

# Vegan baking



Discover how to create a range of tasty  
vegan bakes – from light, airy sponges, to  
traditional puddings, and eggless meringue

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## Introduction

Vegan baking is enjoying a wave of popularity. In recent years, a number of ready-made vegan cakes have launched in supermarkets – and many catering suppliers have been increasing their vegan ranges, too.

With the number of vegans on the rise – almost trebling in UK residential care homes, according to Vegetarian for Life's recent survey – the demand for satisfying vegan desserts is increasing, too.

Just because someone chooses to be vegan doesn't mean that they should miss out on their favourite sweet treats. Enjoyment of food is an important aspect of life. And if someone is receiving care, food can feel more important still. The smells and tastes of baking can evoke fond memories. If someone is struggling to eat and losing weight, providing a tempting slice of their favourite cake and a cuppa can be an easy, enjoyable way for them to get those much-needed extra calories.



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Even if someone isn't vegan, they might still exclude eggs or dairy from their diet because of allergies or religious beliefs. By learning and applying the secrets of vegan baking, you will ensure that your tasty bakes can be enjoyed by all.

Moving away from using dairy and eggs might seem difficult at first. But a few simple switches will enable you to enjoy your favourite baked treats, animal-product free.

We hope that this guide provides plenty of inspiration. If it has sparked your appetite to learn more, Vegetarian for Life also runs one-day vegan baking courses for professional caterers. These will give your team the tools for success to use tried-and-tested egg- and dairy- replacements to create a variety of delicious desserts.

Happy vegan baking!





## Tips for egg- and dairy-free baking



Vegan baking is much easier than you might think – often all you need to do is make a few simple swaps. Here are our roving chefs' top tips for successful vegan baking.

1. Switch butter for a dairy-free alternative such as Pure, Vitalite, Naturli or the Stork baking block.
2. If a recipe requires milk, simply swap it for a plant-based alternative, such as soya or almond milk.
3. When it comes to alternatives to egg for baking projects, different recipes require different approaches – not all substitutes work interchangeably. Some replacements work well for cookies and bars, some are good for the lighter batters of cakes and quick breads, while others can also lend themselves well to savoury baking. See our egg replacement chart on pages 5 and 6.

## Simple swaps

- **Apple crumble** – simply substitute butter for vegan butter or margarine.
- **Pies/sausage rolls** – use Jus-Rol or another vegan alternative ready-made pastry.
- **Cheesecake** – use vegan-friendly biscuits and vegan butter for the base. Swap the topping ingredients for vegan products such as vegan cream cheese. Why not try making a Lotus Biscoff cheesecake using Lotus Biscoff brand biscuits for the base, and Lotus Biscoff spread in the topping?
- **Scones** – switch butter for vegan butter/margarine and milk for a plant-based alternative.
- **Bread** – yeast should be vegan. Skip the egg wash and try brushing with soya or oat milk instead.
- **Banana bread** – skip the egg because bananas are a great egg-replacement.
- **Any meringue-type recipe** – use aquafaba (see egg replacement guide).
- **Butter icing** – simply swap butter for a dairy-free alternative.

## Egg replacement guide

EGG REPLACER	HOW MUCH (EQUIVALENT TO 1 EGG)	BEST USED IN	AVAILABLE FROM
Commercial egg replacer, e.g. Ener-G Egg or Orgran No Egg	1½ teaspoon and 2 tablespoons water – use as directed on the packet.	Biscuits/cookies – items that are crispy.	Health food shops, supermarket free-from/specialty food shelves.
Banana	½ a medium-large banana, mashed thoroughly. 	Use in banana cake. Works well in pancakes too. Will of course add banana flavour to a dish.	Widely available.
Apple cider vinegar and baking powder	1 teaspoon of baking powder/soda mixed with 1 tablespoon of vinegar. You could also use white vinegar.	Works well for cakes and sponges.	Supermarkets and health food shops.
Flaxseed (linseed) and chia seed	Mix 1 tablespoon of finely ground brown flax or white chia seed powder with 3 tablespoons of water. Whisk thoroughly and let sit for 5–10 minutes. Keep in mind that flax and chia are highly perishable once the seeds are ground.	Works well in savoury dishes such as pastries, and sweet or savoury muffins.	Most supermarkets and health food shops. 

**EGG****REPLACER**

Apple sauce

**HOW MUCH****(EQUIVALENT TO 1 EGG)**

60g or 4 tablespoons.

**BEST USED IN**

Works well in moist bakes such as sponges, various cakes, and brownies.

**AVAILABLE FROM**

Most supermarkets, some catering suppliers or make your own.

**Aquafaba:** This is the liquid from a can of chickpeas. The protein from the beans leaches out into the water and makes that water very similar in behaviour to egg whites

3 tablespoons of aquafaba is equivalent to about 1 whole egg, while 2 tablespoons of aquafaba is equivalent to about one egg white. A 400g can of chickpeas yields approximately 8 to 12 tablespoons.

