

## Mixed Fruit Crumble with Toffee Nut Topping

### Fruit

Enough to half fill your dish. Combine sweet with tangy – eg. blackberry and banana, raspberry and peach, pineapple and date.

### Crumble

150 g fresh wholemeal breadcrumbs  
2 tbsp vegan marg  
3 tbsp dark brown sugar

### Topping

1 tbsp vegan margarine  
1 tbsp dark brown sugar  
1 tbsp crunchy peanut butter

1. Preheat oven to 180/350/Mark 4.
2. Lightly grease an oven-proof dish.
3. Mix crumble ingredients well.
4. Place fruit in dish and cover with crumble.
5. Bake for 20-30 mins
6. Towards the end of baking time, make toffee topping; melt margarine in a small saucepan, add sugar and peanut butter and stir well.
7. Drizzle topping over crumble.

### Variations

*Add a few tbsp coconut to the crumble mix.*

*Spread marmalade or jam over the fruit mixture before adding crumble*

*Double or even treble topping ingredients for a thicker/sweeter topping effect*

*N.B. This topping made with less marg is great for icing muffins/cupcakes etc.*

## Extras!

Victoria Sponge

*This recipe was not at the pot luck, but shared by Ms Cupcake on her website [www.mscupcake.co.uk](http://www.mscupcake.co.uk)*

400 grams self rising flour  
240 grams caster sugar  
1 tsp of baking powder  
400 ml soya or rice milk  
160 ml of rapeseed, sunflower or a light flavourless vegetable oil  
Vanilla extract or the inside shavings of a vanilla pod  
Jam and Icing sugar to decorate

1. Grease 2 round 8, 9 or 10" cake tins and preheat oven to about 185 C.
2. Stir all the dry ingredients together and then add the wet ingredients in stirring just until mixed.
3. Spoon the cake mixture into the 2 trays (half in each). Bake about 20 mins.
4. Cool for about 10-15 mins and then remove cakes from tins and cool completely on a wire rack.
5. To decorate put loads of jam in between the two layers and dust with some icing sugar.
6. Alternatively do it the Ms. C way and add lashings of vanilla icing for an extra sweet kick!

X Ms. C

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# Vegan Pot Luck 14 March 2012

# Recipes

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## Tofu quiche

Olive oil  
1 onion  
1 red pepper  
Some greens (broccoli is good)  
Few cloves of garlic, crushed  
Seasoning and herbs  
1 packet plain or smoked tofu  
A little soya milk  
half a pack of vegan cheese, grated  
1 roll Jus-Rol\* shortcrust pastry

1. Slice or chop everything.
2. Fry onions lightly; add garlic and veg and fry until they begin to soften.
3. Put tofu and vegan cheese in a blender and blend together with a small amount of soya milk until the mix forms a thick paste.
4. Mix tofu mixture with vegetables and herbs and season to taste.
5. Roll out pastry and line a quiche or similar tin (or make your own shortcrust pastry). Put the mix in the quiche dish on the pastry and cook at 220C/375F/gas 5 for around 40-50 mins, until it is browned on top.
7. Allow to cool and set a bit before slicing.

*\*Make sure you get the Jus-Rol shortcrust pastry that does not contain butter. Sainsbury's own brand is also suitable. Thanks to Animal Aid "your guide to going veggie or vegan"*

## Andalusian Spinach and Chickpeas

Onion, finely chopped (optional, the original one has no onions in it)  
Garlic, crushed  
Cooked chickpeas  
Smoked paprika  
Spinach  
Bay leaves  
Cumin  
Salt

1. Fry the onions. Add the garlic but don't wait until is brown. Add the chickpeas (you can add the garlic after the chickpeas if you want but when you add the pulses they need to be without water for frying them properly).
2. Add the paprika and take off the heat while you mix it. Add the spinach and the spices. Season to taste, reheat and serve.
3. I've put some mushroom stock but the original recipe is just like this. In Andalusia we also add some pinenuts.

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## Garlic Mushrooms

400g mushrooms  
1 clove garlic  
12 ml olive oil  
6 ml or to taste tamari soya sauce

1. Wash and chop mushrooms into bite size pieces.
2. Crush garlic and add to mushrooms.
3. Add oil and tamari.
4. Mix and leave for half an hour to allow mushrooms to marinate. Serve.

