

Department of Government

VEGAN COOKBOOK



LSE GREEN IMPACT

APPLES AND PEANUT BUTTER

Instructions:

1. Take one apple.
2. Slice it into pieces.
3. Add peanut butter.
4. Consume and enjoy. Healthy and delightful!



Jacob Chapman

EASY STIR FRY

Instructions:

1. Heat oil in a wok.
2. Add some tofu and season with salt, pepper, vinegar, soy sauce, sugar, chilli powder, chilli sauce, and whatever other spices you like.
3. Add in sliced carrots, onions, peppers, mushrooms, lettuce, beansprouts, and whatever other vegetables you like.
4. Stir fry on a high heat for 5 mins and make sure you add more salt, pepper, vinegar, soy sauce, sugar, chilli powder, chilli sauce, and whatever other spices you like.
5. Taste to see if you need more seasonings.
6. Eat on its own, or add water (and more flavourings) to make this as a sauce served with noodles or rice :)



Maryam Rehman

VEGAN PANCAKES

Ingredients:

- 2 bananas (the riper the better!)
- 1 mug of oats (porridge oats are fine)
- 1/4 mug of any plant milk
- Optional: Vanilla extract, maple syrup, cinnamon etc...

Instructions

1. Mash the bananas in a large bowl. Don't worry about lumps!
2. Add your oats and plant milk of choice to the same bowl.
3. Stir everything together & check mixture consistency - it should be gloopy but not runny. If mixture is dry add more plant milk in small quantities.
4. At this point you can add extra ingredients to flavour the pancakes how you wish - you could add: vanilla extract, maple syrup, cinnamon etc...
5. Place the mixture into a blender and blend for 30 seconds to 1 minute.
6. Spoon the mixture onto a hot frying pan. I use about 1 and a half table spoons of mixture per pancake. (You may have to spread out the mixture and guide it into a circle shape. You also may wish to add a small amount of oil to the pan to ensure the pancakes do not stick.)
7. Once the mixture is cooked enough (for me about 1-2 minutes) for you to push a spatula underneath, flip the pancake & cook on other side for 1-2 minutes.
8. Repeat this until the mixture is finished then top with your favourite toppings and serve!



Luca Fero

SAAG CHANA GOBI

Ingredients for the Saag Chana (spinach and chickpea curry)

- Two white onions, peeled and sliced
- Three cloves of garlic, peeled and minced
- One large bag (250g-300g) of fresh spinach
- 30g of fresh coriander, roughly chopped
- Two large salad tomatoes, chopped into 16 pieces in total
- 100g of creamed coconut
- One tin of chickpeas, drained (240g-260g)
- One teaspoon of dried chilli flakes
- One teaspoon of ground cinnamon
- One teaspoon of ground turmeric
- One teaspoon of ground ginger
- Two teaspoons of ground cumin
- Two teaspoons of ground coriander
- Two separate 500ml glasses of tap water
- One tablespoon of tomato puree
- One teaspoon of kosher salt
- Four tablespoons of sunflower oil

Ingredients for the Gobi (roasted cauliflower)

- Florets of one large fresh white cauliflower
- One teaspoon of cumin seeds
- One teaspoon of ground turmeric
- One teaspoon of dried chilli flakes
- Sprinkle of salt
- Two tablespoons of sunflower oil
- Juice of half a lemon

For the Coconut Raita

- Half a cucumber, coarsely grated
- Six tablespoons of coconut yoghurt



Sol Partridge

SAAG CHANA GOBI

Instructions for the Saag Chana (spinach and chickpea curry)

1. Put the sunflower oil into a metal pot over medium hob heat, add the onions, garlic, and kosher salt.
2. Let the onions and garlic fry, stirring them every 30 seconds or so. Do this for six to eight minutes, or until they become soft and transparent.
3. Add the spices: one teaspoon of ground cinnamon, one teaspoon of ground ginger, one teaspoon of dried chilli flakes, two teaspoons of ground cumin, and two teaspoons of ground coriander.
4. Continue to stir the onions, garlic, and spices for three to five minutes, or until they start to darken. The pot should become more fragrant and emit some steam.
5. Add the tomatoes, tomato puree, one glass of water, and creamed coconut. Stir for five minutes and let the sauce reduce down.
6. Add the spinach, fresh coriander, tomatoes, and the second glass of water.
7. Stir for ten minutes on medium heat, allowing the curry to thicken.
8. After ten minutes, reduce the pot to a low heat and stir every five minutes.
9. After 40 minutes, add and stir in the chickpeas. Do this for a further ten minutes. By now, the curry should be dark, thick, and smell rich and warm.
10. Taste to season, adding an extra splash of water to bulk out, or an extra sprinkle of salt to bring out the flavour of the spices. Serve hot and enjoy, with or without basmati rice!

