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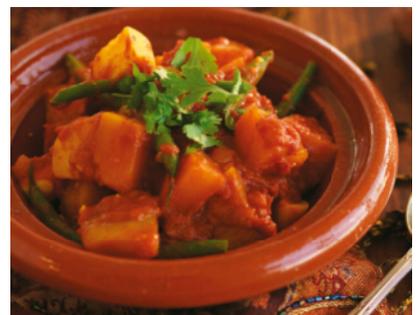
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VEGAN COOKBOOK

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Vegan Cookbook

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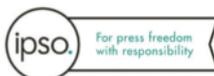
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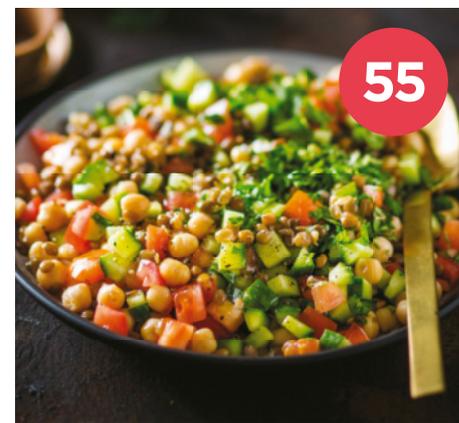


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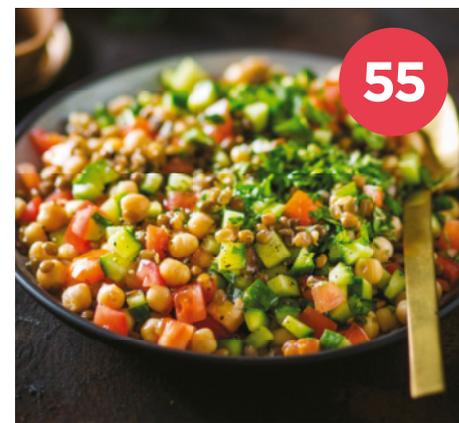


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VEGAN SUBSTITUTES

Don't miss out on your favourite foods when you go vegan

Words by Rebecca Greig

Vegan cooking has never been easier, with so many alternative ingredients that you can swap out of non-vegan recipes. From ingenious egg replacement hacks to different fats that can be swapped in for butter, you'll never struggle to find something that will work for you. Likewise, there are many meat alternatives on offer, which mean that you can still get all of the protein and nutrients found in meat so that you won't be lacking in iron or key B vitamins like it was once assumed. Just about every coffee shop now offers great cow milk alternatives to suit your tastes, and you won't have to miss out on comfort foods, such as pizza and mac-and-cheese, with the dairy-free alternatives out there.



Red meat (beef, lamb)

Red meat is a source of protein, which helps to keep muscles and bones strong, as well as iron, zinc and other antioxidants to keep your immune system functioning. It also contains vitamin B12, which is needed for DNA and keeps our blood cells and nerves healthy. However, it is one of the worst foods for its environmental impact, and consumption of too much red meat has been linked to cancer, heart disease and other serious health risks.



Seitan

Seitan is made from wheat gluten and contains a comparable amount of protein to red meat. It is also a very good source of iron and phosphorous. To make seitan taste like actual meat, you should season it in the same way as you would season meat.



Legumes

Although they don't taste like meat, legumes like black beans, pinto beans and lentils have similar nutrients to red meat. They are also a very good source of protein for vegans, are rich in carbohydrates and healthy fibre, as well as being high in iron, zinc and phosphorous like red meat.



Tempeh

Made from fermented soya beans, tempeh is a protein-rich meat substitute. Like red meat, tempeh will provide vegans with iron, zinc, phosphorous and B vitamins. Tempeh can be used in stir fries instead of steak or sliced in sandwiches.

Tofu

Tofu is a great source of protein, like poultry and it contains all of the nine amino acids. Although it doesn't contain all of the same nutrients as poultry, it is a good source of iron, calcium, manganese, selenium, copper, zinc, magnesium and phosphorous.



