No, We Don't Only Eat Carrots!
PLANT-BASED FOOD FOR HUMANS
LEAH JONES

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• **PLANT-BASED** FOOD FOR HUMANS •

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THINGS TO NOTE:

- North American names for ingredients are found in brackets. For example: capsicum (bell pepper).
- All recipes include Metric and Imperial measurements. See p.128 for Unit Conversion Tables.
- The kilojoule (calorie) counts included in each recipe are approximates only. Please seek professional advice if you are on a limited kilojoule (calorie) diet.
- Thermomix (TM) users:
  - If a recipe includes 1 onion, diced, the Thermomix recipe procedure will include a step to dice the onion. This is the case for other ingredients too. Skip these steps if the ingredients have already been hand-prepared.
  - Remember to weigh your ingredients to save unnecessary washing up.
  - The finished TM Entrées (Main Meals) may look different to the photographs. The flavour will be unaffected.
  - Some recipes will need to be halved. This is mentioned where applicable.

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And God said,
"Behold, I have given you every herb bearing seed,
which is upon the face of all the earth,
and every tree, in the which is the fruit of a tree yielding seed;
to you it shall be for meat." - Genesis 1:29

Introduction

My story begins about 10 years ago with a thoughtful friend of ours, Ken. He eagerly shared an amazing book with us: Jane A. Plant's 'Your Life In Your Hands', a powerful and inspiring testimony about a woman's victory over breast cancer. By eliminating dairy (even the hidden dairy ingredients in things like potato chips and wine), Jane overcame her cancer and this news turned our world upside down.

The following few months led me to read two other life-changing health books: Dr T. Colin Campbell's 'The China Study' and Dr Joel Fuhrman's 'Eat To Live'. Motivated by Campbell's extensive research and studies and the shocking health statistics and motivating recovery stories cited by Fuhrman, my husband Ben and I committed ourselves to eating a meat and dairy-free diet. Later we committed to a 100% plant-based diet and we are still following it today. We gain encouragement to maintain our healthy lifestyle from reading the Bible and books by author Ellen White and remain informed and motivated by Dr Michael Greger's up-to-date health videos at www.nutritionfacts.org.

Initially, the hardest struggle for us to overcome was the lack of tasty, satisfying, plant-based meals. This was especially the case at restaurants, which tended to interpret 'plant-based' as code for 'a tasteless bowl of over-priced lettuce'. To make matters worse, we were invited to a friend's place one night and he jokingly commented, "I don't really know what to feed you. We have carrots!"

Thankfully, over the past few years I have compiled a hearty collection of delicious, flavoursome, plant-based meals. They are healthy and very satisfying. I sincerely hope you will gain a blessing from these recipes and that you will share the message of health with your family, friends and restaurant owners alike.

And for the record, no, we don't only eat carrots!
Happy cooking!

Leah Jones

..."I am come that they might have life, and that they might have it more abundantly." - John 10:10

Special Thanks

To my Lord and Saviour Jesus Christ, for hearing my struggles, always giving me hope and for your wonderful health message.

To Benny, for your love and endless support, your suggestions, creative input, hugs, encouragement and honesty - and for never settling for second-best.

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To my loving family members and many friends who have graciously researched, encouraged and willingly shared recipes, ideas and suggestions along the way.

And finally, you - the reader and future veggie chef extraordinaire - for purchasing this book!

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Recipe Key

- Gluten-Free
- Nut-Free
- Soy-Free
- Thermomix Reverse Speed
- Thermomix Knead Setting
- kcal Kilojoules (Calories) per Serve
- Number of Loaves and Serves
- Number of Serves
- Preparation and Cooking time

For complete lists of all Gluten-Free, Nut-Free and Soy-Free recipes please refer to the Index (p.129).

Bread

Multigrain Bread / Pizza Base

588 kilojoules (140 calories) per slice

Makes 1 loaf (20 slices) or 2 – 3 pizza bases

Preparation:
3 ½ – 15 mins
Cooking: approx. 2 hrs (1 ½ hrs rising, baking 30 – 35 mins)

Ingredients

- 4 cups stoneground wholemeal flour (whole wheat) (480g)
- ¼ cup gluten flour (35g)
- ¼ cup whole linseeds (flaxseeds) (45g)
- ¼ cup multigrain mix (50g)
- 1 rounded tablespoon soy lecithin granules (15g)
- 2 teaspoons yeast
- 2 tablespoons sugar (25g)
- 1 teaspoon salt
- 4 tablespoons rice bran oil (60ml) (40g)
- 1 ½ cups warm water (375ml) (375g) + extra, if needed

Tips

- The Multigrain Bread will soften and freshen easily by toasting or reheating in the oven. Find this tip plus more in the Handy Bread-Making Tips list on p.125.

Alternatives

- In place of the multigrain mix, use 2 tablespoons of linseeds (flaxseeds) or LSA mix (ground mix of linseeds (flaxseeds), sunflower seeds and almonds).
- Try these healthy and flavoursome flour combinations:
  a) 2 cups of stoneground wholemeal flour (whole wheat) + 2 cups of spelt
  b) 2 cups of stoneground wholemeal flour (whole wheat) + 1 cup of soy flour + 1 cup unbleached white flour
  c) 3 cups of stoneground wholemeal flour (whole wheat) + 1 cup of rye flour

Serving Suggestions

SAVOURY
- Avocado & Tomato on Toast – Spread the toast with oil and top with avocado, sliced tomato and red onion and sprinkle with salt.
- Vegemite & Avocado – Spread the toast with vegan margarine and Vegemite (yeast spread) with mashed avocado on top.
- Tomato on Toast – Spread the toast with vegan margarine, place sliced tomato on top, sprinkle with yeast flakes and add a pinch of salt.

SWEET
- Jam & Cream – Spread with 100% fruit jam (jelly) and add a dollop of Soy Whipped Cream (p.110).
- Banana on Toast – Spread the toast with peanut butter, maple syrup and sliced banana.

Procedure

For bread: Line a bread tin with baking paper or oil the tin well.
For pizza bases: Line 2 or 3 pizza trays with baking paper or oil the trays well.

CONVENTIONAL
1. Mix together all of the dry ingredients and the water. Combine to form a large ball.
2. Knead for about 15 minutes until the dough 'bounces back' when you poke it with your finger. It should be soft and easy to knead, but not sticky.
3. Place dough in an oven-proof bowl and cover with cling wrap or a damp tea towel. Rise in a warmed oven (preheated to 50°C (30°F) then turned off) for 1 hour.
4. For bread: Roll the dough into a loaf the same length as your bread tin and place it in the lined tin.
   For pizza bases: Halve the dough, roll out two (or three) circular bases and place onto the pizza trays.
5. Rise again in a warmed oven (see above) for 30 minutes or until the dough has risen just above the top of the tin (30 minutes total for the pizza bases).
6. Remove the tin (or trays) from the oven and preheat to fanforced 200°C (400°F) fan forced.
   For bread: Bake for 30 minutes (Rotate 180° after 15 minutes.).
   For pizza bases: Bake for 20 – 25 minutes. You may like to top the bases with veggies and vegan cheese before baking. See Vegan Pizza (p.42).
7. Once cooked, removed the loaf (or pizza bases) immediately from the tin (or trays) and cool on a cooling rack.

THERMOMIX
1. Place all of the ingredients into the TM bowl and combine for 5 seconds on Speed 5.
2. for 3 minutes 30 seconds. Add extra water as required during the kneading. The dough should be soft, but not sticky.
3. Place dough in an oven-proof bowl and rise in a warmed oven (preheated to 50°C (30°F) then turned off) for 1 hour.
4. For bread: Roll the dough into a loaf the same length as your bread tin and place it in the lined tin.
   For pizza bases: Halve the dough, roll out two (or three) circular bases and place onto the pizza trays.
5. Rise again in a warmed oven (see above) for 30 minutes or until the dough has risen just above the top of the tin (30 minutes total for the pizza bases).
6. Remove the tin (or trays) from the oven and preheat to fanforced 200°C (400°F) fan forced.
   For bread: Bake for 30 minutes (Rotate 180° after 15 minutes.).
   For pizza bases: Bake for 20 – 25 minutes. You may like to top the bases with veggies and vegan cheese before baking. See Vegan Pizza (p.42).
7. Once cooked, removed the loaf (or pizza bases) immediately from the tin (or trays) and allow to cool on a cooling rack.

Gluten-Free Seed Bread

565 kilojoules (135 Calories) per slice

Makes 1 loaf (20 slices)

Preparation: 15 mins
Cooking: 2 hrs 10 mins (1 ½ hrs rising, 40 mins baking)

Ingredients

WET
- 2 ½ cups warm water (625ml) (625g)
- 2 ¼ teaspoons yeast
- 2 tablespoons rapadura (25g)
- 2 tablespoons extra virgin olive oil (30ml) (20g)
- 7 ½ tablespoons chia seeds, ground
- 2 ½ tablespoons psyllium husks, ground

DRY
- 1 ½ cups brown rice flour
- 1 cup sorghum flour
- ½ cup maize flour
- 1 ½ teaspoons salt

TOPPING
- ½ tablespoon extra virgin olive oil
- 1 teaspoon poppy seeds
- 1 teaspoon sesame seeds

Alternative

- Sprinkle with sunflower seeds in place of poppy seeds and sesame seeds.

Tips

- Don't be discouraged if the bread isn't perfect the first time. Gluten-free bread dough generally needs to be wetter than regular bread dough, but not too wet. Once you play around with how much extra flour to add, you'll make the loaf you're after. If your bread is slightly doughy after cooking, then add a little extra flour next time round. Humidity plays a huge 'roll' in bread making too, so depending on where you bake, you may need more or less. A slightly doughy loaf will still toast nicely.

Procedure

Line a square baking tray with baking paper or oil the tray well.

CONVENTIONAL
1. Place the warm water in a small bowl and add the yeast and rapadura.
2. Whisk together and leave undisturbed until bubbly (10 minutes or longer).
3. Meanwhile, mix together the dry ingredients in a large bowl.
4. Whisk into the mixture the olive oil, ground chia seeds and psyllium husks. Leave for 3 minutes then whisk again.
5. Pour the wet ingredients into the dry and mix together with a large wooden spoon.
6. Knead the dough on a lightly floured bench. Add more brown rice and sorghum flours (only 1 tablespoon at a time and no more than ¼ – ½ cup in total) until the dough holds together. (The dough should be slightly sticky.)
7. Form into a ball and place in the large bowl. Cover with cling wrap or a damp tea towel and rise in a warmed oven (preheated to 50°C (30°F) then turned off) for about 1 hour, until doubled in size.
8. Knead the dough again for 1 minute on a lightly floured bench.
9. Form the dough into a ball, place on the lined baking tray and use a sharp knife to cut a shallow criss-cross pattern across the top. Drizzle the dough with olive oil and lightly sprinkle with poppy seeds and sesame seeds.
10. Rise the dough again for 30 minutes in a warmed oven (see above).
11. Remove the baking tray gently from the oven and preheat to fanforced 200°C (400°F).
12. Bake for 40 minutes, remove from oven and let the loaf cool for 1 hour before slicing.

THERMOMIX
1. Place the warm water in the TM bowl and add the yeast and rapadura.
2. Whisk together for 5 seconds on Speed 4 and leave undisturbed until bubbly (10 minutes or longer).
3. Whisk into the mixture the olive oil, ground chia seeds and psyllium husks for 5 seconds on Speed 4. Leave for 3 minutes then whisk again for 5 seconds on Speed 4.
4. Add all of the dry ingredients to the TM bowl and for 3 minutes 30 seconds.
5. Add more brown rice and sorghum flours while kneading (only 1 tablespoon at a time and no more than ¼ – ½ cup in total) until the dough holds together. (The dough should be slightly sticky.)
6. Form into a ball and place in the large bowl. Cover with cling wrap or a damp tea towel and rise in a warmed oven (preheated to 50°C (30°F) then turned off) for about 1 hour, until doubled in size.
7. Knead the dough again for 1 minute on a lightly floured bench.
8. Form the dough into a ball, place on the lined baking tray and use a sharp knife to cut a shallow criss-cross pattern across the top. Drizzle the dough with olive oil and lightly sprinkle with poppy seeds and sesame seeds.
9. Rise the dough again for 30 minutes in a warmed oven (see above).
10. Remove the baking tray gently from the oven and preheat to fanforced 200°C (400°F).
11. Bake for 40 minutes, remove from oven and let the loaf cool for 1 hour before slicing.

Inspired by Farmhouse Seed Bread at *www.nourishingmeals.com.*
Special thanks to Cherith Dammasch for her recommendations.

Elijah Bread

463 kilojoules (111 calories) per piece

Makes 1 large baking tray of bread (approx. 32 pieces)

Preparation: 15 mins
Cooking: 20 - 25 mins

Ingredients

- 1 cup water, warm (250ml) (250g)
- 1 cup olive oil (250ml) (200g)
- 4 cups stoneground wholemeal flour (whole wheat) (480g)
- 2 teaspoons salt

Procedure

Preheat a fanforced oven to 200°C (400°F)
Line a large baking tray with baking paper or oil the tray well.

CONVENTIONAL

1. Blend the water and oil together for 10 seconds. Pour into a large bowl.
2. Add 3 cups of flour and the salt. Stir together.
3. Gradually add the remaining cup of flour. The texture will be oily once combined.
4. Roll out the dough until ½ cm (¼") thick (the dough will be stiff enough to take effort to roll out) and place on the lined baking tray.
5. Bake for 20 - 25 minutes until light golden brown.
6. Snap into approximately 32 pieces and serve, or store in an airtight container.

THERMOMIX

1. Blend the water and oil together for 3 seconds on Speed 7.
2. Add 3 cups of flour and the salt and stir for 20 seconds on Speed 5.
3. Add the remaining cup of flour and stir for 15 seconds on Speed 5. The texture will be oily once combined.
4. With a rolling pin, roll out the dough until ½ cm (¼") thick (the dough will be stiff enough to take effort to roll out) and place on the lined baking tray.
5. Bake for 20 - 25 minutes until light golden brown.
6. Snap into approximately 32 pieces and serve, or store in an airtight container.

I really love this recipe. Used with permission from Robyn Stamenkovic.

Flours (Deep Fried Bread)

622 kilojoules (149 calories) per Flour

Makes 10 flours

Preparation: 5 mins
Cooking: 15 mins

Ingredients

- 2 cups stoneground wholemeal flour (whole wheat)
- 1 ¾ cups water (450ml) (450g)
- 2 teaspoons rapadura
- ⅓ cup rice bran oil + extra, if needed

Procedure

CONVENTIONAL

1. Combine all of the ingredients (except for the oil), adding the water gradually.
2. Heat the oil in a large frypan over a high heat until very hot. Test the oil by carefully dripping a small amount of the mixture into the frypan. Once it is hot enough, the oil should bubble vigorously around the mixture.
3. Fry ¼ cup scoops of the mixture on each side until golden brown. The oil needs to be half way up the Flours when frying.
4. Drain on paper towels for a couple of minutes and serve hot.

THERMOMIX

1. Place all of the ingredients (except for the oil) into the TM bowl and stir on Speed 5 for 20 seconds.
2. Heat the oil in a large frypan over a high heat until very hot. Test the oil by carefully dripping a small amount of the mixture into the frypan. Once it is hot enough, the oil should bubble vigorously around the mixture.
3. Fry ¼ cup scoops of the mixture on each side until golden brown. The oil needs to be half way up the Flours when frying.
4. Drain on paper towels for a couple of minutes and serve hot.

Alternatives

- Vegetable oil can be used in place of the rice bran oil.

Serving suggestions

- Savoury – Vegemite (yeast spread).
- Sweet – strawberry jam (jelly) & Soy Whipped Cream (p.110).

Thanks to Cecilia Dakire for this homemade recipe from Papua New Guinea.

Dips & Spreads

Tomato Sauce (Ketchup)

kcal 53 kilojoules (12 calories) per serve (2 tablespoons)

Makes 1 ½ cups (24 serves)

Preparation: 1 min

Ingredients

- 1 tin tomato soup (420g) (14 ½ oz)
- 2 tablespoons lemon juice (30g)
- ½ teaspoon garlic powder
- Fresh parsley, to garnish (optional)

Procedure

CONVENTIONAL

1. Stir all of the ingredients together in a small bowl. Garnish (optional) and serve.

THERMOMIX

1. Combine all of the ingredients in the TM bowl on Speed 4 for 5 seconds. Transfer to a small bowl, garnish (optional) and serve.

Hummus

kcal 1369 kilojoules (327 calories) per serve (2 tablespoons)

Makes 1 ½ cups (12 serves)

Preparation: 1 min

Ingredients

- 1 tin chickpeas, drained (1 cup cooked chickpeas)
- 2 tablespoons lemon juice (30g)
- 4 tablespoons tahini (80g) (sesame seed paste)
- 4 large garlic cloves
- ¾ teaspoon salt
- 3 tablespoons olive oil (30g)
- 2 teaspoons ground cumin
- Water, enough to make the hummus smooth
- Ground paprika & olive oil, to garnish (optional)

Procedure

CONVENTIONAL

1. Blend all of the ingredients until smooth, adding water gradually. Transfer to a small bowl, garnish lightly (optional) and serve.

THERMOMIX

1. Blend all of the ingredients for 1 minute 15 seconds on Speed 7, adding water gradually. Transfer to a small bowl, garnish lightly (optional) and serve.

Serving suggestions

- Serve as a tasty dip with corn chips.
- Spread over wholemeal toast (whole wheat).

Raw Cashew Mayonnaise

kcal 147 kilojoules (35 calories) per serve (1 tablespoon)

Makes 2 cups (32 serves)

Preparation: 1 min
Blending: 1 - 3 mins

Ingredients

- 2 cups raw cashews (300g)
- 1 cup water (250ml)
- ½ teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 3 tablespoons lemon juice
- Fresh mint, to garnish (optional)

Procedure

CONVENTIONAL

1. Blend all of the ingredients until smooth. Transfer to a medium-sized bowl, garnish (optional) and serve.

THERMOMIX

1. Blend all of the ingredients for 1 minute 15 seconds on Speed 7. Transfer to a medium-sized bowl, garnish (optional) and serve.

Serving suggestions

- Use in place of standard mayonnaise.
- Serve as a dip or cheese sauce for steamed vegetables or Vegan Pizza (p.42).
- Stir in some chopped capers and pickles and serve as a vegan tartare sauce.

Tips

- The mayonnaise will thicken on standing.
- Will keep covered for up to 3 days in the refrigerator.

Alternatives

- Use roasted cashews.
- Double the water to 2 cups. Blend all of the ingredients until smooth. Transfer to a medium-sized saucepan and heat over a medium heat until thick. Cool and chill before serving.

Adapted from www.amazinghealth.org's Cashew Mayonnaise.

Soy Mayonnaise

534 kilojoules (127 calories) per serve (2 tablespoons)

Makes 2 cups (32 serves)

Preparation: 1 min

Ingredients

- 1 cup soy milk (250ml) (250g)
- 1 cup rice bran oil (250ml) (200g)
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 2 tablespoons lemon juice (30ml) (30g)

Procedure

CONVENTIONAL

1. Blend all of the ingredients (except for the oil) on high speed for 1 minute.
2. Continue blending on high speed and very slowly pour in the oil through the hole in the lid of your blender.
3. Transfer to a medium-sized bowl and serve.

THERMOMIX

1. Blend all of the ingredients (except for the oil) for 5 seconds on Speed 7.
2. Continue blending on Speed 7. Holding the MC in place (upside down) with a finger and pour the oil onto the TM lid.
3. Once all of the oil is added, turn off the TM.
4. Transfer to a medium-sized bowl and serve.

