

VEGANUARY + THE HUMANE LEAGUE PRESENT A

PLANT-BASED COOKBOOK



THE HUMANE
LEAGUE

VEGANUARY

Some of the best vegan recipes are also the simplest. We have produced a bank of popular, plant-based recipes to get you started, and there are many more to be found free of charge at www.veganuary.com and at www.veganchefday.com.

We hope you enjoy creating, tasting and serving these vegan meals!

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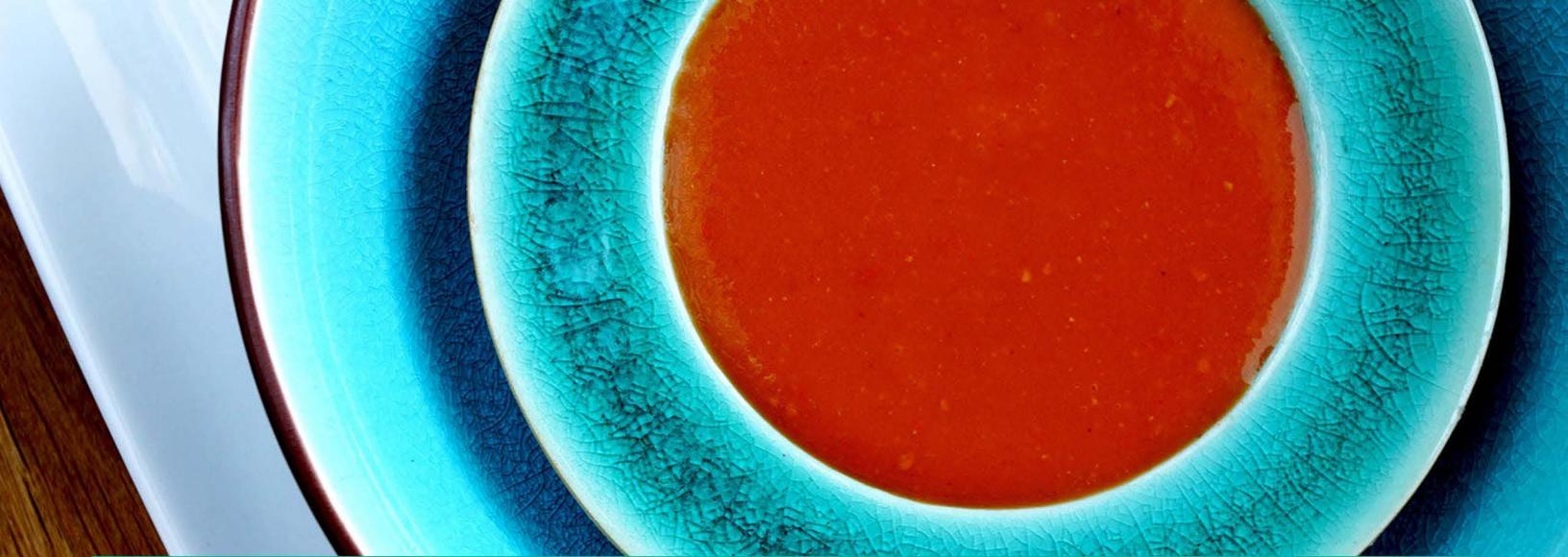
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SOUPS



ROASTED PEPPER SOUP WITH PAPRIKA AND BASIL

SERVES 2 AS A MAIN DISH,
4 AS A STARTER

INGREDIENTS

2 large red bell peppers
2 tsp rapeseed or sunflower oil
1 large onion, finely chopped
2 sticks of celery, finely chopped
2 garlic cloves, finely chopped
1 tsp stock powder
½ tsp sea or Himalayan salt
1 tsp hot smoked paprika
4 cups of water
10 cherry or mini plum tomatoes, halved
10 basil leaves

COOKING INSTRUCTIONS

- Quarter and de-seed the peppers. Grill on a high heat until the skin blisters and burns. Remove and allow to cool. Once cool remove the skins and discard.
- Heat the oil in a medium sized saucepan, add the onion and celery, lower the heat and put a lid or plate on top. This will help to sweat the onion and celery making it cook well without too much oil.
- When the onions are translucent after around 10 minutes, add the garlic and cook for a further 5 minutes.
- Add the stock, salt, paprika, water, tomatoes and peppers. Turn the heat up, then once it's boiling reduce to a simmer. Cook for 10 minutes.
- Remove from the heat, add the basil leaves, blend with a hand / immersion blender or in a jug blender that is suitable for hot liquids.
- Blend the soup until it is completely smooth.



CREAMY ROASTED CAULIFLOWER SOUP

SERVES 4 PEOPLE

INGREDIENTS

2 onions, skin on and cut in half through the root
4 large garlic cloves left in their skins
1 cauliflower cut into small florets
1 tbsp olive oil
6 cups of water
2 tsp stock powder
3 bay leaves
1 tbsp cumin seeds, toasted and ground
 $\frac{1}{3}$ cup cashew nuts

COOKING INSTRUCTIONS

- Put the onions, garlic and cauliflower into a baking tray, add the oil and mix well. Cover tightly with foil.
- Bake at 400°F for 20 - 30 minutes, until everything is nice and soft. If you're using small garlic cloves you'll need to take them out sooner. You can test them by pressing on them with the back of a fork. If they are soft it's time for them to come out.
- While your veggies are baking heat the water, stock, bay and cumin in a large saucepan. Once boiling lower to a simmer.
- Soak the cashews in boiling water for 10 minutes, then drain.
- When the veggies are all cooked remove the skins from the onions and garlic.
- Remove the bay leaves from the stock, add the cashews and veggies.
- Remove from the heat, blend with a hand / immersion blender or in a jug blender that's suitable for hot liquids. Blend the soup until it's completely smooth. Heat the soup gently before serving.



