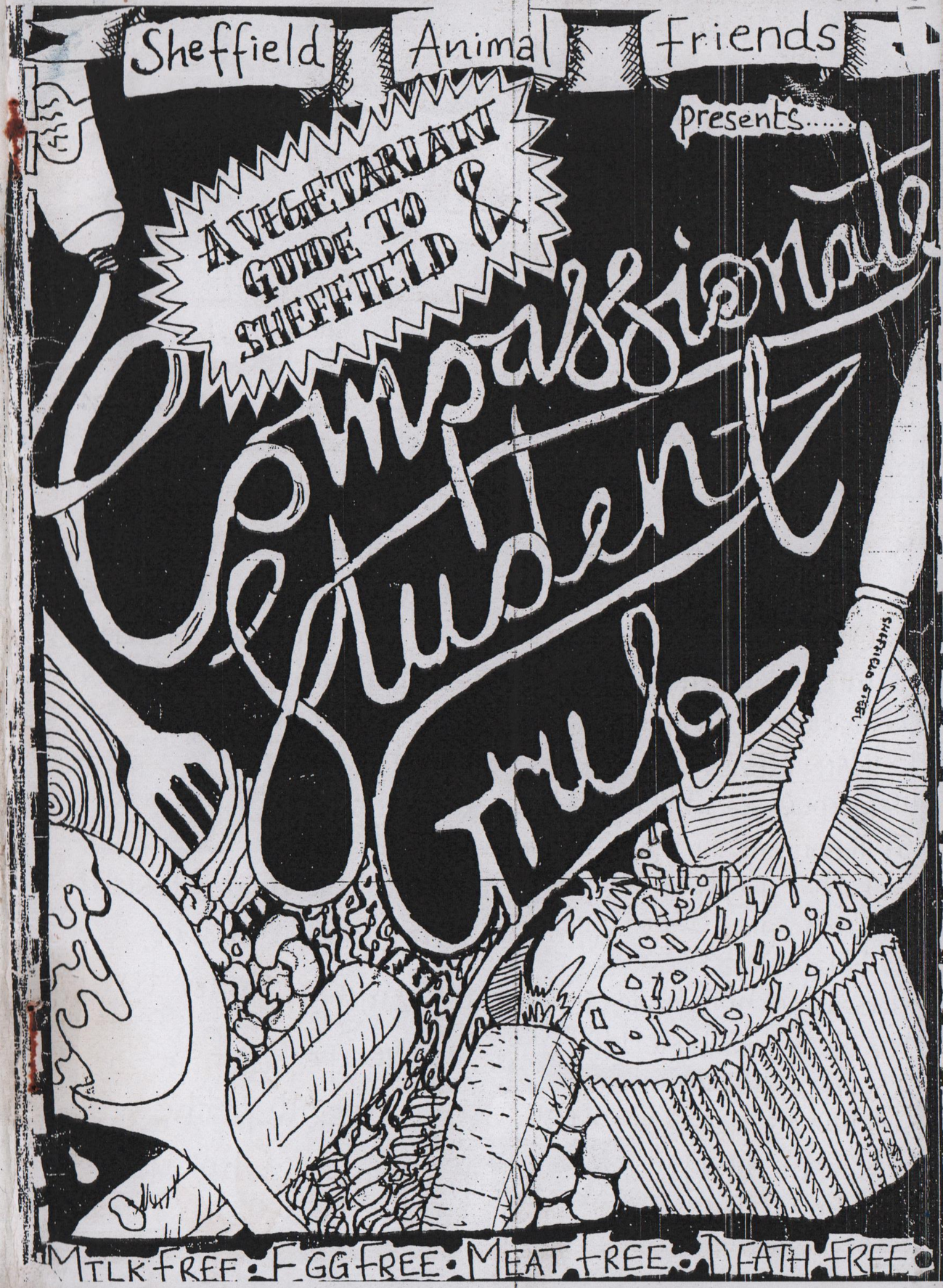
PRIDE by Benjamin Zephaniah

I've got no bodies inside me
All of me is me,
I will not eat no body else
So I am what you see.
I do not plan to eat young sheep
I will not eat a hen,
I'm so proud of what I am
I must say once again.
I've got no bodies inside me
All of me is me,
I will not eat no body else
So I am what you see.



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INSIDE...

3. Welcome! By Olly.
4. Why Veggie
5. Why Veggie
6. Veggie guide to Sheffield
7. SOUPS
8. Spicy lentil Soup
9. Erin's Carrot & ginger Soup
10. Olly's leek & potato Soup
11. Mike's Butternut soup
12. Charlotte's Moroccan Tomato & Chicpea Soup.
13. MAIN MEALS
14. Chicpea & peanut Butter Burgers
15. Mushroom & Nut pilaf by Hannah
16. Rach's Spag Bol & Chili.
17. Erin's Spicy Bean Burgers
18. Falafel
19. Sausage Onion & Tomato pie
20. Tash's Scrambled tofu
21. Pizza
22. Mike's Spiced Lentil Balls
23. Tash's Lasagne
24. Erin's Mushroom Stroganoff.
25. Tash's Shepherds pie
26. PUDDINGS
27. Jez's lemon Explosion Cake
28. Erin's Tropical fruit Crunch
29. Double fudge pecan brownies
30. Erin's Raspberry blackout Cake
31. White choc & Cranberry Cookies
32. Jez's Microwave Sponge Pudding
33. Erin's Chocolate CookieSlices
34. Strawberry trifle
35. Further Info
36. Poem

Lots of tried & tasted recipes that will bring a smile to everyone's face, especially the animals who you aren't eating. :)

welcome

to 'Compassionate Student Grub', your comprehensive guide to going (and staying!) vegetarian / vegan brought to you by the happy folks from Sheffield Animal Friends. SAF is a local, grass-roots, peaceful and passionate animal rights group built by an expanding body of people who wish to campaign against cruelty to our Fellow inhabitants of earth.

