



VEGAN FESTIVAL



VEGAN COOKBOOK

Delicious vegan recipes from the
2020 cooking demonstrations



@veganfestivaladelaide



@vegan_festival_adelaide

VEGANFESTIVAL.INFO



CONTENTS



Page 1

Forword

by Lea McBride
Vegan Festival Director



Pages 2 - 3

Fig & Walnut Slices

by Samantha Butcher
from Nourish
Food & Wellness



Pages 4 - 7

Chocolate Cake

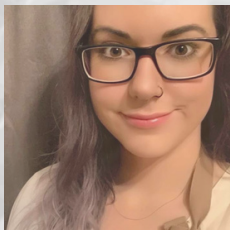
by Sara Kidd



Pages 8 - 9

Jalapeño Poppers

by Zacchary Bird



Pages 10 - 12

Pumpkin Spiced sugar cookies

by Sheridan
McFarlane
Sparrow & Spoons



Pages 13 - 14

Vegan Dog Food

by Dr. Malina Fielder



Pages 15 - 17

Biryani

by Fazal



Page 18

LCM Ghost Bars

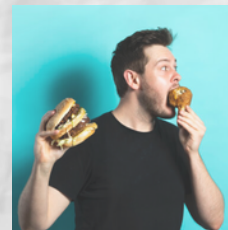
by Zacchary Bird



Pages 19 - 20

Apple cinnamon pie - 'Warbat'

by Huda Al-Sultan
from Sassi Ice cream



Pages 21 - 22

Banhana Mi

by Zacchary Bird



Pages 23 - 25

Whole Food Plant Based

by Heleen Roex from
Doctors For Nutrition



Page 26

Bonus recipe

from Adelaide Central
Market Cooking Demo
by Huda Al-Sultan



Page 27

Thanks from Vegan
Festival



FORWORD

LEA MCBRIDE VEGAN FESTIVAL DIRECTOR

This year has been like no other.

The Vegan Festival is a fun event that aims to inspire everyone to be vegan for the animals, so it has been incredibly challenging this year to navigate the possibility of not holding the Festival, especially when a vegan world is needed more than ever.

We were so fortunate in Adelaide that we were able to hold the event in person, blended with some live streamed speakers, and inspire thousands whilst being COVID-Safe. Thank you to everyone that came.

We know that one of the main aspects that people think will be hard about being vegan is food/what to eat. This recipe book is a great example of how diverse and delicious vegan food can be. It can be healthy, it can be junk food, it can be sweet and it can be savoury, there are no limitations. You can follow some of the cooks included in this book via their social media platforms for more recipes.

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



FIG & WALNUT SLICES

Makes 16 squares

"Rich, gooey and delicately scented with orange, cardamom and vanilla, this whole food plant based fig and walnut slice is delectably satisfying and definitely nourishing. It's deliciousness you don't have to die for!"

- Samantha Butcher



Ingredients:

- 2 tbsp chia seeds
- ¼ cup water
- 2 cups walnuts, divided
- 2 cups oats, divided
- ¾ cup apple puree*, divided
- 2 tbsp maple syrup
- 1 ½ tsp vanilla extract, divided
- 1 tsp fine sea salt, divided
- 1 tsp baking powder
- 2 cups(300g) dried figs, roughly chopped
- ½ tsp ground cardamom
- ¼ tsp ground ginger
- Finely grated zest of half an orange
- 1 tbsp coconut sugar

Instructions:

1. Combine the chia seeds with the water in a small bowl and set aside for about 15 minutes to gel. Preheat the oven to 180C. Line a square baking dish with baking paper.
2. Place 1 cup of the walnuts onto a baking tray and put into the oven to toast to a golden brown colour. Remove and cool.
3. In a food processor or blender, blitz 1 cup of the oats until you have a rough flour. Add the toasted walnuts, then blitz again until you have a crumb-like consistency.



FIG & WALNUT SLICES

3. Turn out into a mixing bowl, then add the chia gel, 1/4 cup apple puree, maple syrup and 1/2 tsp vanilla. Mix until combined.

Sprinkle over the remaining cup of oats, 3/4 teaspoon of the salt, and the baking powder. Combine, using your hands if needed. Roughly chop the remaining cup of walnuts and work through.

5. Place about two-thirds of the mixture into the prepared pan, and press out into an even layer, wetting your hands now and then to stop the dough sticking.

