



Vegan Prisoners Support Group

YULETIDE VEGAN RECIPES 2011

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Nut Wellingtons

Ingredients	serves 4	serves 10
<i>pastry</i>		
plain flour	285g (10 oz)	700g (25 oz)
vegan margarine	140g (5 oz)	340g (12 oz)
water	85ml (6 tbsp)	as required
<i>filling</i>		
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
onions	85g (3 oz)	225g (8 oz)
garlic	1 clove	2-3 cloves
celery, finely chopped	1 large stick	2 medium sticks
mushrooms, finely sliced	55g (2oz)	140g (5 oz)
sweet potato	115g (4 oz)	285g (10 oz)
carrots, grated	55g (2 oz)	140g (5 oz)
walnuts, roughly chopped	115g (4 oz)	285g (10 oz)
dried parsley and thyme	5g (1 tsp) each	10-15g (2-3 tsp)
tinned tomatoes, chopped	55g (4 oz)	140 (5 oz)
salt and black pepper	to taste	to taste

Preheat oven to 200°C/400°F/Gas 6.

Pastry: Rub margarine into the flour until it resembles fine breadcrumbs. Add sufficient water to bind. Chill.

Filling: Heat oil and fry the onions for a few minutes. Add garlic and continue frying for 30 seconds. Add celery, mushrooms and sweet potato and continue cooking until soft. Remove from heat and add the carrots, almonds, herbs and tomatoes. Season and allow to cool.

Roll out pastry and cut into 16x16cm (6½"x6½") pieces. Place mixture in centre of pastry square. Brush edges with water, then bring the corners of the pastry up and over the topping, press to seal together. Place onto an oiled baking tray and *bake* in the oven for 20-25 minutes or until pastry is golden.

Option: Roll pastry into an oblong(s), place filling down centre, wet edges and seal. Turn over and cut slits across every 2½ cm (1"). When cooked cut into portions as required. Slightly less pastry is required, or alternatively it can provide extra portions.

Spicy Bean and Lentil Loaf

<i>Ingredients</i>	<i>serves 12</i>	<i>serves 60</i>
vegetable oil	15ml (1 tbsp)	70ml (5 tbsp)
onion, finely chopped	115g (4 oz)	565g (20 oz)
celery, finely chopped	2 sticks	10 sticks
mushrooms, thinly sliced	115g (4 oz)	565g (20 oz)
garlic, crushed	2 cloves	10 cloves
ground cumin	5g (1 tsp)	25g (5 tsp)
ground coriander	5 g (1 tsp)	25g (5 tsp)
chilli powder	2½g (½ tsp)	12g (2½ tsp)
kidney beans, cooked, drained	225g (8 oz)	1.13 kg (40 oz)
green lentils, cooked, drained	225g (8 oz)	1.13 kg (40 oz)
carrot, grated	225g (8 oz)	1.13 kg (40 oz)
ground almonds	115g 4 oz)	565g (20 oz)
fresh wholemeal breadcrumbs	115g (4oz)	565g (20 oz)
tinned tomatoes, chopped	170g (6 oz)	850g (30 oz)
fresh mint, finely chopped (optional)	15g (1 tbsp)	70g (5 tbs)
salt and black pepper	to taste	to taste

Preheat oven to 180°C/350°F/Gas 4. Lightly oil loaf tin(s).

Heat oil and fry onion and celery until soft. Add garlic and spices and fry for a further minute. Roughly mash or blend the beans and lentils and add onion mixture, carrot, nuts, breadcrumbs, tomatoes mint and season.

Pile into the tin(s) and bake for 1 hour or until top brown. Serve with tomato sauce.

