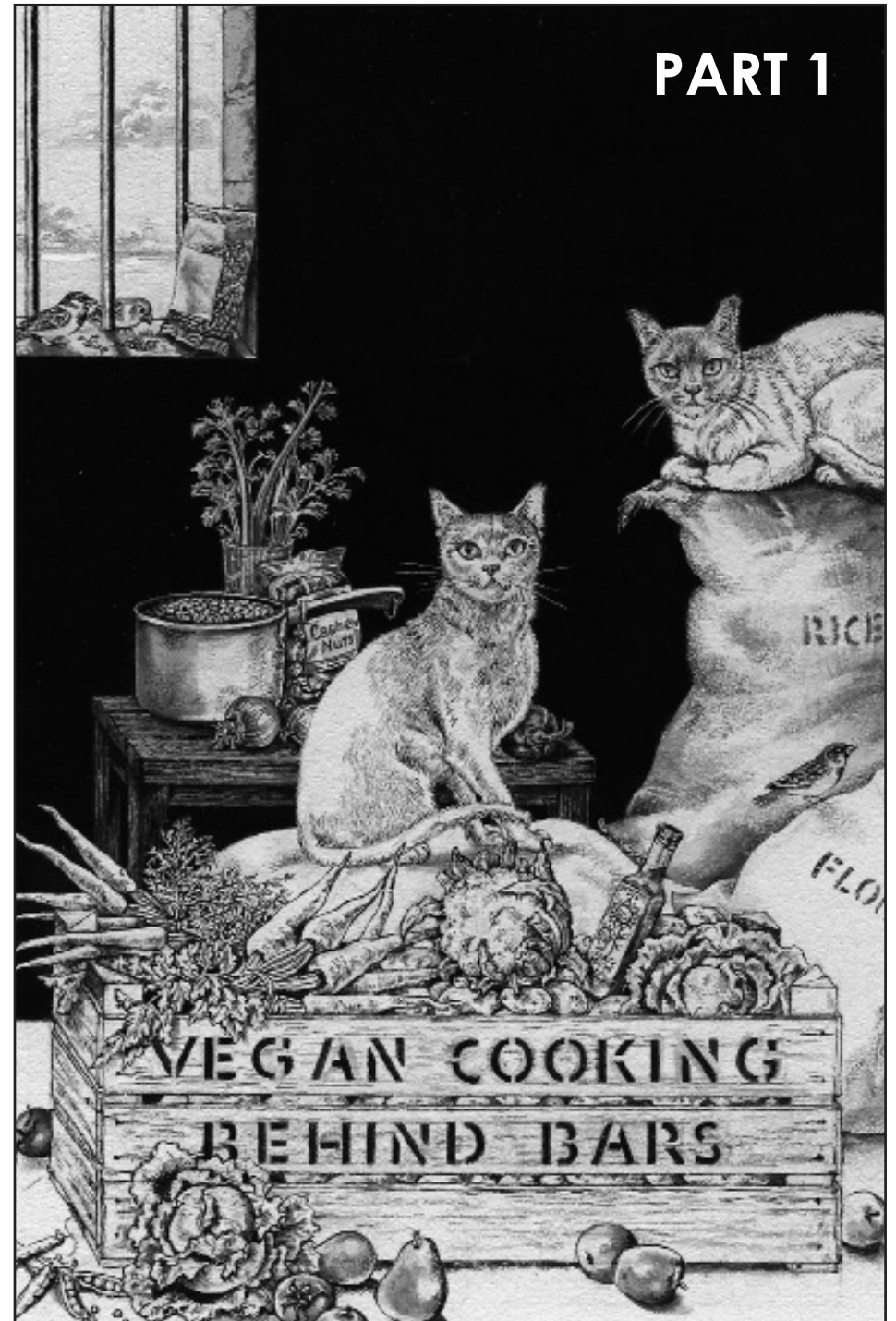


PART 1

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SALADS

Couscous Salad

Ingredients	serves 4	serves 10
couscous	170g (6 oz)	425g (15 oz)
hot water	285ml (10 fl oz)	710ml (25 fl oz)
cucumber, cubed	¼ large	¾ large
tomatoes, chopped	1 large	2 large
red peppers, finely chopped	115g (4 oz)	285g (10 oz)
carrots, finely chopped	115g (4 oz)	285g (10 oz)
spring onions, finely sliced	4	10
sunflower seeds or chopped walnuts	30g (1 oz)	70g (2½ oz)
fresh mint, basil or parsley, finely chopped	1 tbsp	2½ tbsp
vegetable oil	60ml (4 tbsp)	145ml (5 fl oz)
lemon, juice of	1 medium	2 large
salt and pepper	to taste	to taste

Cover couscous with water and leave to stand for 10-15 minutes. Mix in remaining ingredients and season.

Pasta and Pesto Salad

Ingredients	serves 4	serves 10
pasta (penne or spirals) cooked drained	225g (8 oz)	565g (1 lb 4 oz)
red peppers, finely chopped	85g (3 oz)	210g (7½ oz)
celery, finely chopped	1 stick	2½ sticks
broccoli or cauliflower florets	85g (3 oz)	210g (7½ oz)
carrots, finely diced	85g (3 oz)	210g (7½ oz)
tomato, chopped	1 large	2-3 large
butterbeans, cooked, drained	225g (8 oz)	565g (1 lb 4 oz)
walnut pesto (see page 5)	4 tbsp	10 tbsp
spring onions	4	10
salt and black pepper	to taste	to taste

Mix all the ingredients together. Season and chill.

Option: Warm Pasta Salad: Cook pasta, drain and keep warm while stir-frying peppers, celery, broccoli/cauliflower and carrots until al dente; add tomatoes, butterbeans and walnut pesto, continue to stir fry-until warmed through. Remove from heat and add spring onions. Stir into the pasta and season.

Green Lentil and Walnut Salad

Ingredients	serves 4	serves 10
green lentils, cooked and drained	170g (6 oz)	425g (15 oz)
carrots, finely diced	115g (4 oz)	285g (10 oz)
walnuts, broken	55g (2 oz)	140g (5 oz)
cucumber, finely diced	115g (4 oz)	285g (10 oz)
green peppers, finely diced	115g (4 oz)	285g (10 oz)
celery, finely diced	1 stick	2-3 sticks
spring onions, finely chopped	8	20
tomatoes, finely chopped	2 medium	5 medium
simple salad dressing (see page 4)	30ml (2 tbsp)	70ml (5 tbsp)
salt and black pepper	to taste	to taste

Put lentils into a large bowl. Add remaining ingredients and toss. Season.

Beetroot, Apple and Celery Salad

Ingredients	serves 4	serves 10
apples, grated or chopped	115g (4 oz)	285g (10 oz)
carrot, grated	115g (4 oz)	285g (10 oz)
lemon, juice of	15ml (1 tbsp)	35ml (2½ tbsp)
raw beetroot, grated	55g (2 oz)	140g (5 oz)
celery	115g (4 oz)	285g (10 oz)
cabbage, finely sliced	115g (4 oz)	285g (10 oz)
walnuts, roughly chopped	115g (4 oz)	285g (10 oz)
Dressing		
vegetable oil	60ml (4 tbsp)	145ml (5 fl oz)
vinegar	30ml (2 tbsp)	70ml (5 tbsp)
mustard powder	½ tsp	1¼ tsp
dried parsley	½ tsp	1¼ tsp
salt and black pepper	to taste	to taste

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

Dressing: Combine all ingredients in a container and shake well, then add to salad.

Option: Replace raw beetroot with chopped red pepper or cooked beetroot.

Rainbow Salad

Ingredients

Base of salad

red cabbage, finely chopped	carrot, grated
green cabbage, finely chopped	raw beetroot, grated/cooked, diced

Additions

broccoli, finely chopped	celery, finely chopped
red peppers, finely chopped	green/yellow pepper, finely chopped
cucumber, diced	cauliflower, finely chopped
tomatoes, diced	apple, chopped or grated
onions, finely chopped	orange segments
spring onions, finely chopped	plus
chicory, thinly sliced	sunflower/pumpkin seeds
walnuts, roughly chopped	almonds/hazelnuts, roughly chopped
brazil nuts, roughly chopped	simple salad dressing (see page 4)

Each portion should consist of 170g (6 oz) consisting of the '**Base**' vegetables and any of the '**Additions**' vegetable/fruit above, plus 55g (2 oz) of nuts and seeds.

Add dressing as required or dress with lemon juice and fresh herbs.

Apple, Carrot and Celery Salad

Ingredients	serves 4	serves 10
dessert apple, chopped	1	2
carrots, finely chopped	115g (4 oz)	285g (10 oz)
lemon, juice of	½ large	2 medium
celery, finely chopped	1 stick	2½ sticks
red or green peppers, thinly sliced	115g (4 oz)	285g (10 oz)
cucumber, chopped	¼	¾
fresh mint	1 tbsp	2½ tbsp
sunflower seeds or mixed nuts	55g (2 oz)	140g (5 oz)
simple salad dressing (see page 4)	30ml (2 tbsp)	70ml (5 tbsp)

Place apple and carrots in a bowl and mix in lemon juice to stop them browning. Add rest of ingredients and mix well.

DRESSINGS/SAUCES/BATTERS

Simple Salad Dressing

Ingredients	serves 4	serves 10
vegetable oil	60ml (4 tbsp)	145ml (5 fl oz)
lemon, juice of	45ml (3 tbsp)	115ml (4 fl oz)
vinegar	15ml (1 tbsp)	35ml (2½ tbsp)
mustard powder	½ tsp	1¼ tsp
dried basil	½ tsp	1¼ tsp
sugar	pinch	½ tsp
salt and black pepper	to taste	to taste

Put all ingredients into a screw top container and shake well.

Green Pea and Mint Hummus

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

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

Chickpea Batter

Ingredients	serves 4	serves 20
chick pea flour	225g (8 oz)	1kg 125g (2 lb 8 oz)
self raising flour	55g (2 oz)	275g (10 oz)
garam masala	1 tsp	5g (5 tsp)
salt	to taste	to taste
chilled water	285ml (10 fl oz) approx	1.42L (50 fl oz)

Sift flours into a bowl and add spices, and salt and pepper. Slowly add water until batter is thick enough to coat a wooden spoon.

Note: Use to coat slices of courgettes, aubergines, mushrooms, onions etc. and either shallow or deep fry until golden brown. Allow at least 85g (3 oz) vegetables per serving.

Walnut or Almond Pesto		
<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
walnuts or almonds	115g (4 oz)	285g (10 oz)
vegetable oil	60ml (4 tbsp)	150ml (10 tbsp/5 fl oz)
lemon juice	60ml (4 tbsp)	150ml (10 tbsp/5 fl oz)
fresh basil or coriander	2 handfuls	5 handfuls
fresh mint	8 leaves	20 leaves
salt and black pepper	to taste	to taste

Blend the first five ingredients until desired consistency is reached. The mixture should be slightly coarse. Season.

Tempura Batter		
<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
plain flour	85g (3 oz)	210g (7½ oz)
cornflour	1 tbsp	2½ tbsp
baking powder	1 tbsp	2½ tbsp
salt	½ tsp	1¼ tsp
ice-cold water	200ml (7 fl oz)	500ml (17½ fl oz)
vegetable oil	as required	as required

Mix batter just before use. Sift the flours, baking powder and salt in a bowl. Add the water and whisk, but do not beat mixture too much.

Note: This batter can be used with a variety of vegetables (i.e. broccoli, carrots, baby sweetcorn, peppers, courgettes etc.); allowing 85g (3 oz) vegetables per serving. Cut vegetables into bite-sized pieces, coat them in flour, then dip into the tempura batter and deep fry in hot oil in small batches for 2-3 minutes until golden brown.

Option: Can also be used to make banana fritters.

Sauce for Stir-Fry Vegetables		
<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
cornflour	10g (1 tbsp)	25g (2½ tbsp)
soya sauce	15ml (1 tbsp)	37.5ml (2½ tbsp)
vinegar	15ml (1 tbsp)	37.5ml (2½ tbsp)
ground ginger	1 tsp	2½ tsp
garlic paste	1 tsp	2½ tsp
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)

Mix the cornflour with soya sauce. Add vinegar, ginger, garlic paste and vegetable oil and mix well. Add to stir-fried vegetables as recipe indicates.

