

# vegan beginner



## *includes...*

simple tasty recipes

information on vegan products  
and cruelty-free living

[www.vegancampaigns.org.uk](http://www.vegancampaigns.org.uk)

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“From an early age I have abjured the use of meat, and time will come when men will look upon the murder of animals as they look upon the murder of men.”  
~ Leonardo Da Vinci

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# Why Vegan?

“If slaughterhouses had glass walls, everyone would be vegetarian.” ~ Paul McCartney

## Introduction

This guide was produced by Vegan Campaigns. We hold free food tastings and vegan food fairs to show just how tasty vegan food is.

The average British meat-eater consumes the following in their lifetime: 20 pigs, 29 sheep, 5 cattle, 780 chickens, 46 turkeys, 18 ducks, 7 rabbits, 1.5 geese and about 1,000.

These animals have undergone a lifetime of suffering and cruelty before being put to death. Other animal products, such as milk and eggs, also involve terrible cruelty and suffering.

Becoming vegan is not only more humane, it's more environmentally friendly and a better way to use the world's precious resources.

This booklet accompanies 'Why Vegan' by the Vegan Society, which outlines the arguments for a vegan diet



and answers common questions. This is available free at our events.

## Vegan for the animals

In the UK alone, approximately 1,000 million animals are slaughtered for food each year. This figure doesn't include fish, which are killed in such vast numbers that they are counted in tonnes.

### Cows

Like humans, cows must give birth to produce milk. Within a few days of giving birth the calves are taken from their mothers. Breaking this strong bond causes immense distress to both the mother and calf. Around a quarter of the female calves join the dairy herd. The rest of the calves including all the males are killed as infants, reared for meat, or transported on long journeys to continental European veal crates – a trade the dairy industry is keen to hide. Dairy cows have been selectively bred to produce ten times more milk than a calf would naturally drink. As a result, the cows' udders are so large that most cannot stand or walk properly, and many suffer painful mastitis. Three months after she has given birth and while she is still producing milk she is made pregnant again. This, and the

huge amount of milk she produces, puts a huge strain on her. After about five pregnancies and five years she is seen as no use to the farmer and killed.

### **Pigs**

Female pigs are forced to give birth and feed their young in metal cages known as farrowing crates, which prevent them from moving freely. After three or four weeks, the piglets are transferred to barren concrete pens. Most piglets have their teeth clipped and tails cut off to stop them suckling and injuring their cage mates. At around six months of age they are killed by having their throats cut.

### **Sheep**

Ewes are designed to produce a single lamb with each gestation. But genetic selection and intensive feeding mean that twins and triplets are common. Lambing time has also been manipulated. Instead of taking place in spring, an increasing number of the lambs are now born between December and the end of February, in order to breed more, and to get them on to the market sooner. Within days of their birth, many of the surviving youngsters are put out into the winter weather.

Ewes are subjected to artificial insemination, which is especially invasive. She is put upside down on a rack and the semen inserted directly into her womb. Shearing for wool, is stressful and often carried out with little regard for welfare.

80% of UK-produced sheep pass through domestic livestock markets

prior to slaughter, further fattening, or export. Unkind treatment and hours standing in crowded pens on is the norm during the bartering process.

Over 65 thousand sheep annually endure horrific suffering on long journeys from UK ports to continental destinations.

### **Egg Laying Chickens**

Soon after hatching, all male chicks are gassed to death or ground up alive because they neither produce eggs nor put on weight quickly enough to be fattened for meat. At 18 weeks the hens begin their year long ordeal in battery cages. Battery cages are stacked in tiers in huge windowless sheds.

A typical cage houses 4 to 5 birds and has wire on the bottom, sides and top. Each bird has less space than three-quarters of a sheet of A4 paper – so small that she cannot even stretch her wings. The frustration of being so confined and unable to perform normal behavioural activities such as nest building, perching, foraging and dust bathing, leads, to bullying, feather plucking and in even cannibalism. To try to prevent this, the hens undergo a painful procedure known as de-beaking.

### **Birds for meat**

Most chickens, turkeys & ducks are raised for meat in huge barns. Each barn will hold many thousands birds. As they grow they must push their way through a mass of other birds to reach food and water. These birds are bred to put on weight quickly and

to be especially heavy, this often leads to painful leg conditions and lameness. Ducks, who normally eat drink, bathe and spend much time in water have water only to drink.

### **Fish**

Some people eat fish in the belief that, unlike land animals, they are incapable of feeling pain. This is not true. There is scientific evidence that fish do feel pain. Fish have a brain, central nervous system and pain receptors all over their bodies. Without the ability to feel pain they would not survive. They also display similar signs to humans when under stress and faced with dangerous situations, such as pounding heartbeat, fast breathing, adrenaline rush, writhing and gasping. Farmed fish are kept in large underwater cages, around a quarter of a million fish are tightly packed into each cage. A far cry from the freedom of the open seas. In the wild a salmon would migrate for hundreds of miles, ranging from the rivers where they were spawned to the open sea.

### **Slaughter**

Modern slaughter methods are promoted as being 'humane'. In reality they cause immense physical and emotional suffering. Chickens and turkeys are suspended upside down by their legs on metal shackles. The most common method is for a conveyor to take the birds' heads through an electrically charged water bath, with the current designed to stun them

before their throats are cut. This is usually done with an automatic knife, and a slaughterer employed as a back up to manually slit the throats of any birds missed by the machine. Once dead, the birds are immersed in a scalding tank to loosen the feathers before plucking. Birds being missed on this conveyor belt results in many going to the knife and even the scalding tank alive and even fully conscious.

### **Free Range**

The term 'free range' suggests a handful of chickens or turkeys scratching around a yard... In reality, modern free-range units usually contain several thousand selectively bred birds crammed together in each shed, with access to an outdoor run, which they are often unable to get to.

### **Organic Farming**

Organic products are now widely promoted as cruelty free, this is not the case and organically farmed animals are still treated as meat machines usually living in confined conditions. Cows can be kept indoors with as little space as six square metres. Calves are still removed from their mothers, and artificial insemination, freeze branding (super-cool iron), and dehorning are all permitted. Up to one thousand laying hens, 2,500 broiler chickens, 800 turkeys or 2,000 ducks can be kept per one hectare of land. The unwanted male chicks are killed, just as they are on non-organic farms.

## Vegan for the environment

Did you know that the rearing of livestock contributes to worldwide environmental degradation such as global warming, desertification, water pollution and misuse of resources?

Animal farming produces 18% of all man made emissions of carbon dioxide, a higher share than transport. It is also responsible for 37% of methane (23 times more polluting than carbon dioxide) and 65% of nitrous oxide (296 times more polluting than carbon dioxide). Raising animals for food consumes more than half of all the water used in the world. It takes 3,700 litres of water to produce 1kg of beef but only 120 litres to produce a kg of wheat..

Shockingly, forests are being destroyed at a rate of 125,000 square miles per year to create space to raise animals for food. The raising of livestock takes up more than two thirds of the world's agricultural land. Twenty times more land is required to feed a meat eater than a vegan. While precious agricultural land is used to grow animal feed, millions starve through lack of nourishment in the developing world.

