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# Welcome

Welcome to Suma Wholefoods, Workers Co-operative.

We are the UK's Largest Independent Wholesaler and Distributor of Quality Vegetarian, Natural Foods.

Suma can deliver to your door more than 7000 lines of quality wholefoods, healthfoods, ethnic cuisine, dietary specialities, organic foods and clothing, fair-trade products, essential oils and vitamin supplements.

Suma is a leading promoter of 'green' and healthy eating.

If you'd like to know more about us, our products and how we can deliver, contact us by phone, fax or email for a free catalogue and more information on how you can become one of our many thousands of satisfied customers.



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## How To Use These Pages

The best tip for speed is to know what you are doing before you start; if you're in a hurry, it's not going to be helpful to have to refer to these pages for the first time. So, we advise you to invest some time looking through our pages before beginning to use them regularly. Not only will you get a good idea of their contents, you will also pick up hints for speed on the way.

Once you have the basic techniques under your belt, providing fast wholefood meals will come as second nature. We hope that you will use these pages to help you to build up a repertoire of recipes to suit your lifestyle and your tastes.

We've therefore suggested some variations to encourage you to make the recipes your own, using them as guidelines for experimentation. What is the point of not considering what might be a good meal simply because you hate onions? Leave them out!

# Introduction

These pages aim to show you how to use that amazing variety of products on sale in the wholefood shop, quickly and easily, without hours of labour in a steaming kitchen and an end product of brown, chewy heaps of stodge.

Probably vegetarians are more aware than most of what they 'ought' to be eating, but if you're hungry and tired after a busy day and you want a meal on the table fast, it can be difficult to avoid resorting to a few favourites which soon become monotonous eg; overdoing the cheese and eggs. 'Naughty' and 'nice' don't necessarily go together. Well presented, wholesome food can be both quick to prepare and delicious to eat.

Most of these recipes can be made within 30 minutes, and when we claim this we don't necessarily have experienced cooks. Timings are based on the efforts of harassed mothers, people with minuscule kitchens, people who have never cooked before, and the just clumsy cooks who never seem to be able to find the pan they've just put down, or always spill the milk and take minutes to wipe it up!

We've tried not to lose sight of the fact that food is for eating, not for playing with, and therefore most of the recipes are simple with few ingredients. After all, you want to avoid refined food so make sure that you do the minimum of refining in your own kitchen! Eat plenty of raw vegetables, but when you cook, save time and preserve nutrients by sticking to basic techniques, and resist the temptation to jazz the food up with cream, alcohol, butter, truffles and the like. All these refinements take time and a daily diet of such riches can be expensive for our health and our pockets. People everywhere, including the cooks, have a common right to eat and enjoy their food in a simple way, and it's simply not necessary to feel that you need to perform miracles every night in the kitchen!

But we don't deny that the preparing and sharing of food with others can be a great pleasure, so we've included some more elaborate ideas for those occasions when you have more time and energy and want to try something new.

Don't forget, we stock a wide range of Vegetarian, Vegan and special diet cook-books if you fancy branching out a little.

# Glossary of Wholefoods

## Beans and Pulses

These foods are high in protein and fibre, low in fat and a good source of vitamins and minerals. Eaten with grains they should form the backbone of a vegetarian diet.

Nowadays there is a wide and interesting variety readily available. Some stocks dried beans and pulses from all over the world in a variety of sizes. If you want to make good use of the full range and have the beans ready for cooking when you want them you only have two choices;

1. Dried: Get in the habit of soaking them in advance, either in cold water overnight (or during the day), or for one hour in just boiled water. This is much easier than it sounds and will soon become second nature. It cuts down the cooking time dramatically and makes the beans more digestible.

If you forget to soak them you can always boil the beans for ten minutes, drain them and then cook them as normal. There is also a strong case for cooking a double quantity and keeping half in the fridge, or a cool place, so that you have some cold, cooked beans ready for a subsequent meal.

They keep for several days in the fridge and they freeze successfully.

2. Ready Prepared: Buy Suma beans and pulses ready cooked in tins - Suma now has a wide range of beans and pulses available at health and wholefood shops.

In this book we have concentrated on the smaller kinds of beans and pulses which don't take so long to cook.

Red lentils are the quickest because they have had the outer skin removed, but other lentils don't take too long either.

Black eye beans are extremely useful as their thin skins means that they don't need soaking and they cook quickly.

Mung beans and aduki beans are also quick but they do benefit from a soak first.

Split peas, both green and yellow, cook quickly to a soft mush which makes them ideal for soups. Remember though that all beans and pulses cook remarkably quickly and evenly in a pressure cooker.

**Storage:** Keep them dry and cool in an air-tight container and they will be usable for several years, although the older they are the longer they will take to cook!

## **Grains and Flours**

Whole, unrefined grains and flours are the staple of our diet. They are high in carbohydrate and fibre, and also a useful source of vitamins, minerals and protein.

Those grains which are completely unrefined take longest to cook, although, like beans they never take longer than 15 minutes in a pressure cooker. For the sake of speed and convenience we have used bulgur wheat, which has been partly cooked and only needs reconstituting and pastas which are made from whole durum wheat and sometimes from buckwheat.

The wide range of wholemeal and organic flours available, some of which are gluten-free means that you can experiment with different flavours and textures and get some variety into special diets.

**Storage:** Keep cool in dry, air-tight containers to avoid excessive deterioration. Don't buy too much at once as whole grains and flours don't keep for as long as the refined versions.

## Oils

Vegetable oils are a useful and essential part of the diet. Unlike animal fats they are predominantly unsaturated and therefore do not have such potential for harm when eaten in moderation. A wide range is available, both chemically extracted, cold-pressed and organic. The chemically extracted (refined) oils are much cheaper and generally suitable for everyday use. The cold pressed oils are less refined, have a stronger flavour and more nutritional value, and are therefore used mainly for salads and shallow frying, but are not suitable for deep frying.

**Storage:** All oils and fats should be kept cool and covered in the dark or they will gradually go rancid, a process which badly affects their food value. This might go undetected, as they are always eaten mixed with other ingredients.

## **Nuts and Seeds**

Nuts and seeds have a very high protein content, and they are rich in vitamins and minerals. They are an extremely versatile food which used with discretion can give a nutritional boost to all sorts of dishes, but as they are high in fat and rather expensive, try to resist the habit of nibbling them constantly.

They need the minimum of preparation, but if you want to chop, grind or roast them then ideally this should be done immediately before use in order to avoid any deterioration.

**Storage:** Keep them in cool, dark covered containers so that they don't go rancid and buy small amounts so that you have a good turnover.

## **Dried Fruit**

Dried fruits are high in fructose (natural sugar) and fibre and make a good sweetener for baking as well as a high energy snack and muesli ingredient. When reconstituted by soaking in hot water they are more economical to use, and they can be pureed to make a useful quick sweet sauce.

## **Sweeteners:**

Honey, Malt, Molasses, Maple Syrup,

Demerara Sugar, Muscovado Sugar,

Concentrated Fruit Juices

These products make good alternatives to refined sugar when weaning your family away from sweet foods. They each have a distinctive flavour which can become addictive in itself! So remember to use them in moderation - sweet foods are after all

an unnecessary addition to a healthy diet and children especially may fill up with them.

## **Rennet free Cheese**

Traditionally cheese has been made using a substance called rennet to clot the milk. This is got from the lining of a calf's stomach. The vegetarian alternative is made from a microbial enzyme and is used in all the cheese that Suma sell to their stockists.

## **Soya Milk**

Vegans and many vegetarians prefer to use soya milk rather than dairy milk. It is much lower in fat and much less likely to cause allergies. Nowadays it is readily available - simply use it as a straight substitute in recipes.

## **Vegetable Stock**

Ideally there would always be time for the preparation of real vegetable stock, but it is undeniably useful to have a ready made alternative to hand. We have used VECON, which is a concentrated paste, because it tastes good, is not too salty and is easy to use in varying amounts, but there are several different sorts available to experiment with.

## **Japanese Foods**

Suma now stock a wide range of Japanese foods. We have incorporated a few of them into fairly traditional recipes to demonstrate how they can become useful items in your stock cupboard.

### **Miso**

This is a puree of fermented soya beans which is an excellent source of high quality vegetarian protein. It contains vitamin B12, which is rarely found in vegetable foods and is therefore

especially good for vegans. It helps the body to discharge toxins and scientific studies have claimed that it can act in this way on radioactive elements as well. There are several different sorts; those with brown rice or barley in them are sweeter and less salty than those made only from soya beans, and therefore probably a good choice for newcomers to miso.

### **Soya Sauce (Shoyu)**

This delicious and most useful condiment is made from fermented soya beans and it is rich in protein, vitamins and minerals. Its natural enzymes are an aid to the digestion and act as an appetizer, and its tangy salty taste brings out the flavour of food. Many vegetarians find it indispensable.

### **Tofu**

This is a high protein food made from soya beans with a consistency rather like that of soft cheese or curd. Its bland taste makes it extremely versatile and it can be served in sweet or savoury dishes alike. Tofu can be cubed or sliced, or pureed with other ingredients to make a savoury dip or a sweet, smooth dessert.

## **Seaweed**

Sea vegetables are rich in protein, vitamins, minerals and trace elements and make a tasty and unusual addition to the diet. They can be soaked and added to stir fries and used in soups, stews and stock. Nori can be toasted and eaten as a snack or crumbled into small pieces and sprinkled on food as a garnish.

## **Organic Foods**

Suma also market a range of organic products; that is, products grown and stored without the use of pesticides and chemical fertilisers. They are more expensive to buy and supplies may be erratic, but this is partly because organic farmers are on the outside of the agricultural business and operating in a market as yet comparatively small, although this is gradually changing. Prices should come down and supplies become more regular as demand continues to increase. Farmers and growers who use organic methods are not squeezing the maximum yield out of the land and exhausting it in the process. The full cost of chemically produced food has yet to be counted and this puts the price of organic produce in perspective. Its benefits are not only for those with allergies, but include the long term

protection of your own health, the health of your growing children and the health of the environment.

## **Suma Label Products**

We have made frequent use of Suma's own label products, but the motives for this are not entirely designed to boost Suma's sales! They are all good quality, useful foods but we shall take each one in turn and describe precisely just what is good about it.

### **Suma Tahini**

Tahini is a paste made from lightly roasted, hulled ground sesame seeds. It makes a good savoury ingredient in cooking, especially with beans.

### **Suma Sunflower and Soya Margarines**

These margarines are made with 100% sunflower and soya oils with no added colouring or flavouring. They are suitable for vegans as they contains no animal products of any kind and taste good. Now unhydrogenated.

## **Suma Fruit Juice Concentrates**

These concentrated fruit juices are made by a low temperature, high vacuum method and they contain no preservatives or additives of any kind. They are a useful sweetener to use in baking and on desserts, and they can be diluted to make a healthy drink for children.

## **Peanut Butter**

There are two sorts, smooth and crunchy and they come with and without sea salt, containing no additives or sugar.

## **Mayonnaise**

This is an authentic and delicious mayonnaise simply made with sunflower oil, free range eggs, wine vinegar, lemon juice, mustard, sea salt and black pepper.

## **Sunflower, Safflower, Olive, Soya and Sesame Oils**

These oils are all cold pressed and less refined than the readily available commercial varieties. They each have a

distinctive flavour and are excellent for salad dressings and for shallow frying, but are not suitable for deep frying.

