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Tasty Guides

Dairyfree

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dairy-free
delights you'll
love!



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lactose-free dishes
for everyone

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SWEET



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desserts**

From gooey brownies to tasty ice cream, we've got the lot

SAVOURY



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main meals**

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Tasty Guides

Dairyfree

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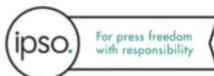
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Welcome

The benefits of adopting a diet free from dairy have never been clearer. Whether you're considering doing it to look and feel healthier, for the sake of the environment, or because you care about animal welfare, getting rid of dairy from your diet is a step in the right direction.

Our *Tasty Guide: Dairy Free* will give you all the information you need to transition to a dairy-free lifestyle, including what dairy is and why you should be ditching it, plus what the best milk, yoghurt, cream and cheese substitute products are, and how you can find them in the supermarket.

Inside, you'll find more than 50 gorgeous recipes, just ready and waiting for you to get your teeth into. There's a complete collection of meals, from breakfasts that'll wake you up in the morning, all the way to desserts that'll have you rolling over to the sofa at night. With all this delicious food on offer, we're willing to bet you won't even miss dairy.



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Start your day the right way with a nutritious and filling breakfast, and keep your energy levels up by sipping on one of our delicious dairy-free drinks



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Excite your tastebuds by cooking up dairy-free delicacies from all over the world – whether it's a cheesy tagliatelle you're craving, or even a creamy curry



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If your sweet tooth is crying out for some sugary treats, these sumptuous desserts are perfect for rounding off a meal – and the best thing is, they're easy to make





Health benefits of going dairy-free

We explore the potential positive side effects from switching to a dairy-free lifestyle

Giving up dairy products could lead to more energy and better overall health

Whether you're giving up dairy for personal health reasons or for animal welfare and environmental concerns, there will be a period of adjustment. Your body is used to consuming dairy from a young age, so it will need to transition to other sources of protein and calcium. It can take anywhere from two to three weeks for your body to be completely free of cow's milk protein and lactose after stopping dairy intake, so you may not feel immediately different.

However, many followers of a dairy-free lifestyle report significant health benefits after the switch to a non-dairy diet. There is some scientific evidence to support the claims, as well as a lot of observational and anecdotal reports. We take a look at the potential health benefits you may experience when you decide to go dairy-free.

Digestion and bloating

Do you often feel bloated, heavy and sore? It's certainly not uncommon, but we often can't put a finger on the cause. All too often we just live with these effects as 'one of those things' and rarely seek to put an end to our discomfort.

It could be, however, that it is the consumption, or at least the over-consumption, of dairy that is a trigger for your symptoms. Especially in the West, our diets are very dairy heavy. It's not uncommon to have cereal with milk and a splash in our tea for breakfast, a cheese sandwich and a yoghurt at lunch, and then pasta with a creamy sauce and cheese on top. That adds up to a lot of dairy. Even in a normal diet, the NHS Eat Well guide recommends that we have 'some' dairy, but not a lot. On its chart, which shows what a balanced daily diet might look like, it's only a small wedge – our diet should be mainly fruit

and vegetables, starchy carbohydrates and protein from beans, pulses, fish, eggs and meat, as well as healthy fats. Even by following this basic diet, you will reap the benefits, and it would see a vast reduction in dairy intake for many of us. But if you really want to see a difference in your health and a reduction in bloating or stomach cramps, it's certainly worth giving up dairy. Try it for at least a month and monitor your symptoms. Chances are if you find that you feel much better without dairy, you won't go back to your previous diet. Dairy can often be the trigger for these digestive troubles, and only by eliminating it from our diets do we realise the negative effect it was actually having.

We've already mentioned elsewhere in the book that lactose intolerance is widespread, more so in some parts of the world than others. It is exceptionally common in parts of Asia, Africa and

Introduction



Many of us consume far more dairy than we should on a normal, balanced diet



When you eliminate dairy, you will get your calcium from healthier sources



You could experience a significant reduction in bloating after giving up dairy

that your stomach feels flatter and more comfortable. Just be aware that if you do consume any dairy after switching to dairy-free long term, you might find that your symptoms increase from even the smallest amount ingested. Therefore, this is a big commitment if you want to reap the benefits for the rest of your life.

