



going veggie...

for the taste



A collection of delicious meat-free recipes from the Vegetarian Society

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A vegetarian diet is a positive choice for the environment, for animals and for your own health and wellbeing. It's also a great choice if you love food. The recipes in this booklet are tempting, tasty and colourful.

Best of all, they represent just a tiny fraction of the amazing cuisine you can enjoy as a vegetarian – whether you're a kitchen novice or a gourmet expert.

These recipes have been chosen to inspire you to get cooking. Mouth-watering but simple to prepare, they each offer a balanced main meal with plenty of protein, iron and other essential nutrients.

You can find hundreds more at
www.vegsoc.org/recipes



big bad boy
salad

This is a playful dish with lots of components. To save time why not divide the recipes up between friends and turn your kitchen into an episode of MasterChef?



Serves: 4
Preparation: 45 mins
Cooking: 35 mins

*can be vegan

Ingredients

For the Sweet and Sticky Potatoes

- 20 washed new potatoes
- 1 tbsp mango chutney
- 1 tsp olive oil
- ½ Bird's Eye chilli, finely chopped

For the Salsa

- 1 red onion, finely chopped
- 8 tomatoes, chopped
- 40g fresh coriander
- ½ lime, juice only
- 2 tsp olive oil
- Salt and pepper

For the Tomato Chilli Shots

- 1 Bird's Eye chilli
- 800ml tomato juice (chilled)
- 4 shots vodka
- 2 tsp vegetarian Worcestershire sauce

For the Potato Grates

- 4 medium potatoes, grated
- 750ml of vegetable oil for frying

For the Butter Bean Salad

- 2 standard cans of butter beans, drained
- 100ml tomato juice
- 20g fresh thyme, chopped
- 1 tbsp olive oil
- ½ lemon, juice only
- Pinch of sugar
- ½ tsp paprika

For the Hot and Sweet Tofu and Noodles

- 1 tbsp olive oil
- 400g firm tofu, if in water drain and pat with a paper towel to absorb excess water, then cut into chunks
- 400g cooked noodles (vegan)
- 2 tbsp mango chutney
- 2 Bird's Eye chillis

For the garnish

- splash of olive oil
- 2 carrots, grated
- 20g cress
- 1 cucumber, finely sliced
- 200g baby spinach
- 8 pickled chillies, cut the tip off to squeeze out excess liquid
- Salt and pepper



"Tasty fun!"

Method

Step 1 - Sweet and sticky potatoes

1. Bring a large pan of water to the boil and add the new potatoes.
2. Simmer for around 10 minutes until cooked but still firm. Drain and put to one side.

Step 2 - Salsa

1. Finely chop the red onion, tomato and fresh coriander.
2. Place in a small bowl and add the lime juice and 2 tsp of olive oil.
3. Season with salt and pepper.

Step 3 - Tomato chilli shot

1. Slice open a Bird's Eye chilli, remove any seeds and finely chop.
2. Add the chilli to the tomato juice, shots of vodka, and vegetarian Worcester sauce, chill. If you prefer not to have alcohol, leave the vodka out.
3. Stir before pouring into four small shot glasses.

Step 4 - Deep fried potato graters

1. Peel and grate 4 medium potatoes and pat with a paper towel to remove excess moisture.
2. In a large pan bring the oil up to frying temperature. To test this, add a few grated pieces to the oil. The potato should start to sizzle almost immediately.
3. When the oil is ready carefully add half of the grated potato.
4. With a large slotted spoon carefully agitate the potato.
5. After approximately 6 minutes, scoop out the crispy potato and place onto a paper towel.
6. Repeat until all the potato has been fried, then season, with a pinch of salt.

Step 5 - Butter bean salad

1. Place the drained butter beans into a bowl.
2. Add tomato juice, thyme, olive oil, lemon juice, paprika and sugar. Season with salt and pepper.
3. Mix till beans are coated.

Step Six - Hot and sweet tofu and noodles

1. Add 1 tbsp olive oil to a large non-stick frying pan.
2. Carefully mix together the tofu and noodles and gently fry for 5 minutes.
3. Add chopped chillis and mango chutney and continue to cook for 3 minutes occasionally stirring.

