

sponsors

The free vegan food fayre on Sat 10 December 2005 was sponsored by the following companies:

Alpro

www.alprosoya.co.uk

soya milk, and other vegan soya products like milkshake and yogurt

Booja Booja

www.boojabooja.com

luxurious vegan chocolate truffles

Frys

www.frys-special.com

Isle of Bute Foods

www.scheese.co.uk

vegan cheese (scheese) in various flavours

Lyme Regis

www.lymeregisfoods.com

snack bars, many of which are vegan

Plamil

www.plamilfoods.co.uk

soya milk, chocolate and mayonnaise, all vegan.

Pogo Cafe

www.pogocafe.co.uk

vegan cafe based at 76 Clarence Road, Hackney, London E5. 020 8533 1214.

Redwoods

www.redwoodfoods.co.uk

their entirely vegan range includes cheatin' meats and vegan cheese

Yaoh

www.yaoh.co.uk

vegan hemp products including bars

vegan guide

includes

talkin' turkeys by Benjamin Zephania

10 steps to a cruelty-free christmas

recipes

vegan alternatives to all your favourite foods

vegan restaurants and cafes in London



Talking Turkeys

by Benjamin Zephaniah

Be nice to yu turkeys dis christmas
Cos' turkeys just wanna hav fun
Turkeys are cool, turkeys are wicked
An every turkey has a Mum.
Be nice to yu turkeys dis christmas,
Don't eat it, keep it alive,
It could be yu mate, an not on your plate
Say, Yo! Turkey I'm on your side.
I got lots of friends who are turkeys
An all of dem fear christmas time,
Dey wanna enjoy it, dey say humans destroyed it
An humans are out of dere mind,
Yeah, I got lots of friends who are turkeys
Dey all hav a right to a life,
Not to be caged up an genetically made up
By any farmer an his wife.

Turkeys just wanna play reggae
Turkeys just wanna hip-hop
Can yu imagine a nice young turkey saying,
'I cannot wait for de chop',
Turkeys like getting presents, dey wanna watch christmas TV,
Turkeys hav brains an turkeys feel pain
In many ways like yu an me.

I once knew a turkey called...Turkey
He said "Benji explain to me please,
Who put de turkey in christmas
An what happens to christmas trees?",
I said "I am not too sure turkey
But it's nothing to do wid Christ Mass
Humans get greedy an waste more dan need be
An business men mek loadsa cash'.

Be nice to yu turkey dis christmas
Invite dem indoors fe sum greens
Let dem eat cake an let dem partake
In a plate of organic grown beans,
Be nice to yu turkey dis christmas
An spare dem de cut of de knife,
Join Turkeys United an dey'll be delighted
An yu will mek new friends 'FOR LIFE'.

Poem from <http://www.benjaminzephaniah.com/>

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Introduction

This guide was produced for the free vegan food fayre held in Camden on Saturday 10 December 2005, so that you can leave with plenty of ideas and information about being vegan, including of course, where to get vegan food and how to make it.

It is designed to accompany 'Why Vegan' by the Vegan Society, which outlines the arguments for veganism. You can get this excellent booklet free from the Vegan Society, 7 Battle Road, St Leonards-on-Sea, East Sussex. TN37 7AA. Tel 0845 458 8244 (info@vegansociety.com)

If you missed the fayre, and want to sample some of the food that was there, you can try it out at home! All the recipes in this book were made for and presented at the fayre. They are delicious tried and tested vegan recipes. There is also a list of vegan alternatives to various foods, and details of veggie/vegan restaurants in London.

10 steps to a cruelty-free christmas

1 Save a turkey and eat a cruelty-free Christmas meal. That means a meal that doesn't contain any animal products (vegan). See the recipe section for some alternative Christmas 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 extensive 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 '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 Rescue [www.friendsanimalrescue.org.uk, 01622 871617] or Retreat Animal Rescue [www.retreatanimals.net, 020 8859 5832].

