



# Vegan Recipes 2019

A PDF book

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## **Recipe 1**

# **Stew**

### **Ingredients**

- Onion (2 chopped)
- Garlic (2 cloves minced)
- Celery (bunch)
- Paprika 1tbsp
- Carrots (bunch) chopped
- New potatoes (10/15) chopped
- Stout (Guinness) 2/3 can
- Tomato puree 2 tbsp
- Frozen peas (handful)
- 4 Tofu wieners (sliced)
- Fresh parsley (chopped)

### **Method**

1. Using a Dutch oven or similar. Sauté the onion and celery for 10 minutes. Add minced garlic and cook for a further 2 or three minutes. Add paprika and fry for an extra 30 seconds then add stout. Allow it to bubble away for two minutes then add tomato purée and stir through.
2. Add potatoes and carrots and simmer for about 45 minutes to 1 hour until tender.
3. Take a couple of ladles of the stew and liquidise then add back to the stew to thicken the stew.
4. Sauté the sliced tofu wieners and add to the stew. Add peas and leave for 5 minutes to warm though.
5. Optional fresh chopped parsley to garnish.

## **Recipe 2**

# **Bibimbap**

### **Ingredients**

- Sushi rice (white - one serving per person)
- Spinach
- Onion
- Ribbioned carrot
- Bean sprouts
- Tofu (firm) baked - (oven bake in strips for 30 -40 minutes with a little oil)
- Shiitake mushrooms (once cooked flash fry in Soy Sauce)

To garnish

- Gojuchang paste (couple of spoonfuls)
- Sesame seeds
- Ginger (pickled)

### **Method**

1. Boil the rice separately.
2. Stir fry each ingredient separately and set aside (kept warm).
3. Serve in bowl arranged as below. Then mix ingredients all together before eating.

### **Recipe 3**

# **Curry sauce**

### **Ingredients & Method**

- 5 cm piece of ginger
- 4 cloves of garlic
- ½ a bunch of fresh coriander stalks
- 1 fresh red chilli
- Onion

*Fry for 20 minutes*

- 1 level tablespoon of ground coriander
- 2 level teaspoons of turmeric
- 1 heaped teaspoon of paprika
- 1 heaped teaspoon of garam masala

*Cook for 2 minutes*

- 6 tablespoons of ground almonds.

*Cook for 1 minute*

- 1 x 400g tin of plum tomatoes
- 1 stock cube
- 300 ml water

*Cook for 5 minutes*

- 2 x 400g tin of light coconut milk

*Cook for 40 minutes*

## **Recipe 4**

# **Ramen**

## **Ingredients**

- 1 medium yellow onion - chopped
- 4-6 cloves of garlic - chopped
- 2 cloves of garlic minced garlic
- 1 (4-inch) knob ginger, finely sliced
- 1 tablespoon sesame oil
- Vegetable stock
- 1/4 cup white or yellow miso paste
- 3 tablespoons tahini
- Soy sauce
- Mirin
- Tofu (firm) baked - (oven bake in 2cm cubes for 30 -40 minutes with a little oil)
- Carrots (cut into discs)
- Pak choi
- Noodles

To garnish

- 6 spring onions, roughly chopped and soaked in Rice wine (or similar)
- Mayo (Black garlic oil)

## **Method**

1. In dutch oven or similar fry the onion, garlic and ginger in the sesame oil for 5 minutes or so on a medium heat. Once cooked



add a dash of soy sauce and mirin. Add the chopped carrots and cover with vegetable stock by 1 inches and cook until tender (but still with a bit of bite).

2. Add the Miso paste, tahini, minced garlic and cook through, cook for about 5 minutes and then add the Pak choi and noodles. Cook though and add the baked tofu.
3. Serve with spring onions and black garlic oil

## **Recipe 5**

# **Seitan Bourguignon**

## **Ingredients**

### **for the stew**

- 1 TB olive oil
- 12 oz. seitan, sliced
- 16 oz. brown mushrooms, quartered
- 1 tsp salt, divided
- 1 tsp pepper, divided
- 1 cup sliced shallots
- 1/2 head garlic, minced
- 1 TB AP flour
- one bottle of Cabernet Sauvignon
- 2 bay leaves
- a few sprigs of thyme

### **for the vegetables**

- 2 TB refined coconut oil
- one package of Vegan Bacon, chopped
- 1 tsp liquid smoke
- 1 1/2 cup carrots, chopped
- 1 cup pearl onions (I used frozen)
- 1/4 cup water or vegetable stock

