VEGANUARY CELEBRITY COOKBOOK

2024 EDITION

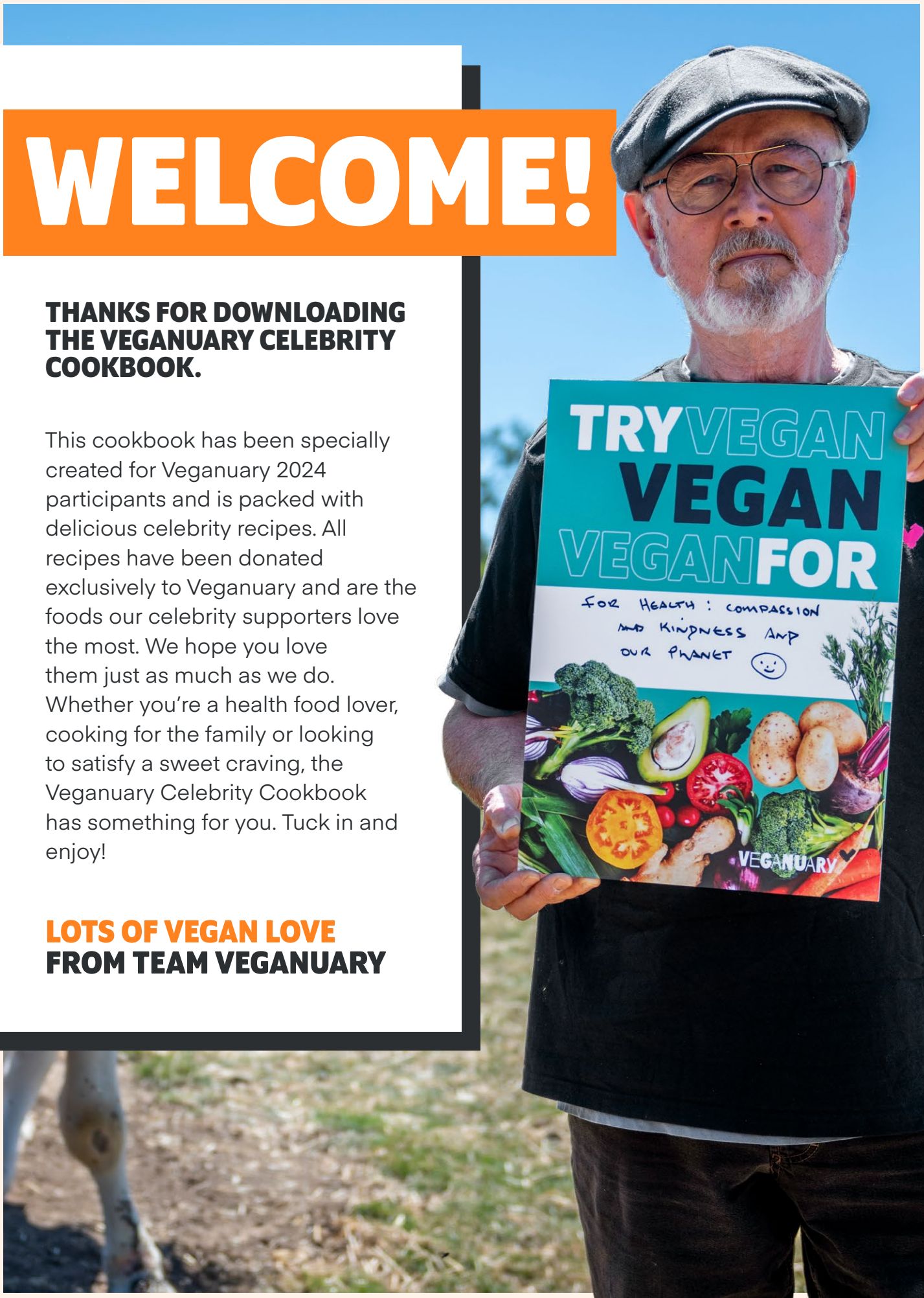
VEGANUARY

WELCOME!

THANKS FOR DOWNLOADING THE VEGANUARY CELEBRITY COOKBOOK.

This cookbook has been specially created for Veganuary 2024 participants and is packed with delicious celebrity recipes. All recipes have been donated exclusively to Veganuary and are the foods our celebrity supporters love the most. We hope you love them just as much as we do. Whether you're a health food lover, cooking for the family or looking to satisfy a sweet craving, the Veganuary Celebrity Cookbook has something for you. Tuck in and enjoy!

LOTS OF VEGAN LOVE
FROM TEAM VEGANUARY



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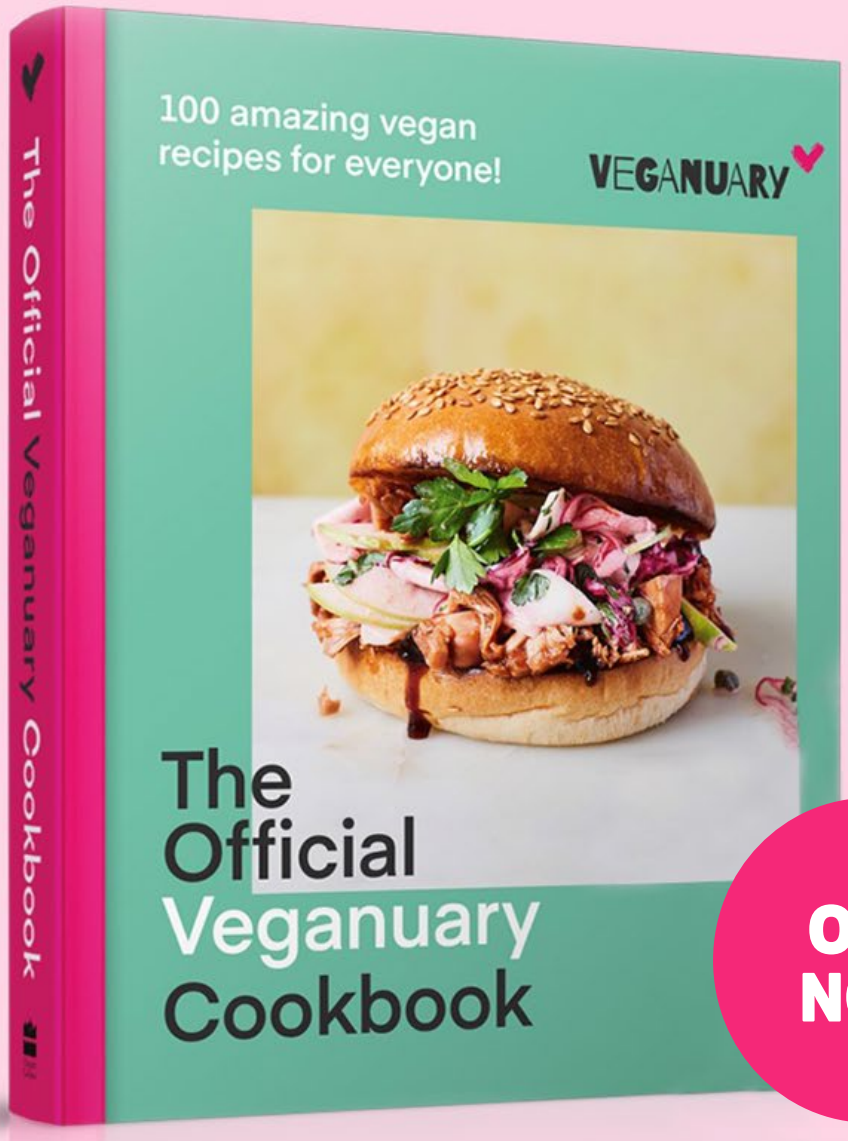

