

Full Irish Vegan Breakfast

Ingredients:

Mushrooms
Tomato
Hash Browns or Potato Waffles
Baked Beans
Scrambled Tofu (see recipe below)
Linda McCartney sausages
Rashers - try tempeh rashers or Redwoods' Cheatin
Rashers

Scrambled Tofu

Ingredients:

½ a packet (175g) of firm tofu*
1 medium-sized red onion, chopped
1 large clove garlic, chopped
2 medium-sized mushrooms, chopped
¼ tsp dried oregano, or 1 tsp freshly chopped oregano
1 tsp fresh ginger (grated)
¼ tsp nutritional yeast (optional)
½ tsp turmeric powder (for the yellow colour)
1 tbsp soya sauce
1 tsp tahini

*(Firm tofu should be drained before use. Wrap it in a few sheets of kitchen paper, then wrap in a tea towel. Put something heavy on top of this such as jars of food on a plate. Leave for 1 to 4 hours.)

Method:

Fry the onions in the olive oil, in a non-stick frying pan until transparent. Then add the garlic, ginger and the mushrooms, stirring every few seconds.

Now crumble the tofu into the pan (and quickly rinse your hands), and mix again for a minute or so. Add the soya sauce, whilst continuing to mix, and the rest of the ingredients. Mix all up together for a minute or so, and serve immediately.

Vegan Cheese Omelette

Ingredients:

200g firm silken tofu*
¼ tsp turmeric
¼ tsp ground garlic granules
salt to taste
3 tbsp nutritional yeast
¾ cup soya milk (or any vegan milk)
1 heaped tsp tahini
2 tbsp white flour
4 slices of vegan cheese of your choice, cut into 2 inch squares (or around 1½ cups grated vegan mozzarella)

Method:

Place all the above ingredients (except for the cheese) in a plastic or metal mixing bowl, and, using an electric hand blender (or processor) blend until ingredients are totally smooth.

Next, in a non-stick pan, heat up a very small amount of olive oil. When it's hot, pour a ladle of the omelette mix/batter into the pan, and allow to settle for a few seconds. Whirl it around at the outset so that it is evenly distributed, then, within a few seconds, place the equivalent of one slice of cheese (the ones you have already cut up in squares) - these will most likely begin to 'melt' within a minute or so.

Next, fold one half of the omelette on top of itself, and do this by gently working your way in from the edges with a metal spatula.

Finally, flip it over and allow to cook for a further minute or so, or until golden.

*Silken tofu does not need to be drained.

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Vegan Meal

Ideas & Recipes

Shepherd's Pie

Ingredients:

Linda McCartney mince (2 thirds of a packet)
5 or 6 carrots - peeled, cut into small pieces, and microwaved for about 8 minutes
1 or 2 cups of frozen peas
1 chopped onion
1 large mug of Quixo (vegetarian) gravy - you can buy this in Aldi (just add boiling water to make a mugfull)
6 large potatoes - peeled, boiled and mashed (with salt and a little vegan margarine)

Method:

Fry onion until softened.
Add the mince and mix, breaking up any lumpy pieces.
Cook for a few minutes, then add the gravy and mix.
Add the frozen peas and microwaved carrots and mix.
If the mixture looks too dry, make up some more gravy and add this in.
(Remember that some of the liquid will get absorbed while in the oven).
Transfer to a casserole dish.
Top with the mashed potatoes, smooth them out so they cover the mixture completely.
Bake in a pre-heated oven at 190 degrees for half an hour.

Spaghetti Bolognese

Ingredients:

Spaghetti (enough for 2-3 people)
Onion (chopped)
Garlic (3 cloves, chopped)
Linda McCartney mince (one third of a packet)

Can of chopped tomatoes
Jar of Passata (or jar of any vegan tomato pasta sauce)
Soy Sauce

Method:

Fry chopped onion and chopped garlic in some olive oil until softened.
Add the mince, season with salt and pepper and cook for a few minutes.
Add a can of chopped tomatoes and a jar of Passata (or any vegan tomato-based sauce).
Add about a tablespoon of soya sauce.
Stir and cook on a low heat for about 15 minutes.
Taste the sauce and add more seasoning if required.
Serve on top of cooked spaghetti.

Tagliatelle alla Carbonara

Ingredients:

Tagliatelle (or spaghetti) - enough for 2 or 3 servings
5 or 6 mushrooms - sliced
2 slices of Cheatin Rashers (cut into small pieces or chopped)
carton of Alpro single cream
Mushroom stock cube - dissolved in 2 tablespoons of boiling water
2 heaped teaspoons of flour
salt and pepper

Method:

Begin cooking the tagliatelle.
Add oil to a frying pan on a moderate heat.
Add mushrooms and rashers and stir fry for a few minutes.
Add all the cream to the pan, plus the mushroom stock and mix all together.
Shake the flour over this and stir it in, bringing to a boil.

Continue stirring for a few minutes until the mixture thickens a little and the flour is fully dissolved.
Drain the pasta and add it to the sauce.
Mix thoroughly and serve.

Lentil Curry

Ingredients:

1 cup dry lentils
6 cups water
1 large onion, chopped
2 tablespoons olive oil
1 tablespoon curry powder
1 tablespoon ground coriander
1 teaspoon of chilli powder (to taste)

Method:

Combine water and lentils in a large pot. Bring to a boil, reduce heat and simmer about 20 minutes, until lentils are tender.

While lentils are simmering, cook onions in oil over medium-high heat until they become translucent, about 5 to 10 minutes. Add in spices and cook another 3 minutes.

Add onion mixture to lentil pot, cover and simmer another 15 minutes.

Serve hot over basmati rice or eat like soup with a dollop of plain soya yogurt and chives on top.