

# Vegan rescue pack

Essential facts and inspiring recipes for those who cater for older vegans

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T: 0161 257 0887

E: [info@vegetarianforlife.org.uk](mailto:info@vegetarianforlife.org.uk)

W: [www.vegetarianforlife.org.uk](http://www.vegetarianforlife.org.uk)

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# Introduction

**This Vegan Rescue Pack has been prepared to support and encourage those who cater for older vegans.**

You might be a chef working in the care sector; a community carer working in domiciliary care; or looking after an older member of your family. Perhaps you are simply keen to cater well for an increasingly diverse range of diets.

If you are reading this as an older vegan yourself, this guide might just give you that little bit of inspiration to rediscover your vegan va va voom!

## **WHY IS IT CALLED THE VEGAN RESCUE PACK?**

While many people will be familiar with vegetarian meals and how to prepare them, they may be less sure about the vegan diet. Cooking for an older vegan for the first time might feel stressful – especially if you are keen to provide a varied and nutritious diet. This Vegan Rescue Pack is designed to ease those worries and empower you as a vegan cook. It will also help reassure the vegan you are cooking for that they will receive a good and varied selection of vegan meals.

In the following pages, you will find lots of information to build your confidence in cooking for an older vegan. This ranges from detailed information about veganism, to store cupboard essentials, tips for busy cooks, and even a 4-week menu plan.

Here is some more good news. You're already well on the way to being a vegan cook because you know how to prepare and cook the great majority of food that goes into a vegan's diet. In your kitchen you'll be more than used to cooking vegetables, fruit, rice, pasta and pulses, such as beans.

This Vegan Rescue Pack is all about using your existing skills, tweaking them a little, adding a bit of new information and stirring in some fresh ingredients. The perfect recipe for a great vegan cook and a happy vegan diner!

**STUCK FOR RECIPE IDEAS?** Our UK List members – care homes, retirement communities and catering services – receive regular mailings of new recipes for residents to enjoy. This service is free when you sign up to our Code of Good Practice.

Publications include:

- Catering for Older Vegetarians and Vegans
- Cooking on a Budget
- Cooking for One

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# The starting point

## WHAT DO VEGANS EAT?

Knowing what vegans do and don't eat is the obvious starting point. Most vegetarians do not eat meat or fish but will eat eggs and dairy products. Vegans choose not to eat or use any animal products at all. So they do not eat meat or fish, and also avoid all animal products such as honey, eggs and dairy.

This might sound a little restrictive, but this guide illustrates the wide range of meals that can be made vegan: from hearty full-English style breakfasts, through to quiches, curries, pizzas and cakes. Vegans are also likely to choose clothing and toiletries that are animal-free, and avoid products tested on animals.

## WHY DOES ANYONE BECOME VEGAN?

There are three main reasons why people choose to be vegan.

A key reason for many is a compassionate reaction to the way animals are processed by the farming industry. Farmed animals' lives are usually characterised by captivity, suffering and then slaughter.

A second reason is the environmental cost of intensive farming practices. These may include the ecological damage caused by the dairy industry spreading huge amounts of slurry, to the use of valuable and scarce resources to produce meat. More recently, concern has

grown over the way fish stocks are collapsing in our oceans.

The final reason is quite simply... health. Many studies have shown that a plant-based diet is healthier, with a reduced risk of cancer, diabetes and premature death.

## HOW VEGANISM IS PROTECTED BY LAW

Veganism is recognised as a way of life based on deep convictions. It is specifically covered by Article 9 (Freedom of thought, conscience and religion) of the European Convention on Human Rights. This Article grants an absolute right to believe what you want to believe and a qualified right to manifest, in practice, the daily behaviours that accompany your belief.

In short, this means that because veganism is a practice-based belief, any interference that limits a vegan's practice may amount to coercion into a belief not of their choosing.

So, for example, this would clearly reflect a situation in which a vegan care home resident was being offered a meat-based diet, contrary to their beliefs.

In this situation, as a last resort, the resident or their family would be able to initiate legal action against the care home in order to correct this.

## WHERE DO I BEGIN?

If you were going to have your meals prepared for you by someone else, what would you like to happen? Our best guess is that you would want to be asked what you like to eat, your favourite meals, and any treats.

If you reflect someone's preferences in your vegan cooking, then you are not just feeding them well. You are making a key contribution to the quality of their overall care. You can also benefit from their vegan cooking know-how. From cooking shortcuts and recipe tips to simple and tasty go-to recipes – the sort of meals we all turn to when no one really wants to cook. You might just have found your perfect vegan cookery tutor!

An easy way to begin looking after a vegan resident is to cook vegan versions of meals that you are already familiar with. Not only will this make you feel confident; it also means that many ingredients will overlap with meals produced for other residents.

A clear and practical guide to this approach can be found in the Viva! Catering Guide. Download from: [www.viva.org.uk/viva-catering-guide/veganise-it-easyways-tweak-your-menu](http://www.viva.org.uk/viva-catering-guide/veganise-it-easyways-tweak-your-menu) or order for £6.99 plus p&p from Viva! on 0117 944 1000.

If you would like to explore vegan recipes further, there are many helpful websites, including our own: [www.vegetarianforlife.org.uk](http://www.vegetarianforlife.org.uk). Having tried many of the recipes, we can confidently say that they are delicious!