ROASTED CELERIAC AND CARAWAY SOUP WITH HERB AND CAPER CROUTONS

SERVES 4 - 6 PEOPLE

INGREDIENTS

For the soup:

1 medium celeriac
1 large onion, chopped
2 cloves garlic, chopped
2 tsp caraway seeds
Bouquet garni of bay, rosemary and sage
2 ½ cups vegetable stock, preferably homemade
½ cup soy milk (or other dairy free milk)

For the croutons:

½ cup stale bread cut into very small cubes
2 cloves garlic, chopped finely
Zest of a lemon
A large handful of parsley or a selection of herbs that you like
1 tbsp capers
4 tbsp extra virgin olive oil
Salt and pepper

COOKING INSTRUCTIONS

Soup:

- Peel the celeriac using a sharp peeler and remove any areas where the roots are still visible.
- Chop into ½ inch cubes and place in a roasting tin with a splash of rapeseed or vegetable oil.
- Roast the celeriac for 25 minutes at 400°F, or until it's softened and golden around the edges.
- Add the caraway seeds and return to the oven for another 5 minutes.
- While the celeriac is roasting heat a little oil in a large sauce pan and gently cook the onion, until it's really soft and starting to caramelise.
- Add the garlic and fry for another 5 minutes.
- Add the roasted celeriac, bouquet garni and caraway to the onion mixture and stir well.
- Pour the stock and soy milk and simmer for 5 minutes.
- Remove the bouquet garni and blend the soup until smooth with a hand blender. Season to taste.



ROASTED CELERIAC AND CARAWAY SOUP WITH HERB AND CAPER CROUTONS (CONTINUED)

SERVES 4 - 6 PEOPLE

INGREDIENTS

For the soup:

1 medium celeriac
1 large onion, chopped
2 cloves garlic, chopped
2 tsp caraway seeds
Bouquet garni of bay, rosemary and sage
2 ½ cups vegetable stock, preferably homemade
½ cup soy milk (or other dairy free milk)

For the croutons:

½ cup stale bread cut into very small cubes
2 cloves garlic, chopped finely
Zest of a lemon
A large handful of parsley or a selection of herbs that you like
1 tbsp capers
4 tbsp extra virgin olive oil
Salt and pepper

COOKING INSTRUCTIONS

Croutons:

- Heat a roasting dish in a 400°F oven.
- Add the oil and then the bread and mix well.
- Cook in the oven for approximately 10 minutes and then add the chopped garlic and stir in.
- Return to the oven and roast for another 5 - 10 minutes, stirring occasionally so that the bread is crispy and golden.
- Finely chop the herbs and capers together with the lemon zest.
- Add the chopped herbs to the crispy croutons and mix together.
- Use to garnish the soup - any leftovers can be stored in an airtight box in the fridge and will keep for about 3 days.



GINGER, COCONUT AND LEMONGRASS SOUP

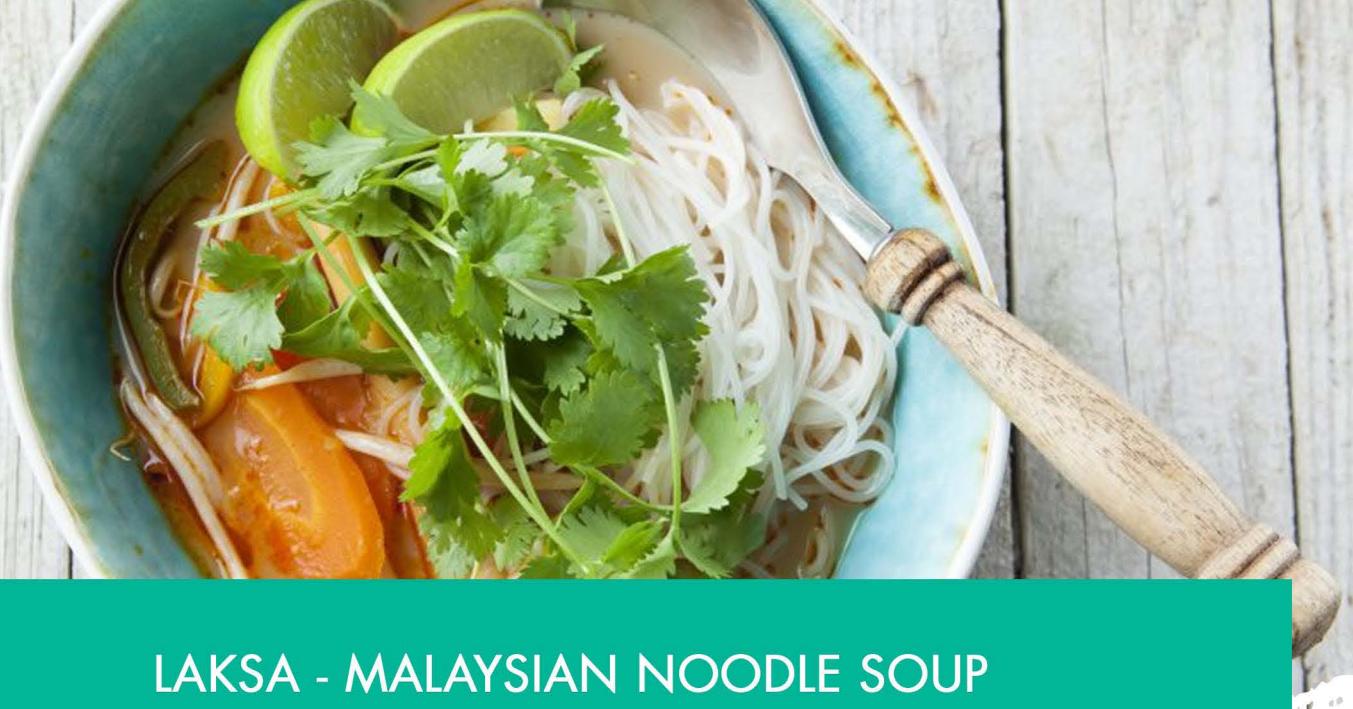
SERVES 2 - 4 PEOPLE

INGREDIENTS

1 tsp coconut oil
1 can coconut milk, full fat
3 cups water
2 tbsp vegetable stock
1 yellow onion, diced
 $\frac{1}{2}$ bunch spring onions, diced
4 cloves garlic, minced
1 large thumb of ginger, peeled and finely diced
 $\frac{1}{4}$ cup tamari
2 carrots, peeled and sliced
10 mushrooms, sliced
2 red bell peppers, sliced
1 stalk lemongrass, leave whole but use the back of your knife to crush several times helping to release the flavour
1 lime

