



VEGAN FESTIVAL



VEGAN FESTIVAL ADELAIDE

Vegan Cookbook

Delicious Vegan Recipes from the 2017
Cooking Demonstrations



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FOREWORD

The increase in dedicated vegan-based cafes but also the number of mainstream restaurants and pubs offering vegan menus is really noticeable in our city. Having been involved with Vegan Festival Adelaide for three years and been vegan for much longer, it is so inspiring and satisfying to watch the diversity of vegan foods grow. There are some incredible and creative flavours happening in plant-based wholefoods but a lot of fun, 'naughty' vegan selections out there too.

Vegan Festival Adelaide is incredibly proud to feature amazing vegan chefs, both local and from further afield. Here we share the delicious recipes that were brought to Vegan Festival Adelaide 2017 with you. This fantastic collection is produced by kind permission of the Cooking Demonstrators, who also donated their time and skills during the Festival. We all hope you enjoy trying these dishes at home and are inspired to experiment and create even more amazing, cruelty-free food for yourself.

So, let's toast to how far the vegan movement has come, let's protect and enjoy this beautiful planet of ours, and let's make vegan the new black!

Lea x

Lea McBride
Director and Festival Coordinator



ALFIE'S KITCHEN

Alfie's Kitchen is an alternative vegan food company that values creative, sustainable, and wholesome food practices. They work with like-minded small producers who share their vision and passion for produce. Alfie's focusses on how food brings people together as well as connecting their diners to the field.

Alfie's Kitchen is a vegan pop-up restaurant, a mobile catering kitchen, and a producer of pickles. The menus are inspired by the seasons and the produce is sustainable and traceable to origin. Local practitioners, makers, producers, and growers in the community are showcased, whilst the team practices ethical food production and sustainable business methods.

Alfie's Kitchen: Taking the time to do things thoughtfully

Macadamia cream
Smoked celeriac
Sauté mushrooms
Smoked mushrooms

Persimmon jam
Mushroom crumble
Pickled persimmon

ALFIE'S

KITCHEN



Find Alfie's Kitchen online:
Website: alfieskitchen.com.au
Instagram: [@alfieskitchenaustralia](https://www.instagram.com/alfieskitchenaustralia)
Facebook: [@AlfiesKitchenAustralia](https://www.facebook.com/AlfiesKitchenAustralia)



INTRODUCTION

Alfie's presented this Persimmon Dish at Vegan Festival Adelaide. This is a single dish made up of many elements that also work well on their own.

Alfie's had this to say of the dish:

"We developed this dish in Autumn, that beautiful time of year when we head into the forest to forage pine mushrooms. The combination of the elements in this dish make it textual, with some big flavours. We usually serve this as the last savoury course on our tasting menu."

MACADAMIA CREAM

100g Macadamia nuts
100g Cashew nuts
50ml Extra virgin olive oil
Gum leaves

1. Soak cashews in water overnight.
2. Roast macadamia nuts at 160°C in the oven for 20 minutes until golden brown.
3. In a flame proof tray, set fire to the gum leaves and leave smoke to soak in.
4. In vita mix blend everything at high speed until smooth.



Getting underway



SMOKED CELERIAC

Whole celeriac

1. Bake whole celeriac in preheated oven (200°C) for 1 hour.
2. Peel celeriac and rinse off any excess dirt.
3. Break up and flake the flesh of the celeriac then transfer to metal rack.



It's coming together

SAUTÉ MUSHROOMS

100g Fresh mushrooms
½ a lemon

“We like to forage pine mushrooms in the autumn months if not available we like to use oyster mushrooms for this dish.”

1. Pre-heat pan.
2. In a bowl, break apart mushrooms into smaller strips, season with sea salt and then drizzle with a good amount of olive oil.
3. Add to pan and cook 2-3 minutes per side.
4. Drizzle with freshly squeezed lemon juice.



The complete persmmon dish, don't worry you can make it bigger.



SMOKED MUSHROOMS

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½ a lemon
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3. Add to pan and cook 2-3 minutes per side.
4. Drizzle with freshly squeezed lemon juice.
5. In a flame proof tray set fire to the gum leaves and leave smoke to soak in for 20-40 minutes.
6. Lay out mushrooms flat onto a non stick silicon mat or paper and place into dehydrator or oven and dehydrate at 70 degrees for 12 hours.

PERSIMMON JAM

500g Persimmons (quartered)
50g Star anise
50g Cinnamon quills
100ml Water
100ml Extra virgin olive oil
2 bay leaves

1. Add all ingredients to a deep pot bring to boil then reduce heat to low.
2. Cook for 3-4 hours stirring regularly.
3. Remove spices and any seeds from persimmon.
4. In vita mix blend on high speed until smooth.



MUSHROOM CRUMBLE

500g fresh field mushrooms

½ lemon

Gum leaves

1. Pre-heat pan.
2. Slice the mushrooms and season with sea salt and then drizzle with a good amount of olive oil.
3. Add to pan and cook 5-10 minutes until all liquid is evaporated.
4. Drizzle with freshly squeezed lemon juice.
5. In a flame proof tray set fire gum leaves and leave smoke to soak in 20-40 minutes
6. Lay out the mushrooms flat onto a non-stick silicon mat or paper and place into dehydrator or oven and dehydrate at 70°C for 12 hours
7. In a food processor blitz mushrooms to a fine crumb texture.

