

## Greetings to friends old and new!

Just a few words to introduce this small collection of vegan recipes which I truly hope will be a positive contribution to a kinder world, and a help to all of you shining souls who are contributing to it!

My personal vegan/vegetarian journey began 50 years ago. One of the highlights was the period when my late husband Shaun Lofthouse & I ran the Old Chapel cafe in Robin Hoods Bay. These recipes (with the exception of one new one – a taste of things to come!) were originally published in the two recipe booklets that we created during this time. Nowadays my time is mainly dedicated to Al Quinta Forest Garden. A permaculture educational project my late husband and I started together 23 years ago which I have continued for the last 12 years since his death with the help of many amazing volunteers.

The purpose of this publication is primarily to reach out and share with the many like-minded people out there, friends old and new, known and unknown and secondly to try to raise funds in these hard times to feed, care for and pay veterinary bills for all the rescue animals who live with us as part of our multi species community. This community can change at any moment, but at the time of writing we have a colony of feral cats which we have sterilised, feed and care for. Two dogs, two donkeys, one pig, two ducks, two rabbits rescued from a breeding facility for medical experiments and one pigeon.

These recipes are offered completely free for you to download and enjoy. Nothing is written in stone, be creative with the ideas offered here and use them as a spring board for your own creative cookery. We would love to get your feedback!

If you can possibly make a contribution to our community, either by offering help as a volunteer, or making a much needed financial contribution, please follow the instructions below. Every contribution, however small or large will be gratefully received and put to use caring for our rescue animals.

Thank you all so much and we look out for our next recipe collection!

Namua

To donate please send transfer to [alquintaforestgarden@gmail.com](mailto:alquintaforestgarden@gmail.com) (paypal)  
or visit [www.alquintaforestgarden.com/recipebook.html](http://www.alquintaforestgarden.com/recipebook.html) to find out how





All quantities approx. **Vegan Mayo**

200g sunflower seeds

500ml water

500ml veg oil

1 Tbsp vinegar

2 cloves garlic

1/3 lemon (including peel)

or 2 Tbsp lemon juice

Salt to taste

Buzzzz

For a thicker consistency add more oil or add more water for a runnier texture.

Enjoy

# CARROT AND WALNUT SAUSAGE A LA CATALAN

## FOR THE SAUSAGES

2 tbsps olive oil + a little more for frying sausages  
1 chopped onion  
2 crushed cloves of garlic  
450g/1 lb finely grated carrots  
1 tsp. fresh thyme, chopped / 2 tsps dried thyme  
100g/4oz finely ground walnuts  
pinch chilli powder  
salt & freshly ground black pepper to taste  
225g/8 oz chick pea (gram) flour  
3 - 4 tbsps passata to mix

Soften the onion in the oil. Add garlic, carrots, walnuts, thyme, chilli powder and seasoning and cook over a low heat for 5 minutes, stirring frequently. Remove from heat. Add chick pea flour and enough passata to form a thick paste. Shape into individual sausages or small burgers and fry in a little more oil until crisp and brown. Serve with accompanying sauce for an authentic Catalan dish.

## FOR THE SAUCE

2 onions  
2 courgettes  
4 tomatoes  
2 tbsps olive oil  
a few sprigs fresh rosemary (or equivalent dried)  
4 - 6 whole cloves garlic (optional)  
seasoning to taste

Chop and soften onions & whole cloves of garlic in the oil. Roughly chop the other vegetables, add to the onions and cook over a low heat until mushy (about 20 minutes). Season to taste and serve with the above sausages. Pleasant served with a jacket potato (or sweet potato) and green salad.





# HESTNUT CHILLI

- 2 tbsp olive oil
- 1 onion - chopped
- 2-3 sticks celery - chopped
- 2 tomatoes - chopped
- 1 red pepper - chopped
- 1 green pepper - chopped
- 2 carrots - sliced
- 500g carton of passata (or tin of tomatoes mashed)
- 420g tin of red kidney beans (or the equivalent of dried, pre-cooked beans)
- 420g jar of unsweetened chestnuts (or equivalent dried - no need to pre cook)
- 2 chilli peppers or 1 tsp. chilli powder (according to taste)
- 1 dsp cocoa powder
- approx. 1 cup vegetable stock (double this if using dried chestnuts)
- sea salt to taste



Soften all vegetables in olive oil. Add all other ingredients & simmer gently until cooked, approx. 1 hour. This is an ideal dish to leave to casserole in the oven, slow cooker or hay box while you are out. Serve with brown or wild rice or polenta & a green salad.

