



**VEGAN FESTIVAL**



# **VEGAN FESTIVAL ADELAIDE**

## **Vegan Cookbook**

Amazing recipes to celebrate 2019,  
the Year of the Vegan



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# FOREWORD

2019 is a stand-out year for two reasons. Firstly, it is the Year of the Vegan. And, secondly, it is when Vegan Festival Adelaide moved to a new, bigger home in Rundle Park. Are there any better illustrations for how much the vegan movement is growing?

Vegan Festival Adelaide has always been about celebration. It is, for a couple of days, the world we all want to live in. But as our celebration grows, we can see just how much the lines between the Festival weekend and everyday life are blurring. Veganism is for animals, for people, for the planet; and it is thanks to you all that it grows stronger day by day. Globally, vegan food is exploding onto supermarket shelves, and more and more restaurants and cafes are vegan or have vegan options.

This book brings together the recipes from our 2019 Cooking Demonstrations, and are kindly shared by our demonstrators. So, share these recipes with your friends and family, and everyone can enjoy amazing, cruelty-free food.

Lea x

Lea McBride  
Director and Festival Coordinator



# ADAM GUTHRIE

## Heart Attack To Ironman Fueled By Plants

Adam Guthrie is a professionally qualified chef, has a certificate in plant-based nutrition, and splits his time between Byron Bay and Bali.

While living a life chasing what he thought was success, and at the frighteningly young age of 39, Adam suffered a heart attack.

Unlike many men who simply take the stent, don't change their diet, and just stay on the downward spiral, Adam made a lasting commitment to change. He managed to get off his heart medication by taking a path of more physical activity and a whole food plant based diet.

But he didn't just do a little bit of exercise, Adam worked his way through subtle daily increases in effort to training for and completing an Ironman Triathlon.

Adam's story is one of incredible inspiration. A story of self discovery, forgiveness and compassion for ones own past, and a commitment to sharing the joy of his new life with others.

Adam runs the I Feel Good Program, a program that teaches people how to easily incorporate a whole-food, vegan diet into their life for better health, increased energy, and a happier being. He is also the vegan food writer for national magazines EatWell and Nourish, and is the founder of I Feel Good Magazine

By Adam Guthrie:  
- Massaman Curry  
- Rainbow Curry



Find Adam online:  
Website: [adamguthrie.com](http://adamguthrie.com)  
Facebook: [@ifeelgoodmag](https://www.facebook.com/ifeelgoodmag)



# MASSAMAN CURRY

(serves 4)

½ onion, diced  
1 tomatoes, diced  
½ tbsp vegan (no oil) Thai red chilli paste  
(Maesri Brand)  
1 tbsp Malaysian style curry paste  
(Ayam Brand)  
3 cups water  
4 cups pumpkin, seeds removed, peeled  
and diced into 10cm cubes  
3 fist size potatoes, diced into 5cm  
cubes  
2 tbsp soy sauce  
1 tbsp coconut sugar  
4 cups kale, finely sliced or finely  
chopped  
½ cup soy milk (Bonsoy or Vitasoy  
protein plus)  
½ lime, juiced  
½ bunch fresh coriander leaves  
2 cups cooked brown or red rice

1. Heat a wok or large pot, add onion and saute until browned.
2. Add a dash of water to deglaze pot.
3. Add tomatoes, the red chilli paste and the curry powder and stir until fragrant.
4. Add the water, pumpkin and potatoes, soy sauce, coconut sugar and mix well.
5. Cook until the potatoes and pumpkin are soft and the sauce has reduced and thickened.
6. Add the kale and stir.
7. Cook for a few more minutes until the kale softens.
8. Add the lime juice and taste for seasoning, add salt to your taste.
9. Sprinkle coriander leaves on top.
10. Serve with cooked brown rice.



