

the

VEGANUARY

CELEBRITY COOKBOOK

NEW AND UPDATED FOR 2019!

WELCOME!

Thanks for downloading the new and updated Veganuary Celebrity Cookbook.

This cookbook has been especially created for Veganuary participants, and has been updated with some brand new celebrity recipes just for 2019.

Some recipes have been given to us by the celebrity author; others are inspired by what their favourite food is. Either way, we're confident you're going to love them.

Whether you're a health-food lover, cooking for a family or looking to satisfy a sweet craving, the Veganuary Celebrity Cookbook has something for you.

Delve in, create, and enjoy!

Lots of vegan love from
TEAM VEGANUARY

P.S. Like all the good things in life, Veganuary is better shared.
Encourage a friend to sign up and try vegan with you this January,
and you've got yourself an automatic cooking buddy!

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Breakfasts and Small Plates



Harry Kirton's Overnight Oats

Serves 1

Ingredients

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

Method

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

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



Avocado Numms

by Bif Naked

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



Ingredients

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

Method

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

Bryan is a fan of fresh, healthy foods with citrus flavours and a Mediterranean feel. These are his three favourite salads and they are perfect for picnics and barbecues, or as a starter or side.

Bryan Adams' Trio of Salads

Serves 2-4

Broccoli Salad

Ingredients

- 1 head of broccoli
- 4 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1 clove garlic, minced
- 1 tsp soy sauce
- 60g avocado
- salt and pepper

Method

1. Make the dressing by mixing the olive oil, lemon juice, garlic and soy sauce. Mash the avocado into it and stir until it's creamy. Season.
2. Grate or blend the broccoli, and combine with the dressing.

Artichoke Salad

Ingredients

- 150g drained artichoke hearts
- ¼ lemon, juice only
- ½ clove garlic, crushed
- 10g toasted almonds
- Chopped chives

Method

1. Mix all ingredients together, and season if required.
2. Sprinkle the almonds over the top just before serving.

Fennel Salad

Ingredients

- 15g Pine nuts
- 250g cherry tomatoes
- 1 bulb fennel, trimmed, coarse outer leaves removed
- 3 tbsp extra virgin olive oil
- A squeeze of lemon
- 35g Rocket
- 3 tbsp balsamic vinegar

Method

1. Dry fry the pine nuts in a hot pan for one minute, ensuring they turn and don't burn. Remove from the heat.
2. Halve the tomatoes and season with salt and pepper.
3. Finely slice the fennel bulb and dress it in a bowl with extra virgin olive oil and lemon juice. Season with salt and pepper.
4. Put the rocket into a serving dish, and drizzle balsamic vinegar and olive oil over it.
5. Scatter the fennel and tomatoes over the rocket, and sprinkle the toasted pine nuts on top.

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

Ingredients

Peppers
Cabbage
Celery
Leeks
Beans
Anything that is green
Large onion
Four cloves of garlic
Apple juice
Bouillon
Apple chutney / vegan pesto
Sunflower seeds

Random Green Soup

by Joanna Lumley

Method

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



Gauacamole

Serves 2-4

Beyoncé can handle this!

This superstar singer kick-started her recent health drive with a 22-day vegan diet, which she says both helped her to lose weight in the short-term and to make better food choices in the long-term. Her favourite food? That would be the vitamin-packed guacamole which is perfect as a snack or starter, in a sandwich, on top of a cracker or just scooped out of the bowl with tortilla chips in front of the TV.

Ingredients

- 2 ripe avocados
- ½ tsp salt
- 1/2 lime, juice only
- ½ small red onion, diced very small
- 1 green chilli, seeds removed and sliced
very small
- 1 ripe tomato, diced
- 2 tbsp fresh coriander

Method

1. Mash the avocado with the back of a fork.
2. Add all the other ingredients and mix well.

Joaquin Phoenix
gives this the
thumbs up

Lebanese Tabbouleh

Serves 4



Actor and activist Joaquin Phoenix stopped eating animals at the age of three when he saw his parents killing fish they had caught, and he's been vegan ever since. In all those years, and from all those meals he's eaten, his favourite food is this flavourful Lebanese salad. Enjoy!