Step 7 - Sweet and sticky potatoes

1. When you are about to assemble the salad heat a little olive oil in a frying pan. Slice the potatoes you prepared in Step 1 in half and add to the pan.
2. After 2 minutes add mango chutney and chilli.
3. Stir and cook for 2 more minutes.

To assemble your salad:

1. Arrange your salads in small piles with the shot as the centre piece on each person's plate. Alternatively place four shots in the middle of a large plate with the different salads placed around them.
2. Use the grated carrot, cucumber, spinach, cress and pickled chilli as a garnish.
3. Dress the salad with the remaining lemon, lime and a splash of olive oil.



chickpea and
cashew korma
with spicy rice

A mellow spiced and vibrantly coloured dish perfect for the whole family.



Serves: 4
Preparation: 10 mins
Cooking: 30 mins
Spicy Rice: Serves: 4
Preparation: 5 mins
Cooking: 30 mins

*can be vegan

Method

Step 1

Gently heat the oil in a large pan and fry the onion. After 5 minutes add the garlic and continue to cook for another 2 minutes.

Step 2

Add the turmeric, paprika, ginger and chilli and cook for another 2 minutes.

Step 3

Add the sweet potato, cauliflower, peppers, chickpeas, cashew nuts, stock and coconut milk then bring to the boil.

Step 4

Reduce the heat and simmer for 20 minutes stirring occasionally. If you would prefer a thicker sauce, mix 1 tsp of cornflour with a little water to make a paste. Add this to the Korma, gently stir in and cook for five minutes.

Step 5

Add the 150g frozen peas and most of the coriander, saving a little for garnish, and cook for five minutes.

Step 6

Add seasoning to taste and serve with a spoonful of natural yogurt and coriander to garnish.

Spicy Rice

Step 1

Heat the oil in a large pan and gently fry the onion.

Step 2

After 5 minutes add the spices and continue to fry for 2 minutes.

Step 3

Add the rice and cover with water. Bring to the boil, and then simmer for 20 minutes until the water has been absorbed.

Step 4

Finally, add the 50g frozen peas and cook for another 5 minutes. Depending on the size of pan used, you may need to add a little more water.

Step 5

Drain off any excess water and serve.

Ingredients

- 2 tbsp vegetable oil
- 1 red onion, finely chopped
- 3 cloves of garlic, crushed
- 1 tsp turmeric
- 1 tsp paprika
- 1 tsp grated ginger
- ½ tsp mild chilli powder
- 1 sweet potato, peeled and cut into 2cm cubes
- 1 small cauliflower, cut into florets
- 1 red pepper, cut into pieces
- 1 yellow pepper, cut into pieces
- 1 standard can of chickpeas, drained
- 100g roasted cashew nuts (unsalted)
- 1½ vegetarian stock cubes, diluted in 1 litre of boiling water
- 100ml coconut milk
- 150g frozen peas
- 30g fresh coriander
- Salt and pepper to taste
- 1 tsp of cornflour (to thicken the sauce if preferred)
- 200ml low fat natural yoghurt (or vegan yoghurt*)

Spicy Rice

- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 1 cinnamon stick
- ½ tsp cumin powder
- ½ tsp coriander powder
- 250g brown rice
- 1½ litres of water
- 50g frozen peas

A close-up photograph of a sweet potato burger. The burger is built on a slice of whole-grain bread, topped with fresh green lettuce, a thick, golden-brown fried sweet potato patty, a slice of grilled pineapple, and a generous amount of red chili salsa. The burger is served on a white surface, with a side salad of cherry tomatoes, cucumber, and lettuce visible in the background. A red banner with white text is overlaid on the top left of the image.

sweet potato burger

with griddled pineapple & a chilli salsa

If you like a good burger you will love this ultimate veggie burger. The pineapple and chilli provide a bite and a kick.



