

Prunes in coffee

Cover ready-to-eat pitted prunes with strong coffee

Bring to the boil, simmer for 5-10 mins and allow to cool

Delicious on their own, or with vanilla Swedish Glace [non dairy “icecream”]

Plums in spiced syrup

Make a syrup of:

150 ml red wine	1 strip each of lemon and orange zest
50g caster sugar	2 cloves
sprig rosemary	5 cm cinnamon stick
1 bay leaf	

Poach 500g red plums in syrup

Reduce syrup by simmering if necessary

Serve warm or cold

Finally:

Ruth's flapjacks

makes 20-24 squares

160g non dairy spread / margarine	190g dried fruit, chopped fine –
160g sugar [soft brown or caster or a mixture]	dates, apricots or whatever
120g golden syrup	80g mixed seeds
260g porage oats	50g dessicated coconut

Melt margarine and sugar, pour over dry ingredients.

Spread into a baking tray 3cm deep and approx 18 x 28 cm, lined with nonstick paper

Bake at 180C for 20-25 mins.

The Accidental Vegan

Kate Darwin

What can you cook when you discover that your guest is vegan? My initial reaction to the news that our new lodger didn't eat animal products [no meat, fish, dairy, honey, eggs] was to declare that he couldn't stay long! That's because I concentrated initially on the things I *couldn't* cook – and had realised that some of my favourite vegetarian dishes would only “convert” if I ventured into buying weird substitutes for cheese, milk and so on.

However, I decided to see how many dishes I could cook that required no ersatz ingredients and I gradually realised that we could all enjoy a huge variety of plant-based meals together. (Our lodger stayed 3 months.)

The recipes in this booklet are vegan friendly but they are intended mainly for occasional vegan cooking. I was only providing one meal a day: our guest would be considering whether he needed to supplement his diet at other mealtimes. To keep healthy, vegans do have to know how to balance their nutritional requirements. So, if you are thinking of converting wholly, you will need to take advice.

I like *not* being a vegan because I want to cook without worrying about the presence or otherwise of particular nutrients. I aim for a variety of ingredients and dishes that will be both tasty and attractive to omnivores, vegetarians *and* vegans.

NB T = 15ml tablespoon, t = 5ml teaspoon

Sweet potato, coconut and spinach curry with tarka dahl

This curry can be made successfully with ordinary potatoes and chard instead of spinach. It would not be such a pretty colour BUT is worth trying: very tasty and more economical. The dahl is an optional extra, worth making in large quantities because leftovers can be adapted into delicious soup!

The sweet potato version freezes surprisingly well, though once it is defrosted you may need add something with a bit of “bite” like fresh green beans.

For 4-6 people. At least 60 minutes cooking time.

Start with the dahl:

4T vegetable oil
12 garlic cloves, chopped
1 ½ T of either seed spices e.g. mustard, cumin, coriander, fennel
or *punch phoran* [5 spice mix]
6 cardamom pods – split and scoop out the seeds
375g dried split peas

Fry garlic and seeds in oil till golden brown; add peas and roll them in the garlicky oil; add 1 ¼ litre water and bring to boil. Skim, cover and simmer for 45 -60 mins. You may need more water; you will need to add salt at the end.

While dahl simmers, make the curry:

4T vegetable oil	1t turmeric
2 white onions, chopped	500g spinach [or chard, leaves only]
800g sweet potatoes [or waxy ordinary pots]	50g ground almonds
1T curry powder	2 green chillies, thickly sliced
[plus ?2t punch phoran]	400g tin coconut milk
	juice of half a lime

Never on a weekday: Some desserts

Spiced pears with raspberries

100g caster sugar	250 ml water
1 vanilla pod, split open	
2 star anise	4 firm pears, cored and cut in half
1 cinnamon stick	1 punnet raspberries

1. Make a syrup by dissolving sugar in water and spices.
2. Pour over pears and bake at 170C till tender (c 30 mins)
3. Remove from oven, leave to cool
4. Serve at room temperature with yogurt

Baked bananas

Slice bananas, oranges and dates into a baking dish
Pour over orange juice – to about 2 cm depth
Bake about 30 minutes at 150C
Check it doesn't overcook or dry [add more juice if need be]

Crispy topping

175 g jumbo oats	1t cinnamon
2T agave syrup	

2-3 t oil [sunflower/corn/rapeseed]

Mix thoroughly and spread on baking paper for 15-20 mins till crisp and brown.

Scatter on baked/stewed fruit: e.g. plums and apples stewed in orange juice and scented with star anise or rhubarb with strawberries or ginger....

Apricots and pepper

250g ready-to-eat dried apricots	50g caster sugar
125 ml sherry	½ t crushed black peppercorns
125 ml water	

Bring to boil and simmer slowly for a long time – at least an hour

Tomato Sauce

400g tin tomatoes
half an onion, chopped fine
1 celery stick, chopped
2T oil

1t harissa
2t soft brown sugar
[optional: lemon juice]

Simmer the ingredients together at least 30 mins – there's no need to sweat the vegetables first. Puree before serving with the kushary.