# RAINBOW CURRY

(serves 4)

## For the Broth:

- 1 large onion, diced
- 2 tbsp fresh ginger, minced
- 4 tbsp red curry paste
- 5 cups vegetable stock
- 2 tbsp coconut sugar
- 2 tbsp sambal oelek (optional)
- 4 tbsp soy sauce

## For the Bowls:

- 200g dry weight brown rice vermicelli noodles
- 3 cups chopped broccoli florets
- 3 cup shredded carrots,
- 3 cup shredded purple cabbage
- 2 handful green beans topped and tailed
- 2 bunches baby bok choy
- 400g cooked black beans (or any legume)
- Sesame seeds for topping
- 2 lime, quartered for serving
- 2 handful fresh Thai basil
- 2 kaffir lime leaves, finely sliced
- 2 tbsp sesame seeds, to serve
- 2 sheets of nori seaweed, cut into small pieces

1. Soak the noodles in a bowl of boiling water for 15 minutes.
2. When they're soft, drain and rinse. Meanwhile heat a wok over a high heat.
3. Add the onion and ginger; stir fry for 3-5 minutes.
4. Add the curry paste and the minced chilli stir fry for 1 minute.
5. Add the sugar, vegan fish sauce, stock and soy sauce.
6. Simmer for 15 minutes.
7. Add the black beans, all the vegetables and half the basil to the wok, stir and then simmer for 2-3 minutes or until they are a bright colour.
8. Place half the noodles into a bowl, add the vegetables and herbs.
9. Ladle over the broth.
10. Squeeze over the lime juice and sprinkle over some sesame seeds.







Rainbow Curry



# ANDREW “SPUD FIT” TAYLOR

Andrew Taylor’s story went viral when he ate only potatoes for an entire year in an attempt to deal with his food addiction. At first most people thought he was crazy (many still do) but over time it proved to be a completely life changing personal experiment that evolved into a movement that has helped many, many people regain health, lose weight, and release the shackles of food addiction.

Andrew has now written two books and is a specialist food addiction coach. He focuses on whole food plant based eating and dietary minimalism as the best approach to dealing with food addiction and achieving long term, sustainable, vibrant health.

By “Spud Fit”:

- Signature Mash
- Potato Waffles with Three Red Sauces

Find “Spud Fit” online:  
Website: [spudfit.com](http://spudfit.com)



# “SPUD FIT” SIGNATURE MASH

Spuds  
Vegetable stock  
Onion  
Garlic  
Plant-based milk (Optional)  
Nutritional yeast  
Chives  
Parsley  
Tarragon  
Chervil



“Spud Fit” Signature Mash

1. Boil lots of spuds until they are really soft (leave the skins on).
2. Mash them up as roughly or finely as you like.
3. Add stock powder, onion and garlic powder (or the real thing, sautéed in water first), and some nutritional yeast if you have it like it.
4. Add a bit of plant-based milk (a light version, with no added oil) to make it easier to mash.

## NOW YOU HAVE MADE “SPUD FIT” SIGNATURE MASH!

5. I add a finely chopped selection of fresh herbs (I love tarragon, chervil, parsley and chives) and stir through right before serving.
6. Season to taste.

**NOTE:** Mash will keep in the fridge for a few days and is OK for freezing.



# POTATO WAFFLES WITH THREE RED SAUCES

Spuds!

Chillies (about 150g/5 oz)

Tomatoes (0.5kg/17 oz)

Tomato paste (plain, 2 tbs or just under 1 oz)

Garlic

Onion

Vinegar

Pure maple syrup

All spice (ground)

Paprika

Mustard (I used Dijon)

Black Pepper

I have to be straight up with you - you need a waffle maker for this recipe. If you have that, these are easy.

## WAFFLES

1. Boil spuds until they are pretty soft but not falling apart.
2. Cut them in half lengthways.
3. Heat up a waffle maker as high as it goes. You might need to season it before each batch - see notes at the start of the recipe section.
4. Stick in one half spud per waffle square and squash the whole lot as flatly and as evenly as possible. You'll need to keep squashing further (perhaps with the aid of a tea towel) for much of the cooking process.
5. Leave for ages - at least 15-20 minutes (depends on your machine!). When you are checking, do so very carefully, as it's pretty much a case of no second chances with the fickle thing that is potato waffles. You need to be able to open the lid without them pulling apart. You can try some gentle hinting with a wooden implement or similar.



## SWEET CHILLI SAUCE

1. Place the chillies (half de-seeded), a clove of garlic and  $\frac{1}{2}$  cup of vinegar in a food processor (or else chop very, very finely).
2. Move to a saucepan or pan, add  $\frac{1}{2}$  cup of maple syrup. Bring to the boil then reduce to simmer until it has thickened.

