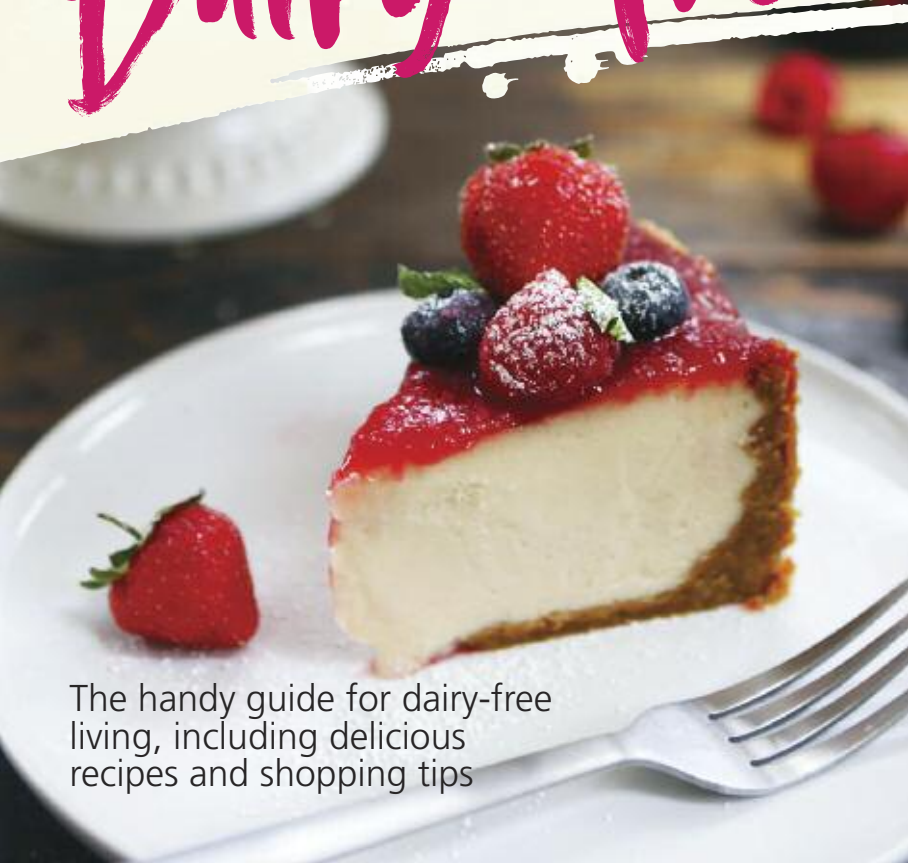


Viva!

EVERYONE'S GOING

Dairy-free



The handy guide for dairy-free living, including delicious recipes and shopping tips

GOING DAIRY-FREE?

The Viva! Shop has you covered!

Viva! **VEGAN BOOK CLUB**

WE TAKE THE EFFORT OUT OF DAIRY-FREE SHOPPING

EAT KIND



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Viva!

ABOUT VIVA!

Viva! is a vivacious campaigning charity. We work on all vegan issues and investigate how the big names farm and kill animals. One of our long running campaigns, *White Lies*, researched the health impact of dairy on our health. Another, *Scary Dairy*, shows how dairy cows and calves are treated by the major players in the industry. It also has fantastic info on going dairy-free. See scarydairy.org.uk.

Viva! publishes the highly acclaimed *Viva!life* magazine and runs the popular online Vegan Recipe Club veganrecipeclub.org.uk. Viva! also loves helping people to take the step to a healthy, humane diet and so has wonderful, inspirational but, most of all, useful resources, including viva.org.uk/easyvegan.

ABOUT VIVA! HEALTH

Our experts research and campaign for healthy vegan diets. There is a really helpful website viva.org.uk/health which includes the *A-Z of Nutrients* and *A-Z of Diseases*. There are also great sections on vegan diets for sports people and for all stages of life – including children, the mature and during pregnancy. It's all here!

Everyone's Going Dairy-free

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Welcome

So you're thinking about going dairy-free. Well done! Not only will the decision make you feel better, look better and reduce your chances of developing several major diseases, it will also help to save animals from suffering and dramatically reduce your impact on the environment.

This booklet will guide you along the path to a dairy-free diet. We've mostly listed dairy replacements here, but there are a vast range of other products available for vegans.



Why go dairy-free?

1 IT'S KINDER TO ANIMALS

The modern dairy industry is far from the buttercup-strewn meadow of advertising myth. The heart-breaking reality of dairy farming is brutal and barbaric.

Cows don't magically turn grass into milk. Like all mammals, cows, goats and sheep only produce milk after being made pregnant. Their new-born babies are always stolen from them. If not killed at birth, the males are raised for meat and the females are kept alive to replenish the herd until they are worn out and no longer considered 'productive'. When this inevitable time comes, female cows are not allowed to spend their remaining years peacefully grazing on a lush green pasture – instead they are slaughtered for low quality meat at an average age of just five years; their natural lifespan is 20.

The kindest thing we can do is go dairy-free.



2 IT'S BETTER FOR THE ENVIRONMENT

We are in the midst of a climate crisis and animal agriculture is a major culprit!

The meat, dairy and fish industries create a whopping one fifth of all greenhouse gas emissions – that's more than all transportation combined! The biggest study to date on the impact of farming states that by going vegan, greenhouse emissions from agriculture would be cut in half.

Grazing-based systems are also incredibly inefficient, contributing less than one per cent of total food energy to our food supply – yet forests are felled and wildlife is laid to waste so that vast amounts of monocrops can be grown to feed dairy cows. But less than three per cent of this biomass is retained – meaning, most of what a cow eats does not produce meat or dairy but simply keeps them alive. In Europe, we could slash the amount of arable land used by a third if we used it to grow crops for people instead of for dairy farming.

But why only waste land when you can waste water too?! Dairy farms use huge amounts of water and their putrid slurry lagoons often leak ammonia into rivers and lakes. In the UK, ammonia from livestock is the main agricultural contributor to air pollution too, with cattle providing around half of the ammonia emitted! What's more, the unwitting cow belches immense amounts of methane into the atmosphere, while their manure emits nitrous oxide – both powerful greenhouse gases.



3 IT'S NATURAL TO BE DAIRY-FREE!

Most people in the world are lactose intolerant – they are unable to digest the sugar in milk (lactose). Lactose intolerance is common and, in the UK, mainly affects those of Asian or African-Caribbean descent – but it can affect anyone, at any age.

All babies produce an enzyme called lactase, which is needed to digest lactose (milk sugar), but most lose it after weaning, at around the age of two, because they don't need milk anymore. Without lactase, lactose ferments in the large intestine and produces gas. Digestive discomfort ensues! The simple solution? Avoid lactose by ditching dairy.

If you're still not sure if going dairy-free is natural, remember: there are around 6,000 species of mammal and none consume dairy after weaning – apart from humans. And if that isn't weird enough, we are also the only mammal to consume the milk of a different species. Imagine a squirrel raiding a sheep or goat's udder, or a bear cub feeding from an elephant – that gives you some idea of just how unnatural it is!



4 DAIRY-FREE IS GOOD FOR YOU

Despite industry hype that we need dairy for its calcium to build strong bones, the evidence points in the other direction. Westerners consume the most dairy yet have the highest levels of osteoporosis (brittle bones) in the world! (See our guide, [Building Bones for Life at viva.org.uk/materials/building-bones-for-life](https://www.viva.org.uk/materials/building-bones-for-life)). In other parts of the world, such as SE Asia, where people historically ate little or no dairy and obtained their calcium from plants, osteoporosis was rare. Evidence now suggests osteoporosis in these populations is sadly on the rise – but so too is their taste for dairy.

Dairy doesn't need to be our default for calcium. Green leafy vegetables, sesame and other seeds, nuts, many fruits and a whole range of pulses, and the products made from them, are healthier sources of calcium. There is a long, long list and the calcium obtained from these plant foods is easy for our bodies to absorb and store.

Dairy is also strongly associated with diseases such as breast and prostate cancers, diabetes, eczema and heart disease amongst others. Plants, on the other hand, have been proven to prevent many of these ailments.



5 IT'S GETTING EASIER AND EASIER

More and more people are choosing to go dairy-free. Now is the perfect time to join them!

The free-from market includes delectable dairy-free products and is a booming sector in the food industry. Every supermarket has overflowing free-from shelves and the chilled section usually has dozens of dairy-free alternatives to cheese, milk, yoghurt, ice cream, cream and other dairy products.

Any coffee shop worth its weight in coffee beans will offer soya, oat and almond milk, and most restaurants and eateries carry a free-from/allergen menu and a vegetarian and vegan list of dishes.

MORE ON BEING DAIRY-FREE

White Lies: a mighty scientific report on the impact of dairy on our health; fully-referenced viva.org.uk/materials/white-lies

Dark Side of Dairy: a report on the welfare of cows and their calves in the dairy industry; also fully-referenced viva.org.uk/materials/the-dark-side-of-dairy-report

Why You Don't Need Dairy: Viva!'s new health guide draws on reputable and irrefutable science to overturn the myths about dairy viva.org.uk/materials/why-you-dont-need-dairy

Scary Dairy: deals with all things dairy-free, from animal welfare concerns to health, recipes and resources. It also features downloadable versions or links to all our dairy-free related guides, recipes, information and campaigns viva.org.uk/scarydairy

A Vegan's Guide to Going Dairy-free: we've treated our tastebuds to all the top dairy-free products, from milk to cheese to desserts and many more, so that we can recommend the best product for you viva.org.uk/lifestyle/going-vegan/a-vegan-guide

Wallcharts: including *My calcium-rich foods reminder* from viva.org.uk/materials/calcium-rich-foods-wallchart and *What I need each day for good health* from viva.org.uk/materials/what-i-need-each-day



All the above and a lot more resources can be found at viva.org.uk/resources and if you would like to try some dairy-free treats or find an interesting book or cookbook, go to vivashop.org.uk



My calcium-rich foods



ALMONDS



APRICOTS (DRIED)



ARTICHOKES



ASPARAGUS



BAKED BEANS (HARICOT)



BLACKBERRIES



BLACKCURRANTS



BLACKSTRAP MOLASSES



BOK CHOY



BRAZIL NUTS



BREAD (WHOLEMEAL)



BROCCOLI



CHICKPEAS



CINNAMON



EDAMAME (SOYA BEANS)

TOP TIP! Vitamin D is made by sunlight on the skin and is needed for calcium absorption. If you live in the UK, take a vitamin D supplement over winter.

