

What do you *eat*? (How to feed a vegan)

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- ▶ Vegetables
- ▶ Nuts
- ▶ Beans
- ▶ Rice, wheat and other cereals.

What's a Vegan?
So what do they eat?
Why isn't this boring?
Recipes
Other sources

Variety
Spices

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- ▶ There are two tricks you need to use to make good vegan food.
 - ▶ Variety
 - ▶ Proper use of spices

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- ▶ Similarly, two different things you can do with variety.
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 - ▶ Sweet and savoury go very well together.

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- ▶ But a practical tip: Don't buy them from the supermarket. Small 'ethnic' stores will typically have sell you better quality and larger quantities for a fraction of the price.

Persian style roast vegetables

This is amazingly simple (although rather hard work), refrigerates well and can be scaled to arbitrary numbers of people. I make it often. It goes well with other dishes or simply with bread and hummous.

Ingredients

- ▶ A lot of salt
- ▶ A lot of olive oil
- ▶ Onions
- ▶ Garlic
- ▶ Tomatoes
- ▶ Aubergine
- ▶ Peppers
- ▶ Courgettes
- ▶ Mushrooms

Feel free to mix and match if you don't have the exact selection of vegetables to hand.

Cooking

Dice the onions finely, crush the garlic and cut everything else up into roughly cm cubes. Toss with olive oil and salt, put all of it in a roasting tray. Roast at 240C for about half an hour, stirring occasionally (the resulting vegetables should be very soft).

Yemeni Spiced Rice

A simple rice dish which either works well with another dish or can easily be augmented to a main meal. Serves 3-4

Ingredients

- ▶ 2 cups rice
- ▶ 1 large onion
- ▶ 2 tsp powdered cardamon seeds
- ▶ tsp turmeric
- ▶ 1 tsp sea salt
- ▶ Ground black pepper to taste.
- ▶ $\frac{1}{2}$ cup sultanas
- ▶ 2 tbsp Vegetable oil

These quantities serve 4 people. Feel free to play with the proportions - in particular the recipe can easily take decreasing the proportion of rice to other ingredients.

Cooking

- ▶ Cook the rice as normal.
- ▶ Finely dice the onion and fry it over a medium heat (adding the salt and oil at this stage).
- ▶ When the onions are starting to slightly brown, reduce the heat slightly add the sultanas, cardamon and turmeric.
- ▶ Fry for 5 more minutes then add the cooked rice. Keep on the heat and stir thoroughly until the rice is completely covered.
- ▶ Serve warm.

Variants

I often add sweet peppers (and fry them from the beginning along with the onions) or cooked lentils (added along with the sultanas). Cashews or pine nuts also work well in it.

Salad

- ▶ Lettuce
- ▶ Tomato
- ▶ Cucumber
- ▶ Carrot

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- ▶ Lettuce
- ▶ Tomato
- ▶ Cucumber
- ▶ Carrot
- ▶ Avocado.
- ▶ Sundried tomatoes.
- ▶ Capers
- ▶ Roast squash.
- ▶ Sweet peppers. Either raw or cooked.

Salad

- ▶ Banana.
- ▶ Raisins or sultanas.
- ▶ Green beans.
- ▶ Chickpeas.
- ▶ Kidney beans.
- ▶ Onion, raw or seared.
- ▶ Artichoke hearts.
- ▶ Olives
- ▶ Just about anything else that's edible cold.

Chickpea Curry

This is a fairly generic curry. You can adapt the sauce to a variety of vegetarian curries. It's here more as a demonstration of spices. This dish works well on its own, served with rice or bread, or accompanied by some sort of vegetable side dish.

Ingredients

- ▶ 1 large onion
- ▶ 1 tsp salt
- ▶ 2 tsp brown sugar
- ▶ 2 tbsp vegetable oil
- ▶ 1 tbsp whole black mustard seeds
- ▶ 1 tbsp garam masala
- ▶ 1 tbsp powdered cumin
- ▶ $\frac{1}{2}$ tsp turmeric
- ▶ 50g creamed coconut
- ▶ 1 medium fresh chilli or $\frac{1}{2}$ tsp dried chilli (not chilli powder).
- ▶ 2 cans (500g drained weight) chickpeas.

Cooking

- ▶ Dry fry the mustard seeds over a medium heat for a few minutes.
- ▶ Dice the onions (and the chilli if you use fresh) and add them to the pan along with the salt, sugar and oil.
- ▶ Fry until semi-translucent then add the garam masala and cumin and fry for a few more minutes
- ▶ Break up the creamed coconut and add it to the pan with a little boiling water. Stir thoroughly until the coconut has become a paste, then add the turmeric and about an inch of boiling water to the pan.

- ▶ Leave to cook for 5-10 minutes until the sauce has become thick.
- ▶ Add the chickpeas and stir until thoroughly coated. Add just enough boiling water to cover the chickpeas and leave to cook for 10 minutes, stirring occasionally.
- ▶ Serve.

Variants

It's always fun to experiment with different spices. Also this sauce can be used as the basis of more general vegetable curries.

I'm not the best person to ask about this - I tend to make things up as I go along, and find this is a good policy. But some cookbook authors to look out for:

- ▶ Rose Elliot (vegetarian cooking in general)
- ▶ Madhur Jaffrey (indian cooking)

Also, read my blog! <http://playingwithyourfood.blogspot.com>
It's going through a bit of a dry spell at the moment, but the archives are full of ideas.