## Vegan for your health

When did you last hear about a vegan having food poisoning? Remember that BSE, e-coli and

salmonella all come from animal products.

A well-balanced vegan diet provides all the necessary nutrients for a healthy and long life. It actually improves your quality of life and decreases your chances of succumbing to many diseases including heart disease, stroke, diabetes and some cancers. Humans can easily meet all their protein needs from a plant-based diet. Beans, vegetables, nuts and grains are particularly good for protein. B12 can easily be obtained from a certain fermentation process and is used in fortified food and supplements. Calcium is found in many plant foods, but particularly green vegetables, which also help to protect bones from calcium loss and potassium loss by providing potassium and vitamin K.

You don't need fish to get your omega fats, and by avoiding fish, you can avoid mercury poisoning. For more information about nutrition, see our nutrition chart on page 26 and recommended books on page 25.

## Time to make a change?

By becoming vegan, you will be doing a great service to yourself, other people, animals and the environment. Why not give it a try?

# Savoury Food

**“Be kind whenever possible; It is always possible” ~ Dalai Lama**

## Mini Kebabs

8 oz (225g) smoky or marinated tofu  
6 vegan cooked sausages  
1 roasted or raw red pepper  
1 roasted or raw yellow pepper  
2 punnets cherry tomatoes  
1 large tin pineapple (or equivalent in fresh)  
1 pkt vegan cheese  
1 small jar pickled onions

1. Cut everything into 2 cm chunks (apart from cherry tomatoes and pickled onions).
2. Arrange onto cocktail sticks and serve.  
*can be gluten-free, depending which vegan sausages are used*

## Sausage Rolls

8 oz (225g) sos-mix or your preferred burger mix  
11½ oz (325g) puff pastry\*  
Soya milk (optional)

1. Preheat oven to 200°C/400°F/Gas 6.
2. Make up sos-mix as per instructions.
3. Roll out the pastry into a 3-4 inch (7.5-10 cm) wide strip. Roll sos-mix into a long sausage shape and place along the middle.

Wet edges of pastry, roll up and seal well.

4. Cut into lengths, brush with soya milk (optional) and make snips with scissors or knife on top. Bake in oven on greased baking tray for about 25 mins.

*Variation: Cut up some sun-dried tomatoes and mix them in with the sos-mix before you add the water.*

*\*Jus-Rol puff pastry is currently vegan.*

## Mini Pizzas

1 packet puff pastry\*  
tomato puree  
1 packet Redwoods vegan melting mozzarella or Bute Island Foods Sheese mixed with some soya milk, (grated)  
pizza toppings, e.g., pineapple, spring onion, mushrooms, sweet corn, olives, red pepper (chopped)

1. Preheat oven to 180c/350F/Gas 4
2. Roll out puff pastry, cut into circles and spread with tomato puree.
4. Put pizza toppings on.
5. Put the vegan cheese on top.
6. Cook for 10—15 mins.

*\*Jus-Rol puff pastry is currently vegan.*

*Makes about 30-40*

*Variations—why not try using vegan pizza bases instead of puff pastry?*

## Sushi

*nori sheets*

*Pate Filling*

*½ cup walnuts or hazelnuts*

*soaked overnight*

*2 cups sunflower seeds*

*soaked overnight*

*3 garlic cloves (crushed)*

*1 cup chopped celery*

*1 teaspoon salt*

*1/3 cup olive oil*

*½ cup lemon juice*

*some grated ginger to taste*

*Veg Filling*

*long thin strips of:*

*avocado*

*red pepper*

*spring onions*

*carrot*

1. Blend all the ingredients for the pate filling in a food processor.
  2. Spread pate onto nori sheet. Add veg strips.
  3. Moisten the edges of the sheet to help it stick, then roll up tight.
  4. Let them sit for 10 mins, then slice into 2 inch pieces.
- gluten-free and raw*  
*This recipe is adapted from a Pogo Café recipe.*

## Herb and garlic bread

*2 tsp dried parsley*

*4 tsp dried marjoram*

*½ bulb garlic crushed*

*4oz (115g) vegan margarine*

*1 loaf of french bread*

1. Pre-heat the oven to 220C/425F Gas Mark 7

2. Mash the herbs and garlic into the margarine
3. Cut slits into the french bread as though you were cutting it into thick slices, but leave the slices attached
4. Spread margarine on each slice of bread
5. Wrap in foil and cook for about 10-15 mins, or until the margarine has melted

## Potato Salad

*1 1/2 lb (750g) potatoes*

*275ml vegan mayonnaise (e.g. Plamil)*

*2 tbsp white wine vinegar*

*Juice of 1 lemon*

*2 spring onions or a bunch of chives*

*1 tbsp fresh dill or parsley*

1. Chop the potatoes to 1 inch cubes and cook for 15 mins.
  3. Meanwhile, mix vinegar, lemon juice, and mayonnaise together.
  4. Drain the potatoes and mix with vinegar mixture, spring onions and dill.
  5. Leave to cool.
- gluten-free*

### Notes

Use fair-trade cocoa and sugar where possible  
tsp = teaspoon  
dssp = dessertspoon  
tbsp = tablespoon  
g = gram  
oz = ounce  
lb = pound  
ml = millilitre  
mins = minutes

## Green Pea and Mint Soup

*1 onion, chopped*

*1 tbsp oil*

*8 oz (225g) potatoes, peeled and cut into 1 cm dice*

*1 lb (450g) frozen baby peas*

*4-5 sprigs mint*

*1 1/2 pints (850 ml) water*

*1.2 tbsp freshly squeezed lemon juice*

*salt and pepper*

*soya cream, optional, to serve*

*chopped fresh mint, to garnish*

1. Fry onions in oil for 5 mins. Add potatoes and cook gently for further 5-10 mins. Add the peas, mint and water and simmer for 15-20 mins.
  2. Puree then add lemon juice, and season. Serve with soya cream and a sprinkle of fresh chopped mint.
- gluten-free.*

*Taken from Rose Elliot's Vegan Feasts*



## Shepherds Pie

*1kg potatoes*

*3 tbsp olive oil*

*1 onion*

*1 red pepper*

*2 carrots*

*1 large garlic clove*

*2 tbsp sunflower oil*

*115g/4 oz chopped mushrooms*

*2 cans adzuki or kidney beans*

*1 tsp mustard (optional)*

*1/2 pint vegetable stock*

*1 tbsp tomato puree*

*1 tsp yeast extract*

*2 tsp dried mixed herbs*

*salt and pepper*

1. Pre-heat oven to 220°C/425°F/ Gas Mark 7
  2. Peel and cook potatoes in boiling water until tender (approx 25 mins)
  3. Mash well with 2 tbsp olive oil, mustard, salt and pepper.
  4. Meanwhile, fry the onion, pepper, carrots and garlic in the sunflower oil for 5 mins.
  5. Stir in the mushrooms and beans. Cook for another 2 mins.
  6. Add stock, tomato puree, yeast extract and mixed herbs. Simmer for 15 mins, uncovered.
  7. Remove from the heat, put into an oven dish, and top with mashed potatoes.
  8. Drizzle with remaining tbsp of olive oil.
  9. Cook for 20 mins until brown on top.
- Serves 6.  
*gluten-free, depending on which vegetable stock you use*