4 Buy Christmas presents from animal campaigning groups like the Vegan Society [www.vegansociety.com/catalog/, 0845 4588244] or Animal Aid [www.animalaid.org.uk/shop/, 01732 364 546].

5 Don't give an animal as a present. There are so many other distractions at Christmas that the animal will often get neglected and forgotten.

If you know someone who is really keen to have a companion animal, wait a couple of months, then adopt one from an animal sanctuary. They are usually overwhelmed with unwanted animals who would thrive in a loving home.

6 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)

7 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

8 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.

9 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.

10 Find out how you can actively campaign for animals, whether it be letter writing,

joining demonstrations, doing school talks or awareness raising street stalls. Here are a few groups who 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

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, this lists numerous upcoming events, from protests and training days to festivals and meetings.

starters and snacks

Carrot & Coriander Soup

2 tbsps vegetable oil
3 medium onions, chopped
4 garlic cloves, crushed
1 kg/2 lb 2oz fresh carrots, chopped
2 or 3 sweet potatoes, chopped
1.4 litres/2½ pints water
2 tbsps vegetable bouillon
ground nutmeg
salt
1 bunch fresh coriander

1. Heat the oil in a pan and add the onions. Saute for about ten minutes or until the onions are translucent. Add the garlic and saute for one minute.
2. Add the carrots, sweet potatoes and water to the pan.
3. Bring to the boil and simmer for about 30/35 minutes, until the carrots and potatoes are very soft and you can easily mash them with a spoon.
4. Add the bouillon and ¼ of the coriander, roughly chopped.
5. Remove from the heat and blend it to a smooth creamy soup.
6. Put back on the heat, add the nutmeg and salt to taste.
7. Reheat and then serve with some of the remaining fresh coriander as a garnish.

gluten-free

New recipe from Pogo Cafe

Cucumber Yogurt Dip

½ medium cucumber, chopped (1 cup)
1 cup plain soya yogurt
1 garlic clove, crushed
2 tbsps chopped fresh mint or dill (if you can only get dried use half the quantity)
salt and pepper

1. Combine cucumber, yogurt, garlic, and mint and stir together.
2. Season with salt and pepper.
3. Cover and refrigerate until ready to serve.

gluten-free

main courses

Leek and Mushroom Pie

2 leeks
675g/1.5 lb mushrooms
115g/4 oz margarine
115g/4 oz fine fresh breadcrumbs
500g/1 lb 2 oz puff pastry
4 tbsps finely chopped parsley

1. Preheat oven to 200°C/400°F/Gas Mark 6.
2. Fry leek in 30g/1 oz of the margarine until soft not brown. Add mushrooms and cook for a few minutes; allow to cool.
3. In another pan heat 55g/2 oz margarine and fry the crumbs until crisp.
4. Roll 2/3 of puff pastry to fit a medium to large pie dish. It should go up the sides as well.
5. Put the leek and mushroom mixture into the dish, then sprinkle ¾ of the crumbs and the parsley.
6. Roll the remaining pastry to fit the top. Moisten with water around the edges so it sticks to the bottom pastry. Put some holes with a fork.
7. Melt remaining margarine in a small pan, then brush over the top, and sprinkle with the remaining crumbs. Bake 40 minutes or until golden and crisp.

Serves 4-6

New recipe from Pogo Cafe

Nut Roast

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

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.

Yorkshire Puddings

85g/3 oz white fat
115g/4 oz self raising flour
pinch salt (fine)
280 ml/1½ pint soya milk
2 oz 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 fluid ounces/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.

Butterbean Casserole

250g/9 oz dried butterbeans
250g/9 oz carrots
250g/9 oz onions
3 cloves garlic
olive oil
125g/4.5 oz mushrooms
2 bay leaves
½ small bunch parsley
25g/1 oz rice flour
½ tbsp vegetable bouillon
½ litre/18 fl oz 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 & 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.

