

*Published by Vegan Prisoners Support Group*

# yuletide vegan menu

25th DECEMBER

## Lunch

Simple Nut Roast  
Brussel Sprouts  
Carrots  
Roast Potatoes  
Mince Pie

## Tea

Mushroom & Walnut  
Spread, Mixed Salad,  
Baguette  
Hazelnut & Apricot Fruit  
Cake

NEW YEAR

## Lunch

Brazil Nut and Mushroom  
Pasties  
Cabbage  
Carrots  
Roast Potatoes  
Plain Flapjack

## Tea

Rainbow Salad with  
Hazelnuts, Baguette  
Fruit Cake or Soya  
Yogurt, 2xFruit

26th DECEMBER

## Lunch

Mushroom & Tofu Pie  
Peas  
Carrots  
Boiled Potatoes  
Date Slice

## Tea

Beetroot, Apple and  
Celery Salad, Baguette  
Flapjack, 2xFruit



2010

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## Simple Nut Roast

Ingredients	serves 4	serves 10
vegetable oil	1 tbsp	2½ tbsp
onion, chopped	100g (3½ oz)	255g (9 oz)
courgettes, peppers, carrots, mushrooms, chopped	175g (6 oz)	45g (15 oz)
ground almonds, brazil or walnuts	225g (8 oz)	565g (1lb 4oz)
fresh breadcrumbs	115g (4 oz)	285g (10 oz)
mixed herbs	1 tsp	2½ tsp
yeast extract	1 tsp	2½ tsp
vegan vegetable stock	140 ml (5 floz)	350ml (12½ floz)

Fry onions until transparent. Add chopped vegetables and fry for a further 5 minutes. Remove from heat and add nuts, breadcrumbs and mixed herbs.

Dissolve the yeast extract in the vegetable stock and add to the mixture. Put in an oiled loaf tin and bake for 30 minutes at 200°C/400°F/Gas 6 or until top brown.

**Suitable for freezing.**

## Mushroom and Tofu Pie

Ingredients	serves 4	serves 10
flour	225g (8 oz)	565g (1lb 4 oz)
vegan margarine	115g (4 oz)	285g (10 oz)
vegetable oil	2 tbsp	90ml (5 tbsp)
leek, finely sliced	225g (8 oz)	565g (1lb 4 oz)
mushrooms, sliced	175g (6 oz)	425g (15 oz)
courgettes, chopped	175g (6 oz)	425g (15 oz)
mixed herbs	2 tsp	5 tsp
silken tofu, slightly mashed	340g (12 oz)	850g (1lb 14 oz)
salt and black pepper	to taste	to taste

Preheat oven to 200°C/400°F/Gas 6. Make pastry using flour and margarine and a little water to bind. Roll out enough to line 20cm (8") pie dish(es), prick and bake for approximately 10-12 minutes. Meanwhile put rest of pastry to chill.

Fry leeks for a few minutes in oil, add mushrooms and courgettes and mixed herbs and cook until just soft. Add tofu to mixture, season and pile into the pie case, top with remaining pastry, prick and bake for approximately 30 minutes.

**Suitable for freezing.**

## Brazil Nut and Mushroom Pasties

Ingredients	makes 4x7" pasties	makes 10x7" pasties
<b>pastry</b>		
vegan margarine	115g (4 oz)	285g (10 oz)
flour	225g (8 oz)	565g (1 lb 4oz)
<b>filling</b>		
yeast extract	1 tsp	2½ tsp
vegan vegetable stock	140 ml (5 floz)	350 ml (12 floz)
vegetable oil	2 tbsp	90ml (5 tbsp)
onion, chopped	115g (4 oz)	285g (10 oz)
garlic, crushed	1 clove	2 large cloves
mushrooms, sliced	115g (4 oz)	285g (10 oz)
plain flour	1 tbsp	2½ tbsp
brazil nuts, ground	175g (6 oz)	425g (15 oz)
fresh breadcrumbs	70g (2½ oz)	175g (6 oz)
lemon, rind and juice	1 medium	2 large
tomato purée	1 tbsp	2½ tbsp
fresh parsley, chopped	1 tbsp	2½ tbsp
dried sage	1 tsp	2½ tsp
pepper	to taste	to taste

**Pastry:** Rub margarine into flour until mixture resembles fine breadcrumbs. Add cold water until mixture forms a firm dough. Place in fridge while preparing filling.

