



Mahasamvit International Ltd.

# VEGAN RECIPES.

Launching delicious vegan  
restaurant chain.



## Fridge Clean-Out Nabe with Mushroom Dashi – recipe 1

### Ingredients

1 - 2 Servings MUSHROOM DASHI

4 dried shiitake mushrooms

1 4x3" piece dried kombu

NOODLES AND ASSEMBLY

2 oz. dried udon or soba noodles

Kosher salt 1

Tbsp. mirin (sweet Japanese rice wine) 1

Tbsp. soy sauce 1

2-oz. piece butternut squash, peeled, halved, seeds removed, sliced ½" thick

2 small hakurei or baby turnips, trimmed, cut into quarters

A big handful of greens (such as baby bok choy, kale, or Swiss chard), thinly sliced

4 oz. firm or extra-firm tofu, patted dry, cut into ½"-thick pieces

1 scallion, white and pale green parts thinly sliced into 2"-long pieces, dark green parts thinly sliced on a diagonal

Toasted sesame oil and shichimi togarashi (for serving)



## Preparation

### MUSHROOM DASHI

#### Step 1

Combine mushrooms, kombu, and 2½ cups cold water in a 1-qt. jar or small bowl. Cover and chill until dashi takes on a light golden hue, at least 8 hours or overnight.

#### Step 2

Strain dashi into a clean jar or bowl. Squeeze mushrooms to release excess liquid into jar, then remove and discard the woody stems; thinly slice mushroom caps and reserve. Discard kombu.

#### Step 3

Do Ahead: Dashi can be made 2 days ahead; cover and chill. Cover and chill rehydrated mushrooms separately.

### NOODLES AND ASSEMBLY

#### Step 4



Cook noodles in a medium saucepan of boiling salted water according to package directions. Drain in a colander, shaking off excess water, and set aside.

### Step 5

Pour dashi into a 1.5–2-qt. donabe or small saucepan and stir in mirin and soy sauce; season with salt. Bring to a simmer over medium heat. Add squash and turnips, cover, and cook until vegetables are almost completely tender, 5–7 minutes. Uncover; add greens, tofu, white and pale green parts of scallions, and reserved mushrooms. Cover and cook until greens are wilted, tofu is warmed through, and squash and turnips are tender, about 2 minutes.

### Step 6

Add reserved noodles to donabe and top with scallion greens. Drizzle with oil and sprinkle with shichimi togarashi.

## Mushroom Recipes

tasty vegan and vegetarian mushroom recipes



## Kadai Mushroom -2


is such a super easy and delicious dish of sautéed button mushrooms, onions, bell peppers (capsicum) in a spiced, tangy tomato sauce. The recipe comes together in 30 minutes and so delish with naan, roti and even bread rolls.

The semi-dry version of Kadai Mushroom tastes so good. As mentioned above, freshly roasted and pounded spices called as kadai masala is added. The spices that I add in the kadai masala are coriander seeds, cumin seeds, dry red chilies, cloves, cinnamon, green cardamom, black pepper and mace (optional).

### How to make Kadai Mushroom

#### Making Kadai Masala

1. First dry roast all the spices for the kadai masala on a low flame in a kadai or pan till fragrant.



The spices are – 1 tbsp coriander seeds, ½ tsp cumin seeds, 3 to 4 dry red chilies, 2 cloves, ½ inch cinnamon, 1 green cardamom, 3 to 4 black pepper and 1 single strand of mace (optional).

whole spices being roasted in a brass kadai (wok)

2. Once the spices cool down, add them to a grinder jar.

roasted spices added in a grinder jar

3. Grind to a semi fine powder. You can also grind to a fine powder.

spices ground to a semi-fine texture

4. Keep the ground kadai masala aside.

ground spices powder or kadai masala taken in a small steel plate

5. In the same jar, add chopped tomatoes (2 medium to large tomatoes, pureed, about ¾ cup tomato puree. Use tomatoes which are ripe, red and not too tangy).

chopped tomatoes added to the same grinder jar

6. Blend the tomatoes to a smooth puree. Keep aside. No need to add water while making the puree.

tomatoes blended or ground to a smooth tomato puree

7. Slice 200-250 grams button mushrooms. Slice 1 medium to large capsicum (bell pepper) thinly. Chop the onions (1 medium onion, about ½ cup finely chopped onion). Keep aside.

white button mushrooms sliced and green & red bell pepper sliced

Sauteing mushrooms

8. Heat 3 tbsp oil in a kadai/wok or pan. Add the sliced mushrooms. sliced white button mushrooms being sautéed in oil in the kadai

9. Stir & saute the sliced mushrooms. First you will see the mushrooms releasing a lot of water.

mushrooms releasing plenty of water

10. After some minutes, the water evaporates. Saute till the mushrooms get browned from the edges.

mushrooms have got browned from the edges

11. Remove the mushrooms and keep aside. sautéed mushrooms kept aside in a square-shaped steel plate Making kadai mushroom dry



12. In the same oil, add finely chopped onions.

onions added in the kadai

13. Saute the onions till they turn translucent or light golden.

onions sautéed till light golden

14. Add 1 teaspoon ginger-garlic paste (1 inch ginger + 3 to 4 small to medium-sized garlic, crushed in a mortar-pestle). Stir and saute till the raw aroma of ginger-garlic goes away.

ginger-garlic paste added

15. Add the tomato puree (about  $\frac{3}{4}$  cup).

added prepared tomato puree

16. Stir and saute.

sautéing tomato puree

17. Saute till you see some oil releasing from the sides.

sautéing tomato puree till some oil releases from the sides

18. Add the sliced capsicum/bell pepper (1 medium to large capsicum). You can even green bell pepper or red or yellow bell pepper.

sliced green and red bell peppers added

19. Mix and sauté for 5 to 6 minutes on a low flame.

sautéing bell peppers

20. Add the ground kadai masala which we made. You can also add  $\frac{1}{4}$  tsp turmeric powder at this step. Adding turmeric powder is optional though.

ground kadai masala added

21. Mix very well. mixing kadai masala with the rest of the ingredients

22. Then add  $\frac{1}{2}$  cup of water.

water added and mixed

23. Season with salt. salt being added

24. Bring the gravy to a simmer on a low flame till you see a few specks of oil floating on top.



simmering gravy

25. Add the sauteed mushrooms (200-250 grams), sautéed mushrooms added to the gravy

26. Mix again.

mixing

27. Lastly add 1 tsp crushed kasuri methi (dry fenugreek leaves) to kadai mushroom. Switch off the stove. If you want you can also add 1 or 2 tbsp cream to tone down the tang. You can also add about ¼ tsp of garam masala powder.

crushed kasuri methi added to the kadai mushroom gravy

28. Mix and then serve Kadai Mushroom hot with roti, paratha or naan. While serving you can garnish with ginger julienne and chopped coriander leaves (cilantro).

kadai mushroom garnished with coriander leaves, ginger julienne and served in a steel kadai on a white napkin on a dark ebony colored board

Tips & Substitutes for Best Kadai Mushroom

Roasting spices: The spices are roasted till they are aromatic. Do not brown them too much or burn them.

Mushrooms: I have used white button mushrooms, but you can use any variety of fresh edible mushrooms.

Dried red chillies: The color, spice, pungency and heat factor in the dish depends on the type of red chillies used. Thus use chillies which have a low heat quotient like Kashmiri chillies or Byadagi chillies. These chillies are low in heat and also give a deep orange color to the dish. But if you like a spicy dish you can use medium-hot red chillies – just reduce their quantity.





Rich and delicious mushroom soup is wonderfully satisfying to enjoy any time of the year. It's a hearty soup recipe prepared in just one pot, and is perfect to make even on a busy weeknight in only 30 minutes. Here you'll find step-by-step instructions and photos with a video to make my savory, creamy, absolutely delightful cream of mushroom soup from scratch.

## How to Make Mushroom Soup

### Prep Ingredients

1. First, measure and set all the ingredients ready for the soup (mise en place).

mushroom soup ingredients prepped in bowls.

2. Rinse or wipe dry 200 to 250 grams (about 1 cup) of white button mushrooms or cremini mushrooms. Slice off the lower part of the base stalk of each mushroom. Then chop them in halves or quarters, or slice them thin.

button mushrooms prepped and chopped in white bowl

### Make Mushroom Soup Base

3. Next, heat a heavy saucepan or pan over low to medium-low heat. Melt 2 tablespoons of butter (salted or unsalted) in the pan.

butter in a pot

4. When the butter has almost melted add bay leaf or tej patta (Indian bay leaf). Keep the heat low and be careful to not burn the butter.

bay leaf cooking in butter in a large pot



5. Sauté until the bay leaf becomes fragrant, only for about 2 to 3 seconds.

sautéing bay leaf in butter

6. Add  $\frac{1}{3}$  cup finely chopped onions (about 1 small to medium-sized onion) and  $\frac{1}{2}$  teaspoon minced or finely chopped garlic (2 to 3 small to medium garlic cloves).

chopped onion, garlic, and bay leaf in pot

7. Mix and stir.

sautéing aromatics

8. Sauté until the onions soften and become translucent.

onions softened in pot

Cook Mushrooms

9. Add the sliced or chopped mushrooms to the pot.

chopped button mushrooms in pot

10. Mix again. You will see the mushrooms releasing water after a few minutes.

mushrooms and water in pot

11. Continue to sauté as the mushrooms brown.

sautéed mushrooms in pot

12. Continue to sauté until all the water dries up in the pan. Then add 1 tablespoon of whole wheat flour or all-purpose flour.

mound of flour on mushrooms

13. Sauté for 3 to 4 minutes on a low heat as you continuously stir. You shouldn't be able to smell the raw flour after a minute or two.

sautéing mushrooms to make a roux

14. Then add freshly crushed black pepper or ground pepper to taste. Mix well.

black pepper on mushrooms

Make Cream of Mushroom Soup

15. Now add 1 cup of water or vegetable stock, or mushroom stock.

adding water to the pot with mushrooms

16. Stir and mix well.

water mixed with mushrooms



17. Add 1 cup whole (full fat) milk.

TIP: The milk should be at room temperature when you add it.

adding milk to the pot

18. Mix very well.

milk mixed with mushroom roux

19. Season with salt to taste and mix again. If using vegetable or mushroom stock instead of water, you likely will only need a small amount of extra salt, if any at all.

adding salt to the pot

20. Simmer the cream of mushroom soup over medium-low heat. Stir often; it will start to bubble up like in the picture below.

simmering mushroom soup in pot

21. The soup will also begin to thicken. Continue to simmer the mushroom soup for more 4 to 5 more minutes.

As it cooks the soup will thicken more and more. Stir regularly so that it doesn't stick to the bottom of the pan.

mushroom soup in pot

22. Then add 6 tablespoons light cream or cooking cream or low fat cream (about 25% to 30% fat) or 3 tablespoons heavy cream or whipping cream. You can also add 7 to 8 tablespoons of half and half.

adding heavy cream

23. Stir and mix well.

cream mixed with mushroom soup with a wooden spoon

24. Add 1 tablespoon of chopped parsley or coriander leaves (cilantro) or any fresh herbs of your choice.

cream of mushroom soup with chopped parsley

25. Simmer the cream of mushroom soup for 1 to 2 minutes, stirring often.

cream of mushroom soup in pot

26. Lastly, sprinkle 1 to 2 pinches of ground nutmeg powder or grated nutmeg and stir. Nutmeg gives a nice pleasant aroma but can be skipped if you do not have it.

mushroom soup sprinkled with ground nutmeg

27. Switch off the heat and pour the mushroom soup in individual serving bowls. Serve the cream of mushroom soup steaming hot garnished with more freshly chopped parsley or coriander leaves.

overhead shot of cream of mushroom soup in a white bowl placed on burlap

What to serve with Mushroom Soup

Creamy mushroom soup is delicious to enjoy with a hearty sandwich or piece of crusty bread, like crostini or bruschetta.

It's a wonderful starter to serve before a pasta or risotto or pilaf course. And it pairs great as a side dish with nearly any entree!

Have a bowl of this comforting soup as a main dish of its own, and serve with a fresh side salad or veggies.

### Methi Mushroom – Mushroom And Fenugreek (Methi) Curry -4



#### How To Make Methi Mushroom

##### Marinate Mushrooms

1. Rinse 200 to 250 gram mushrooms under running water to rid them of any mud, then drain the water very well.



rinsing button mushrooms in a colander.

2. Chop the mushrooms into quarters and keep aside.

quartered button mushrooms in a prep bowl.

3. In a bowl, mix together  $\frac{1}{4}$  cup of curd (yogurt) and a pinch of salt; beat the curd till smooth.

NOTE: Please use full fat fresh curd or homemade curd made from whole milk so that it does not split or separate while cooking.

yogurt and salt whisked together in a small white bowl.

4. Add the curd to the chopped mushrooms.

yogurt added to quartered mushrooms.

5. Coat the mushrooms very well with the beaten curd. Cover and marinate for 30 to 40 minutes at room temperature.

mushrooms marinating in yogurt for making methi mushroom masala

Prep Methi

6. Meanwhile, pick the fenugreek leaves from their stems. If using fresh methi leaves, you'll need around 1 cup, or you can also use 1 to 2 tablespoons of dry fenugreek leaves (kasuri methi).

fresh methi leaves in a large mug.

7. Soak in water for a minute or so, so that any dirt clinging to the leaves settles down at the bottom.

NOTE: This is not necessary if using kasuri methi.

soaking fresh methi in water.

8. Drain and discard the water.

draining methi above a colander to catch any stray leaves.

9. Soak the methi leaves for a second time.

soaking methi leaves for a second time.

10. Now drain and rinse the methi leaves well under running water till the leaves are clean.

rinsing methi leaves under running water in a colander.

11. Drain them in a colander.

washed and drained methi leaves in a colander.



12. Chop methi leaves finely. Keep aside.

bright green chopped methi leaves in a small white prep bowl.

13. Measure and keep all the ingredients ready.

ingredients for making mushroom methi recipe all measured out into white bowls on a black table.

### Make Curry Base

14. Heat 3 tablespoons neutral flavored oil or ghee in a pan or kadai.

oil heating in a kadai.

15. Add the whole garam masala or spices as listed below:

2 to 3 green cardamom pods

1 inch cinnamon

1 black cardamom

1 tej patta (Indian bay leaf)

2 to 3 cloves

1 to 2 single strands of mace

whole garam masala added to oil to bloom.

16. Fry the spices on low heat till the oil becomes fragrant and the spices splutter, being careful not to burn them.

tempering the spices in oil

17. Then add ½ cup chopped onions.

finely chopped onion added to whole masala in pan.

18. Mix very well and begin to sauté the onions on a low heat.

onions are becoming tender and translucent as they cook.

19. Stir at intervals as needed. Be patient as onions take time to get browned.

wooden spoon stirring the onions as they continue to cook.

20. Sauté until the onions begin to turn golden.

onions are now a deep golden color.

21. Immediately add 1 to 2 chopped green chilies or about 1 teaspoon chopped green chillies and ½ tablespoon ginger-garlic paste.



chiles and ginger garlic paste added to pan with onions and masala.

22. Mix very well and sauté for a minute.

stirring in the new additions.

23. Then add 3 medium-sized chopped tomatoes or about 1.25 to 1.5 cups chopped tomatoes.

tomatoes added to pan.

24. Mix well and sauté till the tomatoes become soft and mushy.

tomatoes are starting to break down and look slightly more orange in color.

25. Keep on stirring the masala.

tomatoes are well broken down at this point.

26. Add all the dry spice powders as listed below

½ teaspoon turmeric powder

1 teaspoon Coriander Powder (ground coriander)

½ teaspoon red chili powder

dry spices added to the mix.

27. Stir and mix very well.

stirring in the new additions with a wooden spoon.

28. Sauté the tomatoes until they soften and oil leaves the sides of the chunky masala mixture.

tomato onion masala is well cooked, with oil releasing from the sides.

Make Mushroom Methi Curry

29. Lower the heat and add the marinated mushrooms with the yogurt.

yogurt marinated mushrooms added to the masala.

30. Next add the chopped methi leaves (or dry methi leaves).

methi leaves added on top of the mushrooms.

31. Mix well.

mushrooms and methi are well stirred into the masala.



32. Add about  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of water.

adding water.

33. Also add salt to taste, keeping in mind that some salt has been added during the marination process.

adding salt.

34. Stir and mix well.

stirring mushroom methi to combine.

35. Cover the pan or kadai and simmer till the mushrooms are cooked. This can take about 8 to 10 minutes on a low to medium-low heat.

lid on methi mushroom pan.

36. Check occasionally; if the consistency looks dry then add some more water.

stirring mushroom methi recipe to check water level.

37. Once the mushrooms are cooked and the curry has a medium consistency, then check the taste and season as needed.

mushroom methi recipe is bubbling on the stove and looks well cooked.

38. Garnish methi mushroom with some coriander leaves.

fresh coriander leaves added to complete mushroom methi recipe.

39. Serve methi mushroom hot with any Indian flatbread of your choice, or cumin rice if you are gluten-free.

methi mushroom in a white bowl on a yellow napkin.



## Matar Mushroom- 5



### How to make Matar Mushroom

1. Heat 2 to 3 tablespoons of oil in a pan or kadai. You can use any neutral-flavored oil.

Add finely chopped 1 medium-sized onion and saute the onions stirring often till translucent.

sauteing onions in oil in a pan

2. Then add 1.5 teaspoon crushed ginger-garlic or ginger-garlic paste. Saute for a few seconds or till the raw aroma disappears.

sauteing ginger-garlic paste in the pan

3. Add 3 medium-sized finely chopped tomatoes and 1 chopped green chili. Stir.

added 3 medium-sized finely chopped tomatoes

4. Then add the following spice powders:



½ teaspoon turmeric

(¼ or ½) teaspoon red chili powder

1 teaspoon coriander powder

added spices for matar mushroom

5. Stir and saute till oil starts to leave the sides of the onion-tomato masala mixture.

sauteing masala mixture for matar mushroom

6. Add 200 grams of chopped mushrooms and (⅔ or ¾) cup of green peas.

added matar and mushroom

7. Stir to mix. Saute for 2 to 3 minutes.

sauteing matar mushroom masala

8. Then add 2 cups of water and salt as required. Cover the pan with a lid and cook till the peas are softened.

Please check point no 7-9 and notes section in the recipe card below for more info on the quality of peas and the amount of water to be added.

cooking matar mushroom

9. Once done, sprinkle (¼ or ½) teaspoon garam masala powder.

add garam masala to matar mushroom

10. stir and Serve matar mushroom ki sabji hot or warm with rotis, naan, parathas or chapatis.



### How to make Batani Curry

1. Begin by cooking 1 cup shelled fresh peas in water which is covering them, in a pan. In winters, fresh green peas are easily available. Otherwise, you can use frozen green peas.

cooking shelled green peas in water

2. In the meantime, rinse and chop 200 to 250 grams mushrooms. Then, sauté them in 1 tablespoon of oil on medium or medium-high heat for 5 to 6 minutes or till they are tender and cooked. Transfer the sautéed mushrooms on a plate and set aside.

sautéing chopped mushrooms

3. The green peas are still cooking here.

green peas getting cooked in water

4. Once the green peas are completely cooked and softened, drain the water and set the cooked green peas aside. Reserve the cooked water or stock to be added in the curry later.

If you want to use the stock then use fresh peas. If you are going to use frozen peas, then discard the stock. In this case, add water to the curry later.

draining cooked green peas



5. In a blender or grinder, make a fine paste of 7 to 8 cashews and ½ cup grated fresh coconut with ¼ to ⅓ cup water or as needed.

grinding cashewnuts and grated coconut with some water into a paste

6. Heat 2 tablespoons of oil in a pan. Keep the flame to a low.

Fry ½ teaspoon mustard seeds till they crackle. Then, fry 1 teaspoon cumin seeds, ¼ teaspoon fenugreek seeds and 1 teaspoon urad dal (hulled and split black gram) till fragrant and the dal becomes golden.

frying spices and urad dal in hot oil

7. Now, add 1 medium-size chopped onion – about ⅓ cup chopped onions.

adding chopped onions to oil

8. Sauté chopped onions till lightly browned on medium-low heat. Stir often when sautéing onions.

frying chopped onions till lightly browned

9. Add 1 teaspoon ginger-garlic paste/or crushed paste made from 1 inch ginger and 3 small to medium garlic cloves.

Sauté for a few seconds till the raw aroma of the ginger-garlic goes away.

adding ginger-garlic paste and frying

10. Add ½ teaspoon red chili powder, ½ teaspoon turmeric powder, 1 teaspoon coriander powder and ½ teaspoon garam masala powder and stir to combine.

adding spice powder and stirring

11. Add 1 medium-sized chopped tomato – about ½ cup chopped tomatoes.

adding chopped tomato

12. Fry the tomato masala till the oil starts to leave the sides of the mixture. The tomatoes would also soften and become mushy.

frying tomato masala till oil leaves the sides of the mixture

13. Lower the heat and add the cashew-coconut paste along with 10 to 12 curry leaves.

adding cashewnut-coconut paste and curry leaves to the masala

14. Stir the paste for 2 to 3 minutes.

stirring the paste



15. Now, add 2 to 2.5 cups of the green peas stock or water. Adjust water as needed depending on the consistency you prefer.

adding the green peas stock or water to the masala

16. Let the kurma curry come to a boil and thicken slightly.

curry coming to boil

17. Then, add the sautéed mushrooms and cooked peas to the curry.

adding sautéed mushrooms and cooked green peas to curry

18. Add salt as required and simmer for 3 to 4 minutes more.

adding salt to curry and simmering

19. Garnish with 1 to 2 tablespoons of chopped coriander leaves and serve Batani Curry hot or warm with chapati, tandoori roti, naan, paratha, steamed rice or jeera rice.

mushroom peas curry served on jeera rice



### How to make Mushroom Fry

1. Rinse 250 grams button mushrooms a couple of times in water and then drain well. Gently remove any traces of soil from the mushrooms with your fingers while rinsing them with the water.

rinsing mushrooms in water

2. Chop the mushrooms and keep aside. Trim a small portion of the base stalks while chopping them. Discard these base stalks.

chopping mushrooms

3. Slice 1 large or 2 medium-sized onions thinly (about  $\frac{3}{4}$  to 1 cup thinly sliced onions). Slit 2 to 3 green chilies. Also, measure and keep all the ingredients ready.

measured ingredients ready for mushroom fry

4. Heat 2 tablespoons oil in a pan or kadai (wok). Add the sliced onions.

adding sliced onions to hot oil in pan

5. This process of cooking onions takes a lot of time. So, to quicken this, add a pinch of salt to the onions. This helps the onions to cook faster.

sautéing onions in hot oil in pan



6. Sauté the sliced onions till they begin to get light golden.

sautéing onions in hot oil till light golden

7. The onions should have a softness in them. So, when you see them beginning to get light golden, proceed to the next step. Don't make the onions crisp or browned.

sautéing onions in hot oil

8. Now, add the slit green chilies.

adding slit green chilies to the onions in pan

9. Sauté for half a minute.

sautéing onions and chilies in pan

10. Now, add the chopped mushrooms and stir.

adding chopped mushrooms to the pan

11. Add  $\frac{1}{2}$  teaspoon cumin powder,  $\frac{1}{4}$  teaspoon turmeric powder,  $\frac{1}{4}$  teaspoon black pepper powder, 1 pinch red chili powder and 1 to 2 pinch garam masala powder.

Also, add salt as required. Remember we have added salt while frying the onions so add salt accordingly.

adding cumin powder, turmeric powder, black pepper powder, red chili powder, garam masala powder and salt to the mushroom mixture in pan

12. Mix the spices well with the mushrooms. Sauté the mushrooms on low to medium heat. The mushroom will shrink in size and leave water.

mixing spices with the mushrooms and sautéing them

13. Continue to cook till all the water has evaporated and you can see oil in the mixture.

sautéing mushroom mixture in pan

14. Sauté till the mushrooms turn light golden from the edges and the mixture is dry. Then, add 1 to 2 tablespoons chopped coriander leaves.

adding chopped coriander leaves to the mushroom fry in pan

15. Cook and stir for a minute.

cooking mushroom fry in pan

16. Switch off the heat and serve the Mushroom Fry hot or warm with some pav, bread or dinner rolls. You can also serve it with Chapati, Butter Naan, Garlic Naan or Paratha.

mushroom fry served in a bowl with pavs on a plate

## Expert Tips

Choose fresh mushrooms and wash them well when you are going to use them in preparing this dish.

Mushroom stems are edible. But do discard the lower part of the stem/stalk while chopping.

This Mushroom Fry is quite spicy due to the addition of green chilies, black pepper powder and garam masala powder. You can increase or decrease the quantities according to the level of heat you want in your dish.

To sauté the onions faster, you can add a pinch of salt to the onions. Make sure the onions turn light golden and not crisp and brown.

Mushrooms have a lot of moisture in them. So, make sure to cook them on low to medium heat till all the water has evaporated.

Avoid overcooking the mushrooms as it will otherwise turn mushy.

If you wish to have a tanginess in this Mushroom Fry, you can add a few drops of lemon juice at the end.

You can add green capsicum and tomatoes too in this dish.


You can double or triple this recipe.

## Mushroom Pulao – 8



## How to make Mushroom Pulao





1. Pick, rinse and soak 1.5 cups of rice for 20 to 30 minutes. When the rice is getting soaked, chop all the onions, tomatoes, potatoes, green chilies. Rinse and chop the mushrooms too. After 20 to 30 minutes, drain all the water and keep the soaked rice aside.

I have used basmati rice here. But you can use long-grained rice or even any variety of non-sticky rice.

soaked rice in a bowl

2. In a stovetop pressure cooker, heat 3 tablespoons of oil. You can use coconut oil or sunflower oil or any neutral-flavored oil. You can also use ghee for a richer taste.

Add the following whole garam masala and saute till they splutter and become fragrant:

1 tej patta (Indian bay leaf)

3 green cardamoms

4 to 5 cloves

6 to 7 black pepper

1 to 1.5 inches cinnamon

1 teaspoon cumin seeds – optional

whole garam masala added to pressure cooker

3. Next add 1 medium-sized sliced onions (approx about  $\frac{1}{3}$  to  $\frac{1}{2}$  cup sliced or chopped onions).

sliced onions added

4. Stir and saute the onions on low to medium heat till they become light golden. Keep stirring often from time to time so that the onions are cooked evenly.

sauteing onions till light golden

5. Then add  $\frac{1}{2}$  tablespoon ginger-garlic paste or crushed ginger-garlic.

ginger garlic paste added

6. Saute for a few seconds or till the raw aroma of the ginger-garlic goes away.

saute ginger garlic paste for some seconds

7. Add 1 medium-sized chopped tomato (about  $\frac{1}{3}$  cup chopped tomatoes), 1 to 2 chopped green chilies and 1 medium-sized peeled and chopped potato. The addition of potato is optional and can be skipped.

You can also add about  $\frac{1}{3}$  cup of green peas or other veggies at this step.

tomatoes green chilies and potatoes added



8. Stir and saute for a minute.

saute veggie mixture for a minute

9. Now add the sliced or chopped button mushrooms (200 to 250 grams).

chopped mushrooms added

10. Mix and saute for 4 to 5 minutes on low to medium heat.

sauteing mushrooms

Cooking mushroom pulao

11. Add the soaked rice.

soaked rice added

12. Saute the rice for 1 minute stirring gently on low heat.

sauteing rice for 1 minute

13. Add 1 cup thick coconut milk.

coconut milk added to rice

14. Next add 1.5 to 1.75 cups of water. The amount of water required depends upon the quality of rice used and whether you have soaked the rice earlier or not.

Usually, 1.5 cups of basmati rice that has been soaked for 20 to 30 minutes before, requires about 2.5 cups of water if you want separate grains. For a slightly more cooked texture, you can add 2.75 to 3 cups of water.

Since we have added 1 cup of thick coconut milk, you only need to add 1.5 to 1.75 cups of water. So the total liquid proportion comes to 2.5 to 2.75 cups.

water added to pressure cooker

15. Stir and mix very well.

stir and mix mushroom pulao mixture

16. Now season with salt as per taste. Mix again. Check the taste of the broth and it should taste slightly salty.

salt added

17. Pressure cook the mushroom pilaf for 2 to 3 whistles or for 9 to 10 minutes. If using 3-liter cooker, pressure cook for 2 whistles and for a 2 litre cooker, pressure cook for 3 whistles.

pressure cooking mushroom pulao

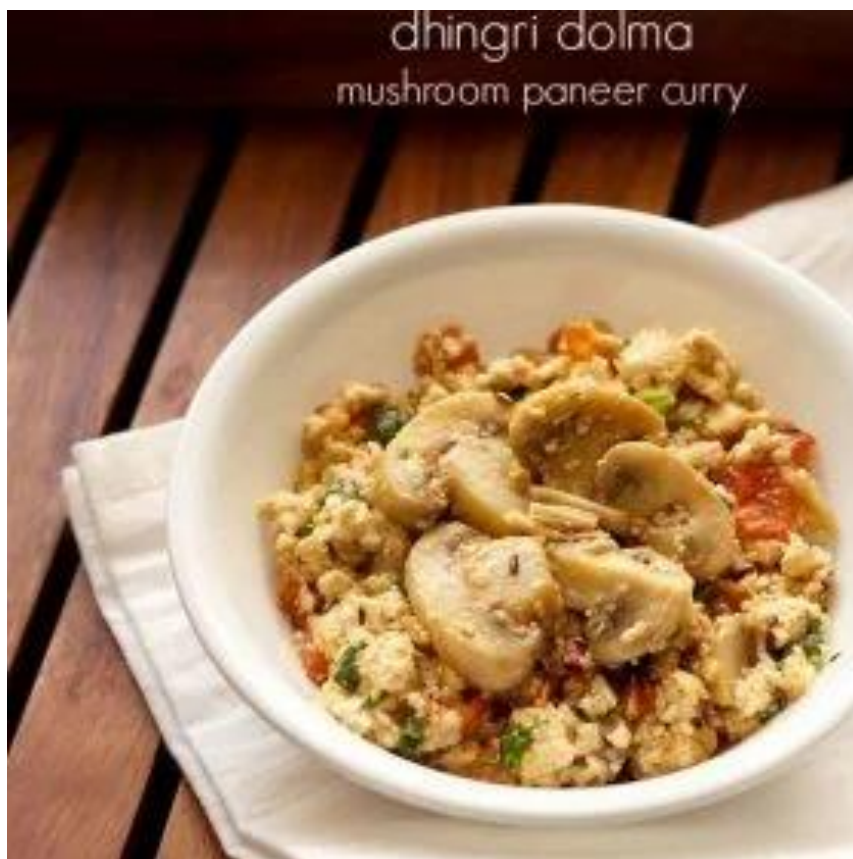
18. When the pressure settles down on its own in the cooker, then only remove the lid. Gently fluff with a fork.

pressure cooked mushroom pulao

19. Serve mushroom pulao hot or warm with sliced onions and lime. You could also have it with onion-tomato raita and roasted papad.

mushroom pulao served on a white plate with a side of sliced onions on a small white plate

Dhingri Dolma – Awadhi Style Dhingri (Mushroom)- 9





## How to make Dhingri Dolma

1. Firstly prep up by rinsing or wiping 200 to 250 grams of button mushrooms. Slice or chop the mushrooms. Also chop 1 medium onion and cut 1 large tomato in 1 cm cubes. Crush 1 inch ginger and 3 to 4 garlic to a paste in a mortar-pestle.

chopped mushrooms, onion and tomatoes

2. Crumble 250 grams of paneer and keep aside. You can also grate the paneer.

crumbled paneer in a plate

3. Melt 2 tablespoons of butter or ghee in a pan. You can also use 2 tablespoons oil instead of butter.

butter in a pan

4. Add ½ teaspoon shahi jeera (caraway seeds) and saute till they splutter.

shah jeera added to butter

5. Then add 1 medium sized chopped onion (about ⅓ cup chopped onion).

chopped onions added

6. Saute the onions stirring often till they turn light brown on a medium-low to medium heat.

sauteing onions

7. Next add 1 teaspoon ginger-garlic paste and saute for a few seconds or till the raw aroma of the ginger garlic paste goes away.

ginger garlic paste added

8. Now add 1 large tomato, cut in 1 cm cubes (about ¾ cup tomato cubes).

tomatoes added

9. Then add the spice powders – ¼ teaspoon red chili powder and ½ teaspoon black pepper or white pepper powder.

spice powders added

10. Stir very well and saute till the tomatoes soften on a medium-low heat.

sauteing tomatoes

11. Now add 200 to 250 grams sliced or chopped mushrooms.

chopped mushroom added

12. Stir well.



mixing mushrooms with mixture

13. Begin to sauté them on a low to medium heat, stirring occasionally on medium-low to medium heat.

sauteing mushrooms

14. The mushrooms would first begin to release water.

sauteing mushrooms

15. Sauté till all the water dries up. In the below photo, there is still some water left. So continue to sauté until there is no water in the pan.

sauteing mushrooms

16. A light browning of the mushrooms along the edges is also fine.

sauteed mushrooms with brown edges

17. Now add the grated or crumbled paneer.

paneer added to sauteed mushrooms

17. Sprinkle  $\frac{1}{4}$  teaspoon garam masala powder and salt as per taste.

garam masala powder and salt added

18. Stir and mix the paneer with the rest of the ingredients. Cook for about 30 seconds to 1 minute on a low heat

mixing paneer with mushroom mixture

19. Switch off the heat and add 2 tablespoons of chopped coriander leaves and 1 inch ginger julienne.

coriander leaves added

20. Stir and mix.

coriander leaves mixed with dhingri dolma

21. Serve dhingri dolma hot or warm with Roti, Naan, Paratha, tandoori roti or chapati. You can also serve them with bread.

dhingri dolma served in a white bowl placed over a white napkin

## Vegetarian Lasagna Recipe | Mushroom Spinach Lasagna- 10



### Ingredients & Substitutions

One great thing about this spinach mushroom lasagna recipe is that it is made using easy-to-find ingredients. Here is your shopping list:

Spinach – I used fresh spinach leaves, but you can feel free to swap in defrosted frozen spinach if you prefer. Just be sure to give it a good squeeze to remove excess liquid if you do. You can also swap in other leafy greens like chopped kale, swiss chard, or even peppery arugula.



White Button Mushrooms – You can easily swap in your own favorite type (or mixture) of mushrooms. The button variety is widely available everywhere, but there are lots of tasty choices like portobellos, creminis, or shiitakes.

Onion – Any color will do here. You can also swap in leeks or shallots.

Garlic – I love the flavor and aroma of fresh garlic, but you can use ¼ teaspoon of dried garlic powder for each clove if needs be.

Oregano & Basil – These two herbs are staples in Italian cuisine. You can feel free to use an Italian Spice Blend if you prefer.

Nutmeg – If possible, freshly grated nutmeg will give the best flavor, plus the whole spice will last indefinitely on your shelf. This gives the cream sauce a beautiful hint of warmth that plays well with the savory flavors.

Low Fat or Light Cream – I used light cream, which has about 25% milkfat. You can use whipping cream or heavy cream/double cream if that's what you have on hand.

Grated or Shredded Cheese – Mozzarella, provolone, or parmesan would be most traditional for Italian cuisine, but feel free to use cheddar, processed cheese, gouda, or any other melty cheese option you have on hand.

Tomato Sauce – I used a thick tomato purée but have also tried the recipe using Ketchup, which adds a nice sweetness that kids will love. You can also use any red pasta sauce you prefer or your favorite tomato sauce.

Lasagna Sheets – To make a proper Italian lasagna, you need lasagna noodles. If you don't have them, feel free to simply make a creamy spinach mushroom pasta with whatever shape of pasta you have on hand.

Olive Oil + Butter – Using both rich butter and heart-healthy olive oil means you get the best flavor without too much saturated fat.

## Step-by-Step Guide

### How To Make Vegetarian Lasagna

Making vegetarian lasagna recipe at home is actually quite simple once you know the process. Here's how it's done:

#### Prepare Stuffing

1. First, rinse and chop 2 cups of spinach leaves. Also rinse and slice 2 cups of button mushrooms.

washed and prepped spinach and mushrooms.

2. Then heat 1 tablespoon of butter + 1 tablespoon of olive oil in a frying pan.

butter and olive oil in a pan.



3. Add ¼ cup finely chopped onions and ¼ teaspoon of finely chopped garlic.

On a medium-low heat, stir and sauté for about 2 to 3 minutes or till the onions turn translucent and are softened.

sautéing garlic and onions for spinach mushroom lasagna recipe.

4. Add the chopped button mushrooms. Stir and mix again. Sauté mushrooms on medium-low to medium heat.

mushrooms added to pan.

5. The mushrooms will release water during the initial stage of cooking.

mushrooms releasing water into pan.

6. Continue to stir and sauté till the water dries up and the mushrooms turn slightly golden at the edges.

water has evaporated and mushrooms are starting to turn golden.

7. Then add the chopped spinach.

spinach added to pan.

8. Sauté till the spinach softens and wilts.

spinach and mushroom mixture before adding cream for making spinach mushroom lasagna recipe.

9. Add 6 to 7 tablespoons of fresh cream, 4 to 5 chopped basil leaves, ½ teaspoon dry oregano, a pinch of nutmeg powder, freshly crushed black pepper and salt as required.

Note: Here you can use herbs and seasonings of your choice. You can also use dried basil instead of fresh basil.

cream and spices added to spinach mushroom mixture.

10. Mix very well and switch off the heat. Keep the creamy spinach mushroom stuffing aside.

spinach mushroom lasagna stuffing in pan.

Cook Lasagna

11. Now boil enough water in a pan or pot. When the water comes to a vigorous boil, add 7 lasagna sheets and cook them according to the package instructions.

Cook the lasagna till they are al dente – meaning almost cooked but still they have a bite to them. Ours took about 7 to 8 minutes on a high heat.

cooking lasagna noodles in boiling water.





12. Drain them well and place them on a tray without touching each other.

cooked lasagna on a tray.

Assemble & Bake Mushroom Spinach Lasagna

13. In a baking pan or casserole, spread 1 to 2 tablespoons tomato purée (homemade or canned).

Note: You can also use tomato sauce or tomato ketchup. If using tomato ketchup the mushroom spinach lasagna will have a sweet taste, which kids like.

For the tomato purée, just blanch one medium to large tomato in hot water for 10 to 15 minutes. Peel and then purée it in a blender or mixer.

Before assembling, preheat oven at 180 degrees Celsius/350 degrees Fahrenheit for 10 minutes.

tomato puree in bottom of loaf pan.

14. Now spread one layer of lasagna noodles. Depending on the type and size of the pan, you may have to slice the sheets to accommodate them in the pan.

I quartered one sheet and placed one quarter of it at the sides, since the lasagna sheet I had did not cover the whole pan.

lasagna sheet laid on top of tomato sauce.

15. Now evenly spread some of the spinach mushroom filling on top.

spinach mushroom filling on top of lasagna sheet.

16. Sprinkle with 2 to 3 tablespoons of grated or shredded cheese (or as required).

You can use cheddar cheese, mozzarella cheese, vegetarian parmesan cheese, cottage cheese or processed cheese, or even a mix of these cheese. I have used mozzarella cheese.

cheese on top of spinach mushroom layer.

17. Place another sheet of lasagna. Spread 1 to 2 tablespoons of tomato purée/sauce/ketchup on it. Then top with some of the spinach mushroom filling.

Then add 2 to 3 tablespoons of grated or shredded cheese (or add as needed). Repeat again with the same layers as above till you come to the last layer.

Just spread the tomato purée on the last layer and top with the remaining grated cheese.

final layer of spinach mushroom lasagna recipe is noodles, red sauce, and cheese.

18. Bake the Vegetarian Lasagna in a preheated oven for 180 degrees Celsius/350 degrees Fahrenheit for 15 to 20 minutes or till the cheese melts or gets golden.



baking spinach mushroom lasagna until cheese is golden.

19. Allow a standing time of 10 to 15 minutes and then serve Vegetarian Mushroom and Spinach Lasagna hot or warm.

one slice of spinach mushroom lasagna on a white plate with a silver fork.

#### Optional Variations

No oven? No problem! If you do not have an oven, then just add some other variety of cooked pasta to the spinach mushroom sauce. Add some cheese (2 to 3 tablespoons), then stir and serve. It won't be a lasagna, but it will be a delicious spinach mushroom pasta dish.

Switch up your fillings. Lasagna is a very forgiving medium. Feel free to use a mix of your favorite sautéed or roasted veggies. Zucchini, eggplant, capsicum, onion, garlic, leafy greens, gourds, and even lentils (dal) can be used as filling. You can similarly play with different types of cheeses: goat cheese, mozzarella, smoked gouda, ricotta, you name it. If it's a melty cheese, it's welcome in a lasagna.

Make it gluten-free. Opt for gluten-free noodles, or make long sheets of zucchini or yellow summer squash to act as noodles instead!

Make it vegan. Omit the cheese and go for a veggie-heavy filling, sealed together with either Red Sauce or Mushroom Bolognese.

#### Expert Tips

Cut out a step by using oven-ready lasagna noodles. You don't need to boil oven-ready noodles, just skip straight to layering!

Let the lasagna rest for a minimum of 10-15 minutes before cutting. This will allow it to set up, resulting in much cleaner slices. If you don't wait, all the filling tends to ooze out.

Meal prep the lasagna up to the point of baking. It will keep in the fridge for up to 1 day.

Grate your own cheese. Buying pre-grated cheese might seem like a great time saver, but to keep the shreds from clumping back into one piece, they are coated with an anti-caking agent that keeps the cheese from melting as well.

PRO TIP: Use a food processor to make quick work of cheese grating.




You know these tandoori style mushrooms are so good that once one of my non-vegetarian friends also went gaga over it. More so because the texture was meat like as many a times mushrooms do give that appearance. So, I can say that this Mushroom Tikka recipe is surely going to be a star for the vegetarians.

I have adapted this recipe of Mushroom Tikka from the Amritsari Fish which is a famous seafood starter in almost all Punjabi/North Indian restaurants and dhabas (roadside eateries). This is not just in Punjab, but in other regions across India.

For the marinade of this Tandoori Mushroom recipe, I have not used curd (yogurt). Besan (gram flour) is one of the base ingredients along with ajwain (carom seeds) and spice powders like red chili powder, turmeric powder, garam masala powder.

So, the tikka will have a dominant flavor of carom seeds. The rest of the spices and herbs all together enhance the overall taste of the dish. You can use the same marinade for making other tandoori/tikka preparations from veggies like potato, cauliflower, broccoli, aubergine (brinjal) and even paneer (cottage cheese) or tofu.

Remember to sprinkle some chaat masala and drizzle some lemon juice on the Mushroom Tikka before serving. It perks up the flavors all the more. What you can also do is serve the chaat masala and lemon wedges in separate bowls, so that a person can add as much as they want.



Mushroom Tikka is best served as a starter in parties, get togethers or just about any special occasion at home. It can be teamed with naan or roti accompanied with a Mint Chutney, green chutney or any other herby dip. Onion rings, lemon slices and this Pickled Onions also go well with this tikka.

#### Expert Tips

If you plan to deep fry or shallow fry the mushrooms, do not add oil in the marinade.

Another way of frying: Begin by marinating the mushrooms. Then, mix together gram flour, salt and water to prepare a smooth and thick flowing batter. Dip marinated mushrooms in this batter and deep or shallow fry in hot oil.

Want a spicier dish? Add more red chili powder and garam masala powder.

The grilling/baking time may alter from oven to oven. Make sure you are turning the skewers while grilling, after 15 to 20 minutes. This will help in uniform cooking of the mushrooms.

While turning the skewers midway, be careful as the skewers will be hot. Wear a mitten and do this.

Palak Mushroom -12



### How to make Palak Mushroom

1. Rinse the palak or spinach leaves (250 grams) very well in running water using a colander or strainer. Drain all the water.

Just chop the leaves roughly and keep them aside. 250 grams spinach gives about 5 cups of roughly chopped spinach.

Ensure that you are using fresh and tender leaves. If the stems are stringy or fibrous then don't use them. However, if the stems are tender then you can use them.

rinsing palak leaves

2. Boil 3 cups of water in a pan or microwave or electric heater. If using an electric heater, then pour the hot water into a bowl. Add  $\frac{1}{4}$  teaspoon salt to the hot water and stir.

hot water in a bowl

3. Then add the spinach leaves into the hot water. Close with a lid and let the spinach leaves sit in the water for 2 to 3 minutes. Strain the leaves and set aside.



palak leaves added to hot water

4. Immediately add the strained spinach leaves to a bowl containing cold water. To get cold water add 8 to 10 ice cubes in 3 cups of water. Allow the spinach leaves to be in the cold water for a minute or two. Then strain the leaves again.

palak leaves added to cold water

5. Now add the spinach leaves in a blender or grinder along with 1 roughly chopped green chili, 1 inch ginger (chopped) and 1 or 2 garlic cloves (chopped).

blending palak leaves along with ginger garlic green chili

6. Blend to a smooth puree. No need to add water while blending. Keep the spinach puree aside.

palak puree

Making palak mushroom

7. In a pan or kadai or wok heat 2 tablespoons of oil. You can use any neutral-flavored oil.

Then add the following whole spices and saute for some seconds till the spices become fragrant.

½ teaspoon cumin seeds

1 inch cinnamon

2 green cardamoms

3 to 4 cloves

1 tej patta (Indian bay leaf)

1 black cardamom

whole spices in a pan

8. Then add ½ cup finely chopped onions.

onions added to pan

9. Saute stirring often till the onions start becoming golden.

onions for palak mushroom recipe

10. Then add 1 teaspoon finely chopped ginger and 1 teaspoon finely chopped garlic. Saute for some seconds or till their raw aroma goes away.

ginger and garlic added



11. Now add ½ cup finely chopped tomatoes.

chopped tomatoes added

12. Saute the tomatoes stirring often till they soften completely and you see oil releasing from the sides of the mixture. Takes about 2 to 3 minutes on low to medium heat.

sauteing tomatoes

13. Add 2 cups chopped or sliced button mushrooms.

chopped mushrooms added

14. Stir and mix them well.

stir mushrooms and mix

15. When sauteing the mushrooms, in the beginning, you will see them releasing a lot of water.

sauteing mushrooms

16. Continue to saute till all the water dries up and the mushrooms start turning light golden around the edges.

sauteed mushrooms in the pan

17. Add 1 teaspoon crushed kasuri methi (dry fenugreek leaves). Stir and mix again.

If you don't have kasuri methi then skip adding it.

kasuri methi added

18. Next add ¼ teaspoon turmeric powder, ½ teaspoon chili powder and ¼ teaspoon garam masala powder.

various spices added

19. Stir and mix very well again so that the ground spices get incorporated evenly in the mushroom mixture.

stir and mix mushroom masala

20. Add the spinach puree.

spinach puree added

21. Stir and mix again.

stir and mix again



22. Now add  $\frac{2}{3}$  to  $\frac{3}{4}$  cup water. You can adjust the amount of water as required depending upon the consistency you want in the dish.

water added to palak mushroom

23. Season with salt as required.

salt added

24. Stir and bring the curry to a simmer on low to medium heat for 6 to 7 minutes.

simmer the palak mushroom gravy

25. Now add 2 to 3 tablespoons of light or low-fat cream. If using heavy whipping cream add 1 to 2 tablespoons.

cream added to palak mushroom curry

26. Stir the gravy very well so that the cream is mixed evenly in it and then switch off the heat. Check the taste and add more salt or garam masala powder if required.

prepared palak mushroom gravy

27. Serve palak mushroom hot or warm with some roti, naan, tandoori roti, paratha or with rice dishes like steamed basmati rice, Jeera Rice, biryani rice or Veg Pulao.

It makes for a healthy meal when served with a side of roti or brown rice.

palak mushroom served in a bowl.

Mushroom Tikka Masala- 13





## How to make Mushroom Tikka Masala

### Preparing tikka marinade:

1. We will need hung curd/yogurt or thick yogurt for this recipe. I used  $\frac{1}{2}$  cup fresh curd and strained it in a muslin cloth with a light weight kept on it, overnight in the fridge.

From  $\frac{1}{2}$  cup fresh curd, I got 4 tablespoons hung curd. If using thick curd, then also use 4 tbsp of it.

hung curd in a muslin cloth

2. Now add 4 tablespoons of the hung curd or thick curd in a bowl along with the following ingredients:

$\frac{1}{8}$  teaspoon turmeric powder or 2 to 3 pinches of turmeric powder

$\frac{1}{2}$  teaspoon garam masala powder

$\frac{1}{2}$  teaspoon Kashmiri red chili powder or deghi mirch



½ teaspoon chaat masala powder

1 to 1.5 teaspoon ginger-garlic paste

½ teaspoon carom seeds (ajwain)

¼ teaspoon lemon juice

Add black salt as required. You can also use rock salt or regular salt instead of black salt.

spices for mushroom tikka masala recipe

3. Mix the marinade mixture very well.

marination mixture in the bowl

4. Then add ½ tablespoon of besan or gram flour.

besan added

5. Stir and mix again very well. You can also add ½ tablespoons oil if grilling the mushroom tikka in the oven or a tandoor grill. If pan-frying or sauteing, then no need to add oil.

mixing marination mixture again

6. Now add mushrooms to the marinade mixture. The mushrooms can be rinsed and then wiped if too many mud particles on them or just lightly wiped with a moist cloth, if they are clean.

Slice the stalks a little bit and keep them ready before adding to the marinade.

mushrooms added to marinade mixture

7. With your hands, gently mix and coat the mushrooms with the marinade. Cover the bowl with a lid and allow the mushrooms to get marinated for 30 minutes at room temperature or in the fridge. You can also keep for a couple of hours in the fridge or overnight.

marinating mushrooms

8. Meanwhile add 2 large tomatoes and 8 to 10 cashews in a bowl containing hot water. Cover and keep aside for 20 to 30 minutes.

The tomatoes will get blanched and the cashews will soften. You can heat the water on a stovetop, in a microwave or in an electric heater. Use almonds or a mix of almonds and melon seeds (magaz) if you don't want to use cashews.

tomatoes and cashews in hot water



9. After 20 to 30 minutes, chop the blanched tomatoes. You can also remove the peels if you want.

chopping blanched tomatoes

10. Add the tomatoes along with its juices and the cashews to a grinder or blender jar. Without adding any water grind to a smooth paste.

tomato paste in a blender jar

11. These are the marinated mushrooms after 40 minutes.

marinated mushrooms after 40 minutes

Baking method:

1. Line the pan with an aluminium foil. Thread the mushrooms on a skewer and bake/grill for 20 to 25 minutes in a preheated oven at 200 degrees celsius.

Since oven temperatures vary, do keep a check. The time taken to grill the mushrooms can be less or more.

thread the mushroom tikka for baking

2. The oven grilled mushrooms below. You can also brush oil on the mushrooms before baking and its optional.

grilled mushrooms

Sauteing method:

1. Heat 3 to 4 tablespoons of oil in a pan. You can use any neutral flavored oil.

heat oil in a pan

2. Add the marinated mushrooms.

marinated mushrooms added to oil

3. Let each side of the mushrooms get cooked a bit and then turn over. Use a well-seasoned pan or non-stick pan for sauteing the mushrooms, otherwise, the marinade sticks to the pan.

pan frying mushrooms

3. Saute the mushrooms on a low to medium heat.

sauteing mushrooms on low heat in the pan

4. Turn over and saute so that each side gets browned and cooked well. A time will come when the mushrooms will begin to release water and the oil will begin to splutter. Just cover the pan with a lid half way and continue to cook the mushrooms.

sauteed mushrooms in the pan



5. Saute till the marinade coating on the mushrooms is nicely golden and crisp. Remove the sauteed mushrooms with a slotted spoon and keep aside.

sauteed mushrooms removed in a plate

Making mushroom tikka masala gravy

6. In the same oil, add ½ cup finely chopped onions. If you have grilled all the mushrooms, then just heat 2 tablespoons of oil.

onions added to pan

7. Stir and mix very well. Begin to saute onions on a low to medium heat stirring often.

sauteing onions

9. Saute till the onions start turning golden.

sauteing onions till golden

10. Next add 1 teaspoon ginger-garlic paste. Stir and saute till the raw aroma of ginger-garlic goes away or for a few seconds.

sauteing ginger garlic paste

11. Now add ⅓ cup chopped capsicum (green bell pepper) and 1 to 2 slit green chilies. Green chilies give the dish some heat. Skip if making for kids or if you or family members cannot tolerate heat.

capsicum and green chilies added

12. Stir and saute for a minute.

sauteing capsicum

13. Now add all the dry spice powders mentioned below:

½ teaspoon Kashmiri red chili powder or deghi mirch

½ teaspoon cumin powder

½ teaspoon coriander powder

spices added to pan

14. Stir the dry spice powders very well with the rest of the mixture.

mix the spices with rest of the mixture

15. Add the tomato-cashew paste.

cashew tomato paste added



16. Stir and mix again.

mix the paste with the masala

17. Also add leftover marinade. I just had about 1.5 teaspoons of the leftover marinade.

add leftover marinade mixture

18. Stir and saute for 4 to 5 minutes.

saute the gravy

19. Now add 1 cup water.

water added to pan

20. Stir and mix again so that the water gets evenly mixed with the rest of the masala.

mixing water with the gravy

21. Add salt as required.

salt added to grav

22. Add ¼ to ½ teaspoon sugar or as required.

sugar added to gravy

23. Bring the curry or gravy to a simmer for 4 to 5 minutes.

simmer the curry and bring to a bowl

24. Add the sauteed or grilled mushrooms. If you want, you can prepare the gravy first. Then while serving, pour the gravy in the serving bowl. Place the mushroom tikkas on the gravy.

adding the grilled mushrooms

25. Add ¼ teaspoon garam masala powder, a pinch or two of grated nutmeg or nutmeg powder and 1 teaspoon kasuri methi (crushed).

spices added

26. Add 2 to 3 tablespoons of low fat cream or whipping cream.

Substitute for fresh cream is 1 tablespoon milk powder or 1 tablespoon grated Khoya. if using either, then add them after you add the tomato-cashew paste and saute.

cream added to mushroom tikka masala gravy

27. Stir very well and then switch off the heat. Check the taste and add more salt or sugar if required.

stir mushroom tikka masala recipe

28. Lastly add 1 to 2 tablespoons of chopped coriander leaves and ½ inch ginger, julienne.

coriander leaves added to mushroom tikka masala gravy

29. Stir and serve mushroom tikka masala hot or warm with tandoori rotis, butter naan, pudina paratha or chapatis or phulkas.

You can also serve it with rice based dishes like jeera rice, veg pulao, biryani rice or even with steamed basmati rice.

#### Chilli Mushroom (Stovetop & Instant Pot) -14



#### How to make Mushroom Chilli

You can make this recipe with button mushrooms or baby portabella mushrooms. I have used both. Both these mushroom varieties work well here.

#### Make Batter Fried Mushrooms



1. First, prep all your ingredients and have them ready to go. You need to move quickly when stir frying, so it's best to that everything be prepared.

Rinse or wipe dry the 200 to 250 grams button mushrooms.

mushrooms being rinsed with water in a colander

2. Trim the stalks and quarter the mushrooms if larger in size. You can halve if medium-sized and keep the smaller ones whole and intact. Set the mushrooms aside.

chopping mushrooms on a bamboo chopping board

3. In a medium shallow bowl add 5 to 6 tablespoons whole wheat flour (or all-purpose flour) and 3 tablespoons cornstarch.

flours in a white bowl

4. Season with  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon crushed black pepper and salt to taste.

seasonings added to flours in a white bowl

5. Add  $\frac{1}{4}$  to  $\frac{1}{3}$  cup of water

water added to flour mixture in white bowl

6. Whisk to combine so that you have a flowing medium-consistency batter.

batter in bowl

7. Heat oil for shallow frying in a kadai, deep pan, or wok. Use a fork to dip each mushroom slice in the batter and coat evenly with the batter.

mushroom coated with batter and lifted with a fork

8. Add the battered mushrooms to the medium hot oil. Ensure that the heat is medium to medium-high while shallow frying.

batter coated mushrooms being shallow fried in oil in wok

9. Fry until one side becomes crisp and light golden. Then turn over and fry the second side. Continue to flip back and forth a few times until the mushrooms are evenly golden and crisp.


golden fried mushrooms in hot oil in wok

10. Fry the mushrooms in batches, and transfer the fried mushrooms to a paper towel to drain any excess oil.

fried mushrooms on paper towels

Stir Fry Aromatics

11. In another heavy wok or pan or skillet, heat  $\frac{1}{2}$  tablespoon toasted sesame oil. Add spring onion whites or green onions ((1 to 2), and  $\frac{1}{4}$  cup chopped capsicum/bell pepper cubes. TIP: Feel free to swap toasted sesame oil with any neutral tasting oil.



NOTE: The spring onion whites can be halved if smaller in size or quartered if medium-sized and the layers removed. Reserve the greens for garnish.

capsicum and spring onion whites on skillet

12. Stir fry on medium or high heat for a minute to soften.

capsicum and scallion white on skillet

13. Add 1 teaspoon finely chopped ginger, 2 teaspoon finely chopped garlic and 2 to 3 green chilies that have been slit or sliced.

ginger, garlic and green chilies on scallion whites and capsicum

14. Stir fry on a high heat until you see the onions getting browned at the edges. If the heat becomes too much then reduce it and continue to stir-fry.

aromatics and herbs stir fried

15. Reduce the heat and add 1 tablespoon soy sauce.

soy sauce bubbling on skillet with the aromatic and herbs

16. Add salt according to taste, ½ to 1 teaspoon sugar and crushed black pepper as required.

seasonings added in pan

17. Mix and stir fry for half a minute or so.

seasonings mixed with the aromatics and herbs

Make Chilli Mushroom

18. Now add the fried batter-coated mushrooms, and stir on a low to medium heat.

fried mushroom in pan

19. Sprinkle about ½ to ¾ teaspoon corn starch and 1 to 2 teaspoons of water on the mushrooms. This creates a light, slightly thick gravy that coats the fried mushrooms with flavor.

corn starch sprinkled on fried mushrooms


20. Sauté for a minute or two and continue to stir until a nice glaze forms on the mushrooms.

mushrooms and corn starch mixed with aromatics, spices and seasonings

21. Turn off the heat and serve the chili mushroom hot garnished with 1 to 2 tablespoons of chopped spring onion greens.

closeup shot of of chilli mushroom in a shallow white bowl





## About Instant Pot Version

This is a really quick method to make Chinese style spicy and delicious chilli mushroom in the instant pot. The cooking time is about 10 minutes right from start to finish.

Include 5 to 10 minutes of chopping the ingredients and a tasty Chinese style meal is ready within 15 to 20 minutes.

Instead of thinking of ordering a takeaway or going to the nearby Chinese restaurant, prepare this chilli mushroom gravy at home. You won't regret.

instant pot chilli mushroom

After getting the instant pot, I make many recipes in it such as this one. Hence I have updated this chilli mushroom recipe with the instant pot method.

This recipe is very simple and easy. You don't need to prepare any batter and fry the mushrooms. The mushrooms are sauteed first, sauces are added and then cooked. This is a healthier version of chilli mushroom as they are not fried.

Most of the times I make food which is quick and easy to prepare. Some Indian recipes are time-consuming but at times all I want is to make something quick for our rumbling tummies.