## Smoky Tofu Beans

1 small onion  
1 small garlic clove  
1 tablespoon olive oil  
7 oz (200g) smoked tofu  
9 fl oz (250 ml) apple juice  
4 tsp tomato puree  
3 tsp marjoram  
2 tins of beans of your choice

1. Chop the onions and crush the garlic. Heat the oil in a pan and add the garlic and onion. Sauté for 2-3 mins.
2. Cut and add the tofu to the pan and sauté for a further 2-3 mins.
3. Add the apple juice, tomato puree, marjoram and beans.
4. Bring to the boil, then lower the heat and simmer for about 15 mins. Add more liquid if needed.
5. Serve with rice, bulgur wheat or mash potatoes.

*gluten-free*

*Variation—try using 1 cup of cashew nuts instead of the beans.*

*Adapted from “Vegan Coking for One” by Leah Leheman.*

## Sweet and Sour Veg

2 large onions  
4 tbsp vegetable oil  
2 green peppers (chopped)  
2 carrots (grated)  
2 can (8 oz/225g) pineapple  
6-8 tsp raw cane sugar  
2 tbsp vinegar  
4 tbsp soya sauce  
12 tbsp water  
2 tbsp corn flour

1. Chop the onion finely and sauté in the oil for about 2 mins.
2. Add the green pepper and carrot to the saucepan and continue cooking for a further 2-3 mins.
3. Add the pineapple and pineapple juice from the tin, the sugar, vinegar, soy sauce and 6 tbsp of the water. Bring to the boil, then lower the heat. Cover and simmer for a few mins.
4. Dissolve the corn flour in the remaining 6 tbsp of water and stir it into the vegetables until thickened.
5. Serve with rice.

*gluten-free*

## Quick Bean Loaf

2 tins kidney beans  
1 onion  
1 clove garlic  
1 tbs olive or sunflower oil  
2 slices of wholemeal bread  
10 oz (300g) mushrooms  
1 red pepper  
3 tablespoons water  
2 tsp mixed herbs

1. Pre-heat the oven to 220°C/425°F/ Gas Mark 7.
2. Fry the onions in the olive oil until they start to go brown.
3. Crush and add the garlic.
4. Slice and add the mushrooms and peppers. Stir over the heat for three mins.
5. Turn the bread into crumbs.
6. Mash the kidney beans, add the herbs and water.
7. Mix the breadcrumbs in, then the onion, mushrooms and pepper.
8. Turn into a loaf tin.
9. Cook for 20 mins.

## Nut Roast

8 oz (225g) wholemeal bread  
8 oz (225g) brown rice  
6 oz (170g) chopped mixed nuts  
1 tbsp sunflower oil  
1 onion (chopped)  
1 clove garlic (crushed)  
1 tin of chopped tomatoes  
3 tbsp tomato puree  
2 tbs nut butter (e.g. cashew nut, peanut, or almond)  
4 oz wholemeal flour  
2 tsp mixed herbs  
sprinkle of soy sauce

1. Pre-heat the oven to 20C/425F/ Gas Mark 7
  2. Cook the rice until tender and add to the chopped nuts in a large ovenproof dish
  3. Turn the bread into breadcrumbs in a food processor
  4. Heat the sunflower oil on a medium heat in a frying pan and add the onion and garlic. Fry for 5 mins.
  5. Add the chopped tomatoes, tomato puree, nut butter, herbs and soy sauce.
  6. Bring to the boil and simmer for 5 mins
  7. Add the mixture to the dish with the nut mixture then add the flour and mix.
  8. When mixed evenly, cook for 45 mins or until slightly crisp on top.
- Gluten free variation:** Omit the breadcrumbs and wholemeal flour and add 6oz of rice flour. Use tamari instead of soy sauce.  
*Goes well with roast potatoes,*

*Yorkshire puddings and gravy. See our website for vegan gravy and Yorkshire pudding recipes.*

## Lasagne

1 medium onion  
4 oz (115g) lentils  
2 tbsp olive or sunflower oil  
1 1/2 pints (850ml) vegetable stock, or 1 heaped tsp marmite dissolved in 1 1/2 pints (850ml) water  
10 oz (300g) mushrooms (chopped)  
1 courgette (chopped)  
2 cloves garlic (crushed)  
1 tin chopped tomatoes  
2 tbsp tomato puree  
2 tsp mixed herbs  
2 1/2 oz (75g) margarine  
2 oz (50g) plain flour  
750ml soya milk  
2 oz (50g) nutritional yeast flakes (optional)  
1 tsp mustard  
salt and pepper  
9 oz (250g) lasagne

1. Pre-heat the oven to 220°C/425°F/Gas Mark 7.
2. Fry the onion and lentils in the oil for 2 mins.
3. Add vegetable stock, or marmite and hot water. Simmer uncovered for 10 mins.
4. Add garlic, mushrooms, courgette, tinned tomatoes, tomato puree and mixed herbs.
5. Cook for another 10 mins, uncovered. Add more water if necessary.
6. Meanwhile, make the “cheese”

sauce. Heat margarine in a large saucepan, until melted.  
 7. Add the flour. Stir well.  
 8. Add 100 ml of soya milk and stir well. Gradually add the rest of the soya milk, stirring constantly. Cook for a few mins until it thickens to a custard consistency.  
 9. Add 3/4 of the nutritional yeast flakes, mustard and salt and pepper.  
 10. Put 1/3 of the lentil mixture into the bottom of a baking dish. Add a layer of lasagne, then repeat twice.  
 11. Top the lasagne with the "cheese" sauce, then sprinkle with the rest of the nutritional yeast flakes.  
 12. Cook 20 mins until brown on top.