OUT NOW

The Official Veganuary Cookbook is a culmination of Veganuary's 100 top tried-and-tested plant-based recipes, containing staple dishes for breakfasts, mains, sides, dips, desserts and beyond.

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LEILANI MUNTER'S
VEGAN VICHYSSOISE

Leilani Munter

Leilani is an American former professional stock car racing driver and environmental activist. During her racing career, she adopted an acre of rainforest each time she drove her racecar to offset the carbon footprint of the fuel. Leilani advocates for renewable energy, solar power, electric cars, animal rights, and a plant-based diet.

LEILANI MUNTER'S VEGAN VICHYSSOISE

SERVES 4

INGREDIENTS

- 5 medium size potatoes
- 1 large white or yellow onion
- ¼ cup vegan butter
- 4 cups water
- 2 cups unsweetened vegan milk of your choice
- 1 pint unsweetened vegan heavy whipping cream
- 2–3 tsp salt (to taste)
- Ground black pepper
- Fresh chives or green onions (chopped)

METHOD

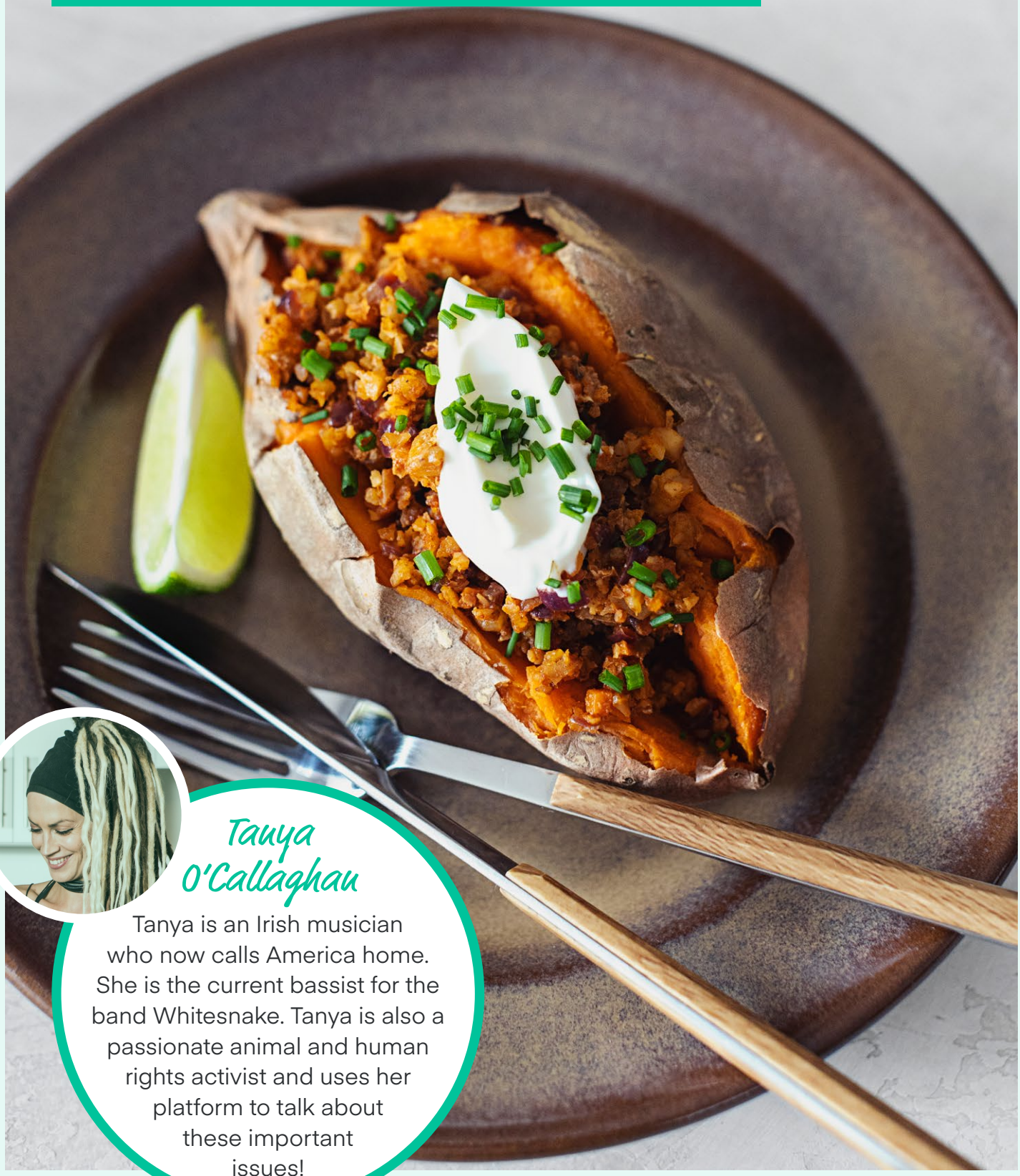
This chilled savory and creamy soup is refreshing and perfect for those hot summer days.

Because this is a cold soup, you must allow for at least 5 hours for the soup to cool in the fridge before serving.

1. Peel and slice potatoes thin. Set aside.
2. Thinly slice the onion and sauté in butter in pan until onions are clear, remove from heat before onions turn brown.
3. Put thinly sliced potatoes into large pot with 4 cups of water and boil uncovered until the potatoes are very tender. Add onions and melted butter from pan.
4. Put entire mixture (including the water you boiled the potatoes in) into blender. Add salt. Purée until smooth.
5. Put mixture back into large pot. Whisk in the milk and half the cream over medium heat. Heat just until boiling point, but do not bring to a boil.
6. Put pot in refrigerator (be sure to protect your refrigerator shelf with a towel or dish under the pot). Chill for 5 hours or until soup is cold.
7. Remove from fridge and whisk in the rest of the heavy cream. Top with ground black pepper and freshly chopped green onions or chives.
8. Vichyssoise is best served cold, like revenge.