This guide will put to rest any misconceptions about animal-free living, such as "it's too expensive", "it's too difficult to find things to cook", "I won't be healthy", "I'll not be able to eat out" or even "vegetarians are wimpy, tree-hugging hippies!". It includes a variety of easy, tasty, cheap and healthy recipes as well as health and nutritional information, a list of local veggie-friendly places to shop and eat out, and information on local animal rights activism and how to get involved.

our resounding message is that living a lifestyle that is free (as far as possible) from animal exploitation is a healthy, exciting and compassionate path to follow.

So get reading, get mucky and get stuffing your face!

XOLX

VEGETARIANISM

DESCRIPTION

- A vegetarian is someone who does not eat anything that comes from an animal that has been killed = no fish, chicken, lamb, beef, gelatine etc...
- A Vegan does not eat any product that has come from an animal = no meat and no eggs and milk, no honey either!

FOUR REASONS TO BE VEGETARIAN

TO STOP ANIMAL CRUELTY

- Number of animals eaten by the average british meat-eater = 5 cattle, 20 pigs, 29 Lambs+Sheep, 780 chickens, 4 G Turkeys, 18 Ducks, 7 Rabbits, 1½ Geese, ½ Tonne of fish. A vegetarian therefore contributes to the reduction of the amount of animals killed.
- A Battery Hen is packed into a cage the size of a small microwave along with 4 other chickens. This chicken will never spread its wings and will not see the light of day until its slaughter at around 18 months old. During this 18 months the chicken will lay approximately 500 eggs, but naturally it would have laid around 35! The chickens often get bored and therefore peck each other - sometimes to death: the farmers now de-beack the chickens so this does not happen. When they have laid all the eggs their body can handle, they are slaughtered and considered as 'low-grade meat' often used in School dinners and baby food.

TO HELP STOP ENVIRONTENTAL DESTRUCTION

- The growth in meat-eating and therefore in farming has also resulted in the growth of global warming. More cattle means there is also more release of wind or methane gas. This is the second largest contributor to global warming after fossil fuel burning. Livestock accounts for 16% of all global warming emissions of methane. Methane is 20 times more effective at warming the globe than CO_2 - therefore the increase in farming animals directly contributes to global warming.
- Every year between 70,000 and 170,000 sq KM of forests (tropical) are destroyed - partly used for timber. Not only does this destroy the environment, but also the creatures who depend on them. This land is then cleared to make space to either graze animals to be eaten, or to grow feed for farmed animals.
- Animal waste also poses environmental threat - it often leaks into rivers and streams because there is so much of it! In the rivers and streams the waste is very toxic and can destroy the natural habitat of fish and other creatures - thus killing them.

NUTRITION/HEALTH BENEFITS

Despite some beliefs we were not designed to eat meat - ie we do not have claws, sharp teeth, and our digestive system is very long to digest many forms of plants. If we eat a lot of meat this can be detremental to our health. Heart disease is the leading cause of death in Europe - England is the top of the league table. It kills one in four men and one in six women. By eating foods with a high level of cholesterol (such as meat) there is a possibility that the arteries will get blocked - stopping blood flow to the heart thus resulting in high blood pressure, then perhaps heart disease or stroke. By reducing foods that contain cholesterol (plant based foods do not contain any) the risk of heart disease is therefore reduced. Vegetarians are therefore (according to study) 25% less likely to die of heart disease.

A Vegetarian diet is very healthy as long as it is balanced! For a balanced diet, a Vegetarian should have: (in servings a day:) 2-4 Grains (Bread/pasta/oats), 5-6 fruit+Veg (Fresh fruit like oranges and veg like spinach), 2-3 Pulses (Baked beans/Soya Products/lentils), Small amounts of vegetable oils or margarine and at least 1 B12 fortified food such as Yeast Extract. Too much of anything is bad - a balanced diet is good

TO HELP THE DEVELOPING WORLD

- The eating of meat is inefficient. Energy gets lost in the food pyramid - if we ate the food that the farmed animals were eating we would be able to feed more people therefore there would be less or no famine
- So, with 10 hectares of land with cattle on it we could feed 2 people from the meat of the cattle. But, if we planted maize on this land it would feed 10 people, grain would feed 24, and if Soya was planted it would feed 61 people!

If you would like any advice about anything to do with Vegetarianism or Veganism then please contact us!

Sheffieldanimalfriends@gmail.com

www.myspace.com/sheffieldaf

Veggie guide to 6 SHEFFIELD..

Here's a list of places to Shop and eat in Sheffield that cater for Veggies and Vegans. Sheffield has many health food shops and a few Veggie Cafes/restaurants. Many places offer Veggie/Vegan options.

