THE VEGETARIAN SOCIETY'S

PROJECT BOOK FOR SCHOOLS

Vegetarian
SOCIETY

WHAT IS THE VEGETARIAN SOCIETY?

The Vegetarian Society is now over a 150 years old. It is the oldest and largest such society in Britain. The Society offers support to anyone wishing to learn more about a vegetarian diet. Today, the Society is better equipped than ever to deal with the challenges ahead.

The Society has a cookery school, Cordon Vert, that offers courses for the keen amateur and for professional chefs. The Society's Seedling Symbol is the sign that a product is truly vegetarian. This symbol now appears on over 2000 products. In addition, the Society is continually in the news with press releases and interviews. Schools and colleges have a range of support materials. Catering packs are available for all ages. The website is more popular than ever, reaching people across the globe. Finally, membership of the Society provides the benefits of a quarterly magazine, discount card and support from our information section. If you would like to learn more about the Society, you can do so by logging on to **www.vegsoc.org**.

WELCOME

Welcome to the revised edition of the **Project Book**. Inside you will find statistical information, planning a healthy diet, designing a veggie product, plus loads of tasty recipes! If you can't find what you are looking for in this booklet you may find it on our website **www.vegsoc.org** alternatively you can email the Society on **info@vegsoc.org**. If you write to the Society please include a large self addressed envelope if you require a reply. As with all materials produced by the Society, we welcome your comments.

SPECIAL THANKS This booklet would not have been produced without the continued support of **The Vegetarian Charity**.

CONTENTS

THE BASICS

Everything you **need** to know to get you started

What is a Vegetarian?

A vegetarian is somebody who does not eat **any** meat, poultry, game, fish, shellfish or crustacea like lobsters, or **any** kind of slaughterhouse by-products such as gelatine or animal fats.

WHY GO VEGETARIAN?

People go veggie for all kinds of different reasons. Maybe they simply don't like the taste of meat, they are concerned about modern methods of factory farming or the high levels of saturated fat in meat and meat products puts them off. Perhaps they are aware that it takes four times as much land to feed a meat-eater than a vegetarian, or that modern methods of meat production are extremely polluting. Maybe they are concerned that developing nations sell their grain and soya bean crops to rich nations to feed their livestock and that local people go hungry as a result. Maybe they simply don't want an animal to die to reach their plate, when it's simply not necessary.

WHAT TYPES OF VEGETARIAN ARE THERE?

LACTO-OVO VEGETARIANS supplement their plant-based diet with eggs and dairy products. This is the most common type of vegetarian diet.

LACTO-VEGETARIANS eat dairy products but no eggs.

OVO-VEGETARIANS eat eggs but no dairy products.

VEGAN diets are totally plant-based and do not include eggs, dairy produce or any kind of animal product.

WHAT ARE SLAUGHTERHOUSE BY-PRODUCTS?

These are ingredients taken from animals that have been killed for meat that turn up in products that you might otherwise assume were veggie, such as animal fat in biscuits. When people talk about slaughterhouse by-products or stumbling blocks they usually are referring to the following:

GELATINE is made by boiling the ligaments, tendons, skin and bones of pigs and cattle in water. Gelatine is generally used as an emulsifier or thickening agent, and turns up in low-fat yoghurts, ice cream, jellies and confectionery.

ANIMAL FAT refers to carcass fat and is used in the manufacture of margarines, cakes, pastries and biscuits. Suet and lard are types of animal fat.

RENNET is an enzyme taken from the stomach of a slaughtered calf and is used to curdle milk to make cheese. Vegetarian cheese is made from a microbial source of rennet.

Many vegetarians will only eat free-range eggs because of moral objections to the battery farming of hens.

The Vegetarian Society only endorses products containing eggs if the eggs are certified as being free-range.

VEGETARIAN EATING | has left behind its beardy-weirdy image and is being taken seriously by manufacturers, retailers and consumers alike

WHAT ABOUT THE SEEDLING SYMBOL?

The Seedling Symbol helps veggie shoppers avoid non-veggie foods by clearly labelling products with a big 'V' sign. This tells the shopper that the product is free from fish, flesh and fowl, slaughterhouse by-products and battery eggs.

HOW MANY VEGETARIANS ARE THERE?

ICM Poll for the Daily Telegraph, 2001
POLL OF 1005 ADULTS
9% don't eat meat
7% male
10% female

JMA Student Omnibus, 2000
SURVEY OF 1141 STUDENTS, AGED 17~24, IN FULL TIME HIGHER EDUCATION
8% vegetarian
1% vegan (in addition)
4% male vegetarians
11% female vegetarians
18% of the sample did not eat red meat

Taylor Nelson Poll for the RSPCA, 2000
A SURVEY OF 1000 ADULTS
80% said they would like to see better welfare conditions for Britain's farm animals

Gallup Poll For Realeat, 1999
A SURVEY OF 4157 ADULTS
5% vegetarian
3.2% male vegetarians
6.7% female vegetarians

2000 people a week are going vegetarian. Are you going to join the FASTEST GROWING FOOD TREND?

HOW MUCH IS THE MEAT-FREE FOOD MARKET WORTH?

Mintel found that the meat-free foods market was worth an estimated £548 million in 2001, and has grown from £333 million in 1996.

Whereas small companies selling through health food stores once were the only suppliers to the vegetarian consumer, now all the big companies are getting in on the act. Leading retailers also offer own brand products.

Most of the innovation taking place in the vegetarian food market is concentrated on meat substitutes. 25~44 year olds are those most likely to consume meals based on meat analogues, and 40% of these consumers are unlikely to be vegetarian.

Food scares and a desire among consumers to eat more healthily have spurred the growth of the vegetarian food market. The increasing numbers of working women, single person households, the decline in family meals and the rise in ownership of freezers and microwave ovens have also opened the market to new and innovative convenience meals for one. Vegetarian convenience meals offer a 'healthy' choice within the range of freezer and cook-chill meals available.

Vegetarian eating has left behind its beardy-weirdy image and is being taken seriously by manufacturers, retailers and consumers alike. Advertising and promotion, consumer demand and the continuing rise in vegetarianism will assure its continued growth well into the next century.

£548 MILLION>

All the nutrients the body needs can easily be obtained from a vegetarian diet. In fact, research shows a vegetarian diet can be healthier than that of a typical meat-eater.

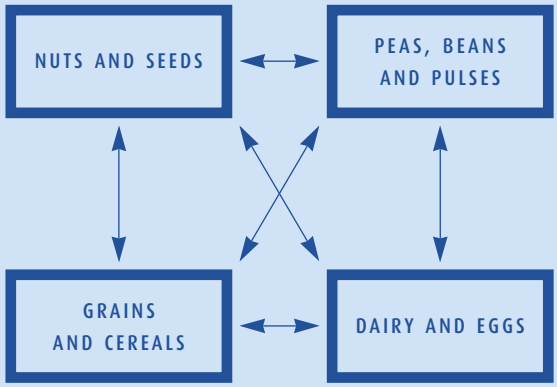
Nutrients are usually divided into five classes:

carbohydrates, **proteins**, **fats and oils**, **vitamins and minerals.** We also need some dietary fibre and water. All are needed in varying quantities, from about 250g of carbohydrate per day to less than two micrograms of vitamin B12. Most foods contain a mixture of nutrients, but it is convenient to classify them by the main nutrient they provide.

