



Easter Treats

Vegetarian 
for Life



Sweet Potato Soup

Serves 6, Vegan

Easter is a time of new beginnings in all traditions – the cold of winter has finally gone and spring is here. We are pleased to provide a few new recipes to extend your repertoire.

We hope that all of your residents – but particularly any vegans or vegetarians – will enjoy the change.

Ingredients

2 tsp vegetable oil
1 onion, diced
1 tbsp finely chopped fresh ginger
1 tbsp vegan Thai red curry paste
1 tsp salt
660g/1lb 7oz sweet potatoes, diced
400ml/14fl oz canned reduced-fat coconut milk
1 litre/1¾ pints vegan stock
Juice of 1 lime
30g/1oz finely chopped fresh coriander, to garnish

1. In a large, heavy-based saucepan, heat the oil over a medium-high heat.
2. Add the onion and ginger and cook, stirring, for about 5 minutes or until soft.
3. Add the curry paste and salt and cook, stirring, for a further minute or so.
4. Add the sweet potatoes, coconut milk and stock and bring to the boil.
5. Reduce the heat to medium and simmer, uncovered, for about 20 minutes or until the sweet potatoes are soft.
6. Purée the soup, either in batches in a blender or food processor or using a hand-held blender. Return the soup to the heat and bring back up to a simmer. Just before serving, stir in the lime juice.
7. Serve hot, garnished with coriander.

Recipe from Vegan:100 Everyday Recipes, part of Parragon's range of Love Food Cookbooks. For more information visit www.parragon.com/lovefood
The Vegan Society sells this book in its shop for just £2 plus p&p. Visit www.vegansociety.com/shop

Rose Elliot's Pine Nut & Carrot Roast with Mushroom Sauce

Serves 6, Vegetarian



Ingredients

25g butter

1 onion, finely chopped

225g carrots, finely grated

2 celery sticks, finely chopped

225g pine nuts, grated

2 tbsp chopped parsley

Squeeze of lemon juice

2 free range eggs

Sea salt and freshly ground
black pepper

Freshly grated nutmeg

For the sauce:

7g dried mushrooms, rinsed

600ml water

25g butter

1 small onion, thinly sliced

2 tsp cornflour

2 tbsp vegetarian Madeira or
fortified wine

2 tbsp soy sauce

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Grease and line a 500g loaf tin.
3. Melt the butter in a large pan and fry the onion, without browning, for 5 minutes, then add the carrot and celery and cook uncovered for 10 minutes.
4. Remove from heat and add the pine nuts, parsley, lemon juice and eggs.
5. Season well with salt, pepper and nutmeg.
6. Pour into the tin and bake for 40 minutes until golden brown and firm in the centre.

To prepare the sauce:

1. Put the mushrooms and water in a saucepan, bring to the boil then remove from heat and leave to soak for 40 minutes, then drain, reserving the liquid and chop the mushrooms.
2. Melt the butter in a saucepan, add the onion and fry for 10 minutes until lightly browned.
3. Add the mushrooms and gently cook for 30 minutes until tender.
4. Mix the cornflour with the reserved liquid, Madeira and soy, then add to the mushroom mixture. Bring to the boil, stirring until slightly thickened. Season to taste.
5. Turn the roast out onto a plate, slice thickly and drizzle with the mushroom sauce.

Stuffed Squash with Two-rice, Cranberry & Porcini Mushroom Filling with Roasted Red Pepper Sauce

Serves 2-4 (make filling and sauce while squashes baking), Vegan

Ingredients

2 small squashes OR 1 large, cut in quarters

3 cloves garlic

Low-cal oil spray

1 large sprig fresh rosemary

Salt and freshly ground black pepper

Filling:

2 tsp olive oil

1 onion, finely chopped

10g/1/3oz dried mushrooms

Ready-cooked pack of cooked mixed grains including wild rice – or just brown rice

100ml vegetable stock made from bouillon

½ tsp chopped rosemary

2 tsp dried cranberries

1 tbsp pine nuts

1 heaped tbsp fresh thyme leaves, chopped

For the Roasted Red Pepper & Almond Sauce

225g roast red peppers in a jar (oil)

2 tbsp ground almonds

1 tsp dried basil

1 tsp crushed garlic

Salt

Allspice, pinch

1. Preheat oven to 200°C/400°F/gas mark 6.

2. Cut squashes in half, remove all seeds with a spoon, and lightly mist the squash with oil spray.

3. Quarter the garlic cloves. Place some in the hollows of each squash piece and dot the rest around the edges of each squash half.

4. Add the rosemary needles and season with salt and pepper.

5. Place in a roasting dish and roast for 45 minutes or until flesh is soft. Check after 25 minutes and cover with foil if starting to over-brown.

6. While the squashes roast, prepare the filling. In a saucepan, sauté the onion in the oil until translucent and add a little hot water and 2 tsp bouillon.

7. Bring to the boil, reduce the heat and simmer for 3 minutes. Add the mushrooms, rosemary and cranberries.

9. Bring back to the boil, cover and simmer for about 5 minutes then stir in the grains and heat through.

10. Meanwhile, make Roasted Red Pepper Sauce:

a. Fry up garlic and add allspice, cooking for just a few seconds.

b. Add rest of ingredients and blend in the pan.