HOW MUCH SHOULD I EAT A DAY? **700MG**



FENNEL



FIGS (DRIED)



KALE



KIDNEY BEANS



ORANGES



ROCKET



SESAME SEEDS
(EG IN TAHINI AND HUMMUS)
(AND OTHER SEEDS)



SOYA MILK (FORTIFIED)



SPRING GREENS



SWEDE



TOFU (CALCIUM-SET)



WALNUTS



WATERCRESS

For a laminated, A4 poster of this chart for your kitchen, visit www.vivashop.org.uk/calcium-poster

OTHER USEFUL RESOURCES

VEGAN RECIPE CLUB

Viva!'s dedicated food website and app contains hundreds of tried and tested recipes that are all dairy-free and vegan delicious – as well as recipes from top vegan restaurants and chefs, informative articles and much more. veganrecipeclub.org.uk and get the app here: veganrecipeclub.org.uk/app

GOING VEGAN WITH VIVA!

We've done the research so you don't have to! All the information you need to help you go and stay vegan including health, nutrition, recipes, product listings, blogs, festivals, FAQs and much more. Going vegan has never been so easy! viva.org.uk/going-vegan

30 DAY VEGAN AND 7 DAY VEGAN

A Viva! initiative that makes it so easy to dip your toe in the water! Try going vegan for a month or a week. Be inspired by deliciously dairy-free and vegan health tips, celebrity quotes, shopping ideas and lots more! viva.org.uk/30dayvegan and viva.org.uk/7dayvegan

MY VEGAN TOWN

Never be stuck for somewhere to eat again! Wherever you are, with My Vegan Town you'll be able to find vegan-friendly places near you to eat, places to stay, vegan event listings, reviews and animal sanctuaries to visit and support myvegantown.org.uk

VEGAN FOOD & LIVING

One of the leading vegan magazines covering food, nutrition, lifestyle, ethics and everything vegan. Their website has a host of useful reviews, articles, products and information veganfoodandliving.com

PLANT BASED NEWS

Keep up to date with all the latest news on the vegan scene including health, nutrition, products, ethics, campaigns, lifestyle, events and celebrity gossip plantbasednews.org

DAIRY-FREE OR ALLERGEN-FREE

If an item supposedly contains no dairy ingredients but the packaging states 'may contain traces of milk' do not panic! It means the item is most likely dairy-free and vegan. However, it won't necessarily be suitable for those with an allergy to dairy.

Companies who make a variety of foods have to clean production line machinery between different batches that may contain nuts, soya, dairy, eggs and so on. A chocolate manufacturer may make a batch of milk chocolate, clean the line and then make a batch of dark chocolate that is dairy-free.

Although production lines are scrupulously cleaned, there is always the risk of microscopic food traces being left behind and companies have a legal obligation to warn allergy sufferers about possible cross contamination. From an ethical or health point of view, most vegan groups agree that this is an acceptable compromise and it widens the range of vegan products available – unless, of course, you are highly allergic to dairy. When in doubt, check with the manufacturer.



Where to shop

Unless an item is marked clearly as dairy-free or vegan, always carefully inspect the ingredients. You might be surprised to find dairy hidden in the most unlikely products! When in doubt, ask an assistant or ask to see the shop's vegan list.

SUPERMARKETS

All major supermarkets sell an ever-increasing array of dairy-free and vegan products and many have their own free-from and vegan lists for own-brand products.

If you shop online, most supermarkets will display all of their vegan products if you type 'vegan' into the webstore's search bar.

- **Holland & Barrett** Sell a wide range of vegan/dairy-free health and wellness products such as vitamins, superfoods and sports nutrition, as well as chocolates and sweet snacks
- **Independent health food shops** Usually a treasure trove of tempting products, including more unusual brands and speciality items. Staff are likely to be well informed and products locally and ethically sourced
- **World food stores** The world has a lot to offer those going vegan/dairy-free! Asian food stores in particular usually carry a wonderful stock of dairy-free products – tofu, mock meats, spices and cooking sauces – and are often excellent quality and value



ONLINE STORES

Thanks to these super online stores, you'll never need to battle your way around a supermarket with a wonky-wheeled trolley again! Those listed below sell a wealth of vegan/dairy-free products and, of course, they deliver! They often carry a bigger and better range than can be found in high street outlets.

- **Viva! Shop** vivashop.org.uk If you want to shop confectionary and gifts, and support Viva! at the same time, this is the place for you
- **Alternative Stores** alternativestores.com From food to footwear, Alternative Stores has it all – and it's 100 per cent vegan/dairy-free
- **Amazon UK** amazon.co.uk Click on 'grocery' then enter 'vegan' in search box
- **Ananda** anandafoods.co.uk Sells dairy-free Parmesan and hard to find artisan vegan foods
- **Goodness Direct** goodnessdirect.co.uk Organic, wholesome food and household products. Search 'vegan' for pages of food products. They also have a handy dietary key – dairy-free, vegan, gluten-free, organic, etc
- **Greenbay** greenbaysupermarket.co.uk Everything you'd find in your local supermarket from groceries to pet food... except it's all vegan! Now the official outlet for Vegusto mock meats and dairy-free cheeses
- **Ocado** ocado.com An online supermarket with some high-end vegan offerings to impress your dinner guests. Type 'vegan' in 'find a product'
- **The Vegan Kind** thevegankind.com Kindly makes vegan shopping easy for everyone. Everything from food and drink, to household, beauty and gifts, to pet food, fashion and books
- **V-Bites** vbites.com Pioneers of vegan meat, fish, cheese and dairy alternatives since 1993
- **Vegan Store** veganstore.co.uk Sells all the top vegan products from clothing, footwear and food, to cosmetics and toiletries. Even sells vegan beer, wine and spirits

Viva!'s top dairy-free secrets

1 NUTRITIONAL YEAST FLAKES

What is it? Sprinkles of naturally brewed yeast flakes in a tub (not to be confused with brewer's yeast!). It's full of protein, B vitamins and other useful nutrients – the blue tub in particular.

What does it taste like? Slightly cheezy, nutty, savoury. It dissolves into hot dishes really well or can be sprinkled on pasta, asparagus or soups for added taste.

What is it used for?

- Pasta dishes and pasta sauces
- Sprinkle on soups of most types
- Bread – can be mixed with vegan spread to make garlic bread
- Tofu scramble
- As a condiment or to make dairy-free cheezy sauces – see page 66

What brands should I look for? Engevita (Marigold).

Where can I buy it? Selected Supermarkets, health food shops or online.

Can I make my own? No: it's a natural product but uses lots of beets and a fermentation process that would be difficult/impossible to recreate in a home kitchen.



2 SILKEN TOFU

What is it? A type of tofu (beancurd). All tofu is made from soya beans into a kind of cheese and is widely used throughout Asia. There are lots of different types. Silken tofu is a softer, creamier variety – too squidgy for stir-fries but a very useful and versatile ingredient!

What does it taste like? It's bland but absorbs flavours very well. Creamy when whizzed up – but low fat and high in protein and calcium.

What is it used for?

- Sour cream alternative – see page 41
- Dairy/egg-free quiches
- Desserts such as cheesecake and chocolate mousse
- Search 'silken tofu' in veganrecipeclub.org.uk for a host of recipes

What brands should I look for?

- Long-life silken varieties (mostly 350g): Morinaga, Morinu, Blue Dragon, Clearspring
- Fresh silken: Taifun, Unicurd and generic silken tofu is sold in most Asian stores

Where can I buy it? Large supermarkets, health food shops, Asian food stores.

Can I make my own? Yes – it's not difficult! See 'Homemade Tofu' at veganrecipeclub.org.uk

For further info on all types of tofu, see page 34.

3 AVOCADO

What is it? It's a fruit (not a vegetable) high in protein and healthy fats, amongst other things.

What does it taste like? Subtle – not sweet but creamy.

What is it used for?

- Desserts. Yes, really. Avocado lends itself to many dairy-free and vegan desserts and is especially good with chocolate, figs and pistachio nuts. Search the web for 'avocado vegan desserts' and you'll be amazed!



- Guacamole dip. See page 44
- Creamy pasta sauce. Mash or roughly chop avocado into cooked garlic and mushrooms then mix into spaghetti or linguini. Add lots of black pepper and a little salt
- Search for 'avocado' on veganrecipeclub.org.uk for the pasta recipe and a host of others

What brands should I look for? There are different types of avocado, eg Hass – small with lumpy dark green skins. Other types are larger and have smoother, paler green skins.

Where can I buy it? Ready-to-eat packs in supermarkets tend to be the most reliable, but good greengrocers/vegetable shops may have ripened avocados going cheap. Make sure they are pretty soft and squidgy to the touch. If hard and unripe, you can keep them until they ripen.

Can I grow my own? Sadly, avocados don't grow in the UK.

4 PURÉED WHITE BEANS

What is it? A creamy mixture made from white beans whizzed up – cannellini beans are best but haricot and butter beans will also work.

What does it taste like? It's all in the flavouring – adding fresh herbs, roast or fresh garlic, olive oil, black pepper and salt will transform these beans into a creamy delight.



What is it used for? Use to make recipes from veganrecipeclub.org.uk such as:

- Cannellini Bean, Black Olive, Sun-dried Tomato & Basil Pâté
- Artichoke, Butterbean & Filo Pie with Olives and Sundried Tomatoes
- Add a creamy but low-fat texture to soups, stews, sauces, etc – just whizz up ¼-½ tin of white beans with a bit of the stock or juice from the dish you're making until smooth, then stir in

What brands should I look for? All white beans are sold in tins. Sainsbury's Organic in cartons are a good deal.

Where can I buy it? Large supermarkets and health food shops – tins/cartons of cooked beans and packets of dried beans.

Can I make my own? Yes. Soak dried beans overnight. If you are sensitive to beans, soak them for several days until they are almost sprouting. Keep in a cool place and change the water twice daily. Rinse, drain and cook in fresh water – 40-60 minutes in an ordinary pan or pressure cook at high for 15 minutes. Blend beans wholly or partially to make the dish of your choice. Beans also freeze well, in bags or plastic containers.

