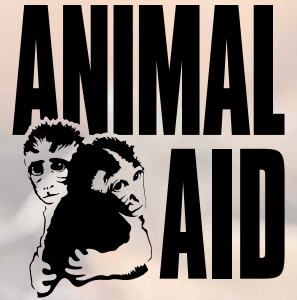


Going Veggie



Your
guide to

Animal-Free **Shopping**

Animal-Free **Cooking**

Animal-Free **Eating**



"Natural healthy vegan foods"

"it's what we leave out that counts"



"the natural alternative"



"Vegetarian and vegan - naturally"

You can find **Redwood** foods in your local independent health store, Holland & Barrett and selected branches of Waitrose, Asda, Morrisons and Tesco.
If you are having problems finding your nearest stockist please phone 01536 400557 for help



theredwoodwholefoodcompany

t:01536 400557 f:01536 408878 e:info@redwoodfoods.co.uk



www.redwoodfoods.co.uk

Welcome to
the Animal Aid
Guide to Animal-
Free Shopping,
Cooking & Eating
New Edition 2007

Introduction



Going veggie saves animals' lives.

In the UK alone, around 1000 million animals are killed for food each year. And the average meat-eater consumes about 5000 in his or her lifetime. Farmed animals reared for their meat, eggs and milk are treated as if they are unfeeling machines. But each and every fish, chicken, lamb, cow and pig is a sentient being capable of experiencing pain, fear, discomfort and distress. Whether factory farmed, free-range or organic, after a short and wretched life, all farmed animals face a terrifying slaughterhouse death.



Going veggie is good for you, too.

Half of all adults in the UK are overweight or obese, and childhood obesity is on the increase. Saturated animal fats – found in meat and dairy products – pile on the pounds and also increase your risk of four devastating diseases: cancer, stroke, diabetes and heart disease. A varied and balanced veggie diet, on the other hand, is low in fat, high in nutrients and will boost your energy and fitness.



Going veggie is better for the environment.

Plant-based agriculture uses much less water, land and energy than animal farming and generates less greenhouse gas. Up to 10 times as many people can be fed if the available land is used to feed people directly rather than growing crops for animals and killing them for meat.

Vegetarian food has never been more popular. A broader interest in healthy eating, coupled with an increasing number of food scares, is leading to an increasingly positive attitude towards the vegetarian diet.

Going veggie can be fun, as there is a huge variety of tasty and interesting foods to discover.

So explore, experiment, enrich your life – and enjoy!



We hope it will show you just how easy it is to go veggie and help you on your way to a healthier and more compassionate lifestyle





Going veggie for the animals

The majority of farmed animals are reared in intensive factory farms where they are kept inside sheds for the whole of their short lives.

Here, they are denied fresh air, proper exercise and the freedom to carry out their natural behaviour. Throughout the process of forced pregnancy, fattening, transport and slaughter, the objective of the farming and meat industries is to obtain maximum profit.

In recent years, outbreaks of BSE, foot and mouth disease and bird flu have shown us that the more that animals are stressed and exploited, the more likely they are to become sick. The illnesses they suffer from very often end up affecting the people who eat them, making large numbers ill and even causing – as in the case of BSE – many human fatalities.

Free-range and organic

Don't be fooled by these labels!

'Free-range' animals are often still kept in crowded conditions with restricted, or no, access to the outdoors. Free-range

chickens, for example, may be forced to live in a barn with up to 11 other

birds per square metre.

Organic farming is primarily to benefit people who do not want to consume pesticides and chemicals when they eat animal flesh. Organic farms should provide higher welfare standards for the animals, because a low-drug regime invariably means keeping them in better conditions so that they become sick less often. But organically-reared animals, as with all other farmed animals, are still mass-produced, have their offspring taken away from them so that they can be reared for the 'food chain' and die an early, terrifying death at the slaughterhouse.

Modern abattoirs kill as many animals as possible in the shortest possible time. Before their throats are cut, they are stunned – using electrically charged tongs or a retractable bolt gun – in an attempt to minimise the pain. Because of the speed of the killing lines, animals are often stunned inadequately and are conscious when their throats are cut. Some scientists believe, in any case, that stunning does not stop the pain but simply 'freezes' the animal.



Fish

Sadly, some people who call themselves 'vegetarians' continue to eat fish after dropping other types of meat from their diets – perhaps in the mistaken belief that fish do not feel pain.



No welfare standards exist for the handling and killing of ocean-caught fish... and farmed fish fare no better.

