

## Basic Chocolate Cupcake



8floz (230ml) soya milk  
1 tsp vinegar  
5oz (140g) caster sugar  
3floz (90ml) vegetable oil  
1½ tsp vanilla extract  
4oz (125g) plain flour  
1½oz (45g) cocoa powder  
¾ tsp bicarbonate of soda  
½ tsp baking powder  
¼ tsp salt

Preheat oven to 350°F/175°C/gas mark 4 and line muffin pan with paper or foil liners. Whisk together soya milk and vinegar in a large bowl and set aside for a few minutes to curdle. Add sugar, oil and vanilla extract and beat until foamy. In a separate bowl sift together flour, cocoa powder, bicarbonate of soda, baking powder and salt. Add in two batches to wet ingredients and beat until no large lumps remain (a few tiny lumps are okay). Pour into liners, filling three quarters of the way. Bake 18 to 20 minutes until a toothpick inserted into the centre comes out clean. Transfer to cooling rack. Eat while still warm or allow to cool completely and ice with chocolate 'buttercream'.

Makes 12

From *Vegan Cupcakes Take Over The World* by I C Moskowitz & T H Romero ([www.theppk.com](http://www.theppk.com)) with thanks.

## Chocolate 'Buttercream' Icing

3 oz (115g) vegan margarine  
½ tsp vanilla essence  
6 oz (170g) sieved icing sugar  
2 oz (55g) sieved cocoa powder

Place all ingredients into a bowl and mash with a fork until smooth and creamy.

## Berry Fool

9oz (250g) frozen mixed berries  
18floz (500ml) plain vegan yogurt, chilled  
Juice of 1 lime  
A little icing sugar  
2 tbsp macadamia nuts, chopped and toasted

Place berries and yogurt in food processor. Add lime and a little icing sugar to taste. Whiz until blended but still a little rippled. Divide mixture among four glasses, sprinkle with toasted nuts and serve for breakfast or as a healthy dessert.

Serves 4

Thanks to Alpro ([www.alprosoya.co.uk](http://www.alprosoya.co.uk)) for this recipe.



## 5 delicious breakfasts

1. Fresh fruit smoothie with banana, blueberries and rice milk
2. Vegan sausages, fried mushrooms, potato wedges, tomato, baked beans & toast
3. Toast, bagel or crumpet with jam, peanut butter, yeast extract, vegan cream cheese or maple syrup. Also try scrambled tofu (recipe inside) on toast
4. Fruit salad with soya yogurt and a handful of nuts
5. Kellogg's Cornflakes, Frosties, Coco Pops and Weetabix are all vegan as we go to press. Please note that ingredients may change so do check!

## 5 hearty snacks

1. Freshly cooked vegan 'bacon' with lettuce and tomato on thick bread, with or without vegan mayo
2. Stir-fried mushroom, leek and broccoli with rice noodles and soya sauce
3. Roasted Mediterranean vegetables and hummus on sundried tomato bread
4. Refried beans with avocado, tomato, lettuce and seasoning in a warm wrap
5. Monster Munch - Nut loaf, salad and pickle

