

# vegan guide

## I Am What You See

by Benjamin Zephaniah

I am what you see  
I've got no bodies inside me  
All of me is me  
I will not eat nobody else  
So I am what you see  
I do not plan to eat dead sheep  
I will not eat a hen  
I'm so proud of what I am  
So I will say again  
I've got no bodies inside me  
All of me is me  
I will not eat nobody else  
So I am what you see

See <http://www.benjaminzephaniah.com/>

### includes

10 steps to cruelty-free living

recipes

vegan alternatives to all your favourite foods

vegan restaurants and cafes in London

I am what you see by Benjamin Zephaniah



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## Introduction

This guide was produced by Vegan Campaigns, who hold free food tastings and vegan food fayres throughout London to show just how tasty vegan food can be.

Veganism is the kindest, and some would add the healthiest, diet. As explained on the next page, by reducing or eliminating animal products, you can vote up to three times a day with your fork to be kind to animals, kind to your body, and kind to the planet, since a vegan diet uses only one fifth as much land as a meat based one. At Vegan Campaigns we're passionate about our delicious food and way of living, and we hope you'll give it a try.

To help you out there are lots of recipes in this booklet. Most have been used at our tastings and food fayres. They are yummy tried and tested meals which we are sure you and your friends will enjoy. In fact you may well find yourself saying "I can't believe it's vegan!"

There is also a list of vegan alternatives to popular foods, and details of great vegetarian and vegan restaurants in London.

This booklet is designed to accompany 'Why Vegan' by the Vegan Society, which outlines the arguments for veganism and answers common questions. This excellent full colour booklet is available free at Vegan Campaigns' events or you can get one by sending a stamped addressed envelope to the Vegan Society, 7 Battle Road, St Leonards-on-Sea, East Sussex. TN37 7AA. Tel 0845 458 8244 [www.vegansociety.com](http://www.vegansociety.com), [info@vegansociety.com](mailto:info@vegansociety.com)

# 10 steps to cruelty-free living

**1** Save animals and eat cruelty-free for a day. That means eating food that doesn't contain any animal products (vegan). See the recipe section for some alternative recipes.

**2** Now you've given up animal products for one day, why not give them up completely!

It is estimated that each person who eats meat consumes over 4,000 animals. Add in the number of animals that suffer and die for the milk, egg and honey industries and you will be directly saving a huge number of animals' lives.

If it seems overwhelming to give up all animal products, take a step back and take it at your own pace. Turn vegan overnight and you slam your door on the cruelty of the meat industry forever. It is quite safe if done properly. However, some people find they want to move over to an animal-free diet step-by-step, adjusting as they go along.

## info on going vegan

For extensive information on going and staying vegan contact the Vegan Society [www.vegansociety.com, 0845 458 8244]. They also have available 'The Animal-Free Shopper', an complete guide to vegan products.

## cruelty-free in London

For a list of cruelty-free resources in London including vegan/veggie restaurants and wholefood shops check out www.veganlondon.co.uk. Also see the restaurant section at the back of this booklet.

## vegan buddy

To find a vegan 'buddy' who will give you advice about the practicalities of being vegan, contact Vegan Buddies [www.veganbuddies.org.uk, 0845 458 0146].

**3** Buy birthday and Christmas presents from animal campaigning groups like the Vegan Society [www.vegansociety.com/catalog/, 0845 4588244] or Animal Aid [www.animalaid.org.uk/shop/].

**4** 'Adopt' an animal at an animal sanctuary in a friend's name. You will get sent pictures and an adoption certificate which you can give to them as a present.

Two sanctuaries that run this scheme are Friend Farmed Animal Resuce [www.friendsanimalrescue.org.uk, 01622 871617] or Retreat Animal Rescue [www.retreatanimals.net, 020 8859 5832].

**5** Choose cruelty-free clothes. That is, clothes that do not contain fur, leather, silk (the silk worm is boiled alive) or wool (many sheep are injured during shearing and many die of exposure afterwards).

