



VEGAN FESTIVAL



VEGAN COOKBOOK

Delicious vegan recipes from the
2021 cooking demonstrations



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Vegan Festival Director



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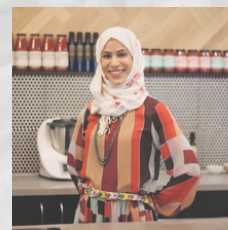
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FORWORD

LEA MCBRIDE DIRECTOR VEGAN FESTIVAL ADELAIDE

Isn't it fantastic that amazing food can help save the world?

As we continue to face incredible challenges across our beautiful planet, Vegan Festival Adelaide is a fun event that inspires everyone to be vegan for the animals, for themselves, and for the world.

We continued our blended approach to the Festival, combining in-person and remote speakers, workshops, and cooking demonstrations. No matter where you were, you could join the Festival, stay COVID-19 safe, and be inspired. Thank you to everyone that came.

One of the main aspects that people think will be hard about being vegan is food/what to eat. This recipe book is a great example of how diverse and delicious vegan food can be. It can be healthy, it can be junk food, it can be sweet and it can be savoury, there are no limitations!

Please share this ebook with your friends and family, and we hope you enjoy recreating these dishes in your own home.

Go Vegan

Lea



CARAMALISED CARROTS WITH LENTALS

Ingredients:

- 1 bunch baby carrots, 3 cm stalk reserved
- Vegetable oil
- 1 cup vegetable stock
- 1 heaped tablespoon brown sugar
- 2 tablespoons oat butter
- 1 cup puy lentils
- 2 cup vegetable stock
- 3 garlic cloves
- ¼ cup red wine
- 1 bay leaf
- 3 sprigs thyme
- 200gm mixed salad leaves
- 4tbls White wine vinegar
- 5tbls Extra Virgin olive oil
- 1tbls Dijon mustard
- Salt and Pepper
- Garnish
- Wedge of lemon

Instructions:

1. Remove the carrot tops, reserving 3cm of the stalk.
2. Add carrots and oil to a hot pan, cook for a few minutes to bring out the deep colours.



3. Add the lentils, vegetable stock, red wine, bay leaf & thyme to a pot, cover and cook over low heat for 25 minutes.

4. To the carrots, add stock, brown sugar, oat butter, salt and pepper. Cover carrots with a cartouche (a baking sheet cut into a circle to fit inside the pan, with a 2cm hole at the centre) and cook over medium-low heat for 25–30 minutes or until the liquid has reduced. Remove the cartouche and season with salt.

5. Plate the lentils, then top with the caramelised carrots and spoonfuls of the sauce. Garnish with sprigs of reserved carrot tops and serve with a wedge of lemon.



BAKED ONIONS CANNELLONI IN RICH TOMATO SAUCE

Ingredients:

- 3 Brown onions
- 300gm Semi firm tofu
- 100gm Vegan feta
- 200gm Baby spinach
- ¼ tsp Nutmeg
- 6tbl Olive oil
- 3 Garlic cloves
- 1 Bunch of basil
- 1 Stalk of rosemary
- 2 Tins of cherry tomatoes
- 200ml Vegetable stock
- 1tsp Caster sugar
- Salt and pepper

Instructions:

1. Pre-heat the oven to 200 degrees
2. Cut the onions in half, leaving the paper on. Rub the cut side with oil and place on some baking paper on a baking tray in the oven and cook for 15 min. Take out and let cool.
3. In a bowl, mix together the ricotta, feta, and baby spinach and nutmeg with 3tbls of olive oil, set aside or put into a piping bag

4. Roughly chop the garlic and, in a medium pot, place the other 3tbls of olive oil along with the garlic and rosemary cook for 5 minutes until aromatic and soft. Pour in the tomatoes and cook for another 10 min, then add the stock and basil leaves along with the caster sugar. Mix all together, pour into a 12 by 6 inch baking tray.

5. Peel the petals out of the onion skin and place cut up on the board. With the ricotta mixture, spoon a tsp the mixture then roll up so it holds a pointy cannelloni shape. Place one next to the other until the baking tray is all filled.

