

Vegan Prisoners Support Group

YULETIDE VEGAN RECIPES 2012

Xmas Day

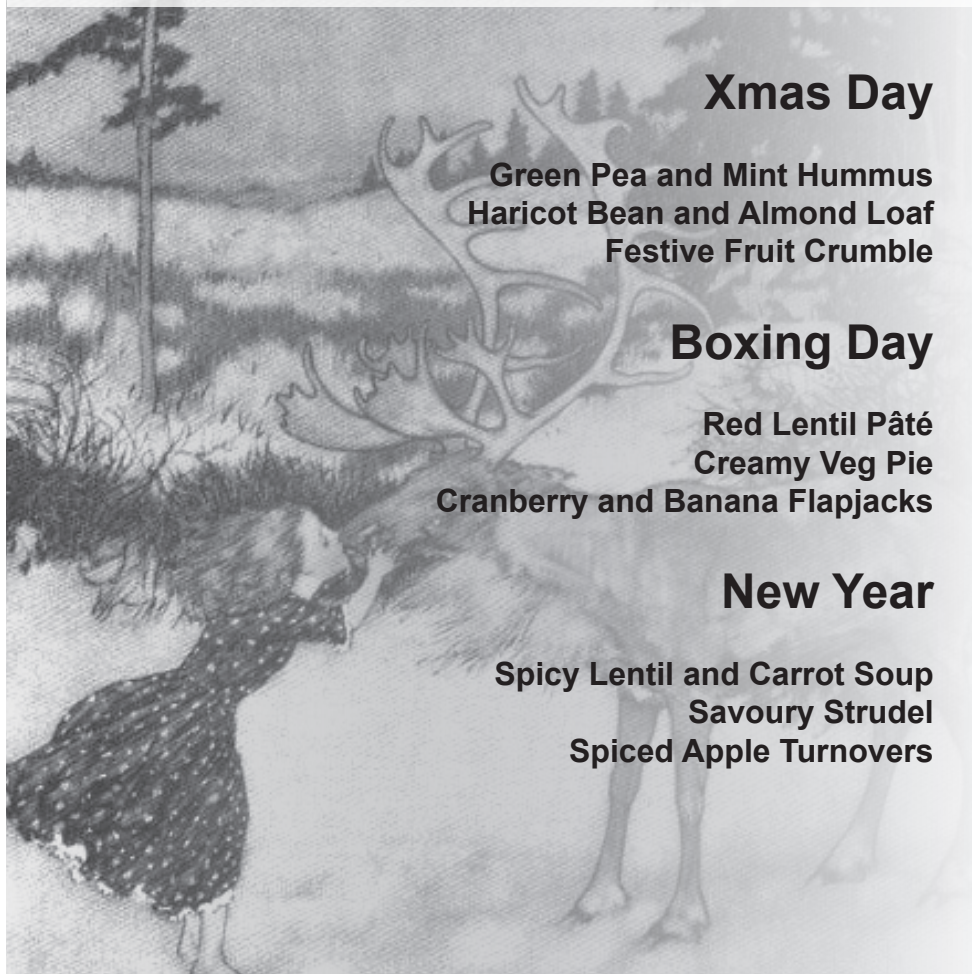
**Green Pea and Mint Hummus
Haricot Bean and Almond Loaf
Festive Fruit Crumble**

Boxing Day

**Red Lentil Pâté
Creamy Veg Pie
Cranberry and Banana Flapjacks**

New Year

**Spicy Lentil and Carrot Soup
Savoury Strudel
Spiced Apple Turnovers**



Green Pea and Mint Hummus

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
frozen peas (thawed)	400g (14 oz)	1 kg (2 lb 3 oz)
garlic, crushed	1 clove	2-3 cloves
olive oil	45ml (3 tbsp)	115ml (4 fl oz)
lemon, juice of	good squeeze	to taste
fresh mint leaves	10-12	25-30
salt and black pepper	to taste	to taste

Put the peas in a food processor or blender with the garlic, oil, lemon juice, mint leaves and some salt and pepper. Process to a thick, slightly coarse purée, adding more oil if required.

Taste and adjust the seasoning with more salt, pepper and/or lemon juice.

Haricot Bean and Almond Loaf

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
onion, finely chopped	85g (3 oz)	210g (7½ oz)
garlic, crushed	1 clove	2-3 cloves
celery, finely chopped	1 stick	2-3 sticks
carrot, finely chopped	55g (2 oz)	140g (5 oz)
mushrooms, thinly sliced	55g (2 oz)	140g (5 oz)
mixed herbs	5g (1 tsp)	12.5g (2½ tsp)
haricot beans, cooked, drained, mashed	285g (10 oz)	700g (25 oz)
fresh breadcrumbs	55g (2 oz)	140g (5 oz)
ground almonds	30g (1 oz)	70g (2½ oz)
cheezly, finely grated	30g (1 oz)	70g (2½ oz)
tomato purée	15g (1 tbsp)	35g (2½ tbsp)
salt and black pepper	to taste	to taste

Preheat oven to 200°C/400°F/Gas 6. Heat oil in a large pan and fry onions until soft. Add garlic and fry for a further 30 seconds. Add celery and carrots and cook until soft. Add mushrooms and herbs, and continue cooking until mushrooms soft. Remove from heat. Mix in remaining ingredients. Season. Pile into oiled loaf tin(s) and cook for approximately 30-40 minutes or until top golden.