Two-Lentil Pasta Sauce		
<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
leek, finely chopped	115g (4 oz)	285g (10 oz)
garlic, crushed	1 clove	2-3 cloves
celery, finely chopped	2 sticks	5 sticks
green or brown lentils, washed, drained	100g (3½ oz)	255g (9 oz)
red lentils, washed, drained	100g (3½ oz)	255g (9 oz)
tinned chopped tomatoes	400g (14 oz)	1kg (2 lb 3 oz)
dried mixed herbs	2 tsp	5g (5 tsp)
vegan vegetable stock	565ml (20 fl oz)	1.42L (50 fl oz)
salt and black pepper	to taste	to taste

Heat oil and fry leek, garlic and celery until soft. Add lentils, tomatoes, herbs and stock. Bring to the boil, then reduce heat and simmer for 30 minutes or until lentils are cooked and sauce thickens. Season.

Lentil Pasta Sauce by HMP Birmingham		
<i>Ingredients</i>	<i>serves 4</i>	<i>serves 10</i>
vegetable oil	45ml (3 tbsp)	130ml (4½ fl oz)
onions, chopped	170g (6 oz)	425g (15 oz)
garlic, crushed	1 clove	2-3 cloves
mushrooms, sliced	45g (1½ oz)	115g (4 oz)
green peppers, chopped	55g (2 oz)	140g (5 oz)
carrots, finely sliced	55g (2 oz)	140g (5 oz)
tinned tomatoes, chopped	510g (1 lb 2oz)	1.28kg (2 lb 13 oz)
tomato purée	30g (2 tbsp)	70g (5 tbsp)
dried basil, oregano	1 tsp	2½ tsp
vegan vegetable stock	500ml (18 fl oz)	1.25L (44 fl oz)
red split lentils, washed and drained	200g (7 oz)	500g (1 lb 1½ oz)
salt and black pepper	to taste	to taste

Heat oil and fry onions until soft. Add garlic and fry for 1 minute. Add mushrooms, green peppers and carrots and gently fry for a further 3-4 minutes. Add tomatoes, tomato purée, dried herbs, stock and lentils. Bring to the boil, then reduce heat and simmer gently for 20-30 minutes until lentils cooked and sauce thickens. Season.

Peanut Sauce by HMP Coldingley

Ingredients	serves 4	serves 10
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
onions, finely chopped	225g (8 oz)	565g (20 oz)
garlic paste	1 tsp	2½ tsp
dried coriander	1 tsp	2½ tsp
mild curry powder	1 tsp	2½ tsp
soya sauce	5ml (1 tsp)	12.5ml (2½ tsp)
tomato purée	15g (1 tbsp)	35g (2½ tbsp)
smooth peanut butter	200g (7 oz)	500g (1 lb 1½ oz)
tomatoes, diced	170g (6 oz)	425g (15oz)
green pepper, diced	115g (4 oz)	285g (10 oz)
vegan vegetable stock	500ml (17½ fl oz)	1.25L (44 fl oz)

Heat oil and fry onions until soft. Add garlic paste, coriander, curry powder, soya sauce and tomato purée and stirring continuously, continue frying for 2 minutes. Add peanut butter, tomatoes and peppers. Add vegetable stock and simmer, stirring occasionally until sauce thickens.

Coconut Chutney

Ingredients	serves 12	serves 60
coconut, fine desiccated	115g (4 oz)	565g (1 lb 4 oz)
soya or coconut milk	340ml (12 fl oz)	1.7L (60 fl oz)
fresh coriander, chopped	1 handful	bunch
ground coriander seeds	1 tsp	5g (5 tsp)
ground cumin seeds	½ tsp	2½ tsp
lemon, juice of	½ medium	2 large
salt and black pepper	to taste	to taste

Soak desiccated coconut in the liquid for a minimum of 1 hour. Put into a blender with the rest of the ingredients and blend to make a thick paste. Season.

Nut/Seed Butter

Ingredients	serves 4-6
mixed nuts/seeds	115g (4 oz)
sunflower oil	15ml (1 tbsp) approx
salt	to taste

Grind nuts/seeds until smooth. Add oil and blend. Season. If storing for any period of time, needs refrigeration.

MAIN COURSES

Nut Roast

Ingredients	serves 4	serves 10
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
onions, chopped	100g (3½ oz)	255g (9 oz)
mixed vegetables, finely chopped (i.e. courgettes, peppers, mushrooms)	170g (6 oz)	425g (15 oz)
almonds, brazils or walnuts, ground	225g (8 oz)	565g (1 lb 4oz)
fresh breadcrumbs	115g (4 oz)	285g (10 oz)
mixed herbs	1 tsp	2½ tsp
yeast extract	5g (1 tsp)	12.5g (2½ tsp)
hot vegan vegetable stock	140ml (5 fl oz)	350ml (12½ floz)

Preheat oven 200°C/400°F/Gas 6. Heat oil and fry onions until soft. Add vegetables and fry until soft. Remove from heat, add nuts, breadcrumbs and mixed herbs. Dissolve the yeast extract in the vegetable stock and add to mixture. Pile into an oiled loaf tin and bake for 30 minutes or until top brown.

Walnut and Courgette Bake

Ingredients	serves 4	serves 10
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
leek, finely chopped	115g (4 oz)	285g (10 oz)
sweet potatoes, finely diced	115g (4 oz)	285g (10 oz)
courgettes, grated	170g (6 oz)	425g (15 oz)
walnuts, roughly chopped	115g (4 oz)	285g (10 oz)
ground almonds or sunflower seeds	115g (4 oz)	285g (10 oz)
creamed coconut, grated	30g (1 oz)	70g (2½ oz)
potatoes, cooked, mashed	115g (4 oz)	285g (10 oz)
dried sage	2 tsp	3g (5 tsp)
salt and black pepper	to taste	to taste

Preheat the oven to 180°C/350°F/Gas 4. Heat oil in a large pan and fry leeks until soft. Add sweet potato, courgettes and walnuts and cook for a further 10 minutes. Add remaining ingredients and mix well. Season. Press into a loaf tin and bake for 35-40 minutes until the top is golden.

Option 1: Replace creamed coconut with desiccated coconut.

Option 2: Replace potatoes with fresh wholemeal breadcrumbs

Chow Mein by HMP Wayland		
Ingredients	serves 4	serves 10
egg-free noodles or fine spaghetti	225g (8 oz)	565g (1 lb 4 oz)
water	as required	as required
vegetable oil	35ml (2 tbsp)	70ml (5 tbsp)
onions, finely chopped	115g (4 oz)	285g (10 oz)
garlic, crushed	1 clove	2-3 cloves
ground turmeric	1 tsp	2½ tsp
ground ginger	1 tsp	2½ tsp
carrots, cut into batons	115g (4 oz)	285g (10 oz)
baby sweetcorn, cut in half lengthways	115g (4 oz)	285g (10 oz)
red peppers, diced	115g (4 oz)	285g (10 oz)
mushrooms, quartered	115g (4 oz)	285g (10 oz)
broccoli florets	115g (4 oz)	285g (10 oz)
courgette, cut into batons	115g (4 oz)	285g (10 oz)
soya sauce	30ml (2 tbsp)	70ml (5 tbsp)

Cook the noodles according to the instructions on the packet. Drain, rinse under cold running water until cool and set aside.

Heat oil and add onion, garlic and spices for a few seconds. Add carrots, sweetcorn, red pepper, mushrooms, broccoli florets and courgette, and stir-fry until al dente. Add noodles and soya sauce, and heat through.

Stir-Fry Vegetables	
Ingredients	serves 1
vegetable oil	as required
garlic, chopped	1 small clove
vegetables of choice (e.g carrots, red or green peppers, broccoli, courgettes, baby corn) cut into bite-size pieces	170g (6 oz)
red or green cabbage or spring greens, shredded	15g (½ oz)
walnuts, cashews or peanuts (whole)	30g (1 oz)
stir-fry sauce (see page 5)	as required

Heat oil and fry garlic for 30 seconds. Add the vegetables except cabbage and stir-fry for 3 minutes. Add cabbage and fry for a further 2 minutes. Add *Stir-Fry Sauce*, nuts or peanuts and continue to stir-fry for another 2-3 minutes or until vegetables soft, but still retaining some of their crispness.

Creamy Lentils and Rice by HMP Coldingley		
Ingredients	serves 4	serves 10
basmati rice, washed	100g (3½ oz)	255g (9 oz)
green lentils, washed, drained	200g (7 oz)	500g (1 lb 1½ oz)
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
caraway seeds	¼ tsp	1 tsp
onions, finely chopped	115g (4 oz)	285g (10 oz)
celery, finely chopped	1 stick	2-3 sticks
red peppers, diced	115g (4 oz)	285g (10 oz)
carrots, finely sliced	115g (4 oz)	285g (10 oz)
fresh ginger, chopped	½ tsp	1¼ tsp
garlic, crushed	1 clove	2-3 cloves
cajun seasoning *	½ tsp	1¼ tsp
water	400ml (14 fl oz)	1L (35 fl oz)
tinned chopped tomatoes	100g (3½ oz)	270g (9½ oz)
yeast extract	½ tsp	1¼ tsp
fresh parsley, chopped	1 tsp	2½ tsp
salt and black pepper	to taste	to taste

Soak rice and lentils in a large pan of water for 30 minutes. Rinse and drain.

Heat oil and fry caraway seeds for 20 seconds until seeds have coloured and their aroma has been released. Stir in onions, celery, peppers and carrots. Cook until soft. Add ginger, garlic and cajun seasoning and cook for 30 seconds before adding rice, lentils and water. Bring briefly to the boil, add remaining ingredients then reduce heat and simmer gently until rice and lentils are tender (approximately 20-30 minutes). Stir in yeast extract and parsley. Season.

Option: Replace green lentils with red lentils or similar pulse

Note: If an alternative rice is used in place of basmati, cooking time and amount of liquid may need to be adjusted accordingly.

* cajun seasoning ingredients: smoked paprika (21%), red pepper flakes (16%), onion (13%), garlic (9%), castor sugar, shallot, mustard seed, cumin seed, salt, black pepper, chilli powder, bay leaf, oregano, thyme.)

Moussaka by HMP Coldingley

Ingredients	serves 4	serves 10
green lentils	115g (4 oz)	285g (10 oz)
water	as required	as required
vegetable oil	as required	as required
aubergines, sliced	1 large	3 medium
onions, chopped	115g (4 oz)	285g (10 oz)
garlic paste	½ tsp	1¼ tsp
carrots, diced	115g (4 oz)	285g (10 oz)
celery, finely chopped	2 sticks	5 sticks
mixed herbs	1 tsp	3 tsp
tinned tomatoes, chopped	310g (11 oz)	800g (1 lb 12 oz)
soya sauce	5ml (1 tsp)	15ml (1 tbsp)
black pepper	to taste	to taste
potatoes, cooked and sliced	340g (12 oz)	850g (1 lb 14 oz)
White sauce		
vegan margarine	55g (2 oz)	140g (5 oz)
flour	55g (2 oz)	140g (5 oz)
unsweetened Soya milk	400ml (14 fl oz)	1L (35 fl oz)
mustard powder	½ tsp	1¼ tsp
salt and black pepper	to taste	to taste

Cook lentils in plenty of water until soft. Drain and reserve some of the liquid and set aside for use as stock.

Preheat oven to 180°C/350°F/Gas 4.

Heat oil and gently fry aubergine until golden, drain well and set aside.

In the same pan sauté onions, garlic, carrots and celery until soft. Add lentils, mixed herbs, tomatoes and a little of the stock as required and simmer for 5 minutes. Season with soya sauce and pepper.

In an ovenproof dish layer lentil and tomato mixture, aubergine and potatoes. Repeat, until left with a final layer of potatoes.

White Sauce; Melt the margarine in a saucepan, add the flour and stir constantly for 1 to 2 minutes to form a roux. Gradually add the soya milk a little at a time until sauce thickens. Stir in mustard and season. Pour the white sauce over the top and bake for approximately 40 minutes.

Option 1: Replace aubergine with courgettes.

Option 2: Replace green lentils with tofu.

