

Fruit Crumble

Makes 4 servings

Place 500g of fruit in a baking dish

(gooseberries, damsons, plums, apples etc)

Mix the following in a bowl, using fingers or a fork:

-150g basic muesli (or just plain oats)

-30g plain flour

-20g sugar

-40g butter/spread

-2 tbsp orange juice

Cover the fruit with the mix (don't compress) and microwave 10 minutes at

half power, plus 10 minutes with grill

or bake in an oven for about 15mins

Fruit Cake

This is a really simple 'cup cake' or 'tea loaf' recipe (but without the tea!)

1 large mug dried mixed fruit in mixing bowl

add 1 mug boiling water

As optional extras you can add:

- teaspoon butter/spread

- half level teaspoon treacle

Allow to cool then mix in enough SR flour (about 200g) to get a fairly stiff mix.

Empty into baking tin then one hour in a breadmaker on Bake setting (paddle removed). In a preheated conventional oven a guesstimate is 30 mins at 180C.

Best eaten with a light spread of butter/margarine etc.

As a variant, add a handful of finely chopped apricots (and leave out the treacle)

Flapjack

Mix the following in a bowl:

-200g porridge oats

-50g flour

-50g mixed nuts

-200g mixed fruit

-50g seeds

Add 100g melted butter/spread and 200g honey/syrup/sugar

Microwave 9 mins on High setting + grill in 7" sq dish.

Leave 5 mins, then slice in to portions, slice again when cold.



The Ultimate Green Cuisine

The recipes provided here are about **sustainability and survival**:-

- they are all meat free
- quick & simple to prepare
- simple, readily available ingredients
- most are microwaveable for energy efficiency

Unless commented otherwise, almost all the recipes will suit vegans. A few have eggs or dairy products so certainly not vegan, possibly vegetarian depending on the vegetarian! It is assumed that vegans will use suitable cheese and pasta ingredients where called for. The objective is to help people reduce meat intake rather than provide a list of strictly vegetarian or vegan recipes. We aim to show that reducing meat consumption can be beneficial in every possible way. And most of the dishes use basic ingredients that will be found in any well stocked larder, so you can cut down on shopping trips too!

Ingredient quantities are not critical, adjust according to personal taste. Note that microwaves and ovens vary so be prepared to adjust cooking times. Treat these recipes as starting points from which you can develop your own versions.

Recipes may not suit people with certain allergies - please check!

**They are all simple to make, cheap, very tasty,
healthy and nutritious.**

What's not to like!



Root Veg Soup

Makes 4-6 servings

Chop & fry a large onion
Add 150g yellow lentils and 1 pint water
Add a peeled and chopped large parsnip
Add a peeled and chopped large potato
Add two peeled and chopped carrots
Add a tin of chopped tomatoes.
Add salt & ground pepper
Add a pinch of chilli flakes
Gently boil until lentils and the veg are all soft

Put in a blender for a time dictated by whether you want chunky soup or smooth soup. Serve with chunky whole meal bread

Onion Soup

Makes 4 servings

Finely slice two large onions
Gently fry in olive oil for 15 mins
Add 500ml veg stock plus salt & pepper
Simmer for 10 mins & serve

Daal

Makes 4/6 servings

Chop & fry a large onion in generous amount of oil
Add 250g yellow lentils and 1 pint water
Add a teaspoonful of garam masala
Optionally (to save energy!) leave to soak for an hour
Gently boil until lentils are soft

Liquidise to a creamy paste
Serve as a starter and/or freeze in 300g portions for Indian dishes below

Korma

Makes 4 servings

Peel, dice, boil a sweet potato until just getting soft
(be careful not to overboil)
Add to 300g daal stock (see daal recipe)
Add 150g Quorn chicken pieces
Add drained tin chick peas
Add 100g sweetcorn
Add 2 tablespoons korma paste (Patak or similar)
Gently stir and heat
Serve with naan bread & mango chutney

Mushroom & Pepper Pasta

Makes two servings

Cook enough fusilli pasta for two. About 200g

Meanwhile quarter & de-seed two or three red peppers and grill until skins are blackened.
Peel when cool, and slice
Fry about 6 oz mushrooms in olive oil, adding one or two cloves of crushed garlic, salt & pepper.
Add the peppers to the mushrooms & garlic, with more olive oil if necessary.
Fry gently for a few minutes.