COOKING INSTRUCTIONS

- Heat coconut oil in a pot over a medium heat.
- Dice the spring onion, yellow onion and garlic then add to the pot.
- Add the lemongrass stalk, minced ginger and chopped carrots and cook until soft.
- Once fragrant add the water, coconut milk, tamari and vegetable stock and bring to boil.
- Once boiling add the red peppers, mushrooms and any other desired vegetables and reduce to simmer for 15 - 20 minutes.
- Remove the lemongrass stalk before serving. Add more tamari or salt as desired.
- Serve with a wedge of lime, diced spring onion and roughly chopped coriander.



LAKSA - MALAYSIAN NOODLE SOUP

SERVES 2 PEOPLE

INGREDIENTS

1 tbsp groundnut oil
1 tbsp red Thai curry paste (check it's vegan – some aren't)
1 onion
2 cloves of garlic
1 red, yellow and green pepper
 $\frac{1}{2}$ cup bean sprouts
1 cup of fresh pineapple cubes
1 lime
1 stalk of lemon grass
1 inch ginger
1 bunch of coriander
 $\frac{1}{2}$ cup rice noodles

COOKING INSTRUCTIONS

- Cut the peppers and onion into fine strips.
- Cover the noodles with boiling water and heat slowly.
- Heat a wok and add the oil.
- Put in the curry paste and heat through while stirring for 1 minute.
- Break the lemon grass stalk open with the blunt side of a large chef's knife.
- Add the finely chopped garlic and ginger, onion and peppers to the wok.
- Let cook for a further 3 minutes.
- Mix in bean sprouts and let simmer for another minute.
- Strain the noodles and divide over some soup bowls.
- Ladle in the laksa into bowls and finish with some coarsely chopped coriander and a dash of lime juice.



LEEK, SAGE AND WHITE BEAN SOUP

SERVES 2 AS A MAIN DISH,
4 AS A STARTER

INGREDIENTS

2 tsp rapeseed or sunflower oil
1 large onion, finely chopped
4 sticks of celery, finely chopped
5 leeks, finely sliced
3 garlic cloves, finely chopped
2 tsp stock powder
½ tsp sea or himalayan salt
4 cups of water
5 large sage leaves, finely sliced, plus a few leaves for decoration
2 tins or jars of cannellini or butter beans

COOKING INSTRUCTIONS

- Heat the oil in a medium sized saucepan, add the onion, celery and leek, lower the heat and put a lid or plate on top. This will help to sweat the vegetables making them cook well without too much oil. You will need to cook this on a low heat as leeks tend to catch (burn) very easily.
- Once the onions are translucent and the leek is soft, around 20 minutes, add the garlic and cook for a further 5 minutes.
- Add the stock, salt, water, sage and beans. Turn the heat up, then once it is boiling reduce to a simmer. Cook for 15 minutes to let the flavours merge.
- Remove from the heat, blend with a hand / immersion blender or in a jug blender that is suitable for hot liquids. Blend the soup until it is completely smooth.



OYSTER MUSHROOM SOUP

SERVES 2 PEOPLE

INGREDIENTS

1 cup oyster mushrooms
12 spring onions, finely chopped up to the dark green part only
1 large garlic clove, finely chopped
2 inches ginger root, finely chopped
3 cups water
Salt, to taste
2 tsp mirin
2 tsp tamari
1 tbsp white miso

COOKING INSTRUCTIONS

- In a large saucepan on a high heat sear the mushrooms. Do this by laying them flat and allowing them to brown. This might be tricky if they are big and curled around. You can tear these apart so that one side can be flat on the pan.
- Add the spring onions, garlic, ginger, water, salt, mirin and tamari.
- Simmer for 15 - 20 minutes.
- Add the miso and blend the soup until it is very smooth.
- Return to the heat for a few minutes, but do not allow it to boil as this will kill the probiotics in the miso.

SMALL PLATES



DIRTY CLEAN NACHOS

SERVES 2 PEOPLE

INGREDIENTS

6 tbsp gram flour
6 tbsp water
 $\frac{1}{2}$ tsp onion salt
 $\frac{1}{2}$ tsp sweet smoked paprika
 $\frac{1}{2}$ tbsp sunflower oil or similar
2 spring onions, roughly chopped
 $\frac{1}{2}$ cup mushrooms, roughly chopped
1 red pepper, seeds and stem removed, roughly chopped
 $\frac{1}{3}$ cup mini corn
1 can black beans, drained and rinsed well
 $\frac{1}{2}$ tsp ground cumin
 $\frac{1}{2}$ tsp cayenne pepper
 $\frac{1}{2}$ tsp stock powder
 $\frac{1}{4}$ cup water
A handful of coriander leaves
Salt, to taste
1 gem lettuce, shredded
1 lime, cut in quarters
A few sesame seeds for decoration

COOKING INSTRUCTIONS

- In a cup mix the gram flour with the water, onion salt and paprika. You may have to squash the flour against the side of the cup to remove any lumps. Set this aside to thicken for a few minutes.
- In a large frying pan heat the oil then add the onions, mushrooms, pepper and corn. Fry for a couple of minutes.
- Put a sheet of baking paper on a baking tray, pour the batter onto the center of the paper, then spread out into a circle with a spoon. Put this into a 400°F oven.
- In a cup mix the cumin, cayenne pepper, stock powder and water. Pour this onto the frying veggies and stir well. Add the beans, coriander leaf, salt and the juice of half the lime. Reduce the heat to medium.
- Check the batter in the oven. When it has started to brown at the edges, remove it from the paper, turn over and bake for a couple of minutes until the second side is dry also. Cut into small triangles.
- Spoon the veggies onto the plates, top with the chips, then the lettuce, lime and scattered sesame seeds.