## TOMATO SAUCE

1. In a saucepan combine tomatoes, tomato paste, garlic and onion and bring to the boil.
2. Simmer on low for quite a while (maybe half an hour?), stirring occasionally, until the tomato is very soft and has broken down.
3. Add  $\frac{1}{2}$  cup/4 oz of vinegar and  $\frac{1}{4}$  cup/2 oz of maple syrup, and ground All Spice to taste.
4. Cook for another 20-30 minutes until it has all reduced and become 'saucy'. Blend if necessary.

## BARBECUE SAUCE

1. Combine some of your tomato sauce (above) with some mustard, sweet paprika and black pepper. Add more vinegar and maple syrup to achieve your desired taste.



Potato Waffles and Three Red Sauces

# LOUISE PFEIFFER

Louise Pfeiffer is a financial services professional who resides in her state of origin, South Australia, after spending 17 years interstate in Sydney and Melbourne forwarding her career in funds management, superannuation and financial planning. Since returning to Adelaide in 2015, Louise has run her own financial planning business, having held previous roles in account management, business development, and management consulting to some of Australia's largest financial institutions. She volunteers as a South Australian committee member of the Animal Justice Party.

By Louise Pfeiffer:

- Broccoli Tofu Udon Curry
- Apple Pie Chia Pudding

Find Louise Pfeifferonline:  
Twitter: [@LVPC](#)



# BROCCOLI TOFU UDON CURRY

(serves 4)

1-2 cups Almond Milk  
¼ cup ice cubes  
2-3 bananas  
1 teaspoon Cacao Powder  
1 teaspoon Peanut Butter



Broccoli Tofu Udon Curry

1. First boil water for the udon. Cook udon according to package directions. Once cooked, drain and rinse with cold water and set aside.
2. Meanwhile, preheat a large pan over medium heat. Saute broccoli in a few sprays of oil and a pinch of salt for about 7 minutes. Keep covered while cooking, lifting the lid just to stir a few times. In the meantime, prep everything else.
3. When broccoli is done, remove from pan and set aside. Now you'll make the sauce in the same pan.
4. Saute the garlic and ginger in a little oil for about 1 minute. Mix in the red pepper flakes (optional). Add the vegetable broth, cornstarch, the curry powder and soy sauce. Cover pan and bring to a boil. Add the cubed tofu. Let thicken a bit, for about 10 minutes. Mix in coconut milk and turn off the heat.



5. Add noodles to the pan and mix to coat. Then fold in the broccoli. Divide between bowls and top with spring onions and sprinkle with sesame seeds.



Broccoli Tofu Udon Curry





# APPLE PIE CHIA PUDDING

(serves 4)

1 large or two medium super-ripe  
bananas  
 $\frac{2}{3}$  cup unsweetened apple sauce  
 $\frac{1}{2}$  cup unsweetened non-dairy milk  
(almond, rice or soy)  
1 teaspoon Vanilla Extract  
Ground Cinnamon  
Ground Nutmeg  
Ground Cardomom  
2 tablespoons white chia seeds  
2 tablespoons coconut sugar  
1 Pink Lady apple  
Salt

1. In a blender, add the applesauce, banana, chia seeds, coconut sugar, cinnamon, cardamom, sea salt, nutmeg, and milk. Blend for a minute or more (depending on blender), until the seeds are fully pulverized and the pudding begins to thicken (it will thicken more as it refrigerates).
2. Taste, and if you'd like it sweeter, add a teaspoon or two more sweetener.
3. Transfer the mixture to a large bowl or dish, and refrigerate until chilled, about  $\frac{1}{2}$  hour or more (it will thicken more with chilling, but really can be eaten straight away).
4. Serve, sprinkling with the diced apple, cinnamon, and coconut sugar if desired.



# NOURISH FOOD AND WELLNESS

Come and join the team from Nourish Food & Wellness as they transform whole ingredients from plants into fresh, vibrant dishes that are as nourishing as they are delicious.

Because the research is clear. A whole food plant-based diet is the only way of eating that's been shown to not only prevent, but to actually reverse, advanced cardiovascular disease and type-2 diabetes, and is associated with a lowered risk for many forms of cancer.

When people shift to a whole food plant-based lifestyle, they naturally lose weight, have more energy and see huge improvements in their overall health and wellbeing – all without dieting.

Nourish Food & Wellness are here to show you just how good it can taste!