The range of synthetic and cotton alternatives is growing all the time with more and more choices being made available.

The following mail order companies specialise in fur and leather free shoes and clothes: www.crueltyfreeshop.com, www.veganstore.co.uk (01273 302 979) and freerangers.co.uk (01661 831 781)

**6** Buy cruelty free products which are not tested on animals. For a list of companies that do not test their toiletries, cosmetics or household products on animals, contact Stop Huntingdon Animal Cruelty on 0845 458 0630.

You can also download the list free from their website at the following address: www.shac.net/FEATURES/cruelty\_free.html

**7** Avoid all zoos - animals in zoos are literally driven mad by the misery of their confinement. If you want to see wild animals, nature reserves are a more humane option.

**8** Choose circuses that do not have animals in their performance. Animals in circuses are denied their freedom, kept in limited space and forced to perform degrading tricks. Fortunately animal circuses are on the decline and there are a growing number of circuses that are animal-free.

**9** Raise awareness. The main reason animal cruelty continues is because too many (good) people turn away and try to ignore the fact that it is happening.

Find out more of the facts, so you can argue the case against animal cruelty, like factory farming, animal testing and zoos. The groups in the next section will be happy to provide you with more information if you require.

**10** Other ways of campaigning for animals include letter writing, joining demonstrations, doing school talks or awareness

raising street stalls. If you are interested, the following groups will be able to help.

Groups active in London:

**Coalition to Abolish the Fur Trade**  
www.caft.org.uk, brian@caft.org.uk.  
There are regular protests against the fur trade in London

## Vegan Campaigns

www.vegancampaigns.org.uk (07796 774 200). Do vegan stalls, free food giveaways and vegan food fayres

**Thursday anti-McDonalds demos**  
Phone or text 07960 036044

**London Greyhound Action**  
greys\_ok@yahoo.co.uk (07917 354904 or 07780 720325). Campaign against greyhound racing

## Other

~There are a number of grass-roots campaigns against animal experiments. These include SPEAK, [www.speakcampaigns.org.uk] and Stop Huntingdon Animal Cruelty, [www.shac.net]

~If you are interested in doing school talks contact either of these national groups: Animal Aid [www.animalaid.org.uk, 01732 364 546] or Viva! [www.viva.org.uk, 0117 944 1000]

~Veggies [www.veggies.org.uk (0845 458 9595)] Veggies have a list of all local and national animal rights groups around the country if you want to find your nearest. You can also access their 'Animal Rights Calender' online, which lists numerous upcoming events, from protests and training days to festivals and meetings

# starters and snacks

## Kebabs

- 8 oz (225g) plain or flavoured tofu
- 6 vegan sausages
- 1 red pepper
- 1 yellow or orange pepper
- 2 punnets cherry tomatoes
- 1 large tin pineapple (or equivalent in fresh)
- 1 pkt vegan cheese (melting cheezly)
- 1 small jar pickled onions

1. If using plain tofu cut into 2 cm chunks (or preferred size) and marinate in a little soya sauce.
2. Cook sausages if required, as per instructions on packet.
3. Optional: roast the peppers and remove the skin.
3. Cut everything into 2 cm chunks, (or preferred size), and arrange in different combinations onto cocktail sticks and serve.

*can be gluten-free, depending which vegan cheese and sausages are used*

## Butterbean and Fresh Herb Spread

- 2 tbsp vegetable oil
- 1 onion, chopped finely
- 1 tomato, chopped
- 1 x 14 oz (400g) tin of butterbeans
- 1 heaped tbsp fresh basil, finely chopped
- salt and pepper to taste

1. Heat the oil in a saucepan and saute the onion for about 3 minutes. Add the

- tomato to the pan. Cook for a further 2-3 minutes.
2. Drain the beans and put them into a bowl. Mash them coarsely, leaving some of the beans whole. Add the beans to the saucepan, stirring well. Season to taste, cook for a minute or two, then remove from the heat.
  3. Mix in the fresh herbs then turn into a shallow bowl. Leave to cool then chill in refrigerator.

gluten-free

## Sausage Rolls

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

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 middle of pastry strip. Wet edges of pastry, roll up and seal well.
4. Cut into lengths, brush with soya milk and make snips with scissors or knife on top. Bake in oven on greased baking tray for about 25 minutes.