The government's own advisory body has reported that the best scientific evidence demonstrates that fish are capable of feeling pain and stress.

(Farm Animal Welfare Council Report on the Welfare of Farmed Fish, 1996).

Fish have a brain, nervous system and pain receptors all over their bodies. When hauled up from the deep, the intense internal pressure can rupture their swimbladders, pop out their eyes and push their insides out through their mouths. They die from crushing, suffocation or from being sliced open on the decks of the ship.

Overfishing

Many species of wild fish – including cod – are threatened with extinction due to overfishing in the oceans. Fish are being caught before they are mature enough to breed, giving numbers no time to recover.

The seas are being stripped bare and the oceans are dying. Farming fish is not the answer, as it takes 3-5 tonnes of wild-caught fish to produce feed for one tonne of farmed fish. This is clearly not sustainable.



Fish farms

Salmon, trout and other species suffer enormously in the crowded, underwater cages on fish farms where they are forced to swim in endless circles. Infections and disease spread easily and many become infested with lice, which eat them alive. Fish are killed by one of a variety of brutal methods. These include clubbing, gassing, asphyxiation, having their gills cut and bleeding to death, or being gutted alive.

A better way

For compassionate, healthy fish-style products, try Redwood Foods' delicious range, which includes faux fish fingers and Thai-style fishless steaks (see ad on page 2).



Eggs and dairy

Have you thought about cutting out all animal products – including eggs and dairy?



Dairy cows and laying hens are exploited and suffer just as much as animals who are farmed for their meat.

Eggs

In the UK, around 66 per cent of laying hens are kept in battery cages, where four or five birds are crammed into a space not much bigger than a microwave oven. And every year, approximately 30 million day-old male chicks are gassed or tossed alive into giant industrial mincing machines – ‘useless’ to the industry, as they cannot lay eggs.

Eggs are particularly high in dietary cholesterol, and contain saturated fat. These are two of the main causes of heart disease. There are no nutrients in eggs that cannot be obtained from non-animal foods. Egg-free mayonnaise is now easy to find, and if you enjoy baking, recipes can be adapted to work without eggs. Try:

- 2 tbsp cornstarch mixed with 2 tbsp water or
- 2 tbsp flour mixed with $\frac{1}{2}$ tsp vegetable shortening, $\frac{1}{2}$ tsp baking powder & 2 tbsp water.

Dairy

Like women, cows produce milk only after giving birth. In order to keep them

producing vast quantities, dairy cows are kept in a constant cycle of pregnancy and then having the calf taken away soon after birth, so that the milk can be bottled for humans. Separation is incredibly distressing for both, and mothers will often bellow for days at the loss of their young. Male calves from dairy cows are often unprofitable. Thousands are simply shot soon after birth. Some of the remainder will be raised for veal or for beef, while other females will replace their mothers in the dairy herd.

Dairy products are high in saturated fat and cholesterol, and are not as ‘good for you’ as they are professed to be. They can cause allergies and have been linked to juvenile-onset diabetes, Irritable Bowel Syndrome, asthma and prostate, breast and ovarian cancers.


Alternatives to dairy products are widely available. You will have no problem finding dairy-free milk, margarine, cream, cheese, ice-cream, custard and desserts.

Contact us for a free egg- and dairy-free recipe booklet





Boosting your health




A considerable body of scientific evidence suggests that a well-balanced, 100 per cent plant-based diet is an optimum vehicle for the promotion of human health.

The average Western diet in contrast – based on meat, milk, saturated fat, sugar and salt – is deficient in many essential nutrients.

Heart disease and stroke

Saturated animal fats found in meat and dairy products can raise cholesterol to dangerous levels and can increase the risk of heart disease and stroke by blocking blood flowing through the arteries. If the blood supply to the heart is blocked, a heart attack can occur. If blood going to the brain is blocked, a stroke can follow. Heart disease is one of the UK's biggest killers – claiming the lives of 21 per cent of men and 15 per cent of women. Cholesterol is found only in animal products and chicken contains as much



cholesterol as beef. Choosing lean cuts of meat is not enough; the cholesterol is mainly in the lean parts. A diet rich in wholegrains, vegetables, beans and fruits is free of artery-clogging cholesterol and low in saturated fat.

