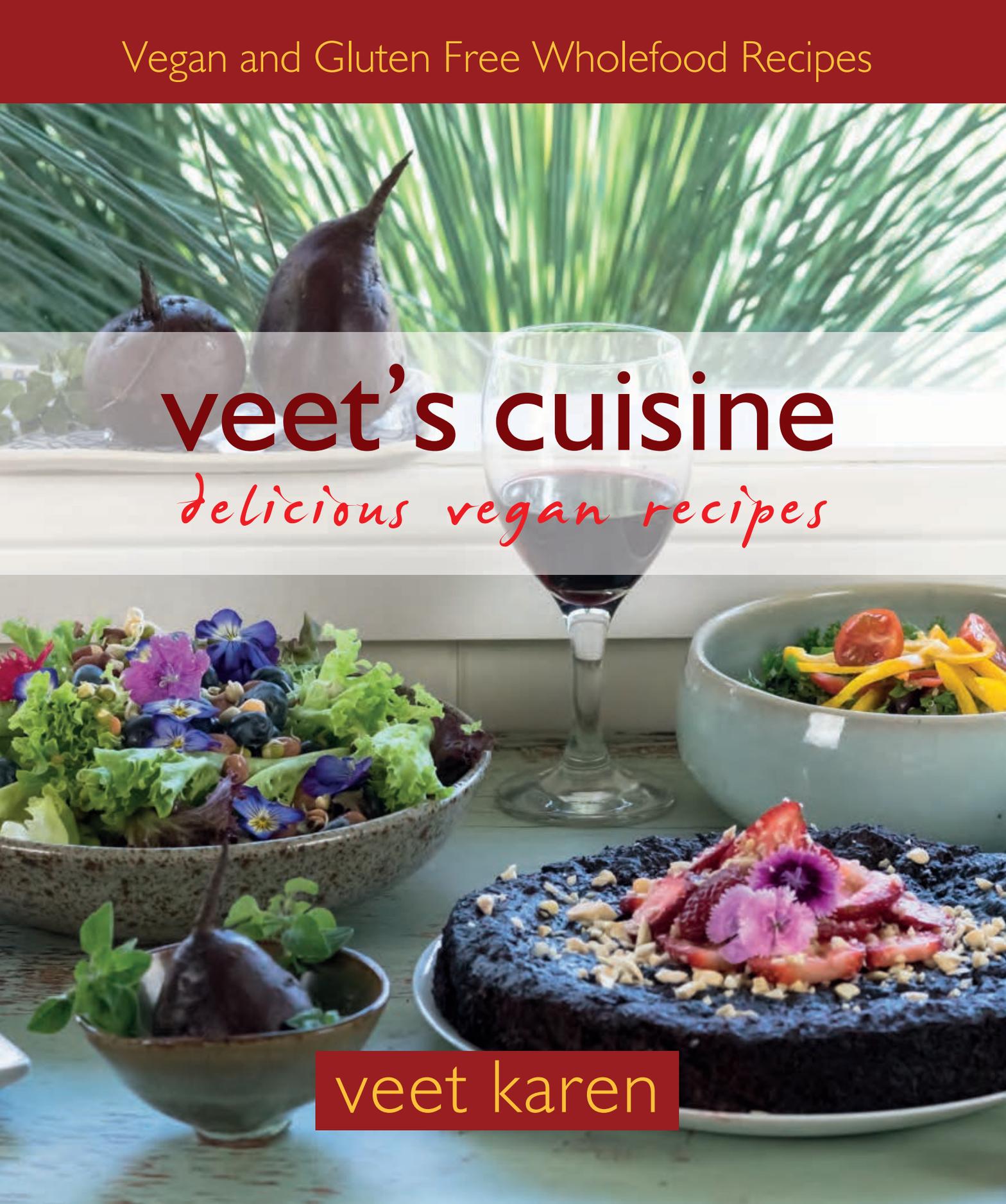


Vegan and Gluten Free Wholefood Recipes



veet's cuisine
delicious vegan recipes

veet karen

veet's cuisine

delicious vegan recipes

veet karen

Foreword

This is the fourth edition of Veet's Cuisine. In May 2015 I became vegan and felt that my book needed to become vegan too. In this edition all the recipes are plant based and even more scrumptious. There are protein and iron rich recipes which can easily be adapted to individual needs. All recipes are gluten free. For those of you who have already purchased the other editions, you are going to love the new recipes and for all of you new to this book, welcome and I hope you enjoy the recipes as much as I do when making them time and time again.

Veet's Cuisine

First published in 2010

This edition 2017

Copyright 2017

The text and illustrations in this book cannot be copied by any form of electronic means. The recipes can definitely be shared via word of mouth and copied down for friends by that old fashioned way of pen and paper. Sharing and adapting recipes to each persons unique flavour is what makes recipes belong to not one individual but to all of us in this great and expanding world of mixed and varied cultures.

Publisher

Veet's Vegan Cooking School

PO BOX 1206

Mullumbimby

NSW 2482

www.veets.com.au

Graphic design

Melanie Blint

www.enganagraphics.com.au

Illustrations

Amanda Patterson

amanda@theblessingcircle.com

Typesetting, page layout, over all editing and main support

Makrand Stevenson

makrand@bigpond.com

Proof reading

Makrand Stevenson

Doreen Hedley

Portrait photo

Cheryl Styles

sunnyday2481@gmail.com

Printed by

Mullumbimby Printworks

ISBN 978-0-646-55726-7

veet's cuisine
delicious vegan recipes

veet karen



Veet Karen

I never thought I would publish a book nor did it occur to me that I would be a creator of a vegetarian catering business. After twelve years of primary school teaching and eight of care work I really wanted a change in lifestyle and career. It all evolved naturally and quickly and what seems like yesterday was nine years ago. Veet's Cuisine started out as a weekly meal delivery service and soon turned into a full time job catering for events, retreats, workshops and weddings. In 2015 Veet's Cuisine also became Veet's Vegan Cooking School, providing Australia with it's first Vegan Chef and Lifestyle Training.

My love of fresh local and organic produce cooked in absolutely delicious ways was of course the obvious choice of career for me. Catering on retreats had people asking for recipes. So in 2010 I created the first edition of this book to share my recipes. Now, with this latest edition all the recipes have been changed to vegan recipes, as well as sharing recipes, the purpose of writing this book is to share tips and information on staying healthy as a vegan.

I hope you enjoy trying out these recipes, experimenting with them and most of all eating and sharing your creations with friends and loved ones.

To Mama,
who inspired me to create delicious meals
out of very simple ingredients.



*I came to learn that food serves two parallel purposes:
it nourishes and it helps you remember. Eating and
story telling are inseparable.*

Jonathan, Safron Foer

Contents

Intro to Vegan Cooking	5	<i>Cauliflower Pea & Tempeh</i>	51
<i>5 Key Factors to Cooking Vegan Cuisine</i>	6	<i>Warm Cauliflower & Greens</i>	52
<i>Cooking with Love</i>	8	<i>Avocado Sweet Potato & Tomato</i>	53
<i>Protein Sources</i>	9	<i>Acar Acar with Noodles</i>	54
<i>Complete Protein</i>	10	<i>Pickled Delight</i>	55
<i>Gluten Free Diets</i>	11	<i>Simply Raw</i>	56
<i>Adapting Recipes for Individual Needs</i>	11	<i>Beetroot Fennel & Mint with Avocado</i>	57
<i>Eating Beans & Legumes</i>	12	<i>Garnishing and Adding to Salads</i>	58
<i>Cooking Beans</i>	13	Dressings & Extras	59
<i>My Dad's Method for Cooking Beans</i>	14	<i>Red Wine Vinegar</i>	61
<i>Making Coconut Milk</i>	15	<i>White Wine Vinegar</i>	61
<i>Fermented Nut Cheese</i>	16	<i>Orange Mint & Ginger</i>	61
<i>Making Your Own Garam Masala for Curries</i>	17	<i>Tahini</i>	62
<i>Essential Pantry Ingredients</i>	18	<i>Super Sexy</i>	62
<i>Conversion Table</i>	20	<i>Cashew Sour Cream</i>	63
Soups	21	<i>Tamarind & Ginger Sauce</i>	63
<i>Zucchini with Almond Flakes</i>	23	<i>Tahini Miso</i>	63
<i>Broccoli & Potato</i>	24	<i>Beetroot & Cashew Dip</i>	64
<i>Spinach & Pea</i>	25	<i>Nut Cheese</i>	64
<i>Minestrone Verde</i>	26	<i>White Bean Dip</i>	65
<i>Kale & Miso with Rice noodles</i>	27	<i>Hummus</i>	65
<i>Fennel Chickpea & Potato</i>	28	<i>Pesto</i>	66
<i>Roast Cauliflower & Cumin</i>	29	<i>Tomato & Pepita Salsa</i>	67
<i>Carrot & Dill</i>	30	<i>Avocado Corn Tomato Salsa</i>	67
<i>Carrot & Orange</i>	31	<i>My Sister-In-Law's Sambal</i>	68
<i>Coconut Carrot & Pumpkin</i>	32	Vegetable Dishes	69
<i>Pumpkin Sweet Potato & Carrot</i>	33	<i>Baby Potato Sweetcorn Green Beans</i>	
<i>Roast Veg & Tomato</i>	34	& <i>Zucchini</i>	71
<i>Greek Lentil</i>	35	<i>Root Vegetable Bake</i>	72
<i>Spicy Lentil & Vegetable</i>	36	<i>Sautéed Zucchini with Almond Slithers</i>	73
<i>Indian Lentil</i>	37	<i>Cauliflower & Quinoa Roast</i>	74
<i>Mexican Bean</i>	38	<i>Mediterranean Veggies</i>	75
<i>Avocado & Cucumber</i>	39	<i>Steamed Veggies with Lemon Myrtle Infused</i>	
<i>Laksa</i>	40	<i>Macadamia Oil & Lime Juice</i>	76
<i>Soup Garnishes & Sprinkles</i>	42	<i>Steamed Veg with Dulce & Hemp Seeds</i>	76
Salads	43	Grains	77
<i>Eastern Sydney Mango & Lettuce</i>	45	Brown Rice	
<i>Fennel Orange Olive Puy Lentil</i>	46	<i>Antipasto Brown Rice</i>	79
<i>Borlotti Blueberry & Mandarin</i>	47	<i>Brown Rice Baked Cauliflower Adzuki Beans</i>	
<i>Mixed Bean Salad with Salsa Verde</i>	47	& <i>Tahini Sauce</i>	80
<i>Baked Pear Rocket & Pecans</i>	48	<i>Brown Rice Kidgeree</i>	81
<i>Beetroot Green Beans & Tofu</i>	49		
<i>Tofu Rocket & Artichoke</i>	50		

Quinoa	82	Polenta	121
<i>Quinoa & Raw Veg</i>	83	<i>Polenta Chips</i>	121
<i>Quinoa & Oven Roasted Beetroot</i>	84	<i>Polenta Squares</i>	122
<i>Quinoa Tabbouleh</i>	85	<i>Polenta & Baked Vegetable Stack</i>	122
Millet	86	<i>Tomato Sauce with Borlotti Beans</i>	123
<i>Millet & Egg or Seeds</i>	86	<i>Pepperonata Sauce</i>	124
<i>Millet with Beans & Tomatoes</i>	87	<i>Lentil & Tomato Sauce</i>	125
<i>Millet with Steamed Veg Dulse & Sesame</i>	87	<i>Polenta Pizza with 3 Toppings</i>	126
Buckwheat	88	Bean Dishes	129
<i>Buckwheat Bake</i>	89	<i>Tangy Mung Bean Potato Cakes</i>	129
<i>Buckwheat Salad</i>	90	<i>Chickpea Burgers</i>	130
Mains	91	<i>Bean Stufato with Thyme</i>	131
4 Lasagnes for Four Seasons	93	<i>Mung Bean & Vegetable Bake</i>	132
<i>Autumn- Fusion</i>	94	Other Mains	133
<i>Winter- Roast Vegetable & Seven Herb Sauce</i>	96	<i>Pumpkin & Zucchini Bake</i>	133
<i>Spring- Artichoke & Pea</i>	97	<i>Lentil Cauliflower Stuffed Zuchinis</i>	134
<i>Summer- Spinach & Borlotti Bean</i>	98	<i>Ratatouille</i>	135
Indian Banquet	99	<i>Nut Roast</i>	136
<i>Green Bean Sabjee</i>	99	Desserts	137
<i>Mixed Veg & Chana Curry</i>	100	<i>Chocolatey Fudgelike Cake</i>	139
<i>Aloo Gobi</i>	101	<i>Carrot Cake</i>	140
<i>Muttar Palak with Mushrooms</i>	102	<i>Vegan Orange Pudding with Cashew cream</i>	141
<i>Yellow Dhal</i>	103	<i>Silken Tofu Chocolate Mousse</i>	142
<i>Yellow Dhal Variations</i>	103	<i>Hazelnut Cake</i>	143
<i>Split Mung or Split Chana Dhal</i>	104	<i>Apricot Squares</i>	144
<i>Date & Coconut Chutney</i>	105	<i>Raw Cacao Balls</i>	145
<i>Raita- Beetroot & Cucumber</i>	106	<i>Simple Banana Cake with Tahini Icing</i>	146
Balinese Banquet	107	<i>Date Cake</i>	147
<i>Tempeh & Tofu Curry</i>	108	<i>Selena Inspired Apple & Berry Crumble</i>	148
<i>Mustard Green Sambal</i>	109	<i>Apple Pudding</i>	149
<i>Eggplant Sambal</i>	110	<i>No Bake Avocado Chocolate Cake</i>	150
Tempeh & Tofu	111	Drinks	151
<i>Star Anise/Tempeh & Stir Fried Veg</i>	112	<i>Green Juice</i>	153
<i>Tempeh Cakes</i>	113	<i>Green Smoothie</i>	154
<i>Miso Tofu with Grilled Aubergine & Veg</i>	114	<i>Strawberry & Date Smoothie</i>	155
<i>BBQ Veggies & Tofu</i>	115	<i>Mango Lassi</i>	155
<i>Warm Thai Mango Tofu & Blueberry Salad</i>	116	<i>Iced Pink Tea</i>	156
Tofu Bakes	117	<i>Electrolyte Drink</i>	156
<i>Sweet Potato Mushroom & Red Capsicum</i>	118	<i>Ginger Mint Lime Drink</i>	157
<i>Carrot, Beetroot & Kale</i>	119	<i>Mojito</i>	157
<i>Potato & Artichoke</i>	120	<i>Zorba the Buddha Chai</i>	158
<i>Canape Bakes</i>	120	Index	159
		Bibliography	162

WWW.VEETS.COM.AU.

An Introduction to Vegan Cooking



Five Key Factors to Vegan Cuisine

Cooking vegan food is quite simple and allows for experimentation, which in my experience always works out well.

I feel there are five key factors to making vegan food nutritious and delicious.

Buy Organic and Local

Buy the freshest organic and local ingredients possible, using them on the day or within the next few days of purchasing. Here in the Byron Bay area we are blessed with four farmers markets every week. Find a local farmers market or community garden or order a delivered organic box of fruit and vegetables. If you have time, grow your own but if that is unrealistic then see if anyone else is growing in your area and can sell you their surplus.

Protein Iron and B12

Ensure you have a great balance of vegan protein every time you eat. At least 16 grams is essential in each meal, including breakfast. On page nine there is a list of vegan protein options. If you find there is not enough protein in the main component of your meal add something to the side salad or side dish, have a dessert with protein in it or a nut milk drink. You can get creative with protein. Make sure you combine foods to ensure you are getting complete protein. See page ten for more information.

If you think you don't have enough iron in your meal garnish it with a big handful of parsley. Parsley is a brilliant source of iron. Other good sources of iron are lentils, beans, beetroot, greens, sea vegetables, arame, dulse, wakame, nuts, tahini, dried fruits, mint and tumeric. Other fruit and vegetables like broccoli, capsicum, brussel sprouts, tomatoes, potatoes, oranges, grapefruit, strawberries and fruit high in vitamin C aid in the absorption of iron.

Vitamin B12 is also an important factor in a vegan diet. The Australian recommended daily intake is 2 mcg. If you eat organic spirulina and fermented products that haven't had the B12 washed off them, there is a chance that you will have enough B12 in your diet, but don't rely on this alone. If you are adopting a vegan diet or feel you could be low in Vitamin B12 it is recommended that you have a yearly test and you may need to take Vitamin B12 supplements on a regular basis.

Eat Preservative Free Food

Use fresh organic local fruit and vegetables where possible and if you do have to use canned or frozen food ensure it is absolutely preservative free and organic. If a recipe calls for a vegetable that is not in season substitute it with a vegetable that is. Avoid buying prepackaged foods especially if they are not organic.

Make your own pastry, sauces and pastes. The key to these is to find a time where you can make two or three batches and then either freeze the pastry or preserve the sauces. A curry paste or pesto will last in the fridge for up to two weeks. All you need to do is cover it with oil and place in the fridge.

Listen to Your Body

If you really tune in to what your body needs to eat rather than what your mind tells you, you can end up making more creative and nutritious food choices and delicious meals. If knowing what to eat does not come easy to you then sit down and really feel into your body and take time to see what your body wants. By allowing time and really listening to your body's needs a greater love of eating and cooking will follow. The more you do this the easier it will become.

Cook with Love

"Cook with love", my article that was published in the 'Injoy Magazine' in 2010 is on the next page, which has my tips for cooking with love.

So please enjoy my recipe book, change one or two ingredients as you go and experiment here and there to make these recipes into your own. Oh and please feel free to share these recipes with everyone (without photocopying of course). In 2009 I was at the Byron Bay Writer's Festival and heard a guest speaker say recipes belong to the world. I just loved that.

Much love to you all.



The necessary ingredients for

Cooking with Love...

As written for Injoy magazine issue 10

The motto for my catering business begins 'cooked with love', and without even knowing this, many people compliment my food and say how they can tell/feel that it has been cooked with love. This always gets me thinking about what that actually means.

As I write this article it all comes flooding to me, and it really does just boil down to a few simple ingredients, the first being **the love of eating**. Some people, oh and how I do envy them at times, eat to live. By no means am I one of these people . . . I live to eat. I live to eat good, healthy, nutritious, delicious food.

The second ingredient is **love for the produce** that is chosen to cook with. There is nothing more magical than seeing fresh produce picked within twenty four hours sitting in front of the very people who have grown and farmed it, ready to be eaten there and then or taken home to be cooked up for lunch and dinner.

Another important ingredient is **time**. It's so important to never rush cooking a meal. I can gladly spend hours preparing and cooking a simple meal. Taking time to choose the best quality locally grown produce, creatively planning what dish I am going to turn it all into and thoroughly enjoying each step of the cooking process.

And lastly, remember to **cook in a loving energetic space**. No matter what else is going on in my life, no matter how much I've been crying or how angry I can become at something or someone, as soon as I hit that kitchen it all melts away and everything else ceases to exist. It's just me and those wonderful ingredients, ready to turn from individual expressions into one whole delicious creation.

Now, I may begin to sound obsessed with food and cooking, and yes, that's right, I am! But you don't need to be this obsessed to cook with love, and if you don't usually enjoy cooking maybe one day, someday, try to follow the above steps. You will be amazed when you sit down to eat the meal you have created, how wonderful you will feel energetically, nutritionally, socially, and possibly you will even feel spiritually nourished.

Protein Sources

It is my understanding from reading information and talking to others over the past thirty years of being on a vegetarian and now vegan diet, that it is important to eat protein with each meal including breakfast and for an average size person a total of 16 grams of protein per meal. I have seen in many vegetarian and vegan meals a lack of protein, causing problems down the track and in the short term the feeling of never being full. Below is a guide that I have found from the back of packets of vegetarian protein. The amounts may vary and the best thing to do is to check the guides on packets yourself.

Product	Protein Content in Grams	Product	Protein Content in Grams
Beans and Lentils -100g cooked		Nuts and Seeds -100g	
borlotti beans	8.3	almonds	21
chickpeas	8.8	cashews	18
lentils	9.6	pecans	9
cannellini beans	9.7	macadamias	7
adzuki beans	7.5	hazelnuts	14
moong dhal	7.0	hemp seeds	32
mung beans	7.0	pepitas/pumpkin seeds	29
soy beans	16.6	sesame seeds	26.4
black beans	8.9	sunflower seeds	24
fava beans	7.6	tahini	20.4
kidney beans	8.7		
Soy Products -1 cup		Grains -100g cooked	
tempeh	9.3	quinoa	14
tofu	10.6	brown rice	2.2
soy milk	8	millet	6
		buckwheat	15
		amaranth	3.8

Complete Protein

A complete protein comprises all nine essential amino acids which help the body grow and function on a daily basis. The body does not make these amino acids so it needs to get them in the form of food. Complete protein in a vegan diet are soy beans, hemp seeds, quinoa, buckwheat and pepitas. You can also combine certain foods to obtain a complete protein in a vegan diet.

The combinations are:

Grains with legumes, pulses or beans

Grains with nuts or seeds

Legumes, pulses or beans with seeds or nuts

For example some meal combinations would be,

Rice and dhal (grain and pulse)

Corn and beans (grain and pulse)

Pasta and pesto (grain and nut)

Adzuki beans and tahini sauce (bean and nut)

In general, meals combined with complete protein happen quite instinctively. If you feel in to what your body really needs to eat, it will usually come up with food comprising a complete protein. Looking at traditional vegetarian diets, they seem to be very balanced with complete protein.

However if you are on a low carbohydrate diet you really need to make sure you eat legumes, beans or pulses with nuts and seeds. If I am in doubt about whether I have enough complete protein in a meal I sprinkle on a tablespoon or two of hemp seeds and then I know I cannot go wrong.

Gluten Free Diets

I have been on a gluten free diet since 2007 and find it very easy to adapt recipes. You need to stay away from wheat, barley, rye, spelt, and oats. All of the recipes in this cook book are gluten free. When buying packaged foods ensure you check the label to see if gluten has been added. Products to be especially careful of are soy milk, mayonnaise, soy sauce, tamari, baking powder, sauces, stocks and asefoetida.

Adapting Recipes for Individual Needs

It seems these days that people are more in tune with what they can and can't eat for optimum health. It is very easy to adapt any of my recipes to suit individual dietary requirements. If someone has a nut allergy omit the nuts and add another ingredient that has similar protein content, for example the pear and pecan salad, you could easily cut some tempeh or tofu into thin strips and fry with a small amount of oil or bake in the oven until crisp.

Another common allergy or intolerance is garlic and onion. These days I never use raw garlic and if I want to put garlic in a dip I bake it in the oven first. It seems easier for people to digest this way. All of the recipes in this book have been cooked without onion and garlic and I feel have been equally tasty. I personally love onion and garlic but have to admit when they are left out of a recipe the more subtle flavours of the vegetables seep through.

Eating Beans and Legumes

Time and time again people say to me that they don't eat beans or lentils as they find them hard to digest. For years now I have been a happy bean eater. Mostly thanks to D'Amo and Whitney's blood type diet book. From reading this book it made me look at what beans I could and couldn't digest, leaving me with a great range that I can happily eat.

The harder, bigger beans like chickpeas, kidney beans, navy beans and whole lentils are completely out. But split lentils cause me no trouble at all. Smaller beans like adzuki are amazing. These little beans are so easily digestible. If you have never tried them you will be pleasantly surprised. They are a super bean in my eyes and stomach! Throughout the book I use the beans I can digest well. So please feel free to change the beans around to the ones you find easy to digest.

If you are usually a meat eater you may find beans hard to digest, even the small ones as a meat eating diet contains much less fibre than a vegetarian diet. Once you start eating a more fibre filled diet and your system is not used to it, you will end up with more flatulence especially when eating beans. If I have been catering on retreats that don't want beans served, forcing my system to have a break from beans, I find it hard to digest them again, especially for the first few meals. I love eating beans, my body feels very nourished and equally so, I love those weeks when I have a break from them, my body then feels light. However if I go more than three weeks without I get intense bean cravings and will eat them again in small quantities at first to aid the digestion.

Sprouting beans and then cooking them can aid with digestion further.

Cooking Beans

Throughout the book there are recipes where you use dried beans. Cooking beans always seems a lot of effort but actually if you plan ahead is not much trouble at all. They take varying lengths of time to cook and there are many guides out there, also on the internet. My beautiful Mexican friend Thirak told me that she makes a big batch of beans and then freezes them in portions, so for the days she just doesn't have the time to cook them from scratch or has forgotten to soak she can just grab some out of the freezer. I never know how long beans take and often speed up the process using a method my dad told me which was passed down to him by my great Auntie Rose (page 14).

The most important thing is to soak the beans. I try to soak the beans for up to twenty four hours prior to using them, rinsing the water at least twice in that time. This helps the beans to be more easily digestible. You need to discard the water that you have soaked the beans in and add them and boiling water to a saucepan. Bring to a rolling boil then discard the water. Add another lot of boiling water and cook until the beans are tender. At the second boiling stage you can add cumin or fennel seeds or seaweed. Add salt in the last 10 minutes of cooking. This all helps aid digestion.



