

VEGANUARY 

# CELEBRITY COOKBOOK

## 2021 EDITION

OVER 25  
VEGAN  
RECIPES



# 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 2021. 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

Veganuary Ambassador Evanna Lynch  
with one of the lucky rescued animals  
at The Retreat Sanctuary in Kent.





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# **BREAKFASTS & SMALL PLATES**

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## Harry Kirton

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.



# 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.







## *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!



# AVOCADO NUMS

## BY BIF NAKED

### 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!!





## Jane Fallon

Jane is a best-selling author who is no stranger to selling a million copies per book. She is also an environmentalist, an animal lover and Veganuary alumni from the Class of 2019. When she's not writing, working out or hanging out at red carpet events, Jane is in the kitchen whipping up this delicious, wholesome warming soup.

# ROASTED PEPPER, TOMATO AND GARLIC SOUP

## BY JANE FALLON

SERVES 2

### INGREDIENTS

1 or 2 peppers, cored and cut into four

8-10 medium-sized tomatoes cut in half

2 bulbs garlic, cut in half with the skins left on (I really overdo the garlic because I love it but you can use less)

1 onion cut into four

1 veggie stock cube

3 tbsp nutritional yeast

Your choice to add: olive oil, soy sauce, salt, pepper and / or herbs (basil/thyme/rosemary all work well)

Grated lemon peel (optional)

### METHOD

1. Put all the veg into a roasting tin, drizzle with olive oil & roast on 180°C for about 25 to 30 mins until it's starting to colour.
2. Remove the garlic and set aside, and pour the rest including all the juices into a saucepan.
3. Add a veggie stock cube and enough water to cover all the veg. Then, when they're cool enough to handle, squeeze the roasted garlic cloves out of their skins and into the pan.
4. Add whatever herbs you want – I like to add fresh basil – and season with salt and pepper. Add the nutritional yeast, and a glug of soy sauce. If you're including lemon rind add it now.
5. Warm through then blend with a stick blender.







## Joanna Lumley

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.



# RANDOM GREEN SOUP

## BY JOANNA LUMLEY

SERVES 4 

### 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

### 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.







## Beyoncé

This superstar singer kick-started her 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 this 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.



# GUACAMOLE

## BEYONCÉ CAN HANDLE THIS!

SERVES 2-4

### INGREDIENTS

2 ripe avocados  
½ tsp salt  
½ 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

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!

# LEBANESE TABBOULEH

## JOAQUIN PHOENIX GIVES THIS THE THUMBS UP

SERVES 4

### 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.





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## *Benjamin Zephaniah*

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!

# **ZEPHANIAH STYLE VEGAN MA PO TOFU**

## **BY BENJAMIN ZEPHANIAH**

**SERVES 2**



### **INGREDIENTS**

430g regular white tofu,  
cut into 2 cm 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 any spicy chilli bean paste)

### **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 any spicy chilli bean paste) 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.







### *Jasmine Harman*

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.

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# SHEPHERD'S PIE — WITH A MEDITERRANEAN TWIST BY JASMINE HARMAN



SERVES 4-6

## 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 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.





## *Evanna Lynch*

Evanna is a stage and screen actress, known globally for her role in the Harry Potter films and for reaching the final of Dancing with the Stars. Not only is she an incredible actress and dancer, and a Veganuary Ambassador, she also knows the secret of a great shepherd's pie. This is her go-to meal, and we think once you've tried it, it will be yours, too.

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Shepherd's pie remains one of our most popular meals, so it's no surprise that two of our Ambassadors have shared their favourite recipes: Evanna's is rich, flavourful and traditional; Jasmine's is vibrant, delicious and unusual. Try them both and tell us which one you prefer!



