

Celebrate Burns Night and Valentine's Day



Want an excuse to celebrate between Christmas and Easter? On 25 January, join Scots worldwide by indulging in our vegetarian take on the traditional Burns supper fare. And why not give a little loving on 14 February, by indulging in our delicious Valentine's Day feast?

Creamed Swede Soup with Rosemary Herbed Croutons

SERVES 4-6, VEGAN, CAN BE GLUTEN-FREE*

Ingredients

Soup

- 1 onion, diced
- 2 large carrots, diced
- 1 medium potato, diced
- ½ swede (approx. 500g), diced
- 2 garlic cloves, finely chopped
- 1 tsp oregano
- 3 bay leaves
- 800ml/28fl oz (*gluten-free) vegetable stock
- Fresh cracked black pepper
- Non-dairy cream

Croutons

- 6 slices thick (*gluten-free)
- wholemeal bread, torn or diced into large pieces
- 2 sprigs rosemary
- Salt and pepper for seasoning
- 75ml/5 tbsp olive oil (or garlic infused oil)

- 1 Preheat oven to 190°C/375°F/gas mark 5.
- 2 In a large non-stick pan, heat 3 tbsp of oil and slowly sauté the onion for 5 minutes until soft. Add the rest of the diced vegetables and garlic and continue to cook for another 5 minutes.
- 3 Add the herbs, making sure the vegetables are well coated, and fry for another couple of minutes, making sure it doesn't stick.
- 4 Add the stock and simmer for 20–25 minutes until the vegetables are soft.
- 5 While the soup is cooking, toss the bread, rosemary, salt, pepper, and oil in a large bowl, making sure the bread is well coated, and spread on a non-stick baking sheet. Place in the middle of the oven and bake for 10–15 minutes. Keep an eye on the bread to make sure it doesn't burn. Once browned remove from the oven.
- 6 Allow the soup to cool for 5 minutes. Blend until smooth and add the non-dairy cream and a generous helping of cracked black pepper and croutons.



Haggis Wellington, Clapshot, and Creamy Whisky Sauce

SERVES 4-6, VEGAN

Ingredients

Haggis Wellington

- 1 packet vegan puff pastry
- 2 onions, one sliced, and one diced
- 1 tsp granulated sugar
- 30ml/2 tbsp balsamic vinegar
- 1 large McSweens Vegetarian Haggis
- 1 garlic clove, finely chopped
- 200g/7oz mushrooms, finely chopped
- 1 tbsp freshly chopped rosemary
- Salt and pepper

Clapshot

- 500g/1lb 1½oz floury potatoes, peeled and cubed
- 350g/scant 12½oz swede or turnip, peeled and cubed
- 1 large carrot, peeled and cubed
- Vegan margarine
- 100ml/3½fl oz non-dairy cream
- Salt

Creamy Whisky Sauce

- ½ onion, finely diced
- 250ml/scant 9fl oz non-dairy cream
- 100ml/3½fl oz vegetable stock
- 1 tbsp wholegrain mustard
- 1 tsp Dijon mustard
- 2 tbsp whisky
- 1 tsp lemon juice
- 1 tsp parsley

- 1 Preheat the oven to 200°C/400°F/gas mark 6. Remove pastry from fridge to bring to room temperature.
- 2 Caramelise the sliced onion over a low heat in 1 tbsp margarine for 10 minutes.

Add the sugar and balsamic vinegar and sauté for another 10–15 minutes on a low heat until soft. Set aside to cool.

- 3 Spread haggis on a plate and microwave on high for 5 minutes.
- 4 In a large non-stick pan cook the diced onion and garlic over a low heat in 2 tbsp oil for 5 minutes. Once softened, add the mushrooms and rosemary. Cook until most of the liquid has been reduced – around 10 minutes. Combine the onion and mushroom mixture with the haggis in a large bowl. Allow to cool.

- 5 Roll out pastry on a greased and floured baking sheet. Spoon the onions down the middle, and top with the haggis and mushroom mixture. On either side of the filling, cut the pastry into diagonal strips around 2cm (¾in) wide. Fold these over the filling in a plait shape and tuck in the ends. Don't be tempted to add the mixture warm because the pastry will not cook properly.

- 6 Bake in the middle of the oven for 30–40 minutes. Meanwhile, boil the Clapshot vegetables for 20 minutes. Drain, then mash with the margarine and 'cream', and season to taste.
- 7 Remove wellington from the oven and allow to stand while making the creamy whisky sauce.

- 8 Sauté the onion for 5 minutes until soft, add the 'cream' and stock, and cook for a further 5 minutes. Once thickened add all other ingredients. Serve alongside the meal.



Baked Raspberry Cheesecake with Raspberry Sauce and Cream

SERVES 4-6, VEGAN

Made with one of Scotland's finest fruits, this cheesecake is a decadent take on any regular Burns Night dessert.

Ingredients

For the base

- 150g/5oz ginger biscuits
- 150g/5oz rich tea biscuits
- 200g/7oz melted vegan margarine

For the filling

- 400g silken tofu
- 4 tbsp cornflour
- 250g/scant 9oz caster sugar
- 5 tbsp vegan yoghurt, plain or vanilla
- 75ml/5 tbsp non-dairy milk
- 1 tsp vanilla extract
- 100g /3½oz fresh raspberries

For the sauce

- 200g/7oz frozen raspberries
- 1 tbsp granulated sugar

To serve

- Non-dairy cream

1 Preheat the oven to 150°C/300°F/gas mark 2. Grease a 20cm deep flan case or spring-form tin with vegetable margarine.

2 To make the base, crush the biscuits until fine, then add margarine making sure it's well mixed. You can do this in a blender or with the biscuits in a bag with a rolling pin. Once mixed, press on to the base of the tin to form an even layer. Set aside until later.