My Dad's Method for Cooking Beans

The method my dad told me about is for blue peas, which he uses to make mushy peas (yes English heritage). You soak the beans for at least 12 hours, discarding the water as above. Place the beans and boiling water in a saucepan and bring to a rapid boil. Discard this water, add more boiling water and keep boiling rapidly for 30 minutes. Next take them off the heat and leave the lid on without opening for an hour and voila, they are cooked. I do this for adzuki beans but instead of rapidly boiling I keep them on a medium heat for 45 minutes to 1 hour then leave off the heat with the lid on for an hour. With chickpeas I have them on a medium heat for 1 hour and then leave off the heat for at least an hour.

If you really don't have the time or energy to do all of this you can buy canned beans but I suggest that you buy ones that are organic and have no preservatives in them. Always discard the water they are canned in and rinse the beans well.

Throughout the recipes I mention cooked beans. Generally cooked beans are twice the weight of dried beans. But if you want the exact conversion this is what I go by; 165 grams of dried beans equals 400 grams cooked beans. If you cook more beans than you need you can always use them the next day in a salad or freeze them.

Making Coconut Milk

Only quite recently did it dawn on me that I didn't have to buy coconut milk, I could make it myself. I would love to be able to make it with fresh coconut but unfortunately this doesn't come my way very often. To make coconut milk from unsweetened dessicated coconut you need to buy some muslin. I have a big drawer of the stuff. It is not only good for making coconut milk, paneer and ricotta but also as a cover for salads and any other dishes as an alternative to using foil and wrap. It is also great to drape over a whole table of food to keep those pesky flies off in the hot months here in beautiful Australia.

2 cups of boiling water

2 cups of dessicated coconut

Place both ingredients in a food processor and whiz for at least 4 to 5 minutes.

Cover a colander with dampened muslin and have the container resting over a bowl to catch the milk.

Pour the whole contents from the food processor into the muslin and then gather the ends of the muslin together and squeeze the liquid out. Presto, you have your coconut milk, use it immediately. It can last for two days in the fridge. If you want a creamier version use half the water.

Fermented Nut Cheese

If you served the following recipe to your friends who still eat dairy and told them it was cheese they would probably say 'no it isn't'. However I have served this as a spread (not mentioning the word cheese at all) and my cheese eating friends asked what type of cheese it was.

*2 cups soaked nuts;
cashews, macadamias,
almonds or brazil nuts
(stick to one type, don't mix)
soaked for 6 hours in filtered
water*

*2 tsp probiotic powder
¼ to ½ cup filtered water*

Drain and rinse the nuts and place in a high-speed blender with the filtered water and probiotic powder. Place in a nut bag and put the nut bag in a strainer set over a mixing bowl. Place something heavy on the nut bag to weigh it down and leave on the bench for up to 24 hours or until it ferments. You will know when it is fermented as it will stop tasting just like nuts. When fermented, add the nutritional yeast, salt and seasoning of your choice.

seasoning

1 tbsp nutritional yeast

salt to taste

anything you like

for example:

dill

chives

sundried tomatoes cut small

basil

Making Your Own Garam Masala for Curries

You need a spice grinder or a mortar and pestle. Best to make a big lot and store it in an airtight container. There are two types I have found that I like, one from Pat Chapman who has written many books on cooking Indian food and the second from the Zorba the Buddha Cook Book. The one from Zorba the Buddha is easier and less stressful to make (especially if using a mortar and pestle).

Pat's Garam Masala

110g coriander seeds

110g cumin seeds

50g black peppercorns

30g cinnamon bark

30g cloves

30g cardamom

15g nutmeg

10g bay leaves

15g ground powdered ginger

Slightly toast everything except for the ginger in a frying pan and leave to cool. Once cool grind to form a powder.

Zorba the Buddha's Garam Masala

100g cumin powder

100g coriander powder

100g black pepper

50g ground cinnamon

50g ground cloves

25g ground nutmeg

Mix all the ingredients together.

Essential Pantry Ingredients

Over the years many people have asked me for a pantry list where they can stock up their cupboards and then be able to cook whatever they like whenever they like, using this cook book. Here is the list. Attempt to buy organic where possible.

Salt and Pepper

Sea salt
Himalayan or Australian flaked salt
Fine cooking salt, preferably not iodised
Peppercorns
Good quality organic gluten free herb salt

Grains

Quinoa 500g
Brown Rice 500g
Organic Basmati rice 500g
Buckwheat 500g
Millet 500g

Legumes

Red split lentils 500g to 1kg
Adzuki beans 500g to 1kg
Chickpeas 500g to 1kg
Dried borlotti beans 500g
Dried cannellini beans 500g

Fresh Herbs

Great to have growing in the garden but not essential because you can readily buy them these days.
basil, dill, mint, oregano, coriander, lemongrass, rosemary, sage, thyme.
If you want to always have kaffir lime leaves on hand you can pop them in the freezer in an airtight bag.

Nuts Seeds and Seaweeds

I like to keep nuts in the fridge as they stay fresher.
Hemp seeds 500g
Macadamia nuts 500g to 1kg
Pecans 250g to 1kg
Almonds 500g to 1kg
Flaked or slithered almonds 200g
Pepitas 200g
Sunflower seeds 200g
Sesame seeds 200g
Kombu or wakame for cooking beans, a few sticks
Dulse for sprinkling on salads

Sauces Oils Vinegars and Milks

500ml gluten free tamari
Jar of tahini (if opened best to go in fridge)
Good quality cold pressed olive oil 1 litre
Macadamia oil 500ml to 1 litre
Sesame oil.
Coconut, avocado or sunflower oil for shallow frying.
1 litre malt free soy milk (if you don't usually use this and only use a small amount for a dish you can freeze the rest)
2 cans organic coconut milk
Apple cider vinegar and any other vinegar you may like, white wine or red wine or malt or balsamic

Spices

100g each of the following

Ground coriander or whole coriander seeds
Cumin seeds
Ground cumin
Cloves
Cardamom
Ground nutmeg
Garam masala
Fenugreek
Cayenne pepper

200g of the following

Cinnamon
Turmeric

Plus

1 packet of bay leaves, unless you have a bay leaf tree in your garden
1 packet of curry leaves unless you have a curry leaf tree in your garden or neighbour's house (fresh leaves are always the best)
Small amount of star anise
Small amount of fennel seeds
Small amount of powdered ginger

Preserved Items

These are not essential just if you think you will use them.

1 jar artichokes in brine
1 jar of gluten free soy mayonnaise
1 small jar of gluten free seeded mustard

Baking Goods

These are only essential items if you are into baking. If not don't worry about stocking them just buy them as needed. I like to keep nut meals in the fridge as they stay fresher.

Almond meal 500g
Dates 500g
1 block of good quality cooking chocolate
1 packet of gluten free flour
1 pkt of gluten free baking powder
1 jar of agave or maple syrup
Rapadura sugar 500g
Raw cacao powder 200g
Shredded coconut 500g
Desiccated coconut 500g



Conversion Table

All of the recipes in this book are in metric measurements and Australian cup sizes. In the first two editions of this book I suggested to those not familiar with metric to find a converter on the net to help them translate the measurements. After recently attempting to do this myself I realised that it is quite a task so have added conversions of my measurements here for you. With regards to cup sizes, they vary from country to country but the English and Australian cup sizes are the same size. The Cup size in the USA is slightly bigger so just take out a tablespoon or so from your cup or don't worry too much as I am not one for exact measurements. A slight difference in measurement will make no difference to my recipes. When it comes to oven temperatures your oven may heat hotter or cooler than the gauge suggests. If in doubt buy an oven thermometer.

Weights

Grams/Kilograms	Ounces
10g	0.35oz
20g	0.7oz
30g	1 oz
50g	1.7oz
80g	2.8oz
100g	3.5oz
110g	3.85oz
180g	6.3oz
200g	7oz
300g	10oz
400g	14.1oz
500g	1 lb 1oz
1kg	2 lb 2 oz

Volume

Millilitres/litres	pints	quarts
200ml	0.42	0.21
250ml	0.52	0.26
500ml	1.05	0.5
600ml	1.26	0.63
400ml	0.84	0.42
750ml	1.5	0.75
1 litre	2.11	1
2 litres	4.22	2

Oven temperature

Celcius	Farenheit (approx)
80	300
160	320
175	350
180	360
200	390

Soups



Growing up in Darwin, soup didn't feature often on our menu and on the occasions when it did it would always be accompanied by something more substantial. Soup was always thought of as what we would call a make shift meal, something that could be rustled up quickly and eaten on those nights we couldn't decide what to eat. Tomato soup and a cheese sandwich was something we relished and were very happy to eat as children.

It wasn't until I moved to Sydney at the age of eighteen that I realised the full extent of how nourishing soup really can be. Eating soup on a cold night either on its own or with a grain is a wholesome, nurturing and filling meal.

All the soup recipes I have chosen for this book are my favourites, of course some more than others. In the height of winter I can eat Greek Lentil soup each and every week. It is a soup that nourishes the body and soul when not feeling well. Minestrone Verde is perhaps my all time favourite as I love green vegetables, they make my body sing. When I feel like curry but actually want a soup the Spicy Lentil and Indian Spiced soups hit the spot.

On coolish summer days a lovely blended soup goes down a treat. When I am in a reminiscing mood I make the Roast Tomato and vegetable soup, this is childhood comfort food for me. Also in recent years I have come to understand and love a chilled soup in summer. One of my favourite chilled soups especially on a particularly hot and steamy day is avocado and cucumber.

The definition of soup to me is a meal that feeds the body mind and soul, nourishes us to the core and makes creative use of incredibly healthy and delicious ingredients all placed in one pot.

Zucchini Soup with Almond Flakes

I remember copying out a recipe for this one day when I was enjoying an indulgent coffee at the Balcony restaurant in Byron. Of course I wrote it on the back of a shopping docket, which I never saw again. So this is a very simple creation of my own.

1kg zucchini

olive oil

1 onion finely diced

2 cloves garlic

*2 medium sweet potatoes
diced*

*2 litres of good quality
gluten free vegetable stock
or 2 litres of water and 1½
tsp of gluten free organic
herb salt*

*250ml malt free, gluten free
soy milk*

salt and pepper to taste

4 tsp almond flakes

Serves 4 to 6

Cooking and prep time approx. 45 minutes

Wash and grate the zucchini. Fry the onion and garlic in a splash of olive oil for 2 minutes. Add the rest of the ingredients except the soy milk and almond flakes. Bring to the boil and simmer until the potatoes and zucchini are cooked. Blend the soup so there are no lumps and add the soy milk. Heat the soup through again and ladle into bowls. Place a teaspoon of roasted almond flakes in each soup.

Broccoli and Potato

More than fifteen years ago I first made this soup. Using the vegetables I had in the fridge at the time and being in quite a hurry to go for a walk, I cut the vegetables up rather roughly. Once the veggies were cooked through I turned off the heat and headed out for my walk. On returning home my beautiful house mate Bodhitara said 'Veet I hope you don't mind but I just had to help myself to some of your soup, it was so delicious.' I was horrified, not that she had helped herself to the soup but that I had cut the veggies into such huge chunks when I thought it was going to be a processed soup. Bodhitara tried it the next night as a blended soup and was still convinced that the soup was more delicious the way she'd had it the day before. Admittedly I have never tried this soup as a chunky soup so guess what, I'm off to cook that for my dinner tonight. I can imagine now all these years later that it is probably a most delightful soup when not blended.

1 Spanish onion diced
2 cloves garlic minced
1 zucchini cut into 2cm chunks
2 potatoes peeled and cut into chunks
2 heads broccoli roughly chopped including the stalk
½ teaspoon salt
1 teaspoon organic gluten free herb salt
enough water to cover the vegetables
pepper or chilli to taste

Serves 4 to 6

Cooking and prep time approx. 20 to 30 minutes

In a saucepan place all of the vegetables and salt and herb salt. Cover the vegetables with water and bring to the boil. Turn the heat down and simmer for 15 minutes or until all of the vegetables are soft. Then process with a hand held processor. Add pepper or chilli if using and more salt if needed.

If you would like to try it as a non blended soup, cut the vegetables smaller, leaving the broccoli in small florets. Add the potato, onion and garlic first and once the water has boiled add the broccoli and zucchini. Simmer for ten minutes or until the potato is cooked through.

Spinach and Pea Soup

The conception of this soup remains strong in my memory. I had just packed up some ordered zucchini soup and had a little left in the saucepan when my friend Mel rang and asked if I had any soup left for her to buy for her dinner. Of course I said yes, not wanting to disappoint. So I quickly looked in my fridge, there was a lovely bunch of silverbeet from Ron (one of our local farmers) and some frozen organic peas in the freezer. This recipe has now become a standard that people love.

olive oil

1 red onion diced

2 cloves of garlic chopped

1 zucchini roughly chopped

1 potato roughly chopped

750ml filtered water

1 to 2 tsp salt

½ tsp freshly ground black pepper

*500g freshly shelled peas
(use frozen peas if you can't source fresh)*

*2 bunches of spinach or
1 bunch of silverbeet
roughly chopped*

olive oil

*small block of silken tofu
(optional)*

Serves 4 to 6

Cooking and prep time 45 minutes

Fry onion and garlic in a saucepan. Add the zucchini, potato, water, salt and pepper. Bring to the boil and simmer for 10 minutes, then add the peas and spinach. Bring to the boil again and cook for a further 10 to 15 minutes. Use a hand-held processor and blend into a smooth soup. If using, process the tofu in a food processor and add to the soup.

Minestrone Verde

Up until a few years ago I had only known the classic minestrone with a tomato base which I had been eating since I was 18. It was always my partner's favourite soup and to be quite honest I was totally sick of it and cringed every time he suggested it for dinner. So it was to my utter delight when I discovered Minestrone Verde, green vegetable soup. It is my understanding that it is a springtime soup, but I am happy to eat it across all seasons. To make it all the more special, cook up some gluten free spiral pasta and add this to individual bowls. Ladle the soup over the pasta and put a dollop of rocket pesto on it.

2 tbsp olive oil

1 onion finely diced

2 cloves of garlic minced

*1 large handful each of
parsley basil and oregano*

*300g of green vegetables,
whatever is in season. I like
to use zucchini, broccoli
and green beans cut up into
soup size pieces*

*filtered water to cover
veggies*

2 tsp gluten free herb salt

1 tsp ground pepper

*1 bunch of spinach or
silverbeet finely shredded*

200g of fresh or frozen peas

*200g of cooked white beans
(cannellini or butter beans)*

1 portion of pesto (page 66)

Serves 4

Cooking and prep time approx. 45 minutes

Fry the onion and garlic for a few minutes in a saucepan. Chop the herbs finely and add to the saucepan, stir for a minute or two. Add the green veggies (not the peas or spinach yet) and cover with water, place the herb salt and pepper in the pot. You may need to add more seasoning for your own individual taste. Bring to the boil then cook for 15 minutes. Add the spinach, peas and white beans and cook for a further 15 minutes. Serve in individual bowls and place a dollop of macadamia nut and rocket pesto in each bowl.

Kale and Miso with Rice Noodles

There are many ways to make miso soup and I am not sure what Japanese friends will think of my recipe but this is my favourite. I don't usually serve it with noodles but it is incredibly good this way. This soup doesn't have enough protein to satisfy me so I usually eat it with tempeh. I suggest using Byron Bay Miso in this recipe as it is the one readily available to me but you use what ever local one you can source.

½ cup Tasmanian Wakame

1 litre of filtered water

2 tsp toasted sesame seed oil

1 Spanish onion finely diced

1 carrot peeled and cut into very small cubes

2 bunches kale removed from the stalk and finely chopped

300g fresh porcini mushrooms sliced or cut into small cubes

1 litre of filtered water

4 tbsp Byron Bay adzuki bean or soy miso

1 tbsp gluten free tamari

salt to taste and cayenne pepper if you desire

1 packet rice noodles

Serves 4

Cooking and prep time approx. 45 minutes

The night before making soak the wakame in 1 litre of boiling filtered water. In a saucepan place the sesame seed oil and sauté the onion and carrot for 2 minutes, then add the kale, mushrooms and the wakame and water. Simmer gently for 10 to 15 minutes or until you think it is heated through. In a bowl place the miso and 4 tbsp of the boiling water from the soup. Mix until the paste and water combine then add to the soup. Add the tamari and season with salt and cayenne if you think you need it. In another bowl place the noodles and break up a little, pour on boiling water and leave for two minutes or until the noodles are to your liking. Strain the noodles from the water and place in individual bowls then ladle the soup over them.

Fennel Chickpea and Potato

My inspiration for this recipe comes from Nadine Abensur. Her cook books are amazing and the Cranks Bible was the first vegetarian cook book I ever bought. It is very thumbed through now and I still love to delve into it and try things I haven't yet experimented with. On a recent retreat I was cooking for I added buckwheat to this recipe. The buckwheat made it incredibly delicious and so much more wholesome.

4 tomatoes
2 large potatoes
1 carrot
2 zucchinis
1 fennel
splash of olive oil
2 onions diced
1 clove garlic minced
1 bay leaf
3 tbsp chopped fresh oregano
2 litres stock, either using gluten free Marigold bouillon or gluten free herb salt
2 cups of cooked chickpeas
1 cup of buckwheat (optional)
a vegan sprinkle of your choice
salt and pepper to taste

Serves 4

Cooking and prep time approx. 45 minutes

If using buckwheat, bring a saucepan of water to boil and then add the buckwheat. Cook on a low heat for 15 to 20 minutes or until soft. Drain and set aside.

Dice all the veggies into soup size pieces and keep them in separate piles. In a saucepan, heat the olive oil and fry the onion and garlic for a few minutes. Next add the bay leaf, oregano, stock and cooked chickpeas. Bring to the boil and then reduce heat to a simmer. Add the veggies in the following order (leave a 5 minute interval between each vegetable) tomato and potato, carrot, fennel and zucchini. Add more water if you want a thinner soup.

When veggies are cooked you can add the buckwheat if using and salt and pepper to your liking. If you want an extra tasty soup add the vegan sprinkle to individual bowls.

Roast Cauliflower and Cumin

This is an ideal soup for a winter's night. Cauliflower is packed with vitamin C so wonderful to eat this with vegetables and seeds high in iron. I like to serve it with steamed kale and pumpkin scattered with pepita seeds.

1 large cauliflower cut into rough florets

1 large clove garlic whole

1 tsp salt

olive oil

1 tsp cumin seeds

filtered water to cover cauliflower

200ml soy or almond milk

salt and pepper to taste

Serves 4

Cooking and prep time approx. 45 minutes

Place the cauliflower in a baking tray with the whole garlic clove and sprinkle on salt and olive oil. Bake in 180°C oven for 20 minutes then sprinkle on the cumin. Bake for a further 5 to 10 minutes or until cauliflower is soft. Place baked cauliflower in saucepan, squeeze in the garlic and cover the cauliflower with the filtered water. Heat through without boiling and then either process or leave as is. Add the soy or almond milk and salt and pepper to taste.



Carrot and Dill

One cold Sunday night I was left with two big bunches of dill in the fridge and some carrots, so I put in a Google search for carrot and dill soup. The internet is truly amazing. I don't think my World Encyclopaedia that I loved so much as a child could have produced such a recipe. I added white beans for protein and knowing that my partner doesn't like what he calls baby food soups I added soup sized pieces of cauliflower (the only other vegetable I had in my fridge) a happy compromise I felt and a huge success.

1 onion

2 tbsp of olive oil

1kg carrots roughly chopped

1 bunch of dill

filtered water to cover the vegetables

2 tsp gluten free organic herb salt

½ cauliflower

200g cooked cannellini beans

salt and pepper to taste

Serves 4 to 6

Cooking and prep time approx. 45 minutes

Dice the onion and fry in the olive oil, add the chopped carrots and fry for a minute or so. Next add the dill, water and herb salt, cook until the carrots are soft. In a baking dish place the chopped cauliflower and drizzle some olive oil on top. Bake in a moderate oven for 15 to 20 minutes or until tender.

When the carrots are soft, process the soup, add the beans, cauliflower and salt and pepper to taste.

Carrot and Orange

This is an unusual combination of flavours for a carrot soup but one that works well. I like to add 200g of cooked cannellini beans for protein to the soup. Alternatively eat with gluten free toast and home made hummus (page 65).

500g carrots
splash of oil
600ml water
1 sprig mint
3 sage leaves
salt and pepper to taste
1 tbsp orange rind
300ml freshly squeezed orange juice
200g cooked cannellini beans (optional)

Serves 4

Cooking and prep time 45 minutes max

If the carrots are organic there is no need to peel, just scrub any dirt off. Cut into chunks and fry for a minute or so in the oil. Add the water, mint, sage, salt and pepper then bring to the boil. Turn the heat down and simmer until the carrot is tender. Puree the soup with a hand held blender and add the orange juice and zest and cannellini beans if using.

Your soup is now ready.

Coconut Carrot and Pumpkin

Pumpkin soup was the first soup I remember my mum making as a teenager. I loved the creaminess of it all and then when I went to visit her as an adult she had taken it to another level by adding ginger and coconut milk. This recipe is based on my mum's pumpkin soup.

splash of olive oil

1 Spanish onion finely diced

2 cloves garlic (minced)

2 tsp grated ginger

4 tsp grated tumeric or 2 tsp of powdered tumeric

8 kaffir lime leaves

3 sticks lemon grass broken in half

1 teaspoon of ground coriander

1 to 2 chillies finely chopped (optional)

4 carrots roughly chopped

1 medium butternut pumpkin peeled and roughly chopped

1 to 2 tsp of organic gluten free herb salt

filtered water to cover the vegetables

400ml coconut cream

salt and pepper to taste

Serves 4

Cooking and prep time approx. 45 minutes

In a saucepan sauté the onion and garlic in the oil for a few minutes. Add the ginger, tumeric, kaffir lime leaves, lemon grass, coriander and chilli if using. Stir for a minute or two then add the carrot, pumpkin and herb salt and cover with filtered water. Bring to the boil and then simmer until the vegetables are cooked through, remove the kaffir lime leaves and lemongrass then blend the vegetables with a hand held processor. Add the coconut cream and stir through. Salt and pepper to taste.

Pumpkin Sweet Potato and Carrot

The flavours in this soup are Israeli inspired. The thyme, oregano and marjoram along with sumac are all ingredients found in a wonderful spice blend called za'atar. Another ingredient found in za'atar is sesame seeds. I love to sprinkle them on the top of the soup.

1 Spanish onion finely diced

1 leek washed and finely chopped

2 tbsp olive oil

2 tbsp thyme finely chopped

1 tbsp oregano finely chopped

1 tbsp marjoram finely chopped

3 tsp sumac

1 tsp of salt or to taste

½ butternut pumpkin peeled and cut into bite size pieces

2 medium sweet potatoes peeled and cut into bite size pieces

2 carrots peeled and cut into bite size pieces

filtered water to cover the vegetables

*1 bunch kale removed from stalk and roughly chopped
sesame seeds to sprinkle*

Serves 4

Cooking and prep time approx. 45 minutes

In a saucepan, sauté the onion and leek in the oil then add the herbs, sumac and salt. Stir for a minute or so. Add the pumpkin, sweet potato and carrot and stir then add the water. Bring to the boil and add the kale. Reduce to a simmer and cook until the vegetables are cooked to your liking. Serve with a sprinkling of sesame seeds.

Roast Veg and Tomato

Whenever I have bought too many tomatoes on a catering job I end up making a roast vegetable soup for myself. This soup is lovely and rich and the addition of chilli for those of you who are chilli lovers like me makes it all the more special.

1 medium eggplant

½ tsp salt

½ pumpkin

1 red onion

2 cloves garlic

2kg tomatoes

1 red capsicum

olive oil

filtered water

2 chillies (optional)

*200g cooked borlotti beans
or cannellini beans (optional
but adds protein to a soup
that has none)*

gomasio (page 42)

Serves 4

Cooking and prep time 1 hour

Cut the eggplant into medium pieces and rub in some salt. Let stand for 10 to 15 minutes. Meanwhile cut the pumpkin and onion into pieces and place in a baking tray. Put the whole garlic cloves in the same baking tray. Halve the tomatoes and capsicum and also put on a baking tray. Rinse the salt from the eggplant and also put on a tray. Drizzle all veggies with olive oil and bake in a 200°C oven until all veggies are tender.

Place the baked veggies in a saucepan and use a hand held processor or potato masher and combine until there are no lumps. Add water to make the soup the consistency you like and add salt and pepper to taste, add chillies if using. Add the borlotti beans and serve with sprinklings of gomasio.

Greek Lentil

This recipe was given to me by my friend Selena. The night she first made it was a cold and wintery one and she was down stairs cooking up this great delight when I got a phone call from our new neighbour (who by the way was 1.5 km away, no kidding). She couldn't get her hot water to work. My partner and Selena's partner took off in the car to help her. They came back with our new neighbour as they had also been unsuccessful with the hot water. She popped in the shower and then joined us for this superb soup, dressed in her PJ's. I will never forget that night and this soup will always be one of my favourites. Many thanks Selena!