## Chickpea & Potato Curry

4 *tbsp vegetable oil*  
 1 *tsp mustard seeds*  
 1 *tsp cumin seeds*  
 1 *large onion (chopped)*  
 3 *cloves garlic (chopped very small)*  
 1 *tsp salt*  
 1 *tsp ground ginger*  
 1/2 *tsp chilli powder*  
 2 *tbsp coriander*  
 1 *tsp turmeric*  
 1 *tbsp sesame seeds*  
 1 *can chopped tomatoes*  
 2 *large potatoes (cubed and cooked)*  
 1 *tin chick peas*  
*juice of 1 lemon*  
 2 *tbsp fresh coriander (chopped)*  
 1. Heat the oil in a pan. When

hot add the mustard and cumin seeds, cover and allow to pop for a few seconds.  
 Throw in the onion, stir and cook covered for 3 mins stirring occasionally.  
 2. Add the garlic and stir fry for 30 seconds. Add the salt, the spices and the sesame seeds. Stir fry for 1 minute then add the tinned tomatoes. Bring to the boil and simmer for 5 mins.  
 3. Add the potatoes, chickpeas and lemon juice. Stir, bring to the boil and simmer for 5 mins. Serve garnished with chopped coriander and rice or salad.  
*gluten-free*



## Mixed Bean Chilli

1 *lb (450g) mixed beans (e.g. black, pinto, kidney, black-eye), soaked over night and boiled for 1/2 an hour, or 2 tins of beans*  
 2 *tbsp olive oil*  
 3 *cloves of garlic (crushed or finely chopped)*  
 1 *red onion (diced)*  
 1 *large carrot (diced)*  
 1 *red pepper (seeded and diced)*  
 1 *red large chilli (chopped very finely) or 1 tsp of dried chilli flakes*  
 1 *tin of plum tomatoes*  
 1 *tsp oregano*  
 1 *tsp cocoa powder*  
 1 *bunch fresh coriander*  
*salt and pepper*

1. Heat the oil in a large pan.  
 2. Fry the onions with a little salt and pepper  
 3. After a minute, add the garlic.  
 4. Once the onion has softened add the carrot pepper and chilli and fry for 2 mins.  
 5. Add the tomatoes. Stir for 5 mins. Break up the tomatoes if they are whole.  
 6. Cook for a bit longer if it looks quite runny.  
 7. Add beans, cocoa powder, oregano and some of the coriander.  
 8. Once the pot starts bubbling, turn it down and simmer for 10 mins.  
 9. Check the beans are soft, then remove from the heat and serve on rice with a garnishing of coriander.  
*Gluten-free*  
*Variation: try using sweet potato rather than carrot.*  
*This goes well with Guacamole. See the recipe to the right.*

## Guacamole

2 *ripe avocados*  
 1 *tsp olive oil*  
 1/2 *red onion, chopped*  
 1 *tbsp lime juice (can use lemon juice)*  
 1 *tomato (peeled and chopped)*  
*salt and pepper*  
 1. Cut the avocados in half and remove the stones.  
 2. Scoop the avocado out of the skin and put into a mixing bowl.  
 3. Add the olive oil.  
 4. Mash the mixture with a fork.  
 5. Add the onion, lime juice and salt and pepper.  
 6. Add the tomato and serve immediately.  
*Gluten-free*

## Red pepper, Courgette and 'Bacon' Mini-Quiche

*Pastry*  
 12 *oz (340g) plain wholemeal flour*  
 6 *oz (170g) margarine*  
*Enough water to bind*  
*Filling*  
 2 *medium onions (chopped fine)*  
 1 *large courgettes (chopped fine)*  
 1 *medium red peppers (chopped fine)*  
 9 *oz (250g) tofu (cubed)*  
 1/2 *pkt Redwoods cheatin' bacon, (chopped small) - optional*  
 1 *level dssp mixed herbs*  
 1.5 *dssp tomato puree*  
 1 *level tsp salt*  
*generous pinch black pepper and ginger*  
 1 1/2 *packs of vegan cheese, grated*  
*enough soya milk to make a paste*

1. Preheat the oven to 200°C/400°F/ Gas Mark 6.
2. Make the pastry by rubbing the margarine into the flour until it resembles fine breadcrumbs. Add enough water to make a dough which is soft, but not sticky.
3. Roll it out and use a cutter (about 2¾ inch) to cut the pastry into rounds. Place them all into a bun tray and bake for 10 mins to set the pastry.
5. Fry the onions for a few mins then add the courgettes and red pepper. Fry until they are soft.
6. Add the tofu, 'bacon', herbs, tomato puree, salt and pepper and fry a bit longer.
7. Take off the heat and add the vegan cheese and enough soya milk to make a paste.
8. Place about a heaped tsp into each mini-quiche. Bake for 30 mins.  
*Makes about 50 mini-quiches.*

## Mousakka

- 4 *tblsp olive oil*
- 1 *large aubergine (sliced)*
- 1 *large onion, (chopped)*
- 4 *cloves of garlic (crushed or finely chopped)*
- 1 *red pepper, (chopped small)*
- 1 *courgette (sliced)*
- 4oz (100g) *mushrooms (sliced)*
- 2oz (50g) *minced textured vegetable protein*
- 9fl oz (250ml) *vegetable stock*
- 1 *tin chopped tomatoes*
- 2 *tblsp tomato puree*
- 2 *tsp dried basil*
- 2 *tsp dried oregano*
- juice of 1 lemon*

- salt and pepper to taste*
- 1 ½ *lb (625g) potatoes, (peeled and thinly sliced)*
- 10fl. Oz (300ml) *soya milk*
- 4oz (115g) *vegan "cheese", grated*
- 1oz (25) *corn flour*

1. Pre-heat the oven to 200C/400F/ Gas Mark 6
  2. Boil the potato slices for 5-10 mins until just cooked
  3. Meanwhile heat half the oil in a large pan, and sauté the onion and garlic for 5 mins
  4. Add the peppers, courgettes and mushrooms and sauté for a further 5 mins.
  5. Add the soya mince, stock, tinned tomatoes, tomato puree and herbs
  6. Bring to the boil and simmer for 10 mins or until the vegetables are tender. Add the lemon juice and salt and pepper.
  7. Meanwhile, heat the remaining oil In a large frying pan and sauté the aubergine for 5 mins on each side
  8. Transfer half of the mince and vegetable mixture to a casserole dish. Arrange the aubergine on top of the mince, then put another layer of mince on, and a layer of potatoes on top.
  9. Make a white sauce by mixing the corn flour and soya milk to a smooth paste in a saucepan. Bring to the boil stirring continually, then add the soya cheese and simmer for a min to thicken.
- Pour the sauce over the potatoes and cook in the oven for about 30 mins until browned.

## Butterbean Casserole

- 2 ½ *tins butterbeans*
- 9 *oz (250g) onions (chopped)*
- 9 *oz (250g) carrots (chopped)*
- 3 *cloves garlic (crushed)*
- olive oil*
- 4½ *oz (125g) mushrooms (chopped)*
- ½ *small bunch parsley (chopped)*
- 2 *bay leaves*
- 1 *oz (25g) rice flour*
- ½ *tblsp vegetable bouillon*
- 18 *fl oz (½ litre) sweetened soya milk*
- 2 *tblsp tamari soy sauce*
- salt & pepper to taste*

1. Fry the onions, garlic and carrots in enough olive oil to cover the bottom of a large pan.
  2. When the carrots are soft add the mushrooms and bay leaves. Mix. Then add the flour and bouillon and cook, stirring all the time, for 2-3 mins.
  3. Slowly add the soya milk, stirring quickly. The mixture will thicken and bubble.
  4. Turn it down and add the parsley, soy sauce, butterbeans and salt and pepper.
  5. Remove the bay leaves and serve.
- gluten-free*  
*Serve with jacket potatoes or rice and steamed green vegetables.*  
*Adapted from "So What Do You Eat?" by Liz Cook*

