

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.

Cake making tips

Generally

The raising agent in a cake (e.g. bicarbonate, baking powder, vinegar or the raising agent in self-raising flour) is quite potent so don't deviate from the recipe unless you are confident that your changes will work.

Mixing

When you are mixing the cake batter, mix enough to give an evenly combined mixture, then stop! Do not overmix.

Baking

Make sure the oven is pre-heated to the correct temperature before the cake goes in.

Usually cakes need turning just after halfway through baking time, but if your oven bakes super-evenly, there is no need. If you turn the cake, do it quickly so that the oven door isn't open for too long as temperature changes can affect your cake.

Icing

The icing recipes given here are too thick to spread... take pieces of the icing and mould them into shape by hand and put onto the cake. Once the cake is covered, tidy up with a knife.

Decorate straight away because the icing loses its 'stickability' quite quickly and you want to make sure that the decorations stick to the cake.

www.fairfoods.org.uk
www.fairfoods.wordpress.com

Savoury Dishes

Vegan Recipes

Baked Bean, Onion and Vegan Cheese Pasties

400g tin baked beans
85g vegan cheese*
60g chopped onion
15g nutritional yeast flakes** (optional)
pinch black pepper and salt
500g shortcrust pastry***
soya milk, for brushing

1. Mix beans, sheese, onion, nutritional yeast (if using) and black pepper in a medium bowl. Taste and add more salt and/or pepper if needed.
2. Roll pastry to around 1/8 inch thick and cut into three 8-9 inch circles (a plate makes a good template). Brush the edges with soya milk and put a heaped ½ cup filling in the centre of each. Fold the pastry edges up to the centre and pinch them together, pleating or folding over as you go. Brush the outside with soya milk and prick with a fork (this lets the steam out during cooking).
Bake on a sheet at 180 C/Gas 4/ (350 F) for around 40 minutes, until pastry is lightly browned. Serve hot or cold.

*Cheezly and Sheese are available from most health food shops.

**Engevita yeast flakes are sold in independant health food shops.

***Most Jul-rol pastry is currently vegan.. check the packet.

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.

Pizzas served today (24.9) used vegan pizza cheese recipe overleaf,

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Other yummy recipes at
veganvillage.co.uk/recipes

Red Pepper & Courgette Mini-Quiche

Pastry

See recipe to the right or use shop-bought shortcrust pastry: most Jul-rol pastry is vegan, check the packet.

- 1 medium onion, finely chopped
- 1 medium courgette, small cubes
- 1 med red pepper, chopped small
- 10oz (285g) firm tofu, cubed
- 1 level tsp mixed herbs
- 1 dssp tomato puree
- ½ level tsp salt
- generous pinch black pepper
- generous pinch ginger
- ½ pack vegan cheese, grated
- big splash of soya milk

1. Preheat the oven to 200C/400F/Gas 6.
2. Make pastry as per recipe to the right or shop-bought.
3. Roll out pastry and use a cutter (about 2¾ inch) to cut the pastry into rounds. Place them all into a bun tray and bake for 10 mins to set the pastry, or if making a large quiche, press into a small-medium flan dish.
4. Fry the onion for a few minutes then add the courgette and red pepper. Fry until they begin to soften.
5. Take off the heat and add the tofu, tomato puree, condiments, cheese and enough soya milk to make the mixture moist.
6. Place about a heaped tsp into each mini-quiche. Bake for 25 mins if mini-quiches and 30-35 minutes for a large quiche, until golden. Makes 30 mini-quiche or one large one.

Wheat pastry

- 8 oz (225g) plain white/wholemeal flour
- 4 oz (115g) vegan margarine
- enough water to bind

1. Make pastry by rubbing the margarine into the flour until it resembles fine breadcrumbs.
2. Add enough water to make a dough which is soft, but not sticky.
3. Wrap in cling film and place in the fridge for 30 minutes before use.

Note. Also works well replacing half the marg with white vegetable fat e.g. Trex. For the gluten-free pastry recipe see: <http://fairfoods.wordpress.com/2009/08/29/gluten-free-pastry/>

Vegan “Scotch eggs”

- 1 packet sos-mix
- ½ tsp nutmeg
- ½ tsp sage
- ½ tsp parsley
- Approx 3 tbsps flour
- 15 button mushrooms
- breadcrumbs

1. Prepare “sos-mix”, add nutmeg, sage and parsley. Mix it all up, roll it out on some flour into a big circle about 1 cm thick.
2. Roll each button mushroom in flour. Then place it in the middle of the “sos-mix”, and wrap around. Keep pressing firmly to create a ball.
3. Dust with flour again and roll in some oil and finally, breadcrumbs. Bake in oven at 180C for 20 minutes.

From animalsnotingredients.co.uk

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. Boil for a minute, then add oil, mustard and yeast flakes.

Chocolate Chip Cookies

- 5 oz (140g) vegan margarine
- 5 oz (140g) caster sugar or brown sugar
- 1 dessertspoon soya milk
- 1 tsp golden syrup or maple syrup
- 10 oz (300g) plain white flour (or half wholemeal, half white)
- ½ tsp bicarbonate of soda
- 4 oz (110g) dark chocolate chips

1. Cream the margarine and sugar together.
2. Stir in soya milk and golden syrup or maple syrup.
3. Gradually add the flour and bicarbonate of soda, then the chocolate chips and mix well.
4. Use your hands to roll mixture into teaspoon-sized balls.
5. Place on a greased baking tray and bake for 15-20 mins at 180°C/350°F/gas 4.

Chocolate Cake

- 8 oz (225g) caster sugar
- 4 dssp cocoa powder
- 12 oz (340g) plain white flour
- 1½ tsp bicarbonate of soda
- 6 fl oz (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.