

Vegan Prisoners Support Group

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~ working with ~

VPSG/Vegan Society Awards 2009



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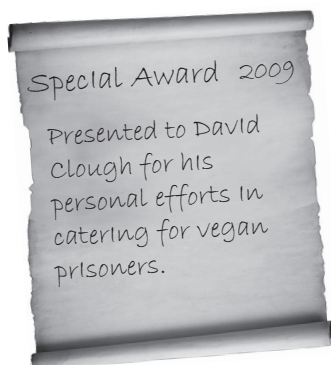
Graeme Mann
Catering Manager
HMP Lowham Grange

The one GOLD STAR-PLUS award goes for the second year running to Graeme Mann and his team at HMP Lowham Grange (a Serco prison). This award is for continuing to ensure that vegan prisoners are not only offered a nutritionally sound and varied diet, but also for facilitating vegan requirements via mail order companies to ensure equal opportunities.



David Clough
Catering Manager
Isle of Wight Prisons

The Isle of Wight Prisons have been awarded for the second year running one of our GOLD STAR AWARDS as their care of vegan prisoners continues to be of a high standard. David Clough and his team cater for three prisons, with currently around 67 vegan prisoners. The Festive Season recipes offered on the Isle of Wight are on page 4.



Everton Cummings
Catering Manager
HMP Downview

HMP Downview were also again nominated for another GOLD STAR AWARD as Everton Cummings and his team continue to ensure their vegan prisoners are provided with their nutritional requirements. The nominee stated "Everton is always ready to listen and consider our input".

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THE DOWNS VISITORS CENTRE at HMP Downview was nominated for our 1st VISITORS CENTRE AWARD by Gerrah Selby, A2014AD. Her nomination read as follow:

"The visits shop here in HMP Downview now has an amazing stock of vegan food available. They sell everything from soya milkshakes to Alpro Soya desserts as well as an assortment of vegan chocolate from Organica and the Free From range. They really do deserve an award for providing such a great variety of vegan snacks. A massive thanks to the VPSG for all their help and to all staff and volunteers at downview visitors centre who made this possible." (September 09)



Jackie Gourley wins a Special Award



Jackie Gourley
Diversity Manager
HMP Send/HMP Downview

"I have been at HMP Send for 6 months now and nominated the Head of Diversity, Jackie Gourley for one of VPSG Awards because of her excellent help and support on vegan issues.

I was able to see her in the first few days after I arrived and immediately was greeted in a friendly and approachable manner. Shortly after our meeting she made arrangements for me to be able to order from the recently approved mail order company Honesty who supply vegan bodycare/hygiene products as well as make-up items. The cleaning products this company stock is so vital in order for me to be

able to keep my cell clean. She also made arrangements for non leather work boots to be provided for me in the gardens and my Holland and Barrett order.

I am confident that Jackie Gourley will address any equal opportunity issue I bring to her attention with her usual efficiency and understanding. She is also highly regarded by other vegan prisoners she has helped and definitely deserves this award for her outstanding work."



Natasha Avery (A5180AA) HMP Send
(October 09)

Catering Award Winners 2009

The decisions are getting harder each year, but after much deliberation this year's award winners were chosen. Runners up were HMP Gloucester and HMP Nottingham, but there is always next year!

2nd Year Award Winner HMP Stafford: Catering Manager Barry Bramhall and team

The vegan menu choice continues to be varied and nutritionally balanced. Although fresh fruit is always available the popular desserts include vegan yoghurts, homemade fruit filled pancakes, baked mango, fruit fritters, fruit crumbles and baked apples and sultanas.

1st Year Award Winner HMP Lindholme: Catering Manager Andy Hine and team

This prison cleverly integrates the vegan choice with the veggie option, this ensures that there is always a vegan option available if a vegan prisoner suddenly arrives. Staff make great efforts to avoid cross contamination, which is always a worry for vegans. There is a daily salad of some raw food such as broccoli, cauliflower, red peppers and other seasonal vegetables. At weekends a homemade vegan dessert such as vegan cheesecake or apple crumble and custard made with soya milk is on offer.

1st Year Award Winner HMP Coldingley: Catering Manager Chris Ginn/Deputy Catering Manager Paul Rowling & team

This prison was nominated due to their efforts to ensure vegans were provided with a varied and nutritionally sound and tasty vegan option. The lunchtime meal includes a variety of raw food, such as shredded red & white cabbage, carrots, onion, cucumber tomato & lettuce with either lentils or beans.

Some of the favourite recipes of the vegan prisoners which won Paul Rowling this year's Cookery Competition Award are on page 3.

1st Year Award Winner HMP Guys Marsh: Catering Manager Steven Butler and team

The food provided is not only very varied and nutritional, but contains hearty and tasty vegan choices. Some of the favourites include nut roast, vegan lasagne, risotto, roasted vegetables, lentil and potato bake, bean and vegetable stew and hot pot. The nominee stated he thought the meals fully deserved one of this year's awards.