Roast Vegetables and Chick Peas with Couscous by HMP Bedford

Ingredients	serves 4	serves 10
couscous	200g (7 oz)	510g (1 lb 2 oz)
hot vegan vegetable stock	400ml (14 fl oz)	1L (35 fl oz)
tomatoes, quartered	2 large	5 large
vegetables in season, cut into bite-size pieces	910g (2 lb)	2.26kg (5 lb)
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
garlic, crushed	2 cloves	5 cloves
mixed herbs	1 tbsp	8g (2½ tsp)
salt and black pepper	to taste	to taste
chick peas, cooked, drained	225g (8 oz)	565g (1 lb 4 oz)

Cover couscous with stock and leave to swell until all stock absorbed (approximately 10 minutes). Set aside.

Mix tomatoes and vegetables (e.g. butternut squash/courgettes/peppers/mushrooms, sweet potatoes) with oil, garlic, mixed herbs, salt and pepper. Roast in pre-heated oven at 220°C/425°F/Gas 7 until cooked (approximately 45 minutes). Stir in chick peas during last five minutes of cooking. Place on top of couscous.

Stuffed Peppers

Ingredients	serves 4	serves 10
red peppers, halved, deseeded	2 large	5 large
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
onions, chopped	115g (4 oz)	285g (10 oz)
garlic, crushed	1 clove	2-3 cloves
celery, finely diced	1 stick	2½ sticks
carrots, finely diced	115g (4 oz)	285g (10 oz)
mushrooms, finely diced	115g (4 oz)	285g (10 oz)
long grain rice, cooked	115g (4 oz)	285g (10 oz)
cannellini beans, cooked, drained	225g (8 oz)	565g (1 lb 4 oz)
tomato purée	10g (2 tsp)	25g (5 tsp)
mixed herbs	1 tsp	2½ tsp
salt and black pepper	to taste	to taste

Preheat oven to 190°C/375°F/Gas 5. Brush peppers with oil and bake for 10-15 minutes. Set aside.

Fry onion and garlic until soft. Add vegetables and continue frying until soft. Remove from heat and add rice, beans, tomato purée and herbs. Season. Pile into pepper halves, then place onto a lightly oiled tray and bake for approximately 15 minutes.

Chilli Bean Cottage Pie by HMP Frankland

Ingredients	serves 4	serves 10
Filling		
parsnips, diced	115g (4 oz)	285g (10 oz)
carrots, thinly sliced	115g (4 oz)	285g (10 oz)
water	as required	as required
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
leeks, sliced	225g (8 oz)	565g (1 lb 4 oz)
celery, finely chopped	2 sticks	5 sticks
garlic, crushed	1 clove	2-3 cloves
green chilli, finely chopped	1	2-3
ground coriander	½ tsp	1¼ tsp
ground cumin	½ tsp	1¼ tsp
ground turmeric	½ tsp	1¼ tsp
mushrooms, sliced	115g (4 oz)	285g (10 oz)
tinned kidney beans, cooked, drained	300g (10½ oz)	765g (1 lb 11 oz)
tinned tomatoes, chopped	300g (10½ oz)	765g (1 lb 11 oz)
yeast extract	5g (1 tsp)	12.5g (2½ tsp)
salt and black pepper	to taste	to taste
Topping		
potatoes, cut into chunks	680g (1 lb 8 oz)	1.7kg (3 lb 12 oz)
salt and black pepper	to taste	to taste

Preheat oven to 200°C/400°F/Gas 6

Filling

Cover parsnips and carrots with water, bring to the boil and cook until just soft. Drain and set aside.

Heat oil and fry leeks and celery until soft. Add garlic, chilli and spices and fry for 30 seconds. Then add the mushrooms and cook until soft. Add kidney beans, parsnips, carrots, tomatoes and yeast extract. Season and pile into an ovenproof dish.

Topping

Cook potatoes in boiling water until tender, then drain and mash. Season.

Pile potatoes on top of the bean mixture and bake in the oven for 30 minutes or until top golden brown.

Option: Replace the spices with mixed herbs.

Chick Pea Curry (Kabli Channa) by HMP Nottingham

Ingredients	serves 4	serves 10
chick peas, soaked overnight	285g (10 oz)	710g (1 lb 9 oz)
bicarbonate of soda	½ tsp	1¼ tsp
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
cumin seeds	1 tsp	2½ tsp
black mustard seeds	½ tsp	1¼ tsp
onions, finely chopped	225g (8 oz)	565g (1 lb 4 oz)
fresh ginger, finely chopped	2.5cm (1")	6.25cm (2½")
garlic, crushed	2 cloves	5 cloves
green chilli, finely chopped	1	2-3
chilli powder	1 tsp	2½ tsp
ground turmeric	½ tsp	1¼ tsp
ground coriander	2 tsp	5g (5 tsp)
salt	1 tsp	2½ tsp
tinned tomatoes, chopped	130g (4½ oz)	400g (14 oz)
chick pea stock or hot water	565ml (20 fl oz)	1.42kg (50 fl oz)
carrots, thinly sliced	115g (4 oz)	285g (10 oz)
garam masala	1 tsp	2½ tsp
fresh coriander, chopped	1 tsp	2½ tsp

Rinse and drain chick peas and put into a large pan. Add bicarbonate of soda and bring to the boil. Scoop off any froth that comes to surface. Cover chick peas and boil for 1½ hours until they are tender, but still retain their shape. Retain the cooking water for use in sauce.

Heat oil in a large pan. Add cumin and mustard seeds (they will start to pop straight away). Add onion, ginger, garlic and green chilli. Gently fry the mixture for 10-15 minutes, stirring frequently.

Add chilli powder, turmeric, ground coriander and salt. Fry for another couple of minutes before adding tomatoes. Stir frequently for approximately 5 minutes until tomatoes are reduced to a pulp. The oil should separate at this point.

Pour onion mixture into cooked chick peas and add carrots. Add liquid and stir well to combine all the ingredients. Cover and simmer on a reduced heat until chick peas have absorbed the sauce and carrots are cooked. Add garam masala and cook for a further minute. Mash a few of the chick peas against the side of the pan to thicken the sauce. Garnish with chopped coriander.

Lentil Hot Pot		
Ingredients	serves 4	serves 10
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
onions, chopped	115g (4 oz)	285g (10 oz)
garlic, crushed	2 cloves	5 cloves
celery, chopped	2 sticks	5 sticks
potatoes, cut into chunks	170g (6 oz)	425g (15 oz)
carrots, sliced	170g (6 oz)	425g (15 oz)
parsnips, cut into chunks	170g (6 oz)	425g (15 oz)
swede, cut into chunks	170g (6 oz)	425g (15 oz)
dried sage	2 tsp	3g (5 tsp)
vegan vegetable stock	2L (70 fl oz)	5L (175 fl oz)
red lentils, washed and drained	225g (8 oz)	565g (1 lb 4 oz)
yeast extract	5g (1 tsp)	12.5g (2½ tsp)
salt and black pepper	to taste	to taste

Heat oil and fry onion, garlic and celery until soft. Add potatoes, carrots, parsnips, swede, dried herbs, hot stock, lentils and yeast extract. Bring to the boil, then reduce heat and simmer for approximately 25 minutes or until vegetables are tender and lentils are cooked. Season.

Suggestion: Serve with dumplings (see page 17).

Red Beans Georgian Style by HMP Maidstone		
Ingredients	serves 4	serves 10
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
onions, finely chopped	85g (3 oz)	210g (7½ oz)
celery, finely chopped	1 stick	2 sticks
garlic, crushed	1 clove	3 cloves
dried coriander	½ tsp	1¼ tsp
red kidney beans, cooked, drained	600g (1 lb 5 oz)	1.5kg (3 lb 6 oz)
fresh herbs of choice, finely chopped	1 tbsp	2½ tbsp
vinegar	5ml (1 tsp)	12.5ml (2½ tsp)
salt and black pepper	to taste	to taste

Heat oil and fry onions and celery until soft. Add garlic and dried coriander and continue frying for 1 minute. Lightly mash beans using a little water if necessary. Add to mixture and gently heat beans. Add fresh herbs and vinegar, and season.

Moroccan Chick Peas		
Ingredients	serves 4	serves 10
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
onion	115g (4 oz)	285g (10 oz)
mushrooms, sliced	115g (4 oz)	285g (10 oz)
green pepper, cut into chunks	115g (4 oz)	285g (10 oz)
courgette, cut into chunks	115g (4 oz)	285g (10 oz)
paprika, ground ginger	½ tsp each	1¼ tsp each
cumin seeds	½ tsp	1½ tsp
cardamom pods, seeds of, crushed	6	15
tinned tomatoes, chopped	115g (4 oz)	285g (10 oz)
chick peas, cooked, drained	400g (14 oz)	1kg (2 lb 3 oz)
hot water	140ml (5 fl oz)	350ml (12½ fl oz)
salt and black pepper	to taste	to taste

Heat oil and fry onions until soft. Add mushrooms, peppers and courgette and continue cooking until al dente. Add spices and gently fry for 30 seconds. Add the tomatoes, chick peas and water. Simmer gently for 10-15 minutes until sauce thickens. Season.

Green Lentil Dhal by HMP Bronzefield		
Ingredients	serves 4	serves 10
green lentils, washed, drained	225g (8 oz)	565g (1 lb 4 oz)
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
onions, chopped	115g (4 oz)	285g (10 oz)
garlic, crushed	2 cloves	5 cloves
ginger, chopped small	2cm (¾")	5cm (2")
cloves	2	5
cardamom pods, seeds from	2	5
curry powder	1 tsp	2½ tsp
turmeric powder	½ tsp	1¼ tsp
green chillis, finely chopped	2	5
hot water	340ml (12 fl oz)	850ml (30 fl oz)
salt	to taste	to taste

Soak lentils for 15 minutes. Heat oil and fry onions, garlic, ginger, cloves and cardamom seeds until golden. Add curry powder and turmeric and fry for another minute. Add lentils, chillis and water and cook for approximately 30 minutes until lentils are soft but still whole in shape. Season.

Lentil and Tomato Pasties by HMP Coldingley

Ingredients	makes 4x20cm (8") pasties	makes 10x20cm (8") pasties
plain flour	340g (12 oz)	850g (1 lb 14 oz)
vegan margarine	170g (6 oz)	425g (15 oz)
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
onions, finely chopped	170g (6 oz)	425g (15 oz)
fresh ginger, grated	to taste	to taste
carrots, finely diced	170g (6 oz)	425g (15 oz)
celery, finely chopped	1 stick	2-3 sticks
ground cumin	1 tsp	2½ tsp
paprika	1 tsp	2½ tsp
tomato purée	45g (1½ oz)	115g (4 oz)
green lentils, cooked, drained	200g (7 oz)	510g (1 lb 2 oz)
dried parsley	1 tsp	2½ tsp
salt and black pepper	to taste	to taste

Preheat oven to 200°C/400°F/Gas 6. Make shortcrust pastry using flour and margarine (see page 36). Chill.

Heat oil and gently fry onions, ginger, carrots and celery until soft. Take off the heat and stir in spices, tomato purée, lentils and parsley. Season and leave to cool.

Roll out pastry and cut out required number of circles approximately 20cm/8in in diameter. Divide mixture between the circles, wet edges and crimp together. Place on an oiled baking sheet and bake for 20-30 minutes until pastry is golden.

Option: the filling can also be used as a main course by doubling the amount of green lentils.

Dumplings

Ingredients	serves 4	serves 10
baking powder	1½ tsp	4 tsp
mixed herbs	½ tsp	1¼ tsp
salt and black pepper	to taste	to taste
plain flour	170g (6 oz)	425g (15 oz)
vegan margarine	85g (3 oz)	210g (7½ oz)

Add baking powder, herbs, salt and pepper to flour. Add margarine and rub in until it resembles fine bread crumbs. Add enough water to make a soft dough. Shape into balls.

Add dumplings to soups and stews, allowing approximately 20 minutes to cook.