PROTEIN

Girls aged 15~18 years need around 45g of protein a day (more, if very active or lactating) and boys aged 15~18 need about 55g (more if very active). Too much protein may aggravate poor or failing kidney function.

Vegetarians obtain protein from four main sources:



The humble soya bean is an excellent source of vegetarian protein and is found in veggie bacon, tofu, pot noodles, sausages and sauces! It can be made into milk and other dairy substitutes for vegans. It is also consumed widely by omnivores as soya is found (as a bulking agent) in 70% of processed foods.

It used to be maintained by some that it was necessary to 'combine' the proteins in a vegetarian diet to obtain an adequate supply of amino acids, eight of which are essential for adults and nine for children.

The latest research suggests that the body has a short term pool of amino acids and, because of this, we don't have to worry about complementing amino acids at every single meal, as long as our diet is varied and well-balanced. Even foods not considered to be very high in protein are adding some amino acids to this pool.

CARBOHYDRATE

Carbohydrates give us energy.

There are three main types of carbohydrates:
simple sugars (monosaccharides and disaccharides), **complex carbohydrates or starches (polysaccharides)**, **and dietary fibre (non-starch polysaccharides or NSP)**.

Simple sugars are found in fruits (intrinsic sugars), milk (lactose) and ordinary table sugar. Refined sugars (non-milk extrinsic sugars) are best avoided, as they provide energy without any associated nutrients — they are empty calories —and are the main cause of dental decay.

Complex carbohydrates are found in starchy foods such as bread, rice, pasta, oats, barley, potatoes and parsnips. A high intake of complex carbohydrates is an important component of a healthy diet. Unrefined foods such as wholegrain breads and brown rice are best of all as these contain dietary fibre and B vitamins. Starchy foods are very filling relative to the number of calories they contain and so form an essential part of a slimming diet.

Dietary fibre or NSP, refers to the indigestible parts of a carbohydrate food. Fibre is found in fresh and dried fruits, wholefoods such as wholegrain cereals and wholemeal breads and vegetables. Fibre in the diet protects against digestive disorders by keeping the system clean. We need about 11g of fibre per day for a healthy digestive system.

RESEARCH shows a vegetarian diet can be **healthier** than that of a typical meat-eater

FATS AND OILS

Too much fat — especially saturated fat — is very bad for us, but some fats and oils are necessary in the diet to keep our tissues in good repair, for the manufacture of hormones and to act as a carrier for some vitamins. Like proteins, fats are made from smaller units, called fatty acids. The way in which the acids form hydrogen compounds determines whether they are saturated, monounsaturated or polyunsaturated. All oils and fats contain the three different types of fat, but in differing proportions. Animal fats used commercially today predominantly contain saturated fats, with smaller amounts of the unsaturated fats so are commonly refered to as saturated fats, these include lard and butter, a few oils from plant sources such as palm oil are also quite high in saturated fats. Vegetable fats in general tend to be made up of unsaturated fats, olive and groundnut oils are high in monounsaturated fats, whereas sunflower oil is high in polyunsaturated fats.

Linoleic and linolenic acids are the essential fatty acids and are found in cold-pressed oils such as maize (corn), soya and sunflower seed oils, nuts and avocados.

Fruit and vegetables
5 PORTIONS DAILY
These provide vitamins, minerals and fibre.

Eggs, beans, lentils, nuts, soya and mycoprotein ('Quorn')
2~3 PORTIONS DAILY
This group is an important source of protein, vitamins and minerals.

Bread, cereals and potatoes
5 PORTIONS DAILY
This group provides us with carbohydrates, fibre, protein and some vitamins and minerals.

Milk and dairy, and alternatives
2~3 PORTIONS DAILY
Good source of calcium, protein and some vitamins.

Fat and sugar
0~3 PORTIONS DAILY
Although some fat is important in the diet we should watch our intake.

The plate above shows us what we should eat for a balanced and healthy diet.
A portion is an average serving, for example, a slice of bread or two tablespoons of baked beans.

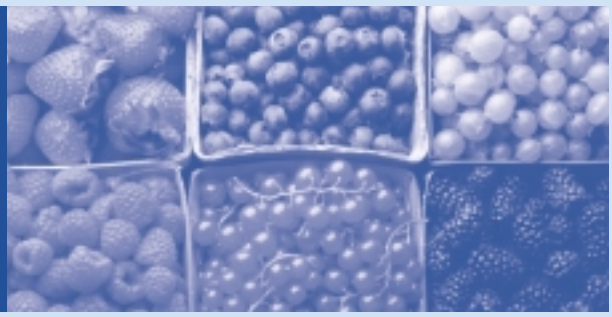
NUTRITION

continued

VITAMINS

Vitamins are micronutrients that cannot be synthesized by the body in sufficient amounts for health. Therefore we must ensure an adequate supply in the diet. Vitamins A, D, E and K are fat-soluble vitamins; Vitamin C and the B-complex are water-soluble. Vitamins in food must be looked after carefully otherwise they will be lost. You can eat as many overboiled and soggy carrots and sprouts as you like — but they won't do you much good!

Vitamins A, C and E are often referred to as antioxidants. This means they help to protect the body from reactive oxygen species (free radicals) which are produced by the body's normal metabolic processes. If free radicals accumulate they can damage key DNA molecules and proteins. This process may be responsible for some cancers. It has been shown that those consuming large amounts of vitamin rich orange and yellow fruits and dark green and orange vegetables seem to be less prone to some forms of cancer. It is recommended that we eat five portions of fruit and vegetables a day.



FIVE ALIVE | It is recommended that we eat five portions of fruit and vegetables a day

Vitamin A

Girls aged 15~18 need 600 micrograms of Vitamin A per day and boys aged 15~18 need 700 micrograms. Betacarotene is the vegetarian form or precursor of Vitamin A and retinol is the form found in meat and animal products. Betacarotene is converted to retinol in the body. Vitamin A is essential for good night vision and prevents eye disorders such as night-blindness and severe eye-lesions. It is also needed for healthy skin tissues, especially those secreting mucus.

Red, orange and yellow vegetables such as carrots, peppers, mangoes, and sweet potatoes are excellent sources of betacarotene. Green leafy vegetables also provide a source. Animal foods such as cheese also contribute to our intake.

The B-Vitamin Complex

These help us to convert the carbohydrates in our food into energy, are needed for the metabolism of amino acids, for rapidly dividing cells and the metabolism of fat. Deficiencies can lead to beri-beri (thiamin), pellagra (niacin) and megaloblastic anaemia (B12). As the B vitamins act as co-factors in different enzyme-systems in the body, diets lacking in B Vitamins may lead to multiple deficiency diseases within a few months.