TANYA O'CALLAGHAN'S

WALNUT CRUMBLE ON BAKED SWEET POTATO



Tanya O'Callaghan

Tanya is an Irish musician who now calls America home. She is the current bassist for the band Whitesnake. Tanya is also a passionate animal and human rights activist and uses her platform to talk about these important issues!

TANYA O'CALLAGHAN'S

SERVES 2

WALNUT CRUMBLE ON BAKED SWEET POTATO

INGREDIENTS

2 cups walnuts (soaked for at least 30 mins, warm water)

Small red onion (finely diced)

2–3 cloves garlic (diced)

1 carrot (finely diced)

1 tbsp soy sauce or Tamari for GF

Juice of 1 lime

2–3 tbsp of taco seasoning

1 whole sweet potato with skin on.

METHOD

1. Preheat oven to 220 °C. Soak your walnuts in warm water for at least 30 mins, preferably a few hours.
2. For time saving, pierce several holes in the sweet potato and give it a head start in the microwave for 3–4 mins while the oven is preheating.
3. Place in the oven and allow to bake for 20–30 mins depending on size of sweet potato, you'll know when it's ready as it will be deliciously bursting out of its own skin.
4. On a cast iron or non-stick pan sauté your diced onion and garlic in a little olive or avocado oil (or chili oil if feeling spicy) low/medium heat for 2–3 mins, don't burn :) Add your diced up carrot and continue to cook for 3–5 mins at a medium heat.
5. Add taco seasoning and a splash of water if the mix needs it to avoid sticking.
6. Drain and pat dry your soaked walnuts. In a food processor or vitamix, blend your walnuts into a crumble consistency, be careful not to over process into a walnut paste.
7. Add walnut meat to the pan and combine with cooked ingredients.
8. Squeeze in lime juice, stir and season to taste if a little extra taco seasoning is needed.
9. Cut your steaming baked sweet potato in half and top with walnut meat.
10. Garnish with some scallions and a few dollops of veganaise or a sprinkle of vegan cheese if feeling on the more indulgent side :-)

HARRY KIRTON'S OVERNIGHT OATS

Harry Kirton

Harry is an actor best known for his role in the TV hit Peaky Blinders. He is also vegan and a Veganuary supporter. This tasty, filling breakfast is how he gets his day off to a flying start.

HARRY KIRTON'S OVERNIGHT OATS

SERVES 1

INGREDIENTS

- Whole jumbo oats
- 4 tbsp chia seeds
- 4 tbsp flax seeds
- 1 banana
- Pumpkin or sunflower seeds
- Pecans
- 1 tbsp almond butter
- 1 tbsp blackberry compote
- Splash of coconut milk

METHOD

1. Half-fill a 1L mason jar with oats, chia seeds and flax seeds. Add water until the oats are just covered. Leave overnight.
2. When you are ready for breakfast, add your choice of fresh fruit and nut toppings, compote and almond butter, plus a little splash of coconut milk.

BIF NAKED'S AVOCADO NUMS

Bif Naked

Musician, poet, humanitarian and vegan, Bif Naked is a star who just happens to be a sucker for a late-night avocado snack. Her recipe is beautifully simple, packed full of flavours and can be different every time!

BIF NAKED'S AVOCADO NUMS

INGREDIENTS

- 1 avocado per person
- 2 inch piece of cucumber, diced
- 2 inch piece of raw courgette, diced
- 1 tbsp dill, chopped
- ¼ bell pepper, diced
- 2 tbsp basmati rice, cooked (day-old rice is fine!)
- A squeeze of lime juice

METHOD

1. Halve the avocados and discard the pits. Scoop out a little of the avocado flesh to make the hole bigger.
2. In a separate bowl, combine the raw ingredients with the cooked rice. (You can add in anything you like at this stage: roma tomatoes, chickpeas, coriander, shredded carrots, garam masala or turmeric, hemp seeds, tiny pieces of chopped firm tofu, peas, green beans, olives, you name it!)
3. Spoon your salad mixture into the avocado, and serve with a spoon. Num!!

MALLIKA SHERAWAT'S ALMOND MILK CHAI

Mallika Sherawat

Mallika Sherawat is an Indian actor who mainly works in Hindi language films. She actively promotes a plant-based lifestyle, and is known for her bold onscreen attitude in films like Khwahish, Murder and Pyaar Ke Side Effects.

MALLIKA SHERAWAT'S ALMOND MILK CHAI

INGREDIENTS

1 cup water

3–4 tbsp almond milk

½ tsp tea leaves

Pinch of ground cardamom or fresh ginger, grated

Sugar, as per your taste

METHOD

1. Boil the water and sugar in a pot.
2. Add the tea leaves.
3. Add the fresh ginger or the cardamom.
4. Simmer on a low heat, then add the almond milk (it must be on a low heat as otherwise the plant milk may split).
5. Serve hot.

JANE FALLON'S

ROASTED RED PEPPER, TOMATO & GARLIC SOUP

Jane Fallon

Jane is a best-selling author who is no stranger to selling a million copies per book. She is also an environmentalist, an animal lover and Veganuary alumna from the Class of 2019. When she's not writing, working out or hanging out at red carpet events, Jane is in the kitchen whipping up this delicious, wholesome warming soup.

JANE FALLON'S

SERVES 2

ROASTED RED PEPPER, TOMATO & GARLIC SOUP

INGREDIENTS

1 or 2 bell peppers, cored and cut into four

8–10 medium-sized tomatoes cut in half

2 bulbs garlic, cut in half with the skins left on (I really overdo the garlic because I love it but you can use less)

1 onion cut into four

1 veggie stock cube

3 tbsp nutritional yeast

Your choice to add: olive oil, soy sauce, salt, pepper and / or herbs (basil/thyme/ rosemary all work well)

Grated lemon peel (optional)

METHOD

1. Put all the veg into a roasting tin, drizzle with olive oil & roast on 180°C for about 25 to 30 mins until it's starting to colour.
2. Remove the garlic and set aside, and pour the rest including all the juices into a saucepan.
3. Add a veggie stock cube and enough water to cover all the veg. Then, when they're cool enough to handle, squeeze the roasted garlic cloves out of their skins and into the pan.
4. Add whatever herbs you want – I like to add fresh basil – and season with salt and pepper. Add the nutritional yeast, and a glug of soy sauce. If you're including lemon rind add it now.
5. Warm through then blend with a stick blender.

JOANNA LUMLEY'S RANDOM GREEN SOUP

Joanna Lumley

Superstar actress, comedian and campaigner Joanna Lumley has donated her favourite 'stuff' to Veganuary – random green soup. Here is how to make this delicious bowl of goodness in Joanna's own words.

