oz can tomatoes  
6oz can taco sauce (or salsa)  
1/2 tsp cumin seed

Soak beans overnight in cold water to cover. Drain and rinse the beans, then cover them generously with fresh water. Add salt and cook over moderate heat for 1 hour, adding water if needed. Combine the onions, garlic, chillies, tomatoes and taco sauce and stir into the beans. Stir in cumin and simmer for 1 1/2 hours. Makes 6 servings.

## **Roy Hinkley's Spanish Rice**

2 cups brown basmati rice  
4 cups vegetable stock  
2-3 tbsp olive oil  
1 bunch green onions including tops, chopped

1 cup chopped parsley  
1 green bell pepper, chopped  
4 – 6 cloves garlic, crushed  
1/4 cup chilli powder  
1 tsp cumin  
1 tsp oregano  
16oz can tomatoes, crushed  
2 7oz cans diced green chilies

In a large pot, bring the rice and broth to a boil. Reduce the heat and cook for 45 minutes.

Meanwhile heat the olive oil and sauté the green onions, parsley, green bell pepper, garlic, chili powder, cumin and oregano for 4-5 minutes. add the rice, tomatoes and diced green chillies. Mix well and transfer the mixture to a baking dish. Bake at 400F for 30 minutes. serve with green salad. Makes 6-8 servings.

## **Uncle Ramsey's Curried Rice and Raisins**

2 2/3 cups uncooked rice  
1/2 cup raisins  
1 tsp salt  
2 tbsp margarine  
1 tbsp curry powder  
2 more tbsp margarine

In a large stock pot bring water to boil as directed on the rice package. Add the rice and return to a boil. Reduce the heat and add the raisins, salt and 2 tbsp margarine. Cover and cook according to package instructions. Fluff with a fork while adding the curry powder and remaining margarine. Makes 12 servings.

## **Cannibals Cranberry Salsa**

1 6oz can orange juice concentrate, thawed  
1 cup fresh cranberries, washed and picked  
2 bell peppers, chopped (yellow and red)

1 chilli pepper, chopped and seeded

1 red onion, chopped

1/2 cup cilantro

1 tbsp cumin seeds

In a blender or food processor chop all of the ingredients together. Makes 3 1/2 cups.

# Good Housekeeping Recipes

## Caramelised Shallot and Mushroom Tart

300g (11oz) shallots

25g (1oz) margarine

300g (11oz) red onion, cut into wedges

1 tbsp golden syrup or maple syrup or brown rice syrup

150g (5oz) button mushrooms halved or quartered

2 level tbsp freshly chopped thyme plus extra sprigs to garnish

1 sheet ready-rolled puff pastry

Put the shallots in a pan of cold water and bring slowly to the boil (this makes them easier to peel and part-cooks them). Drain, cool, peel and halve.

Melt the margarine in a heavy based frying pan, add shallots, red onion and syrup. Cook over a low heat, stirring occasionally until shallots and onions are soft and dark brown – about 20 minutes.

Increase heat; add mushrooms. Cook, stirring, for 2-3 minutes. Season with salt and freshly ground black pepper and add thyme. Put onions and mushrooms into shallow 20.5cm (8in) cake tin. Preheat oven to 220C.

On a lightly floured surface, roll the pastry out thinly enough to fit the tin, put on top of shallot mixture and trim the edges.

Cook tart for 20-30 minutes or until pastry is brown and crisp. Upturn on place to present it onion side up. Garnish with fresh thyme sprigs.

## Roasted Fennel with Oranges and Dill Mash



2 fennel bulbs, cut into wedges

2 red onions, cut into wedges

2 tbsp olive oil

1.1kg (2 1/2 lbs) floury potatoes, such as King Edwards, peeled and cut into chunks

50g (2oz) margarine

2 oranges, peeled and segmented

50g (2oz) walnut halves, roughly chopped

juice of one orange

4 level tbsp freshly chopped dill

Preheat oven to 220C. Put the fennel wedges in a large roasting tin. Add the red onions and half the oil and season well. Roast for 45 minutes or until soft.

Meanwhile, put the potatoes in a large pan of cold, salted water. Cover and bring to the boil. Simmer gently for 15-20 minutes or until tender. Drain well, then add margarine, season with salt and pepper and mash until smooth. Keep warm.

Add the orange segments and walnuts to the vegetables in the roasting tin. Cook for a further 5 minutes.

Mix together the orange juice and the rest of the olive oil and season well to taste. Fold the dill through the mash then spoon onto four warm plates and top with the roasted vegetables. Drizzle over the orange juice and olive oil dressing and serve immediately.

## **Spicy Bean and Tomato Fajitas**

2 tbsp sunflower oil

1 medium onion, peeled and sliced

2 garlic cloves, peeled and crushed

1/2 tsp hot chilli powder

1 tsp each ground coriander and ground cumin

1 tbsp tomato puree

400g can chopped plum tomatoes in juice

220g can red kidney beans, rinsed and drained

1 x 300g can each borlotti and flageolet beans, rinsed and drained

150ml (1/4 pint) hot vegetable stock

2 ripe avocados, quartered, peeled and lightly mashed

juice of 1/2 lime

1 tbsp freshly chopped coriander, plus extra sprigs for garnish

pack of 8 flour tortillas

1/2 lime cut into wedges to serve

Green World Cookbook – Rachel Demuth

Laotian Hot Red Pepper Tempeh Stir Fry

230g tempeh

oil for shallow frying

2 tbsp sunflower oil

2 shallots, thinly sliced

3 garlic cloves, chopped

1 large red chilli, thinly sliced

1 red pepper, sliced

Sauce

1 tbsp Tamari

3 tbsp unrefined sugar

1 tbsp tamarind pulp or 1 tsp tamarind concentrate

2 tbsp water

flat rice noodles enough for 4 servings

fresh coriander, chopped

Cut the tempeh into thick matchsticks and shallow fry until crisp and golden. Drain on kitchen paper.

Make up the sauce by combining the ingredients in a bowl.

Heat the wok and add the oil. When it's hot, add the shallots and stir fry for a minute. Add the garlic and chilli and quickly stir-fry these, then add the red pepper and stir fry for a couple more minutes. Finally add the tempeh.

Stir the sauce into the stir fry and cook over high heat, tossing the tempeh mix until the sauce begins to caramelise and becomes glossy.

Place the noodles in a large bowl, cover with boiling water and leave to stand for 4 minutes. Drain.

Pile the noodles on plates, spoon on the stir fry and garnish with fresh chopped coriander.

Rosemary Linguine with Onion, Roasted Garlic, Mushroom and Walnut Sauce

Serves 4

2 tbsp extra virgin olive oil

1 sprig fresh rosemary, destemmed

1 tbsp fresh thyme, destemmed

1 bay leaf

2 red onions, peeled and thinly sliced

250g mushrooms, quartered

1 whole bulb of garlic, unpeeled

125g walnuts, toasted

125 ml red wine

125 ml water

1 tbsp shoyu

salt and freshly ground black pepper

75g-100g fresh linguine pasta per serving

freshly chopped parsley

Heat the olive oil in a frying pan, add the fresh herbs and stir fry until fragrant.

Add the onions and sauté until soft, brown and caramelised. Add the mushrooms and stir fry until they begin to brown at the edges.

In a hot oven, roast the unpeeled garlic until soft, this should take about 15 minutes. Leave to cool and then squeeze the garlic cloves out of their skins.

Toast the walnuts lightly under the grill.

Add the roasted garlic, toasted walnuts, wine, water and shoyu to the mushrooms and onion mixture. Bring to the boil, turn down the heat and simmer until the sauce is reduced to a syrupy consistency. Season to taste with salt and freshly ground black pepper.

Cook the linguine according to instructions.

Re-heat the sauce in a large pan and then add the cooked linguine a little at a time, until the proportions of pasta to sauce look right. You may not need all the linguine. Mix the linguine in and serve at once garnished with fresh parsley. Serve with a simple crisp green salad.

### Tibetan Momo with Shamdur Sauce

Serves 8

#### Pastry

200g plain white flour

200g wholemeal flour

1 tsp bicarbonate of soda

water to mix a soft dough

285g plain tofu in small cubes

#### Marinade

4 tbsp shoyu

1 tbsp sweet chilli sauce

1 tsp apple juice concentrate

2 cm fresh ginger root, grated

1 tbsp sunflower oil

1 bunch spring onions, finely chopped

1 green chilli, finely chopped

4 garlic cloves, finely chopped

1/2 tsp ground cumin

1/2 tsp ground nutmeg

1/2 tsp ground cinnamon

100g shitake mushrooms finely chopped

salt and pepper to taste

sunflower oil for deep-frying

#### Shamdur Sauce

2 garlic cloves, crushed

2 tbsp shoyu

1 tbsp sweet chilli sauce

1 tsp tomato puree

Mix the garlic, shoyu, sweet chilli sauce and tomato puree together

#### Pastry

First make the pastry. Mix the flours together, then add the bicarbonate of soda, making sure there are no lumps. Mix well and then slowly add cold water, a little at a time. Use your hands to form a soft dough and set aside.

Drain the liquid from the tofu and cut into little cubes.

#### Marinade

For the marinade, mix together the shoyu, chilli sauce and apple juice concentrate and add the squeezed juice from the grated ginger. Add the tofu and leave to marinate for 30 minutes

Lightly stir fry the spring onions, chilli and garlic in the sunflower oil. Add the spices and the mushrooms and stir fry for a couple of minutes. Add the tofu and all the marinade and stir fry for a few more minutes until the mixture has absorbed most of the liquid. Season to taste.

On a well floured surface, roll out the pastry to 1/4 cm thickness and cut out about 20 x 18cm circles. Take a large teaspoon of the filling and place in the middle of each pastry circle. Fold the circle in half making a half moon shape. Pinch the edges together firmly so none of the juices can escape when cooking. The idea is to get the Momo to sit up, so that the pinched edge will be uppermost. Squash the Momo down onto it's base so that it looks like a min pasty. Pinch the edges to look like a three cornered hat.

Heat the oil for deep frying and fry until golden. You can also bake them until crisp.

Serve piping hot and dipped in the Shamdur sauce.

### Gumbo Ya Ya with Yellow Corn Bread

2 tbsp olive oil

1 onion, diced small

1 small leek, cut in 1cm thick half moons

6 garlic cloves peeled and finely chopped

3 hot red chillies deseeded and finely sliced

1 tsp paprika

1 small red pepper, sliced in 1cm wide fingers

1 small green pepper, sliced in 1cm wide fingers

2 sticks celery, washed and sliced

300 ml passata

100 ml water

1 medium sized sweet potato, peeled and cut into 3cm chunks

50g sun-dried tomatoes, halved

100g fresh okra, washed, topped, tailed and cut into thirds

2 tbsp fresh thyme, de-stemmed

salt and freshly ground black pepper

Fry the onions in olive oil until soft and translucent. Stir in the sliced leeks and fry for a few minutes before adding the garlic, chilli and paprika.

Add the peppers and celery and stir fry, then add the passata and water and bring to the boil.

Turn down to a simmer; add the sweet potato and sun-dried tomatoes and simmer for 15 minutes until the sweet potato is just tender. You may need to add a little more water if the Gumbo gets too thick.

Finally, add the okra and fresh thyme and season with salt and freshly ground black pepper. Simmer gently for 10 minutes.

#### Yellow Cornbread

200g fine yellow cornmeal

50g brown rice flour

4 tsp baking powder

1 tbsp unrefined sugar

1 heaped tsp paprika

1/2 tsp salt

75ml sunflower oil

1 tbsp sunflower margarine, melted

200ml water

100ml soya cream

80ml apple juice

Preheat the oven to 200C



Grease and line a 450g loaf tin with baking parchment.

Mix all the dry ingredients together in a large bowl. Then mix the all the wet ingredients together and add these to the dry ones. Mix to a smooth batter.

Pour this batter into the prepared loaf tin and bake in the middle of the pre-heated oven until golden: about 45 minutes. Test that it is cooked with a skewer: if the skewer comes out dry the cornbread is cooked through.

Leave to cool before cutting.

To serve

Serve the Gumbo in a bowl with large slices of cornbread and a green leaf salad.

Brandied Portobello Mushrooms on a Tomato Cashew Crust

Serves 6

For the crust

100g cashew nuts, ground

100g ground almonds

100g white breadcrumbs

4 garlic cloves, crushed

100g margarine

pinch of salt

For the mushrooms

6 large portobello mushrooms or 12 medium

1 tbsp olive oil

6 garlic cloves, thinly sliced

1 tbsp fresh rosemary

1 tbsp fresh thyme

For the marinade

200ml white wine

100ml brandy

100ml water

3 tbsp shoyu

1 tbsp apple concentrate

For the tomatoes

3 tomatoes, each cut into 4 slices

1 tbsp olive oil

Pre-heat the oven to 180C. Line a baking tray with baking parchment and grease 6 x 8cm muffin rings.

For the crust

Blend the ingredients together in a food processor. Place the muffin rings on the baking tray, divide the mixture between them and press down lightly. Bake in the pre-heated oven for 20 minutes or until golden. Leave to cool a little and then slip the rings off.

For the mushrooms

Slice off the stalks and place the mushrooms in an oiled baking dish just big enough for them to fit in tightly. Sprinkle with slices of garlic, rosemary and thyme. Make up the marinade and pour over the mushrooms. Bake in a preheated oven for 30 minutes. Remove the mushrooms from the marinade and set aside. Strain the marinade into a saucepan and reduce to a thick sauce.

For the tomatoes

To cook the tomatoes place the slices on a baking tray, drizzle with olive oil and bake for 10 minutes in the preheated oven.

To reheat, place the crusts on a baking tray, top with two slices of tomatoes and the one or two mushrooms, depending on size, each mushroom cut into quarters and fanned out on top of the tomatoes. Drizzle with a drop of olive oil and a good twist of black pepper and reheat for 10 minutes. Heat up the sauce.

To serve

Place a mushroom topped crust on each plate and spoon on the sauce. Serve with steamed broccoli, spinach or curly kale.

# Indian Vegetarian Cookery

## Alu tamatar piaz tarkari (Potato, tomato and onion tarkari)

2 tbsp vegetable ghee

2 onions, chopped

1lb (450g) potatoes par-cooked

2 tsp salt

1 inch (2.5cm) piece ginger finely chopped

1 tsp soft brown sugar

1/2 tsp paprika or chilli powder

1/2 tsp turmeric powder

1 lb (450g) tomatoes chopped

2 green chillies, sliced

1/2 tsp garam masala

chopped coriander leaves

Heat ghee and gently fry the onion with the chopped potatoes, salt, paprika and turmeric in a covered pan. When nearly cooked add the tomato, chillies, ginger and sugar. Raise the heat, shake to prevent sticking and cook till the potatoes are ready, Server sprinkled with garam masala and coriander leaves.

## **Guda Kofta (marrow balls)**

1lb (450g) marrow

2 green chillies, finely chopped

1 onion, finely chopped

2 tbsp gram flour

1/2 tsp salt

ghee/oil for frying

Peel the marrow and chop. Boil in minimum water till soft. Mix in the rest of the ingredients and form into small balls with the help of some dry flour. Deep fry in oil. Serve hot with sauce, garnished with coriander leaves.

## **Baingan bharta (Aubergine Puree)**

This is a popular bharta in the Pujab

1 lb (450g) aubergines

3 tbsp vegetable ghee

1 onion, finely chopped

2 tomatoes, chopped

1 dessertspoon chopped coriander leaves

1 tsp coriander powder

1/2 tsp paprika or chilli powder

1/2 tsp turmeric powder

1/2 tsp cumin powder

1 tsp fennel seeds ground

1 tsp salt

Roast the aubergines till the skin blackens and the flesh becomes soft. Peel and mash. Heat the ghee and lightly fry the onion, tomatoes, and coriander leaves. Add the spices and salt and stir fry for two minutes. Add the aubergine pulp and cook on a low heat for five more minutes. Serve with chapattis or as a curry side dish.

## **Sag bharta (Spinach puree)**

1lb spinach leaves

1 turnip, swede or parsnip

1 tsp salt

1 tbsp vegetable ghee

1 onion, finely chopped

1/2 inch (15mm) piece ginger finely chopped

1/2 tsp paprika or chilli powder

Wash the greens and turnip and cut fine. Boil in a covered pan with a cup of water and the salt. When tender, remove from the heat and mash. Heat ghee and lightly fry the onion, ginger and paprika for two minutes. Add the mashed greens and stir fry till the excess moisture has been driven off.

## **Patiya (Potato and Green Bananas)**

1lb (450g) potatoes, cubed

1/2 lb (225g) green bananas, peeled and sliced

1 tsp salt

1 tsp black pepper

1 tsp turmeric powder

2 cups water

1 fresh coconut, grated

1 tbsp vegetable ghee

a few curry leaves

2 tsp mustard seeds

Put the potatoes and a banana in pan and sprinkle with salt, pepper and turmeric. Cover with water and boil till tender, adding extra water if necessary. When the potatoes are nearly done. Add the grated coconut and cook for a further ten minutes. Heat the ghee and fry the curry leaves and mustard seeds. When the seeds begin to jump, stir into the patiya. Serve with a curry or rice and tomato chutney. Patiya come from South India

## **Kadu fugath (Pumpkin or marrow foogath)**

Foogaths are vegetables fried with onions and a little masala. The following recipe comes from Maharashtra.

3 tbsp vegetable ghee

1 onion

1/2 tsp turmeric powder

1/2 inch (15mm) piece ginger

2 cloves garlic

1/2 tsp paprika or chilli powder

1lb (450g) pumpkin or marrow, peeled and cubed

juice of 1/2 lemon

1/2 tsp salt

Heat the ghee and lightly fry the onion. Grind together the turmeric, ginger, garlic and paprika to form a paste. Stir this into the fried onion with the pumpkin pieces, lemon juice and salt. Add a little water and cook over a medium heat until tender.

## **Arbi ki kari (Yam curry)**

1 1/2 lbs (675g) yam

vegetable ghee for frying

2 onions, chopped

1 inch (2.5 cm) piece ginger finely chopped

2 green chillies, chopped

1 tsp salt

1/2 tsp paprika or chilli powder

1 1/2 tsp coriander powder

1/2 tsp garam masala

Wash, peel and soak the yam in salted water for half an hour. Drain and cut into cubes. Deep fry till tender and drain. In a separate pan fry the onions in 2 tbsp of ghee, add the spices and fry for a few minutes. Stir in the yam and fry gently for 5 minutes. Garnish with chopped coriander leaves and serve hot with rice.

## **Phali ki kari (Peanut Curry)**

2 onions, chopped

2 tbsp vegetable ghee

1 cup grated coconut

1 tsp poppy seeds

1 tsp coriander seeds

1/2 tsp turmeric powder

1/2 tsp paprika or chilli powder

1/2 lb (225g) peanuts

2 tomatoes, chopped

1 tsp soft brown sugar

1 tsp salt

coriander leaves

Fry the onion in ghee till golden. Grind the coconut with poppy seeds, coriander, turmeric and paprika to make a paste. Add the paste to the fried onion and fry for a few minutes. Stir in the nuts, tomatoes, sugar and salt. Fry for a further two minutes and add a cup of hot water. Cook gently till the nuts are tender. Garnish with chopped coriander leaves and serve hot with puris.

## **Aru chaval (Peach Rice)**

2 cups rice

2 tbsp vegetable ghee

1 dessertspoon mustard seeds

1 dessertspoon black (urhad) dal

1/2 tsp paprika or chilli powder

1 cup grated coconut

1 lb (450g) peaches, sliced

1/2 tsp turmeric powder

10 cashew nuts

1 dessertspoon sultanas

a few curry leaves

1 tsp salt

Wash the rice, cook as per label instructions, drain and keep hot. Heat ghee and fry the mustard seeds, dal and paprika. Add the coconuts and peaches and fry for 5 minutes. Add turmeric, cashew nuts, sultanas, curry leaves and salt and fry for a few more minutes. Stir into the cooked rice, mix well and serve hot with chutney.



## Japanese Cooking: Contemporary & Traditional - Miyoko Nishimoto Schinner

### Kenchin Jiru (Japanese Tofu and Vegetable Stew)

About 7 cups slivered, sliced or diced vegetables: traditionally, taro root, carrots, daikon, potatoes, and something green such as snow peas (mangetout)

2 tbsp oil

1 lb tofu

6 cups Konbu to Shiitake no Dashi (Konbu-Shiitake Stock (see below) or, a commercial veggie stock can be used with slightly different results)

1/2 tsp sea salt

4 to 6 tbsp soy sauce

1 to 2 tsp fresh grated gingerroot

1 tsp dark sesame oil

Prepare the vegetables so that they are all roughly the same size and thickness (all root vegetables cut into matchsticks or sliced, etc) so that they will cook evenly.

Heat oil in a large pot. Crumble the tofu by hand, add to the oil, sautéing for a few minutes. Add the vegetables and sauté for a couple of minutes more. Add the stock and sea salt and bring to a simmer. Partially cover and cook until the vegetables are tender. Flavour with soy sauce, cook for another couple of minutes, then turn off the heat. stir in the ginger and sesame oil and serve.

### Konbu to Shiitake no Dashi (Konbu-Shiitake Stock)

3 x 4 inch piece konbu

5 large or 10 small dried shiitake mushrooms

1 quart water

soak the shiitakes and konbu in the water for at least 2 hours. Bring to a boil and simmer for 15-20 minutes. Remove the shiitake and konbu (can be used for other dishes).

### Nasu no Dengaku (Japanese Style Fried Eggplant with Miso Sauce)

4 japanese eggplants

oil for frying or grilling

for the Dengaku (sweet Miso sauce)

1/3 cup mild white miso

2 tbsp mirin

3 tbsp sugar or other sweetener

Cut the eggplants in half lengthwise. Heat the oil to 375F, or until the eggplants dropped in the hot oil first sink but fairly rapidly float to the surface. Fry until golden brown, then drain on absorbent paper. (alternatively, the cut side of the eggplants can be brushed with oil and grilled on the hibachi or BBQ grill, or under a broiler until tender). Mix the remaining ingredients to make the dengaku and spread on top of each eggplant. Serve immediately.

Karei Udon (Japanese Style Curry Udon)

4 tbsp oil

1/2 cup plus 2 tbsp flour

1 to 2 tbsp curry powder

5 cups hot vegetable or mushroom stock

4 tbsp soy sauce

2 tsp maple syrup or other sweetener

8 to 10 ounces udon noodles, or 4 bundles

water for boiling udon noodles

3 to 4 scallions or green onions, chopped

In a 2 quart saucepan, heat the oil. Add the flour and cook, stirring for a minute over low heat. add the curry powder and cook another minute. Whisk in the hot vegetable stock all at once: it will thicken almost instantaneously. Add the soy sauce and sweetener and cook until thick enough to coat the back of a wooden spoon.

Meanwhile, cook the udon in a large pot of boiling water. When al dente, drain well, rinse and place into 4 large bowls. Fill each bowl with curry sauce, top with scallions and serve immediately.

Ramen

3 to 3 1/2 cups vegetable stock

3 cups sliced cabbage

2 tbsp sake

3 tbsp soy sauce

6 oz dried or fresh ramen or chukka-soba noodles (vermicelli)

6 oz vegetarian 'ground beef' or 'sausage' or reconstituted textured vegetable protein

1/2 bunch scallions, chopped

2 tsp sesame oil or 1 tsp chili sesame oil

Bring the vegetable stock to a boil. Add the cabbage, sake and soy sauce, and simmer for 3-4 minutes. Add the noodles. If you are using dried noodles, cook for a couple of minutes, then add the fake 'meat'. Simmer until the noodles are tender, usually another couple of minutes. If the noodles have soaked up too much liquid, add a little more broth. Add the scallions and sesame oil, divide the noodles between two large donburi (ramen bowls) and serve immediately.

Enoki no Saka-Mushi (Japanese Style Enoki Mushrooms with Sake)

3 1/2 oz enoki mushrooms

2 tsp extra virgin olive oil

2 tbsp dry sake

salt to taste

Preheat oven to 375F

Trim the bottom 1/2 inch off the enoki mushrooms. Break into 2 or 3 clumps and place in a small baking dish. Drizzle on the olive oil and sake, sprinkle with salt. Cover and bake for 10 to 15 minutes. Serve as an appetizer.

Oyako Donburi (Japanese Rice Bowl with vegan 'chicken' and 'egg')

1 1/2 to 2 cups dashi (vegetable or mushroom stock)

4 tbsp soy sauce

3 tbsp mirin

1 tbsp sweetener (sugar, maple syrup, brown rice syrup etc)

1 onion, sliced

8oz seitan 'chicken' pieces or marinated / baked tofu

8 oz silken tofu

5 tbsp cornstarch or arrowroot

dash or turmeric for colour (optional)

5 to 6 cups cooked, hot rice

Place the dashi (stock), soy sauce, mirin, sweetener, and onion in a skillet and simmer gently over medium-low heat for about 5 minutes. Add the seitan pieces and continue to simmer gently, stirring occasionally until the onions are very tender. There should still be enough liquid in the pan to come up part way in the seitan. Puree the tofu, cornstarch and turmeric in a blender until smooth. Pour into the simmering mixture, but do not stir. Swish the pan around a bit to allow some of the liquid to come over the tofu.

Cover the pan and simmer until the tofu is firm to the touch, about 7 minutes.

Divide the rice into 3 donburi (large, deep bowls). Lift out the mixture with a spatula and top each bowl with some. Pour additional sauce on top.

### Miso Soup with Tofu and Scallions

1/4 to 1/2 lb tofu

2 to 3 scallions

1 quart Konbu to Shiitake no Dashi stock (see below)

1/3 to 2/3 cup light miso

Cut the tofu carefully into little 1/2 inch cubes. Sliver the scallions as thinly as possible.

Heat the dashi(stock) until it comes to a simmer. Add the tofu and allow to heat for a minute. Turn off the heat. Dissolve the miso into it, adjusting the amount to taste. Add scallions and serve immediately.

### Konbu to Shiitake no Dashi (Konbu-Shiitake Stock)

3 x 4 inch piece konbu

5 large or 10 small dried shiitake mushrooms

1 quart water

soak the shiitakes and konbu in the water for at least 2 hours. Bring to a boil and simmer for 15-20 minutes. Remove the shiitake and konbu (can be used for other dishes).

### Wakame Salad with Japanese Style Dressing

Per serving:

Approximately 1 to 2 tbsp dried, chopped wakame soaked in 1/4 cup water

Reconstitue the wakame in the water for 10 minutes. it will swell and come to life. Drain.

Create a leafy salad of lettuce, tomatoes, grated carrots, cucumbers, red onions etc and top with the wakame. Pour on Wa Fu dressing:

mix together

1/2 cup soy sauce,

1/3 cup unrefined sugar or sweetener,

add 3/4 cup rice wine vinegar,

1 tbsp sesame oil,

1 tbsp toasted sesame seeds.

Okonomiyaki (Savoury Vegetable Pancakes)

2 cups water

1/4 lb regular tofu

2 1/2 cups unbleached white flour

1 tsp salt

2 tsp baking powder

4 to 5 cups thinly sliced or slivered vegetables such as: onions, celery, carrot matchsticks, cabbage, broccoli, green beans, mushrooms etc

Puree the water and tofu in a blender until smooth. Combine the flour, salt and baking powder in a large bowl and mix well. Pour in the tofu/water mixture and mix slightly. Add the vegetables and mix well to combine.

Cook large pancakes on a lightly oiled skillet or griddle over medium heat until browned on both sides. Serve while hot with soy sauce.

Karei Rice (Japanese Style Curry Rice)

2 tbsp oil

2 large onions, sliced

2 cloves garlic, minced

2 – 6 tbsp curry powder depending on how strong you want it

1/2 to 3/4 cup flour

3 cups vegetable stock

1 apple, peeled and grated to a fine pulp

3 tbsp soy sauce

2 tbsp unrefined sugar or syrup sweetener

2 cups potatoes, cubed

2 carrots cut into 1/4 inch slices

meat substitute such as 1 cup TVP, 1 cup seitan, 1 package smoked tofu, 5 or 6 veggie hot dogs etc

1/2 cup soymilk

1 cup broccoli florets or string beans

1 cup corn kernels (optional)

Lots of cooked rice

Heat the oil in a heavy bottomed 3-quart saucepan. Add the onions and garlic, cover and sauté, stirring occasionally, until the onions are translucent and soft. Add the curry powder and sauté for a couple of minutes. Add the flour and cook for another two minutes. Pour in the stock and whisk until smooth. Add the apple, soy sauce, sweetener, potatoes, carrots and meat substitute of choice, cover and simmer for 15 minutes. Add the soymilk, broccoli and corn, and cook for another 10 minutes or so until tender. Add more soy sauce, curry powder or stock to taste. To serve, pour a generous amount of rice on a plate.

Yasai Korrokeh (Japanese style Vegetable Croquettes)

1 1/2 lbs well-scrubbed potatoes

1/3 cup soymilk

2 carrots diced small and steamed briefly until tender-crisp

1/2 to 3/4 cup fresh or frozen green peas

1/2 to 3/4 cup fresh or frozen corn

1 tbsp soy sauce

black pepper to taste

flour for coating

1 cup soymilk for dipping

2 cups panko (dry bread crumbs)

oil for deep frying or non-stick cooking spray for baking

1/2 cup ketchup

3 tbsp soy sauce

Place the potatoes in a pot with water to cover and bring to a boil. Turn down the heat and cook until tender. Allow to cool before handling, then slip the skins off. Place half the potatoes in a food processor and process for a minute until smooth. The resulting mixture should be slightly elastic. (this helps to bind together). Mash the remaining potatoes in a bowl and combine with the soymilk and processed potatoes. Mix in the vegetables and flavour with the 1 tbsp soy sauce, salt and pepper. Form 10 to 12 small croquettes about 1/3 to 1/2 inch thick. Coat each with flour, dip in the soymilk and coat well with the bread crumbs.

To cook, either use the traditional method of deep-frying in oil until golden brown or place on a baking sheet that has been sprayed with non-stick cooking spray, spray the croquettes well and then bake for 15-20 minutes at 400F until crispy and brown.

To make the dipping sauce, mix the ketchup with the 3 tbsp soy sauce.

Serve hot.

Daikon Salada (Daikon Salad with Lime-Ume Dressing)

1/3 cup freshly squeezed lime juice

1/3 cup unrefined sugar

1 tbsp ume (salted ume plum paste)

12 oz daikon, peeled and cut into thin matchsticks

any soft leaf lettuce for garnishing

1 sheet nori, slivered

Mix the lime juice, sweetener and ume paste well. Combine with the daikon and toss. Place a mound of daikon on a lettuce leaf, top with nor slivers and serve immediately.

Roasted Asparagus with Lime Ponzu Sauce

For the lime ponzu sauce:

1/4 cup lime juice

1 tbsp soy sauce

1/2 tsp salt

1 tbsp sweetener (ie unrefined sugar, concentrated fruit syrup etc)

2 – 3 tbsp mirin

1 lb asparagus

1 to 2 tbsp olive oil

salt, to taste

2 tsp toasted sesame seeds

Combine all the ingredient for the sauce.

Preheat the oven to 400F. Wash and trim the tough bottoms of the asparagus. Toss the asparagus with the olive oil and sprinkle with salt to taste. Place on a baking sheet and place in the oven for about 10 – 15 minutes (depending on the thickness of the asparagus), until the asparagus is tender-crisp. Place a few stalk on each plate and pour on the Lime Ponzu Sauce and sprinkle with the sesame seeds.

Joy of Vegan Cookery – Amanda Grant

Corn, Coconut, Lime and Basil Soup

4 cobs of corn

2 tbsp vegetable oil

2.5cm (1 inch) piece fresh root ginger peeled and grated

2 shallots, sliced

1 jalapeno chilli, seeded and finely chopped

3 kaffir lime leaves or zest of 1/2 lime

120ml (4oz) unsweetened coconut milk

large handful of fresh basil leaves

2 limes, each cut into chunks to serve

Scrape the kernels from the cobs with a sharp knife and put the kernels in a bowl. Set aside.

Break each of the cobs into 2-3 pieces, put them in a large saucepan and add 1.5 litres (2 3/4 pints) water. Bring to the boil then reduce the heat and simmer, covered, for 1 hour. You will need to skim the foam from the top of the liquid with a large spoon, especially for the first 30 minutes. Strain the stock through a fine-mesh strainer or cheesecloth.

Heat the oil in a clean saucepan and add the ginger, shallots and chilli. Fry gently for 5 minutes, stirring



frequently, until the shallots are softened. Add the kaffir lime leaves or lime zest, reserved corn stock (or the equivalent volume of vegetable stock) and coconut milk. Bring up to the boil, then reduce heat immediately and simmer for 5 minutes. Add water, if necessary, to achieve the texture you prefer. Add the reserved kernels and simmer for another 5 minutes.

Ladle the soup into warm bowls. Stack about 6 basil leaves together, roll them into a cigar shape and slice thinly. Repeat with the remaining basil. Scatter the basil strips over the soup. Serve with wedges of lime.

### Vivid Beetroot and Horseradish Gnocchi

450g (1lb) raw beetroot, unpeeled

1 red onion, chopped

sprig of fresh rosemary

sprig of fresh thyme

2 lemon quarters

1 tbsp olive oil

5cm (2inch) piece of fresh horseradish root, peeled and grated

340g (12oz) gnocchi

salt and black pepper to taste

handful of fresh thyme leaves to serve

preheat the oven to 160C/325F. Trim the beetroot and put them in a roasting pan with onion, herbs and lemon quarters. Drizzle the olive oil over them and season well with salt and pepper. Cover pan with foil and roast for 2 hours. Leave to cool.

Slip the skins off the beetroot (they should come off easily) and cut the flesh of half of them into chunks. Put the chunks in a food processor and process to a puree. Finely chop the remaining flesh and add it to the puree. Season to taste with salt and pepper and add horseradish to taste. Transfer the puree to a saucepan and warm through gently.

Bring a large saucepan of water to the boil and cook the gnocchi according to the instructions on the

packet. Remove the gnocchi with a slotted spoon and divide them between 4 warm plates. Top with the beetroot sauce, scatter thyme leaves over each serving and serve.

#### Warm Cumin and Coriander Spinach on Garlic Mash

900g (2lb) of floury potatoes, peeled and cut into chunks

1 garlic clove

5 tbsp olive oil

2 tbsp whole-grain mustard

1 tsp cumin seeds

1 tsp coriander seeds

2 red onions, finely sliced

400g (14oz) fresh spinach leaves

juice of 1/2 lemon

salt and black pepper

lemon wedges to serve.

Bring a saucepan of water to the boil, add the potato chunks and simmer for about 15 minutes until tender. Drain and return the saucepan to the heat. Dry the potatoes over very low heat, shaking the pan gently.

Using a pestle and mortar, crush the garlic with 2 tbsp olive oil and a pinch of salt. Add the garlic oil to the potatoes and mash until they are smooth and creamy. Stir in the mustard and season with salt and pepper. Keep warm.

Dry fry the cumin and coriander seeds over moderate heat in a heavy based frying pan, stirring frequently, for a couple of minutes until they start to pop and go golden. Coarsely crush the seeds using a pestle and mortar.

Heat the remaining oil in a large saucepan, add the onions and cook gently for 10 minutes until they are soft but not coloured. Add the crushed spices and fry, stirring, for 1 minute. Add the spinach leaves, cover and cook for a couple of minutes until the wilt. Season with salt and pepper. Add the lemon juice and toss until the leaves are well coated.

Divide the garlic mash between 4 bowls, top with the spicy spinach and serve with lemon wedges.

#### A Very Modern Waldorf Salad

Juice of 1 lemon

4 ripe pears, cored and sliced

4 sticks celery, thinly sliced

3 carrots, grated

125g (4 1/2 oz) walnuts, coarsely chopped

150g (5 1/2 oz) raisins

1 tbsp fresh mint leaves, roughly chopped

For the dressing

2 tbsp red wine vinegar

1 tsp Dijon mustard

4 tbsp walnut oil

1 tbsp vegetable oil

salt and black pepper

Combine the lemon juice with 120ml (4oz) water in a large bowl. Add the pears and toss until they are coated. Leave for 10 minutes then drain.

Make the dressing: put all the ingredients in a screw-top jar and shake vigorously until they are thoroughly blended. Set aside.

Put the celery, carrots, walnuts and raisins into a serving bowl. Add the pears and fresh mint. Pour the dressing over the salad and serve.

### Red Cabbage with Sake on Rice Noodles

2 tbsp sesame oil

2 garlic cloves, crushed

1 red cabbage, finely sliced

8 spring onions, finely sliced

5 carrots, finely sliced

5 celery sticks

4 tbsp soy sauce

4 tbsp sake

350g (12oz) rice noodles

1 bunch of chives, finely chopped to serve

Heat the sesame oil in a saucepan. Add the garlic, cabbage, spring onions, carrots and celery and sauté over a moderate heat for 10 minutes until the vegetables are soft. Stir in the soy sauce and sake and simmer, covered, for a further 15 minutes or until the vegetables are cooked to your taste.

Meanwhile, cook the rice noodles according to the instructions on the packet.

Transfer the noodles to a large warm bowl, spoon the vegetables on top. Scatter fresh chives over the top. Serves 4.

### Sticky Golden Onion Tarts

3 tbsp olive oil

2 Spanish onions, sliced

2 leeks, cut diagonally into thin slices

1 red onion, cut into thin wedges

150ml (5oz) white wine

3 tbsp white wine vinegar

1 tbsp lemon juice

375g (13oz) puff pastry, thawed if frozen

salt and black pepper

handful of fresh chives, chopped

preheat the oven to 190C/375F. heat the oil in a saucepan or a frying pan with a lid. Add the Spanish onions, leeks and red onion and stir until coated with oil. Cover and cook very slowly and gently for 1 hour. Season generously with salt and pepper. Increase the heat, add the wine, vinegar and lemon juice. Stir until the wine has almost disappeared. Remove from the heat.

While the onions are cooking, roll out the pastry on a floured surface and use a saucer to cut out four 10cm (4inch) circles. Prick the bases all over with a fork. When the onions have been cooking for about 40 minutes, put a baking tray in the oven for 1 minute to heat. Place the circles on the baking tray and bake for 10-15 minutes until golden and puffy. Turn the circles over, spoon some sticky caramelised onions on to each one and bake for a further 5 minutes.

Put the tarts on 4 warm plates, scatter fresh chives over them and serve.

### Roasted Red Onions and Wilted Spinach with Sweet Potatoes

3 red onions, peeled and cut into thin wedges

150ml (5oz) extra virgin olive oil

100ml (3 1/2 oz) balsamic vinegar

4 large sweet potatoes

olive oil for frying

200g (7oz) baby spinach leaves

salt and black pepper

balsamic vinegar for drizzling

Preheat the oven to 225C/425F. Put the onions into an ovenproof dish and drizzle the olive oil and vinegar over them. Season with salt and pepper. Cover the dish tightly with a lid or aluminium foil. Pierce each potato a couple of times with a skewer. Put the onions and potatoes in the oven and bake for 1 hour. Remove the potatoes. Remove the foil or lid from the onions and bake for a further 15 minutes.

Heat a little olive oil in a wok or large frying pan. Add the spinach and cook over high heat for a couple of minutes until wilted. Halve the potatoes lengthways. Mix the spinach into the onions, divide the mixture between the potato halves and season well with salt and pepper. Drizzle balsamic vinegar over the top and serve.

### Individual Crispy Porcini Bakes

30g (1oz) dried porcini

2 tbsp olive oil, plus extra for drizzling

5 shallots, sliced

4 garlic cloves, chopped

450g (1lb) field mushrooms, sliced

340g (12oz) penne pasta

55g (2oz) fresh breadcrumbs

30g (1oz) pine nuts

handful of fresh thyme leaves roughly chopped

salt and black pepper

Pour 150ml (5oz) hot water over the porcini and leave to stand for 30 minutes. Drain and finely chop the porcini. Squeeze out their juice with your hands and reserve all the liquor.

Heat the olive oil in a frying pan. Add the shallots and garlic and sauté over a moderate heat for a few minutes until softened and golden. They must not brown. Add the field mushrooms and cook for a further 5 minutes. Stir in the porcini and their reserved liquor and boil rapidly for 5 minutes until syrupy.

Bring a large saucepan of water to the boil and cook the pasta according to the instructions on the packet. Drain and return the pasta to the saucepan. Add the mushrooms and toss well. Divide the pasta between 4 individual gratin dishes.

Turn the grill to high. Spread the breadcrumbs and pine nuts out on a baking tray and toast for about 2 minutes. Mix with the thyme and scatter the mixture over the pasta. Drizzle a little olive oil on top and pop the dishes under the grill until the topping is golden. Serve immediately.

#### New Potatoes and Petits Pois with Pungent Green Sauce

4 garlic cloves

handful of fresh coriander leaves

1 green pepper, seeded and coarsely chopped

120ml (4oz) olive oil

2 tbsp red wine vinegar

750g (1lb 10oz) new potatoes, unpeeled

200g (7oz) petits pois

salt and black pepper

Put the garlic and coriander in a food processor and process to a paste. Add the green pepper, oil and vinegar to the paste and process until smooth. Transfer to a bowl and season with salt and pepper. Cover and set aside.

Put the potatoes in a large saucepan of boiling water and simmer for about 15 minutes until they are almost cooked but still just firm in the centre when pierced with a sharp knife. Add the petits pois and continue to simmer for about 5 minutes until the potatoes are tender. Drain.

Transfer the potatoes and peas to a warm serving bowl, add the green sauce and coat well. Serve warm.

#### Olives with Fresh Rosemary and Orange

250g (9oz) mixed black and green olives, with pits

2 thick strips orange zest

3-4 sprigs fresh rosemary

handful of fresh flat leaf parsley roughly chopped

1 garlic clove, sliced

3 tbsp extra virgin olive oil.

Mix all the ingredients together in a serving bowl and leave to marinate for at least one hour.

Remove the rosemary sprigs and orange zest and serve in a bowl at room temperature.

Melon with Red Wine and Mint Sauce

100ml (3 1/2oz) dry red wine

2 tbsp golden icing sugar (or other sweetener)

60ml (2oz) red wine vinegar

finely grated zest of 1 orange

large handful of fresh mint leaves, roughly chopped

freshly ground black pepper

1 large ripe melon (Galia, cantaloupe, honeydew, etc)

handful of fresh mint leaves, to serve

Mix the wine and sugar in a saucepan and heat gently until the sugar has dissolved. Leave to cool.

Stir the vinegar, orange zest and mint into the wine syrup and season to taste with pepper.

Cut the melon in half and scoop out the seeds with a teaspoon. Cut each half lengthwise into 2 segments. Slice the flesh away from the skin of each segment by running a knife blade between the flesh and skin and cut the flesh into long thin strips.

Divide the melon strips between 4 plates and drizzle a little of the sauce over them. Add a scattering of mint leaves and serve with any remaining sauce.

Crunchy Baked Tomatoes with Lime, Onion and Chilli



8-12 medium sized vine-ripened tomatoes

2 bunches of spring onions, finely chopped

1 small red chilli, seeded and finely chopped

2.5cm (1 inch) piece fresh root ginger, peeled and finely chopped

2 garlic cloves, finely chopped

2 tbsp fresh basil leaves, roughly torn

a 50g (1 3/4oz) packet plain potato crisps (chips)

juice of 1 lime

juice of 1 orange

2 tbsp extra virgin olive oil

salt and black pepper

preheat the grill to high. Slice off the tops of the tomatoes and scoop out the seeds and juice with a teaspoon. Turn the tomatoes upside down as you do so to allow them to drain slightly. Dry the insides of the tomatoes with kitchen paper and season with salt and pepper.

Combine the spring onions, chilli, ginger and basil and mix well. Fill the tomatoes with this mixture and crumble a few crisps over the mixture. Drizzle the lime and orange juices and olive oil over the top of each tomato.

Put under the grill for about 2 minutes until the tomatoes are warm and the onion is just turning golden. Serve immediately.

#### Moroccan Spiced Couscous with Fruits

450g (1lb) couscous

250ml(8 1/2 oz) vegetable stock

pinch of saffron threads

55g(2oz) dried apricots, roughly chopped

55g(2oz) dates, stoned and roughly chopped

55g(2oz) raisins

pinch of chilli powder, preferably Kashmiri chilli powder

2 tbsp lemon oil or olive oil

juice of 1 lemon

415g(14oz) can chick peas, drained and rinsed

handful of fresh mint leaves roughly chopped

handful of fresh coriander leaves roughly chopped

75g (2 1/2oz) flaked almonds

salt and pepper

Preheat oven to 200C/400F. Put the couscous in an ovenproof dish. Mix the stock, saffron, apricots, dates and raisins in a saucepan and bring to the boil. Pour the hot stock and fruit over the couscous. Add just enough boiling water to cover the grains, but do not flood them. Set aside for 15 minutes.

Fluff up the couscous with a fork and season it with salt, pepper and chilli powder to taste. Drizzle the lemon or olive oil and lemon juice over and add the chickpeas. Mix the ingredients well, then cover the dish.

Bake the couscous for 15 minutes. Fluff up the grains, stir in the mint and coriander and return the couscous to the oven for a further 5 minutes. Meanwhile, dry fry the almonds in a heavy based frying pan over a moderate heat, turning or stirring frequently for 5 minutes until they are golden. Scatter almonds over the couscous and serve immediately. Serves 4.

### Chocolate Raspberry Hazelnut Cake

55g (2oz) hazelnuts

250g (9oz) self-raising flour

85g(3oz) cocoa powder

3 tsp baking powder

250g (9oz) golden caster sugar

1 1/2 tsp vanilla extract

120ml (4floz) corn oil

360ml (12floz) soya milk

125g (4 1/2oz) frozen raspberries

golden icing sugar, for dusting

preheat the oven to 180C/350F. Preheat the grill to high. Spread the hazelnuts on a baking tray and toast them under the grill, turning frequently, for 5 minutes or until golden. Cool, then chop finely. Grease a 20cm (8inch) cake tin and line the base with greaseproof paper.

Sift the flour, cocoa powder, and baking powder into a bowl. Mix in the sugar, then add the vanilla extract, oil and soya milk. Beat the mixture with an electric whisk until it has the consistency of a thick batter. Stir in the raspberries and hazelnuts. Pour into cake tin and bake for 40 minutes until the outside of the cake is cooked and the centre is still slightly squidgy. Cool on a wire rack. Alternatively, serve the cake warm as a dessert. Either way, dust the top with ice sugar before serving.

### Baked Bananas with Orange and Hazelnuts

Serves 4

4 firm bananas, unpeeled

1 tbsp lemon juice

125g (4 1/2oz) hazelnuts, roughly chopped

4 scoops non-dairy ice cream

juice of 1/2 orange

preheat the oven to 200C/400F. Put the bananas on a baking tray, brush them with the lemon juice and bake for 20 minutes or until they are dark and soft.

Meanwhile, dry-fry the hazelnuts in a heavy-based frying pan over a moderate heat, turning or stirring frequently, for 5 minutes until golden. Roughly chop the nuts.

Snip open the banana skins with scissors or a knife and put a scoop of ice-cream in the middle of each one. Drizzle the orange juice over the ice-cream and scatter the hazelnuts on top. Serve immediately.

### Treacle Tart

175g (6 1/2oz) ready-made shortcrust pastry, thawed if frozen

225g (8oz) golden syrup

finely grated zest and juice of 1 lemon

75g (2 1/2oz) fresh white breadcrumbs

Roll the pastry out on a lightly floured surface to a thickness of about 5mm (1/4in). Line a 20cm (8in) flan tin with the pastry and prick the base all over with a fork. Chill for 30 minutes.

Meanwhile preheat the oven to 190C/375F. Warm the syrup gently in a saucepan, then add the lemon zest and juice. Scatter the breadcrumbs over the pastry base and slowly pour in the syrup. Bake in oven for 25 minutes until the filling is set. Serve warm.

### Fresh Fruits in Wine with Basil

1 large ripe mango

1 large ripe papaya

450g(1lb) strawberries, hulled and sliced

2 bananas, peeled and sliced

4 apricots, stoned and sliced

1 bottle vegan organic white wine

handful of fresh basil leaves to decorate

Peel the mango and use a sharp knife to slice the flesh away from the stone. Cut the flesh into thin slices 2inches long and put in a bowl. Slice the papaya in half lengthwise, scoop out the seeds with a teaspoon and peel. Cut the flesh into thin slices about 2inches long and add them to the mango. Add the strawberries, bananas, apricots and mix well.

Dived the fruit between 4 large wine glasses. Pour enough wine over them to cover, scatter fresh basil on top and serve.

### Crispy Polenta Peppers and Courgettes with Balsamic Vinegar

2 red peppers, seeded and cut into thick strips

2 orange peppers, seeded and cut into thick strips

2 courgettes, cut into thick strips

2 carrots cut into thick strips

2 garlic cloves, crushed

2 tbsp extra virgin olive oil

1 tbsp balsamic vinegar

5 tbsp fine Polenta

pinch of paprika

Maldon sea salt and freshly ground black pepper

Vegetable oil for frying

Put the peppers, courgettes, carrots and garlic in a bowl and drizzle the olive oil and vinegar over them. Leave to marinade for at least 30 minutes, stirring occasionally. Drain. Discard the marinade.

Preheat the oven to 150C/300F. Line a plate or baking tray with kitchen paper. Mix the Polenta and paprika in a bowl and season lightly with salt and pepper. Heat 5mm (1/4inch) oil in a frying pan. Toss the vegetable strips in the Polenta and fry them in batches for 3-4 minutes until golden and crispy. Drain each batch on the kitchen paper and keep warm in the oven. Scoop out any excess Polenta with a slotted spoon and sprinkle the crumbs over the vegetables. Serve in a warm bowl.

### M'jaddara (Palestinian Rice with Lentils)

1 cup lentils (adas baladi, if available)

1/2 cup rice

1 1/2 tsp salt

3/4 tsp pepper

1 1/2 tsp cumin

1 onion

1/4 cup olive oil

wash the lentils under the running tap. Put them in a cooking pan with just one cup of water and bring them to a boil on high heat, it takes 5-7 minutes. Lower the heat and cook them covered for another 15-20 minutes or until all the water is absorbed. Add the washed rice, the salt, pepper, and cumin, add another cup of water, stir gently and leave to boil, then lower heat. At this stage of the cooking you can put a grid under the pot in order to make sure that the rice and lentils will not stick to the bottom of the pan.

While the lentils are cooking, peel and wash the onion and chop it into rings. Heat the olive oil in a frying pan and fry the onion rings until they turn golden. By this time, the cooking water of the lentil and rice mixture will have been almost absorbed: add the hot oil from the pan to the lentils, but do not add the onion rings, and stir gently with a wooden spatula. Leave to simmer for a few minutes until the liquid is totally absorbed, then remove from the stove and leave to rest for a few minutes before serving.

Use the onion rings to decorate the top of the serving plate and prepare a tomato salad to serve on the side.

### Salatet el-raheb (Palestinian Aubergine Salad)

3 large aubergines (about 900g / 2lb)

3 tomatoes, red and firm

salt and pepper to taste

Wash and dry the aubergines without removing the stems, then place them in a pan and grill them on high heat on top of the stove. It is possible to grill them in the oven for some 40 minutes but they do not acquire the same smoky flavour and are therefore less tasty. Turn them on all sides until the skin becomes hard and blackened, ten minutes a side, making sure not to pierce them in the process so as to preserve the liquid. Set aside to cool.

Meanwhile, wash and dry the tomatoes and cut them up into small cubes,

Peel the aubergines carefully. The skin comes off quite easily, however make sure that none of it remains with the now soft interior. Mash the pulp and add the salt and pepper.

Serve in a deep plate and spread the chopped tomatoes over the surface.

For the dressing:

3-4 garlic cloves

1 hot pepper

1/2 cup olive oil

3 tbsp freshly squeezed lemon juice

salt and pepper to taste

a few mint leaves to garnish

Wash the hot pepper and remove stem and seeds. Peel the garlic. Mash them both with a dash of salt with a heavy pestle and mortar. Add the oil gradually, all the time working the mixture and alternating with lemon juice. The sauce should be smooth. Add salt and pepper to taste and spoon out over the tomatoes. Garnish with whole mint leaves around the edges to form a crown.

Balilah (Palestinian ChickPea Salad)

3 cups chickpeas, cooked

3 spring onions or 1 medium onion

1 small bunch parsley (1/2 cup) chopped

1/4 cup lemon juice

1/4 cup olive oil

1 1/2 tsp salt

1 1/2 tsp cumin

1/3 pepper

If you are using spring onions, trim the ends while leaving a large portion of the green stems. Wash the parsley, cutting off the stems and set it aside to drain. On a wooden board, finely chop the onion and the parsley. Put them in a deep salad bowl, add the cooled chickpeas, the seasonings and the spices and mix thoroughly.

This salad is delicious when leftover, just make sure to refrigerate it in an airtight container. Add some chopped tomatoes for a light lunch.

#### Fried Cauliflower with Lemon

1 small cauliflower trimmed and cut, about 800g (1lb 14oz) florets

1/2 cup olive oil for frying

1/2 cup chopped parsley

2 garlic cloves

2 tbsp fresh lemon juice

1 tsp salt

1/2 tsp pepper

2 tbsp olive oil (optional)

Cut the cauliflower into small florets, wash them and towel them dry. Fry them a few at a time in the oil. Drain on paper towels or in a colander.

Once they have cooled, add the chopped parsley, chopped garlic, lemon juice and seasoning and stir well. Cover the salad and leave for two hours. You can add two tablespoons of fresh olive oil before serving.



## Grilled Peppers with Coriander Dressing

3 sweet red peppers

3 sweet green pepper

1/2 cup coriander leaves (cilantro)

3 garlic cloves

1/3 cup olive oil

salt and pepper to taste

Put the peppers in a pan and grill them whole – without removing the stem – in the oven for ten minutes on each side. When they are done, take them out of the oven and leave them to cool for half an hour before you peel and remove the stem and seeds. Cut them in long flat strips and put them on a flat serving plate, alternating a few green strips with red ones. Wash the coriander leaves and let them drip on a paper towel; meanwhile peel the garlic cloves and chop both very finely on a wooden board. Mix the garlic, coriander and salt and pepper in the oil and add to the peppers. Serve immediately.

## Ard el-shawkeh (Steamed Artichokes with Garlic Dressing)

4 whole artichokes, washed and steamed or boiled until tender

For the dressing:

3 tbsp freshly squeezed lemon juice

1/3 cup olive oil

2 garlic cloves

salt and pepper to taste

Once the artichokes are cooked to taste, remove them from the pan and tip over to drain and cool, then put them on a serving plate. Prepare the sauce and serve in a separate bowl or in four individual bowls.

Leith's Vegetarian Bible -Polly Tyrer

Coconut Leeks

450g / 1lb leeks

110g/ 4oz carrots

1 tbsp vegetable oil

1/2 tsp yellow mustard seeds

1/2 medium onion, finely chopped

2.5cm / 1inch piece of fresh root ginger, peeled and grated

1-2 green chillies, deseeded and sliced

6 cardamom pods, crushed

190ml / 1/3 pint coconut cream

salt and freshly ground pepper to taste

Trim the leeks and cut them in half lengthwise, wash thoroughly and cut into 2.5cm / 1 inch pieces, then cut into ribbons on the slicing blade of a grater.

Heat oil in a saute pan. Add the mustard seeds and fry until they begin to pop. Lower the heat, add the onion and fry gently until soft and transparent. Stir in the ginger, chilli and the cardamom pods and fry for a further 2 minutes.

Add the leeks, carrots and creamed coconut to the pan. Season with salt and pepper. Simmer for 10-15 minutes until leeks are tender and the coconut has reduced and thickened. Remove cardamom pods before serving.