Ingredients

- 50g bulgur wheat
- 2 large, ripe vine tomatoes, finely chopped
- 1 bunch flat leaf parsley, finely chopped
- 1 bunch fresh mint, finely chopped
- 1 small red onion, peeled and finely chopped
- 3 tbsp lemon juice
- 3 tbsp olive oil
- Salt and pepper

Method

1. Cook the bulgur wheat as per the packet instructions.
2. Make a small cross at the base of each tomato and place them in a separate bowl and cover with boiling water. Set aside for 30 seconds, then drain away the water.
3. When the tomatoes are cool enough to handle, peel and discard the skins. Cut the tomatoes into quarters, discard the seeds and dice the flesh. Transfer the diced tomatoes to a serving bowl.
4. Add the parsley, mint and onion to the tomatoes and mix well until combined.
5. Fluff up the cooked bulgur wheat with a fork until the grains are separated. Add it to the tomato mixture.
6. Drizzle over the lemon juice and olive oil and season to taste with salt. Mix well to coat the ingredients in the liquid.



The Main Event



Coconut Chilli with Baked Sweet Potato

Serves 4

by Declan Rudd

Ingredients

2 tbsp coconut oil
 1 onion, finely chopped
 1 large carrot, diced small
 2 garlic cloves, finely chopped
 1 tsp hot chilli powder
 ½ tsp cumin
 1 tbsp paprika
 200g desiccated coconut
 1 tin chopped tomatoes
 2 generous squeezes of tomato paste
 1L vegetable stock
 1 tin kidney beans
 1 tin cannellini beans
 Salt and pepper to taste

Method

1. Heat a pan on a medium heat with the coconut oil,
2. Add the onion, carrot and garlic to the pan and sweat them until soft.
3. Add in the chilli powder, cumin and paprika, and sweat again until the spices are cooked into the onions and veg.
4. Add half the pack of desiccated coconut to soak up the juices of the spices. Add in the chopped tomatoes and mix together. Pour in the kidney beans, cannellini beans and the rest of the desiccated coconut and pour in the vegetable stock. Mix all together and add the tomato paste.
5. Leave to simmer away for around an hour, keep stirring and wait for all the desiccated coconut to soften up. Add salt and pepper to taste.
6. Serve on a jacket sweet potato.

Declan is a professional footballer, currently with Preston North End. He has been vegan since May 2018 and credits the change in diet with improving his training and recovery. This is his favourite Coconut Chilli, and – if you like coconut – it's sure to become your favourite too!



Ingredients

430g regular white tofu, cut into
2cm squares
A little salt
1 tablespoon corn starch
½ cup water
1 tablespoon oil
2 cloves garlic, finely chopped
5g ginger, finely chopped or
grated
25g shallot or onion, cut into
small sections
80g corn kernels
80g peas
1 teaspoon Sichuan peppercorn
powder
1 tablespoon light soy sauce
1½ tablespoon Doubanjiang (or a
spicy chilli bean sauce)

Zephaniah Style

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

by Benjamin Zephaniah

Vegan Ma Po Tofu

Serves 2

Method

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



Shepherd's Pie - with a Mediterranean Twist

by **Jasmine Harman**

Serves 4-6

TV presenter Jasmine is a former fitness instructor and a former Veganuary participant. When asked her favourite meal, she singled out this all-time British classic but with her own delicious Mediterranean twist.

Ingredients

For the mince:

1 pack of frozen soya mince
 4 tbsp olive oil
 1 large onion, diced
 2 cloves garlic, crushed
 150g mushrooms
 2 carrots, grated
 150g petit pois
 2 tins chopped tomatoes
 A squeeze of tomato purée
 Seasoning to taste
 ¼ litre vegan bouillon stock

For the mash:

1kg potatoes (try to use ones that are good for mashing, I like to use Vivaldi)
 1 tbsp sunflower margarine
 a dash of unsweetened soya milk or cream if you're feeling extravagant
 A dollop of vegan mayonnaise
 Seasoning

To give a Mediterranean twist to the mince, add:

2 tsp oregano, 100g sundried tomatoes, 70g olives and / or 2 tbsp capers

Method

1. Sauté the mince in the oil for five minutes so it doesn't go soggy.
2. Then, add the onions, garlic and mushrooms, and let it cook for another five minutes, stirring every now and then to ensure it doesn't stick.
3. Add everything else. Bring to the boil and let it simmer uncovered for 20-25 minutes until it has reduced a bit. The final consistency should be thick but not dry.
4. Make the mashed potatoes by boiling the potatoes in water for around 20 minutes until they are soft but not falling apart.
5. Drain, add the milk, mayo and margarine, and mash until they are nice and creamy, not crumbly.
6. When both are ready put a layer of mince in a baking dish, mince and then cover with mash.
7. Fork it over so it covers the mince evenly. You may also brush the top with a little bit of olive oil to give it a nice crisp, then pop in the oven until golden.
8. Around 30 minutes at 180 °C should do it but add slices of vine-ripened tomatoes or olives to the top halfway through.

Ingredients

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

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

Potato and Spinach Curry

Serves 2-3

by Jason Gillespie

Method

1. Fry the onions in the oil gently for 8-10 minutes until translucent.
2. Add the garlic, ginger and ground spices, and fry for another 2-3 minutes, stirring.
3. Add the potatoes, and stir until they are covered with the spices.
4. Add 120ml of water, and cover. Let the potatoes steam for 7-10 minutes. Stir every so often, and add a little more water if it dries out.
5. When the potatoes are soft, stir in the spinach leaves, and cook them for three minutes until wilted.
6. Season to taste.



Spaghetti Bolognese

Serves 4

Leona Lewis style!

This compassionate and super-talented singer has been vegetarian from the age of 12 and more recently transitioned to a vegan lifestyle after learning of the health risks associated with dairy and eggs. Her favourite meal is a great choice and a national favourite - good old spag bol. Try this quick-to-prepare, flavoursome recipe as a super mid-week meal with a fresh green salad and a hunk of garlic bread.

Ingredients

350g frozen soya mince
2 tbsp olive oil
1 onion, finely chopped
1 stick of celery, finely chopped
200g mushrooms, finely chopped
2 garlic cloves, crushed
400g tin chopped tomatoes
100ml red wine
1 tbsp tomato ketchup
1 tbsp tomato purée
1 tsp dried oregano
1 tsp dried marjoram
1 vegetable stock cube dissolved in
200ml boiling water
Handful of fresh basil leaves, torn, for
garnish
Salt and pepper
350g spaghetti

Method

1. Heat the oil in a pan, and fry the onion and celery gently for five minutes. Add the mushrooms and garlic, and fry for 2-3 minutes more.
2. Stir in the soya mince and add the tomatoes, tomato purée, red wine, tomato ketchup, tomato purée, dried herbs and stock. Cover and simmer gently for a further 8-10 minutes while you cook the spaghetti.
3. Check the seasoning and serve with the basil leaves scattered over the top.



He's hilarious but you know what he doesn't find funny? Animal suffering. John Bishop became vegetarian in 1985 after he saw a cow being slaughtered and he's never looked back. After all, who needs beef for burgers when you can make them from beans?

Chickpea Burgers

by John Bishop

Makes 2-4 burgers

Ingredients

- 1 small onion, finely chopped
- 4 tbsp olive oil
- 1 clove garlic, peeled and minced
- 1 x 400g can chickpeas, drained
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- A squeeze of lemon juice
- 1 tbsp tahini
- A little plain flour
- Salt and pepper

Method

1. Gently fry the onions over a medium heat in half the oil until they are soft and translucent. Add the garlic and fry for another minute, stirring.
2. Mash the chickpeas with a fork or a potato masher, and add them to the onions, along with the cumin and paprika. Cook stirring for another three or four minutes.
3. Add the lemon juice, and stir in the tahini to bind the mixture. Season to taste.
4. Form the mixture into four burgers, and coat them in flour, then fry them in the remaining oil for four minutes on each side.
5. Serve with a green salad.