2 tbsp olive oil

2 onions finely diced

2 cloves garlic minced

1 tbsp finely chopped fresh rosemary

2 tbsp finely chopped fresh oregano

2 bay leaves

2 carrots diced

1 cup of red split lentils

8 cups of home made vegetable stock (you can make this with gluten free Marigold Bouillon from health food stores, or organic herb salt, gluten free)

1 chilli finely chopped (optional)

juice and zest of 1 lemon

salt and pepper to taste

vegan sprinkle of your choice (page 42)

Serves 4 to 6

Cooking and prep time approx. 45 minutes

Heat the olive oil and fry the onion and garlic until translucent. Add the herbs and bay leaves and fry for a further minute. Pop the carrots and rinsed lentils into the saucepan and add the stock. Bring to the boil and then simmer for 20 to 30 minutes or until carrots are cooked to your liking and lentils are cooked through. Add chilli if using and add the lemon juice and zest. Add salt and pepper to your taste

Serve with a vegan sprinkle.

Spicy Lentil and Vegetable

There are times in my life when I come across a recipe or idea and I try it once and then that's all I want to eat for days on end. I was visiting friends in Woodend, Victoria and after a beautiful walk in the surrounding bushland I popped into a café which had a fire roaring and the only thing left on the menu was spicy lentil soup. It was definitely spicy and I was hooked. I went back the next day and had the same soup. Then of course on my return back home to the Byron Shire I set about creating a similar soup and this is the result. For this soup you need to soak the lentils for up to eight hours.

2 cups puy lentils

olive oil

2 cloves garlic minced

*2 medium Spanish onions
diced finely*

1 tsp ground coriander

1 tsp cumin seeds

*2 chillies finely diced
(optional)*

1 tsp paprika

½ tsp cayenne pepper

*1 to 2 teaspoons salt or
organic gluten free herb salt*

4 tomatoes finely diced

2 carrots peeled and diced

*½ bunch celery cut into tiny
pieces*

1 red capsicum diced

1 zucchini diced

*filtered water to cover lentils
and vegetables*

*garnish: coconut yoghurt
with 1 tbsp of fresh chopped
coriander.*

Serves 4 to 6

Cooking and prep time approx. 45 minutes to 1 hour

Soak the puy lentils for 8 hours. Rinse the soaked puy lentils and put them in a saucepan, cover with filtered water and bring to the boil. Simmer until the lentils are fully cooked. Meanwhile sauté the onions and garlic in a good splash of olive oil and then add the coriander, cumin, chillies (if using), paprika, cayenne pepper and salt, stir for a minute or two. Add the vegetables and stir for a further minute or two. Cover the vegetables with filtered water and bring to the boil, then add the cooked lentils and cover with more water. It is up to you how thick you want this soup. Keep simmering until the vegetables are cooked to your liking. Serve with coriander coconut yoghurt.

Indian Lentil

In India when you order a dhal it often has the consistency of a soup and is served in a bowl. If I serve a dhal like that in Australia people get confused as they seem to expect dhal to have a much thicker consistency than soup. When I eat this soup, I eat it with brown rice or millet and feel like I am right back in India enjoying a dhal.

6 cardamom pods

1 Spanish onion finely diced

*2 cloves garlic minced
(optional)*

olive oil

1 tsp ground coriander

1 tsp cumin seeds

2 bay leaves

*3 tomatoes chopped very
small*

*2 chillies finely chopped
(optional)*

1 to 2 teaspoons of salt

*2 cup red split lentils rinsed
well*

4 to 8 cups filtered water

4 carrots peeled and grated

*½ bunch fresh coriander
washed & roughly chopped*

*coconut yoghurt to serve
(optional)*

Serves 4 to 6

Cooking and prep time approx. 45 minutes

Remove the cardamom seeds from the pods, pound the pods so they form a powder. Place the onion and garlic in a saucepan with the oil, sauté then add the cardamom powder, coriander, cumin, bay leaves, tomato, salt and chilli if using. Leave on a low heat for 5 minutes. Add the lentils and water. Bring to the boil then add the grated carrots and simmer until cooked. Serve with coconut yoghurt if you wish and garnish with the coriander.

Mexican Bean

You can use black or turtle beans for this soup. However, if these beans are hard for you to digest I suggest using adzuki beans.

2 cups black, turtle or adzuki beans soaked for at least 8 hours and cooked (page 13)

2 medium onions

2 cloves garlic minced

½ bunch coriander

2 tsp cumin

2 bay leaves

6 tomatoes finely diced

2 carrots, chopped small

½ bunch celery chopped small

2 tsp organic gluten free herb salt

filtered water to cover beans and vegetables

salt and pepper to taste

Juice 1 lime or ½ lemon

Garnish

1 serve of avocado, corn and tomato salsa (page 67)

1 tsp pecan mince per bowl

Serves 4 to 6

Cooking and prep time approx. 45 minutes

In a saucepan sauté the onions, garlic, coriander, cumin and bay leaf, add the vegetables and cover with a small amount of water and herb salt. Once the veggies are cooked add the cooked beans and cover with more water. Heat through and season with salt and pepper and add the lime or lemon juice. Serve the soup in individual bowls and place a generous spoonful of salsa and a sprinkling of pecan mince on top of each soup.

Avocado and Cucumber

For summer days or in the height of spring this soup is such a treat. I love when people eat it and try to guess what is in it. It is a refreshing starter to any meal.

*3 cucumbers roughly
chopped*

3 tbsp lemon juice

1 avocado

*salt or organic gluten free
herb salt to taste*

*½ bunch parsley finely
chopped*

filtered water to thin

Serves 2 to 4

Prep time 20 minutes

Place the cucumbers in a food processor and blend until they form a soupy consistency, then add the lemon juice and avocado. Process until completely blended. Season with the salt or herb salt and fold in the parsley and filtered water to thin to the consistency you like. Serve in individual bowls or chill in the fridge until ready to serve.



Laksa

I had many attempts at making a good vegetarian laksa and was dismally disappointed until I discovered Celia Brooks Brown's Vegetarian World Classics. Her recipe and the way she assembles this laksa makes it one that I want to eat night after night. I have adapted her recipe by adding my favourite laksa veggies and substituting tempeh for tofu. For me it is like heaven in a bowl having tempeh in my laksa. Making a fresh laksa paste can seem time consuming so I really advise to double or triple the amount and store it in your fridge. Just put olive oil on the top and it should last for a good week and I can assure you that you will want to make the laksa again within the week! This recipe seems quite complicated so I have set the instructions out in clear steps. To make it even easier I suggest highlighting the key words. (Oops the ex primary school teacher is still in there somewhere).

Laksa Paste

2 cloves garlic

2 red chillies

4 tsp grated ginger

1 shallot (small onion) or

½ Spanish red onion

*1 tsp fresh tumeric grated
or ½ tsp powdered tumeric*

*2 lemon grass stalks finely
chopped*

*4 kaffir lime leaves finely
chopped*

3 tsp water

Serves 4

Cooking and prep takes a long time. I don't really know if it is an hour or more as I get lost in the whole enjoyment of creating this dish!

Make the paste by grinding all the ingredients in a mortar or pestle, or if pushed for time cheat like me and put them all in the food processor.

The Soup

250g pumpkin diced

1.2 litres of water

1 pkt tempeh

2 tbsp macadamia oil

4 tbsp gluten free tamari

2 cans of coconut milk (or home made coconut milk (page 15))

1 head of broccoli cut into long florets

200g green beans topped and cut into 3 pieces on the diagonal

1 pkt of rice noodles

2 tomatoes cut into 8 wedges each

Garnish

1 cucumber cut into 5cm sticks

big handful of fresh mint

½ bunch of coriander

2 spring onions thinly cut

1 large red chilli finely cut on the diagonal

Add the pumpkin to 600ml of salted boiling water, cook the pumpkin until just tender. Remove the pumpkin and keep the water for the laksa soup.

Cut the tempeh into cubes and fry in a frying pan with a splash of oil or put in a baking tray and cook for 15 to 20 minutes on a moderate heat.

Heat the macadamia oil in a saucepan and fry the laksa paste for a few minutes, next add the pumpkin water and a further 600ml of water, bring to the boil then reduce heat.

Add the tamari, coconut milk, broccoli and green beans. Cook for 5 to 10 minutes or until the veggies are cooked but still have some crunch. Turn off the laksa and keep the lid off so the veggies don't overcook.

While the veggies are cooking, cook the rice noodles according to the instructions on the packet.

To assemble the laksa, put out 4 bowls, divide the pumpkin, noodles and tomato into each bowl. Pour in the laksa soup and veggies. Add the tempeh to the centre of each bowl and garnish with cucumber, mint, coriander, spring onions and lots of chilli for chilli buffs like me.

Sprinkles for soups

It is a lovely addition to any soup to add a sprinkle or garnish, especially if you are entertaining guests. Many of the soups I would suggest using an almacasheye sprinkle which is my version of vegan parmesan.

In a food processor combine ½ cup almonds, ½ cup cashews and ¼ cup yeast. Process until it resembles fine bread crumbs. However the sprinkles below are equally as delicious so you could have one or two made up and stored in your fridge so you have a choice.

Gomasio

½ cup of sesame seeds

Traditionally gomasio is toasted but it's not necessary. If toasting place in a heated frying pan and stir until slightly browned. Once cool, put in a food processor or use a mortar and pestle and process or crush until they are very fine.

Sesame Seeds and Flaked Almonds

You can mix these together and add to your soup or toast them slightly in a heated frying pan.

Dulse Sprinkle

1 cup of any seeds you like
2 tbsps dulse flakes

Mix together.

Sunflower and Hemp Seed Sprinkle

½ cup sunflower seeds

½ cup hemp seeds

Mix them together.

I make a big batch and keep in the fridge adding to everything

Pecan and Macadamia Mince

½ cup pecans

½ cup macadamia

1 tsp gluten free tamari

1 hot chilli

1 tsp cumin seeds

1 tsp olive oil

In a food processor pulse the nuts until fine but not forming a paste. Add the rest of the ingredients and give it a further few pulses.

Macadamia and Pepita Dukkah

1 cup macadamia

¼ cup pepitas

2 tsp ground coriander

2 tsp cumin seeds

½ tsp ground black pepper
salt flakes to taste

In a food processor or with a mortar and pestle combine all the ingredients until fine.

Salads



Creating salads is a complete joy. They are dependent on mood and occasion. In winter lovely cooked vegetables along with raw vegetables fill me up nicely. For BBQ's and picnics more decadent salads like baked beetroot and halloumi seem a must. For daily home salads, raw salads topped with dulse flakes and hemp seeds seem to go down a treat. I couldn't really tell you what my favourite salad is from these recipes I have chosen to share with you because I love them all equally.

A dictionary definition describes salad as being a dish of raw leafy green vegetables tossed in a dressing. This already sounds divine to me, but if I was to redefine the meaning of salad it would be something like: A creative combination of fruits and vegetables accompanied by tantalising leafy greens and sometimes a sprinkling of grains making for a feast of nutrition and taste sensation.



Eastern Sydney Mango and Lettuce

I adore salads with fruit in them as it is a pleasant surprise. As I write this the first salad I ever had containing fruit springs to mind. I was a nineteen year old care worker in Sydney and one of my colleagues made a salad with mango for our staff Christmas picnic at Bronte Beach. This was so new to me and delightful, I now remember I made it most days that summer. Thanks Rebecca! This salad has very little protein so you would need to serve it with a protein based main.

1 green curly lettuce

2 large mangoes cut into short bite sized strips

¼ cup of sunflower seeds, pepitas and sesame seeds toasted in a frying pan for a few minutes

alfalfa sprouts or broccoli sprouts

sunflower sprouts

2 tsp of macadamia oil

juice of 2 oranges

salt and pepper to taste

Serves 4

Prep time approx. 45 minutes

This salad definitely needs to be served in a bowl not on a platter as that's how I remember it! Layer the lettuce and mango in the serving bowl. Add the toasted seeds and garnish with the alfalfa and sunflower seed sprouts. Mix the macadamia oil and orange juice with some salt and pepper for a simple dressing.



Fennel Orange Olive and Puy Lentils

Whenever fennel and oranges are in season at the same time this salad is a delight to serve up at least once a week or take on picnics or to a BBQ.

1 organic lettuce any type

½ bulb fennel, very finely sliced

3 oranges, peeled and sliced into small pieces

20 pitted kalamata olives

200g cooked puy lentils

sunflower or broccoli sprouts for garnish

dressing of choice (page 61)

Serves 4 to 6

Prep time 30 minutes

Assemble on a platter or a shallow salad bowl in the following order; lettuce, fennel, orange and olives, then sprinkle with the puy lentils. Garnish with sunflower sprouts or broccoli sprouts.

Serve with the dressing of your choice.

Borlotti Blueberries and Mandarin

We get fantastic blueberries at our farmers market and I love to throw them in a salad. They go particularly well with borlotti beans and mandarins. You can serve the macadamia and pepita dukkah (page 42).

1 lettuce of your choice
small punnet of blueberries
200g cooked borlotti beans
2 mandarins
white wine vinegar or
orange and mint dressing
goes well with this (page
61)
sunflower or alfalfa sprouts
for garnish

Serves 4

Prep time 20 minutes

Place all the ingredients in a big bowl and sprinkle the dressing of choice on top.

Mixed Bean Salad with Salsa Verde

This salad goes nicely with anything that calls for more protein. It's also great to take along to a BBQ or picnic. Serve it with any of the polenta dishes (page 121).

1 cup parsley
2 tbsp rinsed capers
½ clove garlic
3 tsp apple cider vinegar
300g cooked borlotti or
cannellini beans
200g steamed green beans
100g steamed snow peas
salt and pepper to taste

Serves 4

Cooking and prep time approx. 30 minutes

Chop the parsley, capers and garlic until fine. Mix with the apple cider vinegar then toss through the snow peas and beans.

That's it. So simple.

Baked Pear Rocket and Pecan

A heavenly combination of pear, rocket and walnuts appears on many menus around the globe. I often order it in restaurants but never used to offer it on my own menus as I disliked how the pear went brown. A few years back I ate out at the Beach Cafe in Byron Bay and they had a slightly different version using poached pear. It looked amazing. This started me on an internet search and I came up with the idea of baking the pears. It is a sensational addition to what I personally think is an awesome salad. I use pecans as they are grown locally here and I prefer the taste to walnuts. For a more protein packed salad add some seeds, pepitas, sunflower, sesame, poppy or some shaved cooked tofu or tempeh.

¼ tsp cinnamon

¼ tsp nutmeg

¼ tsp powdered ginger

3 pears

200g rocket

½ cup pecan or walnuts

Serves 4 to 6

Cooking and prep time 1½ hours

Mix all the spices together. Wash the pears and leave the skin on. Slice in half and then each half into six. Arrange pear slices on a piece of baking paper placed on a baking tray, skin side down. Sprinkle spice mixture over the pears, cover the baking tray tightly with a lid or foil. Bake in 180°C oven for 45 minutes and then uncover and bake for a further 30 minutes. Once cooked let cool slightly.

Place rocket on a platter or in a salad bowl and arrange the pear and pecans on top.

Beetroot Green Beans and Tofu

This is quite a treat and tahini dressing (page 62) accompanies it well. I have even made this into a sandwich. To do that you slice the beetroot very finely and fry or grill it. You can also serve this with quinoa to make a more wholesome meal.

1 bunch fresh beetroots cut into wedges

2 tbsp olive oil

180g tofu cut into thin slices

rocket or your choice of mixed lettuce or cos

tahini dressing (page 62) or balsamic vinegar and olive oil

slithered almonds

sunflower sprouts for garnish

Serves 4 to 6

Cooking and prep time 1 hour

Bake the beetroot in a 200°C oven with the olive oil and cover with a lid or foil for 45 minutes or until tender.

Meanwhile fry the tofu until golden on both sides. When the beetroot is cool assemble the salad, first lettuce or rocket, then beetroot, tofu, almonds and sunflower sprouts.

Serve with your choice of dressing.

Tofu Rocket and Artichoke

My beautiful friend Garimo served this salad at a dinner party many moons ago and I was in tastebud nirvana. I can't imagine I make it quite like Garimo did but it is on the same lines. I could eat it every night in summer. It is great as an entrée before a meal or as a side served with pasta or lasagne or quite frankly with anything!

1 jar or tin of artichokes in brine

1 tsp coarse salt

1 clove garlic minced (optional)

200g rocket

1 small block tofu cut in thin triangles

1 clove garlic

2 tbsp olive oil

1 tbsp balsamic vinegar

cherry tomatoes

olive oil

salt and pepper to taste

Serves 4 to 6

Prep time 20 minutes

Marinate the tofu in the oil, garlic and balsamic vinegar for an hour or so. Drain the artichokes and place on a chopping board. Place the salt and garlic on top and chop together until it is well mixed and very fine. Fry the tofu until a little brown, let cool. Place the rocket on a platter. Place the tofu on the rocket. Cut the tomatoes into quarters and scatter on top of the tofu and rocket, then sprinkle the artichoke mixture on top. Drizzle olive oil over the salad. Season with salt and pepper.

Cauliflower Pea and Tempeh

For the first week or so of really cold weather each year I can't even contemplate eating a salad and then the salad cravings begin again. Apparently as a four year old living in a hostel for migrants the only food I asked for was salad and it is still a very big and important part of my diet. This is a great winter salad as it combines cooked and raw vegetables.

½ cauliflower

olive oil

salt

½ tsp cumin seeds

4 good size handfuls of organic cos or mixed lettuce

1 avocado

1 block tempeh

200g shelled fresh peas

2 tbsp olive oil

1 tbsp tamari

freshly cracked black pepper

*dressing of your choice
(page 61 and 62)*

Serves 2 to 4

Cooking and prep time 45 minutes to 1 hour

Cut the cauliflower into bite size pieces, place in a baking tray, drizzle with olive oil and sprinkle a few pinches of salt over the top. Bake in a moderate oven for 15 minutes. Then sprinkle the cumin seeds over the cauli and cook for a further 5 minutes or until tender. Meanwhile fry the tempeh until a little crispy in olive oil and a splash of tamari. Wash the lettuce, slice the avocado thinly and cook the peas in salted boiling water for 5 minutes. Assemble the salad in individual bowls in the following order; lettuce, avocado, cauliflower and peas. Place the tempeh on top of the salad.

Pour over your favourite dressing and add some freshly cracked pepper.

Warm Cauliflower and Greens

Some years back I catered on a retreat in a gorgeous little town called Mylestrom. After packing up the last of the breakfast buffet including helping the women create a picnic out of all the left over breakfast for their long drive back home, I realised I had nothing to take on my journey home. So I popped into the nearby town of Bellingen and found a healthy bakery which also had gourmet salads. As I selected the salad I watched my creative mind tick over and days later I comprised this winter warming salad.

½ cauliflower cut into small florets

1 red capsicum cut into strips

splash of olive oil

salt

2 handfuls of green beans cut on the angle in small pieces

2 cups of peas

3 leaves of kale finely cut

200g black olives sliced

To make this salad into a meal with complete protein choose one of the following to accompany it.

100g of cooked cannellini beans plus ½ cup of cooked quinoa per person or

100g cashews or pecans per person and or 1 cup of brown rice per person.

Serves 2 to 4

Cooking and prep time 45 minutes

Place the cauliflower, red capsicum and a splash of oil in a baking tray and sprinkle with salt, bake for 20 minutes or until cooked to your liking. Meanwhile bring a saucepan of salted water to the boil and add the beans, peas and kale and then simmer for 5 to 10 minutes. Mix the cauliflower and capsicum with the steamed vegetables and olives. Serve this with your choice of protein from the list of ingredients.

Avocado Sweet Potato and Tomato

This salad is great with a crisp green lettuce. Dare I say iceberg, or a gourmet lettuce that is crisp. I recently bought a beautiful crisp organic lettuce called Frilled Ice which was similar to iceberg but a darker green and more textural. For any of you who didn't grow up in a small Australian country town I have to explain that iceberg was the only variety of lettuce we were able to buy as children. My dad used to dream of English butter lettuces, I had no idea what he was on about. Now I feel amazingly blessed that I have the choice of probably eight different lettuces to buy each week. Having said this, once every year or so I crave a salad made with iceberg.

A nice squeeze of lime and a drizzle of olive oil works well as a dressing with this salad or try one of the dressings on page 61 and 62.

1 medium sweet potato

olive oil

¼ tsp tumeric

1 crisp lettuce of your choice

*200g cherry tomatoes or 3
big plump tomatoes*

*couple of handfuls of
sunflower seeds*

1 lovely big ripe avocado

salt and pepper

Serves 2 to 4

Cooking and prep time 45 minutes

Cut the sweet potato in half and then make ½cm slices. Place them in a baking tray with a small amount of olive oil and the tumeric. Bake in a 180°C oven for 25 minutes or until the sweet potatoes are soft. Meanwhile cut the tomatoes in half if using cherry tomatoes or in wedges if using big tomatoes. Slightly toast the sunflower seeds in a frying pan. Cut the avocado either in cubes or slices.

Assemble the salad by placing the lettuce down first then all the goodies on top, leaving the sunflower seeds till last.

Season with salt and pepper.

Acar Acar with Rice Noodles

Acar Acar is a Balinese salad traditionally made with carrots and cucumber. This is my version. You can make it the day before and it just gets better. If doing that, don't add the noodles until you want to serve it. Traditionally you put palm sugar in this salad and that does make it divine. I don't bother with adding a sweetener but if that takes your fancy add 1 teaspoon of agave. This salad goes wonderfully with the recipes in the Balinese Banquet section (page 107).

*4 carrots peeled and grated
with a fine julienne grater*

*2 Lebanese cucumber
grated with a fine julienne
grater*

3 tbsp apple cider vinegar

1 tsp salt

*½ packet gluten free rice
noodles*

filtered water

1 to 2 tbsp sesame seeds

Serves 4 to 6

Cooking and prep time 20 to 30 minutes

Place the carrot, cucumber, apple cider vinegar and salt in a non reactive bowl and let sit for an hour or so. When ready to serve, put the noodles in another bowl and cover with boiling water. Let sit for 2 minutes or until the noodles are cooked then strain them from the water.

Mix the veggies and the noodles together and place on a platter and sprinkle with the sesame seeds.

Pickled Delight

It is so difficult for me to make pickles as I have usually eaten them all by the time they are ready to be served. This salad is best made an hour or so before in order for the vinegar to seep into the vegetables. When I make this salad the greedy me comes out and I just can't help having a little taste every five minutes. I certainly need to exercise better disciplinary skills when it comes to pickles and this salad in particular.

3 tbsp white or apple cider vinegar

1 tsp salt

1 tsp rapadura sugar (optional)

2 carrots, peeled and grated with a fine julienne grater

1 zucchini grated with a fine julienne grater

1 Lebanese cucumber julienned finely

1 beetroot peeled and grated

2 tbsp hemp seeds

3 tbsp sunflower seeds

Serves 4 to 6

Prep time 45 minutes

Mix vinegar, salt and sugar (if using) together. Mix all grated veggies except beetroot in a bowl and pour vinegar over them. Let sit for an hour or more then arrange veggies on a platter or in a bowl. Garnish with the beetroot and sprinkle the hemp and sunflower seeds over the top. This salad has very little protein so is best served alongside a Laksa or Balinese curry or with another salad that contains protein.

Simply Raw

Nothing really beats a raw salad, well a mostly raw salad that is. This is one of my all time favourites and I like to make it on individual plates and keep each veggie separate with some brown rice in the middle, some tempeh lightly fried with tamari and sprinkled with almacasheye (page 42).

1 beetroot grated
1 carrot grated
1 stick celery finely sliced
1 radish finely sliced
(optional)
5 cherry tomatoes cut into quarters
1 Lebanese cucumber cut into thin rounds
½ lettuce washed and ripped or shredded
a few sprinklings of dulse (a seaweed very high in iron)
¼ cup of sunflower seeds and pepitas slightly heated in a frying pan
splash of gluten free organic tamari
a splash of olive oil
Juice of half a lemon or 1 lime
a good handful of sunflower or broccoli sprouts
½ cup cooked brown rice
protein of your choice

Serves: 4

Prep time literally no time at all, I whip this up for a quick lunch but let's say ½ an hour.

Assemble these ingredients in whichever way you feel is creative. Splash the oil and tamari over the salad and squeeze over the lemon juice. Sprinkle on the dulse, sunflower seeds and pepitas. Garnish with sprouts.

Eat with the protein of your choice and with quinoa or brown rice.

Beetroot Fennel Mint and Avocado

The lemon juice and fennel in this dish are high in vitamin C which helps assist the body in absorbing the iron from the beetroot and the mint is a definite must for taste sensation. This is one of those salads that I can't believe I didn't discover earlier. Forty three years without this salad was far too long.

1 beetroot grated

½ fennel bulb finely sliced

1 large sprig of mint finely chopped

juice of half a lemon

½ ripe avocado

salt

generous sprinklings of hemp seeds

handful of sunflower sprouts

Serves 2 to 4

Prep time 20 minutes

In a bowl add the grated beetroot, fennel and mint, add the lemon juice and rub or mix in the avocado, season with salt. Place in a bowl, sprinkle on hemp seeds and garnish with sprouts.

Garnishing and Adding to Salads

To make your salad even more appealing to eat, garnish it. After I put together a salad I always feel like taking a picture, they look like a work of art. Some beautiful things to garnish a salad with are sunflower sprouts, parsley, mint leaves, nasturtiums, other edible flowers and my most recent favourite, elderflower. When nasturtiums and edible flowers are a little wilted just pick off the petals and use those, they look equally as lovely.

