

Banana Nut Loaf

Ingredients (use vegan versions)

- 1 large banana
- 6 tbsp soy milk
- 2/3 cup sugar
- 1/2 cup almond-flavoured silken tofu
- 1/3 oil (not olive oil)
- 1 tsp vanilla extract
- 1 3/4 cup flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp nutmeg
- 1/2 cup walnuts

Directions

Preheat the oven to 350 degrees. Lightly oil a 9-inch loaf tin. In a food processor mix the banana, soy milk, vanilla, sugar, tofu and oil until smooth. In a medium bowl whisk together the flour, baking powder, baking soda, salt and nutmeg. Add the walnuts and banana mixture and stir together gently until just mixed. Spread evenly into lightly oiled loaf tin and bake 40 - 45 minutes, or until a toothpick or knife comes out clean. Let cool 10 - 15 minutes before removing from tin.

Makes 1 loaf.

Couscous Salad

Ingredients

- 1 cup couscous
- 1 1/4 cup water
- 1/2 cup chickpeas
- 1/4 green pepper - chopped
- 1/4 red pepper - chopped
- 1/4 yellow pepper - chopped
- 1 lemon
- 2 Tbsp olive oil
- 1 tsp salt (optional)
- 1/4 cup cranberries or raisins (optional)

Directions

Boil water. Add couscous. Remove couscous from heat right away and cover for 5 minutes. Wait for couscous to cool (10 minutes) then add remaining ingredients.

Fried Coconut Rice with Veggies

Ingredients

- 3 cups white rice
- 1½ cup vegetable broth
- 2 cups coconut milk
- 1 tspn vegan butter
- 1 tspn salt
- ½ red pepper- sliced
- ½ green pepper- sliced
- ½ yellow pepper- sliced
- 2 cups mushrooms- sliced
- 1 cup snow peas
- 1 cup carrot
- ¼ cup chickpeas
- ½ white onion
- 1 Tbsp ginger- grated
- 3 cloves garlic
- 1 Tbsp curry paste/powder
- ¼ cup water

Directions

Rice: Mix all ingredients and bring to a boil. Cover and cook on low heat for 20 minutes. In another pot add butter or oil and fry the rice for 3 minutes.

Veggies: On medium heat dd oil, onions, garlic, ginger, curry paste and sauté for 5 minutes. Then add all other vegetables and sauté for 10 minutes. Add water, stir and heat for another 10 minutes.

Serves 6

Tofurkey

Ingredients

Marinade:

- ¾ cup of water
- 3 Tbsp soy sauce
- 3 Tbsp nutritional yeast
- ½ tsp poultry seasoning (or combination of rosemary, sage, summer savory)
- ½ tsp coriander
- ½ tsp onion salt
- ½ tsp garlic powder

Coating:

- (if you're pressed for time, use "shake and bake") or, ¼ cup whole wheat or other flour
- ⅛ cup cornmeal

- 1/8 cup nutritional yeast
- 1/4 tsp onion salt
- 1/4 tsp salt
- dash black pepper

Directions

Cut tofu into 1/4 inch slices and place them in a wide, shallow mixing bowl or shallow baking pan. Place all marinade ingredients in a bowl and whisk them together. Pour marinade over tofu slices, ensuring all slices are covered. Cover and place marinated tofu in refrigerator for several hours or overnight. Make sure to turn slices a couple of times.

When you are ready to cook the tofu, combine the coating mix ingredients in a bowl and stir well with a fork. Preheat oven to 400 degrees. Mist baking sheet with nonstick cooking spray and set aside. Remove each tofu slice, shake lightly to allow extra marinade to drip off and dredge each piece in the coating mix, allowing for total coverage. Arrange tofu on baking sheet. Mist tops lightly with cooking spray (if you wish). Bake tofu for 15 minutes or until bottoms are golden brown. Flip slices over and bake for another 9 or so minutes, until other side is golden brown. Makes 10 or more slices. Serve with mashed potatoes, squash, and cranberry sauce.