6. Place in the oven and cook for 10 minutes. Take out and rest for 10 minutes for everything to set and cool.

7. Serve with a side of couscous or rice.



VEGAN BURRITO BOWL

Mexican Beans

Ingredients :

- ½ onion, finely diced
- 1 red capsicum, sliced
- 1 tbsp cumin powder
- 1 tbsp coriander powder
- 1 tomato, diced
- 1 x 420g tin cooked red kidney beans
- 1 x 420g tin cooked black beans
- 1 x 420g tin cooked pinto beans (if you can't get them replaced with black beans or red kidney beans)
- 1 tbsp vegan "beef" stock powder "Marsell Brand"

Instructions:

1. Heat a frying pan over a high heat. Add the onion and garlic, sauté until golden brown. Add a little water to deglaze the pan. Add the cumin and coriander powders and stir. Add the capsicum and stir. Add the tin of tomatoes, stock powder and beans, mix well.



2. Reduce the heat and gently mash the mixture with a potato masher to thicken and resemble refried beans (can use a stick blender).

3. Remove from the heat and store in an airtight container in the fridge until required. You can also freeze for a later date.



ADAM GUTHRIE

Guacamole (serves 8).

Ingredients:

- 2 ripe avocados
- ½ cup of finely chopped tomatoes
- 1 fresh jalapeno chillies (optional), very finely chopped 2 tbsp red onion, very finely chopped
- 2 tbsp coriander leaves, chopped
- ½ tbsp lime juice
- salt to taste

Instructions:

1. Remove the flesh from the avocados and mash them in a bowl.
2. Add the onion, chillies, coriander, tomatoes, salt and lime juice and stir well.
3. Refrigerate in an airtight container until required.

Cashew Sour Cream (makes 4 cups)

Ingredients:

- 2 cups raw cashews ½ cup lemon, juiced
- 2 to 3 tsp salt
- 1 cup water

Instructions:

1. Soak the cashews in water overnight or at least 15 minutes (overnight is best as you will yield more cashew sour cream).
2. The next day, drain the water and rinse the soaked cashews.
3. Place all the ingredients in a high speed blender and puree until smooth. Add more water if necessary, it needs to be the same consistency as sour cream.





ADAM GUTHRIE

Burrito Bowl

Ingredients:

- 4 cups Mexican bean mix
- 2 cups cooked brown rice or cooked quinoa
- 8 cups mixed lettuce leaves
- 2 tomatoes, diced
- 2 cups cucumber, diced
- 4 serves guacamole
- 4 tbsp cashew sour cream
- 1 tsp sambal oelek chilli
- a few sprigs of fresh coriander leaves

Instructions:

1. Heat the Mexican beans and rice separately in a saucepan or microwave.
2. Arrange the bean mix and rice around a serving bowl.
3. Add the cucumber, lettuce leaves and diced tomato around the bowl.
4. Top with the guacamole and cashew sour cream.
5. Add a teaspoon of sambal oelek chilli and sprig of coriander if desired.





SMOKED ALMOND GNOCCHI

Ingredients:

- 1 x jar ATT Smoked Almond Curd
- 1/2 cup water
- 2 tsp salt
- 1 cup spelt flour + 1/4 cup extra for rolling
- 2 Tbsp ATT Turmeric Butter
- 1/2 cup fresh sage leaves
- 1 Tbsp capers in oil
- Fresh fennel pollen, if available



Instructions:

1. Mix the water, Smoked Almond Curd and salt with a fork, until smooth.
2. Add 1 cup spelt flour. Mix thoroughly.
3. Turn out onto well floured surface and form dough into a rough log.
4. Cut the log into four equal pieces. Roll each piece into a long sausage approximately 1.5cm thick.
5. Cut into 2cm pieces and roll in flour.
6. Repeat until all gnocchi has been rolled and cut.
7. To cook, add to boiling water, and when the gnocchi rise to the top they're ready.
8. Drain and stir through Turmeric Butter, sage and capers.
9. Serve dusted with fresh fennel pollen if available.

CHICKPEA SALAD WITH ORANGE MISO DRESSING

Ingredients:

Salad:

- ½ cup dry quinoa
- 1 cup water
- 12 cherry tomatoes, halved
- 4 spring onions, sliced
- 1 ½ cups salt-free chickpeas cooked, or canned and rinsed
- 3 tablespoons fresh coriander

Dressing:

- Juice of 1 orange
- ¼ cup rice vinegar
- 2 tsp white or yellow miso
- 1 tbsp maple syrup
- 1 clove garlic, grated or minced
- 1 tsp ginger, grated or minced
- 2 tsp black sesame seeds



Instructions:

1. Place ½ cup quinoa and 1 cup water in a small saucepan and bring to a boil. Reduce to a simmer, cover and cook until all the water is absorbed (about 15 minutes). You will know that the quinoa is done when all the grains have turned from white to transparent, and the spiral-like germ has separated.
2. Wait for it to cool to add to the recipe.
3. Combine the tomatoes, onions, quinoa, chickpeas and fresh coriander in a large bowl.
4. Mix all of the dressing ingredients together in a small bowl.
5. Pour the dressing into the larger bowl and toss all of the salad ingredients together.



