

Lemon Cake

350 ml soya milk
170 ml vegetable oil
200g caster sugar
½ tsp vanilla essence
2 tablespoons grated lemon zest
350g wheat flour
3½ teaspoons baking powder

1. Pre-heat oven to 175C/350F/Gas 4.
2. Grease a 7 inch round tin (or for a traybake use a tray about 10" x 8").
3. Place the soya milk, oil, sugar, vanilla and lemon zest in a large bowl and whisk thoroughly.
4. Measure out the flour and baking powder. Give a good stir to combine.
5. Sift the flour mixture into the wet ingredients and mix well to combine. Whisk if necessary).
6. Pour the mixture into your tin and bake for 50-60 minutes (7" cake) or 35 minutes (traybake) or until a cocktail stick comes out clean.
7. Top with vanilla icing - recipe below - and sprinkle grated lemon zest on top to decorate and also enhance the lemony flavour.

Vanilla Icing

3 oz (85g) vegan margarine
1 tsp vanilla essence
9 oz (170g) icing sugar, sieved

1. Mash margarine and vanilla essence into the sugar with a fork.

Note. If you want really thick icing replace half the margarine with vegetable fat (e.g. Trex). If possible leave the Trex out to soften for a couple of hours before using.

Lemon and Coconut Cheesecake

Base - 4 oz (115g) marg
1 tablespoon golden syrup
8 oz (225g) oats
Topping - 13oz (375g) tofu, chopped
¾ block (150g) creamed coconut, chopped small
3½ oz (105g) margarine
4½ oz (128g) sugar
juice of 2-3 lemons
Decoration - desiccated coconut
grated lemon rind (lemon should be organic or unwaxed)

1. Start by making the base; melt the margarine and golden syrup in a saucepan over a low heat. Remove from the heat and stir in the oats thoroughly. Press down well into a large flan dish and place in the fridge.
2. To make the topping, place the tofu, creamed coconut, margarine, sugar and juice of two of the lemons into a food processor. Blend until smooth. Taste and add more lemon juice if needed.
3. Place the topping into the flan dish on top of the base, smooth down and decorate with desiccated coconut and lemon rind. Chill for a few hours until set.

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Savoury Dishes

Vegan Recipes

Cheezy Lentil Slice

6 oz (175g) split red lentils
12 fl oz (340ml) water
4 oz (115g) vegan cheese, grated*
1 med onion, finely chopped
2 oz (55g) mushrooms, chopped
fine 1.5 oz (40g) breadcrumbs/well-cooked millet/rice
1 tbsp vegetable oil
1 tsp dried mixed herbs
salt and pepper

1. Put lentils and water into a medium saucepan and simmer very gently until lentils are tender and all the liquid absorbed - 20-30 minutes.
2. Add grated cheese, onion, mushrooms, breadcrumbs, oil and mixed herbs to the lentils, mixing well. Season to taste with salt and pepper.
3. Place in a well-greased oven dish and bake at 180C/Gas Mark 4 for 45 minutes or until golden-brown on top. Can be served hot or cold and feeds 4.

**Vegan cheese: much as we love Bute Island Sheese, it does not work in this recipe, so make sure you use Cheezly by Redwoods.*

Use cooked millet or rice or gluten-free breadcrumbs if you want the recipe to be gluten-free.

Quick Crusty Pizza

3 oz (90g) tomato puree
3 tbsp (45 ml) olive oil
¾ tsp mixed herbs
3½ oz (100g) vegan cheese, grated
4 dssp (50 ml) soya milk
2 baguettes (about 10" long)
Topping
160g sweetcorn
2 small tomatoes, sliced
½ a small jar olives, chopped

1. Mix tomato puree, olive oil and herbs well (and give it a mix again just before you use it).
2. Mix vegan cheese and soya milk in a blender or mash together with a fork until you have a paste.
3. Spread tomato mix onto baguettes, followed by cheese mix. Add the toppings or your favourite pizza toppings.
4. Bake at 220C for 10-15 minutes.

Good served hot or cold. If serving hot, replace the olive oil with vegetable oil if desired.

Why not try the cheesy recipe overleaf as well.