Too much protein

Eating too much protein can be just as damaging to your health as eating too little! Excessive protein consumption through a diet rich in meat and dairy can lead to serious health problems. Such diets make the blood more acidic. The body tries to neutralise this by drawing calcium from the bones into the bloodstream. This is filtered through the kidneys and lost in urine. The more protein consumed, the more calcium the body needs to balance the losses. Therefore, too much protein actually leaches calcium from the bones and contributes to weak bones and osteoporosis. Countries whose populations eat low-protein diets have lower rates of osteoporosis and hip fractures. Excessive protein consumption also produces more nitrogen than the body requires. This strains the kidneys, which must expel the extra nitrogen through urine, causing reduced kidney function.



Two of the most detailed comparisons of the health of vegetarians and meat-eaters (The Oxford Study and The China Study) concluded that vegetarians are less likely to suffer from various cancers, diabetes, heart disease and obesity – and therefore, have a longer life expectancy.





Meat myths

Fiction: I need to eat meat to get iron

Fact: Wrong! Iron is plentiful in plant foods. Baked beans, chick peas, breakfast cereals and green vegetables are all good sources and it is also found in red wine and dark chocolate! Drink a glass of orange juice with your meal as Vitamin C helps your body absorb iron even more efficiently.



Fiction: I must eat fish for Essential Fatty Acids

Fact: You do not need to eat fish to get omega-3. EFAs are also in plant oils, such as linseed and hemp, and these, unlike fish flesh, do not contain pollutants, such as mercury and dioxins, from the contaminated seas. Other good sources of EFAs include nuts and seeds (especially almonds, walnuts and hazelnuts); green leafy vegetables and avocados.



Fiction: I need meat to get vitamin B12

Fact: Many vegetarian foods are fortified with B12, including breakfast cereals, margarines, yeast spreads and soya products. Only a small amount (10 micrograms) is required per day.



Fiction: I need to consume dairy products for calcium

Fact: There are many non-animal sources of calcium, including beans, dried fruit, nuts, green vegetables (including broccoli, kale and pak choy) and even brown bread. To ensure your bones are healthy, you need to maximise absorption and minimise calcium loss. This means limiting animal protein (including cows' milk) in your diet, as this contributes to the leaching of calcium from the body (see page 7). Protein from plant sources does not leach calcium from bones and calcium from plant sources is much more readily absorbed than that from animal products.

Fiction: I need to eat meat for protein

Fact: The problem with the Western diet, more often than not, is too much, rather than too little, protein (see page 7). Plant-based diets provide sufficient protein from grains (e.g. rice) and pulses (e.g. beans) and these contain all the amino acids (building blocks of protein) that we need.





Vitamins & minerals

Vitamins

Vitamin A – important for good vision, bone growth and a healthy immune system: carrots, sweet potatoes, spinach, green leafy vegetables, watercress, tomatoes, yellow and red peppers, mangoes, apricots (fresh and dried).

B Vitamins – for proper functioning of the brain, heart and nerves, and for blood formation: green leafy vegetables, mushrooms, avocados, beansprouts, wholemeal bread, nuts, bananas, currants and other dried fruits, sunflower and sesame seeds. Marmite/yeast spreads are rich in B vitamins including B12, which is also often added to soya milks, margarine and cereals.

Vitamin C – important for a strong immune system, and healthy skin, blood vessels and gums: green leafy vegetables, broccoli, cabbage, green peppers, parsley, potatoes, frozen peas, oranges and other citrus fruits, blackcurrants, kiwi fruit.

Vitamin D – needed for calcium absorption: mostly made in the body from sunlight on the skin. Certain foods are fortified with it, e.g. cereals, soya milk, margarine.

When you go veggie, you will almost certainly boost your intake of fresh fruit and vegetables, which are rich in vitamins and minerals. No need to pop pills for optimum health, just make sure you eat a selection of fresh, healthy foods.

For a comprehensive, easy-view guide, send for a colourful, illustrated **nutrition wall chart**, priced £3.95 (see form on back to order)



Vitamin E – protects cells from damage and increases muscle strength: olive oil, peppers, tomatoes, wholegrains and wheatgerm (e.g. in bread), tahini (sesame seed paste), nuts (especially hazelnuts and almonds), seeds, avocados.

Minerals

Magnesium – important for healthy metabolism and healthy bones: green leafy vegetables, broccoli, almonds and cashew nuts, wholegrain bread, yeast extract, soya beans and tofu, bananas.

Potassium – for maintaining water balance and regulating blood pressure, and for healthy functioning of the heart, brain and nerves: potatoes, sweet potatoes, pumpkin, tomatoes, brazil nuts, chick peas, strawberries, bananas, oranges.

Selenium – for healthy cells and immune function: wholegrains, porridge oats, rice, beans, pulses, nuts (especially brazil nuts).