MINI MUSHROOM SKEWERS WITH SUN DRIED TOMATO SAUCE

SERVES 2 PEOPLE

INGREDIENTS

1 zucchini, cut into $\frac{1}{2}$ inch rounds
1 pepper, seeds and stalk removed, cut into chunks
8 medium sized flat mushrooms, stalks removed
2 tbsp tamari
2 tbsp water
4 tomatoes, sliced horizontally, discard the top and bottom pieces
 $\frac{1}{3}$ cup sun dried tomatoes
1 tbsp fresh thyme leaves
 $\frac{1}{4}$ cup black olives
 $\frac{1}{2}$ a garlic clove
2 tbsp lemon juice
Salad leaves
 $\frac{1}{2}$ a lemon, cut in slices
Extra virgin olive oil
Salt
A few toasted pine nuts

COOKING INSTRUCTIONS

- Mix the zucchini and peppers with a splash of the oil, and put on a baking tray.
- Mix the tamari and two tablespoons of water in a large bowl, add the mushrooms, dip each one in the marinade and place on a baking tray.
- Cook the vegetables for around 15 minutes in a 400°F oven, until you can put a fork in them.
- Blend the sun dried tomatoes, thyme, olives, garlic, lemon juice and water to make a sauce.
- Mix the salad leaves, place these on your plate with the lemon slices, scatter with oil, salt and pinenuts.
- Once the veggies are cooked load up your skewers with a mushroom at each end. Place them on the salad with the sauce.



VEGAN 'FISH' FINGERS

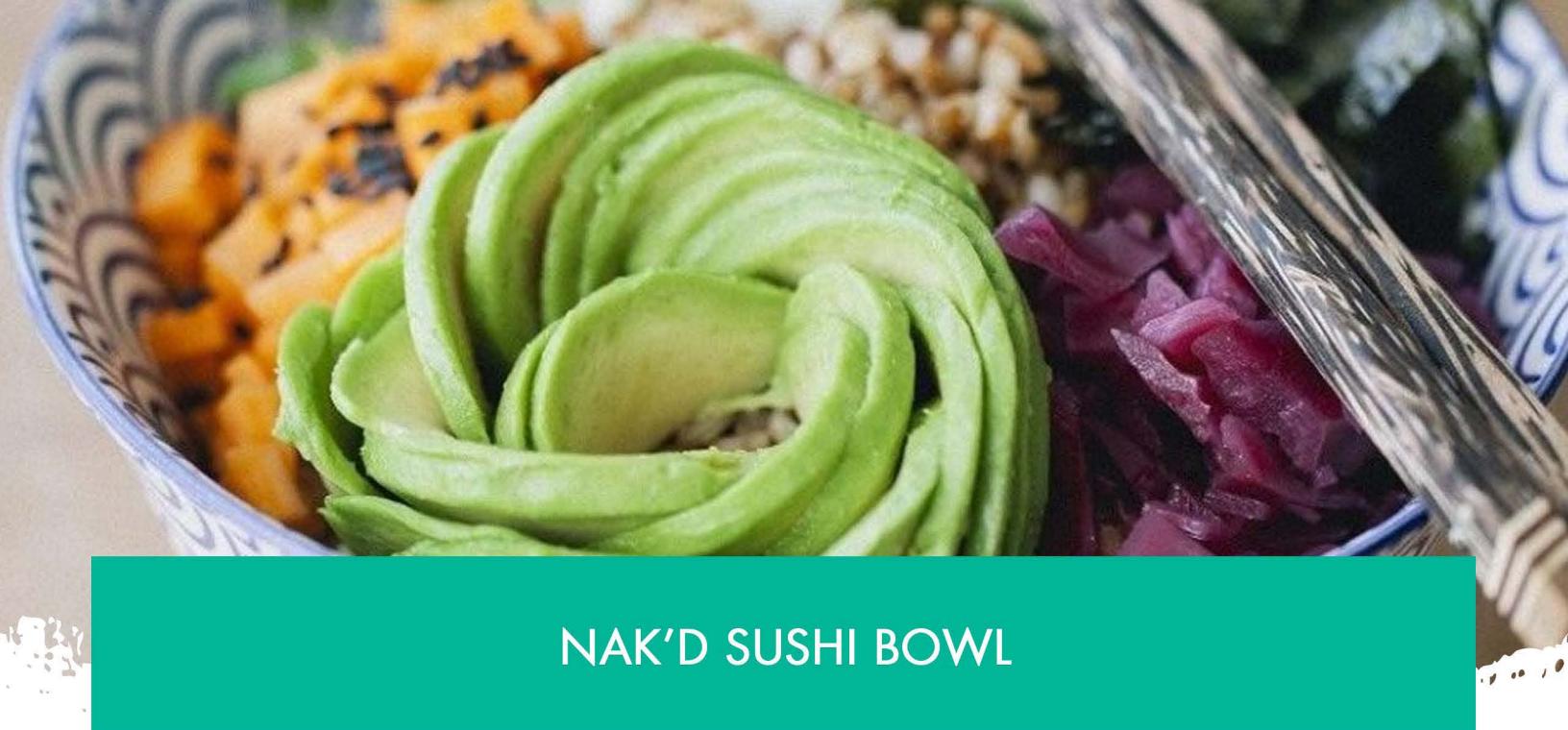
MAKES 10 'FISH' FINGERS

INGREDIENTS

2 sheets of nori
1 can of chickpeas, drained and rinsed
1 can of Green jackfruit in water (not brine)
 $\frac{3}{4}$ cup leek, finely sliced
Sunflower or rapeseed oil
 $\frac{1}{4}$ - $\frac{1}{2}$ tsp salt
2 tbsp dairy free unsweetened milk
(optional - use this if the mixture is too dry to mold)
 $\frac{1}{3}$ cup breadcrumbs

