

Taunton Vegan Food Fair

10 April 2010



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Introduction

Veganism is the kindest, and some would add the healthiest, diet. As explained on page 4, by reducing or eliminating animal products, you can vote up to three times a day with your fork to be kind to animals, kind to your body, and kind to the planet, since a vegan diet uses only one fourth as much land as a meat based one.

To help you out there are lots of recipes in this booklet. Most have been used at tastings and food fairs. They are yummy tried and tested meals which we are sure you and your friends will enjoy. In fact you may well find yourself saying "I can't believe it's vegan!"

There is also a list of vegan alternatives to popular foods, and details of health foods shops and veggie/vegan restaurants near in and around Taunton.

Vegan Food in and around Taunton*

Healthfood Shops

- Sunseed, 28 Bridge Street, Taunton, TA1 1UB. Tel 01823 325111.
- Holland and Barrett, 5 Old Market Centre, Taunton, TA1 3TP. Tel 01823 274 347.
- Julian Graves, 57-58 High Street, Taunton, TA1 3PT. Tel 01823 288197.
- Country Harvest, 8 St. James Street, The Courtyard, Taunton, TA1 1JR. Tel 01823 252843

The above shops sell a wide range of products suitable for vegans.

Restaurants/shops with vegan options

- Boots, 64-65 High Street, Taunton. Their organic 'Bugsy' sandwich is marked vegan at time of writing. They also have a vegan sandwich containing roast vegetables.
- Caffe Nero, 15 Fore Street, Taunton. The red pepper penne pasta meal, hummus and red pepper wrap and Mediterranean cous cous salad are vegan at time of writing.
- Pizza Express, 20 Bridge Street, Taunton. At time of writing their bases, tomato sauce and many of the toppings are suitable for vegans, so they can make vegan pizzas to order. Contact in advance (01823 352 245).
- Pizza Hut, Taunton Riverside Park, Hankridge Way, Taunton. Pan pizza, mia, Italian and Tuscani pizza bases

are all vegan at time of writing so you can have these pizzas without cheese.

- Starbucks, 8 Fore Street, Taunton. Usually has a vegan savoury snack available.
- Wetherspoons, 22-23 East Street, Taunton and 30 Bridge Street, Taunton. Sweet potato, chickpea & spinach curry is vegan at time of writing.

Vegetarian/Vegan Restaurants

- Blue Note Cafe, 4a High Street, Glastonbury, BA6 9DU. 01458 832 907.
- Cafe Galatea, 5a High Street, Glastonbury, BA6 9DP. Tel 01458-834284.
- Rainbow's End, 17a High Street, Glastonbury, BA6 9DP. Tel 01458 833896.

Unfortunately there are no exclusively vegetarian/vegan restaurants in Taunton that we are aware of at the time of writing. Glastonbury has a great choice of veggie/vegan restaurants (see above) and is well worth a trip. It also has a very well-stocked health food shop: Wholefoods, 29 High Street, Glastonbury.

*The above shops and restaurants are listed because they have vegan food available. None of them are exclusively vegan. It is recognised that some people may want to avoid some of the above establishments due to other ethical considerations.

Vegan Toolbox

1 WHY VEGAN?

Ask yourself why you want to go vegan and identify your 'triggers'. Was it a video you saw, an article or book you read or a photograph you looked at that inspired you go vegan? Acquire a copy of that video, article, book or photograph so that if you ever need reminding why you went vegan, you can go back and look at it.

Also see 'Why Vegan' on page 4.

2 TAKE INSPIRATION FROM YOUR CURRENT DIET

Many of your current foods can be taken with you into your vegan lifestyle so take a good look at them:

i. Identify foods you eat which are already vegan

If they're already vegan, you can immediately add them to the list of foods you will eat;

ii. Identify foods you eat which can easily be converted

Most dishes can be transformed into a vegan option, some with great ease, others with a little ingenuity.

e.g. if you use butter, change to vegan margarine; use vegan vegetable stock; replace cows' milk with soya, rice or oat milk; use vegan mayonnaise instead of egg mayonnaise; use vegan margarine in pastry; use vegan cheese in a sandwich or pie; use vegan soya mince in chilli; use chickpeas in curry.