When making a salad for myself I can't leave the kitchen without adding something to it. My favourite addition is dulce flakes as they are high in iron. If I have a citrus dressing I know that the iron will be easily absorbed. Hemp seeds are also usually added as they are a complete protein and only three tablespoons of hemp seeds is needed to ensure adequate protein for a meal. Cayenne pepper is a great antioxidant and even though it is not for everyone because of its spiciness it is a must for me as everything tastes so good with it sprinkled on.



Dressings and Extras



The following recipes are tasty morsels that I would love to have made up at the beginning of each week and placed on an allotted shelf in the fridge where I could access for any meal of the day.

The Balinese word Sambal simply means a side dish, but what is not shared in this definition is that without a side dish the main would just be ordinary. Without sauces, pestos, sambals, salsas and dips the world would be like a forest without trees. A definition for dressings and extras for me is; dishes of interesting and varied ingredients merging together to increase the deliciousness of any meal.

Dressings

Dressings are very easy to make but I often get lazy so I like to make up a batch for the week and keep it in my fridge. As a result the following recipes are for just that. You can size them down or up accordingly. The best way to mix dressings is to whisk them quickly in a bowl or food processor. This doesn't interest me either, so I place the ingredients in a glass jar and shake vigorously before adding the herbs. As most of my cooking is for retreats or workshops I don't add garlic, but if you are a fan of garlic you can add a small clove to any of the following dressings. If you find raw garlic hard to digest you can roast or boil it first.

Red Wine Vinegar Dressing

<i>1½ cups red wine vinegar</i>	<i>2 tbsp chopped fresh oregano or basil or a combination of both</i>
<i>1½ cups olive oil</i>	<i>1 liberal pinch of salt and pepper</i>

White wine or Apple Cider Vinegar Dressing

<i>1½ cups of white wine vinegar</i>	<i>1 liberal pinch of salt and pepper</i>
<i>1½ cups olive oil</i>	<i>3 tsp wholegrain mustard or 2 tsp Dijon mustard</i>

Orange Mint and Ginger Dressing

<i>250ml fresh orange juice</i>	<i>5 mint leaves finely chopped</i>
<i>125ml olive oil</i>	<i>1 tsp miso paste (optional)</i>
<i>1 tsp finely grated ginger</i>	

Tahini Dressing

This is great on salads, steamed veg and rice. This dressing takes a lot of whisking. I haven't been able to make this one in a jar. It will also solidify in the fridge, so just add a little more boiling water to reform a dressing and possibly a squeeze more lemon and a pinch more salt.

1½ cups unhulled tahini
juice of 1 to 2 lemons
1 cup boiling water
1 tsp of salt or 3 tsp of
gluten free tamari

Place tahini and lemon juice in a bowl. Whisk well and gradually add the boiling water until you have a dressing consistency. Season with salt or tamari.

Super Sexy Dressing

This is great on salads, tempeh cakes (page 113), Thai mango and veg salad (page 116) and steamed veg.

200g macadamia nuts
¼ cup macadamia oil
juice of 3 oranges
juice and zest of three limes
6 kaffir lime leaves finely
chopped almost to a powder
salt and pepper to taste
water to thin to your liking

Chop nuts in a food processor until very fine, add the oil to make a paste. Add the juice, zest, chopped kaffir lime leaves, salt and pepper. Whiz for a minute or so and add water to make it a thinner consistency.

Cashew Sour Cream

This is the recipe that turned me from vegetarian to vegan overnight. When two students in the first foundation course of The Vegan Chef and Lifestyle training back in May 2015 played around with ingredients and came up with this recipe I thought, why would I need to exploit animals to eat sour cream when all I have to do is make cashew sour cream.

1 cup cashews
¼ cup water
1 tsp apple cider vinegar
juice of ½ lemon
1 tbsp olive oil
salt to taste

Place all the ingredients in the food processor and whizz.
 If too thick add more water.

Tamarind and Ginger Sauce

Great with tempeh cakes and tangy potato cakes.

1 tbsp oil
1 tsp cumin seeds
1 tsp ginger
150ml tamarind paste
1 tbsp maple syrup
2 tbsp boiling water

Heat the oil in a saucepan and fry the cumin seeds until they pop, add the ginger and fry for a minute, add all of the other ingredients and that's it, dead simple!

Tahini Miso Sauce

This dressing is a must for a nourish bowl of rice, salad and pickles and some fried or baked tempeh.

¼ cup tahini
1 tbsp miso paste
1 tbsp apple cider vinegar
1 tbsp toasted sesame oil
pepper
water to thin

Mix all the ingredients together.

Beetroot and Cashew Dip

2 medium beetroots
1 clove garlic
¼ cup cashew sour cream
(page 63)
1 tsp fresh dill finely
chopped (optional)

Clean the whole beetroots and place in a saucepan of boiling water. Cook for 30 minutes leaving the stem and tail on, add the clove of garlic and cook for 5 to 10 minutes or until the beetroot is cooked through. Drain and let cool. Peel the beetroot and roughly chop. Place the beetroots, garlic and cashew sour cream in a food processor and pulse until smooth. Remove and fold through the fresh dill!

Nut Cheese

This is a recipe that is lovely in sushi rolls and great to add to lasagnes or put in salads.

1 cup macadamias
¼ small red onion
1 tsp organic gluten free
herb salt
juice of 2 limes
up to ¼ cup of filtered water.

Process the macadamias and onion until fine and add the herb salt and lime juice, pulse some more and thin with water until it forms a paste or is the consistency of cream cheese.

White Bean Dip

Another lovely dip or spread for bread. You can also add a can of artichokes instead of the gluten free soy milk and for even more decadence add 2 tablespoons almacasheye.

400g cooked cannellini beans
garlic (optional and roasted for easier digestion)
juice of 1 small lemon
salt and pepper to taste
soy milk (gluten free) to thin the dip to your liking
finely chopped parsley

In a processor or using a potato masher process beans until smooth, add crushed garlic if using, lemon juice, salt and pepper. Thin to your liking by using soy milk. Fold in the parsley.

Hummus

This is a basic recipe for hummus and you can easily change it by adding a cooked beetroot and processing it at the same time as you process the chickpeas. Alternatively you can add 2 tbsp of adzuki bean miso paste.

400g cooked chickpeas
½ cup water
juice of 2 lemons
½ cup tahini
2 cloves garlic (optional and for easier digestion roasted)
filtered water to thin - start with a ¼ cup and add more if needed
½ tsp paprika
3 tbsp olive oil
a few black olives

Place all the ingredients except the paprika, olives and 1 tbsp of olive oil in a food processor. Process until smooth. Add filtered water to thin the hummus. Place the hummus in a bowl, drizzle on the remaining olive oil and sprinkle with paprika and arrange the olives in the middle.

Pesto

Pesto is so versatile, you can use it for canapé, pumpkin pesto bites, pumpkin and pesto mini tartlets or use it in lasagnes, have it as a spread on toast or run it through a potato or sweet potato salad or dollop it in a soup. Two of my favourites are the Minestrone Verde (page 26) and Coconut Carrot and Pumpkin (page 32), I use the coriander pesto for this.

Of course basil pesto is the most popular, however you can use coriander, watercress or rocket. The obvious nut to use in the area I live is macadamia, however you can use cashews, pine nuts, almonds, sunflower seeds, pepitas or walnuts.

In winter when you can't find local basil, substitute the basil with either watercress or coriander. And then rocket pesto warrants its own mention. You can add a teaspoon or two of nutritional yeast if you like.

You can store pesto in the fridge for up to two weeks if you put it in an airtight jar and cover with olive oil. Alternatively you can freeze it.

*a big handful (equal amount
to the herbs) of nuts*

*a big handful of herbs
(either basil coriander
watercress or rocket)*

2 tbsp olive oil

1 heaped tsp salt

*2 tbsp fresh lemon or lime
juice*

In a food processor add the nuts and grind until quite fine, add the herbs and olive oil, salt and lemon or lime juice.

Whiz until all are mixed together.

Tomato and Pepita Salsa

I was asked to make a Mexican Banquet for a couple's wedding and I used it as an excuse to treat myself to Frida Khalo's cookbook. I noticed there were quite a few recipes with pepitas so I created this salsa for the wedding.

4 vine-ripened tomatoes
100g Aussie pepitas
handful of fresh coriander
4 tbsp olive oil
4 tbsp lime or lemon juice

Dice the tomatoes to desired size, I like to dice them quite small. Toast the pepitas in a frying pan until they are crisp but not burnt. Finely chop the coriander. Mix all the ingredients together. This is a great accompaniment for Mexican food, salads and goes very well with the stuffed zucchinis (page 134).

Avocado Corn Tomato Salsa

There is a good month or so when corn and avocados are in season and I will make this salsa to accompany rice or use as a dip. You can also eat the salsa as part of a salad or put on tacos or jacket potatoes or serve on crackers or on pieces of gluten free toast for canapé or put in little gluten free short crust pastry cases. The options are endless.

1 corn cob
1 large avocado
juice of one lime
2 kaffir lime leaves sliced
very finely or ground in a
spice grinder
handful of cherry tomatoes,
cut in half
1 chilli, de-seed the chilli for
a milder salsa or leave out
completely
handful of coriander finely
chopped

Cut the corn off the cob. Place in boiling water and cook for a few minutes until just tender. Dice the avocado, put in a bowl and pour the lime juice over it. Add the kaffir lime, cherry tomatoes and finely chopped chilli. Next add the corn and finally the coriander. Stir all the ingredients together.

My Sister-in-Law's Sambal (Four Sambals in One)

Growing up in Darwin brought me very close to the plight of the people from Timor Leste. I worked with East Timorese people as a teenager and as well as being outraged by the war there at the time I was also fascinated with our closest neighbouring country. So when, fifteen years later, I found myself in Timor Leste for the wedding of my brother and his East Timorese wife I was elated. I loved the vegetarian fare, the bitter and salty flavours, the exotic greens and bitter greens, young green paw paws and paw paw leaves and my absolute favourite, red hot chilli sambal.

For five years I pestered Jessy my sister-in-law for her recipe. She used to say 'there is no recipe Veet'. Then on a visit to see me I watched her make it with notebook and pen in hand. I asked her for the name and she said 'just write that it's your chilli sambal' as it tastes different every time someone else makes it. However I really can't stake a claim to this recipe so from now on 'My Sister-in-Law's Sambal' it is to be.

A note of warning, this is for chilli lovers only as it is hot hot hot. It is a great side for any rice dish alongside Indian and Balinese curries alike. It keeps in the fridge for a few days.

2 to 4 very hot chillies

2 to 3 sprinklings of salt, or salt to taste, it is up to the individual how salty you want to make this

½ lime cut small with rind left on

handful of cherry tomatoes or 1 tomato

½ shallot (use shallots, the small brown onion as they don't repeat on you or overpower the sambal with onion flavour)

a few splashes of olive oil

Slice the chilli and shallots finely and then using a mortar and pestle, grind with the salt to form a paste. Remove the chilli and shallots from the mortar and place in a bowl. Now grind the lime pieces in the mortar. Don't press hard, just mix with any remaining chilli and salt juice. Leave the lime in the mortar and slice the tomatoes in thin wedges if using cherry tomatoes or dice finely if using a normal tomato. Mix the tomatoes with the lime and put the chilli and shallots back in the mortar and pound gently a few times. Taste and if needed add more salt and possibly more chilli. Serve in a bowl with a few splashes of olive oil.

You can vary this sambal by adding:

1. A Lebanese cucumber, cut it the same way as you cut the tomato.
2. A few sprigs of finely chopped mint, adding at the end.
3. A small handful of finely chopped coriander, adding at the end.

Vegetable Dishes



Any of these vegetable dishes could accompany you to a BBQ. No vegan has to be fearful of attending a BBQ again. If you take one of these dishes you will be sure to make an impression with the meat eaters too. They will be amazed at how tasty vegan food really can be.

The variety of vegetable dishes in the world is mind boggling, for every human there must be at least ten different variations of how to prepare vegetables. Vegetable dishes vary so much depending on the seasonal vegetables available. I never tire of a dish as it can be easily changed by adding a different vegetable that is in season.

The one dish I could eat night after night is steamed vegetables accompanied by a good sauce or dressing, a grain (usually millet) and a protein component. Such simple easy to prepare and divinely delicious fare, in my opinion is better than a decadent feast for my taste buds and my overall health and well being.

Baby Potato Sweetcorn Green Beans and Zucchini

A delicious new take on a potato salad. This can be a complete meal in itself, if you add cannellini beans or puy lentils and sprinke with hemp seeds. It is great eaten warm but also perfectly delicious cold.

300g new potatoes

salt

2 cobs of corn husked and cut into wheels

1 zucchini cut into sticks

4 yellow button squash cut in quarters

200g green beans tops removed

3 tsp gluten free seeded mustard

¼ cup olive oil

½ cup white wine vinegar or other white vinegar

salt and pepper

1 bunch of watercress or 200g rocket

1 red capsicum finely sliced

Serves 4 to 6

Cooking and prep time 45 minutes

Boil the potatoes with ½ tsp of salt. Meanwhile steam corn for 10 to 15 minutes or until your liking of softness.

Also steam the zucchini, button squash and green beans until just tender but still crisp. Mix together the mustard olive oil, vinegar, salt and pepper to taste.

Arrange the veggies on a platter in the following order, potatoes, corn, squash, zucchini and finally beans. Pour the dressing over the veggies. Garnish with the watercress or rocket and decorate with the capsicum slices.

Root Vegetable Bake

I like to eat this with either a salad or the sautéed zucchini (page 73) or with both!

1 carrot

1 beetroot

1 sweet potato

1 potato

1 onion

*400g cooked cannellini
beans*

1 cup soy or almond milk

1 tsp herb salt

2 tbsp nutritional yeast

Serves 2 to 4

Cooking and prep time 1½ hours

Peel and slice the vegetables into ½cm rounds. Parboil each vegetable separately for 5 minutes. Slice the onion into rings and fry until slightly brown. Layer the parboiled vegetables, beans and onion in a baking dish. Mix the almond milk, herb salt and nutritional yeast together and pour over the vegetables. Bake in a 180°C oven for 45 minutes or until the veggies are cooked right through.

Sautéed Zucchini with Almond Slithers

Such a simple dish and yet so tasty. Eat with a protein component, either a salad that has protein or lasagne (page 93) or polenta (page 121).

4 medium sized zucchinis

¼ cup almond slithers

¼ cup olive oil

salt and pepper to taste

squeeze of lemon juice

Serves 2 to 4

Cooking and prep time 25 minutes

Cut the zucchinis into julienne sticks, about 5cm in length and ½cm thickness. In a frying pan slightly brown the almond slithers. Set aside, heat oil and fry the zucchinis, tossing them continuously until they are cooked al dente, or tender but still crisp. Season with salt and pepper then mix in the almond slithers and place in a serving dish. Squeeze on the lemon juice.

Cauliflower and Quinoa Bake

This is a complete meal on its own but can easily be accompanied by a side salad or other vegetable.

1 cauliflower cut up into small florets

200g green beans cut into quarters on the diagonal

250ml gluten free vegetable stock or gluten free herb salt

200g cashew sour cream (see page 63)

2 tbsp capers

a handful of chopped parsley

salt and pepper

200g cooked quinoa

Serves 4 with a salad

Cooking and prep time 1 hour and 30 minutes

Cook the cauliflower and green beans in the stock until tender but not overcooked. Drain the cauliflower and beans, reserving the stock. Mix the cashew sour cream, capers and parsley and fold in the cauliflower and green beans adding some of the stock if you want it saucier. Place in a baking dish then layer the cooked quinoa on top of the veggies. Bake at 180°C in a preheated oven for 30 minutes or until the quinoa browns somewhat and the bake is warm all the way through.

Mediterranean Veggies

These veggies go very nicely with salsa verde (page 47) or tahini sauce (page 62). I like to serve them with quinoa or the tangy potato cakes (page 129) or nut roast (page 136) in summer. They can also be made early and eaten cold with a bowl of organic lettuce accompanied with grilled tempeh or cooked borlotti beans.

1 eggplant

2 red capsicums

300g pumpkin

big handful of oregano

roughly chopped

4 to 5 splashes olive oil

2 zucchini

4 yellow button squash

cherry truss tomatoes

preferably still on the vine

Serves 4 as a side

Cooking and prep time 1 hour and 15 minutes

Cut the veggies into whatever size you prefer. I make them relatively small as they cook faster. Place the eggplant in a baking dish and rub salt into it. In the same dish place the capsicum. In another baking dish add the pumpkin. Scatter the oregano over the veggies and rub oil thinly into all of the veggies. Bake in a 200°C preheated oven for approx. 45 minutes. After 15 minutes add the zucchini and button squash to the baking dish with the pumpkin. Towards the end of baking put the cherry tomatoes in the oven to wilt them slightly.

Steamed Veggies with Lemon Myrtle Infused Macadamia Oil and Lime Juice

Use whatever veggies you like to steam. I use broccoli, cauliflower, green beans and kale but many more combinations can be used. It's really up to you. Steam them for 5 to 10 minutes depending on how crisp or soft you like your steamed veggies. Place the cooked veggies on a platter and drizzle lemon myrtle infused macadamia oil over them and squeeze fresh lime juice on top.

It is easy to buy lemon myrtle infused macadamia oil at the market here in the Byron Bay Shire or from specialty stores. Alternatively you can infuse your own. I must admit I've never done this as I love to buy it from Tuckenbil Native Foods at the local farmers markets.

Steamed Vegetables with Dulse and Hemp Seeds

Dulse flakes make it onto most of my salads for lunch each day and are often seen on my steamed vegetables. Dulse is a seaweed and a very good source of iron and as I love lime squeezed on veggies and salad I know there is a good chance of the iron being absorbed. Hemp seeds are a brilliant source of complete protein and just 2 tablespoons can give you enough protein for an entire meal. A small splash of olive oil added to this gives the veggies a lovely gloss.

Steam whatever vegetables you love for 5 to 10 minutes depending on how crunchy or soft you like them. Place on your plate or on a serving platter, squeeze some lime juice and sprinkle on the oil, dulse and hemp seeds.

Grains



Grains add substance to a meal. Many people these days go without grains and some eat for lunch and not dinner. Personally I eat half a cup full of cooked grains for dinner as that way I sleep better and occasionally add a sprinkling to my salads at lunch. The variety of gluten free grains available and what we can create with them makes me smile at the very thought.

All the grains in this section are gluten free. For a vegan diet grains are a great way to ensure you get complete protein when you eat them along with nuts and seeds or beans and legumes. You don't need to eat a lot of grains and it's very easy to work out what suits your palate and digestive system the best.

You can soak grains for up to 12 hours in filtered water, changing every 6 hours. This removes dust particles and helps sprout the grains which aids digestion.

Brown Rice

Brown rice is a nuttier, more wholesome and filling grain than white rice. If you have difficulty feeling full when eating plant based food always opt for brown rice. It takes longer to cook than white, so I suggest cooking up a batch for two meals or even more and freezing portions in airtight containers. A very quick and effective way of re-heating brown rice is to put it in a steamer for 5 minutes.

To cook rinse 1 cup of brown rice then place in a saucepan with 2 cups of water. and 1/2 tsp of salt. Bring to the boil then turn down the heat and simmer for 45 to 50 minutes. Do not take the lid off or stir for that duration. You will know that the rice is cooked if the water has disappeared and there are holes formed in the rice.

Antipasto Brown Rice

This dish is great to take to a BBQ or on a picnic. It is wonderful to make with left over rice. You can also make this with ½ cup of rice for a more salad effect.

1½ cups cooked brown rice
1 tsp salt plus salt to taste
2 cups filtered water
8 sundried tomatoes (the ones that haven't been put in oil)
200g green beans cut into 3rds on an angle
½ bunch basil or rocket
½ bunch parsley
1 cup of pitted Kalamata olives
splash of olive oil

Serves 4 to 6

Cooking and prep time 45 to 50 minutes

Cook the brown rice as per instructions above. While the rice is cooking place the sundried tomatoes in a bowl and pour boiling water over them. Let them sit for 10 minutes then drain from the water. Steam the green beans. Wash the parsley and basil or rocket and cut roughly. You can leave the basil leaves whole if you prefer. Once the rice is cooked and cooled down, mix the beans, tomatoes, basil, parsley, olives and oil together.

Brown Rice with Baked Cauliflower Adzuki Beans and Tahini Sauce

This can be eaten as a side or it can be served as a main meal, I suggest though to either have a side of salad or a side of green steamed veg with it.

If you make too many adzuki beans use them the next day either in a salad or as a Mexican bean dish or add them to a curry or they freeze well.

*1½ cups cooked brown rice
(page 79)*

salt

2 cups filtered water

½ cauliflower cut in florets

½ tsp cumin

1 cup cooked adzuki beans

*4 tbsp tahini sauce
(page 62)*

Serves 2 as a main or 4 as a side

Cooking and prep time 1 hour or less if you have the beans and tahini sauce already made.

While the rice is cooking place the cauliflower in a baking tray with a sprinkling of salt. Bake for 15 minutes then add the cumin and bake for a further 5 to 10 minutes. Mix the baked cauliflower with the adzuki beans and place in the oven for a further 5 minutes. Once the rice is cooked place on a platter and arrange the cauliflower and adzuki beans over the rice. Lastly drizzle the tahini sauce over the top.

Brown Rice Kidgerree

Or as I like to call it 'Indian Risotto'. With white rice kidgerree you cook the rice and lentils together. As brown rice takes longer I do it separately. I love to eat this with coconut yoghurt and the date and coconut chutney (page 105).

*1½ cups cooked brown rice
(page 79)*

1 cup red split lentils

6 cups filtered water

1 tsp salt plus salt to taste

2 tbsp olive or sunflower oil

*2 to 4 tsp freshly grated
ginger*

*2 stalks celery finely
chopped*

1 tsp cumin seeds

2 bay leaves

4 whole cloves

2 tsp tumeric

1 tsp paprika

salt and pepper to taste

1 cup fresh or frozen peas

½ cup fresh coriander leaves

Serves 4 to 6

Cooking and prep time 45 to 50 minutes

While the rice is cooking rinse the lentils, heat the oil in another saucepan and add the ginger, celery, cumin, bay leaves and cloves. Fry while constantly stirring for a few minutes, then add the lentils, 4 cups of water, tumeric, paprika, salt and pepper. Let cook until lentils are almost tender (approx. 15 minutes) then add the peas and cook for a further 5 minutes. There will still be some liquid in the lentils. Once the rice has cooked mix the lentils and liquid into the rice. Serve on a platter or in a bowl and garnish with coriander.

Quinoa

Quinoa originates in South America and has been eaten for centuries. Technically not a grain but very much used as a grain, it is a rich source of complete protein, contains iron, 8 amino acids and B1, B2, B8 and B9, completely gluten free and I consider it to be a super food that I can quite happily eat 3 to 4 times a week. It can be substituted for rice when eating curries, casseroles and stews, some people mix them together. I mix it together when making brown rice sushi. For years I have used the white quinoa and quite recently realised that there are also red and black varieties, in fact they are the three commercially produced quinoas. However quinoa actually ranges in colour from ivory to pink and brown to red as well. I look forward to the day when I can cook pink quinoa!

In Australia we grow the white one. It grows in Tasmania, it does have a natural chemical on it that makes it quite bitter so it is important with the Tasmanian quinoa to rinse it three times then soak it for up to twelve hours. Most of the bitterness will disappear, but if you really want to be on the safe side, cook it the day before serving as for some reason it loses it's bitterness in the fridge.

When I first started eating quinoa I loved the following recipes to be more quinoa and less other ingredients. Things have changed over the years and now I prefer it the other way around, so please adapt these recipes to suit your individual desires.

To cook quinoa soak in water overnight then rinse it in a sieve until the water runs clear or almost clear. Bring a saucepan of water to the boil, add the herb salt and quinoa. Let simmer for 10 to 15 minutes. You'll know it's cooked when it is soft. When cooked pour into a sieve and then tip out onto a platter or large plate as this cools it down quicker and prevents it from cooking further. This is good to do as quinoa tends to keep on cooking and can go mushy.

Quinoa and Raw Veg

I took this dish to a shared picnic more than a decade ago when a group of friends and I went to watch a ballet at the Perth Quarry. I was pleasantly surprised when everyone said they liked it, as it was such a healthy dish to take to a picnic. Healthy and delicious is a mightily good combination and this recipe is just that. For a more flavoursome nutty experience you can slightly toast the sunflower and pepitas in a frying pan for a few minutes or until slightly browned.

1 cup of quinoa

1 tsp sea salt or 2 tsp

organic gluten free herb salt

1 tbsp apple cider vinegar

1 tbsp olive oil

salt and pepper to taste

2 grated carrots

1 grated beetroot

3 tbsp sunflower seeds

3 tbsp pepitas

Serves 6 to 8 as a side

Cooking and prep time 45 minutes

While the quinoa is cooking (page 82) mix the vinegar and oil together, add salt and pepper to taste. Put the grated carrot and beetroot in a bowl and add the oil and vinegar mixture. When the quinoa is cool mix it with the raw veg. Place in a bowl or platter and sprinkle on the seeds.