JOANNA LUMLEY'S RANDOM GREEN SOUP

SERVES 4

INGREDIENTS

- Green bell peppers
- Cabbage
- Celery
- Leeks
- Beans
- Anything that is green
- Large onion
- Four cloves of garlic
- Apple juice
- Vegetable bouillon
- Apple chutney / vegan pesto
- Sunflower seeds

METHOD

1. Get the GREEN things together. Cut them all up and just put them into a saucepan.
2. Add about a litre of apple juice and a heaped dessertspoon of vegetable bouillon powder. Partly cover and put over a lowish flame or low heat for … what? … about an hour?
3. Look at it and taste it: add black pepper and the rest of any apple chutney that needs finishing.
4. Whizz it in a blender: taste again. Adjust the seasoning to your liking. (I like cumin and asafoetida and sometimes a chunk of ginger so do add anything that needs eating up from the fridge and the cupboard.)
5. Taste again: it is heavenly.
6. Serve with sunflower seeds.

VENUS WILLIAMS' TRIO OF SMOOTHIES

Venus Williams

What fuels seven-time Grand Slam Champion and four-time Olympic Gold Medalist Venus Williams? Plants! Venus celebrates the benefits of a plant-based diet for body, mind, and performance. After years of research and work with world-class nutritionists, she is passionate about sharing optimal plant-based nutrition with others.

VENUS WILLIAMS' TRIO OF SMOOTHIES

INGREDIENTS

CHOCO-MINT CRUNCH

2 Scoops Happy Viking Chocolate Plant Nutrition Powder

1.5 cup plant based milk

2 tablespoons cacao nibs

7 sprigs mint leaves

½ cup ice

5 medjool dates

ORANGEBERRY

2 Scoops Happy Viking Strawberry Plant Nutrition Powder

1 cup orange juice

1 cup plant based milk

1 cup frozen strawberries

½ cup ice

2 teaspoons vanilla extract

POWER UP GREEN SMOOTHIE

2 Scoops Happy Viking Vanilla Bean Plant Nutrition Powder

¼ cup whole almonds

2 cups Plant based milk

1 banana

1 orange peeled

1 cup of spinach or kale leaves

5 pitted medjool dates

METHOD

For all of the smoothies:

1. Put all the ingredients in a blender and process until smooth. Pour into glasses and serve.

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BELLAMY YOUNG'S HOLIDAY MAC AND CHEESE

Bellamy Young

Bellamy is an American award-winning actor, producer, and singer. She is best known for her role as Melody in the drama series **Scandal**. Bellamy loves vegan macaroni and cheese and recommends this indulgent recipe for those extra special occasions!

BELLAMY YOUNG'S HOLIDAY MAC AND CHEESE

SERVES 6–8

INGREDIENTS

140 g raw cashews, soaked in water overnight

1 box red lentil pasta (rotini/fusilli)

375 ml unsweetened, unflavored non-dairy milk

2 tbsp, vegan butter

340 g of your favorite vegan cheese, shredded (try a mix of cheddar and smoked gouda!)

3 tbsp, Nutritional yeast

Salt and Pepper

Paprika

1 crown of broccoli, chopped

METHOD

1. Preheat the oven to 350°F
2. In a large saucepan, add about 6 cups of water and a few shakes of salt. Bring to a boil.
3. Cook pasta according to package instructions. Drain and set aside.
4. Drain the cashews. Add to a blender with just enough water to cover. Blend at high speed for about 1 minute or until completely smooth.
5. In another large saucepan, combine the cashew cream, the nondairy milk, and the vegan butter. Heat over medium heat until butter is completely melted.
6. Stir the vegan cheese into the warm milk mixture and reduce heat to low. Keep stirring until the cheese is completely melted and you've got a nice velvety sauce. Add nutritional yeast, plus salt and pepper to taste.
7. Remove the cheese sauce from heat. Gently stir in the cooked pasta. Pour the sauced pasta into an 8x8 baking dish and use a spatula to spread evenly. Top with a sprinkle of paprika. Bake for 15 minutes.
8. While the Mac and Cheese is baking, steam the broccoli until it's bright green.
9. Remove the Mac and Cheese from the oven and serve with a heap of steamed broccoli. Great with a splash of hot sauce too!

BRYAN ADAMS' BLACK BEAN CHILLI

Bryan Adams

Bryan has been an animal advocate and a vegan for almost as long as he's been a global superstar. His music is legendary, of course, but it turns out he has had another skill up his sleeve all this time. Try out his tasty chilli recipe and you'll see what we mean.

BRYAN ADAMS'
BLACK BEAN CHILLI

INGREDIENTS

1 can black beans
1 can red kidney beans
1 can corn
1 red pepper
1 stick of celery
1 red onion
4 cloves garlic
(if it's not in the sauce)
1 carrot
800 g of tomato sauce
or crushed tomatoes in a can
2 tablespoons nutritional yeast
1 tablespoon of chili powder
1 teaspoon of paprika
4 bay leaves
Salt and pepper to taste

METHOD

1. Sauté the onions, pepper and garlic until the onions are clear, then start adding everything else! Make sure you have a large pot, let it all simmer for an hour or so.

BENJAMIN ZEPHANIAH'S

ZEPHANIAH STYLE VEGAN MA PO TOFU

Benjamin Zephaniah

Benjamin is a poet, writer, lyricist, musician, and self-confessed 'naughty boy'. He is also a lover of martial arts and has been vegan for decades. This is his own amazing, flavour-packed tofu recipe. We are sure you will love it!

BENJAMIN ZEPHANIAH'S

ZEPHANIAH STYLE VEGAN MA PO TOFU

SERVES 2

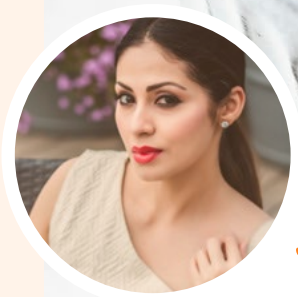
INGREDIENTS

- 1 pack (500 g) regular white tofu, cut into 2 cm squares
- A little salt
- 1 tablespoon corn starch
- ½ cup water
- 1 tablespoon oil
- 2 cloves garlic, finely chopped
- 1 inch ginger, finely chopped or grated
- 1 small shallot or onion, cut into small sections
- A handful of corn kernels
- A handful of peas
- 1 teaspoon Sichuan peppercorn powder
- 1 tablespoon light soy sauce
- 1 ½ tablespoon Doubanjiang (or any spicy chilli bean paste)

METHOD

1. Soak the tofu cubes in some salted water for about 10 minutes, then remove and drain them.
2. In a small bowl, mix the corn starch with the water. Set aside.
3. In a wok, heat up the oil. Add the garlic, ginger and shallots and stir fry until you can smell the aroma. Add the corn kernels and peas and stir for 3 minutes. Push all to one side of the wok.
4. Add Doubanjiang (or any spicy chilli bean paste) and Sichuan peppercorn powder to the wok and continue frying for 1 minute over a slow fire.
5. Slide the tofu cubes in, add the water and starch mixture, then add soy sauce.
6. Turn up the fire and simmer for 3 minutes. Toss your wok from time to time, but be gentle and try not break the tofu cubes.
7. Add a pinch of salt if you like salty, mix well and serve hot.