Mix cooked pasta with mushroom/pepper mixture. Add about 3 oz of grated cheese & mix well. Serve hot.

Moroccan Tagine

Makes 4 servings

Gently fry a thinly sliced onion in a pan until soft
Add 2 crushed garlic cloves
After a few minutes add 2 tbsp harissa (adjust for hotness)
and 1/2 tsp cumin powder.
Continue to fry until onion is soft.
Add 350g Quorn chicken pieces
Mix & fry for a minute

Add 75g finely chopped dried apricots
Add a tin chopped tomatoes
Add a yellow pepper, deseeded and chopped
Add a red pepper, deseeded and chopped
Add 400ml boiling vegetable stock
Add salt & pepper and bring to boil, then simmer for 5 mins
Add a tin of drained chickpeas plus 3 or 4 chopped fresh tomatoes and simmer for a few minutes

Add 200ml boiling water to 200g couscous, add 1 tbsp olive oil, 1/2 tsp salt, stir and leave to swell
(best in a plastic jug to keep in the heat)

Serve the tagine on the couscous with optional chopped coriander garnish

Nut Roast

Makes 4 servings

Soak and boil 100g red lentils in 300ml vegetable stock.
In a pan, fry together in 1 tbsp olive oil, until soft:
-1 large onion and 2 garlic cloves, finely chopped
-2 sticks celery, finely chopped

Add the lentils & liquid
Add 200g mushrooms, finely chopped
Add 1 red pepper, finely diced
Add 1 large carrot, grated
Add 1 tsp dried oregano
Add 2 tbsp tomato purée
Add 100g breadcrumbs
Add 150g mixed chopped nuts
Add 100g grated cheese
Mix in 2 eggs

Gently combine everything. The mix should be stiff but malleable, add a little water if necessary.
Microwave 20 minutes in 7" square dish, turn on grill for last 10 mins
Or bake in oven for 30mins at 160C or until firm when pressed gently

Pasta Bake

Makes 4 servings

Boil 400g penne pasta
Meanwhile fry a large chopped onion & finely chopped garlic clove or two
Add a tin of chopped tomatoes
Add 100ml from jar of tomato sauce
Transfer to a large baking bowl and stir in the pasta
Top with 100g cheese
Microwave on half power for 20 mins with grill for last 10mins
or oven bake at 160C for 30 mins

Pasta and Cabbage

Makes 4 servings

Chop & fry a medium onion
Add to a thinly sliced savoy cabbage in a bowl
Add 350g cooked fusilli pasta
Make 300ml veg stock
Stir in 50g grated cheese
Add 150ml non-dairy cream
Season with salt/pepper then add to the pasta/cabbage

Cover dish and microwave for 10 mins or bake in 180C oven for 30mins

Balti

Makes 4 servings

Defrost & drain 200g spinach pieces
Add to 300g daal stock (see daal recipe)
Add 150g Quorn chicken pieces
Add drained tin chick peas
Add tin chopped tomatoes
Add 2 tablespoons balti paste (Patak or similar)
Gently stir and heat, serve with rice & lime pickle.

Lasagne

Makes 4 servings

Make a tomato sauce:
Fry an onion & a few garlic cloves
Add a tin of tomatoes
Add 100g from a jar of bolognese sauce
Add 100g Quorn or soya mince
Add salt/pepper/small pinch of chili

Make a traditional cheese sauce:
-1 tbsp fat + 1 tbsp flour, mixed vigorously in a pan on hob
-3/4 pint dairy milk VERY gradually added in
-1/4 cup grated cheddar cheese
An alternative vegan cheese sauce can be found on the internet.

Layer the two sauces with 4 sheets pre cooked pasta sheet (120g) with the top layer being the cheese sauce.