Zinc – for a healthy immune system and to promote wound healing: wholegrains, brown rice, baked beans, lentils, pumpkin and sesame seeds, nuts, tofu.

Iodine – an element that is important for healthy metabolism and mental development: dark green vegetables, seaweeds.

Protecting the planet

Animal farming uses much more land, energy and water and has a far bigger effect on climate change than plant-based agriculture, as acknowledged by the UK government at the start of 2007.



Seventy per cent of all agricultural land in Britain is used as pasture or for growing animal feed.

If the available land was used to feed people directly, less than a quarter would be required. The production of animal-based foods also causes massive amounts of pollution and damage to natural ecosystems. Rainforests are cut down and the land is used to graze cattle or grow crops. Seventy-five per cent of soya – much of it grown on razed rainforest land – is turned into animal feed.

Already, there is a worldwide water shortage. Farming animals for meat, dairy and eggs uses vast quantities of water, through the amount that they drink, the amount needed to produce the crops that they eat and the huge volumes used by slaughterhouses. It takes 900 litres of water to produce 1kg of wheat compared with 100,000 litres to produce 1kg of beef.

Raising animals for meat and dairy is one of the main contributors to climate change. Animal farming is responsible for around 18 per cent of the world's greenhouse gas

problem – a larger share than that of transport.

This is because methane, which is 23 times more potent than carbon dioxide, is produced by bacteria in the stomachs of farmed animals, and is farted and belched out. Also, carbon dioxide and nitrous oxide are produced from the transportation of farm supplies, animal feed and farmed animals themselves. Heat and electricity used by slaughterhouses and farms further increases energy demand. Because plant-based agriculture is many times more efficient, a plant-based diet has a smaller 'carbon footprint'.



Animal ingredients to avoid

Ingredients to beware of:	Animal-free alternatives:
Suet, dripping and lard: solid fat from kidneys of cattle or sheep	Vegetable suet
Rennet: derived from calves' stomachs and used to harden some cheeses	Soya cheeses
Gelatine: made from boiled-up animal bones, skin and ligaments. Found in many products, including jelly, sweets, ice cream and some yoghurts	Agar agar/carrageenan/pectin. There are numerous gelatine-free products
E120/cochineal: red food colouring made from squashed insects	Try to avoid products with lots of E numbers as they are not good for you
Lactose, caseine and whey: milk derivatives and whey may not even be vegetarian	Choose dairy-free versions of the product you want to buy
Worcestershire sauce: may contain anchovies (small fish)	Life and Biona Worcestershire sauces are fish-free
Wine: many wines are 'clarified' using blood, bone marrow, egg albumen, fish oil, gelatine or fish swim bladders (called isinglass)	Veggie/Vegan wines: Look on the label or check with the supermarket or off-licence. Animal Aid stocks a range of animal-free wines, champagne, cider and lager

Tantalise your tastebuds

Humous: This delicious chickpea and garlic pâté comes in a tub from supermarkets and delis. Lovely in sandwiches, on baked potatoes or with crunchy vegetables and crisps.

Soya mince: With its 'meaty' texture, soya mince (frozen or dried), is perfect for veggie spaghetti bolognese or shepherd's pie. You probably won't even realise it's not minced meat. A good source of fibre and protein, and often fortified with vitamin B12.

Tofu/beancurd: Tofu contains all eight essential amino acids and is a great source of protein. Try marinating and grilling it, frying it with garlic 'til it's golden and crispy, and adding it cubed to a stir-fry.

Lentils: Lentils absorb flavours really well, which is why you will find them in many Indian dishes. A hearty lentil soup or stew is delicious and nutritious. Pulses are high in complex carbohydrates, protein and fibre and extremely low in fat.

... And: falafels, vegetable samosas, vegetable spring rolls and much more.



Eating in

As well as making meat-free versions of your old favourites, get adventurous in the kitchen and start exploring new cuisines.