At times it is best to make some quick Chinese style recipes. Yes quick ones, not the ones which have extensive chopping and preparation like a Veg Manchurian or Gobi Manchurian.

This chilly mushroom gravy is spicy as together with the green chillies, I have also added red chilli sauce. You can decrease the number of green chillies and red chilli sauce if you want less heat and spice.

Serve instant pot chilli mushroom with fried rice, Veg Noodles, fettuccine pasta or even dinner rolls or bread. Dinner rolls or bread just soak up the spicy, sour, sweet, umami sauce and taste yum. You can also serve with naan or roti and steamed rice.

## Step-by-Step Guide

### How to make Instant Pot Chilli Mushroom

#### Prepare Sauce Mixture

1. Firstly in a small bowl, take 1 tablespoon bragg's liquid aminos or 2 teaspoons soy sauce, 2 teaspoons red chilli sauce, 2 teaspoons green chilli sauce and 1 teaspoon rice vinegar or apple cider vinegar or white vinegar.

saucers in a small bowl

2. Add ¼ to ½ teaspoon crushed black pepper, ¼ teaspoon salt and ½ teaspoon sugar.

adding crushed black pepper



3. Mix very well and keep aside.

mix the sauce mixture

Cook In Instant Pot

4. Switch on the instant pot. Press the sauté button on less mode for 7 to 8 minutes.

switching on instant pot

5. Let it display hot and then add 2 tablespoons toasted sesame oil.

add sesame oil to instant pot

6. Add ½ tablespoon finely chopped garlic, ½ tablespoon finely chopped ginger and 2 to 3 green chillies, slit or diagonally sliced.

garlic and ginger in instant pot

7. Sauté on low for 1 to 2 minutes.

saute ginger garlic

8. Add ¼ cup chopped scallions (only the white part) or spring onion whites and 1 teaspoon finely chopped celery – optional.

adding chopped scallions

9. Press sauté again and set to normal. Sauté scallions for minute.

saute chopped scallions

10. Add chopped mushrooms (200 to 250 grams) and ⅓ cup sliced green bell pepper (capsicum).

adding chopped mushrooms to instant pot

11. Sauté for 2 minutes stirring often. If the onions, ginger and garlic, etc start sticking at the bottom, then change the sauté setting to less.

saute the chopped mushrooms

12. Add the sauce mixture which we had prepared earlier.

add sauce mixture

13. Mix very well.

mix the mixture

14. Add ½ cup water or vegetable stock. Stir well.

add water or vegetable stock



15. Cancel the sauté mode. Secure the instant pot with its lid and position the steam release handle to sealing. Press the pressure cook button on high pressure and set the timer for 5 minutes.

setting instant pot

Make Corn Starch Slurry

16. Meanwhile take 2 teaspoons tapioca starch or corn starch or potato starch and 1 tablespoon water in a small bowl.

making corn starch slurry in a bowl

17. Mix very well and keep aside.

making corn starch slurry

Make Instant Pot Mushroom Chilli

18. After 5 minutes, do a quick pressure release and then open the lid.

open instant pot lid

19. Stir the prepared slurry and add it to the mushrooms.

add corn starch slurry to instant pot

20. Mix again very well mix

21. Press sauté button again on normal mode for 1 to 2 minutes.

setting instant pot button

22. Let the sauce simmer for 1 to 2 minutes or more till the sauce or gravy thickens and the rawness of the starch is not felt. If the sauce becomes too thick add some hot water.

simmer chilli mushroom gravy

23. Once the sauce gets thickened, press the cancel button. Sprinkle some scallion greens or spring onion greens. Stir and mix.

Check the seasonings and add bragg's liquid amino or soy sauce, sugar, salt or crushed black pepper more if required.

add seasoning to chilli mushroom gravy

24. Serve chilli mushroom gravy hot with bread rolls, fried rice, noodles or fettuccine pasta. Garnish with some finely chopped scallion greens while serving.

Mushroom Pepper Fry- 15



## How to make Mushroom Pepper Fry

### Preparation

1. Firstly, take 1 tablespoon black peppercorns and 1 teaspoon fennel seeds in a dry grinder or coffee grinder.

If you are not going to add capsicum in the recipe, then reduce the black pepper to ½ tablespoon and fennel seeds to ½ teaspoon.

black pepper and fennel seeds added in a dry grinder jar.

2. Grind to a coarse powder. Keep aside. Also, slice 1 large onion, 250 grams white button mushrooms, 1 medium to large capsicum and 1 green chili.



Rinse the mushrooms a few times in water using a colander or strainer before you chop them.

spices ground to a coarse powder.

Make Mushroom Pepper Fry

3. Heat 2 tablespoons coconut oil in a pan. Add ½ teaspoon mustard seeds and let them crackle.

crackling mustard seeds in hot coconut oil in pan.

4. Then, add 1 cup thinly sliced onions.

thinly sliced onions added to the pan.

5. Mix the onions very well and sauté on low to medium heat.

sautéing onions.

6. For quick cooking of the onions, you can add a pinch of salt while sautéing. Sauté till they start to turn light golden.

sautéing onions till light golden.

7. Then, add ½ teaspoon ginger-garlic paste.

ginger garlic paste added to the onions.

8. Stir and sauté till the raw aroma of ginger-garlic goes away.

sautéing onion mixture.

9. Now, add the sliced mushrooms.

sliced mushrooms added to the pan.

10. Mix very well and sauté on medium heat.

sautéing mushrooms.

11. First, the mushrooms will release a lot of water.

sautéing mushrooms releasing water.

12. Continue to sauté till all the water has evaporated.

sautéing mushrooms till the water is evaporated.

13. Then, add 1 cup thinly sliced green capsicum.

thinly sliced capsicum added to the pan.

14. Mix well.



capsicum mixed well with the mushrooms.

15. Sauté the capsicum slices till they are half cooked. They should have some crunch in them.

cooking capsicum slices with the mushroom.

16. Then, add sliced green chili and 2 teaspoons chopped curry leaves. Mix well.

sliced green chili and chopped curry leaves added to the pan.

17. Next, add the prepared spice powder.

prepared spice powder added to the pan.

18. Next, add ½ teaspoon coriander powder, ½ teaspoon cumin powder and a pinch of turmeric powder.

coriander powder, cumin powder and turmeric powder added to the pan.

19. Mix all the spice powders very well.

spice powders mixed well with the mushroom-capsicum mixture.

20. Season with salt.

salt added to mushroom pepper fry.

21. Mix again and switch off the heat. Check the taste and add more, salt if required.

cooked mushroom pepper fry.

22. Add 2 tablespoons chopped coriander leaves. Stir.

chopped coriander leaves added to cooked mushroom pepper fry.

23. Serve Mushroom Pepper Fry hot with chapati or roti.

mushroom pepper fry served in a cream colored ceramic bowl with text layover.

#### Expert Tips

You have to use fresh button mushrooms and rinse them really well before using in the recipe. You can keep the stems as they are edible.

The dish is spicy and pungent because of the addition of black pepper in it. You can reduce the quantity of black pepper, in case you can't handle too much heat in your food.

You can skip adding the capsicum in this dish. If doing so, then also reduce the quantity of black pepper to ½ tablespoon and fennel to ½ teaspoon.

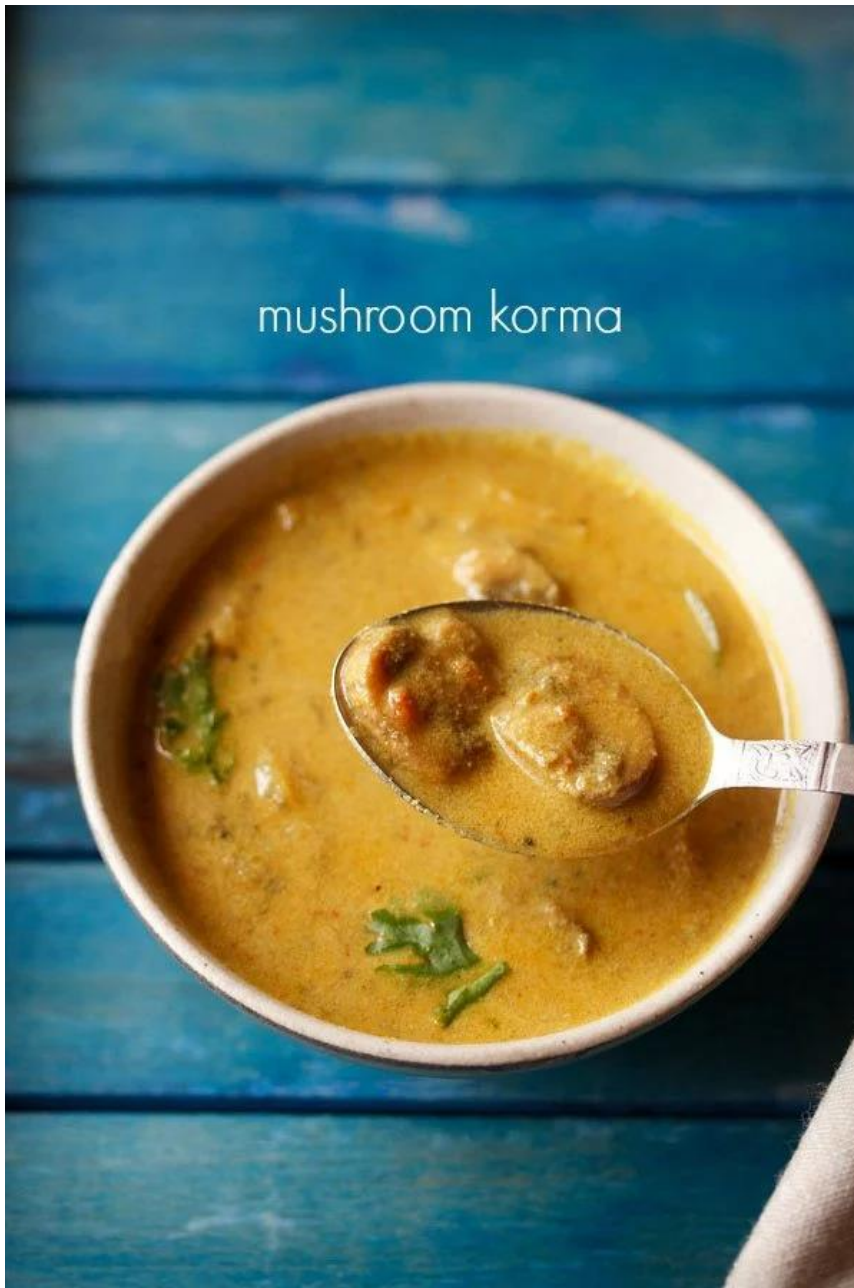
In place of coconut oil, you can use peanut oil or sunflower oil for cooking the dish.



Cook the mushrooms on low to medium heat till the moisture is evaporated. Ensure not to overcook the mushrooms. Doing so can turn them mushy.

For cooking onions faster, add a pinch of salt while sautéing. You have to sauté onions till they are light golden and not golden brown or crisp.

## Mushroom Korma -16



### How to make Mushroom Kurma


1. Soak 10 to 12 cashews in  $\frac{1}{3}$  cup hot water for 10 to 15 minutes. Soaking cashews helps to grind them better, especially if you have a blender or mixer-grinder, which has difficulty grinding nuts and seeds. But if you do not have time to soak the cashews, then just chop them and grind them with coconut.

making mushroom korma recipe

2. Once the cashews are soaked, add them to the grinder or blender along with  $\frac{1}{2}$  cup grated coconut or  $\frac{1}{3}$  cup desiccated coconut.

making mushroom korma recipe





3. Add  $\frac{1}{3}$  cup fresh water and grind or blend to a smooth paste. If using desiccated coconut, then use warm water while grinding. Keep the coconut-cashew paste aside.

making mushroom korma recipe

4. Now heat 2 tablespoons of oil. You can use peanut oil or sunflower oil. Add  $\frac{1}{2}$  teaspoon mustard seeds. On a low to medium heat saute till they begin to crackle.

making mushroom korma recipe

5. Once they begin crackling, then add  $\frac{1}{2}$  teaspoon cumin seeds, 8 to 10 fenugreek seeds and  $\frac{1}{2}$  teaspoon urad dal. If you do not have fenugreek seeds, then skip them.

making mushroom korma recipe

6. Saute till the urad dal turns a maroonish red. Cook on a low heat, so that the urad dal, fenugreek seeds and cumin seeds do not burn.

making mushroom korma recipe

7. Then add  $\frac{1}{3}$  cup chopped onions.

onions for mushroom korma recipe

8. Begin to saute the onions on a low to medium heat stirring often.

onions for mushroom korma recipe

9. Saute till the onions begin to get light brown.

making mushroom korma recipe

10. Then add 1 teaspoon of ginger-garlic paste. Stir and saute for a few seconds or till the aroma of ginger-garlic goes away.

making mushroom korma recipe

11. Next add 1 cup of chopped tomatoes.

making mushroom korma recipe

12. Mix well and begin to saute the tomatoes.

tomatoes for making mushroom korma recipe

13. Saute till the tomatoes soften.

making mushroom korma recipe

14. Then add the following ground spices:

$\frac{1}{2}$  teaspoon turmeric powder

1 teaspoon Kashmiri red chili powder (you can also use regular red chili powder)



1 teaspoon coriander powder

1 teaspoon garam masala powder

ground spices added

15. Mix the spice powders very well with the onion tomato masala.

mix the spices

16. Now add the sliced or chopped mushrooms. 200 to 250 grams of white button mushrooms, which have been rinsed and then sliced.

mushroom added

17. Mix well and saute the mushrooms on a low to medium heat for 5 to 6 minutes.

saute the mushrooms

18. Then add the coconut-cashew paste and 10 to 12 curry leaves.

coconut cashew paste added

19. Stir and mix very well.

preparing mushroom korma recipe

20. Stir and saute for 2 to 3 minutes on a low heat.

preparing mushroom korma recipe

21. When the masala is getting sauteed, add 2 cups water in the blender jar. Swirl and rotate the jar gently so that the remaining

coconut-cashew paste gets mixed with water.making mushroom korma recipe

22. Now add this water to the masala mixture.

making mushroom korma recipe

23. Stir and mix well again.

making mushroom kurma recipe

24. Season with salt as per taste.

making mushroom korma recipe

25. Cover the pan with a lid and simmer for 14 to 15 minutes.

making mushroom kurma recipe

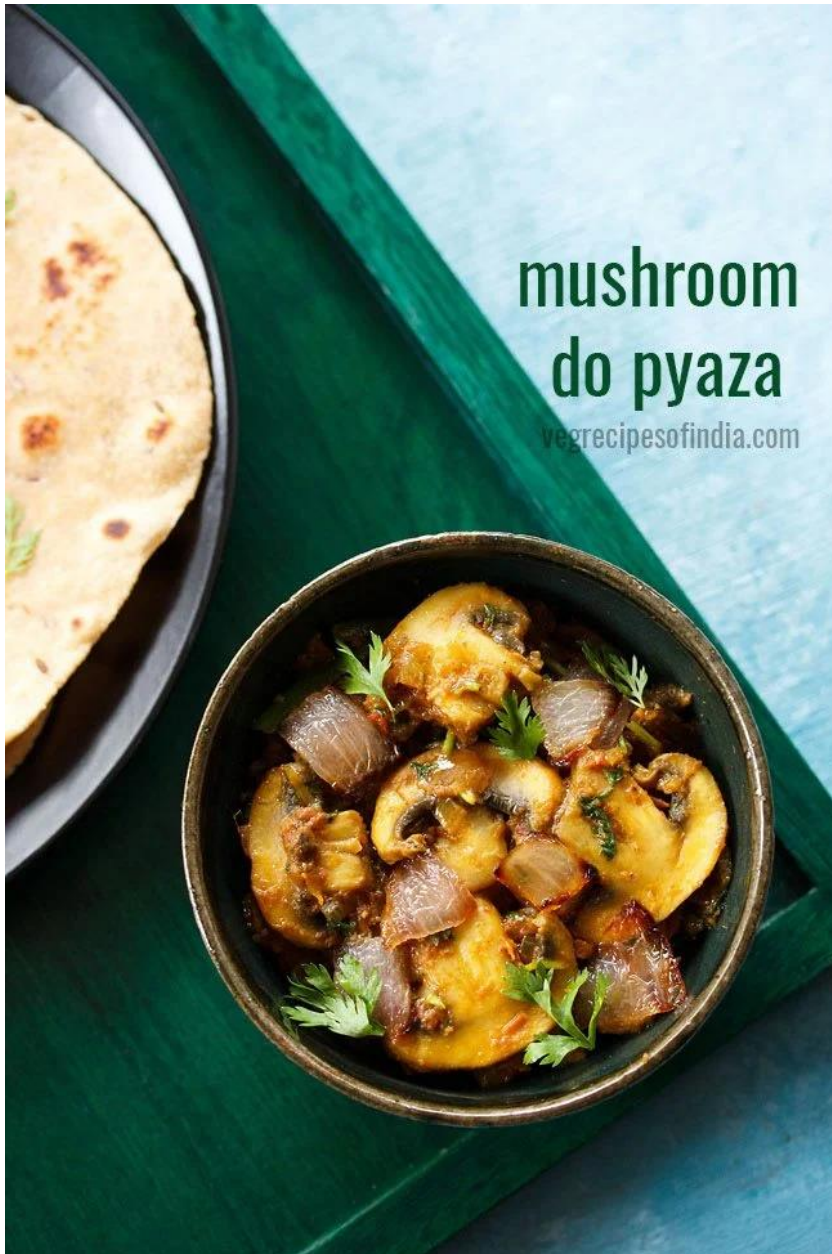
26. When the mushroom kurma is done, you will see specks of oil floating on top and the curry will also thicken a bit.

mushroom korma recipe



27. Garnish with some chopped coriander leaves and Serve mushroom kurma hot with steamed rice, chapatis or poori or paratha or tandoori roti.

It will also go well with jeera rice or saffron rice or ghee rice.



How to make Mushroom do Pyaza


Prep Work

1. Peel and rinse 2 large onions (200 grams). Chop one onion and cut into one inch squares or cubes.

Measure in a measuring cup and you will need about  $\frac{3}{4}$  cup onion squares. If you get a lesser portion, then cut the squares from a small part of the second onion.

cubes onions in a measuring cup

2. Finely chop the remaining onion. You will need  $\frac{1}{2}$  cup finely chopped onions. Finely chop 2 medium to large tomatoes (150 grams).



Slice or chop 200 grams button mushrooms discarding the base portion of the stalks. Measure and you should have about 2 to 2.5 cups chopped mushrooms.

How to clean mushrooms? To clean the mushrooms, give them a quick rinse in a colander first. Take each mushroom and hold it under the running water from the tap. Gently scrub or rub the attached mud on the mushroom with your fingers and clean it thoroughly. Rinse all mushrooms this way and set them aside in a strainer.

finely chopped onions, tomatoes and chopped mushrooms on a white cutting board

Lightly Caramelize Onions

3. Heat 3 tablespoons oil in a kadai (wok), skillet or frying pan. Add the onions which have been cut in 1-inch squares. Use any neutral flavored oil.

cubes onions in a skillet

4. On a medium-low or medium flame, begin to saute the onions.

onions mixed with oil

5. Stirring at intervals sauté the onions.

onions being sautéed

6. Sauté until you see the edges turn golden in the onions.

onions edges golden and browned

7. Remove the onions with a slotted spoon and transfer on a plate.

sautéed lightly golden onions on a steel plate

Sauté onions

8. Lower the heat and in the same pan, add 1 small to medium tej patta (Indian bay leaf).

tej patta in oil

9. Next add in the ½ cup finely chopped onions.

finely chopped onions being sautéed

10. Sauté until the onions turn translucent or a light golden. Then add ½ teaspoon ginger-garlic paste.

ginger garlic paste on top of sautéed onions in pan

11. Mix well and sauté for some seconds until the raw aroma of ginger-garlic goes away.

ginger garlic paste mixed with sautéed onions

Sauté Tomatoes



12. Now add the finely chopped tomatoes. For a smoother consistency, opt to make tomato puree from the tomatoes.

finely chopped tomatoes in the pan

13. Mix very well and sauté for a minute.

tomatoes mixed with sautéed onions

14. Add  $\frac{1}{4}$  teaspoon turmeric powder,  $\frac{1}{2}$  teaspoon red chili powder or cayenne,  $\frac{1}{2}$  teaspoon coriander powder and  $\frac{1}{2}$  teaspoon cumin powder. Combine and mix very well.

ground spices on the chopped tomatoes

15. Sauté this masala stirring often until the tomatoes soften and become mushy. You will see oil releasing from the sides of the masala.

TIP: If the masala ingredients start sticking to the pan, add a few splashes of water. Mix, deglaze and continue to sauté .

tomatoes mushy and softened

Sauté Mushrooms

16. Add the chopped mushrooms. Also add salt as per taste.

button mushrooms in the pan

17. Mix very well.

button mushrooms mixed with the onion and tomato masala

18. Begin to sauté the mushrooms on a low to medium heat.

moist mushrooms being sautéed in the pan

19. Initially the mushrooms would release a lot of water, but continue to cook them.

mushrooms in a bubbling gravy in pan

Make Mushroom Do Pyaza


20. Continue to sauté until the water reduces and evaporates. You will see that the gravy will also thicken and the mushrooms would be cooked well. Now add the sautéed onion cubes or squares.

sautéed onion cubes added to cooked mushrooms to make mushroom do pyaza

21. Mix thoroughly.

sautéed onion cubes mixed with mushroom gravy

22. Add  $\frac{1}{2}$  teaspoon garam masala powder, 3 tablespoons chopped coriander leaves and 1 to 2 green chilies (slit or sliced).



slit green chillies, garam masala powder and coriander leaves on mushroom do pyaza in the pan

22. Mix again and switch off the heat.

spices and herbs mixed with the mushroom do pyaaza

### Serving Suggestions

Enjoy mushroom do pyaza hot or warm with a side of Roti, Naan, Paratha, Whole Wheat Bread or dinner rolls.

Garnish with some coriander leaves while serving and if you like, drizzle some lemon juice on it. Yum!

For a smaller period of a few hours, you can pack this in a lunch box with a side of bread or roti.

### Storage and Leftovers

Make sure that you store any leftover in the fridge for a day only. Store in a covered steel container or box.

While reheating, warm in a frying pan, adding a few splashes of water as the gravy will become too thick or look dried.

mushroom do pyaza garnished with cilantro sprigs in a dark olive green ceramic bowl on a dark green board with a side of roti

### Tips

#### Expert Tips

**Mushrooms:** Button mushrooms are easily available to me, so I often use these. Other options that work are fresh shiitake mushrooms, cremini mushrooms and baby portabella mushrooms.

**Onions:** The recipe works well with any kind of onions that you have. While I prefer red onions, feel free to add white, yellow onions or shallots depending on what you have. But do not use scallions (spring onions).

**Tomatoes:** If out of fresh tomatoes, use crushed canned tomatoes in the same proportion. For a smooth consistency, consider making fresh tomato puree from the tomatoes.

**Ground spices:** While I recommend to include all the ground spices, you can opt to add spicy, pungent spices like red chilli powder/cayenne less or more according to your taste preferences. The same rule applies for the green chillies. Add less or more according to your heat tolerance and sensitivity.



Green Chillies: In the recipe, I have used the Indian variety of green chillies that are not very spicy. If you do not get Indian green chillies, swap with half or a quarter portion of chili peppers like Anaheim or Serrano. You can also include Thai green chillies but add very less amounts of it. This recipe is not spicy and the green chillies only add a bit of heat and spiciness.

Richer variation: To make this mushroom do pyaza rich and creamy, add 2 tablespoons of light cream (low-fat cream) or a vegan cream

when the cooking is complete. You can also sauté the ingredients in butter (dairy or vegan) or ghee.





### How to make Mushroom Stir Fry

1. Heat 1.5 to 2 tablespoons of oil in a pan. Then add ½ teaspoon cumin seeds. You can also crush the cumin seeds lightly in a mortar-pestle and then add.

cumin in oil

2. Add sliced onions.

added onions

3. Stir and begin to saute the onions on a low to medium heat.



sauteing onions

4. Saute the onions stirring often till they turn translucent or light brown.

sauteing onions

5. Then add the chopped or sliced white button mushrooms. You can wipe the mushrooms with a clean kitchen towel and then chop or you can rinse them and then chop.

I take each mushroom and rinse it well to remove the mud particles. Then slice the stalk a bit and chop the mushrooms. I also slice bruised part if any in the mushrooms.

adding sliced mushrooms

6. Mix the mushrooms with the onions. Begin to saute or stir fry on a medium to high heat.

mixing mushrooms with onions

7. Keep on stirring the mushrooms at intervals. The mushrooms will release water first.

cooking mushrooms

8. Continue to cook, till all the water dries up.

cooking mushrooms

9. After the water has dried, continue to saute till the mushrooms look glossy as well as they are slightly browned from the edges.

cooking mushrooms

10. Even if they are not lightly browned, they should be cooked well.

making mushroom stir fry

11. Now add the following ingredients:

1/8 teaspoon turmeric powder or about 2 to 3 pinches

1/2 teaspoon Kashmiri red chili powder

1/2 teaspoon garam masala powder

1 teaspoon coriander powder

1 green chili (sliced or chopped)

adding spices

12. Mix the spices very well with the mushrooms.

making mushroom fry recipe



13. Season with salt as per taste.

adding salt

14. Mix the salt with the stir fried mushrooms. Saute for a minute then switch off the heat. Lastly add 2 tablespoons of coriander leaves and mix again very well.

garnishing mushroom stir fry

15. Serve mushroom stir fry hot with chapatis, paratha or bread. You can also make sandwiches or wraps with this mushroom stuffing.




## stuffed mushrooms

### Ingredients & Substitutions

White Button Mushrooms – I usually reach for white button mushrooms to shoot my recipes because they are ubiquitous. Feel free to sub in cremini mushrooms (a.k.a. Baby Bellas) if you prefer.

Onion – Any color of onion will work here. You can also feel free to swap in shallots or leeks if you prefer.

Garlic – Fresh cloves are best for flavor, but in a pinch you can use  $\frac{1}{4}$  teaspoon ground garlic powder for each garlic clove.



Dried Basil & Dried Oregano – These herbs are staples in Italian cuisine. Feel free to use fresh herbs if you prefer (just double the amount you use), or use a different blend per your tastes.

Cheese of Choice – Processed cheese, cream cheese, cheddar, mozzarella, parmesan, gouda, havarti... the options are pretty much endless.

Fresh Herbs/Scallion Greens/Chives (Optional) – Since brown or white mushrooms and white cheese make for a bland color palate, I prefer to add some fresh chopped herbs for a pop of color and fresh flavor.

Olive Oil, Salt, & Pepper – Pantry staples are all that's left! I told you this was a simple recipe. 😊

### Step-by-Step Guide

#### How To Make Stuffed Mushrooms

##### Prep

1. First rinse and wipe dry 400 grams white button mushrooms. Slice off a bit of the muddy part of the stalks and discard them. Then just break each stalk from the mushrooms.

washed mushrooms with stalk broken off.

2. Keep the stalks as well as the mushroom caps aside. Optionally brush some olive oil lightly and evenly on all of the mushroom caps.

empty mushroom caps.

3. Chop off all the stalks finely. Also chop 1 medium onion and 4 to 5 medium garlic cloves.

You will need  $\frac{1}{3}$  cup chopped onions and 1 teaspoon finely chopped garlic.

Pro Tip: Make short work of chopping by using a food processor.

chopped mushroom stalks, chopped onion, and chopped garlic for making stuffed mushrooms filling.

##### Make Mushroom Stuffing

4. Heat  $\frac{1}{2}$  to 1 tablespoon olive oil in a pan. Add 1 teaspoon finely chopped garlic. garlic in olive oil in a pan.

5. Sauté the garlic for a few seconds on a low heat until they are fragrant. No need to brown them.

sauteing the garlic.



6. Then add  $\frac{1}{3}$  cup chopped onions.

added  $\frac{1}{3}$  cup chopped onions in the pan.

7. Begin to sauté the onions on a low to medium heat. Keep stirring often while sautéing the onions.

saute the onions on a low to medium flame until beginning to become golden.

8. Sauté till the onions become light golden or golden.

sauteed onions are golden and ready for the next step in the recipe.

9. Now add the finely chopped mushroom stalks.

adding finely chopped mushroom stalks to the filling.

10. Mix very well and sauté on a medium heat. The mushrooms will initially release some moisture.

mixing and sauteing as mushrooms release water into pan.

11. Sauté till the mushroom mixture is dry, with all the water evaporated.

mushroom mixture cooked until the pan is dry.

12. Then add  $\frac{1}{2}$  to  $\frac{3}{4}$  teaspoon crushed black pepper,  $\frac{1}{2}$  teaspoon dried basil and  $\frac{1}{4}$  teaspoon dried oregano.

You can also add your choice of dried herbs or add fresh herbs.

spices added to stuffing for baked stuffed mushrooms.

13. Also season with salt as required.

salt added to pan with mushroom filling.

14. Mix very well and switch off the heat. Check the taste and add more salt, black pepper, or herbs if required.

At this point you can add about 2 to 3 tablespoons of breadcrumbs to the stuffing if you like.

Let the mushroom stuffing become cool down enough to handle or work with.

mushroom stuffing in pan for baked stuffed mushrooms.

**Assemble and Bake Stuffed Mushrooms**

15. Preheat your oven at  $180^{\circ}$  C/ $356^{\circ}$  F for 15 to 20 minutes. As the oven preheats use a small spoon to place the stuffing in each mushroom cap.

spooning the stuffing in each mushroom cap.



16. Continue this way and use up all of the stuffing in all the mushroom caps. Fill them to the top.

Note that the stuffing will vary for each mushroom as each one will be of a different size.

full pan of mushroom stuffing in the mushroom caps.

17. Now top up with some grated cheese. You can use processed cheese, cheddar cheese or mozzarella cheese.

topping with grated cheese.

18. Grease a baking tray with some olive oil. You can also use butter instead of olive oil for greasing the baking tray. Place the stuffed mushroom caps on a baking tray.

Drizzle a bit of olive oil if you prefer on the stuffed mushrooms placed in the baking tray.

stuffed mushrooms in a baking tray before baking.

19. Keep the baking tray in the preheated oven. Bake at 180° C/356 ° F for 15 to 20 minutes.

baking stuffed mushrooms in the oven.

20. You need to bake till the mushrooms shrink a bit in size and water starts releasing from them. The cheese will also melt and the color of the mushrooms will darken.

baked stuffed mushrooms after coming out of the oven.

21. Allow to cool for a few minutes and then serve stuffed mushrooms hot as starter dish with any dip or chutney or sauce.

You can garnish with some spring onion greens or chives or fresh herbs while serving. Enjoy!

six baked stuffed mushrooms in an oblong serving bowl next to a ramekin of chutney.

#### Expert Tips

These cheesy vegetarian stuffed mushrooms are simple to make, but keep a few things in mind:

You can meal-prepare the mushrooms up to the point of baking, then cover and keep them in the fridge for up to 1 day. Bake straight from the fridge when you're ready to serve them.

Do not serve the stuffed mushrooms after they cool down as they become too soggy and soft. Serve hot for best results.



Use parchment paper for quick clean-up. Line your sheet pan with parchment, bake the mushrooms, then toss the paper in your compost. Easy, peasy!

Try to use similarly sized mushrooms so they cook evenly.





How to Make Mushroom Noodles



## Cooking Noodles

1. Heat enough water to cover the noodles in a pan. Add salt and a few drops of oil to the water and bring to a boil. Add 200 grams of noodles to the water and cook according to the package instructions. Use hakka noodles, instant noodles or whole wheat noodles for this recipe.

noodles in boiling water

2. While the noodles are cooking, rinse and chop the mushrooms, spring onions and herbs. Alternatively, you can chop them before you start cooking the noodles.

cooked noodles in a pot

3. Once the noodles are done, drain the water using a strainer and rinse the noodles with cold water. After this drain the water from the noodles one more time.

Tip: The cold water will stop the noodles from cooking and prevent them from becoming too soft.

noodles rinsed in a sieve

4. Then add 2 teaspoon of oil and gently mix the noodles. Make sure the noodles are evenly coated. Cover and set the noodles aside for later.

noodles mixed with oil

## Making Mushroom Noodles

5. Heat oil in a wok, kadai or a pan on low to medium heat. Once the oil is hot add ½ tablespoon of chopped garlic, ½ tablespoon of chopped ginger and 1 teaspoon of chopped green chilies. Saute for a few seconds.

Tip: Alter the heat and spiciness of this dish depending on your preference. If you like spicy noodles then add more green chilies but if you don't want it spicy then add less or no green chilies at all.

sautéed ginger, garlic and green chilie

6. Add ½ cup of chopped spring onions (scallions). Add both the white and green parts and reserve 2 tablespoons of the greens for garnish.

sautéed spring onions

7. Stir and saute the spring onions until they turn translucent

translucent sautéed spring onions

8. Then add the sliced mushrooms.

sliced mushrooms



9. Stir the mushrooms well and saute them on medium to high heat. Stir occasionally to ensure that the mushrooms cook evenly.

sautéed mushrooms, spring onions, garlic, ginger and green chilies

10. The mushrooms will release water when cooking.

cooked mushrooms, spring onions, garlic, ginger and green chilies

11. Continue to saute until the water dries up and the mushrooms have light golden edges.

golden mushrooms, spring onions, garlic, ginger and green chilies

12. Then add ½ teaspoon of ground black pepper. You can also use white pepper instead of black pepper.

sautéed veggies and black pepp

13. Add 1 tablespoon of soy sauce. Mix and stir well. Try to use naturally brewed soy sauce. sautéed veggies and soy sauce

14. Add the cooked noodles that were set aside previously.

adding noodles to the pan with veggies

15. Add salt to taste.

noodles, salt and veggies

16. Stir and toss the noodles very well.

stirred and tossed mushroom noodles

17. Add ½ teaspoon of rice vinegar or regular vinegar and mix again. If you don't like vinegar then you can skip adding it.

vinegar added to mushroom noodles

18. Switch off the heat and add the chopped spring onion greens. Give a final stir. Alternatively, garnish the noodles with the spring onion greens while serving.

garnishing spring onions on mushroom noodles

19. Serve mushroom noodles plain, or with gobi manchurian or veg manchurian. Best to enjoy these noodles piping hot.

mushroom noodles with black chopsticks placed on top of black bowl on a round grey black granite board

Expert Tips



Noodles – You can use noodles like hakka noodles, whole wheat noodles, udon noodles, chowmein noodles or instant noodles.

Vegetables – You can add veggies like carrots, cabbage, bok choy, bell pepper, broccoli and baby corn.

Mushrooms: Though I always add button mushrooms, you can include cremini mushrooms or your favorite varieties of edible mushrooms.

Spiciness – Customize according to your taste preferences by reducing or skipping spices and herbs like green chilies, black pepper, ginger and garlic.

Gluten-Free – To make these mushroom noodles gluten-free use soba noodles made from buckwheat flour and tamari instead of soy sauce.

Scaling – The recipe can be easily made into a large batch by scaling the ingredients proportionately.



### How to make Mushroom Rice


1. Measure all the spices, ingredients and keep them ready before you start to make the dish.

You need to cook  $\frac{2}{3}$  cup of rice before you begin this recipe. You can choose to cook the rice in a pan or Instant pot or stovetop pressure cooker adding water as required.

Overall we need 2 cups of cooked

rice. Preferably try to use basmati rice or any good quality long-grained rice for this recipe.

Make sure the rice does not become sticky after cooking it. Once the rice grains are cooked then cool them completely in a strainer.



cooked rice and other ingredients

2. In a pan heat 2 tablespoons of olive oil. Add 1 teaspoon of chopped garlic and saute for some seconds. You don't need to brown the garlic.

You can use any neutral flavored oil instead of olive oil.

sauteing garlic in olive oil

4. Then add 3 to 4 chopped small to medium-sized scallions or spring onion whites (about ½ cup).

You can also use shallots or regular onions instead of spring onions.

chopped scallions added

5. Begin to saute the spring onions stirring often.

sauteing the spring onions

6. Saute till the spring onions become translucent and softened.

sauteed spring onions

7. Now add 400 grams of chopped button mushrooms. Start sauteing them on medium-low to medium heat stirring at intervals.

mushrooms added

8. Initially the mushrooms will leave a lot of water. Saute till all the water dries up in the pan. The mushrooms should be completely cooked by this time.

sauteing mushrooms

9. Then add the following herbs and spices to sauteed mushrooms:

¼ teaspoon of ground black pepper or white pepper

1 teaspoon of crushed white sesame seeds – The sesame seeds can be lightly crushed using a mortar pestle.

½ teaspoon of thyme

½ teaspoon of oregano

herbs and spices added

10. Stir and mix well. You can also add your preferred herbs or spices.

mixing herbs spices with mushroom

11. Now add 2 cups of cooked rice. The rice has to be completely cooled when you add it at this step. You can also use any leftover cooked rice.

cooked rice added to mushrooms



12. Mix and then saute the cooked rice with the mushrooms for a couple of minutes.

mixing mushrooms with cooked rice

13. Add salt as required.

salted added to mushroom rice

14. Stir gently and mix well. Switch off the heat.

mix mushroom rice again

15. Garnish with scallions greens or cilantro.

garnish mushroom rice with scallions greens

Serve Mushroom rice hot or warm with a salad or you could just drizzle some extra virgin olive oil to the rice and enjoy the bowl of mushroom rice.

It makes for a healthy and comforting lunch or dinner.

mushroom rice served in a white plate

Tips for making mushroom rice

Its easy if you have leftover rice or else you will have to cook the rice. I also recommend to soak the rice for at least 20 minutes before cooking. Rinse the rice really well in water to get rid of any extra starch so that you get separate non-sticky grains after cooking them.

You can also consider adding a bit of soy sauce to the rice.

If you do not have crushed white sesame seeds, then you could also use whole sesame seeds. Roast them and add to the rice.

You could use fresh herbs instead of dried herbs.

You can also use other varieties of edible mushrooms or mixed mushrooms. This will give a nice texture and crunchiness to the recipe. Cremini mushrooms, shiitake mushrooms are also some good options.

Use aged basmati rice or any good quality long grained rice for best texture and flavor.



Penne Pasta Recipe (In Tomato Mushroom Sauce)- 22





## How to make Penne Pasta

### Preparation

1. Rinse 6 to 7 ripe medium size tomatoes and chop them. You will need about 3 to 3.5 cups chopped tomatoes.

chopped tomatoes.

2. Also, rinse 300 grams white button mushrooms. Slice off or trim the part of the base stalk and chop each button mushroom.

Peel, rinse and thinly slice or chop 2 medium-sized onions. You will be needing about 1 cup of sliced onions or chopped onions

Crush 6 to 7 small to medium-sized peeled garlic cloves in a mortar with a pestle. You could also mince them using a garlic press. You will need about 1.5 to 2 teaspoons of crushed garlic.

Set aside the seasonings and herbs you will be using. I have used Italian seasoning, but feel free to add your preferred herbs and seasonings.

chopped mushrooms.



3. Heat sufficient water in pan or pot till it comes to a boil. Add salt as required and 200 to 250 grams of penne pasta.

Cook the pasta till al dente. Drain in a colander or strainer and reserve once done.

cooked penne pasta.

Make Tomato Mushroom Sauce

4. Heat 3 tablespoons olive oil in a pan. Add sliced onions and sauté stirring often till light golden on low to medium-low heat.

frying sliced onions till light brown.

5. Add the crushed garlic.

crushed garlic added to the onions.

6. Stir to mix the garlic with the onions and sauté for 15 to 20 seconds on low heat.

cooking onion-garlic mixture.

7. Add the chopped tomatoes.

chopped tomatoes added to the pan.

8. Next, add salt to taste and 1 teaspoon ground black pepper to the tomatoes. Opt to add less black pepper if you prefer.

salt and black pepper added to the tomatoes.

9. Add in 2 teaspoons of Italian seasoning. Like me you can also add 1 teaspoon dried oregano (optional) if you like.

dried herbs added to the tomatoes.

10. Mix well and cook the tomatoes till they become paste like, mushy and saucy on low to medium-low heat as shown in the below photo.

cooking tomatoes.

11. Next, add the chopped mushrooms.

chopped mushrooms added to the tomato sauce.

12. Allow the mushrooms to cook in the tomato sauce. They will leave water first and then shrink. Stir often when cooking mushrooms.

Cooking mushrooms will take about 10 to 12 minutes on low to medium-low heat. The mushrooms have to soften and be thoroughly cooked.



The sauce will also look thick and less watery or runny once the mushrooms are cooked through as you can see in the photo below.

cooking mushrooms in the tomato sauce.

13. Take 4 green and 4 black pitted olives. You can skip adding olives if you do not prefer them.

green and black olives on a plate.

Make Penne Pasta

14. Slice or chop the olives and add to the tomato mushroom sauce once the mushrooms are tender and cooked.

sliced olives added to the tomato mushroom sauce.

15. Sauté for a few minutes and switch off the heat. Then, you can either add the penne to the tomato mushroom sauce or serve the penne separately with the tomato mushroom olive sauce.

Enjoy the Penne Pasta hot or warm. Optionally garnish with your favorite fresh herb or preferred cheese if you like.

cooked penne pasta and tomato mushroom sauce in a white plate.

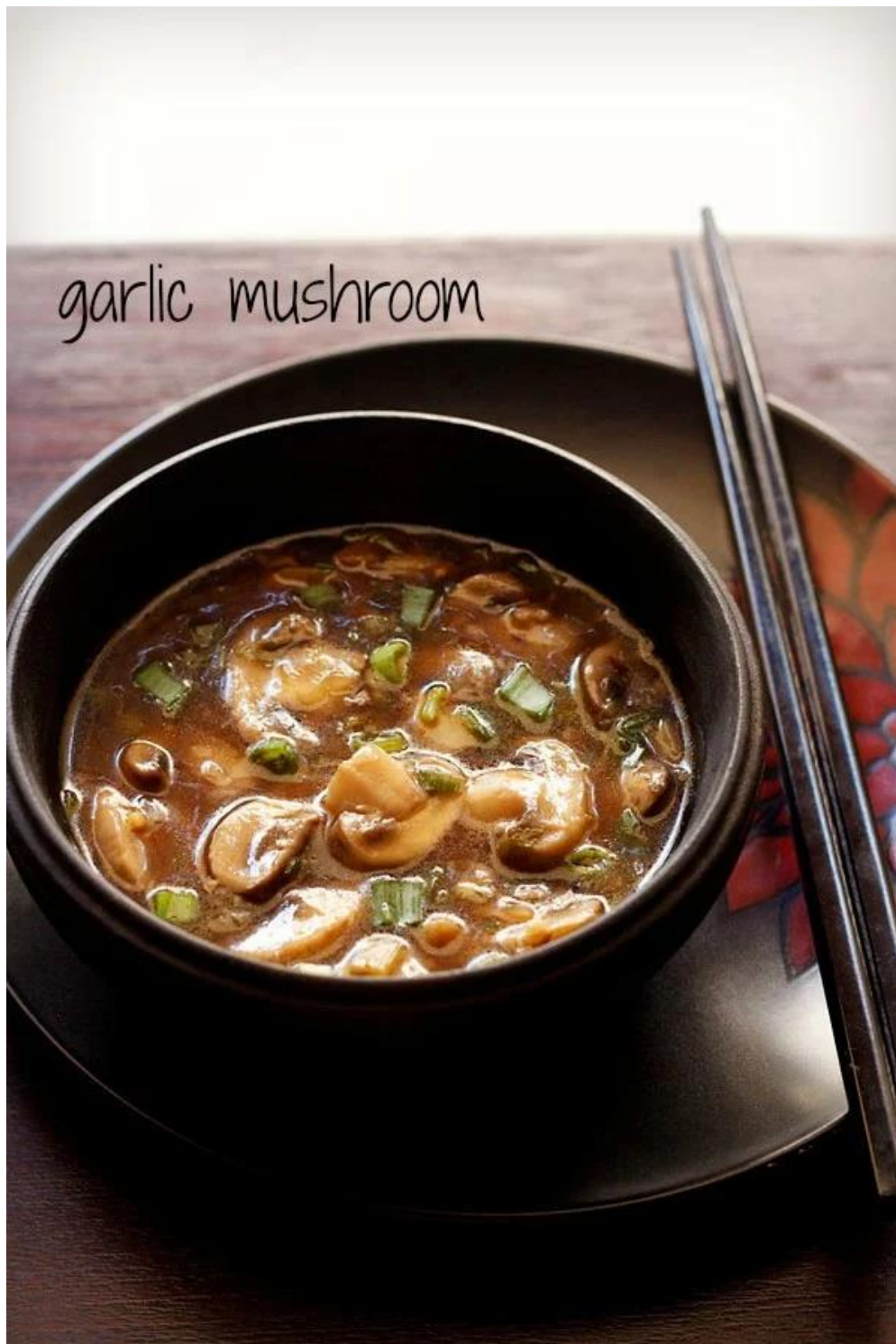
What is Al Dente

Whether you know extensively about Italian food culture or just a foodie who loves the fair share of fusion zed and authentic pasta dishes, you must've come across a term called 'al dente' many a times.

So, what exactly does this Italian phrase mean? It basically directly translates to 'to the tooth.' More precisely when used in the culinary field for cooking pastas, it means that the pasta should be cooked till that point where it is still firm when bitten onto.

Personally also, I feel that this Penne Pasta recipe or any other pasta dish tastes better when cooked this way. However, this concept is not very common with many Indians, and most of them still prefer a bit of an overcooked pasta dish.

Chinese Mushroom In Spicy Sauce -23



How to make Chinese Mushroom

Prep and Sauté Ingredients

1. Dissolve 1 tablespoon cornstarch in 2 tablespoons water to make a smooth and fine slurry or paste. Set aside.

Also, rinse and chop 200 grams white button mushrooms. Chop the spring onions, garlic and ginger too.



dissolving cornstarch in water to make a smooth paste.

2. Heat 2 tablespoons sesame oil (regular or toasted) in a pan or wok.

Add 2 teaspoons finely chopped garlic and 1 to 1.5 teaspoons finely chopped ginger. Sauté on a medium heat for half a minute.

sautéing chopped garlic in hot sesame oil in a wok.

3. Then, add 3 tablespoons chopped or finely chopped spring onion whites. Sauté for a minute.

finely chopped spring onion whites added to the wok.

4. Next, add 1 to 2 teaspoons finely chopped celery. Celery is optional and you can skip it.

finely chopped celery added to the wok.

5. Add ½ teaspoon crushed black pepper or pepper powder and 2 crushed Sichuan peppers.

Crush both ¼ teaspoon black pepper and 2 Sichuan peppers in a mortar-pestle.

Stir and mix well with the rest of the mixture. If you do not have Sichuan pepper, skip them.

crushed black pepper and crushed sichuan peppers added to the wok.

6. Now, add sliced or chopped white button

sliced mushrooms added to the wok.

7. Sauté the mushrooms.

sautéing mushrooms in the wok.

8. First the mushrooms will release a lot of water. Continue to sauté till all the water dries up and the mushrooms are cooked well.

cooking mushrooms in the wok.

Make Chinese Mushrooms

9. Then, add 1 tablespoon naturally brewed soy sauce. For a gluten-free version, use gluten free soy sauce.

soy sauce added to the mushrooms.

10. Next, add 2 teaspoons red chili sauce or red chili paste. Red chili paste would make the sauce spicier. You can add both soy sauce and chili sauce as per your taste.



red chili sauce added to the mushrooms in the wok.

11. Mix very well.

mushrooms mixed well with the sauces.

12. Pour  $\frac{2}{3}$  to  $\frac{3}{4}$  cup vegetable stock or water. Stir and mix well.

vegetable stock poured in the wok.

13. Add  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon sugar. Stir well to mix.

adding sugar to the mushroom mixture in the wok.

14. Then, add the prepared cornstarch paste.

adding prepared cornstarch paste to the wok.

15. Mix very well after you add the cornstarch paste.

cooking chinese mushrooms.

16. Bring the sauce to a simmer on medium heat, then add salt. Add less salt as soy sauce and chilli sauce already have salt in them.

adding salt to simmering mushroom sauce.

17. Mix very well and continue to simmer for some minutes until the sauce thickens.

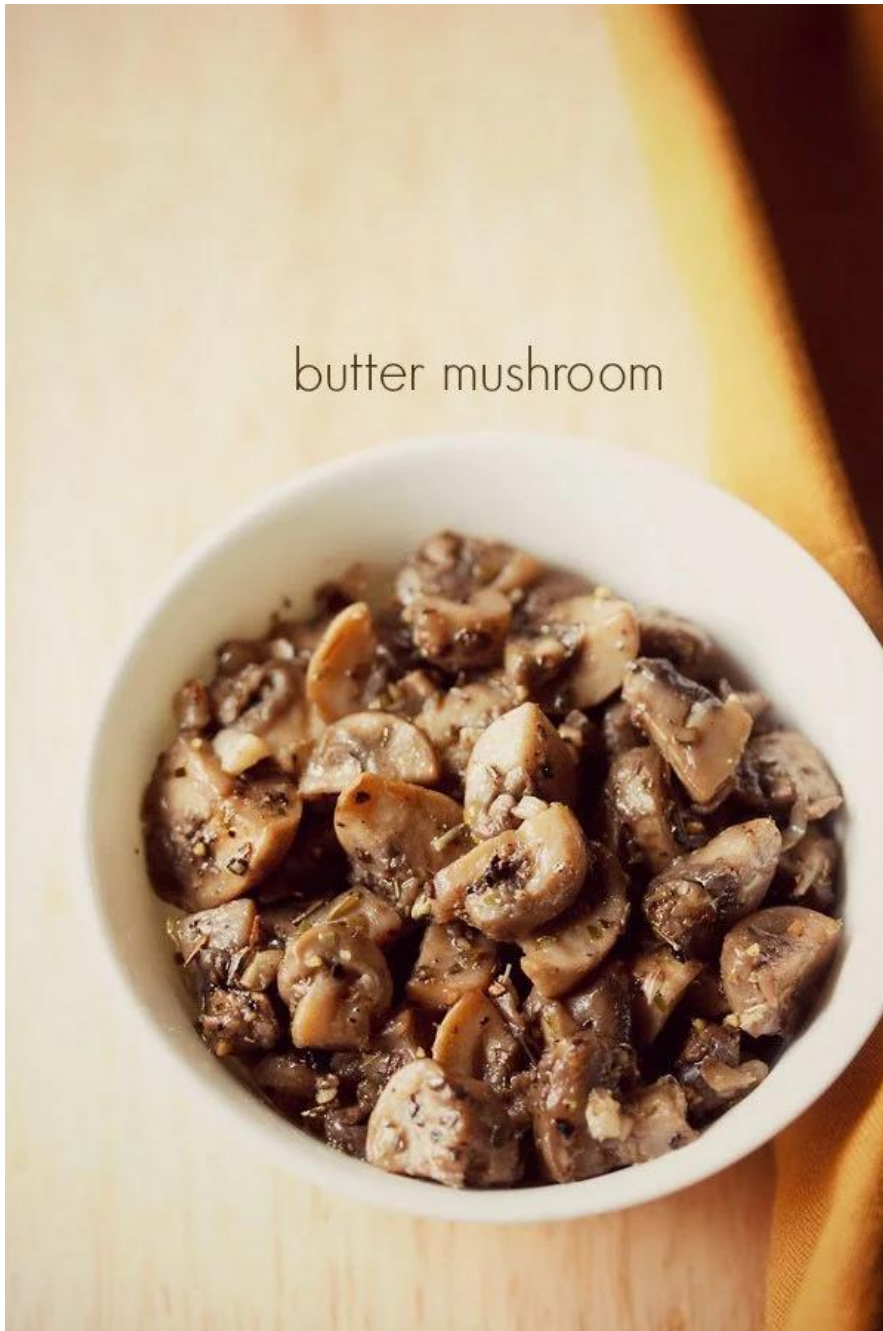
simmering till the sauce thickens.

18. Switch off the heat. Add 2 to 3 tablespoons chopped spring onion greens,  $\frac{1}{2}$  teaspoon rice vinegar and 1 teaspoon rice wine (optional).

chopped spring onion greens, rice vinegar and rice wine added to the mushrooms.

19. Give a quick mix and serve the Chinese Mushrooms with your preferred fried rice, stir fried noodles or chow mein. It also pairs well with a simple steamed basmati rice or jasmine rice.

chinese mushroom in spicy soy sauce served in a black bowl.



### How to make Garlic Butter Mushrooms

1. Firstly, rinse or wipe 250 grams white button mushrooms and then chop them. Then, on low heat, add 2 tablespoons butter in a pan.

butter added in a pan for making butter mushroom.

2. Keep the heat to low, so that the butter does not get burnt.

melting butter in hot pan for butter mushroom.

3. Add 1 tablespoon finely chopped garlic.



chopped garlic added to melted butter in pan.

4. Sauté till the raw aroma of garlic goes away. No need to brown the garlic.

sautéing garlic in butter.

5. Now, add the chopped button mushrooms.

chopped mushrooms added to the pan.

6. Stir and sauté on low to medium heat.

sautéing mushrooms in the pan.

7. Initially, the mushrooms will leave a lot of water.

mushrooms leaving a lot of water.

8. Continue to sauté, till all the water evaporates. There should be no traces of water in the pan. You could continue to sauté until the mushrooms appear a light golden or golden at the edges.

sautéing mushrooms till all the water evaporates.

9. Once all the water has evaporated, add 1 teaspoon mix dried herbs,  $\frac{3}{4}$  to 1 teaspoon crushed black pepper and salt.

You can add any dried herb of your choice. I added 1 teaspoon dried oregano.

If using fresh herbs, then add about 2 teaspoons. You can use fresh herbs like coriander, basil, parsley or mint. If you have used salted butter, then add less salt.

dried herbs, crushed black pepper and salt added to the mushrooms.

8. Mix well and switch off the heat.

seasonings mixed well in the butter mushroom.

9. Serve Garlic Butter Mushroom as is or accompany with bread or Indian flatbreads.

garlic butter mushroom served in a white bowl with text layovers.

#### Expert Tips

Fresh mushrooms may have a lot of dirt in them. Ensure that you rinse and wipe them well before chopping them.

Mushrooms also leave a lot of moisture while being cooked. So, make sure to sauté till all the moisture evaporates.

You can add your choice of dried herbs in the recipe. If using fresh herbs (parsley, basil, coriander, mint), add about 2 teaspoons of them.



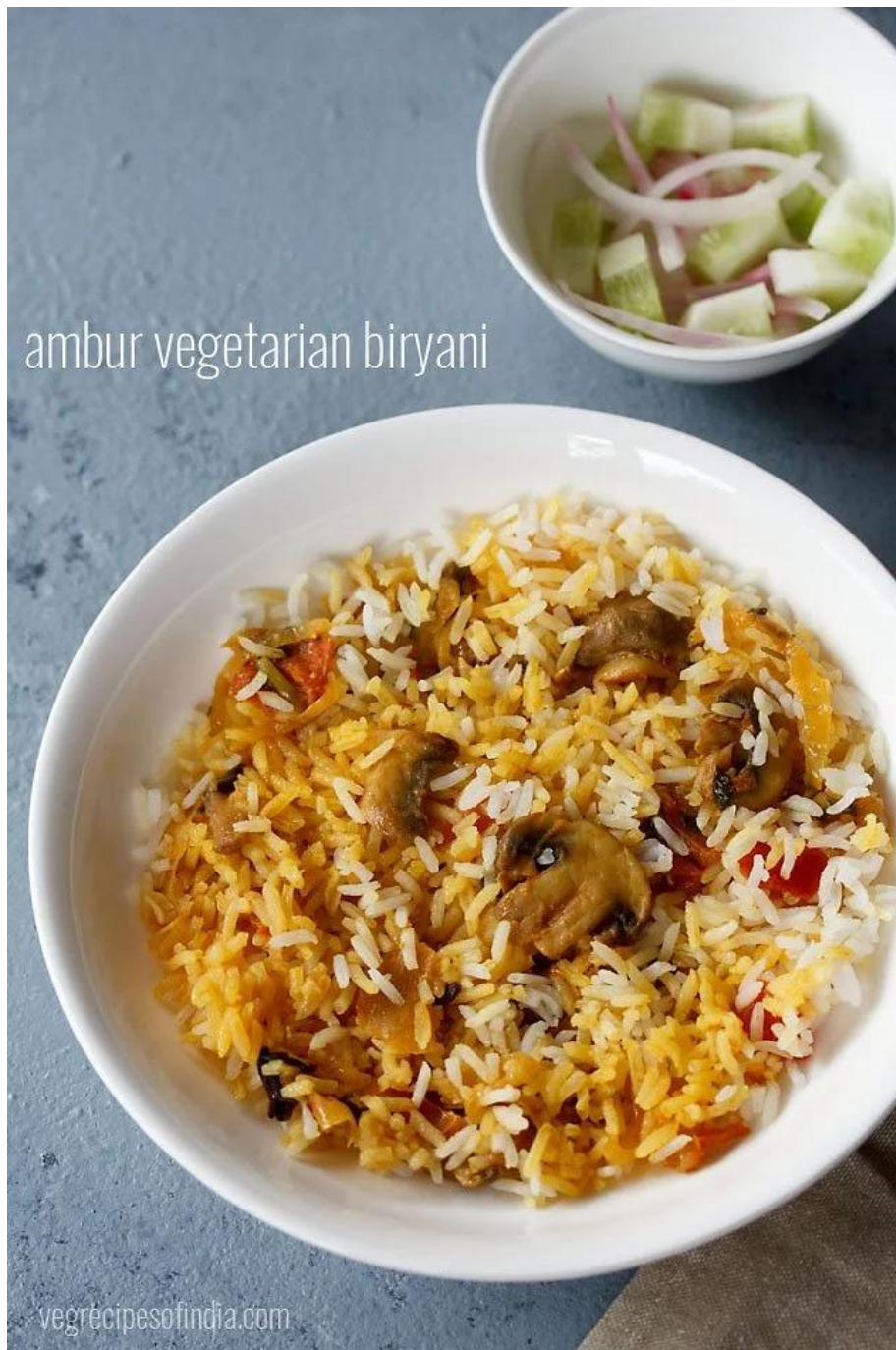


Both salted or unsalted butter can be used to make the dish. If using salted butter, add less salt as the seasoning.

You can top the Garlic Butter Mushroom with grated mozzarella or cheddar cheese and bake or grill in the oven till the cheese melts.

Prepare the dishes for a larger number of people by easily doubling or tripling the recipes.

To make a vegan Garlic Mushroom recipe, simply swap the butter with olive oil. The mushrooms will taste delicious.



How to make Ambur biryani

Preparing red chilli paste

1. Firstly rinse and then soak 4 to 5 dry red chillies in hot water for 20 to 30 minutes. Cover and keep aside. If you prefer you can remove the seeds before soaking them.

chillies soaked in water



2. After the red chilies have softened, place them in a small grinder jar. Add 1 to 2 tablespoons of the soaked water.

chilies added to grinder jar

3. Grind or blend to a smooth fine paste. Keep the red chili paste aside.

red chilies paste

Cooking rice

1. When you keep the red chilies for soaking, then also rinse 1 heaped cup seeraga samba rice in water. Then soak the rice grains in enough water for 20 to 30 minutes.