COOKING INSTRUCTIONS

- Toast the nori in a dry frying pan on a high heat until it starts to blacken and crumple.
- Put the nori into the chopper attachment of a hand blender or a food processor.
- Grind until it is small flakes, put into a large bowl.
- Add the jackfruit to the blender or food processor and mix until it is flakes, but not so much that it becomes mushy. Put this into the large bowl.
- Heat a little oil, fry the leeks on a low heat until soft.
- Add the leeks, chickpeas, salt and milk (if using), blend till smooth. Add to the large bowl and mix everything well.
- Roll out between 2 sheets of greaseproof paper then cut into 10 slices.
- Pour the breadcrumbs onto a plate. Take each slice of the mixture, squeeze it between your hands (this helps it hold together when cooking) and roll it in the breadcrumbs.
- Pour a thin layer of oil into a frying pan, heat till very hot and fry the 'fish' fingers on each side till browned and crispy.
- Serving suggestion: with avocado, sugar snap peas, capers and vegan aioli.



NAK'D SUSHI BOWL

SERVES 2 PEOPLE

INGREDIENTS

3 cups cooked brown rice
1 cucumber
2 carrots
 $\frac{1}{4}$ cup sesame seeds
1 nori sheets, roughly chopped
1 avocado, sliced into pieces
 $\frac{1}{2}$ cup of coriander, finely diced
Spring onions to garnish

Dressing for rice:

2 tbsp sesame seed oil
2 tbsp tamari
1 tbsp ginger juice*
1 tsp rice vinegar
1 tsp maple syrup

*To get the juice from ginger, grate a piece of ginger, and squeeze the gratings to release the juice.

COOKING INSTRUCTIONS

- Place the cooked brown rice, sesame oil, tamari, ginger, rice vinegar and maple syrup in a mixing bowl, and mix well until the rice is evenly coated.
- Add sesame seeds and coriander.
- Dice the vegetables into small cubes or thinly slice.
- In serving bowls combine rice, vegetables and nori however you like.
- Garnish with spring onions.



CHICKPEA TUNA SANDWICHES

SERVES 2 PEOPLE

INGREDIENTS

Chickpea tuna:

1 can chickpeas

½ cup celery and leaves, chopped

½ red onion, finely diced

¼ cup vegan mayo, mashed avocado or hummus

Juice of ½ lemon

½ tsp garlic powder or minced garlic

2 tbsp fresh dill, diced – optional

Salt, pepper

Sandwich:

Bread or wrap of your choice

Lettuce

Tomato

Avocado

COOKING INSTRUCTIONS

- Drain and rinse chickpeas and place in a mixing bowl.
- Use the back of a fork or a masher to mash chickpeas.
- Add remaining chickpea tuna ingredients and mix well.
- Add salt and pepper to taste.
- Place lettuce onto a slice of bread and scoop a large serving of chickpea tuna on top.
- Add tomatoes, avocado and any other desired ingredients and top with a second slice of bread.

MAINS



MUSHROOM MILLET RISOTTO

SERVES 2 PEOPLE

INGREDIENTS

1 tbsp olive oil
2 small red onions or 1 medium, finely sliced
1 garlic, finely chopped
1 cup mushrooms, finely sliced
1 tsp stock powder
2 cups of water
Salt, to taste
White pepper, to taste
 $\frac{1}{2}$ cup millet grains
 $\frac{1}{2}$ cup buckwheat grains
10 sage leaves, finely sliced
The leaves from 10 stalks of thyme
1 parsnip, peeled
2 tsp nutritional yeast

COOKING INSTRUCTIONS

- In a large saucepan heat the oil, add the onions and fry for 5 - 10 minutes until translucent.
- Add the garlic and mushrooms, cook for another 5 minutes then add all of the other ingredients except the parsnip and nutritional yeast.
- Turn the heat to medium and cook until the millet is soft (around 15 minutes). You may need to add a little more water if the mixture dries out too much – if so, add $\frac{1}{4}$ cup at a time and stir well.
- Using a very fine grater grate the parsnip into a bowl. Add the nutritional yeast and mix well.
- Spoon the risotto onto your plate and top with the parsnip mixture.



LINGUINE WITH OLIVES, CAPERS AND SUN-DRIED TOMATOES

SERVES 2 PEOPLE

INGREDIENTS

8 oz dried linguine (or spaghetti)
2 cups tomato sauce with onion and garlic
1 red chili
6 pieces sun-dried tomato
2 oz pitted black olives
1 tbsp capers
1 tsp sugar
2 tbsp olive oil
Handful fresh basil

COOKING INSTRUCTIONS

- Find a large lidded saucepan in which the linguine can lie flat on the bottom, or snap the linguine in half to fit in a regular pan.
- Cover the linguini with tomato sauce, then re-fill the tomato sauce jar half way with water (1 cup), and add this to the pan.
- Bring it to boil and reduce to a simmer. Keep stirring whilst the pasta softens to ensure it doesn't stick to the bottom of the pan.
- De-seed and finely slice the chili, drain and finely chop the sun-dried tomatoes, halve the olives and drain the capers, then add all these ingredients to the pan, along with the sugar and olive oil.
- Stir well, cover with the lid and cook on a medium heat for 10 - 11 minutes, stirring regularly, until the pasta is cooked through.
- When the pasta is cooked, stir in roughly chopped basil and a grind of black pepper.