Thai Red Curry

Serves 4

by Anthony Mullally

Ingredients

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

Method

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

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

Parmigiana di Melanzane

by Peter Egan

Serves 4

Ingredients

2 tbsp olive oil, plus extra for brushing
3 cloves garlic, crushed
3 sprigs of thyme
8 sage leaves, finely chopped
4 x 400g cans chopped tomatoes
3 tbsp red wine vinegar
3 tbsp caster sugar
4 large aubergines, sliced lengthways
as thinly as possible
150g melting vegan cheese, grated - try
Violife for Pizza, or VBites Cheezly Edam
Style (Melting)
85g white breadcrumbs
50g pine nuts
Handful of basil leaves

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

Method

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



Jack is a chef, a writer, an activist and - since taking part in Veganuary 2016 - a vegan. She creates incredibly tasty meals that cost very little to prepare, and many of her recipes can be found at www.cookingonabootstrap.com These Not Meatballs are a firm favourite in the Monroe household, and they will be in yours, too.

Not Meat Balls by Jack Monroe

Serves 4

Serves 4

Ingredients

2 aubergines
2 red or white onions
2 cloves garlic
2 red chillis
2 tbsp black olives, finely chopped
6 tbsp oil
Juice and zest of 2 lemons
2 slices bread - either fresh or slightly stale
Handful fresh basil

Method

1. Cut the stems off the ends of the aubergines and halve lengthways. Dice the flesh into small pieces and pop into a medium non-stick saucepan or frying pan.
2. Peel and finely slice the onion and garlic, chop the chilli as finely as you can, and add these plus the olives to the aubergine in the pan, along with 1 tablespoon of the oil. Cook on a medium heat for about 10 minutes to brown and soften.
3. Grate over the lemon zest, squeeze in the lemon juice and, once the aubergines are soft, tip everything into a mixing bowl. Grate the bread over the top, finely chop the basil and mix in well. (If it does not mix, try blending and adding more breadcrumbs.)
4. Shape the mixture into tablespoon-sized balls with your hands. Put the remaining 2 tablespoons of oil in a frying pan and carefully fry the aubergine balls in batches until browned all over. Remove with a slotted spoon and serve with extra lemon juice and torn basil to taste.



Portobello Wellington with Red Wine Sauce

by **Kristina Rihanoff**

Serves 4

Kristina is a professional dancer, renowned for her extraordinary routines on Strictly Come Dancing. As well as performing, she teaches yoga and dancing, and maintains her incredible fitness on a vegan diet. This is her delicious Portobello Wellington, which is perfect for special occasions.

Ingredients for the wellington

- 2 cups baby spinach
- 125g shiitake mushrooms
- 1 cup white button mushrooms
- 3 small shallots, peeled and roughly chopped
- 3 garlic cloves, peeled and roughly chopped
- 2 sprigs fresh tarragon, stemmed
- 2 tsp vegan butter
- ¼ cup vegetable stock
- Black pepper to taste
- 4 Portobello mushrooms
- 1 sheet vegan puff pastry

Ingredients for the sauce

- ½ cup red wine
- 1 ¾ cups low-sodium vegetable stock
- 2 tablespoon date syrup





Method

1. Preheat the oven to 400°F / 200°C.
2. Add spinach, shiitake, button mushrooms, shallots, garlic, and tarragon to a food processor and pulse until finely chopped.
3. Add the vegan butter to a large sauté pan and set over medium heat. Add the mushroom mixture and vegetable stock and sauté for 10 minutes until most of the liquid has evaporated. Season with a pinch of black pepper and set aside to cool.
4. Gently scrape the gills from inside the portobello mushrooms with a spoon. Place the mushrooms on a baking tray lined with parchment paper or use a non-stick baking tray. Bake in preheated oven for 10 minutes, then set aside.
5. Cut the pastry sheet into four equal parts. Using a spoon, cover each mushroom with a layer of the mushroom / spinach mix, making sure to fill the cavity of the mushroom.
6. Place one mushroom in the centre of each pastry sheet, cavity side up. Fold the pastry around the mushrooms and press down lightly with fingers to make sure it is sealed completely. Place the mushrooms, with folded side down, on a baking tray lined with parchment paper. And cook for in the oven until the pastry is golden brown - about 20-25 minutes.
7. Make the red wine sauce by combining the red wine and vegetable stock in small saucepan. Simmer uncovered for 20 minutes. Stir in the date syrup and set aside. Reheat on low right before serving and drizzle over the wellingtons.
8. Serve with roasted potatoes and glazed baby carrots.