## Cauliflower Cheeze

- 4 *tblsp oil*
- 1 *large leek (sliced)*
- ½ *tsp cumin*
- 1½ *oz (45g) rice flour*
- 14 *fl oz (400 ml) soya milk*
- 14 *fl oz (400 ml) water*
- ½ *tsp mustard*
- 1 *heaped tsp marmite*
- ½ *block of vegan cheese, (grated)*
- 1½ *oz (40g) Engeyita yeast flakes (optional—can use an extra 1/4 block of vegan cheese instead)*
- salt and pepper*
- 1 *large cauliflower*

1. Fry the leeks gently in the oil until just cooked (10-20 mins).
  2. Add ground cumin and flour. Cook for about 1 min, stirring continuously.
  3. Take off the heat and add the soya milk and water. Add a bit at a time, stirring well. Put back on a medium heat and gently bring to the boil. If there are any lumps whisk the sauce to get rid of them.
  4. Add the mustard, marmite, vegan cheese and yeast flakes and bring slowly to the boil. Simmer gently for a few mins until the vegan cheese has melted.
  5. Season with salt and pepper.
  6. Meanwhile steam or boil the cauliflower and serve with the sauce on top.
- Serves 4  
*gluten-free*  
*Tips: i. Add chilli powder for extra bite.*  
*ii. The rice flour can be replaced with plain wheat flour if you don't need the recipe to be gluten-free.*

# Puddings and Cakes

**“The greatness of a nation and its moral progress can be judged for the way in which its animals are treated.” ~ Ghandi**

## Fruit Scones

1 lb (450g) self raising flour  
½ tsp salt  
½ tsp baking powder  
3½ oz (100g) margarine  
4 oz (110g) raisins or sultanas  
1½ oz (40g) sugar (optional)  
9 oz (250g) sweetened soya milk

1. Preheat the oven to 220°C/425°F/Gas 7.
2. Sift the dry ingredients in a bowl. Cut the margarine into small pieces and rub into the flour until the mixture looks like breadcrumbs. Add fruit and sugar if using.
3. Bind the mixture together with the milk - a bit at a time, until the dough is very soft but not sticky.
4. Flour a board and pat the dough out flat until it is about 2-2.5 cm thick. Cut into scones using a pastry cutter or glass. Carefully place the scones on a greased baking tray and brush the tops with soya milk.
5. Cook for 10-15 mins until golden brown.

6. Cut in half and spread with jam and vegan cream (see recipe below). Alternatively, you can use Soyatoo squirty vegan cream..

## Whipped Cream

9 oz (250g) silken tofu  
4 tbsp oil  
¼ cup icing sugar  
1 tsp vanilla essence  
1/8 tsp salt  
½ tsp lemon juice  
2 tbsp soya milk as required (may not need)

1. Blend the ingredients in the order given, adding the soya milk last only as needed to blend the mixture into a thick cream. Chill.
2. Whip the cream with a spoon or whisk before serving.

## Chocolate Cake or Cup Cakes

6 fl oz (180ml) water  
6 oz (180g) sugar  
3.5 oz (100ml) sunflower oil  
1 tsp vanilla essence  
10 oz (300g) white self raising flour  
2 tsp baking powder  
1 oz (30g) cocoa  
*Icing*  
8oz (255g) icing sugar  
1 1/2 tsp cocoa water

1. Preheat oven to 180°C/350°F/Gas 4.
2. Mix the water, sugar and oil in a pan and heat gently until the sugar dissolves. Leave to cool, then mix in the vanilla essence.
3. Sift the dry ingredients twice. Mix the dry ingredients in with the oil and sugar mixture.
4. Pour into a greased cake tin or patty cake tins. Bake for 30 mins for a large cake, or 15 mins for the small cakes. Turn out and leave to cool.
5. Sift icing sugar and cocoa powder. Add enough water to make a fairly stiff paste.
6. Spread icing on top of the cake/s  
*This recipe can be made into a large cake or 15 cup cakes*  
*Variation—swap vanilla essence for zest of one orange, and water for juice from an orange to make chocolate orange cake.*

## Sugar-free Fruit Cake

1 lb (450g) mixed dried fruit  
4 oz (115g) chopped dried dates  
4 oz (115g) chopped dried apricots

¾ pint (430 ml) water  
2 tbsp orange juice  
6 oz (170g) wholemeal self raising flour  
2 oz (55g) ground almonds  
2 tsp mixed spice  
rind of lemon or orange

1. Soak the dried fruit in the liquid overnight.
2. Preheat the oven to 160°C/325°F/ Gas Mark 3.
3. Add the dry ingredients.
4. Bake in a 2 lb (900g) loaf tin for approx. 1½ hours, covering with greaseproof paper for the last hour.  
*no refined sugar*  
*This recipe can be made gluten-free by replacing the wholemeal flour with gluten-free flour (Doves do a good one simply called ‘gluten-free flour’).*  
*By Hillside Animal Sanctuary.*

## Energy Balls

9 oz (250g) cashew nuts (unsalted)  
4½ oz (125g) dates  
4½ oz (125g) raisins or sultanas  
desiccated coconut

1. Grind the cashews in a blender/ food processor. Add the dates and mix (you may need to do this in small amounts) to form a mass.
2. Put into a bowl and mix in the sultanas.
3. Roll into balls and then roll each ball in desiccated coconut. Keep in fridge.  
*gluten-free, no refined sugar*  
*Taken from Eat Smart Eat Raw by K. Wood*

## Chocolate “Cheesecake”

### Base

1 1/2 cups of vegan digestive biscuits (e.g., Doves Farm)  
2-3 tbsp water  
3 tbsp vegetable oil

### Topping

3 cups medium tofu  
1 cup margarine (melted)  
1 cup sugar  
3/4 cup of cocoa powder  
2 tsp vanilla essence  
1/2 cup soya milk

1. Preheat the oven to 180°C/350°F/ Gas Mark 4.

2. To make the base, crush the digestive biscuits and add water and oil. Press down well into a large flan dish.

2. To make the topping, blend all the remaining ingredients until smooth in a blender or food processor. Pour over the base.

3. Cook for about 40 mins until firm on top.

*This could be gluten-free if made with the Lemon and Coconut “Cheesecake” base instead.*

*Variation—grate some green and black chocolate on top as soon as you take it out of the oven.*

## Lemon and Coconut “Cheesecake”

### Base

4 Oz (115g) margarine  
1 tbsp golden syrup  
8 oz (225g) rolled oats

### Topping

1 lb 2 oz (500g) tofu (cubed)  
1 block coconut cream (cubed)  
5 oz (140g) margarine  
6 fl oz (170 ml) coconut milk  
6 oz (170g) sugar  
juice of 1-2 lemons

### Decoration

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

1. To make the base, place the margarine and golden syrup in a pan over a low heat. Once the margarine has melted take off the heat and stir in the oats thoroughly. Press down well into a large flan dish and place in the fridge.

2. To make the topping, place cubed tofu and coconut cream into a blender with the margarine, coconut milk, sugar and juice of one of the lemons. Blend until smooth. Taste and add more lemon juice if needed.

