

CookVegan

Plant Power for the Planet

April 2017 - £4.99

COOKING WITH GAZ **EXCLUSIVE**

French recipes
by Gaz Oakley

SMOOTHIE OPERATOR

Delicious
FRESH recipes

ESSENTIAL GUIDE TO TVP

Everything you
wanted to know - but
were scared to ask

Finger on the pulses

Why you
should
eat these
powerhouses

Turning Japanese

How to cook sushi like a pro

Courgette quinoa burgers page 67



Recipes for freezing 🌱 Oh She Glows 🌱 Essential fatty acids



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Welcome



Throughout history, food has been considered more than just nutrition. It brings people together, and can represent your culture, values, and ethics. As we have become more globalised, so too has our access to different cuisines.

With this in mind, we like to try and visit food from all over the world, and this issue is no different. There are few things more satisfying than preparing delicious platefuls of vegan delicacies to share with friends and family. That's why we've put together a special feature on how to prepare perfect sushi and onigiri. While you may immediately think of raw fish when you think of this type of cuisine, rest assured – anything that can be cooked, can be cooked vegan.

When you cut animal proteins from your diet, an excellent go-to is pulses. From lentils to chickpeas and beyond, these perfect little packages are not only nutritious, but tasty too. We give you the full lowdown – as well as some recipe inspiration too.

Angela Liddon burst into the blogosphere several years ago, winning immediate praise for her charming style, and brilliant plant-based recipes. Now she's releasing her second book, she sat down with Cook Vegan, to share her thoughts on food, health, and more.

Our essential guide this issue is all about textured vegetable protein. Also known as TVP, this retro classic has earned its place on veggie tables nationwide, so we decided to tell you all about it - as well as throwing in a few recipes so you can give cooking it a go.

Cooks who want to try their hand at prepping some French cuisine are in luck too. Chef and Instagrammer Gaz Oakley has put together some delicious exclusive recipes just for Cook Vegan readers. While these dishes look great and will certainly make a fantastic impression on your taste buds, they are easy to put together, and use ingredients you can easily buy anywhere.

This issue is also packed with over 85 recipes, features on essential fatty acids, and oils, and news about the best new vegan products – plenty to sink your teeth into.

Enjoy the issue.

Maria

Maria Chiorando, *Editor*

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ON THE COVER:
Courgette quinoa
burgers

CookVegan

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CookVegan News

A round up of the latest vegan food, product news, and gadgets



Time to jump on the jackfruit wagon

Jackfruit is a popular meat-free alternative in vegan cuisine but can often prove troublesome to source in the UK. That's all set to change with the launch of a new tinned variety from Essential Trading. The Organic Young Jackfruit will now be readily available. Chunks of fresh young jackfruit are canned in salted water, and provide a natural, nutritious and delicious alternative to meat. This new store cupboard staple is packed with valuable free radical fighting anti-oxidants and vitamins, and a natural source of minerals including potassium, zinc, and iron. Essential Trading's Phil Lee said: "It's not every day that we get the chance to introduce something completely new to the UK, and to bring a transformative meat-free option to British tables. We look forward to developing delicious recipe ideas for our customers and discovering new ways to cook with this exciting organic ingredient."

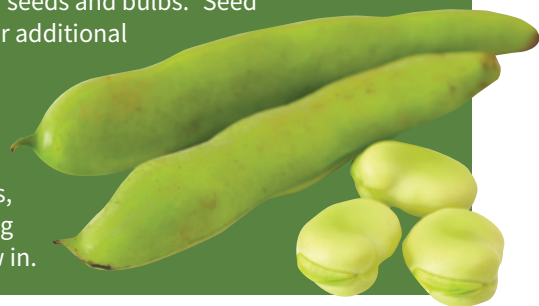
DELICIOUS NEW VEGAN OPTIONS FROM VBITES

Heather Mills' company VBites has announced four new additions to its range of 100 per cent plant-based foods. New products making their debut are VBites' BBQ pulled 'pork', piri piri burgers, lemon and black pepper scampi style bites and vegetables bake fingers. "Piri piri burgers and pulled pork have grown rapidly in popularity in recent years and there was a gap in the market for good quality vegan alternatives that have all the taste and texture of the 'real thing' yet are meat free," says Sonia Marshall, business development manager at VBites. "There are also very few scampi style products on the market. The vegetable fingers are a new departure for us - we decided to launch them in retail packs after they proved particularly popular when we introduced them onto school lunch menus back in September." Like all products in the VBites range, the new lines are free from meat, egg, dairy, lactose, casein, cholesterol, hydrogenated fats, artificial colours and GMOs.



NEW MONTHLY GROW CLUB SEED BOX FOR GARDENING FANS

Seed Pantry has launched a brand new monthly subscription service – the Grow Club Discovery Box, perfect for anyone keen to grow fresh food and flowers at home. Each month, you can make six choices, from a wider list, to grow your own favourite food and flowers. The Grow Club Discovery Box keeps you up to date with the latest gardening trends and you get to discover new plants as they become available. Deliveries of food and flower seeds, bulbs or plants will be sent to your home at the right time for planting. Neil Whitehead, founder of Seed Pantry said: "The trend for field to fork is growing and our new Discovery Box allows our customers to really experience growing their own fresh food and beautiful flowers easily at home. This new service offers significant cost savings and allows growers to be in touch with the seasons and to grow just at the right time of year with the right amount of seeds and bulbs." Seed Pantry also offer additional equipment and accessories or you can use your own pots, containers, borders, and veg patches to grow in.



WITH NEW QUADRAPAN

If you struggle with keeping your meal components separate (think vegan full English) the QuadraPan Professional could help. Approved by Good Housekeeping, Institute this multi-tasking innovative pan enables you to rustle up a whole meal, using just one pan and one hob. With a removable silicone handle, the QuadraPan is also suitable for oven use. What's really handy is if you're cooking for yourself alongside omnivorous friends or family, as the different sections reduce the risk of cross contamination. Francesca Woodward, from the company who created the QuadraPan, said: "The unique Ceretech non-stick technology means there is no need to use any fat whatsoever. So not only does it cut down on using lots of pans, it's also the healthiest way to cook and goes straight from the hob or oven to the table top ready for everyone to get stuck in."



More meat-free options for vegans

Popular veggie brand Linda McCartney's is once again embracing the growing vegan market with the launch of two new animal-free products. The new Vegetarian Scampi Bites offer an alternative to scampi, with a subtle hint of lemon. The Mini Pork and Apple Sausage Rolls are an addition to the sausage rolls already made by the company, with the same crisp, layered pastry and rich sausage flavour, but this time accompanied by the sweetness of the apple. The scampi is available in Tesco stores now for £2.00 and the sausage rolls will launch in ASDA from April.

Chia seed drinks launch in the UK



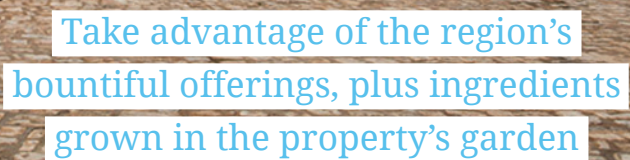
The first chia seed based drink in Europe has been launched in the UK. Wow drinks are made by carefully cold-pressing high quality fruit and vegetables with the addition of hydrated chia seeds. Each drink is 100 per cent natural with no preservatives and no-added sugar. Oliver Dickinson, co-founder of Wow Food and Drinks said: "Having experienced the health benefits of chia seeds first hand, we wanted to share this experience and deliver a product which makes people feel amazing. Accessible and convenient, each bottle of wow combines the natural goodness of fruit and vegetables with the intrinsic wellbeing benefits of chia." Wow comes in four flavours – watermelon and pomegranate, orange, mango and carrot, apple, spinach and kiwi and blueberry, pear and lemon – each offering an exceptional combination of powerful nutritional benefits.

DELICIOUS TEATIME TREATS FROM LIVIA'S KITCHEN

Treat brand Livia's Kitchen is launching a new biscuit labelled as the 'ultimate tea drinking accomplice'. The spherical snack features a crumbly oat biscuit, a soft date centre and velvety cacao coating, and is called the Bicky Bom. The treats are the second addition to the brand's collection of indulgent treats made with nutritional twists, and are available in three flavours: chocolate, ginger and salted caramel. Olivia Wollenberg founder of Livia's Kitchen said: "A cup of English Breakfast tea only really feels complete to me when coupled with a biscuit. No biscuit on the market was one that I was either able or wanted to eat. I wanted to create something even more indulgent than a chocolate coated digestive but made with natural healthy ingredients. Finally, I'm able to enjoy tea time like I used to before, in fact now it's better."

Biccy Bombs are available to buy now in sharing pouches from Selfridges Food Hall and via the Livia's Kitchen website.





Fancy indulging in a meat-free feast in the beautiful surroundings of Puglia? Hotel Masseria Le Carrube, located just beyond the borders of the village of Ostuni in Puglia, features the only dedicated vegetarian and vegan eatery in the region. Designed and restored in part by Italian architect Pino Brescia, the building design features include stone walls and courtyards, whitewashed exposed brick, antique furnishings, and an authentic olive mill. The onsite restaurant Le Carrube will take advantage of the region's bountiful offerings, plus ingredients grown in the property's garden. Dishes on the menu include orecchiette, grilled vegetables, focaccias, and red lentil burgers with artichoke puree, followed by fresh almond semifreddo. The wine list includes everything from negroamaros, primitivos to grappas. In keeping with the ethical theme, many of the drinks are biodynamic and organic. Buon appetito!



HUGE RISE IN SALES OF PULSE-BASED SNACKS

A new study conducted by market research company Packaged Facts has found that pulse-based snacks are enjoying an 'unprecedented popularity'. Sales of plant-based snacks, including those featuring chickpeas, peas and other legumes grew eight per cent in the last year. In particular, chickpea-based pulse snacks did 'phenomenally well' in 2016, growing more than 150 per cent over the prior year. The report also highlights breakout bean products from vegan companies such as Brami's Snacking Lupini Beans and Hippeas Organic Chickpea Puffs as examples of what consumers are reaching for on shop shelves. The rise in sales of vegan snacks proves that consumers are increasingly looking for healthier and more sustainable food options.

ANOTHER PLACE TO GET SOME PROTEIN

BodyMe has released a range of vegan protein bars designed for those following plant-based diets. The bars are available in chia vanilla, cacao orange and cacao mint varieties and contain 16g of protein, a similar figure to those seen in mainstream whey based bars. BodyMe founder Leigh Prideax said: "We were very aware of a growing demand for a vegan bar that delivered a similar level of protein to that achieved with the use of whey. By using pea protein, sprouted brown rice protein and hemp seed protein we've created a bar we're proud of and haven't had to compromise on the quality." The bars are made from 100 per cent natural ingredients and contain all nine essential amino acids. They are also certified organic, have the Vegan Society stamp and are handmade in the UK. Ten per cent of profits from the sale of BodyMe bars will also be donated to charity.



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Hot PRODUCTS

OUR PICK OF THE BEST ON THE VEGAN SCENE

1 This blend of seven ingredients provides a wide range of health benefits to your diet. With added goji berries for a sweet taste, Good Seeds & Fibre provides both flavour and health.
The Good Guru Seeds and Fibre
thegoodguru.com

2 These delicious new cereal bars from Perkier are crammed full of air-roasted peanuts, creamy peanut butter, and crispy quinoa puffs. They are free from palm oil, and are gluten free.
Perkier Peanut Bar
perkier.co.uk

3 Created using coconut milk, this delicious bar is a perfect, creamy, milk chocolate replacement. Made in Glasgow, all Raven chocolate is vegan-friendly, dairy-free, gluten free and contains no preservatives or additives.
Raven Chocolates
ravenchocolate.co.uk

4 Simply add liquid to this freeze dried mix of banana, blueberry, spinach, chia and oats for a delicious and quick fruity smoothie.
Superb Smoothies Go Better Mixology
superbsmoothies.com

5 Add a splash of colour and style to your kitchen with this retro look homeware range featuring tea and coffee tins, a recipe card holder, and biscuit barrel. All proceeds go directly to The Royal British Legion.
Mid Century Poppy Collection
poppysshop.org.uk

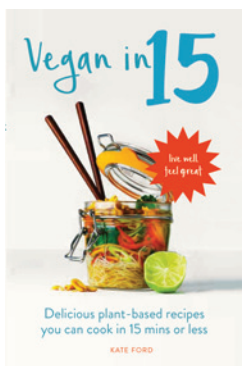
6 Made using young, sweet peanuts and cold pressed rapeseed oil, these peanut butters have a satisfying crunch, loose texture, and light, buttery flavour. Enjoy straight from the jar, spread on toast, or use in baking and cooking.
Ottar Peanut Butters
ottarchocolate.com

7 This new cocoa-brownie flavoured protein bar from The Primal Pantry is soft, delicious and super nutritious. It's the perfect healthy snack that tastes just like a treat.
The Primal Pantry Protein Bar
primalpantry.com



BOOK REVIEWS

We give our verdict on the latest plant-based guides



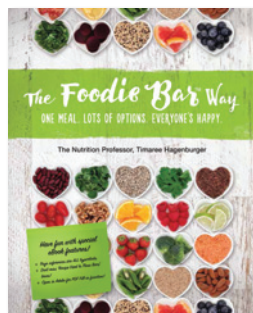
VEGAN IN 15
KATE FORD
Short books, £8.99

With more and more people looking to embrace a vegan lifestyle, this debut cookbook from food blogger Kate Ford presents readers with an easy way to transition. This guide is great for the novice vegan shopper and is packed with over 70 recipes that can be prepared in 15 minutes or less. It also provides tips, advice, meal planners, and a comprehensive guide on stocking the store cupboard. The recipes are divided into seven chapters and feature a whole host of dishes including staples such as pasta, risotto, stew and more adventurous dishes like the tahini and cashew quinoa bowl with garlic and ginger mushrooms. *Vegan in 15* is both the perfect introduction to vegan eating and an essential addition to seasoned vegans looking for inspiring new ways to cook.



PANA CHOCOLATE
THE RECIPES
Hardie Grant, £16.99

Perfect for vegans with an incredibly sweet tooth, this book shows you how to make delicious dishes using raw, organic ingredients that are free from gluten, dairy and refined sugar. It also presents the story of the Melbourne business that quickly achieved a global following for its unique handmade chocolates and desserts. This book covers everything from chocolate fillings, plated desserts and kids' treats, to breakfast, healthy snacks and treats for special occasions. In addition to the recipes, there are pages on piping techniques, useful ingredients, tips on writing with chocolate, filling and closing moulds, and everything in-between. With something to delight each sweet craving without the guilt, this is the perfect book for any chocolate or dessert fiend.



THE FOODIE
BAR WAY
THE NUTRITION
PROFESSOR, TIMAREE
HAGENBURGER
\$24.99

Created by registered dietitian and health expert Timaree Hagenburger, this book is an approach to meals and snacks that will keep the whole family happy. *The Foodie Bar Way* presents over 90 recipes that provide the perfect balance of flexibility and structure to eliminate the stress of planning a meal to satisfy everyone and keep flavour combinations fresh. With more than 30 foodie bars, including a loaded potato bar, salsa bar, pasta bar, crazy salad bar, and even an oatmeal cookie bar, there will be something to suit all tastes in this cookbook. No matter how busy your schedule or how much cooking experience you have, Timaree's *Foodie Bar Way* will keep just about everyone happy, expand your possibilities and bring party feel to every meal.



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COOK *like a* PRO

With a few tips and tricks you
can rustle up this Japanese treat

PART EIGHT: How to make homemade vegan sushi and onigiri

Contrary to popular belief, the word sushi does not mean raw seafood. Instead, the word refers to the vinegared rice that can (but need not) be paired with raw seafood. It generically includes all forms of a highly specialised cuisine that has cooked rice and vinegar as its base component.

Onigiri are rice balls, often triangle shaped, wrapped in nori seaweed, and stuffed with a flavourful filling. You could call them the sandwich of Japan. Onigiri is different from sushi in that there is no vinegar mixed in with the rice, no raw fish, and it's a much-loved everyday snack rather than something you'll find as a meal in restaurants – as you may sushi.

Despite appearing difficult, it is incredibly easy and far less daunting than you might think to make your own vegan varieties of sushi and onigiri from scratch.

SUSHI VARIETIES

Although sushi typically contains lots of cooked and raw seafood, there are plenty of delicious vegan options available.



Maki sushi/sushi rolls

These rolls are by far the most common variety of vegan sushi. Maki can be made using a large variety of veggies. Kappa maki or the cucumber roll is the most popular. Other popular rolls include oshinko (pickled daikon), kampyo (dried gourd), shiitake mushroom and natto (fermented soy bean). You can also get your maki with some adapted varieties such as avocado, yam tempura, roasted asparagus, mango or any combination of the above.

Nigiri sushi

Far less common in the vegan sushi world, nigiri simply means pressing or squeezing. It consists of a vegetable pressed into a rectangular ball of rice, held together by a thin band of nori. Steamed broccoli, roasted red peppers, and avocado are all great choices. Marinated tofu and TVP also work well with the rice.

Inarizushi

Arguably the tastiest of all vegan sushi, inarizushi is sushi rice packed into a pouch of fried tofu. The tofu is flavoured using mirin, vinegar, and soy sauce and has a nice sweet flavour. If you're eating out, make sure that dashi (fish stock) was not used in the recipe.





TYPES OF ONIGIRI

These delicious Japanese rice triangles can be flavoured with a multitude of ingredients.

WRAPPED ONIGIRI

By far the most common option is wrapped onigiri. The most popular wrapper is a thin sheet of nori, but other possible ingredients include takana mustard greens, ooba leaf, tororo kombu and salted lettuce.

YAKI-ONIGIRI

This type of rice ball is cooked over an open flame on a wire grill until the exterior becomes crispy, then coated in sauce. The sauce varies from soy sauce glazes to savoury vegan miso butter.

MIXED RICE ONIGIRI

While basic onigiri is made with plain white Japanese rice, for a healthier twist people opt for brown rice or rice mixed with other grains, such as barley. White rice can also be cooked together with ingredients like edamame, wakame seaweed, ginger and red beans.

VEGETABLE ONIGIRI

Filling onigiri with small pieces of sautéed and pickled vegetables such as takana (mustard leaf), negi miso (miso soybean paste and Japanese leek), matsutake mushroom, and daikon radish leaf with sesame oil adds interest and a salty taste to the rice balls.

CLASSIC VEGAN SUSHI ROLLS

- 310g (1½ cups) sushi rice
- 500ml (2 cups + 2 tbsp) water
- 3 tbsp rice wine vinegar
- 3 tsp sugar
- 4 nori sheets

Fillings could include:

- Avocado, spring onion and cucumber
- Marinated tempeh and tofu
- Sesame seeds
- Soy sauce and wasabi (optional)

1 Rinse rice well and drain. Place in a saucepan with the water, bring to the boil, reduce heat and simmer for about 12 minutes until all water is absorbed.

2 Combine the rice wine vinegar and sugar and stir through the rice, breaking up any lumps. Leave to cool (if you prefer, the rice can be premade the day before).

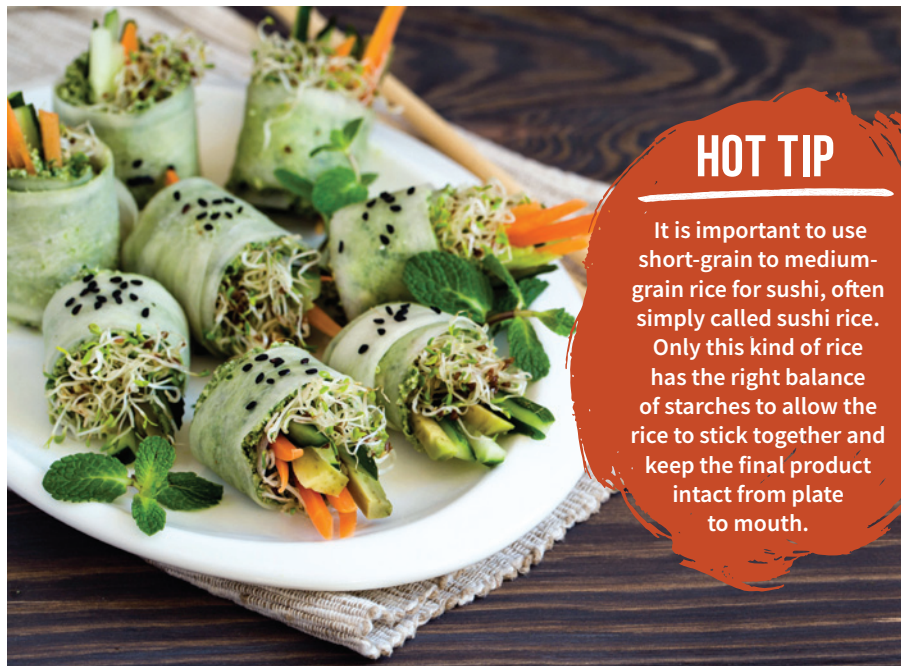
3 Once the rice is cool enough to handle, take a nori sheet and place on your rolling mat. Spread rice evenly over the nori sheet leaving a 4cm strip at the top. It's easier to handle the rice if you have damp

fingers – keep a bowl of water nearby.

4 Sprinkle the rice with sesame seeds and lay the filling ingredients in a line down the middle of the rice (parallel to the top strip). Be careful not to add too much filling or you'll have difficulties rolling.

5 Dampen the edge of the nori sheet without the rice covering. With that side facing away from you gently start to roll the sheet using the rolling mat to help. Roll until the nori sheet is completely enclosed in the mat and then gently squeeze along the roll.

6 Remove the mat and cut your sushi roll into segments. Serve with soy sauce and wasabi.



HOT TIP

It is important to use short-grain to medium-grain rice for sushi, often simply called sushi rice. Only this kind of rice has the right balance of starches to allow the rice to stick together and keep the final product intact from plate to mouth.

ROLLING SUSHI

At first, rolling sushi can seem hard and complicated. However, with a little practice you'll be rolling delicious maki and California rolls in no time. If you plan on making sushi regularly, to yield the best results, we recommend using a Japanese bamboo mat. A tea towel or even just your bare hands will work if you only want to make it occasionally. Regardless of the tool you use, the method for rolling sushi is exactly the same.

