

any, never forget to look at the soap page. Soap is
thing to take into the shower with you, especially
ap. We do make other things for you to take
shower too, all of which are intriguing, effective,
and enough to make you want to stay in there
when you need. Mind you, while you're in the shower
a mind, turning the water off while you're doing
ng part? Turn on water, get wet, turn off water,
or scrubby or smoother or whatever else you do,
water back on again to rinse it all off again. If we
est ask, then Ruth, our environmental angel, will
et and we hate to see her in tears.

ur shower products with the least possible
es and packaging, so we only spend our cash
materials to make them instead. We have solid
s, solid Buttercream Shower Soaps, almost
r jellies, Emotibombs to fill your shower with,
ving scents. Smoothie shower soaps and
pecial shower gels. (Packaging is 100% post
cycled; this makes Ruth very happy.)

EMOTIBOMBS

Emotibombs are for people who were
missing out on the delights of Bath
Ballistics, because they never take baths. This
includes people who are in a hurry, people who like
to save water to help save the world's resources (or
money, or both), and people who live in countries
where it's way too hot to take baths. Poor people!
They get clean, but they don't get to inhale the
beautiful combinations of mood changing scents that
we like to put into our products. Emotibombs are
slabs of Bath Ballistic mixture, with powerful blends of
essential oils and absolutes. Put one on the floor of
your shower as you step in to get wet, and inhale.

They fizz, they work; it's extraordinary.

Enjoy a couple.

V = Vegan

...e a Pond a Time...

There were 5 Frogs who loved LUSH...

One hot summer's day they set off to visit their favourite Shop!

and it slowly dissolves in the hot steam. The picture on the top depicts each one's mood...

Later...

Felicia Frog finds it hard to wake up in the morning, so SHE showers with "UP U GET" Emoti bomb

Fergus Frog has a habit of overdoing and then not being able to "DO" anything, so HE showers with "Too DRUNK" Emoti bomb

Fran and Finley Frog have reached a Milestone in their Friend-Ship, so secretly surprise each other with a "SEX IN THE SHOWER" Emoti bomb

HEY WHAT'S THIS?

I HAVEN'T THE FROGGEST

EMOTI BOMBS

LATER...

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2804 85g £1.91

"I love the Emotibomb this is one of my favourite. The smell lovely and it lasted. It really does good job making me feel awake."

"I used this with Sandstone soap the other half of gorgeous scents."

"Got one of these bath and she said and refreshing thought it moist."

"One night I slept grumbly when day at work life's not fun able to face the."

up you gets mornings, and happy. I just want to be fantastic! happy. They

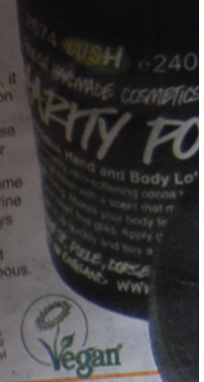


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THE SHOWER SOAPS

DREAMWASH

beautiful ingredients that are good for your skin. We've not economise one jot. We want you to use it, love it, appreciate it then come back and buy lots more so we can keep on sharing the world with people at the pointy end of changing the world. We want you to buy it because it's great. To that end, it smells gorgeous and we make it with a typical collection of Lush ingredients. We start with almond oil, without which we choose as a base (and so superior never ever use, floured on the same butter and glycerine firm. We always add their effect on geranium and all round gorgeous.



For Ayesha

Helping Hands is the hardest work of our hand creams. If you have an emergency situation at the end of your arms, grab yourself a pot. To make Helping Hands, we use some really effective natural products which make dry, sore, scratched, rough hands softer immediately! For starters there's supremely soothing honey, softening linseed oil, and a little bit of shea butter.

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you mind, turning the water on and off, is the
washing part? Turn on water, get soapy, scrub,
happy or scrubby or smoother or whatever you want.
Turn water back on again to rinse. If you don't
at least ask, then Ruth, our editor, will be
bit upset and we hate to see her like that.

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ervatives and packaging, so we can use
autiful materials to make them. We have
bubbles, solid Buttercream Shampoo, and
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PLAINS:



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EMOTIBOMBS



that is) and the other end of the day without risk of inadvertently nodding on in the middle
an important meeting, lecture, chat with your gran or similar.

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Let's Paint Vanilla Ice!

Robert Van Winkle (a.k.a. Vanilla Ice) releases his album *To the Extreme*, featuring the hit single "Ice Ice Baby". It sells 15 million copies. (Van Winkle later pays a settlement to Queen and David Bowie for sampling riffs from their song "Under Pressure".)

August 23,
1990



In my kitchen, my essentials are...

- Veg: peppers, mushrooms, aubergines,
Seasonals

(I also keep spinach and beans in the freezer, alongside veggie sausages, veggie chicken, and a bag of ground flaxseed)

- Herbs: whatever I can grow fresh, plus dried oregano, rosemary, basil and 'mixed'.
- Spices: coriander, cumin, cardamom, cayenne, cinnamon, nutmeg, cloves, allspice, paprika, fenugreek, Saffron
- Cupboard: Soya mince (TVP) dried & tinned beans & lentils, coconut milk, coconut cream, veggie suet, sultanas, baking powder, bicarb of soda, yeast, dried noodles, pasta, rice, plain & SR flour, arborio rice, caster, brown, & icing sugar, agave nectar (vegan honey) peanut butter, stock cubes, bouillon, hazlenuts, bulgar wheat, cornflour, pine nuts, tinned chopped tomatoes, tomato puree, oats, olive oil, sesame oil, balsamic vinegar, apple cider vinegar, Soy Sauce, vacuum pack tofu, soya cream, nutritional yeast

Fridge: tofu, lemon juice, whole grain mustard, Soya milk, harissa paste, maple syrup, tube of fresh lemongrass, marg, cheesy soya yoghurt, lemons, limes

RE: Soy Sauce

If you go to your local oriental super market you can get big 1l bottles of extra dark soy sauce for very little, rather than expensive watered down stuff from Tesco's! Hurrah!

Kitchen equipment - all fairly normal, except

the one thing I would urge everyone under the sun to beg/borrow/steal/keep an eye out on free cycle + gumtree for is a food processor. It's a god send for soups, grinding flaxseeds, grating lots of stuff (chopping stuff when I'm feeling lazy) mixing, kneading... I used it quite a lot.

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Soups

&

Stews



Ethiopian-Inspired Red Lentil Soup

1 large onion, chopped	2-3 tablespoons berbere spice
1 lb potatoes, cut into 1/2- inch chunks	mixture, below
1 + 1/4 cup red lentils (picked over and rinsed)	1 can chopped tomatoes
3 cups water	1 lb green beans
2 garlic cloves, chopped	1-2 cups water
	salt to taste
	3-4 cups fresh spinach

Sauté the onion in a non-stick pan until it starts to brown. Add the potatoes, lentils, 3 cups water, garlic, and spice mixture. Simmer, covered, over low heat until lentils are tender, about 20 minutes. Add the tomatoes, green



beans, and enough additional water to create a thick soup. Check the seasoning, adding salt and more of the spice mixture if needed, and cook for about 15 more minutes. Just before serving, stir in the spinach. Serve immediately. Makes 6-8 servings.

Cheese and Broccoli Soup

1 litre of stock	1 big broccoli, chopped into chunks
1 onion	150g cheese
2 cloves garlic	Seasoning and grated nutmeg to taste
3 potatoes, peeled and chopped	

Sauté the onion and garlic until soft. Add the potatoes and stock and simmer, covered, for 15 mins. Add the broccoli and continue simmering for 10 minutes. Whizz in the food processor, reheat and serve with the cheese and nutmeg stirred in.

Sweet Potato and Red Pepper Soup With Coconut

450g sweet potatoes, grated	1 onion
2 red peppers, roasted	2 cloves garlic
1 litre of stock	1 tin coconut milk
	seasoning to taste

Sauté the onion and garlic until soft. Stir in the sweet potato and peppers and fry for 2-3 mins. Add the stock and simmer, covered, for 20 mins. Whizz in the food processor, reheat and serve with the coconut milk stirred in.