6. Rinse out the blender or food processor, then add the figs, cardamom, ginger, 1/2 cup apple puree, orange zest, remaining 1tsp vanilla and 1/4 teaspoon salt. Blend until smoothish, with just a few chunks remaining.

7. Spread the fig mixture over the base, spreading out as evenly as you can.



8. Sprinkle dollops of the remaining crust mixture over the filling, covering it as much as possible. Press down lightly on it with your fingers to minimize gaps, then sprinkle over the coconut sugar.

9. Bake for 25 minutes, or until golden brown. Let cool completely before cutting into squares.

*to make apple puree, simply peel, core and roughly chop apples and place into a lidded saucepan with a splash of water. Simmer until apples are soft, then drain and blend into a smooth puree. You can even store 3/4 cup portions of apple puree in the freezer, so I have just the right amount for this recipe.



VEGAN CHOCOLATE CAKE

Ingredients:

- 1 tbsp ground flaxseed
- 2 ½ tbsp boiling water
- 200 g vegan butter or margarine room temperature
- 200 g caster sugar
- 300 g plain all purpose flour
- 50 g cornflour or cornstarch
- 100 g dutch processed cocoa powder
- 2 ½ tsp baking powder
- ½ tsp baking soda
- 1 tsp fine sea salt
- 1 tsp cinnamon
- 400 mls canned coconut milk not low fat and unsweetened
- 50 mls boiling water



Instructions:

1. Preheat oven 160°C/320°F and line 2 x 6IN / 15.24CM cake tins with baking paper, grease with oil and dust with some of the dry ingredients when it's mixed together.
2. Mix ground flaxseed with boiling water and mix together with a fork. Set aside so it can thicken.
3. In the bowl of a stand mixer with a paddle attachment, cream together butter and sugar until creamy with no lumps.
4. Sieve flours, cocoa, baking powder, baking soda, salt and cinnamon in a small mixing bowl. Mix with a whisk to areate and combined.





VEGAN CHOCOLATE CAKE

5. In a small jug mix coconut milk and flax egg replacer and mix well.

6. Add one-third of the flour mix very slowly and mix on lowest speed to the creamed butter, then add one-third of the liquid. Repeat until all ingredients are just combined. It will be a thick batter.

7. Whilst on the lowest speed, trickle boiling water down the side of the mixing bowl. Mix until just combined. Divide between tins. If you want perfect layers, weigh the cake tins with batter in them. Tap tins on the bench to release air bubbles, bake 47 to 50 mins, check with a skewer through the centre, if it comes out almost clean it's ready.

8. Let cool in the tin for 5 minutes, then flip on a cake rake.

9. Level cake layers with a knife and brush or spray sugar syrup or water between layers to add moisture. This will help keep your cake moist for longer. Decorate with vegan whipped cream.





VEGAN CHOCOLATE GANACHE



"This is an amazing vegan chocolate ganache recipe that is SUPER easy and works every time. I use this recipe under all my fondant cakes and chocolate cakes. You can use this as a drip icing, cake filling and frosting. I always recommend using a really good quality vegan chocolate. It will make a huge difference with the flavour."

- Sara Kidd

Ingredients:

- 600 grams vegan dark chocolate
- 300 mls thick coconut cream

Instructions:

- Heat coconut cream in large heavy bottom pot on low heat until small bubbles appear around the edge right before it's about to start simmering, don't boil. You can also heat in the microwave.
- Remove from stove/microwave and add chocolate making sure it is covered by the cream, cover and let sit for 10 mins.
- Stir through chocolate using a whisk.
- If there are any lumps, put pot back onto stove on very low heat and stir until lumps have melted and the ganache is shiny.
- Transfer to a microwave friendly bowl and let the ganache thicken enough so it can be used to ice your cake.
- If it sets too hard you can put into the microwave on a low heat until soft enough to use.