*Alternatives. Take some sun-dried tomato and chop it fairly small. Mix it in with the sos-mix before you add the water.*

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

# Sushi

nori sheets

## Pate Filling

- ½ cup walnuts or hazelnuts soaked overnight
- 2 cups sunflower seeds soaked overnight
- 3 garlic cloves
- 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 strip 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

# main courses

## Vegetable Chilli

- 2 tbsp oil
- 1 large onion, chopped
- 2 cloves garlic, crushed
- 1 red pepper, chopped
- 1 medium courgette, chopped
- 4 oz (115g) mushrooms, chopped
- ½-1 tsp chilli powder
- 8 oz (225g) frozen veggie mince
- 2 tsp mixed herbs
- 1 tbsp tomato puree
- 2 x 400g tins of chopped tomatoes
- 1 x 400g tin of kidney beans
- up to ½ pint vegetable stock
- dash of soya sauce

1. Fry the onion in the oil until soft.
2. Add the garlic, red peppers, courgette and mushrooms and cook for a few minutes.
3. Add the chilli powder, mince and herbs and fry for 2-3 minutes, stirring constantly.
4. Add the tomato puree, tinned tomatoes and kidney beans, stir well. Add stock to cover the mince and a dash of soya sauce, cover and simmer for 15 minutes over a low heat.

## Notes

use fair-trade cocoa and sugar where possible

tsp = tea spoon

dssp = dessert spoon

tblsp = table spoon

g = gram

oz = ounce

lb = pound

ml = millilitre

fl oz = fluid ounce

## Lasagne

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

1. Preheat the oven to 200°C/400°F/Gas 6. Put 1 tablespoon olive oil and the flour and stock into a saucepan and whisk continuously over a gentle heat for about 5 minutes until thick and smooth. Season with salt and pepper and stir in the parsley and 75g (2½ oz) cheese. Set aside.
2. Heat 1 tablespoon olive oil in a wok or large frying pan. Add the onion and mushrooms and saute over moderate heat for 5 minutes or until the onion is soft and golden. Add the spinach and cook for a minute until wilted. Season with salt, pepper and the nutmeg. Set aside.
3. Heat the remaining oil in a large frying pan. Add the garlic and fry gently for 1 minute. Add the tomato puree and tomatoes and simmer gently for 10 minutes until the mixture has reduced to a thick, vivid sauce.
4. Lightly oil an ovenproof dish and spread half the tomato sauce over the bottom. Cover with a layer of lasagne. Spread one-third of the white sauce on top of the lasagne, then spread half

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

## Nut Roast

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

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

## Lentil & Pepper Pasties

### Pastry

8 oz (225g) plain white/wholemeal flour  
4 oz (115g) margarine

### Filling

6oz (175g) red lentils, washed  
1 vegetable stock cube  
1 onion, chopped  
1 clove garlic, crushed  
knob of margarine or oil  
½ red pepper, chopped  
½ green pepper, chopped  
1 tbsp tomato puree  
1 tsp yeast extract  
1 tbsp fresh chopped parsley  
Black pepper (optional)