It's especially good for meringues; we'd say it's even better than egg white. Also macarons, mayonnaise, mousse.

Widely available.



Silken tofu

56 grams or ¼ cup.

Good for quiche, in mousse and can be added to certain dishes to fortify.

Supermarkets and many catering suppliers.

Gram flour

3 tablespoons of flour mixed with 3 tablespoons of water.



A good binder and leavening agent. Good for scones, cookies and biscotti. Can also be used to make omelettes, pancakes and quiches.

Most supermarkets and health food shops.



## Lemon shortbread biscuits

**Time to prepare** 10 minutes

**Time to cook** 10–15 minutes

Makes approximately 20 biscuits

Gluten-free

- 125g/scant 4½oz gluten-free plain flour. I used Doves Farm when testing this recipe
- Pinch of salt
- 75g/generous 2½oz vegan margarine, straight from the fridge
- 45g/1½oz caster sugar plus a little extra to sprinkle on top of the biscuits
- 1 lemon, zest only

**1** Preheat oven to 180°C/360°F/gas mark 4.

**2** Place the flour, salt and margarine into a bowl and gently rub in with your fingertips.

**3** Add the sugar and lemon zest. Stir, then bring together into a ball.

**4** Dust your work surface and rolling pin with a little flour and gently roll out the dough.

**5** Cut the dough into biscuits and place onto a lined baking sheet. Dust the biscuits with a little extra sugar.

**6** Bake for 10–15 minutes or until golden. As the biscuits cool, they will crisp.

**CHEF'S TIP** Can be stored in an airtight container for up to 5 days





## Victoria sponge cake

**Time to prepare** 50 minutes (including 30 minutes cooling time)

**Time to cook** 30 minutes

Serves 8

For the sponge

- 1¼ cups/310ml almond milk
- 1 tbsp apple cider vinegar
- The liquid from 1 x 400g tin chickpeas
- 8 tbsp vegan butter, softened to room temperature
- 1½ cups/335g/generous 11¾oz granulated sugar

- 2 tsp pure vanilla extract
- 2¾ cups/300g/10½oz flour
- 1 tbsp baking powder
- ½ tsp salt

For the buttercream

- 1 cup (16 tablespoons) vegan butter, softened to room temperature
- 4 cups/480g/generous 1lb icing sugar
- 1 tsp pure vanilla extract
- 1–2 tbsp almond milk or vegan milk of choice

**1** Preheat the oven to 180°C/360°F/gas mark 4. Grease two 23cm cake tins and line with greased parchment paper. Sprinkle lightly with flour.

**2** In a measuring cup, combine the almond milk and vinegar. Let it sit for a few minutes until it curdles.

**3** Drain the chickpeas to collect the liquid from the can. With a handheld mixer, mix on low-to-medium speed for about 1 minute, until light and foamy. Set aside.

**4** In a large bowl, add the softened butter and sugar. Stir to combine.

**5** Beat on medium speed with the handheld mixer for about 3 minutes or until light and fluffy. Add the vanilla extract and combine.

**6** Using a low speed, add the almond milk mixture and aquafaba and mix. Next add the flour. Sprinkle the baking powder and salt on top of the flour and mix on low for 1 to 2 minutes, until well combined.

**7** Divide the batter equally between the cake tins. Bake for 30–35 minutes, or until a knife inserted comes out clean.

**8** Let the cake cool in the cake tins for 5–10 minutes.

**9** To remove from the tins, run a knife around the edges to loosen, then carefully invert the cakes onto your hand. Remove the parchment paper and place on a wire rack to cool completely.

For the buttercream:

**1** Using a mixer, beat the vegan butter for about 2 minutes, until light and fluffy. Reduce the speed, then add in 2 cups of icing sugar, and the vanilla extract.

**2** Beat on low, then switch to medium speed and beat for a couple of minutes until light and fluffy.

**3** Add in the remaining icing sugar and mix. If the buttercream seems too thick, add more milk. If the buttercream seems too thin, add more icing sugar until a desirable consistency is reached.

**4** Spread the buttercream evenly on the bottom cake layer. Place the second cake layer on top. Top the second layer with more buttercream, and ice the sides as well. Decorate as desired and serve.

**CHEF'S TIP** This recipe can be easily adapted. For example, add lemon juice and zest to the buttercream, and fill with vegan lemon curd instead of jam to make a tasty lemon-flavoured cake instead



## Fruit scones

**Time to prepare** 15–20 minutes

**Time to cook** 10 minutes

Serves 6

- 225g/scant 8oz self-raising flour
- Pinch of salt
- 50g/1¾oz vegan margarine or butter
- 50g/1¾oz raisins
- 25g/generous ¾oz caster sugar
- 120ml plant milk

**1** Preheat the oven to 220°C/425°F/gas mark 7.

**2** Add the flour to a mixing bowl with the salt.

**3** Rub the margarine into the flour.

**4** Add the raisins and sugar and mix together.

**5** Add the milk and mix to a soft dough. If the mix is too wet add a little flour, or if too dry add a little more plant milk.