Easy eating options

Breakfast

- Cereal & soya milk
- Toast
- Fruit salad & soya yoghurt
- Beans on toast
- Fruit smoothie
- Veggie grill or fry-up: with veggie sausages & 'bacon', fried mushrooms, fried tomatoes, hash browns

Lunch

- Salad & baked potato
- Tortilla wrap with falafels and humous
- Vegetable soup & roll
- Veggie curry ready-meal
- Sandwich – see below

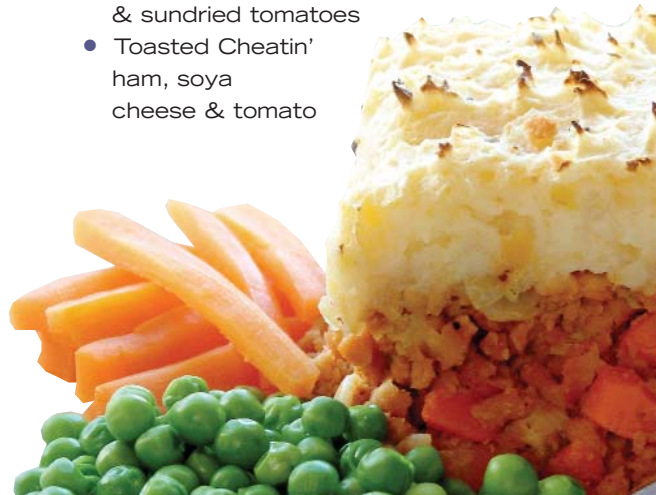
Dinner

- Veggie spaghetti bolognese
- Spicy tofu stir-fry
- Veggie bangers, beans & mash
- Roasted vegetables & couscous
- Lentil shepherd's pie
- Veggie pizza

Sandwich suggestions

- Peanut butter & cucumber
- Peanut butter & banana

- Avocado, tomato & humous
- Marmite & cucumber
- Grated carrot, humous, pine nuts & cucumber
- Cheatin' chicken, salad & egg-free mayo
- Soya cheese & pickle
- Soya 'cheddar' cheese & beetroot
- Soya cream cheese & apricot jam
- Cheatin' turkey slices & egg-free mayo
- Cheatin' ham with tomato & mustard
- Veggie sausages & ketchup
- Veggie BLT (made with veggie bacon)
- Roasted vegetables & humous
- Avocado, raw spinach, cucumber & egg-free mayo
- Soya cream cheese, olives & sundried tomatoes
- Toasted Cheatin' ham, soya cheese & tomato



Alternatives



Listed (right) are just some of the basic vegetarian equivalents now available in supermarkets and health food shops.

Many supermarkets produce lists indicating which of their products are animal-free. Ask for a copy – you'll be surprised at how much is on offer!

Burgers

- Goodlife • Vegetarian's Choice
- FRY's • Wicken Fen
- Dragonfly • Direct Foods (burgamix – for making your own) • supermarket own

Sausages

- FRY's • Realeat
- Linda McCartney
- Cauldron • Wicken Fen • Biona
- Veggie Master • Redwood Foods
- Taifun • Direct Foods (Sosmix – for making your own)

Tofu (also known as beancurd)

- Cauldron (plain, smoked & marinated)
- Clearspring • Blue Dragon
- Taifun (plain, smoked & Mediterranean)
- unbranded from Chinese and Japanese supermarkets

Nuggets

- FRY's • Veggie Master

Mince

- Realeat • FRY's
- Redwood Foods

Other

- Linda McCartney deep country pies; sausage rolls

- FRY's schnitzels; cutlets
- Veggie Master chicken-free chunks; fish-free steaks; poultry-free breast
- Redwood Foods fake meat slices (Cheatin' ham/chicken/sausage/pepperoni/turkey/beef/bacon); fake fish (fishless fingers, salmon-style pâté, veggie tuna, scampi-style pieces); schnitzels

Jelly

- Just Wholefoods jelly crystals
- Some supermarket own-brands are gelatine-free – check the label





Eating out

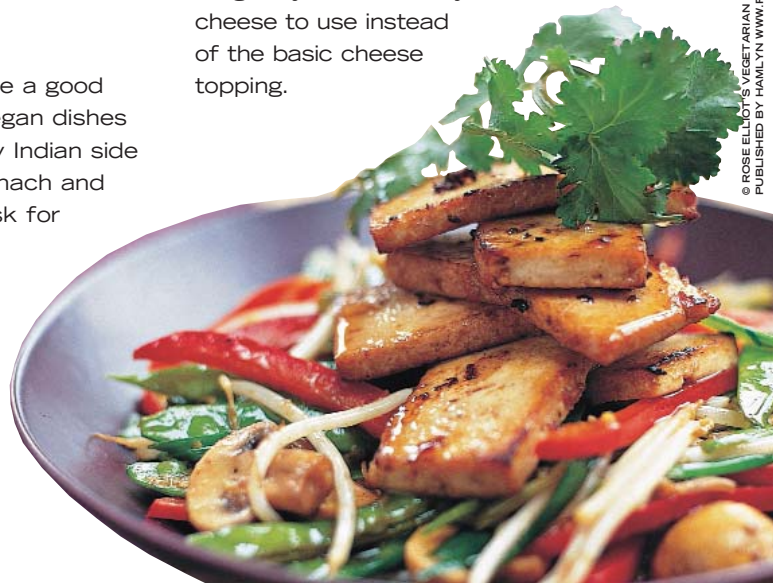
You will still be able to enjoy a sophisticated dinner with your loved one, have a cheap meal out with your friends and grab a quick snack during the day. You will probably even find nut roast on offer for Sunday lunch at your local. These days, you can find a vegetarian option on almost every menu, but in the highly unlikely event that there isn't one, most restaurants are obliging, so don't be afraid to ask them to make you something specially.