Serves 4-5

Cranberry, Orange and Ginger Sauce

Ingredients

- 3/4 cup / 150g / 5oz sugar
- 1/2 cup/ 150ml / quarter pint of orange juice
- zest of 1 lemon
- 1 tsp fresh grated ginger (or half tsp dried ginger)
- 2 cups fresh cranberries
- pinch of salt

Directions

Place the cranberries, orange juice and ginger in a pan and simmer for about 10 minutes. Give the berries a mash and add the sugar, zest and salt. Cook gently until all the sugar is completely dissolved. The sauce will thicken up as it cools slightly. Nice served hot or warm with cashew nut roast or tofu turkey.

Serves 4

Hummus

Ingredients

- 1 can chickpeas
- 1/4 cup tahini
- 1/4 cup fresh lemon juice
- 4-6 cloves garlic, crushed
- 2 tsp. cumin
- 1 Tbsp. olive oil
- 2 Tbsp. fresh parsley

Directions

Blend everything together in a blender or by hand with a potatoe masher until smooth. Use pita, vegetables, or crackers to dip, or use as a spread in sandwiches.

Serves 6

Veggie-Ground Fajitas

Ingredients

- 1 pack veggie ground (or 1 cup simulated ground beef)
- 1 clove garlic- chopped
- 1-2 avocados- sliced
- 1 head lettuce
- ½ cup salsa
- 4 big fajitas (or soft/hard tacos)
- 4 Tbsp vegan sour cream
- 1 Tbsp oil (olive or canola)
- 1 tsp all spice

Directions

On medium heat add oil and garlic and sauté for 2 minutes. Then Add veggie ground. Heat for 5 minutes then add all spice, heat 2 minutes. Add salsa and stir for 3 minutes. Spread fajitas with 1Tbspn of veggie ground. Add avocado slices, some lettuce and sour cream. Roll them up and serve.

Serves 4

Blueberry Poppyseed Muffins

Ingredients (use vegan versions)

- 2 cups unbleached all-purpose flour
- 1/3 cup sugar
- 2 teaspoons baking powder
- 1 1/2 tsp poppy seeds
- 1/4 tsp salt
- 1 cup soy milk
- 4 tbsp (1/2 stick) margarine, melted
- Egg replacer, equivalent of 1 egg, beaten
- 1/4 tdp grated lemon rind
- 1 tsp lemon juice
- 1 cup fresh or frozen blueberries, thawed and drained

Directions

Preheat the oven to 400 degrees. Lightly oil a muffin pan. Combine the flour, sugar, baking powder, poppy seeds, and salt in a large bowl and stir until well

blended. Add the soy milk, margarine, egg replacer, lemon rind, and lemon juice

and stir until moistened. Fold in the blueberries. Spoon the batter into the muffin pan, filling the cups two-thirds full. Bake for 20 to 25 minutes, or until the muffins are golden brown.

Makes 1 dozen.

Easy Chocolate Cake

Ingredients

Cake:

- 3 cups flour
- 2 cups sugar
- 2 tsp. baking soda
- 1/2 cup cocoa
- 1 tsp. salt
- 2 tsp. vinegar
- 1 cup oil
- 2 tsp. vanilla
- 2 cups cold water

Icing:

- 2 cups icing sugar
- 1/4 cup vegan butter -- we use Earth Balance
- 1 tsp vanilla OR 1/2 tsp peppermint extract (or other flavours)
- 2 tbsp. soy milk

Directions

Cake:

Preheat oven to 350 F. Grease and flour pan(s). Mix all the dry ingredients together. In a separate bowl, measure all the wet ingredients. Add wet to dry. Mix quickly, pour in to pan(s) and put immediately into oven.

Cook at 350 F, 35-40 min. in a 9"*13" pan, or 25-35 mins. for two layer pans.