# Measurements & Temperatures

## Measurements

We have given metric and imperial measures but please remember to choose one or the other and use them consistently throughout each recipe.

We have tried to stick to a simple system that relates to how the food is bought - thus,

8 oz/250 gm dried beans -

250 gm is actually nearer 9 oz but this is the corresponding packet weight.

Small amounts are given in tablespoons full (tbl), teaspoons full (tsp) and dessertspoons full (dsp) which cuts down the need to get out the scales.

## Oven temperatures

Since ovens differ so much we find the general descriptions medium, hot, very hot etc. just as accurate as specific temperatures.

Appetites differ just as much as ovens so please take our suggested number of servings as a guideline!

# The Recipes

Here are the recipes.



All these recipes are designed to be quick to cook and delicious to eat. Many are open to variation and experimentation. Most of those not indicated as Vegan, have alternative vegan suggestions for the ingredients.

Please mail us if you have a favourite recipe you'd like to add to our collection for others to share. Enjoy.....

# ***Breakfast***

## **About the Breakfast Recipes**

Breakfast is nearly always a rushed meal; time is short and the atmosphere is likely to be stressful- some people are half asleep, others are full of beans and everyone has their set routine. Because of this it's the hardest pattern to change, and therefore worth singling out for attention.

Our traditional fried breakfast is now almost universally accepted as not suited to the needs of most town and city dwellers- too much fat and protein for too little physical opportunity to burn it up. Small wonder that most people in Britain reach for the cereal packet blindly, add sugar and milk and, if they're lucky, have a slice of toast to follow.... Yet most packets of cereal are full of sugar and salt, with far less concentration on fibre than they suggest. What's more, the



**Breakfast**

refining process which creates them is so damaging to the essential

wholesome elements of the cereal from which they are "manufactured", that vitamins and trace elements have to be added back!

Here are some quick, healthy and very tasty breakfasts to try. Some are breakfast staples like muesli and porridge but there is one extra fast high protein shake and one fully fledged cooked breakfast. Try the range of Suma's teas or coffee to serve with them. We don't expect you to break the habits of a lifetime overnight but perhaps these recipes will help you make some important changes to the way you start your day.

## **American Cooked Breakfast**

This delicious "brunch" is something different to serve at weekends when you have guests. It's a great one for the vegetarian who loves and misses cooked breakfasts!

### **"Huevos Rancheros"**

Serves 4-6

This is a hybrid dish from Mexico and the U.S.A. For extra speed make the sauce, or "salsa" as it is called, the night before.

1 egg per person

3 tbl olive oil

2 onions, finely chopped

2lb / 1kg ripe tomatoes, chopped and 1/2 pint / 275 ml water or 2 large tins tomatoes, chopped

1 heaped tsp ground coriander

3 green chilli peppers, chopped and de-seeded

bunch of coriander leaves (sometimes called curry leaves or cilantro) washed and chopped

bunch of spring onions, including the green tops, chopped  
salt and pepper to taste

Pre-heat the oven to a medium heat. Fry the onions in the olive oil until they begin to brown. Add the tomatoes and any water, the ground coriander and half the coriander leaves. Leave to simmer for at least 15 minutes to bring out all the flavours. Season to taste and transfer to a large, fairly shallow oven proof dish. Make depressions in the salsa, crack the eggs into them and place the dish uncovered in the oven. The eggs are both poached and baked and will probably be quite hard within 15 minutes.

Remove from the oven once the eggs are cooked to your liking and serve immediately.

## Waffles

Waffles are traditionally served spread with butter and maple syrup but they are also very good as a savoury base for sauces and spreads or sandwiched around savoury or fruit fillings.

To make them you must have a waffle iron which makes depressions in the batter which catch the butter and maple syrup, making little pools of flavour in every bite. Irons come in many shapes and sizes and most specialist kitchen shops will have at least some to choose from. A traditional cast iron pan is infinitely superior to any other, and provided it is well seasoned, and the batter is made as follows, you will never have any trouble with waffles sticking to it. If you really love waffles and you buy an iron you will never make a more appreciated investment for your kitchen!

We have measured this recipe in cups for speed, using an average tea cup for enough waffles for 4 people, or an average mug for enough waffles for 6.

2 cups wholewheat flour (or for a different nutty taste use barley flour)

2 tsp baking powder

4 tbl soya oil

2 free range eggs, or 3 if you use a mug

2 cups milk

pinch of salt

Beat the ingredients together. The waffle iron is the right heat when a drop of water forms a ball when it hits the iron. If it simply evaporates with great sizzlings then the iron is probably too hot. Ladle the batter on to the iron so that about two thirds of the grid is covered, then close the iron. If your iron is electric then 4-5 minutes later the waffle will be cooked. If it is the sort of iron that needs turning then turn it once after about 2 minutes. You can always have a peep to check how it is doing.

Serve immediately with butter or margarine and maple syrup or honey.

## **Hash Browns**

Serves 4-6 Vegan

These are simply grated potatoes which are then fried. They are a common breakfast accompaniment in the U.S.A. and are substantial, quick to make and quite delicious.

3 large potatoes, washed and peeled  
a little soya oil  
salt and pepper to taste

Heat the oil in a good sized frying pan until it is hot. Dry the potatoes, grate them on an average sized grater blade and toss them into the pan with salt and pepper to taste. Make sure that you don't pile in so many that you cannot see the bottom of the pan in places, or you will find that the gratings in the middle will not brown and therefore will not cook very well. Turn the gratings a few times and when they are well browned, presto, hash browns!

## Hotcakes Vegan

These are griddle cakes served hot with butter or margarine and maple syrup or honey, and they make a great stand-by when you run out of bread and several hungry people are eager to have breakfast!

We have measured this recipe in cups for speed, using an average tea cup for enough hotcakes for 4, and an average mug for 6.

- 1 1/2 cups wholewheat or buckwheat flour
- 1 tsp baking powder
- 2 tbl soya oil
- 1 egg
- 3 cups milk

Beat the mix together and spoon onto a hot griddle or frying pan. They will spread out to small circles about 3 inches wide so you can fit several into the pan. Turn the cakes once bubbles start to appear and they begin to dry at the edges. Serve hot.

## **Cereal Flake Porridges**

You can make delicious quick porridge with any cereal flakes, not just rolled oats. Cook one part flakes with two to three parts water or milk, or a combination of both and simmer gently until cooked to the desired consistency. Millet flakes cook quickly, barley, rye and wheat are coarser and more chewy. Try them in mixed combinations. If you can be bothered to think ahead you can cook porridges very easily by placing the cereal and the boiling water in a wide necked thermos flask the night before, and in the morning it will be ready to eat. Try serving porridge with fresh or dried fruit and nuts it makes a very satisfying start to the day.

## High Protein Shake

Serves 1-2

This is particularly good for people who are trying to build up their strength - expectant and nursing mothers, convalescents and people in training or body building.

1/2 pint / 275ml dairy or soya milk

1 whole banana

1 egg (optional)

1 heaped tbl wheatgerm

1 tsp vanilla essence

1 heaped tbl bran (optional)

Blend all the ingredients together, preferably in an electric blender. As an optional extra you can add a flavouring, such as carob, coconut or cinnamon.

## **Muesli**

Part of the attraction of muesli for most people is that it comes instantly out of the packet, but to get the full benefit of the nutrients it really needs to be soaked in milk, water or fruit juice, preferably all night, so that it can be digested properly. It also makes it much softer and therefore more palatable, especially to children. Remember that the soaking process will cause it to swell tremendously so that if you have been eating it straight from the packet and you decide to start soaking you'll need much less! Dr. Bircher-Benner, who first formulated muesli as part of the treatment of the chronically sick in the first part of this century, always added substantial amounts of fresh fruit and yoghurt so that the cereal content of the dish was comparatively low.

Muesli is open to infinite variations of cereals, nuts, seeds, dried and fresh fruits. Children appreciate the less chewy ingredients, and certainly find them more digestible. If you have an electric blender or food processor try putting their share of the packet through it for a few seconds but don't do too much at a time because the ingredients will not keep long once they are ground up.

## ***Soups***

In British cuisine soups are the unsung hero. This nation was built on soups, and industry and agriculture alike depended for their labour on generations of soup swallowers, even though the quality of the ingredients was often poor. Yet nowadays when we have so much good food at our disposal we use soup as a "starter", and ancillary to the main business of a meal. This is nonsense because any decent soup is equal to the occasion of main course. With good crusty wholemeal bread it is a fine example of the excellence of basic honest fare. All the nutrients remain intact, it needs little or no attention once everything is in the pot, and it can be made in advance and dipped into for more than one meal. It can be thick or thin, smooth or full of interesting bits and pieces, and it can reflect totally the interests, likes, and idiosyncrasies of the cook. Our selection of soups covers a wide variation of tastes, colours and textures to show how versatile and satisfying a soup meal can be.

## Luxury Lentil Soup

Serves 4 as a main course Vegan

4 oz / 125g Margarine

3 onions, chopped

8 oz / 250g brown lentils

1/4 pint / 150ml red wine

1 1/4 pints / 570ml water

1 free range egg

juice of 1/2 lemon

Fry the onions in the margarine over a fairly high heat until they are a rich brown, being careful not to let them burn. Add the lentils and the wine and water and pressure cook for 20 minutes. Season to taste.

Sprinkle chopped parsley and grated cheese on the top and serve with garlic bread and salad to make a satisfying, special meal.

## **Almond Soup with Egg and Lemon**

Serves 2 as a main course, 4 as a starter

2 oz / 50g flaked almonds, (any chopped nuts can be substituted)

1 leek, white parts only

1 tsp margarine

1 tsp wholemeal flour

1 pint / 570ml water

1 free range egg

juice of 1/2 lemon

Thinly slice the leek and stew it gently in the margarine for 2-3 minutes. Raise the heat a little, add the nuts and cook for a further 3 minutes stirring all the time. Sprinkle in the flour and cook for 1 minute - gradually stir in the water.

Bring to the boil and simmer for 10 minutes. Beat the egg in a bowl thoroughly with the lemon juice. Little by little beat in about 1/4 pint of the hot soup, then return to the pan stirring continuously, and cook for 3 minutes. Do not allow the soup to boil as it will curdle.

## **Cabbage and Barley Broth With Tahini**

Serves 4 Vegan

2 oz / 50g pot barley

1 small onion, thinly sliced

1 clove of garlic

4 oz / 125g cabbage, finely shredded or sliced

1-2 tbl tahini

1 tbl oil

1 bay leaf

Vegetable stock or water and Vecon

Salt and pepper to taste

Soak and cook the barley and keep the cooking water. Fry the onion and garlic gently for about 5 minutes without browning. Add the cabbage and the barley with the cooking water and make it up to 2 pints/1 litre with vegetable stock or water and Vecon. Bring to the boil, add the bay leaf and simmer for 3-5 minutes until the cabbage is just cooked but still crunchy. Remove from the heat and stir in the tahini to taste. This soup is very economical and a good contrast of textures.

## **Nori Soup**

Serves 2-4

3 tbl shoyu

2 eggs (lightly beaten)

2 sheets nori (toasted and crumbled)

2 spring onions

1 tsp sesame seeds

1 1/2 pints / 845ml water

Bring the water to the boil and then add the shoyu and slowly pour the eggs into the broth, stirring gently. Return to the boil and turn off the heat. Stir in the nori and spring onions. Sprinkle sesame seeds on top.