# THREE BEAN SHEPHERD'S PIE

## BY EVANNA LYNCH



SERVES 4

### INGREDIENTS

For the bean filling:

2 tbsp olive oil

1 onion, peeled and diced

2 cloves garlic, peeled and crushed

150g mushrooms, sliced

½ red pepper, de-seeded and chopped

½ yellow pepper, de-seeded and chopped

2 medium-sized carrots, peeled and finely diced

200g aduki beans

200g kidney beans

200g borlotti beans

1 tsp dried thyme

1 handful fresh parsley

Glug vegan red wine (optional)

375ml vegetable stock

1 heaped tbsp cornflour

1 tbsp tomato puree or paste

For the mashed potatoes:

750g potato peeled and roughly chopped

1 tbsp vegan butter

Black pepper

### METHOD

1. Heat the oven to 180C.
2. Bring a pan of water to the boil, and cook the potatoes until soft. Drain, mash with the vegan butter and season with black pepper. Set aside.
3. Meanwhile, in a large pan, fry the onion in the olive oil gently until it softens. Add the garlic and mushrooms, and cook for a further 2 minutes, stirring to ensure the garlic does not burn.
4. Add the pepper, carrots, beans, and herbs. Stir well.
5. Add a glug of wine (if using) and the stock. Bring to the boil and let it simmer uncovered for 8 minutes or until the carrot have softened.
6. In a small dish, mix the cornflour with 2 tbsp cold water, then stir it into the liquid to thicken it into a rich gravy. Add the tomato puree or paste.
7. Remove from the heat and pour into a baking dish. Cover with the mashed potato and place in the oven for 25-30 minutes until the top is starting to brown.





### *Jason Gillespie*

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

## BY JASON GILLESPIE

SERVES 2-3 

### 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 2.5 cm cubes  
250g spinach leaves  
Salt and pepper

### 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.







## John Bishop

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 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  
½ 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.





## Leona Lewis

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, served with a fresh green salad and a hunk of garlic bread.

# SPAGHETTI BOLOGNESE LEONA LEWIS STYLE!

SERVES 4

## 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, 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.







### *Anthony Mullally*

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

# THAI RED CURRY

## BY ANTHONY MULLALLY

SERVES 4

### INGREDIENTS

1 large onion, peeled and sliced  
2 tbsp coconut oil  
200g mushrooms, sliced  
2 red chillies, 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.





## Peter Egan

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.

# 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  
85g white breadcrumbs  
50g pine nuts  
Handful of basil leaves

### 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 aubergine 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 aubergine 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 Monroe

Jack is a chef, a food writer, anti-poverty campaigner and Veganuary alumni. She creates incredibly tasty meals that cost very little to prepare, and many of her recipes can be found at [www.cookingonabootstrap.com](http://www.cookingonabootstrap.com).

These Not Meatballs are a firm favourite in the Monroe household, and they will be in yours, too.

# NOT MEATBALLS BY JACK MONROE

SERVES 4



## INGREDIENTS

2 aubergines  
2 red or white onions  
2 cloves garlic  
2 red chillis  
2 tbsp black olives, finely chopped  
3 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.







### *Kristina Rihanoff*

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.

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# PORTOBELLO WELLINGTON WITH RED WINE SAUCE

## BY KRISTINA RIHANOFF



**SERVES 4** 

### 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

**For the sauce:**

½ cup red wine

1¾ 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 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.







## *Pamela Anderson*

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.

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# 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 × 400g tins chopped tomatoes
- 6 tbsp tomato purée
- 1 tsp chilli powder
- 2 tsp dried oregano

For the sweet potato base:

- 2 large sweet potatoes, cut into small cubes
- 1 ¼ cup gluten-free oat flour
- ⅓ 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)
- Salt and pepper to 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.

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.





## James Moore

Actor and Veganuary Ambassador James Moore won a National Television Award for his role in Emmerdale, but we think he deserves two more. One for being such a brilliant vegan and disability activist, and another for this tofu dish. It. Is. Sublime.