## STORE CUPBOARD ESSENTIALS

Here are some useful basic vegan pantry ingredients. Visit [www.veganuary.com/starter-kit/vegan-food-essentials](http://www.veganuary.com/starter-kit/vegan-food-essentials) for a much more comprehensive list.

- Vegan mince (frozen and dried)
- Vegan sausages and other ready-made meat alternatives, e.g. bean/vegetable quarter pounders, nut cutlets, some Quorn products (those that are clearly marked vegan) and deep-fried or marinated tofu pieces
- Tinned pulses, frozen peas and broad beans
- Nutritional yeast flakes
- Vegan margarine, e.g. supermarket free-from brands; Pure; Vitalite
- Vegan chocolate (yes, vegans can eat chocolate)
- Agave or rice syrup (natural alternative to honey)
- Vegan stock, e.g. Kallo or Bouillion
- Vegetable gravy granules e.g. ASDA, Co-op, Tesco, Bisto (red tub) vegetable gravy granules
- Nut and seed butter for spreads, sauces and adding creaminess to soups and stews, e.g. peanut, tahini, cashew
- Wholegrains, e.g. brown rice, millet, couscous, bulgur, quinoa.



## WHERE CAN I BUY VEGAN FOOD AND INGREDIENTS?

Many leading supermarkets stock vegan products, so you shouldn't need to research specialist suppliers. To quickly find vegan items in your local supermarket, visit

[www.mysupermarket.co.uk/shelf/vegan](http://www.mysupermarket.co.uk/shelf/vegan) or [www.theveganwomble.blogspot.co.uk](http://www.theveganwomble.blogspot.co.uk).

The range of vegan alternatives from wholesalers is also increasing and improving by the day. See, for example, food suppliers on our UK List ([www.vegetarianforlife.org.uk/uk-list](http://www.vegetarianforlife.org.uk/uk-list)).

## TIPS FOR BUSY COOKS

- Keep it simple, and avoid the stress associated with dishes that have to be served instantly.
- Ask the person for whom you are catering about their favourite dishes and cooking tips. Like everyone, vegans will have a range of simple, tasty and easy-to-make dishes that they cook frequently.
- Some vegan dishes require soaking of pulses. You may wish to avoid these for convenience – many ready-to-use beans are available in cans from supermarkets.
- A vegan recipe may be enjoyed by your meat-eaters because variety is good for everybody.
- There are ready-made vegan meals available. VfL's free Dinners to your Door showcases some examples. Download from [www.vegetarianforlife.org.uk](http://www.vegetarianforlife.org.uk) or call 0161 257 0887.
- If serving meat pie and veg, why not put a vegan pie

in the oven at the same time (on a separate baking tray). Vegan options can often tie in with your meat-eaters' choice, so you can use the same accompaniments or base ingredients for both meals.

- Even Sunday lunch can be easy, using vegan substitutes for roast meats. However, some older vegans try to avoid 'alternatives' to meat – preferring food that does not 'pretend' to be something else. So, again, please communicate.
- Many recipes can be made vegan with little extra work. Substitute mushrooms for ham in Quiche Lorraine, use vegan margarine in the pastry, and silken tofu in place of eggs; use soya mince or lentils in cottage pie; use vegan fats or vegan mincemeat.
- Make full use of your freezer. Make larger quantities and freeze extra portions to save time on another day.

## AQUAFABA – THE NEW WONDER INGREDIENT

Aquafaba – or bean juice – is the liquid surrounding tinned chickpeas. Chickpeas are part of the fabaceae family, hence the name aquafaba – short for fabaceae water.

It can be used to replace egg whites in many sweet and savoury recipes because it is ideal for foaming, binding, gelatinising and thickening. For the many ways to use it, there is an excellent Facebook group: [Vegan meringue – hits and misses](#).

# Nutrition

Generally speaking, basic dietary guidelines don't change as people get older. Whatever the age, whether meat-eater or vegan, we need about the same amount of fat, fibre and carbohydrate as younger adults.

One of the most important things to check is that enough food is eaten to meet energy (calorie) requirements. You can gauge this by checking that you're not losing weight.

Some older adults have to adapt their diets to help control illnesses such as diabetes and heart disease. But if they are in good health, they can follow the same general dietary guidelines set for the population as a whole.

The charity Viva! has published a guide to what vegans should have each day, which is adapted on page 8.

## VITAMIN B12

Very low B12 intakes can cause anaemia and nervous system damage. The only reliable vegan sources of B12 are foods fortified with B12 (including some plant milks, some soya products and some breakfast cereals) and B12 supplements. Vitamin B12, whether in supplements, fortified foods, or animal products, comes from micro-organisms. Most vegans consume enough B12 to avoid anaemia and nervous system damage, but many do not get enough to minimise potential risk of heart disease.

To get the full benefit of a vegan diet, vegans should

do one of the following:

Eat fortified foods two or three times a day to get at least three micrograms (mcg or µg) of B12 a day.

OR Take one B12 supplement daily providing at least 10 micrograms.

OR Take a weekly B12 supplement providing at least 2,000 micrograms.