1 Lay out your bamboo mat and place your nori sheet on top, rough side up.

2 Leave about 2cm (1 inch) rice-free at the top of the sheet. You want an even layer of rice about half a centimetre thick.

3 Add your filling ingredients in a line in the middle of the rice, then it's time to roll. Place your thumbs underneath the bamboo mat and lift the edge that is closest to you up and over the filling in the centre.

4 Curve the rest of your fingers over the

bamboo mat and gently press along the length of the 'roll'. Pull the edge of the bamboo toward you to fold it underneath your hands, and then continue to roll the sushi away from you until you've rolled past the far edge of the seaweed sheet.

SHAPING ONIGIRI

Not much prior planning or advanced preparation is required for making onigiri. You can mould your rice and filling ingredients into a variety of shapes, triangular shapes are by the far most popular.

Using cling-film to hand shape onigiri is an easy method; your hands won't get covered in rice and it feels far more hygienic. If you'd rather not use cling film, clean your hands thoroughly and wet them with a little water and sea salt prior to shaping the rice.

1 Start by draping a large piece of cling film over your hand and place a portion of rice in the middle.

2 If making filled onigiri, make a small hole in the middle and add your filling. Close the film around the rice.

3 For a triangle shape, get your hands into an I-shape and 'hug' the rice, turning it after each squeeze.

4 Now add salt to bring out the flavour of the rice. Use a good quality salt and sprinkle on all sides.

5 Starting on one side, wrap a long strip of nori around the rice, then cut off the excess.

6 Optional: roll the triangle in toasted sesame seeds and nori flakes.



HOT TIP

If you're not crazy about seaweed (nori), you can substitute it for soy sheets or rice sheets. You can even use the vegetables themselves, such as long strips of cucumber.

Japanese rice balls



ONIGIRI RICE

Makes: 4-5 onigiri

White rice:

260g (1¼ cups) white sushi rice
350ml (1½ cups) water

Black rice:

175g (¾ cup) white sushi rice
85g (⅓ cup) black rice*

*Use a glutinous, short to medium grain black rice like Venus – not 'wild rice'. Cook the same as white rice.

1 Wash by massaging the rice in cold water then discarding the water. Repeat three times then drain completely.

2 Add 350ml (1½ cups) cold water, soak for 30 minutes.

3 Gently bring to a boil, simmer on lowest heat tightly covered for 10 minutes.

4 Without removing the lid, allow the rice to cool in the pot.

5 Ready to use when there is no visible steam coming from the rice.

Brown rice:

260g (1½ cup) short grain brown rice
350ml (1½ cups) water

1 Wash once, soak overnight in water.

2 Drain completely, add 350ml (1½ cups) water, gently bring to a boil, simmer on lowest heat tightly covered for 20 minutes.

3 Without removing the lid, allow the rice to cool in the pot.

4 It is ready to use when there is no visible steam coming from the rice.

Brown rice, quick version:

1 Wash once, soak 30 minutes in boiling water, drain completely.

2 Add 350ml (1½ cups) boiling water, bring to a boil and simmer on lowest heat tightly covered for 20 minutes.

3 Without removing the lid, allow the rice to cool in the pot.

4 It is ready to use when there is no visible steam coming from the rice.

• Recipe and photography by Shiso Delicious shisodelicious.com. Instagram: @shisodelicious





ONIGIRI FLAVOURS

Simple nori onigiri

Pure rice (white, black or brown), sea salt, wrapped in nori, optionally rolled in toasted sesame seeds.



Radiccio or shiso onigiri

Either use pure rice (white, black or brown) plus sea salt, or flavoured (see recipes below), wrapped in a leaf, optionally rolled in toasted sesame seeds.



FILLED ONIGIRI

For each onigiri, use either:

- ½-1 tsp miso paste, optionally mixed with toasted sesame seed or a little grated ginger
- 1 tsp sauerkraut, liquid squeezed out
- ½ tsp umeboshi paste, or a whole umeboshi (salted pickled plum)

1 If you like your filling to show, add your filling after shaping, just poke a small hole in the side.

2 You can use anything flavourful which is not too runny or oily as a filling. You may want to skip the salt on the surface if your filling is very salty.

FLAVOURED RICE ONIGIRI

Chives

- 1 onigiri portion (120-140g (½-⅝ cup) cooked rice)
- 1 small handful finely chopped chives or spring onion
- 1 pinch sea salt
- 1 tsp aonori (nori flakes), 1 tsp toasted sesame seed, optional



'Cheesy'

- 1 onigiri portion (120-140g (½-⅝ cup) cooked rice)
- ½ tsp deactivated yeast flakes
- 1 pinch garlic or onion granules
- 1 pinch coconut palm sugar
- 1 pinch chilli flakes
- 1 pinch sea salt

1 In a small bowl, mix everything together without crushing the grains too much. Shape as normal, adding a strip of nori to finish if desired.

THERE SHE GLOWS AGAIN

Oh She Glows blogger Angela Liddon talks about food, health, and her second cookbook



After struggling with an eating disorder for over a decade, Angela Liddon set up a blog, to spread the word about her journey to health, and the powerful transformation that food can make in our lives. In the years since starting *ohsheglows.com*, the blogger has won awards for her work, attracted millions of readers every month, and inspired countless people with her positivity and recipes.

Congratulations on your newest book – as well as being full of delicious recipes, it is beautiful. As well as sharing the health benefits of a plant-based diet, are you also keen to show how your lifestyle can be really vibrant and trendy?

I find one of the most widely spread and persistent misconceptions about plant-based diets is the idea that meals are inherently 'restrictive' or 'boring'. And I completely get it, because I used to think that too. But in fact the truth is the exact opposite. I truly believe my diet has much more variety now than it ever did when I was an omnivore, because a plant-based diet forced me to get creative in the kitchen and experiment with new-to-me foods. Since starting my blog in 2008, I've strived to share my passion for plant-based eating by putting delicious, flavourful, exciting recipes out into the world. When readers write in telling me one of my dishes has won over even the most die-hard meat lover in their family, I smile ear to ear.

Can you tell me a little bit about the health issues that inspired your plant-based food please?

During my mid-twenties I set out to heal my relationship with food: I'd struggled with an eating disorder for 10 years and was sick of feeling miserable and tired all the time. Having heard a lot about the benefits of a plant-based diet, I started to experiment with real, whole foods instead of the processed, low-calorie diet foods I had been living off of. Completely transitioning to a plant-based diet wasn't something that I planned to do, but I felt so amazing eating this way – with boosted and consistent energy levels, a sense of calmness, and overall positive

outlook – that I just kept moving forward and never really looked back. The journey wasn't always easy, of course. Back in the day, I barely knew how to cook a potato. But, head over heels in love with my new approach to food, I was driven and motivated to learn.

Who inspires your cooking style in terms of chefs?

Lately, I'm really inspired by the cooking styles of Tal Ronnen, Isa Chandra Moskowitz, and Ella Mills.

How do you approach creating a new dish? If you are trying to 'veganise' an old classic, do you adopt quite a scientific process?

Once I'm inspired (and inspiration comes from everywhere – restaurant meals, magazines, cravings, current food trends, seasonal produce at the grocery store, special blog reader requests...the list goes on and on), I begin planning out the recipe on paper. I look at my other similar recipes to get a rough idea for proportions, temperature, and cook time. A lot of it is guesswork, though.

And then comes the most important phase: testing, testing, and more testing. I have a passion for great-tasting food and accept nothing less, so I personally test new recipes over and over until I'm 100 per cent satisfied. I also have an amazing group of recipe testers, whose invaluable feedback is absolutely integral to the recipe-creation process. I don't know what I'd do without them.

When you were compiling the book, how did you decide what recipes went in there?

It was definitely tough deciding what recipes would make the final cut for inclusion in *Oh She Glows Every Day*. Most of the time I went with my gut; if I really loved a recipe, it was a no-brainer. Also, I try to create a nice balance and variety of recipes in my cookbooks, so having that as a guideline really helped. I'm also so grateful for all the amazing people who offered their input – the opinions of my family, friends, and dedicated recipe testers were a big factor in my decision making. So many amazing people helped bring this book to life, that's for sure.

What are your own favourites from the book?

It changes day to day, but some of my favourite dishes in the new book include my salted chocolate hemp shake, crispy smashed potatoes, creamy Thai carrot sweet potato soup, fusilli lentil-mushroom bolognese (which my recipe testers also went wild for), and oh em gee veggie burgers. I'm also particularly proud of the ultimate flourless brownies recipe. It took me well over two dozen trials to get them just right, and it's honestly such an amazing brownie. I'm so thrilled that I was able to make them accessible for so many different allergies, as it's vegan, gluten-free, grain-free, oil-free, and soy-free, and there's even a nut-free option, too.

If someone starting out as a vegan thinks it's too complicated – or is it too bland, to make plant-based food, what general piece of cooking advice would you give them?

Take the transition to a plant-based diet slow and steady. It'll feel a lot less intimidating. And don't strive for perfection – I think when you take the pressure off of it and focus on having fun, the process is more enjoyable and it's easier to do it long-term. Sometimes, you have to rely on a bowl of cereal or takeout for dinner...and that's okay. I'd also emphasize that it's possible to create flavourful and delicious plant-based meals using easy-to-find, everyday ingredients. You don't have to fill your cart with strange, processed imitation foods; my recipes celebrate real, whole foods as nature intended. And if you're worried about blandness...spices. Before I transitioned to a plant-based diet I rarely used them, but these days I can't live without my spice collection. Adding a bit of spice here and there really does make all the difference, and can turn a boring meal into something extravagant.

• *Oh She Glows Every Day* by Angela Liddon is published by Michael Joseph, £18.99






Per 100g:

81	2.8g	0.5g	2.9g	0.38g	4.3g
kcal	Fat	Saturates	Sugars	Salt	Protein

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is published by Michael Joseph, £18.99

VEGETABLE AND 'CHEESE' SOUP

 The nutritional yeast gives this soup a bit of a 'cheese-like' flavour, and I keep the spices simple to allow the flavours of the vegetables to shine.

Prep time: 25 minutes

Cook time: 20 minutes

Makes: 4 servings

- 2 tbsp extra-virgin olive oil
- 1 medium-large onion, chopped
- 3 large cloves garlic, minced
- 2-3 stalks celery, chopped
- 2 medium carrots, peeled and chopped
- 1 large head of broccoli (chopped into florets)
- 1 small sweet potato, peeled and chopped
- 1.25 to 1.5l (5¼ - 6¼ cups) low sodium vegetable broth, as needed
- 3-4 tbsp nutritional yeast, to taste
- Salt and pepper, to taste (I use about 1 tsp)
- ¼ teaspoon cayenne pepper (optional)
- White wine vinegar or fresh lemon juice, to taste (I usually add 1-2 tsp of white wine vinegar for flavour)
- Toasted pumpkin seeds, for serving
- Croutons (optional)

1 In a large pot, heat the oil over medium heat. Add the onion, garlic, and a couple pinches of salt and sauté over medium heat for 3-4 minutes until the onion is softened.

2 Add the celery, carrots, broccoli, and sweet potato. Continue to sauté over medium heat for about 5 minutes. Stir frequently.

3 Add the broth and stir. Bring the soup to a low boil. Cover and simmer over medium-low heat for 12-15 minutes, or until the vegetables are fork-tender.

4 Turn the heat and remove the lid. Allow the soup to cool slightly for 5 minutes or so.

5 Carefully scoop the soup into a blender (you might have to do this in a couple of batches depending on the size of your blender). Add 3 tablespoons of nutritional



yeast, ½ teaspoon of salt, and cayenne (if using). Alternatively, you can use a stick blender.


6 With the blender lid ajar (to allow the steam to escape), carefully blend the mixture starting at a low speed and increasing the speed until the soup is smooth.

7 Pour the puréed soup back into the pot. Stir and add more salt, to taste. Then, add more nutritional yeast (if desired), black pepper, and vinegar, to taste.

8 Ladle the soup into bowls. Garnish with toasted pumpkin seeds and croutons, if desired.

9 Transfer leftovers into a Mason jar and allow to cool before securing the lid and storing in the fridge for 5-7 days. To freeze, add cooled soup into a container or Mason jar, leaving an inch (2.5cm) at the top for expansion. Secure lid and freeze for 1-2 months.

CURRIED CHICKPEA SALAD

 This chickpea salad is lightly spiced with curry flavours – just enough to give it character without overpowering the salad. Feel free to tweak all the spices to your own tastes by adding more or less ginger, curry powder or turmeric.

Prep time: 15 minutes

Serves: 3

- 1 x 400g tin (2 cups) chickpeas, drained and rinsed, or 250g (2 cups) cooked chickpeas
- 3 spring onions (scallions) thinly sliced
- 90g (½ cup) finely chopped red bell pepper
- 15g (¼ cup) fresh coriander leaves, finely chopped
- 3 tbsp vegan mayo
- 1 clove garlic, minced
- ½ tsp grated fresh ginger, or to taste
- ½ tsp ground turmeric
- ¼ tsp curry powder, or more to taste
- 1-1½ tsp fresh lemon juice, to taste
- ¼ tsp plus ½ tsp fine sea salt, or to taste
- Freshly ground black pepper
- Cayenne pepper (optional)

1 In a large bowl, mash the chickpeas with a potato masher until flaked in texture.

2 Stir in the spring onions, bell pepper, coriander, mayonnaise, garlic, ginger, turmeric and curry powder until combined.

3 Stir in the lemon juice, salt and black pepper, adjusting the quantities to taste. Add a dash or two of cayenne if you want some heat.

4 Serve with toasted bread, with crackers, on wholemeal wraps, or on top of a basic leafy green salad. The salad will keep in an airtight container in the fridge for 3-4 days. Stir well before serving. This can also be frozen for up to 1 month.


Pillowly Pumpkin Cookies



Per 100g:

363	14g	11g	19g	0.51g	5.4g
kcal	Fat	Saturates	Sugars	Salt	Protein

PILLOWY PUMPKIN SNACKING COOKIES

 I love crispy cookies, but sometimes I want a soft, thick, pillowy cookie, and these spicy treats are my favourite way to satisfy the craving. In this recipe, pumpkin purée is spiced with cinnamon, ginger, vanilla, nutmeg, cloves and cardamom — you'll be dreaming of fall leaves and cosy sweaters as the cookies bake.

Prep time: 10-15 minutes

Bake time: 12-14 minutes

Makes: 11 cookies

- 3 tbsp virgin coconut oil, softened
- 50g (¼ cup) brown sugar
- 75g (¼ cup) unsweetened pumpkin purée
- ½ tsp pure vanilla extract
- 2 tsp ground cinnamon
- 2 tsp milled linseed
- ¾ tsp ground ginger
- ½ tsp baking soda
- ½ tsp freshly grated nutmeg
- ⅛ tsp ground cloves
- Dash of ground cardamom
- ¼ tsp fine sea salt
- 115g (1 cup) white/light spelt flour

1 Preheat the oven to 180°C (Gas Mark 4/350°F). Line a large baking tray with baking paper.

2 In a large bowl using an electric mixer, beat together the coconut oil, sugar, pumpkin and vanilla until smooth.

3 Add the cinnamon, linseed, ginger, baking soda, nutmeg, cloves, cardamom and salt. Beat until combined. Add the flour and beat again until combined. The dough should be moist and easy to roll into balls.

4 Shape the dough into large balls, about 2 packed tablespoons each. Place the balls 5-8cm (2-4in) apart on the prepared baking tray. Do not flatten the balls, or the cookies will not be as fluffy.

5 Bake for 12-14 minutes, until the cookies have puffed up. Some might be lightly cracked on the surface.

6 Let cool on the tray for 5 minutes before transferring to a cooling rack to cool completely.

7 Pipe icing onto cookies, if desired (make sure they are completely cool or it will melt). Store the cooled cookies in an airtight container in the fridge for 2-3 days or freeze them for up to 2 weeks. I like to wrap them individually in foil and then place them in a freezer-safe zip-top bag or airtight container.

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BON APPETIT

Many people instantly conjure up animal-based dishes when they think of French food; meat drenched in creamy, garlic-rich sauces, snails, and frogs legs. But there is more to Gallic cuisine than this: using a bountiful harvest of delicious produce, you can whip up a tasty, hearty feast.

With a focus on flavourful herbs, these recipes show you how to prepare crispy green beans, and succulent onion soup with crunchy croutons. Whip up a flaky, rich pastry-tart, and chocolate mousse.

Above all – have fun in the kitchen. French food does not have to be about difficult techniques and specialist ingredients. Bon appetit!

Feast your senses on this rustic menu, rustled up by chef and Instagrammer Gaz Oakley – exclusively for Cook Vegan readers.

• Recipe and image supplied by vegan chef Gaz Oakley
@avantgardevegan on Instagram, Facebook and Twitter





FRENCH ONION SOUP

- 4-5 white onions, finely sliced
- 2-3 tbsp olive oil
- 2 garlic cloves, minced
- 2 tbsp sugar
- 950ml (4 cups) vegetable stock
- 300ml (1¼ cup) white wine
- Thyme
- Salt and pepper

For the croutons:

- 1 small baguette, sliced on an angle
- 2 garlic cloves, minced
- 4 tbsp olive oil
- Salt and pepper

1 Start with the croutons. Preheat oven to 150°C (Gas Mark 2/300°F) and place the sliced baguette on a lined baking tray. Combine the minced garlic, oil, and salt and pepper in a small bowl, drizzle over the bread, and place in the oven until golden and crispy. Set aside.

2 Sweat the onions in a large, oiled saucepan. Add the garlic, sugar, and seasoning. Continue to cook, stirring often until golden and caramelised – this should take 15 mins or so. Add the wine and deglaze the pan, then add the stock.

3 Bring to the boil, then lower the heat. Add the thyme and allow to simmer for 20 minutes. Check seasoning and serve with the croutons.

• Recipe and image supplied by vegan chef Gaz Oakley. @avantgardevegan on Instagram, Facebook and Twitter

Per 100g:





SIMPLE RATATOUILLE

- 2 tbsp olive oil
- 2 onions, large
- 2 cloves garlic, crushed
- 2 medium courgettes, roughly chopped
- 1 red pepper, deseeded and chopped
- 1 yellow pepper, deseeded and chopped
- 1 aubergine, roughly chopped
- 2 x 400g tins (4 cups) chopped tomatoes
- 1 tbsp mixed herbs
- 4 tbsp fresh basil, chopped

1 Heat the oil in a pan over a medium heat. Add the onions and garlic, and cook for 2-3 minutes. Stir in the courgettes, peppers, and aubergine, and cook for a further 5 minutes until lightly coloured.

2 Add the tomatoes and herbs, cover, and cook over a low heat for 30-35 minutes until the vegetables are tender.

3 Season and sprinkle with chopped basil.

SAUTÉED FRENCH BEANS WITH KALE AND CHERRY TOMATOES

- 200g (1½ cup) French beans (string beans)
- 2 tbsp of olive oil
- 50g curly kale
- 8-10 cherry tomatoes
- 1 garlic clove, minced
- Salt and pepper, to taste

1 Pre heat a non-stick frying pan/ wok, add the oil then garlic. Cook until golden.

2 Add the beans, over a high heat cook for 1-2 minutes, stirring often. Add the tomatoes and kale.

3 Add salt and pepper and continue to cook until the beans are tender, then serve.

• Recipes and images supplied by vegan chef Gaz Oakley. @avantgardevegan on Instagram, Facebook and Twitter





MUSHROOM BOURGUIGNON

- 2-3 tbsp olive oil
- 300g (2½ cups) mixed mushrooms
- 12 small pearl shallots, peeled
- 3 medium carrots, peeled and sliced
- 3 tbsp plain flour
- 150ml (⅔ cup) fruity vegan red wine
- 250ml (1 cup) vegetable stock
- 2 sprigs thyme
- 1 tbsp marmite
- Salt and pepper

1 In a large saucepan, heat the olive oil. Once hot, add the shallots, mushrooms and carrots.

2 Sweat until golden brown. Stir often so it doesn't burn. Add the thyme and cook for 1-2 minutes further.

3 Then stir in the flour and salt and pepper. Once the flour is cooked, add the wine, stock, and marmite.

4 Reduce the heat and allow to simmer for 15-20 mins, stirring every now and then. Alternatively you can place the mixture in a casserole dish and place in a preheated oven 180°C (Gas Mark 4/350°F) for 15-20 mins.

CAMELISED SHALLOT TARTS

- 2 tbsp olive oil
- 10 shallots, peeled cut in half and sliced lengthways
- 1 sheet Jus-Rol puff pastry
- 4 tbsp balsamic vinegar
- 1-2 tbsp caster sugar or coconut sugar
- 1 tbsp chopped fresh thyme
- Salt and pepper

1 Pre-heat oven to 180°C (Gas Mark 4/350°F).

2 Heat the oil in a non-stick large frying pan, over a low heat. Add the shallots.

Cook until translucent then add the balsamic vinegar, sugar, salt and pepper, and thyme. Allow to caramelise for 4-5 mins, stirring often. Remove the pan and set aside.

3 For the pastry, roll out to a 4mm thickness. Using a 10cm cutter, cut out 6 pastry circles and place on a lined baking tray. Spoon a tablespoon of the caramelised shallot mixture into the middle of each pastry circle neatly.

4 Brush a small amount of vegan butter around the edge and place in the oven for 8-10 minutes or until golden.

Per 100g of Mushroom Bourignon:

76	3.6g	0.6g	2.1g	0.59g	2.2g
kcal	Fat	Saturates	Sugars	Salt	Protein

Per 100g of Caramelised Shallot Tarts:

189	12g	4.0g	8.6g	0.49g	2.4g
kcal	Fat	Saturates	Sugars	Salt	Protein



Recipes and images supplied by vegan chef Gaz Bailey.
@avantgardevegan on Instagram, Facebook and Twitter

CHOCOLATE, BANANA & AVOCADO MOUSSE POTS

- 2 overripe avocados
- 1 large ripe banana
- 4 tbsp cacao powder
- 3 tbsp agave nectar or maple syrup
- 2-3 drops vanilla essence

1 In a blender, combine all the above ingredients, blend until smooth.

2 Spoon into jars and place in the fridge to set for 2-3 hours. Top with fresh berries and coconut cream.

Per 100g:

221	17g	5.1g	7.7g	0.02g	2.4g
kcal	Fat	Saturates	Sugars	Salt	Protein



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DITCH the fish, NOT omega 3



Dr Justine Butler, senior health researcher and writer at Viva!Health, reports

Some people who give up eating meat continue to eat fish in the belief that it is a healthy food and that fishing is less cruel and environmentally destructive than farming. Nothing could be further from the truth.