## **to serve**

- mashed potatoes or crusty bread
- fresh chopped parsley

## **Instructions**

1. Melt the vegan butter and olive oil in a large Dutch oven over medium heat. Place the seitan slices into the pot, season with half the salt and pepper, and allow to brown on one side. Flip and brown the other side. Add the mushrooms to the pot, season with the remaining salt and pepper and stir. After a few minutes, they will release a lot of moisture. If you find them sticking, add a little splash of broth and stir.
2. Preheat your oven to 350.
3. Add in the shallots and allow to soften for a few minutes, then add in the minced garlic and stir. Allow to soften for a few minutes more, then add the flour and stir until the seitan and mushrooms are well coated.
4. Increase the heat a bit. Add in the entire bottle of wine, bay leaves and thyme and give it a stir.
5. Cover with a lid and place into the oven to cook for 1 1/2 hours.
6. When you have about 45 minutes left on the stew cook time, place a smaller Dutch oven on the stovetop over medium heat and add the coconut oil. Place the chopped vegan bacon into the pot and allow to brown a bit around the edges. Add in the liquid smoke.
7. Place the carrots, onions and stock into the pot. Reduce the heat to its lowest setting, cover with a lid, and allow to cook and soften for 20-30
8. Remove the stew from the oven and remove the thyme sprigs and bay leaves.
9. Place the desired amount of stew into bowls and top with the vegetables.
10. Serve with mashed potatoes or crusty bread and garnish with fresh chopped parsley.

## **Recipe 6**

# **Agllo olio e peperoncino**

## **Ingredients**

- Garlic
- Red chilli
- Olive Oil
- Spaghetti

## **Method**

1. Don't be scared to add three, four or five sliced cloves of garlic per person, and don't be shy with the chilli either; I would use a Scotch bonnet, seeds and all, but how hot you make it is up to you. Chillies in red and green are nice, too.
2. The real trick to this is to start with just a little extra virgin olive oil in a sauté pan and put in your sliced garlic while the oil is still cold. Raise the temperature slowly and just before the garlic starts to fry, pull the pan off the heat, add a little more cold oil, then put it back on the heat. Keep doing this several times, adding a little more of the cold oil each time, so that you keep the temperature down and the garlic is not frying, but just infusing the maximum amount of its flavour into the oil before you put in the chilli.
3. Start cooking 500g of spaghetti in plenty of boiling salted water, and slice your chilli (around a tablespoonful, or more if you prefer) and around 4 cloves of garlic about a millimetre thick.
4. You need around 200ml of good extra virgin olive oil, but start with a little of it, cold, in the pan. Put in your garlic, then keep

taking the pan off the heat and adding a little more cold oil, then returning it to the heat so that you don't burn the garlic.

5. Once all the oil is in, you can let the garlic begin to take on a little bit of colour and put in your chopped chilli. Let it cook very briefly, stirring it into the garlic, then pull the pan from the heat and stir in a couple of spoonfuls of the cooking water from the pasta – take care, as it may spit.
6. When the pasta is cooked but still al dente, lift it out and drain it, but keep back the cooking water.
7. Toss the pasta really well through the oil, garlic and chilli, adding a little more cooking water from the pasta if it is too dry, as you want the garlicky hot oil to really cling to the spaghetti, and serve straight away. If you like, you can toss through a tablespoon of chopped fresh parsley and finish with some grated parmesan or pecorino.

## **Recipe 7**

# **Puttanesca**

### **Ingredients**

- 4 tbsp olive oil
- 200g/7oz frozen chopped onions (or 2 medium onions, roughly chopped)
- 4 garlic cloves, finely sliced
- 125g/4½oz drained, pitted black olives, cut in half
- 2 tbsp capers (from a jar), drained
- 1 tsp dried chilli flakes
- ½ tsp fine sea salt
- 400g Passata
- 150ml/5fl oz red wine or vegetable stock
- 300g/10½oz dried spaghetti
- freshly ground black pepper
- handful fresh flatleaf parsley leaves, roughly chopped (optional)

### **Method**

1. Heat 3 tablespoons of the oil in a large, non-stick saucepan over a medium heat. Add the onions and garlic and fry gently for 4-5 minutes, stirring regularly, until softened and very lightly browned.
2. Stir in the olives, capers, chilli flakes and salt, then add the tinned tomatoes and red wine (or stock). Bring the mixture to the boil, then reduce the heat until the mixture is simmering. Simmer very gently for 40-45 minutes, stirring regularly, until the sauce has thickened.
3. Once the sauce has been cooking for 30 minutes, half-fill a

large saucepan with boiling water. Add the spaghetti and cook according to the packet instructions, until al dente.