**6** Roll out onto a floured surface to approximately 2 cm thick. Cut into rounds and place on a greased baking tray.

**7** Bake for 10–12 minutes until risen and golden brown.

**8** Serve with soya or coconut cream and jam.

**CHEF'S TIP** Try making savoury scones by leaving out the sugar and raisins. Add dried herbs and grated vegan cheese instead

## Brownies

**Time to prepare** 15 minutes

**Time to cook** 30 minutes

Makes 16 slices

- ⅔ cup/145g/generous 5oz coconut oil
- 180g/generous 6¼oz dairy-free dark chocolate, broken into pieces
- ½ cup/120ml aquafaba (see note on page 6)
- ¾ cup/150g/scant 5⅓oz sugar
- 1 tsp vanilla extract
- 1½ cup/150g/scant 5⅓oz chickpea flour, sifted if lumpy
- ¼ cup/20g/generous ⅔oz cocoa powder
- ½ tsp baking soda

**1** Preheat the oven to 150°C/300°F/gas mark 2. Lightly grease or line a 20x20cm (approx) baking tin with some coconut oil.

**2** Place the coconut oil and chocolate pieces together in a small bowl over a pan of hot water and gently melt until smooth. Once melted, put to one side to cool slightly.

**3** In a mixing bowl, whisk the aquafaba and the sugar together with an electric mixer until thick and glossy. Mix in the vanilla extract and the melted chocolate mixture.

**4** Stir in the chickpea flour, cocoa powder and baking soda. Mix until you have a thick batter.

**5** Pour the batter into the greased baking tin. Bake for around 30 minutes.

**6** Insert a knife into the centre of the brownies. If it comes out with a wet batter it needs a little more time to cook. Check every 3–4 minutes until it's cooked and then remove from the oven.

**7** Let the brownies cool in the tin completely before slicing them into squares.



**CHEF'S TIP** Extra special when served warm with vegan cream or ice cream. See page 29





## Banana bread

**Time to prepare** 10 minutes

**Time to cook** 40 minutes

Serves 8

- 3 large overripe bananas
- 75ml vegetable oil
- 100g/3½oz brown sugar
- 225g/scant 8oz self-raising flour
- 1 heaped tsp baking powder
- 1 tsp cinnamon
- 50g/1¾oz dark chocolate drops (ensure that they're dairy-free)

- 1 Heat the oven to 180°C/360°F/gas mark 4.
- 2 Mash the bananas well with a fork.
- 3 Mix the oil and sugar together and then add the mashed bananas.
- 4 Add the flour, baking powder, cinnamon, and mix well. Next add the chocolate drops.
- 5 Bake in a greased, lined 2lb loaf tin for approximately 20 minutes. Check and cover with foil if the cake is browning. Bake for another 20 minutes or until a skewer comes out clean.
- 6 Allow to cool a little before serving.

**CHEF'S TIP** Instead of chocolate drops you could add dried fruit or nuts



## Savoury rosemary and rye muffins

**Time to prepare** 15 minutes

**Time to cook** 15–20 minutes

Makes 6 large muffins or 12 smaller ones

- 1 flax egg (1 tbsp/7g ground flaxseed + 2½ tbsp/37ml water)
- ¾ cup/180ml unsweetened almond, soy or oat milk
- ¾ cup/100g/3½oz self-raising flour
- 1¼ cups/155g rye flour (or use all-purpose flour)
- 1 tbsp baking powder
- ½ tsp sea salt
- 1 tbsp fresh rosemary, stems removed, roughly chopped
- 6 tbsp room temperature coconut oil (scoopable, not liquid or frozen) or use vegan butter

1 Preheat oven to 210°C/410°F/gas mark 6. Line a muffin tin tray with muffin cases.

2 Prepare the flax egg in a small mixing bowl, then add the milk.

3 In a separate mixing bowl, combine flours, baking powder, salt, and rosemary.

4 Add coconut oil and use your fingers to rub the oil into the flour so that it's crumbly and breadcrumb-like.

5 Whisk the flax/milk mixture and add to the dry ingredients a little at a time, while stirring with a wooden spoon.

6 Gently transfer to a floured surface. Use a spoon to divide the mixture between the muffin cases.

7 Bake for 15–20 minutes or until fluffy and light golden brown on top. Let cool slightly before enjoying.

**CHEF'S TIP** Best enjoyed fresh. Can be stored at room temperature in a well-sealed container for up to 3 days or frozen for longer term storage. Delicious plain, or served warm with a little vegan butter





## Rich fruit cake

Fruit cake needs no introduction. This recipe works well as a standard cake or can be topped with marzipan and icing for a Christmas cake.