Red pepper, Courgette and 'Bacon' Mini-Quiche

Pastry

340g/12 oz/ plain wholemeal flour
170g/6 oz margarine

Filling

2 medium onions
2 medium courgettes
2 medium red peppers
250g/9 oz tofu
1/2 pkt Redwoods cheatin' bacon,
chopped small
1 level dssp mixed herbs
1.5 dssp tomato puree
1 level tsp salt
generous pinch black pepper and
ginger
1 pack of vegan cheese
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 resembles fine breadcrumbs. Add enough water to make a dough which is soft, but not sticky.
3. Roll out the pastry and use a cutter (about 2.75 inch) to cut the pastry into rounds. Place them all onto a bun tray and bake for 10 minutes to set the pastry.
4. Now make the filling: chop the onions 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.

Smoky Tofu and Cashew Nuts in Tomato Sauce

1 small onion
1 small garlic clove
1 tablespoon olive oil
200g/7 oz smoked tofu
250 ml/9 fl oz apple juice
4 tsp tomato puree
3 tsp marjoram
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

Chilli Non Carne

1 tablespoon olive oil
1 large onion
2 carrots
3 cloves of garlic
1 red pepper
1 yellow pepper
100g/3½ oz mushrooms
1 tin red kidney beans
200g/7 oz lentils
½ teaspoon chilli powder (or more to taste)
1 tin chopped tomatoes
2 tablespoons tomato puree
1 small tin of sweetcorn
1 tablespoon of miso pepper

1. Peel and chop the onions, carrots and garlic. Fry in olive oil in a large saucepan.
2. Chop the remaining vegetables and add to the pan.
3. Add the remaining ingredients except the miso, and enough water to cover. Simmer for about 30 minutes on a low heat, covered stirring occasionally, add water if necessary.
4. Add miso, and pepper to taste

gluten-free

Serve with rice, cous cous, quinoa, tortillas, tacos, jacket potatoes & salad or inside a tortilla wrap with lettuce to make a burrito

Creamy Cauliflower Cheeze

4 tbsps oil
1 large leek, washed and sliced
½ tsp cumin
45g/1½ oz brown rice flour
400 ml/14 fl oz soya milk
400 ml/14 fl oz water
½ tsp mustard
1 heaped tsp marmite
½ block of vegan cheese, grated
40g/1½ oz 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 the flour and ground cumin. 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, stirring 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 cauliflower 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.

Tofu and Rice Salad

225g/8 oz firm tofu - drained well
1 carrot - grated
2 spring onions - chopped
1 red bell pepper - cut into strips
1 cup long grain brown rice
2 cups water
pinch of salt

Marinade

2 tbsp tamari soy sauce
2 tbsp water
small clove of garlic or more to taste
1 tbsp fresh grated ginger

Dressing

2 tbsp olive oil
2 tbsp miso
1½ tbsp lemon juice
½ tsp each basil, thyme and sage
cayenne or fresh ground pepper to taste

1. In a mixing bowl, combine the marinade ingredients together, ensuring the garlic is crushed.
2. Cube the tofu, place in a shallow dish, and cover with the marinade. Let it sit for at least 2 hours, turning several times.
3. In a saucepan, bring the water and salt to a boil. Add the rice and cook until all the water has been absorbed (approx. 45 minutes). Allow it to cool.
4. In a mixing bowl, combine all the dressing ingredients together and whisk well.
5. Toss the rice with the rest of the ingredients, except the tofu and the dressing.
6. Pour the dressing over the tofu, then pour everything over the rice mix. Toss gently but thoroughly, and chill. Can be served warm as well. *gluten-free*

desserts

Choc Yule Log

200g/7 oz self raising flour
1 tsp baking powder
30g/1 oz cocoa powder
50g/2 oz sugar
90ml/3 fl oz sunflower oil
230 ml/8 fl oz water
150g/5 oz vegan chocolate
1 tablespoon vegan margarine
150g/5 oz plain tofu
4 tbsps soya milk (or 3 tbsps of rum and 1 tbsp of orange liquor)
1 teaspoon vanilla essence
50g/2 oz chopped walnuts
50g/2 oz chopped raisins
icing sugar

1. Preheat oven to 350°F/180°C/Gas Mark 4.
2. Mix together the flour, baking powder and sugar. Whisk the oil and water together, then add to the dry ingredients. Beat until smooth
3. Bake for 15 mins. Cool and crumble the cake.
4. Melt the margarine on a low heat and add the chocolate.
5. Blend the tofu with the soya milk and vanilla essence.
6. Add to the cake crumbs and mix in the walnuts and raisins. Add the melted chocolate and enough icing sugar to make a firm dough. Work together until smoothly blended.
7. Roll into a log shape, wrap in grease proof paper and freeze until set.