5 NUT AND SEED BUTTERS

What is it? A rich butter/spread made from one or more nuts or seeds – cashew, almond, Brazil, tahini (sesame seeds), sunflower, hemp, pumpkin – and the ubiquitous peanut. Sometimes ingredients are combined, such as almond, hazelnut & Brazil.

What does it taste like? Like the nut or seed it's made from and depends on whether they are raw or roasted.



What is it used for?

- Sauces such as tahini and miso, peanut satay, cheezy sauce. Search 'sauces' on veganrecipeclub.org.uk
- Dips and spreads such as hummus (tahini – sesame paste)
- Adding to soups and stews for a rich, creamy texture and flavour – a tablespoon of peanut butter works wonders in Martin Shaw's Chilli Non Carne veganrecipeclub.org.uk. A tablespoon of cashew or almond butter is delicious in tomato soup or sauce, to name just a few
- As a spread on toast etc – particularly nice with yeast extract (eg Marmite) or jam!

What brands should I look for? Biona, Carley's, Essential, Meridian, Monkey, Suma and Whole Earth are all good quality but there are lots out there.

Where can I buy it? Supermarket brands are cheaper but tend to be peanut-based, padded out with other oils and contain too much sugar or salt. Wholefood and health food shops tend to sell a larger variety of quality nut/seed butters but are usually more expensive.

Can I make my own? Yes – it's easy and tastes wonderful but you need a food processor with a good motor – Magimix or Vitamix..

6 CHEEZY SAUCE MIX

What is it? Dairy-free cheese sauce mix in a tub – almost instant! Add it to plant milks such as soya, heat up and it's done.

What does it taste like?

Pretty good! It's even better with a handful or two of nutritional yeast flakes and a teaspoon or two of Dijon mustard thrown in.



What is it used for? Any dish that needs a cheese sauce.

- Macaroni cheese
- Savoury pancakes
- Aurora sauce – mix half cheezy sauce with half tomato pasta sauce and add to tubular cooked pasta such as penne, rigatoni or macaroni

What brands should I look for? Free & Easy Dairy-Free Cheese Flavour Sauce Mix (black and yellow tub).

Where can I buy it? Health food shops, Holland & Barrett, Sainsbury's and online stores.

Can I make my own? Yes! See page 69 for recipes.



7 CREAM

What is it? Dairy-free cream.

What does it taste like? It depends on what it's made from. Commercial dairy-free creams are made from soya, oat, rice, coconut or nuts.

What is it used for?

- Add to a savoury, creamy dish such as mushroom stroganoff or soup
- Desserts – single or whipping, depending on the pudding

What brands should I look for? Alpro/Provamel, Sojatoo, Oatly, Whiptop.

Where can I buy it? It depends on the brand and type of cream. All large supermarkets sell at least one type, eg soya (Alpro/Provamel) or oat (Oatly). For a wider range, try health food shops and online stores.

Can I make my own? Cashew cream is very easy to make and is healthy, natural and delicious – use in savoury as well as sweet dishes. See page 46 for our recipe. You can also make a coconut cream/whip. See page 82.

8 AQUAFABA

What is it? Tinned chickpea brine/goop (literally 'bean water') – the stuff we usually throw away. It's actually more of an egg replacer but is too good to miss!

What does it taste like? It is tasteless when mixed into other dishes.

What is it used for? 3 tbsp = 1 hen's egg. Its protein works like egg white so can be used to make meringues, cakes and much more.

What should I look for? Tinned chickpeas are best but aquafaba from tinned white beans (butter, cannellini, haricot) also works.

Where can I buy it? Anywhere that sells tinned beans! Value chickpeas work as well as organic and it doesn't matter if they're salted or not. It will keep for 3-4 days in the fridge in an air-tight container. Use the leftover chickpeas/beans to add to a curry, stew, make hummus or other dips...

Can I make my own? Possibly, in a pressure cooker, but the goo might not be as thick and protein-rich.

Recipes? Try Justine's Aquafaba Chocolate Mousse, Aquafaba Mayo and Blueberry Lemon Drizzle Cake on veganrecipeclub.org.uk

Also see our delicious meringue recipe on page 82. For more, go to Facebook page 'Vegan Meringue – Hits and Misses!' for hundreds of tested recipes.



Other dairy-free delights BUTTER AND SPREAD ALTERNATIVES

Most margarines/spreads are plant-based but manufacturers often add dairy, such as whey or butterfat. There are plenty that are vegan:

- Aldi Free-from spread
- Asda Free-from spread
- Biona Wide range
- Coconut oil use instead of a spread
- Co-op Soft spread
- Flora Vegan spreads and plant butters
- Koko Coconut-based spread
- M&S Plant Kitchen sunflower spread
- Naturli' Free-from spread – palm oil free
- Nutcrafter Butter alternative
- Pure Soya, sunflower or olive – widely available
- Sainsbury's Free-from spread
- Suma Soya or sunflower
- Tesco Free-from soya spread
- Vitalite Free-from spread
- Vitaquell Organic soft spread
- Waitrose Free-from spread

See Viva!'s top vegan spreads: viva.org.uk/lifestyle/going-vegan/a-vegan-guide/butter

CHEESE ALTERNATIVES

Dairy-free cheese has improved over the years, as has the range of products and flavours available.

Does it melt? Yes and some dairy-free cheeses melt better than others.

What types are there? Hard or creamy – with assorted flavours.

See below.

- VBites Cheezly Hard cheese in more than 10 different flavours including mozzarella, blue, cheddar and a rather good parmesan-style called 'Hard Italian-style'. Some flavours melt, others don't. Melting Cheezly, available in Mozzarella-style is good for pizzas.

There is also a soya-free variety – and a Christmas selection pack. vbites.com

- **Koko** Currently offering a couple of coconut-based cheeses in cheddar and a soft cheese. The cheddar melts and is said to be one of the closest resemblances to dairy cheddar available. They also sell a variety of yoghurts, ice creams, milks and spreads. kokodairyfree.com
- **MozaRisella** Melting mozzarella-style, made from rice milk – really good on pizza or with tomato salad. Now available in a variety of flavours including blue, smoky, creamy and slices. mozzarisella.co.uk
- **Bute Island Sheese** Hard and soft cheeses available in a really wide range. Over 10 flavours available in the hard cheeses including cheddar, smoked, Edam, Wensleydale, Greek-style and many more. Also grated, cream cheese, slices and wedges available. Bute Island makes the supermarket own brand cheeses for Asda, Sainsbury's. buteisland.com
- **Tofutti** Creamy cheese in a variety of flavours including plain, herb & chives, garlic & herb. They also provide slices in a few different flavours. tofutti.com
- **Vegusto No-Moo** A wide range of hard cheeses, including aromatic, piquant (like Parmesan), blue, herb and more, made from organic almonds and coconut oil. They also sell deli slices, roasts and lots more. vegusto.eu/shop/en
- **Violife** Really wide range of hard cheese, soft, grated and slices in a variety of flavours. Our particular favourites are the Prosociano (hard Parmesan-style block) and the Mediterranean-style block (Halloumi-style). Available in many outlets including supermarkets, health food shops and online. violifefoods.com
- **Nutcrafter** There is a growing hand-crafted cheese market which is fantastic. For a real treat, Nutcrafter offer cashew-based hard and soft cheeses in really delicious flavours including aged blue, extra aged Gosamio, the best Halloumi style amongst others. nutcrafter.co.uk

- **Daiya** A Canadian-based company which has now made its way to the UK. They offer a variety of cheeses which are renowned for their meltability and are used in many of the US pizza restaurants. Available in Wholefoods, some supermarkets and online. daiyafoods.com
- **Supermarkets Eg Asda and Sainsbury's and Tesco** A good range of cheese which are all made by Bute Island. They come in a variety of flavours as well as in grated, slices and cream cheeses. Other supermarkets are following suit so watch this space for more...
- **Cathedral City** A game-changing plant-based cheese range, which comes as a block, slices and in grated form. This cheddar-style flavoured alternative has been praised across the vegan community as 'the closest to dairy cheese that's ever been produced!'. Available in most major supermarkets. cathedralcity.co.uk/our-cheese/plant-based

See Viva!'s top vegan cheeses:
viva.org.uk/lifestyle/going-vegan/a-vegan-guide/cheese.



CHOCOLATE

Dairy-free chocolate of all types is easy to find. Hooray! In supermarkets, most dairy-free milk chocolate is on free-from shelves but often, ordinary shelves contain products that are OK (eg Aldi mint thins). Get reading those labels or check out the supermarket vegan lists. Just remember to avoid things like butterfat, whey, cream, milk powder and other dairy items.

MILK CHOCOLATE

Dairy-free milk chocolate is made from plant milks – soya, rice or coconut.

Supermarkets: mainly found on the free-from shelves but other brands can be found too.

See Viva!'s top vegan chocolate: viva.org.uk/lifestyle/going-vegan/a-vegan-guide/chocolate

Other brands: for some of the best vegan milk chocolate, check out vivashop.org.uk or try health food shops and online stores – see page 17. Our favourites include the divine Zotter Hazelnuss praline-style, hazelnut-studded Vego and Ombar Coconut Mylk raw chocolate.

PLAIN/DARK CHOCOLATE

There is plenty of high quality dark chocolate out there. Most is dairy-free but some have butterfat and other dairy bits so check the labels. Again, supermarkets carry a pretty good range but there's more choice in independent shops and online. Good brands include:

- Aldi – Moser Roth Dark 70%, Dark 85% and Dark Orange & Almond
- Booja Booja – the best truffles ever!
- Kinnerton
- Lidl Fair Trade plain chocolate
- Montezuma
- Seed & Bean



CREAM

See page 23 for more details on soya cream. Here are some of the most common brands:

- Provamel single cream
- Alpro single cream
- Sojade single cream
- Oatly single cream and crème fraiche
- Soyatoo Soy Whip and single cream
- Isola Bio single coconut cream
- M&S Made Without single soya cream
- Coconut milk/cream... (see page 82 for a recipe for Coconut Cream Whip)
- Tesco free from sour cream
- Asda free from sour cream

See Viva!'s top vegan creams:

viva.org.uk/lifestyle/going-vegan/a-vegan-guide/cream-and-custard

CUSTARD

Ready-made:

- Provamel
- Alpro
- Oatly

Powder:

- Bird's
- Just Natural
- Organ
- Some supermarket own brands... check the label.