**Time to prepare** 20 minutes

**Time to cook** 2 hours 30 minutes

Serves 16

- 300g/10½oz mixed dried fruit
- 110g/generous 3¾oz candied peel
- 100g/3½oz glacé cherries, sliced in half
- 50g/1¾oz dried cranberries
- 100ml brandy (or use orange juice instead)
- 160g/generous 5½oz dark brown sugar
- 30g/1oz black treacle
- 1 tsp red wine vinegar
- 175g/generous 6oz vegan margarine
- Zest of an orange and lemon
- 120ml soya milk
- ½ tsp cinnamon
- ½ tsp nutmeg
- ¼ ginger powder
- 60g/generous 2oz ground almonds
- 340g/12oz plain flour
- ¾ tsp bicarbonate of soda

**1** Preheat the oven to 140°C/280°F/gas mark 1.

**2** Place all the dried fruits into a bowl and add the brandy. Allow to stand for 30 minutes. This will help the fruit to swell. The longer you leave it, the more the fruit will plump up so feel free to do this overnight.

**3** To the fruit add the sugar, treacle, vinegar, margarine, orange and lemon zest. Stir gently until the margarine has mixed in.

**4** Add the soya milk, spices, ground almonds and mix.

**5** Line a round cake tin (24cm x 7cm) with greaseproof paper.

**6** Sift in the flour and bicarbonate of soda to the cake mixture and gently stir. Don't over stir because this will make the cake too heavy.

**7** Place your cake into the oven for 2 hours and 30 minutes. Test to see if the cake is cooked by carefully sliding in a skewer. If it comes out clean the cake is done. If uncooked cake mixture is left on the skewer pop back in the oven for another 10 minutes and retest.

**CHEF'S TIP** Perfect with a cup of tea. Tastes great with a simple apricot glaze



## Chocolate orange cake

**Time to prepare** 30 minutes (plus time to allow the sponge to cool)

**Time to cook** 30 minutes

Makes 8 slices

For the cake

- 240g/8½oz self-raising flour
- 125g/scant 4½oz caster sugar
- 1½ tsp bicarbonate powder
- 25g/generous ¾oz cocoa powder
- 50g/1¾oz ground almonds
- 130g/4½oz vegan margarine, gently melted
- ½ tsp almond essence
- ½ tsp vanilla essence
- 200ml soya milk
- 125g/scant 4½oz vegan natural yoghurt
- Zest of 1 orange

For the filling

- 30g/1oz cocoa powder
- 100g/3½oz icing sugar
- 50g/1¾oz soya cream
- ½ tsp almond essence
- ½ tsp vanilla essence

For the chocolate orange topping

- 150g/scant 5½oz dark chocolate
- Zest of 1 orange

**1** Preheat oven to 180°C/360°F/gas mark 4.

**2** Sift the flour into a large bowl and add all of the remaining dry ingredients. Set to one side.

**3** In a large mixing bowl, add all of the wet ingredients and combine.

**4** Fold all the dry ingredients into the wet ingredients.

**5** Divide the mixture into three lined cake tins and bake for 15 minutes. After this time the cake should have risen. To check it is cooked, carefully slide a skewer into the middle of the cake. If it comes out clean it is done.

**6** While the cake is baking make the filling by combining all of the filling ingredients until smooth, then placing in the fridge. Once chilled, your mixture should have a thick consistency. If too thin, add a little extra cocoa powder.

**7** Next make the topping. Break the chocolate into a bowl and add the orange zest. Balance the bowl over a pan with a little water in it.

**8** Gently heat until the chocolate starts to melt.

**9** Once melted, turn the heat off but leave over the pan. This will allow the chocolate to stay melted for longer until ready for use.

**10** When the cake is completely cool, set the base layer onto your serving plate. Carefully spread half of the filling onto the top and add the second sponge.

**11** Repeat with the remaining filling and add the final sponge.

**12** Spoon the melted chocolate over the top and serve straight away while the chocolate is still warm.

**CHEF'S TIP** Slice while the chocolate is still soft because once set the cake can be harder to cut







## Sticky toffee pudding

**Time to prepare** 20 minutes

**Time to cook** 40 minutes

Serves 6–8 portions

- 200ml soya milk
- 200g/7oz pitted dates, chopped
- 1 tbsp black treacle
- 1 tsp vanilla essence
- 100g/3½oz vegan margarine
- 80g/generous 2¾oz soft brown sugar
- 100g/3½oz walnuts, finely chopped
- 200g/7oz self-raising flour
- 1 tsp baking powder

**For the toffee sauce**

- 50g/1¾oz soft brown sugar
- 100g/3½oz light brown sugar
- 50g/1¾oz soya milk
- 1 tsp vanilla essence
- Small pinch of salt

**1** Preheat oven to 180°C/360°F/gas mark 4.

**2** Place the soya milk, dates and treacle into a saucepan and gently heat. Simmer for a few minutes or until the dates start to break up. Mash the mixture or blend with an electric hand blender.

**3** Add the vanilla, margarine, sugar and nuts. Continue to gently heat until the margarine has melted. Remove from the heat.