SADAA SAYEED'S
SOYA KEEMA MATAR



Sadaa Sayeed

Sadaa Sayeed is an award winning actor renowned for her work in South Indian Cinema. She went Vegan in Nov 2017 and opened Earthlings Cafe, to break myths associated with Vegan food and make it more accessible. It's also been awarded as the best Vegan Restaurant of 2019.

SADAA SAYEED'S

SOYA KEEMA MATAR

SERVES 4–6

INGREDIENTS

1 cup soy granules
1 onion, finely chopped
1 potato
1 creen chilli, finely chopped
1/4 cup green peas
1 tablespoon oil
1 spoon ginger garlic paste
1 teaspoon coriander powder
½ teaspoon red chilli powder
1/4 teaspoon turmeric powder
1/2 teaspoon garam masala
Salt to taste

METHOD

1. To begin making the Soya Keema Matar masala, soak soya granules.
2. Once soaked, drain soya granules, squeeze the water out slightly from the soya granules.
3. Blanch the green peas in hot water until they get cooked. Boil the potato separately. Drain and keep aside.
4. Heat a tablespoon of oil in a deep pan. Add finely chopped onions, ginger, garlic and green chilies and cook till onions turn soft.
5. Add in the turmeric powder, red chilli powder, coriander powder, garam masala and salt.
6. Add soya granules, peas and diced potato and mix well. Simmer and let it cook for 10 minutes in its own juices.
7. Turn off heat, garnish the Soya Keema Matar masala with coriander leaves, chilles and serve it with a pav or whole wheat bun.

EVANNA LYNCH'S THREE BEAN SHEPHERD'S PIE

Evanna Lynch

Evanna is a stage and screen actress, known globally for her role in the Harry Potter films and for reaching the final of Dancing with the Stars. Not only is she an incredible actress and dancer, and a Veganuary Ambassador, she also knows the secret of a great shepherd's pie. This is her go-to meal, and we think once you've tried it, it will be yours, too.

EVANNA LYNCH'S THREE BEAN SHEPHERD'S PIE

SERVES 4

INGREDIENTS

For the bean filling:

2 tbsp olive oil

1 onion, peeled and diced

2 cloves garlic, peeled and crushed

150 g mushrooms, sliced

½ red pepper, de-seeded and chopped

½ yellow pepper, de-seeded and chopped

2 medium-sized carrots, peeled and finely diced

200 g red mung beans

200 g kidney beans

200 g Gadra beans

1 tsp dried thyme

1 handful fresh parsley

Glug vegan red wine (optional)

375 ml vegetable stock

1 heaped tbsp cornflour

1 tbsp tomato puree or paste

For the mashed potatoes:

750 g potato peeled and roughly chopped

1 tbsp vegan butter

Black pepper

METHOD

1. Heat the oven to 180 °C.
2. Bring a pan of water to the boil, and cook the potatoes until soft. Drain, mash with the vegan butter and season with black pepper. Set aside.
3. Meanwhile, in a large pan, fry the onion in the olive oil gently until it softens. Add the garlic and mushrooms, and cook for a further 2 minutes, stirring to ensure the garlic does not burn.
4. Add the pepper, carrots, beans, and herbs. Stir well.
5. Add a glug of wine (if using) and the stock. Bring to the boil and let it simmer uncovered for 8 minutes or until the carrot have softened.
6. In a small dish, mix the cornflour with 2 tbsp cold water, then stir it into the liquid to thicken it into a rich gravy. Add the tomato puree or paste.
7. Remove from the heat and pour into a baking dish. Cover with the mashed potato and place in the oven for 25–30 When you see the top starting to brown, your pie is ready. Remove from oven and serve hot!

JASON GILLESPIE'S POTATO AND SPINACH CURRY

Jason Gillespie

Jason is a former professional cricketer, a national coach, and an ethical vegan. This world-class bowler makes a first-class curry! His secret? 'A hint of spice, and serve it with a couple of slices of multigrain bread. Delightful!'

JASON GILLESPIE'S POTATO AND SPINACH CURRY

SERVES 2–3

INGREDIENTS

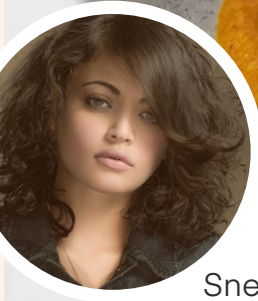
- 2 tbsp vegetable or coconut oil
- 1 onion, peeled and diced
- 2 cloves of garlic, peeled and minced
- 1 tbsp fresh ginger, grated
- 1 large red chilli, deseeded and finely chopped
- ½ tsp ground cumin
- ½ tsp ground turmeric
- ½ tsp ground coriander
- 500 g potatoes, peeled and diced into 2.5 cm cubes
- 250 g spinach leaves
- Salt and pepper

METHOD

1. Fry the onions in the oil gently for 8–10 minutes until translucent.
2. Add the garlic, ginger and ground spices, and fry for another 2–3 minutes, stirring.
3. Add the potatoes, and stir until they are covered with the spices.
4. Add half a cup of water, and cover. Let the potatoes steam for 7–10 minutes. Stir every so often, and add a little more water if it dries out.
5. When the potatoes are soft, stir in the spinach leaves, and cook them for three minutes until wilted.
6. Season to taste.

SNEHA ULLAL'S FAVOURITE (BY CHEF FRANK GUEIZELAR)

TOFU MAKHANI



Sneha Ullal

Sneha is an Indian film actor best known for her performance in Lucky. She was born into a non-vegetarian family but in 2008, she realized how cruel her food and fashion choices were and decided to start changing it by turning vegetarian. She is extremely passionate about her plant-based lifestyle and embraced veganism in 2017. She is also co-creating plant-based recipes and food ideas with Chef Frank Gueizelar. This recipe by Chef Frank Gueizelar is her favourite.