Also see the suggestions on page 3.

3 TRY OUT NEW FOODS

Identify some new dishes, e.g. find a recipe for egg-free cake, tofu quiche or vegan lasagne. See our recipes on page 5. The following websites also feature some delicious recipes:

www.vegansociety.com

www.veganvillage.co.uk/recipes

www.viva.org.uk

www.ivu.org

www.vegancampaigns.org.uk/resources/recipes.html

4 IDENTIFY LOCAL RESOURCES

Find out what your local shops have to offer vegans. Our quick reference list details vegan ingredients and where you are likely to find them, to give you a jump start. Whilst this list is a useful guide, it is not definitive as shops often vary from area to area.

Health food shops

Dried fruit, nuts, snack bars (Holland & Barrett often have special offers on their dried fruit, nuts and snacks) • Vegan cheese, vegan chocolate, vegan mayonnaise, soya, rice, oat and nut milk • In the chiller: vegan ready-meals, yogurts and fresh soya milk • In the freezer: vegan burgers, pies, sausages, Polony and ice cream.

Supermarkets

Many basic vegan items • Long-life and fresh soya, rice and oat milk, soya cream and yogurts • Some organic vegetables • Frozen and chilled vegan ready-meals, firm and silken tofu, vegan mince • Vegan cheese (Sheese)

from larger branches of Sainsbury's • Vegan cheese (Redwood's Cheezly) from Waitrose • The Co-op and Sainsbury's place a vegan symbol on their vegan items which can assist greatly.

Many corner shops

Soya milk

Specialist food shops, (e.g. Asian and Chinese)

Specialist vegetables • Chinese shops /supermarkets often sell tofu at a low price.

Local organic veg box scheme

Organic vegetables delivered to your door

Local markets

Cheap fruit, vegetables and nuts. Prices may be low because the products are also low in quality so you may need to pick and choose.

Local greengrocers

Vegetables and fruit

Vegan fairs and festivals

Not always local, but well worth attending for free food samples and specialist vegan products. There is usually copious amounts of vegan cake. See Veggies for a list of events www.veggies.org.uk/arc.php or ring them on 0115 960 8254.

Health food shops stock speciality products and if there is an item you especially want, they may be able to order it in.

5 IDENTIFY NATIONAL RESOURCES

For that **specialist product** that you can't get locally order online from www.veganstore.co.uk

For **support when you initially go vegan**, why not take a vegan pledge?

The Vegan Society (www.vegansociety.com) runs a nationwide pledge which offers the email support of a vegan mentor who can help answer any questions that come up during the pledge.

6 PLAN AHEAD

Look in your diary and see if you have any meals, day trips or evenings out planned where vegan food is going to be scarce. With a little know-how and advance planning, situations such as these are easy to deal with. For example:

i. If you sometimes find yourself leaving work hungry and in need of some instant food, identify ready-meals or local veggie/vegan eateries or chat to your local takeaway and find out what they can make for you that is vegan;

ii. If you have an office party coming up, identify some eateries that everyone would be happy with and ask them if they can cater for vegans. See the (non-extensive) list for Taunton on the front page;

iii. If you are going to non-vegan friends for a meal have a chat to them about the food. If they are open to the idea of making you a vegan dish, direct them to recipes and vegan resources. Alternatively offer to bring some vegan food yourself and wow them with your vegan cuisine.

Vegan Alternatives

For every animal product there is a vegan alternative...