B Vitamins include **B1** (thiamin), **B2** (riboflavin), **B3** (niacin), **B6** (pyridoxine), **B12** (cyancobalmin), folate, pantothenic acid and biotin.

The entire B-Vitamin complex except B12 occurs in yeasts, wholegrain cereals (especially wheatgerm), nuts, pulses, seeds and green leafy vegetables. Vitamin B12 may cause some difficulty, as it is usually not present in plant foods. Only very tiny amounts are needed and vegetarians can usually obtain this from dairy produce and eggs. Vegans and vegetarians consuming few animal foods should include foods fortified with B12 such as Marmite, soya drinks, veggieburgers and some breakfast cereals.

Vitamin C

Girls and boys aged 15~18 both need 40mg of Vitamin C per day. Vitamin C is plentifully and easily available in a vegetarian diet full of fresh fruit such as blackcurrants and strawberries, orange and other fruit juices, peppers, salad vegetables, leafy greens and potatoes. Vitamin C is necessary for healthy connective tissues. Deficiency can result in bleeding, slow wound healing and scurvy, a skin disease.

Vitamin D

Vitamin D is needed for the absorption of calcium from the intestine and to deposit the calcium in the bone — mineralisation. Vitamin D is not found in plant foods but humans can make their own supplies in the skin when it is exposed to sunlight. Vitamin D is added to margarines and is present in milk, cheese and butter. Deficiencies can occur in those confined indoors and to women whose religion requires their skin to be fully covered. These may lead to rickets in children and osteomalacia (bone softening) in adults.

Vitamin E

Vitamin E's main use in the body is as an antioxidant. It is widely available in cold pressed oils, wholegrain cereals and eggs.

Vitamin K

Vitamin K is necessary for the normal clotting of blood. Supplements are often given to babies at birth. Vitamin K is produced via bacterial synthesis in the intestine, and dietary sources include fresh vegetables, cereals and grains.

MINERALS

Calcium

Girls aged 15~18 years need 800mg of calcium per day. Boys aged 15~18 need 1000mg per day. Calcium, in partnership with magnesium, builds a healthy skeleton and strong teeth. Calcium is also needed for muscle contraction (including the heart muscle), nerve function, blood clotting and the activity of several enzymes. Sources of calcium include dairy produce, leafy green vegetables (particularly watercress), white bread, sesame seeds and dried figs. Vitamin D is essential for the absorption of calcium. Some studies have shown that a diet high in animal protein can lead to calcium leaching from the bones. Deficiencies of calcium in the diet are apparent around the time of the menopause, when heavy losses of calcium can lead to osteoporosis or brittle bone syndrome in women.

Iron

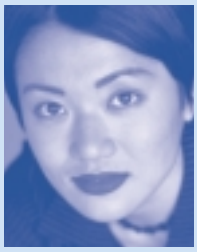
Girls aged 15~18 need 15mg of iron per day, and boys aged 15~18 need 11.3mg. It is especially important for teenage girls to ensure an adequate intake of iron. Iron is needed to maintain the supply of red pigment (haemoglobin) in the blood, which carries oxygen from the lungs to the tissues, and a deficiency will lead to anaemia. Vegetarian sources of iron include fortified breakfast cereals, wholemeal bread, plain chocolate, eggs, leafy greens, lentils and pulses. Vegetarian sources of iron are not as easily absorbed as animal sources, but the rate of absorption can be greatly increased by eating iron rich foods with Vitamin C rich foods. Eating a handful of dried apricots and brazil nuts with a glass of fruit juice can bolster a healthy varied diet with extra iron.

Zinc

Zinc is essential for wound healing and is also involved in enzyme activity. It is mainly present in the bones. Girls aged 15~18 need 7.0mg of zinc per day and boys aged 15~18 need 9.5mg. Zinc plays a role in many enzyme reactions and in the health of the immune system. It is found in cheese, sesame and pumpkin seeds, lentils and wholegrain cereals.

EXAMPLE MENU PLANS

How veggies eat for **health**



For a vegetarian girl aged 18, who is moderately active

BREAKFAST	Ready Brek with honey, banana and semi skimmed milk. Glass of orange juice. Coffee.
MID-MORNING	Blueberry muffin. Tea.
LUNCH	Sandwiches on wholemeal crusty bread with cream cheese, apple and salad leaves. 4 chocolate covered dried apricots. Carton of apple juice. Fruit tea.
TEA/DINNER	Spicy tofu with rice and toasted sesame seeds, with a stir-fry of Chinese greens, carrots, red pepper, baby sweetcorn and peas. Ice cream with canned fruit. Water.
SUPPER	Milky tea or coffee.

For a vegetarian boy aged 15, who is extremely active

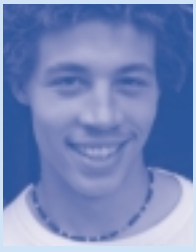
BREAKFAST	'Sporty-type' cereal with semi skimmed milk. Banana. 2 slices wholewheat toast with butter and marmalade. Tea.
MID-MORNING	Cereal bar. Fruit drink in a carton. Water.
LUNCH	Large wholemeal roll with veggie bacon, tomatoes, lettuce and mayo. Strawberry flavoured yoghurt drink. Apple. Chocolate bar. Juice drink.
TEA/DINNER	Veggie lasagne with a TVP and tomato sauce filling and cheesey topping, carrots and peas. Apple and sultana crumble with custard. Water.
SUPPER	Milky tea or coffee with a biscuit.

See if you can identify the nutrients in these meals, whether there are enough portions of fruit and vegetables (remember – we should be eating 5 a day) and if there are any improvements you would make. Why not try to design your own menu for a vegetarian friend (or for yourself if you are veggie) taking into account nutritional needs, lifestyles (busy/active or sedentary) and personal tastes.

healthy adj. having good health; functioning well, sound

For a vegan girl aged 17, who is mildly active

BREAKFAST	Muesli with soya milk. Half a grapefruit. Banana. Hot water with lemon juice.
MID-MORNING	Plain chocolate bar with a carton of orange juice. Coffee.
LUNCH	Granary roll with mushroom and hazelnut pâté and salad. Flavoured soya drink. Apple. Water.
MID-AFTERNOON	3 fig rolls. Large glass of water. Fruit tea.
DINNER/TEA	Vegetable curry with potatoes and chick peas, aubergine, green beans and tomatoes. Fragrant rice. Soya yoghurt. Mango salad. Tea with soya milk.
SUPPER	Blackcurrant juice and a few brazil nuts.