See Viva!'s top vegan custards:

viva.org.uk/lifestyle/going-vegan/a-vegan-guide/cream-and-custard



MILK ALTERNATIVES

There are far too many dairy-free milks to list – soya, almond, coconut, rice, oat, hazelnut, hemp, cashew, quinoa – with plain, strawberry, chocolate, vanilla, banana flavours (with more coming out all the time!). You'll find them in long-life cartons or fresh in chill cabinets of supermarkets and all health food shops. There are budget options available and the posh barista varieties which are delicious (and a bit pricier!).

The taste varies – long-life is different from fresh; sweetened from unsweetened. It's worth experimenting. Many are fortified with vitamin B12 and calcium. Give it a couple of weeks and your tastes will change, to a point where dairy milks can quickly smell and taste very strange!



SOYA MILK

The most common brands are Alpro and Provamel which can be found everywhere. Every supermarket now sells at least an own-brand long-life and many offer fresh versions too. This includes budget supermarkets such as Aldi and Lidl. Plamil is also widely available – this all-vegan company made the first soya milk in the UK and is the most ethically produced (Ethical Consumer magazine).

COCONUT MILK

This one is in a carton and made for pouring unlike the stuff in tins! There are many brands, including Kara, Koko and Plenish (if you like a bit of posh!). Many of the supermarkets are also now offering their own in both long-life and fresh.

RICE MILK

Low in fat and sweet in taste, rice milk is very popular, though not so great in tea and coffee as it's quite watery. Rice Dream is the most common brand, but there are quite a few others and even supermarkets are starting to produce their own. Ecomil and Almond Breeze are also widely available.

OAT MILK

Delicious, creamy and works well in tea and coffee! Oatly is the most common brand and can even be found in some restaurants and coffee shops. Check out their Barista version too!

NUT MILKS

Almond, cashew and hazelnut milks are all delicious and can be used in a variety of ways! Most supermarkets now have their own brand of almond milk including budget supermarkets such as Aldi.

See Viva!'s top plant milks:

viva.org.uk/lifestyle/going-vegan/a-vegan-guide/plant-milk

SOYA MILK IN HOT DRINKS

Tea: soya milk works well unless it's beginning to go off when it will curdle like dairy milk.

Coffee: fresh soya milk and barista/pro versions don't usually curdle but long-life may. If using long-life in fresh coffee, heat the milk (don't boil) then add to the cup before the coffee. For instant coffee, add soya milk and hot water first, allowing the water to cool a little first. Add the granules last and stir vigorously.

NB Coffee houses such as Costa and Starbucks often use pro and barista versions of plant milk, which never curdle and are delicious.



YOGHURT

Plain and fruity varieties are available in several brands: Alpro, Provamel, The Coconut Collaborative, COYO, Rebel Kitchen, Nush and most supermarkets now offer their own. Our personal favourite is Sojade (health food shops, Ocado, etc). Some of the natural yoghurts are sweetened so make sure you go for an unsweetened version if making a savoury dish.

Plain yoghurt uses: Savoury dips such as raita (see page 45), baking or use straight from the tub with curries or on cereal etc or as a direct substitute for dairy yoghurt.

Flavoured/fruity: enjoy as you would any other flavoured yoghurt... there are some really delicious ones out there!

Homemade is pretty easy to make but you'll need a small quantity of live vegan yoghurt as a starter culture. Visit veganrecipeclub.org.uk and search 'yoghurt' for two recipes and other uses.

For Viva!'s top vegan yoghurts see:

viva.org.uk/lifestyle/going-vegan/a-vegan-guide/yoghurt



TOFU TYPES AND HOW TO USE THEM

What is it? Tofu, or beancurd, is a kind of cheese made from soya beans. It's very high in protein, omega-3, iron and low in fat, making it a bit of a wonderfood.

PLAIN TOFU

Cauldron, Dragonfly, The Tofoo Co., Yutaka, Taifun and lots of other brands are widely available, with Cauldron most readily available. Mainly used for stir fries because it holds its shape but can also be deep fried or oven-roasted.

STIR-FRIED TOFU

Drain the plain tofu and dry with kitchen paper. Chop into cubes or 'steaks.' In a frying pan or wok, heat 2-3 tbsp vegetable oil until very hot, add the tofu and fry for several minutes until golden brown. Turn gently while cooking to avoid mashing. Remove from pan and drizzle a little soya sauce over the top.

Options Crushed garlic, garlic paste, Chinese five spice powder or grated ginger (use your imagination) can be added a couple of minutes before the end of cooking. Can be pre-cooked and chilled until needed – 2-3 days in an airtight container lined with kitchen paper.

SMOKED TOFU

Taifun, The Tofoo Co., Clearspot, Dragonfly and other brands vary in texture and smokiness. Available in most supermarkets, Ocado and health food shops. It can be cooked in the same way as plain, sliced thinly for sandwiches or fried up as rashers – again drizzled with soya sauce.

MARINATED TOFU

Cauldron and The Tofoo Co. marinated, ready-cooked pieces are available in health food shops and large supermarkets. Simple to use, they can be stirred into hot dishes at the end of cooking, particularly pastas, sauces, stews and stir fries or enjoy in a nice cold salad or sandwich. The Taifun marinated tofu range, Clearspot and Dragonfly are also delicious!



SILKEN TOFU

Silken tofu has many uses including sauces, baking, cheesecakes, smoothies, vegan French toast (yes, really!), as an egg substitute and many more. See our recipe on page 41.

Vegon

— RECIPE CLUB —

APP

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Recipes and photography: Maryanne Hall

ALMOND OR CASHEW MILK

Serves 4 | 5-10 minutes (plus 2 hours soaking time)

- 100g/1 cup (approx) cashews or almonds
- Square of clean muslin/cheesecloth 40cm square (approx) or use a nut milk bag or a clean pair of tights
- Water, to soak the nuts
- 750ml/3 cups (approx) water
- Pinch of sea salt
- Agave/maple/other vegan syrup or 2 medjool dates (pitted) or concentrated apple juice to sweeten (optional) – stir in 1 tsp, taste and add more if necessary

1 Soak the nuts in cold water, cover with a cloth or lid and allow them to soak for at least 2 hours. Drain and rinse.

2 Place the soaked nuts and the 3 cups of water into the blender or food processor. Whizz until smooth, for at least one full minute. Add the sea salt and syrup. Whizz again, taste and add a little more agave if necessary. If you prefer a less creamy milk, add a little more water – up to about ¼ cup/4 tbsp and whizz again.

3 Place the square of muslin or nut milk bag over a large bowl then bring the ends together, twist and squeeze the bag so that the milk drips into the bowl. Twist tighter to remove as much liquid as possible from the bag.

4 Store the milk in an air-tight container and refrigerate. Store the nut pulp in another air-tight container and use within 3 days – add it to smoothies, soups, stews, energy balls, etc.



TARTAR SAUCE

Serves 4 | 10 minutes

- 170g/¾ cup vegan mayonnaise (or make a batch of our aquafaba mayo: veganrecipeclub.org.uk/recipes/aquafaba-mayonnaise)
- 1 shallot, finely diced
- 1 tbsp capers, drained
- 1 tbsp gherkins, finely chopped
- ½ tbsp parsley, finely chopped
- ½ tbsp dill, finely chopped plus a little more for decoration

1 Stir all the ingredients together and decorate with a couple of sprigs of dill.



SOUR CREAM

Serves 4-8 | 5 minutes

Health food shops and quite a few of the supermarkets now offer a vegan sour cream, check out the free-from section. It is, however, very cheap, easy and fun to make yourself! It works very well with mushroom stroganoff, Mexican dishes such as chilli and, of course, our loaded nachos.

- 350g/1½ cups of firm silken tofu (although you can also use regular silken tofu or firm tofu)
- 2 tbsp lemon juice
- 1 tbsp plain vegetable oil (not olive) eg rapeseed (canola), plus a little extra for blending
- 1 tsp cider vinegar
- 1 tsp sugar or vegan syrup (eg agave or maple)
- ½ tsp salt or a little more, according to taste

1 Blend the tofu until it is completely smooth and has lost its grainy texture.
2 Add the remaining ingredients and blend again until everything is well mixed – if using extra oil, drizzle in slowly and blend gradually. Taste and adjust seasoning/flavouring if necessary.



BLUE CHEESE DRESSING

Serves 6-8 | 10 minutes

- 100g/1 cup vegan blue cheese (eg Bute Island, Sainsbury's, Tesco, BlueRisella, Violife)
- 3 tbsp high quality vegan mayonnaise (eg Follow Your Heart Vegenaïse) or make a batch of Vegan Recipe Club aquafaba mayo: veganrecipeclub.org.uk/recipes/aquafaba-mayonnaise
- 6 tbsp olive oil
- 6 tbsp water (plus more to thin, if necessary)
- 1 tsp cider vinegar
- ½ tsp lemon juice
- 1 tsp Dijon mustard
- 1 tsp vegan syrup (eg agave, maple, etc)
- Pinch of salt and black pepper, to taste

1 Blend all ingredients together until smooth and the desired consistency has been achieved.



GUACAMOLE

Serves 6-8 | 10 minutes

- 3 ripe avocados
- 1-2 red chillies, deseeded and finely diced
- ½ red onion, finely diced
- Bunch of fresh coriander, roughly chopped including stalks
- Juice of 2 limes
- Extra virgin olive oil
- Pinch of salt

- 1 Mash the avocado to the consistency of your choice.
- 2 Mix all ingredients together in a small bowl and season to taste.

RAITA

Serves 4-6 | 10 minutes

- 250g/1 cup natural vegan yoghurt (sugar-free, eg Sojade, Tesco)
- ½ cucumber, finely diced or grated
- 2 tbsp fresh mint, finely chopped
- ½ tsp ground cumin
- ½ clove garlic, finely diced
- 1 tsp lemon juice
- Salt and pepper, to taste

- 1 Mix all the ingredients together and season to taste.



SALSA

(For a cheatin' version buy a shop bought salsa, available in fresh tubs or jars, nearly all are vegan).