30 mins in microwave at half setting + grill
or 40 mins in preheated conventional oven at 160C
Serve with vegetables (carrots/cabbage/cauli/broccoli/parsnip/peas)

Brown Lentils

Makes 4 servings

Fry together, in 3tbsp olive oil, the following:
-finely chopped medium onion
-finely chopped 2 medium carrots
-stick of finely chopped 2 sticks celery
-2 finely chopped garlic cloves

When the vegetable are soft, stir in 500g washed brown lentils and heat for a minute, stirring occasionally
Add water, to cover, add salt & ground black pepper, bring to boil then simmer until the lentils are just going soft - about 20mins
Good on their own but optionally top with sliced and fried veg sausage

Bean Wraps

Makes 4-8 servings

Peel, finely chop, & gently fry a large onion
Soak 100g yellow lentils then boil til just going soft
Add lentils to the onions
Add a tin of chopped tomatoes
Add 100g from a jar of bolognese sauce
Add a generous pinch of chilli flakes plus salt
Add a tin of drained chick peas
Add a tin of drained kidney beans
Defrost 100g frozen sweetcorn & cook in microwave for a few minutes
Stir everything together & gently heat.
Allow to cool a little then use the mix as a filler for a pack of 8 tortilla wraps

To serve, top with grated cheese and microwave on half heat till piping hot.
Add a hot chili sauce. A suitable sauce can be made using half a cupful from a jar of bolognese sauce, a good pinch of chilli flakes plus a squirt of tomato ketchup.
Heat in the microwave, stirring occasionally.

Butter Bean Gratin

Makes 4 servings

Soak 200g butter beans overnight then boil till just about soft
Fry 1 large chopped onion
Chop & microwave (or boil) 2 celery, 2 medium carrots till soft
Add a tin of chopped tomatoes to above (with salt/pepper) & mix into baking dish

Top with cheese & breadcrumbs
Microwave 40mins on half power, if it has one, use grill to crisp the topping (or bake in a conventional oven for 1 hour @ 160C)
Serve with jacket potato/veg

Chilli Beans

Makes 2 servings

Finely chop a small onion & 2 cloves crushed garlic & gently fry
- add tin chopped tomatoes
- add drained tin of kidney beans
- add chilli powder or flakes, salt, pepper according to taste
[Optionally, add soya or Quorn mince]
Simmer about 20mins to thicken

Serve with spaghetti, a sort of spag-bol
or with rice with a fried egg on top
or as a jacket potato filling with grated cheese

Moussaka

Makes 4 servings

This is meat-free but not strictly vegetarian dish because of the milk, cheese and egg topping. An alternative vegan cheese sauce can be found on the internet.

Salt a sliced aubergine for 30 mins then rinse
Soften sliced potatoes in microwave

Make tomato sauce:

-fried onion/garlic
-tin chopped tomatoes
-add 100g from a jar of bolognese sauce
-1/4 tsp cinnamon + 1/4 tsp cumin
-salt & pepper
-add 150g soya or Quorn mince

Layer aubergines/potatoes/sauce

Top with egg bechamel sauce:

-1 tbsp fat + 1 tbsp flour, mixed over heat
-1/2 pint dairy milk very gradually added in
-1/4 cup grated cheddar cheese
-1 egg
-sprinkle with ground nutmeg

30 mins in microwave at half setting + grill
Serve with steamed vegetables (any mix of carrots/cabbage/cauli/broccoli/parsnip)

Shepherd's Pie

Makes 4 servings

Soak 200g black eyed beans overnight
then boil the beans until just becoming soft - don't overcook
Boil 3 large peeled and diced potatoes then mash with a tablespoon of butter or margarine
Fry a large chopped onion
Add a tin of chopped tomatoes
Add 150g from a jar of bolognese sauce
Add a squirt of tomato ketchup
Add salt/pepper and a pinch of chilli powder/flakes
Add the beans & gently mix everything in a suitable dish

Top with the mashed potatoes and add grated cheese.
About 30 mins at half power in a microwave oven, with grill for first 20 mins
Or approximately 40mins in a conventional oven at 160C