

DOWN-TO-EARTH VEGAN

THOSE VEGAN GUYS

Our guide to adopting a vegan lifestyle, including easy product switches, tips and tricks, and many recipes, from delicious vegan junk food, to whole-food plant-based meals and treats. Plus links to useful resources, documentaries, books, films, YouTube channels & much more.

Written & compiled by Paul J. Burgess, 2020





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FOR THE ANIMALS!



Down-To-Earth **Vegan**

Introduction

This publication will digitally link to content on Those Vegan Guys [YouTube channel](#), and to many other online resources.

Whenever you see underlined blue text - that will be a clickable link.

First and foremost, HELLO (waves), we are Paul & Jason, a vegan couple from Oldham, Greater Manchester. We first met in 1997 at college, became great friends who soon became a couple & then married in 2009. So that's us. If you'd like to know more about us, watch this special [2020 Anniversary Vlog](#).

We made the switch to veganism in 2014 after watching a documentary on Netflix called 'Vegucated' and then, inspired, we started our [YouTube channel](#) in 2015.

You can hear more about our own personal journey here. [Veggies to Vegans](#)



[Art by @peweebaggins](#)

The main reason we have put together this eBook, is to **help & encourage** those considering veganism – or at the start of their journey - to find it easier. We have basically set ourselves the task of writing what we wish we could have read at the start of our own journey.

Whatever your own reasons, we're so glad that you have them, that you're reading this and therefore seemingly ready to look into how great the vegan lifestyle can be for everyone, and how utterly delicious the food is.

We haven't set out to make this a perfectly professional and glossy publication, we want this to be as down to earth as we are - and so - there might be random links or pictures, oddly located quotes, weird inserts, random names. *We reserve the right.* 😊

We have other channels you might be interested in, and that will be mentioned or linked to in this book. They are [The Vegan Queens](#), a Drag Duo with me (Paul) and our good friend Stuart, who has a book channel called [The Library is Open](#), and last but certainly not least, Jason's own music channel, [Jason Bromley Music](#). We all need your love. 😊



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As we want this book/guide to be accessible to as many people as possible, we are putting it out there for **FREE**.

There are many ways you can help to support us via the following links, and we appreciate any and all support. You can make a direct donation through PayPal, just click the button.



Items linked within these pages may well be attached to an **affiliate link (A)**, meaning if you click and buy, we get some pennies. [Our UK Amazon store.](#)

BUY OUR MERCH!!! 😊

Another way to help support us is simply buying our fabulous merch. All our own designs, quotes, and big cartoon faces. Click the image to visit our online store. 😊



Go Vegan FACES
Tote Bag



Go Vegan FACES
Classic Tee



Go Vegan Dark Faces
Classic Tank Top



Go Vegan Mugs on Mug
Mug

Consider becoming a [Patron](#) of ours on Patreon or a [Member](#) of our YouTube channel.

Finally, as we get asked a lot about our 'Karen' shirt and asked who exactly she is, well, she is an internet meme, nothing more. A name we've used, campily, in many of our vlogs and was often suggested as a shirt by our YT family. [Origins of Karen Vlog.](#) [Karen Meme.](#)

Finally, as we get asked, we do have an Amazon Wish list which we add to often.

Click below



Onward! 😊



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Useful to know...

At the start of any vegan journey it can be so helpful to know the right videos, resources, websites, information, reports and apps to look into. This is a list of what we've found helpful over the years - plus the most popular books etc according to our subscribers.

Studies, Statements & Books

[British Dietetic Association confirms well-planned vegan diets can support healthy living in people of all ages](#) – Article

[The China Study](#). The Most Comprehensive Study of Nutrition Ever Conducted (A)

[How Not to Die](#). Discover the foods scientifically proven to prevent and reverse disease (A)

[How Not to Diet](#). The Groundbreaking Science of Healthy, Permanent Weight Loss (A)

[Eternal Treblinka](#): Our Treatment of Animals and the Holocaust (A)

[NHS - The Vegan Diet – Eat Well](#). NHS Guidance for a vegan diet (A)

Online Resources & Organisations

[The Vegan Society](#). Fantastic information, resources and recipes.

[Viva!](#) - The Vegan Charity, online resources, activism and action.

[Vegan Outreach](#) - Founded in 1993, VO is working to end violence towards animals.

[Vegan Womble](#). A very useful source of information for new and all vegans.

[Barnivore.com](#). Online directory of vegan and vegetarian beer, wine, and liquor.

[VEGFUND](#) – Supporting Vegan Advocates Globally.

[Veganuary](#) - Veganuary inspire and support people to try vegan for January.

[Challenge 22](#) - Sign up & join over 400k who've already taken the 22 day vegan experience.

[Plant Based News](#). Exactly what it says on the tin.

Documentaries, Movies & Videos (& where to see them)

[Dairy is Scary](#). Powerful & fact filled YouTube video. (YouTube)

[Land of Hope and Glory](#) UK 'Earthlings' style Doc by [Earthling Ed](#). (YouTube)

[Vegucated](#). The documentary that started our whole journey. (Netflix)

[Forks Over Knives](#). A brilliant documentary on health and food. (Netflix)

[The Game Changers](#). The newest pro vegan documentary. (Netflix)

[Fat, Sick & Nearly Dead](#). “An overweight man suffering from an autoimmune disease endeavours to drink only juice for 60 days in a bid to fix his health.” (Amazon Prime) (1 & 2)

[Earthlings](#). Presented in five chapters (pets, food, clothing, entertainment and scientific research) the film is narrated by Joaquin Phoenix, featuring music by Moby, and was written, produced and directed by Shaun Monson.” (WARNING Extremely Graphic)

[Cowspiracy](#). Executive producer Leonardo DiCaprio” (Netflix)

[Speciesism: The Movie](#). You'll never look at animals the same way again. Especially humans. (Amazon Prime)

[Okja](#) is a 2017 South Korean-American adventure film about a girl who raises a genetically modified superpig. Fantasy. (Netflix)

[Dominion](#) uses drones, hidden and handheld cameras to expose the dark underbelly of modern animal agriculture. (YouTube) (WARNING Graphic)

[I Went Vegan for 30 Days](#). Health Results Shocked Me. Yes Theory. (YouTube)

[FOOD Inc.](#) This powerful film changed the way millions of Americans eat.

[Gary Yourofsky - The Most Important Speech You Will Ever Hear](#)



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Cook Books. (A) = Affiliate Link

[Thug Kitchen: Eat Like You Give a F**k](#) (A)

[The Happy Pear: Vegan Cooking for Everyone](#) (A)

[BOSH!: Simple recipes. Unbelievable results. All plants.](#) (A)

[Vegan 100: Over 100 incredible recipes](#) from @avantgardevegan (A)

[The Non-Dairy Evolution: A Modernist Approach to Plant-Based, Dairy Free Foods](#) (A)

[The Gentle Chef Cookbook: Vegan Cuisine for the Ethical Gourmet](#) (A)

[The Starch Solution – “Pick up that bread!”](#) (A)

[Forks Over Knives - The Cookbook](#) (A)

[Where do you get your protein](#) – Hench Herbivore.

[Planted: Stunning seasonal vegan dishes](#) (A)

Vegan YouTube Channels

Each of the channels we list here have either been regular viewing of our own, or have been cited by our YT family as useful, inspirational and/or helpful to them. Here we include channels that cover recipes, activism, study and research, nutrition, health, entertainment and more.

