

MUMMY BEARS VEGAN GUIDE TO COOLING THE PLANET

Front cover: A view from above of an open chest with a small pig embedded deeply facing the neck with a red cup/beaker over the pig's face with its ears poking out from beneath the cup/beaker.

I was advised by friends and family to have glossy photographs of the dishes in this book. I have always been against this. If we are to be completely honest when does our finished dish bear the vaguest resemblance to the glossy photograph taken by a professional food photographer.. It is deceptive and a ploy by the publishers to sell more books. For the cookery reader it only adds to a sense of disappointment. In my humble opinion it is far better for your self esteem to be proud of the dish you have created and take a photo of it yourself. Its imperfections included. Pin this photo up in the kitchen somewhere for further inspiration.

This is not only a recipe book. I hope to give you the reader and wannabe vegan cooks an insight into holistic organic food. I will try to make you aware of the connections between the food we eat and the soil it is grown in.

We all have to eat so it is important that we do this sensibly with our planet in mind. There are so many personal decisions we can make to ensure our food is not making poor countries poorer or contributing to climate change .

If we really look at what we are buying whilst shopping we can help reduce global poverty and work towards a fairer trading system. We can make a difference. We can cut out meat, dairy and other animal products, stop wearing them and submersing our lives in them.

In this book I hope to show you a sensible healthy way to achieve this, whilst following a full and enlightened life and harmonizing nutrition with nature. Becoming more balanced with the earth should lead to a positive enlightenment within our selves. After all we really are what we eat.

Becoming a vegan is a lifestyle choice and I will try to guide you along the way. I will show you what to shop and how to cook good old fashioned british food. How to reduce wastage and ways to prepare food which is environmentally sound . It will be our journey together leading to a holistic sense of well being. I

also hope to offer you, in this book, a varied assortment of nutritiously balanced meals with easy to follow recipes.

I have been cooking for 35 years. At first vegetarian, then for the last eight years I have been a vegan. I have cooked for small groups like my family and provided meals for groups of over 100 people at various events. The recipes in this book have been borne out of joy and a desire for a greener, fairer world. It would be arrogant to state that we are going to save the planet as the planet would survive the human race what ever. However, we can open our eyes and

hearts to living in harmony with our environment. My thanks to my husband for his advise on Climate Change and to my family and friends for their support.

Please enjoy it and glean from this what you desire as it is a small piece of my soul.

Love and peace

Annette x

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Leonardo da Vinci (1452-1519)

was a vegan. His philosophy must have paid off as he lived to be a ripe old age.

"If you would keep healthy, follow this regimen: do not eat unless you feel inclined, and sup lightly: chew well, and let

what you take be well cooked and simple. He who takes medicine does himself harm; do not give way to anger and

avoid close air; hold yourself upright when you rise from table and do not let yourself sleep at midday. Be temperate

with wine, take a little frequently, but not at other than the proper mealtimes, nor on an empty stomach; neither

protract not delay the [visit to] the privy. When you take exercise let it be moderate. Do not remain with the belly

recumbent and the head lowered, and see that you are well covered at night.

Rest your head and keep your mind

cheerful; shun wantonness, and pay attention to diet." -- Codex Atlantico 78

v.b. (In this context we take simple to mean only vegetables)

Leonardo was so upset at unnecessary suffering he used to pay for caged birds then set the imprisoned creatures

free. 'Mind of Leonardo Da Vinci' Edward Mac Curdy 1928.

I believe following the example of Leonardo Da Vinci should lead to living a long healthy and happy life. Of course

even Leonardo could not have envisioned the impact of anthropogenic global warming is having on our planet.

However, had he been aware of his carbon footprint, I feel sure that he would have followed a low carbon vegan diet.

PERSONAL CHOICE.

We can demand environmentally sound food. You will no doubt have pre conceived ideas on what vegan food is like.

But have no fear of eating a plant based diet, it is maybe the most beautifully well balanced diet you can consume .

Your life will improve as you learn and your joie de vivre will be on the increase.

Vegan cookery is like a blank canvas on which you can create,with pulses, seeds and seasonal vegetables, a

mouthwatering masterpiece of a myriad of colours.

CLIMATE CHANGE AND PUTTING THE LID ON CARBON.

To understand our impact on the earth we must examine what is causing the change in our weather patterns and how

CO₂ plays a part. As this is a cookery book I will try and be as concise as possible as there are tomes of published

climate science out there for your leisurely perusal. So, you are probably quite knowledgeable anyway but for those of

you who wish to revise or if you are climate virgins or climate sceptics here is a little toe dip into why we should be trying to reduce the amount of carbon we put into the atmosphere. First of all I will explain what greenhouse gases are and why we should worry about them . Everyone is aware that CO₂ is a greenhouse gas however, this is not the only gas which contributes to climate change. There are also water vapour, methane and artificial industrial gases out there. In the right quantities greenhouse gases keep our atmosphere nicely ticking over making our planet hospitable. However, just like most things if one element is out of balance then this has a knock on effect on other things.

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Unfortunately ever since the Industrial revolution we have been relentlessly pumping CO₂ and other man made gases into the air. As the heat from the sun travels through the atmosphere it bounces off the earth and is projected back into space. CO₂ and other greenhouse gases trap some of that heat. As the level of CO₂ and other greenhouse gases rise more and more of that reflected heat is retained and as a consequence the atmosphere heats up.

A survey shows that 97% of scientists now agree that global warming is occurring. Greater and greater numbers of people are realizing that climate change is not only real but the signs of it are already becoming evident. It cannot be denied that the arctic sea ice is retreating.

The warming in the arctic is affecting the jet stream that drives the weather in the northern hemisphere. It is becoming sluggish. This is causing the heat waves , extreme cold spells and fiercer storms that are becoming a feature of climate change.

Though public recognition of climate change is growing little is said about the long term effects.

Some of these effects can be disturbing. Rising temperatures are creating feedback loops.

For instance, the melting of ice which reflects heat reveals dark water that soaks in the heat.

The more the ice melts, the more the temperature goes up causing more ice to melt and so on.

It has been found in Siberia, Alaska and Canada they have areas of permafrost. That is tundra in a permanently frozen state. The permafrost stores vast amounts of CO₂ which is being released as it warms up. It should be clear that this is a feedback loop that will cause runaway climate change. www.treehugger.com

Equally worrying are methane clathrates. A methane clathrate is like a molecular cage containing methane. Methane is a greenhouse gas 105 times more potent than

CO₂ . It appears like a block of ice which can be ignited! They are very sensitive to changes of pressure and temperature. Clathrates exist on continental shelves,

buried under permafrost and on the deep sea floor. A vast amount of methane is stored in clathrates. It has been found that on the East Siberian Arctic Shelf clathrates are already beginning to melt.

www.coolheadsforahotplanet.wordpress.com

Another consequence of melting ice, not just sea ice but glacial, Greenland and Antarctic ice is rising sea levels.

Climate change leads to rising sea levels in other ways too. As the oceans warm up they expand. Estimates of the size of the rise vary between 56200cm

by 2100. However for low lying islands and coastal areas any rise is too much. People

are already being displaced and dying as a result of rising sea levels.

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The oceans are a valuable carbon sink. That is they absorb and store CO₂. The problem is that in doing so the ocean becomes more acidic. This is killing the small sea creatures at the bottom of the food chain thus putting strain on those further up the chain.

Another important carbon sink is the rainforest. The trees and the deep bed of peat beneath them sequester huge

quantities of CO₂. Deforestation, largely for paper, palm oil and animal feed, releases the carbon. It is becoming

widely accepted that by the end of the century temperatures will be at least 4°C above the pre industrial average. It has

been suggested that this could cause the Amazon rainforest to burn.

Water vapour is not a greenhouse gas we normally worry about too much.

However, as the earth warms up this causes more evaporation and contributes to the greenhouse effect.

When you put all these factors together one can see a picture emerging of increasing urgency to lower our high carbon lifestyles.

WHAT IS A VEGAN?.

It is said that the word 'vegetarian' was first used formally during the very first meeting of the British Vegetarian

Society held on September 30, 1847. At that time those who ate no meat or dairy were called strict vegetarians in fact

the word in German for vegetarian is strengevegetarian.

However, that changed when the term vegan was coined in England by Donald Watson, taking the first three

and last two letters of vegetarian. Donald founded the British Vegan Society in 1944, and in 1960 H.J.Dinsha started

the American vegan society linking it to the Bhuddhist and Jainist concept of ahimsa which is the avoidance of

violence against living things.

According to the Department of Health and Food Standards (FSA) National Diet and Nutrition Survey in 2012 there were less

than 1% of people were Vegans so there are not very many of us but hopefully a powerful vanguard for the future.

WHY VEGAN

I hope to show that it is possible to cut out meat and dairy products and maintain a healthy diet .

We all would like to do our bit to save the planet. Changing to energy saving light bulbs or cycling to work is fine but nothing will reduce your carbon footprint as much as becoming a vegan. Meat and dairy production are responsible for 18% of global greenhouse gases. If everyone went meat and dairy free for one day a week we would save the equivalent in carbon emissions of taking five million cars off the road. If everyone did it permanently it would be like taking 35 million cars off the road. Omitting dairy products from your diet will save money and improve your general well being . It is like swings and roundabouts, the money you save on meat and dairy will pay for the organic produce which in turn will help to ensure a varied and balanced diet.

ANIMAL FARM.

Besides environmental considerations, for some people animal welfare is another reason to go vegan. If one thinks of animals which are subjected to inhumane living conditions especially in the dairy industry and the subsequent slaughter of said animals it is very difficult to see the ethics in farming animals for human consumption. 30 million cattle, calves sheep and pigs and 900 million poultry are killed every year in Britain for meat. Many are kept in inhumane conditions . In my opinion if you are truly concerned with animal welfare you should consider this; keeping a cow producing milk requires making that cow pregnant every year of her adult life then confiscating the offspring generally for slaughter. Given this, it is not reasonable being a vegetarian on ethical grounds.

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Cows, calves, pigs, chicken, turkeys, ducks, geese and other animals live in extremely stressful conditions. Some are kept in small cages with so little space that they are unable to move. They are deprived of exercise for the preservation of their bodies' energy and this goes towards producing flesh, eggs or milk for human consumption. They are genetically altered to grow faster or produce much more milk or eggs. Many animals become crippled under their own weight and can die of malnutrition even within sight of food and drink. They are fed drugs to fatten them up and keep them alive in conditions which in normal circumstances would contribute to their death. When they have grown large enough the animals reared for food are loaded into trucks in cramped conditions The poor creatures are transported many miles through all weathers with no food or water with their final destination being the slaughterhouse. Those who survive this barbaric journey will have their throats slit whilst still alive and poultry are plunged into scalding hot water for defeathering other creatures are skinned or ruthlessly chopped apart.

The employees in these slaughterhouses are invariably paid low wages and guidelines are not followed. Male calves who are sent to slaughter sense where they are going and can genuinely feel fear at their impending death.

If you are concerned about animal welfare then you might want to join PETA. They concern themselves about the ethical treatment of animals .If you subscribe you will be helping in their fight in exposing cruelty to animals.

VEGAN NUTRITION.

....Nothing will benefit health or increase chances of survival on earth as the evolution to a vegetarian diet..' Albert Einstein.

I believe it was after an illness later on in life that Einstein decided to only eat a plant based diet, vegan as we would call it nowadays.

YOUR BODY.

Your body requires 3 basic things from food, starch and sugars for energy, proteins for building muscles and enzymes and other vitamins and nutrients for basic cellular processes. The vegan diet can provide all of these.

Starch is needed for your brain, muscles and all your organs, you break this down into glucose which is stored in your liver which regulates how much glucose to release into the bloodstream.

Plants are the best source for glucose, particularly in the form of starch. Starch is prevalent in grains such as rice,wheat and corn. Potatoes are full of starch.

Try and eat these in the whole form. I try to always keep the skins on potatoes before cooking as there is so much goodness just under the skins.

Protein, this is the one I get asked about most ,in fact it is a myth that we do not get enough protein in a vegan diet. In fact a meat diet has too much protein. Our muscles need protein but there is loads of it in seeds nuts and pulses. Out of all the varieties of pulses the soya bean has the most protein. I try and vary the beans I use as some dishes warrant the use of a certain pulse. Drinking soya milk can supplement your protein intake and tofu is very high in protein.

Vitamins are needed for many different bodily functions and for the health of various parts of the body . You will find vitamin C in citrus fruits such as oranges and vitamin A is in orange coloured plants such as squashes and carrots very aptly it is called betacarotene.

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Vitamin B12 is normally only found in meat and dairy products so it is essential that you add it to your diet. It can be found in yeast extract. This is why I use yeast extract in my recipes.

One will find Zinc in grains, cocoa, nuts and legumes. Zinc is essential for your immune system and your sense of taste and smell. It also helps you to heal wounds.

You need iron in the bloodstream. This binds to the oxygen you breathe to your blood and it is carried to where it is

needed in your body. In plants iron is used in the reaction of photosynthesis. As a result you will find iron in leafy green vegetables, kale, green vegetables, spinach, lettuce and turnips. I always use cast iron saucepans and these add to your iron intake. These will last you a lifetime and well worth buying a set. Calcium is used for bones and carries signals in your nervous system and brain. To increase the calcium you are getting you should eat the course grainy parts of the plant. I always tear my cabbage up as this action follows the grain of the vegetable. My cooked cabbage is lovely and fibrous as a result. You will find Calcium in dark green leafy greens, celery, rhubarb, turnips and onions.

HOW TO GO VEGAN WITHOUT GETTING TETCHY.

A friend of mine once said that she had eaten food at my house for a week and had not even been aware that it was vegan. I think this was the best accolade a vegan cook can achieve. There is a certain state of mind you need when creating your vegan dish. It will take time and imagination. It has to be taken in stages. Beginning with a twinkling of an idea, let it slowly evolve into a tangible dish. You have to acquire the ingredients, clean, chop then finally cook, present and eat. Folks are usually quite surprised to find that their well known and loved meal baked beans on toast is in fact vegan. Of course using vegan margarine spread lightly on the toast. A balanced Vegan diet is not rocket science. When you tune your body and mind to work in harmony with one another veganism will become intuitive.

If you are beginning your transition from meat eater to veganism I would certainly recommend becoming a vegetarian, try that for a while until you feel confident, then make the final jump to veganism. Everyone is as different as their thumb print and as unique as every snowflake, your body will tell you when you are ready. You will crave a certain type of food, that is probably because it contains some nutrient which your body requires.

Always remember you are vegan now.

However, if you are thinking of compromising and just becoming vegetarian, carbon dioxide does not compromise so neither should we!! It produces the same amount of CO₂ rearing a kilo of beef as it does making two kilos of cheese. That same amount of CO₂ will let us grow 12 kilos of lentils. High quantities of milk are required to make cheese, that is why it is so high in emissions. This shows how much greener you can be by changing your diet. It is just a little thing but it is a positive move which can be overwhelmingly beneficial.

Keep channeling your energy into veganism it will certainly pay off in the end.

In order to succeed think

of it as a long train journey. Along the route there are many stops on the way, each station being a time for your body to adapt to its new diet. Once you have adapted to the first stop then hop back on the train and head for the next stop. It

will be time consuming but like all journeys it begins with one small step. Veganism is not a fad you can tag on to the end of your day. It is all encompassing, you will have to breathe, talk and think in vegan. Make sure your friends and family know you are going vegan. You are going to need their support especially if you eat with them on a regular basis. Explain your reasons that this diet is not a fad and you are

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going to require their assistance. You never know they may join you. It is a lifestyle choice, this is not to be embarked upon flippantly. It includes a lot of things in your home which you take for granted, even in clothes and beauty products.

However, you don't have to give up that leather sofa if you look on line there are vegan substitutes. It is just as easy to buy vegan clothes and shoes. Don't worry, it doesn't mean we have to go bare faced without our make up either. There are many vegan cosmetic companies and skin care specialists which supply non animal and organic based products.

There is something lovingly refreshing and soul cleansing about donning vegan footwear, recycled, home

made and charity shop clothes 'from a Salvation Army counter'. As is being topped and tailed vegan cleansing

cosmetic and teeth cleaning products. Hopefully, designers will sit up and take a look at what we are wearing and duplicate current designs into organic and fair trade materials. There is Ethical Fashion Forum where you can sign

up for newsletters for sustainable clothing and The Fair Wear Foundation which helps to improve labour conditions

for garment workers. To wear quality and not quantity and be prepared to pay for the privilege will lead to fairer

trading practices throughout the chain from the farmer to the consumer.

The change is happening, more and more people want eco and sustainable products. These will become more available

as we move towards a more sustainable world. When buying mattresses and sofa beds it is important to check out the

filling of these items. There is no point becoming a vegan if you are sleeping on a pillow filled with duck feathers.

Always check vegan society logo which tells you it is 100% vegan.

For outlets of other vegan specialities just enter the required product into your favourite search engine. (preferably

one with a low carbon footprint) Leather effect sofas come up with several outlets. There are several hairdyes which

are organic, cruelty free and vegan on the market.

To make the transition from veggie to vegan is a bit like starting a jigsaw.

However, there is no point if you have not all

the pieces as you will never achieve a complete picture.

For example, do not run out your door expecting to grab a cheese pasty en route, veganism hasn't reached our shops

yet like vegetarianism has. You will have to forward plan. You could take a herb yeast paste spread or a peanut butter

organic wholemeal sandwich. Put it in a container with some carbon friendly fruit and a nice piece of homemade flapjack. Homemade pesto with salad leaves and home grown cress and mustard is delicious spread thickly on a baguette. As a quick munchie snack there are oat cakes, rice cakes and wholemeal pitta bread to ring the changes with bread.

As I write this it is Autumn and there is so much fruit on the trees I can't believe people just walk past apples on the ground. Reclaim your youth and go scrumping it is great fun and will make the apple dish you will create taste like childhood laughter and stolen moments.

HAVE A LOVELY BIT OF HOMEGROWN.

Freshly grown bean sprouts are a great addition to a vegan diet.

Bean sprouts are another great filling for sandwiches. Another great advantage is that they will can be a source of

fresh nutrients all year long. They contain vitamins A,B,C and E and calcium iron and potassium. Grow your own at

home. You will find if you have small children they will really enjoy doing this, they love to watch the magic beans

grow and then eat the end result. In a large glass jar, the large family sized pasta sauce jars are good. Put a tiny

amount of mung beans in the bottom ,remember, these will expand like magic beans. Then add water to cover. Put

holes in the lid and drain keep doing this a few times a day but keep them in a cupboard at the front so you do not

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forget about them. When they begin to sprout put them in the fridge and keep rinsing and draining them. They have a really short shelf life so eat asap.

To grow mustard and cress scatter mustard and cress seeds liberally on a wet piece of toilet roll or cotton wool. Keep

them moist and leave in a warm place until they have grown into a dense micro cress forest.

Do not use red kidney beans for sprouting. I always stick with mung beans for sprouting purposes.

WINTER WARMERS.

Of course, your body will crave more carbohydrate foods in winter as you require energy to keep up your body

temperature. I find that in the colder months my family eats much stodgier foodstuffs like shepherds pies and

yorkshire pudding with lots of mashed potatoes and seasonal vegetables. Yes, you can make vegan shepherds pies and

Yorkshire puddings as you will see in my recipes. Also, we tend to eat more desserts and cakes in winter.

In summer as our bodies do not need warmth foods we eat less potatoes and carbohydrate laden foods changing to a

lighter diet such as flans, curries, fritters and seasonal fruit.

FEELING THE PULSE.

In order to connect with veganism for whatever reason be it environmental, animal welfare

or a food intolerance you must learn to cook with pulses as these will provide you with your protein and contribute to a well balanced vegan diet.

Most wholefood shops have a variety of pulses and everyone is familiar with lentils. With a husband called

Neil we have both had our fair share of lentil jokes having been of 'The Young Ones' television programme

generation. At first you will find wholefood shops rather bamboozling places.

When faced with shelves of barely

recognizable foodstuffs it is very difficult to see the finished product.

I hope to open up the deep mystery of wholefoods by showing you how to source pulses and flours. Hopefully, these

speciality shops, in the future, will not only be the haunts of old hippies and little old ladies.

In supermarkets pulses are generally placed in a tightly packed shelf at the back of the store as if it was ashamed to

have them on show. Search for them if you can't find them then complain.

I realize pulses are not sexy however, they are a wonder food. Protein rich, low in fat and high in fibre

they are cheap and an excellent source of iron, vitamin B and phosphorus.

Beans are so tasty especially when they are

flavoured with herbs and spices. Pulses are very receptive to absorbing herbs and flavourings. The bean is very

versatile, shepherd's pie, to spare the shepherds, should be made out of a nice nutty bean like an aduki or mung bean,

black eye beans are good for casseroles and pies. Both continental and red lentils are great for curries and chick peas

are fabulous for purees and fritters. Of course most people are familiar with hummus made with chick peas as the

main ingredient. Red lentils, continental lentils and mung beans all cook quite quickly and can be rustled up into a

quick meal.

The most important factor in pulse cooking is forward planning. The previous evening have a rough idea of what

dish you would like to make the following night. In a lovely large bowl place the appropriate beans on to soak. First

wash and drain and repeat three times. There may be small stones in them, so pick these out and discard in the

compost bin. The beans will double in size so don't soak too many. Make sure there is ample room for expansion and

plenty of water in the bowl. Leave these in a cool place overnight. The following morning drain through a colander or

sieve. Rinse the beans try and ensure the water becomes clear then add more cold water. Leave them soaking until you

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are ready to cook them.

Just before cooking drain them and place in a heavy based saucepan pick over the beans again to see if

there any duds, (these will usually float to the water surface) and then cover with more fresh water. This large

volume of water may look energy intensive but after cooking drain the pulses and keep the stock for soups or gravy

and freeze for a later date. Do not be tempted to add salt as this will render the beans very hard and they will never become tender. Bring to the boil and then turn down the hob to simmer. The pulses are ready when they are tender to taste.

It is said that by adding some dill, fennel or aniseed to the soaking water this helps to combat flatulence. I have found that by eating pulses on a regular basis helps your body to adapt and wind is no longer a problem.

There are arguments over the merits of buying pulses dried, tinned or in tetrapaks. Cans and tetrapaks harness all the vitamin C content whereas in drying them this is lost. However, the protein is kept intact in both cases. Personally I eat all types.

It is best not to eat dried red kidney beans. I always keep a tin of cooked red kidney beans in the cupboard, they are handy when you haven't had time to soak any beans.

FLOUR.

Your local health food shop should be able to advise you on the best local flour you can buy. It is so much better, when purchased fresh, locally, it seems to rise on its own. We used to live on an organic farm and I used to grind the wheat for my bread in the flour mill. It rarely required yeast to rise.

TOFU.

Don't buy imported tofu. The tofu you buy should be made from organically grown beans. If in doubt email the company and ask questions. There are different types of tofu and each type is suited to a different kind of tofu dish.

The firm tofu on its own is quite bland and requires a marinade. It is a marvelous sponge which will absorb pungent flavours. So do not be afraid to experiment with a variety of spicy marinades. Finely crushed organic garlic with a splash of organic tamari is one of my favourites. Leave overnight in a marinade and fry this in shallow hot oil until golden brown and slightly crunchy. Firm tofu goes well in savoury dishes.

A silken tofu can be scrambled or used for dessert dishes like cheese cakes or as filling for cakes.

VEGEMINCE.

Always check if buying frozen vegemince that it does not contain whey. There are fungi based proteins made into sausages and mince which sometimes contain egg white so always check the label. Overall, it is best not to use prepackaged foodstuffs. Try to prepare everything yourself. When you make your own food you are eliminating the need for packaging and at least you know exactly what you are eating. In fact you are empowering yourself to take back autonomy in the kitchen.

Batch cook and always keep home made dishes in the freezer. These can be eaten when you are too busy to cook or have unexpected guests dropping in. Always defrost your freezer regularly as this saves energy and stops its motor

working too hard to keep it cool. Always place the refrigerator away from radiators in a cooler part of the kitchen.

In an ideal world, if we can escape our capitalist ways we will have more time for food preparation. Your quality of life will get better when you consume good home cooked food. More time, less money, means a more fulfilling existence.

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PALM OIL.

Palm oil destroys rainforests. Remember that when you are shopping. Always scrutinize the ingredients.

There is no such thing as a sustainable palm oil.

If a product does n't specify the oils it contains and simply lists vegetable oil it may well contain palm oil. Try to buy products that name the oils used

I am still looking for makes of palm oil free vegan margarine with the help of the girls at my local health food shop.

It is ludicrous that palm oil is added to many top brand foods. This is why it is always important to check the label, this oil may be listed under many names. Keep checking palm oil websites to keep up with aliases.

The deforestation is an unyielding destructive process, the forest is logged and the carbon rich peat is drained. All the best bits are taken for furniture. They burn or chainsaw the remaining wood, which releases loads of greenhouse gases in the process. When this has been cleared a palm tree plantation is planted. They make oil from the kernels of the palm tree. They then transport it thousand of miles to Europe and America then they add it to biscuits, margarine, soaps, chocolate, toothpaste, moisturizers, soap powders and many other things.

The supermarkets only sell what we buy. However, it really is down to us as the consumer to take a moral stand and leave all palm oil laden foods on the shelves. Write to companies asking them about the palm oil in their products and demand accountability from companies withholding information on palm oil content in their products.

This is something which requires solidarity and with people power we can do it. Just think of those displaced villagers and the orangutans which are hurtling towards extinction. 90% of Sumatra's orangutan population has disappeared since 1900. 90% of wildlife disappears when the forest is replaced by palm oil forest. According to the United nations 98% of Indonesian forests may be annihilated by 2022. It is not only the orangutan who is suffering either. Plantation workers are badly paid. Women are subjected to the work of crop spraying. They suffer ill health and the food sources become contaminated with paraquat. A quarter of the workforce are children who suffer from long hard working hours. Only 15% of the worlds palm oil is R.S.P.O. Certified.(roundtable Sustainable Palm Oil)

It is sometimes very difficult to make the leap between the food on our plates to the environmental

destruction which is sitting innocently and somewhat guilt free in our cupboards. This is down to an inability to see beyond what is happening outside our immediate circle. Our unwitting contribution to the plight of the wildlife we are destroying. Galloping consumerism can make us blind to the affairs of others. It is possible to be very discerning with our approach to palm oil, environmental food and farming issues. It just takes an awareness on our part as the consumer.

FSC.

FSC comes from first time industrial logging of primary forests or from toxic, industrial monoculture plantations which displace old forests.

It is advisable, however, if an alternative is not available you might buy FSC as it is better than products from

International Pulp giants who destroy more forests than palm oil.

SOYA.

In our household, organic soya milk is the staple drink but there are many non dairy milk products on the market. It

is really down to personal taste, preference and size of pocket. If you have a soya intolerance then rice or oat milks

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are a worthwhile substitute. It is far better to make your own milk drinks as this cuts down on packaging and in my opinion taste better and fresher. There are 'milk' drink makers on the market if you can or willing to justify the price against the amount of 'milk' you will produce.

Always try and drink organic soya milk. Organic means it is sustainable . Soya products use five times less land and ten times less water and generate less CO₂ emissions than products made from animal protein. 25 grams of soya protein a day as part of a diet low in saturated fat can help reduce cholesterol in the blood. Too much cholesterol in the blood can increase the risk of cardiovascular disease.

REDUCE, RECYCLE and REUSE.

RECYCLE AS IF YOUR LIFE DEPENDED ON IT.

We generate about 228 million tonnes of waste every year in England alone.

Waste sent to landfill produces methane which is as we know is a powerful greenhouse gas.

It is easy to get into a recycling mindset you just need three swing top bins.

Mark them clearly with the objects your council will take. Then, once these are full place the contents into the large Council Recycle Bin, if you have not

one of these your Council will gladly supply you with one or supply you with recycling bags. My Local Authority will take a collection of paper; cardboard, tins and plastic bottles fortnightly.

Unfortunately they do not collect glass however, there are bottle banks nearby.

This is a lovely excuse to have a trot down the road with my rucksack laden with glass. I usually reuse my jars for jams and pickles. Wine bottles are reused for homemade wine. Anything else can usually be recycled at your local dump. A

trip to the Municipal/Local dump for the miscellaneous stuff can be justified by combining it with other things say a bit of shopping in town.

Find out what your local dump recycles by going along and looking at the skips and asking the workers which materials the Council recycle. Also, some councils are taking household kitchen waste. I am sure you will be pleasantly surprised by the services on offer because believe it or not the Council do not want vast amounts of unnecessary landfill either. Always check with the Council that all waste is dealt with in U.K. There is no point giving up dairy and animal produce for environmental reasons if you do not participate in extreme recycling.

Freecycle is a useful tool . Take a look at this site as it may have just what you are looking for. You will have the added satisfaction that you have rescued something from the landfill.

SHOPPING.

Leave enough time for your shopping. Travel by public transport bike or walk. Carry a rucksack you will not be tempted to impulse shop if you have to carry it home! Eat before you go shopping or you will want to buy more high energy foodstuffs than necessary. There may be an organic market stall in your local town. Farmers Markets are taking off nowadays so find out when they are on. These only sell local produce and are great for organics.

On the whole I think one should really use ones common sense and try and buy in season fruit and veg

which has been shipped not flown and especially locally grown produce from local markets. I have listed all the locally grown produce on a monthly basis at the back of the book. I always think vegetables from supermarkets look tired.

Some of them have been sitting around for ages even before they have got to the shelves. Supermarkets tend to have central distribution centres where goods get hauled in gas guzzling CO₂ belching lorries from A to B down the entire country and back to A which is very carbon intensive and unnecessary. Ships can carry food around 100 times more

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efficiently than planes.

It is estimated that road transportation produces 22% annual CO₂ emissions.

Since 1990 emissions from road transport have increased by 10%. Hopefully, as oil becomes more expensive rail freight will become more common which will cut carbon emissions on food miles.

I have a fabulous Indian/Asian supermarket in our nearest large town. As I do not like to travel too far I

combine my journey with a trip to hospital or other important business. These shops sell herbs and spices in larger

quantities than supermarkets. I keep the herbs and spices fresh by placing them in containers with tight fitting lids. I

buy large quantities of gram flour here also. As you become more adept at vegan cookery you will find yourself using

a lot of gram flour as it will become a valuable part of your diet.

Purchasing your fruit and vegetables in markets reduces packaging. A paper bag can be put in your green compost bin alongside used kitchen roll and baking paper. Try and pick oddly shaped fruit and vegetables as this encourages the suppliers not to waste imperfect shaped fruit.

I really dislike the sanitised food industry these days as it really reflects in the taste of produce.

I think a small piece of chaos in ones nutrition is a good thing. It certainly adds to the flavour.

SUPERMARKET WASTE.

The four major supermarkets in Britain generate 300,000 tonnes of food waste in 2011.

However, we need to look at the best way to deal with out of date produce.

Better stock taking so the waste is reduced at the onset. If the waste food is still edible it should be possible to be

donated to charities . The supermarkets must be aware of what is going to be left on the shelves.

The whole waste agenda requires a fresh outlook and a comprehensive shakeup.

It is a sad fact that still people are prosecuted for taking from supermarket waste bins. It is still regarded as theft. Even

though if left it would go to a landfill. However rescuing such products from these bins you are in fact doing your bit

for the environment . These foodstuffs do not compost but rot anaerobically so emitting methane.

Your mottos should be: Reduce, recycle, reuse! And like my mother used to say: 'waste not want not.....'

It is also down to us as shoppers to only buy what we need. Supermarkets want us to fill the trolleys the size of a small

ocean liner but try not to comply. They want us to buy three items even though we wanted only one.

Forward planning helps you not to buy unnecessary foodstuffs. Have a menu plan and stick to it.

Gleaning which was the norm in Mediaeval times is now making a come back thanks to The Gleaning Network UK

website. This is when the farmers invite people onto their land to collect fruit and vegetables that would otherwise go to

waste. You can go the website and pledge to reduce your waste and want businesses to do the same.

FREEGANS.

There are some lovely friends of mine who live by Freeganism. And lead a low carbon lifestyle. To survive in this

society and reject the use of money and to live on only what is thrown away is totally admirable. I find it really sad

that there is such a stigma attached to this way of life. Very ironic that it is more socially acceptable to throw decent

edible food away than it is to rescue it, share, eat and cook it. Waste is so pandemic in our society.

ORGANICS.

I would recommend that you buy and eat organic food as much as possible. It is better for you and good for the the

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environment. They taste wonderful like vegetables used to taste. Hopefully now you have given up meat and dairy products you will be able to afford organics.

Organic farming reduces pollution and greenhouse gases released from food production by restricting the use of artificial chemical fertilizers. When we used to live on an organic farm we would see an abundance of wildlife. Our organic farm was a haven for bees, birds and butterflies as plant and insect and bird life is up 50%. GM crops and ingredients are banned under organic standards. Choosing organic is an effective way to avoid GM in your diet. When you eat non organic foods you are in fact eating oil. Only by eating organic can you change the hearts and minds of government and channel our food strategy to locally grown organic foods. An organic vegetable box should include a selection of a seasonal fresh fruit and vegetables . Never mind the exotic foreign veg our home grown varieties are lovely and of course much fresher and environmentally sound. Always make sure that foods are certified by the Soil Association.

I can usually purchase a good range and variety of organics until the seasonal lull in May, it picks up again slowly from June onwards.

GARDENING.

Of course if you have a garden then it is much better to grow some of your own food there is nothing like the fresh taste of your homegrown veg. A freshly dug potato can taste and smell both delicious and earthy .

Try growing tomatoes at home, they grow well both indoors and outdoors I grow mine on a bedroom windowsill indoors. There are no food miles to home food growing which means a zero carbon footprint .

LEVELLERS.

In an ideal world it would be marvellous if everyone was given a small amount of land on which we grew our own vegetables to swap and barter and not to have to bother with currency would be a good start at undermining capitalism.

...in that we begin to digge upon GeorgeHill,
to eate our together by righteous labour, and sweat or our browes, it
was shewed us by Visions in Dreams, and out of Dreams, That that should be
the Place we should begin upon, And
though the Earth in view of flesh be very barren, yet we should trust the Spirit
for a blessing.

And that not only this Common, or Heath should be taken in and Manured by the people, but all the Commons and waste ground in England, and in the whole world, shall be taken in by the People in righteousness, not owning any property; but taking the Earth to be a Common Treasury... This was written by Gerrard Winstanley.

The True Levellers. Standard Advanced. Gerrard Winstanley 16091676

I believe in order to empathize with your cooking especially if you live in a city, go and visit an organic farm and see

how the vegetables are grown. Look at a field full of wheat then go and see how the wheat is ground into flour. To know the origins of food is of paramount importance to preparation and cooking of ingredients. Make a connection with the earth. A holistic outlook helps the end product taste wonderful. If you haven't a garden then try getting an allotment. Pieces of waste ground can also be used.

Contact the allotment society or local authority the more they ask then they may make provision for gardening.

COMPOSTING.

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Always keep a green compost bin in your kitchen for waste peelings. This can go back on your garden or allotment or give it to a neighbour with a garden they may give you some fresh vegetables in return.

EAT SEASONALLY.

If you are worried about your carbon footprint then, avoid air freighted food and food which has been grown in heated hot houses . In season vegetables taste so much better than those which have flown halfway around the world.

If you choose to eat lettuces in December and tomatoes in February you have to make an informed choice about the CO₂ in those products. Finding out how far you are prepared to go on the road to greater environmental awareness and how much you are prepared to give up will be a test to your resolve.

THE GREAT PARADIGM SHIFT.

Now that we have discussed food and carbon saving then let look at other ways of reducing our carbon footprint.

We already have the tools to move away from the oil age and move towards a clean energy future, all we need now is the determination to make it happen fast. We can start by increasing our awareness of energy consumption this begins from within ourselves and the homes we cocoon ourselves within. It is important that we insulate our homes, incorporate alternative energy heat pumps, solar, sustainable wood stoves and double glazing. There are grants available to help you to do this and Consultants on hand. It also includes how we travel. After all there would be no point in eating local vegetables then getting on a plane for your holiday,, especially internal and long haul flights. It will be a great paradigm shift but it has to be so. This mindset should exist not only within the ghettos of climate aware peoples but everyone from all walks of life . After all , Climate change will not discern between the haves and the have nots everyone will be affected. We need to act now there is no time to keep holding on to bygone era and rape the earth of the last drop of oil whatever the cost. To embrace the new age and the new era is by far the better option and the last and only way forward to save our planet.

Also, take a look at Bill McKibben and his website at: 350.org to find what you can do to highlight the plight of the

earth.

FINE TUNING.

Eating well is a way of life. By caring for the planet and acting in the best interests of the earth without involving the killing of animals, then, you will achieve lovely nutritionally balanced meals with a lovely feel good factor.

If you lead your life being environmentally aware then you will become finely tuned to your body's needs. Craving certain foodstuffs does not only occur during pregnancy it occurs throughout a lifetime to both men and women. One has to listen to ones body's needs and make and bake accordingly. It is this fine tuning which will keep you healthy in your vegan lifestyle.

IF MUSIC BE THE FOOD OF LOVE

Playing some music of your own preferences helps create an atmosphere of creativity and love.

Invest in a solar powered digital radio. Sing at the top of your voice, it really takes the boredom out of the chopping.

My mother always sang whilst she cooked. As a result I get a feel good factor from cooking. It could be your legacy to leave your children. To love your food whilst cooking is an essential part of the ethos of this diet. `

A lot of the finished product depends on your frame of mind. If you are in a bad mood tired or just pissed off then take

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a rain check. Always have something in the freezer for these days.

BATCH COOKING.

Which brings me to batch cooking. This is a great way to reduce your energy use. If you are using your oven then try and fill it whilst you are waiting for it to heat up. I usually put some scones and flapjack in to justify my oven use.

I bake enough to fill the oven once a week freezing the in an' A'*** energy rated freezer.

Cooking with the environment in mind can be more interesting and a satisfying journey.

Vegan cuisine is rather like painting a picture one has to finely balance the tastes and textures, herbs, spices and colours to achieve the correct balance. Close your eyes and breathe in the pungent aromas of the herbs , imagine which herbs to use and in what quantities. Our senses are more acute when our eyes are shut.

No one is born a great cook but it helps to be inquisitive, imaginative and be passionate for wholesome food.

Make sure you wash your hands before preparation. Always wash all your vegetables if you are not peeling them. Do not wash your vegetables in running water. Instead, fill a washing up bowl with warm water. Afterwards, use this water to water your plants.

NOSTALGIA.

I remember back in 1983 my father and I clearing out the house of a deceased great uncle. My dad came across a

bread knife and declared in a pompous manner...' no one uses bread knives any more.....'

This was a pivotal moment in my understanding of a changing Britain. My great uncle born in the 1900's still used a bread knife to slice chunks of uncut loaves, my father born in the 1930's loved the concept of modern shop bought sliced bread and myself an offspring of the 1950's was baking my own bread. My mother remembered my grandmother baking for the family on the range in the living room. The coal fired range was the focus of the room providing both warmth and sustenance.

Nowadays, kitchens can be soulless places. Cupboards are generally filled with processed foods, freezers crammed with ready made meals to accommodate our lifestyles. Our desire to fulfill the American dream working all hours has meant that we have no time to cook so we eat ready made food of low quality and minimum nutritional value just so we can buy 'stuff' to adorn our lives and to compensate for working so hard. Unfortunately, the age old adage still remains true ...money can't buy you love.....

Every time you put on the kettle then think about the CO₂ pouring into the atmosphere it may help to put a more holistic bent on things.

Global Warming is eponymous it is global and it is warming and as it is man made we can turn things around as consumers in both senses of the word. We consume both food and energy, we must demand a sustainable way to do both.

It is said that as a nation the British people ate healthier during the War years 1939-45

but it is also the ... make

do without ...mentality which we need to revisit. It is said it took around nine months to ready Great Britain for this

war. We should be putting the same effort into saving the earth. Unfortunately we have not the Government

propaganda to give us all an almighty shove and open our eyes to the effects of Climate Change so it must come from

within ourselves. In the words of Mahatma Ghandi 'you must be the Change you wish to see in the world.'

When I was growing up in North Shields in the North. My mother signed up for Cordon Bleu evening classes

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which was all very well and good if you could find the exotic ingredients. In the 1970's when we asked for a red

pepper we were met with blank faces. How that has all changed. However, we were still reasonably healthy

considering we could not purchase anything which was not grown in this country apart from apples oranges and

bananas. Of course, even in North Shields you can buy peppers now but it is a transient decadent era. We will

probably revisit the days of indigenous vegetables and little else as peak oil takes hold.

I remember when I was a small child my mother would always buy loose biscuits and loose butter at our local shop. She would always take her cloth shopping bag with her, in those days there were no plastic carrier bags given away like a free fashion accessory as they are in this day and age. Always refuse offered carrier bags explaining why and always remember to take your own organic cotton shopping bags. The free carrier bags are desperately environmentally unfriendly. Also, they act as a mobile advertising hoarding for planet wrecking corporations.

When it comes to doing the washing up. Do not use a dishwasher. Scrape all the residue cooked food into a landfill bin and uncooked food into the green compost bin. Wipe the dishes with a sheet of kitchen roll then place this in the green bin. Rinse the dirty plates in a minimum of cold water, then drain and wash in a minimum amount of soapy hand hot water. Leave to drain on a draining board.

