

GO VEGAN / Substitutes



Cheese Sauce



Tofu Bacon



Whipped Cream



Tofu Scramble



Mayonnaise

V

= Vegan

GF

= Gluten-free

GFO

= Gluten-free Option

Cheese Sauce



This creamy sauce will satisfy the whole family; kids love it!

Ingredients

3 tablespoons margarine (i.e. Olivani or Pam's Table Spread)
3 tablespoons cornstarch
2 cups soy milk (Soymilky brand tastes best)
1/3 cup nutritional yeast (try Lotus Brand)
1/4 teaspoon salt

Instructions

Melt the margarine on the stove over low heat. Stir in the cornstarch until there are no lumps. Slowly stir in the milk. Simmer until thickened. Stir in the nutritional yeast, mustard and salt. Add more milk to thin, if desired.

Serving suggestions

Serve in lasagna, or drizzled over a stirfry of roast potato, fried with garlic, onion, silverbeet, sunflower seeds and sausage. Try making macaroni and cheese, or experiment with pasta-bakes. It also makes a great pizza topping and goes well with nachos and wedges.

Crispy Tofu Bacon



Tofu bacon is utterly addictive.

Ingredients

1 block extra-firm tofu (not silken)
3 tablespoons vegetable oil
3 tablespoons soy sauce
5 drops liquid smoke

Instructions

Slice the tofu into thin strips and fry in a pan over medium heat, until crispy and gold brown on each side. Blend soy sauce and liquid smoke (available in any specialty store) and toss with the fried tofu, until it is fully coated. Serve.

Serving suggestions

Serve in sandwiches, on pizza, in macaroni cheese, on salads or in bacon-tofu pie. It goes well with nachos and wedges.

Simple Satay Sauce



Ingredients

1/2 tin of full-fat coconut cream
1 teaspoon of curry powder
3 tablespoons of peanut butter

Instructions

Mix all ingredients over heat until thickened. Serve over stirfried vegetables.

Fresh Whipped Cream



Follow the instructions diligently for sweet whipped cream.

Ingredients

1 teaspoon cornflour
1/2 cup soy milk
100g margarine
3 teaspoons icing sugar
a few drops vanilla essence

For gluten-free use gluten-free breadcrumbs.

Instructions

Combine the cornflour with a tablespoon of soy milk and work into a paste. In a pot, bring the remaining soy milk to the boil. Remove from the heat, then pour the boiling soy milk into the paste - beat until well combined. Return this to the pot, and heat for another couple of minutes until the mixture starts to thicken (it should be quite bubbly, but won't flow around the pot). Remove from the heat and leave to cool.

While the milk mixture is cooling, beat the margarine until it is also light and fluffy. Once the milk mixture has completely cooled, beat it into the margarine part by part. Then beat in the icing sugar one teaspoon at a time. Taste as you go along to make it as sweet as you want it to be. Finally, beat in a few drops of vanilla essence.

Serving suggestions

Enjoy in cream donuts, on cakes and desserts or on scones.

Mayonnaise



You can buy vegan mayonnaise, but if you want the best original flavour this is the way to go.

Ingredients

- 2 and a 1/4 cups oil
- 1 cup soy milk
- 2 teaspoons mustard
- 4 teaspoons lime or lemon
- 1 to 1 and a 1/2 teaspoon salt
- 1 tablespoon agave

Instructions

Add all the ingredients to a food processor at once. Blend until the consistency of mayonnaise. Add more mustard, lime or salt to taste.

Tahini Sauce



Ingredients

- Tahini
- Lemon or lime juice
- Water
- Miso paste (optional)

Instructions

Blend lemon juice with tahini until texture thickens. When you like the taste thin with water until you reach desired consistency. Serve as a salad dressing, pizza topping or on sandwiches. For an extra cheesy kick add 1/2 a teaspoon of miso paste.

Tofu Scramble



This is a stunning, impressive breakfast and goes beautifully with tahini sauce, relish, fresh crusty bread and hash browns.

Ingredients

- 300g extra-firm tofu, drained (not silken)
- 1 tablespoon oil
- 1/2 medium onion, chopped
- 2 cloves garlic, crushed
- 1/4 teaspoon turmeric
- 1 teaspoon mustard
- 1/4 teaspoon salt
- Any of the following vegetables; chopped capsicum/red bell pepper, chopped silverbeet, chopped kale, mushrooms or sundried tomato.

Instructions

Fry onion and garlic in oil, crumble in tofu with fingers and add all remaining ingredients. Fry until all vegetables and onion are cooked. Salt to taste and serve with tahini sauce, and either baked beans, toast, hash browns or any other breakfast food.

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