Meanwhile, when the red chilies and rice are soaking, prep the other ingredients like chopping mushrooms, onions and tomatoes etc. Rinse or wipe the mushrooms with a clean and moist kitchen towel.

soaked rice

2. After 20 to 30 minutes, drain the water from the rice and keep it aside. Also bring 3.5 cups of water to a boil in a pan. When the water comes to a boil, then add the following ingredients:

1 small tej patta (Indian bay leaf)

1 green cardamom

1 clove

½ inch cinnamon

¼ to ½ teaspoon salt

spices added to hot water

3. Bring the water to a rolling boil and add the soaked rice.

soaked rice added to hot water

4. Do not reduce the heat and let the rice cook on a medium to high heat. Cook the rice without covering the pan with any lid.

cooking rice

5. Once the rice is ¾th cooked, then switch off the heat. The rice has to have some bite in the center when you eat it.

almost cooked rice

6. Strain the rice in a colander. You can even rinse the rice in running water, so that they stop cooking. Keep the cooked rice aside.



straining rice

Preparing mushroom gravy for Ambur biryani

1. In another pan heat 3 tablespoons of oil. Keep the heat to a low and then add the following ingredients:

1 small to medium tej patta (Indian bay leaf)

2 green cardamoms

2 cloves

½ inch cinnamon

spices and herbs added to pan with oil

2. When the spices splutter and become fragrant, then add 1 cup thinly sliced onions.

onions added

3. Saute the onions on medium heat.

sauteing onions

4. Stir often while sauteing them for even cooking.

sauteing onions

5. Saute the onions till they start becoming golden.

sauteing onions

6. When the onions start becoming golden, then add 1 teaspoon ginger-garlic paste.

ginger garlic paste added

7. Stir and saute for a few seconds or till the raw aroma of ginger and garlic goes away.

sauteing ginger garlic paste

8. Next add 1 cup chopped tomatoes.

chopped tomatoes added to masala

9. Stir and saute the tomatoes for a minute.

sauteing tomatoes

10. Then add 1 tablespoon chopped mint leaves and 2 tablespoons chopped coriander leaves.

mint leaves and coriander leaves added



11. Stir and mix well.

mixing mint and coriander leaves with mixture

12. Now add 2 cups of sliced or chopped mushrooms. You can use white button mushrooms or cremini mushrooms.

mushrooms added

13. Stir and mix the mushrooms with the rest of the masala.

mixing mushrooms with masala

14. Keep the heat to a low or sim. Then add  $\frac{1}{4}$  cup fresh curd (yogurt). Quickly stir the curd while you add it.

curd added

15. Next add  $\frac{1}{4}$  teaspoon turmeric powder and  $\frac{1}{2}$  teaspoon coriander powder. Both turmeric and coriander powder can be skipped. A reader had suggested that for an authentic taste of Ambur biryani, you can skip both spice powders.

spices added

16. Then add the ground red chilli paste. Stir and mix very well.

red chili paste added

17. Add  $\frac{1}{2}$  cup of water and stir again.

water added

18. Season with salt as per taste. Mix again. Check the taste of the liquid and it should taste slightly salty.

salt added

19. Cover the pan with its lid and simmer the gravy on a medium heat till the mushrooms are cooked. This takes about 7 to 8 minutes on a low to medium heat.

cooking mushroom gravy with closed lid

20. You should see some oil specks floating on top and the gravy will also reduce a bit.

cooked mushroom gravy

Assembling and layering Ambur star biryani

1. Now in the same pan, add the cooked rice. I removed half of the gravy, so that I can make four layers each of the gravy and rice. Thus I layered with half of the rice. You can make two layers or four layers according to your preference.

layering biryani first rice layer in the pan



2. Spread the remaining half of the mushroom gravy on the rice.

layering biryani - mushroom gravy added on rice layer

3. Now spread the remaining rice evenly all over. You can dot the top layer of rice with some ghee if you want. This step is optional though but I usually add the ghee.

layering biryani - rice layer added again

4. Seal the pan with aluminum foil. Also heat a tawa or skillet on a low heat for 5 minutes.

sealing the pan with aluminium foil

Dum cooking Ambur Star Biryani

1. Place the lid on the pan. Then keep the pan on the hot tawa and dum cook biryani on a low heat for 30 to 35 minutes.

If baking – then bake the biryani at 180 degrees Celsius in a preheated oven for 30 to 35 minutes. Please remember to use an oven-proof glass utensil like the pyrex bowl for baking in the oven. You will have to assemble the biryani as mentioned above in the oven proof utensil. Cover with aluminum foil and then bake.

dum cooking Ambur star biryani

2. Give a resting time of 5 to 7 minutes and then serve the ambur biryani. There should be no gravy or liquid at the bottom of the pan. If you see some gravy in the biryani, then continue to dum cook for some more minutes.

cooked Ambur star biryani in a pan

4. Serve Ambur star biryani hot or warm with onion-tomato raita or onion raita and vegetable salad. It makes for a filling and comforting meal. You can also enjoy this biryani with plain yogurt.

The leftover Ambur biryani can be refrigerated for a day in an airtight container. While reheating either steam in a stovetop pressure cooker or Instant pot until lightly hot. Or you can opt to saute the biryani in a well seasoned skillet or pan.


If the biryani looks too dry then sprinkle some water and steam or saute.

serving Ambur biryani on a plate with a side of vegetable salad

[Quesadilla Recipe | Mushroom And Veggie Quesadilla- 26](#)



How to Make Mushroom Quesadilla



To make your own vegetarian quesadilla, all you'll need is a sauté pan or a frying pan, an assortment of veggies, some kind of shredded melty cheese and a tortilla or thin flatbread to hold it all together. Here's how to do it:

### Make Mushroom and Veggie Filling

1. First you need to make the filling for your veggie quesadilla. Prep and chop all the veggies – onions, red bell pepper and mushrooms, herbs, and garlic – and set aside. After the filling is cooked and ready, making quesadillas is a breeze.

Set 4 large tortillas or 6 small tortillas aside. Grate the cheddar cheese and set aside. You'll want to work quickly as soon as you start assembling the quesadillas.

Heat 2 tablespoons extra virgin olive oil in a pan until shimmering. Reduce heat. Add ½ cup sliced onions and ½ teaspoon finely chopped garlic.

sliced onions and minced garlic added to sauté pan with oil

2. Sauté onions and garlic till onions become light golden on medium-low heat.

onions becoming golden in pan

3. Add 2 to 2.5 cups sliced or chopped button mushrooms, adding salt as needed.

salt and mushrooms added to pan

4. Increase the heat a bit and sauté mushrooms, stirring often. As the mushrooms begin to cook, they will start to release a lot of water.

mushrooms after releasing a lot of water

5. Continue to sauté until all the water evaporates.

mushrooms in pan after water has evaporated away

6. Add the following ground spices:

½ teaspoon ground cumin or cumin powder

½ teaspoon sweet paprika

½ teaspoon cayenne pepper or red chili powder

¼ teaspoon crushed black pepper

½ teaspoon dried oregano (or add to taste)

herbs and spices added to pan with mushrooms

7. Mix well on a low heat.

vegetarian quesadilla filling after mixing in spices





8. Add ½ cup of thinly sliced red bell pepper.

Note: You can use any colored bell pepper if you do not have red capsicum.

sliced red bell pepper added to pan

9. Mix and sauté on a medium-low heat for a few minutes until the veggies are half cooked. They should have some crunch and not soften completely.

veggie filling for quesadillas in a sauté pan

10. Switch off heat. Add ½ teaspoon lemon juice.

Note: Lemon juice brings some acidity and tang to the dish. If you do not prefer, omit it.

teaspoon of lemon juice over pan with veggies

11. Add 1 tablespoon chopped cilantro (coriander leaves) or parsley. Mix and set aside.

fresh coriander added to vegetarian quesadilla filling

Roast Tortilla (Optional)

12. While this step is optional, I find that it gives the tortilla better texture and flavor. If you have an extra 30 seconds to spare, give it a try.

Heat a heavy skillet or frying pan. Keep the heat to medium or medium-low. Place a tortilla on a heavy skillet or pan for 10 to 15 seconds.

You can grease the pan with some oil before roasting the tortilla if you prefer.

roasting tortilla for making quesadillas

13. Drizzle some oil at the sides. Move the tortilla with a spatula so that the oil is spread through. You can also brush or spread a bit of oil on top of the tortilla. Use any neutral oil.

splashing oil around the tortilla

14. Turn over with a spatula.

tortilla flipped over after pan roasting


Assemble Veggie Quesadilla

15. As soon as you turn over the tortilla, begin layering the fillings. First add 2 to 3 tablespoons shredded cheddar or other melty cheese on one side of the tortilla.

cheese added to half the tortilla

16. Top with with 4 to 5 tablespoons of the sautéed veggie filling.

veggie filling topping the cheese



17. Top again with 2 to 3 tablespoons of shredded cheese. Feel free to turn off the heat if the pan gets too hot.

Tip: Prefer to work away from the heat? Alternatively, after roasting the tortilla, place it on a board or plate. Fill it, fold it and then carefully return it to the pan. Spread 2 to 3 teaspoons oil before returning the quesadilla to the skillet.

cheese on top of the veggie filling

18. Fold the tortilla. Drizzle ½ to 1 tablespoon oil on the sides. With a spatula move it around the pan so that the oil spreads evenly on the tortilla.

quesadilla folded in half to pan fry

19. Press lightly from top and pan roast till the base is crisp with golden spots. Turn over gently and roast the second side.

You can drizzle some oil at the sides if you want.

quesadilla in pan after becoming golden brown

20. When the second side is toasted and looks crisp, carefully remove the veggie quesadilla from the pan.

both sides of quesadilla are golden brown and ready to eat

You can either cut the veggie quesadilla into triangles or eat it whole. Prepare the remaining quesadilla in batches and serve them hot.

Serve hot with your choice of guacamole, sour cream, tomato salsa or hot sauce. In my house, guacamole is a must, but you can also feel free to serve the veggie quesadillas plain. Enjoy!

veggie quesadilla triangles served in a tray with a side of guacamole and salsa.

Tips, Tricks & Variations

This recipe for making a vegetarian quesadilla is easily adaptable to any method that works for you.

If you find the skillet too hot, then an easy method is to place stuffing and cheese on tortilla on a separate plate. Fold in half to close. Heat a skillet and drizzle 2 to 3 teaspoons oil on it. Spread the oil on the skillet with a spatula or spoon. Place the folded tortilla and roast both sides until crisp and golden. Easy!

If you happen to have slices of cheese instead of a block, feel free to use them instead of shredded cheese. If the cheese is melting too slowly, turn the heat down to low and place a lid over the skillet to help trap the heat and melt the cheese.



Feel free to assemble quesadillas ahead of time prior to pan frying them. You can also use your toaster oven to bake the quesadillas if you prefer to avoid oil.

This veggie quesadilla recipe is also easily adaptable to your flavor preferences and whatever you have on hand. For example, you can:

Add 1 teaspoon taco seasoning or cajun seasoning instead of individual spices.

Add a bit of celery salt to the filling.

Include herbs like thyme, rosemary, basil etc.

Season with barbecue sauce if you prefer.

Add ½ to 1 tablespoon tomato paste for some tang.

Use portobello mushrooms or cremini mushrooms instead of button mushrooms.

Make use of a different variety of vegetables – corn, green beans, bell peppers, onions, chili peppers, summer squash, cabbage, spinach, and unripe jackfruit are all delicious options.



### How to make Mushroom Paneer

1. Rinse or wipe dry 200 grams of white button mushrooms. Slice off a bit of the base stalk. Then slice or chop the mushrooms. Keep aside.

sliced mushrooms

2. Peel, rinse and chop 1 large onion (115 grams onion), 4 to 5 garlic cloves and 1 inch ginger. Also, chop 1 large tomato (115 grams tomatoes).

You will need 1 cup chopped onion,  $\frac{3}{4}$  cup chopped tomatoes, 1 teaspoon chopped garlic and 1 teaspoon chopped ginger.

chopped onion tomatoes garlic and ginger



3. Heat 2 tablespoons of oil in a pan or kadai. Add the chopped onion.

chopped onions added to kadai

4. Stir and mix.

mix onions with oil

5. Stirring often saute on low to medium heat.

sauteing onions

6. Saute till the onions start turning golden.

sauteing onions

7. Then add the chopped ginger and garlic.

chopped ginger garlic added

8. Saute on low heat for a couple of seconds or till the raw aroma of both ginger and garlic goes away.

sauteing ginger garlic

9. Next add the chopped tomatoes. I suggest using tomatoes that are not too sour or tangy. Otherwise the gravy will become sour.

chopped tomatoes added

10. Then add 2 tablespoons of whole cashews.

whole cashews added

11. Mix very well and begin to saute the tomatoes on a low heat.

sauteing tomatoes

12. If the tomatoes start sticking to the pan, then you can sprinkle some water. Stir and continue to saute.


sauteing tomatoes

13. Saute till the tomatoes soften. Switch off the heat and let this onion-tomato mixture become warm or cool down at room temperature.

Do note that the tomatoes have to be softened well and cooked completely before you grind or blend them.

sauteing till tomatoes soften

14. Once cooled, then take this mixture into a grinder or blender jar.



onion tomato masala mixture added to grinder jar

15. Add 3 to 4 tablespoons of water and grind or blend to a smooth fine paste. There should be no chunks of tomatoes or cashews in the paste. Keep it aside.

prepared paste in the grinder jar

Making gravy

16. Now heat 1 tablespoon of oil in the same pan. Add 1 small to medium tej patta (Indian bay leaf) and ½ teaspoon shahi jeera (caraway seeds).

If you do not have shahi jeera, then you can use jeera (cumin seeds) or else skip shahi jeera. You can also add 2 tablespoons of oil instead of 1 tablespoon oil.

You can use any neutral flavored oil. For a more richer flavor you can use ghee instead of oil.

oil added to pan with shahi jeera and tej patta

17. Fry till the shahi jeera splitters on low heat.

frying shahi jeera

18. Now add the chopped mushrooms.

chopped mushrooms added

19. Stir and mix them well.

mixing mushrooms with masala

20. Begin to saute them on a low heat stirring often. Stir continuously after adding mushrooms so that they do not stick to the pan.

stirring and sauteing mushrooms

21. The mushrooms will release water when cooking.

mushroom releasing water while cooking

22. Continue to saute stirring often till all the water dries up.

sauteing mushroom till all water dries up

23. The entire mixture should be dry before you proceed to the next step. Now add ¼ teaspoon Kashmiri red chilli powder and ¼ teaspoon black pepper powder.

For a more spicy taste, you can add ½ to 1 teaspoon of Kashmiri red chili powder.

red chili powder and black pepper powder added

24. Stir and mix very well.

mixing mushrooms with spices and masala



25. Now add the ground onion-tomato-cashew paste.

ground onion-tomato-cashew paste added

26. Stir and mix very well.

mixing ground onion-tomato-cashew paste with mushrooms mixture

27. On a low heat saute stirring non-stop for 4 to 5 minutes.

sauteing mushroom mixture

28. Add 1 cup of water or add water as required.

water added

29. Mix again very well.

mixing again

30. Season with salt as per taste and mix again.

salt added to gravy

31. On a low heat let the gravy come to a boil.

bringing gravy to a boil

32. Then add ¼ teaspoon garam masala powder and ¼ teaspoon crushed kasuri methi (dry fenugreek leaves).

garam masala powder and crushed kasuri methi added

33. Mix again well.

mixing again

34. Now add 200 grams of paneer chopped in cubes or squares.

paneer cubes added

35. Then add ¼ cup grated or crumbled paneer. You can use 3 to 4 cubes from the 200 grams paneer and crumble them and add.

grated paneer added

36. Mix very well but gently. Simmer for a few seconds and switch off the heat.

Check the taste. If you get a tangy taste from the tomatoes, then you can add ½ teaspoon of sugar. You can also add 2 to 3 tablespoons of cream at this step and mix well.

sugar added to gravy



37. Add 1 tablespoon of chopped coriander leaves.

coriander leaves added

38. Mix well and serve mushroom paneer with khasta roti, phulka, naan, jeera paratha and even pooris. You can also serve mushroom paneer with a mildly spiced rice like cumin rice, peas pulao, ghee rice.

mushroom paneer served in a white bowl





## How to make Mushroom Sandwich

### Make Mushroom Stuffing

1. Firstly, rinse 250 grams button mushrooms a few time in water. Drain all of the water and then chop them.

Then, heat 2 tablespoons olive oil in a pan. You can also use butter or any neutral tasting oil instead of olive oil.



Add ½ teaspoon chopped garlic and sauté till the raw aroma of garlic goes away. No need to brown the garlic.

sautéing chopped garlic in hot olive oil in pan.

2. Then, add ⅓ cup chopped spring onions with the greens. Sauté for a minute on low to medium heat.

Out of green onions? Swap them with ⅓ cup chopped onions. If adding onions, then sauté till they soften and look translucent .

sautéing chopped spring onions with greens in the pan.

3. Now, add the chopped mushrooms.

chopped button mushrooms added in the pan.

4. Stir and sauté the mushrooms on medium heat.

sautéing mushrooms in the pan

5. Initially, the mushrooms will leave a lot of water.

sautéing mushrooms in the pan and they leaving water.

6. Continue to sauté till all the water evaporates.

sautéing the mushrooms till all the water evaporates.

7. Once all the water has evaporated, add ½ teaspoon dried oregano, ½ teaspoon crushed black pepper and 1 tablespoon chopped parsley or coriander leaves.

Also, add salt as per taste. You can add any dried herb or fresh herbs of your choice.

dried oregano, crushed black pepper and chopped parsley added to the mushrooms in the pan.

9. Mix well and switch off the heat.

mixing the herbs with the mushrooms in the pan to make mushroom stuffing for mushroom sandwich

Make Mushroom Sandwich

10. Take the bread slices. Slice the edges if you want. You can use whole wheat bread, multi grain bread, brown bread or white bread. Spread the mushroom filling on the bread slices.

You can add some grated cheese on top of the mushroom filling, if you like. Also if you prefer, you can brush the bread slices with a bit of olive oil or spread some butter.

While in the recipe I have made grilled sandwiches, you can opt to make open faced sandwiches by topping the mushroom stuffing on a toasted bread.



spreading a portion of the cooked mushroom filling on the bread slices.

11. Top with another bread slice. Repeat the same with other bread slices.

covering with another bread slice to make mushroom sandwich

12. Place in a preheated toaster or grill. You can also toast these sandwiches in a handheld stove top toaster or a skillet or frying pan.

mushroom sandwiches placed in a preheated griller.

13. Grill the sandwich till crisp and golden.

mushroom sandwiches grilled till golden and crisp.

14. Slice and serve the Mushroom Sandwich hot with green chutney, mint chutney or tomato ketchup.

mushroom sandwich sliced and served on a plate with tomato ketchup.

### Zapiekanka

Meet Zapiekanka, the Polish open-face variation of the humble Mushroom Sandwich. The origin of this word is 'zapiekac,' meaning baking a dish to combine its ingredients, resulting in a crisp and brown crust on top.'

Known by another moniker Polish Pizza, this sandwich has sautéed mushrooms, cheese, etc. on baguette or French bread slices. Usually served with tomato ketchup and is a popular Polish street food since 1970.

The various types of cheese that may be used in its preparation range from the very Polish 'oscypek' (smoked sheep milk cheese) to Cheddar, Gouda, Emmental, Edam and Tilsit.

Zapiekanka has some varieties too. For instance, Diablo (pickled cucumbers, spicy sauces), Greek (feta cheese, olives), Hawaiian (pineapple, barbecue sauce), Gypsy (sweet and sour sauce) and also a variant called 'student's zapiekanka.'

### Expert Tips

Ensure that the mushrooms are fresh, rinsed and cleaned properly before processing them.

You can slice the mushrooms too instead of chopping, and use for the filling.

Regular onions can be used instead of spring onions, coriander leaves (cilantro) or mint leaves in place of parsley.

You can choose your preferred herbs and spices for this recipe.

Use fresh bread slices. You can also use whole wheat, white, brown, oats or multi grain bread.



For variations, you can use cheese, spinach, etc. in the filling of this sandwich.

If using cheese in the sandwich, you can use varieties like cheddar, mozzarella, a mix of both or even your regular processed cheese.

You can prepare this sandwich in a toaster, grill, oven, stovetop toaster or oven. If you are ok with a sandwich without the grill marks, you can also simply toast it on a tawa.

You can easily double this recipe.



## How to Make Sautéed Mushrooms

### Prep Mushrooms

1. Clean 500 grams of button mushrooms by quickly rinsing them or, preferably, wiping them with a paper towel. Slice them and set aside.



sliced button mushrooms in a yellow bowl

#### Sauté Garlic

2. Heat 3 tablespoons extra virgin olive oil over low heat. Add 1 teaspoon finely chopped garlic and sauté until fragrant, for a few seconds. Do not brown garlic, as this may result in a bitter flavor.

minced garlic sautéing in a skillet with oil

#### Add Mushrooms & Spices

3. Add the sliced mushrooms and stir to mix with the oil and garlic.

sliced raw button mushrooms added to skillet with garlic and oil

4. Add ½ teaspoon freshly crushed black pepper, ½ teaspoon paprika and salt as required.

pepper, paprika and salt added to mushrooms in pan

#### Add Wine

5. Add 1 tablespoon of red or white wine.

TIP: You can also use sherry, lemon juice, apple cider vinegar, sherry vinegar or red wine vinegar instead.

silver tablespoon full of red wine over skillet with mushrooms and seasonings

6. Mix very well.

mushrooms tossed together with seasonings and wine to cook down

#### Sauté Mushrooms

7. On medium heat, begin to sauté the mushrooms stirring often. Initially you will see mushrooms releasing water.

mushrooms after initial sauté has released a lot of liquid into the pan

8. Gradually the water will reduce as you will see in the photo below.

liquid from the mushrooms beginning to evaporate, but still coating the bottom of the pan

9. Continue to sauté until all water dries up and the mushrooms look glossy. When the water dries up, reduce heat to a low.

TIP: Do not rush this process. You want the mushrooms to be fully cooked, or you might risk some indigestion.



sautéed mushrooms in pan after all liquid has evaporated

Add Herbs

10. Add 1 to 3 tablespoons finely chopped parsley to taste.

freshly minced parsley added to pan with sautéed mushrooms

11. Mix and sauté for a minute. Taste and adjust the seasonings as necessary.

mushrooms after parsley has been added and stirred through

Serve

12. Serve sautéed mushrooms garnished with additional parsley, and, if desired, the cheese of your choice.

overhead shot of oblong white serving bowl filled with sautéed mushrooms and a side of guacamole for an easy lunch

Expert Tips

Ways to Use Sautéed Mushrooms

This one simple recipe has so many applications that it's hard to list them all. Here are just a few ideas to get you started:

**Tartine:** make a lovely, light brunch, lunch or dinner by frying a piece of your favorite bread in olive oil or butter. Top with sautéed mushrooms and any number of other toppings like cheese, sautéed onions, or fresh herbs. Serve with a side salad for a complete meal.

**Sandwiches:** use as a topping for your favorite sandwiches or Veggie Burger to add more heft and "meatiness," or add to a grilled Cheese Sandwich or quesadilla.

**Sides:** serve with dal (lentils) or Khichdi for an Indian inspired meal, or rice, Pasta or Mashed Potatoes for a quasi-stroganoff feeling meal.

**As a Filling:** use as a filling in a Vegan Omelette or add to your favorite quiche or your breakfast scramble.

**Stir Fry:** add sautéed mushrooms to your favorite veggie or tofu stir fry and serve over Stir Fried Veg Noodles or Fried Rice.

As you can see, the options are nearly endless. I hope you make a big batch and experiment!

Variations

**With Onions:** While garlic is one of the aromatic used here, but if you prefer include ½ cup of thinly sliced onions in the recipe. Sauté onions with the garlic until they become



golden and caramelize before adding the mushrooms. I make this easy variation of sautéed mushrooms with onions on occasions.

Herbs: Feel free to include fresh herbs that are easily available to you. Mushrooms pair well with most herbs. Swap with dried herbs if you do not have fresh herbs. Use this proportion of 1 tablespoon fresh herbs = 1 teaspoon dried herbs.

Paprika: I make sautéed mushrooms recipe with both smoked paprika and the regular sweet paprika. For a more spicier taste, increase the paprika a bit. You can easily swap paprika with cayenne or red chili powder (not the Mexican red chili powder but the Indian red chili powder).

## Other vegan recipes

### 1. Creamy Broccoli Vegan Pasta





This luscious creamy vegan pasta will give any traditional mac and cheese a run for its money. Instead of containing dairy, the smooth, tangy sauce is a protein-packed blend of white beans, nutritional yeast, and lemon juice

## 2. Butternut Squash Stuffed Shells



This recipe is an all-time Love and Lemons fan favorite, and for good reason. Even the biggest cheese lovers will fall for its bright, creamy spinach “ricotta,” caramelized cubes of butternut squash, and rich cashew cream sauce.

### 3. Spaghetti Bolognese



You won't miss the meat in this hearty vegan version of spaghetti bolognese! Walnuts and lentils pack it with protein, while sage, mushrooms, rosemary, and balsamic fill it with rich, savory flavor.

#### 4. Creamy Pasta Pomodoro



This easy vegan pasta is basically everything I want to eat for dinner any night of the week! An easy creamy tomato sauce (just cashews+marinara!) coats a 50/50 mix of fresh veggies and floppy rigatoni noodles

## 5. Best Vegan Pizza



Who says you need cheese to make a crave-worthy pizza? This easy vegan pizza may be my all-time favorite! I top chewy homemade pizza dough with a lemony

cashew cream sauce, a jumble of savory, spicy, crisp, and juicy veggies, and big handfuls of fresh basil

## 6. Vegan Pasta Salad



This vegan pasta salad recipe is perfect for picnics! A creamy, no-mayo tahini dressing coats curly noodles, summer veggies, and briny artichokes

## 7. Broccoli Pasta Salad



This bright broccoli pasta salad recipe is chock full of fresh veggies and coated with a tangy no-mayo tahini dressing. Perfect for summer picnics!

This bright broccoli pasta salad recipe is chock full of fresh veggies and coated with a tangy no-mayo tahini dressing. Perfect for summer picnics!

## 8. Creamy Vegan Shiitake & Kale Pasta



Creamy Vegan Shiitake & Kale Pasta - a healthy weeknight dinner coated in a simple, delicious 5-ingredient sauce made with miso and cashews.



## 9. Creamy Pumpkin Pasta Sauce



This creamy pumpkin pasta sauce is the **ULTIMATE** fall comfort food! Roasted garlic, onion, and sage fill it with cozy, complex autumn flavor.

## 10. Jerk Spiced Vegan Tacos



Saucy jackfruit mimics jerk-spiced chicken in these hearty vegan tacos. Topped with a fresh mango, cucumber, and avocado salsa, they're a fun, filling, and delicious vegan meal.

## 11. Veggie Fajitas



Smoky grilled mushrooms take the place of meat in these easy vegan fajitas. The fajita veggies take minutes to make, so you can get straight to the good part: loading them into tortillas with guacamole, tomatillo salsa, and pickled jalapeños for pop!

## 12. Chipotle Cauliflower Nachos



There's no cheese hiding in the oozy, gooey orange queso you see above. Instead, it's a tangy, smoky blend of cauliflower, potatoes, and chipotles in adobo sauce. Add lots of tortilla chips, pineapple salsa, pico de gallo, and black beans into the mix, and you have absolute nacho heaven. We also love this vegan cheese recipe that's super easy to make.

### 13. Burrito Bowl



Chipotle isn't the only place to get a great burrito bowl—you can make one yourself at home! Learn how with this fresh, easy, and delicious recipe.

### 14. Stuffed Poblano Peppers



These stuffed poblano peppers are the ultimate healthy dinner! They're fresh and light, easy to make, and filled with bold, zesty flavor.

## 15. Cauliflower Rice Burrito Bowl



This cauliflower rice burrito bowl is just as good as one from Chipotle, but it's totally different. Plant-based ingredients make it refreshing and fun!

## 16. Vegetarian Tacos with Avocado Tomatillo Sauce



17. Portobello Mushroom Tacos





Make these portobello mushroom tacos for an easy, flavorful dinner! Creamy vegan jalapeño sauce spices up the tangy, meaty mushroom filling.

## 18. Best Veggie Burger



When I say that this is the best veggie burger, I mean it. Made with wholesome plant-based ingredients like mushrooms and walnuts and seasoned with tamari and smoked paprika, these patties are hearty, satisfying, and packed with smoky umami flavor.

## 19. Easy Homemade Falafel



Falafel was the first food that showed me how flavorful vegan dinner recipes could be, and this crispy baked version is sure to do the same for you. Serve it with hummus, pickled red onions, and fresh veggies to really take it over the top.

## 20. BBQ Jackfruit Sandwiches



This plant-based version of a classic BBQ sandwich is every bit as delicious as a traditional one! I simmer jackfruit with sautéed onions and a smoky chipotle BBQ sauce before piling it onto buns with a quick slaw and crunchy pickles.

## 21. Vegan Meatballs



Whether you stuff them into subs or pile them onto pasta, these savory, smoky vegan meatballs are guaranteed to be a hit.

## 22. Tempeh BLT



If you're thinking about switching to a plant-based diet, you don't have to bid farewell to BLTs forever. Swap crispy marinated tempeh for the traditional "B," and keep things simple by pairing it with the classic "L" and "T." Otherwise, take your sandwich one step further and finish it with two creamy spreads, avocado, and (of course) extra veggies.

### 23. Vegan Egg Salad sandwiches



This bright and briny vegan egg salad is just as good as the real thing! Made with turmeric, tofu, vegan mayo, and mustard, it's healthy and easy to make.

### 24. Chickpea Salad



Fresh veggies, herbs, and a zesty dressing add bold flavor to this chickpea salad recipe. Healthy and satisfying, it's perfect for picnics and lunches!

25. Easy Black Bean Burger.





This chipotle black bean burger recipe comes together in under 30 minutes! Make it once, and it'll have a permanent place in your regular rotation.

## 26. Portobello Mushroom Burger



This portobello mushroom burger recipe will be a hit with vegetarians and meat eaters alike! It's juicy, meaty, and filled with rich, savory flavor.

## 27. Shiitake Maki Sushi



Who needs takeout when you can make delicious sushi at home? Savory roasted shiitake mushrooms and a vibrant carrot-ginger dipping sauce make this vegan sushi just as good as any you'd get at a restaurant.

## 28. Sesame Soba Noodles



These super fresh soba noodles are the perfect make-ahead lunch. I love this version with watermelon radishes and snap peas, but the light, tangy sesame dressing pairs well all sorts of veggies. Feel free to swap in your seasonal favorites.

## 29. Easy Vegetarian Pho



*easy vegetarian pho  
w/ mushrooms + bok choy*

Mushrooms, bok choy, and a richly spiced homemade broth round out this vegan version of traditional Vietnamese pho.

Mushrooms, bok choy, and a richly spiced homemade broth round out this vegan version of traditional Vietnamese pho.

### 30. Avocado Cucumber Sushi Roll



We love sushi. We love it so much that we rarely make it at home, well, because [Uchi](#) is just down the street. But this homemade sushi recipe is a fun kitchen project to do with your significant other when you're looking for something new to do together in a Friday night. Plus, making this sushi roll is way less expensive than ordering sushi at a restaurant.

### 31. Sesame Noodle Bowl

This easy noodle bowl recipe is a delicious combination of crispy snap peas, sweet orange segments, shiitake mushrooms, and a savory miso dressing.



### 32. Spiralized Daikon "Rice Noodle" Bowl

Healthy daikon "noodles" are tossed with cucumber, carrots, herbs and avocado with tamari-lime and creamy cashew sauces. Vegan & gluten free



33. Bok Choy Stir Fry



My favorite baby bok choy recipe! Plenty of veggies and a tangy ginger garlic sauce make this easy stir fry a delicious, flavorful weeknight meal.



#### 34. Creamy Tomato Soup

This creamy tomato soup recipe is comfort food at its best! It tastes rich, but it's light and healthy, made with blended chickpeas instead of heavy cream.



### 35. Butternut Squash Soup

Served piping hot with a hunk of crusty bread, this creamy, nourishing butternut squash soup recipe is fall comfort food at its best.



### 36. Cream of Mushroom Soup

Canned cream of mushroom soup can't compare to this homemade version. It's rich, creamy, and deeply savory. We always go back for seconds!



### 37. Best Lentil Soup

Meet the BEST lentil soup recipe! Made with fire-roasted tomatoes, coconut milk, and curry powder, it's rich, nourishing, and absolutely delicious.



This is my go-to vegetable curry recipe. It's easy to make, but it packs a punch of flavor from turmeric, ginger, more delicious spices & fresh chiles.



39. Many-Veggie Vegetable Soup

Make this easy vegetable soup recipe with whatever veggies you have on hand! Nourishing and light, it's perfect for warming up on cold nights.



40. Easy Vegetarian Chili

Meet the best vegetarian chili recipe I've tasted! Chipotle peppers in adobo sauce and fire-roasted tomatoes give it a delicious smoky kick.



41. Creamy Asparagus Soup



This lightly creamy asparagus soup is bright with lemon and packed with herbs and veggies. It's the perfect fresh meal for a cool spring night.



42. Golden Turmeric Noodle Miso Soup

This vegetable noodle miso soup will brighten up a winter's day! Healthy & healing, it's made with lemon, ginger, and turmeric.



#### 43. Roasted Red Pepper Soup

I love making this colorful roasted red pepper soup on cold winter days. With simple steps and nourishing flavor, it's a weeknight go-to.



44. Wild Rice Soup

Craving something that's comforting, but healthy? Make this creamy wild rice soup! Autumn veggies and herbs pack it with rich, savory flavor.



45. Oyster Mushroom Soup

This oyster mushroom soup is a healthy, healing recipe for cool evenings. It's brimming with flavor from lemongrass, miso & ginger!



#### 46. Vegan Corn Chowder

This easy vegan corn chowder recipe is one of our all-time favorite soups! Smoky, sweet & creamy, it's destined for your regular meal rotation.



47. Vegan Broccoli Soup

You'd never guess that this creamy vegan broccoli soup is totally dairy-free! It's made of a rich, savory blend of potatoes, veggies, and herbs.



#### 48. Cauliflower Soup

This cauliflower soup recipe is entirely vegan, but you'd never guess it from the taste. It's rich, creamy, and savory - you'll definitely go back for seconds!



49. Corn Chowder



Savor the taste of summer sweet corn in this easy corn chowder recipe! Packed with fresh corn and potatoes, it's creamy, comforting, and delicious.



Learn how to make miso soup at home! Brimming with savory, umami flavor, this easy recipe is a delicious side dish, starter, or meal on its own.



## 51. Roasted Cauliflower Salad

Dried apricots, olives, and toasted nuts fill this cauliflower salad with contrasting textures and flavors. A delicious side dish or make-ahead lunch!



52. Best Broccoli Salad

Meet my new favorite broccoli salad recipe...aka the best cookout side dish! With a lightly creamy, tangy dressing, it's fresh, healthy, and delicious.



53. Kale Salad with Carrot Ginger Dressing

This happy, feel-good kale salad recipe is packed with colorful vegetables, crispy chickpeas, avocado, cranberries, and pepitas. Great for lunch!



Nothing beats this healthy taco salad recipe in the summertime. Crisp veggies, creamy dressing & crunchy tortilla strips make it fresh & fun to eat.



## 55. Mediterranean Quinoa Salad

This Mediterranean quinoa salad recipe is hearty, healthy, and packed with fresh flavor! Serve it as a side dish, or enjoy it as a meal on its own.



## 56. Roasted Garlic Mashed Potatoes

These mashed potatoes passed the ultimate test when Jack declared, "These are SO good!" I have to agree - they're creamy, deeply flavorful & delicious.



## 57. Creamed Spinach



There are tons of reasons to love this easy creamed spinach recipe: it's fresh and delicious, and it comes together in under 15 minutes, too!



## 58. Oven Roasted Potatoes

Looking for a simple, tasty side dish? Try these easy oven roasted potatoes! They have crispy edges, creamy centers, and bright, bold flavor.



You won't believe how easy it is to make great focaccia bread at home! Topped with rosemary and roasted garlic, it's rich, savory, soft, and chewy.



## 60. Twice Baked Sweet Potatoes



Topped with a sweet and savory rosemary cashew cream and a lemony broccoli salad, these twice baked sweet potatoes are totally irresistible.



61. Tahini Sauce



Creamy, nutty, and bright, this easy tahini sauce will become a staple in your kitchen. Drizzle it over falafel, grain bowls, salads, and more!



The BEST guacamole recipe! Made with 6 simple ingredients, it's an easy party appetizer or delicious topping for tacos, burritos, and more.



### 63. How to Make Cashew Cream



This easy vegan cashew cream is a delicious dairy-free alternative to sour or heavy cream! It's creamy, versatile, tangy, and bright. What's not to love?



## 64. BEST Hummus

Learn how to make homemade hummus with this easy, 7-ingredient hummus recipe! It comes together in minutes, and it's SUPER creamy, smooth & fresh.



65. Vegan Seven Layer Dip



This healthy recipe for seven layer dip is a guaranteed party hit! Refried beans, guac, spiced quinoa, cashew cream & fresh veggies load it with flavor.



## 66. Vegan Pimento Cheese Dip

You won't believe how close this vegan pimento cheese recipe tastes to the real thing! It's tangy, creamy, and so delicious appetizers.



67. Tomatillo Salsa Verde

Made with roasted tomatillos, this homemade salsa verde is zesty, spicy, and bright. It's SO much better than store-bought. Pass the tortilla chips!



Learn how to make zucchini noodles in 5 different shapes! Healthy, easy & fun, they're the best way to add extra veggies to pasta salad, lasagna & more.



## 69. How to Cook Spaghetti Squash

Spaghetti squash is such a fun, underrated vegetable! Here is my favorite way to cook it, along with a few tips and recipes.



70. How to Make Cauliflower Rice



Learn how to make cauliflower rice with this easy recipe! It's a yummy, low-carb substitute for regular rice in bowls, stir fries, burritos, and more.



## 71. Pickled Red Onions

Want to jazz up your next salad or bowl? Add pickled red onions! Tangy & sweet, they're the best way to give almost any dish a bright pop of flavor!



Learn how to make oven baked sweet potato fries at home! Sweet, salty, and totally delicious, they'll vanish in no time.



### 73. Roasted Butternut Squash



Learn how to cook butternut squash perfectly every time! Enjoy roasted butternut squash as a simple side dish, or add it to fall soups, pastas & more



74. Pickled Jalapeños

Make these pickled jalapeños once, and you'll be hooked. Sweet & spicy, they're great on tacos, burgers & more, or on their own straight from the jar!



## 75. Roasted Cauliflower

This oven roasted cauliflower has crisp, golden brown edges and a delicious nutty flavor. You'll want to devour it straight off the baking sheet!



## 76. Roasted Beets with Citrus

Learn how to roast beets perfectly every time! In this easy recipe, a bright citrus marinade transforms humble roasted beets into a stunning side dish.



77. Roasted Brussels Sprouts

This crispy roasted Brussels sprouts recipe is my favorite healthy side dish! A delicious lemon Parmesan dressing makes it bright, zingy & addictive.



78. How to Cook Fluffy Quinoa

Learn how to cook perfect quinoa every time with my tried & true method. Then, use it in bowls, salads, or one of my 17 favorite quinoa recipes below!



79. Crispy Roasted Chickpeas

Roasted chickpeas make a great protein-packed vegan snack! Enjoy them on their own, or add them to your favorite healthy dishes for crispy texture.



80. How to Cook Farro

Learn how to cook farro with this step-by-step guide! Plus, find my favorite farro recipes, along with more serving suggestions for this delicious grain.



81. Cilantro Lime Rice



This easy cilantro lime rice recipe is fresh and bright. Serve it as a side dish with Asian or Mexican food, or use it as the base of your next burrito bowl.



Learn how to cook couscous! Toss this tiny pasta with herbs and lemon to make a simple side dish, or try one of the couscous recipes suggested below.



### 83. How to Cook Lentils



Learn how to cook lentils perfectly every time! Tasty, nutritious, and easy to make, they're a fantastic way to add protein to salads, side dishes, and more.



How to Cook Tofu



Silken or extra-firm? To press or not to press? This easy baked tofu recipe + my best tips and tricks will teach you how to cook tofu like a pro!





# Tofu recipes

## What is tofu?

If you're wondering what tofu is exactly, you're probably not alone. In its most basic recipe, tofu consists of soybeans, water, and a coagulant like calcium sulfate or nigari. Dried whole soybeans are soaked, ground, and cooked to produce a mixture that is then separated into solids (pulp known as okara) and liquid (known as soy milk).

From there, the coagulant is added to the soy milk and gently stirred, causing the soy milk to form curds, similar to a cheese-making process. The warm curds are then pressed into a mold and cooled, and the resulting blocks are known as tofu.

Tofu is a staple in East Asian diets. It is believed to have originated in China over 2000 years ago and was introduced to Korea and Japan around the eighth century. It is an especially important ingredient in Zen Buddhism, where practitioners don't consume meat.

In the West, tofu began showing up in cities with large Asian populations in the late 1800s but was still largely an unknown food product. In the 1960s and 1970s, the hippie and natural food movement led to more people adopting vegetarian diets, increasing tofu's popularity in the US. Once only sold at health food stores and Asian markets, tofu is now widely available at most grocers across the country.

### 1. Extra-firm tofu



Tofu blocks with soy beans and edamame as food styling props

Extra-firm has the least moisture with a dry texture that's easy to chop, slice, or crumble. Diane Labombarbe/Getty Images

Extra-firm tofu is typically pressed to a point where it has very little moisture left, leaving it with a hearty consistency that lends itself well to slicing, baking, frying, and more. This level of firmness is the most popular in the US, according to Tsai.

Texture: Very dense, solid with very little give and a chewier feel than other types of tofu.

Preparation methods: Extra-firm tofu will usually need very little to no additional pressing and can be sliced, cubed, shredded, and crumbled with ease. Freezing the tofu is also another way to change the texture of the curd before using.

How to eat it: Extra-firm tofu is best used when you want your protein to hold its shape. Cubes will stand up well to stir-frying, while slices can be battered and fried, or pan-seared and flipped or grilled without falling apart. You can also crumble extra-firm tofu and use it as you would ground meat, great for dumpling fillings or vegan chorizo.

## 2. Firm tofu



Firm has more moisture than extra-firm and can be pressed to remove some. Nungning20/Shutterstock

Firm tofu is pressed so that the curds are tight but still have a little bit of give. This is a very versatile type of tofu that can be pressed again at home to make it even firmer.

Texture: Solid with visible, tight curds that spring back when gently pressed.

Preparation methods: Firm tofu holds up well to frying, baking, searing, and can also be eaten raw. Since this type of tofu has more moisture than extra-firm, it can be pressed again if it still feels too "wet" for your recipe. This can also be frozen before preparing, which will give the tofu a meatier texture.

How to eat it: Firm tofu works well in most savory recipes, just like extra-firm. Try using this for Hakka-style stuffed tofu, or as a Japanese-style salad: cubed, chilled, and tossed with ginger-soy salad dressing and scallions.

### 3. Medium-firm tofu



Tofu sliced on a cutting board with styling in the background

Medium-firm still maintains some density, but it is the perfect middle ground between extra-firm and silken tofu. © eleonora galli/Getty Images

Medium-firm tofu is more delicate than its firm and extra-firm counterpart, but still has a denser texture than soft and silken tofu. This type has a higher moisture content and can still be pressed to expel water for a meatier texture.

Texture: Rough in appearance, softer than firm but still holds its shape better than soft tofu.



Preparation methods: Braising, boiling, baking, and deep-frying will work best — this type of tofu might break if used in a stir fry and is too wet to hold its shape when seared.

How to eat it: Medium-firm tofu can work well in a salad, marinated and baked, or broken up and used as a substitute for eggs in a vegan scramble or breakfast burrito.

#### 4. Soft tofu



Soft tofu slices arranged together

Soft tofu is firm enough to be sliced, but not firm enough to be pressed or heavily handled. Jack Chong / EyeEm/Getty Images

Compared to other block-style tofus, soft tofu is pressed for the least amount of time, leaving it with a very high moisture content. It has a lighter and more delicate consistency that works well in both sweet and savory applications.

Texture: Visibly smoother than firmer tofus but still has a bit of rough texture when broken up.

Preparation methods: Because this tofu needs gentle handling, it cannot be pressed to expel additional moisture. It is best boiled, braised, or battered and deep-fried, and can also be used raw or pureed.

How to eat it: Enjoy this curd in Korean soft tofu stew (known as soondubu jjigae), puree it into a smoothie for extra protein and body, or eat it raw, dressed with a soy-based vinaigrette and sesame seeds.

## 5. Silken tofu



### Silken Japanese tofu dish

Silken tofu has a delicate, pudding-like texture. Benoist SEBIRE/Getty Images

Silken tofu is made with no pressing at all — soy milk is coagulated in a mold without creating curds, leaving behind an ultra soft tofu with a custard-like consistency.

Texture: Delicate and smooth, silken tofu feels almost like pudding, with a fine texture.

Preparation methods: This type of tofu cannot be pressed and should be eaten raw, cubed and dropped into broth, or pureed.

How to eat it: Silken tofu's super smooth texture makes it a great ingredient to include in dressings and sauces to add additional body, and can also act as a substitute for eggs or as a base for creamy vegan desserts. Silken tofu can also be eaten as is, garnished with just a bit of top-quality soy sauce, grated fresh ginger, and a sprinkling of bonito flakes.

## 6. Fried tofu



### Fried tofu pieces

Fried tofu is made with denser forms of tofu like firm, and is fried in oil long enough to draw out added moisture. [Promo\\_Link/Getty Images](#)

Fried tofu is made when a cube of firm tofu is fried in oil long enough for the water inside of the tofu to evaporate. "[This leaves] a sponge-like matrix so that the tofu is able to soak up flavors," says Tsai.

Sometimes found in the form of soy nuggets or Japanese aburaage, these hearty morsels are another enjoyable form of tofu. Fried tofu can usually be found in the same section as tofu, or among other plant-based meat substitutes.

Texture: Spongy, with plenty of chew thanks to the fried outer crust.

Preparation methods: Enjoy fried tofu by sauteing, marinating, stuffing, or slicing it into strips.

How to eat it: Fried tofu can be added to stir fries like meat, sliced into strips to add texture to salads or soups, or stuffed with rice to make inar-izushi.

### 7. Smoked and baked tofu



Smoked tofu on wooden cutting board

Smoked tofu has an added layer of flavor after being baked, seasoned, and smoked. etienne voss/Getty Images

Smoked and baked tofu are typically firm to extra-firm tofu that have been seasoned and cooked, pulling moisture out of the curd and leaving behind extra flavor.

Texture: Dense with very little moisture and a chewier crust.

Preparation methods: Since these types of tofus are seasoned and ready to eat, they can be consumed right out of the package.

How to eat it: Use smoked and baked tofu as your main protein in salads, as a substitute for shrimp or pork in Vietnamese-style rice paper rolls, or sliced and eaten raw.

### Tofu Skin Stir Fry


Tofu is an exciting culinary blank canvas, ready to be gussied up in whatever inventive way you can conceive of. It's a literal sponge, a vehicle for absorbing and imparting deep flavor in any number of dishes. It's also a textural shape-shifter: Whether you're seeking something creamy and cooling, crunchy and

fried, or tender and yielding, there is a type of tofu capable of accomplishing the goal. We've put together this collection of creative tofu recipes to prove just how fun this ingredient can be. Try blending soft tofu into a tangy spread for burgers, fry up some extra-firm tofu to make a killer sandwich, or crumble a medium-firm block into an Indian-spiced scramble. The possibilities are endless!

### Vegan Tofu Scramble



Cast Iron Skillet with Tofu Scrambled Eggs Recipe



eat scrambled eggs nearly every morning. When she went vegan, she wanted to make sure she could mimic those creamy and cheesy scrambles with vegan ingredients. Nutritional yeast adds a rich and nutty "cheesy" flavor, while oat milk lends this scramble a bit of creaminess.

## Vegan Tofu Scramble

### Ingredients

- 1 14-ounce package extra-firm tofu, drained
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon fresh or dried thyme
- 5 tablespoons nutritional yeast, divided
- 1 tablespoon olive oil
- 1/2 yellow onion, cut into medium dice
- 1/4 cup unsweetened oat milk
- 1/2 cup shredded vegan cheese of your choice
- Kosher salt

### Optional (But Highly Recommended) Add-ins

Greens: chopped kale/spinach/Swiss chard  
Halved cherry tomatoes  
Chopped fresh cilantro  
Chopped fresh parsley  
Pinch of black salt (kala namak)  
Minced chives  
Sliced scallions  
Microgreen of your choice (I love pea shoots!)

### Directions

In a medium bowl, smash the tofu until it's soft but still a bit chunky. Set aside.

In a small bowl, combine the garlic powder, oregano, thyme, and 3 tablespoons of the nutritional yeast. Set the spice blend aside.

In a large skillet, heat the olive oil over medium heat. Add the onion and sauté for 2 minutes, or until softened. Soak in the heavenly smell!

In a small bowl, mix the remaining 2 tablespoons nutritional yeast with 1/4 cup water. Add to the pan and stir to incorporate. Add tofu, the spice blend, salt to taste, the oat milk, and the vegan cheese and stir to combine.

Increase the heat to medium-high and cook, stirring occasionally, for 5 minutes to meld the flavors and melt the cheese. Taste and adjust the flavors and salt as needed.

Reduce the heat and mix in any additional ingredients, like veggies and fresh herbs. Remove from the heat and serve!

### Tofu Pad Thai




### Mushroom and Tofu Pad Thai

#### Ingredients

#### Sauce

¼ cup superfine sugar



2 tablespoons fish sauce  
2 tablespoons oyster sauce  
2 tablespoons Tamarind Water (see Note)  
4 teaspoons fresh lime juice (from 1 lime)  
1 fresh long red chile (about 3/8 ounce), finely chopped (about 1 tablespoon)  
1 medium garlic clove, finely chopped (about 1 teaspoon)

#### Pad Thai

5 ounces uncooked rice noodles (about 1/3 inch wide)  
5 tablespoons neutral cooking oil (such as canola oil), divided  
6 ounces mixed fresh mushrooms (such as king oyster, thinly sliced crosswise into 1/4-inch pieces; shiitake caps, sliced into 1/3-inch pieces; or oyster mushrooms, torn if large)  
3/4 teaspoon fine sea salt, divided, plus more to taste  
6 (2 1/2- x 1 3/4- x 1/4-inch) firm tofu slices (from about 3 ounces tofu, drained and patted dry)  
2 tablespoons peanuts, chopped  
2 large eggs, beaten  
4 medium-size fresh Chinese chives or 1 scallion, cut crosswise into 1-inch pieces  
1 cup fresh bean sprouts, divided  
1/4 cup loosely packed fresh cilantro leaves and stems

#### Directions


##### Make the sauce:

Stir together superfine sugar, fish sauce, oyster sauce, tamarind water, lime juice, chile, and garlic in a small bowl. Set aside.

##### Make the pad thai:

Soak noodles in boiling water according to package directions. Drain. Transfer to a medium bowl. Add 1 tablespoon oil, and toss to coat. Set aside.





Heat 1 tablespoon oil in a large stainless steel skillet over high. Add mushrooms and 1/2 teaspoon salt; cook, stirring occasionally, until mushrooms are tender and golden brown, 3 to 5 minutes. Transfer to a small bowl; set aside. Wash and dry skillet.

Return skillet to heat over medium-high, and add 2 tablespoons oil. Add tofu slices to hot oil in a single layer; sprinkle evenly with 1/8 teaspoon salt. Cook, undisturbed, until golden on bottom, 1 minute and 30 seconds to 2 minutes. Carefully flip using a thin metal spatula. Sprinkle evenly with remaining 1/8 teaspoon salt. Cook until golden brown on other side, 1 minute and 30 seconds to 2 minutes. Transfer to a plate lined with paper towels. Set aside. Wipe skillet clean.

Return skillet to heat over medium-low, and add 1 1/2 teaspoons oil. Add peanuts, and sprinkle with salt to taste. Cook, stirring constantly, until peanuts are fragrant and toasted, 1 to 2 minutes. Transfer to a mortar, and coarsely grind using a pestle. (Alternatively, transfer to a cutting board, and finely chop.) Set peanuts aside, and wipe skillet clean.

Return skillet to heat over high, and add remaining 1 1/2 teaspoons oil. Add eggs; cook, undisturbed, until bubbly and mostly set, about 15 seconds. Scramble eggs, and break into large pieces; push scrambled eggs to back edge of skillet. Add Chinese chives and 2/3 cup bean sprouts to center of skillet. Cook, stirring constantly, until softened, about 30 seconds. Add noodles and half of the sauce (about 1/4 cup). Cook, stirring constantly, until ingredients in skillet are well incorporated and noodles have separated into individual strands, about 30 seconds. Stir in cooked mushrooms, tofu, and remaining sauce (about 1/4 cup). Cook, stirring constantly, until well combined and noodles are shiny and well coated, about 20 seconds. Immediately divide noodle mixture between 2 bowls. Top evenly with ground peanuts, cilantro, and remaining 1/3 cup bean sprouts.

## Vegan Mapo Tofu




In this version of mapo tofu, instead of ground pork, finely chopped eggplant and mushrooms cook down to a meaty consistency that absorbs a richly savory blend of broad bean paste and mushroom seasoning — two umami-packed ingredients that quickly add long-cooked flavor. Szechuan peppercorns and fresh ginger are balanced by a touch of sugar to round out this moderately spicy dish.

For this recipe, slabs of tofu are coated in panko, then pan-fried until they're crispy outside and creamy within.

### Ingredients

1 cup hot water

1 teaspoon mushroom seasoning (such as Po Lo Ku)



6 to 8 dried red chiles, seeded and roughly chopped (about 1 1/2 tablespoons)  
1/2 cup neutral oil (such as canola or grapeseed), divided  
2 teaspoons Szechuan peppercorns, finely ground, plus more for garnish  
3 tablespoons finely chopped yellow onion  
2 tablespoons finely chopped peeled fresh ginger  
2 tablespoons finely chopped garlic  
1 1/2 cups finely chopped (about 1/4-inch pieces) Japanese eggplant  
5 ounces finely chopped button mushrooms (about 1 3/4 cups)  
3 tablespoons broad bean paste with red chile oil (such as Sichuan Pixian)  
1 pound firm tofu, drained, patted dry, and cut into 3/4- to 1-inch pieces  
3/4 cup thinly sliced scallions, divided  
1 tablespoon soy sauce  
1 teaspoon granulated sugar  
1/4 teaspoon toasted sesame oil


#### Directions

Stir together 1 cup hot water and mushroom seasoning in a small bowl until well dissolved. Set aside.

Toast chiles in a 14-inch wok over medium-low, stirring often, until fragrant, about 1 minute. Add 1/4 cup neutral oil, and cook, stirring often, until chiles turn a rust color, 1 to 2 minutes. (Do not burn chiles.) Transfer mixture to a small bowl; set aside.

Heat remaining 1/4 cup neutral oil in wok over medium. Add ground Szechuan peppercorns, and cook, stirring constantly, until fragrant, about 30 seconds. Add onion, ginger, and garlic. Cook, stirring often, until softened, about 2 minutes. Increase heat to high, and add eggplant and mushrooms. Cook, stirring often, until very tender, 5 to 7 minutes. Stir in broad bean paste until well-combined. Stir in reserved mushroom seasoning mixture. Cook, stirring occasionally, until mixture has reduced to a thick paste, 5 to 8 minutes.

Stir in tofu and chile-oil mixture. Cook, stirring often, until mixture has thickened slightly, 2 to 4 minutes. Stir in 1/4 cup scallions, soy sauce, sugar, and sesame oil.



Cook, stirring often, until scallions are wilted, about 2 minutes. Top with remaining 1/2 cup scallions, and garnish with ground Szechuan peppercorns.

### Crispy Tofu Steaks with Ginger Vinaigrette

#### Crispy Tofu Steak

For this recipe, slabs of tofu are coated in panko, then pan-fried until they're crispy outside and creamy within.

#### Ingredients

3 tablespoons minced peeled fresh ginger

3 tablespoons minced scallion

1 tablespoon distilled white vinegar

2/3 cup canola oil

Kosher salt

1 large egg

1 cup panko

One 14-ounce package firm tofu, drained and sliced 1 inch thick

#### Directions

In a small bowl, mix the ginger with the scallion, vinegar and 1/3 cup of the oil; season the vinaigrette with salt.

Beat the egg in a medium bowl. Spread the panko on a plate. Dip the tofu slices in the egg, then coat in the panko. In a large nonstick skillet, heat the remaining 1/3 cup of oil. Fry the tofu over moderate heat, turning, until golden and crispy, about 8 minutes. Season with salt and serve with the ginger vinaigrette.

#### Crunchy Tofu Tacos



These vegetarian tacos by chef Joe Kim combine fried tofu and peanuts. They're excellent served with hoisin sauce, kimchi, Asian pear, and scallions on either corn or flour tortillas.

#### Ingredients

One 14-ounce package extra-firm tofu, cut into 1-inch cubes

3 tablespoons Korean chile powder or hot paprika

1 tablespoon Korean pepper paste (kochujang)

1 tablespoon finely grated garlic

1 tablespoon finely grated ginger

1 tablespoon toasted-sesame oil



Kosher salt

1 cup cornstarch

2 cups vegetable oil, for frying

12 corn or 5-inch flour tortillas, warmed

Hoisin sauce, kimchi, Asian pear, scallions and chopped honey-roasted peanuts, for serving

#### Directions

Place the tofu on a rack lined with paper towels and drain for 15 minutes. Meanwhile, in a large bowl, combine 1 tablespoon of the chile powder with the pepper paste, garlic, ginger and sesame oil and season with salt. In another large bowl, whisk the cornstarch with the remaining 2 tablespoons of chile powder and 1 tablespoon of salt.

In a medium, deep skillet, heat the oil until it reaches 365°. Add the tofu to the chile sauce and stir gently to coat. Scrape the tofu into the cornstarch mixture and toss to coat. Transfer the coated tofu to a colander to tap out the excess cornstarch. Fry the tofu in one batch, stirring occasionally, until golden and crunchy, 3 to 3 1/2 minutes; maintain the heat near 360°. Using a slotted spoon, transfer the crunchy tofu to a paper towel-lined rack and sprinkle with salt. Serve the tofu right away with the tortillas, hoisin sauce, kimchi, Asian pear, scallions and peanuts.

Chili con Tofu



Spicy chili seasonings work wonders for the neutral flavor of tofu. For a more substantial, spicy chili, use the same weight of tempeh in place of the tofu. Since tempeh is not packed in water, there is no need to pat it dry before sautéing; stir in up to one extra cup of water along with the beans.

#### Ingredients

1/4 cup plus 2 tablespoons olive oil

3 medium red onions, finely chopped

4 medium garlic cloves, minced

2 large poblano chiles, seeded and finely chopped

1 large red bell pepper, seeded and finely chopped

1 medium jalapeño chile, minced

1/3 cup pure chile powder

1 teaspoon ground cumin

One 35-ounce can of Italian peeled tomatoes in juice

1 cup canned tomato sauce

1/2 teaspoon dried oregano

Salt



One 1-pound block of extra-firm tofu, drained and patted dry

One 19-ounce can of black beans, drained

1/2 cup finely chopped fresh cilantro

#### Directions

In a large, heavy, nonreactive casserole, heat 1/4 cup of the oil. Stir in the onions, garlic, poblanos, bell pepper, jalapeño, 1/4 cup of the chile powder and the cumin and cook over moderate heat, stirring occasionally, until slightly softened but not browned, about 10 minutes.