Try not to throw waste water down the sink. It is more carbon intensive to treat waste water than it is to supply the water in the first place to your tap. If you have a garden throw the waste water on here, if not why not give your front step a good swill, it may make you feel nostalgic as everyone used to clean their front steps in my mother's day.

Pour old washing up water into jars which have stubborn food residue and soak overnight before recycling them. You can also use it for cleaning windows, if the washing up water has bits in it then sieve it put the residue in the compost bin.

Washing up can be quality time. I spend a lot of time washing up and staring out of the window watching the elements, trees blowing and my washing flap about madly. I find this quite relaxing and therapeutic.

The kitchen green compost bin tends to become smelly, especially during the summer months. After emptying the bin put some bicarbonate of soda in the bottom, add water swill around then pour this into our large outdoor compost bin. This will help the contents of the compost rot down.

Get some worms for your large outdoor bin. I bought my worms off eBay and they love my green bin peelings. Do not forget to add small amounts of cardboard like toilet rolls and paper peeled off tins as well. Just soak the tin overnight and the paper comes off really easily the following day. The paper and cardboard prevents the compost becoming too wet and more manageable.

An all round cleaning product is bicarbonate of soda in a bottle mixed with 1 litre of water shaken not stirred. Soak a dry recycled cloth with this and apply to your surfaces.

ECOCOOKING.

If you are using a conventional energy provider use gas if possible then oil and as a last resort electric hobs. Check that your energy provider uses sustainable renewable energy, not one of the giant power providers.

It is down to each individual whether they wish to cook with a microwave oven. I know many vegans and vegetarians who do not own one and never will. However, microwaves have the advantage of efficient energy use compared to running a conventional oven.

I like to cook using the least amount of energy and if I can keep some coal powered power station from supplying me with more electricity than necessary and belching out increasing amounts of pollutants into the atmosphere then all to the good.

I only use my microwave sparingly but I find it is handy for reheating and defrosting in a hurry. Also, I find it does rice to perfection.

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I always use a cast iron frying pan as I find it keeps its heat and retains the moisture and flavours during the frying process. Quite often I find myself taking the cast iron frying pan off the hob and it can carry on cooking for a while.

A stainless steel pressure cooker will cut your carbon footprint by reducing cooking times to a minimum. Once it has reached boiling point turn it down to the lowest point on your hob and it should bubble away nicely for a fraction of the time as opposed to conventional saucepan usage. I always allow the steam to reduce slowly before opening lid.

This way it will help retain the goodness in the vegetables.

Do not use aluminium saucepans, as well as posing potential health risks between Alzheimers and certain cancers, aluminium manufacturing is harmful to the planet and causes significant problems for the environment.

FLOWER POWER.

If you are entertaining then do not be tempted to place imported cut flowers as the centre piece. In our local market there is a stall holder who sells flowers from his allotment this is much better than buying flowers from a shop as they have not travelled by air and you are also supporting a local business. Imported cut flowers are possibly the most carbon intensive product you can buy at the supermarket per pound sterling you spend. They are grown on land which should be used for food which in turn leads to rainforest devastation. This can push global warming up those vital life threatening degrees. I find a plant pot filled with geraniums taken from cuttings so much more pleasing to the eye and carbon friendly too. Earlier this year I threw some wild flower seeds in front of my compost bin and now I have a myriad of flowers to choose from for my centre piece. I will dry these in Autumn and put them in a vase for the winter months.

What about wine for your guests? The most carbon friendly way that most of us will be drinking wine is from a box of wine and make sure you recycle the packaging. Imported wine which is packaged locally is the least carbon intensive way of drinking wine. Lorries carrying heavy bottles of wine around the motorways of Britain are

going to be carbon intensive. However, in spring and summer there is a plethora of flora and fauna growing wild out of which we can make our own home made wine. During the later months in the year there are berries we can also make wine out of. Elderflower cordial is a lovely fragrant non alcoholic beverage.

The Coop

clearly show if their wine is Vegan or vegetarian.

If you are serving orange juice then make sure it is freshly squeezed. If you must use the long life variety in cartons then make sure you recycle the carton. Some lovely chilled home made lemonade is always well received. Try not to buy bottled or carbonated water as these are really carbon intensive. A karafe of filtered tap water is much more carbon friendly.

Imported water brands have 300 times the CO₂ emissions per litre as a litre of tap water. Tap water has a footprint of 0.0003kg of carbon per litre. It may shock you to learn that it takes 162g of oil and seven litres of water which is including power plant cooling water to manufacture one litre of bottled water. The ground, earth, skies, sun, moon and stars all offer you something that money cannot buy. Once you truly appreciate this then you will want to save the earth from manmade

Armageddon.

CUPBOARDS.

Always make friends with your local Whole Food shop. They should be able to get you what you desire.

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One has to have certain ingredients in the vegan kitchen. You will not have cheese, eggs or milk as binding agents.

Flavouring is important too and requires a variety of herbs and spices.

Seeds are first as these are essential to ensure a nutritiously balanced vegan diet.

1 large packet of omega seeds.

1 large packet of pumpkin seeds.

1 large packet of linseed seeds.

1 large packet sesame seeds.

1 large packet of black poppy seeds.

A selection of dried mixed herbs. Oregano, parsley, mixed herbs and sage.

1 fresh basil plant.

1 fresh parsley plant.

1 jar yeast extract.

A bottle of organic tomato ketchup.

A bottle of organic tamari.

1 bottle organic soya sauce.

1 jar of vegan sweet chilli sauce.

1 jar of vegan tomato pasta sauce.

1 jar of vegan sweet and sour sauce.

Cumin.

Coriander.

Cayenne pepper.

Garam masala.
Chilli powder.
Paprika. Smoked paprika is rather lovely too.
Dried Mustard powder.
Sea salt.
Pepper.
Bay Leaves.
Vegan stock cubes or yeast powder.
Egg Replacer.
Xanthion gum.
Agar agar powder.
1 packet wild Canadian rice.
Organic bulgar wheat.
Organic couscous.
Organic Brown Rice.
A box whole wheat dried lasagne (oven bake)
Organic small oats.
Gram flour (ground chick pea flour)
Wholemeal organic flour(as local as possible)
White plain organic flour (as local as possible)
Buckwheat flour.
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Gram flour.
Organic self raising white flour.
Soya flour.
Organic rye flour.
Malthouse flour.
Whole wheat spaghetti.
3 tins organic pulses, chick peas, butter beans and red kidney beans.
1 packet TVP mince flavoured dried or frozen.
1 packet organic dried chick peas.
1 packet organic dried mung beans.
1 packet organic dried green lentils.
1 packet organic dried red lentils.
1 Packet cashews.
1 packet almonds.
2 packets of tofu. 1 Firm tofu 1 silken tofu. Kept in fridge.
1 packet non dairy hard cheese.
250 grams organic sultanas
250 grams organic dessicated coconut
2 tubes or tins of organic tomato puree
2 Tins organic tomatoes.
1 packet organic whole wheat dried spaghetti
1 packet oven ready organic verdi or whole wheat lasagne sheets.
Vegan margarine ,palm oil free.(if possible)
Organic soya milk, home made or packaged non dairy drinks.
Organic sunflower oil.
Organic extra virgin olive oil.
Organic rice vinegar.
Organic Balsamic vinegar .
Baking powder.
Organic syrup.

Fair trade light brown sugar.

Fair trade cocoa.

1 tube yeast paste spread.

1 Box local seasonal organic vegetables and assorted fruit. Potatoes, carrots, greens and onions as staple vegetables.

As the seasons change so does the produce adding variety to your diet.

Do not be too daunted by this list as you can slowly build up your supplies on a weekly basis.

As you get more proficient you can add other spices to your own individual tastes.

It is worthwhile buying sea salt at whole food shops it is superior quality nutritionally to table salt. If you have a sea salt mill even better, freshly ground pepper also is much tastier.

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It is of utmost importance that your diet includes seeds I usually use omega seeds in my recipes. However, you should go with the flow as your body will tell you what it needs.

A sprinkling of seeds over vegetables or salads is such an eye catching accompaniment.

IMPLEMENTS.

1 potato peeler.

2 Colanders.

2 sharp paring knives.

1 grater.

3 sustainable wooden spoons.

1 Bread Knife.

1 Tablespoon.

2 Chopping Boards.

1 Cast Iron frying pan.

1 small cast iron sauce pan.

1 large heavy bottomed cast iron saucepan.

1 Stainless steel Pressure Cooker.

1 3 tier steamer.

1 large steel wok.

1 packet of strong freezer bags and labels.

1 extra large mixing bowl.

1 medium mixing bowl.

1 1pt pudding basin.

1 litre measuring jug.

2 medium sized mixing bowls.

1 pt glass bowl.

2 baking trays.

Sustainable baking paper.

1 Yorkshire Pudding Tin.

1 large, medium and large oven proof dish.

3 Bread Tins.

1 Kitchen compost bin.

FARMERS MARKETS.

Try and buy your potted herbs from Farmers Markets as they will be of a far superior quality than supermarket ones.

They look and smell lovely on your kitchen windowsill.

I always grow an abundance of mint in my garden. Of course a pot on your window sill is just as good. This is great

for adding to new potatoes and also I pick bunches of it, dry it and hang it around the kitchen to repel flies. If you have not any garden space then if you can fit a window planter this is also a great way to grow herbs. Plant chives, oregano and rosemary on a sunny ledge. Shady window sills are suitable for rocket, sorrel and parsley. These will supply you with fresh herbs, they enhance your window and taste fresh, pungent and delicious. As you gain more experience you will find it easier to manage without recipes. Only use these ingredients

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measurements and methods as rough guidelines. Once you have mastered the art you will not have to rely on these recipes as they will only serve to curb your creativity. Take the idea and build on it yourself. Treat this book as a seed of an idea to be grown and nurtured into a fully blossomed dish of your tastes. If you are feeding other folks it may be a good idea to get a consensus on the dish you are going to prepare, their body is telling them to eat something specific. Everyone usually fancies something for tea. I don't think the chef should have the final decision on the matter. You can usually please most people most of the time. It just takes a bit of give and take. Children need to know where the food is sourced and everyone should be part of this whole eating experience. You should delegate the chopping and other tasks which means you can be getting on with other preparations.

Do not be thwarted by the long list of ingredients, just think you are not cooking a slice of meat to provide you with all the essential vitamins or minerals. It is necessary to use many herbs and spices and a variety of other ingredients but that is part of the fun of vegan cooking.

Most food can be reinvented the following day. I will incorporate my favourite leftover dishes in this book. The only waste in your kitchen should be in your green bin. Even my paper bags from vegetables are put on my compost. You can give the crumbs off the chopping board to the birds!

Try and eat as many raw vegetables as possible. I remember when the children were small I used to give them a carrot rather than sweets as we went shopping in town. Eating washed raw vegetables are much better for the planet as they have not used up any energy to cook them.

So, here we go the beginning of a great adventure. Experiment do not be afraid to make mistakes and most of all enjoy yourself. Love cooking there is very little which will end up inedible, if by any chance it is then I am sure the birds will appreciate it. Also, just remember you are doing your bit for the planet, your health and the well being of Mother Earth.

THE VEGAN SOCIETY.

If you find you are about to fall off the vegan bandwagon then the Vegan society is on Twitter and runs a mentor

scheme.

Also, there are local Internet groups where you can meet up and socialise with fellow vegans. My Tees Veg group is very active and it is lovely to know there others like yourself out there facing the same challenges. Also, Facebook has vegan groups to help you socialize with like minded folk. If you cannot find a vegan group then start one, it is a great way to learn about trying out new recipes, cooking vegan and meeting like minded people. You may make lifelong friends.

You may at one point think.... 'I wish I did not care....' but you do so keep up the good work, give yourself a pat on the back you are doing well and hey no one said it was ever going to be easy saving the world!!

Try to remember that we didn't start the fire. So, be prepared for insurrection along the way.

FINAL PREPARATIONS.

If you have long hair tie your hair back and always ensure you have washed your hands and dry them. Recycled kitchen roll can be composted after use. Wear an apron, it is more ecological to wash an apron than a whole set of food splattered clothes. Use clean utensils, clean work surfaces, pans, oven and hob. I always ensure I have a full

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water filter at the ready before cooking. Also, a helpful piece of advice is to quickly speed read the ingredients first and make sure you have them at elbows reach. The last thing you want to be doing is to be frantically searching for that tin of tomatoes which you have a vague recollection is lurking at the back of the cupboard. This will most certainly ruin your ongoing thread of creativity. So, having everything you need, take three deep breaths and clear your mind. Now you are ready.

PASTA DISHES.

My first recipe is Spaghetti bolognese and is a great one to begin with as it is quite easy and very tasty.

SPAGHETTI BOLOGNESE.

Vegan cooking is not all about cooking with pulses. TVP flavoured mince is dried and versatile. Otherwise known as T.V.P. Textured vegetable protein. You can buy this from your local health food shop. I find we eat this more in summer than winter as it is less substantial than pulses.

If you wish to make it a more filling meal then follow it up with a home made rice pudding

GARLIC.

I do use a lot of garlic in my recipes. That is because it is such a fabulous cure all. It purifies the blood and helps to prevent cholesterol build up. It also helps to reduce blood pressure by clearing arteries.

If you are worried about smelling of garlic then make sure everyone eats it then no one will notice. Failing that, eating

some fresh parsley or a teaspoon of aniseed and sugar mixed is supposed to help. Or just don't stand so close to folk !!

On average I use five to six cloves of garlic which is equivalent to a small bulb of garlic. However, you can miss it out if you wish. My recipes will still work.

I have a small saucer which I only use for preparing garlic so the strong flavour does not taint all my crockery and chopping boards.

PREPARATION TIME:

1 hour.

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servings.

INGREDIENTS.

150 grams TVP flavoured mince, soaked in marinade.

2 stock cubes / yeast powder.

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1 tin chopped organic tomatoes.

2 tablespoons organic tomato puree.

1 jar organic tomato paste.

1 organic red pepper, washed, de seeded and chopped.

2 sticks organic celery, topped and tailed, cleaned and sliced.

150 grams mushrooms washed then dried on some kitchen roll and sliced.

3 organic onions peeled and chopped.

1 bulb organic garlic peeled and chopped finely. Equivalent to 56 cloves of garlic.

1 organic leek if in season. Wash, chop finely, compost the raggedy top and bottom stem of the leek.

A dash of tamari.

3 4

tablespoons oregano.

Pinch cayenne pepper.

Sea salt.

Ground pepper.

250 grams dried organic wholewheat spaghetti.

A sprinkling of non dairy parmesan cheese for the topping.

METHOD.

To marinade the TVP. In a mixing bowl place the TVP flavoured mince add the stock cubes, add enough boiling

water to cover. Always boil just enough water you require. This is a great carbon saving. Keep a vacuum flask next to

your kettle this will keep the spare boiled water if you happen to have any left over. You can use this for making cups of

coffee and barley cup and other beverages which do not require boiling infusions.

While you are waiting for the TVP mince to soak. You can prepare the vegetables.

Peel, finely slice or crush the garlic.

Use a small paring knife and cut length ways into the clove then across widthways making a grid pattern then slice

width ways again.

The result should be tiny pieces of garlic, you can also sprinkle some salt and crush the garlic clove with the flat end

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of a knife.

Of course there are garlic crushers available which are marvellous time saving devices.

After you have used a garlic press then plunge it in hot soapy water. Scoop out the residue garlic with a sharp ended knife, place on draining board until it is dry.

Then, peel and slice the onions, de seed the pepper.

A pepper may seem daunting at first but it is really easy to prepare.

Cut the pepper down the middle take out all the seeds and thick fleshy white pieces. Slice one half then the other half and chop into small squares. Pour discarded seeds into the kitchen compost bin.

Slice the cleaned mushrooms.

Slice the celery.

Meanwhile, get your heavy based cast iron frying pan and heat up the organic olive oil .

Keep on a moderate heat and when the oil is hot fry the onions for a few seconds. Sprinkle the oregano over the onions and with a wooden spoon stir well.

When the onions are transparent add the celery, mushrooms and pepper keep stirring making sure all the flavours of the oregano are mixed through the vegetables.

Keeping on a moderate heat add the tinned tomatoes, tomato puree and (tomato paste optional) Turn down to low and allow to simmer, add vegemince stir turn to lowest hob setting, leave for five minutes then stir.

Take the frying pan off the heat and place to the side and cover.

Using the same ring place a large saucepan and measure boiling water in a large saucepan. Do not add salt but add a splash of olive oil, a healthier alternative. Or, you can splash in some lemon juice instead this stops the spaghetti from sticking to itself and the saucepan. When the oily water is boiling frantically, place the spaghetti in the liquid and bend the spaghetti as it softens.

Cover and turn down to simmer until the pasta is al dente (which is not too hard and not too soft.)

Using a colander drain the cooked spaghetti over the sink. Discard the pasta water.

Place spaghetti on individual plates and spoon the bolognese mixture over the top. Sprinkle with vegan parmesan.

This meal is really quite quick to make and lovely and nutritious. It can be cooked on the one ring which is carbon friendly too.

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VEGAN LASAGNE.

My favourite recipe which uses TVP flavoured mince is a vegan lasagne. This is truly scrumptious and I guarantee you will not miss the cheese. You do need a couple of spare hours to prepare this but you can make enough for a

couple of meals. Do not be daunted, it will be worth the effort. As long as you take this in easy stages.

This is ideal for feeding hungry mouths. It looks mouth watering and makes an attractive centre piece on any dining table.

PREPARATION TIME:

2 hours.

46

servings.

Oven temperature 200 degrees C.

INGREDIENTS.

150 grams TVP flavoured mince.

50 grams organic red lentils.

6 sheets organic egg free lasagne sheets. (verdi or plain wholewheat oven ready)

1 bulb organic garlic (your own preference) peeled and crushed.

2 large organic onions peeled and chopped finely.

125 grams mushrooms washed, dried with recycled kitchen roll, and sliced.

1 stick of organic celery, topped and tailed and washed.

1 organic pepper, washed, de-seeded and chopped. Any colour.

3 tablespoons oregano/basil.

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2 tablespoons omega seeds. (sunflower, golden linseed, pumpkin and sesame seeds)

1 tin of chopped organic tomatoes. Buy whole tomatoes and chop them in the tin with a sharp knife.

1 small tin tomato puree 142 grams or 34 tablespoons puree.

A dash of tamari. (wheat and gluten free soy sauce)

1 tablespoon vegan pesto (optional) home made if possible.

4 tablespoons extra virgin olive oil.

500 grams cooked organic spinach if in season.

WHITE SAUCE

100 grams vegan palm oil free margarine.

800 ml organic soya milk or dairy free drink.

75 grams organic white local flour.

1 tablespoon tahini (sesame paste).

1 dash tamari.

1 teaspoon dried mustard powder.

sea salt.

ground pepper to season.

pinch of paprika.

1 bay leaf.

1 large casserole dish. 31 cms x 23 cms

METHOD.

STAGE 1.

Get a baking bowl and pour in the tvp flavoured mince.

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Boil just enough water to cover the mince and add vegan stock mix or a vegetable stock cube.

Wash and rinse and drain the lentils, place them in a very large lidded saucepan, fill the saucepan with fresh cold

water and boil them until soft and drain. When the TVP mince has absorbed the stock then add this to the cooked and drained lentils. If the vegemince is still moist then drain the mince through a colander. Throw the drained water away.

Place the lentils and vegemince in a bowl and put to one side and cover. Peel and chop the onions into small pieces. Slice the celery finely, deseed the pepper and dice, wash, dry and slice the mushrooms.

Peel and chop the garlic finely. Put this finely chopped garlic on a saucer, cover and keep until the finale.

Get a heavy based cast iron frying pan and heat the olive oil in the bottom. When the oil is hot but not smoking then add the onions. Use a wooden spoon and make sure the onions are all coated in oil.

Then, add the herbs give these a stir making sure all the onions are mingled with the herbs. Oregano or basil are a great marriage with tomato based dishes. They give a dish that exotic Mediterranean aroma and taste.

Add the remaining vegetables, mix in the peppers and celery, stir for one minute with a wooden spoon then add the mushrooms.

When all the vegetables are transparent and thoroughly coated in the herbs. Then, take the frying pan off the hob.

Put this to one side.

Then, spoon in a selection of linseed, sunflower and pumpkin seeds.

Add the vegemince, cooked lentils and stir.

Open a tin of chopped organic tomatoes and pour this over the mixture. Put this back on a low heat add tomato puree, a dash of tamari, one tablespoon of vegan pesto, the chopped garlic. Stir slowly making sure all the flavours are well mixed.

Add sea salt and ground pepper to taste. Take off the heat. Leave the mixture in the pan and cover.

This is the basic tomato mince mixture. Now, all you have to make is the sauce then you are done.

STAGE 2.

For one litre of sauce you will need a large heavy bottomed cast iron saucepan. Place the margarine in on a low heat to melt.

Once melted keep stirring with a wooden spoon and add flour keep mixing and this is the roux.

Then pour the milk in slowly whilst you keep stirring the roux. This should dissolve into the sauce and thicken slowly.

Turn the hob up slightly and bring the sauce to the boil.

Keep stirring if you can see lumps in the mixture use the back of the wooden spoon and press the lumps against the inside of the pan.

Once it has begun to bubble take it off the hob immediately.

Add the mustard powder, tahini and a dash of tamarii, sea salt and freshly ground pepper then throw in a couple of bay leaves. Stir again. Take the bay leaves out just before serving.

STAGE 3.

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Now with your casserole dish and with a small piece of greaseproof paper rub the interior of the dish with some non dairy margarine.

With a large serving spoon scoop the lentil tomato mixture and place a layer on the bottom.

Then break up the lasagne sheets into pieces placing two sheets per layer.

If you have cooked spinach then place a layer of this on top of the tomato mixture now add the white sauce. Repeat

this procedure until you have used up the lasagne sheets.

The very top layer is a layer of white sauce. Sprinkle some paprika over the white sauce. This gives the topping a marbled effect.

Place in pre heated oven 200 degrees C for 30 minutes to 45 minutes. Check after 30 minutes when the topping is browned, the lasagne sheets should be cooked.

This will serve between four to six people. If there are only two of you then this will do for two nights just place it in the fridge and cover until the following night.

It freezes wonderfully and can be a welcome ready made meal when you have come in tired and hungry at tea time.

It is also quite a substantial meal . You only need some lightly boiled minted potatoes and green salad as an accompaniment.

You can sprinkle some parmesan non dairy cheese on the top. This really compliments the Mediterranean flavours in the lasagne.

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SWEET AND SOUR AND PASTA.

This is a lovely delicious quick meal to rustle together at last minute. I always try to keep a jar of sweet and sour sauce

and a small bottle of sweet chilli dip sauce. I buy these from my health food shop to ensure they are vegan. Ready

sprouted mixed bean sprouts are great in this. If you have not any sprouting at home then you can purchase these in

the chiller cabinet from your local Health Food shop.

PREPARATION TIME:

1 hour.

34

servings.

INGREDIENTS.

2 sticks of organic celery. Washed, top and bottom chopped off and thinly sliced.

1 large organic leek. Washed, top and bottom chopped off and thinly sliced.

3 medium sized organic carrots. Washed or peeled, top and bottom chopped off and sliced into diagonal pieces. If

they are young carrots washing them in warm water should be enough.

100 grams organic mushrooms. Washed, dried on a kitchen roll and sliced.

1 packet of ready assorted organic mixed bean sprouts .Or home grown beansprouts.

1 organic green pepper. Washed and de seeded and cut into diagonal slices.

1 bulb organic garlic. Peeled and crushed.

1 jar vegan sweet and sour sauce.

1 small bottle vegan sweet chilli sauce.

Dried fusilli pasta according to instructions on packet. Allow 5060 grams per person.

30

4 tablespoons of organic olive oil.

1 wok.

METHOD.

In a large wok place some oil in the bottom. Heat it up. When it is hot throw in the all the vegetables leave the mushrooms until last. Fry these for about five to ten minutes. Give them all an energetic stir using a wooden spoon.

You can now add the jar of sweet and sour sauce and the small bottle of sweet chilli sauce. Bring to the boil. Add bean sprouts. Salt and pepper to taste.

Leave to simmer for another ten minutes.

Now, boil the pasta and when it is al dente (a small piece of resistance as you bite)drain. You can transfer the sweet

and sour mix to a large saucepan and add the cooked pasta. Alternately, spoon cooked pasta onto plates and then add the sweet and sour sauce over the top.

SOWING THE SEEDS OF DISSENT.

Just heat the wok up over a medium heat then throw in the seeds of your choice then give them a good stir with a

wooden spoon. Keep moving them around the bottom of the wok getting them nice and roasted, then, splash in tamari or soya sauce. A wok is a great utensil for this.

INGREDIENTS.

125 grams omega seeds or seeds of your choice.

A stainless steel wok.

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FRITTERS,BURGERS AND SAUSAGES.

CHICK PEA FRITTERS.* wheat free and gluten free.

I make these as an evening meal with in season organic cabbage and lovely organic potatoes with a creamy parsley sauce.

Cover and put the remaining chick pea fritter mix in the fridge. This can be kept for a meal the following day.

As these are a lovely light fritter. They make a perfect summery lunch served with an organic leafy green salad and new potatoes.

These freeze wonderfully or you can just freeze the batter mixture to keep for another day . Fry up the defrosted batter and have these fresh delightful fritters on yet another occasion.

46

servings.

PULSE PREPARATION.

Always rinse and drain several times as they may have small stones in after harvesting.

In a large bowl place the chick peas and cover with plenty of fresh cold water. Remember these may double in size and will absorb the water.

The soaking should take about 12 hours. After this time, rinse and drain several times again.

SAUCEPAN METHOD.

Transfer pulses into a large heavy based saucepan cover with fresh cold water. Pick over these as there may be some duds amongst the peas. You can usually tell duds they are usually darker in colour than the other pulses.

Do not be tempted to add salt this will only serve to harden the pulses during the cooking process.

Place a tightly fitted lid on the saucepan..

Keep on a medium heat to minimize heat wastage on the hob. Bring to the boil. Then turn the hob down to simmer.

Keep checking water levels on the chick peas making sure they do not boil dry. Chick peas usually take about 90 minutes to soften. When they are tender, drain them through a colander and keep the water for stock. You can either freeze it by pouring it into a freezer bag, label and date or place it in a covered container in the fridge this will keep for up to 24 hours.

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PRESSURE COOKING METHOD.

You can place the chick peas in a pressure cooker and bring to the boil then turn it down to simmer. It should take about 30-45

minutes simmer time. Check after 30 minutes. Take the pressure cooker off the hob leave for a few minutes and open. With a spoon lift a couple of peas out of the water and taste. If they are soft to taste they are done. If not put the lid back on bring back up to the boil and simmer for another 15 minutes then test again. Drain through a colander when they are soft.

Keep the chick pea water, it makes lovely stock for soups and gravies. You can freeze it to use another day. Leave it to cool, pour it in to a freezer bag then, label and place in freezer.

Chick peas are a lovely light small yellow pulse and can be eaten whole or pureed. A versatile bean with a lovely nutty texture and wonderful taste.

PREPARATION TIME:

90 minutes to cook chick peas and prepare vegetables.

30 minutes frying time.

46

servings.

INGREDIENTS.

100 grams organic chick peas. Rinsed and drained and soaked overnight. Or, one tin organic chick peas, drained.

100 grams chick pea flour.(Gram or Besan flour)

2 cloves of organic garlic peeled and finely sliced or crushed in a garlic press.

1 organic leek (If in season) substitute 1 onion instead. Top and bottom chopped off, washed and thinly sliced.

2 organic carrots, topped and tailed, washed(if young and tender) or peeled then grated.

1 stick of organic celery, topped and tailed, washed and finely chopped.

2 medium sized organic onions peeled and finely chopped.
1 tablespoon tamari, wheat and gluten free soy sauce.
1 tablespoon oregano, basil, parsley or mixed dried herbs.
1 tablespoon sunflower seeds or sesame seeds or a mixture of both.
1 tablespoon organic tomato ketchup.
8 tablespoons organic sunflower oil.
100 ml. Cold water

33

A sprinkling sea salt and freshly ground pepper.

METHOD.

BATTER.

Pour gram flour into bowl. Mix the gram flour thoroughly with a fork to get the lumps out. Then add the water. Beat the mixture with a wooden spoon.

Eventually you should end up with a smooth batter type mixture. If it seems too thick and sticky add more water.

It should be of a dropping consistency falling off a tablespoon with ease. Add the tamari and organic tomato

ketchup. Spoon in the finely sliced garlic and the seeds.

Mix all these together, making sure these ingredients are equally mixed with the batter paste.

Place this batter in the fridge whilst you cook the other ingredients.

With a heavy based cast iron frying pan place on the hob with four tablespoons organic sunflower oil. Heat the oil on

a medium heat. To test if the oil is hot enough, drop in one piece of onion and when it sizzles add the remaining onions.

Fry these for around one minute coating them in oil. Sprinkle in the herbs, stir with a wooden spoon covering the onions.

Keep stirring and add the grated carrots and finely chopped celery. Fry for a further 2 minutes until the vegetables

are soft but not brown. When the carrots are ready they should turn a lighter orange colour. The shade is nearer a

yellow than an orange. Take the frying pan off the heat. Spoon this vegetable mixture into the chilled gram flour

batter mix and stir.

Then add the drained, cooked chick peas or a drained tin of chick peas and give all the contents of the bowl a good stir

with a wooden spoon. Always discard the tinned pulse water.

This is the chick pea fritter mix. Place it in the fridge until you are ready to fry them. I usually prepare my

accompanying vegetables whilst the mixture is chilling.

To fry the fritters.

Place your cast iron frying pan on a medium heat and add the oil. Try hovering your hand above the rim of the frying

pan. When your hand feels hot then the oil should be the right temperature.

Now spoon in to the oil, then a tablespoon of chick pea mixture. This is usually sufficient for one fritter. It should fizz

and pop on contact with the hot oil.

Keep frying on one side, pressing with the back of the spatula to ooze out the uncooked batter.

Take a little peek under the fritter and if it is turning brown then you can turn it over. When they are cooked they should feel firm and be a rich dark oak colour with a slightly crunchy texture. If you find they are frying too quickly turn down the heat. Fry three at a time as this gives the spatula room to move around in the frying pan. You can fry them in batches. You may have to turn the hob down for subsequent frying batches.

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The mixture has no binding agents. It is best to keep moving them in the frying pan to a minimum. This will help them to keep them whole.

When the fritters are cooked on both sides, place the fritters on a plate covered with kitchen paper to drain. Serve hot.

CHICK PEA AND CELERY FRITTERS..* Wheat free

These are a lovely tasty rissole. They cook quite quickly and are full of wholesome nutrients.

It is lovely to use the feathery fresh green celery leaves which gives this its lovely pungent flavour.

I normally serve these with potatoes, broad beans or runner beans if in season and a rich onion gravy.

PREPARATION TIME.

15 minutes vegetable preparation.

30 minutes frying time.

46

servings.

INGREDIENTS.

100 grams gram flour.

150 ml cold water.

1 splash balsamic vinegar.

1 splash tamari, organic wheat and gluten free, soy sauce.

100 grams cooked organic chick peas or one tin of organic cooked chick peas.

1 organic carrot, top and bottom chopped off, washed and grated .

3 medium organic onions, peeled and chopped.

2 sticks of organic celery and all the good quality celery leaves. Wash and chop, discard and compost the raggedy leaf

35

ends.

Organic sunflower oil to fry.

34

tablespoons dried mixed herbs, marjoram, parsley and basil.

METHOD

With a baking bowl place the gram flour and with the back of a spoon break up the lumps. Pour in the water and mix.

Add the balsamic vinegar and tamari.

I usually make these as a quick dish so I would use a ready made tin or packet of cooked chick peas. Drain and discard water.

Add these to to the gram flour mix.

Chop the onions, leaves and carrot into small pieces.

Heat up the frying pan with three tablespoons of organic sunflower oil, add mixed herbs then the vegetables.

Fry all these together on a moderate heat for five minutes until they are transparent and coated in herbs. Mix with a wooden spoon.

Pour these in the gram flour mix. Stir.

Pour some more oil in the bottom of the frying pan. Heat the oil. You can usually fry three at a time. This gives room in the frying pan to freely turn the fritters around. With a spoon scoop up a full spoonful of mixture and place it in the pan. Keep pressing the top of the fritter with the back of the spatula. The uncooked batter usually escapes. Repeat this procedure twice more. If they are cooking too quickly and are browning too quickly turn the hob down. Turn over when they are brown and slightly crispy.

They are cooked through the middle when you press down with the spatula and no batter oozes out. They should be brown and crispy on both sides.

Place on a plate covered with kitchen roll to drain. Serve hot.

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CHICK PEA BURGERS.

These are exquisite burgers, really textured and full of flavour.

PREPARATION TIME.

30 minutes for vegetable preparation.

45 minutes for frying.

46

servings.

INGREDIENTS.

200 grams organic chick peas washed, drained, soaked and cooked until softened.

3 medium sized organic onions peeled and chopped finely.

2 sticks of organic celery, topped and tailed, washed and chopped finely.

5 cloves organic garlic peeled, finely sliced or crushed whatever is your preference.

2 splashes of tamari.

2 tablespoons organic tomato ketchup.

3 medium sized organic carrots, topped and tailed, scrubbed and grated.

2 medium sized slices of wholemeal bread for crumbs. (I usually keep my crusts off my home made bread for this)

34

tablespoons organic small oats.

6 tablespoons organic wholemeal flour to form and coat the burgers.

8 tablespoons organic sunflower oil for frying.

37

METHOD.

Chop all the vegetables really finely.

Grate the wholemeal bread finely and place in a separate bowl.

Cook the chick peas until soft and mash. Keep the stock. Then mash the chick peas whilst warm.

If you have a food processor you can quickly chop these up and save a bit of time.

Just put the washed and roughly chopped carrots, celery and peeled onions into food processor and chop for a few seconds until the vegetables are finely minced into really small pieces.

Empty these into a mixing bowl.

Then add the wholemeal slices of bread into the processor chop again for a few seconds until it has made fine crumbs. Place these into a separate bowl.

Cook the chick peas as previously stated. Then drain (keep the stock for soups or gravy) it can be frozen and used at a later date if wished.

Place the pulses in a food processor and whizz for a few seconds they just have to be rough cut not pureed.

With a heavy based frying pan spoon in four tablespoons of vegetable oil and heat up on a moderate heat.

Add the vegetables then sprinkle in the mixed herbs or whatever you have available in your cupboard.

It is best to buy small amounts of herbs at a time then replace them at frequent intervals.

Always keep them in an airtight tin to retain their flavours.

Cook the vegetables and herbs, stirring slowly with a wooden spoon.

They are ready when they are beginning to turn brown.

Spoon this mixture into a bowl and add the breadcrumb then mix.

Splash in some tamari and two tablespoons of organic tomato ketchup adding to the vegetables and crumb mixture.

Finally , add the chopped garlic and chick peas.

Mix all this together thoroughly. Place a clean tea towel over the top of the bowl and put in the fridge to chill.

In order to make successful burger shapes it is important to get the texture right. If the mixture feels too wet and falls apart in your hands easily then add some oats until it is generally more manageable.

Remember, these round shapes have to retain a burger type shape in hot oil and not fall apart.

I generally scoop up a tennis ball sized lump of mixture and squeeze it if it does not fall apart then you will know the texture is correct.

It really is a matter of trial and error and it took me years to achieve the correct texture for burgers. When the mixture is cool then take it out. Sprinkle some wholemeal flour to cover a wooden chopping board.

Make sure your hands are fully coated in flour and pick up a tennis ball sized piece of the mixture and squeeze and roll between the palm of your hands until they are the required shape. If your hands get too caked with the mixture just wash them, dry them and re coat in flour.

Place the shapes on the chopping board and coat each side in flour do not skimp on the flour as this will make the burgers crunchier.

Place the final burger shapes on a floured plate and put in the fridge to chill.

After the burgers are nicely chilled. Place the heavy based frying pan on the hob to heat up .

When the oil is hot put one burger on a metal spatula and carefully lower it into pan. I usually fry three like this so they do not become too overcrowded in the pan. This makes them easier to turn over with a spatula and more space to

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move them around. Make sure they become brown evenly on both sides. They usually take about two minutes to cook on each side. Once this is done take them out the frying pan one by one with the spatula. Place on a plate covered in kitchen roll. Then cover.

Turn the hob down to fry the next batch.

You can either fry all the mixture up as burgers and freeze left over burgers or put the mixture in a freezer bag and keep for another time to form into burgers at a later stage.

These can be part of a lovely nutritious Sunday lunch. Served with steamed seasonal vegetables and creamy mashed potatoes. A rich dark onion gravy is a lovely sauce to be the piece de resistance to this hearty meal.

In the summer months these can be served in a wholemeal seeded bun garnished with vegan mayonnaise local tomatoes and organic lettuce.

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BEANBURGERS.

One cannot write a vegan cookbook without the ubiquitous bean burger. Once you have these perfected you can have beanburgers filling the freezer. These make a perfect summer snack. Served with vegan mayo lettuce and tomato in a wholemeal bun scattered with omega 3 seeds. In winter serve with gravy and seasonal vegetables. I have used a simple basic recipe and you can adapt it to what ingredients you have at hand albeit in season ones.

PREPARATION TIME:

1 hour

30 minutes frying time.

46

servings.

INGREDIENTS.

200 grams organic continental (green) lentils. Soaked overnight drained and cooked until soft.

If you are in a hurry a tin or tetrapak of beans will be fine. Drain and recycle container.

23

medium sized organic onions , peeled and chopped finely.

1 medium sized organic carrot top and bottom chopped,washed and grated.

2 sticks of organic celery,washed,raggedy top and bottom root chopped off, chopped finely.

45

cloves organic garlic, peeled and crushed or finely cut.

2 medium sized organic leeks if in season, topped and tailed, washed and sliced.

34

slices of wholemeal . Made into crumbs, with a grater or chopped up in a food processor.

1 dollop organic tomato ketchup.

40

1 tablespoon mixed herbs.

1 splash of tamari.

3 tablespoons organic sunflower oil.

23

tablespoons medium sized organic oats.

METHOD.

I usually use a food processor for these bean burgers.

However, you can use a potato masher and chop everything finely, grating the carrot by hand with a cheese grater.

Wash soaked lentils thoroughly and place in a large heavy based pan and bring to the boil. Simmer and cook until they are soft, this should take around one hour.

When they are soft, drain and put to one side.

Peel and chop the garlic finely and put to one side. If you have a food processor then place all the vegetables in this and whizz for a few seconds until they are finely chopped.

Heat up two tablespoons of vegetable oil in the base of a frying pan and heat. When this is hot then place the vegetables in the frying pan. Scatter the herbs on top. Fry all these together until the vegetables are coated in the herbs and become transparent. Place the cooked vegetables in a bowl and put to one side.

Then place the bread slices in the food processor and chop these finely until you have lovely fine crumbs. Or, grate with a cheese grater by hand.

Then add the crumbs to the herb covered vegetables, the garlic and the lentils.

Mix thoroughly until all the flavours have soaked throughout.

The mixture should be quite firm but if you find it is still too sloppy then add some oats. I find oats are a great get me out of potential disaster clause if you are having difficulty making burger shapes. Put in a splash of tamari and organic tomato ketchup, salt and pepper to taste.

Place in the fridge. Once the mixture is cold, then, it is time to form the burgers. First of all get a large wooden

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chopping board and sprinkle liberally with a layer of wholewheat flour.

Wash your hands again. Put flour on your hands then dip them in the bowl. Grab enough mixture. The size of a tennis ball is the usual guide to make a burger shape. Keep covering in flour. Cup your palms around the burger shape and gently squeeze. If you still think this feels a slightly on the wet side then feel free to add more oats.

Place it on the board and flatten with the heel of the hand.

Then keep manipulating the burger into a burger shape.

Keep covering in flour. If your hands begin to get too full of mixture, then wash and dry them and put flour on them again. Each one should be about 8cms across and 2cms thick. Once you begin to fry them you can flatten them out using the back of a spatula.

I normally fry three at a time this gives you enough room to turn them over in the frying pan.

Place the remaining oil in the frying pan and heat it up.

Then, place the burgers in one at a time. Leave them to settle in the pan, the less you touch them, the more likely they will keep their shape. So, it pays to be patient.

Fry on one side for a couple of minutes until they becomes shades of earthy brown.

Turn over the burger shapes, pressing down on the shape gently and firmly, with the back of the spatula.

When both sides are crunchy brown place the beanburgers on a piece of kitchen roll on a plate.

You can compost this kitchen roll when you have finished with it.

You can either fry all the mixture up into burgers or just fry enough for a meal then freeze the mixture. It is up to you.

Making bean burgers is really down to practice. It is just part of the learning experience.

Bean burgers with(jacket potato baked in the oven whilst batch cooking other stuff) and salad is a lovely substantial meal.

These are delicious served with a sweet and sour sauce.

These freeze really well. Place the cooked burgers on a flat tray with baking paper separating each burger, then place this in a

42 freezer bag, label and date. Also, the beanburger mixture can be frozen in a freezer bag labelled and dated. When you fancy beanburgers for a meal then just take this bag out of the freezer, defrost and make beanburgers following the instructions as above.

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RED KIDNEY BEAN AND TOMATO FRITTERS.

If you have a tin of red kidney beans handy then this is a reasonably quick dish to make.