Fresh soda bread (see later on)
or some yummy tiger loaf! *

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All of these should be eaten with either

Super Exotic Moroccan Tagine

1 tablespoon olive oil	1/2 teaspoon ground turmeric
1 large onion, chopped	1/4 teaspoon cayenne
1 carrot, chopped	1 16-ounce can diced tomatoes
1 courgette, diced	2 cups vegetable stock or water
1 garlic clove, minced	
1/2 teaspoon ground cinnamon	



Salt, to taste	2 tablespoons minced fresh coriander or parsley
1/2 cup dried apricots	6 cups hot cooked couscous or rice
1/4 cup raisins	
Zest of 1 lemon	
2 1/2 cups cooked or canned chickpeas, rinsed & drained	

1. Heat the oil in a large saucepan over medium heat until hot. Add the onion and carrot and cook, covered, for 5 minutes, or until softened. Add the zucchini, garlic, cinnamon, turmeric, salt, cayenne, tomatoes, stock or water, and salt to taste. Reduce the heat to low, and simmer for 25 minutes.
2. Meanwhile, soak the apricots in hot water for 20 minutes, then drain and finely chop. Add the apricots, raisins, lemon zest, and chickpeas to the vegetable mixture and cook 5 minutes longer, or until hot and the flavors are blended. Stir in the cilantro or parsley and serve over couscous or rice.

Spicy Peanut Aubergine and Shallot Stew

- 450g aubergine, peeled and chopped
- 120g Shallots, peeled and sliced
- 1/4 cup peanut oil
- 1 medium onion, diced
- 1 hot chili, seeded and minced
- 1 inch ginger, peeled and minced
- 1 tsp ground cumin
- 1/8-1/4 tsp ground cayenne pepper
- 1 tsp ground coriander
- 1/4 tsp ground tumeric
- 1/3 cup tomato paste
- 1 can diced tomatoes w/ juice
- 5 cups water or light veggie broth
- 1/2 cup creamy or chunky natural peanut butter
- 6 oz green beans
- 2 tsp fresh lemon juice
- 1/3 cup coarsely chopped coriander
- chopped roasted peanuts and coriander leaves for garnish

In a large pot heat 2 tsp peanut oil over medium high heat. Add shallots and fry, occasionally stirring, for about 20 minutes until very soft, browned and slightly caramelized. Set shallots aside.

Add 1 tsp oil to pot and add aubergine, stirring to coat with oil. Stir and cook for 12-15 minutes until slightly tender. Remove from heat and set aside (I toss it in the same bowl with the shallots).

Add remaining oil to the pot again, then add ginger and chilli and fry for 30 seconds. Add ground cumin, coriander, tumeric and fry for another 30 second then add onion. Stir and fry till onion is just slightly soft and translucent, about 5-6 minutes. Add tomato paste, stir and fry mixture for 1 minute.

Pour diced tomatoes, water or broth, aubergine, string beans and shallots into pot with frying onion/spice mixture. Stir to combined and raise heat to medium high. Bring to a boil for 5 minutes, then reduce heat.

In a separate bowl stir peanut butter to combine any separated oils. Pour a ladleful of hot soup onto peanut butter. Stir peanut butter with soup till creamy. Scrape peanut butter mixture into rest of simmering soup, stirring to combine.

Simmer soup on medium-low heat, covered, for 35-45 minutes or until aubergine is very tender. Remove from heat and stir in coriander and lemon juice. Salt to taste after soup has cooled for at least half an hour. True to soup form, the taste improves when heated up the next day.



Can we get you anything, Alie? Bring me some Soup! What kind? Chunky!

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Lemon grass and Sweetcorn Soup.

1 onion, chopped
 small bit of ginger,
 peeled + chopped
 1 red chilli, chopped
 20g plain flour
 1 litre milk
 5 sticks lemongrass
 chopped
 4tbsp yoghurt
 600g Sweetcorn,
 tinned or
 fresh (cooked)

① Fry the onion, ginger,
 and chilli till soft.

② Add the flour, stir for
 1 minute.

③ Add everything except
 the yoghurt, bring to
 the boil, then simmer
 for 20 mins.

④ Blend until smooth,
 season to taste, and
 serve with
 the yoghurt
 swirled in.



Sweetcorn Relish (good with the soup)

Mix together:
 1 tbsp olive oil 1 red chilli, chopped
 loads of fresh coriander, chopped
 1 stick lemongrass
 100g sweetcorn, or 1 corn cob, cooked

Tomato, butterbean and Sausage Casserole

1 onion, chopped 3tbsp mixed herbs
 1 clove garlic, chopped 1tsp Cayenne powder
 1-2 peppers, chopped 1tsp coriander
 1 tin butterbeans
 (or other beans) 1 pack Sausages
 (veggie)
 1 tin chopped small glass of red wine
 tomatoes (optional)
 1 pint stock

① Fry the onion + garlic in a covered pan
 until soft. Add the peppers and continue
 to cook for 5 mins.

② Add the beans and tomatoes, herbs
 and spices. Cook for another 5 mins,
 stirring frequently.

③ Chop the Sausages up, or leave them
 whole. Add the Sausages, stock, and
 wine to the pot, cover and leave to
 simmer for 20 mins.

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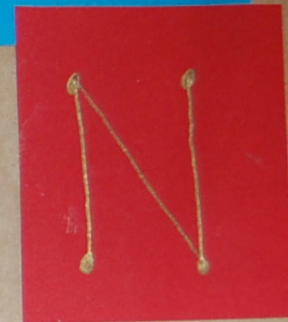
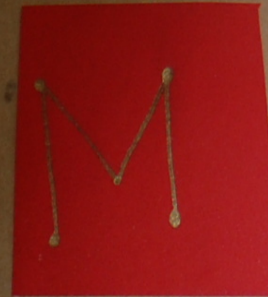
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end of the day
an important meeting, lecture, chat with your gran or sister

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Sandy

Sauces

Cheating white sauce (useful in lasagne where it's not the primary taste)

Mix 3 tps corn flour with a splash of milk. Combine with as much milk as you need, add seasoning, and gradually heat stirring almost continually.

'Proper' White sauce

Melt 2 tbsp marg

Stir in enough flour that it sticks together.

Add enough milk that you need gradually (or it'll go lumpy) whilst heating gently and stirring constantly. Leave on a low heat to thicken stirring frequently. Add seasoning/cheese.



Ooh...

Saucy...

Easy mushroom sauce

Saute mushrooms in butter

Add seasoning and 2tsp cornflour.

Stir in 1 tub vegan cream and a little white wine. Let simmer for 5 mins. Serve with pasta and bacon for a cheat's carbonara or rice for a cheat's version of stroganoff.

Tomato Sauce

Saute 1 onion and 3 cloves garlic with LOADS of olive oil.

Add 2 tins tomatoes, 1 pepper, 2 tsp sugar, seasoning, loads of chopped basil and finely diced aubergine (optional). Cover and simmer for an hour.

Red Salsa

Chop finely: onions, 6-8 tomatoes, 1 pepper, 1 apple or peach or mango, juice of 2 lemons or limes, fresh herbs

Fruit salsa (divine)

Chop finely: any tropical fruit (mango, peaches, papaya, apple, banana all work well) 2 avocados, cucumber, 1 onion, 1 chilli, juice of 2 lemons or limes, herbs.

Moussaka

Like lasagne, but add 2-3 tsp cinnamon to tomato sauce, only use mince, and instead of pasta sheets use thinly sliced aubergine.

Lasagne

Fry up some mince, veg, lentils or TVP (or a combination of all of them). Stir in tomato sauce. Layer with pasta sheets and any of the white sauces

above. Top with cheese (and breadcrumbs, optional), bake for 40mins+.



Enchilladas with Mole Sauce

Make when you want to impress someone! There's a few parts to it so I've listed them separately. When I cook this I rarely have everything, it's ok to miss out a few of the spices!

- 1) For the filling, roast 1 butternut squash or 3-4 sweet potatoes, peeled and chopped.
- 2) For the refried beans: fry 1 onion, 1 clove garlic, and 1 chilli. With a fork, mash in a drained tin of kidney beans and some chopped coriander and reheat.
- 3) For the mole sauce: Fry 1 onion and 1 clove garlic, finely chopped. Add 3tsp dried chillies, 2tsp coriander seeds, 1 tsp sesame seeds, 25g ground almonds, 1tsp ground black pepper, 2-3 cloves, ground, 1 tin tomatoes, 1tbsp cocoa, 1 tsp cinnamon, pinch of sugar, 150ml stock, and simmer, covered, for 25 mins. Whizz smooth in a food processor, and fold in 100g dark chocolate
- 4) Mix the pumpkin and refried beans together, put into tortilla wraps, bake at 180°C for about 12 minutes (make sure your dish is covered with a lid or foil). To serve, cover with a bit of the mole sauce (less is more with this sauce), and serve with sour cream or yoghurt or salsa or guacamole etc.

Risotto

1 onion	Risotto/Arborio rice
2 cloves garlic	Veg
Stock/Bouillion	Cheese or fresh mint

Saute the onion and garlic until softened.
Add the rice, fry 1-2 mins until coated in the oil.
Gradually add stock/bouillion and water, a little at a time, stirring lots. I don't know how much it uses, I just keep going until the rice is all delicate and tasty.