Tomato Sauce

<i>Ingredients</i>	<i>serves 12</i>	<i>serves 60</i>
vegetable oil	70ml (5 tbsp)	15 ml (1 tbsp)
onion, finely chopped	115g (4 oz)	565g (20 oz)
celery, finely chopped	2 sticks	10 sticks
garlic, crushed	2 cloves	10 cloves
tinned tomatoes, chopped	450g (1 lb)	????g (5 lb)
dried marjoram	5g (1 tsp)	25g (5 tsp)
tomato purée	15g (1 tbsp)	70g (5 tbsp)
vegan vegetable stock	300ml (10 fl oz)	710ml (25 fl oz)
salt and black pepper	to taste	to taste

Heat oil and fry the onion, celery until soft. Add garlic and fry for a further 30 seconds. Add rest of ingredients and simmer for approximately 15 minutes or until mixture forms a thick sauce. Season.

Walnut and Mushroom Loaf

Ingredients	serves 4	serves 10
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
onion, finely chopped	115g (4 oz)	285g (10 oz)
garlic, crushed	1 clove	2-3 cloves
celery, finely chopped	1 large stick	3 sticks
green pepper, chopped	55g (2 oz)	140g (5 oz)
mushrooms, chopped	115g (4 oz)	285g (10 oz)
carrots, finely grated	115g (4 oz)	285g (10 oz)
fresh breadcrumbs (preferably wholemeal)	115g (4 oz)	285g (10 oz)
walnuts, chopped or ground	170g (6 oz)	425g (15 oz)
yeast extract	5g (1 tsp)	12 ½ g (2½ tsp)
hot water	30ml (2 tbsp)	70ml (5 tbsp)
coriander seeds, crushed	2½g (½ tsp)	5g (1 tsp)
mixed herbs	5g (1 tsp)	12½g (2½ tsp)
salt and black pepper	to taste	to taste

Preheat oven to 190°C/375°F/Gas 5.

Heat oil in a large pan and fry onion, garlic, celery, green pepper and mushrooms until soft. Remove from heat and add carrots, breadcrumbs and nuts. Dissolve yeast extract in water and stir in. Add coriander and herbs. Season. Press the mixture into loaf tin(s) and bake for 45 minutes or until top golden brown.

Aubergine and Chickpea Ragout

Ingredients	serves 4	serves 10
vegetable oil	15ml (3 tbsp)	100 ml (7 tbsp)
onion, finely chopped	225g (8 oz)	565g (20 oz)
garlic, crushed	2 cloves	5 cloves
ground cumin	2½ g (½ tsp)	?? (1¼ tsp)
ground coriander, coriander seeds	2½ g (½ tsp) each	?? (1¼ tsp)
ground cinnamon	2g (½ tsp)	?? (1¼ tsp)
aubergine, cut into ???cm (½") chunks	2 medium	5 medium
chickpeas, cooked, drained	400g (14 oz)	1 kg (35 oz)
tinned tomatoes, chopped	400g (14 oz)	i kg (35 oz)
salt and black pepper	to taste	to taste

Heat oil in a large pan. Add onions and fry until soft. Add garlic and spices and fry for a few seconds. Stir in the aubergine and coat with spices and cook until soft. Add tomatoes and chick peas. Cover and simmer until tomatoes reduced. Season.

Chick Pea and Butternut Squash Pasties

<i>Ingredients</i>	<i>makes 4x18cm (7") pasties</i>	<i>makes 10x18cm (7") pasties</i>
<i>pastry</i>		
flour	285g (10 oz)	700g (25 oz)
vegan margarine	140g (5 oz)	355g (12½ oz)
water	85ml (6 tbsp) approx	as required
<i>filling</i>		
onions, chopped	115g (4 oz)	285g (10 oz)
butternut squash, diced	450g (1 lb)	1.13 kg (2½ lbs)
sage	5g (1 tsp)	10-15g (2-3 tsp)
salt and black pepper	to taste	to taste
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
chickpeas, cooked, drained	225g (8 oz)	565g (20 oz)
frozen peas, defrosted	115g (4 oz)	285g (10 oz)

Preheat oven to 200°C/400°F/Gas 6.

Pastry: Rub margarine into the flour until it resembles fine breadcrumbs. Add sufficient water to bind. Set aside to cool.