## "Minestra Verde"

Serves 4 as a main course Vegan

4 oz / 125g dried flageolet beans  
1 large leek, finely sliced  
2 sticks of celery, chopped  
1/2 bunch of watercress, chopped  
2 courgettes, sliced  
1 clove garlic, crushed  
2 oz / 50g wholemeal pasta  
1 tbl olive oil  
3 pints / 1 1/2 litres of vegetable stock or water and  
Vecon

Put the flageolet beans on to cook in a pressure cooker. Fry the garlic and the leek gently in the oil. Add the celery and the courgettes and fry for a few more minutes, then the watercress and the celery leaves if they are good. When they are wilted put in the stock, the cooked beans and the pasta, bring to the boil and simmer gently for 10 minutes.

Any other combination of green vegetables can be used, for example spinach, green pepper, green beans, spring cabbage etc.

Serve with wholemeal bread and salad as a main course.

## **Lentil Soup**

Serves 4 Vegan

2 onions, chopped

8 oz / 250g red lentils, rinsed and soaked if possible

1 1/2 pints / 845ml water

1 tbl yeast extract or 2 tsp Vecon

To make a basic soup just boil all the ingredients together until the lentils are cooked. This is simplicity itself but for a change you can also add chopped vegetables, such as tomatoes or carrots, to make it more substantial.

## Sweet and Sour Soup

Serves 4 Vegan

1 bunch spring onions

1/2 green or red pepper

1 tbl concentrated apple juice

2 tbl fruity brown sauce

1 tsp tomato paste

1 1/2 pints / 845ml vegetable stock or water and Vecon  
salt to taste

Chop the onions and the pepper finely and add to all the other ingredients. Bring to the boil, stirring continuously, then simmer gently for 15 minutes. To make this soup more substantial you can add 1 oz of wholemeal pasta or 1 oz long grain brown rice or cooked whole beans. Just simmer until cooked.

## **Yellow Split Pea Soup with Turmeric**

Serves 4 Vegan

4 oz / 125g yellow split peas

1 onion, finely chopped

2 tsp turmeric

2 tbl oil

juice of 1 lemon

2 pints / 1 litre vegetable stock or water

Fry the onion gently until soft but not brown. Sprinkle in the turmeric and cook for 1 minute, stirring continuously. Add the peas and the stock or water and simmer gently until the peas are soft and mushy. Add the lemon juice and season to taste. Sieve or blend the soup if you prefer it smooth.

Sprinkle with chopped parsley or chives and serve with wholemeal bread and salad.

## **Chestnut Soup**

Serves 2 as a main course, 4 as a starter Vegan

3 oz / 175 gm dried chestnuts, soaked

1/2 small onion, chopped

1 dsp margarine

1 pint / 570ml vegetable stock or water and Vecon

Boil the chestnuts until soft in water and keep the water. Cook the onion in the margarine very gently without browning until soft and add the chestnuts and their liquid made up to 1 pint with vegetable stock or Vecon and water. Simmer gently for about 10 minutes and then sieve or blend to a smooth consistency. Season to taste and return to pan to ensure that the soup is piping hot when you serve it with croutons or crisp toast.

## **Variations**

- thicken with mashed potatoes
- add any combination of diced, cooked vegetables
- beat 1-2 tbl yoghurt in a bowl, gradually adding 1/4 pint of the hot soup. Return to pan and reheat, ensuring that it doesn't boil as this will make it curdle. Again this is best served with something crisp.
- a very good fat-free version can be made by cooking the chestnuts and the chopped onion together in the stock or water until very soft and then blending them.

## **Miso Soup**

Serves 4 Vegan

This soup could not be easier or quicker.

1 large onion, sliced

1 large carrot, sliced

handful of spring cabbage, sliced

1 tbl miso

1 1/2 pints / 845ml water

Bring the water to the boil and add the carrot and the onion. Simmer for a few minutes until the vegetables are beginning to soften, then add the finely sliced spring cabbage and the miso and stir while the cabbage cooks for a few seconds and the miso dissolves. Serve while the cabbage still has some bite.

## ***Pates and Spreads***

Dried beans, pulses and nuts make wonderful pates and spreads. The mild flavour of cooked beans makes them a good vehicle for any number of different strong flavours and their mealy texture can be varied from coarse and chunky to smooth and soft with the addition of liquid and oils. Nut pates are excellent for special occasions- very rich and savoury and rather more expensive to make! They all make quick, nutritious and usually vegan alternatives to snack standbys like cheese and sweet spreads. Eat with toast, crisp breads or in sandwiches. Pates keep well in the fridge.

Don't condemn pates forever to the realm of quick snacks and starters. They make a first class balanced meal in themselves served in larger quantities with salad and bread, especially with herb or garlic bread.



*Pates and Spreads*

What's more they can be made to look attractive with little or no effort. Mould the pate into a big ball and edge with chutney,

or fresh tomatoes or lemon slices. For special effect press the mixture into a jelly or brawn mould and turn out when set, decorating the top with slices of mushrooms, or a bay leaf and juniper berries. To make the turning out of moulded pates easier simply rinse the mould in cold water before pressing in the mixture and then when you are ready to serve stand the mould for a few seconds in hot water. Alternatively, oil the mould and dust it with ground nuts, ground black pepper, poppy seeds or sesame seeds and it should turn out instantly and easily.

## **Nut Pate**

Serves 2-4 Vegan

1 onion, finely chopped

3 oz / 75g walnuts

1 oz / 25g brazils

1 tbl cider vinegar

Fry the onion in half the margarine until soft and translucent. Mix all the ingredients in an electric blender or grate the nuts and mix them together with the other ingredients by hand. Chill.

## Mung Bean Pate

Serves 4 Vegan

8 oz / 250g dried mung beans  
3 cloves of garlic  
4 tbl lemon juice  
2 tbl tahini  
2 tsp ground coriander  
salt and pepper to taste

Cook the mung beans in plenty of boiling water until tender. Crush the garlic and mix it into the beans with a fork together with all the other ingredients, mashing the beans as you go. This makes a coarse mixture. Season to taste.

## **Bean and Apricot Pate**

Serves 4

8 oz / 250g dried white beans

4 oz / 125g dried Hunza apricots, soaked

chopped fresh mint or rosemary or 1/4 - 1/2 tsp dried

cumin or fenugreek

olive oil or yoghurt

salt and pepper to taste

Cook the beans and mash them with a potato masher or the end of a rolling pin. (Don't use a blender as this will make the consistency too smooth). Chop the apricots finely and beat them into the beans with enough olive oil or yoghurt to make a stiff mixture. Add the chopped herbs or the spices and season to taste.

## **Chestnut Pate**

Serves 4

4 oz / 125g dried chestnuts

4 oz / 125g cottage cheese

1 tbl lemon juice

1 tbl olive oil

12 stuffed green olives

1/2 onion, finely chopped

1 clove of garlic

Soak the chestnuts first if possible and then boil them until soft about 20 mins. Meanwhile fry the onion until it becomes transparent and mince or chop the chestnuts and the olives. Mix all the ingredients together vigorously by hand and chill.

## Luxury Nut Pate

Serves 4

2 oz / 50g brazils  
2 oz / 50g cashews  
2 oz / 50g Almonds  
2 oz / 50g butter  
1 large onion, chopped  
5 tbl white wine  
5 Juniper berries  
10 black peppercorns  
1/2 tsp blade mace  
salt to taste

Fry the onion in the butter for a minute or so until just beginning to soften. Mix all the ingredients in an electric blender or grate the nuts, grind the spices and mix together with the other ingredients by hand. Chill.

## **Field Bean Pate**

Serves 3-4 Vegan

6 oz / 175g dried field beans

1 large onion, chopped

1 tbl or more olive oil

dried or fresh herbs of your choice

Soak and cook the field beans. Fry the chopped onion in the olive oil until soft and mash or blend with the beans, adding salt to taste and plenty of fresh or dried herbs. For example try about 1 tsp dried tarragon which goes well with field beans, or a good handful of fresh parsley. But don't be timid with the quantities, keep tasting until you have got it right. Chill and serve.

## **Green Split Pea Pate or Spread**

Serves 4

8oz / 250g dried green split peas  
2 tbl lemon juice  
3 cloves of garlic, crushed  
6 tbl mayonnaise  
salt and pepper to taste

Cook the green split peas in boiling water until soft and mushy. When cooled a little, blend or mash them with the other ingredients. Serve cold. An electric blender will give a smooth pale green creamy spread; mashed by hand the result will be coarser with more texture and body.

## ***Bakes***

There is quite a wide range of recipes in this section, and the great advantage of them all is that once they are in the oven you can relax and forget about them until it's time to take them out.

While they are cooking you can prepare the vegetables or a quick salad at your leisure. There is no last minute fussing or panic, and the cook can sit down calmly without risking indigestion!

To speed things up, light the oven before you start putting the meal together; put it on high and then turn it to the required temperature once the food has gone in. It also saves time if you



warm the casserole or dish that you are going to use in the oven while it's coming up to temperature, especially if you are using thick pottery oven ware. The food will then start cooking straight away.

In some of the recipes we have used small tins in order to bake the mixture in individual portions which means that they take

less time to cook. This is an attractive way of presenting food - another advantage if you have friends round.

If it's more convenient you can often assemble the ingredients in advance and then simply sling it all in the oven just before you need it. Perhaps not so easy to achieve on working days, but it sometimes works well when you have more time to plan, but still don't want to be stuck in the kitchen all afternoon.

## **Mushrooms Stuffed With Wheat Flakes And Almonds**

Serves 4-6 Vegan

6 large field mushrooms, wiped clean  
14 oz tin of tomatoes  
4 oz / 125 g wheat flakes  
1 heaped tbl chutney  
2 tbl oil  
2 oz / 150g almonds, chopped or flaked  
2 tsp soya flour  
Salt and pepper, soya sauce and dried herbs to taste

Mix the wheat flakes, chutney and soya flour with 1/4 pint / 150 ml of the juice from the tomatoes and beat with a wooden spoon. Remove the mushroom stalks, chop them and add them to the wheat mixture. Leave it all to stand for 10 minutes. Puree the tomatoes and the remaining juice, bring to the boil and season with salt, pepper, soya sauce and any herbs of your choice.

Season the wheat mixture carefully, remembering the strong taste of the chutney and stir in the almonds. Brush both sides of

the mushrooms with oil and place them upside down in an oven proof dish. Pile the wheat flake mixture on the mushrooms and pour the tomato sauce around them. Bake for 15 minutes in a medium hot oven.

Serve with crunchy cabbage or lightly cooked carrots, and rice or other grains.

## **Cheese and Olive Tarts**

This is a delicious and unusual variation of a basic quiche mixture, baked in individual dishes which speeds up the cooking time considerably. It makes 8 large or 12 small tarts but you could make one large quiche if you prefer, allowing longer for it to cook.

For the pastry;

6oz / 150g wholemeal flour  
2oz / 50g fine oatmeal  
3oz / 75g vegetable fat  
salt

Rub the fat into the flour and stir in enough cold water to form a soft but not sticky dough. Chill.

For the filling;

8oz / 250g rennet free cheese, grated  
16 stuffed green olives  
2 free range egg yolks

milk or thin cream  
pepper and paprika

Cut the olives into 4 crosswise. Make the egg yolks up to 1/2 pint / 275ml with the milk or cream. Season with pepper and beat well with a fork.

Roll out the pastry, cut circles and line 8 Yorkshire pudding or 12 patty tins. Fill the pastry cases with a layer of cheese, then olives, then cheese and finally olives. Pour over the egg mixture and sprinkle with paprika.