Veg and flavouring combinations-

pea and mint (add both of these towards the end)
mushrooms and cheese (saute the onions and add with cheese towards the end)
pumpkin and sage (pumpkin needs a fair bit of cooking unless you roast it before hand for a really sweet flavour)
Courgette and random herbs (add 5-10 mins before the end)
parmesan and saffron (add anytime)
asparagus and parmesan

Bastardised Paella

As the risotto, but when you start adding the rice, also add:

1 tin tomatoes	Green beans
1 glass (or more!) red wine	Chunks of fake chicken
saffron	And towards the end, chunks of tofu



Red Dragon Pie

This is like shepherd's pie, but 10 times better.

1 can aduki beans	4oz sliced mushrooms
1 onion	14oz tin tomatoes
1 clove garlic	2 tablespoons tomato puree
2 chillies	splash soy sauce
2 carrots	salt & pepper
1 red pepper	paprika
3 sticks celery	

Chop the onion, crush the garlic, chop the chillies, then fry together in a little oil until soft.

Dice the carrot and red pepper, chop the celery, then add to the onions and fry for a further 5 minutes.

Slice the mushrooms, add to the pan, and fry until soft.

Add the tomatoes to the pan along with the tomato puree, aduki beans and tamari, season well.

Pour the mixture into an oven proof dish and top with the mashed potato and cheese

Sprinkle with paprika and cook for 45 minutes at 180oC.



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Best Nut Roast Ever

400g tofu, chopped into 1/2 centimetre cubes	closed-cap mushrooms
170g onion, finely chopped	100g pine nuts
3 cloves of garlic, crushed	250g cashew nuts, ground
1 tsp of finely-chopped dried hot chilli	80g walnuts, halved
28g butter/marg	(3 eggs, lightly beaten)
1 tbsp boullion powder	3 tsp ground flaxseeds/linseeds
110ml boiling water (for the stock cubes)	dried into a little warm water
110g finely-chopped	2 tsp fresh basil (or 3 tsp dried)
	salt and black pepper

Make up boullion with $\frac{3}{4}$ pint water in a saucepan, and then add the onions, chilli and garlic. Boil, and simmer for about 10 minutes. There should still be enough liquid to cover most of the onions at the end of simmering. Top the pan up if it runs low.

In a large bowl, combine the tofu, flaxseed mixture, butter, basil, walnuts/chestnuts, pine and cashew nuts and mushrooms with a fork. Season. Fold it into the tofu and egg mixture.

Place the mixture in a greased tin. Cook it for 40 minutes at 180C.

When you stick a knife or a skewer into the loaf it should come out clean, without any liquid mixture stuck to it. Leave it for another ten minutes or so if it doesn't quite seem cooked at 40 minutes.

Sausage and Leeks

2 sausages per person	1 Onion
1 leek per person, chopped	2 cloves garlic
$\frac{1}{2}$ fennel person, chopped	3 tsp boullion
	1tsp cornflour
	$\frac{1}{2}$ glass white wine

Bake the sausages

Saute the onion and garlic. Add the leeks, fennel, boullion, cornflour and wine. Add water gradually to give it an almost-sticky sauce. Saute, stirring frequently, for 5-10 mins. Serve with the sausages.

Hurrah for
Phallic-shaped
vegetables
everywhere!

Stuffed Butternut Squash with Bacon and Cheese

1 tbsp olive oil
1/2 tbsp marg
100g veggie bacon,
finely chopped
3 clove garlic, chopped
2 leeks, finely sliced
100g cheesesly

Butternut squash,
halved, seeds removed
and blanched for 3-4
minutes in boiling
water
salt and freshly ground
black pepper

Preheat the oven to 200C/400F/Gas 6.

Heat the olive oil and butter in a frying pan over a
medium heat. Add the leeks and garlic and fry for 2-3
minutes until soft. Add the bacon.

Add the cheesesly and stir well.

Fill the butternut squash hollow with the mixture and
place onto a baking sheet. Place into the oven to roast
for 30-40 minutes, until golden-brown and cooked
through.

To serve, place the stuffed roasted squash in the centre
of a warm plate.

Sweet potato gratin

1kg sweet potatoes,
peeled and sliced very
thinly

2 tablespoons olive oil
a small onion, peeled
and chopped

1 red chilli, deseeded and
finely chopped a piece

of ginger, peeled and
chopped 3 cloves of
garlic, peeled and
chopped

8 fl oz (250ml) coconut
cream
black pepper

Put everything in a bowl and mix it all thoroughly.

Spread in a greased casserole, wide rather than deep, so
that the potatoes lie as flat as they can. Scrape all the
liquid from the bowl onto the potatoes.

Cover with foil and bake in a medium-to-low oven for
an hour then remove the foil, increase the heat to 180
deg C to crisp it up for 15 minutes. Make sure that it's
all cooked (will be soft).

Tofu Basil Ricotta

- | | |
|-------------------------------|---|
| 1 pound firm tofu,
pressed | 1/4 cup nutritional
yeast flakes |
| 2 tsp lemon juice | handful fresh basil
leaves, chopped fine
(ten leaves or so) |
| 2 tsp olive oil | dash fresh black pepper |
| 1 clove garlic, minced | |
| 1/4 tsp salt | |

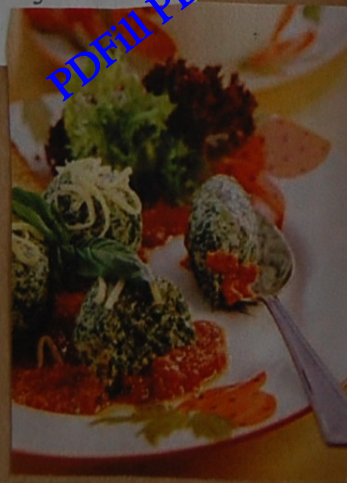
In a large bowl, mush the tofu up with your hands, till it's crumbly.

Add lemon juice, garlic, salt and pepper and basil. Mush with hands again, this time you want it to get very mushy so squeeze through your fingers and mush until it reaches the consistency of ricotta cheese. May take 2-5 minutes.

Add olive oil, stir with fork. Add nutritional yeast and combine all ingredients well. Use a fork now, because the oil will make it sticky. Cover and refrigerate until ready to use.

To serve:

- Fresh Tomato Sauce
- finely grated Parmesan
- Chopped fresh herbs (optional)
- freshly ground black pepper



Drain well and serve at once with the tomato sauce and Parmesan cheese and herbs and black pepper if using.



I love this! It seems like a lot of work but once you've made it a couple of times it's easy!



Spinach and ricotta malfatti

- | | |
|----------------------------------|---------------------------------|
| 25g Butter | extra for dusting |
| 1 small onion, thinly
chopped | 2 tbsp flaxseed or
linseed |
| 300g fresh spinach | 80g Parmesan, freshly
grated |
| pinch of Salt | 1/2 tsp grated nutmeg |
| 250g Tofu Ricotta | |
| 90g plain flour, plus | |

Heat the butter in a large saucepan. Gently fry the onion until softened, around 5 minutes.

Add the spinach and salt and cook for a further 5 minutes, stirring now and then. Drain thoroughly, squeezing out any excess moisture and allow to cool.

Grind the flax seed and mix with 2 tsp warm water.

Beat the ricotta with the flour in a mixing bowl. Mix together the spinach mixture, ricotta mixture, flaxseed mixture, Parmesan and nutmeg, mixing thoroughly.

Flour a large work surface. Form the spinach and ricotta mixture into 2cm thick rolls, coating them in the flour to prevent them sticking.

Cut the rolls into 2cm long pieces, pinch each piece and lightly dust with flour.

Bring a large saucepan of salted water to the boil. Add

the spinach dumplings and cook until they float to the surface.



Pastry! (If you already know how to make this, please don't think me patronising, thought I'd play it safe!)

Make pastry by rubbing together 150g plain flour and 70g marg. Combine with a little cold water. Roll out, line pastry case, blind bake for 10 mins by either filling with blind baking clay beans, dried beans of some sort, or scrunched up foil (all these stop the edges caving in whilst you're initially baking it)



Moroccan Spiced Vegetable pie

(Rors's favourite dinner)

Grate and fry up: 3 carrots, 4 sweet potatoes, 1 onion, and 2 cloves of garlic. Add in Moroccan seasoning (see spice mixes) and a handful of sultanas. Put into a pastry pie case, cover with a tub of vegan cream, cover with lattice pastry strips if you're feeling fancy, and bake for 30 mins.



Sounds funny, tastes awesome.