Filling: Place onions and butternut squash in an ovenproof dish. Sprinkle with sage and seasoning. Drizzle with oil and cook until a knife goes easily into the squash. Remove from oven, add the chickpeas and peas and set aside to cool. Roll out pastry and cut into required number of circles. Spoon filling onto one side of each round, wet edges, fold over and seal. Place pasties on a lightly oiled baking tray and bake for 20 minutes or until golden brown.

Butterbeans with sweet potato and basil

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
vegetable oil	15ml (1 tbsp)	14ml (3 tbsp)
leeks, finely chopped	170g (6 oz)	425g (15 oz)
sweet potato, ??? 1/4" diced	285g (10 oz)	700g (25 oz)
red pepper, thinly sliced	115g (4 oz)	285g (10 oz)
butterbeans, cooked, drained	400g (14 oz)	1 kg (35 oz)
tumeric	5g (1 tsp)	12½ g (2½ tsp)
dried basil or herb of choice	5g (1 tsp)	10-15g (2-3 tsp)
frozen spinach	225g (10 oz)	700g (25 oz)
salt and black pepper	to taste	to taste

Heat oil and fry onions until soft. Add sweet potato, and peppers and cook until soft. Add butterbeans, tumeric and herb and heat through. Add spinach and cook for a further few minutes. Season.

Banana Cake

<i>Ingredients</i>	<i>serves 9</i>
vegan margarine	115g (4 oz)
sugar	115g (4 oz)
ripe bananas	3
lemon, juice of	1
bicarbonate of soda	2½g (½ tsp)
baking powder	2½g (½ tsp)
plain flour (preferably wholemeal)	340g (12 oz)
sultanas	115g (4oz)
salt	2½g (½ tsp)

Preheat oven to 190°C/375°F/Gas 5.

Cream margarine and sugar together. Mash bananas, add lemon juice and mix until smooth and add to mix. Stir well. Add rest of ingredients. The mixture should be stiff. Pile into an oiled loaf tin 20cmx20cm (8"x8") and bake for 30-45 minutes or until a inserted knife comes out clean. Leave to cool in tin.

Chorley Cakes

<i>Ingredients</i>	<i>makes 10 cakes</i>	<i>makes 25 cakes</i>
<i>pastry</i>		
flour	285g (10 oz)	(25 oz)
vegan margarine	140g (5 oz)	(12½ oz)
water	85ml (6 tbsp (approx))	as required
<i>filling</i>		
vegan margarine	25g (1 oz)	(2½ oz)
sugar	55g (2 oz)	(5 oz)
currants	170g (6 oz)	(10 oz)
lemon, rind, grated	2	5
ground nutmeg, mixed spice	2½g (½ tsp) each	2
brown sugar, to decorate	as required	as required

Preheat oven to 200°C/400°F/Gas 6. Using flour, margarine and sufficient water to make shortcrust pastry (see page ??) and chill. Melt margarine and sugar, remove from heat and stir in currants, nutmeg and mixed spice. Leave to cool.

Divide pastry into required number portions and roll each out to 10cm (4") rounds. Spoon 15g (1½ oz) of filling into centre of each piece, wet edges and bring together. Turn over and roll lightly until currents show slightly through. Lightly brush top with water sprinkle on sugar. Place on oiled baking tray and bake for approx 15 minutes.

Apple , Raisin and Cinnamon Turnovers		
Ingredients	makes 4x15cm (6") turnovers	makes 10x15cm (6") turnovers
<i>filling</i>		
dessert apples, cored, chopped	225g (8 oz)	565g (20 oz)
raisins	55g (2 oz)	140g (5 oz)
water	as required	as required
ground cinnamon	5 g (1 tsp)	10-15g (2-3 tsp)
sugar	10g (2 tsp)	15g (5 tsp)
lemon, peel and juice of	½ medium	1 large
icing sugar	to dust	to dust
<i>pastry</i>		
vegan margarine	170g (6 oz)	425g (15 oz)
self raising flour	85g (3 oz)	285g (7 oz)
sugar	15g (½ oz)	30g (1 oz)
water	as required	as required

Filling:

Add a little water to the apples and raisins and gently simmer until apples soft. Stir in cinnamon and lemon juice. Drain and leave to cool.