**Filling:** Dissolve yeast extract in hot stock and set aside. Fry onion for a few minutes in oil. Add garlic and mushrooms and cook until soft. Stir in flour and cook for a few seconds, then start stirring in stock slowly to avoid lumps. Continue stirring until sauce thickens. Remove from heat and mix in nuts, breadcrumbs, lemon rind and juice, tomato purée, parsley and sage. Season.

Roll out pastry, cut required number of circles, pile filling into centre of each, wet edges and crimp together. Prick top of pasties and bake for 25-30 minutes at 200°C/400°F/Gas 6.

*Alternative: Roll out pastry to an oblong, pile mixture along centre, bring edges together to make a roll, seal, turn over to hide join, prick top and bake as above.*

**Suitable for freezing.**

## Mushroom & Walnut Spread with Baguette

Ingredients	serves 4	serves 10
walnuts,	55g (2 oz)	140g (5 oz)
vegetable oil	1 tbsp	2½ tbsp
onion, finely chopped	55g (2 oz)	140g (5 oz)
garlic, finely chopped	1 small clove	2 large cloves
mushrooms, chopped finely	115g (4 oz)	285g (10 oz)
fresh herbs, finely chopped	small handful	large handful
salt and black pepper	to taste	to taste
baguette or brown roll	4	10

Cover walnuts with cold water and leave for approximately 1 hour, drain and blend with half the oil.

Fry the onions in the rest of the oil until soft, add the garlic and mushrooms, continue cooking until liquid from mushrooms has been absorbed. Add to the blended walnuts, together with fresh herbs and blend until required consistency achieved. Season with salt and black pepper. Serve with baguette or brown roll and salad.

## Beetroot, Apple and Celery Salad

Ingredients	serves 4	serves 10
apple, grated	115g (4 oz)	285g (10 oz)
carrot, grated	115g (4 oz)	285g (10 oz)
lemon juice	1 tbsp	2½ tbsp
raw beetroot, grated	115g (4 oz)	285g (10 oz)
celery	55g (2 oz)	140g (5 oz)
cabbage, finely sliced	115g (4 oz)	285g (10 oz)
walnuts, roughly chopped	55g (2 oz)	140g (5 oz)
<b>Simple Salad Dressing</b>		
vegetable oil	4 tbsp (70ml)	170 ml (6 floz)
vinegar	2 tbsp	5 tbsp
oregano or basil, dried	¼ tsp	¾ tsp
salt and black pepper	to taste	to taste

Put the apple and carrot into a bowl and mix in a little lemon juice to stop them browning. Add beetroot, celery, cabbage, walnuts and dressing.

**For the dressing:** Put all ingredients into a screw top jar and shake well.

## Rainbow Salad

Ingredients	
<b>base of salad</b>	
red cabbage, finely chopped	carrot, grated
green cabbage, finely chopped	raw beetroot, grated/cooked, diced
<b>additions</b>	
broccoli, finely chopped	celery, finely chopped
red pepper, finely chopped	green/yellow pepper, finely chopped
cucumber, diced	cauliflower, finely chopped
tomatoes, diced	chicory, thinly sliced
red onion, finely chopped	spring onion/scallions, finely chopped
apple, grated	orange segments
brazil nuts, roughly chopped	sunflower or pumpkin seeds
walnuts, roughly chopped	almonds or hazels, roughly chopped
simple salad dressing (see page 3)	

Each portion should consist of 6 oz of any of the above selection, plus 2 oz of nuts and seeds.

Alternative: The Simple Salad Dressing can be replaced with lemon juice and fresh herbs.

