

Ale and Mushroom Puff Pastry Pie with Champ

We found "Ale Pie" seems to be popular in many areas including Northumbria and Lincolnshire!

Serves 4

Vegan

Preparation and Cooking Time: 40 minutes

Ingredients

vegan margarine 100g
2 large bunches spring onions
550g small chestnut mushrooms
1 tbsp cornflour
½ tsp yeast extract
300–350ml light vegan ale
210g ready rolled puff pastry
800g floury potatoes, peeled
100ml unsweetened soya milk



Method

Preheat Oven to Gas 6/200C/400F.

1. Melt 50g of margarine in a large non-stick frying pan (you may find it easier to do in two batches). Chop the bottom 7cm part of the spring onions roughly and sauté briefly. Save the tops as you will need them later.
2. Cut the mushrooms into 5mm slices and add into the pan. Continue to sauté for 5 minutes until starting to colour, stirring to prevent sticking.
3. Take off the heat and sprinkle the cornflour over. Once back on the hob add the Marmite and 300ml of ale. Cook for a further 5 minutes or until mushrooms begin to soften. Use more ale if the mixture seems too dry.
4. Divide the mixture into 4 small soufflé/ceramic pie dishes. Cut out 4 circles of the pastry and place on top, leaving some room to rise. Brush with soya milk and make a small hole in the top to let the steam escape. Bake for 20 minutes until golden.
5. Cut the potatoes into large chunks and boil until soft but not falling apart. Drain and empty back into the pan to dry slightly. Add the remaining 50g margarine and mash very well. Finely chop the remaining green part of the spring onions and add, with enough soya milk, to make a smooth mash.

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Veggie Haggis

100g/4oz onion, peeled & finely chopped
15ml/1tbsp sunflower oil
50g/2oz carrots, very finely chopped
35g/1 1/2 oz mushrooms, finely chopped
50g/2oz red lentils
600ml/1pint vegetable stock
25g/1oz mashed, tinned red kidney beans
35g/1 1/2 oz ground peanuts
25g/1oz ground hazelnuts
1/2tbsp shoyu (soy sauce)
1tbsp lemon juice
2tsp dried thyme 1tbsp lemon juice
2tsp dried thyme
2tsp dried rosemary
generous pinch cayenne pepper
2 tsp mixed spice
200g/8oz fine oatmeal
1 tsp freshly ground black pepper
salt to taste



1. Pre-heat the oven to 190°C, 375°F or Gas Mark 5
2. Sauté the onion in the oil for 5 minutes, then add the carrot and mushrooms and cook for a further 5 minutes.
3. Now add the lentils and three quarters of the stock.
4. Blend the mashed red kidney beans in the remaining stock, add these to the pan with the nuts, shoyu, lemon juice and seasonings. Cook everything, well mixed together, for a further 10 to 15 minutes.
5. Then add the oatmeal, reduce the heat and simmer gently for 15 to 20 minutes, adding a little extra liquid if necessary.
6. Turn the mixture into 4 lightly oiled pudding tins (to be supplied on the day of shoot) and bake in the centre of the oven for 20 - 25 mins
7. Serve with mashed neeps (swede) and tatties (potatoes), green veg and onion gravy.

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Cornish Pasties (Cornwall)

Makes four large pasties

Preparation time: 20 minutes

Cooking time: 45 minutes



Ingredients

For the pastry

120g + 25g hard vegetarian margarine, straight from the fridge
(or, much nicer to use to use half margarine and half hard white vegetable fat)
225g + 25g plain white flour
1tsp salt
150ml very cold water
To glaze sweetened soya milk

For the filling

200g potatoes, peeled and chopped into chunks
½ medium onion, peeled and cut into chunks
125g swede, peeled and cut into chunks
2 – 3 rounded tsps light vegetable stock powder
50g canned kidney beans, rinsed and drained
To taste pepper