RESTAURANT, CAFE OR PUB

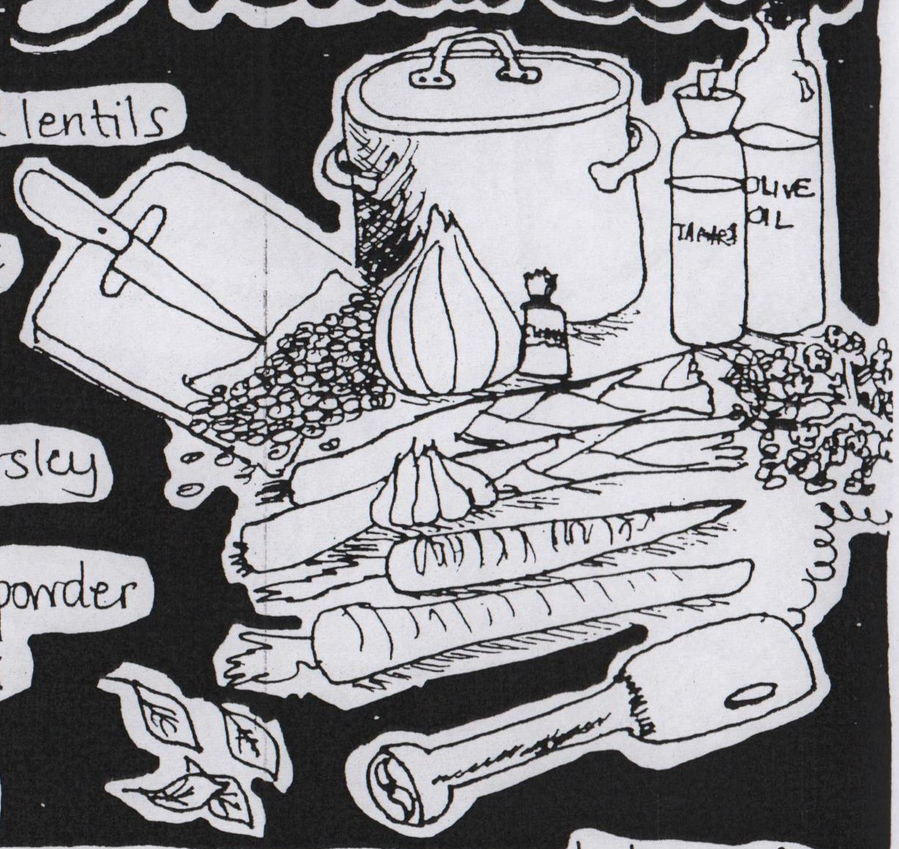
- Airy Fairy - Vegetarian Coffee Shop
  39 London Road, 0114 249 2090
- Bahn Thai - Veggie friendly Thai Restaurant
  1 Ecclesall Road, 0114 275 4800
- Fat Cat Pub - Veggie/Vegan friendly pub with a lovely garden.
  23 Alma Street, S3 8SA, 0114 249 4801
- Kumquat Mae - Veggie/Vegan Restaurant
  353 Abbeydale Road, 0114 2501076
- Nirmal - Veggie friendly Restaurant
  189-193 Glossop Road, 0114 272 4054
- Tin Po - Veggie/Vegan friendly
  199 London Road, S2 4LT. 0114250 1090
- Blue Moon Café - Vegetarian Restaurant
  2 St. James St., 0114 276 3443
- The Bohemian Café - Veggie/Vegan friendly
  53 Chesterfield Road, Sheffield. 0114 255 799
- The Green Edge Café - Veggie Cafe
  4 Nether Edge Road, S7 1RU
  0114 258 8550
- Coffee Revolution - Veggie/Vegan friendly coffee shop. Offer Soya milk + vegan Sarnies. Sheffield Uni, Western Bank, S10 2TG & 471 Ecclesall Road, S11 8PP. 0114 8565

HEALTHFOOD SHOPS

- Beanies Wholefood - A wide selection of Veggie/Vegan foods + fruit + veg.
  205 Crookes Valley Road, S10 1BA. 0114 268 1662.
- Down To Earth - Veggie wholefood Shop.
  406 Sharrowvale Road, Hunters Bar, S11 8ZP.
  0114 2685220.
- Holland and Barrett -
  10 Barker's Pool, City Centre S1 2HB. 0114 275 5438
- In a Nutshell - Health food Shop + take away lunches.
  31 Chesterfield Road S8 0RL
  0114 250 8555
- Lembas - Wholefoods co-op, 2u veggie/vegan supplier.
  The Old Tannery, Unit 5, Whiting Street, S8 9QR.
  0845 458 1585.
- Nature's Trail - health food Shop
  665 Ecclesall Road, S11 8PT
  0114 266 5984
- New Roots - Veggie/Vegan
  347 Glossop Road, S10 2HP
  0114 272 1971
- Zeds Wholefoods - Veggie/Vegan

SOUPS

SPICY LENTIL SOUP



ou WILL NEED

250g dried red lentils
250g Onions
3 cloves garlic
250g Carrots
250g leeks
small bunch parsley
3 bay leaves
1 tbs. cumin powder
4 tbs. tamari
Olive Oil
Salt + pepper

- Peel + roughly chop the carrots, onions, leeks + garlic
- fry the vegetables slowly in enough oil to cover the ttom of a large pan + stir occasionally. Add e cumin and stir, cook until veg is almost soft
- Add 2½ pints of boiling water, bay leaves + ntils. Bring to the boil, turn down the heat + mmer for 10 minutes until lentils are soft.
- Add tamari and Salt and pepper to taste
- Remove the bay leaves add blend the Soup.
- Chop the parsley and garnish the soup.
- Serve with crusty French bread. Eat with

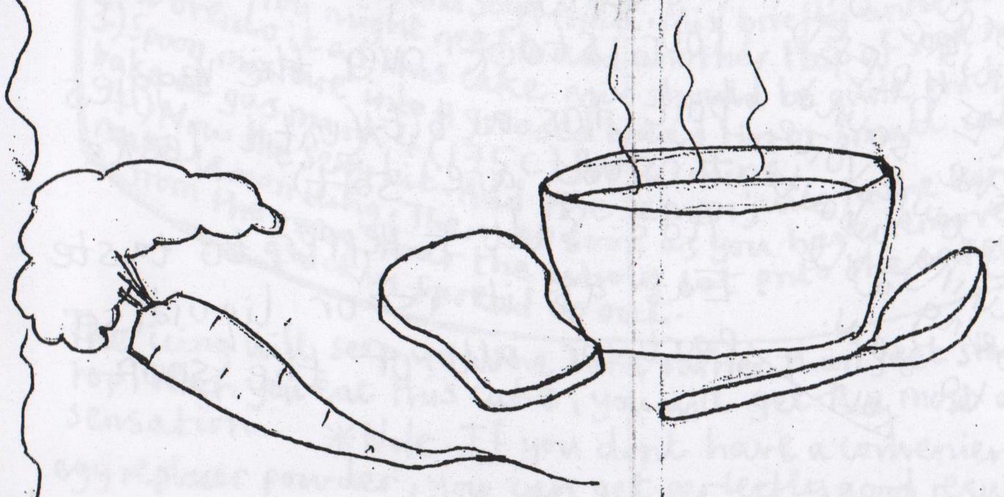
CARROT & GINGER SOUP

serves 4

YOU'LL NEED:

- 2 tbsp olive oil
- 1 onion + chopped
- 450g sliced carrots
- 900ml water
- 225g peeled + diced potatoes
- 1 tbsp grated fresh ginger root
- salt + pepper

- heat oil in large saucepan, add onion and gently cook for 5 mins, stirring occasionally
- add the carrots, potato, ginger + salt and fry for 10 mins, covered with a lid. Stir occasionally
- add water + pepper, bring to the boil and simmer for 15 mins until carrots are nice and tender
- when ready, purée with blender (not entirely necessary but gives a nice smooth consistency) and season to taste - and then it's ready!



LEEK 'N' SPUD SOUP

MEGA easy winter warmer delight!

Ingredients:
- 300g Leeks
- 300g spuds
- 750ml stock (try Marigold Vegan Bouillon)
- Salt
- Pepper

Directions:
- chop up the leeks and spuds, chuck them in a saucepan
- Pour stock over the veggies
- boil for a bit (until leeks + spuds are soft)
- Add salt + pepper to taste
- Eat as it is or liquidise part or all of the soup

This recipe was drawn to the music of HATEBREED and the sound of my own voice complaining about not being able to draw.
XOLX

Butternut Squash & Sweet potato Soup.

Serves 4

Butternut squashes have quite a thick skin so it's better to preserve with a spud-peeler than to scoop the inside out.

YOU'LL NEED:
- 1tbs Olive Oil
- 1 onion (diced)
- 2 Cloves Garlic peeled & Crushed
- 1 tsp hot curry powder
- 300g Sweet potato, diced
- 300g Butternut Squash peeled & diced
- 1/2 tsp salt
- 750ml vegetable stock
- 250ml Soya milk
- 2tbs basil leaves

Method:
- Heat oil in large pan
- Add onion & garlic, cook until soft.
- Add curry powder and cook for another minute or so.
- Add Butternut Squash & Sweet potato. Stir and cook for about 2 mins.
- Add salt, Stock, Soya milk & basil leaves and Simmer for 20 mins or until cooked.
- Liquidise & serve with crusty bread :)

Moroccan Tomato & Chickpea Soup

By Charlotte

Nice with some warm, crusty bread.

Serves 6-8 but more like 6 if you are hungry. Can be frozen

You will need

- 1 Tbsp Olive oil
- 1 large onion, chopped
- 1 Clove garlic, crushed
- large pinch cayenne pepper
- large pinch of ground mixed spice
- 1 teaspoon ground coriander
- 410g can chickpeas, drained
- 850ml veg stock
- 500g passata
- 50g white long grain rice
- 1 tsp sugar
- 1 tsp lemon juice
- Salt + pepper to taste

Method

- Heat up oil in a big saucepan. Add onion & garlic, fry lightly for 5 minutes.
- Add spices & cook for a further 5 mins
- Add chickpeas, stock & passata and bring the mixture to a Simmer. Cook uncovered for 30 mins.
- Next, add the rice and cook until it's tender (10-12 mins).
- Finally, add the sugar, lemon juice, salt & pepper.

Eat!

MAIN MEALS

chic pea & peanut butter burgers.

INGREDIENTS

1 onion, chopped very finely
10 small mushrooms, chopped finely
1 can chic peas, mashed
1 tbsp peanut butter
1 tbsp soya sauce.
+ plain white frour for coating.

Eat these tasty burgers with potato wedges! (just boil pots for 10 mins, place on a baking tray with olive oil to coat pots + bake @ 180° for 30 mins)
Wholemeal bun + salad.

DIRECTIONS

- fry the onion in some oil for 5 minutes, add mushrooms + fry for another 5 minutes. Allow to cool.
- Meanwhile, combine mashed chic peas, soya sauce + peanut butter until well-mixed (in a large bowl)
- When cool, add onion mixture + mix. With a tbsp take out a burgers' worth of mixture and place on a plate with a small amount of flour, coat both sides of burger. Fry in some oil, around 5 mins on each side. Place on a bun with salad. ☺

MUSHROOM & NUT PILAF

This is a very simple yet lovely recipe from Hannah ☺



INGRIDIENTS

1 Onion
1 Garlic Clove, Crushed
1 Red pepper, Chopped
1 Green Pepper, Chopped
8 oz Mushrooms, Chopped
4 oz Cashew nuts
1 Tbsp Soy Sauce
8 oz Brown Rice, cooked

DIRECTIONS

- Heat oil in a wock, add onion and fry for 5 minutes until transparent.
- Add garlic, mushrooms, peppers, nuts and soy sauce. Stir-fry for 5-7 minutes.
- Add cooked rice and stir until heated through.

IT'S NOT A PIGS' BUM!

YUM, YUM!

16

Spag Bol

The great thing about the base ingredients of a Bolognese sauce is that, depending on the herbs you add, it can be used for other things!

2 tbsp Olive Oil
1 large Onion, Chopped
3 Cloves of Garlic, Crushed
1/2 Red pepper, Chopped
1 medium courgette, chopped
100g mushrooms, chopped
225g Veggie mince
2x400g tins of chopped tomatoes
1 tbsp tomato purée
2 bay leaves
3 tsp basil
2 tsp oregano

- fry onion and red pepper until soft.
- Add garlic, courgette, mushrooms + cook for a few mins until mushrooms are golden-brown.
- Add mince & herbs & fry for 4-5 mins stirring constantly.
- Add purée & tinned toms, stir well & simmer for 10 mins over a low heat
- Serve on a bed of cooked Spaghetti.

