

The veganiser: new ways with old favourites

It's much easier than you might think to eat vegan. Here are a few quick ideas. Most if not all these recipes are on the Vegetarian Recipe Club site.

Veganise favourite recipes. For example

- *replace meat with veggie faux meat, tofu chunks, tempeh or cooked pulses* eg
 - veggie mince or cooked whole lentils in *Martin Shaw's Chilli* (similarly, spaghetti Bolognese, shepherd's pie etc)
 - tofu in *Pad Thai* or *Thai Curry*
 - tempeh in *Big Puff Pie*
 - your favourite stir-fry, pie or curry recipe using faux chicken or beef strips – just add them near the end of cooking time to retain texture

- *use our easy cheezy sauces to replace the traditional variety* – use in dishes like macaroni or cauli cheeze

- *sausage & mash*
Use vegan sausages, mash the potatoes using vegan margarine or olive oil and serve with vegan gravy – home-made or from a tub!

- *burger bliss*
Buy ready-made vegan burgers – or make your own from our *Spicy Beanburger* recipe. Eat them in a bun as usual with all the trimmings.

- *pizza party*
 - make your own (see page xx)
 - buy vegan-suitable pizza bases and add your favourite vegan toppings. Go cheese-free OR replace with vegan cheese: either the melting or cream-cheese variety.
 - take vegan cheeze to your local pizzeria and ask them to use it instead of dairy. Redwood's Melting Mozzarella (Holland & Barratt etc) and Vegusto tend to work best

- *scrambled tofu*
It's delicious and an easy way to replace eggs.

Learn to cook a few easy basics that you can tweak easily to make lots of variations. For example

- *pancakes*
Once you know how to make our lovely easy recipe you can ring the changes – just vary the fillings and sauces and you have the potential to make many different meals, savoury and sweet

- *sauces*
Quick but delicious sauces liven up simple dishes.
- *wholegrains*
Brown rice, quinoa, millet and other grains are the basis of plenty of dishes, hot and cold. See page xx for chart. Cooking a double batch gives you have the basis for a quick hearty meal the following day – eg a stir-fry, risotto or mixed multi-salad.
- *beans, peas, lentils*
Great in dips, stews, burgers and more.

Nutrition? Try www.vegetarian.org.uk for a wealth of nutritional fact sheets, guides and reports. They cover everything from protein, iron, essential fatty acids, calcium, B12 and beyond – and are all scientifically referenced with nary an urban myth in sight!