

Featuring Viva!'s  
very best festive  
recipes all with  
mouth-watering  
pictures



*Viva!'*  
MINI-GUIDE  
TO A  
VEGGIE CHRISTMAS



# new from REDWOOD!



**Introducing the new Meat Free Southern Fried Chicken Style Burger and Chicken Style pieces from Redwood.**



**Our new ambient vegan range: Chicken Style Cacciatore, Chicken Style Madras Curry, Sausage and Choritzo Style Casserole.**



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Alternatively you can visit [www.redwoodfoods.co.uk](http://www.redwoodfoods.co.uk) to visit our online shop

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# WELCOME

to Viva!'s Christmas Guide – where “Peace on Earth” takes on real meaning for all of us on the planet and Christmas dinner is a celebration of life, not to mention a gorgeous feast!

The sad reality of the life and death of farmed animals and all the hideous cruelty involved has been in the news more than ever, thanks to vital undercover and campaign work done by Viva! and other groups. Added to that is the United Nation's latest report which urges us to move towards an animal-free diet for the poor old planet.

Yet there is hope – sales of meat have gone down considerably and vegan numbers in the UK are estimated at one million, with veggies taking up a whopping five million – and you can be part of that much-needed change!

Having a veggie Christmas is not only important for the reasons above but also for symbolic reasons. Cooking and sharing delicious cruelty-free food at this time of year sends a positive message to friends and family.

So enjoy these lovely vegan recipes which range from classic to modern – and all 100 per cent animal-free. In addition, our Veganiser and Stockist pages give you extra ideas to help with the celebrations. And remember, lots more recipes are available at [www.viva.org.uk/christmas](http://www.viva.org.uk/christmas)

A very Merry Christmas to one and all!

# CONTENTS

## STARTERS

- 6 Helen's Cranberry & Cream Cheeze Parcels
- 7 Asparagus & Meaty Spears with Hollandaise-style Sauce (quick)
- 8 Roast Mushrooms with Red Onion Marmalade

## PARTY FOOD

- 9 Veggie Pigs in Blankets (quick)
- 10 Cherry Tomato & Pesto Tartlets
- 11 Justine's Christmas Couscous Salad

## MAINS

- 12 Chestnut Paté en Croute (quick prep)
- 13 Viva!'s Luxury Festive Roast
- 14 Christmas Squash with Aromatic Wild Rice & Pine Nut Stuffing

## SIDES

- 15 Little Yorkshire Puddings
- 16 Mediterranean-style Roast Potatoes
- 17 Red Wine & Porcini Mushroom Gravy
- 17 Roasted Red Pepper Sauce with Tomatoes

## DESSERTS

- 18 Rose's Lemon Cheesecake with Blueberries (quick)
- 19 Viva!'s Mince Pies – Home-made or Ready-made Pastry Options



Helen's Cranberry & Cream Cheeze Parcels (page 6)

# Viva!

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# VEGANISING CHRISTMAS

For more recipe ideas  
[www.viva.org.uk/christmas](http://www.viva.org.uk/christmas)

## TRADITIONAL

## VEGANISED

### Starters

Mini sausage rolls

Fry's or Linda McCartney's sausage rolls, sliced

Sausages rolled in bacon

Veggie sausages rolled in meat-free rashers or Veggie Pigs in blankets (Page 9)

Deep-fried Camembert

Helen's Cranberry & Cream Cheeze Parcels (Page 6)

Mini quiche

Cherry Tomato & Pesto Tartlets (Page 10)

Paté & biscuits

Veggie paté in a tube, eg Suma, Granovita or Tartex

### Mains

Roast turkey

Any of the main courses in this guide OR Redwood's Celebration Christmas Roast. See products (page 5)

### Side Dishes

Roast potatoes and parsnips

Mediterranean-style Roast Potatoes (page 16) or just par-boil potatoes and parsnips then roast as usual, using vegetable oil or white vegetable fat

Steam or boil sprouts, carrots as usual

For more exciting side dishes see pages 15-17 and check out even more ideas on [www.viva.org.uk/christmas](http://www.viva.org.uk/christmas)

## TRADITIONAL

## VEGANISED

### Stuffing

Most packet stuffing is vegan – check ingredients

### Gravy

Red Wine & Porcini Mushroom Gravy (page 17). Other gravy recipes and sauces on [www.viva.org.uk/christmas](http://www.viva.org.uk/christmas) OR use vegan ready made – see Stockists (page 5)

