



# Vegan

## FOOD BASICS



animal rights  
advocates inc.

## VEGAN FOOD GROUPS

Choose a variety of foods from each of the five food groups to ensure a well-balanced eating pattern.

### BREADS, CEREALS, RICE, PASTA: 4 OR MORE SERVES

- Provide sources of energy and nutrients including B vitamins, fibre, folate and protein.
- Choose whole-grains and high protein grains including quinoa, oats, buckwheat and millet.
- Seitan is an excellent source of protein.

### VEGETABLES: 5 OR MORE SERVES

- At least 5 a day for vitamins and minerals, carbohydrate and fibre.
- Eat as many different colours as you can for antioxidant benefits and fighting illness.

### FRUIT: 2 OR MORE SERVES

- Choose 2 or more serves for energy, fibre and vitamins.

### LEGUMES, SOY PRODUCTS, NUTS AND SEEDS: 2 SERVES

- Valuable sources of protein, iron and zinc.
- Choose whole-food sources such as chickpeas, cannellini beans, kidney beans and adzuki. Buy canned for easy convenience or cook your own big batch and freeze in portions.
- Tofu and tempeh are fantastic staple foods. They are easy to prepare and are readily available already marinated in many supermarkets. Tofu and tempeh easily adapt into any cuisine as when you marinate them they take on flavours well.
- Tofu has so many uses in baking, and making “cheesecakes”, non-dairy ices, “sour cream” and mayonnaise.
- There are many vegan “meat substitutes” available made from soy such as veggie hot dogs, roasts and deli slices that you can easily prepare. These are especially good to help you transition into veganism. Just be wary of your consumption as they are often high in salt and fat!
- Textured vegetable protein (TVP) is great for making bolognese, tacos and burgers.
- Nuts and seeds are a great high energy snack. A serve is 25g, around 8 nuts.

### CALCIUM-FORTIFIED PRODUCTS, SOY AND NON-DAIRY MILKS: 2 SERVES

- Choose products fortified with calcium and minerals
- Try different products such as soy, rice, oat, almond,

### ESSENTIAL EXTRAS: LOOK FOR FORTIFIED FOODS OR SUPPLEMENT THESE

- vitamin B12 is not found in animal products
- omega-3 fatty acids – flaxseed oil (linseeds), chia seeds, canola and other vegetable oils, microalgae
- calcium and vitamin D – choose D2 supplements (ergocalciferol) or sunshine!
- iron is rich from foods including lentils and chickpeas, add vitamin C to enhance absorption
- zinc especially from legumes, seeds and nuts
- iodine sourced from seaweeds, kelp

## STOCKING YOUR KITCHEN

### BAKING SUPPLIES

Plain flour  
Wholemeal flour  
Baking powder  
Baking soda  
Gluten flours  
Cocoa/carob powder  
Vegan chocolate and choc chips  
Arrowroot  
Cornflour

### SPICES AND SEASONINGS

Vanilla extract  
Cinnamon  
Nutmeg  
Paprika  
Mixed Italian herbs

### DRY GOODS

Egg replacer  
Evaporated beet or cane juice crystals  
Nori and seaweeds  
Nutritional yeast  
Vegan stock: vegetable, “beef” and “chicken”  
Agar-agar

### GRAINS

Rolled oats  
Rice: white – basmati and short grain (risotto), brown  
Couscous  
Millet  
Quinoa  
Oats  
Pastas  
Noodles

### OILS

Canola, olive, coconut, sesame

### FRIDGE AND FREEZER

Soy cheese  
Dairy free spread, such as Nuttelex  
Non-dairy milk (calcium fortified) –soy, oat, almond  
Seitan  
Tempeh

### NUTS, SEEDS, FRUITS

Dried dates, sultanas, apricots  
Seeds: pumpkin, sesame, sunflower, chia, linseed/flaxseeds  
Nuts – raw: almonds, pine, cashews

### CANS AND CARTONS

Assorted legumes and baked beans, corn  
Coconut milk  
Soy milk  
Tomato paste, sauce and canned