By Nourish Food and Wellness

- Red and Walnut Lentil Kofte with Red Pickled Onion
- Mexican Nourish Bowl
- Ferrero Nice-Cream



Find Nourish Food and Wellness online:  
Website: [nourishfoodeducation.com](http://nourishfoodeducation.com)



# RED AND WALNUT LENTIL KOFTE WITH RED PICKLED ONION

1 cup red split lentils, rinsed and drained  
1 tsp ground cumin  
2 tsp sweet paprika  
1 tsp chilli flakes  
Salt flakes to taste  
1 tbsp tomato paste  
1 tbsp harissa  
1 ½ cups walnuts, blitzed to a medium  
crumb  
1 lemons, juiced  
1 small red onion, very finely diced  
4 spring onions, finely sliced  
1 small bunch mint, leaves picked and  
finely chopped  
1 bunch parsley, leaves picked and  
coarsely chopped  
2 heads cos lettuce, washed and leaves  
separated  
Black sesame seeds

1. Place the lentils and 1½ cups water in a large saucepan and bring to the boil. Reduce the heat to medium, cover and simmer for 15-20 minutes or until the lentils are soft and give easily. Stir in the cumin, paprika, chilli flakes, a pinch of salt, tomato paste and harissa and cook for another minute. Add the walnuts and combine well. Remove from the heat, cover and set aside to cool.
2. When the lentils are cool, place in a large mixing bowl. Add the lemon juice and season to taste with salt. Add the onion, spring onion, mint and parsley (leaving some herbs aside to garnish) and mix well. Adjust the mixture with a little water if too dry. It should be able to be moulded and hold its shape.



3. To serve, scoop up a dessertspoonful of the mixture. Using another dessertspoon, mould the mixture into a smooth oval shape, then slide it off the spoon into a small lettuce cup (you can trim down large leaves to make two smaller cups if desired). Top with red pickled onion, reserved parsley and mint, and a sprinkling of black sesame seeds.

## RED PICKLED ONION

- ½ cup apple cider vinegar
- ½ cup water
- 3 tsp salt
- 1 bay leaf
- 5 juniper berries
- 5 whole cloves
- ½ tsp cumin seeds
- ½ cinnamon stick
- 1 tsp black peppercorns
- 1 small beetroot, peeled and thickly sliced
- 2 small red onions, finely sliced



1. Place all the ingredients except the onion in a saucepan and bring to the boil. Simmer for 10 minutes.
2. Place the onion in a bowl and strain the brine over the top, discarding the spices.
3. Place a small plate on top of the onions to keep them submerged, then stand until cool.
4. Allow to soak in the brine until the flavours have developed.
5. Drain, and store in an airtight container.



Red and Walnut Lentil Kofte  
with Red Pickled Onion

# MEXICAN NOURISH BOWL

## SMOKEY MEXICAN BEANS

(serves 4)

- 1 large red onion, diced
- 2 bay leaves
- ¼ teaspoon chilli flakes
- ½ teaspoon smoked paprika
- ½ teaspoon ground cumin
- 2 cloves garlic, finely chopped
- 750g cooked beans (equivalent to 3 x 400g tins), rinsed & drained. One tin each of black beans, black eye beans and kidney bean works well.
- 1 kg fresh tomatoes or 2 x 400g tins peeled, chopped tomatoes

1. In a large pan heat a few tablespoons of water over a medium heat and add the onion, bay leaves, chilli, paprika and cumin. Sauté until the onions begin to soften then add the garlic. Cook until the onions start to caramelize, adding a little bit of water to deglaze the pan if needed.
2. Add the beans and tomatoes and simmer, uncovered, stirring occasionally to prevent the mixture sticking on the bottom of the pan. Continue to simmer for 10 minutes or so, or until the liquid has reduced to the point that it has lost any soupiness and you have a nice, spoonable mixture. If you're using fresh tomatoes, you will need to reduce for a little longer.
3. Serve with fresh tomato salsa, pita chips and lots of leafy greens.



# FRESH TOMATO SALSA

(serves 4)

4 medium tomatoes

2 Lebanese cucumbers

1 medium avocado

Juice of a lime

2 spring onions, finely sliced

½ cup coriander leaves, roughly  
chopped, plus extra to garnish

Black pepper

Sea salt & black pepper to taste

1. Dice the tomato and place into a medium-sized bowl.
2. Slice the cucumbers lengthwise down the center. Using a teaspoon, scoop out the seeds and discard. Finely dice the flesh and add to the bowl.
3. Slice the avocado lengthwise down the center to the stone and twist the two halves apart. Remove the stone and slice the flesh into small cubes. Use a dessert spoon to scoop out the flesh and add to the bowl.
4. Squeeze over the lime juice, season with black pepper then fold through the spring onions and coriander.
5. Allow to stand to allow flavours to develop before serving garnished with extra coriander.