BLACK BEAN CHILI

SERVES 2 PEOPLE

INGREDIENTS

1 tbsp cacao butter buttons
1 can of chopped tomatoes
1 tsp ground cumin
1 tsp cacao powder
Salt & black pepper to taste
Handful of fresh spinach, cut fine
Fresh coriander to garnish
1 onion, chopped finely
1 tsp agave or rice syrup
1 tsp dried oregano
1 large red chili, seeds in
1 can of black beans, rinsed well
1 cup brown rice

COOKING INSTRUCTIONS

- Start boiling the brown rice.
- Melt the cacao butter.
- Fry the onions in the cacao butter, add the chili and tomatoes, before adding the cumin, oregano, cacao powder and syrup.
- Add the black beans.
- Stir in the shredded spinach at the end.
- Serve with boiled brown rice and top with fresh coriander.



VEGETABLE RED THAI CURRY

SERVES 4 PEOPLE

INGREDIENTS

2 tbsp dairy-free margarine
1 tbsp vegetable oil
1 red onion, peeled and cut into thin wedges
2 garlic cloves, crushed
1 red chili, deseeded and thinly sliced
3 tbsp Thai red curry paste
2 cups coconut milk
16 oz sweet potatoes, peeled and cut into chunks
8 oz green beans, trimmed and halved
14 oz tinned chickpeas, drained
Juice of 1 lime
1 pack basil
1½ cups jasmine rice or basmati rice, to serve

COOKING INSTRUCTIONS

- Heat dairy-free margarine and oil in a large frying pan and fry the onion for about 5 minutes until soft.
- Add crushed garlic and half the chili and cook for a further 2 - 3 minutes.
- Stir in the Thai red curry paste, coconut milk and 1 cup water. Bring to boil.
- Add the sweet potatoes, reduce heat and simmer uncovered for 10 minutes.
- Add green beans and chickpeas and cook for a further 5 - 10 minutes until the sweet potatoes and beans are just tender.
- Stir through the lime juice and garnish the curry with remaining sliced chili and basil leaves. Serve with the cooked rice.



THE BEST VEGAN BURGERS

MAKES 4-6 BURGERS

INGREDIENTS

1 tbsp sunflower or rapeseed oil
2 onions, finely chopped
2 garlic cloves, finely chopped
2 can black beans, drained and rinsed well
Salt, to taste
4 tbsp flax ground
1 cup cooked rice
1 tbsp tamari
1 tbsp toasted sesame seeds
1 tbsp toasted and ground cumin seed or ground cumin
1 tbsp ground coriander seed or ground coriander
1 tbsp yeast extract
Big bunch of parsley, mint and coriander, roughly chopped

COOKING INSTRUCTIONS

- Fry the onions and garlic in the oil on a medium heat, until soft.
- Put all of the ingredients, including the onion and garlic, in a large bowl.
- Blitz with a hand blender or food processor. Blend until the mixture is fairly smooth - it doesn't need to be completely smooth.
- Chill for at least 30 minutes in the fridge.
- Put the mixture between 2 sheets of parchment / baking paper and use a rolling pin to roll it to about 1cm thick.
- Cut out circles using a cup or a cutter. Put each burger onto a baking tray covered with parchment paper.
- Bake for around 30 minutes at 400°F, flipping halfway through.
- Optionally you can griddle the burgers now to give them lines as shown in the picture.
- Serve on buns with fresh lettuce, tomato and ketchup.



CURRIED BEAN BURGERS IN PORTOBELLO BUNS

SERVES 3 - 4 PEOPLE

INGREDIENTS

Burgers and 'buns':

14 oz drained cannellini beans
2 medium carrots
1 large parsnip
2 portobello mushrooms per person (or a bun of your choice)
 $\frac{1}{3}$ ripe avocado per person
2 tbsp flour (chickpea works well but plain flour is fine)
4 tbsp tomato puree
2 tbsp water
1 $\frac{1}{2}$ tbsp curry powder
1 tsp paprika powder
1 tsp chili powder
Grind of pepper

Sweet potato fries:

1 small / medium sweet potato per person
Olive oil (enough to coat)
Salt & pepper

COOKING INSTRUCTIONS

- Peel and grate the carrots and parsnip and put them on a baking tray. Roast in a 350°F oven for about 5 minutes.
- Rinse and drain the beans, then transfer them to a bowl and mash them.
- Add in the spices and 2 tbsp tomato puree then mash again.
- Mix in the carrot, parsnip and chickpea flour. You should have a stiff dough that sticks together.
- Take a handful of the mixture and shape it into a burger patty. Place on a floured baking tray. Do this until you have 6 - 8 burgers.
- Put the burgers into the oven to cook for 30 minutes, turning once.
- To make the sweet potato fries, peel the sweet potatoes and cut them into chip shapes.

Continues on the next page...



CURRIED BEAN BURGERS IN PORTOBELLO BUNS (CONTINUED)

SERVES 3 - 4 PEOPLE

INGREDIENTS

Burgers and 'buns':

14 oz drained cannellini beans
2 medium carrots
1 large parsnip
2 portobello mushrooms per person (or a bun of your choice)
 $\frac{1}{3}$ ripe avocado per person
2 tbsp flour (chickpea works well but plain flour is fine)
4 tbsp tomato puree
2 tbsp water
1 $\frac{1}{2}$ tbsp curry powder
1 tsp paprika powder
1 tsp chili powder
Grind of pepper

Sweet potato fries:

1 small / medium sweet potato per person
Olive oil (enough to coat)
Salt & pepper

COOKING INSTRUCTIONS

- Place the fries on a baking tray with room between them, and coat with olive oil (enough to coat).
- Season, then bake for 30 minutes, turning over halfway through.
- To make the 'buns' remove the mushroom stalk and peel off the skin.
- Place the mushrooms on a baking tray and bake for ten minutes, turning them over halfway through, until they've softened but can still hold the weight of the burgers.
- Mix the remaining 2 tbsp of tomato puree with two tablespoons of water to make a quick tomato sauce. Mash the avocado.
- Make the burger by layering a mushroom with tomato sauce, a burger, avocado, a second burger and a mushroom.
- Serve with the fries.