Food & Lifestyle

[The Whole Food Plant Based Cooking Show](#), [The Viet Vegan](#), [Cheap Lazy Vegan](#), [The Happy Pear](#), [avantgardevegan](#), [hot for food](#), [SweetPotatoSoul](#), [Pick Up Limes](#), [Madeleine Olivia](#), [Sweet Simple Vegan](#), [Edgy Veg](#), [Sauce Stache](#), [Mary's Test Kitchen](#), [Rae Likes Froot](#), [Rachel Ama](#), [Wil Yeung – Cook With Confidence](#)

Nutrition & Medical

[NutritionFacts.org](#), [Doctor Klaper](#), [Dr. McDougall Health & Medical Center](#), [GojiMan](#), [Dr. Leo Venus](#), [Physicians Committee](#)

Fitness & Food (Inc weight loss & nutrition)

[Hench Herbivore](#), [Simnett Nutrition](#), [Brian Turner](#), [Ryan Humiston](#), [Krocks In The Kitchen](#), [Taylor Haug](#)

Activism & Analysis

[Earthling Ed](#), [Mic the Vegan](#), [Joey Carbstrong](#), [James Aspey](#), [That Vegan Couple](#), [Amazing Vegan Outreach](#), [Joshua Entis](#), [Red Pill Vegan](#), [David Ramms](#), [Happy Healthy Vegan](#), [Vegan Gains](#), [Michelle Lowe](#), [CosmicSkeptic](#), [Gary Yourofsky](#), [Humane Hancock](#)

Miscellaneous, Musicians, Drag Queens, Books, Gardening, Mukbangs & More

[The Vegan Queens](#), [Jason Bromley Music](#), [The Library is Open](#), [lindsay's vegan life](#), [Braingirl](#), [Grumpy Vegan Grandad](#), [Miss Mo's Vegan Kitchen](#), [Cami Petyn](#), [No Egg Craig](#), [The Vegan Zombie](#), [theflemface](#), [LDN Vegans](#), [My Vegan Permaculture World](#)

Young Vegan YouTubers (Activists, Foodies & Fun)

[Zaktivist](#), [Angharads Life](#)

More Fabulous Recipe Resources

[The Vegan Society](#), [BBC Good Food Vegan](#), [Jamie Oliver](#), [All Recipes](#), [Veganuary Recipes](#)



Down-To-Earth **Vegan**

Let's start at the very beginning. (A very good place to start)

One of the most important things to acknowledge and focus on when starting your vegan journey is the why.

Why are you doing this? Whether it is for the animals, the environment, personal health, weight loss, whatever - acknowledge it, note it and then keep focused on it. If you're doing this for the animals/environment, it may be easier to stay focused, as the victims will come to mind whenever you think about non vegan foods or other products.

Veganise it! If, every Tuesday for example, you have enjoyed sausages and mashed potatoes for dinner, make sure you still do that, just veganise it. The fun part is that you get to try loads of new foods to you (we have many sausages in our world 😊). There is literally a vegan version of everything these days, making the switch to a veganised version of a favourite meal both easy and delicious. So try your regular dish with a few different sausages, we guarantee that you'll find a brand you really enjoy. You can find vegan mince, steaks, bacon, cold cuts, fishless fingers, pies, cakes, creams. We'll get to egg alternatives within the recipes as there are different ways to use them depending on whether it is for direct consumption, eg tofu scramble, or whether you will be using them as an alternative in baking.



Dairy Product Alternatives! Milk alternatives, and which is one is best for you personally, is a bit like asking how long is a piece of string. There is no one size fits all and you'll find that so many vegans enjoy so many different milk alternatives. For us, as an example, we have tried literally every milk there is, and for most of our veganhood we have stuck with Koko, a brand of coconut milk. Alpro are one of the biggest companies with the largest selections of plant based milk, creams, yogurts etc, but many vegans also use supermarket own brand alternatives. Check out some of our [TASTE TEST VLOGS](#) and/or some [VEGAN SUPERMARKET SHOPPING HAULS](#) on YouTube for ideas.



Part of the fun when starting on your vegan journey, is in fact finding the products you personally love the most. Enjoy it! It can be like rediscovering food all over again. 😊



Gadge' & Goods!

There will be many gadgets and goods used in and amongst our recipes, and so we are sharing our personal 'must haves' here, with our own **Amazon** affiliate links of course.

Be rude not to!! Click your flag for our affiliate link. – (A)



The Tofuture tofu press has been an absolute game changer for us. We tried pressing with 18 cans of beans, an old pan, a bag full of tea towels and a see-saw, and it just - never worked 'great'. THIS, is great.



If you don't have a food processor, a blender or a mixer, you can't beat this as it is all 3 in 1. The stick blender is perfect for soups, and you can even make hummus in the processor. This product has equivalent products linked for our USA and German friends.



If you're trying to reduce oil use, like we are, then silicone baking trays are the way to go. They don't need any greasing, just add your batter, or muffins, or mini quiches, and away you go. Very easy to clean too and the perfect bake, every time.



As above, so below.

These silicone donut moulds are perfect for baking your own at home, and there are some fabulous recipes out there. One featured on our channel which will be in this book.



And now for some food items - often used in vegan cooking - and used in some of the recipes within this book.



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Nutritional Yeast. Commonly known as '[NOOCH](#)', this fab little product is not only fortified with B12, it is a delicious and often used ingredient in vegan dishes, with a unique cheesy and nutty taste. It is also utterly delicious on top of pasta dishes like parmesan, or simply on top of steamed veg.



Colgin Liquid Smoke Natural Hickory. This is a great ingredient and is again used several times in this book. It is exactly what it says on the bottle, a very strong smoky flavour liquid ideal for making tempeh bacon, smoky beans or anything else that you wish to have a smoky taste.



Hemp Seeds are not only delicious as a salad sprinkle, they are an essential ingredient in some vegan sauces and salad dressings, and are packed with nutrition and good fats. These are used in some of the recipes in this book.



Bragg's Organic Apple Cider Vinegar. Raw and unfiltered apple cider vinegar with the 'mother' Adds delicious flavour to salads, veggies, and most foods. Useful to lose weight.



Coconut sugar. Use as a direct replacement to cane sugar in drinks, baking or desserts. Lower glycaemic index than cane sugar. 100% pure with nothing added, allergen free, certified organic by the Soil Association. Registered with the Vegan Society





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Gochujang is an essential ingredient for Korean bibimbap, a recipe you'll find in this book. It is a sweet and spicy paste, perfect for adding to marinades, noodle dishes and of course, rice dishes such as bibimbap.



Multi-vitamin and mineral by The Vegan Society. (OA)

- Blackcurrant flavoured multivitamin chewable tablet
- Provides daily allowance of vitamins B2 B6 B12 folic acid vitamin D iodine and selenium
- Designed specifically for vegans diet
- Suitable for everyone



Instant Pot Duo 7-in-1 Electric Pressure Cooker

If you intend to start cooking with dried beans and legumes then this is a must have. The time it will save you, and the speed at which you can knock out fabulous dishes using chickpeas for example, is worth every penny.



COSORI Air Fryer with 100 Recipes Cookbook

We have found our air fryer to be invaluable. It heats up so much quicker than the oven and so for many, many things is ideal. It cooks crisper, quicker and with no/less oil.

Highly recommended.



Okay.

On with the rest of the book. 😊



Cleaning & Personal Products – Tips.

Living a vegan lifestyle not only means changing what you eat, but changing what you buy in general. Many are appalled to learn that some of their favourite household or personal care products are either made with animal ingredients, or are tested on animals. Luckily there are fabulous alternatives, and fantastic shops with huge ranges of vegan and cruelty free products. We'll feature some of them here, but feel it important to mention that many supermarkets own brand are vegan and clearly marked as such. As an example, Tesco own brand [toothpaste](#) and mouthwash. Check your labels, you may be surprised.



Here in the UK one of the best and most consistent brands for vegan and cruelty free household cleaning products is, by far, [Astonish](#). They have a huge range of products and are widely available in outlets such as pound stores or B&M Bargains & Home Bargains.