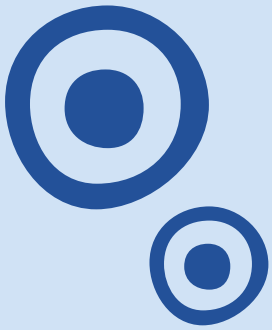
For a vegan boy aged 16, who is very active

BREAKFAST	Veggie fry up including toast and soya margarine, beans, veggie bacon and sausage, mushroom and tomatoes. Tea with soya milk. Fruit juice.
MID-MORNING	Yoghurt and an apple. Water.
LUNCH	Large sesame seed roll with houmous, salad, tomatoes and peppers. Carton of fruit juice. Mini bottle of water. Black coffee.
MID-AFTERNOON	Malt loaf with soya margarine. Tea with soya milk.
TEA/DINNER	Veggieburger in a wholemeal bap with vegan mayo and salad leaves. Jacket potato with a spoonful of cooked red split lentils as a topping. Extra salad with peppers, cherry tomatoes and avocado. Vegan ice-cream with canned fruit. Water.
SUPPER	Tea with soya milk and a slice of walnut cake.

ALTERNATIVE SOURCES OF PROTEIN

Describing non-meat sources of protein as alternative, does not paint a fair picture. Protein is available from many sources not just meat. In fact it would be very difficult to design a vegetarian diet that would be deficient in protein. Good sources of protein include seeds, nuts, beans, pulses, mycoprotein, dairy products, eggs, soya products including tofu and tempeh, and wheat and pea-based protein. Protein is in most foods we eat. Too much protein may lead to health problems. One of the benefits of a vegetarian diet is that it contains adequate but not excessive protein.

In your project you may well have been asked to design a meal using an alternative source of protein. The recipe section should give you a good start.



SEITAN

Sietan is wheat gluten. It is made by combining strong white flour with water, kneading the dough and then soaking it in cold water. It is then rinsed to remove any remaining carbohydrate. What is left is an elastic, white, insoluble protein. This is further prepared by marinating then boiling in highly-flavoured stock. Seitan can also be shallow-fried, stir-fried or deep-fried in batter. Sietan is often sold in Chinese restaurants as mock duck or chicken. Commercially it is used as an ingredient in many vegetarian products such as roasts, sausages, burgers etc.

TEMPEH

Tempeh is a firm block of dehulled and partially cooked fermented soya beans. The beans are inoculated and held together in a mould culture (similar to the culture in some blue cheeses). Tempeh is rich in protein and low in fat with a taste similar to cheese although the texture is quite different. Tempeh is sold as frozen blocks in health food stores. Once defrosted it should be used within 1~2 days. Tempeh is used in savoury dishes, it is generally marinated then deep-fried or stir-fried with mixed vegetables. It can be cut into chunks and threaded onto kebab sticks too. Tempeh is not generally used commercially in veggie-type products.

WHEAT PROTEIN

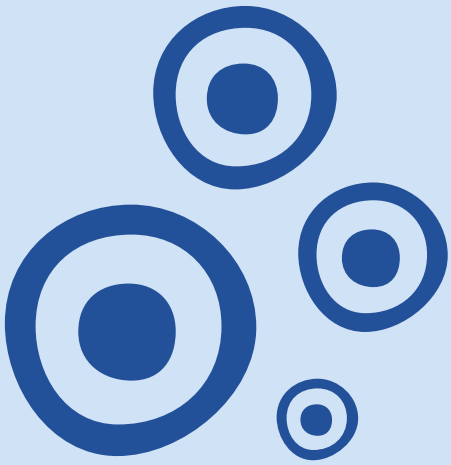
Wheat protein is becoming more commonly used as a source of protein by food manufacturers. It is made in a similar way to seitan although in larger amounts. The basic gluten mixture is often mixed with pea protein, vegetable oils, soya and flavourings. Manufacturers then shape it into burgers, grills, sausages, fries, roasts etc. Wheat protein products have the texture of meat and resemble meat so much that some vegetarians prefer not to eat them.

SOYA — SO WHAT?

The versatile soya bean is the seed of the leguminous soya bean plant and has been cultivated for over 5000 years.

Soya foods have been a staple of Chinese and Japanese diets for centuries, but have only been widely consumed in Western countries since the 1960s. Soya foods include tofu, tempeh, miso, TVP (textured vegetable protein), soya sauces, soya oil and margarine, soya flour and soya dairy alternatives. Soya also turns up as a bulking agent and emulsifier in 70% of processed products used by both veggies and meaties alike.

Soya is the **best** source of vegetable protein available, is high in polyunsaturated fats and is cholesterol-free. Recent research indicates that there may be extra benefits in eating this superfood. Soya beans contain high concentrations of several compounds that demonstrate anti-carcinogenic activity (this means they could protect against cancer). The low incidence of breast and colon cancer in China and Japan has been partially attributed to the high intake of soya products, as has the low incidence of menopausal symptoms in Japanese women. Soya may also help to lower cholesterol.



SOYA — SO WHAT?

continued

TEXTURED VEGETABLE PROTEIN

Textured Vegetable Protein (TVP) is defatted soya flour, which has been processed and dried to give a substance with a sponge-like texture, which may be flavoured to resemble meat.

Soya beans are dehulled and the oil pressed out before being ground into flour. This flour is then mixed with water to remove the soluble carbohydrate. Either spinning or extrusion then textures the residue. Extrusion involves passing heated soya residue from a high-pressure area to a reduced pressure area through a nozzle resulting in the soya protein expanding. The soya protein is then dehydrated and may be cut into small chunks or ground into granules.

TVP may be purchased either flavoured to resemble meat or unflavoured. It is prepared simply by mixing with water or stock and leaving to stand for 10~15 minutes, after which it may be incorporated into recipes as a meat substitute.

TVP is also incorporated into veggieburgers, veggie ready-meals, sausage and mince mixes, processed foods such as pot noodles, sausages and so on.

As well as being a good source of fibre and high quality protein, TVP is often fortified with Vitamin B12.

TOFU

Tofu is soya bean curd made from coagulated soya milk. In commercial factories, soya beans are soaked, crushed and heated to produce soya milk. Then a coagulating agent is added such as calcium sulphate or calcium chloride. The resulting soya curd is then pressed to remove the last of the whey and to produce tofu. This is, in fact, highly similar to the cheesemaking process.

Firm tofu is sold chilled in blocks packaged in water. This needs to be rinsed off, after which the tofu is cubed or cut into strips, added straight to dishes or marinated in a mix of suitable spices first. Firm tofu can also be purchased in ready marinated pieces and in smoked blocks.

Silken tofu is sold at chilled and ambient temperatures in small board packages. Silken tofu is soft and creamy and is used in dips and desserts.

Commercially produced tofu can be quite bland in taste and texture and is best used in recipes where flavour is imparted by the accompanying ingredients. Firm tofu is best frozen and then thawed to improve texture, then cut into cubes and marinated, then oven baked on a high heat for 20 minutes. Firm tofu is great for veggie kebabs, stir-fries, in salads, in Chinese and Japanese dishes and even as part of a veggie fry-up.

As well as having a high protein content, tofu also contains calcium, iron and B vitamins.