For a Chilli Non-Carne...

Replace the last 3 spag bol ingredients with 1 tsp of chilli powder, 1 tsp paprika, 1 tsp cumin, 1 tbsp peanut butter, 100g sweetcorn, 100g cooked kidney beans. Serve over rice.

Spicy Beanburgers

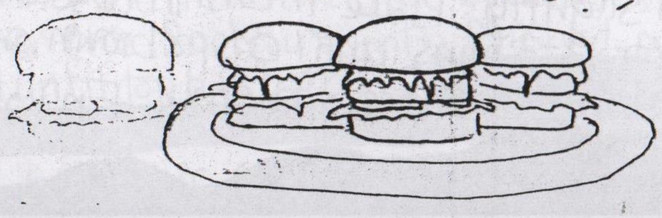
- makes 8.

YOU'LL NEED:

- 1 onion - chopped
- 1 carrot - grated
- clove of garlic
- ½ green pepper - chopped
- salt, pepper, coriander, chilli powder (all to taste)
- anything else you might like to add - fresh herbs?
- 2 tins of kidney beans
- 50g fresh breadcrumbs
- 100g dried breadcrumbs (I just fry toast fresh ones in a dry frying pan)

- preheat oven to 200°C / 400°F / gas mark 6
- heat olive oil (~1 tablespoon's worth) in large saucepan
- add onion + garlic, cover with lid + gently cook for 5 mins
- add carrot + pepper + cook + cover for another 5 mins
- add spices + seasoning, stir through
- in a bowl, mash beans until mostly pulverised + then add onion mixture to it, + mix thoroughly. Add (fresh) breadcrumbs
- divide mixture into 8, squish into burger shapes and coat each one in dried breadcrumbs
- place on lightly-greased baking tray and cook for ~20 mins until golden + crisp on one side, then flip over for a further 15 mins on the other side

- then you're done! :)



Felafel

Seriously, what's better than a good felafel? Serve with Store bought or homemade hummous, salad & warm pitta bread. You need a good food processor/Blender.

250g cooked chickpeas, 25g fresh parsley - stalks removed, 1 clove garlic, roughly sliced, 1 onion, roughly chopped, 1 tsp ground coriander, 1 tsp ground cumin, 1 tsp sea salt, Oil for deep fry.

- put chickpeas in a food-processor, together with parsley, garlic, onion & spices & Salt. Blend to a grainy paste which holds together
- Heat the oil until it forms bubbles around the end of a chopstick when dipped into it. Form the mixture into walnut-sized balls, then flatten them slightly. Place them in the oil, 3-4 at a time & fry for 2-3 mins until crisp & brown on outside.
- Serve immediately or freeze them. Enjoy!

Sausage, Onion & Tomato Pie

A yummy, homely, easy and perfect pie that will make you drool & feel very proud of your achievement :)

2 tbsp vegetable oil
450g Veggie Sausages
3 medium onions, chopped finely
2 sticks Celery, chopped finely
225g Mushrooms, sliced
6 Tomatoes, roughly chopped
1 tsp dried basil
1/2 tsp Chilli powder
50g frozen peas
Salt and black pepper
*675g Mashed potatoes.

- fry the veggie sausages in oil until cooked, chop into bite sized chunks & set aside
- Fry onions & celery in oil for 3-4 mins, add the mushrooms & fry for another 3-4 mins, add toms & stir well.
- Add basil & chilli powder & Salt & pepper to taste.
- Cover the mixture & Simmer on a low heat for 10-15 mins
- Add the frozen peas & Sausage pieces & stir well before pouring the mixture into a deep, oven-proof dish.
- Cover the mixture with Mashed pots & place under a grill until top has browned

*Mash is easy, just boil pots in water until

Scrambled Tofu

a yummy breakfast / brunch, perfect on a sunday with sossages or 'bacon'

☆INGREDIENTS☆

- 1 block tofu
- 1 small onion (diced)
- 1 medium carrot (grated)
- 1 clove garlic
- 8-10 florets brocolli
- 1 tomato (chopped)
- 2 tbsp lemon juice
- 2 tbsp yeast flakes
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp turmeric
- 2 tsp dried herbs or handful fresh (coriander goes well)
- salt & pepper
- 1 tsp tomato puree

☆METHOD☆

- fry onion + garlic in olive oil, add all spices & herbs, for 5 minutes.
- Crumble the tofu and stir til coated.
- add the brocolli, yeast flakes, puree and lemon juice + simmer til soft.
- after 10 mins or so add fresh carrot and the tomato, season and serve!

Experiment! - with different veg, eg. mushrooms or courgette. Also, spices to your taste, or Herdo's!

Leah x

PIZZA

A yummy pizza that's super easy to make

Taken from "So what do you eat" by Liz Cook. Get it!

Easy Base

- 225g Self-raising white flour
- 50g Margarine
- 1/2 tsp Salt
- 2 tbsp Soya Milk
- 2 tbsp Water

Topping

- 1/2 Tin chopped to
- 1 tsp dried mixed he
- Soya "cheese"
- + choose from olives/ fresh tomato Vegan "rashers" or Sosage Mushrooms/peppers/ Sliced onions/Sweetcorn

- Set the oven to 220°C
- Either make your own base or buy ready made.
- To make: sieve the flour into a bowl & rub in the marg
- Gradually add the soya milk + water until the dough is soft but not sticky.
- flour the worktop and roll the dough into a circle about 1/2"/1cm thick. Put onto a greased tray
- Spread the chopped tomatoes over the top + sprinkle with herbs. Add salt + pepper + grated soya "cheese" (if used).
- Arrange the other topping ingredients on the pizza.
- Bake in the oven for 15-20 until brown
- Serve with an enormous green, leafy salad.