Bake for 15-20 mins. in a medium hot oven.

Serve with a crispy green salad and baked or new potatoes.

# Upside Down Pie

Serves 4

This is a cross between a pizza and a pie. Putting the "filling" on top, as you do with a pizza, requires less time and patience than you need to make a proper pie.

For the base:-

4 oz / 125 g wholemeal flour

1 tsp baking powder

2 tbl margarine

2 tbl parsley or other fresh herbs or 1 tsp dried herbs

4 tbl milk

Mix the flour, baking powder and the chopped parsley or dried herbs together in a bowl. Melt the margarine and quickly stir it into the flour with the milk, forming a ball of dough with your hands. Knead briefly to ensure that the ingredients are evenly distributed and press or roll out onto a baking sheet, as thinly as possible. Layer the pastry base with any of the standard pizza toppings- tomatoes, fried onions and mushrooms, olives, green

pepper, courgettes, and sprinkle with fresh or dried herbs and grated cheese or finely chopped onion mixed with a little olive oil.

Bake in a hot, pre-heated oven for about 18 minutes, or until the pastry is done and the topping starting to brown.

Serve hot with salad or vegetables.

Another way to use pizza toppings is to layer them on wholemeal pitta bread and cook them under the grill. It's basically cheese on toast but more substantial. Both go well with a big salad to make a main meal.

## **Aduki Bean, Cheese and Apple Bake**

Serves 4

This is a fairly plain bean base with a crumble topping which is full of flavour. Vegans can substitute 2 tbl of Suma margarine for the cheese.

For the base:-

8 oz / 250g aduki beans  
1 onion, finely chopped or grated  
1 tsp Vecon (or another veg. stock)  
1/2 pint / 275ml boiling

For the topping:-

4 oz / 125g rennet free cheese, grated or 2 tbl margarine  
2 tbl maize meal  
3 tbl rolled oats  
1 tbl green peppercorn mustard  
1 tbl walnuts, grated  
2 sharp eating apples or 1 large cooking apple, grated

Put the beans on to cook in boiling water, preferably in a pressure cooker. Meanwhile grate the cheese, the apple and the walnuts and mix with the other crumble ingredients. If you don't want to use cheese, mix the maize meal and the oats together first and then fork in the margarine before adding the apples, nuts and mustard.

When the beans are cooked, drain them and mix them in the bottom of an oven proof dish with the hot water, the onion and the Vecon (or another veg. stock). Sprinkle the crumble mix on top of the beans and bake in a medium hot oven for 15 minutes.

Try it served with slivered carrots braised for about 15 minutes in a little margarine and honey and a dash of aniseed.

## **Couscous with Almonds, Raisins and Coconut**

Serves 4 Vegan

- 1 small onion, chopped
- 6 oz / 175 g couscous
- 2 tbl desiccated coconut
- 3 tbl raisins
- 1 tbl almonds, chopped
- 2 cloves garlic, crushed
- 1 tsp ground cumin
- 1 tbl lemon juice
- 1 pint / 570 ml boiling water
- 1 tbl oil

Stir fry the onion and the couscous in the oil until they start to brown. Add all the rest of the ingredients and turn everything into an oven proof dish which has preferably been pre-heated. Bake for about 15 minutes in a medium oven.

Serve with mushrooms, tomatoes and courgettes cooked as a side dish, or you can chop them and add them to the couscous to cook all together.

## Baked Pease Puddings

The delicate, slightly smoky flavour of dried peas really comes out in these puddings, but don't forget the watercress or parsley and the seasoning. Makes 6 small puddings or 1 large dish.

4 oz / 125 g dried split peas or marrowfat peas  
1 small onion, chopped  
1 tbl wholemeal flour, sieved  
1 tbl margarine 1/4 pint / 150 ml milk or water  
1 free range egg  
2 tbl chopped watercress or parsley  
salt and pepper to taste  
sesame seeds

Cook the peas with the onion until they are tender and all the water has been absorbed and put them through a sieve or puree in a blender. Make a white sauce with the margarine, flour and milk or water. A quick method is to put them all in a pan together and bring to the boil, stirring continuously with a whisk or a wooden spoon. Lower the heat and cook for 2 minutes.

Stir in the puree of peas and remove from the heat. Add the watercress or parsley and the well beaten egg yolk and season well with salt and pepper to compensate for the dilution with egg white. Whisk the egg white until stiff and gently fold into the mixture.

Oil 6 ramekins (or Yorkshire pudding tins) and just fill them, taking care not to spill any mixture on the rims as it will burn and make the puddings rise unevenly. Sprinkle the tops with sesame seeds and bake for 10 minutes in a medium hot oven, or 15-20 minutes if baked in one large dish. Turn out and serve hot.

These puddings are good served with carrot puree and sauté potatoes.

## **Bulgur Cheese Bake**

This is rather like a traditional cheese pudding, but the yoghurt and the mustard enhance the flavour of the cheese and the bulgur gives a soft, grainy texture.

- 4 oz / 125g bulgur wheat
- 4 oz / 125g rennet free cheese, grated
- 1/4 pint / 150ml yoghurt (small carton)
- 1/2 pint / 275ml milk
- 2 beaten eggs
- 1 tbl seed mustard
- 1 tsp dried oregano

Wash the bulgur wheat in a fine sieve under the tap, and put it into a saucepan with the milk. Bring to the boil, stirring. Take it off the heat and mix in the yoghurt, the mustard, half the grated cheese and finally the two beaten eggs. Transfer the mixture to a fairly shallow oven proof dish. Sprinkle the oregano and the rest of the cheese over the top and bake in a medium hot oven for 20-25 minutes or until set and brown on top.

Serve hot with a selection of steamed or stir fried vegetables (cauliflower or broccoli would be good) or cold with salad.

## Stews

We have given stews a very broad definition and included all top of the stove dishes which simmer in liquid.

What they all have in common is that they are nutritionally very sound as none of the vital elements for health released by cooking the vegetables are lost; they are kept in the gravy which is the very heart of a good stew.

Like BAKES they can also be partially or totally assembled well in advance, and, once simmering on the stove, need little more attention before they are in the tummies of the hungry eaters.

The word "Stews" is written in a large, green, Gothic-style font with decorative flourishes. The letters are set against a light grey rectangular background.

Try making double quantities and keeping some for another occasion - this works

particularly well with spiced dishes which actually improve with keeping.

## White Winter Stew

Serves 4 Vegan

4 oz / 125g butter beans, soaked

2 oz / 50g pot barley, soaked

1 onion

2 parsnips

2 leeks

2 potatoes

4 sticks celery

2 tsp cumin seeds

2 tsp Vecon

dash of white wine

water

Chop the vegetables and fry them gently in a little oil in a pan with the lid on for a few minutes. This will release their full flavour.

Add the barley and the butter beans then cover with water.

Splash the wine in and stir in the Vecon and pressure cook for 15 minutes.

Serve with herb bread.

## Spanish Barley

Serves 4 Vegan

6 oz / 175g pot barley

1 onion, chopped

4 stalks celery

1 green pepper

6 tomatoes

1/2 tsp oregano

1/2 tsp basil

salt, pepper and soya sauce to taste

Cook the barley for 10 minutes in a pressure cooker.

Meanwhile chop the vegetables and stir fry with the herbs until soft. Mix the vegetables and the par-boiled barley and add a little water. Simmer gently until all the water has been absorbed. Season to taste and serve hot with spring cabbage or a green salad.

## **Buckwheat Curry**

Serves 4

4 oz / 125g buckwheat  
1 onion, chopped  
1 clove of garlic  
2-3 tsp curry powder or paste  
1 medium potato, cubed (or other root vegetable)  
4 oz / 125g garden peas  
1 tbl oil  
1 tsp tomato paste  
2 hard boiled eggs (optional)  
2 tbl yoghurt (optional)  
water

Fry the onion and the garlic in the oil for a few minutes and add the curry powder or paste and the tomato paste. Stir and fry for another minute. Add the buckwheat and stir so that the grains are coated with the spicy mixture and fry for another 2-3 minutes. Add the potato and a generous pint/570 ml of water and bring to the boil. Bury the eggs if you are using them in the

sauce, cover the pan and simmer gently for 20-30 minutes. Stir occasionally and add more water if it becomes too dry. Approximately 5-15 minutes before the end of cooking, add the peas, depending on their age and tenderness.

Serve as part of a curry meal or with poppadoms and salad and/or chutney.

# Dhal

Serves 4 Vegan

- 8 oz / 250g red lentils
- 3 tbl desiccated coconut
- 1 onion, chopped
- 1 tsp turmeric
- 1 tsp garam masala
- 1 clove of garlic
- salt to taste
- 3 tbl oil
- 1/2 tsp chilli powder (optional)

Fry the spices, the garlic and the chopped onion in the oil until soft. Add the lentils, which have been soaked for a while if possible and 1 1/2 cups water. Bring to the boil and simmer gently until the lentils are soft and mushy. Add more water if they become too dry. Cool slightly and add the coconut and salt to taste.

## **Variations;**

This dish is incredibly versatile - you can serve it hot with rice or chappattis or dilute it to serve as soup. If you leave it to get cold it will become much more solid so that you can serve it as a pate with salad or use it as a sandwich filler. It also makes a good pie or flan filling; make double quantities and use the second half to fill an Aubergine Pie.

Layer lightly fried slices of aubergine in the bottom of an oven proof dish, fill with dhal and make the lid with more aubergine slices. Bake for 20 minutes in a hot oven.

## **Butter Beans with Celery, Walnuts and Tahini**

Serves 4 Vegan

6 oz / 175g butter beans, soaked

1 small onion, chopped

2 cloves garlic

3 large sticks celery, sliced

1 1/2oz / 40g broken walnuts

1 dsp wholemeal flour

3 tbl white wine (optional)

3/4 pint / 425ml Vegetable stock or water

1 tsp mixed dried herbs

1 tbl tahini

1 tbl olive oil

salt and pepper

Fry the onion, crushed garlic and walnuts in oil for 3-4 minutes. Add the celery and cook for a further 3 minutes. Meanwhile pop the butter beans out of their skins with your fingers and rinse them - this is quite easy to do and allows them to cook in a fraction of the time they normally take! Sprinkle the flour into the pan, stir and cook for 1 minute. Add the wine if used and

allow to bubble. Add the stock or water, the beans, the dried herbs and the seasoning and bring to the boil, stirring. Cover and simmer for 15-20 minutes until the beans are tender but not soft- the celery should still be crisp. Remove from the heat, stir in the tahini and serve with rice or baked potatoes.

## **African Peanut Stew**

Serves 4 Vegan

1 green or red pepper, chopped  
1 onion or leek, chopped  
4 oz / 125g peanuts, shelled and coarsely ground  
6 skinned tomatoes, chopped or 3 tbl tomato paste  
2 tsp turmeric  
3 tsp cumin seeds  
2 tbl oil  
3 cups water  
salt to taste

Fry the pepper and the onion or leek in the oil for a few minutes. Add the peanuts and the chopped tomatoes or tomato paste and fry for a little longer. Add the spices, salt and water and simmer gently for as long as possible. This definitely improves with longer cooking but is perfectly edible after half an hour.

Serve with brown rice.