### JARS

Tahini  
Hummus  
Peanut butter, nut butters  
Miso  
Mustard

### BOTTLES

Balsamic vinegar  
White vinegar  
Blackstrap molasses  
Agave nectar  
Maple syrup  
Mirin  
Soy sauce or tamari  
Bragg’s

### LEGUMES

Adzuki beans  
Black beans  
Cannellini beans  
Chickpeas  
Green split peas  
Kidney beans  
Lentils  
Navy beans

Tofu  
Frozen mixed vegetables – peas and corn separately also  
Vegan filo pastry  
Vegan puff pastry

## STAPLE FOODS: BREADS, CEREALS, RICE, PASTA

### WHOLE GRAINS

- essential sources of carbohydrate, B vitamins, fibre, protein and iron
- wheat, rice, barley, buckwheat, millet, quinoa, couscous, barley, bulgur
- millet and quinoa are especially good protein sources

### COOKING GRAINS THE EASY WAY

- Wash all grains and drain before cooking
- Put into a saucepan with water and bring to the boil. Reduce the heat to low then put a lid on the saucepan and allow to simmer for the cooking time
- Check and stir every now and then. Add more water as you need to
- You can toast quinoa, buckwheat and millet on a dry non-stick pan before cooking to give them a nice nuttier flavour

For 1 cup dry grain	Water (cups)	Cooking time (minutes)	Makes (cups)
Amaranth	3	25	2
Barley	3	45	1 ½
Buckwheat kernels	2	20	3
Bulghur	2	15	2 ½
Cornmeal (polenta)	3 ½	30, stirring constantly	3
Kamut	3	90	2
Millet	3	30	4
Oats	3	20	4
Quinoa	2	20	2 ¼
Basmati rice	2	35	3
Brown rice	2	45	3
Wheat	3	60	3
White rice	1 ½	30	3
Wild rice	3	60	4

### RECIPE: QUINOA SALAD

3 cups quinoa, cooked  
2 stalks spring onion, chopped  
2 red capsicums, roast and peel ( buy in jars)  
½ cup peas (soak frozen in hot water)  
½ cucumber, peeled and diced  
¼ cup pine nuts, toasted  
¼ cup chia seeds  
salt and cracked black pepper

Dressing:  
1 tsp mustard  
¼ cup apple cider vinegar  
1 tbsp agave nectar  
1 cup olive oil  
salt and cracked black pepper

1. Whisk all the dressing ingredients together.
2. Combine all salad ingredients and coat with dressing.

---

## RECIPE: ROASTED PUMPKIN AND ALMOND BARLEY RISOTTO

small chunk of pumpkin, about 300g, diced  
1 onion, finely chopped  
1 stalk celery, finely chopped  
2 cloves garlic, minced  
200g barley, washed  
1 glass white wine  
750 ml vegan stock (chicken flavour)  
1 tbsp nutritional yeast flakes  
¼ cup blanched almond flakes  
salt and cracked black pepper  
olive oil

1. Preheat the oven to 180°C. Lay the pumpkin pieces out on a lined baking tray and coat lightly in some olive oil. Roast for about 20 minutes until soft.
2. Spread the almonds out on a baking tray and roast (dry) for about 10 minutes, mixing every few minutes, until they are toasted and golden. Keep an eye on them as they burn quickly.
3. Heat up the stock in a pot on the stove (or if making from a concentrate/cube, just keep it hot).
4. Put some olive oil in the bottom of a heavy non-stick pan and cook the onion, garlic and celery over medium heat until soft. Add the barley and stir until it is coated in oil and starts to heat and swell. Add more oil if needed.
5. Pour in the glass of wine (or just use water/stock) and allow it to be absorbed.
6. Add the warm stock a little at a time (1/2 cup), stirring and allowing each addition to be absorbed by the rice before adding the next I find it easier to put the stock into a heat proof jug and pour out.
7. It should take about 15 minutes for all the stock to be added and the rice cooked. Taste it to make sure it is just slightly firm to the bite (al dente) and cooked.
8. Stir in the yeast, salt and pepper, pumpkin and almonds and serve.