If relying on fortified foods, check the labels carefully to make sure you are getting enough B12. For example, if a fortified plant milk contains 1 microgram of B12 per serving then consuming three servings a day will provide adequate vitamin B12. Others may find the use of B12 supplements more convenient and economical.

The less frequently you obtain B12 the more B12 you need to take, because B12 is best absorbed in small amounts. The recommendations above take full account of this. There is no harm in exceeding the recommended amounts or combining more than one option.

Reference: [www.vegansociety.com/resources/nutrition-and-health/vitamins-minerals-and-nutrients/vitamin-b12-your-key-facts](http://www.vegansociety.com/resources/nutrition-and-health/vitamins-minerals-and-nutrients/vitamin-b12-your-key-facts)

**Vegetarian for Life produces its own guide, Nutrition for Older Vegetarians and Vegans. Order your free copy from our [website](#) or by calling 0161 257 0887**

# What you need to eat each day

No. of servings At least 5	Foods	Healthy portion size	To provide
	<p>Fruit and vegetables to include: Dark green leafy vegetables, orange vegetables, fresh fruit, dried fruit e.g. Fresh fruit</p> <p>Dried fruit</p> <p>Green or root veg</p> <p>Salad veg</p> 	<p>1 medium piece the size of a tennis ball</p> <p>1-1½ tablespoons or 1 golf ball</p> <p>2-3 tablespoons or ½ tennis ball</p> <p>80g or 1 large cereal bowl</p>	<p>Folate, calcium, vitamin A, vitamin C, fibre and iron</p> 
3-4	<p>Cereals and grains (e.g. wholemeal pasta, brown rice, oats, wholemeal bread) e.g. Cooked brown rice</p> <p>Breakfast cereal</p> <p>Wholemeal pasta</p> <p>Wholemeal bread</p> 	<p>2-3 heaped tablespoons or ½ teacup</p> <p>25g or 1 regular sized cereal bowl</p> <p>1 cup (cooked) as side dish or 2 cups as main dish</p> <p>2 slices</p>	<p>Energy, fibre, B vitamins, calcium, iron, protein</p> 
2 or 3	<p>Pulses (e.g. peas, all types of beans and lentils), nuts or seeds e.g. Peas, beans and lentils</p> <p>Nuts or seeds</p>	<p>½ cup (cooked)</p> <p>2 tbsp or a small handful</p>	<p>Protein, energy, fibre, iron, calcium, other minerals</p> 
Small amounts	<p>Vegetable oil (e.g. flaxseed or rapeseed oil, used cold; olive oil), margarine</p>		<p>Energy, vitamin E (vegetable oils), vitamins A and D (fortified margarine), essential omega-3 and omega-6 fats (flaxseed, soya, walnut, hemp)</p>
2-3	<p>B12 fortified foods, e.g. fortified soya milk, fortified vitamin B12 breakfast cereal, reduced salt yeast extract (essential if vegan)</p>	<p>At least three micrograms a day (see page 7)</p>	<p>Vitamin B12</p> 
<p>1-2 litres of water per day (at least eight glasses) should also be consumed as part of a healthy, balanced diet.</p>			



## HOW CAN I DEVELOP MY VEGAN COOKING SKILLS?

If you know how to cook vegetables and use staples such as rice, pasta, beans and peas then you already have basic vegan cooking skills in place. However, you may wish to expand your skills with some new ideas, techniques and knowledge about other vegan foods.

If you do, there is plenty of help at hand to match how you prefer to learn – from written menu plans and recipes to the many video guides on the internet (for example, YouTube). And of course, there are cooking courses that offer hands-on practical experience.

Vegetarian for Life offers subsidised care caterer training days to cooks who work for UK List member organisations. These courses are run in conjunction with distinguished organisations, including Demuths and The Vegetarian Society Cookery School. Attendees on these courses consistently praise the ease with which topics are introduced, the breadth of the information offered and of course, the chance for hands-on experience. We can even travel to you. Find out more at:

[www.vegetarianforlife.org.uk/caterers/training-courses](http://www.vegetarianforlife.org.uk/caterers/training-courses) or by calling 0161 257 0887.

We also operate a 'Roving Chef' scheme. If you work for an organisation with a number of chefs, one of our qualified and experienced chefs can visit you and demonstrate a wide range of vegan cooking skills. The added advantage is that it all takes place in your kitchen – making it much easier to put into practice the things you learn in the following days!

## WHAT WOULD A VEGAN MENU PLAN LOOK LIKE?

Vegan menu ideas for a 4-week cycle are shown in the tables on the following pages.

We are not suggesting that you should follow the plan exactly. It is simply intended to show how easy it is to cater for vegans with variety and nutrition taken into account.

Don't forget, many alternatives can be substituted, including ready-made foods.

All of the meals can be served to non-vegans. Many can be easily prepared alongside similar non-vegan meals.