OMEGA-3S EXPLAINED...

Saturated fats, like lard and butter, tend to be solid. Our bodies don't need this type of unhealthy fat. It increases cholesterol levels and is linked to heart disease. Unsaturated fats (olive oil and rapeseed oil) are liquid and it's the flexible nature of these fats that makes them so biologically useful in fish swimming in cold water or in the human eye and brain.

Essential fatty acids (EFA) are unsaturated fats that we can't make in the body; we must get them from food. They are used in our cell membranes, brain and nervous system and help regulate blood pressure, blood-clotting, immune and inflammatory responses.

Alpha-linolenic acid (ALA) is an omega-3 EFA found in flaxseeds (linseeds), rapeseeds, soya, walnuts and oils made from them. ALA can be converted in the body into the longer-

chain omega-3s: eicosapentanoic acid (EPA) and docosahexanoic acid (DHA). EPA and DHA are also found in oily fish such as herring, salmon and mackerel as well as some algal supplements (which are suitable for vegans). Conversion rates in the body can be low which is why some people insist that fish oils are essential for heart and brain health. The research tells a different story...

FISH OIL RESEARCH

- A major study in the *British Medical Journal* found that: "Long chain and shorter chain omega-3 fats do not have a clear effect on total mortality, combined cardiovascular events or cancer."
- Research in the *European Journal of Clinical Nutrition* revealed that: "Men advised to eat oily fish, and particularly those supplied with fish oil capsules, had a higher risk of cardiac death."
- A study published in the *Journal of the American Medical Association* found fish oil supplements increased life-threatening abnormal heart rhythms in patients with implanted defibrillators.
- The American Heart Association says the findings of these studies can

be explained by the '...adverse effects of methylmercury, an environmental contaminant found in certain fish that may diminish the health benefits of omega-3 fatty acids'.

FISH OILS NOT SO CLEVER

The myth that fish oils boost brain power was boosted by inaccurate reporting of the Oxford-Durham study. This study looked at the effects of fish oils and olive oil in children with ADHD, dyslexia and dyspraxia. After three months, results showed improvements in reading, spelling and behaviour among the fish oil group. So they thought that fish oil supplements may be a safe, effective treatment for improving academic progress and behaviour among children with DCD. This is not the same as saying fish oil will turn all children into geniuses.

NOT SO CLEVER

The media did its work and the nation was gripped; TV programmes such as *Horizon*, *The Human Mind* and *Child of Our Time* covered the story and omega-3 fish oil supplements sold out across the country. Food companies began

slipping fish oils into yoghurts and milk drinks to help our kids get smart. St Ivel Advance Omega-3 'clever milk' adverts featured celebrity scientist Professor Robert Winston lending kudos to the claims. However, the Advertising Standards Authority ruled that the adverts were misleading and the claims unproven 'as the children in the trial had learning difficulties, there was no basis to claim there would be an improvement in the concentration of all children'. Dairy Crest withdrew the adverts. The only thing 'clever' about it was the huge marketing campaign that got thousands of people running to the shops.

SLIPPERY ISSUE

This turn in the slippery issue of fish oils adds to the confusion. If the diet provides enough essential fatty acids, fish oils may have no effect on cognitive ability at all. But forcing children to eat oily fish in the pursuit of cleverness may end up causing problems of a far more sinister nature.

TOXIC SHOCKER

All the world's oceans are contaminated with toxic pollutants such as polychlorinated biphenyls (PCBs), dioxins and methylmercury. These toxins accumulate, especially in fatty fish, as you move up the food chain and can cancel out any beneficial effects of omega-3s. In March 2006, Seven Seas Ltd withdrew batches of fish oil supplements because of the levels of pollutants present and less than a month later pharmacist Boots too withdrew fish oil capsules for the same reason.

FARMED AND DANGEROUS

Farmed fish are not the answer as they tend to contain less omega-3s and more toxins than wild fish. A comparison of farmed salmon and wild salmon found that the

farmed fish had consistently higher levels of PCBs.

CONFUSED? YOU WILL BE!

The UK Government says:

- Men and boys and women past childbearing age or who cannot or are not intending to have children, can eat up to four portions of oily fish a week.
- Girls and women who may become pregnant at some point in their lives can eat between one and two portions of oily fish a week.
- Pregnant and breastfeeding women can also eat between one and two portions of oily fish a week. Pregnant women and women intending to become pregnant should avoid shark, marlin and swordfish and not eat large amounts of tuna.

They say that pregnant and breastfeeding women should eat oily fish because it helps the neurological development of their babies. However, toxic pollutants in oily fish may harm unborn babies and infants. Damned if you do, damned if you don't! They also extended their warnings to include non-oily fish including: sea bream, turbot, halibut, dog fish or huss, and sea bass as these might have similar levels of pollutants as oily fish. People are confused.

NO MAGIC BULLET

Fish is not a popular food; on average people in the UK eat a third of a portion of oily fish per week and seven out of 10 people eat none at all. We should stop looking for a 'quick miracle fix' and focus on the bigger picture...improving our diets by cutting out the saturated fatty foods and eating more fruit,



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vegetables, pulses, wholegrains, nuts and seeds.

HEALTHY HEARTS

Studies show omega-3s from plant foods offer more protection than fish oils.

- The Nurses' Health Study looked at over 76,000 women over 10 years and found those consuming the most ALA had a 45 per cent lower risk of heart disease. The authors said: "Higher consumption of foods such as oil-based salad dressing that provide polyunsaturated fats, including ALA, may reduce the risk of fatal heart disease."
- The Health Professionals' Study looked at over 43,000 men over six years found that a one per cent increase in ALA intake lowered the risk of heart attack by 59 per cent.
- The National Heart, Lung and Blood Institute Family Heart Study of over 4,500 people found that men who ate the most ALA had a 40 per cent lower risk of heart disease and women eating the most, a 50-70 per cent lower risk.
- The Lyon Diet Heart Study

investigated if a Mediterranean diet, rich in ALA, could reduce secondary heart disease compared to a prudent Western diet in 423 adults. Results showed a striking drop in death rates of close to 70 per cent.

IMPROVE CONVERSION RATES

To improve the rate at which ALA is converted to EPA and DHA:

- Cut down on cholesterol – avoid eggs, meat and dairy products.
- Avoid or cut down on processed foods, trans-fatty acids from margarines and hydrogenated vegetable oils.
- Avoid or reduce fried foods, alcohol, caffeine, sugar, smoking and stress.
- Make sure that you get all the minerals you require including zinc and chromium.

RATIO OF OMEGA-6 TO OMEGA-3

Our bodies may be similar to those of our ancestors, but the way we fuel them has changed. You wouldn't expect a car to run on a lower grade fuel than it was designed

for without experiencing engine problems. Modern diets, rich in fried and processed foods, contain high omega-6 and low omega-3 levels. Both fats compete along the same pathways in the body so it stands to reason if we eat too much omega-6 things may go awry. Humans evolved on a diet with a ratio of omega-6 to omega-3 of around one-to-one. In Western diets the ratio is more like 15 to one. To redress the balance reduce the use of sunflower, safflower and corn oils and increase the use of flaxseed, rapeseed and soya bean oils.

GOOD NEWS

The good news is you don't have to eat neurotoxins and carcinogens to get your omega-3s. Plant foods can provide plenty to keep our hearts healthy and combat allergies and inflammatory conditions such as arthritis. This benefits the environment as well as plant-based sources of omega-3s are sustainable, fish are not.

- For more information see the Viva!Health's Fish Report: vivahealth.org.uk/resources/scientific-reports/fish-report



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Bye-bye boring breakfasts! Our super tasty, Gluten Free cereal is made from wholegrain Sorghum and packed full of all the scrummy goodness needed to make your breakfast worth showing off. So get creative, get making, get sharing and get eating because Nutri-Brex is here to make your breakfasts dreamy!



Nutri-Brex is perfect for Vegans and has the thumbs up from Coeliac UK



TURMERIC RAMEN

Serves: 2

- 1 carrot, finely chopped
- 4 fresh turmeric roots (you can get these at Indian or Asian supermarkets)
- 100g (1 cup) okra chopped (for broth and as topping)
- 5 garlic cloves, roughly chopped
- 150g (1 cup) green peas
- 175g (1 cup) green pepper, finely chopped
- 2-3 spring onions, roughly chopped
- Thumb size piece ginger, roughly chopped
- 1 lemongrass, roughly chopped
- 1 tsp soy sauce
- 1 tbsp coconut oil
- 1 large onion, roughly chopped
- 1-2 Thai red chillies or any chillies you have at home
- 470ml (2 cups) water
- 2 packs ramen noodles
- Black pepper and pink Himalayan salt, to taste
- Handful coriander, almonds and kale/kalettes for garnish

1 For the broth: in a pan heat the coconut oil on a medium heat and add the onion, peas, and garlic. Stir for about a minute.



2 Once the onion is translucent, add in the okra, chopped carrots, ginger, spring onions and turmeric. Stir for another couple of minutes until everything is combined.

3 Add in the 470ml (2 cups) of water, lemongrass, chillies, soy sauce, pink salt, and pepper. Turn the heat down and let it simmer for about 2-3 minutes.

4 Taste the broth before straining it. If it needs another pinch of something, go ahead and alter it to the way you like it. Set aside. Next take your chopped green pepper and stir fry for the topping.

5 For the ramen: in a saucepan, bring water to the boil and add in the noodles. Cook for 3-5 minutes. Once cooked add broth and noodles to your bowl and top with green peppers prepared earlier. Add the optional garnish if desired.

• Image and recipe supplied by Aj Teidy. Twitter/Instagram @lifeinsatiable

Per 100g:

176	1.8g	1.3g	2.6g	0.28g	2.8g
kcal	Fat	Saturates	Sugars	Salt	Protein



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AS RECOMMENDED BY
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kingsoba.co.uk



ASIAN PESTO SAUCE

 Zesty orange, chilli sauce, and ginger are just a few of the ingredients that transform ordinary pesto into an Asian-inspired sauce.

Yield: 240ml (1 cup)

Total time: 10 Minutes

Difficulty: Intermediate

- 60ml ($\frac{1}{4}$ cup) orange juice, freshly squeezed
- 2 tbsp rice wine vinegar
- 2 tbsp dark sesame oil
- 1 tbsp salt reduced soy sauce
- 2 tsp hoisin sauce
- $\frac{1}{2}$ tsp Asian chilli sauce
- 60g (2 cups) fresh spinach leaves, washed, dried
- 5g ($\frac{1}{4}$ cup) coriander sprigs
- 8 fresh basil leaves
- 1 garlic clove, peeled
- 10g fresh ginger root, peeled
- $\frac{1}{2}$ tsp grated orange peel

1 Place all ingredients into the Vitamix container in the order listed and secure lid. Select Variable 1.

2 Turn the machine on and slowly increase speed to Variable 10, then to High.

3 Blend for 15 seconds, using the tamper to press the ingredients into the blades.

CHIPOTLE PEANUT SAUCE

 An Asian-inspired topping, ideal for homemade Pad Thai.

Yield: 300ml (1 $\frac{1}{4}$ cup)

Total time: 5 Minutes

Difficulty: Easy


- 180ml ($\frac{3}{4}$ cup) water
- 255g (1 cup) peanut butter
- 1 tbsp adobo sauce (from chipotle chilli paste)
- $\frac{1}{8}$ tsp salt

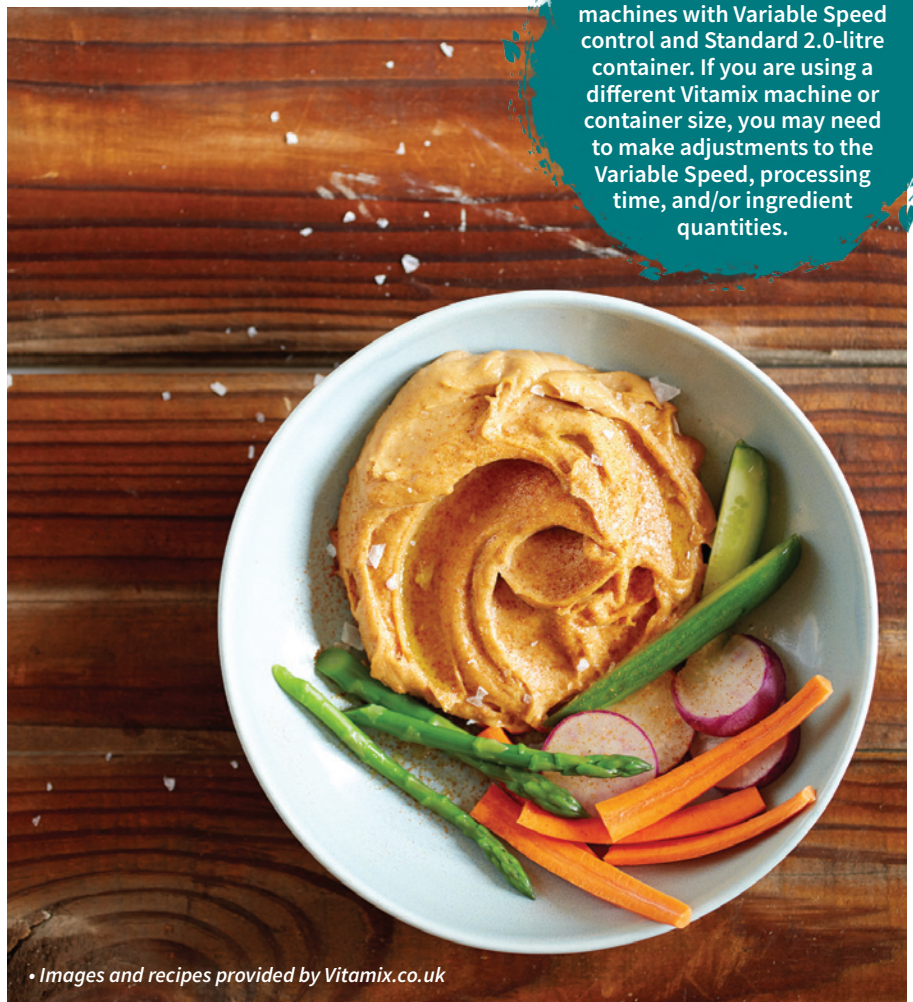
1 Place all ingredients into the Vitamix container in the order listed and secure lid. Select Variable 1.

2 Turn machine on and slowly increase speed to Variable 10, then to High.

3 Blend for 10 seconds.




 These recipes have been written for the C-Series machines with Variable Speed control and Standard 2.0-litre container. If you are using a different Vitamix machine or container size, you may need to make adjustments to the Variable Speed, processing time, and/or ingredient quantities.



• Images and recipes provided by Vitamix.co.uk



LOVE THE CRUNCH SUMMER SALAD

 This quick and easy salad packs a real crunch, helping you feel fuller for longer. It's an ideal light lunch or perfect summer supper.

Serves: 2

Preparation time: 15 minutes

- 2 sticks of celery
- 4 radishes
- ¼ Chinese leaf lettuce
- ½ green apple
- 2 spring onions
- 1 tbsp olive oil
- 2 tsp whole grain mustard
- 2 tsp maple syrup
- 2 tsp lemon juice
- Handful of walnuts, roughly chopped
- Salt and pepper to season

1 Slice the celery, radish, Chinese leaf, apple, and spring onion very finely with a knife or with a mandolin.

2 Mix together the oil, mustard, maple syrup, lemon juice and season.

3 On a large plate, lay out the sliced vegetables, then top with the walnuts and the dressing.



Replace the
tempeh bacon
or vegan ham with
sautéed spinach
for tofu Florentine.

TOFU BENEDICT

Serves: 4

- 2 (14oz) containers firm tofu, drained, rinsed, and sliced lengthwise into 4 slabs
- 110g (½ cup) tamari
- 4 tbsp water
- 75g (¼ cup) agave nectar
- 4 English muffins, sliced in half (use gluten-free muffins for a gluten-free option)
- 2 tbsp canola oil or other neutral oil, divided
- 8 slices tempeh bacon/vegan ham
- Hollandaise sauce (see recipe below)

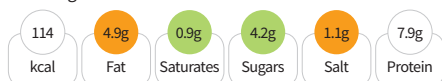
1 Place the tofu slabs in a shallow baking dish in a single layer. In a small bowl, combine the tamari, water, and agave. Mix well and pour over the tofu. Set the tofu aside for 30 minutes to marinate.

2 Toast the muffins until golden brown and crisp. While the muffins are toasting, add 1 tablespoon of the oil to a large frying pan and heat over medium heat. Arrange the tofu in the frying pan, working in batches if needed, and sear the slabs on one side for 3 minutes, or until lightly golden. Flip the tofu and sear on the other side for 3 minutes. Remove the tofu slabs from the frying pan and place them on a paper towel-lined plate to absorb any excess oil. Add the remaining 1 tablespoon oil to the frying pan and sear the tempeh slices on each side for 10 seconds.

3 Arrange two muffin halves, cut-side up, on each of four plates. Top each muffin half with one slice of the tempeh bacon or vegan ham. Place one piece of the tofu on top of each tempeh slice. Ladle the Hollandaise sauce generously over each portion and serve.

• Recipes and photos from NYC Vegan (C) 2017 Michael Suchmann and Ethan Ciment, used by permission Vegan Heritage Press, LLC.

Per 100g:



HOLLANDAISE SAUCE

Makes: 330g (1½ cups)

- 4 tbsp non-dairy butter
- 2 tbsp unbleached all-purpose flour (use rice flour for a gluten-free option)
- Pinch ground turmeric
- 6 tbsp white wine
- 3 tbsp fresh lemon juice
- 350ml (1½ cups) plain unsweetened non-dairy milk
- 4 tsp nutritional yeast
- ¼ tsp salt

1 In a small saucepan over medium heat, combine the butter, flour, and turmeric and cook, stirring, for 3 minutes. Whisk in the white wine and cook for 2 minutes. Whisk in the lemon juice and cook until it becomes a thick sauce. Add the milk and whisk until smooth.

2 Reduce the heat to low and simmer for 5 minutes, whisking continuously. Remove the saucepan from the heat and add the nutritional yeast and salt. Whisk well to make sure there are no lumps. Keep warm until ready to use.

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ASPARAGUS, MINTED PEA AND CARAMELISED RED ONION TART

Serves: 4

- One 35 x 22.5cm (14in x 9in) sheet ready rolled puff pastry
- 300g (2½ cups) asparagus spears, halved lengthways
- Olive oil, to drizzle
- Grated zest of 1 lemon
- Coarse sea salt

For the caramelised onions:

- 3 tbsp olive oil
- 4 red onions, finely sliced
- 1 tsp dried thyme
- 1 tbsp sugar
- Dash of red wine vinegar
- Salt and freshly ground black pepper

For the pea purée:

- 450g (3 cups) frozen peas
- 30g (1 cup) fresh mint leaves, roughly chopped, plus extra to garnish
- 2 tbsp olive oil
- Juice of 1 lemon

1 For the onions, heat 2 tablespoons of the oil in a medium, non-stick, heavybased frying pan. Add the onions and season. Sweat for several minutes before sprinkling over the dried thyme and sugar. Once the onions begin to soften, add a dash of red wine vinegar. Add the remaining oil if necessary and allow to sweat gently for 30 minutes until completely soft.

2 Meanwhile, to make the pea purée, place the peas in a bowl, cover with freshly boiled water and leave to sit for a few minutes. Drain the peas and place in a food processor along with

the chopped mint, olive oil and lemon juice. Season and blitz to form a coarse purée. Set aside.

3 Preheat the oven to 200 °C (Gas Mark 6/400 °F). Cut the pastry sheet into 4 equal rectangles and place on 2 baking trays.

4 Leaving about a 1cm border around the edge of each pastry rectangle, spread a quarter of the pea purée over each square followed by a quarter of the caramelised onions. Arrange the halved asparagus spears over the onions – you should be able to fit 5 halves on each tart. Drizzle with a little olive oil, season and bake in the oven for 25–30 minutes.


5 Finish with the lemon zest, a fine sprinkling of freshly chopped mint and a pinch of coarse sea salt. Serve warm. These tarts are delicious served alongside a rocket and avocado salad.

Per 100g:

128	7.8g	1.9g	4.7g	0.24g	3.4g
kcal	Fat	Saturates	Sugars	Salt	Protein

• Recipes taken from Aine Carlin's *Keep it Vegan* published by Kyle Books, £14.99. Photography by Ali Allen.

GRIDDLED BRITISH ASPARAGUS WITH GREMOLATA

 A simple and tasty starter, this citrus Italian condiment lifts the asparagus to new levels. With next to no cooking required, it doesn't get much easier.

Cooking time: 7-8 minutes

Preparation time: 5 minutes

Serves: 4

- 2 bundles British asparagus, trimmed
- Zest of 1 unwaxed lemon
- Juice ½ lemon
- 2 tbsp flat leaf parsley, very finely chopped
- 1 garlic clove, crushed
- Salt and pepper for seasoning
- 50g (1 cup) freshly grated breadcrumbs
- Rapeseed oil

1 Coat the asparagus with a little oil and cook on a pre-heated griddle pan for 4-5 minutes turning until cooked through but still retaining some bite.

2 For the gremolata, mix the lemon juice and zest with the flat leaf parsley and crushed garlic and season with salt and pepper.

3 Heat some rapeseed oil in a frying pan. Add the breadcrumbs and cook until golden. Place breadcrumbs on some kitchen paper to remove excess oil and season with salt and pepper.