Gluten-Free Pizza

A **Pamela Anderson**
family fave

Serves 4

Ingredients for the pizza sauce

- 6 tbsp olive oil
- 2 medium onions, peeled and finely chopped
- 5 garlic gloves, peeled and finely chopped
- 2 x 400ml tins chopped tomatoes
- 6 tbsp tomato purée
- 1 tsp chili powder
- 2 tsp dried oregano
- Salt and pepper to taste

Actress, author, model and activist, Pamela has a long history of campaigning for animals and, as a vegan of many years, she really leads by example. She takes care of herself but eating healthily does not mean eating boring. So, what does Pamela like to eat? Home-made gluten-free pizza with dairy-free cheese! Try this delicious and unusual pizza recipe, and alter the toppings to suit your taste.

Method for the pizza sauce

1. In a large pan, put the oil, onions, garlic, 75ml of water and a large pinch of salt.
2. Boil for 8-10 minutes until the water evaporates, and the onions are translucent and sizzling.
3. Add the tomatoes and cook until almost dry, then add the purée, chilli and oregano. Cook for 2-3 minutes more, stirring so it doesn't stick. Season.

Ingredients for the sweet potato base

2 large sweet potatoes, cut into small cubes

1 ¼ cup gluten-free oat flour

1/3 cup ground almonds

1 tbsp olive oil

1 tbsp apple cider vinegar

1 tsp dried basil

1 tsp dried oregano

1 ¼ tsp garlic powder

½ tsp sea salt

Pinch of chilli flakes (optional)

Method for the sweet potato base

1. Heat the oven to 200 °C.
2. Steam the sweet potato for 30 minutes or until tender. Then mash it in a large bowl and add in all the other ingredients. Mix well.
3. Line a pizza pan with parchment paper and spread the pizza base onto it using a spatula. Spend a little time to make it as smooth as you can.
4. Bake for 25-30 minutes or until the crust is set and the edges are a little browned.
5. Add your sauce to the top, and spread it across the surface.
6. Load up whatever toppings you like ... olives, artichokes, capers, pineapple, sweetcorn kernels, veggie sausage, sundried or fresh tomatoes, some grated dairy-free cheese. Return to the oven for 5-10 minutes.





Sweet Treats



Chocomole

Hitting the right note for Jason Mraz

Serves 4-6

If, like singer-songwriter and plant-based foodie Jason Mraz, you love a pud but don't want the sugar crash that follows, try his favourite chocolate mousse recipe, made with creamy avocados and sweetened with dates and maple syrup. It's seriously good!

Ingredients

- 16 Medjool dates, pitted and coarsely chopped
- 3 ripe avocados
- 1 cup unsweetened almond milk or coconut milk
- 1 cup unsweetened cocoa powder
- 1/4 cup pure maple syrup or agave nectar
- 1 tbsp coconut oil
- 1 tsp vanilla extract
- Pinch of sea salt
- Edible cake decorations of your choice



Method

1. Soak the dates in hot water for 5-10 minutes until soft. Drain.
2. Peel and de-stone the avocados, and blend their flesh with the milk, cocoa, syrup, coconut oil, vanilla extract and salt.
3. Place into ramekins and chill for three hours before serving.





Ingredients for the icing

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

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

100g cocoa powder

650-750g icing sugar

80ml soya milk

1 tbsp rose water

by **Carl Donnelly**

Turkish Delight Chocolate Cupcakes

**Makes 12 large
cupcakes**

Carl is a comedian, writer and vegan. He's also a pretty good chef, and these are his favourite cakes, and in his own words...