3. Place the topping into the flan dish on top of the base, smooth down and decorate with desiccated coconut and lemon rind. Put in the fridge for a few hours until set.

## Chocolate Biscuit Cake

4 1/2 oz (125g) margarine  
2 1/2 oz (75g) golden syrup  
7 oz (200g) dark chocolate  
2 oz (60g) digestive biscuits  
2 oz (60g) chopped walnuts  
2 oz (60g) sultanas  
1 1/2 oz (40g) dates or glace cherries

1. Grease an 8 “ x 3 “loaf tin
2. Melt margarine and syrup together in a saucepan, over a low heat.
3. Melt the chocolate in a bowl over barely simmering water, then mix thoroughly with the margarine and syrup.
4. Break up the biscuits into large chunks, remember they will be broken further when mixed so don't make them too small.
5. Add the biscuits to the melted mixture, together with 40g of the walnuts, sultanas and dates (chopped) or cherries. Mix well.
6. Fill fairly flat into the tin and decorate with the rest of the walnuts.
7. Set in fridge for 4 hours.

## Walnut and Banana Brownies

12 oz (340g) dates  
5 oz (150g) margarine  
3 oz (90g) rice flour  
3 tsp baking powder  
4 tbsp cocoa powder, sieved  
1 1/2 very ripe bananas, mashed  
4 oz (115g) walnuts, roughly chopped  
1 1/2 tsp vanilla essence

### Topping

dates  
hazelnut butter  
1. Preheat the oven to 180°C/350°F/ Gas Mark 4 .  
2. Cook the dates over a medium heat with just enough water to cover them.  
Cook for 5 mins or until soft. When cooked puree them and allow to cool a little.  
3. Cream together the dates and margarine until light and fluffy.  
4. Fold in the flour, baking powder and cocoa powder. Add the banana, walnuts and vanilla essence.  
5. Spread the mixture on to a greased baking tray (7 inch x 7 inch) and smooth top with spatula. Bake in oven for 20-25 mins.  
6. For the topping puree a few dates, as above and add hazelnut butter. Spread over the brownies when cool.  
*gluten-free, no refined sugar*

## Carrot Cake

cake  
8 oz (225g) grated carrot  
6oz (170g) sultanas or raisins  
5oz (140g) SR white flour  
5oz (140g) SR wholemeal flour  
6oz (170g) sugar  
1 tsp cinnamon  
1 tsp ginger  
8 fl oz (230 ml) vegetable oil  
200 ml (7 fl oz) water  
pinch of salt  
dash of vinegar  
1/2 tsp vanilla essence  
icing  
4 oz (115g) vegan margarine  
6 oz (170g) icing sugar

1/2 tsp vanilla essence  
cashews or walnuts

1. Preheat the oven to 190° C/375°F/Gas Mark 5.
2. Sift the flour twice. Add the rest of the dry cake ingredients to the flour, then mix well.
3. Mix the wet ingredients in.
4. Beat for one minute.
5. Bake for 45 mins in a greased cake tin, then reduce oven to 160°C/325°F/Gas Mark 3 and cook for another 20 mins.
6. Cool in the tin.
7. To make the icing mash the margarine and vanilla essence into the sugar with a fork.
8. Ice the cake once it is cold. Optional: top with very roughly chopped nuts (e.g. cashews or walnuts).

Based on a recipe in *The Cake Scoffer* by Ronny Worsey

## Banana Bread

1 lb (450g) ripe banana (mashed)  
2 oz (50g) brazil nuts (chopped)  
4 fl oz (100ml) sunflower oil  
4 oz (100g) raisins  
3 oz (75g) rolled oats  
5 oz (140g) wholemeal flour  
½ tsp vanilla essence  
pinch salt

1. Preheat the oven to 190° C/375°F/Gas Mark 5.
2. Mix all the ingredients together. The consistency should be soft and moist. Spoon into a greased 1 lb (450g) loaf tin and bake for 50-60 mins, or until a

skewer inserted into the centre comes out clean.  
3. Cool for 10 minutes before turning out.

*no refined sugar*  
*From Vegetarian Kitchen by Sarah Brown.*  
*Optional: to make it wheat free, omit the wholemeal flour and replace it with 2 oz (55g) polenta flour and 3 oz (85g) rice flour.*

## Date Slices

7 oz (200g) dates  
3 1/2 oz (100g) soya margarine  
1 3/4 oz (50g) caster sugar  
3 1/2 oz (100g) rolled oats  
3 1/2 oz (100g) self raising flour

1. Preheat the oven to 180°C/350° F/ Gas Mark 4.
2. Boil dates with enough water to barely cover them. Cook them until the mixture resembles thick jam. Add more water if necessary.
3. Mix the rest of the ingredients together well, until it looks like bread crumbs.
4. Press half of the mixture into a greased swiss roll tin. Press down firmly.
5. Spread the dates on top, and cover them with the remainder of the mixture. Pat down softly. It does not matter if it seems a bit crumbly.
5. Bake for 20 mins.
6. Cut into fingers while it is still hot, but leave in the tin to cool.

# Vegan Alternatives

For every animal product there is a vegan alternative...

<b>butter</b>	switch to whey-free vegetable margarines and oil
<b>milk</b>	try soya milk, rice milk, or oat milk in any way that you'd use milk. Soya milk comes in sweet and unsweetened varieties. Experiment with brands and see which you like.
<b>ice cream</b>	delicious dairy-free alternatives include Toffuti, Beanies rice milk ice-cream and Swedish Glace ice cream
<b>cheese</b>	check health food shops for vegan cheese, which is great on pizza, sandwiches and in sauces. Buy a melting variety for pizza or cheese on toast. You can also make a great 'creamy' sauce with nutritional yeast flakes and/or vegan cheese (see the recipes for lasagne and cauliflower cheese in this booklet)
<b>cream</b>	Soyatoo's squirty cream and Granovita's whipping cream can be bought at <a href="http://www.veganstore.co.uk">www.veganstore.co.uk</a> . Also see our recipe for whipped cream in this booklet
<b>eggs</b>	use commercial egg replacers in baked goods. For breakfast, scramble tofu with onions, mushrooms and turmeric
<b>mayon- naise</b>	Plamil's vegan mayonnaise is available from most health food shops
<b>yogurt</b>	experiment with the several brands of soya yogurt
<b>jelly</b>	look for agar-agar and kosher 'gelatine'
<b>chocolate</b>	you'll find many vegan brands of chocolate in your local health food shop. Vegan Organica's rice milk chocolate is excellent for those of you who love the taste of milk chocolate
<b>honey</b>	use golden syrup, agave syrup, or maple syrup
<b>burgers/ sausages</b>	veggie burgers and veggie sausages are available from health food shops and supermarkets
<b>soya mince</b>	Releat mince is currently suitable for vegans and can be used to make bolognaise, chilli and vegan mousakka
<b>bacon</b>	'Vegetarian Rashers' are available from health food shops and some supermarkets

# Vegan Shopping

**"While there are slaughter houses there will always be battlefields." ~ Tolstoy**

When you go shopping, look out for The Vegan Society's logo on food and toiletries. However, remember that there are many products that are vegan



and do not carry the logo.