4 Toss the asparagus through the gremolata and sprinkle over the breadcrumbs before serving.

• Image and recipe supplied by Pam Lloyd. pamlloyd.com



Per 100g:



PESTO-ROASTED BROCCOLI



PESTO-ROASTED BROCCOLI

Serves: 2-4

- 1 heaped tbsp vegan pesto
- Juice of ½ lemon
- 2 tbsp olive oil
- 1 large head of broccoli (about 500g), cut into medium florets
- Salt and freshly ground black pepper
- Nutritional yeast or toasted pine nuts, to serve

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

2 Whisk the pesto, lemon juice and oil together in a small jug. Place the broccoli florets in a roasting tin. Lightly season, then pour over the pesto dressing, then toss until the broccoli is thoroughly coated. Roast in the oven for 20–25 minutes or until tender, shaking the tin occasionally,

3 Serve warm with a sprinkling of nutritional yeast or a smattering of toasted pine nuts.

• *Keep it Vegan* by Áine Carlin, photography by Ali Allen, published by Kyle Books, £14.99



RADISH AND CITRUS CHINESE LEAF SALAD

Serves: 4-6

Preparation time: 6 minutes

- 300g (1½ cup) Chinese leaf, shredded
- 2 oranges, peeled, quartered and sliced to remove all pith
- 8-10 radishes, trimmed and sliced
- 2 tbsp orange juice
- 4 tbsp sunflower oil
- Sea salt and freshly ground black pepper

1 Arrange the orange and radish slices on a bed of Chinese leaf.

2 Whisk the remaining dressing ingredients together and drizzle over the salad.

• Image and recipe from lovethecrunch.com

Per 100g:



It's so fraiche!

Seriously. A crème fraiche without the crème, which means that for the first time ever, everyone can enjoy it. You might be thinking: "No crème? How can it be a crème fraiche?" Which is exactly why you should consider putting this ad down and picking up a carton to try yourself. In Sweden, where we make this amazing



product, it has done nothing less than revolutionise the lives of our veggie, vegan and lactose-averse friends

because not only is it completely dairy-free, it performs just like fraiche, which is pretty fraiche if you think about it. Oh, one more thing. You'll find it in the chilled section at Tesco. Enjoy.

PEA AND LEMON RISOTTO WITH A MINT OIL DRIZZLE

Serves: 2-4

For the mint oil:

- 30g (1 cup) mint leaves, finely chopped
- 2 tbsp extra virgin olive oil
- Salt and freshly ground black pepper

For the risotto

- 1 vegetable stock cube
- 2 tbsp olive oil
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- 200g (1 cup) arborio rice
- 200g (1½ cup) frozen peas
- 150g (⅔ cup) baby spinach
- Grated zest and juice of 1 lemon

1 Begin by making the mint oil, as it will need time to infuse fully. Place the mint leaves in a small bowl, add the olive oil and seasoning and stir vigorously. Set aside to infuse at room temperature until needed.

2 Bring 1 litre of water to the boil in a large saucepan, add the crumbled stock cube, then reduce the heat to very low.

3 Heat the oil in a large pan, add the onion, season and allow to soften for several minutes. Add the garlic to the pan and cook for a few minutes, ensuring it doesn't colour.

4 Add the rice and stir well for a minute or two to allow the grains to absorb the flavours. Ladle in enough hot stock just to cover the rice, then simmer on a medium heat for several minutes, stirring constantly until the grains have absorbed all of the liquid. Add the remaining stock, a ladleful at a time, stirring constantly, until each ladleful is absorbed and the rice is cooked through. This will take around 20–25 minutes.

5 Defrost the peas by covering them with freshly boiled water, leave for 5 minutes and then drain. Add to pan



along with the spinach and lemon juice.

6 Stir until the spinach is wilted. Taste, season again if necessary and serve garnished with the lemon zest and drizzled with the mint oil.

Per 100g:

215 kcal	7.5g Fat	1.1g Saturates	3.1g Sugars	0.86g Salt	4.6g Protein
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• Recipes taken from Aine Carlin's *Keep it Vegan* published by Kyle Books, £14.99. Photography by Ali Allen.

THANKS FOR YOUR PATIENCE.

We've been trying to bring this amazing product to you since we introduced it in Sweden and saw how it changed people's lives. What's so amazing about it? It's a single cream that performs exactly like regular cream but is completely free from dairy making it perfect for our veggie, vegan and lactose-averse friends. What about the taste? Perhaps you should answer that yourself by picking up a carton and trying it out rather than relying on the writer of this ad. You know writers of ads, they always try to make things so positive. Oh yeah, for your convenience, you will find it in the chilled section at your favourite Tesco from now on.



ESSENTIAL GUIDE TO TVP

This retro classic has stood the test of time





When it comes to vegan protein sources, one contender has been on the meat-free scene for decades. TVP – which stands for textured vegetable protein – has long been a favourite among plant-based eaters. Much loved for its versatility, TVP comes in both chunks and smaller flakes. Also known as soya chunks or soy meat, it can be used to replace beef mince in a number of dishes including chili and bolognese sauce, in soups, stir-fries, or almost any type of dish you can imagine. The name is somewhat of a misnomer: TVP is actually made from defatted soya flour. The product is sold dry, and has to be rehydrated before use. Dry TVP has a long shelf

life, and makes a good cupboard staple. Once rehydrated, it must be consumed within a few days. TVP was invented in the 1960s, but really took off in the early 70s, when it was approved for use in school lunches. While it is a good vegan product, it is often used by the food service industry to bulk out meat dishes containing mince, as doing so saves money, reduces fat, and adds nutritional value to a dish.

OK, SO WHAT ARE THESE NUTRITIONAL BENEFITS?

Well, as a delicious slap in the face to the ‘where do you get your protein?’ brigade, TVP has a higher protein content than meat. It is fat free, cholesterol free, and usually gluten-free

BASIC COOKING TIPS

- If you are using TVP to replace beef mince in recipes like chili, or as a taco filling, you should fry it in a largish pan with some olive oil. You will need to add additional flavours at this point – options include soy sauce, garlic salt, chilli flakes, salt and pepper, and liquid smoke.
- Ensure you stir – you don’t want it to stick.
- When the granules have started to brown, you can continue with the recipe.
- You can stop cooking at this point and store the readymade ‘mince’ for a few days in the fridge.
- If using chunks, follow the same instructions.

(check the packaging) and is low in calories. With a moderate amount of carbohydrate, and a reasonable fibre count, TVP makes an excellent, low energy-dense/high volume food choice.

ARE THERE ANY ISSUES I SHOULD BE AWARE OF?

TVP is a processed food, and it is therefore recommended you enjoy it as part of a healthy diet which includes lots of unprocessed, fresh ingredients. Some people believe it contains a product called hexane – a neurotoxic petrochemical solvent that is used in the processing method. There is mixed opinion when it comes to how much, if any hexane is residual in TVP, but a number of dieticians believe it is safe to eat the substance in trace amounts.

WHAT DOES IT TASTE LIKE?

TVP itself has a fairly bland beany taste, but is an excellent carrier of flavours, so herbs, spices, and sauces are your friends when putting together a meal. This lack of flavour makes TVP very useful – while people generally choose to use it in savoury dishes, others like to add

it to homemade 'health' bars. TVP is generally sold plain, but some is sold already flavoured. As ever it's best to check the packaging.



THIS ALL SOUNDS GOOD.

WHERE CAN I FIND IT?

It's relatively easy to pick up TVP in health food shops and larger supermarkets, where it is usually displayed with the dry goods. It is generally inexpensive and a bag can last a long time.

HOW DO I REHYDRATE TVP?

Your specific brand will have its own instructions, but generally, you should soak the granules or chunks in an equal



volume of water. If you really want to pack these granules with flavour though, there are some additional measures you can take. Soaking the TVP in stock is like marinating – the flavours will seep into the pieces giving you much more bite. Follow the timing on the packet when rehydrating – it can range from a few minutes to much longer.

For savoury recipes try soaking the TVP in:

- Vegetable broth
- Vegan miso broth

- Water seasoned with soy sauce

For sweet recipes try soaking the TVP in:

- Plant-based milk (any flavour)
- Fruit juice
- Water sweetened with a little maple syrup or agave

Leave your TVP to soak in your desired liquid. When it is hydrated, it will look ‘fluffy’. It is now ready to use in your recipe.



SOME TVP IDEAS

SLOPPY JOES

Prep and fry the TVP. Remove from pan and set aside. In the same pan fry an onion, finely chopped green pepper, and minced garlic in olive oil. When the vegetables have softened, add the ‘mince’ back into the pan. Add chilli, a dollop of mustard, and a good squeeze of tomato ketchup to the mixture. Combine well and take off the heat. Serve on a soft roll (with a slice of vegan cheese if preferred).

COTTAGE PIE

It’s easy to make a vegan version of this classic British dish. Simply prep the ‘mince’ as earlier directed. Remove from pan and fry a finely chopped onion, garlic, peas, and leek. Add mushrooms if you like. Put mince back into the pan, and sauté mixture, adding tomato purée, a splash of red wine, salt and pepper, and a splash of soy sauce. Cook over a low heat. In the meantime, boil an equal amount of sweet and white potatoes. Drain and mash, adding vegan margarine, unsweetened plant-based milk, and seasoning. Spoon the TVP mixture into an ovenproof dish and top with the mashed potato. Cook in a medium oven for 45 minutes.

CURRY WITH SOYA CHUNKS

Soak the soya chunks. Once hydrated, drain and put aside. Fry mustard seeds, cumin, and a curry leaf in a pan. Add a finely sliced onion, fresh ginger, garlic, and garam masala. When it is translucent, add some tinned tomato, and continue to fry. Add the soya chunks along with a dash of chilli powder, and seasoning. Add enough water to create a thick sauce and cook for an additional 10 minutes, until the soya chunks are cooked through. Serve with rice.



TVP ‘PORRIDGE’

You can make a high protein sweet ‘porridge’ out of TVP. Simply place the granules in plant-based milk (almond, soya, or coconut all work well) in a small saucepan, using an equal volume of TVP to liquid. Throw in some sweetener to taste (maple syrup is a good option), a dash of vanilla extract, and some cinnamon. Leave on a low simmer for around half an hour. When cooked, serve with a range of toppings – chopped, fresh fruit, nuts, seeds, and raisins all work well.

TRY TVP



Per 100g:



SPAGHETTI BOLOGNESE

- 2 tbsp olive oil
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 1 carrot, finely chopped
- 1 celery stalk, finely chopped
- 200g (2 cups) soya mince protein
- 400g (2 cups) tinned tomatoes
- 1 tsp dried crushed oregano
- Salt and pepper, to taste
- 400g (14oz) spaghetti

1 Soak the soya mince in enough water to cover, and leave for 20 minutes. Squeeze out water before use.

2 Heat olive oil in a pan and add onions. Sauté onions for 1 minute.

3 Next add the carrots, celery, and garlic, and continue to cook until soft.

4 Add the drained soya. Keep stirring for a few minutes and then add the salt, pepper and oregano.

5 Add the tinned tomatoes and cover. Let it simmer for 5 minutes stirring occasionally. The mixture will appear thick, add 235ml (1 cup) of water and stir.

6 Cook on a low flame for 20-30 minutes. Keep adding 115ml (½ cup) of water at a time in intervals if the mixture becomes too thick. Adjust seasoning. Cook pasta as directed on packet.

7 Mix the sauce and the pasta together until all pasta is coated.

THAI RED CURRY

- 115g (4oz) dried soya chunks
- 2 tsp olive oil
- 1 red pepper
- 1 medium onion
- 2 tsp finely chopped garlic
- 1 tsp ginger
- 1½ tbsp red curry paste
- 235ml (1 cup) coconut milk plus 235ml (1 cup) of water

- ½ tsp light brown sugar
- 1 tsp soy sauce
- 60g (2 cups) baby spinach torn into small pieces
- 2 tsp lime juice
- 1 bay leaf
- Salt to taste

1 Add enough hot water to soya chunks to cover and leave for about 20 minutes.

2 Squeeze out the water and set aside.

3 Add oil to a saucepan, then add the pepper and onion and cook for about 5 minutes.

4 Next add garlic, ginger, and red curry paste and fry for about 2 minutes.

5 Add soya chunks and mix well, continue frying for a further 3 minutes

6 Add water, coconut milk, soy sauce, salt, brown sugar and bay leaf and bring to a boil.

7 Cover and cook until the gravy has thickened.

8 Then add the spinach and cook until wilted.

9 Add lime juice and stir well, remove bay leaf and serve with rice or noodles.

SOYA CHUNKS NOODLE SOUP

Serves: 8

- 2 tbsp extra-virgin olive oil
- 2 medium onions, chopped
- 6 garlic cloves, finely chopped
- 4 medium carrots, chopped
- 4 celery stalks, chopped
- 8 fresh thyme sprigs
- 1 bay leaf
- 170g (6oz) dried soya chunks
- 4 litres (16 cups) vegetable stock broth
- 340g (12oz) dried pasta of your choice
- 15g (½ cup) fresh flat-leaf parsley, chopped
- Salt and pepper, to taste
- 2 tbsp nutritional yeast

1 Soak the soya chunks in enough water to cover and leave for 20 minutes.

2 Drain the water from the soya chunks and set aside. Heat oil in large saucepan over medium heat.

3 Add onions, garlic, carrots, celery, thyme and bay leaf, cook for 3 minutes.

4 Add the soya chunks and cook for an additional 5 minutes until vegetables are soft.

5 Add stock and nutritional yeast, and bring to a boil. Once the mixture is boiling, add pasta and simmer for 10 minutes. Remove before pasta is fully cooked to avoid it going mushy.

6 Season with salt and pepper and garnish with parsley. Remove bay leaf, and serve with fresh bread.

Per 100g:





SUSHI BURGER WITH TERIYAKI TOFU STEAK

Makes: 2-4 burgers

For the sushi rice bun:

- 200g (1 cup) sushi rice
- 60ml (¼ cup) sushi vinegar

For the teriyaki tofu 'steak':

- 250g (8 oz) tofu, drained
- 3 tbsp soy sauce
- 1 tbsp mirin
- 2 tbsp maple syrup
- 1 tsp garlic powder
- 1 tsp onion powder

For the cashew mayo:

- 120g (1 cup) cashews, soaked for 3-6 hours
- 175ml (¾ cup) soya milk
- 60ml (¼ cup) olive oil
- 1 tbsp maple syrup or coconut nectar
- 1 tsp onion powder
- 1 tbsp apple cider vinegar
- Salt, to taste
- Water, if needed

For the fillings:

- Sliced avocado
- Pickled ginger
- Shredded purple cabbage
- Sesame seeds, for decoration

1 To make the sushi rice bun, cook the sushi rice by following the packet instructions.

2 Mix the sushi vinegar through your cooked rice. Let the rice completely cool in the refrigerator before moulding.

3 Grab a small mug (mine was around 5cm (2 inches) in diameter) and quickly rinse it with water or grease with oil (this will stop the rice sticking), then press some rice into the bowl, filling it around three-quarters of the way up the bowl (this is for the top bun).

4 Turn it upside down and gently bang the bowl against a surface (like a wooden chopping board) to loosen the rice out of the bowl. You now have your first top bun! Place it in the refrigerator and complete the same process using a little less rice for the bottom of the bun.

5 To make the teriyaki tofu 'steak', cut the tofu into 2-4 large, thin squares so you have squares around 1 cm (3/8 inch) thick. Trim the edges with a knife to make a circular shape. (This is so the burger will fit together; you could simply just cut the tofu into thin strips but I will leave this to your personal preference!)

6 Whisk together the teriyaki ingredients and allow the tofu to sit in the marinade for 1 hour or overnight.

7 Fry the tofu in the marinade and a little oil in a frying pan for around 2-3 minutes on each side until crispy.

8 To make the cashew mayo, blend all the ingredients together for a couple of minutes in a high-speed blender or food processor, until everything is super smooth and creamy. Season to taste. Set aside in the refrigerator until ready to use. Keep any leftover cashew mayo in a sealed container in the refrigerator for 4-5 days.

9 To assemble your buns, place a thin layer of avocado on the bottom of one of your rice buns, followed by some cashew mayo, a slice of tofu, some pickled ginger and then shredded cabbage. VERY gently place the top bun on top.

10 Be gentle. They can be a little fiddly depending on how many fillings you choose to use, so please bear this in mind when assembling them. The burger is best eaten with cutlery. Enjoy.

• *Beautifully Real Food* by Sam Murphy out 23rd Feb
RRP £16.99 (Blink Publishing)



SUPER GREENS SLAW

Serves: 1-2

- 140-200g (2-3 cups) finely chopped and stemmed kale
- 1 tbsp olive oil
- 1 tsp Himalayan sea salt
- 60-120g (1-2 cups) finely shredded red cabbage
- 2 carrots, peeled with a julienne peeler
- 2-3 handfuls chopped spring onion (green parts)
- 3-4 tbsp chopped parsley
- 4-5 tbsp seeds of choice (e.g. pumpkin, sunflower, sesame)

For the maple and tahini mayo:

- 3-4 tbsp tahini
- 3 tbsp apple cider vinegar
- Juice of ½ lemon
- 80ml (⅓ cup) maple syrup
- ¼ tsp salt, or to taste
- Pinch of ground black pepper
- Hot water (to thin, if needed)

1 In a large bowl, mix the kale, olive oil and salt. Gently massage the kale with your hands until it begins to break up and soften. You don't want it soggy, so be careful not to over-work.

2 To prepare the maple and tahini mayo, simply whisk everything in a

bowl until you reach your desired consistency.

3 Gently toss the kale mixture and the remaining salad ingredients together. Add the maple and tahini mayo and toss together thoroughly.

4 Serve immediately or store covered in the refrigerator for up to 2 days until you are ready to serve.

• *Beautifully Real Food by Sam Murphy out 23rd Feb RRP £16.99 (Blink Publishing)*

Per 100g:

149 kcal	8.9g Fat	1.3g Saturates	9.3g Sugars	0.20g Salt	4.5g Protein
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CHILLI CHICKPEA SANDWICH

Makes: 2

- 1 × 400g tin (2 cups) chickpeas, rinsed and drained
- 2 tbsp reduced-salt tomato purée (paste)
- 2 tsp hot sauce or sweet chilli sauce (plus more if you like)
- 1 tbsp coconut nectar or maple syrup
- 1 tsp onion powder
- 1 tsp ground cumin
- ½ tsp dried thyme
- Salt and pepper, to taste
- 3-4 tbsp of cheesy nacho sauce (recipe below)
- 4 thick slices sourdough or whole wheat bread, toasted
- 1 tbsp vegan butter

1 Prepare the chickpeas by frying the chickpeas, tomato purée, hot sauce,

coconut nectar, onion powder, cumin and thyme over a medium-high heat. Lightly press down on the chickpeas with a fork to break some of them up, but leave a few whole. Remove from the heat after a few minutes, season to taste, cover with a lid and set aside.

2 Heat the cheesy nacho sauce in a small saucepan.

3 To assemble the sandwich, spread a layer of cheesy nacho sauce on a piece of buttered toast. Put a few tablespoons of the chickpea mixture on top and cover with the last piece of bread.

CHEESY NACHO SAUCE

- 1 large carrot, chopped and boiled until soft
- 120g (1 cup) raw cashews soaked for 3-6 hours

- 190ml (¾ cup) soya or almond milk
- 30g (½ cup) nutritional yeast
- 2 tsp onion powder
- 1 tsp garlic powder
- ½ tsp light miso paste
- 1 tbsp lemon juice
- 2 tsp maple syrup
- Salt, to taste

1 Blend all ingredients in a high-speed blender until smooth, creamy and no lumps remain. To serve, simply heat up in a small saucepan.

2 Store any leftovers in an airtight container for up to 5 days in the fridge. When re-using, simply thin out the sauce with a little plant-based milk to reach your desired consistency.

• *Beautifully Real Food* by Sam Murphy out 23rd Feb RRP £16.99 (Blink Publishing)

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Matza BALL SOUP

Per 100g:

152	1.3g	0.2g	4.4g	1.3g	4.3g
kcal	Fat	Saturates	Sugars	Salt	Protein

• Recipe from *Sweet, Savory and Free*, Debbie Adler
(BenBella Books, June 2017) Photos by Carl Kravats

MATZO BALL SOUP

Serves: 4

For the matzo balls:

- 150g (1½ cups) quinoa flakes
- 150g (1½ cups) All-Purpose gluten free flour mix (see recipe)
- 2 tsp onion powder
- 1 tsp garlic powder
- ¼ tsp sea salt
- 470ml (2 cups) boiling water
- 6 tbsp pumpkin purée

For the soup:

- 1 medium yellow onion, chopped
- 60ml (¼ cup) coconut aminos
- ½ tsp freshly ground pepper
- 5 medium carrots, peeled and sliced
- 3 celery stalks, diced
- 2 parsnips, peeled and sliced
- 25g (1 cup) parsley, chopped
- 1880ml (8 cups) no-sodium vegetable broth (see recipe)

For the topping:

- 3 tbsp finely chopped fresh dill

1 Preheat the oven to 150°C (Gas Mark 2/300°F). Line a 15 x 13-inch baking tray with baking paper.

2 To make the matzo balls: whisk the quinoa flakes, flour, onion powder, garlic powder, and salt together in a medium bowl. Add the boiling water and pumpkin and stir to combine.

3 Take about 1 tablespoon of the mixture and shape it into a ball. Place the ball on the prepared baking tray. Repeat until you have used up all the mixture. You should have about 30 balls.

4 Bake the matzo balls until they are a light golden brown, about 20 minutes. Turn the balls over halfway through.

5 Transfer the baking tray from the oven to a wire rack, and let it sit for 10 minutes.

6 To make the soup: heat the onion in a large pot over medium heat and stir until fragrant, about 1 minute.

7 Add the coconut aminos, ground pepper, carrots, celery, parsnips, and parsley and cook, stirring occasionally, until the

vegetables become fragrant and slightly tender, about 2 minutes. Add the broth and bring to a boil. Lower the heat, cover the pot, and let simmer for about 35 minutes.

8 Serve immediately and place several matzo balls in each soup bowl. Sprinkle in the dill. This soup tastes even better the next day, and even better two days after that.

ALL-PURPOSE GLUTEN-FREE FLOUR

Yields: 3¼ cups

- 125g (1 cup) tapioca flour
- 95g (¾ cup) sorghum flour
- 100g (¾ cup) millet flour
- 30g (¼ cup) ivory teff flour
- 30g (¼ cup) quinoa flour

1 Whisk together the tapioca flour, sorghum flour, millet flour, ivory teff flour, and quinoa flour in a large bowl.

2 Pour the flours into a large zip-top bag or freezer-safe airtight container. The mix will stay fresh for up to 1 year in the freezer.