**4** Sift the flour and baking powder and fold into the cake mixture. Don't over mix because this will result in a heavy cake.

**5** Transfer the mixture to a greased round ovenproof dish, 5cm deep by 23cm across. Other shapes will work fine but the mixture should cover the base to a depth of approximately 4cm.

**6** Bake for 35 minutes. Test if the cake is cooked by gently inserting a skewer. If not cooked, return to the oven for another 5 minutes and retest.

**7** While the cake is cooking, make the sauce. Simply place all of the sauce ingredients into a pan and gently simmer for 10 minutes.

**8** When the cake is cooked, remove from the oven and gently make a series of holes in it with a skewer. The holes will allow the sauce to soak into the cake. Spoon half of the sauce over the top. Serve each portion with a small spoonful of additional toffee sauce.

**CHEF'S TIP** For an extra treat, serve with vegan custard or ice-cream



## Lemon meringue pie

**Time to prepare** 30 minutes

**Time to cook** 1 hour 10 minutes

Makes 6–8 slices

- 250g/generous 7¾oz vegan shortcrust pastry (e.g. Jus-Rol)

For the lemon curd filling

- 200ml lemon juice
- 50ml water
- 4 tsp cornflour
- 100g/3½oz caster sugar
- Zest of 2 lemons

For the meringue topping

- The liquid from 1 x 400g tin chickpeas
- 100g/3½oz caster sugar
- 1½ tsp xanthan gum

**1** Preheat oven to 180°C/360°F/gas mark 4.

**2** Carefully roll out the pastry and line a pie dish, approximately 22cm x 3cm.

Cover the pastry with greaseproof paper and add baking beans.

**3** Bake for 15 minutes. Remove the paper and beans then return to the oven for 5 more minutes or until cooked.

**4** While the pastry is baking, make the lemon filling. Place all of the lemon curd ingredients into a saucepan and heat gently, stirring constantly. The filling will thicken as it warms.

**5** Taste your filling before it's added to

the pastry in case you want to adjust the sweetness. Bear in mind the meringue is sweet and it's nice to have a contrast of sharp lemon and sweet meringue.

**6** When cooked, allow to cool slightly before adding it to the cooked pie case. Place the whole pie into the fridge to allow the lemon curd to chill and set. As it cools it will become more viscous and will sit on the pastry.

**7** Next, make the meringue. Drain the chickpeas well, retaining the water (aquafaba). Pour the aquafaba into a large bowl or food mixer.

**8** Whisk on a high speed until bubbles start to appear, then add the sugar a little at a time. When all the sugar has been added, your meringue should have a light bubbly texture.

**9** To add structure, add 1½ tsp of xanthan gum while continuing to whisk. Within a minute the meringue will thicken. Do not over whip.

**10** Add your meringue onto the cooled pie filling and fork into peaks.

**11** Place under a moderate grill for 1–2 minutes until the meringue is a nice golden colour. Serve straight away or return to the fridge to chill.

**12** Any spare meringue mix can be piped into nests and slowly dried out at 100°C/210°F/gas mark ¼ for approximately 2½ hours.

**CHEF'S TIP** Baking beans help to give an even bake and prevent the middle from rising up. Dried rice or pulses work just as well, but store separately once used and only use for future bakes. For extra flavour, try adding a drop of vanilla to the meringue when whipping







## M'hancha

This is a sweet treat made from filo pastry filled with chopped dried fruits, sugar and vanilla, then rolled up and baked. It has a Christmassy flavour, but perfect all year round, especially with a cup of tea or coffee.

**Time to prepare** 15 minutes

**Time to cook** 20 minutes

Makes 15 slices

- 8 sheets of filo pastry (leave these in the packet until ready to use)

For the filling

- 100g/3½oz vegan margarine, melted
- 50g/1¾oz caster sugar
- 50g/1¾oz glacé cherries, chopped
- 100g/3½oz ground almonds
- Zest and juice of one orange
- 75g/generous 2½oz orange marmalade
- 150g/scant 5⅓oz mixed nuts chopped and lightly toasted
- 1 tsp vanilla essence
- ¼ tsp mixed spice

Garnish

- A little icing sugar
- A few chopped nuts

**1** Preheat oven to 180°C/360°F/gas mark 4.

**2** Place half the margarine and all the remaining filling ingredients into a bowl and combine.

**3** On a large work surface (see chef's tip below) place the filo pastry sheets in a row, overlapping by approximately 5cm.

**4** Spread the filling out in a line 10cm from the top. Quickly drizzle half of the remaining margarine over the pastry and filling.

**5** Fold over the left and right edges of the pastry to seal the ends. Carefully roll the pastry from top to bottom. This can be tricky, but don't worry if the filo breaks. Once rolled into a sausage shape, carefully form into a coiled snake.

**6** Carefully transfer to a lined baking sheet and drizzle on the remaining margarine.

**7** Bake for 20 minutes.

**8** Transfer to a large serving plate and garnish with a few chopped nuts and a dusting of icing sugar, or alternatively a squirt of maple syrup. This is a sweet treat so only a small piece is needed. Start with the end of the 'tail' and work to the 'head'!

