

Bubble and Squeak

- ◇ 4 Potatoes
- ◇ 1 Small onion sliced
- ◇ 4 oz Shredded cabbage
- ◇ 1 oz Flour
- ◇ 3 tbl Vegan margarine
- ◇ 2 Cloves garlic finely chopped
- ◇ Salt and pepper to taste
- ◇ Oil for shallow frying

1. Grate potatoes, mix with other ingredients and form into round flat shapes.
2. Gently fry each until golden brown on each side.

from Rainbows and Wellies by Jackie Redding and Tony Weston

ERVegans World Vegan Day Recipes

Scrambled Tofu

- ◇ Silken tofu
- ◇ Mustard seeds
- ◇ Vegan margarine
- ◇ Vegan Mayonnaise

1. Mash the tofu with some mayonnaise, mustard seeds and the margarine.
2. Heat through in a saucepan

from Rainbows and Wellies by Jackie Redding and Tony Weston

ERVegans World Vegan Day Recipes

Granola

- ◇ 175 ml (6 fl oz) maple syrup
- ◇ 125 ml (4 fl oz) hot water
- ◇ 1/2 tsp vanilla essence
- ◇ 300g (100 oz) rolled oats
- ◇ 150g (5 oz) rye, millet or wheat flakes
- ◇ 50g (2 oz) wheat germ or bran
- ◇ 100g (4 oz) hazelnuts, almonds or any nuts you like
- ◇ 75g (3 oz) sunflower seeds
- ◇ 50g (2 oz) sesame seeds
- ◇ 75g (3 oz) sultanas or raisins
- ◇ 50g (2 oz) chopped dates or other dried fruits

1. Preheat oven to 120 °C/250 °F/gas mark half.
2. Combine maple syrup, hot water and vanilla essence.
3. Mix the grains, nuts and seeds in a large mixing bowl. Stir in the maple syrup solution and mix thoroughly. Spread the mixture on a lightly oiled baking sheet and bake in the oven for about 1 hour, stirring three or four times to prevent burning. The granola is ready when it is lightly browned.
4. Mix the granola with the dried fruit while still warm breaking up any large chunks as you do so.

This makes enough granola for 12-16 servings. It should be stored in an airtight container when cool.

from The Yoga Cook Book by the Sivanada Yoga Vedanta Centre

ERVegans World Vegan Day Recipes

ER Vegans are a very informal group of Vegans and Vegan sympathisers who meet about once per month. The meetings are normally eating events, sometimes at our regular haunt (Hitchcocks Restaurant, Hull), sometimes we eat alfresco, sometimes we all knock up something and meet round someone's house. Whatever the venue though we have a relaxed and friendly event that all are welcome to attend.



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<http://www.merrydowncontrolware.co.uk/ervegans.html>
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Colourful Pepper Stir-Fry

- ◇ 25g Mushrooms
- ◇ 200g Tofu
- ◇ 1 Spring onion chopped
- ◇ 1 tbl each of chopped ginger and garlic
- ◇ 1 small chilli shredded (more if you like it hot!)
- ◇ 225g of red, yellow or green peppers (225g is about 1 of each)
- ◇ 2 tsp of water
- ◇ 1 tsp sugar
- ◇ 4 tbl Oil (groundnut best) for deep frying
- ◇ Oil for stir frying
- ◇ Sesame oil
- ◇ Salt and pepper

1. Deep fry tofu in groundnut oil until golden brown. Set aside and drain most of the oil.
2. Stir fry spring onions, ginger, garlic and chilli for about 30 seconds.
3. Add peppers, mushrooms, water, soy sauce, sugar, salt and pepper and stir fry for 2 minutes.
4. Add the deep fried tofu and stir fry for 2 minutes more.
5. Sprinkle with sesame oil and garnish with spring onion.