Method

1. Preheat oven to 190C / 375F / Gas mark 5. Grease a baking sheet, or line with baking paper (not greaseproof)
2. To make the filling: put all ingredients except the kidney beans into a food processor and process until very finely chopped. Turn into a bowl and stir in the kidney beans. Add plenty of pepper to taste.
3. To make the pastry: Grate 120g margarine (or 60g margarine and 60g white fat) into 225g flour and the salt. Stir and cut through well with a large blunt knife to break up the fat and margarine a little.
4. Using the blunt knife to stir, gradually add enough water to make a soft dough. Do not make too sticky. Using a little of the remaining flour, gently roll out the pastry until about 1cm thick. Fold the pastry into thirds by bringing the bottom edge up to about two thirds, and the top edge down to cover. Then fold the sides in the same way. If not using straight away, wrap in foil and store in the fridge for up to 24 hours.
5. To form the pasties: Roll out the pastry to about 1cm thick and cut into 4 rounds about the size of a large tea plate. Pile filling into the centre of each circle and top with a piece of the remaining margarine. For each pasty, dampen the edge of the pastry with a little water, then fold pastry over the filling to form a half circle. Try to stuff as much filling in as you possibly can.
6. To make the traditional edging, beginning at the right side, use the forefinger and thumb of your right hand to pinch the pastry together while using the forefinger and thumb of your left hand to fold over the section of pastry next to it. Move along to the next section of pastry, and repeat. Continue in this way along the edge of the pastry, making a rope-like join.
7. Place the pasties onto the prepared baking sheet. Brush each one with sweetened soya milk, and prick with a fork to let the steam escape.
8. Bake in the preheated oven for about 45 minutes until golden brown. Serve piping hot. The pasties should not split open, but if they do, it's not a problem, they are merely called 'laughing pasties'!

Vegan Cheese Pie

by Pogo Café

Ingredients:

2 onions, chopped fine
1 large leek, sliced
1.5 celery stalks, chopped
1 1/4 head of broccoli or 2 smaller ones
1 cup of sweetcorn
1 tsp salt
1 tsp parsley
1 tsp cumin powder
pinch of black pepper
2 dssps of tomato puree
1 block of vegan cheese, cubed
enough soya milk to make a paste
for the pastry:
16oz wholemeal flour
8oz marg
water to mix

Method:

1. First make the pastry by rubbing the margarine into the flour until it resembles fine breadcrumbs. Add enough water to make a dough which is soft, but not sticky. Put it in the fridge covered with cling film.
2. Preheat the oven to 200C/400F/Gas 6.
3. Next fry the leek and onion for a few minutes. Add the celery and fry until the leek and celery are just cooked (about 10 minutes). Take off the heat.
4. Cut the broccoli into small floret and steam or boil until just cooked. Mix in with the leek mix, adding the sweetcorn, salt, parsley, cumin, black pepper, tomato puree and vegan cheese as well. Add enough soya milk to make a paste.
5. Roll out just over half of the pastry to fit a medium-large pie tray. Prick with a fork and bake in the oven for 10 minutes as it is.
6. Place the filling inside the pastry, then roll out the remaining pastry to fit the top.
7. Bake for 40 minutes or until the pastry is starting to brown.

Creamy Cashew Nut and Almond Roast

by Pogo Café

Ingredients:

8 oz (225g) onion
1 garlic clove
4 tsp olive oil
4 oz (125g) carrot
4 oz (125) cashew nuts
4 tsp tomato paste
4 oz (125g) sweet red pepper
2 oz (60g) celery
6 oz (175g) courgettes
4 oz (125g) almonds
3/4 tsp rosemary
3/4 tsp dried thyme
salt and pepper

Method:

1. Finely dice the onion and crush the garlic clove. Place in a saucepan with 2 teaspoons of the olive oil and sweat them in the oil until the onion begins to soften.
2. Grate the carrot and add to the pan. Cover with a lid and continue to sweat the vegetables until the carrot and onion are soft.
3. Place the carrot and onion in a food processor with the cashew nuts and tomato paste and process until quite smooth. If you do not have a food processor, mash the veg and use ground almonds instead of the cashews.
4. Roughly chop the almonds. Finely dice the pepper and celery and grate the courgettes. Place the pepper and celery in a saucepan with 2 tsps of olive oil and sweat them in the oil for a few minutes. Add the courgettes and continue to sweat the veg until they begin to soften.
5. Add the herbs to the pan along with the processed carrot and onion mixture and the almonds. Mix well and season with salt and pepper. Place in a greased 2 lb/900g loaf tin and bake in a preheated 180C/350F/gas mark 4 oven for 3/4-1 hour or until golden brown. The centre should still feel soft to touch. Suitable for freezing.