Christmas (Plum) Pudding

225g/8 oz currants
125g/4 oz sultanas
125g/4 oz raisins
125g/4 oz mixed candied peel,
chopped
25g/1 oz blanched almonds, chopped
125g/4 oz plain (all-purpose) flour
½ tsp salt
½ tsp freshly grated nutmeg
½ tsp ground ginger
1½ tsp mixed spice
225g/8 oz dark brown molasses sugar
125g/4 oz soft, fresh wholewheat
breadcrumbs
225g/8 oz pure vegetable suet, grated
zest and juice of 1 lemon
1 tbsp black treacle
100ml/4fl oz soya milk
4 tbsp rum

1. Grease a 1.2 litre (2 pint) pudding basin (mixing bowl) or 2 x 600 (1 pint) pudding basins (mixing bowls).
2. Put the dried fruit and almonds into a large bowl. Add the flour, salt, spices, sugar, breadcrumbs, suet, lemon zest & juice, treacle, soya milk and rum. Mix very well to make a soft, dense mixture.
3. Spoon the mixture into the basin (bowl) or basins (bowls). Cover with a double layer of greased foil and tie down well under the rim.
4. Put into a steamer or saucepan on top of a an upturned saucer and pour in enough boiling water to come half-way up the sides of the basin (bowl). Steam for 4 hours, topping up the pan with boiling water as necessary. Leave to cool.
5. Remove the foil and cut out a circle of grease proof paper to fit over the top of the pudding, cover tightly with a

fresh, doubled piece of foil, then store in a cool, dry place - the pudding will keep (and mature) for several months. To reheat, steam as before for 3 hours before serving.

Serves 8

From Vegan Feasts by Rose Elliot

Christmas Cake

170g/6 oz wholemeal self raising flour
55g/2 oz ground almonds
2 tps mixed spice
450g/1 lb mixed dried fruit
115g/4 oz chopped dried dates
115g/4 oz chopped dried apricots
rind of lemon or orange
½ pint water
2 tbsps orange juice

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
3. Bake in a 2lb loaf tin for approx. 1½ hours, covering with greaseproof paper for the last hour.

no refined sugar

From Hillside Animal Sanctuary

Trifle

Sponge

85g/3 oz sugar
pinch sea salt
140g/5 oz plain flour
½ tsp bicarbonate of soda
75 ml/2½ fl oz veg oil
½ tsp van. essence
1½ tsp vinegar
140 mls/5 fl oz water

1 tin fruit or 225g/8 oz fresh fruit
1 packet vegan jelly mix (i.e. Just Wholefoods)
570 mls/1 pt custard (vegan custard powder, sugar to taste and 1 pint soya milk)

Cream

2 tbsps cornflour
280 ml/10 fl oz soya milk
2 tsp vanilla essence
4 tbsp icing sugar
120g/4 oz marg

55g/2 oz flaked almonds or chopped nuts

1. Make the sponge for the base. Sift the dry ingredients together, mix well, then add the wet ones and mix thoroughly. Place in a greased tray and bake for approx. 30 mins at 200°C/400°F/Gas Mark 6 (or when a knife inserted into the cake comes out clean). Let the cake cool for at least an hour.
2. Slice the cake into the bottom of the dish.
3. Chop the fruit and place it on top of the cake.
4. Make up jelly as per instructions. If you are using tinned fruit use the juice to make up the quantity of water required. Pour it over the sponge and

fruit.