Serve this with seasonal vegetables and an onion gravy.

PREPARATION TIME: 20 minutes.

Cooking time.

20 minutes.

46

servings.

INGREDIENTS.

150 grams besan/ gram flour.

1 tablespoon organic tomato ketchup.

1 tin 142 grams tomato puree.

1 tablespoon tamari.

1 dessert spoon tahini.

250 ml water. Make gram flour into soft paste but not too runny.

2 tablespoons dried oregano.

3 medium sized organic onions peeled and chopped finely.

2 cloves organic garlic, peeled and chopped.

1 medium organic leek washed, top and bottom chopped off, and finely chopped.

1 tin of red kidney beans or 1 packet 390 grams. Drained and chopped roughly.

34

tablespoons organic sunflower oil for frying leeks and onions.

34

tablespoons organic sunflower oil for frying rissoles.

METHOD.

First of all make the gram flour batter.

Measure the flour into a mixing bowl and with the back of a spoon press the lumps out.

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Spoon in the tomato ketchup and open the tin of tomato puree and spoon it in.

Splash in the tamari.

Add the garlic.

Spoon in the tahini.

Add 250 ml of water.

With a wooden spoon mix well.

This should be a soft paste but not runny.

Add more gram flour if it seems too liquid.

Now open the kidney beans and drain, then roughly chop them up. Do this whilst they are still in the tin with a long sharp knife.

Spoon the red kidney beans into the batter.

Give it a good stir and place in the fridge.

Peel and chop the onions, wash the leek and chop finely.

Heat up the cast iron frying pan and pour in the oil.

When the oil is hot then place the onions and leeks and sprinkle the oregano all over the top.

Keep stirring these and fry on a moderate heat until the vegetables are just about to turn brown.

Take the batter out of the fridge.

Add the leeks, onions and oregano to the batter mixture.

Now stir well with a wooden spoon.

When you are ready to fry, pour in the oil and heat up the frying pan.

The oil needs to be quite hot for these fritters.

When the oil begins to spit slightly then it is ready and you can turn the hob down slightly.

I usually fry three at a time. This gives room to move the fritters about as you turn them over.

Spoon the mixture in one at a time using a wooden spoon. Leave a gap between each rissole.

Fry for at least one minute until you can see the bottom edges turning brown.

Using a steel spatula scrape underneath the fritter and turn it over. They usually stick so do not worry, they do release themselves if you use brute force. (Imagine it is some environmentally unfriendly oil and gas exploration company)

After turning each one over keep frying the underside again.

Press down with the bottom of the spatula on the top of the fritter and exert a little pressure.

There should be no runny batter oozing out if they have finished cooking.

When cooked, transfer them to a plate covered with kitchen roll. This helps them to drain off the excess oil.

Serve with seasonal vegetables and a gravy or a parsley sauce. Or, on a bed of vegetable couscous and green salad.

45

GINGER AND LENTIL FRITTER

These are uplifting as they are spicy and aromatic, enjoyable on a cold winters day as the ginger is so warming and therapeutic.

PREPARATION TIME.

1 hour and a quarter.

46

servings.

INGREDIENTS.

100 grams organic green lentils.

100 grams organic red lentils.

200 grams gram flour .

350 ml water.

45

cloves of organic garlic peeled and finely chopped.

23

cms organic root ginger peeled and finely sliced.

1 medium sized organic carrot, topped and tailed, washed and chopped.

2 organic onions peeled and chopped.

3 organic spring onions, washed and chopped.

3 tablespoons mixed herbs.

45

tablespoons organic sunflower oil.

1 splash organic lemon juice.

1 splash of tamari.

Pinch of cayenne pepper salt to taste

METHOD

Wash and drain then place the lentils to soak overnight. Then wash the lentils again and rinse until the water runs clear.

The lentils are now ready to cook.

46

Place them in a cast iron pan and bring to boil simmer for about 30 minutes.

Take off the heat and drain .

Put to one side.

Place the gram flour in a mixing bowl add 350 ml of water mix well breaking up the lumps with the back of fork.

Add a splash of lemon juice

A tablespoon of tomato sauce.

A splash of tamari.

A pinch of cayenne pepper.

Then add the lentils to the gram mixture.

Chop the onions carrots and spring onions and onions finely.

Get a heavy based frying pan add some oil to cover the bottom and place on the hob until hot . Add these vegetables

and spoon in the mixed herbs and fry until the herbs are mixed with the vegetables. Then add the ginger.

Add these softened vegetables to the lentil gram flour mix. Then add some garlic.

I do not like frying garlic as I find it makes some dishes rather bitter so I tend to put it in at the end of the preparation process.

This is the fritter mix.

All you have to do now is get a ladle and spoon the mixture into some hot oil. I usually do three at a time. These take quite a lot of oil so make sure you keep the fritters moist. When the fritter is cooked on one side you will see it is browned around the outside turn it over with a spatula cook until this side is brown.

Transfer to a plate and place on paper towel.

These are lovely served with sweet and sour sauce and lightly sauteed potatoes and spinach if in season. Also, swede and carrot mashed together is lovely with these.

LENTIL AND SEED BURGERS.

47

These are enticing, served on a bed of creamy mashed potato and seasonal greens with a covering of dark onion gravy. This is another innocuous way to sneak seeds into your diet. These burgers are so full of home made goodness and flavour.

PREPARATION TIME:

1 hour

46

servings.

INGREDIENTS.

250 grams organic red lentils. Rinsed and cooked.

3 organic onions. Peeled and chopped.

34

cloves organic garlic, peeled and crushed.

2 sticks of celery. Washed, top and bottom chopped off and finely sliced.

4 medium sized organic carrots, washed or peeled and grated or chopped finely.

1 tablespoon dried marjoram.

1 tablespoon parsley.

2 tablespoons omega seeds or sesame seeds.

6 tablespoons organic malthouse flour.

6 tablespoons organic medium sized oats.

1 dollop organic tomato ketchup.

1 generous splash of tamari.

3 tablespoons organic sunflower oil.

METHOD.

Rinse and drain the lentils.

Transfer them into a saucepan and cover in cold water.

Bring to the boil and simmer for 20 minutes.

Taste and if they are soft and golden then they are cooked.

Drain and keep the stock you could use it in the gravy later on.

48

Put the lentils aside.

Peel and cut the onions finely. Or, put them in the food processor until they are finely chopped.

Prepare the vegetables, wash and grate the carrots or put them in the food processor.

Place the carrots in a bowl. Chop the celery finely by hand or place in a food processor and slice.

In the cast iron frying pan heat up some oil.

Fry the onions and cover in marjoram and parsley.

Cook these until they are beginning to brown, then, add the celery and carrots.

Keep frying these vegetables until they are all coated in the herbs and have softened.

Transfer them into a large mixing bowl and add the cooked lentils.

Add the seeds and mix with a wooden spoon.

Spoon in the tomato ketchup in and a splash of tamari.

Some sea salt and black pepper to taste.

Add enough malthouse flour and oats to dry the lentil mixture out.

Keep stirring with a wooden spoon until the lentil mixture is almost firm.

As the mixture cools the mixture does solidify.

So, place this in the fridge.

Chill this.

After a period of time give it another stir and see what the consistency looks like. If it is manageable and you can make reasonable textured beanburgers then the mixture does not need any more oats.

I usually dip the wooden spoon in the mixture and try shaking it off, if it drops off easily then it needs more flour and oats.

On a chopping board sprinkle some malthouse flour over the surface.

Pick up a piece of mixture and gently squeeze.

Then roll it in the flour.

Keep turning the burger over in the flour until it is thoroughly coated and place it on a plate.

When all the mixture is used up then put the lentil seed burgers in the fridge to chill.

When they feel cool to the touch, it is time to heat up the frying pan.

Splash some sunflower oil into the bottom. Bring up to heat.

Using a spatula place three burgers in the pan at a time.

Keep it on a medium heat and fry the burgers.

Turn when the under side is dark brown and crispy.

Keep frying until they are cooked and appear crunchy.

When they are cooked on both sides, remove them from the frying pan and place on a plate covered in kitchen roll. The kitchen roll helps to absorb the excess oil. Cover these burgers until you are ready to serve.

BUTTERBEAN AND BEANSPROUT BURGERS.

49

These make a change from the more traditional bean burger. I find they are lighter and taste quite summery. I have added mushrooms but they are entirely optional in this recipe.

PREPARATION TIME:

1 hour to cook butter beans.

30 minutes to prepare vegetables.

15 minutes to form into burger shapes
30 minutes to fry burgers.
15 minutes to form into burger shapes.
30 minutes to fry burgers.

46

servings.

INGREDIENTS.

200 grams dried butter beans, cooked and drained. Or, open a tin of organic butter beans or a tetrapak of organic butter beans.

227 grams organic mix bean sprouts.

Or, two tins or tetrapak of organic butter beans.

2 large organic onions peeled and chopped.

75 grams organic mushrooms. (optional)

1 tablespoon of Italian herbs.

1 tablespoon poppy seeds.

7 tablespoons organic sunflower oil.

6 tablespoons organic medium oats.

Sea salt to taste.

5 tablespoons organic sunflower oil to fry burgers.

6 tablespoons rice flour to form the burgers.

SWEET AND SOUR SAUCE.

50

2 tablespoons organic tomato ketchup.

2 tablespoons organic tamari.

2 teaspoons fresh organic ginger root, peeled and chopped very finely.

56

cloves garlic, peeled and crushed.

1 tablespoon organic lemon juice.

6 tablespoons organic medium oats. If necessary (gluten free)

METHOD.

Cook the butter beans, rinse and drain add some fresh cold water and bring to the boil, simmer until soft.

I always find the pressure cooker is best for mushy butter beans.

Once cooked, drain and keep the butter bean water .

Put the butter beans to one side.

Or open a tin or packet of butter beans and drain.

Either mash by hand or put them in a food processor and give them a quick whizz.

Chop the onion finely by hand or place in a food processor and whizz until chopped into small pieces.

Place the cast iron frying pan on the hob and pour in the 4 tablespoons of sunflower oil and heat up.

Empty the onions into the pan and fry for a minute, then add the herbs.

Give it a good stir with a wooden spoon and fry both these until slightly glazed and cooked through.

Put the hob on a low setting. Spoon in the butter beans and mix the onions and herbs with the butter beans.

Place this butter beans mixture into a bowl and put aside.

Now you can make the sauce.

In a shallow bowl spoon in the tomato sauce, tamari, ginger, garlic, sugar and lemon juice.

Give this a good stir.

Put this to one side.

Finely chop the mushrooms.

Pour three tablespoons of oil into the frying pan and heat it up on a moderate setting.

Empty in the bean sprouts and fry for a minute then add the mushrooms.

Fry these until softened then pour in the sweet and sour sauce.

Switch the hob off.

Now, spoon in the butter bean mixture making sure the sweet and sour sauce becomes joined with both elements.

Spoon in the oats.

Spoon in the poppy seeds, these give it a polka dot effect.

Mix in well.

Add some sea salt to taste.

Place this in the fridge to chill.

After it has chilled then take the bowl out.

On a chopping board sprinkle on some rice flour.

Wash hands again.

51

Lightly dust hands with flour.

Dip a tablespoon in the mixture and transfer to the other palm.

Now, with two hands gently squeeze the mixture this gives it some cohesion.

Keep forming it together make this into the shape of a tennis ball.

Place it on the chopping board and with your cupped hands form it into a burger shape.

Repeat this until all the mixture is used up. Keep covering these in flour making sure they are covered in rice flour all over.

Place the burger shapes on a clean plate and place in the fridge to chill more.

When you are ready to fry these.

Take them out of the fridge.

Heat up the frying pan and pour in the oil.

When the oil is hot then place three burgers in the pan at a time.

Do not be too hasty to turn them over too much.

Leave for at least three minutes to fry on a moderate heat.

You can take a little peek and lift the edge of the burger only slightly to see if it is cooked and brown.

Burgers, they can be quite sensitive and fragile . Vegan burgers have nothing binding them together, so, always leave them alone for a while before they have to be moved.

Turn a burger over only when you are sure it is brown on the underneath.

When they are cooked and crunchy on both sides then place them on a plate covered in recycled kitchen roll.

We normally eat these with seasonal vegetables and a gravy. However, they also make a lovely accompaniment with a rice salad and seasonal salad greens.

Remember, as they have bean sprouts in them , they cannot be frozen.

However, these burgers will keep rather well in an airtight tub for 24 hours in the fridge.

BUTTERBEAN BURGERS.*

52

If you have any of butter bean tomato pan mixture left you can use it up for the following evenings meal.

PREPARATION TIME:

45 minutes.

46

servings.

INGREDIENTS.

Leftover butter bean tomato pan dish.

Buckwheat flour.

4 tablespoons organic oats.

4 tablespoons soya flour

METHOD.

Throw in the leftovers and add oats to the food processor. Give them a quick chop. If the mixture appears sloppy then keep adding more oats and soya flour.

Then, place in fridge and chill.

When the mixture is chilled, take it out.

Place some flour on a chopping board.

Grab a piece of mixture and roll in the flour, coating all the time. The consistency may be quite soft, do not worry as they tend to firm up once chilled. Keep forming these into burger shapes. Place them back in the fridge. Chill again.

These make a reasonably quick meal, and such a feel good factor to be using up leftovers, now you only have to rustle up some vegetables and a gravy to go with these.

I find some gravy, curly kale or cabbages and potatoes make a lovely little dish. If you want to make the gravy wheat free just add your favourite non wheat gluten free flour instead of wholewheat.

VEGAN SAUSAGES.

53

These are so much lovelier than the ones you get in the shops. I always use mung beans as they are a small bean with a slightly nutty flavour, they absorb the herb flavours and bind together well. Make sure you put the mung beans on to soak the preceding evening.

As these are sausages the onions should be finely chopped.

PREPARATION TIME:

1 hour.

6 servings.

INGREDIENTS.

200 grams organic mung beans.

2 large organic onions. Peeled and finely chopped.

45

cloves organic garlic. Peeled and finely minced.

A few splashes of organic tamari.

A tablespoon of organic tomato sauce.

12

tablespoons mixed herbs.

1 pinch sage.

Flour to form into sausage shapes.

A pinch of sea salt and black pepper.

A pinch paprika.

23

tablespoons organic sunflower oil.

METHOD.

Drain the beans after they have been soaked.

Pick over to rid them of wayward stones and pieces of grit. Then rinse a few times in cold water. Place in heavy based pan and bring to the boil.

Put to simmer and place lid on the pan.

As these are a small bean they generally cook quite quickly.

Taste and if they are soft enough to eat then take them off the heat.

Put through a colander and leave to drain for five minutes.

54

Meanwhile, chop the onion very finely and prepare the garlic.

I like to add the garlic raw in sausages as this tends to give them more flavour.

Put your heavy based cast iron frying pan on the hob and pour in the oil, just enough to layer the bottom of the pan.

Then throw in the onions, the herbs and stir with a wooden spoon.

Coat the onions in the herbs and stir until the onions are translucent.

Transfer the onions to a medium sized bowl and then add the drained mung beans.

Mix thoroughly.

Splash in some tamari and the tomato ketchup. Mix again. Add the garlic. Add salt and pepper.

Leave to cool. When it has cooled down place the mixture in the fridge for half an hour to chill.

This helps the sausages to keep their shape whilst frying.

Now get a chopping board and lightly dust with wholemeal flour.

With two hands grab a golf ball sized piece of mixture, coat in the flour and roll into sausage shapes.

I make them 6cms long and 2cms wide, this makes sure they cook through to the middle.

Repeat this process until you have used up all the mixture.

Place your cast iron frying pan back on the hob and heat up.

Put in three sausages at the time and fry on one side until brown and gently turn with a spatula. Fry the other side

until brown all over. Place the cooked sausages on a plate, these can be heated up later if you wish.

The secret of keeping vegan sausages whole whilst frying is not to touch them too much. Be patient keep frying until

you are pretty sure they are cooked, then gently turn them. Remember, they are sensitive noncreatures

and like to be

left alone.

These are fabulous served hot or cold. As a summer dish or with winter vegetables. Amazing as a Sunday dinner type

meal with roast potatoes, mashed swede and carrot and lightly steamed cauliflower. This meal can be topped off with

a thick onion gravy.

TOFU AND LENTIL BURGER.

55

PREPARATION TIME:

60 minutes.

46

servings.

These are delightful either in a sesame seed bun or as a main accompaniment to a full evening meal. They are protein rich so a few lightly steamed vegetables such as seasonal legumes, creamy mashed potatoes and an onion gravy makes a pleasant dish.

INGREDIENTS

1 Block of organic tofu 250 grams. Mash and fork to a creamy consistency.
1 large organic leek , top and bottom chopped off, washed, scrub the soil off and chopped finely.

5 small cloves of organic garlic, peeled and chopped small.

1 large organic onion, peeled and chopped finely.

2 tablespoons dried parsley finely chopped.

1 tablespoon organic tomato ketchup.

A few splashes of organic tamari.

67

tablespoons organic vegetable oil.

2 tablespoons organic medium oats.

2 tablespoons organic wholemeal flour.

200 grams organic lentils, washed and cooked until soft.

Drained, keep the stock. You can use the stock for a gravy or in a soup. It will freeze, place in freezer bag and tie top then stick the label on with the date.

Sea salt

Freshly ground pepper.

METHOD.

Place lentils in a pan and wash and drain until the water runs clear. Place in the pan with some fresh cold water, bring to boil turn heat down, cover and cook until soft. Drain and keep the stock. Put the cooked lentils to one side.

Chop off the raggedy ends off the leek, chop roughly then place in a colander and run water through them. Examine thoroughly that all the dirt is washed off as soil tends to stick to leeks.

56

Wash again , top and tail and finely chop the leek.

Peel and chop the onion finely.

Heat up the oil and place leek and onion in the pan then add the herbs.

Fry on a medium heat this takes a while as the leek absorbs moisture.

This should take five minutes.

When the leeks are cooked and the herbs have thoroughly mixed with the leeks and onion, then put to one side.

Meanwhile, chop up the tofu and place in a large mixing bowl and mash until creamy.

Add the lentils to the leek and onion mix.

Add the tofu.

Sprinkle a few dashes of tamari and mix.

Then sprinkle oats and flour and stir and fold into the mixture.

Sprinkle some sea salt and freshly ground pepper and mix again.

Then place the mixture in the fridge cover and chill.

When the mixture is cold then you can form this mixture into burger type shapes.

You will need a chopping board sprinkled lightly with wholemeal flour.

Make sure your hands are thoroughly washed before embarking on making burger shapes.

Dust your hands lightly with flour and plunge your hands in the mixture. Grab a lump the same size as a ping pong ball. Then roll this around in the palms of your hands. Place it on the chopping board and flatten slightly with the heel of your hand. Smother with more flour and repeat this process until all the mixture is used up. If you can place these in the fridge for half an hour before frying this will help them to keep their shape whilst frying.

Get your frying pan again and heat up some oil.

When the oil is hot place two burgers in the pan. Cook on each side for two minutes pressing down with the back of the spatula.

When they are a lovely golden brown, lift the burgers out carefully and drain the cooked burgers on kitchen paper.

Carry on using this method until the required amount is fried. The used kitchen roll can be composted.

These burgers can be frozen. Place sheets of baking paper in between burgers. Put them in a reused ice cream container and freeze.

When you require them just take them out defrost and either place in microwave and heat through or place in frying pan with some oil in the bottom and reheat.

ANUTETTES*

57

These small nut burgers are gorgeous and wholesome. I usually serve these with mashed potatoes, carrot and swede, green spring cabbage. A lovely thick onion gravy goes well with these.

PREPARATION TIME.

90 minutes.

Makes 6 nuttettes..

INGREDIENTS.

150 grams cashew nuts finely chopped.

3 medium sized organic onions, peeled and finely chopped.

1 medium sized organic carrot, washed, topped and tailed and grated.

45

tablespoons medium organic oats.

A few splashes of wheat and gluten free tamari.

2 tablespoons mixed herbs, basil, parsley oregano and marjoram.

1 medium sized bulb of organic garlic or 6 cloves. Peeled and crushed.

Buckwheat flour to coat before frying.

Organic sunflower oil to fry vegetables and burgers.

Sea salt.

Ground pepper.

METHOD.

In a frying pan pour in the oil, enough to cover the bottom of the pan. Place the onions and herbs, fry until they are coated in herbs then add the grated carrot.

With a wooden spoon give both of these vegetables a good stir.

Keep frying on a medium heat when they are cooked then add the nuts, keep stirring then switch the hob off. Add the

tamari, crushed garlic and salt and pepper to taste, stirring all the time. Transfer this mixture to a medium sized mixing bowl. Add the oats and stir. Leave to cool.

58

When it is cool then you can form this into round shapes.

Wash your hands thoroughly.

The trick with these shapes holding together is to really squeeze the mixture between your hands. Compressing the oats and the nuts together. In doing this you are moulding the shapes so they do not fall apart in the frying process.

The oats should give some cohesion. Roll the shape which should be about the size of a ping pong ball between your palms.

Keep washing your hands so your hands do not get clogged in mixture.

Sprinkle some buckwheat flour on a chopping board.

Then place the nut shapes on the board and roll in the flour. Keep shaping this until it is a burger shape. Place finished nut shapes on a spare plate.

When all the mixture is used up. Then put the nut shapes in the fridge to chill and cover.

When they are chilled they should be quite firm and easy to pick up without falling apart.

Then with your frying pan again, heat up some more oil and when it is very hot place the nut shapes in the pan. Just

fry three at a time. The trick is to leave them frying and not be too hasty at turning them over. Be patient, leave them

until you are sure they will be brown on the underside then turn them over.

If you find they are frying too quickly turn down the heat.

Put the cooked nuttettes to one side. Place on a plate covered in kitchen paper to drain.

59

FLANS AND PIES.

MUSHROOM AND ONION FLANARCHY.

This is an ideal summer flan and wonderful if you only fancy something light to eat. We often have this flan on a warm

summer evenings outside on the patio. A big bowl of seasonal salad and some chunky potato wedges sprinkled with hot

Hungarian paprika goes so well with this. A spoonful of sesame seeds in the pastry gives this flan a crunchy texture in

contrast to the creamy soft flan filling.

PREPARATION TIME:

30 minutes making pastry and chopping vegetables.

10 minutes to make filling .

35 minutes baking time.

46

servings.

Put oven to 200 degrees Celsius.

You will require a shallow flan dish 25 cms across. 3 cms fluted sides.

INGREDIENTS.

FILLING.

50 grams vegan margarine.

3 large peeled and sliced organic onions.
150 grams organic button mushrooms. Washed, dried on kitchen roll and sliced.
2 teaspoons dried parsley.
1 teaspoon dried mustard.
1 tablespoon white organic plain flour.
280 ml non dairy drink.
1 splash of tamari.

60

1 small pinch of turmeric.
Sea salt and pepper to taste.
Paprika to decorate.
1 large thinly sliced organic tomato to decorate the top.

PASTRY.

250 grams organic wholemeal flour.
50 grams vegan margarine.
2 teaspoons marjoram.
1 tablespoon sesame seeds.
1 half teaspoon sea salt.

Filtered cold water to mix.(refrigerated if possible)

If this is your first attempt at pastry making then remember practice makes perfect. I doubt that anyone ever makes perfect pastry the first time. When you use wholemeal flour this requires more water than refined flours. I find it is better to over moisten then add more flour to soak up the excess moisture. This will help the dough to be more manageable.

I have added turmeric in this recipe. Not only does it give a lovely yellow tinge to the food it has lots of health giving benefits. Turmeric has antiinflammatory properties. It is beneficial in the treatment of such conditions as cancer and Alzheimers disease.

METHOD.

Wash your hands.

In a large mixing bowl measure in the flour.

Add the margarine and rub in the flour with your finger tips until it resembles fine crumbs. This can take a while but with practice it becomes easier. Use your thumb and forefinger and rub the margarine with the flour. It will eventually resemble breadcrumbs.

Sprinkle in marjoram, sesame seeds and salt. Mix these into the breadcrumb mix.

Using a butter knife cut through the crumb mix then start adding drop by drop some refrigerated filtered cold water.

61

When the crumb mixture looks like a lump of moist dough then you place this dough into the fridge to chill.

Grease the flan dish with some margarine on a small piece of baking paper.

When the dough is chilled take it out of the fridge. Now you are ready to rock and roll.

On a lightly floured chopping board place the dough. Gently roll, (if you haven't a rolling pin a glass milk bottle is

perfect) out to the width of the flan dish. If the dough sticks to the rolling pin or the board then add more flour. It is important you lift the pastry up carefully when transferring to the flan dish. If it does fall apart then stick it back together. Most of the secret of success in pastry making is not to handle it too much and keep it as cold as possible.

Once it has been rolled, the pastry should be slightly larger than the width of the flan dish and flop over the sides.

I use my thumb and forefinger around the perimeter to crimp the pastry. Then I cut off the overhanging pastry.

Now I prick the base with a fork all over to aerate the base.

Place this in the middle of the oven and bake for around 20 minutes or until it sounds hollow to tap. The crimping

should be just beginning to become firm and brown.

Take the flan dish out of the oven and put to one side.

FILLING.

You will need a large cast iron saucepan.

Melt the margarine in the saucepan.

Throw in the onions and mushrooms, covering them in the melted margarine cook these for a good five minutes on a medium heat. When you believe these to be cooked then it is time to thicken the filling.

Add a tablespoon of white organic plain flour. Stir this with a wooden spoon until thoroughly mixed.

Now add the non dairy drink.

Keep stirring. This will eventually thicken. If lumps appear then squash them with the back of the wooden spoon. If

you can't get rid of the lumps don't worry this will not be apparent in the finished dish.

Now you can sprinkle in the mustard, pinch of turmeric,(this gives it a slight yellow tinge) add a splash of tamari and a

pinch of salt and pepper. Take it off the heat as you do not want it to burn.

In your cooked pastry case pour in this onion and mushroom mixture.

Then sprinkle some paprika on the top.

A sliced tomato makes this look really appetizing.

62

Now, place it in the oven on 200 degrees Celsius.

It should take around 35 minutes to cook.

When you take it out the oven it will be still soft to touch but do not worry because as it cools it tends to solidify.

Cut into portions and enjoy.

This flan freezes well. It can be kept refrigerated in an air tight container. Ready to eat the following evening.

63

CHICKPEA FLANARCHY.

This is such a wholesome flan. It can be served as an evening meal with lightly steamed vegetables and a parsley sauce.

I love putting sage in my pastry. It has such a pungent aroma and can bring the other tastes out in the dish.

PREPARATION TIME:

30 minutes for the pastry.

1 hour for vegetable preparation allow 1 hour and a half for total flan preparation.

Serves 46

Oven temperature :200 degrees Celsius.

1 large flan dish 25cms across and 3cms high.

INGREDIENTS

50 grams organic whole wheat organic flour.

50 grams white plain organic flour.

50 grams organic oats.

1 pinch sea salt.

2 teaspoons mixed herbs or sage.

100 grams palm oil free vegan margarine.

100 grams cold water.

THE FLANARCHY FILLING.

200 grams cooked and drained organic chick peas.

3 medium sized organic onions or 1 large leek if in season. Peeled and chopped finely/washed, leek topped, tailed and chopped finely.

250 grams organic mushrooms, washed and dried on kitchen roll and sliced.

64

3 teaspoons mixed dried herbs.

1 tablespoon alfafa seeds.

2 tablespoons organic wholemeal flour.

300 ml organic soya milk.

3 teaspoons ground almonds (optional)

1 splash balsamic vinegar.

1 pinch mustard powder.

1 half teaspoon yeast extract.

2 tablespoons organic olive oil to fry.

1 large flan dish. 25 cms across and 3 cms high.

METHOD

This is a very adaptable flan and I tend to use up the bits and bobs I have in the fridge. Serve it

with minty new potatoes and carrots vichy(lightly boiled in a mixture lemon juice and water) and a lovely creamy parsley sauce to top it off.

Make sure your hands and utensils are clean.

First of all get a large mixing bowl and pour in the flour, oats, herbs and salt, mix, then put the margarine in a bowl.

Mix margarine between thumb and forefinger with the flour until it resembles fine crumbs. Add refrigerated water, if

possible, as this helps in the cohesion. Stir with a knife until a dough is formed.

Cover and place in the fridge.

THE FILLING.

Meanwhile peel and finely chop the onions and/or leeks(if they are in season) wash and slice the mushrooms.

Place your heavy based frying pan on the hob. (well worth investing in cast iron pans they will last a lifetime)

Drop oil in the frying pan and heat up the oil, hover your hand over the top of the pan and when it feels hot then add

the onions. Stir these, then add the mixed herbs and seeds and stir again, mixing well with a wooden spoon.

When these are cooked and coated in herbs. Then, add the flour and mix. Add milk, keeping your pan on a moderate heat. This sauce should thicken quite quickly. Keep stirring. If lumps appear squash these with the back of a wooden spoon. Don't worry if they keep appearing these will not show in the flan.

65

Take this off the heat and add a splash of balsamic vinegar, a pinch of dried mustard, some yeast extract and a good grinding of salt and pepper.

Add cooked and drained chick peas.

Put to one side.

Put oven on to heat to 200'C.

Meanwhile get your chilled pastry out of the fridge and on a lightly floured board place the pastry.

With a rolling pin roll out a piece of pastry to fit the flan dish. Keep adding flour if you are finding it difficult to roll

and it is sticking to the rolling pin or the board. Lift the rolled piece of pastry carefully into the greased dish. With

thumb and forefinger pinch along edge. If there is any pastry overhanging the rim then slice it off with a knife. Now

get a fork and prick the base.

Place this in the pre heated oven on middle shelf and bake for 30 minutes.

When the flan base is quite firm to touch add the chick pea mixture. Spread this evenly over the pricked base.

Finely sprinkle paprika over the top of the chick pea mixture. Slice a medium sliced tomato over the top as a garnish.

Place it in the oven bake at 200 degrees Celsius for forty five minutes to one hour.

Leave to cool. Cut into medium sized triangle shapes when cool.

This flan freezes really well. If we have returned after an exhausting day out, I will get a flan out of the freezer

prepare some potatoes and rustle up a green salad. Place the flan in the microwave to defrost, then heat it up for a couple of minutes more .

For afters vegan crackers and dairy free cream cheese make a pleasant change.

66

LENTIL FLANARCHY WITH SPELT FLOUR.

This is a succulent rustic type flan . The spelt flour makes for an unsophisticated rough and ready look. This is

great to eat outdoors on a warm summers day. Conversely this tastes delicious with seasonal vegetables and an onion

gravy. You can also slip it into your packed lunch.

PREPARATION TIME:

30 minutes to prepare.

20 minutes cooking time

Pre heat oven to 200 degrees celsius.

Grease a medium flan dish. 21 cms across 3 cms deep.

SERVES 46.

INGREDIENTS.

PASTRY CASE.

200grams organic spelt flour.

50 grams vegan margarine.
Cold refrigerated water to mix.
Sea salt.

PASTRY METHOD.

Thoroughly wash and dry your hands.

In a large mixing bowl measure in the flour and add the salt. Spoon in the margarine. With your fingers break up the margarine. Then rub the margarine in to the flour. Spelt flour feels more sandy than wholemeal but it still ends up as a crumb like consistency if you persist.

When the mixture resembles bread crumbs then add some cold water. Spelt flour takes more water than wholemeal flour. If you feel it is too wet then add some flour to absorb the excess moisture.

Keep mixing the mixture with a butter knife until it forms a dough.

67

Place this dough on a lightly floured chopping board and roll out to the shape of the flan dish. If the dough sticks to your rolling pin add more flour to the rolling pin. Sprinkle flour liberally over the dough. Carefully lift the rolled pastry and try to keep it whole.

Line the dish with the pastry and trim the edges. Then prick it with a fork along the base and the sides.

Place in the middle of the oven at 200 degrees Celsius for 20 minutes.

If the pastry sounds hollow when tapped it is ready.

Take this out of the oven and put to one side and make the filling.

FILLING.

200 grams red organic lentils. Washed and cooked until tender.

2 large organic onions, peeled and sliced finely.

3 tablespoons dried herbs. Basil, oregano and marjoram.

Sunflower oil to fry.

METHOD.

In the large cast iron frying pan pour in the oil just enough to cover the bottom.

Now add the onions and herbs.

Fry these until coated in the oil and are turning transparent.

The herbs should be infused in the onions.

Now add the cooked and drained lentils and mix with a wooden spoon.

Keep on a medium heat until the lentils and onions are mingled with the flavours of the herbs.

Now, pour the lentil mixture into the pastry case.

Put this on the middle shelf on 200 degrees Celsius for 20-30 minutes until the filling is firm and golden.

Take it out and cool slightly then cut into 4 portions.

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VEGMINCE SEASONAL VEGETABLE PUFF PIE WITH APPLE SAUCE.

This is a lovely light puff pastry filled with leeks and carrots and flavoured vegemince.

PREPARATION TIME:

2 hours.

46

servings.

INGREDIENTS.

1 large organic leek, top and bottom chopped off, washed and chopped finely.
1 large organic onion, peeled and finely chopped.
6 tablespoons extra virgin olive oil.
1 organic carrot, topped and tailed, diced and cooked.
50 grams vegemince.
1 vegan stock cube

2 tablespoons dried marjoram.
1 dollop organic tomato ketchup.
Few splashes tamari.
Sea salt.
Freshly ground pepper.
Baking tray and baking paper.

PASTRY.

500 Grams vegan puff pastry. Defrosted.
Pre heat oven 200 degrees Celsius.

METHOD

Place the dried vegemince in a bowl with a stock cube add boiling water to cover. Leave for 30 minutes.

69

Meanwhile peel and chop the onion, slice finely the prepared leek. Place these in the cast iron frying pan with the herbs. Fry for ten minutes making sure the herbs are mixed with the leeks and onion. Keep the vegetables in the frying pan.

Place diced carrot in just enough water to cover and bring to the boil. Cover. When these are soft take off heat and drain. Put to one side.

When the vegemince is soft and marinated add this to the leek and onion mix, then the carrots. Add the tomato ketchup and tamari, mix. Add salt and pepper to taste.

Get a baking tray and cover with baking paper.

Cut the puff pastry in half.

Sprinkle flour on a board and roll out two pieces to fit the baking tray.

Place one on the bottom and spoon the vegemince mixture on top.

Then with the second piece place it over the top. Crimp the bottom to the top sealing the sides and ends.

Sprinkle some non dairy milk on the top.

Place in pre heated oven 200 degrees Celsius.

Leave to bake for 45 minutes until a golden brown.

APPLE SAUCE.

This is a great way to use up those tired looking apples which have been sitting in your fruit bowl for longer than they should.

PREPARATION TIME:

30 minutes.

46

servings.

INGREDIENTS.

46

small organic apples.

2 tablespoons organic fair trade sugar.

A splash of soya milk.

A pinch of cinnamon.

METHOD

Peel and slice the apples. Place in a pan with some milk in the bottom. Sprinkle the sugar over this.

Bring to the boil, simmer until the apples are soft. Sprinkle the cinnamon over the top.

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Alternately, in the microwave you can put the peeled and sliced apple into a bowl with the milk and sugar and switch to full power for five minutes.

Add cinnamon sprinkle over the top.

I think the apple sauce goes really well with the pie. I usually serve this with mashed swede and carrot, potato croquettes and a lovely thick parsley sauce.

Making potato croquettes is a great way for using up your stale crusts. I usually put the stale bread in the food processor to make fine crumbs or I use a cheese grater.

71

FLAKY PASTIES.

I always find that these are great as the frozen puff pastry is a great cheat.

They can be eaten cold, brilliant for picnics

as the flaky bits can feed the birds. Or, you can serve them with mash or lovely chunky chips and peas with a splash of onion gravy.

PREPARATION TIME: 30 minutes.

4 servings.

Makes 4 pasties.

INGREDIENTS.

3 packets 425 grams frozen puff pastry. 1 packet contains 2 sheets.

125 grams textured vegetable protein.

1 dessert spoon vegan stock powder.

Organic vegetable oil to fry.

1 teaspoon dried basil.

1 good dollop of organic tomato ketchup.

1 splash tamari.

1 teaspoon dried mustard.

3 organic onions, peeled and sliced.

2 organic carrots, topped and tailed, washed and diced.

2 cloves of organic garlic. Peeled and crushed or chopped finely.

2 sticks of organic celery, topped and tailed, washed and sliced.

1 large organic potato, scrubbed or peeled and diced.

Half a teaspoon cayenne pepper.

1 tablespoon of sesame seeds.

Seasoning.

72

Salt and pepper.

Or paste to stick pasty edges together. 2 tablespoons of white flour and enough water to make a thickish paste.

A baking sheet to bake pasties.

1 small saucer to use as circle template.

METHOD.

First of all put the vegemince into a bowl and cover with enough boiling water to cover. Add the vegan stock. Stir. Put this mixture to one side. The mince should absorb the water after a while. Place potatoes and carrots in a large pan. Add water and a pinch of salt. Bring to the boil, simmer until the potatoes and carrots are soft. Then drain. Keep the water for stock to be used later. You can use it for gravy if you are using it as an accompaniment.

With a frying pan pour in enough oil to cover the base of the pan. Then place onions and herbs in to the pan. Then add the sliced celery. Keep frying these on a medium heat until they are transparent and the onions are coated in the oil.

Put the cooked carrots and potatoes in the frying pan keep stirring on low heat. Then add the soaked vegemince give it a stir. Take off the heat. Add tomato ketchup and tamari. Sprinkle in cayenne pepper and dried mustard. Spoon in the sesame seeds.

Add salt and a dash of ground black pepper to taste.

This should taste quite spicy with a hot after taste.

Wash your hands again as this is the hands on bit.

Now lay the sheet of puff pastry on to a lightly floured chopping board and with a small saucer place on top of pastry and with a sharp knife go around outside to make a circle. Repeat until all your pastry is used up.

This is your pasty shape.

I usually dip my finger in the flour paste and spread the glue around the edge. Spoon the vegemince mixture into one half of the circle. Fold the other half over and press the edges together. You can crimp these so it looks like an ersatz cornish pastie.

Repeat this until all the pastry has been used. Place the pastries on a baking sheet, leaving a small gap between them.

Brush with non dairy milk.

Place in pre heated oven 200 degrees Celsius. Bake for ten to fifteen minutes until they are golden brown.

These are well worth the hassle and taste absolutely divine.

73

MIXED BEAN PIE.

I think this is super. I always prefer this the following day served chilled with lashings of tomato ketchup.

I usually make it in a long baking tray so the pie is quite shallow and is not overcome by pastry.

A mixture of pulses is brilliant for this as they all give individual flavours to the overall taste.

PREPARATION TIME:

2 hours.

46

servings.

Oven temperature; 200 degrees C.

INGREDIENTS.

200 grams of rinsed, drained and soaked organic mixed beans ,(blackeye beans, mung beans and continental lentils

and pinto beans) are perfect for this.

2 medium sized organic onions peeled and sliced finely.

1 large organic carrot, topped and tailed, scrubbed or peeled and diced.

1 organic potato scrubbed or peeled and diced.

2 sticks of organic celery if in season. Topped and tailed, washed and chopped.

1 clove organic garlic peeled and crushed.

1 tablespoon tamari

1 teaspoon yeast extract.

1 tablespoon organic tomato ketchup.

2 tablespoons mixed herbs.

1 tablespoon sunflower seeds and pumpkin seeds mixed.

A pinch of salt and pepper.

1 tablespoon wholemeal organic flour.

Bean stock. Make up to 500ml of stock.

74

Vegetable stock.

Pinch of cayenne pepper.

2 tablespoons of organic sunflower oil.

METHOD.

Get your heavy based saucepan and place the beans in and cover with plenty of water.

Bring to the boil and simmer for 45 minutes keep checking on the water level.

When they are soft drain them through a sieve. Keep the bean water.

Put the beans to one side.

Next place the cubed potato and diced carrot in some slightly salted water and bring to boil keeping the pan covered.

They should not take long to cook if they are cut into small enough pieces.

When the potato and carrot is soft take the pan off the heat and drain through a colander. Keep the water. Mix the

vegetable stock in the bowl with the bean water.

Now, get your heavy based frying pan pour oil in the bottom and heat it up.

Place the onion and celery in the frying pan and fry,

Sprinkle mixed herbs over these and stir with a wooden spoon. Then add the seeds.

When they are cooked then add the flour.

This makes a roux, stir for another second then add the stock around 500ml or to fill the frying pan to just below the frying pan rim.

Stir with a wooden spoon until it thickens.

Add the yeast extract.

Add some tamari

Sprinkle some freshly ground sea salt and freshly ground black pepper.

Then spoon in some organic tomato ketchup

Then add the mixed beans.

This is the pie filling.

Taste and add a tiny pinch of cayenne pepper. I think this gives it a piquancy.

Put this to one side and make the pastry.

Put oven on to 200 degrees centigrade.

PASTRY.

100 grams organic wholemeal flour.

100 grams organic plain white flour.

100 grams palm oil free vegan margarine.

1 teaspoon sea salt.
75
2 tablespoons sage.
200 ml chilled filtered water.
Baking tray.

METHOD.