Yummy!

22

SPICED LENTIL BALLS

From 'Cook Vegan' by Richard Young.

Serve with rice or potatoes & Salad

Ingredients: 1/2 cup red lentils + water for boiling, 1 tbs Sunflower oil, 1/2 tsp cumin seeds, 1 small onion, chopped finely, 1 tsp ground coriander, pinch ground ginger, 1 garlic clove, crushed, 30g breadcrumbs, Salt + pepper, plain flour to roll the balls in, Sunflower oil for frying.

Method:

- Add lentils to boiling water & Simmer until soft.
- Drain & put aside. Meanwhile add cumin seeds to hot oil on low heat, allow them to emit their smell then Sautee the onion slowly until slightly brown - 10 mins-ish.
- Add coriander & ginger, then add lentils.
- Evaporate as much water as you can, transfer to a mixing bowl. Add crushed garlic, breadcrumbs, Salt & pepper.
- Form into balls. Let stand for 30 mins, they will firm up, roll in plain flour. Cook in an oiled pan over a high heat until brown & crisp on outside.

Lasagne

Don't be scare it takes a while, (get a friend to help if you like) (or a ♡)

Ingredients

SAUCE

1 onion (diced)
1 red pepper (diced)
2 cloves garlic
10 mushrooms
1 tin tomatoes
200g vege mince
1 tblsp. tomato puree
1 stock cube
fresh/dried basil
black pepper

2 tblsp. flour
large knob marg.
1/2 pint soy milk (maybe more if needed)
1/2 block soy cheese (grated)
1 tsp. wholegrain mustard
Salt + pepper

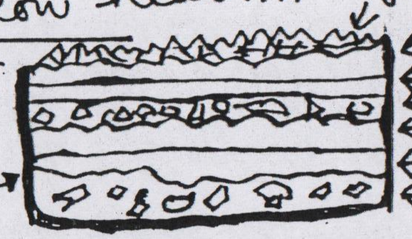
plus — pasta sheets

method

fry onion + garlic in olive oil 'til soft. Add pepper + mushs cook for 5/10 mins, add mince, tomatoes & puree, simmer for a few and add 1/2 pint water with stock + herbs. ... season + keep on a low heat....

Melt marg on a low heat & sift the flour, stir to make a paste. SLOWLY add milk bit by bit, stirring all the time, til smooth — add mustard & seasoning + cheese.

to assemble — dish



MUSHROOM Stroganoff

you'll need
- mushrooms (lots)
- veg stock
- 1 onion
- few cloves garlic
- herbs (plenty)
- cornstarch

- easiest recipe in the world + very adaptable!

- on low heat, gently cook roughly chopped onions garlic preferably in olive oil - but any oil will do, until nice and soft and translucent.
- add a lot of mushrooms (at least several good handfuls as they cook down) into the frying pan with the onions + garlic until they too start to soften and darken in colour. - for about 5 mins.
- add some vegetable stock (enough to cover mushrooms completely, and add as many herbs as you want - dried or fresh, both work well. I like fresh sage, rosemary and tarragon, but anything you like!
- leave to simmer for as long as you can (to allow the flavours to develop) but so that the sauce reduces as water evaporates off.
- meanwhile cook some nice rice or pasta to go with the stroganoff :-
- in a little cup, mix some cornstarch with water until all lumps have gone - and slowly add to pan. This will thicken up the sauce. Add a good dollop of soya yoghurt/cream to make sauce nice + creamy.
- remove from heat + pour stroganoff over your rice/pasta + enjoy!!

Shepherds Pie

...better than sheep

INGREDIENTS -

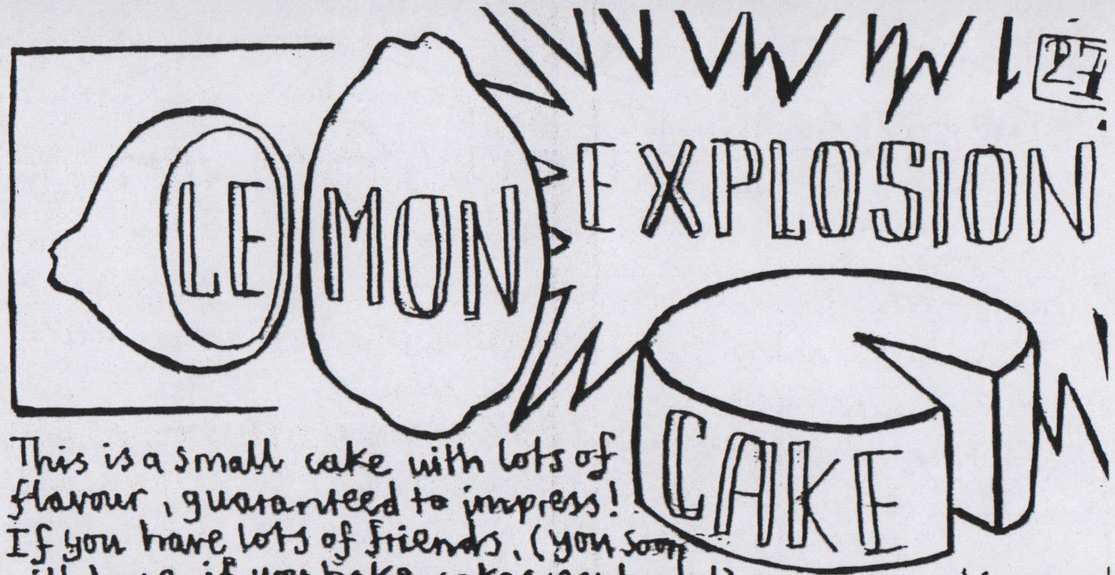
for the base:
- 1 onion (diced)
- 2 cloves garlic
- 1 carrot (chopped)
- 750g frozen peas
- 200g frozen vege mince (or TVP)
- 1 tablespoon tomato puree
- 1 tablespoon gravy granules
- 1/2 stock cube
- handful fresh basil OR 1 1/2 tsp. dried herbs
- black pepper to taste

for the mash:
- 3 large potatoes (peeled & chopped the smaller the better)
- large knob marg
- 3 tblsp. soy milk
- 1 tsp mustard
- salt + pepper to taste

METHOD: first, put tates on to boil....