# Vegan 4-week planner

<b>WEEK 1</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Mon</b>	Mushroom stroganoff with herb topping, rice, peas. Chocolate cake	Baked potato, baked beans, date & orange salad. Fresh fruit
<b>Tue</b>	Lentil & spinach quiche, chips, mixed salad. Stewed apples & raisins	Tomato & basil soup, croutons. Vegan lemon meringue pie
<b>Wed</b>	Savoury roast, potatoes, broccoli. Jam sponge and custard	Hummus, pitta bread, raw vegetable strips. Date & walnut slice
<b>Thu</b>	Country cottage pie, cabbage. Yoghurt & mixed berries	Tofu scramble & baked tomatoes, toast. Fruit pie
<b>Fri</b>	Chickpea croquettes, chips, green salad. Rice pudding	Macaroni soup, bread roll. Banana split, ice cream
<b>Sat</b>	Stuffed pepper, green bean salad. Pear/cinnamon crumble, custard	Vegetable pasty. Melon boats, fruit cocktail
<b>Sun</b>	Nut roast, roast pots, carrots, sprouts. Apple pie, ice cream	Vegan haggis, piccalilli and salad sandwiches. Victoria sponge

<b>WEEK 2</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Mon</b>	Vegan pizza, side salad. Fruit yoghurt	Carrot & coriander soup, crusty bread. Banana, apricot & walnut muffins
<b>Tue</b>	Pasta bolognese, sweetcorn & beetroot salad. Ginger cake	Avocado & hummus salad. Fruit trifle
<b>Wed</b>	Bean burgers, chips, green salad. Fresh fruit salad	Savoury pudding. Eccles cakes
<b>Thu</b>	Vegetable lattice, potatoes, broccoli. Strawberries & vegan cream	Lentil & vegetable soup, bread roll. Vegan cheese & biscuits
<b>Fri</b>	Cauliflower cheese, baked potato, peas. Apricot & blueberry crumble	Vegetable samosas, coleslaw. Carrot cake
<b>Sat</b>	Tofu loaf, ratatouille. Stewed rhubarb, yoghurt	Pasta salad, garlic bread. Jelly & ice cream
<b>Sun</b>	Mushroom pate en croûte, potatoes, beans, carrots. Chocolate sponge	Marmite, peanut butter & cress sandwiches. Fruit tart

<b>WEEK 3</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Mon</b>	Florida cocktail. Mushroom goulash rice, peas. Baked fruit pudding/custard	Potato wedges, hummus and salad. Toasted teacake and jam
<b>Tue</b>	Toad in the hole, mash, carrots, peas. Stewed apple/ blackberry, custard	Mixed berry & fennel salad. Fruit cake
<b>Wed</b>	Almond & vegetable korma, rice. Chocolate chip ice cream	Nut rissoles with carrot & cabbage salad. Fruit pancakes
<b>Thu</b>	Lasagne, mixed salad. Spiced apple cake	Baked potato, baked beans. Apple flapjack
<b>Fri</b>	Roasted Mediterranean veg & cashews, oven chips. Kiwi fruit salad	Lentil slices, tomato salad. Apricot fool
<b>Sat</b>	Herby sunflower pudding, chips, baked tomato. Poached figs	Salad stuffed ciabattas. Pecan pie
<b>Sun</b>	Roast 'turkey', roast potatoes, carrots, peas. Fresh fruit	Vegan ploughman's, celery, tomatoes. Apricot & almond crumble

<b>WEEK 4</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Mon</b>	Shepherd's pie, butter beans, cabbage. Dried fruit compote	Sweetcorn chowder, bread roll. Parkin
<b>Tue</b>	Moussaka, broccoli, baked tomatoes. Strawberry shortcake	Nutty carrot soup with savoury biscuits. Fruit loaf
<b>Wed</b>	Big salad with nuts, new potatoes. Sultana sponge	Garlic mushrooms on toast. Vegan cheesecake with mango
<b>Thu</b>	Bean potato cakes, broccoli, carrots. Chocolate mousse	Baked sweet potato with natural yoghurt & cinnamon. Fresh fruit
<b>Fri</b>	Spaghetti with roast vegetables & lentils, sweet pepper salad. Grilled grapefruit	Vegan cheese or baked beans on toast. Fruit scone and jam
<b>Sat</b>	Nut roast, courgettes. Baked apple with dates & marmalade	Vegetable ravioli with beans and pesto mash. Banana yoghurt
<b>Sun</b>	Vegetable crumble, roast parsnips, peas, carrots. Fruit flan	Falafel with tahini sauce and salad in pitta. Cherry cake

# Breakfasts, starters and light meals



# Vegan Recipe Club's French toast

Check out the vegan alternative to what is sometimes called 'eggy bread'.

In the UK we tend to eat it with tomato ketchup or brown sauce, but in North America it is often served as a sweeter snack and sometimes as part of a cooked breakfast. Whether you eat it on its own or with a pile of veggie rashers, sausages and scrambled tofu, try it drizzled with maple syrup and a sprinkling of cinnamon. It's also a great way to use up slightly stale bread.

## Serves 2-4

- Half a pack of firm silken tofu (approximately 175g/6oz)
- 120ml/4fl oz soya milk
- 1 tbsp vegetable oil
- 1 tbsp nutritional yeast flakes\* (Marigold's Engevita brand, sold in health food stores or good delis)
- 4-6 slices of bread, medium thick
- Oil spray

To serve (optional): maple syrup and cinnamon powder

- 1 Blend the tofu until almost smooth.
- 2 Add the soya milk, oil and yeast flakes and whiz again.
- 3 Heat a non-stick frying pan until hot. Spray with a couple of squirts of oil spray.
- 4 Depending on the size of your frying pan, coat 1-2 slices of bread in the mixture and place in the pan.
- 5 Cook for several minutes on each side until quite crispy and golden brown – make sure the bread isn't soggy.
- 6 Repeat the process until the mixture is used up. Serve hot.