Method for the icing

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

Ingredients for the cakes

170g self-raising flour
 30g cocoa powder
 200g caster sugar
 1/4 tsp bicarbonate of soda
 1/4 tsp baking powder
 Pinch of salt
 200ml soya milk
 20ml cider vinegar
 80ml vegetable oil
 1 tbsp rose water (Feel free to add a tiny bit more if you want the Turkish Delight flavour to be more potent)


What to do next:

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

Method for the cakes

1. First off get the oven preheating to 180 °C (350 °F).
2. Now pour the soya milk and cider vinegar into a jug/ cup/bowl together, stir and let sit while you're getting everything else sorted.
3. Mix all of your dry ingredients in a large bowl and make a little well in the middle.
4. Add your wet ingredients (including the milk and vinegar mix) and gently fold together being careful not to over mix.
5. Pour into your cupcake cases which should now be in the cooking tray (I recommend good quality greaseproof cases). I tend to transfer the mix into a glass jug from the bowl to make the pouring into the cases easier.
6. Cook for 15-18 minutes (just keep an eye on them and have a little check around the 15-minute mark to see if they need a couple more minutes).
7. Take the trays out of the oven and let cool for five minutes before removing the cakes and cooling on a wire tray until ready for icing.
8. Quick side note: If you're making a lot of cakes for a party etc, you can make these in advance and freeze them to be iced later. A little trick is to ice them having just taken them out of the freezer the morning of the party as the icing sets quicker while the cake thaws.





Musician, vegan and animal activist Moby is a real foodie - so much so that he opened his own vegan restaurant in California, with all profits going to animal protection causes. His chosen dessert - or at least one of the many he loves - is a strawberry shortcake.

Strawberry Shortcake

A classic loved by **Moby**

Ingredients

For the shortcakes:

200g dairy-free margarine
1 tsp vanilla essence
100g caster sugar
300g plain flour, sifted

For the cream:

1 x 400ml can of full fat coconut milk, refrigerated overnight
75g icing sugar
½ tsp vanilla extract

And don't forget...

16 strawberries

Method

1. In a bowl, cream together the margarine, vanilla essence and sugar. Stir in the flour and mix into a dough. Wrap the dough in cling film and chill in the fridge for 30 minutes.
2. Heat the oven to 160 °C and line a baking tray with parchment paper.
3. Roll out the chilled dough to about a ½ cm thickness and, using a cookie cutter, cut into rounds. Place them on the baking sheet, sprinkle with a little extra sugar and bake for 12-15 minutes.
4. Leave to cool for at least 10 minutes.
5. To make the coconut cream, chill a large mixing bowl for 10 minutes, then take the chilled, hardened coconut milk from the fridge and scrape out the thickened cream, leaving behind the liquid.
6. Beat for 30 seconds until creamy, then add the icing sugar and vanilla extract.
7. Slice fresh strawberries and cover one shortcake with them. Cover in cream, and add another shortcake to the top. Sprinkle with icing sugar and half a strawberry to serve.

Ingredients

2 ½ cups toasted pecans, finely chopped

1 cup digestive biscuits, broken into crumbs

1 cup brown sugar

½ tsp salt

2 tbsp maple syrup

¼ cup bourbon

1 tsp vanilla extract

200g dark chocolate

Method

1. First off get the oven preheating to 180 °C (in a medium bowl, stir together the chopped pecans, biscuit crumbs, brown sugar and salt.
2. Add the maple syrup, bourbon and vanilla extract, and stir well.
3. Form into walnut-sized balls and place on a non-stick sheet. Freeze for at least two hours.
4. Line a baking sheet with parchment paper.
5. Melt the chocolate in a heat-proof bowl over a pan of boiling water. Dip the truffles into the chocolate, either all the way or to cover just half. Let them sit for 15 minutes before eating.

Boozy Pecan Pie Truffles

Mayim Bialik's favourite!

Mayim is probably best known for playing Dr Amy Farrah Fowler in The Big Bang Theory. But she is also a neuroscientist and became vegan after reading Eating Animals by Jonathan Safran Foer. This is her recipe for rich, boozy truffles.





Sticky Toffee Pudding

For **Madonna**,
it's the Queen of Desserts

Serves 6



Ingredients for the sponge

- 250ml soya milk
- 100ml water
- 200g dates
- 1 tsp bicarbonate of soda
- 115g dairy-free margarine
- 115g soft brown sugar
- 200g white self-raising flour
- 1/8 tsp ground nutmeg
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- 6 walnut halves, optional

Yes, the Queen of Pop loves a sticky toffee pudding, and this sweet, rich, satisfying dessert is a firm favourite at Veganuary HQ, too. Try out this recipe and then hit the dancefloor to burn off those calories!