Tips

- The Soy Mayonnaise will keep covered for up to 3 days in the refrigerator.
- Use in place of regular sour cream.

Serving suggestions

- A creamy dressing for the Green Garden Salad (p.38).
- A delicious 'sour cream' for vegan nachos.

Alternatives

- Stir in 2 heaped teaspoons of dried dill or 2 tablespoons freshly chopped dill for a herby mayonnaise.
- Use ½ cup of cashews in place of ½ cup of the rice bran oil. Blend the cashews with the remaining ingredients (except for the oil) and add the oil as above.

Inspired by Elvira Dammasch's Homemade Soy Mayonnaise.

Golden Gravy

205 kilojoules (49 calories) per serve (¼ cup)

Makes 2 cups (8 serves)

Cooking time: 10 mins

Ingredients

- ¼ cup stoneground wholemeal flour (whole wheat)
- ¼ cup savoury yeast flakes (nutritional yeast)
- ¼ cup rice bran oil (50g)
- 2 cups cold water (500ml)
- 2 tablespoons soy sauce

Procedure

CONVENTIONAL ONLY

1. Heat a medium-sized frypan over a medium-high heat until warm.
2. Add the flour and yeast flakes. Stir continuously until you can smell them cooking. (They will smell really good!)
3. Pour in the oil. Stir and cook for 2 more minutes.
4. Add the cold water gradually and stir vigorously to keep the Gravy smooth.
5. Cook for 2 more minutes and remove the frypan from the heat.
6. Stir in the soy sauce and transfer to a gravy boat.
7. Serve hot.

Serving suggestions

- Delicious served over Gluten Steaks (p.34) with oven-baked potatoes and steamed broccoli.

Recipe inspired by Pot of Gold Gravy from 'Ecological Cooking' © 1992.

Entrées (Main Meals)

Bachelor's Curry

3905 kilojoules (933 calories) per serve

Makes 4 serves

Preparation: 15 mins
Cooking: 45 mins

Ingredients

- 2 large onions, diced
- 1 large bulb of garlic, minced (Yes, 18 cloves!)
- 2 tablespoons peanut oil
- 4 teaspoons ground turmeric
- 4 teaspoons ground paprika
- 2 teaspoons ground coriander (ground cilantro)
- 2 teaspoons ground cumin
- 3 medium potatoes (washed), large cubes
- ¼ cup soy sauce (65g)
- 2 cups coconut cream (500ml) (500g)
- 1 tin brown lentils, drained (1 cup cooked)
- 2 tins chickpeas, drained (2 cups cooked)
- Fresh coriander (cilantro), to garnish (optional)
- 1 - 1 ½ teaspoons salt, to taste

Procedure

CONVENTIONAL

1. Sauté the onions and garlic with the peanut oil in a deep, large frypan over a medium-high heat until the onion is clear.
2. Add the turmeric, paprika, coriander and cumin and stir continuously until fragrant. (You'll be able to smell the spices more strongly once they're ready.)
3. Add the remaining ingredients and stir well.
4. Cover and reduce to a gentle simmer over a low heat, stirring regularly. Cook for approximately 45 minutes until the potato is soft.
5. Garnish with fresh coriander (optional) and serve.

THERMOMIX

1. Chop the halved onion pieces with the garlic for 2 seconds on Speed 7.
2. Sauté with the oil at 100°C (212°F) for 5 minutes on Speed 1.
3. Add the turmeric, paprika, coriander and cumin to the TM bowl. Heat for 2 minutes on Varoma temperature on Speed 1. (You'll be able to smell the spices more strongly once they're ready.)
4. Add the remaining ingredients (except for the cooked lentils and chickpeas) and stir for 5 seconds on ↻ Speed 3.
5. Place the cooked lentils and chickpeas in the Varoma, making sure to leave some holes uncovered for the steam to get in. Remove the MC and sit the Varoma on top of the TM bowl.
6. Cook for 5 minutes at 100°C (212°F) on ↻ Speed soft.
7. Reduce to a simmer for 30 minutes at 90°C (194°F) on ↻ Speed soft until the potato is soft.
8. Transfer the curry, lentils and chickpeas to the Thermoserver and gently stir to combine. Leave covered for 10 minutes.
9. Garnish with fresh coriander (optional) and serve.

Tips

- The potatoes can be pre-cooked to save time, but they won't be as flavoursome.
- Because of the coconut cream, this curry can burn easily, so remember to stir it often.
- Like it spicy? Add a ¼ - ½ teaspoon of cayenne pepper.

Serving suggestions

- Serve alone, over brown rice (see photograph) or in wraps.

A much loved recipe from Michael Cudmore.

Carrot Rice Loaf

2739 kilojoules (655 calories) per serve

Makes 6 serves

Preparation: 15 mins
Cooking: 1 hr

Ingredients

- 1 cup natural peanut butter (280g)
- 2 cups oat milk (500ml) (500g)
- 4 cups grated carrot (approx. 5 carrots)
- 2 cups cooked brown rice
- 2 medium onions, finely diced
- 2 heaped teaspoons minced garlic (2 cloves)
- 6 tablespoons cold-pressed extra virgin olive oil (60g)
- 1 teaspoon salt
- 3 teaspoons Italian herbs
- 1 cup wholemeal bread crumbs (whole wheat) (100g)

Procedure

Preheat a fanforced oven to 190°C (375°F).
Line a loaf tin or medium-sized baking dish with baking paper or oil the tin or medium-sized baking dish well.

CONVENTIONAL

1. Blend the peanut butter and oat milk until creamy.
2. Combine the carrot, rice and creamy peanut mixture in a large bowl. Set aside.
3. Sauté the onion and garlic with the oil over a medium-high heat for 2 minutes.
4. Add the salt, Italian herbs and bread crumbs and stir over the heat for another 2 minutes.
5. Remove from the heat and combine with the other ingredients in the large bowl and mix thoroughly.
6. Bake uncovered in the lined baking dish for 1 hour until evenly browned.
7. Serve.

THERMOMIX

1. Blend the peanut butter and oat milk for 7 seconds on Speed 7.
2. Combine the carrot, rice and creamy peanut mixture in a large bowl. Rinse the TM bowl.
3. Mince the onion halves and garlic for 4 seconds on Speed 7.
4. Add the oil and sauté for 3 minutes at 100°C (212°F) on Speed 1.
5. Add the salt, Italian herbs and bread crumbs and heat for 2 minutes at 100°C (212°F) on Speed 1.
6. Pour into the large bowl of ingredients and mix thoroughly.
7. Bake uncovered in the lined baking dish for 1 hour until evenly browned.
8. Serve.

Serving suggestions

- Smother in Golden Gravy (p.26) with a generous side of Green Garden Salad (p.38) and Homemade Baked Chips (p.54).

Tip

- Use leftover rice.

Alternatives

- GLUTEN-FREE – Use rice crumbs in place of bread crumbs.
- Any vegan milk can be used in place of the oat milk.
- Replace the rice with cooked millet or quinoa.

Gluten Steaks

1061 kilojoules (253 calories) per steak

Makes 8 steaks

Preparation: 25 mins
Cooking: 1 hr & 15 mins (30 mins simmering, 30 mins cooling, 15 mins frying)

Ingredients

GLUTEN STEAKS
- 1 ½ cups water (375g)
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 2 cups gluten flour (270g)
- 2 tablespoons soy sauce (45g)
- 1 tablespoon torula yeast
- 1 teaspoon onion powder

BROTH INGREDIENTS
- 2 litres water (3 ½ pints)
- 1 onion, large chunks
- 1 stick celery, large chunks
- 1 large carrot, large chunks
- 2 tablespoons vegetable stock powder (broth powder)

CRUMBING INGREDIENTS
- ½ cup besan flour (chickpea flour)
- ¼ teaspoon salt
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ - ½ cup water (60 - 125ml)
- 1 - 2 cups breadcrumbs, to coat
- Oil, for frying

Tips

- Over-stirring will make the Gluten Steaks tough. Stir just enough to combine the liquid with the gluten flour.
- Dip the Gluten Steaks into your favourite batter instead of crumbing.
- Save the excess Broth to use as the base for the Veggie Bean Soup (p.70).
- Make your own breadcrumbs. Tear up cooled, toasted bread into small bite-sized pieces and pulse in a blender until fine (TM – Tear each slice in half and mill for 5 - 8 seconds on Speed 9).

Alternatives

- For the Gluten Steaks – Dissolve vegan stock powder (broth) (vegetable/chicken/beef flavour) in a little of the water and omit the salt, garlic powder, soy sauce, torula yeast and onion powder.
- For the Broth – Use 1 cup of soy sauce in place of the vegetable stock powder.
- Use soy milk in place of the besan flour (chickpea flour) mixture.
- Use savoury yeast flakes (nutritional yeast) in place of the torula yeast for a lighter flavour.

Serving suggestions

- Serve 1 - 2 Gluten Steaks with a heap of mashed potato, baby peas and Golden Gravy (p.26) (see photograph).

Gluten Steaks Procedure

CONVENTIONAL
1. Stir together all ingredients in a large bowl until just combined.
2. Divide the mixture into 8 even pieces. Shape and stretch into Steaks (avoid over handling) and place on a clean bench, not touching each other, and prepare the Broth.

THERMOMIX
1. Stir all ingredients for 2 seconds only on Speed 5.
2. Follow CONVENTIONAL Step 2.

Broth Procedure

CONVENTIONAL ONLY
1. Bring all of the ingredients to the boil in a large saucepan and carefully lower in the prepared Gluten Steaks, one by one.
2. Reduce to a medium-low simmer for 30 minutes.
3. Remove the saucepan from the heat. Using a colander, drain the Broth from the Gluten Steaks (collect the Broth in a large bowl) and leave them to cool.

Crumbing Procedure

CONVENTIONAL
1. Blend all of the ingredients (except for bread crumbs) for 1 minute until smooth and pour into a medium-sized bowl. Add enough water to create a runny (but not watery) mixture.
2. Dip each Gluten Steak into the mixture, coat both sides with breadcrumbs and shallow fry each side in hot oil until golden brown. Drain on paper towels and serve.

THERMOMIX
1. Blend all of the ingredients (except for the breadcrumbs) for 20 seconds on Speed 7 and pour into a medium-sized bowl. Add enough water to create a runny (but not watery) mixture.
2. Follow CONVENTIONAL Step 2.

Recipe gratefully adapted from Evelin Graf and Adele Trost's scrumptious gluten recipes.

Sweet Soy Tofu Stirfry

2400 kilojoules (574 calories) per serve

Makes 2 serves

Preparation: 5 mins
Cooking: 10 - 15 mins

Ingredients

- 1 cup basmati rice + ¼ teaspoon salt + 1 ¾ cups water (450ml) + extra for rinsing
- 1 large onion, sliced
- 2 teaspoons minced garlic
- 2 tablespoons sesame oil
- 300g hard tofu (10 ½ oz), bite-sized chunks
- ½ red capsicum, thin strips (bell pepper)
- 10 button mushrooms, sliced
- 1 broccoli, small pieces
- ¼ large head of cabbage, sliced thinly
- 1 large carrot, thin sticks
- 3 tablespoons soy sauce
- 3 tablespoons rapadura

Procedure

CONVENTIONAL ONLY

1. Rinse the rice thoroughly with cool water. Repeat until the water runs clear.
2. Add the 1 ¾ cups of water, washed rice and salt to a medium-sized deep frypan or saucepan (this will ensure that the rice will cook evenly).
3. Bring to the boil on high heat and cover with a lid, leaving a slight gap for a little steam to escape. Reduce to a low simmer and cook for 15 minutes.
4. Remove the frypan or saucepan from the heat and close the lid properly. Leave it to sit undisturbed for 10 - 15 minutes while you prepare and cook the stirfry. The rice will be perfectly cooked by then.
5. Sauté the onion, garlic and sesame oil over high heat in a large frypan until the onion is soft.
6. Add the remaining ingredients. Stir quickly for 3 - 5 minutes.
7. Remove from the heat.
8. Fluff the rice lightly with a fork and serve immediately with the stirfry.

Alternatives

- GLUTEN-FREE - Use tamari or Bragg's Aminos in place of the soy sauce.
- In place of the basmati rice, serve the Sweet Soy Tofu Stirfry over brown rice noodles or fresh hokkien noodles. Follow the packet instructions to prepare the noodles.

Tips

- Save the broccoli stem and add it to the Veggie Bean Soup (p.70).
- The shorter the cooking time, the crunchier the veggies!
- If you're counting kilojoules (calories), eat the stir-fry without the rice. This will bring the calorie count down to 1720 kilojoules (411 calories) per serve.
- Save time and cook the rice in a rice cooker. Use the same amounts of rice, water and salt and set to cook.

Green Garden Salad

644 kilojoules (154 calories) per serve

Makes 2 serves

Preparation: 15 mins

Ingredients

SALAD
NOTE: Wash all salad ingredients thoroughly.

- 1 grated carrot
- ⅓ large iceberg lettuce, thinly sliced
- 2 large tomatoes, diced
- 1 small red onion, finely diced
- 1 medium cucumber, diced
- 1 radish, finely sliced (optional)
- 1 tablespoon black olives, sliced (optional)
- ½ cup baby spinach leaves (optional)

- DRESSING
- 1 ½ tablespoons lemon juice
- 1 – 2 tablespoons olive oil
- ¼ – ½ teaspoon salt or Herbamare (herbed sea salt)

Tips

- For a marinated salad stir in the dressing 15 minutes before eating, but for a crisp salad stir in the dressing just before serving, or serve the dressing separately.

Procedure

CONVENTIONAL ONLY

1. Combine all of the Salad and Dressing ingredients In a large bowl and toss through.

Serving suggestions

- Include as a healthy side salad for Vegan Sausages (p.62) with Homemade Baked Chips (p.54).

Alternatives

- A variety of lettuces, including butter lettuce and curly lettuce, can be substituted for the iceberg.
- Add sugar snap peas, baby kale, cooked chickpeas, finely sliced pak choy or rocket.
- Raw Cashew Mayonnaise (p.23) or Soy Mayonnaise (p.24) with freshly chopped dill are alternate dressings for the salad.

Coconut Curry Tofu

1993 kilojoules (476 calories) per serve

Makes 4 serves

Preparation: 10 mins
Cooking: 10 mins

Ingredients

- 1 ¼ cups brown rice + ¼ teaspoon salt + 2 ½ cups water (625ml) + extra, for rinsing
- 2 tablespoons rice bran oil
- 1 onion, finely diced
- 1 teaspoon ginger, finely minced
- 2 cloves garlic, finely minced
- 1 teaspoon ground coriander (ground cilantro)
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 - 2 teaspoons curry powder
- ¾ cup coconut cream (240ml)
- ¼ cup tamari (50g)
- ½ teaspoon rapadura
- 500g firm tofu (17 ½ oz), bite-sized chunks
- 4 tomatoes, diced
- ½ red capsicum, thinly sliced (bell pepper)
- 1 tin whole champignons (mushrooms), drained (14 oz)
- 1 teaspoon salt
- ¼ cup fresh basil, chopped
- 4 cups bok choy, chopped
- Cayenne, to taste
- ½ cup water, if needed

Procedure

CONVENTIONAL ONLY

1. Rinse the rice thoroughly with cool water. Repeat until the water runs clear.
2. Add the 2 ½ cups of water, washed rice and salt to a medium-sized, deep frypan or saucepan. (This will ensure that the rice will cook evenly.)
3. Bring to the boil over a high heat and cover with a lid, leaving a slight gap for a little steam to escape. Reduce to a low simmer and cook for 15 minutes.
4. Remove the frypan or saucepan from the heat and close the lid properly. Leave it to sit undisturbed for 10 - 15 minutes while you prepare and cook the curry. The rice will be perfectly cooked by then.
5. Mix together the oil, onion, ginger, garlic, coriander, cumin, turmeric and curry powder in a large frypan over a medium-high heat until you can smell the spices strongly.
6. Stir in the coconut cream, tamari and rapadura and heat until bubbling.
7. Stir in the tofu, tomatoes, capsicum, champignons and salt. Reduce the heat slightly and cover and cook for 5 more minutes, stirring occasionally.
8. Mix in the basil, bok choy and ½ cup of water (if needed) and cook uncovered for a further 5 minutes, stirring regularly.
9. Serve over the cooked brown rice.

Serving suggestions

- In place of brown rice, serve the curry over brown rice noodles or fresh hokkien noodles. Follow the packet instructions to prepare the noodles.
- Serve the Coconut Tofu Curry with pan-fried, wholemeal chapattis (whole wheat) from the frozen section at your local Indian grocery store.

Vegan Pizza

1288 kilojoules (307 calories) per slice

Makes 1 pizza (8 slices)

Preparation and Cooking: See below for times.

Pizza Preparation and Cooking

PIZZA BASE
- Follow the Multigrain Bread/Pizza Base recipe (p.12). NOTE: The Vegan Pizza recipe makes 1 pizza.
- Preparation: 35 minutes + 1 ½ hours rising time.

SAUCE & TOPPING
- Preparation: 15 minutes.

CHEESE
- Follow the Raw Cashew Mayonnaise (p.23).
- Preparation: 1 minute.
- Blending time: 1 – 3 minutes.

PREPARED PIZZA
- Cooking: 12 – 15 minutes.

Sauce Ingredients

- 4 cloves garlic, minced
- 1 small onion, diced
- 3 heaped tablespoons tomato paste
- 2 tablespoons olive oil
- ½ teaspoon dried oregano
- ½ teaspoon dried basil

Alternatives

- Use pre-made wholemeal (whole wheat) or gluten-free pizza bases from your local supermarket or organic store.
- Create a pizza base using two wholemeal wraps (whole wheat) with 2 teaspoons of olive oil spread evenly in between.
- Swap out the Sauce for a store-bought vegan BBQ sauce or vegan pasta sauce.
- Change the Nutmeat for Nutolene (Vegie Delights brand) or marinated tofu.
- In place of the Raw Cashew Mayonnaise, top your Vegan Pizza with the Lasagne Cheese sauce (p.58) or Soy Mayonnaise (p.24).

Toppings Ingredients

- 3 small button mushrooms, sliced
- 15 olives, sliced into thirds
- 8 sundried tomatoes, thin strips
- 1 large tomato, diced
- ½ tin of Nutmeat (Vegie Delights brand), bite-sized chunks
- 1 small head of broccoli, small pieces
- ½ – 1 cup of Raw Cashew Mayonnaise (p.23) + ½ – 1 tablespoon water
- 2 tablespoons savoury yeast flakes (nutritional yeast)

Pizza Procedure

Preheat a fanforced oven to 250°C (475°F).
Line a pizza tray with baking paper or oil the tray well.

CONVENTIONAL
1. Combine the Sauce ingredients in a small bowl.
2. Spread evenly over the prepared pizza base.
3. Layer your Toppings ingredients evenly across the Pizza Base.
4. Blend the Raw Cashew Mayonnaise with the ½ cup of water on high speed for 30 seconds. Drizzle over the Pizza and sprinkle with yeast flakes.
5. Bake on the lined pizza tray for 12 – 15 minutes until golden brown.

THERMOMIX
1. Using the Sauce ingredients, place onion halves and garlic in the TM bowl and mince for 2 seconds on Speed 7.
2. Scrape down the sides and add the remaining ingredients. Stir for 5 seconds on Speed 5.
3. Spread evenly over the prepared pizza base.
4. Layer the Toppings ingredients evenly across the Pizza Base.
5. Blend the Raw Cashew Mayonnaise with 1 tablespoon of water on Speed 7 – 8 for 5 seconds. Drizzle over the Pizza and sprinkle with yeast flakes.
6. Bake on the lined pizza tray for 12 – 15 minutes until golden brown.

Serving suggestions

- Serve the Vegan Pizza hot or cold. It's awesome either way!