11. Once rice is cooked, stir in pine nuts and thyme.

12. Divide this filling between the squash halves and return to oven for 5 minutes. Serve hot with sauce.

Individual Hot Citrus Puddings

Serves 4–5 – use individual ramekins (little ovenproof dishes). Vegan

These little sweet yet tangy hot desserts are a winner: delicious, cheap and easy and they look lovely too. Read the recipe carefully before you start – especially the sauce and lemon juice/hot water part at the end – then get everything weighed out and ready in plastic boxes or bowls.



Batter: dry ingredients

125g/4½oz plain white flour
150g/5oz light brown sugar
1 tsp baking powder
½ tsp bicarbonate of soda
¼ tsp salt

Batter: wet ingredients

120ml/4fl oz soya milk
2 tbsp mild vegetable oil
3 tsp lemon or lime zest
Juice of 1 lemon

Dry sauce

150g/5oz light brown sugar
30g/1oz plain white flour

Wet sauce

Juice of 2 lemons or 2–3 limes
Boiling water added to juice to
make up to 250ml/9fl oz

1. Preheat oven to 180°C/350°F/gas mark 4. If a fan-assisted oven, reduce heat by about 10–15 degrees.
2. Put kettle on to boil.
3. Lightly oil 6 ovenproof ramekin dishes (8 or 9 cm).
4. In a medium bowl, mix together dry batter ingredients.
5. In a jug or smaller bowl, whisk together wet batter ingredients then add to the dry batter ingredients and mix well.
6. Place in ramekins.
7. Make dry sauce by first whisking together flour and sugar. Sprinkle mixture quickly and evenly over batter in each ramekin.
8. Quickly make wet sauce: mix lemon/lime juice with boiling water and pour evenly over each ramekin. Yes, really! DO NOT STIR.
9. Bake for 20–25 minutes until tops are golden and puddings are still slightly gooey inside – test with a toothpick. If using fan-assisted oven, check after 15 minutes. If too gooey, return to the oven for another 5–10 minutes.

Recipes p4 and p5 © Viva! The Viva! Cookbook costs £9.99 (plus £3.95 p&p) from Viva! Order online from www.vivashop.org.uk/vivacookbook or call on 0117 944 1000.

Pink Rhubarb and Mascarpone Puddings

Serves 4–6, Vegetarian, Wheat-free

Ingredients

500g rhubarb, leaves and woody ends removed, chopped into neat 2-inch lengths

Juice and segments of 2–3 oranges, depending on their juiciness

1 or 2 knobs of crystallised ginger

5 tbsp icing sugar

250g mascarpone

1–3 tsp orange flower water (to taste)

Vanilla sugar or icing sugar to taste

To finish: flaked almonds-lightly toasted in a frying pan.

1. Lay the rhubarb lengths in a shallow ovenproof dish or roasting tin.
2. Squeeze over the oranges, add the orange segments and grate in as much crystallised ginger as you like and sprinkle over the sugar.
3. Bake at 180°C/350°F/gas mark 4 for 15 minutes until tender but still retaining its shape (start checking after 10 minutes – you don't want it to collapse into mush). Set aside to cool.
4. Fold together the mascarpone with a spoonful of the roasted rhubarb and the sugar, using a large metal spoon.
5. Add orange flower water and sugar to taste.
6. Once the rhubarb is cold, spoon or pipe a layer of cream into the base of a glass.
7. Top with a spoonful of rhubarb. Repeat the process.
8. Serve, as they are, or topped with toasted flaked almonds with your favourite biscuits.

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Black Cherry and Kirsch Truffle Desserts

Serves 8, Vegan

The classic combination of cherries, dark chocolate and nuts in this recipe is simply wonderful.

1. Lightly oil 8 ramekin dishes with a flavour-free oil and line with silicone baking parchment.
2. Place the fresh or canned cherries in a bowl and pour over the kirsch liqueur and almond essence. Leave to marinate for 2 hours.
3. Melt the chocolate, creamed coconut and margarine together over a gentle heat.
4. Roughly crush the almond crunch biscuits and stir into the melted mixture with the hazelnuts. Add the marinated fruit and any remaining liquid.
5. Pour the mixture into the prepared ramekin dishes and lightly smooth the top. Cover and chill for 2 hours.
6. Turn out the desserts and serve on individual plates.

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Ingredients

350g black cherries, stoned and chopped (canned may be used)
4 tbsp kirsch liqueur
1 tsp almond essence
200g quality dark vegan chocolate
175g creamed coconut, roughly chopped or grated
100g hard (block) vegan margarine
200g vegan almond crunch biscuits
50g hazelnuts, roughly chopped

If you do not have time to make these recipes and want to give your residents chocolate eggs, please do check the ingredients. Many smaller eggs, particularly sugar-coated ones, contain gelatine and some use E120 (cochineal) as a colourant. Most dark chocolate eggs are suitable for vegans and your local health store will usually stock suitable eggs.



We hope that these ideas have given you some inspiration.

If you would like any help or advice in increasing the number of vegetarian options that you offer, please contact us or visit our website.

As well as producing publications such as this one, we also fund one-day catering courses – from the prestigious Cordon Vert and Demuths Vegetarian Cookery Schools – that can be delivered on host premises.

These include practical demonstrations and the opportunity to taste and assess the foods prepared. Delegates learn more about vegetarians and vegans, their nutrition and how to adapt recipes easily. Visit our website or call for further information.



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