Bloating is a visible sign of a problem with digestion. When the body is unable to digest a certain protein or sugar, it causes imbalances in the gut and excess gas production. If you're sensitive to lactose and therefore unable to break it down properly, bloating is a very likely side effect. A sensitivity to dairy can also cause other unwanted digestion problems, commonly nausea, gas or diarrhoea. It can also cause stomach cramps and pain.

Improved digestion and reduced bloating are fairly widely reported health benefits of giving up dairy, and can make a big difference to your life. It's certainly worth giving it a go!

Better skin

If you suffer from acne, this can have a significant impact on your life. Acne is most common in teenagers, due to the hormonal changes happening in their bodies. It does affect adults too, and this can have a damaging effect on self-confidence and wellbeing. There are many steroid creams and hormonal treatments to try, but removing dairy products from your diet could have a big effect.

There have been studies that show some link between dairy consumption and acne. Part of this is thought to be because sources of dairy may also contain certain hormones, given that milk is naturally designed to stimulate growth in calves. Dairy is also shown to trigger insulin-like growth factor-1 levels (IGF-1), which can also lead to the development of acne. (Source: 'Nutrition and acne' published in Clinics in

“It's thought that as many as three in four people lose the ability to digest lactose”

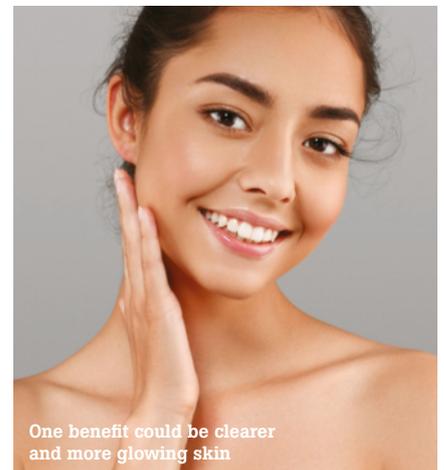
South America. Across the population, it's thought that as many as three in four people lose the ability to digest lactose into adulthood. (Source: 'Lactose intolerance: diagnosis, genetic, and clinical factors' published in 2012 by Rejane Mattar et al).

If you have a milk allergy or severe lactose intolerance, you would know about it – the symptoms can be quite extreme. Cutting out dairy in these situations can massively increase your day-to-day life and put an end to quite painful and disruptive symptoms. It's worth consulting with a doctor if you have health conditions that you feel

may be linked to dairy for advice and guidance. Dairy products can also be a trigger for some people with IBS or Crohn's disease.

But what if you have a mild intolerance to lactose? Chances are that you don't even know about it and put digestive discomfort down to other reasons or you're just used to how you feel. By giving up dairy, you may start to feel much better in yourself, solving a problem you didn't know you had.

One of the most widely reported benefits of going dairy-free is a complete reduction in bloating. After being dairy-free for a few weeks, you might find



One benefit could be clearer and more glowing skin

Dairy-free Celebs

These well-known celebrity faces live a dairy-free lifestyle



Victoria Beckham

Victoria Beckham maintains a healthy diet alongside a rigorous exercise routine. She doesn't consume milk or cheese, but does drink organic almond milk. In a feature in *Women's Health*, it says that she also enjoys sprouted grain cereal and green smoothies, which will help boost her overall health. With glowing skin and a slim figure, the dairy-free lifestyle obviously suits this fashion designer.

Megan Fox

Megan Fox ditched the dairy after having her first baby back in 2012. She claimed that while she didn't work out, cutting out dairy helped her to lose the weight she'd put on during pregnancy. She said that dairy was hard on hormones, and was linked with weight gain. She does, however, eat the right carbs, protein, fibre and healthy fats for a balanced overall diet.



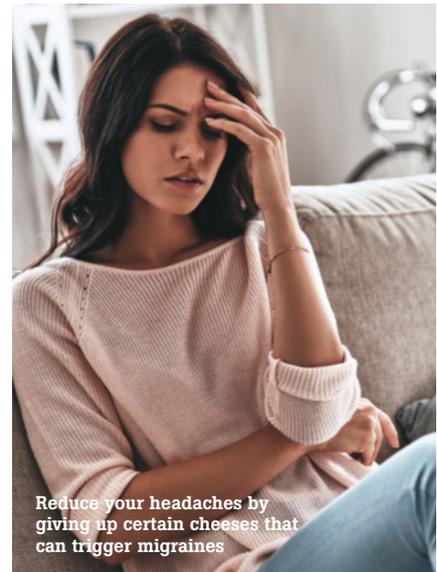
Miley Cyrus

Miley Cyrus swore off dairy back in 2012, after tweeting that she had the "worst tummy ache ever. No more lactose for me". She started a vegan lifestyle in 2014 and has since acted as a role model, wearing cruelty-free outfits and promoting animal welfare. She even has a tattoo of the Vegan Society's logo on her body.