NB: This is a very easy way to make tomato sauce; make double quantities and freeze some for another time. **Even easier is...**

Spinach and tomato pasta sauce

Roast cherry tomatoes till they collapse, add steamed spinach and toasted pine nuts That's it!

Sprouts and barley

200g pearl barley
1 onion
2 cloves garlic
2t chopped thyme
s&p
1t smoked paprika
2T tomato paste

1t balsamic vinegar
1T soy sauce
500ml stock
200g sprouts
100g mushrooms or handful of
cooked chestnuts

Sweat onions and garlic on oil, add herbs, spices, vinegar, soy sauce and stock.

Add barley and simmer for 30 mins. Check if done.

Fry mushrooms or chestnuts, and then the sprouts, till browned.
Add to barley and heat through until well cooked.

1. Soften onion in oil, c 5 mins. Add potato chunks, curry powder and other spices. Fast fry till mixture starts to stick.
 2. In 2 batches, stir in spinach, ground rice and chillies.
 3. When spinach has collapsed, add coconut milk.
 4. Simmer for [at least] 20-30 mins with lid on until potatoes are cooked. Remove lid and allow to reduce for 10 mins or so – or set aside to be reheated at your convenience.
 5. Adjust seasoning and stir in lime juice.
- Optional: add chopped fresh coriander.

Another vegetable curry

This curry is vividly coloured and tastes very fresh. Makes a good contrast to “browner” dishes! Make this with any proportion of cauliflower to broccoli or use 1k of either.

Heat ½ t each of the following spices in 3T oil:

powdered ginger
turmeric
cayenne
coriander
salt

mustard seeds
cumin seeds
¼ t cinnamon
1 clove of garlic

1. Coat 500g each of cauliflower and broccoli florets in the spice mixture
 2. Add ½ cup (125 ml) water and simmer till vegetables are just tender.
 3. Add 2 large diced tomatoes and 1 ½ cups frozen peas
- Optional: plenty of chopped fresh coriander as garnish.

Butternut squash and sweet potato curry

c 600g mixed sweet potato and
squash
1 large red onion
1T veg oil

2T curry paste
1 400ml coconut milk
60g red lentils
200ml water

1. Fry the cubed vegetables with chopped onion in oil for 4-5 mins
2. Add curry paste and fry for a minute or two more.
3. Add coconut milk, lentils and water and simmer for 25 mins or so.
4. Steam 150g green beans – or broccoli or courgettes or mange touts. Add to stew.
5. Serve with chopped coriander and warmed nan or pitta bread

Aubergine, chickpea and tamarind stew

This is delicious as a main course with rice and cucumber salad or can be teamed with other spicy dishes e.g. sweet potato and spinach curry. Serves 4. Takes at least 40 minutes. Can be cooked ahead until final step. It is excellent cold as a salad or as a filler for jacket potatoes. I recommend making double quantities while you're at it.

1 large aubergine : roasted in medium sized chunks for 20-30 minutes on a lightly oiled tray at 190C

4T olive oil
1 onion, sliced
2 garlic cloves, chopped
1 or 2 large whole green chillies [or red,if you like more heat]
1t ground cumin
1t turmeric
1t brown mustard seeds

400g tin chopped tomatoes
1 large green [or red] pepper, cut in chunks
1 heaped T tamarind paste
1T maple/agave syrup

400g tin chick peas
3 or 4 fresh tomatoes, cut into eighths
handful of fresh mint, chopped

1. Fry onion, garlic and chilli in oil for c10 mins or until soft. (Cut in thick slices and de-seed the chilli/s if you prefer).
2. Add spices including mustard seeds and cook for a further 5 mins
3. Add tin tomatoes, simmer for 5-10 mins
4. Stir in pepper, tamarind, syrup, aubergine pieces. Simmer until pepper is soft, then leave for as long as you like!
5. 10-15 mins before serving: add tin of chick peas and fresh tomatoes. Once stew is heated through, stir in chopped mint.
6. Serve with rice and optional yogurt or yogurt/cucumber salad

Vegetable tagine

2T oil	1 medium squash, cut in cubes
2 small onions	1 sweet potato, cut in cubes
2t ground cumin	2 carrots, in small cubes
2t ground coriander	150g dried apricots
1t chilli powdered	2T lemon juice
1t cinnamon	1 can chickpeas
2 cloves garlic, chopped	2T parsley
1T tomato paste	lots of chopped fresh coriander

Cook the onions till soft; fry off the spices, garlic and tomato paste. Add the vegetables, lemon juice and enough stock to barely cover the vegetables. Simmer 30 minutes until tender. Add the chickpeas, parsley and coriander stalks and heat through for 5-10 minutes. Serve with chopped coriander leaves.

Couscous is a good accompaniment: you could use the herbs to garnish the couscous rather than the tagine. Pomegranate seeds and/or toasted cashew nuts are excellent additions.