Quinoa and Oven Roasted Beetroot

I love watching the quinoa turn pink as I mix in the beetroot. The longer you let this sit the pinker it gets. Serve with a green salad or steamed veggies and it's delicious with a tofu frittata (page 117 to 120) or fried tempeh.

1 bunch of fresh beetroots
2 drizzles of olive oil
½ tsp of cumin or fresh
thyme (not both as they
have completely different
flavours)
1 cup of quinoa
1 tsp salt or 2 tsp gluten
free herb salt
¼ cup of raw almonds
12 to 18 kalamata olives
½ bunch of parsley finely
chopped
juice of 1 lemon

Serves 4 to 6 as a side

Cooking and prep time 45 minutes to 1 hour

Cut the beetroot into bite size pieces and place in a baking tray. Drizzle with olive oil and add the cumin or thyme. Cover with a lid or foil and bake in a moderate (200°C) oven for 45 minutes.

Cook the quinoa as on page 82.

When both quinoa and beetroot are cooked, mix together and add the almonds, olives and parsley, a drizzle of oil and the lemon juice.

Quinoa Tabbouleh (with a Twist)

It's been more than a decade since I've made tabbouleh with anything but quinoa, so I often forget it is traditionally made with cracked wheat. What an incredible invention tabbouleh is. The addition of macadamias gives it a crunch and added creaminess.

*1 cup of cooked quinoa
(page 82)*

*bunch parsley finely
chopped*

*½ bunch mint leaves finely
chopped*

2 tomatoes finely diced

1 red capsicum finely diced

*12 pitted Kalamata olives
finely sliced*

*salt or gluten free herb salt
pepper to taste*

juice of 1½ lemons

*1 large handful of chopped
macadamias*

Serves 4 to 6 as a side

Cooking and prep time 45 minutes to 1 hour

Let the quinoa cool then mix all the ingredients together.



Millet

Millet is incredibly nutritious and is under used in Australia but grows incredibly well here so recently has become my all time favourite grain. It comprises 11% protein, is high in vitamin B's, contains a good source of iron, calcium, potassium and zinc and is gluten free.

To cook 1 cup of millet bring 4 cups of salted filtered water to the boil. While the water is coming to the boil wash the millet in a sieve to remove any dust particles and excess starch. Place the millet in the boiling water and cook for 20 minutes. If the millet has a slight crunch that is ok but not too much of a crunch. Strain the millet from the water and then separate the grains with a fork. The millet will continue to cook if you leave it straining in a sieve and can become gummy so transfer it to a wide bowl and keep forking through.

Millet and Seeds

This is a delicious side with steamed veg or salad and any of the tempeh dishes. For extra protein you can also fry tofu in cubes and add to the millet and seeds.

1 cup of cooked millet

*½ cup mixed seeds; sesame
sunflower pepitas and hemp
seeds*

small amount of oil

*1 bunch of parsley finely
chopped*

salt and pepper to taste

Serves 4 to 6 as a side

Cooking and prep time 45 minutes

Dry roast the pepitas until they pop. Dry roast the sunflower seeds until they brown a little. Mix the seeds and parsley through the cooked millet. Add salt and pepper to taste.

Millet with Beans and Tomato

What an incredible side this is, mixing the vegetables with a grain. Eat this along with a main with protein or some fried tempeh or the chickpea burgers (page 130).

1 cup cooked millet

300g green beans cut into small pieces on an angle

3 Roma tomatoes cut into 8 pieces each

1 generous tbs of dulse flakes

a good squeeze of lemon juice

Serves 4 to 6 as a side

Cooking and prep time 30 minutes

Steam the beans and then when cooked to your desired softness mix them with the tomatoes (the heat of the beans will draw out some of the juice of the tomatoes). Mix the beans and tomatoes with the millet, dulse and lemon juice.

Millet with Steamed Veg Dulse and Sesame

You can make this with one cup of millet or if you want less grain then only use half a cup. I love millet scattered through my steamed vegetables and will eat it with tahini sauce (page 62).

300g your favourite green steamed vegetables

1 cup cooked millet

2 large teaspoons dulse

a squeeze of lemon juice

2 teaspoons sesame seeds

Serves 4 to 6 as a side

Cooking and prep time 30 minutes

Mix everything together and serve.

Buckwheat

Buckwheat is a high energy food and even though it has the name 'wheat' in it, is not related to wheat and is most definitely gluten free. Buckwheat is a fruit seed and is related to rhubarb and sorrel. It has many good nutrients and has been thought to be a good grain for people with diabetes. I meet people who either 'get' buckwheat or just plain dislike it. I have wavered between both of these polar opposites for a few years now but I know when I eat it I feel good. The salad recipe in here is a winner. If you are not a great fan of buckwheat I think you will still like it and if you don't you can make this salad with another grain.

To cook buckwheat bring a saucepan of salted water to the boil. Add the buckwheat and cook for 15 minutes. Drain the water and eat straight away.



Buckwheat Bake

This is a healthy bake and can easily be frozen in portions.

2 cups cooked buckwheat

1 butternut pumpkin cut in wedges

olive oil

¼ cup chia seeds soaked in filtered water

1 teaspoon gluten free organic herb salt

2 tbsp of fresh thyme finely chopped

2 tbsp of oregano finely chopped

2 tbsp of rosemary finely chopped

1 bunch blanched silverbeet or 2 bunches blanched spinach/kale

2 tbsp almacasheye (page 43)

Serves 4 to 6 as a side

Cooking and prep time 1 hour

Place the pumpkin in a baking tray and drizzle with oil, bake for 30 minutes in a 180°C oven or until cooked. Meanwhile mix the cooked buckwheat and chia seed. Mix with the herbs and then press into a greased baking dish (one that you are happy to serve your meal in). Press the buckwheat mix into the baking dish and flatten out. Bake in the oven for 30 minutes. Drain and slice the cooked silverbeet, kale or spinach finely. Place the cooked pumpkin on the baked buckwheat, then the spinach and finally sprinkle on the seeds. Bake in the oven for 15 minutes or until warmed through, then sprinkle on the almacasheye.

Buckwheat Salad

We have a very popular pizza parlour in Mullumbimby. I rarely go as I am gluten intolerant and actually not a big fan of pizza but Milk and Honey is always full and a well loved local haunt. I went there some years back and ordered one of their salads. I was not enthusiastic as on the board the salad came with grains and I was envisioning a pile of grains next to my salad but I gave it a go, and I'm glad I did. It was one of the best salads I've had out in a restaurant and the grains were very sparse indeed and were run through the salad rather than an accompaniment. I have tried to make a similar salad but can never get the balance right as my greedy eyes always add another spoon or two of the grains. Anyway if you follow this recipe it is nothing like the Milk and Honey salad but is based on my experience there. A tip the less grains the better. Eat this along side some protein. Tempeh or nuts are good.

½ cup cooked buckwheat

2 corn cobs kernels removed

3 sticks of celery thinly sliced

2 small red capsicums thinly sliced

½ cup Kalamata olives sliced in half

juice of 1 lime

1 tbsp oil of your choice

½ bunch coriander

½ bunch flat leaf parsley

1 small organic lettuce washed and torn into bite size pieces

salt and pepper to taste

Serves 4 to 6 as a side

Cooking and prep time 45 minutes

Toss all of the ingredients in a mixing bowl except the coriander and then serve in individual bowls or on a platter. Garnish with the coriander.

Mains



Many a time I have heard “plant based cuisine is all well and good but vegetables are just a side dish. Where’s the protein.” I disagree because each night I make a delicious main component to my evening meal and relish the creativity that can be had from creating main meals from vegetables and vegan protein.

The abundance and variety of vegetables and vegan proteins with a mix of creativity and a look into traditional vegan fare provides immense variety. Vegan mains are ‘the bomb’. Many of these mains in here are my favourites but of course I love them all.

The definition of a main meal is the largest and most important part of the meal. Personally the definition of a main meal is something special to go with a side dish or two. In this chapter all of the recipes are equally as special as each other and will be a great addition to your cooking repertoire.

4 Lasagnes for Four Seasons

There are so many versions of a vegan lasagne. Some I have found on packets of lasagne, some in magazines, some I have adapted from meat recipes and one I have created myself. Traditionally lasagne has lots of layers of pasta. I prefer a less filling lasagne and sometimes will only have 2 layers of pasta. When I feel like being even healthier I omit the pasta altogether. I wonder then if it can technically be called a lasagne? These days I always use gluten free lasagne which takes longer to cook. In the following recipes I have stuck to the two or three-layered lasagnes but it is entirely up to you how many layers of lasagne sheets you decide to use. I always put one or two chillies in my tomato sauces but haven't included that in these recipes as I know it is not everyone's 'plate of lasagne'.



Autumn Lasagne

Fusion

This recipe I saw in a cookbook somewhere when I was flicking through books in the library, I have been back to the library many times to look for the book and its author but with no luck. So probably my recipe is now entirely different to the one I saw.

Having three different layers it has complex flavours.

1 pkt gluten free lasagne sheets

Serves 4 to 6

Layer one- Tomato and Corn Ragu

Cooking and prep time 1½ to 2 hours but well worth the time!

2kg tomatoes

For layer one- dice the tomatoes and shred the basil. Place them in a saucepan with the garlic, bay leaves, salt and pepper with one cup of water. Cook for 45 minutes. Cut the corn off the cob and place in the tomato sauce, cook for 10 to 15 minutes. Drizzle olive oil over the sauce.

1 bunch of basil or handful of fresh oregano

2 cloves garlic

3 bay leaves

salt and pepper

2 cobs of corn

olive oil

Layer two- Pumpkin and Olive Pesto

900g pumpkin

splash of olive oil

200g pitted black olives

2 cloves garlic

1 cup almonds soaked

1 tsp salt

For layer two- cut the pumpkin into cubes, removing the skin, bake in the oven for 20 minutes or until tender. Meanwhile food process the olives, almonds and garlic to make the pesto. Salt to taste. When the pumpkin is cooked mix together with the pesto.

Layer three- Tofu and Silverbeet

1 large bunch silverbeet

slice the stalks finely

2 onions finely diced

400g organic GM Free tofu

2 tsp gluten free tamari

olive oil

For the final layer- wash silverbeet well, slice finely and steam. Meanwhile heat some oil in a pan and sauté the onions and finely sliced silverbeet stalks. When soft, crumble the tofu into the frying pan, cook for a few minutes then add the tamari. Mix this with the steamed silverbeet leaves.

Layer a baking dish, first with $\frac{1}{3}$ of the tomato ragu then a sheet of lasagne, then layer all of the pumpkin mixture then lasagne sheets. Next layer the silverbeet and tofu and top with the final sheets of lasagne. Cover the lasagne sheets with another $\frac{1}{3}$ of the tomato ragu. Retain the last $\frac{1}{3}$ of the tomato ragu and serve alongside the lasagne.

Bake in the oven following the instructions on the lasagne packet.



Winter Lasagne

Roast Veg and Seven Herb Sauce

This little lasagne was born out of my desire to make a creamy lasagne without making a béchamel sauce. I didn't even try it myself before serving it to my customers and was pleasantly surprised when everyone who bought it wanted to know when I was cooking it again. What a great experiment.

1 medium pumpkin peeled and cubed

500g of whatever veg you like to roast. I use eggplant red capsicum cauliflower and zucchini cut up into same size pieces as the pumpkin

2kg tomatoes diced

2 cloves garlic

2 onions

7 herbs. Choose 7 of the following; rocket watercress mint oregano chervil tarragon mint parsley chives

2 cups cashews

2 cups water

1 tbsp capers

salt to taste

3 tbsps apple cider vinegar

1 pkt gluten free lasagne

Serves 4 to 6

Cooking and prep time 1½ to 2 hours and definitely worth the time!

Roast the vegetables in the oven, the time will vary according to what veggies you choose, anywhere from 30 to 45 minutes. Meanwhile make the tomato sauce. Dice the onion finely first and fry until translucent, then add 1 clove of garlic and the tomatoes. Add salt and pepper to taste and simmer for 40 minutes.

For the 7 herb dressing cut the herbs finely, avoid using a food processor for this as the flavour changes. In a blender add the cashews, water, salt and apple cider vinegar. Blend until smooth. Mix the capers and herbs into the cashew cream. If it seems too thick add more water and salt to taste.

To assemble the lasagne place ½ the tomato sauce in a baking dish then lasagne sheets, ½ veg, lasagne sheets, the rest of the tomato sauce, lasagne sheets, the rest of the veg, lasagne sheets. Top with 7 herb sauce.

Bake in the oven following the instructions on the lasagne packet.

Spring Lasagne

Artichoke and Pea

This lasagne is one where I break my rules of always using fresh. It is such a lovely spring time lasagne and there aren't always fresh peas around so I will use frozen ones if I can't get fresh peas. Also I use canned artichokes for this recipe that are in brine with absolutely no preservatives but of course if fresh ones are available then I use those. To cook fresh artichokes, cut the stalk off leaving a few centimetres, place in a pan of salted boiling water and cook for 30 minutes. Remove the tough outer layer and hairy bit at the bottom of the centre and chop up the remaining artichoke. This is a decadent and rather rich lasagne so serve it with a simple salad or a side of steamed orange and yellow vegetables.

300g shelled or frozen peas

2 cloves garlic

1 cup basil

salt and pepper

2 red onions

2 tbsp olive oil

1 cup filtered water

a couple of sprigs of fresh oregano

3 largish zucchinis

salt and pepper to taste

400g canned or cooked fresh artichokes

2 cups cashews

1 pkt gluten free lasagne

Serves 4 to 6

Cooking and prep time 1 hour

In a food processor, blend the peas until roughly pureed. Add the basil and process until combined. Mince the garlic and fold in. Add salt and pepper to taste. Next sauté the onion, add the chopped oregano and diced zucchini, cook until tender. Add salt and pepper to taste. In a food processor process the artichokes, just a few pulses, avoid making them too fine. In a blender blend cashews, water, olive oil and a pinch of salt. Blend until smooth. Mix this with the artichoke.

In the following order layer into your lasagne dish, ½ the cashew and artichoke mixture, lasagne sheets, zucchini, lasagne sheets, pea mixture, lasagne sheets and then the rest of the cashew and artichoke sauce to finish.

Cook in the oven for the length of time the lasagne packet suggests.

Summer Lasagne

Spinach and Borlotti Bean Lasagne

When I was at university I discovered a vegetarian recipe for cannelloni. I made it a few times for my then Italian husband and my uni friends, Pandora and Lisa. They all loved it. Through the years I changed the recipe into a lasagne which is far easier. More recently I have changed this recipe into a vegan one.

2kg tomatoes

2 cloves garlic

salt and pepper

bunch of basil plus leaves

for garnish

filtered water

2 zucchinis

1 head of broccoli

olive oil

2 bunches of English spinach

or 1 bunch of silverbeet

400g cooked borlotti beans

gluten free lasagne sheets

2 tsp nutritional yeast

Serves 4 to 6

Cooking and prep time 1½ to 2 hours

Place the whole tomatoes, garlic, 1 tsp salt, pepper and basil in a saucepan. Add a little water to cover the bottom of the pan and cook for 45 minutes. Using a hand held processor blend the tomatoes until they form a sauce.

Finely dice the zucchini and broccoli and add to the tomato mixture. Cook until the veggies are tender and the sauce is quite thick. Once cooked put a few tablespoons of olive oil into the sauce. While the sauce is cooking steam the spinach. If using silverbeet trim the stalks off before steaming. Chop the steamed silverbeet finely and mix with the borlotti beans, a teaspoon of salt and pepper.

Layer the lasagne by putting some sauce in the bottom of the baking tray and then one layer of lasagne. Next add the spinach and borlotti bean mixture and put a thin layer of sauce on top of the spinach. Place a final layer of lasagne sheets and cover well with tomato sauce.

Bake in the oven at 180°C for 30 to 45 minutes or whatever the box of lasagne indicates. When the lasagne sheets are soft, garnish the lasagne with nutritional yeast and fresh basil leaves.

Indian Banquet

I love to have an Indian banquet, consisting of one curry, one dhal, one chutney, one raita, rice, pappadams and always a simple salad. Nothing could be finer.

Green Bean Sabjee

This recipe I also make as a mixed veg sabjee. When I do this I use 500 grams of a combination of cauliflower, potatoes, carrots and green beans.

500g green beans
3 tbsp oil or water
1 onion
¼ tsp ground fenugreek
1½ tsp ground coriander
10 curry leaves
½ tsp ground tumeric
1 tsp salt
1 tomato finely diced
2 chillies finely chopped
filtered water
½ cup coconut milk
roasted almond flakes for garnish

Serves 4

Cooking and prep time 30 to 45 minutes

Cut the beans on the diagonal into 4 or 5 pieces. Heat the oil in a saucepan, fry or sauté the onion for a few minutes, add the fenugreek, coriander, curry leaves, tumeric, salt, tomato and chillies, cook for 5 to 10 minutes. Add a little water if the paste begins to stick. Next add the beans and cook for 10 to 15 minutes or until the beans are tender then add the coconut milk and cook on a low heat for a further 5 minutes. Garnish with the roasted, almond flakes.

Mixed Veg and Chana Curry

(Chana being chickpeas)

If you like a thick curry sauce with your curry then this curry is for you. By processing half the chickpeas it forms a lovely thickener to your curry paste.

600g cooked chickpeas

2 tbsp oil or water

1 onion finely diced

1 tsp finely grated ginger

1 tsp minced garlic

2 to 3 bay leaves

1 tsp coriander powder

1 tomato finely diced

2 to 3 hot chillies (this depends on your taste)

1 litre filtered water

1 large potato diced into small pieces

1 carrot diced into small pieces

300g green beans cut on the angle into small pieces

½ cauliflower cut into small florets

salt to taste

½ tsp tumeric

1 tsp organic garam masala or your home made version (page 17)

½ cup of fresh coriander leaves

Serves 4

Cooking and prep time 1 hour

Process 300g of the chickpeas in a food processor. Heat the oil or water in a saucepan, fry or sauté the onion, ginger and garlic for a few minutes, add the bay leaves, coriander powder, tomato, chopped chilli, salt and 1 litre of water. Simmer for 15 minutes, next add the potato and carrot, cook for 5 minutes and add the green beans, cauliflower, processed chickpeas, whole chickpeas, tumeric and garam masala. Add more water if the curry is too dry. Cook for a further 15 minutes or until all veggies are tender. Garnish with the fresh coriander.

Aloo Gobi

(Aloo meaning potato and gobi, cauliflower)

This is a lovely curry, however it contains no protein so is very good to eat with a dhal and some raita or coconut yoghurt. This is a drier curry so not so much water is needed.

3 tbsp oil or water

1 onion finely diced

1 tsp minced garlic

1 tsp finely grated ginger

2 tsp cumin seeds

2 to 3 hot chillies finely chopped (depending on your taste)

salt to taste

4 potatoes finely diced

filtered water

1 cauliflower, cut into small florets

½ tsp tumeric

1 tsp organic garam masala or your home made version (page 17)

Serves 4

Cooking and prep time 1 hour

Heat the oil or water in a saucepan and fry or sauté the onion, garlic and ginger for a few minutes. Add the cumin seeds, chillies and salt and fry for a further minute or so. Next add the potatoes and pour in water to just cover the potatoes. Cook for 5 minutes and then add the cauliflower, tumeric and garam masala. Add more water if veggies start sticking on the bottom. Cook until veggies are tender.



Muttar Palak with Mushrooms

(Muttar meaning peas)

This is my partner's all time favourite curry. So it features regularly on our menu. I found this recipe with mushrooms in a school library. Much of my creative cooking has come from flicking through cook books in libraries.

6 tbsp oil or water

1 onion finely chopped

3 cloves garlic minced

1 piece fresh ginger

a few mint leaves finely chopped

1 bunch coriander finely chopped

3 chillies finely chopped

1 tsp garam masala

1 tsp tumeric

1½ cups fresh or frozen peas

200g mushrooms finely sliced

½ cup water

2 bunches silverbeet finely chopped

salt to taste

Serves 4

Cooking and prep time approx. 45 minutes

Grind the onion, ginger, garlic, mint, coriander and chillies to a paste. Mix in the tumeric and garam masala. Heat the oil or water and fry or sauté the paste until the onion smell disappears. Add the silverbeet and cook for 15 minutes with 1 tsp salt. With a hand held blender, blend the silverbeet until it forms a saucy paste. Add the peas and mushrooms and a little water if needed, cook for a further 10 minutes. Add more salt if needed.

Yellow Dhal

This is my favourite dhal and I find myself just wanting to cook this one and not try others. It is as easy as 1,2,3.

1½ cups red split lentils
1½ tsp salt
2 tsp tumeric
2 tsp finely grated ginger
2 cloves minced garlic
(optional)
2 chillies finely chopped
3 to 5 cups water
(optional depending on your
taste)
1 tsp whole cumin
1½ tsp lemon juice
1 tbsp roughly chopped
coriander

Serves 4

Cooking and prep time 30 minutes

One- Rinse lentils then place lentils, salt, tumeric, ginger, garlic, chillies and 3 cups of water in a saucepan. Bring to the boil and add an extra 2 cups of water if the dhal looks too thick, simmer gently for 15 minutes.

Two- in a frying pan dry fry the cumin seeds. Cook for a few minutes and remove from the heat.

Three- add the lemon juice to the lentils and garnish with the cumin seeds and then finally with the fresh coriander.

Yellow Dhal Variations

This dhal is so versatile you can add different things to vary it slightly. Below are three suggestions.

Celery and corn, one cob of corn and 2 stalks of celery. Cut the celery finely and remove the corn from the cob. Before cooking the dhal as above, fry the celery in some oil for a few minutes and add to the saucepan at step one above. When you add the two cups of water at step one, also add the corn.

Turka, with the cumin fry up a thinly sliced tomato and onion then add at step three above.

Spinach, Just when you have turned off the heat of the dhal add a bunch of roughly chopped English spinach or a few handfuls of baby spinach or finely sliced silverbeet. This is my favourite variation.

Split Mung or Split Chana Dhal

In India dhal is like a soup, here in the west people tend to have it less soupy. Add more water than I suggest if you want it soupier.

*1 cup split mung dhal or
split chana dhal*
1 tbsp oil
¼ tsp mustard seeds
¼ tsp ground fenugreek
¼ tsp ground anise
3 bay leaves
*2 to 3 chillies, depending on
your taste*
2 tsp tumeric
3 cups of water or more
1 to 2 tsp salt
½ cup of shredded coconut
2 tbsp sultanas

Serves 4

Cooking and prep time 30 to 45 minutes.

Rinse the lentils. Fry the mustard seeds in the oil until they begin to pop. Add the fenugreek, anise, bay leaves and chilli and fry for a further minute then add the rinsed lentils, water, tumeric and salt. Bring to the boil and simmer on a low heat for 15 minutes. Once lentils are almost cooked through add the coconut and sultanas.

Date and Coconut Chutney

What I love about serving this chutney is it doesn't look particularly fabulous and people just take a small amount and then when they sit down to taste it exclaim, "Yum!" and ask "what is this? How do I make it?" and then rush back for a much bigger second helping.

2 cups dates soaked in water for 20 minutes

2 red chillies

1 bunch coriander

1 small red onion (optional)

1 clove garlic (optional)

juice and zest of 3 limes

1½ cups of desiccated coconut

Serves 6 or more

Cooking and prep time using a processor 5 to 10 minutes, by hand 30 minutes.

Drain the water from the dates then process or chop the dates until they are super fine and almost form a paste.

Do the same with the chillies, coriander, onion and garlic if using. Mix it all together and mix in the lime juice and zest, fold in the coconut and place in a bowl.

Beetroot Raita

Beetroot raita is not only a great treat but an absolute delight to the eye. I often make too much and eat it for the next two days with curry, salads, potatoes, quinoa and quite frankly anything else I eat. If you are a chilli lover you can add a chilli to this recipe.

a splash of oil

1 tsp cumin

1 small beetroot grated

250ml coconut yoghurt

1 tsp salt to taste

Serves 6 to 8 at least

Cooking and prep time 20 minutes

Heat oil in a frying pan, add the cumin and stir continually for 1 to 2 minutes. Add the beetroot and fry until slightly soft. Keep stirring the whole time. Remove the beetroot from the frying pan and let cool. Once it is cooled stir the beetroot into the coconut yoghurt and watch as it turns from a light to dark pink. Add salt to taste.

Cucumber Raita

This is the most traditional of raita recipes and no dhal or curry is quite the same without this very refreshing raita.

250ml coconut yoghurt

1 finely diced cucumber

*3 tbsp fresh coriander
roughly chopped*

4 mint leaves

1 clove garlic minced

juice and zest ½ lemon

salt to taste

1 tsp cumin

Serves 4 to 6

Cooking and prep time 20 minutes

In a bowl mix the coconut yoghurt, cucumber, coriander, mint, minced garlic, lemon juice and zest. In a heated frying pan cook the cumin for one to two minutes stirring frequently and be careful not to over fry them as they can turn bitter. Either sprinkle the cumin on top of the raita or mix through.