Brown Rice and Broad Bean Paella

Ingredients	serves 4	serves 10
vegetable oil	45ml (3 tbsp)	110ml (7½ tbsp)
onions, chopped	115g (4 oz)	285g (10 oz)
aubergine, diced	1 large	3 medium
celery, chopped finely	1 stick	3 sticks
red peppers, cut into chunks	115g (4 oz)	285g (10 oz)
mushrooms, thinly sliced	115g (4 oz)	285g (10 oz)
brown rice, washed, drained	170g (6 oz)	425g (15 oz)
dried basil	1 tsp	2½ tsp
vegan vegetable stock	1.13L (40 fl oz)	2.8L (100 fl oz)
tomato purée	5g (1 tsp)	15g (1 tbsp)
frozed peas, defrosted	85g (3 oz)	210g (7½ oz)
frozen broad beans, defrosted	170g (6 oz)	425g (15 oz)
salt and black pepper	to taste	to taste

Heat oil and fry onion until soft. Add aubergine, celery, peppers and mushrooms and cook for a few minutes before adding rice, herbs, stock and tomato purée. Bring to the boil, then reduce heat and simmer for 30-40 minutes, or until rice is al dente. Add peas, beans and simmer for a further 5 minutes or until rice is tender (adding more stock if necessary) and all the liquid is absorbed. Season.

Tofu Keema by HMP Wandsworth

Ingredients	serves 4	serves 10
vegetable oil	15ml (1 tbsp)	45 ml (3 tbsp)
onions, finely chopped	115g (4 oz)	285g (10 oz)
garlic, crushed	1 clove	2-3 cloves
coriander, cumin, garam masala	1 tsp each	2½ tsp each
turmeric, chilli	½ tsp each	1¼ tsp each
potatoes, peeled, finely sliced	200g (7 oz)	500g (1 lb 1½ oz)
tomatoes, chopped	400g (14 oz)	1kg (2 lb 3 oz)
tofu, diced	170g (6 oz)	425g (15 oz)
frozen peas, defrosted	115g (4 oz)	285g (10 oz)
salt	to taste	to taste

Heat oil and fry onion until soft. Add garlic and spices and cook for a few minutes. Add potatoes and cook for 10 minutes, stirring frequently. Add tomatoes, and cook for another 10 minutes. Add tofu and peas and cook for a further 5 minutes. Season.

Gluten-Free Nut Roast

Ingredients	serves 4	serves 10
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
onions, finely chopped	225g (8 oz)	565g (1 lb 4 oz)
celery, finely chopped	1 stick	2-3 sticks
carrots, finely chopped	140g (5 oz)	355g (12½ oz)
garlic, crushed	1 clove	2-3 cloves
courgette, grated or finely chopped	170g (6 oz)	425g (15 oz)
ground almonds or walnuts	255g (9 oz)	625g (1 lb 6 oz)
tomato purée	15g (1 tbsp)	35g (2½ tbsp)
dried rosemary	1 tsp	2½ tsp
dried thyme	1 tsp	2½ tsp
salt and black pepper	to taste	to taste

Preheat oven to 200°C/400°F/Gas 6.

Heat oil and fry onions, celery, carrots and garlic in the oil until soft. Add courgettes and continue to fry until cooked.

Remove pan from the heat. Add nuts, tomato purée and herbs. Season.

Pile mixture into oiled loaf tin(s) and bake in the oven for 30-45 minutes or until top golden brown.

Option: Replace carrots with red peppers or mushrooms.

Aubergine and Green Lentil Curry by HMP Bronzefield

Ingredients	serves 4	serves 10
onion, sliced	170g (6 oz)	425g (15 oz)
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
fenugreek seeds	1 tbsp	25g (2½ tbsp)
aubergine, 1cm (½ inch) cubes	1 large	3 medium
mushrooms, chopped	115g (4 oz)	285g (10 oz)
curry powder	2 tsp	5g (5 tsp)
green lentils, cooked and drained	255g (9 oz)	625g (1 lb 6 oz)
creamed coconut, grated	30g (1 oz)	70g (2½ oz)
salt	to taste	to taste

Fry onions in oil until soft. Add fenugreek seeds and fry for 30 seconds. Add aubergine and mushrooms, and continue frying until soft. Add curry powder and gently fry for 1-2 minutes. Add green lentils and coconut, and cook until sauce thickens. Add salt to taste.

Roasted Vegetable and Tofu Tarte Tatin by HMP Eastwood Park

Ingredients	serves 6	serves 12
tofu, cubed	200g (7 oz)	400g (14oz)
garlic, crushed	1 clove	2 cloves
paprika	½ tsp	1 tsp
soya sauce	45ml (3 tbsp)	100ml (7 tbsp)
carrots, parsnips, peeled, cut into chunks	115g (4 oz) each	225g (8 oz) each
celery, cut into chunks	2 sticks	4 sticks
courgette, cut into chunks	115g (4 oz)	225g (8 oz)
green or red peppers, cut into chunks	115g (4 oz)	225g (8 oz)
onions, cut into chunks	85g (3 oz)	170g (6 oz)
fresh parsley, chopped	1 tbsp	2 tbsp
vegetable oil	15ml (1 tbsp)	30ml (2 tbsp)
puff pastry	100g (3½ oz)	200g (7 oz)

Marinate the tofu in garlic, paprika and soya sauce overnight. Preheat oven to 200°C/400°F/Gas 6. Place tofu and vegetables into a baking tray. Sprinkle with parsley and drizzle over with oil. Bake in oven until soft. Cool.

Roll out pastry 2mm thick and place over vegetables. Bake until golden brown.

Suggestion: for the 6 portion recipe use a 30x20cm (12x8") tray.

Butterbeans and Rice with Paprika

Ingredients	serves 4	serves 10
long-grain rice, washed, drained	225g (8 oz)	565g (1 lb 4 oz)
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
onions, thinly sliced	85g (3 oz)	210g (7½ oz)
paprika	½ tsp	1¼ tsp
celery, chopped	1 stick	2½ sticks
red peppers, chopped	85g (3 oz)	210g (7½ oz)
mushrooms, chopped	85g (3 oz)	210g (7½ oz)
dried mixed herbs	1 tsp	2½ tsp
tinned butterbeans, drained	285g (10 oz)	710g (1 lb 9 oz)
frozen peas, defrosted	100g (3½ oz)	255g (9 oz)
salt and black pepper	to taste	to taste

Add water to rice, bring to the boil, then reduce heat and simmer until soft, drain and set aside. Heat oil in a pan and fry onions until soft. Add paprika and fry for a few seconds. Add celery, peppers, mushrooms and herbs. Continue cooking until soft. Add rice, butterbeans and peas, stirring constantly while heating through. Season.

Broccoli and Butterbean Pilau by HMP Littlehey

Ingredients	serves 4	serves 10
vegetable oil	45ml (3 tbsp)	115ml (8 tbsp)
onions, diced	170g (6 oz)	425g (15 oz)
ground turmeric, cinnamon	½ tsp each	1¼ tsp each
cardomom pods, seeds of	4	10
long grain rice, washed, drained	170g (6 oz)	425g (15 oz)
vegan vegetable stock	285 (10 fl oz)	850ml (30 fl oz)
sultanas, almonds or cashew nuts	85g (3 oz)	225g (8 oz)
butterbeans, cooked, drained	200g (7 oz)	510g (1 lb 2 oz)
frozen broccoli, defrosted	85g (3 oz)	225g (8 oz)
frozen peas, defrosted	55g (2 oz)	140g (5 oz)
carrots, grated	55g (2 oz)	140g (5 oz)
salt and black pepper	to taste	to taste

Heat oil in a large pan and fry onions until soft. Add spices and fry for a further minute. Stir in rice. Add stock and simmer on a low heat until rice is almost cooked. Add sultanas or nuts, butterbeans, broccoli, peas and carrots and continue cooking until liquid has been absorbed and rice soft. Season.

Chilli Beans

Ingredients	serves 4	serves 10
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
onions, sliced	225g (8 oz)	565g (1 lb 4 oz)
garlic, crushed	1 clove	2-3 cloves
chilli, cumin and coriander	1 tsp each	2½ tsp each
celery, sliced	1 stick	2½ sticks
mushrooms, sliced	115g (4oz)	285g (10 oz)
carrots, thinly sliced	115g (4 oz)	285g (10 oz)
red lentils, washed, drained	85g (3 oz)	210g (7½ oz)
tinned tomatoes, chopped	300g (10½ oz)	735g (1 lb 10 oz)
vegan vegetable stock	455ml (16 fl oz)	1.13L (40 fl oz)
kidney beans, cooked, drained	400g (14 oz)	1kg (2 lb 3 oz)
salt and black pepper	to taste	to taste

Heat oil and fry onions until soft. Add garlic and spices and fry for a further 30 seconds. Add vegetables, lentils, tomatoes and stock. Bring to the boil, then reduce heat and simmer for 20 minutes stirring occasionally, until lentils and vegetables are tender. Add beans and cook for a further 10 minutes. Season.

Macaroni 'Cheese' and Tomato by HMP Wayland

Ingredients	serves 4	serves 10
Tomato Sauce		
vegetable oil	15ml (1 tbsp)	35ml (2½ tbsp)
onions, finely chopped	225g (8 oz)	565g (1 lb 4 oz)
garlic, crushed	2 cloves	5 cloves
tinned tomatoes, chopped	510g (1 lb 2 oz)	1.28kg (2 lb 13 oz)
fresh basil, chopped	1 tbsp	2½ tbsp
tomato purée	15g (1 tbsp)	35g (2½ tbsp)
salt and black pepper	to taste	to taste
Macaroni		
egg-free macaroni	285g (10 oz)	850g (1 lb 14 oz)
vegetable oil	15ml (1 tbsp)	35ml (2½ tbsp)
Topping		
wholemeal breadcrumbs	30g (1 oz)	70g (2 ½ oz)
dried basil	1 tsp	2½ tsp
Layering		
vegan cheese (Cheezly), grated	225g (8 oz)	565g (1 lb 4 oz)
vegan margarine	15g (1 tbsp)	40g (2½ tbsp)

Preheat oven to 190°C/375°F/Gas 5.

Tomato Sauce: Heat oil in a large saucepan on a medium heat, add onion and garlic and cook until soft, stirring constantly. Add tomatoes, basil and tomato purée. Continue simmering, stirring frequently for 10 minutes or until sauce thickens. Season and set aside.

Macaroni: Bring a large saucepan of lightly salted water to the boil, add macaroni and cook for 4-6 minutes or until soft, stirring. Drain well and drizzle with the oil.

Topping: Combine breadcrumbs and dried basil, mixing thoroughly. Set aside.

Layering: In a deep ovenproof dish, spoon in half of the tomato sauce and cover with half of the macaroni, then cover with half of the grated vegan cheese. Repeat the layers of tomato sauce, macaroni and vegan cheese.

Sprinkle topping evenly over the top. Dot with vegan margarine and cook for 20-25 minutes or until topping is a crunchy and golden brown.

Option: Replace Cheezly with cannellini or butterbeans (115g (4 oz) cooked weight) per serving in béchamel sauce (see page 38). Using this option the 4 portion would serve 6, and the 10 portion would feed 15.

Veg Tortillas with Chilli Sauce and 'Cheese' by HM P Wayland		
Ingredients	serves 4	serves 10
Sauce		
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
onions, chopped	115g (4 oz)	285g (10 oz)
chilli powder	1 tsp	2½ tsp
plum tomatoes, chopped	340g (12 oz)	850g (1 lb 14 oz)
tomato purée	15g (1 tbsp)	35g (2½ tbsp)
sugar	3g (1 tsp)	7.5g (2½ tsp)
Filling		
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
onions, finely chopped	170g (6 oz)	425g (15 oz)
garlic, crushed	2 cloves	5 cloves
red peppers, ½ diced	115g (4 oz)	285g (10 oz)
carrots, julienne or grated	170g (6 oz)	425g (15 oz)
mushrooms, sliced	170g (6 oz)	425g (15 oz)
dried herb of choice	1 tsp	2½ tsp
frozen peas, defrosted	115g (4 oz)	285g (10 oz)
salt and pepper	to taste	to taste
tortilla wraps	4 large	10 large
vegan cheese (Cheezly), grated	115g (4 oz)	285g (10 oz)

Preheat oven to 180°C/350°F/Gas 4.

Sauce: Heat the oil and fry the onions until transparent. Add chilli, plum tomatoes, tomato purée and sugar. Simmer until the sauce thickens.

Filling: Heat oil in a separate pan and fry the onion until soft. Add garlic, red peppers, carrots, mushrooms and herbs and continue cooking until soft, stirring frequently. Add peas and season.

Spoon filling along the centre of each tortilla and top with the Cheezly. Carefully roll the tortilla, place seam side down in an ovenproof dish. Pour sauce over the top of the tortillas and cook for 20-25 minutes.