Serves: 4
Preparation: 10 mins
Cooking: 40 mins
Simple Moroccan Salad:
Serves: 4
Preparation: 10 mins

*can be vegan

Method

Step 1

Preheat the oven to 220C. Cut the sweet potatoes in half and bake in their skins on a lightly oiled baking tray for 30 minutes. When they are soft, scoop out the flesh and set aside.

Step 2

Meanwhile gently fry the onions in 1 tablespoon of olive oil until soft. Add the garlic and ras el hanout. Continue to fry for another 30 seconds, stirring continuously.

Step 3

Chop one of the pineapple rings into small cubes and put in a big bowl, with the cooked sweet potato flesh, fried onions, rose harissa, breadcrumbs, almonds and pumpkin seeds. Season to taste.

Step 4

Form the mixture into burgers. You can make four thick or eight thin burgers as preferred. Coat them in the gram flour and shallow fry until golden on each side.

Step 5

While the burgers are frying, make the relish by mixing all the ingredients together.

Step 6

Griddle, or grill, the remaining pineapple rings on each side.

Step 7

Assemble by placing one burger in each bun, followed by the griddled pineapple then the relish. Add the second burger on top if using and serve with a simple Moroccan salad (recipe below).

Simple Moroccan salad

Step 1

Place the chickpeas, onion, tomatoes, watercress and apricots into a serving bowl.

Step 2

Mix together the oil and cumin and pour over the salad.

Step 3

Season with salt and pepper.

Ingredients

- 600g sweet potatoes
- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 cloves of garlic, crushed
- 1 tsp ras el hanout (Moroccan spice mix)
- 5 pineapple rings
- 1 tsp rose harissa (or harissa)
- 100g breadcrumbs
- 50g almonds, coarsely chopped
- 100g pumpkin seeds, crushed
- Gram flour (chick pea flour) to coat the burgers
- 4 wholemeal buns

For the relish:

- 3 Bird's Eye chillis, finely chopped (will be hot, you may wish to use milder chillis)
- 2 spring onions, finely chopped
- ½ lemon, juiced
- 1 tbsp tomato puree

For the simple Moroccan salad:

- 1 standard tin of chickpeas, drained and rinsed
- 1 red onion finely sliced
- 2 tomatoes, chopped
- 100g watercress
- 100g finely sliced ready to eat dried apricots
- 1 tsp olive oil
- ½ tsp cumin powder
- Salt and pepper to taste

A close-up photograph of a white rectangular plate featuring a large, roasted red pepper (ramiro pepper) that has been cut open and filled with a creamy risotto. The risotto is mixed with bright green peas and finely chopped green herbs. To the right of the pepper, there are two whole, vibrant red cherry tomatoes. The plate is set on a light-colored wooden surface, and a silver fork is visible in the background. A red banner with white text is overlaid at the top left, and a green callout box with white text is at the bottom right.

risotto stuffed ramiro peppers

chef's tip

You can make your own tapenade by blending 30g olives, 1 tsp capers, 2 tsp olive oil and 1 tsp dried oregano.

This recipe combines two classic veggie dishes to double your pleasure! Roasting sweet Ramiro peppers intensifies the flavour providing an ideal vessel for the nutty risotto.



Serves: 4
Preparation: 10 mins
Cooking: 45 mins
Quick oriental salad:
Serves: 4
Preparation: 5 mins

*can be vegan

Method

Step 1

Preheat oven to 220C. Put the vegetable stock into a saucepan and simmer.

Step 2

In a large, wide frying pan fry the leek in a little of the oil for 5 minutes until softened. Add the garlic and fry for another minute.

Step 3

Steam the kale for 5 minutes, run under cold water, drain and set to one side.

Step 4

Add the white wine, lemon zest and rice to the leeks and stir well making sure that the rice is well coated. Cook until the wine has been soaked up by the rice. Now ladle some of the stock over the rice and stir.

Step 5

As the stock is absorbed by the rice keep topping up with more hot stock from the saucepan and keep stirring. You may not need all the stock depending on the size of pan used. It should take about 15-20 minutes until the risotto has a creamy consistency and the rice is cooked.

Step 6

Add the peas and steamed kale to the risotto about 5 minutes before the end, season to taste.