Instructions for the Gobi (roasted cauliflower)

1. Pre-heat the oven to 220C/200C fan/gas mark 7.
2. Mix all the ingredients (cauliflower florets, salt, sunflower oil, juice of half a lemon, ground turmeric, chilli flakes, and cumin seeds) in a baking tray. Cover with a tea towel, tin foil, or cling film and leave in a cool and dry place to marinade for one hour.
3. Put the marinated cauliflower into the oven and bake for 35 minutes or until a deep golden brown.

Instructions for the Coconut Raita

1. Add the coconut yoghurt and grated cucumber into a bowl, and mix well
2. Serve once refrigerated



CREAMY AVOCADO PASTA

Ingredients:

- x1 avocado
- ½ broccoli
- Garlic
- Pasta
- Olive oil
- Plant-based cream (e.g. Alpro soya cream)
- Cherry tomatoes
- Lemon

Instructions:

1. Cook the broccoli into smaller pieces and cook it for about 8-10 minutes (until it is soft enough for your blender not to struggle)
2. In the meantime, you can prepare your pasta based on the instruction on its packaging
3. Once the broccoli is soft enough, put it into the blender and mix it together with the avocado, the soy cream, about 2 cloves of garlic (depending on taste), a tablespoon of olive oil, a bit of lemon juice, salt, pepper and other seasonings such as oregano, basil or chilli flakes.
4. Combine the sauce with the cooked pasta, season to taste and add chopped cherry tomatoes on top

Blender-free and Broccoli-free version:

Although the creamy avocado & broccoli sauce is definitely a unique sauce worth trying, you can also simplify it in case you don't like broccoli or don't have a blender – in that case you can just mash up an avocado using a fork and combine it with the remaining ingredients, almost as if you were making guacamole, and use that as the sauce.



Quido Haszovec

TRICOLORE ARANCINI WITH ROASTED RED PEPPER ARRABIATA SAUCE

Ingredients:

Risotto:

- 320g of arborio rice
- Three tablespoons of olive oil
- 50g of vegan butter (I recommend Violife Vioblock or Flora Salted Plant Based Butter)
- One large white onion, peeled and finely chopped
- Three cloves of garlic, peeled and finely minced
- 150ml of white wine
- One vegetable stock cube (ordinarily 6-8g), dissolved into 1.5l of water
- One-and-a-half teaspoons of kosher salt
- One teaspoon of cracked black pepper

Basil Pesto:

- 90ml of olive oil
- 60g of fresh basil leaves
- 30g of pine nuts
- A pinch of kosher salt

Sundried tomato pesto:

- Half a white onion, peeled and sliced
- Three cloves of garlic, peeled and minced
- Three tablespoons of olive oil
- Half a teaspoon of sugar
- 80ml of olive oil
- 90g sundried tomatoes, finely chopped
- 30g of pine nuts
- A pinch of kosher salt
- A pinch of sugar
- Half a teaspoon of dried oregano

Breading:

- Five slices of toasted white bread, blended via a machine or by hand to a coarse breadcrumb consistency
- 200ml of almond milk (you can also use a different nut/non-dairy milk if you like; I prefer almond because of its soft taste and slight viscosity)
- 20g of plain white flour
- 600ml of vegetable oil

Arrabiata sauce:

- Three large red bell peppers, de-seeded and sliced
- Half a teaspoon of cracked black pepper



Noah Gershon

The risotto

1. Put the olive oil & vegan butter into a metal pan over a low hob heat. Stir, and once the butter has completely melted then add the onions, garlic, black pepper, and kosher salt. Allow everything to sweat for 8-10 minutes.
2. Add the arborio rice, and continually stir for three minutes. By this point, the rice should be beginning to lose its white colour and become ever so slightly clear around its edges. If you notice any browning, then turn down the temperature of the hob.
3. Deglaze the pan with the white wine, making sure that you stand well away as the alcohol burns off. There should be a wonderfully sweet smell emanating from the pan, and a good amount of steam too.
4. Turn the temperature of the hob up to a medium heat, and add one ladle of the vegetable stock, and stir the risotto for 5 minutes. Repeat this step until you run out of stock, and the risotto has developed a creamy and smooth temperature. All the pieces of rice should be white from the exterior, and if you cut through them then it should appear soft and tender.
5. Spread the risotto onto a flat dish, and once it has cooled down for 15 minutes, put it in the fridge and allow to cool completely. You'll know it has reached the desired cool temperature when the consistency has completely changed. Aim for the chilled risotto to be stodgy and hardened: this will make it easier to handle and will mean that it holds its shape when deep fried.