Method for the sponge

1. Chop the dates into quarters and put them in a small saucepan. Cover them with the soya milk and water and simmer until they are soft.
2. Take off the heat and stir in the bicarbonate of soda, which will froth as you add it to the date mixture.
3. Leave to cool a little for about 15 minutes.
4. Pre-heat the oven to 190 °C/ gas mark 5.
5. Grease and line a 20cmx 20cm shallow cake tin with baking parchment.
6. Beat together the margarine and sugar until creamy. Add the date mixture and stir in.
7. Mix the spices into the sieved flour. Then fold the flour into the sponge mixture and spoon the this into the prepared tin.
8. Bake in the pre-heated oven for 30 minutes or until the sponge bounces back when pressed.

A close-up photograph of a slice of cake on a white plate. A thick, dark brown toffee sauce is being poured from a spoon onto the cake, creating a glossy, reflective surface. The cake itself is a light brown color with some darker spots, possibly chocolate chips or raisins. The background is a dark, solid color.

Ingredients for the toffee sauce

100g golden syrup
200g soft brown sugar
150g dairy-free margarine
100ml soya cream
1 tsp vanilla essence

Method for the toffee sauce

1. Melt the syrup, margarine, sugar and vanilla essence in a small saucepan.
2. Simmer for 5 minutes without stirring.
3. Leave to cool slightly and then stir in the soya cream.
4. Prick the pudding all over and pour half the hot sauce over the pudding. Serve the rest with the pudding and, if you like, a scoop of vanilla soya ice cream and walnuts to decorate

Chocolate Cake

is top of Peter Tatchell's list

Ingredients for the cake

1 1/4 cups SR flour
1 cup sugar
1/3 cup unsweetened cocoa powder
1 tsp baking soda
1/2 tsp salt
1 cup warm water (or use coffee to make it a mocha cake)
1 tsp vanilla extract
1/3 cup vegetable oil
1 tsp apple cider vinegar

Ingredients for the glaze

1/2 cup sugar
4 tbsp margarine
2 tbsp soy milk
2 tbsp unsweetened cocoa powder
2 tsp vanilla extract

Note: this makes one cake; double the quantities if you wish to make a layer cake. Use the icing recipe from the cupcakes on page 30 minus the rose water for the filling.

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

Method for the cake

1. Preheat the oven to 180 °C / 350 °F.
2. In a bowl, mix together the flour, sugar, cocoa, baking soda, and salt with a fork, making sure it is really blended together. Add the water, vanilla, oil, and vinegar, and again, mix together well.
3. Transfer the mixture to an 8x8 square cake tin.
4. Place in oven and bake for about 25 minutes, or until a knife comes out clean. Cool on a rack completely (2 hours).

Method for the glaze

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



Raw Vegan Bajadera Cake

Kellie Bright's
favourite, by Mell

Kellie Bright is best known for playing Linda Carter in EastEnders. She is an amazing actress, a wonderful person and a Veganuary supporter. When asked for her favourite recipe, she did not hesitate. It is this rich, raw and delicious cake created by Mell from CakeMeHappyyyyByMell (Thanks for your permission, Mell!)

Makes 16 thin slices
or 8 fatter cakes

Method

1. Make the base layer by mixing all the ingredients in a food processor until you get a nice thick paste. Press it to the bottom of a cake pan and put it in the freezer for about 20 mins.
2. Make the middle layer by mixing all the ingredients together in a food processor until you get nice creamy paste. Add the paste onto the first base and put it back in the freezer for about 30 mins.
3. Make the top layer by mixing all the ingredients together and layer on top of the cake. Decorate with coconut flakes or rough chopped almonds. It can be served straight away

Base layer

½ cup almonds

½ cup hazelnuts

¾ cup dates

1 tbsp almond butter

Middle layer

1 cup of cashews already soaked overnight / 8 hours in warm water

½ cup almonds

1 tbsp almond butter

3 tbsp coconut oil

½ cup maple syrup

Top layer


3 tbsp organic cacao

1/3 cup coconut oil

3 tbsp maple syrup

Coconut flakes or rough-chopped almonds to decorate

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