## **Tofu and Chestnut Stroganoff**

Serves 4

- 1 packet of firm tofu
- 4 oz / 125g dried chestnuts, soaked
- 1 onion, chopped
- 4 oz / 125g mushrooms, sliced
- 1 green pepper, chopped
- 4 tbl yoghurt made up to 1/2 pint /275 ml with milk
- 3 tbl sherry
- 2 tbl wholemeal flour
- 2 tbl margarine

Put the chestnuts on to boil. Meanwhile fry the onions in the margarine for a few minutes and add the flour. Cook, stirring all the time, for a few more minutes and then add the rest of the ingredients, except the tofu and the chestnuts. Simmer for a while until the sauce is cooked and then add the cooked, drained chestnuts and the cubed tofu. Simmer until heated through and serve with noodles.

## ***Stir Fries***

Stir frying, which comes to us from oriental cooking, is simply a technique exactly as the name suggests; stir and fry at the same time. You can do it in a deep sided saucepan or a large frying pan but a wok makes it easier. It's probably only worth buying a wok if you are a very keen cook.

Stir frying works best for vegetables in a scantily oiled pan which is very hot. Add the items that will take the longest to cook first and continue adding vegetables in that order stirring all the time. The heat of the pan releases the water in the food so that a steaming process occurs. It is an ideal method for speed certainly, but it also retains most vitamins and the firm quality of the vegetables is very welcome.



The final addition is usually a carefully prepared sauce thrown in only moments before the dish is borne to the table.

# Dry Fried Beans with Fennel

Serves 4 Vegan

- 8 oz / 250g haricot, flageolet or black eye beans
- 1 tbl fennel seeds
- 1 inch piece stem ginger, crushed
- 2 cloves of garlic
- 1 tsp turmeric
- 1 oz water
- 2 tbl oil

Cook the beans and drain them. Make a paste with the garlic, ginger, turmeric and water. Fry the fennel seeds in the oil until the aroma of the seeds is released. Add the drained, cooked beans and the paste. Fry, stirring all the time, until the beans start to go crispy.

Serve with rice and steamed vegetables or a chicory and orange salad with a honey dressing.

## **Special Fried Rice**

Serves 4 Vegan

6 oz /175g long grain brown rice  
1 onion, chopped  
2 cloves of garlic  
2 tbl raisins  
assortment of vegetables

Boil the rice until it is nearly cooked and add it to the frying pan with the other ingredients. Stir fry for 10-15 minutes and serve.

## **Tofu in Peanut Sauce**

Serves 4 Vegan

This light sauce is added at the last minute just before serving.

- 1 packet of firm tofu
- 2 handfuls of mixed vegetables suitable for stir frying or steaming
- 1 tbl smooth peanut butter
- 1 tbl soya sauce
- 1 tbl sherry
- 1 tsp grated stem ginger or orange peel
- hot water

Cube the tofu and deep fry it. Meanwhile mix the peanut butter, soya sauce, sherry and ginger or orange peel together with enough hot water to make a sauce. Serve the tofu and the sauce with stir fried or steamed vegetables and rice or other grains.

## **Tofu in Sweet and Sour Sauce**

Serves 4 Vegan

- 1 packet of tofu
- 1 small tin of pineapple chunks
- 2 1/2 tsp honey (muscovado sugar for vegans)
- 3 tbl cider or wine vinegar
- 1 tbl arrowroot
- 3 tbl miso
- 2 tbl tomato ketchup
- 1/2 tsp grated stem ginger
- 1 small onion, sliced
- 1 clove of garlic
- 2 tomatoes, diced
- 1 small green pepper, sliced
- 6 tbl water
- 2 tbl oil
- 1 tsp sesame oil
- sesame seeds

Mix the pineapple, honey, vinegar, arrowroot, water, miso, ketchup and ginger together to make the sauce and set aside.

Cube the tofu and set aside, or deep fry it if you prefer a chewier texture. Stir fry the onion and the garlic briefly, add the tomatoes and the pepper and cook a little longer. Then add the sauce and stir until it thickens. Add the tofu and 1 teaspoonful sesame oil and serve with rice or other grains, garnished with sesame seeds.

## ***Pasta and Noodles***

Pasta is an extremely versatile and quick food and surprisingly the wholemeal version takes even less time to cook than the refined sort. There are basically two kinds; Italian, which is made from whole durum wheat and Japanese, often made from buckwheat. Both sorts, although interchangeable, do complement well the two contrasting styles of cooking.

To cook pasta and noodles just add them to plenty of boiling water, with a teaspoonful of oil to keep down the frothing and help stop the pieces from sticking together. Use the cooking times on the packet as a rough guideline.

After a few minutes take a piece out and bite it to see if it is cooked through. To avoid overcooked soggy pasta, it's probably best to drain it when there is still a minute piece in the centre which is still part cooked - but it's up to you to decide how you like it. Remember that the size and density of the shape will affect the cooking time. Buckwheat spaghetti cooks particularly quickly.

For everyday purposes Italian pasta doesn't actually need the rather elaborate sauces recommended in most cookery books. Try it absolutely plain dressed with good quality olive oil, or add a handful of wholemeal breadcrumbs and plenty of crushed garlic lightly fried together in olive oil. It's also delicious with cottage cheese or grated cheese stirred into it, or beaten eggs stirred in and scrambled over the heat for a few seconds.

The one possible drawback of serving pasta is that it must be served hot straight from the pan, to be at its best. This means that the recipients of your delicious meal must be sitting at the table, waiting. If they don't behave themselves and you have to keep it hot, the best way is to drain it, stir in a little oil or butter and suspend it in a sieve or colander over a pan of boiling water. If you want to eat it cold in a salad, drain it and spread it out on a dish or plate to cool so that it doesn't continue to cook in its own heat. Add the dressing while the pasta is still quite warm.

Try stir frying one or two very fresh vegetables in olive oil, such as courgettes, mushrooms or leeks, and then adding them to cooked pasta shapes with or without chopped fresh herbs. To make a wetter dish add cream or yoghurt just before serving.

Any of these simple variations only need the addition of a salad to make a balanced meal. An added bonus is that children usually like pasta- the shapes are interesting and the texture is smoother than whole grains. Also it's easy to eat with your fingers!

## **Spinach, Tomato and Cottage Cheese Lasagne**

Serves 4

No Pre-Cook Lasagne

1 lb / 1/2 kilo spinach

large carton cottage cheese

1 lb / 1/2 kilo tomatoes, chopped

1 large onion, chopped

1 tbl tomato paste

2 tbl olive oil

2 cloves garlic, crushed

4 oz / 125g rennet free cheese, grated

salt and pepper to taste

grated nutmeg

Fry the onion in 1 tbl of the olive oil until transparent and then add the chopped tomatoes and the tomato paste and cook gently, adding a little water if necessary to make a sauce consistency. While this is cooking wash the spinach, tear it into pieces and cook it in the rest of the olive oil with the crushed garlic until the leaves have collapsed, stirring frequently to avoid sticking.

Add the cottage cheese and mix well with the spinach, adding salt and pepper and some grated nutmeg. Place half of this mixture in the bottom of a shallow, greased oven proof dish, add 1 layer of lasagne, then half the tomato sauce, then lasagne, then spinach, then lasagne, then tomatoes and finally top with the grated cheese. Bake for 35 minutes in a medium hot oven, and serve with a crunchy salad such as celery and beansprouts.

## **Lentil and Vegetable Pasta**

Serves 4 Vegan

1 large onion, chopped

1 lb / 1/2 kilo tomatoes, chopped

4 oz / 125g red lentils

4 oz / 125g mushrooms

2 courgettes, chopped

1 tbl tomato paste

2 tbl olive oil

a pinch of dried basil, thyme or oregano

Fry the onion in the olive oil until it becomes transparent and then add all the vegetables, the washed lentils, the tomato paste

and enough water to cover. Simmer gently until the lentils are cooked and mushy, season with salt and pepper to taste and serve with the pasta of your choice.

## **Thunder and Lightning**

Serves 4 Vegan

This is a simple Italian peasant dish with a pleasing contrast of textures- the soft pasta complements the crunchiness of the chick peas. We have included red peppers and black olives for extra colour but it is just as good plain.

6 oz / 175g chick peas

6 oz/ 175g pasta shapes

1 small red pepper, chopped

black olives (number according to taste)

olive oil

Cook the chick peas, preferably in a pressure cooker for speed and the pasta shapes and mix everything together with olive oil. This can be eaten hot or cold.

## **Tahini Sauce for Buckwheat Spaghetti**

Serves 2-4 Vegan

1 tbl olive oil

1 tbl tahini

juice of 1/2 a lemon

2 cloves of garlic

1/2 pint / 275ml boiling water

Crush the cloves of garlic and gently fry them in the olive oil for a few seconds then add the other ingredients and mix well until they are amalgamated into a light sauce. Pour over hot spaghetti or noodles and eat immediately. Try it served with steamed or braised fennel.

## **Mushroom Sauce for Buckwheat Spaghetti**

Serves 4

1 lb / 1/2 kilo mushrooms  
2 tbl oil  
1 tbl miso  
2 tsp honey  
2 tsp soya sauce  
1/2 tsp grated ginger  
pumpkin or sesame seeds

Quarter the mushrooms and fry them in the oil. Stir in the miso, honey, soya sauce and ginger and mix well. Serve with hot spaghetti and sprinkle on the seeds.

## **Curried Nut Sauce for Buckwheat Spaghetti**

Serves 2-4 Vegan

4 oz / 125g pistachio nuts or 3 oz / 175g almonds

2 tomatoes, finely chopped

1 heaped tsp curry powder

1 tbl light oil

1/2 pint / 275ml coconut milk or

4 oz / 125g desiccated coconut and 1/2 pint / 275ml

water

Fry the tomatoes and the curry powder in the oil until the tomatoes soften and add the coconut milk. While this is coming to the boil, grind the nuts and add them to the mixture. Serve immediately with hot spaghetti.

## **Peanut Sauce for Japanese Noodles**

Serves 4 Vegan

- 1 tbl minced fresh ginger
- 1 tsp minced fresh garlic
- 1 tbl minced spring onions
- 2 tbl smooth peanut butter
- 2 tbl soya sauce
- 4 tbl wine vinegar
- 1 tbl sesame oil
- 2 tbl light salad oil
- 1 tbl medium sherry
- 1 tsp strong English mustard

Mix all the ingredients together and serve as a dressing poured over hot noodles. Eat hot or cold. This sauce has quite a kick and will cover a lot of noodles! Any sauce left over will keep in the fridge for a few days.

## ***Burgers***

Burgers, rissoles, cakes, croquettes etc. can be any savoury mix at all, provided that it holds together in a solid shape which can be fried.

You can also try grilling them or baking them in the oven if you brush them with oil - those with cheese in them work especially well this way.

A special burger press is useful for forming the traditional burger shape as it saves messy hands, especially if you are making a lot.

This recognisable shape is popular with the young, especially when served in a bun with a fruity brown sauce, and it makes a good stepping stone for those unfamiliar with the wholefood diet.

It's obviously quicker to make these dishes from cold pre-cooked beans and grains they also make an excellent vehicle for disguising and using leftovers. For this reason we have given some of the measurements in cups for speed, assuming that you

will be using beans or grains from a ready cooked batch. If you have to start cooking them from scratch spread the hot beans or grains out on a board so that they cool down quickly.

Usually we use an free range egg to help bind the mixture together but for people who need an egg-free diet, and for vegans, there are other suggestions in the recipes. Frying at a high temperature will also help to hold the mixture together.