Gwyneth Paltrow

Gwyneth Paltrow has released a number of cookbooks and runs the website Goop. Her recipes are free from all potential allergens, including dairy, eggs, sugar, gluten, soy and meat. The books and the website show that a restricted diet can still be exciting and full of flavour. She has also said that eating this way helps her to lose weight and feel more energised.



And it's not just those with acne who may benefit. Anecdotally, many people who have given up dairy report that their skin feels fresher, brighter and clearer as a result. This isn't something that will happen overnight, but after 6-12 weeks, you may find that you have fewer flare-ups, spots or other skin complaints. This could in part be due to eating a better overall diet and healthier sources of calcium, for example, but it's a benefit that shows on the outside how much good you are doing on the inside.

Possible reduction in cancer risk

It's very difficult to say that any one food group reduces your cancer risk significantly and that is certainly not what we're going to say here about cancer. Cancer is a very complex disease that has many different variations and triggers. Some are lifestyle-based and these risks can be reduced, but others are genetic or otherwise outside of our control. There are small pockets of information that show that certain dietary decisions can have an impact on your chance of developing certain cancers.

One study (source: 'Dairy products, calcium, and prostate cancer risk in the Physicians' Health Study' published in 2001, study by JM Chan et al), suggests that a high calcium intake, mainly from dairy products, may increase the risk of prostate cancer in men. This is because it is thought to lower the amount of a hormone that can protect against prostate cancer in the body. Other studies have found no link between dairy products and prostate cancer. The problem is that it is very hard to measure this kind of cause and effect, and these studies have different criteria and methodology.

Some dairy products, depending on



Dermatology in 2010, study by F. William Danby, MD). There isn't yet a conclusive link between dairy consumption and acne, or other skin problems, but there is a lot of anecdotal evidence.

Switching to a dairy-free lifestyle could see significant skin improvements. Some people report acne clearing up with a few months of removing dairy from their diets, though you may need to try eliminating dairy for at least six months before seeing a long-term impact.

Introduction



where in the world you consume them, could also have added growth hormones or pesticides, or other carcinogenic contaminants, as well as triggering the growth of IGF-1 and increased insulin. These factors could lead to an increased risk of breast cancer. It is worth noting that one hormone of concern in milk products is bovine somatotrophin (BST), which speeds up the production of milk. It is banned in Europe and the UK, though this is on the ground of animal welfare and not because of a proven risk to human health.

Removing dairy from your diet may reduce your risk of certain cancers, but it's important to know that this is certainly not conclusive. In fact, the calcium and vitamin D present in dairy products has also been shown to protect against certain cancers too, including breast cancer. However, by removing dairy from your diet and ensuring you eat a well-balanced range of foods, including plenty of calcium and vitamin D (acquired through natural sources, fortified products or a supplement), you will improve your overall health. This in itself can help to reduce the risk of certain cancers.

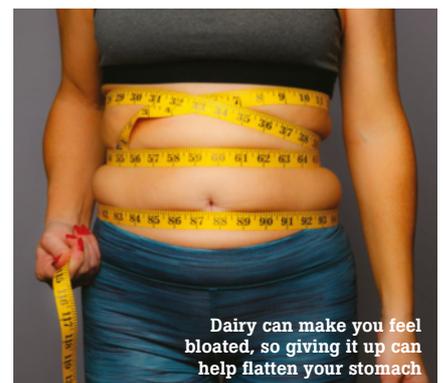
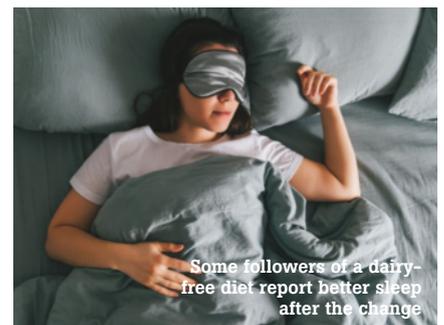
Other health benefits

There are many other health benefits that have been linked in some way to the reduction or elimination of dairy in your diet. For example, dairy has been connected to asthma as a trigger. It's thought that milk may increase



the production of mucus and cause inflammation, though this has not yet been conclusively proven. However, there have been a few cases of people who have a milk allergy and have reported some respiratory problems, so eliminating dairy in these cases have improved airway health.