Butter	Switch to vegan dairy-free margarines, such as 'Pure'.
Milk	Try soya milk, rice milk, almond or oat milk in any way that you'd use milk. Comes in sweet and un-sweetened varieties and different flavours, such as choc, vanilla and strawberry. Sweetened is recommended when making the switch from cows' milk. Experiment with brands and see which you like.
Ice cream	Delicious dairy-free alternatives include Tofutti, Beanies rice milk ice-cream, Booja-Booja and Swedish Glace ice cream - available in supermarkets.
Cheese	Check health food shops for vegan cheese, which is great on pizza, sandwiches and in sauces. Make sure you get a melting variety for pizza or cheese on toast.
Cream	Alpro single cream is easily available in health food shops and supermarkets. Soyatoo's squirty cream and Granovita's whipping cream can be bought at www.veganstore.co.uk and at some independent health food shops. Also see our recipe for thick cream in this booklet.
Eggs	Many recipes don't need eggs. Use commercial egg replacers in baked goods in the rare case that eggs are required. For breakfast, scramble tofu with onions, mushrooms and turmeric.
Mayonnaise	Plamil or other brands of vegan mayonnaise are available from most health food shops or can be found in the 'free-from' sections of supermarkets.
Yogurt	Experiment with the several brands of soya yogurt which is available from health food shops and some supermarkets.
Jelly	Look for vegan jelly crystals available from most health food shops.
Chocolate	You'll find many vegan brands of chocolate in your local health food shop and some in the supermarket.
Honey	Use golden syrup, agave syrup or maple syrup.
Burgers/ sausages	Veggie burgers and sausages are available from health food shops and supermarkets
Mince	Use soya mince. Frozen mince is recommended and can be used to make bolognese, chilli and vegan moussaka.
Other 'meats'	Redwood Foods make a wide variety of vegan 'meat' including bacon, ham, roast beef, chorizo, pepperoni, chicken and fish. These are available from many health food shops and some supermarkets. They can also be bought direct from Redwoods online.

Your Questions Answered

Is it expensive to eat vegan?

That all depends on you. If you go for pricey convenience foods every day it may be costly, but then that would be expensive on any diet. Some products such as vegan cheese are more expensive than their animal-derived equivalent but others are cheaper, so overall there is no reason why you should have to spend more money. If you prepare most of your meals from basic ingredients and use packaged convenience foods only some of the time, you can eat very cheaply.

Any tips for replacing cows' milk in my tea and coffee?

Try replacing the cows' milk with soya milk, rice milk or oat milk. Sweetened is recommended. All of these are easy to get hold of, being sold in supermarkets and health food shops. You may even find soya milk in your local corner shop so keep an eye out.

Soya milk has a distinctive taste and it may take your palate a little time to adjust. Experiment with different soya milks to find your favourite. Rice milk has a silky taste

and is easy to adapt to. It is slightly thinner than cows' milk, as is oat milk.

When it comes to coffee, it helps to use a bit more soya milk than you would have done cows' milk. Alpro soya milk works well. Weaker coffee is also less likely to curdle and it helps if the soya milk is heated and the coffee is allowed to cool slightly before adding the milk. If all else fails and the coffee curdles, tip in extra soya milk, stirring all the time.

What alternatives are there to cheese?

Start with Toffuti or Bute Island vegan cream cheese. Both are very smooth and creamy.

Then try hard vegan cheese such as Sheese and Cheezly. Redwoods Melting Cheezly is at the smoother and softer end of the hard vegan cheese range and perfect on pizza and lasagne.

You might find it beneficial to leave off dairy cheese for a couple of months before trying vegan cheese to give your taste buds a chance to adapt. For many people though, it is love at first bite.

Why Vegan?

CHOOSE TO BE KINDER TO ANIMALS

All over the world, farmed animals are kept in the most appalling conditions, exploited to the limits of their endurance and slaughtered at a fraction of their natural lifespan. You can choose to contribute to their suffering by continuing to finance the meat and dairy industries, or you can choose to boycott animal products and make a powerful statement that it's time to stop treating animals as commodities.

MEAT IS MURDER

Every year a billion animals, most of them from factory farms, meet a cruel and early death to satisfy the demand for meat in the UK. Chickens raised for meat live just a few weeks and pigs a mere six months, while sheep average about two years and cattle about four.

Fish suffer too, dragged from the deep in their millions to suffocate slowly in the air or be crushed to death by the weight of their dying companions. Choosing not to eat meat, poultry and fish is an important step in showing compassion towards animals and helping to reduce their suffering. Now why not take the next step?

POOR CALF

Dairy calves are taken from their mothers within days of birth, causing immense distress to both. Mere by-products of milk production, they are of little value for meat. About a quarter go to replace worn out dairy cows in the relentless cycle of milk production. The rest, including all the males, are killed – often when just a few days old.