Indian, Thai & Chinese

These restaurants usually have a good selection of vegetarian and vegan dishes on their menus. Combine tasty Indian side dishes such as Saag Aloo (spinach and potato) and Dahl (lentils), or ask for a vegetable version of your favourite curry. Try beancurd (tofu) dishes, vegetable curries and egg-free noodles at your local Chinese and Thai restaurants. Just ask them to leave out fish sauce at Thai restaurants as this is sometimes overlooked.

Italian

It's easy to find Italian veggie food such as pizza with delicious, juicy toppings, including sliced mushrooms, sweetcorn, spinach and artichokes... and get adventurous with pineapple, jalapeno peppers and sundried tomatoes. If you fancy pasta, choose from basic tomato sauce, or spice it up with chilli and garlic, and add fresh vegetables, such as broccoli and mushrooms. PizzaExpress restaurants will happily swap mozzarella for an alternative topping, and will also oblige if you take in soya cheese to use instead of the basic cheese topping.



Going veggie won't mean you have to miss out on eating out.



B'Nice Rice Cream

*Dairy free *Natural flavours & colours*

No hydrogenated fat No cholesterol*

*Gluten free *Low in fat *Nut free*

Strawberry & Vanilla flavours are soya free

Look out for FRY'S brand new packaging! Same great tasting products! 



Find B'Nice & FRY'S in the freezer of all good health food shops (or ask them to order in for you!) Details from Beanie's: 01489 574593/info@beanieshealthfoods.co.uk



Ingredients

4 large, red onions
1x 400g (14oz) tin lentils
– drain and rinse
6 slices day-old
wholemeal bread
– rubbed through hands
and broken into crumbs
250g (1/2lb) fresh
chestnuts – shelled, peeled
and chopped coarsely
(or use vacuum packed
whole chestnuts)
4 sticks celery
– finely chopped
A few sage leaves
– finely chopped
Sprig thyme leaves
– taken off stalk
Sprig rosemary
– taken off stalk
Handful fresh parsley
– chopped
Olive oil
Salt and freshly ground
black pepper to taste

Chestnut Stuffed Roasted Onions

To make stuffing (this can be made in advance and kept in fridge over night): **Preheat the oven to 160°C/ 325°F/Gas 3.**

Place breadcrumbs in a shallow baking tray and bake in oven until golden, approx 10-15 minutes. Take out and allow to cool.

In a large saucepan, heat enough oil to cook the celery and herbs (except parsley), over a moderate heat, until celery is soft.

Add chestnuts and cook for a further minute. Add the lentils and breadcrumbs to the chestnut mix. Stir in parsley, salt and pepper. Let stuffing cool completely.

hands to rub a little oil over surface of onions. Sprinkle with pepper and roast at **180°C/350°F/Gas 4** for 20 minutes – or until they start to soften. Take out of oven and when cool enough to handle, push out the centres, leaving a hollow shell to take stuffing.

Chop up the residue onion and add to stuffing.

Fill the hollow onions with the stuffing. Sit the onion tops back on and bake in the oven for a further 30 minutes. Roll any residue stuffing into balls, cook with the onions and serve on the side.

For the onions, chop off tops and keep aside. Peel, then chop off bottoms so they will sit on a flat surface. Use your

Serves 4





Pumpkin & Sweet Potato Soup

Heat the oil in a large saucepan and add the chilli and onion. Cook, stirring until the onion is soft – about 3-4 minutes.

Add the pumpkin and sweet potato. Reduce heat to low, cover and cook for 7-8 minutes, stirring occasionally.

Add the stock and bring to the boil. Simmer for 10 minutes.

Add lentils and simmer for another 8 minutes or until the lentils are cooked. Then put it all into a blender with a tablespoon of tahini (if using).