# PITA CHIPS

(serves 4)

2 large wholemeal pita bread rounds

1. Preheat the oven to 180°C.
2. Split the pita rounds by inserting a sharp knife into the edge of the pocket to make a slit along the edges.
3. Use your fingers to gently separate the two rounds.
4. Place on the oven tray and bake until golden brown and crispy, tossing every few minutes. Serve at once, or cool and store in an airtight container.





# FERRERO NICE-CREAM

(serves 4)

50 g hazelnuts

3 ripe bananas (230 g skinned) cut into chunks and frozen

½ teaspoon vanilla bean paste

2 ½ tablespoons raw cacao powder


¼ cup plant milk of choice (if needed)

1. Preheat the oven to 180C. Spread the hazelnuts in a single layer on an oven tray. Bake for between 7-10 minutes, checking and stirring them every few minutes, as they can go from perfect to burnt in moments. You'll know the hazelnuts are done when they become deeper in colour and give off a good nutty fragrance. You may even hear small cracking sounds.
2. When the hazelnuts are done, tip them out into another dish to cool, as they'll continue cooking in the hot oven tray.
3. Allow to cool, then remove the skins by rubbing handfuls of them between the palms of your hands and allowing the skins to fall away. You won't remove all the skins this way, but any loose ones will be released.
4. Pick out the nuts, and roughly chop. Tip into a sieve to allow the fine particles to fall away, and set aside.



5. Place the bananas, vanilla bean paste and cacao into the bowl of a food processor or high-speed blender. If you're using a high speed blender, you won't need the plant milk. If you're using a food processor, add the milk now.
6. Blend until you have a rich, creamy texture, pushing down the sides as needed. Remove into a mixing bowl, and (reserving 2 tablespoons of the nuts to garnish), fold through the nuts.
7. Serve at once, sprinkled with reserved hazelnuts.





Central Market Cooking Demo Recipes

# Ferrero Nicecream

by  
@nourishfoodwellness



# SARA KIDD

Sara Kidd is a vegan baking ambassador, cake designer and baker, living between Sydney, Australia and Auckland, New Zealand. Her new retro-inspired baking show **BAKE VEGAN STUFF with SARA KIDD** and online community feature a wealth of free vegan baking resources and video recipes.

Sara has been vegan for 14 years (yes, way before vegan cheese and Beyond Burgers ever existed) and has worked on A LOT of large-scale vegan and animal rights events during this time, including the Animal Matters series which brought more than 300 high-level corporate business executives and entrepreneurs together to learn about the negative impacts of animal exploitation on people, animals and the planet.

Recently her passion for baking took focus and cake was calling out her name. She knew something was wrong when she couldn't stop watching Martha Bakes on Netflix, and wondering if her apron matched her spatular. She wanted to create eye-popping cakes and desserts that inspired others to bake vegan. So now her time is focussed on creating vegan cakes, baking recipes and giving support to her fast-growing online community. It's wacky fun, with loads of vegan baking professionals and home bakers alike. Come and join in otherwise you will have FOMO.

By Sara Kidd:

- Easy Vegan Cupcakes
- Super Simple Buttercream
- Classic Vegan Vanilla Cake
- Easy Vegan Drip Icing

Find Sarah Kidd online:  
Website: [sarakidd.com](http://sarakidd.com)



# EASY VEGAN CUPCAKES

Prep Time 15 mins

Baking time Smaller cupcakes 12 - 14 mins or larger cupcakes 15-17 mins

Makes 12 - 15 cupcakes

## DRY

1 + ½ cups plain all purpose flour

¼ cup corn flour or cornstarch

1 cup icing sugar

½ tsp baking soda

1 + ½ tsp baking powder

¼ tsp salt

## WET

1 cup vegan soy milk

1 tbs white vinegar

½ cup veggie oil

1 tbs vanilla

## EGG REPLACER

1 tbsp flaxseed meal (ground raw flaxseed)