SNEHA ULLAL'S FAVOURITE (BY CHEF FRANK GUEIZELAR)

TOFU MAKHANI

SERVES 2

INGREDIENTS

Tofu marinade:

2 tbsp oil

400 g firm tofu, cut into 2 cm cubes

2 tsp tandoori powder

1 tsp Kashmiri chilli powder

Salt according to taste

Makhani base:

2 tbsp oil

100 g onions, sliced

600 g ripe tomatoes

2 tbsp ginger and garlic paste

1 tsp turmeric powder

1 tsp Kashmiri chilli powder

1 tsp tandoori powder

2 tsp Punjabi garam masala powder

5 pods of green cardamom

1 pod of black cardamom

2 tbsp vegan ghee/butter

30 g cashew nuts

100 ml water

5 grams kasturi methi (dried fenugreek leaves)

METHOD

1. First, prepare the tofu. Mix all the marinade ingredients in a bowl except the tofu. Coat the tofu cubes with the marinade and set aside for half an hour.
2. Now make the makhani base. Start by sautéing the onions in the oil until they turn translucent.
3. Add tomatoes and sauté further, cover and cook on a lower flame, stirring occasionally.
4. Once tomatoes become mushy, add the ginger and garlic paste and cook for another 10 minutes.
5. Add turmeric, chilli powder, tandoori powder, garam masala, green cardamom and black cardamom. Continue to cook this for 10 minutes, then switch off the flame and let the mixture cool.
6. While the mixture cools, with a dash of oil in a pan, fry the marinated tofu on all sides to a golden brown colour. When done, remove from the pan and set aside.

RECIPE CONTINUES ON THE NEXT PAGE

SNEHA ULLAL'S FAVOURITE (BY CHEF FRANK GUEIZELAR)

TOFU MAKHANI

SERVES 2

METHOD

7. Blend the cooled makhani mixture to a fine paste and transfer back to the pot to cook further, add about half a cup of water and cook until it thickens.
8. Add the vegan ghee to the mixture and cook on a low flame for 5 minutes.
9. Grind the cashew and water to a smooth creamy texture.
10. Add this to the makhani mixture and cook for 5 minutes. If too thick, add a little water to get the consistency you require.
11. Now, add the fried tofu and kasturi methi to the makhani, and cook for 10 more minutes.
12. Serve with hot rotis, and enjoy your meal.

ANTHONY MULLALLY'S THAI RED CURRY

Anthony Mullally

Anthony is a professional rugby league player and a total powerhouse. To keep up with his training programme, his meals need to pack a punch, too. This is his simple-to-make, great-tasting, nutrient-rich Thai curry. We love it!

ANTHONY MULLALLY'S THAI RED CURRY

SERVES 4

INGREDIENTS

- 1 large onion, peeled and sliced
- 2 tbsp coconut oil
- 200 g mushrooms, sliced
- 2 red chillies, de-seeded and finely chopped
- 2 cloves of garlic, peeled and minced
- 150 g black beans
- 100 g frozen peas
- 150 g asparagus, cut into pieces
- 200 g firm tofu (pre-flavoured or plain), chopped into pieces
- Dash of soy sauce
- 2 tbsp red curry paste
- 400 g coconut milk
- 100 g spinach

METHOD

1. Fry the onion in the coconut oil for 8–10 minutes until translucent.
2. Add the mushrooms, garlic and chilli. Cook, stirring, for another five minutes.
3. Add the beans, peas, asparagus, tofu, soy sauce, curry paste and coconut milk. Bring to the boil, and let simmer for 5 minutes or until asparagus is soft.
4. Stir in the spinach until it wilts.
5. Serve with brown rice.

PETER EGAN'S PARMIGIANA DI MELANZANE

Peter Egan

Peter is an incredible actor, a true gentleman and a passionate animal lover. He took part in Veganuary 2016 and has never looked back. He says: 'I will always support Veganuary, but I won't have to do it again because... I am now vegan.' If, like Peter, you're a fan of rich Mediterranean flavours, then try this beautiful Parmigiana.

PETER EGAN'S PARMIGIANA DI MELANZANE

SERVES 4

INGREDIENTS

- 2 tbsp olive oil, plus extra for brushing
- 3 cloves garlic, crushed
- 3 sprigs of thyme
- 8 sage leaves, finely chopped
- 1500 g chopped tomatoes
- 3 tbsp red wine vinegar
- 3 tbsp superfine sugar
- 4 large brinjals, sliced lengthways as thinly as possible
- 150 g melting vegan cheese, grated
- 100 g white breadcrumbs
- 50 g pine nuts
- Handful of basil leaves

METHOD

1. Heat the oven to 200°C.
2. Heat the oil in a large pan, add the garlic, thyme and sage, and cook gently for a few minutes. Then add the tomatoes, vinegar and sugar, and gently simmer for 20–25 minutes until it has thickened.
3. Meanwhile, heat a frying pan. Brush the brinjal slices on both sides with olive oil, and fry in batches until each slice is softened and slightly charred.
4. Mix 25 g of the grated dairy-free cheese with the breadcrumbs and pine nuts, and set side.
5. Into a large baking dish, add a little of the tomato sauce and spread over the base. On top of this, add a layer or two of brinjal slices. Season.
6. Spoon over more sauce, then layer some cheese and basil leaves, and then another layer of brinjal. Repeat until you end with a layer of tomato sauce, and top with the breadcrumb mixture.
7. Bake for 30–40 minutes until the top is crisp and golden, and the tomato sauce is bubbling away. Rest for 10 minutes, and scatter with torn basil leaves.

AYESHA TAKIA'S MAC N CHEESE

Ayesha Takia

Ayesha Takia Azmi is an Indian film actress. A passionate vegan, she made her film debut in Taarzan: The Wonder Car for which she won the Filmfare Best Debut Award. Her notable films also include Socha Na Tha and Dor, for which she won the Screen Award for Best Actress.

AYESHA TAKIA'S MAC N CHEESE

INGREDIENTS

1 packet macaroni
2 potatoes peeled and cubed
1 carrot peeled and cubed
1 onion chopped
1 tsp garlic paste
1 tsp oregano
1 tsp dry parsley
Salt and pepper to taste
1 tsp Olive oil
140 g Cashews, soaked for 4–5 hours and drained

METHOD

1. Peel and cut the onion, potatoes and carrot.
2. Add water to a pot, bring to a boil. Add the vegetables
3. Remove the veggies when they are cooked and soft.
4. In the same water throw in your Macaroni
5. While you're waiting for it to cook, get started with the sauce
6. In a blender put in your vegetables, cashews, water, garlic paste, oregano, dry parsley and salt and pepper.
7. Blend until smooth
8. Remove cooked macaroni from pot and strain.
9. Pour over the cheese sauce and voila, it's ready to serve!

JAMES MOORE'S SWEET AND SPICY SRIRACHA TOFU

James Moore

Actor and Veganuary Ambassador James Moore won a National Television Award for his role in Emmerdale, but we think he deserves two more. One for being such a brilliant vegan and disability activist, and another for this tofu dish. It. Is. Sublime.