Coarsely chop the tomatoes and add them to the casserole with their juice and the tomato sauce. Stir in the oregano and 2 teaspoons salt and bring to a simmer over moderate heat. Reduce the heat to moderately low and simmer, stirring occasionally, until all the vegetables are soft, about 15 minutes.

Meanwhile cut the tofu into 1/2-inch dice and pat dry. Place in a bowl and toss with the remaining 4 teaspoons chile powder. In a large nonstick skillet, heat the remaining 2 tablespoons oil. Add the tofu and cook over moderately high heat for 3 minutes to lightly toast the chile powder. Season with 1/4 teaspoon salt. Transfer the tofu to the casserole. Add 1/3 cup of water to the skillet and scrape the bottom of the pan with a wooden spoon to loosen the browned bits. Add the liquid from the skillet to the casserole.

Stir the black beans into the chili and simmer, stirring frequently, until the flavors are blended, about 10 minutes. Before serving, stir half of the cilantro into the chili; sprinkle the rest on top.

Double Drive-Thru Veggie Burgers

Veggie Burgers with lentils and tofu






## Tofu Bhurji

Medium-firm tofu has just enough moisture to crumble into a scrambled egg-like texture in this breakfast dish inspired by Indian anda bhurji. Slightly pink in color, the kala namak (black salt) adds eggy, sulfurous flavors to this dish.



## Ingredients

- 1 (19-ounce) package medium-firm tofu, drained
- 2 tablespoons neutral oil (such as canola)



1 teaspoon cumin seeds  
1 small red onion, finely chopped (about 1 cup)  
1 small fresh Thai chile, unseeded and finely chopped (about 1/2 teaspoon)  
1 small tomato, finely chopped (about 1/2 cup)  
1 garlic clove, finely chopped (about 1 teaspoon)  
1 (1/2-inch) piece fresh ginger, peeled and grated (about 1/4 teaspoon)  
1/2 teaspoon ground turmeric  
1/4 teaspoon black pepper  
1/4 teaspoon kala namak (black salt)  
3/4 teaspoon kosher salt  
1/4 cup chopped fresh cilantro  
Lime wedges and buttered toast, for serving

#### Directions

Place tofu in a medium bowl. Using a fork or your hands, crumble tofu into small pieces and curds, being careful not to over-mash. Set aside.

Heat oil in a large skillet over medium-high. Add cumin seeds; cook, stirring constantly, until fragrant, about 30 seconds. Add onion and chile; cook, stirring often, until mixture is softened and onion is golden brown around edges, about 6 minutes. Add tomato, garlic, and ginger; cook, stirring often, until tomato breaks down into a chunky paste, about 2 minutes. Stir in turmeric, black pepper, and kala namak until combined. Add tofu and kosher salt; gently fold into tomato mixture until tofu turns light yellow. Cook, stirring occasionally and being careful not to overwork, until liquid has slightly evaporated, about 7 minutes. Stir in cilantro. Serve over toast with lime wedges.

Sheet-Pan Tofu with Broccolini, Mushrooms, and Sweet Potatoes

Sheet-Pan Tofu with Broccolini, Mushrooms, and Sweet Potatoes



A citrus-soy marinade adds zing to crisp roasted tofu in this easy sheet-pan dinner. Spreading the tofu and vegetables across two baking sheets ensures that they roast, rather than steam, in the oven. For the crispiest tofu and tender vegetables, space the ingredients evenly so hot air can circulate among them.

### Ingredients

Cooking spray

1 (16-ounce) package extra-firm tofu, drained and cut crosswise into 1/2-inch-thick slices (see Note)

1/3 cup lower-sodium soy sauce

¼ cup fresh orange juice (from 1 orange)

1 ½ tablespoons rice vinegar

2 teaspoons toasted sesame oil

1 garlic clove, grated with a Microplane grater (about 1/4 teaspoon)

3 tablespoons cornstarch

2 medium-size (12-ounce) sweet potatoes (unpeeled), cut into 1/2-inch rounds

1 pound fresh Broccolini, ends trimmed and larger stalks halved lengthwise

8 ounces fresh shiitake mushrooms, stemmed and cut into 1/2-inch-thick slices (about 3 cups)



6 scallions (about 6 ounces), cut into 2-inch pieces (about 2 cups)

¼ cup olive oil

2 teaspoons kosher salt

¼ teaspoon black pepper

Fresh cilantro leaves, for garnish

#### Directions

Preheat oven to 400°F with racks in middle and lower third positions. Coat a large rimmed baking sheet with cooking spray. Cut tofu slices in half crosswise; place on a paper towel-lined plate, and firmly pat dry.

Whisk together soy sauce, orange juice, vinegar, sesame oil, and garlic in a medium bowl. Reserve 1/2 cup soy sauce mixture in a small bowl. Add tofu to remaining soy sauce mixture in medium bowl, and toss gently until evenly coated. Transfer tofu to a large bowl; sprinkle with cornstarch, and stir gently to evenly coat. Arrange in an even layer on one half of prepared baking sheet.

Combine sweet potatoes, Broccolini, mushrooms, and scallions in a large bowl; add olive oil, salt, and pepper, and toss until evenly coated. Place two-thirds of the vegetable mixture on a second large rimmed baking sheet. Place remaining one-third of vegetable mixture on opposite side of tofu on baking sheet. Place baking sheet with tofu on middle oven rack, and place baking sheet with vegetables on bottom rack. Bake in preheated oven until browned, about 30 minutes, flipping tofu and vegetables halfway through baking time. Garnish with cilantro. Serve alongside reserved soy sauce mixture.

Fried Tofu with Spicy Ginger-Sesame Sauce



## Ingredients

2 1/2 tablespoons soy sauce

1 tablespoon sugar

1 tablespoon Korean red pepper flakes or 2 teaspoons crushed red pepper

1 large garlic clove, very finely chopped

1/2 tablespoon toasted sesame oil

2 teaspoons finely grated fresh ginger

1 teaspoon toasted sesame seeds

One 14-ounce container firm tofu

Vegetable oil, for frying

1 scallion, thinly sliced

Steamed rice, for serving

## Directions

In a small bowl, whisk the soy sauce with the sugar, red pepper, garlic, sesame oil, ginger and sesame seeds.

Slice the tofu crosswise into 8 thin slabs. Dry the tofu with paper towels, pressing until no moisture remains.

In a large skillet, heat 1/4 inch of oil until shimmering. Add the tofu and cook over moderate heat, turning once, until browned and crisp, about 8 minutes per side. Drain on paper towels. Spoon the sauce over the fried tofu and sprinkle with the scallion. Serve with steamed rice.

## Caesar Salad with Crispy Tofu Croutons



## Ingredients

6 ounces soft silken tofu, drained

1 1/2 tablespoons extra-virgin olive oil

1 1/2 tablespoons fresh lemon juice

1 1/2 tablespoons freshly grated Parmigiano-Reggiano cheese, plus more for serving

1 oil-packed anchovy fillet, drained

1 small garlic clove

1/2 teaspoon Worcestershire sauce



1/2 teaspoon Dijon mustard

Salt and freshly ground pepper

One 14-ounce package firm tofu, drained and cut into 3/4-inch cubes

Vegetable oil, for frying

1/2 cup cornstarch

2 romaine hearts (1 pound), torn into bite-size pieces

#### Directions

In a blender, puree the silken tofu with the olive oil, lemon juice, the 1 1/2 tablespoons of Parmigiano, the anchovy, garlic, Worcestershire and mustard; season the dressing with salt and pepper.

Wrap the firm tofu in paper towels and press out some of the water. In a large skillet, heat 1/4 inch of vegetable oil until shimmering. In a bowl, toss the tofu with the cornstarch until coated. Add the cubes to the oil and fry over moderately high heat, turning once, until crisp, about 8 minutes. Using a slotted spoon, transfer the croutons to a paper towel-lined plate; season with salt.

In a large bowl, toss the romaine with the dressing and two-thirds of the croutons. Transfer the salad to plates and top with the remaining croutons. Sprinkle with Parmigiano and serve.

#### Crispy Fried Tofu Sandwich



Freezing and thawing extra-firm tofu and then wringing out its moisture makes the slabs more porous and receptive to the tangy pickle juice marinade in this crave-worthy sandwich. After a brief soak in pickle juice, the tofu is dredged in a spiced flour mixture, brushed with hot sauce and mustard, then dredged again and fried to yield the crispy, crunchy slabs for a satisfying vegetarian meal that gives fried fish sandwiches a run for their money.

#### Ingredients

1 (14-ounce) package extra-firm tofu, drained

1 ½ cups dill pickle juice

1 tablespoon hot sauce (such as Frank's RedHot Original Cayenne Pepper Sauce), plus more for serving

1 tablespoon Dijon mustard

⅓ cup all-purpose flour (about 1 1/2 oz.)

¼ cup cornstarch

½ teaspoon black pepper





½ teaspoon kosher salt, plus more to taste

½ teaspoon paprika

½ teaspoon garlic powder

½ teaspoon crushed red pepper

Neutral oil (such as canola), for frying

Toasted hamburger buns, spicy mayonnaise, pickles, and shredded green cabbage, for serving

#### Directions

Cut tofu slab in half horizontally to split. Cut each piece in half crosswise to make 4 (2¼- x 3¼- x ¾-inch) slabs. Place tofu slabs in an even layer in an airtight container. Cover and freeze 12 hours. Transfer tofu to refrigerator, and let thaw 12 hours. Wrap tofu slabs in a clean kitchen towel, and press down on tofu to remove any excess liquid. Pour pickle juice into a shallow dish. Add tofu slabs, and let soak 10 minutes, flipping tofu slabs once after 5 minutes.

Stir together hot sauce and mustard in a small bowl; set aside. Stir together flour, cornstarch, black pepper, salt, paprika, garlic powder, and crushed red pepper in a separate shallow bowl. Pour oil into a large, heavy skillet to a depth of ¼ inch; heat oil over medium-high until oil is gently rippling or reaches 350°F.

Remove tofu from pickle juice, and pat dry; discard pickle juice. Working with 1 tofu slab at a time, dredge tofu in flour mixture, gently pressing to adhere. Tap tofu against bowl to shake off excess; transfer to a plate.

Working with 1 floured tofu slab at a time, lightly brush hot sauce mixture all over tofu. Re-dredge tofu in flour mixture, gently pressing to adhere. Tap tofu against bowl to shake off excess; transfer to a plate.

Carefully add tofu slabs to hot oil; fry until crispy and golden brown, 5 to 7 minutes, using tongs to flip tofu halfway through cook time. Remove fried tofu from skillet, and place on a wire rack set inside a rimmed baking sheet. Immediately sprinkle tofu with salt to taste.

Serve tofu on hamburger buns with spicy mayonnaise, pickles, cabbage, and hot sauce.

## Tofu Skin Stir Fry

When it's dried, tofu skin (doufu pi in Mandarin, yuba in Japanese) becomes earthy and chewy. It's sold in many shapes and is hardy enough to withstand braises, bold sauces, and stir-fries, mimicking the texture of shredded meat. In this recipe, dried tofu skin sticks are broken into pieces, rehydrated until pliable, and then stir-fried and with an umami-rich chile oil and soy sauce.



## Tahini-Tofu Dip with Chili Crunch



This creamy, smooth dip creates layers of flavor with a short ingredient list. Roasting the garlic mellows its sharpness — together with the tahini, it brings a subtly sweet and nutty taste to the dish. Tamari provides umami and fresh lemon juice adds brightness and acidity.

#### Ingredients

2 ½ ounces dried tofu skin sticks, broken into 3-inch pieces

2 tablespoons lower-sodium soy sauce

1 ½ tablespoons rice vinegar

1 ½ tablespoons well-stirred fried chile in oil (such as Lao Gan Ma)

1 tablespoon mirin

2 teaspoons granulated sugar

2 tablespoons neutral oil (such as canola), divided

1 medium-size red bell pepper, thinly sliced (about 1 cup)

Cooked white rice, for serving

Thinly sliced scallions and chopped cucumber, for garnish

#### Directions



Bring a large saucepan of water to a boil over high. Remove from heat. Add dried tofu skin sticks; place an inverted heatproof lid on top of tofu sticks to keep them submerged. Let stand until tofu sticks are very pliable and soft, 10 to 15 minutes.

Meanwhile, stir together soy sauce, vinegar, fried chile in oil, mirin, and sugar in a small bowl until sugar dissolves. Set aside.

Drain tofu sticks, and gently pat dry. Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high; swirl to coat. Add bell pepper; cook, stirring occasionally, until crisp-tender, about 3 minutes. Transfer bell pepper to a small bowl. Add remaining 1 1/2 tablespoons oil to skillet over medium-high. Add tofu sticks; cook, turning occasionally, until light golden, about 6 minutes.

Add soy sauce mixture and bell pepper to tofu sticks in skillet; cook over medium-high, stirring often, until tofu sticks absorb soy sauce mixture, 4 to 6 minutes. Serve over cooked rice, and garnish with scallions and cucumber.

### Cold Peanut Noodles with Tofu and Red Peppers

This silky dish features chunks of soy sauce-marinated tofu and sweet, crunchy slices of red bell pepper dressed in a luxurious sauce boldly flavored by peanut butter, sesame oil, garlic, and ginger.



### Ingredients

- 1/2 pound firm tofu, cut into 1/2-inch dice
- 1/4 cup plus 2 tablespoons soy sauce
- 3/4 pound Chinese chow mein noodles or thin linguine
- 1/2 cup creamy peanut butter
- 1/2 cup chicken stock or low-sodium broth
- 1 tablespoon rice vinegar
- 3/4 teaspoon Chinese chile-garlic sauce
- 1 tablespoon chopped fresh ginger
- 1 garlic clove
- 3/4 teaspoon Asian sesame oil



2 large red bell peppers, thinly sliced

3 large scallions, cut into 2-inch lengths and julienned

Cilantro sprigs, for garnish

#### Directions

In a large bowl, toss the tofu with 2 tablespoons of the soy sauce and let stand for 10 minutes.

Bring a large saucepan of water to a boil. Add the chow mein noodles and cook until they are al dente. Drain and rinse the noodles under cold water. Shake out the excess water and add the noodles to the tofu and soy sauce.

Meanwhile, in a blender, combine the remaining 1/4 cup of soy sauce with the peanut butter, chicken stock, rice vinegar, chile-garlic sauce, ginger, garlic and sesame oil and puree until a smooth sauce forms. Pour the peanut sauce over the noodles, add the sliced red bell peppers and scallions and toss. Garnish with cilantro and serve.

## Korean Barbecued Tofu

### Korean BBQ Tofu

Chicago chef Bill Kim created this recipe to show how well tofu takes on flavors when marinated and grilled. He uses his Korean BBQ Sauce as a marinade, adding a jolt of spice with sambal oelek and light fruit flavors with kiwi and Asian pear. The Blackening Seasoning used to season the tofu before it's grilled balances chili powder with sweet paprika.



## Ingredients

### Korean BBQ Sauce

1 cup dark brown sugar

½ cup water

1 cup soy sauce

1 small white onion (6 ounces), peeled and coarsely chopped (1 cup)

1 Asian pear (8 ounces), peeled and coarsely chopped (1 cup)

1 kiwi (3 ounces), peeled and coarsely chopped (1/3 cup)

8 medium cloves garlic

1 (1-inch) piece fresh ginger (1/2 ounce), peeled and sliced (1 Tablespoon)

¼ cup dark sesame oil

### Blackening Seasoning

1 teaspoon sweet paprika

1 teaspoon granulated garlic or garlic powder

1 teaspoon chili powder

½ teaspoon kosher salt



## Tofu

2 (1-pound) blocks extra firm tofu, drained and sliced crosswise into 6 pieces (12 pieces total)

½ cup sambal oelek

### Directions

Make the Korean BBQ Sauce:

In a medium bowl, combine brown sugar, water, and soy sauce and whisk until sugar dissolves. Pour soy sauce mixture into a blender or food processor, add onion, pear, kiwi, garlic, ginger, and sesame oil. Process until smooth, about 1 minute. Reserve 1 cup of the Korean BBQ Sauce, transferring remaining sauce to an airtight container to refrigerate up to 2 weeks or freeze up to 2 months.

Place Korean BBQ Sauce in food processor and add sambal oelek. Pulse until well combined, about 5 pulses.

Pat tofu dry with paper towels, then place in a large baking dish or a rimmed baking sheet.

Pour sauce over tofu and marinate at room temperature for 20 minutes.

Make the Blackening Seasoning:

Combine paprika, garlic powder, chili powder, and salt in a small mixing bowl and stir to mix.

Preheat grill to medium-high, 400°F to 450°F. Transfer tofu from the marinade to a baking sheet or large plate, allowing excess marinade to drip off. Reserve marinade. Season tofu with Blackening Seasoning. Place tofu on oiled grates; grill, covered, until grill marks appear and tofu does not stick to the grates, about 3 minutes. Flip tofu and brush with reserved marinade. Cook, covered, until grill marks appear, another 3 minutes. Serve tofu with remaining marinade.

## Napa Cabbage Pockets with Tofu

CHARISSA FAY / FOOD STYLING BY NORA SINGLEY / PROP STYLING BY MAEVE SHERIDAN

Stuffed with a medley of shiitake mushrooms, Chinese chives, and dried mung beans, these cabbage pockets are symbols of good fortune.





Classic Filipino sisig is made with pork belly and chicken liver cooked with onions, chiles, and calamansi. Chef Kristine Subido offers a vegan option to this traditionally meat-heavy dish, with fried tofu and king trumpet mushrooms at the center. It retains the contrasting textures and flavors of the original with a little crunch coming from the raw red onion plus salty, sour, and sweet flavors from soy sauce, sherry vinegar, lime juice, and sugar.

#### Ingredients

3 tablespoons coix seeds (about 1 1/3 ounces)

1 tablespoon dried mung beans (about 1/2 ounce)

1 large (3-pound) head napa cabbage


stems fresh Chinese chives (jiu cai)

8 ounces firm tofu (from 1 [14-ounce] package)

1 cup finely chopped fresh shiitake mushroom caps (from about 1 1/4 cups whole mushrooms)

1/2 cup matchstick-cut (2- x 1/4- x 1/4-inch sticks) zucchini (from 1 small zucchini)

1 1/2 tablespoons soy sauce

- 
- 1 tablespoon nutritional yeast
  - 1/2 tablespoon black or white sesame seeds
  - 1/2 tablespoon toasted sesame oil
  - 1 tablespoons extra-virgin olive oil, divided
  - 1 1/2 tablespoons finely chopped fresh flat-leaf parsley
  - 1 tablespoon goji berries

#### Directions

Rinse coix seeds and mung beans together in a fine wire-mesh strainer; drain and transfer to a small saucepan. Add water to cover by 2 inches. Bring to a boil over medium-high. Boil, stirring once or twice during cooking, until softened, about 40 minutes. Drain and set aside.

Separate cabbage leaves by picking through leaves and removing 10 of the largest unbroken leaves from core; set aside. Discard remaining leaves, or reserve for another use. Using a knife, remove and discard bottom 2 inches of each leaf (closest to the root end).

Fill a large bowl with ice water; set aside. Fill a large pot with water, and bring to a boil over high. Gently lower trimmed cabbage leaves and Chinese chives into boiling water; cook until softened, pliable, and bright green but not falling apart, about 1 minute. Using tongs, transfer leaves and chives to ice water. Let stand until cool, 1 to 2 minutes. Transfer from ice water to paper towels to drain.

Place tofu on a paper towel-lined plate or baking sheet. Place more paper towels on top of tofu, and press with hands to remove some excess liquid from tofu. Crumble tofu into small pieces into a large bowl. Add cooked coix seeds and mung beans, mushrooms, zucchini, soy sauce, nutritional yeast, sesame seeds, and sesame oil; stir to combine.

Heat 1 tablespoon olive oil in a large skillet over medium-high. Add tofu mixture; cook, stirring occasionally, until mixture starts to brown and excess water has evaporated, 10 to 12 minutes. Remove from heat; stir in parsley and goji berries.

Lay 1 drained cabbage leaf flat on a clean work surface. Place 3 tablespoons tofu filling in a mounded oval running crosswise across center of leaf. Tuck sides of leaf in and over filling; starting at bottom of leaf, roll up burrito-style. Place rolled cabbage leaf seam side down. Using 2 blanched Chinese chive stems, tie rolled

cabbage pocket both lengthwise and crosswise, with the knots on the top of the cabbage pocket, as if you are tying a ribbon. Repeat with remaining cabbage leaves, tofu filling, and Chinese chive stems.

Heat remaining 2 tablespoons olive oil in a large skillet over medium. Add half of the tied cabbage pockets to skillet; cook until browned on both sides, 2 to 3 minutes, flipping halfway through cook time. If needed, add a splash of water to the skillet to prevent burning or sticking. Remove cooked cabbage pockets from skillet; let cool slightly, about 5 minutes. Repeat cooking process with remaining cabbage pockets. Serve warm.

### Vegan Mushroom and Fried Tofu Sisig





## Ingredients

½ cup olive oil, divided

6 large (6 ounces total) fresh king trumpet mushrooms, cut into small cubes (about 6 cups)

4 cups fresh shiitake mushrooms (from 2 [3 1/2-ounce] pkg.), cut into small cubes (about 2 cups)

18 ounces firm fried tofu (from 2 [12-ounce] pkg.), cut into small cubes (about 4 cups)

¼ cup plus 2 tablespoons sherry vinegar

4 pepperoncini salad peppers, sliced into thin rings (1/3 cup), plus more for garnish

1 (4-inch) piece fresh ginger, peeled and minced (1/4 cup)

¼ cup light soy sauce

3 large garlic cloves, minced (2 Tbsp.)

2 teaspoons granulated sugar

2 teaspoons kosher salt

2 fresh Thai red chiles, unseeded and finely chopped (1 teaspoon)

½ teaspoon black pepper

2 cups diced red onion (from 2 medium [8-ounce each] onions)

¼ cup vegan mayonnaise

¼ cup fresh lime juice (from 2 limes) or calamansi juice (from 1 [10-ounce] container)

3 scallions, sliced into 1/8- x 1/16- x 2 1/2-inch thin matchsticks (1/4 cup), plus more for garnish

## Directions

Heat 2 tablespoons of the oil in a large skillet over high. Add trumpet mushrooms, and cook, stirring occasionally, until browned, about 6 minutes. Transfer to a large bowl. Do not wipe skillet clean. Add 2 tablespoons of the oil to skillet; heat over high. Add shiitake mushrooms; cook, stirring occasionally,



until softened, about 4 minutes. Transfer to trumpet mushrooms in bowl. Do not wipe skillet clean. Add 2 tablespoons of the oil to skillet; heat over high. Add tofu; cook, stirring occasionally, until tofu is browned with a nice crust on some pieces, about 4 minutes. Transfer to bowl with mushrooms.

Add sherry vinegar, pepperoncini peppers, ginger, soy sauce, garlic, sugar, salt, Thai chiles, black pepper, and 1 3/4 cups of the onion to bowl with mushrooms and tofu; stir to combine.

Wipe skillet clean. Add 2 tablespoons of the oil to skillet; heat over high. Add mushroom-tofu mixture; cook, stirring occasionally, until mixture starts caramelizing, 3 to 5 minutes. Remove from heat.

Whisk together mayonnaise and lime juice in a small bowl; drizzle evenly on top of Sisig mixture in skillet. Top with remaining 1/4 cup red onions; garnish with additional pepperoncini and scallions. Stir together while the skillet is still sizzling, and enjoy.

## Tofu, Eggplant, and Shiitake Noodle Soup

The base for this tofu, eggplant, and shiitake katiev ("noodle soup" in Cambodian) is typically a made-from-scratch vegetable stock with a long ingredient list, including two types of cabbage and dried Chinese mushrooms. To simplify it here, we added fewer vegetables to store-bought vegetable broth.



### Ingredients

3 cups vegetable broth

2 cups water

2 whole lemongrass stalks, thinly sliced

Six 1/4-inch-thick slices of fresh ginger, smashed lightly, plus 1 1/2 teaspoons very finely chopped fresh ginger

1/4 cup low-sodium soy sauce



Freshly ground white pepper

4 ounces rice vermicelli

1/4 cup vegetable oil

1 pound small eggplant, peeled and cut into 1-inch cubes

1/4 pound shiitake mushrooms, stemmed and caps quartered

Salt

2 garlic cloves, very finely chopped

1 pound firm tofu, cut into 1-inch cubes

1/2 pound napa cabbage, shredded (8 cups)

1/2 cup bean sprouts

1/4 cup cilantro leaves

2 tablespoons mint leaves, torn

Lime wedges and hot sauce, for serving

#### Directions

In a medium soup pot, combine the vegetable broth, water, lemongrass, sliced ginger and soy sauce and season generously with white pepper. Bring to a simmer, cover and cook over low heat until flavorful, about 20 minutes. Strain the broth into a heatproof bowl, pressing on the solids. Discard the solids.

Meanwhile, bring a medium saucepan of water to a boil. Cook the rice vermicelli until al dente, about 5 minutes. Drain and cool under running water.

Wipe out the soup pot and heat the vegetable oil. Add the eggplant and shiitake mushrooms, season with salt and white pepper and cook the vegetables over high heat, stirring occasionally, until softened and browned, about 8 minutes. Stir in the chopped ginger and garlic and cook until fragrant, about 1 minute. Add the tofu and cook, stirring gently once or twice, until lightly browned, about 4 minutes. Add the vegetable broth along with the cabbage and noodles and simmer just until the cabbage is wilted, about 2 minutes longer. Stir in the bean sprouts, cilantro and mint and season the soup with salt and white pepper. Serve the soup in deep bowls, passing lime wedges and hot sauce at the table.

## Crispy Tofu Bibimbap with Mustard Greens and Zucchini



Cookbook author Michael Natkin's version of the Korean dish bibimbap — rice topped with a mix of pickled and cooked vegetables — forgoes the usual runny fried egg on top to be a delicious vegan dish.

### Ingredients

1 tablespoon rice vinegar


1 teaspoon sugar

2 Persian cucumbers, thinly sliced

2 teaspoons grated peeled fresh ginger

Kosher salt





1 cup sushi rice

1/4 cup plus 2 tablespoons vegetable oil

2 garlic cloves, minced

12 ounces shiitake mushrooms, stemmed and caps thickly sliced

One 14-ounce box extra-firm tofu, patted dry and cut into 3-by- 1/3-inch sticks

One 12-ounce bunch of mustard greens—stems and inner ribs removed, leaves coarsely chopped

1 tablespoon toasted sesame oil

1 small zucchini, cubed

2 tablespoons kecap manis (Indonesian sweet soy sauce) or 2 tablespoons of soy sauce mixed with 1 teaspoon of molasses

4 scallions, thinly sliced

Gochujang (Korean chile paste, see Note) or Sriracha, for serving

#### Directions

In a small bowl, combine the vinegar with the sugar, cucumbers, 1 teaspoon of the ginger and 1/2 teaspoon of salt. Set aside.

In a medium saucepan, combine the rice with 1 1/3 cups of water and bring to a boil. Cover and cook over very low heat until tender, 20 minutes. Remove from the heat and let stand for 5 minutes, then fluff with a fork.

Meanwhile, in a nonstick skillet, heat 2 tablespoons of the vegetable oil. Add the garlic and shiitake, season with salt and cook over high heat, stirring, until browned, 6 minutes; scrape onto a platter. Heat 1 tablespoon of the vegetable oil and add the tofu. Cook over high heat, turning, until browned, 5 minutes. Scrape the tofu onto the platter, keeping it separate from the mushrooms.

Heat 2 tablespoons of vegetable oil in the skillet. Add the remaining 1 teaspoon of ginger and stir-fry for 30 seconds. Add the mustard greens and sesame oil, season with salt and cook until the greens are wilted and just tender, 4 minutes. Add the greens to the platter. Wipe out the skillet. Heat the remaining 1 tablespoon of vegetable oil in the skillet. Add the zucchini and cook over high heat until softened, 3 minutes. Add the kecap manis and cook until the zucchini is glazed, 1 minute; scrape onto the platter. Keep warm.



Mound the rice in bowls and arrange the cooked vegetables in separate piles. Using a slotted spoon, add the pickled cucumbers to the bowls. Garnish with the scallions and a dollop of gochujang and serve.


### Miss Kim's Fried Tofu

At her restaurant Miss Kim in Ann Arbor, Michigan, Ji Hye Kim, a 2021 F&W Best New Chef, tosses deep-fried crispy tofu in a flavorful salty-sweet brown sugar glaze amped up with a handful of powerhouse ingredients, including soy sauce, gochugaru (Korean red chile flakes), and ginger. Garnished with sesame seeds and scallions, the glazed fried tofu is a festive appetizer or can be paired with kimchi and rice for a vegetarian meal.



## Ingredients

- 2 (14-ounce) package soft tofu
- 1 cup packed dark brown sugar
- .6666 cup Korean soy sauce (such as Sempio)
- ½ cup mirin
- 1 cup plus 3 Tbsp. water, divided
- ¼ cup rice vinegar
- 2 tablespoons gochugaru
- 1 tablespoon toasted sesame oil
- 1 tablespoon finely chopped garlic
- 1 ½ teaspoon finely chopped peeled fresh ginger
- 1 ¾ cups plus 2 Tbsp. cornstarch, divided
- 2 tablespoons kosher salt
  
- 1 ½ tablespoons baking powder, divided



Vegetable oil, for frying

$\frac{3}{4}$  cup white rice flour (not sweet)

$\frac{1}{2}$  cup vodka

$\frac{1}{2}$  cup thinly sliced scallions

2 tablespoons sesame seeds

#### Directions

Slice tofu blocks into 1-inch cubes (about 60 cubes). Arrange tofu in an even layer on a baking sheet lined with paper towels. Let drain at least 15 minutes or upto 1 hour. Place paper towels on top of drained tofu, and press lightly to remove additional moisture.

While tofu drains, stir together brown sugar, soy sauce, mirin,  $\frac{1}{2}$  cup water, vinegar, gochugaru, sesame oil, garlic, and ginger in a medium saucepan. Bring to a boil over medium. While mixture comes to a boil, whisk together 3 tablespoons water and 2 tablespoons cornstarch in a small bowl to make a slurry. When brown sugar mixture comes to a boil, reduce heat to medium-low, and stir in slurry. Simmer, stirring occasionally, until sauce thickens and reaches a maple syrup-like consistency, 2 to 3 minutes. Remove from heat.

Stir together 1 cup cornstarch, salt, and 1 tablespoon baking powder in a medium bowl. Using a pastry brush, dust tofu cubes with cornstarch mixture. Place dusted tofu cubes on a baking sheet lined with parchment paper; refrigerate until ready to fry.

Place a wire rack on a baking sheet; set aside. Pour vegetable oil to a depth of 4 inches in a heavy saucepan, and heat over medium until oil reaches 350°F. Whisk together rice flour, remaining  $\frac{3}{4}$  cup cornstarch, and remaining  $\frac{1}{2}$  tablespoon baking powder in a medium bowl. Whisk vodka and remaining  $\frac{1}{2}$  cup water into rice flour mixture until batter is completely smooth.

Preheat oven to 200°F. Working in batches of about 15 cubes and working with 1 cube at a time, use your hand to gently dip 1 dusted tofu cube into batter to coat. Gently place in hot oil, keeping cubes separated to prevent sticking. When tofu floats to the surface and is golden and crispy, 5 to 6 minutes, use a spider or slotted spoon to transfer to prepared wire rack. Place in preheated oven to keep warm while frying remaining tofu.

Rewarm sauce over low. Transfer fried tofu to a large heatproof bowl. Add 1 to  $\frac{1}{2}$  cups of warm sauce to tofu and, using tongs, gently turn tofu to coat, adding



more sauce as desired. Using spider, lift glazed tofu from bowl, allowing excess to drip back into bowl, and transfer to a plate. Sprinkle with scallions and sesame seeds, and serve with remaining sauce, if desired. Serve immediately.

### Crispy Salt-and-Pepper Air Fryer Tofu with Asparagus

This quick meal features tofu that's crispy around the edges and tender on the inside, coated in a sweet and salty marinade including soy sauce, light brown sugar, and ground Szechuan peppercorns. The perfect partner? Garlicky asparagus, which also gets flavor from five-spice powder and toasted sesame oil.



## Ingredients

¼ cup lower-sodium soy sauce

2 ½ teaspoons light brown sugar

¼ teaspoon freshly ground Szechuan peppercorns

1 (16-ounce) block extra-firm tofu, cut in half lengthwise and crosswise into 1/2-inch-thick slabs

1 tablespoon cornstarch

2 teaspoons toasted sesame oil, divided

1 ½ teaspoons kosher salt, divided

1-pound fresh asparagus, trimmed and cut into 3-inch pieces

2 large garlic cloves, minced (about 2 teaspoons)

¼ teaspoon Chinese five spices

½ teaspoon toasted sesame seeds

Fresh cilantro leaves

## Directions



Stir together soy sauce, brown sugar, and Szechuan pepper in a large resealable container until sugar is dissolved. Transfer 2 1/2 tablespoons soy mixture to a small bowl; reserve for serving. Pat tofu dry with paper towels; add to remaining soy mixture in large container. Seal container, and shake gently to combine. Let stand at room temperature 10 minutes. Re-shake gently until tofu is evenly coated with soy mixture. Add cornstarch and 1 teaspoon each of the sesame oil and salt to tofu in container; seal container, and shake gently to combine.

Preheat an air fryer to 400°F for 5 minutes. Remove tofu from soy mixture, letting excess drip off. Arrange tofu in a single layer in air fryer basket. Cook until golden and crispy, about 20 minutes, flipping tofu once halfway through cook time. Transfer tofu to a plate. Reduce air fryer temperature to 375°F.

Toss together asparagus, garlic, five spice, and remaining 1 teaspoon sesame oil and 1/2 teaspoon salt in a large bowl. Arrange asparagus evenly in air fryer basket. Cook at 375°F until just tender, about 6 minutes, shaking basket once halfway through cook time. Transfer asparagus to plate with tofu. Sprinkle evenly with sesame seeds. Drizzle with reserved soy mixture. Garnish with cilantro. Serve.

### Fried Yuba Tacos with Sweet Corn Relish

In this recipe, Chef Bryant Terry fries rolled yuba, or thin sheets of tofu skin, in avocado oil until crispy, yielding a hearty vegan taco filling. Turmeric lends its zesty, deeply floral flavor to the summery corn relish that tops these tacos. A spoonful of "green cream" — sautéed spinach stirred together with mashed avocado — holds all of the delicious components in place.



## Ingredients

### Sweet Corn Relish

3 large ears yellow corn

12 ripe cherry tomatoes, cut into 1/8-inch-thick slices

.50 cup finely chopped red onion

.50 cup finely chopped green bell pepper

2 tablespoons minced fresh jalapeño

2 medium garlic cloves

1.50 cups unseasoned rice vinegar


.50 cup water

6 tablespoons raw cane sugar

2 tablespoons brown mustard seeds

2 teaspoons cumin seeds





1 teaspoon kosher salt

1 teaspoon whole black peppercorns

.50 teaspoons ground turmeric

Green Cream

2 teaspoons avocado oil

2 medium garlic cloves, minced

4 ounces baby spinach (about 4 cups)

2 ripe Hass avocados, pitted and peeled

2 tablespoons seasoned rice vinegar

.50 teaspoons kosher salt

Fried Yuba Tacos

4 yuba sheets (such as Hodo)

Avocado oil, for frying

Fine sea salt

12 (6-inch) corn tortillas, warmed

Hot sauce, shredded red cabbage, fresh cilantro, thinly sliced scallions, and sliced fresh serrano chile, for serving

Directions

Make the sweet corn relish

Fill a large bowl with ice water; set aside. Bring a large saucepan of water to a boil over high, and add corn. Return to a boil, and cook corn 1 minute; drain. Using tongs, transfer corn to ice water, and let stand 5 minutes. Drain corn, and slice kernels from cobs; discard cobs. Evenly divide corn kernels, tomatoes, onion, bell pepper, jalapeño, and garlic cloves between 2 clean 1-pint canning jars; set aside.

Combine vinegar, 1/2 cup water, sugar, mustard seeds, cumin seeds, kosher salt, peppercorns, and turmeric in the same saucepan, and bring to a simmer over medium-high, stirring often, until sugar is dissolved, about 3 minutes. Divide vinegar mixture evenly between jars, and let cool to room temperature, about 1 hour. Seal jars, and refrigerate relish 24 hours to develop the flavor.



### Make the green cream

Combine oil and minced garlic in a large skillet, and cook over medium, stirring often, until garlic smells fragrant and just starts to turn golden, 1 minute and 30 seconds to 2 minutes. Add spinach to skillet, and cook, stirring often, until spinach is just wilted, about 30 seconds. Remove from heat, and transfer spinach to a cutting board. Finely chop spinach. Combine avocados and vinegar in a medium bowl. Using a fork, mash avocado mixture until almost smooth; stir in chopped spinach, and season with kosher salt.

### Spicy Tofu and Zucchini Stew

Sommelier Annie Shi, co-owner of King in New York City, grew up going to Korean restaurants with her family. Memories of dishes like soondubu jjigae, a spicy Korean tofu stew, became inspiration for this quick and easy vegetable stew that she makes for cozy weeknight dinners.



### Crispy Fried Tofu

Chef Bill Kim says this is a great recipe to make for people who don't like tofu. "Tell them it's cheese!" he says. "Tofu done right is delicious." Here, he serves it with a homemade plum sauce.



## Ingredients

Tofu

1/2 cup mirin


1/2 cup soy sauce

1 1/2 teaspoons fresh lime juice

1 1/2 teaspoons fresh clementine or orange juice

Two 14-ounce packages extra-firm tofu, drained well and cut into 8 rectangles each

3 cups rice flour, for breading



2 large eggs, for breading

2 cups milk, for breading

2 cups panko, for breading

Vegetable oil, for frying

Kosher salt

Plum Sauce

2 tablespoons vegetable oil

1 small onion, thinly sliced

2 garlic cloves, sliced

1/4 cup dark brown sugar

5 black plums, thinly sliced

1 tablespoon tamarind paste

1 teaspoon Sriracha

Salt

Directions

Make the Tofu

In a baking dish, whisk the mirin, soy, lime juice, clementine juice and 1/4 cup of water. Add the tofu and turn to coat. Refrigerate for 2 to 4 hours, turning once; pat dry.

Meanwhile, Make the Plum Sauce

In a saucepan, heat the vegetable oil. Cook the onion and garlic over moderate heat, stirring, until the onion starts to brown. Add dark brown sugar, black plums and tamarind paste. Cook, stirring, until soft, about 12 minutes; let cool. Transfer sauce to a blender and pulse with Sriracha until nearly smooth. Season with salt and set aside.

In a shallow dish, spread 1 cup of the rice flour. In another shallow dish, whisk the eggs with the milk and the remaining 2 cups of rice flour. Spread the panko in a third shallow dish. Dredge the tofu in the flour, the egg mixture and then the panko, lightly patting the coating to help it adhere.



In a large saucepan, heat 1 1/2 inches of oil to 325°. Fry the coated tofu in batches, turning, until deep golden, 7 minutes. Transfer to paper towels to drain and season with salt. Serve hot, with the Plum Sauce.

### Sriracha-Garlic Tofu with Mint

The spice of sriracha combines with the cooling power of mint for a pleasingly balanced tofu dish.



## Ingredients

One 14 ounce (396g) package firm tofu, drained and rinsed

2 tablespoons grapeseed or canola oil (or other high flashpoint oil)

3 cloves garlic, minced

1 tablespoon soy sauce

2 tablespoons water

2 tablespoons Sriracha sauce

1/4 cup chopped fresh mint



2 tablespoons chopped cilantro

Lime wedges to garnish

Directions

Pat the tofu dry with paper towels to remove excess water. Cut into 1-inch cubes.

Heat a large skillet over high heat. Add the oil and after the oil is hot, carefully add the tofu into a single layer (hot oil may splatter). Turning gently and as little as necessary, sear each side for 2-3 minutes, or until at least 2 -3 sides are golden and crisped.

Lower the heat to medium and carefully add the garlic, soy sauce, water, and Sriracha to the pan. Cook for 30 seconds or until the sauce is heated through.

Toss with the mint and cilantro then serve with lime squeezed over to taste.

### Chilled Tofu with Apple Soy Sauce

This refreshing and light starter is based on the popular Japanese dish called hiyayakko, which is simply chilled tofu dressed with flavorful toppings. In his version, F&W culinary director at large Justin Chapple drizzles a sweet-salty mix of apple juice and soy sauce on top, then garnishes with a few tasty things, including crunchy radishes and toasted sesame seeds.





## Ingredients

1/4 cup Fuji apple juice

1 tablespoon soy sauce

1 tablespoon unseasoned rice vinegar

4 mixed radishes, very thinly sliced

1 large scallion, cut into 2-inch lengths and julienned

1/4 cup cilantro stems, very thinly sliced on the bias

1 pound cold silken tofu, cut into 6 pieces



1 1/2 teaspoon hot sesame oil

Toasted sesame seeds, for garnish

#### Directions

In a small bowl, whisk the apple juice with the soy sauce and vinegar. In another small bowl, toss the radishes with the scallion and cilantro. Refrigerate the sauce and slaw separately until they are nicely chilled, about 15 minutes.

Divide the tofu among 6 bowls. Spoon the apple soy sauce on top. Pile the slaw on top of the tofu and drizzle each with 1/4 teaspoon of the hot sesame oil. Garnish with toasted sesame seeds and serve cold.

Miso-Tofu Hot Pot with Ramen

Clay Pot Mis-Tofu Hot Pot with Ramen Recipe



A soothing hot pot is the perfect excuse to set out ingredients and casually dine at the table. Although this recipe can be executed at the stove, donabe hot pot is traditionally prepared on a portable burner at the table. Cook the tofu and vegetables first, then soak up the delicious broth with chewy ramen noodles as a second course.

#### Ingredients

1 tablespoon toasted sesame oil

1 garlic clove, grated

2 teaspoons grated peeled fresh ginger

1 bunch scallions, white parts sliced, green parts thinly diagonally sliced, for garnish

2 teaspoons chile bean sauce (toban djan) (such as Lee Kum Kee)

1/4 cup junmai sake (such as Hakushika Junmai Yamadanishiki)

2 tablespoons white miso

4 cups warm Shiitake Dashi, divided

1 tablespoon soy sauce



5 large Napa cabbage leaves, cut into 1 1/2-inch pieces

3 ounces white beech mushrooms, trimmed and separated into clusters

2 medium carrots, peeled (using a julienne peeler, if desired) and thinly diagonally sliced

7 ounces firm silken tofu, drained and cut into 4 (1/2-inch-thick) slabs

Coarsely ground toasted sesame seeds, chile oil, kurozu (Japanese black vinegar), and pickled shiitakes, for serving

5 ounce fresh or thawed frozen ramen noodles (such as Sun Noodle), cooked according to package directions

#### Directions

Heat sesame oil in a 3-quart classic-style donabe over medium. Add garlic, ginger, and white scallion pieces. Cook, stirring constantly, until softened and fragrant, about 2 minutes. Push mixture to 1 side of pot, and add chile bean sauce to empty side. Cook, stirring constantly, until fragrant, about 30 seconds. Stir in sake, incorporating garlic, ginger, and white scallion pieces; cook 1 minute. Whisk together miso and 1/4 cup shiitake dashi in a small bowl until smooth; set aside. Stir soy sauce and remaining 3 3/4 cups shiitake dashi into pot. Cover and bring to a simmer over medium-low.

Uncover and stir in cabbage, mushrooms, and carrots. Add tofu. Cover and cook until tofu is heated through and vegetables are crisp-tender, 4 to 5 minutes. Stir in miso mixture. Using a spider or slotted spoon, divide vegetables and tofu between 2 serving bowls (about 2 cups each). Ladle about 1 cup of broth into each bowl; reserve remaining broth in donabe. Garnish with ground sesame seeds, chile oil, kurozu, pickled shiitakes, and green scallion pieces.

Reheat remaining broth (about 1 1/2 cups) in donabe over medium-low until steaming. Add ramen to broth; let stand until heated through. Serve as second course with hot pot.

#### Stir-Fried Tofu with Bok Choy

This dish, adapted from Harumi Kurihara's *Harumi's Japanese Cooking*, is topped with a sprinkling of umami-packed bouillon.



### Ingredients

3/4 pound firm tofu, drained

2 tablespoons sesame seeds

1 tablespoon sesame oil

1 tablespoon vegetable oil

1 head of bok choy (about 3/4 pound), leaves and stalks sliced crosswise 1 inch thick

4 cups bean sprouts (9 ounces)

1 teaspoon crushed or grated chicken bouillon cube

Salt and freshly ground pepper



## Directions

Wrap the tofu in paper towels and drain in a strainer set over a bowl for 30 minutes. In a skillet, toast the sesame seeds over moderate heat until fragrant, 1 minute. Let cool, then grind to a coarse powder.

In a large skillet, heat the sesame oil. Add the drained tofu, breaking it up into chunks with a spoon, and stir-fry over moderately high heat until lightly browned, about 3 minutes. Transfer the tofu to a plate.

In the same skillet, heat the vegetable oil. Add the bok choy and stir-fry over moderately high heat until tender, 5 minutes. Add the bean sprouts and stir-fry until heated through. Stir in the tofu and season with the bouillon cube, salt and pepper. Transfer to a bowl and garnish with the sesame seeds.

## Chicken Hot Pot with Mushrooms and Tofu

Cooks in Asia serve hot pots communally, setting a big pot of bubbling broth on the table alongside a platter of raw ingredients (like vegetables and thinly sliced chicken) for dipping. It's a fun way for guests to feel like they have a hand in making their own meal. In his version, chef Ethan Stowell gives each person at the table an individual bowl of sliced mushrooms, tofu, and scallions, then adds piping hot chicken broth loaded with chunks of tender cooked chicken.



## Ingredients

12 cups chicken stock or low-sodium broth

1 pound honshimeji or cremini mushrooms—stems removed and reserved, caps thinly sliced

One 2-inch piece of ginger, thinly sliced

2 large garlic cloves, crushed

Kosher salt

6 skinless, boneless chicken thighs (about 1 3/4 pounds), trimmed and sliced into 1/4-inch strips

One 14-ounce package firm tofu, drained and cut into 1/2-inch dice

4 scallions, thinly sliced



Asian sesame oil, for drizzling

#### Directions

In a large soup pot, bring the stock, mushroom stems, ginger and garlic to a simmer. Cook over low heat for 30 minutes. Strain the stock into a large bowl and return it to the pot. Season the broth with salt.

Bring the broth to a boil; add the chicken. Cook until the chicken is white throughout, about 4 minutes. Divide the mushroom caps, tofu and scallions among eight soup bowls and serve, passing the broth and sesame oil at the table.

Other tofu recipes

Mushroom mapo tofu





## Ingredients

400g fresh firm tofu block

2 tbsp rapeseed oil

2 garlic cloves, finely chopped

2.5cm piece ginger, peeled and finely grated

1 red chilli, deseeded and finely chopped

150g fresh shiitake mushrooms, sliced to 1cm strips

1 tsp dry toasted whole Sichuan pepper

1 tbsp chilli bean paste



2 tbsp dark soy sauce

2 tbsp Shaoxing rice wine or dry sherry

For the sauce

250ml cold vegetable stock or mushroom stock

2 tbsp Chinkiang black rice vinegar

2 tbsp tamari or low-sodium light soy sauce

1 heaped tbsp cornflour

To serve

large pinch of toasted ground Sichuan pepper, to garnish

Method

STEP 1

Drain the tofu and press gently with kitchen paper to remove any excess moisture. Alternatively, you could place the tofu on a clean tea towel, place a clean medium chopping board over the top and leave for 10 mins to press out any excess moisture. Slice into 1.5 x 1.5cm sized chunks.

STEP 2

Mix all of the sauce ingredients together in a jug.

STEP 3

Heat a wok over a high heat and drizzle in the rapeseed oil. Add the garlic, ginger and chillies and stir for a few seconds. Tip in the mushrooms and stir-fry for a few seconds, then add the Sichuan pepper and the tofu, gently stirring. Add the chilli bean paste and dark soy sauce, followed by the Shaoxing rice wine or sherry. Pour in the sauce ingredients, stir everything to combine, and bring to the bubble, cooking for 1 min.

STEP 4

Transfer to a serving plate and sprinkle over the ground toasted Sichuan pepper and spring onions to serve.

## Tofu curry



### Ingredients

- 1 tbsp rapeseed oil
- tofu, cut into 2cm cubes
- 2 red onions, thinly sliced
- 1½ ginger and garlic paste
- 1½ ground turmeric
- 400ml light coconut milk
- 2 limes, 1 juiced, 1 cut into wedges to serve



160g baby spinach

10g coriander, most roughly chopped, reserve a few whole leaves to serve

4 wholemeal chapatis, to serve

## Method

### STEP 1

Heat 1/2 tbsp of the oil in a large, wide, non-stick frying pan over a medium-high heat. Fry the tofu with a pinch of salt for 5 mins, turning every couple of minutes until golden brown. Remove to a plate using a slotted spoon.

### STEP 2

Add the remaining oil to the pan, then fry half the onions for 5 mins, stirring often until golden brown. Add the ginger and garlic paste, stir-frying for a minute, then add the turmeric and cook for another 30 seconds to release the flavour.

### STEP 3

Stir in the coconut milk, then return the tofu to the pan along with the lime juice and 100ml water, and simmer for 5 mins. Stir in the spinach and the coriander, and cook for 1 min until wilted, then season.

### STEP 4

Serve the curry in bowls topped with the coriander leaves and the remaining onion, the lime wedges for squeezing over, and the chapatis on the side.

Teriyaki tofu with charred spring onions



## Ingredients

150g wholegrain rice

50ml soy sauce

2 tbsp mirin

½ tsp grated ginger

1 tsp honey

350g firm tofu (we used Cauldron)

1 bunch spring onions, ends trimmed

2 tsp sunflower oil



½ tsp sesame seeds

1 red chilli, sliced (optional)

## Method

### STEP 1

Cook the rice according to pack instructions. Pour the soy sauce, mirin, ginger and honey into a small saucepan and add 50ml water. Bring to a simmer and cook for around 5 mins or until slightly thickened. Remove from the heat and set aside until needed.

### STEP 2

If your tofu doesn't feel very firm, you'll need to press it. To do this, wrap the block of tofu in a few layers of kitchen paper, then weigh it down with a heavy pan or tray for 10-15 mins – the longer you press it, the firmer it will be. Cut the tofu into thick slices.

### STEP 3

Heat a griddle pan over high heat and lightly brush the tofu and spring onions with the oil. Griddle the tofu and spring onion until deep char lines appear on both sides (around 4 mins each side) – you may have to do this in batches depending on the size of your griddle pan.

### STEP 4

Divide the cooked rice between two plates, top with the tofu and spring onion, then drizzle with the teriyaki sauce. Garnish with the sesame seeds and sliced red chilli, if using.

Crispy tofu



## Ingredients

400g block firm tofu

3 tbsp cornflour

½ tsp garlic granules

½ tsp smoked paprika

½ tsp fine sea salt

½ tsp ground black pepper

2 tbsp vegetable oil

## Method

### STEP 1



Drain the tofu, wrap in 4-5 sheets of kitchen paper, put on a plate and put something heavy over the top, like a wooden chopping board, or a tray with a few tins on it. Leave for 20 mins to drain the excess moisture from the tofu.

#### STEP 2

Mix the cornflour, garlic, paprika, salt and pepper in a small bowl. Unravel the tofu from the paper, cut in half through the centre, then cut into triangles, cubes or strips.

#### STEP 3

Toss the tofu pieces in the spiced cornflour to coat all over. Heat the oil in a large non-stick frying pan over a medium-high heat. Fry the tofu for 2-4 mins on each side until golden, crunchy and browned at the edges. Smaller cubes will take 2 mins each side, larger triangles will take 4 mins. Cook in batches if you need to, adding a little more oil if the pan gets dry.

#### STEP 4

Drain the cooked tofu on kitchen paper and season with a pinch more salt before serving.

Ponzu tofu poke bowl





## Ingredients

1 tbsp ponzu sauce

½ tbsp rice vinegar

5g ginger, peeled and grated

1 tsp sesame oil

300g silken tofu

100g edamame beans

250g pouch cooked quinoa

100g radishes, sliced



- 2 carrots, peeled into ribbons
- 2 spring onions, finely sliced
- 2 small seaweed thins, crumbled
- 1 tsp sesame seeds

Trending recipes

Soan papdi

Autumn cupcakes

Method

STEP 1

Combine the ponzu, vinegar, ginger and sesame oil in a bowl. Pat the tofu dry using kitchen paper and tear into chunks, then gently toss in the ponzu mixture.

STEP 2

Pour some boiling water over the edamame and set aside for 2 mins before draining thoroughly and seasoning with salt.

STEP 3

Divide the quinoa between bowls and top with the edamame, radishes and carrots. Spoon over the tofu and drizzle over the remaining dressing before scattering over the spring onions, seaweed and sesame seeds.

Sesame & spring onion stir-fried udon with crispy tofu



Ingredients

400g block firm tofu

1 tbsp cornflour

½ -1 tsp chilli flakes, to taste


¼-½ tsp Szechuan peppercorns, ground, to taste

1 tbsp vegetable oil

bunch of spring onions, trimmed and cut into lengths

200g green beans, trimmed and cut into lengths

400g ready-to-use thick udon noodles



½ tbsp sesame oil

2 tsp sesame seeds, plus a pinch to serve

1 tbsp low-salt soy sauce, plus extra to serve

1 tbsp rice vinegar

Method

STEP 1

Drain and pat the tofu dry with kitchen paper. Cut into cubes, wrap in more kitchen paper, and place a heavy board over the top. Leave to drain for 15 mins.

STEP 2

Mix the cornflour, chilli flakes and ground peppercorns together in a bowl with a pinch of salt, then add the drained tofu. Toss well to coat.

STEP 3

Heat half the vegetable oil in a large non-stick frying pan over a high heat, and fry the tofu pieces for 5-6 mins until golden all over. Scoop out of the pan, and leave to drain on kitchen paper.

STEP 4

Add the remaining oil to the pan and stir-fry the spring onions and beans for 3-4 mins until tender and lightly golden. Pour a kettle of boiling water over the noodles in a sieve to loosen. Drain well, then tip into the pan. Fry for a few minutes until piping hot. Add the sesame oil and sesame seeds, and sizzle for a few seconds. Splash in the soy sauce, rice vinegar, then add the tofu. Toss well, then serve in bowls with a pinch of sesame seeds on top and more soy sauce on the side.

Tofu & spinach cannelloni



## Ingredients

2 tbsp olive oil

1 onion, chopped

3 garlic cloves, finely chopped

2 x 400g cans chopped tomatoes

50g pine nuts, roughly chopped

400g bag spinach

pinch grated nutmeg

349g pack silken tofu



300g pack fresh lasagne sheets

4 tbsp fresh breadcrumbs

Method

STEP 1

Heat half the oil in a pan, add onion and 1/3 of the garlic and fry for 4 mins until softened. Pour in tomatoes, season and bring to the boil. Reduce heat and cook for 10 mins until sauce thickens.

STEP 2

Heat half remaining oil in a frying pan and cook another 1/3 of garlic for 1 min, then add half the pine nuts and the spinach. Wilt spinach, then tip out excess liquid. Whizz tofu in a food processor or with a hand blender until smooth, then stir through the spinach with the nutmeg and some pepper. Remove from the heat; allow to cool slightly.

STEP 3

Heat oven to 200C/180C fan/gas 6. Pour half tomato sauce into a 20 x 30cm dish. Divide spinach mix between lasagne sheets, roll up and lay on top of sauce. Pour over remaining sauce. Bake for 30 mins.

STEP 4

Mix crumbs with remaining garlic and pine nuts. Sprinkle over top of dish, drizzle with remaining oil and bake for 10 mins until crumbs are golden.

Tofu scramble



## Ingredients

1 tbsp olive oil

1 small onion, finely sliced

1 large garlic clove, crushed

½ tsp turmeric

1 tsp ground cumin

½ tsp sweet smoked paprika

280g extra firm tofu

100g cherry tomatoes, halved

½ small bunch parsley, chopped

rye bread, to serve, (optional)

## Method

## STEP 1

Heat the oil in a frying pan over a medium heat and gently fry the onion for 8 -10 mins or until golden brown and sticky. Stir in the garlic, turmeric, cumin and paprika and cook for 1 min.

## STEP 2

Roughly mash the tofu in a bowl using a fork, keeping some pieces chunky. Add to the pan and fry for 3 mins. Raise the heat, then tip in the tomatoes, cooking for 5 mins more or until they begin to soften. Fold the parsley through the mixture. Serve on its own or with toasted rye bread (not gluten-free), if you like.

## Marinated tofu with pak choi




## Ingredients

250g fresh firm tofu, drained

2 tbsp groundnut oil





1cm piece ginger, sliced  
200g pak choi, leaves separated  
1 tbsp Shaohsing rice wine  
1 tbsp rice vinegar  
½ tsp dried chilli flakes  
cooked jasmine rice, to serve

For the marinade

1 tbsp grated ginger  
1 tsp dark soy sauce  
2 tbsp light soy sauce  
1 tbsp brown sugar or golden syrup

Method

STEP 1

Gently prick a few holes in the tofu with a toothpick (this will help the marinade to soak into it, giving better flavour), then cut into bite-size cubes.

STEP 2

Mix the marinade ingredients together in a bowl and toss in the tofu pieces. Set aside to marinate for 10-15 mins.

STEP 3

Heat a wok over high heat and add half the groundnut oil. When the oil starts to smoke, add the ginger slices and stir-fry for a few secs. Add the pak choy leaves and stir-fry for 1-2 mins. Add a small splash of water to create some steam and cook for 2 mins more. When the leaves have wilted and the stems are cooked but still a little crunchy, season with salt and transfer to a serving dish.

STEP 4

Rinse the wok under cold water, then reheat it and add the remaining oil. When it starts to smoke, add the tofu pieces (retaining the marinade liquid) and stir-fry for 5-10 mins. Take care not to break up the tofu as you toss it to get it browned evenly on all sides. Season with the rice wine and rice vinegar. Add the

remaining marinade liquid, bring to the bubble and let the liquid reduce. Sprinkle over the chilli flakes and toss well. Spoon onto the pak choy and serve immediately with jasmine rice, if you like.

### Tofu stir-fry



3 tbsp low-sodium soy sauce

1½ tbsp honey

1 tbsp white wine vinegar

300g tofu, cut into chunks

2 tbsp sunflower oil

2 garlic cloves, sliced



2cm piece ginger, sliced  
2 carrots, sliced into thin batons  
300g broccoli, cut into small florets  
1 red pepper, sliced into strips  
1 tsp cornflour  
To garnish  
1 spring onion, sliced  
2 tsp sesame seeds  
small bunch of coriander, chopped

#### Method

##### STEP 1

Stir together the soy sauce, honey and vinegar in a bowl, then set aside.