## Barley Casserole

2 cups of barley (hulled or pearled will work)  
2 tbsp olive oil  
3 small onions, chopped  
3 garlic cloves, finely chopped  
3-4 carrots, grated  
4 stalks of celery, finely chopped  
5 tbsp soy sauce  
¼ tsp fine sea salt  
2-4 tsp dried mixed herbs  
¼ tsp garlic powder

1. Bring 3 cups of water to the boil in a large saucepan, add barley and simmer until cooked, 45-60 mins. Drain off any remaining water and set barley aside.
2. Heat the oil in a large skillet (frying pan) over a medium high heat. Add onion and garlic and saute until onion is tender.
3. Add carrots, celery, soy sauce, salt, dried herbs and garlic powder. Cook for 5 minutes stirring often or until vegetables are tender.
4. Add barley and stir over medium-high heat for 3 minutes.
5. Taste and adjust seasonings if

necessary.

6. Transfer half of the barley mixture to an oven proof dish, top with half of the tahini dressing (recipe below), then top with the remaining barley mixture and again with the tahini dressing.

7. Bake in a pre-heated oven at 200C for 15-20 minutes to heat through.

## Tahini Dressing

¼ small onion, finely chopped  
1 cup tahini  
½ tsp salt  
2 tbsp olive oil  
¼ cup lemon juice  
1 tsp fresh basil (can use dried)  
pinch of paprika

1. Combine onion and 2 tbsp of water in a small skillet (frying pan) and saute over medium-high heat until softened.
2. Combine the tahini, salt, olive oil, lemon juice, basil and paprika in a bowl and mix.
3. Add the onion and mix in.

*I usually add 1/2 a cup to a cup of water to the dressing to bulk it out a bit but this is not part of the original recipe and I also add a tsp of dijon mustard.*

## Savoury Smoked Tofu Rice

250g white or 200g wholegrain rice  
2 red peppers  
1 large red onion  
2 cloves garlic  
1 tbsp olive oil for frying  
2 x 200g blocks smoked firm tofu  
150g mushrooms  
1 cup green peas  
2 tbsp freshly toasted pumpkin seeds  
1 x 400g can chickpeas  
Freshly ground black pepper  
1 tbsp tamari soya sauce

1. While cooking the rice...  
....gently fry the finely diced peppers, onion and garlic in a large pan or wok in the olive oil over a low heat for 5 minutes.
2. Cut the tofu into 1cm cubes and add to the pan, stirring occasionally.
3. Add the thinly sliced mushrooms and cook for a further 5 mins while...  
cooking the peas and gently toasting the pumpkin seeds in a frying pan.
4. Add the peas, drained chickpeas, pumpkin seeds, rice and a gurt big splash of Tamari and a generous kick of black pepper...mix ingredients well in the pan and serve hot with warm pitta bread. Serves 4 as a main course.

## Banana Loaf

2 oz margarine  
2 oz sugar  
3 fl oz (90 ml) orange juice  
3-4 medium-size ripe bananas  
8 oz self-raising flour (I mixed white & wholemeal, but it's up to you how worthy you want it to be!)  
⅓ tsp bicarbonate of soda  
¼ tsp salt  
1 tbsp oil, to oil tin  
Dates/raisins (optional)

1. Cream marg and sugar.
2. Add juice and beat well.
3. Mash bananas and add.
4. Fold in flour, bicarbonate of soda and salt (plus dried fruit) and put mixture into a 1lb oiled bread tin.
5. Bake at 350F/180C for roughly 1 hour.

## Energy Balls

1 cup almonds, soaked overnight  
½ cup desiccated coconut  
1 cup dates, soaked 2 hours  
1 teaspoon vanilla essence or 1 vanilla pod, contents only  
2 tablespoons carob powder

1. Drain almonds and grind in food processor. Add coconut and process some more.
2. Drain dates and slowly add to processor. Add vanilla to processor and finally add carob.
3. Roll into truffle size balls. Store in fridge.