- 6 ripe tomatoes, finely chopped
- 1 onion, finely diced
- 2 green chillies, deseeded and finely diced
- Juice of 2 limes
- Glug of extra virgin olive oil
- 1 clove of garlic, finely diced
- 1 big bunch of fresh coriander
- Salt and pepper, to taste

- 1 Mix all the ingredients together and drizzle with a little of the olive oil.
- 2 Season to taste.



CASHEW CREAM/SAUCE (SWEET OR SAVOURY)

Serves 4 | 5 minutes (plus 2 hours soaking time)

Follow the basic recipe and then decide if you need your cashew cream to be sweet or savoury by adding the extra ingredients below.

Basic

- 165g/1½ cups cashew pieces, soaked for a minimum of two hours
- 125ml/½ cup plant milk or water (add a bit more to make the sauce thinner, as required)
- Pinch of salt, to taste

1 Blitz all the ingredients together in a high-speed blender, starting off with the smallest quantity of water (125ml). It's much easier to thin the sauce down than to thicken it afterwards. For cake toppings, you will need to use the minimum amount of water/plant milk so it stays nice and thick.

Savoury

Add the following to the basic ingredients, blend and then warm on medium heat for 5 minutes:

- 2 tbsp vegan white wine (optional)
- Juice of half a lemon
- 1 tsp stock powder (eg Marigold vegan)
- 1 tbsp nutritional yeast
- Fresh herbs (eg parsley, sage, optional)
- Salt and pepper, to taste

Sweet

Add the following to the basic ingredients and blend:

- 4 tbsp vegan syrup (eg agave, maple etc)
- 1 tsp vanilla extract or paste
- 1 tbsp lemon juice
- Zest of half a lemon
- 1 tbsp melted coconut oil





TAHINI SAUCE/DRESSING

Serves 4 | 5 minutes

- 5 tbsp tahini
- 3 tbsp water
- 3 tbsp olive oil
- 1 clove garlic
- 100ml lemon juice (fresh or bottled)
- Salt, to taste

1 Blend all the ingredients together. Add more water if it needs to be thinned out or more tahini if it needs to be a bit thicker.

2 Drizzle over salad, roast vegetables, falafel, burgers, Buddha bowls, pasta and anything else you fancy!

CAESAR SALAD

Serves 4 | 20 minutes (plus 2 hours soaking time)

Caesar Dressing

- 30g/¼ cup raw cashews, soaked for minimum of 2 hours
- 30ml/⅓ cup water
- 1 tbsp virgin olive oil
- ½ tbsp lemon juice
- ¼ tbsp Dijon mustard
- ¼ tsp garlic powder
- 1 tsp capers
- Salt and freshly ground black pepper, to taste
- ½ garlic clove (optional)
- ¼ tbsp vegan Worcestershire sauce (eg Biona, optional)
- 1 tsp vegan syrup (eg agave, optional)
- ½ tbsp nutritional yeast (optional)

Salad

- Choose from the following or include everything: baby gem or Kos lettuce, croutons, capers, cherry tomatoes, alfalfa sprouts, avocado, vegan parmesan shavings (eg Violife Prosociano)

Dressing

1 Blend everything together until smooth. Add more salt and pepper if required.

Salad

1 Arrange the salad ingredients as desired and then pour over the Caesar dressing. It can be enjoyed as a starter, main or side dish.





CAULIFLOWER CHEESE

Serves 4 | 30 minutes

Béchamel

- 2 tbsp vegan margarine
- 2 tbsp plain flour
- 200ml (approx) unsweetened soya milk (other plant milks don't work well with this recipe so make sure you use soya)
- 2 tsp English mustard
- Pinch of grated nutmeg
- 1 stock cube dissolved in small amount of boiling water
- 2 tbsp nutritional yeast
- Large handful of vegan parmesan, eg Violife Prosociano
- Salt and black pepper, to taste

Other

- 1 cauliflower, broken into bite size florets
- 40g breadcrumbs (approx)
- Vegetable oil for frying

Béchamel

- 1 Using a large saucepan, melt the margarine on a low heat.
- 2 Take the saucepan off the heat and stir in the flour until you have a paste.
- 3 Return the pan to the heat, turn up to medium and very gradually add the soya milk and stock, stirring continuously to avoid lumps.
- 4 Once the sauce has thickened, add the mustard, nutmeg, nutritional yeast and parmesan.
- 5 Stir thoroughly then set aside.

Other

- 1 Bring the cauliflower pieces to the boil for two minutes.
- 2 Drain thoroughly and then lightly fry on both sides until golden brown.
- 3 Empty the cauliflower into an oven dish, cover with the cheese sauce then sprinkle with breadcrumbs until completely covered.
- 4 Place under a medium grill until nicely browned.

TOMATO, CARAMELISED ONION & 'FETA' TART

Serves 4 | 1¼ hours

- 320g vegan puff pastry sheet (eg Jus-Rol and some supermarket own brands are vegan, check the ingredients)
- 2 red onions, thinly sliced into rings
- 2 cloves garlic, finely diced
- 1 tbsp brown sugar or vegan syrup (eg agave)
- 200g/2 cups vegan Greek style cheese (eg Bute Island, Sainsbury's, Tesco, Violife)
- Juice and zest of 1 lemon
- Extra-virgin olive oil
- 3-4 spring onions, finely chopped
- 300-400g tomatoes, halved or quartered (ideally different colours and sizes)
- 5 sprigs of rosemary, stalks removed and finely chopped
- A few sprigs of fresh thyme
- Salt and black pepper, to taste

- 1 Pre-heat the oven to 180°C (fan)/350°F/Gas Mark 4-5.
- 2 Lightly oil a flat baking tray and place the sheet of pastry on it. Cut the pastry into four rectangles and separate them slightly.
- 3 Score a line around the inside of each pastry rectangle, about an inch from the edge, but don't cut it right through.
- 4 In a large frying pan, fry the onions for around 10 minutes before adding the sugar or syrup and cook for a further 5 minutes until nicely caramelized.
- 5 Add the garlic, lemon juice, zest, spring onion and rosemary and fry for a further couple of minutes.
- 6 Spoon a quarter of this onion mixture onto the inside rectangles of each of the pastry pieces and spread evenly.
- 7 Save some of the vegan cheese to sprinkle over each tart after cooking and finely slice the rest of the block. Place a few slices over the onion mix, keeping the mixture as flat as possible.
- 8 Cover the tarts with the tomatoes (in different sizes and colours) then top with a drizzle of oil, a pinch of salt and pepper and a couple of thyme sprigs.



- 9 Bake for 25 minutes at 180°C then turn the oven down to 170°C and bake for a further 15-20 minutes until the tomatoes have shrivelled.
- 10 Remove from oven and replace the burnt thyme sprigs with fresh ones. Sprinkle over some more of the vegan feta and serve.



LOADED NACHOS

Serves 6 | 1 hour

Tortillas

- 6 flour tortillas (or use shop bought tortilla chips, check the ingredients to make sure they're vegan), cut into triangles
- 100g/1 cup grated vegan cheese
- 1 portion of our guacamole, see page 44 (or for a cheatin' version, buy Sainsbury's Be Good To Yourself Guacamole or use a chopped up avocado)
- 1 portion of our sour cream, see page 41 (or for a cheatin' version, buy ready-made, eg Tesco Free From, Asda Free From or Tofutti)
- 1 portion of our salsa, see page 45

Refried Black Beans

- 1 tin (400g) black beans, drained and rinsed
- 1 tsp paprika
- 1 tsp ground coriander
- ½ tsp ground cumin
- 1 tbsp lime juice
- 1 tsp brown sugar or vegan syrup (eg agave or maple)
- Olive oil for frying

Tortillas

- 1 Preheat the oven to 180°C (fan)/350°F/Gas Mark 4.
- 2 Line a couple of baking trays with greaseproof paper.
- 3 Lightly coat the tortilla triangles in a light oil, such as rapeseed.
- 4 Place them on the baking trays, evenly spaced, then place them in the oven for around 10 minutes or until golden.

Refried black beans

- 1 Heat a little olive oil in a small saucepan on a medium heat and add the spices. Lightly fry for 30 seconds – 1 minute and then add the black beans.
- 2 Cook the beans for around 5 minutes, stirring throughout.
- 3 Add the lime juice and sugar, then cook for a further couple of minutes.

Assembly

- 1 On a large serving plate, add a layer of tortilla chips followed by the refried black beans, guacamole, salsa, grated cheese and repeat.
- 2 Top off with fresh coriander and sour cream.

ULTIMATE VEGAN PIZZA

Serves 8 | 1½ hours (including time for dough to prove)

Don't be put off by the homemade base, because it's really, really worth it! It's actually very easy and tastes delicious... the best base we've ever had! Choose from your favourite toppings and get creative.

Dough

- 500g strong white bread flour
- ½ tbsp salt
- 1x7g sachet/1½ tsp of fast action dried yeast
- 1 tbsp golden caster sugar
- 2 tbsp extra virgin olive oil
- 325ml lukewarm water

Tomato Sauce

(If you're short of time, use a shop-bought passata or dairy-free pesto, eg La Sacla, Meridian, Zest)

- Olive oil
- 2 cloves garlic, finely diced
- 2 x 400g tins plum tomatoes
- Pinch of salt



Topping

- Melting vegan cheese... use a batch of our delicious cheddar or mozzarella (on pages 73-74) or for a cheatin' version buy it from the shops. Our favourite melting varieties are: Violife Mozzarella, Bute Island Sheeze Mozzarella, Bute Island Greek Style Sheese, Tesco and Sainsbury's Greek Style, MozzaRisella and Daiya cheeses
- Choose from your favourite toppings

The pizza pictured above has a topping of:

- Greek Style Sheese (see melting cheese details above)
- Homemade tomato sauce (recipe above)
- Black olives
- Caramelised red onion
- Rocket

Dough

- 1 Sieve the flour and salt into a large bowl and make a well (hole) in the middle.
- 2 In a jug, mix the yeast, sugar, oil and water and leave for a few minutes, then pour into the well.
- 3 Bring the flour in gradually from the sides and whirl it into the liquid using a fork. Keep mixing, drawing larger amounts of flour in, and when it all starts to come together, work the rest of the flour in with clean, flour-dusted hands. Knead until you have a smooth, springy dough.
- 4 Place the ball of dough in a large flour-dusted bowl and sprinkle some flour on top of it. Cover the bowl with a damp cloth and place in a warm room for about an hour until the dough has doubled in size.
- 5 Now remove the dough to a flour-dusted surface and knead it a bit to push the air out with your hands. You can either use it immediately or keep it wrapped in clingfilm, in the fridge (or freezer) until required.
- 6 If using straight away, divide the dough up into as many little balls as you want to make pizzas – this amount of dough is enough to make about 3-4 medium pizzas.
- 7 Use the dough straight away unless storing.