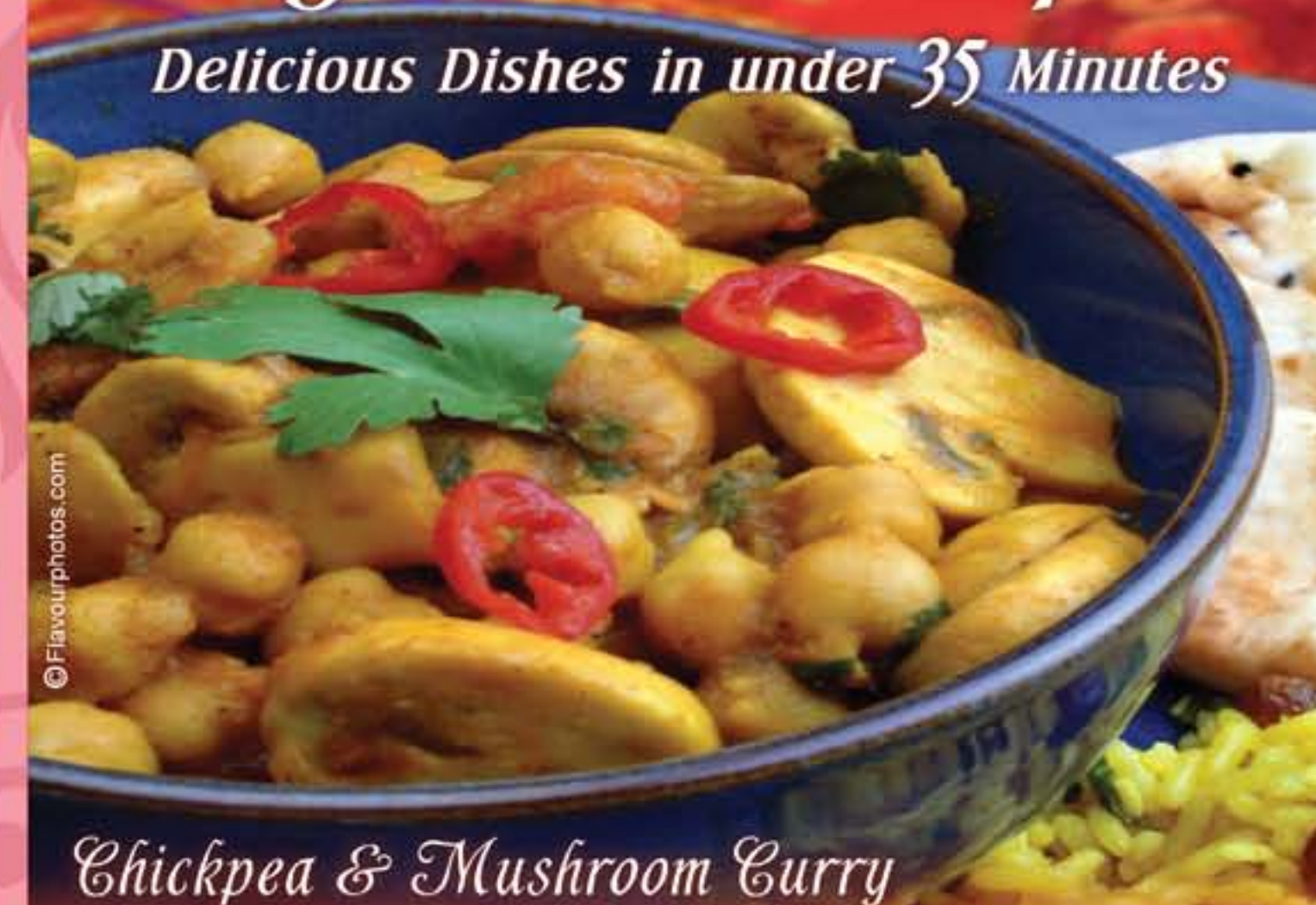
## 5 tasty salads

1. Apple, walnuts, celery and cucumber with vegan mayo or vinaigrette
2. Grated carrot, bean sprouts, sweet red pepper and celery with a spicy peanut sauce (peanut butter, soya sauce, chilli powder, sesame oil and garlic)
3. Tomatoes, fresh basil, olives, red onion and olive oil
4. Cucumber, vegan yogurt and fresh mint with a hint of garlic
5. Mushrooms marinated in olive oil, soya sauce and a little vinegar



# Vegan Recipes

Delicious Dishes in under 35 Minutes



## Chickpea & Mushroom Curry

1 large onion, chopped  
Vegetable ghee or oil  
2 cloves garlic, crushed  
2 large tomatoes, chopped  
1 tsp turmeric powder  
1 tsp garam masala  
Chilli powder or finely sliced red chilli to taste  
1 tin (420g) chickpeas, drained  
1lb 2oz (500g) mushrooms, sliced  
2-3 tbsp coriander leaves, chopped  
Salt

Fry onion in vegetable ghee until soft. Add garlic and chopped tomato. After 2-3 minutes stir in a pinch of salt and the spices. Add chilli, chickpeas, mushrooms and 2 tbsp water. Simmer with the lid on until mushrooms are soft. Mix half the chopped coriander leaves into the dish and sprinkle the rest on top before serving. Season to taste. If you prefer more sauce add some tomato purée with a little vegetable stock and adjust the seasoning. Serves 4