TVP

Textured Vegetable Protein is an easy-to-use and cheap meat replacement and can be adapted into many different dishes to replace both red and white meat. It is made from dehydrated soy and comes in granules that you have to rehydrate. It is a good source of protein as well as iron.



Cauliflower

While not particularly similar, cauliflower works really well sliced and fried like a chicken steak or coated in a batter for chicken-style fried cauliflower to satisfy your fried chicken craving. Cauliflower is low-calorie and contains 11% of your recommended daily intake of B6.



White meat (poultry)

Similar to red meat, white meat is very nutritious. It is a great source of protein, niacin, phosphorous, vitamins B6 and B12, calcium, iron and zinc. 100g of chicken breast contains one third of your daily intake of B6 and 86% of niacin. Chicken, however, is one of the most consumed meats around the world, so millions of poultry birds are slaughtered per year.



The Vegan Cookbook

Pork

Pork is high in protein and contains many essential minerals and nutrients that promote a healthy body. Much like chicken, it contains all nine amino acids, which are essential for your body's repair, as well as iron, phosphorous, B12, B6, selenium, niacin and zinc.



Jackfruit

Jackfruit is versatile and can be slow cooked in much the same way as pulled pork, and has a very similar texture. It doesn't contain much protein in comparison to the actual meats but it does have essential nutrients like magnesium and copper.



Aquafaba

Aquafaba is the water in which chickpeas have been cooked, and is often used to replace egg whites in cooking. When legumes are cooked their carbohydrates and proteins migrate into the cooking water and creates a liquid that is able to act very similarly to egg whites.



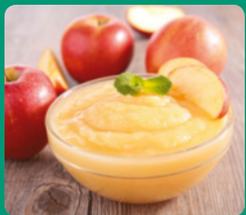
Ground flax seeds

Combine one tablespoon of ground flax seeds with three tablespoons of water and leave for a few minutes. The mix becomes thick and gelatinous, sort of like an egg. Use this to replace each egg in your recipe.



Applesauce

Applesauce is a really great egg substitute because it helps to bind everything together, adds moisture and is pretty low in fat. Simply use a third of a cup to replace each egg in your recipe and your cakes or cookies should turn out perfectly – and not tasting of apple.



Eggs

Eggs are used in so much of our everyday cooking, whether you eat them on their own or baked into a dish. They are used to set and bind foods, as well as being a great source of protein. One egg has 7g of quality protein as well as iron, vitamins and minerals. Concerns around battery farming and the killing of male chicks means vegans abstain from eggs.

Honey

Honey contains many nutrients and vitamins and is rich in antioxidants. Honey is also a healthier sweetener than proper sugar. Honey is known to lower cholesterol and manage blood pressure. Growing concerns about the bee population, however, have led people to question and cut down on their consumption of this important natural product.



Maple syrup

Maple syrup is actually healthier than honey and can be used in baking to replace refined sugar. It contains antioxidants, calcium and has a surprising number of health benefits, including improving skin, digestion and inflammation.



Golden syrup

Golden syrup is nowhere near as healthy as maple syrup, but it is delightfully sweet and sticky – much like honey. Flavour your dairy-free porridge with it or drizzle it on top of your vegan pancakes – but do so in moderation!





Butter

Butter has a very high fat content and can be used in a variety of recipes and as a key ingredient in many cakes and other baked goods. It is rich in flavour and is used as a spread to add flavour to bread, crackers and more.



Vegan margarine

This is a great butter substitute, but it can make cakes a little oily and, depending on the brand, may taint the taste of buttercream if you are baking. On the plus side, it is softer than real butter and lower in calories, which can benefit your baking.



Oil-based recipes

There are loads of delicious cake recipes that use oil instead of butter. Cakes made with oil are often lighter in texture and more moist. You can often use sunflower oil, olive oil, groundnut oil, coconut oil, vegetable oil, avocado oil and more.



Cheese

Cheese is full of protein, fat and various vitamins and nutrients like calcium, zinc, B2, B12, magnesium and phosphorous. It can be used to flavour various dishes almost like a seasoning and to bind ingredients when cooking. However, it is very high in fat.