Step 7

Cut the tops off the Ramiro peppers and stuff with the risotto, followed by a teaspoon of the tapenade. Repeat this for all the peppers until they are filled. You will have risotto left for serving. Set the remaining risotto to one side, reheat just before serving.

Step 8

Place the peppers and tomatoes onto a foil-lined baking tray, drizzle with a little olive oil and roast for 10-15 minutes.

Step 9

To serve, place a large spoonful of the spare risotto onto a large plate and stack two peppers against it. Place a set of cherry tomatoes next to the risotto. Serve with quick oriental salad.

Quick oriental salad

Simply combine the ingredients and add a splash of soy sauce to taste.

Ingredients

- 2 vegetarian stock cubes dissolved in 1litre of water
- 2 tbsp olive oil
- 1 leek, finely chopped
- 3 cloves garlic, crushed
- 150g curly kale, chopped
- 50ml vegetarian white wine
- 1 lemon, zest only
- 250g Arborio/risotto rice
- 150g frozen peas
- Salt and black pepper
- 8 straight, red Ramiro peppers
- 6 tbsp olive tapenade (see chef's tip opposite)
- 20 small cherry tomatoes on the vine (5 per person)

For the quick oriental salad:

- 1 block (400g) of plain firm tofu, cut into strips (If the tofu is in water drain and pat with a paper towel to absorb excess water, then cut into strips.)
- 200g mange tout sliced thinly lengthways
- 1 cucumber cut into ribbons
- 100g chestnut mushrooms, cut as thinly as you can
- 50g sesame seeds
- 1 tsp soy sauce

A close-up photograph of a plate of food. The plate is white and contains several golden-brown, breaded sausages. One sausage is cut in half, revealing a filling of cannellini beans. The sausages are drizzled with a thick, brown, glossy sauce. To the left of the sausages is a portion of seasonal mash, which appears to be a mix of yellow and green vegetables. To the right is a portion of bright green peas. The plate is set on a teal-colored placemat. In the background, a white bowl is partially visible. A red banner with white circular patterns is at the top left, containing the recipe title. A red page number '12' is at the bottom left.

cannellini bean &
smoked applewood
sausages with
seasonal mash

Sausage and mash is the perfect comfort food. These veggie sausages have a firm texture with a crispy coating and plenty of flavour. Serve with gravy for the ultimate warming feeling.



Serves: 4
Preparation: 20 mins
Cooking: 40 mins

*can be vegan

Method

Step 1

Fry the onions in 1 tbsp of oil until soft then add the garlic and smoked sweet paprika. Continue to fry for another 30 seconds.

Step 2

Put the fried onion mixture in a food processor along with the beans, breadcrumbs and cheese, and season with salt and pepper. Whizz until the mixture becomes a paté consistency.

Step 3

Form and roll the mixture into 8 sausages. Dip each one in the beaten egg and then roll in the extra breadcrumbs. Shallow fry the sausages two at a time, turning only when the bottoms have browned first to avoid their falling apart. (*If making the vegan version, coat in the nuts and grill under a moderate heat, turning occasionally.) This should take around 8mins.

Step 4

While the sausages are cooking prepare your mash by boiling the vegetables until soft. Drain and mash thoroughly. Stir in the butter or vegan margarine and horseradish.

Step 5

Serve the sausage with the mash, peas, broad beans and your favourite onion gravy.

Alternative serving suggestion

Serve sausages with vegetable cous cous, tomato salsa and a herb salad.

Ingredients

- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 1 tsp smoked sweet paprika
- 1 standard can of cannellini beans, drained
- 50g wholemeal breadcrumbs
- 100g vegetarian smoked Applewood cheese (*use smoked tofu plus 50g finely chopped hazelnuts for vegan version)
- Salt and pepper
- 2 large free range eggs, beaten (*omit for vegan version)
- 50g wholemeal breadcrumbs, for coating (*use finely chopped nuts for vegan version)

For the mash:

- 1kg white potatoes and other seasonal root vegetables, peeled and chopped
- 100g kale, chopped
- A knob of butter/vegan margarine
- 2 tsp hot horseradish sauce (*use vegan version if preferred)

To serve:

- 500g broad beans
- 500g peas
- Gravy



sandwich
heaven

"a mouthful for all seasons"

The classic sarnie is enjoyed by all. This recipe is a wonderful combination of flavours and textures. A “mouthful for all seasons” is a special sandwich with a combination of fillings that deserve respect.