Potato Salad

1674 kilojoules (400 calories) per serve

Makes 6 side serves

Preparation: 5 mins
Cooking: 15 mins

Ingredients

- 1 ½ litres water (1 ⅓ quarts) + 1 teaspoon salt
- 5 large potatoes (washed or peeled, if preferred), halved
- 1 cup raw cashews (150g)
- ½ cup water (125g)
- ½ teaspoon salt + extra, to taste
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- 1 ½ - 2 tablespoons lemon juice
- 1 medium brown onion, finely diced
- ½ tablespoon dried mint

Serving Suggestion

- Serve with Vegan Sausages (p.62) and Green Garden Salad (p.38).

Alternative

- Stir Soy Mayonnaise (p.24) through cooked, cooled and diced potatoes.

Tips

- The mayonnaise in the Potato Salad will thicken overnight. Stir in a little soy milk through the Salad immediately prior serving.
- In place of lemon juice, use ½ teaspoon of citric acid dissolved in 1 ½ tablespoons of hot water.

Procedure

CONVENTIONAL

1. Bring the water to the boil in a large-sized saucepan. Add the potatoes and salt and boil until soft enough for a skewer to easily glide through the whole potato (10 - 15 minutes). Drain and place in a large bowl and cool in the refrigerator.
2. Blend all remaining ingredients (except for the mint and onion) on the highest speed until smooth. Pause to scrape down the sides as necessary. Add more lemon juice if desired.
3. Add the mint to the mayonnaise and blend for 5 seconds on the lowest speed.
4. Once the potatoes are cool, cut into large, bite-sized chunks. In a large bowl, gently stir the onion, mint and mayonnaise through the potato. Add extra salt to taste.
5. Serve as a side salad.

THERMOMIX

1. Bring the water and salt to the boil for 8 minutes at 100°C (212°F) on Speed 1.
2. Slice the potatoes into large, bite-sized chunks and place in the Varoma. Steam for 25 minutes on Speed 4 at Varoma temperature. Transfer to a large bowl and cool in the refrigerator. Empty the water out of the TM.
3. Place the halved onion pieces in the TM bowl. Chop for 2 seconds on Speed 7 and transfer to a small bowl.
4. Blend all of the remaining ingredients (except for the mint) for 1 minute 15 seconds on Speed 7 - 8. Pause to scrape down the sides as necessary. Add more lemon juice if desired.
5. Add the mint and stir for 3 seconds on Speed 4.
6. Once the potatoes are cool, in the Thermoserver gently stir the onion, mint and mayonnaise evenly through and add extra salt to taste.
7. Serve as a side salad.

Thanks to Stephanie Muirhead for the mint tip. I've never looked back!

Lentil Stew

1215 kilojoules (290 calories) per serve

Makes 6 serves

Preparation: 15 mins
Cooking: 1 hr

Ingredients

IMPORTANT NOTE: For Thermomix, halve the recipe.

- 2 medium onions, bite-sized chunks
- 3 teaspoons minced garlic
- ¼ large head of cabbage, sliced thinly
- 2 stalks celery, small chunks
- 2 tablespoons rice bran oil
- 1 large carrot, diced
- 1 red capsicum, bite-sized chunks (bell pepper)
- 2 large potatoes (washed), bite-sized chunks
- 1 ½ cups pumpkin (peeled), bite-sized chunks (210g)
- 1 cup red whole lentils, dry (220g)
- ½ cup frozen peas
- 1 ½ litres water (1 ½ quarts)
- 6 teaspoons vegan chicken flavoured stock powder (Massel Brand)
- 2 - 3 teaspoons salt, to taste
- 1 tin diced tomatoes (400g) (14 oz)

Serving Suggestion

- Serve with a side of crusty Multigrain Bread (p.12) spread with avocado.

Procedure

CONVENTIONAL

1. Sauté the onions, garlic, cabbage and celery with the oil in a large-sized saucepan over a high heat for 10 minutes. Stir often.
2. Add the remaining ingredients and bring to the boil.
3. Reduce to a low heat and simmer for 20 minutes, stirring occasionally.
4. Cover with a lid and simmer for another 25 minutes, until the lentils are soft.
5. Serve.

THERMOMIX – Remember to halve the recipe.

1. Sauté the onions, garlic, cabbage and celery with the oil for 10 minutes at Varoma temperature on Speed 2.
2. Add the remaining ingredients and bring to the boil on ↻ for 15 minutes at 100°C (212°F) on Speed soft.
3. Simmer for 45 minutes on ↻ Speed soft at 90°C (194°F), until the lentils are soft.
4. Serve.

Tips

- Pressure cook the Lentil Stew. Sauté onions, garlic, cabbage and celery with the oil for 5 minutes. Add the remaining ingredients and pressure cook for 20 minutes.

Mexi-Lentil Burritos

1348 kilojoules (322 calories) per burrito

Makes 8 burritos

Preparation: 10 mins
Cooking: 20 mins
(+ 5 mins for the mayonnaise)

Ingredients

MEXI-LENTILS

- 1 cup whole red lentils, dry + 3 ½ cups water (875ml) (875g)
- 1 large onion, diced
- 2 teaspoons minced garlic (2 cloves)
- 1 tablespoon olive oil
- 2 tablespoons ground paprika
- ½ cup water (125ml) (125g) + extra, if needed
- 1 teaspoon ground cumin
- ¼ cup savoury yeast flakes (nutritional yeast)
- 1 ½ - 2 teaspoons salt, to taste

BURRITOS, SALAD AND MAYONNAISE

NOTE: Wash all salad ingredients thoroughly.

- 8 stoneground wholemeal wraps (whole wheat burritos)
- 2 medium, ripe avocados, sliced
- 2 large tomatoes, diced
- 3 leaves of iceberg lettuce, sliced thinly
- 1 large grated carrot
- ½ continental cucumber, sliced thinly
- ½ block of vegan Bio Cheese (My Life brand), grated (100g) (3 ½ oz) (optional)
- 8 tablespoons Soy Mayonnaise (p.24) or Raw Cashew Mayonnaise (p.23)

Alternatives

- Use store-bought vegan mayonnaise, such as Soy Mayonnaise (Kingland brand) or Original Vegenaise (Follow Your Heart brand).
- Use 2 tins of brown lentils (drained) (2 cups cooked) or 1 tin of brown lentils (drained) and 1 tin of red kidney beans (1 cup cooked of each).

Serving Suggestion

- In place of the wraps use corn chips and create 'haystacks' with a dollop of Salsa (p.66) or serve the Mexi-Lentils over brown rice with the salad and mayonnaise on the side.

Procedure

CONVENTIONAL

1. Cover the lentils with the water and bring to the boil in a medium-sized saucepan. Reduce to a medium-low heat and simmer for 10 - 15 minutes until soft. Drain and set aside.
2. Reuse the saucepan and sauté the onion and garlic with the oil over a medium-high heat until clear.
3. Add the paprika and cumin and stir until you can smell the spices strongly.
4. Gently stir in the lentils and ½ cup of water.
5. Add the savoury yeast flakes and salt and stir through.
6. Bring to the boil and then reduce to a low simmer (slightly uncovered) for 15 minutes. Add a little more water if necessary.
7. Create each Mexi-Lentil Burrito by filling a wrap with Mexi-Lentils and each of the salad ingredients, Bio Cheese and the mayonnaise. Roll and eat!

THERMOMIX

1. Cover the lentils with the water in the TM bowl and heat for 8 minutes on ↻ Speed soft.
2. Simmer for 10 - 15 minutes at 90°C (194°F) on ↻ Speed soft, until the lentils are soft. Drain using the basket. Set aside.
3. Chop the halved onion pieces and garlic for 2 seconds on Speed 7.
4. Pour in the oil and sauté for 3 minutes at 100°C (212°F) on Speed 1.
5. Add the paprika and cumin. Heat for 3 minutes at 120°C (250°F) on Speed 2.
6. Add the tinned lentils and ½ cup of water and stir for 15 seconds on ↻ Speed 2.
7. Add the yeast flakes and salt and stir through on ↻ Speed 2 for 5 seconds.
8. Cook for 20 minutes at 100°C (194°F) on ↻ Speed soft. Put the MC on an angle to allow the steam to escape.
9. Create each Mexi-Lentil Burrito by filling a burrito with Mexi-Lentils and each of the salad ingredients, Bio Cheese and the mayonnaise. Roll and eat!

Tips

- Pressure cook the whole red lentils in 3 ½ cups of water (875ml) for 10 minutes.

Tomato Brazil Bake

1494 kilojoules (357 calories) per serve

Makes 6 serves

Preparation: 25 mins
Cooking time: 1 hr

Ingredients

- 1 cup brazil nuts, ground (150g)
- 2 cups rolled oats, uncooked (200g)
- 2 ½ cups water (625ml) (625g)
- 5 tablespoons Bragg's Aminos
- ¼ cup extra virgin olive oil
- 1 heaped teaspoon minced garlic
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- ¼ teaspoon dried marjoram
- 2 tablespoons tomato paste
- 3 heaped tablespoons potato flour

Procedure

Preheat a fanforced oven to 200°C (400°F).
Line a loaf tin or medium-sized baking dish with baking paper.

CONVENTIONAL

1. Mix together the brazil nuts and oats in a large heatproof bowl. Set aside.
2. Combine the water, Bragg's Aminos, oil, garlic, basil, oregano and marjoram in a medium-sized saucepan and bring to the boil.
3. Remove from the heat and pour immediately over the brazil nuts and rolled oats. Stir through and leave for 15 minutes until most of the liquid is absorbed.
4. Gently stir in the tomato paste, until the mixture is an even pink colour.
5. Add the potato flour, ensuring it is well combined.
6. Pour mixture into a lined loaf tin or baking dish and bake for 1 hour, turning 180° halfway through baking.
7. Slice and serve.

THERMOMIX

1. Grind brazil nuts for 3 seconds on Speed 9.
2. Add in rolled oats and stir for 3 seconds on Speed 5. Transfer to a large heatproof bowl and set aside.
3. Combine all remaining ingredients (except for tomato paste) and bring to the boil for 6 minutes at 100°C (212°F) on Speed 1.
4. Pour liquid immediately over the brazil nuts and rolled oats. Stir through and leave for 15 minutes until most of the liquid is absorbed.
5. Gently stir in the tomato paste, until the mixture is an even pink colour.
6. Add the potato flour, ensuring it is well combined.
7. Pour mixture into a lined loaf tin or baking dish and bake for 1 hour, turning 180° halfway through baking.
8. Slice and serve.

Serving Suggestions

- Serve with Golden Gravy (p.26), oven-baked potato and pumpkin, lightly boiled peas, corn and diced carrot.
- Create a sandwich. Take 2 slices of wholemeal bread (whole wheat) and add a thin slice of the Tomato Brazil Bake, a layer of fresh tomato and cucumber slices. Top with Soy Mayonnaise (p.24), Tomato Sauce AKA Ketchup (p.22) and a crispy leaf of iceberg lettuce.

Alternatives

- GLUTEN-FREE - Use rice flakes in place of the rolled oats.
- Use pecans or walnuts in place of the brazil nuts.
- Use gluten flour in place of the potato flour.
- Use ½ tin of diced tomatoes (200g) (7 oz) in place of the tomato paste.

Pine Nut Pasta

2064 kilojoules (493 calories) per serve

Makes 2 serves

Preparation: 15 mins
Conventional Cooking: 30 - 45 mins
Thermomix Cooking: 29 mins (Pasta) + 13 mins (Pasta Sauce)

Ingredients

- 2 litres water (3 ½ pints) (only 1500g for TM) + 1 teaspoon salt
- 250g wholemeal spiral pasta (8 oz) (whole wheat)
- 1 tablespoon pine nuts
- 1 onion, diced
- 2 teaspoons minced garlic (2 cloves)
- 2 tablespoons cold-pressed extra virgin olive oil
- 8 button mushrooms, sliced
- 1 small zucchini, sliced
- 6 sun-dried tomatoes, chopped finely
- 8 stuffed Spanish olives (green olives with pimento), sliced into thirds
- 1 tablespoon tomato paste
- 1 large tomato, finely diced
- ¾ - 1 cup Original V8 juice (tomato-based, vegetable juice) (175 - 250ml) (195 - 260g)
- 2 tablespoons fresh basil, thinly sliced
- 1 tablespoon fresh oregano
- ½ - 1 teaspoon salt, to taste
- Dried basil, to garnish (optional)

Alternatives

- GLUTEN-FREE - Use gluten-free pasta (follow packet instructions to prepare).

Serving Suggestions

- Serve with a side of Garden Salad (p.38) and Multigrain Bread (p.12).

Procedure

CONVENTIONAL

1. Bring 2 litres of water and 1 teaspoon of salt to the boil in a medium-sized saucepan.
2. Pour in the spiral pasta, bring to the boil again, then cook for 13 - 21 minutes (depending on preferred texture). Drain, rinse and set aside.
3. Meanwhile, dry fry the pine nuts in a medium-sized saucepan over a medium-hot heat until golden brown. Stir continuously (to avoid burning the nuts). Once they are lightly browned, remove from the heat immediately. Transfer to a small bowl and set aside.
4. Reuse the saucepan and fry the onion and garlic with the oil over a medium-high heat until the onion is clear.
5. Add the mushrooms and cook for 2 minutes.
6. Stir in the remaining ingredients (except for the pasta and pine nuts) and heat for 2 minutes.
7. Add the cooked pasta and fried pine nuts and stir through.
8. Garnish with the dried basil (optional) and serve immediately.

THERMOMIX

1. Dry fry the pine nuts at Varoma temperature for 7 minutes on Speed 1. Transfer to a small bowl.
2. Boil 1500g of water for 8 minutes at 100°C (212°F) on Speed 1. Add the pasta and salt to the water (leave MC off) and cook for 21 minutes at 100°C (212°F) on ↻ Speed 1. The water will bubble onto the lid, but won't bubble over. Once cooked, drain, rinse and transfer to the Thermoserver.
3. Chop the halved onion and whole garlic cloves on for 2 seconds on Speed 7. Sauté for 3 minutes at 100°C (212°F) on Speed 1.
4. Add the mushrooms and cook for 2 minutes at 100°C (212°F) on ↻ Speed 1.
5. Add the remaining ingredients (except for the pasta and pine nuts) and cook for 8 minutes at 100°C (212°F) on ↻ Speed 1.
6. Add the pine nuts and stir thorough for 5 seconds on ↻ Speed 2.
7. Pour over the Pasta in the Thermoserver and gently stir through.
8. Garnish with the dried basil (optional) and serve immediately.

Homemade Baked Chips (Fries)

1685 kilojoules (402 calories) per serve

Makes 2 serves

Preparation: 5 mins
Cooking: 30 - 45 mins

Ingredients

- 4 medium potatoes (washed or peeled, if preferred)
- ½ - 1 tablespoon rice bran oil
- Salt, to taste

Procedure

Preheat a fanforced oven to 200°C (400°F).
Line a large baking tray with baking paper or oil the trays well.

CONVENTIONAL ONLY

1. Slice the potatoes in half lengthwise and then lengthwise again. (You'll end up with 4 round circles for each potato.) Then slice 6 chips for each of the circles.
2. Place the sliced potatoes into a medium-sized bowl and rub thoroughly with the oil.
3. Spread evenly over the lined baking tray and sprinkle with salt.
4. Bake for 30-45 minutes until crispy and golden.

Alternatives

- Season the chips with veggie stock powder, savoury yeast flakes (nutritional yeast) or dried herbs.

Tips

- Get the chips baking in the oven while you prepare the rest of the meal.

1. Use a 'chipper' (chip slicer).

- This recipe can be doubled or quadrupled, whatever you need.
- Remember to spread the chips out evenly on the tray so they cook evenly. If you don't have the space to spread them out, simply increase your cooking time and flip the chips over halfway through.

Lentils 'n Mash

2353 kilojoules (562 calories) per serve

Makes 4 serves

Preparation: 10 mins
Cooking: 15 mins

Ingredients

LENTILS

- 2 ½ cups button mushrooms, sliced
- 2 onions, diced
- 2 heaped teaspoons minced garlic (4 cloves)
- ¼ cup extra virgin olive oil
- 2 tins brown lentils, drained (2 cups cooked lentils)
- ½ cup stoneground wholemeal flour (whole wheat)
- ¼ cup soy sauce (65ml)
- ¼ cup rice bran oil (65ml)
- 2 cups water

MASH

- 4 large potatoes (peeled), large chunks
- Water, to cover the potatoes (approx. 1 ½ litres / 1 ⅓ quarts)
- 2 teaspoons salt
- 1 tablespoon rice bran oil
- ¼ - ½ cup rice milk (65-125ml)

Procedure

CONVENTIONAL ONLY

1. Using the Mash ingredients, place potatoes and 1 teaspoon salt in a medium-sized saucepan, cover with water and bring to the boil.
2. Cook for approximately 10-15 minutes until soft.
3. Using the Lentils ingredients, sauté the mushrooms, onions and garlic in oil over a medium-high heat until the onions are clear.
4. Add the lentils and flour and stir until the lentils are covered in the flour.
5. Add the remaining Lentils ingredients and keep stirring until the mixture thickens,.
6. Heat for 2 minutes then remove from the heat.
7. Remove the cooked potatoes from the stove. Drain and transfer back to the saucepan.
8. Mash the potatoes with 1 tablespoon of oil, ½ - 1 teaspoon salt (to taste) and add the rice milk until the desired thickness is reached.
9. Serve the Lentils over the Mash. Enjoy!

Tips

- Pressure cook the potatoes for the Mash. Bring the diced potatoes, 1 cup of water and 1 teaspoon of salt to pressure for 10 minutes.
- Make the Mash in the Thermomix. Add the diced potatoes, 1 teaspoon salt and 250g soy milk to the TM bowl. Cook for 25 minutes at 100°C (212°F) on Speed 1. Carefully remove the lid, pour in the oil and insert the Butterfly. Replace the lid and stir for 20 - 30 seconds on Speed 4. Transfer to the Thermoserver.
- The Lentils freeze well.

Serving Suggestions

- Serve with steamed asparagus or lightly boiled peas, corn and diced carrot (see photograph).
- Serve the Lentils over wholemeal (whole wheat) pasta or brown rice.

Alternatives

- GLUTEN-FREE – Use a gluten-free flour mix in place of the wholemeal flour (whole wheat) and tamari in place of the soy sauce.
- Use soy milk or unsweetened almond milk in place of rice milk.

Lasagne

2475 kilojoules (591 calories) per serve

Makes 8-10 large servings

Preparation: 40 mins
Cooking: 45 mins

Ingredients

MINCE FILLING
- 2 cups dry rolled oats (200g)
- 1 cup walnuts, ground (120g)
- 2 ½ cups water (625g)
- 5 tablespoons soy sauce (70g)
- ¼ cup rice bran oil (50g) + 1 tablespoon extra
- 1 clove garlic, minced
- 1 medium onion, chopped
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- ¼ teaspoon dried marjoram
- 8 button mushrooms, sliced
- 1 tin diced tomatoes (400g) (14 oz)
- 1 heaped tablespoon tomato paste
- 1 tin red kidney beans, drained (1 cup cooked)

PASTA SHEETS
- 1 ½ cups stone ground wholemeal flour (whole wheat) (220g) + 2 - 3 tablespoons extra
- ¾ cup water (140g)

CHEESE SAUCE
- 3 cups rice milk (750g)
- ¼ cup stone ground wholemeal flour (whole wheat) (40g)
- ½ cup savoury yeast flakes (nutritional yeast) (30g)
- 1 ½ teaspoons salt
- 4 tablespoons arrowroot flour (40g)
- 1 tablespoon lemon juice (15g)
- 2 teaspoons onion powder
- 1 teaspoon garlic powder

Serving Suggestions

- Serve with a side of Homemade Baked Chips (p.54) and Green Garden Salad (p.38).
- Smother the Vegan Pizza (p.42) with the Cheese Sauce in place of Raw Cashew Mayonnaise (p.23).