Nutritional yeast

Nutritional yeast is deactivated yeast and is either a yellow powder or in the form of yellow flakes. It has a slightly cheesy flavour, so it is often used in recipes to make dairy-free cheese sauces for things like macaroni and cauliflower cheese.



Vegan cheese

This often comes in slices or is grated and can be used on the top of pizza or in toasties and sandwiches. It doesn't melt in the same way as real cheese, but it's a pretty close replacement to the real thing – and vegan cheeses are getting better by the minute.



Soy milk

Soy milk is generally a bit thicker than other plant-based milks and has more protein, but has less calcium and nutrients. It does have a tendency to curdle when making coffee and other hot drinks, so you may have to change how you prepare your drinks slightly.



Almond milk

Almond milk can taste a little watery when you make the switch, and doesn't have as much protein as cow's milk. However, one cup of almond milk has 56% of your daily intake of calcium.



Oat milk

Oat milk is the creamiest of the other substitutes and is a very tasty, nutrient-rich milk substitute. It contains more than ten times the calcium than soy milk and has more protein than almond milk. It is also really good for making creamy barista-style coffees.



Milk

Cow's milk contains many nutrients. It is full of calcium, which is pretty much essential for your bones and blood pressure. However, it is controversial because of the high amount of hormones and fat it has within it, as well as ethical concerns.





Spelt pancakes with banana and caramel

Prep time: 30 min • Cook time: 5 min • Difficulty: Easy • Servings: 8 • Cannot be frozen X

INGREDIENTS

- **1 tbsp** ground flaxseed
- **250 ml | 9 fl oz | 1 cup** coconut milk
- **1 tbsp** cider vinegar
- **125 g | 4 1/2 oz | 3/4 cup** wholemeal spelt flour
- **2 tsp** baking powder
- **1/4 tsp** bicarbonate of soda
- **1 tsp** vanilla extract
- **3 tbsp** coconut oil, melted
- **3** bananas, halved lengthways

FOR THE CARAMEL SAUCE:

- **75 g | 2 1/2 oz | 1/2 cup** light muscovado sugar
- **75 ml | 2 1/2 fl oz | 1/3 cup** coconut cream

METHOD

1 First make the caramel sauce. Stir the sugar and coconut cream together in a small saucepan over a medium heat until the coconut cream melts and the sugar dissolves. Bring to a rolling boil and stir for 1 minute, then reduce the heat to its lowest setting and stir for 5 minutes. Transfer to a jug and set aside.

2 To make the pancakes, stir 3 tbsp of warm water into the ground flaxseed and set aside to gel. Mix the coconut milk with the cider vinegar in a jug and set aside to curdle for 5 minutes. Next, mix the flour with the baking powder, bicarbonate of soda and a pinch of salt in a mixing bowl.

3 Whisk the flax mixture into the coconut milk with the vanilla extract and 1 tbsp of melted coconut oil, then gradually whisk the liquid mixture into the flour.

4 Heat 1 tbsp of coconut oil in a large frying pan. Use half of the pancake batter to make the first four pancakes. Cook the first side until bubbles appear on the surface and the edges are set, then flip them with a spatula. Cook for 1 more minute or until nicely browned, then transfer to a warm plate. Make the second batch of pancakes in the same way.

5 Meanwhile, heat the remaining coconut oil in a separate frying pan. Fry the bananas, cut side down, for 2 minutes or until nicely caramelised at the edges. Carefully turn them over and cook for another minute.

6 Stack the pancakes and arrange the bananas next to them. Pour over some of the caramel sauce and take the rest to the table.