##### STEP 2

Pat the tofu chunks dry, then season well. Heat half the oil in a wok or large frying pan over a high heat. Fry the tofu for 5 mins until golden, stirring occasionally. Add the garlic and ginger and fry for 1 min more. Tip the tofu mixture into a bowl, pour over half the soy dressing and set aside.

##### STEP 3

Add the remaining oil to the wok. Add the vegetables and cook for 5 mins until beginning to turn golden, then add a good splash of water and cook for 3-5 mins more until tender.

##### STEP 4

Stir the cornflour and 1 tbsp water into the remaining soy dressing, then tip into the wok, allow to bubble for 30 seconds, stirring to coat everything in the sauce. Sprinkle over the spring onion, sesame seeds and coriander. Serve with rice.

Tofu escalopes with black olive salsa verde



## Ingredients

600g small new potatoes (I used red-skinned Roseval)

396g pack firm tofu, drained and pressed (see tip)

2 tbsp light soy sauce

3 tbsp plain flour

50g parmesan (or vegetarian alternative), finely grated

2 lemons, both zested, 1 juiced, 1 cut into wedges

50g panko or coarse dried breadcrumbs

1 egg

1 heaped tsp wholegrain mustard

2 tbsp vegetable or sunflower oil, for frying

100g bag watercress or rocket



For the salsa verde

2 garlic cloves

50g basil, stalks roughly chopped

2 tbsp small capers (in brine), drained

4 tbsp extra virgin olive oil, plus extra to serve

pinch of sugar

50g dry pitted black olives, sliced

Method

STEP 1

Steam or boil the potatoes for 20 mins or until tender. Cut the pressed tofu into 4 rectangles, then splice each rectangle in half, like cutting a deck of cards. Lay the slices on a plate and sprinkle over the soy sauce. Set aside for 5 mins.

STEP 2

Meanwhile, make the salsa verde. Put the garlic, basil, capers, oil and sugar into a food processor with 3 tbsp lemon juice. Pulse until roughly chopped. Stir in the olives and season with pepper and a little salt.

STEP 3

Put the flour on a plate and season with pepper. On another plate, mix the Parmesan and lemon zest into the breadcrumbs. Beat the egg, mustard and 2 tsp water in a wide bowl. Pat 1 slice of tofu in the flour, then dip into the egg and coat with the breadcrumbs. Set aside. Repeat process until all the tofu is coated.

STEP 4

Heat the vegetable oil in a wide frying pan over a medium heat. Fry the tofu gently until golden brown, about 5 mins each side. Slice into finger-width strips with a serrated knife, then mix together with the watercress and potatoes. Spoon over the salsa verde, drizzle over a little extra olive oil, and serve with lemon wedges on the side.

Breakfast peppers & chickpeas with tofu



## Ingredients

1-2 tbsp olive oil

2 onions (320g), halved and thinly sliced

1 orange pepper, halved, deseeded and sliced

1 red chilli, deseeded and sliced

400g can chopped tomatoes

2 tbsp tomato purée

2 tsp vegetable bouillon powder

1 tsp dried oregano

1 tsp smoked paprika, plus extra for sprinkling

2 x 400g cans chickpeas



280g pack extra-firm tofu

240g soya yogurt

2 garlic cloves, finely grated

4 tbsp chopped parsley

Method

STEP 1

Heat 1 tbsp oil in a large, deep frying pan over a medium heat. Tip in the onions, cover and cook for 5 mins. Remove the lid and stir the onions – they should have softened and started to brown in places. Stir in the pepper, chilli, chopped tomatoes, tomato purée, bouillon powder, oregano, paprika and chickpeas, along with the liquid from the cans. Cover and simmer for 15-20 mins until slightly thickened.

STEP 2

Meanwhile, slice half the tofu and fry in ½ tbsp oil over a medium heat until lightly golden. Combine the yogurt and garlic in a small bowl. If you're following the Healthy Diet Plan, serve half the tomato and chickpea mixture with the tofu, half the yogurt and a scattering of parsley and extra paprika. Leave the leftovers to cool completely and chill the remaining chickpea mixture and yogurt for up to three days. Reheat the chickpea mixture in a small pan with a splash of water until piping hot, then fry the remaining tofu as above before serving.

Vegan BBQ teriyaki tofu



## Ingredients

4 tbsp low-salt soy sauce

2 tbsp soft brown sugar

pinch ground ginger

2 tbsp mirin

3 tsp sesame oil

350g block very firm tofu (see tip below) cut into thick slices

½ tbsp rapeseed oil

2 courgettes, sliced horizontally into strips

200g Tenderstem broccoli

black and white sesame seeds, to serve





## Method

### STEP 1

Mix the soy sauce, soft brown sugar, ginger and mirin with 1 tsp sesame oil and brush it all over the slices of tofu. Put them in a large, shallow dish and pour over any leftover marinade. Chill for at least 1 hr.

### STEP 2

Heat the barbecue until the coals are glowing white, or heat a griddle pan. Mix the remaining sesame oil with the rapeseed oil and brush the courgette slices and broccoli. Barbecue (or griddle) them over the coals for 7-10 mins or until they are tender and then set aside and keep warm.

### STEP 3

Barbecue the tofu slices on both sides over the coals for 5 mins (or use the griddle) until they turn brown and go crisp at the edges. Serve the tofu on a bed of the veg with the remaining marinade and scatter over the sesame seeds.

Matcha mochi ice cream



## Ingredients

For the ice cream

300g organic silken soft tofu, drained

320g coconut cream

1 tsp vanilla paste

1 tsp arrowroot powder (optional)

60ml maple syrup

For the mochi

35g cornflour, plus extra for dusting

1 tsp matcha powder

100g glutinous sweet white rice flour



80g caster sugar

Method

#### STEP 1

To make the ice-cream, put all of the ingredients in a blender and blitz until smooth. Chill the mixture for at least 1 hr or overnight. Remove from the fridge, stir and pour into an ice cream maker and churn for 45 mins, or until thick and frozen. Alternatively, pour into a freezable container and freeze for 90 mins. Remove from the freezer and whisk the mixture, freeze for a further 45 mins, then whisk the mixture again. Put it back into the freezer for another 30 mins. Repeat this 2-3 times more, freezing for 30 mins each time. Then, freeze for a final 2-3 hrs.

#### STEP 2

Remove the ice cream from the freezer to soften slightly, then use a 5cm-sized ice cream scoop to make 8 balls. Scoop them onto a tray lined with baking parchment, then freeze for at least 30 mins or overnight. If they are tricky to scoop, leave the ice cream for a few minutes to soften or use your hands to shape the balls.

#### STEP 3

Dust a 30 x 20cm baking tray with half the cornflour. Pour 200ml water into a 1-litre sized saucepan along with the matcha powder. Mix well, then add the rice flour and caster sugar and set over a medium heat. Use a whisk to break up any lumps, then switch to a spatula when it begins to thicken after 2-3 mins. Stir quickly for another 30 seconds until it begins to come together like a sticky ball of dough.

#### STEP 4

Transfer the dough to the prepared baking tray and carefully flatten out with the spatula. Once cool enough to touch, dust over the remaining cornflour and use your hands to flatten out to about the size of the tray. Leave it to cool down, cover and keep in the fridge for 30 mins. Will keep covered and chilled for up to three days.

Sweet & sour tofu



## Ingredients

1 tbsp rapeseed or vegetable oil

75g extra-firm tofu, cut into 2cm chunks

½ onion, cut into thin wedges

½ red pepper, chopped into chunks

1 large garlic clove, finely sliced

80g fresh pineapple chunks

1 tbsp low-salt ketchup

1 tbsp rice wine vinegar

½ tbsp dark soy sauce



cooked basmati rice, to serve

sesame seeds, to serve

## Method

### STEP 1

Heat half the oil in a non-stick frying pan over a medium heat. Add the tofu and fry for 5 mins, turning regularly, until golden brown on all sides. Remove to a plate with a slotted spoon and set aside.

### STEP 2

Heat the remaining oil in the pan over a high heat. Fry the onion, pepper and garlic for 5-6 mins, or until the veg begins to soften. Add the pineapple, ketchup, vinegar, soy sauce and 50ml water, and simmer for 1 min, or until slightly reduced. Stir the tofu back into the pan.

### STEP 3

Cook the basmati rice following pack instructions. Serve the tofu in bowls with the rice and a sprinkling of sesame seeds.

Smoked tofu vegan burger



## Ingredients

vegetable oil, for frying

For the burger

1 sweet potato (200g), peeled and cut into small chunks

1 tbsp olive oil

1 small onion, finely chopped

1 garlic clove, crushed

1 tsp cumin

1 tsp smoked paprika

1 tsp garlic salt



225g pack smoked tofu (we used The Tofoo Co.)

50g roasted cashews

For the coating

1 tsp English mustard

150ml soy milk

75g plain flour

50g panko breadcrumbs

1 tsp garlic salt

½ tsp cayenne pepper

1 tbsp icing sugar

1 tsp baking powder

For the slaw

¼ red cabbage, finely shredded

1 carrot, grated

2 tbsp chopped coriander

½ lime, juiced

2 tsp sesame seeds

To serve

vegan mayonnaise (we used Rubies in the Rubble) mixed with ½ tbsp Sriracha

vegan burger buns, halved and toasted

Method

STEP 1

Put the sweet potato in a microwaveable bowl, cover with cling film and cook on high for 3 mins until soft. Heat the oil in a non-stick frying pan and fry the onion with a big pinch of salt until soft, around 5 mins. Add the garlic and spices and cook for 2 mins more, then set aside. Blitz the tofu with the cashews in a blender, then tip in the sweet potato and fried onions. Season and blitz again until combined. Shape into four burger patties and set aside in the fridge on a lined baking tray while you make the slaw.



## STEP 2

Make the slaw by combining the ingredients in a bowl, then set aside until needed. When you're ready to fry the patties, mix the mustard with the soy milk in one bowl, then mix the remaining coating ingredients in another bowl. In turn, take each patty and dip into the flour mixture, then into the soy milk mixture, then back into the flour mixture. Repeat this again so you get a really nice crust on the patties.

## STEP 3

Pour the vegetable oil into a large frying pan over a medium-high heat - you want the oil to come about 2cm up the side of the pan. Once hot, use a spatula to carefully add the patties and gently fry for 1 min on each side until crispy, then leave to drain on kitchen paper. Serve the burgers in burger buns, topped with the slaw and drizzled with the mayo.

Curried tofu wraps





## Ingredients

- ½ red cabbage (about 500g), shredded
- 4 heaped tbsp dairy-free yogurt
- 3 tbsp mint sauce
- 3 x 200g packs tofu, each cut into 15 cubes
- 2 tbsp tandoori curry paste
- 2 tbsp oil
- 2 onions, sliced



2 large garlic cloves, sliced

8 chapatis

2 limes, cut into quarters

Method

STEP 1

Mix the cabbage, yogurt and mint sauce, season and set aside. Toss the tofu with the tandoori paste and 1 tbsp of the oil. Heat a frying pan and cook the tofu, in batches, for a few mins each side until golden. Remove from the pan with a slotted spoon and set aside. Add the remaining oil to the pan, stir in the onions and garlic, and cook for 8-10 mins until softened. Return the tofu to the pan and season well.

STEP 2

Warm the chapatis following pack instructions, then top each one with some cabbage, followed by the curried tofu and a good squeeze of lime

Miso-glazed tofu steaks with beansprout salad & egg strands



## Ingredients

For the beansprout salad

300g beansprout

1 red pepper, deseeded and sliced into thin strips

100g radish (about 12), trimmed and quartered

2 spring onions, finely sliced on the diagonal

75g pack pea shoots

50g roasted peanut, roughly chopped, to serve

For the dressing



3 tbsp rice vinegar

2 tbsp reduced-salt soy sauce

1 tbsp caster sugar

1 garlic clove, crushed

1cm piece ginger, peeled and finely grated

3 tbsp sunflower oil or rapeseed oil

For the glazed tofu

400g fresh firm tofu (we used 2 x 200g blocks)

1 tbsp miso paste

150ml mirin

75ml reduced-salt soy sauce

For the egg strands

3 large eggs

1 tbsp mirin

½ tsp sunflower oil or rapeseed oil

Method

STEP 1


Prepare the beansprout salad. Put the beansprouts in a bowl and cover with boiling water. Leave for 2 mins, then drain well and leave to cool, tossing with your hand from time to time to speed up the cooling. Combine with the pepper, radishes and spring onion.

STEP 2

To make the dressing, whisk together all the ingredients except the oil until the sugar dissolves. Trickle in the oil slowly while whisking to emulsify. Stir the dressing through the beansprout mixture and chill until ready to serve, stirring occasionally.

STEP 3

Drain the tofu, wrap the whole block in kitchen paper, and press gently to absorb excess moisture. Unwrap and cut in half across the middle, then in half



again diagonally, to create four triangles. If using 2 packs, you will end up with 8 smaller triangles.

#### STEP 4

To prepare the tofu glaze, place the miso paste in a cup and add 2 tbsp of boiling water. Whisk with a fork until completely smooth. Pour into a pan that the tofu will fit into in a single layer. Add the mirin and soy sauce, stir and bring to the boil. Add the tofu to the sauce and simmer for 15 mins, turning the tofu carefully halfway through.

#### STEP 5

Heat the oven to 220C/200C fan/gas 7. Line a baking tray with baking parchment. Carefully lift the tofu from the sauce and place on the tray. Cook in the oven for 15 mins, then turn off the oven and leave the tofu in to keep warm. Meanwhile, to thicken the glaze, raise the heat to a medium boil, stir occasionally, until syrupy. Set aside.

#### STEP 6

To make the egg strands, beat together the eggs and mirin with 2 tbsp cold water and a large pinch of salt until well mixed, but not frothy. Heat a medium non-stick pan over a low-medium heat and add the oil, spreading it over the surface with a spatula. Pour in a quarter of the egg mixture and swirl to coat the bottom of the pan, forming a very thin omelette. Cook for about 4-5 mins until the top is dry and the bottom is set but not too brown. Carefully remove from the pan (no need to flip) and place on a plate. Repeat with the rest of the mixture, adding a touch more oil if the pan seems dry. Stack the omelettes on top of each other and cool. Don't worry if they rip or buckle, but do stack them up as flat as possible. Once cool enough to handle, roll them up carefully into a tight sausage and slice thinly with a sharp knife.

#### STEP 7

Remove the tofu from the oven and spoon a bit of glaze over the top of each piece, spreading with the back of a spoon. (If the glaze has cooled completely and is too thick, reheat slightly until spoonable). Reserve any remaining glaze to finish.

#### STEP 8

To assemble, arrange the beansprout salad on a plate. Place the tofu steaks on top of the salad and scatter with the egg strands, peanuts and pea shoots. Finish with a drizzle of the glaze.

## Mapo tofu



### Ingredients

450g tofu

3 tbsp groundnut oil


100g pork mince

2 tbsp Sichuan chilli bean paste

1½ tbsp fermented black beans, rinsed (optional, available from [souschef.co.uk](https://www.souschef.co.uk))

2cm piece ginger peeled and finely chopped

3 garlic cloves, chopped



200ml light chicken stock or water  
1 tsp cornflour, mixed with 1 tbsp water  
6 spring onions, sliced on the diagonal  
1 tbsp Sichuan chilli oil (optional)  
½ tsp Sichuan peppercorns, crushed  
cooked white rice, to serve

## Method

### STEP 1

Get all the ingredients ready before you start cooking and set them out in bowls. Drain the tofu and cut it into 1.5cm cubes. Put it in a bowl and cover with very hot water. Leave this while you get on with everything else.

### STEP 2

Heat a wok and pour in the groundnut oil. Get this really hot and fry the pork until it's crispy. Remove with a slotted spoon but leave the oil behind.

### STEP 3

Add the bean paste and cook, stirring for a few mins until fragrant, then add the black beans, ginger and garlic. Cook, stirring, for a min or so, then add the stock and let it bubble away.

### STEP 4

Stir the cornflour and water into the mixture in the wok, drain the tofu and stir it into the sauce. Tip in the spring onions and the mince.

### STEP 5

Add the chilli oil, if using, and sprinkle over the Sichuan peppercorns. The sauce shouldn't need seasoning with salt, as many of the ingredients are salty already. Serve with boiled white rice.

Salt and pepper tofu



## Ingredients

396g pack firm tofu

2 tbsp cornflour

1 tsp Sichuan or black peppercorns (or a mixture of the two), ground to a powder

2 tbsp sunflower or vegetable oil

2 red peppers, sliced

¼ broccoli head, cut into very small florets

100g beansprouts

2 tsp low-salt soy sauce

sesame oil, for drizzling

handful of coriander, leaves picked





## Method

### STEP 1

Drain the tofu, wrap loosely in kitchen paper and put on a plate. Rest a chopping board on top. If you're using a light chopping board, weigh it down with a couple of cans – a heavier chopping board will be sufficient on its own. Leave for 10-20 mins until the cloth feels wet from the excess liquid. Pressing the tofu like this helps to give it a firmer texture once cooked.

### STEP 2

Cut the tofu in half down the centre like a book. Cut each piece into four triangles, as you would a piece of toast, then in half again to give you 16 pieces in total. Mix the cornflour, ground pepper and 1 tsp flaky sea salt on a plate. Gently turn each piece of tofu in the cornflour mix to coat.

### STEP 3

Heat 1 tbsp oil in a wok. Stir-fry the peppers and broccoli for a few minutes, to soften a little. Add the beansprouts and soy sauce. Cook for another 1-2 mins, making sure the veg still has a nice crunch. Drizzle with a little sesame oil.

### STEP 4

Heat the remaining sunflower oil in a large non-stick frying pan and fry the coated tofu for 5 mins on each side until crisp. Serve on top of the vegetables, scattered with the coriander.

Sesame-crusting tofu with gingery noodles



## Ingredients

1 egg, beaten

300g block tofu, patted dry and cut into triangles

3 tbsp cornflour

3 tbsp sesame seed

150ml sunflower oil, for frying

4 carrots, cut into matchsticks

1 red chilli, thinly sliced

3 garlic cloves, finely sliced

50g stem ginger (around 4-5 balls), finely chopped, plus 2 tbsp syrup

½ bunch spring onion, shredded lengthways

250g pack medium egg noodle



1 tbsp soy sauce

Method

STEP 1

Tip the beaten egg onto a plate and coat the tofu in it. On a plate, mix the cornflour, sesame seeds and seasoning and dip the tofu pieces into it. Set aside.

STEP 2

Heat the wok and add 2 tbsp of the oil, plus the carrots, and stir-fry until tender, adding a few splashes of water if they start to stick. Add the chilli, garlic, ginger and most of the spring onions, and fry for a few more mins. Meanwhile, cook the noodles following pack instructions, drain, then toss into the vegetables, along with the syrup and soy.

STEP 3

Heat the remaining oil in a large frying pan. Carefully shallow-fry the tofu pieces, a few mins each side, until golden. Remove and drain on kitchen paper. Scatter with the remaining spring onions and serve with the noodles and a little extra soy sauce, if you like.

Sticky tofu with noodles



## Ingredients

½ large cucumber

100ml rice wine vinegar

2 tbsp golden caster sugar

100ml vegetable oil

200g pack firm tofu, cut into 3cm cubes

2 tbsp maple syrup

4 tbsp brown or white miso paste

30g white sesame seeds

250g dried soba noodles (we used buckwheat)

2 spring onions, shredded, to serve



## Method

### STEP 1

Using a peeler, cut thin ribbons off the cucumber, leaving the seeds behind. Put the ribbons in a bowl and set aside. Gently heat the vinegar, sugar, 1/4 tsp salt and 100ml water in a saucepan over a medium heat for 3-5 mins until the sugar dissolves, then pour over the cucumbers and leave to pickle in the fridge while you prepare the tofu.

### STEP 2

Heat all but 1 tbsp of the oil in a large, non-stick frying pan over a medium heat until bubbles begin to rise to the surface. Add the tofu and fry for 7-10 mins, turning halfway, until the tofu is evenly golden brown. Remove from the pan and set aside on kitchen paper. In a small bowl, whisk together the honey and miso. Spread the sesame seeds out on a plate. Brush the fried tofu with the sticky honey sauce and set aside any leftovers. Coat the tofu evenly in the seeds, sprinkle with a little salt and leave in a warm place.

### STEP 3

Cook the noodles following pack instructions, then drain and rinse in cold water. Return the frying pan to the heat, toss the noodles with the rest of the oil, the remaining sauce and 1 tbsp of the cucumber pickling liquid. Cook for 3 mins until warmed through. Divide the noodles between bowls and top with the tofu, bundles of cucumber and the spring onion.

Soba noodle & edamame salad with grilled tofu



## Ingredients

140g soba noodles

300g fresh or frozen podded edamame (soy) beans

4 spring onions, shredded

300g bag beansprouts

1 cucumber, peeled, halved lengthways, deseeded with a teaspoon and sliced

250g block firm tofu, patted dry and thickly sliced

1 tsp oil

handful coriander leaves, to serve

For the dressing

3 tbsp mirin



2 tsp tamari

2 tbsp orange juice

1 red chilli, deseeded, if you like, and finely chopped

### Method

#### STEP 1

Heat dressing ingredients in your smallest saucepan, simmer for 30 secs, then set aside.

#### STEP 2

Boil noodles following the pack instructions, adding the edamame beans for the final 2 mins cooking time. Rinse under very cold water, drain thoroughly and tip into a large bowl with the spring onions, beansprouts, cucumber, sesame oil and warm dressing. Season if you like.

#### STEP 3

Brush tofu with the veg oil, season and griddle or grill for 2-3 mins each side – the tofu is very delicate so turn carefully. Top the salad with the tofu, scatter with coriander and serve

Spicy tofu kedgeree



## Ingredients

140g basmati rice

2 eggs

1 tbsp olive oil

1 onion, chopped

1 red chilli, chopped

2 tbsp medium curry powder

1 tsp brown or black mustard seeds

2-3 pinches cayenne pepper

100g marinated tofu (we used Cauldron)

½ bunch spring onions, sliced

handful flat-leaf parsley, chopped



## Method

### STEP 1

Cook the rice and boil the eggs in the same pan for 8-9 mins. Meanwhile, heat oil in a non-stick frying pan and soften the onion and chilli for 5 mins. Add all the spices and fry for 1-2 mins more.

### STEP 2

Drain the rice and stir into the spicy onion with a splash of water and the tofu. Season well, then heat through gently for a few mins until piping hot. Peel and quarter the boiled eggs. Stir the spring onions and parsley into the rice, divide between 2 bowls and top with the eggs.


## Tofu, greens & cashew stir-fry



## Ingredients

1 tbsp vegetable oil

1 head broccoli, cut into small florets



4 garlic cloves, sliced  
1 red chilli, deseeded and finely sliced  
1 bunch spring onions, sliced  
140g soya bean  
2 heads pak choi, quartered  
2 x 150g packs marinated tofu pieces  
1 ½ tbsp hoisin sauce  
1 tbsp reduced-salt soy sauce (add extra to suit your own taste)  
25g roasted cashew nuts

#### Method

##### STEP 1

Heat the oil in a non-stick wok. Add the broccoli, then fry on a high heat for 5 mins or until just tender, adding a little water if it begins to catch. Add the garlic and chilli, fry for 1 min, then toss through the spring onions, soya beans, pak choi and tofu. Stir-fry for 2-3 mins. Add the hoisin, soy and nuts to warm through

Stir-fried noodles with tofu



### Ingredients

100g fine rice noodle

140g firm tofu

2 tbsp sunflower oil

3 spring onions, shredded

1 small chunk fresh root ginger, finely chopped

1 red pepper, thinly sliced

100g mangetout

100g beansprouts

1 tsp tikka masala paste

2 tsp reduced-salt soy sauce

1 tbsp sweet chilli sauce

roughly chopped coriander and lime wedges, to serve

## Method

### STEP 1

Put the noodles in a bowl and pour over boiling water to cover. Leave for 4 mins, then drain and rinse under running cold water until cold. Drain well, then snip into short lengths with scissors.

### STEP 2

Rinse the tofu in cold water, then cut into small chunks. Pat dry with kitchen paper. Heat 1 tbsp of the oil in a wok or large frying pan, add the tofu, then stir-fry for 2-3 mins, stirring until lightly browned. Drain on kitchen paper.

### STEP 3

Add the remaining oil to the wok and heat up. Add the spring onions, ginger, pepper and mangetout, then stir-fry for 1 min. Add the noodles and beansprouts, then stir to mix. Blend together the curry paste, soy, chilli sauce and 1 tbsp water, then add to the wok, stirring until everything is well coated in the sauce. Serve sprinkled with coriander, with lime wedges for squeezing over.

## Stir-fried noodles with tofu




## Ingredients

100g fine rice noodle

140g firm tofu

2 tbsp sunflower oil



3 spring onions, shredded  
1 small chunk fresh root ginger, finely chopped  
1 red pepper, thinly sliced  
100g mangetout  
100g beansprouts  
1 tsp tikka masala paste  
2 tsp reduced-salt soy sauce  
1 tbsp sweet chilli sauce  
roughly chopped coriander and lime wedges, to serve

## Method

### STEP 1

Put the noodles in a bowl and pour over boiling water to cover. Leave for 4 mins, then drain and rinse under running cold water until cold. Drain well, then snip into short lengths with scissors.

### STEP 2

Rinse the tofu in cold water, then cut into small chunks. Pat dry with kitchen paper. Heat 1 tbsp of the oil in a wok or large frying pan, add the tofu, then stir-fry for 2-3 mins, stirring until lightly browned. Drain on kitchen paper.

### STEP 3

Add the remaining oil to the wok and heat up. Add the spring onions, ginger, pepper and mangetout, then stir-fry for 1 min. Add the noodles and beansprouts, then stir to mix. Blend together the curry paste, soy, chilli sauce and 1 tbsp water, then add to the wok, stirring until everything is well coated in the sauce. Serve sprinkled with coriander, with lime wedges for squeezing over.

Tofu brekkie pancakes



## Ingredients

50g Brazil nuts

3 sliced bananas

240g raspberries

maple syrup or honey, to serve

For the batter

349g pack firm silken tofu


2 tsp vanilla extract

2 tsp lemon juice

400ml unsweetened almond milk

1 tbsp vegetable oil, plus 1-2 tbsp extra for frying

250g buckwheat flour



4 tbsp light muscovado sugar  
1 ½ tsp ground mixed spice  
1 tbsp gluten-free baking powder

## Method

### STEP 1

Heat oven to 180C/160C fan/gas 4. Scatter the nuts over a baking tray and cook for 5 mins until toasty and golden. Leave to cool, then chop. Turn the oven down low if you want to keep the whole batch of pancakes warm, although I think they are best enjoyed straight from the pan.

### STEP 2

Put the tofu, vanilla, lemon juice and 200ml of the milk into a deep jug or bowl. Using a stick blender, blend together until liquid, then keep going until it turns thick and smooth, like yogurt. Stir in the oil and the rest of the milk to loosen the mixture.

### STEP 3

Put the dry ingredients and 1 tsp salt in a large bowl and whisk to combine and aerate. If there are any lumps in the sugar, squish them with your fingers. Make a well in the centre, pour in the tofu mix and bring together to make a thick batter.

### STEP 4

Heat a large (ideally non-stick) frying pan and swirl around 1 tsp oil. For golden pancakes that don't stick, the pan and oil should be hot enough to get an enthusiastic sizzle on contact with the batter, but not so hot that it scorches it. Test a drop.

### STEP 5

Using a ladle or large serving spoon, drop in 3 spoonfuls of batter, easing it out gently in the pan to make pancakes that are about 12cm across. Cook for 2 mins on the first side or until bubbles pop over most of the surface. Loosen with a palette knife, then flip over the pancakes and cook for 1 min more or until puffed up and firm. Transfer to the oven to keep warm, if you need to, but don't stack the pancakes too closely. Cook the rest of the batter, using a little more oil each time. Serve warm with sliced banana, berries, toasted nuts and a good drizzle of maple syrup or honey.

## Devilled tofu kababs



### Ingredients

8 shallots or button onions

8 small new potatoes

2 tbsp tomato purée

2 tbsp light soy sauce

1 tbsp sunflower oil

1 tbsp clear honey

1 tbsp wholegrain mustard

300g firm smoked tofu, cubed





1 courgette, peeled and sliced

1 red pepper, deseeded and diced

Method

STEP 1

Put the shallots or button onions in a bowl, cover with boiling water and set aside for 5 mins. Cook the potatoes in a pan of boiling water for 7 mins until tender. Drain and pat dry. Put tomato purée, soy sauce, oil, honey, mustard and seasoning in a bowl, then mix well. Toss the tofu in the marinade. Set aside for at least 10 mins.

STEP 2

Heat the grill. Drain and peel shallots or onions, then cook in boiling water for 3 mins. Drain well. Thread the tofu, shallots, potatoes, courgette and pepper on to 8 x 20cm skewers. Grill for 10 mins, turning frequently and brushing with remaining marinade before serving.

Burmese tofu fritters (tofu jaw)



### Ingredients

2 tbsp vegetable oil, plus extra for the dish and fryer

100g gram flour

¼ tsp salt

1 tsp vegetable bouillon powder

¼ tsp ground turmeric

¼ tsp baking powder

For the dipping sauce

1 ½ tbsp golden caster sugar

2 tbsp fish sauce

2 tbsp light soy sauce

2 limes, juiced

2 finger chillies, sliced into rings



3 garlic cloves, crushed

## Method

### STEP 1

Mix all the ingredients for the dipping sauce in a bowl. Cover and set aside.

### STEP 2

Oil a 15 x 20cm casserole dish. Put the flour, salt, bouillon powder, turmeric, baking powder and 350ml water in a large bowl and whisk thoroughly. Cover and leave somewhere cool for 2 hrs, whisking occasionally.

### STEP 3

Pour 250ml boiling water into a large saucepan over a high heat. Add the oil, then pour in the flour mixture and stir slowly with a large spoon. Reduce the heat to medium-high. Continue stirring for up to 10 mins until the mixture starts to bubble and forms a thick, custard-like consistency. Pour into the casserole dish and leave at room temperature to set and cool completely.

### STEP 4

Drain away any excess liquid, wrap the tofu in kitchen paper and place back in the dish. At this point, you can cover and chill for up to 48 hrs until needed.

### STEP 5

When you're ready to fry the fritters, unwrap the tofu and slice it into 5 x 3 x 1cm rectangles.

### STEP 6

Heat a wok or deep-fat fryer with 5cm of oil (no more than one-third full) until you can feel waves of heat when you hold your hand 10cm above the fryer. Gently lower 3 or 4 tofu rectangles into the hot oil – they should start to sizzle almost at once. Fry for 3 mins until golden, then flip gently and fry for a further 3 mins. Remove with a slotted spoon and drain in a colander set over a dish to catch excess oil. Repeat with the next batch.

### STEP 7

When you've fried all the tofu fritters, tip them back into the hot oil and fry for a further 4-5 mins for extra crispness. Drain the tofu fritters on plenty of kitchen paper and serve with the garlic dipping sauce or a sweet chilli sauce.

### Exercise shake



### Ingredients

150ml pomegranate juice

125ml soya milk

1 large banana, peeled and cut into chunks

30g tofu

1 tsp honey

1 tbsp flaked almond



ice cubes

Method

STEP 1

Put pomegranate juice and soya milk in a blender with 2 ice cubes. Blend until the ice has broken down.

STEP 2

Add banana, tofu and honey. Blend until smooth. Pour into a chilled glass and garnish with flaked almonds.

Veggie Thai red curry



## Ingredients

200g firm tofu, cubed

4-5 tbsp soy sauce

juice 3 limes


2 red chillies, 1 finely chopped, 1 sliced into rounds

2 tbsp vegetable oil

400ml can reduced-fat coconut milk

1 courgette, chopped into chunks

1 small aubergine, chopped into chunks



½ red pepper, deseeded and chopped into chunks

140g mushrooms, halved

140g sugar snap pea

20g pack basil, leaves picked

1 tsp brown sugar

jasmine rice, to serve

For the paste

3 red chillies

1 lemongrass, roughly chopped

3 shallots, roughly chopped

½ red pepper, deseeded and roughly chopped

zest 1 lime

stalks from 20g pack coriander

thumb-size piece ginger, grated

2 garlic cloves

1 tsp freshly ground pepper

1 tsp ground coriander

Method

STEP 1

Whizz the paste ingredients in a food processor. Marinate the tofu in 2 tbsp soy sauce, juice 1 lime and the chopped chilli.

STEP 2

Heat half the oil in a large pan. Add 3-4 tbsp paste and fry for 2 mins. Stir in the coconut milk with 100ml water, the courgette, aubergine and pepper and cook for 10 mins until almost tender.

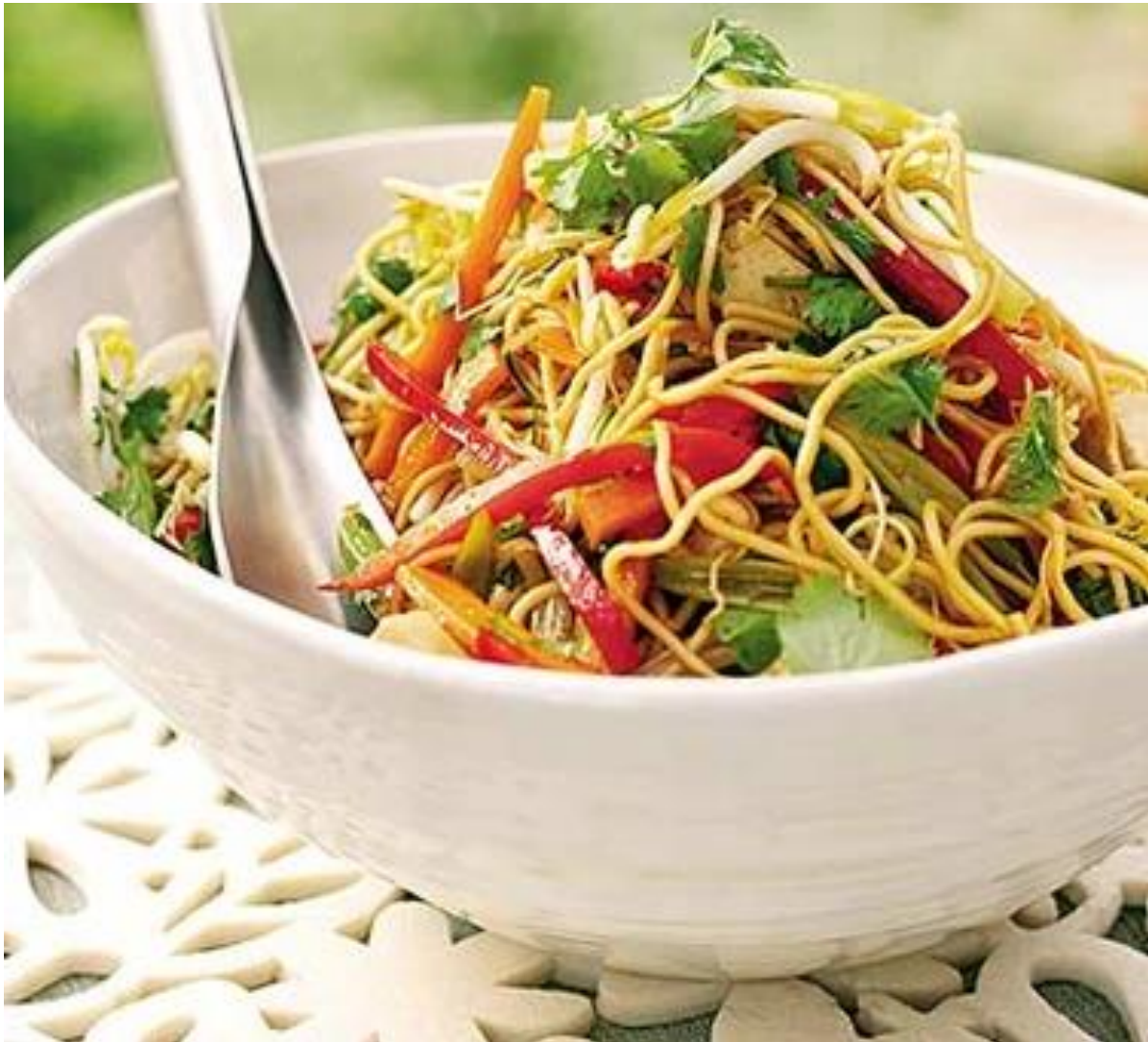
STEP 3

Drain the tofu, pat dry, then fry in the remaining oil in a small pan until golden.

#### STEP 4

Add the mushrooms, sugar snaps and most of the basil to the curry, then season with the sugar, remaining lime juice and soy sauce. Cook for 4 mins until the mushrooms are tender, then add the tofu and heat through. Scatter with sliced chilli and basil and serve with jasmine rice.

#### Stir-fry noodle salad




#### Ingredients

8 kaffir lime leaves (from supermarkets and oriental food stores)

4 tbsp blocks egg noodle

4 tbsp sesame oil





2 red peppers, deseeded and finely sliced  
2 carrots, sliced into batons  
large knob ginger, finely chopped  
bunch spring onion, finely sliced  
6 tbsp soy sauce  
2 large handfuls beansprouts  
250g block tofu, cut into cubes  
1 large bunch coriander, stalks finely chopped, leaves roughly chopped  
2 garlic cloves, finely chopped  
For the dressing  
150ml rice wine vinegar  
2 sticks lemongrass  
1 small piece fresh red chilli (about one-third)  
2 tbsp golden caster sugar

## Method

### STEP 1


To make the dressing, tip all the ingredients and 4 of the torn lime leaves in a small saucepan and bring to a simmer. Boil for 1 min, then remove from the heat to infuse.

### STEP 2

Cook the noodles according to pack instructions, then drain and toss with 3 tbsp of the sesame oil. Leave to cool, tossing occasionally so they don't stick. Set aside.

### STEP 3

Heat the rest of the oil in a wok and stir-fry the peppers, carrots, ginger and garlic for just 1 min, then set aside. To serve, tip the noodles into a bowl and drain over the dressing. Finely shred the remaining lime leaves and toss in with all the other ingredients, setting aside a small handful of coriander leaves. Taste the noodles, adding a splash more vinegar, soy or sesame oil to suit your taste.



Pile the noodles onto a platter or into a large bowl. Scatter over the rest of the coriander and serve.

## Sesame noodles with tofu

### Ingredients

250g pack firm tofu, drained (we used Cauldron)

2 tbsp reduced-salt soy sauce, plus extra to serve (optional)

300g green veg (we used mange tout and halved bok choi)

1 garlic clove, sliced

small knob of ginger, peeled and shredded

300g pack straight-to-wok egg noodle (or use 2 sheets medium dried egg noodles and follow pack instructions)

1 tbsp sesame seed

1 tbsp sesame oil, plus extra to serve (optional)

### Method

#### STEP 1

Cut the tofu into 12 pieces and mix with 1 tbsp of soy sauce and 1 tsp of sesame oil. Heat the remaining oil in a wok, then stir-fry the vegetables, garlic and ginger for 2 mins until the vegetables are starting to wilt. Drizzle with 2 tbsp water, then stir-fry for another min.

#### STEP 2

Add the noodles, sesame seeds and soy sauce from the marinated tofu, then stir-fry for 2 mins. Now add the tofu, splash over the remaining soy sauce, then cover with a lid or baking sheet. Leave for 1 min so that the tofu heats through, then gently mix into the rest of the stir-fry.

#### STEP 3

Lift the noodles and tofu into bowls and splash over a little more soy sauce and sesame oil to serve, if you like.

## Tofu & vegetable patties



### Ingredients

1 carrot, grated

bunch spring onions, sliced, plus extra strips to serve

1 garlic clove, crushed

3cm/1¼ inch piece ginger, grated

400g block firm tofu, drained and crumbled

2 eggs, lightly beaten

2 tbsp each sesame and vegetable oil

sweet chilli sauce, to serve

### Method



## STEP 1

Combine all the ingredients except the oils in a large bowl with some seasoning and mix well. Heat both the oils in a frying pan. Grease an 8cm metal pastry ring or cookie cutter and place in the pan. When hot, pour 5 tbsp of the batter in and turn the heat down to medium.

## STEP 2

Cook 4-5 mins until golden, then take off the ring (be careful, as it may be hot), flip the pattie and cook the other side. Do this in batches, keeping finished patties warm in a low oven. Serve with the chilli sauce and extra spring onions, if you like.

Puy lentils with smoked tofu



## Ingredients

1-cal oil spray

1 large courgette, finely diced

100g smoked tofu, finely diced

½ tsp smoked paprika

1 ½ tbsp balsamic vinegar

250g sachet cooked puy lentils

1 red onion, finely chopped

1 medium roasted red pepper from a jar (not in oil), about 85g, sliced

good handful pea shoots or rocket

## Method

### STEP 1

Spray a non-stick pan with 3 sprays of oil and add the courgettes, tofu and smoked paprika. Cook for a few mins to soften the courgettes. Stir in the balsamic vinegar and allow to sizzle and reduce.

#### STEP 2

Meanwhile, tip the lentils, onion and pepper into a bowl and toss gently to break up any clumps of lentils. Add the tofu and courgettes, and toss again. Will keep for 2 days in the fridge. Scatter over the pea shoots just before serving.

Tofu with stir-fried noodles, pak choi & sugar snap peas




#### Ingredients

195g extra-firm tofu

For the marinade

2 tsp tamari or soy sauce

2cm piece ginger, peeled and finely chopped or grated



1 garlic clove, finely chopped  
2 tbsp lemon or lime juice  
1 tsp sesame oil  
For the stir-fried noodles  
85g vermicelli rice noodle  
2 tsp rapeseed oil  
1 tsp sesame oil  
1 spring onion, trimmed and thinly sliced  
1 garlic clove, finely chopped  
½ red chilli, deseeded and finely chopped  
2cm piece ginger, peeled and finely chopped  
100g sugar snap pea  
100g pak choi (or spinach)  
1 large red pepper, sliced  
1 tsp tamari or soy sauce  
juice ½ lime  
1 tbsp finely chopped coriander

## Method

### STEP 1

Make the marinade by mixing together all the ingredients. Drain the tofu by placing on several sheets of kitchen paper on a plate, with several more on top, and a heavy weight (such as a pan) on top of that. Leave for at least 15 mins. Cut the tofu into cubes and put in a small bowl with the marinade. Cover and leave for 30 mins-1 hr.

### STEP 2

Meanwhile, cook the noodles following pack instructions, then drain and sit them in a bowl of cold water.

### STEP 3



Heat a non-stick frying pan. Add the tofu pieces and fry until hot and crispy. Just before you remove the tofu from the pan, add any remaining marinade and let it sizzle for 10 secs. Place the tofu on a plate and cover with foil to keep warm.

#### STEP 4

In a frying pan or wok, heat the rapeseed and sesame oils over a high heat. Add the spring onion, garlic, chilli and ginger, and stir constantly for about 1 min. Add the sugar snap peas, pak choi and pepper, and stir for another 1-2 mins, then add the cooked noodles. Toss well, then add the soy sauce and lime juice, and mix until well combined and the pan is sizzling.

#### STEP 5

Remove from the heat and divide between 2 bowls. Top each with tofu cubes and drizzle over any juices. Sprinkle with coriander and serve.

Tofu, butternut & mango curry





## Ingredients

½ butternut squash (about 200g), peeled, deseeded and cut into bite-sized pieces

140g firm tofu (we used Cauldron), cut into cubes

1 tbsp rapeseed oil


75g quick-cook brown basmati or wild rice (cook 50g extra if using for Tuna, sweetcorn & pea salad wraps in 'goes well with')

1 onion, finely chopped

1cm piece ginger, peeled and finely chopped

1 garlic clove, finely sliced

1 lemongrass stalk, woody tip and outer leaves removed, bulbous end lightly bashed (to help release oils)



½ red chilli, deseeded and finely chopped  
½ tsp turmeric  
½ tsp ground cumin  
½ tsp ground coriander  
½ ripe mango, peeled, stoned and cut into chunks  
200g baby spinach  
150ml vegetable stock (or water)  
150ml low-fat coconut milk  
1 tsp low-salt tamari or soy sauce  
juice 1 lime  
2 tbsp finely chopped coriander

## Method

### STEP 1

Heat oven to 200C/180C fan/gas 6. <sup>[L]</sup><sub>[SEP]</sub>Tip the butternut squash into a non-stick roasting tin and roast for 15-20 mins or until almost soft. Remove and set aside. Meanwhile, pat the tofu dry and fry in the rapeseed oil in a frying pan until golden brown. Remove from the pan, set aside.

### STEP 2

Meanwhile, cook the rice following pack instructions until tender. Drain and cover to keep warm. (Set aside the extra for Tuna wraps if required - see 'goes well with'.) Heat the oil in a wok or large non-stick frying pan over a medium heat. Add the onion and cook for 2 mins until soft but <sup>[L]</sup><sub>[SEP]</sub>not coloured. Add the ginger, garlic, lemongrass, chilli and spices, and cook for 3 mins more. <sup>[L]</sup><sub>[SEP]</sub>

### STEP 3

Stir through the mango and roasted butternut squash, then add the spinach and pour over the stock and coconut milk. Stir gently to combine, slowly bring to the boil, then reduce to a simmer for a few mins until the spinach starts to wilt. Remove the lemongrass and discard.

### STEP 4

Add the tofu cubes, tamari, lime juice and coriander, and stir well. Just before serving, check the seasoning, adding more lime juice or tamari if needed. Serve with the rice.

### Layered tofu pasta bake




### Ingredients

3 tbsp rapeseed oil

150g celery, finely chopped

320g carrots, finely chopped

3 garlic cloves, chopped



2 tsp thyme leaves  
1 tbsp smoked paprika  
400g can chopped tomatoes  
2 tbsp tomato purée  
800ml hot vegetable stock, made with 2 tsp vegetable bouillon powder  
250g wholemeal penne  
30g basil, chopped, plus a handful of small leaves  
500g frozen spinach  
2 x 250g packs silken tofu  
1 lemon, juiced  
4 tbsp nutritional yeast flakes  
12 pitted green olives, halved

#### Method

##### STEP 1

Heat the oil in a large pan over a medium heat and fry the celery and carrots for 10 mins, stirring frequently until golden. Stir in the garlic, thyme and paprika, stir well, then tip in the tomatoes, tomato purée and stock, and bring to the boil. Tip in the penne, return to the boil, then reduce the heat and cook for 12 mins until the penne is tender. Stir in the chopped basil.

##### STEP 2

Tip the spinach into a heatproof bowl and microwave for 5 mins on high until defrosted. Meanwhile, mash the tofu with the lemon juice and nutritional yeast. Heat the oven to 200C/180C fan/gas 6.

##### STEP 3

Squeeze as much liquid as you can from the defrosted spinach, then arrange in the base of a large, shallow ovenproof dish. Spoon half the pasta mixture on top, then cover with the tofu mixture, followed by the rest of the pasta. Bake for 15-20 mins until bubbling at the edges, then scatter over the olives and remaining basil leaves. Serve half the pasta bake between two people. Cool and chill the rest to eat another day. To serve, reheat on plates in the microwave until piping hot. Will keep chilled for up to four days.

## Smoky tofu tortillas



### Ingredients

1 tbsp vegetable or olive oil

2 onions, each cut into 12 wedges

2 Romano peppers, deseeded and sliced

small pack coriander, leaves picked and stems finely chopped

2 tsp ground cumin

1 tsp hot smoked paprika



200g pack smoked tofu (I liked Taifun), cut into bite-sized pieces

400g can kidney beans, drained and rinsed

400g can cherry tomatoes

1 tbsp dark brown soft sugar

To serve

8 corn & wheat tortillas

2 limes, cut into wedges

extra virgin olive oil, for drizzling

1 large ripe avocado, stoned, peeled and sliced just before serving

thick yogurt or soured cream

Method

STEP 1

Heat the oil in a large frying pan and add the onions and peppers. Season and cook on a high heat for 8 mins or until just tender and starting to char. Add the coriander stems, fry for 1 min, stirring, then add the spices and cook for 2 mins more, stirring, until fragrant.

STEP 2

Tip in the tofu, beans, tomatoes and sugar, and cook for 5 mins until the sauce is quite dry and the tofu is heated through. Warm the tortillas following pack instructions.

STEP 3

Taste the sauce for seasoning and add the coriander leaves and a squeeze of lime. Drizzle over a little extra virgin olive oil and serve with the tortillas, lime halves, avocado and yogurt or soured cream on the side.

Black bean, tofu & avocado rice bowl



## Ingredients

2 tbsp olive or rapeseed oil

1 red onion, chopped

3 garlic cloves, crushed

2 tsp ground cumin

2 x 400g cans black beans, drained and rinsed

zest 2 limes, then 1 juiced, the other cut into wedges to serve

396g pack tofu, halved through the centre, then chopped into small chunks

2 tsp smoked paprika

2 x 200g pouches cooked brown rice

2 small ripe avocados, halved, stoned, peeled and chopped



small bunch coriander, leaves only

1 red chilli, thinly sliced (optional)

Method

STEP 1

Heat the grill to High. Heat 1 tbsp oil in a frying pan, add the onion and cook, stirring, for 5 mins or so until soft. Add the garlic and sizzle for 30 secs more, then stir in the cumin and black beans. Cook for 5 mins until the beans start to pop and are hot through. Stir through the lime zest and juice, and season.

STEP 2

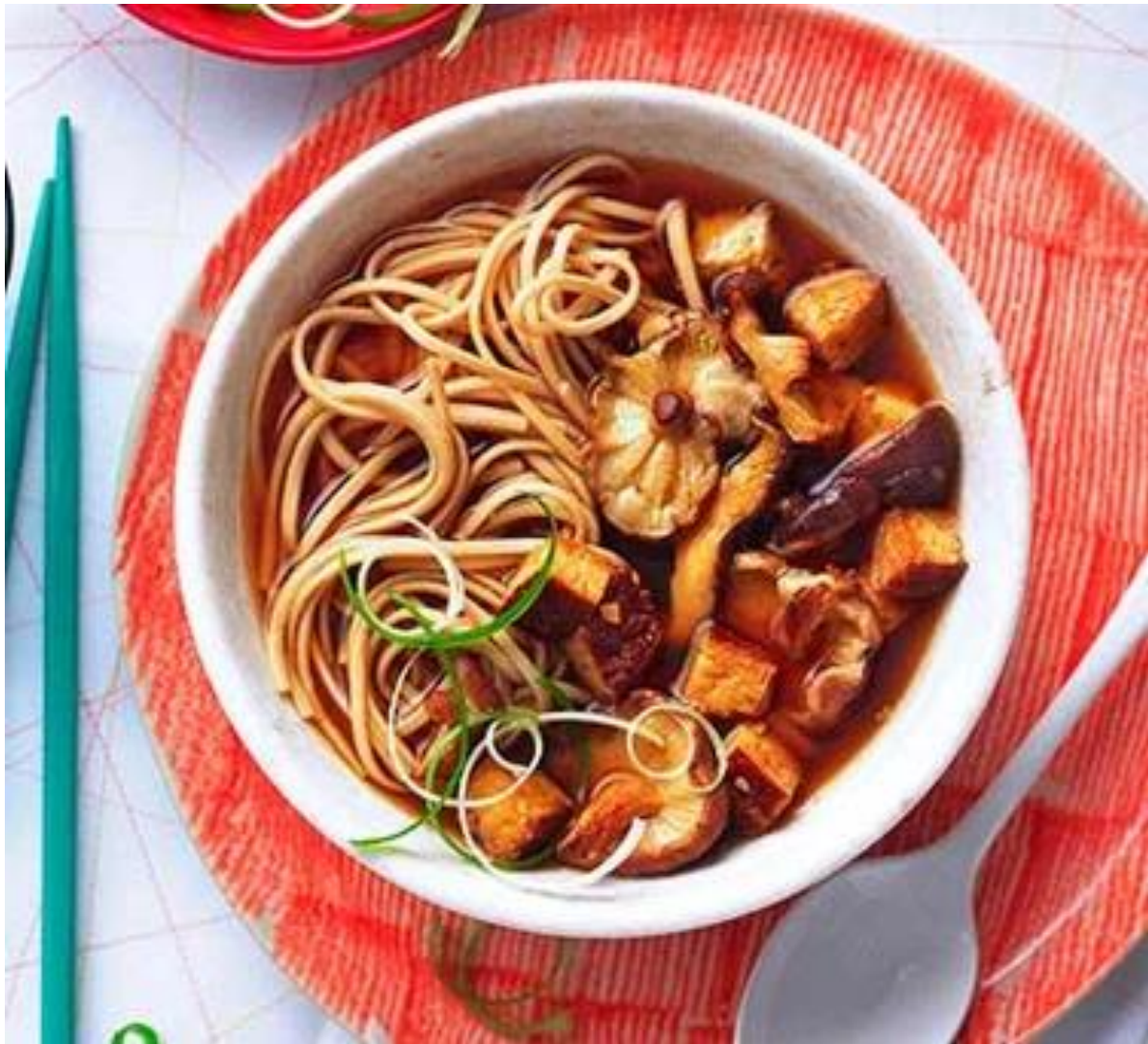
While the beans cook, put the tofu in a bowl and gently toss through the remaining oil, the paprika and some seasoning. Line a baking tray with foil and arrange the tofu on top. Cook under the grill for 5 mins each side until charred all over.

STEP 3

Heat the rice following pack instructions, then divide between bowls. Top with the beans, tofu, avocado, coriander and a wedge of lime. Add a few slices of chilli too, if you like it spicy.

Miso mushroom & tofu noodle soup





## Ingredients

1 tbsp rapeseed oil

70g mixed mushrooms, sliced

50g smoked tofu, cut into small cubes

½ tbsp brown rice miso paste

50g dried buckwheat or egg noodles

2 spring onions, shredded

## Method

### STEP 1

Heat half the oil in a frying pan over a medium heat. Add the mushrooms and fry for 5-6 mins, or until golden. Transfer to a bowl using a slotted spoon and set

aside. Add the remaining oil to the pan and fry the tofu for 3-4 mins, or until evenly golden.

#### STEP 2

Mix the miso paste with 325ml boiling water in a jug. Cook the noodles following pack instructions, then drain and transfer to a bowl. Top with the mushrooms and tofu, then pour over the miso broth. Scatter over the spring onions just before serving.

Miso roasted tofu with sweet potato





## Ingredients

400g firm tofu, drained

100g fine green beans

2 tbsp olive oil

2 tbsp black or white sesame seeds, toasted

2 large sweet potatoes

2 spring onions, finely sliced

For the dressing

3 tbsp white miso (if you can't find it, use 2 tbsp brown miso paste)

3 tbsp mirin

3 tbsp lime juice

## Method

### STEP 1

Heat oven to 200C/180C fan/gas 6. Wrap the tofu in kitchen paper, place in a shallow dish and put a heavy plate on top to help squeeze out the water. When the paper is wet, replace with another wrapping and weigh down again. Chop the tofu into medium cubes (about 2.5cm). In a small bowl, mix the dressing together with a whisk.

### STEP 2

Boil the beans for 1 min, then drain, rinse in cold water and set aside. Line a baking tray with parchment, spread out the tofu and pour over half the dressing. Sprinkle the sesame seeds on top and mix well. Bake for 20-25 mins until golden and crisp. Meanwhile, cut the sweet potatoes in half, place in a bowl, cover with cling film and microwave for 10-15 mins until very soft.

### STEP 3

Mash the sweet potato and serve in bowls with the tofu, green beans, the dressing poured over and some spring onions sprinkled on top.

## Spice-crusted tofu with kumquat radish salad



### Ingredients

200g firm tofu

2 tbsp sesame seeds

1 tbsp Japanese shichimi togarashi spice mix (available from [souschef.co.uk](http://souschef.co.uk))

½ tbsp cornflour

1 tbsp sesame oil


1 tbsp vegetable oil

200g Tenderstem broccoli

100g sugar snap peas

4 radishes, thinly sliced

2 spring onions, finely chopped



3 kumquats, thinly sliced

For the dressing

2 tbsp low-salt Japanese soy sauce

2 tbsp Yuzu juice (or 1 tbsp each lime and grapefruit juice)

1 tsp golden caster sugar

1 small shallot, finely diced

1 tsp grated ginger

Method

STEP 1

Slice the tofu in half, wrap well in kitchen paper and put on a plate. Place a heavy frying pan on top to squeeze the water out of it. Change the paper a few times until the tofu feels dry, then cut into chunky slices. Mix together the sesame seeds, Japanese spice mix and cornflour in a bowl. Sprinkle over the tofu until well coated. Set aside.

STEP 2

In a small bowl, mix the dressing ingredients together and set aside. Bring a pan of water to the boil for the vegetables and heat the two oils in a large frying pan.

STEP 3

When the frying pan is very hot, add the tofu and fry for 1 min or so on each side until nicely browned. Repeat until you have done them all.

STEP 4

When the water is boiling, cook the broccoli and sugar snap peas for 2-3 mins. Drain and divide between two large shallow bowls. Top with the tofu and drizzle over the dressing. Scatter the radishes, spring onions and kumquats on top.

## Soya chunk recipes

[Soya Fried Rice](#)

Now fried rice is a guilty pleasure. But what if we make it? Is it so healthy that it doesn't remain a guilty pleasure anymore!? It's possible with soy-fried rice. You can enjoy your tasty finger-licking fried rice with no guilt



## Soya Kebab

How about the spicy, smoky flavor of tandoori kebab minus animal cruelty? Yes, it's vegan and provides proteins and energy with a sprinkle of lemon juice slow-cooked on coal or wood-burning stove that will quickly quench all your cravings, plus all the nutrients you need to eat there.



## Soya Florentine

As fancy as this dish sounds, it is a plate full of flavors that will quench your craving, plus the health benefits. Soya and spinach cooked in creamy white sauce. You can also add some cheese if it's your cheat day.



### Soya Stuffed Capsicum

How about the smoky and peppery zing with soft, flavorful soya chunks that are filling but still going to leave you craving for more and more? That's what this dish is. It leaves no way left to make your tongue happy.





## Soya Chunks Pakora

Now, this is more of a simple snack than a meal. But its simplicity and adaptivity keep it high on our list. Soaked soft soya chunks of air or oil fried in any batter you like with the condiments of your choice can certainly be your favorite snack of all time once you try them.



## Soya Capsicum Fry

It's crunchy, soft, peppery, and smells like your heartthrob. Literally, it's a kind of dish. You will never get enough of it and thus comes at the eighth number in the list of top 20 healthy and tasty soybean dishes.



### Thai Soybean In Cabbage Cups

Thai soybean in cabbage cups stands in the seventh position on the list. It is soft, crunchy, spicy, sour, and hot. Get ready to devour. That's all this dish is (what were you thinking about!). It's a beauty with bean sprouts.



### Oats And Soya Pancakes

Now we all love pancakes as breakfast. Sadly all-purpose flour isn't as nutritious as your first meal of the day should be. Well, no worries cause now you can have your sweet pancakes with all the nutrition you need and more with oats and soya pancakes.



### Soya 65

What tastes almost identical to chicken 65 but is veg? Soya 65. The soft goodness of soya chunks slithered with all the mouth-watering spices is something your soul will thank.



## Soya Manchurian

Most of us love Manchurian. Many times it's a lot more calories than nutrients. But not with soya Manchurian cause this beauty has it all both delicious flavor and uncountable nutrients.



