

Lemon and Coconut Cheesecake

Base

115g/4 oz marg
1 tbsp golden syrup
225g/8 oz rolled oats

Topping

500g/1 lb 2oz tofu
140g/5 oz marg
1 block coconut cream
170 ml/6 fl oz coconut milk
170g/6 oz sugar
juice of 1-2 lemons

Decoration

desiccated coconut
grated lemon rind (lemon should be organic or unwaxed)

1. Start by making the base; place the marg. and golden syrup in a pan over a low heat. Once the marg. has melted take off 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, chop the tofu and coconut cream fairly small and place into a blender with the marg., 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.

wheat-free

Chocolate Raspberry Hazelnut Cake

55g/2 oz hazelnuts
250g/9 oz self-rising flour
85g/3 oz cocoa powder
3 tps baking powder
250g/9 oz golden caster sugar
1½ tps vanilla extract
120 ml/4 fl oz corn oil
360 ml/12 fl oz soya milk
125g/4½ oz frozen raspberries
golden icing sugar, for dusting

1. Preheat the oven to 180C/350F/Gas 4.
2. Preheat the grill to high. Spread the hazelnuts on a baking tray and toast them under the grill, turning frequently, for 5 minutes or until golden. Cool, then chop finely. Grease a 20 cm/8 in cake tin with a removable bottom.
3. Sift the flour, cocoa powder and baking powder into a bowl. Mix in the sugar, then add the vanilla extract, if using, oil and soya milk. Beat the mixture with an electric whisk until it has the consistency of a thick batter. Stir in the raspberries and hazelnuts.
4. Pour into the cake tin and bake for 40 minutes until the outside of the cake is cooked and the centre is still slightly squidgy. Cool on a wire rack. Alternatively, serve the cake warm as a dessert. Either way, dust the top with icing sugar before serving.

vegan recipes

Red Pepper and Courgette Mini-Quiche

Pastry

340g/12 oz/ plain wholemeal flour
170g/6 oz margarine

Filling

2 medium onions
2 medium courgettes
2 medium red peppers
450g/1 lb tofu
1 level dssp mixed herbs
1.5 dssp tomato puree
1 level tsp salt
generous pinch black pepper and ginger
1 pack of vegan cheese
enough soya milk to make a paste

1. Preheat the oven to 200°C/400°F/Gas Mark 6.
2. First make the pastry by rubbing the margarine into the flour until it resembles fine breadcrumbs. Add enough water to make a dough which is soft, but not sticky.
3. Roll out the pastry and use a cutter (about 2.75 inch) to cut the pastry into rounds. Place them all onto a bun tray and bake for 10 minutes to set the pastry.
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.

Carrot Cake

Cake

3 carrots, grated (approx 8 oz worth)
6 oz sultanas or raisins
6 oz SR white flour and 4 oz SR wholemeal flour
6 oz sugar
1 tsp cinnamon and 1 tsp ginger
8 fl oz vegetable oil
7 fl oz water
pinch of salt and dash of vinegar
1/2 tsp vanilla essence

Icing

6 oz vegan margarine
4oz icing sugar
1/2 tsp vanilla essence

1. To make the cake, stir all the dry cake ingredients together and then mix the wet ones in.
2. Bake at gas mark 5 (190C) for 45 mins, then reduce oven to gas mark 3 (160C) and cook for another 30 minutes. Cool in tin.
3. To make the icing mash the margarine and vanilla essence into the sugar with a fork.
4. Ice the cake. Optional: top with very roughly chopped nuts (e.g. cashews).

Oven Roasted Tomato and Garlic Soup

2 lb (900g) ripe tomatoes
2 onions, peeled, cut into quarters
1 whole head of garlic, cut through base
salt and pepper
2 fl oz (60 ml) vegetable oil
8 oz (225) potato
1 pint (600 ml) vegetable stock
handful fresh basil and parsley, roughly chopped

1. Preheat oven to 180C/350F/Gas Mark 4. Put the tomatoes and onions into a roasting tin, break up the garlic into cloves, season with salt and pepper and drizzle the oil over the top. Stir to coat the vegetables in the oil. Roast for 45 minutes.
2. Cut the potatoes into chunks and boil until tender (10-15 minutes).
3. Squeeze the garlic cloves out of their skins into a food processor. Remove skins from the tomatoes and add with the onion and vegetable stock to the garlic. Add the potato and blitz to the required consistency.
4. Transfer to a saucepan and reheat. Season to taste and stir in the fresh herbs.