In a large mixing bowl put flour salt and sage.
Add the margarine. Rub the margarine into the flour with your fingertips until it resembles fine crumbs.
Pour in the water. (the water should be very cold if possible)
With a butter knife stir the water into the crumb mixture until it has become one piece of pastry but not too wet. If you find it is too wet then add some flour to dry it out.
Place the pastry in the fridge.
After about half an hour take the pastry out.
Place it on a lightly floured chopping board.
Cut it in half.
Sprinkle some flour over one pastry half.
Roll out to the length of the tin.
Grease the tin with some margarine.
Place the pastry piece along the bottom of the tray.
Put this in the oven for five minutes to bake.
This will make the bottom less soggy as the bean mixture is quite runny.
Pour the bean mixture in.
Roll out the other half of the pastry.
Place on the top.
Crimp the edges joining the top and bottom together. Cut off any excess pastry.
Pour a tiny bit of vegan milk over your fingers and rub it over the pastry top.
This will make it brown.
Then put the pie in oven. Place it on the middle shelf.
It usually takes 45 minutes to become brown and crusty.
You can leave this in the oven and switch the oven off and this will ensure it is cooked throughout.
I think this is pleasing to the eye and has a really rustic appearance. Tastes yummy too.
We eat this with spring greens, boiled potatoes and onion gravy.

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77

STIR FRY ROLLS.

These are lovely for a light lunch, serve with a leafy green salad. I use ready rolled frozen, defrosted puff pastry.
These rolls are quick and easy to make.

PREPARATION TIME:

1 hour.

46

servings.

INGREDIENTS.

1 packet ready rolled frozen and defrosted puff pastry sheets.
Flour and water paste.
1 packet vegan stir fry bean sprout mix.
3 tablespoons organic sunflower oil.

23

cloves organic garlic, peeled and crushed.
1 small piece of organic root ginger peeled and chopped.
3 tablespoons tamari.
1 tablespoon organic tomato ketchup.
1 teaspoon organic white wine vinegar.
1 small organic onion peeled and finally chopped.
3 organic spring onions washed and sliced diagonally.
Sea salt and pepper to taste.
Small pinch chilli or cayenne pepper.
Organic oil to fry.
1 small saucepan or shallow frying pan to fry rolls in.

METHOD.

78

On a lightly floured baking board place the sheet of puff pastry.
Put to one side.

In a large cast iron frying pan place three tablespoons of oil and heat it up.
When it is hot throw in the bean sprout mix.

Stir with a wooden spoon until coated in all of the oil.

Add the onions and/or spring onions if in season.

Keep frying until they glisten and are slightly browned. Put to one side.

In a shallow dish put tamari, vinegar and root ginger and stir. Then add the garlic and stir. Add this sauce to the bean sprout mixture. It is important you leave this to cool down.

Season to taste and add some pepper if you think it needs it.

I find the best way is to treat these as if you are making sausage rolls. Spoon in the mixture along the width of the pastry and roll the pastry away from you.

I make a paste in a small cup with 1 tablespoon of any flour wholemeal or white with enough water to make a spreadable paste. This acts as a glue.

On the edge of the pastry nearest to you, spread the paste about 1 cm wide along the width of the pastry. Spoon in the cool chop suey mixture about 2 cms across then fold the sheet away from you upwards. Then glue the top and bottom edges together and then the open ended sides. Sealing them up completely. You should have a long thin roll which you can chop into lengths of your choosing. These should fit into your pan for frying.

Place the completed spring rolls in the fridge and chill.

Now place the oil in the pan about 1 cm covering the bottom of the pan and heat it up. Your oil must be very very hot.

When the oil is very hot place the rolls in the oil. Fry for one minute on each side.

When the spring rolls are golden brown all around then take these out of the pan. Place on a piece of kitchen roll to drain.

These home made spring rolls are delicious and nutritious. If you would like a more substantial meal then you can serve with some chunky chips and peas with lashings of tomato ketchup. Also, they are great for buffets and parties.

These cut into bite size pieces and make great party finger foods.

79

BUTTER BEAN FLANARCHY WITH WALNUT PASTRY.

This is a delectable flan dish. I make it with vegan cream cheese which makes it light and creamy.

The nut pastry adds a crunchy texture in contrast to the silky filling. This is excellent as a cold snack. A piece of this in your lunch box will keep you fed until tea time. Also, it is so enticing served at buffets or at fund raisers. You can serve this with seeded potato croquettes, carrots, vichy and an aromatic fresh parsley sauce.

PREPARATION TIME:

1 hour.

Cooking time: 45 minutes

46

servings.

Preheat

oven to 200 degrees celsius.

1 large shallow flan dish 21 cms wide 4 cms deep.

INGREDIENTS.

PASTRY.

250 grams organic malted brown flour.

50 grams vegan margarine.

100 grams mixed chopped nuts or chopped walnuts.

1 teaspoon dried parsley.

1 tablespoon linseed seeds.

Cold filtered water to bind approximately 250 ml.

Sea salt.

FILLING.

3 organic onions, peeled and finely chopped.

150 grams organic butter beans, soaked and cooked until as soft as pillows.

100 grams vegan cream cheese, plain variety. (Creamy smooth, original flavour) soya alternative to cream cheese.

200 ml non dairy organic milk.

Half teaspoon of dried mustard.

80

25 grams white organic flour.

A few pinches paprika.

Drizzle organic olive oil over the top.

METHOD.

PASTRY.

Wash your hands.

Empty the flour into a medium sized bowl.

Then add the vegan margarine and break it up into small pieces.

Keep rubbing it in and aerating the flour by raking through the pastry with your fingers. Using your fingers and thumb you will eventually achieve a crumb like consistency.

Now, you can add the nuts and seeds. You can use a variety if you wish or just walnuts. It is more economical to grind them in your food processor than purchase them ready chopped.

Give this a light blend with a butter knife.

Put a dash of parsley in and agitate again.

Sprinkle in a teaspoon of sea salt.

Now pour some water in to the mixture add a little at a time. Make sure the texture is just moist.

Place this lump of dough in the fridge to cool. Whilst this is chilling, you can make the filling.

Place the cast iron frying pan on the hob to heat up.

Spoon in the vegan margarine and melt this whilst swirling it around the bottom. When it has just melted then it is time to put the chopped onions in.

Keep stirring the onions with a wooden spoon keeping the hob on a moderate heat.

As the onions are cooking in margarine they will take longer than they would if they were cooked in vegetable oils.

So, after around ten minutes, just as they are turning a deep yellow, then you can add the flour.

Sprinkle this flour over the top of the onions and stir. Keep the pan on a moderate heat and then pour in the non dairy drink.

Sprinkle in the dried mustard and stir with the wooden spoon.

Now spoon in the vegan cream cheese. Press it down with the back of the wooden spoon melting it into the other ingredients.

Bring to the boil.

As soon as it reaches bubbling point then immediately remove the pan from the heat.

Then add the cooked butter beans and fold it all together into a velvet like sauce.

Now, it is time to retrieve the pastry from the fridge and roll it to fit the flan dish.

Dust a chopping board with some flour and place the dough in the middle of the board.

With the rolling pin roll out the dough until it is slightly larger than the width of the flan dish.

If it looks like it is sticking to the wooden chopping board then keep dusting with flour.

Now pick the dough up carefully. If you fold it in half first then this makes the process easier.

Place the folded over piece loosely over one half of the dish then pull the remaining half over.

Crimp the sides around the edge, now, trim the spare dough off.

81

I have given enough pastry quantities for two pastry meals. So, you can freeze what is left over of put it in a covered airtight container in the fridge for 24 hours.

Prick the flan with a fork all over the surface.

It is ready to bake blind.

Place it in the oven on the middle shelf for 25 minutes at 200 degrees Celsius.

When you tap the flan and it sounds hollow then you can spoon in the butter bean mixture into the flan case.

As the butter beans are quite an insipid bean I like to shower this with lashings of paprika. This gives the flan an appetizing pinkish shade.

Or, you can finely slice a tomato which also makes it look bright and cheerful..

Then as the piece de resistance give it a generous swirl of olive oil to help the browning process.

Pop it in the oven for 40-45 minutes.

82

TOMATO AND VEGETABLE PIE.

This is a culinary delight. It tastes absolutely delicious. I use a mixture of organic malthouse flour and an organic malted brown flour to make the pastry as this gives the pie a rustic appearance.

PREPARATION TIME:

1 hour.

Place oven to 200 degrees Celsius to preheat.

1 ovenproof dinner plate.

1 wok to cook the filling in.

46

servings.

INGREDIENTS.

300 grams organic malthouse flour.

100 grams organic country fayre malted brown flour.

100 grams vegan margarine.

200 ml water to make it into dough.

1 pinch sea salt.

FILLING.

2 organic onions, peeled and chopped.

3 sticks of organic celery, washed and sliced.

1 tablespoon organic tomato ketchup.

1 splash tamari.

100 grams organic mixed mung beans and continental lentils. Soaked rinsed and cooked until soft.

1 tin of organic chopped tomatoes or whole plum tinned whizzed in the food processor.

23

tablespoons organic sunflower oil to fry.

2 tablespoons oregano and marjoram.

1 tablespoon organic wholemeal flour.

83

Mixed with enough cold water to make a thick paste.

1 teaspoon yeast extract.

1 tablespoon vegan original cream cheese.

1 tablespoon omega seeds.

Sea salt and pepper to taste.

METHOD.

Make sure your hands are washed.

In a large mixing bowl place the malt house flour and salt.

Weigh the margarine and break it into the bowl.

Then rub the margarine into the flour until it resembles fine crumbs. Pour very cold water in drop by drop.

Mix the water in the breadcrumb mix with a butter knife until it has formed a moist dough.

Place this in the fridge to chill.

Now, you can make the filling.

Soak the beans overnight.

Rinse the pulses thoroughly and place in the saucepan and bring to the boil. Cover and simmer until they are soft. Drain and keep the stock.

In the cast iron frying pan spoon in the oil.

Heat this up on a medium heat and add the onions.

Then spoon in the herbs fry these until translucent then put the celery in and fry again making sure all the herbs are coating the vegetables.

Keep this on the medium heat and add the tomatoes and stir methodically with a wooden spoon.

Take it off the heat and add the cooked pulses.

Stir.

Pour in the tomato ketchup.

Splash in the tamari.

Place the wok back on the heat and add the flour paste and stir, this should thicken the sauce .

Now spoon in a teaspoon of yeast extract.

1 tablespoon original cream cheese. Press this down with the back of a wooden spoon to melt.

1 tablespoon omega seeds.

Bring to the boil and simmer for one minute whilst stirring.

Take it off the heat and put to one side.

Remove the dough from the fridge and cut it in half. Then, place it on a lightly floured surface and roll it out to the slightly larger than your plate.

Grease the plate, use the inner piece of greaseproof paper from inside the margarine tub.

84

Then lift the pastry up and cover the plate.

Leave an overlap.

Then take the other half and roll it out to fit over the top of the plate.

Spoon in the filling and then place the other half of pastry over the top.

Join the two halves together crimping around the edge with finger and thumb.

Keep your fingers lightly floured to prevent them from sticking.

Now, you can cut the overlap off .

You can use this spare piece for decoration on the top. I usually make leaves.

Then cut some slits in.

Sprinkle with non dairy drink and place in the middle shelf at 200 degrees celsius.

Leave in for 30-45

minutes and remove from oven when the top is golden brown and sounds hollow to tap.

Serve this with mashed potatoes, lightly steamed carrots and cabbage.

Drenched in a parsley sauce.

85

RED KIDNEY BEAN AND CREAMY LEEK PIE.

This is a tempting wholesome pie. I serve it either hot or cold. It takes a couple of hours to make but it can last two meals for three to four people. The pie divides into eight portions. It is easy to eat yet very substantial.

One slice of pie with some fresh seasonal fruit is quite enough for a lunchtime snack.

PREPARATION TIME:

2 hours.

4 servings.

Put oven on to 200 degrees Celsius.

INGREDIENTS.

PASTRY.

400 grams organic wholewheat flour. Half wholewheat half white plain.

Chilled cold water. Enough to bind the pastry.

100 grams margarine.

Sea salt.

1 tablespoon mixed dried herbs.

1 tablespoon sesame and linseed seeds.

2 dinner plates, 1 greased, one lightly floured.

FILLING.

4 medium sized organic leeks, topped and tailed, washed and sliced.

3 large organic onions. Peeled and chopped.

1 tin or packet of organic red kidney beans, drained.

4 organic carrots, topped and tailed, washed and diced.

2 tablespoons wholewheat flour.

400 ml of non dairy drink.

86

5 tablespoons organic olive oil.

2 tablespoons dried herbs. Basil and marjoram mixed.

Sea salt and freshly ground pepper to taste.

METHOD.

First of all wash your hands and waft them dry in plain air. I am very aware that people find making pastry quite a chore. The only advice I can give on pastry making is practice makes perfect. It is trial and error so keep practising. If it falls apart then next time add more water. You can also just bodge it back together like a pastry jigsaw and no one will notice.

Get a large mixing bowl and pour in 400 grams of flour. Then add the margarine. Break the margarine up into small pieces. Rub the margarine and the flour between your finger and thumbs. This will eventually make it into a crumb like texture. Then add the herbs, seeds and salt. Pour a little chilled water slowly into the mixture. Be careful to only pour a drop at a time as you do not want to make the mixture too soggy. When you think it is manageable and easily rolled, then place the dough on a lightly floured chopping board. Cut it in half.

Grease an ovenproof dinner plate, by rubbing some margarine on the plate surface, this prevents the pastry from sticking once cooked. With one half of the dough, roll this with a rolling pin if the rolling pin keeps sticking then just add more flour. Roll it out slightly larger than the dinner plate, lift carefully and place over the plate, there should be a slight overhang.

Repeat with the other half of the dough and place this on a lightly floured plate. Put both plates in the fridge to chill.

FILLING.

In the meantime slice the tops and bottoms off the leeks and put these in the compost. Slice the leeks finely after washing thoroughly in clean tepid water. Peel and slice onions finely. Scrub or peel the carrots, chop the tops and bottoms off and compost these, dice the carrots. Put these in a pan and cover with cold water and bring to boil. Place on a tightly fitted lid and simmer until they are soft. This usually takes around six minutes.

Now place your cast iron frying pan on the hob, switch to a medium heat. Place in the oil and heat. Now, throw in the leeks and onions. I always think this pie really benefits from a really long fry. So, give them a stir then add the herbs.

Make sure all the flavours are smothered in the vegetables. Keep frying I usually keep them on medium heat for between ten to fifteen minutes then add the cooked diced carrots. Stir again. Then add the kidney beans.

Now add the flour, sprinkle it on top of the vegetables. Stir again with a wooden spoon. Then pour in the non dairy drink stirring all the time. Keep over the heat until the mixture is thickish and creamy. Season to taste and if required.

Put to one side.

Get the refrigerated pastry dishes out of the fridge. Take the chilled pastry plate and spoon in the filling. If you spoon the filling in to the middle of the pastry it will find its way to the edge, just smooth it out with the back of a spoon to make it level.

Then with the lightly floured piece of pastry put this over the top of the mixture. Now you have to marry the top with the bottom. I always find it easier to make sure your fingers are floured then crimp the edges together with the ubiquitous finger and thumb. You may find the filling oozing out the sides but this does not matter. Keep crimping

87

keep flouring your fingers until you have crimped right around the edge of the pie.

Now you can trim those excess pastry flaps off. Pick the plate up and balance it in one hand at eye level. With your free hand hold a knife and trim the excess pastry off.

These excess pieces can be used for decoration on the top. Just press the shapes into leaf shapes and stick into the pastry in the middle. Make some small slits into the top. Splash some non dairy drink over the top, this will help it

brown and place in pre heated oven on middle shelf for 30 to 45 minutes.

After 30 minutes take a peek and if you think it is still looks pale and undercooked then put it back in for 15 minutes

but keep looking every five minutes. I usually tap the surface of the pie and if it sounds hollow and looks golden brown it is normally cooked and ready.

Take this out the oven. You can eat this hot or cold. Lovely!

88

WHOLEMEAL RYE AND SESAME WITH TOFU FLAN.

This is a really substantial flan and can be served with seasonal potatoes, cabbage in tomato and vegetables with a chive sauce.

Adding sesame seeds to the pastry gives it an extra crunchiness.

PREPARATION TIME:

Overnight marinade of tofu.

Preparation of vegetables and flan baking time:

2 hours.

4 6

servings.

Preheat

oven to 200 degrees celsius.

One flan dish 24 cms wide and 3 cms deep.

INGREDIENTS.

PASTRY.

100 grams organic rye flour.

100 grams organic wholemeal flour.

1 teaspoon sea salt.

1 teaspoon marjoram.

1 tablespoon of sesame seeds.

100 grams vegan margarine.

150 ml cold water.

MARINADE.

396 grams 1 block of firm organic tofu, drained.

910

cloves organic garlic, peeled and crushed.

1 tablespoon tamari.

89

34

tablespoons organic sunflower oil.

FILLING.

2 large organic onions, peeled and chopped finely.

3 organic spring onions, washed and chopped into small pieces.

2 tablespoons plain non dairy organic yoghurt.

1 tablespoon vegan original plain cream cheese.

1 medium sized organic red pepper, washed de seeded and chopped.

75 grams button organic mushrooms washed and sliced in half.

50 grams vegan margarine.

1 heaped tablespoon oregano.

METHOD.

Drain the block of tofu and cut it into 1 cm cubes.

Marinate the tofu in tamari and garlic overnight.

Crush the garlic and sprinkle it over the cubed tofu then sprinkle the tamari over the tofu.

Place this in a dish and leave covered in a refrigerator for four to eight hours or overnight.

In a frying pan melt the margarine on a medium heat.

Once it is melted then add the onions and sprinkle the oregano over the onions.

Keep frying until the onions are beginning to soften then add the pepper, mushrooms and spring onions.

Keep frying until all the vegetables are cooked but not brown and coated in the herbs.

Take the frying pan off the heat and spoon in the cream cheese and plain non dairy yoghurt.

Place the frying pan to one side.

Pastry making:

Tie your hair back if necessary and put on an apron and wash hands thoroughly.

Weigh out the two flours and empty into a large mixing bowl.

Add the sea salt and marjoram.

Then, break up the margarine and rub it into the flour.

Keep rubbing it with thumb and your fore fingers until this resembles fine crumbs.

Sprinkle in the sesame seeds.

With a butter knife cut through the crumbs several times then slowly and methodically pour in a drop of water at a time.

The dough should be moist and cohesive but not too soggy.

On a large chopping board lightly dust with rye flour and place the pastry dough in the middle.

Estimate the size of the flan dish and roll out the pastry accordingly.

90

Grease the flan dish with a tiny amount of margarine.

Carry the rolled pastry over the flan dish, flute the edges with your forefinger.

Cut off the excess pastry.

Prick the base and sides with a fork.

Place this in a preheated oven on the middle shelf to bake blind.

Leave for 20 minutes.

After 20 minutes take it out the oven and tap the base, if it sounds hollow it is cooked if not put it back in for another five minutes.

Place the cooked base to one side.

Now it is time to fry the marinated tofu pieces.

In a wok pour in two tablespoons of vegetable oil.

Place hob on high as the tofu fries much crispier if it is cooked in very hot oil.

When the oil begins to bubble then take the tofu pieces one by one. I usually use my fingers for this.

Careful not to catch them in the hot oil. Try and leave the garlic behind as you do not want to fry too much garlic at this stage.

Do the tofu pieces in batches frying them on both sides until really brown.

You will be left with some garlic and tamari in the bottom of the bowl.

In the pastry shell place the tofu pieces and pour over the leftover garlic and tamari.

Empty the creamy vegetable mixture over the top of the tofu and spoon over with a wooden spoon.

Sprinkle with paprika.

Place back in the oven on the middle shelf for 30 45 minutes.

It should be dark golden on top and slightly firm to touch.

When it has been taken out of the oven put to one side to cool then cut into portions.

91

CHICK PEA FLANARCHY IN POPPY SEED OATY PASTRY.

If using dried chick peas soak overnight.

I enjoy making this pie as it is so varied. I love using oats in the pastry as this makes it so crunchy. Sliced potato over

the top makes it slightly different from the run of the mill pie recipes.

It is very substantial and can be served with a couscous salad and fresh green rocket leaves, with a sprinkling of pumpkin and sunflower seeds over the top.

A few spoonfuls of a spicy tomato sauce over each portion is the perfect saucy partner.

PREPARATION:

1 hour to cook chick peas and prepare vegetables.

Cooking time: 45 55
minutes to bake pie.

46

servings.

Preheat

oven to 200 degrees Celsius.

One dinner plate lightly greased.

INGREDIENTS.

OAT AND POPPY SEED PASTRY.

200 grams organic oats.

100 grams vegan margarine.

100 grams malted brown organic flour.

100 grams wholemeal organic flour.

1 teaspoon sea salt.

1 tablespoon dried sage.

1 tablespoon poppy seeds.

250 ml cold water.

1 teaspoon Sea salt

FILLING.

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125 grams organic chick peas, soaked overnight. cooked and drained. Or 1 tin of ready cooked. chick peas.

3 organic onions, peeled and finely sliced.

2 sticks organic celery, topped and tailed washed and sliced.

3 cloves organic garlic, peeled and crushed.

2 small organic or 1 large green pepper. Washed, de seeded and chopped.

1 tablespoon of dried marjoram.

34

tablespoons organic olive oil.

34

small organic potatoes or 2 medium sized ones. Peeled, sliced and boiled until soft.

1 tablespoon organic white plain flour.

500 ml non dairy drink.

1 tablespoon tamari.

Sea salt and pepper to taste.

METHOD.

Wash hands.

First of all make the pastry.

Place oats and two sorts of flour in a bowl sprinkle in salt.

Spoon in poppy seeds and dried sage.

Add margarine break it up into smallish pieces.

With thumb and forefinger rub the margarine into the grains until it resembles a nutty texture.

Pour in some cold water until it has formed into a dough, use a butter knife to stir the dough.

Now, place the dough in the fridge to chill whilst you get on with other preparations.

On a chopping board prepare and chop the onions, peppers and celery. Peel and prepare the garlic, place this on a small saucer.

Put all the vegetables to one side.

Peel and slice the potatoes and place in a pan covered in water, place a lid on and bring to the boil . Simmer for ten minutes until tender.

Then drain and put to one side.

Get your heavy based frying pan and pour in some olive oil and heat it up.

Then place the vegetables apart from the garlic into the hot oil.

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Sprinkle over the marjoram and fry on a medium heat for ten minutes until they are soft and coated in the herbs.

Spoon in the flour sprinkling it over the vegetables and then slowly add the non dairy drink.

Keep stirring with a wooden spoon.

Bring to the boil. Once it is bubbling take off the heat.

Splash in some tamari and stir.

Pour in the drained chick peas.

Add the crushed garlic.

Stir with a wooden spoon.

This is your filling. Leave all this in the frying pan.

The sliced potatoes are placed on later.

PASTRY.

Take the pastry out of the fridge and cut in half.

On a lightly floured chopping board place the half on the board and with a rolling pin roll out the pastry until it is slightly larger than the dinner plate.

Place this on the plate and leave a overhang for now.

Spoon the chick pea mixture onto the pastry.

Leave 2 cm gap around the edge.

Spoon the potato slices over the top and sprinkle these with sea salt, pepper and paprika.

Now, roll out the other half of the pastry to fit over the top.

Pick this up and place it evenly over the top with forefinger press the top and the bottom together.

Cut off the spare pastry with a sharp knife.

If there are enough scraps you can make a small decoration for the top.

Splash some non dairy drink on a pastry brush and brush over the pastry.

Then make three little incisions about two cms long in the top.

Place in the oven at 200 degrees Celsius on the middle shelf.

This usually takes between 45 minutes to 55 minutes to cook through as it is a rather tall pie.

94

PESTO AND LENTIL PUFF PIE.

This is a tasty light pie. The pesto really compliments the creamy lentil sauce. This is scrumptious served with lightly steamed cabbage, herb potato wedges sprinkled with sea salt and paprika and a lovely thick herb sauce.

PREPARATION TIME:

45 minutes.

INGREDIENTS.

425 Grams frozen puff pastry. 2 slices defrosted.

1 large organic onion. Peeled and sliced thinly.

1 large organic pepper. Washed, de seeded and cut into small pieces.

4 Tablespoons vegan pesto. (available from your local Health Food store). Or home made pesto.

2 sticks of organic celery. Cut the raggedy bits off each end. Wash and slice.

1 large organic leek. Chop off top and bottom. Wash all the soil off and slice finely.

100 grams organic mushrooms. Washed and sliced.

100 grams organic red lentils. Washed, drained and brought to the boil.

34

cloves organic garlic. Peeled and crushed.

Sea salt and ground black pepper.

500 ml non dairy milk.

2 tablespoons of organic plain white flour.

45

tablespoons organic sunflower oil.

METHOD.

First of all place the washed lentils in a very large heavy based saucepan, cover with water and a tightly fitted lid and bring to the boil. Lentils expand in the pan so make sure the pan is large enough or they will bubble over the top.

The great thing about lentils is they are not energy intensive.

I bring them to the boil, switch the hob down to minimum and leave the lentils to cook.

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Keep checking they have not absorbed all the liquid.

When they are a light yellow colour and soft they are ready.

Drain and put to one side in a bowl.

With your heavy based frying pan, drizzle the oil in the bottom.

Place the onions, leek, celery and pepper in the frying pan and fry until they are soft.

Then add the mushrooms fry until they are coated with the juices of the other vegetables.

Place two tablespoons of white organic plain flour in the pan and mix.

Covering the vegetables and stirring and mixing.

Then add the milk slowly keeping stirring to avoid lumps.

When it has come to the boil switch off the heat. Move the pan off the hob then add the cooked lentils. Mix.

This is your lentil mixture. It has a lovely subtle flavour so very little additional flavourings are required.

Add sea salt and pepper to taste.

Now get the oven proof dish you are going to use. Ideally it should be 30 cms x 20 cms. However, anything oven proof will do which is the same size as the piece of puff pastry.

Grease the dish and lay the pastry on the bottom. It should come up both sides.

Then, with the vegan pesto heap four tablespoons of vegan pesto covering the pastry surface.

Spoon the lentil mixture on top. Until it reaches the top of the pastry sides.

Place the other pastry piece on the top, crimping the bottom and top together.

Using thumb and forefinger making a decorative seal for this pie.

Sprinkle with some non dairy milk on top and cut four small slits in the top in middle of pie.

Place in the oven at 220 degrees Celsius. On the middle shelf. Cook for 30 minutes on 220 degrees then turn down to 200 degrees for the last ten minutes.

When it is cooked it should have a lovely brown glaze on the top.

If you have any leftover lentil mixture then freeze it and it can be used to bulk out a soup at a later date.

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SNACKS AND BUFFET FOODS.

GARLIC BREAD

I usually buy a rustic crusty french baguette for this. I know this is a bit of a cheat but the end result is far superior to the garlic bread you buy in the supermarket.

PREPARATION TIME:

30 minutes.

Preheat

oven to 200 degrees Celsius.

INGREDIENTS.

1 french baguette.

1 bulb organic garlic, peeled and crushed.

2 tablespoons room temperature vegan margarine.

Silver foil to cover.

METHOD.

In a medium sized bowl place room temperature margarine in with the prepared garlic.

Mix with a fork.

Until it is all blended together.

Now place the baguette on a chopping board and slice at intervals down the length of the baguette do not cut through bottom.

Now butter both sides of slices throughout the baguette.

If you have any spare garlic butter just scrape the garlic butter mixture over the top.

Now, wrap it in the silver foil.

Place the wrapped baguette on a baking tray in case it leaks.

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Bake for 20 minutes and peel the foil off one end, if the baguette sounds hollow when tapped and turning brown it is

done. If not then wrap up again and put it back in the oven for another five minutes.

This will accompany almost anything as eclectic as you like. It is fabulous for buffets.

98

HUMMUS*

We all know and love hummus, it is a good standby for a light snack at any time of day. 41% of us have it in our

fridges in U.K. Homemade hummus is becoming so popular .The sales of tahini are increasing and more and more is

being sold in supermarkets. It is best served at room temperature which makes hummus ideal for buffets. Dipping

sticks of carrot and celery into hummus is yummy.

It makes a gorgeous lunch. Serve hummus with salad leaves and crunchy potato wedges. Try homemade wholemeal

bread with lashings of hummus spread thickly over the top with a sprinkling of paprika. Follow this with a selection of

fresh fair trade fruit.

PREPARATION TIME.

90 minutes to cook chick peas.

3045

minutes to prepare ingredients.

46

Servings.

INGREDIENTS.

100 grams organic chick peas soaked, cooked and drained. Keep the chick pea water if possible.

Or, one tin of organic chick peas, drained.

6 cloves organic garlic, peeled and crushed finely. The amount of garlic depends on your personal taste.

2 Tablespoons organic tahini (white sesame seed paste)

2 Tablespoons organic lemon juice.

4 Tablespoons organic extra virgin oil.

Sea Salt to taste

Freshly ground pepper to taste.

Paprika for decoration.

Olive oil for decoration.

METHOD.

Place cooked chick peas in a large mixing bowl and mash with a potato masher or fork and add about three tablespoons of the chick pea water.(If you have used tinned chickpeas then add more olive oil instead of chick pea water).

Then pour in the olive oil, the lemon juice, the tahini and finally the garlic.

Mash until you can see the chick peas have broken down to a pulp.

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At this stage taste the hummus.

In my experience everyone likes hummus of different tastes and textures.

My children like it more like a dip and my husband and I prefer it more stodgy.

So, add more ingredients if required.

When it tastes to your satisfaction and the texture is to your liking then pour it into a serving dish.

Hummus generally needs a dash of sea salt and some freshly ground black pepper to bring out the subtle flavours.

I always think hummus has a lovely pale colour like primroses in spring. Drizzle some olive oil over the top and a sprinkling of paprika for the finishing touch.

If you have any left over you can use it in your fritter batter and make hummus fritters.

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FELAFELS*

Felafels are great for all sort of occasions. Fabulous vegan buffet food but I also like them with potato wedges and tabouli. Try these with a fresh green salad with lashings of tahini laden onto wholemeal pitta bread.

PREPARATION TIME:

If using dried chick peas allow for overnight soaking and at least one hour for cooking until soft.

20 minutes for preparing the garlic and combining the ingredients.

46

servings.

INGREDIENTS

100 grams organic chick peas soaked overnight and cooked until soft. Or 1 tin of drained organic chick peas.

1 large organic onion. Peeled and chopped.

23

large cloves garlic peeled and chopped or pressed in a garlic press finely.

3 tablespoons chopped fresh parsley.

1 teaspoon cumin powder.

1 teaspoon ground coriander.

2 tablespoons wholemeal organic flour/ or buckwheat for wheat and gluten intolerances, if you prefer.*

4 tablespoons oil for frying.

2 tablespoons flour for forming into falafel shapes.

METHOD

Do not forget to wash your hands.

Take a potato masher and put ingredients except parsley and flour into a mixing bowl and mash to your hearts

desire until it is a softish texture. When you think this is achieved then add the parsley and fold the flour in with a spoon.

Place a wooden chopping board in front of you and sprinkle a layer of wholemeal flour . Place some flour on your

hands and put small pieces of the mixture and roll these into small golf ball size shapes.

Place these on the chopping board and flatten slightly with the back of a spatula.

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Place finished falafels on a plate. Put in the fridge to chill before frying.

When you are ready to fry these. Heat oil up in your cast iron frying pan and fry the falafels until brown on each side.

Turn over with a spatula until brown on each side.

These can be eaten warm or cold. Absolutely mouthwatering and scrumptious.

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HARICOT FELAFELS.

PREPARATION TIME:

1 hour.

46

servings.

INGREDIENTS.

225 grams organic haricot beans. Soaked and cooked.

1 organic onion peeled and finely chopped.

3 cloves organic garlic, peeled and chopped.

1 slice organic wholemeal bread (soaked in a little water) then squeezed.

One quarter teaspoon of cayenne pepper.

1 whole teaspoon of ground coriander.

1 whole teaspoon of ground cumin.

2 tablespoons fresh parsley, finely chopped.

1 2

tablespoons plain white organic flour.

Sea salt.

Organic oil to fry.

This is a lovely tasty haricot bean snack. These go really well in pitta bread with several dollops of chilli sauce.

METHOD.

Soak the haricot beans overnight.

Change the water and rinse in a colander.

Pour fresh water over the beans and bring to the boil.

Simmer until soft to touch. Drain the beans. Keep the bean water. Leave this bean stock to cool then freeze. Using a potato masher mash the beans until mushy.

Squeeze the bread and break into the beans, then, add the garlic, onion and spices. Cover and refrigerate.

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When you are ready to form this into balls and the mixture is chilled, spoon in the fresh parsley. Sprinkle in some sea salt to taste. The parsley adds some variety into the creamy shade of the felafels.

Wash your hands, then wet them. This makes it easier to form into ball shapes.

They should be about the size of a golf

ball. When you have formed these. Put them on a plate, cover and place in the refrigerator. Chilling helps the felafels

to keep their shape whilst frying.

Pour two cms of oil in the bottom of a heavy based frying pan and heat until 180 degrees C. Place the felafels in the

oil. I usually do two to three at a time. This leaves room to move them carefully around the pan whilst turning them.

However, do not move them too much or they are likely to fall to bits.

When the felafels are an equal shade of brown all over then take them out with a spatula. Place on a large plate

covered with recycled kitchen roll. If you find that they are not keeping their shape then do not worry. I place them on

the plate and wait till they have cooled down, wash and cup my hands to reform them into the correct shape.

If you are placing them in pitta bread then flatten them. I will share with you the recipe for a chilli sauce which goes

well with this felaful and pitta .

I quite often serve these as an evening meal.

I sautee some cabbage with a sprinkling of mixed spice. Serve these with crunchy potato wedges.

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TABOULI.

This is a lovely companion to falafels and hummus. It makes a lovely summer dish as it has lovely shades of red and green peppered throughout the bulgar wheat. It can really cheer your table up as a buffet piece. A low carbon dish as there is no cooking involved. Only a boiled kettle is used in the making of this dish.

PREPARATION TIME:

20 minutes to chop vegetables.

46

servings.

INGREDIENTS

1 cup organic bulgar wheat.

1 half teaspoon sea salt.

1 and a half cups water boiled.

One third cup of virgin olive oil.

One third cup of organic lemon juice.

1 organic red onion peeled and chopped finely.

4 organic tomatoes quartered.

1 small organic cucumber, washed and diced.

3 cups of fresh parsley.

METHOD

Place the bulgar wheat in a basin and pour boiling water over it. Leave for half an hour.

Meanwhile dice your vegetables into small cubes.

After half an hour add the lemon juice and olive oil.

Place in the fridge until it is chilled then just before serving add the vegetables and parsley.

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This always go down well and you can keep leftovers in the fridge for the following day. Just cover and keep chilled.

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CURRY, RICE and accompaniments.

YUMMY CHICK PEA CURRY.*

This is a basic curry dish and you can adapt it how you and your family like curries.

They are very subjective meals some like it at different levels of hot spicy.

It is a matter of trial and error but once you have a formula a curry is a quick and easy meal to make.

You can serve six people easily with this recipe. You can use any pulse but I prefer the shape and texture of the chick pea as it gives the curry more form.

PREPARATION TIME.

Allow 40 minutes for vegetable preparation.

90 minutes to cook the curry.

46

servings.

INGREDIENTS.

1 bulb organic garlic peeled and sliced finely or crushed in a garlic press.

34

organic onions peeled and sliced into medium pieces.

1 organic leek if in season. Wash, chop off the top and the bottom and slice into thin pieces.

100 grams organic spinach if in season, washed and roughly torn.

2 organic peepers any colour, washed, de seeded, sliced and then cubed.

A thumb sized piece of organic root ginger peeled and very finely chopped.

150 grams soaked and cooked and drained chick peas. (keep the chick pea water)

150 grams organic mushrooms cleaned, washed and dried with kitchen roll then sliced.

4 medium sized organic potatoes quartered and boiled in plenty of salted water. When they are soft drain. Keep water.

Leave to cool and dice.

Potato/chick pea water for curry sauce.

1 teaspoon coriander

1 teaspoon cumin powder

1 teaspoon chilli powder

1 teaspoon garam masala

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1 teaspoon mid madras curry powder

1 teaspoon cardamom pods.

1 teaspoon seasoning powder(optional)

1 teaspoon turmeric.

3cms piece of fresh ginger root, peeled and finely chopped or grated.

34

bay leaves

1 tablespoon organic lemon juice

1 tablespoon fair trade light brown sugar

1 splash balsamic vinegar(optional)

2 tablespoons tomato puree.(optional)

organic sunflower oil to fry 34

tablespoons

2 tablespoons plain organic white or buckwheat/wholemeal flour mix with water to form paste* gluten free flour can be substituted.

2 tablespoons desiccated coconut.

1 tablespoon organic sultanas.(optional)

Sea salt

1 heavy based cast iron frying pan

1 large saucepan.

METHOD

First of all place the chick peas on the hob and bring to the boil. Simmer until they are soft. At the same time place the potatoes in a pan of cold salted water, bring to the boil and simmer.

When they are cooked, drain. Keep the cooking water this can be the stock for the curry. All the goodness from the vegetables and pulses are not wasted when you use the cooking water for sauces. If you are using tinned chick peas

then drain and discard the water. Substitute frozen stock or filtered water instead of stock.

With your heavy based frying pan heat the oil until it has reached a medium heat.

Place the chopped onions in the oil and fry for one minute.

Then add the mushrooms and peppers and fry for a further two minutes. Mix well with a wooden spoon. Then add the

leek (if it is in season) and spinach.

When these are well coated in the oil, measure out the spices(all spices apart from bay leaves and cardamom pods) in

a separate bowl. Then, sprinkle in the spices onto the frying vegetables.

Keep stirring until the vegetables are coated in all of the spices. Cook for a further minute.

Add the cooked chick peas and stir.

At this point I usually transfer the mixture into a large saucepan then add the chick pea stock potato stock and diced

potatoes.

Bring to the boil and then turn down to simmer.

Add cardamom pods, bay leaves, lemon juice, vinegar, sugar and stir again.

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Add coconut and sultanas and stir.

Finally, add the chopped garlic and the finely grated ginger root.

Leave to simmer for between one hour to one hour and a half. Stirring

occasionally. Turn the heat down if it tends to

be sticking at the bottom.

When you think the curry is ready and the vegetables are soft. In a small cup measure out the flour add a small

amount of water to make a runny paste. The curry should be bubbling slightly, pour in the paste, stir with a wooden

spoon the curry will thicken. This curry is now ready. Just before serving take

out the bay leaves and cardamom pods.

Add some salt if you think it needs it.

In all my recipes I try to keep the amount of salt to a minimum as it can be responsible for raised blood pressure. So, if

you really are ambivalent about whether it needs salt then leave it out. Food

manufacturers tend to put salt in many

foodstuffs whether we want it or not. The potato stock is important to this curry as I love the starchiness it adds to the

sauce. Potato stock is fabulous for adding a bit of substance to gravies and sauces.

RICE.

It is important by trial and error that you do measure out the rice properly. Rice is one ingredient I would not

recommend to be kept for long either in the fridge or freezer . It can harbour a toxin producing fungi after cooking.

Ideally it should be eaten straight away after its cooking time is completed. So, to keep the waste to a minimum

always measure out the correct amount per person. However, if you do have some left over then 1 day refrigeration is

the maximum for food safety. Make sure it is cooled and place it in an airtight container, then chill.

Always be prepared to cook rice regularly in smaller quantities. Allow 56 grams per person. I buy a ready mix of Wild Rice Mix which my Whole Food shop stocks. This is a combination of French Red Carmargue Rice, Italian Long Grain Rice and Canadian Wild Rice. This really rings the changes with an organic brown rice, which still stands tall if you want a simple earthy staple rice.

BOILED WILD RICE.

224 grams wild rice mix. 56 grams per person.

1 and a half litres water to cover the uncooked rice.

3 bay leaves.

1 teaspoon turmeric.

1 tablespoon mixed seeds, pumpkin and sunflower.(optional)

Fresh coriander leaves to garnish.

1 large mixing bowl.

Serves 34

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METHOD

Hob method.

In a large saucepan or pressure cooker measure in the rice. Cover the rice with the water and add the bay leaf,(seeds if used) and turmeric.

Place a lid on the saucepan and bring to the boil.

Turn the hob down to simmer and let it gently bubble away until the rice is soft. Keep checking on the water level and keep topping up if necessary.

This should take 30-45 minutes.

Take the bay leaf out of the rice before serving. Drain if necessary.

Microwave method.

This is where a microwave really comes into its own. It makes lovely fluffy rice and no burnt pans.

Cooking times are based on my 800 watt Microwave so you may have to adjust your cooking times accordingly.

Place rice, bay leaves and turmeric in large mixing bowl add one and a half litres of cold water. On the highest setting

put a microwaveable bowl into the microwave and cook for 30 minutes. Take the bowl out of the microwave then stir

and put it back for a further 10 minutes. If there is still water in the bowl then put it back for another 5 minutes.

Conversely if it has used up all the water and the rice is still hard then add some more water. Put the bowl back in on

full power for another 10 minutes until the rice is soft and fluffy.

The end result should be a lovely yellow lightly fragrant rice, take out bay leaves before serving.

Place the rice on a dish and spoon curry mixture over the top. Garnish with fresh coriander and serve with chapatis,

poppadoms or naan. Also, you may serve pickles as an accompaniment.