POOR COW

Like people, cows produce milk only after giving birth. To provide a constant stream of milk, cows are kept in a perpetual cycle of pregnancy and lactation. It is not true that humans just 'use up' the spare milk that the calf doesn't want. Dairy cows are deliberately bred to produce ten times more milk than a calf would naturally drink. The strain of this is such that after just a few years her milk yield drops and she is replaced with a more profitable animal. As with all farmed animals, she is destined for the slaughterhouse.

THE SHORT MISERABLE LIFE OF THE LAYING HEN

The vast majority of laying hens are kept in cages so small they can't even stretch their wings, peck or scratch the ground. After a year of egg production, output decreases and most are sent for slaughter. To replace the 'spent' hens, a new generation of laying hens is needed. Male chicks are treated as waste and killed at just one day old.

FREE RANGE?

People who are sickened by the cruelty of factory farming sometimes think that free range or organic farming is the answer. It is not. Male offspring are equally worthless in all types of milk and egg production and share the same fate

whichever system they are born into: there is no system of production that does not involve the exploitation and suffering of animals.

Help stop animal suffering – Go Vegan!

CHOOSE TO TREAD LIGHTLY ON THE EARTH AND HELP ITS POOREST PEOPLE

You can choose to limit your environmental impact by cutting car use, being energy efficient, reducing, re-using and recycling, or buying local produce - actions that are neither difficult nor time-consuming. Choosing a vegan diet is among these.

Meat-intensive diets contribute to worldwide environmental degradation - to global warming, deforestation, desertification, water pollution and the malnourishment of millions of people. You can choose to minimise your contribution to environmental destruction by living a life free from animal products.

CHOOSE TO BE HEALTHY

A well-balanced wholefood vegan diet is up there with the healthiest of diets. It can improve your quality of life and decrease your chances of succumbing to many significant diseases, including heart disease, stroke, diabetes and some cancers.

General guidelines: If you want a diet that is not just good but super-healthy, ensure it is varied. Eat plenty of fruit and vegetables, especially those with strong colours since they tend to have more nutritional benefits. Also include plenty of wholegrains and cut down on processed foods, especially hydrogenated fats. Generally, the more processed a food is, the less nutrients it contains.

Ensure you have a reliable source of B12 (fortified foods including yeast extract, many breakfast cereals, some soya milks and soya margarines OR a supplement), iodine (kelp - just 15g per year), omega 3 (add a daily teaspoon of flaxseed oil or 1½ tablespoons ground flax seed or 2 tablespoons rapeseed oil) and vitamin D2 (expose your face and arms to the sun for approximately 15 minutes per day. If your sun exposure is limited (for example in a British winter) or if you are dark-skinned make sure that you get 10 to 20 micrograms of vitamin D2 each day from fortified food or a supplement).

A good vegan diet provides all the nutrients we need. Animal products are neither necessary nor desirable. Choose to eat healthy. Choose to eat vegan.

Based on information from The Vegan Society

Recipes

Starters and Snacks

Cocktail Kebabs

8 oz (225g) plain or flavoured tofu
6 vegan sausage
1 red pepper
1 orange pepper
2 punnets cherry tomatoes
1 large tin pineapple (or equivalent in fresh)
1 pkt vegan cheese (melting Cheezly)
1 small jar pickled onions

1. If using plain tofu cut into 1 inch chunks (or preferred size), marinade in a little soya sauce and bake in a hot oven for 10-15 minutes.
2. Cook sausages if required, as per instructions on packet.
3. Optional: roast the peppers and remove the skin.
3. Cut everything into 1 inch chunks, (or preferred size), and arrange in different combinations onto cocktail sticks and serve.

This recipe is very flexible, pick out the toppings you like! If you include some colourful toppings these kebabs look great on a buffet or arranged on a plate as a starter/snack.

Can be gluten-free, depending which vegan cheese and sausages are used

Hummus

8 oz (225) cooked chickpeas
2 tablespoons light tahini
Juice of 2 lemons
4 tablespoons olive oil
2 garlic cloves crushed
Salt and pepper to taste

1. Blend everything in a blender until smooth and creamy. If you require a more runny texture add a little water and blend again.