Easy Peasy Quiche!

Saute veg you want to go in, put into a pastry case, add seasoning, cover with a tub of vegan cream, bake for 40mins or so (until it's not runny!)



Roasted Vegetable Bread Pie

Roast a dish of chopped veg [inc 3 cloves garlic, 1 pepper, 1/2 aubergine, 1 sweet potato, handful of cherry tomatoes, 4 chopped beetroots, 1 onion] Drizzle in olive oil, season and roast 30-40 mins till soft.

Make pastry case and blind bake.

Crumble 3 bits wholemeal bread, soak in 1-2 tbsp red wine vinegar and a splash of lemon juice till all absorbed. Season with salt, pepper, herbs and chilli, [olives and capers optional], mix in with roasted veg, pour into pastry case, top with cheezly or latticed strips of pastry, bake for 10 mins.



Puff Pastry Pizza

Vegan's coming round! Don't want to spend hours slaving over the oven! Taadaa!

Roast some vegetables

Roll out puff pastry.

Top with tomato puree or pesto

Cover with roasted vegetables and cheese.

Bake for 10-15 minutes until golden.

Nomnomnomnomnom.

Empanada style pasties

400g pastry (twice what I've done in my pastry recipe)

1 onion

1 clove garlic

1 chilli

1 pepper

thyme

2 tsp allspice

1 tin tomatoes

1 carrot

dried soya mince (TVP)

1 tbsp sultanas/raisins

1tbsp soy sauce

100ml stock

Seasoning

Dice everything that can be diced. Saute onion, garlic, chilli and pepper.

Add thyme and allspice, tomatoes, carrots, TVP, stock, soy sauce, sultanas. Bring to the boil and simmer for 10 mins, or until the liquid has been absorbed. Season.

Roll the pastry out, cut 15cm circles, brush round the edge with milk, put 2 tbsp of filling in one half, fold over, brush top with milk.

Using a spatula, lift each one onto a baking tray, and press down edges with a fork. Make a slit in the top of each one. Bake at 180oC for 20-30 mins.



When I told my mum what we were doing, she wanted to 'donate' a recipe she'd made over the weekend.

Here it is!

My Mum's Non-Specific Curry

Cook a couple of onions, a bit of ginger, some garlic and a red chilli in veg oil.

Add 2 teaspoons cumin seeds & 3 teaspoons coriander seeds ground together, with 5 seeded cardamom pods, 3 teaspoons turmeric, 4 teaspoons garam masala. It lacked something, and I think a tiny bit of cinnamon might help.

Chop up and add 2 sweet potatoes and 250g green lentils. Add a can of coconut milk and a canful of water.

Simmer it all for about 40 minutes and add more water if it dries up.

Stir in a pile of fresh spinach leaves just before it's ready, just so that they wilt.

Chinese Sweetcorn

1-2 tins sweetcorn,
drained
4tbsp sugar

2 tbsp cornflour
1-2 packets pine nuts

Fry these altogether for about 5 mins, stirring frequently to avoid sticking.

Donated by Ross's dad's Chinese girlfriend - lovely and easy and quick. "Ho. ho. ho".

Fail safe
Stir fry -

Things I
Sometimes
add to this:

- tofu
- lemongrass
- Sesame Seeds
- Sweet chilli sauce



Fry veg (spring greens work well here) and noodles in diced ginger, garlic, chilli, sesame oil, butter, splash of soy sauce and a splash of water. Top with bashed up peanuts.



3 cloves garlic
1 jalapeno, seeded and
chopped
1/4 cup fresh ginger,
roughly chopped
2 teaspoons peanut oil
or veg oil
2 large mangos,
roughly chopped and 1
mango, sliced in long
thin slices
1/4 cup maple syrup
1 cup white cooking
wine (or vegetable
broth)
fresh black pepper to

taste
dash of salt
1/4 teaspoon allspice
2 tablespoon rice
vinegar (use apple cider
vinegar or red wine
vinegar if you don't
have rice)
juice of two limes
1 cup orange juice
2 blocks tofu extra firm
tofu, drained and
pressed
1 red pepper, seeded
and cut in long thin
slices



In a medium sauce pan, heat the oil, add garlic, ginger and jalapeno, saute on medium heat 7 minutes, being careful not to burn the garlic. Add 2 chopped mangos and saute 5 minutes.

Add pure maple syrup and wine, cover and simmer 35 minutes. Uncover and simmer 5 more minutes.

Add orange juice, vinegar, lime, black pepper, allspice and salt. Add mixture to blender, puree until smooth.

Cut tofu blocks into 8 slabs each. Place tofu in marinade in a sealable plastic bag or tupperware. Marinate in the fridge for an hour and up to overnight.

Reserve about half of the marinade. Lay marinated tofu in a single layer in baking pan. Cook for 20 minutes. Flip tofu over and add more marinade. Dredge peppers and sliced mangos in marinade and add them to pan. Cook another 15 minutes.

Heat up remaining marinade in a sauce pan and put in a bowl on the table can pour it over the tofu.

Cook
at
180°C

Mango
Ginger
Tofu

Super Scrumptious Satay

Don't know how authentic it is, probably very little but good nonetheless!

1 onion, chopped
2 cloves garlic, diced
2 inch piece ginger, peeled and grated
2 chillies, chopped
Random veg- peppers, mushrooms, sweet potatoes, beans, and pak choi are good, maybe some tofu or fake chicken

Half a jar of crunchy peanut butter
1 tin coconut milk
1 big splash of soy sauce
1tsp lemon grass
1 stock cube
1 tsp cinnamon
1/2 tsp all spice
1 lime, cut into wedges, to serve

In a covered pot, saute the ginger, garlic, chilli and onion in a little sesame oil and splash of water for 4 minutes or so, until softened (don't let it burn)

Add anything that needs frying.

Add everything else except the lime, and let simmer, covered, for 20-30 mins on a low heat

Serve with lime wedges and rice or noodles.

and
Peanuts,
crushed!

Alternatively, make the sauce and instead of cooking the veg in it, put chunks of veg on skewers, marinade in the sauce and grill!

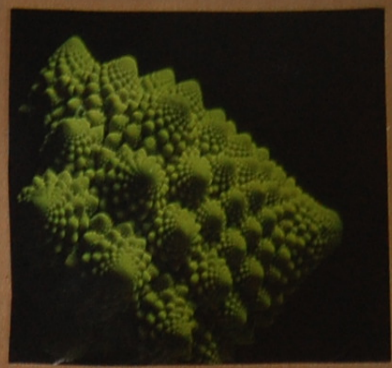


1. Boil up some water, add some salt if you fancy, cook some pasta.

2. Make some white sauce, add in 2tsp wholegrain mustard and $\frac{3}{4}$ block of grated cheese.

3. Add drained pasta, top with rest of grated cheese and bread crumbs. Cook till golden.

• Macaroni Cheese •



• Cauliflower Cheese •

Replace pasta in macaroni cheese recipe with $\frac{1}{2}$ - $\frac{3}{4}$ Cauliflower.

Add some sautéed mushrooms if you like!

2 Quick and easy nothing-in-the-cupboard dinners



Gnocci ★
★ Bake

1. Boil some water. Add gnocci. Drain when they float to the top (5 mins-ish)
2. Coat in tomato/pesto sauce of your choice.
3. Put into a dish. Top with grated cheese, herbs and bread crumbs.
4. Grill for 5-10 mins or till Golden.



Stuffed
Peppers

1. Slice into 2 peppers, take out the core, and rub the skin with oil.
2. Stuff with one of the following:
 - onion, mince, tomatoes + herbs, fried
 - cous cous
 - Breadcrumbs, garlic, + grated cheese
 - Sautéed onions, lentils, lemon juice, Coriander (dried + fresh, cumin).
3. Bake at 180°C for 30 mins.

Home Made Fresh Pasta



2 cups flour
3 tbsp ground flax seeds
3oz tofu
2 handfuls Spinach
1 tbsp olive oil
1 tsp salt
extra flour for dusting

1. Mix flour, flaxseeds, and salt
2. In a food processor, blend tofu, spinach, and olive oil. Add dry ingredients and a little water until it's a dough.
3. Knead for 5-10 mins.
4. Roll out, cut into strips (or squares if you're going to fill it, I recommend with tofu ricotta, mushrooms + walnuts)
5. Cook in boiling water for 3-5 mins, stirring to stop clumping. Serve with sauce or lashings of olive oil + basil.

✂ ✂

1 kg potatoes or
sweet potatoes
100g plain flour
1 tsp grated nutmeg
seasoning
1 red onion, chopped
(only for sweet potato gnocci)

- ① Bake the potatoes until soft.
- ② Scoop out the flesh and mash. Add the other ingredients
- ③ Shape into small balls, use a fork to pattern tops.
- ④ Drop in boiling water for 2-3 mins or until they rise to the top.