- 8 Roll out into whatever shape you fancy until the dough is about ½cm thick. It should be springy but not sticky.

Tomato Sauce

(This can be made in advance or while the pizza dough is proving)

- 1 Heat a tablespoon of olive oil in a pan on a low-medium heat and then add the chopped garlic.
- 2 Cook for a minute or two until the garlic is light golden in colour.
- 3 Add the tomatoes, a pinch of salt and leave on a low-med heat for 20-25 minutes.
- 4 Give it a final stir, breaking up the tomatoes with a spoon.

Assembly

- 1 Heat oven to 250°C (fan)/480°F/Gas Mark 9.
- 2 Spread the passata, pesto or homemade sauce onto the freshly rolled (uncooked) dough.
- 3 Add the cheese first (this prevents the toppings sliding off).
- 4 Add a combination of toppings.
- 5 Put in the oven for 7-10 minutes until golden and crisp.



CREAMY MUSHROOM TAGLIATELLE

Serves 4 | 30 minutes

- 100g/1 cup of any (vegan/egg-free) tagliatelle pasta
- 4 medium-sized mushrooms, sliced
- 50ml/1/5 cup soya cream
- 3 tbsp vegan white wine (optional)
- 1 tsp vegan margarine
- 1/2 onion, finely diced
- 1 garlic clove, crushed
- 3 tbsp extra virgin olive oil
- Salt and pepper, to taste
- Parsley as a garnish

- 1 Heat the olive oil in a medium sized frying pan and add the onion.
- 2 Lightly fry in the oil until golden brown, then add the mushrooms and garlic.
- 3 Cover the pan and let it cook for 5-6 minutes on a medium heat. Remove the cover and let it cook for 3 more minutes.
- 4 Add the margarine, soya cream and white wine (if using), stir well and let it cook for a further 3 minutes.
- 5 Transfer the sauce from the pan to the blender. You can also use a stick blender. Set a few of the mushrooms aside for decoration (optional). Blitz until smooth and then set aside.
- 6 Using a medium-sized saucepan, bring the tagliatelle to the boil, add some salt then simmer until the pasta is cooked to your taste or according to the packet.
- 7 Drain the pasta and return to the saucepan.
- 8 Add the blended sauce to the pasta and lightly heat. To make the cream thinner, add small amounts of water bit by bit (start off with a tablespoon), as required.
- 9 Serve on a plate or pasta bowl, season to taste and garnish with some chopped parsley and a drizzle of olive oil.



TRADITIONAL LASAGNE

Serves 4-6 | 1¼ hours

- 500g vegan mince (eg Linda McCartney, Sainsbury's, Asda, Morrisons, Garden Gourmet)
- 2-3 large carrots, very finely diced
- 3 sticks celery, very finely diced
- 2 onions, very finely diced
- 4 cloves garlic, crushed
- 400g/6 cups button mushrooms, halved
- 2 tbsp sage, finely chopped
- 3 tbsp fresh oregano, chopped
- 4 bay leaves
- 60ml/¼ cup red wine vinegar
- 125ml/½ cup vegan red wine
- 3 tbsp tomato purée
- 3 x 400g tins of plum tomatoes
- 1 tbsp brown sugar, vegan syrup (eg agave, or xylitol if following low-sugar diet)
- 375ml/1½ cups of strong vegan stock
- Salt and pepper, to taste
- Lasagne sheets (egg-free)

Béchamel

Use this Béchamel recipe any time you need a white sauce, eg for moussaka, cannelloni, pasta bake, pies, etc... it's really versatile and very tasty!

- 4 tbsp vegan margarine
- 4 tbsp plain flour
- Pinch of freshly ground nutmeg
- 700ml/3 cups (approx) soya milk (other plant milks don't work so well but can be used if preferred)
- 2 tbsp nutritional yeast

- 2 tsp Dijon mustard
- Handful of vegan parmesan, grated (eg Violife Prosociano)
- Salt, to taste

Lasagna

- 1 Preheat the oven to 180°C (fan)/350°F/Gas Mark 4.
- 2 Heat the oil in a large pan and fry the onions until lightly golden.
- 3 Add the celery and carrot and fry for a further 5 minutes until slightly softened.
- 4 Add the garlic and mushrooms and fry for another 2 minutes.
- 5 Add the soya mince, sugar or syrup, dried oregano, bay leaves, sage, red wine, plum tomatoes, vinegar, stock, tomato purée, salt and pepper. Bring to the boil and then simmer until the liquid has nearly all absorbed (around 30 minutes).
- 6 If you can, cover the pan and then leave for a couple of hours to absorb the flavours (not essential).

Béchamel

- 1 Using a large saucepan, melt the margarine on a low heat.
- 2 Take the saucepan off the heat and stir in the flour until you have a paste.
- 3 Return the pan to the heat, turn up to medium and very gradually add the soya milk, whisking continuously to avoid lumps.
- 4 Once the sauce has thickened, add the Dijon, nutmeg, salt, nutritional yeast and grated parmesan.

Assembly

- 1 Cover the bottom of a lasagne dish with one layer of mince mix.
- 2 Follow this with a layer of pasta (dip each sheet of pasta in water first), a layer of béchamel sauce then another layer of pasta.
- 3 Repeat this process until all the ingredients have been used up.
- 4 Grate over your favourite melting vegan cheese and bake for 30-35 minutes or until golden brown and completely cooked through.



MAC 'N' CHEESE

Serves 4 | 30 minutes

Cheese Sauce

(Use this sauce anytime you need a cheesy sauce, eg pasta bake, cauliflower cheese, jacket potato, nachos. You won't believe how delicious and cheesy it is!)

- 225g /1¼ cup carrots
- 650-700g/4 cups potatoes
- 170ml/⅔ cup sunflower oil
- 170ml/⅔ cup water
- 40g/1 cup nutritional yeast
- 2 tbsp lemon juice
- 3 tsp salt
- Fresh herbs optional

Pasta

- 300g macaroni plus water for cooking

Cheese Sauce

- 1 Peel the potatoes and carrots and cut them into small chunks. In a large saucepan, bring them to the boil and then simmer until soft (around 20-25 minutes).
- 2 Drain the water and then add them to the blender.
- 3 Add all the other ingredients to the blender and then blitz until really smooth.
- 4 Add the cheese sauce straight onto the pasta and stir through until fully covered.
- 5 Sprinkle with fresh herbs, vegan cheese or enjoy as it is... the simpler the better with this dish.

Pasta

- 1 Bring the macaroni to the boil and then simmer according to the instructions on the packet or to your preferred texture.

CHEESY BROCCOLI & TOMATO QUICHE

Serves 6-8 | 45 minutes

Pastry

- 1 block Jus Rol shortcrust pastry (or other vegan, supermarket own-brand... check ingredients)

Filling

- 2 tsp olive oil
- 1 onion, finely diced
- 2 cloves garlic, crushed
- 400g/1¾ cups firm tofu, drained
- 225g/2 cups plus 1 tbsp savoury vegan cream cheese (eg Sheese, Tofutti, Tesco, Sainsbury's, Koko, Violife)
- 125ml/½ cup unsweetened plant milk (eg soya, almond or oat)
- 1 tsp mixed dried herbs or 1 tbsp fresh of your choice (eg parsley, basil, oregano, chives)
- 1 tbsp Dijon mustard
- 1-2 tsp lemon juice (fresh or bottled)
- 3 tbsp nutritional yeast
- 1 tsp vegan syrup (eg agave or maple)
- ¼-½ tsp turmeric
- 1 head of broccoli, broken into florets
- 3 medium tomatoes, sliced
- 1½ tsp salt (or add more to taste)
- Pinch of black pepper and salt
- 200g/2 cups grated vegan melty/pizza cheese (eg Violife, Cheezly, Sheese, Tesco, Sainsbury's, Asda, Vegusto, Daiya)

1 Roll out the pastry block to fit a large flan dish (diameter about 25-28 cm/10-11 inch). Spread around evenly with your thumb and fingers.

2 Refrigerate while you prepare the filling.

3 Preheat oven to 190°C (fan)/375°F/Gas Mark 5.

4 Fry the onion in 2 tsp oil for around 5 minutes until softened. Add the garlic and then fry for a further 2 minutes.

5 Meanwhile, steam the broccoli florets for around 3-5 minutes until just slightly crunchy, not soft.



6 Blend the cream cheese, tofu, plant milk, Dijon mustard, nutritional yeast, lemon juice, syrup, turmeric, salt and pepper until fairly smooth. Stir in the herbs so they're evenly distributed.

7 Arrange the broccoli, tomato slices and onion mix around the pastry case, evenly.

8 Pour the filling mixture on top, distributing it evenly with a spatula. Sprinkle the melty vegan cheese on the top. Bake in the oven for 30-45 minutes or until firm in the middle. Check after 35 minutes, as the time will vary depending on your oven.

9 Allow to cool a little before cutting and serving.



EASY PEASY MELTING MOZZARELLA

Serves 8 | 10 minutes (plus 2 hours soaking time)

- 100g/¾ cup cashews, soaked for 2 hours minimum
- 200ml/¾ cup water
- 1 tbsp nutritional yeast
- 1 tsp cider vinegar
- 1 tsp salt
- Pinch of garlic powder or ½ clove fresh garlic
- Pinch of onion powder
- 3 tbsp tapioca flour
- 1 tsp lemon juice

- 1 Blend the cashew nuts with the water until smooth.
- 2 Add the remaining ingredients and blend until really smooth.
- 3 Transfer the blended mixture to a medium saucepan. Heat on a medium-hot heat and constantly stir until the mixture starts to thicken and come together. When it starts to form a ball and really clumps together, remove it from the heat.
- 4 The mixture will be very sticky so you will need to use a bowl of water to dip your fingers into before touching the cheese.
- 5 When slightly cooled, mould the cheese into your desired shape (eg balls, sausage shape or just tear it off to eat straight away).
- 6 Make sure the cheese has completely cooled before storing it. It will need to be stored in brine (350ml water mixed with a pinch of salt) in a sealed container in the fridge.