Toasted Sage and Lemon Mushroom Sandwiches

4 portobello mushrooms, peeled and stalks removed

3 tbsp lemon flavored olive oil

juice of 1/2 lemon

grated zest of 2 lemons

salt and freshly ground black pepper

10 large fresh sage leaves, roughly chopped

8 slices of brioche (or crusty french bread) cut into rounds large enough to fit the mushrooms

vegan parmesan sprinkles to taste (optional)

Preheat the oven to 200C/400F.

Put the mushrooms into a large roasting tin, gill side up.

Pour over 2 tbsp of the oil, the lemon juice and half the zest. Season to taste with salt and black pepper and sprinkle with the sage leaves.

Bake the mushrooms on the top shelf of the preheated oven for 10-15 minutes or until tender.

Meanwhile, drizzle the remaining oil over one side of the brioche (or bread) rounds and divide the remaining lemon zest evenly between them. Put the brioche/bread under the grill and toast until lightly browned. Sprinkle on the parmesan (if using) and grill again for a minute or two.

To serve, put the brioche/bread, toasted side down, on 4 warmed individual plates. Put a mushroom on top of each round and finish with a second round on top, toasted side uppermost. Serve immediately.

#### Avocado and New Potato Salad in Paprika Dressing

For the dressing:

6 tbsp olive oil

2 tsp hot paprika

55g / 2oz sun dried tomatoes in oil, finely chopped

3 tbsp balsamic vinegar

1 green chilli, deseeded and finely chopped

salt and freshly ground pepper to taste

for the salad:

450g / 1lb baby new potatoes

1 x 225g / 8oz can of kidney beans

1 large, ripe avocado

225g / 8oz cherry tomatoes, halved

1 red onion, thinly sliced

a few basil leaves, to garnish

First make the dressing: heat 1 tbsp of the oil in a small, heavy based pan. Add the paprika and sun dried tomatoes and fry for 1 minute. Pour into a mixing bowl and whisk in the remaining oil with the vinegar and chilli. Season with salt and pepper.

Boil the potatoes in salted water for about 15 minutes or until just tender. Drain and toss in the dressing. Rinse and drain the kidney beans and add to the potatoes.

Cut the avocado in half and remove the stone, then peel. Cut the flesh into chunks about the same size as the potatoes. Add the cherry tomatoes and red onions. Toss together, pile into a salad bowl and garnish with the basil leaves.

Baked Baby Plum Tomatoes and Baby Leeks

400g / 14oz baby leeks

2 tbsp olive oil

1 clove garlic, crushed

salt and freshly ground black pepper

250g / 9oz baby plum tomatoes, peeled or not, your choice

Juice of 1/2 a lemon

a pinch of sugar

1 tbsp shredded fresh basil

Preheat oven to 180C/350F

Trim the leeks and remove the outer layer. Wash very well.

Heat the oil in a small saucepan over a low heat. Add the garlic and infuse very carefully for about 5 minutes, take care not to let it brown.

Place the leeks in a shallow, ovenproof dish, pour over the oil and garlic and season with salt and

pepper. Cover and bake in the preheated oven for 15 minutes. Turn the leeks over and add the tomatoes, then pour over the lemon juice and sprinkle with the sugar and more salt and pepper. Return to the oven, uncovered, for 10 minutes.

Just before serving, scatter over the basil.

### Roasted Wedges of Acorn Squash with Fennel Seeds and Garlic

2 x 450-675g / 1 - 1 1/2lb acorn squash

2 tsp coriander seeds

1/2 tsp fennel seeds

1 clove garlic, finely chopped

1 tsp fresh thyme, chopped

1 tsp fresh chopped rosemary

1/2 tsp dried red chilli flakes

1 tsp sea salt flakes

1 tsp black peppercorns, coarsely crushed

3 tbsp olive oil

Preheat the oven to 200C/400F. Cut each squash into 6-8 wedges and scoop out the seeds and fibres with a teaspoon.

Put the coriander and fennel seeds into a mortar or a spice grinder and work to a coarse powder. Tip into a roasting tin and add the garlic, thyme, rosemary, chill flakes, salt, pepper and oil. Mix together.

Add the wedges of squash to the roasting tin and turn them over a few times in the spice mixture until well coated. Turn them all cut side up and roast in the preheated oven for 30-40 minutes until tender. Serve hot.

### Sauteed Butternut Squash with Mint

450g / 1lb butternut squash

olive oil for frying

3 cloves of garlic, chopped

salt and freshly ground black pepper

cayenne pepper

1 tsp paprika

2 tbsp chopped fresh mint

2 tsp caster sugar

2 tbsp tarragon or white wine vinegar

Peel the squash and scoop out the seeds and fibres with a teaspoon. Cut the flesh into slices about 5mm / 1/4inch thick

Heat about 3-4 tbsp oil in a heavy frying pan. Add the squash in batches and saute briskly until golden brown and tender, seasoning with a sprinkling of garlic, salt, pepper, cayenne and paprika. When the squash is cooked, transfer to a shallow serving dish and scatter mint over the top.

Add the sugar to the pan juices and set over a medium heat until it has melted and caramelized. As soon as the sugar has turned golden brown, pour in the vinegar and allow to boil up. Stir to remove all the juices and sediment from the base of the pan and pour over the cooked squash. Serve hot at room temperature.

#### Courgette Sticks with Toasted Sesame Seeds and Ginger Dipping Sauce

2 courgettes

55g / 2oz sesame seeds

For the dipping sauce:

1 tbsp soy sauce

juice of 1/2 lemon

1 tbsp water

1cm / 1/2inch piece of fresh root ginger, peeled and grated

1 tbsp soft light brown sugar

1/2 a red chilli, deseeded and finely chopped

2 tsp chopped fresh coriander (cilantro)

First make the dipping sauce: mix all the ingredients together and leave to stand for 30 minutes.

Trim the courgettes and cut them lengthways into sticks about 5cm/2inch long.

Toast the sesame seeds in a dry heavy frying pan until light golden brown. If they become too dark the flavour will be bitter and overpowering.

Put the dipping sauce and sesame seeds in two small bowls and set in the middle of a serving dish. Arrange the courgette sticks around them. The courgettes are eaten like crudités, first dipped in the sauce and then the sesame seeds.

### Lentil and Mustard Pottage

1 large leek

1 carrot

1 tbsp olive oil

1 onion, sliced

2 tsp dry English mustard

2 tsp Dijon mustard

225g/8oz green lentils

860ml / 1 1/2 pints vegetable stock

1 bay leaf

salt and freshly ground black pepper to taste

Trim the leek, cut in half lengthways, wash thoroughly and slice. Peel and chop the carrot. Heat the oil in a large saucepan, add the onion and fry over a low heat until soft. Add the leek and carrot and fry gently for about 5 minutes to soften. Stir in the mustards and cook 1 further minute.

Add the lentils, stock and bay leaf to the pan and season with pepper. Simmer for about 45 minutes until the lentils are tender and the liquid has reduced and thickened. Season to taste with salt.

### Puy Lentils with Roasted Shallots

4 tbsp olive oil

1 leek, trimmed and thinly sliced

2 sticks of celery, thinly sliced

225g / 8oz puy lentils

280ml / 1/2 pint vegetable stock

2 bay leaves

2-3 tbsp mushroom ketchup

340g / 12oz shallots, peeled

salt and freshly ground black pepper

1-2 tbsp roughly chopped mixed fresh parsley and oregano

Preheat oven to 200C/400F

Heat 1-2 tbsp of the oil in a saucepan, add the leek and celery and season with salt and pepper. Cover and cook over a low heat for 4-5 minutes until softened.

Add the lentils, stock and bay leaves, cover and simmer for 20-30 minutes or until the lentils are soft and the stock has nearly evaporated. Add the mushroom ketchup and keep warm.

Put the shallots on to a baking tray, drizzle over 2 tbsp olive oil and season with salt and pepper. Roast in the preheated oven for 20-30 minutes or until a rich, nutty brown and soft right the way through.

Add the roasted shallots to the lentils and remove the bay leaves. Season to taste with salt and pepper and sprinkle with the herbs.

Quinoa and Apricot Salad with Toasted Pinenuts

6 dried apricots, sliced

30g / 1oz sultanas or raisins

110-170g/ 4-6oz quinoa

225-340ml / 8-12floz water

salt



For the dressing

juice of 1 large orange, about 110ml/4floz

2 tbsp olive oil

white wine vinegar

salt and freshly ground black pepper

1-2 tbsp roughly chopped fresh parsley and coriander

pinenuts, toasted for garnish

First make the dressing: combine all the ingredients in a small bowl, reserving some of the herbs to garnish. Add the dried fruit and leave to soak for at least 10 minutes

Rinse the quinoa thoroughly. Put into a saucepan with teh watr and a good pinch of salt. Bring to the boil, then lower the heat and simmer for about 15-20 minutes or until the quinoa is soft.

Drain thoroughly and allow to cool for a few minutes, then transfer to a mixing bowl. Pour over the dressing and mix well, adjusting the seasoning to taste. Allow to cool completely before serving.

Pile into a serving bowl and scatter the reserved herbs and the pinenuts.

Ionian Pasta Salad

225g / 8oz pasta shapes such as bows, spirals or shells

salt and freshly ground black pepper

3 tbsp olive oil

1 tbsp white wine vinegar

1 clove of garlic, crushed

1 tsp of Dijon mustard

225g/ 8oz cherry tomatoes, halved

1 small red onion, sliced

55g/ 2oz pinenuts, toasted

55g / 2oz Kalamata olives, halved and pitted

55g / 2oz rocket (arugula), shredded

2 tbsp roughly chopped fresh flat leaf parsley

Bring saucepan of salted water to the boil, add the pasta and cook for about 10 minutes until al dente. Meanwhile, whisk together the oil, vinegar, garlic and mustard and season with salt and pepper.

When the pasta is cooked, drain thoroughly, rinse with cold water, drain again and put into a large mixing bowl. Toss in the dressing and set aside.

Mix the tomatoes into the pasta along with the onion, pinenuts, olives, rocket and parsley.

Teriyaki Tofu with Steamed Bok Choi and Sesame Soba Noodles

340g/12oz firm tofu

4 heads of bok choy

225g / 8oz soba noodles

3 tbsp sesame oil

55g / 2oz sesame seeds, toasted

For the teriyaki marinade

3 tbsp sweet soy sauce

2 tbsp sugar

3 tbsp sake or rice wine vinegar

2 tbsp mirin (Japanese rice wine)

a walnut size piece of fresh root ginger, peeled and grated

Cut the tofu into slices about 5mm / 1/4inch thick.

Make the marinade: warm the soy sauce in a small saucepan, add the sugar and heat until dissolved. Stir in the remaining ingredients. Pour over the tofu, cover and leave to marinate for at least one hour.

Trim any tough stalks from the bok choy. Bring a large saucepan of salted water to the boil. Add the noodles and place the bok choy in a colander covered with a lid set over the noodles. Cook for a few minutes until both the bok choy and noodles are just tender.

Heat the sesame oil in a wok or heavy frying pan. Add the tofu with the marinade and fry briskly, then remove from the pan and set aside. Add the noodles to the pan and toss over the heat with the sesame seeds. Pile a bed of noodles on to 4 warmed individual plates, top with some bok choy and then the teriyaki tofu. Serve immediately.

Linda McCartney on Tour

Avocado Hummus

225g/8oz tinned chickpeas, drained

1 tbsp tahini paste

juice of 1 lemon

4 tbsp soy yogurt

3 tbsp olive oil

1 clove garlic

2 large ripe avocados, peeled and stoned

salt and pepper to taste

freshly chopped parsley to garnish

place chickpeas in the blender with the main ingredients up to and including the avocados. Blend until well mixed and smooth. Season to taste with salt and pepper. Add more lemon juice if necessary.

Put the hummus into a serving bowl, cover and chill in the fridge. Sprinkle with finely chopped parsley just before serving.

Caponata Antipasto (Aubergine and Olive Sauce)

10 tbsp olive oil

1 large red onion finely chopped

1 tsp tomato puree

2 tbsp balsamic vinegar

1-2 tbsp unrefined Demerara sugar

400g / 14oz tinned tomatoes with their juices, chopped

115g / 4oz green olives, chopped

2 tbsp capers, finely chopped

2 medium aubergines, finely chopped

salt and pepper to taste

Heat 2 tbsp of the oil in a large pan, add the onion and cook over a medium heat for 10 minutes, until soft. Add the tomato puree and cook for 1 minute then add the vinegar sugar tomatoes olives and capers. Cook over a medium heat for a further 20 minutes.

In a medium frying pan, fry the aubergines in two batches using 4 tbsp of oil for each batch, tossing and turning them for about 10 minutes until they are soft and lightly coloured. Add the first batch to the tomato mixture before cooking the second.

Finally mix everything together well, season to taste with salt and pepper, then allow the caponata to cool in a bowl. Check the seasoning again when it is cold, since the flavours mellow.

Serve with bread sticks or toasted bread as part of an antipasto.

#### Pinto Bean Dip

400g / 14oz tinned pinto beans, drained

1 tbsp olive oil plus a little extra

juice of 1 lemon or 2 limes

1 medium red onion, chopped

1 tbsp coriander (or flat leaf parsley if preferred)

1 clove garlic

½ each green and red chilli deseeded and chopped to garnish

Blend all ingredients until smooth. Put the dip into a serving dish, sprinkle with chopped chillies and drizzle a little olive oil over the top. Serve with tortilla chips or fresh vegetable sticks.

#### Melizanasalata (Aubergine Dip)

450g / 1lb aubergines

1 small red onion, sliced finely

1 large clove garlic, crushed

60ml / 2oz olive oil

juice of ½ lemon

salt and pepper to taste

chopped parsley and halved olives to garnish

Prick the aubergines all over with a fork and bake them at 180C/350F for 40-45 minutes turning once or twice.

Leave them to cool, then peel them and chop flesh, allowing the juices to run off. Put the flesh into a blender with the onion, garlic, olive oil, lemon, salt and pepper and blend well. Put the dip into a bowl and chill in the fridge.

To serve, bring it up to room temperature and then drizzle with a little olive oil, sprinkle with fresh parsley and halved olives, along with warmed pita breads.

#### Curried Sweetcorn

4 tbsp vegetable oil

450g / 1lb frozen or tinned sweetcorn or kernels freshly cut from the cob

1 large onion, chopped finely

4 tbsp freshly chopped coriander (or flat leaf parsley)

2 cloves garlic, crushed

2.5 cm / 1 inch piece fresh ginger peeled and grated

2 tsp ground cumin

2 tsp curry powder

150ml / ¼ pint soya yoghurt

Heat the oil in a large frying pan or wok and fry the corn for about 3 minutes over a medium heat, turning until the kernels are lightly browned. Using a slotted spoon, remove corn from the pan.

Add the onion to the pan and fry until it is soft, about 10 minutes, then add the coriander or parsley, garlic and ginger. Stir well for 2 minutes, then add the spices. Simmer 8-10 minutes, remove from the heat and stir in the yoghurt just before serving.

#### Plantain and Corn Soup

2 tbsp vegetable oil  
1 onion chopped finely  
1 clove garlic crushed  
275g / 10oz yellow (half ripe) plantains, peeled and sliced  
1 large tomato skinned and chopped  
175g / 6oz sweetcorn kernels (fresh or frozen)  
1 tsp dried or 2 tsp freshly chopped tarragon  
½ litres / 2 pints vegetable stock  
1 green chilli, de-seeded and chopped finely  
pinch of grated nutmeg  
salt and pepper to taste  
2 sprigs of fresh tarragon to garnish

Heat the oil in a large saucepan and add the onion and garlic. Fry for 5-6 minutes over a medium heat until the onion soft.

Add the plantains, tomato and sweetcorn and cook for 5 minutes, stirring. Add the tarragon, stock, chilli, nutmeg and salt and pepper to taste. Simmer for 10-15 minutes or until the plantain is tender. Serve garnished with fresh tarragon.

### Hot and Sour Soup

This is also a cure for the common cold. Just increase garlic, ginger, vinegar & chilli proportions according to how bad your cold is.

2 tbsp cornflour (corn starch) blended with 5 tbsp water  
4 tbsp rice or white wine vinegar  
3 tbsp water  
1 tbsp dry sherry (optional)  
2 tbsp light soy sauce  
black pepper to taste (lots!)  
2 tbsp vegetable oil

3 slices fresh ginger, shredded finely

1 medium onion sliced finely

40g / 1 ½ oz shiitake mushrooms shredded

425ml / ¾ pint water

15g / ½ oz Chinese or porcini dried mushrooms, soaked in hot water for 20 minutes, then drained and sliced

85g / 3oz tinned straw mushrooms halved

85g / 3oz tinned bamboo shoots cut into matchsticks strips

2 spring onions shredded

1 green or red chilli sliced lengthwise and deseeded

600ml / 1 pint vegetable stock

115g / 4oz frozen peas, defrosted

chopped spring onions to garnish

Mix the cornflour, vinegar, water, sherry and soy sauce together until smooth. Season to taste with pepper.

Heat the oil in a wok or large frying pan over a medium heat and stir-fry the ginger onion and shiitake mushrooms for 2 minutes. Add the water bring to the boil and add the dried mushrooms, straw mushrooms, bamboo shoots, spring onions, chilli and stock.

Bring to the boil and simmer gently for 30 minutes, then add the peas and heat them through. Cook gently for 3 minutes, then slowly stir in the vinegar/cornstarch mixture until the soup thickens.

Remove the chilli (or not) and garnish with chopped spring onions before serving.

African Vegetable Soup with Coconut

2 tbsp vegetable oil

1 large onion

175g / 6oz each turnip, sweet potato and pumpkin, peeled and cubed

1 tsp marjoram

1 ½ tsp each ground ginger and cinnamon

salt and pepper to taste

1 tbsp chopped spring onion

1.2 litres / 2 pints vegetable stock

2 tbsp flaked almonds

1 fresh chilli de-seeded and chopped

1 tsp unrefined sugar

115g / 4oz creamed coconut

In a large saucepan heat the oil, add the onion and cook it gently for 4-5 minutes. Add the cubed vegetables and toss them over a medium heat for a further 5-6 minutes. Add the marjoram, ginger, cinnamon, salt and pepper and cook together over a low heat for 10 minutes stirring frequently.

Add the spring onion, stock, flaked almonds, chilli and sugar and simmer gently for 10-15 minutes until the vegetables are just tender. Check the seasoning. Grate the creamed coconut into the soup and stir well. Garnish with chopped coriander or parsley and serve.

#### Scotch Broth

3.4 litres / 6 pints vegetable stock

175g / 6oz pearl barley

2 medium carrots, peeled and sliced

1 white turnip or 125g / 4oz swede, peeled and diced

1 leek, cleaned and cut into thin slices

2 sticks celery, trimmed and sliced thinly

1 large onion chopped small

175g / 6oz Savoy or green cabbage sliced into narrow ribbons

175g / 6oz frozen peas defrosted

salt and pepper to taste

In a stockpot, heat the stock and add the barley. Bring to the boil, cover and simmer for 45 minutes.

Add the remaining ingredients to the pot (apart from the peas) and bring it to the boil again. Simmer gently, covered, for 30 minutes or until the barley is cooked. Add the peas for the last 7-8 minutes.

Season to taste with salt and pepper and serve in large soup bowls.

#### German Lentil Soup with fälschung Sausages



2 tbsp olive oil

2 medium onions chopped finely

2 large carrots chopped

4 sticks celery chopped finely

1 dried red chilli pepper (optional)

2 cloves garlic crushed

1 tsp ground coriander

1 tsp ground cumin

225g / 8oz red lentils

1.4 litres / 2 ½ pints vegetable stock

150ml / ¼ pint tomato juice

8 vegetarian sausages, grilled

salt and pepper to taste

Heat the oil in a large saucepan. Add the chopped onion, carrots and celery and chilli, and cook over a low heat for 5 minutes, stirring occasionally.

Stir in the garlic and spices. Cook for a minute or two, then stir in the lentils. Gradually stir in the stock and tomato juice. Cover and simmer for about 20 minutes until the vegetables are tender.

Cut the grilled sausages into thick slices. Remove the soup from the heat and stir in the sausage slices. Season to taste with salt and pepper.

Serve sprinkled with chopped parsley.

#### Peasant Pasta

350g / 12oz dried conciglie (large pasta shells)

8 tbsp olive oil

400g / 14oz tinned butterbeans, drained

2 cloves garlic sliced thinly

1 tsp freshly chopped rosemary

400g / 14oz tinned artichoke hearts, drained rinsed and cut into quarters

salt and pepper to taste

Cook pasta according to packet instructions

Heat the oil in a large frying pan, fry the butterbeans, garlic and rosemary for about 5 minutes, stirring occasionally, until the beans are lightly browned

Add the artichoke hearts and heat through. Season to taste.

Toss the mixture into the hot, drained pasta

Gnocchi with Pumpkin Sauce

650g / 1lb 7oz pumpkin, diced

300ml / ½ pint soy milk

1 tbsp freshly chopped sage or oregano

125ml / 4oz soya cream

salt and pepper to taste

2 x 400g / 14oz packets of fresh gnocchi (vacuum packed), cooked according to packet instructions

50g / 2oz toasted hazelnuts or pine nuts

In a large saucepan, simmer the pumpkin in the soymilk with the herbs until tender, about 10 minutes. Add the soy cream and cook for 1 minute. Season with salt and pepper.

Toss the sauce with the cooked gnocchi, sprinkle with toasted nuts and serve.

Chickpea and Okra Stir Fry

2 tbsp oil

15g / ½ oz margarine

1 large onion, chopped finely

1 clove garlic, crushed

3 tomatoes chopped

1 green chilli, deseeded and chopped

1 cm / ½ inch fresh ginger, grated

450g / 1lb okra trimmed

1 tsp ground cumin

1 tbsp freshly chopped coriander

400g / 14oz tinned chickpeas, drained

salt and pepper to taste

in a large frying pan or wok, heat oil with margarine. Sauté the onion and garlic for 4-5 minutes until onion has softened.

Add tomatoes, chilli, ginger and stir well, then add the okra, cumin and coriander. Cook over a medium heat, stirring frequently, then stir in the chickpeas and salt and pepper.

Cook gently for a few minutes longer for chickpeas to heat through, then spoon into a bowl and serve.

Stir fried Vegetables with Tofu and Quinoa

175g / 6oz Quinoa

6 tbsp groundnut oil

250g / 9oz firm tofu, cubed

1 medium onion, finely chopped

2 large garlic cloves, chopped

2 medium carrots, grated

½ small cauliflower, cut into small florets and blanched

1 medium red pepper, deseeded and sliced

1 large leek, sliced

2 sticks celery, chopped

½ small cabbage, shredded

1 ½ tsp tamari

1 tsp unrefined muscovado sugar

1 tbsp fresh lemon juice

½ tsp ground cinnamon

½ tsp ground nutmeg

½ tsp ground cloves

1 cm / ½ inch fresh ginger, grated

salt and pepper to taste

50g / 2oz sunflower seeds, toasted

rinse Quinoa and put in a large saucepan with the double its volume of cold water. Bring to a boil and cook uncovered for 10-15 minutes.

In a large frying pan, heat 2 tbsp of the oil and fry the tofu until golden all over. Drain on kitchen paper and set to one side.

Heat remaining oil in a wok. Sauté the onion and garlic, then add the carrots, cauliflower and pepper. Stir fry over a medium heat for 3-4 minutes then add the leek, cauliflower, celery and cabbage. Stir in the tamari, sugar and lemon juice, spices, fresh ginger. Add the Quinoa and continue cooking over a medium heat for a further 5 minutes stirring continuously. Season to taste with salt and pepper. Serve topped with the tofu and sunflower seeds. This is delicious with mango chutney.

### Mung Bean Stew

225g / 8oz mung beans, soaked for a minimum of 8 hours

25g / 1oz margarine

2 cloves garlic, crushed

1 medium onion chopped

2 tbsp tomato puree

½ each green pepper, deseeded and cut into small cubes

1 green chilli, deseeded and chopped finely

300ml / ½ pint water

### Method

Drain the mung beans and put them into a large saucepan. Cover the beans with the water and boil for 30-40 minutes until tender. Remove from the heat: mash half with a fork or potato masher and leave the other half whole.

Heat the margarine in a medium saucepan, add the garlic and onion and fry until golden brown. Add tomato puree, the mashed beans, whole beans and the peppers and chilli. Add the water and mix well. Cover and simmer for about 20 minutes. Serve hot.

### Minted Pea and Spinach Soup

25g / 1oz margarine

1 large onion chopped

450g / 1lb fresh spinach, washed

225g / 8oz frozen peas, defrosted

850ml / 1 ½ pints vegetable stock

3 tbsp freshly chopped mint

150ml / ¼ pint warmed soya cream, or soya yoghurt or soya milk

#### Method

In a large saucepan, heat the margarine over a medium heat, add the onion and cook until softened (about 5 minutes).

Shred the spinach, add to the pan and stir until it wilts. Add the peas and stir again. Gradually add half of the stock, stirring, and bring to the boil. Simmer for 5 minutes, stirring occasionally.

Puree the soup in the blender. Return to the pan and add the chopped mint and stir for a further 2 minutes, then add the rest of the stock and heat it through.

Remove the pan from the heat, stir in the soya cream and reheat soup gently. Serve garnished with fresh mint leaves and some croutons.

#### Savoury Deep Dish Pie

2 medium onions, chopped

1 clove garlic, chopped

2 tbsp vegetable oil

225g / 8oz flat mushrooms, chopped

450g / 1lb vegetarian chunks or veggie burgers, cubed

1 tsp fresh thyme

900ml / 1 ½ pints gravy

2 tbsp soy sauce

1 tbsp balsamic vinegar

salt and pepper to taste

350g / 12oz puff pastry

soya milk to glaze

method

in a large saucepan, fry the onions and garlic in the oil over a medium heat for about 4 minutes. Add the mushrooms and toss well.

Add chunks or cubed burgers and the thyme. Cook for 5 minutes over a low heat. Add the gravy and simmer for 15-20 minutes until it has thickened. Add the soy sauce and vinegar and season to taste with salt and pepper. Set aside to cool.

Place a china pastry support in the centre of a large pie dish, then spoon in the filling.

Roll out the pastry 5mm / ¼ inch thick to the shape of the dish. Cut a strip 2cm / ¾ inch wide from around the edge of the pastry. Continue rolling the main piece of pastry until it fits the dish once more. Dampen the rim of the dish with water and place the pastry strip around it. Moisten the attached pastry strip, then cover with the pastry lid. Press the edges together firmly and trim the excess pastry. Use the back of a knife to make a decorative edge. You can re-roll the trimmings to make decorative leaves. Make a small round hole in the centre of the pie. Brush the pastry lid with soya milk.

Bake the pie in the oven at 230C / 450F / gas 8 until the pastry has risen and turned lightly golden, about 10-12 minutes. Reduce the heat to 200C / 400F / gas 6 and cook for a further 20-25 minutes until crisp and golden brown. Serve at once with more gravy and some mashed potatoes.

Pad Thai Noodles

140g / 5oz rice ribbon noodles

groundnut oil for frying

140g / 5oz firm tofu, cut into rods

4 cloves garlic, chopped finely

4 tbsp vegetable stock

2 tbsp fresh lime juice

1 tbsp unrefined sugar

2 tbsp soy sauce

1 tsp sea salt

½ tsp dried chilli flakes

115g / 4 oz peanuts, chopped

450g / 1lb beansprouts

3 spring onions, the whites cut thinly crosswise, the greens sliced into thin lengths

2 limes or 1 lemon quartered lengthwise to garnish

## Method

In a medium bowl, soak the rice noodles in warm water according to packet instructions. Meanwhile, prepare all the other ingredients so that they are to hand once you start stir-frying. Heat about 2.5 cm / 1 inch of the oil in a large wok and fry the tofu over a medium heat, turning the pieces until they are golden all over. Remove with a slotted spoon and drain on kitchen paper.

Pour all but two tbsp oil from the wok, sauté the garlic, add the drained noodles and toss until they are coated with the oil. Add the stock, limejuice, sugar and soy sauce and toss well, gently pushing the noodles around the pan. Then add the tofu, salt, chilli flakes and half the peanuts.

Finally, add all but a handful of the beansprouts and the spring onions. Turn for a further minute or two, until the beansprouts have softened slightly.

Arrange the noodles on a warm serving dish and garnish with the remaining peanuts and beansprouts. Place the lemon / lime wedges around the edge.

All posted

## Boston Slow Baked Beans

450g / 1lb dried haricot beans (or navy beans), soaked for a minimum of 8 hours

25g / 1oz unrefined soft brown sugar

4-6 tsp black treacle

1 tbsp dry mustard

1 medium onion, chopped

1 clove garlic

4 tbsp fish-free Worcestershire sauce

4 tbsp tomato puree

450ml /  $\frac{3}{4}$  pint vegetable stock

450ml /  $\frac{3}{4}$  pint tomato juice

salt and pepper to taste

## Method

Drain the beans, place them in a large flameproof casserole with sufficient water to cover. Bring to the boil and boil rapidly for 10 minutes, then simmer covered for 45 minutes.

Drain the beans and return them to the casserole with the remaining ingredients. Mix thoroughly, season with salt and pepper, cover and bake in the oven at 150C / 300F / gas 2 for 4 hours until the beans are

tender.

Check and stir the beans occasionally during cooking and add a little water if necessary to prevent them from drying out. Taste and adjust the seasoning if necessary before serving.

### Sauerkraut and Sausages

2 large onion, sliced

2 tbsp vegetable oil

900g / 2lb sauerkraut

4 large carrots, sliced

12 juniper berries (omit if using sauerkraut with juniper)

300ml / ½ pint vegetable stock

15 vegetarian sausages, grilled until well browned

### Method

In a large flameproof casserole, soften the onion in the oil gently over a low to medium heat for about 10 minutes. Add the sauerkraut and the carrots, toss together well, then add the juniper berries.

Stir in the stock and simmer covered for 1 ½ hours. Add a little water if necessary to keep the mixture moist during cooking.

Add the sausages just before serving, mix well, and serve with a big bowl of mashed potatoes.

### Spicy Senegal Tofu

115g / 4oz crunchy peanut butter

3 tbsp groundnut oil

50ml / 2fl oz lemon juice

2 large onions, chopped

2 chillies, chopped

2 cloves garlic, chopped

2 sprigs thyme, chopped finely

1 bay leaf, crumbled

salt and pepper to taste



2 large tinned pimentos cut into strips (or use jarred roasted red peppers)

450g / 1lb firm tofu, cut into 1cm / ½ inch cubes

#### Method

In a large flameproof dish, combine the peanut butter, groundnut oil, half the lemon juice, the onions, chillies, garlic, thyme, bay leaf and the pimentos. Season with salt and pepper. Place tofu in this marinade and leave for 30 minutes.

Pre-heat the grill to high for 5 minutes.

Place the dish of marinated tofu under the grill until it has browned on top. Turn and brown again, then twice more until the tofu is golden brown all over. Serve with rice.

#### Banana and Yam Stew

150ml / ¼ pint groundnut oil

900g / 2lb yams, peeled and cubed

1 green chilli seeded and chopped

1 tsp freshly chopped coriander

1 medium red onion, chopped

1 large tomato, skinned and quartered

1 large carrot, diced

2 cloves garlic, chopped

1 tsp each ground cloves, cumin, and turmeric

salt and pepper to taste

300ml / ½ pint coconut milk

1.2 litres / 2 pints vegetable stock

2 bay leaves

1 tbsp cornflour mixed with 2 tbsp cold water

2 green bananas, peeled and sliced thickly

#### Method

In a large saucepan, heat the oil and sauté the yam pieces over a medium heat until they are golden brown. Remove from pan with slotted spoon.

Reduce the heat and in the same oil, sauté chilli, coriander, onion, tomato, carrot, garlic and spices until the onion gets translucent. Season with salt and pepper.

Add the coconut milk and the stock and bring to the boil. Add the bay leaves, then lower the heat to a simmer. Stir in the cornflour mixture.

Add the yams and bananas. Cover and simmer gently for 30 minutes. Remove from heat, check the seasoning, remove the bay leaves and allow 10 minutes for the stew to rest before serving with rice.

Minted Couscous with Roasted Vegetables

## Roasted vegetables

1 large aubergine, cut into chunky batons

450g / 1lb courgettes, cut into chunky batons

1 large red onion cut into 8 wedges

12 cloves garlic, in their skins

10 basil leaves, torn roughly

1 spring freshly chopped rosemary

4-6 tbsp olive oil

1 each red and yellow bell pepper, grilled, skinned, quartered and deseeded

4 field or Portabella mushrooms, sliced

15-20 black olives, pitted

Method

Put the prepared aubergine, courgettes, onion and garlic into a large bowl with the basil and rosemary. Sprinkle with half the olive oil and toss well. Leave to stand at room temperature for 3-4 hours.

Pre-heat the oven to 220C / 425F / gas 7. spread the vegetables on to a baking tray or trays, in a single layer, and drizzle with the remaining olive oil. Roast for 15 minutes, then add the peppers, mushrooms and olives and toss. Return to the oven and roast for a further 10-15 minutes until the vegetables are tender, turning once more before the end of the cooking time.

## Minted Couscous

225g / 8oz couscous

600ml / 1 pint water, boiled

150ml / ¼ pint olive oil

zest and juice of 2 lemons

1 yellow pepper seeded and chopped finely

4 spring onions, chopped finely

4-6 tbsp freshly chopped mint

salt and pepper to taste

Method

Put the couscous into a large bowl and pour the boiling water over it. Stir for a couple of minutes and leave it until the water has absorbed and the couscous is tender, about 6-7 minutes.

Add the olive oil, lemon juice and zest and mix them in thoroughly.

Stir in the chopped pepper, spring onions and mint. Season with salt and pepper and serve with the roasted vegetables.

African Black-eyed Bean Stew with Spicy Pumpkin

## **Bean Stew**

4 tbsp groundnut oil

1 large onion, chopped

2 large carrots, sliced

1 green or red pepper, seeded and chopped

2 cloves garlic, chopped

1 tbsp freshly chopped or 1 tsp dried thyme

1 tsp paprika

½ tsp mixed spice

300ml / ½ pint vegetable stock

2 x 400g / 14oz tins black-eyed peas

salt, pepper and Tabasco to taste

## **Spicy Pumpkin**

25g / 1oz margarine

700g / 1lb 9oz pumpkin, cubed

1 medium onion, chopped finely

2 cloves garlic, crushed

3 tomatoes, skinned and chopped

1 tsp ground cinnamon

2 tsp curry powder (or garam masala)

pinch of grated nutmeg

300ml / ½ pint water

salt and pepper to taste

#### Method

To make the bean stew: in a large saucepan, sauté the onion, carrots, pepper, garlic, thyme and spices in the oil, for about 5 minutes. Add the stock, bring to the boil, reduce the heat to simmer, stir in the beans and season to taste with salt and pepper and Tabasco. Cover and simmer for 15 minutes, adding more stock or water as necessary, until the vegetables are tender.

To make the spicy pumpkin: melt margarine in a large saucepan over a medium heat. add the pumpkin, onion, garlic, tomatoes, spices and water. Stir well and simmer, covered until the pumpkin is tender, about 10-15 minutes. Season to taste with salt and pepper.

To serve, place some rice in the bottom of a bowl, add some black-eyed bean stew to one side and the spicy pumpkin on the other.

#### Tuscan Beans with Tomatoes, Garlic and Sage

1 medium onion, chopped

3 cloves garlic, chopped

3 tbsp olive oil

300g / 10oz tinned haricot or cannellini or butterbeans

300g / 10oz fresh spinach, washed and dried

2 large ripe tomatoes, skinned and chopped

2 tbsp freshly chopped sage

sea salt and black pepper to taste

300ml / ½ pint vegetable stock

4 rounds of ciabatta bread, toasted

#### Method

In a large saucepan, sauté the onion and garlic in the oil over a medium heat until slightly softened, about 3-4 minutes. Add the drained beans, spinach, tomatoes and sage to the pan. Add 150ml / ¼ pint of the stock. Cover and simmer over a very low heat for about 15 minutes, topping up with stock as necessary. Season to taste with salt and pepper.

To server, put a round of toasted bread into each serving bowl and ladle some of the beans over the top.

#### Artichoke Casserole with Pine Nuts

3 tbsp olive oil

4 vegetarian bacon slices, cut into strips

1 large onion, chopped

3 cloves garlic, chopped

450g / 1lb ripe plum tomatoes skinned and chopped

600ml / 1 pint vegetable stock

2 x 400g / 14oz tins artichoke hearts, drained and halved

salt and pepper to taste

25g / 1oz pine nuts, toasted

#### Method

In a small frying pan, heat 1 tbsp of the oil and cook the veggie bacon over a medium heat until lightly browned. Remove from the pan and set to one side.

Heat remaining oil in a large saucepan and soften the onion and garlic over a low heat for 5-7 minutes. Stir in the prepared tomatoes and cook uncovered for 10 minutes or until the tomatoes are reduced to a sauce consistency. Add the stock and season with salt and pepper. Bring to the boil, add the artichokes, cover and simmer for 12-15 minutes.

To serve, place some of the casserole into serving bowls and sprinkle with the reserved veggie bacon. Serve with crusty bread.

#### Cauliflower with Dijon Mustard Sauce

350g / 12oz cauliflower cut into florets

50g / 2oz margarine

50g / 2oz plain flour

3 tbsp Dijon mustard

600ml / 1 pint soymilk

salt and pepper to taste

Method

Steam or boil the cauliflower until tender, about 5 minutes

Meanwhile, melt the margarine in a small saucepan, add the flour and combine thoroughly. Cook gently for 1 minute, stirring. Add the mustard and stir until it is mixed through, then pour in the soymilk gradually, whisking continuously until it thickens and forms a smooth sauce. Bring to the boil and simmer gently for 4-5 minutes.

Put the cauliflower in a medium ovenproof dish, pour the sauce over the top and put the dish under a pre-heated grill for 5 minutes, until top is lightly golden.

Leeks with Balsamic Dressing

8 small leeks, halved

4 tbsp olive oil

1 tbsp balsamic vinegar

1 tsp wholegrain mustard

salt and pepper to taste

Method

Steam or boil, or grill the leeks until tender, for about 8-10 minutes. Drain thoroughly.

Whisk the oil vinegar and mustard together and season to taste.

Serve the leeks drizzled with balsamic dressing.

Chestnut Stuffing

400g / 14oz tinned chestnut puree

3 sticks celery, chopped finely

1 medium onion, chopped finely

85g / 3oz wholemeal breadcrumbs

1 tbsp freshly chopped sage

1 tbsp dried mixed herbs

soy sauce to taste

Method

In a medium bowl, mix all the ingredients thoroughly together.

Shape stuffing into walnut sized balls and place them evenly on a greased baking tray. Bake at 190C / 375F / gas 5 for 20-25 minutes.

Herby Stuffing

1 medium onion, chopped finely

6 small sticks of celery, chopped

1 tbsp each freshly chopped parsley, sage and thyme

6 tbsp olive oil

small loaf of granary bread, diced

25g / 1oz each roughly chopped pecans, cashews and brazil nuts

soy sauce or tamari to taste

a little stock or water to bind

Method

In a medium bowl, combine all the ingredients.

Mix well, adding a little stock or water to moisten the mixture. Press the mixture into a greased loaf tin. Bake at 180C / 350F / gas 4 for 30-40 minutes. Allow the stuffing to cool a little before turning it out. Cut into slices.

Linda's Summer Kitchen — **Linda McCartney**

Crispy Mushroom Layers

6oz (175g) wholemeal breadcrumbs

4oz (125g) chopped nuts

3oz (75g) margarine

1 large onion chopped finely

10oz (300g) mushrooms, sliced

1 x 14oz (400g) can tomatoes drained and chopped

2 cloves garlic, crushed

2 tsp dried mixed herbs

salt and pepper

Method

Mix the crumbs and nuts together. Melt 2oz of the margarine and fry this mixture until golden.

Melt the rest of the margarine in another pan, add the onion, cover and cook over a low heat for 5-8 minutes or until soft. Add the mushrooms and toss thoroughly then cover and cook gently for 3-4 minutes. Add tomatoes, garlic and herbs, stir well and season to taste.

Make a layer of half the breadcrumb mixture on the bottom of a baking dish and place the mushroom filling on top. Finish with a layer of the remaining crumb mixture. Bake at 190C (375F) for 30 minutes or until crisp and golden. Serve piping hot.

Rice Noodles with Broccoli Ginger and Garlic

1lb (500g) rice vermicelli

2 ½lb (1.25kg) broccoli florets

for the sauce

4 spring onions sliced very finely

1 inch (2.5cm) fresh root ginger, peeled and grated very finely

2-3 large cloves of garlic crushed

3 tbsp black bean sauce

1 tbsp soy sauce (or to taste)

6 tbsp dark sesame oil

Method

To make the sauce, mix all the ingredients together and leave to stand while you cook the broccoli and vermicelli.



Cover the rice vermicelli with cold water in a large saucepan. Bring to the boil., then remove from the heat and leave to soak for 5 minutes. Meanwhile, steam the broccoli florets and cut them small.

Drain the vermicelli thoroughly and toss with the broccoli florets and the prepared sauce.

### Mexican Rice and Beans

1 x 14oz (400g) can kidney beans or black beans, drained

1 large onion chopped

2 large cloves garlic, sliced

2oz (50g) margarine

1 tbsp wholemeal flour

2 tsp ground cumin or to taste

1 tsp chilli powder

½ pint (300ml) stock

3oz (75g) long grain rice, cooked

### Method

In a saucepan mix the beans with the onion and garlic. Using a fork, in a small bowl, mix the margarine, flour and spices to a paste. Pour the stock over the beans, add the spice paste and heat gently, stirring, until smoothly blended. Simmer, uncovered and stirring from time to time for 30 minutes or until the sauce thickens like gravy.

Arrange the hot cooked rice around the edge of a shallow serving dish and pour the beans into the centre. Serve at once with Tabasco to hand around.

### Aubergine Puree (baba ganoush)

2 large aubergines

juice of 2-3 lemons

2 ½ tbsp tahini (sesame paste)

2 tbsp sesame seeds

1 large clove garlic, crushed

sea salt

4 tbsp chopped parsley

1 tbsp olive oil

method

pierce the aubergines several times with a sharp knife. Bake at 190C (375F) for 30-40 minutes or until soft. Set aside to cool for about 30 minutes

peel the aubergines and discard the skin. Put the flesh in a bowl and immediately add the lemon juice. Mash well or blend in a food processor. Add the tahini, sesame seeds and garlic and mix in thoroughly. Season with salt.

Spoon into a serving dish, cover and chill. Before serving, sprinkle with chopped parsley and drizzle olive oil over the top. Serve with pita bread or use it for sandwich filling.

Spicy Refried Bean Tacos

8oz (250g) canned refried beans

2 tbsp bottled taco sauce or salsa

4 medium tomatoes, skinned and chopped

4 spring onions sliced finely

1-2 tsp hot chilli relish or more salsa

sea salt

4 taco shells, warmed

a cup of shredded lettuce

sliced avocado

method

heat the refried beans and the taco sauce or salsa. Add the chopped tomatoes and mash thoroughly. Add the spring onions and cook gently for 4-5 minutes, stirring frequently. Season to taste with chilli relish/salsa/Tabasco and a little salt.

Half fill the warm taco shells with the mixture and top with salsa, shredded lettuce and avocado.

Spanish Rice

1 large onion sliced finely

2 tbsp olive oil

3 stalks celery

6oz frozen peas, cooked and drained

1 fresh chilli, deseeded and sliced finely

1 x 14oz (400g) can chopped tomatoes with juice, or 6 fresh tomatoes skinned and chopped

about 1 ½ tsp garam masala or to taste (can substitute with ground cumin)

salt and pepper

6oz (175g) long grain rice

method

cook the onion in the oil over a gentle heat, covered with a lid and stirring occasionally for 8-10 minutes or until softened.

Stir in the celery over a moderate heat, then add the peas and sliced chilli and mix in well. Heat thoroughly, then add the chopped tomatoes and cook for 5 minutes. Season to taste with garam masala, salt and pepper.

Stir into the hot cooked rice and it is ready to serve.

## Vegetable Paella

1oz margarine

2 tbsp vegetable oil

1 large Spanish onion, chopped

12oz long grain rice

1 1/2 pints (900ml) vegetable stock

large pinch of saffron strands soaked in a little stock

4 cloves garlic, chopped

6oz (175g) frozen peas, thawed

2 canned pimentos, chopped or 1 large fresh red pepper, skinned and chopped

6oz (175g) button mushrooms, quartered

4 large tomatoes, skinned and chopped (fresh or canned)

8oz (250g) cooked artichoke hearts, halved

6oz (175g) mangetout, steamed and sliced diagonally

4oz (125g) canned water chestnuts, drained and sliced

sea salt and freshly ground black pepper

Heat the margarine and oil in a large pan or wok. Add the chopped onion and cook over a gentle heat for about 10 minutes or until soft and translucent. Add the rice and cook over moderate heat, stirring constantly, for a couple of minutes. Then begin to add stock, a little at a time and simmer until each addition is absorbed. After about 10 minutes, add the saffron and the garlic. Continue cooking for 5 minutes or so until the rice is tender. Then stir in the rest of ingredients and stir until heated through. Check the seasoning and serve.

## **Shredded Courgette/Zucchini Salad**

4 medium courgettes, trimmed

3 tbsp fresh lemon juice

2 tbsp extra virgin olive oil

1 medium clove garlic, crushed

1 tbsp grated fresh ginger

sea salt and freshly ground black pepper

2 tbsp capers

2 tbsp pine nuts, toasted

Grate the courgettes and pat them dry with kitchen paper. Combine the lemon juice, olive oil, garlic, ginger, salt and pepper in a small jar and shake to blend. Pour the dressing over the courgettes and add the capers and pine nuts. Mix thoroughly and serve immediately (if left to stand it will go watery).

## **Roasted Red Peppers with Mushrooms and Rocket**

12oz (350g) small button mushrooms

1 red or yellow pepper, roasted and cut into thick strips

2 tbsp capers

2 large handfuls of rocket

8-12 green olives, pitted

For the dressing mix together the following:

4 tbsp balsamic vinegar

2 cloves garlic, crushed

sea salt and freshly ground black pepper

5 tbsp extra virgin olive oil

1 tbsp chopped fresh tarragon, basil or any combination of favourite fresh herb

Cut the mushrooms in half. Mix together with the pepper strips and capers and toss with all but 1tbsp of the dressing. Leave to marinate for 20-30 minutes.

Prepare the rocket and toss with the remaining dressing. Place in the bottom of a salad bowl and arrange the vegetables on top. Garnish with olives and serve.

## Vegan Fruit Cake

12oz (320g) sultanas

9oz (280g) currants

14oz (400g) glace cherries, halved

5oz (150g) raisins, chopped

2 tbsp chopped glace ginger(optional)

4 tbsp golden syrup

3 1/2 oz (9oz) margarine

16floz (500ml) unsweetened orange juice

8floz (250ml) soya milk

8oz (250g) wholemeal plain flour

8oz (250g) wholemeal self-raising flour

2 tsp ground mixed spice (all spice)

Combine the fruits, ginger, golden syrup, margarine and fruit juice in a large saucepan. Stir over a low heat until the margarine has melted, then cover the pan and simmer for 5 minutes. Pour the fruit mixture into a large bowl and leave to cool to room temperature.

Add the soya milk and stir to mix. Pour the flours and spice into the bowl and mix thoroughly.

Pour the cake mixture into a greased 9 1/2 x 6 inch (24 x 15cm) rectangular cake tin lined with 3 layers of greaseproof paper and bake at 170C/325F for about 1 1/2 hours or until a skewer inserted into the

centre comes out clean. Leave to cool, in the tin, on a wire rack.

Madhur Jaffery

Lobio – Red Kidney Bean Salad with a Walnut Dressing

1lb can of red kidney beans

1 clove garlic, peeled

1/2 cup shelled walnuts

1 tbsp plus 1 tsp red wine vinegar

2 tbsp oil (olive, walnut or vegetable)

1/8 tsp salt

1/8 tsp black pepper

1/8 tsp cayenne pepper

1 tbsp finely sliced scallion

2 tbsp minced fresh Chinese parsley

Method

Drain the beans and put them in a small bowl. Save the liquid.

You need a food processor or blender to make the dressing. (if you have neither, pound the garlic and walnuts in a mortar. Add the vinegar, salt, pepper and cayenne. Mix. Slowly add the oil beating well with a fork). Start your machine and put in the garlic. When it is minced, put in the walnuts. When they have turned crumb-like, add the vinegar. Slowly add 4 tbsp of the reserved bean liquid. Blend until you have a paste. You may have to stop the machine and scrape down a few times. Now add the oil in a steady stream and then the salt, pepper and cayenne. Blend until you have a smooth dressing.

Pour the dressing over the beans. Add half the scallion and half the Chinese parsley. Mix and taste for seasonings. You may cover and chill the salad until you are ready to eat; it improves if allowed to sit for a few hours. Serve garnished with remaining scallions and Chinese parsley.

Pilaf of Bulgar wheat and Red Lentils

1/2 cup red lentils

4 tbsp olive oil

1 medium sized onion peeled and finely chopped

2 cloves garlic peeled and minced

1 cup medium or coarse grained bulgar wheat

2 tbsp minced fresh parsley

1 tsp salt

freshly ground pepper

#### Method

Pick over the lentils and wash in several changes of water. Put in a bowl, add 2 cups water and leave to soak for 6 hours. Drain.

Heat oil in a heavy 2-3 quart pot with a tight fitting lid over a medium flame. Put in the onion and garlic. Stir and fry for about 2 minutes or until the onion is soft. Add the bulgar wheat and lentils. Stir and cook another 3 minutes or until wheat is slightly browned. Add the parsley, salt and 1.5 cups water. Bring to a simmer. Cover, turn heat to very low and cook for 35 minutes. Turn off the heat. Let the pot sit, covered and undisturbed for 20 minutes. Add the black pepper and mix.

#### Bean Curd with a Deliciously Spicy Sauce

2 tsp cornstarch

1/2 cup vegetable stock

1 tsp chilli paste with soy bean

2 tbsp Chinese thin soy sauce

1 tbsp sesame oil

1/2 tsp salt

1/2 tsp sugar

2 tbsp vegetable oil

3 cloves garlic, peeled and minced

1 tsp very finely minced fresh ginger

3 scallions very finely sliced into rounds, including three quarters of the green

1 lb firm tofu cut into 1-inch cubes

#### Method

Prepare the sauce. Put the cornstarch in a small bowl. Slowly add the stock, mixing as you do so. Now add the chilli paste, soy sauce, sesame oil, salt and sugar. Mix again set sauce aside.

Heat the vegetable oil in a wok over a medium high flame. When hot, put in the garlic and ginger and

stir-fry for 10 seconds. Add the scallions, stir-fry for 5 seconds. Put in the tofu and fry for 1 minute. Turn heat to low, stir the sauce and pour it over the tofu. Mix gently and bring to a simmer. Let the sauce thicken, stirring gently every now and then as it does so. Serve with rice.

### Carrots and Beans with a Japanese Bean Curd Dressing

2x 8oz tofu cakes

3/4 lb green beans

3/4 lb carrots

4 tbsp roasted and ground sesame seeds

1 tbsp sugar

1 tbsp mirin

1 tsp salt

1 tsp soy sauce

2 tbsp dashi or water

method

put the tofu cakes into a small pot and cover with water (about 3 cups). Bring to a boil. Lower the heat and simmer very gently for 10 minutes. Drain.

Meanwhile, prepare the vegetables. French cut the beans into 2 inch long diagonal strips. Trim, peel and cut the carrots into very fine 2 inch julienne strips.

Put the drained bean curd, the roasted and ground sesame seeds, sugar, mirin, salt, soy sauce and dashi into the container of a food processor or blender. Blend until you have a paste. Set aside.

Bring two pots of water to a boil. When boiling, drop the 'Frenched' beans into one pot and the carrots into the other. Drain the carrots after 2-3 minutes. They should be cooked through but still crunchy. Drain the beans after about 4 minutes. They should be cooked through but still have a bite to them.

Put the carrots and beans in a bowl, add the dressing and mix well. Serve hot, warm or at room temperature.

### Tofu Dengaku (toasted bean curd with a miso topping)

12 ounces medium or hard tofu

6 spinach leaves

6 tbsp white miso

2 tbsp sake



2 tbsp mirin

1 tbsp sugar

1/4 cup dashi or water or mushroom stock

1 tsp roasted sesame seeds

#### Method

Wrap the tofu in a dishtowel and put a half-pound weight on top. Let the tofu sit this way for 1 hour. Change the dishtowel whenever it gets soaking wet.

Drop the spinach leaves into 3 cups of boiling water and boil rapidly for a minute. Drain and rinse under cold water. Mince.

Combine the miso, sake, sugar, and dashi. Mix to form a smooth paste. Pour this paste into a small, heavy pot or cast iron skillet and set over a medium low flame. When the mixture begins to bubble, turn the flame to low. Stir and cook the mixture until it is as thick as applesauce. Remove from the fire. Add the spinach and sesame seeds. Mix.

Cut the tofu into rectangles that are no bigger than 2.5 x 1 x 3/4 inch.

Heat a cast iron skillet or griddle over a medium flame until it is very hot. Lay the bean curd pieces in it. Cook each side 2-3 minutes or until lightly browned, turning the pieces over carefully with a spatula.

Now smear one side of each piece generously with miso paste. Serve this way or place under a broiler, miso side up, until a few dark spots appear. Serve hot.

#### Fried Bean Curd with a Sweet and Sour Sauce

The sauce:

1.5 tsp cornstarch

3 tbsp plus 3/4 cup vegetable stock

3 tbsp distilled white vinegar

3 tbsp sugar

1 tbsp tomato ketchup

2 tbsp Chinese thin soy sauce

1/2 tsp salt

1/4 tsp cayenne pepper

freshly ground black pepper

1 tbsp vegetable oil

1 clove garlic peeled

1/4 inch slice of fresh ginger

1 carrot

1/2 small fresh sweet red pepper

1/2 medium sized green bell pepper

2 scallions

3/4 lb firm tofu cut into 1 inch cubes and fried in oil until lightly browned

2.5 tsp salt

2 tbsp vegetable oil

#### Method

Mix the cornstarch with 3 tbsp of the stock in a small cup.

Combine the 3/4 cup stock, vinegar, sugar, ketchup, soy sauce, 1/2 tsp salt, cayenne pepper and black pepper in a bowl.

Heat 1 tbsp oil in a small pot over a medium flame. When hot, put in the garlic and ginger. Stir. As soon as the garlic browns, take the pot off the flame and pour the vinegar mixture from the bowl into it. Put the pot back on the fire and bring to a boil. Turn the heat to low and simmer very gently for 4 minutes. Give the cornstarch mixture a quick stir and add that to the pot. Remove the garlic and ginger.

Peel the carrot and cut into 1/16 inch thick diagonal slices. Cut a few slices at a time into very thin strips.

Cut the red and green peppers into very thin strips.

Cut the scallions into 1.5 inch lengths. Cut each section lengthwise into very thin strips.

Put the cubes of fried bean curd in a bowl. Add 2 tsp salt to 6 cups of water and bring to a boil. Pour boiling water over the bean curd, dunk the bean curd cubes a few times and then leave them in the water.

Heat 2 tbsp oil in a wok over a medium high flame. Put in 1/2 tsp salt an the carrot, red and green pepper and scallions. Stir-fry for 30 seconds, turn off heat.

Heat the prepared sauce over a low flame. Take the bean curd out of the water. Squeeze gently to get rid of extra moisture and put cubes on a serving platter. Spread the vegetables over the bean curd. Pour the sauce over the vegetables. Serve with rice.