Icing:

Mix sugar and butter. Add liquids. Add tiny bits more soy milk if needed for consistency. Mix enough to cover tops. Double if making layered cakes.

Shitake Mushroom Pate

Ingredients (use vegan versions)

- 1 cup vegetable stock
- 1 red onion, chopped
- 2 garlic cloves, roughly chopped
- 1 cup white mushrooms, roughly chopped
- 1 cup shitake mushrooms, roughly chopped
- 1 tsp ground sage
- 1 tsp dried rosemary
- 1 tsp thyme leaves
- 1 tsp ground nutmeg
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 cup toasted walnuts
- 1 tbsp tamari

- 2 tsp basalmic vinegar
- 1 tbsp ground flax seeds
- 1 slice of bread, roughly chopped

Directions

In a large pan on medium/high heat, bring vegetable stock to a boil. Add onions, garlic, mushrooms, sage, rosemary, nutmeg, thyme, salt and pepper and simmer for 10 minutes or until liquid is absorbed or evaporated. In a food processor, combine mushroom mixture with toasted walnuts, tamarai, balsamic vinegar, ground flax seeds and bread. Blend until smooth. Press evenly into an 8-inch loaf tin or serving dish and refrigerate for at least 2 hours before serving.

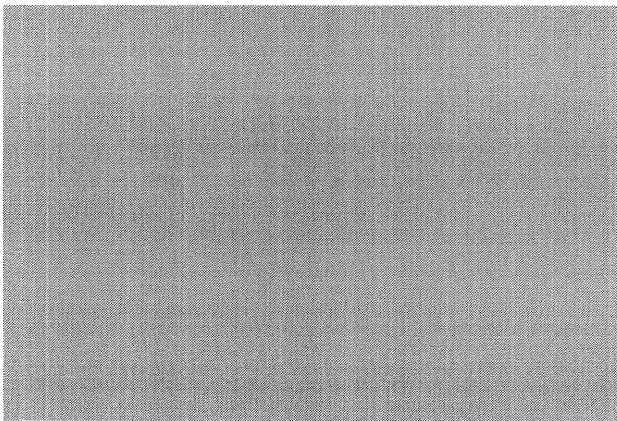
Makes 1 loaf.

Cashew Nut Roast with Sage & Onion Stuffing

Ingredients

Roast:

- A sixth of a cup/30g/1oz of vegan margarine
- 2 sticks of celery, finely chopped
- 1 medium leek, finely chopped
- 1 and a half cups of hot water
- 1 teaspoon of yeast extract (marmite, vegemite etc.)
- 3 cups/550g/16oz of ground cashew nuts (or other nuts of your choice - almonds work well too)
- 2 Tablespoons of soya flour
- 2 teaspoons of fresh herbs - winter savoury is great (if using dried 1 teaspoon)
- 3 cups/160g/6oz of white bread crumbs
- seasalt and pepper to taste



Sage & Onion Stuffing:

- 6 slices of wholemeal bread
- half a cup/85g/3oz of vegan margarine
- 4 teaspoons of dried sage or 8 of fresh, chopped sage
- 1 finely chopped large onion
- salt to taste

Directions

Roast:

Melt the margarine (in a large pan for mixing) and cook the celery and leek in it for

a few minutes. Mix the yeast extract into the hot water (alternatively you could use any stock you like) and add this to the leek and celery. Stir in the soya flour, nuts, herbs, breadcrumbs and salt and pepper and mix well. Allow to cool slightly while you grease a loaf tin. Place half the nut roast mixture in the tin and press down well - then add the sage and onion stuffing (pressing down well again) and place the rest of the nut roast mixture on top. Bake in the oven for about 40 minutes at 180/360 then turn out of the tin and slice. Nice served with all the traditional trimmings.

Stuffing:

Melt the margarine in a saucepan and then cook the onion in it until soft. Break up the wholemeal bread with your hands (into fairly small pieces) and then mix into the onion and margarine with the sage and salt.