## Masala Soya Curry

If you love masala potato curry but think it's too high in calories for you! Let us clear your misconception. If cooked healthily, it can be low in calories and high in nutrients, and tastes as good as ever.



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### Chilli Soya Nuggets

What tastes almost like chili chicken nuggets but is vegetarian? You guessed it right! Chilli soya nuggets because it's surreally similar to it. It tastes great and is much healthier than your simple plate of chicken nugget chili.



### Soya Milkshakes

Now I see half of you fake gaging thinking about Soymilk saying that it is gross. That's not true. If you follow the right recipe, you can make yourself a real treat. Use a trusted recipe and your favorite milkshake flavor and enjoy your tasty and healthy soy treat.



### Soya Kofta

Now, who does not like creamy koftas? It takes just a few alterations of ingredients into soya to make a healthier version of this beautiful dish. This recipe is going to make your heart flutter with joy.



### Soya Keema Sandwich

Sandwich is a staple favorite for every kid and even adults. But sometimes it gets too unhealthy. Using raw Veggies as your sandwich filling kills the mood. What if we can make it as tasty as ever but add a lot more nutrients? Soya keema sandwich is here to help. It is a delicious dish with a spicy flavor that will make you dance.





## Soya Coffee

How about sneaking nutrients into your daily dose of coffee that your mother scolds you for consuming loads every day? You can defend yourself by showing the nutrients you are getting every day just by having it with a substitute of soy milk or soy creamer instead of your regular milk and creamer and enjoy your favorite coffee. It also gives your body some extra nutrition points.



### Soya chunks salad

Now we all have mixed feelings about salads. We all have heard that it's healthy. But does it provide enough for our body? Is it tasty enough? Well, how about adding crunchy soya chunks to it? With high nutritional value, serve yourself a healthy delicacy.



### Soya Chunks Roast

Who doesn't like the smoky, Savory flavor of roasted food? What if we add a lot more nutrients and flavor to it? Soya chunks to your rescue as this roast is Going to make you fall in love with soybean but at the same time will also make your body grateful for the nutrients you will be getting.



Soya Bean Bhel

Spicy, savory, tangy bhel but 1000 times more healthy! Soya bean bhel is that Beauty cause this delicacy has both health and deliciousness and so is going to quench your guilty pleasures without any guilt.



Shahi Soya Sabzi

Creamy goodness seems like it should be on your cheat meals list. But it is a healthy option! It is Shahi soya sabzi, a royal dish made to make your soul at peace and your body as happy as it could be.



Masala Soybeans



Ingredients of Masala Soybeans  
150 Gram Soybean (whole)  
1 Onion, chopped  
2 tbsp Ginger, chopped  
2 tbsp Garlic, chopped  
1 Tomato, chopped  
Green chillies, chopped  
A pinch of Turmeric Powder  
to taste Red Chilli Powder  
to taste Salt  
1 tbsp Chaat Masala  
Refined Oil

### How to Make Masala Soybeans

1. Wash and soak soybean overnight.
2. Pressure cook the soaked soybeans till they are soft.
3. Heat oil in a pan, add chopped ginger and garlic. After they turn golden brown, add chopped onions and saute.
4. Add chopped tomato to this mixture and cook till the tomato pieces are soft.
5. Add green chillies, turmeric powder, red chilli powder, salt followed by boiled beans and stir for two minutes.
6. Add two cups of water and allow to simmer for 10 minutes.
7. Keep it on low flame, stir occasionally till the water is almost gone.
8. Sprinkle chaat masala over the beans and serve hot.

### Soya Bean Curry



### SOYA DOSA



Soya Bean Potato Curry



Soya Biryani | Soya Chunks Biryani



Punjabi Soya Chaap





Hearty Soya Bean Soup



SPINACH AND SOYA BEAN PALAVA SAUCE



mushroom black soy bean chili



## OTHER VEGAN RECIPES

### Vegan jambalaya




#### Ingredients

2 tbsp olive oil

1 large onion (180g), finely chopped

4 celery sticks, finely chopped

1 yellow pepper, chopped



2 tsp smoked paprika  
½ tsp chilli flakes  
½ tsp dried oregano  
115g brown basmati rice  
400g can chopped tomatoes  
2 garlic cloves, finely grated  
400g butter beans, drained and rinsed  
2 tsp vegetable bouillon powder  
large handful of parsley, chopped

#### Method

##### STEP 1

Heat the oil in a large pan set over a high heat and fry the onion, celery and pepper, stirring occasionally, for 5 mins until starting to soften and colour.

##### STEP 2

Stir in the spices and rice, then tip in the tomatoes and a can of water. Stir in the garlic, beans and bouillon. Bring to a simmer, then cover and cook for 25 mins until the rice is tender and has absorbed most of the liquid. Keep an eye on the pan towards the end of the cooking time to make sure it doesn't boil dry – if it starts to catch, add a little more water. Stir in the parsley and serve hot.

Vegan chilli



## Ingredients

3 tbsp olive oil

2 sweet potatoes, peeled and cut into medium chunks

2 tsp smoked paprika

2 tsp ground cumin


1 onion, chopped

2 carrots, chopped

2 celery sticks, chopped

2 garlic cloves, crushed

1-2 tsp chilli powder (depending on how hot you like it)



1 tsp dried oregano  
1 tbsp tomato purée  
1 red pepper, cut into chunks  
2 x 400g cans chopped tomatoes  
400g can black beans, drained  
400g can kidney beans, drained  
lime wedges, guacamole, rice and coriander to serve

## Method

### STEP 1

Heat the oven to 200C/180C fan/gas 6. Put the sweet potato in a roasting tin and drizzle over 1½ tbsp oil, 1 tsp smoked paprika and 1 tsp ground cumin. Give everything a good mix so that all the chunks are coated in spices, season with salt and pepper, then roast for 25 mins until cooked.

### STEP 2

Meanwhile, heat the remaining oil in a large saucepan over a medium heat. Add the onion, carrot and celery. Cook for 8-10 mins, stirring occasionally until soft, then crush in the garlic and cook for 1 min more. Add the remaining dried spices and tomato purée. Give everything a good mix and cook for 1 min more.

### STEP 3

Add the red pepper, chopped tomatoes and 200ml water. Bring the chilli to a boil, then simmer for 20 mins. Tip in the beans and cook for another 10 mins before adding the sweet potato. Season to taste then serve with lime wedges, guacamole, rice and coriander. Will keep, in an airtight container in the freezer, for up to three months.

### To make in a slow cooker

Heat the oil in a large frying pan over a medium heat. Add the onion, carrot and celery. Cook for 8-10 mins, stirring occasionally until soft, then crush in the garlic, tip in the sweet potato chunks and cook for 1 min more. Add all the dried spices, oregano and tomato purée, cook for 1 min, then tip into a slow cooker.

Add the red pepper and chopped tomatoes. Give everything a good stir then cook on low for 5 hrs. Stir in the beans and cook for another 30 mins to 1 hr. Season to taste and serve with lime wedges, guacamole, rice and coriander.

## Crispy banana fritters (pisang goreng wijen)



### Ingredients

neutral oil, like rapeseed, sunflower or vegetable, for deep-frying

10 ripe apple or saba bananas, peeled (see tip, below), or 5 overripe plantains, peeled and halved (or cut into thirds if they're very big)

For the batter

100g plain flour

50g rice flour

¼ tsp baking powder

2 tbsp white sesame seeds





## Method

### STEP 1

Pour the oil into a saucepan to a depth of 5cm and heat to 170C. (If you don't have a temperature probe, see step 2.) Meanwhile, mix the batter ingredients with 200ml ice-cold water and ¼ tsp salt in a large bowl until fully combined.

### STEP 2

Check the oil is ready. If you don't have a temperature probe, drop in a little batter – it should sizzle immediately. Dip a piece of banana into the batter. Gently lower into the oil and fry until crisp and golden brown, about 3 mins. Repeat with all the banana pieces and batter, regulating the oil temperature so that it doesn't get too hot. Put the cooked fritters on a baking tray in a low oven to keep warm, then drain on a cooling rack over a baking tray lined with kitchen paper.

Vegan simnel cake



## Ingredients

200ml soya milk

1 lemon, zested and ½ juiced

500g marzipan

icing sugar, for dusting

250g dairy-free spread, plus extra for the tin

250g mixed dried fruit (we used sultanas, raisins and candied peel)

75g glacé cherries, roughly chopped

1 orange, zested and juiced

200g light brown soft sugar



200g plain flour

75g ground almonds

1 tsp baking powder

½ tsp ground ginger

½ tsp ground cinnamon

1 tsp mixed spice

2 tsp vanilla bean paste

25g apricot jam, warmed, plus extra for sticking the marzipan balls to the cake

Method

STEP 1

Mix the soya milk with the lemon juice in a jug and set aside for a few minutes to thicken. Cut 150g of the marzipan from the larger block. Roll this out on a work surface lightly dusted with icing sugar until it's just slightly smaller than the base of a 23cm cake tin. Using the dairy-free spread, butter a 23cm springform cake tin and line with a double layer of baking parchment. Heat the oven to 180C/160C fan/gas 4.

STEP 2

Mix the dried fruit, lemon zest, chopped cherries and orange zest and juice together in a large bowl, tossing a few times until well combined.

STEP 3

Beat the vegan spread with the brown sugar until pale using an electric whisk, then add the flour, almonds, baking powder, spices and vanilla. Tip in the milk mixture until you have a smooth batter. Fold in the fruit along with a pinch of salt and any juice from the bowl until well combined – don't worry if the batter looks slightly curdled.

STEP 4

Spoon half the batter into the prepared tin, then gently smooth the surface with the back of the spoon and top with the round of marzipan. Spoon over the remaining batter and smooth the surface again. Bake for 30 mins, then reduce the oven to 150C/130C fan/gas 2 and bake for another 1 hr 45 mins-2 hrs, or until a skewer comes out clean and the cake is well-risen and firm. Carefully

remove from the tin and leave to cool completely on a wire rack. Cut into slices to serve. Will keep for two weeks in an airtight container.

#### STEP 5

Brush the warm apricot jam over the cooled cake. Cut a 200g piece from the remaining marzipan and roll it out again as before. Cut out a 23cm circle using the base of the cake tin as a guide. Use the rolling pin to help you lift the marzipan circle over the cake and gently press it onto the surface (the apricot jam will help it stick). Divide the remaining marzipan into 11 pieces and roll into balls. Use a little more jam to stick the balls around the edge of the cake – these represent the 12 apostles, minus Judas. If you like, use a kitchen blowtorch to slightly burnish the marzipan balls and topping until just golden (do this carefully so they don't burn).

#### Vegan chickpea curry jacket potatoes




#### Ingredients

4 sweet potatoes

1 tbsp coconut oil

1 ½ tsp cumin seeds

1 large onion, diced



2 garlic cloves, crushed  
thumb-sized piece ginger, finely grated  
1 green chilli, finely chopped  
1 tsp garam masala  
1 tsp ground coriander  
½ tsp turmeric  
2 tbsp tikka masala paste  
2 x 400g can chopped tomatoes  
2 x 400g can chickpeas, drained  
lemon wedges and coriander leaves, to serve

## Method

### STEP 1

Heat oven to 200C/180C fan/gas 6. Prick the sweet potatoes all over with a fork, then put on a baking tray and roast in the oven for 45 mins or until tender when pierced with a knife.

### STEP 2

Meanwhile, melt the coconut oil in a large saucepan over medium heat. Add the cumin seeds and fry for 1 min until fragrant, then add the onion and fry for 7-10 mins until softened.

### STEP 3

Put the garlic, ginger and green chilli into the pan, and cook for 2-3 mins. Add the spices and tikka masala paste and cook for a further 2 mins until fragrant, then tip in the tomatoes. Bring to a simmer, then tip in the chickpeas and cook for a further 20 mins until thickened. Season.

### STEP 4

Put the roasted sweet potatoes on four plates and cut open lengthways. Spoon over the chickpea curry and squeeze over the lemon wedges. Season, then scatter with coriander before serving.

## Easy vegan pancakes



### Ingredients

300g self-raising flour

1 tsp baking powder

1 tbsp sugar (any kind)

1 tbsp vanilla extract

400ml plant-based milk (such as oat, almond or soya)

1 tbsp vegetable oil for cooking



To serve (optional)

banana slices, blueberries, maple syrup, vegan chocolate chips, plant-based yogurt

Method

STEP 1

Whisk the flour, baking powder, sugar, vanilla extract and a pinch of salt in a bowl using a balloon whisk until mixed. Slowly pour in the milk until you get a smooth, thick batter.

STEP 2

Heat a little of the oil in a non-stick frying pan over a medium-low heat, and add 2 tbsp batter into the pan at a time to make small, round pancakes. You will need to do this in batches of two-three at a time. Cook for 3-4 mins until the edges are set, and bubbles are appearing on the surface. Flip the pancakes over and cook for another 2-3 mins until golden on both sides and cooked through. Keep warm in a low oven while you cook the remaining pancakes.

STEP 3

Serve stacked with lots of toppings of your choice, or serve with bowls of toppings for everyone to help themselves.

Vegan scones



## Ingredients

350g self-raising flour, extra for dusting

¼ tsp salt

1 tsp baking powder

3 tbsp caster sugar

95g vegan vegetable spread

150ml soy milk, plus extra to glaze

jam, to serve

vegan cream alternative, e.g. oat-based crème fraîche, to serve

## Method





#### STEP 1

Mix the flour, salt, baking powder and sugar in a bowl. Rub in the vegetable spread until you have fine breadcrumbs. You can also gradually pulse it in a food processor until it resembles breadcrumbs.

#### STEP 2

Gradually stir the milk into the flour mixture until you have a smooth dough.

#### STEP 3

Lightly dust your surface with flour and gently roll out the scone dough until 2cm thick. Transfer onto a baking tray lined with parchment and put it in the fridge for 30 mins to firm up.

#### STEP 4

Remove the dough from the fridge and using a 7cm cutter, cut out the scones. Put them, top side down, onto another baking sheet lined with paper, leaving a 2cm gap between each one. This gives the scones an even top. Brush with the extra milk, making sure that it doesn't drip onto the sides (otherwise they will rise unevenly). Put the scones in the freezer for 15 mins. Heat the oven to 220C/200C fan/gas 7. Remove from the freezer and bake for 15-20 mins until golden brown. Serve with jam and vegan cream, if you like.

Hasselback potatoes



## Ingredients

1.5kg medium-sized floury potatoes (Maris piper or King Edward work well),  
peeled if you like

4 tbsp vegetable oil

4 garlic cloves, bashed

a few sprigs of rosemary

sea salt flakes

## Method

### STEP 1

Heat the oven to 200C/180C fan/gas 6. Use a metal skewer and insert through the back of one of the flatter sides of the potato. It should go through most of the potato. Place on a chopping board, skewer-side down, and slice through the potato (be careful not to cut all the way through on both ends). You can also put each potato in-between two handles of wooden spoons, and cut through to the spoon, if this is easier for you. A sharp knife will help to make slices a few mm apart. Remove the skewer and repeat with the remaining potatoes.

## STEP 2

Put the potatoes cut-side up on a shallow baking tray and drizzle over the oil. Rub each potato with your hands to coat well in the oil, getting some in between the slices. Toss in the bashed garlic, rosemary, and season well. Roast for 50 mins – 1 hr until the potatoes are tender throughout and the tops are golden and crisp. Baste with any oil in the pan halfway cooking to get extra crisp potatoes.

## Vegan burritos



### Ingredients

- 4 large or 8 small tortilla wraps
- 2 large handfuls spinach leaves, shredded
- 1 avocado, thinly sliced (optional)



hot sauce, to serve

For the chipotle black beans

1 tbsp oil

1 garlic clove, crushed

1 tbsp chipotle paste

400g can chopped tomatoes

400g black beans, drained

1 bunch coriander, chopped

For the lime and red onion rice

250g wholegrain rice, cooked and drained

1 lime, juiced

½ red onion, very finely chopped

50g hazelnuts, roughly chopped

Method

STEP 1

To make the beans, heat the oil in a pan and fry the garlic for a minute, then stir in the chipotle paste. Tip in the tomatoes, stir and bring to a simmer. Season with salt. Simmer until thick, add the beans and cook briefly (make sure any water gets cooked off), then stir in the coriander.

STEP 2

If you are using cold cooked rice, then warm it through, stir in the lime juice, red onion and nuts and season well.

STEP 3

Lay out the tortillas and sprinkle over some spinach, add some avocado slices and some rice, then top with the bean mix. Add a shake of hot sauce, if you like. Roll the bottom up, then fold the sides in to stop the filling falling out as you roll. Wrap tightly in foil, if you like, and cut in half.

## Sweet potato & peanut curry



### Ingredients

1 tbsp coconut oil

1 onion, chopped

2 garlic cloves, grated


thumb-sized piece ginger, grated

3 tbsp Thai red curry paste (check the label to make sure it's vegetarian/ vegan)

1 tbsp smooth peanut butter

500g sweet potato, peeled and cut into chunks

400ml can coconut milk



200g bag spinach

1 lime, juiced

cooked rice, to serve (optional)

dry roasted peanuts, to serve (optional)

Method

STEP 1

Melt 1 tbsp coconut oil in a saucepan over a medium heat and soften 1 chopped onion for 5 mins. Add 2 grated garlic cloves and a grated thumb-sized piece of ginger, and cook for 1 min until fragrant.

STEP 2

Stir in 3 tbsp Thai red curry paste, 1 tbsp smooth peanut butter and 500g sweet potato, peeled and cut into chunks, then add 400ml coconut milk and 200ml water.

STEP 3

Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.

STEP 4

Stir through 200g spinach and the juice of 1 lime, and season well. Serve with cooked rice, and if you want some crunch, sprinkle over a few dry roasted peanuts.

Vegan banana muffins



## Ingredients

2 large bananas (about 225g), blackened and peeled

50ml vegetable or sunflower oil

65g light brown sugar

150g plain flour

2 tsp baking powder

2 tsp cinnamon

50g dried fruit and seed mix

2 tbsp oats

2 tbsp mixed seeds

## Method

### STEP 1

Heat the oven to 180C/160C fan/gas 4. Mash the bananas in a medium bowl with a fork, then mix in the oil and sugar until combined.

#### STEP 2

Add the flour, baking powder, cinnamon and dried fruit and seed mix. Mix until well combined.

#### STEP 3

Line a cupcake (or muffin) tray with 10-12 cupcake cases (the amount you need will depend on how big the bananas are) and fill them  $\frac{3}{4}$  full of the mixture. Sprinkle with the oats and mixed seeds.

#### STEP 4

Bake for 25 mins, or until a skewer inserted into the middle of a muffin comes out clean. Leave to cool on a wire rack.

### Roasted aubergine & tomato curry




#### Ingredients

600g aubergine, or baby aubergines sliced into rounds

3 tbsp olive oil

2 onions, finely sliced





2 garlic cloves, crushed  
1 tsp garam masala  
1 tsp turmeric  
1 tsp ground coriander  
400ml can chopped tomatoes  
400ml can coconut milk  
pinch of sugar (optional)  
½ small pack coriander, roughly chopped  
rice or chapatis, to serve

## Method

### STEP 1

Heat oven to 200C/180C fan/gas 6. Toss the aubergines in a roasting tin with 2 tbsp olive oil, season well and spread out. Roast for 20 mins or until dark golden and soft.

### STEP 2

Heat the remaining oil in an ovenproof pan or flameproof casserole dish and cook the onions over a medium heat for 5-6 mins until softening. Stir in the garlic and spices, for a few mins until the spices release their aromas.

### STEP 3

Tip in the tomatoes, coconut milk and roasted aubergines, and bring to a gentle simmer. Simmer for 20-25 mins, removing the lid for the final 5 mins to thicken the sauce. Add a little seasoning if you like, and a pinch of sugar if it needs it. Stir through most of the coriander. Serve over rice or with chapatis, scattering with the remaining coriander.

Vegan sausage rolls



## Ingredients

250g chestnut mushrooms

3 tbsp olive oil

2 leeks, finely chopped

2 large garlic cloves, crushed

1 tbsp finely chopped sage leaves

1 tbsp brown rice miso

2 tsp Dijon mustard

30g chestnuts, very finely chopped

70g fresh white breadcrumbs

1 x 320g sheet ready-rolled puff pastry (not the all-butter version)

plain flour for dusting



dairy-free milk (like soya milk), to glaze

## Method

### STEP 1

Tip the mushrooms into a food processor and pulse until they are very finely chopped. Put half the olive oil in a large frying pan, add the leeks along with a pinch of salt and fry gently for 15 mins or until softened and golden brown. Scrape the leeks out of the pan, into a bowl and set aside to cool a little.

### STEP 2

Heat the remaining oil in the pan and fry the mushrooms for 10 mins over a medium heat. Add the garlic, sage, miso and mustard, and fry for a further minute. Leave to cool slightly.

### STEP 3

Heat the oven to 200C/180C fan/gas 6. Tip the mushroom mixture into the bowl with the leeks, then add the chestnuts and breadcrumbs. Season, then mix everything together until you have a slightly stiff mixture.

### STEP 4

Unravel the pastry on a floured surface, then roll the pastry out so that one side measures 43 cm. Mould the mushroom and leek mixture into a sausage shape down the centre of the pastry, then bring the pastry up around the filling and seal along the seam with a fork. Cut into ten pieces. Lay on a parchment-lined baking sheet and brush each piece with milk. Bake for 25 mins or until deep, golden brown. Leave to cool a little and sprinkle with sesame seeds before serving.

Vegan chocolate party traybake



## Ingredients

215ml sunflower oil, plus extra for the tin

300ml soy milk, almond or coconut milk

2 tsp apple cider vinegar

335g light muscovado sugar

1 tsp vanilla extract or vanilla bean paste

175g soy yogurt or coconut yogurt

300g self-raising flour

105g cocoa powder

1 tsp baking powder

1 tsp bicarbonate of soda

For the buttercream

100g dark dairy-free chocolate

140g vegan spread, at room temperature



1 tsp vanilla bean paste or extract

265g icing sugar, sifted

½–1 tbsp plant milk (whatever you used in the sponge)

colourful sprinkles (make sure they're suitable for vegans), to decorate (optional)

Method

STEP 1

Heat the oven to 180C/160C fan/gas 4. Oil a 23 x 33cm baking tin (at least 4cm deep) and line the bases and sides with baking parchment. Whisk the milk and vinegar together in a jug – the milk should curdle slightly. Set aside.

STEP 2

Whisk the sugar, oil and vanilla extract together in a bowl, then whisk in the yogurt, making sure to break down any sugar lumps. Pour in the soured milk and mix well.

STEP 3

Sift the flour, cocoa powder, baking powder, bicarbonate of soda and ¼ tsp salt into a separate bowl and stir well to combine. Gradually whisk the wet ingredients into the dry until you have a smooth batter, but be careful not to over-mix.

STEP 4

Pour the batter into the tin and bake for 30-35 mins, until well risen and springy, and a skewer inserted into the centre comes out almost clean. A few sticky crumbs are fine, but the mixture should not be wet.

STEP 5

Leave the cake to cool in its tin for 20 mins, then carefully turn out onto a wire rack to cool completely. It will be delicate so be gentle. The sponge will keep, covered, at room temperature for up to two days.

STEP 6

For the vegan buttercream, melt the chocolate in the microwave or a bowl set over a pan of simmering water. Leave to cool. Beat the spread and vanilla on high speed in a stand mixer for a few minutes until pale and fluffy. Add the icing sugar gradually, beating on slow to start with, then turning up the speed to max until the mixture is light and creamy. Pour in the cooled chocolate and combine



thoroughly, add a splash of plant milk if the icing is very stiff. Chill the buttercream for at least 30 mins before using.

#### STEP 7

When the cake is completely cool, spread the icing over the top and decorate with the sprinkles, if you like. Keep the cake in the fridge to stay firm, then remove 1 hr before serving. Will keep, covered, in the fridge, for up to three days.

Vegan trifle



50ml vegetable oil, plus extra for the tin

1 tsp vanilla bean paste

1 tbsp lemon juice

200ml plant milk

$\frac{1}{4}$  tsp baking powder

125g caster sugar

200g self-raising flour

For the compote

400g raspberries or mixed berries, fresh or frozen

100g caster sugar

1 tbsp lemon juice

For the custard



50g cornflour

500ml plant milk

75g caster sugar

1 tsp vanilla bean paste

a pinch turmeric

For the cream

250ml whippable plant cream

2-3 tsp icing sugar, plus extra for dusting

1 tsp vanilla bean paste

To serve

300g raspberries

10 mint leaves

3 tbsp flaked almonds

Method

STEP 1

To make the sponge, heat the oven to 180C/160C fan/gas 4 and oil and line a 20cm square or round cake tin with parchment. Mix the vegetable oil, vanilla paste, lemon juice and plant milk in a jug. Tip the baking powder, caster sugar and flour into a large bowl. Make a well and slowly whisk in the vegetable oil mixture until smooth, then spoon into the prepared tin and bake for 30-40 mins until golden and a skewer inserted into the middle comes out clean. Transfer to a wire rack and leave to cool completely.

STEP 2

Meanwhile, make the compote. Put the raspberries, sugar, lemon and 50ml water in a small pan, bring to a simmer and cook for 4-6 mins until the fruit breaks down a little to a sauce. Remove and set aside to cool.

STEP 3





To make the custard, put the cornflour in a bowl and add a splash of the cold plant milk, and stir until lump-free. Pour this mixture into a saucepan with the remaining ingredients, including the rest of the milk, and cook over a low heat for 6-8 mins, stirring often, until you get a thick custard that coats the back of a spoon thickly. Cover the surface with a piece of parchment and set aside to cool.

#### STEP 4

To assemble, cut the sponge into squares or fingers, and place in the bottom of a trifle dish. Spoon over the compote, then add 150g of the raspberries. Give the cooled custard a brief whisk, then pour over the top of the raspberries. Chill for 1-2 hrs until the custard has set.

#### STEP 5

Whip all of the ingredients for the cream together until you get soft peaks (it's best to taste the cream for sweetness before adding the icing sugar), and spoon over the top of the set custard. Chill until ready to serve. Scatter with the remaining raspberries, mint, almonds and a dusting of icing sugar to decorate, if you like.

Paprika potato wedges



## Ingredients

800g floury potatoes, such as Maris Piper

4 tbsp sunflower oil

1 tsp fine sea salt

1 tsp sweet paprika

1 tbsp red wine vinegar

½ tsp ground black pepper

1 tsp coarse sea salt flakes, optional

## Method

### STEP 1

Heat the oven to 220C/200C fan/gas 7. Cut the potatoes lengthwise into sixths or eighths with the skins on. In a bowl, mix the sunflower

oil with the paprika and salt. Add the vinegar and the pepper, and use it to marinate the potatoes while the oven preheats.

## STEP 2

Line a baking sheet with parchment paper and spread the potato wedges across it. Roast for 30 mins until crispy and golden, turning halfway through – this ensures they get nice and crispy on both sides. To serve, sprinkle with some sea salt flakes, if you like.

This recipe has been provided by Das Kochrezept and not been re-tested by us.

## Vegan kale pesto pasta



### Ingredients

150g kale

small bunch of basil

1 small garlic clove

3 tbsp pumpkin seeds

5 tbsp extra virgin olive oil

3 tbsp nutritional yeast



1 lemon, zested and juiced

350g wholemeal spaghetti

Method

STEP 1

Bring a pan of water to the boil. Cook the kale for 30 secs, drain and transfer to a bowl of ice-cold water for 5 mins. Drain again and pat dry with kitchen paper.

STEP 2

Put the basil, garlic, seeds, oil, nutritional yeast, lemon juice and zest, and drained kale in a food processor. Blitz until smooth, then season. Loosen with a splash of water, if it's too thick.

STEP 3

Cook the pasta following pack instructions, then toss with the pesto and serve.

Crunchy peanut butter & banana pots



## Ingredients

300g porridge oats

2 tsp cinnamon, plus extra for sprinkling

2 medium bananas, finely chopped

500g pot fortified soya yogurt

80g crunchy peanut butter

## Method

### STEP 1

Put the oats and cinnamon in a large pan with 1.3 litres water, then bring to the boil. Reduce to a low heat and simmer until the oats are cooked and the mixture has thickened, stirring occasionally. Stir in the chopped bananas, cook for 1 min,

then remove the pan from the heat. Leave to cool for a few minutes, then stir in 6 tbsp of the soya yogurt.


#### STEP 2

Beat the peanut butter into the remaining yogurt until well combined. Divide half the oat mixture into the base of six glass tumblers and spoon in half of the nutty yogurt. Top with the rest of the oat mixture, then the remaining yogurt mixture to create layers. Will keep covered and chilled for up to four days. To serve, dust with a little cinnamon, if you like.

#### Vegan ginger loaf cake



#### Ingredients



100ml vegetable oil, plus extra for the tin  
275g self-raising flour  
150g dark muscovado sugar  
1 tsp baking powder  
1 tbsp ground ginger  
50g treacle  
50g stem ginger from a jar, finely grated, plus 1 tsp of the ginger syrup  
150g icing sugar  
½ lemon, juiced  
4 crystallised stem ginger pieces, sliced

## Method

### STEP 1

Heat the oven to 200C/180C fan/gas 6. Oil a 900g loaf tin (ours was 19 x 9 x 6cm) and line with a long strip of baking parchment. Mix the flour, muscovado sugar, baking powder and ground ginger together in a large bowl. Tip in the oil, treacle, grated stem ginger and 170ml cold water, then beat together until smooth using a wooden spoon.

### STEP 2

Pour the cake mixture into the prepared tin and bake in the centre of the oven for 45-50 mins until a skewer inserted into the middle comes out clean. Leave to cool in the tin for 5 mins, then transfer to a wire rack to cool fully.

### STEP 3

Sieve the icing sugar into a bowl, add the ginger syrup and mix in just enough lemon juice to make a thick, pourable icing that can coat the back of a spoon. Put the cake on a plate or stand, remove the parchment and drizzle over the icing. Immediately scatter over the stem ginger. Cut the cake into thick slices to serve.

## Jackfruit bolognese with vegan parmesan



### Ingredients

1 tbsp rapeseed oil

320g carrots (3 medium), finely chopped

4 celery sticks (320g), finely chopped

4 garlic cloves, finely grated

410g can jackfruit in water, drained and finely chopped

100g red lentils

3 tbsp tomato purée

4 tsp vegetable bouillon powder (check it's vegan)





1 tbsp chopped thyme  
325g wholemeal spaghetti  
chopped parsley, to serve (optional)

For the vegan parmesan

40g cashews  
4 tsp nutritional yeast  
1 tsp garlic granules

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Method

STEP 1

Heat the oil in a large non-stick pan and fry the carrots, celery and garlic for 10 mins, stirring every now and then.

STEP 2

Meanwhile, make the vegan parmesan. Tip the cashews, nutritional yeast and garlic granules into a food processor and blitz to fine crumbs. Add a little salt, if needed, and set aside.

STEP 3

Tip the jackfruit into the veg mix with the lentils, 700ml water, the tomato purée, bouillon powder and thyme, then cover and cook for 25 mins. Add a little more water if needed – it should be pulpy.

STEP 4

Meanwhile cook half the spaghetti, following pack instructions, until al dente. If following the Healthy Diet Plan toss with half the sauce, divide between two bowls and sprinkle with half of the vegan parmesan and parsley, if using. The sauce will keep, covered, in the fridge for up to 3 days, or in the freezer for up to 3 months.

## Easy vegan wellington



90g dried porcini mushrooms

2 tbsp olive oil

1 large onion, finely chopped

250g chestnut mushrooms, finely chopped

2 garlic cloves, crushed

500g sweet potatoes (about 2 large), peeled and cut into 2cm chunks


1 tbsp finely chopped rosemary

1 tbsp finely chopped sage, plus 4 whole leaves

100g soft white breadcrumbs

2 tbsp pomegranate molasses (see tip below)

40g chopped walnuts or pecans



40g dried cranberries

grating of nutmeg

2 x 320g sheets dairy-free puff pastry

plain flour, to dust

3 tbsp plant-based milk

1 tbsp English mustard or Dijon mustard with a pinch of turmeric

Method

STEP 1

Put the dried mushrooms in a heatproof bowl and pour over 500ml boiling water from the kettle. Stir and press them down so they're well covered, then leave to soak.

STEP 2

Heat the olive oil in a wide frying pan over a medium heat, and fry the onion and chestnut mushrooms until the veg is very soft and the mushrooms look wilted and reduced, about 20 mins.

STEP 3

Stir in the garlic and sweet potatoes, then the rehydrated mushrooms and their soaking liquid, leaving the last dregs of the liquid in the bowl (this may contain grit from the mushrooms). Cover and cook for 15 mins until the sweet potatoes are just softened, and most of the liquid has evaporated. Add a splash more water halfway through if the liquid evaporates too quickly.

STEP 4

Remove the lid and stir in the chopped herbs, breadcrumbs, molasses, nuts and cranberries. Season well and sprinkle in the nutmeg. The mixture should be stiff enough to resemble stuffing, but not dry – all the breadcrumbs should be coated and have absorbed some of the liquid. Remove from the heat and leave to cool in the pan.

STEP 5



Once cool, unroll one of the puff pastry sheets onto a lightly floured non-stick baking sheet or baking tray lined with baking parchment. Whisk the milk and mustard together with a pinch of salt and set aside.

#### STEP 6

Spoon the cooled filling down the middle of the pastry sheet in a neat line, leaving a 5cm border around the edges. Use the mustard-milk mix to brush the borders, then top with the second pastry sheet. Press the pastry around the filling to remove any air pockets, then crimp to seal the sides. Trim off any excess pastry with a sharp knife and use a fork or your fingers to make a pattern around the edge of the wellington.

#### STEP 7

Cut a small steam hole in the top of the middle, then brush the top with the mustard-milk mix. Chill on the sheet or tray for 30 mins. Will keep in the fridge for up to two days.

#### STEP 8

Heat the oven to 200C/180C fan/gas 6. Remove the wellington from the fridge and brush with more of the mustard-milk mix. Score a pattern into the top of the pastry with a cutlery knife or fork, if you like, then bake for 35-40 mins until golden, puffed up and crisp – cover with foil if it's browning too quickly. Arrange the whole sage leaves on top of the wellington and stick them down with the mustard-milk mix, then return to the oven for 10 mins more.

#### STEP 9

Leave to rest on a board or platter for 10 mins before cutting into chunky slices to serve.

Vegetarian lentil stew



## Ingredients

150g celery

2 tbsp vegetable oil

450g Maris Piper potatoes, peeled and cubed

3 carrots, cubed

1 leek, cut into small chunks

1 garlic clove

2 onions, finely chopped

1l vegetable stock

250g dried green lentils, rinsed and drained

1 tbsp curry powder

1 tsp red wine vinegar

pinch of sugar



1 tbsp parsley chopped

## Method

### STEP 1

Snap the bottom ends of the celery and lift up to remove the strings, then finely chop. Heat the oil in a large saucepan, then add the celery, potatoes, carrots, leek, garlic and onions. Cook gently for 10-15 mins, until the vegetables have softened slightly.

### STEP 2

Add the stock, then stir in the lentils and curry powder. Bring to a boil, then reduce to a medium heat and simmer for 30 mins, until the lentils are tender. Taste and season with the red wine vinegar, a little salt and pepper and a pinch of sugar. Sprinkle over the parsley to serve.

Vegan apple cake



## Ingredients

150g dairy-free spread, melted, plus extra for the tin

300ml oat milk

1 tbsp lemon juice

350g self-raising flour, plus 1 tbsp to coat the apples

100g caster sugar

100g light brown soft sugar

1 tsp baking powder

1 tsp almond extract

300g Granny Smith apples, peeled, cored and chopped into 2cm cubes

2 tbsp flaked almonds



## Method

### STEP 1

Use the spread to butter a 20cm deep cake tin and line with baking parchment. Heat the oven to 180C/160C fan/gas 4. Pour the oat milk into a jug, add the lemon juice and leave to sit for 5 mins at room temperature.

### STEP 2

Put the flour, both sugars and the baking powder in a large bowl, pour over the thickened oat milk mixture and almond extract, then add the butter and ½ tsp salt. Beat everything together using an electric whisk. Tip the apples into a second large bowl, sprinkle over the extra 1 tbsp flour and toss to coat. Fold the apples through the cake batter using a spatula, then spoon the mixture into the prepared tin and sprinkle over the almonds.

### STEP 3

Bake in the centre of the oven for 1 hr-1 hr 20 mins, or until golden and firm to the touch. Leave to cool for a few minutes in the tin. Serve warm, or turn out onto a wire rack and leave to cool

completely. Once cool, will keep in an airtight container for up to three days.

Spicy red lentil chilli with guacamole & rice





## Ingredients

200g easy-cook brown rice

For the chilli

1 tbsp rapeseed oil

2 peppers (any colour), deseeded and finely chopped

3 garlic cloves, finely grated

2 tbsp smoked paprika

1 tbsp ground coriander

2 tsp cumin seeds

500ml passata

500ml vegetable stock, made with 2 tsp vegetable bouillon powder

150g red lentils



1 tsp thyme leaves

400g can black beans

For the guacamole

2 avocados, peeled, stoned, halved and mashed or cut into cubes

1 lime, juiced

1 small red onion, finely chopped

1 red chilli, deseeded and finely chopped

2 vine tomatoes, chopped

1/3 x 30g pack of coriander, chopped.

Method

#### STEP 1

Heat the oil in a large pan over a medium heat and fry the peppers for 5 mins, stirring frequently. Add the garlic and spices, stir briefly, then tip in the passata and stock. Stir in the lentils and thyme, then cover and simmer for 15-20 mins until pulpy. Tip in the beans along with the liquid from the can, then re-cover and simmer for another 10-15 mins.

#### STEP 2

Cook the rice following pack instructions. Combine half of the guacamole ingredients. Serve half the rice and chilli between two people, topped with the guacamole. Cool and chill the rest to eat another day. To serve, reheat the chilli in a pan over a low heat with a splash of water until piping hot. Reheat the rice in the microwave. Combine the rest of the guacamole ingredients to make a fresh batch, and serve on top of the chilli and rice. Will keep chilled for up to four days.

This recipe is part of our free 7-day healthy diet plan. To access the full meal plan, [click here](#).

Easy vegan nut roast



## Ingredients

2 tbsp milled flaxseed

400g butternut squash peeled, deseeded and cut into 3cm chunks

3 tbsp olive oil, plus extra for the tin

2 tbsp za'atar

2 tsp ground cumin

2 tbsp ground coriander

1 red onion, finely chopped

1 celery stick, finely chopped


250g chestnut mushrooms, finely chopped

1 garlic clove, crushed

2 tbsp miso paste

200g shelled pistachios roughly chopped, plus extra to serve

100g cooked chestnuts, finely chopped



100g fresh breadcrumbs

½ small bunch of parsley, finely chopped

200g fresh or frozen cranberries

4 tbsp light brown soft sugar

pomegranate seeds, to serve

Method

#### STEP 1

Combine the flaxseeds with 4 tbsp water in a small bowl, and leave to thicken. Heat the oven to 200C/180C fan/gas 6. Toss the squash in a roasting tin with 1 tbsp olive oil, the za'atar, cumin and coriander. Cover the tin with foil and roast for 30-35 mins, or until the squash is tender but still holding its shape. Oil a 900g loaf tin and line with baking parchment.

#### STEP 2

Heat the remaining oil in a frying pan, and fry the onion, celery and mushrooms for 10-15 mins, or until softened. Stir in the garlic and miso paste.

#### STEP 3

Tip the pistachios, chestnuts, breadcrumbs and parsley into a bowl, then stir in the flaxseed mixture, fried veg and roasted squash. Season well.

#### STEP 4

Put the cranberries in a pan with the sugar and cook for 3-4 mins, or until the sugar has dissolved and the cranberries are just starting to soften. Spoon into the base of the loaf tin, then leave to stand for 5 mins to set slightly. Top with the nut roast mixture, patting it down firmly and smoothing the top with the back of a spoon. Cover with foil and bake for 25 mins, then uncover and bake for 25 mins more. Leave to rest for 15 mins, then invert onto a serving plate, removing the parchment. Top with extra chopped pistachios and pomegranate seeds, then serve.

Alu tamatar masala



### Ingredients

6 medium potatoes (about 1kg), roughly chopped

2 tbsp sunflower oil

1 tsp black mustard seeds

6-8 curry leaves

1 green chilli, thinly sliced

2 garlic cloves, finely chopped

2.5cm piece of ginger, peeled and finely chopped

5 medium tomatoes, finely chopped

1 tsp garam masala

½ tsp chilli powder

½ tsp ground turmeric

handful of coriander leaves



## Method

### STEP 1

Bring a large pan of water to the boil over a medium-high heat and cook the potatoes for 10-15 mins until just tender (a cutlery knife should just be able to cut through). Drain and set aside.

### STEP 2


Heat the oil in a large frying pan over a low heat and add the mustard seeds. When they begin to pop, add the curry leaves, chilli, garlic and ginger, and cook for 1 min until the aromas start to release. Stir in the tomatoes, then cover and cook for 10 mins until soft and mushy

### STEP 3

Add the garam masala, chilli powder, turmeric and 1 tsp salt. Mix well and cook for another minute before adding the cooked potatoes. Pour in 200ml water, cover and simmer for 10 mins until the potatoes are completely tender. Mash a few of the potatoes with a potato masher, keeping the rest whole. Sprinkle over the coriander leaves to serve.

Baked vegan cheesecake with raspberries & clementine





50g shelled pistachios, roughly chopped

50g candied clementine peel

For the base

200g porridge oats

75g caster sugar

4 tbsp coconut oil, melted

Method

STEP 1

Put the cashews in a large heatproof bowl and cover with boiling water from the kettle. Leave to soften for 1 hr.

STEP 2

Heat the oven to 200C/180C fan/gas 6. Line the base of a 20cm (4cm deep) round cake tin with baking parchment. To make the base, put the oats, sugar and a pinch of salt in a food processor and blitz to a fine powder. Pulse in the coconut oil until combined, then gradually pulse in 3-4 tbsp water until it comes together into a dough – it should be crumbly, not sticky.

STEP 3

Press the dough into the base and up the side of the tin using the back of a spoon. Bake for 20-25 mins until golden. Leave to cool.

STEP 4

Reduce the oven to 180C/160C fan/gas 4. Drain the cashews, then transfer to a blender along with the coconut cream, soft cheese, cornflour, vanilla, maple syrup, coconut oil, lemon juice and a pinch of salt. Blitz on high speed until the mixture is creamy and smooth.

STEP 5

Pour the cashew and soft cheese mixture over the base and bake for 1 hr-1 hr 15 mins until the edge is just coloured and the centre has mostly set with just a slight wobble. Leave to cool completely (it will sink slightly as it cools), then chill for at least 3 hrs, or overnight.

STEP 6



Put the raspberries and sugar in a heatproof bowl and microwave for 1 min 30 seconds on high. Stir and leave to cool completely, then pour this over the cheesecake. Scatter over the pistachios and candied clementine peel. Will keep chilled for up to three days.

### Microwave garam masala vegetable curry



### Ingredients

1 tbsp coconut oil

½ onion, finely chopped

1 tsp ginger paste

1 tsp garlic paste



1 tbsp tomato purée

½ tsp turmeric paste or 1 tsp ground turmeric

2 tsp garam masala

½ tsp cumin

½ tsp ground coriander

400g can chopped tomatoes

50g baby spinach leaves, washed

400g can chickpeas, drained

100ml coconut milk

1 tbsp finely chopped coriander, plus 1 tbsp chopped coriander leaves to garnish

1 tsp lime juice

basmati rice or naan, to serve

#### Method

##### STEP 1

Put the coconut oil in a microwavable dish or bowl and cook for 30 seconds or until melted. Add the chopped onion, stir well and cook for another 1 min.

##### STEP 2

Add the ginger, garlic, tomato purée, turmeric, spices and a good pinch of salt to the cooked onions. Stir well and cook for 1 min to warm up the spices – you will be able to smell them when you open the microwave.

##### STEP 3

Add the tomatoes, spinach leaves, chickpeas, coconut milk and chopped coriander, and stir well. Cook for 2 mins, then stir again, followed by another 2 mins. The curry should be bubbling slightly. If not, give it another minute.

##### STEP 4

Add the lime juice and serve immediately, with basmati rice or naan bread on the side and a sprinkling of coriander leaves.

Vegan bean chilli fries



## Ingredients

400g frozen French fries

2 tbsp olive oil

1 finely chopped onion

1 ripe avocado


½ lime, juiced, plus wedges to serve

½ finely chopped small red onion

1 finely chopped tomato

1 crushed garlic clove

½ tbsp chipotle paste



½ tsp ground cumin  
½ tsp ground coriander  
400g can mixed beans, drained  
½ 400g can chopped tomatoes  
½ chopped small bunch of coriander  
2 tbsp dairy-free crème fraîche  
2 tbsp crispy fried onions

## Method

### STEP 1

Cook the French fries following pack instructions. Meanwhile, heat the olive oil in a frying pan and fry the onion for 10 mins. Prepare the guacamole by mashing the avocado and mixing in the lime juice, red onion and chopped tomato.

### STEP 2

Add the garlic, chipotle paste, ground cumin and ground coriander to the onions, which should be softened and translucent. Fry for 1 min, then tip in the mixed beans and the chopped tomatoes. Simmer for 10 mins, then stir in most of the coriander and season. Tip the fries into a bowl and top with the bean chilli, guacamole, crème fraîche and crispy fried onions. Scatter over the remaining coriander and serve with lime wedges.

Vegan pesto



## Ingredients

50g pine nuts

large bunch of basil, roughly chopped

2 tbsp nutritional yeast

150ml olive oil, plus extra for the jar

2 garlic cloves, roughly chopped

½ lemon, juiced

## Method

### STEP 1

Toast the pine nuts in a small pan over a low heat for 3-4 mins until golden brown. Set aside to cool.

#### STEP 2

Blitz the pine nuts with the remaining ingredients in a food processor until smooth. Season to taste.

#### STEP 3

Spoon the pesto into a jar and top with a thick drizzle of olive oil. Will keep stored in the fridge for up to a week.

### Vegan brownies



#### Ingredients

2 tbsp ground flaxseed

200g dark chocolate, roughly chopped

½ tsp coffee granules

80g vegan margarine, plus extra for greasing

125g self-raising flour



70g ground almonds

50g cocoa powder

¼ tsp baking powder

250g golden caster sugar

1½ tsp vanilla extract

Method

STEP 1

Heat the oven to 170C/150C fan/gas 3½. Grease and line a 20cm square tin with baking parchment. Combine the flaxseed with 6 tbsp water and set aside for at least 5 mins.

STEP 2

In a saucepan, melt 120g chocolate, the coffee and margarine with 60ml water on a low heat. Allow to cool slightly.

STEP 3

Put the flour, almonds, cocoa, baking powder and ¼ tsp salt in a bowl and stir to remove any lumps. Using a hand whisk, mix the sugar into the melted chocolate mixture, and beat well until smooth and glossy, ensuring all the sugar is well dissolved. Stir in the flaxseed mixture, vanilla extract and remaining chocolate, then the flour mixture. Spoon into the prepared tin.

STEP 4

Bake for 35-45 mins until a skewer inserted in the middle comes out clean with moist crumbs. Allow to cool in the tin completely, then cut into squares. Store in an airtight container and eat within three days.

Asparagus & lemon spaghetti with peas



## Ingredients

150g wholemeal spaghetti

160g asparagus, ends trimmed and cut into lengths

2 tbsp rapeseed oil

2 leeks (220g), cut into lengths, then thin strips

1 red chilli, deseeded and finely chopped

1 garlic clove, finely grated

160g frozen peas

1 lemon, zested and juiced, plus wedges to serve

## Method

### STEP 1



Boil the spaghetti for 12 mins until al dente, adding the asparagus for the last 3 mins. Meanwhile, heat the oil in a large non-stick frying pan, add the leeks and chilli and cook for 5 mins. Stir in the garlic, peas and lemon zest and juice and cook for a few mins more.

#### STEP 2

Drain and add the pasta to the pan with  $\frac{1}{4}$  mug of the pasta water and toss everything together until well mixed. Spoon into shallow bowls and serve with lemon wedges for squeezing over, if you like.


#### Vegan Victoria sponge cake



#### Ingredients

150g dairy-free spread, plus extra for the tins

300ml dairy-free milk, we used oat milk



1 tbsp cider vinegar  
1 vanilla pod, seeds scraped  
300g self-raising flour  
200g golden caster sugar  
1 tsp bicarbonate of soda

For the filling

100g dairy-free spread  
200g icing sugar, plus extra for dusting  
4 tbsp jam, we used strawberry

Method

STEP 1

Heat the oven to 180C/160C fan/gas 4. Line the bases of 2 x 20cm sandwich tins with baking parchment and grease with a little of the dairy-free spread.

STEP 2

Put the dairy-free milk into a jug and add the vinegar, leave for a few minutes until it looks a little lumpy. Put half of the vanilla seeds and all the other cake ingredients into a large bowl, then pour over the milk mixture. Using electric beaters or a wooden spoon, beat everything together until smooth.

STEP 3

Divide the mix between your two tins, then bake in the centre of the oven for 30-35 mins or until a skewer inserted into the middle of the cakes comes out clean. Leave them in their tins until cool enough to handle, then carefully turn out onto wire racks to cool completely.

STEP 4

While the cakes are cooling, make the filling. To make the vegan buttercream, whisk or beat together the dairy-free spread, icing sugar and remaining vanilla seeds until pale and fluffy. Dairy-free spreads do vary, so if the spread you are using is quite soft, try to avoid using electric beaters. Stir the ingredients together instead to avoid overworking it. However, if the mixture is too firm, use electric beaters to help lighten it and add 1-2 tbsp dairy-free milk when whisking.

STEP 5

Spread the jam onto one of the cooled sponges, top with the buttercream, then place the other sponge on top. Dust the assembled cake with a little icing sugar or caster sugar before slicing.

### Vegan katsu curry



### Ingredients

2 tbsp rapeseed oil or vegetable oil

200g cooked rice (we used basmati)


¼ large cucumber, peeled into ribbons

1 carrot, peeled into ribbons

handful of mint leaves or coriander leaves, or both

lime wedges, to serve

For the curry sauce



1 tbsp rapeseed oil or vegetable oil  
1 onion, chopped  
1 large carrot, chopped  
1 large garlic clove, crushed  
2cm piece ginger, peeled and grated or finely chopped  
½ tbsp curry powder, mild or medium  
¼ tsp ground turmeric  
200ml coconut milk  
2 tsp maple syrup (or honey if not cooking for vegans)

For the katsu

1 tbsp cornflour  
280-300g block firm tofu  
200g dried breadcrumbs, we used panko (gluten-free if necessary)

Method

#### STEP 1

First, make the curry sauce. Heat the oil in a pan and cook the onion and carrot until soft and starting to caramelize, about 8 mins. Add the garlic and ginger and sizzle for another minute or so, then stir in the curry powder and turmeric. Once the spices are warmed through, add the coconut milk, maple syrup and 100ml water. Season well, cover and simmer over a low heat for 20 mins, topping up with more water if it gets too thick.

#### STEP 2

Meanwhile, slice the tofu in half through the centre. Carefully cut each piece into four triangles. In a wide bowl, mix the cornflour with 3 tbsp water and some seasoning until combined. Put the breadcrumbs in a second bowl. Dip a tofu piece into the flour mixture, then the breadcrumbs, turning until well coated. If the crumbs are not sticking well make the cornflour mixture a little bit thicker and try again. Press firmly.

#### STEP 3



When the carrot in the curry sauce is soft, blitz using a stick or tabletop blender. If the sauce is too thick, add a little more water. Taste and add more salt, maple syrup or some lime juice, if you like. Keep warm.

#### STEP 4

Heat the oil in a frying pan and cook the tofu for 4-5 mins on each side until golden and hot through. To serve, put the rice in bowls and top with the curry sauce, crispy tofu, the cucumber and carrot ribbons, herbs and lime wedges.

Vegan mushroom & potato hash



## Ingredients

100g porridge oats

70ml fortified soya milk

½ tsp baking powder

2 medium potatoes (275g), no need to peel, cut into slim wedges

For the hash

2 tbsp rapeseed oil

200g mushrooms, thickly sliced

1 red onion, roughly chopped

1 tsp smoked paprika



4 vine tomatoes, halved

Method

STEP 1

Tip the oats and soya milk into a large bowl and blitz using a hand blender to break down the oats to a less coarse texture. Set aside for 10 mins to soak.

STEP 2

Meanwhile, boil the potatoes for 5 mins, then drain. Heat the oil in a large non-stick frying pan over a medium heat, and cook the mushrooms, onion and paprika for a few minutes until softened. Tip in the potatoes and cook for 10 mins, turning the mixture over every now and then. Stir in the halved tomatoes and leave to cook for 5 mins.

STEP 3

The oat mixture should now be stiff. Work in the baking powder using your hands, then halve the mixture. With wet hands, press out one half of the mixture on a plastic chopping board to make a thin disc, like a pancake. Carefully lift it off with a palette knife and cook in a dry non-stick frying pan for 2 mins on each side. Remove to a plate, and repeat with the other half. Put the oat thins on two plates and top with the hash to serve.

Vegan cookies & cream cake



## Ingredients

150ml sunflower oil, plus extra for the tin

200ml dairy-free milk (we used oat milk)

1 ½ tsp white wine vinegar

1 tsp vanilla extract

120g dairy-free yogurt (we used coconut yogurt)

225g light brown soft sugar

200g self-raising flour

70g cocoa powder

1 tsp baking powder

½ tsp bicarbonate of soda

For the icing and decoration





150g crème-filled chocolate sandwich cookies

150g vegan spread

1 tsp vanilla extract

275g icing sugar

Method

STEP 1

Oil a 20 x 20cm baking tin and line the base and sides with baking parchment. Heat the oven to 180C/ 160C fan/gas 4. Combine the oil, milk, vinegar, vanilla and yogurt in a jug. Mix the sugar, flour, cocoa powder, baking powder, bicarb and a pinch of salt together in a bowl.

STEP 2

Pour the wet ingredients into the dry and mix until there are no pockets of flour remaining. Tip the mixture into prepared tin and level the surface with a spatula. Bake for 35 mins, or until a skewer inserted into the middle of the cake comes out clean. If any wet cake mixture clings to the skewer, return the cake to the oven for another 5 mins, then check again. Remove from the oven and leave to cool completely in the tin.

STEP 3

Set half of the cookies aside for decorating later. Bash the rest with the end of a rolling pin or blitz in a food processor to chunky rubble. Beat the spread, vanilla and icing sugar together using an electric whisk until fluffy, then gently fold in the crushed cookies until combined.

STEP 4

Put the cake on a board. Spread over the icing. Halve or crumble the rest of the cookies and use these to decorate. Cut into squares. Will keep in an airtight container for four days.

Butter beans with kale, lemon, chilli & garlic



## Ingredients

3 tbsp olive oil

2 garlic cloves, finely sliced

½-1 tsp chilli flakes, or to taste

1 lemon, zested and juiced

400g can butter beans, drained and rinsed

180g kale, tough stalks removed, leaves finely sliced

## Method

### STEP 1

Heat the olive oil in a large saucepan over a low heat, then cook the garlic, chilli flakes, lemon zest and 1 tsp sea salt for 3 mins. Stir in the butter beans and warm through for 5-8 mins, stirring frequently.

## STEP 2

Tip the beans out into a bowl, leaving approximately 1 tbsp oil in the pan. Return the pan to a medium heat, then add the kale along with 50ml boiling water from the kettle. Cook for 8-10 mins until wilted, stirring frequently.

## STEP 3


Remove the kale from the pan and gently mix through the beans. Squeeze over the lemon juice, season to taste, and serve warm.

## Beetroot & red onion tarte tatin



## Ingredients

400g beetroot, cut into wedges



1 red onion, cut into wedges  
3 tbsp olive oil  
2 tbsp rice wine vinegar  
2 tbsp soft brown sugar  
2 star anise  
flour, for rolling  
500g block puff pastry (we used vegan Jus-Rol)  
1 orange, zested  
peppery green salad, to serve

#### Method

##### STEP 1

Heat oven to 200C/180C fan/gas 6. In a bowl, toss the beetroot and onion in 2 tbsp of the oil, the vinegar and sugar. Add the star anise and season well. Heat the rest of the oil in a large, ovenproof non-stick frying pan, then nestle in the veg so that they cover the surface of the pan. Cover with foil and cook in the oven for 45 mins.

##### STEP 2

On a well-floured surface, roll the pastry to a thickness of 0.5cm and cut out a circle the same size as your frying pan. Carefully take the pan out of the oven, remove the foil and wiggle the beets and onion around in the pan to make a compact layer. Put the pastry on top, tucking it in all around the edges, then return the pan to the oven and bake for 35 mins or until the pastry has puffed up and is a deep golden brown.

##### STEP 3

Slide a palette knife around the edge of the tart, then put a plate on top of the pastry, serving side down. Flip the pan over to turn the tart out onto the plate – be careful not to burn yourself with the handle. Top with the orange zest and a sprinkle of sea salt, then serve with a peppery salad on the side.

Mint & basil griddled peach salad



## Ingredients

1 lime, zested and juiced

1 tbsp rapeseed oil

2 tbsp finely chopped mint, plus a few whole leaves to serve

2 tbsp basil, chopped

2 peaches (300g), quartered

75g quinoa

160g fine beans, trimmed and halved

1 small red onion, very finely chopped

1 large Little Gem lettuce (165g), roughly chopped



½ x 60g pack rocket

1 small avocado, stoned and sliced

Method

STEP 1

Mix the lime zest and juice, oil, mint and basil, then put half in a bowl with the peaches. Meanwhile, cook the quinoa following pack instructions.

STEP 2

Cook the beans for 3-4 mins until just tender. Meanwhile, griddle the peaches for 1 min on each side. If you don't have a griddle pan, use a large non-stick frying pan with a drop of oil.

STEP 3

Drain the quinoa and divide between shallow bowls. Toss the warm beans and onion in the remaining mint mixture and pile on top of the quinoa with the lettuce and rocket. Top with the avocado and peaches and scatter over the mint leaves. Serve while still warm.

Vegan Thai green curry



## Ingredients

200g baby potatoes, halved

100g green beans, trimmed and halved

1 tbsp rapeseed oil

1 garlic clove, finely sliced

1 tbsp Thai green curry paste (check the label to make sure it's vegetarian/vegan)

400g can light coconut milk

1 lime, zest pared in thick strips

80g sugar snap peas, halved lengthways



150g cherry tomatoes, halved

100g firm tofu, chopped into small cubes

small bunch coriander, chopped

200g jasmine rice, cooked following pack instructions

Method

STEP 1

Cook the potatoes in boiling water for 8 mins. Add the green beans and cook for a further 3 mins, then drain.

STEP 2

Heat the oil in a wok or pan, fry the garlic for 1 min, add the curry paste and cook for 1 min, or until it starts to darken a little and smell fragrant. Stir in the coconut milk and bring to a simmer, drop in the lime zest and gently bubble for 5 mins to thicken the sauce a little.

STEP 3

Add the potatoes and beans followed by the sugar snap peas and cook for 1 min before stirring in the cherry tomatoes and tofu.

STEP 4

Cut the lime in half and squeeze the juice into the pan, then stir in the coriander and serve over the rice.