Although the fresh fruit choice is always popular, their desserts, such as apple crumble, are always made suitable for vegans.

1st Year Award Winner HMP Foston Hall: Catering Manager Mary Amos and team

The vegan option is always varied and nutritionally balanced. Plenty of fresh raw vegetables which include: beetroot, yellow/red tomatoes, red onions, chillies, green peppers, purple peppers, and a variety of herbs are available from the prison garden to all vegan and veggie prisoners. A wide choice of fruit, including berries, are provided and the staff are always approachable and extremely helpful if there is a query.

1st Year Award Winner HMP Frankland: S/O Caterers Stephen Richardson/Andrew Richardson and team

The vegan diet consists of a variety of fruit and vegetables, including dark green leafy vegetables which are so important in the vegan diet. There is always a vegan option clearly marked 'all diets' ensuring if a vegan prisoner suddenly arrives there will be a meal available.

Some of the choices are lentil loaf, seasonal vegetables served in filo pastry, nut and vegetable bake and other options containing plenty of beans and lentils which are the mainstay of a healthy vegan diet.

Winner of 2009 Cookery Competition



Paul Rowling
Deputy Catering Manager
HMP Coldingly

A delighted Paul Rowling after he was told he had won the cookery competition.

Paul Rowling's enthusiasm for trying to ensure equal opportunities for vegan prisoners by creating healthy, nutritionally sound vegan options, has won him this year's Cookery Competition Award. Some of the comments by the nominees are "excellent", "delicious" and "Paul Rowling's recipes are brilliant!"

As well as his plaque he won a selection of vegan cookery books. This page contains some of his recipes.

AUBERGINE CURRY

10 portions

Ingredients:

5 onions, sliced
10g garlic paste
2 diced aubergines
2 courgettes, diced
2 peppers, diced (or sliced, frozen equivalent)
5g chopped fresh coriander
10g curry powder
10g dried oregano
600g chopped, tinned tomato
20g tomato puree

Fry onions until brown. Separately, fry the aubergine in some oil until slightly brown, add to the onions. Add the curry powder and fry for a couple of minutes, add remaining ingredients, bring to the boil then simmer until aubergine is cooked and sauce thickened. Adjust seasoning. Serve in No.2 foils, steam to regenerate.

CAULIFLOWER, SPINACH AND CHICKPEA BALTI

10 portions **Ingredients:**

For the balti sauce

6cm piece ginger, grated
20g garlic paste
10 onions, chopped
750ml water
500g tomatoes, chopped
20g chopped fresh coriander
15g ground cumin
10g turmeric powder
10g chilli powder
10g paprika
15g garam masala
12 bay leaves
36 cardamoms, broken slightly open

To make the balti sauce, heat the oil in a saucepan then add the ginger and garlic and stir.

Add the onions and stir-fry for five minutes until they are translucent.

Add the water and bring to the boil.

Add the rest of the sauce ingredients, cover and simmer on a low heat for 30 minutes.

Remove the bay leaves and cardamom pods, and liquidise the rest.

Then heat the oil in a separate pan and add the onions and fry gently until they begin to turn brown.

For the main dish

6 onions, chopped
6cm piece ginger, grated
20g garlic paste
250g tomatoes, chopped
600g cauliflower florets
750g tinned chickpeas, drained and rinsed
750g baby spinach leaves
6-9 fresh green chillies, finely chopped (or red devil)
50g chopped fresh coriander
15g garam masala

Add the ginger and garlic, stir well, and cook for one minute.

Add the tomatoes, cauliflower, chickpeas, salt and enough balti sauce to coat all the vegetables (4-6 ladles of sauce).

Turn the heat to low, cover and simmer until the cauliflower is just tender.

Add the green chillies (or red devil) and spinach and stir-fry for three more minutes until the spinach has wilted down.

Stir in the coriander.

Just before serving, sprinkle the garam masala on top.

LEMON CHICKPEAS WITH SPINACH

10 portions

Ingredients:

7cm piece of fresh ginger, peeled and grated
25g of garlic paste
5ml of scotch bonnet pepper sauce (red devil)
15g ground coriander
15g ground cumin
1.3kg tinned chickpeas, drained and dried
Zest and juice of 2 lemons
1kg tinned, chopped tomatoes
750g spinach
Salt and cracked black pepper to season

Sauté ginger, garlic, chilli and spices for 1-2 minutes without colouring.

Add chickpeas and lemon zest and stir well. Add tomatoes, bring to the boil and simmer for 15 minutes, then add spinach and lemon juice and heat through.



A selection of the cook books won by Paul Rowling.

SCOTCH BONNET PEPPER SAUCE

Ingredients:

4 kg scotch bonnet chillies
1 kg garlic paste
1 kg soft brown sugar
500g grated fresh ginger
3lt malt vinegar
water
cornflour

Put all the ingredients into a big pot, cover with water and blitz with a stick blender, until the chillies are completely broken down. Bring to boil, then simmer for 25 minutes and finally thicken with cornflour. Simple really!

