



VeganPrisonersSupportGroup

YULETIDE VEGAN RECIPES 2011

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Nut Wellingtons

Ingredients	serves 4	serves 10
<i>pastry</i>		
vegan margarine	140g (5 oz)	355g (12½ oz)
plain flour	285g (10 oz)	710g (1 lb 9oz)
water	85ml (6 tbsp)	as required
<i>filling</i>		
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
onions, finely chopped	85g (3 oz)	210g (7½ oz)
garlic, crushed	1 clove	2-3 cloves
celery, finely chopped	1 large stick	2 medium sticks
mushrooms, finely sliced	55g (2 oz)	140g (5 oz)
sweet potato, diced	115g (4 oz)	285g (10 oz)
carrots, grated	55g (2 oz)	140g (5 oz)
walnuts, roughly chopped	115g (4 oz)	285g (10 oz)
dried parsley and thyme	5g (1 tsp)	12½g (2½ tsp)
tinned tomatoes, chopped	115g (4 oz)	285g (10 oz)
salt and black pepper	to taste	to taste

Preheat oven to 200°C/400°F/Gas 6.

Pastry: Rub margarine into the flour until it resembles fine breadcrumbs. Add sufficient water to bind. Chill.

Filling: Heat oil and fry the onions until soft. Add garlic and fry for 30 seconds. Add celery, mushrooms and sweet potato, and continue cooking until soft. Remove from heat and add the carrots, walnuts, herbs and tomatoes. Season and allow to cool.

Wellingtons: Roll out pastry and cut into 16x16cm (6½x6½”) pieces. Place filling in centre of each pastry square. Brush edges with water, then bring the corners of the pastry up and over the filling. Press to seal together. Place onto an oiled baking tray and bake in the oven for 20-25 minutes or until pastry is golden.

Option: Roll pastry into oblong(s), place filling down centre, wet edges and seal. Turn over and cut slits across every 2½ cm (1”). When cooked, cut into portions as required.

Note: Slightly less pastry is required for oblongs, or alternatively, it can be used to provide extra portions.

Spicy Bean and Lentil Loaf

<i>Ingredients</i>	<i>serves 12</i>	<i>serves 60</i>
vegetable oil	15ml (1 tbsp)	70ml (5 tbsp)
onion, finely chopped	115g (4 oz)	565g (1 lb 4 oz)
celery, finely chopped	2 sticks	10 sticks
mushrooms, thinly sliced	115g (4 oz)	565g (1 lb 4 oz)
garlic, crushed	2 cloves	10 cloves
ground cumin	5g (1 tsp)	25g (5 tsp)
ground coriander	5g (1 tsp)	25g (5 tsp)
chilli powder	2½g (½ tsp)	12½g (2½ tsp)
kidney beans, cooked, drained, mashed	225g (8 oz)	1.13 kg (2 lb 8 oz)
green lentils, cooked, drained	225g (8 oz)	1.13 kg (2 lb 8 oz)
carrot, grated	225g (8 oz)	1.13 kg (2 lb 8 oz)
ground almonds	115g (4 oz)	565g (1 lb 4 oz)
fresh wholemeal breadcrumbs	115g (4oz)	565g (1 lb 4 oz)
tinned tomatoes, chopped	170g (6 oz)	850g (1 lb 14 oz)
fresh mint, finely chopped (optional)	15g (1 tbsp)	70g (5 tbs)

Preheat oven to 180°C/350°F/Gas 4. Lightly oil loaf tin(s).

Heat oil and fry onion, celery and mushrooms until soft. Add garlic and spices and fry for a further minute. Add beans, lentils, carrots, almonds, breadcrumbs, tomatoes and mint. Season.

Turn into the tin(s) and bake for 1 hour or until top brown. Serve with tomato sauce.