Variations:

I like to cook this roast in an ovenproof bowl and turn upside down onto a platter for serving.

You can substitute wine (red or white) or soya milk for the water and yeast extract. The sage and onion stuffing is optional - it works just as well without it and might actually slice up easier! A layer of sliced mushrooms and garlic is an alternative to the stuffing.

Serves 4-5

Eggless Sandwich

Ingredients

- 1/2 lb firm silken tofu mashed
- 1/2 onion chopped
- 2 Tbsp or more of soynaise
- 1 tsp mustard
- 1/4 tsp cumin
- 1/4 tsp turmeric
- 1/4 tsp garlic powder

Directions

Mix ingredients together and place on whole grain bread with your favorite fixings (we recommend spinach and sprouts).

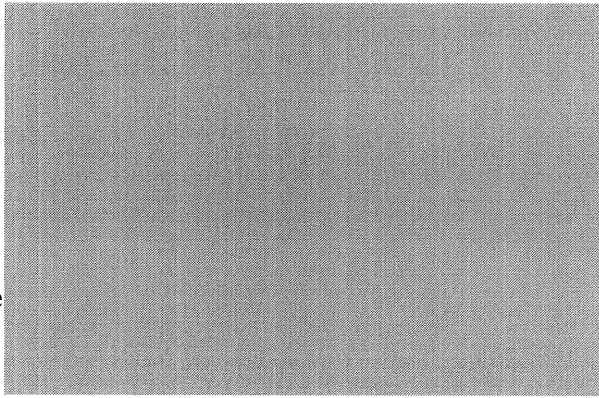
Serves 4

Tofu Turkey

Ingredients

Roast:

- 1 pound firm tofu
- 1 teaspoon salt
- 1/4 teaspoon dried marjoram
- 1/4 teaspoon dried savory
- 1/4 teaspoon pepper
- 1 (12 ounce) package dry bread stuffing mix
- 2/3 cup water
- 1/4 cup soy margarine
- 1 slice bread, cubed
- 1/2 teaspoon sage
- 2 tablespoons water
- 5 tablespoons vegetable oil, divided



Glaze:

- 1 teaspoon barbeque sauce
- 1/2 teaspoon prepared mustard
- 1 tablespoon orange jam
- 1 teaspoon orange juice
- 1 tablespoon sesame seeds

Directions

Drain and rinse tofu. In a food processor or blender, process tofu until smooth. Stir in salt, marjoram, savory and pepper. Line a bowl with 2 sheets of paper towel. Place tofu in lined bowl and press against sides to form a deep well in the middle. Place 2 more sheets of paper towel over tofu and refrigerate for 2 hours. Meanwhile, in a medium saucepan over medium-high heat combine stuffing mix, 2/3 cup water and margarine. Bring to a boil; reduce heat to low, cover and simmer for 5 minutes. Remove from heat; let stand 5 minutes and fluff with a fork. To the stuffing add bread cubes, sage and 2 tablespoons water. After tofu has chilled for 2 hours, preheat oven to 350 degrees F (175 degrees C). With 2 tablespoons of the vegetable oil, grease a baking sheet. Remove the top layer of paper towels from the tofu. If necessary, again press tofu against the sides of the bowl to form a well. Spoon the stuffing mixture into the well and smooth the surface with a spoon. Invert the tofu mold onto prepared baking sheet. Remove the remaining paper towel layer and shape the tofu with your hands if it has cracked or lost its shape. Bake in preheated oven for 30 minutes. Meanwhile, prepare the glaze by combining barbecue sauce, mustard, orange jam, orange juice, sesame seeds and remaining 3 tablespoons oil. After tofu has baked for 30 minutes, brush or spoon the glaze over it. Return to the oven and bake for 20 minutes more. Broil for 3 to 5 minutes, or until tofu is browned and crispy.

Serves 4-5