Balinese Banquet

Years ago I was fortunate enough to find myself in a Casa Luna cooking class in Ubud, Bali. It was one of my cooking highlights. If you ever get to Ubud I suggest booking into one of Janet De Neefe's classes. I took the Tuesday class as it was mostly vegetarian, included a fun and informative market tour and had Janet herself as the main teacher. How I would love to have the grace and poise of this talented chef and teacher!

Each time I cook a Balinese curry I am transported back to Bali, the sights, smells, sounds and aesthetics of Bali all come flooding back.

The Balinese banquet I make consists of tempeh and tofu curry, rice, mustard green sambal and Acar Acar (page 54), ginger mint and lime drink (page 157) and occasionally I make an eggplant sambal and now I have the recipe, I make my sister-in-law's sambal (page 68).



Tempeh and Tofu Curry

Spice Paste

2 small brown onions finely chopped
2 tsp finely grated ginger
1 tbsp finely grated galangal
2 to 3 hot chillies
1 tsp gluten free tamari
3 cloves of minced garlic
2 tsp fresh turmeric
2 tsp tamarind paste
3 tsp coriander powder
1 stalk of lemongrass finely chopped

Ingredients for the Curry

150g tempeh
100g tofu
3 tbsp macadamia oil
1 tbsp gluten free tamari
1 lemongrass stalk
2 kaffir lime leaves
2 chokos or 2 small green paw paws diced
1 head broccoli cut how you like for a curry
200g green beans cut into thirds on a diagonal
200ml coconut milk
1 to 2 cups of water
salt to taste

Serves 4 to 6

Cooking and prep time 30 to 45 minutes

Make the spice paste by mixing all of the ingredients until they form a paste either in a food processor or use a mortar and pestle.

Slice the tofu and tempeh into small chunks and place in a baking tray, drizzle with 1 tablespoon of oil and the tamari. Place in a 180°C oven and cook until crisp. You may need to turn them from time to time. Can take up to 45 minutes for this.

Heat the remaining oil in a wok or saucepan and fry the spice paste with the lemongrass and the lime leaves, fry for a few minutes then add the choko or green paw paw. Add the water and cook for 10 to 15 minutes or until the choko or green paw paw is mostly tender. Then add the broccoli and beans and cook for a further 5 to 10 minutes. Add the coconut milk, water, tempeh and tofu and cook for a few minutes. Don't boil the coconut milk, just warm it through. Season with salt.

Mustard Green Sambal

In Janet's De Neef's class she made a delicious fern salad, I haven't been able to find fern leaves to cook with in our area so when I got back I was making this sambal with my favourite green kang kung. If I can't source this I use a few silverbeet leaves as well as the strong tasting mustard green leaves. Of course I make it nothing like Janet as it was a little complicated. I think this version is still tasty though.

*2 cups slightly wilted greens,
kang kung silverbeet kale or
a combination*

*1 cup slightly wilted
mustard green leaves*

1 tbsp macadamia oil

*1 red onion (optional) finely
diced*

1 tsp minced garlic

3 chillies (optional)

juice of two limes

*2 cups shredded coconut
toasted*

*4 to 5 kaffir lime leaves
ground to a powder*

2 to 4 tbsp water

Serves 6 to 8

Cooking and prep time 20 to 30 minutes

Heat the oil in a wok and fry the onions, garlic and chilli. Chop the wilted greens into fine pieces and mix with the chilli, garlic and onion. Mix all the remaining ingredients into this mixture.

Eggplant Sambal

A delicious way to eat eggplant is this lovely little sambal. I love to add chilli to this as well but if you have a spicy curry you might just like this sambal mild.

1 medium eggplant cut into thin strips

2 tomatoes diced small

1 tsp minced garlic

2 chillies (optional) finely chopped

3 kaffir lime leaves cut into a fine powder

2 tsp gluten free tamari

juice of two limes

Serves 6 to 8

Cooking and prep time 30 minutes

Either bake the eggplant and tomato or fry in a wok or frying pan. Fry the garlic for a few minutes. Then mix all the above ingredients together.

Tempeh and Tofu

As many of you know there has been lots of discussion about whether soy products are actually good for you or not. I can't decide what is right so with tofu I eat it very rarely but love it and feel it can't do me any harm in moderation. I will only eat non-gmo and organic soy products.

Tempeh is fermented beans so in my opinion is very good for you and I can't get enough of it. Tempeh originates from Java and is heavenly when cooked and eaten fresh. Traditionally it is made with soy beans. My beautiful friend Prem some years back made me some fresh tempeh. I was sent immediately into tempeh heaven, nothing else existed, it just melted in the mouth.

Since first publishing this book a new business in Byron Bay has been established. The lovely Sarah makes fresh tempeh every week and it is readily available from many health food shops on the east coast. Byron Bay Tempeh is made from Australian grown fava beans, chickpeas or rice and split peas.

Star Anise Tempeh and Stir Fried Veg

This dish is certainly a treat, blending salty, sour and sweet flavours together. Adding a chilli would make it complete in flavour balance. Serve with millet or brown rice.

¼ cup gluten free tamari

¼ cup mirin or apple cider vinegar

2 tbsp agave

1 tbsp maple syrup

1 x 3 inch piece of cinnamon

2 star anise

1 pkt tempeh sliced thinly

Veggies

Whatever you like in stir fry my favourite is lots of greens with a hint of red.

200g green beans

100g snow peas

1 red capsicum

1 zucchini

1 red onion

1 head broccoli

macadamia oil for stir frying the veg

1 bunch of Asian greens my favourite is kang kung a water vegetable

1 bag of bean shoots

3 to 4 splashes gluten free tamari

Serves 4

Cooking and prep time approx. 45 minutes

First place the tamari, mirin, agave, maple syrup, cinnamon and star anise in a saucepan, add one cup of filtered water and bring to the boil. Cook on high for 4 minutes. Place the tempeh in the marinade and allow it to bubble up around the tempeh and glaze it. When the tempeh is heated through it is ready.

Cut all the veggies into your desired shape for stir fry. I like long thin pieces and the beans with the tails left on and cut on the diagonal in thirds. Place the oil in a wok and bring to the heat, stir fry all the veggies except the bean shoots and Asian greens for 5 to 7 minutes or until they are done to your liking. Add the Asian greens, stir fry for a further 2 minutes. Put the veg on a platter or individual bowls and garnish with the bean shoots.

Serve with the tempeh.

Tempeh Cakes

If you like Sweetcorn fritters you will love these little gems, packed with protein they make a healthier snack or you can eat them as a main. I recently shaped them into small sausage shapes and baked them in the oven instead of frying. I can thank Janet De Neefe and her book *Fragrant Rice* for her tofu recipe which inspired me to make these. I have three friends who don't normally like tempeh but love these cakes. You can use tofu instead of tempeh if you wish.

1 red chilli

1 clove garlic

1 tsp coriander seeds

½ tsp gluten free tamari

1 tsp finely grated fresh tumeric or ½ tsp of powdered tumeric

½ tsp sea salt

1 pkt tempeh

3 tbsp besan flour (gluten free, but you can use normal)

3 tbsp finely chopped red onion

1 clove garlic minced

1 tbsp chia seeds soaked in ¼ cup water

6 kaffir lime leaves chopped finely into a powder

gluten free soy milk – a few splashes if mixture is dry

vegetable oil for frying

Makes about 15 cakes

Cooking and prep time up to an hour

Using a mortar and pestle grind the chilli, garlic, coriander seeds, tamari, tumeric and sea salt into a smooth paste. I have to admit I often cheat and use the food processor. Either mash the tempeh with a potato masher or put it into the food processor and process until it forms rough crumbs.

Transfer it to a bowl, add the flour, onion, spice paste, garlic, chia seed mixture and kaffir lime leaves and mix. Add the soy milk if necessary. Now either form into balls and bake in a 180°C oven for 20 minutes or shallow fry the balls on each side for 2 to 3 minutes. If frying, squash the balls down so they cook all the way through.

Miso Tofu with Grilled Aubergine (Eggplant)

I can thank the ABC Delicious magazine I saw for this little recipe. I saw a recipe for miso salmon and came up with this. Serve this with brown rice or quinoa for a complete protein meal.

1 medium aubergine
250g tofu
4 tbsp miso paste (ensure it is one with no preservatives)
2 tbsp agave
2 tbsp rice vinegar or apple cider vinegar
100g snow peas de-stringed
110g beans topped
macadamia oil for grilling
100g snow peas blanched
110g beans blanched
1 tbsp toasted sesame seeds

Serves 4

Cooking and prep time approx. 1 hour

Cut the aubergine into 1cm rounds, rub in salt and leave in a colander over a bowl for 15 to 20 minutes. Meanwhile cut the tofu into 1cm pieces, mix together half the miso, half the agave and half the vinegar, brush this mixture on each side of the tofu. Rinse the salt from the aubergine and pat them dry with kitchen towel. Brush oil on both sides of the aubergine and grill either on a BBQ, grill plate or frying pan. If the aubergines are taking too long to cook through, place in the oven for 5 to 10 minutes and they will become much softer. Next cook the tofu either on the BBQ, grill plate or frying pan. Blanch or steam the veggies for 5 minutes. Mix the rest of the agave, miso and rice vinegar together and toss with the veggies.

Arrange on a plate with the eggplant first, then tofu and veggies.

BBQ Veggies and Tofu

The first time I bought tofu I made marinated tofu and vegetables and made the marinade the day before. I tasted the tofu before cooking it and was so amazed by the taste that by the time I got to the BBQ to cook it there were very few pieces of tofu to actually BBQ. You can put the veggies and tofu on skewers. But I say why bother. A good plate of BBQ veggies and tofu with some delicious salad is hard to beat. Serve with tahini sauce (page 62).

Marinade

2 tbs gluten free tamari

2 tsp finely grated ginger

¼ tsp turmeric powder or 1 tsp freshly grated

1 minced clove of garlic

juice of 1 lemon or 2 limes

4 tbs olive oil

Serves 4 to 6

Cooking and prep time possibly 1 hour, not sure. I never do the BBQ side of things as I lack the patience!

Mix the marinade together and coat all the veggies, onion and tofu with it. Leave in the fridge marinating for a good 2 hours. Crank up the BBQ and cook these for however long the BBQ chef thinks it takes. Basically until the veggies are soft but crisp.

250g tofu cut up into chunks or triangles

500g veggies, I like to use the following on a BBQ but you can use what veggies you prefer all diced into 2 to 3cm chunks

mushrooms

red capsicum

zucchini and yellow button squash

1 onion cut into small wedges

Warm Thai Mango Tofu and Blueberry Salad

This little salad is a lovely summer time delight and I can say an invention of mine. It is a complete meal if you eat it with rice. I prefer brown rice but organic basmati is also good.

1 pkt tofu
2 tbsp gluten free tamari
1 tbsp macadamia oil
1 carrot
1 zucchini
1 cucumber
1 red capsicum
1 mango
1 ruby red grapefruit
100g green beans
1 sml punnet blueberries
1 portion of super sexy dressing (page 62)
½ cup coconut milk
kaffir lime leaves and coriander for garnish

Serves 2 to 4

Cooking and prep time 1 hour

Cut the tofu into matchstick sized pieces and place in a baking pan, pour over the tamari and oil and bake for 30 minutes or until tofu is crisp. You may need to turn from time to time.

Using a potato peeler, remove the outer skin off the carrot and then peel the rest of the carrot into strips. Make strips from the zucchini and cucumber in the same fashion, leaving the skin on. Discard the inner seeds from the zucchini and cucumber. Cut the capsicum, mango and ruby red grapefruit into strips that match the peeled veggies. Top the beans, leave the tails on and blanch in boiling water for 3 minutes. Next mix the super sexy dressing with the coconut milk, thin with a little water if you think necessary, warm through but avoid boiling. Assemble the tofu veggies and fruit on a platter, pour over the dressing and garnish with blueberries, kaffir lime leaves and coriander.

Tofu Bakes

In the first three editions of this book I had a section for frittatas. I now make tofu bakes instead and many friends say they taste very similar to frittata (my partner thinks they taste better). However two years before I became vegan I couldn't stand the smell of frittata and stopped eating eggs altogether. So I don't really know if these tofu bakes taste like frittata. All I know is that they taste delicious.

Tofu bakes cut better if you let them sit at room temperature for 30 minutes after removing from the oven.

Sweet Potato Mushroom and Red Capsicum

The first frittata I ever made had potato, capsicum and mushroom in it. This bake is based on that. I changed the potato to sweet potato many moons ago.

1 sweet potato cut into 2cm cubes

1 red capsicum sliced into thin strips

200g mushrooms thinly sliced

1 onion diced

1 clove garlic minced

2 tbsp olive oil

375g block of hard or soft tofu (not silken)

2 tbsp nutritional yeast (optional)

1 tsp tamari

salt and pepper to taste

1 tbsp of lemon juice or more to taste

Serves 4 to 6

Cooking and prep time 1 hour

Steam the sweet potato and fry the onions, garlic, mushrooms and red capsicum until tender. In a food processor, pulse the tofu until it resembles fine bread crumbs. Mix the tofu with the veggies, nutritional yeast, tamari, lemon juice and salt and pepper to taste. Place in a greased baking dish and bake in a 180°C oven and cook until brown.



Carrot Beetroot and Kale

This bake was an idea developed by two participants in the Three Day Vegan Foundation Course. The combination of beetroot and carrot makes a wonderful cooking bake.

3 beetroot peeled and diced

4 carrots peeled and diced

4 or 5 sprigs of thyme

3 tbsp cold pressed olive oil

1 bunch kale finely sliced

1 onion diced

750 gm hard tofu

juice of 1 or 2 lemons

3 tsp tamari (optional)

*1 chilli finely chopped
(optional)*

salt and pepper to taste

Serves 6 to 8

Cooking and prep time 1½ hours

Place the beetroot in one half of a baking tray with some of the thyme and 1 tbsp olive oil. Place the carrot, 1 tbsp of olive oil and the rest of the thyme in the other half of the baking tray. Bake in 180°C oven for 30 minutes or until cooked. The beetroots may take longer than the carrots. Next fry the onion for a few minutes then add the kale and sauté until nice and soft. In a food processor pulse the tofu until it resembles fine bread crumbs. Mix the tofu, kale mixture and cooked beetroot and carrot together. Add lemon and tamari and salt to taste then place in a greased baking tray in a 180°C oven for 30 minutes or until brown and firm to touch.

Potato and Artichoke

This is based on a frittata recipe which I discovered in Celia Brooks Brown's Vegetarian World Classics. My only reservation when making it is that even though it tastes absolutely delicious it doesn't always look good to present as the artichoke turns a little brown in the oven. Don't let that put you off though as you can garnish it with sprigs of parsley and edible flowers and it will still look amazing.

375g hard tofu

zest of 1 lemon

200g artichokes in brine, cut into small pieces lengthwise

2 tbsp olive oil

1 Spanish onion finely diced

1 large potato diced very small

2 tsp paprika

1 tsp salt and cracked pepper

¼ cup finely chopped parsley

Serves 4 to 6

Cooking and prep time 1½ hours

Process the tofu in a processor until it resembles fine bread crumbs. Place in a mixing bowl and add the lemon zest and artichokes. Heat oil in a frying pan, add the onions and potatoes and let cook until the potatoes are tender. I put a lid on and stir from time to time. Add the paprika and stir for a few minutes. When cooked add the potatoes to the tofu mixture, add the parsley, salt and pepper and combine. Now grease a baking dish and cook in a 180°C oven until brown and firm to touch.

Canapé Bakes

These make great nibbles at a party. You can also serve them with a small tsp of eggplant sambal (page 110). You need a greased mini cup cake tray.

375g hard tofu

salt and freshly cracked pepper

2 cups freshly shelled peas

½ bunch of coriander leaves roughly chopped

2 tsp tamari

juice of half a lemon

Serves many as a starter

Cooking and prep time 45 minutes

Process the tofu in a processor until it resembles fine bread crumbs. Mix in the tamari, lemon juice and coriander. Steam the peas for 5 minutes. Scoop the tofu mix into the mini cup-cake tray and press the peas into the mixture. Bake for 10 to 15 minutes in a 180°C oven.

Polenta

I think most people will agree that polenta needs a good sauce. So far I haven't found a good sauce that isn't tomato based. So if you know of a good non tomato based sauce for polenta, I would love to know.

There are three ways I like to cook polenta and a few different tomato based sauces for you to try. So mix and match and work out which one suits you best. Also polenta pizza is a great alternative for diners with gluten intolerance and polenta chips are great for dips, snacks and for children.

I use organic polenta which isn't instant. If you are using instant polenta then follow the instructions on the packet.

Polenta Chips

Polenta chips are great to have as part of an entrée or a snack with dips.

4 cups of water

1 tsp gluten free herb salt

1 cup instant polenta

a few sprigs rosemary finely chopped

½ cup nutritional yeast (optional)

olive oil

Makes enough chips for 4 to 6 people for dipping

Cooking and prep time 1 hour plus cooling time

Boil the water and herb salt in a saucepan and slowly add the polenta. Turn down the heat and stir continually for 30 minutes or until the polenta thickens. Add the rosemary and nutritional yeast if using. Pour into a well greased baking dish. Let cool then put in the fridge for an hour or so. Once the polenta has set hard, cut it up into chip shaped pieces. Place on a lined baking tray and brush olive oil on the top of each chip. Bake in a 200°C oven for 20 to 25 minutes, turn the chips over and brush with oil and bake for a further 20 to 25 minutes or until they are quite crisp.

Polenta Squares

Polenta squares are good to use for the stacks below. They are versatile so you can make them with any of the sauces on pages 123 to 125. You can serve with steamed veg or a lovely salad.

4 cups of water

1 tsp gluten free herb salt

1 cup instant polenta

*½ cup nutritional yeast
(optional)*

Serves 4 to 6

Cooking and prep time as for chips

Boil the water and herb salt in a saucepan and slowly add the polenta. Turn down the heat and stir continually for 30 minutes or until the polenta thickens. Add the nutritional yeast if using. Pour into a well greased baking dish. Let cool then put in the fridge for an hour. Once the polenta has set hard, cut it up into square shaped pieces. Bake in a 200°C oven for 20 to 25 minutes turn the squares over and bake for a further 20 to 25 minutes or until they are quite crisp.

Polenta and Baked Vegetable Stack

If you are time poor you don't need to bake the polenta squares first.

1 eggplant

salt

1 zucchini

1 capsicum

*oil for frying or grilling the
veggies*

*1 serve of polenta squares
(above)*

*your choice of tomato sauce
(page 123 to 125)*

1/3 cup sunflower seeds

Serves: 4 to 6

Cooking and prep time 1 hour

Cut the eggplant into 2cm slices, rub salt into the slices and let sit for at least 30 minutes. Meanwhile cut the zucchini into 1cm slices on the diagonal. Cut the capsicum into strips. Wash the eggplant to remove the excess salt. Pat dry with a paper towel. Either fry or grill the veggies. Keep warm. Make polenta squares and then layer a square, some capsicum and zucchini, a square and some more capsicum and zucchini then layer with the cooked eggplant. Serve with your favourite sauce and sprinkle with toasted sunflower seeds.

Polenta Sauces

These polenta sauces are all delicious in their own right. They add wonderful flavour to polenta and two of them offer a great source of protein making the polenta dish a complete protein. You can peel the tomatoes to make these sauces by blanching them in boiling water but I say why bother.

Tomato Sauce with Borlotti Beans

This is a hearty polenta sauce recipe. When I think of it I think of eating it in front of a log fire accompanied by a glass of organic red wine (vegan of course).

¼ cup olive oil

2 red capsicums roughly cut

1 stick celery roughly cut

600g cooking tomatoes

2 tbsp fresh basil

2 tsp fresh oregano

1 tsp marjoram

¼ tsp ground cloves

*400g cooked borlotti beans
(page 13)*

Cooking and prep time 1 hour

Place the olive oil in a saucepan. Cook the capsicum and celery for a few minutes then add the rest of the ingredients except the borlotti beans. Cook for 30 minutes with the lid on. Then process to form a puree and boil down for a further 15 minutes with the lid off. Add the beans and cook for 5 to 10 minutes.

Pepperonata Sauce

This is my all time favourite polenta sauce and is great with polenta squares. However it is not a complete meal so you need to make a mixed bean salad to accompany it. The mixed bean salad (page 47) goes nicely with it. Alternatively you can make a pesto (page 66) to go with this sauce and polenta. The pesto containing nuts along with the polenta will make a complete protein. You can add a nut sprinkle to the top. Do this by processing ½ cup nuts and ¼ cup nutritional yeast together in a food processor.

Pepperonata

olive oil to fry

1 onion cut in half and finely sliced

3 red capsicums thinly sliced

3 yellow capsicums thinly sliced

600g tomatoes cut in half and thinly sliced

1½ cups fresh oregano finely chopped

2 cups filtered water

salt and pepper to taste

½ cup nuts of your choice

¼ cup nutritional yeast

Cooking and prep time 1 hour

Heat oil in a saucepan and fry the onion, capsicum and tomato for two minutes or so then add the oregano.

Next add the water, salt and pepper to taste. Cook for 30 minutes or until capsicum is well cooked. Serve with the polenta of your choice. Add some of the nut sprinkle on top.

Lentil and Tomato Sauce

I use red split lentils for this recipe however puy lentils lend themselves well to this sauce too. You would need to soak the puy lentils for 6 to 12 hours prior to cooking.

olive oil

1 Spanish onion finely diced

1 clove garlic minced

2 to 4 cups water

1 cup split red lentils (rinsed)

600g tomatoes diced

or roughly cut in a food processor

2 bay leaves

1 bunch basil finely chopped

salt and pepper to taste

Cooking and prep time can take up to 45 minutes

Heat oil in a frying pan, add the onion and garlic and fry for a few minutes. Add 2 cups of the water, lentils, tomatoes, bay leaves, basil, salt and pepper to taste. Cook until the lentils are soft.

Polenta Pizza

For someone with gluten intolerance this is a lovely way of making pizza. If you want an authentic pizza don't bother with this recipe but if you like polenta these three recipes are delicious.

The Base

1 cup polenta

4 cups of filtered water

*2 tsp organic gluten free
herb salt*

I am not a pizza eater so think only one to two slices of this would do me, then these pizzas would be for 4 people but I often see people eating whole pizzas, so I am not sure how many this will feed. I suggest eating with a simple salad.

Cooking and prep time 1 hour or a bit more depending on which topping. So allow 1½ hours to be on the safe side. Plus 1 hour for setting the polenta.

To make polenta pizza you need to use 2 x 20 to 22cm springform cake tins. Grease the bottom and sides of the tins well.

Boil the water in a saucepan and add the herb salt, slowly stir in the polenta and turn the heat down, stirring until the polenta thickens. It can take 30 minutes. Pour the polenta into the cake tins to form a pizza thin polenta base. Set in the fridge for 30 minutes to 1 hour. Then cook in a 200°C oven for 20 minutes or until it starts to harden slightly. Meanwhile prepare your favourite pizza topping or choose one of the recipes from pages 127 to 128.

Topping one- Baked Pumpkin and Watercress Pesto

When I lived in Sydney many moons and pizzas ago, a gourmet pizza shop opened on Bondi Beach. The pesto and pumpkin pizza topping was my favourite.

1 portion of watercress pesto (page 66)

500g pumpkin either cut into pizza size chunks or slices

olive oil

¼ cup lightly toasted sunflower seeds

Place the pumpkin in a baking dish with a little olive oil. Cook in a 200°C preheated oven for 25 minutes or until tender but not too cooked. Spread the pesto over the polenta base, scatter the baked pumpkin and top with the sunflower seeds and cook in the oven for 15 to 20 minutes.

Topping Two- Sundried Tomatoes with Mushrooms Olives Brazil Nut and Red Capsicum

This pizza topping has lovely rich flavours.

8 sundried tomatoes (not in oil)

2 red capsicum

good quality cold pressed olive oil

300g mushrooms sliced

1 tsp gluten free tamari

approx. 24 olives cut in half

1 cup Brazil nuts soaked

¼ cup nutritional yeast

¼ cup water (or more)

1 tbsp lemon juice

½ tsp salt

Pour boiling water over the sundried tomatoes and leave for 20 minutes. Blend the sundried tomato to form a paste in a food processor or by hand with a mortar and pestle. Bake the whole capsicums in the oven for 15 to 20 minutes then de-seed, skin and slice up finely. Heat some oil in a pan and fry the mushrooms, add the tamari. Process the Brazil nuts, nutritional yeast, water, lemon juice and salt in a blender until completely smooth. Layer the polenta pizza base with the sundried tomatoes, arrange the mushrooms, olives and capsicum on top, dollop on the Brazil nut sauce. Bake in the oven until everything is warmed right through.

Topping Three- Cherry Tomato Caramelised Onion and Spinach

olive oil

*2 Spanish onions finely
chopped*

1 tbs rapadura sugar

500g cherry tomatoes

¼ cup pinenuts or pecans

*1 bunch English spinach
finely shredded*

Heat the oil and fry the onion on a medium heat until soft and starting to brown, add the sugar and cook for a further few minutes. Cut the cherry tomatoes into quarters and pop into a frying pan for a few minutes or until slightly wilted. Dry fry the spinach until wilted. Layer the pizza with spinach, onions, tomatoes and toasted pinenuts or pecans. Bake in the oven until warmed through.