### Navy Bean Puree with Pomegranate Juice

1/2 cup navy beans, picked over, washed and drained

5.5 tsp bottled pomegranate juice

5 tbsp olive oil

$\frac{3}{4}$  tsp salt

freshly ground black pepper

#### Method

Put the beans and 4 cups water in a pot and bring to a boil. Cover, turn heat to low and simmer for 2 minutes. Turn the heat off and let the pot sit, covered, for 1 hour. Bring the contents of the pot to a boil again. Cover, turn heat to low and simmer for about 40 minutes or until the beans are tender. Drain.

Puree the beans by hand or in a food processor. Fold in the pomegranate juice and 4 tbsp of the oil. Season with salt and pepper and mix. Put the puree in a mixing bowl and drizzle the remaining 2 tbsp olive oil over it. Serve with bread or crackers as a dip.

This is a breakfast food in the middle east / Caspian Sea area.

### Chickpea, Cabbage and Dill Soup

1 cup dried chickpeas, picked over, washed and drained

1 medium onion, peeled and chopped

1 medium boiling potato, peeled and cut into 1/2 inch dice

1 good sized potato, peeled and cut into 1/2 inch dice

2 cups cabbage, cut into 1/2 inch squares

$\frac{3}{4}$  cup chopped fresh dill, firmly packed

2 tsp tomato paste

2 tsp salt, or to taste

freshly ground black pepper

#### Method

Soak the chickpeas in 4 cups of water for 12 hours. Drain and rinse thoroughly. Put the chickpeas, onion and 4 cups water into a 3 1/2 quart pot and bring to a boil. Cover partially, turn heat to low and simmer gently for 1 hour. Add the potato, tomato, cabbage, dill, tomato paste, salt and 1/2 cup water. Bring to a boil. Cover, turn the heat very low and simmer 1 1/2 hours. Add the black pepper and mix.

## Miso Soup with Bean Curd

1 strip kombu, about 11 x 3 inches

4 tbsp dark yellow miso

1 cake fresh bean curd, cut into 1/2 inch cubes

2 scallions, trimmed and sliced into very fine rounds, including half their green

### Method

Bring 4 cups water to a boil in a 2 1/2 quart pot. Wipe the kombu with a damp cloth, then drop into the water, making sure that it is well submerged. Turn off the heat. leave kombu in the water 2-3 minutes. Remove the kombu (don't discard, it can be used once more for this recipe).

Partially submerge a small sieve in the kombu broth. Put the miso into the sieve and push it through with a wooden spoon. If any little pieces are left in the sieve, they may be discarded. Add the bean curd and bring to a boil. As soon as the first bubbles form, turn off the heat. stir in the scallions and serve immediately in Japanese ceramic bowls.

## Bean Curd, Mushrooms and Peanuts in Hoisin Sauce

1/2 cup hoisin sauce

1 tbsp Chinese thin soy sauce

1 tbsp shaohsing wine or dry sherry

1 tsp sesame oil

salt

freshly ground black pepper

1/2 lb medium-firm bean curd

1/4 lb fresh mushrooms

1 clove garlic, peeled

2 quarter-sized slices of fresh ginger

4 tbsp vegetable oil

3/4 cup bamboo shoots, cut into 3/4 inch dice

3 tbsp roasted or fried unsalted peanuts

2 tbsp finely sliced scallions

## Method

Mix together the hoisin sauce, soy sauce, wine, sesame oil, 1/2 tsp salt, black pepper and 1/2 cup water in a bowl.

Cut the bean curd into 3/4 inch dice.

Wipe the mushrooms and halve or quarter them until they are the same size as the bean curd dice.

Cut the clove of garlic into fine slivers.

Cut the slices of ginger into slivers.

Heat a wok over a medium flame. Put in 2 tbsp of oil and half the garlic and ginger. Stir for 5 seconds. Put in mushrooms. Stir fry for 30 seconds. Sprinkle about 1/8 tsp salt over the mushrooms. Stir once and then remove them and keep in a bowl. Wipe out the wok.

Add 2 more tbsp of oil to the wok. Put in the remaining garlic and ginger. Stir fry for 5 seconds. Put in the remaining garlic and ginger. Stir for 5 seconds. Put in the bamboo shoots and stir-fry for 30 seconds. Put in the hoisin sauce mixture and bring to a simmer. Put in the bean curd and bring to a simmer again. Turn down the heat and simmer very gently for 5 minutes, stirring now and again. Put back the mushrooms and add the peanuts as well. Stir and heat through, empty into serving dish and garnish with scallions.

## Kashmiri-Style Gucchi Pullao

### Pilaf with Morel Mushrooms

2 cups basmati rice

1/2 ounce dried morels (10-12 mushrooms)

3 tbsp margarine or oil

1 small onion, cut into fine half-rounds

1 tsp salt

## Method

Pick over rice and wash it in several changes of water. Drain. Put in a bowl. Add 6 cups fresh water and leave to soak for half an hour. Drain.

Rinse off the morels and soak them in 1 1/2 cups of boiling water for 15-20 minutes or until they are soft. Remove the mushrooms from their soaking liquid (reserve this liquid!) and rinse them again. Now cut each mushroom in half lengthwise.

Strain the soaking liquid and add enough water to it to make 2 2/3 cups.

Heat the margarine/oil in a heavy 2-quart pot over a medium flame. When hot, add the onion and sauté until it turns translucent. Add the morels and sauté them for 1 minute. Add the rice and salt and sauté the

rice for a couple of minutes. Lower the heat a little a bit if the rice starts to stick. Now add the morel soaking liquid and bring to the boil. Cover tightly, turn the heat to very, very low and cook undisturbed for 25 minutes.

## Marmite Recipes

### Oatmeal Soup

25g (1oz) margarine

1 large onion, finely chopped

50g (2oz) medium oatmeal

2 tsp marmite

575ml (1 pint) boiling water

300ml (1/2 pint) soymilk

salt and lemon pepper

1 tbsp chopped fresh parsley

Melt the margarine in a large saucepan, add the onion and cook slowly until softened but not brown. Add the oatmeal and cook for a few seconds.

Dissolve marmite in the boiling water and add to the pan. Bring to the boil, stirring constantly, then cover and simmer slowly for 30 minutes. stir the soup from time to time.

Add the soymilk to the soup, then blend until smooth in a liquidiser or food processor. Season to taste with the salt and lemon pepper and add the parsley. Reheat if necessary and serve.

### Bombay Bites with Spice Tomato Sauce

Spicy tomato sauce:

1 onion, finely chopped

2 tbsp vegetable oil

1 tsp marmite

1 tsp ground ginger

1 tsp ground cumin

400g (14oz) can chopped tomatoes

salt and pepper

chilli or hot pepper sauce, to taste

#### Bombay Bites:

75g (2oz) whole-wheat breadcrumbs

1 onion very finely chopped

2 cloves garlic, crushed

400g (14oz) can chickpeas drained

2 tsp marmite

salt and pepper

vegetable oil for frying

To prepare the sauce, cook the onion in the oil with the marmite, ginger and cumin until soft. Add the tomatoes, season, and cook for 15-20 minutes. Add chilli or hot pepper sauce to taste and adjust the seasoning.

Mix together all the ingredients for the bites in a liquidiser or food processor. Shape the mixture into 16-18 bite-sized balls.

Shallow fry them for 2-3 minutes on each side until lightly browned. Serve them hot or cold with the sauce.

#### Alabama Beans

375g (13oz) black-eye or haricot beans soaked overnight (or 8 hours) and drained

2 tbsp vegetable oil

1 large onion, finely chopped

1 tbsp unrefined sugar

2 tbsp tomato ketchup

2 tsp dry mustard powder

2 tsp veggie Worcestershire sauce

1 tbsp marmite

575ml (1 pint) boiling water

225g (8oz) veggie sausages, thickly sliced (optional)

freshly ground black pepper

1 tbsp chopped fresh parsley

heat oil in a large saucepan, add the onion and cook gently until soft.

Stir the sugar, ketchup, mustard and Worcestershire sauce into the pan. Dissolve the marmite in the boiling water and add to the pan with the beans. Stir well.

Bring to the boil, then cover and simmer for 30 minutes or until the beans are soft. Remove the lid halfway through cooking to allow sauce to thicken. If using veggie sausage, add to the pan for the last 15 minutes.

Season to taste with pepper and add the parsley. Serve with a green salad or green vegetables.

#### Chestnut Casserole

225g (8oz) dried chestnuts, soaked and drained

2 tbsp vegetable oil

1 large leek, trimmed and sliced

1 green bell pepper, de-seeded and cut into strips

2 large carrots, cut into matchsticks

3 sticks celery, sliced

1 green chilli, finely chopped

5cm (2in) piece fresh ginger, peeled and grated

2 tbsp wholemeal flour

1 tbsp (3 tsp) marmite

575ml (1 pint) boiling water

few blades mace

2 bay leaves

salt and freshly ground black pepper

chopped fresh parsley to garnish



Preheat oven to 180C (350F)

Heat the oil in a large flameproof casserole and cook all the vegetables with the chilli and ginger until soft.

Stir in the flour and cook for a few seconds. Dissolve the marmite in the boiling water and add gradually to the pan. Bring to the boil, stirring constantly. Add the mace, bay leaves and chestnuts.

Transfer to the oven and cook, covered, for 45-60 minutes until the chestnuts are tender. Adjust seasoning and garnish with parsley before serving.

#### Microwave Tofu and Sweet Potato Curry

1 tbsp vegetable oil

2 tsp curry paste

1 tsp marmite

1 large onion, finely sliced

2 cloves garlic, crushed

450g (1 lb) sweet potato, peeled and diced

400g (14oz) can chopped tomatoes

285g (10oz) packet tofu, rinsed drained and diced

salt and freshly ground black pepper

fresh coriander or parsley to garnish

Mix together the oil, curry paste, marmite, onion and garlic in a suitable microwave casserole dish. Cover and cook for 3 minutes on full power stirring once.

Add the sweet potato and cook for 6 minutes covered, stirring once; then add the tomatoes and tofu.

Cook the curry for a further 10-15 minutes on full power, or until the sweet potato is tender. Stir once during cooking.

Season to taste, then garnish with coriander before serving with boiled rice.

#### Microwave Aduki and Date Casserole

1 large onion, chopped

1 bulb fennel, trimmed and chopped

1 red pepper, de-seeded and sliced

2 courgettes, trimmed and sliced  
225g (8oz) aduki beans soaked overnight (8 hours) and drained  
2 tsp marmite  
450ml (3/4 pint) boiling water  
1 tbsp unrefined sugar  
1 tbsp tomato puree  
125g (4oz) chopped pitted dates  
salt and pepper to taste  
1 tbsp chopped fresh coriander or parsley  
zest of orange to garnish

Cook the onion together in a large covered microwave dish for 4-5 minutes on full power, stirring once.

Add the red pepper, courgettes and beans. Dissolve the marmite in the boiling water and mix with the sugar and tomato puree. Pour into the dish. Add the chopped dates.

Cover and cook for 10 minutes on 100% full power; then stir, cover and cook for a further 20-30 minutes on 50% power until the sauce is thickened and the beans are cooked through.

Season to taste with the salt and pepper. Mix together the coriander/parsley and orange zest and scatter over the dish just before serving.

#### Tagliatelle Marmesto

50g (2oz) fresh parsley  
25g (1oz) fresh basil  
1 tsp marmite  
salt and pepper to taste  
2 cloves garlic, crushed  
90g (3 1/2 oz) naturally roasted peanuts (not salted)  
50g (2oz) vegan soy parmesan  
200ml (7oz) virgin olive oil

450g (1lb) tagliatelle, spaghetti or other pasta

Place all the ingredients for the sauce, except the olive oil, in a liquidiser or food processor. Switch on and gradually add the olive oil, working the mixture to a fairly smooth paste.

Bring a large pan of water, with a little salt and oil to the boil. Cook the pasta for 10 minutes or as directed. Drain and return to the pan.

Over a very low heat stir in the marmesto sauce ensuring that all pasta is well coated.

Serve immediately.

Ginger and Coriander Pinwheels

8 slices bread, crusts removed

1 tsp marmite

2 tbsp eggless mayonnaise

90g (3 1/2 oz) crystallized ginger, roughly chopped

2 tbsp chopped fresh coriander

Roll the slices of bread lightly with a rolling pin to flatten.

Mix the marmite with the eggless mayonnaise and spread on the bread.

Blend the ginger and coriander together in a liquidiser or food processor to form a smooth paste. Spread this over the bread, then roll up each slice and wrap tightly in individual pieces of foil. Chill for 2 hours.

Unwrap the rolls and slice them into 4-6 pieces each.

Serve as appetizer

Marinated Mushroom Salad

225g (8oz) chestnut mushrooms, sliced

2 cloves garlic, crushed

3 tbsp chopped fresh parsley

freshly ground black pepper

1 tsp marmite

200ml (7floz) extra virgin olive oil

Mix the mushrooms with the garlic, parsley and pepper. In a small bowl, stir the marmite into the olive oil

until it starts to blend, then pour over the mushrooms, stirring lightly.

Chill the salad for about 2 hours, stirring from time to time.

Chick Pea Naandwich

1 onion, finely chopped

1 tbsp vegetable oil

1 tbsp curry paste

1 tsp marmite

400g (14oz) can chick peas, drained

2 naan breads

2 tbsp mango chutney, lime pickle etc.

1 tomato, sliced

1 tbsp chopped fresh coriander

Cook the onion in the oil for 2-3 minutes until soft. Add the curry paste and cook for a further 1-2 minutes then add the marmite and chickpeas. Cook gently for 5-10 minutes.

Preheat the grill. Cook the naans for 1-2 minutes on each side, until well puffed and brown.

Top each naan with chickpeas and add chutney to taste. Garnish with sliced tomato and sprinkle with coriander and serve immediately.

## Millennium **Cookbook** - Eric Tucker

Double Chocolate Chip Cookies

3 1/2 cups unbleached all-purpose flour

3/4 cup rolled oats

3/4 tsp baking soda

1/2 cup unsweetened cocoa powder

1 cup sucanat or unrefined sugar

1/8 tsp sea salt

1 cup non-dairy chocolate chips

1/2 cup soymilk

1/2 cup brown rice syrup

3/4 cup applesauce

1 tbsp vanilla extract

#### Method

Preheat oven to 350F. Line a baking sheet with parchment paper. In a large bowl, stir together the flour, rolled oats, baking soda, cocoa powder, sugar and salt until well combined. Add the chocolate chips and stir until well combined. In a medium bowl, whisk together the soymilk, applesauce, rice syrup and vanilla extract.

Pour the wet mixture into the dry mixture and mix well until combined. (start with a spatula and end with your hands). Drop balls of dough, about 3 tbsp each, 3 inches apart on the prepared sheet. Press the dough flat with a piece of plastic wrap until the cookies are 1/3 inch thick.

Bake for 20-25 minutes or until the bottoms are golden brown. Let cool on a rack. The cookies will firm as they cool/

The best method for baking these is on a parchment paper-lined sheet pan. These cookies will adhere to whatever they are baked on. When parchment paper is used, it can be peeled away from the bottoms of the cookies easily.

#### Sesame Lace Tuiles

1/2 cup canola oil

1/3 cup brown rice syrup

2/3 cup maple syrup

1/2 cup unbleached all-purpose flour

1/2 cup mixed black and white sesame seeds

1 teaspoon arrowroot

1/4 tsp salt

#### Method

Preheat the oven to 350F. Line a baking sheet with parchment paper. In a medium bowl, combine the canola oil, rice syrup and maple syrup. Whisk until blended.

In a small bowl, stir together the flour, sesame seeds, arrowroot and sea salt. Pour the wet mixture into

the dry mixture and stir until well combined. Drop half teaspoons 3 inches apart on the prepared sheet. Bake for 6 minutes. Rotate the sheet and bake for 7 more minutes or until golden brown. Allow to cool on the sheet. These cookies will firm as they cool.

### Chocolate Almond Midnight

Makes one 8-inch cake: serves 12

### Cashew Crust

1/3 cup unsalted cashew nuts

3 tbsp sucanat or unrefined sugar

3 tbsp canola oil

1/2 tsp vanilla extract

1 cup unbleached all purpose flour

1/8 tsp sea salt

### Chocolate Mousse

2 cups (16ozs) non-dairy chocolate chips

24.6 ozs (2 boxes) extra firm silken tofu

3/4 cup sucanat or unrefined sugar

1 tsp vanilla extract

1/8 tsp sea salt

### Maple Almond Praline

1/4 cup maple syrup

1 cup slivered almonds

### Method

To make the cashew crust: preheat the oven to 350F. Lightly oil an 8-inch round springform or false bottom pan. In a food processor, grind the cashews until they resemble fine meal. Add the sugar, oil and vanilla. Process again until well combined. In a small bowl, stir the flour and salt together. Add the cashew mixture and mix into the flour, beginning with a spatula and ending with your hands. Press the crust into the prepared pan. Bake for 20-25 minutes or until light brown and dry.

To make the chocolate mousse: In a double boiler over barely simmering water, melt the chocolate chips. In a blender or food processor combine the tofu, sugar, vanilla and salt. Process, then add the melted chocolate and blend for 2 minutes or until very smooth and completely combined.

Preheat the oven to 350F. Lightly oil the sides of the cake pan above the pre-baked crust. Pour the mousse mixture into the pan and bake for 35 minutes. Let cool for 10 minutes, then run a paring knife around the inside of the pan. Let the cake cool to the touch, refrigerate for at least 2 hours before serving. Un-mold just before serving.

To make the praline: in a heavy bottomed saucepan, bring the maple syrup to a boil. Boil for 1 minute. Add the almonds and stir constantly until the maple syrup has completely crystallized onto the almonds and the almonds appear dry.

Pour the almonds onto a baking sheet and let cool. Store in an airtight container.

To serve, cut the cake into 12 pieces. For each serving, pool raspberry sauce (recipe below) on a plate and top with a slice of cake. Top with 1 tbsp maple almond praline and garnish with fresh fruit, sprinkled cocoa powder and a sprig of fresh mint leaves.

### Raspberry Sauce

2 cups fresh or 10oz unsweetened frozen raspberries

1/4 cup sucanat or unrefined sugar

### Method

In a blender, combine the raspberries and sugar, then blend to a smooth sauce. Strain the sauce through a fine meshed sieve. Store in an airtight container in the fridge for up to one week.

### Vegan Prebaked Pie Crust

1 1/2 cups unbleached all-purpose flour

1/4 cup sucanat

1/4 tsp sea salt

6 tbsp canola oil

4-5 tbsp soy milk

Sift the flour into a bowl and add the sucanat and salt. Stir the dry ingredients together. Drizzle the oil into the dry ingredients, covering as much surface area as possible and mix lightly with a spatula until the flour and oil form dough balls about the size of marbles. Drizzle the soy milk into the bowl. Mix until ball is formed. Wrap the ball in plastic wrap and knead lightly. Refrigerate for 30 minutes or more.

Preheat oven to 350F. Unwrap the dough and place it between two sheets of parchment or waxed

paper. Roll the dough out to make a circle roughly 12 inches in diameter. Gently remove the top sheet of paper, replace it lightly, flip the dough over and gently remove the bottom sheet of paper.

Flip the dough sheet over on top of a pie pan and remove the top sheet of paper once again. Press the dough into a 9-inch pie pan and trim and flute the edges. Pierce the dough with the tines of a fork. Place a sheet of parchment paper over the crust and fill with 1/2 cup dried beans or pie weights. This is called blind baking and will keep the tart shell flat in the pie pan. Bake for 15 minutes. Remove the parchment paper and beans or pie weights. Bake for another 5 to 10 minutes or until the crust is a light golden brown.

### Baked Marinated Tempeh

#### Marinade:

1 cup red wine

4 cups vegetable stock

1/2 cup tamari

4 cloves garlic, minced

1 tbsp Dijon mustard

1 tsp dried sage

2 tsp dried thyme

1/2 tsp dried nutmeg

1/4 tsp red chili flakes

2 tsp maple syrup or other sweetener

6 four ounce portions of tempeh

Preheat oven to 350F. Mix all the marinade ingredients together. Place the tempeh in a baking dish and pour the marinade over the tempeh. Bake for 1 1/2 hours. Either remove the tempeh from remaining marinade to freeze or store the tempeh in the marinade in the refrigerator for up to a week.

### Baked Tofu

1 lb firm tofu

1/4 cup tamari soy sauce

2 tsp maple syrup



Preheat oven to 400F. Drain the tofu. Cut the tofu in half and then in thirds along the width to make 6 slices about 1/2 inch thick. Line a baking pan with parchment paper.

In a shallow bowl, combine the tamari and maple syrup. Dip the tofu in the marinade place on the baking pan. Bake for 20 – 30 minutes. Turn the tofu over, brush with remaining marinade and bake for 20 minutes or until caramel brown. Let cool. Store in an airtight container in the refrigerator for up to 4 days.

#### Millennium Braised Garlic

4 large heads garlic

1 cup vegetable stock or dry white wine

1 tsp minced fresh rosemary

1 tsp minced fresh thyme

Preheat the oven to 350F. With a large knife, cut the top 1/2 inch from each garlic bulb. Place the garlic heads in a small baking dish. Add the stock, thyme and rosemary. Cover tightly with foil. Bake for 1 1/2 hours or until the heads are soft and slightly browned. Let cool to the touch. Squeeze the soft garlic out of sliced open top. Store in airtight container in the fridge for up to one week.

Spread this on bread or add to soups, pasta sauces etc.

#### Red Wine and Black Pepper Sorbet

1 bottle dry red table wine (750ml)

1/2 tsp ground black pepper

1/3 cup fructose

pinch of sea salt

In a heavy medium saucepan, simmer the red wine for 20 minutes or until reduced by about one third. Add remaining ingredients and whisk together.

Refrigerate for at least 2 hours or until well chilled. Freeze in an ice cream maker according to manufacturers instructions.

To make granita style, pour the mixture into a large shallow baking dish and place in the freezer. Stir every 4 to 6 hours or until it is frozen. Store in an airtight container in the freezer for up to 4 days. After 4 days the sorbet may become icy; when this happens the sorbet can be melted and refrozen.

#### Lemon Tuiles

Makes about 25 cookies

1/4 cup rice syrup

1/4 cup maple syrup

minced zest of 1 lemon

juice of 1 lemon

1/4 cup canola oil

1/2 cup unbleached all purpose flour

2 tbsp arrowroot

1/8 tsp sea salt

Preheat oven to 350F. Line a baking sheet with parchment paper. In a small bowl, combine the rice syrup, maple syrup, lemon zest and juice and canola oil. Whisk together. In another small bowl, stir the flour, arrowroot and salt together. Pour the wet ingredients into the dry ingredients and whisk until well combined. Spoon 1/2 tbsp of batter 4 inches apart on the prepared baking sheet. Bake for 6 minutes. Rotate the sheet and bake for 7 minutes more or until the tuiles are golden brown around the edges. Allow the cookies to cool on the sheet. Remove and serve or store in an airtight container for up to 7 days.

Pecan Pie

2 1/2 cups pecans, toasted and coarsely chopped

3/4 cup maple syrup

1/3 cup brown rice syrup

1 tbsp vanilla extract

1 tbsp minced fresh ginger

1/4 tsp sea salt

3 tbsp flaxseeds

1 1/2 tsp arrowroot

1/3 cup soy milk

Prebaked pie crust

To make the filling: place the pecans in a large bowl. In a medium saucepan, combine the maple syrup, rice syrup, vanilla extract, ginger, and salt. Simmer the mixture for 5 minutes, then remove from heat and allow to come to room temperature. In a spice grinder, grind the flaxseeds to a powder. Combine the arrowroot, soy milk and flaxseed meal with the maple syrup mixture. Pour into a blender and blend until smooth. Pour the liquid from the blender over the pecans. Mix well and pour into the prebaked pie shell. Bake at 350F for 30 minutes, or until the filling has firmed up. Let cool.

## Melon Fruit Soup with Lemongrass

1 cup water

1/2 cup fructose

4 lemongrass stalks, coarsely chopped

one 3 lb Sharlyn, cantaloupe, honeydew or other ripe melon, quartered, seeded and peeled

Fresh berries and diced fruit, finely shred fresh mint and ground cinnamon for garnish.

In a small saucepan, combine the water and fructose and simmer until the fructose has dissolved. Add the lemongrass and simmer for 10 minutes. Strain through a fine meshed sieve. Reserve the liquid and discard the lemongrass. Let cool. Cover and refrigerate at least 2 hours or until chilled.

In a blender, combine the melon flesh and half the lemongrass syrup. Blend until smooth. Add more the syrup to taste. Any remaining syrup will last indefinitely refrigerated in an airtight container. Cover and refrigerate for at least 1 hour.

To serve, pour the soup into 6 chilled soup bowls. Garnish with some berries and sprinkle with some mint and cinnamon.

# More Soy Cooking - Marie Oser

## Italian Wedding Soup

Olive oil cooking spray

1 14oz package Gimmie Lean ground beef style

6 cloves garlic, minced

1 large yellow onion, chopped

1 stalk celery, with leaves, chopped

4 cups sliced baby-cut carrots

6 cups stock

one half of a 6 oz package of hickory or savoury baked tofu

1/3 cup diced Vegi Deli pepperoni

2 14oz cans Italian style stewed tomatoes

1 6oz package baby spinach leaves

1/2 cup mellow white miso

1/4 cup dry vermouth

1 tsp dried thyme

1 tsp dried basil

Preheat oven to 400F. Spray a baking pan with oil.

Roll Gimmie Lean into about 40 “meatballs” and place them on the prepared pan. Lightly spray tops with oil. Bake for 5 minutes, then place under a broiler until the tops are lightly browned (don’t let them burn!). Set aside.

In a 6 quart saucepan, combine the garlic, onion, celery and carrots with the broth and bring the mixture to a boil. Reduce heat to medium and simmer stirring occasionally. Slice the tofu on an angle and add to the soup with the diced veggie pepperoni

Place the stewed tomatoes in a food processor and pulse until chunky. Add to the soup along with the “meatballs”. Cook for 5 minutes, stirring occasionally. Add the spinach and simmer 15 minutes.

Place the miso in a small bowl and blend with the vermouth. Stir into the soup, and add the thyme and basil. Simmer for 5 minutes or just until the soup begins to bubble. Do not boil.

## **Creamy Asparagus and Pea Soup**

1 1/2 tsp olive oil

1/4 tsp crushed red pepper

8 cloves garlic, minced

1 medium Vidalia or other sweet onion, chopped

1 large shallot, minced

2 stalks celery, with leaves, chopped

4 cups peeled, diced potatoes (about 1 pound)

4 cups stock, boiling

3/4 lb fresh asparagus, trimmed and cut into 3 inch pieces

1 1/2 cup frozen peas, thawed

1 12oz package lite silken tofu

1 tbsp margarine

1/2 cup nutritional yeast flakes

1/3 cup mellow white miso

1/4 cup white wine

1 tsp lemon pepper

1 tsp granulated garlic

1 tsp ground sage

1/2 tsp dried thyme

In a 5 quart saucepan, warm oil and crushed pepper over medium-high heat for 1 minute. Add the garlic onion, shallot, and celery and sauté 3 minutes before adding the potatoes. Cook mixture 10 minutes, stirring frequently. Add the hot broth, asparagus, and peas. Bring to a boil then reduce heat to low and simmer about 15 minutes or until the vegetables are tender. Puree the soup with hand blender or in a food processor in batches and return to the saucepan.

Place the tofu in a food processor and blend until smooth. Add margarine and nutritional yeast and blend. Remove 2 cups of pureed soup and add to the tofu mixture. Process with the tofu mixture and return to the pan, stirring to blend.

In a small bowl, blend the miso with the wine and add to the soup along with the spices. Simmer soup for 5 minutes or until ready to serve. Do not boil.

## **Savoury Sausage and Rice with Chardonnay**

1 tbsp olive oil

1/2 tbsp dried minced garlic

1 cup thinly sliced scallions

1 14oz package Gimmie Lean sausage style

8oz portobello mushrooms, sliced

1/2 cup chardonnay or dry white wine

1 cup raw white rice

4 cups veggie stock, boiling

3 tbsp nutritional yeast

1 tsp dried marjoram

In a large saucepan, heat oil and minced garlic over medium-high heat for 1 minute. Add scallions and sauté 3 minutes. Add sausage and cook 5 minutes stirring frequently with a large spoon to break up sausage. Add chardonnay and cook 3 minutes; then stir in rice and add remaining ingredients. Reduce heat to simmer, cover and cook, stirring occasionally, 20 minutes or until rice is tender.

## **Veggie Swiss Steak with Sauteed Portobello and Cremini Mushrooms**

2 14oz packages Gimmie Lean ground beef style

1/4 cup whole-wheat bread crumbs

1/2 tsp granulated garlic

1/3 cup ketchup

2 tbsp Dijon mustard

3 tbsp olive oil

3 large garlic cloves, minced

3/4 cup Vidalia, Maui or other sweet onion, chopped

1/2 cup chopped red bell pepper

3oz veggie Canadian bacon, diced

3/4 cup plus 1/4 cup dry vermouth

1 14oz can Italian style diced tomatoes

1/2 cup minced shallots

1 6oz package baby portobello mushrooms, sliced

2 6oz packages cremini mushrooms, sliced

1/4 cup balsamic vinegar

1 1/2 tbsp tamari

1/2 cup veggie broth

3 tbsp arrowroot

2 tbsp cold water

1/2 tsp dried thyme

1 tsp dried basil

In a large bowl, combine the vegetarian ground beef with the bread crumbs, garlic, ketchup and mustard. Form mixture into 8 patties. In a large electric frying pan or dutch oven, brown patties in 1 tbsp of the olive oil. Remove from pan and set aside. Add 1 tbsp oil to pan and sauté garlic cloves with 3/4 cup of the onion, celery, bell pepper and veggie bacon for 5 minutes. Add browned patties and continue to sauté 5 minutes longer. Lower heat to simmer and add 3/4 cup vermouth and the tomatoes. Heat remaining tbsp oil in a 10 inch frying pan, sauté shallots 2 minutes and add reserved 1/4 cup of onions and the mushrooms. Cook 3 minutes or until mushrooms are softened. Add the vinegar, tamari and broth and lower heat to simmer. Dissolve arrowroot in the cold water and stir into the mushrooms along with the thyme and basil. Simmer 5 minutes, stirring occasionally. Pour over the patties with remaining 1/4 cup vermouth. Simmer until ready to serve.

## Tequila Fajitas

2 cups TVP Chiken Strips

1 1/2 cup veggie broth, boiling

2 tsp olive oil

1/4 tsp crushed red pepper flakes

one half of a 10oz package of Soyrizo vegetarian chorizo

5 cloves garlic, minced

1 large yellow onion, halved crosswise and cut into 1/8 inch wedges

1 green bell pepper cut into 2inch strips

1 yellow bell pepper cut into 2inch strips

2 cups sliced carrots

3 cups unpeeled red skinned potatoes, cut into 1/4 inch wedges

1 medium zucchini, sliced lengthwise and then crosswise

1/3 cup tequila

1/2 cup veggie broth, boiling

1/2 cup fresh cilantro, chopped

8 whole wheat tortillas

Place TVP in a medium bowl, add 1 1/2 cups boiling water stir through, and set aside.

Heat the oil and crushed red pepper flakes in a large frying pan over high heat for 2 minutes. Remove casing from the Soyrito and crumble into the pan. Saute 5 minutes or until browned, stirring frequently. Add garlic, onion, and bell peppers and sauté 3 minutes. Add carrots and potatoes and cook mixture 10 minutes stirring frequently. Add zucchini, tequila, 1/2 cup boiling broth and cilantro. Reduce heat to low and simmer mixture, stirring occasionally, 10 minutes, or until potatoes are cooked through. Warm tortillas. Place mixture into a serving bowl and bring to table. Place some mixture in a tortilla along with some salsa and guacamole and roll up. Eat with your hands.

## Fresh Pasta Dough

3/4 cup lite silken tofu

1 1/2 cups semolina flour

3/4 cup soy flour

1/2 tsp sea salt

1 tbsp olive oil

1 tbsp liquid fructose (or other liquid sweetener)

1 tbsp soymilk

Place tofu in food processor and blend. Add semolina and soy flours and salt and blend. While motor is running, add remaining ingredients. Dough should form a ball.

Place dough on work surface sprinkled with unbleached flour. Dust dough lightly with flour and knead 5 minutes, adding flour as needed to produce an elastic dough. Place dough in floured bowl and cover with plastic wrap. Set aside to rest for an hour. Shape down for spaghetti, fettuccini or ravioli

:For delicious variations on this basic pasta recipe, add either 1 1/2 tsp dried basil or marjoram or 1 tsp granulated garlic or sage when adding the flours.

## Strawberry Mango Cobbler

Cobbler

1 cup frozen apple juice concentrate

1 16oz package frozen mango chunks

1 16oz package frozen whole strawberries

2 cups sliced dried peaches

1/4 cup ginger brandy

2/3 cup Sucanat



1 tbsp cornstarch

1 tbsp cold water

#### Topping

1/2 cup rolled oats

1/3 cup walnuts

1/3 cup whole wheat pastry flour

1/2 cup Sucanat or brown sugar

2 tbsp oil

2 tbsp liquid Fruitsource or liquid sweetener

Preheat oven to 350F

For the cobbler: in a stovetop and oven safe 5 quart casserole, thaw the juice concentrate over medium heat. Add mango chunks and strawberries cook until fruit is almost thawed. Add peaches, ginger brandy and Sucanat. Cook mixture 5 minutes, stirring frequently.

In a small bowl, blend the cornstarch with the water and mix into to the fruit. Cook mixture 5 minutes.

For the topping: place the oats, walnuts, flour and Sucanat in the bowl of a food processor and process to mix. While the motor is running, pour oil and Fruitsource through the tube. Process until mixture is crumbly but holding together. Sprinkle over the top of fruit and bake, uncovered, for 25 minutes.

## Cajun Soynuts

For the Soynuts

1 lb dried soybeans

3 quarts water

olive oil cooking spray

Spice mix:

3/4 tsp lemon pepper

2 tsp sea salt

2 tsp granulated garlic

1 1/2 tsp dried basil

1 tsp onion powder

1 tsp dried thyme

1 tsp chilli powder

1/2 tsp coarse black pepper

cayenne pepper to taste

For the soynuts: rinse beans thoroughly; sort out and discard any stones or debris. Place beans in a large bowl, cover with cold water and soak 3 to 4 hours

Preheat oven to 350F. Line two baking pans with foil and spray with cooking oil. Drain the beans and place on the prepared pan in a single layer.

For the spice mix: Place the spice mix ingredients in a small bowl and mix thoroughly. Spray the soybeans lightly with oil and sprinkle spice mix even over them. Bake 40 to 45 minutes, stirring occasionally until beans are well browned. Using the foil like a chute, slide the beans into a small bowl. After thoroughly cooled, cover and store in the refrigerator.

## **Artichoke-Stuffed Portobellos**

Olive oil cooking spray

16 stuffing Portobellos or 1 1/4 lbs large stuffing mushrooms

1 12oz package silken tofu

3 cloves garlic, peeled

1 14oz can artichoke hearts, drained

1 small leek, cleaned and diced

1 20gram package Tofu Hero Italian Herb Medley (or mix 1 tbsp dry onion soup mix with a pinch of dried basil and marjoram)

1/2 tsp dried thyme

1/8 tsp coarse black pepper

1/3 cup nutritional yeast

whole wheat bread crumbs

Preheat oven to 350F. Spray baking pan with olive oil cooking spray.

Wipe mushrooms with a damp paper towel and remove stems, leaving caps intact. Place mushrooms on the baking pan, cavity side up and set aside.

Place tofu in food processor and blend. Add peeled garlic and process. Add artichoke hearts and process. Add the leek, seasonings and yeast and process until smooth. Spoon filling into mushroom caps and sprinkle with bread crumbs. Bake for 20 minutes. Serve hot.

## Quinoa Stuffed Portobello Mushrooms

Olive oil cooking spray

1 cup quinoa

2 cups orange juice

18 baby portobello mushrooms

1 1/2 tsp olive oil

2 cloves garlic, minced

1/3 cup scallions, sliced

1/4 cup chopped red bell pepper

1/2 cup sliced baby cut carrots

1/3 cup Vegi Deli pepperoni, Zesty Italian flavour (or just use whatever packaged fake meat you can find, or even smoked / baked tofu)

1 cup mushroom broth (or veggie stock)

1/4 sliced almonds

1/4 cup chopped fresh cilantro

Preheat oven to 400F. Spray baking pan with oil.

Rinse quinoa thoroughly several times, using a wire mesh strainer. Place in a medium saucepan with the orange juice, stir and bring to a boil. Reduce heat to low and simmer quinoa with the pan partially covered, stirring occasionally, for 15 minutes or until liquid is absorbed. Wipe mushrooms with a damp paper towel and remove stems, leaving caps intact. Place mushrooms on prepared pan, cavity side up and set aside.

In a 10 inch frying pan, heat oil, garlic, scallions, bell pepper, carrots and “pepperoni” over medium high heat for 5 minutes, stirring frequently. Add cooked quinoa and broth. Reduce heat to medium low and simmer mixture 5 minutes. Add almonds and cilantro and simmer 3 minutes. Spoon filling into mushroom

caps and bake 20 minutes. Serve hot.

## Butternut Bisque

6 cups water

6 cups butternut squash, peeled and cubed (about 2 1/2 lbs)

3 cups potatoes, diced (Yukon Gold if available)

1 large onion, chopped

8 cloves garlic, minced

14oz can Mexican style stewed tomatoes (diced tomatoes mixed with a bit of cumin and oregano)

1/4 cup nutritional yeast

1 tsp dried thyme

1/4 tsp ground sage

1/8 tsp white pepper

generous sprinkling of fresh ground nutmeg

1/3 cup mellow white miso

1/4 cup dry sherry

1 tbsp tamari

Place water, squash, potatoes, onion and garlic in a 6 quart saucepan and bring to a boil. Reduce heat to medium and cook 30 to 45 minutes or until the vegetables are tender. Remove 3 cups of the veggies to the bowl of a food processor and add the stewed tomatoes and nutritional yeast. Process the mixture to a thick puree. Return the puree to the soup and add the thyme, sage, pepper and nutmeg.

In a separate bowl, blend the miso with the sherry and add to the bisque with the tamari. Reduce heat and simmer 5 minutes or just until the bisque begins to bubble. Do not boil. Serve with a crusty sourdough bread.

## Caesar Salad Dressing

6oz silken tofu

2 cloves garlic, peeled

1/2 cup plus 1/4 cup soymilk

1/3 cup shallots, chopped  
3 tbsp scallions, sliced  
2 tbsp red wine vinegar  
2 tbsp olive oil  
2 tbsp Dijon mustard  
2 tbsp mellow white miso  
1 tbsp vegetarian Worcestershire sauce  
2 tsp lemon pepper  
1/4 cup soy parmesan cheese

Place tofu in a food processor and blend. Add garlic and process. Add 1/2 cup of the soymilk and the shallots, scallions, vinegar, oil and mustard. Pulse to mix. Place miso in a small bowl and blend with the reserved 1/4 cup soymilk. Add to the tofu mixture along with the remaining ingredients. Put dressing in covered jar and place in the refrigerator for at least an hour, but preferably overnight.

## **Marvellous Macaroni Salad**

12oz package of silken tofu  
3 cloves garlic, peeled  
1 medium shallot, peeled and quartered  
1/2 cup soymilk  
1/4 cup eggless mayonnaise  
2 tbsp nutritional yeast  
1 tbsp red wine vinegar  
1/2 tsp sea salt  
8oz package multicoloured pasta twists (or any corkscrew shaped pasta)  
1 tsp dried thyme  
1 cup chopped red onion  
1 cup frozen peas, cooked

Place tofu in the food processor and blend until smooth. Add the garlic and shallot and blend. Add the

soymilk, mayonnaise, yeast, vinegar and salt and process.

Cook pasta according to package instructions, drain and mix thoroughly with the tofu mixture in a large bowl. Stir in the thyme, chopped red onion and peas. Cover and refrigerate for at least one hour before serving.

## The New Farm **Vegetarian Cookbook** - Louise Hagler

### Chili Rellenos

To prepare fresh green chillies, roast about 12 big ones (at least 6 inches long) under the broiler or on the griddle, turning them until the skin puffs up all around. Put them immediately in a paper bag, close it up and let them sweat for 20 minutes. Then pull them out one at a time and pull off the skins and remove the seeds and veins.

Sautee small chopped onion and a couple of cloves of garlic in a pan with a little oil until onion is translucent. Crumble in a package of firm tofu and half a teaspoon each of oregano, thyme and ground cumin. Sautee for 5-10 minutes on medium heat.

Fill each pepper with tofu, then prepare a batter of 1 ½ cups flour, 1 cup water, 2 tsp salt ¼ tsp pepper.

Dunk each tofu filled pepper in the batter and deep fry in hot oil until golden brown. Drain on paper towels. Serve with fresh salsa.

### Split Pea Soup

2 cups dried split peas

10 cups boiling water

1 tbsp salt

1 tsp garlic powder or 2 cloves garlic, crushed

2 small onions, chopped

¼ tsp black pepper

1 or 2 veggie stock cubes

A couple of dashes of fish-free Worcestershire sauce

(optional)

A handful of fake bacon bits

A couple of slices of fake ham ('Yves' (US) or 'Not Ham' (UK, Oz), chopped

Boil the split peas with salt until they are soft and start to break down (about half an hour). Add garlic, onions, stock cubes, black pepper and Worcestershire sauce and simmer for another 20 minutes or until the onion is cooked. If you have one, take out your handheld blender and whizz it down until smooth (not really necessary). Toss in the fake bacon and ham and let simmer for another 10 minutes. Serve with crusty bread.

Tofu Manicotti

Prepare ½ lb large manicotti noodles as per package instructions

For the filling:

Sauté 1 cup chopped onions in 3-4 tbsp oil and then add:

1 ½ cup chopped, cooked spinach

2 ½ cups mashed tofu

salt and garlic to taste

Stuff the noodles and place them side-by-side in a greased baking pan that has a small amount of water in the bottom. Cover with Tomato Sauce (jarred or use the following)

2 cups tomato sauce

1-cup water

1 tsp garlic powder

1 tsp oregano

1 tsp basil

1/8 tsp marjoram

1 tsp salt

1 tbsp oil

2 tsp sugar

simmer 20 minutes and pour over the stuffed noodles. You can pour a thin layer of nutritional yeast cheese or crumble your favourite vegan cheese over the top, but it's not necessary.

Cover the pan with aluminium foil and bake at 350F for 20 minutes.

Mocha Tofu Cream Pie

3 cups tofu

1 cup melted margarine

1 ½ cups sugar

¾ cup cocoa powder

2 tsp vanilla extract

¼ tsp salt

½ cup strong, black coffee, cooled (as needed)

blend ingredients together using the coffee to help blend the tofu. Try to blend as thick as cream as possible so it will set nicely when refrigerated. Pour into a pre-baked pie shell and refrigerate for a couple of hours.

### Banana Tofu Cream Pie

Blend in order given:

2-3 ripe bananas

2 tsp vanilla extract

1 tbsp lemon juice

½ cup oil

1 cup sugar

¼ tsp salt

then add:

2 ½ cups firm tofu

Blend all ingredients until creamy and smooth. Use a rubber spatula to help blend in the tofu.

Pour thick creamy blend into a pre-baked pie shell and chill for 2-3 hours. Before serving, slice another banana into rounds and decorate the top of pie.

### Scalloped Potatoes

8-10 medium white potatoes sliced thin

1-2 onions chopped fine

1/3 cup flour

salt and pepper to taste



1/3 – 1/2 cup margarine

2 quarts soy milk

oil a 9x13 inch pan and build layers: start with a layer of sliced potatoes, then sprinkle with chopped onions, flour, salt and pepper. Dot with margarine and repeat, starting with potatoes. For the top, spread a layer of potatoes and onions, sprinkle with salt and pepper and dot with margarine (leave out the flour).

Pour the soymilk slowly into the pan until it almost covers the top layer of potatoes. Bake for about 1 1/2 - 2 hours in a 350F oven, or until the potatoes are soft and the milk has thickened.

Blintzes

Combine:

1 cup white flour

1/4 cup oat flour

1/2 tsp salt

1 tbsp sugar

1 tsp baking powder

Whisk in 4 cups cold water. Pour 1/8-1/4 cup batter in a hot, lightly oiled frying pan and immediately tilt the pan to spread the batter evenly over the surface of the pan in about 6 inch circles. They should be real thin like crepes. Cook only one side till the top side is dry and has bubbles on it. Stack the blintzes inside a folded cloth.

Filling:

2 cups mashed tofu

6 tbsp margarine

1/2 cup blended tofu (creamy)

6 tbsp sugar

1/2 tsp salt

Mix the filling ingredients together.

Place 3 tbsp filling in the middle of the cooked side of each blintz. Fold the two ends toward the middle, then fold the remaining sides over each other. Place on a cookie sheet with folded side down. When ready to serve, fry each blintz a frying pan with a little melted margarine until crisp and golden. Serve immediately with fruit sauce, jam or with soy sour cream.

Scones

2 cups white flour

2 tbsp baking powder

¼ cup sugar

½ tsp salt

4 tbsp margarine (room temperature)

½ cup raisins (optional)

2/3 cup soymilk (approximately)

Sift all dry ingredients together. Rub margarine into the dry ingredients slowly with your finger tips, or between thumb and fore fingers. Add raisins and enough soymilk for a soft dough.

Roll out, onto a floured board, about ½ inch thick and cut into large rounds or triangles. Bake on an oiled cookie sheet at 475F for 10-12 minutes. Good hot, cold or reheated.

#### Applesauce Cake

½ cup oil

1 ½ cups sugar

1 ½ cups unsweetened applesauce

2 cups white flour

½ tsp salt

1 ½ tsp baking soda

½ tsp cinnamon

¼ tsp ginger

¼ tsp cloves

¼ tsp allspice

¼ tsp nutmeg

mix oil and sugar well, add applesauce and mix in the dry ingredients. Beat until smooth. Pour into an oiled and floured 8 inch cake pan or angel food cake pan and bake at 350F for 45-50 minutes, or slightly longer if using a loaf pan. Cake is even better the next day.

#### Soft Sandwich Buns

Heat 2 cups soymilk to scalding. Pour into a bowl containing:

1/4 cup margarine or oil

1/2 cup sugar

1 1/2 tsp salt

Combine in a small bowl:

1/4 cup lukewarm water

2 tbsp yeast

1/4 tsp sugar

Let sit 5 minutes. After the milk has cooled, add the yeast mixture. Then add 1/2 cups flour and beat about 200 times. Let rest for a 5-10 minutes. Add 4 cups more flour and beat well.

After this is added, you will begin to mix with your hands. Depending on the type of flour you're using, add about 1 more cup flour or enough to produce a consistency of dough that can be turned out onto a floured board. Knead 5 minutes. Put in a well-oiled bowl and let rise for 1 hour. Punch down and form about 12 rolls. Place on an oiled cookie sheet. Let rise 1/2 an hour. Bake at 375F for about 20 minutes or until the bottoms are brown and the tops are beginning to brown. Brush with margarine or oil.

### Bagels

Dissolve 2 tbsp baking yeast and 6 tbsp sugar in 2 cups warm water. Add 2 cups unbleached white flour, beating it in with a whisk. Let rise as a sponge for about 10 minutes. Beat in 1/2 cup oil, 2 tsp salt and about 4 more cups flour (use a whisk until it gets too thick-then just use a spoon).

Turn dough out on a floured board and knead for about 10 minutes. Add only enough flour on the board to prevent sticking. The dough should be soft but not sticky. Roll lumps of dough between your hand and the worktable into rolls 3/4 inch x 8 inches. Take one end of a roll and wrap around our first two fingers into bagel shape, sealing the two ends by rolling them together between your fingers and worktable to make a smooth seam. Let rise 5 minutes on a well floured board. Repeat until you have about 30 bagels.

Have ready a 4 quart pot two thirds full of boiling water. Add 1/3 cup sugar. Drop 4 or 5 bagels into the rapidly boiling water, risen side down, and put on a lid. Boil 30 seconds on one side then 30 seconds on the other, keeping a rapid boil all the time. Remove bagels with a slotted spatula and place about 1/2 inch apart on a well-oiled cookie sheet. Bake at 375F for 25-30 minutes or until golden brown.

### Quick French Bread

3 1/2 cups warm water

2 tbsp margarine

3 tbsp sugar

1 tbsp salt

2 tbsp baking yeast

9 cups white flour

#### Method

Mix water, margarine, sugar and salt. Sprinkle yeast on top and let rest for 10 minutes. Whip in 7 cups of flour, then beat in the rest with a spoon. Do not knead. Let rise until double. Punch down and separate into two balls. Flatten each ball into a rectangular shape, then roll into a long loaf. Let them rise on an oiled cookie sheet until almost double. Put a pan of boiling water on the bottom of a 400F oven and bake. After 15 minutes, reduce heat to 350F for about 30 minutes. Five minutes before bread is done, brush loaves with melted margarine.

#### Sloppy Joes

Sauté 1 large onion, diced and 2 medium green peppers, diced, in 3 tbsp oil.

Add:

1 1/2 cups boiling water

2 1/2 cups tomato sauce

1-2 tbsp chilli powder

a good pinch of black pepper

2-3 tsp salt

1 tbsp soy sauce

1 tbsp mustard

2 tbsp sugar

1 1/2 cups dry TVP

Simmer together 20 minutes and serve over buns.

#### TVP Gravy with Mashed Potatoes

Have ready: 1 cup TVP soaked in 7/8 cup boiling water; 3 cups very warm soymilk.

Sauté 1 medium onion, chopped, in 1/4 cup of oil until soft. Remove from heat and mix in 1/2 cup flour, then whisk in 1/3 cup cold water until smooth. Next whisk in soymilk and return to medium heat, stirring occasionally till sauce thickens. Cook 10 minutes more over low heat. Then whisk in the TVP with 1/4 cup nutritional yeast flakes, 1 1/2 tsp salt, 1/2 tsp pepper, 1 tsp celery seed and 2 tbsp margarine. Serve hot over mashed potatoes.

## Spaghetti with Meatless Balls

For the meatless balls:

Soak 2 cups dry TVP in 1 3/4 cups boiling water for 10 minutes.

Sauté 1 small onion (diced) in 2 tbsp oil, then add to the TVP

Add to the TVP:

1/2 tsp chilli powder

1/2 tsp garlic powder

a pinch of black pepper

2-3 tsp salt

1/2 tsp oregano

1 tbsp soy sauce

1/2 cup white flour

Stir until well mixed. Mold this mixture into balls 1 inch on diameter, pressing firmly. Fry in some oil until crispy.

For the spaghetti sauce:

1/4 cup olive oil

1 onion (diced)

1-2 green peppers (diced)

6 cups tomato sauce

3 1/2 tsp oregano

1 1/2 tsp sweet basil

1/2 tsp allspice

3 1/2 tsp chilli powder (optional)

1/2 tsp hot chilli (optional)

1 bay leaf

1/4 heaping tsp black pepper

3 3/4 tsp salt

1 1/4 tsp cumin

1 1/2 tsp garlic powder

1 1/4 cups TVP

#### Method

Sauté onions and peppers in the olive oil until soft and then add the tomato sauce and all the spices, except the garlic powder, and bring to a boil. Simmer about 20 minutes (meanwhile cook some spaghetti in some boiling water as per package instructions). Add the TVP and garlic powder to the sauce and let sit for 10 minutes while the TVP softens. When the TVP is soft, serve on spaghetti noodles with the meatless balls.

#### Easy French Toast

1 cup soymilk

2 tbsp nutritional yeast flakes

2 tbsp flour

2 tsp sugar

1/2 tsp salt

Mix together with a whisk

Dip slices of bread one at a time into the mixture until soaks through but is not soggy. Then fry the slices in margarine over medium heat until golden brown and crispy on both sides. Serve hot with cinnamon and sugar or syrup.

#### Janies Home-Cooked Biscuits

6 cups flour (whole wheat, white or buckwheat)

1 1/2 tsp salt

5 tsp baking powder

2 1/3 cup soymilk

1/3 cup oil

Sift the dry ingredients into a large mixing bowl.

Make a well in the middle and add soymilk, then oil. Stir just enough to moisten, then turn on to well floured board and knead a little. Roll into 1/4 -1/2 inch thick, depending on how high you like them. Cut

with a 2 inch diameter cutter – tin cans with holes cut in the bottom work good. (the bigger you cut them, the less they rise). Place them real close together on a cookie sheet – don't leave hardly any space between them and bake in a 450F oven for whole wheat, 500F for white and buckwheat. Bake 10-15 minutes, depending on your oven and look on the bottom to see if done (if they're browned good). You don't have to oil the pan but sometimes some margarine in the pan makes nice crusty biscuits.

### Soy "Souffle"

1 cup nutritional yeast flakes

4 cups soy flour

1 1/2 tsp garlic powder

2 1/2 tsp salt

1/2 tsp turmeric

4 cups water

1/3 cup oil

4 tbsp wet mustard

Mix together dry ingredients. Add the wet ingredients and mix. The mixture should be the consistency of ketchup.

Bake in an oiled 9x13" pan at 350F for about 45 minutes or until brown on top.

You can also add sautéed onions and/or peppers or other vegetables to the mixture.

### Tofu Whipped Cream

1 cup tofu

4 tbsp oil

1/4 cup sugar

1 tsp vanilla

1/8 tsp salt

1/2 tsp lemon juice

2 tbsp soymilk (as needed)

Blend the ingredients in the order given, adding the soymilk last only as needed to blend the tofu into a thick cream. Scrape the sides of the blender inward to help blend. The mixture should be thick, but thin enough that it turns by itself in the blender. Chill. Whip the cream with a spoon before serving.

### Vegan Salad Cream

1 cup soymilk

2 1/3 cup oil

1 tbsp sugar

2 tbsp vinegar

1 1/2 tsp salt

Put cook or cold soymilk in a blender. Pour oil in slowly while blending at high speed, Blend until the mixture gets very thick (about 1 minute). Pour into a bowl and mix in the rest of the ingredients using a rubber spatula. Keep refrigerated.

### Tofu Cream Cheese

1 cup tofu

2 tbsp oil

3 tbsp fresh lemon juice or vinegar

1 tbsp sugar

1/2 tsp salt

Combine ingredients in a blender and blend until smooth. Scrape the sides of the blender often with a rubber spatula pushing the tofu towards the center of the blender. Pour into a dish and chill.

### Chocolate Pudding

Mix together well:

1/3 cup cocoa

1 cup sugar

1/4 tsp salt

1/4 cup cornstarch

then add 3 cups soymilk, whipping constantly. Bring this mixture to a boil over medium heat, still whipping constantly, then lower the heat and cover. Let boil gently for 5-10 minutes.

Remove from heat and whip in:

3 tbsp margarine

1 1/2 tsp vanilla



Pour into a bowl or baked pie crust, chill and serve with soy whipped cream.

Soy Nog

3 cups soymilk

1/2 cup sugar

1 tsp pure vanilla

1/4 – 1/2 tsp rum extract

pinch of nutmeg

1-2 tbsp oil

Combine in a blender until smooth and server hot or cold.

Uncle Bill's Saurkraut Soup

8 cups saurkraut

8 cups water

1 1/4 cups raisins

2 cups raisins

1 cup prunes, cut into small pieces

2 thin slices lemon

1/4 tsp salt

Simmer over low heat for 1 1/2 to 2 hours

Serve hot with tiny boiled potatoes in the soup.

Pickled 'Lox'

Slice 1 medium eggplant into pieces approximately 2" long, 1" wide and 1/4 " thick. Place in a bowl and cover with salt. Press with a weight overnight. Drain water off in the morning. Fry in 1/3 cup oil until soft but not mushy. Add 2 tbsp vinegar, 1 tsp garlic powder and 1/4 tsp pepper. Fry another minute. Let cool. Serve on bagels with soy cream cheese.