# SWEET AND SPICY SRIRACHA TOFU

## BY JAMES MOORE

**SERVES 2**

### INGREDIENTS

400g tofu, pressed and cubed  
6 tbsp cornflour / cornstarch  
4 tbsp oil  
2 spring onions  
2 cloves garlic  
1 cup water  
1 tbsp Sriracha sauce  
2 tbsp soy sauce  
2 tbsp agave nectar  
4 tbsp sugar

#### To garnish:

2 spring onions  
Handful coriander  
Sesame seeds  
A wedge of lime

### METHOD

1. Put 4 tbsp of the cornflour onto a plate and turn the tofu cubes over in it until they are covered.
2. Heat the oil in a frying pan, and fry the tofu for 4-5 minutes on each side until golden and crispy. Then remove them from the oil, and set aside.
3. Add the spring onions and garlic to the same pan, and fry for a minute or two.
4. Then add the water, Sriracha sauce, soy sauce, agave nectar and sugar. Bring to a simmer.
5. In a small bowl, mix the last two 2bsp cornflour with a tablespoon of water to form a smooth paste, and then stir it into the liquid to thicken it.
6. Pour the sticky sweet and spicy sauce over the tofu and garnish with more spring onions, chopped coriander, a wedge of lime and a sprinkle of sesame seeds.







## *Chris & Sam Smalling*

Chris Smalling is a world-class footballer and is married to former model Sam. This is Sam's take on a traditional African stew, which they both love, despite Chris being no fan of peanuts! We've tried it and it is delicious – the perfect meal to power one of the world's best footballers to glory.

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# PEANUT STEW WITH SWEET POTATO AND CHICKPEAS

BY CHRIS AND SAM SMALLING



SERVES 4

## INGREDIENTS

1 tbsp coconut oil  
1 onion, finely chopped  
1 chilli, cored and finely chopped  
4 garlic cloves, minced  
1 large red pepper, deseeded and sliced  
2-inch knob of fresh ginger, peeled and finely chopped  
1 tsp ground cumin  
1 tsp ground coriander  
6 sundried tomatoes  
2 sweet potatoes (about 800g), peeled and cut into 1-inch cubes  
2 cans chickpeas drained  
2 heaped tbsp unsweetened peanut butter (crunchy or smooth)  
1 can coconut milk  
2 tsp coconut sugar (or any other sugar or syrup)  
1 can water  
1 stock cube or 1 tbsp bouillon  
A few handfuls of fresh spinach (optional)  
Handful coriander (optional)  
Juice half a lime (optional)  
Salt and pepper to taste

## METHOD

1. Prepare all the vegetables.
2. In a large pot over medium heat, warm the coconut oil. Add the onion, sprinkle with salt and cook for 3 minutes. Add the garlic, chilli, ginger, red pepper and fry for another 3 minutes.
3. Then add cumin and ground coriander, and stir together. Cook for about 2 minutes.
4. Add the sundried tomatoes, peanut butter, water, stock cube or bouillon and coconut milk. Stir together then bring to a boil. Reduce heat to medium-low, cover and cook for 10 minutes before blending to a smooth sauce.
5. Bring a pan of salted water to a boil and add the sweet potato, parboiling for 4 mins. (Be careful not to overcook or this will turn into a mashed potato curry!)
6. Add the parboiled sweet potato and chickpeas to the peanut sauce and stir. Simmer for 10 mins, and check the potato is cooked through.
7. If using spinach, add to the pot, stir, then cover and continue to cook for another 2 minutes.
8. Add coriander and lime juice if using and then season to taste. Serve with rice or quinoa.







## Melody Kane

There is no food like comfort food, and this thing of beauty is a favourite meal of our favourite DJ, Melody. Not only is she a true talent on the decks, she's a talent in the kitchen and a Veganuary Ambassador, too. Three reasons to love this amazing woman!

# VEGAN MAC N CHEESE BY MELODY KANE

SERVES 4



## INGREDIENTS

225g gluten-free or spelt pasta

150g cashews, soaked  
for 4-6 hours

1½ tbsp avocado oil or  
extra-virgin olive oil

1 large red onion

5 cloves garlic, pressed  
or minced

Small pinch of allspice

½ tsp nutmeg

½ tsp dry mustard powder

½ tsp pink Himalayan salt

Handful of chopped thyme

1 cup almond milk, more as  
necessary

¼ cup nutritional yeast

250g vegan coconut oil-based  
cheese, grated

Chives to garnish

Salt and pepper to taste

## METHOD

1. Cook pasta according to package instructions. Drain and set aside.
2. In a medium pan over medium-low heat, sauté the onion in olive oil for 7-8 mins, then add the garlic and cook for 2 more mins, stirring.
3. Meanwhile, add onions and garlic to a blender with all the remaining ingredients except for the cheese and blend until smooth.
4. Put the sauce into the pan and cook on a medium heat, add the cheese and stir frequently until the cheese has melted and the sauce has slightly thickened.
5. Add the pasta to the cheese, and serve immediately, garnished with chives.