JAMES MOORE'S

SWEET AND SPICY SRIRACHA TOFU

SERVES 2

INGREDIENTS

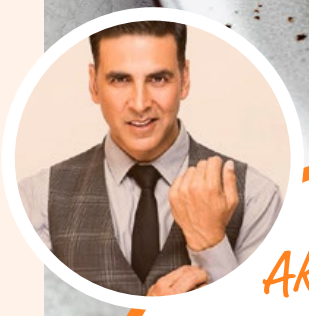
400 g tofu, pressed and cubed
6 tbsp cornflour / cornstarch
4 tbsp oil
2 spring onions
2 cloves garlic
1 cup water
1 tbsp Sriracha sauce
2 tbsp soy sauce
2 tbsp agave nectar
4 tbsp sugar

To garnish:
2 spring onions
Handful coriander
Sesame seeds
A wedge of lime

METHOD

1. Put 4 tbsp of the cornflour onto a plate and turn the tofu cubes over in it until they are covered.
2. Heat the oil in a frying pan, and fry the tofu for 4–5 minutes on each side until golden and crispy. Then remove them from the oil, and set aside.
3. Add the spring onions and garlic to the same pan, and fry for a minute or two.
4. Then add the water, Sriracha sauce, soy sauce, agave nectar and sugar. Bring to a simmer.
5. In a small bowl, mix the last two 2tbsp cornflour with a tablespoon of water to form a smooth paste, and then stir it into the liquid to thicken it.
6. Pour the sticky sweet and spicy sauce over the tofu and garnish with more spring onions, chopped coriander, a wedge of lime and a sprinkle of sesame seeds.

AKSHAY KUMAR'S BESAN CHILLA



Akshay Kumar

Akshay Kumar is an Indian actor, producer, martial artist and television personality. Over 29 years, Akshay has appeared in over 100 films and has won several awards, including a National Film Award and two Filmfare Awards. Akshay is one of the most successful actors of Hindi cinema.

AKSHAY KUMAR'S BESAN CHILLA

INGREDIENTS

1 cup Besan (chikpea flour)

Onion

¼ cup chopped coriander leaves

½ tsp finely chopped ginger

½ tsp finely chopped green chilies

¼ cup finely chopped onion

¼ cup finely chopped tomato

Salt

Turmeric powder

METHOD

1. Take 1 cup besan in a bowl.
2. Add the coriander leaves, ginger, green chilies, onion and tomato.
3. Add pinches of salt and turmeric powder. Mix well.
4. Add ½ to 1 cup of water and mix well. The consistency of the batter should be thick but drippy.
5. Take a non-stick tawa, and grease it with a little oil. Then, from the center of the pan, pour in a ladle full of batter. Gently circle the batter outward making a flat round shape.
6. On low flame, cook the Chilla until light golden and crispy. Add oil on the sides if needed. Flip and turn only when it's firm, so that it doesn't break.
7. Fold and serve hot. Garnish with fresh coriander.

SWEET TREATS

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JUMP TO EACH RECIPE BY CLICKING THE TITLE

ELAINE HENDRIX'S

VEGAN, SUGAR-FREE CHOCOLATE MOUSSE

Elaine Hendrix

Elaine is an American actor best known for her role as Meredith Blake in the 1998 remake of **The Parent Trap**, as well as for her roles in **Superstar** and **Romy and Michele's High School Reunion**. Elaine is also an avid animal rights activist and travels around North America educating, protesting, demonstrating, and speaking in favor of a vegan lifestyle

ELAINE HENDRIX'S

VEGAN, SUGAR-FREE CHOCOLATE MOUSSE

SERVES 6

INGREDIENTS

1 package of tofu (at least 350 g)

1 can of coconut milk

⅓ cup of unsweetened cocoa powder

4 tablespoons of vanilla (or some other flavoured) extract

METHOD

1. Refrigerate the coconut milk for 24 hours.
2. Remove solidified coconut from the top.
3. Place in blender with rest of ingredients.
4. Blend until smooth.
5. Pour into individual serving dishes.
6. Refrigerate until chilled & firm.

NOTES

- Top with blueberries, strawberries, any other fruit and/or vegan whipped cream.
- Feel free to adjust the measurements to your taste.
- An additional sweetener like monkfruit or agave can be added for a sweeter taste.
- For adult servings, add rum and or amaretto to the blend, or top off with a floater once chilled.

TRACYE MCQUIRTER'S PERFECT PECAN PIE

Tracye McQuirter

Tracye is an award-winning public health nutritionist, speaker, and best-selling author. She has been vegan for more than 35 years and has dedicated her life's work to vegan advocacy. Her Perfect Pecan Pie recipe puts a healthy spin on the traditional and tasty dessert!

TRACYE MCQUIRTER'S PERFECT PECAN PIE

SERVES 8

INGREDIENTS

- 215 g whole pecans
- 100 g chopped pecans
- 180 ml maple syrup
- ¼ teaspoon cinnamon
- 1 teaspoon vanilla
- 3 tablespoons ground flaxseed meal
- 60 ml unsweetened almond milk
- 1 tablespoon extra-virgin coconut oil (optional)
- ⅛ teaspoon sea salt
- 2 tablespoons whole wheat or oat flour
- 1 (22 cm) whole-grain piecrust

METHOD

1. Heat the oven to 180 °C. In a food processor, add 1 cup of the whole pecans and process until a coarse meal is formed. Place the meal in a medium bowl and add the chopped pecans.
2. Stir until just combined.
3. In a large bowl, combine the maple syrup, cinnamon, vanilla, flaxseed meal, almond milk, optional coconut oil and sea salt. Add the pecan mixture to the wet mixture and stir until mixed well. Stir in the flour, 1 tablespoon at a time (the batter should be thick although still loose enough to pour).
4. Pour the batter into the piecrust. Arrange the remaining whole pecans on top. Bake for 45 minutes. Let the pie cool completely so the filling sets firmly. Serve immediately.

CARL DONNELLY'S TURKISH DELIGHT CHOCOLATE CUPCAKES

Carl Donnelly

Carl is a comedian, a writer and a proud Veganuary Ambassador. Here is his delicious cupcake recipe in his own words, based on the cakes made by the renowned Ms Cupcake.

CARL DONNELLY'S

MAKES 12 LARGE CUPCAKES

TURKISH DELIGHT CHOCOLATE CUPCAKES

INGREDIENTS

For the cakes:

170 g self-raising flour

30 g cocoa powder

200 g superfine sugar

¼ tsp bicarbonate of soda

¼ tsp baking powder

Pinch of salt

200 ml soya milk

20 ml cider vinegar

80 ml vegetable oil

1 tbsp rose water (feel free to add a tiny bit more if you want the Turkish Delight flavour to be more potent)

RECIPE CONTINUES ON THE NEXT PAGE

METHOD

For the cakes:

1. First off get the oven preheating to 180 °C.
2. Now pour the soya milk and cider vinegar into a jug/cup/bowl together, stir and let sit while you're getting everything else sorted.
3. Mix all of your dry ingredients in a large bowl and make a little well in the middle.
4. Add your wet ingredients (including the milk and vinegar mix) and gently fold together being careful not to over mix.
5. Pour into your cupcake cases which should now be in the cooking tray.
6. Cook for 15–18 minutes (just keep an eye on them and have a little check around the 15-minute mark to see if they need a couple more minutes).
7. Take the trays out of the oven and let cool for five minutes before removing the cakes and cooling on a wire tray until ready for icing.
8. Quick side note: If you're making a lot of cakes for a party, you can make these in advance and freeze them to be iced later. A little trick is to ice them having just taken them out of the freezer the morning of the party as the icing sets quicker while the cakes thaw.