3 tbsp water

## TOPPING

1 cup vegan butter cream



Easy Vegan Cupcakes

1. Preheat the oven to 180C/360F.
2. Fill your cupcake trays with cupcake liners.
3. Make your flaxseed egg by mixing flaxseed and water together and set aside to thicken.
4. In a large mixing bowl sieve flours, baking powder, baking soda, salt, powdered sugar together and give it a quick whisk to combine ingredients.
5. In a large jug, mix vinegar with soy milk until it becomes thick then add oil and vanilla and mix, add thickened flax egg and stir.
6. Pour liquid into flour bowl and gently fold ingredients together with a whisk until just combined.
7. Spoon the cupcake batter into each cupcake hole, filling it ¾ full.
8. Melt jam until its runny.



9. Place cupcakes in the oven on the top rack and bake smaller cupcakes for 12-14 mins or larger cupcakes 15-17 mins.
10. The tops should bounce back once baked so ask your helper to check and remove from oven.
11. Let cupcakes completely cool down and ice with your favorite vegan buttercream.



New  
Vegan  
Cookbook!  
By Sara Kidd

*Bake*  
**Vegan  
Stuff**

**RECIPES  
FOR KIDS**  
...& FOR ADULTS TOO!

GLUTEN & SUGAR FREE OPTIONS

Vol  
1

WRITTEN &  
PHOTOGRAPHED BY  
SARA KIDD

DESIGNED BY  
PETER CHEN

Grab your copy  
at our stall at the  
Adelaide Vegan  
Festival before  
they sell out!

 [Sarakidd.com](http://Sarakidd.com)



# SUPER SIMPLE BUTTERCREAM

Prep Time 20 mins

Makes 3 cups

Nut Free and Gluten Free

- 1 cup room temperature vegan butter or margarine
- 3 cups powdered sugar, use organic if you're in USA
- 2 teaspoons soy milk or water
- 1 tablespoon pure vanilla extract

1. Sift icing sugar and set aside.
2. Using a standard mixer with a paddle attachment beat butter on low for 5 minutes until light and fluffy, using your spatula to scrape down the sides.
3. Slowly add icing sugar on lowest speed.
4. Once completely mixed, add vanilla 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 up.



# CLASSIC VEGAN VANILLA CAKE

Prep Time 20 mins

Cook Time 60 mins

Servings

8 Inch Cake

## BEAT

240 g vegan butter at room temp

240 g powdered sugar / icing sugar

## SIEVE

360 g plain all purpose flour

50 g corn flour or corn starch if you're  
in the US

4 tsp baking powder

1 tsp baking soda

½ tsp salt

## MIX

600 ml soy milk at room temp

4 tbsp white vinegar

1 tbsp vanilla bean paste double it if  
you're using extract or essence

½ tsp lemon essence

1. Pre-heat oven to 165C/329F and grease and line an 8 Inch cake tin with baking paper.
2. Using an electric hand mixer, on a low speed beat butter and sieved sugar until light and fluffy for about 1 min. Don't over beat.
3. In a large bowl sieve remaining dry ingredients together, mix well and set aside.
4. In another bowl, mix milk and vinegar together until milk thickens slightly, then add vanilla and lemon essence.
5. Dividing flour and milk into thirds, slowly add flour then milk to butter in thirds, beat on low speed until just combined, don't over mix.
6. Pour mixture into your tin and spread evenly.
7. Bake into oven for 55-65 mins or until skewer comes out clean.
8. Leave in tin for 15 mins to cool, then place on a wire rack.
9. Top with your favourite jam and buttercream.



Classic Vegan Vanilla Cake





# EASY VEGAN DRIP ICING

Prep Time 20 mins

Servings

½ half cup

100 grams vegan white chocolate (I use Sweet William Chocolate)  
20 grams cacao butter  
70 grams coconut cream

## NOTES

- I find adding cacao butter to vegan white chocolate helps it set harder
- If you want ultimate control over your drip icing you can use a chocolate cooling spray such as this one to lightly spray onto the drip at the point you want it to stop
- If your drip is setting too quickly, just place back onto double boiler
- Add less colour to the coconut cream as it tends to darken once added to chocolate
- If you want to work with a runnier drip add more coconut cream

1. Place almost all chopped chocolate and cocoa butter in the top of a double boiler or a heatproof bowl set over (not in) a saucepan of simmering water.
2. Stir constantly until melted, making sure not to heat chocolate above 31C-32C / 88F-90F.
3. Take off heat and stir in extra chocolate until melted then stir in room temp coconut cream (if it's cold it will set the drip).
4. Add to piping bag (or however you like to drip your icing) and always do a test before adding it to your cake.