Cheezy Crackers

2 cups flour

2 tsp baking powder

1/2 tsp salt

1 tsp garlic powder

1 tsp chilli powder

2/3 cup nutritional yeast flakes

2/3 cup water or soymilk

1 tbsp soy sauce

3 tbsp oil

Preheat oven to 425F. Mix the dry ingredients. Mix in oil, then the water (more if needed) and soy sauce to make a stiff dough. Knead until the dough is a smooth ball. Roll 1/16" thick, oil top of dough and sprinkle with salt. Cut into shapes. Bake until both sides are golden brown (about 7-10 minutes).

Soyburgers

Makes 16 burgers

Pressure cook 2 cups soybeans. Drain 5 cups cooked soybeans through a colander or strainer. Mash the beans with a potato masher and add while mashing:

2 tsp salt

1 cup uncooked oats or 1 cup whole wheat flour

1/2 tsp pepper

1 tbsp garlic powder

2 tsp oregano

1 tsp basil

1 onion, finely chopped

1 green pepper, finely chopped

Mix well. The batter should be quite stiff. To make patties, roll mix into a small ball larger than a golf ball but smaller than a tennis ball. Then flatten the ball to 1/2 " thick. Fry in a generous amount of oil so they'll be crisp. Thin patties make better burgers because they stay crisp – thick patties don't get done so well in the middle.

Jala-Pinto Dip

Pressure cook for 1 hour or until soft

2 cups pinto beans

8 cups water

Drain beans, reserving 1/2 cup juice. Saute the following for 5 minutes:

1/2 cup chopped onion in

1/4 cup oil

Turn flame to very low and add:

1 1/2 tsp garlic powder

2 tsp chili powder

1/2 tsp ground cumin

1/4 tsp powdered oregano

Cook a few minutes, stirring constantly. Add 1/4 cup tomato sauce and fry a few more minutes. Mash beans. Add tomato sauce mixture and mash some more. Add:

1 tsp salt

1/2 cup reserved bean juice

2 tsp grated raw onion

2 tsp pickled jalapeno peppers, chopped

1 tsp pickled jalapeno pepper juice

Whip with whisk. Serve with corn chips.

### Simple Rice and Dahl

In a saucepan, cook 2 cups yellow split peas in 6 cups of water with 2 tsp salt until thick and creamy.

In a small frying pan, sauté 2 sliced onions in 1/4 cup oil until clear. Turn down the heat and add 3-4 tbsp curry powder. Add a touch more oil so this mixture isn't dry. Cook the curry powder for a couple of minutes with the onions (don't scorch it). Add the onions and curry to the split peas. Add a touch of cider vinegar and more salt if required. Mix and serve over rice.

### TVP Burrito and Taco Filling

Soak 1 1/2 cups TVP in 1 1/3 cups boiling water for 10 minutes (turn fire off, do not boil the TVP). Saute 1 medium onion, chopped, with the soaked TVP in 5 tbsp oil. Season with salt and pepper, chili powder, garlic powder and soy sauce.

Simmer TVP together with:

2 cups tomato sauce

1/2 tsp salt

2 tsp chili powder

1/2 tsp pepper

4 cloves garlic or 2 tsp garlic powder

1 tbsp sugar

Serve mixture on white tortillas or taco shell with shredded lettuce, diced onions and tomatoes.

### Spaghetti Sauce with TVP

1/4 cup olive oil

1 onion, chopped

1-2 green peppers, chopped

6 cups tomato sauce

3 1/2 tsp oregano

1 1/2 tsp sweet basil

1/2 tsp allspice

3 1/2 tsp chilli powder

1 bay leaf

1/4 heaping tsp black pepper

3 3/4 tsp salt

1 1/2 tsp garlic powder

1 1/4 cups dry TVP

Saute onion and peppers in the oil until soft and then add the tomato sauce and all the spices, except the garlic powder and bring to a boil. Simmer about 20 minutes. Add the TVP and garlic powder and let sit for 10 minutes while the TVP softens. When the TVP is soft, serve over spaghetti noodles.

### Spaghetti Balls

In a bowl, soak 2 cups dry TVP in 1 3/4 cups boiling water for 10 minutes. Then add:

1 small onion (diced), that's been sauted in 2 tbsp oil

1/2 tsp chilli powder

1/2 tsp garlic powder

1/2 tsp oregano

2-3 tsp salt

pinch of black pepper

1 tbsp soy sauce

Add 1/2 cup white flour and stir until mixed very well. Mold this mixture into 36 balls about 1 inch in diameter. Press firmly. Fry in oil until crispy. Serve with spaghetti sauce on pasta.

### Chilequiles Estilo De San Luis Potosi

These are traditionally quite hot and are served with refried pinto beans for breakfast. Serves 6

2 dozen corn tortillas

1 medium onion, diced

1/2 cup oil

3 small cloves garlic, pressed

salt and pepper to taste

3/4 cup hot sauce or salsa

1 1/2 cups fried yuba (optional)

Tear the tortillas into bite size pieces about 1 – 1 1/2 “ square. Fry the onion at medium high heat until slightly golden in a large skillet, using about half the oil. Add the tortilla pieces and continue frying till all the pieces are golden and crisp. You may need to add more oil. Lightly sprinkle with salt and pepper. Add the garlic and hot sauce, stir once and cover immediately. Steam for 2 or 3 minutes, remove lid. Add remainder of oil and continue to fry, tossing an stirring chilequiles till they are slightly crisp again. Add fried yuba and taste for salt and pepper adding more if needed. Remove from heat and serve hot with refried beans.

### Onion Soup

5 cups onions, sliced in rings

5 tbsp oil

7 1/2 cups water

2 1/2 tsp tarragon

2 tsp salt

1/8 tsp pepper

3-4 tbsp soy sauce

3 tbsp nutritional yeast flakes

Slowly fry onions in a cast iron skillet over medium heat until they're well browned. Meanwhile put water on to boil in a big soup pot. When the onions are cooked, add to the soup pot, then add tarragon, salt and pepper. Bring to a boil and then turn heat down to a simmer for 10 minutes. Add soy sauce and nutritional yeast flakes right at the end. You can make a lot of this soup and refrigerate it. Sitting overnight enhances the flavour.

Robertas Good Soup

Saute 1 medium onion (diced) in 3 tbsp oil. Add the onion to:

5 cups boil water

1 tbsp salt

1/8 tsp black pepper

1/4 tsp celery seed

1/4 cup dry TVP

1 tsp soy sauce

Simmer for 5 minutes. Add:

1/2 cup nutritional yeast flakes

1 1/2 tbsp margarine

2 cups cooked noodles or 1 1/2 cups cooked rice

Serve with crackers.

Nonna's Italian Kitchen — **Bryanna Clark**  
**Grogan**

Funghi Trifolati (Truffle-Style Mushrooms)

Up to 1/4 cup extra virgin olive oil

3 cloves garlic, minced

3 tbsp fresh Italian parsley

1.5 lbs mushrooms, sliced (any kind, but preferably a mixture of cremini, Portobello, chantrelles and shitake, etc.

salt and pepper to taste

1 tbsp light miso

Method

In a large, non-stick skillet, heat 2 tbsp olive oil with the garlic. Cook and stir until the garlic becomes pale and gold in colour. Add the parsley and the mushrooms, along with a little more olive oil, if you wish. Add salt and pepper to taste and stir fry the mushrooms until they are tender. Mix miso with a little water and add to the pan, stir over high heat until moisture is absorbed. Serve hot or at room temperature.

Carciofi Arrosto (Baked Artichokes)

4 large globe artichokes

4 cloves garlic, peeled and crushed

1/4 cup extra virgin olive oil

Method

Preheat oven 375F.

Remove the tough leaves from around the base of the artichokes. Cut off the stems and trim the bases. Snap off the tough tips of the leaves. Press down on the tops of the artichokes with the palm of your hand to cause the leaves to separate. Scrape out the choke. Place a garlic clove in the centre of each artichoke where the choke was. Place the artichoke in a deep baking dish and drizzle with the olive oil. Cover dish tightly and bake about 45 minutes or until tender.

Patate Al Forno con Rosmarino (Roasted Rosemary Potatoes)

3 lbs Yukon gold or red skinned potatoes, scrubbed

1/4 cup extra-virgin olive oil

2 tbsp chopped fresh rosemary

salt and pepper to taste

Method

Preheat oven to 375F

Cut the potatoes into small wedges or chunks. Pat them dry. Place them in 2 large, shallow baking pans and toss each half with 2 tbsp olive oil and 1 tbsp rosemary. Salt them lightly.

Bake the potatoes for about 30 minutes, turning them with a spatula from time to time and salting them. When they are tender inside and golden brown on the outside, grind fresh pepper over them and serve immediately.

Pasta Con Salsa Di Melanzane (pasta with spicy eggplant sauce)

1 lb penne rigate or other favourite pasta

2 tbsp extra virgin olive oil

1.5 lbs eggplant, cut into large dice (remove skin)

8 large cloves garlic minced

1/2 tsp dried red pepper flakes

2 lb ripe plum tomatoes, chopped or a 28 ounce can diced tomatoes and juice

1 tsp salt

1/2 tsp unrefined sugar

1/4 cup chopped fresh Italian parsley

Optional: soy parmesan

Method

Put a large pot of salted water for the pasta. Broil the eggplant chunks on both sides in the oven broiler until softened. Set aside.

In a large, non-stick or lightly oiled pot, heat the olive oil and sauté the garlic and red pepper flakes lightly. Add the tomatoes, broiled eggplant, salt and sugar. Simmer over medium high heat and begin cooking the pasta.

Drain the pasta when it's done, and add the parsley to the sauce. Serve the sauce over the hot pasta with soy parmesan on the side.

Penne all'Arrabbiata (enraged penne)

1 lb penne rigate or other tubular pasta

1/4 cup extra virgin olive oil

6-8 cloves garlic, chopped

1/2 tsp dried red pepper flakes



2 lbs ripe plum tomatoes or a 28-ounce can Italian plum tomatoes

1/2 tsp salt

1/4 cup chopped fresh Italian parsley

Method

Put a large pot of salted water on to boil for the pasta.

In a large, heavy skillet or pot, heat the oil over medium heat. Add the garlic and red pepper flakes and stir just until the garlic begins to change colour. Remove from heat. Mash up the tomatoes with a food processor (use pulse mode to keep them a bit rough) or chop them up and mash by hand, reserving juice. You can also use commercial crushed tomatoes but not pureed tomatoes. Add tomatoes to pan.

Place the pan back on the heat, add the salt and simmer uncovered while you cook the pasta to al dente stage.

Taste the sauce for salt, drain pasta and add it to the sauce. Toss well and let it cook in the sauce for a minute or two. Sprinkle with parsley and serve.

Zuppa Di Cipolle (Italian onion soup)

1 1/4 lb onions sliced very thinly

2 tbsp extra virgin olive oil

1 tbsp unrefined sugar or maple syrup

1 tsp salt

8 cups hot water

6 vegetarian stock cubes (enough for 6 cups water)

4 tsp marmite, yeast extract or dark miso

2 tsp soy sauce

2/3 cup marsala, dry sherry, medeira or sauterne (or any drinkable red wine)

freshly ground white pepper, to taste (or black pepper if desired)

6 thick slices of rustic Italian bread, toasted

soy parmesan

Method

in a large, heavy pot, heat oil over medium heat. add the onions and sauté until they become tender and

start to brown, stirring often and adding a little water from time to time if they start to cook.

Add the sugar and salt and stir briefly. Add the water, stock cubes, marmite/miso and soy sauce. Cover and simmer for 30 minutes.

Add the wine and simmer uncovered for about 5 minutes. Taste for seasoning and add white pepper to taste.

Place a piece of toast in each soup bowl and ladle soup over it. Sprinkle liberally with soy parmesan and serve hot.

Pasta E Fagioli (pasta and bean broth)

1 carrot chopped

2 stalks celery chopped

4 cloves garlic crushed

2 (15 or 16oz) cans beans (cannellini, red kidney, navy, pinto or Romano)

2 cups or so vegetarian stock

1 lb ripe plum tomatoes, chopped, or a 14oz can diced tomatoes

2 tbsp chopped fresh Italian parsley

1 tsp marjoram

1 lb pasta, such as farfalle (bows), penne or ziti

chopped parsley for garnish

Optional: soy parmesan

Method

Put a large pot of salted water to boil for the pasta.

In a large non-stick or lightly oiled pot, steam-fry the carrot, celery and garlic in their juices for 3-4 minutes. Add the beans, broth, parsley and marjoram. Cover and simmer over low heat for 5 minutes.

Meanwhile, cook the pasta in the boiling water until al dente. Drain the pasta and add to the pot with the vegetables. Taste for seasoning.

Serve in bowls with a sprinkle of parsley and soy Parmesan and crusty bread on the side.

Melanzane All Parmagiana (eggplant parmesan)

3 lbs eggplant, sliced 1/4 inch thick

2 cups white sauce (see below)

3/4 cup toasted breadcrumbs

1/2 cup soy Parmesan

For the tomato sauce:

1/2 medium onion, minced

2 cloves garlic, chopped

1 tbsp olive oil

4 cups chopped fresh or canned, drained plum tomatoes

1/3 cup chopped fresh basil

Salt and pepper to taste

Method

Salt the eggplant and place it in a colander to drain while you make the white sauce (see below). Prepare the breadcrumbs and set aside.

To make the tomato sauce, sauté the onion and garlic in the olive oil in a heavy, medium pot until softened. Add the tomatoes and simmer for about 15 minutes. Add the basil and salt and pepper to taste (add a pinch of sugar if using canned tomatoes). If you prefer a smooth sauce, run it through a blender or food processor briefly before add the basil.

Rinse the eggplant and pat it dry. Brush with olive oil and broil it 3-4 inches from the heat on both sides until it is slightly browned and soft inside.

Preheat over to 325F. Oil a 10-inch casserole. Lay half the eggplant on the bottom and top with half the breadcrumbs. Spread with half the tomato sauce, half the white sauce and half the soy Parmesan. Layer the remaining ingredients. Bake for 20 minutes or until bubbly and browned on top.

## **White Sauce (makes 2 cups)**

For the white sauce:

Blended mixture:

1-cup soymilk or rice milk

1/2 cup crumbled extra-firm silken tofu pr regular medium firm tofu

1/2-cup water

1 vegetarian broth cube, crumbled (enough to make 1 cup liquid)

1/2 tsp salt

2 tbsp olive oil

1.5 to 3 tbsp unbleached flour (depending on desired thickness)

large pinch of grated nutmeg

large pinch of white pepper

Method

Place the soymilk, crumbled tofu, water, broth cube and salt in a blender and combine until very smooth. Set aside.

Melt the margarine in a medium-size, heavy saucepan and whisk in the flour. Continue whisking it over a medium high heat for a few minutes but remove it from the heat before it starts to change colour. Scrape this into the blended tofu mixture and process for a few seconds then pour back into the pot. Stir over a medium high heat until it thickens and boils; turn down and simmer on low for a few minutes. Whisk in the nutmeg and white pepper

Patate in Tegame (baked sliced potatoes with tomatoes)

1.5 lb potatoes thinly sliced

2-4 cloves garlic thinly sliced

3/4 lb fresh ripe plum tomatoes thinly sliced or 1 (14oz) can plum tomatoes or diced tomatoes, drained

2.5 tbsp olive oil

1/4 cup soy Parmesan

salt and pepper to taste

Method

Oil a 10 inch glass or ceramic baking dish or pie plate with olive oil. If you are using the canned tomatoes, break them up with your hands.

Preheat oven to 375F.

Layer 1/3 of the potatoes in the dish. Sprinkle with salt and pepper. Layer on 1/3 of the tomatoes, half the garlic and sprinkle on 1 tbsp of soy Parmesan. Drizzle with 1/2 tbsp olive oil. Repeat layering twice then sprinkle the top with 2 tbsp of soy Parmesan and drizzle with 1 tbsp olive oil. Cover the dish and bake for about 1 hour. Uncover the dish and bake 15 minutes more or until the potatoes are tender and the top is golden. Serve hot.

Ciambotta (southern Italian vegetable stew)

1/2 lb eggplant, unpeeled and cut into 1-inch cubes

2 tsp salt

1 tbsp olive oil

1 large onion, thinly sliced

5 large cloves garlic, minced

1 stalk celery, thinly sliced

a large handful of trimmed fresh basil

1 lb ripe plum tomatoes, passed through a food mill or peeled and chopped finely in the food processor or a 14oz can Italian plum tomatoes drained and chopped finely in the food processor

3/4 lb new potatoes or any waxy potato, scrubbed and cut into 1x2 inch pieces

1/2 tsp salt

1/2 lb zucchini cut into 1/2 inch rounds

1 large or 2 small sweet red or yellow peppers, seeded and cut into 1/2 inch strips

salt and pepper to taste

Method

Toss the eggplant cubes in a colander with the 2 tsp salt. Let it sit until it starts to sweat out the bitter juices (about 20+ minutes). Rinse, drain and pat the cubes dry, squeezing a little.

In a large pot, heat the oil and add the onion garlic and celery. Stir over high heat for about 5 minutes, adding a little water as necessary to prevent sticking and burning. Add the basil and stir for a few minutes, then add the tomatoes. When it comes to a simmer, add the eggplant, potatoes and the 1/2 tsp salt. Stir and bring to a boil then turn down, cover and simmer for 15 minutes. Add the zucchini and peppers and simmer 15 minutes more, or until all of the vegetables are tender.

Add salt and pepper to taste, transfer to a warm serving bowl and allow to stand 15 minutes before serving. Leftovers are even better.

Scaloppine Alla Marsala

2-3 cups flavoured soy chunks or reconstituted in veggie broth

1/4 cup flour seasoned with black pepper

2 tbsp olive oil

1/2 cup marsala, or a good sherry or madiera or a sweetish white wine

1 cup vegetarian stock

1 bay leaf

salt and pepper to taste

lemon wedges

Method

Dredge the chunks in the flour. In a heavy non-stick skillet, heat the olive oil over a medium-high heat. Brown the chunks in the oil.

Add the marsala, broth, and bay leaf, cover and simmer over medium low heat for about 5 minutes, adding a little water as needed to keep from sticking. You should have a nice sauce, not too thin. If it's taking too long to reduce the sauce, uncover the pan and raise the heat a little but watch it carefully. Sprinkle with salt and pepper to taste. Serve with lemon wedges to squeeze over the scaloppini.

Vegan Homemade Pasta For Ravioli

1 2/3 cup unbleached white flour or 1 cup unbleached white flour and 2/3 cup whole wheat flour

1/2 cup chick-pea flour or full fat-soy flour

2/3 cup water

1 tbsp olive oil

1/2 to 3/4 tsp salt

Method

Mix the flour, chick pea or soy flour and salt in a medium sized bowl. Pour in the water and stir with a fork until the dough comes together in a ball. Knead the dough on a lightly floured surface for about 10 minutes or until the dough is smooth. Place the dough in a plastic bag and let it rest for at least 10 minutes.

Divide the dough into eighths keep the portions you aren't working with in the plastic bag. Roll each piece out on a floured surface until it is about 1/16th of an inch thick, flouring as you go to prevent sticking. If you like, hang the rolled out portions of dough over the backs of chairs or on a pasta rack to dry 5 – 10 minutes. This makes the pasta easier to cut.

Cut the lengths of rolled out dough into 2 1/2 inch wide strips and cut 2 1/2 inch squares with a ravioli stamp, cookie cutter or pasta or pastry cutter.

Place a heaping teaspoon of filling in the centre of half the squares. To seal, brush water around the edges of the filled dough squares and cover with the remaining squares. Don't overfill and make sure the no filling gets into the seal on the edges or it may break open when cooking. seal with fork times, a pastry wheel or a fluted pasta cutter.

### Basic Mushroom Filling for Ravioli

1 lb fresh mushrooms, finely chopped

1-2 cloves garlic, chopped

1 tbsp olive oil

1/2 cup dry white wine

1/4 cup extra firm silken tofu blended smooth with 1/4 cup soymilk

1/4 cup soy parmesan

1/4 cup minced Italian parsley

salt and freshly ground pepper to taste

#### Method

Sauté the mushrooms and garlic in the olive oil until the mushrooms have exuded their liquid and it evaporates. Add the wine and let that evaporate over high heat. Remove from the heat and stir in the tofu mixture, soy parmesan, parsley, salt and pepper.

#### Variations:

**Porcini filling:** use fresh portobellos, crimini or shitakes and add about 1oz dried porcini which have been soaked in 45 minutes in hot water. Strain the broth and use it instead of the wine. Mince the soaked, dried mushrooms very finely and add to the filling at the end.

**Asparagus filling:** use white mushrooms. Add 1 cup cooked fresh asparagus, cut into 1/2 inch pieces and process in the food processor until the asparagus is well mixed with the mushrooms and no large chunks remain.

### Fagiolio Con Cavalo Riccio (Cannellini Beans with Sautéed Kale)

1 1/2 lbs kale

3 tbsp extra virgin olive oil

2 large onions thinly sliced

1 tbsp roasted sesame oil

salt and freshly ground pepper to taste

about 3 cups cooked cannellini (white kidney, navy or Great Northern) beans or 2 (15oz) cans beans, drained

Wash the kale and drain it. Strip the greens off the tough stems (discard stems) and cut the leaves into

1/2 inch strips.

Heat the olive oil in a large non-stick skillet. Over medium high heat, cook the onions until they are limp, then add the kale a little at a time, stirring until it wilts and turns brightly coloured. Add the sesame oil, salt to taste and plenty of fresh ground black pepper.

Add the beans to the pan with the kale and stir them around to heat thoroughly. You can remove the kale to a warm serving plate and keep warm, stir the beans in the skillet until they are hot and then serve alongside the kale. Either way serve with crusty bread or spooned over hot polenta.

Tiella (baked vegetable casserole)

2 1/2 tbsp extra virgin olive oil

2 large onions thinly sliced

2 tbsp minced garlic

1/2 lb mushrooms thickly sliced (preferably shitakes or chanterelles but anything darkish will do fine)

1 lb zucchini, sliced about 1/4 inch thick

1 lb small waxy potatoes parboiled 10 minutes

1 cup fresh or canned diced tomatoes in their juice

1/2 cup fresh basil leaves, rolled up and thinly sliced

salt and fresh black pepper to taste

1/2 cup fresh bread crumbs

Heat 2 tbsp of the oil in a large heavy non-stick skillet. Add the onions and sauté over medium high heat until they get tender. Add one tbsp of the minced garlic and keep sautéing until the onions begin to brown. Add the mushrooms and sauté 5 minutes more. Sprinkle with salt and pepper to taste. Set aside.

Place the zucchini slices on an oiled cookie sheet and brush the tops lightly with oil. Broil 3 to 4 inches from the heat until they start to brown, then turn the slices over and brown the other side. Set aside.

Slice the potatoes thinly and set aside. Preheat oven to 400F.

Oil an ovenproof casserole that is 10 inches wide and 2 inches deep. Place half the onion-mushroom mixture in the bottom. Top with the potato slices and sprinkle the chiffonaded basil and the second tbsp of minced garlic, plus salt and pepper to taste. Cover this with the remaining onion-mushroom mixture, the tomatoes, the remaining basil and salt and pepper to taste. Sprinkle the bread crumbs over the top. Drizzle the last 1/2 tbsp of olive oil over the top. Bake for 40 minutes and serve hot.

Breast of Tofu or Tofu Chicken

Marinade



1 1/2 cups water

1/4 cup soy sauce

3 tbsp nutritional yeast flakes

2 tsp crumbled sage leaves

1/2 tsp dried rosemary

1/2 tsp dried thyme

1/2 tsp onion powder

2 lbs extra firm tofu

Prepare the marinade by mixing all the ingredients together in a rigid plastic container with a tight fitting lid. Slice the tofu about 1/4 inch thick and place in the marinade so that it is fairly tightly packed and covered with liquid. Cover and refrigerate overnight (can be stored up to two weeks, shaking daily).

To pan fry plain, simply cook the slices over medium heat in a non-stick skillet until golden brown on both sides

To make crispy slices, coat the slices with seasoned flour (flour mixed with a bit of black pepper and some nutritional yeast). Heat about 1/4 inch olive oil in a heavy bottomed 10 inch skillet. When the oil is hot but not smoking, add the slices and cook over high heat (watching carefully) until golden brown and crispy on the bottom. Turn the slices over and cook the other side until golden and crispy. Drain thoroughly on paper towels or paper bags patting to remove excess oil.

Pollo Di Soya Con Rosmarino E Limone (Lemon-Rosemary Breast of Tofu)

12 slices Breast of Tofu (see other recipe posted today) that have been marinating for a few days, well drained

fresh bread crumbs

2 tbsp extra virgin olive oil

Marinade

Juice of 1 lemon

2 cloves garlic, crushed

2 tbsp extra virgin olive oil

1 tbsp chopped fresh rosemary

freshly ground black pepper to taste

At least 6 hours before cooking, mix the marinade ingredients together and pour them over the breast of tofu slices in a shallow covered container. Cover and refrigerate until cooking time, shaking the container once in a while while marinating.

When ready to cook, coat the pieces with the bread crumbs. Heat the oil in a heavy 10 inch skillet until very hot over medium-high heat. fry the pieces until crisp and golden on both sides. Drain on paper towels. Quickly wipe any oil out of the pan, and add any marinade that is left over. Cook it over high heat until it reduces somewhat and drizzle over the cutlets.

Salsicca (vegetarian hot Italian sausage)

Yield: 10 patties or 14 – 20 links or equivalent to 1 lb sausage

1/2 cup plus 2 tbsp vegetable broth, heated and still very warm

1/4 cup dry red wine

1 tbsp tomato paste

1 cup textured soy protein granules (tvp)

1 tsp roasted sesame oil

1/4 lb medium-firm tofu, mashed

Seasoning Mixture:

1 tbsp minced fresh garlic

1 1/2 tsp fennel seeds, crushed

1 tsp red pepper flakes

1 tsp salt

1/2 tsp freshly ground black pepper

1/2 cup pure gluten powder (vital wheat gluten)

Mix the broth with the wine, tomato paste and sesame oil in a small bowl. Stir in the textured soy protein granules and allow to soak for about 5 minutes. Add the tofu and seasonings.

The gluten powder should not be added until the mixture is cool (otherwise it creates 'strings'). To speed this up, you can spread the mixture out on a plate to cool in the refrigerator.

When the mixture is cool, add the gluten powder and mix well with your hands. Press firmly into 10 thin patties or 14-20 firm links.

Steam on a plate or steam basket (with little holes) over simmering water for 20 minutes.

These can now be browned right away or refrigerated/frozen for later.

To brown, use a non-stick skillet with a little olive oil or brush all the sides with a little olive oil and grill on both sides.

## **Italian Seitan 'Pork' chops in Red Wine**

6 seitan 'pork' cutlets (see below)

1/2 cup flour mixed with 1 tbsp nutritional yeast flakes and some black pepper

3 tbsp extra virgin olive oil

2 garlic cloves minced

4 sage leaves

1/2 cup dry red wine

1 cup veggie stock

1 tbsp tomato paste

salt and ground black pepper

dredge the cutlets in the seasoned flour and brown them in the hot olive oil in a large skillet over medium high heat. add the garlic and sage leaves, then stir in the wine and broth mixed with the tomato paste. Cover and simmer over low heat for about 30 minutes, adding a bit of water if needed to keep from sticking. Add salt and pepper to taste.

### **Seitan 'Pork'**

Gluten mixture

Dry ingredients:

1 cups pure gluten powder (vital wheat gluten)

1 tbsp nutritional yeast flakes

1/2 tsp onion powder

1/2 tsp garlic granules

Freshly ground black pepper to taste

Liquid ingredients

1/2 cup cold water

1/4 cup hot water mixed with 1 tsp Marmite or other yeast extract

1 tbsp ketchup

1 tbsp soy sauce

1 tsp kitchen bouquet or other gravy browner (optional)

Cooking broth

2 1/2 cups water

2 – 4 vegetarian broth cubes (enough to make 2 cups broth)

1/2 cup chopped onions

1/8 cup ground dried Chinese mushrooms

1 tbsp ketchup

1 bay leaves

1/2 tsp white pepper

1/2 tsp dried sage

1/2 tsp paprika

To make the gluten mix, mix the dry ingredients together in a large bowl. In a smaller bowl, whisk together the liquid ingredients. Pour the liquid ingredients into the dry ingredients and mix well until it forms a ball.

To make cutlets, divide the uncooked gluten mixture into 6 pieces and flatten them with your hands and / or a rolling pin as thinly as you can (they will expand). For stew chunks, cut into very small pieces.

Place gluten into a casserole dish and cover with the cooking broth. Cover and bake at 350F for 30 minutes, then at 300F for 30 minutes. Cool and store in cooking broth.

You can also just simmer (do not boil! This makes it spongy) the gluten pieces in the cooking broth on the stove top for an hour.

Store in covered container in the cooking broth

To make scaloppini cutlets, slice in half lengthwise to make them thinner.

## Seitan Cutlets, Roast, Scaloppini

### ‘Beef’

Gluten mixture

Dry ingredients:

2 cups pure gluten powder (vital wheat gluten)

2 tbsp nutritional yeast flakes

1 tsp onion powder

1/2 tsp garlic granules

Freshly ground black pepper to taste

Liquid ingredients

1 cup cold water

1/2 cup hot water mixed with 2 tsp Marmite or other yeast extract

2 tbsp ketchup

2 tbsp soy sauce

2 tsp kitchen bouquet or other gravy browner (optional)

Cooking broth:

4 cups water

1/4 cup ketchup

1/4 cup soy sauce

4 tsp marmite

4 tsp kitchen bouquet

To make the gluten mix, mix the dry ingredients together in a large bowl. In a smaller bowl, whisk together the liquid ingredients. Pour the liquid ingredients into the dry ingredients and mix well until it forms a ball.

To make cutlets, divide the uncooked gluten mixture into 12 pieces and flatten them with your hands and / or a rolling pin as thinly as you can (they will expand). For stew chunks, cut into very small pieces.

Place gluten into a casserole dish and cover with the cooking broth. Cover and bake at 350F for 30 minutes, then at 300F for 30 minutes. Cool and store in cooking broth.

You can also just simmer (do not boil! This makes it spongy) the gluten pieces in the cooking broth on the stove top for an hour.

## **Veal or Turkey cooking broth:**

4 ½ cups water

1 cup chopped onion

1/4 cup nutritional yeast flakes

1/4 cup ground dried Chinese mushrooms (grind in a dry blender)

2 tbsp soy sauce

2 tsp kitchen bouquet or other gravy browner

2 tsp salt

1/2 tsp dried thyme

1/2 tsp dried rosemary

1/2 tsp dried sage

Make gluten as above but cook it in this broth

## **Seitan Chicken**

4 1/2 cups water

3/4 cup soy sauce

1/2 cup chopped onions

2 tsp dried sage

1 1/2 tsp each dried rosemary and thyme

Follow directions for seitan beef but use 1 3/4 cups pure gluten powder and 1/4 cup chickpea flour instead of 2 cups pure gluten powder. For the liquid ingredients, use 1 1/2 cups water plus 2 tbsp veggie stock powder. Cook it in the above cooking broth.

## **Seitan Veal Cutlets, Milan style**

6 seitan veal or turkey cutlets

flour

1/2 cup soymilk mixed with 1 tsp lemon juice or vinegar

1 cup finely ground fresh bread crumbs

1/2 cup soy parmesan substitute

1/4 cup margarine

lemon wedges

dredge the cutlets in the flour, then dip in the curdled soymilk. Mix the bread crumbs and soy parmesan in a flat soup dish or plate and coat the cutlets all over.

Heat the margarine in a large heavy non-stick frying pan over medium heat. cook the cutlets until both sides are golden brown. Drain on paper and serve with lemon wedges to squeeze over.

## **Seitan Alla Cacciatore**

4-6 seitan chicken cutlets cut in half

1/4 to 1/2 cup flour mixed with a tbsp nutritional yeast flakes and some black pepper

1-2 tbsp olive oil

Cacciatore sauce

1 tbsp olive oil

1 cup fresh mushrooms sliced

1 medium onion sliced

2 cloves garlic minced or crushed

1 cup veggie stock mixed with 2 tbsp tomato paste

3/4 cup white wine

1 tsp dried rosemary

salt and fresh ground pepper to taste

in a large non-stick skillet, heat the 1-2 tbsp olive oil over medium heat. dredge the cutlets in the seasoned flour and brown them on both sides in the oil. Set aside.

Prepare the sauce by adding the 1 tbsp olive oil to the same pan. Over medium high heat, sauté the mushrooms, onion, garlic and rosemary until the onion is tender. Add the cutlets, wine and stock mixed with tomato paste. Cover and cook for about 45 minutes, adding a little water if needed to keep a sauce-like consistency. Add salt and pepper to taste.

Serve with crusty bread or cooked pasta noodles.

## **Scaloppine with Rosemary Lemon and Olives**

4 seitan veal or turkey cutlets, cut in half crosswise and the horizontally to make 'scallops'.

1/4 cup flour

1-2 tbsp olive oil

3 cloves garlic, minced

1 tsp rosemary

1/2 cup white wine



1 cup vegetarian stock

1 cup diced ripe plum tomatoes

16 black calamata olives, pitted

grated zest of 1 lemon

1-2 tbsp fresh lemon juice

1-2 tbsp freshly ground pepper

Dredge the 'scallops' in the flour. In a heavy non-stick skillet, heat the olive oil over medium high heat. Brown the 'scallops' in the hot oil. Add the garlic and rosemary and stir-fry for a minute. Add the wine and stir until it thickens a bit.

Now add the stock, tomatoes, olives and lemon zest. Keep stirring over high heat until a nice sauce forms. Add the lemon juice and salt and pepper to taste. Serve immediately.

# Orkney Recipes - Various

## Apple and cinnamon toastie

Spread 4 slices of bread with margarine.

Mix together 50g (2oz) margarine, 1 grated Cox's apple, 1 tbsp brown sugar, 1 tsp lemon juice and 1 tsp cinnamon.

Place two slices of bread (spread side down) in a pre-heated sandwich toaster and spoon in filling. Place second slice (spread side up) on top and toast until golden.

## Clapshot

Equal quantities of: potatoes, turnip & carrot

A few tbsp fresh chopped chives

2 - 3 tbsp margarine

Salt and pepper

Method

Boil potatoes, turnip & carrot until carrot is soft. mash together with margarine and season to taste. Sprinkle with chives to serve.

## Red Pottage

1/2 lb cooked haricot beans

1oz margarine

1 large onion

1 beetroot

4 small tomatoes

1 stick of celery

3 pints stock

Method

Peel onion, beetroot and tomatoes. Roughly chop all the vegetables.

Melt the margarine in a stock pot and add all ingredients. Cook gently for a few minutes.

Add stock

Season with salt and pepper to taste and simmer for two hours.

Mrs Findley says to sieve, reheat and serve piping hot but I say just whizz it down with a hand held blender or just serve as is.

## Gooseberry chutney

2lb green gooseberries

1/4 lb onions

1/4 lb sultanas

1 lb demerara sugar

1 tsp cayenne pepper

2 tsp ground ginger

2 tsp salt

1-pint malt vinegar

Method

Top and tail the gooseberries and chop up the onion

put all ingredients in a pan and simmer gently for 90 minutes or until the gooseberry skins are tender

Pour into prepared jars, allow to cool, then cover tightly.

This chutney improves if kept for a while.

## **Pomona pickle**

1lb stoned dates, finely chopped

1lb onions finely chopped

1lb cooking apples grated

1lb demerrara sugar

1 tsp dry English mustard

1/2 tsp salt

1/2 tsp pepper

1-pint malt vinegar

Method

Mix in the dry ingredients together in a bowl

Mix in the malt vinegar

Leave uncovered overnight

Pour into jars and seal tightly.

## **Manse biscuits**

3 1/2 oz self-raising flour

3oz rolled oats

6oz demerera sugar

6oz margarine

1/4 tsp baking soda

1 dessertspoon water

## Method

Mix flour, rolled oats and sugar together

Melt margarine over a low heat and mix into the dry ingredients.

Dissolve the baking soda in water and add to the mixture.

Blend well, cover and leave in a cool place for 4-6 hours.

Knead the mixture into a dough, roll out and cut into circles.

Bake for 12-15 in oven (300F/gas mark 2) til brown.

# Twatt Cinnamon Buns

6oz self-raising flour

3oz margarine

3oz sugar

3oz chopped dates

1 dessertspoon marmalade

1 tsp cinnamon

half a banana (as a binder)

## Method

Rub the margarine into the flour

Add the sugar, cinnamon, chopped dates, marmalade and banana.

Stir well and form into buns

Bake on a greased tray in oven for 15 minutes (375F gas mark 5).

# Cararmelitas

5oz margarine

6oz plain flour

4oz crushed oats

1/4 tsp baking powder

4oz brown sugar

1/4 tsp salt

4 tbsp golden syrup

6oz plain chocolate

4oz chopped walnuts

Method

Melt 3oz of the margarine in a pan and stir in 4oz of the flour with the oats, baking powder, sugar and salt

Blend well, and press the mixture into the base of a well greased 9-inch square tin.

Bake for 10 minutes in oven (350F mark 4)

Melt the remaining margarine with the syrup and chocolate

Stir in the remaining flour and add the walnuts.

Pour the mixture over the biscuit base and continue to cook for 20-25 minutes.

## Fatty Cutties

3 cups plain flour

3 tbsp sugar

4oz currants

8oz margarine

pinch of baking soda

pinch of salt

Method

Melt the margarine

Mix the dry ingredients together and add the margarine to form a fairly stiff dough.

Roll out on a lightly floured board, shape as required and bake on a hot griddle until golden.

# Banana Charlotte

8 ripe bananas

4 dessertspoons of apricot jam

1 lemon

thin slices of bread, crusts removed

2 oz castor sugar

1/4 lb margarine

wineglass of rum

## Method

Thickly grease a deep pie dish with margarine

Cut a thin piece of bread to cover the bottom of the dish, spread margarine on both sides and fit it in

Cut oblong slices of bread, spread with margarine on both sides and line the bottom and sides of the dish, overlapping slightly

Cut the bananas in half lengthwise and then quarter lengthwise. Place in a dish and pour on the glass of rum and the juice of the lemon and let them soak for sometime. Sprinkle with sugar

Place a layer of the bananas into the dish and spread a layer of apricot jam on top. Repeat the process until the dish is full.

Pour the rum over the bananas and over with more slices of bread spread with margarine on both sides.

Bake in oven for 1 hour (350F gas mark 4) until brown

Turn out on to a hot dish and serve with custard.

Paul Gayler

## Linguine with Portabella Mushrooms

250g (9oz) Portabella mushrooms

6 tbsp extra virgin olive oil

500g (1lb 2oz) linguine

1 tbsp red wine vinegar

2 tbsp chopped mixed herbs (such as oregano, chives, mint & thyme)

1 garlic clove crushed

juice of ½ lemon

salt and freshly ground pepper

Method

Trim stems from the mushrooms and discard. Wipe the mushrooms with a cloth to remove any dirt.

Brush both sides of the mushrooms liberally with half the olive oil. Grill the mushrooms preferably on a griddle pan or under a hot grill for 5-8 minutes, turning them occasionally until tender.

Meanwhile cook the linguine in boiling salted water according to packet instructions until al dente. Drain, then put back in pan to keep warm. Toss in a little olive oil to prevent the pasta from sticking.

Remove the mushrooms from the grill and cut them into 3mm(1/8 inch) slices. Put the mushrooms and any mushroom juices in a small bowl. Add the vinegar, remaining oil, herbs, garlic and lemon juice to the mushrooms, mix together well and season to taste.

Place the mushrooms in the pan with the pasta and toss together well. Serve in warmed, large, individual bowls.

Tagliatelle with Oyster Mushrooms in a Chilli Sauce

500g (1lb 2oz) tagliatelle

150ml (1/4 pint) olive oil

2 garlic cloves crushed

½ tsp red chilli oil

2 courgettes sliced

1 red pepper halved, deseeded and quartered

2 small aubergines, sliced

1 red onion, cut in thin rings

6 oyster mushrooms

salt and freshly ground pepper

Method

Mix together the olive oil, garlic, chilli oil and salt in a large bowl. Toss the vegetables (including mushrooms) in the mixture to coat them. Remove the vegetables from the oil and reserve the oil. Grill the vegetables on a medium to high heat for 5 minutes on each side until golden and tender. Return the

vegetables to the oil.

Cook the tagliatelle in a pan of boiling salted water for 2 minutes until al dente. Drain the pasta then toss with the vegetables and oil and season.

#### Ultimate Shepherd Pie with Crushed Potato

150g (5 ½ oz) parsnips cut into 1-inch pieces

150g (5 ½ oz) celeriac cut into 1-inch pieces

2 carrots cut into 1 inch pieces

1 sweet potato cut into 1 inch pieces

150g (5 ½ oz) Jerusalem artichoke cut into 1 inch pieces

150g (5 ½ oz) baby onions

1 litre (1 ¾ pints) vegetable stock

50g (1 ¾ oz) margarine, plus more to grease

2 tbsp plain flour

300ml (½ pint soymilk)

1 tbsp Dijon mustard

salt and freshly ground pepper

For the topping:

900g (2lb) waxy potatoes, washed and cut in equal size pieces

75g (2 ¼ oz) margarine

4 spring onions finely chopped

2 tbsp roughly chopped fresh flatleaf parsley

#### Method

For the topping, cook the potatoes in boiling salted water for 20-25 minutes until tender. Drain, then crush them roughly with a fork. Add half the margarine, the spring onions and parsley. Season and mix well.

For the pie, simmer the vegetables in the stock for 15 minutes until tender. Drain reserving 300ml (½ pint) stock, and keep the vegetables warm.

Heat the margarine in a medium pan over a medium heat. Stir in the flour, then slowly add the soymilk.



Heat until it boils and thickens. Reduce the heat and cook for 8-10 minutes. Add the reserved stock, season and add the mustard. Mix in the vegetables.

Spoon the mixture into a greased ovenproof dish and cover with the topping. Dot with the remaining margarine. Bake for 20-25 minutes at 200C/400f until piping hot and brown and crispy on top.

### Pumpkin, Sweet Potato and Banana Curry

2 tbsp vegetable oil

1 onion finely chopped

1 garlic clove crushed

2.5cm (1-inch) piece fresh root ginger finely grated

½ tsp fenugreek seeds

1 stick lemongrass finely chopped

2 tbsp Thai red curry paste (watch out for ones with fishy bits!)

½ tsp turmeric

350g (12oz) pumpkin, peeled, deseeded and cut into large cubes

300g (10 ½ oz) sweet potato, peeled and cut in large cubes

300ml (½ pint) vegetable stock

300ml (½ pint) coconut milk

2 bananas peeled and diced

salt and freshly ground black pepper

#### Method

Heat the oil in a large pan and fry the onion, garlic, ginger and fenugreek over a low heat for about 5 minutes until the onion is softened. Stir in the lemongrass, curry paste and turmeric.

Add the pumpkin and sweet potato and stir to coat them in the spices. Leave to cook over a low heat for 2-3 minutes to allow the vegetables to absorb the flavours of the spices.

Pour in the vegetable stock and coconut milk. Bring to the boil, lower heat and simmer gently for 15-20 minutes until the vegetables are tender. Season, remove from the heat then add the diced bananas.

Serve with your favourite chutney on the side.

### Hungarian Stew with Caraway Dumplings

2 tbsp olive oil

1 garlic clove crushed

100g (3 ½ oz) button onions

1 celery stick sliced

1 carrot sliced

½ swede cut in large dice

1 kohlrabi cut in large dice

1 parsnip sliced

½ medium cauliflower cut in florets

1 potato cut in large dice

1 tsp caraway seeds

1 tbsp Hungarian paprika

1 tbsp tomato puree

2 tbsp plain flour

300ml (½ pint) white wine

600ml (1 pint) vegetable stock

salt and freshly ground black pepper

For the dumplings:

50g (1 ¾ oz) rye flour

50g (1 ¾ oz) self-raising flour

40g (1 ½ oz) vegetarian suet

pinch caraway seeds

1 tsp grated fresh horseradish

Method

Heat the olive oil in a large heavy-bottomed pan and fry the garlic onions and celery over a medium heat for 4-5 minutes until golden. Add the remaining vegetables and fry for 2 minutes until browned then add the caraway seeds, paprika and tomato puree. Cook for a further 3 minutes.

Add the flour and cook stirring for 2-3 minutes. Gradually pour in the wine and stock, stirring. Season and bring to the boil. Lower the heat and simmer for 15-20 minutes until tender.

For the dumplings, place the flours in a bowl with a little salt and pepper. Stir in the suet, caraway seeds and horseradish. Add 4 tbsp water or enough to bind the mixture into a smooth, firm dough. Roll the dough into 12 separate 2.5cm (1 inch) balls.

Poach the dumplings in a pan of boiling water for 10 minutes until light and fluffy. Place on the casserole to serve and sprinkle with the parsley.

You can also steam the dumplings on the top of the casserole for the last 10 minutes of cooking instead of poaching them, if you prefer.

### Thai Inspired Risotto with Pumpkin

40g (1 ½ oz) margarine

1 onion chopped

1 garlic clove crushed

1 stick lemongrass thinly sliced

1 red chilli, deseeded and chopped

½ tsp curry powder

2.5cm (1-inch) piece of fresh root ginger chopped

350g (12 oz) pumpkin, peeled and cut in 1cm (½ inch) pieces

350g (12oz) arborio rice

100ml (3 ½ fl oz) dry white wine

700ml (1 ¼ pints) vegetable stock

150ml (¼ pint) coconut milk

1 tbsp chopped fresh mint

1 tbsp chopped fresh coriander

salt and freshly ground pepper

grated coconut, to serve

### Method

Melt the margarine in a large heavy bottomed pan. Add the onion, garlic, lemongrass, chilli, curry

powder and ginger and cook, stirring over a low heat for 5 minutes. Add the pumpkin and rice and cook for 1 minute more. Pour in the wine and a ladleful of stock and cook, stirring, until the liquid is absorbed.

Keep adding the stock, a ladleful at a time, stirring continuously, until the rice is tender, but al dente, about 25 minutes. Towards the end of cooking, add the stock in smaller quantities and check frequently to see if the rice is cooked.

Add the coconut milk, mint, and coriander. Remove from the heat, season and sprinkle with grated coconut to serve.

### Vegetarian Paella

150ml (  $\frac{1}{4}$  pint) vegetable stock, plus more if needed

$\frac{1}{2}$  tsp saffron

50g (1  $\frac{3}{4}$  oz) peas

1 tbsp olive oil

1 onion finely chopped

2 garlic cloves, crushed

2 Jerusalem artichokes, diced

1 aubergine, diced

3 peppers (1 red, 1 yellow, 1 green) halved deseeded and chopped

2 celery sticks sliced

1 tsp Spanish paprika (pimenton)

50g (1  $\frac{3}{4}$  oz) Spanish short grain rice (or other rice short grained rice)

6 tbsp dry white wine

425g (15oz) can chopped tomatoes

50g (1  $\frac{3}{4}$  oz) French beans, cooked

2 tbsp pitted black olives

flatleaf parsley to garnish

lemon wedges to serve

### Method

Put 150ml ( $\frac{1}{4}$  pint) vegetable stock and the saffron in a large pan and bring to the boil, then remove from

the heat and set aside. In a separate pan, boil the peas for about 5 minutes until tender.

Heat the oil in a large pan and fry the onion and garlic over a medium heat for about 5 minutes or until golden. Add the artichokes, aubergine, peppers, celery, paprika and rice and stir to coat in the oil. Cook for 2-3 minutes stirring occasionally, until the rice becomes transparent.

Pour in the white wine and saffron infused stock. Stir in the chopped tomatoes, reduce heat and cook for 20 minutes until tender. Add more stock if the rice becomes too dry. Stir in the French beans, olives and peas. Garnish with parsley and place the lemon wedges on the side.

#### Lemon Couscous & Chermoula Mushrooms

3 tbsp vegetable oil

1 onion chopped

2 garlic cloves crushed

1 tsp cumin seeds

½ tsp dried chilli flakes

200g (7oz) chestnut mushrooms halved

6 flat mushrooms, thickly sliced

1 tsp harissa paste

425g (15oz) can chopped tomatoes

2 tbsp finely chopped fresh coriander

for the couscous:

200g (7oz) couscous

250ml (9fl oz) vegetable stock, boiling

juice of ½ lemon

1 tbsp lemon pepper

salt and freshly ground black pepper

#### Method

Place the couscous in a bowl with the boiling vegetable stock and lemon juice and cover. Leave for 5 minutes until the couscous has swollen. Fluff it up with a fork, cover again and leave for 5 more minutes. Add the lemon pepper, season to taste with salt and pepper and keep warm.

Heat the oil in a pan and fry the onion and garlic over a medium heat for 5 minutes. Add the cumin and

chilli and cook for a few seconds before adding the mushrooms and harissa. Fry for 3 minutes, then add the tomatoes. Bring to the boil, reduce the heat and simmer for 8-10 minutes. Stir in the chopped coriander. Serve lemon couscous topped with the mushroom mixture.

### Gem Squash with Tofu & Thyme Stuffing

4 gem squash

1 tbsp olive oil

1 garlic clove, crushed

25g (1oz) sun-dried tomatoes

25g (1oz) pitted black olives, chopped

50g (1 ¾ oz) fresh breadcrumbs

2 tsp fresh thyme leaves, plus sprigs to garnish

100g (3 ½ oz) firm tofu, cubed

salt and freshly ground pepper

#### Method

Bring a large pan of lightly salted water to the boil and blanch the squash whole for 10 minutes until tender. Drain and set aside.

Heat the oil in a frying pan add the garlic and sun dried tomatoes and sweat on a medium heat for 5 minutes until softened. Transfer to a bowl, then add the olives, breadcrumbs, thyme leaves and tofu. Stir until well combined with the garlic and tomatoes. Season to taste then leave to cool.

Slice the top from each squash and carefully scoop out the seeds with a metal spoon; discard the seeds. Fill each squash with the tofu and thyme stuffing.

Turn the grill on to a low heat. Place the gem squash under the grill (without the tops) to cook slowly for 25-30 minutes until tender and heated through. Serve hot with or without the tops, garnished with sprigs of fresh thyme on top.

### Leek and Bean Hash with Coriander Mojo

450g (1lb) large baking potatoes, baked in their skins

4 tbsp olive oil

4 medium leeks washed and shredded

1 garlic clove crushed

150g (5 ½ oz) red kidney beans soaked overnight and cooked or 1 425g can of prepared kidney beans

½ tsp ground coriander

1 tbsp cornflour

salt and freshly ground black pepper

freshly grated nutmeg

fresh coriander leaves to garnish

for the mojo:

4 tbsp chopped fresh coriander

350g (12oz) ripe yellow tomatoes, chopped (or cherry tomatoes, halved)

1 small red onion, chopped

1 green chilli, deseeded and chopped

1 tbsp red wine vinegar

1 tbsp lime juice

Method

For the mojo, combine all the ingredients in a bowl and chill in the refrigerator until required.

Scoop out the flesh of the potatoes and crush with a fork. Discard the skins. Heat half the olive oil in a frying pan and sauté the leeks and garlic over a medium heat for 5 minutes until soft and lightly browned. Add the kidney beans and cook for 2-3 minutes.

Remove from the heat. Mix in the potato and coriander. Season with salt, pepper and nutmeg. Transfer to a bowl. Mix in the cornflour, then cover and chill for 30 minutes.

Form the mixture into eight patties. Heat the remaining oil in a frying pan and fry the patties over a high heat for 6 minutes on each side until golden. Serve two per person with the mojo on the side. Garnish with coriander.

Black-eye Bean Hummus

175g (6oz) black eye beans soaked overnight and cooked, or a normal can of prepared black-eye beans

3 garlic cloves, crushed

150ml (¼ pint) tahini (sesame seed paste)

juice of 2-3 lemons

2 tbsp olive oil

1 tbsp chopped fresh parsley to garnish

pinch paprika to serve

#### Method

Drain beans, reserving the cooking liquor and set aside a tbsp of beans for garnishing.

Puree the beans in a blender or food processor with 2 tbsp of the reserved cooking liquor. When ground to a coarse paste, add the garlic and tahini and blend together thoroughly. Lastly pour in the lemon juice and blend until the hummus has a rich, creamy, smooth consistency.

Place the hummus in a shallow bowl. To serve, pour the oil over the surface, garnish with the parsley and the reserved beans and sprinkle the paprika over the top.

Serve with pita bread.

#### Grilled Asparagus with Gremolata

Finely grated zest of one lemon

2 tbsp chopped fresh flatleaf parsley

1 tbsp chopped fresh basil

150ml (1/4 pint) vinaigrette

32 fat asparagus stalks, trimmed

6 tbsp olive oil

salt and freshly ground pepper

For the gremolata

3 slices white bread, crusts removed

50g (1/4oz) margarine, melted

For the gremolata, process the bread to a coarse, crumb like texture in a blender then mix in the margarine. Spread on a baking sheet then bake for 15 minutes until golden.

Meanwhile, mix the lemon zest and chopped herbs into the vinaigrette. Put the asparagus on to wooden skewers that have been soaked in water (about six per skewer) , so that they lie across the skewers (this makes them easier to turn). Place in a dish, pour the olive oil over them, season with salt and pepper, and leave for 5-10 minutes to allow the salt to tenderise them slightly.

Grill the asparagus on a heated grill pan or under a hot grill for 4 minutes until tender, turning them occasionally.



To serve, remove the skewers and place the asparagus on a large serving plate. Drizzle with the vinaigrette, then scatter the gremolata over the top.

### Black Bean Falafel with Red Onion Salad and Tahini Dressing

4 slices white bread, crusts removed

450g (1 lb) chickpeas soaked in cold water for 24 hours

25g (1oz) plain flour or chickpea flour

225g (8oz) onion, roughly chopped

2 tbsp chopped fresh parsley

2 tbsp chopped fresh coriander

2 large garlic cloves crushed

1 tsp cayenne

1 tsp ground cumin

200g (7oz) dried black beans, soaked overnight, rinsed, brought to a boil and simmered for 1 hour (or just use canned black beans)

vegetable oil for frying

Red Onion Salad with Tahini Dressing (see below)

Place the bread in a bowl. Pour 150ml (1/4 pint) of cold water over the bread. Leave to soak for 10 minutes.

Drain the chickpeas and mince to a fine pulp in a blender or food processor. Transfer to a bowl with the flour.

Mince the onion, parsley, and coriander in a blender or food processor, then add the garlic, cayenne pepper and cumin. Blend again, then mix with the chickpeas and flour.

Squeeze the excess water from the bread with your hands and add to the mixture. Work all the ingredients together until well blended, then stir in the cooked black beans and mix until thoroughly incorporated.

Shape into small cakes approximately 2 inches in diameter and 3/4 inch thick. Leave to rest in the refrigerator until the mixture has firmed up.

Heat the oil in a large frying pan and shallow fry the falafel for 3-4 minutes on each side over a medium heat until golden. Drain the excess oil on kitchen paper. Serve on a bed of the red onion salad with tahini dressing.

## Red Onion Salad with Tahini Dressing

2 red onions

300g (10oz) young spinach

For the tahini dressing

6 tbsp water

3 tbsp white wine vinegar

3 tbsp tahini

2 tbsp coarse-grain mustard

1 tbsp barley syrup or golden syrup or corn syrup

1 garlic clove, crushed

125ml (4oz) olive oil

For the dressing, whisk together all the ingredients in a bowl until smooth.

Peel the onions without removing the roots, then cut the onions into separate wedges (the root holds the wedges intact). Place in a baking dish and cover with half the dressing. Leave to marinate for 2 hours then bake in 200C/400F oven for 30 minutes until tender.

Place the spinach in a bowl, add the onions and the remaining dressing, reserving just a little to serve. Toss until the salad is well coated.