Almost all of [Superdrug's](#) own brand cleansing, hair, body and beauty products are vegan and cruelty free, clearly marked as such, and many other brands they are also - but always check the labels. They carry a fabulous range of makeup, hair dyes and bleach etc.

You'll find some awesome and really inspirational vlogs on YouTube by searching for vegan beauty, but let me say, as a drag queen, I can personally attest to the excellence of Revolution makeup from Superdrug.

Trust me gals, guys, they & them, I know a good product when I use one.

As mentioned above, the entire Astonish range is vegan and cruelty free but can be hard to find in supermarkets. Many supermarkets do their own brands of cleaning and personal care products, and some are very well labeled and clearly vegan and cruelty free such as many products (own brand items) from The Co-operative stores.

Of course we can only report on availability of vegan and cruelty free cleaning/household and personal care products here in the UK.

You may have to do some research in your own location when it comes to household products, and for those of you that wear makeup here is a very handy page from The Vegan Society.

[30 years of making vegan beautiful](#)



Breakfast Ideas

From a full vegan breakfast, to overnight oats, there are so many ways to enjoy a delicious, nutritious and ultimately healthy breakfast. Here are some of ours



We love a full English breakfast, veganised! Once you master tofu scramble it is a game changer and here served with Linda McCartney original sausages, hash browns, baked beans and oven baked tomatoes, baked along with the sausages. This has actually become a favourite meal of ours for our evening meal too, we call it dinner, yet most in our area would call their evening meal, their tea.

You will find our tofu scramble recipe later in the book.

This is our usual daily breakfast, even before we were vegan this was a regular for us. Thankfully, many if not most bagels, crumpets etc are vegan and either marked as such, or marked vegetarian with vegan ingredients. We love to start our day with fresh berries and something toasted. This picture was taken during a rather lengthy water melon phase. It may well return.



What's the big hoo-hah with 'avo toast' you might have asked yourself at some point, or maybe it's a future question we can answer here. IT'S DELICIOUS! 😊 Whether smushed with a fork, or liberally added to your toast in thick slices, simple avo toast is gorgeous. Add yourself a little hummus and we're talking party in your mouth, and who doesn't want that? In a morning, in yer gob?! You will find our simple hummus recipe later in the book.

Although many of the big brand cereals are not vegan due to the vitamin d they use being sourced from sheep's wool, there are many supermarket own brand cereals that are clearly marked vegan. Even some of the big brands like [Kellogg's](#) have jumped on board and are now producing vegan offerings. Always check the labels, and once you find your favourite plant milk you'll be enjoying a good bowl of whatever it is you fancy, whenever you fancy. 😊



Pro-tip: Jus-rol croissants in a tube are vegan by ingredient. 😊



Lunch Ideas

Whether you are eating at home, or grabbing something quick in your work lunch break, there are many ways you can enjoy a good lunch.



If you usually pick up your lunch from a shop, there may well be no need to change the venue, only what you buy there. Many high street outlets now offer vegan options. Here we have items from [Boots](#), [WHSmith](#) & [Starbucks](#).



Homemade coleslaw, (recipe coming up), half an avocado and a [Port Royal Jamaican spicy vegetable patty](#). The patty is the only vegan item in the range, and if you like a little spice they are utterly delicious. Warm them up in the oven to retain the crispiness of the pastry. These are also an option for a dinner, served with a rice dish and some vegetables they are truly delicious.

Cheese n pickle butty. Or, for those unfamiliar with the northern England vernacular, a cheese and pickled relish sandwich. 😊 (It should really have crisps on the side)

The cheese used here is [Violife epic mature](#), and the 'pickle' is [piccalilli](#), Sainsbury's own brand. A sandwich with soup, on its own, with crisps.



You do you boo.



Baked beans, butter beans, spaghetti, tomatoes, in fact anything from a tin that goes well on toast is a winner. Here we have our TVG classic. Tinned spaghetti on wholemeal toast, with a basil leaf, because green. 😊

The thing is, these things are 'our' taste, and yours may be completely different, but you'll find, or make something suitable and sating. Of that we're sure.



Dinner Ideas

Fish(less), chips and peas, noodles, Buddha bowls, fully whole-foods plant-based meals such as lentil gardeners' pie, the options are endless for vegan dinners. Here are some of ours



You'll find our recipe for this delicious Lentil Gardener's pie on the following pages. A truly whole-food plant-based meal which is not only easy to make but cheap and filling. This is made with brown lentils which are a delicious alternative to mince as they keep their shape and firmness. They are also incredibly healthy and full of protein.

This dish is perfect served with steamed veg, as we have here with baby sprouts and long stem broccoli.

Buddha bowls are literally bowls filled with whatever you fancy. Sometimes they are noodle based and are filled with tofu, veggies etc. We like to throw a Mediterranean spin on ours with falafel, hummus, mixed salad, avocado, olives and whatever else takes our fancy at the time. We often have a big bowl like this between us and either two or three oven warmed pita breads.



Perfect for stuffing with all this goodness.



So many companies now offer a fishless fillet or fingers, so if the UK classic of fish and chips is your go to comfort food, it is simply a case of finding your favourite alternative.

Here we have [Quorn Battered Fishless Fillets](#) with a salt and vinegar crispy batter, served with oven chips, a tin of mushy peas with added frozen peas and sweet corn, and a homemade tartar sauce. We have this at least once a fortnight.

Our tartar sauce recipe is in this book.

We often have 'something' with a load of fresh vegetables, a go to and favourite meal of ours is Linda McCartney deep country pie with steamed kale and onion gravy. Delicious meal.

Pictured here is a [Fry's Golden Crumbed Schnitzel](#) available in most supermarkets, served with steamed carrot mash, steamed spring greens and half an oven baked tomato.



What's not to love?



Sauces & Fixins



I should mention here that when I make 'gravy' style sauces for recipes in this book, classic UK style, brown and umami, I use two products almost always. They are Bisto Best Caramelised Onion Gravy Powder, and Maggi Seasoning. If these are not available in your country, Liquid Aminos or 'Better than bouillon no beef base', along with a roux, should work just as well. (OA) = or alternative.

Or whatever method you already use to make such sauces.

Some very simple ideas for sauces you can play around with use soaked cashews, hemp seeds and even tofu as the base. You might be surprised at what you can easily whip with a jug or hand blender. Here are some of our favourites that don't require a page of their own.

I 'heard' the description of ingredients for vegan mayo from a friend who had watched [Wil Yeung on YouTube](#). In the video linked there, he uses chickpeas and oil. I tried making a fat free version using tofu and you know what Ethel, it wasn't half bad. 200g medium pressed tofu in a blender. Add Dijon mustard and lemon juice, to taste, start with a tsp of each. Add a pinch of salt. Blitz again. Store in the fridge. Use it to make your own vegan coleslaw, or maybe a salslaw. [SALSLAW RECIPE](#)



The recipe we now use came from [The Whole Food Plant Based Cooking Show](#) on YouTube, and then we did [our own recipe vlog](#) for it, fully credited of course. 😊

3 Tbsp Hemp hearts, 2 Tbsp raisins, 3 Tbsp rolled oats, 1 tsp dried dill weed, 1/2 tsp onion powder, 1/2 tsp garlic powder, 1/4 tsp cracked pepper, 2 Tbsp white wine vinegar, 1/2 cup unsweetened soy milk. Blend or blitz and enjoy. Makes enough for one really good sized family salad.