Tips

- The Lasagne freezes well.
- If the Cheese Sauce gets a bit lumpy on the stove, stir very quickly and the lumps will disappear. You can also use a whisk to stir.
- Use a pasta maker on Setting 3 to roll the Pasta Sheets.
- Use store-bought wholemeal (whole wheat) or gluten-free lasagne sheets and follow the directions on the packet.

Alternatives

- GLUTEN-FREE – Use rice flakes in place of rolled oats, tamari in place of soy sauce and gluten-free flour in place of the stoneground wholemeal flour (whole wheat).
- Use Casserole Mince (Vegie Delights brand) in place of the rolled oats and walnuts and reduce the water to ¼ cup (65ml) (65g).
- Use soy milk in place of rice milk.
- Use cornflour (corn starch) in place of arrowroot flour.

Procedure

Preheat the oven to 200°C (400°F).
Line 2 loaf tins with baking paper or oil the tins well.

CONVENTIONAL
1. Using the Pasta Sheets ingredients, in a large bowl stir the water into the flour until combined.
2. Sprinkle the bench top with 1 tablespoon of flour and knead the Pasta Sheets dough for 5 minutes (adding a small amount of extra flour to the dough if it's too sticky), then cover the Pasta Sheet dough with a damp tea towel and set aside for 20 minutes.
3. Using the Mince Filling ingredients, in a large heatproof bowl mix together the oats and walnuts. Set aside.
4. Place water, soy sauce, ¼ cup of rice bran oil, onion, garlic, basil, oregano and marjoram in a medium-sized saucepan and bring to the boil. Remove from the heat and pour immediately over the oats and walnuts. Stir through and leave to stand until most of liquid is absorbed (5-10 minutes).
5. Reuse the saucepan and cook the mushrooms with 1 tablespoon of oil over a medium-high heat until soft. Stir into the Mince Filling.
6. Meanwhile, blend all of the Cheese Sauce ingredients until smooth.
7. Transfer to the medium-sized saucepan and thicken over a high heat. Stir continuously to avoid lumps. Once thick and stretchy, remove from the heat.
8. Stir the diced tomatoes, tomato paste and red kidney beans into the oats and walnuts. Set aside.
9. Unwrap the Pasta Sheet dough and divide it into 8 equal portions.
10. Roll each portion in the 2 tablespoons of flour and then roll out the Pasta Sheet dough about 3mm (⅛") thickness, the same length as the loaf tins. Sprinkle the Pasta Sheets with flour so they don't stick to the bench or each other.
11. Layer the lasagne in each lined loaf tin as follows – 1 Pasta Sheet, 1 big scoop of Mince spread across the Pasta layer, 1 scoop of Cheese Sauce spread across the Mince layer. Repeat until you reach the top of the loaf tin, usually 4 layers.
12. Bake for 45 minutes until golden brown on top.

THERMOMIX
1. Using the Pasta Sheets ingredients, add the flour and water to the TM bowl and for 2 minutes.
2. Turn the Pasta Sheet dough onto the bench and cover with a damp tea towel. Set aside for 20 minutes.
3. Using the Mince Filling ingredients, chop the walnuts for 2 seconds on Speed 9.
4. Add in the oats and stir for 5 seconds on Speed 4. Pour into a large heatproof bowl and set aside.
5. Place the halved onion pieces and garlic in the TM bowl and chop for 2 seconds on Speed 7.
6. Add the water, soy sauce, rice bran oil, basil, oregano and marjoram to TM bowl. Stir for 3 seconds on Speed 2.
7. Heat for 5 minutes at 100°C (212°F) on Speed 1. Pour immediately over the oats and walnuts and stir through. Leave to stand until most of liquid is absorbed (5-10 minutes).
8. Cook the mushrooms with 1 tablespoon of oil at 120°C (250°F) Speed 1 and stir into the Mince Filling.
9. Blend all of the Cheese Sauce ingredients for 5 seconds on Speed 4.
10. Thicken for 10 minutes at 100°C (212°F) on Speed 3.
11. Meanwhile, stir the diced tomatoes, tomato paste and red kidney beans into the Mince Filling. Set aside.
12. Follow the Conventional Procedure Steps 9-12.

Adapted from 'The Ultimate Uncheese Cookbook' © 2003 and 'Ecological Cooking' © 1992.

Walnut Patties

1111 kilojoules (266 calories) per patty

Makes 8 patties

Preparation: 15 mins
Cooking: 30 mins

Ingredients

MUSHROOM GRAVY
- 1 ½ litres water (1 ⅓ quarts)
- 1 large onion, minced
- 2 teaspoons minced garlic
- ¼ cup coconut cream (65ml)
- 8 button mushrooms, sliced
- 1 – 1 ½ teaspoons salt, to taste
- 1 ½ tablespoons soy sauce
- 1 teaspoon rapadura
- 2 tablespoons cornflour (corn starch) + 2 tablespoons cool water, combined

PATTIES
- 1 cup rice milk (250g)
- ¾ cup chopped walnuts or pecans (75g)
- 1 ½ cups gluten flour (200g)
- 1 medium onion, diced
- 1 teaspoon salt

Procedure

CONVENTIONAL
1. Combine all Mushroom Gravy ingredients (except for the cornflour) in a large saucepan. Bring to the boil while preparing the Patties.
2. Mix together all of the Patties ingredients in a large bowl.
3. Shape ¼ cup amounts into flat Patties.
4. Cook on each side until brown in a sandwich maker or a lightly oiled frypan, then gently lower each of the patties one at a time into the bubbling Mushroom Gravy.
5. Reduce to a medium-low heat. Cover and simmer for 30 minutes.
6. Add the cornflour paste, stirring quickly (to avoid lumps) until thickened, and serve.

THERMOMIX
1. Combine all Mushroom Gravy ingredients (except for the cornflour) in a large saucepan. Bring to the boil while preparing the Patties.
2. Using the Patties ingredients, chop the halved onion and walnuts together for 2 seconds on Speed 7.
3. Add in the remaining Patties ingredients and stir for 7 seconds on Speed 5.
4. Shape ¼ cup amounts into flat patties.
5. Cook on each side until brown in a sandwich maker or a lightly oiled frypan, then gently lower each of the patties one at a time into the bubbling Mushroom Gravy.
6. Reduce to a medium-low heat. Cover and simmer for 30 minutes.
7. Add the cornflour paste, stirring quickly (to avoid lumps) until thickened, and serve.

Serving Suggestions
- Serve 1-2 Walnut Patties with a scoop of Mushroom Gravy over mashed potato with steamed broccoli and carrots and freshly cracked pepper (optional) (see photograph).

Tips
- The Patties will expand as they cook in the Mushroom Gravy, so make sure you use a large saucepan to allow for this.
- Walnut Patties freeze well.
- To save time chopping the nuts, pulse them a few times in your blender or place the pecans in a ziplock bag (with the air removed) and hit them with a rolling pin to break them apart.

Alternatives
- Tamari or Bragg's Aminos can be used in place of the soy sauce.
- Replace the coconut cream with coconut milk or soy milk for a 'less rich' gravy.

Lovingly adapted from Patricia Thompson's original vegetarian recipe.

Vegan Sausages

1011 kilojoules (240 calories) per sausage

Makes 16 sausages

Preparation: 30 mins
Cooking: 50 mins

Ingredients

- ⅓ cup sesame seeds (50g)
- ⅓ cup sunflower seeds (50g)
- ⅓ cup linseeds (flaxseeds) (60g)
- 1 tin pinto or borlotti beans, drained and mashed (240g)
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 2 ½ cups gluten flour (330g)
- ½ cup wheat germ (50g)
- ½ cup savoury yeast flakes (nutritional yeast) (50g)
- 1 ½ teaspoons fennel powder
- 2 teaspoons ground paprika
- 2 teaspoons dried oregano
- 2 cups cold vegetable stock (broth) (500g)
- 2 tablespoons olive oil (20g)
- ¼ cup soy sauce (60g)
- 1-2 litres water (1000-2000g) (1-2 quarts)

Serving Suggestions

- Serve with Golden Gravy (p.26), mashed potato, peas, corn and diced carrots (see photograph).
- Mince the sausages (pulse small chunks in your blender) and use as a mince alternative for Lasagne (p.58).

Tips

- These sausages freeze well and will keep in an airtight container in the refrigerator for up to 3 days.
- Slice or pulse (mince) the Vegan Sausages in a blender and use in the place of meat in curries and pastas.

Procedure

CONVENTIONAL

1. Pulse all of the seeds in the blender until fine.
2. Pour the seed meal and all of the dry ingredients into a large bowl and stir together.
3. Mash the beans in a large bowl.
4. Add in the wet ingredients, stir until combined and knead for 1 minute.
5. Boil 2 litres water (2 quarts) in a medium-sized saucepan.
6. Meanwhile, prepare 16 squares of aluminium foil (22cm / 8 ½") sides).
7. Divide dough into 16 even pieces. Place each piece on a square of aluminium foil and mould into an 18cm long sausage (7"). Roll the aluminium foil around each sausage and squeeze the ends closed.
8. Place wrapped sausages in a steamer over the boiling water. (You will possibly need to steam the sausages in two separate lots depending on the size of your steamer.) Cover and steam for 40 minutes over a high heat. Add more water as needed.
9. Carefully unwrap each sausage (they'll be very hot), fry in a little oil until brown all over, and serve.

THERMOMIX

1. Drain the beans and mash for 10 seconds on Speed 5. Transfer to a small bowl (separate from the seeds). Clean and dry TM thoroughly.
2. Mill all of the seeds for 5 seconds on Speed 8 and transfer to a small bowl.
3. Add all dry ingredients to TM bowl, including the ground seeds, and stir for 5 seconds on Speed 5.
4. Pour in the wet ingredients and beans and stir for 5 seconds on Speed 5 and then for 1 minute 30 seconds. Rinse out the TM bowl.
5. Bring 1000g of water to the boil for 8 minutes at 100°C (212°F) on Speed 1.
6. Meanwhile, prepare 16 squares of aluminium foil (22cm / 8 ½") sides).
7. Divide dough into 16 even pieces. Place each piece on a square of aluminium foil and mould into an 18cm long sausage (7"). Roll the aluminium foil around each sausage and squeeze the ends closed.
8. Place 9 wrapped sausages in Varoma and steam for 40 minutes at Varoma temperature on Speed 1.
9. Repeat step 8 for the remaining sausages, then carefully unwrap each sausage (they'll be very hot), fry in a little oil until brown all over, and serve.

Recipe inspired by the 'Vegan Dad' blog and ingredients suggestions from Rose Thiel.

Minestrone Soup

2405 kilojoules (574 calories) per serve

Makes 6 serves

Overnight soak: 12 hrs
Preparation: 15 mins
Cooking: 1 hr

Ingredients

IMPORTANT NOTE: For Thermomix, halve the recipe.

- 1 cup red kidney beans, dry + water, to cover
- 2 onions, cut into chunks
- 4 cloves garlic, minced
- 1 large handful fresh parsley, roughly chopped
- 2 tablespoons extra virgin olive oil
- 2 litres vegetable stock (broth) (2 quarts)
- 2–3 teaspoons salt, to taste
- 1 potato (washed or peeled, if preferred), small cubes
- 5cm (2") wide wedge of pumpkin (peeled), bite-sized chunks
- 1 large zucchini, sliced
- ¾ cup dry brown lentils
- 1 cup dry wholemeal penne pasta (whole wheat)
- 5 small tomatoes, diced
- 2 teaspoons dried oregano

Procedure

CONVENTIONAL

1. Cover the red kidney beans with water in a large bowl, cover and soak for 12 hours in the refrigerator. Drain, rinse and set aside (or refrigerate).
2. Sauté the onion and garlic in oil until soft, then add in remaining ingredients, including the soaked beans.
3. Bring to the boil, stirring occasionally.
4. Reduce to a simmer on medium-low heat for 1 hour, stirring gently every 15 minutes. The soup is ready when the red kidney beans are cooked through.

THERMOMIX – Remember to halve the recipe.

1. Cover the red kidney beans with water in a large bowl, cover and soak for 12 hours in the refrigerator. Drain, rinse and set aside (or refrigerate).
2. Chop the halved onion pieces with the garlic and parsley for 2 seconds on Speed 7. Scrape down the sides.
3. Add the oil to the TM bowl and sauté for 3 minutes at 100°C (212°F) on Speed 1.
4. Add in remaining ingredients, including the soaked beans, and combine for 3 seconds on Speed 4.
5. Bring to the boil for 15 minutes at 100°C (212°F) on ↻ Speed soft.
6. Simmer for 60 minutes at 90°C (194°F) on ↻ Speed soft. The soup is ready when the red kidney beans are cooked through.

Serving Suggestion

- Serve with warmed Multigrain Bread (p.12) spread with avocado and a sprinkle of salt.

Tips

- Use your excess Gluten Steaks (p.34) broth in place of the vegetable stock for this hearty soup.

Alternatives

- Pressure cook the soup for 18 minutes.
- In place of the soaked red kidney beans and dried brown lentils, use 1 tin of red kidney beans, drained and 1 tin of brown lentils, drained. Reduce vegetable stock to 1 ½ litres (1 ½ quarts) and reduce cooking time to 20 minutes.
- GLUTEN-FREE – Use corn or brown rice penne.

Tacos, Guacamole & Salsa

446 kilojoules (106 calories) per taco

Makes 24 tacos

Preparation: 15 mins
Cooking: 25 mins

Ingredients

GUACAMOLE
- 2 large ripe avocados
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 1 tablespoon savoury yeast flakes (nutritional yeast)

SALSA
- 1 tin diced tomatoes (400g) (14 oz)
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 2 teaspoons olive oil
- 1 teaspoon lemon juice

MINCE
- 2 small onions, diced
- 2 cloves garlic, chopped
- ½ green capsicum (bell pepper), bite-sized chunks
- 2 tablespoons olive oil
- 1 ¼ teaspoons ground coriander (ground cilantro)
- 1 ¼ teaspoons ground paprika
- 1 ¼ teaspoons ground oregano
- 1 ¼ teaspoons ground cumin
- ¼ teaspoon chilli powder (optional)
- ½ tablespoon savoury yeast flakes (nutritional yeast)
- 1 ¼ teaspoons salt
- 1 tin brown lentils, drained (1 cup cooked)
- 1 tin champignons (mushrooms), drained and sliced (220g) (7 ½ oz)
- 1 tin red kidney beans, drained (1 cup cooked)
- 1 tablespoon cornflour (corn starch) + 1 tablespoon cool water, made into a paste
- ¾ cup water (200ml) (200g)

SALAD & TACOS
- ¼ head of lettuce, shredded
- 4 tomatoes, diced
- 1 large grated carrot
- ½ large continental cucumber, diced
- 24 taco shells

Salsa Procedure

CONVENTIONAL
1. Cook all ingredients in a small saucepan over a medium-high heat until thick.
2. Remove from the heat and transfer to a heat-proof bowl.

THERMOMIX
1. Put MC on an angle (this will reduce splatter) and add all ingredients to the TM bowl and stir for 3 seconds on Speed 3.
2. Cook for 10 minutes at 100°C (212°F) on Speed 1 and transfer to heat-proof bowl.

Guacamole Procedure

CONVENTIONAL
1. Mash the avocados until creamy with a fork and stir in remaining ingredients.

THERMOMIX
1. Purée all ingredients for 10 seconds on Speed 4-5 until smooth. Scrape down the sides and repeat as necessary. The guacamole should be creamy.

Mince Procedure

CONVENTIONAL
1. Sauté onions, garlic and capsicum in oil in a medium-sized frypan over a medium-high heat until soft.
2. Add in the coriander, paprika, oregano, cumin and yeast flakes. Keep stirring until you can smell the spices strongly.
3. Add the remaining ingredients and stir continuously until the mixture thickens. Reduce to a medium-low heat and simmer for 5 minutes stirring occasionally.
4. Remove from the heat, cover and set aside.

THERMOMIX
1. Chop onion, garlic and capsicum for 2 seconds on Speed 7.
2. Add in the oil and sauté at 100°C (212°F) on Speed 1 for 5 minutes.
3. Add in the coriander, paprika, oregano, cumin and yeast flakes and cook for 2 minutes at Varoma temperature on Speed 1.
4. Add in remaining ingredients and stir for 5 seconds on ↻ Speed 3.
5. Put MC on an angle (reduces splatter) and cook for 15 minutes at 100°C (212°F) on ↻ Speed soft. Transfer to the Thermoserver.

Salad & Tacos Procedure

Preheat a fanforced oven to 200°C (400°F).

1. Separate the taco shells and heat upside down on a large baking tray for 5 minutes.
2. Meanwhile, prepare each of the salad ingredients. Keep each salad in its own bowl.
3. Each person makes his/her own tacos, so place the bowls of mince, salsa, guacamole, salads and heated taco shells in the middle of the table. Layer each taco in this way: a large spoonful of mince, a small spoonful each of guacamole and salsa and a small amount of each of the salads. Guaranteed to be a messy, but oh so yummy, event!

Alternatives
- In place of the brown lentils, dice a tin of Nutmeat into bite-sized chunks or use Casserole Mince (both Vegie Delights Brand).
- Sprinkle some grated vegan Bio Cheese (My Life brand) on top of each Taco.
- Add more of each spice if needed.

Serving Suggestions
- In place of taco shells, use corn chips or wraps.
- Serve with Raw Cashew Mayonnaise (p.23) as an alternative to guacamole.

Recipe adapted from Stuart Kinnon's veggie tacos recipe.

Satay Lima Beans

3667 kilojoules (876 calories) per serve

Makes 4 serves

Preparation: 15 mins
Conventional Cooking: 30 mins
Thermomix Cooking: 40 mins (rice) + 50 mins (Satay Lima Beans)

Ingredients

- 1 ½ cups brown rice + ¼ teaspoon salt + 3 cups water (1 ½ pints) (750ml) (only 700g for TM) + extra, for rinsing
- 1 tablespoon peanut oil
- 2 teaspoons garlic, chopped
- 2 teaspoons ginger, chopped
- 2 large onions, diced finely
- ½ red capsicum (bell pepper), diced
- ½ green capsicum (bell pepper), diced
- 2 large leaves silverbeet, chopped + stems, thinly sliced
- 1 chopped pak choy + stems, thinly sliced
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric
- ½ teaspoon ground coriander (ground cilantro)
- 2 tins lima beans, drained (2 cups cooked)
- ¾ cup natural peanut butter
- 1 cup coconut milk (250ml) (250g)
- 1 tablespoon brown sugar
- 1 tablespoon lemon juice
- 1 tablespoon soy sauce
- ½ – 1 teaspoon salt, to taste
- 1 cup chopped cauliflower
- 1 large tomato, diced
- ½ cup peas
- 1 ⅓ cups water (330ml) (330g)
- 8 pappadams + ⅓ cup rice bran oil
- ½ teaspoon chilli powder (optional)

Tips

- Cook the rice in a rice cooker. Use the same amounts of rice, water and salt and set to cook.

Alternatives

- Use butter beans or cannellini beans in place of the lima beans.
- Add a jar of store-bought, chunky, tomato salsa to the Satay Sauce (omit the lima beans and veggies) and use as a spicy peanut dipping sauce for grilled mock chicken or tofu skewers.
- Use 2 cups of baby spinach leaves in place of the silverbeet.