1. Preheat oven to 200°C/400°F/Gas 6.
2. First make the pastry by rubbing the margarine into the flour until it resembles fine breadcrumbs. Add enough water to make a dough which is soft, but not sticky. Put it in the fridge covered with cling film.
3. Put lentils in a pan with stock cube and enough water to cover. Bring to the boil.
4. Skim off any froth then simmer for 20 mins till the lentils are soft and can be beaten to a smooth puree (you may need to add more water during cooking but don't make the mixture too wet).
5. Fry the onion and garlic in the oil or marg until they start to soften. Add to the lentil puree with the chopped peppers, tomato puree, yeast extract, parsley and pepper. Mix thoroughly and leave to cool.
4. Roll out the pastry and cut into circle shapes approx 4" (10cm) wide. Place a small amount of the lentil mixture in the middle of the circle. Lightly wet one edge of the circle with

water and fold over the pastry sealing with a fork.

5. Make a small hole in the top with a knife. If desired you can brush with soya milk and sprinkle with sesame seeds.
6. Bake in the oven on a greased baking sheet for about 10-15 mins or until golden brown, leave to cool.

## Smoky Tofu and Cashew Nuts in Tomato Sauce

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  
9 oz (250g) cashew nuts

1. Chop the onions and crush the garlic. Heat the oil in a pan and add the garlic and onion. Sauté for 2-3 minutes.
2. Cut the tofu into cubes and add to the pan and sauté for a further 2-3 minutes.
3. Add the apple juice, tomato puree, marjoram and cashew nuts.
4. Bring to the boil, then lower the heat and simmer, covered, for about 15 minutes. Add more liquid if needed.

*gluten-free*

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

### Pastry

12 oz (340g) plain wholemeal flour  
6 oz (170g) margarine

### Filling

2 medium onions  
2 medium courgettes  
2 medium red peppers  
9 oz (250g) tofu  
½ 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  
1½ 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. First make the pastry by rubbing the  
margarine into the flour until it resem-  
bles fine breadcrumbs. Add enough  
water to make a dough which is soft,  
but not sticky.
3. Roll out the pastry and use a cut-  
ter (about 2¾ inch) to cut the pastry  
into rounds. Place them all into a bun  
tray and bake for 10 minutes to set the  
pastry.
4. Now make the filling: chop the on-  
ions fairly fine; and chop the courgettes  
and red pepper small.
5. Fry the onions for a few minutes then  
add the courgettes and red pepper. Fry  
until they begin to soften.
6. Cube the tofu and chop the 'bacon'  
into bits. Add the tofu, 'bacon', herbs,  
tomato puree and condiments and fry a  
bit longer.

7. Take off the heat and add the  
cheese and enough soya milk to make  
a paste.
8. Place about a heaped teaspoon into  
each mini-quiche. Bake for about 30  
minutes.

*Makes about 50 mini-quiches.*

## Sweet and Sour Veg

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

1. Chop the onion finely and saute in  
the oil for about 2 minutes.
2. Chop the green pepper and grate  
the carrot coarsely. Add them to the  
saucepan and continue cooking for a  
further 2-3 minutes.
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 minutes.
4. Dissolve the cornflour in the  
remaining 6 tablespoons of water and  
stir it into the vegetables until thickened.
5. Serve with brown or white rice.

*gluten-free*

## Butterbean Casserole

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

1. Soak the butterbeans overnight in  
plenty of cold water (or for 1 hour in  
boiling water) until they swell and the  
skins are not wrinkled. Rinse and drain.
2. Put the butterbeans into a pan with  
plenty of water and bring to the boil.  
Turn down and simmer for about 1  
to 1½ hours until the beans are soft.  
Rinse.
3. Meanwhile peel and chop the  
onions, carrots & garlic. Fry them in  
enough olive oil to cover the bottom of  
a large pan. Chop the mushrooms &  
parsley.
4. 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 minutes.
5. Slowly add the soya milk, stirring  
quickly.
6. The mixture will thicken and bubble.  
Turn it down and add the parsley, soy  
sauce, cooked butterbeans and salt  
and pepper to taste.