This is not a classic tartar sauce recipe by any stretch. This is our own homemade version which we love and always use with the right dishes. Using your favourite brand or your homemade mayo, add a squeeze of lemon juice and a dash of your favourite mustard, we use either English or Dijon, equally. Chop finely some cornichons and caper berries, add to the mix. Ta-dah! We've also added some dried dill to this and that too adds a dimension. Serve alongside your favourite fishless fillet. Perfect! [RECIPE VLOG](#)





Our Fabulous Festive Plait

Is the recipe that really started the ball rolling for us. The original video had over [20,000 views on facebook](#) back in 2017, in 2019 we made an all new recipe vlog for YouTube which is linked at the bottom of this page.

Ingredients.

1 Jus-rol puff pastry sheet.
(or any vegan readymade)
6 vegan sausages.
2 tbs cranberry sauce
Dill & Thyme (optional)
Vegan bacon or ham.
Stuffing. (your choice)
Chestnut puree
Wilted spinach (or other greens)

Delicious hot and cold and perfect as an alternative festive centre piece.

Serves 6.



Method. Preheat the oven to 180c, 350f, Gas 4.

Lay out your pastry sheet and sprinkle one side (the outside) with dried dill, then turn it over and sprinkle (inside) with thyme. Cut out your plait. Use some of your stuffing as the base here and spread it in the centre of your pastry, imaging the sausages as bricks and the stuffing as mortar. There ya go. 😊

You can lay the ingredients onto the middle your plait in whichever order you choose and you can also add mushrooms, unless, like me, you live with a mushroom avoider. Eeee it grinds my gears, it really does.

Our order is stuffing, sausages, cranberry in the sausage gap, and wilted spinach over the top of that. Top the spinach with hand flattened chestnut puree and your (vegan bacon bits or slices). Tuck up your ends and carefully plait, making sure to stretch the pastry strips over and tuck. Bake for 20 to 30 minutes, or until golden brown. Don't worry if you don't know how to cut out a plait template and fold and tuck, it is all covered in the video.

Serve as the main part of a festive dinner, or leave to go cold and serve in a buffet. Perfect every time.

There is a recipe vlog for this dish. [RECIPE VLOG](#)



More Pastry Plaits

We went through quite the phase of shoving all kinds of things in pastry, including sausage and mash, a vegan bacon double cheeseburger and even a full vegan breakfast. We'll link all the relevant vlogs below, of course!



Method. Preheat the oven to 200c, 390f, Gas 6. Bake all for 20 to 30 minutes, or until golden brown.

Bacon Double Cheeseburger: Before you cut out your plait, in exactly the same way as the festive plait, lay out your pastry sheet and sprinkle with sesame seeds. Press them in by hand, then flip the pastry over and cut out the plait, leaving a good thick strip in the centre. Lay out wilted spinach, frozen burgers, vegan cheese, mayo, ketchup, mustard, fried onions, bacon bits or slices and whatever else you fancy shoving in there. Plait, bake until golden brown, 20 to 30 minutes. Devour. [RECIPE VLOG](#)

Sausage & Mash: As above, only using sausages and mash. ☺ Make some mashed potato and once smooth, add some chopped kalmata olives and some frozen peas in there. Mix well and leave to cool. Lay your frozen sausages first on your pastry first, Linda McCartney originals work perfect for this. Brush the sausages with mustard, Dijon or English. Use your hands to place lumps of the mash on top of the sausages, making a mound shape on top. Lay strips of vegan bacon over the mash. Plait and bake until golden brown and enjoy as you see fit, we have this one with a lovely salad. [RECIPE VLOG](#)



Full Vegan Breakfast: All the best parts of a full vegan breakfast, shoved in pastry. What more could you ask for? Well, maybe a couple of gorgeous drag queens showing you the way?

You get a 3 in one with this video, a great tofu scramble recipe, a tofu mayo recipe (like egg mayo), and of course, the full vegan breakfast plait. Plus, ya know, glamour & laughs. ☺

[RECIPE VLOG](#)



Stovetop Sausage Casserole

A truly delicious and very simple recipe using your favourite vegan sausages. We personally always tend to use Linda McCartney's, although we have used Richmond too. We serve with mashed potato, but it would work just as well served with rice.

(OA) = or alternative.

Ingredients.

3 sausages per person.
1 red bell pepper
1 green bell pepper
1 small white onion
1 small red onion
400ml vegetable stock
Maggi seasoning (OA)
Bisto Best caramelised onion (OA)
Frozen peas (optional)

Mashed potato, rice or couscous to be served alongside.

Serves 2.



Method. We highly recommend oven baking your sausages for this dish so get them in the oven first. Whilst they are cooking, slice the peppers and onions thinly and get them into a large and deep frying pan, or other pan.

We use a little of the stock to steam fry, by just adding a splash at a time. However, if you want use oil, feel free. Your hips Karen!

Once all the peppers and onions are softened, add the stock, deglaze the pan and bring to the boil. Once the stock is boiling, turn it down to a simmer and slowly add the maggi seasoning (to taste) and the bisto best, waiting for the gravy to thicken before adding more. It gets pretty thick, pretty fast.

Once your gravy is as thick as you fancy, add your oven baked sausages and simmer on a low heat for a further ten minutes.

Add the frozen peas, or any other vegetables you fancy, for the last five minutes.

Serve & enjoy!

There is a recipe vlog for this dish. [RECIPE VLOG](#)



Indulgent Chocolate Brownie

This is a truly indulgent brownie, and although there are healthier recipes out there, a li'l treat now and again won't do any of us any harm. You can add fruit, choc chips, nuts or whatever the heck you fancy to this batter before baking. Have at it Beryl!

Ingredients.

250g plain flour. (all purpose)
350g demerara sugar.
70g cocoa powder
1 tsp baking powder
1 tsp salt
250ml water
250ml vegetable or olive oil
1 tsp vanilla extract

Lined baking tray, we use a 13"x9" for this amount and it is the perfect depth. Two 7"x4" trays should also work well.

Serves 12.



Method. Preheat the oven to 180c, 350f, Gas 4.

In a large bowl mix together the flour, cocoa powder, sugar, baking powder and salt. Mix them together well with a whisk.

Pour in your water, oil and vanilla essence, and get to it with that whisk Louise!

What you should end up with is a beautifully creamy batter that looks a lot like melted milk chocolate. If you've got that at this point, you get a cyber medal. Well done.

Now, here's where we get technical. You could just pour the batter into the greaseproof paper lined baking tray, and whack it in the oven. You could separate it off into two brownies, add nuts in one and fruit in the other. You could even, pour half your batter into the tray, and then drizzle the top with runny peanut butter and/or a date, fig or chocolate syrup, THEN put the rest of the batter on top before baking. Filth! Utter, glorious filth! Whatever you do, once in the oven, it will need to bake for between 15 and 30 minutes, depending on your oven, and your desired brownie consistency. If you want a fudgy centre, bake for less time. Once cooked leave to cool & enjoy.

There is a standard recipe vlog for this dish. [RECIPE VLOG](#)

There was a LIVE recipe vlog for this dish. [RECIPE VLOG](#)



Crispy Baked Tofu

One of the best ways to enjoy tofu - in our humble opinion. This is a simple and delicious dish, and you can flavour the tofu in whatever way you want. I'll share the recipe I use, so you can try that and then adapt should you wish.

(OA) = or alternative.

Ingredients.

400g block of firm tofu (pressed).
1 Tbs liquid amino (OA)
1 Tbs dark soy sauce (OA)
1 Tbs EVOO
1 tsp maple syrup
½ tsp garlic powder/granules
½ tsp hot chili powder (optional)
Sesame seeds. (optional)
Lined baking sheet.

Utterly perfect served with rice and steamed broccoli, topped with toasted sesame seeds and chopped peanut.

Serves 2.



Method. Preheat the oven to 200c, 390f, Gas 6.