Home Made Fresh Gnocci

Good with rocket,
olive oil, lemon juice,
spring onion, 1 tsp
soy sauce, +
fake parmesan
mixed in a
dressing!

Gravy

I used to despise gravy. In the last year I have converted!

1 onion
2 cloves garlic
1 tbsp boullion powder
2 tsp cornflour
3 tbsp wine
500ml water

1. Gently soften the onion and garlic, frying in oil for 3-5 mins.
2. Stir in cornflour and slowly add the wine.
3. Add the boullion and water, bring to the boil, then leave to simmer, covered, for 10 mins. Season to taste.

Potato Salad

750g new potatoes
Handful of chives, chopped
2 tsp lemon juice
1 clove garlic, chopped
100g yoghurt (about 50g)
3 tsp wholegrain mustard

Boil the potatoes until cooked, drain and leave to cool.

Mix everything else together, and coat the cooked potatoes. Season.

Harissa Dip!

Mix together 200g yoghurt and 2-3 tsp of harissa paste. Done!

If you're feeling adventurous add some lemon juice and sesame seeds!



Pesto

Blend:

- Tonnes of basil
- 1 block cheesy
- lemon juice
- olive oil
- pine nuts or walnuts
- seasoning
- all to taste

Spice mixes

I usually set aside an afternoon to make all these & store them in jars.

(see mincemeat recipe for sterilising jars)

Berberé Spice Mixture

- 1 Tbs. ground cardamom
- 1 Tbs. ground coriander
- 1 Tbs. fenugreek
- 1 Tbs. ground nutmeg
- 1 Tbs. ground cloves
- 1 Tbs. ground allspice
- 1 Tbs. cinnamon
- 1 Tbs. paprika
- 1 Tbs. turmeric
- 1 tsp. cayenne (use more to taste)
- 1 Tbs. ground black pepper
- 1 Tbs. ground sea salt (optional)

African Curry Powder

All ingredients are ground, mix together:

- 4 oz coriander seeds
- 4 oz turmeric
- 1/2 oz cayenne
- 1 oz ginger
- 1 oz mustard seeds
- 2 oz fenugreek seeds
- 2 oz cinnamon stick (cinnamon is fine)

(ground)

This makes the mole sauce spice mix in the enchilada recipe.

Good blended with black-eyed beans and salsa →

Italian Herb Seasoning

- 1 teaspoon oregano
- 1 teaspoon marjoram
- 1 teaspoon thyme
- 1 teaspoon basil
- 1 teaspoon rosemary
- 1 teaspoon sage

Creole Seasoning

- 2 1/2 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme

Chilli seasoning

- 3 tablespoons paprika
- 1 tablespoon ground cumin
- 2 tablespoons oregano
- 1 teaspoon red or cayenne pepper
- 1/2 teaspoon garlic powder



They also make nice christmas presents!

Five Spice Powder

Mix together
1 tsp Ground cinnamon
1 tsp Ground cloves
1 tsp ground Fennel seed
1 tsp ground ginger
1 tsp ground pepper

Homemade Taco Seasoning mix

2 tablespoon of ground chili pepper (mild, hot, or
wildfire hot)
1 1/2 Tsp. paprika
1 Tsp. onion powder
1/2 Tsp. salt
1/2 tsp. of ground cumin
3/4 Tsp. garlic powder
Mix together and add to taco meat, chili or other dishes
that called for a Mexican, Southwest flavor

SPICE
GIRLS



: Herbed rice mix :

1 lb long grain rice
1/3 cup dried minced onion
1/3 cup dried parsley flakes
1 tablespoon dried chives
1 tablespoon dried tarragon
1 tablespoon of ground celery seed
1/2 teaspoons salt
1 teaspoons pepper

Put $\frac{1}{3}$ cup water in a pan
and boil. Add $\frac{1}{2}$ cup rice mix
and simmer for 20 minutes or
so until cooked.

Also good with dried chillis!

EMOTBOMBS

2804 85g £1.91

out of the... there's...
Gets and you'll ste... as though you'll be able to make...
that is) and get out... ing as though you'll be able to make...
end of the day without risk of inadvertently nodding off in the middle of...
an important meeting, lecture, chat with your gran or similar.

smells gorgeous and we...
of Lush ingredients. We start with almond...
doubt the most beautiful thing you can choose as...
for your face and body creams (IOHP) (and so su...
to mineral oil ("petrolatum"), which we never ever...
...a butter and...
stay firm. We...
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ylang, gerani...
and all round...
autiful.

... Cocoa Butter (T...
...ango odorant, Ge...
... Tretinoin...
... perfume, Gerani...

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Savoury
Baking

Soda bread

olive oil
250g plain flour
1 level tsp salt
1 level tsp bicarbonate
of soda

2 tsp soft brown sugar
225ml buttermilk
(make this by whisking
2tsp apple vinegar into
your milk)



Heat the oven to 230C. Grease a baking sheet with a little oil.

Sift the flour, salt and soda into the mixing bowl and add the sugar.

My friends preferred to stay round mine instead of going out if they knew my mum was making this.

Stir in the buttermilk, at first with a spoon, then with your hands so it's soft and firm (not sticky). Add a little more flour if the mixture is too sticky.

Knead lightly in the bowl for about half a minute, until smooth, then shape it into a ball. Place it on the greased baking sheet. Slash a deep cross in the top of the loaf with a sharp knife. This will allow the bread to open out as the soda starts to work and expand the dough.

Bake for about 12 minutes, then turn the oven down to 200C and cook for another 15-20 minutes, until the base of the bread sounds hollow when you tap it.

Allow the bread to cool for 15 minutes, then cut it into thick slices and serve with lashings and lashings of butter

* PRETZELS *

1 packet active dry yeast
1 1/2 cups warm water
3 cups all-purpose flour
1 cup bread flour
2 cups warm water

2 tbsp baking soda
2 tablespoons butter,
melted
2 tablespoons coarse
salt

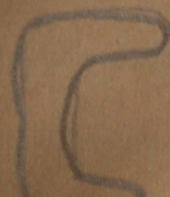
In a large mixing bowl, mix the yeast, 1 1/2 cups warm water, and flour together. Stir in flour, and knead dough on a floured surface until smooth and elastic, about 8 minutes. Place in a greased bowl, and turn to coat the surface. Cover, and let rise for one hour.

Combine 2 cups warm water and baking soda in a 8 inch square pan.

After dough has risen, cut into 12 pieces. Roll each piece into a 3 foot rope, pencil thin or thinner. Twist into a pretzel shape, and dip into the baking soda solution. Place on parchment covered cookie sheets, and let rise 15 to 20 minutes.

Bake at 450 degrees F (230 degrees C) for 8 to 10 minutes, or until golden brown. Brush with melted butter, and sprinkle with coarse salt, garlic salt or cinnamon sugar.

Each time I come back from Berlin / Germany in general I go through phases of making batches and batches of these!

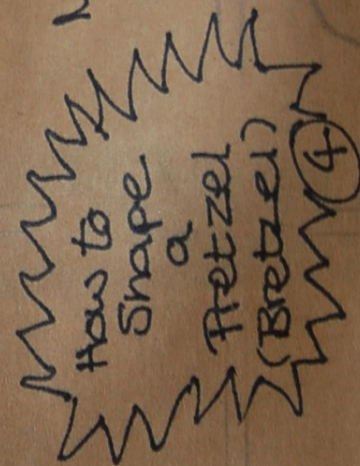


Make into a 'n' Shape



Fold up the other side (& stick with water).

②



How to Shape a Pretzel (Bretzel)



① Roll into a Sausage (about 12cm long)



③ Fold one side up (side with a little water)

calvin and Hobbes

by NEESON



Vegan Pancakes

150g marg

450g flour

1tsp salt

3tsp baking powder

700ml soy milk

Melt the marg. Add everything else. Whisk thoroughly and leave for 30 mins.



Pancakes make me
this happy

2804 85g £1.91



Either:

Toad In The Hole- Pour over part-cooked sausages and bake for 30 mins



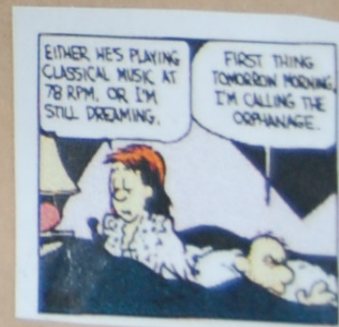
top with lashing or maple syrup, or lemon juice and sugar!