Gluten-free

Black Olive Paté

1 tin (350g) pitted black olives, drained
1 tbsp olive oil
1 clove garlic, chopped
1 tsp dried mixed herbs
Freshly ground black pepper

Blend everything in a food processor until it looks like caviar. Pile into a small bowl and serve.

By Vegan Village

Gluten-free

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 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

Sausage Rolls

8 oz (225g) sos-mix or your preferred burger mix
11½ oz (325g) puff pastry*

1. Pre-heat oven to 200°C/400°F/Gas 6.
2. Make up sos-mix as per instructions.
3. Roll out the pastry into a 3-4 inch (7.5-10 cm) wide strip. Roll sos-mix into a long sausage shape and place along middle of pastry strip. Wet edges of pastry, roll up and seal well.
4. Cut into lengths, brush with soya milk and make snips with scissors or knife on top. Bake in oven on greased baking tray for about 25 minutes.

Alternatives. Take some sun-dried tomato and chop it fairly small. Mix it in with the sos-mix before you add the water.

**Jus-Rol puff pastry is currently vegan.*

Basic Salad Dressing

Juice ½ lemon
2 tsp cider vinegar or other vinegar
Large pinch salt
Pinch pepper
Pinch sugar - optional
3 floz (90 ml) olive oil or vegetable oil

Place all the ingredients in a screw-top jar and shake.

Gluten-free

Notes

Use fair-trade cocoa and sugar where possible
tsp = tea spoon
dssp = dessert spoon

tbsp = table spoon
g = gram
oz = ounce
lb = pound
ml = millilitre
fl oz = fluid ounce

Main Courses

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 small baguettes (about 10" long)

Toppings

Mushroom and spinach (80g mushroom and 20g spinach)
Sweetcorn and tomato (160g sweetcorn, 2 small tomatoes)
Cheatin' ham and pineapple (¼ pkt cheatin' ham and 1 small tin pineapple)
Olives (½ a small jar - nice added to tomato and sweetcorn pizza)
Chorizo (1 packet cheatin' chorizo)

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. Select toppings from the list, where necessary cut toppings into bite-size slices (there is no need to pre-cook) and add.
4. Bake at 220C for 10-15 minutes.

Note. These are good served hot or cold. If serving hot you can replace the olive oil with vegetable oil, though olive oil gives the pizza a lovely intense flavour which is not replicated by vegetable oil. Don't replace the olive oil if you are going to serve the pizzas cold.

Falafel

1lb (450g) cooked chickpeas
2 oz (50g) breadcrumbs
1 onion, peeled
4 garlic cloves
1 rounded teaspoon of cumin
1 rounded teaspoon of coriander
2 tablespoons finely chopped fresh parsley
black pepper
olive oil

1. Mince onion and garlic and put into a mixing bowl. Grate or mash chickpeas and add, together with remaining ingredients apart from olive oil. Combine thoroughly until everything binds together.
2. Take rounded dessertspoons of the mixture and roll into balls with the palm of the hand. Shallow fry the balls in hot olive oil until golden, drain on kitchen paper and serve warm. Serves 6.

Tip. If mixture is not binding very well add a small amount of gram flour

Original recipe from 'A Vegan Taste of the Middle East' by Linda Majzlik

Red pepper, Courgette and 'Bacon' Mini-Quiche

Pastry

12 oz (340g) plain wholemeal flour
6 oz (170g) margarine

Filling

2 medium onions
2 medium courgettes
2 medium red peppers
9 oz (250g) tofu
½ pkt Redwoods cheatin' bacon, chopped small - optional
1 level dssp mixed herbs
1.5 dssp tomato puree
1 level tsp salt
Generous pinch black pepper
and ginger
1½ packs of vegan cheese, grated
Enough soya milk to make a paste

1. Preheat the oven to 200°C/400°F/Gas Mark 6.
2. First make pastry by rubbing margarine into flour until it resembles fine breadcrumbs. Add enough water to make a dough which is soft, but not sticky.
3. Roll out pastry and use a cutter (about 2¾ inch) to cut the pastry into rounds. Place them all into a bun tray.
4. Now make the filling: chop the onions fairly fine; and chop the courgettes and red pepper small.
5. Fry the onions for a few minutes then add the courgettes and red pepper. Fry until they begin to soften.
6. Cube the tofu and chop the 'bacon' into bits. Add the tofu, 'bacon', herbs, tomato puree and condiments and fry a bit longer.
7. Take off the heat and add the cheese and enough soya milk to make a paste.
8. Place about a heaped teaspoon into each mini-quiche. Bake for about 30 minutes.