The basil pesto

1. Put the olive oil, fresh basil, pine nuts, and salt into an electric blender and blend for 30 seconds to a minute, or until all the ingredients appear to be thoroughly mixed. The finished pesto should look bright, and if fresh, appear closer to a lime as opposed to kelly green in colour.

The sundried tomato pesto

1. Put the olive oil, sundried tomatoes, pine nuts, salt, sugar, and dried oregano into a blender and blend for 30 seconds to a minute.

The arancini

1. Divide the cooled down risotto into three portions, and separate into three bowls.
2. Add the sundried tomato pesto into one bowl, and the basil pesto into another. Stir and mix in the pesto completely, so both of the two bowls are full of colour. This should leave one bowl with just plain risotto.
3. Round the risotto into balls which are between the size of a golf ball and a tennis ball (around 3.5 inches in diameter) and place them on a parchment paper lined tray or bread board (something flat will do just fine).
4. Put the almond milk in one bowl, plain white flour into another, and breadcrumbs into another.
5. One by one, cover each of the balls of risotto with flour, and then with a different hand the almond milk, and then with your dry hand the breadcrumbs. Place the breaded balls of risotto back onto the parchment paper lined surface.
6. Pour the vegetable oil into a big metal pan (the sort you might boil vegetables in), and place the pan onto a medium hob heat. Allow the oil to heat to 180 °C.
7. Add the breaded balls of risotto into the pan and cook for around 4 minutes or until a wholesome and golden brown. Carefully withdraw the cooked arancini from the oil, and allow to cool down a little before eating warm, or fully chilled with or without your homemade arrabiata sauce! Enjoy!

The roasted red pepper arrabiata sauce

1. Place the sliced red peppers in a baking tray with one tablespoon of olive oil, the chilli flakes, sliced onions, cracked black pepper, sugar, and tomatoes, and roast for 50 minutes in an oven set at 200 °C.
2. Once roasted, put the seasoned roasted peppers and tomatoes into a pan with 200ml of water, along with the garlic and remainder of the olive oil. Cook down for 30 minutes on a medium heat, making sure to stir continually. Aim to finish with a sauce which is smooth and a deep red.
3. Tear up the fresh basil leaves and mix into the sauce.

The breadcrumbs

1. Toast five slices of white bread to a hazelnut brown colour (the time will depend on the make of your toaster, or grill).
2. Cool down for 20-30 minutes.
3. Divide each slice into quarters. If the slices are at the right temperature, then they shouldn't let out any steam when they are cut.
4. Blend the toast to a coarse crumb.
5. Or, and if you'd prefer to avoid the hassle, buy some breadcrumbs from a local – preferably independent – shop!

TANGZHONG

Ingredients:

Tangzhong:

- 30g (1/4 cup) All-purpose flour
- 150ml Coconut milk (can be any dairy free milk but Coconut milk I recommend)
- Dough:
- 250ml warm coconut milk (room temperature)
- 600g All-purpose flour 85g unsalted vegan butter
- 2 tsp kosher salt 50g caster sugar
- * 1 packet (2 1/4 tsp) Yeast
- 1 teaspoons Vanilla extract
- 1 tablespoon cinnamon
- 150g dark brown sugar 90g unsalted butter
- 225g halved pecans
- 1/2 teaspoon kosher salt
- 100g dark brown sugar
- 100g Caster sugar*
- 85g melted butter
- 60ml Maple syrup
- 1 Tbsp cinnamon
- Nutmeg
- 150g dark brown sugar or raw sugar

Instructions:

Tangzhong:

1. Heat coconut milk and flour in a saucepan on medium/low heat.
2. Continuously whisk until the mixture thickened to a pudding-like consistency (like wallpaper paste)
3. Scrape Tangzhong into a small bowl and let the mixture cool down until room temperature Dough
4. When Tangzhong finally cools, mix together with warm coconut milk (temperature super important to activate yeast make sure not too hot or cold), melted butter, caster sugar, vanilla essence, yeast.
5. Bloom yeast for 10 minutes.
6. Mix flour and salt in a separate bowl (This ensures the salt and yeast do not directly touch) Once the yeast has bloomed, pour the flour mixture into the bowl with liquids.
7. Mix together till it forms a dough. (If the dough is too sticky, add flour, if too dry, add more dairy-free milk)
8. Knead for 10-12 minutes on a floured surface(The dough is naturally sticky, but add flour to make it easier to knead if unworkable)
a. Tip: slightly sticky is better than too dry.
9. After kneading and the dough becomes smooth, Place in an olive oiled bowl and make sure to cover the bowl with either plastic wrap or a kitchen towel.
10. Bread dough does not like being exposed to air! Place in a warm place and let it proof until doubled in size; it usually takes 1- 2 hours. The dough is enriched, so it takes a little longer to rise than unenriched bread dough.