**CHEF'S TIP** You will need a large, clean work surface (e.g. long kitchen worktop) to make this on, so it's worth clearing an area before starting. This cake will keep well for up to a week





## Puff pastry tartlets

These pastries are bound to impress and can be topped with a variety of fruits. If using a different brand of pastry, always check the label to check that it is made to a vegan recipe.

**Time to prepare** 10 minutes

**Time to cook** 25 minutes

Makes 10 tartlets

- 1 x 500g/generous 1lb block vegan puff pastry (e.g. Jus-Rol)
- 220g/7¾oz fruits of the forest, frozen
- 30g/1oz caster sugar

**Apricot glaze**

- 2 tbsp apricot jam
- 1 lemon, juice only
- 100ml water
- Garnish
- A little icing sugar

**CHEF'S TIP** I have made these with many other fruits. Both frozen and fresh have worked well

- 1** Preheat oven to 180°C/360°F/gas mark 4.
- 2** Carefully roll out the pastry until it is 1cm thick. Using a scone cutter, approximately 10cm in diameter, cut out the pastry. Place your cut pastry onto a lined baking sheet.
- 3** Place a small amount of frozen fruit in the centre of each pastry circle, and sprinkle with a little sugar. Bake for 20 minutes, or until the edges have risen and are golden.
- 4** Carefully place on a cooling rack. While the pastries are baking, place all of the glaze ingredients into a saucepan. Heat gently until the apricot jam has melted.
- 5** Finally, brush the cooked pastries with the glaze and dust with a little icing sugar.





## Chocolate and orange pumpkin pie

**Time to prepare** 40 minutes

**Time to cook** 30 minutes

**Chilling time** 1 hour 30 minutes

Serves 8–12

- 450g/scant 1lb pumpkin/butternut squash, peeled, deseeded, and chopped into small chunks
- 225g/scant 8oz medium-firm tofu
- Ready-made vegan shortcrust pastry
- 60g/generous 2oz creamed coconut
- 70ml orange, juice and zest
- 100g/3½oz sugar
- 2 tbsp cornflour
- 2 tbsp cocoa

**1** Preheat oven to 180°C/360°F/gas mark 4.

**2** Place the pumpkin/butternut squash in a microwave-safe dish and microwave for 13 minutes. Alternatively, roast them in the oven. This takes longer but brings out the natural sweetness.

**3** Drain the liquid from the tofu and remove from packaging. Place some clean towels on a plate and place the tofu on top. Top with another plate for some extra weight to further expel the liquid. Leave to drain for at least 10 minutes.

**4** Line a lightly greased 22cm removable bottom tart case with the ready-made pastry. Blind bake using baking beans for 10 minutes. Remove the baking beans and bake for another 10 minutes or until the base is cooked and golden brown.

**5** Meanwhile, place the creamed coconut in a microwave-safe dish and microwave for 30 seconds, mixing halfway.

**6** Place all the other ingredients in a bowl. Add the tofu, melted creamed coconut and cooked pumpkin.

**7** Mix using a hand blender, starting on a low setting. When it starts to resemble a chunky purée, place it in a food processor in small portions at a time on high speed. Blend until smooth and white flecks of tofu are barely visible.

**8** Place the mix in the baked tart case and smooth with a spatula.

**9** Bake the pie for 30 minutes until darker skin forms on the top.

**10** Remove from the oven and leave to cool at room temperature for at least an hour. Once cooled, remove from the tart case and refrigerate.

**CHEF'S TIP** Serve cold or at room temperature. Tastes great on its own or with vegan cream and even a drizzle of agave nectar





## Creamy mushroom and 'chicken' pie

**Time to prepare** 25 minutes

**Time to cook** 45 minutes

Makes 4 individual pies

### Basic filling

- 1 tbsp vegetable oil
- 1 large onion, finely chopped
- 2 garlic cloves, chopped
- 1 stick celery, finely chopped
- 300g/10½oz mushrooms, sliced
- 1 tsp paprika
- 300g/10½oz vegan Quorn pieces
- 200ml vegetable stock
- ½ tsp cornflour, mixed with a little water
- 100ml soya cream
- 5g/½oz fresh parsley, finely chopped
- 500g/generous 1lb vegan puff pastry (e.g. Jus-Rol)

**1** In a large saucepan, gently sauté the onions for 5 minutes then add the garlic, celery, mushrooms, paprika and Quorn. Continue to cook for another 5 minutes, stirring occasionally.

**2** Add the stock and cornflour mix and bring to a simmer. If the sauce needs thickening, add a little more cornflour mixed into water.

**3** Finally add the soya cream and parsley and simmer for a few minutes more.

**4** Transfer the mixture to 1 large pie dish or 4 separate dishes.

**5** Roll out the pastry and top the pies, sealing the edges with a little water and pressing down with a fork. Mark the pies with a little small pastry V in order to identify it as vegan.