Vegan meatballs





## Ingredients

30g dried porcini mushrooms

3 tbsp olive oil

1 onion, very finely chopped

2 garlic cloves, crushed

1 tsp sweet smoked paprika

1 x 400g can black beans, drained and rinsed


50g rolled oats

2 tbsp brown rice miso

50g fresh breadcrumbs

spaghetti or soft polenta, to serve

For the tomato sauce



2 tbsp olive oil  
1 onion, very finely chopped  
1 large garlic clove, crushed  
Small pinch of chilli flakes  
2 x 400g cans chopped tomatoes  
1 tbsp soft brown sugar  
½ small bunch of basil, finely chopped

## Method

### STEP 1

Tip the dried porcini into a bowl and cover with boiling water. Leave to soak for 20 mins.

### STEP 2

Meanwhile heat 1 tbsp of olive oil a frying pan. Add the onion and fry over a low heat for 10 mins or until softened and translucent. Add the garlic and paprika and cook for 1 min.

### STEP 3

Tip the black beans and oats into a food processor and blitz until you have a chunky, textured mixture. Tip the beans into a mixing bowl and stir through the miso, breadcrumbs and cooked onion mix. Strain and finely chop the porcini mushrooms and add those (keep the liquid for soup or risottos). Season and roll into 12 balls and chill in the fridge while you make the sauce.

### STEP 4

Heat 2 tbsp oil in a saucepan. Add the onion and fry over a low heat for 10 mins or until softened and translucent. Add the garlic and chilli and cook for 1 min. Stir through the tomatoes and sugar and season to taste. Simmer uncovered for 20 mins.

### STEP 5

Heat the oven to 180C/160C fan/gas 4. Heat the remaining 2 tbsp oil for the meatballs in a non-stick frying pan over a medium heat. Add the balls and fry for

5 mins until evenly brown. Transfer to a baking tray and put in the oven to cook through for 12 mins.

#### STEP 6

Add the cooked meatballs to the pan of sauce and toss everything to coat, then scatter with the basil. Serve with spaghetti or soft polenta.

#### Vegan pizza Margherita




#### Ingredients

For the pizza dough

500g strong white bread flour, plus extra for dusting

1 tsp dried yeast

1 tsp caster sugar



1 ½ tbsp olive oil, plus extra

For the tomato sauce

100ml passata

1 tbsp fresh basil, chopped (or 1/2 tsp dried oregano)

1 garlic clove, crushed

For the topping

200g vegan mozzarella-style cheese, grated

2 tomatoes, thinly sliced

Fresh basil or oregano leaves, chilli oil and vegan parmesan to serve (optional)

Method

STEP 1

Put the flour, yeast and sugar in a large bowl. Measure 150ml of cold water and 150ml boiling water into a jug and mix them together – this will mean your water is a good temperature for the yeast. Add the oil and 1 tsp salt to the warm water then pour it over the flour. Stir well with a spoon then start to knead the mixture together in the bowl until it forms a soft and slightly sticky dough. If it's too dry add a splash of cold water.

STEP 2

Dust a little flour on the work surface and knead the dough for 10 mins. Put it back in the mixing bowl and cover with cling film greased with a few drops of olive oil. Leave to rise in a warm place for 1 hr or until doubled in size.

STEP 3

Heat oven to 220C/200C/gas 9 and put a baking sheet or pizza stone on the top shelf to heat up. Once the dough has risen, knock it back by punching it a couple of times with your fist then kneading it again on a floured surface. It should be springy and a lot less sticky. Set aside while you prepare the sauce.

STEP 4

Put all the ingredients for the tomato sauce together in a bowl, season with salt, pepper and a pinch of sugar if you like and mix well. Set aside until needed.

STEP 5



Divide the dough into 2 or 4 pieces (depending on whether you want to make large or small pizzas), shape into balls and flatten each piece out as thin as you can get it with a rolling pin or using your hands. Make sure the dough is well dusted with flour to stop it sticking. Dust another baking sheet with flour then put a pizza base on top – spread 4-5 tbsp of the tomato sauce on top and add some sliced tomatoes and grated vegan cheese. Drizzle with a little olive oil and bake in the oven on top of your preheated baking tray for 10-12 mins or until the base is puffed up and the vegan cheese has melted and is bubbling and golden in patches.

#### STEP 6

Repeat with the rest of the dough and topping. Serve the pizzas with fresh basil leaves or chilli oil if you like and sprinkle over vegan parmesan just after baking.

Vegan banana bread



## Ingredients

3 large black bananas

75ml vegetable oil or sunflower oil, plus extra for the tin

100g brown sugar

225g plain flour (or use self-raising flour and reduce the baking powder to 2 heaped tsp)

3 heaped tsp baking powder

3 tsp cinnamon or mixed spice

50g dried fruit or nuts (optional)

## Method

### STEP 1

Heat oven to 200C/180C fan/gas 6. Mash 3 large black peeled bananas with a fork, then mix well with 75g vegetable or sunflower oil and 100g brown sugar.

#### STEP 2

Add 225g plain flour, 3 heaped tsp baking powder and 3 tsp cinnamon or mixed spice, and combine well. Add 50g dried fruit or nuts, if using.

#### STEP 3

Bake in an oiled, lined 2lb loaf tin for 20 minutes. Check and cover with foil if the cake is browning.

#### STEP 4

Bake for another 20 minutes, or until a skewer comes out clean.

#### STEP 5

Allow to cool a little before slicing. It's delicious freshly baked, but develops a lovely gooey quality the day after.

#### Vegan pie



#### Ingredients



For the filling

80ml olive oil, plus extra for brushing

2 tsp ground cumin

½ tsp ground cinnamon

1 tbsp vegan red wine vinegar (we used Aspall)

3 beetroots (about 400g), peeled and sliced into rounds about 0.5cm thick

1 small celeriac (about 750g), peeled, cut into quarters and then sliced into triangles about 1 cm thick

4 thyme sprigs, leaves picked

4 fat unpeeled garlic cloves

3 large sweet potatoes (about 600g), peeled and sliced into rounds about 0.5cm thick

2 tsp smoked paprika

1 tbsp semolina

250g Swiss chard, leaves only (save the stalks to add to soups, stews and risottos)

For the pastry

150g coconut oil, plus extra for the tin

500g spelt flour

almond milk, for brushing

Method


STEP 1

First, make the filling. Heat oven to 220C/200C fan/gas 7. Mix together 1½ tbsp oil with the cumin, cinnamon and vinegar, and rub the mixture all over the beetroot. Put the beetroot into a small roasting tin, season well, then cover with foil and roast for 20 mins.

STEP 2

Meanwhile, toss the celeriac with 2½ tbsp oil, the thyme, garlic and some seasoning in a second roasting tin. Separate out the slices so they cook evenly, then cover the tin in foil. In a third roasting tin, mix the sweet potato with the





remaining oil, the smoked paprika and some seasoning, and cover with foil. Once the beets have cooked for 20 mins, add the celeriac and sweet potato to the oven alongside them, and roast all the veg for 40 mins further or until tender. Remove the thyme sprigs, squeeze the garlic cloves out of their skins and mash them in with the celeriac, then leave all the veg to cool. All the veg can be cooked the day before and kept in the fridge.

### STEP 3

For the pastry, boil the kettle and use some coconut oil to grease a deep 20cm springform cake tin. Pour the flour into a bowl and add 1 tsp salt. Mix the coconut oil with 200ml boiling water, stir until melted (put it in the microwave if need be), then pour into the flour and mix with a wooden spoon to form a dough. Working as quickly as you can (it's best to roll the pastry when it's warm), cut off a  $\frac{1}{4}$  of the dough and set aside under a tea towel. Roll out the rest to 0.5cm thick, then use it to line the cake tin, pressing the dough into the corners and leaving any excess pastry overhanging the sides. Don't worry if the pastry breaks – it's very forgiving, so you can patch it up as you go. Heat oven to 200C/180C fan/gas 6.

### STEP 4

Now build the pie. Cover the base with chard leaves, then scatter over the semolina (which will absorb the beet juices), press in the beetroot, and season. Add another layer of chard, followed by the sweet potato, and season. Add a final layer of chard leaves, then top with the celeriac and season again.

### STEP 5

Roll out the pastry you set aside to a thickness of 0.5cm to use as the lid. Put the lid on top of the pie and, using a fork, press together the overhanging pastry to create a crimped edge. Make a steam hole, then brush the top with a little almond milk mixed with a spoonful of oil (this will help to colour the pastry). Bake in the centre of the oven for 45 mins until the pastry is a deep golden brown. Leave to cool for 15 mins, then remove from the tin and serve in the middle of the table. Will keep for up to three days in the fridge (the pie is also delicious cold)

Squash & cabbage sabzi



## Ingredients

2 tbsp sunflower oil

1 tsp nigella seeds

thumb-sized piece ginger, grated

2 garlic cloves, grated

200g pumpkin or butternut squash, peeled and chopped into 1-2cm cubes

200g cabbage, chopped (sweetheart or pointed cabbage works well)

1 tsp turmeric

1 tsp ground coriander

1 tsp ground cumin

1 tsp chilli flakes



2 tsp lime juice

dhal, chutney and rice or roti to serve (optional)

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Method

STEP 1

Heat the oil in a frying pan and add the nigella seeds. When they start popping, add the ginger and garlic, and cook for 1 min. Add the squash, cabbage, spices and 1 tsp salt, then mix everything together well with a splash of water, covering the pan with a lid. Leave to steam for 7-8 mins over a low heat.

STEP 2

After this time, lift the lid to check if the squash is cooked. If not, replace the lid quickly and leave to cook a little longer. Add the lime juice and check for seasoning before serving with dhal, chutney and rice or roti, if you like.

Smashed cannellini bean crostini



## Ingredients

4 tbsp olive oil, plus extra for drizzling (optional)

12 sage leaves (optional)

1 onion, finely chopped

1 garlic clove, finely chopped

1/2 tsp cracked black pepper

400g can cannellini beans, drained and rinsed

1/2 lemon, juiced

12 crostini or breadsticks, to serve (see tip, below)

## Method



### STEP 1

Heat half the oil in a shallow saucepan over a low-medium heat and scatter in the sage leaves, if using. Fry for 2 mins until crisp, lift onto a plate using a slotted spoon. Tip the onion into the pan and cook for 3 mins until soft, then add the garlic and cook for 1 min more. Sprinkle in the pepper and toast for 1 min, then stir in the beans. Turn off the heat. Stir in the lemon juice.

### STEP 2

Season the mixture with salt, then tip into a food processor or mini chopper with the remaining oil. Blitz everything together to your desired consistency – it can be a smooth or a rough paste. Will keep covered in the fridge for two days. Bring to room temperature 1 hour before serving.

### STEP 3

Serve the dip as is with crostini or breadsticks, or drizzle with a little extra olive oil and top with the crispy sage leaves, if using.

Goan-style vegetable curry with kitchari



## Ingredients

### For the kitchari

225g brown basmati rice

1 tsp olive oil

1 tsp ground coriander

390g can green lentils, drained

### For the curry

1 tbsp olive oil



- 2 large onions (330g), 1 finely chopped, 1 sliced
- 2 red chillies, deseeded and sliced
- 25g ginger, finely chopped
- 1 tsp ground turmeric
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 3 tsp ground coriander
- 3 garlic cloves, chopped
- 1 tbsp vegetable bouillon powder (check it's vegan if you need it to be), made up with 500ml boiling water
- 360g cauliflower florets (about 1/4 cauliflower)
- 1 ½ tsp tamarind
- 320g fine beans, trimmed and halved if large
- 4 large tomatoes, cut into wedges
- 2 large courgettes (320g), halved lengthways and thickly sliced
- 100g coconut yogurt
- ½ x 30g pack fresh coriander, chopped, to serve

## Trending recipes

### Method

#### STEP 1

Boil the rice in a pan of water for 25 mins until tender, then drain.

#### STEP 2

Meanwhile, make the curry. Heat the oil in a large pan and fry the onions, chillies and ginger for 8-10 mins until softened. Add the spices and garlic, stir briefly, then pour in the bouillon and stir in the cauliflower. Cover and simmer for 5 mins.

#### STEP 3



Stir in the tamarind with the beans, tomatoes and courgettes, then cover the pan and cook for 10-15 mins more until the veg are tender, but still retain a little bite. Remove the lid for the last 5 mins to reduce the sauce a little. Remove from the heat and stir in the yogurt and half the fresh coriander.

#### STEP 4

Meanwhile, for the kitchari, heat the oil in a non-stick pan and add the ground coriander. Warm briefly, then tip in the rice and drained lentils. Warm through for 1 min, then stir through the remaining fresh coriander.

#### STEP 5

If you're following our Healthy Diet Plan, serve half the curry and rice now, then chill the rest to eat another night (cool the rice quickly on a wide tray, then chill immediately). Reheat the rice and curry in the microwave or on the hob. You may need to add a drop of water to the rice to stop it sticking.

Sticky noodles with homemade hoisin





## Ingredients

For the hoisin

2 tbsp raisins

1 garlic clove

1 tbsp apple cider vinegar

2 tsp tomato purée


1 tsp tamari, plus extra to serve (optional)

1 tsp Chinese five spice

2 tbsp crunchy peanut butter (without palm oil or sugar)

For the stir-fry

2 nests wholemeal noodles (75g)



1 tsp rapeseed oil  
1 tbsp chopped ginger  
1 yellow pepper, deseeded and thinly sliced  
2 red onions (173g), thinly sliced  
100g long stem broccoli, halved  
100g frozen soya beans, thawed  
1 red chilli, seeded and chopped  
handful basil leaves

#### Method

##### STEP 1

Put the raisins in a measuring jug or small, high-sided bowl, pour over 100ml boiling water then stir in the garlic, vinegar, tomato purée, tamari and five spice. Blitz with a hand blender until smooth, then stir in the peanut butter until well mixed.

##### STEP 2

Pour boiling water over the noodles and soak for 5 mins. Heat the oil in a non-stick wok, add the ginger with the vegetables and chilli and stir-fry for 5 mins or more until the veg have softened, but still have some bite.

##### STEP 3

Drain the noodles and add to the pan with the hoisin. Toss well adding a little extra water if necessary to moisten, then toss through the basil leaves.

Indian butternut squash curry



## Ingredients

200g brown basmati rice

1 tbsp olive oil

1 butternut squash, diced

1 red onion, diced

2 tbsp mild curry paste

300ml vegetable stock

4 large tomatoes, roughly chopped

400g can chickpeas, rinsed and drained

3 tbsp fat-free Greek yogurt

small handful coriander, chopped

## Method

### STEP 1

Cook the rice in boiling salted water, as per pack instructions. Meanwhile, heat the oil in a large frying pan and cook the butternut squash for 2-3 mins until lightly browned. Add the onion and the curry paste and fry for 3-4 mins more.

### STEP 2

Pour over the stock, then cover and simmer for 15-20 mins, or until the squash is tender. Add the tomatoes and chickpeas, then gently cook for 3-4 mins, until the tomatoes slightly soften.


### STEP 3

Take off the heat and stir through the yogurt and coriander. Serve with the rice and some wholemeal chapattis if you like.

## Vegan banh mi



## Ingredients



150g leftover raw veggies, (such as red cabbage and carrots), shredded  
3 tbsp good-quality vegan white wine vinegar  
1 tsp golden caster sugar  
1 long French baguette  
100g hummus  
175g cooked tempeh, very finely sliced  
½ small pack coriander, leaves picked, to serve  
½ small pack mint, leaves picked, to serve  
hot sauce, to serve (we used sriracha)

## Method

### STEP 1

Put the shredded veg in a bowl and add the vinegar, sugar and 1 tsp salt. Toss everything together, then set aside to pickle quickly while you prepare the rest of the sandwich.

### STEP 2

Heat oven to 180C/160C fan/gas 4. Cut the baguette into four, then slice each piece horizontally in half. Put the baguette pieces in the oven for 5 mins until lightly toasted and warm. Spread each piece with a layer of hummus, then top four pieces with the tempeh slices and pile the pickled veg on top. To serve, sprinkle over the herbs and squeeze over some hot sauce, then top with the other baguette pieces to make sandwiches.

Vegan flapjacks



## Ingredients

140g dairy-free spread

140g soft light brown sugar

2 tbsp golden syrup

175g rolled oats

75g chopped nuts of your choice

75g dried fruit (such as raisins, dried cranberries, chopped apricots)

## Method

### STEP 1

Heat the oven to 160C/140C fan/gas 4 and line a 20cm square baking tin with baking parchment.

### STEP 2

Melt the dairy-free spread, sugar and syrup in a saucepan over a medium heat. Remove from the heat and tip in the oats, chopped nuts and dried fruit. Transfer to the tin, packing the mix in with the back of a spoon.

### STEP 3


Bake for 30 - 35 mins until lightly golden and crisp around the edges. Leave to cool in the tin before slicing into squares. Keep in an airtight container for up to three days.

### Vegan fajitas



### Ingredients

- 1 tbsp vegetable oil
- 2 red or yellow peppers, cut into strips
- 1 red onion, sliced



1 garlic clove, crushed  
½ tsp chilli powder or chilli flakes  
½ tsp smoked paprika  
½ tsp ground cumin  
1 lime, juiced  
400g can black beans, rinsed and drained  
small bunch coriander, finely chopped  
4 large or 8-12 small tortillas  
1 avocado, sliced  
dairy free yogurt, to serve (optional)

## Method

### STEP 1

Heat the oil in a frying pan and fry the peppers and onions over a medium high heat until tender and starting to turn golden brown, about 6-8 mins. Add the garlic and spices and fry for 1 min more until fragrant. Add half of the lime juice and season. Transfer to a serving dish and keep warm while you heat the beans.

### STEP 2

Tip the black beans into the same frying pan and add the remaining lime juice. Season well, and stir until warmed through and coated in any remaining spices from the pan. Stir in most of the coriander.

### STEP 3

Warm the tortillas in the microwave or wrapped in foil in a low oven, then cover with a tea towel to keep them warm. Serve the wraps with the peppers, beans, avocado, dairy-free yogurt, extra coriander and extra lime wedges to squeeze over, if you like.

Luxury hummus





## Ingredients

700g chickpeas, drained

135ml extra virgin olive oil, plus extra for drizzling

2 garlic cloves, roughly chopped

1 tbsp tahini

1½ lemons, juiced

For the toppings

½ tsp smoked paprika

½ tsp sumac

½ small pack parsley, roughly chopped



40g pomegranate seeds

crudités and warm pittas, to serve

Method

STEP 1

Blitz  $\frac{3}{4}$  of the chickpeas and 120ml of the oil with the rest of the hummus ingredients and a good amount of seasoning in a food processor. Add a little water if it is too thick. Spoon the hummus into a serving bowl or spread it onto a plate. Can be made up to two days in advance and kept in the fridge.

STEP 2

Dry the rest of the chickpeas on kitchen paper as much as possible. Heat the remaining oil in a frying pan over a medium heat. Add the chickpeas and a large pinch of salt, and fry until golden, around 4 mins. Drain on kitchen paper.

STEP 3

Drizzle some oil over the hummus, then sprinkle with the spices, parsley and pomegranate seeds. Scatter the fried chickpeas on top and serve with crudités and warm pitta breads.

Vegan rainbow spring rolls



## Ingredients

12 spring roll wrappers (we used Blue Dragon)

½ small pack mint, leaves picked

½ small pack Thai basil, leaves picked (optional)

4 spring onions, cut in half then cut lengthways into strips

1 courgette, peeled lengthways, halved and cut into thin strips (or use julienne peeler)

1 large carrot, halved and cut into thin strips (or use julienne peeler)

½ mango, cut into strips

1 red chilli, deseeded and cut into thin strips



50g salted peanuts, chopped (optional)

sweet chilli sauce, for dipping

## Method

### STEP 1

Have all your ingredients prepared and ready to go before you start assembling the rolls. Dip a spring roll wrapper into a shallow bowl of water until it just softens (don't leave it too long or you'll be left with a gluey mess). Put the wet wrapper on a chopping board, then top with a couple of mint and basil leaves (if using), and some spring onion, courgette, carrot, mango, chilli and peanuts (if using).

### STEP 2

Starting with the edge nearest to you, fold the wrapper into the centre so that it covers half the filling. Fold in both of the shorter ends, then, rolling away from you, fold the wrapper over so that the entire filling is encased. Repeat with the remaining wrappers and fillings to make 12 spring rolls. Can be made in the morning and kept in the fridge for later.

### STEP 3

To serve, cut the spring rolls in half on the diagonal. Serve with sweet chilli dipping sauce on the side.

Sauté potatoes with sea salt & rosemary



## Ingredients

6 even-sized medium potatoes (about 700g)

2 tbsp rapeseed oil

2 tbsp olive oil

2 tsp chopped rosemary

generous sprinkling flaky sea salt

## Method

### STEP 1

Put the whole unpeeled potatoes in a pan of water. Bring to the boil and cook for 15 mins. Drain and leave to cool. Can be done several hours ahead.

### STEP 2

When ready to serve, strip the skins from the potatoes, then cut them into thick slices. Heat the oils together in a very large non-stick frying pan. Add the potatoes in a single layer if there is room, and cook for 10-15 mins, turning them frequently with a fish slice until they are golden and crispy. Sprinkle with the rosemary and flaky salt, then serve

Vegan pulled jackfruit



Ingredients

1 tbsp vegetable oil

1 red onion, finely chopped

1 tsp ground cinnamon



- 1 tsp cumin seeds
- 2 tsp smoked paprika
- 2 tsp chipotle hot sauce
- 1 tbsp apple cider vinegar
- 4 tbsp BBQ sauce
- 200g can chopped tomato
- 2 x 400g cans young jackfruit in salted water

#### Method

##### STEP 1

Heat the oil in a frying pan and cook the onion until very soft, for around 10-12 mins. Add the cinnamon, cumin and paprika to the onions and cook for a further 2-3 mins. Next add the hot sauce, vinegar and bbq sauce and mix well before adding in the tomato, the drained jackfruit and 200ml water. Leave to simmer gently, covered, for 30 mins stirring every 5-10 mins to help break down the jackfruit, then take the lid off and cook a further 10 minutes.

##### STEP 2

Once cooked, use a fork to make sure all of the jackfruit is well shredded. Check seasoning and add another tbsp of bbq sauce if necessary for extra stickiness.

Vegan lemon cake



## Ingredients

100ml vegetable oil, plus extra for the tin

275g self-raising flour

200g golden caster sugar

1 tsp baking powder

1 lemon, zested, 1/2 juiced

For the icing

150g icing sugar

½ lemon, juiced

Method



## STEP 1

Heat oven to 200C/180C fan/gas 6. Oil a 1lb loaf tin and line it with baking parchment. Mix the flour, sugar, baking powder and lemon zest in a bowl. Add the oil, lemon juice and 170ml cold water, then mix until smooth.

## STEP 2

Pour the mixture into the tin. Bake for 30 mins or until a skewer comes out clean. Cool in the tin for 10 mins, then remove and transfer the cake to a wire rack to cool fully.

## STEP 3

For the icing, sieve the icing sugar into a bowl. Mix in just enough lemon juice to make an icing thick enough to pour over the loaf (if you make the icing too thin, it will just run off the cake).

## Vegan vanilla ice cream



## Ingredients

2 x 400g cans coconut milk (not light)



175g caster sugar

1 tsp sea salt flakes

1 vanilla pod or 1 tbsp vanilla bean paste

2 tbsp cornflour

a pinch turmeric

Method

#### STEP 1

Pour most of the coconut milk into a saucepan, reserving a splash in a small bowl for later. Add the sugar, salt and turmeric (for colour) to the pan. Cut the vanilla pod in half lengthways (if using) and scrape the seeds out of both sides with the side of the knife. Put the seeds and the pod, or vanilla paste, into the pan. Warm on a low heat for 10 mins until the sugar has melted and the mixture starts to steam.

#### STEP 2

Mix the cornflour with the reserved coconut milk in a small bowl until smooth. Pour into the hot milk, and continually whisking, heat for another 5-10 mins until the mixture thickens to a pourable custard consistency. Strain into a bowl, and cover. Leave to cool, then chill for at least 2 hrs.

#### STEP 3

Pour the chilled mix into an ice cream maker, and churn for 20-30 mins until you get a soft scoop ice cream. Transfer to a sealable container and freeze for up to 3 months until ready to serve. If you don't have an ice cream maker, pour the chilled mix into a wide-based plastic tub or dish. Freeze for 2-3 hrs, stirring the mix every 20 mins with a fork, to break up any large ice crystals, until soft ice cream. Transfer to a smaller tub and freeze until ready to serve. You should be able to scoop the ice cream easily from the freezer, or leave for a few mins at room temperature to soften, if you need to.

Miso aubergine



## Ingredients

2 small aubergines, halved

vegetable oil, for roasting and frying

50g brown miso

100g giant couscous

1 red chilli, thinly sliced

½ small pack coriander, leaves chopped

## Method

### STEP 1



Heat oven to 180C/160C fan/gas 4. With a sharp knife, criss-cross the flesh of the aubergines in a diagonal pattern, then place on a baking tray. Brush the flesh with 1 tbsp vegetable oil.

#### STEP 2

Mix the miso with 25ml water to make a thick paste. Spread the paste over the aubergines, then cover the tray with foil and roast in the centre of the oven for 30 mins.

#### STEP 3

Remove the foil and roast the aubergines for a further 15-20 mins, depending on their size, until tender.

#### STEP 4

Meanwhile, bring a saucepan of salted water to the boil and heat ½ tbsp vegetable oil over a medium-high heat in a frying pan. Add the couscous to the frying pan, toast for 2 mins until golden brown, then tip into the pan of boiling water and cook for 8-10 mins until tender (or following pack instructions). Drain well. Serve the aubergines with the couscous, topped with the chilli and a scattering of coriander leaves.



## Ingredients

2 tbsp rapeseed oil

2 onions (320g), finely chopped

1 orange pepper, halved, deseeded and cut into 4-5 chunky pieces

1 red pepper, halved, deseeded and cut into 4-5 chunky pieces

3 large garlic cloves, sliced

300g easy-cook brown rice

1 tbsp thyme leaves

2 tbsp smoked paprika



650ml hot vegetable stock, made with 2 tsp vegetable bouillon powder

10 pitted green olives

400g can red kidney beans, drained

½ lemon, cut into wedges

Method

STEP 1

Heat the oil in a large saucepan over a medium heat and fry the onions for 5 mins, stirring frequently until softened. Add the peppers and garlic and cook for 5 mins more, stirring every now and then.

STEP 2

Tip in the rice, thyme and paprika, then pour in the stock and stir in the olives. Cover and leave to cook over a low heat for 15 mins. Stir in the kidney beans, then cover and cook for 20-30 mins more until the rice is tender. Top with the lemon wedges, then cover and leave for 5 mins. Spoon two portions into bowls and serve. Cool and chill the remainder to eat another day. Will keep chilled for one day. To serve, reheat in a pan or in the microwave until piping hot (remove the lemon wedges before heating).

Carrot & caraway crackers



## Ingredients

2 tbsp olive oil

1 shallot, roughly chopped

1 garlic clove, roughly chopped

1 tsp caraway seeds

400g carrots, roughly chopped

300ml vegan vegetable stock

20 crunchy vegan crackers (such as an olive oil toast)

½ small pack dill, leaves picked, to serve

20 veg crisps (we used a small bag of Tyrells), to serve

## Method

### STEP 1

Heat the oil in a saucepan over a medium heat. Add the shallot and a pinch of salt, and cook for 6 mins until softened. Stir in the garlic and caraway seeds and cook for 1 min more, then add the carrot and veg stock, bring to a boil and simmer for 12 mins.

### STEP 2

Once the carrots are completely soft, drain them (reserve the liquid) and blitz to a smooth purée – add a tbsp of the reserved stock initially, but use more if necessary to get the desired consistency. Season and leave to cool. The purée can be made a day ahead and kept in the fridge.

### STEP 3

To serve, spoon the purée – or, if you want to be extra fancy, transfer it to a piping bag and pipe it – onto the oatcakes and top each with a little dill and a veg crisp.

## Vegan chocolate cake



## Ingredients

150g dairy-free spread, plus extra for the tins





300ml dairy-free milk, we used oat milk

1 tbsp cider vinegar

300g self-raising flour

200g golden caster sugar

4 tbsp cocoa powder

1 tsp bicarbonate of soda

½ tsp vanilla extract

For the buttercream

100g dairy-free dark chocolate

200g dairy-free spread

400g icing sugar

5 tbsp cocoa powder

1 tbsp dairy-free milk, such as oat milk

Method

STEP 1

Heat oven to 190C/170C fan/gas 5. Grease the base and sides of 2 x 20cm sandwich tins with dairy-free spread, then line the bases with baking parchment.

STEP 2

Put the dairy-free milk in a jug and add the vinegar – it will split but don't worry. Put all of the other cake ingredients into a large bowl, pour over the milk mixture and beat well until smooth. Divide the mixture between the prepared tins and bake for 25-30 mins or until a skewer inserted into the middle of the cakes comes out cleanly. Leave to cool in the tins for 10mins then turn out onto wire racks to cool completely.

STEP 3

To make the buttercream, put the chocolate into a heatproof bowl and melt in the microwave, stirring every 30 seconds. Leave the melted chocolate to cool for 5 minutes. Beat the dairy-free spread and icing sugar together with a wooden spoon then sift in the cocoa powder with a pinch of salt. Pour in the melted chocolate and dairy-free milk and keep mixing until smooth.

#### STEP 4

Sandwich the two cooled sponges together with half of the buttercream then pile the rest on top and down the sides. Decorate with the fresh fruit.

Vegan chocolate chip cookies



125g cold coconut oil

100g golden caster sugar

150g light muscavdo sugar

125ml coconut milk

1 tsp vanilla extract

275g plain flour

1 tsp baking powder

¼ tsp bicarb

200g vegan chocolate chips or vegan chocolate, chopped into small chunks

Method



## STEP 1

Tip the coconut oil and sugars into a bowl and whisk until completely combined, then whisk in the coconut milk and vanilla. Tip the flour, baking powder, bicarb and a good pinch of flaky sea salt into the mix to make a thick batter, then fold through the chocolate chips. Chill the batter for at least 1hr. Can be made two days ahead.

## STEP 2

Heat the oven to 180C/160C fan/gas 4. Line a couple of baking sheets with baking parchment, then scoop or roll plum-sized balls of the dough and place them on the baking sheets about 2cm apart. Flatten ever so slightly and sprinkle with a bit more flaky salt if you want. Cook on the middle shelf for 12-15 mins, turning the tray once, until the cookies have spread and are golden but still soft in the middle. Leave to cool slightly, then lift the cookies onto a cooling rack while you bake another batch. Will keep in a biscuit jar for up to three days.

Falafel burgers



## Ingredients

- 400g can chickpeas, rinsed and drained
- 1 small red onion, roughly chopped
- 1 garlic clove, chopped
- handful of flat-leaf parsley or curly parsley
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp harissa paste or chilli powder
- 2 tbsp plain flour
- 2 tbsp sunflower oil

toasted pitta bread, to serve

200g tub tomato salsa, to serve

green salad, to serve

## Method

### STEP 1

Drain the chickpeas and pat dry with kitchen paper. Tip into a food processor along with the onion, garlic, parsley, cumin, coriander, harissa paste, flour and a little salt. Blend until fairly smooth, then shape into four patties with your hands.

### STEP 2


Heat the sunflower oil in a non-stick frying pan, and fry the burgers for 3 mins on each side until lightly golden. Serve with the toasted pitta bread, tomato salsa and green salad.

## Vegan ramen



## Ingredients

2 garlic cloves



thumb-sized piece ginger, sliced, plus a few slices cut into fine matchsticks to serve (optional)

1½ tbsp white miso paste

1 tbsp neri goma (white sesame paste) or tahini

15g dried shiitake mushrooms

1l good-quality vegan stock

2 tbsp soy sauce

200g firm tofu, cut into chunky cubes

1 tbsp cornflour

1 tbsp veg or sunflower oil

100g (2 x nests) ramen or rice noodles

1 head pak choi, quartered

2 spring onions, finely sliced, white and green parts kept separate

25g ready-to-eat beansprouts

1 carrot, peeled and cut into fine matchsticks

sesame oil, sriracha, chopped coriander, crushed peanuts, crumbled sheets of nori or dried chilli threads (silgochu), to serve (optional)

## Method

### STEP 1

Crush the garlic with the back of a big knife, then put it in a saucepan with the ginger, miso, neri goma, mushrooms, stock and soy. Bring to a gentle simmer, cover and bubble for 5 mins until the ginger is soft. Strain into a clean pan and discard everything left in the strainer.

### STEP 2

Meanwhile, cook the tofu. Toss it in the cornflour and heat the oil in a frying pan. Fry for a few mins on each side, being careful as you turn it that it doesn't fall apart. Cook the noodles for 1 min less than pack instructions, so they retain a little bite. Drain and leave in the pan with a little cooking water so they don't stick together.

### STEP 3

Add the pak choi and whites of the spring onions to the broth and gently reheat for 1-2 mins until the greens have just wilted.

#### STEP 4

Divide the noodles between two deep bowls, ladle over the broth and veg. Top with the tofu, beansprouts, carrot and ginger matchsticks, green parts of the spring onions and a drizzle of sesame oil, plus the other toppings, if you like.

#### Linguine with avocado, tomato & lime



#### Ingredients

115g wholemeal linguine

1 lime, zested and juiced

1 avocado, stoned, peeled, and chopped

2 large ripe tomatoes, chopped

½ pack fresh coriander, chopped

1 red onion, finely chopped

1 red chilli, deseeded and finely chopped (optional)

#### Method

## STEP 1

Cook the pasta according to pack instructions – about 10 mins. Meanwhile, put the lime juice and zest in a medium bowl with the avocado, tomatoes, coriander, onion and chilli, if using, and mix well.

## STEP 2

Drain the pasta, toss into the bowl and mix well. Serve straight away while still warm, or cold.

## Chickpea curry



## Ingredients

For the paste

2 tbsp oil

1 onion, diced

1 tsp fresh or dried chilli, to taste





9 garlic cloves (approx 1 small bulb of garlic)

thumb-sized piece ginger, peeled

1 tbsp ground coriander

2 tbsp ground cumin

1 tbsp garam masala

2 tbsp tomato purée

For the curry

2 x 400g cans chickpeas, drained

400g can chopped tomatoes

100g creamed coconut

½ small pack coriander, chopped, plus extra to garnish

100g spinach

To serve

cooked rice and/or dahl

Method

STEP 1

To make the paste, heat a little of the 2 tbsp oil in a frying pan, add 1 diced onion and 1 tsp fresh or dried chilli, and cook until softened, about 8 mins.

STEP 2

In a food processor, combine 9 garlic cloves, a thumb-sized piece of peeled ginger and the remaining oil, then add 1 tbsp ground coriander, 2 tbsp ground cumin, 1 tbsp garam masala, 2 tbsp tomato purée, ½ tsp salt and the fried onion. Blend to a smooth paste – add a drop of water or more oil, if needed.

STEP 3

Cook the paste in a medium saucepan for 2 mins over a medium-high heat, stirring occasionally so it doesn't stick.

STEP 4

Tip in two 400g cans drained chickpeas and a 400g can chopped tomatoes, and simmer for 5 mins until reduced down.

## STEP 5

Add 100g creamed coconut with a little water, cook for 5 mins more, then add ½ small pack chopped coriander and 100g spinach, and cook until wilted.

## STEP 6

Garnish with extra coriander and serve with rice or dhal (or both).

## Black bean chilli



## Ingredients

2 tbsp olive oil

4 garlic cloves, finely chopped

2 large onions, chopped

3 tbsp sweet pimenton (Spanish paprika) or mild chilli powder

3 tbsp ground cumin

3 tbsp cider vinegar

2 tbsp brown sugar

2 x 400g (2 x 14oz) cans chopped tomatoes



2 x 400g (2 x 14oz) cans black beans, rinsed and drained

a few, or one, of the following to serve: crumbled feta cheese (or a dairy-free alternative), chopped spring onions, sliced radishes, avocado chunks, soured cream

Method

STEP 1

In a large pot, heat the olive oil and fry the garlic and onions for 5 mins until almost softened. Add the pimenton and cumin, cook for a few mins, then add the vinegar, sugar, tomatoes and some seasoning. Cook for 10 mins.

STEP 2

Pour in the beans and cook for another 10 mins. Serve with rice and the accompaniments of your choice in small bowls.

Sri Lankan braised roots stew & coconut dhal dumplings



## Ingredients

- 1 tbsp coconut oil
- 1 tsp mustard seeds
- 6 curry leaves
- 1 onion, finely sliced
- 1 leek, finely sliced
- 3 garlic cloves, 1 sliced, 2 minced
- 2 chillies, deseeded and finely chopped
- 2 celery stalk, diced
- 1 tbsp roasted curry powder (see below)
- 400ml can chopped tomatoes
- 2 raw beetroot, peeled and cut into batons
- 3 parsnips, sliced
- 3 carrots, sliced



400ml can coconut milk

For the dumplings

100g split red lentils

1½ tbsp coconut oil

1 tsp mustard seeds

1 tbsp curry leaves

75g self-raising flour

½ green chilli, finely chopped

½ red onion, finely chopped

1 tsp turmeric

1 tsp red chilli powder

80g desiccated coconut

½ lime, juiced

For the Sri Lankan curry powder

10g basmati rice

20g coriander seeds

15g cumin seeds

10g black peppercorns

5g fenugreek seeds

3g cloves

seeds from cardamom pods


To serve

sliced spring onion

fresh coriander leaves

Method

STEP 1



To make the curry powder: In a dry frying pan, toast the rice until it's browning, then add all the spices and toast for 3-5 mins until darkish brown but not burned. Blitz it all in a spice grinder, or crush with a pestle and mortar, then pass through a sieve into a jar or airtight container. Will keep for 2-3 weeks.

#### STEP 2

Heat the oil in a wok. Scatter in the mustard seeds and curry leaves. When they sizzle, add the onion, leek, garlic, chilli, celery and a pinch of salt, and cook, stirring, for 8-10 mins until the onion starts to colour. Add the curry powder and cook for 1 min more, then add the tomatoes, veg, coconut milk, a tsp of salt and 200ml water. Bring to the boil, cover and simmer for 10-15 mins until the veg are tender.

#### STEP 3

For the dumplings, boil the lentils in a pan of water until just cooked, then drain. Melt the coconut oil in a pan, then add the mustard seeds and curry leaves and cook until sizzling. Remove from the heat and allow to cool slightly. Put the lentils, flour, chilli, onion, spices, desiccated coconut, lime juice and 1 tsp salt in a bowl. Mix with your hands until combined, then add the coconut oil and aromatics and mix to a dough. Form into 12 dumplings, then put on top of the stew, cover with a lid and cook on low for 5 mins. Top with pepper, coriander and spring onion to serve.

Vegan baked oats



## Ingredients

150g porridge oats

2 tsp vanilla extract

225ml unsweetened almond milk, plus extra to serve (optional)

1 large, very ripe banana, peeled

185g frozen mixed berries (ours had a combination of strawberries, blackberries and currants)

1 tsp maple syrup (optional)

1-2 tbsp toasted flaked almonds

## Method

### STEP 1

Heat the oven to 190C/170C fan/ gas 5. Tip the oats into a heatproof bowl, then pour over 450ml boiling water from the kettle. Stir well, then stir in the vanilla and almond milk.

### STEP 2

Mash the banana, then spread over the base of a medium baking dish (ours was a 20 x 28cm oval) and stir in the frozen fruit to fully combine. You want the

banana to sweeten the berries, but you can add 1 tsp maple syrup, if you like. Pour over the oat mixture and scatter with the almonds. Bake for 30-40 mins until set and the fruit juices are bubbling at the edges of the dish. Scoop into bowls and serve with a little extra milk, if you like.

## Vegan mac and cheese



## Ingredients

160g raw cashews

200g carrots, peeled and cut into 1cm cubes

700g potatoes, peeled and cut into 1cm cubes


90ml olive oil

40g nutritional yeast

1 lemon, juice only

4 garlic cloves, peeled and roughly chopped





1 tbsp Dijon mustard  
1 tbsp white wine vinegar  
1 tsp cayenne pepper  
400g macaroni  
3 tbsp panko breadcrumbs

Method

#### STEP 1

The night before, soak the cashew nuts in water and leave overnight.

#### STEP 2

Heat the oven to 180C/160C fan/gas 4. Steam the carrots and potatoes together for 5 mins, until completely softened. Transfer to a food processor. Drain the cashews and add these with 60ml of the oil, then blitz to break down the nuts. Tip in the other ingredients – apart from the macaroni, breadcrumbs and the remaining oil – then blitz again until the mixture is smooth and season well. Add a splash of water and just a drizzle of olive oil if it looks too stiff, then set aside.

#### STEP 3

Cook the macaroni in a large pan of salted water for 1 min less than packet instructions, drain then stir through the sauce. Transfer the mix to an ovenproof dish, stir the breadcrumbs with the remaining oil and some seasoning. Scatter over the top of the macaroni and bake for 20-25 mins until piping hot and crisp.

Roast potatoes with paprika



## Ingredients

1 ½kg floury potatoes (such as Maris Piper, King Edward or Desirée), peeled and cut into halves or quarters, depending on size

100ml olive oil

2 tsp smoked paprika

## Method

### STEP 1

Heat oven to 200C/180C fan/gas 6. Add the potatoes to a pan of cold salted water, bring to a boil, then simmer for 5 mins until partly tender. Drain and steam dry for a few mins in a colander.

### STEP 2

Return the potatoes to the saucepan, and add the oil, paprika and plenty of salt and pepper. Cover with a lid, then shake the pan around to roughen the edges of the potatoes and thoroughly coat them in the paprika and oil. Tip the potatoes into a large roasting tin, making sure they are evenly spaced apart. Scrape in all the fluffy potato mess – these make the best crispy bits!

### STEP 3

Roast the potatoes for 1 hr 15 mins, turning halfway, until extremely fluffy and crisp.

## Tofu with chilli & greens



### Ingredients

1 large or 2 small heads (about 300g) of pak choi or gai lan, roughly chopped

300g block of silken tofu

1 tbsp Chinese rice wine

1 tbsp soy sauce, plus extra to serve

pinch soft brown sugar

1 tbsp oil

2 spring onions, julienned or finely sliced

2cm piece of ginger, julienned or finely sliced

large pinch chilli flakes

sesame oil

cooked wholegrain rice, to serve



## Method

### STEP 1

Put the greens in the base of a shallow bowl that will fit into a large steamer. (Alternatively, use a lidded wok: fill the base of the wok with water and put a heatproof trivet on the bottom to stand the bowl on so it's above the water line). Place the tofu on top of the greens and thickly slice. Mix the rice wine, soy sauce and sugar with 2 tbsp water and pour over the tofu. Cover and steam for 5 mins or until the tofu is hot.

### STEP 2

Heat the oil in a small pan, add the spring onion and ginger, sizzle for a min, then add the chilli flakes and a splash of sesame oil. When hot, pour carefully over the tofu. Serve with rice.

## Vegan chocolate ice cream




### Ingredients

2 x 400g cans coconut milk (not light)

175g caster sugar

50g cocoa powder



100g vegan dark chocolate, chopped

1 tsp sea salt flakes

1 tbsp vanilla extract or 1 heaped tsp vanilla bean paste

2 tbsp cornflour

Method

STEP 1

Pour most of the coconut milk into a saucepan, reserving a splash in a small bowl for later. Add the sugar, cocoa, chocolate, sea salt flakes and vanilla to the pan. Heat gently for 10 mins until the sugar has dissolved and the chocolate has melted.

STEP 2

Mix the cornflour with the reserved coconut milk until smooth. Pour into the hot milk mixture and cook for another 5-10 mins, stirring constantly, until the mixture thickens to a pourable custard consistency. Strain into a bowl then cover and leave to cool to room temperature.

STEP 3

Pour the cooled custard into an ice cream maker and churn for 20-30 mins until you have a soft-scoop ice cream. Transfer to a freezerproof sealable container and freeze for up to three months, or until ready to serve. If you don't have an ice cream maker, pour the mixture

In 20 mins to break up any large ice crystals, until you have a soft ice cream. Transfer to a freezerproof sealable container and freeze until ready to serve. Leave to stand for 10 mins at room temperature before scooping into bowls or cones.

Vegan fry-up



## Ingredients

For the hash browns

1 large potato, unpeeled

1 ½ tbsp peanut butter

For the tomatoes and mushrooms

14 cherry tomatoes

sunflower oil

2 tsp maple syrup

1 tsp soy sauce

¼ tsp smoked paprika

1 large Portobello mushroom, sliced

## Method

### STEP 1

Cook the potato whole in a large pan of water, boil for 10 mins then drain and allow to cool. Peel the skin away then coarsely grate. Mix with the peanut butter and season well. Set aside in the fridge until needed.



## STEP 2

Heat oven to 200C/180C fan/gas 6. Put the cherry tomatoes onto a baking tray, drizzle with 2 tsp sunflower oil, season and bake for 30 mins or until the skins have blistered and start to char. Cook the beans and sausages following the instructions on the pack so they're ready to serve at the same time as the scrambled tofu.

## STEP 3

Meanwhile, mix the maple syrup, soy sauce and ¼ tsp smoked paprika together in a large bowl, add the sliced mushroom and toss to coat in the mixture. Leave to stand while you pour 2 tsp sunflower oil into a non-stick frying pan and bring it up to a medium high heat. Fry the mushroom until just starting to turn golden but not charred. Scoop onto a plate and keep warm until serving.

## STEP 4

Put 1 tbsp oil into the frying pan and add spoonfuls of the potato mixture – you should get about 4. Fry for 3-4 mins each side then drain onto kitchen paper.

## STEP 5

Crumble the tofu into your frying pan and sprinkle over the remaining ingredients and a good pinch of salt and pepper. If the pan looks a little dry add a splash more oil. Fry for 3-4 mins or until the tofu is broken into pieces, well coated in the seasoning and hot through.

## STEP 6

Divide everything between 2 plates and serve with a hot mug of tea made using soy milk.

Vegan waffles with maple & soy mushrooms



## Ingredients

500ml soya milk or rice milk

1 tsp cider vinegar or lemon juice

2 tbsp rapeseed oil

100g cooked, mashed sweet potato

150g polenta

130g plain flour

1 tbsp baking powder

small bunch chives, snipped

1 tbsp maple syrup

2 tsp light soy sauce

6 large mushrooms, thickly sliced

olive oil, for frying

soya yogurt, to serve (optional)

## Method

### STEP 1





Heat the waffle iron. Mix the soya or rice milk with the vinegar and rapeseed oil (don't worry if it starts to split), then whisk in the sweet potato mash. Tip the polenta, flour and baking powder into a bowl, mix and make a well in the centre. Add a large pinch of salt, then slowly pour in the milk mixture and whisk to make a batter. Stir in half the chives.

#### STEP 2

Pour enough batter into the waffle iron to fill and cook for 4-5 mins. Lift out the waffle, keep it warm and repeat with the remaining mixture until you have six waffles.

#### STEP 3

Meanwhile, mix the maple syrup with the soy sauce. Brush it over the mushrooms and season with pepper. Heat a little oil in a frying pan and fry the mushrooms on both sides until they are browned and cooked through – make sure they don't burn at the edges. Serve the waffles topped with mushrooms, add a spoonful of soya yogurt, if you like, and scatter over the remaining chives.

Seitan & black bean stir-fry



## Ingredients

For the sauce

400g can black beans, drained and rinsed

75g dark brown soft sugar

3 garlic cloves

2 tbsp soy sauce

1 tsp Chinese five-spice powder

2 tbsp rice vinegar

1 tbsp smooth peanut butter

1 red chilli, finely chopped



For the stir-fry

350g marinated seitan pieces

1 tbsp cornflour

2-3 tbsp vegetable oil

1 red pepper, sliced

300g pak choi, chopped

2 spring onions, sliced

cooked rice noodles or rice, to serve

Method

STEP 1

Start by making the sauce, tip half the beans into the bowl of a food processor with the rest of the ingredients and add 50ml water. Season, then blend until smooth. Pour into a saucepan and heat gently for about 5 mins or until thick and glossy.

STEP 2

Drain the seitan and pat dry with kitchen paper. Toss the seitan pieces in a bowl with the cornflour and set aside. Heat your wok to a high temperature, add a little oil, then the seitan – you might need to do this in batches. Stir-fry for around 5 mins until golden brown at the edges. Remove the seitan from the wok using a slotted spoon and set aside on a plate.

STEP 3

If the wok is dry at this stage, add 1 tsp vegetable oil. Throw in the chopped peppers, the rest of the beans, pak choi and spring onion. Cook for 3-4 mins, then return the seitan to the pan, stir in the sauce and bring to the boil for 1 min. Serve with cooked rice or noodles.

Sweet potato & coconut curry



## Ingredients

4 tbsp olive oil

2 large onions, halved and sliced

3 garlic cloves, crushed

thumb-sized piece root ginger, peeled

1 tsp paprika

½ tsp cayenne

2 red chillies, deseeded and sliced

2 red peppers, deseeded and sliced

250g red cabbage, shredded

1kg sweet potatoes, peeled and chopped into chunks

300g passata



400ml coconut milk

2 tbsp peanut butter

To serve

small bunch fresh coriander, chopped

cooked couscous (or gluten-free alternative)

Method

STEP 1

Heat 1 tbsp olive oil in a large non-stick frying pan and add the onion. Fry gently for 10 mins until soft then add the garlic and grate the ginger straight into the pan. Stir in the paprika and the cayenne and cook for another minute then tip into the slow cooker.

STEP 2

Return the pan to the heat and add another 1 tbsp oil along with the chilli, red pepper and shredded cabbage. Cook for 4-5 mins then tip into the slow cooker.

STEP 3

Use the remaining oil to fry the sweet potatoes, you may have to do this in 2 or 3 batches depending on the size of your pan. Cook the sweet potatoes for around 5 mins or just until they start to pick up some colour at the edges then put them in the slow cooker too.

STEP 4

Pour the passata and the coconut milk over the sweet potatoes, stir to mix everything together and cover the slow cooker with a lid and cook for 6-8hrs or until the sweet potatoes are tender.

STEP 5

Stir the peanut butter through the curry, season well with salt and pepper and serve with couscous and chopped coriander scattered over the top.

Coconut & banana pancakes



## Ingredients

150g plain flour

2 tsp baking powder

3 tbsp golden caster sugar

400ml can coconut milk, shaken well

vegetable oil, for frying

1-2 bananas, thinly sliced

2 passion fruits, flesh scooped out

## Method

### STEP 1

Sift the flour and baking powder into a bowl, and stir in 2 tbsp of the sugar and a pinch of salt. Pour the coconut milk into a bowl, whisk to mix in any fat that has



separated, then measure out 300ml into a jug. Stir the milk slowly into the flour mixture to make a smooth batter, or whizz everything in a blender.

#### STEP 2

Heat a shallow frying pan or flat griddle and brush it with oil. Use 2 tbsp of batter to make each pancake, frying two at a time – any more will make it difficult to flip them. Push 4-5 pieces of banana into each pancake and cook until bubbles start to pop on the surface, and the edges look dry. They will be a little more delicate than egg-based pancakes, so turn them over carefully and cook the other sides for 1 min. Repeat to make 8-10 pancakes.

#### STEP 3

Meanwhile, put the remaining coconut milk and sugar in a small pan. Add a pinch of salt and simmer until the mixture thickens to the consistency of single cream. Use this as a sauce for the pancakes and spoon over some of the passion fruit seeds.

Vegan French toast



## Ingredients

3 tbsp maple syrup

150g blueberries

2 tbsp gram flour

2 tbsp ground almonds

2 tsp cinnamon

200ml oat milk or rice milk

1 tbsp golden caster sugar

1 tsp vanilla extract

6 slices of thick white bread

grapeseed oil, for frying



icing sugar, for dusting

## Method

### STEP 1

Gently heat the maple syrup and blueberries in a saucepan until the berries start to pop and release their juices, then set them to one side in the pan. Whisk the flour, almonds, cinnamon, milk and vanilla together in a shallow bowl.

### STEP 2


Heat a little oil in a frying pan. Dip a slice of bread into the milk mixture, shake off any excess and fry the bread on both sides until it browns and crisps at the edges. Keep the slices warm in a low oven as you cook the rest. Serve with the blueberries spooned over and dust with icing sugar.

## Vegan carrot cake



## Ingredients

For the icing



4 sachets (200g) creamed coconut

1 tbsp lemon juice

2 tbsp cashew nut butter

50g icing sugar

60ml oat milk

For the cake

250ml jar coconut oil, melted

300g light brown sugar

1½ tsp vanilla essence

210ml dairy free milk, we used oat milk

420g plain flour

1½ tsp baking powder

1½ tsp bicarbonate of soda

1 tsp cinnamon, plus extra cinnamon to decorate

1 tsp ginger

1 tsp ground nutmeg

1 orange, zest only

4 medium carrots, grated (you want 270g grated weight)

75g chopped walnuts, plus extra to decorate

edible flowers (optional)

Method

STEP 1

Start by making the icing first. Mash the coconut cream with 2 tbsp hot water and the lemon juice until smooth. Add the cashew butter then whisk in the icing sugar followed by the oat milk. Continue to whisk until fully combined, set aside in the fridge until needed.

STEP 2

Heat the oven to 180C/160C fan/gas mark 4. Grease 2 x 20cm cake tins with a little of the melted coconut oil and line the bases with baking parchment. Whisk together the oil and sugar, then add the vanilla and milk. Combine the flour, baking powder, bicarbonate of soda, spices and orange zest in a separate bowl. Add these to the wet mixture and stir well. Finally stir in the carrot and the nuts. Divide the mixture between the prepared tins and bake for 25-30 mins until a skewer inserted into the middle of the cake comes out cleanly. Cool in the tin for 5 mins before transferring to a wire rack to cool completely.

### STEP 3

Sandwich the cakes together with half the icing then cover the top with the remaining icing (add a splash of oat milk if the icing feels too firm). Scatter over the nuts and dust the cake with a little cinnamon and decorate with edible flowers.

### Aubergine & chickpea bites



### Ingredients

3 large aubergines, halved, cut side scored

spray oil

2 fat garlic cloves, peeled



2 tsp coriander

2 tsp cumin seeds

400g can chickpeas, drained

2 tbsp gram flour

1 lemon, ½ zested and juice, ½ cut into wedges to serve (optional)

3 tbsp polenta

For the dip

1 tbsp harissa (we used Belazu rose harissa)

150g coconut dairy-free yogurt (we used Coyo)

Method

#### STEP 1

Heat oven to 200C/180C fan/gas 6. Spray the aubergine halves generously with oil, then put them cut-side up in a large roasting tin with the garlic, coriander and cumin seeds. Season, then roast for 40 mins until the aubergine is completely tender. Set aside to cool a little.

#### STEP 2

Scoop the aubergine flesh into a bowl and discard the skins. Use a spatula to scrape the spices and garlic into the bowl. Add the chickpeas, gram flour, lemon zest and juice, roughly mash together and check the seasoning. Don't worry if the mix is a bit soft – it will firm up in the fridge.

#### STEP 3

Shape the mixture into 20 balls and put them on a baking tray lined with baking parchment, then leave to chill in the fridge for at least 30 mins. Swirl the harissa through the yogurt and set aside. Can make ahead to this point the day before and kept covered in the fridge.

#### STEP 4

Heat oven to 180C/160C fan/gas 4. Tip the polenta onto a plate, roll the balls in it to coat, then return them to the tray and spray each one with a little oil. Roast for 20 mins until crisp, hot and golden. Serve with the harissa yogurt and lemon wedges, if you like.

## Black beans & avocado on toast



### Ingredients

270g cherry tomatoes, quartered

1 red or white onion, finely chopped

½ lime, juiced

4 tbsp olive oil

2 garlic cloves, crushed

1 tsp ground cumin

2 tsp chipotle paste or 1 tsp chilli flakes

2 x 400g cans black beans, drained

small bunch coriander, chopped

4 slices bread



1 avocado, finely sliced

Method

STEP 1

Mix the tomatoes,  $\frac{1}{4}$  onion, lime juice and 1 tbsp oil and set aside. Fry the remaining onion in 2 tbsp oil until it starts to soften. Add the garlic, fry for 1 min, then add the cumin and chipotle and stir until fragrant. Tip in the beans and a splash of water, stir and cook gently until heated through. Stir in most of the tomato mixture and cook for 1 min, season well and add most of the coriander.

STEP 2

Toast the bread and drizzle with the remaining 1 tbsp oil. Put a slice on each plate and pile some beans on top. Arrange some slices of avocado on top, then sprinkle with the remaining tomato mixture and coriander leaves to serve.

Vegan banana & walnut bread



## Ingredients

50g coconut oil or sunflower oil, plus extra for the tin

200g self-raising flour

25g ground almonds

1 tsp baking powder

75g light muscovado sugar

4 dates, finely chopped

3-4 very ripe bananas, mashed

3 tbsp soya milk

75g walnut pieces, toasted

## Method

### STEP 1

Heat oven to 200C/180C fan/gas 6. Brush a 450g loaf tin with a little oil then line with baking parchment.

## STEP 2

Mix the flour, almonds, baking powder, sugar and dates. Beat together the mashed banana and oil, then combine it with the flour mixture. Add the soya milk to loosen the mixture, fold in the walnuts and scrape the mixture into the tin. Bake for 1 hr, covering the top if it starts to look too brown. Insert a skewer into the centre of the cake – it should come out clean. If not, return to the oven and cook for a further 10 mins. Cool for 15 mins before taking it out of the tin.


## Vegan breakfast muffins



## Ingredients

150g muesli mix





50g light brown soft sugar  
160g plain flour  
1 tsp baking powder  
250ml sweetened soy milk  
1 apple, peeled and grated  
2 tbsp grapeseed oil  
3 tbsp nut butter (we used almond)  
4 tbsp demerara sugar  
50g pecans, roughly chilled

#### Method

##### STEP 1

Heat the oven to 200C/180C fan/gas 6. Line a muffin tin with cases. Mix 100g muesli with the light brown sugar, flour and baking powder in a bowl. Combine the milk, apple, oil and 2 tbsp nut butter in a jug, then stir into the dry mixture. Divide equally between the cases. Mix the remaining muesli with the demerara sugar, remaining nut butter and the pecans, and spoon over the muffins.

##### STEP 2

Bake for 25-30 mins or until the muffins are risen and golden. Will keep for two to three days in an airtight container or freeze for one month. Refresh in the oven before serving.

Beetroot & squash wellingtons with kale pesto



## Ingredients

1 red onion, cut into 8 wedges

250g raw beetroot, peeled and cut into small chunks

½ butternut squash, peeled and cut into small chunks

4 fat garlic cloves, unpeeled

6 tbsp olive oil

1 tbsp picked thyme leaves, plus extra for sprinkling

1 tbsp sumac, plus extra for sprinkling


250g pouch ready-to-eat puy lentils

180g pack whole cooked chestnuts, roughly chopped

100g kale

½ lemon, juiced

2 x 320g packs ready-rolled puff pastry suitable for vegans (we used Jus-Rol)



2 tbsp almond milk

## Method

### STEP 1

Heat oven to 190C/170C fan/ gas 5. Toss the onion, beetroot, squash and garlic in a roasting tin with 2 tbsp olive oil, the thyme leaves, sumac and some seasoning. Roast for 45 mins until the vegetables are tender but still retain their shape, then stir in the lentils and half the chestnuts. Squeeze the garlic cloves from their skins, reserve half and squash the other two into the lentil mixture. Leave to cool completely.