\*Nutritional yeast flakes is a vegan food with a cheesy, nutty flavour, rich in vitamins – added B12 is specified – and minerals. It is very versatile and can be added to liquids such as milk, fruit and vegetable juices. It's useful for making vegan 'cheese' sauces and to add to soup. Sprinkle over pasta, use in mashed spuds, or use to make pesto as follows: in a blender, whiz a good handful of nuts and a garlic clove. Add a bunch of fresh herbs and whiz again, drizzling in olive oil. Stir in lemon juice and yeast flakes to taste.

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## Tofu scramble

Serve on toast by itself, or as part of a cooked breakfast.

### Serves 4

- 1 pack firm tofu, about 350g
- 1 onion, chopped
- 2 peppers, diced (mixed colours)
- Handful of chopped mixed vegetables. A recommended selection is: mushrooms, tomatoes, diced cooked potato, and sweetcorn
- 2 tbsp chopped fresh herbs (parsley, basil or coriander)
- 2 tsp soya sauce
- 1 tbsp nutritional yeast flakes (optional)
- Pinch of turmeric

**1** Sauté onion in a little oil, add peppers and other vegetables and continue until lightly cooked.

**2** Squeeze water from tofu then crumble through hands into pan.

**3** Add soya sauce, turmeric and yeast flakes. Cook for about 5 minutes until consistency is like scrambled eggs.

**4** Add herbs and season to taste.



## Lentil soup

Simple ingredients create a soup that is tasty, nutritious, satisfying and very cheap.

### Serves 3-4

- 225g red lentils
- 1¼ litres vegetable stock
- 1 large onion, roughly chopped
- 2 tomatoes, roughly chopped
- 1 carrot, peeled and roughly chopped
- Juice of ½ a lemon
- 1 tsp ground cumin
- Salt and pepper

**1** Put the lentils, stock, onion, tomatoes and carrots into a large saucepan.

**2** Bring to the boil, then simmer gently for 30 minutes until the lentils are disintegrating and the vegetables are cooked.

**3** Stir from time to time to make sure it doesn't stick to the bottom of the pan, and top up with a little extra water if necessary.

**4** Allow the soup to cool a little and then transfer to a food processor, or use a stick blender, and blend until smooth.

**5** Pour it back into the pan and check the consistency – you might like to add more vegetable stock to thin it down.

**6** Add the lemon juice, cumin and seasoning.

**7** Reheat to serve.

© The Adventurous Vegetarian by Jane Hughes





## Vegan Recipe Club's Chinese-style wraps

### Serves 1

- 1 large wrap
- 1 spring onion, finely chopped
- $\frac{1}{4}$  small red pepper, finely chopped
- 1 or 2 cherry tomatoes, sliced thinly
- Small handful of beansprouts, washed and spun
- Shredded green lettuce
- Seitan or vegetarian chicken, sliced thinly
- $\frac{1}{2}$  tbsp hoisin or black bean sauce

- 1 Place the onion, red pepper, tomato, beansprouts, lettuce and seitan/veggie chicken in a bowl and mix well.
- 2 Add the sauce and mix in well so everything has a light coating.
- 3 Add the ingredients to the wrap.
- 4 Wrap up tightly into a parcel and serve.

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## Nut rissoles

**Serves 4**

- 350g/12oz mashed potatoes
- 1 medium sized onion, finely chopped
- 25g/1oz vegan margarine
- 100g/4oz walnuts, ground
- 50g/2oz cashew nuts, ground
- 1 tsp yeast extract
- ½ tsp mixed herbs

**Seasoning**

- 1 dsp soya flour
- 1 dsp vegetable oil

- 1** Peel and chop the onion finely and cook in the margarine until the onion is lightly brown and tender.
- 2** Add the mashed potatoes and all the other ingredients. Leave to cool.
- 3** Shape into rissoles and fry in hot oil until golden brown.