Divide the onion salad equally between four serving plates, drizzle with the remaining dressing.

Lazy Caribbean Soup

4 passion fruit, halved

1 ripe mango, diced

2.5cm (1 inch) piece fresh root ginger, grated

2 tbsp maple syrup or corn syrup

300ml (1/2 pint) fresh orange juice

1/2 tsp cracked black pepper

For the salsa

1/2 mango, cut in 5mm (1/4 inch) dice

1 small wedge of ogen or galia or any melon cut in 1/4 inch dice

1/4 avocado, cut into 1/4 inch dice

1 tomato, skinned seeded and chopped

1 small red onion, finely chopped

2 red chillies, deseeded and thinly sliced

2 tbsp chopped fresh coriander

pinch cayenne pepper

zest and juice of 2 limes

Scoop the seeds from the passion fruit into a bowl. Add the mango and ginger cover and leave to marinate for 1 hour at room temperature.

Meanwhile, for the salsa, blend together all the ingredients in a bowl, set aside.

Place the passion fruit, mango and ginger in blender or food processor and add the maple syrup and orange juice. Blend to a fine puree, then strain through a fine strainer or sieve into a bowl. Cover and chill for 2 hours in the refrigerator.

To serve, add the salsa to the blended soup, sprinkle with a little cracked black pepper and serve in individual well-chilled bowls.

Parsnip and Wild Rice Mulligatawny

50g (1 3/4oz) wild rice

50g (1 3/4oz) margarine

1 onion, chopped

1 garlic clove, crushed

450g (1 lb) parsnips, diced

1/2 tsp turmeric

2 tbsp curry powder

1.5 litres (2 3/4pints) vegetable stock

1 green apple, peeled and diced

125ml (4oz) unsweetened coconut milk

2 tbsp chopped fresh coriander(cilantro) leaves

salt and freshly ground pepper

Place the wild rice in large pan. Add 450ml (16oz) of water, or enough to cover the rice, bring to the boil, reduce the heat and simmer for 30-40 minutes until the rice is tender. Drain.

Heat the margarine in a separate pan. Add the onion and garlic and fry over a low heat for 5 minutes until soft. Add the parsnips, turmeric and curry powder and cook for a further 2-3 minutes to allow the spices to release their fragrances.

Pour in the stock and add the diced apple. Stir well, then simmer for 40 minutes until the parsnips are tender.

Puree the ingredients until smooth in a blender or food processor. Strain through a coarse strainer or sieve and season to taste. Return the soup to the pan and stir in the coconut milk, reserving 4 tbsp. Bring almost to a boiling point, remove from the heat and stir in the wild rice and coriander. Serve with a swirl of reserved coconut milk.

Roasted Carrot Soup with Coconut Milk and Coriander

This is highly recommended by MrsFalafel and myself.

Roasted Carrot Soup with Thai Flavours

6 tbsp vegetable oil

450g (1lb) carrots diced

25g (1oz) margarine

1 onion chopped

2 garlic cloves

2.5cm (1 inch) piece of fresh root ginger, chopped

1 stick lemongrass, finely chopped

1 red chilli, finely sliced

1/2 tsp curry powder (or garam masala)

1 tsp coriander seeds

400ml (14oz) can coconut milk

700ml (1 1/2 pints) vegetable stock

2 tbsp lime juice

2 tbsp fresh coriander (cilantro) chopped

salt and fresh ground pepper

Pre-heat oven to 200C/400F. Heat the oil in an ovenproof dish and roast the carrots for 25 minutes or so until lightly golden and tender. Set aside.

Melt the margarine in a large pan, add the onion, garlic, ginger, lemongrass, chili, curry powder and coriander and cook over a low heat for 5 minutes to allow the spices to release their fragrances.

Stir in the roasted carrots, coconut milk and stock and bring to the boil. Reduce the heat to low and simmer gently for 8-10 minutes. Remove from the heat and season with salt and pepper to taste. Add the lime juice and coriander and stir well. Serve hot.

#### Lebanese Green Lentil Soup with Mint Oil

2 tbsp olive oil

1 onion chopped

2 garlic cloves, crushed

250g (9oz) puy lentils, soaked for 3 hours

2 tbsp cumin seeds

1/2 tsp coriander seeds

200g (7oz) can chopped tomatoes

1/2 tsp tomato puree

1.5 litres (2 3/4 pints) vegetable stock

juice of 1/2 lemon

salt and freshly ground pepper

pinch of cayenne pepper

for the mint oil

handful of fresh mint leaves

4 tbsp olive oil

Heat the oil in a pan and add the onion and garlic and sweat over a medium heat for 10 minutes until soft. Add the lentils, cumin and coriander seeds and fry over a medium heat for 5-10 minutes. Add the tomatoes, tomato paste and stock. Bring to the boil, then reduce the heat and simmer for 40 minutes until

the lentils are soft.

Blend to a smooth puree in a blender or food processor. Stir in the lemon juice and season with salt and pepper.

For the mint oil, place the mint and olive oil in a blender or food processor and blend to a coarse puree. Serve the soup with a swirl of the mint oil on top.

## Rasa Recipes **-Das Sreedharan**

### Banana Boli

2 large ripe plantains

100g/3 1/2 oz rice flour

1 tsp black sesame seeds

1 tsp sugar

1/4 tsp turmeric

oil for deep frying

### Method

Cut the unpeeled plantain in half lengthwise, then cut the halves into 1cm/ 1/2 inch slices.

In a large bowl, mix together the rice flour, sesame seeds, sugar and turmeric. Slowly stir in 450ml/16oz of water, just enough to give a batter of pouring consistency.

Heat some oil in a deep fryer or wok or large heavy saucepan. Peel the plantain slices and place them in the batter. Working one at a time, transfer the coated slices to the oil and fry for 2-3 minutes until the batter is cooked. Remove the boli from the pan and set aside to drain on a kitchen paper in a warm place. Serve warm with chutneys.

### Sundal

300g/10 1/2 oz dried chickpeas or 400g/14oz canned chickpeas

2 tsp oil

1 fresh red chilli, halved

1 tsp mustard seeds

1 tsp urad dal

3 tsp fresh grated or desiccated coconut

1 green chilli, finely chopped

juice of 1 lemon

salt

#### Method

If using dried chickpea, place them in a large bowl, cover generously with water and soak for 7-8 hours. When ready to cook, drain the chickpeas and place them in a large saucepan. Cover with 700ml/1 pint 4oz of water, bring to the boil and simmer the chickpeas gently for 35-45 minutes, until they are well cooked. If using canned chickpeas, rinse them and cook in a small amount of water for about 15 minutes then drain and set aside.

Heat the oil in a large frying pan. When hot, add the red chilli, mustard seeds and urad dal. As the mustard seeds begin popping, add the cooked chickpeas, coconut, green chilli and a little salt. Mix thoroughly, remove from the heat and stir in the lemon juice. Serve hot or cold.

This Tamil dish is usually served as a snack with coffee.

#### Garlic Pickle

1 tbsp oil

a few fenugreek seeds

100g/3 1/2 oz garlic cloves thickly sliced

1/2 tsp chilli powder

1/4 tsp turmeric powder

200ml/7oz vinegar

1 tsp sugar

salt

#### Method

Heat the oil in a large non-stick frying pan. Add the fenugreek seeds, cook until lightly browned, then add the garlic and stir fry for 5 minutes.

Stir in the chilli powder, turmeric and a little salt, then pour in the vinegar. Cook over a low heat until most of the liquid has evaporated and the garlic is tender and well cooked.

Leave the mixture to cool then transfer it to a screw top jar. The pickle will keep in the fridge for up to two weeks.

This goes great on pappadams, samosas or just on toast.

## Spinach Bhaji

1 green chilli

2.5cm / 1 inch cube fresh ginger, peeled and chopped

2 tbsp oil

2 cloves garlic, sliced

1 onion, finely chopped

1/2 tsp chilli powder

1/2 tsp turmeric powder

2 tomatoes roughly chopped

1/2 red bell pepper seeded and chopped

400g/14oz fresh spinach, tough stalks removed

salt

### Method

Using a mortar and pestle, finely grind the green chilli and ginger together, adding a spoonful of water if needed to form a paste. Set aside.

Heat the oil in a large frying pan over a medium heat. Add the sliced garlic and cook for 30 seconds, then add the onion, stir and cook until the onion turns slightly golden at the ends.

Add the chilli powder, turmeric and some salt, stir and cook for another minute. Add the tomatoes and cook for 5 minutes, stirring until the tomatoes break down completely. Stir in the paste of green chilli and ginger, then the bell pepper. Cover and cook for 5 minutes, stirring frequently.

Add the spinach and cook uncovered for 5-8 minutes stirring until the spinach is wilted. Remove from the heat and serve hot, with flat breads, as a side dish or on its own.

## Green Pea Masala

2 tbsp oil

1 tsp mustard seeds

100g/ 3 1/2 oz onions

1 tsp ground coriander

1 tsp turmeric powder



1/2 tsp chilli powder or to taste

100g / 3 1/2 oz tomatoes thickly sliced

300g/ 10oz peas (defrosted if frozen)

1 tsp ground pepper or to taste

2 tbsp chopped fresh coriander, plus a few sprigs to garnish (optional)

salt

#### Method

Heat the oil in a large saucepan. Add the mustard seeds and as they begin to pop, add the onions and a little salt to taste and cook until soft.

Add the ground coriander, turmeric and chilli powder. Mix well then add the tomatoes and 4 tbsp water and cook for 2 minutes.

Stir in the peas and pepper. Cover the pan and cook for 15 minutes or until peas are tender.

Mix in the fresh coriander (if using) and add more pepper to taste. Cook for a further 2 minutes then serve garnished with fresh coriander, if desired.

Serve hot with flat breads.

#### Potato Curry

2 tbsp oil

1 tsp black mustard seeds

2 dried red chillies

a few curry leaves

2 onions, chopped

1/2 tsp each ground coriander, garam masala and turmeric

1/4 tsp chilli powder

2 tomatoes, quartered

400g potatoes

100ml fresh or canned coconut milk

#### Method

Heat the oil in a large saucepan. Add the mustard seeds, dried chillies and curry leaves. As the mustard seeds begin to pop, add the onions and stir-fry until lightly browned.

Stir in the coriander, garam masala, and turmeric and chilli powder. Add the tomatoes and cook for 5 minutes.

Meanwhile, peel the potatoes and cut into wedges or cubes, add them to the pan and cook over a gentle heat for 5 minutes, stirring constantly.

Pour in the coconut milk and 100 ml water. Cook for 15-20 minutes until the potatoes are tender. Serve hot.

### Papaya Parippu Curry

200g/7oz unripe papaya, peeled and cut into chunks

25g/1oz chana dal

50g/2oz freshly grated or desiccated coconut

1 green chilli

1 tsp fennel seeds

2 tbsp oil

1 tsp mustard seeds

1 large onion, finely chopped

a few curry leaves

1 tsp turmeric powder

salt

### Method

In a large saucepan of salted water, cook the papaya, covered, over a medium heat for 15 minutes until the fruit is tender. Drain and set aside.

Meanwhile, wash the chana dal in cold water. In a small saucepan, bring 225ml/8fl oz of salted water to the boil, add the chana dal and cook, covered, for 10-15 minutes until well cooked. Set aside.

Using a spice mill or pestle and mortar, grind the coconut, green chilli and fennel to a fine paste.

In a large frying pan, heat the oil. Add the mustard seeds and as they begin to pop, add the onion and curry leaves. Stir well and cook over a medium heat until the onion is golden brown.

Add the ground coconut mixture, then reduce the heat and cook, stirring for 2-3 minutes. Mix in the

cooked papaya and chana dal and serve hot.

### Nadan Parippu

200g/7oz moong dal (aka green lentils)

1 green chilli finely chopped

a few curry leaves

salt

For the spice paste:

50g/2oz fresh coconut roughly chopped

1/4 tsp cumin seeds

### Method

Wash the moong dal thoroughly and set aside to drain. To make the spice paste, place the coconut and cumin seeds in a grinder with 225ml/8floz or water and process for 1 minute. Set the paste aside.

Half-fill a large saucepan with water and bring to the boil. Add the green chilli and some salt then the dal. Cook for 15 minutes or until the dal is very tender. Drain off any excess water, leaving the dal in the pan – you want the dal to be dry, thick and sticky, almost like mashed potato.

Add the coconut mixture to the cooked dal and stir well. Place over a low heat, bring to the boil and simmer for 5 minutes. Add the curry leaves and stir until well blended.

Remove the saucepan from the heat and serve the dal straight away; do not try to reheat or serve the dal a later stage, as the curry will become too starchy and thick if left standing.

### Corn Bhaji

450g/1lb fresh or frozen sweetcorn kernels

100g/3 1/2 oz freshly grated or desiccated coconut

100g/3 1/2 oz raw cashew nuts

2 tbsp oil

1/2 tsp mustard seeds

3 green chillies, slit lengthwise

2.5cm/1 inch cube fresh ginger peeled and finely chopped

10 curry leaves

2 onions, finely sliced

1 tbsp tomato paste

1/2 tsp chilli powder

1/2 tsp turmeric powder

1/2 green bell pepper seeded and finely chopped

1/2 red bell pepper seeded and finely chopped

salt

#### Method

If using fresh sweetcorn, wash and simmer it in a pan of water for 5-10 minutes until tender, then drain and set aside. If using frozen sweetcorn, simmer for 15 minutes, then drain and set aside.

Meanwhile, place the coconut and half the cashew nuts in a grinder with 200ml/7fl oz of water. Process for 5 minutes, then set aside.

Heat the oil in a large saucepan and add the mustard seeds. As they begin to pop, add the green chillies, ginger and curry leaves. Lightly sauté for about 2 minutes, stirring.

Add the onions and cook until golden brown. Add the tomato paste, chilli powder, turmeric, a little salt and the ground coconut mixture. Mix well and cook for 5 minutes over a low heat.

Add the bell peppers and cook for 2 minutes, then add the cooked sweetcorn and the remaining cashew nuts and cook for a further 5 minutes. Remove from the heat and serve hot, with Indian breads (naan, chapatti, paratha etc)

#### Green Bean Curry

4 tbsp oil

12 green chillies halved

2.5 cm/1 inch cube fresh ginger peeled and finely chopped

10 curry leaves

2 tsp mustard seeds

1 tsp turmeric seeds

1/2 tsp chilli powder

1 onion finely sliced

400g/14oz green beans, trimmed and cut in half or 500g/1lb 2oz frozen beans, defrosted

2 tomatoes finely chopped

50g/2oz freshly grated or desiccated coconut

salt and ground black pepper

Method

Heat the oil in a large saucepan over a medium heat. add the green chillies, ginger, curry leaves, mustard seeds, turmeric and chilli powder and cook, stirring for 1 minute. Add the onion and continue cooking for 4-5 minutes or until it is lightly browned.

Stir in the green beans, tomatoes and 4 tbsp water. Cover and cook for 10-15 minutes over a low heat, stirring occasionally, until the beans are soft and tender.

Add the coconut, then some salt and pepper to taste and mix well before serving.

Rasa Vangi

2 aubergines (eggplants)

6 tbsp tamarind pulp

4 tbsp oil

1 tsp mustard seeds

1 onion chopped

2 green chillies finely chopped

2.5cm/1inch cube fresh ginger peeled and finely sliced

1 tsp fennel seeds

a few curry leaves

a large pinch of fenugreek seeds

2 tsp ground coriander

1 tsp turmeric powder

1/2 tsp chilli powder

salt

Method

Cut the aubergines into 2.5cm/1inch cubes and soak them in a bowl of cold, salted water for 10 minutes

(to eliminate the bitterness). Drain and pat dry with kitchen paper.

In a small saucepan, bring 225ml/8oz water to the boil, add the tamarind pulp and simmer for 15 minutes. Sieve the mixture into a small bowl, using the back of a spoon to push the pulp through the mesh. Discard the stones and any hard skin. Set the tamarind liquid aside.

Heat the oil in a large saucepan. Add the mustard seeds and, as they begin to pop, add the onion, green chillies, ginger, fennel seeds, curry leaves and fenugreek seeds. Mix well and cook for 5 minutes over a medium heat until the onion begins to brown.

Add the coriander, turmeric and chilli powder and stir thoroughly. Add the cubed aubergines, mix well and cook for 10 minutes, stirring frequently.

Add the tamarind liquid and a little salt, stirring well. Raise the heat, bring the mixture to a boil and simmer for 10 minutes until the sauce thickens.

Cover the pan, lower the heat and cook for a further 5-10 minutes or until the aubergines are well cooked. Serve hot.

Thakkali Choru

250g/9oz long grain rice

2 tbsp oil

10 raw cashew nuts

2 bay leaves

1 cinnamon stick

1 tsp mustard seeds

a few curry leaves

1 onion, finely sliced

200g/7oz tomato, finely chopped

2 tbsp tomato paste

1 tsp chilli powder

1 tsp turmeric powder

a few coriander leaves, finely chopped

a few mint leaves, finely chopped

salt

## Method

Wash the rice and set aside to drain. In a large saucepan, heat the oil over a medium heat and add the cashews, bay leaves, cinnamon, mustard seeds and curry leaves. Cook, stirring, for 2-3 minutes or until fragrant.

Add the onion and cook for 10 minutes or until the onion is well browned. Mix in the tomato, tomato paste, chilli powder and turmeric powder. Cover and cook for 20 minutes over a very low heat, stirring occasionally, until a thick sauce forms.

Meanwhile, in a large pan of boiling salted water, cook the rice for 20 minutes or until tender. Drain and refresh under cold running water, then set aside to drain thoroughly.

When the tomato sauce is cooked, add the cooked rice, some of the chopped coriander and mint leaves and mix well. Transfer to a serving dish, garnish with the remaining chopped herbs and serve.

## Ari Pathri

300g/10 1/2 oz rice flour

50g/2oz freshly grated or desiccated coconut

1 tsp cumin seeds

oil for frying

salt

## Method

Place the rice flour in a large dry frying pan and toast over a medium heat for 5 minutes or until the flour turns golden brown, stirring constantly.

Place the coconut and cumin seeds in a grinder and process for 2-3 minutes, or until finely ground.

Combine the rice flour, coconut mixture and a little salt in a large bowl. Make a well in the centre and gradually stir in about 450ml/16ozs of water to make the dough soft.

With floured hands, knead the dough and shape it into small balls. Roll out the balls on the surface dusted with rice flour and leave for 10 minutes.

Heat a large frying pan and coat the base of the pan with oil. Place one disc of dough in the pan and cook for 2-3 minutes until golden brown. Turn and repeat on the other side. Cook the remaining discs the same way. Serve hot.

# Chinnappam

This is a small dry snack, almost like a savoury biscuit, that can be served at the beginning of a meal or as a snack.

400g rice flour

75g/3oz shallots, peeled

50g/2oz grated or desiccated coconut

2 tsp cumin seeds

2 tsp black sesame seeds

oil for frying

salt

In a large dry frying pan or wok, toast the rice flour over medium heat for 3-4 minutes, stirring constantly, until the flour turns golden. Remove from the heat and allow to cool.

Place the shallots, coconut and cumin seeds in a grinder or blender. Add 225ml/8oz water and process the mixture for 2-3 until smooth and combined.

Transfer the toasted rice flour to a large bowl and make a well in the centre. Add the coconut mixture and, using a wooden spoon, work the liquid into the flour until you have a thick, bread like dough. Add more water if necessary.

Take small amounts of the dough and shape them into balls the size of a large marble. Using your palms, flatten them into small discs and lay them out on a work surface. Continue until all the dough is used.

Heat some oil in a deep-fryer, wok or large, heavy saucepan (the oil should be 1/2 inch or so deep). When it's hot, fry the chinnapam a few at a time for 2-3 minutes or until golden brown. Remove from the oil and drain on kitchen paper. Allow to cool before serving.

## Mango Pickle

1 tsp fenugreek seeds

200g/7oz green mangos, diced

1 tbsp salt

2 tsp chili powder

1 tsp asafoetida

2 tbsp oil



1 tsp mustards seeds

10 curry leaves

4 dried chillies

Place the fenugreek in a small frying pan and toast gently over a very low heat, stirring constantly, for 5 minutes or until golden brown. Finely grind using a pestle and mortar and set aside.

Place the mango in a large bowl. Mix in the salt, chilie powder, asafoetida and ground fenugreek.

Heat the oil in a frying pan. Add the mustard seeds and as they begin to pop, add the curry leaves and dried chillies. Fry over a medium heat for 1 minute, then pour the contents of the pan over the mango. Mix well and set aside to cool.

When cool, transfer to a screw top jar and store in the refrigerator for up to 1 month. Leave the pickle to mature for at least one week before use.

## Cabbage and Potato Thoran

5 tbsp oil

100g/3 ½ oz potatoes peeled and cubed

1 tsp mustard seeds

10 curry leaves

1 tsp urad dal

100g/3 ½ oz onions, finely sliced

1 green chili, slit lengthwise

1 tsp turmeric powder

200g / 7oz cabbage, finely shredded

50g / 2oz freshly grated or desiccated coconut

salt

Heat 3 tbsp of the oil in a large frying pan or wok. Add the potatoes and cook over a medium heat, stirring, for 10-15 minutes or until browned. Add salt to taste then set the potatoes aside to drain on kitchen paper.

In the same pan, heat the remaining 2 tbsp of oil. Add the mustard seeds and as they begin to pop, add the curry leaves and urad dal. Cook, stirring, until the urad dal turns golden.

Add the onions and green chili. Raise the heat to high and cook for 1 minute., then lower the heat right down and continue cooking for a further 5 minutes or until the onions are soft.

Add the turmeric and a little salt to taste. Stir in the shredded cabbage, cover and cook over a low heat, stirring occasionally, for 15 – 20 minutes, or until the cabbage is soft.

Mix the browned potatoes into the cabbage, remove from heat and stir in the coconut.

## **Bhindi Tomato Salad**

5 tbsp oil

200g / 7oz okra

300g / 10 ½ oz tomatoes, finely chopped

a pinch of sugar

1/2 tsp mustard seeds

10 curry leaves

salt

For the spice paste:

1 green chili

1 clove garlic

1 tsp mustard powder

Cut the okra in 1 cm / ½ inch pieces and set aside. Using a pestle and mortar, finely grind the ingredients for the spice paste and set aside.

Heat 4 tbsp oil in a large frying pan and cook okra until brown. Remove from the heat and drain on kitchen paper, set aside.

In the same pan, place the tomatoes and sugar and cook for 5 minutes. add the okra, the spice paste and a little salt, then simmer for 2-3 minutes.

Meanwhile, heat 1 tbsp of oil in a small pan. Add the mustard seeds and as they begin to pop, add the curry leaves. Cook for 1 minute, then pour the contents of the pan over the okra mixture. Stir well, transfer to a serving dish and serve hot or cold.

## Broccoli Curry

2 tbsp oil

2 tbsp sesame seeds

1 tbsp poppy seeds

50g / 2oz freshly grated or desiccated coconut

2.5cm / 1inch cube fresh ginger, peeled and sliced finely

50g / 2oz raw peanuts, skins removed

1/2 tsp chili powder

1/2 tsp turmeric

1 onion, finely sliced

2 tomatoes, chopped

500g / 1lb 2oz broccoli cut into chunks

3 green chillies, slit lengthwise

salt

In a frying pan, heat 1 tbsp of the oil and cook the sesame and poppy seeds for 2 minutes over a medium heat, stirring. Add the coconut and ginger and sauté until brown. Then add the peanuts, chili powder, turmeric and some salt. Mix well and continue cooking for another minute.

Remove from the heat and place the contents of the pan in a spice mill or grinder. Process the mixture for about 3 minutes to give a fine paste.

Heat the remaining 2 tbsp of the oil in a large saucepan. Add the sliced onion and cook for 2-3 minutes, then add the tomatoes and continue cooking for another 5 minutes or until most of the juices have evaporated.

Stir in the coconut paste, then the broccoli and green chillies, stirring gently, for 5 minutes. Add 450ml/16oz of water, then cover and simmer for 10 minutes, stirring occasionally.

Taste and add more salt, if required, then bring the mixture to a boil and cook until the broccoli is tender, stirring occasionally. Serve hot.

## Pepper Masala

2 cloves garlic

1cm / 1/2inch cube fresh ginger, peeled

2 tbsp oil

about 20 curry leaves

1/2 tsp cumin seeds

5 cloves

200g / 7oz onions, finely sliced

1 green chili, slit lengthwise

2 tbsp tomato paste

1/2 tsp chili powder or to taste

1/2 tsp ground coriander

1/2 tsp turmeric powder

500g / 1lb 2oz mixed bell peppers such as red, yellow and green, seeded and finely sliced.

Salt

Using the pestle and mortar, crush the garlic cloves and ginger together to give a fine paste.

Heat the oil in a large saucepan over a medium heat. add the curry leaves, cumin and cloves and cook for 1 minute or until the cumin seeds turn golden. Add the onions and some salt to taste, stir and cook for 5 minutes or until the onions brown.

Add the paste of garlic and ginger to the saucepan and mix well. Then add the green chili, tomato paste, chili powder, ground coriander and turmeric. Stir well and cook for 3-4 minutes.

Add 6-7 tbsp of water to the pan to loosen the mixture. Add the bell peppers, mix well and cook, uncovered, for 10 minutes or until the bell peppers begin to brown, stirring frequently.

Raise the heat under the saucepan and cook, stirring for 2 minutes. Remove from the heat and leave to stand for 2 minutes before serving.

## Olan

1 15oz (or so) can black-eyed beans, drained and rinsed

1 potato, cubed

400g / 14oz white or yellow pumpkin, peeled, seeded and cubed

2 green chillies slit lengthwise

200ml / 7oz fresh or canned coconut milk

a few curry leaves

salt

in a large saucepan, bring 450ml/16oz of water to the boil. Add the potato and a little salt and cook over a medium heat for 10 minutes. Add the pumpkin and green chillies. Cover and cook for 10 minutes until all the vegetables are tender.

Lower the heat under the pan and add the coconut milk, stirring gently. Add the beans and curry leaves, mix well and allow the beans to heat through. Serve warm.

## Chana Masala

600g / 1lb 5oz canned chickpeas drained and rinsed

3 tbsp oil

1 onion, sliced

2 tomatoes, finely chopped

2.5cm / 1 inch cube fresh ginger peeled and cut into strips

2 tsp ground coriander

1 tsp turmeric

½ tsp chili powder

2 tbsp chopped coriander leaves

Heat the oil in a large saucepan, then add the onion and cook for 5-7 minutes until browned. Stir in the chopped tomatoes, then the ginger, ground coriander, turmeric and chili powder and cook for 5 minutes over a low heat.

Add chickpeas, cover and cook for 15 minutes, stirring occasionally. Garnish with the chopped coriander leaves and serve hot with rice or flat breads.

Single Vegan  Leah Leneman

Peanut Sausages

1/3 cup roasted peanuts

2 oz whole wheat breadcrumbs

1 tbsp garbanzo bean /chickpea/gram flour

3 tsp tomato paste

1/4 tsp marjoram

1 tsp soy sauce

1/4 cup water

vegetable oil as required

Grind the peanuts. Put them in a bowl with the breadcrumbs, gram flour, tomato puree, marjoram and soy sauce. Add the water and stir well.

Form the mixture into sausage shapes. Heat a little oil in a frying pan and fry the sausages for 5-7 minutes, turning frequently. Serve hot, with a side salad.

#### Aduki Spread

1/4 cup aduki beans, cooked

1/2 tbsp oil

2 tsp soy sauce

3 tsp tahini

1 tbsp minced parsley

Toast

Drain the beans and put them in a bowl. Mash lightly.

Heat the oil in a saucepan. Add the beans, soy sauce, tahini and parsley. Mix well and cook over a low heat for 5-7 minutes, stirring occasionally, by which time the mixture should have thickened.

Remove from heat. Serve warm on toast.

#### Spaghetti with Olive Sauce

6oz very ripe tomatoes

4-6 black olives

1 clove garlic

2 tbsp olive oil

1/4 tsp oregano

Freshly ground black pepper

1 tbsp minced parsley

3oz spaghetti

Pour boiling water over the tomatoes, leave for a minute, drain, run under cold water and skin (the boiling water makes the tomatoes easy to skin).

Chop the tomatoes coarsely. Chop the olives finely. Crush the garlic.

Heat the oil in a saucepan. Add the tomatoes, olives, garlic, oregano and pepper. Simmer uncovered over a low heat for about 15 minutes, stirring occasionally. Add the parsley and cook for 2 minutes longer.

Meanwhile, cook the spaghetti, and when it is ready, drain it and pour the sauce over it.

Butter Bean and Vegetable Stew

1/3 cup brown rice

1 small leek

1 tbsp vegetable oil

1 cup mushrooms

1/2 small red pepper

1 bay leaf

2/3 cup water or vegetable stock

1 x 7oz (200g) can lima (butter) beans

1 tbsp peanut butter

soy sauce to taste

Cook the rice until tender

Clean the leek well and chop it finely. Sauté in the oil for 2-3 minutes.

Slice the mushrooms. Chop the red pepper finely. Add them to the pan and sauté for a further 2 minutes. Add the bay leaf and the water/stock; bring to the boil, lower heat, cover pan and simmer for 5-7 minutes.

Drain and rinse the beans

Add the peanut butter to the vegetables in the pan and mix well. Add the beans, taste for seasoning, and

add soy sauce to taste. Continue simmer gently until the beans are thoroughly heated; remove bay leaf and serve over the rice.

### Jambalaya

7oz (200g) can red kidney beans

1/2 green pepper

1 tbsp vegetable oil

1/4 lb tomatoes

1/4 cup walnuts

1/3 cup grated coconut

1 tsp tomato paste

1 tbsp water

1/3 cup cooked rice

drain and rinse the beans

Chop the pepper and sauté in the heated oil in a saucepan for a minute or two.

Skin and chop the tomatoes. Chop the walnuts coarsely.

Add the tomatoes, walnuts, coconut, tomato paste and water to the saucepan and stir well. Add the beans. Cover pan and leave the mixture to simmer on a very low heat for about 10 minutes, stirring occasionally. Serve over the rice.

### Macaroni and Vegetable Stew

3 oz macaroni or other pasta shapes

1 small leek

1 small carrot

1 small potato

2oz mushrooms

1 tbsp vegetable oil

1 bay leaf

1/3 cup water



1/2 tsp yeast extract (marmite/vegemite etc)

Cook the macaroni until tender and drain.

Meanwhile, dice the vegetables into small pieces. Heat the oil in a saucepan and stir fry the vegetables for about 2 minutes. Add the bay leaf and the water, bring to the boil, lower heat, cover pan and simmer until the vegetables are tender, about 10 – 15 minutes.

Stir in the yeast extract, then add the macaroni and stir well. Cook for another couple of minutes longer, remove bay leaf and serve.

#### Noodles with Creamy Leek and Mushroom Sauce

3 1/2 oz noodles

1 small leek

1 1/2 tbs margarine

2 cups mushrooms

1 1/2 tbsp flour

1/3 cup soymilk

1/2 tsp Dijon mustard

1/2 tsp marjoram

sea salt and freshly ground black pepper to taste

cook the noodles until tender in boiling salted water.

Clean and chop the leek finely. Melt 1 tbsp margarine in a saucepan and sauté the chopped leek for 3-4 minutes.

Slice the mushrooms and add them to the pan; cook for a further 3-4 minutes.

Stir the flour into the pan, then slowly add the milk, stirring constantly until thickened. Lower heat and simmer while adding mustard, marjoram and seasoning.

When the noodles are cooked, drain them and toss them with the remaining 1/2 tbsp margarine. Pour the sauce over them.

#### Nasi Goreng

1/2 cup rice

1/2 cup tofu (115g)

1 tbsp margarine

1/8 cucumber

1 small onion

1 small clove garlic

1 tbsp vegetable oil

1 tsp ground coriander

1 tsp ground cumin

1 tbsp mango chutney

2 tbsp imitation bacon bits

Cook the rice.

Slice the tofu into thin strips. Shallow fry in the margarine in a frying pan until lightly browned. Set aside. Chop the cucumber finely. Set aside.

Chop the onion and garlic finely. Sauté in the oil in a wok or frying pan until beginning to turn brown. Lower heat, stir in the spices and then the rice and stir well. Cook until the rice is heated through, then stir in the chutney and imitation bacon bits.

Transfer to a plate and top with tofu strips and cucumber.

#### Mediterranean Bean and Tomato Stew

1 small onion

1 small clove garlic

1 tbsp olive oil

7oz can tomatoes

1 bay leaf

1 tbsp minced parsley

1 tsp oregano

half a can (15oz/440g) navy/haricot beans

crusty bread

Slice the onion thinly. Crush the garlic. sauté these ingredients in the olive oil in a saucepan for about 3 minutes.

Stir in the tomatoes, chopping them coarsely with the spoon while doing so. Add the bay leaf, parsley and oregano. Bring to the boil, then lower heat, cover pan and simmer for 7-10 minutes.

Drain the beans and add them to the pan. Cover pan again and simmer for a further 4-7 minutes. remove from bay leaf and serve with crusty bread.

### Pasta e Fagioli

6oz macaroni

1 small onion

1 small clove garlic

1 tbsp olive oil

half a can (15oz/440g) beans (navy, borlotti, pinto, etc)

1 tbsp tomato paste

2 tbsp water

1 tsp sweet basil

1 tbsp minced parsley

freshly ground black pepper

1 tbsp imitation bacon bits

Cook the macaroni in boiling, lightly salted water until just tender.

Meanwhile, chop the onion and garlic finely. Sauté in the oil in a saucepan for about 3 minutes.

Add the beans, tomato puree (paste), water and basil. Bring to the boil, then lower heat and simmer uncovered for about 5 minutes.

Drain the macaroni and add it to the saucepan, along with the parsley, imitation bacon bits. Add black pepper to taste. Mix well and cook for a couple minutes longer.

### Baked Maple Apple Halves

1 soft tart (cooking) apple

2 tsp water

2 tbsp maple syrup

1 tsp margarine

Halve the apple crosswise and core it.

Put water in the bottom of a greased baking dish. Put the apple halves in the dish, cut side up. Pour a tbsp of maple syrup over each half and dot with the margarine.

Bake the apple halves in a 350F (180C) oven for 4-5 minutes. If possible, baste the apply halves once or twice during this time. Serve hot.

## Millet Chili for One

1/2 cup millet

3/4 cup water

pinch sea salt

1 small onion

1 tbsp vegetable oil

1 tsp cumin

1 tsp oregano

1/2 tsp garlic salt

1/4 tsp chilli powder

half a 15oz can of pinto beans

1/3 cup water

1 tbsp tomato paste

Cover the millet with the water and a pinch of salt. Bring to the boil, then lower heat. cover and simmer for about 20 minutes, by which time the water should be absorbed and the millet tender.

Meanwhile chop the oregano and sauté in the oil for about 3 minutes. Lower heat and add the cumin, oregano, garlic salt and chilli powder. Stir well for a minute or so.

Drain and rinse the beans. Add them to the saucepan and stir for a minute or so longer. Add the water and the tomato puree. Raise heat, bring to the boil and then lower heat and simmer uncovered for about 5 minutes.

Add the cooked millet to the beans, stir well and cook for a minute or two longer.

## Tropical Blancmange for One

2/3 cup plus 2 tbsp coconut flavoured soymilk

3 tsp cornstarch

1 small banana

Heat 2/3 cup soymilk in a sauce pan. Meanwhile mix the 2 tbsp soymilk and the cornstarch. When the soymilk is boiling pour it onto the cornflour mixture, stir, then return the mixture to the saucepan, bring to boil stirring constantly and boil for a minute or so.

Slice the banana into a dessert dish and pour the thickened soymilk on top. Leave to cool, then refrigerate until ready to eat.

## Curried Tofu for One

1/2 cup brown rice

1 small onion

1 tbsp margarine

5oz (140g) tofu

1/2 tsp ground coriander

1/2 tsp ground cumin

1/4 tsp turmeric

1/4 tsp chilli powder

1/2 tsp garam masala

2 tbsp water

1 tbsp tomato paste

1 tbsp soy yoghurt

sea salt as required

Cook the rice until tender

Chop the onion. Saute in the margarine in a saucepan for about 3 minutes. Meanwhile drain and dice the tofu.

Lower heat and stir in the spices. Then add the tofu, stirring well – but gently so that it is well coated with the spices. After a minute or two add the water and stir in the tomato paste. Cover the pan and simmer for about 10 minutes.

Stir in the soy yoghurt, taste for seasoning and add salt if desired.

Serve the curry over the rice along with some chapatti or papadams and mango chutney.

## **Balkan Stew for One**

1 small onion

1 small green pepper

1 small red pepper

1 1/2 tbsp vegetable oil

1 clove garlic

2 small tomatoes

1/2 small eggplant

sea salt to taste

pinch cayenne pepper

3 tbsp water

1/2 cup brown rice, cooked

Slice the onion and peppers thinly. Saute them in the oil in a saucepan for about 3 minutes.

Mince the garlic. Chop the tomatoes. Dice the eggplant. Add them to the pan and cook for a couple of minutes longer.

Add the seasoning and then the water. Bring to the boil, then lower heat. Cover and simmer for about 5 minutes.

Stir in the cooked rice and cook, covered for about 5 minutes

## **Tempeh and Mushroom Stew on a Mashed Potato Base for One**

4oz (115g) tempeh

1 small onion

1 clove of garlic

1 tbsp vegetable oil

2 cups mushrooms

1 small tomato

1 bay leaf

2 tsp soy sauce

8oz cooked potatoes plus soymilk, vegan margarine and seasoning to taste

Place half a cup of water and 1 tbsp soy sauce in a saucepan and bring to a boil, place the tempeh in it, lower heat, cover pan and simmer for 10 minutes. Turn the tempeh over and simmer for a further 10 minutes. Drain and set aside.

Chop the onion, and garlic and sauté in the oil for a minute or two. Slice the mushrooms add them to the pan and cook for another minute or two.

Dice the tempeh. Chop the tomato. Add them to the pan along with the bay leaf and 1 tbsp soy sauce. Cook uncovered for about 5 minutes, stirring frequently

Heat and mash the cooked potatoes with a bit of soymilk, margarine and salt and pepper to taste.

Spoon the mashed potatoes on a plate, remove the bay leaf from the tempeh and pile the mixture on the mashed potatoes.

# Tesco's Food Magazine

## Sicilian Aubergine Stew with Polenta

Heat 2 tbsp olive oil in a large wok or frying pan and stir fry one large chopped onion with 4 celery sticks for 10 minutes or until soft. At the same time, stir fry 675g (1 1/2 lb) cubed aubergines in 2 tbsp olive oil in another pan. Combine all the vegetables in one pan with 3 tbsp sugar, 5 tbsp red wine vinegar, 1 x 400g (15oz) chopped tomatoes, 2 tbsp tomato puree, 125g (4oz) pitted black or green olives, 2 tbsp sultanas or raisins and 2 tbsp capers. Season well with salt and black pepper and simmer, covered, for 20 minutes, stirring frequently. Stir in 25g (1oz) toasted pine nuts. Serve with instant polenta, made up according to pack instructions with vegetable stock instead of water. Sprinkle with lots of freshly chopped flat leaf parsley.

## Avocado and Walnut Risotto

Heat 1 tbsp olive oil and 25g (1oz) margarine in a large, heavy based saucepan and stir fry one large chopped onion over a medium heat until transparent. Add 3 crushed cloves garlic and 425g (15oz) risotto rice (arborio) and stir fry for 2-3 minutes or until each grain of rice is coated with oil. In another pan, bring 1.8ltr (3 pint) vegetable stock to the boil and leave over a low heat. pour 150ml (1/4 pint) white wine on to the rice and cook over a moderate heat, stirring constantly, until the liquid has evaporated. Ladle enough of the stock over the rice to just cover it. Continue to cook, stirring occasionally, until the liquid has been absorbed. Continue in this way for 20-25 minutes until rice is tender (add boiling water if you run out of stock). Peel and dice 2 ripe avocados and fold into the risotto with

50g (2oz) chopped walnuts. Serve topped with vegan Parmesan if desired.

## Chilled Broad Bean and Lemongrass Soup

50g (2oz) margarine

1 onion, chopped

1 large leek, roughly chopped

3 stalks lemongrass, inner part chopped

1/2 tbsp fresh chopped root ginger

1 ltr (1 3/4 pint) vegetable stock

500g (1lb 2oz) broad beans, shelled

200ml (7oz) soy milk

pinch of sugar

salt and freshly ground black pepper

4 mint leaves, finely chopped

heat the margarine in a saucepan and add the onion and leek. Cook over a low heat for about 10 minutes or until softened.

Add the lemongrass and ginger and cook for 5 minutes. Then add the stock and broad beans. Bring to the boil then simmer for 10-15 minutes.

Pour the soup into a blender or food processor and whizz until you have a puree. Sieve if you wish.

Add the soymilk, season to taste and add the sugar. Serve well chilled, sprinkled with finely chopped mint.

## Curry, Coconut and Lentil Soup

Heat 1 tbsp vegetable oil in a large saucepan. Add 1 onion, chopped, and 1 clove garlic, crushed, and cook until soft.

Add 2 sticks celery, chopped, 1 sweet potato or parsnip, chopped, 1 large potato, chopped and continue to cook for another 3 minutes. stir in 1 tbsp mild curry paste, 150g (5oz) red lentils and 1.2 ltr (2 pint) vegetable stock and bring to the boil. Cover, lower the heat and gently simmer for about 25-30 minutes or until the lentils are tender. Add 1 x 400ml (14oz) can coconut milk, 2 tbsp freshly chopped coriander and the juice of 1/2 a lime or lemon and season with salt and freshly ground black pepper to taste. Transfer the mixture to a blender or food processor and whizz until smooth and then put the soup back into a clean saucepan to warm through and serve with pita bread (warmed in the toaster first) or



bread of your choice.

## Chili Aubergine and Green Beans

1 tbsp vegetable oil

1 red chili, deseeded and finely chopped

2 cloves garlic, finely chopped

2.5cm (1 inch) fresh root ginger, peeled and chopped

1 red onion, diced

1 aubergine, cut into small cubes

200g (7oz) green beans, topped and cut in half

1 x 400ml (14oz) can coconut milk

1 x 100ml pack sesame seeds

2 tbsp freshly chopped coriander

salt and freshly ground black pepper

Heat the oil in a large frying pan or wok and add the chili, garlic, ginger and onion. Stir-fry for 5 minutes or until soft. Add the aubergine and green beans and stir to coat with the oil. Continue to stir-fry for 2-3 minutes.

Pour in the coconut milk and bring to the boil, then simmer for 10-15 minutes, stirring occasionally until the aubergine is cooked. Meanwhile, dry-fry the sesame seeds until golden.

Stir in all but 2 tbsp of the sesame seeds into the aubergine mixture, then gently stir in the coriander. Season and serve with the remaining sesame seeds sprinkled on top.

## Lentil, Cashew and Mushroom Pilaf

Place 25g (1oz) mixed dried mushrooms in a bowl and pour over 500ml (18oz) hot water. Leave to stand for 30 minutes. Drain (reserving the liquid) and roughly chop the mushrooms. Heat 2 tbsp olive oil in a pan and sauté 1 diced onion with 2 cloves garlic, finely chopped, for 2-3 minutes. Add 125g (4oz) red lentils and 75g (3oz) bulgar wheat or Eibly and stir. Season well.

Strain the reserved mushroom liquid, and add it to the pan. Bring to the boil and simmer, covered, for 15-20 minutes. Every so often, check that there is enough liquid, if not, top up with hot water. Add the mushrooms after 10 minutes.

Meanwhile, dry-fry 100g (3 1/2 oz) cashew nuts until golden. Stir in the cashew nuts into the lentil mixture and serve sprinkled with 2 tbsp freshly chopped parsley.

## Mushroom Ragout with Soft Polenta

900g (2lb) mixed mushrooms, brown/white with some exotics like shitakes etc

2 tomatoes, diced

4 cloves garlic, chopped

1 veggie stock cube

2 tsp fresh chives, chopped

200g (7oz) fresh polenta

paprika

Wipe clean the mushrooms and slice the larger ones. Heat 1 tbsp olive oil in a large saucepan. Add the mushrooms, tomatoes and garlic. Stir, then cook uncovered, stirring from time to time, for about 20 – 25 minutes or until the mushrooms are tender and bathed in juice. Add 1 crumbled veggie stock cube to the mushrooms and cook for 2-3 minutes longer. Season and sprinkle with chopped chives. Make up polenta according to package instructions using water or vegetable stock – it should have the consistency or loose mashed potatoes – and sprinkle with a little paprika. Serve with the mushroom ragout.

## Seared Tofu with Mango, Spinach and Red Onion

1 x 250g pack firm tofu, cut into 12 slices

1 tbsp dark soy sauce

2 tbsp light olive oil

1 tbsp sesame seeds, toasted

1 firm, ripe mango, cut into 12 slices

1 x 225g pack washed baby spinach

1 tbsp maple syrup

1 1/2 tbsp unrefined brown sugar

squeeze of lime juice

2.5 cm (1in) piece fresh ginger, grated and squeezed to extract juice

shot of Tabasco sauce

1/2 small red onion, thinly sliced into rings

salt and freshly ground black pepper

Dip the tofu in the soy sauce and leave in the fridge for at least 10 minutes to marinate.

Heat half the oil in a frying pan. Add the tofu and sesame seeds and cook until the tofu is golden brown and coated in seeds. Remove from the pan.

Scrape all the sticky bits from the pan, then heat the remaining oil and sauté the mango for 1 min on each side until seared and caramelised (if the mango is not ripe enough, sprinkle 1/2 tbsp unrefined sugar before sautéing). Set aside.

Heat the spinach in a separate pan over a high heat until wilted, then squeeze out any excess liquid. Keep it warm while you make the dressing.

Put the maple syrup, unrefined sugar and lime juice in a frying pan over a gentle heat. Wait for the sugar to dissolve and for the dressing to bubble gently, then quickly stir in the ginger juice (discarding the ginger pulp) and Tabasco. Remove from the heat.

Divide the spinach between two warmed plates and top with the mango and tofu. Garnish with a few red onion rings and pour the dressing over and around. Serve immediately.

## Quick Chickpea Curry

3 garlic cloves and 4cm (1 1/2 inch) fresh root ginger, peeled and finely chopped

4 tsp curry paste

3 tbsp vegetable oil

2 tomatoes, skinned and chopped

150ml (5oz) vegetable stock

2 onions, chopped

225g (8oz) mushrooms, sliced

1 x 400g can chickpeas, drained

3 tbsp freshly chopped coriander

50g (2oz) creamed coconut

25g (1oz) flaked almonds, toasted

poppadams and mango chutney to serve

salt and freshly ground black pepper

Gently cook the garlic, ginger and curry paste in 1 tbsp of the oil for 2-3 minutes. Add the tomatoes and stock and cook for a further 1 minute. Allow to cool slightly and then blend in a food processor until smooth.

Cook the onions in the remaining oil for 3 minutes, then add the mushrooms and cook for 3 minutes more.

Pour the curry puree over the onions and mushrooms, add the chickpeas and coriander and heat gently for 10 minutes. Then stir in the creamed coconut and toasted almonds and season to taste.

Serve hot with the poppadams and mango chutney

## Butter Bean and Mint Pate

2 x 420g cans butter beans, drained

freshly grated zest and juice of 1 lemon

2 garlic cloves, crushed

1 tbsp freshly chopped mint

3 tbsp olive oil

sprigs of mint to garnish

salt and freshly ground black pepper

Place the better beans and lemon juice in a food processor and blend until smooth. Add the rest of the ingredients along with 4 tbsp water, a tbsp at a time, adjusting the amount of water to give a smooth pate.

Season the pate and spoon into a serving dish or individual ramekins and garnish with mint sprigs.

### Thai Cooking

Tom jieu fak ton (Thai Pumpkin Soup)

1 tsp finely sliced lemon grass

1 tsp peeled and sliced galangal

1 tbsp fresh basil leaves

1/2 green pepper, chopped

3 lime leaves

100ml / 3 1/2 oz water

1 tbsp groundnut oil

2 garlic cloves, chopped

10 shallots, thinly sliced

1 tsp crushed dried red chili flakes

1 small fresh red chilli, chopped

500ml / 17oz vegetable stock

50g / 2 oz French (green) beans, chopped

3 tbsp soy sauce

750g / 1 1/2 lb cubed peeled pumpkin

1 tsp sugar

1 tsp ground white pepper

1 tbsp crunchy peanut butter

3 tsp curry powder

175ml / 6 oz coconut milk

2 tsp cornflour (cornstarch)

Blend the lemon grass, galangal, basil, green pepper, lime leaves and water in a large blender or food processor, then strain and throw away the excess water but reserve the puree.

Heat the oil in a large saucepan. Add the garlic, shallots and dried and fresh chillies and stir fry over high heat for 1 minute.

Add the puree, 400ml / 14oz of the stock, the French beans, soy sauce and pumpkin. Stir over moderate heat. Add the sugar, pepper, peanut butter and curry powder and stir again. When the pumpkin is tender, after about 10 minutes, add the coconut milk and bring to a hard boil for 1 minute.

Blend the remaining stock with the cornflour until smooth, add to the soup and stir to thicken. Ladle the soup into large serving bowl.

Tom Kuay (Thai Banana Soup)

1 tbsp groundnut oil

50g / 2oz spring onions, sliced

50g / 1 oz garlic, sliced

200ml / 7 oz coconut milk

400ml / 14 oz vegetable stock

1/4 tsp ground white pepper

3 tsp soy sauce

1/4 tsp salt

1/2 tsp sugar

1 large banana, peeled and cut obliquely into thin slices

1 large fresh red chilli, sliced obliquely

Garnish:

Fresh corander leaves

2 limes, quartered

spring onion strips

heat oil in a saucepan and fry the sliced spring onion and garlic quite fast. Add the remaining ingredients in order and cook for 5 minutes.

If you like, this soup can be blended: set aside about one quarter of the banana and chili slices, then cook the rest as above then purree the soup in a blender until smooth. Return the blended mixture to the pan, add reserved banana and chili slices and warm for 3 minutes.

Serve hot, garnished with coriander leaves, lime quarters and spring onion strips.

Yam Sommo (Thai pomelo (or grapefruit) salad)

Segments of 1/2 pomelo or 1 grapefruit, membranes removed and segments halved

4 shallots, sliced

1/2 tsp crushed dried chillies (or red pepper flakes)

2 tbsp sugar

2 tbsp soy sauce

juice of two limes

1/4 tsp salt (optional)

Put all the ingredients in a bowl and mix thoroughly. Let stand 5 minutes.

Yam het (Thai mushroom salad)

125g / 4oz dried black fungus (or dried black mushrooms) soaked and drained

15g / 1/2 oz celery stalk finely sliced

1 shallot, sliced

5 small fresh green or red chillies finely sliced and de-seeded

juice of 2 limes

2 tsp sugar

1 tsp salt

Boil the mushrooms for 5-6 minutes, drain and place in a serving dish. Add all the rest of the ingredients and mix thoroughly.

Pad Het, Nomai, Tualangdao (Thai shiitake, mushroom, bamboo shoot and mangetout stir fry)

1 tbsp ground nut oil

2 large garlic cloves, chopped

125g / 4oz baby corn, sliced obliquely

10 dried shiitake mushrooms, soaked, drained and sliced

125g / 4oz drained canned bamboo shoots

50g / 2oz mangetout (snow peas), topped and tailed

1 tsp sugar

3 tbsp soy sauce

1 tbsp water

Ground black pepper to taste

Heat the oil in a wok and add the garlic. Give it a quick stir around, then add all the rest of the ingredients in turn. Stir fry over a high heat for 2-3 minutes, then turn out on to a serving dish. Serve at once, with rice.

Panang Gluay (Thai Dry Banana Curry)

300ml / 1/2 pint coconut milk

1 heaped tablespoon panang curry paste (see below)

4 unripe bananas, peeled and quartered

5 lime leaves

bring the coconut milk and curry paste to a boil in a saucepan or wok and simmer, stirring, for about 3-4 minutes. Add the banana and 3 lime leaves and cook for 4-5 minutes. Garnish with the remaining lime leaves, cut into thin strips.

Panang Curry Paste

4 shallots, chopped

8 garlic cloves, peeled

10 dried chillies, deseeded

3 lemon grass stalks, chopped

3 coriander roots (or a handful of coriander leaves (cilantro))

1 inch piece fresh root ginger peeled and chopped

1/2 tsp coriander seeds, dry fried

1 tsp cumin seeds, dry fried

2 tbsp roasted peanuts

2 tbsp groundnut oil

Put all the ingredients in a blender or food processor and blend to a smooth paste.

Alternatively, you can pound all the ingredients together with a mortar and pestle.

Transfer the paste to an airtight container and store in the refrigerator for up to 3 weeks.

Tang Kwa Yatsai (Thai Stuffed Cucumber)

125g / 4oz fresh mango or pineapple flesh

2 tsp cornflour (cornstarch)

1/4 tsp crushed dried chillies

1 small garlic clove, chopped



1 tsp finely chopped green pepper

2 tsp finely chopped onion

2 tsp finely chopped carrot

1 tsp finely chopped small fresh red chilli

1 cucumber

a few toothpicks

Mash the mango or pineapple with a fork and add the cornflour. Place in a saucepan with the crushed dried chillies, garlic, green pepper, onion, carrot and fresh chilli. Cook gently, stirring occasionally for 4-5 minutes.

Cut the ends from the cucumber. Carefully remove the seeds from the centre – you may have to cut the cucumber in half in order to achieve this. Peel the cucumber and stuff it with the fruit mixture. Put the ends back on, secure with toothpicks and steam for 10 minutes.

Cut into slices and serve warm.

## **Kao Pad Yod Kaprow On (Fried Rice with Palm Hearts)**

1 tbsp groundnut oil

3 garlic cloves, chopped

1/4 red pepper, chopped

125g / 4oz drained canned palm hearts, chopped

125g / 4oz drained canned straw mushrooms

250g / 8oz cold cooked rice

1/2 tsp sugar

1 tbsp soy sauce

1/4 tsp salt

1/4 tsp ground black pepper

fresh coriander leaves to garnish

Heat oil in a wok over a moderate heat, then add the rest of the ingredients in order, giving a quick stir to each. When all ingredients are in the wok, stir the rice around to break it up and mix it in.

Increase the heat to high and stir-fry for 3-4 minutes, making sure the mixture is not sticking.

Turn into a bowl, garnish with coriander leaves and serve.

## **Kao Gab Prik (Steamed Rice with Chili)**

375g/12oz rice

1 tbsp groundnut oil

4 garlic cloves, chopped

4 large fresh red chillies, sliced

50g / 2oz drained canned straw mushrooms

50g / 2oz oyster mushrooms, torn

125g / 4oz drained canned bamboo shoots

1 tsp sugar

1/2 tsp salt

1 tsp soy sauce

fresh coriander sprigs to garnish

Cook the rice in a steamer, or rice cooker.

While the rice is cooking, heat the oil in a wok and add the garlic and chillies. Stir-fry for 30 seconds before adding the mushrooms and bamboo shoots. Stir-fry again for 1 minute, then lower the heat and add the sugar salt and soy sauce. Give the mixture another good stir, then taste and adjust the seasoning.

Serve the vegetables over the steamed rice, garnish with coriander.

The Magic Bean

Porky Apple Fritters

406oz (115-170g) soya sausage mix

1 Bramley cooking apple

1 tsp parsley

1 tsp thyme

sunflower oil (if frying)

Prepare the sausage mix according to the packet instructions.

Peel and grate the apple.

Mix the sausage, apple and herbs together.

Shape into small patties.

Grill or fry in the oil until both sides are golden.