5. Make up the custard and let it go cold. When the jelly has set, spread the custard over the top. Place in the fridge.
7. Make the cream. Put the soya milk and cornflour into a pan and mix well. Heat, stirring all the time until it goes thick. Allow to cool.
8. Blend the vanilla essence, icing sugar and marg. into the cooled mixture by beating with a fork, whisk or electric mixer.
9. Scoop onto the trifle, then sprinkle nuts on the top. Leave in the fridge for at least an hour. Just prior to serving sprinkle the nuts on top and serve.

Energy Balls

250g/9 oz cashew nuts (unsalted)
125g/4½ oz dates
125g/4½ oz 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 Kate Wood ISBN 1-904010121)

Fairy Cakes

170g/6 oz self raising flour
115g/4 oz castor sugar
115g/4 oz margarine
1 large tbsp golden syrup (optional)
60g/2 oz cocoa powder
285 ml/10 fl oz soya milk
1 tsp bicarbonate of soda
vegan chocolate chips (optional)
Cake cases

Icing

115g/4 oz icing sugar
50g/2 oz cocoa powder
bar vegan chocolate

1. Preheat the oven to 180°C/350°F/ Gas Mark 4. Blend the sugar and margarine in a large mixing bowl into a cream. (To make a crispier cake, add a tablespoon of golden syrup).
2. Dissolve the bicarbonate of soda in the soya milk, stir well. When dissolved add a splash of the liquid to the sugar and margarine mixture, and mix, making sure it doesn't curdle.
3. Sift the flour and cocoa powder. Add this to the mixture, then add the remaining liquid. If using the choc chips add them at this stage.
4. Put the cake cases into a bun tray. Using a tablespoon, half fill the cake cases with the mixture.
5. Cook for 20 minutes or until a fork comes out clean (with one or two crumbs) when you poke the centre. Leave cakes to cool.
6. To make the topping sift the cocoa powder and icing sugar in a bowl and add a little boiling water. Mix into a thick paste.
7. Spread the mixture onto the cooled cakes. Top the icing with chocolate shavings.

Variations:

i. Coffee icing: Add a few drops of very strong coffee to the icing sugar, and top the cakes with walnuts.
ii. Chocolate orange cake: Replace some of the soya milk with the juice of freshly squeezed oranges, avoiding getting the pips in the mixture. Grate a little of the orange peel into the mixture. For the icing replace the water with juice from the orange and top with shavings of Maya Gold Green and Blacks chocolate.

Date & Apple Parkin

75g/2½ oz soya margarine
25g/1 oz demerara sugar
2 rounded tsp molasses
2 rounded tsp golden syrup
100g/3½ oz wholemeal SR flour
1 rounded tsp ground ginger
225g/8 oz apples, peeled and chopped
175g/6 oz oats
50g/2 oz dried dates, finely chopped
1 tbsp apple juice

1. Preheat the oven to 180°C/350°F/ Gas Mark 4. Put margarine, sugar, molasses, and golden syrup in a large saucepan and heat until melted.
2. Remove from heat and add the sifted flour and ground ginger and then the remaining ingredients.
3. Mix thoroughly, then spoon the mixture into a lined and greased 7 inch /18cm square tin. Press down firmly. Bake in the middle shelf for 25 minutes until firm in the centre.
5. Turn out to cool on a wire rack and cut into 10 equal-sized slices.

Walnut and Banana Brownies

340g/12 oz dates
150g/5 oz margarine
90g/3 oz rice flour
3 tsps baking powder
4 tbsps cocoa powder, sieved
1½ very ripe bananas, mashed
115g/4 oz 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" x 7") 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

Strawberry Cake

275g/9.5 oz self raising flour
130 ml/5 fl oz sunflower oil
255 ml/9 fl oz golden syrup
130 ml/5 fl oz water
130 ml/5 fl oz soya milk
1½ dssps cider vinegar
2 tsp vanilla essence