Serves: 4
Preparation time (for the whole sandwich): 30 minutes.

*can be vegan

Ingredients

Filling one -

Twice Cooked Meddi Veggie

- 1 small aubergine, cut lengthways into thin slices
- 1 red pepper, deseeded and cut roughly into 8 pieces
- 2 courgettes cut lengthways into thin slices
- 2 field mushrooms, sliced
- ½ tsp of thyme
- 1 tbsp olive oil

Filling two -

Spiced Apple, Apricot and Carrot

- 1 apple, cored and sliced thinly
- 100g ready to eat apricots, sliced thinly
- 1 carrot, grated
- 1 tsp of curry paste
- Juice of half a lemon

Filling three -

Kidney Bean Paté

- 1 standard tin of kidney beans, drained and rinsed
- 1 clove of garlic, crushed
- 1 lemon, juice only
- ¼ tsp vegan stock powder
- ¼ tsp chilli powder
- Pinch of salt

Filling four -

Tomato Zing

- 100g sun blush tomatoes
- 200g vine tomatoes
- Pinch of sugar

Filling Five -

Simple Mushroom Paté

- 1 tbsp olive oil
- 200g chestnut mushrooms cut into quarters
- 1 clove garlic, crushed
- ¼ tsp vegan stock powder
- ¼ tsp paprika

Filling six -

Griddled Halloumi or Firm Tofu

- 100g vegetarian halloumi cheese (*Or firm tofu 200g, if in water drain and pat with a paper towel to absorb excess water, then marinate in 1 tbsp soy sauce and 1 tsp vegetable oil.)

chef's tip

Sandwich fillings will keep well for two days if covered and stored in a fridge.

Method

Step 1 - Twice Cooked Meddi Veggie

1. Toss all the ingredients in a bowl then spread on a roasting tin and cook in the oven at 200C for 20mins, turning once. Prepare the other fillings whilst the vegetables roast.
2. To complete this dish, once vegetables are roasted, heat a griddle pan to a high temperature and place the vegetables on in batches to create score marks. This should take 2 minutes per side. Place into a bowl, cover and refrigerate.

Step 2 - Spiced Apple, Apricot and Carrot

1. Place the apple, apricot, carrot and curry paste in a bowl and gently stir.
2. Add the lemon juice and give it a final stir. Cover and place in the fridge.

Step 3 - Kidney Bean Paté

1. Place all of the ingredients into a food processor and whizz until smooth.
2. Transfer to a bowl, cover and place in the fridge.

Step 4 - Tomato Zing

1. Place the ingredients into a food processor and blend.
2. Transfer to a bowl, cover and refrigerate.

Step 5 - Simple Mushroom Paté

1. Gently heat the oil in a frying pan and add the mushrooms and garlic.
2. As the juice from the mushrooms starts to appear add the stock powder.
3. Continue to cook until most of the liquid has evaporated. Place in a food processor and blend.
4. Transfer to a bowl, cover and refrigerate.

Step 6 - Griddled Halloumi or Firm Tofu

1. Simply place slices of halloumi or marinated tofu onto a hot griddle pan for 3 minutes either side.

And finally to the bread!

Slice 2 ciabatta loaves in half then split lengthways as shown in photo.

Method

It's time to assemble your mighty mouthful.

1. Take a slice of toasted bread.
2. In this order, place the fillings onto the bread to create a stack effect: tomato zing, kidney bean paté, simple mushroom paté, twice cooked meddi veggie, griddled halloumi and finally spiced carrot and apple.



"The ultimate sandwich!"



slow roasted
vegetable
calzone

Making dough is a great way to unwind and relax. Eating it is a perfect reward for your efforts. Enjoy this delicious recipe either as a pizza or calzone.