QUICK BEAN STEW

Ingredients

- 2 x 400g cans cannellini beans
- 2 x 400g cans chopped tomatoes
- ½ cup tomato paste
- 2-3 tbsp tamari or soy sauce
- 1 tbsp chilli to taste
- 1-2 tsp tahini
- 1 tbsp onion powder (or 1 medium fresh, diced)
- 1 tbsp garlic powder (or 2 cloves, minced)
- 1 tbsp smoked paprika
- 1 tsp turmeric
- Black pepper to taste
- 2 handfuls spinach (or other dark leafy green)
- 1 cup corn kernels, fresh or thawed frozen (optional)

- 1 cup shelled edamame (thawed from frozen)
- Optional: 2½ cups cooked rice or quinoa

Instructions:

1. Put all the ingredients except for the spinach, corn and edamame in a large saucepan and cook over medium to high heat for 10 minutes. Don't boil, just simmer.
2. Turn heat to low and stir in the greens, corn and edamame. Replace the lid, leaving to wilt/soften in the hot stew for a few minutes just before serving.
3. Serve with cooked rice or quinoa, or as is.



PALM HEART PHISH CAKES

Palm Heart Patties

Ingredients:

- 1 tin (400g) Palmitos (drained and shredded)
- 2tbsp Vegan mayonnaise
- 1 tsp Dijon mustard
- 1 tsp Tabasco hot sauce
- 2 tbsp Capers in brine (rough chopped with vinegar)
- 1 tsp Dulse flakes
- 2 tbsp Besan Flour
- 2 tbsp Gluten-free breadcrumbs
- 1 tsp Sea salt flakes
- 1 tsp Smoked paprika
- 1 tsp Garlic granules
- 3 tbsp Chopped cilantro
- 3 tbsp Chopped spring onion
- 1/4 Squeezed lemon

Instructions:

1. Pre-heat an oven to 175 degrees C
2. In a bowl, add and mix the mayonnaise, dijon, tabasco, and chopped capers.
3. Add the shredded palmitos
4. In a second bowl, add and mix the besan flour, breadcrumbs, dulse, smoked paprika, and garlic granules.



5. Mix the second bowl into the first and then fold in the chopped cilantro, spring onion, and lemon juice.
6. Let the mixture rest for 5-10 minutes. Once it has tightened up, divide into 4 portions (~100 g each).
7. Heat a lightly oiled skillet on a medium-high heat
8. Sear each palm heart patty for ~2 minutes on each side.
9. Place the pan into the oven for 5 minutes
10. Remove the pan from the oven, flip the patties, and hold for plating.



Tartare Sauce

Ingredients:

- 100g Vegan mayonnaise
- 25g gerkin relish
- 20g capers in brine (chopped)
- 15g Chopped shallots
- 1/2 tsp Dijon
- 1 tbsp Chopped cilantro
- 1/4 Squeezed lemon

Instructions:

1. Mix all ingredients in a bowl and hold for plating

Plating:

1. Place a seared patty on your serving plate and dollop a portion of the tartare sauce off set to the patty.
2. Garnish with a lemon wedge and herb garnish

Options:

Serve with potato wedges and crunchy slaw





CREAMY JACKFRUIT CURRY WITH CHICKPEAS

Ingredients:

- 1 onion, finely chopped
- 3 cloves garlic, finely minced
- 1 tablespoon fresh ginger, grated
- 1 teaspoon garam masala
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon coriander, ground
- 1/2 teaspoon cumin, ground or seeds
- 1/4 teaspoon chili powder
- 1/4 teaspoon cardamom, ground
- 400ml bottle passata
- 1 cup vegetable stock
- 1/4 cup Almond Farmer almond butter
- 1 tablespoon red miso
- 1 tablespoon maple syrup
- 2 400g tins green jackfruit in brine, rinsed and cut into small chunks
- 1 can chickpeas, drained and rinsed
- 1/2 cup soy milk

To serve:

- Brown basmati rice, steamed
- Roasted almonds, chopped
- Fresh coriander
- fine ground sea salt (optional)

*Green jackfruit in brine is available at most Asian supermarkets or gourmet shops.