#### Chilli Beans in Pita Bread

4oz (115g) tvp granules

2 tsp yeast extract (Marmite/Vegemite etc)

2 tbsp vegetable oil

1/2 tsp chilli powder

grind of black pepper

3 tbsp chopped nuts

1 large onion, chopped

red pepper, diced

green pepper, diced

15oz (425g) can kidney beans, drained

1 packet pita breads

Put the tvp granules in a bowl and add hot water until the granules are covered. Add the yeast extract and stir. Let sit for 5-10 minutes.

Heat the oil in a heavy based pan.

Saute the onion until it's translucent.

Mix in the TVPm chilli powder, pepper and nuts. Cook for a few minutes.

Add the remaining ingredients. Cover with a lid and cook for 10 minutes, adding a little water if consistency is too dry.

Serve the hot mixture in split pita breads.

#### Mushroom and Tomato Snaps

1 field mushroom

vegetable oil for frying

1 tomato, quartered

1 slice wholemeal toast spread with margarine

1 tbsp vegetarian bacon bits

grill or lightly fry the whole mushroom in vegetable oil

Add the tomato and cook for a further few minutes

Put the tomato on the toast and sprinkle it with vegetarian bacon bits

Top with mushroom and serve immediately

### Lentil and Faux Bacon Pate

8oz (225g) red lentils

1 pint water

1 medium onion

1 dessertspoon soy sauce

1 tsp dried mint

3 tbsp vegetarian bacon bits

Wash and pick over the lentils, checking for grit.

Chop the onion finely.

Pour water into a pan and add the lentils, onion, soy sauce and mint. Cook until the liquid is absorbed.

Remove the heat. Mix in vegetarian bacon bits and liquidize.

Put the pate into a serving dish, and place in a refrigerator for an hour or so.

Serve on crackers, breads or use as a sandwich spread.

### Ten Minute Soup

3 3/4 cups (850ml) vegetable stock

1/2 cup (55g) TVP granules

1 tbsp soy sauce

1 tsp basil

2 tbsp tomato paste

1/2 cup (55g) small cashew pieces

8oz (225g) frozen mixed vegetables

Place all ingredients in a large saucepan. Bring to the boil and simmer for 10 minutes.

Serve with croutons or crusty bread.

### Lentil and Faux Bacon Soup

1 medium carrot, grated

1 medium onion, chopped

2 1/2 tbsp margarine

1/2 tsp celery seeds

3 3/4 (850ml) cups vegetable stock

1 vegetable stock cube

1 tbsp vegetarian Worcester sauce

1 tbsp vegetarian bacon bits

1/2 cup (55g) red lentils

Sauté the onion and carrot in the margarine using a large saucepan.

After about 5 minutes, add the remaining ingredients and simmer for 30-40 minutes, adding extra liquid during the cooking if necessary.

### Beans Pro Pie

2 cups (170g) TVP chunks

2 tbsp soy sauce

1 tbsp vegetarian Worcester sauce

2 tomatoes, sliced

small can baked beans (ie Heinz)

6 medium potatoes, cooked

1 tbsp margarine

sesame seeds

Pour TVP chunks in a saucepan, add soy sauce, Worcester sauce and just enough hot water to cover them. Simmer until the liquid is absorbed.

Mix the tomatoes and the baked beans into the TVP chunks. Reheat gently.

Mash the potatoes with the margarine.

Place the TVP mixture into an ovenproof dish. Spread potato over the top. Sprinkle with sesame seeds and brown under a medium grill.

Serve with spiced red cabbage or green salad.

Parsnip and SOS Cakes

3/4 cup (85g) soy sausage mix

1lb (455g) parsnips

1/2 cup (55g) soft wholemeal bread crumbs

1 tbsp fine oatmeal

1 small onion, finely grated

soymilk for binding

sesame seeds for coating

margarine

oil

Hydrate the sausage mix as per instructions

Boil the parsnips until soft, drain and mash finely.

Mix the parsnips with breadcrumbs, oatmeal and onion. Bind with a little soymilk. Leave to cool.

Mould the sausage mix into small balls. Cover with a layer of parsnip mix. Roll the ball in sesame seeds.

Fry the balls in a little oil mixed with a bit of margarine for about 3 minutes each side until crisp and golden.

Serve with a tomato or parsley sauce.

## **Apple and Celery Soup**

2 large cooking apples

6 stalks celery

1/2 cup TVP granules

1 vegetable stock cube

1 tsp rosemary

1 tbsp sunflower oil

salt and pepper to taste

1 tbsp cornmeal



3 3/4 cups water

Peel and roughly chop the apple and celery

Place all the ingredients in a large saucepan, mixing the cornmeal with a little water first. Simmer for about 30 minutes.

Liquidize the mixture or pass through a sieve, reheat and serve with bread.

## Hot Prot

2 cups soy chunks

2 tbsp tomato paste

2 tbsp soy sauce

1 vegetable stock cube

2 medium carrots, grated

1 large eggplant

1 large onion

2 tbsp corn oil

ground black pepper to taste

small packet frozen peas

Put the soy chunks into a saucepan with enough water to hydrate. Add the tomato paste, soy sauce, vegetable stock cube and grated carrot. Simmer 20 minutes.

While the soy is hydrating, soak the eggplant in salted water for 10 minutes, then dry thoroughly. Slice the eggplant. Chop the onion and sauté in the corn oil. Add pepper to taste.

Add the vegetables to the soy chunks. Tip the peas into the mixture. Add extra water if necessary.

Simmer on a low heat until the peas are cooked.

## Smoky TVP and Sauerkraut

3/4 cup soy chunks

2 tbsp sunflower oil

2 onions, finely chopped

1 tsp rosemary

1 tsp caraway seeds

2 tsp raw cane sugar

sea salt and freshly ground black pepper to taste

1/2 cup sauerkraut

1/4 cup fake bacon bits

Hydrate the chunks with the recommended liquid and all ingredients except for the sauerkraut and bacon bits. Simmer 45 minutes.

Mix in the sauerkraut and bacon bits, cook for a further 10 minutes, adding a little extra stock if necessary.

Serve with potatoes and garden peas

## Sosburg Loaf

4oz/115g Burgamix

4oz/115g Sosmix

3 slices wholemeal bread, crumbed

2 medium onions, finely grated

2 medium carrots, finely grated

2 tbsp tomato puree

1 tsp mixed dried herbs

2 tsp Marmite or other yeast extract

Mix all of the ingredients together in a large bowl. Mix the Marmite with a little warm water and add to the mix. Add water slowly a bit at a time, stirring, until the mixture is soft and pliable.

Press firmly into a greased loaf tin. Cover and piece of grease proof paper and bake for 30-40 minutes at 180C

Serve with roast potatoes, green vegetables and gravy.

This is also delicious cold with a salad or thinly sliced for sandwiches with mustard or pickle.

# **The Voluptuous Vegan - Myra Kornfeld**

## **Rosemary Aioli**

1 small head of garlic

2 tbsp plus 1 tsp extra virgin olive oil

1/2 lb silken tofu

1 tsp mustard powder

1 tsp fresh lemon juice

1 tsp salt

pinch of white pepper

1 tsp finely chopped fresh rosemary

Preheat the oven to 375F. Remove the papery outer skin of the garlic and cut off the top fifth. Place the garlic on aluminium foil and drizzle with 1 tsp of the oil. Wrap the garlic completely in the foil and place on an oven rack to roast for about 30 minutes, or until soft. Squeeze the softened garlic cloves out from their skins.

In a food processor fitted with a metal blade, combine the garlic, the remaining 2 tbsp of oil, tofu, mustard powder, lemon juice, salt and pepper. Process until smooth. Add the rosemary and pulse to combine. Pour into a bowl and let sit for 20 minutes or so before serving.

Slather on fresh bread, or use any place you'd use mayonnaise.

## Provençal Stew

1 tbsp extra virgin oil

2 cups chopped, cleaned leeks

2 medium portobello mushrooms cleaned and cut into 1-inch squares

1/2 cup dry white wine

1 14oz can diced tomatoes

pinch of saffron

2 tsp ground fennel seeds

2 medium carrots, chopped

1 small head of cauliflower, cut into florets (3 cups)

2 celery heads, cut on the diagonal into 2 inch chunks

Make a bouquet garni of 2 rosemary sprigs, 4 thyme sprigs, a handful of parsley stems and 1/4 tsp black pepper corns

3 cups water

1 14oz can chickpeas, drained and rinsed

1 tsp fresh lemon juice

salt and black pepper to taste

1/4 cup chopped fresh flat leaf parsley

Warm the oil in a pot or Dutch oven over medium heat. Add the leeks and mushrooms and sauté for 10 minutes or until the leeks are softened but not browned. Add the wine, turn the heat up to high and cook

until the liquid is reduced by half.

Add tomatoes, saffron and fennel seeds to the pot and cook for 5 minutes, stirring once or twice.

Add the carrots, cauliflower, celery, bouquet garni and the water. Cover and bring to a boil, then lower the heat, partially cook and simmer for 15 minutes. Add the chickpeas and cook another 10 minutes.

Add the lemon juice and season with salt and pepper. Remove bouquet garni and stir in chopped parsley.

## Roasted Potato Batons

2 lbs russet potatoes

1/4 cup extra virgin olive oil

salt

Preheat the oven to 375F

Peel the potatoes and cut lengthwise into 1/4 inch slabs. Stack a few slices at a time and cut lengthwise again into 1/4 inch batons. Rinse the potatoes under running water to remove surface starch. Drain on paper towels and pat lightly to dry. Place in a medium bowl and toss with the oil and salt to taste.

Spread the potatoes on a parchment covered baking sheet and roast for about 45 minutes, tossing every 10 minutes until the potatoes are lightly golden and cooked through.

## Potato Latkes

1 1/2 lbs russet potatoes

1/2 cup unbleached white flour

1/2 tsp baking powder

1 1/2 tsp sea salt

freshly ground black pepper

1 cup minced onion

1/2 cup grated carrot

1/2 cup thinly sliced scallions

2 tbsp unflavoured soy milk

oil for shallow frying

Peel the potatoes. In a food processor fitted with a metal blade, process half the potatoes until they are finely chopped. Change the blade to the grater and grate the remaining potatoes or grate them by hand. Combined, you should have about 4 cups of potatoes.

Transfer the potatoes to a strainer placed over a bowl and let them drain for about 10 minutes. Squeeze the potatoes with your hands to extract any remaining liquid. Let the liquid sit for a few minutes to allow the starch to settle to the bottom of the bowl, then pour off the liquid leaving the starch behind. Add the potatoes and stir to combine, add the flour, baking powder, salt, pepper to taste, onion, carrot, scallions and soy milk to the potatoes and mix thoroughly.

Heat 1/2 inch of oil in a medium or large skillet until very hot. (Do not let the oil get so hot that it smokes, however). Press a heaping tbsp of potato mixture flat between your hands, round the edges, flatten and smooth again, then gently drop into the hot oil. Make 3 or 4 more latkes the same way and add to the pan, taking care not to crowd them. Fry for 3 to 4 minutes or until the edges are golden, then turn and fry for 2-3 minutes on the other side.

Preheat the oven to 275F. Remove the pancakes onto a plate lined with paper towels or a brown paper bag to absorb the extra oil. Repeat with the remaining latke mixture keeping each batch of latkes hot in the oven until ready to serve. Serve hot.

Serve with applesauce, Shallot “sour cream”, and “Red Cabbage Braised with Beer and Mustard”

## Shallot “Sour Cream”

1/2 lb silken tofu

3 tbsp oil

2 tbsp fresh lemon juice

2 tsp brown rice vinegar (or any rice vinegar)

3/4 tsp salt

1 tbsp minced shallots

Combine all ingredients except the shallots in a food processor and process until creamy. Add the shallots and pulse to combine.

## Red Cabbage Braised with Beer and Mustard

1/2 medium head of red cabbage, outer leaves and core removed (6 cups)

1 tbsp extra virgin olive oil

1 onion, cut in half and sliced thin

1 tsp ground caraway seeds

1 12oz bottle of beer

1/2 cup apple juice or apple cider

2 tbsp whole grain mustard

3 tbsp umeboshi vinegar (or 2 tbsp soy sauce and 1 tbsp rice vinegar)

salt and pepper

Slice the cabbage very thin.

Warm the oil in a medium saucepan over medium heat. Add the onions and sauté for 7 minutes or until the onions are softened.

Add the caraway and cook for 2-3 minutes more. Add the cabbage, beer and apple juice, cover and bring to a boil.

Reduce the heat to a simmer, and cook for 5 minutes, covered. Uncover and simmer, stirring occasionally, for 15 more minutes, or until the cabbage is tender and the braising liquid has reduced by half.

Add the mustard, umeboshi vinegar, salt and pepper. Cook for 5 minutes more, stirring occasionally. Serve hot.

## Sweet and Hot Sesame Nori Strips

1/4 cup brown rice syrup

1/4 cup oil

pinch of cayenne pepper

1/2 cup sesame seeds

3 nori sheets

salt

Preheat oven to 350F

Whisk together the rice syrup and oil in a small bowl then stir in the cayenne.

Place the sesame seeds in a small bowl, with water to cover. Swish to rinse and pour off any floaters. Drain the seeds in a strainer, then transfer to a dry skillet and toast until fragrant.

Tear each nori sheet into three strips. Use a pastry brush to paint each strip with a thick coat of the syrup mixture. Sprinkle liberally with toasted sesame seeds and sprinkle liberally with salt.

Place the nori strips on a parchment covered baking sheet and bake for 10 minutes to allow the coating to set, then turn the strips over and paint the other sides with the syrup mixture. Sprinkle as before with sesame seeds and salt. Return to the oven for 10 minutes, then set aside for 20 minutes to crisp. Break each strip in two pieces.

Great snack with hot sake or beer.

## Orange-Ginger Tofu Triangles

1 lb firm tofu

1 cup fresh orange juice

1/4 cup rice vinegar

1/3 cup shoyu

1/3 cup oil

4 tbsp dark sesame oil

3 garlic cloves minced

1 tbsp minced peeled fresh ginger

1/4 tsp hot red chilli pepper flakes

1 scallion, chopped into 1 inch pieces

1/4 cup roughly chopped cilantro

2 dried chipolte chiles (optional)

Turn the tofu on its side and cut it into 4 thin slices. Lay the tofu flat again and cut the block diagonally to make 8 triangles. Without separating the pieces, press the tofu for at least 30 minutes (to squeeze out excess moisture).

In a medium bowl, whisk together the orange juice, vinegar, shoyu, oils, garlic, ginger and red pepper flakes.

Separate the pressed tofu pieces and place them in a baking dish in a single layer. Cover with marinade and sprinkle with the scallions and cilantro. Cut the stems off the chillies, remove seeds and place the chillies in the baking dish. Marinate for at least 30 minutes, and up to overnight. Preheat the oven to 350F.

Pour off some of the marinade so the tofu is covered halfway. Bake for 40 - 45 minutes, without turning, until the tofu is golden and most of the marinade has been absorbed.



## **Arame Salsa**

1 cup dried arame

1 cup apple cider or apple juice

1/2 medium cucumber, peeled, seeded and cut into small cubes

2 tbsp fresh lemon juice

1 scallion, finely sliced

1/2 cup minced red onion

1 small jalapeno, minced

1/4 cup chopped fresh cilantro

1 garlic clove, minced

salt

soak the arame in water for 20 minutes. Drain, then place the arame in a medium skillet with the apple cider. Simmer, uncovered, until the cider has completely evaporated, about 10 minutes. Transfer the arame to a bowl and let it sit for a few minutes to cool.

Add the cucumber, lemon juice, scallions, onions, jalapeno, cilantro and garlic. Mix thoroughly to combine and season with salt to taste.

## **Pumpkin, Sage and Pecan Chile Ravioli with a White Bean and Garlic Sauce**

1 medium winter squash (2 – 2 1/2 lbs) such as kabocha, butternut or hokaido (you will need 2 cups cooked squash)

3 tbsp extra virgin olive oil

1 onion, finely chopped (1 cup)

1/2 cup chopped

2 tbsp minced fresh sage

salt and pepper to taste

Red Chile Pasta Dough (see below)

Make the Red Chile Pasta Dough (see below)

Preheat the oven to 350F. cut the squash in half from stem to bottom and place cut side down on a parchment covered baking sheet. Bake for about 45 minutes, or until tender. Let the squash cool for a few minutes, then remove and discard the seeds. Scoop the flesh into a bowl and mash with a fork. Measure out 2 cups mashed squash, reserving any extra.

Warm the oil in a medium skillet. Add the onions and sauté until they are browned, about 10 minutes. Add the pecans and sauté for a few minutes more, add the squash, mixing until it is heated through. Stir in the sage, and season with salt and pepper to taste. Remove from the heat.

Roll out dough into 2 equal sheets and score a grid of 2 inch squares with a ruler and pastry cutter. Put equal, well-rounded amount of each of the squares. Brush a little water along the edges of the squares in case the dough starts to dry out. Lay the second sheet over the first and press down around the mounds to seal the edges. Cut out the squares with a pastry wheel using the ruler to help guide you. Lay the raviolis on a lightly floured tray.

Make the White Bean and Garlic Sauce (see below)

Bring a large skillet filled 2 inches of water to a simmer. Add the raviolis and cook for 3-5 minutes depending on the dryness of the your pasta.

Use a slotted spoon to gently lift the raviolis out of the water. Drain briefly for a moment, then serve immediately, covered with White Bean and Garlic Sauce

## Red Chile Pasta Dough

1 ancho or guajillo chile

1 pasilla or New Mexican chile (or just use another ancho chile)

1 tsp annatto seeds (optional)

2 tbsp extra virgin olive oil

1/4 lb silken tofu

2 cups unbleached flour

1/2 tsp salt

Remove the stems and seeds from the dried chiles and place in a bowl. Pour boiling water over the chillies and let sit for 10-15 minutes, or until they are softened.

Meanwhile, if you are using the annatto seeds, heat them with the oil in a small saucepan just until the oil is warm and has turned orange. Strain the oil, discarding the seeds.

Place the softened chiles and 2 tbsp of the chile soaking liquid, the oil and the tofu in the blender and blend until smooth.

Sift the flour onto a work surface (a large wooden board is good) in a mound and make a hollow in the

middle. Pour the chile tofu mixture into the hollow and add the salt. With a fork, first mix the salt into the tofu mixture and then gradually draw in the flour from the edge, incorporating it little by little until a paste begins to form. Then use both hand to gather the remaining flour together and work it into the dough.

Work in as much of the flour as you can; there will be a few little straggly pieces of dough and a little flour that does not get worked in. Wash your hands to remove dough. Scrape up the excess dough pieces and flour sticking to the board with a pastry scraper or knife and sift them through a strainer so that flour falls back onto the board. Discard the pieces caught in the strainer. Knead, working in the last bit of flour, with vigorous rhythmic motions for 5–10 minutes, or until the dough has a firm, slightly elastic consistency, is not sticky, and has become smooth and pliable. Cover with plastic wrap and let rest for about 1 hour at room temperature before making ravioli.

## White Bean and Garlic Sauce

1 1/2 cups navy beans or northern beans, soaked or 2 15oz cans, drained and rinsed

salt

2 tbsp extra virgin olive oil

2 onions, finely chopped (making 2 cups)

8 garlic cloves thinly sliced

5 sprigs fresh sage

handful of fresh thyme sprigs

1 bay leaf

2 tsp lemon juice

freshly ground black pepper

drain the soaked beans. Cover with 6 cups of water and pressure cook for about 8 minutes for the navy beans or 10 minutes for the great northern beans. Season with salt to taste. Let the beans sit in the cooking liquid for a few minutes to absorb the salt. Drain the beans, reserving the cooking liquid.

Or, on the stovetop, simmer the beans in 8 cups of water, partially covered for about 1 1/2 hours or until the beans are soft. Season with salt to taste. Let the beans sit in the cooking liquid for a few minutes to absorb the salt. Drain the beans, reserving the cooking liquid.

Warm the olive oil in a medium saucepan. Add the onions and cook over medium-low heat for about 7 minutes, or until the onions are softened and starting to brown. Add the garlic and cook for a few more minutes, until fragrant. Add the cooked beans and 2 1/2 cups of the bean cooking liquid (if you are using canned beans, add 2 1/2 cups water).

Tie the herbs together with a cotton string and add to the pot along with the bay leaf. Cover, bring to a boil over medium heat, reduce the heat and simmer, partially covered for 15 minutes to allow the flavours to marry. Add the lemon juice and salt and pepper to taste. Remove the bay leaf and tied herbs. Serve as

is or cream totally smooth with a food processor/blender.

## **Sautéed Sweet Potatoes with Red Onions and Balsamic Vinegar**

2 tbsp extra virgin olive oil

1/2 cup minced red onion

1 small sweet potato, peeled and cut into 1/8 inch dice (1 cup)

salt and freshly ground black pepper to taste

a few drops balsamic vinegar

heat a skillet over high heat until your hand feels warm when held 3 inches above the surface.

Add the oil and sauté the onions over high heat for 3 or 4 minutes, until brown. Add the sweet potatoes and cook, stirring constantly, for about 4 minutes or until the sweet potatoes are cooked through and lightly browned. Remove from the heat and season with salt and pepper and a few drops of balsamic vinegar. Serve immediately or reheat, covered, in the oven.

## **Curried Chickpea Tart with Fennel – Cauliflower Sauce**

4 tbsp oil, plus more for oiling the pan and brushing the tart

1 onion, finely chopped (1 cup)

1 tbsp curry powder

4 3/4 cups cold water

1 1/2 cups chickpea flour

2 tsp salt

Oil a 9 inch tart pan and set aside

Warm 1 tbsp of the oil in a medium skillet. Add the onions and sauté over medium heat until the onions start to brown, about 7 minutes. Add the curry powder and 1/4 cup of the water and cook for a few minutes, stirring occasionally, until the water has evaporated. Set aside.

Place the chickpea flour, the remaining 4 1/2 cups of water and the remaining 3 tbsp of oil in a blender and blend until smooth. Pour into a medium pot or saucepan and cook over medium heat, stirring occasionally until the mixture reaches a boil; do not cover.

Add the salt. Continue to cook, stirring constantly. When the mixture begins to thicken, turn the heat down to medium-low. The heat should be just high enough that the 'polenta' bubbles like molten lava. Continue cooking for 20 to 30 minutes, uncovered, stirring to prevent sticking, until the mixture loses its raw taste.

When the 'polenta' is ready, turn off the heat and stir in the curried onions. Pour into the oiled tart pan and spread evenly with a metal spatula. Let sit for an hour or so in the refrigerator to firm (at this point, you could refrigerate the tart for up to two days).

Preheat the oven to 350F. cut the tart into serving portions and brush each with oil. Bake for 20 minutes or until the tart is heated through and the top has formed a crust. Serve with Fennel – Cauliflower Sauce (below).

## **Fennel – Cauliflower Sauce**

2 tsp plus 1 tbsp oil

2 tbsp chickpea flour

2 tsp fennel seeds

1/2 large fennel bulb or 1 small bulb

1 onion, finely chopped (1 cup)

1/2 small head of cauliflower, cut into florets (2 cups)

4 cups water

salt

1 tbsp fresh lemon juice

1 inch ginger juice

pinch of cayenne pepper

Warm 4 tsp of the oil in a small saucepan. Add the chickpea flour and cook over low heat, stirring constantly, for about 5 minutes, or until the roux darkens, slightly, turning a nutty golden colour. Transfer to a small bowl to cool.

Toast the fennel seeds in a dry medium skillet until fragrant. Immediately transfer them to a mortar and pestle or a spice grinder and grind to a powder.

Trim off the stalks and any discoloured parts of the fennel bulb. Cut it in half and cut out the core. Slice it thin lengthwise; you should have about 2 cups.

Warm the remaining 1/2 cup of oil in a large saucepan or pot. Add the onions and sliced fennel and sauté over medium heat for 7 minutes, or until the onions start to brown. Add the ground fennel seeds and sauté for a couple of minutes more. Add the cauliflower and the water. Cover and bring to a boil, then

lower the heat to a simmer. Remove 1/2 cup or so of the hot liquid and pour it into the bowl with the reserved roux. Whisk vigorously to dissolve the roux in the hot water then pour the dissolved roux back into the pot. Simmer, partially covered, stirring from time to time to prevent sticking for about 20 minutes, or until the cauliflower is soft.

Puree the mixture, using an immersion blender, or puree in small batches in a regular blender (hold a towel over the top and do not fill the blender more than half full if you are pureeing while the liquid is hot.)

Return the sauce to the pot and add salt to taste. Let the sauce sit for a couple of minutes to absorb the salt, then add the lemon juice, ginger juice and cayenne. Adjust salt if necessary.

## Roasted Chickpea Nuts

1 1/2 cups cooked chickpeas or 1 15oz can, drained and rinsed

2 tbsp oil (use coconut oil if you can find it)

salt

1 tbsp fresh lemon juice

1 tbsp minced peeled ginger

generous sprinkle of cayenne pepper

Preheat oven to 375F. In a medium bowl, toss the chickpeas with the oil, a sprinkle of salt and lemon juice, ginger and cayenne. Spread on a parchment covered baking sheet and roast for about 45 minutes, stirring 2 or 3 times until the chickpeas are shrunken and browned. They can be eaten hot, warm or at room temperature. If you make them in advance, put them in a baking dish and reheat before serving.

## Thai inspired Baked Tofu Triangles

1 lb firm tofu

3 garlic cloves, peeled

1 inch piece of fresh galangal or ginger

1 lemongrass stalk

1/4 cup apple juice or apple cider

2 tbsp maple syrup

1/4 cup shoyu

2 tbsp fresh lemon juice

1/4 cup oil

4 Thai chiles, stems removed and cut in half lengthwise or 2 Serrano chillies

1/2 cup roughly chopped fresh cilantro

Place the tofu on a pie plate and top with second plate. Weight the plate with a heavy can or two and press for at least 30 minutes. Finely chop the garlic, galangal/ginger and lemongrass.

To make the marinade, in a medium bowl whisk together the apple juice, maple syrup, shoyu, lemon juice and oil until thoroughly blended. Add the chopped lemongrass mixture.

Place the tofu cake on its side and cut into 3 thin slabs. Cut the slabs diagonally into triangles, the triangles in half to make smaller triangles. Place the tofu pieces in an 8x8 inch baking dish in a single layer, fitting the pieces together like a mosaic. Pour the marinade over the tofu add the chillies and sprinkle with the cilantro. Marinate for at least 30 minutes, turning once.

Preheat the oven to 350F

Pour off about 1/2 cup of the marinade; it should reach about halfway up the sides of the tofu. Bake the tofu for 40 or 45 minutes or until the tofu is golden brown and most of the marinade has been absorbed.

Turkish vegetarian cooking ■ Carol & David Robertson

Sis Kebab

2 tbsp olive oil

2 tbsp lemon juice

1 medium onion, grated

1 tbsp fresh thyme, minced

1 tbsp cornstarch

1 tbsp sugar

salt and pepper to taste

1 1/2 lbs soy meat substitute (TVP chunks, commercial meat substitutes or even firm tofu) in 1 1/2 inch cubes

8 cherry tomatoes

1 green pepper, seeded and cut into 8 pieces

8 large mushrooms, washed and dried

8 pearl or green onions (long tops trimmed off)

4 skewers

Mix together the oil, lemon juice, onion, thyme, cornstarch, sugar, salt and pepper in large bowl. Put the soy and vegetable pieces in, toss to coat, cover and refrigerate for 4-6 hours.

These are best cooked over a charcoal fire, but a hot broiler will do. Preheat.

Gently thread all the pieces onto the 4 skewers, evenly dividing and alternating them.

Grill over medium heat, turning once. They are done when the vegetables and soy pieces are browned.

Serve immediately with a pilav and a soy yoghurt sauce: combine 1 cup plain soy yogurt, a minced clove of garlic and 1/2 tsp salt. Cover and chill for several hours.

#### Circassian 'Chicken'

1 carrot, cut into pieces

1 onion cut in half

1 stalk celery, cut in half

1 small bunch parsley

fresh ground black pepper

2 1/2 cups veggie stock

2 lbs soy chicken substitute, cubed or shredded

1 tbsp margarine

1 tsp paprika

walnut halves, parsley sprigs for garnish

The day before, place the carrot, onion, celery, parsley and pepper in a large saucepot. Cover with veggie stock, bring just to a boil, lower heat and simmer for 15 minutes. Add the soy chicken and simmer 10 minutes more. Cool in the stock. Refrigerate.

The next day, strain off the stock and reserve 1/2 cup for use in the Tarator Sauce(see below). Remove and discard the vegetables. Mound the soy pieces in the center of a serving platter and completely mask with Tarator Sauce. Smooth the surface and clean off the edges of the platter.

Melt the margarine in a small pot, mix with the paprika to create a red oil. Drizzle over the top of the sauce. Press several walnut halves into the surface and decorate with parsley sprigs.

Serve as part of a meal.

Tarator Sauce



1 cup chopped walnuts

4 slices good quality white bread, broken up

2 cloves garlic, sliced

2 tbsp lemon juice

1/2 cup veggie stock

salt and pepper to taste

3/4 cup olive oil

Place the walnuts, bread, garlic, lemon juice, stock, salt and pepper in a food processor. Whirl for a few seconds until smooth.

Slowly add the oil in a stream through the container top opening while running the processor. The result should look like a mayonnaise.

Plaki

3 tbsp olive oil

1 large carrot, peeled and sliced into 1/4 inch rounds

1 stalk celery, chopped

1 large onion, chopped

2 cloves garlic, minced

1 large potato, peeled and cubed

salt and pepper to taste

1/2 cup white wine

1 1/2 lbs vegetable patties/veggie burgers, cooked

2 very ripe tomatoes, sliced

1 lemon, sliced

1/4 cup fresh parsley, chopped

In a large lidded skillet, heat the oil and sauté the carrot, celery, onion, garlic and potato for 5 minutes.

Add salt, pepper and white wine. Allow to bubble for a few minutes. Reduce the heat to a simmer and cover. Simmer for 15 minutes. Add 1/2 cup water if necessary

Arrange the cooked patties over the simmered vegetables in a single layer. Arrange the tomato and lemon slices evenly over the top of the patties. Sprinkle with parsley and additional salt and pepper. Cover and simmer for 5 minutes or until patties are hot. Add a bit of water if necessary, but the finished dish should be rather dry.

Remove from the heat, uncover and allow to cool. Carefully transfer to a serving plate and garnish with fresh lemon slices or wedges and parsley if desired. Chill. Serves 4 to 6 as a main dish.

#### Zucchini with Fresh Herbs

3 medium zucchini

3 tbsp olive oil

2 medium onions, chopped

6 cloves garlic, minced

1 large ripe tomato, diced

1/4 cup fresh dill, chopped

1/4 cup fresh mint, chopped

1/2 cup fresh parsley, chopped

1/2 tsp sugar

salt and pepper to taste

1/4 cup water

wash and dry the zucchini. Remove the stems and slice zucchini into 1/4 inch round slices.

In a deep, lidded saucepan, heat oil and sauté the onion and garlic for 3 minutes.

Add zucchini. Sauté for 5 minutes.

Add the tomato, dill, mint, parsley, sugar, salt and pepper. Sauté for 3 minutes.

Add water, reduce heat to a simmer and cook for no longer than 5 minutes. Do not overcook.

Serve hot or cold. Serves 4 as a side dish.

#### Savory Artichokes

2 tbsp olive oil

1 onion, diced

2 cloves garlic, minced

3/4 cup frozen mixed carrots and peas

3 14oz cans of artichoke bottoms or hearts (not marinated)

1/2 tsp sugar

salt and pepper to taste

4 tbsp lemon juice

fresh dill, chopped

In a lidded skillet, heat the oil and sauté the onion and garlic for 5 minutes.

Add the carrots, peas, drained artichokes, sugar, salt and pepper.

Add water to the lemon juice to make 1/2 cup total. Pour into the skillet. Lower heat, cover and braise for 20 minutes.

Allow to cool. Transfer to a serving platter and garnish with dill. Serve at room temperature. Serves 6 as a side dish.

### Eggplant Imam Bayildi

6 to 8 small long eggplants

1/2 cup olive oil

3 onions, sliced thin

7 cloves garlic, minced

2 green peppers, diced

1/2 cup fresh parsley, minced

2 ripe tomatoes

1/4 tsp cayenne pepper

salt to taste

extra tomato slices

lemon slices

1 cup veggie stock

Wash and dry the eggplants. Cut almost in half lengthwise, being careful not to cut all the way through.

Heat half the oil in a skillet and fry the eggplants until the skin is brown, about 3 minutes. Remove and set aside.

Add the rest of the oil to the skillet, and sauté the onions, garlic and peppers. After 5 minutes, add the parsley, tomatoes, cayenne pepper and salt. Sauté another 5 minutes.

Grease a large baking pan. Open the eggplants somewhat flat, and stuff them with the sautéed vegetable mix. Wedge them into the pan closing them a little. Top with tomato and lemon slices and drizzle any oil in the pan over the top.

Pour the veggie stock into the pan around the eggplants, cover and bake in a pre-heated 350F for 1 hour. Cool in the pan. Serve at room temperature. Serves 6-8.

### Mixed Greens and Potatoes Kebab

4 tbsp margarine

1 1/2 lbs soy beef substitute (I use dry soy chunks, reconstituted)

3 onions chopped

1 clove garlic, minced

1 1/2 lbs fresh mixed greens – chard, escarole or spinach

2 medium potatoes, peeled and cut into 1 inch cubes

1 tsp sugar

1 cup veggie stock (dark mushroom stock works well)

salt and pepper

In a large lidded saucepot, melt the margarine. Slowly brown the soy chunks, onions and garlic for 4 minutes.

Wash the greens. Add them to the soy chunks, along with the potato, sugar, stock, salt and pepper. Bring to a boil and mix well to wilt the greens. Lower the heat, cover, and cook for 20 minutes.

Serve hot with fresh bread and a tomato salad. Servers 4.

### Lemon Sauce

2 tbsp olive oil

4 tbsp lemon juice (1 lemon)

1/4 cup fresh parsley, minced

salt and pepper to taste.

Whisk all ingredients together.

#### Tomato Mint Salad

4 fully ripe tomatoes

1 large onion, sliced thinly

1 tbsp salt

1/2 cup chopped fresh mint

lemon sauce (see below)

Place the tomatoes in boiling water for 20 seconds. Remove and peel. Slice each tomato in half, and gently squeeze to remove most of the seeds. Chop into a 1/2 inch dice.

In a small bowl toss the onion slices with the salt. Gently squeeze the onion, then allow to rest for 20 minutes in the salt.

Rinse the salt off the onions in fresh water and squeeze to expel the remaining water. Layer, first the onions on a serving platter, then the tomatoes, then the mint. Pour lemon sauce over all. Serve at once.

#### Shepherds Salad

Boston and romaine lettuce, enough for 6 servings

2 fully red, ripe tomatoes, cut into 6 wedges each

1/2 cucumber, peeled, seeded and thinly sliced

1/2 green bell pepper, seeded and sliced

4 or 5 pepperocini peppers sliced into rings

1/2 small onion, thinly sliced

3 radishes, thinly sliced

12 black calamata olives

1 tbsp fresh dill, minced

1 tbsp fresh mint, minced

1 tbsp vinegar

lemon sauce (see below)

Wash and dry the lettuce. Break into pieces. Place the leaves plus all other ingredients in a large salad

bowl. Add the lemon sauce. Toss. Serve immediately. Serves 6.

#### Turkish Bean Salad

2 15oz cans of Great Northern beans, drained (any white bean will do)

1/2 green bell pepper, diced

1 ripe tomato, diced

1/2 small onion, thinly sliced

1/4 cup fresh dill, chopped

1 tbsp vinegar

lemon sauce (see below)

In a deep bowl, combine the beans, pepper, tomato, onion, dill, vinegar and lemon sauce. Mix well, cover and refrigerate overnight. Serves 6.

#### Cauliflower Tarator

1 tbsp salt

1 medium cauliflower

4 tbsp lemon juice

tarator sauce (see below)

Bring a large pot of water to a boil. Put in the salt, cauliflower, and lemon juice. Boil for 15 - 20 minutes or until tender. Do not overcook.

Drain, let cool and separate the flowerets. Arrange on a serving platter.

Pour tarator sauce over the cool cauliflower. Refrigerate.

Serve at room temperature. Serves 6.

#### Tarator Sauce

1 cup chopped walnuts

4 slices good quality white bread, broken up

2 cloves garlic, sliced

2 tbsp lemon juice

1/2 cup veggie stock

salt and pepper to taste

3/4 cup olive oil

Place the walnuts, bread, garlic, lemon juice, stock, salt and pepper in a food processor. Whirl for a few seconds until smooth.

Slowly add the oil in a stream through the container top opening while running the processor. The result should look like a mayonnaise.

Tomato Pilav

4 tbsp margarine

1 small onion, diced

1 clove garlic, minced

1 14oz can chopped tomatoes

1/4 cup fresh parsley, chopped

1/4 cup fresh basil or dill, chopped

1 1/2 cups white rice, rinsed well and drained

2 1/2 cups veggie stock

pinch of cayenne

salt to taste

In a lidded saucepot, heat the margarine and sauté the onion and garlic for 3 minutes.

Pour in the tomatoes and their liquid, parsley, and basil/dill.

Add rice, stock, cayenne and salt. Bring to a boil, reduce heat to a simmer and cook for 17 minutes.

Remove from the heat, uncover to release the steam. Let rest for 10 minutes.

Serves 4-6

Istanbul Pilav

3 tbsp margarine

1 cup soy chicken substitute

1 1/2 cup white rice, rinsed well and drained

3 cups veggie stock

1/2 cup slivered almonds

a pinch of saffron threads

1 cup frozen baby peas, thawed

salt and pepper to taste

2 tbsp chopped pistachios

In a lidded saucepan, melt the margarine and sauté the soy chicken for 4 minutes. Add rice and sauté for 3 more minutes.

Add stock, almonds, saffron, peas, salt and pepper. Bring to a boil, lower heat to a simmer and cook for 17 minutes.

Remove from the heat; uncover to release the steam. Let rest for 10 minutes covered by a towel.

After spooning into a serving bowl, sprinkle the top with pistachios.

Serves 4 – 6.

Party Pilav

3 tbsp olive oil

3 large onions, chopped

1/4 cup pine nuts

1/4 cup raisins

1 large ripe tomato, chopped

1/2 tsp allspice

1 tsp sugar

1/2 tsp cinnamon

1/8 tsp nutmeg

1/8 tsp ground cloves

salt and pepper to taste

1 cup white rice

2 cups veggie stock



In a lidded saucepan, heat the oil and sauté the onions. Add the pine nuts, raisins, and tomato and sauté for 3 more minutes. Add the allspice, sugar, cinnamon, nutmeg, cloves, salt, pepper and rice and stir. Stir to coat with oil.

Pour in the stock, bring to a boil, reduce heat to simmer, cover, and cook for 17 minutes. Remove from the heat, uncover to release the steam and allow to cool a bit. Serves 4

#### Turkish Delight

4 cups sugar

3 1/2 cups water

4 tbsp lemon juice

1 tsp cream of tartar

3/4 cup cornstarch

3/4 cup orange juice

1 cup coarsely chopped pistachio nuts

1/2 cup toasted coconut flakes

3/4 cup confectioners sugar

In a large saucepot, mix together the sugar, water, and lemon. Bring to a boil, lower the heat and gently simmer uncovered for 15 minutes.

Combine cream of tartar, cornstarch and orange juice in a cup.

Slowly whisk it into the simmering sugar mix. Raise heat and stir often until a candy thermometer registers 235F to 240F. a drop in cold water should form a soft ball.

Remove from heat, and stir in the nuts and coconut.

Pour into a greased 8 inch square cake pan. Chill. Cut into 1 inch squares with a sharp knife or scissors. Roll the squares in the sugar to coat. Let rest for a few hours. Roll in more sugar.

Cut 5x5 inch squares of wax paper. Roll each piece of candy tightly in the paper and twist ends shut (like taffy). Store pieces in a covered container in the refrigerator. Keeps well. Makes 5 dozen candies.

#### Turkish Coffee

Select the best grade of roasted coffee beans, then have them ground to a very fine powder. Allow only 1/4 cup of water for each serving.

1 cup water

2 tbsp sugar (or less, to taste)

4 heaping tsp coffee powder

Bring water, sugar and coffee to a boil in a small pot. Remove from the heat and divide the foam between 4 demitasse cups.

Return pot to the heat and bring to a boil again. Divide the coffee and grounds between 4 cups.

Serve immediately. Serves 4.

#### White Beans Plaki

1/4 cup olive oil

1 medium onion, chopped

2 cloves garlic, minced

1 large ripe tomato, chopped

1 medium carrot, peeled and diced

1 stalk celery, thinly sliced

1 cup veggie stock

2 15oz cans of Great Northern Beans, or other white beans, drained

salt and pepper to taste

2 tbsp lemon juice

1 tbsp fresh parsley, minced

Heat the oil in a deep saucepot. Lightly brown the onion and garlic. Add tomato, carrot, potato and celery. Stir and sauté for several more minutes. Add the stock and simmer for 10 minutes.

Add the drained beans, salt, pepper and lemon juice. Slowly simmer for an additional 10 minutes or until the vegetables are tender. Do not let the stock evaporate. Add a little bit more stock or water if necessary.

Remove from heat. Transfer to a serving bowl. Allow to cool. Serve at room temperature, sprinkled with parsley.

#### Turkish Green Bean Salad

1 lb fresh string beans

3 tbsp olive oil

1 onion, chopped

1 ripe tomato, chopped

salt and pepper to taste

1/2 cup water

2 tbsp lemon juice

1/4 cup fresh parsley, minced

Remove stems from the beans, wash and cut into 1 inch pieces.

Heat oil in a lidded saucepan. Sauté onions for several minutes, then add tomato and beans. Continue to toss and sauté for several minutes, then add salt, pepper and water.

Cover and simmer for 15 minutes, or until beans are tender. The water should have evaporated and be nearly gone.

Remove from the heat, check seasonings, add lemon juice and chill.

Serve a room temperature with parsley.

Uncheese Cookbook ■ Joanne Stepaniak

Vegan Worcestershire Sauce

6 tbsp water

6 tbsp brown rice syrup

1/4 cup tamari

2 tbsp apple cider vinegar

1 tsp barley malt syrup

1 tsp ground ginger

1/4 tsp garlic granules

1/8 tsp cayenne pepper

tiny pinch of ground cloves

tiny pinch of onion granules

Method

Place all the ingredients in a blender, bowl or jar with a lid. Blend, whisk or shake until the mixture is smooth and the powders are well incorporated. Store in the fridge; this keeps well.

### Egg-Free Mayonnaise

1 1/2 cup firm silken tofu, drained and crumbled

2 tbsp fresh lemon juice

1 tbsp white wine vinegar or brown rice vinegar

1-2 tsp brown rice syrup or sweetener of your choice

1 tsp salt

1 tsp prepared yellow mustard

### Method

Process all ingredients in a blender until smooth and creamy

### Deep Dish Pizza

## **Crust**

1 tbsp active dry yeast (for baking)

1 cup lukewarm water (105F to 115F)

1/2 – 1 tsp sweetener of your choice

1 tsp salt

3-4 cups whole wheat flour (or part unbleached white bread flour)

### Method

Lightly oil one 14 inch deep-dish pizza pan or two 9 inch layer cake pans and set aside.

In a large bowl, soften the yeast in 1/4 cup of the lukewarm water and allow to rest for about 5 minutes. Stir in the sweetener, salt and remaining water. Gradually stir in the flour, beating vigorously until no more flour can be incorporated. Turn out onto a well-floured board and knead for 5-10 minutes, adding additional flour as necessary. Form into a ball and place in an oiled bowl, turning the dough to coat. Drape the bowl with a damp cloth and let the dough rise in a warm place for 45 minutes to 1 hour, until doubled in size.

When the dough is finished rising, punch down and knead lightly in the bowl. Turn the dough out onto a floured board. Roll into an 18 inch circle (to fit a 14 inch deep dish pizza), or divide the dough in half and roll each half into a 12 inch circle (for two 9 inch deep pizza pans). Place the dough into the pan and roll

the edge over to form a finished rim.

Fifteen minutes before baking, place a rack in the centre of the oven and preheat the oven to 425F. Prick the dough in several places with a fork and bake until very lightly browned, about 5-10 minutes, to set the gluten. Let cool 5 minutes before adding the sauce and remaining toppings and return to the oven for baking.

## Spicy Vegetable Sauce

2 (16oz) cans or 1 (32oz) can unsalted plum tomatoes, drained

1 (6oz) can unsalted tomato paste

1 tbsp dried basil leaves

2 tsp dried oregano leaves

1-2 tsp sweetener of your choice

1 tsp crushed red pepper flakes

1 tsp salt

2 tbsp water + 1 tbsp balsamic vinegar or fresh lemon juice

1 small onion chopped

1 large clove garlic pressed

12 large mushrooms thinly sliced

2 medium carrots shredded

1 medium zucchini, julienned

1/2 cup black olives, sliced

### Method

Place the tomatoes, tomato paste, basil, oregano, sweetener, red pepper flakes and salt in a blender and process or pulse very briefly, just until well combined but the tomatoes are still a bit chunky. Set aside.

Heat the water and vinegar or lemon juice in a large skillet. Cook the onion and garlic until slightly softened, about 5 minutes. Add the mushrooms and cook over medium high, stirring often until almost all of the moisture has evaporated (about 15 minutes). Add the carrots and zucchini and cook until just softened, about 5 minutes longer.

Stir in the sauce from the blender and the olives and heat over medium-low until just warmed through,

stirring often. Set aside.

## **Herb Topping**

1 1/2 tsp dried oregano leaves

1 1/2 tsp dried basil leaves

1/2 tsp garlic granules

1/4 tsp freshly ground black pepper

### **Method**

Stir together the dried oregano and basil, the garlic granules and the black pepper in a small bowl and set aside.

## **Mostarella Cheeze Sauce**

1 cup water

2 tbsp fresh lemon juice

2 tbsp tahini

1/4 cup nutritional yeast flakes

3 tbsp quick cooking rolled oats

1 tbsp arrowroot or cornstarch

1/8 tsp mustard powder

1 1/2 tsp onion granules

1/2 tsp salt

### **Method**

Place all the ingredients in a blender and process until the oats are finely ground and the sauce is completely smooth. Pour into a small saucepan and cook over medium heat until very thick and smooth, stirring constantly. Cover and set aside.

To assemble, spread the vegetable sauce over the cooled crust, leaving 1/2 inch rim of crust exposed. Sprinkle on the herb topping.

Spread the cheeze sauce mixture over the sauce and herb topping, distributing it as evenly as possible. Sprinkle on some soy parmesan if desired.

Bake for 25-30 minutes at 425F, or until the bottom of the crust is a deep golden brown. Let rest 10-15 minutes before slicing.

#### Herb and Tomato Cheeze Spread

1 cup water

1/3 cup quick cooking rolled oats

1/3 cup fresh lemon juice

1/4 cup nutritional yeast flakes

3 tbsp unsalted tomato paste

2 tbsp tahini

1 tsp salt

1 tsp onion granules

1/2 tsp garlic granules

1/4 tsp dried thyme leaves

1/4 tsp paprika

1/8 tsp ground dill seed

a pinch of cayenne pepper

#### Method

Place all ingredients in a blender and process until the oats are finely ground and mixture is completely smooth. Pour into a saucepan and cook over medium-high heat until very thick stirring constantly. Chill thoroughly before serving.

#### Port Wine UnCheese

1 (15.5 oz) can pinto beans (about 1 1/2 cups) rinsed well and drained

1/4 cup red wine

2 tbsp sweet white miso

3 tbsp tahini

#### Method

Blend all the ingredients until very smooth. Chill before serving.

### Tofu Cream Cheeze

1/4 lb firm regular tofu, patted dry and crumbled

1/3 cup silken tofu, patted dry and crumbled

1 1/2 tbsp fresh lemon juice

1 1/2 tsp tamari

1/2 tsp nutritional yeast flakes

### Method

Place all the ingredients in a food processor and process until completely smooth. Store in the refrigerator.

### Cheeze, Bread and Tomato Soufflé

1 1/2 cup water

1/2 cup pimento pieces, drained

1/2 cup raw cashew pieces

3 tbsp nutritional yeast flakes

3 tbsp fresh lemon juice

2 tbsp white wine

1 1/2 tsp onion granules

1 1/4 tsp salt

1/2 tsp mustard powder

1/2 tsp dried thyme leaves

1/2 tsp garlic granules

lots of freshly ground black pepper

6-9 slices whole grain bread (crusts removed if so inclined)

3 big fresh, ripe tomatoes, sliced

### Method

Place all the ingredients except the bread and tomatoes in a blender and process several minutes until



completely smooth. Set aside.

Pre-heat oven to 375F.

Oil a 2 quart baking dish or soufflé dish. Place a layer of 2-3 slices of bread in the bottom of the dish followed by a layer of the tomatoes and 1/3 of the blended sauce, then another layer of bread and tomatoes followed by another 1/3 of the sauce. Finish with a final layer of bread and tomatoes followed by the remainder of the sauce. Bake for 45-50 minutes or until lightly puffed and golden brown. Serve immediately.

Variations:

Add spinach, mushrooms, and/or corn in addition to/instead of/ the tomatoes.

Stuffed Baked Potatoes

6 large baking potatoes (about 3 1/2 lbs)

1 tsp salt

freshly ground black pepper

1/2 cup nutritional yeast flakes

1/4 tsp Tabasco sauce

1 1/4 cup soy/rice milk

2 tbsp vegan bacon bits

1 cup scallions very thinly sliced

paprika

Method

Scrub the potatoes and pat them dry. Prick them all over with a fork and bake directly on the centre oven rack in a preheated 400F oven for 1 to 1 1/2 hours or until very tender. Remove them from the oven using an oven mitt and slice each potato in half lengthwise. Scoop out the pulp with a spoon, leaving about 1/4 inch of potato in each shell to help it keep its shape. Place the pulp in a large mixing bowl. Place the scooped out shells on a large baking sheet and set aside.

Using a hand masher or electric beater, mash or whip the potatoes until they are smooth (do not use a food processor as this will make the potatoes gluey). Beat in the salt, pepper, nutritional yeast and Tabasco sauce. Gradually beat in the milk, using just enough to make the potatoes creamy and soft but not runny. Stir in the fake bacon bits and scallions and mix until evenly distributed.

Spoon the potato mixture into the reserved shells, distributing it among them as well as uniformly as possible. Sprinkle the tops of the potatoes with paprika and return them to the 400F oven to bake for 20-25 minutes or until lightly browned on top. Serve hot.

## Spinach Ricotta Balls

Have ready:

1 (10oz) pkg frozen chopped spinach

2/3 cup soy parmesan

1 lb firm regular tofu drained and well washed

3/4 cup vegan mayonnaise

1/2 cup yellow corn meal

1/3 cup unbleached all purpose flour

2 tsp garlic granules

1 tsp onion granules

1/2 tsp salt

1/4 tsp ground dill seed or caraway seed

lots of freshly ground black pepper

### Method

Cook the spinach according to the package directions. Place in a wire mesh strainer to drain. Press firmly to express all the liquid and set aside.

Preheat oven to 350F

To make a ricotta mixture, place all ingredients except the soy parmesan and spinach into a bowl and mix thoroughly to a thick paste. Add the cooked spinach and soy parmesan and mix well until evenly distributed. The mixture will be stiff. Form into balls using 2 level tbsp of the mixture for each and place on an oiled or non-stick baking sheet. Bake for 30-40 minutes until firm and lightly browned.

Serve on spaghetti or alone with tomato sauce or make messy 'meatball' sandwiches with large buns and pasta sauce.

## Stuffed Shells

Have ready:

16 jumbo pasta stuffing shells cooked al dente and drained well

6 cups of your favourite tomato based pasta sauce

1/2 cup of soy parmesan

1 lb regular tofu, drained and well mashed

2/3 cup vegan mayonnaise

1 1/2 tbsp fresh parsley, minced, or 2 tsp dried parsley leaves

2 tsp dried basil leaves

2 tsp onion granules

1 tsp garlic granules

1/2 tsp salt, or to taste

#### Method

Preheat oven to 350F.

In a mixing bowl, combine the tofu, mayonnaise, herbs and seasonings for the filling and mash them into a finely grained paste. Stuff about 2 rounded tbsp of filling into each shell.

Spread a cup or so of the pasta sauce over the bottom of a 9x13x2 inch baking dish. Arrange the stuffed shells in a single layer over the sauce. Spoon the remaining sauce over the shells and sprinkle with soy parmesan. Bake for 30-45 minutes or until heated through.

#### Swiss Fondue

3 cups water

1/2 cup nutritional yeast flakes

1/3 cup quick cooking rolled oats

1/4 cup fresh lemon juice

1/4 cup tahini

4 tbsp arrowroot or cornstarch/cornflour

1 tsp salt

1/2 tsp mustard powder

#### Method

Place all ingredients in a blender and process several minutes until the oats are finely ground and the sauce is completely smooth. Pour into a saucepan and bring to a boil, stirring constantly. Reduce the heat

to low and continue to cook for a few minutes, stirring constantly until thick and smooth. Transfer to a fondue pot or a bowl on a hot-plate and keep warm.

Serve with crusty bread cubes, seitan chunks and lightly steamed vegetables.

#### Mushroom Fondue

2 tbsp water + 1 tbsp white wine

1 lb mushrooms, chopped

3 cloves garlic, chopped

2 1/2 cups water

1/3 cup quick cooking rolled oats

4 tbsp spike or dry soup mix

5 tbsp tahini

4 tbsp arrowroot or cornstarch/cornflour

1 1/2 tsp onion granules

dash of cayenne pepper or several drops of Tabasco sauce

#### Method

Heat the water and wine in a large saucepan and braise the mushrooms and garlic over medium heat for 10 minutes.

Place the remaining ingredients in a blender and process until smooth. Add the cooked mushrooms and their cooking liquid to the mixture and puree (you may need to process only half the mixture at a time).

Return the saucepan to a boil, stirring constantly. Reduce the heat to low and cook until thickened and smooth, stirring constantly. Transfer to fondue pot or bowl on a hot plate to keep warm.

Serve with steamed broccoli florets, cubed breads, steamed red-skinned potatoes (quartered) and chunks of seasoned seitan.

#### Fettuccine Alfonso

1 1/2 cups frozen corn kernels, thawed

1 1/2 cups soy/rice milk

2 tbsp tahini

1 tbsp onion granules

1 tsp salt

1 (15oz) can Great Northern beans, rinsed and drained well

1 lb fettuccine

Cracked black pepper.

Place the corn, milk, tahini and seasonings in a blender and process until smooth (it may take several minutes of processing to completely pulverize the corn). Pour the blended mixture in a medium saucepan and stir in the beans. Warm over medium low until the beans are heated through, stirring often.

While the sauce is heating, cook the fettuccine in a large pot of boiling water until al dente. Drain well and return to the pot. Add the warmed sauce and toss until evenly coated. Serve immediately topping each portion with a generous amount of cracked pepper.

Baked Macaroni and Cheeze

1/4 cup + 1tbsp balsamic vinegar or fresh lemon juice

1 large onion, finely chopped

1 lb elbow macaroni or ziti

2 cups water

1/2 cup pimento pieces, drained

1/2 cup raw cashew pieces

1/3 cup fresh lemon juice

1/3 cup nutritional yeast flakes

4 tbsp white wine or mirin

2 tsp onion granules

2 tsp garlic granules

1 tsp salt

Preheat the oven to 350F

Heat the water and vinegar or lemon juice in a large saucepan. Add the onion, cover and cook, stirring occasionally, until tender and lightly browned (about 15-20 minutes). If the onion sticks to the pan, add a few tsp more water to help loosen it.

Meanwhile, cook the macaroni in boiling water until al dente. Drain and stir into the cooked onions. Mix

well.