Pastry

Rub the margarine into the flour until it resembles fine breadcrumbs. Add sufficient water to bind. Chill

Turnovers

Preheat oven to 200°C/400°F/Gas 6.

Roll out pastry and cut into required number of circles. Spoon filling onto one side of each round, wet edges, fold over and seal. Place turnovers on a lightly oiled baking tray and bake for 20 minutes until golden brown. Dust with icing sugar.

Option 1: Replace dessert apples with cooking apples and adjust sugar accordingly.

Option 2: Replace cooked dessert apples with uncooked. Slice them thinly and add the cinnamon, raisins and lemon juice before wrapping in pastry rolled out into oblongs. Wet edges and seal before turning over so the seal is underneath. Brush top with water and sprinkle with a little sugar. Cut slits along the top and bake as above. When cool cut into slices.

Carrot Cake

<i>Ingredients</i>	<i>serves 9</i>
carrots, grated	250g (9 oz)
plain flour	250g (9 oz)
baking powder	5g (1 tsp)
sultanas	55g (2 oz)
vegan margarine	250g (9 oz)
sugar	250g (9 oz)
icing sugar	to dust

Preheat oven to Preheat oven to 180°C/350°F/Gas 4.

Mix together flour, baking powder. Add sultanas. Melt margarine, add sugar and stir on a low heat until dissolved. Add to flour mixture. Grate the carrots and mix well.

Transfer the cake mixture into a lightly oiled tin 20x20x5cm (8x8x2") and bake for approximately 50 minutes or until a knife inserted into the centre comes out clean. Allow to cook before removing from tin.

Almond and Apricot Cake

<i>Ingredients</i>	<i>serves 6</i>
dried apricots, finely chopped	170g (6oz)
soya milk	250ml (9 fl oz)
plain flour	115g (4 oz)
ground almonds	115g (4 oz)
baking powder	7½g (1½ tsp)
vegan margarine	115g (4 oz)
sugar	55g (2 oz)
sultanas	115g (4 oz)
vanilla essence	2½ g (½ tsp)

Preheat oven to Preheat oven to 180°C/350°F/Gas 4.

Cover the apricots with the soya milk and leave to stand for several hours or overnight.

Mix flour, ground almonds and baking powder together. Melt the margarine add sugar and stir on a low heat until dissolved. Add to the flour mixture. Add the apricots and the remaining liquid and the sultanas and mix thoroughly.

Transfer the mixture to a greased, floured tin 23cmx23cm (9"x9"). Bake for approximately 50 minutes or until a knife inserted into the centre comes out clean.

Allow to cool before removing from tin.

Mince Slices

Ingredients	serves 20
flour	450g (1 lb)
vegan margarine	225g (8 oz)
sugar	175g (6 oz)
water	as required
mincemeat (see recipe below)	as required
icing	as required

Preheat oven 200°C/400°F/Gas 6.

Mix the flour and sugar together, add the margarine and rub together until it looks like breadcrumbs add enough water to make a soft dough. Chill for 1 hour.

Roll pastry out to 0.5cm (¼") thick in oblongs 22x22cm. Pile mincemeat down centre. Wet edges of pastry, fold and seal. Slide onto oiled baking tray(s). Cut slits along the top of the pastry and bake for approximately 20 minutes until top golden brown. When cool, sprinkle with icing sugar and cut into slices.

Mincemeat

Ingredients	makes 1.1 kg (2½ lb)
cooking apples, peeled, chopped small	750g (1½ lbs)
orange juice	45ml (3 tbsp)
sugar	30g (1 oz)
mixed spice	15g (1 tsp)
nutmeg	15g (1 tsp)
golden syrup	175ml (6 fl oz)
raisins	225g (8 oz)
currants	225g (8 oz)
sultanas	115 (4 oz)
flaked almonds	115g (4 oz)

Stew apples, orange juice and spices for approximately 10 minutes only adding a little water if absolutely necessary. Remove from heat and mix in remaining ingredients. Leave to cool.

Note: Mincemeat can be frozen for up to 3 months.

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