## Fruit Cake by hmp Woodhill

Ingredients	serves 8
self-raising flour	450g (1 lb)
baking powder	2 tsp
mixed spice	1½ tsp
sugar	225g (8 oz)
vegetable oil	115 ml (4 floz)
dried fruit and/or nuts	340g (12 oz)
water	285 ml (10 floz)

Preheat oven to 175°C/350°F/Gas 4. Sift the flour, baking powder and mixed spice into a bowl. Add the sugar and oil. Mix in dried fruit and/or nuts. Slowly stir in the water, cover and leave to stand for 1 hour. Turn into a lightly greased 7" (18 cm) tin and bake for 1½-2 hours, testing with a skewer. Cool before turning out and cutting.

**Suitable for freezing.**

## hazelnut & apricot mince pies

Ingredients	serves 12	serves 24
<b>pastry</b>		
vegan margarine	100g (3½ oz)	200g (7 oz)
plain flour	175g (6 oz)	340g (12 oz)
caster sugar	1 tbsp	2 tbsp
ground cinnamon	½ tsp	1 tsp
water	3 tbsp	6 tbsp (110 ml)
<b>mincemeat</b>		
dried apricot, finely chopped	140g (5 oz)	285g (10 oz)
sultanas	85g (3 oz)	175g (6 oz)
hazelnuts, chopped	100g (3½ oz)	200g (7 oz)
ground cinnamon	1 tsp	2 tsp
nutmeg, grated	1 tsp	2 tsp
mixed spice	1 tsp	2 tsp
banana, mashed	1	2
orange, juice and zest of	1 large	2 large
vegan margarine	50g (1¾ oz)	100g (3½ oz)
sugar	30g (1 oz)	55g (2 oz)
icing sugar	to serve	to serve

**Pastry:** Rub margarine into flour until mixture resembles fine breadcrumbs. Add sugar, cinnamon and 3 tbsp of cold water until mixture forms a firm dough. Chill for 30 minutes.

Heat the oven 190°C/375°F/Gas 5. Make the mincemeat by mixing all the rest of the ingredients together in a bowl. Roll the pastry on a lightly floured surface to the thickness of a £1 coin. Using a 7cm (2¾") cutter, cut out required number of circles and place in bun tin(s). Spoon 2 tsp of the mincemeat into each case. Using a 6cm star or circle cut out the tops, place on top of each mince pie.

Bake for 12-15 minutes until golden brown. Lift onto a wire rack to cool and dredge with icing sugar.

**Suitable for freezing.**



## date or apricot slice

Ingredients	serves 12	serves 24
dates or apricots, chopped	340g (12 oz)	680g (1lb 8oz)
water	170 ml (6 floz)	340 ml (12 floz)
lemon, zest of	½	1
plain flour, preferably wholemeal	225g (8 oz)	450g (1lb)
oats	115g (4 oz)	225g (8 oz)
sugar, preferably demerara	85g (3 oz)	175g (6 oz)
vegan margarine, melted	140g (5 oz)	285g (10 oz)

Pre-heat oven to 200°C/400°F/Gas 6.

Gently heat dates or apricots, water and lemon zest, stirring occasionally until mixture is soft. Add more water if necessary, but keep it to a minimum.

Combine the remaining ingredients and sprinkle half the mixture into tray(s) 11x7" (27x18cm) and press down well.

Cover with date or apricot mixture, sprinkle remaining oat mixture on top and press down firmly. Bake for 20 minutes. Cool in tin and then cut into squares or slices.

## Plain flapjacks

Ingredients	serves 12	serves 24
vegan margarine	175g (6 oz)	340g (12 oz)
sugar	85g (3 oz)	175g (6 oz)
golden syrup	2 tbsp	4 tbsp (70ml)
rolled oats	340g (12 oz)	680g (1lb 8 oz)
sultanas (optional)	85g (3 oz)	175g (6 oz)

Pre-heat oven to 190°C/375°F/Gas 5.

Put the margarine, sugar and syrup into a medium-sized saucepan and heat gently until melted. Remove from heat and stir in the oats (and sultanas if using).

Spread the mixture evenly into an oiled tin and bake for 20 minutes. Cool a little, then divide into pieces. Leave to cool completely before serving.