Reheat and serve.

Ingredients

1 tbsp olive oil
1 red chilli – de-seeded and finely chopped
1 onion – finely chopped
500g pumpkin or butternut squash – peeled, de-seeded and chopped

2 sweet potatoes – peeled and chopped
1.5 litres vegetable stock
125g red lentils
1 tbsp tahini (optional)

Serves 4





Serves 4



Savoury Strudel

Ingredients

3 tbsp olive oil
2 onions – peeled and chopped
2-3 cloves garlic – peeled and crushed
2 x 400g (14oz) cans tomatoes
1 tsp dried basil
90ml (3fl oz) red wine

225g (8oz) button mushrooms – sliced
Sea salt & freshly ground black pepper
275g (10oz) filo pastry
100g (4oz) olive oil – for brushing pastry
90g (3¹/₂ oz) roasted cashew nuts – roughly chopped (alternatively, use pecan or pine nuts)

Adapted with kind permission from Rose Elliot's 'Vegetarian Christmas', published by HarperCollins Publishers Ltd.

Use filo sheets of approx 12" x 8" which can fit in the average baking tray/sheet. **Set oven at mark 200°C/ 400°F/ Gas 6 if cooking straight away.** (Defrost filo pastry if frozen).

Heat 3 tbsp of oil in a large saucepan, add the onions, cover and cook for about 10 mins until tender but not browned. Add the garlic, tomatoes with their liquid, basil and wine. Simmer gently uncovered, stirring occasionally, until liquid has disappeared and mixture is quite thick – about 20 mins. Add the mushrooms and cook for a further 15 mins or until all liquid has boiled away. Mixture must be quite dry. Season and allow to cool.

Brush tray with olive oil, put the first layer of filo on the tray and brush with oil. Sprinkle a third of the nuts on, lay on top another sheet of filo brushed with oil and sprinkle with nuts. Repeat a third time. Add a fourth layer of filo, brush with oil and put on tomato/mushroom mixture and spread out. Roll the whole thing up like a swiss roll.

Bake for approx 30 mins until golden brown. Serve with port wine sauce and your favourite veggies.



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Roasted Vegetables

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

Wash and trim all the vegetables, then cut into 2-inch long pieces.

Mix the oil, vinegar and herbs together and stir well. Arrange the vegetable pieces on a baking tray and pour the oil mixture over them. Mix them around to make sure they are all covered.

Place in the oven for 30-40 minutes or until the vegetables are soft.

Serve with couscous and humous.

Serves 4



Ingredients

- 2 courgettes
 - 1 red pepper
 - 1 green pepper
 - 2 red onions
 - 1 aubergine
 - 2 carrots
 - 1 sweet potato
 - 100ml olive oil
 - 2 tbsp balsamic vinegar
 - 1 tsp mixed herbs
- Note: Experiment with different vegetables



Sizzling Tofu Stir Fry

Ingredients

Note: check that the Thai curry paste does not contain fish. Some supermarket own brands are fine.

1 tbsp sesame oil
2 tsp Thai red curry paste
2 tsp grated fresh ginger
2 garlic cloves – crushed
300g (10 oz) beansprouts
1 red pepper – de-seeded, cored and thinly sliced
1 bunch of spring onions – trimmed and chopped
125g (4 oz) button mushrooms

150g (5 oz) baby sweetcorn – sliced diagonally
150g (5 oz) mangetout – halved lengthways
1 tbsp Tamari or other soy sauce

Marinade

1 tbsp grated fresh ginger
4 garlic cloves – crushed
1 tsp maple syrup
1 tsp Dijon mustard
4 tbsp soy sauce
2 x 250g firm tofu – cut into 5mm (1/4 inch) slices
Olive oil for shallow-frying

Start by marinating the tofu. In a shallow dish, mix together the ginger, garlic, maple syrup, mustard and soy sauce. Toss the cubes of tofu in this mixture so that they are well coated. Leave to marinate for as long as you can – no less than 20 minutes and up to 24 hours.

To make the stir-fry, heat the sesame oil in a wok until it is smoking hot, then add in the curry paste; stir for a few seconds over the heat, then put in the garlic and ginger, and stir again. Add all the vegetables to the wok and stir-fry for a minute or two then cover and leave to cook for 5 minutes or until the vegetables are tender.

Meanwhile, drain the tofu, saving any remaining marinade. Fry the tofu on both sides in hot oil until crispy. You will probably have to do this in two batches and keep the finished pieces hot under the grill. Add any reserved marinade to the vegetables and serve with the sizzling hot tofu.