It must be said that rice is not one of the most koshha basic food stuff to consume. Unfortunately this staple food is

high in carbon content. If you are able to consume wheat as a substitute then that would be quite acceptable. Wheat is

nutritionally compatible to rice. Try and eat a rice dish once a week only. Couscous and bulgar wheat are a good substitute. I love seasonal vegetable curry and a jacket potato. Seeds are an optional component in a curry and rice dish. They add nutrition and give a nutty texture. Curry freezes well. Wait until it is cool. Transfer it into freezer bags. I usually open the bag and place it in a litre jug. I spoon the curry in. Then, tie the bag and label with the date and the type of curry it is.

Great for a quick meal when you have been out all day. If you can remember. Take the frozen curry out of the freezer in the morning before you go out. Place the bag in a bowl. It should defrost at room temperature during the day. When you arrive home all you have to do is cook some rice and heat up the curry.

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CUCUMBER RAITA.*

This is a quick and easy accompaniment to any curry, also it cools a curry down if you have made it too hot. Mint loves growing in my garden so I am always on the look out for mint related recipes. This is one I came across recently.

PREPARATION TIME:

15 minutes

INGREDIENTS.

1 500 grams tub of plain soya yoghurt.

1 handful of mint leaves torn roughly.

One half cucumber, diced finely.

METHOD.

Place the yoghurt in a deep bowl add the mint leaves and cucumber stir well. Put in the fridge until needed.

INDIAN SPICED GREENS.*

These are great to have as a side dish to a curry and add a lovely dark green colour. I usually wait until the kale is ready in Spring. I am sure no one will mind eating their greens.

PREPARATION TIME:

30 minutes.

INGREDIENTS.

1 tablespoon organic vegetable oil.

1 teaspoon cumin seeds

One half teaspoon turmeric.

One half teaspoon dried mustard.

4 organic green chillies. Washed de seeded and chopped finely.

1 large piece of organic root ginger, peeled and finely grated.

500 grams organic shredded kale. Washed and chopped into bite sized pieces.

100gram organic peas.

The juice of one organic lemon.

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One half teaspoon ground coriander.

2 tablespoons dessicated coconut.

1 bunch fresh coriander chopped.

Sea salt.

METHOD.

Place a large cast iron frying pan or a wok on the hob.

Pour in the oil and heat on a medium heat.

Fry the mustard seeds and chopped chilli, add the ginger and turmeric.

Keep these frying until the flavours are intermingling.

Keep frying then add the chopped kale.

Pour in a splash of water. A pinch of salt and the peas.

Cover the pan and leave it on a low heat until the kale has wilted.

Then you can add the lemon juice, dried coriander, half the fresh coriander and half the coconut. Transfer it into a serving dish and scatter with the remaining coriander and coconut.

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NAAN BREADS.

Making naan bread is so easy and these are much nicer than the ones you buy in the shops. At least when you make your own you know there are no additives and palm oil lurking behind the scenes.

Also, you can add to them a bit of what you fancy. Make sure you leave plenty of time as these take about one hour to rise.

This makes seven naan breads.

PREPARATION TIME:

20 minutes to prepare dough and knead it.

1 hour to leave to rise.

10 minutes to cook them in the pan.

7 servings.

INGREDIENTS.

500 grams strong white organic flour.

2 teaspoons sea salt.

1 sachet ready yeast.

1 tablespoon poppy seeds or sesame seeds.(optional)

23

crushed cloves organic garlic.(optional)

1 bunch fresh chopped coriander leaves.(optional)

3 tablespoons organic olive oil.

300 ml warm water. Boil 100 ml of water and add 200 ml cold and stir. It must be tepid and not hot.

METHOD.

Make sure your hands are washed.

In a large mixing bowl mix the flour,(sesame or poppy seeds and garlic) optional, salt, yeast and oil add the warm water mixing to make a dough.

Place this dough on a lightly floured chopping board and knead. Folding the dough with your fingers and heel of hand, sprinkle with flour if it starts sticking. You must ensure lots of air is folded into the mixture. Knead for around ten minutes. Put it back in the bowl and cover with a clean tea towel. Leave at room temperature for one hour located away from draughts.

After an hour, divide this dough into seven portions. Each about the size of a tennis ball. Then place each piece on

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your chopping board and flatten with the rolling pin. They should measure about 15 cm in diameter and be about 1 cm

thick. They do not have to be teardrop shaped, just see how they turn out. If you are adding coriander leaves then press these into the top of the naan dough.

When all seven are formed heat up your heavy based cast iron frying pan. A cast iron frying pan is really essential for dry frying these. You will know when it is hot enough by hovering the palm of your hand over the top of the pan. Then, place a naan on the base of the pan. When the top side looks like it is puffing up then turn it over and cook the underside. Each side should take 30-40 seconds until they are brown on each side. Pile up on a plate and serve with home made chutney, vegetable curry; onion bhajis and spicy greens.

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LENTIL DAHL.*

I could not write this book without including dahl. This is a brilliant simple meal which I am sure has seen some of us through hard times. You can eat this as an accompaniment to a curry or eat with naan bread and a nutty brown boiled rice.

PREPARATION TIME:

45 minutes.

46

servings.

INGREDIENTS.

250 grams organic red lentils.

600 ml water.

1 bay leaf.

12

tablespoons organic sunflower oil.

1 organic onion, peeled and finely chopped.

3 organic garlic cloves, peeled and crushed or finely chopped.

2 teaspoons grated organic fresh root ginger.

Half teaspoon ground coriander.

Half teaspoon ground cumin.

Half teaspoon ground turmeric.

Juice of one organic lime/lemon.

Sea salt and ground pepper to taste.

Coconut milk, coriander leaves(optional.)

METHOD.

115

When I am cooking lentils I always place them in a very large lidded saucepan. They tend to swell when they are coming to the boil and the water can bubble over the top of the pan. Keep a close eye on them and keep topping up the water level.

Place the lentils and water in the pan.

Add the bay leaf .

Bring to the boil.

Turn down to simmer until the lentils are a light golden colour and are soft in texture. Lentils usually cook very quickly compared to other pulses.

Take these off the hob, drain and put to one side. Take the bay leaf out of the pan. Keep the lentil stock, it makes gorgeous soups.

In your cast iron frying pan pour in the oil and bring up to heat.

Fry the onions and ginger for five minutes on a medium heat.

Then add the spices.

Add the lentils then the garlic.

Put the lemon/lime juice in and season.

If you wish you can add coconut milk and sprinkle generously with coriander leaves.

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WHOLEWHEAT SEEDY LOAF. THE STAFF OF LIFE.

I am asked many times where I find the time to bake . The answer is simple it is just a matter of prioritizing

the time. It certainly takes me less time to bake bread than going to the supermarket to buy it.

Bread is the food of the Gods and is such a nutritional staple food.

Never mind putting seeds on top, scatter the seeds within the dough. This is a great way to get your daily amount of omega 3 in your diet.

Bread is fabulous to make because you can really get in contact with the medium of flour. Roll your sleeves up and

pound away, make a mess, let everything out. There are too many sanitised elements in our Western society today

which is really not healthy. Think of the field the wheat was growing on, waving madly in the wind, the sun shining and the clouds scuttling along.

It is not just about eating your newly baked loaf all soft, fragrant, warm and comforting, it is about the all

encompassing nature surrounding it and everything it represents. Remember it is up to us to save the planet from

greedy energy companies who want to take the last drops of oil out of the ground whatever the environmental cost.

That pure aroma of freshly baked bread to be replaced by the stench of greedy corrupt politicians. It is our earth and it

is up to us to protect it whatever the personal cost, there is no planet B. Unless we put renewables into the energy

equation and reduce our consumption there is little hope.

In order to make good ecological use of your oven try and cook various bits and bobs whilst you are waiting for the

bread to rise. If you stick some flapjack in the oven whilst waiting for your bread to rise. Bake a pizza for tea

afterwards then you have made good use of the energy.

You use a fifth of the dough for a pizza. If you read on I have given you the recipe for pizza with cashew nut topping.

Pizza is great to have as a munchie. This vegan pizza is perfectly healthy and you can have it for lunch when you go

to work. Just stick a slice in your lunch box eat with a fresh piece of fruit and some yoghurt.

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WHOLEWHEAT SEEDY LOAF.

PREPARATION TIME:

30 minutes to knead dough and put into tins.

Cooking time:30 45

minutes. Depending on your oven.

Preheat

oven to 200 degrees Celsius.

4 tins lined with baking paper.

INGREDIENTS.

750 grams organic local wholemeal flour.

750 grams organic local malted brown flour.

100 grams medium organic oats.

100 grams omega seeds.(pumpkin, sesame, linseed and sunflower seeds)

Pinch of salt.

2 x 7grams sachets of easy bake yeast.

1 tablespoon poppy seeds.(optional)

25ml organic olive oil.

25 ml organic vegetable oil.

Boil 200mls and add to 1 litre of cold water.

It should feel luke warm. Not hot to touch, on the cooler side of warm. If it is too hot it will kill the yeast.

Omega seeds to cover loaves.

Sesame seeds to cover loaves.

Black poppy seeds to cover loaves.

Hemp seeds to cover loaves.

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A little non dairy drink to cover loaves before seeding.

UTENSILS.

1 large mixing bowl (30cmsx13cms)

1 wooden spoon.

1 large chopping board to knead the dough.

1 jug.

2x1lb baking tins.

Baking paper to line the tins.

METHOD.

Place the flour and salt yeast and oil in a large mixing bowl. (30cmsx 13cms)
add the oats and yeast and mix.

Add the omega seeds.

Then pour in water mix with a wooden spoon until you have a soft manageable dough.

Lightly flour a large wooden chopping board. Drop the dough on it and using the heels of your hand knead. This is basically folding the dough over and over and getting as much air as possible into it. Think of writing to as many people as possible to complain about ecological destruction and planning protest and grassroots movements.

You will find you will have pounded the living daylights out of the dough. After around five minutes the dough should be as one large lump and quite stretchy and manageable. Keep kneading until it is stretchy and manageable, or you have just had enough.

As soon as you have transferred the dough into the tins soak the large mixing bowl and the wooden spoon you have used.

Dough is really sticky and it will save you washing up time and less water if you put the mixing bowl into soak in some soapy hot water now.

Slice the dough into five pieces four for the tins and the other for the pizza.

Then put some baking paper in each tin leaving it overlapping the top.

Knead the dough slices again then carefully place each loaf into the tins.

Pour vegan milk over the top

Sprinkle all the seeds on the top.

Cover with a clean towel

and leave until the dough has doubled in size. I usually leave these on the top of my oven to

rise. When the dough has doubled then you are ready to bake. This usually takes around one hour.

Put the dough in the oven at 200 degrees C for 45 minutes to one hour. It is ready if it sounds hollow when you tap it

on the top. Also, when the seeds and the top are dark brown.

Take them out of the oven and leave to cool in their tins.

When they are cool just take a piece of the excess baking paper and pull, the loaf should come out with the paper. The

paper should peel off with ease. You can compost the paper.

Leave these to cool off before slicing.

If you are freezing the other loaves then leave them overnight in the tins to fully cool off. This will help maintain the

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shape of the loaf . Then wrap these in a freezer bag and place in freezer. Take the bread out the night before you wish

to eat it and it will be nicely defrosted for toast the following morning.

Your home made bread can be a bespoke loaf and you can adapt it to however you want it. I quite often find myself

throwing in different ingredients from my cupboard as if my body is telling me it requires some food stuffs.

You can make herb bread by just adding a couple of tablespoons of mixed herbs into the dry mixture. You can make

malt bread by adding one tablespoon of malt extract. Add a generous quantity of olive oil and this gives a lovely

subtle Mediterranean flavour. Sun dried tomato for tomato bread. Broken

walnuts for walnut bread. Go mad as well

as sprinkling seeds on top of the bread put it in the loaf. I find poppy seeds go really well in bread.

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VEGAN PIZZA with CASHEW NUT TOPPING.

This is what you do with one fifth of your dough. First of all give it a quick knead and take your angst out on bankers

who take huge bonuses whilst poor minions like us are left with the financial maelstrom. Then, really begin to pound

the dough.

PREPARATION TIME:

90 minutes.

46

servings.

Oven temperature; 200 degrees C.

1 large pizza dish.

METHOD.

Place the chopping board on a work surface and sprinkle flour over the surface.

Place the pizza dough on it.

Get a rolling pin and roll the dough out to fit the pizza tin.

Roll it until it is about 2 cms thick.

I use a baking tin 35cms x24 cms.

Line it with baking paper.

Place in the tin.

Leave dough to rise it should double in size.

FILLING

1 organic onion peeled and chopped.

1 organic pepper any colour de seeded and chopped. Slice down the middle and cut out white fleshy bits and seeds

then compost the waste.

3 cloves of organic garlic, peeled and crushed.

1 small tin of tomato paste (142 grams tin)

1 head of organic broccoli, the woody bits should be removed and composted, then steam the rest of the florets.

3 tablespoons organic olive oil.

2 tablespoons dried oregano.

2 tablespoons organic vegan pesto (optional)

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2 tablespoons Italien vegan hard cheese grated.(optional) If you have not time to make a sauce.

CASHEW NUT SAUCE

100 grams ground cashew nuts.

1 tablespoon vegan palm oil free margarine.

2 tablespoons organic white flour.

250 ml vegan milk.

Splash tamari.

Pinch dried mustard.

1 small teaspoon yeast extract.

2 cloves of organic garlic.

Sea salt to taste.

Paprika to sprinkle over to finish.

METHOD.

When pizza base has doubled in size.

Place the tomato puree over pizza base.

Heat the oil in the frying pan.

Add the vegetables.

Cover with oregano.

Cook until transparent.

Pour this over the tomato puree on the pizza base.

Make a cashew nut sauce.

METHOD.

Get your cast iron pan.

Heat the margarine.

Add flour and stir.

Slowly add the non dairy milk.

Keep stirring.

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Then add tamari

Dried mustard

Nuts (it is cheaper to buy whole nuts than ready chopped, you can chop them yourself in the food processor.

Then add the yeast extract

Place in the garlic.

This should make a thick sauce.

Spoon this on top of the pizza

Sprinkle with paprika.

Put into oven at 200 degrees for one hour.

Instead of making a sauce you can always throw some vegan non dairy Italian hard cheese on the top.

For nut allergy sufferers then keep the same sauce recipe but omit the nuts.

This makes a fabulous snack and gives sustenance throughout the day. A chunk of this at lunch time will keep you filled up until evening. It is totally nutritious and like a meal rolled into one.

123

GLUTEN AND WHEAT FREE BREAD.*

This is great and quite quick to make. It is much more palatable than the stuff you buy in the shops. I even feed it to

my hubby and he liked it. Although it appears dense, it tastes light and airy. I always put generous amounts of olive oil

and salt in the mixture . Decorate in omega seeds and it looks so pretty.

PREPARATION TIME:

I have given the amount for two loaves, but multiply the amounts if you wish to bake more loaves.

You can substitute the wholemeal crumbs in my recipes using this gluten and wheat free bread.

90 minutes.

Allow 1 hour for the dough to rise.

Preheat

oven to 200 degrees Celsius.

1 large mixing bowl.

1 wooden spoon.

1 chopping board.

2 x 1lb bread tins.

Baking paper to line tins.

INGREDIENTS

4 tablespoons white yeast free self raising flour.(Soya)

1 kilo buckwheat flour.

500 ml tepid water.

2 tablespoons organic olive oil.

1 teaspoon sea salt.

2 packets ready made yeast.

Omega seeds to sprinkle on top.

METHOD.

Wash hands thoroughly.

In a large mixing bowl place the buckwheat flour, then add the salt and the oil.

Mix with the wooden spoon.

124

Then add the yeast, mix. Measure out 500 ml in luke warm water, then pour it into a small hole made with the wooden spoon in the centre of the dough mix.

It should be sticky so add white flour to dry it out. With the wooden spoon mix well.

Keep adding the flour a table spoon at a time.

Add this until the dough is manageable.

On a lightly floured chopping board place the dough in the centre and keep covering in flour so it is not sticky. Knead constantly until you have folded lots of air into the dough. Cut the dough into two and knead again.

Place the dough into the tins then pour some non dairy milk over the top. Then sprinkle the seeds over the top of the dough.

Put the tins somewhere warm. I usually put mine on the back of the cooker.

Leave it there until it has risen about one third more.

Place on middle shelf in oven. Bake for 30 minutes then take a look at it. The bread is cooked when it is brown on the top and sounds hollow when you tap it.

When you believe it is baked then place it somewhere cool. Slice when cool.

This is delicious when it is fresh.

This freezes well. Wrap it in a freezer bag and label and place in freezer compartment.

125

CIABATTA TOMATO AND RED KIDNEY BAKE WITH NUT TOPPING.

This is a light Mediterranean type dish. I use a rectangular heat proof dish 22 cms by 6 cm deep. I use a ciabatta ready mix as it is normally quite fiddly to make from scratch.

PREPARATION TIME:

1 hour for preparation.

Cooking time: 50 minutes

4 servings.

Put oven to 200 degrees Celsius.

INGREDIENTS.

125 grams Ciabatta flour mix.

75 grams luke warm water.

1 tablespoon organic extra virgin olive oil.

3 medium sized organic onions. Peeled and sliced.

1 organic green pepper, rinsed, de seeded and chopped.

3 cloves organic garlic. Peeled and crushed.

1x 230 grams packet of ready cooked red kidney beans or 1 tin of red kidney beans.

2 x 142 grams jar of tomato puree.

2 teaspoons oregano

NUT SAUCE.

150 Grams cashew nuts finely chopped.

1 wooden spoon full of white flour.

1 wooden spoon filled with vegan margarine.

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300 ml non dairy milk.

1 level teaspoon dried mustard.

1 generous splash of tamari.

METHOD.

First of all make the base.

Place the ciabatta flour in a large mixing bowl, add a generous swirl of olive oil and then add the luke warm water.

Mix well with a wooden spoon. If it is a bit sticky just add some more flour.

Place it on a well floured chopping board and knead. I love working with ciabatta flour as I find it makes a lovely soft dough just like a baby's skin.

Knead this for ten minutes then put to one side at room temperature. Leave it to rise and double in size.

Now you can prepare the filling.

Peel and chop the onions and garlic.

Rinse and de seed the pepper and chop it into small pieces.

Heat up some olive oil in the bottom of the frying pan and add the onions and pepper.

Add the oregano.

Keep frying these on a medium heat. I like to keep these cooking until the green peppers are turning translucent.

Take off the heat.

Then add the red kidney beans and crushed garlic. Fold in all the flavours with a wooden spoon.

When your dough is ready then roll it out to the size of the heatproof dish. It just has to cover the bottom.

Now you can spoon on tomato puree.

Then empty the red kidney bean mixture on top of the tomato puree.

Put to one side whilst you make the nut topping.

In a medium sized cast iron saucepan spoon in the vegan margarine. Melt on a medium heat. Then add the flour.

Mix well forming a smooth paste.

Then slowly pour in the non dairy drink stirring all the while.

Add a level teaspoon of dried mustard.

A generous splash of tamari.

Keep stirring over a medium heat until it begins to bubble. As soon as it begins to thicken take immediately off the heat.

Once off the heat you can add the nuts and give this a good stir also.

Now you can pour this onto the bake.

Place in a moderate oven 200 degrees Celsius on the middle shelf.

This takes around 50 minutes to bake and it is cooked throughout when the topping is a dark golden brown.

Serve this with seasonal vegetables and a green salad.

127

CHILLI BEAN SAUCE WITH CIABATTA SEED BREAD.

I love this, it is one of those meals where no one stands on ceremony as we all dip in to this beany hot sauce with hunks of torn off ciabatta .

Gorgeous and you end up licking all your fingers after this meal. You can serve this with a plain green salad with lashings of garlic oil dressing.

PREPARATION TIME:

2 hours.

46

servings.

Ciabatta 1 hour rising and 30 35 minutes cooking time.

Preheat

oven to 200 degrees Celsius.

INGREDIENTS.

120 grams organic continental or green lentils. Soaked, drained and cooked until soft. Or a tin of organic green lentils, drained.

120 grams organic aduki beans. Soaked, drained and cooked until soft. Or, a tin of aduki beans, drained.

3 organic onions, peeled and chopped finely.

2 sticks of organic celery, topped and tailed, washed and sliced finely.

4 cloves organic garlic, peeled and crushed.

1 organic red pepper, washed, de seeded and chopped into smallish chunks.

2 tins of chopped organic tomatoes.

1 tablespoon marjoram.

1 tablespoon sage.

1 half teaspoon chilli powder.

1 teaspoons of cumin powder.

1 teaspoons of coriander powder.

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4 tablespoons organic sunflower oil.

Sea salt and black pepper to taste.

CIABATTA SEED BREAD.

1 heat proof round bowl measuring 25 cms across and 5 cms depth.

400 grams ciabatta flour.

1 sachet dried yeast.

1 tablespoon alfafa seeds.

1 pinch sea salt.

6 tablespoons extra virgin olive oil.

200 ml warm water.

1 sachet yeast.

Enough hemp seeds to cover the top.

Sesame seeds to cover the top.

Olive oil to drizzle over seeds.

METHOD.

If you are using dried beans then drain these after cooking. If you are using tinned beans then drain the tins. Place them in a bowl and put to one side.

In the cast iron frying pan or wok, remember you have to fit two tins of tomatoes in to it.

Pour in the oil and heat up on a moderate heat.

Fry the onions for one minute then add the sage and marjoram giving it a good stir with a wooden spoon.

Once the onions are beginning to brown add the pepper and celery and mix all the vegetables together, cook these until they are all glazed with the oil and herbs.

Spoon in the cumin and coriander and chilli powder.

Add the tinned tomatoes. If you only have plum tinned then chop them in the food processor or chop them up with a knife whilst still in the tin.

Keep the pan on a medium heat.

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Keep stirring and then add the beans and garlic and mix well again.

Taste and add sea salt and black pepper accordingly.

Turn this down to simmer and keep simmering on very low for about 45 minutes to 1 hour. Make sure it remains quite liquid so do not simmer for too long.

Meanwhile, make the ciabatta loaf.

CIABATTA BREAD.

METHOD.

Wash your hands.

In a large mixing bowl pour in the flour.

Open the sachet of dried yeast and sprinkle into the flour.

Spoon in the sea salt.

Pour in the organic extra virgin olive oil.

With a wooden spoon stir this.

Measure 200 ml of tepid water into measuring jug and then add this to the flour mixture.

This should make a soft dough, keep stirring until all the flour is incorporated into the dough.

Get a chopping board and lightly dust this with ciabatta flour.

Place the lump of dough onto the middle of the board and knead.

I like this in a round shape so when you are kneading get it back to a circular shape.

Line the heat proof bowl with greaseproof paper.

Knead for five to seven minutes then place this round shape in a circular heat proof bowl.

Sprinkle some non dairy milk over the top, then sprinkle the hemp seeds and sesame seeds over the top.

Now, drizzle with a thimbleful of olive oil, this will give it a glazed appearance and the seeds should look slightly roasted once baked.

Place this in your preheated

oven at 200 degrees Celsius for 30 - 35 minutes.

Take this out when it is baked, check the underneath and make sure it is not soggy. Let everyone take handfuls of this bread to dip into the chilli sauce.

I have given the ingredients for four people, so, if you are feeding eight people then just double the quantities. Any

ciabatta left over can be fried for croutons for soup, place it in an airtight tin and keep it in the fridge for 24 hours.

130

USING LEFTOVERS.

If there are any leftovers this mixture makes great bean fritters for the following day. Place the spicy beany mixture in an airtight container and place in the fridge overnight. The following day make up a thickish gram flour fritter batter mix and add the bean mixture to this batter mix.

BEAN FRITTERS.

PREPARATION TIME:

45 minutes.

INGREDIENTS.

400 grams leftover drained beany mixture.

100 grams gram flour.

200 ml cold filtered water.

45

tablespoons organic olive oil.

METHOD.

In a mixing bowl measure in the gram flour, use the back of a fork to get rid of the lumps.

Slowly pour in the water and mix with a wooden spoon until it is all mixed into a thickish batter.

Now add the bean mixture, use a slotted spoon and drain the mixture if it has become runny overnight.

Mix it altogether until it is a beany batter.

Get your heavy based cast iron frying pan and pour in some sunflower oil.

Heat the oil on a medium heat.

Spoon in the batter mix and fry on a medium heat until they have browned on the underside then with a spatula turn

them over. The mixture may seem a bit runny but if your oil is hot enough the fritters should still set in the pan. To

make sure they are cooked throughout then press down on the fritter with the back of the spatula, if there are no

squidgy bits trying to escape then they are cooked in the middle.

These are reinvented into spicy beany fritters.

When they are cooked take them out of the frying pan with a spatula and place them on a plate covered in kitchen

paper.

Rustle up some steamed vegetables and a sauce as an accompaniment. This makes a delicious quick and easy meal.

131

VEGETABLES.

Let us not forget our lovely humble vegetables. Eating organic vegetables is a totally different trip to eating the produce most of us are used to. I always return to the old adage that the simplest foods are the best.

There is nothing quite like a steaming hot plate of creamy mashed potato blended with lashings of non dairy

margarine and whipped with a splash of non dairy milk. The coup de

resistance, is a sprinkling of lovely rose

paprika. I try to keep a sack of organic potatoes in my kitchen. It is always useful to have plenty especially if you have

unexpected guests.

Garden produce is such an under rated food stuff. Vegetables are amazing and so tasty especially the ones we have

growing regionally. We have such a variety in the U.K. It is just a matter of knowing how to prepare and cook

them. Seasonally we have the good old potato and carrot all year rounders. Then we have the legume range which

includes broad beans and runner beans to look forward to in the Summer months. broccoli, curly kale, cauliflower,

peas, marrow and parsnips and brussel sprouts are all available at some time or other and are full of nutrition and

taste fabulous.

I hope to share with you how to prepare and cook all these lovely vegetables to

instill in you the love and

empathy I feel for them. These are such an under rated food stuff. Vegetables are nutritious and so tasty especially regional produce.

Preparing vegetables should not be a chore. If you take the weight off your feet and sit at a table with

everything you need at hand. Put your favourite music on very,very loud and chop away this makes the whole experience much more satisfying.

During the summer months, I will go outside to prepare the vegetables. Taking advantage of the warmth of the sunshine. Sunshine is important to all of us. Very few foods in nature provide vitamin D. It has been suggested by some vitamin D researchers that five to 30 minutes of sun exposure between 10 am and 3pm at least twice a week to the face, arms, legs, or back without sun tan sunscreen lotion usually leads to sufficient vitamin D synthesis.

132

SPRING ONION POTATO MASH.

I must share with you an Irish potato dish. I always find this goes down really well with my lot. It is a side dish and it just rings the changes with a normal potato dish. In Summer you can have English spring onions and these add a sunny hot peppery edge to this course.

PREPARATION TIME:

1 hour.

4 servings.

6 large organic potatoes, scrubbed.

5 organic spring onions, sliced into small pieces.

1 knob vegan margarine.

1 splash of organic milk.

A pinch paprika.

Sea salt.

Ground pepper to taste.

METHOD

Try and keep the skins on if you can. This will retain the goodness under the skins. Use a kitchen scourer and rub the skins ensuring all loose soil is washed away. Then rinse and dry with some kitchen roll.

Slice potatoes into slices. Place these into a large pan and cover with cold water and a dash of sea salt.

Place a lid on the pan and bring to the boil. Simmer until the potatoes are soft. Drain and keep the stock. Mash the potatoes with a potato masher until they are creamy and soft, add the margarine and non dairy milk.

Season accordingly.

Whip the potato with a wooden spoon until the mashed potato is smooth.

Then add the spring onions. These really give some texture to the mash and finally sprinkle some paprika over the top.

133

ONION RINGS.*

These are impressive to have as a side dish and go with most dishes. I find two medium sized organically grown onions is quite enough to feed four people.

PREPARATION TIME:

30 minutes.

4 servings.

INGREDIENTS.

4 heaped tablespoon of gram flour.

150 ml water.

2 peeled organic onions, sliced into half cm thick slices.

One half teaspoon sea salt.

Organic olive oil to fry.

In a large mixing bowl place the gram flour and add the water. Mix until it is a smooth batter. Add the salt. Place the onions in the batter mixture and give a good stir making sure the onions are fully coated in the batter.

Place your cast iron frying pan on a hob and splash in the oil. Heat up the hob, hover your hand over the top and when it feels hot then place the onion rings in the pan. They may stick together but do not worry you can always pull them apart when they are cooked. Fry on each side until they look golden brown. Just half fill the pan and fry separate batches. Keep nudging these around the pan until they are golden brown on each side. This usually take about two to three minutes on each side on medium heat.

Take them out the pan using a spatula. Place on a serving dish and serve with most main or light meals.

134

LIGHTLY STEAMED CAULIFLOWER.*

Steaming cauliflower retains its shape and flavours.

PREPARATION TIME:

15 minutes.

4 servings.

METHOD.

Wash the cauliflower and remove all the thick raggy leaves from the base. You can compost these. Then, place the whole cauliflower in the top of the steamer . Keep checking with a knife by plunging it in ever so slightly, if it feels just soft to the touch the cauliflower is cooked. Do not over cook.

BROCCOLI*

PREPARATION TIME:

15 minutes.

4 servings.

You can add broccoli to your steaming cauliflower and serve both on the plate. Follow the same instructions as cauliflower.

135

RUNNER BEANS*

PREPARATION TIME:

15 minutes.

1 kilo runner beans.

46

servings.

METHOD.

These can be lightly boiled or steamed. Wash and top and tail and then slice diagonally.

They are cooked when they are tender to taste.

BROAD BEANS*

PREPARATION TIME:

10 minutes to pod these legumes.

56

minutes cooking time.

METHOD.

First of all break the pods at the top of the bean and pull breaking the seam vertically along the pod. Empty the beans

into a colander and wash discarding the ones which are brown and underdeveloped.

These can be lightly boiled or steamed. If you are lightly boiling these just add a dash of sea salt and this enhances

their flavour. Broad beans can be added to dishes especially where you think peas would be appropriate. They should have just a bit of bite but tender when cooked.

136

SWEDE AND CARROT MASHED.* soya, wheat and gluten free.

In my vegetable box I always have carrots and during the winter months it will contain swedes.

These are lovely paired together as I find the tastes and textures compliment each other wonderfully. They seem to have a natural peppery taste all to themselves.

Try and just scrub the carrots as peeling vegetables tends to lose nutrients.

Of course, you do have to peel the swede. Swedes certainly get easier to prepare if they have been in your vegetable box for several days. If they are a bit soft it makes it easier to peel them.

It is up to you what receptacle to use. Steamer, pressure cooker according to manufacturers instructions, or lidded saucepan.

The point is they can be cooked together and I do not think this takes anything away from the individual flavours.

PREPARATION TIME:

1 hour.

4 servings.

INGREDIENTS

45

medium sized organic carrots, washed, topped and tailed then diced small.

One half swede, peeled then diced into smallish pieces.

METHOD.

Cook until soft, drain in a colander, then mash. Black pepper goes well with this and a pinch of sea salt. Then, a knob of vegan margarine to finish giving a good whip around with a large wooden spoon.

137

CARROT VICHY*

This is a great way to cook carrots and brightens up any plate. Cooking the carrots in lemon juice seems to keep the

carrots' vibrancy.

PREPARATION TIME:

1 hour.

4 servings.

INGREDIENTS

5 large carrots. Scrubbed and sliced into quarters then slice again. Try and cut them into thin pieces.

1 tablespoon organic lemon juice. Sometimes, if my whole organic lemons are looking a bit tired I cut one up into smallish slices keeping the peel on. I place them in the pan with the carrots.

METHOD

Place carrot slices into pan cover with cold water then add lemon juice.

Bring to the boil then simmer until the carrots are not too soft.

Drain and serve. If you have any tired looking oranges then half these and squeeze the juices onto the carrots, the lemon and the orange flavours combine wonderfully.

PLAIN STEAMED CARROTS.*

These are so tempting especially when they are lightly steamed. They keep their vibrancy when cooked in this manner.

If you wash them and top and tail them, then, slice them in 1 cm slices widthways. By cutting the carrot this direction

you make sure everyone gets all the various nutritious parts of the carrot equally divided.

Place in the steamer and steam until they are just tender to bite but not mushy.

138

ROASTED VEGETABLES.*

There are many ways to cook vegetables and this is very much left to your imagination. We like roasted vegetables, drizzled with olive oil and sprinkled with herbs.

I always cook the vegetables this way when the oven is turned on anyway.

PREPARATION TIME:

1 hour to 90 minutes.

34

servings.

Oven temperature: 200 degrees C.

METHOD

4 large organic carrots, topped and tailed, scrubbed and sliced down the middle and quartered.

4 large peeled or scrubbed organic potatoes quartered.

4 stick of organic celery, topped and tailed, washed and chopped when in season.

2 tablespoons organic olive oil.

A tablespoon of available mixed herbs.

In a casserole dish place the vegetables and drizzle with olive oil.

Scatter with the herbs of your choice I use dried ones for this.

Place on medium shelf and bake for about 1 hour, stirring occasionally allowing the vegetables to marinate with the oil.

The potatoes should be lovely and brown .

This dish looks lovely especially if you add some fresh parsley, you can keep it in the dish and place it directly on the table.

139

STEAMED VEGETABLES.

If you can afford a steamer then they are a great investment as there is little loss of nutrients in the cooking of the vegetables. I have a three tier steamer .

You can steam most vegetables. The only vegetable I have found which I do not steam is the potato.

SWEET POTATO MASH.

You may be lucky enough to have an organic farmer near you who is adept at growing sweet potatoes. These do ring the change from ordinary potatoes.

*PREPARATION TIME:

45 minutes.

METHOD.

To prepare these peel and slice and place in slightly salted water.

Bring to the boil drain and mash and put a knob of vegan margarine in and give it a whip this will make it lovely and creamy.

140

CABBAGE*

If you are in a hurry just tear up some cabbage. Always tear the cabbage as this ensures that you keep the fibre

intact. Cabbage will naturally breakaway at the veins so just rip it up.

If the cabbage is getting a little late in the season it may be quite tough, in this case it is better to boil it rather than

steam. If you just put a small amount of water in the bottom of the steamer.

Bring to the boil then turn off the heat

immediately ensuring the pan lid is tightly fitted. Leave the pan on the turned off hob and it carries on cooking itself.

This makes for lovely tender greens. Fabulous as a partner to most main dishes, very economic energy use and therefore low carbon .

If you happen to own a pressure cooker then as the energy crunch hurtles towards us now is the time to clean the

cobwebs off it. This will save you energy and also help to retain valuable nutrients and vitamins. Always use a stainless

steel pressure cooker and when it is turned off ensure there is a slow release of steam.

BOILED CABBAGE.

There are so many different sorts of cabbage on the market. Savoy the lovely dark green crinkly one is fabulous boiled

and still a bit crunchy. The white cabbage is great for raw coleslaw and gorgeous if you lightly fry it with cinnamon. It

is a fabulous vegetable if you are in a hurry as it is really quick to cook.

METHOD.

Place and cover in cold water with a pinch of sea salt. Bring to the boil, then simmer. Try not to simmer for too long as

it is better to eat cabbage which is still a smidgen crisp rather than soggy.

141

CINAMMON CABBAGE*

This makes a scrumptious variation and is quick and easy and surprisingly gorgeous.

PREPARATION TIME:

30 minutes.

4 servings.

INGREDIENTS.

A half white organic cabbage.

A splash of organic sunflower Oil

1 tablespoon organic cinnamon.

Sea salt

Freshly ground pepper to taste.

METHOD

Heat a splash of oil up in the frying pan and place in roughly torn small pieces of cabbage. Sprinkle in the

cinnamon, stir until it is covered in the spice. When the cabbage is turning

dark brown at the edges sprinkle in sea

salt and pepper and mix.

142

CAULIFLOWER 'CHEESE'.*

This is suitable for lactose and wheat intolerances. It is soya free if you use a suitable non soya drink available from

health food stores. I always have this in Spring when the fresh cauliflowers are being harvested. You can add various

seasonal vegetables to this if required.

This is delicious and I do not think anyone will miss their dairy cheese.

Preheat

oven to 200 degrees Celsius.

PREPARATION TIME:

1 hour and a half.

4 servings.

INGREDIENTS.

1 organic cauliflower, washed and broken into florets.

1 organic carrot, top and bottom sliced off, washed top and tailed and diced.

34

tablespoons fresh or frozen peas.

1 organic onion, peeled and chopped.

100 grams non dairy cheese substitute grated.

One half litre organic soya drink.

2 tablespoons organic sunflower oil.

1 tablespoon buckwheat flour.

1 teaspoon dried mustard.

Sea salt.

Ground pepper.

Paprika to garnish.

METHOD.

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This is the cauliflower and vegetables 'cheesey' dish. If you do not want to put vegetables in then omit and go ahead

with recipe as usual. My children always hated vegetables in this!

Separate cauliflower into florets and place in steamer. Take these out when just tender to the touch.

In a saucepan put the diced carrot, slice the carrot lengthways horizontally and lengthways, then cut across at one cm

intervals, this makes dice shaped pieces, cover in water and bring to boil, after five minutes add the peas. Simmer with the lid on the pan until the carrot is soft. Place the frying pan on the hob, pour in the oil. Heat up on medium heat. Place in the onions, if you do not want onions in then just heat the oil and then add flour. Fry the onions in the oil and cook the onions until they are becoming slightly brown then spoon in the flour. Stir well then add the milk drink. Keep stirring. This should thicken quite quickly. Take off the heat then add the non dairy cheese. It does take a while to melt so just put it back on the hob to melt for a second keep stirring if it is too thick then you can add more liquid. A splash of cauliflower water could go in now. Spoon in the mustard powder as this gives it a bit of an edge to the overall taste. Taste and add seasalt and freshly ground peper to taste. Now, get a rectangular baking dish large enough to fit the cauliflower in without too much crowding. Drain the peas and carrots and spoon over the top of the cauliflower. It is beginning to look quite colourful now with the greens and orange of the peas and carrots against the cream of the cauliflower. Now you can pour over the cheese sauce, covering the florets of cauliflower. It should be in a blanket of cheesiness . Now, sprinkle the remaining non dairy cheese over the top. Then, finally a teaspoon of paprika. This will sit quite happily in the bottom of your oven, so you can be cooking biscuits or a crumble for tea whilst this bubbles away merrily on the bottom shelf. It should take 30 minutes to cook and be lovely and brown on the top. If the dish is on the bottom of the oven then bake for 15 minutes longer until brown. Makes a lovely meal serve with potatoes and greens.

144

SPRING NETTLES.

My nettles live in the untamed part of my garden and they always provide me with spring greens when the farms and my garden have not yet produced during the early spring months.

PREPARATION TIME:

As long as it takes to pick the nettles, then wash these in fresh water.

Steam for five minutes.

METHOD.

I nip out the top leaves of the nettle plant. Wear gloves to protect your hands. Once steamed the stinging nettles disappear. They also shrink so make sure you pick enough to feed everyone.

Roughly triple the nettles needed .

Do not pick by busy roads. A quiet track or disused road is ideal where there is disturbed ground.

Serve these as you would any spring green. They are delicious and it is food for free.

COURGETTES.*

This is a vegetable which you can use as side dish. My mother in law on encountering courgettes in restaurants always

used to call them hot cucumbers!

PREPARATION TIME:

10 minutes.

METHOD.

Just wash then slice into thin slices and put in the steamer. 5 minutes usually cooks them through.

They do not take long so they are a convenient vegetable to keep in the fridge.

145

TOMATO AND VEGETABLE CABBAGE WITH PINE NUTS.

This is a delightful way to serve fresh spring greens. It makes a succulent accompaniment to most dishes. It is quite quick and easy to make. This is an early spring dish when the cabbage is beginning to appear fresh out of the ground and that dark racing green shade.

PREPARATION TIME:

30 minutes.

Serves 4.

One medium sized casserole dish.

One wok.

INGREDIENTS.

1 large organic spring cabbage. Washed and chopped then steamed.

1 large organic onion, peeled and chopped.

2 sticks of organic celery, topped and tailed, washed and chopped.

One half of an organic red pepper, washed and de seeded and chopped.

3 cloves of organic garlic, peeled and crushed.

1 tin of organic chopped tomatoes.

1 tablespoon of oregano.

1 tablespoon white organic plain flour or wheat and gluten free.

34

tablespoons of virgin organic oil.

2 tablespoons pine nuts.

METHOD.

In the steamer place the cleaned and chopped or torn cabbage.

146

Bring the steamer up to the boil and simmer for five minutes.

Put the cabbage to one side and prepare the vegetables.

Chop the washed celery and pepper into smallish pieces. Peel and chop the onion.

Now, place a wok on the hob and pour the oil into the bottom.

Heat it up until it feels hot to the palm of your hand when you hover it over the top of wok.

Spoon in the onions and fry for a minute on a medium heat then add the oregano and cover the herbs over the onions

then mingle the pepper and celery with the herbs.

Fry all these together until they are soft.

Now sprinkle the flour over the top keep the wok on the medium heat make a roux and pour the tin of tomatoes over this.

Stir this madly keeping it on the heat until it has thickened.

As soon as it is thick then take the wok off the hob and add the steamed cabbage.

Spoon in the crushed garlic.

Stir this until the garlic is mixed into the tomato mixture.

Add sea salt and black pepper to taste.