Another health benefit that has been reported is a reduction in headaches and migraines. For some, mild headaches could be another symptom of mild intolerance to lactose, which should clear up upon removing dairy products. For more serious migraines, there can be a specific culprit. Tyramine is an accepted migraine trigger, an amino acid to help regulate blood pressure. It is something that naturally occurs in our bodies. For some people who get migraines, eating foods that contain tyramines could cause a headache. These include certain cheeses, particularly those that have





Spend some time each day reflecting on how your body feels



A food diary can help you stay accountable to your new lifestyle

Keep a dairy diary

Monitor your progress and see the benefits

When you first give up dairy, it can be quite difficult. You may experience cravings and want certain foods that you miss. By focusing on the positive benefits, however, you can get through this stage.

We suggest keeping a food diary to keep track of what you're consuming. Start with the weeks before you give up dairy. Write down everything you eat in a day and how you feel. Note any symptoms, such as headaches, bloating or stomach pain. Write down

if you feel fatigued or lacking in energy, or have a bad night's sleep.

When you give up dairy, either progressively or all in one go, keep the diary going. This will help you highlight any changes that you notice. You may think that eliminating dairy has no effect, but when you look back through your diary, you suddenly realise that you haven't had a headache in months, or that your stomach has felt much better. This will then give you the incentive to

keep going on your new diet, even if you were flagging.

You may give in and try some dairy at some point, whether by accident or because you wish to eat something specific. You can log how eating the dairy makes you feel in that moment, and any side effects you experience. If you find it hard one day further down the line, or you are tempted to have some dairy, this information can be invaluable in making decisions that are right for you.

“When giving up dairy, it's important to ensure you get enough vitamin B12”

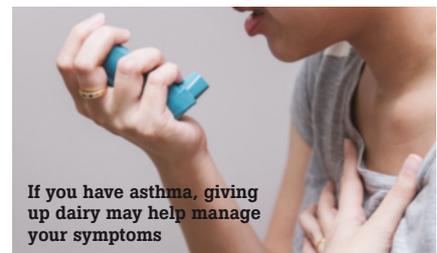
been aged, stilton, blue cheese, Camembert, Swiss, feta and Parmesan. When giving up dairy, it's important to ensure you get enough vitamin B2, which is prevalent in dairy products, as a lack of this nutrient can cause headaches too.

Some people who suffer from hormonal imbalances can also find that giving up dairy has a positive effect. There are hormones naturally present in cow's milk and these mix with your own hormones. While it may not affect the vast majority of people, this could cause mood swings. Dairy could also increase inflammation in the body, which can cause things like joint pain. Therefore, by cutting out dairy, you could alleviate a number of symptoms and reap the health benefits.

Improved diet and energy levels

Often when people give up dairy, they need to look for substitutes to ensure that they continue to get all the essential vitamins and minerals. In doing so, many find that their overall diet improves, which in itself brings a whole host of health benefits.

For example, when looking to boost calcium levels, things like leafy green vegetables, nuts, seeds, sardines, beans, lentils and fortified products are great non-dairy sources. These things are also the basis of a healthy diet. Eating a good, balanced diet has been shown to help improve heart health, brain health and prevent the onset of certain later-life illnesses and disease, including Type 2 diabetes.



If you have asthma, giving up dairy may help manage your symptoms



There have been a lot of studies into the side effects of consuming dairy



You may experience some weight loss after giving up dairy

Increased energy could help you exercise more efficiently



Eliminating aged cheeses could help to prevent a migraine



On a dairy-free diet you may find that you also lose weight. This is not necessarily a direct side effect of giving up dairy, but more to do with the replacement of dairy in your diet with lower-calorie and lower-fat alternatives. If you have always consumed a lot of full-fat dairy products or junk food that contains dairy (such as pizza), you may naturally reduce your daily calorie intake through this dietary change. Sustaining a healthy weight is a key part of overall improved health and wellbeing.