Process the remaining ingredients for several minutes until completely smooth. Stir the blended mixture into the macaroni and onions and spoon into a lightly oiled or non-stick 3-quart casserole dish. Bake uncovered for 25-35 minutes. Serve immediately.

#### Potatoes Gruyere

1 1/4 cup water

1 cup silken tofu, drained and crumbed

1/2 cup raw cashew pieces

1/4 cup nutritional yeast flakes

2 tbsp fresh lemon juice

1 tbsp onion granules

1/2 tsp garlic granules

1/8 tsp freshly granted nutmeg or ground nutmeg

1 small onion, finely chopped

1/2 cup scallions, sliced

6 medium white potatoes, peeled and thinly sliced

salt and freshly ground black pepper, to taste

To make a Gruyere sauce, place the first eight ingredients in a blender and process several minutes until the mixture is completely smooth. Then stir in the onion and scallions.

Preheat the oven to 350F

Oil a large, deep casserole dish, arrange in it a layer of potatoes and sprinkle with salt and a generous amount of black pepper. Drizzle on some of the blended sauce, then more of the potatoes, salt and black pepper, more of the sauce and so on, finishing with a layer of the sauce. Cover and bake for one hour; then uncover and bake about 45 minutes more, until the potatoes are very tender and the top is golden brown. Let rest 10 minutes before serving. Serve hot.

#### Vegetables Camembert

1 1/2 cup firm silken tofu, drained and crumbled

3 tbsp fresh lemon juice

3 tbsp Dijon mustard

2 tbsp brown rice syrup

1/2 tsp salt

1 cup frozen peas, thawed

4 tbsp white wine

1 small onion, thinly sliced

4 cloves garlic, minced

2 red bell peppers, thinly sliced lengthwise

2 medium zucchini or yellow summer squash thinly sliced on the diagonal

2 scallions, sliced

1 tbsp mirin or white wine

freshly ground black pepper

To make a Camembert sauce, place the first 5 ingredients in a blender or food processor and process until smooth and creamy. Set aside.

In a large wok or saucepan heat the 4 tbsp white wine and cook the onion and garlic for 5 minutes. Stir in the peppers and zucchini and cook for 5 minutes longer. Stir in the peas and scallions, cover and cook for 1 minute only.

Stir in the Camembert sauce and mirin. Heat uncovered over medium low until warmed through, stirring often. Garnish each serving with freshly ground black pepper.

Serve over rice, pasta or steamed potatoes.

### Eggplant Newburg

1 medium eggplant peeled and cut into 1/2 inch dice

12 medium mushrooms, quartered

2 (16oz) cans tomatoes, including juice, coarsely chopped

1/2 cup mirin, sherry or red or white wine

1/4 cup nutritional yeast flakes

1/4 cup tahini

3 tbsp tamari

Place the eggplant, mushrooms, tomatoes and their juice in a large skillet or wok and bring to a boil. Reduce heat to medium, cover and simmer, stirring often, until the eggplant is tender but still firm. (about 25-30 minutes).

Stir together the remaining ingredients until smooth. Turn off the heat and stir the tahini mixture into the eggplant and tomatoes. Mix until well combined. Serve immediately.

Baked Eggplant 'Parmesan'

1/2 cup water

3 tbsp nutritional yeast flakes

2 tbsp fresh lemon juice

2 tbsp tahini

2 tbsp quick cooking rolled oats

1 tbsp arrowroot or cornstarch

1 tsp onion granules

1/4 tsp salt

1 medium eggplant, unpeeled and sliced into 1/2 inch rounds

2 fresh ripe tomatoes, thinly sliced

1/2 cup soy parmesan

To make the cheese topping, place the first eight ingredients in blender and process until the oats are finely ground and the sauce is completely smooth. Set aside.

Place the eggplant slices on a dry baking sheet. Broil under a pre-heated broiler about 5 inches from the heat source for about 5 minutes. Turn the slices over with a spatula and continue broiling until fork tender, only about 2 minutes longer. Remove the eggplant and transfer to a lightly oiled or non-stick baking dish.

Top the eggplant with the tomato slices. Cover with the cheese topping and sprinkle the soy parmesan. Bake on the center oven rack at 400F until golden brown and bubbly, about 20-25 minutes.



### Vegan Parmesan (aka Parmazano)

1 cup nutritional yeast flakes

1/2 cup raw almonds blanched and patted dry\*

1/2 tsp salt

Place all ingredients in a food processor and process for several minutes until the almonds are very finely ground. Store in a tightly sealed container in the refrigerator. Use as you would Parmesan.

\*To blanch almonds, place them in enough water to completely cover. Bring to a boil and simmer for 1-2 minutes. Drain and allow to cool or rinse under cold tap water for rapid cooling. Pinch between thumb and forefinger at the base of each almond. Skins will slip off easily.

### Garbanzo Havarti

1 cup water

1 1/2 cup cooked garbanzo beans, drained (canned is fine)

1/2 cup raw cashew pieces

1/3 cup nutritional yeast flakes

2 tsp onion granules

1 tsp salt

1/2 tsp garlic granules

1/2 tsp ground dill seed

1/2 tsp celery seed

1/4 cup lemon juice

Place all ingredients in a blender and process until smooth.

Pour into a saucepan and cook over a medium stirring almost constantly, until very thick (about 15-20 minutes).

Remove from the heat and pack and 2-cup mold or other small container. Cool, cover and chill for several hours or overnight.

Use this cheeze spread in sandwiches or on crackers.

### Betta Fetta

1 lb firm regular tofu, drained and cut into 1/4 – 1/2 inch cubes

2 cups water

1 1/2 tbsp nutritional yeast flakes

1/2 tsp onion granules

1/2 tsp salt

1/2 tsp dried parsley flakes

1/2 tsp paprika

1/4 cup red wine vinegar

1/4 cup water

2 tbsp tahini

2 tbsp fresh lemon juice

1 tsp salt

1 tsp dried basil leaves

1 tsp dried oregano leaves

1/2 tsp garlic granules

Place the tofu cubes, the 2 cups of water, nutritional yeast flakes, onion granules, salt, parsley and paprika in a saucepan. Bring to a boil, reduce the heat to medium and simmer uncovered for 20 minutes, stirring occasionally. Drain and place into a bowl.

In a separate bowl, whisk together the remaining ingredients until well blended. Pour over the tofu and toss carefully. Cover and chill several hours, stirring occasionally to make sure the tofu cubes are evenly coated. Store in the refrigerator, it will keep for a week or more.

Use as regular feta, crumbled over salads, pasta etc.

Boursin Cheeze

1 cup regular tofu, drained and mashed well

1/4 cup egg-free (vegan) mayonnaise

1 tbsp umeboshi plum paste

2-3 medium cloves garlic, minced

1 tsp dried basil leaves

1 tsp dried marjoram leaves

1/2 tsp dried thyme leaves

1/4 tsp freshly ground black pepper

1/8 tsp ground rosemary

Place everything in a food processor and process into a smooth paste. Chill in a covered container in the refrigerator for several hours or overnight to allow the flavours to blend. Serve cold or at room temperature.

Use as a condiment scooped on pasta or your favourite tomato based pasta or as an appetizer on crackers.

## Colby Cheeze

1 1/2 cup water

5 tbsp agar flakes

1/2 cup pimento pieces, drained

1/2 cup raw cashew pieces

1/4 cup nutritional yeast flakes

3 tbsp fresh lemon juice

2 tbsp tahini (optional)

2 tsp onion granules

1 tsp salt

1/4 tsp garlic granules

1/8 tsp ground dill seed

1/8 tsp mustard powder

Place the water and agar flakes in a small saucepan and bring to a boil. Reduce the heat and simmer for 5 minutes, stirring often. Place in a blender with the remaining ingredients and process until completely smooth.

Pour immediately into a lightly oiled 3 cup rectangular mold, loaf pan or other small rectangular container and cool. Cover and chill for several hours or overnight. To serve, turn out of the mold and slice. Store leftovers covered in the refrigerator.

## Swizz Cheeze

1 1/2 cup water

5 tbsp agar flakes

1/2 cup raw cashew pieces

1/4 cup nutritional yeast flakes

3 tbsp fresh lemon juice

2 tbsp tahini

1 tbsp onion granules

2 tsp Dijon mustard

1/4 tsp salt

1/2 tsp garlic granules

1/2 tsp mustard powder

1/4 ground dill seed

Place the water and agar flakes in a small saucepan and bring to a boil. Reduce the heat and simmer for 5 minutes, stirring often. Place in a blender with the remaining ingredients and process until completely smooth.

Pour immediately into a lightly oiled 3 cup rectangular mold, loaf pan or other small rectangular container and cool. Cover and chill for several hours or overnight. To serve, turn out of the mold and slice. Store leftovers covered in the refrigerator.

## Gee Whiz Spread

Vegan Cheese Whiz!

15oz can Great Northern beans (about 1 1/2 cup) rinsed well and drained

1/2 cup pimento pieces, drained

6 tbsp nutritional yeast flakes

3 tbsp fresh lemon juice

2-3 tbsp tahini

1/2 tsp onion granules

1/2 tsp prepared yellow mustard

1/2 tsp salt

Place all the ingredients in a blender or food processor fitted with a metal blade and process several minutes until the mixture is completely smooth and no flecks of pimento are visible. You will need to stop and stir the mixture and scrape down the sides of the jar or work bowl. The finished product should be very thick, smooth and creamy with an even orange color.

Serve immediately or transfer to a storage container and refrigerate it. It'll keep for about a week.

## **Muenster Cheeze**

1 1/2 cup water

5 tbsp agar flakes

1/2 cup raw cashew pieces

1/2 cup firm silken tofu, crumbled

1/4 cup nutritional yeast flakes

1/4 cup fresh lemon juice

2 tbsp tahini

1 1/2 tsp onion granules

1 tsp salt

1/2 tsp mustard powder

1/4 tsp garlic granules

1/4 tsp caraway seeds

paprika

Place the water and agar flakes in a small saucepan and bring to a boil. Reduce the heat and simmer for 5 minutes, stirring often. Place in a blender with the remaining ingredients except the paprika and process until completely smooth. The mixture will be thick.

Lightly oil a 3 cup rectangular mold, loaf pan, or other small rectangular container and sprinkle paprika over the sides and bottom until lightly coated. Pour in the cheeze and allow to cool. Cover and chill for several hours or overnight. To serve, turn out of the mold and slice. Store leftovers in the refrigerator.

## Gooda

1 3/4 cup water

1/2 cup carrots, chopped

3 tbsp agar flakes

1/2 cup raw cashew pieces

1/4 cup nutritional yeast flakes

3 tbsp tahini

3 tbsp tahini

1 tbsp Dijon mustard

2 tsp onion granules

1 tsp salt

1/2 tsp garlic granules

1/2 tsp mustard powder

1/4 tsp turmeric

1/4 tsp paprika

1/4 tsp ground cumin

Place the water and carrot in a saucepan and bring to a boil. Reduce the heat, cover and cook for 15

minutes. Remove the lid and stir in the agar flakes. Bring to a boil again. Then reduce the heat and simmer for 5 more minutes.

Pour the cooked carrots, water and agar in a blender and add the remaining ingredients. Process until very smooth.

Pour immediately into a lightly oiled 3-cup bowl or mold with a rounded bottom. Smooth the top. Cool, cover and chill several hours or overnight. To serve, turn out of the mold and slice into wedges. Store leftovers covered in the refrigerator.

Vegan Feasts  Rose Elliot

Tagliatelle Verde with Lentils, Red Wine and Tomato Sauce

1 large onion, chopped

3 tbsp olive oil

2 garlic cloves crushed (minced)

1/2 tsp ground cinnamon

225g / generous cup red lentils, washed

425g / 15oz can tomatoes

450ml / scant 1 1/2 cups water

75-150 ml / 1/2 cup red wine

salt and freshly ground black pepper

225 – 350g / 2 2/3 – 4 cups tagliatelle verde

50 – 125g / 1/2 – 1 cup grated (shredded) vegan cheese, to serve, optional

Fry the onion in 2 tbsp of the oil for 10 minutes then add the garlic, cinnamon, lentils, tomatoes, wine and water and bring to the boil.

Let the mixture simmer gently for about 20 minutes, until the lentils are tender. Taste and season with salt and pepper.

A little before the end of the cooking time for the sauce, bring a large panful of water to the boil. Add the pasta, stir, then let the pasta boil uncovered for 7-10 minutes or until just tender

Drain the pasta and return it to the still warm saucepan with some salt. Either add the lentil and tomato mixture to the pasta and mix or just toss the pasta in the remaining tbsp olive oil then serve it on warmed

plates and spoon the sauce over it. Sprinkle the cheese over the top, if using.

### Green Lentil Chilli Burgers with Creamy Dill Sauce

1 onion, chopped

1 tsp olive oil

1 garlic clove, crushed

1 green chilli, deseeded and chopped or chilli powder to taste

1 tbsp ground coriander

oil for shallow frying

425g / 15oz can green lentils or 100g/ 1/2 cup dried green lentils cooked as per package instructions

6-8 sprigs fresh coriander (cilantro)

50g / 1 cup soft fresh breadcrumbs

salt and freshly ground black pepper

For the coating

3 tbsp arrowroot

about 4 tbsp dried breadcrumbs

for the sauce

2 tsp Dijon mustard

250ml / 1 cup soya cream

1 tbsp red wine vinegar

2 tbsp chopped fresh dill

salt and freshly ground pepper

Fry the onion in the oil with the lid on the pan for about 5 minutes until it is beginning to soften

Add the garlic chilli and ground coriander cover and fry for a further 2-3 minutes then remove from the



heat.

Put the lentils into a food processor with the onion and spice mixture and the fresh coriander (cilantro). Process until it forms a thick puree. Alternatively, mash the lentils an onion mixture thoroughly with a potato masher until it holds together, chopping the coriander and adding it at the end.

Put the puree into a bowl and stir in enough of the soft breadcrumbs to make the mixture hold together but not so much that it becomes stiff. Leave on one side for 5-10 minutes for the breadcrumbs to swell, then add a few more if necessary. Season with salt and pepper.

Dived the mixture into 8-9 equal portions, form into balls or burger shapes. Mix the arrowroot with 3 tbsp of cold water. Dip the burgers first into the arrowroot mixture then into the dried breadcrumbs, making sure the are well coated.

Shallow fry them until they are crisp, brown and heated right through to the centre. Drain well on kitchen paper.

For the sauce, put the mustard in a bowl, then gradually add the soya cream, stirring all the time.

Add the vinegar and stir gently in one direction until the mixture has thickened.

Add the dill, season with a little salt.

Serve the burgers with the sauce on the side.

### Roasted Tofu with Satay Sauce

285g / 10oz package firm tofu, drained and cubed

for the marinade:

1 garlic clove, crushed

2 tbsp soy sauce

2 tbsp medium or sweet sherry

1 tbsp rice vinegar or white wine vinegar

For the satay sauce

2 slightly rounded tbsp smooth peanut butter

150ml / generous 1/2 cup water

2 garlic cloves, crushed

25g / 2 tbsp creamed coconut

Put the tofu cubes in a shallow bowl. Mix together the marinade ingredients and pour over the tofu, stir gently, then leave for at least 2 hours.

When you are ready to cook, preheat the oven to 200C/400F

Drain the tofu, reserving the marinade. Put the tofu cubes on a lightly oil baking sheet in a single layer and roast in the top of the preheated oven for 25-30 minutes until they have browned well and are fairly crisp.

Meanwhile make the satay sauce. Put the peanut butter into a small saucepan with the reserved marinade and the water and heat gently, stirring, until smooth. Stir in the creamed coconut, cut into small pieces. Season with salt.

Serve the hot tofu cubes with the satay sauce.

Rice Salad with Oyster Mushrooms and Avocado

225g / 8oz generous cup brown rice

2 tbsp olive oil

225g / 2 2/3 cups oyster mushrooms

2 garlic cloves, crushed

salt and freshly ground black pepper

1 ripe avocado, stone and flesh removed from skin and flesh sliced

juice of 1 lemon

50g / scant 1/2 cup pine nuts, toasted

2-3 tbsp chopped spring onion (scallion) or chives

a little fresh flat-leaf parsley, torn

half fill a large saucepan with water and bring to the boil. Put in the rice and let it boil for about 45 minutes until tender. Then drain.

Meanwhile, heat the olive oil in a saucepan and fry the mushrooms and garlic for about 4 minutes until the mushrooms are tender. Season with salt and pepper.

Toss the avocado in the lemon juice and season to taste.

Combine the rice, oyster mushrooms, avocado, pine nuts, spring onion or chives and parsley and serve warm or cold.

Provençal Potatoes

1 onion, chopped

1 tbsp olive oil

1 garlic clove, crushed

425g / 15oz can tomatoes

350g / 2 1/2 cups potatoes, peeled and cut into 2.5 cm / 1/4 inch thick slices

2 sun dried tomatoes in oil, drained

60g / 2/3 cup black olives

salt and freshly ground black pepper

Fry the onion in the olive oil in medium pan for 5 minutes until beginning to soften.

Then add the garlic and tomatoes, breaking the tomatoes up roughly with the spoon. Bring to the boil and let the mixture simmer away for 10 15 minutes until it is very thick and the excess liquid has evaporated.

Meanwhile bring 5cm / 2inches of water to the boil in a large pan for the potatoes. Add the potato slices to the pan, cover and simmer for 7-10 minutes until tender but not breaking up, then drain.

Chop the sun dried tomatoes and add to the tomato sauce, along with the olives. Season with salt and black pepper. Mix together the potatoes into the sauce, then serve immediately.

Rosti with Spring Onions (Scallions)

500g / 3 cups potatoes

small bunch of spring onions (scallions)

salt

4 tbsp oil

scrub the potatoes then put them into a saucepan, cover then with cold water and bring to the boil. Boil them for about 5 minutes or until they are just beginning to become tender on the outside.

Meanwhile, wash and trim the spring onions.

Drain the potatoes and leave them until they are cool enough to handle, then slip off the skins using a small sharp knife and your fingers. Grate the potatoes coarsely, mix in the spring onions and season with a little salt.

Heat the oil in a frying pan, then add the potatoes and press down with a spatula, to make one big round.

Fry the rosti over medium heat for about 7 minutes until it is crisp and brown on the bottom.

Turn the rosti over by turning it out on to a plate then sliding it back into the frying pan.

Continue to cook the rosti until the second side has browned and is crisp ,then drain on kitchen paper, sprinkle with salt and serve at once.

#### Instant Vegan Raspberry Ice

450g / 1 3/4 cups frozen raspberries straight from the freezer

125g / generous 1/2 cup sugar

2 x 250ml / 8oz packets soya cream

pour all ingredients into a food processor and whizz until thick and creamy. Serve at once. Any that is leftover will keep for an hour or so in the freezer but it is best made fresh.

#### Rum Marinated Fruits with Coconut and Lime Cream

1 ripe pineapple

2 bananas

1 ripe papaya

grated zest and juice of 1 lime

50g / generous 1/4 cup brown sugar

4 tbsp dark rum

for the coconut cream

100g / scant 1/2 cup creamed coconut

4 tbsp boiling water

grated zest of and juice of 1 lime

2 tbsp sugar

cut the skin from the pineapple, making sure you take off the little black bits as you go, remove the central core and dice the flesh.

Peel and chop the banana into chunks

Peel and slice the papaya and add to the pineapple, together with half the limejuice, the sugar and the

rum. Cover and leave to marinate for at least one hour, stirring from time to time.

Meanwhile, make the coconut cream. Cut up the creamed coconut and put into a small saucepan with the sugar and boiling water. Stir until dissolved, heat gently if necessary.

Remove from the heat, stir in the limejuice and zest and leave to cool.

Serve the fruit in little bowls with the coconut cream dabbed on top.

### Chocolate Mousse

100g / generous 1/2 cup vegan plain chocolate (bittersweet chocolate)

250ml / 1 cup soya cream, plus extra, as required

1 tbsp brandy, rum, Amaretto or Cointreau

a few toasted flaked almonds, to decorate (optional)

Break the chocolate into pieces and put them into a bowl set over a pan of gently simmer water, the bottom of the bowl above the surface of the water, and leave for a few minutes until the chocolate has melted.

Add the soya cream and alcohol to the chocolate, then whisk until the mixture has cooled and thickened a little.

Pour the mousse into 4 serving dishes and chill overnight until it is lightly set. Top each bowlful with a spoonful of soya cream and a few toasted almonds, if using.

### Colourful Bean Salad

1 tbsp Dijon mustard

1 tbsp red wine vinegar

3 tbsp olive oil

salt and freshly ground black pepper

425g / 15oz can cannellini or butter beans (lima beans)

425g / 15oz can red kidney beans

125g / generous 1/2 cup frozen sweetcorn, thawed

12 black olives, halved and stoned

1 small (sweet) red pepper, deseeded and finely chopped

2 heaped tbsp fresh parsley, chopped

put the mustard, vinegar and oil in a large bowl with some salt and pepper and whisk together until well combined.

Drain both lots of beans and add them to the bowl, together with all the remaining ingredients. Mix gently together.

### Garlic Bread

1 French stick (baguette)

3-4 garlic cloves crushed finely (MrFalafel uses at least 6)

100ml / scant 1/2 cup olive oil

preheat the oven to 200C / 400F

make slices in the French stick 2/5cm / 1 inch apart, cutting almost all the way through but not quite, so that the slices are still joined at the base

mix the garlic with the oil (or whizz with the olive oil in a blender until pureed)

Brush the garlic oil over each cut surface of bread. Push the slices together to reform the loaf, then wrap it in foil, place on a baking sheet and bake in the preheated oven for about 20 minutes until the bread has heated through and is crisp. Serve at once.

### Penne Rigate with Artichokes Hearts Sun Dried Tomatoes, Olives and Basil

250g / 2 2/3 cups penne rigate

1 tbsp oil from the sun dried tomatoes

1 onion, chopped

2 garlic cloves, crushed

425g / 15oz can tomatoes

8 sun dried tomatoes in oil, drained and chopped

1/2 x 425g / 15oz can artichoke hearts, sliced

50g / 1/3 cup black olives

salt and freshly ground black pepper

olive oil for dressing pasta

6 fresh basil leaves

bring a large panful of water to the boil, then add the pasta. stir, then let the pasta boil, uncovered for 7-10 minutes or until just tender

meanwhile, heat the oil in large saucepan add the onion, cover and cook gently for 10 minutes until it is tender but has not browned.

Add the garlic, cook for a minute or two longer then stir in the tomatoes, together with their juice, breaking them up with a wooden spoon and then add the sun-dried tomatoes.

Let the mixture simmer away for about 10-15 minutes until the liquid has disappeared. Then add the artichoke hearts, black olives and a good seasoning of salt and pepper.

Drain the pasta and return it to the still warm saucepan with some salt. Either add the artichoke and tomato mixture to the pasta and mix or just toss the pasta in a tbsp of olive oil then serve it on warmed plates and spoon the sauce over it. Tear the basil leaves and sprinkle over the top.

### Simple Lentil Loaf

500g / 2 1/2 cups dried red lentils

600ml / 2 1/2 cups water

2 tbsp olive oil

2 large onions, very finely chopped

1 tsp dried mixed herbs or sage

1 tbsp lemon juice

salt and freshly black pepper

3-4 tbsp flour or dried breadcrumbs to coat

a little soy oil, for greasing

Wash and drain the lentils, picking out any damaged lentils or pieces of grit, then put them into a saucepan with the water, bring to the boil, then turn the heat right down, put on a lid and cook for 20-25 minutes until the lentils are soft, pale coloured and all the water has been absorbed. Keep an eye on the pan toward the end of the cooking time as the lentils may stick, but they need to be dry so only add a very little extra water if any.

Meanwhile, heat the oil in a large saucepan and fry the onion for 10 minutes over a fairly gentle heat with lid on the pan.

Preheat the oven to 190C / 375F

Mix together the lentils, fried onions, herbs, lemon juice and season to taste. Form the mixture into a loaf shape, coating it with flour or breadcrumbs.

Pour some oil into the base of a roasting tin – enough to coat it thinly – then put the into preheated oven

to heat. when the oil is very hot, place the lentil loaf in the middle of the tin and spoon a little of the oil over it. Bake the lentil loaf in the oven for about 45 minutes or until it has browned and is crisp all over. Baste – spooning some of the oil over the loaf – every 15 minutes or so, if possible. When it is ready, lift it out of tin and place on a warmed serving dish. Serve in thick slices.

## Tapenade

125g/ 4oz stoned black olives

25g / 1oz drained capers

1 garlic clove

1 dried red chilli, crumbled

4 tbsp olive oil

salt and freshly ground black pepper

Put olives, capers, garlic and chilli in a food processor and whizz until you have a coarse puree.

Add the olive oil and whizz again, until the oil has blended in with the other ingredients.

Season with salt and pepper. Spoon into a small bowl and serve at room temperature with pita bread strips or crackers.

## Easy Bean and Herb Pate

425g / 15oz can beans (cannellini, butter beans, lima beans, red kidney, ful medames or whatever)

1 garlic clove, crushed

2-3 tbsp lemon juice

pinch of cayenne or chilli powder

salt and pepper

1-2 tbsp chopped fresh herbs (parsley, coriander, chives or whatever takes your fancy)

1 tbsp olive oil

paprika or crushed black peppercorns to garnish (optional)

Drain the beans, reserving the liquid. Mash the beans with a fork, a few at a time to make a coarse puree.

Add the garlic, mixing it in well. Flavour with lemon juice, chilli/cayenne powder and salt and pepper to taste, then mix in enough of the reserved liquid to achieve a thick but smooth consistency.



Mix in the herbs. You can either add the olive oil now or drizzle it on top or leave it out all together. As sprinkling of paprika or crushed black peppercorns makes an attractive garnish.

Great as a dip or on sandwiches.

## **Tofu and Sun-dried Tomato Dip**

125g/4oz tofu, drained

4 sun-dried tomatoes

1 spring onion, roughly chopped

1 garlic clove, peeled

salt and freshly ground black pepper

Cut the tofu into rough chunks and place in a food processor or blender with the tomatoes, spring onions and garlic. Whizz until you have a creamy puree.

Taste the puree and add seasoning until it is how you like it. Whizz again and spoon into a bowl. Serve with crackers, raw vegetables etc.

## **Sweet Red Pepper and Garlic Dip**

2 large sweet red peppers

6 large garlic cloves, peeled

150ml/5fl oz olive oil (not extra virgin)

1-2 tbsp lemon juice

salt and freshly ground black pepper

25-50g / 1-2oz fresh soft breadcrumbs (optional)

Quarter the peppers, removing the stems and seeds, then put them into a saucepan with the garlic and enough water to just cover them. Bring to the boil, then simmer for about 15 minutes or until the pepper is very tender. Drain and leave until cold.

Put the pepper and garlic into a food processor and puree. Then, while pureeing, gradually add the oil and lemon juice until you have a soft creamy mixture – it should resemble mayonnaise.

Season, then chill before serving. The dip will thicken slightly as it stands, but you can thicken it a bit more by stirring in some breadcrumbs. Add these gradually as they take several minutes to swell and thicken the mixture, so leave it to stand for a little before adding more.

Serve with crackers, breads, raw vegetables etc.

## Pears with Mustard Cream Dressing

2 tsp Dijon mustard

250ml/8floz soya cream

1 tbsp tarragon vinegar

salt and freshly ground black pepper

3 large ripe dessert pears, preferably Comice

2 tbsp lemon juice

12 lettuce leaves


mild paprika

6 sprigs of fresh tarragon, optional, to garnish

First, make the tarragon cream. Put the mustard into a bowl then gradually add the soya cream, stirring all the time. Add the vinegar and stir gently in one direction until the mixture has thickened. Season with a little salt and pepper then cover and chill until needed.

Just before serving the meal, halve and peel the pears and carefully remove the cores. Brush the pears all over with lemon juice. Put two lettuce leaves on each plate and place a pear, core-side down, on top.

Spoon some of the tarragon cream over each of the pears, then sprinkle a little paprika over them and garnish each with a sprig of tarragon, if using. Serve at once.

Vegan Paradigm  Gentle World

Tofu Omelette

1 1/2lb firm tofu

1 tbsp tahini

2 tbsp tamari

2-3 tbsp nutritional yeast

1 tsp turmeric

1 tbsp oil

## Method

In a bowl, mash the tofu and mix with the other ingredients.

Place batter in an oiled skillet (or non-stick pan) and press into an omelette shape. Cook on medium heat until brown on one side, then flip and brown on the other

## Low Oil Omelette

2 1/2 cups tofu (mashed)

2 tbsp nutritional yeast

1 tbsp Bragg's liquid Aminos

1 tsp Spike

1/2 tsp turmeric

1/4 tsp sea salt

black pepper to taste

## Method

In a bowl, mash all the ingredients together.

Place mix into a lightly oiled fry pan and pat down. Cook on one side, then flip. Batter will get firm and golden colored.

## Western Omelette

2 lbs tofu, mashed

1/8 cup nutritional yeast

1 1/2 tbsp tamari or Bragg's Aminos

1/2 tsp black pepper

1 tsp sea salt

1/4 cup scallions, chopped

1 tsp turmeric

## Sauté:

1 cup onions, diced

3 cups red pepper, sliced

1 cup mushrooms, diced

1 tbsp Bragg's Aminos

1/8 cup nutritional yeast

Method

In a bowl, mix tofu and seasonings (including scallions)

Sauté in a little oil and/ or water, the onion, then red pepper, then mushrooms until soft. Season with Bragg's and nutritional yeast. Add tofu to batter and mix well.

Pan fry in an oiled skillet. Flip when browned on one side.

Spanish Omelette Pie

1 tsp oil

3/4 cup onion diced

2 cups pepper (red and green) diced

3/4 cup fresh tomato diced

1 tsp chilli powder / Mexican spice

1 tbsp Bragg's liquid aminos

1/2 cup tomato paste

dash of sea salt

dash of paprika

2 lbs tofu or 4 cups mashed (firm), drained of excess water

1 tbsp nutritional yeast

1/2 tsp turmeric

1/4 tsp paprika

1 tsp sea salt

1 tbsp oil or tahini

1 cup grated potato

another 2 tsp Bragg's

another 2 tsp nutritional yeast

oil for cooking

#### Method

In a small saucepan, sauté the onion in oil. When softened, add the peppers; then the diced tomatoes. Add chilli / Mexican spice seasonings and Bragg's with the tomato paste, sea salt and paprika. Cook until veggies are tender and flavours blend, about 10-15 minutes. Set this sauce aside.

Rinse and drain tofu and mash. Add the next 5 ingredients: yeast, spices and oil/tahini.

Grate 1 cup of potato. Fry the potato in 1 tbsp oil, the Braggs and nutritional yeast. Add cooked potato to mashed tofu and mix well. Batter should be firm.

Coat the bottom of a large skillet with enough oil to cover the bottom completely. Fry the tofu batter. Flip while cooking (in sections) so it cooks all the way through and then press back together and continue cooking until browned and formed into an omelette shape.

Allow to cool somewhat and solidify before flipping onto a serving plate.

Warm the sauce and spread on top of tofu. Serve immediately.

#### Vegan Cheese Omelette

2 lbs tofu, mashed

2 tbsp Bragg's liquid aminos

1 cup grated vegan cheese (veganrella, Cheezly, etc)

1/2 tsp turmeric

1/4 tsp black pepper

1/2 tsp sea salt

2 tbsp nutritional yeast

#### Method

In a bowl, mash the tofu together with all ingredients.

Oil a baking sheet and place batter on it. Bake in pre-heated oven at 350F for 25-30 minutes (or lightly fry in a skillet).

Sprinkle a bit more grated vegan cheese on top before serving.

#### Super Vegan Burgers

1 cup firm tofu mashed  
1 cup tomato paste  
1/4 cup oil  
1 tbsp hickory smoke  
1 1/2 tbsp mustard  
1 tbsp garlic powder  
1 tbsp onion powder  
1 tbsp Spike (regular or salt free)  
1 1/2 cups oats  
1/2 cup sunflower seeds, ground  
2 tbsp Bragg's or Tamari  
2 1/2 cups seitan, ground  
1/4 cup nutritional yeast  
2 1/2 cups cooked millet

#### Method

In a food processor, using the S blade, whiz together the tofu, tomato paste, oil, hickory smoke, mustard, garlic powder, onion powder and spike. Set aside in a bowl.

Then, whiz together the oats and sunflower seeds to a fine meal, then add to the bowl with the tofu mixture.

Grind the seitan in the same food processor and add to the bowl.

Add the remaining ingredients to the tofu mixture and mix well. Form into 12 burger patties and place on an oiled baking sheet. Bake at 350F until cooked, about 35-45 minutes.

#### High Protein Quinoa Burgers

10 cups Quinoa, cooked  
3 cups firm tofu  
(food processor ingredients)  
1/2 cup oil

4 tbsp Bragg's or tamari  
1/2 tbsp garlic powder  
1/2 tbsp onion powder  
1 cup firm tofu, mashed  
1/2 cup tomato paste  
1/2 tbsp spike  
1/2 cup nutritional yeast  
2 tbsp peanut butter  
3 tbsp mustard  
1 tbsp tahini  
salt and pepper or spike to taste  
3/4 cup water

#### Method

place the tofu and cooked Quinoa in a large bowl.

In a food processor blend remaining ingredients with the 3/4 cup water. Add the blended mixture to the tofu/mixture and mix well.

Form the mixture into 24 burgers. Place on to 2 oiled cookie sheets (12 on a sheet). Bake in a pre-heated oven at 350F until crispy on one side (25-30 minutes). Flip and continue baking until the outside of the burgers are crispy (about 15 more minutes).

#### Light and Easy Quinoa Burgers

9 cups Quinoa, cooked (about 2 1/2 cups uncooked)  
1 onion, diced  
1/2 cup oil  
2 cups firm tofu, mashed  
3 tbsp Bragg's or Tamari  
2 tbsp nutritional yeast  
3/4 tsp sea salt

1/4 tsp black pepper

1/2 tbsp garlic powder

1/2 tbsp onion powder

1/4 cup water

Method

Cook the Quinoa. When finished, place in a large mixing bowl.

In a small fry pan, sauté the diced onion until softened.

In a food processor, blend the remaining ingredients with the 1/4 cup of water, adding the sautéed onions. Combine mixture with Quinoa in bowl. Mix well.

Form into 18 burgers and place on an oiled baking sheet. Bake in a pre-heated oven at 350F until crispy on the top side (25-30 minutes). Flip and continue to bake until the outside of the burgers are crispy (about 15 more minutes).

Sweet Potato and Black Bean Burgers

2 tbsp oil

2 onions, diced

4 garlic cloves, minced

2 carrots grated finely

2 cups black beans, cooked

10 sun dried tomatoes (soaked in hot water until soft) coarsely chopped

2 cups shitake mushrooms (dried), soaked in hot water until soft, coarsely chopped

2 baked sweet potatoes (scooped out of skin)

2 cups Quinoa (cooked)

1 1/2 cup home made breadcrumbs or wheat germ or bran

2 tbsp caraway seeds

1 tsp sea salt

1 tsp onion powder

1 tsp red pepper flakes



1/2 – 1 cup tomato sauce

4 tbsp mustard

2 tbsp balsamic vinegar

#### Method

Heat oil in a skillet over medium heat. Add onions and garlic and lower heat. Cook until lightly browned, several minutes. Add carrots, beans, tomatoes and mushrooms and cook an additional 4-5 minutes, stirring occasionally. Turn off heat. Mash slightly in pan, until beans are half crushed.

Place skillet mixture in large bowl with remaining ingredients and mix thoroughly. If mixture is too moist, add more breadcrumbs.

Form into 12-15 patties and cook over medium heat in oiled skillet, about 4 minutes on each side or until heated through and slightly crispy on the outside. (Patties can also be baked on a cookie sheet for 25 minutes at 350F). Serve on a bun.

#### Macaroni and ‘Cheese’

4 cups elbow macaroni

1/2 cup olive oil

1/2 cup whole wheat flour

4 cups boiling water

1 tsp sea salt

1 1/2 tsp garlic powder

a dash of turmeric

2 tbsp tamari

1 cup nutritional yeast

a sprinkle of paprika

#### Method

Cook the pasta in plenty of boiling water and drain.

In a pot, heat the olive oil and whisk in flour. Whip in the boiling water, sea salt, garlic powder and turmeric. Then whip in the yeast (large flakes are best).

Mix most of the topping with the macaroni in a bowl. Place the mixture in a casserole and top with the remaining creamy sauce. Sprinkle with paprika. Bake at 15 minutes at 350F in a pre-heated oven. Broil 2 minutes to brown the top after baking.

## Vegetable Cous Cous

3 cups vegetable stock

2 cups cous cous

1 tbsp oil

1 cucumber halved lengthwise seeded thinly sliced

1 yellow pepper, seeded, thinly sliced

1 tbsp ground cumin

1 tsp paprika

1/2 tsp salt

1/4 tsp red pepper flakes

4 cups chick peas (cooked from raw or canned)

1/2 cup slivered almonds

### Method

In a medium-sized saucepan, bring 2 cups stock to a boil. Add cous cous. Cover and remove from heat. Set aside. In a skillet, over medium-high heat, add oil vegetables. Sauté 2-5 minutes to soften. Add seasonings and mix.

Stir in chickpeas and remaining broth. Cover and cook 2 minutes, until heated through. Stir in cous cous. Transfer to a bowl and top with almonds.

## Mushroom Pepper Tofu Bake

4-6 mushrooms, sliced

2 tsp nutritional yeast, for sauté

garlic powder to taste

1 1/2 onion, diced

1 3/4 lb tofu

1 tsp sea salt

1/2 tsp black pepper

2 tbsp nutritional yeast

1 tbsp oil & tamari, for processor

#### Method

Sauté mushrooms with a little water, nutritional yeast and garlic powder.

Sauté the onion. When soft, set aside.

In a bowl, mash 3/4 lb of the tofu. Add sea salt, pepper and yeast. Then add the mushrooms.

In a food processor, using the S shaped blade, blend remaining 1 lb of tofu with 1 tbsp oil, the onion sauté and a squirt of tamari or Bragg's Aminos. Add the blended tofu mixture to the tofu mushroom mix and stir them together.

Bake in a small, round oiled cake pan at 350F for 30 minutes or until the top turns golden brown.

#### Zucchini Frittata

1 onion diced

3 zucchini (medium-sized) diced

2 1/4 lbs tofu (soft) diced

1/2 tsp curry powder

1 tsp garlic powder

1 tbsp spike seasoning

1 tbsp onion powder

1/2 tbsp ener-G egg replacer

3 tbsp Bragg's Liquid Aminos (or soy sauce)

2 tbsp oil

2 tbsp nutritional yeast

1 tsp turmeric

1 tsp black pepper

2 tbsp spike seasoning

3 tbsp pastry flour

#### Method

Sauté onion and zucchini with a squirt of Bragg's and nutritional yeast. In a bowl, mix tofu with all the remaining ingredients. Add the sauté and mix. Flatten mixture onto an oiled cookie sheet (the batter should be about 1 inch high). Bake in a pre-heated oven at 350F for approximately 1/2 hour, or until golden brown.

### Penne VeganRella Bake

16 oz penne pasta

6 garlic cloves

1/4 cup olive oil

1 onion, diced

1 1/2 bell peppers, diced

6-7 roma tomatoes (fresh) cubed

1/2 cup nutritional yeast

1/2 cup water

2 tsp arrowroot

1/2 tsp sea salt

1/4 tsp black pepper

1 cup tofu, mashed

1 package of VeganRella, grated

1/2 cup water

4 tsp nutritional yeast

1/8 cup Bragg's or tamari

### Method

In 4 quarts of water, cook the pasta al dente (about 4-5 minutes). Drain and rinse. In a blender, blend garlic cloves and oil. Pour into a fry pan and add the onion, peppers and tomatoes. Cook until soft (about 5-7 minutes). When done, ladle 1 1/2 cups of this sauce back into the blender, adding 1/2 cup nutritional yeast, 1/2 cup water and the arrowroot. Blend and return to sauce. Add salt and pepper and simmer until thickened.

In a blender, blend mashed tofu, 1/2 of the grated VeganRella, 1/2 cup water, 4 tsp yeast and 1/8 cup Braggs.

Pour the pasta into an oiled casserole and mix thoroughly with the blended 'cheesy' mixture. Mix in red

sauce. Sprinkle with the remaining half of the grated VeganRella cheese alternative. Bake in a preheated oven at 350F for 35 minutes.

#### Cashew Mushroom Alfredo Sauce over Noodles

1 onion, diced

3 garlic cloves, diced

1 tbsp oil

1/2 bell pepper

5 cups mushrooms, sliced thick

3 tbsp dill weed (fresh)

1/4 cup water

1/4 cup cashew butter

2 tbsp nutritional yeast

1 tsp tarragon

3 tbsp Braggs Liquid Aminos (or tamari)

1 tsp onion powder

2 tsp Spike seasoning

1 tsp garlic powder

#### Method

Sauté onion and garlic in 1 tbsp oil or water. Add pepper and cook until soft. Add mushrooms and a minute later, add dill weed and stir.

In a blender, blend 1/4 cup water with the cashew butter and remaining seasonings. Pour over cooking vegetables. Simmer on low heat and stir for 5 minutes. Serve warm over noodles (see cooking instructions on package of noodles. Use plenty of water).

#### Saucy Italian Eggplant

3 garlic cloves, diced

1-2 tbsp oil

1 onion, sliced thin

1 bell pepper, sliced in strips

1 large eggplant, peeled and diced  
2 tbsp Bragg's or tamari  
2 cups mushrooms, sliced  
2 tomatoes, in large chunks  
1/4 cup fresh dill and basil (each) chopped  
1/2 cup nutritional yeast  
1/2 cup water  
1 tsp sea salt  
1 tsp oregano  
1 tsp arrowroot  
black pepper to taste

#### Method

In a large skillet, sauté the garlic in the oil. Add the onion and pepper and sauté a minute or two, then add the eggplant. Season with Bragg's or tamari and stir. Cover and simmer for a few minutes. Add the mushrooms and cover for a minute or two. Finally add the tomato chunks and fresh herbs.

When the tomatoes are soft, pull out 1/3 cup of the cooked tomatoes and place in a blender. Blend them with the yeast, water, spices and arrowroot.

Pour this back into the fry pan and simmer while stirring for a few minutes until it thickens. Serve over rice or noodles.

#### Mushroom Pate

3 cups mushrooms, sliced  
1 small onion, diced  
1 tsp salt  
1 tsp Spike seasoning  
1 3/4lb tofu (medium firm)  
1 1/2 tbsp Bragg's Liquid Aminos or tamari  
2 tbsp nutritional yeast

1 tsp onion powder

2 tsp arrowroot powder

#### Method

Wipe mushrooms clean with a wet paper or cloth towel.

Sauté the mushrooms with a little oil and save the juice. Sauté the onion separately.

In a food processor, blend all the ingredients except the mushrooms. Fold in the mushrooms without blending.

Place the mixture in an oiled cake pan. Bake at 350F until it cracks and turns light brown in colour (35 minutes approximately). Allow to cool and then chill. Serve cold in slices.

#### Stuffed Mushrooms

Wipe 10 large mushrooms clean with a wet cloth towel (stems removed). Marinate in: 2 tbsp tamari and 1/2 tsp garlic powder

In a large food processor, blend:

1/2 onion (large), sautéed

1 cup tofu (soft) mashed

1 tbsp Spike seasoning

1 tbsp tamari

1 tbsp oil

1 tbsp nutritional yeast

In a fry pan, grill (on high heat) the mushroom caps on the top side. Remove them when sizzled on one side and place onto a small baking sheet.

In the same fry pan, using a little oil, fry:

2 whole wheat bread slices, cubed

1/2 tsp spike seasoning

1 tsp oregano

1/2 tsp dill weed

1/2 tsp tamari

add this toasted bread to the tofu mixture. In addition, season with 1/2 tsp black pepper and another 1/2

tsp dill weed. Mix together well.

Spoon mixture into each mushroom cap and sprinkle with paprika. Pre-heat oven. Bake at 375F for 20-25 minutes.

### Marinated Portabella Mushrooms

#### Marinade:

5 tbsp toasted sesame oil

3 tbsp vinegar (rice or wine)

2 tbsp tamari

2 tbsp lemon juice

2 garlic cloves, minced

#### To Grill:

4-5 portabella mushrooms (remove stems and wipe mushrooms clean with a paper or cloth towel)

1 bunch of watercress (large)

vinegar, splash

#### Method

For the marinade: mix the ingredients in a bowl. To marinate, submerge 1 mushroom for just a few seconds. Remove, the shake to remove extra liquid (repeat for each mushroom).

To grill: place mushrooms on a medium to hot grill. Cook 6 minutes and flip using tongs, for another 5 minutes or until soft. While mushrooms are grilling, brush with the leftover marinade.

When fully cooked, place mushrooms on a cutting board. Slice into strips. Place watercress on each plate and splash with vinegar. Add salt and pepper. Add mushroom strips. Use grilled mushrooms to make an excellent sandwich with hot sauce.

### Grilled Portabella Mushrooms with Herb Baguette

1 1/2 lbs portabella mushrooms (whole)

2 tsp cumin, ground

2 tsp chilli powder

1 tsp cinnamon (ground)

1 tbsp sugar (or sweetener)



1-2 tbsp olive oil

1 French or Italian baguette

3 garlic cloves, minced

2 tsp oregano (dried)

salt and pepper to taste

Method

Wipe mushrooms clean with a damp paper towel or kitchen cloth. Cut stems off if too long. In a small bowl cumin, chilli powder, cinnamon and sweetener together.

Brush mushrooms and stems with 1 tbsp olive oil. Then place them in the bowl with the above seasonings, tossing well to coat mushrooms.

Cut baguette in half and then cut each piece in half length wise. Place on foil, crust sided down. Brush with olive oil and sprinkle with garlic and oregano.

Place mushrooms on foil. Then place on grill away from direct heat and grill for 5 minutes. Place bread on the grill for 2-3 minutes to toast.

Server mushrooms and baguette together after grilling.

Tofu Spinach Philo Wraps

1 package of Philo Dough wraps

for the spinach filling

1/2 cup vegetable stock

1 onion (medium) chopped

2 garlic cloves, diced

1 cup mushrooms, sliced

2 cups spinach, chopped

for the tofu filling:

1 tbsp oil

1 lb tofu (firm)

1/2 tsp garlic granules

1/4 tsp sea salt

1 tbsp sesame seeds

1/4 tsp paprika

1/4 tsp dry mustard

#### Method

In a skillet, over medium heat, put stock, onions and garlic. Cook until soft. Add mushrooms and spinach and let simmer for several minutes.

Drain the stir fry and remove from skillet and set aside.

In a bowl, mash tofu into a chunky batter and season with the seasonings. Add spinach and mix.

Spread one full sheet of Philo wrap flat out and lightly oil using a pastry brush.

Cut sheet into 2 pieces, place the tofu-spinach filling (about 3-4 tbsp) in centre of each Philo dough piece. Fold dough, wrapping like a package or rolling up.

Repeat until filling is used. Bake on an oiled baking sheet in a pre-heated oven at 350F for 20 minutes.

#### Vegan Latkes

4 Idaho/russet potatoes (large – about 2 1/2 lbs)

1 onion (medium)

1-2 tsp sea salt

1/2 tsp black pepper

3 tbsp tahini

2 tbsp matzoh meal (or wheat germ)

safflower oil

#### Method

Coarsely grate the potatoes and onion with a hand grater or food processor. Place in a colander. Set over a large bowl and squeeze out liquid.

Pour off the liquid from bowl, leaving the potato starch that has settled to the bottom. Add the potatoes, onions, salt, pepper, tahini and wheat germ. Mix well.

Heat about 1/4 inch of oil in a large skillet over medium heat. use a heaping tbsp of batter to form each pancake. Flatten them with the back of a spoon as you add them to the skillet. Pan fry until golden brown, turning once. Add more oil and adjust the heat as needed. Drain on a paper towel before serving.

## Scalloped Potatoes

8-10 russet potatoes, sliced thin

1/2 cup oil

1 cup tofu, mashed

1 cup water

1 tbsp tamari

3 tbsp nutritional yeast

1 tbsp cashew butter

1 onion, sliced

4-5 garlic cloves, sliced

1 tsp onion powder

1/2 tsp garlic powder

sea salt and black pepper to taste

paprika

method

Peel and slice potatoes. Place in water to prevent oxidation.

In a blender, blend oil, tofu, water, tamari, yeast and cashew butter.

In a large, oiled pan, mix blended sauce with the sliced potatoes, onion and garlic. Pre-heat oven to 350F and bake. Stir periodically while baking.

When potatoes are almost thoroughly cooked (pull 1 out and test in 45 minutes), add sea salt and pepper to taste. Sprinkle with paprika. Cook until potatoes are completely soft.

## Thai Veggie Rolls

1 bunch scallions

1 tbsp olive oil

2 cups carrots, shredded

2 cups cabbage, shredded

2 red peppers, cut into thin strips

2 cups snow peas, sliced diagonally

2 tbsp orange juice

1/2 cup cilantro, chopped

1 tbsp sesame oil

1/2 tsp ginger powder

salt and pepper to taste

12 sheets of Nori, cut in half

#### Method

Cut the green tops from the scallions and set aside (you will need 24 strands for tying the rolls). Mince enough of the white part of the scallion to make 1/4 cup and set aside.

Heat the olive oil over medium heat, in a large skillet or non-stick pan. Sauté minced scallions, carrots, cabbage, peppers and snow peas for three minutes. Add orange juice and continue cooking, uncovered, until juice is almost evaporated, about 3 minutes.

Place vegetables in a bowl and toss with cilantro, sesame oil and ginger powder. Add salt and pepper to taste.

Lay out 1/2 sheet nori and place 1 tbsp of vegetable filling in the center. Roll up carefully and tie up each roll with a scallion top.

Serve with:

#### Thai Dipping Sauce

3/4 cup dry roasted peanuts

2 thin slices fresh ginger, peeled

2 garlic cloves, minced

2 tbsp sugar (or sweetener)

1/2 tsp crushed red pepper flakes

4 tbsp tamari

2 tbsp rice vinegar

1 cup vegetable stock (warm)

2-3 tbsp lime juice

## Method

Combine peanuts, ginger, garlic, sweetener, pepper flakes, tamari and vinegar in a blender or food processor. Process until smooth, adding stock slowly and blending on a low speed. As a final step add the limejuice. Serve at room temperature.

## Peking Tempeh Tortilla Rolls

2 cups long grain brown rice (cooked)

1 tbsp sesame oil

6 scallions, cut into 1 inch pieces

2 tbsp sesame seeds (toasted)

2 cups red cabbage, shredded finely

1 cup carrot shredded

4oz cake tempeh, steamed and crumbled

3 tbsp rice vinegar

1/2 tsp salt

1 tbsp ginger, grated

1/3 lb snow peas (ends trimmed)

6 flour tortillas

6 tbsp spicy mustard

## Method

After cooking rice, stir in sesame oil, scallions and sesame seeds. Set aside

In a bowl, combine cabbage, shredded carrots, tempeh, vinegar, salt and ginger.

Bring small saucepan of water to a boil. Add snow peas; cook 30 seconds. Drain, rinse under cold water. Pat dry, cut lengthwise into thin strips. Add cabbage mixture.

Lay tortillas flat on work surface. Spread each with 1/2 tbsp mustard. 1 inch from bottom edge, place a strip of cabbage mixture and top with strip of rice mixture.

Roll up until tortilla just covers ingredients, tuck in ends. Continue to roll into tight cylinder.

## Stuffed Tomatoes

Serves 4

4 large tomatoes, ripe but not soft

2/3 cups carrot, grated

1 cup avocado, cubed

1/2 cup avocado mashed

1 tsp sea salt

1 tbsp cilantro, chopped

1 tsp lemon juice

1 tbsp dill, chopped

for the sauce

Drained juice from the tomatoes

2 tbsp cashews (soaked and rinsed)

3 tbsp avocado

sea salt to taste

1 tsp lemon juice

Method

Remove stem and slice 1/8 inch off the top of the tomato. Scoop out the inside and put it in a strainer over a bowl. Save the liquid, on the side, for the sauce.

Mix strained tomato insides with the other stuffing ingredients (all but the sauce ingredients). Then fill the tomato shells with this mixture. Place on a serving plate.

In a blender, blend sauce ingredients, adding water only if needed. Sauce should be thick. Pour over tomatoes. Garnish and serve.

Italian Zucchini Boats

2 zucchini

1/2 tbsp lemon juice

sea salt to taste

1/8 cup oil (cold pressed)

2 cups carrot and beet (each), grated

1/2 tsp oregano

1/2 tsp basil

1/2 tsp garlic powder

2 tsp nutritional yeast

1/4 cup scallion, diced

1/2 tsp dill weed

1/2 tsp herb seasoning

1 tbsp apple cider vinegar (raw)

#### Method

Wash the zucchini. Remove the stem. Slice in half lengthwise. Scoop out the insides carefully (avoid breaking the outer shell).

Place the zucchini shells in a shallow plate or dish with lemon juice and oil to marinate (1/8 cup water can replace oil).

Grate the insides of the zucchini, carrots and beets. Mix all together and season with the remaining ingredients.

Fill the shells with the grated vegetable mixture. Chill and serve.

#### Potato Wellington

Yields 2 rectangular 12" loaves

==>Dough:

1/2 cup oil

1/4 cup orange juice

1 tsp Spike (or mixed spices)

1/4 tsp garlic powder

1/4 tsp onion powder

1/2 tsp dill weed

2 cups whole wheat pastry flour, sifted

==> Potato Filling:

7 cups potatoes (cooked), mashed (about 4 lbs potatoes before cooking)

1 onion, diced

2 tbsp Braggs Liquid Aminos (or soy sauce)

2 tsp oil

2 tbsp nutritional yeast

2 tsp dill weed

2 tsp garlic powder

2 tsp sea salt

2 tsp onion powder

4 tbsp potato stock (left over water from boiling potatoes)

Whisk oil and orange juice together. Mix dough spices and flour together. Mix the dry into the wet forming a ball of dough. (dough should be moist but not sticking to bowl). Chill for 15 minutes.

In a fry pan, sauté onion with 1 tbsp Braggs, 1 tbsp oil, 2 tbsp nutritional yeast, and 3 tbsp water, creating a cheesy onion sauté. Cook until onions are soft.

Cut potatoes into a small chunks and boil. Drain when cooked. Mash. Add onion sauté to potatoes and mix all remaining seasonings, potato stock, remaining 3 tbsp oil and 1 tbsp Braggs. Set aside to cook for wrapping in the dough.

Separate dough in half. With a rolling pin, roll out each piece of dough into a long rectangles between two sheets of wax paper.

Place potato filling along the center of the dough rectangles leaving enough dough on both sides to fold over the potatoes. Pinch or fold the ends and seal. Fork vents into the top.

When potato filling is folded into the dough, transfer loaves into baking sheet, flipping so the seam is on the bottom. Bake in pre-heated oven at 350F until the crust turns golden brown.

Serve with gravy and veggies. A wonderful holiday dish.

Holiday Stuffed Butternut Squash

2 butternut squash

2 cups brown rice (cooked)

1 cups walnuts, chopped



1/2 cup pecans, chopped

1 cup onions, chopped

1/2 cup celery, chopped

1/2 cup green pepper, chopped

3 slices toast

1/2 tsp basil

1/2 tsp oregano

1/2 tsp cumin

2 tbsp tamari

3 tbsp tahini

1/2 tsp garlic powder

1/2 tsp onion powder

1/2 tsp Spike (or mixed herbs)

salt and pepper to taste

Slice butternuts in half, scoop out seeds.

Bake in a pre-heated oven at 350F for 20-30 minutes, until tender

Remove from oven and let cool. Scoop out insides and mix with rice (save shells).