4. When the pasta is cooked to your liking, reserve 3 tablespoons of the cooking water in a bowl, then drain the pasta in a colander and return it to the saucepan.
5. Add half of the sauce to the cooked spaghetti, then stir in the reserved cooking water. Continue to stir the mixture carefully until the spaghetti is coated in the sauce. Season, to taste, with freshly ground black pepper.
6. To serve, transfer the spaghetti and sauce to a warmed serving dish, then pour over the remaining sauce. Drizzle over the remaining tablespoon of oil and garnish with the parsley, if using. Serve immediately.

## **Recipe 8**

# **Pizza**

## **Ingredients**

### **For the dough**

- 375g (13 oz) AA plain flour
- 1 teaspoon salt
- 1 tablespoon caster sugar
- 7g (1/4 oz) dried active baking yeast
- 2 tablespoons olive oil
- 225ml (8 fl oz) warm water (45 C)

### **Base**

- Red onion
- San Marzano Tomatoes (chopped - can)
- Garlic (very thinly sliced)
- Franks hot sauce - a dash

## **Method**

1. Combine flour, salt, sugar, and yeast in a large bowl. Mix in oil and warm water. Spread out on a large pizza pan.
2. Cook the onion, tomatoes, garlic for 20 minutes on a low heat. Add dash of hot sauce at end (optional) spread on the dough.
3. Top as desired.



4. Bake at 190 C / Gas mark 5 for 20 to 25 minutes.

## **Recipe 9**

# **Chilli cheese fries**

## **Ingredients**

### **For the Lentil Chilli**

- 1 box of Right Foods French Lentil soup
- 1 bell pepper [120g]
- 1/4 onion [20g]
- 1/2 cup kidney beans [125g]
- 1/3 cup tomato sauce [90g]
- 1/2 tsp taco seasoning
- 1/2 tsp chill powder
- Pinch of red pepper flakes
- 1/4 tsp cumin
- Salt to taste

### **For the ‘Cheese’ Sauce**

- 1 cup potatoes, chopped
- 1 carrot, chopped
- 1/4 cup cashews
- 1 tbsp nutritional yeast [5g]
- 1/4 salt (or to taste)
- 1/2 cup non-dairy milk [120g]

6 oz fries

## **Method**

1. Prepare your fries whether you are making them homemade or store-bought.
2. Prepare chilli by adding chopped peppers and onions to a pot. Cook in 1-2 tbsp of water on low heat until the onions are translucent.
3. Then add the lentil soup, kidney beans, tomato sauce and seasonings. Cook for 20 minutes on low heat to simmer.
4. Prepare cheese sauce by boiling the potatoes, cashews and carrots for 15 minutes.
5. Then drain and add them into a blender with the nutritional yeast, salt and non-dairy milk. Blend until smooth.
6. Once the fries are done cooking place them on a plate. Top with the chilli and cheese sauce.
7. Garnish with green onion, red onion and jalapeño.

## **Recipe 10**

# **Green Bean Casserole Recipe**

### **Ingredients**

- Kosher salt
- 1 1/2 pounds (680g) green beans, trimmed and cut into 2-inch lengths
- 1 medium yellow onion, roughly chopped
- 1/2 pound (225g) button or cremini mushrooms, stems trimmed
- 3 cups (710ml) vegetable stock or low-sodium broth, plus more as needed
- One (2-pound; 900g) head cauliflower, cored and cut into medium florets (1 1/2 pounds or 680g after prep)
- 3 tablespoons (45ml) extra-virgin olive oil
- 1 tablespoon nutritional yeast
- 1 teaspoon garlic powder
- 1 teaspoon fresh thyme leaves or 1/2 teaspoon dried thyme
- Finely grated zest of 1 lemon (optional)
- Freshly ground black pepper
- Canola oil or other neutral oil, for frying
- 1 large red onion, halved and thinly sliced into half moons

### **Method**

1. Fill a large saucepan about halfway with water and bring to a boil. Season generously with salt, then add the green beans and cook until just tender, about 6 minutes. Drain the beans and rinse out the saucepan.
2. In a food processor, pulse the yellow onion and mushrooms