Gravy

by Pogo Café

Ingredients:

1 tbsp sunflower oil
1 onion, chopped small
1 heaped tbsp rice flour
1 heaped tbsp yeast extract
430ml/3/4pt water
dash tamari

Method:

1. Heat the oil in a saucepan. When hot, add the onions and fry at a very low heat for about 20 minutes until golden. Add the flour and fry gently for 1 minute.
2. Add the water and yeast extract, whisking constantly. Bring to the boil, stirring occasionally. Simmer until it starts to thicken. Add more water if required.
3. Add a few shakes of tamari and then liquidise.

Yorkshire Puddings

by Pogo Café

Ingredients:

3 oz (85g) white fat
4 oz (115g) self raising flour
pinch salt (fine)
½ pint (280 ml) soya milk
2 oz (55g) whole egg replacer

Method:

1. Preheat the oven to highest temp, 220°C/425°F/Gas Mark 7.
2. Put 1 tsp fat in each compartment on a bun tray with 12 compartments. Put the tray near the top of the oven with a baking tray underneath to catch drips.
3. Mix the flour and salt with a hand whisk very thoroughly. Mix the egg replacer into a smooth paste with about 2 fluid ounces/60 ml of water. Mix this in with the milk in a jug.
4. Once it is ready to go in the oven i.e when the oven and fat are very hot (this will take at least 10 mins) add half of the liquid to the dry mix. Mix it into a smooth batter (paste) then add the remaining liquid. It should be like cream, if it's too thick add more liquid.
5. Transfer the batter to a jug and fill each compartment to the top. It should sizzle as it goes in. Do this as quickly as possible before the heat gets out. Cook for 15–20 mins.

Chestnut Wellington Roast

by Dr Justine Butler

Health Campaigner, Vegetarian & Vegan Foundation

Ingredients:

2 packets of vacuum packed chestnuts, roughly chopped

Handful of cashews, roughly chopped (crunch up in a cup with the end of a rolling-pin)

1 red onion, chopped

2 cloves garlic, chopped

2 sticks celery, thinly sliced

big handful of chestnut mushrooms, sliced

small splash olive oil

big splash of port

fresh thyme and parsley

ground pepper

Vegan puff pastry

Method:

Lightly fry the chestnuts, cashews, onion, garlic, celery and mushrooms in olive oil until beginning to brown. Add the port, herbs and pepper and fry until the liquid has gone. Roll out the pastry into a big rectangle that will fold over to fit your baking tray (roughly aim for A4 size). Place the chestnut mix along the middle of the pastry then brush the insides of the pastry with soya milk and fold over to seal.

Turn the pie over onto the baking tray so it sits on the seal, brush the top with soya milk and make a cuts with a knife to let the air out. Bake at 200oC for 40 mins or so until the pastry looks cooked through.

Serve with roast potatoes, parsnips and carrots roasted in olive oil with fresh rosemary, steamed curly kale, peas or whatever is in season and to hand!

Great cold the next day with pickles and salad!!

Bangers and Mash

by S M Saha

This is a traditional English dish, which is commonly served in cafes in the UK.

Both flavourful and filling, this vegan version would satisfy even the most diehard meat-eaters.

Serves 4

Ingredients:

1 packet of your favourite vegan sausages (e.g. Fry's, Redwood's, Taifun, etc)
6 – 8 medium potatoes (peeled, washed and cut into large chunks)
Fresh or frozen peas
Water for boiling the vegetables
Vegetable oil for frying
2 onions (chopped)
Vegan gravy granules
Water for making the gravy
½ cup of soya or other dairy alternative to milk
Salt and pepper
Organic tomato ketchup (optional)

Method:

1. Boil the potatoes in a large saucepan until cooked. Add a little salt to accelerate cooking time.
2. Meanwhile, fry the sausages in a medium sized frying pan according to the instructions on the packet.
3. Add the chopped onions and fry until dark golden brown.
4. In another saucepan, boil the peas until cooked. Be careful not to overboil.
5. When potatoes are finished, drain and mash. Mix in the soya or other non-dairy milk, and salt and pepper to taste.
6. Make the gravy according to the instructions. Keep stirring so that it doesn't form lumps.

Serve and enjoy!

If you like you can put a bit of organic tomato ketchup onto your bangers and mash. Delicious!