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COVERING TAUNTON AND SOMERSET



COVERING TAUNTON AND SOMERSET

VEGAN GUIDE 2014



white lies

Cut-out the Cruelty and Go Dairy-Free with *Viva!*

We have everything you need to go and stay vegan – from easy-to-read colour guides and tasty recipes to yummy chocolate and kitchen essentials.



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Introduction

Taunton Vegans is the only vegan and vegetarian group in Taunton, set up after the first Taunton Vegan Food Fair in April 2010. We are a friendly, non-preachy, proactive organisation. Everyone is welcome to attend our events including children and non-vegans.

There are many reasons why people choose to be vegan. Often, there is a range of reasons, but for some it can be because of one key issue. In the UK the predominant reason for people being vegan has traditionally been concerns regarding animal welfare. However concerns about the environment and both spiritual and physical health have both led to a large increase in veganism in recent years. Taunton Vegans don't mind why you want to be vegan, we just want to support and help you with it.

"Being vegan is the most responsible and morally conscious thing each one of us can do."

Evolve! Campaigns

This Vegan Guide to Taunton and

Somerset is designed to help everyone - from those just experimenting with a few meat free meals a week, all the way to long term vegans. It's part cook book and part going out guide and is also full of helpful information and tips on being vegan in our area.

CONTENTS

Introduction	3
About Taunton Vegans	4
Why Vegan?	6
The Vegan Toolbox	11
Vegan Food in and around Taunton	14
Recipes	21
Meal Suggestions	32
Useful Resources	34

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Taunton Vegans

www.tauntonvegans.btck.co.uk

www.facebook.com/tauntonveg

tauntonveg@gmail.com

About Taunton Vegans

Our principal aims are:

1. To promote veganism, vegetarianism and a general reduction in the consumption of animal products, to make a better world for everyone to live in.
2. To help, support and make easier the lives of vegans, vegetarians and those with dairy intolerances in our area.
3. To help local vegan and vegetarian businesses flourish.

We began by putting on large vegan food fairs in Taunton. Four years on we are involved in a wide range of activities including:

Meetings

We have a monthly meeting at Mambos, North Street, Taunton at 7pm on the second Wednesday of each month. If you're curious and want to find out more, just pop along, grab a pint and join in! (Please get in touch first, as we're currently looking to move venue).

Vegan pop-up restaurants

There are no exclusively vegan or even vegetarian restaurants in Taunton, so we have decided to make our own. These nights have proved very popular and we aim to put on a pop up night eight times a year. We invite vegan/vegetarian catering firms from around



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the country to visit us to put these nights on. This means they are always very different and exciting.

Campaigning for vegan options in Taunton

Our members regularly visit local restaurants to encourage them to include options on their menus that are specifically labelled as vegan. We try to emphasise that our events are really well attended and that vegans in the Taunton area are a potentially untapped market.

The Vegan Society has provided us with booklets specifically designed for non-vegetarian chefs which we take along with us to make a vegan option easier. We have had great feedback from restaurants mentioned in last year's guide, so if you own a restaurant, pub or café and want to increase your trade, why not get in touch with us about bringing the vegan pound to your business!

Vegan fairs

There have been four, increasingly larger, Taunton vegan fairs since 2010. The 2013 fair had nearly 50 stalls and was visited by approximately 2,000 people. Unfortunately due to venue availability problems there was no fair in 2014, but never fear we will be back with a bang in 2015.

Other events

We also put on all sorts of other events throughout the year including talks, food tasting days, social nights, subsidised family activity days and our ever popular pot luck summer picnic.

You will also spot us having stalls at a range of local shows and events. We are always happy to have the opportunity to promote our cause.

Helping local vegan businesses

We always want to help local businesses that are aimed at vegetarians and vegans – the main thing we can do is help with promotion, but if you have any other suggestions please let us know. If you are a veggie/vegan trader or a trader who caters for vegans - it doesn't matter if you are a caterer, accountant, hairdresser, builder or anything else – and you think we can help please ask!

In the media

Taunton Vegans are always ready to get involved with the local media both to bang the drum for local vegetarian/vegan-friendly businesses and to put forward our pro-vegan message. We have appeared on BBC Somerset and in the local press on several occasions.

If you want to know more about us, get tickets for our events, go on our mailing list for coming events or get help and support with your diet please get in touch.

Contact Taunton Vegans

tauntonveg@gmail.com
www.facebook.com/tauntonveg
www.tauntonvegans.btck.co.uk

Why Vegan?

"Veganism is a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose." **The Vegan Society**

It's never been easier to go vegan. With great products, recipes and restaurants, going vegan doesn't mean missing out. Here's more about why it's good to be vegan.

CHOOSE TO BE KINDER TO ANIMALS

Choosing to cut out animal products is making a powerful statement that it's time to stop treating animals as commodities. When cases of cruelty involving cats and dogs are exposed people are rightly horrified, but somehow as a nation many of us seem indifferent to the suffering of farmed animals. We might point the finger at countries in the Far East for their consumption of dog meat, but pigs are just as intelligent as dogs and deserve to be treated with just as much respect.

The horse meat fiasco was a case in point - it seems that as a nation we are horrified at the thought of old unwanted horses being used as filler in cheap burgers, yet most people do not care about the clapped out dairy cow spat out before her time by our dairy industry.

Farm animals are bred for the single purpose of being killed at the end of what is usually a life of misery. While farmers and others point to 'higher welfare' free range and organic farming, this still means animals suffer.

So-called 'free range' egg farms may involve thousands of hens being kept in a shed with limited access outside. And even at the free range/organic egg farms, all male chicks are killed within hours – useless by-products as they do not lay eggs and are too scrawny for meat.

All animals kept for farming are prevented from mixing in normal social groups - for example dairy cows have their calves separated from them at one or two days old and the male dairy calves, useless for beef production, are killed.

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initial 1 hour consultation**

Climate change is the biggest environmental issue we face, and we are all encouraged to do our bit to combat global warming – reduce our energy consumption, recycle more, drive less, reduce our air miles - yet switching to a plant based diet reduces our carbon footprint more than any other change in behaviour.

Recent research has shown that giving up meat, especially beef, is a more effective way of cutting carbon emissions than giving up your car.ⁱ Across the world, the meat and dairy industry is responsible for 18% of greenhouse gas emissions. This is more than the whole of the transport sector combined.

Livestock farming contributes to:

- **Climate change** - animal agriculture releases approximately 100 million tonnes of methane a year;
- **Deforestation** - 70% of the forest in the Amazon has been cut for livestock grazing;
- **Land degradation** - 20% of pasture land is considered degraded due to grazing;
- **Wasting water** - it takes at least three times the amount of water to feed a meat eater compared with that used to feed a vegan;
- **Water pollution** - from animal waste, antibiotics, hormones, fertilizers and pesticides;
- **Land take** - animal farming uses 2-6 times as much land compared with staple crops such as potatoes, wheat and rice.

There is increasing recognition of the role of animal farming and meat and dairy consumption in the growing problem of human resistance to antibiotics, thought to be responsible for superbugs such as MRSA. Farm animals are given antibiotics to make them grow and to fight infections that quickly spread due to poor, cramped conditions on factory farms.

CHOOSE TO TREAD LIGHTLY ON THE EARTH

It's a little known fact: switching to a vegan diet does more to combat climate change than any other single action you can make to reduce greenhouse gas emissions!

A great day out Where...??



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01460 65214

Chard, Somerset TA20 3DH
www.ferneanimalsanctuary.org

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Come and enjoy a fantastic day out for all the family and take time to visit our popular restaurant. Check out our website for more details!

www.ferneanimalsanctuary.org

hope to see you soon ♥♥♥



CHOOSE TO HELP PROTECT THE HUNGRY

The environmental impact of the meat and dairy industry also has consequences on food availability. Quite simply, we do not have enough land to feed everyone in the world on an animal-based diet.

At a time when the world's population is increasing and viable agricultural lands are diminishing, it seems obvious that industrial animal farming is unsustainable and unjustifiable.

Last year MPs on the UK Parliament's International Development Committee concluded that the UK population must be encouraged to eat less meat 'over time' in an effort to make the global food supply more sustainable.

CHOOSE TO BE HEALTHY

A balanced vegan diet meets current healthy eating recommendations such as eating more fruit, vegetables and wholegrains and consuming less saturated fat.