Serves: 4
Cooking and preparation time: 60 minutes
This recipe is for 2 calzones (or 2 pizzas)

*can be vegan

Ingredients

For the dough

- 360g plain white flour
- ½ tsp salt
- 1 tsp sugar
- 2 tsp fast acting yeast
- 2 tbsp olive oil
- 240ml lukewarm water

For the tomato sauce

- 1 tbsp olive oil
- 1 red onion finely chopped
- 1 clove garlic, crushed
- 400g tinned tomatoes
- 1 tsp oregano
- 500ml vegan stock
- 1 tbsp tomato purée

For the topping

- 2 tbsp olive oil
- 1 red onion, finely sliced
- 1 red pepper, finely sliced
- 1 yellow pepper, finely sliced
- 1 standard can of artichokes, drained and sliced
- 300g chestnut mushrooms, sliced
- 75g pine nuts
- 1 tsp dried oregano

Orange and almond salad

- 300g mixed salad leaves
- 2 oranges skinned and cut into segments
- 75g toasted flaked almonds
- juice of 1 lemon and 1 tbsp olive oil mixed together as a dressing

chef's tip

Both the tomato sauce and the roasted vegetables freeze well so you can make extra and save for another day.

Method

To make the dough

1. Sift the flour into a large bowl, add the salt, sugar and yeast, and then stir.
2. Make a well in the flour, add the oil and then gradually add the water, stirring continuously to form a dough.
3. Dust your work top with a little flour then knead the dough for 8 minutes.
4. Divide the dough into two halves and place into a clean bowl, cover with a clean cloth and put in a warm place.
5. Leave the dough to rise for 40 minutes while you prepare the sauce and topping.

To make the sauce

1. Heat the oil in a frying pan and gently fry the onions for five minutes, then add all of the other ingredients.
2. Turn down the heat and allow to simmer for 30 minutes until ready to use, stirring occasionally. It should be rich and sticky.

To make the topping

1. Preheat the oven to 200C. Place the onions and peppers onto one tray and the artichokes and mushrooms on to another.
2. Sprinkle oregano on top, drizzle with the olive oil and season with black pepper.
3. Place in the oven for 20 minutes. (Do not add the pine nuts).

Back to the two pieces of dough

1. After 40 minutes, the two pieces of dough should have risen to twice their original size.
2. Turn the dough out onto a floured surface and gently roll each out to the size of a large dinner plate.
3. If you prefer a pizza skip to the pizza method*.
4. Place half the sauce on one half of each piece of rolled out dough and add half the filling and pine nuts.

5. Using a pastry brush wet the edge of the dough.
6. Fold over the dough pulling and pinching it together to seal the join. It will look like a large Cornish pasty.
7. Carefully place the calzone on a floured baking tray and bake for 10 minutes until golden brown. Repeat for the second calzone or make up as a traditional pizza.

Serve with a fresh salad.

*Pizza method

1. Place the rolled dough bases onto floured baking trays and assemble your pizzas by putting the tomato sauce, pine nuts, onions, peppers, artichokes and mushrooms on top.
2. Then sprinkle with a little oregano and olive oil and bake in the oven for ten minutes.

Orange and almond salad

Simply place the leaves, oranges and almonds into a serving bowl. Dress with the lemon and olive oil vinaigrette.



“Enjoy as a pizza or calzone”

going veggie...

more information

If you love good food, why not come along to the Vegetarian Society's own cookery school? Whether you're just starting out in the kitchen or already know a thing or two about cooking, the internationally renowned Cordon Vert Cookery School in Cheshire is the perfect place to learn how to create stunning veggie food.

Visit www.cordonvert.co.uk to find out more about the wide range of courses, or call **0161 925 2000** for more information.

You can find hundreds of other tasty recipes at www.vegsoc.org/recipes but delicious food isn't the only reason to go vegetarian. This booklet is part of the Going Veggie series, a set of booklets that look at the reasons why it's good to go veggie and show you how easy the switch to a meat-free lifestyle can be. Head to:

www.vegsoc.org/goingveggie

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