NO-SODIUM VEGETABLE BROTH

Yields: about 8 cups

- 2 yellow onions, sliced
- 3 cloves garlic, minced
- 6 carrots, peeled and sliced
- 4 celery stalks, sliced
- 5 sprigs dill
- 4 sprigs parsley
- 4 strands chives
- 2350ml (10 cups) water

1 Add the onions to a large pot over medium heat and stir until fragrant, about 1 minute. Add the garlic, carrots, celery, dill, parsley, and chives and cook, stirring occasionally, until the herbs become fragrant, about 1 minute.

2 Add the water and bring to a boil. Lower the heat, cover the pot, and let simmer for about 45 minutes.

3 Turn off the heat and let the broth cool down for about 15 minutes. Strain the broth through a sieve and freeze the broth in ice cube trays, or if using right away, pour into glass jars. It will keep for about 1 week.



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FISHLESS FILLETS

Both kids and adults love finger foods, and this recipe really captures the flavour, texture, and appearance of those traditional fish fingers from the freezer. You can make these fillets into patties or fingers depending on your personal preference. Serve them with your favourite plant-based dressing or mayonnaise.

Serves: 4

- 2 tbsp flax meal or chia seeds
- 5 tbsp water
- 250g (1½ cups) cooked chickpeas, drained
- 240g (2 cups) tinned artichoke hearts, rinsed and drained
- 50g (½ cup) oatmeal
- 125g (½ cup) cooked brown rice
- 1 nori sheet, torn into small pieces
- 1 tbsp lemon juice

- 1 tbsp Old Bay Seasoning *
- ½ tsp ground mustard
- ½ tsp dried dill
- Sea salt
- Black pepper
- 90g (1 cup) panko bread crumbs, for coating

1 Preheat the oven to 200°C (Gas Mark 6/400°F). Line a baking tray with baking paper.

2 In a small bowl, mix the flax meal and water. Set aside to thicken.

3 Pulse the chickpeas in a food processor until finely ground. Add the artichoke hearts near the end of the processing and pulse until coarsely chopped.

4 Transfer the chickpea and artichoke mixture to a large mixing bowl. Add the oatmeal, rice, nori, flax mixture, lemon

juice, Old Bay, mustard, dill, salt, and black pepper to taste.

5 Form the dough into four equal patties or into fingers about 1 inch by 3 inches. Coat each patty or finger evenly with the panko crumbs and place them on the prepared baking tray. Bake for 15 to 25 minutes, until golden. Serve warm.

• Reprinted from *The PlantPure Kitchen: 130 Mouthwatering, Whole Food Recipes and Tips for a Plant-Based Life* by Kim Campbell (BenBella Books, 2016)

* If you can't find this seasoning try mixing equal amounts of paprika, all spice, ginger, mustard, and cardamon.

Per 100g:

156	2.6g	0.3g	1.3g	0.25g	6.0g
kcal	Fat	Saturates	Sugars	Salt	Protein



Instant oatmeal will yield a creamier texture for these fishless fillets.






I sometimes add fresh or dried dill to the potatoes before baking for a dill pickle flavour.



You can save time by starting with 300g (3 cups) whole wheat bread crumbs instead of making the crumbs from toast.

BAKED SALT AND VINEGAR FRIES

Serves: 4

 This recipe has all the crunchiness of traditional French fries without all the fat.

- 5 russet potatoes
- 470-700ml (2-3 cups) apple cider vinegar
- 2 tbsp nutritional yeast flakes
- Sea salt

1 Preheat the oven to 220°C (Gas Mark 7/425°F). Line a baking tray with baking paper.

2 Peel or scrub the potatoes, then cut them lengthwise into 1/4-inch thick slices. Stack a few potato slices at a time and cut them into thin matchsticks.

3 Put the potatoes in a large pot and pour in enough vinegar to cover them. Cook over medium-high heat for 10 minutes. Do not cook the potatoes for any longer than 10 minutes or they will become too soft and will not crisp up in the oven. Drain the potatoes in a colander but do not rinse them.

4 Place the potatoes in a single layer on the prepared baking tray. Sprinkle them with the nutritional yeast and salt to taste.

5 Bake for 30 minutes, or until golden brown. Serve warm.

BREADED ONION RINGS

Serves: 2-3

- 4 slices whole wheat bread, toasted
- 1 tbsp nutritional yeast flakes
- 2 tbsp dried parsley
- 1½ tsp garlic powder
- 1 tsp onion powder
- 1 tsp Italian herb blend
- ½ tsp sea salt (optional)
- 225g (1½ cups) whole wheat flour
- 235ml (1 cup) unsweetened plant based milk
- 2 large red or white onions, cut into ¼ inch thick slices and separated into rings

1 Preheat the oven to 220°C (Gas Mark 7/425°F). Line a baking tray with baking paper.



2 Process the toasted bread slices in a food processor until fine crumbs form. Add the nutritional yeast, parsley, garlic powder, onion powder, Italian herb blend, and sea salt (if using).

3 Transfer the crumb mixture to a shallow dish. Put the flour in another shallow dish, and the milk in a third shallow dish.

4 Completely coat the onion rings with flour, then dip them in the milk, and finally coat them in the bread crumbs. You can do several onions rings at once.

5 Place the breaded onion rings on the prepared baking tray and bake for 15 to 25 minutes, until golden brown and crispy. Serve warm.

Per 100g:

191	2.0g	0.3g	2.8g	0.55g	8.4g
kcal	Fat	Saturates	Sugars	Salt	Protein

COVER
RECIPE

Per 100g:

165	2.9g	0.3g	2.8g	0.29g	8.5g
kcal	Fat	Saturates	Sugars	Salt	Protein

COURGETTE QUINOA BURGERS

- 1 (240g) can chickpeas, drained
- 150g (1 cup) cooked quinoa
- 4 basil leaves, thinly sliced
- ½ tbsp parsley, finely chopped
- ½ tbsp dill, finely chopped
- ¼ small red onion, finely chopped
- 1 medium courgette, grated
- 2 garlic cloves, minced
- 1 tsp paprika
- 25g (¼ cup) bread crumbs
- 1 tbsp nutritional yeast
- ¼ tsp powdered ginger
- ¼ tsp black pepper
- Salt to taste
- Coconut oil for greasing

1 Cook quinoa as directed on packet then set aside to cool.

2 Pre-heat oven to 180°C (Gas Mark /350°F and grease a baking tray with coconut oil.

3 Grate the courgette, place into a colander over a bowl. Sprinkle with salt (this will help draw out the moisture). Let sit for 10-15 min, then squeeze out all the liquid.

4 Add quinoa to a food processor with chickpeas, red onion, garlic, paprika, herbs, bread crumbs, nutritional yeast and ginger. Pulse until well combined.

5 Transfer to a large mixing bowl and add the grated courgette, mix well until combined.

6 Season with salt and pepper.

7 Form into burger patties and set on your greased baking tray.

8 Drizzle each burger with melted coconut oil.

9 Cook for 25 minutes or until underside is golden brown.


10 Flip each burger and cook an additional 5-7 minutes until the top is golden brown.

11 Serve on a sesame seed bun with mixed leaves, tomato, avocado and bean sprouts.

Children, the elderly, pregnant women, and persons with weakened immune systems should avoid eating raw sprouts of any kind (including alfalfa, clover, radish, and mung bean sprouts). Cook sprouts thoroughly to reduce the risk of illness. Cooking kills the harmful bacteria.

SWEET POTATO AND BASMATI RICE CASSEROLE

Serves: 6-8

 If your family is new to Indian cooking, this is a great starter recipe. The flavours are mild and the sweet and savoury combination is popular with taste buds of all ages.

- 1 large yellow onion, diced
- 1 red bell pepper, seeded and diced
- 3 garlic cloves, minced
- 1 tbsp curry powder
- 1 tsp ground coriander
- ¼ tsp black pepper
- 470ml (2 cups) low-sodium vegetable broth
- 2 large sweet potatoes, peeled and diced
- 1 15oz tin (2 cups) coconut milk
- 750g (3 cups) cooked brown basmati rice
- 150g (1 cup) golden raisins
- 90g (1 cup) whole-grain bread crumbs
- 1 tsp garlic powder
- ½ tsp ground fennel seeds

1 Preheat the oven to 190°C (Gas Mark 5/375°F).

2 Sauté the onion and red bell pepper in a frying pan over medium heat until the onion turns translucent and starts to brown, about 8 minutes. Add water 1-2 tablespoons at a time to keep the vegetables from sticking. Add the garlic, curry powder, coriander, and black pepper and cook for another minute.

3 Add the vegetable broth and sweet potatoes and cook until the sweet potatoes are just tender, about 5 minutes. Add the coconut milk, cooked rice, and golden raisins and mix well. Spoon the mixture into a nonstick 9 x 13-inch baking dish.

4 Combine the bread crumbs, garlic powder, and fennel in a small bowl and mix well. Sprinkle the bread crumbs over the casserole and bake until the bread crumbs have browned and the casserole is bubbly, 20-25 minutes. Let sit for 5 minutes before serving.





• Recipe from *The China Study Family Cookbook*, Del Sroufe (BenBella Books, May 2017). Photos by Lindsay Dorka



Per 100g:

123	6.1g	0.8g	2.0g	0.14g	4.6g
kcal	Fat	Saturates	Sugars	Salt	Protein

HARISSA CHICKPEAS

Serves: 3–4

For roughly 220g (1 cup) of harissa paste:

- 1 red pepper
- 1 tbsp coriander seeds
- 1 tbsp caraway seeds
- 2 tsp cumin seeds
- 3 cloves garlic, peeled and roughly chopped
- 1 small onion, peeled and roughly chopped
- 5 red chillies (chilli peppers)
- 2 tbsp extra virgin olive oil
- 2 tbsp lemon juice (or the juice from 1 lemon)
- Sea salt and pepper, to taste

For the chickpeas:

- 1 x 400 g tin (2 cups) chickpeas (garbanzo beans), drained and rinsed
- Coconut oil or extra virgin
- Olive oil, to sauté

1 First, make the harissa paste. Place the pepper under a hot grill until the skin blackens and blisters.

2 Remove and place in a bowl or container, cover in cling film and put to one side. Once the pepper has cooled,

remove the skin, stem and seeds.

3 Place a frying pan over a low heat, then add the coriander, caraway and cumin seeds and dry toast, shaking the pan vigorously to avoid burning.

4 Remove the seeds, place in a mortar and pestle or food processor, and grind or process to a powder.

5 Place the frying pan back onto a medium to high heat then add the garlic, onion and chillies and sauté until they begin to brown. Remove from the heat and transfer to a food processor, then add all the other ingredients (except the chickpeas and coconut oil) and blend until a paste forms.

6 Taste and adjust seasoning if necessary. Place 2 to 3 tablespoons of harissa paste into a bowl and add the chickpeas, stirring to coat them in the paste. Heat a little coconut oil in another frying pan, add the coated chickpeas and cook for 4 to 5 minutes until the chickpeas become a little crunchy.

• Taken from *The Essential Edible Pharmacy: Heal Yourself from the Inside Out* by Sophie Manolas, £16.99 paperback, Exisle Publishing, exislepublishing.co.uk.


Flavour fiesta



Per 100g:

195	6.6g	2.8g	2.0g	8.1g	6.8g
kcal	Fat	Saturates	Sugars	Salt	Protein

BLACK BEANS AND RICE ENCHILADAS



Beans and rice makes this a more substantial casserole. The tortillas are rolled around a slew of ingredients and then baked with a rich and spicy enchilada sauce.

Yield: 12 enchiladas

Active Time: 20 minutes

Cook Time: 1 hour 10 minutes

Total Time: 1½ hours

- 1 tbsp coconut oil
- 75g (½ cup) white onion, diced
- 225g (1 cup) uncooked brown rice
- 250g (1 cup) of your favourite salsa
- 470ml (2 cups) vegan vegetable stock
- ½ tsp ground cumin
- ½ tsp chilli powder
- ¼ tsp sea salt
- 1 x 400g tin (2 cups) black beans, drained and rinsed
- 1 tomato, cored, seeded, and diced
- 700g (3 cups) vegan enchilada sauce
- 12 whole wheat tortillas
- 200g (2 cups) non-dairy Cheddar cheese

1 In a frying pan that has a lid, heat the coconut oil over medium-high heat. Add the onion and cook for 10 minutes. Add the rice and stir for a couple of minutes. Add the salsa, vegetable stock, cumin, chilli powder, and salt. Bring to a boil, cover, then reduce the heat to a simmer. Cook for about 40 minutes, until the rice is done. Check at 30 and 35 minutes.

2 Add the beans and tomato and heat through. Have ready a 9 x 13-inch casserole dish.

3 Pour the enchilada sauce into a 9 x 9-inch baking dish so that you can dip each tortilla into the sauce.

4 Dunk a tortilla into the sauce and then lay in the 9 x 13-inch casserole dish. Spoon about 35g (⅓ cup) of the bean mixture down the centre of the tortilla and roll up in the casserole dish. Push to one edge of the casserole dish. Continue with the remaining tortillas until the casserole dish is full. Pour the remaining enchilada sauce over the top of the rolled enchiladas. Sprinkle with the cheddar.

5 At this point you may refrigerate or freeze the casserole; otherwise, preheat the oven to 180°C (Gas Mark 4/350°F).

6 Bake for 30 minutes. The enchiladas will keep in the refrigerator before and after baking for up to 3 days each.

Freezing:

Freeze before the dish is baked. Make sure it is in a freezer-safe casserole dish with a freezer-safe snap lid. You may also use two smaller freezer-to-oven-safe casseroles and then slide them into freezer bags. This will keep for up to 3 months in the freezer. To prepare after freezing, defrost in the refrigerator overnight.

• Recipe excerpted from The Make Ahead Vegan: 125 Freezer-Friendly Recipes by Ginny McMeans. Copyright © 2016. Used with permission of the publisher, Countryman Press. All rights reserved.



ADAPTABLE ONE POT CURRY

Serves: 4

Prep time: 30 mins

Cooking time: 40 mins

- 4 tbsp neutral oil
- 1 tsp black mustard seeds
- 1 tsp cumin seeds
- 2 medium onions, finely chopped
- 4 cloves garlic, finely chopped
- 1 thumb ginger, finely chopped
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 tsp turmeric powder
- ½-2 tsp chilli powder (depending on your heat tolerance)
- 1 large handful baby spinach or curly kale
- ½ tsp garam masala
- A few leaves fresh coriander
- Salt and lemon juice, to season

For the bulk ingredient:

- 1½ 400g tin (3 cups) chickpeas, drained

For the liquid:

See box for liquid variations

- 1 In a large pot or casserole dish, heat the oil over a high heat.
- 2 Fry the black mustard and cumin seeds until the mustard seeds start to pop, about 1-2 min.
- 3 Turn the heat down to medium and add the onions. Sweat them for 5 minutes.
- 4 Now add the ginger and garlic. Fry for another 5 minutes.
- 5 Stir in the ground cumin, ground coriander, turmeric and chilli powder. Cook for another 5 minutes.
- 6 Add your bulk ingredient. If using potatoes or butternut squash, steam or boil them for about 5-8 minutes to parboil them.
- 7 Add your choice of liquid: for a tomatoey curry use 1 tin tomatoes + ½ tin light coconut milk or for a coconutty

one the other way around. Then add 200ml (1 cup) water.

8 Bring to a boil, then turn down the heat and simmer for 15 minutes.

9 Stir in the spinach or kale until it wilts (a few mins).

10 Check to see if your bulk ingredient is well cooked.

11 Sprinkle over the garam masala and season with salt and lemon juice to taste.

12 Garnish with fresh coriander leaves and serve with rice, naan bread or roti.

• Recipes and images supplied by Discover Delicious by Michael Kitson, discoverdelicious.org.
Instagram: @discoverdelicious

Per 100g:



VARIATIONS OF THE BULK INGREDIENT

OR ½ a butternut squash, peeled and cut 1 inch dice, parboiled (see step 6)

OR 160g (1 cup) dried red lentils, rinsed

OR 3 medium baking potatoes, cut into 1 inch cubes, parboiled (see step 6)

VARIATION OF THE LIQUID

- ½ 400g tin (1 cup) chopped tomatoes
- 1 400g tin (2 cups) light coconut milk
- ½ 200ml (1 cup) water



Finger on the Pulses

Everything you need to know
about beans, peas, and more



The humble dried beans and peas known as pulses are much more than tasty sponges of flavour in your soups and stews. They fall under the legume umbrella, but the word ‘pulse’ specifically refers to legumes that are grown and harvested for their dry seed and grown as food. In nutrition, the word pulse is derived from the Latin word ‘puls’ which means thick soup or potage. Popular varieties of pulses include chickpeas, lentils, kidney beans and split peas.

In 2013, experts declared that pulses were gearing up to be one of the top food trends of 2016. If that’s not enough, the United Nations officially declared 2016 as the International Year of the Pulse, and with good reason. Not only are pulses a great tasting addition to any diet they are also rich in fibre and protein and have high levels of minerals such as iron, zinc, and phosphorus. In addition to their nutritional profiles and links to improved health, pulses are

a sustainable food – they have a lower carbon footprint than almost any other food group. While 2016 may have been and gone, this staple is still well worth consuming. Long live the pulse!

BENEFITS

Diets rich in pulses contribute to good health and can even reduce the risk of certain diseases. According to Pulse Pledge: “Pulses are a heart healthy food choice. Research has shown that eating pulses can lower blood cholesterol, reduce blood pressure and help with body weight management, which are all risk factors for heart disease. Pulses are low in saturated and trans fat and high in soluble fibre. These are all important for a heart healthy diet.”

All varieties of pulses are particularly nutritious for vegans as they provide a large dose of protein. Their low cost and versatility ensures they can easily be added to an abundance of dishes.

CHICKPEAS

Originally cultivated in the Mediterranean and the Middle East, the popularity of chickpeas, also known as garbanzo beans, has spread to areas all over the world. Though the most common type of chickpea is round and beige, other varieties include colours such as black, green, and red. Chickpeas have long been

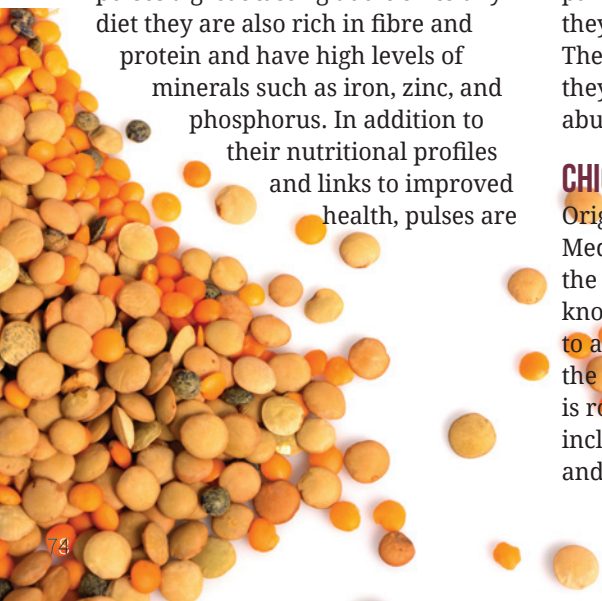
associated with a number of possible health benefits from helping to control diabetes and heart health, to aiding with cancer and cholesterol.

Besides being an excellent vegan and gluten-free source of protein and fibre, chickpeas also contain exceptional levels of iron, vitamin B6 and magnesium. They have a nutty flavour and buttery texture that allows them to be easily incorporated into any meal. When cooking with dried chickpeas it’s important to allow them to soak for at least six to eight hours prior to cooking. Commonly used to make hummus, falafels, and even cakes, they also work well in stews and curries.

DRY PEAS

The modern-day garden pea, from which dried peas are made, is thought to have originated from the field pea that was native to central Asia and Europe. Small, but nutritionally mighty members of the legume family, dried peas are a very good source of cholesterol-lowering fibre.

Although dried peas belong to the same family as beans and lentils, they are usually distinguished as a separate group due to the ways in which they are prepared. Dried peas are produced by harvesting the peapods when they are fully mature and then drying them. Once dried, the skins are removed and they split naturally.



When cooking, it is not essential to soak dried peas, however, they do require rinsing and sorting. Green split peas are most popularly used in split pea soup, whereas the yellow variety can be used in dahls, soups and dips.

LENTILS

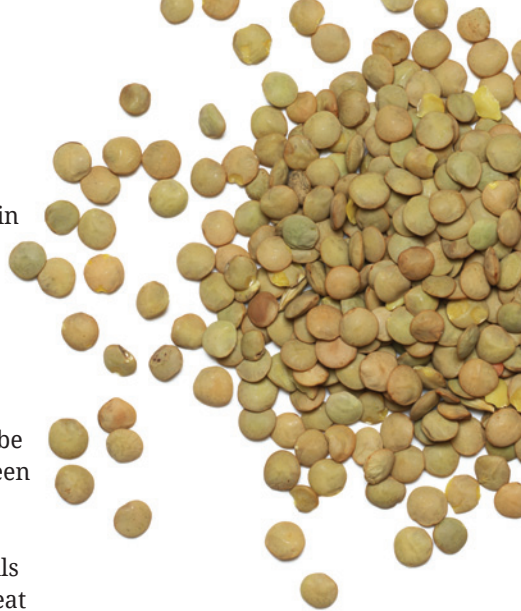
Almost like the mini version of a bean, lentils grow in pods and can be found in red, brown, black, and green varieties. The lowly lentil has been sustaining man for plenty of years. Some foodies once considered lentils as poor man's food and refused to eat them due to their low cost. Although they may be inexpensive, lentils are very nutritious, filling, and arguably the most flavourful of all the legumes. Native to west Asia, lentils are high in nutritional value and are available throughout the year.

Unlike dried beans, lentils do not require soaking prior to cooking. While the flavours differ slightly among the varieties, they generally feature an earthy, nutty flavour and smooth texture. They make delicious additions to Indian dahls, soups, salads and they also work well in casserole dishes due to their sometimes mushy texture.

BEANS

Excellent sources of iron, fibre, and protein, beans provide your body with many of the building blocks you need to maintain good health. Kidney beans and other beans such as pinto, navy, and black are all derived from a common bean ancestor that originated in Peru, which is why they are sometimes referred to as 'common beans'.