**6** Brush the top with a little soya milk and bake at 180°C/360°F/gas mark 4 for 25 minutes or until golden and risen. Serve with a selection of vegetables and vegan gravy.

**CHEF'S TIP** This simple dish can be used in a variety of other ways: as a pancake filling, served with pasta, a topping for jacket potatoes, or as a base for many other dishes including curry or lasagne filling

## Accompaniments

This is not an exhaustive list, but gives you some ideas for recipes and ready-made products that can be served with your heavenly vegan bakes.

### VEGAN CREAM

- Cashew cream (see recipe page 30)
- Oatly oat cream alternative – single cream for pouring and cooking
- Food heaven heavenly whipped cream alternative – squirty cream
- Alpro single soya cream

### CUSTARD

- Homemade vegan custard (see recipe page 30)
- Bird's custard powder – this product is made to vegan recipe, and adding plant milk will make a fantastic vegan custard. Some supermarket brands are also made to a vegan recipe
- Alpro vanilla soya custard
- Oatly vanilla custard

### ICE CREAM

- Swedish glaze
- Jude's ice cream
- Ben and Jerry's non-dairy (various flavours)
- Food heaven
- Magnum vegan classic
- Many supermarkets sell own-brand vegan ice cream



## ACCOMPANIMENTS



## Vegan afternoon tea

Now that you have the recipes, why not serve a vegan afternoon tea for all of your service users? Vegetarian for Life has lots of scrumptious sandwich filling ideas and mini pie recipes on its website. Serve with vegan scones, accompanied by jam and cashew cream, slices of Victoria sponge and brownies on beautiful tiered cake stands, with small plates and cups and saucers.

**Note:** Bone china is made from animal bone ash and therefore many vegans would not want to be served their tea or cakes on this.

## Simple vegan custard

**Time to prepare** 5 minutes

**Time to cook** 5 minutes

Serves 6

- 500ml vegan milk of choice
- 1 tbsp vanilla extract
- 2 tbsp lemon juice
- Pinch sea salt
- 60g/generous 2oz white sugar
- Pinch of turmeric
- 40g/scant 1½oz cornflour/corn starch
- 60ml water

- 1 Add milk, vanilla, lemon juice, salt, sugar and turmeric to a small saucepan.
- 2 Mix together cornflour/corn starch and water in separate bowl to form a paste.
- 3 Add the cornflour mix to the saucepan and place on a medium heat.
- 4 Gently bring to a boil while continuously stirring with a whisk until it thickens, then take off heat. Serve with your tasty vegan bakes and enjoy.



## Cashew cream

This easy-to-prepare cream alternative can be used as an accompaniment to many desserts. Not only does it taste good, but it also contains a significant amount of protein.

**Time to prepare** 5 minutes

Serves 4

- 400g/14oz silken tofu
- 100g/3½oz cashew nuts
- 1 tbsp golden syrup or maple syrup
- 1 tsp vanilla essence
- 100ml soya cream/soya milk

- 1 Place all the ingredients into a food processor and blend until smooth. Alternatively, a stick blender will work just as well.
- 2 For a thinner cream, add a little extra soya cream or soya milk.

## Easy 'cheat' products

These products are great for when you're short of time.

- **Betty Crocker cake mix** – varieties include: devil's food cake mix, carrot cake mix, classic vanilla cake mix, chocolate swirl cake mix and chocolate and orange swirl cake mix. Most of the frostings, including the 'cream cheese style' and 'chocolate fudge' are also made to a vegan recipe. Instead of using egg and oil, these can be made by simply adding a 300ml can of fizzy drink such as cola to the 500g mix. Put it all in a bowl and mix, and then bake according to packet instructions.
- **Various supermarket products:** Many other supermarket own brands of 'cheat' cake mixes are available. You can also find many other accidentally vegan 'cheat' products such as gingerbread kits, brownie mix, doughnut, cookie and crumble mixes.

- **Jus-Rol** – manufactures a variety of ready-made pastries including puff and shortcrust. They do make an 'all butter' pastry, which includes butter and isn't vegan, so always check the label. They also make vegan croissants and cinnamon rolls. Supermarkets and catering suppliers sell their own versions of ready-made pastry, which are often vegan too.





## Vegan butters and margarines

- Stork margarine or Stork coconut oil for vegan baking, Naturli vegan butter, Vitalite.
- Flora margarine or Pure spread.



## Cake decoration

- **Marzipan** – made from almonds and sugar so should usually be vegan.
- **Royal icing** – usually made with egg, and therefore not suitable for vegans. Can be made with aquafaba.
- **Icing sugar** – will be vegan. Can be made in the same way – just use vegan butter when making butter icing.
- **Cocoa** – will be vegan.
- **Food colouring** – many food colourings are vegan and often labelled. Be careful of red food colouring because it may use carmine or cochineal (E120), which is derived from the cochineal insect and therefore unsuitable for vegans.