---

## RECIPE: COCONUT CURRY RICE

Add cooked beans and some leftover veg to this recipe for a complete meal.

1 ¼ cups basmati rice  
20 ml can (light) coconut milk  
200ml water  
2 tsp curry powder  
¼ cup raisins

1. Put the rice, curry powder, coconut milk and water in a saucepan, cover and bring to boil.
2. Reduce the heat to very low and simmer for 45 minutes until cooked, stirring occasionally.
3. Add the raisins.

## STAPLE FOODS: BEANS

### COOKING BEANS

- Soak beans overnight covered in plenty of water. Rinse and cook in fresh water.

DRIED BEAN (1 cup)	WATER (cups)	TIME (minutes)	YIELD (cups)
Adzuki	4	50	3
Black-eyed	4	90	2 ¼
Cannellini	3	45	½
Fava	3	50	1 ½
Chickpeas	4	120	2
Great northern	3 ½	90	2 ½
Green split peas	4	45	2
Yellow split peas	4	90	2
Kidney	2	60	2 ¼
Brown lentils	2 ¼	60	2 ¼
Green lentils	2	45	2
Red lentils	3	30	2 ½
Lima beans	4	60	2
Mung beans	2 ½	60	2
Navy	3	60	2 ½
Pinto	3	90	2 ½
Soybeans	4	120	3

### RECIPE: LENTIL SHEPARD'S PIE

1 cup brown lentils  
2 cups vegan stock (beef flavour)  
1 onion, chopped  
1 stalk celery, chopped  
2 cloves garlic, minced  
2 carrots, chopped  
1 parsnip, chopped  
½ cup peas  
1 tbsp mixed dried herbs

1 tbsp tomato paste  
1 tbsp soy sauce  
Topping:  
1 kg potatoes, peeled  
soy milk  
nutmeg  
1 tbsp olive oil

1. Preheat the oven to 180°C.
2. Heat the oil in a saucepan and cook the onions, celery and garlic until soft.
3. Place all the remaining ingredients in and bring to the boil. Simmer for 45 minutes until everything is soft.
4. For the topping, cook the potatoes in boiling water until soft. Mash, adding soy milk until smooth and a pinch of nutmeg to taste.
5. Pour lentil filling into a casserole dish and spread the mashed potato over.
6. Bake in the oven about 20 minutes until lightly browned.

---

## RECIPE: BEAN BURGERS

### Part 1:

1 cup of any cooked beans  
½ cup peanuts or walnuts  
¼ cup chia seeds  
½ cup rolled oats  
¼ cup chickpea flour

1 tbsp parsley, chopped

### Part 2:

½ cup water  
1 tbsp soy sauce  
1 egg replacement  
salt and cracked black pepper

1. Preheat the oven to 180°C.
2. Put everything in part 1 into a food processor and blend, or mash together.
3. Mix part 2 ingredients together in a bowl and add to part 1.
4. Form into patties and cook on lined oven tray 30 minutes until browned.

---

## RECIPE: HUMMUS

Hummus is a great source of protein, calcium and zinc and can be used as a dip, sandwich filling, in cooking and thinned down with a little water to make a salad dressing.

400g can chickpeas, drained  
1 tbsp tahini paste  
1 lemon, juiced or 2 tbsp lemon juice)  
2 cloves garlic, minced  
2 tbs olive oil  
½ tsp ground cumin  
½ tsp ground coriander  
½ tsp ground cinnamon  
salt and cracked black pepper  
chilli powder to taste

1. Blend all the ingredients together in a food processor until smooth.

---

## RECIPE: CHILLI CON CARNE

1 cup bulghur wheat  
1 ½ cups boiling water  
1 onion, chopped  
2 cloves garlic, minced  
1 stalk celery, chopped  
2 tsp ground cumin  
1 tsp oregano

1 tsp chilli  
2 tbsp soy sauce  
3 tbsp tomato paste  
1 cup vegan stock  
600g cooked kidney beans  
olive oil

1. Pour the boiling water over the wheat, cover and soak.
2. Cook the onions, garlic, celery and spices in some oil over medium heat until soft.
3. Add the remaining ingredients and mix well, simmering until thickened.
4. Stir in the bulghur.