Easy Vegan Drip Icing

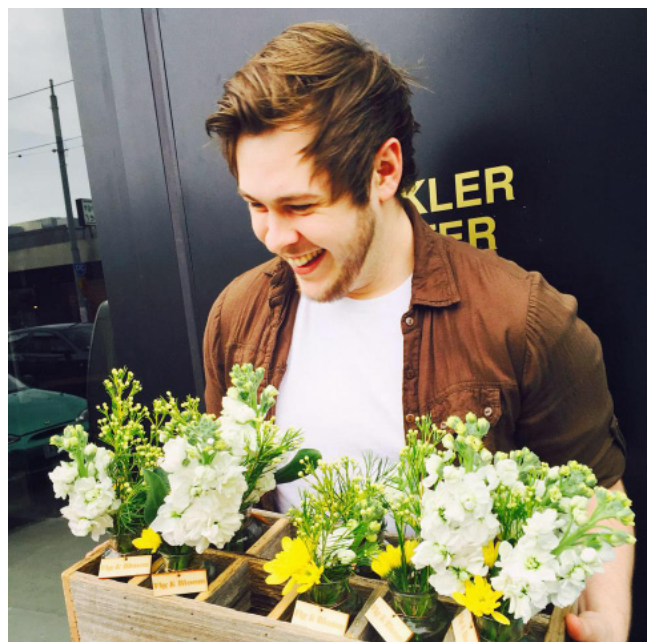


# ZAC BIRD

Zac is a vegan recipe developer and caterer from Melbourne, Australia. He has spent the last 5 years working on the scene teaching classes, catering for private events/clients, developing vegan recipes/products and trying to tell jokes at festivals around the country: some even funny! On [zaccharybird.com](http://zaccharybird.com), a trove of recipes and vegan wine resources accompany his e-book, 'Meals for Mere Mortals'. He creates all kinds of vegan food: healthy, easy, indulgent and nostalgic - but his signature move is making fake meat that challenges what people think fake meat can do. Think plant-based chicken on a bone, deep fried tarantula and mythical meat that shouldn't even exist. Find further proof of his existence on Instagram and Facebook under 'Zacchary Bird'.

By Zac:

- Deep Fried Tarantula
- Potato Flatbread
- Fairy Bread Pudding



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

## DEEP FRIED TURANTULA

Some people were a bit grossed out by how close CFC drumsticks look to the real thing, and it's been said that tarantula tastes a bit like chicken. Hence I've created this recipe so you can enjoy a vegan version of the familiar flavour you love without being put off by how it looks. Not every faux meat will work for this recipe, Australia: I used Unreal Co chicken range. It is gluten free and made from soy, rice and pea protein. Experiment with your local options, I recommend brands with refrigerated and not pre-baked whole pieces rather than prepared/crumbed frozen products as they are more receptive to being reshaped.

Around 150g "chicken meat"  
8 asparagus spears  
Cracked pepper  
3 cloves of garlic  
Juice of ½ a lemon ½ batch  
CFC Drumsticks  
Spice Mix + aquafaba (or a similar mix  
of flour/salt/spices/herbs)  
Oil for frying

1. Stop screaming.
2. Chop a few centimetres off the ends of the asparagus spears, using a vegetable peeler to shave the ends into rough points. You'll probably need to adjust these later, so it doesn't need to be perfect. Toss these with the lemon juice and pepper. Set aside to marinate.
3. You may need to get creative depending on what faux meat is available to you. Use wet hands to shape the chicken piece/s into a rough arachnid shape - there's a 'head' and an 'abdomen'. Just do your best.
4. Stab the tarantula's body all over with a fork. Finely chop garlic and rub it into the holes and surface of the body. Your spider may benefit from a quick blast in the microwave to help hold it all together.