Transfer it to a casserole dish then sprinkle pine nuts over the top.

147

POTATO DISHES.

It wasn't until I was collating all the recipes to put in this vegan collection that I realized just how many potato dishes I

have included. They are a great versatile vegetable and not to be underrated.

CHIVE AND POTATO CAKES.

I always make this with the chives from the garden. If you can grow them on your window sill or outside your front

door this would be great as they give a lovely subtle onion flavour to most things.

They also add a lovely fresh vibrant green to your dish.

PREPARATION TIME:

1 hour.

4 servings.

INGREDIENTS.

45

large old organic potatoes. Peeled and boiled in slightly salted water.

1 large handful organic chives, rinsed and chopped into tiny pieces.

1 tablespoon dried parsley or fresh if available.

1 knob vegan margarine.

1 splash non dairy milk.

Sea salt to taste.

2 thick slices wholemeal toast grated with a grater or put into food processor and minced into crumbs.

140 ml non dairy drink to moisten the potato prior to rolling in crumbs.

34

tablespoons organic oil to fry.

METHOD.

Slice the peeled potatoes and place in cold salted water and bring to the boil. Switch down to simmer until they are soft to touch.

Drain and keep water for a soup or gravy. You can freeze it once cool if you have no immediate use for this.

Mash the potato add the margarine and non dairy drink making it creamy and soft. Give it a whip with a spoon to finish it off.

Season to taste.

Now chop the rinsed chives and the fresh parsley.

Add these to the mash.

Leave it to cool.

Now you can make the crumbs, grate on a grater or just break up the into bite sized pieces and then put into the food

processor and give it a whizz on high until you have fine crumbs.

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Empty these in a shallow bowl.

Pour the drink in another shallow bowl.

Now you are ready to make the potato cakes.

Wash your hands again and grab a handful of potato mixture.

Press between your palms.

Then plunge it in the drink then roll it in the crumbs.

Place the finished cake on a plate.

Repeat this until all the mixture is used up.

Put finished chive and potato cakes in the fridge.

When they are chilled.

Take them out the fridge and heat up the frying pan.

When the oil is hot place the cakes in the pan carefully I usually fry two at a time. Try not to move them about too

much. Be patient and leave them on a medium heat until you can see the edges are crispy brown then with your spatula turn them over.

Place the finished cakes on a plate.

These can go with most dishes which partner well with potatoes. This is a fabulous way to disguise old potatoes as winter progresses.

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POTATO CAKES.

These are a variation on croquettes and well worth waiting for fresh parsley.

The parsley and the paprika give these a lovely marbled effect.

PREPARATION TIME:

90 minutes.

46

servings.

INGREDIENTS.

4 large white organic potatoes. Peeled and boiled in slightly salted water. Left over potatoes are good for potato cakes too.

1 generous bunch of finely torn /chopped parsley.

1 finely peeled and chopped organic onion/ 2 spring onions.

1 teaspoon roasted paprika.

Sea salt and pepper.

Drop non dairy organic milk.

Knob vegan margarine.

2 slices wholemeal for crumbs.

34

tablespoons non dairy organic drink.

METHOD.

Drain the potatoes, keep the water for soups or gravies.

Mash well add a little non dairy drink and a knob of vegan margarine.

Leave to cool.

Place the bread in the food processor and whizz until you have fine crumbs. Or, grate on a grater.

Chop or tear the parsley and add it to the mashed potato.

Then add the onion and or spring onions and give it a good beat with a wooden spoon.

Sprinkle in the paprika and salt and pepper.

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When it is cool with very clean hands grab a handful of mash. Form this into a round shape. Roughly about the shape of a tennis ball.

Pour the drink into one bowl and the crumbs into another bowl.

Bathe the cake in the drink then roll it in the crumbs.

Put this on a large plate and repeat with the mixture.

When all the potato cakes are formed and rolled in crumbs then you are ready to fry.

Heat up the oil and when hot and keeping on a medium heat place the cakes in the bottom of the pan. I usually do two

at a time as this makes the task of turning them over easier.

Use a spatula to just lightly press on the back of the potato cake.

Keep frying on one side until it is brown then flip it over and fry until the other side is nutty and golden.

Remove from the frying pan and place on a plate.

These are really lovely as an accompaniment to any dish and ring the changes to boring old potatoes.

151

SHEPHERDS PIE.

This is a wholesome dish which contains a variety of pulses. It is lovely especially when the weather begins to get

colder. A warming autumnal dish. It is really simple yet nutritious.. No garlic in this one. All these vegetables should

be sought locally as they are all indigenous vegetables.

Fabulous when our potatoes have become old. A layer of creamy mash on top is a delicious topping for this dish.

PREPARATION TIME:

2 hours.

46

servings.

Oven temperature; 200 degrees C.

INGREDIENTS.

100 grams soaked organic mung beans.

25 grams vegemince.

1 large organic thick leek or 2 medium sized ones, top and bottom chopped off, washed extremely well and finely sliced.

3 medium sized organic onions. Peeled and finely chopped.

2 sticks organic celery. Washed, top and bottom chopped off, and sliced.

2 organic carrots, top and bottom chopped off, washed or peeled and chopped into small cubes.

2 tablespoons of organic frozen peas.

4 large potatoes sliced, cooked until soft and mashed for the topping.

Half a teaspoon of dried parsley.

34

tablespoons dried mixed herbs.

152

1 splash tamari.

1 dollop of organic tomato ketchup.

1 vegetable stock cube.

1 teaspoon yeast extract.

One quarter teaspoon cayenne pepper.

4 tablespoons organic sunflower oil.

2 tablespoons wholewheat flour.

METHOD.

Drain the soaked mung beans and cover with cold water bring to the boil keep checking the water level as they may boil dry .

Keep simmering for one to one and a half hours When the beans are soft, drain and keep the stock. Place the beans in a bowl and cover. Keep in the fridge until later.

Place the stock in a container and place in the fridge when cooled.

Pour vege mince into a bowl and pour enough boiling water over to cover.

Crumble in a vegetable stock cube. Stir and leave to absorb the liquid for about 30 minutes.

Meanwhile, prepare the vegetables. Wash the topped and tailed leeks, carrots and celery. Peel and slice the onions.

Slice the leeks, cube the carrots and slice the celery.

Place the cubed carrots and frozen peas in a pan of cold water and bring to the boil and simmer until soft then drain.

Keep the water this is more stock to make a gravy later.

Peel the potatoes for the mash. Slice and place in slightly salted water, bring to the boil then simmer, cook until soft

and drain. Keep the water. Mash with a potato masher with a knob of vegan margarine and a little non dairy milk.

Sprinkle in a few pinches of dried parsley. When it becomes creamy put to one side.

Get your heavy based frying pan and place the vegetable oil in the bottom.

Heat it up then add the prepared leeks,

onions and celery add the mixed herbs and stir. Cook these until transparent but not brown. Add the cooked carrots,

peas and mix then add the mung beans and vegemince stir again.

Now add the flour, sprinkle over the top of the mixture and mix. Then add the stock (potato water), keep it on a

moderate heat. Bring to the boil add cayenne pepper, yeast extract, tamari and ketchup and then stir.

Fold in all the mixture this is your shepherds pie base. Without the shepherds of course. Take off the heat. Place this mixture in a large casserole dish.

Get the mashed potato and spread over the shepherds. Place a knob of margarine on the top with the back of a fork,

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make lines along the mash into a grid pattern. Sprinkle some rose paprika over the top to finish.

Et voila!! just place in a pre heated oven on 200 degrees C. Bake for 30 minutes to 45 minutes or until it has a lovely crusty brown topping.

Serve this with some dark green chopped cabbage/spinach if in season. A thick dark onion sauce can accompany this meal.

154

CONTINENTAL LENTIL SHEPHERDS PIE.

This is a variation of the pie recipe above.

Substitute continental lentils instead of mung beans.

Also add two tablespoons of omega seeds to the final mixture before adding the mashed potato on top.

I serve this one with a green mixed salad.

Delicious.

ONION GRAVY.

PREPARATION TIME.

30 minutes.

46

servings.

INGREDIENTS.

1 medium to large organic onion finely chopped.

2 tablespoons organic vegetable oil.

1 heaped tablespoon wholemeal organic flour.

500 ml stock or water.

1 heaped teaspoon yeast extract.

1 splash tamari.

2 bay leaves.

Salt and pepper to taste.

I have a small cast iron saucepan which I do my sauces in. It has been invaluable over the years.

First of all heat the oil up in the bottom. When it is hot add the chopped onions and fry until they are just turning brown. This gives the sauce a rich dark colour. Then add the flour mix, this is the roux.

Keep stirring with a wooden spoon then add the stock or water. Mix, then add the bay leaf and yeast extract and a splash of tamari.

Bring to the boil then turn the hob right down to very low. Add salt and pepper.

Keep simmering until the consistency you would like has been achieved.

Before serving take out the bay leaves.(compost these). This is an all round sauce which you can use to enhance otherwise bland dishes.

155

POTATO WEDGES AND CHILLI SAUCE.

To make potato wedges peel and quarter some large organic potatoes.

Place in a large saucepan and bring to the boil. Simmer until tender.

Drain the cooked potatoes. Fry them in a mixture of olive oil and organic sunflower oil. Heat this up on a high setting

and place the potato quarters in the oil. Leave room to move them around so you can turn them over easily.

Just as they are browning sprinkle some paprika over the top.

As a final touch you can throw some roughly chopped fresh parsley. Alternately, you can make a parsley sauce which goes very well with this dish.

CHILLI SAUCE.

PREPARATION TIME :

45 minutes

46

servings.

INGREDIENTS.

6 fresh organic tomatoes. If you haven't any fresh tomatoes in the cupboards then you can use a tin of chopped tomatoes.

2 tablespoons of tomato puree.

2 medium organic onions. Peeled and finely chopped.

45

fresh organic chillis to taste, washed deseeded and chopped. Or 1 tablespoon chilli powder.

1 clove organic garlic. Peeled and crushed or chopped finely.

2 tablespoons organic wine vinegar.

1 tablespoon fair trade light brown organic sugar.

1 pinch sea salt.

METHOD.

Place all the ingredients in a heavy based saucepan. Bring to the boil. Simmer for 15-20

minutes. Stir constantly.

Allow to cool.

Then pour into a food blender or mash and blend. Return to the pan and simmer for up to a half an hour.

I have given you this recipe as most of these ingredients are in my cupboards. I do find myself chopping and changing

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ingredients some for the worst and some for the better. Cooking is a long road of discovery and invention. Purchasing the exact ingredients does not mean a perfect dish. It is still down to your own input and vibes, becoming a free spirit helps with this on your road to rediscovery.

157

BUBBLE AND SQUEAK*

This is an awesome way to use up your leftover vegetables from the previous day. A heavy based cast iron frying pan is

the business for this dish. The trick is to make sure your frying pan is very hot as this singes the frying vegetables

giving them a lovely crusty outside layer.

You can use all vegetables as long as they have been pre cooked.

PREPARATION TIME:

30 minutes.

INGREDIENTS

1 tablespoon organic sunflower oil.

Left over vegetables.

Sea salt

Freshly ground black pepper to taste.

METHOD

Place your heavy based frying pan on the hob and place one tablespoon of vegetable oil.

Heat until it is very hot then spoon in your vegetables, mashed potatoes, swede, cabbage. Flatten these out with the

back of the spatula to make a large veggie cake which covers the bottom of the pan.

Keep frying until it is brown underneath.

With your spatula lift the frying vegetables and take a peek.

When you are satisfied it is brown on the underside then turn it over. Repeat the process until it is brown and crispy on both sides.

This can be a main dish with seasonal fruit as afters.

158

SEEDED POTATO CAKES.

These are gorgeous and really ring the changes with potatoes. Especially welcome when the old potatoes are nearing the end of their season.

PREPARATION TIME:

1 hour.

4 servings.

INGREDIENTS.

6 medium sized organic potatoes. Peeled and sliced then mashed.

1 tablespoon dried parsley.

1 knob of vegan margarine.

1 splash of organic non dairy drink.

Sea salt and pepper to taste.

2 thick pieces of wholemeal bread. Grated on a grater or chopped into crumbs in a food processor.

280 ml organic non dairy drink.

100 grams omega seeds.

1 splash of tamari.

1 teaspoon organic olive oil.

23

tablespoons of sunflower oil to fry.

METHOD.

Peel the potatoes and slice them. Bring them to the boil then simmer for 20 minutes until tender.

Now, drain and mash with potato masher.

Spoon the margarine in and stir and pour in a splash of organic non dairy drink.

159

With a wooden spoon give this a good beating.

Put it to one side to cool.

Place the seeds in the food processor and chop them for a minute. They should be chopped finely and beginning to join together.

Now, pour in the olive oil. And whisk for another minute.

Take the seeds out of the processor and place in a shallow bowl splash in a drop of tamari and stir.

Place the bread slices in the food processor and whizz until they are bread crumbs.

Mix the crumbs and the seeds together.

When the mashed potato is cool enough to handle, position the mash far right, then, in the middle, the shallow bowl

filled with non dairy drink, then, the left, the seeds and crumbs bowl.

Making sure your hands are washed then pick up a tennis ball size piece of mash, squash it between your palms, then,

dip it quickly into the milk. Then, roll it in the seed and crumb mixture.

Repeat this until all the seeds and crumbs are used up.

Put them in the fridge to chill.

Just before you are ready to eat then put the frying pan on to heat up. Put a dash of sunflower oil to fry the cakes.

Place three cakes in the hot oil and wait until they are brown on the underside.

Turn them over and continue until they are cooked on the other side.

Place these on a plate and eat immediately.

160

SAUTEED POTATOES*

PREPARATION TIME:

45 minutes.

4 servings.

45

large organic potatoes. Scrubbed and peeled and quartered.

Water to cover.

4 tablespoon olive oil.

Dried herbs, mixed are good for this.

2 cloves organic garlic.(optional)

A sprinkle sea salt.

A pinch of paprika.

METHOD.

In a large saucepan place potatoes and add water and a pinch of salt.

Bring to the boil then simmer until soft.

Drain put the water to one side, it may be useful for soup or gravy.

Get your heavy based cast iron frying pan and pour in some olive oil, bring it up to heat on a medium setting.

Put drained potatoes in the pan and fry until brown on all sides.This takes around 510

minutes. Turning frequently

with a spatula. Add herbs sprinkling over the potatoes.

When they are all crispy add a sprinkling of salt and paprika. If you are feeling really adventurous then you can peel

and finely chop a couple of cloves of garlic and spoon this on top just before serving.

These look great. Place the dish on the table and let people help themselves.

161

POTATO BAKE

Make the mashed potato as the recipe states. This rings the changes with ordinary mashed potato.

Spoon the mash into a shallow oven proof dish and place a thick slice of wholemeal in the food processor. A quick

buzz and you will have crumbs. Or grate a stale slice of bread by hand.

Pour these breadcrumbs over the top and place in the oven.

CREAMY MASHED POTATO.*

The humble potato is so versatile and can be served in many forms. It is full of goodness and can be adapted to team

up with most main dishes. If you have any left over potato it can be made into croquettes the following day.

I think parsley and rose paprika go really well in this.

PREPARATION TIME:

10 minutes to peel potatoes.

Cooking time:

25 minutes.

INGREDIENTS.

4 organic potatoes. Peeled and sliced.

A splash of non dairy organic milk.

A knob of vegan margarine.

1 tablespoon dried or fresh parsley.

Half a teaspoon paprika.

Sea salt.

Freshly ground pepper.

METHOD.

I usually use one large potato per person.

If they are young potatoes leave the skins on and just scrub with a scourer in warm water. If they are old then peel with a potato peeler.

162

Slice into medium sized pieces then place in large pan and cover with slightly salted cold water. Bring to the boil and when they are dancing about with each other then turn the hob down to simmer.

Leave until the slices are soft. Just stick in a fork and see if the potato falls apart.

If it is crumbly then the potato is done.

It is quite important to make sure the potato is extremely soft and flaky before draining as I believe this makes superior mash.

I usually use my pressure cooker for mashed potatoes as it always makes it creamier.

If you are using a saucepan bring to the boil and place lid on and cook until the potato slices are really soft.

Drain the soft potatoes and place potato stock to one side.

The potato water can make a gravy later. Freeze the potato water as it makes tasty soups for a later date.

Place the cooked and drained potatoes in a large bowl and mash with a potato masher until smooth and creamy.

Add the margarine and milk.

With a large spoon whip the potatoes until they are light and fluffy.

Add the parsley and paprika. Season to taste.

163

ROAST POTATOES*

If you already have the oven switched on then place the potatoes on the middle shelf. I usually wash the skins then

leave the skins on the potato. This gives them a crunchy texture. Also, it adds to the goodness of the potato. A lot of nutrients are kept under the skin of the humble potato.

PREPARATION TIME:

10 minutes to prepare potatoes.

Cooking time:

45 minutes.

INGREDIENTS

4 medium sized organic potatoes.

1 pinch Sea salt.

Organic olive oil to cover.

1 baking tray.

1 tablespoon dried herbs of your choice.

A sprinkling paprika.

METHOD.

Put the oven on 200 degrees Celsius.

Meanwhile, wash the potatoes. I usually leave the skins on for roasts unless they are very old. So, wash and pat dry with old clean cloth. Then quarter.

Place the potato quarters on the baking tray and cover with the olive oil, mixed herbs and paprika.

Then sprinkle the salt over the top.

Place the baking tray in the oven when it is up to heat. I usually put the potatoes on the middle shelf and another dish like baked rice pudding on the bottom shelf.

They usually take 45 minutes to go brown and crispy but keep checking after 45 minutes if they are not quite done.

They should be soft to the touch and a golden brown colour when cooked.

164

NEW POTATOES*

Everyone in my family always look forward to new potato season. They herald in the summer months and are such a

welcome change to old potatoes. So, simple and quick to cook. Just add some fresh mint to the cooking water and you

have a subtle blend of minty, earthy flavours. Finish off with a knob of vegan margarine. These are simply delicious.

PREPARATION TIME:

10 minutes to wash potatoes.

Cooking time:

15 minutes to boil until tender.

INGREDIENTS.

Half a kilo of organic new potatoes.

1 handful of fresh leaves of organic mint.

1 teaspoon sea salt.

1 knob of vegan margarine.

METHOD

First of all wash the potatoes getting all the soil off and rinsing well until they are clean. Then place these in a large pan. Cover with fresh slightly salted water. Add the mint. Bring to the boil, then simmer place a tightly fitted lid on the saucepan. These should not take long. You do not want them too soft but to retain a bit of bite so you can savour the texture.

Drain, take the old mint out and compost. Place the drained potatoes in a serving dish, garnish with a a fresh sprig

of mint and a knob of vegan margarine. The margarine will melt and partner the lovely earthy nuttiness of the potatoes. Eat straight away.

Serve with a green salad smothered in walnut dressing. Follow this with some fresh seasonal fruit.

165

POTATO CROQUETTES.

This is an effective way to use up left over potatoes and stale bread. If you have any crusts left over from a sliced loaf

of bread then take them out of the packet and spread apart they will crisp up at room temperature after around 24

hours.

If you have not any old crusts at hand then you can use fresh bread.

Leave some time to prepare these croquettes. Placing these in the fridge helps them to bind better whilst frying. A food

processor is a great asset to making crumbs quickly but a grater does just as well but it just takes longer.

PREPARATION TIME:

1 hour.

INGREDIENTS

Left over mashed potato.(from the previous day)

2 slices stale wholemeal bread.

1 bowl of non dairy drink.

Organic sunflower oil for frying.

METHOD.

To make croquettes you will need three large cereal bowls. One dish full of left over mashed potato. One for the non dairy drink and finally a bowl for the crumbs. Put them all in a row so you can transfer from one stage to another.

One large dinner plate to place the finished potato croquettes, before they are put in the fridge.

Wash hands and dry. Grab a handful of mashed potato and roll between palms, form into a small croquette shape or

small sausage shape. Dip this into the drink then transfer into the crumb bowl.

You will find that your hands will

become covered in the mixture, so, keep washing them and drying in plain air or on a kitchen roll and repeat the

process. Then place the croquettes on a dinner plate. Keep the finished croquettes in the fridge for around an hour at

least. This helps them to remain firm in the frying pan.

When you are ready, take them out the fridge and put a heavy based frying pan on the hob. Splash in the oil so it

covers the bottom of the pan. Heat this up. When it is hot then place the croquettes in the pan. I can usually fry three

at a time which gives them plenty of room to turn over. This makes sure they are evenly fried. When they are golden

brown all over then take these out and fry another batch. It does not matter if they do not look like a perfect croquette

shape, they taste too delicious for anyone to care.

These go well with both hot or cold dishes. A cold chick pea flan with warm croquettes and a green side salad, or a hot

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dinner and seasonal legumes.

Potatoes are great and so easy to grow. Even if I you haven't a garden of your own. Then you can grow them in bags

outside your front door. There is nothing quite like a freshly grown potato, picked and cooked immediately.

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RICE DISHES.

TOFU VEGETABLE RICE.

Rice dishes are quite carbon intensive. I haven't included a lot of rice dishes in this book but this is one you just have to

try. It is quick to make once you have prepared the vegetables. It is important you use the firm kind of tofu as this keeps

its shape whilst frying. This tofu vegetable rice does require forward planning as you have to marinate the tofu for four

to six hours before making the vegetable rice. Fabulous to make in summer when many young vegetables are in season.

PREPARATION TIME.

45 minutes vegetable preparation.

1 hour to make the whole dish.

46

servings.

INGREDIENTS.

1 Block of organic firm tofu 250 grams. Drained and sliced into cubes.

250 grams organic sprouted seeds (optional)

45

organic cloves peeled and chopped finely garlic.

3 tablespoons organic tamari.

1 tablespoon omega seeds. A mixture of pumpkin, golden linseed, sunflower and sesame seeds.

1 organic green pepper, washed, de seeded and chopped into small pieces.

1 organic red pepper, washed, de seeded and chopped into small pieces.

2 sticks of seasonal organic celery, topped and tailed, washed and sliced finely.

250 grams organic mushrooms. Washed and dried on kitchen roll and sliced.

1 handful of olives halved.(optional)

100 grams sundried tomatoes chopped finely.(optional)

2 tablespoons organic olive oil.

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500 grams steamed organic spinach if in season.

5 tablespoons organic sunflower oil.

METHOD.

Get a medium sized casserole dish.

Take tofu out of packaging and place in a colander to drain for five minutes.

Throw the water away.

Place the drained tofu block on a chopping board and slice 1cm length ways then 1cm widthways.

Place cubes in dish and sprinkle garlic and tamari over the tofu.

Cover and leave for four to six hours in the fridge.

Get your heavy based frying pan and pour sunflower oil in the bottom, heat it up on a moderate heat then add the

tofu. Lift the tofu pieces out of the marinade with a slotted spoon. This leaves some of the tamari and garlic in the

bottom of the dish. Put this to one side to use later. Fry the tofu until brown on each side this will take a while. Make

sure you add enough oil to give the tofu a good fry. You will have to use a slotted spatula and give the cubes a turning

over every few minutes making sure they get evenly cooked. Do not worry that some cubes are browner than others,

this is perfectly natural.

When most of the tofu is brown and crispy then take it out with a spatula and put in a bowl and place it aside.

RICE.

200 grams organic washed and drained brown rice.(half organic red wild rice and half brown makes a lovely colour)

1 litre water to cover.

Three to four bay leaves.

Cook the rice in a heavy based lidded saucepan or pressure cooker. Cover in the water add a bay leaf and bring to the boil. Simmer, keep checking on the water level and add more cold water, bringing it back up the boil and simmering if necessary. Simmer until soft which should take 30-45 minutes.

Drain when the rice is soft.

Or you can cook the rice in the microwave :

Place uncooked rice and bay leaves in microwavable bowl and add water cook for 30 minutes. After this time take it out and stir. Then put it back in for another ten minutes by which time it should be light and fluffy.

Take the bay leaf out of the rice and compost.

FRYING VEGETABLES.

Meanwhile, heat up the oil again in the frying pan, spoon in the vegetables and fry until transparent this only takes a minute then add the remainder of the marinade of tamari and garlic. The vegetables should soak this up almost immediately. Spoon in the omega seeds, then add the bean sprouts(if you are using them). Stir again making sure all the flavours have mingled. Then, take the frying pan off the heat.

Add the cooked tofu.

Add the rice to the frying pan and mix. Spoon in the olives, sundried tomatoes (optional) and the spinach if you are using it. Everything should be mixed in evenly throughout the rice. Then, spoon the vegetable rice into your favourite casserole dish. There are some lovely colours in this which will cheer anyone up if they are feeling down. If you add olives and sundried tomatoes this will make the tofu vegetable rice more carbon intensive I only use these if it is a

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special occasion meal where I have a good excuse!

A wonderful tasty meal to eat either hot or cold. If you are serving four to six people then I would accompany this with a light fritter or a warm low protein flan and some green seasonal leaves. It is so pleasing to the eye as the colours really compliment each other.

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SIMPLE STIR FRY

This is a simple dish to make. Just throw your vegetables and bean sprouts in the wok and fry. Pour in some stir fry sauce to your liking. This is better than any Chinese takeaway and you don't need to worry about monosodium glutamate either.

Serve this with some plain organic boiled brown rice.

PREPARATION TIME:

30 minutes vegetable preparation.

15 minutes frying time.

46

servings.

INGREDIENTS.

1 packet of organic bean sprout stir fry mixture.

1 packet vegan stir fry sauce.
1 large organic red pepper, washed and de seeded and chopped into small pieces.
1 large organic onion, peeled and sliced.
1 large organic carrot, washed topped and tailed and sliced into matchstick size pieces.
3 sticks organic celery, topped and tailed, washed and sliced.
150 grams button mushrooms, washed, dried on kitchen roll and sliced.
1 small piece of organic ginger, peeled and sliced into tiny shavings.
5 cloves organic garlic, peeled and crushed.
4 organic spring onions, washed top and tailed and sliced diagonally.
45
tablespoons organic extra virgin olive oil.
3 leaves of an organic crunchy white pointy cabbage, washed and finely sliced.
Rice allow 50 grams per person. I like a plain brown rice with this. Add a few bay leaves to the water for flavour.

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Remember to take these bay leaves out just before serving. They can be composted.

METHOD.

Place the wok on the hob and heat.

Pour in the oil and heat it up.

Then spoon in the onions and peppers and cook for a few minutes. Keep stirring but make sure the oil covers all the vegetables.

Put in all the other vegetables and bean sprouts except the garlic and ginger which go in last. Keep stirring these with a wooden spoon.

When the carrot is cooked, then add the stir fry sauce, then the garlic and ginger root.

Stir fry on a medium heat for a few more minutes ensuring that all the flavours are soaked into the vegetables.

Put to one side.

Place the rice in a large lidded sauce pan or pressure cooker.

Cover with cold water and bring to the boil.

Keep an eye on the water level and top up with more cold water if necessary.

Simmer for 30 minutes, then drain if soft.

To cook the rice in a microwave : place the rice in a mixing bowl and cover with water, throw in bay leaves.

Cook on high for 30 minutes , take it out and check. Put it back in the microwave for another ten to twenty minutes if the rice is still firm and undercooked.

Remove from the microwave when the rice is tender.

This is tasty and nourishing and very quick to cook once the vegetables are prepared.

For afters why not try a crumble and custard to make a completely satisfying evening meal.

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SOUPS.

If you are able to make a quick tasty soup it will stand you in good stead for all sorts of occasions.

They are great for yourself and others who are feeling under the weather, easy to eat and nutritious.

I will begin by giving you a fail safe recipe.

TOMATO SOUP.

This is a great soup to make when British tomatoes are going soft and over ripe and a bit too soft for salads.

Late on a Saturday afternoon go to the market just as the market traders are packing up and ask if they have any soft tomatoes left over. They will gladly give them to you. They just have to load everything back in the van anyway.

I usually use two pans. One to fry the vegetables in then I transfer these fried vegetables to my pressure cooker and add my stock.

I always gave my daughter this soup when she was younger . It is very comforting on rainy days with some crusty wholemeal buns.

PREPARATION TIME:

1 hour.

4 servings.

INGREDIENTS.

1 2

kilos organic tomatoes. Quartered if there are hard white bits then cut these out and compost them.

2 organic onions peeled and chopped small

1 small organic carrot, topped and tailed, washed and cubed.

1 stick of organic celery, topped and tailed, washed and sliced finely

2 large cloves organic garlic peeled and finely sliced

1 litre hot stock with 2 organic stock cubes dissolved.

3 bay leaves.

1 tablespoon organic tomato ketchup
or tomato puree.

3 tablespoons organic olive oil

1 pinch fair trade organic sugar

Sea salt and freshly ground pepper to taste.

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METHOD.

Pour oil in the large cast iron frying pan.

When hot place vegetables in oil and fry for 10 minutes on moderate heat until soft and transparent.

Leave garlic until later.

Then put tomatoes in coat with the vegetables and keep on moderate heat and cook until these are mushy. Transfer into pressure cooker or large pan.

Then add hot stock and bring to boil.

Add garlic.

Bay leaves.

Sprinkle of sugar

Pinch of freshly ground salt and pepper.

I usually keep this covered simmering for about 1 hour . Then, take the bay leaves out with a slatted spoon.

Ladle the soup into the blender I usually do this in three batches. Pour the blended soup into the pressure cooker and

bring back to boil and then simmer for five minutes.

Taste and add salt and pepper if needed.

This looks lovely with fresh parsley on top as a finishing touch.

This makes a fabulous starter. Followed by a chick pea flan and roasted seasonal vegetables. For dessert you could have a steamed pudding and custard.

FRENCH ONION SOUP.

This is a delightful soup. If I have unexpected guests this is a recommended soup to make quickly. Gorgeous with your home made bread cut into crouton shapes.

If you have some leftover vegetable stock this soup will really appreciate this. This is my sons favourite soup.

French Onion soup is a light soup. I will get a curry out of the freezer and cook some earthy jacket potatoes for the second course.

Some soya yoghurt or fruit finishes this meal off beautifully.

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One can quickly rustle up a three course meal mix and match fresh and frozen and it will be absolutely delicious.

PREPARATION TIME:

1 hour.

34

servings.

INGREDIENTS.

6 organic onions. Peeled and chopped roughly.

1 litre vegetable stock.(out of the freezer if you have any) or a vegan stock cube in hot water will suffice.

1 teaspoon dried mustard.

2 dashes of white wine.

A sprinkling of dried basil.

A few dashes of tamari.

3 tablespoons organic olive oil.

1 teaspoon ground sea salt .

Sprinkle of ground black pepper.

3 Bay leaves.

CROUTONS.

3x 1 CM thick slices of homemade wholemeal bread .

Cut these into rough cube shapes.

Olive oil to cover base of frying pan.

Paprika to sprinkle over top.

METHOD.

Heat the oil in a large two litre heavy based sauce pan. When it is hot add the onions. The dried mustard and salt. It

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is important that you keep stirring or the onions will stick. Keep coating the onions in the oil until they begin to go

brown. Making sure the mustard and salt are mingled in with the onions.

Then add the stock. Add the bay leaves splash the wine in and the tamari. Stir, bring to the boil then simmer for 30

minutes. Sprinkle a bit of basil over the top as I think this gives it a bit of a professional come rustic look.

After 30 minutes, taste and add a bit of freshly ground pepper if needed.

Now you can fry the croutons. Place the cubes in the hot oil, keep turning them until they are golden brown all over.

Put to one side on a sheet of kitchen roll.

Sprinkle some paprika in the soup.

Ladle the soup into deep bowls, then add the croutons. Delicious fast food and heartening. A great soup for both

summer and winter. Dressed up and down with whatever is seasonally in, a great starter to be followed by a protein rich main meal.

HEALING VEGETABLE SOUP.*

One cannot write a cookbook without putting in a complete wholesome soup. I ate soup like this after being arrested

on a Blockade at Faslane many moons ago. I was told the recipe by a lovely Quaker lady and she said they had fed lots

of protestors over the years. I thought it was like liquid activist trauma.

After eating one bowl of this I had stopped shaking.

At home I always gave it to the children when they were feeling poorly or just in need of some comfort food. It is a

great convalescence food.

PREPARATION TIME:

90 minutes 2

hours.

46

servings.

METHOD.

2 organic onions, peeled and chopped.

1 bulb of organic garlic, peeled and chopped.

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1 small piece of organic root ginger, peeled and finely sliced.

2 large organic potatoes peeled and cubed.

4 organic carrots, topped and tailed, scrubbed and cubed.

5 sticks of organic celery, topped and tailed, washed and sliced finely.

100 grams organic red lentils.

2 organic courgettes, topped and tailed, washed and sliced.

1 large head of organic broccoli chopped. Take the larger woody parts off, compost these, before chopping the tree like florets.

3 large leaves of organic cabbage, tear these from the root, wash and shred into small bits.

12

litres of stock. According to pan size.

1 vegan yeast, gluten free stock cube.

4 bay leaves.

1 tablespoon of nutritional yeast flakes.(optional)

1 splash of organic balsamic vinegar/rice vinegar.

1 large bunch of fresh herbs a mixture would be better to achieve balance.

Salt and pepper to taste.

3 Tablespoons of sunflower oil.

1 Tablespoon of cornflour.

Water to make a runny paste.

This is a lovely seasonal soup. I had an aged great Aunt who always had a pan of soup on the go for who ever

happened to be passing by. Quite often there would be a stranger slumped over the spotless oil tablecloth slurping away at his soup dunking a huge chunk of white bread into the steaming soup bowl. I never knew who these people were or from whence they came. The aroma of soup bubbling on the stove invariably evokes this memory. I think it is better to fry the vegetables first as this helps seals in the flavour. I usually use a large pan but you can use a steel pressure cooker if you wish.

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Put the vegetable oil in the pan and heat it up. Then add all the vegetables excluding garlic, ginger and fresh herbs. Fry these until the flavours are sealed around the vegetables, this should not take long, about a minute should be sufficient length of time.

Then add the stock, if you have any potato or vegetable stock that would be great.

Add a crumbled up stock cube.

Stir with a wooden spoon.

Add lentils, bay leaves, garlic, ginger and finely chopped herbs.

Bring to the boil and simmer with lid on. After around 30 minutes the vegetables should be cooked.

Add the splash of balsamic vinegar/rice vinegar. Stir and simmer for a further 30 minutes. Check the lentils are soft and light yellow.

While it is lightly bubbling you can pour in the cornflour paste this will thicken up the soup. Remove bay leaves before serving.

This is lovely served with wholemeal roll.

CAWL*soya wheat and gluten free.

This is a lovely warming Welsh winter soup. I always have this on the stove when the snows arrive. The children still enjoy this as they arrive back home sopping wet after a snow ball fight. It is a hearty dish serve it with lashings of roughly cut bread.

It does not take long to prepare at all. Do not bother to chop the vegetables small, this broth requires roughly hewn pieces of vegetables. So it looks really rustic. As a final touch a sprinkling of fresh parsley over the top makes it look mouthwatering.

PREPARATION TIME:

90 minutes to 2 hours

4 servings.

INGREDIENTS

3 large organic potatoes peeled and roughly quartered.

4 large organic carrots, topped and tailed, peeled or washed if they are in reasonable condition, then sliced.

1 large bunch fresh organic parsley roughly shredded. stalks as well.

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3 large organic leeks, cleaned and sliced.

1 large organic onion peeled and chopped.

100 grams organic red lentils.

2 vegan organic/gluten/wheat free stock cubes.
1 organic swede or turnip peeled and chopped into bite sized chunks.
2 litres of stock.
1 tablespoon of cornflour. And water to make a paste.
1 tablespoon nutritional yeast flakes.

METHOD

Grab a large saucepan or pressure cooker and place all vegetables in it. Except the parsley.

Add the stock and crumble the stock cube in the soup.

Bring to the boil, simmer for 45minutes.

Taste, the vegetables should be soft.

Season to taste.

Then add the cornflour this should give this a creamy texture.

Sprinkle the fresh parsley and the nutritional yeast flakes over the top.

Serve piping hot on a bitterly cold winter's day when it is so cold your nose hair freezes.

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WARMING HEALTHY TOMATO SOUP.* soya wheat and gluten free.

Here is a cheering diet soup with only 37 calories in a cup. I like it as it uses tinned tomatoes rather than fresh

tomatoes, which I usually have somewhere in my cupboards. It is reasonably quick to make. I usually use my pressure

cooker for this soup. It also has 57% of daily nutritive value of vitamin C so it is great to eat if you feel you are

coming down with a cold. If you are generally feeling under the weather this is really easy to digest lovely and comforting.

As the tinning procedure does not lose any of the essential vitamins you can feel confident in using tinned tomatoes.

If you haven't a blender then you can use a potato masher to break down the vegetables.

If you are not watching the calories then fry some cubes of wholemeal in olive oil until golden brown. Sprinkle on

top followed by some roughly chopped fresh parsley .

PREPARATION TIME:

1 hour.

4 servings.

INGREDIENTS.

180

2 large organic onions. Peeled and chopped finely.

2 x 14oz tin of chopped organic tomatoes.

2 cloves organic garlic. Peeled and chopped.

1 organic carrot. Topped and tailed, scrubbed and diced.

1 stick organic celery. Topped and tailed, washed and finely chopped.

4 cups of vegetable stock.

3 tablespoons organic sunflower oil.

2 tablespoons white organic plain flour/buckwheat flour Dissolved in water to make smooth slightly runny paste.

Sea salt and ground black pepper to taste.

1 tablespoon nutritional yeast flakes.

METHOD.

Heat up the oil in your pressure cooker, fry the onion until it is translucent. Then, add the diced carrots and celery. Open the tins of tomatoes and pour in. Add the stock. Then cover with the lid and bring to the boil. Turn the heat right down then keep it simmering for 20 minutes. Add the garlic. Then take the pressure cooker off heat, allowing steam to escape slowly. Place a sieve over a large bowl and pour in the pressure cooker contents. Place the contents of the sieve into the blender adding a small amount of the stock to blend. Pour this back into your pan add the remaining stock and bring back to the boil. Whilst bubbling pour in the flour paste, keep stirring so no lumps form. Taste, then add salt and pepper and sprinkle the yeast flakes over the top. This is a quick fix of serotonin and will get you back on your feet in no time.

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SAUCES.

I love a parsley sauce it seems to go with lighter meals as I tend to eat it in the Summer months.

It is a basic white sauce with parsley in it.

I will give you the basic white sauce recipe and you can add what you wish.

One tablespoon of parsley for parsley

sauce. Just add sugar if you want a sweet white plain sauce.

If you make too much parsley sauce then a great way to use it up is to make a soup and put in the left over parsley sauce.

This makes a gorgeous creamy soup.

PREPARATION TIME:

30 minutes.

34

servings.

BASIC SAVOURY WHITE SAUCE.

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This is such a useful little sauce to know and I frequently use it as a template for different flavours to mix and match with various dishes.

PREPARATION TIME:

30 minutes.

4 servings.

INGREDIENTS.

1 Tablespoon vegan palm oil free margarine.

2 Tablespoons of organic white plain flour.

500 ml of organic soya/non dairy milk.

A pinch of dried mustard.

Salt and pepper to taste.

METHOD.

Get your cast iron pan and melt the margarine in it.

Then spoon the flour into the melted margarine this is your roux.

Keep mixing with your wooden spoon until thoroughly mixed then slowly add the milk .

Keep hob on a moderate heat . The important thing is to keep stirring this will prevent lumps forming. If lumps do

form then press them up against the edge of the pan with the back of a wooden spoon. Keep doing this as it comes up to the boil. Add the mustard . It is important that as soon as it starts to bubble take it off the heat. This prevents it from burning. Add salt and pepper to taste. Stir again. A skin over the top may form I use a spoon and lift this off .

If you are making a sweet sauce(if I have not any custard powder) I use this instead. Then omit the savoury mustard and salt and pepper and instead add 2 tablespoons of organic Fair Trade sugar instead.

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ONION GRAVY.

This does keep occurring in my cooking but it is such a good all round sauce. I have given a basic gravy recipe but you can change it to however you like it.

This I make a lot as it seems to go with most vegan dishes especially Sunday dinner type meals.

PREPARATION TIME:

30 minutes.

Serves 4

INGREDIENTS.

1 organic onion peeled and chopped finely.

1 tablespoon organic wholewheat flour, rye flour or a malthouse flour.

2 Tablespoons of organic vegetable oil.

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500 ml of water or stock.

1 heaped teaspoon of yeast extract.

1 splash of tamari .

2 bay leaves.

Ground pepper to taste.

METHOD.

With your trusty cast iron sauce pan (which should by now be growing organically into a lovely and seasoned utensil).

Place in oil and heat on moderate heat.

Add onions when hot.

Fry until the onions are turning brown. This gives the gravy a lovely autumnal glow.

Add the flour.

I always use wholemeal flour. This makes the texture grainy and wholesome.

With a wooden spoon give it a good stir and add stock or water.

I try to boil potatoes before I make the gravy so I can use the potato water.

Add the yeast extract, tamari and keep stirring. When it begins to boil turn it down to the lowest hob setting for five minutes. Keep stirring.

Add bay leaves.

Take these out just before serving.

Pour the finished sauce into a gravy boat for people to help themselves.

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SPICY TOMATO SAUCE.

This is a tasty slightly spicy hot sauce which can be poured over pies and vegetables.

Quick and easy to make but well worth the effort.