*gluten-free*

*Serve with jacket potatoes or rice and  
steamed green vegetables and broccoli.*

## Cauliflower Cheeze

4 tbsps oil  
1 large leek, washed and 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) engevita yeast flakes  
salt and pepper  
1 large cauliflower

1. Fry the leeks gently in the oil until  
just cooked (10-20 minutes).
  2. Add ground cumin and flour. Cook  
for about 1 minute stirring continuously.
  3. Take off the heat and add the soya  
milk and water. Add a bit at a time, stir-  
ring in completely each time. 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 very gently  
for a few minutes until the vegan  
cheese has melted.
  5. Season to taste with salt and  
pepper.
  6. Meanwhile steam or boil the cauli-  
flower and serve with the sauce on top.
- Serves 4

*gluten-free*

### Tips

- i. Add chilli powder for some extra bite.
- ii. The rice flour can be replaced with plain  
wheat flour if you don't require the recipe to  
be gluten-free.

## Creamy Cashew Nut and Almond Roast

- 8 oz (225g) onion, finely diced
- 1 garlic clove, crushed
- 4 tsp olive oil
- 4 oz (125g) carrot
- 4 oz (125g) cashew nuts
- 4 tsp tomato paste
- 4 oz (125g) almonds
- 4 oz (125g) sweet red pepper
- 2 oz (60g) celery
- 6 oz (175g) courgettes
- ¾ tsp rosemary
- ¾ tsp dried thyme
- salt and pepper

1. Finely dice the onion and crush the garlic clove. Place in a saucepan with 2 teaspoons of the olive oil and sweat them in the oil until the onion begins to soften. Grate the carrot and add to the pan. Cover with a lid and continue to sweat the vegetables until the carrot and onion are soft.
3. Place the carrot and onion in a food processor with the cashew nuts and tomato paste and process until quite smooth. If you do not have a food processor, mash the veg and use ground almonds instead of the cashews.
4. Roughly chop the almonds. Finely dice the pepper and celery and grate the courgettes. Place the pepper and celery in a saucepan with 2 tps of olive oil and sweat them in the oil for a few minutes. Add the courgettes and continue to sweat the veg until they begin to soften.
5. Add the herbs to the pan along with the processed carrot and onion mixture and the almonds. Mix well and season with salt and pepper. Place in a greased 2 lb/900g loaf tin and bake

in a preheated 180C/350F/gas mark 4 oven for 3/4-1 hour or until golden brown. The centre should still feel soft to touch. Suitable for freezing.

*gluten-free*

## Yorkshire Puddings

- 3 oz (85g) white vegetable fat
- 4 oz (115g) self raising flour
- pinch salt (fine)
- ½ pint (280 ml) soya milk
- 2 oz (55g) whole egg replacer

1. Preheat the oven to highest temp, 220°C/425°F/Gas Mark 7.
2. Put 1 tsp fat in each compartment on a bun tray with 12 compartments. Put the tray near the top of the oven. Put a baking tray underneath to catch drips.
3. Mix the flour and salt with a hand whisk very thoroughly. Mix the egg replacer into a smooth paste with about 2 fl oz (60 ml) of water. Mix this in with the milk in a jug.
4. Once it is ready to go in the oven i.e when the oven and fat are very hot (this will take at least 10 mins) add half of the liquid to the dry mix. Mix it into a smooth batter (paste) then add the remaining liquid. It should be like cream, if it's too thick add more liquid.
5. Transfer the batter to a jug and fill each compartment to the top. It should sizzle as it goes in. Do this as quickly as possible before the heat gets out. Cook for 15-20 mins.