**Spelt flour is
easier to digest
than ordinary
flour**





Adjika (tomato dip)

Cook time: 5 min • Difficulty: Easy • Servings: 1 litre • Can be frozen ✓

INGREDIENTS

- 4 red peppers, deseeded and chopped
- 4 red jalapeños, deseeded and chopped
- 6 large ripe tomatoes, peeled and chopped
- 8 cloves garlic, crushed
- 1 tsp ground coriander
- 1/2 tsp ground fenugreek
- 1 tbsp dried marigold (calendula) flowers
- 1 tsp fine sea salt

METHOD

1 Put all of the ingredients in a food processor or liquidiser and blend to a purée. Taste and adjust the seasoning with a little more salt if preferred.

2 Serve as a dip with flatbread, as a condiment, or as a marinade for vegetables.

This dip comes from Georgia, and is served with puri (flatbread)







Baked almond feta

Prep and cook time: 20 min • Pressing time: 24hrs • Baking time: 15 min •
Difficulty: Easy • Servings: 4 • Can be frozen ✓

INGREDIENTS

- **100 g | 3 1/2 oz | 1 cup** flaked almonds, soaked for 30 mins in boiling water
- **3 tbsp** olive oil, plus extra for drizzling
- **1** lemon, 2 slices taken and the rest juiced
- **2 tsp** white miso paste
- **2 tbsp** nutritional yeast
- **1** clove garlic, crushed
- **1 tsp** dried oregano
- **1/2** yellow pepper, deseeded and very thinly sliced

METHOD

1 Put the almonds, olive oil, lemon juice, miso paste and nutritional yeast in a liquidiser with 0.5 teaspoon of salt and 2 tbsp of water. Blend until very smooth, pausing to scrape down the sides as necessary.

2 Scrape the mixture into a tofu press and leave to chill and drain in the fridge for 24 hours. If you don't have a tofu press, take the base out of a small rectangular loose-bottomed cake tin, line the tin with a double layer of muslin and set it on top of a wire rack over a tray. Scrape in the almond mix, then fold the muslin over the top, add the cake tin base and weigh it down with a can of beans. Chill and drain as before.

3 Preheat the oven to 200°C (180 fan) | 400°F | gas 6. Unwrap the feta and transfer it to a square of foil. Rub both sides with garlic and sprinkle all over with oregano and black pepper. Add a couple of slices of yellow pepper underneath and another couple on top, then add the two lemon slices and drizzle with olive oil. Fold up the foil and scrunch to seal, then transfer to an ovenproof dish.

4 Bake the almond feta for 15 minutes, then serve immediately.

This dish is based on a Greek mountain meal called 'kleftiko'





Vegan freakshake

Prep and cook time: 45 min • **Baking time:** 45 min • **Difficulty:** Easy •
Servings: 8 • **Cannot be frozen** X

INGREDIENTS

- 2 scoops vegan ice cream, in complimentary flavours (we used pistachio and chocolate)
- 300 ml | 11 fl oz | 1 1/3 cups almond milk
- 2 vegan chocolate cookies, crumbled
- 8 cubes ice
- 2 tbsp vegan caramel sauce
- 2 pieces dairy-free dark chocolate
- 4 salted pretzels

FOR THE COCONUT WHIPPED 'CREAM':

- 400 ml | 14 fl oz | 1 2/3 cups canned coconut milk, chilled unopened
- 2 tbsp icing sugar
- 1 tsp vanilla extract

METHOD

1 First make the coconut whipped cream. Open the can of coconut milk upside down and pour off the thin watery layer (this can be used in a different recipe). Scoop the thick creamy layer into a bowl and then add the icing sugar and vanilla extract.

2 Whip the liquid with an electric whisk until it reaches the consistency of whipped cream. Spoon into a piping bag and set aside.

3 Put one scoop of ice cream in a liquidiser with half of the almond milk, a third of the crumbled cookies and four cubes of ice. Blend on high speed for 30 seconds, then pour into a large glass.

4 Put the second scoop of ice cream into the liquidiser with the rest of the almond milk and ice and another third of the crumbled cookies and blend as before. Pour it carefully into the glass to make a second layer.

5 Pipe a big swirl of coconut cream on top, then drizzle with caramel sauce, letting it run down the outside of the glass.

6 Garnish with chocolate squares and pretzels and the rest of the crumbled cookie. Serve immediately.

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