Best eaten on its own or with plain rice

Adapted from Ken Hom's Vegetarian Cookery

ERVegans World Vegan Day Recipes

Lentil and Coconut Soup

- ◇ 2 tbl oil
- ◇ 2 onions finely chopped
- ◇ 300g washed red lentils
- ◇ 1 litre water
- ◇ 1 block creamed coconut
- ◇ 1 chilli finely chopped
- ◇ 1 small red pepper
- ◇ 1 tbl cumin seeds (roasted then finely ground)
- ◇ 3 tsp chopped fresh coriander or parsley
- ◇ Juice of one lemon

1. Fry the onion until soft.
2. Add the washed lentils and water and cook for 10-15 minutes until the lentils are tender.
3. Add the coconut, chilli, cumin and red pepper; then cook for 5 minutes.
4. Stir in the chopped herbs and lemon juice.
5. Season to taste

From Cordon Rouge--Recipes from the Red Herring

ERVegans World Vegan Day Recipes

Pasta with Mushrooms and Pesto

- ◇ Pasta of your choice (penne is good)
- ◇ Mushrooms
- ◇ Vegan pesto

1. Cook the pasta as per instructions and drain.
2. Heat the olive oil in a pan and stir fry the mushrooms for a few minutes.
3. Add the cooked pasta and the pesto.
4. Cook for a few minutes more.

ERVegans World Vegan Day Recipes

Spicy Sweet Potatoes

- ◇ 2 medium sweet potatoes
- ◇ 2 tsp finely chopped ginger
- ◇ 2 finely chopped jalapenos
- ◇ 3 tbl peanut butter
- ◇ some tamari

1. Cut the sweet potatoes into 1 inch cubes, then parboil them for 10 minutes in 1 inch of water.
2. Take the potatoes out, and add the other ingredients to the water. Stir it up, and then cook it all at low heat.
3. When it's warm, add the sweet potatoes and mix it all together.

Rich Curry / Vegan Pasanda

- ◇ 1 onion
 - ◇ 1 tablespoon sunflower oil or vegetable ghee
 - ◇ 4 mushrooms
 - ◇ 1/2 each of a red and yellow pepper
 - ◇ 2 oz frozen sweetcorn and /or peas (optional)
 - ◇ carton of soya cream
 - ◇ 1-2 tbl (or more) hot curry powder, according to taste
 - ◇ 4 oz veggie mince or 1 tin black eyed beans
 - ◇ 1 tbl Mango Chutney.
1. Fry onion in oil until softening,.
 2. Add curry powder and stir in just enough water to make a paste.
 3. Fry for about 5 minutes (add a bit more water if required)
 4. Add mushrooms and pepper and fry for another minute.
 5. Remove from heat and add a quarter of a cup of water. Stir well in then slowly add the soya cream, continuing to stir.
 6. Return to a moderate heat.
 7. Add lemon or lime juice, the frozen vegetables (if using) and the veggie mince or beans.
 8. Heat through, stirring occasionally.
Serve with Indian breads and/or rice.

An ERVegans Original Recipe

ERVegans World Vegan Day Recipes

Macfungus Croustard

- ◇ 8 oz Tofu
 - ◇ 1 lb Spinach or nettles
 - ◇ 3 cloves garlic
 - ◇ 8 oz mushrooms
 - ◇ 1 onion
 - ◇ 4 tbl oil
 - ◇ 2 tbl tamari
 - ◇ 1 spring parsley
 - ◇ 4 oz vegan margarine
 - ◇ 1 tbl mustard seeds
 - ◇ 6 oz oats
 - ◇ 1 oz nuts
 - ◇ 1 handful chives
 - ◇ salt and pepper
 - ◇ 3 tbl lemon juice
1. Fry sliced mushrooms, onion and mustard seeds in oil and tamari until crispy around the edges.
 2. Mash firm silken tofu with 2 oz of margarine, lemon juice, pepper, parsley, chives and garlic.
 3. Chop spinach or nettles.
 4. Toast oats and chopped mixed nuts in a heavy pan with 2 oz margarine and sprinkle with the salt until fat is melted and absorbed.
 5. Arrange mushrooms, spinach and tofu in layers and top with the oats. You can do this in one dish or individual dishes.
 6. Bake for 45 minutes in a hot oven
from Rainbows and Wellies by Jackie Redding and Tony Weston