MYCOPROTEIN

Mycoprotein is a food made by continuous fermentation of the fungus, 'Fusarium gramineurum'. The fungus is grown in a large fermentation tower to which oxygen, nitrogen, glucose, minerals and vitamins are continually added. After harvesting, the fungus is heat treated to reduce its RNA (Ribonucleic Acid) content before being filtered and drained. The resulting sheet of fungal mycelia is mixed with egg albumin, which acts as a binding agent for the fibres. Flavours and colours may also be added. The mycoprotein is then textured to resemble meat, before being sliced, diced, shredded and formed into shapes. Mycoprotein is a source of protein, fibre, biotin, iron and zinc, and is low in saturated fat.

Mycoprotein has been developed by Rank Hovis McDougall, and is marketed under the name of 'Quorn' by Marlow Foods Limited (owned by Astra Zeneca). A wide range of 'Quorn' ready-meals are available in addition to chunks and minces.

Mycoprotein is potentially a very useful food item for vegetarians. Since early 2000 Quorn deli and ingredients ranges have been approved by The Vegetarian Society since the albumin used as a binder in its manufacture has been changed in those ranges from a non-free-range to a free-range egg source. However, at present the ranges of ready meals, burgers, sausages etc still use eggs from a non-free-range source.

legume n. pod of a plant of the pea or bean family —**leguminous** adj. (of plants) pod-bearing

SPECIAL DIETS

Providing a menu plan for a client group does not just mean making sure that it includes a balance of all vitamins and minerals, although this is clearly important. It is also important to consider culture, age and religion. An elderly person may need fewer calories and softer foods, whereas an active teenager can easily burn off 3000 calories in a day. Vegetarians come from all over the world, each used to different types of foods. Britain is a multicultural society, designing your menus should reflect this. Not everyone wants to eat broccoli bake with cheese sauce!

CHILDREN

Infants, children and adolescents can all meet all of their nutritional requirements on a vegetarian diet, a fact recognised by the British Medical Association and the British Dietetic Association. Diets low in fat and high in fibre are unsuitable for infants as their limited stomach capacity may be filled up before they are able to meet their energy or nutritional needs. Infants' diets need to include energy and nutrient-dense foods such as cereal products, mashed lentils, vegetable oils, bananas and avocados. Excessive intake of high fibre and watery foods should be avoided.

TEENAGERS

Teenagers do not need significantly different levels of any nutrients in their diet, although in the late teens slightly more energy and protein are required. Iron is particularly important for both males and females at this age, with girls' iron requirements increasing significantly once their periods start.

PREGNANCY

During pregnancy, women have increased nutritional requirements for energy, protein, folate, iron and Vitamins A, C and D.

The increased energy and protein requirements are small and can be met without any major changes in food intake. If energy intake is reduced due to appetite changes or morning sickness, then a reduction in high fibre foods and an increase in energy and nutrient-dense foods may be appropriate. The extra vitamins needed are generally present at higher levels in vegetarian diets, with the exception of Vitamin D. Both vegetarian and non-vegetarian pregnant women may be advised to take supplementary Vitamin D.

THE ELDERLY

Britain has an ageing population, this is because of factors such as improved healthcare, housing and better working practices. The elderly, like all client groups, have specific needs. Many elderly people are living life to the full taking on new challenges and responsibilities. However, some may have a depleted appetite due to illness, depression or living alone. Therefore, for this group it is especially important to make sure a healthy diet is maintained. Planning a diet for an elderly person should involve consultation. Meals should reflect preferences and cultural needs. Traditional dishes may be preferred over modern trends, eg Hot Pot or Shepherd's Pie instead of spicy food. Meals served do not need to be significantly different from any balanced adult diet. Anaemia is a common problem for an elderly person. This is a reduction of haemoglobin in the blood and can cause tiredness, particularly after exertion. Anaemia is caused by lack of intake of iron, Vitamin C and B12. Therefore, diets should include a good intake of beans, dried apricots, prunes and dates, wholegrain foods, fresh fruit and vegetables plus eggs and milk. Osteoporosis is also common among elderly people. This is a thinning of the bones, which can cause brittleness and sometimes fractures. The loss of bone material begins in middle life but it does not become a problem until later life. Exercise, and a good intake of Vitamin D and calcium are thought to prevent the disease. Vegetarians tend to suffer less from osteoporosis than meat-eaters do and it is thought that this is in part because a meat-based diet high in protein can encourage your body to excrete too much calcium.

DIABETICS

Diabetes can happen to anyone, regardless of age, sex or background. This disease is centred around the production of insulin. Insulin is produced in the pancreas and controls blood sugar levels. It is needed to convert glucose to energy. Glucose is a simple sugar we absorb into our blood stream when we digest carbohydrate foods and it is vital fuel for our brain and muscles. As food is digested, our blood sugar level rises. When we go without food, glucose is released from stores in the liver. People who don't have diabetes produce insulin naturally to maintain constant blood sugar levels. Diabetes is the result of impaired pancreatic function where production of insulin is either limited or ceases altogether. The result is that the body is unable to cope with the rapid rises and falls of blood glucose levels which cause classic symptoms such as excessive urination, thirst, genital itchiness, tiredness, weight loss, blurred vision, and recurrent infections. Vegetarians with diabetes do not need to take any more care than meat-eaters do. General guidelines recommend a healthy diet that has a reduction of fatty foods and sugar and an increase of fibre intake. A healthy vegetarian diet will satisfy all of these requirements.

For more information on different types of diabetes:
Diabetes Central Office 10 Queen Ann Street London W1G 9LH
email: info@diabetes.org.uk www.diabetes.org.uk

CONCLUSION

A balanced diet is the key to a healthy body at any age. Good eating habits from an early age will not only improve your health now, it will also reduce your chances of poor health throughout adulthood. However, a healthy diet is only part of a healthy lifestyle: exercise, rest, stress, environment, genetics, drinking in moderation and not smoking all play a part in maintaining a healthy body. For more information on special diets please do not hesitate to contact The Vegetarian Society.

DESIGNING

a vegetarian product

If you spend a few minutes in any modern supermarket you will see how many vegetarian products are available. From frozen ready meals to pizza and veggie sausages, the choice is wide. As consumers we are attracted to products for similar reasons, ie value for money, taste, attractiveness etc. In addition to these reasons, vegetarian consumers also want to know that the product is meat and fish-free. Vegan consumers want to know that the product is dairy-free.

IS IT SUITABLE FOR VEGETARIANS?

This may seem an obvious question, as a vegetarian it is important to make sure the food does not contain any 'hidden meat', like animal fat or gelatine. Vegetarians can easily check this by looking for The Vegetarian Society's Seedling Symbol. This symbol is an important recognition that the product truly is suitable for vegetarians. To qualify for the mark the product must meet the following strict criteria:

No meat products, fish or slaughter house produce.
If eggs are used they must be free-range.
No genetically modified ingredients.
The product must not have been tested on animals after 1986.