## POLENTA

Originally a staple Native American food, today polenta is more commonly associated with Mediterranean dishes. Served with the above chilli it is firmly back in its original ethnic setting!

250g Polenta (ground yellow cornmeal)

1 litre water

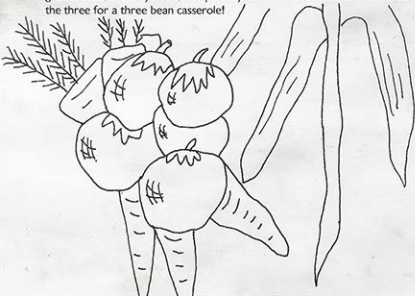
sea salt to taste

Mix all ingredients together, stir & bring to the boil. Simmer gently for approx. 5 minutes (the more coarsely ground the flour the longer this will take). Can be served in this porridge like state, but more usually spread on a large flat plate & left to stand for approx. 5 minutes. It can then be sliced & served, or it is very good either baked or fried to make the outside crisp. Experiment.

## CARIBBEAN CASSEROLE

1 onion, sliced  
4-6 tomatoes  
1 red pepper  
1 chilli pepper (use more if you like it hot!)  
2 carrots sliced diagonally  
a little olive oil  
550 ml coconut milk  
2 cm fresh ginger root, chopped (or 1 tsp. ground ginger)  
salt to taste  
bayleaf  
75g unflavoured, dried soya chunks  
225g baby sweetcorn

Soften the onion, tomatoes, peppers & carrots together in the oil. Add all other ingredients except sweetcorn & simmer together for approx. 30 minutes. Add the sweetcorn & simmer for a further 10 minutes. Like all spicy dishes this is better prepared in advance as the flavour will improve the longer it is left (within reason!). Serve with brown rice & green salad or slices of fresh pineapple.  
Alternatives -: Instead of using soya chunks for protein in this dish try substituting green lentils, black eye beans or partially cooked butter beans - or a mixture of the three for a three bean casserole!



# BLACK EYE PIE

A favourite with children !

75gms/3 oz black eyed beans  
2 tbspns olive oil  
1 onion  
1 medium courgette  
2 good sized tomatoes  
3 - 4 cloves garlic  
few sprigs rosemary  
250g passata or small tin tomatoes mashed  
salt & freshly ground black pepper to taste.



For the topping  
700gms/1 1/2 lb potatoes  
little soya milk, margarine & seasoning.

Boil the beans in plenty of water until soft (approx. 40 minutes)  
Peel potatoes if necessary, boil & mash with margarine & soya milk. Season to taste.

In a wok or large frying pan soften the chopped onion in the olive oil. Dice and add courgette and tomatoes. Add garlic either whole or sliced (do not crush). Add rosemary. Simmer gently until all the vegetables are mushy and blended together.

Add cooked and well drained beans to the vegetables. Add the passata and season to taste.

Place bean mixture in a casserole dish and top with mashed potatoes. ( this can be decorated with sesame seeds ). Heat in oven and serve piping hot.

Alternatives : the bean and vegetable mixture is also pleasant served with pasta as a Black Eye Bolognaise.

# CITRON & COCONUT PIE

## For the pastry case:-

225g wholemeal flour  
50g soft brown sugar  
4 tbs. sunflower oil  
little cold water to mix  
pinch salt

## For the filling:-

Juice & zest of 2 lemons  
500 ml water  
4 tbs. unrefined sugar  
2 tbs. corn flour

## For the topping:-

50g margarine  
50g unrefined sugar  
50g desiccated coconut

## To make the base :-

Mix the dry ingredients. Stir in the oil & enough water to make a soft bread crumb consistency. Press into an oiled quiche dish to make a pastry shell. Bake 200C for approx. 20 minutes.