Eating a diverse diet and maintaining a healthy weight in this way is going to make you feel great. You might find that you have a lot more energy than before, and exercise feels easier. If you have been unknowingly suffering from health conditions triggered by dairy, your body will reward you with reduced fatigue and better sleep.

While there are a lot of considerations to make when you choose to give up dairy from your diet, you could feel a lot better in the long run. If you're giving up dairy for ethical or environmental reasons, any health benefit to yourself is a welcome bonus. If you're eliminating dairy because of health concerns or a medical reason, then you're likely to really reap the benefits of your new lifestyle as you reduce some of your dairy-related symptoms.

Beat the cravings

Don't undo your hard work!
Top tips to banish cravings

Eat regularly

Cravings are much worse if you're feeling hungry. Be sure to eat regular meals and fill up on proteins and high-quality fat to fill you up and leave you feeling satisfied.



Read a book until your cravings pass to distract your mind

Do something else

Cravings will pass, so in the meantime do something else in order to take your mind off it, such as going for a walk, reading a book or magazine, or doing a puzzle.

Break the connection

Cravings are often linked to a routine, such as crackers and cheese for supper, or some milk chocolate as a treat when watching a film. Introduce new enjoyable activities or foods so that eventually your new routine takes over.

Have some water

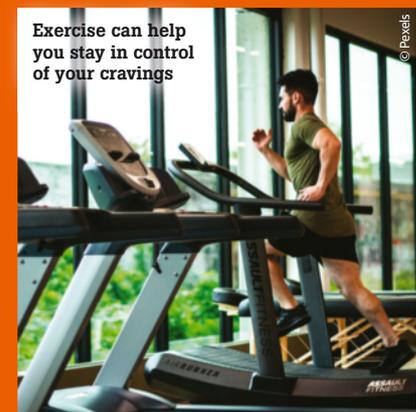
When you have a craving, drink a large glass of water. This will help to fill your stomach and may help to take the edge off your cravings.

Treat yourself

It's better to try and break the cycle of cravings, but sometimes the only thing you can do is eat something to satisfy your needs. If it's cheese you fancy, have a slice of vegan cheese, and if you want something sweet, try some dairy-free chocolate or a coconut ice cream.

Exercise

There is nothing like getting a sweat on to help you forget your cravings. You'll also feel more energised after a good workout and less likely to give in to your cravings.



Exercise can help you stay in control of your cravings

Champurrado

Lap up the taste of Aztec liquid gold by whipping up this Mexican version of a comforting hot chocolate

Prep and cook time: 25 min

Chilling time: 4 h

Difficulty: easy

Cannot be frozen

Ingredients:

- 2 ½ tbsp masa harina, or cornflour
- 60 g | 2 oz | ½ cup muscovado sugar, or dark brown sugar, plus extra as needed
- 1 ¼ tbsp raw cacao powder, or unprocessed cocoa powder
- 1 pinch cayenne pepper
- 1 pinch salt
- 450 ml | 16 fl oz | 2 cups water
- 500 ml | 18 fl oz | 2 cups almond milk
- 2 small cinnamon sticks
- 100 g | 3 ½ oz | ⅔ cup dark chocolate, 70% cocoa solids, roughly chopped
- 150 ml | 5 fl oz | ⅔ cup coconut cream, 1 small can, chilled for at least 4 hours
- 1 tsp vanilla extract
- 1 tbsp icing sugar



TIP
Do not shake the
canned coconut
cream before opening

4
servings

Method

- 1** Whisk together the masa harina, muscovado sugar, cacao powder, cayenne, and salt in a heavy-based saucepan.
- 2** Gradually whisk in the water and almond milk. Stir in the cinnamon sticks and about two-thirds of the chocolate.
- 3** Bring to a simmer over a medium heat, stirring frequently. Once simmering, reduce the heat to low and simmer until thickened to your liking, about 8-12 minutes; add more sugar as needed to sweeten.
- 4** As the mixture simmers, prepare the whipped coconut cream. Carefully open up the can of chilled coconut cream, scraping the thick solids into a mixing bowl.
- 5** Add the vanilla extract and icing sugar, whipping until soft peaks form, about 2-3 minutes.
- 6** When ready to serve, ladle the hot chocolate into cups. Top with the whipped coconut cream and sprinkle with the remaining chocolate before serving.