3 In a blender add the tofu, cornflour, sugar, yoghurt, non-dairy milk and vanilla extract, and blend until smooth. You can also use a hand blender.

4 Pour half the tofu mixture on to the base and add half the fresh raspberries. Then pour on the remaining mixture and drop the last of the raspberries on the top. Allow the raspberries to show.

5 Bake in the centre of the oven for 60 minutes. Once cooked, allow to cool completely.

6 Make the sauce once the cheesecake has cooled. Heat the frozen fruit and sugar in a pan on a low heat for 5 minutes. The sauce can be served hot or cold with non-dairy cream.



Beetroot, Fennel, Orange and Dill Salad

SERVES 2, VEGAN, RAW, GLUTEN-FREE

Ingredients

- 1 medium fennel bulb
- 2 large beetroots
- 2 oranges along with their juice
- A few handfuls of dill
- 150g/5oz handful of mixed salad leaves
- Juice of ½ lemon
- 45ml/3 tbsp olive oil
- 30ml/2 tbsp apple cider vinegar
- Salt
- Pepper

1 Finely slice the fennel and beetroot.

2 Cut the orange into small segments removing the pith (the white part).

3 Finely chop the dill.

4 Combine all the ingredients, mixing well.

5 Season with salt and pepper to taste.

*“My love is like a red, red rose”,
Robert Burns, A Red, Red Rose*

Creamy Polenta with Mushrooms and Truffle Oil

SERVES 2, VEGAN, CAN BE GLUTEN-FREE*

Decadence without the price tag: truffle oil typically costs just £1.00 per 100ml!

Ingredients

- 4 tsp (*gluten-free) vegetable bouillon
- 1.175l/40fl oz water
- 340g/12oz polenta or 'cornmeal'



- 470ml/16fl oz soya milk (or vegan milk of choice)
- 60ml/4 tbsp olive oil
- 1 shallot or small white onion, finely diced
- 180g/7½ ounces mixed mushrooms, chopped
- ½ tbsp soy sauce or *tamari
- 1 clove garlic (minced)
- 85g/3oz nutritional yeast
- Salt
- Pepper
- Generous drizzle of truffle oil

- 1 Dissolve the bouillon in the water, and bring to the boil in a pan.
- 2 Gradually add the polenta to the water, whisking all the time.
- 3 Reduce the temperature of the pan and whisk regularly.
- 4 When the water has been absorbed add the soya milk.
- 5 Heat a frying pan then add 2 tbsp of oil. Fry the diced shallot or onion until softened.
- 6 Add the mushrooms and fry until golden brown (about 8 minutes). If a lot of juice comes from the mushrooms then add this to the polenta. Add soy sauce/tamari towards the end of frying.
- 7 The polenta should be cooked after about 15–20 minutes. Add the minced garlic, nutritional yeast, and the remaining olive oil, and season with salt and pepper to taste.
- 8 Serve into bowls, topped with the mushrooms, and finally a generous drizzle of truffle oil.

Valentine's Day Flourless Beetroot Chocolate Cake

SERVES 14, VEGETARIAN, CAN BE VEGAN^{VG}, CAN BE GLUTEN-FREE*

Ingredients

- Coconut or vegetable oil (for greasing tin)
- 300g/10½ oz good-quality (^{VG}vegan) dark chocolate (at least 70% cocoa solids)
- 260g/9oz raw beetroot
- 4 large free-range eggs or 175ml ^{VG}aquafaba – the liquid from a can of chickpeas
- 150g/generous 5oz coconut sugar or other sugar of your choice
- 120g/generous 4oz ground almonds
- 1 tsp (*gluten-free) baking powder
- 1 tbsp cocoa powder
- Natural yoghurt, ^{VG}coconut yoghurt, or ^{VG}soya yoghurt to serve

- 1 Preheat the oven to 180°C/350°F/gas mark 4.
- 2 Lightly grease the bottom and sides of a 20cm cake tin with oil.
- 3 Break the chocolate up into small pieces and add to a heatproof bowl. Place the bowl on top of a small pan of simmering water over a medium heat, and allow the chocolate to melt, stirring occasionally. Once melted, remove from the heat and put to one side.
- 4 Peel and halve the beetroot, then grate, before tipping into a large mixing bowl.
- 5 Separate the eggs, placing the whites into a large clean mixing bowl, and adding the yolks to the beetroot. If using aquafaba in place of eggs, skip this step.
- 6 Stir the sugar, almonds, baking



powder, cocoa powder, and melted chocolate into the beetroot and mix together well.

7 Use an electric or hand whisk to whisk the egg whites (or ^{VG}aquafaba) until you have stiff peaks. Then use a spatula to fold a quarter of the egg whites (or ^{VG}aquafaba) into the beetroot mixture to loosen. Once combined, fold in the rest of the egg whites (or ^{VG}aquafaba), but try not to over-mix.

8 Add the mixture to the prepared cake tin and spread out evenly. Bake in the hot oven for around 50 minutes, or until risen and cooked through.

9 Allow the cake to cool slightly, then carefully turn it out onto a wire rack to cool completely.

10 Serve with some yoghurt of choice.

(Useful tip: To check if the cake is cooked, insert a knife or skewer into the middle of the sponge for 5 seconds. If it comes out clean the cake's cooked; if it's slightly sticky it needs a bit longer.)



Vegetarian for Life supports older vegetarians and vegans and those who cater for them.

A quick visit to our website www.vegetarianforlife.org.uk will show you the scope of our work and the wide range of helpful resources that we can offer you. These include:

- UK List of veg-friendly care homes
- Catering and healthy-living guides
- Nutritional advice
- Charitable grants to aid independent living and respite care
- Subsidised caterer training for UK List members.

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