## To make the filling:-

Mix the cornflour with a little of the water to make a smooth paste. Put the rest of the ingredients in a saucepan & bring to boiling point. Lower the heat & stir in the cornflour paste. Stir until the mixture thickens. Pour into the pre cooked pastry shell & set aside to cool.

## To make the topping:-

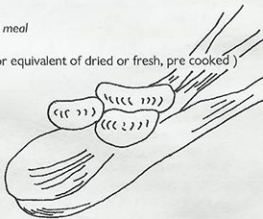
Put all ingredients in a saucepan over a low heat. Stir until the margarine has melted, the sugar dissolved & the coconut begins to turn golden (5 - 10 minutes). If cooked too long the topping will be too hard. Using two spoons crumble the hot coconut mixture over the cool pie & leave to cool completely before serving.



# CHESTNUT ROAST

*Perfect for a traditional celebration roast meal*

- 420g jar of unsweetened chestnuts, (or equivalent of dried or fresh, pre cooked )
- 1 onion finely chopped
- 1 stalk of celery finely chopped
- 50g mushrooms, chopped
- a little vegetable oil
- ½sp. chilli powder (or to taste)
- 1 dsp. vegetable bouillon powder
- 2 tbsps. soya flour
- 50g porridge oat flakes
- a little passata to mix
- salt & freshly ground black pepper to taste



Soften the onion, celery & mushrooms in the vegetable oil, but do not brown. Mash the chestnuts fairly smoothly. Mix all ingredients together, using enough passata to produce a fairly stiff mixture. Using damp hands shape the mixture as you wish on an oiled baking tray ( a loaf is simple or a ring can look attractive once cooked if it is decorated & filled with sage & onion stuffing balls -see below- or vegetables) Bake in a medium oven - 200C/Gas 6 for approx. 1 hour until golden brown & firm.

## SAGE & ONION STUFFING BALLS

- approx. ½ loaf of w/m bread
- 2 onions finely diced
- 2 tbsp fresh sage chopped ( substitute dried if not available)
- 2tbsp chick pea flour
- little soya milk to mix
- salt to taste
- 2 tbsps vegetable oil

Crumble the bread to form fine bread crumbs (or use a food processor ). Mix all ingredients except oil together, using just enough soya milk to bind the mixture. Shape into chestnut sized balls & fry in the oil. Turn them often so that all sides are a crispy golden.

*It is worth making these up whenever you have any stale bread. They freeze well, are quick to reheat & add a traditional taste to any roast meal.*





# CHOCOLATE SANDWICH CAKE

Suitable for special teatime's, children's birthdays, or, as a 'black forest gâteau' it is elegant enough to be served at dinner parties.

75g/3 oz vegetable margarine

75g/3 oz molasses (or black treacle)

300ml./12 fluid oz soya or oat milk

250g/9 oz wholewheat flour

40g/1.5 oz cocoa powder

75g/3 oz soft brown sugar

1 tsp. bicarbonate of soda

4 tps baking powder

1.5 tbsps white wine or cider vinegar

1.5 tbsps water

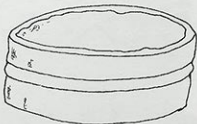
Melt together the margarine, molasses & soya milk over a gentle heat. Mix well & set aside to cool. Mix all dry ingredients. Pour in the cooled liquid & beat well.

Add vinegar & water & beat again. Divide mixture between two oiled 25 cm sandwich tins. Cook in pre heated oven for 15 - 20 minutes at 220C/ 425F/Gas mark 7. Turn out of tins when cool, fill & ice according to choice.

A traditional chocolate butter icing goes well with this recipe, as does commercial chocolate & hazelnut spread. For a 'black forest gâteau' effect & a far more nutritionally valuable cake team home made or sugar free cherry jam with a chocolate cream made by liquidising a block of tofu with 1tbsp cocoa powder & sufficient icing sugar (or honey) to provide the level of sweetness you require. Finish by dusting with grated chocolate.

The combination of cocoa, wholemeal flour & molasses make this cake a significant nutritional source of iron - just in case you need an excuse!