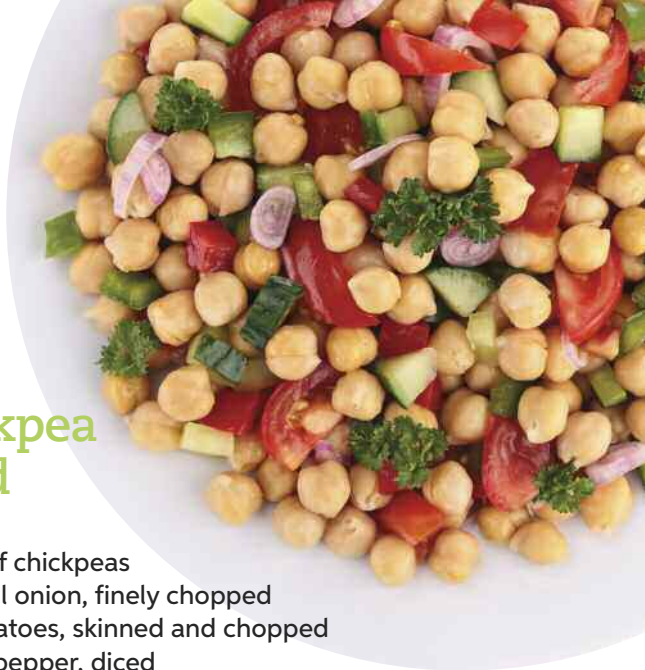
## Chickpea salad

**Serves 4**

- 1 tin of chickpeas
- 1 small onion, finely chopped
- 2 tomatoes, skinned and chopped
- 1 red pepper, diced
- 1 tbsp chopped celery
- 1 tbsp chopped parsley
- 1 tbsp vinaigrette
- Lemon juice to taste

- 1** Mix all the ingredients together.
- 2** Cover and allow to stand for 2-3 hours to allow the chickpeas to absorb the juices.

Note: The pepper can be grilled, skinned and soaked in a little lemon juice for an hour to improve the flavour.





# Mains





## Vegan Recipe Club's spicy bean burgers

A brilliant vegan staple – easy to make, economical and open to lots of creative variations. They can be as spicy or mellow as you like. They can be fried or oven-baked too. For a quick lunch/supper, make them the day before, chill, then just gently fry and add all the fixings (as our US friends say!)

- 1 medium onion, finely chopped
- 2 garlic cloves, crushed
- 10ml/2 tsp olive oil
- 1 medium carrot, grated medium
- ½ tsp mild chilli powder (or even less if you really hate hot spices)
- 1 tsp ground cumin
- 1 tin rinsed and drained pinto or kidney beans
- 1 tbsp Dijon mustard (a mild type)
- 1 tbsp soya sauce – use tamari for a gluten-free option
- 1 tbsp tomato purée
- 75g/3oz rolled oats – use either jumbo or porridge
- Oil spray

Optional: breadcrumbs

- 1 Fry onion and garlic in oil until softened. Add a little water if mixture starts to stick – a tablespoon or two.
- 2 Add grated carrot and spices and cook for another minute or two, stirring to make sure nothing sticks.
- 3 In a bowl, mash beans thoroughly with a potato masher. Add mustard, soya sauce, tomato purée and oats and mix all ingredients well.
- 4 If you have time, chill the mixture in the fridge before making into burgers – makes it easier to handle.
- 5 With wet hands, form mix into burgers. If you want the breadcrumb option, dip each burger into the crumbs now. Flatten each one with back of wooden spatula or spoon. (Use a cup as a cookie cutter if you want them evenly round or use a burger press if you want a real pro look.)
- 6 Using 1-2 squirts of oil spray, fry gently for a few minutes on either side until they are brown on the outside and squidgy in the middle. Don't worry if they fall apart, just squish them back together! Alternatively, bake them in a medium oven for 20-30 minutes, at about 180°C/350°F/gas mark 4.
- 7 Serve with salad and baked potatoes, or on a wholemeal roll with a little Plamil vegan mayo, relish and salad.

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## Rose Elliot's chunky oven-baked ratatouille

This is a substantial ratatouille, to which you can add beans for protein. Serve with pesto mash or tabbouleh.

**SPICY RATATOUILLE** Stir 1-2 tsp of cumin seeds and/or crushed coriander seeds in with the vegetables, and leave out the basil.

**JUICY RATATOUILLE** Use a 425g can of tomatoes in juice instead of the fresh tomatoes, adding them about 20 minutes before the end of the cooking time.

### Serves 4

- 1 large red onion
- 1 large courgette
- 1 large aubergine
- 2 red and 2 golden peppers, seeded
- 450g/1lb small tomatoes or large cherry tomatoes
- 4 garlic cloves, chopped
- 3 tbsp olive oil
- Several sprigs of fresh basil

**1** Preheat the oven to 240°C/475°F/gas mark 9.

**2** Cut all the vegetables into chunky pieces.

**3** Put the vegetables, tomatoes and garlic in a roasting tray or large shallow casserole dish, sprinkle with the oil and some salt and pepper; then mix with your hands so that they all get coated.

**4** Put into the oven and cook, uncovered, for 30-40 minutes, until the vegetables are browned at the edges, tender and smelling gorgeous.

**5** If you wish, add a drained can of red or white beans 10 minutes before the end of the cooking time.

**6** Tear the basil over the top and serve.

© Rose Elliot [www.roseelliot.com](http://www.roseelliot.com)



## Saag aloo

A classic Indian dish that is simple to make and is perfect alongside a curry, pilau rice or a corn roti.

### Serves 2-3

- 2 tbsp vegetable oil
- 1 onion, peeled and sliced
- 1 clove garlic, crushed
- 1 red chilli, deseeded and sliced\*
- 1 tbsp freshly grated ginger
- 1 teaspoon black mustard seeds\*
- 1 teaspoon cumin seeds\*
- 1 teaspoon turmeric\*
- 2 tbsp tomato purée
- 500g potatoes, scrubbed and cut into chunks
- 200-250g bag spinach leaves, washed – or use half a small tin
- Salt

\* If you don't have all the different spices, use two teaspoons of medium curry powder instead.