Instructions:

1. In a stock pot, dry fry the onion, garlic and ginger until the mixture begins to caramelize. Add a dash of water to deglaze and release the flavours from the bottom of the pot.
2. Add garam masala, turmeric, coriander, cumin, chili and cardamom. Stir these spices through the onion mixture and cook on medium heat until fragrant but not browned. You don't want to burn the spices!
3. Add the passata and stock. Allow to simmer for about 15 minutes.



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4. Meanwhile, cook the brown basmati rice according to the directions on the packet.
5. To the spiced tomato sauce add the almond butter, miso and maple syrup. Blend with a hand held stick blender until smooth. Add the chickpeas, jackfruit and soy milk. Allow to simmer without the lid for another 5 minutes to thicken.
6. Serve with steamed brown basmati rice, chopped roasted almonds and fresh coriander.

CHAI SPICED PUMPKIN PIE

Ingredients:

Pastry

- 2 cups almond flour
- 1 tablespoon flaxseed, ground
- 2 tablespoons maple syrup
- 1 tablespoon water
- 1/8 teaspoon sea salt

Pumpkin filling

- 2 cups butternut pumpkin, steamed
- 1/2 cup cashew nut butter
- 1/2 cup coconut sugar
- 2 tablespoons corn flour
- 1 teaspoon cinnamon, ground
- 1 teaspoon ginger, ground
- 1/4 teaspoon nutmeg, ground
- 1/4 teaspoon cardamom, ground
- 1/8 teaspoon cloves, ground
- 1/8 teaspoon allspice, ground

Maple cream

- 1 cup cashews
- 2 tablespoons maple syrup
- 1 teaspoon vanilla paste
- 1/3 cup water



Instructions:

1. Preheat the oven to 180 degrees Celsius.
2. Mix the pastry ingredients and press into a non-stick pie dish with fingers. Ensure that it comes up the sides of the pie dish a little.
3. Poke the pastry with a fork and bake for 10 minutes until slightly golden.



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4. While the pastry is baking, blend the pumpkin, cashew nut butter, coconut sugar, corn flour and spices in a high speed blender until smooth and creamy.
5. Pour the filling in a saucepan and cook on medium heat, stirring continuously for about 5 minutes until the mixture thickens.
6. Spread the pumpkin filling onto the pastry crust and bake for another 10 minutes.
7. Make the maple cream by blending the cashews, maple syrup, vanilla and water in a high speed blender until smooth and creamy.
8. Chill for 2 hours before serving with a generous dollop of maple cream. Enjoy!

CHOCOLATE MOUSSE WITH ORANGE AND CARDAMOM

Ingredients:

- 1 cup sweet potato, steamed and cooled
- 1/2 cup soft medjool dates (about 6), pitted
- 1/2 cup cocoa powder
- 1/3 cup almond butter
- 1 cup plant milk
- Zest and juice of one orange
- 1/8 teaspoon ground cardamom
- 1/4 teaspoon sea salt

Pistachio cream

- 1/2 cup raw cashews*
- 1/2 cup shelled pistachios*
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract

Garnishes

- Chopped pistachios
- Rose petals
- Cacao nibs



*If you don't have access to a high speed blender, in order to achieve a smooth consistency you will need to soak the cashews and pistachios. Cover and place in the fridge for at least 1 hour, or as long as overnight.



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Instructions:

Chocolate mousse:

1. Place the sweet potato, dates, cocoa powder, almond butter, plant milk, orange zest and juice, cardamom, and sea salt into a high speed blender and puree until smooth. Taste and add more sweetener if desired. Add another 2–3 tablespoons of milk if needed to thin to preferred consistency. Puree until as smooth as possible.
2. Scoop the mousse out of the blender into individual serving dishes. Refrigerate for 2 to 3 hours, to set.

Pistachio cream:

1. Add cashews, pistachios, maple syrup and vanilla to a high speed blender with $\frac{1}{2}$ cup water. Blend until smooth and creamy, adding more water if required.
2. Top the mousse with a dollop of pistachio cream and sprinkle with the cacao nibs and rose petals.



VEGAN BANANA BREAD WITH DATE AND ALMOND BUTTER SWIRL

Ingredients:

- 3 medium very overripe banana (400g), mashed
- 150ml very light flavour olive oil
- 80g pitted dates
- ¼ c almond milk
- 3tsp lemon juice
- 2 tsp pure vanilla paste/extract
- 225g plain flour (or gluten free flour)
- 60g almond flour
- 1 ½ tsp baking powder
- ¾ tsp baking soda
- ¼ tsp salt
- 2 tsp cinnamon powder
- ¾ c pecan/or walnuts, chopped
- 90g Choco-chips
- 2 tbs almond butter

Instructions:

1. Pre-heat the oven to 180°C and line a loaf baking tin with baking paper.
2. In a food processor, add dates & olive oil and blitz until dates are finely chopped/processed.

