



BAKE SALE RECIPES

VEGAN CORNISH-STYLE PASTIES *(makes 4 large pasties)*

FOR THE FILLING:

200 g (7 oz) potatoes, peeled and cut into chunks
½ a medium onion, peeled and cut into chunks
125 g (4½ oz) swede, peeled and cut into chunks
2-3 rounded tsp light vegetable stock powder
50 g (2 oz) tinned red kidney beans,
rinsed and drained
pepper, to taste

FOR THE PASTRY:

100 g (3½ oz) vegan margarine + 25g (1 oz) extra
20 g (¾ oz) vegan vegetable fat
225 g (8 oz) plain white flour
1 tsp salt
150 ml (5 fl.oz) cold water
soya milk to glaze

- (1) Pre-heat the oven to 190°C/375°F/gas mark 5.
- (2) Grease a baking sheet, or line with baking paper.
- (3) For the filling, place all the ingredients except the kidney beans in a food processor and process until finely chopped.
- (4) Put chopped filling ingredients into a bowl and add the kidney beans. Add pepper to taste.
- (5) For the pastry, in a bowl mix flour and salt, vegetable fat and 100 g (3½ oz) margarine. Rub in with fingertips to make a fine crumb. Gradually add water to make a soft dough.
- (6) Roll the pastry out on a floured board to approximately 5 mm (3/16") thick. Fold in thirds and roll out again to same thickness.
- (7) Cut pastry into 4 rounds.
- (8) Pile filling into centre of each round and top with a piece of the remaining margarine.
- (9) Dampen edges and fold over to form pasty. Pinch edges together.
- (10) Place pasties onto baking sheet, brush with soya milk and prick with a fork to let steam escape.
- (11) Bake for approximately 45 minutes until golden brown.

BANANA BREAD

65 g (2½ oz) vegan margarine
110 g (4 oz) unrefined sugar
225 g (8 oz) plain flour
1½ tsp baking powder
½ tsp bicarbonate of soda
2 ripe bananas, mashed
110 ml (4 fl.oz) soya milk
1 tsp vanilla extract
65 g (2½ oz) chopped walnuts (optional)



- (1) Cream margarine and sugar together.
- (2) Stir in the flour, baking powder and bicarb.
- (3) Add remaining ingredients and mix well.
- (4) Pour into a greased and lined loaf tin (approx. 23 cm x 12 cm / 9" x 5").
- (5) Bake for 50 minutes at 180°C/350°F/gas mark 4.

CHOCOLATE BANANA CAKE

FOR THE CAKE:

280 g (10 oz) plain flour*
3 heaped tsp baking powder
55 g (2 oz) cocoa powder, sifted
225 g (8 oz) sugar
8 tbsp vegetable oil
280 ml (10 fl.oz) water, or water/soya milk mixture
1 medium size banana, mashed

FUDGE FILLING/TOPPING:

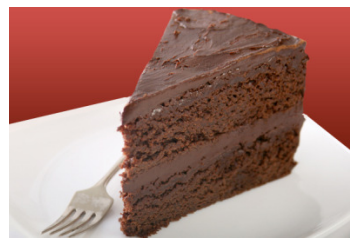
55 g (2 oz) vegan margarine
3 tbsp water
200 g (7 oz) icing sugar
55 g (2 oz) cocoa powder
1 tsp vanilla extract

* Cake texture will vary if you use white or wholemeal flour, or a combination

- (1) Pre-heat oven to 190°C/375°F/gas mark 5.
- (2) Mix the flour, baking powder, cocoa and sugar together.
- (3) Add the remaining ingredients and mix thoroughly.
- (4) Pour the mixture into two greased 20 cm (8") round tins.
- (5) Bake for 40 minutes.
- (6) Leave to cool in the tins.
- (7) Sandwich the halves together and top with Fudge Filling/Topping (see below).

To make the fudge filling/topping:

- (1) Melt the margarine over a very low heat.
- (2) Add the water, icing sugar, cocoa and vanilla.
- (3) Leave to cool.
- (4) Beat until stiff with an electric mixer or hand whisk.



MINI VICTORIA SPONGE CAKES

FOR VANILLA CAKES:

200 g (7 oz) self-raising flour
120 g (4¼ oz) caster sugar
1 tsp baking powder
200 ml (7 fl.oz) soya milk
80 ml (3 fl.oz) vegetable oil
1 tbsp vanilla extract

FOR CHOCOLATE CAKES:

170 g (6 oz) self-raising flour
2 tbsp cocoa powder
120 g (4¼ oz) caster sugar
1 tsp baking powder
200 ml (7 fl.oz) soya milk
80 ml (3 fl.oz) vegetable oil
1 tbsp vanilla extract

- (1) Grease 12 loose-bottomed mini Victoria sponge tins (approx. 6 cm/2½" diameter).
- (2) Pre-heat oven to 180°C/350°F/gas mark 4.
- (3) Mix together all the dry ingredients.
- (4) Add all the wet ingredients and mix by hand until just combined. Don't over-mix.
- (5) Spoon the mixture into the tins to half fill.
- (6) Bake for 20 minutes or until a skewer inserted into the centre comes out clean.
- (7) Leave for 15 minutes to cool in the tins, then transfer to a wire cooling rack.
- (8) When cool, split the cakes and sandwich the two halves together with icing (see below) and, for the vanilla cakes, raspberry jam.