Notes - RATIO Chocolate: Coconut Cream

Drip Icing 0.8 : 1 Cake Filling 1:1 Cake Frosting 2:1



VANILLA BEAN BUTTERCREAM

Ingredients:

- ½ cup room temperature high quality vegan butter
- ½ cup soft vegetable shortening
- 3 cups powdered sugar, use organic if you're in USA
- 2 teaspoons hot water
- 1 tbsp pure vanilla bean extract
- ½ tsp almond extract



Instructions:

1. Sift icing sugar and set aside.
2. Using a standard mixer with a paddle attachment beat shortening on low for 5 minutes until light and smooth, using your spatula to scrape down the sides, then add the butter and beat together on a medium speed until light and fluffy for at least another 5 mins.
3. Slowly add icing sugar on lowest speed.
4. Then add vanilla, almond extract, hot water and beat for 5 minutes until white and fluffy, pause the mixer every few minutes to use your spatula to scrape down the sides.
5. You can now use to decorate cakes or cupcakes. If you would like a firmer mixture leave in the fridge to firm



VEGAN JALAPEÑO POPPERS

Makes 6 poppers

Ingredients:

- 6 fresh jalapeno chillies
- 125 ml (4 fl oz/½ cup) soy milk
- 2 teaspoons freshly squeezed lemon juice or white vinegar
- 60 g (2 oz/1 cup) panko breadcrumbs
- 30 g (1 oz/½ cup) nutritional yeast
- 75 g (2¾ oz/½ cup) plain (all-purpose) flour
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 90 g (3 oz/1/3 cup) Cream cheese mixed with 1 minced garlic clove
- 30 g (1 oz) shredded dairy-free cheddar
- canola oil, for deep-frying

Instructions:

1. Use a sharp paring knife to cut a T shape into the flesh of one half of each jalapeno. The aim is to keep the stem and body of the chilli intact, so make the first incision just under the stem, only cutting halfway through the chilli. Intersect this incision with another cut along the length of the chilli.



2. Bring a small saucepan of water to the boil over high heat. Use a small teaspoon to prise open the jalapenos and scrape out the chilli seeds and membranes, while keeping the chillies intact. Reserve the seeds and discard the membrane. Drop each chilli into the boiling water and blanch for 3 minutes, then drain and run under cold running water to stop the cooking process.

3. Make a basic buttermilk by combining the soy milk and lemon juice or vinegar in a tall glass. Set aside for a few minutes to thicken.



VEGAN JALAPEÑO POPPERS

4. Combine the panko breadcrumbs and nutritional yeast in one bowl and the flour, salt and pepper in another bowl. Mix the cream cheese with the shredded cheese and, if you can handle it, stir through some of the scraped jalapeno seeds. Use a teaspoon to scoop 2 tablespoons of the cream cheese mixture into each hollowed-out jalapeno. The cheese mixture will help the jalapeno poppers seal shut.
5. Heat the oil in a large heavy-based saucepan over medium-high heat. Test if the oil is ready by inserting a wooden skewer or the handle of a wooden spoon into the oil; if it begins to bubble quickly then you're ready to go.
6. Picking up a popper by its stem, coat it in the seasoned flour, then dip into the tall glass, swirling to fully coat the chilli in the buttermilk. Finally, roll the popper in the breadcrumbs until completely coated. Repeat with the remaining poppers.
7. Working in batches, fry the poppers in the hot oil for 3 minutes or until crisp and golden. Transfer to paper towel to drain. Serve hot and don't waste time fiddling with dipping sauces as these poppers are the whole package.

"When I die, I hope to be reincarnated as a jalapeño popper so I know what it feels like to be flawless in every way. Crispy and spicy on the outside with cooling cream cheese in the centre to balance it all out, this combination gives you your best chance at persevering through an entire bowl of chillies without needing any help from your friends. This recipe is republished from Vegan Junk Food, my debut cookbook and you can preorder the whole book right now." - Zacchary Bird



PUMPKIN SPICED SUGAR COOKIES

Ingredients:

- 3 ¼ cups plain flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon ground ginger 1/8
teaspoon ground nutmeg 1/4
teaspoon allspice 1 cup unsalted
butter
- 2/3 cup granulated (white) sugar
- 1/3 cup brown sugar
- 3 tbsp aquafaba (the liquid from
canned chickpeas)
- 1 teaspoon vanilla extract

1/4 cup pumpkin purée (canned or
homemade, see below for recipe)

Instructions:

1. In a large bowl, add flour, baking powder and spices. Stir with whisk to combine.
2. In a stand mixer with the whisk attachment (or separate bowl with an electric beater), beat the butter until smooth. Add both sugars and beat until fully combined and fluffy.
3. Add aquafaba, vanilla, pumpkin purée and beat to combine.
4. Scrape down the sides of your bowl with a spatula.
5. Change to paddle attachment if using a stand mixer.
6. While the mixer is running on low, gradually add the flour mixture.
7. Mix until all the flour mixture is incorporated, and the mixture begins to ball up and pull away from the sides of the bowl.



