

Vegucation Food Event
In aid of St George's Crypt
Recipes
Local Food Map
Sustainable Food Handout



VEGUCATION EVENT

#Meatless Monday

AUBERGINE PARMIGIANA (Northern Italian recipe) (for 6 people)

1.5 kg Aubergines	sun seed oil
150g Parmesan Cheese, grated	olive oil
1/2 Onion, finely sliced	a few leaves of Basil
1 clove garlic, finely sliced	sea salt
1.4 lt of fine chopped tomatoes	100g rock salt (optional)
	100 g mozzarella (optional)

1. Slice the aubergines into 1 cm thick slices, and put them to one side. If you have time (1 extra hour), you can leave them to rest in layers covered in rock salt so they expel their typical bitter taste. After that, you'll have to rinse them properly to remove all the salt and dry them completely.

2. Heat 2-3 cm of sunseed oil in a large pan and when it is very hot start deep frying the aubergines until golden. Do not put too many at a time or the oil will cool down. Alternatively the healthier way to do this is grilling aubergines instead of frying them!

3. In the meantime, you can prepare the sauce. Start by putting a couple of spoons of olive oil in a pan with the sliced onion and garlic until golden. Then add the chopped tomatoes, salt, pepper, basil and optionally a spoon of oregano and leave until the sauce is reduced and creamy.

4. Once ready, take an earthenware type dish and put a small layer of tomato sauce at the bottom, scatter a bit of parmesan and add a layer of aubergines. Repeat the process until you finish the ingredients. The last layer must be tomato sauce and cheese. If you like it more cheesy, you can cut the extra cheese in small pieces or grate it and use it together with the parmesan.

5. Cook in pre-heated oven at 190° for approx. half an hour or until the top is crispy. Possibly eat straight away!

NOTE: this is a summer dish, so it will be nicer if you use seasonal aubergines and fresh tomatoes.

MYTHS: TRUE/FALSE?

Vegetarians get little protein

False! Beans are around 28% protein, vegetables and grains 13%, plants easily supply the professional recommendations.



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#Meatless Monday

Garden Vegetable and Goat's Cheese Quiche (Serves 6-8 people)

1 deep 24cm blind-baked pastry case
40g butter
85g courgettes sliced at an angle
85g runner beans, stringed halved lengthways and sliced
85g fresh or frozen peas
3 continental salad onions, stems chopped and bulbs quartered
300ml milk
25g plain flour
2 large eggs
110g log full-fat soft goat's cheese, sliced
3 small vine tomatoes quartered

1. Preheat the oven to fan 170C/conventional 190C/gas 5. Melt the butter in a medium saucepan and cook the green veg and onions for 5 mins, stirring until starting to soften. Tip the milk and flour into the pan and stir over the heat until it thickens to a smooth sauce. Cool for 5 mins or so, stirring to stop skin forming.
2. Beat the eggs into the sauce and generously season. Pour into the pastry case and scatter with the goat's cheese and tomatoes.
3. Bake for 40 mins until filling is set, turning golden. Cool for a few mins before removing from tin.

MYTHS: TRUE/FALSE?

Meat protein is better than plant protein.

False! This myth was popularised in the 1971 book diet for a small planet. The author of the book admitted nearly thirty years ago that she made a mistake.



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#Meatless Monday

Cheese Topped Oven-Baked Ratatouille (for 6 people)

2 Aubergines
3-4 Courgettes
2 red or green peppers, deseeded
2 red onions
2-3 garlic cloves, crushed
400g tin chopped tomatoes
4 tbsp olive oil
Salt and ground black pepper
Small bunch basil, roughly torn (save a few leaves for garnish)
300g cheddar cheese, grated

1. Chop the aubergines, courgettes, peppers and onions into bite-size pieces, add to a large casserole dish and coat with the olive oil; then add the crushed garlic, tomatoes and seasoning and mix well
2. Put into a pre-heated oven (375F/190C/Gas 5) and roast for around 45 minutes
3. Add the basil and then top with the grated cheese
4. Return to oven until cheese is melted and bubbling.
Garnish with remaining basil leaves and serve.

MYTHS: TRUE/FALSE?

Your workouts will suffer!