Sometimes manufacturers may use other symbols such as a small green 'v' or an olive branch. Although these products won't contain meat, they may not match the other three criteria.

HOW DO PRODUCTS GET THE SEEDLING SYMBOL?

Companies producing products that may qualify for approval, may either approach The Vegetarian Society or the Society may contact the company. The first criterion to establish is whether the product is strictly vegetarian. Commercially produced food may contain many ingredients therefore each one has to be looked at very carefully. Some ingredients containing animal products can easily be replaced eg food colouring, stock or fat. However, on occasions manufacturers may feel that changing ingredients alters the product's taste/texture therefore the Society cannot offer approval.

Most food manufacturers produce several food items including meat products. It is important to make sure that those production lines used for meat products are thoroughly cleaned before they are used for vegetarian products. This will prevent any meat getting into a vegetarian product by accident. Vegetarian products cannot be fried in the same oil that may have been used for meat. Burger King is the only high street fast food outlet at present to qualify for the Seedling Symbol. To get over the problem of cross contamination, Burger King cooks the 'Veggie Whopper' in a separate microwave oven.

Once all of the ingredients have been checked, a member of staff from The Vegetarian Society may wish to visit the company to inspect the factory. If all of the criteria are satisfied the product will be awarded the Seedling Symbol. Finally, if the company changes the ingredients to include a meat product and continues to use the symbol, this may result in legal proceedings.

FOOD AND DRINK GUILD

Food and Drink Guild membership is offered to any business that sells food directly to the public, such as a restaurant, bed and breakfast, shop or hospital catering facility. The purpose of the Guild is to improve standards of vegetarian catering as well as acknowledging those businesses that have achieved a high standard. One of the issues the Society often advises on is preventing cross contamination. That is making sure that surfaces and utensils used to prepare meat are kept quite separate from those used to prepare vegetarian dishes. The Society may also help with menu or recipe development. This service is offered by the Cordon Vert Cookery School. To qualify for membership, the business must meet the Society's standard approval for individual meals, or in the case of an exclusively vegetarian outlet, all meals sold.

SUITABLE FOR VEGANS

The Vegan Society has a similar approval system. The main difference being the product must **not** contain eggs, milk or honey.

The sunflower logo now appears on many products not just foods. It also appears on cosmetics, clothes, soaps, drinks and restaurants. Any company with a suitable product may apply to use the trademark, in exchange for an annual fee, provided they meet The Vegan Society standards. In order to qualify for trademark status products must, as far as possible and practical, be **entirely** free of animal involvement, as follows:

No animal ingredients, by-product or derivative. Including all meats, all bee products, honey, royal jelly, insect-derived products (cochineal) and all dairy products or derivatives, butter, cheese, whey, lactose and lactic acid. Synthetic ingredients must be from plant or mineral sources.

No animal testing.

The development of any genetically modified organisms must not have involved animal genes or animal-derived substances.

For more information from The Vegan Society call **0845 45 88244** or visit **www.vegansociety.com**.

PACKAGING DESIGN

The next important part is the design of the packet. The design may be dictated by what the product looks like and what shelf life it has. Some frozen products may not look that appetising in their frozen state. Therefore designers will produce a packet with a picture of what it looks like cooked. Designers and photographers are very careful to choose the right image. After all, the photograph may appear on millions of boxes! The next important decision is to attract the customers the product is aimed at. Family meals are clearly aimed at the whole family therefore the photograph may include a family enjoying the food or giving the impression that it is wholesome and a generous portion. Children's meals may include images of happy healthy children. The package will sit on a shelf next to many other products all competing for sales. Therefore a distinctive logo or brand name is often used. Generally manufacturers prefer bright, eye-catching images.

Designers will produce several mock-ups before the final design is chosen. When it has been chosen this is not the end of the story. If sales are down or market trends shift, the company may re-think part of the design.

MORE ON READY MEALS

Ready meals are becoming the mainstay of many households. Vegetarians are no different from the rest of the population when it comes to cutting corners. Changes in the structure of the family and working practices have led to an explosion of oven-ready, microwave and chilled foods. This cuts down the preparation time and also allows the possibility of many different meals to be prepared at the same time. In addition to this, supermarkets often have salad bars selling a broad range of weigh-yourself salads. One of the recent additions to the ready meal market is the take away-style meal available from supermarkets. These generally contain a starter and main meal but not a pudding. These will have to take the test of time before they are established as firm favourites.

COMMONLY ASKED QUESTIONS

The Society is one of the first organisations you may write to if you are studying food technology. It is important to remember that around 3 million people in the UK are vegetarian. That is a large group of people. Therefore they will have different incomes, expectations, political views and preferences with food. Any survey that is not representative will give a biased view. It is important therefore to survey as many vegetarians as possible. The following answers are typical of the vegetarian population as a whole but should only be a starting point for further research. If you have a questionnaire please feel free to send it into the Society (maximum ten). Remember to include a large stamped self-addressed envelope with your blank questionnaires.

How much would you pay for a vegetarian ready meal?
This really does depend on the product or occasion. For a ready meal for two, eg shepherds pie, a common price would be around £2.50. However, for a special occasion I would be prepared to spend more.

How much would you spend for a meal in a restaurant?
Again this does depend on where you go. Vegetarian restaurants are no more expensive than meat restaurants. The average price for a main meal is around £6.50 to £10. Starters range from £1.50 to £5. The price is affected by the time taken to prepare the food and the cost of the basic ingredients. It will also be influenced by the quality of the restaurant, standard of service and location.

Why did you become a vegetarian?
The main reasons are animal welfare, environment and health. Please refer to the start of this booklet for a fuller explanation.

Is vegetarian food expensive?
Again this does depend on what you like to eat. It could be expensive to eat exotic fruits or ready meals every day. Cooking from basic ingredients is always the cheaper option, whether meat or veggie. Veggieburgers, sausages and ready meals tend to be the same price as meat equivalents.

RECIPES

Ready-to-eat chilled cabinet

These recipes could be found in the **chilled section** of a supermarket. They would also make ideal food to be served on an aeroplane, ship or train as they are light, easy-to-prepare and simple to serve.

COUSCOUS AND MANGO SALAD

VEGAN SERVES 4

300ml/1/2 pint of vegetable stock
200g/7oz couscous
1 red pepper, finely chopped
1 green pepper, finely chopped
4 spring onions, chopped
2 tomatoes, chopped and stalks removed
1 fresh mango, peeled and cut into chunks
small bunch of fresh coriander

1. Dissolve the stock in boiling water.
2. Place the couscous in a large bowl and pour over the stock. After 5 minutes stir the couscous to make sure the stock is thoroughly absorbed. Leave to stand for 5 minutes.
3. Mix in the salad vegetables and garnish with chopped coriander.

RICE SALAD

VEGAN

Quick, easy and cheap to produce.