PICKLED PERSIMMON

2 persimmon (unripe firm fleshed)

200ml white wine vinegar

200ml water

50g salt

10g coriander seeds

1. Shave persimmon using a vegetable slicer or a mandoline.
2. In a dry pan, toast coriander seeds until they become fragrant.
3. Add salt, vinegar, and water to pan bring to boil.
4. Cover the sliced persimmon in pickle liquid and leave to cool.



TO ASSEMBLE DISH

Fresh picked sea blight
wild fennel

1. Spoon a generous amount of macadamia cream into bowl.
2. Top with a handful of celeriac and a couple of pieces of sautéed mushrooms.
3. Add some persimmon jam to dish.
4. Cover the mix with a couple of pieces of pickled persimmon.
5. Season with mushroom crumble.
6. Garnish dish with a couple of smoked mushrooms and some coastal herbs.



Place the finishing touch

DR HELEEN ROEX-HAITJEMA

Dr Heleen Roex-Haitjema received her medical training in paediatrics at the Free University in Amsterdam, The Netherlands. Since 2010, she has been researching the medical and nutrition literature on the relation between nutrition and health. She became fascinated by the overwhelming number of studies pointing out that a healthy plant-based diet is not only preventative, but can also play a curative role in stopping and sometimes even reversing chronic diseases.

Heleen holds the Certificate in Plant Based Nutrition, Cornell University, New York and is the first Certified Food for Life Instructor in Australia, through The Physicians Committee for Responsible Medicine in Washington DC. She now runs 5-week courses in Adelaide.

Together with her husband Dr Alphonse Roex, PhD, Obstetrician/Gynaecologist, they present on Health and Nutrition backed by sound research for the general public, for Grand Rounds in hospitals, and for medical students in Australia and the Netherlands.

Fruited Breakfast Quinoa
Black Bean and Sweet Potato Chilli
Chocolate Berry Mousse



Find Heleen online:
Website: wholeplantshealth.com.au



FRUITED BREAKFAST QUINOA

Makes about 6 ½ Cup Servings

½ cup dry quinoa, well-rinsed
1 ½ cups vanilla rice milk or normal rice milk
2 tablespoons raisins
1 cup chopped fresh or canned apricots
¼ teaspoon vanilla extract

1. Combine the 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.

4. Transfer about 1 ½ cups to a blender and purée.

5. Return puréed mixture to the pan and stir to mix.

6. Serve warm or chilled.

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



Maybe have it for lunch too



Or this for lunch? Turn the page!



BLACK BEAN AND SWEET POTATO CHILLI

Makes 6 servings

1 tablespoon vegetable broth or water
1 cup onion, diced
3 garlic cloves, minced
2 teaspoons cumin powder
2 teaspoons chilli powder
1 teaspoon oregano
1 ½ cups cooked or canned black beans
1 ½ cups diced sweet potatoes
2 cups canned diced tomatoes
2 cups water

1. In a large pot, heat the tablespoon of water or vegetable broth.
2. Add the onion and garlic, stirring constantly so it does not stick. Add the salt, cumin, chilli powder, and oregano. Cook for 30 seconds to let off a delicious scent.
3. Add the sweet potato and cook for about 3 minutes.
4. Add the tomato, water, and beans. Cover and simmer for 15 to 20 minutes. Ensure the sweet potatoes are cooked.

Optional: Serve with avocado, chopped cilantro, and tortilla chips, rice, or quinoa.

Source: Alejandra Graf: piloncillovainilla.com

CHOCOLATE BERRY MOUSSE

Makes 4 ½ cup servings

500g soft silken tofu
2 tablespoons cocoa powder
⅓ - ½ cup maple syrup (to taste)
1 teaspoon vanilla or raspberry extract (optional)
1 whole banana, frozen or fresh
½ cup fresh berries

1. Place all ingredients in a blender and process until completely smooth.
2. Spoon into small bowls and chill well before serving.

Source: PCRM.org





It would be rude to refuse



PIP COOGAN

Pip Coogan has worked for many years in the food industry. She is the founder and owner of The Vegan Catering Company and has designed and delivers informative, fun, and interactive cooking classes in Brisbane. Pip runs and owns The Green Collective, a boutique Sales and Marketing business specialising in Australian made plant based foods, implementing them into national retail and food service businesses. There has never been such an exciting time for small up-and-coming plant-based businesses.

Mac 'n' Cheese
Fluffy Banana Cinnamon Pancakes



Everyday is Pancake Day!