## STAPLE FOODS: SEITAN

- great source of protein
- easily substitute in casserole recipes and as a roast with gravy
- make seitan nuggets or parmiagana as per traditional recipes just cut and press to size
- not appropriate for celiac or gluten-intolerance
- use different seasonings in base stock recipe below to make mock flavours:
  - chicken flavour: use vegan chicken stock cube
  - beef flavour: use vegan beef stock cube
  - fish flavour: use kelp powder
  - others: try simmering in pre-made vegan marinade sauces such as teriyaki and Italian flavours

## HOW TO MAKE SEITAN

1 ½ cups gluten flour	black pepper
1 tbsp nutritional yeast flakes	scraps of vegetables including carrot, onion and celery
1 ¼ cups base stock (choose your flavour)	1L vegan vegetable stock
1 tbsp soy sauce	¼ cup soy sauce
2 tsp onion powder	
2 tsp garlic powder	
1 bay leaf	

1. Put the 1L of vegetable stock in a large stock pot with the ¼ cup soy sauce, vegetable scraps, pepper and bay leaf. Bring to the boil and then simmer while you prepare the seitan.
2. Combine the gluten flour, yeast flakes, onion and garlic powder in a bowl.
3. Make your base stock with the flavouring you like and add the soy sauce.
4. Stir these together well and allow to rest for a moment. Then turn the dough out onto a clean bench and knead together for about 5 minutes until you have a firm ball of dough
5. Roll this into a log and allow to rest for about 20 minutes.
6. Cut the log into slices or leave whole.
7. Drop the seitan into the simmering stock and cover the pot, keeping a simmer only. Allow to cook for about 45-60 mins until it is firm. Remove the seitan from the liquid and allow to cool.
8. You can freeze the cooked seitan in portions.

## RECIPE: SEITAN JERKY

- You can also make this with well-drained tofu.

500g seitan, sliced quite thin	1 tbsp onion powder
¼ cup soy sauce	1 tbsp garlic powder
¼ cup Bragg's	1 tbsp ground black pepper
¼ cup vegan stock mushroom, beef or chicken flavour	2 tsp molasses or agave
	(2 tbsp liquid smoke)

1. Mix all ingredients together and marinade seitan pieces in this mixture overnight.
2. Lay slices on a lined baking sheet and cook in a low 100°C oven for about 2-4 hours turning about every hour. Check to see how ry you prefer it. tofu may take longer.



---

## RECIPE: SEITAN SATAY

400g prepared seitan, cubed  
satay skewers

Marinade and sauce:

2 cloves garlic, minced

1 tsp fresh ginger, minced

2 tsp ground coriander

1 tsp cayenne

½ cup agave

½ cup olive oil

¼ cup apple cider vinegar

¼ cup soy sauce

1 cup peanut butter

400 ml can coconut milk

1 cup vegan stock

1. Soak the skewers in water for about 30 minutes, and while you are preparing the rest.
2. Mix together the garlic, ginger, coriander, cayenne, agave, oil, vinegar, soy sauce and half the peanut butter in a bowl and add the cubed seitan. Marinade at least 30 minutes.
3. Thread the drained seitan onto the skewers and put the marinade in a small saucepan. Bake the skewers in a hot oven, bbq or grill. You just need to colour and heat them.
4. While they are cooking, put the saucepan with the reserved marinade on the stove.
5. Add the remaining peanut butter, coconut milk and stock and bring to the boil.
6. Reduce the heat and simmer until thick. You can thicken with some cornflour mixed to a paste with water if you prefer a thicker sauce.