PUMPKIN SPICED SUGAR COOKIES

8. Empty out the dough onto a clean work surface and divide the dough into two large balls. Flatten balls of dough into large circles and wrap in cling wrap. Place wrapped doughs into the refrigerator for about 30 minutes.

9. Once the dough has chilled, roll out to desired thickness onto lightly floured surface and cut out desired shapes.



10. Preheat oven to 170°C

11. Place cookies on lined baking trays and place in the freezer for 10-15 minutes. This will help stop the cookies from spreading and losing shape while baking.

12. Bake cookies at 170°C, for 9-11 minutes, depending on the size of your cookies. Once cookies have completely cooled, they will be ready to decorate. Decorate with icing in either a piping bag or with a butterknife. Finish off with sprinkles, coloured sugar, lollies, or anything your heart (or stomach!) desires.

13. Store cookies in an airtight container for 5-7 days



PUMPKIN PUREE

Ingredients:

- 1 Butternut pumpkin (make sure you use butternut as they are naturally sweeter than the kent variety)
- fine ground sea salt (optional)

Instructions:

1. Preheat oven to 170°C
2. Cut pumpkin in half and scoop out the seeds from each half
3. Season each half with sea salt (optional)
4. Place pumpkin halves, cut side down, onto a lined baking tray and bake for 40-60 minutes or until pumpkin skin is soft and coming away from the flesh.
5. To caramelise the pumpkin, flip over each half and bake for another 5-10 minutes (this step is optional but I highly recommend as this brings out the natural sugars).
6. Once cool, remove skin and add flesh to a food processor or use a stick blender in a mixing bowl.
7. Blend until smooth.
8. Store in a glass or plastic container in the fridge for up to 7 days. Or freeze in an airtight, freezer safe container, for 4-5 months.



COOKIE ICING

Ingredients:

- 1 cup icing (powdered) sugar 2 tbsp soy milk
- 2 tsp light corn syrup
- 1/2 tsp vanilla extract food dye

Instructions:

1. Place icing sugar, corn syrup, vanilla and one tbsp of the soymilk into a mixing bowl and mix by hand or with a stand mixer, using the whisk attachment, to combine.
2. Consistency should be similar to school glue.
3. Add more soymilk if required.
4. Add desired colours and adjust consistency with extra icing sugar if needed.

VEGAN DOG FOOD

Makes 7 portions

Ingredients for one week, g/week-raw weight:

- 280 QUINOA
- 420 PUMPKIN
- 420 POTATOES
- 420 SPINACH (GREEN LEAFY VEGETABLES)
- 280 2ROLLED OATS
- 700 WHITE RICE
- 350 LENTILS
- 140 BROCCOLI, CAULIFLOWER
- 140 PEA PROTEIN POWDER
- 700 VEGAN DUCK
OR CHICKEN IN VEGAN SAUCE



- 3 TSP NATTO
- 4 TBS GUAR GUM
- FORGET ME NOT SUPPLEMENTS:
GIVE ONE BROWN CUBE IN THE
MORNING, SPRINKLE 60 G OF GREEN
COLOURED SUPPLEMENTS ON MEAL
AND SERVE AS A COMPLETE MEAL.

Instructions:

1. Roast potatoes and pumpkin.
2. Wash rice, soak for 15-30 minutes, rinse. Boil with oats, quinoa and lentils.
3. Combine all ingredients with pieces of vegan duck/chicken, mix, add pea protein and mix. Add guar guar and mix altogether.
4. Separate into 7 portions.

USE NATTO ON READY MADE MEAL, GIVE SMALL AMOUNT, ½ TEASPOON A DAY.