False! If vegetarian athletes Venus Williams and Carmelo Anthony can cut out meat and stay on top of their game, you can certainly fuel your workout on plants, says nutritionist and sports dietitian Tara Gidus, RD. A vegetarian diet fuels performance just as well as a meat-based diet as long as you're careful to seek out other sources of certain nutrients that are more commonly found in animal products (like vitamin B12).



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Roasted Sweet Potato Chilli (Jamie Oliver)

2 medium-sized sweet potatoes, approximately 500g	olive oil
1 level tsp cayenne pepper, plus extra for sprinkling	1 onion
1 heaped tsp ground cumin, plus extra for sprinkling	1 red pepper
1 level tsp ground cinnamon, plus extra for sprinkling	1 yellow pepper
1 fresh red chilli	2 cloves garlic
1 fresh green chilli	sea salt
2 x 400 g tinned beans, such as kidney, chickpea, pinto and cannellini	freshly ground black pepper
2 x 400 g tinned chopped tomatoes	a bunch of fresh coriander

1. Preheat the oven to 200°C/400°F/gas 6.
2. Peel the sweet potatoes and cut into bite-sized chunks. Sprinkle with a pinch each of cayenne, cumin, cinnamon, salt and pepper. Drizzle with olive oil and toss to coat, then spread out on a baking tray and set aside.
3. Peel and roughly chop the onion. Halve, deseed and roughly chop the peppers. Peel and finely chop the garlic.
4. Pick the coriander leaves and put aside, then finely chop the stalks. Deseed and finely chop the chillies.
5. Place the sweet potatoes in the hot oven for 40 minutes, or until soft and golden.
6. Meanwhile, put a large pan over a medium-high heat and add a couple lugs of olive oil. Add the onion, peppers and garlic and cook for 5 minutes.
7. Add the coriander stalks, chilli and spices and cook for another 5 to 10 minutes, or until softened, stirring every couple of minutes.
8. Drain the beans, then tip them into the pan with the tinned tomatoes. Stir well and bring to the boil, then reduce to a medium-low heat and leave to tick away for 25 to 30 minutes, or until thickened and reduced. Keep an eye on it, and add a splash of water if it gets a bit thick.
9. Stir the roasted sweet potato through your chilli with most of the coriander leaves. Taste and season with salt and pepper, if you think it needs it.
10. Scatter the remaining leaves over the top, and serve with some soured cream, guacamole and rice or tortilla chips.

MYTHS: TRUE/FALSE?

Humans are natural meat-eaters

False! Our digestive systems are very similar to those of other plant-eaters and totally unlike those of carnivores. We have small canine teeth.



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#Meatless Monday

Roast Vegetable and Feta Frittata

Enough vegetables* (for roasting) to provide good coverage across a roasting dish/lasagne type dish approx 30 cm square.

**a selection including (but doesn't have to be all, and can include other favourites you may have):*

Butternut squash/courgette/Sweet potato/Carrot/Pepper/Beetroot (these take a long time to soften when roasting so cut smaller than other veg)

Additional veg (optional):

Mushrooms (these can be lightly fried separately if preferred)

Broccoli (if you have leftovers then you could add these as you add the egg and cheese)

Half a large onion/one small onion

A splash of oil for roasting

A packet of feta cheese (or a good handful of cheddar – depending on how cheesy you like food!)

6 eggs (if you are using a larger dish just use a few more eggs!)

A splash of milk (optional – can be used to help the mixture to go a lot further – but don't overdo it or it won't set)

Salt and pepper to taste

Chop the veg into reasonable sized chunks for roasting. Enough to cover a 30cm square (approx size) roasting dish (or lasagne type dish).

Roughly chop the onion into large chunks and include in the roasting dish.

Lightly coat the veg in oil to stop them sticking.

Roast in the oven until just soft (be careful not to overcook or burn) – or cut smaller and lightly fry with the mushrooms (if using mushrooms) – at 180 this should take about 40mins.

Whilst the veg are roasting lightly beat the eggs and add the salt and pepper – and any milk you may be including.

If using mushrooms chop and lightly fry with the onion (you could add some garlic if you wanted to) then add to veg when they are cooked.