Procedure

CONVENTIONAL

1. Boil 3 cups water (1 ½ pints) and ¼ teaspoon of salt in a medium-sized saucepan over a high heat.
2. Rinse the rice thoroughly with cool water. Repeat until the water runs clear.
3. Add the rice and bring back to the boil, cover with the lid and turn the heat to low. Simmer for about 20 minutes, until the water has disappeared (Meanwhile, continue with Steps 3-8). Then remove from the heat, but keep covered.
4. Sauté garlic, ginger, onion, capsicum, silver beet stems and pak choy stems in the peanut oil in a large frypan over medium-high heat until the onion is clear.
5. Add the cumin, turmeric and coriander and stir until you can smell them strongly.
6. Add remaining ingredients (except for the pappadams and rice bran oil) and stir well.
7. Reduce temperature to medium-low and simmer for 15 minutes, stirring occasionally, then remove from the heat.
8. Heat the rice brain oil over a high heat in a small saucepan until small lines can be seen moving at the bottom of the oil. Using metal tongs, hold a pappadam and dip the edge into the oil. If it is hot enough, the pappadam will puff up very quickly. If not, wait for another minute and test again.
9. Once hot, use the tongs to lower the pappadams one at a time into the oil. Once expanded (1 - 3 seconds), remove quickly from the oil and drain on paper towels. Once all pappadams are cooked, remove the saucepan from the heat.
10. Serve the Satay Lima Beans over the brown rice with the pappadams on the side.

THERMOMIX

1. Rinse the rice thoroughly with cool water. Repeat until the water runs clear.
2. Place 700g of water into TM bowl. Insert the basket, fill with the rice and cook for 35 minutes at Varoma temperature on Speed 4.
3. Leave to stand for 5 minutes, then remove basket carefully with the spatula and transfer to the Thermoserver.
4. Chop halved onions, garlic and capsicum for 2 seconds on Speed 7.
5. Sauté garlic, ginger, onion, capsicum, silver beet stems and pak choy stem in the peanut oil for 8 minutes at 100°C (212°F) on Speed 2.
6. Add the cumin, turmeric and coriander and cook for 3 minutes at Varoma temperature on Speed 2.
7. Add remaining ingredients to TM bowl and place cooked lima beans in the Varoma. Stir for 5 seconds on ↻ Speed 2.
8. Cook for 8 minutes at 100°C (212°F) on ↻ Speed soft.
9. Simmer for 30 minutes at 90°C (194°F) on ↻ Speed soft.
10. Transfer the satay sauce and lima beans to the Thermoserver, gently stir to combine and leave covered for 10 minutes.
11. Prepare the pappadams (follow CONVENTIONAL Steps 7 & 8)
12. Serve the Satay Lima Beans over the brown rice with the pappadams on the side.

Inspired by Mallory Young's 'Peanut Dipping Sauce' recipe.

Veggie Bean Soup

1073 kilojoules (257 calories) per serve (2 cups)

Makes 6 serves

Preparation: 15 mins
Cooking: 1 ½ – 2 hrs

Ingredients

IMPORTANT NOTE: For Thermomix, halve the recipe.

- 2 large onions, big chunks
- 5 cloves garlic, minced
- 3 stalks of celery, 1cm thick slices (½")
- 2 tablespoons extra virgin olive oil
- 2 tablespoons red kidney beans, dry
- 2 tablespoons yellow split peas, dry
- 2 tablespoons green split peas, dry
- 2 tablespoons mung beans, dry
- 2 tablespoons lima beans, dry
- 2 tablespoons brown lentils, dry
- 2 tablespoons red split peas, dry
- 1 tin diced tomatoes (400g) (14 oz)
- 5 ½ cups water (1375g)
- 2–3 teaspoons salt, to taste
- 1 ½ tablespoons vegetable stock powder (broth powder)
- ½ tablespoon dried mixed herbs
- 2 tablespoons parsley, chopped
- 2 carrots, diced
- 2 potatoes (peeled), bite-sized chunks
- ¼ medium Jap pumpkin (peeled) (350g), bite-sized chunks
- 10 button mushrooms, in quarters

Alternatives

- Use 2 tins of '5 bean mix', drained (800g tin) (28 oz) in place of the dried beans, reduce water by 1 cup (250ml) (250g) and cook until the potatoes and pumpkin are soft.

Procedure

CONVENTIONAL

1. Sauté onions, garlic and celery with the oil in a large saucepan over a high heat until the onion is clear.
2. Add remaining ingredients and bring to the boil.
3. Cover and simmer over a low heat for 1 ½ – 2 hours until the beans are cooked through. Add more water if necessary.
4. Serve.

THERMOMIX – Remember to halve the recipe.

1. Chop fresh parsley for 2 seconds on Speed 9. Set aside.
2. Mince the garlic for 3 seconds on Speed 7 and prepare the onions and celery by hand.
3. Add the onions, celery and oil to the TM bowl and sauté for 5 minutes at 100°C (212°F) on Speed 1.
4. Add the diced tomatoes, water, salt, vegetable stock powder, mixed herbs and parsley. Stir on Speed 3 for 2 seconds.
5. Add the remaining ingredients and heat for 15 minutes at 100°C (212°F) on ↻ Speed soft.
6. Simmer for 60 minutes at 90°C (194°F) on ↻ Speed soft.
7. Continue to simmer (see Step 6) for 10 minutes or more until the beans are cooked through.
8. Serve.

Tips

- Pressure cook soup for 45 minutes.
- The Veggie Bean Soup freezes well.
- If the soup is too thick after refrigeration, add some extra water and stir through before reheating.

Serving Suggestions

- Serve with toasted Multigrain bread (p.12) spread with Raw Cashew Mayonnaise (p.23) or fresh avocado.
- Dip corn chips into the soup. Crunchy and yummy!

Tofu Nuggets

928 kilojoules (222 calories) per serve

Makes 4 serves

Preparation: 5 mins
Cooking: 12 mins

Ingredients

- 250 grams firm tofu (4 ½ oz), bite-sized chunks
- 1-2 tablespoons olive oil
- 1 cup fine breadcrumbs
- 1 tablespoon linseeds, ground (flaxseeds)
- ½ teaspoon salt
- ½ teaspoon ground paprika
- 1 tablespoon savoury yeast flakes (nutritional yeast)

Serving Suggestions

- Serve with Homemade Baked Chips (p.54), Raw Cashew Mayonnaise (p.23) and steamed vegetables.

Procedure

Preheat a fanforced oven to 200°C (392°F).
Line a medium-sized baking tray or oil the tray well.

CONVENTIONAL

1. Place tofu cubes in a small bowl and coat thoroughly with the oil.
2. Combine the remaining ingredients in a medium-sized bowl.
3. Transfer the tofu cubes to the breadcrumb bowl (don't pour the remaining oil in) and coat thoroughly.
4. Bake the Tofu Nuggets for 12 minutes only and serve immediately. (The remaining breadcrumbs are delicious baked too.)

Tips

- Pulse whole linseeds (flaxseeds) in a blender for homemade flax meal (TM - Mill for 3 seconds on Speed 9).
- Flax meal will keep for many months in an airtight container in the fridge or freezer.
- Overcooking or reheating will make the tofu rubbery and chewy.

Alternatives

- GLUTEN-FREE - Use rice crumbs or crushed corn flakes in place of bread crumbs.

Adapted from 'Deceptively Delicious" © 2007.

Mushroom Parsley Pasta

1614 kilojoules (386 calories) per serve

Makes 4 serves

Preparation: 15 mins
Conventional Cooking: 15-25 mins
Thermomix Cooking: 29 mins (Pasta) + 21 mins (Pasta Sauce)

Ingredients

- 2 litres water (2 quarts) (only 1500g for TM) + 1 teaspoon salt
- 250 grams uncooked wholemeal penne pasta (whole wheat) (9 oz)
- 2 cups button mushrooms, thickly sliced
- 1 ½ stalks celery, very thinly sliced
- 2 - 4 tablespoons cold-pressed extra virgin olive oil
- 1 medium onion, finely chopped
- 3 cloves garlic, finely chopped
- ½ tin diced tomatoes (200g) (7 oz)
- 2 tablespoons tomato paste
- ½ teaspoon salt
- ¼ cup fresh parsley, finely chopped

Serving Suggestions

- Delicious served alone or with a side serving of steamed broccoli and zucchini.

Alternatives

- GLUTEN-FREE – Use brown rice pasta or corn and rice pasta.

Procedure

CONVENTIONAL

1. Boil 2 litres water (2 quarts) and 1 teaspoon of salt in a medium-sized saucepan over a high heat.
2. Pour in the pasta, bring to the boil again then cook for 13 - 21 minutes (depending the preferred texture). Drain, rinse, cover and set aside.
3. Sauté the mushrooms and celery in 2 tablespoons of the oil over a medium-high heat in a medium-sized saucepan until the celery is clear.
4. Stir in the onions and garlic and heat for 2 minutes.
5. Add in the tomatoes, tomato paste, salt and parsley and stir until well combined.
6. Cook for 10 minutes, stirring regularly.
7. Gently stir the cooked pasta through the sauce. (Stir the remaining oil through if preferred.)
8. Serve.

THERMOMIX

1. Boil 1500g water and salt for 8 minutes at 100°C (212°F) on Speed 1. Add pasta (leave MC off) and cook for 21 minutes at 100°C (212°F) on ↻ Speed 1. The water will bubble onto the lid, but won't bubble over. Once cooked, drain, rinse and transfer to the Thermoserver.
2. Sauté mushrooms and celery in 2 tablespoons of the oil for 5 minutes at 100°C (212°F) on Speed 1.
3. Add the onions and garlic and sauté for 3 minutes on 100°C (212°F) on Speed 1.
4. Add the tomatoes, tomato paste, salt and parsley, and stir for 5 seconds on Speed 2.
5. Cook for 15 minutes at 100°C (212°F) on ↻ Speed 1.
6. Pour the pasta sauce over the cooked pasta in the Thermoserver. Gently stir the cooked pasta through the sauce. If preferred, the remaining oil may be stirred through.
7. Serve.

Split Pea & Potato Curry

2134 kilojoules (510 calories) per serve

Makes 6 serves

Preparation: 15 mins
Cooking: 1 hr 15 mins

Ingredients

- 1 cup dried yellow split peas
- 1 L water (1 ¾ pints)
- 2 large onions, diced
- 2 teaspoons minced garlic (3 cloves)
- 2 teaspoons minced ginger (2cm (⅘") fresh ginger)
- 1 – 2 tablespoons water
- 2 tomatoes, diced
- 2 teaspoons ground cumin
- 2 teaspoons ground turmeric
- 1 tin coconut cream (400g) (14 oz)
- 1 x 300g packet of Vegie Sausages (Vegie Delights brand), bite-sized slices (10½ oz)
- 4 medium potatoes (peeled), large chunks
- ½ cup frozen peas
- 1 ½ teaspoons salt

Tips

- Serve immediately, but eat slowly, as the coconut cream and potatoes will be very hot!
- This meal reheats well on the stove and will keep for up to 3 days, covered in the refrigerator.

Serving Suggestions

- Serve alone.
- Serve wrapped in wholemeal flat bread (whole wheat) with a side serving of the Green Garden Salad (p.38).
- Serve with crispy pappadams or a thick slice of Multigrain Bread (p.12).

Procedure

CONVENTIONAL

1. Bring the split peas and water to the boil in a medium-sized saucepan. Reduce the heat to low and simmer for 30 minutes. Add extra water as needed. Scrape off and discard the foam. Test a split pea and if it's still a little hard, cook for a further 5 minutes.
2. Cook the onion, garlic and ginger with 1 – 2 tablespoons of water over a high heat in a large saucepan until the onion is clear.
3. Add the cumin and turmeric and stir together until you can smell the spices strongly.
4. Reduce the heat slightly and add the coconut cream. Stir until the colour is even throughout.
5. Add the remaining ingredients and once bubbling, reduce heat to low. Simmer partially uncovered for 45 minutes. Stir every few minutes, otherwise the coconut cream may burn. When ready, the potato will be soft.
6. Serve.

THERMOMIX

1. Bring the split peas and 1000g of water to the boil for 8 minutes at 100°C (212°F) on ↻ Speed soft.
2. Simmer for 30 minutes at 90°C (194°F) on ↻ Speed soft, with MC on an angle to prevent the water bubbling over. It will still bubble, but the bubbles and foam will stay on the lid. Test a split pea and if it's still a little hard, cook for a further 5 minutes.
3. Drain the cooked split peas using the basket and set aside. Wipe the foam from the lid and rinse off the MC.
4. Chop the halved onion pieces with the garlic and ginger for 2 seconds on Speed 7.
5. Cook with 1 – 2 tablespoons of water for 3 minutes at 100°C (212°F) on Speed 1.
6. Add the cumin and turmeric and cook for 1 minute at Varoma temperature on Speed 1.
7. Add the coconut cream and stir for 5 seconds on Speed 2.
8. Place the vegie sausages and peas on the top rack in the Varoma and the diced potato in the main Varoma steamer. Add the cooked split peas and the remaining ingredients to TM bowl.
9. Stir for 3 seconds on ↻ Speed 3.
10. Cook for 30 minutes at Varoma temperature on ↻ Speed soft. When ready, the potato will be soft.
11. Transfer the vegie sausages, peas and potato to a large heatproof bowl. Carefully pour the curry sauce over the top. (It will be extremely hot, so pour slowly and with the TM bowl lip close to the bowl.)
12. Gently stir the sauce through and transfer to the Thermoserver.
13. Serve.

Adapted from Howard Kinnon's much loved recipe.

ATP Burger

1397 kilojoules (334 calories) per burger

Makes 1 burger

Preparation: 2 mins
Cooking: 5 mins

Ingredients

Side Note: ATP stands for avocado, tomato and pineapple.

- ¼ – ½ ripe avocado
- 1 small tomato, sliced
- 1 pineapple ring, tinned
- 2 slices stoneground wholemeal bread (whole wheat), sliced thinly
- Vegan margarine
- 1 teaspoon savoury yeast flakes (nutritional yeast)
- Salt, to taste

Serving Suggestions

- Thinly spread Vegemite (yeast spread) across the slice of bread under the avocado for a salty, Aussie flavour.
- Use store-bought bread or make your own Multigrain Bread (p.12).

Procedure

CONVENTIONAL

1. Heat the sandwich maker or frypan until very hot.
2. Spread one side of each slice of bread with the oil or vegan margarine.
3. Join the buttered sides together and spread one of the pieces of bread with avocado.
4. Take one of the slices and place it buttered side down on the sandwich maker or frypan.
5. Place 2 – 4 pieces of tomato and a ring of pineapple on top.
6. Sprinkle with yeast flakes and salt and place the other piece of bread on top, buttered side up.
7. Cook in the sandwich maker or frypan until golden brown.
8. Serve.

Alternatives

- GLUTEN-FREE – Use gluten-free bread.
- Fry up some Nutmeat slices or a Not Burger (both Vegie Delights brand), top with your favourite sauce (e.g. ketchup) and add to your ATP burger for a very satisfying meal.

Tomato & Onion Baked Beans

2139 kilojoules (511 calories) per serve

Makes 2 serves

Preparation: 5 mins
Cooking: 10 - 25 mins

Ingredients

- 1 large onion, sliced
- 1 tablespoon rice bran oil (10g) + extra, if needed
- 1 heaped teaspoon minced garlic
- 1 tin baked beans (420g) (14 ½ oz)
- 4 large tomatoes, sliced thickly
- ½ teaspoon Herbamare (herbed salt) or salt
- 4 slices of stoneground wholemeal bread (whole wheat)
- Vegan margarine

Procedure

CONVENTIONAL ONLY

1. Fry the onion in the oil in a medium-sized frypan over a high heat until the onions are clear and beginning to brown.
2. Add the garlic, sprinkle with ¼ teaspoon Herbamare and cook for 1 minute.
3. Add in the tomatoes and a little more oil if needed. Sprinkle with the remaining ¼ teaspoon Herbamare and cook until soft.
4. Stir in the baked beans. Reduce the heat to low and simmer for 5 minutes.
5. Toast the bread and spread with the vegan margarine.
6. Spoon the Tomato & Onion Baked Beans on top and enjoy!

Serving Suggestion

- Use store-bought bread or make your own Multigrain Bread (p.12).

Alternatives

- GLUTEN-FREE – Use gluten-free bread and baked beans.
- Fry up some Nutmeat (Vegie Delights brand) and stir through the Tomato & Onion Baked Beans.

Thanks to Ben Jones for creating this quick, yummy staple for our family.

Lentil Hotpot

2053 kilojoules (490 calories) per serve

Makes 2 serves

Preparation: 5 mins
Cooking: 10 mins

Ingredients

- 2 large washed potatoes (washed)
- ¾ cup water (185ml) (185g)
- ½ cup green peas, frozen
- 1 tin brown lentils, drained (1 cup cooked) (400g) (14 oz)
- 1 tin diced tomatoes (400g) (14 oz)
- 1 tablespoon minced garlic
- 1 tablespoon tomato paste
- 1 onion, diced
- 5 fresh basil leaves, chopped
- 1 ¼ teaspoons salt

Serving Suggestions

- In place of steamed potatoes and peas, serve the Lentil Hotpot over crispy, Multigrain toast (p.12) or corn chips topped with Green Garden Salad (p.38) and Raw Cashew Mayonnaise (p.23).

Procedure

CONVENTIONAL

1. Microwave the potatoes in a medium-sized, covered microwave safe container with ½ cup (125ml) of the water on high for 4 ½ minutes.
2. Meanwhile, soften the onions with the garlic in a little water in a medium-sized frypan over a high heat for 2 - 3 minutes.
3. Once the microwave stops, add the frozen peas to the container and the last ¼ cup of the water. Cook on high for 3 minutes. Once you can poke a skewer easily through the potato, it's ready.
4. Stir the remaining ingredients through the onions and garlic.
5. Reduce the heat to medium-high and stir for 5 minutes. Remove from the heat.
6. Once the microwave stops, drain the water from the microwave container and carefully cut each potato into quarters. (They'll be hot!)
7. Spoon the Lentil Hotpot over each cooked potato and serve with the peas on the side.

THERMOMIX

1. Cook the potatoes in a medium-sized, covered microwave safe container with ½ cup (125g) of the water on high for 4 ½ minutes.
2. Meanwhile, soften the onions with the garlic in a little water for 3 minutes at 100°C (212°F) on Speed 1.
3. Once the microwave stops, add the frozen peas to the container and the last ¼ cup of the water. Cook on high for 3 minutes. Once you can poke a skewer easily through the potato, it's ready.
4. Add the remaining ingredients to the TM bowl and cook for 5 minutes at 100°C (212°F) on ↻ Speed soft with MC on an angle to allow the steam to escape.
5. Once the microwave stops, drain the water from the microwave container and carefully cut each potato into quarters. (They'll be hot!)
6. Spoon the Lentil Hotpot over each cooked potato and serve with the peas on the side.

Desserts

Berrylicious Smoothie

778 kilojoules (186 calories) per smoothie

Makes 1 smoothie

Preparation: 1 min
Blending:
30 secs - 3 mins

Ingredients

- 1 large frozen banana (peeled), 8 - 10 chunks
- ¼ cup frozen raspberries (30g)
- ½ - 1 cup cold soy milk (125 - 250ml) (125g - 250g)

Procedure

CONVENTIONAL

1. Blend all ingredients in a powerful blender until smooth. Use a tamper to encourage the blending, if necessary. And drink!

THERMOMIX

1. Blend all ingredients for 30 seconds on Speed 7 - 8. If necessary, use a spatula to encourage the blending. And drink!

Alternatives

- In place of the frozen raspberries, try strawberries, blueberries or a mixture of all three.