### Dessert

Christmas pudding

Many supermarket Christmas puds are naturally vegan – but always check the labels

Chocolate pavlova

Cranberry & Raspberry Ice Cream Layer – see [www.viva.org.uk/christmas](http://www.viva.org.uk/christmas)

Cheesecake

Rose's Lemon Cheesecake with Blueberries (page 18)

Mince pies

Make your own (page 19) or see Stockists (page 5)

### Cheese and biscuits

Hummus, olives, oatcakes – there are many flavours of hummus now, so check out the chill cabinet of larger supermarkets for greater choice



# STOCKISTS

## BOOZE

- Visit our online wine club for a great selection [www.viva.org.uk/wineshop](http://www.viva.org.uk/wineshop)
- [www.veggiewines.co.uk](http://www.veggiewines.co.uk) is a comprehensive guide to all animal-free booze, from sherry and port, to ciders and beers available in supermarkets and elsewhere. The Co-op labels its own wines well – many are vegan

## CHEESE ALTERNATIVES

- Available from health stores
- Redwood's Cheezly – hard and melting dairy-free cheeses in a variety of flavours
- Sheese – hard and cream dairy-free cheeses in a variety of flavours
- Tofutti Cream Cheese – plain is good in cheesecakes or sandwiches – just like Philadelphia! The savoury varieties are great on crackers

## CHOCOLATE AND SWEETIES

- Visit [www.viva.org.uk/shop](http://www.viva.org.uk/shop) or phone 0117 944 1000 for a wonderful range of vegan goodies featured in our *Gifts for Life* catalogue
- Organica; Divine; Montezuma and Booja Booja make good vegan chocolates. Again, always check the label

## CUSTARD

- Alpro Soya Alternative to Custard – comes in long-life packs
- Custard powder in a tin is usually vegan, eg Birds. Follow packet instructions but replace cow's milk with soya milk, reduced by a quarter – and a little more sugar, to taste

## CREAM ALTERNATIVES

- Single: Alpro or Provamel – supermarkets or health stores
- Whipping: Soyatoo – from Viva! – health stores – Cremovita and large Tesco stores

## DESSERTS

- Mamma Cucina Non-Dairy Cheesecake – available from Holland and Barrett
- Swedish Glace ice cream – available from large supermarkets and good health stores
- Booja-Booja ice cream – gourmet, organic and utterly gorgeous – from good health stores

## GRAVY

- Bisto Original Gravy Powder, Bisto Onion Gravy Granules (NOT Bisto complete Gravy Mix)

- Oxo Onion or Vegetable Gravy Granules are all veggie/vegan
- Many supermarket own-brands are vegan, but check the labels
- Your health food shop will sell products such as Naturally Good Vegetable Gravy Powder or Marigold Vegetarian Organic Gravy Powder

## MINCE PIES

- At time of writing these were vegan – but check with the store to ensure they haven't changed the ingredients!
- Tesco's Christmas range Mince Pies
- Sainsbury's Basics Mince Pies
- ASDA Smartprice Mince Pies

## MEAT ALTERNATIVES

- Redwood's delicious meat-free range – health stores including Holland and Barrett:
    - Cheatin' Roast Turkey
    - Cheatin' Roast Beef
    - Celebration Roast [www.redwoodfoods.co.uk](http://www.redwoodfoods.co.uk)
  - Fry's delicious range from health food shops like Holland and Barrett, including:
    - Veg Express Vegetarian Sausage Rolls (the best!)
- Plus sausages, wok strips, burgers etc [www.beanieshealthfoods.co.uk](http://www.beanieshealthfoods.co.uk)

# STARTERS HELEN'S CRANBERRY & CREAM CHEEZE PARCELS

A real delight as a starter for your Christmas table.



Serves 6  
30 mins

- Quarter of a tub of Tofutti Cream Cheese Original (vegan) (health stores)
- 225g/8oz packet fresh or frozen filo pastry
- 25g/1oz melted vegan margarine, eg Pure
- 2 tbsp cranberry sauce

- 1 Pre-heat the oven to 190°C/375°F/Gas Mark 5.
- 2 Take 3 sheets of filo pastry at a time. Cut in half so you have six 12.5cm/4-5 inch squares. Take one square and brush with a little melted margarine. Place another square on top at an angle and brush again. Do the same with a third sheet.
- 3 Place a teaspoon of cream 'cheese' in the middle of the filo pastry and top with a teaspoon of cranberry sauce. Bring the edges of the pastry up together and pinch them to form a little parcel (money-bag shape). Make up the rest of the parcels in the same way.
- 4 Brush with melted margarine and place on a greased baking tray.
- 5 Bake in the pre-heated oven for 15-20 mins until the pastry is crisp and golden. Serve hot with extra cranberry sauce.