30g/1 1/2oz Basmati rice
(Basmati rice has a better flavour than ordinary long grain rice)
20g/1oz frozen peas
1 red pepper cut into thin strips
100g/4oz pineapple cut into small pieces
juice of 1 lemon
2tsp/10ml olive oil

1. Cook the rice then drain under running cold water. Drain thoroughly.
2. Stir in the rest of the ingredients and pour the lemon juice over.
3. Drizzle the salad with a little olive oil.

'QUORN' TORTILLA WRAPS

VEGETARIAN

Tortilla Wraps are a tasty alternative to sandwiches and can be filled with practically anything. When designing a filling, think about how long it will remain on the shelf before it is consumed. If the filling is too wet it can make the tortilla go soggy!

30ml/2tbsp olive oil
225g/8oz 'Quorn' chunks
30ml/2tbsp soya sauce
pinch chilli powder
4 iceberg lettuce leaves, shredded
4 ripe tomatoes cut into quarters
1/2 small red onion, shredded
handful of fresh coriander
juice of half a lemon
4 flour tortillas

1. Place half the olive oil, 'Quorn', soya sauce and chilli powder in a bowl and leave to marinate for at least half an hour.
2. Place a tablespoon of olive oil in a large frying pan. Gently fry the 'Quorn' for 10 minutes.
3. Mix the salad vegetables together with the lemon juice.
4. Place a quarter of the salad on each tortilla. Add the 'Quorn' pieces then roll up!

CHILLI SIN CARNE

VEGAN SERVES 4

1tbsp/15ml oil
1 medium onion, finely diced
150g/6oz TVP, soaked 10 minutes in boiling water and drained well before use
2 medium red peppers, de-seeded and chopped
1 clove of garlic, crushed
400g/14oz tinned chopped tomatoes
1tsp/5ml dried mixed herbs
2tsp/10ml chilli powder
400g/14oz tinned kidney beans
seasoning
4 cups of cooked American long grain rice

1. Heat the oil in a large frying pan and fry the onion for 2~3 minutes until soft.
2. Add the TVP and pepper and stir for 2 minutes.
3. Mix in the garlic, tinned tomatoes, dried herbs, chilli powder, kidney beans and seasoning. Bring to the boil, cover, and then simmer the sauce for 20~25 minutes, stirring occasionally.
4. Serve the chilli on a bed of rice or as a filling for jacket potatoes.

COTTAGE PIE

VEGAN SERVES 4

1tbsp/15ml oil
1 medium-sized onion, chopped
1 clove of garlic, crushed
400g/14oz tinned chopped tomatoes
½tsp/5ml dried mixed herbs
150g/6oz dried TVP, soaked 10 minutes in boiling water and drained well before use
1½lb/675g mashed potato
2tbsp/30ml grated cheese
25g/1oz margarine

1. Pre-heat the oven to 200˚C/400˚F/Gas Mark 6.
2. Heat the oil and fry the onion for 2~3 minutes until soft.
3. Mix in the garlic, tinned tomatoes, dried mixed herbs and seasoning. Add the TVP and stir for 2 minutes.
4. Bring to the boil, then simmer the sauce for 15 minutes.
5. Meanwhile, make the mashed potato.
6. Place the mixture in an ovenproof dish and spoon the mashed potato over the top.
   Sprinkle with grated cheese and dot with margarine.
7. Cook for 30~35 minutes until golden brown and heated through.
8. Serve with fresh vegetables.

THAI CURRY WITH CRISPY TOFU

VEGAN

Thai Curry has a distinctive flavour gained from a combination of lemon grass, chilli, coconut and lime leaves.

1 block of firm tofu
paprika
olive oil for roasting
2 red chillies, de-seeded
1 stick of lemon grass
juice of half a lemon
1 clove of garlic
½ bunch Thai basil or ordinary if Thai unavailable
100g/4oz shallots or red onions finely sliced
1 small aubergine, cut into 2cm cubes
1 courgette, cut into 2cm cubes
300ml/½ pint coconut milk

1. Cut the tofu into 1cm cubes and sprinkle with paprika. Place on a roasting tin with a little olive oil. Roast in a pre-heated oven at 200˚C/400˚F/Gas Mark 6 for 20 minutes.
2. While the tofu is cooking make the rest of the curry. Place the chillies, lemon grass, lemon juice, garlic and basil into a food processor. Carefully blend into a paste.
3. Heat a little oil in a large frying pan. Gently fry the shallots for 3 minutes. Add the aubergine, courgette and cook for 5 minutes stirring occasionally. Stir in the paste, coconut milk and simmer for 15 minutes. Finally add the cooked tofu and continue to cook for 5 minutes. Serve with rice.

MARINATED TEMPEH KEBABS

VEGAN

1 packet of tempeh cut into blocks
(as tempeh comes frozen you will need to allow time for it to thaw)
1 red onion, quartered
2 courgettes cut into chunks
100g/4oz mushrooms, halved
1 green pepper, de-seeded and cubed
30ml/2tbsp soya sauce
6 wooden skewers soaked in water
soy sauce to marinate

1. Thread the tempeh, onion, courgettes, mushrooms and pepper onto the skewers. Drizzle with the soy sauce and leave to stand in a fridge for 2 hours or preferably overnight.
2. Place on a baking tray and brush with a little olive oil. Cook for 10 minutes under a hot grill, turning frequently until browned.
3. Serve with couscous salad.

VEGETARIAN GELLING AGENTS

Agar agar, **Carrageen** and the proprietary product **'VegeGel'** are the best known vegetarian gelling agents and are used in place of gelatine, aspic and isinglass.

AGAR AGAR (E406) is best known as the jelly used to grow cultures in petri dishes in laboratories! Agar agar is derived from Gelidium species of red sea vegetable.

The gelling abilities of agar agar are affected by the acidity or alkalinity of the ingredients it is applied to. Acidic fruits such as citrus fruits and strawberries require greater amounts of agar agar. Kiwi fruit is too acidic and prevents gelling. Pineapple, fresh figs, papaya, mango and peach will not set as they contain enzymes that break down gelling ability, however, cooking the fruit will negate this effect. Chocolate and spinach also prevent gelling.

Guidelines for substituting flaked and powdered agar agar for gelatine in recipes:

Powdered agar agar can be substituted for the same quantity of powdered gelatine. For every teaspoon of agar agar powder, substitute a tablespoon of agar flakes.

For a firm jelly you require approximately 2 teaspoons of powder or 2 tablespoons of flakes per 1pint/600ml of liquid.

Using agar agar

Soak the agar agar in the liquid first for 10~15 minutes. Gently bring to the boil and simmer, stirring constantly, until the agar agar dissolves completely. Unlike gelatine, agar agar can be boiled and even re-melted if necessary. To test the setting ability of the gel pour a small amount of liquid onto a cold saucer – it should set in 20~30 seconds. If too weak, add more agar agar, if too strong, add more liquid.

CARRAGEEN or Irish Moss is found mostly as the by-product carrageenan (E407) which is used extensively by the food industry as an emulsifying, thickening and gelling additive in commercially produced ice-creams, jellies, biscuits and frozen desserts.