VEGAN DOG FOOD

NUTRITIONAL VALUES OF THIS DIET PLAN WITH FORGET ME NOT SUPPLEMENTS, COMPARED TO THE AAFCO REQUIREMENTS:

Nutrients	'Forget Me Not' diet and supplements	AAFCO requirements for 20kg dogs
Calories	950	945
Protein	55g	54g
Methionine	1.26g	1.06g
Lysine	0.88g	1.12g
Taurine	500mg	-
Carnitine	500mg	-
Calcium	1250mg	1000mg
Phosphorus	950mg	750mg
Magnesium	232mg	192mg
Iron-availble	9.6g	7.5g
Zinc	19.2mg	15mg
Maganese	1.5mg	5.4mg
Iodine	231mcg	220mcg
Vitamin A	2673mcg	2673mcg
Vitamin D3 from Lichen	176 IU	170 IU
Vitamin B12	12mcg	8.75mcg

INGREDIENTS THAT ARE HARMFUL OR SHOULD BE GIVEN IN SMALL AMOUNT FOR DOGS:

- onions
- avocado
- grapes, sultanas and raisins

Can give small amount of kale, garlic and ginger.

VEGAN BIRYANI

Makes

Ingredients:

For Rice

- Basmati Rice 300 gm- 2 Cups Approx.
Needs to be Basmati Rice, and for best results the long grain basmati rice.
- 3 Green Cardamom
- Pinch of Salt
- 3 Bay leaves

For Spice

- ½ of 50g Shan Biryani Spice Mix- (Use half of the Spice mix- approximately 25 gm)

For Veggies

- 1 Potato- Large Size- cut in to Small cubes
- 1 Carrot- Medium Size- cut in to Small cubes
- 100 grams / 1 cup cauliflower florets
- ½ Half cup Green Peas
- 1 Tomato- Large Size- diced
- 1 Onion- Large Size- diced
- 3 Garlic Cloves- finely minced
- Ginger Paste 1 tablespoon
- Small Green Chilies 3-5 whole
- Fresh Coriander
- Mint Leaves
- Yogurt, plain (Plant based- Coconut yoghurt recommended)



Instructions:

Prep

1. Rinse the rice in water until water runs clearly. Soak the rice in water 30 minutes, drain it after 30 minutes and keep aside.
2. Diced the onions and tomatoes, as well as garlic and ginger.
3. Cut the Potatoes, Carrots into small cubes.
4. Chop Coriander and Mint Leaves

VEGAN BIRYANI



Cooking Rice

1. Boil the water in deep bottomed pan.
2. Add Pinch of salt, green cardamom and bay leave once water start boiling.
3. Add the washed Basmati Rice.
4. Once rice is 75-80% cooked, remove from flame and drain in a colander.
5. Sprinkle one tablespoon of oil on the rice and gently fluff them.

Cooking Veggies/ Curry.

1. Add oil in the frying pan, on medium flame fry the onions until they turn golden brown.
2. Add garlic and ginger paste and stir it up for 1 minute.
3. Add diced tomatoes and leave it until the tomatoes are soft- takes 3-5 minutes.
4. Add green chilies.
5. Add 80% of the $\frac{1}{2}$ of Shan Biryani Spice Mix- (or if you have other spice mix). You can mix the spice with warm water and add that instead (It does the same job)
6. Add Plant- yoghurt and mix it very well.
7. Add Veggies- Potatoes, Carrots, Cauliflower and cover the pan with lid for 5-7 minutes or until vegies are cooked and soft enough.
8. Add remaining 20% of the $\frac{1}{2}$ of the spice mix.

VEGAN BIRYANI

Mixing Curry and Rice

1. In a separate pan, add little bit of oil to grease the pan and put on low flame.
2. Add a layer of rice in bottom- (using 1/3 of rice) Add a layer of Curry (Using 1/2 of curry)
3. Add another layer of rice – (using 1/3 of rice) And then add remaining curry
4. Add the remaining rice on top. Add the mint leaves and coriander leaves on top.
5. Cover the pan tightly using foil or a cloth and leave it for the 10 minutes on a very low flame.
6. You can put pot instead on top of the medium flamed frying pan and leave it for 30 minutes and you will see the magic.



The Biryani, being one of the best dishes South Asia has to offer, is the mix of aromatic long rice with hot flavors of spiced and healthy vegetables. Each and every grain of Biryani is empowered with magic that takes our taste buds to the ride of unseen realm of taste. It is not an exaggeration: taste buds enjoying the Biryani ride also open the chapters of history in our mind to the glorious period that existed long before the thieves of Britain came in to colonize

South Asia

-Fazal.