## STAPLE FOODS: TOFU AND TEMPEH

### COOK IT

- You can buy tempeh and tofu ready-to-eat/heat.
- To prepare tempeh steam it for about 10-15 minutes until soft, or just make sure you cook it for a longer time period, minimum 15 minutes heating through thoroughly.
- Both can be fried, baked, boiled simmered, cooked any way!
- A great idea is to just marinade then freeze portions, then defrost and cook how you like.

### MARINADES

For 300 g tofu, cube or slice then marinade in the combined ingredients.

- Asian: 2 tbsp sesame oil, 1 clove garlic and 1 tsp ginger minced, 2 tbsp soy sauce, 1tsp five spice
- Chinese: 1 tbsp mirin, 1 tbsp soy sauce, 1 tbsp orange juice, 1 tsp fresh ginger crushed, 1 clove minced garlic, 1 spring onion chopped, 2 tbsp sesame oil, 1 tsp brown sugar
- Spicy nut: 2 tbsp apple cider vinegar, ¼ cup any nut butter, 2 tbsp soy sauce, 1 clove minced garlic, 2 tsp crushed fresh ginger, 1 tbsp sesame oil, sprinkle of dried chilli
- Italian: 1 tbsp tomato paste, ½ cup white wine, 1 tbsp mixed dried herbs, fresh parsley, 2 cloves garlic minced.
- BBQ: 2 tbsp tomato paste, ¼ cup apple cider vinegar, 1 tbsp maple syrup, 1 clove minced garlic, 1 tsp fresh crushed ginger, 1 tsp paprika, pinch cayenne, 2 tbsp soy sauce, 1 tbsp blackstrap molasses, 1 tbsp olive oil, 1 tsp mustard.
- Teriyaki: 2 tbsp sesame oil, 1 clove minced garlic, 1 tsp fresh minced ginger, ½ tsp mustard powder, ¼ cup mirin, 1/3 cup soy sauce, ¼ cup brown sugar

---

### RECIPE: ROAST TEMPEH

500g tempeh, cut into slices

3 tbsp olive oil

3 tbsp soy sauce

2 tbsp Bragg's

1 tbsp mixed dried herbs, or just rosemary

1. Preheat the oven to 180°C.
2. Combine all ingredients in an ovenproof dish and marinate for 30 minutes.
3. Bake for 15 minutes then turn over and bake for another 10 minutes. Cool slightly.

---

### RECIPE: TOFU CHOCOLATE MOUSSE

300g vegan chocolate carob chopped

300g firm silken tofu

¼ cup cocoa powder

¼ cup agave syrup

2 tsp vanilla extract

1. Melt the chocolate over a pan of simmering water (or in the microwave). Cool.
2. Blend tofu with remaining ingredients until very smooth.
3. Slowly drizzle the melted chocolate until well mixed. Scrape the sides down as you go.
4. Transfer to serving bowls and refrigerate at least an hour before serving.

## TVP

- contains protein
- textured vegetable protein made from soy (look for non GM)
- available as dark (richer flavour) or light
- reconstitute in water: about 1 cup to 1 cup of boiling water and soak
- also available already prepared in supermarket refrigerator
- use in place of mince in making bolognese, lasagna, burgers, loaf, tacos
- just use in recipes as mince is called for, adding enough water with it and cook in the same way.

---

### RECIPE: BURGERS OR MEATBALLS

1 cup TVP  
¾ cup boiling water  
½ cup medium ground oatmeal or semolina  
1 tbsp onion powder  
1 clove garlic, minced  
1 tsp mustard  
2 tbsp tomato paste  
1vegan beef stock cube  
2 tbsp soy sauce  
1 tbsp mixed dried herbs  
¼ cup nutritional yeast flakes

1. Preheat the oven to 180°C.
2. Place TVP in a bowl with ¾ cup of the oatmeal or semolina and all ingredients except the yeast.
3. Add boiling water, stir, cover and leave to soak for about 10 minutes.
4. Mix in the remaining oatmeal or semolina and the yeast and shape into patties or balls.
5. Lay out on a lined baking sheet and bake for about 30 minutes, turning halfway.