Fill with:

Mushroom sauce

Spinach and vegan ricotta



Cheezly straws!

Roll out a block of puff pastry.

Cut into strips and lay out on a greased baking tray.

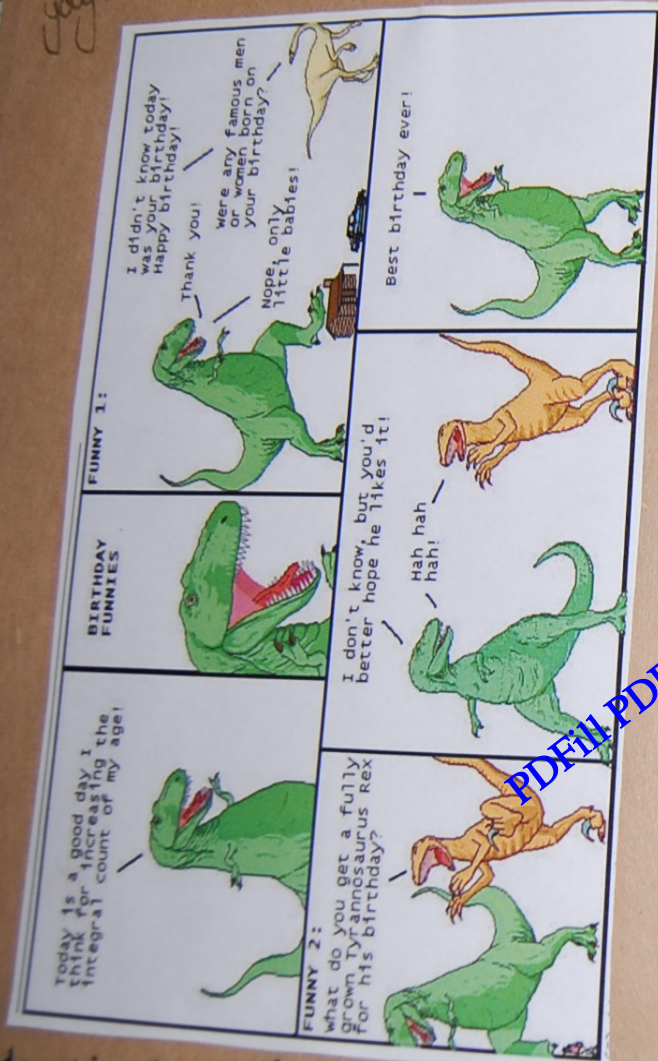
Cover with grated cheezly and salt and pepper and cayenne.

Sprinkle a little soya milk on top.

Bake at 180°C for 10 mins or until crispy and golden.

Sweet Baking

! Birthday ^{Crown} Cheese Cake! _{wooh!}

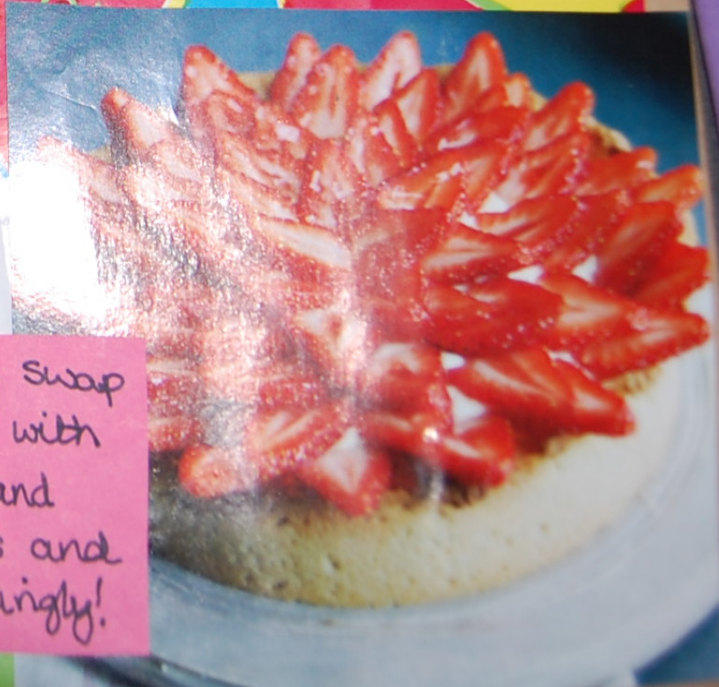


250g hobnobs
3tbsp ground almonds
3tbsp margarine
350g silken tofu
(MUST be silken, like the vacuum packed ones, or the ones from your local oriental supermarket- NOT cauldron!!)

juice and zest of 1 lemon
75g sugar
1-2 tbsp dessicated coconut

Crush the hobnobs, mix with the almonds. Melt the margarine and mix with the crumbs. Grease a pie tin and press the crumb mixture into the bottom to make your base. Chill for at least 30 mins.

Blend the tofu with the lemon juice, zest, coconut and sugar until smooth. Spread over the base, smooth over, and chill for another 2 hours at least. Devour.

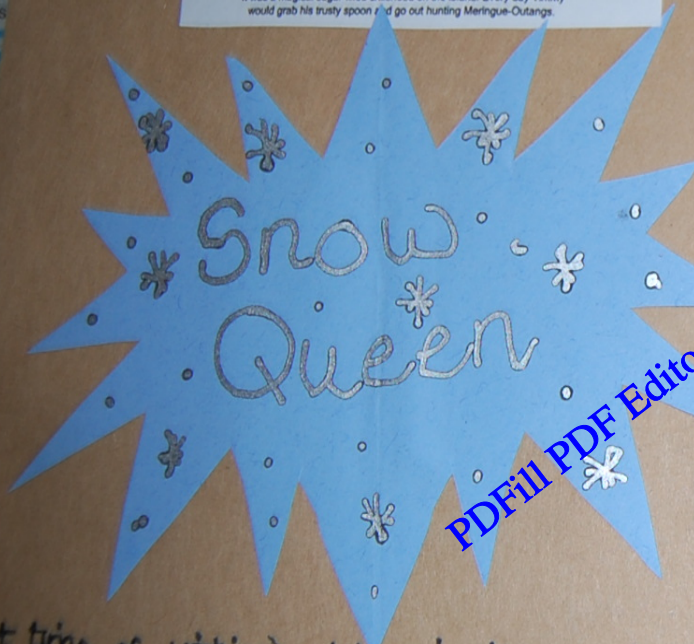


Alternatively swap the lemon with raspberries and strawberries and top accordingly!

I made this for my birthday last year. Was a bit sceptical about it. It had been demolished 20 minutes later.



It was a magical sugar-filled childhood on the island. Every day Timmy would grab his trusty spoon and go out hunting Meringue-Outangs.



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(At time of writing) this is the only non-vegan recipe in here - it's my mum's, (again) she used to make batches ready for surprise visitors and label it 'beef stock' so I wouldn't eat it all when she wasn't looking.

2 boxes of fresh raspberries (optional)
200g caster sugar
1 pint whipping cream

Meringues
dash of brandy (I hate brandy, but in this it is amazing) (optional)



Whip cream until stiff, then fold in the sugar. Add the brandy.

Crush the meringues and fold into cream mixture with spoon.

with the raspberries

Freeze overnight. To serve, leave for half an hour.

also good with crushed amaretto biscuits



Blend:
500g frozen berries, defrosted
500g yoghurt (soya)
3 tablespoons icing sugar.

Freeze, removing every hour or so to
mush up with a fork to stop big
ice crystals forming.
Serve with fresh mint!



I made these for pudding
tonight. They were yummy.
I put the mixture in lolly
moulds I picked up in a
pound shop.



I have a long
running love affair
with this recipe.

Chocolate sauce

2tbsp marg
2tbsp flour
5tbsp cocoa powder

Melt the marg, stir in the flour until it's sticky, then add the sugar and cocoa, and gradually add the soy milk as it thickens. Can only be improved by adding a splash of rum at the end.

Chocolate Pumpings

1 quantity hot chocolate
sauce
130g plain flour, sifted
80g sugar
1tsp baking powder

2tbsp cocoa
70ml soya milk
4tbsp marg
1tsp vanilla extract

Melt the marg. Mix this with the rest of the ingredients.

Bring the chocolate sauce to a simmer, drop in spoonfuls of the mixture. Cover with a lid to let them steam for 20 minutes, then serve with the sauce.