LCM GHOST BARS

Makes 14 serves

Ingredients:

- 5 cups of coco pops or rice bubbles
- 285g mini vegan marshmallows
- 2.5 tablespoons vegan butter
- 1/2 teaspoon vanilla extract
- Optional: vegan white chocolate or sprinkles for the top



Instructions:

1. Use cooking spray to spray two bread tins or similarly sized trays.
2. In a large microwave safe bowl, add the butter and marshmallows. Blast for 90 seconds and stir. Blast for 30 more seconds, stir and repeat once more. Keep your eye on the microwave the whole time to ensure the marshmallow mixture doesn't overflow.
3. Remove from the microwave using a tea-towel, mix in the vanilla and thoroughly stir through the cereal.
4. Divide the mixture into your prepared pans and use your hands to compress it down to create a dense bar. Watch out, it'll still be warm at this point!
5. Allow to sit in the fridge for 30 minutes before slicing into your desired shape and serving. Eat within 48 hours.

APPLE CINNAMON PIE 'WARBAT'

Ingredients:

- 4 green apples, peeled & finely diced
- ¾ Tbs cinnamon powder
- Pinch of nutmeg, freshly grounded
- 2 Tbs dairy free spread (plus more for baking) 3 Tbs coconut sugar or brown sugar 5 sheets of filo pastry
- Maple syrup to garnish
- Pistachio nuts to garnish
- Scoops of Sassi Ice Cream to serve



Instructions:

1. In a large pan, melt 2 tablespoons of dairy-free spread then add apples, spices and sugar.
2. Cook for 20 minutes on low heat until apples are soft. Once apples are cooked, remove from heat and leave to cool.
3. You'll need 5 layers of filo pastry, cut into size equal size squares — you can make the warbat big or small according to your preference.
4. Place a generous amount of the filling in each square, then fold over to make a triangle.



APPLE CINNAMON PIE 'WARBAT'

5. Lay each triangle on a baking sheet and drizzle/brush generously with melted dairy-free spread.

6. Cover with cling film and refrigerate for at least 30 minutes to allow the dairy-free spread to re-solidify, giving

you lots of crispy layers of pastry.**

Note: you can refrigerate them for up to two days before baking.



7. To bake the warbat, brush with melted dairy-free spread and bake at 180°C for about 15-20 minutes or until the pastry puffs and browns. If pastry puffs up but doesn't brown, you can pop them under the grill, but watch them closely as they brown up really quick.

8. Once out of the oven, serve them hot. Drizzle with maple syrup, a sprinkle of pistachios and a scoop of vegan ice cream.

"Warbat is without a doubt one of the staple sweets in the Middle East. Mostly served at special occasions and celebrations, it's traditionally made of crunchy layers of filo pastry, then filled with a creamy custard and baked until golden. I hope you enjoy this apple cinnamon twist which is light, crunchy, and perfect for dinner parties. I love to pair the delicious spices dessert with Muhallabia Sassi Ice Cream, enjoy!" -
Huda Al-Sultan



BANANA PEEL BANH MI (BANHANA MI?)

Makes 2

Ingredients:

- 1 bunches coriander (cilantro), sprigs separated
- 1/2 long cucumber, sliced into batons
- 2 bird's eye chillies, thinly sliced
- crushed peanuts, to serve
- fried shallots, to serve (optional)

Pickled veg

- 1 carrot, cut into long thin batons
- 1/3 daikon, cut into long thin batons
- 1/2 fresh jalapeno chilli, roughly chopped
- 185 ml (6 1/2 fl oz / 3/4 cup) rice wine vinegar or white vinegar (or use a mix of both)
- 2 tablespoons white sugar
- 1 teaspoon sea salt

Fried Banana Peel

- 4 large, barely ripe bananas (tinges of green and no spots)
- 50g granulated sugar
- 2 tablespoons vegan fish sauce (or substitute dark soy sauce)
- 1/2 large red onion, thinly sliced
- 1/4 teaspoon freshly ground black pepper
- 3/4 teaspoon garlic powder
- 2 drops liquid smoke
- Squeeze of lime juice
- Drizzle of olive oil



Instructions:

1. To make the pickled veg, place the carrot, daikon and jalapeno in a clean jar. Place 125 ml (4 fl oz / 1/2 cup) water in a saucepan, along with the vinegar, sugar and salt and bring to the boil. Once the sugar has dissolved, pour the vinegar mixture into the jar. Set aside on a workbench for 1 hour to pickle.

