Prunes in coffee

Cover ready-to-eat pitted prunes with strong coffee

Bring to the boil, simmer for 5-10 mins and allow to cool

Delicious on their own, or with vanilla Swedish Glace [non dairy “icecream”]

Plums in spiced syrup

Make a syrup of:
- 150 ml red wine
- 50g caster sugar
- sprig rosemary
- 1 bay leaf
- 1 strip each of lemon and orange zest
- 2 cloves
- 5 cm cinnamon stick

Poach 500g red plums in syrup
Reduce syrup by simmering if necessary

Serve warm or cold

Finally:

Ruth's flapjacks

makes 20-24 squares

160g non dairy spread / margarine
160g sugar [soft brown or caster or a mixture]
190g dried fruit, chopped fine – dates, apricots or whatever
120g golden syrup
260g porage oats
80g mixed seeds
50g dessicated coconut

Melt margarine and sugar, pour over dry ingredients.
Spread into a baking tray 3cm deep and approx 18 x 28 cm, lined with nonstick paper
Bake at 180C for 20-25 mins.

The Accidental Vegan

Kate Darwin

What can you cook when you discover that your guest is vegan? My initial reaction to the news that our new lodger didn't eat animal products [no meat, fish, dairy, honey, eggs] was to declare that he couldn't stay long! That's because I concentrated initially on the things I couldn't cook – and had realised that some of my favourite vegetarian dishes would only “convert” if I ventured into buying weird substitutes for cheese, milk and so on.

However, I decided to see how many dishes I could cook that required no ersatz ingredients and I gradually realised that we could all enjoy a huge variety of plant-based meals together. (Our lodger stayed 3 months.)

The recipes in this booklet are vegan friendly but they are intended mainly for occasional vegan cooking. I was only providing one meal a day: our guest would be considering whether he needed to supplement his diet at other mealtimes. To keep healthy, vegans do have to know how to balance their nutritional requirements. So, if you are thinking of converting wholly, you will need to take advice.

I like not being a vegan because I want to cook without worrying about the presence or otherwise of particular nutriments. I aim for a variety of ingredients and dishes that will be both tasty and attractive to omnivores, vegetarians and vegans.

NB T = 15ml tablespoon, t = 5ml teaspoon
Sweet potato, coconut and spinach curry with tarka dahl

This curry can be made successfully with ordinary potatoes and chard instead of spinach. It would not be such a pretty colour BUT is worth trying; very tasty and more economical. The dahl is an optional extra, worth making in large quantities because leftovers can be adapted into delicious soup!

The sweet potato version freezes surprisingly well, though once it is defrosted you may need add something with a bit of “bite” like fresh green beans.

For 4-6 people. At least 60 minutes cooking time.

Start with the dahl:
4T vegetable oil
12 garlic cloves, chopped
1 ½ T of either seed spices e.g. mustard, cumin, coriander, fennel
or punch phoran [5 spice mix]
6 cardamom pods – split and scoop out the seeds
375g dried split peas

Fry garlic and seeds in oil till golden brown; add peas and roll them in the garlicky oil; add 1 ¾ litre water and bring to boil. Skim, cover and simmer for 45 -60 mins. You may need more water; you will need to add salt at the end.

While dahl simmers, make the curry:
4T vegetable oil
2 white onions, chopped
800g sweet potatoes [or waxy ordinary pots]
1T curry powder
[plus ?2t punch phoran]
1t turmeric
500g spinach [or chard, leaves only]
50g ground almonds
2 green chillies, thickly sliced
400g tin coconut milk
juice of half a lime

Never on a weekday: Some desserts

Spiced pears with raspberries

100g caster sugar
250 ml water
1 vanilla pod, split open
2 star anise
4 firm pears, cored and cut in half
1 cinnamon stick
1 punnet raspberries

1. Make a syrup by dissolving sugar in water and spices.
2. Pour over pears and bake at 170C till tender (c 30 mins)
3. Remove from oven, leave to cool
4. Serve at room temperature with yogurt

Baked bananas

Slice bananas, oranges and dates into a baking dish
Pour over orange juice – to about 2 cm depth
Bake about 30 minutes at 150C
Check it doesn't overcook or dry [add more juice if need be]

Crispy topping
175 g jumbo oats
1t cinnamon
2T agave syrup
2-3 t oil [sunflower/corn/rapeseed]
Mix thoroughly and spread on baking paper for 15-20 mins till crisp and brown.
Scatter on baked/stewed fruit: e.g. plums and apples stewed in orange juice and scented with star anise or rhubarb with strawberries or ginger....

Apricots and pepper

250g ready-to-eat dried apricots
50g caster sugar
125 ml sherry
½ t crushed black peppercorns
125 ml water
Bring to boil and simmer slowly for a long time – at least an hour
**Tomato Sauce**

400g tin tomatoes
half an onion, chopped fine
1 celery stick, chopped
2T oil

Simmer the ingredients together at least 30 mins – there’s no need to sweat the vegetables first. Puree before serving with the kushary.

NB: This is a very easy way to make tomato sauce; make double quantities and freeze some for another time. Even easier is...