CARL DONNELLY'S

MAKES 12 LARGE CUPCAKES

TURKISH DELIGHT CHOCOLATE CUPCAKES

INGREDIENTS

For the icing:

75 g dairy-free spread (I find a sunflower spread is best)

75 g vegetable fat (if you can't find any just use all dairy-free spread instead. It will still work and be delicious.)

100 g cocoa powder

650–750 g icing sugar

80 ml soya milk

1 tbsp rose water

METHOD

For the icing:

1. Cream together the spread and vegetable fat. I do this by hand but that's not to say you can't use an electric mixer.
2. Add the cocoa, milk and rose water and fold together.
3. Start adding the icing sugar and stirring. I tend to add in about 100 g at a time until I have the right consistency. You can always add a little milk if you think you've made it too stiff or add more icing sugar if it's too soft.
4. Transfer into a piping bag with the nozzle of your choice and then pipe on.

WHAT TO DO NEXT

Hide them from family and friends as they will no doubt try and steal them all once they've tasted them!!

PETER TATCHELL'S CHOCOLATE CAKE

Peter Tatchell

As well as being a human and animal rights activist, Peter Tatchell is also a 'notorious dark chocolate cake lover' and we share his passion for all things chocolatey and cakey. Try this delicious, moist recipe and decorate it however you choose!

PETER TATCHELL'S CHOCOLATE CAKE

INGREDIENTS

For the cake:

1¼ cups self-raising flour

1 cup sugar

⅓ cup unsweetened cocoa powder

1 tsp baking soda

½ tsp salt

1 cup warm water (or use coffee to make it a mocha cake)

1 tsp vanilla extract

⅓ cup vegetable oil

1 tsp apple cider vinegar

For the glaze:

½ cup sugar

4 tbsp vegan butter

2 tbsp soya milk

2 tbsp unsweetened cocoa powder

2 tsp vanilla extract

METHOD

For the cake:

1. Preheat the oven to 180°C.
2. In a bowl, mix together the flour, sugar, cocoa, baking soda, and salt with a fork, making sure it is really blended together. Add the water, vanilla, oil, and vinegar, and again, mix together well.
3. Transfer the mixture to an 8×8 square cake tin.
4. Place in oven and bake for about 25 minutes, or until a knife comes out clean. Cool on a rack completely (2 hours).

For the glaze:

1. In a small saucepan, bring sugar, butter, milk, and cocoa to a boil. Stir frequently, then reduce heat to a simmer for 2 minutes, stirring constantly. It'll look gloppy, but it's just the bubbles! Remove from heat and stir for another 5 minutes.
2. Add vanilla, stir, and immediately pour onto cake. The glaze dries really quickly, so spread it immediately and add any decorations now. Let it cool for 1 hour before eating.

NOTE

This makes one cake; double the quantities if you wish to make a layer cake. Use the icing recipe from the cupcakes on page 34 minus the rose water for the filling.

DR. JANE GOODALL'S #EATMEATLESS STRAWBERRY "CHEESE"CAKE

Dr. Jane Goodall

Dr. Jane Goodall, DBE, Founder of the Jane Goodall Institute (JGI), UN Messenger of Peace, is an iconic voice for holistic, compassionate, sustainable solutions. Dr. Goodall and JGI have been working for decades to encourage people everywhere to live harmoniously with the natural world through community-led conservation, animal advocacy, youth empowerment, and climate action. JGI's new cookbook featuring a foreword from Dr. Goodall — #EATMEATLESS — makes plant-based living easy with exciting, vegan recipes focused on accessibility - like this delicious Strawberry "Cheese"cake!

Copyright for Dr. Jane Goodall's portrait: JGI/Shawn Sweeney

DR. JANE GOODALL'S #EATMEATLESS STRAWBERRY "CHEESE"CAKE

INGREDIENTS

For the base:

115 g walnuts

90 g digestive biscuits

60 ml coconut oil, plus more for the pan

3 tbsp maple syrup

Sea salt

For the filling:

680 g firm silken tofu

340 g organic sugar

225 ml coconut cream

120 ml coconut oil, melted

35 g arrowroot

2 tbsp lemon zest

3 tbsp lemon juice

2 tbsp nutritional yeast

1 tbsp vanilla extract

Sea salt

RECIPE CONTINUES ON THE NEXT PAGE

METHOD

1. Preheat the oven to 180 °C. Coat a 9-inch (23 cm) springform pan with coconut oil.
2. To make the base, in a food processor, process the walnuts until finely ground. Add the digestive biscuits, coconut oil, maple syrup, and ¼ tsp salt and pulse until just combined. Firmly press into the bottom and sides of the prepared pan so it forms a case. Bake until set but not browned, about 10 minutes. Place the pan on a wire rack to cool for 10 minutes.
3. To make the filling, drain the tofu and transfer to a blender or food processor. Blend until smooth, scraping down once or twice. Add the sugar, coconut cream, coconut oil, arrowroot, lemon zest, lemon juice, nutritional yeast, vanilla, and ¼ tsp salt. Blend until very smooth. Scrape into the biscuit case.
4. Place the pan on a rimmed baking sheet and bake until the edges are golden and the centre jiggles but is not liquid, 75–90 minutes. Cool on a wire rack until room temperature, about 1 hour. Refrigerate, uncovered, until very cold, at least 3 hours.

DR. JANE GOODALL'S #EATMEATLESS STRAWBERRY "CHEESE"CAKE

INGREDIENTS

For the topping:

450 g strawberries, fresh or frozen, hulled and halved

100 g organic sugar

60 ml apple juice

1 tbsp arrowroot

¼ tsp almond extract

METHOD

5. To make the topping, in a medium saucepan, combine the strawberries and sugar over a medium heat. Bring to the boil, stirring often. Meanwhile, in a small bowl, stir together the apple juice and arrowroot. When the strawberries are softened and juicy, stir in the arrowroot mixture, then stir in the almond extract. When the mixture is thickened and glossy, pour it over the cooled cheesecake and refrigerate until cold.
6. To serve, run a sharp knife along the edge to loosen the pan sides and remove the cake. Cut into 12 wedges and serve. The cake can be stored, tightly covered in the refrigerator for up to 4 days.

YOU GOT THIS!

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