Makes about 50 mini-quiches.

Rice and Bean Casserole

1 x 420g can of baked beans
2 x 400g tin of chopped tomatoes
½ cup water
1½ cups cooked rice
½ cup chopped onion
½ cup shredded carrot
½ cup thinly sliced celery
¼ teaspoon ground cinnamon
⅛ teaspoon ground ginger
2 cloves of garlic, chopped

1. Combine all ingredients in a lightly greased casserole dish. Bake in a moderate oven (Gas Mark 4/350°F/180°C) for 35 to 40 minutes.

Can be gluten-free, depending which beans are used.

Pogo Cashew Nut Roast

1 lb (450g) cashew nuts, chopped
12 oz (340g) breadcrumbs
1 teaspoon basil
1 dessertspoon thyme
Generous pinch black pepper
4 large onions, finely chopped
2 cloves of crushed garlic
Vegetable oil to cover the bottom of the pan
5 oz (150g) plain wholemeal flour
15 fl oz (430ml) water
2 dssp soya sauce
2 dssp lemon juice
3 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, stir and cook gently for a couple of minutes.
3. Add the 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, lemon juice 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 8.

Cheezy Lentil Slice

6 oz (175g) split red lentils
12 floz (340ml) water
4 oz (115g) grated vegan cheese
1 medium onion, finely chopped
2 oz (55g) mushrooms, finely chopped
1.5 oz (40g) breadcrumbs/well-cooked millet
1 tbsp vegetable oil
1 tsp dried mixed herbs
1 tbsp lemon juice
Salt and pepper

1. Put lentils and water into a medium-sized saucepan and simmer very gently until lentils are tender and all the liquid absorbed - 20-30 minutes. If necessary add a little extra water but keep it to a minimum.
2. Add grated cheese, onion, mushrooms, breadcrumbs, oil, mixed herbs and lemon juice 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.

Can be gluten-free (use millet or gluten-free bread)

Desserts

Chocolate Fudge Slice

90 ml (3 floz) agave nectar
5½ oz (160g) peanut butter
2 oz (55g) sesame seeds
2 oz (55g) sunflower seeds
1½ oz (45g) cocoa powder
1 oz (30g) desiccated coconut
1 oz (30g) sultanas or raisins

1. Combine the agave nectar and peanut butter in a saucepan, and heat gently, stirring continually with a wooden spoon. Remove from heat and stir in the remaining ingredients, except sultanas.
2. Grease a small tin and press the mixture into it, smoothing the top. Sprinkle with sultanas and press them into the fudge. Refrigerate until firm - store in the fridge until needed.

Note. The agave nectar can be replaced with golden syrup.

Carrot Cake

Cake - 8 oz (225g) grated carrot
6 oz (170g) sultanas or raisins
5 oz (140g) plain white flour
5 oz (140g) plain wholemeal flour
3 tsp baking powder

6 oz (170g) sugar
1 tsp cinnamon
1 tsp ginger
7 fl oz (200 ml) vegetable oil
7 fl oz (200 ml) water
Pinch of salt
Dash of vinegar
1/2 tsp vanilla essence
Vanilla Icing - see recipe below
1¼ oz (35g) cashews/almonds, chopped

1. To make the cake mix, stir all the dry cake ingredients together and then mix the wet ones in.
2. Pour into a greased tin and bake for 25 minutes at 180°C/350°F/Gas Mark 4. Cool on a tray.
4. Ice the cake once it is cold and put chopped nuts round the edge.