Festive Fruit Crumble

Ingredients	Serves 4	Serves 10
apples (thinly sliced)	355g (12½ oz)	875g (31 oz)
mixed dried fruit (sultanas, raisins, currants)	115g (4 oz)	285g (10 oz)
banana, sliced	1 large	3 medium
orange, juice and zest of	1	3
sugar	55g (2 oz)	140g (5 oz)
mixed spice	2.5g (½ tsp)	6.25g (1¼ tsp)
cinnamon	1.25g (¼ tsp)	3.15g (¾ tsp)
broken walnuts	55g (2 oz)	140g (5 oz)
Topping		
vegan margarine	70g (2½ oz)	185g (6½ oz)
flour	100g (3½ oz)	250g (9 oz)
sugar	130g (4½ oz)	310g (11¼ oz)
nutmeg and cinnamon (to sprinkle)	as required	as required

Preheat oven to 200°C/400°F/Gas 6.

Mix together the apples, mixed fruit, banana and orange, juice and zest. Stir in the sugar, spices and nuts and pile into an ovenproof dish.

Topping: Add the margarine to the flour and rub together until it resembles fine breadcrumbs. Stir in sugar. Sprinkle spices over the top and bake until the apples are soft and top is golden brown (approximately 15-20 minutes).

Red Lentil Pâté

Ingredients	serves 4	serves 10
red lentils, washed drained	115g (4oz)	285g (10 oz)
water	400ml (14 fl oz)	1L (35 fl oz)
bay leaf	1	3
oil	15ml (1 tbsp)	45ml (3 tbsp)
onion, finely chopped	1 small	2 medium
red pepper, finely chopped	30g (1 oz)	70g (2½ oz)
garlic, crushed	2 cloves	5 cloves
tomato paste	15ml (1 tbsp)	37.5ml (2½ tbsp)
ground coriander	1.25g (¼ tsp)	3.75g (¾ tsp)
caraway seeds	1.25g (¼ tsp)	3.75g (¾ tsp)
ground cumin	1.25g (¼ tsp)	3.75g (¾ tsp)
cayenne pepper	pinch	1.25g (¼ tsp)
salt	2.5g (½ tsp)	6.25g (1¼ tsp)
lemon, juice of (optional)	2.5g (½ tsp)	6.25g (1¼ tsp)

Combine lentils with water and bring to boil, skim and discard any foam and add bay leaf. Simmer until lentils are soft and all liquid evaporated. Remove bay leaf.

Heat oil and fry onion until soft. Stir in garlic, tomato paste, coriander, caraway seeds, cumin, cayenne pepper and salt. Continue to cook for a few minutes. Remove from heat and stir into lentils and add lemon juice (if using), scraping up any brown bits on the bottom of the pan.

Cool and use in baguettes, sandwiches or wraps.

Keeps for 4 days chilled.

Also suitable for freezing.

Creamy Veg Pie

<i>Ingredients</i>	<i>serves 9</i>
Shortcrust Pastry	
mustard powder	2.5g (½ tsp)
salt	pinch
flour	340g (12 oz)
vegan margarine	170g (6 oz)
cold water as required	approx 85ml (6 tbsp)
Filling	
vegetable oil	70ml (5 tbsp)
onion, finely sliced	200g (7 oz)
celery, finely chopped	2 sticks
carrot, finely sliced	225g (8 oz)
potato, finely sliced	225g (8 oz)
flour	45g (1½ oz)
soya milk	400ml (14 fl oz)
butter beans (cooked, drained)	200g (7 oz)
sweetcorn	200g (7 oz)
mixed herbs	7.5g (1½ tsp)
soya sauce	10ml (1 dssp)
yeast extract	5g (1 tsp)
black pepper	to taste

Preheat oven to 200°C/400°F/Gas Mark 6.

Shortcrust Pastry: Add mustard powder and salt to flour and mix. Rub in margarine until it resembles breadcrumbs. Add sufficient cold water to form a soft dough. Chill.

Filling: Heat the oil and sauté the onion, celery, carrot and potato until soft. Add the flour and stir in well. Stirring constantly slowly pour in the soya milk.

Add the butter beans, sweetcorn, mixed herbs, soya sauce and yeast extract. Simmer for a couple of minutes. Season with pepper.