Carob Slushie

685 kilojoules (164 calories) per slushie

Makes 4 slushies

Preparation: 1 min
Blending:
20 secs – 2 mins

Ingredients

- 3 cups soy milk (750ml) (750g)
- 3 tablespoons carob powder
- 3 heaped teaspoons Caro powder (Nescafé brand) (Pero)
- 3 tablespoons rapadura
- 2 trays ice cubes (530g) (19 oz)

Procedure

CONVENTIONAL

1. Blend (or pulse for less powerful blenders) all ingredients until the ice is shaved.
2. Serve immediately.

THERMOMIX

1. Place all ingredients into TM and blend for 20 seconds on Speed 7 - 8 until the ice is shaved.
2. Serve immediately.

Alternatives

- Use agave nectar (3 tablespoons) or maple syrup (2 – 2 ½ tablespoons) in the place of the rapadura.

Carob Banana Smoothie

946 kilojoules (226 calories) per serve

Makes 1 smoothie

Preparation: 1 min
Blending:
30 secs - 3 mins

Ingredients

- 1 large frozen banana (peeled), 8 - 10 chunks
- 1 tablespoon rapadura
- 1 tablespoon carob powder
- ½ - 1 cup soy milk (125 - 250ml) (125g - 250g)

Procedure

CONVENTIONAL

1. Blend all ingredients in a powerful blender until smooth. Use a tamper to encourage the blending, if necessary.

THERMOMIX

1. Blend all ingredients for 30 seconds on Speed 7 - 8. Use spatula to encourage the blending, if necessary. Enjoy!

Tips

- Always peel the bananas before you freeze them, because it's near impossible to remove a frozen banana skin. (Trust me, I wish someone had taught me this early on!)
- For less-powerful blenders, use fresh bananas instead of frozen, otherwise you may break the blades or burn out the motor. Trust me, I've done both.
- To create thick ice cream (for strong blenders only) add only a little soy milk and blend. Use a tamper to encourage the blending, but make sure you avoid touching the blades.
- The more soy milk you add, the thinner your smoothie will be.
- You can use fresh fruit instead, but the consistency won't be as ice-creamy.

Alternatives

- Use agave nectar (1 tablespoon) or maple syrup (⅔ tablespoon) in place of the rapadura.

Ginger Coconut Cookies

1553 kilojoules (371 calories) per cookie

Makes 20 cookies

Preparation: 20 mins
Cooking: 25 - 30 mins

Ingredients

- 1 cup coconut oil (250ml) (200g)
- 270ml coconut cream (250g) (½ pint)
- 5 ½ cups rolled oats (480g)
- 180g palm sugar, ground (6 ⅓ oz)
- ½ teaspoon salt
- 1 cup crystallised ginger, chopped (160g)
- 2 bulbs ginger (peeled and grated) (45g) (1 ½ oz)

Alternatives

- Use raw sugar in place of the palm sugar.
- In place of the ginger, add 1 cup of chopped dried dates or dried apricots (TM - chop dates or apricots for 3 - 5 seconds on Speed 7).

Procedure

Preheat a fanforced oven to 200°C (400°F).
Line a large baking tray with baking paper or oil the tray well.

CONVENTIONAL

1. Melt the coconut oil in a small saucepan over a medium heat.
2. Once runny, stir in the coconut cream well. Set aside.
3. Pulse the rolled oats in a blender until ground and mix with the remaining ingredients in a large mixing bowl.
4. Pour the coconut mixture over the oat mixture and stir until well combined.
5. Scoop 1 tablespoon amounts of mixture onto the lined baking tray, flatten slightly and bake for 25 - 30 minutes until golden brown.
6. Remove the baking tray from the oven. Leave the cookies on the tray until slightly firm, then transfer to a cooling rack until cool and enjoy!

THERMOMIX

1. Grind the palm sugar for 10 seconds on Speed 5. Set aside.
2. Place the rolled oats in TM bowl and mill for 10 seconds on Speed 9.
3. Add the salt and stir for 3 seconds on Speed 5. Pour into a large mixing bowl.
4. Spoon the coconut oil into the TM bowl and melt for 1 minute at 37°C (98°F) on Speed 1. Repeat until the coconut oil is runny.
5. Add the ground palm sugar and coconut cream and stir for 5 seconds on Speed 5. Pour over the ground oats.
6. Place the crystallised ginger and bulbs of ginger in TM bowl and chop for 5 seconds on Speed 7.
7. Add all of the ginger to the oat mixture and stir until well combined.
8. Scoop 1 tablespoon amounts of mixture onto the lined baking tray, flatten slightly and bake for 25 - 30 minutes until golden brown.
9. Remove the baking tray from the oven. Leave the cookies on the tray until slightly firm, then transfer to a cooling rack until cool and enjoy!

Shared with permission from Elvira Dammasch.

Banana Cake

1097 kilojoules
(262 calories)
per slice or muffin

Makes 1 cake
(12 slices or muffins)

Preparation: 10 mins
Cooking: 20 - 25 mins

Ingredients

- 2 cups stoneground wholemeal flour (whole wheat) (240g)
- 4 teaspoons baking powder
- 1 cup rapadura (160g)
- ½ cup walnuts or pecans, chopped (65g)
- ½ teaspoon salt
- 2 - 3 large, very ripe bananas
- ½ cup rice bran oil or vegetable oil (125ml) (100g)
- ¼ - ½ cup soy milk (65 - 125ml) (65 - 125g)

Serving Suggestions

- Serve warm or cold with Soy Whipped Cream (p.110).
- Serve with chilled Vanilla Custard (p.106) and fresh strawberries.

Procedure

Preheat a fanforced oven to 200°C (400°F).
Oil or line (with baking paper) a 20cm round cake tin (8") or line a muffin tray with muffin cups.

CONVENTIONAL

1. Combine the dry ingredients in a large bowl.
2. Mash the bananas in a separate medium-sized bowl and stir in the oil.
3. Pour the mixture into the dry ingredients. Stir together while slowly pouring in the soy milk until the mixture is easy to stir but not runny.
4. Pour the mixture into the lined cake tin and bake for 35 - 40 minutes (25 minutes for the muffins) until well browned.
5. Remove from the oven and leave to cool for 10 minutes before gently turning the cake (or muffins) onto a cooling rack.
6. Serve warm, or cool and store in an airtight container in the refrigerator.

THERMOMIX

1. Pulse the walnuts 2 times on Turbo Speed.
1. Add the other dry ingredients to the TM bowl and stir on Speed 4 for 10 seconds. Transfer to a medium-sized bowl.
2. Blend the bananas and oil on Speed 7 for 7 seconds.
3. Add the dry mixture and ¼ cup of soy milk to the TM bowl and combine on Speed 4 for 20 seconds. If necessary, repeat with the remaining soy milk until the mixture is easy to stir but not runny.
4. Pour the mixture into the lined cake tin and bake for 35 - 40 minutes (25 minutes for the muffins) until well browned.
5. Remove from the oven and leave to cool for 10 minutes before gently turning the cake (or muffins) onto a cooling rack.
6. Serve warm or cool and store in an airtight container in the refrigerator.

Carob Raspberry Ice Cream

1433 kilojoules (342 calories) per serve

Makes approx. 1 ½ litres / 1 ⅓ quarts (6 serves)

Preparation: 10 mins
Freezing time: 4 hrs

Ingredients

- 1 rounded teaspoon agar agar powder
- 1 cup water (250ml) (250g)
- ½ cup raw cashews (75g)
- ⅓ cup rapadura (50g)
- ½ teaspoon salt
- 1 teaspoon vanilla
- ¾ cup coconut cream (200ml) (200g) (⅓ pint)
- ¼ cup carob powder
- ¼ cup small carob buttons (optional)
- 200g raspberries (7 oz), frozen or fresh

Tip

- A strong blender will make better ice cream quicker. The less powerful the blender, the more milk you'll need to add so that the blades can spin.

Serving Suggestions

- Freeze in ice cube trays and enjoy as little ice blocks.
- Serve with freshly sliced banana.

Procedure

Line a medium-sized pan or freezer-safe container with cling wrap.

CONVENTIONAL

1. Combine the agar agar powder and water in a small saucepan over a high heat, stirring constantly. Bring to the boil, then reduce the heat to medium-low and simmer for 1 - 2 minutes.
2. Meanwhile, quickly place remaining ingredients in the blender. Once ready, add in the hot agar mixture and blend immediately on high until smooth.
3. Pour the mixture into a medium-sized pan (or freezer-safe container) lined with the cling wrap and freeze until hard (4 hours).
4. Turn the ice block out onto a bread board and chop into 3cm x 3cm squares (1" x 1"). Cut into smaller squares for a regular blender.
5. Blend with a little soy milk. Use a tamper to encourage the blending.
6. Serve immediately.

THERMOMIX

1. Place the agar agar powder and water in the TM bowl. Stir together and bring to the boil for 5 minutes at 100°C (212°F) on Speed 3.
2. Simmer for 2 minutes at 70°C (158°F) on Speed 3.
3. Place the remaining ingredients in the TM bowl and blend for 1 minute 30 seconds on Speed 7 - 8.
4. Pour the mixture into a medium-sized pan or freezer-safe container lined with the cling wrap and freeze until hard (4 hours).
5. Turn the ice block out onto a bread board and chop into 3cm x 3cm squares (1" x 1").
6. Add a little soy milk and blend for 1 minute on Speed 7 while stirring with the spatula.
7. Serve immediately.

Inspired by '7 Secrets Cookbook' © 2006.

Banana Nut Muffins

631 kilojoules (150 calories) per muffin

Makes 24 muffins

Preparation: 15 mins
Cooking: 20 - 25 mins

Ingredients

- ½ cup walnuts, chopped (45g)
- 2 cups brown rice flour (240g)
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¼ cup sultanas (35g)
- 1 cup rapadura (150g)
- ½ cup macadamia nut oil (100g)
- 1 cup unsweetened apple sauce (245g)
- ½ tablespoon vanilla extract
- 3 ripe bananas, mashed

Serving Suggestions

- Add a dollop of Soy Whipped Cream (p.110).
- Spread with vegan margarine and jam.
- Delicious served hot or cold.

Tips

- Blend up a tin of store-bought, unsweetened pie apples to make your own apple sauce or steam and mash your own apple sauce. (See Step 1 of the Homemade Apple Pastries recipe on p.98).

Procedure

Preheat a fanforced oven to 200°C (400°F).
Line 2 muffin trays with colourful muffin cups.

CONVENTIONAL

1. Combine the walnuts, flour, baking powder, salt, and sultanas in a large bowl.
2. Combine rapadura, oil, apple sauce, vanilla and bananas in a medium-sized bowl.
3. Pour the banana mixture into the flour mixture and stir until just combined.
4. Spoon the mixture into the muffin cups and bake for 20 - 25 minutes (rotate the trays 180° halfway through cooking) until golden brown.
5. Cool for 10 minutes in the muffin tray, then transfer the muffins to a cooling rack.
6. Serve warm or cool and store in an airtight container in the refrigerator.

THERMOMIX

1. Chop the walnuts by pushing the Turbo Speed button twice, then add the flour, baking powder, salt, and sultanas and mix for 10 seconds on Speed 5. Transfer to a medium-sized bowl.
2. Place the rapadura, oil, apple sauce, vanilla and bananas in the TM bowl and stir for 5 seconds on Speed 6.
3. Add the flour mixture to the TM bowl and stir for 15 - 20 seconds on Speed 5, until just combined.
4. Spoon the mixture into the muffin cups and bake for 20 - 25 minutes (rotate the trays 180° halfway through cooking) until golden brown.
5. Cool for 10 minutes in the muffin tray, then transfer the muffins to a cooling rack.
6. Serve warm or cool and store in an airtight container in the refrigerator.

Homemade Apple Pastries

1107 kilojoules (265 calories) per pastry

Makes 16 pastries

Preparation: 35 mins
Cooking: 20 - 25 mins

Ingredients

- 1 L water (1000g) (1 ¾ pints)
- 8 large apples (peeled & cored), sliced
- 4 x vegan puff pastry sheets, ideally wholemeal (whole wheat)
- 16 teaspoons rapadura (1 teaspoon per pastry)

Serving Suggestions

- Double-dip each pastry in Soy Whipped Cream (p.110).
- Enjoy the Apple Pastries hot or cold.

Alternatives

- GLUTEN-FREE - Replace the puff pastry with a gluten-free pastry.

Procedure

Preheat a fanforced oven to 200°C (400°F).
Line 2 large baking trays with baking paper or oil the trays well.

CONVENTIONAL

1. Bring the water to the boil in a medium-sized saucepan (which fits the steamer) over a high heat.
2. Reduce heat to medium-high and place the sliced apples in a steamer over the boiling water. Steam for 25 minutes until soft. (Add more water to the saucepan if needed.)
3. Place the frozen puff pastry sheets on the bench and when slightly softened, slice each sheet into 4 even squares.
4. Evenly divide the steamed apples between the pastry squares and sprinkle one teaspoon of rapadura over each. Fold each square into a triangle, pressing down the edges firmly.
5. Bake on the lined baking trays for approximately 20 minutes until golden brown.
6. Serve.

THERMOMIX

1. Pour 1000g of water into the TM bowl. Place sliced apples in the Varoma and steam at Varoma temperature for 25 minutes on Speed 1 until soft.
2. Place the frozen puff pastry sheets on the bench and when slightly softened, slice each sheet into 4 even squares.
3. Evenly divide the steamed apples between the pastry squares and sprinkle one teaspoon of rapadura over each. Fold each square into a triangle, pressing down the edges firmly.
4. Bake on the lined baking trays for approximately 20 minutes until golden brown.
5. Serve.

Carob Fudge

853 kilojoules
(204 calories)
per fudge square

Makes 16 squares

Preparation: 10 – 15 mins
Freezing: 1 hr

Ingredients

- ½ cup coconut oil, melted (100g)
- 1 cup smooth natural peanut butter (230g)
- 2 teaspoons vanilla essence
- ¼ cup rice malt syrup (70g)
- ¼ cup grated palm sugar (55g)
- 2 tablespoons carob powder, sifted

Procedure

Line a small pan or freezer-safe container with cling wrap.

CONVENTIONAL

1. Melt the coconut oil in a small saucepan over a low heat until runny.
2. Blend well the liquid oil and the remaining ingredients. If possible, use a stick blender or an electric mixer.
3. Pour into the lined pan (or freezer-safe container) and spread out evenly. Freeze until firm (1 hour).
4. Turn the fudge out onto the bench and cut into 16 squares.
5. Serve immediately or freeze.

THERMOMIX

1. Grate small chunks of palm sugar for 10 seconds on Speed 9. Transfer to a small bowl.
2. Melt the coconut oil for 1 – 5 minutes at 37°C (99°F) on Speed 1 until runny.
3. Add the grated palm sugar and remaining ingredients to the TM bowl and blend for 1 minute on Speed 6.
4. Pour into the lined pan (or freezer-safe container) and spread out evenly. Freeze until firm (1 hour).
5. Turn the fudge out onto the bench and cut into 16 squares.
6. Serve immediately or freeze.

Alternatives

- For a sweeter Carob Fudge, use maple syrup (2 – 3 tablespoons) in the place of rice malt syrup. For vegetarians, honey will work too.
- Use raw sugar in place of palm sugar.

Serving Suggestions

- Create a ‘Leaning Tower’ of fudge squares with a gentle sprinkling of carob powder.

Tips

- Carob Fudge will melt quickly on a hot day, so keep the squares in the freezer until it’s dessert time.
- Freeze a couple of batches as a yummy treat for surprise visitors.
- Try and share. It’ll be tough, but try.

Recipe adapted from Elvira Dammasch’s scrumptious carob fudge recipe.

Wacky Cake

1390 kilojoules (332 calories) per slice

Makes 12 slices

Preparation: 15 mins
Cooking:
30 mins (cake) +
10 mins (topping)

Cake Ingredients

DRY CAKE INGREDIENTS:
- 3 cups stoneground wholemeal flour (whole wheat) (450g)
- 2 teaspoons bicarbonate of soda (baking soda)
- 2 teaspoons baking powder
- ½ teaspoon salt
- 8 tablespoons carob powder (65g)
- 1 cup rapadura (130g)

WET CAKE INGREDIENTS:
- 2 teaspoons vanilla extract
- 6 tablespoons lemon juice (100g)
- 2 cups water (500g)
- 1 cup rice bran oil (200g)

TOPPING
- 10 tablespoons rapadura (120g)
- 6 tablespoons vegan margarine (80g)
- 4 tablespoons soy milk (60ml) (60g)
- 1 cup shredded coconut (120g)

Cake Procedure

Preheat a fanforced oven to 200°C (400°F).
Prepare an unoiled 33cm x 23cm (12”x 9”) cake tin.

CONVENTIONAL
1. Mix together the dry ingredients in a large bowl.
2. Combine the wet ingredients in a 1 litre jug (1 quart).
3. Pour the wet ingredients into the dry ingredients and stir until just blended. The mixture will bubble and may appear lumpy even once stirred. This is good and will make a perfect cake.
4. Pour the mixture into the unoiled cake tin.
5. Bake for 30 minutes. Begin preparing the Topping 5 minutes before the cake is cooked.
6. Remove from the oven and follow Topping Procedure Steps 2 & 3.

THERMOMIX
1. Mix the dry ingredients in the TM bowl for 10 seconds on Speed 5 and transfer to a large bowl.
2. Wipe out the TM bowl with a dry tea towel. Add the wet ingredients to the TM bowl and blend for 2 seconds on Speed 7.
3. Pour into the dry ingredients and stir for 20 seconds on Speed 4. The mixture will bubble and may appear lumpy even once stirred. This is good and will make a perfect cake.
4. Pour the mixture into the unoiled cake tin.
5. Bake for 30 minutes. Begin preparing the Topping 5 minutes before the cake is cooked.
6. Remove from the oven and follow Topping Procedure Steps 2 & 3.

Topping Procedure

CONVENTIONAL
1. Add all of the ingredients to a small saucepan and bring to the boil over a high heat, stirring for 3 minutes.
2. Pour boiling Topping over the hot, baked cake.
3. Brown for approximately 3 minutes under a hot grill. Once you can smell the topping cooking, remove immediately, otherwise it will burn.

THERMOMIX
1. Add all of the ingredients to the TM bowl and cook at Varoma temperature for 4 minutes on Speed 1.
2. Pour boiling Topping over the hot, baked cake.
3. Brown for approximately 3 minutes under a hot grill. Once you can smell the topping cooking, remove immediately, otherwise it will burn.

Serving Suggestions

- For the real sweet tooth, smother this cake in Soy Whipped Cream (p.110).
- Enjoy a thick slice with a side of raspberries, blueberries and strawberries and a mug of soy Caro (Nescafé brand) (Pero).
- Serve with Vanilla Custard (p.106).

Alternatives

- GLUTEN-FREE - Store-bought, gluten-free flour mixes work well in this cake, creating a slightly chewy, spongy texture.
- Use macadamia nut oil or rice bran oil in the topping in place of vegan margarine.

Adapted from the www.amazinghealth.org ‘Coconut Carob Cake’ recipe.

Vanilla Cake with Caramel Icing

1062 kilojoules (253 calories) per slice

Makes 12 slices

Preparation:
5 mins (cake) +
10 mins (topping)
Cooling: 1 hour
Cooking: 30 mins

Ingredients

CAKE
- 2 cups stoneground wholemeal flour (whole wheat) (280g)
- 4 teaspoons baking powder (20g)
- ¾ cup rapadura (110g)
- ¼ cup linseeds (flaxseeds) (optional)
- 4 teaspoons vanilla extract (25g)
- ½ cup rice bran oil (100g)
- 1 ¼ cups soy milk (310ml) (250g)

VANILLA ICING
NOTE: Prepare while the cake is cooking.