## desserts

### Chocolate Orange Cake or Cup Cakes

- 6 fl oz (180ml) water
- 6 oz (180g) sugar
- 3.5 oz (100ml) sunflower oil
- zest of one orange
- 10 oz (300g) white self raising flour
- 2 tsp baking powder
- 1 oz (30g) cocoa

#### *Icing*

- 8oz (255g) icing sugar
- 1 tbsp cocoa
- juice of one orange

1. Preheat oven to 180°C/350°F/Gas 4. Mix water, sugar and oil in a pan and heat gently until the sugar dissolves. Leave to cool, then mix with the orange zest.
2. Sift dry ingredients twice. Mix dry ingredients in with oil and sugar mixture.
3. Pour into a greased cake tin or patty cake tins. Bake for 30 minutes for a large cake, or 15 minutes for the small cakes. Turn out and leave to cool.
4. Sift icing sugar and cocoa powder. Add enough orange juice (you might not need the whole orange) to make a fairly stiff paste.
5. Spread icing on top of the cake/s

*This recipe can be made into a large cake or 15 cup cakes*

### 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 tbsps orange juice
- 6 oz (170g) wholemeal self raising flour
- 2 oz (55g) ground almonds
- 2 tps 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.*

## 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. Set 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 a bit of soya milk.
5. Bake in the top of the oven for 10-15 mins until golden brown and scones are firm to the touch.
6. To serve the scones, cut in half and spread margarine on each half. Spread jam on one half (strawberry or raspberry are best) and cream (see recipe to the right) on the other.

## 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.

## Date Slices

3½ oz (100g) dates  
3½ oz (100g) soya margarine  
3½ oz (100g) caster sugar  
3½ oz (100g) rolled oats  
3½ oz (100g) self raising flour

1. Preheat the oven to 180°C/350°F/Gas Mark 4.
2. Boil dates with sufficient water to barely cover them. Cook them until the mixture resembles thick jam. More water may be added or boiled off if necessary.
3. Mix the rest of the ingredients together well.
4. Press half of the mixture into a greased swiss roll tin, spread the dates on top, and cover them with the remainder of the mixture.
5. Bake for 20 mins.
6. Cut into fingers while it is still hot, but leave in the tin to cool.

## Chocolate Banana Cake

*Cake*  
10 oz (285g) plain flour  
8 heaped tsp baking powder  
2 oz (55g) cocoa  
8 oz (225g) demerara sugar  
8 fl oz (230 ml) sunflower oil  
10 fl oz (280 ml) water  
1 medium banana, mashed

*Fudge Filling*  
2oz (55g) vegan marg  
3 tbsp water  
7oz (200g) icing sugar  
2 oz (55g) cocoa  
1 tsp vanilla essence

1. Preheat oven to 190°C/375°F/Gas 5.
2. Sift flour, baking powder & cocoa together into bowl. Add sugar & mix.
3. Add the rest of the ingredients and thoroughly mix. Pour into 2 greased 8 inch (20 cm) round tins and bake for 40 mins. Leave to cool in tins.
4. Meanwhile make the fudge filling. Melt the marg over a gentle heat. Take off heat and add other filling ingredients and mix. Leave to cool, then beat until stiff with electric mixer or whisk.
5. Once the cake is cold sandwich the halves together with the fudge filling.

## Lemon Explosion Cake

6 oz (170g) self raising flour  
1½ tsp baking powder  
6 oz (170g) caster sugar  
4 oz (115g) vegan margarine  
1 grated lemon rind  
2 tbsp oil  
4 tbsp soya milk

*Icing*  
juice of this lemon  
4 oz (115g) icing sugar

1. Preheat oven to 175°C/350°F/Gas 4, and grease loaf tin.
2. Sift together flour, baking powder and sugar. Melt marg gently in pan. Add it to dry ingredients together with the lemon rind, oil and soya milk.
3. Stir briefly until all flour is mixed in. You might need to add another table spoon of soya milk, but don't overdo it as this cake mix should be quite stiff. Spoon mixture into greased tin and smooth top. Bake for 40 mins.
4. While the cake is cooking make the icing, add the lemon juice to the sifted icing sugar and mix well. As soon as the cake comes out of the oven pierce top several times with a fork or skewer and pour lemon icing on top of the cake.