ICING:

Cream together 80 g (3 oz) vegan margarine, 170 g (6oz) sieved icing sugar and 1 tsp vanilla extract [for icing the chocolate cake, you could also add 25 g (1 oz) cocoa powder].

OATMEAL PEANUT BUTTER COOKIES

225 g (8 oz) plain flour (white, or white and wholemeal mixed)
1 tsp baking powder
¾ tsp bicarbonate of soda
1¼ tsp ground cinnamon
200 g (7 oz) rolled or quick-cook oats
125 ml (4½ fl.oz) vegetable oil
150 g (5 oz) smooth peanut butter
125 g (4½ oz) demerara sugar
150 g (5oz) soft brown sugar
70 ml (2½ fl.oz) non-dairy milk
4 tsp ground flax seed
1½ tsp vanilla extract
150 g (5 oz) roasted salted peanuts, chopped



- (1) Pre-heat oven to 180°C/350°F/gas mark 4.
- (2) Lightly grease two baking sheets, or line with baking paper.
- (3) In a medium size bowl, sift the flour, baking powder, bicarb, cinnamon and salt. Stir in the oats and set aside.
- (4) In a large bowl, beat together the oil, peanut butter, sugars, non-dairy milk, flax seed and vanilla until smooth.
- (5) Fold half of the flour/oat mixture in to moisten, then fold in the rest of the mixture.
- (6) Put chopped peanuts into a shallow dish. Drop in a rounded dessertspoonful of dough per cookie, pressing the nuts into the dough. Move dough to baking sheets, leaving space between each cookie. Flatten slightly with moistened finger or spoon.
- (7) Bake for 12-14 minutes until edges start to brown. Rest on the baking sheet for 5 minutes, then transfer to cooling rack to finish cooling.

LEMON DRIZZLE CAKE

110 g (4 oz) vegan margarine
170 g (6 oz) self-raising flour
170 g (6 oz) caster sugar
4 tbsp soya milk
grated rind of 1 lemon (organic or unwaxed)



Icing: juice of the lemon
 110 g (4 oz) icing sugar

- (1) Pre-heat oven to 180°C/350°F/gas mark 4.
- (2) Sift the flour and mix in the sugar and lemon rind.
- (3) Gently melt the margarine and add it to flour and sugar mixture.
- (4) Add the soya milk and mix until even. Add a little more soya milk if needed to make a dropping consistency.
- (5) Pour into a lined loaf tin (a loaf liner works best) and place in oven immediately.
- (6) Bake in top half of the oven for 40 minutes.

The cake should be iced while hot, as soon as it is removed from the oven. Add the lemon juice to the sieved icing sugar and mix thoroughly. Pour the icing onto the hot cake and spread evenly (some will soak into the cake). Leave the cake to cool in the tin.

GINGERBREAD CUPCAKES with Lemon Frosting

FOR THE CAKES:

200 g (7 oz) plain flour (wholemeal or white, or a mixture)
1 tsp baking powder
½ tsp bicarbonate of soda
2-3 tsp ground ginger
1 tsp ground cinnamon
¼ tsp salt
125 ml (4½ fl.oz) vegetable oil
80 ml (3 fl.oz) molasses
125 ml (4½ fl.oz) maple syrup
50 ml (1¾ fl.oz) soya milk
2 tbsp soya yogurt
1 tsp finely grated lemon zest

FOR THE FROSTING:

80 g (3 oz) vegan margarine
170 g (6oz) sieved icing sugar
lemon essence to taste



- (1) Pre-heat oven to 180°C/350°F/gas mark 4.
- (2) Line cupcake pan with cupcake liners.
- (3) Sift flour, baking powder, bicarb, ginger, cinnamon and salt into a bowl.
- (4) Whisk oil, molasses, maple syrup, soya milk, yogurt and lemon zest in a separate large bowl.
- (5) Add flour mixture and mix till just smooth.
- (6) Fill cupcake liners to 2/3rd full.
- (7) Bake for approximately 20 minutes until cake tester tests clean.
- (8) Transfer to cooling rack and cool completely before frosting.

To make the frosting, cream together the margarine, icing sugar and lemon essence.

CARROT CAKE

(this recipe also makes good cupcakes)

FOR THE CAKE:

175 ml (6½ fl.oz) vegetable oil
260 ml (9 fl.oz) soya milk
300 g (10½ oz) demerara sugar
3 medium sized carrots, grated
100 g (3½ oz) sultanas
225 g (8 oz) plain white flour
225 g (8 oz) plain wholemeal flour
1 tsp baking powder
1 tsp bicarbonate of soda
½ tsp salt
1 tsp ground cinnamon
¼ tsp ground mixed spice

FOR THE TOPPING:

110 g (4 oz) vegan margarine
225 g (8 oz) sieved icing sugar
lemon essence to taste

ALTERNATIVE TOPPING:

vegan soft cheese, sweetened to taste



- (1) In a large mixing bowl, beat together the oil, sugar and soya milk.
- (2) Stir in grated carrots and sultanas.
- (3) In a separate bowl, whisk together the flours, baking powder, bicarb, salt and spices.
- (4) Stir the dry mixture into the first bowl of ingredients, mixing well.
- (5) Pour into a greased or lined 28 cm x 18 cm / 11" x 7" baking tin and bake at 180°C/350°F/gas mark 4 for 30-35 minutes or until a cake tester tests clean.
- (6) When cool, top with desired topping.