Tip – try experimenting with different fillings in these little parcels – like spinach and mashed tofu with paprika; vegan pesto, cherry tomatoes and cream 'cheese' or garlic mushrooms, for example.

# ASPARAGUS & CHEATIN' MEATY SPEARS

## WITH VEGAN HOLLANDAISE SAUCE

Serves 4  
20 mins

### Vegan Hollandaise Sauce

- Peppercorns
- 1 dried bay leaf
- 40g/generous 1oz silken tofu
- 125g/4oz vegan margarine, eg Pure, Biona or Suma
- 1 tsp turmeric
- Lemon juice, salt and pepper to taste

### Spears

- 12 fat spears of asparagus
- 30g/1oz vegan margarine
- 1 packet Redwood Cheatin' Pepperoni-style slices or Ham-style slices

1 Pre-heat oven to 180°C/350°F/Gas Mark 4.  
2 Make the sauce. Put the vinegar in a small pan with the peppercorns and bay leaf.  
3 Reduce the vinegar over a high heat until there is only 1 tbsp left. Strain the peppercorns and the bay leaf from this reduction.

4 Put the silken tofu in a food processor with the vinegar reduction.

5 Gently melt the margarine so the solids fall to the bottom of the saucepan.

6 Add the turmeric and turn the food processor on and slowly pour the margarine on to the tofu with the motor still running. The sauce will start to thicken.

When only the margarine solids are left, stop.

7 If the sauce is too thick, add a little hot water.

8 Season to taste with salt and pepper and a little lemon juice. Keep it warm while you cook the spears.

9 Cut Cheatin' slices into strips and wrap around the asparagus.

10 Brush each spear lightly with margarine.

11 Bake for 3-4 mins until lightly roasted.

12 Serve immediately, with the Hollandaise sauce on the side.



# ROAST MUSHROOMS WITH ONION MARMALADE

Makes 12  
60-70 mins



Mmm – gorgeous! This is good as a starter or as a side dish.

- 1 tsp olive oil
- 2 medium red onions
- 2 tbsp balsamic vinegar
- 1 generous pinch of sugar
- 2 tsp redcurrant jelly
- 1 tbsp red wine (optional)
- 12 flat field mushrooms
- 3 tbsp olive oil
- 2 cloves garlic, crushed
- ½ tsp mild paprika
- 1 tbsp fresh thyme leaves
- 1 tsp dried mixed herbs
- Salt and pepper
- Grated dairy-free cheese, eg Redwood's Super Melting Mozzarella Block (optional)
- Rocket or other decorative salad leaves for serving

1 To make the marmalade, cut the onions in half and then slice finely.

2 Sauté in the tsp of oil over a very low heat for 15-20 mins, stirring occasionally.

3 Add the vinegar, red wine, sugar and redcurrant jelly.

4 Simmer for another 5 mins until the onions start to caramelise, then set aside.

5 Pre-heat the oven to 190°C/375°F/Gas Mark 5.

6 In a small bowl combine the olive oil with the crushed garlic and herbs. Season with salt and pepper.

7 Wipe the mushrooms clean with kitchen paper and carefully remove the stalks. Place the mushrooms on a non-stick oven tray and drizzle the seasoned olive oil over them.

8 Roast for 25 mins.

9 Divide the onion marmalade between the mushrooms and sprinkle with dairy-free cheese if using.

10 Return the tray to the oven and bake for a further 5 mins.

11 Serve on a bed of salad leaves with any leftover onion marmalade and crusty bread.

## Top Tip

The onion marmalade can be made ahead of time.