5. Prepare your largest pot for deep frying (See Deep Frying Guide) and pour aquafaba into a bowl. Cover the spider in the spice mix, before using a chopstick to mark out holes for the legs to go into. Technically the legs should mostly extend from the 'head' but take as many liberties as you need to make it work.
6. Dip each of the asparagus spears into the aquafaba before coating with the spice mix. Poke the pointy end into your prepared holes, pushing in as deep as you can and adjusting length if needed for even legs.
7. Deep fry with the legs side down first until golden brown and flip to repeat on the other side, time will vary with the chicken brand you're using. If a leg falls off, just pop it back in after frying. Serve hot with sauce. Great choices include flavoured mayo, lemon juice, pesto, ranch, tartare or hot sauce.



Deep Fried Turantula



## POTATO FLATBREAD

This recipe works with most potatoes. Sweet potato packs in lots of flavour, red potato makes for sturdy flatbread and white potato creates an impossibly fluffy final flatbread. A combination of red and white potato works very well, and is a great excuse to get rid of those sad last potatoes waiting to be used up before they grow eyes large enough to start giving you evils.

¼ cup boiled and mashed sweet potato  
OR red potato OR white potato  
OR a mixture of red and white potato

¼ cup + 3 tablespoons  
plain flour  
Salt

Oil Optional,

If using sweet potato: ½ teaspoon  
nigella seeds

1. Take 3 tablespoons of flour and sprinkle over a surface suitable for rolling and dust a rolling pin. In a large bowl, mix ¼ cup flour, salt and the nigella seeds (or your choice of herbs or garlic!). Add the mashed vegetable you've chosen.
2. Begin mixing with a spoon until the mixture begins to come together and becomes easier to work with your hands. Work the mashed vegetables into a ball, cover in flour and punch down fold over the dough repeatedly to incorporate all of the flour. Move the ball to your floured surface.
3. Use the rolling pin to roll out the dough, flip over and repeat. You'll need dust the surface and rolling pin each time you flip the flatbread. If, as you roll, the flatbread breaks apart or has unincorporated mashed veg - this is easily fixed. Heartily sprinkle flour over it, fold the flatbread over and roll out again. Continue until you achieve your desired flatbread shape/size.



4. Heat a small amount of oil in a large pan or spray both sides of the flatbread with cooking spray (make sure oil reaches the entire surface either way). Fry on each side for 1-2 minutes (until all flour is cooked through and the bread begins to get brown spots). Serve immediately or keep covered in a kitchen towel. Serve warm.



Potato Flatbread



# FAIRY BREAD AND BUTTER PUDDING

The veganised version of bread and butter pudding simply switches in fairy bread in place for the normal buttered bread and spices. It's a very easy recipe, and the flavours? How could I even describe the complex flavour pairings that make up this dish? It tastes like.. 100's and 1000's. ..and custard. That's it. It tastes just like sugary bread, and that's exactly how it's meant to taste.

Note to people who have not made fairy bread before: it is strongly encouraged that you use the very worst ingredients you can find. I mean it. That means the crappiest, cheapest loaf of white bread you can track down. No fancy soy milk, and no million dollar dairy free butters - this dish screams out for cheap, basic margarine. Save yourself the time and effort by embracing the essence of Australian cuisine.. laziness.

12 slices of the most awful stale white bread available to you - leave out for 48 hours to make stale if needed

A knob of cheap margarine

2 packets 100's and 1000's (rainbow sprinkles - check that they don't use Colour 120 as it is animal derived)

2 and ½ cups soy milk

2 teaspoons vanilla essence

2 heaped tablespoons of arrowroot powder (tapioca starch) or corn starch (NOT wheaten cornflour).

¼ cup caster sugar

Pinch of salt

1. Preheat oven to 180C.
2. In a pot, place soy milk, sugar and salt over a low heat and bring to a simmer. Slowly whisk in arrowroot powder until dissolved and continue to stir until custard fully thickens (about 6 - 8 minutes). Remove from heat and stir in vanilla.
3. Slice the crusts off the white bread (reserve to make breadcrumbs!) and liberally cover one side of each slice in margarine, before slicing in half to make triangles.
4. Pour 100's and 1000's into a bowl and place each bread triangle margarine side down to coat the surface entirely in 100's and 1000's.



6. Pour custard mixture over fairy bread and add more 100's and 1000's on top. Leave to sit for 10 minutes before placing it in the oven for 30 minutes. Stand for 10 minutes before serving with a scoop of ice-cream and more 100's and 1000's!







Fair Bread and Butter Pudding



Produced as part of  
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