- until finely chopped, about 15 pulses. Transfer to a large bowl and rinse out food processor bowl.
3. In the same saucepan used for the green beans, bring vegetable broth to a simmer over medium heat. Reduce heat to medium-low and add the cauliflower. Cover and cook until the cauliflower is very tender when pierced with a knife, about 10 minutes. (If the broth seems to be steaming from under the lid, reduce the heat to low. You want to cook the cauliflower while retaining as much liquid as possible.)
  4. Transfer the cauliflower and cooking liquid to the rinsed-out food processor bowl and let cool slightly. Purée the cauliflower until very smooth. (You can also purée the cauliflower using a high-powered blender, if you have one, which will give you the best texture. However, you can achieve a smooth purée if you let a food processor run for a solid minute or more and scrape down the sides occasionally.)
  5. Preheat the oven to 350°F (180°C). Rinse out the saucepan again, then dry well. Add olive oil and heat over medium heat until shimmering. Add mushrooms and onions and season generously with salt. Cook, stirring frequently, until mushrooms and onions stop releasing water and are tender, about 10 minutes.
  6. Add the cauliflower sauce, nutritional yeast, garlic powder, thyme, and lemon zest (if using) and season with salt and pepper. (Don't be shy with the salt and pepper!) Stir in the green beans. If the sauce seems too thick, add more broth until you reach a consistency you like. Transfer the green beans and sauce to a 2-quart baking dish.
  7. Bake the casserole until hot and bubbling, 25 to 30 minutes.
  8. Meanwhile, in a medium saucepan, heat 1/2 inch canola oil until the oil is hot enough that it bubbles when you add a piece of red onion. Add half of the sliced red onion and fry, stirring occasionally, until golden brown, 9 to 10 minutes. Using tongs or a spider, transfer the onions to a paper towel-lined plate. Season generously with salt. Repeat with remaining red onions. When the onions are cool enough to touch, use your hands to fluff them a bit so they crisp up.
  9. Let casserole cool for about 5 minutes, then top with the onions and serve.

## **Recipe 11**

# **Yorkshire Puddings**

### **Ingredients**

- 260g (2 generous cups)
- self-raising flour
- 2 tsp baking powder
- 1 tsp sea salt
- 480ml (2 cups) soy milk, or vegan
- milk of your choice
- vegetable oil, for greasing

### **Method**

1. Preheat the oven to 210°C (420°F). Pour about 2 teaspoons of oil into each hole in a 12-hole Yorkshire-pudding baking tin. Mix the flour, baking powder and salt together well in a large mixing bowl. Add the milk to the bowl, whisk together until smooth, then pour the batter into a jug.
2. Now it's time to get the baking tray hot – place it into the oven for 4 minutes, then remove the tray and quickly fill each hole with batter.
3. Carefully put the tray back into the oven for 16 minutes, or until the puddings are golden brown and nicely risen. Serve straight away.

## **Recipe 12**

# **Mayu (Black Garlic Oil)**

### **Ingredients**

- 1/4 cup canola or vegetable oil
- 10 medium cloves garlic, minced (about 3 1/2 tablespoons)
- 1/4 cup roasted sesame oil

### **Method**

1. Combine canola oil and garlic in a small saucepan and cook over medium-low heat, stirring, until it starts to brown. Reduce heat to low and continue to cook, stirring frequently, until garlic turns completely black, about 10 minutes (garlic will become very sticky in the process).
2. Transfer mixture to a heat-proof bowl and add sesame oil. Transfer to a blender and blend on high speed until completely pulverised, about 30 seconds. Transfer to a sealable container and store in the refrigerator for up to 2 months.