Option: Replace Cheezly with kidney beans.

Root Vegetable and Bean Pasties		
Ingredients	makes 4x18cm (7") pasties	makes 10x18cm (7") pasties
Pastry		
plain flour	285g (10 oz)	700g (1 lb 9 oz)
salt	to taste	to taste
vegan margarine, chopped	140g (5 oz)	355g (12½ oz)
water to mix	85ml (6 tbsp) approx	220ml (7½ fl oz) approx
Filling		
parsnips, chopped	55g (2 oz)	140g (5 oz)
swede, chopped	55g (2 oz)	140g (5 oz)
sweet potatoes, chopped	85g (3 oz)	210g (7½ oz)
carrots, chopped	85g (3 oz)	210g (7½ oz)
water	as required	as required
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
onions, finely chopped	85g (3 oz)	210g (7½ oz)
kidney beans, cooked, drained	225g (8 oz)	565g (1 lb 4 oz)
yeast extract	5g (1 tsp)	12.5g (2½ tsp)
mixed herbs	2 tsp	5 tsp
salt and black pepper	to taste	to taste

Preheat oven to 200°C/400°F/Gas 6.

Pastry: Mix flour and salt together. Rub in margarine until mixture resembles fine breadcrumbs. Add cold water until mixture forms a firm dough. Chill.

Filling: Boil root vegetables in water until soft. Drain and set aside.

Heat oil and fry onions until soft and remove from heat. Add vegetables, beans, yeast extract, mixed herbs and season. Allow mixture to cool.

Divide pastry into required number of pieces and roll each into a circle. Place filling in the centre of each circle, wet edges, seal and crimp edges together.

Place on oiled tray(s). Cook for 30 minutes or until pastry is golden brown.

Option 1: Replace kidney beans with chick peas, butterbeans or haricot beans.

Option 2: Replace parsnips and swede with butternut squash and celery.

Cannellini Bean Paella

Ingredients	serves 4	serves 10
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
leeks, finely sliced	225g (8 oz)	565g (1 lb 4 oz)
garlic, crushed	2 cloves	5 cloves
paprika	1 tsp	2½ tsp
celery, finely chopped	1 stick	2½ sticks
red peppers, sweet potatoes, finally diced	115g (4 oz) each	285g (10 oz) each
courgette, diced	115g (4 oz)	285g (10 oz)
mushrooms, sliced	115g (4 oz)	285g (10 oz)
long grain rice, washed, drained	115g (4 oz)	285g (10 oz)
cannellini beans, cooked, drained	225g (8 oz)	565g (1 lb 4 oz)
tinned, chopped tomatoes	140g (5 oz)	355g (12½ oz)
vegan vegetable stock	500ml (18 fl oz)	1.25L (44 fl oz)
rosemary and thyme	1 tsp each	2½ tsp each

Heat oil and fry leeks until soft. Add garlic and paprika and fry for 30 seconds. Add celery, red peppers, sweet potatoes, courgettes and mushrooms, and continue frying for a few minutes. Add rice, beans, tomatoes, stock and herbs. Bring to the boil, then reduce heat and simmer until the liquid has been absorbed and rice tender (add a little more water during cooking if required).

Refried Beans by HMP Wayland

Ingredients	serves 4	serves 10
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
onions, finely chopped	115g (4 oz)	285g (10 oz)
garlic, finely chopped	2 cloves	4-5 cloves
ground cumin	2 tsp	7.5g (5 tsp)
mild chilli powder	1 tsp	2-3 tsp
tomatoes, chopped	225g (8 oz)	565g (1 lb 4 oz)
kidney beans, cooked, drained	650g (1 lb 7 oz)	1.64kg (3 lb 10 oz)
salt and black pepper	to taste	to taste

Heat oil and fry onions and garlic until soft. Add spices and cook for a further minute before adding tomatoes. Simmer on a low heat for a few minutes until the mixture starts to thicken.

Add most of the kidney beans to the sauce and roughly mash. Stir in the rest of the beans and cook for a further 5 minutes to heat through thoroughly. Season.

Green Lentil Pilaf

Ingredients	serves 4	serves 10
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
onions, chopped	170g (6 oz)	425g (15 oz)
garlic, crushed	1 clove	2-3 cloves
ground cinnamon, turmeric	2.5g (½ tsp) each	6.25g (1¼ tsp) each
cumin seeds	2 tsp	5g (5 tsp)
basmati rice, rinsed, drained	200g (7 oz)	510g (1 lb 2 oz)
vegan vegetable stock, hot	600ml (21 fl oz)	1.5L (52 fl oz)
puy or green lentils, cooked, drained	200g (7 oz)	510g (1 lb 2 oz)
spinach	175g (6 oz)	425g (15 oz)
salt and pepper	to taste	to taste
cashew nuts or flaked almonds	55g (2 oz)	140g (5 oz)

Heat oil and fry onions until soft, add garlic and spices, and cook for a further 30 seconds. Add rice and toast for 1 minute. Add stock and simmer for 25-30 minutes or until rice cooked and liquid evaporated. Stir in lentils and heat through. Wilt in spinach and season. Sprinkle with nuts.

Mung Beans and Sweet Potatoes by HMP Lindhome

Ingredients	serves 4	serves 10
vegetable oil	45ml (3 tbsp)	110 ml (7½ tbsp)
onions, diced	100g (3½ oz)	225g (8 oz)
garlic, crushed	2 cloves	3-5 cloves
ginger, finely chopped	1 tsp	2½ tsp
curry powder	1 tsp	2½ tsp
red peppers, diced	100g (3½ oz)	225g (8 oz)
mushrooms, sliced	100g (3½ oz)	225g (8 oz)
sweet potatoes, diced	225g (8 oz)	565g (1 lb 4 oz)
tinned tomatoes, chopped	225g (8 oz)	565g (1 lb 4 oz)
soya or coconut milk	255ml (9 fl oz)	625ml (22 fl oz)
soya sauce	15ml (1 tbsp)	30ml (2 tbsp)
mung beans, cooked, drained	340g (12 oz)	850g (1 lb 14 oz)

Heat oil and fry onions until soft. Add garlic, ginger and curry powder and fry for 1 minute. Add peppers, mushrooms, sweet potatoes and tomatoes. Continue cooking until al dente. Add soya milk and soya sauce, bring to the boil then reduce heat and simmer until vegetables are soft and sauce starts to thicken. Add mung beans and cook for a further 5 minutes.

Option: Replace mung beans with green lentils.

Stuffed Aubergines (Iman Bayildi) by HMP Rochester

Ingredients	serves 4	serves 10
aubergine	2 large	5 large
vegetable oil	45ml (3 tbsp)	115ml (8 tbsp)
onions, chopped	100g (3½ oz)	255g (9 oz)
garlic, crushed	2 cloves	5 cloves
carrots, finely chopped	115g (4 oz)	285g (10 oz)
celery, finely chopped	1 stick	2 sticks
red pepper, finely chopped	115g (4 oz)	285g (10 oz)
ground cloves	¼ tsp	½ tsp
ground cinnamon	¼ tsp	½ tsp
tomato purée	15g (1 tbsp)	35g (2½ tbsp)
fresh parsley, chopped	1 tbsp	2½ tbsp
fresh mint, chopped	1 tbsp	2½ tbsp
lemon, juice of	squeeze	¼
sunflower seeds or ground almonds	55g (2 oz)	140g (5 oz)
salt and black pepper	to taste	to taste

Preheat oven to 200°C/400°F/Gas 6.

Slice aubergine lengthways and scoop out middle, chop and set aside. Brush cases with a little of the oil and roast for 5-10 minutes.

Heat oil and fry onions until soft, add garlic and cook for a further minute. Add middle of aubergine, carrots, celery, red pepper and spices and continue cooking until soft. Remove from heat, add tomato purée, fresh herbs, lemon juice, sunflower seeds or almonds. Season. Pile filling into aubergine cases. Place in oven to heat through.

Garlic Bread

Ingredients	serves 4	serves 10
garlic, finely chopped or crushed	2 cloves	4-5 cloves
vegetable oil	10ml (2 tsp)	25ml (5 tsp)
baguette or rolls	140g (5 oz)	340g (12 oz)
herb of choice	1 tsp	2½ tsp
salt	to taste	to taste

Preheat oven to 180°C/350°F/Gas 4.

Marinate garlic in oil for a minimum of half an hour.

Cut baguettes/rolls into chunks and coat both sides lightly with oil. Place cut side upwards and sprinkle with herbs and salt. Place on an oiled baking tray and bake in the oven until crisp and golden brown.

Creamy Vegetable Pie

Ingredients	serves 4
Pastry	
plain flour	225g (8 oz)
salt	pinch
vegan margarine	115g (4 oz)
water	60ml (4 tbsp) approx
Filling	
vegetable oil	30ml (2 tbsp)
leeks, chopped	115g (4 oz)
celery, chopped	1 medium stick
mushrooms, chopped	115g (4 oz)
carrots, sliced, cooked, drained	115g (4 oz)
butterbeans, cooked, drained	200g (7 oz)
mixed herbs	1 tsp
wholemeal flour	7g (1 tbsp)
soya milk	200ml (7 fl oz)
salt and black pepper	to taste

Preheat oven to 200°C/400°F/Gas 6.

Pastry: mix flour and salt in a bowl, add margarine and rub together until it resembles fine breadcrumbs. Add enough cold water to make into a soft dough. Cover in cling film and chill for at least half an hour.

Filling: Heat the oil and fry leeks until soft. Add celery, mushrooms and carrots, and continue cooking until just soft. Stir in butterbeans and mixed herbs. Add flour and cook for a few minutes. Then slowly add the soya milk, stirring constantly until a creamy sauce is obtained. Season.

Line 6" x 6" pie dish(es) with pastry and bake blind for 10 minutes. Add the filling and top with rest of pastry. Seal edges and prick top to allow the steam to escape and bake for 30 minutes or until golden brown.

Option: Replace mushrooms with peas or sweetcorn

Note: When cooled, filling can be used to make individual pasties

Green Lentil and Cashew Nut Curry by HMP Nottingham

Ingredients	serves 4	serves 10
vegetable oil	45ml (3 tbsp)	100ml (7 tbsp)
onions, quartered and sliced	115g (4 oz)	285g (10 oz)
aubergine, cut into ½ inch pieces	1 large	3 medium
mushrooms, quartered	115g (4 oz)	285g (10 oz)
garlic, crushed	2 small cloves	3 large cloves
fresh ginger, grated or chopped	2cm (¾ inch)	5cm (2 inches)
ground turmeric, coriander, chilli powder	½ tsp each	1¼ tsp each
ground cumin	2 tsp	5g (5 tsp)
green lentils, rinsed and drained	115g (4 oz)	285g (10 oz)
fresh tomatoes, chopped	2	5
vegan vegetable stock	500ml (17½ fl oz)	1.13L (40 fl oz)
red or green peppers, diced	115g (4 oz)	285g (10 oz)
french beans	115g (4 oz)	285g (10 oz)
cauliflower florets	115g (4 oz)	285g (10 oz)
cashew nuts	45g (1½ oz)	115g (4 oz)
salt and black pepper	to taste	to taste
fresh coriander, chopped	to garnish	to garnish

Heat oil and fry onions gently for 3 minutes. Add aubergine and mushrooms and fry until golden brown. Add garlic, ginger and spices and fry for a further minute, stirring frequently.

Add lentils, tomatoes and stock. Mix well, then cover and simmer gently for 20 minutes. Stir in peppers, french beans and cauliflower. Continue cooking for a further 10 minutes or until lentils and vegetables are tender and all liquid is absorbed.

Remove from heat, add cashew nuts and leave covered for 10 minutes. Season and garnish with fresh coriander.

Spicy Potato Wedges (as an accompaniment)

Ingredients	serves 4	serves 10
potatoes, cut into wedges, par boiled	450g (1 lb)	1.13kg (2 lb 8 oz)
vegetable oil	as required	as required
paprika, cayenne pepper, mixed herbs	½ tsp each	1¼ tsp each
salt and black pepper	to taste	to taste

Preheat oven to 200°C/400°F/Gas 6. Place potatoes in an ovenproof tray. Drizzle lightly with oil, sprinkle spices and salt and pepper over the top. Bake in oven until crisp and golden brown.