**Spinach and tomato pasta sauce**

Roast cherry tomatoes till they collapse, add steamed spinach and toasted pine nuts That’s it!

**Sprouts and barley**

200g pearl barley
1 onion
2 cloves garlic
2t chopped thyme
s&p
1t smoked paprika
2T tomato paste

Sweat onions and garlic on oil, add herbs, spices, vinegar, soy sauce and stock.
Add barley and simmer for 30 mins. Check if done.

Fry mushrooms or chestnuts, and then the sprouts, till browned.
Add to barley and heat through until well cooked.

1. Soften onion in oil, c 5 mins. Add potato chunks, curry powder and other spices. Fast fry till mixture starts to stick.
2. In 2 batches, stir in spinach, ground rice and chillies.
3. When spinach has collapsed, add coconut milk.
4. Simmer for [at least] 20-30 mins with lid on until potatoes are cooked. Remove lid and allow to reduce for 10 mins or so – or set aside to be reheated at your convenience.
5. Adjust seasoning and stir in lime juice.
Optional: add chopped fresh coriander.

**Another vegetable curry**

This curry is vividly coloured and tastes very fresh. Makes a good contrast to “browner” dishes! Make this with any proportion of cauliflower to broccoli or use 1k of either.

Heat ½ t each of the following spices in 3T oil:
- ginger
- turmeric
- cayenne
- coriander
- salt

1. Coat 500g each of cauliflower and broccoli florets in the spice mixture
2. Add ½ cup (125 ml) water and simmer till vegetables are just tender.
3. Add 2 large diced tomatoes and 1 ½ cups frozen peas
Optional: plenty of chopped fresh coriander as garnish.

**Butternut squash and sweet potato curry**

600g mixed sweet potato and squash
1 large red onion
1T veg oil
2T curry paste
1 400ml coconut milk
60g red lentils
200ml water

1. Fry the cubed vegetables with chopped onion in oil for 4-5 mins
2. Add curry paste and fry for a minute or two more.
3. Add coconut milk, lentils and water and simmer for 25 mins or so.
4. Steam 150g green beans – or broccoli or courgettes or mange touts. Add to stew.
5. Serve with chopped coriander and warmed nan or pitta bread
**Aubergine, chickpea and tamarind stew**

This is delicious as a main course with rice and cucumber salad or can be teamed with other spicy dishes e.g. sweet potato and spinach curry. Serves 4. Takes at least 40 minutes. Can be cooked ahead until final step. It is excellent cold as a salad or as a filler for jacket potatoes. I recommend making double quantities while you're at it.

1 large aubergine : roasted in medium sized chunks for 20-30 minutes on a lightly oiled tray at 190C

4T olive oil
1 onion, sliced
2 garlic cloves, chopped
1 or 2 large whole green chillies [or red,if you like more heat]
1t ground cumin
1t turmeric
1t brown mustard seeds
400g tin chopped tomatoes
1 large green [or red] pepper, cut in chunks
1 heaped T tamarind paste
1T maple/agave syrup
400g tin chick peas
3 or 4 fresh tomatoes, cut into eighths
handful of fresh mint, chopped

1. Fry onion, garlic and chilli in oil for c10 mins or until soft. (Cut in thick slices and de-seed the chilli/s if you prefer).
2. Add spices including mustard seeds and cook for a further 5 mins
3. Add tin tomatoes, simmer for 5-10 mins
4. Stir in pepper, tamarind, syrup, aubergine pieces. Simmer until pepper is soft, then leave for as long as you like!
5. 10-15 mins before serving: add tin of chick peas and fresh tomatoes. Once stew is heated through, stir in chopped mint.
6. Serve with rice and optional yogurt or yogurt/cucumber salad

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**Vegetable tagine**

2T oil
2 small onions
2t ground cumin
2t ground coriander
1t chilli powdered
1t cinnamon
2 cloves garlic, chopped
1T tomato paste

Cook the onions till soft; fry off the spices, garlic and tomato paste. Add the vegetables, lemon juice and enough stock to barely cover the vegetables. Simmer 30 minutes until tender. Add the chickpeas, parsley and coriander stalks and heat through for 5-10 minutes. Serve with chopped coriander leaves.

Couscous is a good accompaniment: you could use the herbs to garnish the couscous rather than the tagine. Pomegranate seeds and/or toasted cashew nuts are excellent additions.

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**Kushary**

Kushary is a very filling Middle Eastern street food!

110g long grain rice
140g brown lentils
8T olive oil
1 white onion, chopped

Sweat the onion
Add spice, roll rice and lentils in the oniony oil
Add stock (home made or Marigold Vegan Stock Powder)
Add 2 more onions cut in large “half moons” to simmer on top of the rice and lentil mix.
Cook 75g of small macaroni and stir into the mix once cooked. Serve with **tomato sauce**
**Roast cauliflower**

1 large cauliflower [c1kg] trimmed and separated into 3-4cm florets
2 red onions
30g pitted green olives, halved
1T sweet paprika
30g mixed seeds and/or nuts
2 garlic cloves, peeled and crushed
3T olive oil
s&p
to serve: parsley, chopped

Mix all ingredients and spread on 30x40cm baking dish, preferably on nonstick baking paper. Roast @ 200C for about 30 minutes. Allow to cool for 5 mins and scatter with parsley.

