



After reading our report on page 6 you may well want to change your eating habits. Here's a little sample of...

Dairy-free dining

There is life after dairy and it doesn't even mean ditching your favourite foods, no matter how long you've relied on cream and cheese and butter. These easy alternatives will tickle your taste buds, fool your senses and improve your health. If you want masses more, look at the website of our sister group,

Viva!, at www.viva.org.uk. Or send for our jointly produced, 36-page colourful recipe guide, *How to be Dairy-free*. It's yours entirely free – simply ring 0117 970 5190 or write to the VVF at, Top Suite, 8 York Court, Wilder Street, Bristol BS2 8QH! Please mention the name of the guide.

Tasty Tofu Salad (Pictured above)

About 6 servings - also great in sandwiches.

450g firm plain tofu, drained and patted dry	2 thin stalks celery, finely chopped
240ml water	½ large red pepper, finely chopped
60ml/4tbsp shoyu type soya sauce (Kikkoman or Clearspring)	4 spring onions, thinly sliced
	1 cup vegan mayo

1. Cut tofu into 2.5mm slices.
2. Place in two shallow dishes in a single layer.
3. Combine water and soya sauce and pour over tofu.
4. Marinate for 15-30 minutes.
5. Meanwhile, preheat oven to 400°F/200°C/Gas Mark 5.
6. Coat a baking tray with oil and add marinated tofu in a single layer.
7. Bake until deep gold – about 30 minutes.
9. Cool, cut into thin strips, place in serving bowl with rest of ingredients and coat with mayo. Chill before serving.



Cheezy Sauce...with three variations

Serves 4-6

And very tasty it is too! This super-quick, vegan cheese sauce is great with macaroni, potatoes and greens or baked potatoes.

Version 1

180ml + 2 tbsp water	1 tbsp fresh lemon juice
6 tbsp tahini	2 tbsp chopped shallot
2 tbsp nutritional yeast flakes	finely chopped (=1 medium shallot) or equivalent red onion
(Engevita/Marigold yeast flakes sold in good health stores)	2 tbsp light miso

1. Combine all ingredients and blend until smooth.

Version 2 – low fat

As above, except reduce tahini to 2 tbsp and add 60g/4tbsp/¼ cup silken tofu

Version 3 – smoked flavour

As version 1 or 2, except add a pinch of smoked paprika – available in big supermarkets, delis or health shops.



Raspberry and Almond Syllabub

(Serves 8)

225g silken tofu (red packet)
450g soya cream
450g fresh raspberries
2 tbsp caster sugar
3 tbsp ground almonds
flaked almonds to decorate

1. Beat the tofu into the cream.
2. Blend two-thirds of the raspberries and add to cream together with sugar.
3. Stir in the ground almonds followed by whole raspberries.
4. Put in the fridge to chill. To serve, decorate with toasted, flaked almonds (place flaked almonds on tin foil under grill, stirring occasionally. Don't take your eyes off them – they brown suddenly!).

Mushroom Risotto (serves 4)

5 tbsp virgin olive oil	1 pack Merchant Gourmet dried porcini mushrooms
4 cloves garlic, finely chopped	350g Arborio risotto rice
1 bunch spring onions, chopped small (including green tops)	2 Green Oxo cubes
100g oyster mushrooms	2 tsp dried mixed herbs
300g button mushrooms	750 ml water or vegetable stock

1. Soak porcini mushrooms in warm water for 20 mins
2. Heat oil on medium in a heavy-bottomed saucepan, add garlic and fry for 1 min.
3. Add spring onions and fry for 2 minutes more.
4. Add all fresh mushrooms and fry for 5 mins.
5. Add porcini mushrooms, reserving soaking water.
6. Add herbs
7. Add rice and stir.
8. Crumble Oxo cubes over.
9. Add mushroom water.
10. Reduce heat to low, add water or stock little at a time, stirring.

The risotto is done when the rice grains are soft but still have 'bite'. It should be slightly sloppy. Goes beautifully with onion marmalade. Finely slice four large red onions and cook over a very low heat until caramelised. Add three heaped teaspoons of marmalade, a little water, stir and decorate the plate around the rice. Serve with a green salad.