Kushary

Kushary is a very filling Middle Eastern street food!

110g long grain rice	1t ground cumin
140g brown lentils	400ml stock
8T olive oil	s&p
1 white onion, chopped	

Sweat the onion
Add spice, roll rice and lentils in the oniony oil
Add stock (home made or Marigold *Vegan Stock Powder*)
Add 2 more onions cut in large “half moons” to simmer on top of the rice and lentil mix.
Cook 75g of small macaroni and stir into the mix once cooked.
Serve with **tomato sauce**

Roast cauliflower

1 large cauliflower [c1kg] trimmed and separated into 3-4cm florets
2 red onions
30g pitted green olives, halved
1T sweet paprika
30g mixed seeds and/or nuts
2 garlic cloves, peeled and crushed
3T olive oil
s&p

to serve: parsley, chopped

Mix all ingredients and spread on 30x40cm baking dish, preferably on nonstick baking paper. Roast @ 200C for about 30 minutes. Allow to cool for 5 mins and scatter with parsley.

OR roast the cauliflower in a little oil and then serve with **Tahini sauce**

Tahini Sauce

1. Saute 2 minced garlic cloves in 2t olive oil
2. Stir in :
 - 2T tahini
 - 1T lemon juice
 - ¼ t salt
 - 5T water

Asian salad

Make a dressing with the following ingredients and leave for at least ½ hour:

1 small red chilli, without seeds, minced
1 garlic clove
1T sugar
1 ½ t rice vinegar
1 ½ T lime juice
1 ½ T nam pla (Thai fish sauce)
1 ½ T veg oil
finely diced onion/shallot
black pepper

Use to dress a salad of about 400g shredded raw vegetables:

white &/or red cabbage
carrot
celeriac

Chop a fat bunch of mint and stir in.

Peanut sauce for baked sweet potatoes or tofu

Whisk together:

¼ cup peanut butter
½ t ground ginger
2T lime juice
1T soy sauce
2T sesame oil
3T maple / agave syrup
1T sweet chilli sauce [or chilli flakes]

Bake the sweet potatoes at 200C for c 40 mins; split and serve with the sauce.

For tofu, press the block to dry it a bit and then slice. Bake at 200C turning halfway through. Takes about 25 mins. Pour sauce over to serve.

Muhummara

Mix in a food processor:

3 red peppers, roasted, skinned and de-seeded [or use prepared ones from a jar]
50g bread crumbs
½ T lemon juice
1T pomegranate molasses
1 ½ t ground cumin
½ T chilli flakes
1 garlic clove
50g walnuts
2T olive oil
¼ t salt

Eat as a dip or on crackers or as a filling for sweet potatoes [see above] or ordinary baked potatoes.

Broad bean hummus

Blend:

160g beans
juice & zest half a lemon
10/12 mint leaves
s&p
olive oil

Carrot dip

Blend:

300g cooked carrots	juice 1 lime
1 ½ t ground cumin	5T olive oil
2 t harissa paste	1 ½ t agave/maple syrup
½ T white wine vinegar	s&p

Chard and tamarind

1 ½ T olive oil	4T tamarind pulp
1 med onion, sliced	400g can tomatoes
1 ½ t coriander seeds – toast and grind [or use ready ground]	350 ml water
2t caraway seeds	s&p
1T tomato puree	400g can chick peas
	400g swiss chard

1. Sweat the onion, add spices until they are fragrant.
2. Add tomato paste, tamarind pulp, tomatoes, water and chickpeas.
3. Finally add the chopped chard and cook till tender.
4. Add juice of a lemon
5. Serve with rice and chopped fresh coriander

Moroccan Seven Vegetable Stew

Be sure there are *at least* seven different vegetables in the dish. Seven is a magic number and so this stew is very good for you!

2T oil	[optional additions e.g. okra, leeks, courgettes]
1 large onion chopped	
2 carrots chopped	3t harissa paste
1 small swede chopped	1t turmeric
1 red pepper chopped	4 cm piece of fresh ginger root, grated
2 cloves garlic chopped	s&p
400g tin tomatoes	
300g frozen broad or soy beans	
250 ml vegetable stock (home made or Marigold <i>Vegan</i> Stock Powder)	

1. Sweat onion in oil till soft
 2. Brown the chopped vegetables, add the tomatoes.
 3. Mix harissa, turmeric and grated ginger into a paste and add to the stew.
 4. Pour the stock over the vegetables and simmer.
 4. Once root vegetables are tender, add broad beans plus okra or any other green you fancy.
- NB other root vegetables e.g. squash, turnips, parsnips, can be substituted for, or added to, the carrots and swede

Serve with **couscous** with raisins or toasted pine nuts and chopped herbs

Try serving with **gremolata** - even if it's not authentically Moroccan!

Gremolata

Mix:

zest of 1 lemon	1 garlic clove, chopped fine
handful of parsley, chopped fine	
with juice of ½ lemon	

[You can add the rest of the juice to the stew]