Beans are renowned for their 'gaseous' effect on the bowels; however, you shouldn't let this put you off consuming the highly nutritious pulse. Soaking and rinsing dry beans before cooking, as well as rinsing canned beans in water can help to reduce the hard to digest carbohydrates present in beans. If you gradually introduce beans and other pulses into your diet, you may find that flatulence isn't an issue at all.



Unlike other pulses, it is important that beans are soaked prior to cooking; however, times vary depending on the type of bean. Kidney beans require overnight soaking, whereas the recommended soaking time for mung beans is four to six hours. Used in a variety of traditional dishes, beans are usually eaten well cooked. Consuming undercooked or raw beans can be dangerous. Add them to salads, tacos and simmered dishes like chili where they are able to absorb the flavours of seasoning and the other foods with which they are cooked.

PULSE FACTS

- The agricultural production of beans, chickpeas and lentils dates back to 7000-8000 B.C.
- Pulses can be stored for months without losing their high nutritional value.
- By producing a smaller carbon footprint, pulses indirectly reduce greenhouse gas emissions.
- There is a pulse for every agricultural region on earth and a cuisine which goes along with it – from Indian dahl to Mexican refried beans.
- It takes just 43 gallons of water to produce one pound of pulses, compared with 216 for soybeans and 368 for peanuts.

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10 tasty recipes using pulses

1 GREEK TOASTED CHICKPEAS

Grind 1 teaspoon garlic powder, 1 teaspoon fennel seeds, and 1 teaspoon cumin seeds together. In a large bowl, add ground spices and 3 tablespoons of olive oil. Rinse 495g (3 cups) canned chickpeas and pat dry. Gently rub with a tea towel to loosen skins and remove as many as possible. Add chickpeas to oil and spice mixture and stir gently to ensure chickpeas are coated well. Bake on a tray on 200°C (400°F) for 40-45 minutes.

2 THREE BEAN SALAD

In a large bowl, combine 300g (4 cups) of mixed cooked beans (chickpeas, black beans and kidney beans), 90g (½ cup) red bell pepper, 30g (¼ cup) celery, 70g (½ cup) spring onions, 3½ tablespoons apple cider vinegar, ½ tablespoon olive oil, ½ tablespoon maple syrup, 1 teaspoon Dijon mustard, ½ teaspoon salt and 60g (½ cup) apple. Toss the ingredients well to fully mix.

3 QUICK FAVA BEAN HUMMUS

Boil 100g (½ cup) split fava beans in plenty of water for 30 minutes (if you prefer a smoother hummus, boil for 40 minutes). Meanwhile mix up 2 tablespoons each of tahini, olive oil, and lemon juice, stirring well. Add half a teaspoon each of mild dried chilli and lemon zest, and 1 tablespoon chopped parsley. Finely chop 1 garlic clove and add it to the tahini dressing. Drain cooked beans, place in a bowl and stir in the tahini dressing. Drizzle over some olive oil and garnish with smoked paprika.

4 QUINOA AND BLACK BEAN BURGERS

Wash and drain 200g (1½ cups) quinoa and place into a large saucepan with a good amount of water. Bring it to a boil and simmer for 20 minutes or until the quinoa is cooked. Drain the quinoa and place in a food processor with 80g (1 cup) black beans, 40g (½ cup) cannellini beans, 2 garlic cloves, ½ white onion, ¼ teaspoon salt, a pinch each of cumin, cayenne pepper and chilli flakes and 20g (⅓ cup) fresh breadcrumbs and blend until the mixture has a chunky texture. Place the burger mix into a bowl and chill in the fridge for 25 minutes. Form the mixture into burgers and coat a large pan with 2 tablespoons of oil and heat it on low, cook burgers.

5 CHOCOLATE CHIP CHICKPEA COOKIES

Preheat oven to 180°C (350°F) and line a baking tray with baking paper. To a food processor, add 245g (1½ cups) chickpeas, 120g (½ cup) natural peanut butter, 90g (¼ cup) maple syrup, 1 teaspoon baking powder, 2 teaspoons vanilla essence and a pinch of salt. Blend until smooth, scraping down the sides if needed. Fold 90g (½ cup) dark chocolate chips into the batter. Roll pieces of batter into ping pong ball sized balls and bake for 10 minutes.

6 KIDNEY BEAN RISOTTO

Fry 1 onion until translucent, then add 1 clove garlic, 470ml (2 cups) vegetable stock and 225g (1 cup) brown rice. Bring to the boil stirring constantly then reduce heat to a simmer and cover. Leave rice to cook for 35-40 minutes until water has been absorbed. Heat 2 tablespoons oil in a frying pan, add 2 celery sticks and 1 red pepper and cook for 5 minutes until softened. Add 250g (2 cups) chestnut mushrooms and cook for a few more minutes. Add the rice mixture, 400g (2 cups) tin kidney beans, and 60g (⅓ cup) cashew nuts to the pan. Cook until the beans are heated through.

7 SPLIT PEA PESTO

Place 100g (½ cup) cooked split peas, 35g (¼ cup) pine nuts, 40g (2 cups) basil, 2 garlic cloves, 40g (½ cup) vegan parmesan and 1 teaspoon salt in a food processor. Pulse until roughly chopped and combined. Slowly add 115ml (½ cup) olive oil with the processor still running. Pulse until mixture reaches desired consistency.

8 BAKED LENTIL FALAFELS

Preheat oven to 180°C (350°F). Bring 470ml (2 cups) water to a boil. Add 200g (1 cup) dry red lentils and simmer until the water is absorbed. In a food processor, blend lentils, 1 carrot, ½ a white onion, 2 garlic cloves, 10g (1/4 cup) fresh parsley and a squeeze of lemon juice. In a large bowl, combine blended lentil mixture with 2 tablespoons all-purpose flour, 1 tablespoon ground flax seed, 1 teaspoon cumin, 1 of coriander, and ½ teaspoon smoked paprika. Place baking paper on a baking tray and divide the mixture into 8 patties. Bake for 30 minutes.

9 PUY LENTIL BROWNIES

Preheat oven to 200°C (400°F). In a food processor, pulse 500g (3 cups) drained puy lentils. Then add 60g (¼ cup) almond butter, 1 banana, 40g (⅓ cup) cacao powder, 1 tablespoon maple syrup and 1 teaspoon baking soda and blend again. Then add 12 Medjool dates and blend again until everything is combined. Pour mixture into a greased 8X8 pan and bake for 15 minutes.

10 EASY YELLOW SPLIT PEA LOAF

Place 200g (1 cup) yellow split peas and 400ml (1⅓ cups) vegetable stock in a saucepan and gently simmer until the liquid has been absorbed and the lentils are soft. Strain into a sieve and allow to stand. While the lentils are cooking fry 1 onion, ½ green pepper and 1 spring onion in 1 tablespoon oil. Place the lentils, cooked veggies and 1 flax egg into a bowl and mix. Season with spices, salt and pepper. Pour mixture into a greased loaf tin and bake at 180°C (350°F) for 40-50 minutes until risen, golden brown and firm to the touch.



ORGANIC EDAMAME SPAGHETTI

This organic spaghetti has all the power and nutrition of edamame with the great al dente taste of pasta. Packed with vitamins A and C, calcium, and iron this spaghetti is ideal for use in traditional Asian cuisine and classic pasta dishes. hollandandbarrett.com



BURTS LENTIL WAVES

Putting a fresh spin on potato crisps, these lentil waves from Burts offer a satisfying crunchy alternative. Without scrimping on flavour, they are also free from artificial flavours and colours. burtschips.com

GARBANZO DRY ROASTED CHICKPEAS

Available in a variety of flavours, these crunchy dry roasted chickpeas are designed to keep you feeling fuller for longer. Perfect as a snack, and less than 100 calories a bag, they can be enjoyed guilt free. garbanzo.co.uk



MERCHANT GOURMET TOMATOEY FRENCH PUY & GREEN LENTILS

This handy pack of puy and green lentils, cooked in a rich sun-dried tomato sauce with basil and garlic, make a quick, easy and nutritious lunch or dinner. They can be eaten cold straight from the pouch or warmed in the microwave. merchant-gourmet.com



PULSES PRODUCTS

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Compact and convenient, this pressure cooker combines the ease of microwave cooking with the nutrient-retaining efficiency of pressure cooking to produce delicious, nutritious pulse recipes. lakeland.co.uk

HODMEDOD'S ORGANIC SPLIT FAVA BEANS

These fava beans are tasty, versatile, and easy to cook with. They don't even require soaking. They're great for dahls, falafel or hummus – or just add a handful or more to any soup, stew or curry. hodmedods.co.uk



HIPPEAS CHICKPEA PUFFS

Organic and gluten-free, these delicious puffed chickpeas are the perfect healthy snack. Available in a variety of flavours, including 'far out fajita' and 'pepper power', they are crispy, crunchy and only 91 calories per bag. hippeas.com




You can use an equal amount of Puy lentils in place of the brown lentils.

NUTRITION PER TACO:

Calories: 170
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 55mg
Total Carbohydrate: 33g
Dietary Fibre: 10g
Sugars: 5g
Protein: 8g

SPICED LENTIL TACOS WITH GRILLED PINEAPPLE SALSA

 Grilling the pineapple in this salsa enhances its already intense sweetness and balances the heat of the jalapeño.

Makes: 8

Prep: 20 mins

Cook: 45 mins

- 200g (1 cup) uncooked brown lentils
- 600ml (2½ cups) vegetable stock
- 1 bay leaf
- ⅛ tsp garlic powder
- ¼ tsp ground ginger
- ½ tsp allspice
- 1½ tsp ground cumin
- 350g (1¼ cups) fresh pineapple slices
- 1 small jalapeño, deseeded and finely diced
- 1 small onion, diced
- 15g (¼ cup) chopped coriander leaves
- Juice of 1 lime
- Salt and freshly ground black pepper
- 8 small tortillas

1 In a medium saucepan, combine the lentils, stock, bay leaf, garlic powder, ground ginger, allspice, and cumin. Bring to the boil then reduce to a simmer. Cook over a medium-low heat for 30–35 minutes, until the lentils are tender and most of the stock has been absorbed, adding water as needed. Remove the bay leaf and let sit, covered.

2 Meanwhile, heat a ridged cast-iron grill pan over a medium high heat. Cook the pineapple slices for 2–3 minutes on each side until caramelised. Remove from the heat and leave to cool.


3 To make the salsa, dice the pineapple and combine in a small mixing bowl with the jalapeño, onion, coriander, and lime juice. Season with salt and pepper to taste.

4 To assemble each taco, place a portion of the lentils onto a tortilla, then top with 2 tablespoons of salsa. Repeat to make 8 tacos in total. Roll the tacos and serve immediately.

• Power Pulses by Tami Hardeman is published by DK, out 1 March 2017, £16.99.



CURRIED MUNG BEAN AVOCADO TOAST

 Sprouts and mung beans elevate avocado toast to the next level of tasty. The hint of curry flavour adds extra depth to the creamy, smooth avocado.

Makes: 3

Prep: 10 mins

Cook: 4 mins

- 3 slices of sourdough or wholewheat bread
- 1 ripe avocado
- 175g (1 cup) cooked mung beans
- ½ tsp curry powder
- Pinch of turmeric
- Salt and freshly ground black pepper
- 45g (½ cup) sprouted mung beans (beansprouts)
- 3 tbsp chopped chives

1 In a frying pan over a medium-low heat, toast the bread for 2 minutes on each side, or until brown and crisp. Remove from the frying pan and let cool slightly.

2 Cut the avocado in half and remove the pit. Scoop the flesh from one half and add to a medium mixing bowl. Mash the avocado half with a potato masher.

3 Stir in the mung beans, curry powder, and turmeric. Season with salt and pepper to taste. Spread the avocado mixture evenly over the slices of toast.

4 Remove the flesh from the remaining avocado half and slice thinly. Arrange equal amounts on each slice of toast.

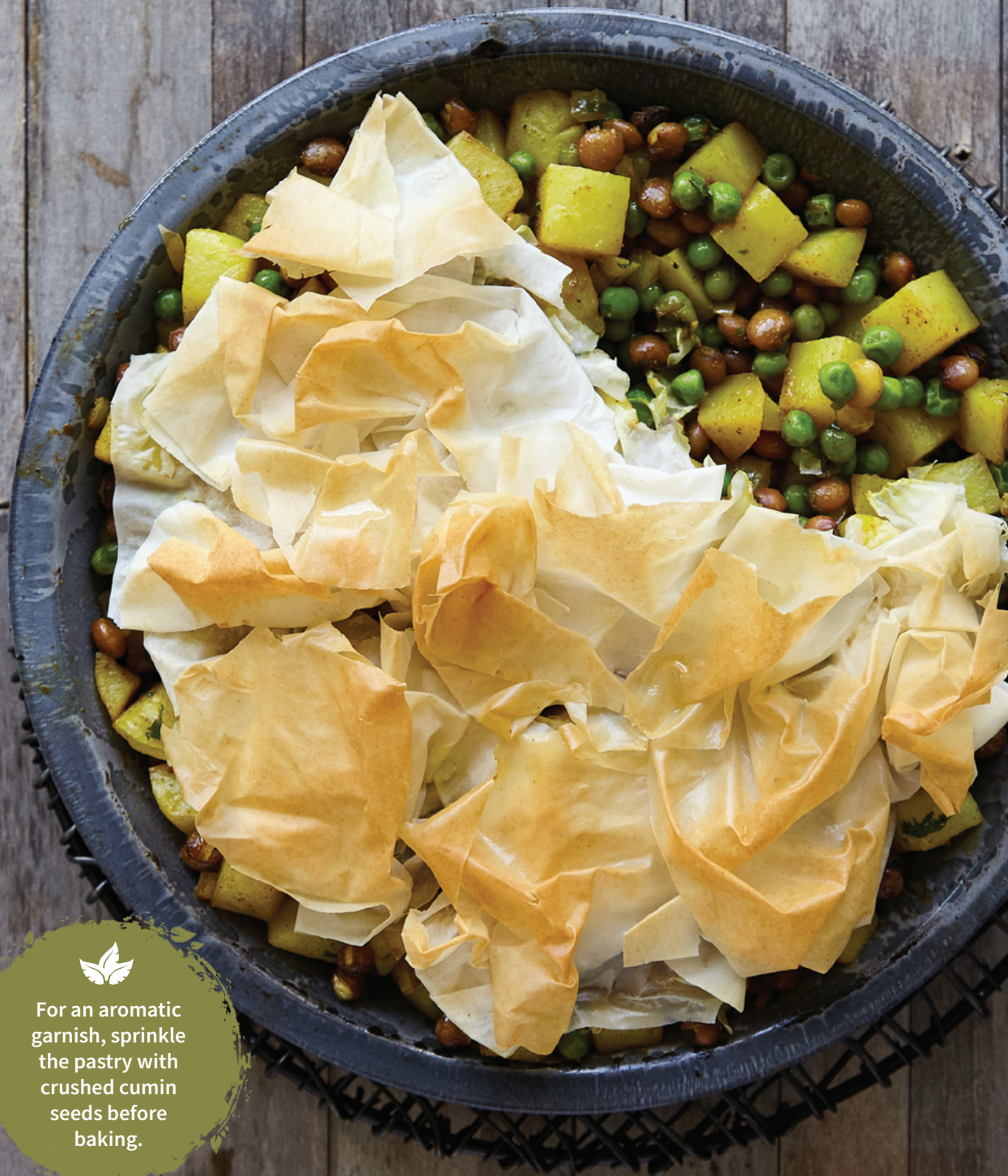
5 Place on serving plates and sprinkle with the beansprouts and chives. Serve immediately.

• Power Pulses by Tami Hardeman is published by DK, out 1 March 2017, £16.99.

NUTRITION PER TOAST:


Calories 330, Total Fat 9g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 340mg, Total Carbohydrate 53g, Dietary Fibre 9g, Sugars 4g, Protein 14g

Peas please!



For an aromatic garnish, sprinkle the pastry with crushed cumin seeds before baking.

PIGEON PEA SAMOSA BAKE

 Filled with the unique aromas and flavours of Indian spiced potatoes and pigeon peas, this casserole with its crunchy filo topping is a nod to traditional samosa pastry.

Serves: 8

Prep: 30 mins

Cook: 45 mins

- 550g (2½ cups) peeled and diced potatoes
- 115g (1 cup) frozen green peas, thawed
- 3 tbsp rapeseed oil
- 1 small onion, diced
- 1 small green chilli, deseeded and finely chopped
- ¼ tsp ground ginger
- ¼ tsp ground coriander
- ¾ tsp garam masala
- 1 tsp ground cumin
- ¼ tsp turmeric
- ¼ tsp ground cayenne pepper
- ¾ tsp curry powder
- 1 tbsp water
- 75g (½ cup) cooked pigeon peas, or black-eyed beans
- 90ml (⅓ cup) vegetable stock
- 10g (¼ cup) chopped coriander leaves
- 4 sheets of frozen filo pastry, thawed

1 Preheat the oven to 180°C (Gas Mark 4/350°F). Lightly oil a 23cm (9in) round baking dish.

2 Bring a large saucepan of water to a rapid boil. Add the potatoes and cook for 8–10 minutes until tender to the point of a knife. Meanwhile, place the green peas in a sieve or colander. When the potatoes are cooked, pour the potatoes and hot water over the peas. Let drain thoroughly.

3 In a 30cm (12in) frying pan, heat 2 tablespoons of rapeseed oil over a medium-low heat until shimmering. Add the onion and chilli and cook for 2–3 minutes until soft. Incorporate the ginger, ground coriander, garam masala, cumin, turmeric, cayenne, curry powder, and water. Cook for an additional minute until the spices are warmed through.

4 Add the potatoes and green peas, pigeon peas (or black-eyed beans), stock, chopped coriander, and remaining 1 tablespoon rapeseed oil. Stir to combine. Season with salt and pepper to taste. Remove from the heat.

5 Transfer the mixture to the baking dish. Crinkle the filo sheet and place atop the potato mixture. Bake for 20–25 minutes until the filo pastry is golden brown, then serve.

• *Power Pulses by Tami Hardeman is published by DK, out 1 March 2017, £16.99.*

NUTRITION PER SERVING

Calories 150, Total Fat 4.5g
Saturated Fat 2.5g, Cholesterol 5mg,
Sodium 75mg, Total, Carbohydrate 25g,
Dietary Fibre 3g, Sugars 2g, Protein 4g



EASY MUNG BEAN SALAD

For the salad:

- 100g (½ cup) green mung beans
- 1 red pepper
- 1 tomato
- 1 ripe avocado
- ¼ cucumber
- 5 spring onions (scallions)

For the dressing:

- 1 tsp Himalayan salt or sea salt
- ½ tsp black pepper
- ½ tsp ground cumin
- Pinch of red chilli powder (add more if you prefer it spicier)
- Juice of ½ lime
- ½ tsp chaat masala, optional

1 In a large bowl, soak the mung beans in water – the water should be about 2.5 centimetres (1 inch) above the beans – for at least 6 hours or overnight.

2 When soaked, drain the water, place the mung beans in a steamer and steam for 30 minutes until soft. If you have ready sprouted mung beans, I still suggest steaming them before using them in this salad.

3 While the mung beans are steaming, chop the rest of the salad ingredients into small cubes and place in a serving dish.

4 Make the dressing by combining all the dressing ingredients – either whisk them together in a bowl or shake them in a jam jar.

5 Remove the mung beans from the steamer, leave to cool and then add to the chopped salad. Add the dressing, toss to combine, and enjoy straight away.

• Recipe and image from *Saffron Soul* by Mira Manek, £20 Jacqui Small.



MASALA CHANA CHAAT

For the chaat mix:

- 50g (½ cup) peanuts
- 1 tsp coconut oil
- 2 small red onions, finely chopped
- 1 green chilli, finely chopped
- 2 medium potatoes, steamed, peeled and cubed
- 1 x 400g (2 cups) can drained brown chickpeas (kala chana)
- ½ tsp garam masala
- ½ tsp chaat masala
- 1 tsp Himalayan salt or sea salt
- Handful of coriander (cilantro)
- Juice of ½ lime
- 1 green apple, cored, peeled and finely chopped
- 1 raw green mango, finely chopped, optional

For the yoghurt drizzle:

- 8 tbsp coconut yoghurt
- ¼ tsp Himalayan salt or sea salt
- Sprinkle of red chilli powder

To garnish:

- 8 tbsp Tamarind & Date Chutney (see recipe below)
- Popped Mamra (see recipe below)
- Coriander (cilantro) leaves, chopped
- Pomegranate seeds

1 To make the chaat, first place the peanuts in a small saucepan of boiling water and boil for 10–15 minutes, then drain.

2 Melt the coconut oil in a saucepan, add the onions and green chilli and fry, stirring on a medium heat for a couple of minutes. Before the onions go brown, add the rest of the ingredients apart from the apple and mango and stir for a few minutes on a low heat, then remove from the heat.

3 To make the yoghurt drizzle, mix together the yoghurt and salt in a small bowl.

4 When ready to serve, mix the chopped apple and mango, if using, into the warm chaat mix and divide between 4 serving plates.

5 Drizzle 2 tablespoons of Tamarind



Recipe and image from Saffron Soul by Mira Manek, £20 Jacqui Small

and Date Chutney and 2 tablespoons of yoghurt drizzle over each plate, then sprinkle with Popped Mamra, coriander (cilantro) leaves and pomegranate seeds.

TAMARIND AND DATE CHUTNEY

- 100g (¾ cup) dry seedless tamarind
- 200g (1½ cups) pitted dates, preferably Medjool
- 400ml (1½ cups) water
- ½ tsp red chilli powder
- ½ tsp ground cumin
- 1 tsp Himalayan salt or sea salt

1 Place all the ingredients in a saucepan over a medium heat. Bring to the boil and boil for 15 minutes, then sieve the juice from the blend and discard the pulp. This will keep for 3–4 weeks in an airtight container in the fridge.

POPPED MAMRA

- 1 tsp coconut or other oil
- ½ tsp mustard seeds
- 100g (4 cups) mamra puffed rice
- ½ tsp Himalayan salt or sea salt
- Pinch of ground turmeric

1 Melt the coconut oil in a saucepan on a low heat, then add the mustard seeds.

2 Let the seeds pop, then add the mamra puffed rice, salt and turmeric.

3 Mix together and keep stirring over the heat for 6–8 minutes.

4 Let it cool down completely and then transfer to an airtight container. This will stay fresh and crispy for around 10–14 days.