2. Peel the bananas and reserve the banana for later. Slice off the ends, then use a spoon to scrape out the remaining flesh. Thoroughly wash the banana peels and pat dry with a paper towel. Place the skins on a chopping board and use a fork to shred the skin. Place into a bowl, drizzle with olive oil and massage through garlic powder and pepper.

BANANA PEEL BANH MI (BANHANAMI?)

3. Place the sugar in a frying pan over medium heat and cook, shaking and agitating the pan occasionally, for 5 minutes or until beginning to turn to liquid.

4. Pour in the vegan fish sauce and stir to combine.

5. Add the red onion and let the mixture bubble for 2 minutes.

6. Add in the banana peels and a splash of extra fish sauce or water if needed. Reduce the heat to low and cook, stirring occasionally, for 5-7 minutes.



7. Towards the end of the cooking time, stir in the liquid smoke and lime juice.

8. Remove from the heat and cover to keep warm until required.

9. Use a bread knife to cut the rolls almost in half, leaving them still attached on one side. Use your hands to press in some of the soft bread to make room for more filling. If you like, smear on some mayonnaise before proceeding.

10. Stuff each roll with the banana peel mixture, pickled veg, coriander sprigs and cucumber batons. Scatter over the chilli, crushed peanuts and fried shallots (if using) and finish with a few coriander leaves





QUINOA & FRUIT BREAKY CUP

Makes 2 serves

Ingredients:

- 1/2 cup dry quinoa, well-rinsed
- 1 1/2 cups vanilla rice milk
- 2 tablespoons raisins
- 1 cup apricots, chopped, fresh or canned
- 1/4 teaspoon vanilla extract

Instructions:

1. Combine quinoa and rice milk in a medium saucepan.
2. Bring to a slow simmer, then cover and cook for about 15 minutes until the quinoa is tender.
3. Stir in raisins, apricots, and vanilla, and then transfer about 1 1/2 cups to a blender and purée.
4. Return puréed mixture to the pan and stir to mix.
5. Serve warm or chilled.



Photo from PCRM.org

Per serving: 106 calories; 2.4 g protein; 21.4 g carbohydrate; 8.3 g sugar; 1.4 g total fat; 12.3 % calories from fat; 1.5 g fiber; 26 mg sodium

Recipe from Foods That Fight Pain by Neal Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.





GREENS, BEANS & POTATOES

Makes 2 serves

Ingredients:

- 1 bunch fresh kale
- 1/4 cup water or low sodium vegetable broth
- 3-4 garlic cloves, minced or thinly sliced
- 1 tablespoon low-sodium soy sauce (optional)
- 2 tablespoons balsamic vinegar
- 3 boiled potatoes cut in quarters
- 1 can of no-added-salt beans of choice (drained)



Instructions:

1. To Wash kale thoroughly. Remove any tough stems. Cut or tear leaves into small pieces. Set aside.
2. Heat water or broth in a large skillet. Add garlic and cook over medium-high heat for about 1 minute, stirring often, until garlic begins to soften. Do not let garlic brown.

3. Reduce heat to medium and stir in kale. Sprinkle with soy sauce, if using.
4. Cover and cook for 3 to 5 minutes, stirring frequently. Add extra water, a tablespoon at a time, if kale begins to stick. Kale is done when it is bright green and tender.
5. Add in the cooked quarters of potatoes and the beans.
6. Take off the heat and sprinkle with balsamic vinegar. Serve immediately.

• Recipe adapted from *The Survivor's Handbook: Eating Right for Cancer Survival* by Neal D. Barnard, M.D. and Jennifer Reilly, R.D.



PORTOBELLO FAJITAS

Makes 2 serves

Ingredients:

- 1 medium onion, thinly sliced
- About 3 tablespoons of water
- 2 cloves garlic, minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 3 large portobello caps, thickly sliced
- 1 large roasted red pepper, fresh or jarred, sliced
- 3 tablespoons fresh coriander, chopped
- Corn or whole-wheat flour tortillas
- 1/4 cup low-sodium salsa
- Lime wedges



PHOTO by Green Evi; Forks over Knives website.