- 1 Parboil the potatoes for around 10 minutes.
- 2 Heat the oil in a pan, add the onion and cook for 4-5 minutes over a medium heat, until it starts to soften. Add the garlic, chilli, ginger and spices and tomato purée and cook for 1 minute.
- 3 Add the spinach and stir well.
- 4 Add the drained potatoes and mix well.
- 5 Leave to simmer over a low heat for up to 20 minutes, until potatoes are fully cooked and spinach is wilted. Season with salt and serve.





# Savoury roast

## Serves 2

- 1 carrot, grated
- 1 medium onion, chopped
- 1 tbsp oil
- 1 level tbsp soya flour
- 4oz/100g mushrooms, chopped
- 1 tsp yeast extract
- 4oz/100g chopped mixed nuts
- 2 tomatoes, chopped
- 1 tsp mixed herbs
- 2 tsp chopped sunflower seeds

**1** Cook carrot and onion in the oil over a low heat for a minute.

**2** Moisten soya flour with a little stock or water and stir into the cooking vegetables.

**3** Add the mushrooms and continue cooking for 3 minutes or so.

**4** Stir in the yeast extract and add the nuts, seeds, tomatoes and herbs.

**5** Grease a small loaf tin and fill with the mixture. Press down and brush the top with oil.

**6** Cover and bake for 30-35 minutes at 160°C/325°F/gas mark 3.

**7** Remove the covering and brown for a further 5-10 minutes.





# Vegan pizza

**Serves 4**

**Pizza dough:**

- 14oz/395g wholemeal flour
- 1 tsp salt
- 1½ oz/45g soya flour
- ½ oz/15g fresh yeast
- ½ pint/285ml lukewarm water
- 2 tbsp vegetable oil

**Topping:**

- 6 tomatoes
- 1 tsp basil
- 2 cloves of garlic
- 2 medium onions, finely chopped
- Oil for frying
- 1 small tin of sweetcorn
- ½ red pepper, finely chopped
- Tomato purée
- Dried oregano
- Grated vegan cheese
- Basil leaves for garnish



- 1** To make the dough: mix dry ingredients. Blend yeast in half a teacupful of the water and add to the flour with sufficient additional water to bind.
- 2** Add 1 tbsp of the oil and knead to a soft dough.
- 3** Cover and leave in a warm place for 2 to 3 hours; knead lightly before using.
- 4** For the topping: gently fry the onion, garlic and pepper in the oil for about 5 minutes. Slice the tomatoes into rings and add them to the pan.
- 5** Cook for a further 5 minutes. Remove from the heat.
- 6** Brush the pizza base with the remaining oil. Spread with tomato purée. Top with the onions, tomatoes, peppers and sweetcorn. Sprinkle with dried oregano.
- 7** Cook in a hot oven (220°C/425°F/gas mark 7) for 10 minutes.
- 8** Add the grated cheese and return to the oven for another 5 minutes. Serve garnished with basil leaves.



# Desserts

## PETA's brownie sundae mug cake

This is a great way to satisfy a chocolate craving – and takes a mere 60 seconds to cook in the microwave.

### Serves 1

- 4 tbsp flour
- 4 tbsp sugar
- 2 tbsp cocoa powder
- 2 tbsp vegetable oil
- 2 tbsp water
- Dash salt

**1** Mix all of the ingredients together in a large mug. A knife works well.

**2** Microwave on full power for a minute.

**3** Scoop some vegan ice cream or chocolate fudge icing on top, and enjoy!

Top tip: For a quick fix, Betty Crocker's Chocolate Fudge Icing is ready to use and is currently suitable for vegans.

© PETA [www.peta2.com](http://www.peta2.com)



## Peanut butter cookies

**Makes 12 to 15**

- 1 cup flour
- ¾ cup vegan margarine
- ½ cup peanut butter (crunchy or smooth)
- 1 cup sugar
- ¾ cup vegan chocolate chips (about 100g)
- ½ tsp salt

- 1 Heat the oven to 200°C/400°F/gas mark 6.
- 2 Mix the margarine and peanut butter together.
- 3 Stir in the sugar, then the flour and salt, then the chocolate chips.
- 4 Spoon large teaspoons of the mixture onto ungreased baking trays, making sure they are well spread out because they will expand as they cook.
- 5 Bake each tray for around 15 minutes, remove from the oven and leave to cool for around 5 minutes before transferring to a wire rack to finish cooling.

Vegetarian for Life publishes recipe booklets for every occasion, from Burns Night and Valentine's Day to Halloween and Christmas. Your vegan service users need never feel left out of the celebrations. Just contact us for free copies.