Cut your pressed tofu into bite size pieces, approx 2". Put all the ingredients listed above into a bowl and mix together well with a whisk or fork and carefully place your cut tofu into the mix. Cover each piece with a spoonful of the mix and leave to sit for at least ten minutes, moving around a couple of times, very gently. We're talking kitten gloves here Barbara! Wait until the tofu suck up most of the mix.

Sprinkle cornflour/corn starch over the well marinated tofu pieces, moving around in the bowl gently to ensure each piece is coated well, if you've opted for the sesame seeds too, now's the time, get 'em in there.

Place the pieces, slightly apart, on your lined baking tray and put in the oven for 15 to 25 minutes. Turning at least once. Once crispy on both main sides, remove, consume.

Serve however the heck you choose to, as I often say, you do you boo. 😊 It is great as suggested above though, for the record.

There is a recipe vlog for this dish. [RECIPE VLOG](#)



Lentil Gardener's Pie

This is a delicious, homely and satisfying dish, made with brown lentils. You could use green lentils too. We use dried and do the whole soaky thing, but you don't have to. You could just use tins. ☺. (OA) = or alternative.

Ingredients.

250g dried, soaked and rinsed brown lentils, or two tins drained.
2 carrots
1 large white onion
4 white potatoes
2 sweet potatoes
200ml veg stock
Maggi seasoning (OA)
Bisto Best caramelised onion (OA)

8" x 8" x 4" deep ovenproof dish, or as near as.



Serves 4 to 6.

Method. Preheat the oven to 200c, 390f, Gas 6. If you're using dried lentils, start with 250g in dry weight and soak as long as you usually do. We do 24 hours, then rinse well and cook for around 20 minutes. Set aside. Peel and cut all your potatoes and get them boiling in pan together. Once softened you can mash them and set aside to cool a little.

Cut the carrots into small pieces, or use a grater on the biggest side, and chop your onion. Put them in a pan together either with a little oil, or a little stock if you steam fry. Cook for around 5 minutes. Add the cooked, drained lentils and a splash more stock if needed. Add maggi seasoning (OA) to taste, and slowly sprinkle the gravy powder, or add you roux, until you have the flavour and thickness you want.

Place into the ovenproof dish and flatten out with a spatula or slice. Add your mashed potatoes on top, put a big spoonful in each corner first, then one in the middle before filling the gaps. Make sure the mash is evenly spread and covering all of the lentils completely, before combing the top with a fork to make suitable ridges. Bake in the oven for around 30 to 40 minutes, or until the top is crispy with darkened edges.

Serve with gravy or sauce and lots of steamed green vegetables. Sprouts, long stemmed broccoli and spring greens all go really well.

There is a recipe vlog for this dish. [RECIPE VLOG](#)

Did you know you can make lentil flatbreads with just lentils and water? [RECIPE VLOG](#)



Cookies (& donuts)

Cookies, dunked in a brew, or served warm with a bowl of ice cream. I mean if you could, why wouldn't you? Well now you can.

Ingredients.

200g/7oz dairy-free spread
125g/4½oz soft light brown sugar
100g/3½oz caster sugar
1 tsp vanilla extract
250g/9oz plain flour
½ tsp baking powder
½ tsp bicarbonate of soda
pinch of salt
1 Tbs soya milk
1Tbs cocoa powder. (optional)

Optional add ins, choc chips, nuts, raisins, oats etc.



Makes many cookies. 12 to 16.

Method. Preheat the oven to 180c, 350f, Gas 4.

Put your spread, vanilla extract and both sugars into a bowl and start creaming them together with a spatula or other tool. Once creamed well, add your dry ingredients making sure to add the flour gradually. Once this is formed into a batter, this is your basic cookie. From here you can either just add whatever you fancy, choc chips, nuts or fruit to the dough and mix in well, or you can split it, and add the cocoa powder to one half making them chocolate cookies.

Ideas for each half of your dough. 1 Tbs each of oatmeal and raisins in the blonde batch. Chopped peanuts and choc chips in the choc dough.

Ball them up in your hands and place well apart on a couple of baking trays, pressing gently down, not to flatten. Bake for around 10 to 20 minutes dependant on size of cookies and eagerness of oven.

If you take out when still slightly soft, they will harden around the edges but keep that chewy cookie feel.

Keep well in a tin for a few days. Not that they'll last that long. ☺

There is an older recipe vlog for this dish. [RECIPE VLOG](#)
There was a 2020 LIVE recipe vlog for this dish. [RECIPE VLOG](#)

See us cook [FromMyBowl's](#) wfpb DONUTS. [RECIPE VLOG](#)



Quiche Karen

This recipe idea came about because Applewood got in touch with us and asked us if we could invent a recipe using their gorgeous vegan smoked cheese, how could we refuse? Well, obviously we didn't, here we are. 😊

Ingredients for the pastry.

125g plain flour (all purpose)
55g vegan spread (flora buttery)(OA)
Pinch of salt
2 to 3 Tbs water

Ingredients for the filling.

400g firm pressed tofu
200g Applewood Smoked Cheese
Black salt
Turmeric

Optional: Add veg of your choosing.

Serves 4 to 6.

Method. Preheat the oven to 180c, 350f, Gas 4.

Make your pastry first so it can be left in the fridge for an hour or so. It is much easier to work with. You could just as easily use a readymade shortcrust pastry sheet. We won't judge you.

To make the pastry put the flour and spread in a bowl and rub then together in your fingers until you get a crumble type texture. Add 2 to 3 Tbs of water, until the pastry forms into a ball then put it in the fridge. Once cooled, roll out and place into a 8" quiche or cake tin with a strip of greaseproof inside (for lifting out). Blind bake for around 5 to 10 minutes, mostly with beads, and a couple of minutes without.

To make the filling put the tofu, in pieces, in your food processor, blender, or in a bowl for your stick blend, and blend or blitz until thick and smooth. Mix in around a tsp of turmeric and a good pinch of black salt. Grate the full block of cheese, or the amount you want to, and add to the tofu mix, combining all ingredients well.

Now you can add any extras, chopped spinach, cherry tomato halves, small broccoli pieces, vegan bacon bits, and/or peas, whatever you choose. Add to pastry case.

Bake until the top is firm and the pastry golden brown. Leave to cool and enjoy.

There is a recipe vlog for this dish. [RECIPE VLOG](#)





Mini Crust-less Quiches

The idea for these little beauties came from [Hench Herbivore's Cookbook](#) - but I had to adapt it and make it my own, as Hench's has mushrooms in, and I live with Jason the eminent mushroom avoider.

Ingredients.

400g firm tofu, pressed.
1 tsp turmeric
Black salt (to taste)
1 courgette/zucchini, grated.
1 small white onion chopped
1 small red onion chopped
50g spinach, chopped
2 large tomatoes (12 slices)
Vegan bacon bits

Herbs, spices of your choosing.
Minced garlic, 2 cloves, and some oregano are good.

Makes 12. (portion = 3)



Method. Preheat the oven to 180c, 350f, Gas 4.

Use a good non stick frying pan and steam fry (with water or stock splashes) the chopped onions, spinach and courgette/zucchini. Fry until quite a dry mixture.

Put your 400g block of tofu into a food processor, or a bowl for your stick blender, add 1 tsp of turmeric and black salt to taste. Blend or blitz until a thick and smooth texture, then add the dry fried ingredients and your bacon bits, maybe a little nooch too. You can also finely chop the tomato ends into tiny pieces and mix that in, leaving 12 good slices of tomato for the tops. Mix well.

Split evenly between your 12 moulds (if using silicon you need NO oil) – and top each one with a slice of tomato, gently push it down. Put in the oven.

Bake for approx 35 to 45 minutes, when cooked the edges will be golden brown as in the picture.