Vanilla Icing

2 oz (55g) vegan margarine
½ tsp vanilla essence
6 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 - 2 oz (55g) margarine
11 oz (310g) vegan digestive biscuits
Topping - 13 oz (375g) tofu
3/4 block (150g) creamed coconut
3.5 oz (105g) margarine
4.5 fl oz (128 ml) coconut milk
4.5 oz (128g) sugar
Juice of 1-2 lemons
Decoration - desiccated coconut
Grated lemon rind (lemon should be organic or unwaxed)

1. Start by making the base; break the biscuits into crumbs using a food processor or put them into a bag and crush with a rolling pin. Place the margarine in a pan over a low heat. Once the margarine has melted take off the heat and stir in the crushed biscuits thoroughly. Press down well into a large flan dish and place in the fridge.
2. To make the topping, chop the tofu and creamed coconut fairly small and place into a blender with the margarine, coconut milk, sugar and juice of one of the lemons. 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.

Can be gluten-free if digestive biscuits are suitable.

Chocolate Cake

Cake - 8 oz (225g) caster sugar
4 dessertspoons cocoa powder
Pinch salt
9 oz (255g) plain white flour
3 oz (85g) plain wholemeal flour
1½ teaspoons bicarbonate of soda
6 fl oz (170 ml) vegetable oil
2 teaspoons vanilla essence
4 teaspoons vinegar
2/3 pint (350ml) cold water
Icing - 3 oz (85g) vegan plain chocolate
1 dessertspoon vegan margarine
1 dessertspoon icing sugar, sieved
Decoration - a few squares of vegan plain chocolate

1. Place sugar, cocoa, salt, flours and bicarbonate of soda in a mixing bowl and mix well.
2. Add oil, vanilla essence, vinegar and water. Combine well with a whisk or fork, but do not beat.
3. Pour into cake tin. Bake at 180C/350F/Gas Mark 4 for 40 minutes or until the cake springs back lightly when pressed. Cool thoroughly.
4. To make the icing, melt the chocolate in a bowl over a saucepan of boiling water with the margarine and icing sugar. Stir to ensure that the ingredients are well combined.
5. Smooth onto the cake, leave to cool for a few minutes then decorate with flakes of chocolate (grate the chocolate and/or cut it really finely with a sharp knife).

Note. Optionally slice the cake in half and fill with vanilla icing (recipe on previous page), put back together, then ice the top as above.

Fruit Scones

1 lb (450g) self raising flour
½ tsp salt
½ tsp baking powder
3½ oz (100g) margarine
4 oz (110g) raisins or sultanas
1½ oz (40g) sugar (optional)
9 oz (250g) sweetened soya milk

1. Set oven to 220°C/425°F/Gas Mark 7.
2. Sift the dry ingredients in a bowl. Cut the margarine into small pieces and rub into the flour until the mixture looks like breadcrumbs. Add fruit and sugar if using.
3. Bind the mixture together with the milk - a bit at a time, until the dough is very soft but not sticky.
4. Flour a board and pat the dough out flat until it is about 2-2.5 cm thick. Cut into scones using a pastry cutter or glass. Carefully place the scones on a greased baking tray and brush the tops with a bit of soya milk.
5. Bake in the top of the oven for 10-15 minutes until golden brown and scones are firm to the touch.
6. To serve the scones, cut in half and spread margarine on each half. Spread strawberry or raspberry jam on one half and cream (recipe below) on the other.

Thick Cream

½ packet silken tofu
1½ oz creamed coconut
Pinch salt
2 tsp vanilla essence
1 oz icing sugar, sieved

1. Blend all ingredients together until smooth. Chill.

Chocolate Biscuit Cake

4½ oz (125g) vegan margarine
2½ oz (75g) golden syrup
7 oz (200g) dark chocolate
2 oz (60g) digestive biscuits, broken into large chunks
2 oz (60g) whole walnuts
2 oz (60g) sultanas
1½ oz (40g) dates or glace cherries

1. Grease loaf tin (8" x 3").
2. Melt margarine and syrup together in a saucepan, over a low heat. Take off heat and add chocolate, stir until chocolate has dissolved.
3. Add the biscuits to the melted mixture, together with 40g of the walnuts, sultanas and dates (chopped) or cherries. Mix well.
4. Fill fairly flat into the tin and decorate with the rest of the walnuts (chopped first).
5. Set in fridge for 4 hours.