### **Recipe 13**

## **Pesto**

### **Ingredients**

- 2 cups packed (96g) fresh basil (large stems removed)
- 3 Tbsp (25 g) pine nuts or walnuts (if nut-free, try sunflower seeds!)
- 3 large cloves garlic, peeled
- 2 Tbsp (30 ml) lemon juice
- 3-4 Tbsp (9-12 g) nutritional yeast
- 1/4 tsp sea salt, plus more to taste
- 2-3 Tbsp (30-45 ml) extra virgin olive oil
- 3-6 Tbsp (45 - 70 ml) water (plus more as needed)g

### **Method**

1. Blend.



## **Recipe 14**

# **Chilli crisp oil**

## **Ingredients**

- 27g (1 cup) dried árbol chilies, stems removed (see note)
- 20g (3/4 cup) dried chiles japones, stems removed (see note)
- 25g (3/4 cup) dried Kashmiri red chilies, stems removed (see note)
- 1/2 cup (50g) roasted, salted peanuts, chopped
- 2-inch piece (30g) fresh ginger, sliced into thin matchsticks
- 3/4 teaspoon (2g) freshly ground black pepper
- 3 pieces whole star anise
- 2 red or black cardamom pods, split in half
- 2 teaspoons (6g) freshly ground cumin
- 3 tablespoons (28g) freshly ground Sichuan peppercorn
- 3 tablespoons (12g) porcini or shiitake mushroom powder
- 5 teaspoons (30g) Diamond Crystal kosher salt; for table salt, use about half as much by volume or the same by weight
- 2 tablespoons (20g) sugar
- 2 1/2 cups (500g) peanut oil, or any other neutral oil
- 2 cups (200g) thinly sliced shallots (about 1mm thick)
- 3/4 cup (65g) thinly sliced garlic (about 1mm thick)

## **Method**

1. Put on disposable latex gloves.
2. Place a wire rack inside a quarter- or half-sheet tray. Using your hands and kitchen shears, cut open chilies and place them on rack. Shake rack to sift off most of the seeds (don't worry about removing all the seeds). Transfer chilies to a bowl and

discard seeds.

3. Using a spice grinder and working in batches, process chilies until they are ground to a size just larger than standard chilli flakes. Transfer processed chilies to a heatproof bowl or pot large enough to accommodate bubbling oil (at least 4 quarts in size). Combine chilli flakes with peanuts, ginger, black pepper, star anise, cardamom, cumin, Sichuan peppercorn, mushroom powder, salt, MSG (if using), and sugar. Set aside.
4. Set a fine-mesh strainer over a 2-quart heatproof bowl. In a 4-quart saucepan, combine oil and shallots. Cook over high heat while constantly stirring. Once shallots become light golden brown, strain. Pour oil back into pot and add garlic. Cook over medium-low heat, constantly stirring, until light golden brown, then strain. Return oil to pot once more. Set aside fried shallots and garlic.
5. Heat oil to 375°F (190°C). Pour hot oil over chilies, spices, and other seasonings. Stir well to distribute hot oil throughout. Set aside to fully cool, about 30 minutes or until bowl or pot is cool to the touch.
6. Once chilli-and-oil mixture has fully cooled, remove star anise and cardamom pods. Mix in fried shallots and garlic. Pour finished chilli crisp into jars and store in the fridge for about 3 months. It can be served immediately, but for best flavour, eat it the next day. Stir well before serving.

## **Recipe 15**

# **Tahini dressing**

### **Ingredients**

- 1/4 cup tahini
- 2 tablespoons fresh lemon juice
- 1 tablespoon grape seed, canola, or some other neutral oil
- 1 tablespoon soy sauce
- 1 tablespoon water
- 1 clove of garlic, crushed
- 1 teaspoon maple syrup
- 1 teaspoon minced onion

### **Method**

1. Measure out the tahini, taking care to mix it first, scraping the bottom to get all the good stuff that might have settled down there. Add the tahini to the blender, along with the remaining ingredients, and blend until completely smooth, scraping down the sides once.
2. Pour into a container, cover, and let rest for an hour before using so the garlic can fully permeate the dressing (it really intensifies).

## **Recipe 16**

# **Coconut Tres Leches Cake**

## **Ingredients**

- 1 1/2 cups shredded unsweetened coconut or coconut flakes
- 3 13.5 ounce cans full-fat coconut milk or coconut cream
- 1 7 ounce can sweetened condensed coconut milk
- 2 heaping cups (285 grams) all-purpose flour
- 1 cup (200 grams) granulated sugar
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon table salt
- 1/2 cup neutral cooking oil, melted coconut oil, or a mix
- 1 tablespoon white or apple cider vinegar
- 1 tablespoon vanilla extract
- Prepared coconut whipped cream or frozen whipped topping, to serve

## **Method**

1. Heat your oven to 325°F and spread the coconut on a baking sheet. Toast in the oven until golden brown, 5 minutes or so, then set aside to cool. Keep an eye on them, because they'll burn quickly. Transfer to an airtight container.