More Vegan Recipes

For more vegan recipes see the following websites:

www.vegancampaigns.org.uk/resources/recipes.html
www.veganvillage.co.uk/recipes
www.uncaged.co.uk/recipes
www.parsleysoup.co.uk
www.fatfreevegan.com

Leek and Mushroom Pie

2 leeks
675g/1.5 lb mushrooms
115g/4 oz margarine
115g/4 oz fine fresh breadcrumbs
500g/1 lb 2 oz puff pastry
4 tbsps finely chopped parsley

1. Preheat oven to 200°C/400°F/Gas Mark 6.
2. Fry leek in 30g/1 oz of the margarine until soft not brown. Add mushrooms and cook for a few minutes; allow to cool.
3. In another pan heat 55g/2 oz margarine and fry the crumbs until crisp.
4. Roll 2/3 of puff pastry to fit a medium to large pie dish. It should go up the sides as well.
5. Put the leek and mushroom mixture into the dish, then sprinkle ¾ of the crumbs and the parsley.
6. Roll the remaining pastry to fit the top. Moisten with water around the edges so it sticks to the bottom pastry. Put some holes with a fork.
7. Melt remaining margarine in a small pan, then brush over the top, and sprinkle with the remaining crumbs. Bake 40 minutes or until golden and crisp. Serves 4-6

Lasagne

3 tbsp olive oil
30g/1 oz plain flour
600 ml/1 pint vegetable stock
handful of parsley, chopped roughly
150g/5½ oz vegan cheese
1 large onion, sliced
150g/5½ oz mushrooms, thinly sliced
400g/14 oz fresh spinach, chop roughly
pinch of grated fresh nutmeg
2 garlic cloves, crushed
2 tbsp tomato puree
two 400g/14 oz cans chopped tomatoes
10-12 lasagne sheets
salt and pepper

1. Preheat the oven to 200C/400F/Gas
6. Put 1 tablespoon olive oil and the flour and stock into a saucepan and whisk continuously over a gentle heat for about 5 minutes until thick and smooth. Season with salt and pepper and stir in the parsley and 75g (2.5 oz) cheese. Set aside.
2. Heat 1 tablespoon olive oil in a wok or large frying pan. Add the onion and mushrooms and saute over moderate heat for 5 minutes or until the onion is soft and golden. Add the spinach and cook for a minute until wilted. Season with salt, pepper and the nutmeg. Set aside.
3. Heat the remaining oil in a large frying pan. Add the garlic and fry gently for 3 minutes. Add the tomato puree and tomatoes and simmer gently for 10 minutes until the mixture has reduced to a thick, vivid sauce.
4. Lightly oil an ovenproof dish and spread half the tomato sauce over the bottom. Cover with a layer of lasagne.

Spread one-third of the white sauce on top of the lasagne, then spread half the spinach and mushroom sauce over the white sauce. Cover with a layer of lasagne. Repeat the process - you will end with a layer of lasagne topped with white sauce. Scatter the remaining cheese over the top and bake for 25-30 minutes until the topping is golden and bubbling. Serve immediately.

Nut Roast

225g/8 oz wholemeal bread
225g/8 oz brown rice
170g/6 oz chopped mixed nuts
1 tin of chopped tomatoes
1 onion
1 clove garlic
sprinkle of soy sauce (sugar-free)
sprinkle of mixed herbs
soya milk
sunflower oil

1. Turn the bread into breadcrumbs in a food processor.
2. Boil the rice until tender and add to chopped nuts in large ovenproof bowl or dish. Leave to stand.
3. Add sunflower oil to frying pan/wok and add chopped onion and garlic. Add chopped tomatoes, a sprinkle of mixed herbs and a sprinkle of soy sauce to mixture and fry until tender.
4. Add mixture to bowl and mix together adding a touch of soya milk (not too much).
5. When evenly mixed, place bowl/dish in oven on 220°C/425°F/Gas Mark 7 for 45 minutes until slightly crispy on top. Serve with large spoon.