## Oaty Chocolate Treats

4 oz (115g) sugar  
2 oz (55g) vegan marg  
2 fl oz (60 ml) soya milk  
1 oz (30g) cocoa or carob powder  
6 oz (170g) fine rolled oats  
1 oz (30g) desiccated coconut  
few drops vanilla essence

1. Mix sugar, marg, milk and cocoa in a saucepan. Bring to boil slowly, then lower heat and leave to simmer for 3 minutes.
2. Remove from heat & stir in oats, coconut & vanilla essence. Leave to cool.
3. Roll teaspoons of mixture in hands to form balls & roll in coconut.

*wheat-free*

*Variations. The coconut and vanilla can be replaced by raisins & rum flavouring or chopped nuts, dates, dried fruit pieces etc.*

## Energy Balls

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

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 carob powder, sesame seeds or desiccated coconut. Keep in fridge.

*gluten-free, no refined sugar*

*Taken from Eat Smart Eat Raw by K. Wood*

## Walnut and Banana Brownies

12 oz (340g) dates  
5 oz (150g) margarine  
3 oz (90g) rice flour  
3 tsps baking powder  
4 tbsps cocoa powder, sieved  
1½ very ripe bananas, mashed  
4 oz (115g) walnuts, roughly chopped  
1½ tsps 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 minutes 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 minutes.
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*

## Lemon and Coconut Cheesecake

*Base*  
4 Oz (115g) marg  
1 tbsp golden syrup  
8 oz (225g) rolled oats

*Topping*  
1 lb 2 oz (500g) tofu  
1 block coconut cream  
5 oz (140g) marg  
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. Start by making the base; place the marg and golden syrup in a pan over a low heat. Once the marg has melted take off the heat and stir in the oats thoroughly. Press down well into a large flan dish and place in the fridge.
2. To make the topping, chop the tofu and coconut cream fairly small and place into a blender with the marg, coconut milk, sugar and juice of one of the lemons. Blend until smooth. Taste and add more lemon juice if needed.
3. Place the topping into the flan dish on top of the base, smooth down and decorate with desiccated coconut and lemon rind. Chill for a few hours until set.

*wheat-free*

## Chocolate Fridge Cake

4½ oz (125g) margarine  
2½ oz (75g) golden syrup  
7 oz (200g) dark chocolate  
2 oz (60g) digestive biscuits  
2 oz (60g) whole walnuts  
2 oz (60g) sultanas  
1½ oz (40g) dates or glace cherries

1. Grease loaf tin (8" x 3").
2. Melt marg. 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 marg. 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 (chopped first).
7. Set in fridge for 4 hours.

## More Vegan Recipes

For more vegan recipes see the following websites:

[www.vegancampaigns.org.uk/resources/recipes.html](http://www.vegancampaigns.org.uk/resources/recipes.html)  
[www.veganvillage.co.uk/recipes](http://www.veganvillage.co.uk/recipes)  
[www.uncaged.co.uk/recipes](http://www.uncaged.co.uk/recipes)  
[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)

# 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 plain, chocolate, vanilla, carob and almond soya milk. Use it in any way that you'd use milk. Comes in sweet and unsweetened varieties, sweetened is recommended when making the switch from cow milk. Experiment with brands and see which you like
<b>ice cream</b>	alternatives include Toffuti and Swedish Glace ice cream
<b>cheese</b>	check health food shops for vegan cheese, which is great on pizza, sandwiches and in sauces. Make sure you get a melting variety for pizza or cheese on toast. You can also make a great 'creamy' sauce with nutritional yeast flakes and vegan cheese (see the recipe for creamy cauliflower cheese in the recipe section)
<b>eggs</b>	use commercial egg replacers in baked goods. For breakfast, scramble tofu with onions, mushrooms, turmeric, nutritional yeast and mustard
<b>mayonnaise</b>	Plamil do vegan mayonnaise which 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. Also look out for Green and Blacks chocolate in your supermarket. Some are vegan and will be marked accordingly on the back of the packet
<b>honey</b>	use golden syrup, maple syrup, concentrated apple juice or date syrup
<b>burger</b>	there are now many veggie burgers available both from health food shops and supermarkets
<b>mince</b>	use soya mince. Frozen mince is recommended, Releat mince is currently suitable for vegans
<b>bacon</b>	'Vegetarian Rashers' are now available from health food shops