## **Lentil and Rice Burgers or Puffs**

Serves 4-6

2 tbl long grain brown rice  
8 oz / 250gm red lentils  
2 spring onions with green tops, finely chopped  
4 oz / 125gm rennet free cheese, grated  
strong English mustard to taste  
salt and pepper

Clean the rice by bringing it to the boil in a little water and draining and rinsing it. Then cook it together with the lentils in enough vegetable stock or water to cover until the rice is just done, by which time the lentils will be mushy. Mix all the ingredients together and spread thinly on a board to cool.

Batter (optional)

1/4 pint / 50 ml water  
4 oz / 125gm wholemeal flour  
1 tbl oil  
salt and pepper

1 free range egg white, beaten stiff

Mix the batter until smooth and fold in the beaten egg white.

When the lentil mixture is cool, form walnut sized pieces into little cakes and dip them into the batter. Deep fry them in hot oil until golden brown, turning once, for about 1 minute. Drain and serve hot with Tartare Sauce and a crunchy salad such as white cabbage and sweet pepper.

Alternatively for a quicker but less substantial result you can coat the little cakes in seasoned wholemeal flour instead of batter and shallow fry them. They will no longer be "puffs" but they will be very good!

## **Cheese Burgers**

Serves 4

2 cups cooked brown rice  
1 1/2 oz 140g rennet free cheese, grated  
Wholemeal breadcrumbs  
1 free range egg  
1 tsp strong English mustard  
pepper to taste

Mix all the ingredients, adding enough breadcrumbs to make the mixture hold together. Shape into flat rounds and coat with wholemeal flour. Shallow fry in oil until brown.

Try them with baked or grilled tomatoes topped with herbs, butter and a little honey, and salad and wholemeal bread.

## Millet Balls

Serves 4 Vegan

1 cup cooked millet  
1 cup cooked brown rice  
1 onion, finely chopped  
lots of crushed garlic  
salt and pepper to taste  
oil for deep frying

Mix all the ingredients together and then work the mixture hard by squeezing it with your hands until it is wet and sticky enough to retain the impression of your fist when you close it. Don't be afraid to use your hands, you'll never do it with a spoon, and you might even enjoy it! Shape into balls roughly the size of a walnut, drop them into hot oil and deep fry until golden brown.

Drain and serve with Chilli sauce and cooked vegetables or try them cold as a picnic food.

## Barbecue Tofu

Vegan

This goes down well with children. Well, it did with ours!

- 1 packet firm tofu
- 1 onion, sliced
- 2 cloves of garlic
- 2 tsp honey (muscovado sugar for vegans)
- 4 tbl sesame oil
- 2 tbl cider vinegar
- 2 tsp miso
- 2 tbl tomato paste

Mix all the ingredients together and spread on both sides of thin slices of firm tofu. Barbecue or grill them and serve in a wholemeal burger bun with salad, or with baked potatoes and salad. Enough for 6 slices.

You can also use this sauce for coating cubes of firm tofu and vegetables which you can then grill on kebab sticks.

## Curried Croquettes

Serves 4 Vegan

2 cups cooked beans of your choice  
1 onion, chopped  
1 tbl curry powder  
juice of half a lemon  
salt and pepper to taste  
water to bind

Mash the beans with a fork and mix in the other ingredients, adding water if necessary to make the mixture workable. Shape into sausages with your hands and coat in desiccated coconut. Shallow fry in oil until brown.

Serve with salad, or rice, vegetables and yoghurt mixed with fresh chopped mint and/or chopped chillies.

## **Fricadella**

Serves 4 Vegan

This recipe is good for using up a small quantity of left over beans.

2 heaped tbl grated walnuts  
4 tbl cooked beans, any sort will do  
2 onions, very finely chopped  
2 tbl rolled oats  
1 tbl margarine  
1 heaped tsp miso  
a pinch each of dried sage and thyme  
pepper to taste

Fry the onions on a high heat until they are brown and starting to crisp and then mix in the rest of the ingredients and mash together. Form into cakes and shallow fry.

Try them served with sweet and sour soup thickened to a sauce consistency.

## **Tofu and Lentil Cakes**

Serves 4

These cakes are very high in protein and have a pleasant savoury taste and texture.

1 cup cooked lentils, any sort will do  
1 packet of firm tofu  
1 free range egg (optional)  
4 oz / 125gm (also 1 cup) wholemeal breadcrumbs  
1 onion, finely chopped  
2 tsp garam masala or 1 tbl miso  
salt and pepper to taste

Mash the tofu and then mix together with all the other ingredients. Form into cakes and fry them gently in a little oil.

Try them served in a wholemeal burger bun with salad or with a vegetable casserole such as ratatouille.

## Cashew Burgers

Serves 4

These nut burgers are very quick and easy and open to variations with different herbs and spices. The softness of the cashew nuts gives them a pleasing texture and makes them easy to eat.

4 oz / 125gm cashews, chopped

3 oz / 75gm rolled oats

1 onion, finely chopped

1 free range egg

1 tsp ground cumin

salt and pepper to taste

Mix all the ingredients together, if necessary adding a little water to bind them, and shape into flat rounds. Shallow fry in a little oil.

Serve with chutney or fruity brown sauce and salad, or with a vegetable casserole, or with a spinach pure made with yoghurt and nutmeg.

## ***Salad and Dressings***

A good salad is simply a combination of complementary foods rather than a dish that needs cooking according to a recipe in the conventional sense. Often a salad is no more or less than what happens to be at hand or what is in season, and that is exactly as it should be.

So here are some suggestions of food combinations which can be used as guidelines, open to variations according to individual preference. They concentrate on ways to incorporate dried wholefoods into salads, which are especially useful because of their all year round availability. This means that salad lovers always have a host of ingredients to hand whatever the season.

## **Bulgur Salad**

6 oz / 175 gm bulgur wheat  
2 bananas  
2 tbl desiccated coconut  
3 tbl raisins  
1 tsp garam masala  
small carton of yoghurt  
juice of 1 lemon

Pour boiling water over the bulgur wheat and allow to soak for 20 minutes. Drain and squeeze dry and allow to cool. Chop the bananas and add them together with the rest of the ingredients to the bulgur wheat.

For a simpler version of this salad substitute 2 chopped tomatoes and some basil for the coconut, raisins, garam masala and yoghurt.

## **Coleslaw**

1/2 small white cabbage  
1 large or 2 small eating apples  
several spring onions  
12 black olives  
2 tbl mayonnaise  
1 tbl honey

Shred the cabbage, slice the apple thinly and chop the spring onion. Mix all the ingredients together and dress with the mayonnaise and honey blended together.

## **Carrot and Raisin Salad**

4 large carrots  
4 oz / 125 gm black afghan raisins  
3 tbl desiccated coconut  
lemon juice

Grate the carrots and mix all the ingredients together, adding lemon juice to taste.

## **Sprouted Grain Salad**

sprouted whole green or brown lentils  
best quality nuts of your choice, chopped  
sprouted wheat grain  
sprouted rye grain  
yoghurt or vinaigrette

Combine all ingredients.

## **Waldorf Salad**

- 4 stalks celery, chopped
- 4 eating apples, chopped
- 4 oz / 125g walnuts
- 4 oz / 125g dates

Mix all together and dress with mayonnaise.

## **Tofu Salad**

- 1 packet of firm tofu
- 2 carrots
- 1 spring onion including the green tops, chopped
- 2 large gherkins, chopped
- handful of fresh parsley
- 2 tbl fruity brown sauce

Grate the carrots and crumble the tofu. Combine with the other ingredients. Toss gently with the brown sauce so that the salad ingredients are lightly and evenly coated.

## **Potato Salad**

6 cooked potatoes  
3 sticks celery, chopped  
1 egg, hard-boiled and chopped  
several black olives, halved  
2 spring onions chopped  
a handful of watercress, chopped  
cider vinegar

Cut the potatoes into cubes. Add all the other ingredients and dress with mayonnaise and a dash of cider vinegar.

## **Courgette Salad**

4 courgettes  
2 tomatoes  
1 tbl mayonnaise  
dash of lemon juice  
1 tbl sour cream  
1 tsp green peppercorn mustard

Grate the courgettes, chop the tomatoes. Dress with the mayonnaise, sour cream, mustard and lemon juice blended together.

## **Nori Rolls**

10 toasted Nori sheets

For the stuffing;

2 small avocados thinly sliced

2 spring onions, chopped

2 handfuls sprouted beans or grains

1 large carrot grated

lemon juice

garlic to taste

Mix the stuffing ingredients together and divide into 10 equal portions. Spread each portion across the middle of a Nori sheet and roll up to form a sausage shape. Cut each one into bite-sized pieces.

## **Mixed Bean Salad**

1 cup blackeye beans  
1 cup red kidney beans  
1 cup cooked mung beans  
1 spring onion  
2 cloves garlic  
3 tbl cold pressed olive oil  
1 tsp red wine vinegar  
salt to taste

Chop the onion, crush the garlic and mix them into the oil and vinegar. Pour the dressing over the beans and gently stir everything together. Season to taste. This is best made while the beans are still slightly warm and then allowed to stand for a while, so the beans can soak up the dressing.

## **Stuffed Tomato Salad**

2 cups cooked chick peas  
1 pimento, chopped (optional)  
1 spring onion, chopped  
1 green pepper, chopped  
6 stuffed green olives, chopped  
1 small cucumber, chopped  
the innards of 8 hollowed tomatoes  
mayonnaise

Mix all the ingredients together with mayonnaise and stuff the shells of the tomatoes.

## SALAD DRESSINGS

A good dressing can make all the difference to the taste and effect of a salad whatever vegetables, cooked or fresh, are used.

All the suggestions below are based on the Basic Dressing as follows;

### Basic Dressing

3/4 pint / 425 ml cold pressed oil of your choice (or combination of oils)

1/4 pint / 150 ml cider vinegar

Mix together. You can vary the balance of oil and vinegar to suit your taste- some cooks swear that a 1-1 ratio is best, others pucker their lips and fight for 6 oil - 1 vinegar!

3 parts of oil to 1 of vinegar seems to be about average. This makes 1 pint / 575 ml of dressing which will keep in the fridge, or a cool dark place almost indefinitely. It is then very easy to use the amount needed to make the following recipes;

1. 2 tbl Basic Dressing

the juice and peel of one orange

*Serve with green salads*

.

2. 2 tbl Basic Dressing

1 tsp crushed fennel seeds

1/2 tsp turmeric

*Serve with cooked beans and pulses.*

3. 2 tbl Basic Dressing

1 tsp honey

2 dried figs, skinned and mashed

*Serve with grated carrot and raisin salad, Waldorf salads and nut salads.*

4. 2 tbl Basic Dressing

1 tbl mayonnaise

1 tsp miso

*This dressing is good on grated parsnips. Sounds strange but is truly amazing.*

5. 2 tbl Basic Dressing

crushed garlic to taste

1 heaped tsp poppy seeds

*Serve with green salad and croutons of fried bread.*

6. 2 tbl Basic Dressing

1 tbl miso

2 tbl crumbled sweet Kombu seaweed

*This is a salty Japanese dressing which goes well with cooked whole grains served cold. The seaweed is broken up into little pieces and looks like dried herbs.*



The following dressings are more substantial and thicker in consistency. They are good to serve as dips with finger-sized pieces of raw vegetables.