Tomato Sauce

<i>Ingredients</i>	<i>serves 12</i>	<i>serves 60</i>
vegetable oil	15ml (1 tbsp)	70 ml (5 tbsp)
onion, finely chopped	115g (4 oz)	565g (1 lb 4 oz)
celery, finely chopped	2 sticks	10 sticks
garlic, crushed	2 cloves	10 cloves
tinned tomatoes, chopped	450g (1 lb)	2.26kg (5 lb)
dried marjoram	5g (1 tsp)	25g (5 tsp)
tomato purée	15ml (1 tbsp)	70ml (5 tbsp)
vegan vegetable stock	285ml (10 fl oz)	1.42L (50 fl oz)
salt and black pepper	to taste	to taste

Heat oil and fry the onion and celery until soft. Add garlic and fry for a further 30 seconds. Add rest of ingredients and simmer for approximately 15 minutes or until mixture forms a thick sauce. Season.

Walnut and Mushroom Loaf

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
onion, finely chopped	115g (4 oz)	285g (10 oz)
garlic, crushed	1 clove	2-3 cloves
celery, finely chopped	1 stick	2-3 sticks
green pepper, chopped	55g (2 oz)	140g (5 oz)
mushrooms, chopped	115g (4 oz)	285g (10 oz)
carrots, finely grated	115g (4 oz)	285g (10 oz)
fresh breadcrumbs (preferably wholemeal)	115g (4 oz)	285g (10 oz)
walnuts, chopped or ground	170g (6 oz)	425g (15 oz)
yeast extract	5g (1 tsp)	12½ g (2½ tsp)
hot water	30ml (2 tbsp)	70ml (5 tbsp)
coriander seeds, crushed	2½g (½ tsp)	6¼g (1¼ tsp)
mixed herbs	5g (1 tsp)	12½g (2½ tsp)
salt and black pepper	to taste	to taste

Preheat oven to 190°C/375°F/Gas 5.

Heat oil in a large pan and fry onion, garlic, celery, green pepper and mushrooms until soft. Remove from heat and add carrots, breadcrumbs and nuts. Dissolve yeast extract in hot water and stir in. Add coriander seeds and herbs. Season. Press the mixture into loaf tin(s) and bake for 45 minutes or until top golden brown.

Aubergine and Chickpea Ragout

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
vegetable oil	45ml (3 tbsp)	115ml (8 tbsp)
onion, finely chopped	225g (8 oz)	565g (1 lb 4 oz)
garlic, crushed	2 cloves	5 cloves
ground cumin	2½g (½ tsp)	6¼g (1¼ tsp)
ground coriander, coriander seeds	2½g (½ tsp) each	6¼g (1¼ tsp)
ground cinnamon	2½g (½ tsp)	6¼g (1¼ tsp)
aubergine, cut into 1.25cm (½") chunks	2 medium	5 medium
chickpeas, cooked, drained	400g (14 oz)	1 kg (2 lb 3 oz)
tinned tomatoes, chopped	400g (14 oz)	1 kg (2 lb 3 oz)
salt and black pepper	to taste	to taste

Heat oil in a large pan and fry onions until soft. Add garlic and spices and fry for a few seconds. Stir in the aubergine and coat with spices and cook until soft. Add chickpeas and tomatoes, cover and simmer until tomatoes reduced. Season.

Chickpea and Butternut Squash Pasties

<i>Ingredients</i>	<i>makes 4 10x18cm (4x7") pasties</i>	<i>makes 10 10x18cm (4x7") pasties</i>
<i>pastry</i>		
vegan margarine	140g (5 oz)	355g (12½ oz)
flour	285g (10 oz)	710g (1 lb 9 oz)
water	85ml (6 tbsp) approx	as required
<i>filling</i>		
onions, chopped	115g (4 oz)	285g (10 oz)
butternut squash, diced	450g (1 lb)	1.13 kg (2½ lbs)
sage	5g (1 tsp)	10-15g (2-3 tsp)
salt and black pepper	to taste	to taste
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
chickpeas, cooked, drained	225g (8 oz)	565g (1 lb 4 oz)
frozen peas, defrosted	115g (4 oz)	285g (10 oz)

Preheat oven to 200°C/400°F/Gas 6.

Pastry: Rub margarine into the flour until it resembles fine breadcrumbs. Add sufficient water to bind. Chill.