HANGOVER CURE SMOOTHIE



This exotic, green smoothie with mango, avocado, banana, and grapes awakens and revitalizes the body. The chia seeds make it a really powerful drink.

1 Add all ingredients to a blender and blitz until combined and smooth.



Open me

Add liquid



Blend



Wait



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SMOOTHIES

BLOODY HELL SMOOTHIE

A very nifty and well thought out mix of grapes, red beets, orange juice, and mint delivers an intense, beautiful purple colour and a taste that leaves you wanting more.

1 Add all ingredients to a blender and blitz until combined and smooth.



• Smoothie Power by Irina Pawassar. Published by Fair Winds Press (£10.99). Out 1st March.



SEXY THING SMOOTHIE

This is almost like a real beach cocktail—only better. It's packed with valuable minerals, antioxidants, and chlorophyll. The tropical flavour creates a happy mood, and it tastes like a glorious day full of sun, beach, and ocean.

1 Add all ingredients to a blender and blitz until combined and smooth.



10g (2/3 cup)
coriander (cilantro)

250g
(1 1/2 cups)
pineapple

1 tbsp
avocado

1 tbsp
sesame seeds

water 200ml
(3/4 cup)

20g (1/3 cup)
coconut flakes



OREO SMOOTHIE

Serves: 1

- 235ml (1 cup) of almond milk
- ¼ tsp vanilla extract
- 3 original Oreo cookies (extra one for topping)
- 1 frozen banana
- 1 tsp agave syrup

1 Place everything into the blender and blend until desired consistency.

2 Serve topped with crushed Oreo.



PEANUT BUTTER SMOOTHIE

Serves: 1

- 5 ice cubes
- 2 tbsp natural peanut butter
- 1 frozen banana
- 235ml (1 cup) almond milk
- Crushed peanuts to serve

1 Add all ingredients to a blender and blend on high until completely smooth.

2 Serve immediately topped with crushed peanuts.





KIWI AND CHIA SEEDS SMOOTHIE

Serves: 1

- 210g (1½ packed cup) of spinach
- 3 kiwis
- 2 bananas
- 2 tbsp of chia seeds
- 250ml (1 cup) water

- 1 Wash and peel the kiwis.
- 2 Add spinach and water to your blender and blend.
- 3 Add the kiwis, bananas and chia seeds and Blend again until smooth.

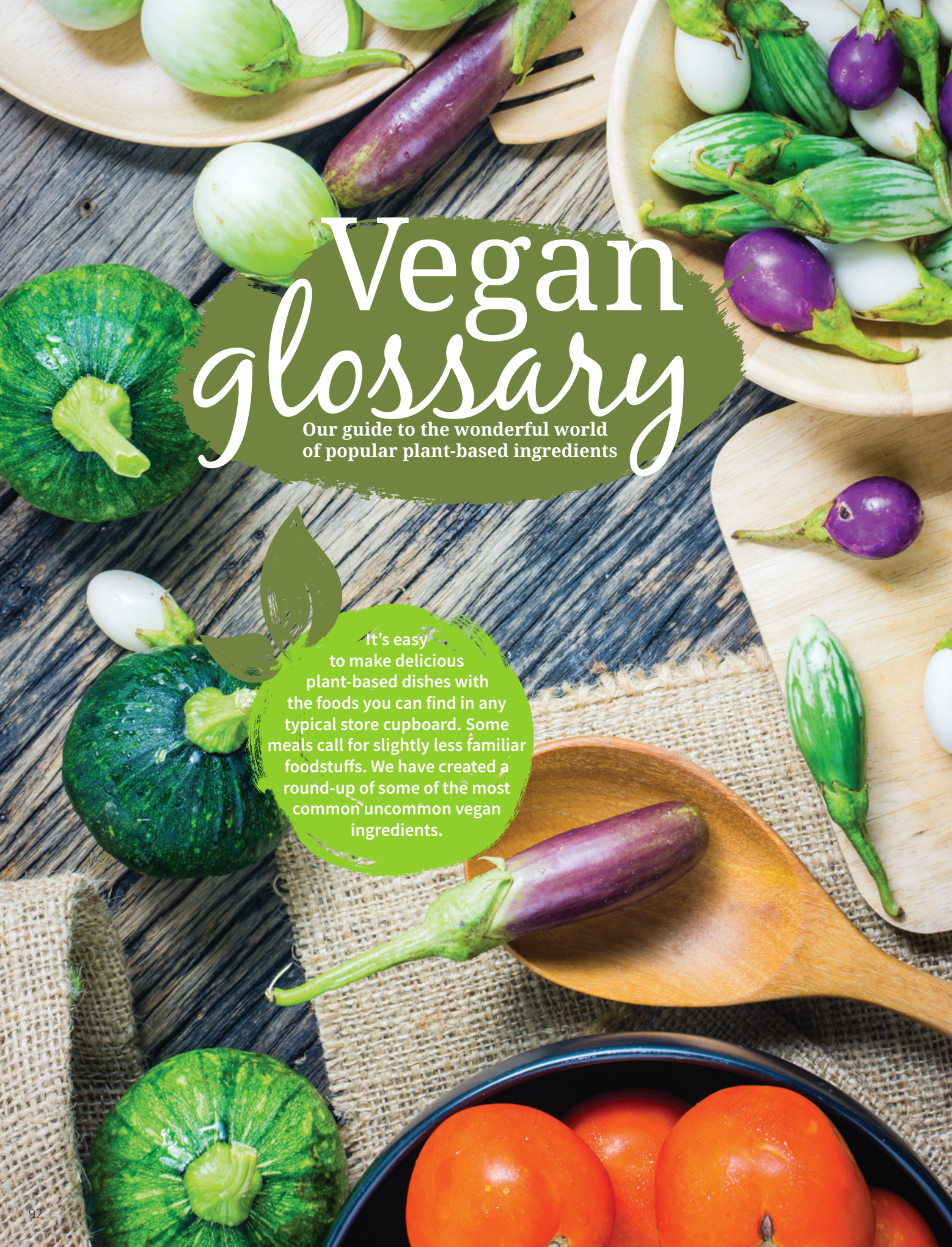


CHIA SEED LEMONADE

Serves: 1

- 470ml (2 cups) cold water
- 1 tsp agave nectar or maple syrup
- 1 tbsp chia seeds
- Juice from ½ a lemon

- 1 In a cocktail shaker, mix the water, lemon juice, and agave or maple syrup.
- 2 Add chia seeds and mix again.
- 3 Let sit for 15 minutes, so the seeds can soften.
- 4 Give it one last shake and pour.



Vegan glossary

Our guide to the wonderful world
of popular plant-based ingredients

It's easy
to make delicious
plant-based dishes with
the foods you can find in any
typical store cupboard. Some
meals call for slightly less familiar
foodstuffs. We have created a
round-up of some of the most
common uncommon vegan
ingredients.

Akebi

This flowering plant is as amazing to look at as it is to eat. Indigenous to the north of Japan, it has been cultivated for availability in Japanese shops for a few decades. This delicacy is only in season for around two weeks in early autumn. It is filled with translucent white flesh covering shiny black seeds. While it is enjoyed raw like a fruit, it is often used in savoury recipes when cooked.

Banana pepper

This medium-sized member of the chilli pepper family is also known as the yellow wax pepper or the banana chilli. With a mild, tangy taste, it is often pickled or used raw. Usually bright yellow in colour, these veggies can turn orange or even red as they ripen.

Fiddleheads

This unusual veg is probably familiar to the residents of Maine, New England. The strange-looking food is actually the furred fronds of a baby fern, which is why they are curled up. If you can get your hands on some, they are tasty boiled and drenched in good olive oil or vegan butter, or mayo. Please note that not all varieties are edible.

Finger root

A medicinal and culinary herb from China and south east Asia, the finger root is also known as Chinese ginger lesser galangal, and boesenbergia rotunda among other things. Named because its sprouting shape makes it look like a hand, it is commonly pickled or frozen in western countries.

Holy basil leaves

So-named because it is often cultivated for religious and medicinal purposes, holy basil, also known as tulsi, can be made into an essential oil. Enjoyed as herbal tea, which is said to relieve stress, the plant is commonly used in Ayurveda rituals. It is used in cooking as a seasoning in fruit dishes.

Horned melon

With a taste some describe as similar to cucumber mixed with banana and mango – but much juicier – the horned melon is indigenous to the Kalahari Desert. Also known as the kiwano, this unusual fruit is popular in the south eastern states of the US, where its seeds are often used as a colourful salad garnish.

Liquorice

Also spelt 'licorice' it is extracted from the root of the gycyrrhiza glabra and has a slightly sweet flavour. The words 'liquorice' and 'licorice' are derived from a Greek word that means sweet root. The liquorice plant is technically a legume, and is indigenous to many parts of Asia and south Eastern Europe. It is used in confectionary, sweet beverages, and tea – and the woody root is sometimes chewed.

Long beans

At a staggering three feet long (about one metre or yard) in length, these beans – also known as 'yard beans' for obvious reasons – are used in a similar way to green beans. Their massive size means they require more cooking time. The flavour is similar to green beans, but the texture is tougher.

Mexican gherkins

Also known as 'watermelon gherkins', these miniature cucumber-like veg look exactly like tiny watermelons. They have a sweet taste, and an extremely crunchy texture. While they can be eaten raw, they taste much better pickled.

Radicchio variegato di Castelfranco

Traditionally hailing from the Venice region in Italy, this leaf vegetable looks a little like a large blood-splattered rose, with its red-speckled petals. With a slightly bitter but delicate taste, it works well to add an extra dimension to the flavour in salads, though it is also used in risotto, soup, or even fried and eaten alone.

Romanesco

This incredible-looking veggie is a relative of the cauliflower, and a mathematical wonder – it is a natural approximation of a fractal and its spirals follow the famous Fibonacci pattern. You can try using Romanesco the same way you would cauliflower – roasted, in stir-fries, boiled, or sautéed.

Shichimi togarashi

The translation for this spice mix – seven flavour chilli pepper – rolls off the tongue a little more easily than its Japanese name. It typically includes coarsely ground red chilli pepper, ground Sichuan pepper, roasted orange peel, black sesame seed, white sesame seed, ground ginger, and nori seaweed.

Squash seed oil

While most people are familiar with pumpkin, not so many know of its oil, which is made from the seeds. It has a low smoking point which means it is best used cold, as a dressing in salads for example, though some people also enjoy it in sweet dishes – including drizzled over ice-cream. It is also tasty made into vinaigrette. It has a nutty, unusual flavour which makes it an interesting addition to your culinary repertoire.

Oca

In some parts of South America, only the potato takes up more growing space than the oca, a colourful root vegetable native to the Andes. There are many different varieties of oca, each with their own flavour, but in the main they are sweeter than traditional spuds.



TOP TIP

Fancy trying avocado oil? It has a higher smoking point than most other oils, making it great for cooking.

TOP TIP

Macadamia nut oil is great as a salad dressing and for cooking – but you can also try using it on dry skin and hair.

Nutritionist's Notebook Oils



Veronika Powell MSc, Viva! Health examines different fats

Oils are plant extracts and almost pure fat, which is why we should use them sparingly – but from these two you can reap big benefits. However, there are plenty of myths and misunderstandings about both so it's time to separate fact from fiction.

OLIVE OIL

Olive trees are thought to have originated in Greece or Syria but over the last millennia and more their cultivation has spread across the Mediterranean region, making olives and olive oil a staple of the local diets. The biggest European producers are Spain, Italy and Greece.

Olive oil can become rancid from exposure to light and heat so it's best

to look for olive oils that are sold in darker tinted bottles and are not displayed in bright sunshine or near a heat source.

There are many varieties, which reflect how the oil has been extracted and processed. Extra virgin olive oil is cold-pressed from olives and has the most delicate flavour and strongest overall health benefits. Virgin olive oil is made the same way but from slightly riper olives and it has a lighter flavour but still retains all the nutrients.

Virgin olive oils also differ in their content of free oleic acid, depending upon the extent to which fat has broken down into fatty acids. Extra virgin olive oil can have up to 0.8 per cent, virgin olive oil up to two per

cent.

Extra virgin and virgin olive oils are always unrefined – have not been treated with heat or chemicals – and thus retain many beneficial phytonutrients. They are best used cold for dipping, salad dressings or drizzling on top of dishes because heat destroys a good amount of those beneficial components.

If the label simply says 'olive oil' or 'pure olive oil', it means it's a mixture of virgin and refined olive oil, which has been treated with heat or chemicals. These oils have much less olive aroma, flavour or colour and lack many of the beneficial phytonutrients. On the other hand, they are more temperature stable and are good for cooking and baking – their smoking point (when the oils start breaking down) is around 230° as opposed to 160° for extra virgin olive oils. That's higher than butter or coconut oil! 'Light' olive oil is not lower in fat, the name simply refers to its colour and fairly neutral flavour.

Olive oil is unique for its high percentage of monounsaturated fat. Between 70 to 85 per cent of olive oil is monounsaturated oleic acid – omega-9 fat. This is not an essential fat but is thought to have

Nutrients	In one tablespoon of olive oil (14g)	In one tablespoon of rapeseed oil (14g)
Calories	119 kCal (498 kJ)	119 kCal (498 kJ)
Total fat	13.5 g	13.5 g
Saturated fat	1.9 g	0.9 g
Monounsaturated fat	9.8 g	8.3 g
Polyunsaturated fat	1.4 g	4.1 g
- Omega-3 fats	0.1 g	1.3 g
- Omega-6 fats	1.3 g	2.8 g
Vitamin E	1.9 mg	2.5 mg
Vitamin K	8.1 mcg	9.9 mcg

cholesterol and blood pressure lowering properties. It's certainly much healthier than saturated fats. This, together with the fact that olive oil contains phytosterols – another group of compounds helping to lower cholesterol – contributes to olive oil's heart-protective properties.

All olive oils have very similar fat composition so the main difference between them is their phytonutrient content – in particular polyphenols. These antioxidant, anti-inflammatory, natural compounds can help protect your blood vessels and other tissues from damage. Only virgin olive oils contain significant amounts of polyphenols and there's no need to consume huge amounts – one tablespoon a day is enough.

RAPESEED OIL

Rapeseed plant belongs to the cruciferous family – together with broccoli, kale and cabbage – and is native to Europe, which makes it sustainable and easy to grow in the UK. Rapeseed oil is different to canola oil widely available in Northern America. Canola is a type of rapeseed cultivated to have extremely low erucic acid content and most of it is genetically modified.

Erucic acid has been the reason for rapeseed oil's bumpy culinary ride because it can cause heart problems in animals. However, it has not been known to have any adverse effects on people. Either way, levels of erucic acid in rapeseed oil are very low nowadays and it's of no concern.

Rapeseed oil is unique in that it has the lowest amount of saturated fat

of all cooking oils and a high amount of unsaturated fats. Its high omega-3 (essential) fat content makes it a great source of this nutrient, whilst its high content of monounsaturated omega-9 fat makes it fairly temperature stable and ideal for cooking, with smoke point around 230°C. On top of its favourable fat composition, rapeseed oil also contains phytosterols, which help lower cholesterol levels in the blood. Altogether, these properties make rapeseed oil very heart-healthy.

But again, no need for large doses – you get all the benefits from a teaspoon per portion.

When it comes to how rapeseed oil is produced, there are vast differences. There's the cheap 'vegetable' oil sold in plastic bottles and then there's cold-pressed, slightly more expensive, rapeseed oil. The cheap oil is produced using heat and solvents – to get more oil out of the seeds – whereas cold-pressed is a bit

more pricey because crushing and pressing extracts smaller amounts of oil. As you probably guessed, cold-pressing preserves all the nutrients better.

On a practical note, rapeseed oil has another great quality – a very subtle flavour – which makes it very versatile and suitable for use in sweet and savoury foods.

Both oils also pack a good amount of vitamin E, necessary for healthy skin, eyes and a strong immune system but rapeseed oil contains about a third more than olive oil.

WHAT'S THE VERDICT?

Both oils have specific benefits and their own, well-deserved place in the kitchen. It's best to use extra-virgin olive oil for cold food preparation to get all the super-healthy polyphenols from it and rapeseed oil for cooking and baking to increase your intake of the precious omega-3 fats.

• Find out more at vivahealth.org.uk

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GLUTEN-FREE CHOCOLATE CAKE

Serves: 8

- 15 small dates, soaked overnight in cold water or for a few hours in boiling water
- 200g (1½ cups) ground almonds
- 1 heaped tsp baking powder
- ¼ tsp bicarbonate of soda
- 4 tbsp coconut or olive oil
- 4 tbsp cocoa powder
- 60ml (¼ cup) non-dairy milk, any kind
- Pinch of salt
- Optional: handful of dairy-free dark chocolate chips

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

2 Drain away most of the water from soaking the dates, leaving a little bit.

3 Use a food processor or a hand blender to blend the dates into a smooth purée (leaving a little water will make it much easier).

4 Add the puréed dates into a bowl along with all the other ingredients and mix well.

5 Transfer to your greased baking dish of choice.

6 Bake in oven for around 20 minutes. The cake will keep well in the fridge for a few days.

• Recipe and images supplied by rhiansrecipes.com
social handles @rhiansrecipes

Per 100g:

468	32g	10g	25g	0.61g	13g
kcal	Fat	Saturates	Sugars	Salt	Protein





Taste the goodness

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The story...

Olivado produced the world's first extra virgin avocado oil in New Zealand in 2000, and is now the largest producer of extra virgin avocado oil, sold in supermarkets in more than 30 countries.

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The taste...

The smooth, mild taste of ripe avocado. It's perfect for gentle heating, but its smoke point of 255°C makes it the best cooking oil available.

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- Drizzle over cooked vegetables for flavour and goodness
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The goodness...

Avocado oil is one of the healthiest and most versatile cooking oils available.

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MATCHA SHAKE

- 2 ripe bananas, chopped and frozen
- 2 tbsp cashew butter (or almond butter)
- 2 tbsp maple syrup or sweetener of choice
- 470ml (2 cups) plant-based milk of choice
- 1 tsp PureChimp matcha green tea powder
- Dark chocolate
- Vegan whipped cream or homemade coconut whipped cream
- 1 homemade matcha chocolate brownie (see opposite page)

1 Add the first 5 ingredients to a blender and blend on high until smooth.

2 Melt some dark chocolate and drizzle on the inside of 2 glasses/jars. Place in the freezer for 5 minutes to allow the chocolate to set.

3 Pour in the milkshake, top with vegan/coconut whipped cream and top with a homemade matcha brownie.

• Recipes and mages from Nadia's Healthy Kitchen





MATCHA BROWNIES

- 2 tbsp milled flaxseed mixed with 6 tbsp hot water
- 70g (¾ cup) gluten-free plain flour
- 50g (¾ cup) ground almonds
- 35g (⅓ cup) cocoa powder
- 2 tsp PureChimp matcha green tea powder
- ½ tsp baking powder
- 70g (⅓ cup) coconut sugar or brown sugar
- 120ml (½ cup) coconut oil, melted
- 60ml (¼ cup) maple syrup (you can use any other liquid sweeteners)
- 60ml (¼ cup) milk of choice
- ¼ tsp salt

1 Prepare the flaxseeds by mixing 2 tablespoons milled flaxseed with 6 tablespoons hot water in a small bowl. Leave for 15 minutes to set.

2 In a bowl, mix together the flour, ground almonds, cocoa, sugar, matcha, baking powder and salt. Mix to combine.

3 Pour in the melted coconut oil, maple syrup, milk, and flaxseeds.

4 Transfer into an 8" cake tin lined with baking paper.

5 Bake in a preheated oven at 180°C

(Gas Mark 4/ 350°F) for 20 minutes.

6 Leave to cool completely before slicing.

• Recipes and images from Nadia's Healthy Kitchen





ALL-PURPOSE GLUTEN-FREE FLOUR MIX

Yields: 325g (3¼ cups)

125g (1 cup) tapioca flour
95g (¾ cup) sorghum flour
100g (¾ cup) millet flour
30g (¼ cup) ivory teff flour
30g (¼ cup) quinoa flour

1 Whisk together the tapioca flour, sorghum flour, millet flour, ivory teff flour, and quinoa flour in a large bowl.
2 Pour the flours into a large zip-top bag or freezer-safe airtight container. The mix will stay fresh for up to 1 year in the freezer.

Per 100g:

241

kcal

1.6g

Fat

1.1g

Saturates

24g

Sugars

0.20g

Salt

2.9g

Protein

GLAZED LEMON WONUTS

Makes: 6 wonuts

For the wonuts:

- 100g (1 cup) All-Purpose Gluten-Free Flour Mix (see recipe)
- 55g (½ cup) amaranth flour
- 75g (½ cup) sweet white rice flour
- 115g (½ cup) coconut sugar
- ½ tsp sodium-free baking powder
- ¼ tsp sea salt
- 1 tsp lemon zest
- 80g (¼ cup) apple sauce
- 75g (¼ cup) coconut nectar
- ½ tsp gluten-free vanilla extract
- ½ tsp lemon extract
- 115ml (½ cup) unsweetened coconut milk

For the glaze:

- 65g (½ cup) powdered erythritol
- 6 tbsps freshly squeezed lemon juice

- 1 Preheat your waffle iron according to the manufacturer's instructions.
- 2 To make the wonuts: whisk together the all-purpose flour, amaranth flour, sweet white rice flour, coconut sugar, baking powder, salt, and lemon zest in a large bowl. Make a well in the middle.
- 3 Add the apple sauce, coconut nectar, vanilla, and lemon extracts, and stir to combine.
- 4 Add the coconut milk and stir until it is absorbed and the batter is smooth.
- 5 Pour about 85g (⅓ cup) of the batter onto each waffle grid, close the lid, and iron the wonuts until they are golden brown and do not stick to the waffle grid, about 4 minutes. Repeat with the remaining batter.

- 6 To make the glaze: whisk together the powdered erythritol and lemon juice in a small bowl until fully incorporated.

- 7 Drizzle the glaze on the wonuts and serve.

- 8 Keep in an airtight container for up to 3 days, or wrap individually and freeze for up to 3 months.