# PARTY FOOD VEGGIE PIGS IN BLANKETS

Serves 4-8  
10 mins



- 1 jar of sun-dried tomatoes in oil – better still, use the ready-to eat variety, even moister
- 1 packet of veggie sausages (Fry's, Redwood's and Vegetarian Choice are all vegan – available from health stores, Holland & Barrett – and Linda McCartney from most major supermarkets)
- 1 packet of cocktail sticks

- 1 Cook the sausages according to instructions on the packet.
- 2 Cut into bite size pieces on a chopping board.
- 3 Using a fork, take a sun-dried tomato from the jar, shaking off any excess oil.
- 4 If a similar width to the sausage pieces, place the tomato over the top, then secure in place using a cocktail stick, piercing through one side to the other. If too big, cut in half.
- 5 Serve on a large sharing platter.

# CHERRY TOMATO & PESTO TARTLETS

These are a lovely starter. To convert into a party snack, divide into smaller pieces.

- 1 packet of Jus-Rol ready-made shortcrust tartlet cases (available in Sainsbury's and other supermarkets)\*
- Punnet of cherry tomatoes
- Half a courgette, chopped into small pieces
- Jar of vegan pesto (Meridian or Zest are vegan)
- 1 packet of silken tofu
- 120ml/4fl oz soya milk
- 1 tsp Dijon mustard
- ½ tsp mixed herbs
- Salt and lots of black pepper
- Vegan cheese such as Cheezly or Sheese – aim for at least 1 tbsp grated 'cheese' per tartlet

\*If ready-made tartlets are not available, make your own easily! You need:

- 2-3 sheets of Jus-Rol's chilled shortcrust pastry
- 6 medium-sized mini tartlet tins, preferably with loose bottoms

Use the base of one of the tins to make a circle – but cut about one inch/2cm extra so there is enough to go up the sides of the tins. Make 6 circles, lightly oil each tin and fit a pastry circle in each one.

1 Pre-heat oven to 180°C/350°F/Gas Mark 4.

2 Place the tartlets (including their paper cases) on a baking tray.

3 Using a palette knife, spread a tablespoon of vegan pesto around the base of each tartlet.

4 Heat the olive oil in a small frying pan and sauté the courgette pieces until they are lightly brown.

5 Distribute the courgette pieces evenly in each pastry case, between two cherry tomatoes.

6 Blend the tofu, soya milk, Dijon mustard, herbs, salt and pepper until very smooth.

Serves 6  
45 mins



7 Spoon the tofu mixture into the cases, so all the filling is evenly covered. Using a hand grater, grate vegan cheese over the top of each tartlet.

8 Place the baking tray of tartlets into the oven for approximately 30 mins, until they have browned off nicely.

9 Gently remove from the paper cases by tipping out onto a saucer, placing a second saucer on the bottom and turning them over.

10 Serve hot or warm.

# JUSTINE'S CHRISTMAS COUSCOUS SALAD

Serves 4-6  
30 mins

A tasty festive salad that is a treat for the eyes as well as the stomach!

This colourful salad can be served as part of a Christmas buffet or as a side dish with any of the main dishes listed in this guide or on [www.viva.org.uk/christmas/recipes](http://www.viva.org.uk/christmas/recipes). Otherwise try it as a light Boxing Day meal to counteract all that chocolate!

- 50g/2oz flaked almonds
- 50g/2oz pine nuts
- 1 red onion, chopped
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 1 pomegranate (separate the seeds)
- Large sprig flat leaf parsley, chopped
- 250g/9oz couscous
- 250ml/9fl oz boiling water
- 2 tsp of harissa sauce (Belazu's rose harissa is best)

- 1 Toast the flaked almonds in a dry frying pan, stirring continuously to prevent burning. Set aside. Do the same with the pine nuts.
- 2 Prepare the vegetables and parsley.
- 3 Put the couscous in a bowl and cover with boiling water, leave for 5 mins.
- 4 Plump up the couscous with a fork.
- 5 Stir in harissa sauce until evenly coloured.
- 6 Stir in the onion, peppers, pomegranate, almonds and herbs.
- 7 Transfer to a wide flat serving bowl.
- 8 Sprinkle pine nuts on the top and serve.





# MAIN COURSES CHESTNUT PATÉ EN CRÔTE



Serves 4 – makes one plait. Or double the recipe, cook both and freeze one for another time.

We've marked this as a quick recipe because the preparation is simple and quite quick – however, it does need to bake in the oven for about half an hour.

Thanks again to Rose Elliot, the goddess of veggie food, for the lovely recipe!