Filling: Place onions and butternut squash in an ovenproof dish. Sprinkle with sage and seasoning. Drizzle with oil and cook until a knife goes easily into the squash. Remove from oven, add chickpeas and peas and set aside to cool. Roll out pastry and cut into required number of circles. Spoon filling onto one side of each round, wet edges, fold over and seal. Place pasties on a lightly oiled baking tray and bake for 20 minutes or until golden brown.

Butter Beans with Sweet Potato and Basil

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
leeks, finely chopped	170g (6 oz)	425g (15 oz)
sweet potato, 0.5cm (¼") diced	285g (10 oz)	710g (1 lb 9 oz)
red pepper, thinly sliced	115g (4 oz)	285g (10 oz)
butter beans, cooked, drained	400g (14 oz)	1 kg (2 lb 3 oz)
turmeric	5g (1 tsp)	12½g (2½ tsp)
dried basil or herb of choice	5g (1 tsp)	10-15g (2-3 tsp)
frozen spinach, defrosted	285g (10 oz)	710g (1 lb 9 oz)
salt and black pepper	to taste	to taste

Heat oil and fry leeks until soft. Add sweet potato and peppers and cook until soft. Add butter beans, turmeric and herbs and heat through. Finally add spinach and cook for a further few minutes. Season.

Banana Cake

Ingredients	serves 9
vegan margarine	115g (4 oz)
sugar	115g (4 oz)
ripe bananas	3
lemon, juice of	1
bicarbonate of soda	2½g (½ tsp)
baking powder	2½g (½ tsp)
plain flour (preferably wholemeal)	340g (12 oz)
sultanas	115g (4oz)
salt	2½g (½ tsp)

Preheat oven to 190°C/375°F/Gas 5.

Cream margarine and sugar together. Mash bananas, add lemon juice and mix until smooth then add to mix. Stir well. Add rest of ingredients. The mixture should be stiff. Pour into an oiled loaf tin 20x20cm (8x8") and bake for 30-45 minutes, or until an inserted knife comes out clean. Leave to cool in tin.

Chorley Cakes

Ingredients	makes 10 cakes	makes 25 cakes
<i>pastry</i>		
flour	285g (10 oz)	710g (1 lb 9 oz)
vegan margarine	140g (5 oz)	355g (12½ oz)
water	85ml (6 tbsp) approx	as required
<i>filling</i>		
vegan margarine	30g (1 oz)	70g (2½ oz)
sugar	55g (2 oz)	140g (5 oz)
currants	170g (6 oz)	425g (15 oz)
lemon, rind, grated	2	5
ground nutmeg, mixed spice	2½g (½ tsp) each	7¼g (¼ tsp)
brown sugar, to decorate	as required	as required

Preheat oven to 200°C/400°F/Gas 6. Use flour, margarine and sufficient water to make shortcrust pastry (see page 6). Chill.

Filling: Melt margarine and sugar, remove from heat and stir in currants, lemon rind, nutmeg and mixed spice. Leave to cool.

Divide pastry into required number of portions and roll each out to 10cm (4") rounds. Spoon 45g (1½ oz) of filling into centre of each piece, wet edges and bring together. Turn over and roll lightly until currents are slightly visible. Lightly brush top with water and sprinkle on sugar. Place on oiled baking tray and bake for approx 15 minutes.

Apple, Raisin and Cinnamon Turnovers

Ingredients	makes 4 10x15cm (4x6") turnovers	makes 10 10x15cm (4x6") turnovers
<i>pastry</i>		
vegan margarine	170g (6 oz)	425g (15 oz)
self raising flour	85g (3 oz)	200g (7½ oz)
sugar	15g (½ oz)	37½ g (1¼ oz)
water	as required	as required
<i>filling</i>		
water	as required	as required
dessert apples, cored, chopped	225g (8 oz)	565g (1 lb 4 oz)
raisins	55g (2 oz)	140g (5 oz)
ground cinnamon	5g (1 tsp)	12½ g (2½ tsp)
sugar	10g (2 tsp)	25g (5 tsp)
lemon, peel and juice of	½ medium	1 large
icing sugar	to dust	to dust

Pastry:

Rub the margarine into the flour until it resembles fine breadcrumbs. Add sugar and sufficient water to bind. Chill.