You can adapt this recipe anyway you would like, add, take away. They cook perfectly, and served with a good mixed salad make an outstanding dinner, or sans salad, a filling lunch.

There is a recipe vlog for this dish. [RECIPE VLOG](#)



Creamy Pasta Sauce

This delicious and easy pasta sauce was actually inspired by a salad dressing – I know, what a messed up world - it uses a similar method to the base recipe of the vegan ranch on page 14 of this very eBook. 😊

Ingredients.

3 Tbs hemp seeds
1 to 2 Tbs oats
2 Tbs NOOCH
200ml unsweetened plant milk
½ tsp garlic powder or granules
½ tsp onion powder
200g block of smoked tofu or vegan bacon pieces.
165g wholewheat spaghetti
½ cup frozen peas.

More NOOCH for a sprinkle when serving.

Makes 12.



Method. Cut the tofu into small pieces - or the vegan bacon if it isn't already in small pieces - and add to a frying pan with a spray of oil or a splash of stock. Keep on a low heat and add the peas. Continue slowly cooking whilst you do the next step.

Using your nutribullet, jug blender or stick blender, combine the hemp seeds, oats, nooch, garlic & onion powder and plant milk into a smooth liquid. Add to the pan whilst still on a gentle heat. At this stage, if your sauce is a little thick you can add a little more plant milk, but a tiny bit at a time until your desired thickness.

Cook and drain your spaghetti, usually 10 to 12 minutes for wholemeal, serve into two bowls and pour the sauce over the top. Double up the ingredients to serve a family of four.

There is a recipe vlog for this dish. [RECIPE VLOG](#)



If you like a meaty style sauce for pasta, we have another recipe which has been a regular for us for many years, made with soya mince. It could also be made the same way but with lentils. [RECIPE VLOG](#)

Both the creamy sauce and the meaty sauce can be used to make fabulous lasagna. We made it with lentils on a LIVE video. Watch it here. [RECIPE VLOG](#)



Luxury Hummus

Making your own hummus means that you can flavour it anyway you want to. This easy method uses tahini and aquafaba. (Or oil)

Ingredients.

1 tin of chickpeas in water
Aquafaba (or EVOO)
Juice of ½ a lemon
1 or 2 fresh garlic cloves
2 or 3 Tbs tahini
Pinch of salt & cumin

Plain: Nothing more.

Chilli & Lime: Lime juice & zest, 1 chilli.

Lemon & Coriander: Frozen or fresh coriander, more lemon juice & zest.

Peri Peri, Pepper & Paprika: Nandos peri peri salt, one pepper cheek, smoked paprika.



Makes lots

Method. First and foremost, just in case you didn't already know, aqua faba is the liquid from a tin of chickpeas, white beans or other. If you buy your chickpeas in just water, not salted, it can be used for so many things.

[The Vegan Society - 20 amazing things you can do with aquafaba](#)

Okay, now you know (if you didn't), keep that liquid by draining the tin into a bowl or cup, we'll be using it. Pour the drained chickpeas into a bowl and cover with cold water. Get your hands in there as if you are washing them, and you'll feel the skins start to come off. When they are removed, get them out of there and pour your naked chickpeas into your food processor.

Add 2 to 3 Tbs of tahini, 2 is healthier, 3 tastes better. Add your lemon juice and spices/salt and blitz it. Slowly add your aquafaba little by little, until just slightly thicker than you want it. If you're making one big batch, carry on, add salt, spices to taste. Take half out, and flavour remaining half as you wish. Rinse your processor, and put the second batch in to be flavoured as you wish.

Several we've tried are in the ingredients. Get adventurous! ☺

There is a quicker, skin on recipe vlog for this dish. [RECIPE VLOG](#)

There is the luxury recipe vlog for this dish. [RECIPE VLOG](#)



Delicious Focaccia

There are plenty of delicious and incredibly easy bread recipes out there.
EVOO = Extra Virgin Olive Oil

Ingredients.

500g strong white bread flour
325ml tepid water
7g fast acting yeast
1½ tsp salt
2 Tbs EVOO

Optional:

Fresh rosemary and chopped garlic.
Vegan feta and chopped olives.
Cherry tomato and basil.

Greaseproof paper lined baking tray.

Makes one loaf.



Method. Preheat the oven to 180c, 350f, Gas 4. (not yet, when we KNEAD it - lol)

Yes, yes and yes again, it seems like a lot of faff and malarkey, but when you taste that first warm piece ripped from a loaf fresh out of the oven, it all makes complete sense.

Put the yeast into the water and give it a few minutes to activate. Mix the flour and salt in a large bowl, add 1½ Tbs of the oil (save ½ Tbs for glazing). Pour in the water and yeast mix and stir it all together with a big wooden spoon or plastic spatula. When the mixture is forming into a dough ball, sticking together well, pour it out onto a work surface. Now you knead and stretch the dough, hold one end, pull the other, reform, repeat, for ten minutes. Sorry Helen, you did start this process.

Once done, put in a bowl, lightly coat with oil and cover with a tea towel for one hour.

After one hour, take the dough out of the bowl and stretch gently onto your lined baking sheet, cover again with the tea towel, this time for 30 to 40 minutes. Uncover, poke dents with your finger and now add whatever toppings you choose.

Bake for between 15 and 25 minutes until golden brown.

The Vegan Queens have a recipe vlog for this dish. [RECIPE VLOG](#)



Tofu Scramble & BBQ Jackfruit

Learning to make a good tofu scramble is a revelation. It is now, for us, essential as part of a vegan breakfast when we have one, for breakfast or dinner, and sometimes can make a wonderful meal as a main item. BBQ Jackfruit is worth the effort, and don't worry if you muck it up once or twice. It is all part of the fun of learning.



Tofu scramble can be a fabulous meal in and of itself. Like many if not most vegan dishes, you will find your way of doing it right, and I can only share ours. Crumble a 200g block of firm, pressed tofu into a bowl, so it looks a little like white scrambled egg. Add a level tsp of turmeric and black salt (kala namak) to taste. You can also add garlic and/or onion powder, nooch, black pepper etc. Chop and fry a pepper, then add the tofu to the pan, if you like a 'wetter' scramble, add some plant milk. Our vlogs.

[TOFU SCRAMBLE VLOG](#)
[TOFU FRIED EGG VLOG](#)

You may have seen tins of young green jackfruit in water in the supermarkets, it seems to now be widely available and that's a good thing as many people use it like a pulled pig alternative.

Drain a can of jackfruit and blot with kitchen roll to soak up any excess moisture. Pop into a frying pan and lightly fry each side of each piece until you see a little colour. Using two forks hold each piece with one, whilst dragging the fat end apart with the other. When separated add your favourite bbq sauce and cook until sticky.





Salads, Soups & Stews

Rather than lots of recipe pages, we are summarizing on this page, all of these fine things, and linking to the many recipes we already have on YouTube.

This gorgeous salad bowl was £3 from a charity shop. ☺ We make salads at least two times a week and they often differ in ingredients and dressing, dependant on our mood, what we have in and of course what they are to be served with. Pictured here we have spinach, mixed salad leaves, baby plum tomatoes, yellow pepper, avocado & red onion. It was dressed with a ginger and lime drizzle, and served alongside pan fried chick'n strips with onion, peppers and spices. Served with wraps.

[OUR EASY COLESLAW RECIPE](#)



Most soups can be made easily, in a few steps, with a jug or stick blender. Roasted veg added to veg stock, or boiled in stock and then blended to the desired consistency. Voila, delicious homemade soup. Pictured is cauliflower and broccoli soups topped with spice fried chickpeas. *Here's another example.*

Roasted butternut squash and sweet potato soup. Chop squash and sweet potato into pieces with skin on, roast until darkened edges. Blend with veg stock, serve.