In fact a vegetarian diet increases life expectancy. A study recently reported in the Daily Mail and The Telegraph claims that: "Over a six-year period, vegetarians were 12 per cent less likely to die from any cause".ⁱⁱ

Balanced vegan diets are in fact often rich in vitamins, antioxidants and fibre. A vegan diet can decrease the chances of suffering from diseases such as diabetes, heart disease, stroke and

How to maintain good health: information for vegans

Eat plenty of:

Brightly coloured fruit and vegetables including dark leafy greens.

Wholefoods (such as brown bread and brown rice).

Make sure you get enough:

Vitamin B12 (3 micrograms daily from fortified foods). This is readily available in fortified foods such as yeast extract, soya and other fortified plant milks as well as breakfast cereals.

Vitamin D2 (10-20 micrograms daily). Most vitamin D comes from sun exposure. If this is limited other foods fortified with vitamin D2, such as margarine or soya milk, can provide the daily requirements, or a supplement can be taken. Be aware D3 is not usually suitable for vegans.

Iodine (100 to 150 micrograms daily). This is found in small amounts in leafy green vegetables, and in larger amounts in sea vegetables such as kelp.

Calcium (500 micrograms daily) from foods rich in calcium or a supplement.

Omega 3 - one heaped tablespoon of ground flaxseed or two tablespoons of rapeseed oil daily. Contrary to popular opinion fish oils are not the only source of Omega 3.

More information from
www.vegansociety.com/resources/nutrition-health

"The myth about people needing calcium from cows' milk is so pervasive that you'd think vegans were boneless blobs, wobbling around the floor."

Why You Don't Need Dairy, Viva!

some cancers. Well-planned plant-based diets are suitable for all age groups and stages of life.ⁱⁱⁱ

Red meat, especially processed meat - such as sausages, bacon and ham - contains ingredients that have been directly linked to increased risk of serious diseases, such as heart disease and cancer.^{iv} These include saturated fat, sodium nitrite and carcinogenic chemicals produced by cooking the meat. Animal Aid has produced a report that shows there is a link between eating processed red meat and bowel cancer and is running a campaign to get processed red meat to carry similar health warnings to cigarettes.^v We are all aware that cigarettes cause cancer, but how many people are aware of the links between eating meat and developing cancer?

Obesity is on the rise in England – 62% of adults and 28% of children aged between 2 and 15 are now obese.^{vi} Vegetarians and vegans generally weigh less than meat-eaters. Evidence shows that a plant-based diet is the healthiest option for weight loss or to maintain a healthy weight, and that replacing meat with a plant-based alternative can help control weight.^{vii}

Diabetes is less frequent among vegetarians and vegans as shown by a

21-year study of over 25,000 adults in the USA. Those on meat-free diets had a 45% reduced risk of developing diabetes compared to the population as a whole. Meat consumption was associated with diabetes in both men and women.^{viii}

There are many ill-informed opinions and urban myths about a vegan diet. For example, that the only way to get calcium is from dairy products. There are actually a lot of other foods that contain calcium - including green leafy vegetables, fortified foods such as soya milk and white flour, calcium-set tofu, oranges, figs, black molasses, and even drinking hard tap water!

In fact calcium from dairy products is not as well absorbed as that from green leafy vegetables and the acid in animal protein leads to our bones 'leaking' calcium to try to neutralise it.^{ix}

References

- i www.theguardian.com/environment/2014/jul/21/giving-up-beef-reduce-carbon-footprint-more-than-cars
- ii The newspaper articles are based on a paper first published in the Journal of the American Medical Association.
- iii Leitzmann C, 2005. Vegetarian diets: what are the advantages? Forum Nutr. (57) 147-56.
- iv BMC Medicine 2013, 11:63 doi:10.1186/1741-7015-11-63. Published: 7 March 2013
- v www.animalaid.org.uk/h/n/CAMPAIGNS/vegetarianism/2931/
- vi www.gov.uk/government/policies/reducing-obesity-and-improving-diet
- vii Newby PK, Tucker KL, Wolk A. 2005. Risk of overweight and obesity among semi-vegetarian, lacto-vegetarian, and vegan women. Am J Clin Nutr. 81 (6) 1267-74.
- viii Snowdon DA and Phillips RL, 1985. Does a vegetarian diet reduce the occurrence of diabetes? Am J Public Health. 75 (5) 507-512.
- ix For more information on this see Viva's fact sheet 'Boning up on Calcium! Why plant Calcium is best'. www.vegetarian.org.uk/campaigns/bones/factsheet.html

The Vegan Toolbox

Tips on how to move towards a vegan diet and lifestyle

1 WHAT IS IT?

A vegan diet is based on vegetables, fruits, nuts, seeds, beans, pulses and grains. These healthy foods can be made into an astonishing array of your favourite dishes including lasagne, pasta bakes, curries, shepherd's pie, roast dinners, burgers, stir-fries and scrummy cakes, scones and many puddings.

2 WHY DO IT?

Before you get started it's worthwhile thinking about why you want to try a vegan diet. Most people go vegan to save animals, help the environment or to reap health benefits. Sometimes it's a combination of these reasons. Finding out more about the benefits of a vegan diet can help you stay on track. Our 'Why Vegan?' section (see pp6-10) is a good place to start.

3 TAKE INSPIRATION FROM YOUR CURRENT DIET

and the things you really like - this is a really helpful way to get started. Many dishes can easily be taken with you into your vegan lifestyle:

i. Identify foods you eat which are already vegan;

ii. Identify foods that can be easily 'veganised'.

Most dishes can easily be transformed into a vegan option, some take a little more ingenuity.

For example, where you would normally use butter, use a vegan margarine or oil such as olive, sunflower or coconut; instead of chicken use vegetable stock (bought or homemade); replace dairy milk with soya, rice, oat, almond or coconut to name a few; instead of egg mayo use vegan mayonnaise and instead of cheese use vegan cheese, of which there are a dazzling variety to choose from.

4 GO SHOPPING!

You can use your recipes or menu plans to help you plan what to buy, get label savvy and familiar with which ingredients contain animal products.

You can get help with this with resources like Viva's 'L plate vegan' (www.viva.org.uk/resources/campaign-materials/guides/l-plate-vegan) which outlines some of the basic pitfalls new vegans can sometimes experience and is an excellent help in those first few shopping expeditions.

Ask other vegans - there are so many resources for vegans online these days we are spoilt! From facebook pages to vegannoo which offer reviews on new and current vegan products.

Vegan food can now be purchased in many shops and supermarkets. Co-op, Asda and Sainsbury's clearly mark which of their products are suitable for vegans. Supermarket 'free-from'

A word about vegan babies and children

A balanced vegan diet provides all the nutrients needed for a healthy pregnancy - a nutritious diet is essential to ensure correct formation of the baby's organs such as the brain, nervous system and heart. If you are expecting and already eat a wholesome, varied diet you don't need to worry too much - think of '5 a day' as a minimum requirement rather than a recommended one!

Consider taking folic acid (an essential B vitamin) when trying to conceive and during pregnancy.

The best diet for breastfeeding is very similar to that recommended for pregnancy. Although calcium requirements increase, almonds, pulses, green vegetables and figs are excellent sources. It is also essential that the mother takes a vitamin B12 supplement or consumes foods fortified with B12 such as yeast extract and/or fortified plant milk.

Weaning is a gradual process and the vegan diet is perfectly suitable for babies who are ready to take their first tastes of real food. Baby rice, pureed veggies and fruits are all vegan. As baby progresses onto a more

varied diet the nutrients that are important are vitamin D, calcium and vitamin B12. With a little planning these nutrients can be readily provided by the vegan diet.

Recommended further reading:

- 'Feeding your vegan infant with confidence', Sandra Hood (vegan dietician). Available from www.amazon.com
- Viva's 'Vegetarian and Vegan Mother and Baby Guide'. Can be downloaded at www.viva.org.uk/resources/campaign-materials/guides/vegetarian-and-vegan-mother-and-baby-guide or £2.95 for printed copy.

sections have a good selection of egg and dairy-free treats such as chocolates, biscuits and desserts. However, some products labelled dairy-free may contain other animal products, so read the labels carefully. Most health food shops have a good range of vegan speciality goods. You can also purchase speciality goods online. See for example www.veganstore.co.uk and www.goodnessdirect.co.uk.

5 FIND OUT MORE ABOUT NUTRITION

Read about the benefits of a vegan diet and make sure your diet

is balanced. Knowing the facts can help you feel more confident about your choices and help you deal with any concerns from worried friends or family members that you are making a healthy choice.