Isle of Wight Prisons Yuletide Vegan Menu

Xmas Day Menu

Breakfast

Bread
Cereal - Soya Milk
Baguette - Vegan
Margarine
Satsuma
Cheezly
Vegan Yoghurt
Fruit Juice

Lunch

Cranberry & Cashew
Croquette
Roast Potatoes
Brussel Sprouts
Baby Carrots
Gravy - Vegan
Banana Fritters &
Vegan White Sauce



Tea: Bread, Waldolf Salad & Falafel Nuggets, Lettuce, Cucumber, Tomatoes, Beetroot, Crisps, Vegan Chocolate Cake, Apple.

Boxing Day Menu

Breakfast

Bread
Cereal – Soya Milk
Chilled Melon
Fruit Scone - Vegan
Margarine
Cheezly
Vegan Yoghurt
Fruit Juice

Lunch

Tofu Rissole with
Cranberry Sauce
Creamed Potatoes
[using soya milk]
Green Beans
Cauliflower
Gravy - Vegan
Chilled Fruit Salad &
Custard [made with
soya milk]

Tea: Bread, Apple & Cranberry Grill, Chipped Potatoes, Garden peas, Mincemeat [Vegan] Slice, Vegan Ice-Cream, Pear.

Xmas Day Recipe

CRANBERRY & CASHEW CROQUETTES

Serves 4

Ingredients:

1 tbsp olive oil
1 onion, chopped
2 sticks celery, chopped
1 garlic clove, finely chopped
4 tbsp flour
225g/8oz tinned chopped tomatoes
50g/2oz fresh cranberries
125g/5oz cashew nuts, roughly chopped
125g/5oz fresh breadcrumbs
1 tbsp soy sauce
2 tbsp freshly chopped parsley
salt and black pepper
oil for shallow frying

Heat the olive oil in a frying pan, add the onion and sauté until soft. Add the celery and garlic and sauté for 2-3 minutes. Then sprinkle over 2 tablespoons of the flour, and cook for a further minute, stirring. Add the tomatoes and cook gently, stirring until thickened.

Remove from the heat then add the cranberries, cashew nuts, breadcrumbs, soy sauce, parsley and seasoning and mix until thoroughly blended. Allow to cool sufficiently to be handled.

Divide the cooled mixture into 8 portions and shape into croquettes. Coat well with the remaining flour.

Shallow fry the croquettes for 2-3 minutes on each side until golden brown.

BANANA FRITTERS

Ingredients:

4 bananas
100g/4oz self raising flour
1 tsp soya flour
150ml / ¼ pint water
Salt
Sugar

Make a thick batter by mixing the flours, water and a pinch of salt together.

Cut the bananas into 1 ½ inch chunks and gently stir into the mixture until they are all covered in the batter.

Deep fry the bananas in batches for 3 minutes until golden brown. Drain, sprinkle with sugar and serve.

Boxing Day Recipe

TOFU RISSOLE WITH CRANBERRY SAUCE

Serves 4

Ingredients:

120gms/5 oz tofu
240gms/8 oz potato
60gms /2 oz onion
60gms/ 2oz sweetcorn
60gms/2 oz breadcrumbs
60gms/ 2oz plain flour
150ml/10 tbsp soya milk
30gms/1 oz vegan cranberry sauce
salt & pepper
vegetable oil

Cook and mash the potatoes. Add tofu, finely diced onion and sweetcorn. Blend the ingredients and season to taste with salt & pepper. Place mixture in refrigerator to cool.

Meanwhile make a coating batter from flour and soya milk

Once the rissole mixture is firm to the touch make rissoles and roll in the batter mixture. Coat with breadcrumbs and shallow fry until golden brown and then serve with Cranberry Sauce.

New Years Day Recipe Choice

LEEK & CHEEZLY GRATIN

Serves 4

Ingredients:

1 leek
1 tbsp vegetable oil
200g (8 oz) macaroni
30g (1 oz) plain flour
30g (1 oz) vegetable margarine
500 ml (1 pint) soya milk
1/2 tsp Vecon stock paste or salt
1 block of mozzarella supermelting
Cheezly
2 slices of wholemeal bread made into
breadcrumbs

Clean the leek, chop and fry gently in vegetable oil until softened. Put it into an ovenproof dish. Cook the macaroni in boiling water for 10 minutes. Drain and add to the dish with the leeks.

Meanwhile melt margarine over low heat and stir in the flour. Cook gently (without browning) for one or two minutes. Remove from the heat and stir in the soya milk a little at a time.

Return to the heat, and stir until the sauce has thickened. Add Vecon or salt. Just before stirring the sauce into the macaroni, add half of the Cheezly.

Sprinkle with breadcrumbs and remaining Cheezly, and cook for about 20 minutes at 220°C/435°F until browned.

Catering Information Booklet Catering for vegans in prison 2009



Two copies of our new handy Catering Information Booklet are enclosed. One for general kitchen use and the other for your Vegan File.