'CHEDDAR' CHEESE

Serves 4-6 | 10 minutes (plus 1-2 days developing time)

- 110g/1 cup cashew nuts
- 250ml/1 cup juice from sauerkraut (the fresh ones kept in the fridge have more liquid)
- 1 tsp salt
- 2½ tbsp nutritional yeast
- ½ tbsp onion powder
- 2 tbsp white or yellow miso
- 165ml/½ cup plus an additional 2 tbsp water
- 1 tbsp agar powder (buy this online or from a good health food shop)
- 2 tbsp tapioca flour

1 Line a pudding basin or any small container of your choice (this will act as a cheese mould) with cling film (leave some hanging over the edges) and set aside

2 Blend the cashews, sauerkraut juice, nutritional yeast, onion powder, salt and miso until very smooth. Pop it into an air-tight container and then set aside (at room temperature, not in the fridge) for 1-3 days but a minimum of a day.

3 In a small bowl mix the tapioca flour and 2 tablespoons of water and set aside.

4 Combine 165ml water with the agar powder in a medium-sized saucepan plus lid and then simmer on a low heat for a few minutes.

5 Check to see if the mixture is bubbling and if not, wait a couple of minutes more until it starts to turn into a liquid.

6 Add the cashew mix to the pan and stir in thoroughly. Heat it through for a couple of minutes before adding the tapioca/water mix.

7 Keep cooking and stirring until the mixture becomes stretchy and starts to come together. Pour it into the lined container and leave to cool before putting it in the refrigerator. Ideally leave it to set overnight but a minimum of 3 hours.





CRÈME BRÛLÉE

Serves 4 | 20 minutes (plus 5 hours setting time)

- 1 tin (400ml)/2 cups coconut milk
- 335ml/1 $\frac{1}{3}$ cup soya milk
- 135g/ $\frac{2}{3}$ cup white caster sugar (plus more for topping)
- 2 tsp nutritional yeast
- 2 tsp vanilla paste
- 4 tbsp cornflour
- Pinch of turmeric
- Pinch of salt
- Raspberries, mint and natural vegan yoghurt or ice cream, to serve (optional)

1 In a small bowl, mix the cornflour with the soya milk and set aside.

2 Whisk together the coconut milk, nutritional yeast, sugar, salt and then add to a medium size saucepan. Heat until nearly boiling.

3 Reduce the heat to a simmer and then add the cornflour/soya milk mix.

4 Keep whisking for about 5 minutes until the mixture starts to thicken.

5 Once thickened, add the vanilla paste and turmeric. Stir thoroughly and then pour evenly into 4 ramekins.

6 Leave them overnight to set or for a minimum of 5 hours.

7 When ready to serve, take out and decorate.



STICKY TOFFEE PUDDING

Serves 4 | 45 minutes

The Puddings

- 240ml/1 cup soya milk
- 110ml/½ scant cup water
- 200g/2½ cups pitted dates, chopped into small pieces
- 1 tsp bicarbonate of soda
- 110g/½ cup vegan margarine/spread
- 200g/1½ cups self-raising flour
- ½ tsp cinnamon
- Pinch of ground cloves
- 60g/⅓ cup muscovado sugar (light or dark)
- 60g/¼ cup golden caster sugar
- 1 tbsp apple cider vinegar
- 95g/¾ cup chopped walnuts (optional)

Sticky Toffee Sauce

- 3 tbsp golden syrup
- 100g muscovado sugar (light or dark)
- 100g golden caster sugar
- 120ml/½ cup soya cream
- 150g/⅓ cup vegan margarine/spread
- 1 tsp vanilla extract

Puddings

- 1 Preheat the oven to 180°C (fan)/350°F/Gas Mark 4.
- 2 Grease 4 pudding basins (209ml approx. Buy from Lakeland, supermarket home section or kitchen shop) with vegan margarine and place them on a baking tray.
- 3 In a small bowl or jug, mix the cider vinegar with a small amount of the soya milk and set aside.
- 4 Place the remaining soya milk, water and chopped dates into a medium size saucepan and simmer until the dates are soft. This should take around 5 minutes.
- 5 Sieve the flour, bicarbonate of soda and spices into a large bowl and set aside.
- 6 In a separate bowl, cream the margarine and sugar together until smooth.



- 7 Finally add all the wet ingredients to the dry ingredients, but only do this just before you are ready to put the puddings into the oven or the rising agents will start working too quickly.
- 8 Pour the mixture evenly into each pudding basin, about two thirds full.
- 9 Give the tray a tap on the work surface before putting them into the oven.
- 10 Bake in the oven for 25-35 minutes. The sponge should bounce back when ready but you can also test them with a cake probe or skewer.

Sticky Toffee Sauce

- 1 Make the sauce around 10 minutes before the cakes are due to come out of the oven.
- 2 Place all ingredients in a medium size saucepan and heat gently on a medium heat, stirring well throughout. Simmer for approximately 5 minutes.
- 3 Pour over the freshly baked puddings and serve with vegan ice cream and fresh mint.



BLUEBERRY MERINGUES WITH COCONUT CREAM WHIP

Serves 6 | 2½ hours

If you haven't discovered aquafaba yet then you're in for a treat. Basically, that gooey liquid at the bottom of a tin of beans that we used to chuck away, works in very similar ways to eggs. Yes, aquafaba is just posh for 'bean water'! Since this discovery, over-excited, sugared-up vegans and other experimental foodies across the planet have been experimenting in an absolutely amazing way. This stuff makes meringues. Proper meringues. Seriously. No, they don't taste weird and nobody gets hurt!

Meringues

- 2 x 400g tins of chickpeas/cannellini/butterbeans, drained. Use the liquid– approx 180ml/¾ cup – to make the meringues. (Use the chickpeas or beans in another recipe or freeze them for another time.)
- ½ tsp cream of tartar
- 200g/1 cup caster sugar, preferably golden

Whipped Cream

Use this cream any time you need a nice, thick dessert cream... it's delicious and very versatile. As a cheatin' cream alternative use 2 tubs of Oatly Creamy Oat Fraiche, a vegan crème fraiche.

- 800ml/3¼ cup thick coconut milk (eg Blue Dragon) or coconut cream
- ¼ tsp cream of tartar (optional)
- 8 tbsps icing sugar, sieved
- 1 tsp vanilla extract

Blueberry Sauce

- 150g/1½ cups blueberries
- 60ml maple syrup, agave or other vegan syrup
- ½ tsp vanilla extract
- 1½ tsp cornflour
- Pinch of salt
- 60ml/¼ cup water
- 1 tbsp lemon juice

Meringues

- 1 Line 1-2 baking trays with baking paper – crumple the paper first as this makes the meringues sit on the tray more firmly.
- 2 Using a glass or metal bowl, whisk the chickpea water with an electric whisk until it starts to turn white and frothy. Add the cream of tartar and whisk in.
- 3 Add the sugar, a tablespoon at a time and whisk until it is glossy and stiff. Depending how powerful your mixer is, this can take from 10-20 minutes. You should be able to turn the bowl upside down without the meringue fluff falling out.
- 4 Midway through the beating, pre-heat your oven to 100°C (fan)/200°F/just under Gas Mark ¼.
- 5 Transfer the stiff meringue mixture to a piping bag and pipe around 6 large dollops onto baking paper on a baking tray.
- 6 Bake for two hours then turn off the oven. Unclick the door and leave to cool for an hour before taking out. Gently peel away from paper. Once they're cooled, store in an airtight container until the dessert is assembled.

Whipped Cream

- 1 Refrigerate the coconut milk in its tin overnight – or place in the freezer for half an hour but don't let it actually freeze!
- 2 When you're ready to serve, scoop out the thick layer of cream on the top and save the watery liquid for a future recipe.
- 3 Beat the thick layer of coconut cream in a glass with the electric whisk and add the cream of tartar and vanilla. Add the icing sugar gradually. Chill again until needed.

Blueberry Sauce

- 1 Place all the ingredients in a medium saucepan, bring to the boil until the blueberries start to pop (roughly 2-3 minutes). Stir continuously.
- 2 Remove from the heat and leave to cool completely before serving.

Assembly

- 1 Spoon equal portions of cream into each meringue then top with the blueberry sauce and optional mint, fresh blueberries and a dusting of icing sugar.



VANILLA CUPCAKES

Serves 10 | 45 minutes

Cupcakes

- 250g/2 cups self-raising flour
- 250g/1¼ cups caster sugar
- ½ tsp bicarbonate of soda
- ½ tsp baking powder
- 100ml/½ cup flavourless oil (eg rapeseed)
- ½ tbsp vanilla paste or extract
- 250ml/1 cup unsweetened soya milk
- 5 tsp cider vinegar
- Fresh strawberries, strawberry sauce (eg Askeys for decoration, optional)

Icing

- 100g/½ scant cup vegan margarine
- 100g/½ scant cup vegetable shortening (eg Trex)
- 1kg/9 cups icing sugar, sieved
- 60-85ml/½ cup plant milk
- 1 tsp vanilla paste or extract
- A few drops of red vegan food colouring

Cakes

- 1 Preheat the oven to 180°C (fan)/350°F/Gas Mark 4.
- 2 Line a muffin tray with muffin cases or cupcake cases. This recipe will make 10 large cupcakes (as pictured) or 15-20 smaller ones.
- 3 Mix the soya milk and cider vinegar in a bowl and then set aside for 10 minutes.
- 4 In a large mixing bowl, stir together all the dry ingredients (flour, sugar, bicarb, baking powder).

5 Add the soya/cider vinegar mixture then the oil and vanilla to the dry ingredients. Only combine the wet and dry ingredients together just before you are ready to put them in the oven.

6 Stir everything together using a metal spoon but not too much, only until everything is combined.

7 Tap the bowl onto the work surface to stop the raising agents working too quickly (this is a tip courtesy of the amazing Ms Cupcake!)

8 Fill the cupcake cases to ¾ full and tap the tray again.

9 Place in the oven and bake for 15-25 minutes depending on the size of the cupcake. They need to be slightly golden on the surface.