Bean Dishes

All of these bean dishes can be adapted to suit whichever beans you like to eat. So for example if you don't like mung beans then you can use another bean. I would suggest using another small bean though, so you could use puy lentils or adzuki beans. The chickpea burgers are delicious but I also make this recipe with adzuki beans. See page 13 for how to cook beans and enjoy trying out different beans in each of these recipes.

Tangy Mung Bean and Potato Cakes

These yummy numbers are great for canapé or pre dinner snacks. They can also be part of a meal. They are great with tahini sauce, super sexy dressing, coconut yoghurt dressing or tamarind and ginger sauce (page 62,63).

3 large potatoes
1 sweet potato
2 sticks celery
1 bunch coriander
juice of 2 limes
sea salt
¼ cup gluten free soy milk
1 cup cooked mung beans
(or cannellini beans if you prefer)
1 hot chilli
3 tbsp besan flour
oil for shallow frying

Makes 40 canapé sized or 12 meal sized

Cooking and prep time 1 hour and 15 minutes

Peel and cut the potatoes and sweet potatoes. Put in a saucepan with salt and cook until tender. Meanwhile slice celery very finely, chop coriander roughly and squeeze the limes. Mix these ingredients together with a few pinches of salt and let stand until the potatoes are ready. When the potatoes are well cooked, drain the water and mash them adding the soy milk. Add the mung beans to the potato and mix in the celery, coriander, lime combo, add the chilli and besan flour. Mix well.

Heat up a small amount of oil. Roll potato mixture into balls and fry as you go. Make the balls whatever size you like. Cook on each side for approx. 2 minutes or until they are brown.

Chickpea Burgers

Why make your own when you can buy a whole array of different vegan burgers from a supermarket you may ask. The answer is very simple, these taste more delicious and are completely free of gluten and all the other additives they add to pre-packaged burgers. They freeze well so you can easily have them available for those days you just don't feel like cooking from scratch. Eat them as a burger with all the salad trimmings or with a salad or with steamed vegetables and mashed sweet potato on a wintery night.

*800g cooked chickpeas
mashed*

1 cup besan flour

2 tsp gluten free tamari

*2 cloves garlic minced
(optional)*

½ Spanish onion finely diced

1 grated carrot

*2 heaped teaspoons of fresh
thyme finely chopped*

juice of ½ lime or ¼ lemon

*soak 2 tbsp chia seeds in ¼
to ½ cup filtered water*

*Oil that can cope with
heating for frying, cold
pressed sunflower,
macadamia or avocado oil*

Serves 4

Cooking and prep time 45 minutes to 1 hour

Mix all the ingredients together except the oil. Heat a small amount of oil in a frying pan and scoop in the mixture into what ever size burger you like. Cook for 4 to 5 minutes then flip over, press down on the burger as this way more of the inside will cook. Cook for a further 4 to 5 minutes or until you think it is cooked through and to the colour of your liking.

Bean Stufato and Thyme

Stufato means stew in Italian. This creation I originally named a stew but I found it too unattractive to put that in the title of the recipe. Stufato has a much more attractive ring to it don't you think? This recipe is packed with protein, iron rich because of the addition of the thyme and delicious on a cold wintery night. For a more decadent dinner make the stew, oops I mean stufato, peel and roughly chop 2 sweet potatoes, boil them in salted water and mash them with olive oil and soy milk, about 2 tbsp of both. Place the stufato in a baking dish, layer on the sweet potato and top with finely chopped parsley.

Splash of olive oil

4 tomatoes finely diced

2 tbsp fresh thyme

1 tbsp oregano

2 tsp sumac

1 tsp salt (or to taste)

2 hot chillies (optional)

1 onion finely diced

*1 garlic clove minced
(optional)*

½ cup filtered water

2 handfuls of millet

*500g vegetables of your
choice, I used eggplant
pumpkin mushrooms
broccoli and zucchini*

*400g cooked beans (I used
adzuki and have used
cannelini)*

parsley finely chopped

Serves 4

Cooking and prep time 45 minutes

In a saucepan place a splash of oil then add the tomatoes, thyme, oregano, sumac, salt, chillies, onion, garlic and millet. Stir for a few minutes then add ½ cup filtered water and simmer for 10 minutes or so, then add the vegetables. If needed add more filtered water. Cook until the vegetables are soft or to your liking and the millet is soft or almost disappeared into the stufato. Add the beans and when heated through the stufato is ready to eat.

Mung Bean and Vegetable Bake

This bake goes well with a salad or steamed vegetables.

olive oil

1 cup chopped broccoli or cauliflower

1 cup sliced red cabbage

1 cup grated carrots

1 cup onions thinly sliced

200g button mushrooms stalks removed and cut up mushroom tops left whole

2½ tsp caraway seeds

2 tbsp chopped fresh dill

1 tbsp lime juice

salt and pepper to taste

1 cup cooked mung beans

1 serve cashew sour cream (page 63)

Serves 4

Cooking and prep time at least an hour

In a frying pan add a small amount of oil and fry the broccoli/cauliflower, red cabbage, carrots, onion and mushroom stalks until cooked through but not overcooked (broccoli will still have a slight crunch). Empty into a mixing bowl, mix in the caraway seeds, dill, lime juice, mung beans and salt and pepper to taste and place in a baking dish.

Spread the cashew sour cream on the bean mixture.

In another frying pan heat some more oil and fry the mushroom caps until cooked. Place on top of the veggie mixture and press them in slightly. Put in a 200°C preheated oven and cook until the bake is heated through.

Other Mains

Pumpkin and Zucchini Bake

Quite recently I have been making this recipe on retreats instead of the stuffed zucchini (page 134) purely because of oven space and especially when I am catering for fifty yoga students as it is easier to get eight trays of bake in the oven rather than one hundred halves of zucchinis. This is a delicious bake indeed.

*1 butternut pumpkin skin
removed and cut into slices*

olive oil

*3 medium zucchinis cut into
thirds and then each third
into slices*

*½ cup oregano finely
chopped*

350g firm tofu

4 tsp seeded mustard

1 red capsicum finely diced

1 onion finely diced

salt and pepper to taste

½ cup nutritional yeast

Serves 4 to 6

Cooking and prep time 1 hour

Place the pumpkin in a baking tray and splash on some oil. Bake in a 180°C oven for 30 minutes or until cooked but not too soft. Meanwhile steam the zucchini for 5 to 10 minutes, its good if the zucchini still has a slight crunch. Mix all the other ingredients together except the nutritional yeast. In a baking dish layer ⅓ of the pumpkin slices, then ⅓ of the zucchini followed by ⅓ of the tofu mix. Do this two more times then bake in the oven for 30 minutes or until heated through. Sprinkle on the nutritional yeast before serving.

Lentil and Cauliflower Stuffed Zucchini

In the previous editions of this book I had a recipe for stuffed zucchini which I had developed when teaching in juvenile detention more than a decade ago. Once a week we had a cooking class and the students were not impressed that we had to cook vegetarian. To make matters worse the centre's veggie garden was prolific with zucchini. The afternoon before I was due to cook with the boys our principal Suzanne came in with three giant zucchinis and suggested we cook something with them. The boys were not looking forward to the lesson at all but once we had made the zucchini and served them with spaghetti they were very happy indeed. This veganised version of the recipe was inspired by students on the Vegan Chef and Lifestyle Training.

4 medium zucchinis
150g cooked beluga beans
3 spring onions, sliced
1/3 cauliflower
1 tomato
6 tbsp chopped fresh coriander or parsley (for dressing)
8 medium to large ripe tomatoes
1 jalapeno or green chilli diced
1 cob of corn
1 lime
½ clove crushed garlic
4 tbsp olive oil
1 teaspoon herb salt sea salt and black pepper
¼ cup rice crumbs

Serves 4

Cooking and prep time 1 hour

Cut the zucchini in half lengthways and scoop out the flesh. You can reserve the flesh and make a zucchini hummus from it if you wish. Place the zucchini in a 180°C oven for 10 minutes then remove. Cut the cauliflower into florets and place in a saucepan with water and herb salt and boil for approximately 15 minutes (or until cooked).

Take the corn kernels off the cob. Chop up the spring onions and sauté in the frypan with olive oil, add cumin seeds and corn kernels and stir for 2 to 3 minutes.

Remove spring onions, cumin seeds and corn from the stove and mix them with the beluga beans and minced tomato. Add salt to taste.

When the cauliflower is cooked, pulse it in a food processor for 5 to 10 seconds until it looks like a rice consistency. Add the cauliflower to the beluga bean mix and mix through the coriander and chilli if using. Place the tomato, olive oil, salt, pepper and garlic in a food processor and process until it forms a liquid. Stir half of the tomato sauce with the rest of the mix.

Fill the zucchini with this mix and sprinkle with the rice crumbs. Place the rest of the tomato sauce with a splash of olive oil in a baking tray and place the stuffed zucchini in the tray. Bake for 15 to 20 minutes or until the zucchini are cooked through.

Ratatouille

How many of you are like me who have tried a ratatouille and thought ‘what is all the fuss?’ I realised some years ago I was making it all wrong. I watched a tutorial on the internet where a French chef showed me the intricacies of making a really good ratatouille. I did what he said and added many different veggies to it. It was good but it wasn't until the gorgeous Evy participated in The Vegan Chef and Lifestyle Training that I fully understood how simple and delicious a French ratatouille could be. This recipe is traditional with the use of only three vegetables. I like to serve it with millet and mushrooms and some cashew sour cream.

*lots of cold pressed olive oil,
about 1 cup*

3 cloves garlic (optional)

1 bunch thyme

*2 eggplant diced into 2cm
pieces*

*4 zucchini diced into 2cm
pieces*

5 heirloom tomatoes diced

1½ to 3 tsp salt

*1 bunch oregano finely
chopped*

*½ bunch parsley finely
chopped*

pepper to taste

*1 portion of cashew sour
cream (Recipe pg 63)*

Serves 4 to 6 with a salad

Cooking and prep time 1½ hours

In a wok place some olive oil, one clove of garlic, a few sprigs of thyme (leaves removed from stem), the diced eggplant and ½ tsp salt. Toss around for 3 to 5 minutes or until the eggplant is partially cooked. Place the partially cooked eggplant in a saucepan. Do the same with the zucchini, you will need less cooking time as zucchini is softer. Then place in the saucepan. Do the same with the tomatoes and then place in the saucepan. Place the oregano in the saucepan and put the veggies on a low heat. Leave cooking for 1.5 hours checking from time to time. Check for salt and add pepper if you wish. When ready to serve place in a lovely serving bowl and garnish with the parsley. Serve with the cashew sour cream on the side.

Nut Roast

For some longtime vegans and vegetarians the thought of nut roast fills them with dread as in the 70's it was a regular feature on menus out there. I have played around with many recipes, finding for a long time Celia Brooks Brown's recipe to be delicious. The one I am sharing here is one I have been working on in the last year or so and I love it. People new to nut roast also love it especially if served with a tomato sauce or pepperonata. Serving it with a home made soy mayonnaise is wonderful too. You can also make just a seed roast if you are allergic to nuts.

5 tsp chia seeds

¼ cup water

1 cup almonds

1 cup brazil nuts

1 cup cashews

1 cup sunflower seeds

1 packet silken tofu

3 cups cooked rice

3 tsp tamari

juice of 1 lemon

1 carrot grated or 1 bunch

kale sautéd

seasoning of your choice

1 tbsp of thyme and 1 tbsp

of sage or 1 tbsp Italian

herb mix

Serves 4

Cooking and prep time

½ hour prep and 45 minutes cooking time

Mix the chia seeds with the water and let sit. Grind the nuts and seeds in a food processor. Add them to a big mixing bowl. Place the silken tofu and chia seeds in the food processor and blitz until combined. Add to the nuts then add the rest of the ingredients. Mix and taste for salt. You can also add pepper if needed. Place into a paper lined baking dish or make balls out of them. If making balls place them on a paper lined baking tray and they will take 30 minutes or so to cook in a 180°C oven. The roast in the dish will take up to 45 minutes or more to cook through.

Desserts



Not having a sweet tooth, I had rarely baked a cake before starting my business. So you can imagine my horror when I received an email from a potential customer ordering a birthday cake. I immediately wrote back with some feeble attempt at getting out of doing it. I explained that I wasn't very good at writing happy birthday on cakes and even suggested a few places she could order cakes from. She replied and said she didn't care about happy birthday being on the cake and told me to just decorate it with hearts.

If you know me at all well you can picture my anxiety levels at this stage. I felt the fear, took the challenge, did the research and asked everyone I saw how to decorate a cake with hearts. Even though cooking savoury dishes is still my preference I have had some fun creating new and exciting cakes and desserts.

Sweeten up your day or night with a wonderful treat or delight. Gluten free vegan desserts are more exciting and delicious than you may imagine.

Chocolaty Fudge Like Cake

This cake makes me wonder why there ever needed to be eggs in cakes. For chocolate fans this really is worth trying.

250g pitted dates

1 tsp bicarb

1 cup boiling water

200g vegan chocolate

1½ cups almond meal

1 cup self raising gluten free flour

¼ to ½ cup rapadura sugar

up to 1 cup soy or almond milk

Makes 8 to 10 pieces

Place the dates in a bowl with the bicarb and boiling water. Let sit for 20 minutes then blitz in a food processor until smooth. Melt the chocolate by placing it in a heat-proof bowl and set it on a saucepan of boiling water. Keep the water simmering until the chocolate is completely melted. Mix the almond meal, gluten free flour and sugar in a bowl and then add the date mixture, fold gently and then fold in the chocolate and mix in the soy or almond milk. Place in a lined cake tin. I use a 20cm one but if you want a higher cake use a 18cm cake tin. Bake in a 160°C oven for 30 to 40 minutes checking it after 20 minutes and turning it around in the oven.

Carrot Cake

In the previous editions of this book I didn't have a carrot cake and I always regretted it as even though carrot cake is so 80's it is actually one of my favourite cakes. This gluten free vegan version is very yummy.

Carrot cake

½ cup apple sauce
1 vanilla pod (with seeds scraped out and saved for icing)
1/3 cup sunflower or coconut oil
1/3 cup soy milk (or more if you think it's not moist enough)
1/3 cup coconut yoghurt or coconut cream
¾ cup rapadura or coconut sugar
1¾ cups cups hazelnut meal (you can use gluten free flour if you have nut allergy)
¾ cup gluten free flour
2 tsp baking powder
2 tsp cinnamon
½ tsp nutmeg
1½ cups grated carrot
½ cup pistachios roughly chopped

Cashew icing

1 2/3 cups cashews soaked
½ cup coconut oil melted (optional I often don't use)
1 tbsp maple syrup or more, up to you
seeds of 1 vanilla pod
1/3 cup water
tiny pinch salt
1 extra carrot spiralised for the decoration

Serves 8 to 10

Set the oven to 160°C and grease and line your cake tin with paper. Make the apple sauce by placing cut apples in a saucepan with a little water and the vanilla pod, boil until soft then mash with a fork. Beat the oil, soy milk and coconut yoghurt together with the sugar. Place all the dry ingredients in a mixing bowl and whisk to remove any lumps. Mix in the wet ingredients including the apple sauce and fold in the carrots and pistachios. If you think the cake needs a bit more moisture add more soy milk. Place the cake mixture in the baking tin and bake for 30 to 40 minutes or until the skewer comes out clean.

For the icing, place all ingredients in a blender and whiz until it forms an icing consistency.

Once the cake is cooled take it out of the tin and place on a serving plate or platter and ice and decorate.

Orange Pudding with Cashew Cream

Since I first published this recipe it has remained a mystery to me. I have had many people write and say how much they love this cake and two people tell me they just couldn't get it to set and an even more extreme case of another caterer using the recipe and the oven catching on fire. They made multiple cakes and didn't really concentrate on the amount of oil they used and as the oil dripped from the spring form tin it set the gas oven on fire. They somehow managed to salvage the cake despite all the foam from the fire extinguisher!

This has never happened to me thankfully. Each and every time I have made this recipe, the cake has turned out fabulously but to err on the side of caution, I have changed it from a cake to a pudding. What I suspect is the problem is the thickness of the oil used. When asking the few people where it didn't work I found out later they had used different types of oil which is fine but different quantities will then be needed. When adding the oil don't add the full amount if the batter is looking too moist. Now it is made into a pudding I have also included the recipe for cashew cream which is a decadent accompaniment.

2 oranges or 3 mandarins

1 cup rapadura sugar

½ to 1 cup macadamia oil

2 cups almond meal

1 tsp gluten free baking powder

2 tsp poppy seeds

Cashew Cream

1 cup cashews soaked in filtered water for a few hours

2 tbsp agave

2 tbsp coconut oil (melted)

2 tbsp to ¼ cup filtered water

Serves 8 to 10

Place the oranges in a saucepan and cover entirely with water, boil until the oranges are soft. This can take up to an hour. Check regularly so the water doesn't boil dry. Set the oven to 175°C and grease an oven proof baking dish. When the oranges are soft and cooled, pull apart and remove any pips and the centre pith. Using a hand held blender process the whole oranges into a paste. Add sugar and process until combined with the oranges. Fold in the almond meal, baking powder and poppy seeds. Gradually add the macadamia oil, mixing until you have a cake batter consistency. Place the mixture in the prepared baking dish and bake in the oven for up to an hour or until the skewer comes out clean when tested.

To make the cashew cream, strain the cashews from the water and process in a food processor, add the agave and coconut oil and process further. Thin with water and then place in the fridge or freezer until you want to serve it.

Silken Tofu Chocolate Mousse with Orange Sauce

Sharmalee from Savour World Cuisine (another local catering company) made this one day when I was working for her. I had never seen such a dessert before or even thought that you could make sweets with tofu. This set me on an internet search and I found many versions. I chose the simplest.

*200g good quality gluten
free vegan cooking
chocolate
1 pkt organic GM Free silken
tofu
¼ cup agave*

Serves 6 to 7 or two greedy little piglets

Melt the chocolate in a bowl that is set over a saucepan of boiling water. Whizz the tofu in a food processor until smooth and add the melted chocolate and agave and whizz further. Once totally smooth place in a bowl or six individual bowls and set for a few hours in the fridge.

Orange Sauce

*6 oranges
pinch of tumeric
½ cup rapadura sugar
1 cup water
2 star anise
2 cardamom pods*

Cut oranges thinly into slices, leaving skin on and then cut each slice into 4. Place in a saucepan with the sugar, water, tumeric, star anise and cardamom pods. Bring to a boil and then simmer until the orange softens and a syrup forms.

Hazelnut Cake with Silken Tofu Chocolate Mousse

This cake looks stunning when decorated with abundant fruit. Choosing what is in season. Strawberries, Kiwis, blueberries and dragonfruit to name a few.

*1 serve silken tofu chocolate
mousse (recipe page 142)*

½ cup soy milk

*2 cups gluten free self
raising flour*

2 cups hazelnut meal

1 cup rapadura sugar

2 tsp baking powder

*¼ cup macadamia or
sunflower oil*

*2 tbsp chia seeds in ¼ cup
water*

½ cup of apple sauce

fresh fruit to garnish

Serves 12

Mix all the dry ingredients together then add the oil, chia seeds, apple sauce and soy milk. Add more soy milk if the cake is a little dry. Place in an 18cm paper lined cake tin and bake for 20 to 30 minutes in 165°C oven. Let cool and then turn out onto a cake plate. Make the silken tofu chocolate mousse and spread on top of the cake. Decorate with the fruit.

Apricot Squares

As a child I remember making apricot balls at Christmas. They were sickly sweet as condensed milk was one of the main ingredients. They were fun and easy to make, as is this healthier version. I make them square to differentiate them from the cacao balls but you can make them whatever shape you wish, even use a heart shaped cookie cutter. For rolling you can also use hemp seeds instead of the shredded coconut and sesame seeds.

1 cup organic apricots

½ cup of other organic dried fruit of your choice

¼ cup figs stems cut out

4 tbsp sunflower seeds

¼ cup coconut milk

1 cup desiccated coconut

2 tbsp sesame seeds

Makes 12

Place the sunflower seeds in a food processor and pulse until broken down. Add the apricots, other fruit and figs and pulse until the fruit is processed. When very fine and almost forming a paste add the coconut milk. Whizz for a further few minutes then mould into whatever shape you choose and roll in the desiccated coconut and sesame seeds.

Raw Cacao Balls

When I first started catering I made these by hand, it took absolutely ages. Then my parents bought me my treasured and well used food processor. What a difference it made to making these pure healthy delights.

1 cup pitted dates

1 cup almonds (soaked for 6 hours)

2 tbsp raw cacao powder

zest of 1 orange

*½ cup desiccated coconut
and maybe a bit more*

Makes 12 large balls but you can make them smaller if you want more.

Soak the dates in a bowl of water for up to an hour. Drain the soaked almonds and place in the food processor and pulse for a few minutes, then add the cacao powder and the orange zest. Pulse for a further two minutes. Drain the dates, reserving the water and add them to the nut mixture. Process in the food processor until it forms a smooth mixture. If the mixture looks dry then add some of the reserved date water. Shape into balls of whatever size you wish and roll the balls in the coconut.

Simple Banana Cake with a Tahini Icing

A very healthy cake. One that people do seem to love and are surprised when they find out that there is no added sugar. You can use the cashew cream (page 141) for the icing if you don't like tahini.

6 to 8 mashed bananas

1 cup sultanas

½ cup gluten free self raising flour

1 tsp gluten free baking powder

1½ cups almond meal

½ to 1 cup macadamia oil (you may not need a full cup of oil, it depends on how soft the bananas are so start with ½ a cup and see how moist the cake is)

Tahini Icing

1 cup tahini

2 tbsp maple syrup or rice malt syrup

¼ cup boiling water

juice of 1 or 2 lemons

Topping

½ handful of pepitas

½ handful goji berries

Serves 8 to 12

Mix all the cake ingredients together. Place in a 22cm square baking tray and cook in a preheated 180°C oven for 45 minutes or until a skewer comes out clean.

Meanwhile mix all the tahini icing ingredients together in a food processor. When cake is baked and cooled spread the tahini icing on top and scatter pepitas and goji berries.

Date Cake

When I first started Veet's Cuisine, if I made any slight mistake when baking I was mortified and would start all over again. These days, from mistakes great recipes arise and this cake is living proof of that. When I was a vegetarian caterer, one of my colleagues, Lisa, was making this cake for me and I was telling her what to do from memory. When she got to the stage of putting the cake in the tin, she said to me that she thought the cake looked quite dry. I agreed and was stumped for why this was the case. It had never happened before. I suggested she put some almond milk in. Half way through baking the cake it dawned on me that I had forgotten the eggs. I was then completely worried by how the cake would turn out. It was a pleasant surprise when the retreat participants told me how delicious it was. So from this mistake a great vegan cake was born and I started to fully understand the science of baking.

250g pitted dates

1 cup boiling water

1 teaspoon bicarb soda

¼ to ½ cup almond milk

½ cup rapadura or coconut sugar

¼ cup gluten free self raising flour

1¾ cups almond meal

¼ tsp cinnamon

¼ tsp powdered cardamom

¼ tsp powdered ginger

Serves 8

In a bowl place the pitted dates, boiling water and bicarb soda and let sit for 20 to 30 minutes. Meanwhile line a spring form cake tin or grease a pudding dish. In another bowl, place the flour, almond meal, cinnamon, cardamom and ginger. Using a whisk, remove and lumps. Next add the sugar and whisk again.

Once the dates have been soaking for at least 20 minutes, pour the dates and water into the flour and cake mixture and mix together gently. Add the almond milk. When all combined, transfer to your prepared cake tin or pudding dish and bake in a 180°C oven for 30 minutes or until a skewer comes out clean.

Selena Inspired Apple and Berry Crumble

In the past I steered away from making crumbles as I usually find them too sweet and stodgy. However some years ago my friend Selena was staying with us again and I decided to make a crumble for an event catering for sixty people. "Help!" I cried as I had never made a crumble before. Selena made some fantastic suggestions and of course in my difficulty with following any recipe I added a few extras.

300g of fresh or frozen berries
4 Granny Smith apples, cored and sliced, keep the skin on
juice and zest 1 lemon
1 cup almond meal
¾ cup gluten free flour
2 or more tbsp macadamia or coconut oil
¾ cup raw sugar
¼ cup desiccated coconut
1½ cups roughly chopped almonds and macadamia nuts
½ tsp cinnamon
½ tsp nutmeg
50g pepitas

Serves 6

Set the oven to 180°C. In a bowl mix berries, apples, lemon juice and zest. Spread into a greased baking dish. In another bowl mix the almond meal, flour and oil together until they form rough crumbs. Mix in the sugar, coconut, cinnamon, nutmeg and chopped nuts. Spread this mixture onto the apples. Bake in an oven for 45 minutes. Put the pepitas on top and bake for a further 15 to 30 minutes or when the top is brown and the apples soft.

Apple Pudding

On a wintery night put this in the oven just before you sit down to eat your main meal. By the time you have enjoyed dinner this pudding will be ready to serve piping hot. You can easily make the apple sauce yourself. Peel 2 apples then dice. Pop in a saucepan with a small amount of water and cook until soft. Mash the apples.