Always seek professional advice if you have any specific medical issues that may be affected by a change of diet. There is some basic nutritional information in the 'Why Vegan?' Section of this booklet (see pp6-10). The following websites also have nutritional information:

- Vegan Society - www.vegansociety.com
- Viva! Health - www.vegetarian.org.uk
- Vegan Health - www.veganhealth.org

- Physicians Committee for Responsible Medicine - www.pcrm.org
- The Vegan R.D - www.theveganrd.com

6 **THINK ABOUT YOUR FRIENDS AND FAMILY**

Think about your friends and family. Although the number of vegans is increasing all the time, we are still not quite mainstream (yet) so family, friends and other people you interact with will be interested in your new diet and most people will be supportive. However there may be times when people have difficulty accepting your choice. See Viva!'s 'Top 20 questions about vegetarianism' for information about how to deal with tricky questions - viva.org.uk/going-vegetarian-vegan/going-veggie/how/20-questions

If you cook for other people you could start by veganising some of your family's favourite meals. This shows that no one need miss out. Vegan meals are suitable for all ages, though children have particular nutritional needs and it is important to see that these are met (see panel 'A word about vegan babies and children' on opposite page).

7 **MEET OTHER VEGANS**

Having support can help your vegan journey. Meeting other vegans gives you encouragement, lots more information and ideas. Many areas have local groups that arrange regular social events, just like Taunton Vegans. There are also vegan forums online and facebook pages that help vegans from all over the world to connect.

Also check out local resources. Find out what your local shops, cafes and restaurants have to offer vegans. For information about shops/ restaurants in and around Taunton see pp14-20 of this guide.

8 **VEGANISE YOUR LIFE**

Being vegan is not just about the food you eat. It is often easier to think first about switching to a vegan diet, but once you have done this you might want to think about following a vegan lifestyle - clothes, cosmetics and household goods can contain animal products. For example, vegans avoid wearing clothes made from wool, feathers, fur, silk and leather. For more information see the Vegan Society's leaflet 'Feel good in your own skin'.

9 **PLAN AHEAD**

With a little know how and advance planning, situations where vegan food might be difficult to find (such as meals out) are easier to deal with. For example, if you find yourself leaving work hungry and in need of some instant food, identify ready meals or local veggie/vegan eateries, or chat to your local takeaway and find out what vegan food they offer. If you have an event coming up such as an office party, identify eateries that everyone would be happy with and ask them if they can cater for vegans.

10 **FINALLY...**

for everything you could want to know about going vegan and more see www.theveganapproach.com

Vegan Food in and around Taunton

"We all love animals. Why do we call some 'pets' and others 'dinner'?"

K.D. Lang, singer-songwriter

Places to Eat in Taunton

Unfortunately there are no vegetarian/vegan restaurants in Taunton. The following venues offer vegan options. It's usually a good idea to phone ahead or mention that you are vegan when you book a table. Taunton Vegans cannot vouch for the quality or range of food served in the cafes and restaurants listed in this guide.

Lotus Flower Thai Restaurant

89-91 Station Road, Taunton, TA1 1PB.
01823 324411.

www.lotus-flower-thai-restaurant.co.uk
Open Tues-Sat 6pm-11pm, Sun 6pm-10.30pm.

Excellent Thai food with many vegetarian and vegan options. Very accommodating and willing to adapt dishes for any dietary requirements. Takeaways available.

Dosa Me Up

Stall in Taunton high street.
07811 051345. Confirm dates/times at www.dosameup.co.uk or dosameup@hotmail.co.uk

Vegetarian Indian street food with vegan options. Also provide catering.

Roots Cafe

The Corner House, 27 North Street, Taunton, TA1 1LW. 01823 283277,

Open Mon-Sun 8am-5pm - check www.rootscafe.co.uk

Wheelchair accessible. Centre of town cafe with vegan options.

Mint and Mustard

10 Station Road, Taunton, TA1 1NH.
01823 330770.

www.mintandmustard.com/taunton
Open 12pm-2pm (lunch) and 5pm-10.30pm (dinner) every day.

Southern Indian restaurant, several vegan options. Takeaways available.

Aphrodites Restaurant

15 East Reach, Taunton, TA1 3EW.
01823 276565.

www.aphroditesrestaurant.com

Greek food, lots of vegan options, happy to veganise many other dishes.

Thai Jasmine

49 East Reach, Taunton, TA1 3EX.
01823 256 688.

www.thaijasminerestaurant.co.uk
Open Tues-Sat 12pm-2pm (lunch), Mon-Sat 6pm-10pm (dinner).

Thai restaurant with several vegan tofu dishes. Takeaways available.

Pop up vegan restaurant nights

These are definitely vegan! Taunton Vegans team up with local vegan caterers to arrange vegan restaurant nights. More details here:

- www.tauntonvegans.btck.co.uk
- www.facebook.com/tauntonveg

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Tel 01823 662313

The Master Thatcher

Severn Drive, Taunton, TA1 2PD.

01823 252011.

www.themasterthatcher.net

Sumo Japanese Cuisine

25 Bridge Street, Taunton,

TA1 1TQ. 01823 339393.

www.sumojapanese.co.uk

Castle Green Inn

Castle Green, Taunton, Somerset, TA1
4AE. 01823 283277.

Pitcher and Piano

Corporation Street, Taunton, TA1 4AJ.

01823 350104. www.pitcherandpiano.com/where-are-we/taunton

The Cosy Club

Hunts Court, Corporation Street,
Taunton, TA1 4AJ. 01823 253476.

Places to Eat in Somerset, Dorset and Devon

Dolphin Pub - Wellington

37 Waterloo Rd, TA21 8JQ.

01823 665889.

www.thedolphinwellington.co.uk

*Always a couple of vegan options
on the menu. Food served until 9pm
every day.*

Scarlett's Garden Cafe - Wellington

White Post Nursery, Langford

Budville, TA21 0RW. 01823 401517.

www.scarlettsgarden.co.uk

*Can serve vegan options using local/
seasonal produce.*

Flavours - Wellington

59 High Street, TA21 8QY.

01823 662006.

www.flavourslicensedrestaurant.co.uk

The Engine Room Cafe - Bridgwater

50-52 High Street, TA6 3BL.

01278 433187. [www.engineerom-](http://www.engineerom-somerset.org.uk/about/cafe)

[somerset.org.uk/about/cafe](http://www.engineerom-somerset.org.uk/about/cafe)

Open Mon-Fri 10am-4pm.

Huntstile Organic Farm - Bridgwater

Goathurst, Nr Bridgwater, TA5 2DQ.

01278 662358 (m.07725 278280)

www.huntstileorganicfarm.co.uk

Feast - Ilminster

57 East Street, TA19 0AW. 01460

53183. www.feastcafe.co.uk

Open Weds-Sat, 10am-5pm

*Vegetarian restaurant, very vegan
friendly.*

Eating Out - tips

- **Chains:** Pizza Express, Pizza Hut, Prezzo, Wagamama and Wetherspoons have an allergy list and some vegan options
- **Indian, Chinese and Thai** restaurants/takeaways are usually good for vegans. Check for ghee (clarified butter) with Indian food. In Chinese/Thai restaurants ask about chicken stock and fish sauce.
- **Coffee shops, local stores and supermarkets** often sell pre-made vegan salads, snacks and savouries.

Lime Kiln Inn - Langport

Knole, Nr Long Sutton, TA10 9JH.
01458 241 242.
www.thelimekilninn.co.uk

Offers a vegan dish and the soup of the day is normally vegan.

Railway Carriage Cafe - Lopenhead

The Old Filling Station, TA13 5JH.
01460 241666.
www.tradingpostorganics.co.uk/cafe.html

Cafe Galatea - Glastonbury

5a High Street, BA6 9DP.
01458 834284. www.cafegalatea.co.uk
Vegetarian restaurant with several vegan options.

Rainbow's End - Glastonbury

17b High Street, BA6 9DP.
01458 833896.
www.rainbowsendcafe.com
Vegetarian cafe with good selection of vegan food, including dessert options.

Blue Note Cafe - Glastonbury

4a High Street, BA6 9DU.
01458 832907.
Vegetarian cafe with vegan options.

Hundred Monkeys - Glastonbury

52 High Street, BA6 9DY.
01458 833386.
www.hundredmonkeyscafe.com
Mon-Fri 8am-9pm, Sun 9am-5pm.
Has a number of vegan options.