Find Pip online:
Facebook: [@thevegancateringcompany](https://www.facebook.com/thevegancateringcompany)

MAC 'N CHEESE

2-3 cups dried macaroni
½ cup carrot, cut in chunks
1 ½ cups potato, cut in chunks
½ cup soaked raw cashews
¼ - ½ cup of soy or nut milk
½ brown onion
1 garlic clove
¾ -1 cup vegetable stock (or water from the boiled vegetables)
2 tbsp savory yeast flakes (nutritional yeast)
1 heaped tsp French mustard
1 tbsp lemon juice
1 tsp pink salt
shake of paprika

1. Soak cashews for a few hours or over night. Drain and rinse.
2. Boil potato and carrot till soft. Drain.
3. Cook macaroni as per packet instructions.
4. Sauté onion and garlic till soft and golden.
5. Add all ingredients (except macaroni) to your blender along with ½ - ¾ cup stock and blend.
6. Pour over cooked macaroni.

FLUFFY BANANA CINNAMON PANCAKES INGREDIENTS

1 ½ cups of plain flour
1 ½ tbsp baking powder
1 ½ cups non-dairy milk (I use soy or cashew)
3 tbsp fine organic raw sugar
½ tsp cinnamon
2 mashed ripe bananas
3 tbsp rice bran oil
pinch of salt
Nuttelex for frying

1. Mix all ingredients together, let sit for a few minutes.
2. Melt Nuttelex and pour in small portions of the batter.
3. Cook until light bubbles appear on the top.
4. Flip over and cook for another half minute.
5. Top with fresh fruits or syrup.



BOB BOWLS CATERING CO.

With a little bit of love and creativity vegan food can be done right and overflow with flavours.

Influenced by Bob Marley's lifestyle of love, unity, and respect for all beings on the planet the business was born. Bob Bowls Catering Company started in April 2016, a market food stall that provides hungry customers with a nutritional, well-balanced bowl that is not only satisfying but packed with taste! Now, the team provide a catering service and cooking lessons.

Jessie Morris is driven to cook 100% vegan, gluten-free, and allergy friendly food, that is organic when possible, and always local, sustainable, and ethical, allowing him to express himself through flavour. It was this passion to provide delicious food options for vegans and people with food intolerance that inspired Bob Bowls Catering Company.

Vegan Clam Chowder



Find Bob Bowls online:
Website: bobbowls.com
Facebook: [@bobbowlsco](https://www.facebook.com/bobbowlsco)

1. VEGAN CLAM CHOWDER

[V, GF] Serves 4

½ cup roughly chopped oyster mushrooms
¼ cup Quiet Revolution white wine
1 tbsp. fennel seeds
1 tbsp. Nuttelex buttery
½ cup fine dried seaweed

Soup base

1 large diced red onion
2 celery stalks chopped finely
3 medium carrots chopped small
½ cup frozen corn
¼ bunch fresh thyme chopped
3 tbsp. gluten free flour
1 large Desiree potato diced small
4 cups veg broth/stock
½ cup parsley

'Cream' Base

1 cup cauliflower blanched until soft
¾ cup whole bean soy milk
1 tbsp. Nuttelex buttery
½ tsp salt
½ tsp fine cracked pepper

'Cream' Base

1. Blend all ingredients until smooth.

Soup

1. Place the onion, celery, carrots, corn, thyme, and oil into pot and sauté until translucent.

2. Add the flour and stir well.

3. Add the broth and milk and bring to the boil.

4. Add the potato and 'cream' base and simmer 10-15 minutes.

5. Add the mushrooms and parsley and simmer for 5 minutes.

6. Season with salt and pepper and garnish with fresh thyme.



PUREVITALU

'Helping people find their Pure Vitality through food and holistic living'
Wholefood Vegan Cooking Classes, Retreat Catering, Yoga teacher: Leonie's love for wholesome, healthy vegetarian and vegan cooking was born after helping her young son to overcome digestive problems. After changing to more wholesome and plant based living, she realised the increased energy and vitality that it gave her and her family. Her ongoing yoga practice has helped her in establishing and maintaining a healthy and vibrant lifestyle, balancing work, and young children. Through her business, PureVitalU, Leonie is able to bring these two sustainable practices together and she is so excited about sharing her passion for combining flavours and creating simple yet delicious vegan meals. She teaches and continues to study the Iyengar yoga method and really appreciates this incredible practise, art, and science.

Easy Vegan Lunch Wraps (3 ways)

Tofu Bolognese

Vegan Apple and Rhubarb Crumble with Whipped Coconut Cream



Find PureVitalU online:

Facebook: [@Purevitalu](#)

Instagram: [@purevitaluleonie](#)

EASY VEGAN LUNCH WRAPS (3 WAYS)

(2 savoury, 1 sweet)

1. 'CHEESE' & HUMMUS

Makes 2

4 slices Oliana dairy free tasty
½ cup hummus
2 lettuce leaves, finely shredded
1 carrot, grated
½ cup alfalfa sprouts

1. Spread hummus on wrap.
2. Top with lettuce, cheese slices, carrot, and alfalfa sprouts.
3. Roll, eat, enjoy!

2. TERIYAKI TOFU & CUCUMBER

Makes 2

½ block Nutrisoy Teryiaki Tofu*, cut into thick strips
2 lettuce leaves shredded
½ lebanese cucumber, cut in thin strips
2 tbsp vegan mayonaise
1 avocado, flesh sliced in strips

1. Lightly fry the tofu strips in a frying pan until the sauce starts to bind (this step is optional, the tofu can also be used straight from the package). [KIDS: get a parent to help/supervise].