## TAKE AWAY THE DAIRY

### DON'T MILK IT

- Choose plant milks that are fortified with calcium (300 mg/serve) and other nutrients
- Read the label for vitamin D fortified: be sure to choose D2 (ergocalciferol)
- Soy, rice, oat, almond and other nut milks
- Soy yoghurt (check for vegan ingredients) or make your own with a yoghurt kit or make kefir
- Probiotic cultures found in yoghurt are very important for digestive health and the immune system. If non-dairy yoghurt is not available consider a dairy-free probiotic culture supplement
- Use plant-based milks in recipes in exact amounts as dairy milk is called for

### NO CHEESE PLEASE

- Plenty of alternatives to cheese available or make your own (recipes upon email request)
- Mini-chol (check is vegan), Tofutti, Soy King brands
- Use tofu to make a mock feta or cream cheese spread
- Nutritional yeast and ground sesame seeds give a great cheesy taste

---

#### RECIPE: MARINATED TOFU FETA

300g firm tofu, cubed  
4 tbsp olive oil  
zest and juice of 1 lemon  
2 tbsp red wine vinegar  
1 clove minced garlic  
chopped fresh parsley and marjoram

1. Mix all ingredients together and store in an airtight container in the fridge.

---

#### RECIPE: SOUR CREAM

300g silken tofu  
1 tbsp agave nectar  
1 tbsp lemon juice  
1tbsp olive oil  
1 tbsp nutritional yeast flakes

1. Blend together all the ingredients, adding a little non-dairy milk if needed for desired thickness.
2. Store in an airtight container in the fridge for up to a few days.

---

#### RECIPE: CREAM CHEESE

½ cup cashew nut paste  
1 tbsp agave nectar mixed with 1 tbsp lemon juice  
300g silken tofu  
1 tbsp nutritional yeast

1. Blend everything together until very smooth then keep in the fridge for a few days.

---

#### RECIPE: WHITE SAUCE

2 tbsp flour  
2 tbsp non-dairy spread  
1 cup non-dairy milk  
½ cup nutritional yeast flakes  
(1 cup vegan cheese, grated)

1. In a saucepan, melt the spread and stir in the flour.
2. Cook for a few minutes over medium heat, stirring.
3. Slowly add the milk a little at a time, stirring constantly to avoid lumps.
4. Bring to the boil then reduce the heat and simmer a few minutes to get rid of the floury taste.
5. Whisk in the nutritional flakes and cheese, if using, salt and pepper to taste.

---

#### RECIPE: INSTANT CHEESE SAUCE

½ cup almond meal  
½ cup ground sunflower seeds  
1 cup nutritional yeast flakes  
2 tbsp cornflour  
1 tbsp garlic powder  
1 tbsp onion powder  
salt and pepper

1. Mix everything together. You can store it like this in an airtight container.
2. Use 1 cup of this mixed with 2 cups of non-dairy milk. Just combine them and stir in a saucepan until it has simmered a few minutes and is thick.

---

#### RECIPE: CHEESECAKE

Base:	¼ cup lemon juice
2 cups crushed vegan biscuit crumbs	2 tsp vanilla extract
¼ cup agave nectar	½ cup apple juice concentrate
½ cup non-dairy spread, melted	¼ cup non-dairy milk (almond)
Filling:	200g silken tofu
250g soy cream cheese	2 tbsp canola oil
1 cup sugar	(mixed fruit or berries)
¼ cup agar-agar	
¼ cup boiling water	

1. Mix the base ingredients together and press into a lined springform cake tin.
2. Heat the agar-agar and water in a small saucepan and simmer 10 minutes to dissolve. Set aside.
3. Beat the soy cream cheese together with the lemon and apple juice and vanilla, add milk.
4. Continue beating while you pour in the agar-agar mixture. Put this into the fridge to set a little.
5. Beat the tofu together with the oil until very smooth and light, then fold into the cream cheese.
6. Pour over the base, decorating with fruit or berries throughout or on top, however you like.
7. Refrigerate hours before cutting.