The Green Room - Yeovil

11 Wine St, BA20 1PW. 01935 470150.
www.thegreenroominyeovil.co.uk.
Offers a special vegan menu.

Fresh N Tasty Bites - Weston-super-Mare

12 High St, BS23 1JF. 01934 641140.
www.facebook.com/FreshNTastyBites
Open 8am to 5.30pm

Toucan - Minehead

3 The Parade, TA24 5NL.
01643 706101.
www.toucanwholefoods.co.uk/cafe.htm
Open 8.30am to 5pm Monday to Saturday.

Health food shop downstairs, veggie cafe upstairs with vegan options.

Tierra Kitchen - Lyme Regis

1A Coombe Street, DT7 3PY.
01297 445189. www.tierrakitchen.co.uk
Open 11am - 3pm Thursday to Sunday (brunch/lunch), 6pm - 10pm Thursday to Saturday (dinner).
Vegetarian restaurant with lots of vegan options.

Mad Cucumber - Bournemouth

7 The Triangle, BH2 5RY.

01202 236407.

www.madcucumber.com

100% vegan restaurant, with smoothie bar.

Terrace Arts Cafe - Seaton, Devon

6 Marine Crescent, EX12 2QN.

01297 20225.

Vegetarian and egg-free. Huge range of vegan options including desserts, and many gluten-free options. Often a long wait but it's worth it!

Red Lion Inn - Broadclyst

Broadclyst, EX5 3EL. 01392 461271.

www.redlionbroadclyst.co.uk

Pub with food lunchtime and evenings. Ask for their vegan menu.

Evolution Crystal Cafe - Exeter

117 Fore Street, EX4 3JQ.

01392 340061.

www.facebook.com/EvolutionExeter

Vegetarian cafe open during the day, with vegan options.

Herbies - Exeter

15 North St, EX4 3QS.

01392 258473.

Veggie restaurant. Generous portions and huge number of vegan options including cake.

The Plant Cafe - Exeter

1 Cathedral Yard, EX1 1HJ.

01392 428144.

www.facebook.com/theplantcafe

Vegetarian cafe open during the day, with vegan options including cake.

Vegan Catering**Sublime and Peachy**

01278 663 684. www.facebook.com/sublimeandpeachy

sublimeandpeachy

Somerset-based: chocolates, desserts and healthy treats for vegans.

Delicious in Taunton

01823 321731. www.facebook.com/DeliciousInTaunton

DeliciousInTaunton

Pop up vegetarian dining. Usually have vegan options.

Fairfoods

01884 34974

www.fairfoods.org.uk

Devon-based vegan catering: festivals, fairs, weddings, pop-ups and community events.

Sublimeandpeachy

Gorgeous home made cakes, puddings and chocolates. Locally sourced, fair trade and organic ingredients used where possible.

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**Check out the website at
www.sublimeandpeachy.co.uk**

**Or call Sarah on 01278663684
or 07897382338.**

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Taunton, TA1 1UB.
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naturalife-wholefoods.co.uk

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14 FORE STREET WELLINGTON 01823 669777
SHOP ONLINE - WWW.PAPRIKASHOP.CO.UK

Hunkimori

www.hunkimori.com

*Bristol based vegan caterers. Have
occasional pop up dining evenings
and sell at markets.*

The Spotless Leopard

07925 641299

www.thespotlessleopard.co.uk

*Vegan mobile food van based in
Bristol. Cakes made to order and
buffet catering available.*

Places to Shop

Naturalife - Taunton

28 Bridge Street, TA1 1UB.

01823 325111 (main shop).

8 The Courtyard, St. James Road,
TA1 1JR. 01823 252843.

www.naturalife-wholefoods.co.uk

*Extensive range of wholefoods, vegan
staples, health and beauty products.*

Holland and Barrett - Taunton

5 Orchard, TA1 3TP. 01823 274347.

www.hollandandbarrett.com

County Stores - Taunton

52 North Street, TA1 1ND.

01823 272235.

www.thecountystores.com

*Not a health food shop but does stock
a good range of vegan alternatives.*

Lush Cosmetics - Taunton

2 North St, TA1 1LH. 01823 339375.

www.lush.co.uk

*Huge selection of vegan cosmetics,
all labelled. Lush also run campaigns
against animal testing and support
animal protection organisations.*

Nurtured by Nature

Complementary Therapies

Cosmetics
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Clothing
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25 South Street, Wellington, TA21 8NR

Nurtured by Nature - Wellington

25 South Street, TA21 8NR.

07511 929954.

www.facebook.com/NurturedbyNature

Ethical fashion, organic products and complementary therapies.

Paprika - Wellington

14 Fore Street, TA21 8AQ.

01823 669777. www.paprikashop.co.uk

Independent gift shop with ethical, fair trade ethos.

Sunseed - Wellington

12 South Street, TA21 8NS. 01823

662313. www.sunseed.co.uk

Huge range of vegan foods, beauty products and supplements.

Earthfare - Glastonbury

45 High Street, BA6 9DS. 01458

831004. www.earthfare.co.uk

Large wholefoods shop and online shopping.

Toucan - Minehead

3 The Parade, TA24 5NL.

01643 706101.

Health food shop with therapy rooms. Veggie/vegan cafe upstairs.

Ceres Natural Foods - Yeovil

9-11 Princes Street, BA20 1EN. 01935

428791. www.healthfoodsuk.com

Online shop too.

Ganesha Wholefoods - Honiton,

1 Dolphin Court, High St, EX14 1HT.

01404 43225.

Also shops in Sidmouth and Axminster.

Therapies, retreats etc.

Beverley Draig

Clinics in Tiverton, Wellington and Taunton. 07501377063.

www.healthinyourlife.co.uk

Medical herbalist and holistic therapist

York House

27 Canon Street, Taunton, TA1 1SW.
01823 323206.
www.yorkhousecentre.co.uk
complementary therapy and health centre

Marlborough House Therapy Centre

1 Middle Street, Taunton, TA1 1SH.
01823 272227.
www.marlboroughhousetherapycentre.co.uk

Bluebird Bliss

07811 344621. www.bluebirdbliss.co.uk
Yoga, reiki and retreats.

Lea-Ann Furphy

01392 860465, 0770 6219783.
www.hathayogatherapy.co.uk
Yoga, reflexology, injury rehabilitation, Reiki and massage.

ReSource Spiritual Retreat

3 Broomfield Hall, Enmore, Nr
Bridgwater, TA5 2DZ. 01278 671679.
www.resource-me.com
Run by vegans

Blossoming Vitality

Glastonbury-based. 07955 473413.
www.blossomingvitality.co.uk

Places to Stay

Resource raw food B&B – Bridgwater

See under Therapies, retreats etc.

Huntstile Organic Farm - Bridgwater

See under Places to Eat above

Fern Tor - Nr South Molton, Devon

01769 550339. www.ferntor.co.uk
Award-winning vegetarian and vegan guest house. Pets welcome.

Terrace Arts Cafe - Seaton, Devon

Rooms above the cafe - see under
Places to Eat above

Dart Villas Organic Vegetarian B&B - Totnes, Devon

3 Dart Villas, Totnes Down Hill, TQ9
5ET. 01803 865895.

Michael House (vegan guest house) - Nr Tintagel, Cornwall

01840 770592.
www.michael-house.co.uk

See also veggie-hotels.com

Cosmetics and household products

Cosmetics, toiletries and household products may be tested on animals and/or contain animal products. However, many shops – such as Morrisons, Sainsbury's, Superdrug, the Co-op and Marks & Spencer – now sell cruelty-free ranges. Look for the 'leaping bunny' symbol - a certification that the product is free from animal testing.

For more information see
www.gocrueltyfree.org/shopper.

There are also many companies which specialise in vegan products such as Green People, Honesty, Astonish and Faith in Nature.

RECIPES - Savoury Dishes

Conscious Cottage Pie

- 1 medium sized leek
- 1 large clove garlic
- 1 large bell pepper (optional)
- 2 handfuls mushrooms
- 250g puy lentils
- 600ml water
- 1 vegan stock cube
- 400g tin chopped tomatoes (or unsalted passata)
- ½ teaspoon sea salt
- 2 teaspoons ground cinnamon
- 1 teaspoon allspice
- 1 teaspoon (heaped) onion granules
- 2 tablespoons date syrup
- 1 handful chopped fresh parsley (or 1 tbsp dried)
- 1-2 tablespoons olive oil

Topping

- 750g potatoes (not peeled)
- 50g creamed coconut block
- 100ml rice milk
- sprinkle of salt
- sprinkle dried parsley

1. Chop leek and finely chop or crush the garlic. Chop the pepper and mushrooms.
2. Heat olive oil in a pan on medium heat. Gently sauté the leek and garlic for 2 minutes.
3. Add the pepper and mushrooms and sauté for a couple of minutes - add extra oil if needed.
4. Add puy lentils, water, stock cube and tomatoes, bring to boil.
5. Add salt, herbs, spices and remaining ingredients and simmer for

about 45 minutes, stirring frequently, until all water is absorbed, lentils hold shape, yet are soft to bite.