2. Spread mayonnaise on wrap, top with lettuce, tofu strips, cucumber and avocado. Roll, eat, enjoy!

*You can use any of your favorite firm tofu for this.



We'll start savoury...



3. VEGAN CHOCOLATE AND BANANA

Makes 2

1 tbsp raw cacao
2 tbsp coconut oil
2 tbsp maple syrup
2-4 bananas

1. Place the coconut oil, cacao, and maple syrup in a medium bowl and mix together with a spoon. If coconut oil is firm to start with, use the back of the spoon to soften it. Keep stirring till smooth and all ingredients are combined. The texture is that of a chocolate spread.

2. Spread the Chocolate mixture on the wraps. Place the 1-2 bananas per wrap next to each other at one end of the wrap. Roll the wrap up, slice it in bite sizes pieces, eat and enjoy!



...and end sweet!



TOFU BOLOGNESE

[V, GF] Serves 4

Tofu mince

1 block firm Organic Tofu (350g),
(cut into rough blocks ~ 2-3 cm)
200g button mushrooms
1 tbsp. dried oregano
1 tbsp. dried basil
Salt & pepper to season
1 tbsp. olive oil

pasta/noodle of choice

Pepita Parmesan

150g pepitas (raw)
1 tsp Himalayan salt
2 tbsp. Nutritional yeast

Sauce

1 onion, finely chopped
1 garlic, finely chopped
1 bay leaf
1 bottle tomato passata [700ml]
1 tin diced tomato
1 tbsp. dried oregano
4-5 fresh basil leaves (or dried)
1 tsp olive oil
Salt & Pepper to taste

1. Make Neapolitan Sauce. In a medium pot, sauté onion in olive oil for about 5 minutes until translucent.

2. Add chopped garlic and sauté for another couple of minutes.

3. Add tomato passata, diced tomato, bay leaf, oregano, salt, and pepper and bring to boil.

4. Turn down heat and simmer with the lid half covering for 20-30 minutes till the sauce has reduced.

5. While the sauce is cooking, prepare your pasta/noodles as per packet instructions and make the Tofu Mince.

6. To make the Tofu Mince: Place the mushrooms and tofu in food processor and chop for a few seconds into a course mince. (Alternatively finely dice the mushroom, crumble the tofu, and mix it together.)

7. Heat the olive oil in a frying pan on medium heat and add the tofu and mushroom mixture. Sauté for about 8 minutes until the tofu begins to brown. Season well with salt, plenty of pepper, oregano, and dry basil. Taste the mixture and adjust seasoning. This is where you really want to flavour the dish!

8. Add the cooked Napoletana sauce one ladle at a time, making sure any excess liquid is evaporated, and cook for another 3-5 minutes until the flavours have mixed.

9. To make Pepita 'Parmesan', place all parmesan ingredients in a food processor and pulse until the desired consistency is achieved.

10. Transfer into a clean jar or container and sprinkle over the tofu bolognese as desired.

Tips:

- Dry the tofu between paper towel sheets to remove excess liquid before processing.
- The Tofu Bolognese can be served with any type of noodles (e.g. raw zucchini noodles), rice, quinoa, or millet.
- Store Pepita parmesan in a dry cool place; it will keep for several weeks.



Serving suggestion (we won't judge if you eat it out of the pan)



VEGAN APPLE AND RHUBARB CRUMBLE WITH WHIPPED COCONUT CREAM

[V, GF (oats)] serves 4-6

Apple crumble

6 large Granny Smith apples, peeled and chopped

2-3 stems rhubarb, peeled and chopped

½ cup coconut sugar

½ tsp cinnamon

small piece of orange rind

1 c water

½ tsp vanilla extract

¾ c oats (or quinoa flakes)

1 c almonds

1/3 c coconut oil, melted

Whipped coconut cream

*place bowl & beaters in fridge 1 hour before making

1 can full fat coconut milk refrigerated for min 8 hours

2 tbsp. coconut sugar

drop vanilla essence (optional)

pinch of salt

1. Preheat oven to 180°C.

2. In a saucepan over medium heat, combine the apples, rhubarb, water, half of the coconut sugar, orange rind, cinnamon, and vanilla extract. Cook the apple and rhubarb mixture for 15-20 minutes half covered and stirring occasionally.

3. While the apples are stewing, place the oats, almonds, rest of the coconut sugar, and coconut oil in a food processor and pulse until desired texture is reached. We love to keep some chunky bits in there to get the crunch of the almonds!

4. Place the stewed apples in a lined baking dish and top with the oat and almond mixture.

5. Bake in the oven for 25 minutes or until the top of the crumble is golden.

6. For the whipped coconut cream, scoop the hard cream on the top of the can and put in a Thermomix with butterfly whisk or bowl to use with hand beaters.