PREPARATION TIME:

30 minutes.

4 servings.

INGREDIENTS.

1 tin of organic chopped tomatoes.

34

peeled and crushed organic garlic cloves.

1 medium organic onion, peeled and chopped finely.

1 tablespoon of vegan margarine.

186

1 tablespoon of white plain organic flour.

Half to 1 teaspoon cayenne pepper according to taste.

1 tablespoon dried parsley.

Sea salt and ground pepper to taste.

METHOD.

In a cast iron saucepan melt the margarine on a medium heat.

When it has melted then empty in the onions.

Fry these onions until they are just turning brown.

Spoon in the flour and stir.

Pour in the chopped tomatoes.

Keep stirring until it has come to the boil, once it is bubbling then take it off the hob.

Spoon in the crushed garlic.

Add the cayenne pepper and dried parsley.

Add sea salt and black ground pepper to taste

CHIVE SAUCE.*

I make this with a yeast and gluten free flour. This is always popular in my house in Spring when my chive plant begins to flourish.

PREPARATION TIME:

30 minutes.

4 servings.

INGREDIENTS.

1 bunch of chives. Chopped to 1 cm in length.

1 tablespoon of wheat and gluten free plain flour.

750 ml non dairy drink.

187

50 grams vegan margarine.

1 teaspoon of dried mustard.

Sea salt and black pepper to taste.

METHOD.

I usually grab a handful of chives and with scissors I snip off the thin ends of the plant. Then I double the chives over and snip them across the folds. I make 1 cm lengths for this sauce.

Place the cast iron sauce pan on a medium heat with margarine and melt. Give this a stir with a wooden spoon and add the flour mix, it should be a thick roux.

Then keeping the pan on the medium heat slowly add the nondairy drink and stir at the same time.

If lumps begin to form then use the back of your wooden spoon to press them against the sides of the saucepan.

Keep stirring and add mustard.

Keep stirring until the sauce begins to bubble.
Once it begins to thicken then take this off the hob.
Now you can add the chives and stir again.
Taste and add sea salt and pepper .
This sauce can go with most main meals and tastes delicious.

STIR FRY SAUCE.

This is a great sauce to accompany rice or fritter dishes. Some spring onions are lovely in this and organic fresh ginger root is gorgeous in this.

PREPARATION TIME:

30 minutes.

34

servings.

This is a great sauce to accompany rice or fritter dishes. Some spring onions are lovely in this and organic fresh ginger root is gorgeous in this.

3 tablespoons organic soy sauce.

1 teaspoon fresh organic ginger peeled and chopped really finely.

2 organic spring onions washed and finely sliced(optional)

1 clove of organic garlic, peeled and crushed.

Half teaspoon vegetable oil

3 tablespoons filtered water

2 teaspoons cornflour.

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Dissolve cornflour in the water. In the cast iron pan combine all the ingredients and stir in soya sauce last minute

Bring to the boil until thickened.

You can place this in a bowl for people to use as dips or to spoon on their plates.

SWEET AND SOUR SAUCE

PREPARATION TIME:

30 minutes

34

servings.

One third cup of organic rice vinegar.

4 Tablespoons organic fair trade sugar.

1 Tablespoon organic tomato ketchup.

1 Teaspoon soya sauce.

2 Teaspoons of cornflour and 23

teaspoons water to make a paste.

1 organic pepper, washed de seeded and finely chopped.

A half fair trade pineapple peeled and finely cubed.

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In a cast iron pan mix vinegar, sugar, ketchup and soy sauce together and bring to boil. Whilst it is bubbling add cornflower paste stir and take off heat. Keep stirring with a wooden spoon. This should thicken then add the pepper and pineapples, stir again.

This can be spooned on top of fritters or be a part of a rice dish.

BATTERS AND SAVOURY PANCAKES.

SAVOURY PANCAKE BAKE.*

I would serve this if there was anyone with a wheat or gluten allergy coming to tea. The pancakes are buckwheat.

PREPARATION TIME:1 hour.

46

servings.

INGREDIENTS.

200 grams organic buckwheat flour.

3 tablespoons organic sunflower oil.

500 ml non dairy drink.

1 teaspoon salt.

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1 pinch turmeric.

Organic oil to fry.

METHOD.

In a large bowl, place the dry ingredients, mix with a wooden spoon.

Then, add the oil and liquid to mix.

Keep beating with a wooden spoon until you have a lovely creamy consistency.

It should easily drop off the spoon and not be too thick.

Put the heavy based frying pan on the hob and place in the oil. Heat this up on a moderate setting.

Then spoon in one tablespoon batter mixture at a time.

Fry on one side and loosen around the edges.

When the side facing you is cooked through then turn it over. Using a metal spatula press firmly on the surface of the

pancake and take them out of the frying pan. Then, place them on a plate and put to one side.

Now pre heat oven to 200 degrees Celsius.

FILLING.

The filling for these is very similar to a lasagne filling.

INGREDIENTS.

250 grams organic spinach.

3 large organic onions, peeled and sliced finely.

34

cloves of organic garlic. Peeled, pressed with a garlic press or finely chopped.

4 organic spring onions,washed, top and bottom chopped off and sliced finely.

1 organic red pepper, washed, de seeded and chopped.

1 organic leek if in season. Washed thoroughly, top and bottom chopped off and sliced finely.

45 grams vegemince and enough boiling water to cover.

1 teaspoon vegetable bouillon powder.

1 tin of organic chopped tomatoes.

2 tablespoons oregano/basil.

A few splashes tamari.

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Olive oil to fry.

METHOD.

In a small bowl place in the vegemince then add boiling water and a teaspoon of vegetable bouillon.

Leave this to soak. I usually leave this for half an hour If the vegemince looks rehydrated and has absorbed the boiling

water then it is ready to use. It should be soft.

Meanwhile, prepare the vegetables.

Heat up the frying pan and pour in the olive oil . Cover the bottom of the frying pan.

Throw in the leeks, onions, spring onions then the herbs.

Give these a good fry on a medium heat until they are coated in the oil and herbs. If it is beginning to look dry add

several drops of oil and stir again with a wooden spoon.

Then add the pepper and fry everything until they are marinated in the oil and the herbs.

Now, add the vegemince and stir. Splash in a few drops of tamari. Then empty in the tin of chopped tomatoes.

Finally add the garlic and mix this in to every corner of the pan.

Leave this in the pan and cook the spinach.

You can either steam the spinach or place in a wok or a large saucepan, put a few splashes of water in the bottom and

bring to the boil for a second. The spinach should wilt very quickly.

SAUCE.

3 tablespoons non allergy margarine.

2 tablespoons organic buckwheat flour.

1 litre non dairy, soy free drink.

1 teaspoon dried mustard.

1 teaspoon smoked paprika.

Sea salt and freshly ground pepper to taste.

100 grams nondairy

cheese. Finely sliced or grated.

METHOD.

Place a heavy based large saucepan(a cast iron pan if at all possible) on the hob and spoon in margarine using a wooden spoon.

Heat on a medium heat.

When the margarine has melted then add the buckwheat flour and stir with a wooden spoon to coat the flour with the margarine.

Slowly add the liquid making sure lumps do not form. Keep stirring.

When it is coming to the boil and the first bubbles occur give it a good stir then take the pan off the heat. Add the dried

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mustard. Then the salt and pepper to taste.

This the basic white sauce.

You can now melt in the non dairy cheese if required.

Now you are ready to put everything together. I love this as there are some lovely contrasting colours and textures. Lots

of fiery reds contrasting with the dark leafy green of the spinach.

In a rectangular baking dish place half the tomato mixture, then half the pancakes then the spinach on the top. Now

pour over half the sauce.

Repeat this once more. You will end up with the cheese sauce as the topping.

Now, sprinkle paprika over the top.

Place in the oven at 200 degrees Celsius. Bake until the top is golden.

Vegans or those suffering from wheat/gluten/ soya intolerance will think this dish is delicious.

I usually serve this pancake dish with onion rings and herby sauteed potatoes.

WINTER WARMERS.

YORKSHIRE PUDDINGS.

These would be a worthy accolade to your ability to cook the vegan way if you can manage these.

They will not be the size of a small country but they will be tasty tiny and light.

Mine are made in Yorkshire and are puddings!!

Like conventional yorkshire puddings the oven has to be very hot.

Whilst I am waiting for the oven to heat up I put a rice pudding in the oven to bake.

So, I make two puddings in one meal!

YORKSHIRE PUDDINGS.

One mixing bowl.

193

One Yorkshire pudding tray with 12 compartments

INGREDIENTS.

100 grams organic self raising flour

or use plain flour and 1 teaspoon baking powder.

1 dash balsamic vinegar.

1 dash organic sunflower oil.

400 ml of organic soya milk.

A pinch of salt.

1 Tablespoon egg replacement powder
mixed with water to form a runny paste.

METHOD.

Sieve the flour into a baking bowl, add the vinegar and oil.

Throw in some salt, then add the non dairy drink.

Mix the egg replacer with the water and add to the batter.

Give this a good beating trying to get as much air into it as possible.

Pour into measuring jug and put it in the fridge.

Put oven to 250 degrees celsius.

When the oven is at the correct temperature then put a tiny bit of oil in the tin compartments and heat the oil for around 20 minutes. The oil should be smoking.

To test put a drop of mixture in compartment and if it bubbles madly it is ready.

If not put the tray back for a while.

As you are dealing with really hot oil always make sure you have space in your kitchen to put the hot tray down.

Always use a dry thick tea towel or oven gloves to help you grip the hot tray.

Pour mixture in each hollow to fill.

Close the oven door and wait. After five minutes you can take a peek, the puddings should take between five and ten minutes.

They should be brown on top.

Take out of the oven.

Then you can use a spoon to flip them out.

These are heavenly served with a Vegan Sunday lunch. Roast potatoes vegetables and gravy.

194

VEGAN TOAD IN THE HOLE.

You will gain lots of brownie points if you manage to bake this successfully!

PREPARATION TIME:

1 hour.

4 servings.

Oven temperature; 250 degrees C.

INGREDIENTS.

100 grams organic self raising flour
or use plain flour and 1 teaspoon baking powder.

1 dash balsamic vinegar.

1 dash organic sunflower oil.

195

400 ml of organic soya milk.

A pinch of salt.

1 Tablespoon egg replacement powder
mixed with water to form a runny paste.

1 oblong oven proof dish.26cmsx17cmsx6cms deep.

METHOD.

Sieve the flour into a baking bowl, add the vinegar and oil.

Throw in some salt, then add the non dairy drink.

Mix the egg replacer with the water and add to the batter.

Give this a good beating trying to get as much air into it as possible.

Pour into measuring jug and put it in the fridge.

Put oven to 250 degrees celsius.

When the oven is at the correct temperature then put a tiny bit of oil in the ovenproof dish and heat the oil for around twenty minutes. Oil should be smoking.

To test put a drop of mixture in the dish and if it bubbles madly it is ready.

If not put the dish back in the oven for a while.

As you are dealing with really hot oil always make sure you have space in your kitchen to put the hot tray down.

Always use a dry thick tea towel or oven gloves to help you grip the hot tray.

Fry vegan sausages(frozen homemade or bought from a health food shop) then place cooked sausages in the bottom of the dish. Now, pour the batter over the top.

Close the oven door and wait. This pudding should take between ten and fifteen minutes.

It should be brown and risen when it is cooked.

Take out of the oven.

Eat straight away with seasonal vegetables and a gorgeous thick gravy.

196

MINCE AND SESAME SEED DUMPLINGS.

This is great when the weather is beginning to turn nippy. Throw some sesame seeds in the dumplings to add more nourishment.

A medium sized casserole dish to serve four with eight dumplings.

Serve with greens and creamy mashed potatoes.

PREPARATION TIME:

45 minutes.

Cooking time: 50 minutes.

46

servings.

Preheat

oven to 200 degrees celsius.

INGREDIENTS.

75 grams vegemince.

Boiled water to cover and soak.

197

1 vegan stock cube.
1 tablespoon marjoram.
1 tablespoon oregano.
2 large organic carrots, washed and diced and cooked.
3 large organic onions peeled and chopped finely.
2 sticks organic celery, washed and chopped.
2 large organic leeks, washed and sliced finely.
2 tablespoons organic sunflower oil.
1 dessert spoon yeast extract.
1 dessert spoon organic tomato ketchup.
1 splash of tamari.
Sea salt and pepper.
1 bay leaf.

DUMPLINGS.

1 heaped tablespoon sesame seeds.
1 tablespoon sage.
225 grams organic self raising flour.
50 grams vegan margarine.
Sea salt and pepper.
Water to mix into a dough.

METHOD.

Wash your hands.

198

First of all make the dumplings.

Get a large mixing bowl and pour in flour add the seeds and the sage and mix with your fingers lifting the flour through your fingers.

Then add the margarine and break it into smallish pieces.

Rub the margarine through the flour until you achieve a crumb like texture.

Add salt and a generous helping of ground pepper.

Now get a butter knife and cut through the pastry mix now add water drop by drop.

You will want to achieve a moist consistency but not a soggy one. If perchance you do get a soggy dumpling mix then just add flour to dry it out a little.

Now lightly flour a chopping board and get a dinner plate. Dive your hands into the mix and grab a handful of

dumpling mix give it a circular motion between the palms of your hands.

Then roll them lightly in the flour. When they are completely covered then place them on the plate.

Repeat this until all the mixture is gone and then put the plate in the fridge to chill.

Now make the mince dish.

In a medium sized pudding bowl put the dried vegemince. Now, add enough boiling water to cover and sprinkle in a vegan stock cube.

Put to one side for 30 minutes until the vegemince is soft and the water has absorbed. If the water has not been soaked up then just sieve it and discard the water.

Prepare the vegetables.

Wash the leeks and trim both ends. Slice them finely.

Wash the carrots and dice them then cook until tender.

Peel and slice the onions.

Wash and slice the celery.

Put the carrots on to boil.

Heat up the frying pan with the oil. When it is heated up the put in the onions and leeks, sprinkle in the dried herbs.

Then, add the celery and the cooked diced carrots.

Keep frying until they are all cooked and soft to bite.

Now add the soaked and drained vegemince and mix making sure the flavours are running through the vegetables.

This needs a gravy now. So, get a tablespoon full of wholemeal flour and sprinkle it over the top of the vegetables and vegemince, keep it on medium heat.

Now add 330 ml of stock or water, keep stirring until it begins to boil.

It should thicken slightly.

Take the pan off the hob.

Get 1 dessert spoon of yeast extract, 1 splash of Tamari and 1 dessert spoon of organic tomato ketchup. Give this a great stir with a wooden spoon.

Season to taste. Add a bay leaf.

Now, it is time to get the dumplings out the fridge.

Place the mince pan back on the heat and bring to the boil.

Once boiling transfer carefully to a casserole dish then place the dumplings on the top spacing our evenly between them.

199

Place on medium shelf and leave for approximately 45 minutes this is cooked when the dumplings are brown on the top. Put them back in if they are still pale in colour. Take the bay leaves out before serving.

Serve this with some creamy mashed potatoes and greens.

BEANY HOTPOT.

This is a really substantial meal and you can feed a lot of hungry mouths with this dish. Serve it with a leafy green vegetable.

PREPARATION TIME:

30 minutes to prepare the vegetables.

55 minutes cooking time on middle shelf.

46

servings.

Place oven to 200 degrees Celsius to preheat.

INGREDIENTS.

2 large organic courgettes, washed and sliced.

3 small organic leeks, topped and tailed, washed and sliced finely.

1 red organic pepper. Washed, de seeded and chopped.

200

3 small organic carrots, washed or peeled. Diced and boiled until tender.

1 small organic swede, peeled and diced into bite sized pieces, boiled until tender.

3 sticks of organic celery, washed and sliced finely.

100 grams organic mixed beans(red lentils, continental lentils and mung beans) soaked rinsed and cooked until soft.

1 half tin of organic chopped tomatoes.
260 grams organic spinach, washed and roughly chopped.
4 large organic potatoes, peeled and sliced then boiled until quite soft but not mushy.

34

cloves organic garlic, peeled and crushed.
1 tablespoon dried parsley.
1 tablespoon dried oregano.
1 pinch cayenne pepper.
1 tablespoon organic malt flour.
1 tablespoon omega seeds or a mixture of sesame and linseed, pumpkin and sunflower.
1 splash of tamari.
1 sprinkling of roasted paprika.
Pinch sea salt.

Extra virgin olive oil to fry vegetables.

A splash of olive oil to cover potatoes helping them to brown.

A 21 cms wide casserole dish by 8 cms deep.

METHOD.

Soak the beans overnight then rinse repeatedly until the water runs clear.

Place fresh cold water into the pan and bring to the boil. Simmer until they are soft, test each different type of bean as some take longer to cook than others.

When they are soft drain and retain the water.

201

Place the prepared swede and carrot in a saucepan and cover with cold slightly salted water. Bring to the boil and simmer until they are tender.

Drain and keep the stock.

Place the sliced prepared potatoes in the pan and boil until tender but not too soft. Drain and keep the cooking water.

They should retain a sliced shape on top of the dish.

Place all the stock into a large bowl, you will use some of this later in the gravy. Steam the spinach until soft and put to one side.

Now, you can fry the courgettes, leeks, red pepper, sliced celery.

In a cast iron frying pan heat up the oil place the vegetables in and sprinkle the herbs over the top of the vegetables.

Keep stirring until all the vegetables are coated in the herbs.

Fry these until they are well cooked and are becoming slightly brown.

Now mix the cooked beans with the vegetables. Maintain a medium heat.

Add the crushed garlic and then a tablespoon of flour.

Mix and then add enough stock to cover the bean mixture.

Keep stirring and when it boils take it off the heat. It should thicken slightly.

Pour in the tinned tomatoes and stir in the tamari.

Now add the diced, cooked carrot and swede.

A pinch of cayenne pepper to add a bit of hot zest.

Pour the mixture into the casserole dish and then place a layer of spinach then the seeds and finally the cooked sliced potato.

Drizzle with olive oil to help the top brown and sprinkle with roasted paprika to make an attractive topping.

Place this on the medium shelf of your oven at 200 degrees Celsius.

It should take between 50 and 55 minutes.

Serve with leafy greens.

202

LEEK PUDDING.

This is delicious especially when the leeks are coming in to season. From Autumn through to Spring one can enjoy the hardy leek with its full flavour and texture.

This leek dish is a refreshing change from a pulse dish yet so hearty and is the soul of a winters meal. We especially enjoy leek pudding when the British winter has set in.

PREPARATION TIME:

55 minutes.

4 servings.

METHOD

125 grams organic white self raising flour.

203

100 grams organic wholemeal flour.

Salt and pepper.

100 grams palm oil free vegan margarine.

Non dairy milk to make into batter.

4 large leeks, topped and tailed, washed, cleaned and finely chopped.

In a medium sized mixing bowl place margarine and flour. Break the margarine into smallish pieces and mix into the

flour using your finger tips. Do this until your flour looks like fine crumbs.

Add salt and liberal amounts of black pepper.

It is important that you wash the leeks well. Fill a bowl up with warm water and give the leeks a really good wash.

Water your plants with this water. Then, pour some clean water, then, chop the leeks and wash again. Drain these in a colander.

Now add the washed leeks.

Pour the non dairy milk in the breadcrumb mix until it is quite a thick batter .

Get a two pint pudding basin rub the interior with margarine, use the greaseproof paper inside the margarine tub to

grease the basin. Now you can pour the leek mixture into the basin.

Put this to one side.

You can prepare the accompanying vegetables now. I find roast potatoes and seasonal steamed vegetables and a thick

dark onion gravy go perfectly with leek pudding.

I usually use the microwave for this pudding I only put it in for four minutes on the highest setting and let it stand for

ten minutes. It should be not runny but light and fluffy. If it is still runny in the middle then put it back in for a minute or two.

If you are using a pressure cooker just follow manufacturers instructions for making steamed puddings. Tie some

greaseproof paper over the top of the pudding basin with string. I bring my pressure cooker to the boil and simmer for

30 minutes.

This is a lovely winter and early spring dish . For hungry diners follow it up with banana custard as a sweet dessert.

204

SANDWICH SPREADS.

PESTO.

This makes a great ingredient for some tomato dishes as well as just as a sandwich spread. You can spread this on a half of baguette and serve with green salad leaves and dressing.

It will keep in the fridge in a sealed jar.

15 minutes.

4 servings.

PREPARATION TIME:

205

15 minutes.

4 servings.

INGREDIENTS.

2 cups of fresh organic basil leaves.

One half cup of organic extra virgin oil.

One third cup of organic pine nuts.

3 medium sized organic garlic cloves, peeled and chopped.

Salt and pepper.

You can place all the ingredients into a pestle and grind with the mortar.

Or, you can put all the ingredients in the processor chop finely. Pesto made in a blink of an eye.

CHEESE SAVOURY SANDWICH FILLING.

This is quick easy sandwich to throw together. It is very tasty. I sometimes put it on a jacket potato for lunch with a

green side salad. If you have a dairy allergy, then this is a suitable substitute.

This is enough for a sandwich with two slices of wholemeal .

PREPARATION TIME:

10 minutes.

1medium sized bowl.

1 cheese grater.

INGREDIENTS.

.
25 grams grated Cheese dairy free of your choice

.
5 grams of grated organic onion.

206

1 small clove organic garlic. Peeled and finely sliced or crushed.

3 heaped teaspoons vegan mayonnaise.

Place all the ingredients in a medium sized bowl and mix.

Spread on slice of . Place other slice on top. These are lovely cut into 4 squares.

I find they go down well at buffets also.

Try putting some fresh herbs on the plate, a few sprigs of parsley looks pretty.

SALADS.

ASPARAGUS SALAD.

PREPARATION TIME:

This is awesome especially when the salad produce is in season. This salad is low in carbon and is totally nutritious.

One particular salad which is well worth waiting for is an asparagus salad. Do not use imported asparagus as this

tends to be very environmentally unfriendly. It is said that British asparagus is the best. Wait for our British asparagus

to come forth, this is usually between May and June. If you are lucky enough to live near a farm which grows it this is even better. Some farm shops have ' Pick your Own' which makes shopping for the ingredients for tea a lovely family day out.

45 minutes

34

servings.

207

PREPARATION TIME:

45 minutes.

34

servings.

INGREDIENTS.

2 organic cloves garlic peeled and crushed.

1 organic cos lettuce torn roughly.

1 bunch organic watercress torn roughly.

1 punnet of cress.

1 bunch rocket leaves.

1 bunch chives.

1 bunch flat leaved parsley.

1 handful of basil.

1 few sprigs of mint.

175 grams organic asparagus shoots, washed and trimmed at the bottom.

DRESSING.

2 tablespoons organic extra virgin olive oil.

1 tablespoon organic white wine vinegar.

1 organic clove garlic, peeled and crushed.

A pinch soft brown fair trade sugar.

METHOD.

In a large mixing bowl place the garlic. Wash the green leaves and pat dry.

Chop up the herbs discarding the woody stalks. Put these in the bowl. Place in the fridge.

208

Meanwhile, heat up the cast iron frying pan and cook the prepared asparagus until it is brown then turn it over. It

should be tender and charred when it has cooked. Keep it warm if possible.

In a small mixing bowl place all the dressing ingredients and stir vigorously.

Pour over the greens and toss it all

together. Then carefully arrange the warm toasted asparagus over the top.

When you have tasted this you will see why British asparagus is the best.

As my dishes have a lot of green salads with them then I have to give you the generic salad dressing.

You will find that you will be able to achieve your own level of perfection in this field. So, I am just giving you a basic dressing recipe.

SALAD DRESSING.

As my dishes have a lot of green salads with them then I have to give you the generic salad dressing.

You will find that you will be able to achieve your own level of perfection in this field. So, I am just giving you a basic dressing recipe.

PREPARATION TIME:

30 minutes

34

servings.

1 clove of organic garlic peeled and finely chopped.

1 tablespoon organic white wine vinegar.

209

1 tablespoon organic cider vinegar.

3 tablespoons organic olive oil.

1 teaspoon fresh herbs such as chervil, tarragon and basil.

Get a bowl and mix all these together with a fork.

I have a glass bottle I pour my dressing into and keep it in the fridge.

When required just pour it over your salad greens.

WALNUT DRESSING.

This dressing is a variation of the recipe above, make sure no one you are serving has a nut allergy.

Preparation time:

30 minutes.

34

servings.

INGREDIENTS

2 tablespoons chopped walnuts.

210

2 tablespoons organic extra virgin olive oil.

2 tablespoons balsamic vinegar.

2 tablespoons fresh orange juice. Or, squeeze two oranges by hand.

Sea salt to taste.

Fresh parsley as a garnish.

METHOD.

In a small bowl mix all the ingredients together, add the seasoning and then the parsley garnish.

This is delicious sprinkled on fresh green salad leaves. Serve with fritters or a light flan.

GARLIC OIL DRESSING.

If you have a small empty thin bottle then this would be ideal. Fill this with extra virgin organic olive oil, then add 4

peeled cloves of garlic. Seal. Leave this in the fridge for at least 1 week to allow the garlic flavours to saturate into the oil.

PREPARATION TIME:

30 minutes.

HERB OIL DRESSING

You can repeat the method with fresh herbs. This makes a lovely subtle dressing.

SUNDRIED OIL DRESSING.

211

Place sundried tomatoes into a bottle. This makes a lovely tomato scented oil.

If you have not time to make a dressing then these are a great standby.

COUSCOUS SALAD. (Wheat free but not gluten free)

You can substitute Quinoa for couscous to make it wheat free and gluten free.

PREPARATION TIME:

45 minutes.

46

servings.

This goes really well as an accompaniment to most dishes.

I like it with hummus, green salad and grated carrot.

INGREDIENTS.

100 grams couscous. / Quinoa (follow manufacturers cooking directions)

200 ml boiling water.

1 dessert spoon poppy seeds.

212

1 dessert spoon sesame seeds.

2 tablespoons tamari.

1 tablespoon organic tomato ketchup.

1 teaspoon yeast extract melted in 25 ml of boiling water.

1 teaspoon ginger root, peeled and chopped finely.

3 tablespoons organic olive oil.

1 tablespoon dried parsley.

1 red organic pepper, washed and de seeded and chopped into small pieces.

3 organic spring onions, washed and chopped finely.

2 sticks of organic celery, topped and tailed, washed and sliced finely.

3 small cloves of organic garlic, peeled and crushed.

METHOD.

Weigh out couscous. Pour into a mixing bowl and pour in the boiling water over the couscous.

Leave this to soak for 15 minutes.

Meanwhile, prepare the vegetables.

Now go back to the couscous and give it a good stir with a wooden spoon and break up all the lumps this makes it into a smooth bowl of grains.

Now spoon in the poppy seeds and sesame seeds.

As you can see this is rather a dry grain so I like to give it some moisture by adding a ginger flavoured sauce.

In a small bowl spoon in the tamari, then the tomato ketchup. Give it a good stir with a spoon.

Now, add the garlic and ginger.

Melt the yeast extract in a bowl and add this to the sauce above.

Now pour this into the couscous and mix.

This is your basic couscous common denominator.

To add some bright colours then fry up the vegetables.

Heat up some oil in a wok.

When it is hot throw in the celery, peppers and spring onions.

Begin frying, then sprinkle the parsley over the vegetables.

Fry for around seven minutes on a medium heat until the vegetables are soft and translucent and fully coated in parsley.

Now add these to the couscous and stir.

213

Transfer this into your favourite serving dish and place in the fridge to chill.

FISCH AND SHIPS or CHIFS AND HIPS.

Living near Whitby in the North east of England, famous for its connections with Captain Cook, Dracula and its renowned Goth weekends. It also has the best fish and chips in the world as another string to its bow!

So, I really wanted to recreate a vegan version of this most sought after Northern dish.

When you read about the ecological havoc fishing causes to the equilibrium of our seas and the ecological disaster we are heading towards then it is very important to stop eating fish.

At the moment it is an unsustainable food stuff and you will be doing Mother Nature a huge favour if you give it up.

If you are vegan because you are food intolerant then you will not find this recipe offensive.

However, to some vegans eating a replicated piece of fish is cryptonite to those holier than thou, hard core lot who abhor synthesised fish and meat products.

I have used butter beans and tofu to create the Fish and my own bespoke batter recipe.

Apparently, it is far more authentic if you put this in newspaper with an extravagant sprinkling of salt and vinegar, sit outside and imagine seagulls and the crashing of waves on the rocks below. This certainly is the best food in the world!

And no living creature harmed in the process.

214

FISCH FILLING.

Makes 4 fisches.

PREPARATION TIME: 2 hours. 20 minutes to fry.

4 servings.

INGREDIENTS.

280 grams organic firm tofu, drained the previous evening in a colander.

50 grams organic butter beans soaked overnight. Then cooked until soft and pulpy.

Or 1 tin of organic butter beans.

2 splash of organic lemon juice.

2 splash of tamari.

Sea salt and pepper to taste.

BATTER.

100 grams gram flour.

1 heaped tablespoon egg replacer.

1 tablespoon of organic olive oil.

500 ml non dairy drink.

6 tablespoons of sunflower oil to fry.

METHOD.

Make the batter first and place it in the fridge whilst you are making the filling.

In a medium sized non plastic bowl measure in the gram flour.

Spoon in a heaped tablespoon of egg replacer.

1 tablespoon of organic olive oil.

500 ml non dairy milk drink.

With the back of a fork break up all the lumps in the flour.

215

Now spoon in the egg replacer and mix, then add the olive oil and mix again.

Pour in the non dairy drink slowly mixing until it is a smooth batter.

When it has the texture of velvet then pour it into a jug and place in the fridge.

FILLING.

Now, make the filling.

Mash the tofu until it resembles whitish scrambled eggs.

Do the same with the butter beans making sure you drain them first. Mash the butter beans with a potato masher. Add a drop of butter bean water if it begins to stick in the masher. Then, add this to the scrambled tofu.

Combine these two ingredients. Mixing well with a wooden spoon. They should be soft and pulpy.

Splash in the lemon juice and tamari then add sea salt and ground pepper to taste.

Ideally this mixture should be moist but not soggy.

Wash your hands again and lightly flour with flour.

Place the spoonful on one palm and place your two hands together and squeeze gently to compact the butter beans and tofu together.

Try and make a shape 10 cms long and 5 cms across.

Keep revolving it in the palm of your hands covering in white flour.

On a chopping board lightly dust with flour and place this shape on it and keep moulding it into the required shape.

Keep washing and drying your hands then dusting them again in flour.

Repeat this until all the mixture is used up.

Place the finished fishes in the fridge on a plate and chill for at least 1 hour.

After one hour then remove the jug of batter from the fridge and pour this into a shallow bowl.

Dip the fish into the batter making sure it is all covered. I usually place the fish in the middle of the bowl sitting on

the batter then I spoon around it making sure it is all covered. Place this on a plate.

Repeat for all four of these.

Get your heavy based frying pan, pour sunflower oil in the base and heat it up on a medium heat .

Test it by dropping a small amount of batter in it, if it starts to bubble immediately then the oil is hot enough.

I usually fry two at a time . The less you fiddle with these the better. They will remain in one piece.

As they are frying take your spatula and gently lift the fish and just take a little peek underneath to make sure they

are browning. Batter has a tendency to stick, so it is a good idea to use a good quality metal spatula. Scrape along the

underside lifting the residue batter off the bottom of the pan. Keep pressing the fish shape down with the back of the

spatula. They are quite thick and they take a while to cook through. Turn the heat down to medium to cook them

through slowly.

Flip the underside over and fry until golden brown.

When both sides are nicely browned and the batter is set then take them out and place on a plate covered in kitchen

roll.

Check the heat on your hob for the next two and turn down accordingly if it is getting too hot.

These can be eaten straight away or reheated in a microwave for a minute.

You can eat these with home made organic chips and peas, or, eat them with seasonal vegetables and a creamy parsley

sauce. The association of ideas helps simulate the concept of the fish and eating carrots vichy which are carrots cooked in lemon juice seems to authenticate the fishiness.

216

NUT ROAST.

Another nonpulse dish is nutroast.

This is definitely not for anyone with a nut allergy. However, it is lovely and we still eat it on Solstice and other pagan festivity days.

Nuts have usually travelled long distances therefore it is advisable to eat them sparingly. Unfortunately, modern intensive farming techniques in England has made british nuts not the norm, however, if you can buy or gather nuts locally that would be fabulous. In our local wood the squirrels always get to the hazel nuts first!

I usually make two roasts and freeze one. I have a basic recipe but you can modify it to your individual tastes I make

them in a loaf tins which have been lined with a layer of baking paper.

I think a mixture of nuts rather than one variety of nuts is much tastier for a nut roast. It should bind together really

well but if it doesn't then just cover it with gravy, no one will know the difference. I let the flavour of the nuts speak for themselves and you do not need a lot of flavourings.

I think you can really mix and match with what you have in your cupboards and combine with individual tastes. I do

not add tomatoes to mine but if you wanted to make a tomato roast you could add a tin of organic chopped tomatoes.

217

It is a bit cheaper to eat tinned organic chopped tomatoes if you buy a tin of whole organic tomatoes then whizz them in the food processor. Alternately do what my son does and chop them whilst still in the tin using a long sharp knife.

Serve with roast potatoes, seasonal vegetables and lashings of onion gravy .

PREPARATION TIME:

2 hours.

4 servings.

Oven temperature 200degrees C.

Preheat

oven to 200 degrees Centigrade.

METHOD.

200 grams mixed chopped nuts (not peanuts)

2 large organic onions, topped and tailed, peeled and finely chopped

1 stick of organic celery, topped and tailed, washed and finely chopped.

125 grams organic mushrooms. Washed and dried on kitchen roll and sliced.

1 bulb of organic garlic peeled and finely chopped.

2 thick slices of wholemeal either grated into crumbs with a cheese grater or whizzed in the food processor.

1 large organic carrot, topped and tailed,scrubbed and grated.

2 tablespoons extra virgin organic olive oil.

2 tablespoons mixed herbs, basil, rosemary and oregano.

1 tablespoon tamari.

sea salt and freshly pepper to taste.

Get your heavy based frying pan and heat the olive oil up in it on moderate heat. Add onions celery and mushrooms and sprinkle mixed herbs on the top and fry until soft. Add the breadcrumbs. nuts and grated carrot. Add tamari and mix well. Then add the garlic and mix.

218

Line two bread tins with baking paper.

Pour the mixture in and level out the top with a blunt edged knife.

Place the tins in the oven and bake for 45 minutes.

Take them out of the oven when they feel firm and look brown on top.

Leave in the tins so the roast can set. Once the roasts are cool take them out of the tins use the edge of the baking

paper to lift the roasts out. Tear the baking paper into small pieces and compost. Place each roast on a plate to cool.

These keep really well. If you do not want to be rushed off your feet on the day of festivities you can make these roasts

the day before. Wrap the nut roast in kitchen foil and put it in the fridge. The roast will reheat in the microwave in 3

minutes on the day. You will be so glad that you have these ready made when you are busy with all the other

preparations.

Also, you can freeze the roast. Wait until it is cool put in a freezer bag and get it out 12 hours before you need it.

BUTTER BEAN AND BULGAR WHEAT CRUMBLE.

This is a tasty crumble and tastes like it is full of goodness. I put seeds in the crumble for extra nutrition.

I make a mushroom sauce which adds creaminess to the bulgar wheat. It is a moist crumble with earthy butter beans

which offer an extra bite to this dish.

Place butter beans on to soak the evening prior to cooking this dish.

Put oven to 200 degrees Celsius to preheat.

PREPARATION TIME:

90 minutes preparing vegetables, butter beans and bulghar wheat.

Cooking time : 25 minutes cooking time.

46

servings.

INGREDIENTS.

219

100 grams organic butter beans, soaked and cooked until tender.

50 grams organic bulgar wheat.

250 ml water.

3 medium sized organic onions, peeled and chopped.

4 cloves organic garlic. Peeled and crushed.

2 sticks organic celery, topped and tailed, washed and sliced.

1 organic carrot, washed or peeled, grated or placed in food processor and chopped finely.

34

tablespoons organic olive oil.

1 tablespoon mixed Italian herbs.

MUSHROOM SAUCE.

100 grams washed organic mushrooms, sliced finely.

50 grams vegan margarine.
50 grams white organic plain flour.
500 ml non dairy drink.

TOPPING.

2 stale bread crusts.
1 tablespoon sesame seeds.
1 tablespoon dried parsley.
1 teaspoon paprika.

METHOD.

Drain the butter beans and cover in fresh water in a large saucepan. Bring to the boil and simmer with the lid on for 4560

minutes. Keep checking on the beans and make sure they have enough water to cover and keep topping up with fresh water.

Once the beans are tender to bite then you can take these off the hob, drain and put to one side.

220

Now prepare the onions, celery, carrot. Prepare garlic and put to oneside.

Heat the cast iron frying pan and bring to heat.

Place the onions, celery and carrot and then sprinkle in the herbs.

Keep stirring until the herbs are mingled with the onions and celery.

Cook for around eight minutes on a medium heat.

Then take off the heat.

Add the drained butter beans and the garlic and leave on the side.

Pour in the bulgar wheat into a large saucepan add the water and bring to the boil.

Then simmer.

Keep checking on its status by stirring if it is beginning to use up all its water then add a bit more water.

Keep tasting, it should be soft to bite when cooked.

All the water should have been absorbed.

If not then drain it through a sieve and discard the water.

Now, add the bulgar wheat to the butter bean mixture.

MUSHROOM SAUCE.

Now, it is time to make the mushroom sauce.

Place a saucepan on the hob and heat up.

Spoon in the margarine and melt.

When the margarine has melted then place in the sliced mushrooms and fry until dark and soft

Now add the flour.

Stir this roux.

Slowly add the non dairy drink slowly and keep stirring.

If lumps form then use the back of your wooden spoon to press them against the edge of the saucepan.

Bring to the boil and as soon as it begins to bubble turn off the hob and move the pan to a cold heat proof surface surface.

Pour the mushroom sauce in to the butterbean and bulgar wheat mixture.

Give it a good mix then pour it into a casserole dish.

TOPPING.

Grate the stale crusts with a grater. Or, you can place the stale crusts into the food processor with the dried parsley and sesame seeds.

Give them a quick whizz.

Spoon this crumb mixture over the bulgar wheat, butterbean and mushroom sauce mixture.

Sprinkle the paprika over the top.

Place this casserole dish into the oven on a middle shelf and bake for 25 minutes.

It is cooked when the topping is brown and the mixture is beginning to bubble up from below.

I serve this with creamy mashed potatoes, steamed spring cabbage, steamed carrots and a parsley sauce.

221

BREAKFAST.

During the winter months there is nothing quite like a lovely hot bowl of porridge. Make it with water, a handful of omega seeds, whatever you fancy and a pinch of salt.

A fine example of the simplest foods are quite often the best. If you want to eat this the Scottish way even better. My

fondlest memories of Faslane Peace Camp are whisky porridge cooked over an open fire just before a demo.

A bowl of this will help fend off winter colds and hunger for a while.

A more authentic taste of Scottish porridge is achieved by soaking the oats and the seeds the previous evening.

Soaking also helps the oats to cook faster.

PORRIDGE.

PREPARATION TIME:

10 minutes.

23

servings.

222

INGREDIENTS.

100 grams organic oats.

500ml water.

1 tablespoon omega seeds.

METHOD.

Put all these ingredients together and bring to the boil, simmer until the oats have softened.

Serve and eat whilst piping hot.

BAKED BEANS ON TOAST.

This is a snack which I have to incorporate in this book because my husband says so. I must admit it has been a

lifesaver on many occasions and has the old adage it is simple but tastes wonderful, especially when you are famished.

This is a great fail safe in a cafe or restaurant when faced with blank looks at the mention of veganism.

Most eating out places have baked beans in their kitchens.

PREPARATION TIME:

20 minutes.

12

servings.

INGREDIENTS.

1 tin of organic baked beans.

223

2 slices of wholemeal toast per person.

Vegan margarine.

Black pepper to taste.

METHOD.

Open the tin of baked beans and empty into a saucepan and heat up slowly, bring to the boil then simmer and stir making sure the beans all heat through.

Meanwhile place the slices of wholemeal in the toaster or under the grill and toast evenly on both sides.

Place the toast on a dinner plate and cut the toast in half. Spread the margarine on each slice. Now spoon on the beans onto each slice of toast.

Sprinkle with a pinch of black pepper to finish.

Here is the perfect meal, quick tasty and nutritious.

SWEETS AND DESSERTS.

BREAD AND BUTTER PUDDING.

PREPARATION TIME:

1 hour.

4 servings.

10 minutes preparation.

Oven temperature 200 degrees C.

INGREDIENTS.

5 slices of torn up stale bread. White or brown /wholemeal or both.

224

100 grams organic fair trade sugar.

1 litre organic soya milk.

50 grams sultanas.

2 teaspoons cinnamon.(optional)

METHOD.

In a large casserole dish place five slices of stale bread torn up into bite sized pieces. Sprinkle over sultanas and sugar.

Add milk and make sure the bread is covered in milk.

Sprinkle the cinammon (optional)over the top.

Place in oven at 200 degrees celsius for 45 minutes or until brown on the top.

If you are eating a light first course then this makes a perfect pudding. We like it served with custard .

CINAMMON APPLE PIE.

This is a pudding you can make any time of year . English cooking apples are usually on the supermarket shelves or in market stalls.