To make the filling/topping, cream together the margarine, icing sugar and lemon extract. Alternatively, vegan soft cheese, sweetened to taste, can be used instead.

DANISH PASTRIES

25 g (1 oz) golden granulated sugar
150 ml (5 fl.oz) lukewarm soya milk
2 tsp dried quick yeast
110 g (4 oz) vegan margarine
225 g (8 oz) bread flour (white, or a mixture of wholemeal and white)
pinch of salt



Filling of your choice

(e.g. coarsely chopped cooking apple with spice, or a layer of marzipan with tinned apricots).

- (1) Sift the flour into a mixing bowl with the salt. Stir in the sugar and yeast.
- (2) Add the soya milk and mix evenly to make a dough.
- (3) Knead the dough on a lightly floured surface until smooth, then roll out to an oblong approximately 36 cm x 18 cm/14" x 7".
- (4) Lightly mark the rolled dough into thirds and dot the margarine over the top and middle thirds.
- (5) Fold the bottom third over the middle, then the top third over the bottom. Press the edges together to seal and turn the dough so the sealed edges are facing you.
- (6) Roll out again to about the same size and fold once more into three.
- (7) Place on a well-floured plate and chill in the refrigerator for 30 minutes.
- (8) Repeat the rolling and folding process three more times to create a light textured pastry.
- (9) Chill for another 30 minutes before final preparation.
- (10) Pre-heat the oven to 220°C/425°F/gas mark 7.
- (11) Roll the pastry out thinly on a lightly floured surface and cut into 13 cm/5" squares.
- (12) Place a little filling (equivalent to about a tablespoonful) in the centre of each, fold the square diagonally and press the edges to seal.
- (13) Arrange the pastries on a lightly greased baking sheet and leave to rise in a warm place for 1 hour.
- (14) Bake for 10-15 minutes.
- (15) When cool, the pastries can be dusted with icing sugar, or decorated with a little water icing.

BREAD PUDDING

Soak stale bread in water for 15 minutes. Squeeze out as much of the water as you can.

Weigh the soaked bread and to every 320 g (12 oz) add:

55 g (2 oz) sugar
80 g (3 oz) mixed dried fruit (chop larger pieces)
25g (1 oz) vegetable oil
1 heaped tsp ground mixed spice
Sugar or vanilla sugar to sprinkle



- (1) Mix all the ingredients well.
- (2) Spread evenly in a greased dish.
- (3) Sprinkle with sugar or vanilla sugar.
- (4) Bake in the centre of the oven for 1 hour at 180°C/350°F/gas mark 4.
- (5) If necessary, reduce to 165°C/325°F/gas mark 3 until fully baked.

Serve hot with soya milk custard, or leave to cool and cut into squares.

AMAZING CAKE

225 g (8 oz) dried dates
260 ml (9 fl.oz) water
450 g (16 oz) mixed dried fruit
200 g (7 oz) wholemeal flour
50 g (2 oz) ground almonds
3 level tsp baking powder
1-2 tsp ground mixed spice
1 tsp cocoa or carob powder
grated rind and juiced of 1 orange



- (1) Cook the dates in water until soft.
- (2) Add all the remaining ingredients and mix evenly.
- (3) Cook in a lined 2 lb loaf tin at 165°C/325°F/gas mark 3 for approximately 1 hour. Cover the top with baking paper if it is getting too well-done.

COFFEE AND WALNUT CAKE

FOR THE CAKE:

200 g (7 oz) wholemeal self-raising flour
125 g (4½ oz) white self-raising flour
2 level tbsp instant coffee granules
125 ml (4½ fl.oz) vegetable oil
175 g (6½ oz) demerara sugar
250 ml (9 fl.oz) water
20 g (¾ oz) ground walnuts

FOR THE FILLING/TOPPING:

80 g (3 oz) vegan margarine
170 g (6 oz) sieved icing sugar
1 tsp vanilla extract
half walnuts for decoration

- (1) Stir coffee, sugar, oil and water in a jug until dissolved.
- (2) Put flour and ground walnuts into a medium sized bowl, pour in the liquid mixture and beat thoroughly.
- (3) Divide into two small (approx 18 cm / 7") sandwich tins.
- (4) Bake in centre of oven at 190°C/375°F/gas mark 5 for 15-20 minutes.
- (5) When cool, fill and cover with topping and decorate with half walnuts.

To make the filling/topping, cream together the margarine, icing sugar and vanilla extract.



Veganism is a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose.

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