7. Add all whipped cream ingredients and mix until light and creamy.

8. Serve apple and rhubarb crumble with the whipped coconut cream.





Keep your eyes and ears open for one-off cooking demonstrations around Adelaide (or follow [Vegan Festival Adelaide on Facebook](#) and get notifications)



TEGAN STEELE

Tegan is an author, a Motivational Speaker, Entrepreneur, Health and Wellbeing guru, Wholefood Alchemist, Kundalini and Yin Yoga Teacher, Beauty Therapist, Personal Trainer, and Animal Advocate.

She is passionate and creative with intention and love woven deep into spreading true health to as many as possible.

Tegan is a specialist in the field of physical detoxing and healing the body of ailments. Her energy is refreshing and exciting to be around as she paves a sparkling path on her journey of helping uplift others.

Tegan is based in Melbourne where she leads women's circles, helps run her family's thriving café Urban Projuice, and continually creates health-inspired products and offerings for her Ocea range.

Seed Salad
Open Sesame Bliss Balls
Turmeric Spice Smooth
Coffee Scrub (Not Edible)



Find Tegan online:
Website: tegansteele.com
Instagram: [@tegansteele](https://www.instagram.com/tegansteele)



SEED SALAD

1 pomegranate
1 bunch of coriander
1 bunch of fresh parsley
½ cup quinoa cooked
½ red onion finely chopped
1 cup of lentils
½ cup currants
1 lemon juiced
2 tablespoons toasted pumpkin seeds
2 tablespoons slivered almonds
2 tablespoons sunflower seeds
2 tablespoons baby capers
Nut Crème fraîche
½ cup cashew nuts
½ cup water
Lemon juice
1 teaspoon roasted ground cumin seeds
1 tablespoon of maple syrup

1. Cook ½ cup quinoa in a saucepan of water as directions on packet. Set aside to cool in the fridge.

2. Finely chop the coriander, parsley, and onion.

3. Add the lentils, pumpkin seeds, almonds, sunflower seeds, capers, currants, lemon juice, olive oil, quinoa, and pomegranate to the chopped ingredients and mix thoroughly.

4. Bake the cumin seeds in a hot oven for a few minutes until browned.

5. Remove from tray into mortar and pestle and grind when hot into a powder like consistency.

6. To make the nut crème fraîche you use a blender. Blend the cashew nuts first until fine then add the remainder ingredients and mix well until a smooth consistency.



It's good for you and tastes good, no catches



OPEN SESAME BLISS BALLS

“These delicious bliss balls are the perfect snack to have on the go. You can make a lot of them and store them in your freezer for an emergency snack or treat for the kids.”

- ½ cup hulled Tahini
- ½ cup desiccated coconut
- ½ cup maple syrup
- ½ cup LSA (Linseed-Sunflower-Almond)
- 1 cup dried fruit (Apricots, dates, figs and sultanas)
- ¼ cup raw almonds soaked and chopped

1. Pre-soak the almonds for a minimum of 1 hour.
2. Slice the dried fruit into small pieces then blend all the ingredients in a food processor until well combined, adding more coconut if too runny or maple syrup if too dry.
3. Roll the mixture into bite sized balls using the palm of your hands. Place in the fridge to set for at least 1 hour before serving.
4. Store the in the refrigerator for up to a week.



If it doesn't balance, just eat one!



TURMERIC SPICE SMOOTHIE

- 2-4 ripe bananas
- 1 small piece of raw turmeric root
- 4 fresh dates
- ¼ cup raw almonds
- ½ - 1 Litre of water and ice

1. Peel the bananas and remove the date pips from the dates.
2. Place all the ingredients into the blender and blend until smooth.
3. Pour into a glass and enjoy!



You heard the lady. Pour and enjoy

COFFEE SCRUB

(NOT EDIBLE)

- ½ cup Organic Ground Coffee
- 1 cup natural oil of your choice*
- 2 tablespoons Coconut sugar (optional)

1. Mix all dry ingredients, and then add the oil(s).
2. Pour into a glass jar suitable for your shower.

*e.g. olive oil, grapeseed, coconut oil (melted), or sweet almond oil. Don't use any petroleum-based oil as this will clog your pores!

Olive has a heavier feel, is naturally hypoallergenic and is full of vitamin A and E, helps repair skin.

Grapeseed oil is lighter in feel, silky, not oily, and penetrates the skin quickly. It is a great choice for scrubs as it has almost no scent and is good for sensitive skin, and cheaper than olive oil.



Finally take your coffee in the shower!