Beulah Samuel-Ogbu

Toppings:

11. Place pecans in 190 degrees celsius oven for 5 minutes
12. Meanwhile, combine 100 grams of Caster sugar, 100 grams of dark brown sugar, 85 grams of melted butter, 60 ml maple syrup and 1/2 teaspoon of kosher salt. In a heavily oiled baking dish, evenly spread a layer of pecans across the bottom of the dish. Pour the brown sugar-butter mixture evenly.

Combine:

13. Roll dough with a pin into a rectangular shape onto a heavily floured surface.
14. Combine 1 Tbsp of cinnamon, 150grams of dark brown sugar and sprinkle of nutmeg.
15. Spread filling evenly
16. Roll up the dough into a log and pinch the seam closed, starting from one short end. Place seam-side down. Trim any uneven ends
17. Use unflavored dental floss (trust me, it works) or a sharp knife; cut the log into evenly pieces, about 1½ inches (8cm) thick. Place into the dish and cover with plastic wrap.
18. Let dough sit for 40 minutes to 1 hour, or until doubled in size.
19. Pre-heat oven to 190 degrees celsius
20. Remove plastic wrap, and place the dish in the oven for 20 minutes.
21. Tent with foil and let bake for an additional 10 minutes.
22. If you have a thermometer, the internal temperature of the thickest part should be around 93 degrees celsius (but, not necessary).
23. Let cool on a wire rack for 5 minutes. Place rimmed baking sheet on the top baking dish and flip. Wait for 5-10 minutes before serving. Enjoy!!!



PEANUT BUTTER COOKIES

Ingredients

- 75g soft vegetable margarine
- 50g salted peanut butter crunchy or smooth (Add a good grind of salt if your peanut butter is unsalted, promise it is worth it!)
- 100g soft brown sugar
- 100g plain flour

Instructions:

1. Mix everything together in a big bowl until it comes together in a dough, roll into around 18 balls, less if you want bigger cookies.
2. Pop on a lined baking tray and bake for around 15 minutes at 180C, until light brown.
3. For PBJ cookies take the cookies out of the oven after 10 minutes, gently use the back of a teaspoon to make a small dip to each of the cookies and then drop half a teaspoonish of jam into the dip, pop back in the oven for another 5 minutes.
4. You can make them even more indulgent with chocolate in the dip or a small splash of rum in the dough.

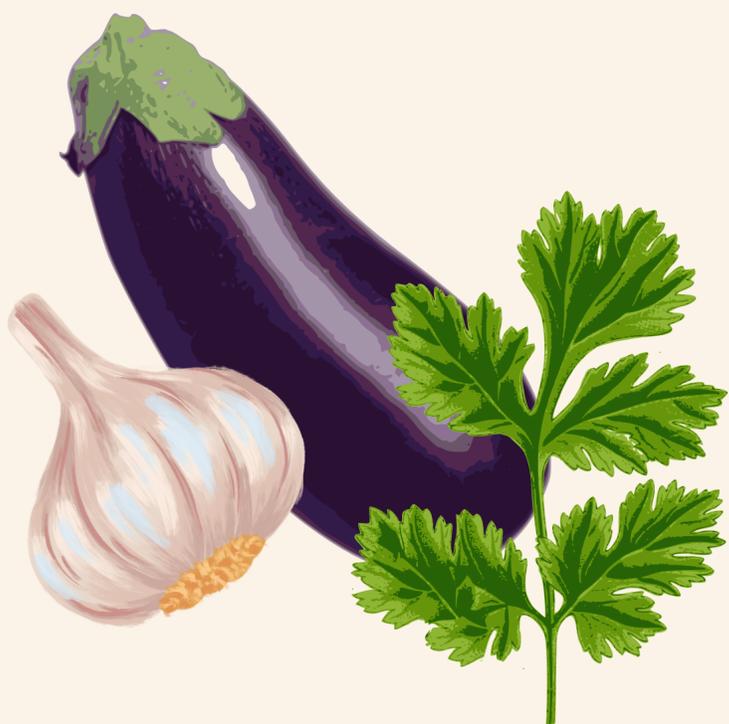


Clair Harrison

SPICY AUBERGINE BAKE / CURRY

Ingredients:

- 4 aubergines, cut into 5mm-1cm slices
- 3 tbsp vegetable oil
- 2 tbsp coconut oil
- 2 large onions, chopped
- 3 garlic cloves, crushed
- 1 tbsp black mustard seeds
- ½ tbsp fenugreek seeds
- 1 tbsp garam masala
- ¼ tsp hot chilli powder
- 1 cinnamon stick
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 x 400g cans chopped tomatoes
- 200ml coconut milk
- sugar, to taste
- 2 tbsp flaked almonds
- small bunch coriander, roughly chopped (optional)



Instructions:

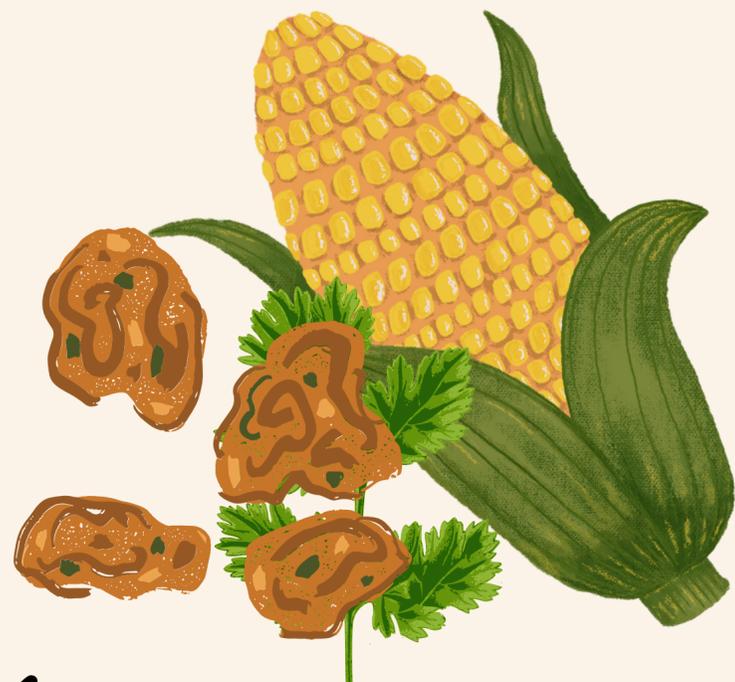
1. Heat oven to 220C/200C fan/gas 7. Generously brush each aubergine slice with vegetable oil and place in a single layer on a baking tray, or two if they don't fit on one. Cook on the low shelves for 10 mins, then turn over and cook for a further 5-10 mins until they are golden. Reduce the oven to 180C/160C fan/gas 4.
2. Heat the coconut oil in a large, heavy-based frying pan and add the onions. Cover and sweat on a low heat for about 5 mins until softened. Add the garlic, mustard seeds, fenugreek seeds, garam masala, chilli powder, cinnamon stick, cumin and ground coriander. Cook for a few secs until it starts to smell beautiful and aromatic.
3. Pour the chopped tomatoes and coconut milk into the spiced onions and stir well. Check the seasoning and add a little sugar, salt or pepper to taste.
4. Spoon a third of the tomato sauce on the bottom of a 2-litre ovenproof dish. Layer with half the aubergine slices. Spoon over a further third of tomato sauce, then the remaining aubergine slices, and finish with the rest of the sauce. Sprinkle over the flaked almonds and coriander (if using), reserving some to serve, and bake for 25-30 mins. Serve garnished with more coriander.

Kate Jessop

SWEETCORN FRITTERS

Instructions:

1. Grate 3 medium courgettes into a bowl, then transfer the gratings to a clean tea towel and squeeze out any water.
2. Slice 4 spring onions and chop a handful of coriander, add into a bowl with the grated courgettes and 200g of frozen sweetcorn.
3. To the bowl add 100g of chickpea flour, 1 tablespoon of chipotle paste, 1 teaspoon of dried oregano, 1 teaspoon of dried thyme and some salt and pepper. Mix until the chipotle paste is spread evenly.
4. Heat some oil in a frying pan. Take a tenth of the mixture and mold into a round fritter, adding it to the pan once the oil is hot. Continue until you have used the space in the pan.
5. Cover the pan and fry for 5-7 minutes on each side.
6. Repeat with the rest of the mixture.



Maddie Giles