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## Party Pizza

Vegan melting mozzarella e.g. Redwoods  
 3-4 mushrooms  
 13oz (375g) ready rolled vegan puff pastry  
 2 tbsp tomato purée  
 1 tbsp tomato salsa  
 Freshly ground pepper  
 Vegan pesto

Preheat oven to 425°F/220°C/gas mark 7. Slice mozzarella and mushrooms thinly. Cut puff pastry sheet into 8-cm squares and place on a baking tray. Mix tomato purée with salsa and 5-6 tablespoons of water to a smooth sauce. Spread each pastry square with a little tomato sauce, leaving a narrow edge all around. Top with a slice of 'cheese' and a slice of mushroom. Season with pepper to taste. Bake in oven for about 20 minutes or until pastry is well risen and golden brown. Remove from oven and top with a little pesto sauce. They are delicious hot or cold. Makes 12. Homemade pesto is a real delight and very easy to make if you have a blender. Place ¾oz (20g) basil leaves, 1 tsp pine nuts, ½ clove of garlic and a pinch of salt in a blender. Add enough olive oil to whiz to a smooth paste. Any left over will keep in fridge for a few days.



## Hoisin Tortilla Wraps

4 tortilla wraps  
 ½ yellow pepper  
 ½ red pepper  
 ½ green pepper  
 1-2 tbsp vegetable oil  
 1 red onion, chopped  
 5oz (150g) vegan mince  
 7oz (200g) mushrooms, quartered  
 2floc (60ml) water  
 5 tbsp vegan Hoisin sauce  
 3-4 tbsp spicy tomato salsa  
 Salt to taste

Warm tortilla wraps following the packet instructions. In the meantime, deseed peppers and slice into thin strips. Heat oil and sauté onion until softened. Add mince, mushrooms and peppers and simmer until mushrooms and peppers are cooked. Stir in water, Hoisin sauce and salsa. Adjust seasoning to taste. Serve with salad and a little dish of salsa or soya yogurt on the side.

Serves 4

## Tofu Scramble

2 tbsp vegetable oil  
 1 large onion, diced  
 2 tsp garlic, crushed  
 1lb (450g) tofu, extra firm, crumbled small  
 2 tomatoes, diced  
 1 tsp turmeric  
 1 tsp sea salt, or to taste  
 1 tsp paprika  
 Black pepper to taste  
 ½ tsp nutritional yeast  
 Optional Pinch of cayenne pepper  
 1 tbsp shoyu, or to taste

Put oil in a large sauté pan on medium-high heat. Add onion and garlic and cook until onions are soft, approximately 5 minutes, stirring frequently. Add tofu and cook for 5 minutes, stirring occasionally. Add remaining ingredients and cook for another 5 minutes, stirring occasionally.

Serves 2



### Variations:

**Indian** – add ½ tsp curry and ½ tsp cumin powder.

**Mexican** – add 1 tsp chilli powder, 1 tsp jalapeno, deseeded and chopped, & ½ tsp cumin powder.

**Italian** – add 1 tsp chopped fresh basil, 1 tsp chopped fresh parsley and ½ tsp oregano.

Thanks to Blossoming Lotus Restaurant ([www.veganfusion.com](http://www.veganfusion.com)) for this recipe.



## Creamy Pea Soup

1 onion, finely chopped  
 1 tbsp vegetable oil  
 1 tsp vegan margarine  
 1 heaped tbsp plain flour  
 1¼ pts (750ml) vegetable stock  
 9floc (250ml) water  
 1 tsp sugar  
 7oz (200g) frozen peas  
 4floc (100ml) soya milk  
 1 scant tsp cornflour  
 Salt and pepper to taste  
 1 tsp fresh herbs, e.g. chives or tarragon

Sauté onion in oil and margarine until softened. Add flour and stir for 2-3 minutes. Take saucepan off heat and add two ladles of vegetable stock. Whisk until completely smooth and then add remaining stock, water and sugar. Return to heat. Stir peas into soup and simmer gently for 5 minutes. Mix soya milk with cornflour, pour slowly into soup and reheat until almost boiling. Liquidize with a blender and season to taste. Ladle into warmed bowls and sprinkle with chopped herbs, if using. Serve with herb or garlic bread.

Serves 4

## More recipes

There is a wealth of vegan recipes on the web:

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