**OR** roast the cauliflower in a little oil and then serve with **Tahini sauce**

**Tahini Sauce**

1. Saute 2 minced garlic cloves in 2t olive oil
2. Stir in:
   - 2T tahini
   - 1T lemon juice
   - ¼ t salt
   - 5T water

**Asian salad**

Make a dressing with the following ingredients and leave for at least ½ hour:

1 small red chilli, without seeds, minced
1 garlic clove
1T sugar
1 ½ T rice vinegar
1 ½ T lime juice
Use to dress a salad of about 400g shredded raw vegetables: white &/or red cabbage, carrot, celeriac
Chop a fat bunch of mint and stir in.

**Peanut sauce for baked sweet potatoes or tofu**

Whisk together:
- ¼ cup peanut butter
- 2T sesame oil
- ½ t ground ginger
- 3T maple / agave syrup
- 2T lime juice
- 1T soy sauce
- 1t sweet chilli sauce [or chilli flakes]

Bake the sweet potatoes at 200C for c 40 mins; split and serve with the sauce.
For tofu, press the block to dry it a bit and then slice. Bake at 200C turning halfway through. Takes about 25 mins. Pour sauce over to serve.

**Muhummara**

Mix in a food processor:
3 red peppers, roasted, skinned and de-seeded [or use prepared ones from a jar]
50g bread crumbs
1 garlic clove
½ T lemon juice
1T pomegranate molasses
1 ½ t ground cumin
½ T chilli flakes
1T sweet chilli sauce
50g walnuts
2T olive oil
¼ t salt

Eat as a dip or on crackers or as a filling for sweet potatoes [see above] or ordinary baked potatoes.

**Broad bean hummus**

Blend:
- 160g beans
- s&p
- juice & zest half a lemon
- 10/12 mint leaves
- olive oil

- 0.25 cup peanut butter
- 0.5 tsp ground ginger
- 2 tbsp lime juice
- 1 tbsp soy sauce
- 1 1/2 tbsp Thai fish sauce [or chilli flakes]

Bake the sweet potatoes at 200C for c 40 mins; split and serve with the sauce.
For tofu, press the block to dry it a bit and then slice. Bake at 200C turning halfway through. Takes about 25 mins. Pour sauce over to serve.

Mix in a food processor:
3 red peppers, roasted, skinned and de-seeded [or use prepared ones from a jar]
50g bread crumbs
1 garlic clove
½ T lemon juice
1T pomegranate molasses
1 ½ t ground cumin
½ T chilli flakes
1T sweet chilli sauce
50g walnuts
2T olive oil
¼ t salt

Eat as a dip or on crackers or as a filling for sweet potatoes [see above] or ordinary baked potatoes.
**Carrot dip**

Blend:
- 300g cooked carrots
- 1½ t ground cumin
- 2 t harissa paste
- ½ T white wine vinegar
- juice 1 lime
- 5T olive oil
- 1½ t agave/maple syrup
- s&p

**Chard and tamarind**

- 1½ T olive oil
- 1 med onion, sliced
- 1½ t coriander seeds – toast and grind [or use ready ground]
- 2t caraway seeds
- 1T tomato puree

1. Sweat the onion, add spices until they are fragrant.
2. Add tomato paste, tamarind pulp, tomatoes, water and chickpeas.
3. Finally add the chopped chard and cook till tender.
4. Add juice of a lemon
5. Serve with rice and chopped fresh coriander

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**Moroccan Seven Vegetable Stew**

Be sure there are *at least* seven different vegetables in the dish. Seven is a magic number and so this stew is very good for you!

- 2T oil
- 1 large onion chopped
- 2 carrots chopped
- 1 small swede chopped
- 1 red pepper chopped
- 2 cloves garlic chopped
- 400g can tomatoes
- 350 ml water
- 4T tamarind pulp
- 400g can tomatoes
- 400g swiss chard
- 300g frozen broad or soy beans
- 2T oil
- 1 large onion chopped
- 2 carrots chopped
- 1 small swede chopped
- 1 red pepper chopped
- 2 cloves garlic chopped
- 400g tin tomatoes
- 350 ml water
- s&p

1. Sweat onion in oil till soft
2. Brown the chopped vegetables, add the tomatoes.
3. Mix harissa, turmeric and grated ginger into a paste and add to the stew.
4. Pour the stock over the vegetables and simmer.
5. Once root vegetables are tender, add broad beans plus okra or any other green you fancy.
6. NB other root vegetables e.g. squash, turnips, parsnips, can be substituted for, or added to, the carrots and swede

Serve with *couscous* with raisins or toasted pine nuts and chopped herbs

Try serving with *gremolata* - even if it's not authentically Moroccan!

**Gremolata**

Mix:
- zest of 1 lemon
- 1 garlic clove, chopped fine
- handful of parsley, chopped fine

[You can add the rest of the juice to the stew]