VEGEGEL is made by Supercook and is available through most supermarkets. It is made from carageenan, locust bean gum, potassium chloride, calcium acetate and dextrose. It is one of the most effective veggie gelling agents and is the most widely available.

1 packet includes 4 sachets and each sets one pint.

gel [jell] n. jelly-like substance. –v. **gelling, gelled.** form a gel

STRAWBERRY AND PECAN CHEESECAKE

VEGAN

Orange, lemon, blueberry or coffee cheesecakes are always popular flavours. This pecan cheesecake is rich and delicious. You will be able to find the vegan cheese, yoghurt and biscuits in a health food store.

65g/2½oz vegan margarine
175g/6oz vegan digestives, crushed
40g/1½oz ground almonds
5 large strawberries washed
juice of 1 lemon
500g/1lb vegan cream cheese
200g/7oz vegan natural yoghurt
45ml/3tbsp maple syrup
15ml/1tbsp cornflour

TOPPING

50g/2oz shelled pecan nuts
30ml/2tbsp maple syrup

1. To make the base, melt the margarine in a large saucepan.
2. Remove from the heat, add the digestives and ground almonds. Stir until the mixture is thoroughly mixed.
3. Press the mixture into a lightly greased 23cm loose-bottomed cake tin. Refrigerate for 30 minutes.
4. Meanwhile make the topping. Blend the strawberries, lemon juice, vegan cream cheese, yoghurt, maple syrup and cornflour in a food processor. Pour the mixture over the biscuit base and bake at 180°C/350°F/Gas Mark 4 for 20 minutes. Allow to cool.
5. To finish off the cheesecake melt the remaining maple syrup in a frying pan with the pecan nuts for 5 minutes. Pour the syrup over the cake and place the nuts around the edge of the cake.

FRUIT JELLY FLAN

VEGAN

This dish is easy to make and popular with younger children.

PASTRY

225g/8oz plain flour
115g/4oz vegan margarine
rind of 1 lemon
15ml/1tbsp cold water

FILLING

1 sachet of vegetarian fruit jelly crystals
(raspberry or strawberry flavour)
300g/12oz of strawberries
300g/12oz of raspberries
¼ pint water

1. Sift the flour, add the margarine and rub it in with the tips of your fingers. Add the lemon rind and a tablespoon of water. Press into a dough mixture. Knead on a lightly floured surface. Gather into a ball, wrap in cling film and chill for at least 30 minutes.
2. Roll the pastry out then line a 20cm diameter loose-based flan tin.
3. Place a sheet of greaseproof paper over the pastry then cover with dried kidney beans. Bake in a pre-heated oven for 15 minutes. Remove the beans and paper then continue to bake for another 10 minutes. Allow to cool.
4. Place the fruit over the pastry.
5. Dissolve the crystals in a small amount of boiling water then top up with the remaining cold water. Pour the jelly over the fruit and place in the fridge for at least 1 hour or until the jelly is set.

Cooks tip
An easier way is to buy a pre-cooked pastry case available from most modern supermarkets. Although these are generally vegetarian they are **not** vegan.

MANGO AND ORANGE FOOL

VEGAN

Easy to prepare and delicious. Recipe taken from 'Health and Vitality Cook Book' by Lyn Weller published by HarperCollins.

225g/8oz silken tofu
150ml/¼ pint soya cream
5cm piece of fresh root ginger, peeled and grated
2 ripe mangoes
zest of 1 orange
30ml/2tbsp caster sugar
5ml/1tsp vanilla essence

1. Drain the tofu and place it in a blender with the soya cream and ginger.
2. Peel and stone one mango. Add to the blender.
3. Zest the orange, reserve a few strips for decoration. Add the remaining zest, sugar and vanilla essence to the blender and blend until smooth.
4. Peel and stone the remaining mango. Chop into chunks. Divide half the tofu mixture between four glasses. Layer the fruit on the top and cover with the remaining tofu mixture. Chill in the refrigerator for at least half an hour.
5. Decorate with reserved orange zest.

CHILLED DESSERTS

continued overleaf...

CHILLED DESSERTS

continued

APPLE AND PEAR CRUMBLE

VEGAN

Always popular hot or cold. When designing your packaging this one could be put in a microwave-proof container.

450g/1lb apple and pears
150g/5oz plain flour
75g/3oz butter or vegan margarine
75g/3oz brown sugar
pinch of salt

1. Peel and slice the fruit. Place at the bottom of an oven-proof dish.
2. Sift the flour into a large bowl. Cut the margarine into pieces then use the tips of your fingers to rub it into the flour. This should resemble breadcrumbs. Stir in the sugar and a pinch of salt.
3. Spoon the mixture over the fruit then bake in a pre-heated oven at 190˚C/375˚F/Gas Mark 5 for 20 minutes.

CHOCOLATE POTS

SERVES 4

150g/5oz milk or plain chocolate
275g/10oz packet of soft silken tofu
5ml/1tsp vanilla essence
15ml/3tsp maple syrup
strawberries to garnish

1. Melt the chocolate in a bowl over a pan of hot water, making sure the bottom of the bowl does not touch the water underneath, or melt the chocolate in a bowl in the microwave.
2. Blend the tofu in a liquidiser with the vanilla essence and maple syrup until smooth.
3. Add the melted chocolate to the liquidiser and blend until the chocolate is mixed in thoroughly.
4. Pour the chocolate mixture into small individual ramekins or wine glasses and refrigerate for 1 hour.
5. Decorate with sliced or fanned strawberries.

DON'T FORGET OURS!

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email: info@vegsoc.org **www.vegsoc.org**

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Donald Watson House 7 Battle Road
St Leonards-on-Sea East Sussex TN37 7AA
Tel: 0845 45 88244
email: info@vegansociety.com **www.vegansociety.com**

British Meat and Livestock Commission
PO Box 44 Winterhill House Snowdon Drive Milton Keynes MK61 1AX
Tel: 01908 677 7577

www.foodtech.com
Information on the Food Technology syllabus

www.frys-special.com
Images of new vegan products made by Fry's

www.isitveggie.com
Listings of veggie and vegan products from many high street shops

www.unitedbiscuits.co.uk
Lists products suitable for vegetarians and vegans

www.walkerscrisps.com
For nutritional information on Walkers products

Animal Rights Groups

Animal Aid
PO Box 254 London E5 8AB
www.animalaid.org

Veggie Ready Meal Manufacturers

Cauldron Foods
Units 1~2 Portishead Business Park Portishead Bristol BS20 9BF
Tel: 01275 818448

Haldane Foods Group
Howard Way Newport Pagnell Buckinghamshire MK16 9PT

Marlow Foods Limited
Station Road Stokesley North Yorkshire TS9 7AB
www.marlowfoods.com

R F Brookes Limited
The Wern Industrial Estate Rogerstone Newport Gwent NP1 9FQ

Environmental Groups

Greenpeace
Canonbury Villas London N1 2PN
www.greenpeace.org

NOTES

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