1. 2 tbl Basic Dressing

- 1 tbl peanut butter, smooth or crunchy
- 1 tbl sherry
- 1 1/2 tsp ground coriander
- 1 tbl toasted flaked almonds
- soya sauce to taste

2. 4 tbl Basic Dressing

- 2 tbl mayonnaise
- 1 tsp tomato paste
- 2 small gherkins, finely chopped
- 1 hard-boiled egg, chopped
- 1 tomato, chopped

3. 4 tbl Basic Dressing

- 2 oz / 50 gm grated rennet free cheese, soft or hard

## ***Pancakes and Fritters***

### **Basic Pancakes**

Basic pancakes are incredibly versatile; they can be stuffed or spread with just about any savoury or sweet mixture, and served individually straight from the pan or rolled up and baked together in a dish, topped with a sauce or grated cheese. They can easily be made in advance and re-heated and they will keep in a fridge for several days. They also freeze well.



Here is the standard recipe for pancake batter using wholewheat flour, buckwheat and barley flours make good ingredients for pancakes too. Try them first as part substitutes

for the wheat flour until you get used to the different consistency and flavour.

4 oz / 125g wholemeal flour

1 or 2 eggs (see recipe)

1/4 pint / 150 ml milk, water or mixture of both

Sift the flour into a bowl and make a well in the middle. Break 1 or 2 eggs into the well, one egg will make a more dense pancake, two will make it lighter. Mix the egg vigorously in the well and gradually incorporate some of the flour. Then start to add the liquid a little at a time while continuing to work in the flour and beat until a smooth batter is achieved. Cook the pancakes in a heavy frying pan, turning once. There is no need to toss them! This mixture will make enough pancakes to be stuffed for 4 people.

### **Variations;**

For a quick, simple and delicious pancake with a difference try incorporating chopped or grated vegetables, herbs or nuts into the batter. For more substantial stuffed pancakes there is really no end to the possibilities, but remember to keep the stuffing light and tasty and avoid bland stodginess. Here are a few suggestions:-

- 4 oz / 125g button mushrooms, lightly fried and 1 crushed clove of garlic mixed with a small carton of cottage cheese.

- spiced tomato sauce mixed with some cooked red kidney beans. Cover the pancakes with a layer of grated cheese and brown in the oven.

- a puree of cooked dried fruit (try figs and apricots) for the stuffing topped with yoghurt or cream for a rich dessert

For a special occasion meal try layering the pancakes with several different complementary fillings to make an impressive 'cake' which is then baked and served in slices.

## **Carob Pancakes**

Serves 2-4

- 1 tbl carob flour
- 3 oz / 75g wholemeal flour
- 2 free range eggs
- 1/4 pint / 150 ml milk
- 1 tsp honey
- 1 tsp oil

Sieve the two flours together, making sure that you get rid of any lumps in the carob. Beat the eggs and mix them gradually into the flours. Then add the honey and the oil and lastly the milk. Cook exactly like an ordinary pancake and serve with yoghurt, cream or honey.

# Oat Pancakes

Vegan

These pancakes don't need the assistance of eggs and milk which makes them easy and cheap to make, and good for vegans. We haven't specified quantities as this is such a simple recipe- you can instantly make more if you need them.

rolled oats  
water  
salt to taste

Simply make a fairly runny batter with the rolled oats and water, and let it stand for a few minutes if you can. This is not crucial but as the oats swell up it makes it go further. Pour the batter into a heavy oiled frying pan and help it to spread out with the back of a spoon. Cook both sides, turning like a pancake. Serve with honey, jam, grated cheese, peanut butter, bean puree, tomato sauce- there are endless variations, sweet and savoury.

## **FRITTERS**

Fritters are also made with batter but they have solid ingredients, which means that they are not so runny. The end product is smaller and thicker. Because they are thicker they take longer to cook.

### **Spiced Kidney Bean Fritters**

Serves 2-4

These are a good way of using extra or leftover beans and they make a very substantial mouthful!

4 oz / 125g wholemeal flour

1 egg

1/4 pint / 150 ml water

1 onion, chopped

1 tsp cumin seeds

1 fresh green chilli, chopped or 1/2 tsp chilli powder

1 tsp turmeric

1 tbl soya sauce

1 cup red kidney beans (or other beans)

Sieve the flour and make a well in the centre. Break the egg into the well and gradually mix it into the flour. Add the water a little at a time to make a smooth batter. Add all the other ingredients, mix thoroughly and then gently stir in the cooked beans.

Drop generous spoonfuls of the batter into a hot oiled frying pan and cook carefully over a medium heat until the fritters are browned on both sides. Serve hot with yoghurt and chutney, or a tomato salad, or a salad of soft fruits dressed with basic salad dressing sweetened with a little honey.

## **Indonesian Peanut Fritters**

Serves 2-4 Vegan

6 oz / 175g brown rice flour  
1/2 pint / 275ml coconut milk or 1/2 pint / 275ml water  
and 2 tbl desiccated coconut  
2 tbl roasted peanuts, chopped  
1 small onion, chopped  
1 clove garlic

1 tsp ground coriander  
1 tsp ground cumin  
1 tsp turmeric salt to taste  
1/2 tsp chilli powder (optional)  
1 tbl soya sauce

Stir the spices into the rice flour and mix in the coconut milk, or water and desiccated coconut to make a batter. Stir in the onion, the crushed garlic and the peanuts. Alternatively mix all the ingredients, except the peanuts, in a blender. If the batter is too thick to be workable, add some extra water. Fry tablespoonfuls of the batter in hot oil. Serve hot with curry or stir fried vegetables or cold with yoghurt, chutney and tomato and green pepper salad.

Freshly roasted nuts and seeds are far more nutritious than bought ones and you can easily do them yourself. Simply spread the peanuts out on a baking sheet and bake in a medium oven until they are brown, or if you want them in a hurry, put them under the grill and shake the grill pan frequently to avoid burning them.

If you can't buy coconut milk you can make your own by simply pouring 1/2 pint / 275 ml boiling water over 4 oz / 125g desiccated coconut. Allow to go cold, strain off the excess

liquid and then get even more by squeezing the coconut dry with your hands. Coconut milk will keep for several days in the fridge and can be used as a drink, in shakes or in cooking, especially curries.

## **Pakorras**

Serves 2-4 Vegan

6 oz / 175g gram flour  
1 1/2 tsp baking powder  
1 onion, chopped  
dash of soya sauce  
1 tsp ground cumin  
1 tsp oregano  
1/2 tsp chilli tabasco (optional)  
1 tsp caraway seeds (optional)  
water

Beat all the ingredients together with enough cold water to make a very thick batter and drop small spoonfuls into deep hot oil and cook until brown. A little care is needed to ensure that

the pakoras are fully cooked through as the gram flour tastes bitter when raw.

Serve with yoghurt and chutney.

As an optional extra you could add finely chopped vegetables of your choice to the batter.

## Sauces

# Sauces

A good sauce can transform a plate of simple beans, grains or vegetables into something quite wonderful, creating a new mood and atmosphere each time. It won't take long to prepare but it should be made carefully, with attention paid to the consistency and the balance of flavourings and seasonings, as the sauce will usually be the flavoursome centre of the meal.



## **White Sauce**

3 tbl margarine

3 tbl wholemeal flour

1 pint / 575ml of milk - dairy or soya

Put all these ingredients together in a small heavy bottomed pan and heat gently, stirring vigorously all the time with a balloon whisk or wooden spoon. Bring to the boil and simmer for 3 or 4 minutes. This method makes a quick and successful basic white sauce to which you can add a variety of flavourings.

Mushroom Sauce: add 4 oz/125g chopped mushrooms, lightly fried in 1 tbl margarine.

Mustard Sauce: stir in 1 tbl green peppercorn mustard for a mild flavour or 1 tbl strong English mustard for a sharper flavour.

## Apple Sauce

Vegan

2 large or 4 small cooking apples  
lemon juice to taste  
water

Core the apples and skin them if you want to. Chop them coarsely and simmer gently in a little water until they are soft and mushy. The fresh tart flavour goes well with cooked beans in burgers, bakes and so on.

## Turmeric Sauce

A wonderfully colourful, mild sauce that goes well with hard boiled eggs, or cooked beans, and rice. Either alternative makes a quick and easy dish to serve with a curry meal for those who don't like hot spicy food, or a meal in its own right served with steamed green vegetables and grilled tomatoes.

2 spring onions with green tops, finely chopped

1 tbl oil

1 tbl wholemeal flour

1 tsp turmeric

1 large carton yoghurt or 1/4 pint / 425ml coconut milk (see Peanut Fritters recipe)

salt to taste

Lightly fry the spring onions, reserving the green tops to garnish the dish. Add the flour and the turmeric and cook for a few minutes and then stir in the yoghurt or the coconut milk and the lemon juice. Heat the sauce through gently and pour over the eggs. Garnish with the spring onion tops.

## Chilli Sauce

Vegan

- 1/2 onion, chopped
- 2 cloves of garlic
- 1 tbl miso
- 1/4 pint / 150 ml water
- 1/2 inch piece of stem ginger
- 1 tbl cider vinegar
- 2 tbl tomato paste
- 1/2 tsp chilli powder
- 2 tbl ground almonds
- 2 tbl raisins

Stir fry the onion and the crushed ginger and garlic until they start to soften. Add the other ingredients and mix in well. Simmer gently for a few minutes until the sauce thickens. Serve with stir fried tofu or cooked beans and vegetables and rice.

## Hot Peanut Butter Sauce

Vegan

1 small onion, chopped  
4 oz / 125g crunchy peanut butter  
2 tbl soya sauce  
2 tbl lemon juice  
1/2 tsp chilli powder  
salt and sugar to taste  
water

Stir fry the onion in oil until it starts to soften. Add the chilli powder and cook for a few seconds to bring out the flavour. Take the pan off the heat and stir in the other ingredients, adding enough water to make a sauce consistency. Return to the heat and cook stirring all the time until the sauce is thick and smooth. Season with a little muscovado sugar and salt to taste.

Serve with vegetables cut into fairly large sticks and stir fried or steamed or as a sauce for cooked beans.

## **Yoghurt Sauce**

1 large carton yoghurt  
2 tbl desiccated coconut  
2 cloves of garlic, crushed  
1 level tsp ground cumin  
1 level tsp ground coriander  
1 tbl Lemon juice  
1 tbl oil  
salt and pepper to taste

You can serve this sauce hot or cold. If you are serving it cold as a dressing for raw vegetables simply combine all the ingredients except the oil. If you want it hot, to serve with for instance black eye beans, cook the beans, drain them and fry them in the oil with the garlic and the spices for a few minutes. When the beans are thoroughly heated through, add the other ingredients and heat gently.

Serve with vegetables and rice or pitta bread.

## **Tomato Sauce, Plain and Spicy**

Vegan

3 tbl olive oil

1 large onion, chopped

large pinch dried basil or oregano

1 lb / 1/2 Kg ripe tomatoes and 1/4 pint / 150 ml of water  
or 1 large tin tomatoes, chopped

Fry the onion in the olive oil until it begins to soften and then add the tomatoes, the liquid and the herbs. Simmer gently until the onion and the tomatoes are merged into a sauce, adding more water if necessary.

For the spicy version, known as Mexican Salsa, omit the basil or oregano and add 1 heaped tsp ground coriander, 1 chopped chilli pepper with the seeds removed or a pinch of chilli powder, a bunch of chopped coriander leaves and a bunch of chopped spring onions.