6. Whilst the main pot simmers, chop (small) and cook potatoes.

7. Finely chop creamed coconut.

8. When potatoes are cooked, drain and sprinkle coconut cream onto potatoes, replace lid and allow coconut to melt, add salt and rice milk.

9. Mash until creamy and lump free.

10. When lentil mix is cooked, pour into casserole dish, spoon potato evenly over lentils and spread potato using a fork to create ridges. Lovingly sprinkle a small amount of dried parsley on top. Bake at 200C/400F/Gas 6 for 25 minutes or when topping crisps.

Reproduced with kind permission from Trinity's Conscious Kitchen by Trinity Bourne

Black Olive Tapenade

- 1 tin (350g) pitted black olives, drained
- 1 tablespoon olive oil
- 1 clove garlic, chopped
- 1 teaspoon dried mixed herbs
- 1 rounded teaspoon tomato puree
- 1 tablespoon capers, drained (optional)
- Pinch black pepper

Put all ingredients into the bowl of a food processor and blend until everything is combined.

Adapted from a recipe by Vegan Village.

Quick and Easy Crusty Pizza

(serves 4)

1. Mix 60g tomato puree, 1 finely chopped tomato, 3 tablespoons olive oil and $\frac{3}{4}$ teaspoon mixed herbs together (give it a mix again just before using).
2. Mix 100g vegan cheese and 3 tablespoons soya milk in a blender or mash together with a fork until you have a paste (or use 100g melting Cheezly, sliced).
3. Split a large vegan ciabatta in half and spread tomato mix onto the top of each, followed by cheese mix. Add your favourite pizza toppings: sweetcorn, tomato, olives, red onion, red peppers, pineapple, vegan sausage, chilli etc.
4. Bake at 220C/Gas 7 for 10-15 minutes.

Layered Cashew and Mushroom Roast

(serves 6-8)

- 1 tablespoon oil
- 1 small onion, finely chopped
- 2 cloves garlic, crushed
- 8oz (225 g) cashew nuts
- 4oz (110g) fresh breadcrumbs
- 3 medium parsnips, cooked and mashed, with a little vegan margarine
- 1 teaspoon fresh rosemary
- 1 teaspoon fresh thyme
- 1 teaspoon yeast extract
- $\frac{1}{4}$ pint (150ml) vegetable stock
- salt & pepper
- 1oz (25g) vegan margarine
- 8oz (225g) mushrooms, chopped

1. Fry onion and garlic until soft.
2. Grind cashews and mix with breadcrumbs. Mix in mashed parsnips, herbs and fried onion - scrape all juices into mixture.
3. Dissolve yeast extract into stock, season.
4. Melt margarine in frying pan, sauté chopped mushrooms until soft.
5. Grease loaf tin and press in half of mixture, cover with layer of mushrooms and top with rest of mixture. Cover with foil and bake for 1 hr at 180C/Gas 5.
6. Let stand for 10 minutes before turning out.

Mushroom and Sherry Sauce

- 1oz (25g) vegan margarine
- 8 oz (225g) mushrooms, quartered
- 1 tablespoon sherry*
- 4 tablespoons flour
- 1pint (500ml) strong vegetable stock
- salt & pepper

1. Melt margarine in pan, add mushrooms and sherry. Cover and cook for 10 minutes.
2. Uncover and continue to cook until liquid has evaporated and mushrooms browned, stir constantly.
3. Add flour and continue stirring for 5-6 minutes.
4. Add stock slowly, simmer for 3-5 minutes.
5. Liquidise, re-heat and pour into jug.

**NB. Some sherry is not vegan due to the finings used to clarify it. Sainsbury's, Marks & Spencer and the Co-op label which of their sherry is vegan.*

Adapted, with thanks, from Sarah Brown's Vegetarian Kitchen

Roast Potatoes and Aubergines

(serves 4)

- 4 tablespoons olive oil
- 3 medium aubergines (500g approx)
- 500g unpeeled potatoes
- 3 garlic cloves, sliced
- lemon juice
- salt & pepper

1. Preheat oven to 200C/Gas 6.
2. Pour oil into large roasting dish and put in oven for at least 10 minutes.
3. Cut aubergines and potatoes into 2cm cubes (can cut larger and par boil potatoes) and season with salt and pepper.
4. When oil is sizzling add potatoes and aubergines and turn to coat in oil. Roast for 30 minutes, stirring half way.
5. Take out and add garlic. Roast for another 10-15 minutes, until vegetables are golden brown.
6. Add lemon juice/ finely grated lemon zest or hot smoked paprika or chopped herbs. Season.

VARIATION: Spiced Aubergines with Chickpeas

1. Replace potatoes with 3 medium aubergines.
2. Toss cubed aubergine with ½ teaspoon cumin, ½ teaspoon ground coriander and a finely chopped small red chilli.
3. After 30 minutes roasting add a tin (400g) of chickpeas (drained & rinsed) with the garlic.
4. Return to oven for 10 minutes.
5. Season with salt, pepper, lemon and zest and serve with chopped parsley and coriander.

Garden Vegetable Quiche

(serves 6)

- 60g plain wholemeal flour
- 140g plain white flour
- ½ teaspoon salt
- 55 ml vegetable oil (eg rapeseed)
- 75 ml water
- 1 teaspoon lemon juice
- 1 tablespoon vegetable oil
- 1 medium leek (8oz/225g), finely sliced
- 2 oz (55g) spinach, shredded
- 2 oz (55g) frozen peas
- 14 oz (375g) silken tofu
- Pinch nutmeg
- 1 dessertspoon soya sauce
- 1 teaspoon salt
- 1 clove garlic, crushed
- 2 tablespoons Engevita yeast flakes
- Salt and pepper to taste

1. Make pastry by sieving flours and salt into a bowl. Stir in oil and water with a knife. Wrap in cling film and leave to stand at room temperature for at least ½ an hour before use.
2. Roll out pastry and use to line a 9 inch quiche dish. Prick the pastry with a fork several times and bake without the filling (blind) for 8 minutes at 200C/Gas 6.
3. Fry leek in the oil until soft. Take off the heat and immediately stir in spinach which should wilt a little. Stir in peas.
4. Blend tofu, nutmeg, soya sauce, salt, garlic and yeast flakes with a food processor or hand blender until smooth. Stir this into the spinach mixture and turn into pastry case.
5. Bake at 200C/Gas 6 for 30 minutes, until firm and starting to go golden.

Bean and Beer Casserole with Dumplings

(serves 6)

2 onions

1 parsnip

3 potatoes

1-2 carrots

2-3 tablespoons oil

750g beans soaked overnight - any mixture kidney/cannellini/haricot/flageolet/aduki/pinto beans or 2x400g tins of mixed pulses

1x400g tin baked beans

350ml stout/dark ale

6 teaspoons dried mixed herbs

pinch sugar

Dumplings

225g self-raising flour

110g vegetable suet

salt and pepper

chopped fresh parsley

1. If using dried beans, soak and then drain. Rinse in fresh water and boil vigorously for 10 minutes. Simmer for an hour or until cooked. If using tinned beans: drain and wash mixed pulses and add with the baked beans to the veg.
2. Peel and slice the onion, scrub and cut potatoes, carrots and parsnip into bite sized chunks.
3. Heat the oil in pan and gently fry onions for 5 minutes.
4. Add beer, sugar and 3 teaspoons herbs.
5. Bring to boil and simmer for 10 minutes.
6. To make dumplings: mix the rest of herbs with flour and suet, season with salt and pepper in a bowl, gradually add 12 tablespoons cold water until

dough is sticky.

7. Stir the casserole and drop spoonfuls of the dough into it (makes at least 12 dumplings). Cook gently for 10 minutes.
8. Serve with chunky bread and leafy green veg/peas.

Adapted, with thanks, from Isy and Mike's Another Dinner is Possible.