I use an organic mixed grain malthouse flour for this. I mix it with an organic country fayre malted brown flour.

The cracked malted grains give this pie a crunchy texture.

PREPARATION TIME:

30 minutes pastry making.

10 minutes to cook apples.

46

servings.

Preheat

oven to 200 degrees Celsius.

225

Cooking time: 3040
minutes.

1 dinner plate.

INGREDIENTS.

100grams organic country fayre malted brown flour.

200 grams organic country fayre malted brown flour.

100 grams vegan margarine.

2 tablespoons fairtrade sugar.

200 ml water.

1 teaspoon sea salt.

1 teaspoon cinnamon.

Sprinkle of sugar for topping.

Splash of non dairy drink for topping.

FILLING.

3 large organic English cooking apples. Peeled and sliced.

1 teaspoon cinnamon.

2 tablespoons fair trade sugar.

1 teaspoon salt.

A splash of chilled water.

METHOD.

In a large mixing bowl measure the country fayre flour and the malted brown flour.

Then break in the margarine.

Sprinkle in the salt and the cinammon.

Now rub in the margarine to make fine crumb like texture.

Add the sugar.

Pour in the cold water and mix with a butter knife.

When it has formed into a moist lump of dough cut it in half and place in the fridge to chill.

226

Now, peel the apples and slice. Either put into baking bowl and microwave for six minutes with the cinnamon and sugar then cook until mushy.

Or, place sliced apples into a saucepan with a splash of water, cinnamon, sugar and bring to the boil slowly.

Put to simmer for five minutes until the apples are mushy.

When the pastry dough is chilled to the touch remove it from the fridge.

On a chopping board sprinkle a dash of flour and place one half of the dough and roll it to slightly larger than the size of the dinner plate.

Grease the plate with a tiny dab of margarine and throw the pastry over the plate.

Stretch the pastry over the edge.

Leave the excess pastry overhanging.

Now, spoon in the cooked apple sauce. If it is very hot leave it to cool for a while.

Now you can sandwich the two together, top pastry and bottom pastry.

Put its hat on and then crimp both edges together.

Use your forefinger and thumb for this and keep dipping them in flour if they are becoming soggy.
Then you can cut off the excess. Use a sharp bladed knife and holding the plate at eye level cut along the edge. As you get more expert you will be able to rotate the plate whilst cutting.
This leaves a neat edge along the circumference of the pie.
With the waste pastry you can make a small decoration to put in the middle. Splash some non dairy liquid over the top , sprinkle some sugar and press down your decoration.
Place in a preheated oven at 200 degrees Celsius.
Bake for 30-40 minutes.

When the pastry sounds hollow to tap and it is golden in colour then it is ready.
APPLE CRUMBLE.

PREPARATION TIME:

1 hour.

4 servings.

1 baking bowl.

1 medium casserole dish

Oven temperature; 200 degrees C.

227

This is lovely in August when there is an abundance of apples on the trees and when seasonal English Bramley's are in the shops. If you are using windfall apples then adjust the amount as they tend to be smaller than Bramley apples.

FILLING.

4-6

large Bramley or English cooking apple peeled cored and sliced. If you have not a corer then slice down the sides of the core.

Compost peel and core.

100 grams organic Fair trade light demerara sugar.

A pinch of cinnamon.

TOPPING.

200 grams wholemeal/ buckwheat organic flour.

50 grams vegan palm oil free margarine.

50 grams fair trade light demerara sugar.

1 small knob vegan palm oil free margarine.

A pinch of salt.

A pinch of cinnamon.

METHOD

In a medium sized pudding basin place apples and sugar and small knob of vegan margarine.

Put sliced apples in bowl if you add a splash of lemon juice this stops the apple browning.

Then put in microwave for three minutes until soft.

Add cinnamon. Then stir, this is the filling.

CRUMBLE.

In another bowl pour in flour and salt.

Add margarine and with thumb and forefinger mix until it is a fine crumb mix, if you have any crumbs add 50 grams.

Mix again until it is a lovely texture for the topping.

Add the cinnamon. If crumble mixture becomes too sticky just add more flour. Cooking is very much a case of mix and match, taste and texture and adding the essence of one's soul.

Put a small bit of margarine on a small bit of kitchen roll and grease the bowl around the sides. In a medium sized

228

casserole dish place apple mixture in bottom.

Then add the crumble mix on top of the apple.

You can add more cinnamon if required.

Bake in oven for 30-45

minutes at 200 degrees Celsius.

Until brown on top and the apple is bubbling through the sides.

Serve with vegan custard, sometimes we just have this for lunch, delicious.

When rhubarb is in season you can substitute this for apples or have half in half. If you have room in your garden a

crow of rhubarb is very useful. It thrives really well in cold temperatures and the rhubarb always does really well in

our North Yorkshire garden.

APPLE AND BLACKBERRY PIE.

This is so gorgeous when the blackberries are out in late August. Make a day of it and take the kids, they love

brambling. Always choose a patch which is down an unused road or away from traffic fumes. If you have a garden

plant a blackberry bush and you will never have enough of blackberry wine, jam and crumbles and pies.

PREPARATION TIME:

1 hour and 20 minutes.

4 servings.

1 large mixing bowl.

229

1 large oven proof dinner plate

INGREDIENTS.

PASTRY.

400 grams organic flour. (use half wholemeal half plain white)

100 grams vegan margarine.

2 tablespoons organic sugar.

Refrigerated cold water to mix.

1 pinch Sea salt.

Blackberries (as many as you can pick until you are sick of the sight of blackberries.)

6 large organic Bramley apples.

1 pinch of salt.

2 tablespoons organic demarara sugar.

1 large ovenproof dinner plate

METHOD.

Put oven to 200 degrees Celsius.

Thoroughly wash your hands. Dry in plain air or on kitchen roll. In a large baking bowl pour in the flour, sprinkle in

salt. Add margarine. With thumb and forefinger rub in the margarine into the flour. In the end it should resemble

fine crumbs. Then, put sugar in the crumb like mixture and mix.

Fill a cup with some cold water and add water to the breadcrumb mixture a tiny bit at a time. I usually use a butter knife and keep stirring in the water until the dough is manageable and not too wet.

Cut the dough in half. This is the top and the bottom of your pie. Dust some flour onto a chopping board and put one half of the pastry on this. Roll this out to slightly larger than the size of the plate. Rub some margarine on the plate and place the pastry on it. If there is an overlap just leave this and place it in the fridge. The overhanging allows you to crimp both top and bottom later.

Meanwhile prepare the fruit. Peel and slice the apples and place in a large pan. Add a pinch of salt. Wash the blackberries, place them in a colander and run warm water through them. Pick through them for grubs as well. Place them in the pan with the sliced apples add the sugar and cook through slowly. It is ready when the apples are soft. Put the cooked blackberry and apple to one side.

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Roll out the other piece of pastry. Take the cooked fruit and with a slotted spoon lift the blackberry and apple and place on the bottom refrigerated plate of pastry. Then, with the top piece of pastry place over the fruit. With your finger and thumb crimp together the edges, it may ooze a bit but do not worry. Now, pick up the plate and hold it at eye level and with a sharp knife run along the edge of the plate cutting off the excess pastry.

This left over pastry can be used to make a little decorative leaf shape to place on the middle.

Cut three small slits on the top of the pie, to allow it to breathe. Then, sprinkle non dairy milk over the top then a dash of sugar.

Place in a pre heated oven on the middle shelf for 25 to 30 minutes. It is cooked when the top is nicely brown.

Take out of oven and cut into meal sized portions and serve with custard or vegan ice cream.

VEGAN CUSTARD.

PREPARATION TIME:

20 minutes.

4 servings.

1 small bowl for mixing custard powder into paste.

1 large pan for boiling milk.

Vegan custard powder can be purchased in your health food shop. This is lovely and will go with most sweet courses.

231

METHOD

1 litre of soya milk or non dairy milk of your choice.

2 tablespoons vegan custard powder.

2 tablespoons fair trade sugar.

In a pudding basin mix the custard powder with some of the litre of milk until you have a smooth paste.

Add the sugar and mix.

In a heavy based saucepan pour the milk and bring to the boil.

When it is bubbling add the milk into the custard paste mix then pour this back into the saucepan, take it off the heat it should thicken.

There you have it lovely custard delicious and creamy.

BANANA CUSTARD.

This is mouthwatering .

METHOD.

Scatter four peeled and sliced organic fairtrade bananas into the sauce.

Serve as a pudding following a light lunch.

My husband had an encyclopedia when he was young which asked what food was the best in the world and the answer was the banana.

To a certain extent this is true especially where carbon is an issue.

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A banana is responsible for only 80 grams of carbon but it is really great value packed with loads of nutrients, vitamin

C, vitamin B6, potassium and fibre and only 140 calories. They are grown naturally so do not use hot houses, they

arrive by boat and they have their own packaging , they are also wearing their own natural little yellow coats which

can be thrown in to your little green bin.

Bananas emit ethylene which hastens the ripening process in fruit. It is important you store the bananas away from

your other fruit and vegetables.

TOFU STRAWBERRY CHEESECAKE.

I cannot write a book without letting you know my secret cheesecake recipe.

This is a superb easy cheesecake to

make and you will not miss your dairy in this.

I have used strawberries as we pick them at local farms in season, however, you can use any seasonal fruit you wish.

In winter I use cocoa and lemon juice for chocolate and lemon cheesecake respectively. Strawberries are not only

really high in vitamin C but also taste gorgeous.

PREPARATION TIME:

2 hours 15 minutes.

4 servings.

233

1 medium sized flan dish.

Oven temperature: 200 degrees Celsius.

INGREDIENTS.

BASE

1 packet of vegan oaty biscuits available from most food retail outlets.

3 Tablespoons of vegan margarine

FILLING.

1 Block silken organic tofu.

3 Tablespoons fairtrade sugar.

1 teaspoon vanilla essence.

1 punnet of strawberries or seasonal fruit halved.

In a shallow cake tin place some baking paper in bottom. Slightly overlapping the top of the flan dish.

Place the vegan oaty biscuits and the margarine in a food processor whizz for a second until they are well mixed. Or,

put the biscuits in a bag and bash with a rolling pin, empty the bashed biscuits in a bowl and mix in the margarine until it forms a solid base.(I recommend this method for imagining it is the head of a politician, a Peer with financial interests in oil and gas exploration or a company director of an energy company))

Place in the bottom of the flan dish and press down with the back of a tablespoon smoothing it and making it even as you go.

Place this in the fridge to chill.

For the filling, place tofu and sugar and vanilla essence in a food processor and whizz or place all these in a bowl and mix with a fork until smooth.

Spoon this over the chilled base.

Put in oven at 200 degrees C for 30 minutes to 45 minutes until firm to the touch.

Take it out to cool.

Place halved strawberries with the stalks and leaves intact. This makes it look so pretty.

Slice into portions.

Serve with soya cream.

234

LEMON MERINGUE PIE.* Wheat intolerance.

This is always a challenge to vegans and there are a few recipes out there. I have used a rice flour for the pastry so it is edible by those of you who are wheat intolerant. This is a three tier recipe and will take some time and patience. Fresh zest and lemons make this bursting forth with vitamin C and tang. It is not exactly what a vegetarian would think of as the genuine article however, it is quite close considering it has no egg whites in it. Think of it as a lemon pie with a sugary topping.

PREPARATION TIME:

2 hours.

46

servings.

Preheat

oven to 200 degrees Celsius.

235

A medium sized flan dish 23 cms x 23cms.

PASTRY CRUST.

100 grams rice flour.

100 grams buckwheat flour.

50 grams vegan margarine.

1 pinch sea salt.

1 tablespoon sesame seeds.

50 grams fair trade sugar.

1 tablespoon organic lemon juice.

100 ml cold water.

FILLING.

6 tablespoons rice flour.

600 ml non dairy milk drink.

100 grams fair trade light brown sugar.

Juice of 2 lemons.

Zest of one of these lemons.

TOPPING

1 tablespoon Agar flakes.

1 tablespoon Xanthion gum.

1 heaped tablespoon egg replacer.

200 ml cold water.

4 tablespoons fair trade sugar.

1 teaspoon vanilla extract.

236

2 fresh organic lemons squeezed.

One of these grate the zest.

METHOD.

First of all make sure your oven is on to preheat to 200 degrees Celsius.

Make sure your hands are washed and clean.

In a large medium mixing bowl measure the two kinds of flour. Spoon in the margarine and break it up into

manageable sized chunks. Rub this into the flour until it resembles breadcrumbs. Spoon in the sugar and the seeds.

Pour in the chilled water and lemon juice. Mix the liquid in until it has formed a dough.

Place the dough in a bowl and place in the fridge.

Meanwhile, make the filling.

In a heavy based saucepan slowly pour in the non dairy milk and spoon in the flour. Place it on a medium heat and

heat up whilst continually stirring. It should begin to boil and when it begins to bubble take it immediately off the heat

and keep stirring. Now you can add the lemon zest and fresh lemon juice.

Put this to one side.

Go to the fridge and take your dough out.

On a chopping board sprinkle some flour on the surface. Place the dough on the flour and lightly dust your rolling pin

and roll the dough out to fit the flan dish. On the base and sides.

Carry it folded in half to the dish then spread it out to fit the dish.

Once it is in place prick the sides and the base with a fork. Now crimp the sides, then trim along the edges.

This is the pastry case and you are ready to bake it.

Place it on the medium shelf in your preheated oven.

Bake this for 20 minutes until the bottom sounds hollow when tapped.

Now it is time to make the topping.

If you are really expecting a perfect replica meringue then I afraid you will be disappointed as this is more like a sugar

topping. It is still tasty though.

In a saucepan spoon in Agar flakes and Xanthion gum. Cover in water and leave for 5 minutes.

Then, add the egg replacer, water, sugar and vanilla extract. Squeeze in the lemon juice and grate in the zest.

Bring this slowly up to the boil and keep stirring with a wooden spoon.

When it begins to bubble take it immediately off the heat.

Spoon in the filling into the blind baked crust and then add the topping, try forming it into peaks using a fork.

Bake this in the oven for 25 minutes until it is slightly brown on the top. When the time is up take it out the oven, let it cool slightly and slice into portions. Pour yourself a cup of tea and indulge yourself in a piece of vegan lemon meringue pie.

237

RICE PUDDING.

This is lovely and homely and perfect for a pudding after a low carbohydrate meal. I use white rice for a change as I find the rice ought to look really white and creamy.

4 servings.

PREPARATION TIME:

5 minutes.

238

COOKING TIME:

1 hour – 90 minutes.

1 large casserole dish.

Oven temperature 200 degrees C.

METHOD

175 grams white organic long grain rice.

1 litre non dairy milk.

100 grams sugar.

Get a large casserole dish and place rice in bottom then milk and finally add sugar.

Place in oven check after 45 minutes and stir if it is looking a little dry then add more milk, after one hour stir again

and check milk level after 90 minutes it should be brown on top and rice softened when baked. The milk should have

been absorbed into the rice leaving it slightly moist.

Serve in bowls and add milk and sugar.

SULTANA SCONES

These are scrumptious served with afternoon tea, whip some silken tofu with a dash of sugar and spoon this over a

jam laden scone. Totally decadent but everyone is allowed a little indulgence every now and again. You can add glaze

cherries if you wish as well as or instead of the sultanas.

PREPARATION TIME:

50 minutes to prepare and bake.

46

servings.

239

1 long shallow baking tin 22cms x 34 cms.

1 large mixing bowl.

1 wooden spoon

1 wire rack for cooling.

Preheat

oven to 200 degrees Celsius.

INGREDIENTS.

225 grams white organic self raising flour.

50 grams vegan margarine.

75 grams organic fair trade sugar.

100 grams sultanas/ 50 grams cherries/ 50 grams organic sultanas.

1 pinch sea salt.

Non dairy drink a few splashes, enough to make soft dough.

1 baking tray

1 sheet of baking paper.

Scone cutter 5 cm width.

Rolling pin.

Non dairy milk to coat prior to baking.

Oven Temperature 200 degrees Celsius.

Time : Bake 1520

minutes until brown on top.

METHOD.

Wash your hands. Place the flour in a mixing bowl and break up any lumps. Add the margarine then add some salt.

With your fingers break up the margarine and mix in the flour. Just rubbing the margarine and the flour between

your fingers and thumbs you will eventually achieve something like breadcrumbs. Then add sultanas /cherries and

sugar and mix well. Add the non dairy drink. It should be a soft but not a soggy dough, add the liquid very sparingly

then mix with a wooden spoon and add a tiny bit more non dairy milk until you have a manageable dough texture.

Place the dough on a lightly floured surface. Roll the dough so it is about 3cms high keep dusting lightly with flour if

the rolling pin sticks to the dough. Cut out the scone shapes with a five cm scone cutter.

Line a baking tray with baking paper and place the scones on this leaving two cms space between them. This allows

them to expand nicely. Pour some non dairy milk into an egg cup and dip your fingers in this and brush the top of the

scones. Splash some non dairy milk on the tops as this will help them to become a lovely golden brown colour on the

240

tops.

Place in the oven preheated

to 200 degrees celsius. Check on the scones after 15 minutes, they are cooked when they

are brown on top.

Take out of oven and place on wire tray to cool down a little.

We usually eat them when they are warm. They are delightful eaten fresh. In my house they very rarely make it into

the air tight tin.

SAVOURY SCONES.

PREPARATION TIME:

30 minutes.

Cooking time:

25 minutes

46

servings.

Preheat

oven to 200 degrees Celsius.

241

These are an equivalent to a cheese scone. They are gorgeous warm served with vegan margarine.

It is a sneaky way to get seeds and nutritional yeast flakes into your diet. They make a great mid morning or mid afternoon snack especially if you are feeling peckish.

I find the spelt flour gives these a nuttiness and the seeds a lovely wholemeal earthiness to this scone.

I remember back in the 60's the only flours you could buy was plain or self raising white flour. It is wonderful to see these old fashioned flours resurrected and on sale in the shops.

INGREDIENTS.

100 grams spelt flour.

100 grams self raising flour.

50 grams vegan margarine.

1 teaspoon alfafa seeds.

1 teaspoon poppy seeds.

1 teaspoon sesame seeds.

1 tablespoon nutritional yeast flakes.

150 ml non dairy drink.

1 teaspoon sea salt.

METHOD.

Wash your hands thoroughly.

In a medium sized mixing bowl measure out the flours and pour in the bowl.

Add the salt and the margarine.

Break up the margarine into smallish pieces and begin rubbing in to the flour using the thumb and forefingers.

Continue rubbing until the mixture resembles fine crumbs.

Now, spoon in the seeds and mix with a wooden spoon.

Pour in the milk slowly.

Mix with a wooden spoon until it is forming a lump of dough.

On a chopping board lightly dust with spelt flour.

Place the lump of dough on this with your hands form it into a shape 3 cms high.

There is no need to roll it just use the palms of your hands.

I find where baking is concerned it is better to be more tactile and use your hands if you can instead of utensils.

I find it makes you more in touch with the medium you are working.

Now get a five cm across scone cutter and cut out the shapes.

You should get ten scones.

Place these on a shallow long baking tin covered in greaseproof paper.

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Dab with some non dairy drink, pour some into an egg cup then dip forefinger and middle finger into drink and smooth the drink on the top of the scone.

This will give these scones a lovely golden look.

Place in a preheated

oven at 200 degrees Celsius.

Slide it onto the middle shelf and leave for 25 minutes.

Take the tray out after 25 minutes and lift the scones on to a plate.

You can eat them straight away.

Heavenly with a hot cup of tea herbal or otherwise.

FARMHOUSE CARROT CAKE.

This is a mouthwatering recipe for carrot cake it is really easy to make. However, it does take a while to cook. Always fill the oven with other munchies to justify the energy use. You can use tired carrots in a cake. I tend to use carrots from later on in the growing season as they seem to make a lighter carrot cake.

PREPARATION TIME:

10 minutes preparing raw ingredients.

2 hours cooking time.

243

46

servings.

Preheat

oven to 190 Celsius 1 hour

Turn to 160 degrees Celsius 1 hour.

1 large baking bowl.

9 cm by 19 cm deep cake tin.

Baking paper to line the tin.

INGREDIENTS

225 grams grated organic carrots.

130 grams organic sultanas.

125 grams organic self raising white flour.

125 grams organic self raising wholemeal flour.

125 grams organic fair trade brown sugar.

1 teaspoon cinnamon.

1 teaspoon ginger.

1 tablespoon pumpkin and sunflower seeds.

8 fluid ounces organic sunflower oil.

7 fluid ounces cold water.

A pinch of sea salt.

A dash of organic white wine vinegar.

One half teaspoon vanilla essence.

METHOD.

In the baking bowl place all the dry ingredients with the carrots. Stir this with a wooden spoon.

Then add the wet ingredients, stir it all together. If it is a bit too moist then add a tablespoon of wholemeal flour. Keep

adding flour until it is just moist and not soggy. If it is too wet it will take ages to cook through.

244

Line the baking tin with baking paper. Then spoon in the cake mixture.

Place in the middle shelf and cook at 190 degrees Celsius for one hour, then, turn it down to 160 degrees Celsius for another hour.

Take it out making sure your hands are protected as it will be very hot. With a butter knife stab it in the middle of the cake making sure you hit the bottom. If it comes out clean then it is cooked through. If it still has mixture on the knife

then put the cake back in the oven and place a sheet of baking paper over the top. Keep checking every five minutes, placing the knife down the same incision. Repeat this until the knife comes out of the cake clean.

Leave the cake in the tin for another hour until it has cooled. Carrot cake really comes into its own with a butter icing.

I sprinkle almonds and walnuts over the top of the icing on the cake. Not only does the icing make the cake look appetising it also covers up any imperfections on the top of the cake.

'BUTTER ICING'

PREPARATION TIME: 30 minutes.

INGREDIENTS.

80 grams vegan margarine.

125 grams icing sugar.

1 teaspoon vanilla essence.

1 tablespoon organic lemon juice.

Walnuts and almonds to decorate.

METHOD.

In a large mixing bowl measure the margarine then slowly sift in the icing sugar keep stirring with a wooden spoon.

When it is in a buttery lump then add the lemon juice and vanilla essence.

It should be soft and spreadable at this stage. With a spoon place it on the cooled surface of the cake then spread it with

a knife. You can leave it all swirly or smooth it is entirely up to your own creativity.

Then place almonds and walnuts over the top.

Put the kettle on, warm the teapot and spoon some tea leaves in the warmed pot and make a lovely cup of tea. Cut a

piece of cake and put your feet up in a relatively tranquil space and indulge yourself in cake heaven.

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CARROT, CHERRY AND ALMOND CAKE.*

PREPARATION TIME:

30 minutes.

COOKING TIME: 1 hour at 180 degrees, turn down to 120 degrees Celsius 30 minutes.

46

servings.

Preheat

oven to 180 degrees Celsius.

1 large mixing bowl.

1 wooden spoon.

246

1 cake tin 9 cm deep. Lined with baking paper.

This is a tempting light cake to give those who cannot take wheat. I use a self raising soya flour and it is delicious with afternoon tea.

INGREDIENTS.

225 grams organic carrots, washed and grated.

100 grams coconut.

175 grams sultanas.

175 grams soft fair trade organic sugar.

250 grams self raising soya flour.

50 grams flaked almonds.

100 grams glace cherries, sliced.

150 ml organic sunflower oil.

100 ml water.

1 tablespoon mixed spices.

1 tablespoon omega seeds or pumpkin and sunflower seeds.

1 teaspoon vanilla essence.

METHOD.

In a large mixing bowl put in the grated carrots.

Then add the flour.

Coconut, sultanas, sugar, flaked almonds, cherries. Stir all these ingredients with a wooden spoon then spoon in the spices the omega 3 seeds and pour in the vanilla essence.

In a medium sized measuring jug measure out the water and pour into the mixture.

Then measure the oil into the jug then pour into the cake mixture.

Keep stirring until it is all folded in on itself.

Then pour the mixture into the lined cake tin.

Place on the middle shelf at 190 degrees for one hour.

Turn down to 120 degrees for 30 minutes.

Test by putting a knife down the middle if it comes out clean then the cake is ready.

Put it to cool.

247

This is fine with or without icing. Slice it into portions and enjoy.

CHOCOLATE CAKE.

PREPARATION TIME:

1 hour.

45

servings.

Oven Temperature: 180 degrees C.

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One cannot divulge recipes for wannabe vegans without giving you an infallible chocolate cake recipe.

This actually rises more than a conventional egg one. I know it seems strange to add vinegar but you do not taste it and it is essential to making it rise.

You will need two shallow cake tins 20 cm deep by 160 cms wide.

Baking paper to line. This makes it easy to lift out of tins when the cake is cooked.

PREPARATION TIME:

10 minutes.

COOKING TIME.

3045

minutes cooling time.

30 minutes cooking time.

INGREDIENTS.

125 grams organic fairtrade organic sugar.

170 grams organic white self raising flour. Sometimes I use half wholemeal and half white, this makes it a bit nuttier.

One half a teaspoon of sea salt.

Three quarters teaspoon bicarbonate of soda.

75 ml organic sunflower oil.

1 teaspoon vanilla essence.

2 teaspoons organic white wine vinegar or cider vinegar.

200 ml cold water.

METHOD.

Mix sugar, cocoa, salt flour and soda. If you are using wholewheat flour then sieve and throw the residue bran in afterwards.

Add oil, vanilla essence and vinegar and the cold water.

Mix with a fork until it is all combined to make a thick batter.

Get two shallow cake tins and line with baking paper. Leave an overlap so you can grasp both sides and lift when cooking is completed.

Pour cake mixture in and bake at 180 degrees C for 30 minutes. It should have risen and be firm on the top.

249

Take out of oven and leave to cool. When cool you can take the cakes out of the tins. The best way to do this is to

grasp the overlapping baking paper and gradually ease the paper upwards and it should come out of the tin paper and

cake together. Peel the paper off and place both cakes on a wire tray. When the cakes are completely cool then they are ready to be iced.

CAKE FILLING.

PREPARATION TIME:

20 minutes.

Sandwich this with butter cream icing, a euphemism for vegan margarine icing. 1 tablespoon vegan margarine.

45

tablespoons icing sugar.

TOPPING METHOD.

One medium sized bar of organic dark vegan chocolate.

For the topping melt a bar of vegan chocolate. Place a bowl over a pan of boiling water. Break in the chocolate pieces into the bowl, after a while the chocolate will melt.

Or, you can break the chocolate up into pieces and put in a microwaveable bowl. Microwave on a medium setting until the chocolate is melted.

While it is hot, spread over the top and leave the cake somewhere cool to set.

SANDWICH FILLING METHOD.

In a large mixing bowl put one tablespoon of vegan margarine then add icing sugar mix until it is the consistency of creamy icing you may need to add more icing sugar.

Wait until the cake is cool and on one side spread the butter icing, if you wish to add a layer of jam this will make a kind of Black forest Gateaux. You could spread this on the other topside of cake.

Place both sides on top of each other.

Offer this to a non vegan they will not miss their eggs.

If you haven't time to ice this then a sieved dusting of icing sugar looks just as lovely.

Divide into portions and eat.

This keeps quite well in an airtight tin, take it to work as part of your packed lunch.

250

FLAPJACK.

You have already read a lot about flapjack and so here is the recipe. This is a basic one and you can tailor it to your needs with whatever ingredients you have hand

PREPARATION TIME:

1 hour.

46

servings.

Oven temperature; 200 degrees C.

You

251

METHOD.

200 grams organic small porridge oats.

150 grams vegan margarine.

100 grams sugar.

50 grams omega seeds.

1 teaspoon alfafa seeds.

1 teaspoon poppy seeds.

50 grams organic dessicated coconut (optional)

23

tablespoons organic syrup.

I put all these ingredients in a bowl and place it in the microwave for two minutes, however, you can place margarine

and syrup and sugar in pan and heat up to melt the ingredients. Then add oats.

Get a long shallow baking tray and line with baking paper.

Mix all the flapjack mixture together if it looks a bit sloppy then just put more oats in, flapjack is very much mix and match.

So spoon the flapjack into the tray. Place it in oven for ten minutes at 200 degrees C.

Check that is brown on top, if not put it back for five minutes.

When it is all browned on the top then take it out of the oven.

Place it aside to cool.

Score it into squares.

If you like flapjack crunchy. When it has cooled down get a spatula and turn the squares over.

Put it back in the oven to brown the other side.

This normally takes between five and ten minutes.

Take the flapjack out the oven to cool. Transfer it to a plate and eat immediately.

It will keep for two to three days in a airtight container.

252

ALMOND SLICE.

This is such a favourite in our house. We eat this for afternoon tea and everyone loves it.

PREPARATION TIME:

60 minutes to prepare pastry and bake slice.

1 rectangular shallow greased tin 30cms x 22cms.

Put oven to 170 degrees Celsius.

INGREDIENTS.

PASTRY.

253

225 grams wholemeal flour.

75 grams vegan margarine.
1 pinch salt.
Water to bind.
75 grams fair trade sugar.
Medium sized mixing bowl.
Wooden spoon.

METHOD.

Pour flour and salt into the bowl. Break the margarine into the flour and mix into fine breadcrumbs then add the sugar and mix with a butter knife. Add the water to make a dough. On a lightly floured surface roll the pastry out. Transfer this to a greased shallow tin. Put on one side cover and place in the fridge whilst you make the filling.

FILLING.

1 teaspoon of almond essence.
3 Tablespoons of organic raspberry jam.(homemade if possible)
15 grams flaked almonds.
125 grams fair trade sugar.
75grams melted margarine.
50grams semolina.
50grams ground almonds.

METHOD

Take the pastry tin out of the fridge. Using a wooden spoon smear the jam over the pastry. Mix together all the other ingredients. except the flaked almonds.

Pour this over the jam, then add the flaked almonds sprinkling them liberally.

Bake in a preheated

oven for 20-30

minutes or when it is golden brown on the top.

254

CRUMBLY CREAMY OAT BISCUITS.*

PREPARATION TIME:

10 minutes to form into biscuit shapes.

15-20

minutes baking time.

Makes 7 biscuits.

I always find that home made biscuits go down a treat in my house. Especially yummy when they are freshly out of the oven. The aroma wafting from your kitchen will be pure nostalgia. These are very crumbly so, make sure you put them on a large plate. I love eating these with my mug of freshly made organic tea, so go on and indulge yourselves.

These are totally awesome.

1 large dessert spoon or table spoon.

1 wooden spoon

255

1 large mixing bowl.

1 greased baking tray.

Put oven to preheat

to 180 degrees Celsius.

INGREDIENTS.

200 grams organic medium sized oats.
100 grams organic fair trade soft brown sugar.
200grams dairy free/free from margarine

METHOD.

Believe it or not that is all you need, they are so simple.

Measure margarine and sugar into a bowl.

With your wooden spoon give these a good beating until it looks fluffy. Then add the oats, give this a good beating also.

You can add more sugar if you want your biccies really sweet.

Place a sheet of baking paper on the baking tray and spoon the mixture on this.

I generally can fit six to seven biscuits

on here.

Place on middle shelf for 15 minutes and if they still look very soft then keep in the oven. They are cooked when the bottom is beginning to brown.

Lift these carefully with a metal spatula onto a wire tray to cool. These biscuits firm up as they get cooler, so do not

worry if they look insipid and soft when they are first out of the oven. They will be successful.

These keep really well in an airtight tin so you can just multiply the ingredients depending on how many biscuits you want to make.

TOFFEE APPLES.

These are great fund raisers at a Bonfire party. I have given a recipe for four you can then adjust the amount of apples to suit numbers.

PREPARATION TIME:

1 hour.

INGREDIENTS.

4 organic Cox apples.

500 grams organic white sugar.

256

150 ml water.

80 grams hundreds and thousands.(optional)

METHOD.

Wash the apples and dry.

Skewer the apples with lolly sticks or thin pieces of smooth sustainable wood.

Place the sugar and water in a large saucepan and bring to the boil gently.

Keep stirring with a wooden spoon. When

the sugar is dissolving turn up the heat then allow the liquid to boil it should turn a golden caramel colour.

Plunge each apple into the syrup. Keep the syrup fluid by putting it back on the hob to heat.

Then lie them on a lined shallow baking tin. If you fancy, roll them in hundreds and thousands (sugar strands)

whilst they are wet and dripping in syrup.

Leave to dry and harden. Children and big children love these or anyone with a sweet tooth. Make sure you have a wet

flannel handy for sticky hands.

INGREDIENTS.

PREPARATION TIME:

45 minutes

HOMEMADE ALMOND MILK.

This is great dairy alternative to make your self at home. I love this and there is no packaging either. This is one way to

use up your old cheesecloth tops as they make great sieves. If you have not one handy then use muslin cloth.

I buy the ready blanched almonds from my Health Food shop. However, if you are unable to buy these then you can do this yourself.

INGREDIENTS.

350 grams blanched almonds.

Filtered water. Enough for 5 cups.

METHOD.

257

Place the almonds into some ready boiling water. Leave for three minutes.

Strain and place the almonds on a tray to

cool. When they have cooled down then pop the outer skins. Compost the skins.

Then place the blanched almonds into the liquidiser and fill up to the five cup mark with filtered water.

Give it a good whizz on high.

When it has reached a creamy milky colour then sieve it.

I usually place my old clean piece of cheesecloth over the top of a bowl tucking it in under the bottom.

Pour the almond milk through the sieve.

Discard the bits on the cloth into the compost.

You can add some sugar if you would prefer.

You can mix and match how you like your milk, I prefer mine thick and creamy just add more nuts or less water depending on your preference.

In a sterile glass bottle place the funnel and pour in the milk and place on a lid if you have one. If not use a clean piece of cloth and place over the opening and fasten with a ribbon.

Keep refrigerated. Use up within 3 days.

HOMEMADE BERRY MILKSHAKES.

These are refreshing when the berries are coming out, we usually rush to get to the bushes before the birds eat them

all. I usually add a sweetened non dairy drink but it is down to personal choice.

You will require a blender for this recipe.

PREPARATION TIME:

20 minutes.

INGREDIENTS.

Blackberries. Washed and picked over.

Sweetened non dairy drink.

258

Fill the blender half full with blackberries and other fruits if in season. Then fill the blender with the liquid.

Whirr the fruits until it is all blended into a lovely drink.

Pour into glasses and chill, sometimes I add a sprig of mint on top to make it look a bit special.

HOMEMADE FAIR TRADE BANANNA SHAKE.

PREPARATION TIME:

10 minutes.

This is really yummy especially if you are in a desperate hurry. Place 1 fair trade banana in the blender with the non

dairy drink and whizz. It is healthier than a cup of coffee and will keep you buzzing until you have time to have a sensible meal.

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HOMEMADE LEMONADE.

4 servings.

One way to avoid wasteful packaging is to make your own drinks. Lemons are great and are a wonder food and have many uses in the home. Lemons are also an excellent source of vitamin C. I think this is so refreshing especially drunk outside on a warm sunny day. I have given you the recipe which suits us, but, everyone has different tastes and whims. So, just add more lemons and sugar if required.

After making this I place the used lemon halves in a bowl and cover with hot water. This lemon water is great for cleaning toilet and sinks. It smells so fresh and clean. Then I put the used lemon halves in the compost bin.

PREPARATION TIME:

10 minutes.

INGREDIENTS.

260

5 medium sized organic lemons.

2 tablespoons organic sugar.

750 ml water.

METHOD.

Place 500 ml of freshly boiled water into a saucepan, put this on a hob on medium heat add the sugar and dissolve the sugar.

Cut the lemons in half and squeeze the juice out of them, I do this by hand. If you rub them in between the palms of your hand this makes them easier to squeeze.

Pour lemon juice into large jug and add the sugar water then top this up with the remaining 250 ml cold water.

Slice the ends of the lemons and place in lemonade, this makes it look lovely bright and cheerful. Leave this to cool, then place in a fridge to chill. Add ice cubes.

Decant the lemonade into a bottle and take it with you to a natural space, kick off your shoes and walk barefoot. Sip the drink slowly and feel blissful.

.....THE TIMES THEY ARE A CHANGING.....

Just as Marks and Spencers was introducing the pre packaged sandwich into its cafes and flying in exotic and

foreign looking vegetables, the introduction of the chilled Chicken Kiev led the way to the T.V. dinner and subsequent

inept cookery skills of a whole generation. This bastion of British business completely transformed the habits of

shoppers. They expected to purchase all vegetables and fruit 24/7 all year round. All supermarkets followed suit to

accommodate this market.

A HAWKWINDIAN BREEZE.

As a counter culture Hippies in the U.K. were trekking round festivals where whole foods were the mainstay of the

movement. They knew capitalism was not the way forward and there was another way of life possible. Communes sprung up and travellers having been forcibly evicted from their homes took to buses and live in vehicles. Out of this

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movement a small pocket of visionaries lived off the grid installed wind generators and solar panels and tended organic gardens to provide self sufficiency. This became a wind of change.

"I've always held the song in high regard because songs have got me through so many

sinks of dishes..." Leonard Cohen

I hear people moaning that they have n't time to cook. Avoid the temptation of switching on the T.V. when you return

home . Becoming earthed in the preparation of vegetables and cooking your evening meal will be a type of escapism

which will be therapy in itself.

I think these recipes are indeed food for thought and hopefully will act as a stepping stone to a zero carbon lifestyle.

Not a stuffed pepper in sight thankfully. If you become efficient in all these recipes then you will be able to achieve

wonderful tasty healthy food. It will be a bumpy ride and no one said it was going to be easy. However, see it as a

challenge and you will achieve such a sense of well being.

Achieving the ecological mindset will be a difficult journey but we all must stand up and be counted and join the

resistance to the alternative agenda of the worlds political leaders. You will be swimming against the tide, the powers

that be have left us without a choice, time for burying our heads in the sand is over, government bodies blowing hot air

and more countless reports will only lead to the inevitable destruction of our precious earth, you owe this to your

children and grandchildren. The time to act is now, for tomorrow it will be too late.

I began this book with a quote from Leonardo Da Vinci therefore I will end with his immortal words:

It is easier to resist at the beginning than at the end.

Here is a list of vegetables to help you choose what foods to cook. This also helps you keep in touch with the seasons

and strengthening your links with Gaia.

JANUARY - Forced rhubarb, Celeriac, Parsnips, Purple sprouting broccoli, Kale, Leeks, Swede

FEBRUARY Forced

rhubarb, Celeriac, Parsnips, Purple sprouting broccoli, Kale, Leeks, Swede, Cabbages, Carrots

MARCH Forced

rhubarb, Purple sprouting broccoli, Leeks, Spring onions, Radishes

APRIL Outdoor

rhubarb, Asparagus, Beetroot, Cabbages, New potatoes, Spring greens, Morel mushrooms,

Watercress

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MAY – Elderflowers, Outdoor rhubarb, Asparagus, Broad beans, Beetroot, Peas, Radishes, Wild rocket, Watercress

JUNE – Blackcurrants, Cherries, Gooseberries, Elderflowers, Loganberries, Redcurrants, Outdoor rhubarb, Asparagus, Broccoli, Broad beans, Beetroot, Carrots, Peas, Cucumber, Radishes, Turnips

JULY – Blackcurrants, Blueberries, Cherries, Gooseberries, Raspberries, Redcurrants, Outdoor rhubarb, Strawberries, Carrots, Globe artichokes, Beans (broad, French, runner), Courgettes, Cucumber, Fennel, Shallots, Sweetcorn, Tomatoes

AUGUST – Apples, Blackberries, Blackcurrants, Blueberries, Pears, Plums, Raspberries, Redcurrants, Strawberries, Aubergines, Beans (broad, French, runner), Broccoli, Carrots, Courgettes, Fennel, Leeks, Wild mushrooms, Pumpkins, Squash, Sweetcorn, Tomatoes

SEPTEMBER – Apples, Blackberries, Blackcurrants, Damsons, Plums, Raspberries, Aubergines, French beans, Runner beans, Broccoli, Carrots, Courgettes, Kale, Wild mushrooms, Sweetcorn, Tomatoes

OCTOBER – Apples, Pears, Crab apples, Damsons, Quinces, Jerusalem artichokes, Broccoli, Brussels sprouts,

Celeriac, Chicory, Kale, Parsnips, Pumpkin, Squash, Swede

NOVEMBER – Apples, Pears, Quinces, Sloes, Brussels sprouts, Celeriac, Celery, Cauliflower, Wild mushrooms,

Parsnips, Pumpkin, Swede, Turnips

DECEMBER – Apples, Pears, Jerusalem artichokes, Cabbages, Celeriac, Celery, Parsnips, Pumpkin, Swede, Turnips

The last paragraph in the statement made in February 27th February 2011 when Climate camp was disbanded.

Nothing lasts forever. Movements have to move. That doesn't mean there won't be grieving: many of us have given heart and soul to Climate Camp.

But we can't demand that society changes radically, while we ourselves do not. As everyone who has tried something daringly new knows, it can be scary and there are no guarantees of success. But that didn't stop us before the first Climate Camp, nor did it stop the students at Millbank, nor the people of the Middle East. And it shouldn't stop us now.

Yes, Climate Camp leaves a space. What fills that space is up to us. This is a unique opportunity to work together with others to create a more co-ordinated, dynamic and stronger movement against climate change and its root causes. Now is a chance to team up with the anti-cuts and anti-austerity movements and play a crucial role in the revolutionary times ahead. Anything but co-ordinated action is doomed to fail.

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