Lentil and Mushroom Shepherd's Pie by HMP Kingston

Ingredients	serves 4	serves 10
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
onions, chopped	115g (4 oz)	285g (10 oz)
mushrooms, thinly sliced	115g (4 oz)	285g (10 oz)
green lentils, cooked, drained	450g (1 lb)	1.13kg (2 lb 8 oz)
tomato purée	45g (1½ oz)	115g (4 oz)
carrots, sliced, cooked, drained	115g (4 oz)	285g (10 oz)
mixed herbs	1 tsp	2½ tsp
rolled oats	45g (1½ oz)	115g (4 oz)
yeast extract	5g (1 tsp)	12.5g (2½ tsp)
hot water	400ml (14 fl oz)	1L (35 fl oz)
frozen peas, defrosted	115g (4 oz)	285g (10 oz)
salt and black pepper	to taste	to taste
potatoes, cooked, mashed	710g (1 lb 9 oz)	2kg (4 lb 4 oz)

Preheat oven to 190°C/375°F/Gas 5. Heat oil in a large pan and fry onions until soft. Add mushrooms and continue to fry until soft. Add green lentils, tomato purée and carrots. Mix in herbs and rolled oats. Dissolve yeast extract in the hot water and add to mixture. Cook over low heat until mixture thickens, stirring occasionally. Mix in peas and season. Pile into an ovenproof dish and top with potatoes. Bake in oven until the top is golden brown.

Red Lentils, Spinach and Coconut by HMP Lindholme

Ingredients	serves 4	serves 10
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
onion, diced	170g (6 oz)	425g (15 oz)
garlic, crushed	1 clove	2-3 cloves
ground ginger	2 tsp	5g (5 tsp)
red lentils, washed and drained	200g (7 oz)	510g (1 lb 2 oz)
desiccated or creamed coconut, grated	100g (3½ oz)	255g (9 oz)
half soya milk/half water	510ml (18 fl oz)	1.13L (40 fl oz)
soya sauce	30ml (2 tbsp)	70ml (5 tbsp)
tinned tomatoes, chopped	100g (3½ oz)	255g (9 oz)
spinach, finely chopped	55g (2 oz)	140g (5 oz)

Heat oil and fry onions until soft, add garlic and ginger and fry for 30 seconds. Add remaining ingredients (except spinach) and cook until lentils are a creamy texture. Extra liquid may be required during cooking. Wilt in the spinach.

Butternut Squash and Lemon Lentils by HMP Frankland

Ingredients	serves 4	serves 10
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
onions, chopped	170g (6 oz)	425g (15 oz)
ground turmeric, ginger	1 tsp each	2½ tsp each
ground cumin	½ tsp	1¼ tsp
ground coriander	2 tsp	5g (5 tsp)
butternut squash, diced	400g (14 oz)	1kg (1 lb 14 oz)
red lentils, washed	255g (9 oz)	625g (1 lb 6 oz)
hot water	710ml (25 fl oz)	1.7L (60 fl oz)
mixed herbs	½ tsp	1¼ tsp
lemon, juice and rind of	1 medium	2 large
salt and black pepper	to taste	to taste

Heat oil and fry onions until soft. Add turmeric, ginger, cumin and coriander and fry for a further minute. Add butternut squash, lentils, hot water, herbs, lemon juice and rind. Bring to the boil, then reduce heat and simmer for 25-30 minutes, or until lentils and butternut squash are cooked. Season.

Option: Replace butternut squash with sweet potato.

Spiced Potatoes and Butterbeans

Ingredients	serves 4	serves 10
potatoes, peeled and cut into chunks	450g (1 lb)	1.13kg (2 lb 8 oz)
carrots, sliced	115g (4 oz)	285g (10 oz)
water	as required	as required
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
onions, peeled and chopped	115g (4 oz)	285g (10 oz)
black mustard seeds	1 tsp	2½ tsp
ground paprika, turmeric, ginger	1 tsp each	2½ tsp each
tinned tomatoes, chopped	115g (4 oz)	285g (10 oz)
butterbeans, cooked and drained	400g (14 oz)	1kg (2 lb 3 oz)
salt and black pepper	to taste	to taste

Cover potatoes and carrots with water and cook for approximately 15-20 minutes until cooked, but still retaining their shape. Set aside. Heat oil and fry onions until soft. Add mustard seeds and spices and continue to cook for a further minute. Add tomatoes, butterbeans, potatoes, carrots and heat through. Season.

Option: Replace butterbeans with chick peas.

Peanut Vegetables by HMP Nottingham

Ingredients	serves 4	serves 10
vegetable oil	45ml (3 tbsp)	115ml (4 fl oz)
onions, chopped	115g (4 oz)	285g (10 oz)
garlic, crushed	2 cloves	5 cloves
dried thyme	½ tsp	1¼ tsp
black pepper	½ tsp	1¼ tsp
curry power	1 tbsp	15g (2½ tbsp)
lemon juice	15ml (1 tbsp)	35ml (2½ tbsp)
salt	¼ tsp	3g (¾ tsp)
celery, cut into chunks	2 sticks	5 sticks
mushrooms, quartered	115g (4 oz)	285g (10 oz)
red peppers, cut into chunks	225g (8 oz)	565g (1 lb 4 oz)
sweet potatoes, cut into chunks	225g (8 oz)	565g (1 lb 4 oz)
carrots, sliced	225g (8 oz)	565g (1 lb 4 oz)
tinned tomatoes, chopped	170g (6 oz)	400g (14 oz)
hot chilli pepper, chopped	1	3
smooth peanut butter	60g (4 tbsp)	155g (5½ oz)
hot water	315ml (11 fl oz)	680ml (24 fl oz)
fresh coriander, chopped	1 handful	2 handfuls
rice	225g (8 oz)	565g (1 lb 4 oz)

Heat oil in a large pan, add onions and sauté until soft. Add garlic, dried thyme, black pepper, curry powder, lemon juice and salt and stir for a few seconds. Add vegetables and cook over a medium heat for 10 minutes, turning frequently. Add tomatoes, hot chilli pepper and peanut butter. Mix well.

Slowly stir in the water and simmer gently for approximately 30 minutes until vegetables soft and the sauce thickens, adding a little more water if necessary.

When cooked, turn off heat and stir in the coriander.

Boil the rice until soft, drain and place vegetables on top.

Option 1: Replace rice with fried plantain.

Option 2: Add a few cashew nuts just before serving.

Almond and Mushroom Pasties		
Ingredients	makes 4x18cm (7") pasties	makes 10x18cm (7") pasties
pastry		
vegan margarine	140g (5 oz)	355g (12½ oz)
flour	285g (10 oz)	710g (1 lb 9oz)
water	85ml (6 tbsp)	as required
filling		
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
onions, chopped	100g (3½ oz)	255g (9 oz)
sweet potatoes, finely diced	170g (6 oz)	425g (15 oz)
carrots, finely diced	100g (3½ oz)	255g (9 oz)
garlic, crushed	1 clove	2 large cloves
mushrooms, sliced	100g (3½ oz)	255g (9 oz)
dried sage	1 tsp	2½ tsp
plain flour	10g (1 tbsp)	25g (2½ tbsp)
vegan vegetable stock	145ml (5 fl oz)	350ml (12 fl oz)
ground almonds	170g (6 oz)	425g (15 oz)
frozen peas, defrosted	100g (3½ oz)	255g (9 oz)
fresh parsley, chopped	1 tbsp	2½ tbsp
mustard powder	1 tsp	2½ tsp
salt and pepper	to taste	to taste

Pastry: Rub margarine into flour until mixture resembles fine breadcrumbs. Add enough cold water until mixture forms a firm dough. Chill.

Filling: Heat oil and fry onions, sweet potatoes and carrots until soft. Add garlic, mushrooms and sage, and cook for 3-4 minutes. Stir in flour and cook for a few seconds, then start stirring in stock slowly to avoid lumps. Continue stirring until sauce thickens. Remove from heat. Add almonds, peas and parsley. Season. Allow to cool.

Roll out pastry, cut required number of circles, spread a little mustard on pastry before piling filling onto centre of each, wet edges and crimp together. Prick top of pasties and bake for 25-30 minutes at 200°C/400°F/Gas 6 or until pastry golden.

Option 1: Replace peas with sweetcorn

Option 2: Replace almonds with chopped mixed nuts

Option 3: Replace sweet potato with butternut squash

Option 4: Replace mushrooms with red peppers

Pizza		
Ingredients	serves 4	serves 10
Base		
plain flour	170g (6 oz)	425g (15 oz)
dried yeast	1 tsp	2½ tsp
salt	1 tsp	8g (2½ tsp)
sugar	½ tsp	4g (1¼ tsp)
vegetable oil	15ml (1 tbsp)	35ml (2½ tbsp)
warm water	115ml (4 fl oz)	285ml (10 fl oz)
Topping		
dried mixed herbs of choice	1 tsp	2½ tsp
tomatoes, chopped	200g (7 oz)	510g (1 lb 2 oz)
salt and black pepper	to taste	to taste
mushrooms, thinly sliced	55g (2 oz)	140g (5 oz)
red/green peppers, thinly sliced	55g (2 oz)	140g (5 oz)
courgette, thinly sliced rings	55g (2 oz)	140g (5 oz)
onions, thinly sliced	55g (2 oz)	140g (5 oz)
vegan cheese (Cheezly), finely grated	55g (2 oz)	140g (5 oz)
sunflower seeds	30g (1 oz)	70g (2½ oz)
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)

Base: Mix together flour, yeast, salt and sugar. Make a well in the centre, add the oil and water and mix well. Knead for 3-4 minutes. Cover and leave in a warm place until the dough has doubled in size (30-45 minutes).

Preheat oven to 230°C/450°F/Gas 8.

Topping: Add most of the herbs to the tomatoes (keeping some for sprinkling on top of the pizza) and gently simmer to reduce to a thick sauce (approximately 10 minutes). Season and set aside.

Place the dough on a work surface, sprinkle with a little flour and knead for a couple of minutes. Then roll the dough out into the required number of circles 30cm (12") in diameter. Stretch it out with your hands working from the centre, then place on baking sheet(s), raising the edges slightly.

Spread the tomato mixture over the base leaving 2cm (¾") around the edge. Scatter the mushrooms, peppers, courgette and onions on top. Sprinkle on vegan cheese, sunflower seeds and remaining herbs. Drizzle the oil over the top and bake for 10-12 minutes or until the crust is golden.

Option 1: Replace Cheezly with crumbled tofu.

Option 2: Replace Cheezly with kidney beans, spinach and garlic.

Cashew Nut Paella

Ingredients	serves 4	serves 10
vegetable oil	45ml (3 tbsp)	115ml (4 fl oz)
red onions, finely chopped	115g (4 oz)	285g (10 oz)
celery, finely chopped	1 medium stick	2 large sticks
garlic, crushed	2 cloves	5 cloves
green peppers, cut into chunks	115g (4oz)	285g (10 oz)
red peppers, cut into chunks	115g (4oz)	285g (10 oz)
mushrooms, thinly sliced	170g (6 oz)	425g (15 oz)
ground turmeric	1 tsp	2½ tsp
ground cumin	1 tsp	2½ tsp
paprika	1 tsp	2½ tsp
salt and black pepper	to taste	to taste
long grain rice	225g (8 oz)	565g (1 lb 4 oz)
mixed herbs	1 tsp	2½ tsp
hot vegan vegetable stock	680ml (24 fl oz)	1.7L (60 fl oz)
frozen peas, defrosted	4 oz (115g)	285g (10 oz)
cashew nuts	55g (2 oz)	140g (5 oz)

Heat oil and fry onions and celery until soft. Add garlic, green and red peppers, mushrooms, turmeric, cumin and paprika, and cook until vegetables soft. Add salt and black pepper to taste. Mix well.

Add rice and herbs, stir one final time before adding stock (*do not stir the paella anymore*). Simmer for approximately 20 minutes until the rice is almost tender. Add the peas and stir until heated through. Scatter cashew nuts evenly over the top of the rice. Continue cooking until the rice is tender and almost all the liquid has been absorbed. Only add a little more water during cooking if absolutely required.

Option 1: Replace the cashew nuts with chopped walnuts or peanuts.

Option 2: Replace the peas with broad beans

Note: This recipe could also be used for stuffing peppers or served cold with a salad. Adjust quantities accordingly.