## I DO BELIEVE IT'S NOT BUTTER

- Choose non-hydrogenated oil spreads (no-trans fats)
- Melrose omega oil spreads, Nuttelex
- Use tofu cream cheese, avocado or nut butters instead
- Use olive or other vegetable oils, coconut oil as a spread
- Substitute vegan spreads (margarine) in recipes as written for butter

## EGG-LESS

To make 1 egg:

- Grind whole flaxseeds in a coffee grinder. Blend up 1 tbsp of ground flaxseeds with 3 tbsp water until it is thick then set aside to rest for a few minutes before using
- Mix 1 tbsp baking powder with 2 tbsp water and 1 tbsp olive oil
- 1 tbsp cornflour/arrowroot/soy flour and 1 tbsp water
- ¼ cup mashed cooked apple or banana and ½ tsp baking powder
- ¼ cup tofu blended
- 2 tbsp nut butter or tahini
- 1 tbsp "No egg" egg replacer (mix with water as per pack directions)

---

## RECIPE: MAYONNAISE

150g tofu  
1 tbsp mustard  
salt and pepper  
1 tbsp garlic powder  
2 tbsp lemon juice  
1 tbsp agave nectar  
½ cup olive or canola oil

1. Blend together all the ingredients except the oil, until very smooth.
2. Slowly drizzle in the oil while the blender is running.

## OTHER THINGS TO THINK ABOUT

### STAYING SWEET

- Choose unrefined sugars
- Organic is often a safe vegan choice
- Choose “unbleached”
- Evaporated juice and sugars
- “natural”
- Turbido, Rapadura, raw, muscovado, demerera, beet sugars

### FREE THE BEES

- Agave nectar
- Maple syrup
- Golden syrup
- Blackstrap molasses for deep sweetness and a great iron boost!
- Brown rice syrup, barley malt syrup
- Use concentrated fruit juices: apple, pear, grape

---

### SUBSTITUTING AGAVE IN RECIPES

- For 1 cup granulated sugar or honey, rice/corn syrup use 2/3 cup agave nectar
- Use equal amounts to fruit juice concentrate or maple syrup
- If you are substituting for granulated sugar reduce other liquid ingredient in recipe by ¼ cup
- You may need to reduce the oven temperature by 10°C

### THICK AND WOBBLY

- Instead of gelatin use agar-agar to make jellies
- For thickening liquids use flours such as cornflour, arrowroot or potato starch mixed with water.
- Arrowroot is better for baked goods and sweets.
- Cornflour and potato starch will be opaque so are best for gravies and casseroles. To thicken 500ml, mix about a tablespoon in some water to make a paste, remove your dish from the heat and stir it in well. Put back onto the stove and heat again, stirring constantly until thick. If this is not thick enough, simply repeat until you reach the desired consistency.

---

## RECIPE: JELLY

1L flavoured juice of choice – raspberry, apple, pineapple, cherry

½ cup agar-agar powder

¼ cup water

1 tbsp arrowroot

(chopped fruit to add texture if desired: not citrus or pineapple)

1. In a saucepan bring the juice and agar-agar to the boil and simmer, stirring, until the agar-agar is clear. This will be about 15 minutes.
2. Mix together the water and arrowroot and then add to the juice. Simmer another 2 minutes, stirring until thickened.
3. Remove from heat and pour into serving bowls. Add fruit if using. Refrigerate overnight until set.

## VEGANISE IT

### NO MEAT

- Just substitute any bean, tofu, tempeh, TVP or seitan into your recipe
- Vegan stock cubes are excellent to achieve beef or chicken flavours
- Use nutritional yeast in gravies along with vegan stock
- Vegan sausages and deli meats are widely available – they are high in salt so watch your intake!