[www.vegetarianforlife.org.uk](http://www.vegetarianforlife.org.uk) | 0161 257 0887





# Easy strawberry cheesecake

**Serves 8**

- 100g/3½oz vegan digestive or bourbon biscuits
- 50g/1¾oz vegan margarine (e.g. Pure or Vitalite brands)
- 200g/7oz vegan cream cheese (e.g. Tofutti Creamy Smooth Original, available from health food shops)
- 25g/1oz caster sugar, plus a little extra for the coulis
- 284ml pot single soya or oat cream
- Juice of 1 lemon
- 200g/7oz strawberries plus a few for garnish
- Juice of 1 orange

- 1 Crush the biscuits, melt the margarine, and stir in.
- 2 Press biscuit mix into individual ramekin dishes or into a loose-bottomed 23cm/9 inch spring-release tin.
- 3 Blend together the cream cheese and 25g sugar and add the cream, continuing to mix. Gradually add the lemon juice.
- 4 Place the mixture in the tin, level, and leave to set.
- 5 For the coulis, place the strawberries into a food processor, add the orange juice and sugar to taste. Process until smooth.
- 6 Garnish the cheesecake with the remaining strawberries. Serve with the strawberry coulis.





# Vegetarian Society's raspberry tofu dessert

## Serves 4

- 225g raspberries, fresh or frozen
- 1 packet firm silken tofu or 250ml coconut cream
- ½ tsp vanilla essence
- 2 tbsp maple, agave or golden syrup

- 1 If using frozen raspberries allow to thaw completely, retaining a few for garnishing.
- 2 Combine all the ingredients and press through a sieve to remove the raspberry seeds. (This is made easier if first processed in a liquidiser or food processor.)
- 3 Divide the mixture between four dessert dishes and chill for up to 2 hours.
- 4 Garnish with reserved raspberries and serve.

Adapted from a recipe © The Vegetarian Society [www.vegsoc.org](http://www.vegsoc.org)



# Justine's Chocolate Mousse

## Serves 6-10

This stunning and simple chocolate mousse has the mouthfeel of the stuff made with eggs – but of course, it's all completely and deliciously vegan. Justine says: "Light, fluffy and creamy with a strong but not overwhelming chocolate kick. This aquafaba stuff is revolutionising vegan cooking – there are no limits! And no baby chicks were harmed in its production..."

- 200g dark vegan chocolate
- ½ cup/120ml coconut cream. It's sold in tetrapacks (not to be confused with creamed coconut, which is in a block nor coconut milk which is in a tin and thinner)
- 1 cup aquafaba (the thick strained liquid from 1 or 2 tins of chickpeas. Use the whole chickpeas in another dish, e.g. hummus or a curry)
- ½ cup caster sugar. Most UK brands of sugar are vegan, including Aldi and Sainsbury's
- 1 tsp vanilla extract
- A pinch of salt

- 1 Melt the chocolate and coconut cream together in a glass bowl over a pan of simmering water.
- 2 Remove from heat and stand the bowl on the side to cool. If the chocolate splits and you get dark clumpy chocolate and clear fat, add a small amount of water (a few teaspoonfuls) and stir – it will go creamy again.

- 3 Whisk the aquafaba in a clean glass bowl with an electric balloon whisk until stiff peaks form.
- 4 Then slowly add the caster sugar whisking all the time.
- 5 When the chocolate has cooled a bit, gently fold it into the aquafaba with the vanilla extract and salt. Stir gently – you don't want it to collapse.
- 6 Transfer into glasses or small coffee cups and chill in the fridge for at least 4-6 hours.
- 7 Serve with boozy fruit!

© Vegan Recipe Club [www.veganrecipeclub.org.uk](http://www.veganrecipeclub.org.uk)



# About Vegetarian for Life (VfL)

Vegetarian for Life (VfL) is a young and dynamic charity, which launched in 2008. Our vision is to improve the quality of life of older vegans and vegetarians.

We produce guides on catering, with relevant nutrition, recipes, and healthy living advice. Contact us for free copies.

And we have lots of vegan recipe ideas, from easy recipes for one through to budget cookery and recipes with a festive twist. We also have great ideas for special events such as Burns Night and Valentine's Day through to Easter, Halloween and Christmas.

The Blog on our website hosts an online community for older vegans or vegetarians. It's a place to share comments, useful information and recipes, and ask any questions about a vegan or vegetarian diet. It also contains regular updates on our work.

For older vegans who want to continue living independently, we offer grants to assist with financial hardship. Please contact us to find out more.

Since there are currently no fully vegan or vegetarian care homes in the UK, one of our major goals is to improve the standard of vegan and vegetarian catering in existing homes. We seek to do this through our UK List, which is a geographical listing of organisations and care homes that make a special effort to cater for vegetarians and vegans.



Members of the VfL UK List already total almost 1,000 and all follow our Code of Good Practice by agreeing to cater well and ethically for vegans and vegetarians. Two categories of membership are available – a basic level and also a Premium Accredited Membership. The latter is for organisations that are absolutely committed to catering excellence – willing to have the quality of their menus reviewed and also happy to publish some of their vegan and vegetarian meal plans.

Find out more about our UK List at [www.vegetarianforlife.org.uk/uk-list/about](http://www.vegetarianforlife.org.uk/uk-list/about).

# Concerned about catering for a new vegan resident?

If you are about to begin catering for an older vegan person you might be feeling slightly apprehensive and have many questions running through your mind. Vegetarian for Life has put together this Vegan Rescue Pack to support you. We're sure that in no time at all you will feel confident and become a happy vegan cook!



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T: 0161 257 0887

E: [info@vegetarianforlife.org.uk](mailto:info@vegetarianforlife.org.uk)

W: [www.vegetarianforlife.org.uk](http://www.vegetarianforlife.org.uk)

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