Cauliflower pizza

Experiment with this gluten-free, low-carb version of the iconic Italian pizza

Prep and cook time: 1 h 20 min

Difficulty: medium

Cannot be frozen

Ingredients:

- 750 g | 26 oz | 5 cups cauliflower, prepared into florets
- 100 g | 3 ½ oz | ⅔ cup silken tofu
- 2 tbsp cornflour, plus extra as needed
- 1 pinch salt
- olive oil, for brushing and drizzling
- 200 g | 7 oz | ¾ cup tomato passata
- 120 g | 4 oz | 1 cup vegan mozzarella, shredded or grated
- 3 - 4 black olives, pitted and sliced
- 4 cherry tomatoes, or small vine tomatoes, halved
- 1 handful basil leaves
- freshly ground black pepper

Method

1 Preheat the oven to 200°C (180° fan) | 400F | gas mark 6. Grease and line a large round baking tray with greaseproof paper.

2 Place the cauliflower florets in a food processor and pulse until rice-like in texture. Bring a large saucepan of salted water to the boil and cook the cauliflower, covered, for 4-5 minutes until tender.

3 Drain well and gather the cauliflower in a large square of muslin or cheesecloth; you can also use a clean tea towel. Wrap the muslin around the cauliflower in a ball-shape and twist well to wring out as much excess water as possible.

4 Tip the dried cauliflower into a bowl and add the tofu, cornflour, and salt. Mix well until a rough dough comes together, adding more cornflour if needed to bind.

5 Transfer the cauliflower dough onto the lined tray and roll out into a large round. Brush the top with olive oil.

6 Bake for 25-35 minutes until dry to the touch and golden-brown all over. Remove the pizza base from the oven.

7 Spread the pizza with tomato passata and top with the mozzarella, black olives, and cherry tomatoes. Drizzle with a little olive oil and season with some salt and pepper.

8 Return to the oven until the cheese has melted, about 7-10 minutes.

9 Remove from the oven and let stand briefly before serving with a garnish of basil leaves.

2-4
servings
or
1
pizza





Colcannon bake

Let this hearty, creamy Irish stew warm you up on a chilly winter's night

Prep and cook time: 1 h 45 min

Difficulty: easy

Can be frozen

Ingredients:

- 7 large floury potatoes, peeled
- 150 g | 5 oz | $\frac{2}{3}$ cup dairy-free margarine, softened plus 2 tbsp extra
- 250 ml | 9 fl oz | 1 cup | 1 cup soya milk, warmed
- 1 small white cabbage, shredded
- 1 handful thyme sprigs, leaves stripped from half
- salt
- freshly ground black pepper
- handful of grated dairy free cheese, to sprinkle on top

Method

1 Slice one potato into thin slices on a mandolin. Keep in a bowl of cold water to one side. Cut the remaining potatoes into even chunks.

2 Cook the potato chunks in a large saucepan of salted, boiling water until tender to the tip of a knife, about 25-30 minutes. Drain well and leave to steam for 2-3 minutes.

3 Tip the potatoes back into the saucepan they were cooked in and add the margarine. Mash well before adding the milk and mashing again. Season to taste with salt and pepper.

4 Melt 2 tbsp margarine in a large saucepan set over a medium heat. Add the cabbage and a generous pinch of salt, stirring well. Partially cover and cook until softened, about 5 minutes.

5 Spoon the mashed potato into an oval baking dish and top with the cabbage. Drain the potato slices from step 1 and pat dry with kitchen paper. Arrange on top of the cabbage, overlapping the slices as needed.

6 Sprinkle over the stripped thyme leaves and cover the dish with foil.

7 Bake for 1 hour, removing the foil after 40 minutes, until golden-brown on top and piping hot in the middle.

8 Remove from the oven and let stand briefly before serving with a topping of dairy-free cheese, and garnish with thyme sprigs.