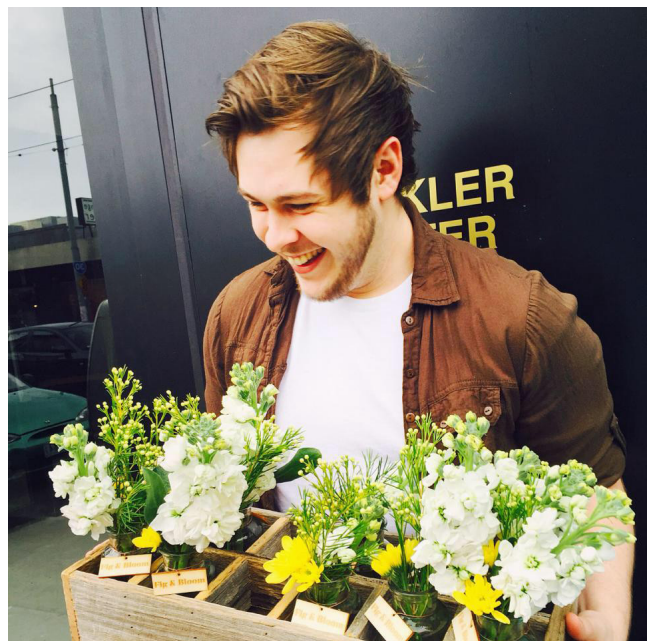


VEGAN FESTIVAL

ZAC BIRD

Zac is a home cook who loves to create food that is fatty, indulgent and all the things people think vegan food shouldn't be. He was vegetarian for 8 years and has now been vegan for 2.5 years and only wishes he had become one sooner. After starting an Instagram account in order to surround himself with cruelty free food on a regular basis, he fell in love with engaging with the community and creating things to share. Since then, he has operated a pop up ice-cream shop, worked with brands to introduce vegan products, given food demonstrations, and had recipes shared around the world. Zac loves anything deep fried and gluttonous and is happiest with a glass of wine in hand, funky music playing and spending time tinkering away in the kitchen. You can find him anywhere delicious vegan food is served or being talked about.

Beetroot Steaks
Galaktoboureko
Spanakopita



Find Zac online:
Website: zaccharybird.com
Facebook: [@zaccharybird](https://www.facebook.com/zaccharybird)
Instagram: [@zaccharybird](https://www.instagram.com/zaccharybird)

BEETROOT STEAKS

Makes about 8 'steaks'. Cooking time varies depending on how many parts of the recipe you make from scratch.

Marinade

4 tablespoons dark soy sauce
4 tablespoons nutritional yeast (nooch)
2 tablespoons BBQ sauce
4 teaspoons brown sugar
3 teaspoons liquid smoke
3 teaspoons hot paprika
2 teaspoons garlic powder
1 teaspoon sweet paprika
1 teaspoon onion powder
Big pinch of salt

Beetroot Hummus

2 cans of chickpeas (liquid drained and reserved for baking in other dishes)
Juice of 1 ½ lemons
1 tablespoon + 1 teaspoon hulled tahini
⅔ cup olive oil
1 large beetroot (boiled for 45 minutes and skin taken off)
Salt and pepper to taste

Additional Ingredients

24 sheets of rice paper (adjust based on how thick you want the 'flesh')
A large bowl of water



What we should all aim for in life

1. Combine all beetroot hummus ingredients in a food processor and process until creamy. You can adjust the amount of beetroot to taste or swap it with garlic and other ingredients to give this recipe a different twist. Scrape from food processor into a bowl, and place in the freezer for about 20 minutes until it is just starting to firm up. Do not let it freeze hard.

2. Mix all marinade ingredients in a separate bowl that is wide enough to fit your rice paper pieces without bending/snapping them in half. Fill a similarly sized bowl with water and set up a plate with paper towels to transfer your 'steaks' to once cooked.

3. Dip stacks of three rice paper sheets into the bowl of water for a couple of seconds. Drain all the excess water from the paper. The three sheets should be stuck together after dipping.
- You'll notice the paper becomes flexible very quickly, and you want to work quickly. You can use more or less pieces of rice paper per 'steak' to adjust the thickness of the 'flesh'.



4. Dip the wet rice paper stacks into the marinade, and wipe off any excess so that each side is evenly coated. Place onto a plate and take the cooled beetroot hummus and scoop about a tablespoon into the centre of your rice paper. You may need to adjust this amount based on the size of your rice paper, as if you put too much in, it will squeeze out of the edges and not maintain the 'steak' look.

5. Fold each piece of rice paper around the beetroot hummus to create a little parcel.

6. Pour a small amount of oil (I used rice bran oil) in a pan and place over low heat. Too much oil will tamper with how this dish cooks, so start with a small amount and add more if you need it. Cook in small batches on each side for about a minute before flipping over. Once the rice paper starts to bubble and show signs of being cooked, quickly increase the heat to medium for a few seconds so that they start to sear on each side before taking them out of the pan and placing on your prepared paper towels to drain off the oil. Serve alone or in a burger with lettuce, red onion, sriracha, and alfalfa sprouts - enjoy!

NOTES

Try not to flip the 'steaks' too much whilst cooking so there's no risk of them falling apart. Once folded into a parcel, they should hold together well enough to stay together during cooking, and if they begin to fall apart then they may be over filled with hummus.

I used beetroot hummus as I'm obsessed with it and the colour works well to replicate the look of meat. Feel free to experiment with other style hummus or dips with a similar consistency (baba ghanoush would be great, I bet!).

If you check that the rice paper you're using doesn't have wheat flour added, then this recipe is completely gluten free.



Can we tempt you to the next page?



GALAKTOBOUREKO

“Greek semolina custard dessert in baked phyllo/filo pastry, drowned in syrup.”