- **Ready roll icing, various colours** – Dr Oetker and many supermarket brands.
- **Icing pens** – supermarket and branded, usually vegan.
- **Decorations and sprinkles** – often vegan and labelled.
- **Chocolate chips** – dark chocolate chips will usually be vegan, but check for the presence of milk as an allergen.
- **Vegan gelatine** – gelatine is not a vegan product, but vegan gelatine is available. For example Dr Oetker Vege-Gel or Specialist Ingredients Vegi Gel.



## Ready-made cakes from catering suppliers

Below is a list of some of the ready-made vegan cakes available from catering suppliers. It is not an endless list, but rather examples of products that are available. Various vegan ready-made pastries, creams, ice creams and many other vegan products are available, detailed on pages 29 to 32.

### BRAKES

[brake.co.uk](http://brake.co.uk) 0345 606 9090

- Vegan salted caramel cake
- Vegan brownie
- Vegan chocolate fudge cake
- Vegan and gluten free raspberry fragipane tart
- Vegan carrot and pistachio traybake
- Gluten free vegan mixed berry dessert
- Lazy day foods fruit cake slice
- Many Honeybuns products including gluten free and vegan millionaire's slice, vegan and gluten free cinder toffee brownie, vegan and gluten free raspberry bar
- Vegan and gluten free chocolate and coconut tart
- Perfectly baked vegan banana bread
- Vegan mini Victoria sponge
- Vegan jam roly-poly



### BIDFOOD

[bidfood.co.uk](http://bidfood.co.uk) 0370 3663 000

- Vegan lemon swirl cheesecake
- Individual vegan sticky toffee pudding
- Mademoiselle desserts including vegan caramelised biscuit cheesecake
- Premium selection vegan salted caramel chocolate brownie
- Premium selection vegan key lime pie
- Vegan chocolate orange tart
- Everyday favourites deep filled apple pie and fruity flapjack
- Vegan apple & plum tart
- Vegan Bakewell tart
- Vegan chocolate & red velvet cupcakes
- Handmade cake co desserts including vegan chocolate cake
- Vegan raspberry & coconut loaf cake
- Many Honeybuns cakes and traybakes including vegan chocolate & salted caramel brownie and vegan apple crumble bar traybake

**THOMAS RIDLEY**[thomasridley.co.uk](http://thomasridley.co.uk)

01359 270536

- Handmade frozen vegan Belgian chocolate fudge cake
- Handmade frozen gluten free vegan blackcurrant crumble
- Handmade frozen vegan apricot, orange and almond slice
- Sidoli frozen vegan citrus fairy dust cake
- Sidoli vegan devil's food cake
- Mademoiselle desserts frozen vegan chocolate cake
- Gluten free & vegan chocolate and cherry cheesecake
- Erlenbacher frozen vegan apple tart

**Ready-made cakes from supermarkets**

In recent years, a number of new ready-made cakes were launched in major supermarkets. The range and variety of products available is certainly set to increase further.

- **Oggs'** range of cakes includes zesty lemon cake, Victoria sponge and chocolate fudge cakes.
- **Asda** and **Morrisons** both have own-brand vegan cupcakes. Asda has launched a decorated avocado-shaped chocolate cake.
- **Wicked Kitchen** range sold in Tesco includes a sticky toffee pudding and red velvet brownie.
- **Just Love Food Company** produces a vegan chocolate cake available in numerous supermarkets.
- **Lazy Day Foods** sells a variety of products including shortbread, Belgian dark chocolate tiffin, Belgian chocolate, rocky road, iced fruit cake slice and millionaire's shortbread. Products are available online or at a variety of supermarkets. All products are gluten-free, wheat-free, dairy-free, egg-free and of course vegan.

**Vegan biscuits**

You don't need to miss out on your favourite biscuits if you're vegan. Plenty are 'accidentally vegan', and this is just a very brief list. Check the label and see below for more information (correct at the time of print).

**McVitie's:**

Plain and chocolate chip hobnobs  
Digestive biscuits – recent recipe change so ensure you check the label  
Fruit shortcake

Tesco plain chocolate digestives  
Lotus biscoff caramelised biscuits  
Oreos  
Most ginger biscuits  
Most bourbon biscuits  
Many digestive, nice and rich tea biscuits

For more information, see Vegan Womble [veganwomble.co.uk](http://veganwomble.co.uk)





Vegetarian for Life (VfL) is the leading authority on diet and healthy living advice for older vegans and vegetarians. VfL offers training and support for care caterers.

We hope that this guide has provided you with a good introduction to vegan baking. If you are keen to learn more, we offer a one-day vegan baking course.

This covers all the basics of vegan baking and includes practical demonstrations of a number of recipes. You'll also have the chance to test your new-found baking skills on the day under the expert guidance of our experienced chef.

Please get in touch to find out more or to book your place.

Please note that all product information was correct at time of print. Always check the label on products because recipes do change and may no longer be made to a vegan recipe.



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