- 2 onions, chopped
- 1 piece of celery, finely chopped
- 2 tbsp olive oil
- 2 garlic cloves, crushed
- 100g/3½oz button mushrooms, sliced
- Half a tin of unsweetened chestnut purée (a full tin is 435g so you want just over 200g)
- ½oz fresh soft breadcrumbs – wholemeal or white
- 1 tbsp brandy
- Salt and pepper
- 1 sheet of Jus Rol ready-rolled puff pastry (rectangular, not round)
- Soya milk to glaze

- 1 Pre-heat the oven to 230°C/450°F/Gas Mark 8.
- 2 Fry the onions and celery in the oil in a large saucepan, covered, for 10 mins.
- 3 Add the garlic and mushrooms, cook for 2-3 mins.
- 4 Mix in the chestnut purée, breadcrumbs, brandy and seasoning until everything is well amalgamated.
- 5 Unroll the pastry and place carefully on a lightly-oiled baking sheet. Pile the chestnut mixture lengthways down the middle third of the pastry.
- 6 Make diagonal cuts 1cm/½ inch apart on the pastry on either side of the chestnut mixture.
- 7 Fold these up alternately to make a lattice covering it.
- 8 Trim the ends – you could make leaves from these left-over pieces and stick on top with water.
- 9 Brush the pastry with soya milk.
- 10 Bake for 5 mins, then reduce the oven to 200°C/400°F/Gas Mark 6 and bake for a further 20-25 mins.



# VIVA!S LUXURY FESTIVE ROAST

Serves 6-8  
1 hour 30 mins

Probably the tastiest Christmas Roast you will ever eat! Teaming with juicy nuts, pulses, porcini mushrooms and other surprises.

- 225g/8oz mixed nuts
- 110g/4oz red lentils
- 1 large carrot
- 2 celery sticks
- 1 large onion
- Half a large courgette
- 1 aubergine
- 100g/3½oz mushrooms
- 25g/1oz porcini mushrooms
- 4 tbsp vegan margarine, eg Pure, Biona or Suma
- 2 tbsp mild curry powder
- 2 tbsp tomato ketchup
- 2 tbsp vegetarian Worcestershire sauce OR good quality soya sauce like Kikoman or Sanchi if you can't get the Worcestershire
- 4 tbsp chopped fresh parsley
- 2 chopped dried apricots
- 2 tbsp soya flour
- 150ml/5fl oz water
- Vegan pesto, eg Meridian or Zest
- 2 tbsp toasted pine nuts

- 1 Assemble all your ingredients.
- 2 Boil a kettle of water.
- 3 Pre-heat oven to 190°C/375°F/Gas Mark 5.
- 4 Cover the lentils with hot water – not too much – for around 20 mins. Top up a little if they start to dry out.
- 5 Soak the porcini mushrooms in a small jug of boiled water at the same time – cover.
- 6 Meanwhile, cut the aubergine in half, then chop into small chunks, along with the courgette. Lay out on a plate and sprinkle with salt (this is to reduce their bitterness). Leave for 20 mins also.
- 7 Dice the carrot, celery, onion and mushrooms fine or else food process them. Melt the margarine in a wok or large frying pan and sauté the vegetables for 5 mins, stirring in the curry powder.
- 8 Drain and chop the porcini mushrooms with scissors, then place in a bowl with the cooked lentils, Worcestershire sauce, parsley, apricots, soya flour and water. Mix well.



- 9 Chop the nuts – use a food processor or chop by hand. Don't make them too powdery – aim for some texture.
- 10 Add in mixture from wok and mix all together.
- 11 Grease a large bread tin with vegan margarine, then line with grease-proof paper.
- 12 Press 4 tbsp of the mixture into the tin, then spread over a layer of pesto. Spoon in the rest of the mixture and smooth over.
- 13 Bake for about 1 hour until just firm, but check after 30 mins. Cover the top with a piece of grease-proof paper to stop it burning. Return to oven and cook for the rest of the time.