SYRUP

2 cups sugar
1 cup water
Juice and zest of 1/2 a lemon
1/2 cinnamon stick
4 cloves

CUSTARD

1/3 cup cold aquafaba (the liquid from a can of chickpeas, drained and separated)
5/8 cup caster sugar
4 cups Bonsoy
160g fine semolina
1 tablespoon vegan butter
1 1/2 teaspoons vanilla essence
Pinch of salt

PASTRY

12 sheets frozen phyllo/filo dough (defrosted as per package instructions)
5+ tablespoons of vegan butter

1. Preheat oven to 170°C. Coat large baking pan in butter and set aside.

2. In a small pan, stirring, bring sugar and water to a quick boil before adding the other syrup ingredients. Reduce to a simmer and do not stir again. Remove from heat after 5 minutes and remove cinnamon stick and cloves. Set aside to cool (the syrup must be completely cooled ahead of removing pastry from the oven).

3. To make the custard, beat the cold aquafaba in a clean, metal bowl with an electric mixer on high until it froths and rises (as though you're making meringue with egg whites). Continuing to beat the mixture on high, slowly pour in 1/3 cup of caster sugar and beat until stiff peaks form. Set aside.

4. In a pan, bring soy milk, the remaining sugar, and salt just to a boil before adding vanilla. Stir constantly as you slowly add the semolina (as slowly as you can) and turn the heat down. Continue to stir whilst adding the butter and remove from heat. Set aside and allow to cool for at least 20 minutes.

5. To prepare the pastry, melt the remaining butter and grease your pan completely. Now, you will prepare the phyllo pastry to make a parcel. To do this, 10 sheets of phyllo will be layered. Between each phyllo sheet, you must splatter butter. Lay 2 phyllo sheets in the pan to form a base, the 3rd sheet should have half its area overhanging the base sheets. The 4th sheet should be placed squarely over the base. Repeat this overhanging and square placement such that there are 4 overhanging sheets at 90° to one another.



6. Pour custard mixture over phyllo sheets and smooth it over the pastry, removing air bubbles where possible. Fold over each of the phyllo sheets that you left hanging out the pan and splatter with butter, before adding the last 2 sheets of buttered phyllo to the top.

7. Before putting your pastry in the oven, you need to score the top into the size of the slices you'll want in the end product (traditionally squares). You can use a knife for this, but I prefer to use scissors as they glide through the uncooked pastry much easier. However you do it, make sure to not cut any of the pastry on the bottom of the galaktoboureko.

TIPS:

Splatter butter

Don't stir syrup

Score the top

Semolina SLOW

Aquafaba SLOW

Cold Syrup To Hot Pastry

SPANAKOPITA

“Traditional Greek spinach and cheese pastry, with green beans added for extra greenery!”

FILLING

1 large onion

3 garlic cloves

2 shallots

200g green beans (optional - replace with more spinach if leaving out)

500g fresh spinach

1 bunch fresh dill

Juice of ½ lemon

½ cup aquafaba (cold)

4 level tablespoons VeganEgg

150g Oliana vegan feta style cheese

Sprinkling of Oliana vegan parmesan cheese

Salt and pepper

Olive Oil

PASTRY

10 sheets frozen phyllo dough (defrosted as per package instructions)

4+ tablespoons of vegan butter

1. Preheat oven to 200°C. Coat large baking pan in butter and set aside.

2. Finely chop onion, garlic, shallots and green beans. In a large pot, fry the onion for 2 minutes in a tablespoon of olive oil over medium heat.



3. Add green beans and fry for about 3 more minutes. Give the contents a good stir, before adding the garlic, and then on top all of the spinach add another tablespoon of olive oil. Stir occasionally until all spinach has wilted and squeeze over the lemon juice before removing from heat.

4. In a bowl, mix together 125ml ice-cold water and the cold aquafaba before whisking in the VeganEgg powder (this could be substituted with besan/chickpea flour). Pour this onto the spinach mixture.

5. Chop the Oliana feta into small cubes and chop the dill, reserving a pinch of chopped dill to use as a garnish. Add both ingredients to the spinach mixture and mix well.

6. To prepare the pastry, melt the remaining butter. Lay your first phyllo sheet in the pan and splatter with butter, before repeating so that you have 6 sheets as the base for the spanakopita. Over this base, pour the spinach mixture and evenly spread. Sprinkle Oliana parmesan cheese over this filling before moving on to the last step.

7. In a similar fashion to the phyllo buttering and layering process for the base, add four more sheets of phyllo to the top of the filling, sprinkling and spreading the butter between each sheet. Place in oven for 40 minutes, sprinkling extra parmesan on the top for the last 5 minutes of baking. To serve, allow to cool for at least 20

minutes before sprinkling the remaining chopped dill on top and slicing.

TIPS

- Instead of fully brushing the pastry, splatter each phyllo sheet with butter and then spread that to avoid over-saturating your sheets.
- Make sure the butter is melted, but not too hot when splattering between each phyllo sheet.
- When using Oliana feta, it can be tricky to cut, but the cheese bakes/ melts during the cooking process - so don't stress about consistency, it's just about making the cheese cubes small enough to properly mix with the other ingredients before putting them into the pastry.



Now that's a proper sized slice!