ERVegans World Vegan Day Recipes

Gourmet Dinner sans washing up

- ◇ You will need £12
1. Call Hitchcocks Vegetarian Restaurant (01482 320233).
 2. Book a table
 3. Turn up for 8pm
 4. Eat as much as you like from the wide choice of dishes.
 5. Roll out about 11 pm

Orgasmic Chocolate Mousse

- ◇ Chocolate (plain) x 6 oz
- ◇ Orange Juice x 2 fl oz
- ◇ Firm Silken Tofu x 8 oz
- ◇ Muscovado Sugar x 2 oz
- ◇ Vegan Margarine x 4 oz
- ◇ Dates or Apricots x 1 oz
- ◇ Whisky x 1 fl oz
- ◇ Cointreau x 1 shot

1. Melt the chocolate in the orange juice, either in a microwave or for 2 minutes in a saucepan on medium heat.
2. Mix all other ingredients together in a blender, then add the melted chocolate whilst blending.
3. Chill for at least 3 hours or overnight.

from Rainbows and Wellies by Jackie Redding and Tony Weston

ERVegans World Vegan Day Recipes

Christmas Plum Pudding

- ◇ 200g (7 oz) chopped dates
- ◇ 1/2 teaspoon mixed spice
- ◇ 200g (7 oz) raisins
- ◇ 175g (6 oz) whole-wheat bread crumbs
- ◇ 200g (7 oz) currants
- ◇ 50g (2 oz) chopped almonds
- ◇ 200g (7 oz) sultanas
- ◇ 225g (8 oz) vegetable suet
- ◇ 100g (4 oz) prunes, chopped
- ◇ 50g (2 oz) whole-wheat flour
- ◇ 100g (4 oz) mixed peel
- ◇ 285 ml (9 1/2 fl oz) orange juice
- ◇ 225g (8 oz) Barbados sugar
- ◇ 1/2 teaspoon grated nutmeg

1. Wash the dried fruit and place it in a large mixing bowl. Stir in all the dry ingredients and then the orange juice. Cover and leave to stand overnight.
2. The next day, stir the mixture-- the consistency should be soft and firm, not runny. Add more orange juice if necessary. Press the mixture into a greased 1.2 litre (2 pint) pudding basin. Cover the top with two layers of greaseproof paper or a pudding cloth and secure with kitchen string.
3. Stand the pudding basin in a large pan with 7.5-10 cm (3-4 in) of boiling water in the bottom. Cover the pan tightly and steam the pudding over a low heat for about 2 hours, checking from time to time and adding more water to prevent it from boiling dry. Turn out and serve with your choice of topping (soya cream recommended).

from The Yoga Cook Book by the Sivanada Yoga Vedanta Centre

ERVegans World Vegan Day Recipes

Blackberry Bread Pudding

- ◇ 8-10 slices thin, day-old bread, crusts cut off
- ◇ Juice of 1 orange
- ◇ 2-3 tablespoons water
- ◇ 4-6 oz(100-150g) caster sugar
- ◇ 1 tablespoon blackcurrant cassis liqueur
- ◇ 1 1/2 lb (750g) blackberries

1. Rinse a 1 1/2 pint (900 ml) pudding basin with cold water. Cut a circle of bread to fit the bottom of the basin and some wedge-shaped pieces to fit around the sides; press bread firmly to line the basin so that there are no gaps. Keep a few slices of bread to cover the top.
2. In a small saucepan, heat the orange juice, water and sugar; stir to dissolve. Add the blackberries and cook for a few minutes. Take off the heat and strain off about 1/4 pint (150 ml) of the fruit juices into a jug and keep.
3. Pour the fruit and remaining juices into the bread-lined bowl. Arrange the remaining bread over the fruit and cover with a saucer that fits snugly into the top of the bowl. Place a weight (tin of baked beans?) on top of the saucer and leave overnight.
4. Next day turn the blackberry pudding out onto a large serving dish. Add the cassis to the reserved blackberry juices in the jug and pour over.

from Tastes of Wales by Gilli Davies