Line a pie dish 23x23cm (9x9”) with pastry and add the filling, top with remaining pastry. Cut a few holes in the top to allow the steam to escape. Brush with soya milk and bake for 30 minutes or until golden brown on top.

Suitable for freezing. Recipe courtesy of www.fairfoods.org.uk

Cranberry and Banana Flapjacks

<i>Ingredients</i>	<i>serves 12</i>
vegan margarine	150g (5½ oz)
golden syrup	150ml (10 tbsp/5 fl oz)
oats	255g (9 oz)
cranberries (or raisins)	370g (13 oz)
broken walnuts (optional)	30g (1 oz)
ripe bananas, mashed	2

Preheat the oven to 190°C/375°F/Gas Mark 5. Lightly oil an ovenproof baking tray 18x28cm (7x11")

Gently melt the margarine and golden syrup in a large saucepan. Add the rest of the ingredients and mix well.

Spoon the flapjack mixture onto the baking tray and bake for 10 minutes until the top is just starting to turn a pale golden colour. The mixture will still be slightly soft so allow to cool for 10 minutes in the tin before cutting into squares. Then allow to cool completely before removing from tin.

Spicy Lentil and Carrot Soup

Ingredients	serves 4	serves 10
oil	15ml (1 tbsp)	45ml (3 tbsp)
onion, finely chopped	1 medium	2 large
chilli flakes (optional)	a pinch	¼ tsp
cumin seeds	2 tsp	5 tsp
carrot, grated	400g (14 oz)	1kg (2 lb 3 oz)
red lentils, washed, drained	140g (5 oz)	355g (12½ oz)
chopped tomatoes (tinned)	400g (14 oz)	1kg (2lb 3 oz)
vegan vegetable stock	800ml (28 fl oz)	2L (70 fl oz)
salt and pepper	to taste	to taste

Heat oil and fry the onion until just soft. Add chilli flakes (if using) and cumin seeds. Cook for one minute. Add carrots, lentils, tomatoes and stock and simmer for approximately 15 minutes or until lentils are soft. Briefly blend if required. Season.

Savoury Strudel by HMP Morton Hall

<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
flour	285g (10 oz)	700g (1 lb 9 oz)
vegan margarine	140g (5 oz)	425g (15 oz)
water	85ml (6 tbsp)	200ml (7 fl oz)
vegetable oil	as required	as required
leek, finely chopped	115g (4 oz)	285g (10 oz)
mushrooms, thinly sliced	115g (4 oz)	285g (10 oz)
sweet potato, finely diced	115g (4 oz)	285g (10 oz)
aubergine, finely diced	115g (4 oz)	285g (10 oz)
courgette, finely diced	115g (4 oz)	285g (10 oz)
mixed herbs	10g (2 tsp)	25g (5 tsp)
ground almonds or chopped nuts	115g (4 oz)	285g (10 oz)
salt and black pepper	to taste	to taste

Preheat oven to 200°C/400°F/Gas 6. Make shortcrust pastry using flour, margarine and enough water to bind. Chill.

Heat oil and fry leeks until just soft. Add mushrooms, sweet potato, aubergine, courgette and herbs. Gently cook until the vegetables are soft. Add the ground almonds or nuts. Season and cool.

Roll pastry into oblongs. Pile the filling down the centre, making small cuts along the sides of the oblongs to allow the pastry to be plaited. Place on an oiled tray and bake for approximately 30 minutes or until top golden.

Spiced Apple Turnovers

<i>Ingredients</i>	<i>serves 10</i>
Pastry	
plain flour	340g (12 oz)
salt	pinch
vegan margarine	170g (6 oz)
cold water	as required
Filling	
sugar	55g (2 oz)
ground cloves	1.25g (¼ tsp)
ground cinnamon	2.5g (½ tsp)
nutmeg grated	1.25g (¼ tsp)
lemon, juice of	½
dessert apples, thinly sliced	285g (10 oz)
raisins or sultanas	115g (4 oz)
sugar	to sprinkle

Pastry: Combine flour and salt, rub in the margarine until it resembles fine breadcrumbs. Stir in enough water to bring the mixture together as a smooth dough. Chill while preparing filling.

Combine the sugar, spices and juice of the lemon and mix with the apples and raisins or sultanas. Gently stew for 5 minutes until apples just soft, but still retaining their shape. Drain off any liquid and cool.

Divide the pastry into 10 pieces. Roll into approximately 15cm (6") circles. Place apple mixture slightly off centre. Wet edges, fold over and crimp and prick the top to let the steam out. (For a fancy finish bring the two ends slightly together to make a horseshoe shape). Sprinkle a little sugar on top. Bake for approximately 20 minutes until golden brown. Cool before serving.

Suitable for freezing.

Published by Vegan Prisoners Support Group

**VPSG
P.O.Box 194
Enfield, Middx, EN1 4YL
Tel: 020 8363 5729
website: www.vpsg.info
e-mail: info@vpsg.info**