Sautee onion, garlic + carrot until slightly soft. add mince + fry for 5 mins. add stock, puree, peas + gravy with 3/4 pint boiling water, simmer for about 15 mins. Mix all mash contents + mash until smooth. Put sauce + herbs in a dish - pyrex or baking ceramic dish. Spoon on mash + bake for 20 mins @ 200

PUDDINGS



This is a small cake with lots of flavour, guaranteed to impress! If you have lots of friends, (you soon will have, if you bake cakes regularly!) and want a bigger cake just double up the ingredients * If using an electric fan oven add slightly more liquid

- 4oz marg
- 6oz self raising flour
- 1tsp baking powder
- 6oz caster sugar
- egg replacer powder to the equivalent of two eggs *
- 4 tbsp soya milk
- 1 grated lemon rind
- juice of the lemon whose rind you grated
- 4oz icing sugar

1.) Sift together the flour, baking powder, lemon rind and sugar
2.) Melt the marg gently in a pan or a microwave. Add it to the dry ingredients, along with the egg replacer (mixed with water according to directions on pack) and soya milk. Mix briefly until all the flour is mixed in. You might need to add another tbsp of soya milk, but dont overdo it as this cake mix should be quite thick and stiff
3.) Spoon mixture into a greased bread tin or small cake tin and bake at gas mark 4 (175C) for 40 mins
4.) Now the sexy bit. Add the lemon juice to the icing sugar to make lemon icing. Then as soon as you have removed the cake from the oven, pour the whole lot onto the cake and quickly spread it out.

The icing will seep into the cake rather than just staying on the top. When you eat this cake, you will get the most amazing sensation... *Note. If you dont have a convenient supply of egg replacer powder, you can get perfectly good results by adding 2 floz veg oil and very slightly more baking powder instead

TROPICAL FRUIT CRUNCH

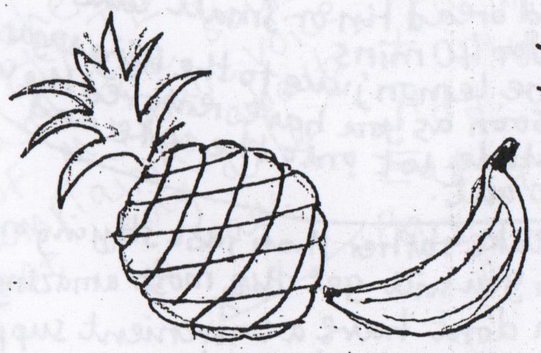
· serves 4

'good for a special occasion!

YOU'LL NEED:

- 50g vegan marg
- 100g rolled oats
- 6 tbsp's demerara sugar
- 225g can drained pineapple chunks
- 4 tbsp desiccated coconut
- 2 bananas (sliced)
- 2 mangoes - chunks

- Melt majority of marg in frying pan. Add 4 tablespoons of the sugar, the oats + the coconut, and cook for 3 minutes. Stir every now + again to stop sticking until golden + crisp
- In another pan, melt the rest of the marg and add the fruit with the remaining sugar, and cook on a low heat for ~5 mins until fruit softens and the sugar starts to caramelise.
- When ready, divide the fruit between 4 plates + top with the oat mixture and serve with (vegan) cream, custard and/or ice-cream + serve!



· as an alternative, sub the tropical fruit for any fresh seasonal fruit you fancy!

DOUBLE FUDGE PECAN BROWNIES

Yes, that's right, they do have sweet potato in 'em, but I can guarantee they taste a-ok!

serve 'em warm with a bit of vegan ice-cream - ohhh!

You'll need:

- 1/3 cup rolled oats
- 1/4 cup plus 1 tbsp Sweet potato purée →
- 1/4 cup maple syrup
- 1/4 cup Sunflower oil
- 1 tbsp vanilla extract
- 3/4 cup fruit sugar
- 1/4 cup vegan choc chips,
- 1/4 cup pecans - divided.
- 1/4 cup wholewheat flour
- 1/2 cup cocoa powder
- 1/2 tsp baking powder
- 1/4 tsp salt

To make the puree -

- peel and cut one smal sweet potato into chun
- Boil until tender
- Drain and reserve som of the liquid.
- purée the 'tato's in a food proessor/blende add the cooking liqui until the consistency o runny mashed 'tato's

To Make 'em:

1. Preheat the oven to 180°C, oil up an 8"x8" bakin tray. Process oats in a food processor until the consisten of coarse flour. In a small bowl mix the sweet pot purée and syrup, oil and vanilla.
2. In a larger bowl mix the dry ingredients (only ½ the pecans though!). Pour the wet mixture into th dry and mix well.
3. Pour the mixture into the trau + top with the pecan

then IES, done,

Serves 12.
or makes 18 buns/cupcakes

RASPBERRY BLACKOUT CAKE

• from "Vegan with a Vengeance"



You'll need:

- 175g plain flour
- 50g cocoa powder
- 1 tsp baking powder (b.p.)
- 1 tsp bicarb of soda (b.s.)
- ½ tsp salt
- 250g sugar
- 350ml soy milk or mill alt.
- 125ml rapeseed (veg) oil
- 275g rasp. jam (but experiment - any jam is good!)
- 2 tsp: vanilla extract

- preheat oven to 180°C/350°F/gas mark 4.
- sift flour, cocoa powder, b.p, b.s and salt into bowl
- in another bowl, add half of the jam (~150g), oil, soya milk, van. extract + sugar in a large bowl and preferably blend together with a hand blender or else a fork - until all lumps of jam have gone and you've got a smooth batter
- add dry ingredients to the wet batter in batches and gently stir until well mixed.