- ½ cup soy milk (125ml) (125g)
- 1 ½ tablespoons stoneground wholemeal flour (whole wheat) (15g)
- ½ cup rapadura (75g)
- ½ cup vegan margarine (85g)
- 1 teaspoon vanilla extract

Alternatives

- GLUTEN-FREE – Use gluten-free flour.
- For white-coloured, vanilla-flavoured icing use sweetened almond milk in place of soy milk, regular icing sugar in place of rapadura and white unbleached flour in place of stoneground wholemeal flour (whole wheat).
- For chocolate flavoured topping add 1 tablespoon of carob powder.
- For coffee flavoured topping add 1 - 2 teaspoons of Caro (Nescafé brand) (Pero).

Cake Procedure

Preheat a fanforced oven to 200°C (400°F).
Line a 20cm round cake tin (8") with baking paper or oil the tin well.

CONVENTIONAL
1. Combine all of the ingredients in a large bowl, adding the soy milk gradually. The mixture should be thick but not stiff.
2. Transfer to the lined cake tin and bake for 20 - 25 minutes until a deep, golden brown all over.
3. Remove from the oven and after 10 minutes gently turn the cake out of the tin and cool on a cooling rack.

THERMOMIX
1. Add all ingredients (except for the soy milk) to the TM bowl.
2. Combine for 20 seconds on Speed 5 while adding soy milk gradually through the lid. The mixture should be thick but not stiff.
3. Transfer to the lined cake tin and bake for 20 - 25 minutes until a deep, golden brown all over.
4. Remove from the oven and after 10 minutes gently remove the cake from the tin and cool on a cooling rack.

Icing Procedure

CONVENTIONAL
1. Stir together the soy milk and flour in a small saucepan over a medium heat until thick.
2. Pour into a small heatproof bowl, cover with cling wrap (push the plastic down onto surface of mixture) and refrigerate until completely cool.
3. Pour the rapadura to the blender and grind (pulse) until very fine, like icing sugar (1 - 2 minutes). Transfer to a small mixing bowl.
4. Add the vegan margarine to the rapadura and cream together using an electric beater.
5. Pour in the vanilla and beat for 1 minute.
6. Combine with the cooled soy milk and flour mixture and continue to beat for 2 - 3 minutes until very smooth.
7. Cover and refrigerate the Caramel Icing for 1 hour, then spread over the cooled Vanilla Cake.
8. Serve or refrigerate in an airtight container.

THERMOMIX
1. Blend the soy milk and flour for 5 seconds on Speed 6.
2. Cook for 15 minutes at 80°C (176°F) on Speed 4.
3. Pour into a small heatproof bowl, cover with cling wrap (push the plastic down onto surface of mixture) and refrigerate until completely cool (approx. 1 hour).
4. Clean and thoroughly dry the TM bowl. Pour in the rapadura and pulverise for 15 seconds on Speed 9.
5. Insert the Butterfly and add the margarine. Cream for 1 - 2 minutes on Speed 3 with the MC off to allow air into the bowl. Scrape down the sides of the TM bowl when necessary.
6. Pour in the vanilla and beat for 6 seconds on Speed 4.
7. Add the cooled soy and flour mixture and continue to beat 2 - 3 minutes on Speed 3 until very smooth.
8. Cover and refrigerate the Caramel Icing for 1 hour, then spread over the cooled Vanilla Cake.
9. Serve or refrigerate in an airtight container.

Vanilla Custard

670 kilojoules (160 calories) per serve

Makes 8 serves (1 ½ litres)

Cooking: 15 mins

Ingredients

- 1 ½ litres soy milk (2 ½ pints) (1500g)
- 2 teaspoons vanilla essence
- ½ cup agave nectar (115g)
- 1 cup cornflour (corn starch) (130g)
- ¼ cup water (125g)
- Fresh or frozen raspberries, to garnish (optional)

Alternatives

- Use maple syrup in place of the agave nectar.
- For vegetarians, honey works too.

Serving Suggestions

- Fill vegan waffle cones with fresh fruit salad and chilled Vanilla Custard.
- Delicious served warm or chilled.

Procedure

CONVENTIONAL

1. Warm the soy milk in a large saucepan over a medium-high heat.
2. Stir in the vanilla essence.
3. Combine the cornflour and water until completely smooth, then add to the soy milk. Stir well for 2 minutes.
4. Add the agave nectar and stir continuously for approximately 10 minutes until thick.
5. Garnish with fresh or frozen raspberries (optional) and serve immediately or cool and then chill in the refrigerator.

THERMOMIX

1. Add all of the ingredients to the TM bowl and blend for 5 seconds on Speed 7.
2. Heat and thicken for 15 minutes at 100°C on Speed 3.
3. Garnish with fresh or frozen raspberries (optional) and serve immediately or cool and then chill in the refrigerator.

Adapted from Tee Godfrey's delicious vanilla custard recipe.

Raw Vegan Cheesecake

2411 kilojoules (576 calories) per slice

Makes 12 slices

Preparation: 15 mins
Freezing: 1 ½ hrs

Ingredients

CRUST LAYER
- ¼ cup dried coconut (20g)
- 1 ½ cups raw macadamia nuts (200g)
- ½ cup dried dates (50g)

FILLING
- 3 cups raw cashews (450g)
- ¾ cup lemon juice (170ml) (170g)
- ¾ cup raw agave nectar (220g)
- ¾ cup cold-pressed coconut oil (185ml) (140g)
- 1 tablespoon vanilla

RASPBERRY TOPPING
- 2 cups frozen raspberries (220g)
- ½ cup dried dates (50g)

Procedure

Line a 25cm round cake tin (10") or large freezer-safe container with cling wrap.

CONVENTIONAL (Use a powerful blender or food processor.)
1. Blend all of the Crust Layer ingredients until they begin to stick together.
2. Press this buttery mixture onto the base of the lined cake tin (or freezer-safe container).
3. Blend the Filling ingredients until smooth and pour over the crust. Spread the Filling out evenly. Freeze until firm (1 hour).
4. Blend the Raspberry Topping ingredients until smooth and spread evenly over the frozen cheesecake.
5. Refreeze until the topping is hard (30 minutes), then slice and serve immediately.

THERMOMIX
1. Blend all of the Crust Layer ingredients for 10 seconds on Speed 7 - 8 until they begin to stick together.
2. Press this buttery mixture onto the base of the lined cake tin (or freezer-safe container).
3. Blend the Filling ingredients for 1 minute 30 seconds on Speed 7 - 8 until smooth and pour over the crust. Spread the Filling out evenly. Freeze until firm (1 hour).
4. Blend the Raspberry Topping ingredients for 10 seconds on Speed 7 - 8 and pour over the crust. Spread the Filling out evenly. Freeze until firm (1 hour).
5. Refreeze until the topping is hard, then slice and serve immediately.

Alternatives

- Use brazil nuts in place of macadamia nuts in the crust layer.
- Use any frozen berries in place of the frozen raspberries.

Tip

- This is a seriously delicious, seriously rich dessert, so a smaller slice may suffice.

Soy Whipped Cream

711 kilojoules (170 calories) per dollop

Makes 3 cups (24 dollops)

Preparation: 2 - 5 mins

Ingredients

- 1 cup soy milk (250ml) (250g)
- 2-3 tablespoons maple syrup
- 2 teaspoons vanilla extract
- 6 pinches of salt
- 2 cups rice bran oil (500ml) (400g)

Alternatives

- I have unsuccessfully attempted to substitute rice milk and oat milk (both regular and organic) for the soy milk, but sadly the cream stays runny.
- Vegetable oil can be used in place of rice bran oil in this recipe.
- To create an unsweetened whipped cream reduce the maple syrup to ½ tablespoon.
- Agave nectar (2 ¾ tablespoons) can be used in place of the maple syrup.

Serving Suggestions

- Add a dollop to your morning bowl of wholegrain cereal.
- Top off a fresh fruit salad with a couple of big spoonfuls.
- Use as a creamy topping for vegan cakes (See Banana Cake on p.93).
- Perfect with Homemade Apple Pastries (p.98).

Procedure

CONVENTIONAL

1. Combine all of the ingredients (except the oil) on high in a blender.
2. Trickle the oil very slowly into the blender through the hole in the lid while still blending until combined.
3. Transfer the Cream to a medium-sized serving bowl.
4. Serve immediately or cover and chill in the refrigerator.

THERMOMIX

1. Combine all of the ingredients (except the oil) for 5 seconds on Speed 7-8.
2. Leave the TM on Speed 7-8 and pouring one cup of oil onto the lid, with one finger holding the MC upside down to prevent it popping off. Repeat for the second cup of oil until combined.
3. Transfer the Cream to a medium-sized serving bowl.
4. Serve immediately or cover and chill in the refrigerator.

Tips

- This cream gets very thick and occasionally causes the blender blades to 'free-spin' before all of the oil has been added. If this happens, simply omit the remaining oil and serve. The cream will still taste great!
- Occasionally the Soy Whipped Cream will not thicken. (I don't know why!) If this happens, do not panic! Use the runny cream as pouring cream or freeze into ice cubes which can be blended in a strong blender or Thermomix with fresh or frozen fruit, a dash of maple syrup and a slosh of soy milk to create rich, homemade ice cream.

Recipe inspired by 'The Farm – Vegetarian Cookbook' © 1978.

Sneaky Bars ('Snickers')

519 kilojoules (124 calories) per bar

Makes 32 bars

Preparation: 10 mins
Freezing: 1 hr

Ingredients

- 1 cup mixed nuts and seeds, salted or unsalted (150g)
- 1 cup natural peanut butter (250g)
- ½ cup rice malt syrup (300g)
- ½ cup maple syrup
- ¾ cup carob powder (75g)

Procedure

Line a medium-sized tray or freezer-safe container with cling wrap.

CONVENTIONAL

1. Grind (pulse) the nuts and seeds (or chop in a food processor) into small chunks.
2. Transfer to a large bowl and stir in the peanut butter and rice malt syrup.
3. Add the carob powder and stir until well combined.
4. Press into the lined tray (or freezer-safe container) and freeze until hard (1 hour).
5. Turn onto a board and slice into 32 Sneaky Bars.
6. Serve immediately or freeze.

THERMOMIX

1. Grind the nuts and seeds into small chunks for 3–5 seconds on Speed 9.
2. Transfer to a large bowl and stir in the peanut butter and rice malt syrup.
3. Add the carob powder and stir until well combined.
4. Press into the lined tray (or freezer-safe container) and freeze until hard (1 hour).
5. Turn onto a board and slice into 32 Sneaky Bars.
6. Serve immediately or freeze.

Alternatives

- For a sweeter dessert without the chewiness, use maple syrup or agave nectar in place of the rice malt syrup. For vegetarians, honey will work too.
- Add a tablespoon or two of desiccated coconut to the recipe.
- The following nuts and seeds taste great in this recipe – almonds, cashews, brazil nuts and pumpkin seeds.
- Try only one type of nut or seed for a distinct flavour.
- Create a chunky "chocolate bar" by hand-chopping the nuts and seeds or you can add them whole.

Tips

- Sneaky Bars will melt quickly on a hot day, so keep them in the freezer until it's dessert time.
- Raw and roasted nuts and seeds taste great in Sneaky Bars.

Recipe adapted from 'Ten Talents' © 2008.

Passionfruit Tofu Cheesecake

1588 kilojoules (379 calories) per slice

Makes 12 slices

Preparation: 25 mins
Cooking: 30 - 45 mins

Ingredients

BISCUIT BASE
- 3 cups stoneground wholemeal flour (whole wheat) (410g)
- 5 tablespoons extra virgin olive oil (50g)
- 2 tablespoons rice bran malt (40g)

FILLING
- 1 cup cashews (150g)
- 350g tofu (12 ⅓ oz), firm or silken
- 1 cup vanilla soy milk (250ml) (250g)
- 270g jar apricot jam, fruit-sweetened (jelly) (9 ½ oz)
- 1 tub vegan cream cheese (Tofutti brand)
- 1 tablespoon stoneground wholemeal flour (whole wheat)
- ¼ cup lemon juice (55g)

TOPPING
NOTE: Only prepare once the cheesecake is already cooked and chilled.
- 1 tablespoon cornflour (corn starch)
- ⅓ cup water (80g)
- 170g tin passionfruit pulp (6 oz)
- ¼ cup agave nectar (75g)

Tips

- Purchase vegan cream cheese (Tofutti brand - 227g (8 oz)) in Australia from Woolworths or Coles in the cold section near the tofu or ask at your local health food store.
- Add more agave nectar for sweeter topping and less cornflour (corn starch) for runnier topping.

Alternatives

- Use fresh passionfruit in place of the tinned passionfruit in the Topping.
- Use berries in place of the passionfruit in the Topping.
- Use maple syrup (1 ½ tablespoons) in place of the agave nectar.
- Make your own vanilla soy milk by blending 1 cup of soy milk, ½ tablespoon of rapadura and 1 teaspoon of vanilla.
- In place of the vegan cream cheese (Tofutti brand), use ¼ cup of cashews and 2 tablespoons of lecithin granules.

Inspired by Rose Thiel's delicious cheesecakes.

Biscuit Base Procedure

Preheat a fanforced oven to 200°C (400°F).
For a large cheesecake, line a 25cm (10") round cake tin (8cm (3") deep) with baking paper. Or for mini cheesecakes, line a muffin tin with muffin cups and halve the Biscuit Base recipe.

CONVENTIONAL
1. Crumble all ingredients together in a large bowl with fingers until 'bread-crumby'.
2. Press the mixture firmly into the lined tin, pressing evenly along the base and edges.
3. Set aside.

THERMOMIX
1. Crumble all ingredients together for 20 seconds on Speed 5.
2. Press the mixture firmly into the lined tin, pressing evenly along the base and edges.
3. Set aside.

Filling Procedure

CONVENTIONAL
1. Blend all of the ingredients for 2 - 5 minutes until very smooth.
2. Pour the mixture over the prepared Biscuit Base and bake until lightly browned (45 minutes for a large cheesecake and 30 - 45 minutes for mini cheesecakes).
3. Cool then chill thoroughly in the refrigerator. Once chilled, prepare the Topping.

THERMOMIX
1. Blend all of the ingredients for 2 minutes on Speed 7-8.
2. Pour the mixture over the prepared Biscuit Base and bake until lightly browned (45 minutes for a large cheesecake and 30 - 45 minutes for mini cheesecakes).
3. Cool then chill thoroughly in the refrigerator. Once chilled, prepare the Topping.

Topping Procedure

CONVENTIONAL
1. Combine the cornflour (corn starch) and water in a small bowl and transfer to a small saucepan.
2. Add the passionfruit and agave nectar and stir over medium-high heat until the mixture boils and thickens (10 - 15 minutes).
3. Pour over the baked Tofu Cheesecake and chill in the refrigerator.
4. Slice and serve.

THERMOMIX
1. Combine the cornflour and water for 5 seconds on Speed 2.
2. Add the remaining ingredients and heat for 15 minutes at 100°C on ↻ Speed 3 until thick and clear (leave off the MC lid).
3. Pour over the baked Tofu Cheesecake and chill in the refrigerator.
4. Slice and serve.

Carrot Cake with 'Cream Cheese' Icing

1460 kilojoules (349 calories) per slice

Makes 12 slices

Preparation: 10 mins
Cooking: 30 - 45 mins

Ingredients

CAKE
- 2 ½ cups stoneground wholemeal flour (whole wheat) (330g)
- 1 ½ teaspoons salt
- 1 tablespoon baking powder (15g)
- 1 cup soy milk (250ml) (250g)
- ⅔ cup rice bran oil (170ml) (130g)
- 1 ½ cups rapadura (210g)
- 1 cup grated carrot (approx. 2 large carrots) (290g)
- ⅔ cup pecans, chopped (60g) + a few extra for sprinkling over the cake
- 4 tablespoons linseeds, whole (flaxseeds) (60g)

'CREAM CHEESE' ICING
- ¼ cup vegan margarine, softened (40g)
- ¼ cup vegan cream cheese (Tofutti brand), softened (55g)
- 1 cup icing sugar (140g white sugar for TM)
- 1 teaspoon vanilla extract

Tips

- Purchase vegan cream cheese (Tofutti brand) from your local supermarket or health food store in the cold section near the tofu.
- To save time chopping the pecans, pulse them a few times in your blender or place the pecans in a ziplock bag (with the air removed) and hit them with a rolling pin to break them apart.

Cake Procedure

Preheat a fanforced oven to 180°C (375°F).
Line a 20cm (8") square or round cake tin with baking paper or oil well.

CONVENTIONAL
1. Stir together all of the ingredients in a large bowl.
2. Pour the mixture into the lined cake tin and bake for 40 minutes until brown.
3. Remove from the oven and allow to cool for 10 minutes.
4. Gently turn the cake onto the bench and cool on a cake rack.
5. Once cooled, top with 'Cream Cheese' Icing.

THERMOMIX
1. Chop the pecans and carrots (in large chunks) for 10 seconds on Speed 7.
2. Scrape down the sides of the TM bowl and add the remaining ingredients. Stir for 20 seconds on Speed 5.
3. Pour into the lined cake tin and bake for 40 minutes until brown.
4. Remove from the oven and allow to cool for 10 minutes.
5. Gently turn the cake onto the bench and cool on a cake rack.
6. Once cooled, top with 'Cream Cheese' Icing.

Icing Procedure

CONVENTIONAL
1. Combine the ingredients with an electric mixer in a medium-sized bowl on high speed for 2 minutes.
2. Spread evenly over the cooled Carrot Cake and sprinkle with the chopped pecans.
3. Serve or refrigerate in an airtight container.

THERMOMIX
1. Create the icing sugar by adding the white sugar to the TM bowl. Mill for 15 seconds on Speed 10.
2. Add in all remaining ingredients and blend for 10 seconds on Speed 5.
3. Scrape down sides, and blend again for 10 seconds on Speed 5.
4. Spread evenly over the cooled Carrot Cake and sprinkle with the chopped pecans.
5. Serve or refrigerate in an airtight container.

Recipes adapted from '7 Secrets Cookbook' © 2006 and inspired by 'Vegan Cupcakes Take Over the World' © 2006.

Appendix

Meal Planner

Week Number & Meal Types	Sunday	Monday	Tuesday
WEEK 1. Breakfast or Light Dinner	Weetbix with chia seeds, sliced peaches, soy milk & a Sneaky Bar (p.112)	Avocado, tomato, yeast flakes & salt on Multigrain toast (p.12), banana & orange	Carob Banana Smoothie (p.88), avocado, tomato, yeast flakes & salt on wholemeal crackers
Entrée (Main Meal)	Lasagne (p.58), Homemade Baked Chips (p.54) & Green Garden Salad (p.38)	Satay Lima Beans (p.68), brown rice & pappadams	Vegan Pizza (p.42)
WEEK 2. Breakfast or Light Dinner	'Be Natural' cereal, LSA*, sliced banana & soy milk	Banana with peanut butter & honey on Multigrain toast (p.12) & Carob Slushie (p.87)	Berrylicious Smoothie (p.86), avocado, tomato, yeast flakes & salt on wholemeal crackers
Entrée (Main Meal)	Carrot Rice Loaf (p.32), Potato Salad (p.44) & Green Garden Salad (p.38)	Mexi-Lentil Burritos (p.48)	Vegan Sausages (p.62), Homemade Baked Chips (p.54), peas, corn & diced carrots
WEEK 3. Breakfast or Light Dinner	'Just Right' cereal, LSA*, fruit salad & soy milk	Leftovers** on toast	Banana Cake (p.92), grapes, kiwi fruit, strawberries & Soy Whipped Cream (p.110)
Entrée (Main Meal)	Split Pea & Potato Curry (p.76)	Lentil Hotpot (p.82)	Minestrone Soup (p.64)
WEEK 4. Breakfast or Light Dinner	Fruit & nut muesli, grapes, soy milk & Carob Fudge (p.100)	Tomato & Onion Baked Beans (p.80) on Multigrain toast (p.12)	Wacky Cake (p.102), berries & Soy Whipped Cream (p.110)
Entrée (Main Meal)	Tomato Brazil Bake (p.50), Homemade Baked Chips (p.54), zucchini & a corn cob	Tacos, Guacamole & Salsa (p.66)	Tofu Nuggets (p.72), Homemade Baked Chips (p.54), Raw Cashew Mayonnaise (p.23) & Green Garden Salad (p.38)

- Many plant-based cereals are available; check the ingredients labels and aim for less than 18% refined sugar.
- Try sweetening your cereal with fruit (fresh, frozen or tinned in juice), agave nectar, maple syrup or rapadura.
- Adding a small handful of nuts and seeds to your meals will provide healthy oils & protein.