Although it is becoming easier and easier to be vegan, it is still easy to get caught out with ingredients. For example, did you know that some sweets still contain gelatine (normally from pigs) and that some beer and wine is filtered through fish bladder?

The International Vegetarian Union has a comprehensive list of ingredients that may be animal derived. This can be downloaded at: [http://www.ivu.org/faq/maybe-animal-](http://www.ivu.org/faq/maybe-animal-derived.html)

[derived.html](http://www.ivu.org/faq/maybe-animal-derived.html)

Also, if you are not sure about an ingredient, it is worth contacting the Vegan Society for advice. (see contact details on next page.)

A helpful guide to which foods and drinks are and are not vegan is [www.isitvegan.info](http://www.isitvegan.info).

The Vegan Society have a regularly updated Animal Free Shopper Guide, which you can order at [www.vegansociety.com](http://www.vegansociety.com).

Some supermarkets state which foods are vegan on their packaging.

It's easy to find vegan goodies online too. Check out:

- [www.veganstore.co.uk](http://www.veganstore.co.uk)
- [www.vegansociety.com/catalog/default.php](http://www.vegansociety.com/catalog/default.php)
- [www.animalaidshop.org.uk](http://www.animalaidshop.org.uk)
- [www.crueltyfreeshop.com](http://www.crueltyfreeshop.com)
- [www.nocows.com](http://www.nocows.com)
- [www.bboheme.com](http://www.bboheme.com)
- [www.freerangers.co.uk](http://www.freerangers.co.uk)
- [www.vegetarian-shoes.co.uk](http://www.vegetarian-shoes.co.uk)

# London Living & Resources

**"When I was old enough to realise all meat was killed, I saw it as an irrational way of using our power, to take a weaker thing and mutilate it. It was like the way bullies would take control of younger kids in the schoolyard" ~ River Phoenix**

## Vegan Places to Eat

In our first few editions of this booklet, we listed a number of veggie cafes, restaurants, health food shops and caterers. Now that there are more and more veggie places to eat the list is too long to fit into this booklet!

At our events, you can normally buy a copy of *Vegetarian London*, by Alex Bourke. This is a complete guide to veggie cafes and restaurants in London. You can also order it at [www.vegetarianguides.co.uk](http://www.vegetarianguides.co.uk)

There is a comprehensive list of health food shops and restaurants at [www.veganlondon.co.uk](http://www.veganlondon.co.uk) and at [www.happycow.net](http://www.happycow.net)

## More Vegan Recipes

For more vegan recipes see the following

websites:

- [www.vegancampaigns.org.uk](http://www.vegancampaigns.org.uk)
- [www.veganvillage.co.uk/recipes](http://www.veganvillage.co.uk/recipes)
- [www.uncaged.co.uk/recipes.htm](http://www.uncaged.co.uk/recipes.htm)
- [www.parsleysoup.co.uk](http://www.parsleysoup.co.uk)

- [www.fatfreevegan.com](http://www.fatfreevegan.com)
- [www.theppk.com/recipes](http://www.theppk.com/recipes)
- [www.veganchef.com](http://www.veganchef.com)
- [www.veganlunchbox.com](http://www.veganlunchbox.com)
- [www.foodsforlife.org.uk](http://www.foodsforlife.org.uk)

## Social Events for Veggies and Vegans

For more information about social events for veggies and vegans, visit [www.londonvegans.org.uk](http://www.londonvegans.org.uk) [www.veggiesocials.co.uk](http://www.veggiesocials.co.uk)

Both groups organise a range of activities including meals and walks. London Vegans has regular monthly meetings on the last Wednesday of each month, with a range of interesting speakers.

The London Vegan Festival is the social event of the year for vegans! There are speakers, workshops, music and delicious food. For more information, see [www.vegancampaigns.org.uk/festival](http://www.vegancampaigns.org.uk/festival)

The noticeboard at [www.veganvillage.co.uk](http://www.veganvillage.co.uk) often advertises vegan social events.

## Nutrition Information

Studies show that it is healthier to be vegan, but as with any diet, it is important to be aware of where to get essential nutrients.

Nutrition information can be found at **The Vegan Society** — 0121 523 1730

[www.vegansociety.com](http://www.vegansociety.com)

**Vegetarian and Vegan**

**Foundation**— 0117 970 5190

[www.vegetarian.org.uk](http://www.vegetarian.org.uk)

Recommended nutrition books include, *Feeding Your Vegan Infant*, by Sandra Hood, and *Plant Based Nutrition* by Stephen Walsh. These can both be ordered from the Vegan Society

## Campaigning Contacts

### Vegan Campaigns

([www.vegancampaigns.org.uk](http://www.vegancampaigns.org.uk) 07960 036 044), organise vegan stalls, free food giveaways and vegan food fairs.

### London Animal Rights

[www.londonanimalrights.org.uk](http://www.londonanimalrights.org.uk) has an email list for London animal rights events, including anti-fur, ant-circus, anti-animal testing and anti-zoo demonstrations.

### Coalition to Abolish the Fur Trade

[www.caft.org.uk](http://www.caft.org.uk), [caft@caft.org.uk](mailto:caft@caft.org.uk). There are regular protests against the fur trade in London.

### Thursday Evening anti-McDonalds demos:

[antimcdonalds@doramail.com](mailto:antimcdonalds@doramail.com) or 07960 036 044

### South West London Greyhound Action

[swlga@yahoo.co.uk](mailto:swlga@yahoo.co.uk). Demonstrate against the Wimbledon race track most Saturday evenings.

### Speak Campaigns

[www.speakcampaigns.org.uk](http://www.speakcampaigns.org.uk), 0845 330 7985. Campaign against a proposed animal testing lab in Oxford

### Stop Huntingdon Animal Cruelty,

[www.shac.net](http://www.shac.net), [info@shac.net](mailto:info@shac.net). Campaign against Huntingdon Life Sciences, the largest animal testing laboratory in Europe.

Are you interested in being trained to deliver school talks to encourage cruelty-free living? Contact either **Animal Aid** [www.animalaid.org.uk](http://www.animalaid.org.uk), 01732 364 546, **Viva!** [www.viva.org.uk](http://www.viva.org.uk), 0117 944 1000 or The Vegan Society (see contact details on page 24).

**Veggies** [www.veggies.org.uk](http://www.veggies.org.uk) 0845 458 9595 have a list of animal rights groups in England, and a diary of animal rights demonstrations, meetings and events.

### Activeveg [www.activeveg.org/](http://www.activeveg.org/)

Provide support, inspiration and networking for active and campaigning vegans.

### Are you a student? **Students Against Animal Cruelty National.**

[www.studentsagainstanimalcruelty.org.uk](http://www.studentsagainstanimalcruelty.org.uk) who have a number of campaigning ideas.