If you are cooking at home check out [www.veganmania.com](http://www.veganmania.com). They have a section of recipes dedicated to vegan alternatives to mayonnaise, eggs, cream, gravy etc.

# London Living

## Vegetarian Restaurants

- Beatroot, 92 Berwick St, W1. Tel: 020 7437 8591. Fill a take-away box with a choice of hot food and salads.
- Bruno's, 16c Market Row, SW9. Tel: 020 7738 6161.
- CTJ, 339 Euston Rd, NW1. Tel: 020 7387 5450. One of a chain of oriental restaurants with branches all over London.
- Diwana Bhel Poori House. 121 Drummond Street, London, NW1 2HL. Indian.
- Food for Thought, 31 Neal Street, WC2. 020-7836 9072.
- Green Note, 106 Parkway, Camden Town.
- Indian Veg Bhelpoori, 92/93 Chapel Market, N1. 020-7837 4607. Indian, all you can eat for £2.95.
- Jai Krishna, 161 Stroud Green Rd, N4. Tel: 020 7272 1680. Indian.
- Mildreds, 45 Lexington Street, W1. Tel: 020 7494 1634. Expensive, good for a special night out
- Peking Palace, 669 Holloway Rd, N19. Tel: 020 7281 8989.
- Pogo Cafe, 76 Clarence Rd, E5. 020-85331214. £5.75 main course, big portions. All vegan, mostly organic.
- RedVeg, 95 Dean Street, W1. Vegetarian fast food.

All the above are vegetarian restaurants/cafes (with the exception of Pogo Cafe, which is vegan) that offer a wide range of vegan dishes.

With over 100 vegetarian restaurants and cafes in London this list is just a taster. The book *Vegetarian London* is a complete guide and costs £6.95 from bookshops, some wholefood stores or [www.vegetarianguides.co.uk](http://www.vegetarianguides.co.uk)

## Healthfood Shops

- Alara Wholefoods, 58 Marchmont St, WC1. Tel: 7837 1172.
- Brixton Wholefoods, 59 Atlantic Rd, London SW9. Tel: 020 7737 2210.
- Bumblebee Natural Foods, 30, 32 and 33 Brecknock Rd, N7. Tel: 020 7607 1936.
- Bushwacker Wholefoods, 132 King St, W6. Tel: 020 8748 2061.
- Food For All, 3 Cazenove Rd, N16. Tel: 020 8806 4138.
- Haelan Centre, 41 The Broadway, N8. Tel: 020 8340 4258.
- Portobello Wholefoods, Unit 1, 266 Portobello Rd, W10. Tel: 020 8968 9133.
- People & Planet, 80 Sydenham Rd, SE26. Tel: 020 8473 7489.
- Second Nature Wholefoods, 78 Wood St, E17. Tel: 020 8520 7995.
- Tony's Holistic Centre, 1 Omega Place, N1 9DR. Tel: 020 7837 5223
- Wholsum, 16 Dalton Lane, London E8.

The above shops sell a wide range of products suitable for vegans, including fresh take-aways like sandwiches and snacks. None sell any meat.

Many ordinary shops now sell vegan products such as soya milk.

All supermarkets carry large vegan ranges too. The Co-op and Sainsburys are now labelling their own-brand ranges as suitable for vegetarians and/or vegans.

*As you can see a vegan diet can be easy, varied and tasty. Most importantly, it can help reduce the suffering of animals, combat world hunger, and help the environment, and our own health.*