10 Remove from the oven and leave to cool thoroughly before icing.

Icing

1 Whisk together the margarine, vegetable shortening and vanilla either by hand or electric whisk.

2 Add the icing sugar, a quarter at a time, along with the plant milk until combined.

3 You can add more icing sugar or plant milk if the icing gets too wet or too dry.

4 Separate the icing in half and place it in two different bowls.

5 Add a couple of drops of the red food colouring to one of the bowls of icing until you get your desired colour.

6 Add your favourite cupcake nozzle to a piping bag (these can be bought from supermarkets, online and kitchen shops) and then fill with one colour of the icing.

7 Ice half the cakes with the white icing and half with the pink icing.

8 Decorate with strawberries, freeze-dried raspberries/strawberries and strawberry sauce (eg Askeys).



BANANA BREAD WITH CASHEW CREAM ICING

Serves 8-10 | 1¼ hours (plus 2 hours soaking time)

Cake

- 250g/2 cups self-raising flour
- 1 tsp baking powder
- 1 tsp bicarbonate of soda
- 200g/1 cup coconut sugar or soft brown sugar
- 115g/½ cup vegan margarine/spread
- 3 very ripe bananas
- 60ml/¼ cup soya milk
- 1 tsp cider vinegar
- 1 tsp cinnamon
- ¼ tsp all spice
- 1 tsp vanilla
- Pinch salt
- 100g/¾ cup walnut pieces

Icing

- Make a batch of our cashew cream (sweet) on page 46

Cake

- 1 Preheat the oven to 180°C (fan)/350°F/Gas Mark 4.
- 2 Grease and line a large loaf tin with baking parchment.
- 3 Mix the soya milk and cider vinegar together in a small bowl and set aside.
- 4 Into a large bowl, sieve the flour, baking powder, bicarb, spices and set aside.
- 5 In a separate bowl, cream the margarine and coconut sugar then add the bananas and mix until smooth.
- 6 Mix the wet ingredients together with the dry ingredients just before you are ready to put the cake in the oven. Combine thoroughly and then pour into the lined cake tin. Add more soya milk if the mixture is too thick.
- 7 Bake in the oven for an hour or until golden and fully cooked through. Test with a cake probe.
- 8 Wait until the cake has completely cooled before adding the cashew cream icing. Top with walnuts and serve.



WHITE CHOCOLATE & RASPBERRY CHEESECAKE

Serves 8-10 | 2 hours (plus overnight setting time)

Base

- 400g vegan digestive biscuits (eg McVitie's Light, some of the supermarket 'free-from' and own brands are vegan, check the ingredients first)
- 170g/¾ cup vegan margarine/spread
- 2 tbsp coconut oil, melted

Cake

- 100g/1 cup ground almonds
- 500g/4¼ cups vegan cream cheese (eg Bute Island, Tofutti, Tesco, Sainsbury's, Violife)
- 1 x 400ml tin/1½ cups plus 1 tbsp of coconut milk
- 150g/¾ cup granulated white sugar
- 6 tbsp plain flour, sieved
- 4 tbsp cornflour
- 1 tbsp coconut oil, melted
- 150g/1 cup vegan white chocolate (eg iChoc, Organica, Sainsbury's free-from)
- Pinch of salt
- 1-2 tsp vanilla paste or extract
- 1-2 tsp lemon juice (fresh or bottled)
- 100g/¾ cup raspberries (optional)

Topping

- 170g/1½ cups raspberries
- 2 tbsp raspberry jam
- 300g/2 cups icing sugar, sieved
- Selection of mixed berries and fresh mint for decoration (optional)

Base

- 1 Pre-heat the oven to 150°C (fan)/300°F/Gas Mark 2.
- 2 Grease a loose bottom cake tin (20cm diameter and 7cm deep) with vegan spread.
- 3 Blend the digestives until fine.
- 4 Gently melt the margarine and coconut oil in a small saucepan on a low heat until fully dissolved. Combine thoroughly, with the blended digestives, in a large mixing bowl.

5 Empty the mixture into the greased cake tin and evenly distribute along the bottom and up the sides of the tin. Place in the fridge until you need it.

Cake

- 1 Blend the ground almonds, cream cheese, coconut milk, sugar, flour, cornflour, lemon juice, vanilla paste, melted coconut oil and salt until really smooth.
- 2 Melt the white chocolate using a double boiler (a glass or ceramic bowl that fits on a saucepan of simmering water but doesn't touch the bottom) and then pour immediately into the cake mix and blend.
- 3 Take the base out of the fridge and pour the cake mix straight onto the base. Give it a bit of a shake to make sure the mixture is evenly distributed.
- 4 If you would like to add raspberries to the cake mix, push them evenly into the mixture until they are fully submerged.
- 5 Fill a deep baking tray with water (around 1 inch). If you are using a cake tin with a loose bottom, make sure it is really securely covered with foil before placing it into the water.
- 6 Put the tray with the cake into the pre-heated oven and bake for 1 hour 30 minutes.
- 7 The top of the cake will start to brown and this is fine but if it starts to get too brown, turn the temperature down by 10 °C.
- 8 When the cake is ready, take it out of the oven and leave it to cool for an hour before putting it into the fridge to set overnight.
- 9 Once set, remove from the cake tin using a hot knife.

Topping

- 1 Heat the raspberries and the jam on a low heat for 5 minutes until blended and smooth. Squish the raspberries against the side of the pan with a wooden spoon if they still remain whole.
- 2 Stir the sieved icing sugar into the pan and heat until fully dissolved.
- 3 Pass the sauce through a sieve and then pour it on the top of the cake until fully covered, top with berries (optional) and set for another hour.
- 4 Serve as it is or with vegan ice cream. Enjoy!

Eat out dairy-free

Whether you're going for a sandwich or for a sit-down meal, there are plenty of places to find dairy-free options.

Most chains – and increasingly, more independents – carry an allergy list which will contain dairy-free and vegan options. If an independent doesn't offer much, keep asking politely and leave them a 'We'd love you to' card (see page 95). They want to keep your custom – and it's worth reminding them that parties of mixed customers eat where the dairy-free and vegans can eat. Also, everyone eats dairy-free and vegan food if it's tasty. Keep lobbying the chains too – they tend to be more conservative but they have made changes over the years and will continue to do so if there is customer demand.

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vivashop.org.uk/products/viva-vegan-friendly-university-catering-guide



COFFEE SHOPS

Café Nero, Starbucks, Costa, Pret and all the major chains now offer dairy-free milks in hot drinks – free or for a small charge. So do most independents, particularly in cities and towns. Oat lattes and soyacinos are delicious – or ask them to heat some dairy-free milk separately for your Americano! Some chains, eg Little Chef and train caterers, are still sadly lacking. Try to buy your food and hot drinks from station forecourts, eg M&S and Waitrose.

INDEPENDENT RESTAURANTS

Try Asian food such as Thai (often a great choice as they use coconut milk instead of dairy milk in cooking), Japanese (again, don't cook with dairy), Chinese (many stir-fried vegetable and bean curd/tofu dishes will be suitable), Indian (usually a good selection; try a mix of vegetable side dishes with rice – chapattis, pakoras, samosas, dhal and poppadsoms are usually vegan). Also try veg mezze at Greek, Turkish and Middle Eastern restaurants.

Pizza is still great without the cheese but lots of the pizza chains now offer vegan cheese! Domino's, Ask Italian, Bella Italia, Pizza Express, Pizza Hut, Zizzi all offer vegan cheese and many others are following suit.

I ATE HERE CARDS

Carry these great little business-sized cards in your wallet, where they'll be to hand when you come across a restaurant or café serving amazing vegan food and want to let them know how much you appreciate it! Order here: vivashop.org.uk/products/i-ate-here-business-cards



WE'D LOVE YOU TO CARDS

Also carry these great little suggestion business cards to let businesses know you'd love to eat there if they had more vegan options! Order here: vivashop.org.uk/products/wed-love-you-to-business-cards

RESTAURANT CHAINS

Listed below are chains that have at least one vegan option. If the staff are a bit vague, ask to see their free-from/allergens list. Vegan options are getting better and better and there's now a huge number of restaurants providing a variety of interesting dishes.

PUB CHAINS

Beefeater
Chef & Brewer
Cosy Club
Crown Carveries
Fayre & Square
Harvester
Hungry Horse
JD Wetherspoon
The Lounges
Marston's
Sizzling Pubs
Slug & Lettuce
TGI Fridays
Toby Carvery
Turtle Bay
Vintage Inns

PIZZA/ITALIAN

ASK Italian
Bella Italia
Café Rouge
Carluccio's
Domino's
Frankie & Benny's
Jamie's Italian
La Tasca
Pepenero

Pizza Express
Pizza Hut
Prezzo
Strada
The Stable
Wildwood
Zizzi

PORTUGUESE

Nando's

BURGERS

Bill's
Byron
Handmade Burger
Company

ASIAN

Busaba Eathai
Itsu
Pho
Thaikun
Wagamama
Wasabi
Wok to Walk
Yo Sushi

LATIN/ MEDITERRANEAN

Barburrito
Bravas
Chimichanga
Chipotle
Chiquito
Giraffe
La Tasca
Las Iguanas
Leon
The Real Greek
Tortilla
Wahaca

FAST FOOD

Bagel Nash
Boots
Caffè Nero
Coffee Republic
Costa Coffee
EAT
Go Falafel
Le Pain Quotidien
Marks and Spencer
Pret A Manger
Spudulike
Starbucks

Subway
Tossed
West Cornwall
Pasty Co.
Wrap Station

OTHER
All Bar One
IKEA
Pieminister
Travelodge

MORE EATING OUT INFORMATION

MY VEGAN TOWN myvegantown.org.uk

Viva!'s go-to, global source for everything vegan including eating out, places to stay, groups, events and favourites. You can also add your own listings as well as reviews – it's easy!

- **Veganuary** veganuary.com/eating-out
- **Happy Cow** happycow.net
- **Trip Advisor** tripadvisor.co.uk
- **Vegan Food & Living** veganfoodandliving.com/vegan-lifestyle/restaurants
- **Vegetarian Visitor** vegetarianvisitor.co.uk

There are also excellent local vegan groups on social media (particularly Facebook) and several regional websites eg

- **Eat Out Wales** eatoutvegan.wales
- **Vegan London** veganlondon.co.uk
- **Vegan Cornwall** vegancornwall.org.uk
- **Vegan Liverpool** scouseveg.co.uk





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