# CHRISTMAS SQUASH WITH AROMATIC WILD RICE & PINE NUT STUFFING

A beautiful looking dish for any Christmas spread

- 2 small squashes (eg acorn) cut horizontally in half
- OR a medium butternut squash cut lengthways then in half to form 4 'boats'
- 3 cloves garlic
- Olive oil
- 1 large sprig of fresh rosemary
- Salt and freshly ground black pepper

## Filling

- A little olive oil
- 1 onion, finely chopped
- 7-10g (about half a packet) dried mushrooms (porcini or mixed) – these give a special flavour, but omit if you are allergic/hate all mushrooms!
- 70g/2½oz long grain rice (if white, cook for less time than brown)
- 20g/scant 1oz wild rice
- 500ml/18fl oz vegetable stock
- ½ tsp chopped rosemary
- 2 tsp dried cranberries
- 1 tbsp pine nuts
- 1 heaped tbsp fresh thyme leaves, chopped

- 1 Pre-heat the oven to 200°C/400°F/Gas Mark 6.
- 2 Cut the squashes in half (or quarters, see left – depending on size). Remove all seeds with a spoon and brush lightly with olive oil.
- 3 Quarter the garlic cloves and place some in the hollows and dot the rest around the edges of each squash half.
- 4 Add the rosemary needles and season with a little salt and freshly ground pepper.
- 5 Place in a roasting dish and roast for 45 mins until the flesh is soft.
- 6 While the squashes roast, prepare the filling. Sauté the onion until translucent and add the wild rice and vegetable stock.
- 7 Bring to the boil, then reduce the heat and simmer for 10 mins.
- 8 Add the dried mushrooms, long grain rice, rosemary and dried cranberries.
- 9 Bring to the boil once more, then cover and simmer over a very low heat until the stock is absorbed and the rice is soft (20-30 mins).
- 10 Stir in the pine nuts and chopped thyme.
- 11 Meanwhile, make the Roasted Red Pepper Sauce with Tomatoes. See page 17.
- 12 Divide the rice filling between the four squash pieces and return to the oven for 5 mins.
- 13 Serve with warm sauce and Christmas vegetables of your choice.

Serves 4

60 mins – while the squash is baking you can make the filling and Roasted Red Pepper Sauce with Tomatoes easily.



# SIDE DISHES

## LITTLE YORKSHIRE PUDDINGS

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Makes 9  
30 mins



- 60g/2oz vegan margarine, eg Pure, Suma or Biona
- 115g/4oz self raising flour
- 1 tsp baking powder
- Pinch salt
- 175ml/generous 6fl oz soya milk
- 175ml/generous 6fl oz water
- 4 tbsp whole egg replacer mixed with 4 tbsp water

- 1 Pre-heat the oven to 220°C/425°F/Gas Mark 7.
- 2 Put a generous half teaspoon of vegan margarine in 9 compartments of a bun/muffin tray.
- 3 Sieve the flour, baking powder and salt together in a mixing bowl.
- 4 Mix soya milk and water together.
- 5 Mix the egg replacer into a smooth paste with the water.
- 6 Place bun tray in oven for 10 mins so the margarine gets very hot.
- 7 Just before you remove the tray from the oven, mix the egg replacer with the soya milk/water mixture.
- 8 Add half of this liquid to the dry mix. Mix it into a smooth paste then add the remaining liquid.
- 9 Quickly fill each of the nine bun compartments to the top. The batter should sizzle as it goes in – if the tin starts to cool, place it over a low gas/electric ring on the top of the cooker while you finish filling it up.
- 10 Cook for 15-20 mins, or until pale gold and well-risen. Serve with a veggie roast dinner and lots of gravy.

# MEDITERRANEAN-STYLE ROAST POTATOES

Serves 4  
1 hour

A divine alternative to traditional roast potatoes.

If you prefer plain roasties, follow the instructions to no. 7. You may want to use either white vegetable fat (White Flora isn't vegan but Trex and plain white vegetable fat are fine – just check the ingredients) or plain oil – whichever you use, the trick to crisp potatoes is to get the oil hot – don't let it cool before you add the potatoes to the oven. If they aren't quite cooked, reduce the heat a little and cook for a few mins longer.

- 4 large or 6 medium potatoes suitable for roasting – enough for 4, bearing in mind all the other side dishes and mains you may be having!
- Pinch salt
- 5 tbsp olive oil
- 1 jar pimento stuffed olives (drained and rinsed)
- 2 tbsp capers (drained and rinsed)
- 8 sun-dried tomatoes
- Zest of 1 lemon

- 1 Pre-heat oven to 220°C/450°F/Gas Mark 7.
- 2 Peel potatoes and cut in halves or quarters, depending on how large they are.
- 3 Place into a large saucepan and cover with cold water and salt, bring to boil, then turn down and simmer on a medium heat for 7 mins.