6 Pink Lady apples
juice of 1 lime
3/4 cup apple sauce
1 cup rapadura sugar
2 cups almond meal
big pinch nutmeg
big pinch cinnamon
1 tsp baking powder
2 tbsp almond flakes

Cut the apple into quarters then take out the core and cut each quarter into 4 pieces. Place the cut apples in a baking dish. Mix the lime juice with the apples. In a bowl, mix the apple sauce and sugar together. Fold in the almond meal, nutmeg, cinnamon and baking powder. Place this mixture on top of the apples and sprinkle with almond flakes. Bake in a 180°C oven for 30 minutes or until a skewer comes out clean.

No Bake Avocado and Chocolate Cake

I acquired this recipe some years back when sharing a kitchen with the Byron Bay Detox girls. The lovely Kath (who is a vegan cooking genius) shared this recipe with me. If avocados are not in season you can use 1 mango instead.

Base

1 cup pecans

1½ cups dates soaked for an hour

1½ cups desiccated sugar free coconut

Filling

250g melted gluten free dark vegan chocolate

½ cup almond meal

3 ripe avocados

10 tsp raw cacao powder

2 to 5 tbsp of maple syrup

½ cup macadamia oil

Topping

Fruit of your choice. I use what is in season; sliced kiwi fruits, strawberries blueberries or dragon fruit slices work well.

Serves 12

To make the base put the pecans in the food processor, grind to a meal, add the dates, process until they form a paste and add the coconut. Spread evenly over an oiled pie dish or spring form flan tin.

Next melt the chocolate on a low heat in a bowl set over boiling water. Meanwhile blend the avocado in a food processor. Once smooth add the almond meal, raw cacao powder, maple syrup and macadamia oil. Process until well mixed then transfer to a bowl. Add the melted chocolate to the avocado mixture and mix well. Spread this filling on the base. Set in fridge for an hour or so. Decorate with fruit.

Drinks

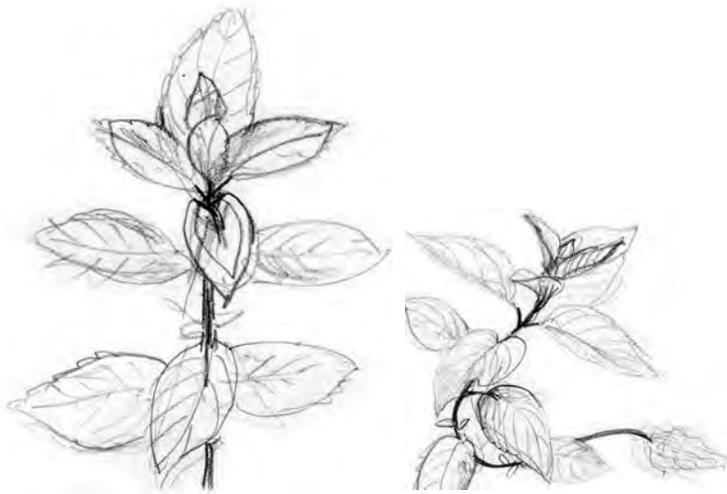


These are a few of my favourite drinks. If I'm feeling under the weather it is rosehip I turn to, full of vitamin C, it really aides in boosting the immune system. At the first hint of a sore throat I drink rosehip tea all day, the next day I am right as rain. On the rare occasion I do lots of physical activity I make the rosehip electrolyte drink.

Smoothies are the in thing right now and more a meal than a drink. I love green smoothies but can only have them now and again, maybe because they seem so sweet to me, but when my body craves a smoothie I know the time is right.

Visiting India for the first time opened me up to a whole new world of flavours in a drink. A drink made just with lime and carbonated water became my all time favourite refreshing drink at lunch. A drink made with mango and coconut yoghurt was a flavoursome dessert. A tea made with pepper sent me into raptures every morning and afternoon.

Cheers to you all as you savour the drinks I enjoy the most.



Green Juice

If I am to make or order a juice for myself it is always green vegetables with a tinge of green fruit that I choose. Adding ginger and fresh tumeric is also an option but what makes my body zing the most is green. For my partner the classic ABC with G; apple, beetroot, carrot and ginger. Some other wonderful combinations are pineapple and mint; watermelon and mint; orange, ginger and tumeric; beetroot, kale and mint and the list goes on.

At home I have a cold pressed juicer and to be completely honest I may have a juice once a month or so. On big retreats I am forced to use a café series juicer as it would take me up to four hours to make juice in a cold pressed juicer for fifty people and a 5 am start is already early enough. If you are a big juice fan I would suggest investing in a cold pressed juicer.

2 apples or 2 pears

1 cucumber

1 lime, skin on

1 bulb fennel

½ bunch celery

½ bunch parsley

3 sprigs of mint

1 bunch of kale or spinach

Makes 2 to 3 glasses

Cut all the vegetables to a size that fits in the juicer and juice just before drinking. If you do have anything left over put it in a airtight container and drink throughout the day.

Green Smoothie

This recipe classifies as a meal or a dessert in my eyes. It is a great treat that gives me lots of energy and makes me feel very vibrant.

4 leaves kale

2 green apples

½ bunch parsley

1 lime with skin left on

1 banana

pulp from 2 passionfruit

fleshy fruit depending what is in season, choose one of the following options:

2 plums

½ dragon fruit

½ mango

½ avocado

2 nectarines

1 tsp spirulina

filtered water to thin

Makes 2 to 3 glasses

Cut the kale, apples, parsley and lime to fit in a juicer, juice them all. In a blender, blend the banana, passionfruit pulp, fleshy fruit of your choice and the spirulina. Add the juice and blend, decide if you want to thin the juice with water. My partner doesn't, I do, its all a matter of preference.

Strawberry Date and Raw Cacao Smoothie

When catering on retreats I will get one or two people who don't like banana so recently from an idea I got in Melbourne I have started making this smoothie banana free.

*½ cup dates soaked in 1 cup
of filtered water overnight
(keep the water)*

*1 punnet strawberries green
tips left on*

*4 kale leaves, stalks
removed*

¼ to ½ cup almond milk

2 to 3 tsp of raw cacao

2 to 3 tsp chia seeds

filtered water to thin

Makes 2 to 3 glasses

In a blender add the dates, make sure there are no pits in them. Blend the dates then add the strawberries, kale and raw cacao. Add the date water and almond milk, whiz it. Remove from the blender and add the chia seeds, mix with a spoon. Let sit for 5 minutes for the chia seeds to expand and add water if you desire.

Mango Lassi

This is a drink to enjoy before or after a meal, for breakfast or for dessert.

ice made from filtered water

Flesh of 1 mango

1 cup coconut yoghurt

*1 cup water or almond milk
to thin*

In a blender place the mango and blend to a pulp. Add the yoghurt to combine and then the ice. Crush it a little. I like lassi thin so I add the water or almond milk. It's up to you if you add it or not.

Iced Pink Tea

This is the all time favourite drink that I serve on retreats along with lunch. It is refreshing and so lovely to have an iced tea without a lot of sweetener. For an extra special drink you can add sparkling mineral water to each glass when you serve it.

4 cups filtered water

4 organic rosehip tea bags

juice of 1 lime

*2 cups organic freshly
squeezed or bottled apple*

juice chilled

ice if desired

Makes 4 to 6 drinks

Prepare the night before or a few hours before if you want a really chilled drink. Boil the 4 cups of water and infuse the tea bags. Squeeze in the lime juice and watch the dark brown tea turn pink. Remove the tea bags after 5 minutes, squeezing all the water out of them. Chill. Once chilled mix this with the apple juice and pour over ice. For a less sweet drink add extra filtered water.

Electrolyte Drink

When doing lots of physical activity an electrolyte drink will help your body absorb the liquid better, meaning you can drink a lot of fluid and not have to keep going to the toilet. I make this drink and will keep diluting it with water throughout the day.

2 litres filtered water

4 rose hip tea bags

juice of 3 limes

juice of 3 oranges

1 to 2 tsp salt

Boil 1 litre of the water and pour into a bowl with the teabags and add the lime juice. Either let cool down for an hour or so or to speed up the process add some ice cubes. Remove the tea bags and add the salt and orange juice and mix. Dilute with the remaining 1 litre filtered water.

Ginger Mint Lime Drink

This is a simple drink to sip on all evening if you wish.

*1 jug filtered water chilled
or not*

a large sprig of mint

1 lime cut into quarters

6 thin slices ginger

Makes 4 to 6 drinks

Place the mint and ginger in the water, squeeze each lime quarter into the water and place the lime rind in it too. If you want a stronger lime tasting drink use two limes. You can also add sugar syrup. But I feel why spoil a beautifully refreshing and healthy drink.

Mojito

You can make this with rum or tequila if you like, or without. A Mojito without alcohol is my absolute favourite drink.

ice

2 mint leaves

*1 tsp rapadura sugar
(optional)*

juice of 1 lime

2 lime slices

*200ml soda or fizzy spring
water*

Makes one drink

Place the ice, mint, sugar and booze (if using) into a glass. Add the lime juice and pop the slices in too. Give it a good stir and top up with fizzy water.

Zorba the Buddha Chai

I love discussing chai with people and finding out what they like as I feel it is such a personal taste. This simple chai recipe, which I found in the Zorba the Buddha Cook Book and drank everyday on my visits to the Osho Meditation Resort is my favourite. Some people like to add cloves, star anise and all sorts of other things. If you are one of these people you may or may not like this recipe. I have recently asked two Indian friends to try my chai to see what they think and they both have said it is very Indian, very simple. I never sweeten it but get people to add their own sweetener. See what you think. Oh and one last thing, I love to make it with soy milk but you can make it with almond, rice or coconut milk.

3 cups filtered water

¼ cup grated ginger

½ tsp ground cinnamon

½ tsp ground cardamom

pinch of pepper

2 cups nut milk of your choice

3 tsp organic tea leaves

For five cups

Place the water, ginger and spices including the pepper in a saucepan and bring to the boil. Once boiling add the milk and bring back to the boil. Turn it to a simmer, add the tea and brew (or as my family says, mash) for 2 minutes. Turn off the heat. Strain into another pot and pour into cups.

Index

A			
Acar Acar with Noodles	54	- Mixed Bean Salad	47
Adapting Recipes to Cater for Individual Needs	11	- Tomato Sauce with Borlotti Beans	123
Aloo Gobi	101	- White Bean Dip	65
Almacasheye	42	Beetroot	
Antipasto Brown Rice	79	- Beetroot and Cashew Dip	64
Apple and Berry Crumble	148	- Beetroot and Tofu Salad	49
Apple Pudding	149	- Carrot, Beetroot, Kale and Tofu Bake	119
Apricot Squares	144	- Quinoa with Oven Roasted Beetroot	84
Artichoke		- Beetroot Raita	106
- Tofu, Rocket and Artichoke Salad	50	Blueberries	
- Artichoke and Pea Lasagne	97	- Borlotti, Blueberries and Mandarin Salad	47
- Artichoke and Potato Tofu Bake	120	- Thai Warm Mango, Tofu and Blueberry Salad	116
Avocado		Buckwheat	
- Avocado, Corn, Tomato Salsa	67	- Buckwheat Bake	89
- Avocado and Cucumber Soup	39	- Buckwheat Salad	90
- Avocado, Sweet Potato and Tomato Salad	53	- Fennel, Chickpea, Potato Soup	28
- No Bake Avocado and Chocolate Cake	150	Broccoli	
		- Broccoli and Potato Soup	24
B		C	
Balinese Tempeh Curry	108	Canapé Tofu Bake	120
BBQ Veggies and Tofu	115	Cashew and Beetroot Dip	64
Beans		Cashew Sour Cream	63
- Baby Potato, Sweetcorn, Green Beans and Zucchini	71	Carrot	
- Bean Stufato with Thyme	131	Carrot Cake	140
- Borlotti, Blueberries and Mandarin Salad	47	- Carrot, Beetroot, Kale and Tofu Bake	119
- Brown Rice with Baked Cauliflower, Adzuki Beans and Tahini Sauce	80	- Carrot and Dill Soup	30
- Chickpea Burgers	130	- Carrot and Orange Soup	31
- Cooking Beans	13	- Coconut, Carrot and Pumkin Soup	32
- Eating Beans and Legumes	12	- Pumpkin, Sweet Potato and Carrot Soup	33
- Fennel, Chickpea and Potato Soup	28	- Orange Pudding and Cashew Cream	141
- Millet, Beans and Tomato	87	Cauliflower	
- Green Bean Sabjee	99	- Aloo Gobi	101
- Hummus	65	- Brown Rice with Baked Cauliflower, Adzuki Beans and Tahini Sauce	80
- Tangy Mung Bean and Potato Cakes	129		
		Cauliflower and Quinoa Roast	74
		- Cauliflower, Pea and Tempeh Salad	51
		- Lentil and Cauliflower Stuffed Zucchini	134
		- Warm Cauliflower Salad	52
		Chai	158
		Chickpea, Fennel and Potato Soup	28
		Chocolate	
		- Chocolate Fudge Like Cake	139
		- No Bake Avocado and Chocolate Cake	150
		- Raw Cacao Balls	145
		- Silken Tofu and Chocolate Mousse	142
		Coconut, Carrot and Pumpkin Soup	32
		Coconut Milk	15
		Cooking with Love	8
		Corn	
		- Baby Potato, Sweetcorn, Green Beans and Zucchini	71
		- Avocado, Corn, Tomato Salsa	67
		Cucumber	
		- Avocado and Cucumber Soup	39
		- Cucumber Raita	106
		D	
		Dates	
		- Date and Coconut Chutney	105
		- Date Cake	147
		- Raw Cacao Balls	145
		Dill	
		- Carrot and Dill Soup	30
		Dulse and Hemp Seed Steamed Veg	76
		Dulse Sprinkle	42
		E	
		Eastern Sydney Mango and Lettuce Salad	45
		Eggplant Sambal	110

F

Fennel
 - Fennel, Chickpea and Potato Soup 28
 - Fennel, Orange, Olive and Puy Lentil Salad 46
 Fermented Nut Cheese 16
 Five Key Factors to Cooking Vegan Cuisine 6
 Fusion Lasagne 94

G

Garam Masala 17
 Garnishing Salads 58

Ginger

- Tamarind and Ginger Sauce 63
 - Ginger, Mint, Lime Drink 157
 Gluten Intolerance 11
 Gomasio 42
 Green Bean Sabjee 99
 Green Bean and Tofu Salad 49
 Greek Lentil Soup 35

H

Hazelnut Cake 143

Hemp Seeds

- Complete Protein 10
 - Sesame and Hemp Seed Sprinkle 42
 - Steamed Veg with Dulse and Hemp Seed 76
 Hummus 65

I

Iced Pink Tea 156
 Indian Lentil Soup 37

K

Kale and Miso Soup 27
 Kidgereee 81

L

Laksa 40
 Lasagne 93

Lentils

- Cooking 13
 - Greek Lentil Soup 35
 - Fennel, Orange, Olive and Puy Lentil Salad 46
 - Lentil and Tomato Sauce 125

- Lentil and Cauliflower Stuffed Zucchini 134
 - Indian Lentil Soup 37
 - Spicy Lentil and Veg Soup 36

Lime

Ginger, Mint, Lime Drink 157

M

Macadamia and Pea Pesto
 Pasta Bake 135
 Macadamia and Pepita Sprinkle 42

Mandarin

- Borlotti, Blueberries and Mandarin Salad 47

Mango

- Eastern Sydney Mango and Lettuce Salad 45
 - Mango Lassi 155

- Thai Warm Mango, Tofu and Blueberry Salad 116

Mediterranean Veggies 75

Mexican Bean Soup 38

Minestrone Verde 26

Millet and Seeds 86

Millet, Beans and Tomato 87

Millet with Dulse and Steamed Vegetables 87

Mint

- Ginger, Mint, Lime Drink 157

Miso

- Kale and Miso Soup 27

- Miso Tofu with Grilled Aubergine and Veg 114

Mixed Bean Salad with Salsa Verde 47

Mixed Veg and Chana Curry 100

Mojito 157

Mung Bean and Potato Cakes 129

Mung Bean and Vegetable Bake 132

Mustard Green Sambal 109

Mushrooms

- Muttar Palak with Mushrooms 102

- Sweet Potato, Mushroom and Red Capsicum Tofu Bake 118

My Sister-in-Law's Sambal 68

N

Nuts

- Cashew Cream 141

- Fermented Nut Cheese 16

- Baked Pear, Rocket and Pecan Salad 48

- Nut Cheese 64

- Nut Roast 136

- Pesto 66

- Fusion Lasagne 94

- Pumpkin and Pecan Frittata 119

- Sprinkles for Soup 42

- Zucchini Soup with Almond Flakes 23

O

Oranges

- Carrot and Orange Soup 31

- Vegan Orange Pudding 141

- Fennel, Orange, Olive and Puy Lentil Salad 46

- Orange, Mint and Ginger Dressing 61

P

Peas

- Artichoke and Pea Lasagne 97

- Spinach and Pea Soup 25

- Cauliflower, Pea and Tempeh Salad 51

- Muttar Palak with Mushrooms 102

Pear (Baked), Rocket and Pecan Salad 48

Pecan and Macadamia Sprinkle 42

Pepperonata 124

Pesto 66

Polenta 121

Potato

- Aloo Gobi 101

- Baby Potato, Sweetcorn, Green Beans and Zucchini 71

- Broccoli and Potato Soup 24

- Potato, Fennel and Chickpea Soup 28

- Potato and Artichoke Tofu Bake 120

- Tangy Mung Bean and Potato Cakes	129	Spinach	- Lentil and Tomato Sauce	125
Pumpkin		- Spinach and Pea Soup	- Millet, Beans and Tomato	87
- Coconut, Carrot and Pumpkin Soup	32	- Spinach and Borlotti Lasagne	- Pepperonata Sauce	124
- Fusion Lasagne	94	- Fusion Lasagne	- Roast Tomato and Vegetable Soup	34
- Pumpkin, Sweet Potato and Carrot Soup	33	Split Mung or Split Chana Dhal	- Tomato Sauce With Borlotti Beans	123
- Pumpkin and Zucchini Bake	133	Star Anise Tofu or Tempeh with Stir Fried Veg	- Tomato and Pepita Salsa	67
Q		Sprinkles for Soup	V	
Quinoa		Steamed Veg with Dulse and Hemp Seed	Date Cake	147
- Cauliflower and Quinoa Roast	74	Steamed Veggies with Lemon Myrtle Infused	Orange and Cashew Cake	141
- Quinoa with Raw Veg	83	Macadamia Oil and Lime Juice	Vegetable Dishes	
- Quinoa with Oven Roasted Beetroot	84	Stuffed Zucchini	- BBQ Veggies and Tofu	115
- Quinoa Tabbouleh	85	Sunflower and Hemp Seed Sprinkle	- Mediterranean Veggies	75
R		Sweet Potato	- Root Vegetable Bake	72
Ratatouille	135	- Pumpkin and Sweet Potato Soup	- Steamed Veggies with Lemon Myrtle Infused Macadamia Oil and Lime Juice	76
Raw Cacao Balls	145	- Sweet Potato, Mushroom and Red capsicum Tofu Bake	- Mixed Veg and Chana Curry	100
Raw Salad	56	- Avocado, Sweet Potato and Tomato Salad	- Mung Bean and Vegetable Bake	132
Rice		T	- Star Anise Tempeh with Stir Fried Veg	112
- Brown Rice with Baked Cauliflower, Adzuki Beans and Tahini Sauce	80	Tangy Mung Bean and Potato Cakes	W	
- Brown Rice Kidgeree	81	Tahini Miso Sauce	White Bean Dip	65
Red Wine Vinegar Dressing	61	Tamarind and Ginger Sauce	White Wine Vinegar Dressing	61
Roast Vegetable and Seven Herb Sauce Lasagne	96	Tempeh and Tofu Curry	Y	
Rocket, Baked Pear and Pecan Salad	48	Tempeh Cakes	Yellow Dhal	103
Root Vegetable Bake	72	Tempeh, Cauliflower and Pea Salad	Yellow Dhal Variations	103
Rosehip		Tofu, Rocket and Artichoke Salad	Z	
- Iced Pink Tea	156	Thai Warm Mango, Tofu and Blueberry Salad	Zorba the Buddha Chai	158
S		Tofu, Chocolate Mousse Silken	Zucchini	
Sambal	68	Tofu and Green Beans Salad	- Baby Potato Sweetcorn Green Beans and Zucchini	71
Salsa Verde	47	Tomato	- Zucchini with Almonds	73
Sesame Seed and Flaked Almond Sprinkle	42	- Tofu Cherry Tomato, Rocket and Artichoke Salad	- Pumpkin and Zucchini Bake	133
Simply Raw Salad	56		- Zucchini Soup with Almond Flakes	23
			- Lentil and Cauliflower Stuffed Zucchini	134

*"A dinner is symbolic of enjoying life...
because food is associated with love."*

Osho

Bibliography

- Abensur, Nadine, The Cranks Bible, Weidenfield and Nicholson, London, 2001
- Abensur, Nadine, The New Cranks Recipe Book, Phoenix Illustrated, London, 1996
- Barea, Margaret, Vegetarian Bible, Penguin, Melbourne, Books, 2008
- Brown, Celia Brooks, World Vegetarian Classics, London, Pavilion Books, 2005
- Canter, Kay and Swann, Daphne, Entertaining with Cranks, J.M. Dent and Sons Ltd, London UK, 1985
- Chapman, Pat, Curry Club Balti Recipes, Piatkus, London, 1993
- D' Adamo, Peter, J. Dr, and Whitney, Catherine, Blood Type O Food Beverage and Supplement Lists from Eat Right 4 Your Type, Berkley Books, New York, 2002
- Dasa, Kurma, Vegetarian Dishes from Around the World, Bhaktivendanta Book Trust, Sydney, 1990
- De Neefe, Janet, Fragrant Rice, Periplus Editions, Singapore, 2003
- Foer, Jonathan Safran, Eating animals, Hamish Hamilton, Victoria, 2009
- Husain, Shehzad and Fernandez, Rafi, The Indian Recipe Book, Anness Publishing Limited, London 1995
- Katzen, Mollie, Vegetable Heaven, Hyperion, London, 1997
- Pitchford, Paul, Healing with Whole Foods, Asian Traditions and Modern Nutrition, North Atlantic Books, California, USA, 1993
- Rajneesh, Bhagwan Shree, Zorba The Buddha Rajneesh Cookbook, Rajneesh Neo-Sannyas International Commune, 1975
- Rivera, Guadalupe and Colle, Marie-Pierre, Frida's Fiestas Recipes and Reminiscences of Life with Frida Kahlo, Clarkson N Potter, 1994
- Shack, Sharon, Recipes for Passover, Bon Vivant, www.gourmania.com, Canada
- Sharmalee and Georgina, Savour Cuisine, Retreat cookbook and more, Self published, 2005
- Walker, Kylie, Editor, ABC Delicious Magazine, Australia, 2008-2009

Gratitude

A huge thanks to my beloved who has supported my new business every step of the way and continues to be my biggest source of constructive feedback, making my dishes even more delicious.

Much love and thanks to my parents who initially assisted me financially which allowed me to leave my teaching job and begin living my passion.

Also to thank all the amazing friends who have worked with me along the way. Such beautiful sharing beings.

To all the farmers in our area, without you guys I wouldn't be able to create such delicious yummys!

To everyone who has supported my catering business, ordering weekly meals, booking me in to cater for retreats, events, parties, celebrations, workshops and weddings.

And finally a thank you to the Path of Love process, which helped me gather up the confidence to really live my dream.



Eating is more than a method of survival it is pure decadent indulgence, every mouthful of goodness savoured and delighted and celebrated along the way.

Veet

Veet's Cuisine

Delicious Vegan Recipes A cookbook full of vegan, gluten free recipes which will inspire you to spend time in the kitchen. Veet's Cuisine is filled with warm personal stories and helpful hints about eating healthily as a vegan, which would take years to gather if not found in a gem like this. Complete with a protein guide, information on complete protein and an essential pantry ingredients list, Veet's love of healthy and delicious food just pours from the page and makes even the idea of cooking a joy.



Veet has put together a really lovely collection of recipes that will no doubt cause much excitement not only amongst vegetarians but with anyone eager to include more vegetarian meals into their repertoire. There's a whole lot of love in this book as you can tell by the addition of the thoughtful section at the front of the book with handy tips on cooking vego food, as well as the inclusion of nutritional charts. Well done Veet. Your passion to help create a better world shines through your recipes.

Janella Purcell Naturopath, Nutritionist, Author, Wholefood Chef

Veet's recipes set my heart and soul on fire and just the thought of them makes my stomach rumble. Veet has changed the way I approach cooking. I don't go shopping without consulting her recipe book full of love and inspiration. If it's not Veet, I don't eat (well I do, but it's not as satisfying).

Sonja Potts

Veet's Cuisine cookbook is awesome. Easy to prepare yet thought provoking meals that taste fantastic and feel amazing in your belly. This cookbook is well travelled. I take it with us on holidays and sleep overs just in case we need to feel Veet's love.

Justine Jansen, Power Yoga Canberra



www.veets.com.au