- pour batter into 2 well-greased sandwich tins or this works equally well divided into little buns/cupcakes in a bun-tray
- cook for 40-45 mins (~30 mins if you're making buns/cupcakes) - until you can insert a knife into the centre + it comes out clean
- decorate + assemble cake halfs with remaining jam + make a nice chocolate icing

mmm... chocolate...

enjoy!

WHITE CHOCOLATE AND CRANBERRY COOKIES

These cookies are seriously the best cookies
They were inspired by someone who was generous
handing them out at a demo in Nottingham that

Ingredients (makes around 20 cookies)

110g Margarine (melted a bit)
110g Caster Sugar
110g Light Muscovado Sugar
1 egg (replacer)
1 tsp Vanilla essence
170g Plain Flour
½ tsp baking po
¼ tsp Salt
150g White Choc (Lyc
85g Sweetened Cranberri

Method:

- Set the oven to 190°C, lightly grease 2 x large cookie
- Beat sugar + Butter together, add vanilla and egg replacer (but not the water for the egg replacer yet....)
- In a seperate bowl mix the flour, baking powder, Salt. Mix well, then add Cranberries. Break or Slice Choccy into small chunks, add + stir all together. A the water from instructions of egg replacer + mix w
- Tear off parts of the mixture to make walnut sized balls, roll in your hand, and flatten them a bit on

MICROWAVE SPONGE PUDDING

- 8oz SR flour (use whole-meal for a hearty, filling pud.)
- 4oz sugar
- 8 floz water
- 1 heaped tsp baking powder (very heaped)
- 5 floz vegetable oil
- 1 heaped tbsp syrup, maple syrup or treacle (optional).

1.) Grab a big pyrex bowl (or similar microwave-proof bowl) and sift the first three ingredients into it.
2.) Stir in the water and oil. Mix thoroughly.
3.) Drop the syrup into the bowl, it should sink to the bottom 4.) Stretch PVC cling film over the bowl, pierce a hole in the middle and place in microwa-ve on full power for 7 mins. Check it, as it might need another min. 5.) Leave to stand for a couple of mins, then serve with custard or soya ice cream.
* You can make this without syrup. Add raisins to make 'spotted dick' or chocolate chips.
* Or you could add 1oz cocoa powder and make a choc pud, or even add choc chips + melted choc on top!

CHOCOLATE COOKIE SLICES

- chocolate 'fridge' cake - **NO BAKE**

YOU'LL NEED:

- 50g vegan marg
- 50g golden syrup
- 200g vegan choc - plain choc
- 200g plain cookies or other vegan biscuits
- anything else you want to throw in - cherries are good, nuts.. etc or desiccated coconut.

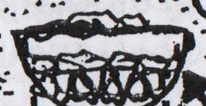
- line baking tray / pan with greaseproof paper
- melt marg, the golden syrup + half of the choc (broken into pieces) over a low heat until all nice and gooey + melted.
- crush the biscuits (hit them with a rolling pin!) and add these (and anything else) to the liquid goo and mix until all the dry ingredients are coated
- spoon into baking tray. Melt remaining choc in another pan + pour over mixture to form a topping
- leave to cool and set
- then when ready, cut into slices + <u>share!</u>

Strawberry Trrrrrifle

Who doesn't like trifle? You're a weirdo if you
don't. This is a simple as recipe. Do it

FOR THE SPONGE—
- 50g Self-raising flour
- 1 tsp baking powder
- 50ml sunflower oil
- 1 tsp vanilla essence
- 75g brown sugar
- 50ml water

FOR THE TOPPING—
- 1 Punnet strawberries
- 1 Banana
- 1 Bar plain chocolate
- 1 packet vegan Strawberry Jelly
- 1 Carton 525g Alpro Custard.



TO DO IT—

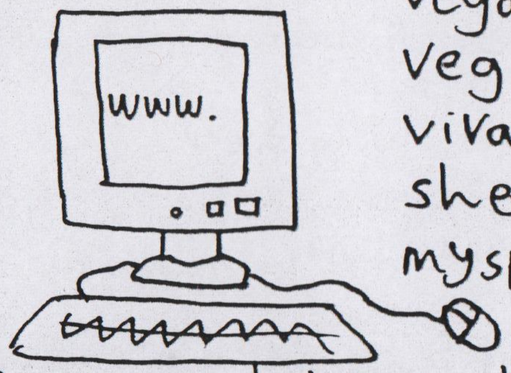
Sponge = preheat oven to 180°C, grease 2x 18cm cake tins.

Mix the oil, sugar + water in a pan and heat gently until sugar dissolves. Leave to cool, add dry ingredients, fold the mixture with tender love. Pour into cake tins + bake for 30mins.

For the topping = when the cake's chilled cut up the cake and put it in a layer at bottom of bowl. Chop the strawbs + put on top of the cake, prepare the jelly + pour over the strawbs + cake. Allow jelly to set in the fridge, then put the choped banana on

Further info

Check out:
- animalaid.org.uk
- vegansociety.com
- vegsoc.com
- viva.org.uk
- sheffieldaf.org.uk
- myspace.com/sheffieldaf



Recommended reading:

- Vegan Cooking – Eva Batt
- How it all vegan! – Barnard/Krame
- Easy Vegan Cooking – Leah Leneman
- So what do you eat? – Liz Cook

'compassionate Student Grub' was created in 2007 by Donna, Olly, Tasl Jez, Charlotte, Rach, Erin, Mike and Hannah. Thanks to lanlanlan for the photocopying!