**NB. Some beer is not vegan due to the finings used to clarify it. Sainsbury's, Marks & Spencer and the Co-op label which of their beers are vegan.*

Tabbouleh

(serves 6)

250g bulgar (cracked wheat)

3 spring onions

1 small white onion

2 bunches of flat leaf parsley

1 bunch mint

3 tablespoons lemon juice

Salt & pepper to taste

2 large tomatoes

½ cucumber

90ml olive oil

1. Steam the bulgar in a pan (with a tight fitting lid) by covering it with boiling water.
2. Stir well and leave for 15 minutes. Allow to cool.
3. Finely chop onions, parsley and mint and stir into the bulgar.
4. Add lemon juice and season. Allow to stand.
5. Peel and halve the cucumber; halve the tomatoes. De-seed with a spoon and finely dice. Stir into tabbouleh and add olive oil.

Sweet and Sour Tofu and Vegetables

(serves 6)

- 4 tablespoons vegetable oil
- 7 oz (160g) onion, sliced
- 9 oz (250g) carrot, sliced into batons
- 4 oz (120g) red pepper, cut into strips
- 12 oz (340g) courgette, cut into strips
- 1 lb (450g) tofu, diced
- 14 oz (400g) tomatoes, chopped
- 9 oz (260g) fresh pineapple, diced
- 2½ flat tablespoons cornflour
- 4 tablespoons soya sauce
- 4 teaspoons vinegar
- 1 teaspoon agave nectar
- ½ bunch spring onions, cut into strips

1. Heat oil in a large saucepan and fry onion and carrots at a low-medium heat for 10 minutes, stirring occasionally.
2. Add red pepper and cook until the carrots start to soften (about 10 minutes).
3. Add courgette and cook for a further 10 minutes.
4. In a separate frying pan, add a little oil and then the tofu cubes. Let them cook for a few minutes before flipping (when you initially add the tofu it usually sticks to the pan, but if you leave it for a few minutes, it will release and is easier to flip).
5. Cook until the tofu goes golden and set aside.
6. Add tomatoes and pineapple and simmer for 10 minutes.
7. Meanwhile dissolve cornflour in soya sauce, vinegar and agave nectar. Stir well.
8. Add cornflour mixture, tofu and spring onions to the pan and gently bring to the boil.

9. Simmer for a couple of minutes, adjust the seasonings and serve.

For best results use a good quality soya sauce, such as tamari.

Leek and Broccoli Croustade

(serves 4)

Base

- 1 oz (25g) vegan margarine
- 2 tablespoons vegetable oil
- 3½ oz (100g) soft brown breadcrumbs
- 2¾ oz (75g) ground cashews
- 2¾ oz (75g) finely chopped almonds
- 1 teaspoon thyme
- 2 cloves garlic, crushed

Topping

- 11 oz (310g) leeks, finely chopped
- 6½ oz (185g) broccoli, small florets
- 2 tablespoons vegetable oil
- 1 teaspoon ground nutmeg
- 1¾ oz (50g) wholemeal flour
- 10½ fl oz (300 ml) soya, rice or oat milk
- 2 tablespoons tamari soya sauce
- black pepper

1. *Base:* melt margarine and oil together and thoroughly mix with other base ingredients. Press into ovenproof dish and bake for 15 minutes at 250C/ Gas 8.
2. *Topping:* Sauté leeks and broccoli in oil with nutmeg. Cover and cook on low heat for 10 minutes.
3. Stir in flour and slowly add soya milk and tamari. Season to taste with black pepper.
4. Simmer gently to thicken with stirring. Spoon mixture onto base.

Mushroom and Cashew Nut Mini-Pasties

(makes about 12)

10g dried porcini mushrooms (or more if you want a stronger taste)

2 tablespoons olive oil

2 onions, finely chopped

3 garlic cloves, finely chopped

250g chestnut mushrooms, coarsely chopped

2 teaspoons dried thyme

2 tablespoons dark soy sauce

125g broken cashew nuts

80g vegan breadcrumbs

50g ground almonds

Salt and freshly ground black pepper

1 or 1½ packs of Jus Rol shortcrust pastry or homemade vegan pastry, chilled.

1. Put the porcini mushrooms in a small bowl, just cover with boiling water, and leave to soak for at least 20 minutes. Strain them, reserving 3 tablespoons or so of the liquid, and roughly chop. Watch out for any bits of grit that may have come out during the soak.

2. Heat the olive oil in a large frying pan or wok over a medium-low heat and fry the onions, stirring occasionally, for 15-20 minutes, partially covered, until golden and very soft. Add the garlic, porcini and chestnut mushrooms and thyme and fry, uncovered, for 5 minutes, stirring occasionally. Add the soy sauce and reserved mushroom liquid and simmer rapidly until the liquid has reduced by half – or more if you want a firmer mixture. Just make sure it isn't slushy!

3. Finely grind the cashews in a food processor. Transfer to a large bowl and

stir in the breadcrumbs and almonds.

Put the mushroom mixture in the food processor and process to a smooth paste, then add to the cashews.

Season with salt and pepper, and stir until well combined and the mixture has the consistency of a firm pate.

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

5. Take the pastry out of the fridge. If using Jus Rol, cut into four strips, and make a sausage shape out of each strip, then roll it out to make a long strip of pastry that is about 5-6 cm wide and fairly thin and then cut into 5-6cm sized squares.

6. Take one square and turn it so it's like a diamond. Put 1 dessertspoon of mushroom mix on the top half of the diamond and flatten, leaving at least a ½ cm border at the edge. Brush around the edges of the diamond with a pastry brush dipped in water, then bring up the bottom half of the diamond and seal the mini pasty. Crimp the pastry any way you like to make the seal firm.

7. Place on a baking tray and continue until you have finished up the mixture.

8. Bake in the oven for 10 minutes, then turn the tray around, front to back and continue baking for another 5-10 minutes until pastry is lightly browned.

9. Either serve straight away with your favourite savoury gravy, or allow to cool on a rack and serve accompanied by salads.

Although this is a pasty recipe, you can use the mushroom mix in any shaped pastry you like! Perfect for a buffet or picnic.

Supplied by Chrissie Godfrey, Delicious in Taunton. Adapted from her all time favourite vegetarian recipe book (which has loads of vegan food too) New Vegetarian Kitchen by Nicola Graimes.

Potato Rosti

(makes 4 large/6 small)

500g floury potatoes (eg maris piper)

Oil for frying

salt & pepper to season

1. Peel potatoes. Cut to large roast potato size. Boil till just underdone (approx 5 minutes once water boiled).
2. Drain, cool, grate coarsely and season.
3. Heat oil, approx 1mm depth. Form handfuls of potato into thin cakes approx 1cm thick. Add cakes to pan and fry without moving for 5 minutes.
4. Flip, once golden and coat formed.
5. Remove and drain off excess oil on kitchen paper. Season.

Alternative: add fried onion to the grated potato

Butterbean and Fresh Herb Spread

2 tablespoons vegetable oil

1 onion, finely chopped

1 tomato, finely chopped

1 x 400g tin butterbeans, drained and rinsed

1 heaped tablespoon fresh basil, finely chopped

Salt and pepper to taste

1. Heat oil in a saucepan and sauté onion until translucent. Remove from heat and stir in tomatoes.
2. Put butterbeans into a bowl. Mash coarsely, leaving some whole. Stir in onion mixture and fresh herbs. Season to taste. Leave to cool then store in a sealed container in the fridge.

Vegan on a budget

Tips for saving money

Make your own basics – homemade bread, cakes, sauces, mayo and dressings etc. are usually cheaper. **Double or triple the recipe to save time** and put the extra in the freezer or fridge until required.

Salted peanuts and cashews can now be obtained very cheaply from supermarkets, just rinse the salt off them and you can substitute them for other much more expensive nuts in a nut roast.

Dried soya mince is one of the cheapest forms of protein you can buy. It is fantastic added to **curries, chilli and spaghetti bolognese sauces** where it will absorb the flavours of the food and fill you up.

Freeze your extras – fresh herbs, lemon zest and leftover bread (for use in bread pudding etc, or turn into breadcrumbs) all freeze well.

Grow your own **herbs and sprouts**. Herbs are easy to cultivate on your windowsill and bean sprouts can be sprouted in a jar.

Useful resources

- www.animalaid.org.uk/images/pdf/booklets/Meat-Free.pdf - cheap vegan recipes
- www.frugal.org.uk - packed with money-saving tips and vegan recipes.