Wednesday	Thursday	Friday	Saturday
Carrot Cake with 'Cream Cheese' Icing (p.116) & a sliced orange	Ginger Coconut Cookies (p.90) & Berrylicious Smoothie (p.86)	Homemade Apple Pastries (p.98), Soy Whipped Cream (p.110), a banana & mandarin	Leftovers** on toast
Veggie Bean Soup (p.70) & avocado on Multigrain Bread (p.12)	Bachelor's Curry (p.30) & brown rice	Mushroom Parsley Pasta (p.74)	Gluten Steaks (p.34), mashed potato & Green Garden Salad (p.38)
Carob Raspberry Ice Cream (p.94), sliced banana & blueberries & Vegemite (yeast spread) on Multigrain toast (p.12)	Leftovers** on toast	Banana Nut Muffins (p.96), Vanilla Custard (p.106), grapes & apple	Fruit & nut muesli, grapes, soy milk & Carob Fudge (p.100)
Minestrone Soup (p.64) & Multigrain Bread (p.12)	Pine Nut Pasta (p.52)	Sweet Soy Tofu Stirfry (p.36)	Vegan Pizza (p.42)
Weetbix, chia seeds, sliced peaches, soy milk & a Sneaky Bar (p.112)	Raw Vegan Cheesecake (p.108) & fresh fruit salad	'Be Natural' cereal, LSA*, sliced banana & soy milk	Berrylicious Smoothie (p.86), avocado, tomato, yeast flakes, salt on wholemeal crackers
Lentil Stew (p.46) & Raw Cashew Mayonnaise (p.23) on Mulitgrain Bread (p.12)	Walnut Patties (p.60), mashed potato & steamed asparagus	Bachelor's Curry (p.30) & brown rice	Mushroom Parsley Pasta (p.74)
Vanilla Cake with Caramel Icing (p.104), mango, nectarine & banana	Passionfruit Tofu Cheesecake (p.114) & pineapple, orange & peach	Leftovers** on toast	Banana, peanut butter & agave nectar on Multigrain toast (p.12) & Carob Slushie (p.87)
Lentils 'n Mash (p.56), peas, corn & diced carrots	Coconut Curry Tofu (p.40) & brown rice	ATP burger (p.78) & Homemade Baked Chips (p.54)	Tomato & Onion Baked Beans (p.80) on Multigrain toast (p.12)

* LSA is a mixture of ground linseeds (flaxseeds), sunflower seeds and almonds.
** Just search the refrigerator for whatever yummy food you have leftover from the last few meals.

Why Eat Only Plants?

- **HEALTH** - You may be unwell or know someone who is struggling health-wise, you may want to lose weight or simply want to live a longer, healthier life.
- **ENVIRONMENT** - You may want to reduce the impact your lifestyle has on the environment.
- **ANIMAL CRUELTY** - You may desire to eliminate the cruelty and demand for mass farming of animals in the meat, dairy and egg industries.

But Meat Makes Me Strong! Doesn't It?

- Many people worry that eliminating meat, eggs and dairy from their diets will lead to deficiencies in iron, protein and calcium, but thankfully this is not the case. Studies are now revealing that social groups labelled 'Blue Zones' with minimal to no animal products in their diets, not only live longer but also healthier lives.
  View Dr Michael Greger's video at www.nutritionfacts.org/video/do-flexitarians-live-longer/
- Here are a few iron, protein and calcium alternatives you may like to include in your plant-based diet.

Iron

- Blackstrap molasses
- Bok choy
- Tahini
- Almonds
- Broccoli
- Dates
- Figs
- Soy milk with added calcium
- Apricots
- Blackberries
- Oranges
- Kale
- Artichokes
- Seaweed
- Brown rice
- Kiwi fruit
- Pak choy
- Baked beans

Calcium

- Lentils
- Soy milk
- Edamame (fresh soy beans)
- Black beans
- Gluten steaks
- Tofu
- Green peas
- Brown rice
- Broccoli
- Sunflower seeds
- Avocado
- Wholegrain bread
- Cashews
- Semolina pasta
- Chia seeds
- Linseeds (flaxseeds)
- Peanut butter
- Millet

Protein

- Strawberries
- Pumpkin seeds
- Quinoa
- Spinach
- Dried peaches
- Prunes
- Lentils
- Green peas
- Chickpeas
- Tomatoes
- Raisins
- Brown rice
- Rolled oats
- Bok Choy
- Tahini
- Kale
- Dried apricots
- Mushrooms

Important Health Considerations

B12

It is generally recommended that anyone who adopts a 100% plant-based diet supplements daily or weekly with a sublingual B12 tablet (dissolves under the tongue and enters the bloodstream directly). B12 deficiency is linked to numerous severe health problems, so along with fortified vegan foods, such as soy milk and yeast flakes, I choose to take B12 weekly.

Zinc

Another vital mineral is zinc. If you test low (you can test over the counter at the chemist (drug store) or ask your doctor for a zinc blood test), it is important to increase your daily intake of whole grains, beans (legumes) and nuts. However, unless your food is grown in a country with zinc-rich soils (which Australia sadly doesn't have) you may be deficient. Zinc deficiency affects the skin, hair and nails and is common among plant-eaters and meat-eaters alike. So unless you eat truckloads of oysters (I really do NOT recommend this), you may consider getting tested.

A few years back my husband and I (along with ten other friends) took a zinc test, and to our shock we were all deficient. My symptoms were the worst of the group. I experienced rough, splitting skin on my hands and around my nails. Skin was splitting in other places on my body too. The pain was excruciating and after months of suffering I underwent surgery. Although the whole experience was an ordeal, today I am symptom-free. I take zinc daily and now have healthy zinc levels and smooth skin.

Health Resources

TO VISIT ONLINE

- www.notonlycarrots.com - My official website! Purchase copies of this cookbook, get cooking with the 'Not Only Carrots' cooking show and find out more about healthy living.
- @notonlycarrots on YouTube, Facebook, Instagram and Twitter. Be in touch!
- www.nutritionfacts.org - Physician and New York Times bestselling author Dr Michael Greger's website. View free daily videos and articles about nutrition.
- www.godslastwarning.com - My husband Ben's ministry's website featuring articles, FAQs, documentaries, sermons, audio books and more.

TO READ

- Dr T. Colin Campbell - 'The China Study'
- Dr Joel Fuhrman - 'Eat To Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss'
- Jane A. Plant - 'Your Life In Your Hands'
- Dr Michael Greger - 'How Not To Die'

A Word About Oil, Salt & Sugar

Oil

Some vegan health professionals recommend diets very low or completely void of refined oils (such as olive oil). Instead they recommend the consumption of nuts, olives and avocados in moderation. After eliminating all added oils from my diet for a total of five years, my skin became chronically dry. So out of necessity, I reintroduced a moderate amount of refined oils into my diet. However, many people hoping to lose weight will find the process faster by staying away from margarines and added oils. So, you may prefer to reduce the oil in the recipes and sauté using water, but sadly this will affect the flavour. See also Zinc (p.123).

Salt

Very low or no salt diets are often recommended by health professionals, especially for those suffering from heart disease or high blood pressure. I have attempted to reduce the salt in my own vegan diet, but personally, I find I get painful leg cramps when I do. So, you will have to make your own decision whether or not to follow the recommended salt, soy sauce, tamari and vegetable stock (broth) measurements in this cookbook. Please keep in mind that salt brings flavour and the recipes may be bland without at least a little.

Sugar

In these recipes you will find a variety of sugar substitutes. Don't get me wrong, I'm not scared of using refined sugar occasionally, such as for bread dough or a special cake topping, but sugar draws calcium from your bones and causes tooth decay; so don't load up on it. Keep in mind that all sugars, refined or not, should be used in moderation and ideally, eat fresh, frozen, dried or tinned fruit in juice instead of that sugary chocolate bar when you get your next sugar craving.

These are my favourite sugar alternatives:

- **RAPADURA** - Unrefined, evaporated cane juice.
  1 cup of sugar = 1 cup of rapadura
- **MAPLE SYRUP** – A liquid sweetener made from maple sap.
  Reduce the liquid in your recipe accordingly.
  1 cup sugar = ⅔ -¾ cup maple syrup
- **AGAVE NECTAR** –A liquid sweetener made from agave cactus sap.
  Reduce the liquid in your recipe accordingly.
  1 cup sugar = ⅔ cup agave nectar
- **PALM SUGAR** – A crystallised sugar made from palm sap which can be cut or grated.
  1 cup sugar = 1 cup grated, light-coloured palm sugar

Handy Bread-Making Tips

- The dough can rise for the second time in the refrigerator. (Yes, dough actually rises in the fridge!) This slow rising process allows the yeast time to eliminate the phytic acid in the wheat, making the zinc more available to the body.
  1. Roll the dough to the length of the lined bread tin and place in the tin.
  2. Cover with a damp tea towel and refrigerate for 12-16 hours until the dough has risen above the top of the tin.
  3. Gently remove the bread from the refrigerator and carefully and slowly peel back the tea towel to avoid causing the bread to flop.
  4. Bake as mentioned in the recipe.

- Pre-make your own bread mixes by combining all of the dry bread recipe ingredients in a large zip lock bag and storing in the refrigerator, freezer or somewhere cool. Reuse the ziplock bag to store your freshly baked (and cooled) loaf of bread.
- Slice your bread after it's cooled and chilled in the fridge. Sometimes the bread is so lovely and fluffy I find it bends or squishes if it's not cold before I slice it.
- The Multigrain Bread (p.12) will work with a large bread maker, but the loaf tends to be lighter and bigger when cooked in the oven. Flaxseeds and multigrain mix also tend to make a denser loaf of bread in the bread maker. You may omit these if a lighter loaf is prefered.
- Ideally wait for 2 days before eating the bread, or toast before eating to allow the yeast to die.
- Both the Gluten-Free Seed Bread (p.14) and Mulitgrain Bread (p.12) will soften and refreshen easily by toasting or wrapping in aluminium foil and reheating in the oven.
- The Multigrain Bread (p.12) will freeze for a long time. We found some hidden in our deep freezer, baked 6 months earlier, and it was as good as new. So make a heap of loaves in one go!
- Rise your bread in the car parked in the sun. The trapped heat will act like a warm oven.

Ingredients Glossary

Most of the ingredients used in this cookbook are commonly available from most supermarkets and health food stores in Australia. For overseas cooks, search your local supermarkets and health food stores or purchase the ingredients online.

Tip:
If you need to find a plant-based ingredient that isn't in this list, search in your local supermarket for the regular version (e.g. puff pastry). Once you find it, check the ingredients list. You will be pleasantly surprised by how many products out there are 'accidentally vegan'.

- **Agar Agar Powder** – A vegan alternative to gelatine, derived from seaweed.
  Available online:
  www.buyorganicsonline.com.au
- **Agave Nectar** – A natural sweetener made from gently heating the sap of the agave cactus. Available online:
  www.buyorganicsonline.com.au
- **Beans, Dried (lentils, red kidney beans, yellow split peas, green split peas, mung beans, lima beans, brown lentils, red split peas)** – Full of iron and protein, dried beans are a plant-based, meat-alternative.
  Available online: www.indiabazaar.com.au
- **Bio Cheese (My Life brand)** - Vegan alternative to dairy cheese. See
  www.mylifebio.net.au
- **Bragg's Aminos (Bragg's Liquid Aminos All-Purpose Seasoning)** – A non-GMO alternative to soy sauce, derived from healthy soybeans and amino acids.
  Available online:
  www.buyorganicsonline.com.au
- **Brown Rice Pasta** / **Noodles** – A whole grain, gluten-free alternative to wheat pasta, made from brown rice.
  Available online:
  www.buyorganicsonline.com.au
- **Caro Powder, Nescafé brand (Pero)** – A caffeine-free, coffee alternative made from a blend of roasted grains.
  See www.nestle.com.au.
  US alternative available online:
  www.internaturalfoods.com/brands/pero
- **Carob Buttons** – A dairy and caffeine-free alternative for chocolate.
  Available online: www.carobana.com.au
- **Carob Powder** – Roasted carob powder is an alternative to cocoa.
  Available online:
  www.buyorganicsonline.com.au
- **Casserole Mince (Vegie Delights brand)** – A gluten-based, meat-alternative.
  See www.vegiedelights.com.au.
- **Chia Seeds** – Small brown, grey, black and white seeds known to be rich in omega-3 fatty acids. Available online:
  www.buyorganicsonline.com.au
- **Corn and Rice Pasta** – Gluten-free alternative to wheat pasta, made from corn and rice.
  Available online:
  www.buyorganicsonline.com.au
- **Cream Cheese, Vegan (Tofutti brand)** – A plant-based alternative to cream cheese.
  See www.tofutti.com.
- **Fennel Powder** – A dried spice with a slight licorice-taste.
  Available online:
  www.indianproducts.com.au
- **Ginger, Crystallised** – Chunks of crystallised ginger coated in cane sugar, a perfect balance of spicy and sweet.
  Available online:
  www.buyorganicsonline.com.au

- **Gluten-Free Flours (Brown Rice, Sorghum, Maize, Arrowroot, Besan (chickpea))** – Gluten-free alternatives for those wishing to lower their gluten intake or those suffering from gluten-intolerance or gluten allergies, often used in combination. Available online: www.buyorganicsonline.com.au & www.wheatfreeworld.com.au
- **Gluten Flour** – A flour made from wheat protein which gives elasticity to dough, helping it rise and keep its shape; often gives the final product a chewy texture.
  Available online:
  www.organicbuyersgroup.com.au
- **Lecithin Granules** – A concentrated form of soy used as a natural emulsifier in cooking, improving the texture of breads.
  Available online:
  www.buyorganicsonline.com.au
- **Linseeds (Flaxseeds)** – A dark brown seed, rich in dietary fibre, omega-3 fatty acids and cholesterol free. Linseeds can be stored for long periods of time without losing any nutritional value.
  Available online:
  www.buyorganicsonline.com.au
- **Macadamia Nut Oil** – A mild nutty flavoured oil with a very high heat tolerance, commonly used for pan-frying, marinating and to flavour cakes and slices. Available online:
  www.proteco.com.au
- **Margarine, Vegan** – A cholesterol-free, plant-based alternative to butter.
  See www.nuttelex.com.au.
- **Multigrain Mix** – A combination of kibbled maize, kibbled rye, rolled barley, kibbled soy, linseed (flaxseeds) and malted wheat flakes.
  Available online: www.simplygood.com.au
- **Not Burgers, Classic (Vegie Delights brand)** – A gluten and soy-based meat-alternative.
  See www.vegiedelights.com.au.
- **Nutmeat (Vegie Delights brand)** – A gluten, peanut-based meat-alternative.
  See www.vegiedelights.com.au.
- **Nutolene (Vegie Delights brand)** – A gluten-free peanut-based meat-alternative.
  See www.vegiedelights.com.au.
- **Palm Sugar** – An alternative to cane sugar, made from boiling the sap of the date palm or the sugar date palm, and formed into hard cakes.
  Available online: www.pantryman.com.au
- **Pappadams (Lentil Chips)** – Small flat disks made from urid (lentil) flour, which when deep fried become a very thin and crunchy chip.
  Available online: www.indiabazaar.com.au
- **Peanut Butter, Natural** – A nut butter made from 100% roasted peanuts, with no added salt, sugar or emulsifiers.
  See www.sanitarium.com.au.
  Available online:
  www.buyorganicsonline.com.au
- **Puff Pastry, Vegan** – White or wholemeal puff pastry without butter or dairy added. Vegan brands include Homebrand, Borg's, Coles and Pampas.
- **Psyllium Husks** – A gentle, soluble fibre used to bind and add fibre to gluten-free breads.
  Available online:
  www.wheatfreeworld.com.au
- **Rapadura (Panela, Sucanat)** – Granulated evaporated cane juice.
  Available online:
  www.wholesomesweet.com
- **Sausages, Vegie (Vegie Delights brand)** – Vegan sausage-alternative with subtle spices, high in protein and iron, high in zinc and vitamin B12 and cholesterol free.
  See www.vegiedelights.com.au.
- **Savoury Yeast Flakes (Nutritional Yeast)** – Inactive yeast, added to meals or sprinkled on top; delightfully cheesy in flavour.
  Available online:
  www.buyorganicsonline.com.au
- **Stock Powder (Broth Powder)** – Massel brand sells vegan vegetable, chicken and beef flavoured stock powders. See
  www.massel.com.

- **Stoneground Wholemeal Flour (Stoneground Whole Wheat Flour, Chakki Atta)** – A whole grain flour made from whole wheat grains, a good source of fibre and thiamin. Available online in 1kg or 5kg bags: www.buyorganicsonline.com.au
  Also in 10kg bags (Chakki Atta - Grewal brand): www.indiabazaar.com.au
- **Tamari** – A wheat-free alternative to soy sauce. Available online: www.buyorganicsonline.com.au
- **Tofu** - Purchased fresh as firm, medium or soft, tofu is made from soy beans and can be sliced and used as a vegan protein substitute in meals or blended into vegan desserts. Tofu is located in the refrigerated section of most supermarkets.
- **Torula Yeast** – An inactive form of yeast used to add a 'meaty' flavour to meals.
  Available online:
  www.buyorganicsonline.com.au
- **Vegan Cream Cheese** - A plant-based alternative to regular, cream cheese. Vegan brands include Tofutti brand 'Better Than Cream Cheese' and Kingland brand 'Soy Cream Cheese'.
  See www.tofutti.com.
- **Vegan Milks (Soy, Rice, Oat, Almond)** – Plant-based alternatives for cow's milk.
  Available online:
  www.buyorganicsonline.com.au
- **Wheat Germ** – The germ of the wheat grain, high in dietary fibre, a rich source of protein, with a nutty flavour and distinctive texture.
  Available online:
  www.buyorganicsonline.com.au
- **Wholemeal (wholewheat) Lasagne Sheets** – Thin flat pasta sheets made from wholemeal (whole wheat) flour. See www.sanremo.com.au.

Unit Conversions

Metric	Imperial
1 millilitre (ml)	⅕ teaspoon (tsp)
5 ml	1 teaspoon
15 ml	1 tablespoon (tbsp)
30 ml	1 fluid ounce (oz)
100 ml	3.4 fluid oz
240 ml	1 cup
1 litre (L)	34 fluid oz
1 L	4.2 cups
1 L	2.1 pints
1 L	1.06 quarts
1 L	0.26 gallon
1 gram (g)	0.035 oz
100 g	3.5 oz
500 g	1.10 pounds
1 kilogram (kg)	2.205 pounds
1 kg	35 oz

Metric (Celsius)	Imperial (Fahrenheit)
37° C	99° F
70° C	158° F
90° C	194° F
100° C	212° F
180° C	350° F
200° C	400° F
220° C	425° F

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