4-6
servings



Tofu tikka masala

Tikka masala has become Britain's favourite food – and dairy-free dieters certainly don't have to miss out



Prep and cook time: 1 h 15 min

Chilling time: 1 h

Difficulty: easy

Can be frozen

Ingredients:

For the marinated tofu:

- 400 g | 14 oz extra-firm tofu, drained and patted dry
- 240 g | 8 oz | 1 cup soya milk yoghurt
- 1 tbsp sunflower oil
- 1 ½ tsp lemon juice
- ½ tsp ground turmeric
- ½ tsp garam masala
- ½ tsp smoked paprika
- ½ tsp salt

For the sauce:

- 1 onion, finely chopped
- 3 cloves garlic, chopped
- 2 tsp fresh ginger, peeled and chopped
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp chilli powder
- ½ tsp sugar
- 2 tbsp sunflower oil
- 600 g | 21 oz | 3 cups canned chopped tomatoes
- 65 g | 2 ¼ oz | ½ cup raw cashews
- 240 g | 8 oz | 1 cup soya milk yoghurt
- 1 handful coriander
- freshly ground black pepper

Method

- 1** For the marinated tofu: Cut the tofu into large chunks. Whisk together the remaining ingredients in a mixing bowl.
- 2** Add the tofu, stirring to coat. Cover and chill for 1 hour.
- 3** After chilling, preheat the oven to 180°C (160° fan) | 350F | gas mark 4. Remove the tofu from the marinade, wiping off any excess, and arrange on a baking tray.
- 4** Bake for 30 minutes, turning after 15 minutes. Remove from the oven and allow to cool.
- 5** For the sauce: Purée the onion, garlic, and ginger in a food processor. Heat the oil in a saucepan set over a moderate heat until hot.
- 6** Add the onion purée and fry until starting to colour, stirring frequently, about 6-7 minutes.
- 7** Stir in the spices and sugar. Continue to cook over a reduced heat for 2 minutes.
- 8** Add the tomatoes, cashews, about three-quarters of the yoghurt, and a splash of water. Bring to a simmer and cook for 15 minutes, stirring from time to time.
- 9** Purée the sauce with an immersion blender; you can also do this step in a food processor or blender.
- 10** Return to a simmer and stir in the tofu, warming through for 3-4 minutes.
- 11** When ready to serve, spoon into a dish and garnish with the remaining yoghurt and some coriander.





Yoghurt brownies with creamy ganache



These moist chocolate brownies are so gooey, you'd never know they contain absolutely no dairy

Prep and cook time: 45 min

Chilling time: 15 min

Difficulty: easy

Cannot be frozen

Ingredients:

For the brownies:

- 130 g | 4 ½ oz | 1 cup unbleached plain flour
- 60 g | 2 oz | ½ cup unprocessed cocoa powder
- 3 tbsp ground almonds
- 150 g | 5 oz | ¾ cup soft brown sugar
- ¼ tsp baking powder
- ¼ tsp salt
- 120 g | 4 oz | ½ cup soya yoghurt
- 140 ml | 5 fl oz | ⅝ cup soya milk
- 1 tbsp coconut oil
- 1 tsp vanilla extract

For the ganache:

- 150 g | 5 oz | 1 cup dark chocolate, at least 70% cocoa solids, finely chopped
- 75 ml | 2 ½ fl oz | ⅓ cup coconut cream
- 3 tbsp vegan margarine
- dried flowers, optional

Method

1 For the brownies: Preheat the oven to 190°C (170° fan) | 375F | gas 5. Grease and line an 18 cm | 7 in springform square cake tin with greaseproof paper.

2 Stir together the flour, cocoa powder, almonds, sugar, baking powder, and salt in a large mixing bowl, then make a well in the centre.

3 Add the yoghurt, milk, coconut oil, and vanilla extract to the well, beating until just combined; it shouldn't be totally smooth.

4 Spoon the batter into the prepared tin. Tap the tin a few times on a flat surface to help settle the batter.

5 Bake for 25-30 minutes until the top is cracked and dry to the touch. Stand the tin on a wire rack to cool completely.

6 For the ganache: Combine the chocolate, coconut cream, and margarine in a heatproof bowl.

7 Set the mixture over a saucepan half-filled with simmering water and stir until melted and smooth.

8 Remove from the heat and chill until thickened to a spreading consistency, about 15 minutes.

9 When ready to serve, turn out the brownie from the tin and spread with the ganache. Cut into squares and decorate with dried flowers, if using, before serving.