'Butter' icing

100g/4 oz margarine
70g/2.5 oz icing sugar, sieved

Strawberry icing

140g/5 oz icing sugar, sieved
2 heaped tbsps strawberry swedish glace (then allow to melt)

small punnet of strawberries

1. To make the cake, first preheat the oven to 190°C/375°F/Gas Mark 5.
2. Whisk together the oil, golden syrup, soya milk, wine vinegar and vanilla essence.
3. Sieve the flour in a bowl and gradually pour in the liquid, stirring constantly.
4. Grease two 8" or 9" cake tins and pour in the mixture.
5. Bake in the oven for about 30 mins or until a fork comes out clean. Leave for a few hours to cool.
6. Make the butter icing. Mash the margarine into the sugar with a fork.
7. Make the strawberry icing. Gradually mix the swedish glace into the icing sugar until you reach the right consistency (fairly thick).
8. Finally... Take the two cake halves and spread strawberry jam on the flat half of one, and 'butter' icing on the other. Put the two halves together. Put the strawberry icing on top and decorate with strawberries.

Date Slices

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

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 Covered Oat Biscuits

125g/4½ oz plain flour
1 tsp bicarbonate of soda
125g/4½ oz rolled oats
125g/4½ oz soya margarine
125g/4½ oz caster sugar
1 rounded tbsp golden syrup
1 tbsp water

bar of vegan chocolate, e.g. Green and Blacks Maya Gold or Dark Chocolate

1. Preheat the oven to 180°C/350°F/ Gas Mark 4.
2. Sift the flour and bicarbonate of soda then mix with the rolled oats.
3. Dissolve the margarine, sugar and syrup in the water over a low heat, then stir into the dry mixture.
4. Put teaspoonfuls on a very well greased baking sheet, leaving room for the biscuits to spread.
5. Bake them on the top shelf for 15-20 minutes.
6. Leave them to cool for only a few seconds, then loosen them with a knife and cool on a wire tray.
7. Melt the chocolate in a bowl over a hot saucepan of water. Carefully dip the biscuits into the chocolate, to coat the tops.
8. Put the biscuits in the fridge for half an hour to allow the chocolate to set.

Lemon and Coconut Cheesecake

Base

115g/4 oz marg
1 tbsp golden syrup
225g/8 oz rolled oats

Topping

500g/1 lb 2oz tofu
140g/5 oz marg
1 block coconut cream
170 ml/6 fl oz coconut milk
170g/6 oz 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 Biscuit Cake

125g/4½ oz marg.
75g/2½ oz golden syrup
200g/7 oz dark chocolate
60g/2 oz digestive biscuits
60g/2 oz whole walnuts
60g/2 oz sultanas
40g/1½ oz 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.veganvillage.co.uk/recipes
www.uncaged.co.uk/recipes
www.parsleysoup.co.uk
www.fatfreevegan.com
www.thepk.com/recipes
www.veganchef.com

Vegan Alternatives

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

butter	switch to whey-free vegetable margarines and oil.
milk	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
ice cream	alternatives include Toffuti and Swedish Glace ice cream
cheese	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)
eggs	use commercial egg replacers in baked goods. For breakfast, scramble tofu with onions, mushrooms, turmeric, nutritional yeast and mustard
mayonnaise	Plamil do vegan mayonnaise which is available from most health food shops
yogurt	experiment with the several brands of soya yogurt
jelly	look for agar-agar and kosher 'gelatine'.
chocolate	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
honey	use golden syrup, maple syrup, concentrated apple juice or date syrup
burger	there are now many veggie burgers available both from health food shops and supermarkets
mince	use soya mince. Frozen mince is recommended, Releat mince is currently suitable for vegans.
bacon	'Vegetarian Rashers' are now available from health food shops.

If you are cooking at home check out 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.
- Café Pushkar, 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.
- 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 by no means extensive. Vegetarian London is an extensive guide and costs £6.95 from Vegetarian Guides, PO Box 2284, London W1. www.vegetarianguides.com

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 Tel: 020 7837 5223
- Wholefood Express, 95 Southgate Rd, N1. Tel: 020 7354 4923. Mon-Sat 10.00-19.00.

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.