SHOWER POWER

EMOTIBOMBS

way, don't forget to look at the soap page. Soap is
 thing to take into the shower with you, especially
 soap. We do make other things
 shower too, all of which are
 and enough to make you w
 than you need. Mind you, w
 you mind, turning the water
 washing part? Turn on water, f
 apy or scrubby or smoother
 turn water back on again to r
 at least ask, then Ruth, our
 bit upset and we hate to se
 make our shower products v
 yatives and packaging, sr
 utiful materials to make t
 utters, solid Buttercream
 shower jellies, Emotibomb
 improving scents, Smoo
 extra special shower gels
 ner recycled; this make:

Ben's
Cookies

From when we were about 13, my friends would
 come into town most Saturdays, and much like
 Georgia Nicholson, latter round Churchill Square
 window shopping, cycling at boys, drinking gallons
 of coffees and devouring hundreds of these.
 Replacing the chocolate goods with 150g coots,
 100g raisins and 1 tsp cinnamon is good too.



Grapefruit, lemon and lime. Nature's natural stimulants, nothing
 that hasn't been doing the same job for thousands of years, just the
 essential oils of reliable citrus fruits, squeezed from their peel. The
 brilliant thing about using these essential oils in Up You Gets is that
 they wake you up in almost every way possible, but still keep you
 calm and balanced. No danger of doing damage. Shower with Up You
 out of the shower there still half in the arms of Morpheus (asleep,
 Gets and you'll still be able to make it to the
 end of the day without risk of inadvertently nodding off in the middle of
 an important meeting, lecture, chat with your gran or similar.

£1.91



nowt special, then not really
 up. But no, that's just not us. We want you
 beautiful ingredients that do lovely things to your
 skin. We've not economised on a jot. We want you
 to use it, love it, appreciate it then come back and
 buy lots more so we can keep on sharing the world.
 with people at the pointy end of changing the world.
 We want you to buy it because it's great. To that end, it
 smells gorgeous and we make it with a typical collection
 of Lush ingredients. We start with almond oil, without
 doubt the most beautiful thing you can choose as a base
 for your face and body creams (IOHP) (and so superior
 to mineral oil ('petrolatum'), which we never ever use.
 be mentioned on the same
 ca butter and glycerine
 stay firm. We always
 t and their effect on
 lang, geranium and
 and all round gorgeous.
 utiful.

Cookies Style Cookies

200g marg
 300g caster sugar
 75g cocoa
 (1 egg) 2 tsp ground
 flaxseeds whisked with a
 little warm water
 275g flour

1 1/2 tsp baking powder
 50 g white chocolate
 pieces
 (100g milk chocolate
 drops)
 50g dark chocolate
 pieces

Cream the marg and sugar

Add the (egg) flax seeds, then the cocoa, flour and
 sugar. Then stir in the chocolate drops and SOME of
 the chocolate pieces (save some to press into each
 cookie)

Take some cookie dough and roll it up into a ball

Squidge a dent into the top of the cookie and place 2 or
 3 chocolate pieces in it

Fold the dough back over the top of the cookie, so it
 forms a nice even ball again

Place 2-3 pieces of chocolate on the top of the cookie,
 and then place it on a baking tray

(optional) Freeze them, then to cook them in a really
 hot oven, probably for around 10 minutes. That way
 the outside cooks while the inside merely melts.)

OR

cook them at 225oC for about 5-7 minutes. They
 won't seem very cooked when they come out but let
 them cool on the tray and they'll be perfect

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Oatmeal Cookies

2 cups all-purpose flour
1 teaspoon baking soda
cinnamon/cloves/nutmeg
1 teaspoon baking powder
1 cup unsalted butter, softened
1 cup sugar
1 cup dark brown sugar,
2 Egg replacer
1/2 cup soy milk
2 teaspoons vanilla
3 cups oats (not instant)

• Add either:

250g peanut butter or my
favourite, 150g almonds
150g raisins 200g choc chips
150g peanut butter + 150g choc chips.

Preheat oven to 350°. Soak raisins in water or tea for 5 mins.

Mix together the dry ingredients.

Whisk the wet ingredients together.

Stir the flour mixture into the wet mixture until no flour is visible. (Over mixing develops the gluten, making a tough cookie.) Add the oats and raisins; stir to incorporate. Chill for 10-20 mins.



Drop 2-inches apart onto baking sheet sprayed with nonstick spray.

Bake 10-12 minutes until golden, but still moist beneath cracks on top. Remove from oven; let cookies sit on baking sheet for 2 minutes before transferring to a wire rack to cool.

When they're cooled they are also awesome with butter icing sandwiched between two biscuits
(Blend 140g marg, 200g sifted icing sugar, 1 1/2 tbsp milk and a drop of vanilla essence)

Darkly Divine Vegan Chocolate Fudge Cake

Cake

240g self-raising flour	260ml soya milk
1 1/2 tsp bicarbonate of soda	150ml natural soya yoghurt
55g cocoa	1 - 2 tsp vanilla extract
75g ground almonds	1 - 2 drops almond extract (optional)
240g granulated sugar	
150g margarine	



Filling

50g soya margarine	50g cocoa
3 tbs water	1 tsp vanilla extract
200g icing sugar	

Preheat oven to 190C. Grease and base line 2 cake tins.

To make the cake: sift flour, bicarbonate of soda and cocoa together into a large bowl.

Mix the ground almonds and sugar with the flour and cocoa mixture until evenly blended.

Melt the margarine. Cool slightly. Put soya milk, soya yoghurt and melted margarine in a blender (or just whisk by hand) and blend until smooth and well combined.

Mix the wet ingredients with the dry ingredients until incorporated, but do not beat.

Divide between the two tins, level the tops and bake in the preheated oven for about 25 minutes until firm to the touch. Do not worry if the top cracks - this is quite normal. Cool in the tins - overnight is fine.

To make the filling: melt the water and margarine together until the margarine is just melted. Do not let boil or get too hot. Let cool slightly.

Sift the icing sugar with the cocoa into a large bowl. Add the vanilla extract to the margarine and water then tip into the bowl with the icing sugar and cocoa. Mix well - the mixture will end up quite stiff. If it is runny, the margarine mixture was too hot - just leave it to cool down and set for a while.

Turn the cakes out of the tins. To make one large cake divide, and carefully spread the filling over the two halves and sandwich together.

Who

1 cup soy milk
1 teaspoon apple vinegar
1 1/4 cup all purpose flour
2 table spoons cornflour
1/4 teaspoon baking powder
1/4 teaspoon baking soda
oven 180°C

1/4 teaspoon salt
1/4 cup marg/1/3 cup
canola oil (+1/4
teaspoon salt)
3/4 granulated sugar
2 tsp vanilla
1/4 tsp other extract

whisk soy milk and vinegar.
sift flour, cornflour, baking powder and soda and salt.
Cream marg and sugar. Beat in vanilla, then alternate
beating in dry and wet ingredients.
Bake for 20 mins

Variations:

Oreo cookies and cream
Gingerbread
Chocolate
Carrot cake
Mocha
Peanut butter
Choc cherry
Maple and walnut
Allspice, cinnamon and
pineapple

Love



doesn't

Cupcakes?

Icings:

Chocolate ganache- heat milk, add maple syrup and
chocolate. Cool.

Cream cheese- blend cream cheese, marg, sugar, van
extract.

Variations:

Tiramisu icing

Mint icing

Coffe/mocha icing

Peanut butter icing



Stiff frosting

1/4C shortening
1/4C margarine
1tsp vanilla extract

1 3/4C powdered sugar,
sifted
3Tb vanilla soy milk

Beat the shortening, margarine, and vanilla
together until smooth and fluffy. Add the sugar
slowly and beat well. Add soy milk and beat
until fluffy.

Put 1/2 of this frosting into a piping bag fitted
with a star tip and fill cupcakes.

In most circumstances, the only cupcake recipe you'll ever need is the one on the previous page. The only exception is this one...

Red Velvet Cupcakes

2 cups soy milk	1 teaspoon baking powder
2 teaspoons apple cider vinegar	1 teaspoon baking soda
2 1/2 cups all-purpose flour	1 teaspoon salt
2 cups sugar	1/3 cup vegetable oil
4 tablespoons cocoa powder	1/3 cup unsweetened apple sauce
	2 ounces red food coloring
	4 teaspoons vanilla extract



Add vinegar to soy milk, and set aside to curdle.

Sift flour, sugar, cocoa powder, baking powder, baking soda, and salt in a large bowl.

Add vegetable oil, food colouring, and vanilla extract to the curdled soy milk, and mix.

Pour liquid ingredients into the dry ingredients, and mix.

Fill cupcake liners 3/4 full.

Bake in a preheated 350° oven for 20 minutes or until done.

Cream Cheese Icing

1/2 cup margarine, room temperature

1/2 cup Vegan Cream Cheese, room temperature

2 teaspoons vanilla extract

4 cups confectioners sugar

Cream margarine, cream cheese, and vanilla extract.