DESSERTS



GLUTEN-FREE BANANA BREAD

MAKES 1 LOAF (2LB SIZE)

INGREDIENTS

2 tbsp ground flax seed with 4 tbsp water
4 large bananas
8 tbsp unrefined sugar
1 tsp vanilla essence
 $\frac{1}{2}$ cup rapeseed oil
 $\frac{1}{2}$ cup oat flour
 $\frac{2}{3}$ cup rice flour
 $\frac{1}{2}$ cup sweet sorghum flour
 $\frac{1}{2}$ cup tapioca flour
1 tsp baking powder
1 tsp baking soda

COOKING INSTRUCTIONS

- Mix the flax with the water and allow to rest for 5 minutes.
- Blend the bananas, sugar, vanilla, oil and flax seed mixture.
- In a separate bowl mix the flours, baking soda and baking powder.
- Add the dry ingredients incrementally to the wet mixture, blending with each addition.
- Bake for 40 minutes in a 400°F oven.
- Allow to cool before slicing and serving.



CHOCOLATE CHIP PECAN COOKIES

MAKES 12 COOKIES

INGREDIENTS

1 cup flour (whole wheat, spelt, white or gluten free)
½ cup toasted pecans
¾ cup dried apricots
6 tbsp almond milk (or other non-dairy milk)
½ cup dark vegan chocolate chips
1 - 2 tbsp maple or agave syrup

COOKING INSTRUCTIONS

- Process the flour, pecans and apricots in a food processor until crumbly.
- Gradually add the milk and syrup until a moist but not sticky ball of dough is formed.
- Transfer to a bowl and work in the chocolate chips by hand.
- Divide the dough into 12 pieces. Roll each into a ball and place spaced apart on a lined baking sheet.
- Flatten the cookies. They won't spread much while baking.
- Bake for 10 - 12 minutes in a 350°F oven, until golden and firm to touch.
- Cool on a wire rack before serving.



CHIA PUDDING

SERVES 2 PEOPLE

INGREDIENTS

4 tbsp chia seeds
½ cup coconut milk
A few drops vanilla extract
Cinnamon (to taste)
Pomegranate seeds
Granola
Roasted shaved coconut

COOKING INSTRUCTIONS

- Stir chia, vanilla and cinnamon into the coconut milk and place in the refrigerator for 20 mins.
- When ready to eat, add coconut shavings (raw or roasted), granola and fresh pomegranate seeds.



CHOCOLATE BROWNIES

MAKES 16 BROWNIES

INGREDIENTS

1/3 cup dried pitted prunes
1/3 cup dairy-free margarine
1 cup golden caster sugar or fine cane sugar
2 tbsp golden syrup
1 tsp vanilla essence
1 cup plain flour
4 tbsp cocoa powder
1 level tsp baking powder
1/2 cup soy milk
2 oz dark chocolate, roughly chopped

COOKING INSTRUCTIONS

- Place prunes in a heatproof bowl, pour over 5 tbsp of boiling water and leave to stand for 15 - 20 minutes.
- Liquefy the prune mixture using a hand blender until smooth. Pour into a large mixing bowl.
- Sieve the flour into a bowl, then add the remaining ingredients, except the chocolate, and mix well together.
- Stir half of the chocolate through the mixture, then spoon it into a greased and lined 8 inch round pan.
- Sprinkle the remaining chocolate over the top and bake in a 350°F oven for 30 minutes until well risen.
- Check if the brownies are cooked by inserting a skewer into the center. If it comes out clean, they're done.
- Leave in the pan for 5 minutes before turning out and cooling on a wire rack. Cut into 16 squares.



BANANA PANCAKES WITH BLUEBERRIES AND MAPLE SYRUP

MAKES 20 PANCAKES

INGREDIENTS

1 cup self-raising flour
1 tsp baking powder
1 ¼ cup soy milk
1 ripe banana, mashed
1 tbsp dairy-free margarine, melted
5 oz pack blueberries
Sunflower oil
Maple syrup, to serve

COOKING INSTRUCTIONS

- Mix the flour and baking powder in a large bowl.
- Make a well in the center of the dry ingredients and whisk in the milk to make a thick smooth batter.
- Beat in the mashed banana and melted dairy-free margarine then gently stir in half the blueberries.
- Heat a teaspoon of dairy-free margarine in a large non-stick frying pan.
- Drop a large tablespoonful of the batter into the pan to make pancakes about 3 inches across.
- Cook three or four pancakes at a time for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn over and cook for a further 2 - 3 minutes until golden.
- Transfer onto a plate and cover to keep warm while you repeat using the remaining batter.
- Serve warm with maple syrup and the rest of the blueberries.



BLUEBERRY LEMON CHEESECAKE

SERVES 4-6 PEOPLE

INGREDIENTS

For the base:

- 1/4 cup rolled oats
- 8 dates, pitted
- 4 tbsp raisins
- 1 tbsp sunflower seeds
- 1 tbsp maple syrup
- Zest of 1 organic, unwaxed lemon
- Pinch of salt

For the filling:

- 1/3 cup cashews (pre-soaked in water for at least an hour)
- 3 1/2 oz fresh blueberries
- 1 tsp maple syrup
- Juice of 1 lemon
- Seeds of 2 cardamom pods

To decorate:

- 2 oz fresh blueberries
- Fresh mint leaves (optional)

COOKING INSTRUCTIONS

- Begin by making the base. Heat a large pan to a medium temperature and gently toast the oats for about 5 minutes, stirring occasionally.
- Combine the oats with the rest of the base ingredients in a food processor. Pulse on a low speed until all the ingredients clump together but retain some texture.
- Line a 4 inch flan pan with foil.
- Scoop out the base mixture and press down evenly into the tin. Place in the freezer.
- To make the filling, start by processing the cashews until you have a smooth paste.
- Add 2 oz of blueberries and the remaining filling ingredients to the processor and blitz until combined.
- To assemble, scatter the remaining 2 oz of blueberries over the base and then pour on the filling.
- Smooth over with the back of a spoon, ensuring it goes right up to the edges of the pan.
- Freeze, for at least an hour, until needed.
- Transfer to the fridge a little while before serving to aid slicing.