4 Drain the potatoes and toss gently round the colander. Set aside.

5 Pour oil into a metal roasting tin. Heat the oil over the stove until it is very hot – if it isn't hot enough the potatoes won't crisp so well.

6 Immediately tip potatoes in the oil, turning over with a fish slice or similar to ensure they are all coated with oil.

7 Place the potatoes into the oven for 20-30 mins.

8 Turn off the gas or electric ring!

9 Meanwhile, chop the olives and sun-dried tomatoes together on a chopping board, then transfer them into a mixing bowl. Add the capers and lemon zest, and mix.

10 Remove the potatoes from the oven. They should be starting to go crispy. Smash the tops lightly with a fork, then spoon on all the prepared mixture.

11 Reduce the heat to 180°C/350°F/Gas Mark 4 and cook for another 15-20 mins, until golden and crispy.





# RED WINE & PORCINI MUSHROOM GRAVY

Serves 4  
25 mins

This is worth cooking for longer – and making the day before so the gorgeous flavours really get a chance to develop. Say Aaaah...!

- Half a small packet [approximately 7-10g] porcini or mixed dried mushrooms
- 300ml/generous 10fl oz boiling water
- 2 tbsp medium-dark miso – soya bean paste, available from oriental or health stores, also some supermarkets eg large Sainsbury's. If you can't get hold of it, try using 2 tsp Marmite or other yeast extract – let it melt in to the gravy first, then taste. Add more if necessary
- 2 tbsp cold water
- 4 shallots or one small red onion, finely chopped
- 1 tsp olive oil
- 3 tbsp cornflour mixed with 4 tbsp cold water to a smooth paste
- 450ml/16fl oz hot vegan stock
- 240ml/generous 8fl oz red wine\*
- 2 tbsp sherry – any flavour\*
- ½ tsp basil
- ½ tsp tarragon
- 1 large bay leaf
- Salt and pepper to taste

1 Boil the kettle. Place dried mushrooms in a jug or bowl, pour boiling water on them, cover and set aside.

2 In a large saucepan on medium-high heat, sauté shallots/onions in oil until translucent.

3 Add the stock then cornflour paste and stir in well.

4 Add wine, sherry and herbs. Bring to boil, stirring thoroughly to ensure that no lumps form.

5 Lower heat and simmer until sauce is thickened, stirring often.

6 Meanwhile, in a small bowl, mix miso with the cold water to a smooth paste. Set aside.

7 Add porcini mushrooms and their soaking water to gravy– omitting gritty liquid at bottom!

8 If gravy too thick, add a little more water/stock; if too thin, make a paste from 1 tsp cornflour and a splash of water – bring to boil again. Add more if necessary.

9 Blend gravy to the texture you prefer – if using a goblet blender, return gravy to pan. If using a stick blender you can whizz it directly in the gravy pan.

10 Stir in miso paste but don't allow gravy to boil.

11 Taste, adjust seasoning if necessary and serve.

\* Harvey's Sherry is vegan and most Hardy's, McGuigan's and Brown Brothers wines are also. For a more comprehensive list of vegan wines, see products on page 5.

# ROASTED RED PEPPER SAUCE WITH TOMATOES

Serves 4  
35 mins

- 1 tsp olive oil
- 1 onion, chopped
- 2 roasted red peppers from a jar (in brine), drained and roughly chopped
- 1 clove garlic, crushed
- Drizzle of date or agave syrup – available from health stores. Otherwise use half a teaspoon of brown sugar
- Half a tin of chopped tomatoes (200g)
- 1 tsp mixed dried herbs
- 1 tsp soy sauce
- 100ml/3½fl oz vegetable stock
- 1 tsp balsamic vinegar
- Pinch smoked paprika or ordinary paprika
- Pinch chilli powder (optional)

1 Sauté the onion in a little olive oil until softened.

2 Add the chopped tomatoes and red peppers, then stir in the syrup, herbs, soy sauce, paprika and chilli powder (if used), balsamic vinegar and vegetable stock.

3 Simmer over a medium heat for 20-25 mins.

4 Use a hand blender or food processor and process until the sauce is smooth.

Thanks to Chava Eichner

# DESSERTS ROSE'S LEMON CHEESECAKE WITH BLUEBERRIES

No need to miss out on creamy cheesecake with this divinely simple, animal-free recipe from Rose Elliot! It's incredibly quick and can be made and chilled the day before.