Tofu Quiche

Ingredients	serves 9
shortcrust pastry for 23cm (9") pie crust (see below)	1
vegetable oil	15ml (1 tbsp)
onions, finely chopped	225g (8 oz)
garlic, crushed	1 medium clove
red peppers, chopped	115g (4 oz)
courgettes, diced small	340g (12 oz)
mushrooms, sliced	55g (2 oz)
silken tofu, mashed	340g (12 oz)
mustard powder	1 tsp
dried mixed herbs	1 tsp
tomato purée	30g (2 tbsp)
ground nutmeg (optional)	½ tsp
salt and black pepper	to taste

Preheat oven to 200°C/400°F/Gas 6.

Line a 9" quiche dish with shortcrust pastry (recipe below), prick bottom well and bake for 10 minutes. Set aside.

Filling: Heat oil and sauté onions until soft. Add garlic, red peppers, courgettes, mushrooms and gently fry until soft. Remove from heat and add tofu, mustard, herbs, tomato purée and nutmeg. Season.

Pile into pie crust. Bake for 35 minutes, or until top is golden. Allow to stand for at least 10 minutes before cutting as it becomes firmer as it cools.

Note: Can be served cold.

Shortcrust Pastry

Ingredients	sufficient for a 23cm (9") pie crust	sufficient for 4 x 20cm (8") pasties
plain flour	225g (8 oz)	340g (12 oz)
salt (optional)	pinch	pinch
vegan margarine	115g (4 oz)	170g (6 oz)
water	30ml (2 tbsp)	45ml (3 tbsp)

Sift the flour and salt (if using) in a bowl, add margarine and rub together, until it resembles fine breadcrumbs. Add enough cold water to make into a soft dough. Chill. Use as required.

Options: Add a little mustard powder or herbs for savoury dishes.

Pasta and Beans (Pasta e Fagioli) by HMP Maidstone

Ingredients	serves 4	serves 10
vegetable oil	15g (1 tbsp)	45ml (3 tbsp)
onions, finely chopped	115g (4 oz)	285g (10 oz)
carrots, finely chopped	170g (6 oz)	425g (15 oz)
celery, finely chopped	1 stick	2 sticks
garlic, crushed	2 cloves	4 cloves
tinned tomatoes, chopped	400g (14 oz)	1.02 kg (2 lb 4 oz)
butterbeans, cooked, drained	285g (10 oz)	710g (1 lb 9 oz)
green beans, cut into 1" pieces	115g (4 oz)	285g (10 oz)
frozen broad beans, defrosted	115g (4 oz)	285g (10 oz)
vegan vegetable stock	425ml (15 fl oz)	1.06L (37 fl oz)
dried oregano	1 tsp	2½ tsp
fresh parsley, finely chopped	1 tbsp	2½ tbsp
macaroni	55g (2 oz)	140g (5 oz)
water	as required	as required
salt and pepper	to taste	to taste

Heat oil in a large pan and fry onions, carrots and celery until soft. Add garlic and cook for 1 minute. Add tomatoes, butterbeans, green beans, broad beans, vegetable stock and herbs. Bring to the boil, reduce heat and simmer until sauce thickens.

Meanwhile, cover macaroni with water, bring to the boil, reduce heat and simmer until tender. Add to sauce and season.

Chick Peas and Spinach

Ingredients	serves 4	serves 10
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
onions, finely chopped	115g (4 oz)	285g (10 oz)
aubergine, diced small	1 large	3 medium
ground coriander	1 tsp	2½ tsp
ground cumin	2 tsp	5 tsp
tinned tomatoes, chopped	170g (6 oz)	425g (15 oz)
chick peas, cooked, drained	450g (1 lb)	1.13kg (2 lb 8 oz)
hot water	170ml (6 fl oz)	425ml (15 fl oz)
spinach, washed, drained, chopped	200g (7 oz)	500g (1 lb 1½ oz)
salt and black pepper	to taste	to taste

Heat oil in a large pan and fry onions and aubergines until soft. Stir in spices. Add tomatoes and chick peas and cook until sauce thickens. Wilt in spinach. Season.

Kidney Bean Lasagne by HMP Coldingley

Ingredients	serves 4	serves 10
egg-free lasagne sheets	8 pieces	20 pieces
Tomato sauce		
vegetable oil	15ml (1 tbsp)	45ml (3 tbsp)
onions, chopped	170g (6 oz)	425g (15 oz)
garlic, crushed	1 clove	2-3 cloves
carrots, finely chopped	140g (5 oz)	350g (12½ oz)
green peppers, finely chopped	140g (5 oz)	350g (12½ oz)
dried oregano or basil	2 tsp	3g (5 tsp)
tomatoes, tinned or fresh	425g (15 oz)	1.08kg (2 lb 6 oz)
tomato purée	30g (2 tbsp)	70g (5 tbsp)
kidney beans cooked, drained	200g (7 oz)	500g (1 lb 1½ oz)
salt and black pepper	to taste	to taste
Bechamél sauce		
vegan margarine	55g (2 oz)	140g (5 oz)
flour	55g (2 oz)	140g (5 oz)
unsweetened soya milk	510ml (18 fl oz)	1.25L (44 fl oz)
mustard powder	½ tsp	1¼ tsp
salt and black pepper	to taste	to taste

Note: If not using "no pre-cook lasagne", follow the instructions on packet, drain and set aside.

Sauce: Heat oil and fry onions for a few minutes, then add garlic and cook for a further minute. Add carrots and green peppers and continue to sweat for a few minutes. Then add oregano and tomatoes. Simmer for 10 minutes or until sauce thickens.

Mix in tomato purée, kidney beans and season.

Béchamel Sauce: Make a white roux with margarine and flour and gradually add soya milk. Stir in mustard powder and season.

In an ovenproof dish layer pasta and sauces, ending with a layer of béchamel sauce. Bake for 35 minutes at 180°C/350°F/Gas 4 until top golden brown.

Option 1: Replace kidney beans with tofu using 349g (12 oz) for 4 portions and 870g (30 oz) for 10 portions

Option 2: Replace kidney beans with green lentils.

Savoury Strudel by HMP Morton Hall

Ingredients	serves 4	serves 10
flour	285g (10 oz)	700g (1lb 9 oz)
vegan margarine	140g (5 oz)	355g (12½ oz)
water	85ml (6 tbsp)	170ml (6 fl oz)
vegetable oil	as required	as required
leeks, finely chopped	115g (4 oz)	285g (10 oz)
mushrooms, thinly sliced	115g (4 oz)	285g (10 oz)
sweet potato, finely diced	115g (4 oz)	285g (10 oz)
aubergine, finely diced	115g (4 oz)	285g (10 oz)
courgette, finely diced	115g (4 oz)	285g (10 oz)
mixed herbs	2 tsp	5g (5 tsp)
ground almonds or chopped nuts	115g (4 oz)	285g (10 oz)
salt and black pepper	to taste	to taste

Preheat oven to 200°C/400°F/Gas 6. Make shortcrust pastry using flour, margarine and enough water to bind (see page 36). Chill.

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

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

Sweetcorn Fritters by HMP Gartree

Ingredients	serves 4	serves 10
plain flour	45g (1½ oz)	115g (4 oz)
chick pea flour	45g (1½ oz)	115g (4 oz)
baking powder	1 tsp	2½ tsp
water	85ml (6 tbsp)	215ml (7½ fl oz)
frozen sweetcorn, defrosted	450g (1 lb)	1.13kg (2 lb 8 oz)
mixed herbs	1 tsp	2½ tsp
turmeric	1 tsp	2½ tsp
chilli powder, dried coriander	1 tsp each	2½ tsp each
salt and black pepper	to taste	to taste
vegetable oil	as required	as required

Make a stiff batter with flours, baking powder and water. Add sweetcorn, herbs, spices and season. Deep fry or shallow fry using small potato scoop as measure.

Haricot Bean and Almond Loaf

Ingredients	serves 4	serves 10
vegetable oil	30ml (2 tbsp)	70 ml (5 tbsp)
onions, finely chopped	85g (3 oz)	210g (7½ oz)
garlic, crushed	1 clove	2-3 cloves
celery, finely chopped	1 stick	2-3 sticks
carrots, finely chopped	55g (2 oz)	140g (5 oz)
mushrooms, thinly sliced	55g (2 oz)	140g (5 oz)
mixed herbs	1 tsp	2½ tsp
haricot beans, cooked, drained, mashed	285g (10 oz)	700g (1 lb 9 oz)
fresh breadcrumbs	55g (2 oz)	140g (5 oz)
ground almonds	30g (1 oz)	70g (2½ oz)
Cheezly, finely grated	30g (1 oz)	70g (2½ oz)
tomato purée	15g (1 oz)	35g (2½ tbsp)
salt and black pepper	to taste	to taste

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

Spanish Beans

Ingredients	serves 4	serves 10
vegetable oil	30ml (2 tbsp)	70ml (5 tbsp)
rosemary and paprika	½ tsp each	1¼ tsp each
celery, chopped	1 stick	2½ sticks
carrots, chopped	115g (4 oz)	285g (10 oz)
red peppers, cut into chunks	115g (4 oz)	285g (10 oz)
courgette, cut into chunks	170g (6 oz)	425g (15 oz)
kidney beans, cooked, drained	340g (12 oz)	850g (1 lb 14 oz)
vegan vegetable stock	230ml (8 fl oz)	565ml (20 fl oz)
salt and black pepper	to taste	to taste

Heat oil, add rosemary, paprika, celery, carrots, peppers and courgette and fry gently until al dente, stirring continuously. Add beans and vegetable stock and cook for a further 10 minutes or until vegetables are soft. Season.

Option 1: Replace courgette with broccoli florets

Option 2: Replace kidney beans with butterbeans.

DESSERTS

Flapjacks

Ingredients	makes 12	makes 60
vegan margarine	170g (6 oz)	850g (1 lb 14 oz)
sugar	85g (3 oz)	425g (15 oz)
golden syrup	30ml (2 tbsp)	145ml (10 tbsp)
rolled oats	285g (10 oz)	1.42kg (3 lb 2 oz)
sultanas or raisins	85g (3 oz)	425g (15 oz)

Preheat oven to 190°C/375°F/Gas 5. Gently heat the margarine, sugar and syrup in a saucepan until margarine and sugar have melted. Remove from heat and stir in the oats, sultanas or raisins.

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

For guidance: For 12 flapjacks use a 26x18cm (10x7") tin.

Apricot Slices

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

Preheat oven to 200°C/400°F/Gas 6.

Gently heat apricots, water and lemon zest in a saucepan, stirring until mixture is soft (approximately 3-4 minutes). Add more water if necessary, but keep it to a minimum.

In a separate bowl combine the remaining ingredients. Sprinkle half the oat mixture into tray(s) 27x18cm (11x7") and press down well. Cover with apricot filling, sprinkle remaining oat mixture on top and press down firmly. Bake for 20 minutes or until top is golden. Cool in tin and then cut into squares or slices.

Option: Replace apricots with dates.

Cookies by HMP Gartree

Ingredients	makes 30	makes 150
vegan margarine	170g (6 oz)	860g (1 lb 14 oz)
sugar	225g (8 oz)	1.13kg (2 lb 8 oz)
golden syrup	15ml (1 tbsp)	70ml (5 tbsp)
plain flour	225g (8 oz)	1.13kg (2 lb 8 oz)
rolled oats	225g (8 oz)	1.13kg (2 lb 8 oz)
desiccated coconut	225g (8 oz)	1.13kg (2 lb 8 oz)
bicarbonate of soda	½ tsp dissolved in 30ml (2 tbsp) hot water	2½ tsp dissolved in 150ml (10 tbsp) hot water

Preheat oven to 160°C/325°F/Gas 3.

Melt margarine, sugar and syrup in a saucepan. Mix in dry ingredients, then add bicarbonate of soda and water. Form into golf-size balls and slightly flatten. Place onto an un-greased baking tray and bake for 10–15 minutes.

Option: Mixture can also be used to make flapjacks by adding slightly more water and then pressing it into an oiled tray.

Apple and Apricot Crumble

Ingredients	serves 4	serves 10
vegan margarine	55g (2 oz)	140g (5 oz)
plain flour	115g (4 oz)	285g (10 oz)
sugar	55g (2 oz)	140g (5 oz)
cooking apples, peeled, cored, chopped	400g (14 oz)	1kg (2 lb 3 oz)
dried apricots, halved	115g (4 oz)	285g (10 oz)

Preheat oven to 200°C/400°F/Gas 6.