### STEP 2

Bring a large pan of salted water to the boil, tip in the kale, cook for 1 min until wilted, then drain and run under cold water until cool. Squeeze all the water from the kale, then put it in the small bowl of a food processor along with the reserved garlic cloves, chestnuts, the lemon juice, olive oil and some seasoning. Blitz to a thick pesto, and season to taste.

### STEP 3

On a lightly floured surface, unravel the sheets of puff pastry. Cut each sheet into three widthways so that you have six strips in total then divide the kale pesto between these, followed by the roasted veg and lentils, heaping the mixture on top of the pesto and leaving one side free of filling so that it is easier to roll. Brush all the borders with half the milk, fold over the ends, then carefully roll the pastry lengthways to completely encase the filling into a roll. Place your six individual Wellingtons on a baking tray lined with baking parchment and chill for at least 1 hr, or cover with cling film and leave overnight. If freezing, cover and freeze on a lined baking tray for up to 3 months.

### STEP 4

To bake from chilled, heat oven to 190 C/170 C fan/gas 3 and line a baking tray with parchment.

### STEP 5

Brush the top of each Wellington with the remaining milk and sprinkle with a little sumac, then bake for 30 mins from chilled or 45 mins from frozen until crisp and golden. Scatter over extra thyme and some flaky sea salt and serve.

### Vegan waffles



### Ingredients

500g plain flour

2tbsp baking powder

125g vegan butter, plus extra for the waffle iron

125g caster sugar

250ml soy milk



## Method

### STEP 1

Mix the flour and baking powder with ½ tsp salt in a bowl. Mix the vegan butter with the caster sugar in a separate bowl. Combine the soy milk with 175 ml water in a jug. Pour this gradually into the dry ingredients, continually stirring, then add the butter and sugar mixture and keep stirring to form a smooth batter. Add a little more water or soy milk if the mixture is very thick – you should be able to spoon it out. Heat the waffle iron. Butter both sides of the waffle iron.

### STEP 2

Spoon about 3 tbsp of the batter into the hot waffle iron, close and cook for 4-6 mins until golden brown (the time will vary depending on your waffle iron). Remove the finished waffle and cook the rest of the batter in the same way. The dough makes about 10-12 vegan waffles. Serve straightaway with your favorite toppings.

Vegan kebabs with avocado dressing



## Ingredients

3½ tbsp olive oil

2 garlic cloves, crushed

1 tsp chilli flakes

3 rosemary sprigs, finely chopped

4 Portobello mushrooms, each cut into quarters

4 peaches, destoned, each cut into quarters

2 large courgettes, each cut into 8 chunks

2 large red onions, each cut into 8 wedges (leave the root on)

1 avocado

1 lemon, juiced



½ tsp wholegrain mustard

large bag rocket, watercress and spinach salad

2 tbsp toasted mixed seeds

You will need

8 metal skewers

Method

STEP 1

Mix 3 tbsp oil with the crushed garlic, chilli flakes and rosemary. Thread alternate pieces of mushroom, peach, courgette and red onion onto each skewer – you can get two pieces of everything on each. Brush the kebabs with the flavoured olive oil and season with salt and black pepper, then set aside. The kebabs can be made the day before and kept in the fridge.

STEP 2

Heat the barbecue or a grill to its highest setting. Meanwhile, blitz the avocado, half the lemon juice and 50ml water to a smooth dressing and season to taste. Whisk the remaining lemon juice, remaining ½ tbsp olive oil and mustard together, then toss with the mixed rocket salad and toasted seeds.

STEP 3

Barbecue or grill the skewers for 4-5 mins on each side or until cooked through and nicely charred. Pile onto a platter and serve with the avocado dressing and salad on the side.

Salted caramel biscuit bars



## Ingredients

For the biscuit base

80g porridge oats

20g ground almonds

50ml maple syrup

3 tbsp coconut oil, melted

For the caramel filling


125g medjool dates, pitted

1 ½ tbsp smooth peanut butter or almond butter

2 tbsp coconut oil, melted

½ tbsp almond milk





generous pinch of salt

For the topping

150g dairy-free dark chocolate

Method

STEP 1

Heat oven to 180C/160C fan/gas 4 and line a large baking tray with baking parchment.

STEP 2

For the base, blitz the oats in a food processor until flour-like. Add the remaining ingredients and whizz until the mixture starts to clump together. Scrape into a bowl, then roll and cut into 18 equal-sized rectangular bars, about 9 x 2cm. Place on the prepared tray and use a small palette knife to neaten the tops and sides of each biscuit. Bake for about 10 mins until lightly golden at the edges, then leave to cool.

STEP 3

Meanwhile, put all the caramel ingredients in the food processor (no need to rinse it first) and blitz until it forms smooth, shiny clumps. Using a spatula, push the mixture together, then roll into 18 even-sized balls using your hands.

STEP 4

Once the biscuits are cool, squash the caramel onto them. Use your fingers to press it into shape and smooth out any bumps, especially around the edges (as they will show underneath the chocolate coating).

STEP 5

Melt the chocolate in a heatproof bowl set over a pan of simmering water – make sure the water doesn't touch the bowl (otherwise, it might seize and go grainy). Carefully dip one of the caramel-coated biscuits in the chocolate, turning it gently with a small palette knife (use this to lift it out as well). Use a spoon to drizzle over more chocolate to coat it fully. Let the excess chocolate drip into the bowl, then carefully put the biscuit back on the lined tray.

STEP 6

Repeat with the remaining biscuits, then chill in the fridge for at least 30 mins or until the chocolate has set. Put the biscuits in an airtight container and store in the fridge. Will keep for five days.

Sweet potato, peanut butter & chilli quesadillas



### Ingredients

- 3 medium sweet potatoes peeled and thinly sliced
- 1 tbsp smoked paprika
- 3 tbsp olive oil, plus extra for brushing
- 1 extra large ripe avocado



½ lime, zested and juiced, plus wedges to serve

2 tbsp crunchy peanut butter

4 small flour tortillas

sriracha chilli sauce, to taste

½ small pack coriander, torn

Method

STEP 1

Heat oven to 200C/180C fan/gas 6. Toss the sweet potatoes with the paprika and 2 tbsp olive oil in a roasting tin. Roast for 15 mins, tossing halfway through, until the potatoes are beginning to crisp.

STEP 2

Stone, peel and chop the avocado, tip into a bowl with the lime juice and zest, and season generously. Mash together with a fork and set aside. In a small bowl, combine the peanut butter and remaining olive oil. Set aside.

STEP 3

Heat a griddle pan or frying pan over a medium heat until very hot. Brush each tortilla on one side with the remaining oil. Place one tortilla, oiled-side down, in the pan and spread over half the peanut butter mixture, half the sweet potatoes, a little chilli sauce and half the coriander. Top with another tortilla, oiled-side up. Press down with a heavy saucepan and cook for 2-3 mins each side until the quesadilla is crisp outside and warm in the middle. Repeat to make a second quesadilla, then cut each into quarters and serve with the crushed avocado and lime wedges.

Vegan Thai curry



## Ingredients

2 lemongrass stalks, tough outer leaves removed, core finely chopped

5 spring onions, chopped

handful fresh coriander, chopped

8 lime leaves


2 tbsp tamari

2 green chillies, deseeded

thumb-sized piece ginger, chopped

For the curry

2 aubergines, roughly chopped



1 red pepper, roughly chopped  
2 tbsp coconut oil, melted  
1 tbsp sesame oil  
250g green beans, cut into thirds  
300ml vegetable stock  
400ml can unhomogenised coconut milk (cream only)  
300g buckwheat noodles  
handful cashew nuts  
4 tbsp desiccated coconut

#### Method

##### STEP 1

Heat oven to 200C/180C fan/ gas 6. To make the curry, toss the aubergines and red pepper in a roasting tin with 1 tbsp coconut oil, and roast for 20-25 mins until they are softened.

##### STEP 2

Meanwhile, make the paste. Put all the ingredients in a food processor and blend until smooth.

##### STEP 3

Heat the sesame oil and remaining coconut oil in a frying pan or wok. Add the paste and fry for 1-2 mins, then stir in the green beans and fry for another 1-2 mins.

##### STEP 4

Add the vegetable stock, mixing well, followed by the roasted vegetables and the solid coconut cream from the top of the can of coconut milk. Give it all a good stir, bring to the boil, then allow it to simmer for 4-5 mins.

##### STEP 5

Meanwhile, cook the buckwheat noodles following pack instructions.

##### STEP 6

Add the cashews and desiccated coconut to the curry. Divide the drained noodles between three bowls, top with the curry, squeeze over some lime juice and garnish with red chilli.

Vegan gingerbread cookies




Ingredients

1 tbsp chia seeds

400g plain flour, plus extra for dusting

200g coconut oil



2 tbsp ground ginger  
1 tsp ground cinnamon  
200g dark muscovado sugar  
50g maple syrup  
100ml aquafaba (water from a can of chickpeas)  
500g icing sugar  
½ tsp lemon juice

## Method

### STEP 1

Put the chia seeds in a small bowl and stir in 3 tbsp water. Leave to soak for 5-10 mins until gloopy. Meanwhile put the flour into a large mixing bowl and rub in the coconut oil until it's almost disappeared into the flour. Stir in the spices.

### STEP 2

In another bowl mix together the sugar, maple syrup, chia mixture and 2 tbsp water until smooth then pour over the flour. Stir until well combined then knead together to make a soft dough. Wrap in cling film until ready to use.

### STEP 3

Heat oven to 180C/160C fan/gas 6. Roll out the dough on a lightly floured surface then cut into gingerbread people (or whatever shape you like) and bake for 10-12 mins on baking sheets lined with baking parchment until just starting to darken at the edges. Let them cool for a couple of minutes on the tray then transfer to a wire rack to cool.

### STEP 4

While the gingerbread cools whip the aquafaba in a bowl using electric beaters until really foamy. Add 3/4 of the icing sugar and whisk until smooth and thick, then whisk in the rest of the icing sugar and the lemon juice. Whisk again until the mixture forms stiff peaks. Transfer to a piping bag until ready to use. Snip a little off the end of the piping bag and use to create designs and faces on your gingerbread.

## Vegan sticky toffee pear pudding



### Ingredients

8 small firm pears (we used Conference)

200g golden caster sugar

2 cinnamon sticks

1 star anise

6 cloves

1 lemon, zest pared


1 orange, zest pared

vegan ice cream, to serve (optional)

For the sponge

250g pitted dates





2 tbsp linseeds  
300ml unsweetened almond milk  
200ml vegetable oil, plus extra for greasing  
175g dark muscovado sugar  
200g self-raising flour  
1 tsp bicarbonate of soda<sup>[SEP]</sup>  
1 tsp ground mixed spice

## Method

### STEP 1

Peel the pears and cut the bottom off each to give a flat base – cut them to a height that will fit snugly in your tin. Use a melon baller or small knife to cut out the pips from the base. Roughly chop the pear scraps, discarding the pips, and set aside. Tip the sugar, cinnamon, star anise, cloves, zests and 600ml water into a saucepan large enough to fit all the pears. Bring to the boil, then simmer until the sugar has dissolved. Add the pears, cover with a lid or a piece of baking parchment, and poach gently for 15 mins until a knife easily slides into a pear. Leave to cool in the liquid.

### STEP 2

Now make the sponge. Put the dates and linseeds in a saucepan and add the almond milk. Bring to a gentle simmer, then cook for 2-3 mins until the dates are soft. Pour into a food processor and blitz until smooth. Add the oil and blend again, then scrape into a bowl and set aside to cool a little. Heat oven to 180C/160C fan/gas 4. Grease and line a 20 x 30cm baking tin (a loose-bottomed one if possible) with a strip of baking parchment.

### STEP 3

Put the dry ingredients in a large mixing bowl with 1/2 tsp salt. Mix well, breaking up any lumps of sugar with your fingers, and shaking the bowl a few times to encourage any remaining lumps to come to the surface. Add the date and oil mixture, and stir well. Fold in the chopped pear scraps. Scrape the cake mixture into the tin, then nestle in the pears, standing straight up, so that the bottom halves are covered. Bake for 35-40 mins until the cake is cooked through. Insert a skewer to the centre to check – it should come out clean. If



there is any wet cake mixture on the skewer, return the cake to the oven and bake for 10 mins more, then check again.

#### STEP 4

Meanwhile, bring the pear poaching liquid back to the boil and simmer until reduced to a glossy syrup. When the pudding is cooked, cool for 5-10 mins, then brush all over with the syrup, saving a little extra to serve alongside, with vegan ice cream, if you like.

Refried beans



## Ingredients

400g can black, pinto or kidney beans

1 tbsp sunflower oil

1 onion, finely chopped

2 garlic cloves, finely chopped

1 green chilli, chopped (optional)

1 tsp cumin seeds

½ tsp dried oregano

½ tsp smoked paprika

chopped coriander, to serve (optional)

## Method

## STEP 1

Lightly drain the beans, reserving the juice from the tin, but do not rinse (you want the beans in about half the liquid from the can). Depending on the texture you prefer, either mash them roughly in a bowl or blitz them using a blender until smooth. Set aside.

## STEP 2

Heat the oil in a large frying pan or casserole and cook the onions for 8-10 mins until soft and golden. Scatter in the garlic, chilli and cumin seeds, and sizzle everything for 2 mins more. Tip in the beans, oregano, paprika and a pinch of salt. Cook everything together for 5 mins until the beans have heated through adding more reserved bean juice if it's too thick. Serve straightaway with a sprinkling of coriander, if you like, or leave to cool and keep chilled. Will keep chilled for up to three days or frozen for a month. Reheat with a splash of water mixed in.

## Smoky spiced Jollof rice & coconut-fried plantain



## Ingredients



- 400g basmati rice
- 400g can plum tomatoes
- 1 red pepper
- 1 red onion, halved
- 1 garlic clove
- 1 scotch bonnet chilli (deseeded if you don't like it too hot)
- 4 tbsp vegetable oil or sunflower oil
- 3 bay leaves
- 1 thyme sprig
- 1 tsp cayenne pepper
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp ground black pepper
- 60g tomato purée
- For the fried plantain
- 4 tbsp coconut oil
- 2 plantains, peeled and sliced into 1cm rounds

## Method


### STEP 1

Put the rice in a sieve, rinse thoroughly to remove the starch, then soak in clean cold water for 5 mins. Drain and par-boil the rice for 5 mins until almost cooked, then drain, rinse and set aside.

### STEP 2

Blend the tomatoes, pepper, half the red onion, the garlic and chilli until smooth.

### STEP 3



Finely slice the remaining onion half. Heat the vegetable oil in a large, high-sided pan. Add the sliced onion, bay and thyme, and cook on a medium heat for 8 mins until the onion is softened and aromatic.

#### STEP 4

Add the spices with 1 tsp sea salt, cook for a few mins more, then add the tomato purée and cook for 1-2 mins.

#### STEP 5

Add half the tomato and pepper mix (freeze the rest for future use). Add the semi-cooked rice and mix thoroughly to coat with the sauce. Add a bit more water, turn down the heat, stir and cover with a lid for 5-10 mins until cooked through. Cooking time will depend on the type of rice, so keep checking it. Don't worry if it catches on the bottom, this will add to the flavour. Season to taste and remove the bay leaves before serving.

#### STEP 6

To cook the plantain, simply heat the coconut oil in a high-sided pan until hot. Fry the plantain, turning occasionally, for a few mins until soft and golden. Serve with the rice.

## Vegan shepherd's pie



### Ingredients

1.2kg floury potatoes, such as Maris Piper or King Edward

50ml vegetable oil

30g dried porcini mushrooms, soaked in hot water for 15 mins, then drained (reserve the liquid)

2 large leeks, chopped

2 small onions, chopped

4 medium carrots (about 300g), cut into small cubes

1 vegetable stock cube (make sure it's vegan)

3 garlic cloves, crushed

2 tbsp tomato purée



2 tsp smoked paprika

1 small butternut squash, peeled and cut into small cubes

½ small pack marjoram or oregano, leaves picked and roughly chopped

½ small pack thyme, leaves picked

½ small pack sage, leaves picked and roughly chopped

4 celery sticks, chopped

400g can chickpeas

300g frozen peas

300g frozen spinach

20ml olive oil

small pack flat-leaf parsley, chopped

tomato ketchup, to serve (optional)

Method

STEP 1

Put the unpeeled potatoes in a large saucepan, cover with water, bring to the boil and simmer for 40 mins until the skins start to split. Drain and leave to cool a little.

STEP 2

Meanwhile, heat the vegetable oil in a large heavy-based sauté pan or flameproof casserole dish. Add the mushrooms, leeks, onions, carrots and the stock cube and cook gently for 5 mins, stirring every so often. If it starts to stick, reduce the heat and stir more frequently, scraping the bits from the bottom. The veg should be soft but not mushy.

STEP 3

Add the garlic, tomato purée, paprika, squash and herbs. Stir and turn the heat up a bit, cook for 3 mins, add the celery, then stir and cook for a few more mins.

STEP 4

Tip in the chickpeas along with the water in the can and reserved mushroom stock. Add the peas and spinach and stir well. Cook for 5 mins, stirring





occasionally, then season, turn off and set aside. There should still be plenty of liquid and the veg should be bright and a little firm.

#### STEP 5

Peel the potatoes and discard the skin. Mash 200g with a fork and stir into the veg. Break the rest of the potatoes into chunks, mix with the olive oil and parsley and season.

#### STEP 6

Divide the filling into the pie dishes and top with the potatoes. Heat oven to 190C/170C fan/gas 5 and bake the pies for 40-45 mins, until the top is golden and the filling is heated through. If making individual pies, check after 20 mins. Best served with tomato ketchup – as all great shepherd's pies are.



## Ingredients

For the base

150g cashew nuts

50g rolled oat

4 medjool dates, pitted

50g coconut oil, melted

For the filling

350g pitted medjool dates

125ml unsweetened almond milk

25ml maple syrup

150g coconut oil



1 tsp vanilla extract

For the topping

150g coconut oil

5 tbsp cocoa powder

2 tsp maple syrup

Method

#### STEP 1

Grease a 20cm square cake tin and line with baking parchment. Tip the cashew nuts and oats into a food processor and blitz to crumbs. Add the dates and coconut oil, and blend again. Transfer to the tin and use a spoon to press the nutty mixture into a compact, even layer that covers the base. Chill while you prepare the filling.

#### STEP 2

For the filling, add the dates, almond milk, maple syrup and coconut oil to a saucepan with a generous pinch of salt and bring to a simmer. Boil for 2-3 mins until the dates are really soft. Cool the caramel a little, then tip into the blender, add the vanilla extract and blitz to a smooth purée. The caramel will be hot so be careful when handling. Add a little more salt if the mixture is too sweet. Pour over the nutty base and spread to the sides of the tin, getting the surface as smooth as possible. Chill while you prepare the topping.

#### STEP 3

Gently heat the coconut oil in a saucepan until melted. Remove from the heat and whisk in the cocoa and maple syrup until there are no lumps. Cool for 10 mins, pour over the caramel layer and return to the fridge for at least 3 hrs or until firmly set. To serve, cut into squares. Will keep in the fridge for up to a week.

## Roasted cauli-broc bowl with tahini hummus



### Ingredients

400g pack cauliflower & broccoli florets

2 tbsp olive oil

250g ready-to-eat quinoa

2 cooked beetroots, sliced

large handful baby spinach

10 walnuts, toasted and chopped

2 tbsp tahini

3 tbsp hummus

1 lemon, 1/2 juiced, 1/2 cut into wedges

Method

STEP 1

The night before, heat oven to 200C/180C fan/gas 6. Put the cauliflower and broccoli in a large roasting tin with the oil and a sprinkle of flaky sea salt. Roast for 25-30 mins until browned and cooked. Leave to cool completely.

STEP 2

Build each bowl by putting half the quinoa in each. Lay the slices of beetroot on top, followed by the spinach, cauliflower, broccoli and walnuts. Combine the tahini, hummus, lemon juice and 1 tbsp water in a small pot. Before eating, coat in the dressing. Serve with the lemon wedges.

### Veggie chilli



### Ingredients

400g pack oven-roasted vegetables

1 can kidney beans in chilli sauce

1 can chopped tomatoes

1 ready-to-eat mixed grain pouch

Method

STEP 1


Heat oven to 200C/180C fan/ gas 6. Cook the vegetables in a casserole dish for 15 mins. Tip in the beans and tomatoes, season, and cook for another 10-15 mins until piping hot. Heat the pouch in the microwave on High for 1 min and serve with the chilli.

### Vegan cherry & almond brownies



### Ingredients

80g vegan margarine, plus extra for greasing



2 tbsp ground flaxseed  
120g dark chocolate  
½ tsp coffee granules  
125g self-raising flour  
70g ground almond  
50g cocoa powder  
¼ tsp baking powder  
250g golden caster sugar  
1 ½ tsp vanilla extract  
70g glacé cherry (rinsed and halved)

## Method

### STEP 1

Heat oven to 170C/150C fan/gas 3½. Grease and line a 20cm square tin with baking parchment. Combine the flaxseed with 6 tbsp water and set aside for at least 5 mins.

### STEP 2

In a saucepan, melt the chocolate, coffee and margarine with 60ml water on a low heat. Allow to cool slightly.

### STEP 3

Put the flour, almonds, cocoa, baking powder and ¼ tsp salt in a bowl and stir to remove any lumps. Using a hand whisk, mix the sugar into the melted chocolate mixture, and beat well until smooth and glossy, ensuring all the sugar is well dissolved. Stir in the flaxseed mixture and vanilla extract, the cherries and then the flour mixture. It will now be very thick. Stir until combined and spoon into the prepared tin. Bake for 35-45 mins until a skewer inserted in the middle comes out clean with moist crumbs. Allow to cool in the tin completely, then cut into squares. Store in an airtight container and eat within 3 days.

## Veggie tahini lentils



### Ingredients

50g tahini

zest and juice 1 lemon

2 tbsp olive oil

1 red onion, thinly sliced

1 garlic clove, crushed

1 yellow pepper, thinly sliced

200g green beans, trimmed and halved

1 courgette, sliced into half moons





100g shredded kale

250g pack pre-cooked puy lentils

Method

STEP 1

In a jug, mix the tahini with the zest and juice of the lemon and 50ml of cold water to make a runny dressing. Season to taste, then set aside.

STEP 2

Heat the oil in a wok or large frying pan over a medium-high heat. Add the red onion, along with a pinch of salt, and fry for 2 mins until starting to soften and colour. Add the garlic, pepper, green beans and courgette and fry for 5 min, stirring frequently.

STEP 3

Tip in the kale, lentils and the tahini dressing. Keep the pan on the heat for a couple of mins, stirring everything together until the kale is wilted and it's all coated in the creamy dressing.

## Vegan cupcakes with banana & peanut butter



### Ingredients

240g self-raising flour

140g golden caster sugar

1 tsp bicarbonate of soda

240g egg-free mayonnaise

2 large or 3 small ripe bananas, mashed

1 tsp vanilla extract

25g vegan dark chocolate chip



For the icing

80g vegan margarine

250g icing sugar

25ml vegan milk (we used almond milk)

2 tbsp smooth peanut butter

Method

STEP 1

Heat oven to 170C/150C fan/gas 3½. Line muffin tins with 16 cases. In a bowl, combine the flour, sugar, ½ tsp salt and bicarbonate of soda. In a second bowl or a jug, mix the mayonnaise, mashed bananas and vanilla extract. Pour the wet ingredients into the dry and mix with a spoon until just combined (don't overmix or your cupcakes will be heavy). Spoon the mixture into the cases and bake for 20 mins.

STEP 2

When the cupcakes come out of the oven, sprinkle the chocolate chips over – they will melt and then harden again, so don't touch them.

STEP 3

For the icing, combine the vegan margarine and icing sugar in an electric mixer, then add the vegan milk and continue to mix on a slow speed until completely combined. Turn the mixer up and combine for a further 3 mins. Finally, stir in the peanut butter. Pipe or simply spread the icing on top of the cakes. Store in an airtight container and eat within 2 days.

## Kidney bean curry



### Ingredients


1 tbsp vegetable oil

1 onion, finely chopped

2 garlic cloves, finely chopped

thumb-sized piece of ginger, peeled and finely chopped

1 small pack coriander, stalks finely chopped, leaves roughly shredded



1 tsp ground cumin  
1 tsp ground paprika  
2 tsp garam masala  
400g can chopped tomatoes  
400g can kidney beans, in water  
cooked basmati rice, to serve

## Method

### STEP 1

Heat the oil in a large frying pan over a low-medium heat. Add the onion and a pinch of salt and cook slowly, stirring occasionally, until softened and just starting to colour. Add the garlic, ginger and coriander stalks and cook for a further 2 mins, until fragrant.

### STEP 2

Add the spices to the pan and cook for another 1 min, by which point everything should smell aromatic. Tip in the chopped tomatoes and kidney beans in their water, then bring to the boil.

### STEP 3

Turn down the heat and simmer for 15 mins until the curry is nice and thick. Season to taste, then serve with the basmati rice and the coriander leaves.

## Easy vegan Parmesan cheese

This vegan Parmesan cheese is easy to prepare and just as tasty as the real deal. There's no cooking involved, simply blitz and sprinkle over your favourite pasta dish for a bit of extra zing



### Ingredients

150g cashews

¼ tsp garlic powder

4 tbsp nutritional yeast

Trending recipes

Honey tahini cookies

Baked potato & tuna crunch spread


Method

STEP 1

Place all the ingredients and 1 tsp salt in a small food processor and blitz until it becomes a coarse powder. Transfer to an airtight container and store in the cupboard for up to 1 week.

Sweet potato Tex-Mex salad





600g sweet potatoes, cut into even chunks

2 tbsp extra virgin olive oil

1 tsp chilli flakes

400g can black beans, drained and rinsed

198g can sweetcorn, drained and rinsed

2 avocados, chopped

250g tomatoes, cut into chunks

1 small red onion, thinly sliced

1 small pack coriander, roughly chopped

juice 1 lime

Method

STEP 1

Heat oven to 200C/180C fan/ gas 6. On a baking tray, toss the sweet potato in 1 tbsp of the oil with the chilli flakes, sea salt and pepper. Roast for 30 mins until tender.

STEP 2

Once the sweet potato is nearly ready, combine the remaining ingredients in a large bowl with the remaining 1 tbsp oil and season well. Mix everything well but take care to avoid squashing the avocado. Divide the salad evenly between plates, or serve sharing-style with the sweet potato chunks.



## Spinach, sweet potato & lentil dhal



### Ingredients

1 tbsp sesame oil

1 red onion, finely chopped

1 garlic clove, crushed

thumb-sized piece ginger, peeled and finely chopped

1 red chilli, finely chopped

1½ tsp ground turmeric



1½ tsp ground cumin

2 sweet potatoes (about 400g/14oz), cut into even chunks

250g red split lentils

600ml vegetable stock

80g bag of spinach

4 spring onions, sliced on the diagonal, to serve

½ small pack of Thai basil, leaves torn, to serve

## Method

### STEP 1

Heat 1 tbsp sesame oil in a wide-based pan with a tight-fitting lid.

### STEP 2

Add 1 finely chopped red onion and cook over a low heat for 10 mins, stirring occasionally, until softened.

### STEP 3

Add 1 crushed garlic clove, a finely chopped thumb-sized piece of ginger and 1 finely chopped red chilli, cook for 1 min, then add 1½ tsp ground turmeric and 1½ tsp ground cumin and cook for 1 min more.

### STEP 4

Turn up the heat to medium, add 2 sweet potatoes, cut into even chunks, and stir everything together so the potato is coated in the spice mixture.

### STEP 5

Tip in 250g red split lentils, 600ml vegetable stock and some seasoning.

### STEP 6

Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape.

### STEP 7

Taste and adjust the seasoning, then gently stir in the 80g spinach. Once wilted, top with the 4 diagonally sliced spring onions and ½ small pack torn basil leaves to serve.

#### STEP 8

Alternatively, allow to cool completely, then divide between airtight containers and store in the fridge for a healthy lunchbox.

#### Vegan cream cheese



## Ingredients

250g cashews

2 tbsp nutritional yeast

juice 1 lemon

a few chives, chopped (optional)

## Method

### STEP 1

Place the cashews in a large bowl and cover with water. Cover the bowl with wrap and leave to soak overnight or for at least 4 hrs.

### STEP 2


Drain and rinse the cashews then add them to a food processor with the nutritional yeast, lemon juice, 1/2 tsp salt and 1 tbsp water. Whizz until very smooth, about 5 mins. You may need to stop and scrape the sides down with a spatula.

### STEP 3

Transfer the cashew cheese to a dish or bowl and stir through the chives, if using. Cover and place in the fridge for 1 hr to firm up a little. The cheese will keep in the fridge for up to 3-4 days.

## Saag aloo





2 tbsp sunflower oil  
1 onion, finely chopped  
2 garlic cloves, sliced  
1 tbsp chopped ginger  
500g potato, cut into 2cm ( $\frac{3}{4}$ in) chunks  
1 large red chilli, halved, deseeded and finely sliced  
 $\frac{1}{2}$  tsp each black mustard seeds, cumin seeds, turmeric  
250g spinach leaves

## Method

### STEP 1

Heat 2 tbsp sunflower oil in a large pan, add 1 finely chopped onion, 2 sliced garlic cloves and 1 tbsp chopped ginger, and fry for about 3 mins.

### STEP 2

Stir in 500g potatoes, cut into 2cm chunks, 1 halved, deseeded and finely sliced red chilli,  $\frac{1}{2}$  tsp black mustard seeds,  $\frac{1}{2}$  tsp cumin seeds,  $\frac{1}{2}$  tsp turmeric and  $\frac{1}{2}$  tsp salt and continue cooking and stirring for 5 mins more.

### STEP 3

Add a splash of water, cover, and cook for 8-10 mins.

### STEP 4

Check the potatoes are ready by spearing with the point of a knife, and if they are, add 250g spinach leaves and let it wilt into the pan. Take off the heat and serve.

## Vegan tomato & mushroom pancakes




### Ingredients

140g white self-raising flour

1 tsp soya flour

400ml soya milk



vegetable oil, for frying

For the topping

2 tbsp vegetable oil

250g button mushrooms

250g cherry tomatoes, halved

2 tbsp soya cream or soya milk

large handful pine nuts

snipped chives, to serve

Method

STEP 1

Sift the flours and a pinch of salt into a blender. Add the soya milk and blend to make a smooth batter.

STEP 2

Heat a little oil in a medium non-stick frying pan until very hot. Pour about 3 tbsp of the batter into the pan and cook over a medium heat until bubbles appear on the surface of the pancake. Flip the pancake over with a palette knife and cook the other side until golden brown. Repeat with the remaining batter, keeping the cooked pancakes warm as you go. You will make about 8.

STEP 3

For the topping, heat the oil in a frying pan. Cook the mushrooms until tender, add the tomatoes and cook for a couple of mins. Pour in the soya cream or milk and pine nuts, then gently cook until combined. Divide the pancakes between 2 plates, then spoon over the tomatoes and mushrooms. Scatter with chives.

Vegan Yorkshire puddings



## Ingredients

225g self-raising flour

½ tsp baking powder

300ml unsweetened soya milk

100ml warm water

8 tsp vegetable oil

## Method

### STEP 1

Add all the ingredients except the oil to a food processor with a pinch of salt and blitz until smooth. Transfer the batter to a jug, cover with cling film and leave to rest in the fridge for 1 hr.

### STEP 2

Heat oven to 220C/200C fan/gas 7. Spoon a tsp of oil into eight holes of a muffin tin and place in the oven for 5 mins to get really hot. Remove the tin from the oven and carefully pour the batter into the hot oil. Return to the oven and bake for 25-30 mins until risen and deep golden brown.



## Mushroom & potato curry



### Ingredients

1 tbsp oil

1 onion, roughly chopped

1 large potato, chopped into small chunks

1 aubergine, trimmed and chopped into chunks

250g button mushrooms

2-4 tbsp curry paste (depending on how hot you like it)

150ml vegetable stock

400ml can reduced-fat coconut milk

chopped coriander, to serve

Method

STEP 1

Heat the oil in a large saucepan, add the onion and potato. Cover, then cook over a low heat for 5 mins until the potatoes start to soften. Throw in the aubergine and mushrooms, then cook for a few more mins.

STEP 2

Stir in the curry paste, pour over the stock and coconut milk. Bring to the boil, then simmer for 10 mins or until the potato is tender. Stir through the coriander and serve with rice or naan bread.

### Tomato soup



### Ingredients

1-1.25kg/2lb 4oz-2lb 12oz ripe tomatoes

1 medium onion

1 small carrot

1 celery stick

2 tbsp olive oil

2 squirts of tomato purée (about 2 tsp)

a good pinch of sugar



2 bay leaves

1.2 litres/2 pints hot vegetable stock (made with boiling water and 4 rounded tsp bouillon powder or 2 stock cubes)

## Method

### STEP 1

First, prepare your vegetables. You need 1-1.25kg/2lb 4oz-2lb 12oz ripe tomatoes. If the tomatoes are on their vines, pull them off. The green stalky bits should come off at the same time, but if they don't, just pull or twist them off afterwards. Throw the vines and green bits away and wash the tomatoes. Now cut each tomato into quarters and slice off any hard cores (they don't soften during cooking and you'd get hard bits in the soup at the end). Peel 1 medium onion and 1 small carrot and chop them into small pieces. Chop 1 celery stick roughly the same size.

### STEP 2

Spoon 2 tbsp olive oil into a large heavy-based pan and heat it over a low heat. Hold your hand over the pan until you can feel the heat rising from the oil, then tip in the onion, carrot and celery and mix them together with a wooden spoon. Still with the heat low, cook the vegetables until they're soft and faintly coloured. This should take about 10 minutes and you should stir them two or three times so they cook evenly and don't stick to the bottom of the pan.

### STEP 3

Holding the tube over the pan, squirt in about 2 tsp of tomato purée, then stir it around so it turns the vegetables red. Shoot the tomatoes in off the chopping board, sprinkle in a good pinch of sugar and grind in a little black pepper. Tear 2 bay leaves into a few pieces and throw them into the pan. Stir to mix everything together, put the lid on the pan and let the tomatoes stew over a low heat for 10 minutes until they shrink down in the pan and their juices flow nicely. From time to time, give the pan a good shake – this will keep everything well mixed.

### STEP 4

Slowly pour in the 1.2 litres/2 pints of hot stock (made with boiling water and 4 rounded tsp bouillon powder or 2 stock cubes), stirring at the same time to mix it with the vegetables. Turn up the heat as high as it will go and wait until everything is bubbling, then turn the heat down to low again and put the lid back



on the pan. Cook gently for 25 minutes, stirring a couple of times. At the end of cooking the tomatoes will have broken down and be very slushy-looking.

#### STEP 5

Remove the pan from the heat, take the lid off and stand back for a few seconds or so while the steam escapes, then fish out the pieces of bay leaf and throw them away. Ladle the soup into your blender until it's about three-quarters full, fit the lid on tightly and turn the machine on full. Blitz until the soup's smooth (stop the machine and lift the lid to check after about 30 seconds), then pour the puréed soup into a large bowl. Repeat with the soup that's left in the pan. (The soup may now be frozen for up to three months. Defrost before reheating.)

#### STEP 6

Pour the puréed soup back into the pan and reheat it over a medium heat for a few minutes, stirring occasionally until you can see bubbles breaking gently on the surface. Taste a spoonful and add a pinch or two of salt if you think the soup needs it, plus more pepper and sugar if you like. If the colour's not a deep enough red for you, plop in another teaspoon of tomato purée and stir until it dissolves. Ladle into bowls and serve. Or sieve and serve chilled with some cream swirled in.

Soba noodle & edamame salad with grilled tofu



## Ingredients

140g soba noodles

300g fresh or frozen podded edamame (soy) beans

4 spring onions, shredded

300g bag beansprouts

1 cucumber, peeled, halved lengthways, deseeded with a teaspoon and sliced

250g block firm tofu, patted dry and thickly sliced

1 tsp oil

handful coriander leaves, to serve

For the dressing

3 tbsp mirin



2 tsp tamari

2 tbsp orange juice

1 red chilli, deseeded, if you like, and finely chopped

Method

STEP 1

Heat dressing ingredients in your smallest saucepan, simmer for 30 secs, then set aside.

STEP 2

Boil noodles following the pack instructions, adding the edamame beans for the final 2 mins cooking time. Rinse under very cold water, drain thoroughly and tip into a large bowl with the spring onions, beansprouts, cucumber, sesame oil and warm dressing. Season if you like.

STEP 3

Brush tofu with the veg oil, season and griddle or grill for 2-3 mins each side – the tofu is very delicate so turn carefully. Top the salad with the tofu, scatter with coriander and serve

Pumpkin curry with chickpeas



## Ingredients

- 1 tbsp sunflower oil
- 3 tbsp Thai yellow curry paste, or vegetarian alternative
- 2 onions, finely chopped
- 3 large stalks lemongrass, bashed with the back of a knife
- 6 cardamom pods
- 1 tbsp mustard seed
- 1 piece pumpkin or a small squash (about 1kg)
- 250ml vegetable stock
- 400ml can reduced-fat coconut milk
- 400g can chickpea, drained and rinsed
- 2 limes
- large handful mint leaves
- naan bread, to serve

## Method

### STEP 1

Heat the oil in a sauté pan, then gently fry the curry paste with the onions, lemongrass, cardamom and mustard seed for 2-3 mins until fragrant. Stir the pumpkin or squash into the pan and coat in the paste, then pour in the stock and coconut milk. Bring everything to a simmer, add the chickpeas, then cook for about 10 mins until the pumpkin is tender. The curry can now be cooled and frozen for up to 1 month.

## STEP 2

Squeeze the juice of one lime into the curry, then cut the other lime into wedges to serve alongside. Just before serving, tear over mint leaves, then bring to the table with the lime wedges and warm naan breads.

## Squash & barley salad with balsamic vinaigrette



### Ingredients

1 butternut squash, peeled and cut into long pieces

1 tbsp olive oil

250g pearl barley

300g Tenderstem broccoli, cut into medium-size pieces

100g SunBlush tomato, sliced

1 small red onion, diced





- 2 tbsp pumpkin seeds
- 1 tbsp small capers, rinsed
- 15 black olives, pitted
- 20g pack basil, chopped

For the dressing

- 5 tbsp balsamic vinegar
- 6 tbsp extra-virgin olive oil
- 1 tbsp Dijon mustard
- 1 garlic clove, finely chopped

Method

#### STEP 1

Heat oven to 200C/fan 180C/gas 6. Place the squash on a baking tray and toss with olive oil. Roast for 20 mins. Meanwhile, boil the barley for about 25 mins in salted water until tender, but al dente. While this is happening, whisk the dressing ingredients in a small bowl, then season with salt and pepper. Drain the barley, then tip it into a bowl and pour over the dressing. Mix well and let it cool.

#### STEP 2

Boil the broccoli in salted water until just tender, then drain and rinse in cold water. Drain and pat dry. Add the broccoli and remaining ingredients to the barley and mix well. This will keep for 3 days in the fridge and is delicious warm or cold.

[Easy vegan chocolate cake](#)



## Ingredients

For the cake

a little dairy-free sunflower spread, for greasing

1 large ripe avocado (about 150g)

300g light muscovado sugar

350g gluten-free plain flour

50g good-quality cocoa powder

1 tsp bicarbonate of soda

2 tsp gluten-free baking powder

400ml unsweetened soya milk

150ml vegetable oil



2 tsp vanilla extract

For the frosting

85g ripe avocado flesh, mashed

85g dairy-free sunflower spread

200g dairy-free chocolate, 70% cocoa, broken into chunks

25g cocoa powder

125ml unsweetened soya milk

200g icing sugar, sifted

1 tsp vanilla extract

gluten-free and vegan sprinkles, to decorate

Method

STEP 1

Heat oven to 160C/140C fan/gas 3. Grease two 20cm sandwich tins with a little dairy-free sunflower spread, then line the bases with baking parchment.

STEP 2

Put 1 large avocado and 300g light muscovado sugar in a food processor and whizz until smooth.

STEP 3

Add 350g gluten-free plain flour, 50g cocoa powder, 1 tsp bicarbonate of soda, 2 tsp gluten-free baking powder, 400ml unsweetened soya milk, 150ml vegetable oil and 2 tsp vanilla extract to the bowl with ½ tsp fine salt and process again to a velvety, liquid batter.

STEP 4

Divide between the tins and bake for 25 mins or until fully risen and a skewer inserted into the middle of the cakes comes out clean.

STEP 5

Cool in the tins for 5 mins, then turn the cakes onto a rack to cool completely.

STEP 6



While you wait, start preparing the frosting. Beat together 85g ripe avocado flesh and 85g dairy-free sunflower spread with electric beaters until creamy and smooth. Pass through a sieve and set aside.

#### STEP 7

Melt 200g dairy-free chocolate, either over a bowl of water or in the microwave, then let it cool for a few mins.

#### STEP 8

Sift 25g cocoa powder into a large bowl. Bring 125ml unsweetened soya milk to a simmer, then gradually beat into the cocoa until smooth. Cool for a few mins.

#### STEP 9

Tip in the avocado mix, 200g sifted icing sugar, melted chocolate and 1 tsp vanilla, and keep mixing to make a shiny, thick frosting. Use this to sandwich and top the cake.

#### STEP 10

Cover with sprinkles or your own decoration, then leave to set for 10 mins before slicing. Can be made 2 days ahead.

## Roast summer vegetables & chickpeas



### Ingredients

3 courgettes, thickly sliced

1 aubergine, cut into thick fingers

3 garlic cloves, chopped

2 red peppers, deseeded and chopped into chunks

2 large baking potatoes, peeled and cut into bite-size chunks

1 onion, chopped

1 tbsp coriander seeds

4 tbsp olive oil

400g/14oz can chopped tomatoes  
400g/14oz can chickpeas, rinsed and drained  
small bunch coriander, roughly chopped

Trending recipes

Slow-cooker potato gratin

Honey tahini cookies

Method

STEP 1

Heat oven to 220C/200C fan/gas 7. Tip all the vegetables into a large roasting tin and toss with the coriander seeds, most of the olive oil and salt and pepper. Spread everything out to a single layer, then roast for 45 mins, tossing once or twice until the vegetables are roasted and brown round the edges.


STEP 2

Place the tin on a low heat, then add the tomatoes and chickpeas. Bring to a simmer and gently stir. Season to taste, drizzle with olive oil, then scatter over the coriander. Serve from the tin or pile into a serving dish. Eat with hunks of bread.

### Crispy new potato bake



Ingredients



1 kg Jersey Royal potatoes  
handful small capers  
2 handfuls stoned black olives  
1 tbsp thyme leaves  
small bunch rosemary, broken into sprigs  
6 tbsp extra-virgin olive oil  
1 tbsp white wine vinegar

## Method

### STEP 1

Heat oven to 240C/220C fan/gas 9. Boil the potatoes until the softer side of cooked, about 12 mins. Drain, slice in half, then tip into a bowl. Tip the capers, olives and herbs on top of the potatoes, then add most of the oil and a little seasoning. Stir together, lightly crushing the potatoes.

### STEP 2

Line a medium Swiss roll-type tin with baking parchment, leaving some hanging over the sides. Tip the potatoes into the tin and flatten down. Mix the vinegar and remaining oil, drizzle over the potatoes, then bake for 40 mins until golden.



## Ingredients

- 1 onion, chopped
- 2 garlic cloves, chopped
- 3cm piece ginger, grated
- 6 ripe tomatoes
- ½ tbsp oil
- 1 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp turmeric
- pinch chilli flakes
- 1 tsp yeast extract (we used Marmite)
- 4 tbsp red lentils
- 6 tbsp coconut cream
- 1 head of broccoli, broken into small florets
- 400g can chickpeas, drained
- 100g bag baby spinach leaves
- 1 lemon, halved



1 tbsp toasted sesame seeds

1 tbsp chopped cashews, to mix with the sesame seeds

Method

STEP 1

Put the onion, garlic, ginger and tomatoes in a food processor or blender and whizz to a purée.

STEP 2

Heat oil in a large pan. Add the spices, fry for a few secs and add purée and yeast extract. Bubble together for 2 mins, then add lentils and coconut cream. Cook until lentils are tender, then add the broccoli and cook for 4 mins. Stir in chickpeas and spinach, squeeze over lemon and swirl through sesame and cashew mixture. Serve with brown rice, if you like.

### Vegetable stew




### Ingredients

1 tbsp olive oil, or rapeseed oil

1 onion, finely chopped

3 garlic cloves, sliced



1 tsp smoked paprika  
½ tsp ground cumin  
1 tbsp dried thyme  
3 medium carrots (about 200g), sliced  
2 medium celery sticks (about 120g), finely sliced  
1 red pepper, chopped  
1 yellow pepper, chopped  
2 x 400g cans tomatoes, or peeled cherry tomatoes  
1 vegetable stock cube, made up to 250ml  
2 courgettes (about 300g), sliced thickly  
2 sprigs fresh thyme  
250g cooked puy lentils (we used Merchant Gourmet ready-to-eat puy lentils)

## Method

### STEP 1

Heat the olive or rapeseed oil in a large, lidded, heavy-based pan over a medium heat. Lower the heat slightly then add the onion, cooking gently and stirring occasionally, for 5-10 mins until softened.

### STEP 2

Stir in the garlic cloves, smoked paprika, ground cumin, dried thyme, carrots, celery sticks, red and yellow peppers, and cook for 5 mins.

### STEP 3

Tip in the tomatoes along with the vegetable stock, courgettes and thyme sprigs. Give it a good stir, cover, and cook for 20-25 mins.

### STEP 4


Remove the thyme sprigs and discard. Stir in the cooked lentils and bring back to a simmer for 5 mins until warmed through. Serve with wild and white basmati rice, mash or quinoa.

### Vegan mince pies



#### Ingredients

- 1 large apple (around 200g), peeled and grated
- 200g mixed dried fruit
- 390g jar black cherries in kirsch
- 100g skinless hazelnuts, roasted and roughly chopped
- 1 orange, zested and juiced
- 1 tsp cinnamon
- 1 tsp ginger
- 1 tsp allspice
- 150g dark brown sugar



For the pastry

400g flour

200g coconut oil, straight from the fridge (as solid as possible)

20g icing sugar, plus extra for dusting

50ml ice-cold vodka (see tip below)

50ml non-dairy milk, for brushing

Method

STEP 1

Heat oven to 180C/160C fan/gas 4. Tip all the mincemeat ingredients into a casserole dish or roasting tray – be sure to include half the kirsch from the jar of cherries. Mix everything together, then cover with a lid or a sheet of foil. Bake for 35-40 mins until all the sugar has melted, the mixture is bubbling slightly at the edges and the liquid has reduced (the mixture firms a bit as it cools, so be careful not to over-reduce). Set aside to cool completely. Can be made up to three days in advance and chilled in the fridge.

STEP 2

To make the pastry: tip the flour and coconut oil to a food processor and pulse until the mixture resembles breadcrumbs. Add the sugar and pulse to just combine, then pour in the vodka and 2 tbsp ice-cold water and pulse until the pastry is just coming together. Add another 2 tbsp water if a little dry, then tip the dough onto a clean surface and pat into a disc with your hands. Wrap in cling film and chill in the fridge for at least 30 mins.

STEP 3

Take the pastry out of the fridge. Cut off one-third of the pastry and keep covered under a tea towel. Cut the rest into five chunks and, one chunk at a time, squeeze with your hands until malleable, then roll out on a well-floured surface to a thickness of 0.5cm. Cut out circles using a 9cm cookie cutter and line 18 holes of two 12-hole cupcake tins. Repeat with the rest of the pastry chunks, re-rolling off-cuts where necessary.

STEP 4

Put a heaped spoonful of mincemeat in the middle of each circle, then put the pies in the fridge. Take the remaining pastry from under the tea towel and roll out to 0.5cm thickness. Transfer to a baking sheet lined with baking parchment. Chill for 15 mins to firm up.

#### STEP 5

Heat oven to 180C/160C fan/gas 4. Remove the pastry sheet from the fridge and use an 8cm cookie cutter to cut out nine circles, then use a star cutter to cut out the middles. Bring the mince pies out of the fridge and top half of them with the stars and the other half with the stamped-out circles. Use your fingers to seal the tops and bases, then brush the tops with milk. Bake for 30 mins until the pastry is crisp and the tops are golden. Cool a little, then dust with a little icing sugar to serve.

### Vegan apple crumble



#### Ingredients

For the filling

575g Bramley apple (3 medium apples), peeled, cored and sliced to 1 cm thick

2 tbsp golden caster sugar

For the crumble

175g plain flour

110g golden caster sugar



110g dairy-free spread (we used Vitalite dairy-free spread)

1 tbsp rolled oats

1 tbsp demerara sugar

oat-based vegan cream or custard, to serve

Method

STEP 1

Heat the oven to 190C/170 fan/gas 5. Toss the apples with 2 tbsp golden caster sugar and put in a 23cm round baking dish at least 5cm deep, or a 20cm square dish. Flatten down with your hand.

STEP 2

For the crumble topping, mix the flour and sugar in a bowl with a good pinch of salt. Rub the dairy-free spread in with your fingertips until the mixture looks like moist breadcrumbs. Shake the bowl and any big bits will come to the surface – rub these in too.

STEP 3

Pour the crumble mix over the apples to form a pile in the centre, then use a fork to even out. Gently press the surface with the back of the fork so the crumble holds together and goes crisp, then lightly drag the fork over the top for a decorative finish. Sprinkle the oats and demerara sugar over evenly.

STEP 4

Place on a baking tray and put in the oven for 35-40 mins, until the top is golden and the apples feel very soft when you insert a small, sharp knife. Leave to cool for 10 mins before serving.

## Pecan-stuffed dates



### Ingredients

2 tbsp olive oil, plus extra for brushing

1 shallot, finely chopped

1 garlic clove, crushed

50g fresh breadcrumbs

100g pecans, finely chopped

1 tbsp thyme leaves, chopped

50ml vegan vegetable stock or water

12 medjool dates, pitted

12 small sage leaves

### Method

#### STEP 1

Heat the oil in a frying pan. Add the shallot and a generous pinch of salt and cook for 2-3 mins until softened, then add the garlic, breadcrumbs, pecans and thyme and cook for 1 min more. Add a splash of vegetable stock to bring the mixture together, then set aside.

#### STEP 2

Heat oven to 180C/160C fan/gas 4. Cut the dates in half lengthways (but don't cut all the way through). Take small balls of the stuffing and push inside the dates, then push the sides of the dates back together. Put a sage leaf on top of each date, then put the dates on a baking tray lined with baking parchment. Get ahead by prepping your dates up to this point – they will keep in the fridge overnight ready to be baked.

#### STEP 3

Brush the outside of the dates liberally with olive oil, then bake for 15-20 mins until the sage leaf is crisp. Serve immediately.

### Tomato, pepper & bean one pot



#### Ingredients


1 tbsp olive oil

1 large onion, finely chopped

2 celery sticks, finely chopped

3 carrots, finely chopped





3 red peppers, sliced  
2 garlic cloves, crushed  
2 tbsp tomato purée  
400g can cannellini beans, rinsed and drained  
400g pinto beans, rinsed and drained  
400g borlotti beans, rinsed and drained  
2 x 400g cans chopped tomatoes  
1 vegetable stock cube (check the label if you're vegan)  
2 bay leaves  
1 tbsp brown sugar  
½ tbsp red wine vinegar

## Method

### STEP 1

Heat the oil in a large pan or casserole on a medium heat. Fry the onion, celery and carrots for 10 mins until soft and golden, then add the peppers and fry for another 5 mins.

### STEP 2

Stir in the garlic for a minute, then add the tomato purée, all the beans and chopped tomatoes, then swirl out the tomato cans with a splash of water and add to the pan with the stock cube, bay leaves, sugar and vinegar. Season and simmer, uncovered, for 25 mins until the sauce reduces to coat the beans and the peppers are soft. Leave to cool before storing in transportable containers. Will keep in the fridge for 3 - 4 days or freeze in portions and defrost in the fridge overnight.

## Choose your toppings

### Sweet & spicy

Add diced dried apricots and 1 tbsp harissa. Top with yogurt swirled with more harissa, and toasted flaked almonds.

### Tex-Mex



Stir in ½ - 1 tbsp chipotle paste, shredded leftover roast chicken if you have any, and top with diced avocado, grated cheddar and coriander.

#### Smoky BBQ beans

Stir in 1 tbsp smoky BBQ sauce and crumble over shop-bought crispy bacon, a dollop of soured cream or yogurt, and some chopped herbs.

#### Added greens

Stir in some spinach and top with a sliced boiled egg.

#### Beans on toast

Serve the beans on toast or bread, add a dash of Tabasco or chilli flakes, crumble over feta and drizzle with olive oil.

#### Italian-inspired

Top with toasted croutons, chopped rosemary, lemon zest and parmesan.

## Vegan tiffin



### Ingredients

75g coconut oil, plus extra for the tin

200g vegan dark chocolate (at least 70%), roughly chopped

2 tbsp golden syrup

200g vegan ginger nuts

100g dried cranberries

50g pistachios, toasted and chopped

### Method

#### STEP 1

Lightly oil a 20cm square brownie tin with coconut oil and line the base with baking parchment. Melt the chocolate with the coconut oil and golden syrup in the microwave in 30-second bursts until smooth and glossy.

#### STEP 2

Break the ginger nuts into small pieces in a bowl, then add the dried cranberries and pistachios. Scrape in the chocolate mixture and give everything a good mix

to combine, then spoon the tiffin into the tin. Use the back of the spoon to smooth out the top and press it down, then chill in the fridge for 2 hrs or until set hard. Once set, cut into 25 mini squares. Will keep for a week in the fridge.

### Vegan mug cake



### Ingredients

3 tbsp dairy-free milk, we used oat milk

pinch lemon zest

1 tsp lemon juice

1 tbsp sunflower oil

4 tbsp self-raising flour

2 tbsp caster sugar

pinch bicarbonate of soda

4 fresh or frozen raspberries

To serve

coconut cream or dairy-free ice cream

Method

STEP 1

Put the milk in a microwave-safe mug, add the lemon zest and juice and leave to sit for 2-3 mins. It should start to look a bit grainy, as if it has split. Stir in the sunflower oil, flour, sugar and bicarbonate of soda. Mix really well with a fork until smooth.

STEP 2

Drop in the raspberries then microwave on high for 1 min 30 secs, or until puffed up and cooked through.

STEP 3

Serve with a drizzle of coconut cream, or a scoop of dairy-free ice cream if you like.

### Savoury vegan pancakes



Ingredients

150g self-raising flour



½ tsp baking powder

100g garlic & herb soft cheese alternative, (see tip below)

200ml plant milk (such as oat or soya)

½ small bunch of chives, finely chopped

1 large vine tomato, halved

4-6 portabellini or baby portobello mushrooms

1 tbsp light olive oil, plus more for cooking

a few thyme sprigs

Method

STEP 1

Put the flour, baking powder and a pinch of fine sea salt in a bowl and whisk briefly to combine. In a separate bowl, whisk together 50g of the garlic & herb soft cheese alternative with the milk until combined. Stir in half the chives, then pour into the dry ingredients, whisking to form a smooth, thick batter.

STEP 2

Heat the grill to medium high. Arrange the tomato halves, cut-side up, and the mushrooms on a tray. Season well, scatter over the thyme leaves and drizzle over 1 tbsp oil, rubbing the oil into the mushrooms. Grill for 10-15 mins until softened and the mushrooms are wilted and tender throughout.

STEP 3

Meanwhile, brush or swirl a little oil around a large non-stick frying pan and place over a medium heat. Add 2 tbsp of the batter to the pan to make small, round pancakes. Make sure they don't touch – you may need to do this in batches. Cook for 2 mins until the edges start to set and bubbles rise to the surface. Flip and cook for another 2-3 mins until light golden and cooked through. Keep the pancakes warm (underneath the tomatoes and mushrooms in the grill, or in a low oven) while you cook the remaining batter. Add a little more oil to the pan if needed. There should be 8-10 small pancakes in total.

STEP 4


Spread the remaining soft cheese alternative over the pancakes, and divide between two warmed plates. Top each with a tomato half and the mushrooms. Season and scatter over the remaining chives to serve.

## Easy vegan tacos



### Ingredients

- 175g pack baby corn
- 1 large red onion, sliced (190g)
- 1 red pepper, deseeded and roughly chopped
- ½ tsp cumin seeds
- 2 tsp olive oil
- 1 large ripe kiwi, halved lengthways (110g)
- 1 large tomato, halved (115g)
- 100g wholemeal flour, plus extra for rolling



1 large garlic clove  
15g fresh coriander, chopped  
1 tsp vegan bouillon powder  
½ tsp smoked paprika  
85g red cabbage, finely shredded

Method

#### STEP 1

Heat oven to 220C/200C fan/gas 7. Pile the corn, red onion and pepper into a large shallow roasting tin and toss with the cumin seeds and oil. Add the kiwi and tomato on one side of the tin and roast for 20 mins.

#### STEP 2

Meanwhile, mix 60ml water into the flour with the blade of a knife to make a dough. Knead briefly until smooth, then cut equally into four and roll out each piece on a lightly floured surface into a 16cm round tortilla. Cover with a tea towel to stop them drying out.

#### STEP 3

Remove the cooked tomato and kiwi from the tin and return the veg to the oven for 10 mins. Remove the skin from the kiwi and scoop the flesh into a bowl with the tomato, garlic, half the coriander, bouillon and paprika. Use a hand blender to blitz to a smooth salsa.

#### STEP 4

Heat a large non-stick frying pan, without oil, and cook the tortillas one at a time for a minute on one side and about 10 seconds on the other, until you see them puff up a little. Spread a tortilla with some salsa, top with cabbage and roasted veg, then scatter with the remaining coriander. Add a spoonful more salsa and eat with your hands.

Vegan Christmas pudding





## Ingredients

125g dairy-free margarine, plus extra for greasing the bowl and paper

375g dried figs

75ml rum

350g mixed sultanas and raisins

1 large eating apple, peeled, cored and grated

85g light brown soft sugar

85g dark brown soft sugar


100g breadcrumbs

100g self-raising flour

½ tbsp allspice

## Method

### STEP 1



Grease a 2-litre pudding bowl with dairy-free margarine, then line the base with a circle of baking parchment. Grease a large sheet of baking parchment, then lay it on top of a large sheet of foil, margarine side up. Fold a pleat in the middle of each sheet.

#### STEP 2

Roughly chop 125g of the figs and set aside. Put the remaining figs, the dairy-free margarine and the rum into a large food processor and whizz until smoothish, then scrape into a large mixing bowl. Tip in the chopped figs, sultanas, raisins, grated apple, sugars, breadcrumbs, flour and allspice. Stir everything together, then spoon into your pudding basin.

#### STEP 3

Cover with the buttered paper-foil sheet, tie with string and trim. Lower into a large saucepan, with upturned saucers or scrunched-up bits of foil in the bottom (so the pud doesn't touch the bottom), then fill the pan with enough boiling water from the kettle to come halfway up the sides of the bowl. Cover with a lid and simmer for 3 hrs, topping up the water as needed. Remove and leave to cool. Will keep in a cool, dry cupboard for up to a year.

**Mahasamvit group**

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