BONUS: VEGAN MEALS FOR KIDS

Bringing together the powerhouse expertise of PureVitalU and Bob Bowl's Catering Co., Vegan Festival Adelaide held a special cooking demonstration at the Adelaide Central Market. The Vegan Cooking for Kids Demonstration featured 100% vegan recipes especially tailored to younger tastebuds, which went down a treat at tasting time.

Collected here, as a bonus entry into this year's Vegan Cookbook, are the event's recipes. Time to indulge your kids or your own inner child!

Keep an eye on the [Vegan Festival Adelaide Facebook page](#) to catch more special, one-off cooking demonstrations outside of the Festival weekend.

Vegan Quesadillas
Vegan Nacho Plate
Chocolate Mousse



Perfect treats to keep the kids smiling!



VEGAN QUESADILLAS

Serves 4

8 tortillas of choice (e.g. wheat or corn tortillas)

Vegan stretchy 'cheese'

½ cup raw cashews (75g), soaked min 2 hrs or overnight.

¼ cup tapioca flour (35g)

juice of half a lemon

1 ¼ cup water (300-310g)

5 tbsp. nutritional yeast

½ tsp garlic granules or powder

1 tsp salt

¼ tsp pepper

2 spring onions, finely sliced or 2 tbsp. sliced pickled jalapeno peppers (optional)

Quick & Easy Salsa

2 cups tomatoes, chopped (about 4 tomatoes)

1 tbsp. coriander, chopped (mint is a nice alternative too)

1 tbsp. Red Onion, chopped

2 tsp Lemon Juice

salt & pepper to taste

1. Drain the cashews and place in Thermomix or blender. Add all other 'cheese' ingredients and blend on high speed for 1-2 minutes until smooth.

2. Pour the mixture in a saucepan and cook over medium heat until the cheese starts to thicken and come together. It will be stretchy and still soft. Make sure to stir continuously with a wooden spoon to prevent sticking to the bottom of the pot.

3. Take off the heat and place in a ceramic bowl or heat proof container.

4. Spread a thick layer of cashew cheese on 4 of the tortillas. Sprinkle with sliced spring onions or jalapeno peppers). Place another tortilla on top.

5. Cook the quesadilla in a skillet over medium heat for 30-40 seconds on each side or till they are crispy. Alternatively use a sandwich press to cook them (depending on the size of the press & tortillas, you might have to cut them in half first).

6. Eat warm with salsa.

7. *Quick & Easy Salsa*

Mix all ingredients together. Season with salt and pepper to taste.



VEGAN FESTIVAL

VEGAN NACHO PLATE

Place a layer of nacho chips on a plate. Add the 'Quick and Easy Salsa', optional add tinned black beans (can be reheated). Top with our favorite vegan topping recipes below: 'cheezy' cauliflower sauce, avocado cream and 'simple pickled onion'.

Tip: Place nachos, salsa, beans covered with the 'cheeze' cauliflower sauce in a baking dish and bake till the top of the sauce turns golden and slightly crispy. Take from the oven and top with extra salsa, avo cream and pickled onion.

AVOCADO CREAM

4 large Hass avocados
juice of 1 lemons
1 tbsp. oregano powder
1 tbsp. apple cider vinegar
¼ cup olive oil
Salt & pepper to taste

1. Add flesh of avocados to food processor and cover with lemon juice
2. Add rest of ingredients and blend on medium to high speed till smooth.

'CHEEZY' CAULIFLOWER SAUCE/DIP

2 medium cauliflower heads
¼ litre coconut milk
1 cup nutritional yeast
4 tbsp. turmeric powder
¼ cup apple cider vinegar
¼ cup olive oil
salt & pepper to taste

1. Bring a medium pan with water to boil.
2. Core and cut cauliflower in florets and blanch till slightly soft.
3. Place cauliflower in food processor and blitz.
4. Add rest of ingredients and blend till smooth consistency.
5. Use it as a sauce over your nachos or as a dip. This sauce can also be poured over the nachos in a baking dish and baked in the oven, which will give the top a delicious crispy finish.



SIMPLE PICKLED ONION

4 red onions
1 cup apple cider vinegar
¼ cup coconut sugar
1 tbsp. pink salt

1. Finely slice onions and place in a medium size a bucket/ container
2. Add rest of ingredients, put the lid on the bucket and shake well.
3. Let sit for at least 1 hour or until the onion has softened.

CHOCOLATE MOUSSE

2 large, ripe avocados, flesh only
¼ – ½ cup of coconut cream, chilled so that it is firm
¼ cup cacao
1 tbsp. chia seeds
3 tbsp. maple syrup (or to taste)
1 tsp. vanilla extract
pinch of salt

1. Place avocado flesh, ¼ cup coconut cream and rest of ingredients in Thermomix, food processor or blender and blend till creamy and smooth.
2. Add additional coconut cream if needed. Make sure mixture is not too runny.
3. Spoon into serving dishes and refrigerate for several hours.

Variation: Add 1 peeled banana to the mixture before blending.



Produced as part of
Vegan Festival Adelaide 2017
(Contact: admin@veganfestival.info)

Vegan Festival Adelaide is brought to you by
the [GIVE Foundation](#).

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