# Vegan Nutrition Chart

Adapted from Liz Cook's animated wall chart and "So What Do You Eat?"

Protein	Tofu, beans & pulses, rice, wholegrains, cereals, soya milk and bean sprouts. Protein needs are automatically met by a balanced varied diet. There is even protein in potatoes.
Essential Fatty Acids	Vegetable oils especially soya, corn oil, sunflower, hemp oil and flax oil.
Vitamin A	Carrots, spinach, green leafy vegetables, watercress, peppers, dried apricots.
Vitamin B group	Green leafy vegetables, wheatgerm, brewer's yeast, wholegrains, beansprouts, bananas, avocados, peanuts, mushrooms, currants, soymix, yeast extract.
Vitamin B12	Many fortified products (animal free), eg soya milk, breakfast cereals, margarine, soya mince and yeast extract.
Vitamin C	Green leafy vegetables, avocados, broccoli, cabbage, green peppers, parsley, potatoes, oranges and blackcurrants.
Vitamin D	Sunlight on the skin, fortified cereals and margarine.
Vitamin E	Vegetable oils, wheatgerm, tahini, avocados nuts and seeds.
Vitamin K	Green leafy vegetables, kelp and other seaweeds (nori, wakame, dulse). Blackstrap molasses, and vegetable oils.
Iron	Tofu, beans & pulses (especially pinto, lentil and baked beans). Spinach, cabbage, wheatgerm, wholegrains, parsley, prunes, dates, apricots, pumpkin seeds, millet, blackstrap molasses. Iron is best absorbed with vitamin C.
Calcium	Tofu, tahini (a rich source), green leafy vegetables, parsley, watercress, broccoli, swede, almonds, brazils, figs, fortified soya milk
Zinc	Wholegrains, wholegrain rice, lentils, pumpkin seeds, sesame seeds, almonds, wheatgerm and oats.
Iodine	Green leafy vegetables, kelp and other seaweeds. Iron in vegetables depends on the soil in which grown. Seaweeds are a rich source.
Magnesium	Green leafy vegetables, bananas and kelp.
Phosphorous, Sulphur and potassium	Wholegrains, wheatgerm, pinto beans, chickpeas, pumpkin seeds, potatoes, yeast extract, nut and many fruits & vegetables
Fluorine, copper, cobalt, chromium, manganese	Brewer's yeast, green leafy vegetable, bananas, potatoes, wholegrains, almonds, legumes, beans, pulses and seaweeds.
Carbohydrate	Wholegrains eg rice, wholemeal bread, potatoes, beans & pulses, cereals, oats, pasta. Avoid sugar.
Fibre	Very important for health Wholegrains, nuts, beans & pulses, wheatgerm, oats, lots of fruit and vegetables.

# Beans and Pulses Tips

“Our medicine should be our food, and our food should be our medicine” ~ Hippocrates

Although it is easy to find tinned beans and pulses, it is a lot cheaper to buy dried ones. Here is a simple guide to cooking times, adapted from “New Favourites—Classical International Cuisine”, by Brook Katz.

Bean/Pulse	Soaking Time	Cooking Time
Adzuki	4 hours—overnight	1 hour
Black-eyed	No soaking needed	30-60 mins
Chickpea	4 hours—overnight	1—1 1/2 hours
Fava	Overnight	2-3 hours
Kidney	4 hours—overnight	1-1 1/2 hours
Green Lentil	No soaking needed	45 mins
Red Lentil	No soaking needed	20 –30 mins
Lima	4 hours—over night	1—1 1/2 hours
Navy	4 hours—overnight	2 hours
Pea ( whole )	4 hours—overnight	45 mins
Pea ( split )	30 mins	45 mins
Pinto	4 hours—overnight	1—1 1/2 hours
Soy	Overnight	3—3 1/2 hours

A big thanks to the following sponsors and donors of the Veggie Food Fair on 17th November 2007 in Croydon.

**Alpro Soya** [www.alprosoya.co.uk](http://www.alprosoya.co.uk)

**Beanies Healthfoods**  
[www.beanieshealthfoods.co.uk](http://www.beanieshealthfoods.co.uk)

**Booja-Booja**  
[www.boojabooja.com](http://www.boojabooja.com)

**Bute Island Foods**  
[www.nondairycheese.co.uk](http://www.nondairycheese.co.uk)

**Cauldron Foods**  
[www.cauldronfoods.co.uk](http://www.cauldronfoods.co.uk)

**Clearspring**  
[www.clearspring.co.uk](http://www.clearspring.co.uk)

**Clive's Pies**  
[www.clivespies.co.uk](http://www.clivespies.co.uk)

**Food for Thought**

**Granovita** [www.granovita.co.uk](http://www.granovita.co.uk)

**Just Wholefoods**  
[www.justw.demon.co.uk](http://www.justw.demon.co.uk)

**London Vegan Festival**  
[www.vegancampaigns.org.uk/festival](http://www.vegancampaigns.org.uk/festival)

**Love Foods** [www.lovefoods.co.uk](http://www.lovefoods.co.uk)

**Natural Balance Foods**  
[www.naturalbalancefoods.co.uk](http://www.naturalbalancefoods.co.uk)

**Oasis Wholefoods** -  
[www.buddhistcentrecroydon.org/natural\\_products.html](http://www.buddhistcentrecroydon.org/natural_products.html)

**Plamil** [www.plamilfoods.co.uk](http://www.plamilfoods.co.uk)

**Pogo Café** [www.pogocafe.co.uk](http://www.pogocafe.co.uk)

**Redwoods**  
[www.redwoodfoods.co.uk](http://www.redwoodfoods.co.uk)

**Rock's Organic Cordials**  
[www.rocksorganic.com](http://www.rocksorganic.com)

**Rosie's Products**  
[www.rosiesproducts.co.uk](http://www.rosiesproducts.co.uk)

**Shahee Bel Poori**

**Shambhu's Kitchen**  
[mail@shambhuskitchen.co.uk](mailto:mail@shambhuskitchen.co.uk)

**Soy Foods** [www.soyfoods.co.uk](http://www.soyfoods.co.uk)

**Vegan Society**  
[www.vegansociety.com](http://www.vegansociety.com)

**Vegan Store**  
[www.veganstore.co.uk](http://www.veganstore.co.uk)

**Vegetarian Guides**  
[www.vegetarianguides.co.uk](http://www.vegetarianguides.co.uk)

**Veggie Snow**  
[www.veggiesnow.org](http://www.veggiesnow.org)

**Vinceremos**  
[www.vinceremos.co.uk](http://www.vinceremos.co.uk)

**Viva!** [www.viva.org.uk](http://www.viva.org.uk)

**Yaoh** [www.yaoh.co.uk](http://www.yaoh.co.uk)

**Zedz Foods** [www.zedzfoods.co.uk](http://www.zedzfoods.co.uk)

**Suggested donation—50p**

**Vegan Campaigns, BM 2300 London WC1N 3XX**

**[info@vegancampaigns.org.uk](mailto:info@vegancampaigns.org.uk), 07960 036 044**