Rub the margarine into the flour until it resembles fine breadcrumbs. Then mix in half the sugar.

Toss apples and apricots in rest of sugar. Place into a lightly oiled dish.

Sprinkle topping over the fruit and press down. Bake in oven for 30 minutes or until apples are tender and top is lightly browned.

Option 1: Replace apples and apricots with plums, rhubarb, or gooseberries.

Option 2: Add sultanas or raisins to the apples.

Option 3: Add cinnamon or mixed spices to the apples.

Bread and Cinnamon Pudding

Ingredients	serves 4	serves 20
bread, sliced	6 slices	30 slices
vegan margarine	55g (2 oz)	285g (10 oz)
sultanas or currants	55g (2 oz)	285g (10 oz)
sugar	55g (2 oz)	285g (10 oz)
ground cinnamon	½ tsp	2½ tsp
Custard		
cornflour	30g (1 oz)	140g (5 oz)
sugar	30g (1 oz)	140g (5 oz)
soya milk	565ml (20 fl oz)	2.83L (100 fl oz)
nutmeg	¼ tsp	1g (¼ tsp)

Spread the bread slices evenly with the margarine and cut into fingers. Put half into an oiled ovenproof dish(es) margarine side down. Sprinkle with fruit, sugar and cinnamon. Top with remaining bread, margarine side uppermost.

Make a thin custard using the cornflour, rest of the sugar and a little of the soya milk to make a paste. Heat the remaining soya milk and pour slowly over the paste. Return to the saucepan and on a low heat. Stir constantly until a thin custard is formed. Pour the custard over the bread mixture and grate nutmeg over the top. Leave to stand for 5 minutes to absorb custard. Bake in oven 180°C/350°F/Gas 4 for 30 minutes or until the custard is set and the top is crisp.

Rock Cakes

Ingredients	makes 10	makes 50
self raising flour	225g (8 oz)	1.13kg (2 lb 8 oz)
baking powder	1 tsp	5 tsp
mixed spice	½ tsp	2½ tsp
vegan margarine	115g (4 oz)	565g (1 lb 4 oz)
sugar + some for sprinkling on top	55g (2 oz)	285g (10 oz)
dried fruit	115g (4 oz)	565g (1 lb 4 oz)
water	45ml (3 tbsp)	225ml (15 fl oz)

Preheat oven to 190°C/375°F/Gas 5.

Mix together flour, baking powder and mixed spice. Rub in margarine until it looks like fine breadcrumbs. Stir in most of the sugar, add dried fruit, then add enough water to make a soft dough. Heap into rough mounds on oiled tray(s) and sprinkle with a little more sugar. Cook for approximately 15 minutes or until golden brown.

Chocolate, Raspberry and Hazelnut Cake by HMP Rochester

Ingredients	serves 9	serves 18
self-raising flour	255g (9 oz)	510g (1 lb 2 oz)
cocoa powder	85g (3 oz)	170g (6 oz)
sugar	255g (9 oz)	510g (1 lb 2 oz)
vanilla essence	5ml (1 tsp)	10ml (2 tsp)
vegetable oil	115ml (4 fl oz)	225 ml (8 fl oz)
soya milk	340ml (12 fl oz)	680ml (24 fl oz)
hazelnuts, chopped	55g (2 oz)	115g (4 oz)
frozen raspberries	140g (5 oz)	285g (10 oz)

Preheat oven to 180°C/350°F/Gas 4.

Mix all ingredients except nuts and raspberries with electric whisk to a thick batter. Then fold in raspberries and nuts.

Pour into prepared cake tins (for nine portions use a 20½x20½cm (8x8") tin). Bake for 45 minutes or until a skewer inserted into the middle comes out clean. Can be served hot or cold.

Option: Replace raspberries and hazelnuts with same quantity of raisins.

Scones by HMP Holloway

Ingredients	makes 24	makes 120
vegan margarine	200g (7 oz)	1kg (2 lb 3 oz)
plain flour	800g (1 lb 12 oz)	4kg (8 lb 13 oz)
sultanas	115g (4 oz)	565g (1 lb 4 oz)
baking powder	2½ tbsp	130g (4.6 oz)
salt	3g (1 tsp)	15g (5 tsp)
sugar	140g (5 oz)	710g (1 lb 9 oz)
water	400ml (14 fl oz) approx	2L (70 fl oz) approx

Preheat oven to 220°C/425°F/Gas 7.

Rub margarine into flour until it looks like fine breadcrumbs. Add sultanas, baking powder, salt and sugar. Slowly add enough water until a soft dough is formed. Do not over mix.

Take a manageable piece of dough and roll out to 2cm (¾") thick. Then cut out scones with a 5cm (2") cutter, continuing until mixture is used. Place on oiled tray(s) and bake for 13-15 minutes.

Option: For Savoury scones replace sugar with same quantity of grated Cheezly and dried herbs to taste.

Note: This recipe works well with wholemeal flour.

Chocolate Banana Cake		
Ingredients	serves 9	serves 18
plain flour	285g (10 oz)	565g (1 lb 4 oz)
baking powder	2 tsp	4 tsp
cocoa powder	55g (2 oz)	115g (4 oz)
sugar	225g (8 oz)	450g (1 lb)
vegetable oil	115ml (4 fl oz)	230ml (8 fl oz)
water	340ml (10 fl oz)	680ml (24 fl oz)
banana, mashed	1 (85g)	2 (170g)
vanilla essence (optional)	5ml (1 tsp)	10ml (2 tsp)
icing sugar	for dusting	for dusting

Preheat oven to 190°C/375°F/Gas 5.

Sieve the first three ingredients together. Mix in sugar. Stir in the oil and water. Fold in the banana and mix well.

Pour the mixture into oiled cake tin(s) and bake for approximately 40 minutes, or until skewer inserted into the middle comes out clean. Leave cake(s) in tin(s) to cool before dusting with icing sugar and cutting into portions.

For guidance: For the 9 portion cake use a 20cmx20cmx5cm (8"x8"x2" tin)

Shortbread		
Ingredients	makes 12 biscuits	makes 60 biscuits
vegan margarine	170g (6 oz)	850g (1 lb 14 oz)
plain flour	255g (9 oz)	1.28kg (2 lb 13 oz)
sugar	85g (3 oz)	425g (15 oz)
icing sugar	to dust	to dust

Preheat oven to 180°C/350°F/Gas 4.

Rub the margarine into the flour until it resembles bread crumbs and then mix in the sugar. Keep gently working until the mixture forms a dough.

Roll out to 5mm (¼") thick and cut into oblongs. Place on a lightly oiled baking tray and bake for 15 minutes or until lightly golden. Remove from oven and sprinkle with a little icing sugar. Leave to cool before removing from tin(s).

Option: Fruit Shortbread: For the 12 biscuit recipe add 30g (1 oz) sultanas or currants and for the 60 biscuit recipe add 140g (5 oz) at the same time as the sugar.

Banana Flapjacks		
Ingredients	makes 12	makes 60
brazil nuts, roughly chopped	55g (2 oz)	285g (10 oz)
vegan margarine	115g (4 oz)	565g (1 lb 4 oz)
sugar	70g (2½ oz)	355g (12½ oz)
golden syrup	30ml (2 tbsp)	145ml (10 tbsp)
porridge oats	370g (13 oz)	1.8kg (4 lb)
baking powder	½ tsp	2½ tsp
ripe bananas, mashed	2	10

Preheat oven to 180°C/350°F/Gas 4. Oil baking tin(s) and set aside.

Dry-fry brazil nuts in a heavy-based pan over a moderate heat for 5 minutes until golden. Set aside.

Put margarine, sugar and syrup in a large pan. Stir over a low heat until melted. Mix in brazil nuts, porridge oats and baking powder. Add bananas and mix well. Spread mixture out on the tin(s) and bake for 20 minutes or until golden brown.

Cut into squares while still warm, but leave to cool before removing from tins.

For guidance: For the 12 flapjacks use a 23x33cm (9x13") tin.

Fruit Cake by HMP Woodhill		
Ingredients	serves 8	serves 16
self raising flour	185g (6½ oz)	370g (13 oz)
dried fruit	185g (6½ oz)	370g (13 oz)
sugar	55g (2 oz)	115g (4oz)
mixed spice	½ tsp	1 tsp
vegetable oil	55ml (2 fl oz)	115ml (4 fl oz)
water	170ml (6 fl oz)	340ml (12 fl oz)

Preheat oven to 150°C/300°F/Gas 2.

Mix all ingredients together. A firm mixture is required so if needed add a little more flour. Place in an oiled tin and bake for about approximately 2 hours.

Allow to cool before turning out and cutting.

For guidance: For the 8 portion cake use a 450g (1 lb) loaf tin.

INDEX

Salads

Apple, Carrot and Celery Salad, 3
Beetroot, Apple and Celery Salad, 2
Couscous Salad, 1
Green Lentil and Walnut Salad, 2
Pasta an Pesto Salad, 1
Rainbow Salad, 3

Dressings/Sauces/Batters

Chick Pea Batter, 4
Coconut Chutney, 7
French Dressing, 4
Lentil Pasta Sauce, 6
Nut/Seed Butter/ Peanut Sauce, 7
Sauce for Stir-fry Vegetables, 5
Simple Salad Dressing, 4
Green Pea and Mint Hummus, 4
Tempura Batter, 5
Two-Lentil Pasta Sauce, 6
Walnut or Almond Pesto, 5

Main Courses

Beans

Butterbeans and Rice with Paprika, 20
Chick Pea Curry (Kabli Channa), 14
Chick Peas and Spinach, 37
Chilli Beans, 21
Chilli Bean Cottage Pie, 13
Haricot Bean and Almond Loaf, 40
Moroccan Chick Peas, 16
Mung Beans and Sweet Potatoes, 26
Red Beans Georgian Style, 15
Refried Beans, 25
Simple Chick Peas and Spinach, 37
Spanish Beans, 40

Lentils

Creamy Lentils and Rice, 10
Green Lentil and Cashew Nut Curry, 29
Green Lentil Dhal, 16
Green Lentil Pilaf, 26
Lentil Hot Pot, 15
Lentil and Mushroom Shepherd's Pie, 30
Puy or Green Lentil Pilaf, 26
Red Lentils, Spinach and Coconut, 30

Nuts

Almond and Mushroom Pasties, 33
Cashew Nut Paella, 35
Gluten-Free Nut Roast, 19

Nut Roast, 8
Savoury Strudel, 39
Walnut and Courgette Bake, 8

Pasta/Pastry/Bread/Pizza

Chow Mein, 9
Creamy Vegetable Pie, 28
Garlic Bread, 27
Dumplings, 17
Kidney Bean Lasagne, 38
Lentil and Tomato Pasties, 17
Macaroni 'Cheese' and Tomato, 22
Pasta and Beans (Pasta e Fagioli), 37
Pizza, 34
Root Vegetable and Bean Pasties, 24
Shortcrust Pastry, 36

Rice/Grains

Brown Rice and Broad Bean Paella, 18
Cannellini Bean Paella, 25

Tofu

Roasted Vegetable and Tofu Tart Tatin, 20
Tofu Keema, 18
Tofu Quiche, 36

Vegetables

Aubergine and Green Lentil Curry, 19
Broccoli and Butterbean Pilau, 21
Butternut Squash and Lemon Lentils, 31
Moussaka, 11
Peanut Vegetables, 32
Roast Veg/Chick Peas with Couscous, 12
Stir-Fry Vegetables, 9
Spicy Potato Wedges, 29
Spiced Potatoes and Butterbeans, 31
Stuffed Aubergines (Imam Bayildi), 27
Stuffed Peppers, 12
Sweetcorn Fritters, 39
Vegetable Tortillas, Chilli and 'Cheese', 23

Desserts

Apple and Apricot Crumble, 42
Banana Flapjacks, 46
Bread and Cinnamon Pudding, 43
Chocolate Cake, 45
Chocolate, Raspberry, Hazelnut Cake, 44
Cookies, 42
Date or Apricot Slices/ Flapjacks, 41
Fruit Cake, 46
Rock Cakes, 43
Scones, 44
Shortbread, 45