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Other yummy recipes at
veganvillage.co.uk/recipes

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Cashew Nut Roast

8oz (225g) cashew nuts, ground
6 oz (170g) breadcrumbs
½ teaspoon basil
½ dessertspoon thyme
pinch black pepper
2 large onions, finely chopped
1 clove of crushed garlic
vegetable oil as required
2½ oz (70g) plain wholemeal flour
7½ floz (215 ml) water
1 dssp soya sauce
1 dssp tomato puree
1 dssp marmite

1. Mix cashew nuts, breadcrumbs, herbs and black pepper together in a large mixing bowl.
2. Fry onions and garlic using enough oil to cover the bottom of the pan. Add flour and cook gently for a couple of minutes, stirring continuously.
3. Add water, mix and bring to the boil (you may need to use a whisk to ensure the flour is mixed in completely). Add soya sauce, tomato puree and marmite. Take pan off the heat and add the dry mix. Mix thoroughly.
7. Place the mix in a greased baking tin. Bake at 200°C/400°F/Gas Mark 6 for 45-60 minutes. Serves 4.

Useful Websites

Take the Vegan Pledge!

vegansociety.com/veganpledge

Animal Free Shopper

vegansociety.com/afssearch.aspx

Upcoming Events

veggies.org.uk/events/animal-rights-calendar

Vegan Cheese Pizza Topping

50g white flour
1-2 tsp salt
650ml water
225ml vegetable/sunflower oil
2 tsp mustard
40g nutritional yeast flakes/Engevita

1. Mix flour and salt in a saucepan.
2. Add water gradually.
3. Bring to the boil, then boil for one minute. Take off the heat and whisk in the oil, mustard and yeast flakes using a whisk or fork.

This makes enough to cover 5 x the previous recipe. If using this cheesy topping, make 1½ times as much tomato base.

Why not try this on top of steamed broccoli, cauliflower, or over some macaroni?

Tomato Salsa

1 small red onion, chopped finely
6-8 tomatoes, chopped
1 apple, cored and chopped finely
1 red pepper, chopped finely
Pinch of chilli powder, or to taste
Juice of 1 lemon, or to taste
Salt and sugar to taste
3-4 tbsp chopped fresh coriander, optional
Small drained tin sweetcorn

1. Mix everything together and leave for at least an hour to allow the flavours to mingle.

Gluten-free

Sweet Dishes

Chocolate Cake

8 oz (225g) caster sugar
4 dssp cocoa powder
12 oz (340g) plain white flour
1½ tsp bicarbonate of soda
6 floz (170ml) vegetable oil
¾ pint (350ml) cold water
2 tsp vanilla essence
4 tsp vinegar

1. Preheat oven to 180°C/350°F/Gas 4. Oil a 7 inch cake tin.
2. Sieve sugar, cocoa, flour and bicarbonate of soda into a mixing bowl and mix well.
3. Add oil, water, vanilla essence and vinegar to dry ingredients. Combine well, but do not beat.
4. Pour into a 7 inch cake tin and bake for 1 hour or until a cocktail stick comes out clean. Turn the cake halfway through baking.
5. Cool thoroughly and top with chocolate icing (recipe below) and sprinkle grated chocolate on top.

Chocolate Icing

2½ oz (75g) vegan margarine
¾ tsp vanilla essence
1½ dssp (15g) cocoa powder, sieved
9 oz (255g) icing sugar, sieved

1. Mash margarine and vanilla essence into the cocoa powder and sugar with a fork, until it comes together to form a stiff icing.

Coffee and Walnut Cake

300g (10½ oz) plain flour
200g (7oz) brown sugar
1 tsp cinnamon
4 tsp baking powder
60g (2oz) walnuts, & extra to decorate
4 tsp instant coffee - dissolve in a little boiling water and top up with cold to 300ml (11fl oz)
170ml (6 floz) vegetable oil

1. Preheat oven to 190C/375C/Gas 5.
2. Sift dry ingredients and mix well. Stir in nuts.
3. Mix in wet ingredients.
4. Pour into greased 7 inch tin and bake for 50-60 minutes.
5. Cool completely and if desired ice with coffee icing: dissolve 3 tsp coffee powder in 3 tsp boiling water. Cool and mash with 255g sieved icing sugar and 45g vegan margarine.

Maya Gold Choco Balls

7 oz (200g) dates - soak 1 hour
3 oz (85g) raisins - soak 1 hour
6 oz (170g) cashew nuts
3 oz (85g) desiccated coconut
1½ oz (45g) cocoa powder
½ tsp nutmeg
½ tsp cinnamon
grated zest of 1 orange (organic or unwaxed)
3 tsp vanilla essence

1. Grind cashews in food processor with coconut, cocoa, spices and orange zest. Add remaining ingredients (drain and squeeze dates and raisins) and process until smooth and blended.
2. Roll in cocoa powder, sesame seeds or melted chocolate and keep in fridge.