Desserts and Cakes

Chocolate Cake

- 8 oz (225g) caster sugar
- 4 dessertspoons cocoa powder
- 9 oz (255g) plain white flour
- 3 oz (85g) plain wholemeal flour
- 1½ teaspoons bicarbonate of soda
- 6 fl oz (170 ml) vegetable oil
- ¾ pint (350 ml) cold water
- 2 teaspoons vanilla essence
- 4 teaspoons vinegar

1. Pre-heat oven to 180C/350F. Oil a deep 7 inch round springform cake tin.
2. Sieve sugar, cocoa, flours and bicarbonate of soda into a mixing bowl and mix well.
3. Measure oil, water, vanilla essence and vinegar and add to dry ingredients. Mix well to combine.
4. Pour into your prepared tin and bake for 1 hour or until a cocktail stick comes out clean.
5. Cool thoroughly. Top with chocolate ganache or chocolate icing (recipes follow). Or split in half: fill with chocolate icing and top with ganache. Sprinkle grated chocolate on top.

Chocolate Icing

- 3 oz (85g) vegan margarine
- 1 teaspoon vanilla essence
- ½ oz (15g) cocoa powder, sifted
- 9 oz (255g) icing sugar, sifted

Mash margarine and vanilla essence into the cocoa powder and sugar with a fork until you get a smooth thick mixture.

Chocolate Ganache

- 2 fl oz (60 ml) soya milk
- 2 tbsp golden syrup
- 4 oz (115g) vegan chocolate

1. Bring the soya milk to a gentle boil in a small saucepan.
2. Immediately remove from heat and add syrup and chocolate. Use a spoon to mix the chocolate until it is fully melted and smooth.
3. Use to cover your cake. If it is too runny, let it cool down a bit before use, so it thickens up.

Where can I find vegan chocolate?

DARK

Health food shops - almost all sell it.

Supermarkets - check the chocolate section and chances are you'll find some vegan plain chocolate.

MILKY

Health food shops - look out for Moo Free vegan milk chocolate which is very popular and available from many health food shops. You'll also find vegan milk chocolate by Plamil and Organica (Swiss Couverture) in health food shops.

Supermarkets - go to the free from section; many have vegan milk chocolate on sale.

Cake tips - freezing

Most cakes and cupcakes freeze well; in fact you can also ice and decorate your cake and then freeze it for up to three months. Cool the cake, then wrap it up or place in a freezer proof container. Freeze on the same day you make it.

If you want to eat the cake gradually, cut it into slices and freeze them individually. Take the cake out 4-5 hours before you want to serve it and leave at room temperature. If you have wrapped the cake up, unwrap and place in a container to defrost.

Carrot Cake

8 oz wholemeal self-raising flour

1 level teaspoon mixed spice

4 oz grated carrot

5 oz muscovado sugar

1 level teaspoon baking powder

4 fluid oz sunflower oil

4 fluid oz orange juice

Grated rind and juice of an orange
(optional - can use more orange juice instead)

1. Heat oven to 150C/300F/ Gas 2.
2. Grease a 1lb loaf tin.
3. Mix dry ingredients together and then add wet ingredients.
4. Pour into tin and bake for approximately 45-50 minutes.
5. Cool in tin, then turn out onto baking rack to finish cooling.

Adapted with thanks from Meals without Squeals, Isle of Wight Veggies and Vegans.

Lemon and Coconut Cheesecake

Base

4 oz (115g) margarine

1 tablespoon golden syrup

8 oz (225g) rolled oats

Topping

13 oz (375g) tofu, chopped

$\frac{3}{4}$ block (150g) creamed coconut,
chopped small

3½ oz (105g) margarine

4 oz (115g) sugar

Juice of 2-3 lemons

Decoration

desiccated coconut

Grated lemon zest (lemon should be organic or unwaxed)

1. Start by making the base; melt the margarine and golden syrup in a saucepan over a low heat. Remove from the heat and stir in the oats thoroughly. Press down well into a 9 inch flan dish and place in the fridge.
2. Next make the topping; place the tofu, creamed coconut, margarine, sugar and juice of two of the lemons into a food processor. Blend until smooth. This will take a few minutes. Taste and add more lemon juice if needed.
3. Place the topping into the flan dish on top of the base, smooth down and decorate with desiccated coconut and lemon rind. Chill for a few hours until set.

Adapted, with thanks, from a Vegan Campaigns recipe.

Tip. If you have time, steam the tofu for five minutes, drain, cool and continue as above. Not required, but does improve the recipe.

Thirty Minute Lemon Cake with Buttercream Icing

Cake ingredients

- 1½ cups plain white flour
- 1 teaspoon baking powder
- ¼ teaspoon bicarbonate of soda
- ¼ teaspoon salt
- ¾ cup caster sugar
- ¾ cup soya, almond or oat milk
- 1½ teaspoon cider vinegar
- ¼ cup plain vegetable oil (rapeseed or sunflower)
- 1½ teaspoons lemon essence
- Optional: 1 lemon, zested/grated + 2 tablespoons juice

Icing

- 1½ cups icing sugar, sieved
 - ⅓ cup of mixed vegan margarine and grated block coconut (roughly half of each)
 - 1-1½ teaspoons lemon essence
 - Soya or other plant milk, a drizzle (reduce if using extra lemon juice)
 - Optional: 1 lemon, zested and/or 1 tablespoon or so lemon juice
1. Preheat the oven to 180C/Gas 4.
 2. Oil a 20-21cm/8 inch square cake tin OR a round loose-bottomed tin of the same size. Line the bottom of the tin with baking paper.
 3. In the medium bowl, sieve the icing sugar. Set aside.
 4. In the large bowl, sieve the flour, baking powder, bicarb, salt and sugar. Set aside.
 5. In the other medium bowl, measure out the plant milk and vinegar. Stir, then add the oil, lemon essence (and options if using) to the soya milk/vinegar mixture.

6. Make a hole in the flour mixture and pour the wet ingredients gradually into the centre. Mix quickly and thoroughly with the wooden spoon – don't use an electric mixer or similar for vegan cakes; it makes them too tough.
7. Once it's all mixed and smooth, tap the bowl hard on the work surface. Pour the batter quickly into the cake tin, using the spatula to get all of it out of the bowl. Tap the cake tin – the tapping gets rid of air bubbles and makes for a lighter cake.
8. Place the cake in the pre-heated oven immediately so the raising agents get to do their work properly. Set a timer for 20 minutes.
9. While the cake is baking, make the icing. Soften the creamed coconut for a few seconds in the microwave. If you don't have one, warm the bowl over some hot water. Add the coconut and margarine to the sieved icing sugar. Cream with a fork until lump-free, adding the lemon essence and plant milk and mixing everything thoroughly. Place the icing mixture in the fridge or freezer to chill.
10. After the 20 minutes, test the cake with a toothpick or thin sharp knife. It should come out clean. If not, return to the oven for another 5 minutes or so.
11. Let the cake cool in the tin for about 20 minutes or so. Carefully hold the rack tight against the tin, turn carefully upside down then remove the paper. Reverse this move so the cake is topside up. Let it cool completely before icing.
12. Ice the cake by dipping a rubber or silicone spatula in hot water then spreading the icing over the top.
13. Line your storage tin lid with cling

film or foil before adding the cake. Seal the cake without smudging the icing then add the big bit of the cake tin and seal carefully. (Vegan cakes dry out more quickly so extra air tightness is good to keep them as moist as possible.)

This recipe was demonstrated by Jane Easton from Viva! at a cookery demonstration hosted by Taunton Vegans in June 2014. Jane also made the following recipes which are all on Viva!'s website www.veganrecipeclub.org.uk:

- Sundried tomato and asparagus pasta with pesto
- Mushroom stroganoff
- Strawberry tarts.

There is another amazing sponge recipe on the Viva! website - see www.vegetarianrecipeclub.org.uk/vegetarian-vegan-recipe/sponge-cake-birthday-cake. It uses soya yoghurt which makes it very light and moist.

Scones

- 12 oz (350g) plain white flour
- 4 tsp (14g) baking powder
- 1.5 oz (45g) sugar
- ¼ tsp salt
- 3 oz (85g) raisins
- 5 tbsp oil
- 4 fl oz (120 ml) soya cream
- 5 fl oz (145 ml) soya milk
- 1½ tsp cider vinegar

1. Pre-heat oven to 200C/400F/Gas 6. Lightly oil a baking sheet.
2. In a large mixing bowl, sift together the flour, baking powder, sugar and salt. Stir in the raisins.
3. Add the oil, soya cream, soya milk and vinegar. Mix until just combined;

the dough should be clumpy and not sticky. Even if there is still a light dusting of flour, that's OK.