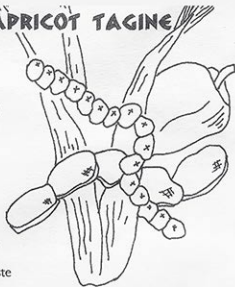
( A non - chocolate version of this cake can be made by substituting soya flour for the cocoa & honey, maple, rice or golden syrup for the molasses)





## CHICK PEA & APRICOT TAGINE

- 2 sticks of celery, sliced thinly
- 1 onion, chopped
- 1 green pepper, sliced
- 6 tomatoes, chopped (or a tin, drained)
- 2 carrots, thinly sliced diagonally
- 2 tbsps peanut oil
- 1 tsp. cumin
- 1 tsp. cinnamon
- 1 tsp. coriander
- 1 dsp vegetable bouillon powder
- 265g pre cooked chick peas (a tin)
- 100g dried apricots
- 250g passata
- salt & freshly ground black pepper to taste



Mix all ingredients well in a large saucepan or casserole dish. Cover & cook slowly either on the stove top or in the oven - the slower the better! Serve with couscous.

## DATE & POTATO TAGINE WITH SOYA CHUNKS

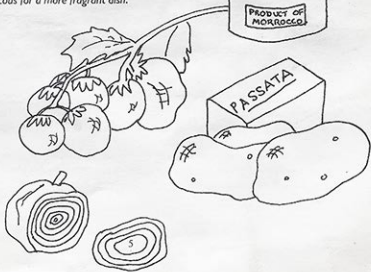
- 2 tsp. peanut or olive oil
- 2 onions, sliced
- 500g red skinned potatoes, cubed
- 500g tomatoes, chopped
- 175g dried, stoned dates, sliced in half
- 75g soya chunks - unflavoured & uncoloured
- 250 ml vegetable stock
- 1 tsp. turmeric
- 1 tsp. ginger
- 1 tsp. chilli powder
- 1 tsp. cumin
- 1 tsp. salt
- 250 ml passata



Soak the soya chunks in the boiling vegetable stock for approx 5 minutes (a rich yeasty stock such as vecon is nice, or simply add soya sauce or miso to the boiling water).

Place all ingredients in a large saucepan or casserole dish & cook slowly, either on the stove top or the oven until all the vegetables are thoroughly cooked. Serve with couscous & green salad.

*Alternatives - Any other protein source can be substituted for the soya chunks, such as beans or chick peas. Try adding a few cardamom seeds & a little saffron or turmeric to the couscous for a more fragrant dish.*



# BUTTER BEAN & MUSHROOM PIE

## Pastry top

125g wholemeal flour  
75g vegetable margarine  
1 tsp. baking powder  
pinch salt  
1 tsp. white wine vinegar or lemon juice  
approx. 75 ml cold water to mix

## Filling

2 onions, sliced  
2 tbs. olive oil  
400g Jar of Butter Beans (or equivalent of pre cooked dried beans)  
175g mushrooms ( whatever type you prefer)  
1 tsp. yeast extract  
1-2 tbs. Tamari Soy Sauce



For the pastry -:

Chill all ingredients well. Mix the dry ingredients. Rub the fat into the flour. Add the vinegar, or lemon juice to the water & mix in slowly until a flexible dough is formed. Wrap & chill until needed. (Alternatively this can be done just as effectively in one step using a food processor)

For the filling-:

Fry the onions in the oil until just beginning to brown. Add the mushrooms & cook for 1 minute more. Pour into the pan the tin of beans & the liquid they are in. (If using pre cooked dried beans add a little water. Add the Tamari Soy Sauce & the Yeast Extract, stirring until dissolved.

Remove the mixture from the heat & place in a pie dish. Roll out the pastry to cover the top, using a pie funnel, or inverted egg cup to support the center if necessary.

Bake in a pre heated oven approx. 220C, gas mark 7 for 20 - 30 minutes, until the pastry is golden. Serve piping hot with mashed potato & a green vegetable.

Alternatives - to make this a far quicker & convenient dish use commercial chilled pastry (wholemeal & organic varieties are now widely available). For a slightly more exotic pie try using chestnut or oyster mushrooms, or any of the increasing varieties of wild mushrooms now available either fresh or dried.