[OUR SOUP RECIPE VLOGS](#)

Stews are much like soups, in that you decide to put in whatever you fancy and cook the ingredients in stock. Voila, stew. Here is one of our favourites.

12 Veg Stew.

2 or 3 stock cubes & water to cover all chopped veg, ½ Butternut squash, 2 sweet potatoes, 2 parsnip, 1 white potato, 3 carrots, ½ cauliflower, ½ broccoli, 100g spinach, peas, approx 10 sprouts, 1 leek, 1 turnip. Chop it all up to desired sizes, whack in the stock, cook through and enjoy.



We made a fabulous Caribbean Pineapple and Black Bean Stew, again from [Hench Herbivore's Cookbook](#), and of course we filmed it. [RECIPE VLOG](#)



Quick Tips & Tricks

Some random and interesting bits. Morning boost ice cubes, tempeh bacon, and satisfying your cravings whilst veganising.

For many years, we used to start every morning with a teacup full of boiled water with a slice of lemon in it, then someone suggested we might like to try blending a whole lemon with water, and making ice cubes to put in the hot water. So we did that, and it has now advanced into blending water, whole lemon chopped up, turmeric and ground black pepper into ice cubes, which we still have in a teacup of hot water every single morning. A good morning boost. 😊 [Included in this RECIPE VLOG](#)



Tempeh is a great source of protein and it is very cheap too, we buy ours from a local Chinese Supermarket called Wing Yip, at less than £2 per block. Sliced thinly, it makes a great bacon alternative. For this batch I used 3 Tbs liquid smoke, a little liquid aminos, smoked paprika and 1 Tbs maple syrup. I let the thinly sliced tempeh sit in the liquid until it was all soaked up, and then baked it at 180c/350f/Gas 4 for around 20 to 30 minutes, until crispy. Keeps for a few days in the fridge in an airtight container, stays crispy. [Included in this RECIPE VLOG](#)

If you fancy something, try to have it and veganise it. If you fancy a burger for example, we personally love Linda McCartney's ¼ Pounders. Although you'll hear many tales of many glorious burgers. In our picture here we have an aforementioned burger sat atop mustard, crispy lettuce, mayo and tomato. Topped with a vegan cheese slice, fried onions, onion rings and finally a fabulous splodge of ketchup. We have a recipe video for a gorgeous Mediterranean style burger on our channel. [RECIPE VLOG](#)



Nice-cream is vegan ice cream made in a food processor with frozen bananas and either frozen berries, peanut butter, cocoa powder etc to flavour. Sometime a splash of plant milk to make it more 'soft scoop' style.

Pictured here is a batch made from 4 frozen bananas, a splash of koko milk, and a teaspoon of cocoa powder. It truly does hit the spot. Soft sweet smelling bananas are best for freezing.



Bibimbap & Noodle Dishes

Bibimbap is an utterly delicious and very adaptable Korean mixed rice dish. In fact, according to [Cheap Lazy Vegan](#) (Rose) who inspired this dish, the word literally translates to 'mixed rice'. The only two essential ingredients are Gochujang and rice. The rest is up to you. If you like spice, you'll love this.

Bibimbap Ingredients.

125g rice, cooked.
200g Quorn pieces or cubed tofu
One grated carrot
Edamame (handful)
50g spinach
Shredded savoy cabbage
Frozen peas
Gochujang
Chopped peanuts (handful)
2 finger chillies. (optional)

A spicy and diverse dish.

Serves 2.



Method. Pre cook your rice, drain and set aside. Bung, (yes I said bung) all the other ingredients into a wok with a splash or spray, cook them up; add your rice, add your Gochujang to taste. Serve & enjoy. It's that ruddy simple Elaine! 😊

There is a recipe vlog for this dish. [RECIPE VLOG](#)



If you prefer noodle dishes to rice dishes, you can, should you fancy, use exactly the same ingredients and even method to make a delicious noodle dish

If spice isn't really your thing, you can still make a rice or noodle dish and use much less, Gochujang and no chilli.

We have a much less spicy noodle dish featured in one of our vlogs.

There's a 'bottom of the fridge' soup recipe in the same vlog. 😊

[RECIPE VLOG](#)



Spanish Potato & Chickpea Stew

This dish was literally a throw together meal one evening. I had seen a few recipes for this Spanish staple and had a spare tin of chickpeas lurking in the cupboard, so I made this, and boy was I glad I did.

Ingredients.

2 medium potatoes or 5 new potatoes, chopped.
One red and one white onion, chopped.
Half a bell pepper, any colour.
Can of chickpeas.
5 cherry tomatoes or one big.
1 tsp smoked paprika.
3 to 5 garlic cloves & 1 chilli
150ml water
1 tsp tahini, squeeze of lemon juice.

A spicy and diverse dish.

Serves 2.

Method. Chop potatoes skin on, very small and steam fried. Add one small white, one small red onion and half a pepper (we used orange) finely chopped, add to the pan. Steam fry another couple of minutes. Add a drained tin of chickpeas. In a blender or bullet, five cherry toms, three garlic cloves, one chilli, squeeze of tomato puree, 100 mil water and a heaped tsp of smoked paprika. Blitz and add to the pan. Add more water as desired, salt & pepper, 1 tsp tahini and a squeeze of fresh lemon juice. [RECIPE VLOG](#)



Dried chickpeas cooked at home have such a different flavour from canned.

From one cup of chickpeas cooked in the instant pot we have managed to make hummus, falafel and a tuno style spread. (fake tuna style)

All of these were made without oil and during a LIVE video on our YouTube channel.

Here is a link to that video should you wish to recreate any of these fine foods.

[RECIPE VLOG](#)



Family Meals & Festivities

Most cafes, restaurants and even hotels now offer vegan options so it shouldn't ever be a struggle to eat out with family or friends, or for special occasions. We have a couple of [Holiday Guide](#) type vlogs on our channel with some great tips for when you're away, and some great [Eating Out](#) vlogs too, to show you some ideas for UK venues with great options.



This was our Christmas Day Dinner in 2019. Just to show you that you really don't miss out on anything, except the cruelty. 😊

[Vbites](#) celebration roast and sausages in bacon. Available from [Holland & Barrett](#). Rosemary roasted potatoes, creamy mashed potato, red cabbage cooked with cinnamon, carrots cooks in orange juice and thyme, sprouts with vegan bacon bits and fresh chopped sage leaves in vegan butter. Parsnips roasted with maple syrup. Cider gravy. Stuffing. Cranberry sauce. **Amazing!**

This delicious spread was laid out on new year's day 2020 for ourselves and our families. There are now many frozen 'party boxes' of foods available. In 2019 there were vegan party boxes of foods in Sainsbury's, Iceland, Holland & Barrett, Asda and undoubtedly many more stores.

Here we have:

Sausage rolls, cheese n pickle style rolls, cold cut sandwiches, potato salad, coleslaw, stuffing, salad, mini sausages, duck style spring rolls, bhaji bakes, pickled onions, mayo, mustard, cranberry sauce, mini quiches, vol-au-vents, and much more.

It is more than possible to celebrate as a vegan, and celebrate well. 😊



Until this whole pandemic took hold, we were hosting monthly family dinners for six of us. Us two, of course, Jason's parents & sister, & my mum. They are not only a great time to spend with family, but a fabulous opportunity to introduce vegan foods to non vegan family/friends. We have a few of these family meals vlogged, but not all. If you click the following link it will take you to all the ones on our channel. [FAMILY MEAL VLOGS.](#)



Down-To-Earth **Vegan**



Whilst on the festive theme, did you know that you make your own Baileys style drink?