Instructions:

1. Over medium-high heat, water sauté the onion until browned. Add a splash of water and quickly stir.
2. Reduce the heat to medium.
3. Add the garlic and spices, sauté for 15 to 30 seconds. Add a little water if necessary.
4. Add the portobellos and sauté until the mushrooms soften and lose their raw, whitish look. Add the roasted red pepper to warm through.
5. If roasting fresh red peppers, wash the pepper and place it whole on a baking sheet at 200 degrees Celsius for roughly 20 minutes. Blackened skin is the indication that the pepper is ready.
6. Warm tortillas in a sauté pan.
7. Add portobellos mixture, salsa, and coriander to the tortillas. When serving, make the lime wedges available.



BONUS RECIPE

FROM VF COOKING DEMO AT ADELAIDE CENTRAL MARKET



Huda AlSultan is an Accredited Practising Dietitian, mindful eating coach, passionate foodie and mum of three. You may recognise her as a top 24 contestant from MasterChef Australia season 11, and she's also the recipe developer and co-founder of Sassi Ice Cream. Originally from Saudi Arabia, Huda lives in Adelaide, South Australia, with her husband Adam and children.

Huda is proud to be cooking at the Vegan Festival as part of the Adelaide Central Market's Sustainability week on 4th September



Tomato Sauce PACKED WITH HIDDEN GOODNESS

This is great as a simple pasta sauce or soup or with gnocchi, with simple spaghetti or as a tasty base for pizza.

"This can be made as a large amount that can be frozen in portions and used whenever needed for multiple dishes making it both sustainable and economical!" Huda



Ingredients:

- | | |
|---|---|
| 1 large onion, chopped | 600g butternut squash or pumpkin, sliced thin and diced |
| 1 large leek | 3 cloves garlic, sliced |
| 1 stick celery, sliced | 1 bunch basil chop stalks and save leaves |
| 1 large carrot, sliced thin | 4 Tbs extra virgin olive oil |
| 1 large zucchini, chopped quarters | 1kg Passata |
| 1 medium red capsicum, just tear up with hand | 4 Tbs tomato paste |
| 500ml water | |

Method:

1. In a large saucepan, sauté chopped garlic and basil stalks in olive oil over medium heat, fry for 1 minute
2. Add onions and fry for 2-3 minutes, or until softened, stirring occasionally.
3. Then add all the remaining prepped vegetables.
4. Cook with the lid on for 25 minutes, or until the veg are soft and just start to color, stirring regularly.
5. Pour in the Passata, tomato paste, 500ml of water and a crack of black pepper and salt to taste.
6. Bring to the boil and then simmer gently for about 30 minutes stirring occasionally until the squash is soft and the sauce has reduced– the longer you cook it, the more the flavor will develop as it reduces and thickens.
7. Leave to cool a little, add some basil leaves then blitz until smooth, taste, and season to perfection.
8. If you don't have a stick blender, you can let the sauce cool and then very carefully puree in a regular blender.
9. Let the sauce cool completely. Pour into freezer-safe containers. Label well with date, then pop into the freezer to use whenever you like.

NOTE: The sauce will last 3-4 months in the freezer and up to 4 days in the fridge.

Alternative method:

Just toss your prepped veggies with olive oil, sea salt and black pepper in a large tray, and roast in the oven at 200°C for about 1 hour, or until soft and caramelized. Once roasted, transfer the veggies to a large pan on a medium heat on the stove, pour in passata, add tomato paste, 500ml water, then simmer as above.

You can follow Huda @huda__alsultan and @sassiicecream



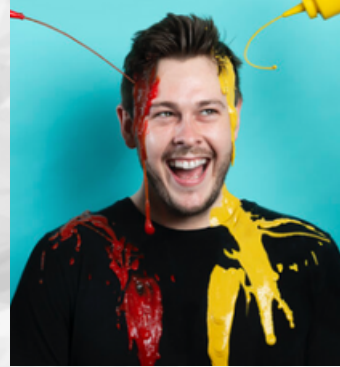
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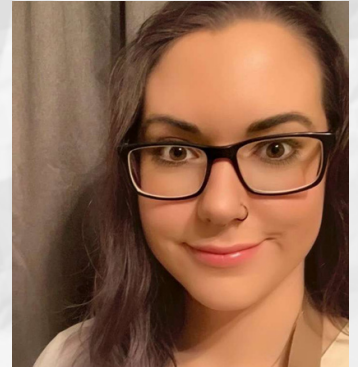
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