## BAKING

- Simply substitute non-dairy spread or coconut oil for butter in recipes
- Use non-dairy chocolate and chocolate chips
- Use an egg replacer



## SO WHAT DO YOU WANT TO EAT TODAY?

### BREAKFAST

- wholegrain toast with toppings such as vegemite and soy cheese, avocado and tomato, peanut butter and banana
- fortified wholegrain breakfast cereal with fortified non-dairy milk
- couscous/millet/rice/quinoa with cinnamon and raisins
- wholemeal muffin or scones with tofu “cream cheese” and chopped chives
- buckwheat pancakes with fresh berries and mashed vanilla tofu
- scrambled tofu with toast/vegetables
- tempeh with gravy with toast/plain biscuit

### LUNCH AND DINNER

- pumpkin and spinach cannelloni with vegan “cheese sauce”
- vegan TVP balls with vegetables, tomato simmer sauce and steamed rice
- spaghetti with lentil or TVP bolognaise sauce
- vegan burger in toasted wholegrain roll with salad
- seitan roast with roast vegetables and gravy
- baked tempeh with mashed potatoes and gravy
- chickpea curry and rice
- bean salad
- Greek salad with tofu
- vegan lasagne
- couscous with roasted vegetables
- rice/potato/pasta salads
- marinated tofu with bbq noodles and asian vegetables
- lentil tacos with onions, tomato, lettuce, soy cheese
- vegetable risotto
- tofu hot dogs with coleslaw
- beans and rice with vegetables
- vegan sausage and vegetable stir-fry
- chickpea tabouli
- bean chilli with cornbread
- tofu and vegetable pie

### SNACKS

- raw almonds and soy yoghurt
- raw carrot and celery with hummus dip
- vegan cookies
- crackers with: soy cheese, avocado, tahina paste, nut spread, vegemite
- apple and celery with peanut butter
- dried fruit, seed and nut mix
- vegan cakes and slices
- dry roasted chickpeas (not cooked in oil) Baked fruit with toasted nuts
- fresh blueberries and low fat soy frozen dessert
- homemade muesli bars
- non-dairy milk smoothie

### EXAMPLE MENU 1

#### BREAKFAST

porridge drizzled with agave nectar, fortified soy milk and a banana  
almond milk carob smoothie

#### LUNCH

wholemeal pita wrap with marinated bbq tempeh, tofu sour cream, hummus and salad  
apple

#### AFTERNOON

handful of mixed nuts, vegan cookies, glass of flavoured soy milk

#### DINNER

roasted vegetable soup  
vegan lasagna  
plate of fresh fruit with soy yoghurt and cinnamon

### EXAMPLE MENU 2

#### BREAKFAST

2 slices wholegrain toast with peanut butter and strawberry fruit spread  
Small bowl granola and rice milk

#### LUNCH

Greek salad with tofu feta  
bread roll with tofu cream cheese, grated carrot and avocado

#### AFTERNOON

vegan chocolate brownie  
pear and sultanas

#### DINNER

chickpea vegetable curry with coconut rice  
apple crumble with soy ice cream

### EXAMPLE MENU 3

#### BREAKFAST

tofu scramble with tomato, avocado and mushrooms  
2 slices wholegrain toast

#### LUNCH

vegetable fried rice with "fish" seitan

#### AFTERNOON

hummus and beetroot dip with raw vegetable sticks

#### DINNER

cannellini bean, leek and spinach tofu quiche  
vegan chocolate chip cookies  
warmed vanilla flavour oat milk

## GET CRACKING AND STAY ON TRACK!

- Have your reasons for becoming vegan clear in your mind – keep in touch with fellow vegans
- Start slow and make small changes
- Be patient, your taste buds will adjust in only a few days: you'll be surprised!
- Veganise your favourite meals
- Experiment and have fun in the kitchen, get cooking!
- Stock your pantry well
- Get a stack of new recipes and share with others
- Focus on increasing vegetables and legumes to replace meat in recipes
- Introduce legumes (beans) slowly if you are not used to eating them
- Use 'meat substitutes' if you need a similar taste but watch it, they're often high in salt and fats
- Be prepared and don't get stuck hungry, always have a tasty vegan snack on hand!

## NOTES

## NOTES



**ANIMAL RIGHTS  
ADVOCATES INC.**

**[WWW.ARA.ORG.AU](http://WWW.ARA.ORG.AU)**