4. Divide the mixture into 16 equal portions and drop them onto the greased baking sheet and pat the tops just a bit to round them out.

5. Bake 12-15 minutes, until slightly browned on the bottom and firm on top.

Plain scones. Omit raisins and use 2 oz (55g) sugar.

Adapted from the UK version of Vegan with a Vengeance by Isa Chandra Moskowitz.

Thick Cream

- 1½ oz (45g) block creamed coconut
- ½ packet silken tofu
- Pinch salt
- 2 teaspoons vanilla essence
- 1 oz (30g) icing sugar

1. Heat creamed coconut over a very low heat until it softens slightly, enough to blend easily in a food processor. Keep an eye on it so it doesn't burn! Cool slightly.
2. Place creamed coconut into a food processor with remaining ingredients and blend well. Chill for a few hours and serve.

Alternative version. *Replace creamed coconut with melted coconut oil for a smoother cream without the coconutty taste. Also steam the silken tofu for 5 minutes and cool before use.*

The creamed coconut in this recipe thickens this rich cream up once it is put in the fridge to chill.

Meal Suggestions

Quick, easy and tasty vegan meals

7 breakfast ideas

1. Toast, bagel or crumpet with jam, peanut butter or yeast extract.

2. Weetabix, weetabix organic or oatibix with sweetened rice milk, soya milk or almond milk.

3. Full breakfast with Linda McCartney, Redwood or Fry's sausages, baked beans, fried potato or hash browns, grilled tomatoes, toast and mushrooms.

4. Scrambled tofu on toast

Fry half a finely chopped onion in a little oil. When lightly brown add half a level teaspoon turmeric and 1 clove crushed garlic. Stir well for 1 minute.

Add 350g tofu and stir well, mashing it down. Add 1 teaspoon soya sauce and if desired, some vegan vegetable bouillon to taste. Serve.

5. Flavoured soya yoghurt and fruit with a handful of nuts.

6. Porridge made with oats and your favourite vegan milk.

7. Green smoothie Make a fruit smoothie and add leafy greens to pack in the nutrients. You could start with 2 bananas, ½ cup of apple juice and then add spinach to taste (spinach blends easily so is a good one to start with). Add enough apple juice/water to achieve the desired consistency and sweetness.

8 snack lunch ideas

1. Vegetable spring rolls, samosas and onion bhajis with dipping sauce. These items are usually vegan but check the packaging to make sure.

2. Paté (eg Suma), avocado and salad sandwich, or on oat cakes.

3. Jacket potato with baked beans and salad. Also look out for other suitable fillings such as sweetcorn or veggie chilli.

4. Super salad... Leafy greens, beans, and sliced salad veg tossed with bottled dressing or some oil, tamari and lemon juice or vinegar. Make it extra-special by adding avocado, toasted nuts or seeds, fresh or dried fruit, or grated vegan cheese.

5. Vegan cheese, pickle, sliced apple and lettuce sandwich.

6. Vegetable Indian meal and rice. These are available from most supermarkets – check the ingredients.

7. Toffuti cream cheese on bagels. Add cucumber or other salad.

8. Soup and roll. Make your own following a recipe or just use whatever you have to hand. This is a great way of using up leftovers. Or buy a vegan ready-made soup.

9 evening meal ideas

1. British night

Vegan sausage, mash and gravy with steamed broccoli, carrots and peas.

2. Indian night

Do you fancy takeaway, shop-bought or from scratch? Indian takeaways tend to have a good choice, but check that your dishes are cooked with vegetable oil rather than ghee (clarified butter). There are a number of shop-bought curries, including Innocent 'Veg Pots' and Sainsbury's own, check for the vegan ones. Or choose your favourite recipe and enjoy with rice.

3. Chinese night

Stir-fried mushroom, beansprouts, red onion, spring greens and marinated tofu with rice noodles and soya sauce.

4. Chilli night

Chilli night. Make a quick chilli with frozen veggie mince, a can of tomatoes, a small can of kidney beans, plus any other vegetables you fancy. Add chilli, yeast extract and a pinch of cinnamon. Serve with rice. If any is left, use as a topping for baked potato the next day. The same basic veggie mince and tomato sauce base can be used for spaghetti bolognese, lasagne and shepherd's pie (leave out the chilli and cinnamon).

5. Moroccan night

Mediterranean vegetables, such as onions, peppers, aubergine, courgette etc, roasted in some olive oil, garlic and balsamic vinegar. Add some falafel and serve with couscous and home-made or shop-bought houmous.

6. Mexican night (i)

Burrito - freshly cooked re-fried beans with lettuce, tomato, avocado and seasoning in a wrap. Serve with rice and salad.

7. Mexican night (ii)

Quesadilla - place thinly sliced vegan cheese and tomato between two wheat tortillas making a sandwich (no margarine is required). Toast on both sides in a dry frying pan, then cut into quarters. Serve with rice and salad.

8. Sunday night

Traditional Sunday roast with all the trimmings. You could make your own nut or seitan roast from a recipe, or buy Redwood's roast or other roasts available in health food shops and online. For gravy, every main supermarket stocks Bisto Gravy Granules Favourite; Bisto Gravy Granules Favourite Reduced Salt; and Bisto Onion Granules - these are all vegan at the time of writing. Also ask in your local health food shop.

9. Italian night in

Pasta with broccoli, mushrooms and olives or other favourite veggies in your favourite pasta sauce. Most are vegan but check the ingredients. Try adding chopped braised tofu - available from Holland and Barrett.

Or make your own quick and easy pizza (see recipe on p22).

- If you are new to being a vegan, or just want some more meal ideas, check out the 30 day menus at www.viva.org.uk/30dayvegan

Useful Resources

Information about veganism/going vegan

- www.theveganapproach.com/Home/getting-started/
- www.vegansociety.com
- www.viva.org.uk/sites/default/files/Why-You-Don't-Need-Dairy.pdf
- www.mclveganway.org.uk

Vegan nutrition and health

- www.vegansociety.com/resources/nutrition-health
- www.vegetarian.org.uk

Recipes

- www.vegetarianrecipeclub.org.uk
- www.veganvillage.co.uk/recipes.htm
- www.mouthwateringvegan.com

Recipe books

Another Dinner is Possible by The Anarchist Teapot. These recipes have been thoroughly tried and tested by the Anarchist Teapot and it shows. The book also contains articles on a number of cooking-related topics.

Viva! Cookbook by Jane Easton. Due out late 2014.

Ms Cupcake: the naughtiest vegan cakes in town by Ms Cupcake, beloved UK cake maker. These recipes work!

Isa does it by Isa Chandra Moskowitz. Beautifully illustrated book, great selection of recipes. Measurements are in cups (no grams/ounces).

Appetite for Reduction (low fat recipes) by Isa Chandra Moskowitz. Measurements are in cups.

Chloe's Kitchen by Chloe Coscarelli. Most recipes are straightforward and fairly quick to make, but delicious. Measurements are in cups.

Mouthwatering Vegan by Miriam Sorrell. Lots of innovative ideas and delicious recipes. A fair number of the recipes use fake meats and cheese. Measurements are in cups.

Vegan Cupcakes Take Over the World by Moskowitz and Romero. Groundbreaking recipe book. Measurements are in cups.

Other south west groups

Dorset Vegans

www.dorsetvegan.weebly.com

Yeovil and Somerset Vegetarians and Vegans

www.facebook.com/#!/pages/Yeovil-and-Somerset-Vegetarians-and-Vegans/123564827719597?fref=ts

Glastonbury Vegans

www.glastonburyvegans.co.uk
(under construction)

www.facebook.com/GlastonburyVegans

Exeter Friends for Animals

www.effa-uk.org

Campaigns

www.animalaid.org.uk/h/n/CAMPAIGNS

www.viva.org.uk/what-we-do/current-campaigns

www.evolvecampaigns.org.uk

Events

www.veggies.org.uk/arc.php



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Food that speaks for itself...



These health food shops in Somerset have freezers, and can order FRY'S in for you if they don't stock them already!
Seasons, Bath; Harvest Natural Foods, Bath; Earthfare, Glastonbury;
Wincanton Wholefoods; Frome Wholefoods; Sue's Pantry, Langport;
Ceres Natural & Organic Foods, Yeovil; Naturalife, Crewkerne;
Sunseed, Taunton and Wellington; Toucan Wholefoods, Minehead.

FRY'S is also available in any Holland & Barrett that has a freezer
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