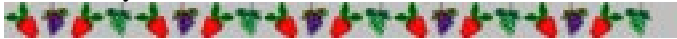
## **Tartare Sauce**

1 spring onion, chopped  
1 large or 4 small pickled gherkins, chopped  
1 hard boiled egg, chopped  
12 capers, squeezed  
4 tbl mayonnaise  
lemon juice to taste  
1/2 tsp honey

Mix all the ingredients together. This cold sauce is very good served as a dip or salad dressing, but it's also delicious served with deep fried food. See recipe for Lentil and Rice Puffs.

## ***Desserts***

On a day to day basis, there is nothing quicker or more nutritious for dessert than fresh fruit alone. Dried fruits too are delicious, easy and very good for you and there is a wide range available which includes dates, figs, raisins, apricots and many others. Serve them mixed with nuts and seeds but in small helpings, remember that they are all highly concentrated foods that are easy to overdo.



This section contains a few ideas for light desserts which are easy to prepare, enjoyable to eat and open to many variations.

## **Sweet Cashew Flan**

Serves 4

Great appeal for those with a sweet tooth!

For the base:-

2 oz /150 g maize meal  
1 tbl margarine

For the filling:-

6 tbl concentrated pear juice  
1 tbl honey  
1 free range egg  
4 oz / 125 g chopped or broken cashews

Fork the margarine into the maize meal until the mixture looks like breadcrumbs and press into the bottom of a 7 inch flan case.

Mix the filling ingredients together and pour over the base.  
Bake for 20-25 minutes in a medium-hot oven.

## **Creme Caramel vegan style**

Serves 2-4 Vegan

This should be made in advance and left to set.

3 level tbl gram flour  
2 tbl desiccated coconut  
1 tsp vanilla essence  
1 heaped tbl demerara sugar  
1 heaped tsp wholemeal flour  
1 tbl almonds -chopped, flaked or slivered  
3/4 pint / 425 ml water  
1 mashed banana

For the topping:-

1 tbl muscovado sugar  
1 tsp water or maple syrup

Make a paste with a little of the water and the gram flour and add it to the rest of the water. Bring to the boil in a pan and simmer for at least 5 minutes, stirring all the time. Before

removing from the heat, taste to check that the bitter flavour of uncooked gram flour is gone. Stir in all the other ingredients. Melt the sugar and the water or maple syrup together for the topping and pour into the bottom of a rinsed mould. Pour in the pudding mix and leave to set. To turn out stand the mould in hot water for a few seconds.

## **Pear and Tofu Pudding**

Serves 4 Vegan

2 packets silken tofu

8 tbl concentrated pear juice

toasted almonds

the rind from 1 orange or 4 oz / 125 gm Hunza apricots

Simply beat all the ingredients together and serve in little dishes with the toasted almonds sprinkled on the top.

## **Rice Custard**

Serves 2-4

This makes a super wholefood alternative to instant custard powder and can be made with soya milk for vegans.

1 pint / 570 ml milk  
2 tbl brown rice flour  
nutmeg (optional)  
honey (or other sweetener) to taste

Use a little of the milk to make a paste with the rice flour, then add to the rest of the milk and heat gently, stirring all the time. Simmer gently for 3 minutes until the bitter taste of the uncooked rice flour is gone. Add honey and nutmeg to taste.

## **Fruit Ring**

Serves 4 Vegan

This has to be prepared in advance but is simple to do and will then be ready to eat with no fuss.

fresh fruit of your choice

1/4 pint / 150 ml concentrated apple juice

3/4 pint / 425 ml water

3 tbl agar-agar

Put the fruit in a mould. Mix the water and the apple juice and heat to boiling stirring all the time. Remove from the heat and stir in the agar agar. Pour over the fruit and chill until set, which takes 6-8 hours.

## ***Baking***

Cakes, biscuits and breads, the traditional tea time foods, can be nutritionally sound, and make a satisfying and quick alternative to a cooked evening meal for those who have eaten well at lunch time. It's important though to make sure that you use unrefined flours and not too much fat and sugar. Make wholemeal bread the basis of a tea time meal (we should all eat more of it) and serve it thinly spread with margarine and some of the wide choice of wholefood sweet and savoury spreads which are now available.

One baking session a week should provide enough cakes, biscuits and breads for several meals and they will compare favourably for price and flavour with shop bought produce.

It's also possible and easy to bake quickly at short notice if you can overcome the psychological obstacle and persuade yourself that it really won't take longer than 30 minutes.

The recipes selected for this section are very quick and simple, so as well as being good stand-bys for busy people they are also ideal for the uninitiated baker, and for older children who only need minimal supervision.

## Griddle Oatcakes

Vegan

4 oz / 125g oatmeal  
4 oz / 125g soaked oat groats  
2 tbl soya oil  
pinch salt  
water to bind

Mix all the ingredients and knead until they start to hold together. Divide the dough into two and roll out thinly on a floured board into large circles. Cook on a griddle or in a dry heavy frying pan or a drying oven (very economical!), turning once, until the oatcakes are cooked through.

Serve as an alternative to bread with soups and stews or with spreads and pates.

## **Savoury Biscuits**

6 oz /175g self-raising wholemeal flour (or add 1 tsp baking powder to 6 oz /175g plain flour)

4 oz / 125g rennet free cheese, grated

1 tsp English mustard

1 tbl margarine

1 egg

1 heaped tbl peanut butter

milk

Cream the margarine and the peanut butter together. Add the mustard and the beaten egg, then the cheese and the flour. Add some milk if necessary to make a firm dough. Roll out to 1/4 inch thick and cut into fingers. Place on a baking sheet and sprinkle with grated cheese. Bake for 15 minutes in a medium hot oven.

## **Pear and Ginger Biscuits**

These biscuits are very quick and easy and the barley flour gives a good, short texture.

- 6 oz /175g barley flour
- 3 tbl concentrated pear juice
- 1 tsp ground ginger (optional)
- 2 tsp bicarbonate of soda
- 3 tbl margarine

Sift the dry ingredients together. Melt the margarine and stir the pear juice into it then quickly mix them both into the flour. This makes a very soft, warm dough. Divide into twenty pieces, roll them into balls and press them onto a baking sheet. Bake for 15-20 minutes in a medium oven.

## **Buckwheat Cakes**

4 oz / 125g buckwheat flour  
4 oz / 125g wholemeal flour  
3 tbl muscovado sugar or 2 tbl honey  
1 tsp salt  
2 tsp baking powder  
2 free range eggs  
2 tbl margarine  
scant 1/2 pint / 275 ml milk  
3 tbl currants  
grated rind of 1 lemon

Sift together the dry ingredients and in a separate bowl beat the eggs, the margarine and the milk together. Combine all the ingredients using as few strokes as possible, and add the currants and the lemon rind last. Half fill twelve small cake tins and bake for 10-12 minutes in a hot oven.

## **Carob Crunchies**

4 oz / 125g Suma muesli or cereal flakes

2oz / 60g butter

1 tbl carob flour, sieved

1 tbl muscovado sugar

Melt the butter and stir in the other ingredients. Mix them all together well and spoon into paper cases. When the crunchies have cooled slightly, press them together with your fingers to help them stick together. Chill or keep in a cool place until they set.

## **Carob Brownies**

3 tbl margarine  
4 tbl carob flour  
4 free range eggs  
3 oz / 90g sugar  
4 oz / 125g wholemeal flour  
1/4 tsp vanilla essence  
4 oz / 125g chopped nuts

Melt the margarine and add the sifted carob flour, mixing well. While this is cooling beat the eggs with a pinch of salt. Blend the sugar with the carob mix and add the eggs beating until light and creamy. Add the vanilla essence, the flour and the chopped nuts. Bake in a deep square cake tin in a medium oven for 30 minutes or until the knife comes out clean from the centre. Cool and cut into squares.

## **Yeasted Currant Buns**

12 oz / 350g wholemeal flour  
3 oz / 90g cooked grains (optional, but a great way to use leftovers)  
3 tbl dried fruit  
pinch of mixed spice  
1 heaped tsp fresh yeast  
1 heaped tsp sugar  
4 tbl milk mixed with generous 1/4 pint / 150 ml hot water

Cream together the yeast and sugar and add the milk and water mix. The temperature should be hotter than blood heat. Mix into the dry ingredients straight away, adding more hot water if necessary until the dough comes away clean from the bowl. Turn out and knead until pliable. Shape into 12 rolls and place on a pre-heated baking sheet. Leave to rise until they spring back when lightly touched, about 15 minutes. Bake in a hot oven with a pan of boiling water standing in the bottom.

In any yeast bread making the following hints will help to speed it up:

- have a slightly wetter mix than usual
- make the water just that bit hotter than blood heat and sprinkle a bit of flour on top of the fermenting mixture
- pre-heat the tins by oiling them and putting them in the oven when you turn it on
- only prove (leave to rise) once
- stand a dish of boiling water on the bottom of the oven so that the steam will help the cooking process.

## **Basic Cookies**

3 tbl margarine

4 heaped tbl muscovado sugar or 4 tbl concentrated apple juice or 3 tbl honey or 3 tbl maple syrup

2 free range eggs

4 oz / 125g rolled oats

4 oz / 125g wholemeal flour

4 oz / 125g toasted cereal flakes or muesli nuts, dried fruit, coconut (optional)

Cream together the margarine and the sweetener (adding more or less, if necessary, to taste), add the eggs one at a time and then the dry ingredients. Put the mixture in heaped teaspoonfuls onto a baking sheet and cook for 10-12 minutes in a medium oven. Alternatively for greater speed press the mixture into a shallow baking tray, cook for 10-15 minutes and mark out into bars while hot. Cool and break where marked.

## **Peanut Butter Cookies**

4 oz / 125g wholemeal flour  
2 tbl peanut butter  
1 tbl margarine  
2 tbl muscovado sugar  
2 tbl dried fruit  
1 free range egg  
1/2 tsp baking powder

Cream the margarine, peanut butter and sugar together and add the beaten egg. Gradually add the sifted dry ingredients and the fruit. Divide into twenty pieces, roll into balls and press onto a baking sheet. Bake for 15-20 minutes in a medium oven.

The sugar and/or the dried fruit in this recipe are optional.

The dried fruit will act as a sweetener by itself.

## **Three Flour Buns**

4 oz / 125g barley flour

4 oz / 125g soya flour

4 oz / 125g buckwheat flour

2 tsp baking powder

2 free range eggs

6 tbl concentrated pear juice

1/2 pint / 275 ml milk

handful of dried fruit

Beat the eggs, the pear juice and the milk together and add them to the sifted dry ingredients. Add the handful of dried fruit last. Turn into 12 small cake tins and bake in a medium oven for 20 minutes.

## **Cornbread**

3 oz / 75g wholemeal flour

3 oz / 75g maizemeal (cornmeal) 1/4 pint / 150 ml milk

1 egg

3 tbl light oil

3 tsp baking powder

2 tbl clear honey

pinch salt

Beat together the egg, the oil and the milk and add the rest of the ingredients to make a thick batter. Pour it into a hot greased tin and bake in a medium oven for 30 minutes.

Americans eat this hot and buttered but it can be eaten cold as a cake.

## **Fig and Orange Cake**

8 oz / 250g fine wholemeal flour

1 tsp baking powder

4 oz / 125g margarine

2 eggs

2 tbl honey

6 figs, soaked

1 heaped tbl orange spread

Cream the margarine and eggs together and add the honey, the orange spread and the figs chopped finely. Stir in the flour and the baking powder which have been sifted together. Turn the mixture into a 7 inch round cake tin and bake in a medium hot oven for 30 minutes, or until a knife comes out clean.

# Credits

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