

The Vegetarian Way

Recipe Sheet

Lentil Spread

INGREDIENTS:

2 cups cooked lentils
2 shallots chopped
¼ teaspoon celery salt
1 tablespoon lemon juice
2 tablespoons flaxseed meal
¼ recipe vegan mayonnaise

METHOD:

Add all the ingredients in a blender and blend until a smooth but thick consistency is reached.

Serve with corn chips, as a dip with crackers, or on bread as a spread.

Vegan Tofu Mayonnaise

INGREDIENTS:

300g silken tofu
2 teaspoon onion powder
¼ teaspoon garlic powder
1 teaspoon salt
¼ teaspoon honey
2-3 tablespoons lemon juice, freshly squeezed

METHOD:

Place all ingredients in blender, and process until smooth and creamy.

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Susan's Raw Wraps

INGREDIENTS:

1 cup shredded carrot
2 cups of finely chopped lettuce
1 finely chopped red capsicum
1 finely sliced avocado
1 block tofu sliced in strips and seasoned
1 finely sliced beetroot
1/2 cup chopped sweet basil
1 finely sliced cucumber
Garlic powder
1 packet of large round rice paper sheets

METHOD:

Place 1 sheet rice paper in warm water until it softens. Place on linen towel to absorb water. Take a little of each ingredient in middle of rice paper and sprinkle with a little garlic powder. Fold sides and bottom and roll up firm to top. Lightly brush with a little oil to prevent sticking and place on decorative plate. Serve with a little bowl of soy sauce next to wraps to drizzle on when about to eat. Yields approximately 20 wraps

Flax Garlic Sauce

INGREDIENTS:

1 cup cooked rice, flavoured with salt and 1/2 stock cube (Massel chicken style – vegetarian)
2 cloves garlic, crushed
1 1/4 cup unsweetened soy milk
Pinch salt
1 tablespoon ground flaxseed (also known as linseed)
2 tablespoons olive oil

METHOD:

Add all ingredients except olive oil to blender, and blend until creamy; add the olive oil and blend briefly.

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Walnut Oat Patties

INGREDIENTS:

4 cups rolled oats
½ cup chopped walnuts
¼ cup yeast flakes (optional)
½ cup soy sauce
200g mushrooms chopped
1 small onion chopped
½ cup sunflower seeds
2 teaspoons oregano
4 cup boiling water

METHOD:

1. Mix all dry ingredients
2. Add boiling water and soy sauce, leave to stand for 20 minutes.
3. Form into patties and bake at 180°C for 20 minutes.

These patties freeze well; makes approximately 30 patties.

INGREDIENTS FOR A SMALLER YIELD - 15 PATTIES:

2 cups oats
¼ cups chopped walnuts
1/8 cup yeast flakes
¼ cup soy sauce
¼ onions chopped
¼ sunflower seeds
1 teaspoons oregano
2 cups boiling water

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Green Soy Bean Salad

INGREDIENTS:

400g frozen green soy beans
150g button mushrooms diced
150g pearl cous cous
1 onion very finely diced
1 tablespoon olive oil
½ avocado diced
½ tin corn kernels (approximately 200g)
½ red capsicum diced
½ punnet cherry tomatoes (approximately 125g)
2 stock cubes (Massel chicken style – free from animal products)
½ teaspoon turmeric (or to taste)
2 tablespoons soy sauce
1 teaspoon dried oregano (or to taste)
1 teaspoon salt
1 to 2 teaspoons sesame seeds to garnish
1 teaspoon chia seeds to garnish
Optional: cubed tofu marinated in salty water

METHOD:

1. Bring to boil 1 litre of water with ½ stock cube and ½ teaspoon salt. Add the green soy beans and cook for about 5 – 6 minutes; drain and set aside.
2. Dry fry cous cous, then add to 1 litre of boiling water with ½ stock cube and ½ teaspoon salt. Cook for 4 – 5 minutes, drain, and set aside.
3. Sauté onion in 1 tablespoon olive oil and ½ stock cube. Add ½ teaspoon turmeric when done.
4. Sauté mushrooms with ½ stock cube.
5. Add sautéed onion to cooked cous cous and mix well.
6. Combine cous cous, cooked green soy beans, mushrooms, corn kernels and teaspoon oregano, and set aside to cool for at least 5 minutes.
7. Add diced avocado, cherry tomatoes, capsicum and gently mix together.
8. Mix through 1 teaspoon sesame seeds, and another teaspoon on top to garnish
9. Sprinkle 1 teaspoon of chia seeds on top to garnish

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Walnut Maple Cookies

INGREDIENTS:

2 ½ cups walnuts ground in food processor
2/3 cups wholemeal flour
1 teaspoon salt
1/3 cup flaxseed meal
1/3 cup carob chips
½ cup + 2 tablespoon maple syrup
2 teaspoon vanilla

METHOD:

1. In a small bowl add all the ingredients in the given order and mix well.
2. Preheat oven to 180°C
3. Drop dough on cookie sheet with a spoon and flatten with a fork
4. Bake for 10 to 15 minutes until golden brown, check often to prevent from burning.
5. Let cool before removing from cookie sheet.

Makes 12 cookies.