Slowly mix the confectioner's sugar into the creamed sugar, and then beat until smooth and fluffy.

Frost cooled cupcakes.



Chocolate

Brownies

- | | |
|----------------------|----------------------------|
| 60g marg | 125g plain flour |
| 6tbsp cocoa | 2tbsp baking powder |
| 120ml + 4tbsp milk | 1/2 tsp salt |
| 250g brown sugar | 2tbsp oil |
| 1tsp vanilla essence | 100g choc chips, nuts, etc |

1. Topping- Melt marg, 4tbsp cocoa, 4tbsp milk, 160g sugar in a saucepan, stirring. Bring to the boil, then leave to cool, beating regularly. Add vanilla.
2. Mix the flour, baking powder, salt, sugar + choc chips/nuts together. Add milk and oil and mix to a batter.
3. Pour into a greased baking tin, cover with the topping, and bake at 180C for 30 mins.

American pancakes

- | | |
|---------------------|------------------|
| 225g flour | soda |
| 1tsp baking powder | 170g soy yoghurt |
| 1tsp bicarbonate of | 225ml water |

Sift the flour, b powder, and soda. Add the yoghurt and water. Leave to stand for 20-30 mins.
Fry in hot oil, flipping as they rise and go brown.
Drown in butter and maple syrup and blueberries.
Nomnom.



Vegan Cinnamon Rolls

1 packet yeast
1 cup soymilk and 1/3
cup margarine, melted
together
2 eggs of egg replacer /
2 tsp flaxseeds whisked

with 6 tsp hot water
4 1/2 cups plain flour
1 cup brown sugar
2 1/2 tsp cinnamon
1/3 cup margarine,
softened

Well Done



Fact:
Storm
troopers
love
cinnamon
rolls.

Topping

3/8 (3 oz) tub of cream
cheese
1/4 cup margarine,
softened
1 1/2 cup icing sugar
1/2 tsp vanilla extract

1/4 tsp salt
OR
3/4 cup icing sugar
2 tsp milk
1 tsp vanilla extract

Apparently these taste quite like
cinnamon rolls, but I've never had one so I
don't know.

Melt marg in milk

Add egg replacer, yeast, flour, and salt. Mix well and knead for 5-10 minutes. The dough should be firm and smooth, not sticky. Set the dough aside in a covered bowl and let double in size.

After the dough has doubled, turn it out onto a floured work surface, cover, and let rest for 10 more minutes.

Meanwhile, in a small bowl, combine brown sugar and cinnamon.

Roll dough into a 16x21 inch rectangle. Spread dough



with margarine and sprinkle evenly with sugar/cinnamon mixture. Roll up dough and cut into 12 sections with a sharp knife.

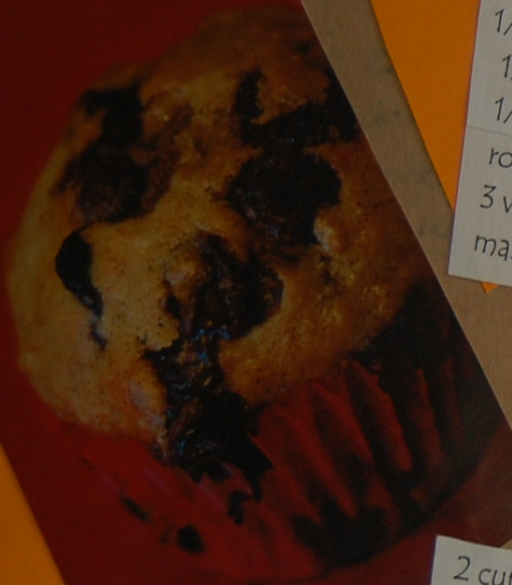
Place rolls in a lightly greased 9x13 inch baking pan. (A cookie sheet also works fine.) Cover and let rise until nearly doubled, about 30 minutes. Meanwhile, preheat oven to 400 degrees F.

Bake rolls in preheated oven until golden brown, about 15 minutes. While rolls are baking, beat together cream cheese, margarine, powdered sugar, vanilla, and salt. Spread frosting on warm rolls before serving.



These might be nice cold,
but they've never lasted long
enough to find out. They
stayed out of the oven though.

Choconana Muffins



1/2 cup brown sugar
1/2 cups white sugar
1/2 cup margarine, at
room temp
3 very ripe bananas,
mashed well

2 cups flour
1/2 teaspoon baking
soda
1/4 cup vanilla soy
milk, mixed with 1
teaspoon apple cider
vinegar
1 teaspoon vanilla

Half a bar of dark
chocolate, chopped
into small chunks/ $\frac{3}{4}$
bag of choc chips
1 teaspoon cinnamon
1/4 teaspoon allspice
1/2 teaspoon salt

Preheat oven to 350 F. Spray a 8x4 bread pan with non
stick cooking spray, or lightly coat with margarine.

Sift together flour, baking soda, salt and spices.

Cream together the margarine and sugars. Add
bananas, soy milk and vanilla. Add the chocolate

Add the wet ingredients to the dry. Mix well. Pour
batter into muffin cases. Bake for 20 minutes or so,
until when you poke a knife into the middle of one of
them it comes out clean.

Delia's Christmas Mincemeat

Makes LOADS 6 lb (2.75 kg) Half the amounts unless you want to make some to store for next year (it matures and is amazing). Make sure you have lots of jars- see below to sterilise them. I use greaseproof paper instead of wax discs.

- 1 lb (450 g) Bramley apples, cored and chopped small (no need to peel them)
- 8 oz (225 g) shredded suet
- 12 oz (350 g) raisins
- 8 oz (225 g) sultanas
- 8 oz (225 g) currants
- 8 oz (225 g) whole mixed candied peel, finely chopped
- 12 oz (350 g) soft dark brown sugar
- grated zest and juice 2 oranges
- grated zest and juice 2 lemons
- 2 oz (50 g) whole almonds, cut into slivers
- 4 level teaspoons mixed ground spice
- ½ level teaspoon ground cinnamon
- ¼ level teaspoon freshly grated nutmeg
- 6 tablespoons brandy

You will also need 6 x 1lb (350ml) preserving jars and 6 waxed discs.

Lift!

Combine all the ingredients, except for the brandy, in a large mixing bowl, stirring them and mixing them together very thoroughly indeed.

Cover the bowl with a clean cloth and leave the mixture in a cool place overnight or for 12 hours, so the flavours have a chance to mingle and develop. After that pre-heat the oven to gas mark ¼, 225°F (120°C).

Cover the bowl loosely with foil and place it in the oven for 3 hours. Then remove the bowl from the oven. Don't worry about the appearance of the mincemeat, which will look positively swimming in fat. This is how it should look.

As it cools, stir it from time to time; the fat will coagulate and, instead of it being in tiny shreds, it will encase all the other ingredients.

When the mincemeat is quite cold, stir well again, adding the brandy. Pack in jars that have been sterilised (see below). When filled, cover with waxed discs and seal. The mincemeat will keep for ages in a cool, dark cupboard.

NOTE: To sterilise jars, wash the jars and lids in warm soapy water, rinse well, then dry thoroughly with a clean tea cloth, place them on a baking tray and pop into a medium oven, gas mark 4, 350°F, 180°C, for 5 minutes.

COCKTAILS

Stiletto

Shake 25ml bourbon (NOT Jack Daniel's, that's a sour mash!) with 25ml amaretto, a splash of grenadine, a splash of gomme syrup and 50ml cranberry juice. Possibly my favourite drink EVER.

Mojito

Muddle 50ml rum (SJs is my favourite, again), gomme syrup and lashings and lashings of mint and lime. Top up with soda water. Tasty with a generous squirt of raspberry puree in too.

Tuscan Mule

Muddle 50ml Tuaca with half a lime cut into wedges. Top up with ginger beer.

Anchor

Shake 50ml Sailor Jerrys, 12.5ml Chambord, 50ml Raspberry Puree and 50ml Cranberry Juice

Jerry's Mule

Muddle 50ml Sailor Jerry's with half a lime cut into wedges. Top up with ginger beer.

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EMOTBOMBS

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calm and balanced
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Gets and you'll ste
there still half in
that is) and get out
end of the day witho
an important meeting, lecture, chat with

£1.91

Acid, Dipropylene

Vegan Hot
Chocolate Mix
Keep in a sterilized
jar.

Mix:

- 3tbsp Easter Sugar
- 3tbsp Cocoa
- 1/4tsp Salt
- 1 vanilla stick
- 1tsp cayenne
- 1tsp cinnamon

Stir into hot milk

These proportions are for 2 servings

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