Nutrition per 1 wonut:

Calories 170; Total Fat 2.2g; Protein 4.8g; Cholesterol 0.0g; Sodium 95mg; Fiber 3.8g; Sugars 5.0g; Total Carbohydrate 34.1

• Recipe from *Sweet, Savory and Free*, Debbie Adler (BenBella Books, June 2017). Photos by Carl Kravats

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RAW VEGAN CINNAMON AND CHOCOLATE CAKE

NOTE: overnight soaking time required

For the base:

- 210g (1½ cups) raw almonds
- 225g (1 cup) pitted dates, soaked in warm water for 15 minutes
- 50g (½ cup) cacao powder
- 65g (⅓ cup) coconut oil
- 4 tsp vanilla paste
- 1 tsp ground cinnamon
- 8 tsp maple syrup, optional

For the filling:

- 600g (4 cups) raw cashews
- 8 Earl Grey teabags
- 35g (⅓ cup) cacao
- 225g (1 cup) pitted dates, soaked in warm water for 15 minutes
- 200g (1 cup) coconut oil
- 1 tbsp vanilla paste
- 2 heaped tsp cinnamon

1 Soak the cashews by covering with 1175ml (5 cups) of warm (not hot) water, and add the teabags. Leave to soak overnight.

2 The next day, start by making the base. Place the almonds in a food processor and blend, then add all the remaining base ingredients one by one and blend until mixture is well combined and forms a firm ball when rolled between the fingers.

3 Grease and line a springform cake tin with baking paper. Remove the base mixture from the food processor and press firmly into the base of the cake tin, then refrigerate for 30 minutes.

4 Meanwhile, make the filling. Drain the cashews, reserving the teabags and approximately 235ml (1 cup) of the soaking liquid. Place the cashews in the food processor, along with the reserved liquid and the tea leaves from the teabags, then blend until smooth.

5 Add all other ingredients and process until very well combined and smooth. Remove the base from the refrigerator and spread the filling over the base, then return to the refrigerator for at least 3 hours.



Per 100g:

512	39g	19g	22g	0.3g	10g
kcal	Fat	Saturates	Sugars	Salt	Protein

Taken from The Essential Edible Pharmacy: Heal Yourself from the Inside Out by Sophie Manolas, £16.99 paperback, Exisle Publishing, exislepublishing.co.uk.

CHOCOLATE POPS

Makes: 7 ice pops

- 235ml (1 cup) unsweetened plant milk
- 1 10oz bag (1½ cup) unsweetened vegan dark chocolate chips
- 250g (1 cup) date purée (see recipe below), or more to taste

1 Warm the plant milk in a small saucepan over medium heat, but do not let it boil. When the milk is steaming, add the chocolate chips and remove the pan from the heat. Let it sit until the chocolate chips melt, about 5 minutes.

2 Once the chocolate chips are melted, transfer the mixture to a blender, add the date purée, and process until smooth and creamy.

3 Spoon the purée into freezer ice lolly moulds, cover, and place craft sticks in the moulds. Freeze until firm, about 3 hours.

4 To remove the ice lollies from the moulds, rinse the moulds under cool water for 30 seconds, remove the lid, and gently pull the lollies from the moulds. Serve immediately, or store frozen in zip-top bags.

medium heat until the dates are tender, about 10 minutes. Drain and reserve the cooking water.

2 Puree the dates in a blender, adding just enough water to make a creamy consistency. Let cool to room temperature, then store in an airtight container for up to a week.

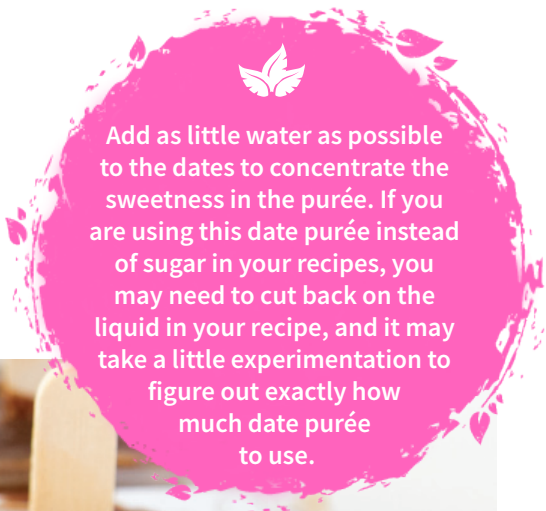
• Recipe from *The China Study Family Cookbook*, Del Sroufe (BenBella Books, May 2017) Photos by Lindsay Dorka

DATE PURÉE

Makes: 3 cups

- 350g (2 cups) pitted dates
- 470ml (2 cups) water

1 Combine the dates and water in a small saucepan. Cover and cook over



Add as little water as possible to the dates to concentrate the sweetness in the purée. If you are using this date purée instead of sugar in your recipes, you may need to cut back on the liquid in your recipe, and it may take a little experimentation to figure out exactly how much date purée to use.



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LIME AND SAFFRON VEGAN 'CHEESECAKE'

 There's something wonderfully smooth about this 'cheesecake', decadent but not heavy, rich in flavour and texture but with a delightful lift of saffron-infused lime... and then there's the fact that it's vegan. Soaking the cashews makes the 'cheese' all the more digestible. The base layer is made of chickpea (gram) flour, dates, and coconut oil with an oomph of cardamom so it's entirely gluten-free; and there's no refined sugar in this dessert.

For the base:

- 120g ($\frac{3}{4}$ cup) pitted dates, preferably Medjool (about 8 dates)
- 3 tbsp coconut oil
- 100g (1 cup) chickpea (gram) flour
- $\frac{1}{2}$ tsp ground cardamom

For the filling:

- 250g (2 cups) cashews
- 200g (1 cup) coconut oil, melted
- 150ml (generous $\frac{1}{2}$ cup) agave nectar or xylitol
- Juice of 3 limes
- 1–2 tsp vanilla extract

For the topping:

- 5 tbsp saffron compote (see recipe below)
- Blueberries
- Finely chopped pistachios
- Edible flowers for decoration

1 Soak the cashews for the filling in a bowl of water the night before you're making the cheesecake, or at least 3 hours in advance.

2 To make the base, if the dates aren't soft, soften them in the microwave or a saucepan over a low heat with a little oil for half a minute.

3 Melt the coconut oil in a saucepan. Once melted, add the chickpea (gram) flour and cook, stirring, for 12–15 minutes until the mixture starts to thicken and the colour turns from yellow to golden brown. It will darken very quickly once the colour changes slightly, so remove from the heat as soon as it looks just a shade darker. Now stir in the

dates and ground cardamom. The dates should melt as you stir, but a few chunks will remain, which is fine as it adds a lovely crunch.

4 Layer the base mixture in a 20 cm (8 inch) springform cake tin and press down to flatten evenly. Leave to cool, then place in the fridge to set and chill.

5 Once the base is cold, make the filling. Drain the cashews, discard the water, and blend the cashews with the melted coconut oil, agave nectar, lime juice and vanilla extract in a high-speed food processor or blender for around a minute until a smooth and creamy consistency.

6 Pour the filling onto the base and leave in the fridge to set for a couple of hours or overnight.

7 Spread a layer of saffron compote evenly over the top of the cheesecake and decorate with blueberries, chopped pistachios, and edible petals. Return to the fridge for at least an hour to set.

8 As the base is hard to cut, remove the cheesecake 30 minutes before serving. Slice into 12 pieces and serve with extra berries.

For the saffron compote:

- Juice of 2 lemons or limes
- 1 tsp cornflour (cornstarch) or kudzu
- 2 tbsp agave nectar
- Pinch of saffron

1 Mix together the lemon or lime juice and cornflour (cornstarch) in a small saucepan off the heat. When combined, cook over a medium heat for a couple of minutes, then add the agave nectar and saffron and cook, stirring, on a medium–low heat for 5–7 minutes until it thickens (it should be the consistency of a thin cream, but may thicken later). Leave to cool.

• Recipe and image from *Saffron Soul* by Mira Manek, £20 Jacqui Small.

Per 100g:



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Per 100g:

446	24g	6.1g	41g	0.83g	3.0g
kcal	Fat	Saturates	Sugars	Salt	Protein

• Recipes excerpted from *The Make Ahead Vegan: 125 Freezer-Friendly Recipes* by Ginny McMeans. Copyright © 2016. Used with permission of the publisher, Countryman Press. All rights reserved.

CHOCOLATE MATCHA MINT COOKIES

Yield: 30 Cookies

Active Time: 30 Minutes

Cook Time: 10 Minutes

Total Time: 40 Minutes

- 150g (1 cup) whole wheat flour
- 100g (1 cup) all-purpose flour
- 50g (½ cup) unsweetened cocoa powder
- 1 tsp baking powder
- ½ tsp sea salt
- 265g (¾ cup) pure maple syrup
- 60ml (¼ cup) non-dairy milk
- Vegan substitute for 1 egg, prepared
- 1 tsp vanilla extract
- Mint Filling (recipe follows)

1 Preheat oven to 180°C (Gas Mark 4/350°F). Line a couple of baking trays with baking paper.

2 In a medium-sized bowl, mix together the flours, cocoa powder, baking powder, and salt.

3 In a large bowl, mix together the maple syrup, non-dairy milk, egg substitute, and vanilla.

4 Add the dry ingredients to the wet ingredients about 50g (½ cup) at a time.

5 Using a cookie scoop that is about 1 inch across, scoop out the dough and place about 2 inches apart on the prepared baking tray. Lightly press down the top of each dough ball. You want them a little fat, so they don't spread too much.

6 Bake for 8-10 minutes. Let cool on a wire rack for 10 minutes.

7 Fill with the mint filling, or freeze and fill just before serving.

For the mint filling:

- 500g (4 cups) icing sugar
- 450g (2 cups) non-dairy butter, at room temperature
- 2 tsp vanilla extract
- ½ tsp peppermint extract
- 1 tsp matcha (for the soft green colouring)

1 Mix all the ingredients together by hand or with an electric mixer on medium speed.

2 Spoon some filling into a piping bag fitted with a fat round tip. Flip half of the cookies over so that the flatter side is up. Pipe a dollop of the filling into the centre of each cookie.

3 Place another cookie on top of the filling and lightly press down.

Storing:

Will keep in the refrigerator for 4-5 days. The cookies are freezable before filling and I would make the frosting fresh. They defrost almost immediately. Will keep in the freezer for 3-5 months.

CHOCOLATE SUGAR COOKIES

Yield: 36 Cookies

Active Time: 20 Minutes

Cook Time: 9 Minutes

Total time: 29 Minutes

- 55g (¼ cup) granulated sugar
- 100g (1 cup) all-purpose flour
- 225g (1½ cups) whole wheat flour
- 50g (½ cup) unsweetened cocoa powder
- ½ tsp baking soda
- 14 tbsp non-dairy butter, melted and cooled a bit
- 1 tsp vanilla extract
- 1 banana, mashed
- 350g (1¾ cups) packed dark brown sugar
- ½ tsp salt

1 Preheat the oven to 180°C (Gas Mark 4/350 ° F). Line two baking trays with baking paper. Place the granulated sugar in a dish.

2 In a large bowl, combine the flours, cocoa powder, and baking soda. Mix and set aside.

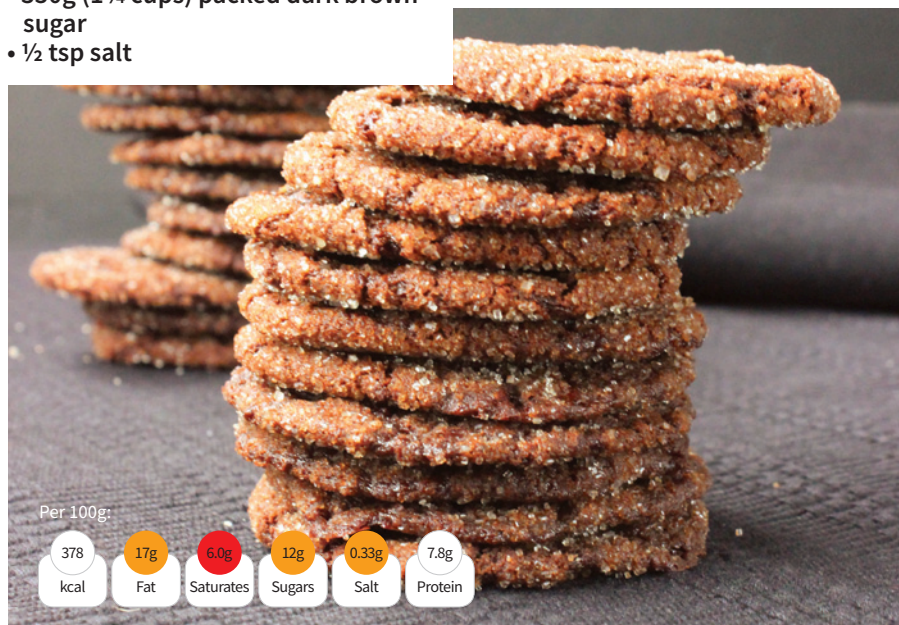
3 In a large bowl, combine the brown sugar, melted non-dairy butter, vanilla, and salt. Mix with an electric mixer on medium speed until it is well mixed. Add the mashed banana and mix until smooth.

4 Add the flour mixture and mix until just combined. Divide into 36 balls and roll each ball in the granulated sugar. Place about 2 inches apart on the prepared baking sheets. Flatten each ball with the bottom of a glass to about 2 inches wide.

5 Bake one baking tray at a time for 9 minutes. Remove from the oven and let cool for 5 minutes, then transfer the cookies to a wire rack to cool completely.

Storing:

Will keep in the refrigerator for 4 to 5 days. Freeze in freezer bags and just take out a few when you want. They defrost almost immediately. Will keep in the freezer for up to 5 months.



Per 100g:

378	17g	6.0g	12g	0.33g	7.8g
kcal	Fat	Saturates	Sugars	Salt	Protein



Per 100g:

283	10g	3.3g	24g	0.32g	2.8g
kcal	Fat	Saturates	Sugars	Salt	Protein

• Recipes and photos from NYC Vegan (C) 2017 Michael Suchmann and Ethan Ciment, used by permission Vegan Heritage Press, LLC.

BIG APPLE PIE

Serves: 8 to 10

For the crust:

- 300g (3 cups) unbleached all purpose flour, plus more for rolling out dough
- 55g (¼ cup) sugar
- 1 tsp salt
- 190g (1 cup) plus 2 tbsp vegan shortening
- 115ml (½ cup) ice water, plus more as needed
- 4 tsp apple cider vinegar

For the filling:

- 5 large Honeycrisp apples (or any red apple you prefer), peeled, cored, and cut into ½-inch pieces
- 1 medium Granny Smith apple, peeled, cored, and cut into ½-inch pieces
- 225g (1 cup) sugar
- 1 tbsp fresh lemon juice
- 75g (¾ cup) unbleached all purpose flour
- 1 tbsp ground cinnamon
- ¼ tsp ground nutmeg
- ⅛ tsp ground allspice, optional

1 In a medium mixing bowl, sift together the flour, sugar, and salt. Cut in the shortening using a fork (or use your fingers like I do) until it is evenly crumbled.

2 Combine the ice water and apple cider vinegar in a glass. Drizzle a small amount over the flour mixture and mix well to moisten. Repeat this process

in small increments, pouring more liquid and mixing, until the dough can be pressed into a soft ball. Divide the dough in half and form each half into a ball. Flatten each ball into a disk and wrap the disks separately in clingfilm and refrigerate for at least 1 hour.

3 While the dough is chilling, place the apples in a large mixing bowl, add the lemon juice immediately, and mix well, as it helps to keep the apples from browning. Add the flour, cinnamon, sugar, nutmeg, and allspice (if using) and mix well until the apples are evenly coated.

4 Preheat the oven to 190°C (375°F/Gas Mark 5) and grease a 10-inch pie pan. Remove the dough from the refrigerator and roll out each disk on a lightly floured piece of wax paper or baking paper to approximately ¼-inch thick. Transfer one rolled-out piece of dough to the pie pan and press it in gently, making sure there are no air pockets beneath the dough. The dough should come up and slightly spill over the sides of the pan.

5 Pour the apple mixture into the pie pan, pressing down gently to make sure it is level. Top the apples with the other piece of dough. Cut off any excess overhanging dough and pinch the corners of the crusts together.

6 Using a fork, gently pierce the upper crust evenly across the surface to create ventilation holes. Bake for 50 minutes, until the top crust is golden brown. Cool on a rack for 20 minutes before serving.



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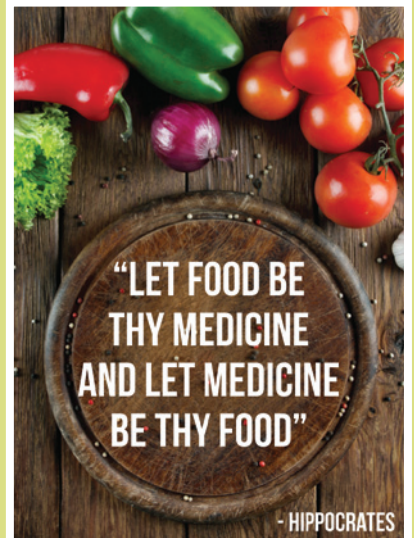
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PEPPERS

IDEA 1: Try creamy red pepper soup.

HOW? Heat olive oil in a pot over medium heat. Add ½ a diced onion and 3 cloves minced garlic and cook for a few minutes. Add 1 tsp salt and 4 roasted red peppers. Cook for 1-2 minutes more, stirring as you go. Add 940ml vegetable stock, bring to a boil, reduce heat and simmer for 15 minutes. Add 100g coconut cream, mix, bring to a boil, and remove from heat. Purée with a hand blender.

IDEA 2: Jazz up ordinary falafels with roasted red peppers.

HOW? Halve 2 large red peppers and remove seeds. Rub with a little oil and roast at 190°C (375°F) for half an hour. Turn the oven up to 200°C (400°F). Place the roasted peppers in a food processor with 240g drained chickpeas, 2 cloves garlic, small bunch fresh coriander, and 1 tsp sriracha. Blitz until smooth. Place dollops of the falafel mixture on a lined baking tray. Bake for around 25 minutes, or until firm and slightly crispy.

IDEA 3: Use up roasted peppers in a sandwich.

HOW? Preheat oven to 230°C (450°F). Place leftover peppers on a baking tray and drizzle with sea salt and oil. Roast until tender and browned. Slice some crusty fresh bread and slather with pesto and other condiments of your choosing. Layer on cooked peppers. Top with another slice of bread and serve.



BROCCOLI

IDEA 1: Use broccoli rice in place of traditional basmati.

HOW? Gently fry 1 red onion, and 1 garlic clove in a little olive oil. Meanwhile, finely chop 1 head of broccoli using a large knife. Add the chopped broccoli to the softened onion and garlic, fry for 3-4 minutes. Sprinkle over sea salt, black pepper and serve immediately.

IDEA 2: Don't waste your broccoli stems, make fries with them.

HOW? Start by preheating oven to 200°C (400°F) and lining a small baking tray with baking paper. Peel and slice leftover broccoli stems into long sticks. Place the sliced broccoli stems on the tray and drizzle very lightly with olive oil. Season with salt, pepper, garlic powder, and sesame seeds and toss to coat. Sprinkle and toss the sticks with cornmeal so they are all lightly coated. Bake for 30 minutes until brown and tender. Enjoy warm, dipped in a variety of sauces.

IDEA 3: Smother this broccoli pesto over your pasta.

HOW? In a blender or food processor, combine 1 large broccoli, fresh basil, juice of half a lemon, 70g hazelnuts, 2 garlic cloves, 115ml olive oil, 2 tbsp water, and salt and pepper. Pulse for about a minute. Add more olive oil or water if the consistency feels too dry. Serve with mounds of your favourite pasta.

GINGER

IDEA 1: Rustle up these easy fresh ginger cookies.

HOW? Mix 2 tbsp coconut flour, 2 tbsp mashed banana, a pinch of baking powder and salt, 2 pinches of cinnamon, and grated fresh ginger to taste. Combine, then add a tbsp of non-dairy milk and 2 tbsp soft brown sugar. Cook in a preheated oven 180°C (Gas Mark 4/ 350°F) for 10 minutes.

IDEA 2: Make a warming brandy drink for spring colds.

HOW? While colds are worst in winter, they can also strike in spring. Ward off a cough with this grown-up veganized version of honey and lemon. Heat 235ml of water on the stove, with the juice from a lemon, grated ginger (to taste) and a squeeze of agave or maple. When hot, strain into a mug, and add a shot of brandy.

IDEA 3: Add a tasty heat to soups.

HOW? Fresh ginger works well with almost any flavour of creamy, root-veg soup. Simply take your leftover ginger root and grate or purée it, then add to your meal. We especially recommend this with a spiced carrot or butternut squash soup.



Make the most of your
leftover ingredients with
these recipe ideas

AUBERGINE

IDEA 1: Use aubergine for a unique take on noodles.

HOW? Wash and peel 1 large aubergine. Slice your aubergine thinly long ways and then slice into thin noodles. Transfer sliced aubergine to a large bowl of salted water and let sit for 20 minutes. Heat some olive oil in a frying pan, drain your noodles, and then add them to the pan. Cook noodles until translucent, keeping an eye on them and tossing as needed. Pair with a homemade marinara sauce.

IDEA 2: Try this tasty aubergine 'bacon'.

HOW? Preheat oven to 220°C (425°F). Cut 1 aubergine into quarters lengthwise. Slice each piece into thin strips. Brush each strip with olive oil, and arrange in a single layer on a baking tray. Cook for 15 minutes, flipping halfway through. Remove aubergine and reduce oven temperature to 180°C (350°F). Combine 2 tbsp balsamic vinegar, 3 tbsp tamari, 1 tbsp each of maple syrup and olive oil, 1 tsp liquid smoke, ½ tsp salt and ½ tsp black pepper in a bowl. Brush marinade onto aubergine and place strips on a baking tray. Bake for 12 minutes, or until crispy.

IDEA 3: Aubergines make delicious crisps

HOW? Preheat oven to 130°C (250°F) and set aside a large baking tray. Cut the aubergine into thin slices. Transfer slices to baking tray and spray with olive oil. Then sprinkle the slices with paprika, garlic powder, turmeric, pepper, onion powder, sage and sea salt. Flip over and repeat with spray and seasoning. Place in the oven to bake for 50 minutes.



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