- 175g/6oz ginger biscuits (most supermarket 'value' ginger biscuits are vegan) – otherwise use any vegan biscuits
- 75g/3oz vegan margarine, melted (eg Pure, Biona or Suma)
- 400g/15oz vegan cream cheese, such as Tofutti or Sheese, available from health stores
- Finely grated rind of 2 lemons
- 25g/1oz caster sugar
- 175g/6oz blueberries – or raspberries if preferred
- Icing sugar to dredge
- Mint leaves to decorate (optional)

**1** Put the biscuits into a polythene bag, secure lightly then crush with a rolling pin.  
**2** Transfer the crushed biscuits to a bowl, add the melted margarine and mix to combine.  
**3** Press the mixture into a 20cm/8 inch flan tin with a removable base. (Don't attempt to go up the sides of the tin).  
**4** Place in the freezer or fridge while you prepare the topping.

**5** Put the cheese into a bowl and add the lemon rind and caster sugar.

**6** Stir to make a creamy mixture.

**7** Spoon the cream cheese mixture into the flan tin.

**8** Take it to the edges but don't try to smooth the surface.

**9** Chill in the fridge until required – for at least an hour.

**10** To finish, lift the cheesecake out of the tin and place it on a serving dish.

**11** Decorate the top with blueberries or raspberries and a sprig of mint. NB if you want the recipe to look more like our picture, you need to slightly cook the blueberries and add some sugar to taste – then cool before spooning on top of the cheesecake. The idea is to keep most of the berries whole, but with a bit of goo to drip down the sides!

**12** Dust with icing sugar, and serve as soon as possible.

Serves 4-6. Preparation time:  
10-15 mins plus minimum  
1 hour chilling time



# VIVA!S MINCE PIES

Home-made (50 mins-1 hour)  
or Bought Pastry Options (30 mins)

## Home-made Pastry Version – using a food processor

Makes 36 pies using small bun tins (6cm/2½ inches across the top).

Makes fewer if you use larger bun tins, but you will need to use larger cookie cutters for linings and lids.

- 350g/12oz plain flour
- 75g/2½oz white vegetable fat (NB White Flora isn't vegan but Trex and plain white vegetable fat are fine – just check the ingredients)
- 75g/½oz vegan margarine, eg Pure
- Pinch salt
- Cold water – 2-3 tbsps

## Filling

- 700g/1½lb mincemeat
- Soya milk to glaze

1 Make pastry in advance. Add the sieved flour, margarine, white fat, salt and water to the food processor. Give it a quick whizz – a couple of seconds.

2 Remove the lid and check the texture with cool fingers – run them under the cold tap before touching pastry. If it looks like it will form a ball of pastry easily, remove. If not, add 1 tbsps water and whizz again for a second or two. Remember, too much water makes pastry hard, so go easy!

3 Remove, form into a ball and place in plastic bag. Wrap up and put in the fridge for 20-30 mins.

4 Pre-heat oven to 200°C/400°F/Gas Mark 6.

5 Grease tins.

6 With cool hands, roll just over half of it to about 3mm/¼ inch thick.

7 Use each half to make 36 large circles and 36 smaller, using the cookie cutters. You will need to gather up pastry scraps and re-roll to make them all.

8 Line each hole with the larger pastry rounds.

9 Fill each one with mincemeat – not too much, to just below the pastry edge.

10 Dampen each lid a little with cold water.

Press them on top, sealing the edges.

11 Brush each one with a little soya milk.

Using a knife or scissors, make 2 little snips on the top.

12 Bake in the oven for 20-25 mins until they are light golden brown.

13 Cool them and then sprinkle with sieved icing sugar.

14 Store in an airtight container – they can be re-warmed before serving.

## Bought Pastry Version

Makes 12 large mince pies

- 2 sheets ready-rolled Jus Rol short crust pastry

- About 500g/18oz vegan mincemeat (approximately 1¼ jars) \*
- Oil for greasing
- Soya milk for glazing
- Caster sugar for sprinkling

1 Follow steps 4-11, but use a greased 12-hole large muffin tin and roll the pastry out a bit more thinly and use larger cookie cutters to make pastry liners and lids.

2 Bake for 10-12 mins, until lightly browned. Follow steps 12-13.

\*most mincemeat marked vegetarian is also vegan, but always check the ingredients.



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*with*

***Yvonne Bishop-Weston***



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