AQUAFABA MERINGUES

MAKES 10-12 SMALL MERINGUES

INGREDIENTS

For the meringues:

The water from one can of chickpeas ('aquafaba') - about 6 tbsp
5 tbsp caster sugar or fine cane sugar
4 tbsp icing sugar

For the jam:

5 tbsp frozen raspberries, defrosted
2 tsp chia seeds

COOKING INSTRUCTIONS

- Put a sheet of baking paper on a large baking tray.
- Drain the chickpeas over a large jug or bowl. Measure 6 tablespoons of the aquafaba.
- Put this into your mixer, whisk on the highest setting until you reach the hard peak stage. This is when the mixture can form a peak when you put in a spoon and take it out.
- Now add the caster sugar or fine cane sugar a spoonful at a time while the mixer is on. Repeat this with the icing sugar. Ensure that all of the aquafaba is mixed in well with the sugar.
- Put the mixture into a piping bag or a sandwich bag. Cut off the tip and pipe onto the baking paper into mini meringues.
- Bake for around 1 hour in a 225°F oven until they have firmed up. They do not need to be completely hard as they will harden once they cool.
- In a small bowl mix the defrosted raspberries with the chia seeds and store in the fridge. After a couple of hours they will have thickened into jam.
- Add the jam between two of the meringues.



ADULTS ONLY CHOCOLATE MOUSSE

SERVES 2 PEOPLE

INGREDIENTS

2 oz cacao butter buttons

The water from one can of chickpeas ('aquafaba') - about 6 tbsp

3 tbsp rice syrup, you can add more if you prefer it to be sweeter

½ tsp vanilla essence

2 handfuls of frozen raspberries

1 tbsp roasted and chopped nuts

COOKING INSTRUCTIONS

- Put the cacao in a glass bowl in a pan of water. Bring to a boil and then simmer.
- While the cacao is melting mix the other ingredients in a high sided bowl.
- Using an electric whisk mix the aquafaba, syrup and vanilla until it is fluffy. You won't get peaks as you would when making a meringue but, after whisking for 5 minutes, you will get a slightly aerated mixture.
- Add the melted cacao and whisk until it is fully mixed in.
- Pour the mousse into 2 small bowls or ramekins, chill for an hour or more until set.
- Top each mousse with a handful of frozen raspberries and a scattering of nuts just before serving.



CHOCOLATE PISTACHIO APRICOTS

MAKES 2 PORTIONS

INGREDIENTS

5 Brazil nuts
5 dried apricots
2 oz very dark vegan chocolate
1 tbsp pistachios (raw not salted)
 $\frac{1}{4}$ tsp ground cardamom (if you cannot get this use cinnamon or ginger instead)

COOKING INSTRUCTIONS

- Lay a piece of baking parchment on a flat surface.
- Melt the chocolate in a glass bowl in a pan of boiling water.
- Cut a slit in the top of each apricot and push a Brazil nut into it.
- Dip each apricot into the chocolate, with the nut end going in first.
- Place on the parchment.
- Grind the pistachios in a pestle and mortar, add the cardamom and sprinkle over the chocolate covered apricots.
- Allow to cool until the chocolate is completely solid.



GOOEY WALNUT COOKIES

MAKES 10 COOKIES

INGREDIENTS

2½ oz dried apricots, preferably sulphur dioxide free
¼ cup hot water
½ oz pistachios
1½ oz walnuts
1 oz quinoa flakes or ground almond
1 tsp ground cinnamon

COOKING INSTRUCTIONS

- Soak the apricots in the hot water for 10 minutes and then drain.
- In the chopper attachment of a hand blender or in a food processor grind the pistachios until they have a breadcrumb consistency.
- Add the softened apricots and blend till smooth.
- Add the walnuts, quinoa flakes and cinnamon and blend again. The mixture does not need to be completely smooth.
- Roll out the dough between two sheets of baking paper.
- Using a glass or cup, cut out 10 small cookies.
- Place on a baking tray and bake for 10 - 15 minutes in a 375°F oven, until the edges are browned.
- Remove from the oven and allow to cool for 5 minutes.
- Remove from the tray – they may stick otherwise. Allow to cool for another 10 minutes before serving.



GLUTEN FREE DOUGHNUTS WITH LAZY CHOCOLATE DIPPING SAUCE

MAKES 6-8 DOUGHNUTS

INGREDIENTS

$\frac{1}{3}$ cup tapioca flour
 $\frac{1}{2}$ cup rice flour
 $\frac{1}{3}$ cup sprouted buckwheat flour
2 tsp baking powder
3 tbsp coconut sugar (1 extra tbsp optional)
 $\frac{1}{4}$ cup rapeseed or sunflower oil
 $\frac{1}{2}$ cup rice milk

COOKING INSTRUCTIONS

- Mix the flours, baking powder and 3 tbsp of the sugar in a large bowl.
- Add the oil and milk and stir well until smooth.
- Pour into a greased doughnut pan.
- Bake for 15 - 20 mins in a 400°F until they're golden brown.
- Allow to cool before serving.
- If you want sugar covered doughnuts put the remaining 1 tbsp sugar on a plate and dip each of the doughnuts into the sugar straight after they come out of the oven.



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