3. In a large bowl, mix the wet ingredients together: mashed bananas, lemon juice, vanilla paste/extract, almond milk, and dates olive oil mixture.

4. Sift together the dry ingredients: all-purpose flour, almond flour, baking powder, baking soda, salt, and cinnamon.

5. Mix well, but don't overmix, just enough until the flour is combined.



6. Fold in chopped pecans/walnuts and chocolate chips.
7. Transfer the batter into the lined loaf tin, smooth out the top.
8. Drop the almond butter across the top of the batter, then drag a fork through the batter to swirl the almond butter.
9. Cover the tin with aluminum foil.
10. Bake for 45mins, remove foil, and bake further for 15mins (total baking 60mins).
11. Allow the cake to completely cool on a rack before serving.



Date palm and olives have long been one of the most important fruit crops for south Mediterranean countries, where date and olives are the main income source and staple food for some Mediterranean local populations.

Those sustainable produces are better for our health and the environment.

Also in terms of sustainability besides date & olives, banana have a fairly low environmental impact. They make a perfect snack to sustain energy levels thanks to a combination of 'quick' and 'slow' releasing sugars.

Therefore, I'm combining these fabulous and sustainable ingredients date, olive oil and banana to share with you all one of my favourite dessert recipe:

There's a whole lotta flavour, just the right amount of sweetness of the banana & date, delight of olive oil and a few handfuls of nut & choc-chips.

This recipe is festive & incredibly delicious, and sure to become your family's favourite. To make it extra festive serve with a scoop of @sassiicecream, or enjoy as it is.

BEEHOON GORENG

Ingredients:

- 100g Beehoon/Rice Vermicelli
- 50g fried tofu – cubed or sliced
- 1 cup bean shoots
- ¼ cup carrots - sliced
- 1 large mushrooms – sliced
- ½ cup shredded cabbage
- ½ cup Choy Sum – chopped
- 2 tablespoons minced onion
- 1 clove garlic – minced
- ½ teaspoon grated ginger
- ¼ teaspoon freshly grated turmeric or ground turmeric

Sauces

- 2 tablespoons Sunflower oil
- 2 tablespoon light soy
- 2 teaspoons Mushroom soy
- 1 tablespoon Tomato sauce
- Lemon or lime juice for taste
- Spring onion or fresh coriander for garnish
- Sprinkling of Fried shallots

Extra ingredients for tofu scramble

- 100g soft to firm tofu
- good pinch of turmeric for colour
- pinch of Kala Namak for flavouring or Nutritional yeast
- extra Vegetables of your choice





Instructions:

Soften the beehoon/rice vermicelli noodles in warm to hot water till soft but it should still feel elastic and should not fall apart. Add the oil to a wok or fry pan on medium/high heat. Immediately add the onion, garlic, ginger and fresh turmeric if using. Stir fry till fragrant, about a minute. Now add the carrots and mushrooms followed by tofu and the remaining vegetables except the bean shoots. Add the beehoon followed by all of the sauces and a little water if necessary to soften the beehoon further. Stir fry for roughly two minutes and cover the pan if softer noodles are preferred. Finally add the bean shoots and toss the wok to combine all ingredients. Add to a serving plate and sprinkle with lemon or lime juice, then garnish with coriander, spring onions and shallots.

Extra Ingredients:

If using the extra ingredients, add your favourite vegetables in order of what requires longer cooking first, followed by the vegetables which require the least amount of cooking. Alternatively, cook your vegetables separately then add to the noodles at the end. For the TOFU SCRAMBLE add a little oil to a clean wok and fry the fresh or ground turmeric followed by the tofu, then break the tofu to scramble, then flavour it with a pinch of Kala Namak (black salt) or some nutritional yeast, or both. Cook the tofu for roughly two minutes then serve as desired with the beehoon goreng for that extra protein.



THANKS TO ALL OF OUR COOKS



Simon Toohey



Adam Guthrie



Cherie Hausler



Greggory Hill



Heleen Roex



Jan Saunders



Rebecca Stoner



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Simply Saj

This cook book was produced as part of Vegan Festival Adelaide 2021

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