As an accompaniment, try Basmati rice or couscous.

Serves 4





Ingredients

3 large sweet potatoes
– peeled
Sprig of rosemary
– taken off stalk
Freshly ground black pepper
1 tbsp olive oil

Burgers

2 x 400g (2x14oz) cans
butter beans, drained
and rinsed
6-8 spring onions
– chopped
1 clove garlic
– peeled and chopped
2.5cm (1 inch) piece of
fresh ginger – grated
1 small red chilli
Handful fresh
coriander leaves
1 lemongrass stalk
– topped and tailed, then
smashed under the handle
of a knife and chopped
1 lime – juiced
1 tbsp soy sauce
100g (3.5oz) plain flour
Olive oil for frying
Freshly ground black pepper



Thai Bean Burgers

& Sweet Potato Wedges

**Pre-heat oven to 180°C/350°F/
Gas 4.**

Cut the potatoes into wedges and place on an oiled baking sheet. Turn in the oil. Sprinkle with rosemary and pepper. Bake for approx 20-25 minutes.

In a blender/processor, put the garlic, ginger, chilli, coriander, smashed and chopped lemon grass, lime juice and soy sauce and whiz until a smooth paste. (If you don't have a blender/processor, chop the ingredients very, very finely). Roughly mash the butter beans, add the chopped spring onions and paste, mix well and mould into burger-shaped patties.

Put the flour on a plate and season with freshly ground black pepper. Gently turn the patties in the flour to coat. In a large frying pan add the oil and fry the burgers on a high heat for a few minutes each side.

Serve with a delicious fresh salad.

Serves 4





Shepherd's Pie

Pre-heat oven to 220°C/430°F/Gas 7.

Fry the onion and garlic in a little oil until softened. Add the soya mince, vegetable stock, tomatoes, carrots, peas, herbs and salt and pepper. Simmer for about 20-30 minutes. Peel the potatoes and quarter them. Boil them in a separate pan for about 15 minutes until soft. Mash the potatoes with the margarine and soya milk.

Pour soya mixture into an ovenproof dish, and place mashed potato on top. Smooth down with a fork. Cook in the oven for about 20 minutes until the top has browned.

Serves 4 

Ingredients

1 onion – peeled and finely chopped
2 cloves garlic – peeled and crushed
225g frozen soya mince
1 x 400g (14oz) tin tomatoes
Mixed herbs
Salt and freshly ground black pepper

Vegetable stock cube (Oxo vegetable or Marigold Swiss Vegetable Bouillon powder)
50g frozen peas
1 carrot – peeled and finely chopped
6 medium potatoes – peeled
3 tbsp soya margarine
4 tbsp soya milk



Pasta with Spicy Tomato Sauce

Gently heat the oil in a saucepan and add the garlic, chilli and ginger. Cook for 3-4 minutes, stirring.

Add the tinned tomatoes and season.

Simmer uncovered over a medium heat for about 30 minutes or until all the liquid has evaporated. Stir to prevent sticking towards the end of this time. Stir in the herbs and serve with your choice of pasta.

Variation: you can add your choice of freshly cooked vegetables towards the end of the cooking time to add crunch, colour and extra vitamins!

Ingredients

1 thumb-sized piece of root ginger – peeled and finely chopped

$\frac{1}{2}$ -1 tsp crushed dried red chillies (from spice counter)

3 cloves garlic – peeled and crushed

800g tinned tomatoes

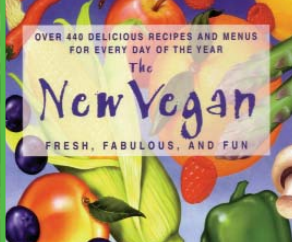
Salt and freshly ground black pepper

3 tbsp olive oil

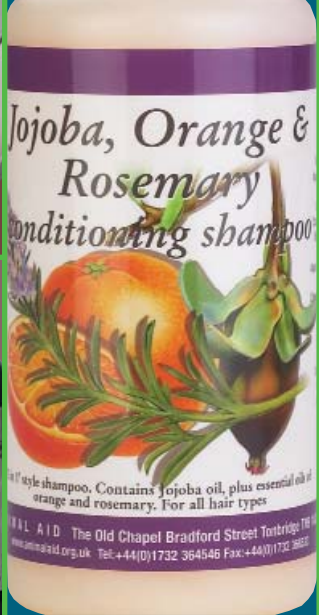
Handful of fresh herbs – parsley, coriander or marjoram

Serves 4





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