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# **SWEET TREATS**

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## Jason Mraz

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!

# CHOCOMOLE HITTING THE RIGHT NOTE FOR JASON MRAZ

**SERVES 4-6**

## INGREDIENTS

16 Medjool dates, pitted  
and coarsely chopped  
3 ripe avocados  
1 cup unsweetened almond  
milk or coconut milk  
1 cup unsweetened cocoa  
powder  
¼ 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 or espresso cups and chill for three hours before serving.





## *Mayim Bialik*

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.



# BOOZY PECAN PIE TRUFFLES

## MAYIM BIALIK'S FAVOURITE!

### INGREDIENTS

2½ 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. 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 on the parchment for 15 minutes before eating.





# TURKISH DELIGHT CHOCOLATE CUPCAKES

BY CARL  
DONNELLY



MAKES 12 LARGE CUPCAKES



## INGREDIENTS

For the cakes:

170g self-raising flour

30g cocoa powder

200g caster sugar

¼ tsp bicarbonate of soda

¼ 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)

## 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.
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, 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 cakes thaw.

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### *Carl Donnelly*

Carl is a comedian, a writer and a proud Veganuary Ambassador. Here is his delicious cupcake recipe in his own words, based on the cakes made by the renowned Ms Cupcake.

# TURKISH DELIGHT CHOCOLATE CUPCAKES (CONTINUATION)

## 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

## 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.

## 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!!







*Moby*

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 butter

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 butter, 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.







## *Madonna*

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!

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# 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 butter

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

**For the toffee sauce:**

100g golden syrup

200g soft brown sugar

150g dairy-free butter

100ml soya cream

1 tsp vanilla essence

## 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 20 cm x 20 cm shallow cake tin with baking parchment.
6. Beat together the butter 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 this into the prepared tin.
8. Bake in the pre-heated oven for 30 minutes or until the sponge bounces back when pressed.

**For the toffee sauce:**

1. Melt the syrup, butter, sugar and vanilla essence in a small saucepan.
2. Simmer for 5 minutes without stirring.
3. Leave to cool slightly and 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 dairy-free ice cream and walnuts to decorate.







### *Peter Tatchell*

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!

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# CHOCOLATE CAKE

## IS TOP OF PETER TATCHELL'S LIST



### INGREDIENTS

For the cake:

1 ¼ cups self-raising flour

1 cup sugar

⅓ cup unsweetened  
cocoa powder

1 tsp baking soda

½ tsp salt

1 cup warm water (or use  
coffee to make it a mocha cake)

1 tsp vanilla extract

⅓ cup vegetable oil

1 tsp apple cider vinegar

For the glaze:

½ cup sugar

4 tbsp butter

2 tbsp soya milk

2 tbsp unsweetened  
cocoa powder

2 tsp vanilla extract

### 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 8×8 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).

For the glaze:

1. In a small saucepan, bring sugar, butter, 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.

### 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 34 minus the rose water for the filling.





## *Kellie Bright*

Kellie Bright is best known for playing Linda Carter in EastEnders. She is an amazing actress, a wonderful person and a Veganuary Ambassador. 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!)

# RAW VEGAN BAJADERA CAKE KELLIE BRIGHT'S, FAVOURITE BY MELL

**SERVES 16 THIN SLICES  
OR 8 FATTER CAKES**



## INGREDIENTS

### 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
- ⅓ cup coconut oil
- 3 tbsp maple syrup

## 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 a 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.





# YOU GOT THIS!



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