Sauté vegetables in a saucepan and then add them to the squash and rice mixture. Add seasonings, nuts and tahini.

Slice the toast into small squares like croutons and add to mix.

Stuff mixture into hollowed butternut squash shells.

Bake another 20 minutes and serve with gravy.

Holiday Mushroom Gravy

2 cups mushrooms, sliced

2 cups water

1/3 cups tahini

2/3 cup nutritional yeast

2 tsp Spike (or mixed herbs)

1 tsp oregano

1 tsp garlic powder

1 tsp onion powder

2 tsp Dr Bronners Boullion (or other dried veggie stock)

4 tsp arrowroot powder

salt and black pepper to taste

Saute mushrooms in a small pot until soft.

In a blender, blend all remaining ingredients together and pour into pot with mushrooms simmer on a low flame and stir gravy until it thickens.

### Corn Chowder Soup

3 tbsp oil

3 onions, diced

4 garlic cloves, minced

5 cups fresh corn kernels cut from the cob

3 tbsp soy powder (or soy flour)

2 1/2 quarts water

4 tbsp tahini

3-4 potatoes diced

2-3 carrots, sliced

3 tbsp Bragg's Liquid Aminos or tamari

1 tsp garlic powder

1/2 tsp basil

1/2 tsp thyme

1 tsp sea salt

In a large pot, heat oil. Add the onions and garlic and sauté for 3-4 minutes.

Mix in the corn. Sauté for 3-4 minutes more.

In a blender, combine 1/3 of the corn/onion sauté with 1 tbsp soy powder and 1/3 of the water and whiz. Set mixture aside. Repeat blending 2 more times with remaining 2/3 of the corn onion mixture, adding tahini to the final blender. A thick creamy texture is desired. Pour mixture back into the soup pot.

Add remaining ingredients and cook (don't boil) on medium-heat until the vegetables are soft.

#### 'Cream' of Cauliflower Soup

2 cups cooked brown rice

5 cups vegetable stock

1 head of cauliflower, chopped

2 tsp tahini

2 celery stalks, chopped

1/4 cup Braggs or tamari

1/2 tsp garlic powder

1/4 tsp basil

1/8 tsp cayenne

Put 1/3 of the cooked rice and 1/3 of the stock in a blender, puree at high speed for 1 minute, until creamy. Pour into large soup pot. Repeat until cooked rice and stock is blended.

Add 1/2 of the cauliflower to the blender with water, tahini and spices and blend at high speed for one minute. Add mixture to the soup pot.

Place over medium heat; add remaining chopped cauliflower and celery.

Cook for approximately one hour, stirring often, until the cauliflower is tender.

#### Coconut Ginger Soup

1 onion chopped

3 garlic cloves, chopped

3-4 tbsp freshly grated ginger

1 tsp oil

6 carrots, sliced

1 potato, cubed

2 celery stalks, diced

1 1/2 cup coconut milk

1 cup nutritional yeast

1 tbsp Spike Seasoning or mixed herbs

2 tbsp tamari

2 tsp cayenne (or to taste)

1/2 cup peas

Sauté onion in the oil with garlic and 2 tbsp of the ginger. Add the carrots potato and celery. Fill the pot with enough water to cover the vegetables and let simmer

in a blender, blend two cups of water with the coconut milk, yeast and remaining ginger and spices. Add this to the pot when the veggies are beginning to get soft. Add the peas at the end.

Let simmer for 10-15 minutes until flavours are blended. Serve warm.

#### Sea Vegetable Miso Soup

4 garlic cloves, minced

2 onions, diced

3 carrots, diced

2 celery stocks, diced

1 tsp onion powder

1 tsp garlic powder

4 tbsp Bragg's or tamari

1 tsp parsley flakes

7 cups of water or stock

stick of Kombu or sea vegetable of choice

6 tbsp miso paste

1 cup noodles (cooked)

in a soup pot, sauté the garlic and onions in a small amount of oil or water. When onions are soft, add the remaining vegetables and seasoning (except miso).

Add the water or vegetable stock along with the sea vegetable of choice and simmer until all vegetables are soft.

Remove 1 cup of hot broth from pot and mix with the miso until blended. Pour this back into soup pot. Stir. Add noodles. Serve hot.

### Easy Linguini Mushroom Stroganoff

1/2 onion, diced

4 cups mushrooms, sliced

2 tbsp Bragg's or tamari

3 cups Vitasoy Soy Milk (not flavoured)

2 1/2 tbsp nutritional yeast

1/2 tsp sea salt

1/2 tsp garlic, granulated

1/4 tsp black pepper

5 tsp arrowroot powder

1 tsp powdered vegetable stock

1 tsp onion powder

16 oz linguini noodles

In a large pot, sauté the onion and then add the mushroom slices, along with the Braggs/tamari. Cover and simmer until soft.

In a blender, blend the remaining ingredients, except the linguini. Pour this mixture into the pot with the onions and mushrooms. Simmer and stir frequently until sauce thickens.

In a separate large pot, boil 4 quarts of salted water with a dash of oil. Bring to a rapid boil and add the linguini. Cook until tender. Drain noodles well in a colander. Then place the linguini into the large pot of sauce and stir. Serve.

### Holiday Fruitcake

Yields (2) 9 inch round cakes or a 9x13" rectangle cake

2/3 cup oil

2 cups unrefined sugar

2 tsp vanilla

1/2 tsp almond extract

1 1/2 tbsp orange juice

3 3/4 cup whole wheat pastry flour

1/2 tsp baking soda

8oz tofu

1 1/2 cup water

1/2 cup raisins

1/2 cup walnuts, chopped

1/2 cup dates or figs, chopped

1/2 cup apple, diced (or banana)

in a bowl, whisk together the oil, sugar, vanilla, almond extract and juice.

In a separate bowl, sift together the flour and baking soda

In a blender, blend the tofu and water

Add the dry ingredients to the tofu mixture alternately to the wet ingredients. Stir well. Fold in the raisins, chopped fruit and nuts.

Pour batter into oiled and floured pans. Bake in a pre-heated oven at 350F. For small round cake pans, bake 25-30 minutes. For a rectangle, bake 35-40 minutes or until a toothpick comes out dry.

Holiday Spice Cookies

Yields about 3 dozen

2/3 cup oil

1 1/4 cup unrefined sugar

2 tbsp tahini and 8 tbsp water mixed thoroughly

1 tsp vanilla

4 cups whole wheat pastry flour

1 tsp baking soda

4 tsp cinnamon

1/4 tsp allspice

1/8 tsp nutmeg

1 cup raisins (soaked and drained)

in a large bowl, combine oil, sugar, tahini and water mixture and vanilla. Mix well.

In a separate bowl, sift the flour, baking soda and spices. Stir in raisins.

Mix the dry mixture into the liquid mixture and stir to a smooth consistency.

The batter should be fairly dry. Roll batter into small balls and form into cookies. Place on an oiled cookie sheet. Bake in a pre-heated oven at 350F for 8-10 minutes until bottoms are slightly browned.

# **Vegetarian Chili Cookbook – Robin Robinson**

## **American Style Chili Powder**

2 dried cayenne chiles, stems and seeds removed

4 dried ancho chiles, stems and seeds removed

1 tbsp cumin seeds

1 tsp Mexican oregano

Grind together into a fine powder. Store in an airtight container in a cool, dry place.

## **Backyard Barbecue Chili**

1 tbsp safflower oil

2 medium onions, diced

1 small red bell pepper, diced

3 large tomatoes, diced

2 cups tomato puree (passata)

1 cup bottled spice BBQ sauce

4 tbsp American-style chilli powder

1 tsp hot sauce

1 tsp unrefined sugar

salt and fresh black pepper to taste

1 package (12oz) veggie mince or ground beef alternative

2 cups cooked kidney beans

Heat the oil in a large chilli pot over a medium heat. Add the onions and bell pepper, cover and cook until the onion is softened, about 5 minutes. Stir in the tomatoes, tomato puree, BBQ sauce, chilli powder, hot sauce, sugar and salt and pepper. Bring to a boil, adding water if mixture is too thick, lower the heat and simmer, covered for about 15 minutes, stirring occasionally. Add the ground beef alternative and kidney beans and simmer 15 minutes longer.

## Garden Vegetable Chili

1 tbsp safflower oil

1 large onion, chopped

1 large carrot, diced

1 small red bell pepper, diced

1/2 cup chopped celery

2 garlic cloves, minced

1 jalapeno, seeded and minced

2 small zucchini, diced

2 large tomatoes, chopped

2 cups fresh or frozen corn kernels

2 cups water

6 oz tomato paste (tomato puree)



4 tbsp American style chilli powder

1 tsp salt

1 tsp oregano, preferably Mexican

1 tsp unrefined sugar

2 tbsp minced parsley, for garnish

Heat oil in a large chilli pot over medium heat. Add the onion, carrot, bell pepper, celery, garlic and jalapeno. Cover and cook, stirring occasionally, until the vegetables begin to soften, about 10 minutes. Add the zucchini, tomatoes, corn, water, tomato paste, chilli powder, salt, oregano and sugar and stir well. Bring to a boil, lower the heat, and simmer until the vegetables are tender, about 30 minutes, adding more water if necessary. Serve garnished with minced parsley.

## **Eggplant and Portobello Mushroom Chili**

1 eggplant, peeled and cut into 1/2 inch dice

1 tbsp salt

1 tbsp olive oil

1 large onion, chopped

1 red bell pepper, diced

4 large Portobello mushrooms, chopped

3 cloves garlic, minced

8 fresh plum tomatoes, diced

3 tbsp American style chilli powder

1 tsp dried oregano, preferably Mexican

1 cup tomato juice

1 cup water

salt and fresh ground black pepper to taste

2 tbsp chopped fresh parsley for garnish

2 tbsp chopped fresh basil for garnish

place the eggplant in a strainer, toss it with the salt and let stand for 1 hour to remove excess moisture. Pat eggplant dry with paper towels.

Heat the oil in a large chili pot over medium heat. Add the onion, bell pepper, mushrooms, garlic, and reserved eggplant. Cover and cook until the vegetables have softened, about 10 minutes. Add the tomatoes, chili powder, oregano, tomato juice, water and salt and pepper. Lower the heat and simmer 30 minutes, stirring occasionally. Taste and adjust seasonings. Garnish with fresh parsley and basil.

Serve over pasta!

## Tex Mex Tempeh Chili

2 tbsp olive oil

1 lb tempeh, diced

1 cup chopped onion

2 garlic cloves, minced

2 jalapenos, stemmed, seeded and minced

4 tbsp American style chili powder

1 tsp ground cumin

1 tsp dried oregano, preferably Mexican

1 can (16oz) tomato sauce or passata

1 cup water or vegetable stock

salt and freshly ground black pepper to taste

Heat the oil in a large chili pot over medium heat. Add the tempeh and onion and cook, stirring frequently until the onion has softened, about 10 minutes. Add the garlic, jalapenos, chili powder, cumin, oregano, tomato sauce, water and salt and pepper. Bring to a boil, lower the heat and simmer 30 minutes, stirring occasionally. Taste and adjust seasonings, cooking longer, if necessary, until desired consistency is reached.

## Five Way Cincinnati Chili

2 1/2 lbs textured soy protein granules

2 tbsp olive oil

1 large onion, chopped

2 garlic cloves, minced

3 tbsp American style chili powder

1 tsp cinnamon

1 tsp paprika

1 tsp allspice

2 cups tomato sauce (passata)

1 cup water

2 tbsp red wine vinegar

2 tbsp unrefined sugar

1 lb spaghetti

2 cups cooked kidney beans

1 cup grated soy cheddar-style cheese, for garnish

1 cup chopped red onion, for garnish

Rehydrate the soy granules in water according to package directions and set aside. Heat water in a large pot for the spaghetti.

Heat the oil in a large chili pot over medium heat. Add the onion and garlic, cover and cook until softened, about 5 minutes. Add the chili powder, cinnamon, paprika, and allspice and stir to coat the onion. Add the tomato sauce, water, vinegar, and sugar, lower the heat and simmer 20 minutes. Add the reserved soy granules and simmer 15 minutes longer or until desired consistency is reached.

Meanwhile, cook the spaghetti until al-dente and drain.

Just prior to serving, heat the kidney beans. Spoon a layer of beans in the bottom of 4 bowls. Top each with a layer of spaghetti, then a ladle full of chili, then grated soy-cheese and chopped onion as a garnish.

## Devils Food Chili

2 tbsp olive oil

1 large onion, chopped

3 garlic cloves, minced

4 jalapenos, seeded and chopped

2 cans (28 oz) whole tomatoes, diced

1 can (6oz) tomato paste

1 cup dry red wine

1 cup water

4 tbsp American style chili powder

1 tsp salt

1/4 tsp cayenne

1 lb cooked vegetarian sausage, crumbled

3 cups cooked black beans

Heat the oil in large chili pot over medium heat. Add the onion, garlic, and jalapenos, cover and cook until softened, about 5 minutes. Add the tomatoes, tomato paste, red wine, water, chili powder, salt and cayenne. Bring to a boil, lower the heat and simmer, covered for 15 minutes. Add the vegetarian sausage and black beans and simmer, uncovered, 30 minutes longer, stirring occasionally.

## Flaming Firehouse Chili

2 tbsp olive oil

1 cup onion, chopped

2 garlic cloves, minced

1 package (12 oz) cooked ground beef alternative (veggie mince)

1 can (28oz) whole tomatoes, chopped

4 tbsp American style chili powder

1 tsp ground cumin

1 tsp salt

1 1/2 cups hot salsa

1 cup water

3 cups cooked kidney beans

Heat the oil in a large chili pot over medium heat. Add the onion and garlic, cover and cook until softened, about 5 minutes. Add the ground beef alternative, tomatoes, chili powder, cumin, salt, salsa and water. Bring to a boil, lower the heat and simmer 30 minutes, stirring occasionally. Add the kidney beans and simmer 15 minutes longer to heat through and blend flavors. Add more water, if necessary, until desired consistency is reached.

Vegetarian Food For Friends  Lyn Weller

Savoury Pancakes with Roast Vegetable Filling

1 courgette, cut into 1cm / 1/2 inch cubes

1 aubergine cut into 1cm / 1/2 inch cubes

8 shallots or small onions, quartered

8 garlic cloves peeled and left whole

1 head fennel, cut into 1cm / 1/2 inch cubes

1 red or yellow pepper cut into 1cm / 1/2 inch cubes

salt and freshly ground black pepper

4 tbsp olive oil

1 tbsp chopped fresh parsley

chopped fresh parsley to garnish

Savoury Pancakes

50g/2oz plain white flour

50g/2oz gram (chickpea) flour

300ml / 1/2 pint soy milk

1 tsp ground nut oil (for frying)

Tomato Sauce:

1 tbsp olive oil

1 onion finely chopped

1 garlic clove, crushed

425g / 15oz can chopped tomatoes

1 tbsp red wine vinegar

1 tbsp soft brown sugar

salt and freshly ground black pepper

Preheat oven to 200C/400F.

Place the prepared vegetables in a roasting pan. Season with salt and pepper and toss in olive oil. Roast in the pre-heated oven for 30-40 minutes until golden. Remove from oven, cook and stir in the chopped parsley. Reduce the oven temperature to 180C/350F.

Make the pancake batter. Blend the flours and soy milk together and leave stand for 20 minutes.

Meanwhile, make the sauce. Heat the oil in a heavy based saucepan and fry the onion and garlic until soft. Add the tomatoes, vinegar, sugar and seasoning to taste. Remove from the heat and set aside.

Heat the groundnut oil for the pancakes in an 18cm / 7.5inch non-stick frying pan. When really hot, pour in enough batter to thinly coat the pan. Cook over a moderate heat until the underside of the pancake is brown, turn over and cook the other side. Make 8 pancakes in total.

Place one pancake in a large, greased ovenproof dish. Put some of the roasted vegetable filling in the centre and roll up. Repeat with the remaining pancakes and pack neatly into the dish. Cover with the tomato sauce and bake in the oven for 30 minutes, until heated through. Serve garnished with parsley.

Marinated Spiced Aubergines

7 tbsp olive oil

2 garlic cloves, crushed

1/2 tsp ground coriander

1/2 tsp ground cumin

1/2 tsp chili powder

salt and freshly ground black pepper

2 medium aubergines, each sliced into four lengthways

1/2 tsp whole coriander seeds, lightly crushed

1/2 tsp whole cumin seeds, lightly crushed

1 onion, sliced

450g / 1 lb ripe tomatoes, skinned and sliced

crusty bread, to serve

Preheat the oven to 190C/375F

Mix 6 tbsp of the olive oil with one of the crushed garlic cloves. Add the ground spices and season with salt and pepper.

Brush both sides of each aubergine slice with the seasoned oil. Lay the slices in a shallow dish, pour over any remaining marinade and cover. Leave to marinate for 30-60 minutes.

Heat the remaining olive oil in a saucepan and gently fry the coriander and cumin seeds for a few seconds. Add the onion and remaining garlic and cook until golden brown. Add the tomatoes and cook for 5 minutes. Season to taste with salt and pepper and set aside.

Grill the marinated aubergines until cooked on both sides (or cook on a griddle pan to give the aubergines the charred stripes). Place the grilled aubergines in a shallow ovenproof dish or roasting pan.

Reheat the tomato onion mixture and spread over the aubergines. Heat through in the preheated oven for about 20 minutes. serve hot with plenty of crusty bread.

Pasta with Leeks in a Tarragon 'Cream' Sauce

225g/8oz conchiglie (pasta shells)

25g/1oz margarine

225g/8oz leeks, trimmed and finely shredded

1 garlic clove, crushed

12g / 1/2 oz dried ceps (porcini mushrooms), soaked in warm water for about 15 minutes

25g / 1oz flour

150ml/ 1/4 pint vegetable stock

150ml/ 1/4 pint white wine

2 tbsp chopped fresh tarragon

salt and freshly ground black pepper

3 tbsp soya cream

Cook the pasta in boiling lightly salted water according to the packet instructions. Drain well.

Meanwhile, make the sauce. Melt the margarine in a large heavy saucepan. Gently cook the leeks in and garlic until tender. Drain the ceps, chop very finely and add to the pan.

Stir in the flour. Take the pan off the heat and gradually add the stock and white wine, stirring all the time to prevent lumps from forming.

Put the pan back on the heat, bring to the boil, then simmer for 5 minutes until the sauce has thickened, stirring all the time.

Stir in the tarragon and seasoning to taste, then add the soya cream.

Toss the cooked pasta into the sauce and serve immediately with garlic bread a mixed green salad.

Aubergine, Courgette and Tomato Cob

1 white, round, crusty loaf e.g. pain de campagne or 4 individual crusty rolls

1 aubergine, sliced

3 tbsp olive oil

1 large onion, sliced

2 garlic cloves, crushed

1 tbsp brown sugar

225g/8oz courgettes, sliced

4 ripe tomatoes, skinned and sliced

1 tbsp chopped fresh basil

1 tbsp chopped fresh flat leaf parsley

1 tbsp chopped fresh oregano

salt and freshly ground black pepper



Preheat oven to 200C/400F.

Slice the top off the loaf or rolls and reserve. Remove the bread from the inside, leaving just a shell.

Brush the aubergine slices with a little of the olive oil, place on a baking sheet and bake in the preheated oven for about 15-20 minutes, until golden.

Heat remaining olive oil in a frying pan. Fry the onion and garlic gently for about 15 minutes until turning golden and starting to caramelize. Stir in the sugar and remove from the pan.

In the same pan, add a little more olive oil if necessary and fry the courgette slices until golden.

Layer the aubergine, onion, courgettes, tomatoes and half the herbs inside the shell, seasoning each layer. Repeat layers and put the lid on top. Wrap tightly in cling film and refrigerate for 2 hours or overnight. The juices will soak into the bread. Cut into wedges and serve for a picnic.

#### Mint and Butter Bean Pate

2 x 45g / 15oz cans butter(lima) beans, drained

grated zest and juice of 1 lemon

2 garlic cloves, crushed

2 tbsp finely chopped fresh mint

4 tbsp olive oil

4 tbsp water (approx)

salt and freshly ground black pepper

sprigs of mint, to garnish

to serve:

pita bread triangles

mixed salad leaves and cherry tomatoes

Place the butter beans and lemon juice in a food processor and blend until smooth. Add the lemon zest, garlic, mint and olive oil, adjusting the amount of water to give a smooth pate. Season to taste then spoon the mixture into a serving dish or individual ramekins and garnish with mint sprigs.

Serve butter bean pate with warm pita triangles and a salad garnish of lettuce and tomatoes.

### Savoury Tomato and Basil Tatin

200g/7oz plain flour

pinch of salt

100g/4oz margarine

1 tsp dried basil

4-6 olives, finely chopped

4-6 tbsp cold water

225g / 8oz onions, sliced

1 tbsp olive oil

450g / 1 lb ripe flavoursome tomatoes e.g. plum or beef, sliced

225g / 8oz yellow (or red) cherry tomatoes, halved

1 bunch fresh basil

salt and fresh ground black pepper

few olives, halved to garnish

basil leaves, to garnish

Preheat oven to 200C/400F

Sift the flour and salt into a bowl. Rub in the margarine to resemble bread crumbs. Stir in the dried basil and olives and enough water to make a firm dough. Roll into a ball, wrap in cling film and chill for 30 minutes.

Meanwhile, fry the onions in the olive oil until starting to brown, then remove from the heat and allow to cool.

Arrange the tomatoes slices and cherry tomato halves, cut side down, in a decorative way on the base of a 20cm/8inch solid based cake pan. Reserve some of basil leaves for the garnish and roughly tear the rest and sprinkle over the tomatoes. Season with salt and pepper and top with the onions.

Roll out the pastry to fit and place over the onions. Cut to fit or push the edges in snugly. Bake for 20-25 minutes in the preheated oven until the pastry is crisp and golden. Cool for 5 minutes, then invert the tin and turn out onto a serving plate. Garnish with the olives and basil leaves.

### Lemony Bean Salad

100g/4oz baby spinach leaves, washed

425g/15oz can flageolet beans, rinsed and drained

2 ripe avocados, peeled, stoned and sliced

1 red onion, finely chopped

1-2 tbsp sunflower seeds

For the Dressing

Juice and finely chopped zest of 1 lemon

2 tbsp extra virgin olive oil

apple juice concentrate, to taste

1 tsp Dijon mustard

salt and freshly ground black pepper

Arrange the baby spinach leaves on a platter. Mix the prepared flageolet beans, avocados and red onion together and arrange on top of the spinach.

Mix the dressing ingredients together and drizzle over the salad.

Dry toast the sunflower seeds in a pan and scatter over the top.

Rosti Stacks with Spicy Peach Coulis

2 large potatoes

350g / 12oz celeriac or parsnips

pinch of ground nutmeg

salt and fresh ground black pepper

3 tbsp olive oil

2 onions, sliced

1 tbsp soft brown sugar

225g / 8oz mushrooms, sliced

1 garlic clove, crushed

fresh parsley and basil leaves to garnish

for the Gremolata

50g / 2oz margarine

1 garlic clove, crushed

juice and zest of 1/2 lemon

few sprigs of fresh parsley, chopped

few springs of fresh basil, chopped

salt and fresh ground black pepper

for the Spicy peach coulis

2 small onions, very finely chopped

1 tbsp olive oil

1-2 tbsp mild curry powder

225g / 8oz peach chutney

4-5 tbsp water

Preheat oven to 200C/400F

Peel the potatoes and celeriac or parsnips. Halve the potatoes and cut celeriac into similar size pieces. Par-boil for 5 minutes (if using parsnips, leave raw), then drain and coarsely grate. Season with the nutmeg, salt and pepper.

Grease a baking sheet and arrange the mixed grated vegetables in four 10cm / 4inch mounds. Flatten with a spatula and make a depression in the centre, drizzle with a little olive oil, then bake 25-30 minutes, until golden.

Meanwhile, fry the onions in 1 tbsp olive oil until golden brown, then stir in the sugar and seasoning. Remove from the heat and keep warm. Cook the mushrooms and garlic in remaining olive oil for 5 minutes. Season and keep warm.

Make the gremolata by beating all the ingredients until well blended.

Take the rostis out of the oven. Top with the onions, then the mushrooms and finally the gremolata. Return to the oven for 10 minutes to heat through.

Meanwhile, make the coulis. Gently fry the onions in the oil until tender, add the curry powder and cook for 2 minutes, stirring all the time. Add the chutney and water and heat through gently. Blend until smooth.

Place the rostis on serving plates and pour a little coulis around each one. Garnish with fresh parsley and basil.

### Chocolate Espresso and Roasted Pecan Torte

1.3 litres / 2 1/4 pints boiling water

200g / 7oz creamed coconut

2 tbsp powdered espresso coffee

800g / 1lb 12oz self-raising flour

100g/4oz cocoa powder

2 tsp baking powder

100g / 4oz roasted pecans

300g / 12oz light muscovado sugar

420ml / 14oz vegetable oil

2 tbsp brandy

### Fudge Icing:

100g / 4oz margarine

2 tsp brandy

100g / 4oz cocoa powder

6 tbsp water

550g / 1lb 4oz icing sugar

few drops of vanilla essence

Preheat oven to 180C/350F. grease and line a 27.5cm / 11 inch cake tin.

Dissolve the espresso coffee in 2 tbsp of the boiling water.

Place the creamed coconut in a large bowl and cover with the remaining boiling water. Stir until

dissolved.

Mix together the flour, cocoa powder, baking powder, pecans and sugar.

Add the espresso coffee to the cake mixture with the oil. Stir thoroughly, then add the cooled, dissolved coconut mixture and incorporate well.

Pour mixture into the prepared cake tin and bake in the preheated oven for approximately 1 1/2 hours or until cake feels springy to the touch. Leave to cool slightly before turning out onto a cooling rack. When the cake is cool, drizzle with the brandy.

To make the fudge icing, put all the ingredients in a food processor and blend until smooth. Spread evenly over the cake and then use a fork to make an attractive pattern across the top.

Pear, Brandy and Hazelnut Strudel

450g / 1 lb dessert pears (Comice, Conference, Rocha or William)

50g / 2oz chopped roasted hazelnuts

25g / 1oz brown sugar

50g / 2oz sultanas

1/2 tsp ground cinnamon

1 tbsp brandy

225g / 8oz ready-made puff pastry

25g / 1oz margarine

icing sugar, for dusting

preheat oven to 200C/400F.

peel, core and chop the pears and mix in a bowl with the hazelnuts, sugar, sultanas, cinnamon and brandy.

Roll out the puff pastry very thinly – you should be able to see the pattern of the work top through it.

Melt the margarine in a small saucepan and brush over the surface of the pastry. Place the filling at one narrow end and roll up, folding in the sides to enclose the filling as you go.

Place on a greased baking sheet, brush with more margarine and make a couple of cuts in the top.

Bake in the preheated oven for about 20 minutes until the pastry is well risen and golden. Dust with icing sugar and serve hot.

Apricot Chocolate Refrigerator Cake

100g / 4oz good quality vegan chocolate

100g / 4oz margarine

2 tbsp golden syrup (US can use corn or maple syrup)

1 tbsp soymilk

250g / 9oz vegan digestive biscuits (US can use plain vegan cookies), crushed

100g / 4oz apricots in Amaretto liqueur

50g / 2oz chopped roast hazelnuts or almonds

sliced apricots to decorate

Apricot Coulis:

100g / 4oz canned apricots, drained

1 tsp Amaretto liqueur

Melt the chocolate in a bowl over a saucepan of hot water.

In a separate bowl, also over a saucepan of simmer water, melt the margarine, golden syrup and soymilk together.

Stir the melted chocolate and crushed biscuits/cookies into the golden syrup mixture and mix well. Add the apricots and nuts and mix well.

Grease and line a 450g/1lb loaf tin with baking parchment. Spoon in the chocolate biscuit mixture, press down well and chill for 2 hours.

Make the coulis: puree the apricots and Amaretto in a blender or press through a sieve.

Serve the cake sliced with some apricot coulis and sliced apricots.

Fresh Pea and Mint Soup with Croutons

25g/1oz margarine

1 onion, finely chopped

225g/8oz leeks, finely shredded and washed, keeping as much of the dark green as possible

225g/8oz potatoes, peeled and cut into small chunks

1.2 litres/2 pints light vegetable stock

225g / 8oz fresh or frozen peas (weight without pod)

1 small bunch of mint, chopped

salt and freshly ground black pepper

soya cream to garnish

mint sprigs to garnish

Croutons:

2 slices bread

2 tbsp olive oil

1 tbsp chopped mint

Melt the margarine in a saucepan and gently fry the onion until soft. Add the leeks and cook for a further 5 minutes.

Add the potatoes and stock, bring to the boil, then simmer, covered for about 20 minutes until the potatoes are tender. Add the peas and mint and simmer for another 5 minutes.

All the soup to cool, then liquidize in a blender or food processor until very smooth. Return to a clean saucepan, reheat gently and season to taste with salt and pepper.

Serve soup garnished with a swirl of soya cream, a mint sprig and croutons.

For the croutons: mix the mint and olive oil together and season. Brush the bread on both sides with the oil and bake in a preheated oven at 200C/400F for 10-15 minutes, until crisp. Remove the crusts and cut into cubes.

Chestnut and Red Wine Pate

1 tbsp olive or groundnut oil

1 small onion, crushed

1 garlic clove, crushed

pinch of dried thyme

150ml / 1 1/4 pint red wine



150ml / 1 1/4 pint vegetable stock

100g / 4oz chopped chestnuts (cooked weight)

100g / 4oz chestnut puree

75g/3oz wholemeal bread crumbs

1 tbsp brandy

2-3 tsp shoyu

salt and freshly ground black pepper

To Serve:

Fresh herbs

Crackers

Crisp green salad leaves

Heat the oil in a saucepan and gently cook the onion and garlic with the dried thyme until soft. Add the red wine and vegetable stock and bring to the boil.

Remove from the heat and stir in the chopped chestnuts, chestnut puree, breadcrumbs, brandy and shoyu. Season with salt and pepper to taste. Cook over a gentle heat until thickened.

Spoon the pate into individual ramekins, smooth the surface and then chill in the refrigerator until required.

Serve garnished with fresh herbs, with crackers and crisp green salad leaves.

Warm Avocado Salad with Red Pepper Dressing

1 red pepper

2 garlic cloves, left whole with skins intact

olive oil, to drizzle

50g / 2oz ground almonds

5 tbsp extra virgin olive oil

1 tbsp Dijon mustard

1 tbsp balsamic vinegar

1 tbsp chopped fresh coriander

150ml / 1 1/4 pint dry white wine

salt and freshly ground black pepper

2 large ripe avocados peeled and stoned

1 packet mixed salad leaves

fresh coriander to garnish

preheat oven to 200C/400F

Place the red pepper and whole cloves of garlic on a baking sheet and drizzle with olive oil. Roast until the pepper skin is starting to blacken and char and the garlic is soft when pierced with a knife. Remove the skin and seeds from the pepper, retaining the juices and squeeze the garlic out of the skins.

Blend the red pepper flesh, reserved juice, garlic, ground almonds, 3 tbsp olive oil, mustard, vinegar and coriander together until smooth.

Add the wine and blend until the desired consistency is reached. Season to taste, pour into a saucepan and set aside.

Cut the avocados in half and then into slices. Heat the remaining olive oil in a non-stick frying pan and, when hot, quickly toss the avocado in the oil until heated through, but not soft.

Heat the sauce gently over low heat. Meanwhile, arrange the mixed salad leaves on 4 serving places with the avocado slices on top. Drizzle the warm sauce over them and serve garnished with fresh coriander leaves.

Apple, Mushroom and Calvados Soup

2 tbsp groundnut oil

225g/ 8oz onions, finely chopped

225g/ 8oz potatoes, finely chopped

225g / 8oz mushrooms finely chopped

600ml / 1 pint vegetable stock

300ml / 1/2 pint apple juice

salt and freshly ground black pepper

4-6 tbsp Calvados (or brandy)

soya cream for garnish (optional)

Heat the oil in a saucepan and fry the onions until starting to brown. Add the potatoes and mushrooms and cook gently for 5 minutes.

Add the stock and apple juice to the saucepan, bring to the boil and simmer for 20-30 minutes. Allow to cool and then blend until smooth in a blender or food processor.

Return the pureed soup to a clean pan and gently reheat. Season and stir in the Calvados. Serve garnished with a swirl of soya cream, if desired

Soupe Au Pistou

4 tbsp olive oil

1 large onion, finely chopped

2 garlic cloves, crushed

2 sticks celery, finely chopped

225g / 8oz carrots, finely diced

2 x 425g / 15-oz cans cannellini (or white or navy) beans, drained and rinsed

900ml / 1 1/2 pints vegetable stock

425g / 15oz can chopped tomatoes

2 tbsp tomato puree

3 tbsp vegan pesto (or olive oil and fresh basil whizzed together)

salt and freshly ground black pepper

To serve:

Crusty bread

Small bunch of fresh basil

Heat oil in large, heavy based saucepan. Fry the onion, garlic and celery for 5-10 minutes until beginning to brown. Add the carrots and cook for a further 5 minutes.

Blend one can of cannellini beans with 300ml / 1/2 pint of vegetable stock to make a coarse paste. Stir in the whole beans, chopped tomatoes, and tomato puree and remaining vegetable stock and bring to the boil. Reduce the heat and simmer for about 30 minutes until all the vegetables are tender. Stir in the

pesto, making sure it is evenly distributed. Season to taste.

Serve the soup hot, garnished with basil, with warm crusty bread.

## Sushi

Serves 4

100g/4oz arborio or other short grain rice

2 tsp wasabi paste

4 tbsp shoyu

a few pieces chopped pickled ginger

Avocado filling:

1/2 avocado, stoned, peeled and sliced

1 tbsp lemon juice

1 sheet nori (sea vegetable), toasted and cut into 1.25cm / 1/2 inch strips

1 tsp wasabi paste

Red pepper filling:

1 sheet nori, toasted

1 tbsp umeboshi sauce (plum)

1/4 red pepper, cut into thin strips

2.5cm / inch piece cucumber, cut into matchsticks

Ginger filling:

4 capers, finely chopped

few sprigs of fresh mint, finely chopped

16-20 sliced pickled ginger in rice wine vinegar

Cook the rice in boiling water, stirring occasionally to release the starch and make the rice stick. Drain and cool until needed.

For the avocado filling, take one third of the cooked rice and form into 4 cubes. Toss the avocado sliced in the lemon juice to stop them discolouring. Toast the nori over a gas flame for a few seconds, until it becomes green and translucent. Cut into strips. Take a cube of rice, put a small amount of wasabi on top, then a slice of avocado and tie in place with a strip of nori. Chill.

For the red pepper filling, place the toasted nori on a sushi mat or piece of cling film. Spread one-third of the rice over the nori. Make an indentation 1.25cm / 1/2 – 1 inch in from on long edge with a chopstick and spread with a little umeboshi sauce. Place the red pepper and cucumber strips side by side along the indentation. Roll up firmly, using the mat or cling film to help you. Chill and cut into slices.

For the ginger, take the remaining cooked rice and mix in the capers and fresh mint. Lay 4-5 pieces of pickled ginger onto a piece of cling film, put a heaped tbsp of the rice mixture in the centre and bring the ginger up around to enclose it. Use the cling film to compress the ball by gathering tightly and twisting. Refrigerate until ready to serve. Repeat 3 more times.

To serve, arrange a selection of sushi on each plate with 1/2 tsp of wasabi paste, a small bowl containing 1 tbsp shoyu and a little pile of chopped pickled ginger.

## Farfalle with Mushrooms and Spinach

225g / 8oz farfalle pasta

2 tbsp olive oil

225g / 8oz mixed mushrooms e.g. oyster, shiitake and field, thickly sliced

2 garlic cloves, crushed

100g / 4oz baby spinach leaves, washed and dried

6 sun dried tomatoes in oil, finely chopped

salt and freshly ground black pepper

to garnish:

1/2 bunch fresh basil leaves

100g / 4oz cherry tomatoes, halved

cool the pasta in salted boiling water as instructed on the packet.

Meanwhile, heat the olive oil in a large frying pan. Quickly fry the mushrooms and garlic over high heat for 2-3 minutes, until just cooked.

Add the baby spinach leaves and stir until wilted. Stir in the sun-dried tomatoes and seasoning to taste.

Drain the pasta and toss in the mushrooms and spinach mixture. Turn into a serving dish and serve with fresh torn basil and cherry tomatoes.

## Warm Puy Lentil Salad

100g / 4oz lentils (dry weight), cooked

1 bunch spring onions, chopped

6 radishes, halved and sliced

1 orange, segmented

chicory and radicchio leaves, to garnish

For the dressing:

1 tbsp rosemary, finely chopped

1 tsp Dijon mustard

2 tbsp red wine vinegar

1 tbsp orange juice

3 tbsp extra virgin olive oil

zest of 1/2 orange, finely chopped

pinch of sugar

salt and pepper to taste

Cook the lentils and keep warm. Prepare the spring onions, radishes and orange and mix into the lentils.

Make the dressing and pour over the warm lentils.

Arrange the chicory and radicchio leaves around the edge of a serving platter. Pile the lentils in the centre. Serve immediately.

# Vegetarian Microwave Cookbook – Cecilia Norman

# Celery and Peanut Loaf

## Ingredients

2 oz(55g) margarine

1 large onion peeled and finely chopped

1 celery stick finely chopped

8oz shelled peanuts finely chopped and grated

1 carrot peeled and grated

4oz(115g) mushrooms chopped

1 tsp marmite

1 tbsp bottled fruity sauce (like HP or Kickapoo?)

½ pint (285ml) vegetable stock

3oz(85g) porridge oats

freshly milled black pepper

2 tablespoons Besan flour

## Method

Put the margarine in a very large bowl. Cook in the microwave on full power for 30 seconds or until melted.

Stir the onion and celery into the margarine and cook on full power for 5 minutes, stirring once, until just begging to brown.

Mix the peanuts into the softened vegetables. Cook on full power for 7 minutes until the roasted smell of the nuts is noticeable.

Add carrot, mushrooms, marmite, fruity sauce and stock. Cook on full power for 7 minutes or until the vegetables are soft. Stir twice during cooking.

Stir in the oats and season with pepper. Cook on full power for 3 minutes until the mixture is thick but mushy.

Mix in the besan flour. Turn the mixture into a 1 lb (455g) loaf dish. Cook on full power for 8-10 minutes until the loaf browns on top and begins to firm up. Leave for 10 minutes before turning out.

Serve with tomato and sage or tomato and horseradish sauce.

# Chickpea and Tahini Casserole

## Ingredients

Bunch of spring onions trimmed and sliced

2 medium carrots, peeled and thinly sliced

1 red pepper, cored, seeded and sliced

2 young parsnips peeled and cut into chunks

1 tbsp olive oil

8oz(225g) cooked chick peas

1x14oz (395g) can tomatoes

handful of fresh parsley sprigs

2 tablespoons Tahini

sea salt

freshly milled black pepper

## Method

Put the spring onions, carrots, red pepper and parsnips into a microwave safe casserole or large bowl. Stir the oil into the vegetables, cover tightly and cook on full power for 10 minutes, stirring occasionally.

Add the chickpeas, tomatoes and their juice and all the other ingredients, seasoning lightly with salt and pepper. Pour in  $\frac{1}{2}$  pint boiling water. Cover and cook on full power for 20 minutes or until the vegetables are tender. Add additional salt and pepper if required.

# Curried Bean Medley

## Ingredients

3oz (85g) shallots, peeled and finely chopped

1 tbsp vegetable oil

3 tbsp garam masala

1 tsp grated ginger root



1 14oz (395g) can chopped tomatoes

12oz (340g) cooked mixed means (or a can of your favourite beans)

sea salt

freshly milled black pepper

## Method

Combine the shallots and oil in a casserole. Cover and cook in the microwave on full power for 3-4 minutes until soft, stirring once during cooking.

Stir in garam masala and grated ginger. Cover and cook on full power for 1 minute.

Stir in the chopped tomatoes. Cook uncovered on full power for 5 minutes or until mixture is thicker. Stir occasionally during cooking.

Add the beans and season with salt and pepper. Cover and cook on full power for 3-4 minutes, stirring occasionally until the beans are hot.

# Dahl Sag in a Pita

## Ingredients

4oz (115g) red lentils

1 small onion, peeled and finely sliced

$\frac{3}{4}$  pint boiling water

1 green chilli deseeded and chopped finely

juice of one lemon

12oz (340g) cooked or thawed frozen spinach

1oz (30g) margarine

sea salt

freshly milled black pepper

2-4 wholemeal pita breads

## Method

Rinse and drain the lentils

Put the lentils and onion in a very large bowl and add the water. Place into the microwave, three quarters cover and cook on full power for 10-15 minutes stirring occasionally until the lentils are soft.

Add chilli, lemon juice, spinach and margarine, cook on full power for 15-20 minutes stirring frequently until the mixture is thick and just moist. Remove from microwave.

Warm the pita breads in the microwave on kitchen paper on full power for 30 seconds. Cut in half and fill the pockets with the mixture.

## **Insalata Calda Di Vignola**

### **Ingredients**

8oz (225g) Bulgur cracked wheat

1oz (30g) pine kernels

1 pint (570ml) boiling water

1 large onion

2 medium green pepper

2 tbsp olive oil

3 tomatoes, chopped

½ tsp dry basil

sea salt

freshly milled black pepper

### **Method**

Put the cracked wheat and pine nuts in a large bowl and place in microwave. Cook uncovered on full power for 3 minutes stirring once during cooking. This brings out the flavour. Stir in the boiling water. Cover and leave to stand for 15 minutes.

Meanwhile, peel and chop the onion, peppers and garlic. Place them into another bowl, cover and cook on full power for 8-10 minutes until the vegetables are soft, stirring once during cooking.

Add the tomatoes and basil, cover and cook on full power for a further 1-2 minutes to soften the tomatoes. Stir into the cracked wheat, which should have absorbed the water. Season with salt and pepper and reheat on full power for 2-3 minutes.

## **Mushrooms in Garlic Sauce**

## Ingredients

1lb (455g) button mushrooms

1 clove garlic

¼ tsp salt

3oz (85g) margarine

freshly milled black pepper

2 slices wholemeal bread

1 tsp arrowroot

1 tbsp water

2 tbsp freshly chopped parsley

method

wash and quarter large mushrooms. Crush the garlic and salt together with the flat of a knife. Put the margarine into a large bowl and place in the microwave. Heat on full power for 1 minute. Stir until melted.

Add the mushrooms, garlic and pepper to taste. Toss the mushrooms to coat with the margarine mixture. Cook on full power for 5 minutes, stirring occasionally until the mushrooms are tender but not soft. While the mushrooms are cooking, toast the bread.

Using a slotted spoon, pile the cooked mushrooms on to the hot toast.

Blend the arrowroot with 1 tbsp cold water and stir into the remaining juices. Cook for 1 minute or until thickened, stirring once during and once after cooking. Pour the sauce over the mushrooms, sprinkle with parsley and serve hot.

## Pepper and Onion Stuffed Crispy Potatoes

### Ingredients

2x10oz (285g) baking potatoes

1 tbsp vegetable oil

1 small green pepper, cored, seeded and diced

1 small onion, peeled and chopped

1 clove garlic, peeled and crushed

pinch ground ginger

pinch saffron powder

sea salt

freshly milled black pepper

1 tbsp freshly chopped parsley

## Method

Wash and dry the potatoes and prick deeply with a fork. Place in microwave on kitchen paper (paper towels) and cook on full power for 5 minutes.

Reposition and turn the potatoes over, then continue cooking for 5-6 minutes until soft. Cut in half lengthwise and scoop out the pulp. Mash lightly with a fork.

Arrange the potato skins in a shallow dish and pour a little oil around the inside. Brush some oil over the outside of the skins as well. Cook on full power for 4-6 minutes until the skins are crispy removing each skin as it is ready.

Mix together in a small bowl the green pepper, onion, garlic, ginger and saffron and season to taste with salt and pepper. Cover tightly and cook on full power for 3-4 minutes until soft.

Mix the cooked vegetables into the mashed potatoes, then pile the mixture into the potato skins. Reheat, uncovered, for 2-3 minutes until hot. Sprinkle with the chopped parsley.

## Vegetable Curry

### Ingredients

Small onion, peeled and finely chopped

1 tbsp vegetable oil

4 cardamoms, bruised

1 tsp fenugreek seeds

½ tsp mustard seeds

1 tsp coriander seeds

1 tbsp turmeric

1 large potato, peeled and diced

2 medium courgettes (zucchini), cut into 1 inch (2.5cm) chunks

1 small cauliflower, stalks removed and florets divided up

4oz(115g) cut green beans

1x8oz(225g) can tomatoes

2 bay leaves

¼ - ½ pint (140-285ml) hot water

½ tsp salt

¼ tsp freshly milled black pepper

## Method

Put the onion into a very large bowl with the oil and place it in the microwave. Cook on full power for 4 minutes until the onions being to brown.

Add the cardamoms, fenugreek, mustard, coriander seeds and turmeric. Cook on full power for 1 minute, stirring halfway through cooking.

Add the diced potato to the mixture and cook on full power for 3 minutes, stirring twice.

Add the courgettes, cauliflower florets, beans, tomatoes and bay leaves, cover and cook on full power for 5 minutes

Add about half the water. Cover and cook for 10 minutes. Reduce the setting to Defrost/Low and cook for 15 minutes stirring occasionally, until the vegetables are tender, adding the remaining water if necessary. Adjust seasoning to taste.

# Vegetarian Recipes for your Slo Cooker – Annette Yates

## Thick Tuscan bean soup

225g/8oz dried cannellini or borlotti beans, soaked overnight in plenty of cold water

15ml/1 tbsp olive oil, plus extra to serve

1 large onion, cut into small dice

2 carrots, cut into small dice

2 leeks, thinly sliced

2 celery sticks, thinly sliced

2 garlic cloves, finely chopped

8oz/225g can of chopped tomatoes

900ml / 3 3/4 cups vegetable stock

salt and freshly ground black pepper

1 courgette (zucchini), cut into very small dice

a handful of baby spinach leaves

30ml / 2 tbsp vegan pesto

4 - 6 thick slices of Italian bread, such as ciabatta

Preheat slo-cooker on High

Drain the beans, put into a large pan and cover with cold water. Bring to the boil and boil gently for 10 minutes.

Meanwhile, heat the oil in a large pan and add the onion, carrots, leeks and celery. Cook over a medium heat, stirring frequently until just beginning to brown.

Drain the beans and add to the pan with the garlic, tomatoes, stock and a little seasoning. Bring just to the boil, then transfer to the slo-cooker and stir gently.

Cover and cook on Low for 6-8 hours or until the vegetables are very tender, then stir in the courgette and spinach and cook for a further 30 minutes.

Toast the bread until golden brown.

Stir the pesto into the soup, then ladle into bowls.

Top each with hot toasted bread and drizzle with olive oil.

## **Butter Bean, Tomato and Artichoke Soup**

30ml / 2 tbsp olive oil

1 onion, finely chopped

1 garlic clove, finely chopped

400g / 14 oz can of chopped tomatoes (or use same amount of fresh cherry tomatoes)

425g / 15oz can of butter (lima) beans, drained

425g / 15oz can of artichoke hearts, drained and halved

5ml / 1 tsp dried thyme

900ml / 3 3/4 cups of vegetable stock

salt and freshly ground black pepper

chopped fresh herbs such as parsley, fennel or basil to garnish

Preheat slo-cooker on High

Heat the oil in a large pan, add the onion and garlic and cook, stirring occasionally, until slightly softened but not browned.

Stir in the remaining ingredients.

Bring just to the boil, transfer to the slo-cooker and stir gently.

Cover and cook on Low for 6 – 10 hours, until all the ingredients are tender.

Adjust the seasoning to taste, then ladle into warm bowls and serve sprinkled with fresh herbs.

## Red Bean, Cashew and Spinach Curry

15ml / 1 tbsp olive oil

1 large onion, finely chopped

1 large carrot, finely chopped

5ml / 1 tsp ground cumin

5ml / 1 tsp ground coriander

2.5ml / 1/2 tsp ground turmeric

15ml / 1 tbsp grated fresh root ginger

2 green chillies, finely chopped

2 garlic cloves, finely chopped

425g / 15oz can red kidney beans, drained

50g / 1/2 cup ground almonds

75g / 3/4 cup unsalted cashew nuts

2 large handfuls of baby spinach leaves

Preheat slo-cooker on High

Heat the oil in a pan, add the onion and carrot and cook, stirring occasionally, until slightly softened but not browned.

Add the spices, root ginger, chillies and garlic and cook, stirring, for 1-2 minutes.

Stir in the beans, almonds, cashews and 300ml / 1 cup water and bring just to the boil. Transfer to the slo-cooker and stir gently.



Cover and cook on Low for 6-8 hours until all the ingredients are tender.

When you are ready to serve, add the spinach and stir until just wilted then serve immediately over rice with mango chutney on the side.

Vegetarian Student Cookbook ■

### Spaghetti with Vodka and Chilli

250g/ 8oz spaghetti

1 tbsp olive oil

2 small chillies, deseeded and finely chopped

2 tomatoes, skinned, deseeded and finely chopped

4 tbsp vodka

4 tbsp soya cream

salt and fresh ground black pepper

cook pasta in plenty of boiling water for 10-12 minutes or until tender.

Meanwhile, heat the oil in a small frying pan, add the chillies and tomatoes and cook for 4 minutes. add the vodka and simmer rapidly for about 3 minutes. stir in the soya cream, bring to the boil and remove from heat. season to taste with salt and pepper.

Drain pasta well and toss with sauce. Divide into bowls and serve.

### Really Easy Pasta Fagioli

2 tbsp olive oil

1 onion, roughly chopped

2 garlic cloves, finely chopped

600ml (1 pint) vegetable stock

400g (14oz) can cannellini beans (navy beans, white beans etc), drained

200g (7oz) can chopped tomatoes, drained

125g (4oz) small pasta shapes

4 tbsp chopped fresh parsley

salt and pepper to taste

heat the oil in a large saucepan and cook the onion and garlic for 5 minutes until softened.

Add the stock, beans and tomatoes and simmer together for 10 minutes. add the pasta and cook for a further 10-15 minutes until tender.

Stir in the parsley and season to taste with salt and pepper. Serve immediately.

### Orange & Peanut Rice

2 tbsp vegetable oil

1 small onion, finely chopped

1 carrot, cut into small dice

250g / 8oz long grain rice

juice and finely grated rind of two oranges

450ml / 3/4 pint vegetable stock

60g / 2oz frozen peas

60g / 2oz frozen sweetcorn

60g / 2oz salted peanuts

1 tbsp chopped fresh parsley

salt and pepper to taste

heat the oil in a large saucepan and cook the onion and carrot for 5 minutes until beginning to turn golden brown. Add the rice and cook for a further 1 minute.

Add the orange juice and vegetable stock. Cover and simmer for 10 minutes.

Stir in the peas and sweetcorn and continue to cook for a further 5 minutes until rice and vegetables are tender.

Add the peanuts, parsley and orange rind. Add salt and pepper to taste and serve.

### Easy Caribbean Rice

1 tbsp vegetable oil

1 large onion, sliced

1 tsp finely grated ginger root

1 small red chilli, deseeded and finely chopped

250g / 8oz long grain rice

200g / 7oz can pineapple chunks in natural juice

450ml / 3/4 pint vegetable stock

1 tbsp desiccated coconut

salt and pepper to taste

1 tbsp fresh parsley

1 tbsp toasted flaked almonds

heat the oil in a large saucepan and cook the onion ginger and chili for about 10 minutes until softened and golden brown. Add the rice and cook for one minute.

Stir in the pineapple chunks with the juice, the vegetable stock, desiccated coconut and salt and pepper. Bring to the boil, stir once, cover and simmer gently for 20 minutes until the grains are tender.

Gently stir in the parsley and almonds and serve immediately.

### Spicy Potato Hot Pot

2 tbsp vegetable oil

1 small onion, finely chopped

1 small hot chilli, deseeded and finely chopped

2.5cm / 1 inch piece fresh root ginger, finely chopped

2 garlic cloves, finely chopped

1 large potato, cubed

2 carrots, cubed

2 parsnips, cubed

1 tsp cornflour (cornstarch)

450ml / 3/4 pint vegetable stock

1 tbsp hot chilli sauce

juice of a lime

salt and pepper to taste

Preheat the oven to 200C/400F. Heat the oil in a large pan and cook the onion, chilli, ginger and garlic for 2-3 minutes. Add the vegetable cubes and cook gently, stirring occasionally for 10 minutes until they begin to brown.

Blend the cornflour with a little of the stock and add to the pan along with the chilli sauce, lime juice and remaining stock. Bring to the boil, stirring until thickened, then season well with salt and pepper to taste.

Transfer to a heatproof casserole dish and bake in the oven for 20 minutes until the vegetables are tender.

**Baked Bean and Leek Hash**

2 tbsp vegetable oil

500g / 1lb potatoes, diced

1 large leek, finely chopped

400g (14oz) can baked beans (yay Heinz organic!)

salt and pepper to taste

heat the oil in a large heavy-based frying pan. Add the potatoes and cook, stirring, for 10 minutes, until semi-cooked

add the leeks and continue to cook for 5 minutes, stirring, until the leeks have softened.

Stir in the beans and season with salt and pepper and cook the hash over a medium heat until a crust forms on the bottom. Stir the hash to let the mixture brown throughout.

Turn the hash over and pat down to form a cake. Cook until a crust forms on the bottom. Turn onto plates and serve.

## **Braised Spinach and Lemony Mash**

500g / 1lb of potatoes, quartered

juice of one lemon

a tbsp of margarine

salt and pepper

500g / 1 lb spinach leaves

3 tbsp olive oil

2 garlic cloves, thinly sliced

3 tomatoes, skinned and roughly chopped

cook the potatoes in boiling salted water for 10-15 minutes until tender. Drain well and mash with the lemon juice, margarine and salt and pepper.

Meanwhile, rinse the spinach leaves briefly in cold water and leave to drain in a colander. Heat the oil in a large frying pan and when it begins to sizzle, throw in the garlic, tomatoes and damp spinach. Cover and simmer for 8 minutes until the spinach is soft and dark green.

Season the spinach to taste. Spoon the mashed potatoes onto plates, flattening down slightly, and pile the spinach mixture on top. Pour over any juices left in the pan and eat immediately.

## Easy Mulligatawny Soup

2 tbsp vegetable oil

1 garlic clove, finely chopped

1 onion, finely chopped

1 potato, cut into small dice

1 large carrot, cut into small dice

1 tbsp curry paste

60g (2oz) red lentils

600ml/1pint vegetable stock

60g (2oz) ground almonds

salt and pepper to taste

heat the oil in a large saucepan. Add the garlic, onion and carrot and cook for 5 minutes until beginning to turn golden brown.

Stir in the curry paste, lentils and stock. Bring to the boil, cover and simmer for 20 minutes, stirring occasionally until the vegetables and lentils are tender.

Mix the almonds with a little water to form a paste and add to the soup. Season to taste with salt and pepper and serve immediately.

## Easy Vegetable Korma

1 tbsp vegetable oil

1 onion, finely chopped

1 tbsp curry paste

500g / 1lb mixed vegetables cut into bite size chunks (eg carrot, potato, broccoli, cauliflower, peas)

400ml / 14oz can coconut milk

60g/2oz flaked almonds

salt and pepper to taste

heat the oil in a large saucepan and cook the onion over a fairly high heat for 5 minutes until golden brown. Stir in the curry paste and cook for 1 minute.

Add the vegetables and coconut milk, cover and simmer for 15 minutes until the vegetables are tender. Meanwhile, place the almonds in a non-stick frying pan and dry fry for 2-3 minutes, tossing the almonds until golden brown.

Season the curry to taste with salt and pepper and sprinkle over the toasted almonds. Serve immediately with rice, naan or bread.