2 cans of coconut milk, one light.
90 g/3.17466 oz soft light brown sugar
A STRONG short coffee, 3 tsp in 50 ml water.
1 cup/236 ml Jameson's Whiskey
Half tsp salt

Heat but don't boil the coconut milk and add the other stuff bit by bit, whiskey last.
Cool and enjoy.

[Recipe Vlog](#)



This little beauty is our 2020 invention for the festive period.

Perfect for Christmas Day, Boxing Day or any other time.

Puff pastry sheet.
Stuffing
This isn't chicken.
Richmond vegan sausages.
Cranberry sauce.
Dried herbs of your choosing.

There is a [RECIPE VLOG](#) for the meatless feast.



Growing Your Own



We cannot recommend having a go at growing your own vegetables and salad items in your garden, in pots, highly enough. We literally started on June 1st 2020, planting a few seeds, hoping for the best. This picture above taken in July 2020, around six weeks later, and here we are with so many wonderful things growing well. Just have a go, on your balcony, in your garden or even just on your kitchen windowsill. You never know what wonders you might grow. Whatever month you want to start, search for 'what can I grow in 'month'', on YouTube, and have at it.





Companies We Love

FabFudge was created in August 2016 on the back of an idea to help fundraise for Reboot Me With HSCT – A Multiple Sclerosis Fundraiser. We've done two taste test vlogs, they speak for themselves. [VLOG 1](#) & [VLOG 2](#) [CLICK TO VISIT](#)



Made from real, natural ingredients with no added nasties (artificial flavourings, colourings and preservatives). Yes yes, we've done a vlog. [VLOG](#) and of course you can [CLICK TO VISIT](#). Available in most supermarkets in the UK.

Anandas Foods are a small family business of artisan sweet makers in the heart of Derbyshire, UK. Their products are 100% vegan and Vegan Society Certified. Another great taste test vlog, or two. [VLOG 1](#) & [VLOG 2](#) [CLICK TO VISIT](#)



Quirky, upcycled and original jewellery designed and made with love in a Wiltshire garden workshop. Everything, even packaging, is created 'in shed'. [Facebook Page](#) & [Instagram Page](#)

As of 2017 their entire hair range is completely vegan. They have a strictly cruelty free ethos and are happy to be PETA approved as part of their [Beauty Without Bunnies](#) programme. Available in Superdrug and more. [CLICK TO VISIT](#).



They're proud to be 100% vegan and are on a constant mission to become a more sustainable and generally kinder company. Yes, there's a video. [VLOG](#) [CLICK TO VISIT](#)

Ryan Fox and Scott Wolf, founders of Fox & Wolf, have been crafting candles, reed diffusers and toiletries since 2015. The products fit within their vegan ethos, are sustainable and are made from natural, incredible, aromatic ingredients. [VLOG](#) [CLICK TO VISIT](#)

FOX & WOLF

We reached out to some vegan companies to make a vlog, a vegan commercial break as it were. See it here. [Vegan Companies & their wares.](#)



Mememes We Made

 **Those Vegan Guys**
8 January · 🌐

Darren: "Why would you want to eat things that look and taste like meat if you're a vegan, why not just eat meat?"
Karen: "Why would you play computer game shooters when you could just go outside and shoot actual people?"
Darren: "Because that would make me a murderer"
Karen: "Ta dah"

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WE'LL HELP ANY ANIMAL IN DISTRESS, OFTEN PUTTING OUR OWN LIVES IN DANGER.
IF YOU SAW AN ANIMAL WITH ITS HEAD TRAPPED IN A WIRE FENCE AND YOU COULD FREE IT,
YOU WOULD, BECAUSE WE ARE INHERENTLY A SPECIES THAT EMPATHISES AND UNDERSTANDS.

WE'RE NOT THAT DIFFERENT!



THAT SAME WONDERFUL HUMAN, HAVING RESCUED THE ANIMAL IN DISTRESS, WILL THEN GO HOME
AND EAT A LAMB'S LEG, A PIGS RIBS OR MAYBE A CHICKENS WINGS WITHOUT A SECOND THOUGHT.
WHY DO YOU DO THAT? WHY DO WE DO THAT? LET'S THINK ABOUT IT FOR A MOMENT!
#SPECIESISM #THOSEVEGANGUYS



**MAKE YOUR
MOUTH & STOMACH
MATCH YOUR
MORALS & SPIRIT**

#GOVEGAN

First we'll go and look at the spring lambs as they jump and run in the fields, then we'll go to the man who kills them for us and buy one of their little legs which we'll roast at home and eat. Yum!

Afterwards, if you're a good child you can have a chocolate egg made with the milk stolen from baby cows, who were probably killed by the dairy industry, then you can play with your fluffy easter chicks, modelled on real ones which are often ground alive by the egg industry.

Happy Easter Darling!



YOU ASK ME WHY I GET ANGRY, WHY I SCREAM. I'LL TELL YOU WHY.

I GET ANGRY BECAUSE I KNOW YOU. YOU HAVE SHARED YOUR LIFE WITH ME DIRECTLY, OR SIMPLY THROUGH POSTS, PICTURES AND STORIES, AND I HAVE PAID ATTENTION. I HAVE SEEN YOU. I SEE YOU. YOU ARE A WONDERFUL PERSON. YOU ARE A WARM SPIRIT. YOU ARE A LOVING FRIEND, PARENT, HUSBAND, WIFE, COLLEAGUE. I KNOW, FROM ALL THAT I HAVE SEEN, ALL THAT YOU HAVE GRACIOUSLY SHARED WITH ME, THAT YOUR HEART FEELS COMPASSION. I KNOW YOU WOULD NEVER WILFULLY HURT ANOTHER LIVING CREATURE. YET, EVERY DAY, YOU DO. IN YOUR REFUSAL TO ACKNOWLEDGE THE ANIMALS I SCREAM FOR.

AND SO I SCREAM.

BECAUSE I KNOW YOU.

#GoVegan



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FAQ

[The Vegan Society – Answers to some common questions](#)

Veganism defined

"A philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals."

Some of our own answers to common questions

Q: Should I stop wearing leather shoes or clothing now I'm vegan?

A: This all depends on how you feel about it personally, as a vegan you commit to never supporting those industries again, but, if you already own items then it all comes down to how you feel. If you are happy to wear those items still, until they are worn out, many do and you shouldn't feel bad about it.

Q: Why is honey not vegan?

A: [Click here for a full and frank explanation from Earthling Ed.](#)

Q: Why aren't back yard eggs vegan?

A: [An excellent article.](#)

Q: Where do you get your protein?

A: Food!

Q: I eat mostly plant based, what am I?

A: You are someone who eats mostly plant based.

Q: Don't plants feel pain too?

A: No, plants don't have a central nervous system and so can't feel pain, but, if they could, a non vegan diet involves many more plants when you add what the animals they eat, ate.

Q: Don't cows need to be milked?

A: No, and they don't need to be forcefully impregnated and have their babies taken away either, alas. All lactating cows have had their baby taken away, and will be milked continuously until ready to be impregnated again.

Q: What if you were stuck on a deserted island and had nothing else to eat?

A: I'd eat what the animals on the island were eating.

Q: Is it more expensive to be vegan?

A: No, we have such a vast range of everything available to us now that there are obviously cheap versions to choose from. You decide. 😊

Q: I only eat grass fed, organic, and killed humanely - so that's better, right?

A: You can't 'humanely' kill a living being that doesn't want to die. So, no!

DOWN-TO-EARTH VEGAN

Thank you for taking the time to look at this eBook. We hope it has shown you that veganism is an easy and essential switch to make for the animals, for the planet we live on, and ourselves.

AVOID FUTURE
PANDEMIC

#GoVegan