Filling:

Add a little water to the apples and raisins and gently simmer until apples are soft. Stir in cinnamon, sugar, lemon peel and juice. Drain and leave to cool.

Turnovers:

Preheat oven to 200°C/400°F/Gas 6.

Roll out pastry and cut into required number of circles. Spoon filling onto one side of each round, wet edges, fold over and seal. Place turnovers on a lightly oiled baking tray and bake for 20 minutes or until golden brown. Dust with icing sugar.

Option 1: Replace dessert apples with cooking apples and adjust sugar accordingly.

Option 2: Replace cooked dessert apples with uncooked.

Slice apples thinly and add raisins, cinnamon, sugar, lemon peel and juice. Roll pastry into oblongs. place spiced apples along the centre, wet edges and seal before turning over so the seal is underneath. Cut slits along the top and bake as above. When cool dust with icing sugar and cut into slices.

Carrot Cake

<i>Ingredients</i>	<i>serves 9</i>
plain flour	255g (9 oz)
baking powder	5g (1 tsp)
sultanas	55g (2 oz)
vegan margarine	255g (9 oz)
sugar	255g (9 oz)
carrots, grated	255g (9 oz)
icing sugar	to dust

Preheat oven to 180°C/350°F/Gas 4.

Mix together flour, baking powder and sultanas. Melt margarine, add sugar and stir on a low heat until dissolved. Add to flour mixture. Add carrots and mix in well.

Transfer the cake mixture into a lightly oiled tin 20x20x5cm (8x8x2") and bake for approximately 50 minutes or until a knife inserted into the centre comes out clean. Allow to cool before removing from tin. Dust with icing sugar.

Almond and Apricot Cake

<i>Ingredients</i>	<i>serves 6</i>
dried apricots, finely chopped	170g (6oz)
soya milk	255ml (9 fl oz)
plain flour	115g (4 oz)
ground almonds	115g (4 oz)
baking powder	7½g (1½ tsp)
vegan margarine	115g (4 oz)
sugar	55g (2 oz)
sultanas	115g (4 oz)
vanilla essence	2½ g (½ tsp)

Preheat oven to 180°C/350°F/Gas 4.

Cover the apricots with the soya milk and leave to stand for several hours or preferably overnight.

Mix flour, ground almonds and baking powder together. Melt the margarine, add sugar and stir on a low heat until dissolved. Add this to the flour mixture. Finally add the apricots with the remaining liquid, plus the sultanas and vanilla essence and mix thoroughly.

Transfer the mixture to a greased, floured tin 23x23cm (9x9"). Bake for approximately 50 minutes or until a knife inserted into the centre comes out clean.

Allow to cool before removing from tin.

Mince Slices

Ingredients	serves 20
flour	450g (1 lb)
vegan margarine	225g (8 oz)
castor sugar	170g (6oz)
water	as required
mincemeat (see recipe below)	as required
icing sugar	as required

Preheat oven 200°C/400°F/Gas 6.

Rub the flour and margarine together until it looks like breadcrumbs. Add sugar and enough water to make a soft dough. Chill for 1 hour.

Roll pastry out to 0.5cm ($\frac{1}{4}$ ") thick and cut into the required number of oblongs. Place mincemeat down centre. Wet edges of pastry, fold and seal. Slide onto oiled baking tray(s). Cut slits along the top of the pastry and bake for approximately 20 minutes or until top golden brown. When cool, sprinkle with icing sugar and cut into slices.

Mincemeat

Ingredients	makes 1.1 kg (2½ lb)
cooking apples, peeled, chopped small	680g (1½ lbs)
orange juice	45ml (3 tbsp)
sugar	30g (1 oz)
mixed spice	5g (1 tsp)
nutmeg	5g (1 tsp)
golden syrup	170ml (6 fl oz)
raisins	225g (8 oz)
currants	225g (8 oz)
sultanas	115g (4 oz)
flaked almonds	115g (4 oz)

Stew apples, orange juice, sugar and spices for approximately 10 minutes only adding a little water if absolutely necessary. Remove from heat and mix in the remaining ingredients. Leave to cool.

Note: Mincemeat can be frozen for up to 3 months.

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