When veg is just cooked crumble the feta over the top of the veg and then add the egg mixture – the egg mixture will rise so don't worry if some pieces of veg are showing above the mixture.

Return to the oven and cook until the egg mixture is firm and lightly browned on top – about another 30mins.

MYTHS: TRUE/FALSE?

Meat production is the major contributor to greenhouse emissions (GE)

True! Global livestock industry produces more GE than transport.



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#Meatless Monday
Asparagus and Cheese Tart

Asparagus & Cheese Tart

Ingredients

For the pastry (or use shop bought shortcrust ready to roll/ rolled pastry)

- 140g plain flour
- 85g butter, cubed
- 85g cheddar (such as Montgomery or vegetarian alternative), or other hard cheese, finely grated

For the filling

- 5 eggs
- 175ml milk
- 100g cheddar (such as Montgomery or vegetarian alternative), or other hard cheese, grated
- 300g asparagus, trimmed and cut in half lengthways

Method

Put the flour in a bowl, add the butter to the flour and rub in with your fingertips until it resembles breadcrumbs. Add the grated cheddar into the pastry and mix. Add 3 tbsp cold water and mix until the pastry forms a ball. Wrap in cling film and chill for 5 mins. Butter a 20 x 6cm deep loose-bottom tart tin, or a 35 x 12cm rectangular tart tin.

Heat oven to 180C/fan 160C/gas 4. Lightly dust the work surface with flour, roll out the pastry and line the tin. Chill in the freezer for 20 mins, then line the pastry case with baking paper, fill with beans and cook for 15 mins. Remove the beans and paper, then return the pastry case to the oven for 10 mins.

Crack the eggs into a jug, whisk, then add the milk and whisk again. Sprinkle half the grated cheese over the pastry case, then add the asparagus, egg mix and remaining cheese (if using a rectangular tin, you may not need all the mixture, so add it gradually). Bake in the lower half of the oven for 30-35 mins or until the egg mix is set.

MYTHS: TRUE/FALSE?

Vegetarians do not get enough iron.

False! Dried beans and dark green leafy vegetables are great sources of iron, even better on a per calorie basis than meat..



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#Meatless Monday
Fried Aubergine and Tomato

250 g of aubergines,
250 g tomatoes,
10 g ginger,
20 g spring onion,
a little garlic

Sauce / marinades:

10 g of rice wine,
10g Sichuan chilli bean paste
10g sugar,
1.5g monosodium glutamate ,
5 g starch,
5 g vinegar,
25g vegetable oil

1. Cut the aubergines into 1*1*7 cm³ pieces; cut the tomatoes in 1 cm thick slices
2. Cut ginger, spring onion, garlic into small pieces.
3. Put the aubergines into the microwave, middle power heat for 3min to make them softer.
4. Get a bowl, dissolve the starch with 20ml water.
5. Heat the pan using the highest power and add 25 grams of oil heat for a while; add Sichuan chilli bean paste, ginger, garlic fry for a while. When you smell the fragrance of chilli bean paste, put the aubergines and tomatoes into the pan. Fry all the things for 5 minutes.
6. Add rice wine, sugar, monosodium glutamate, vinegar to the pan and stir throughout. Add 80ml water, cover and turn the power to middle, continue cooking for 5 minutes. Remove lip and add the starch solution, mix well until the remaining water become creamy. Add spring onion. Serve and enjoy!

MYTHS: TRUE/FALSE?

Vegetarians find it easier to eat their five a day

True! As vegetarian foods are rich in fruit and vegetables, it makes it much easier to eat five fruit and veg a day. Even by removing meat from one meal a day could help you to get the right amount of vitamins and minerals needed from fruit and veg to keep you fit and healthy!



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#Meatless Monday

Easy Vegan Pizza (makes 1 thick pizza, or 2 thin crusts)

Lickety-Split Pizza Dough

2 1/4 teaspoons active dry yeast

1 tsp. sugar

1 tsp. salt

2 cups flour

1 Tbs. olive oil

All you need for the dough is yeast, water, sugar, flour, salt, and olive oil. The trick to getting it done fast is to activate the yeast as quickly as possible so it can begin doing its job: Making the dough rise, which ensures a light, fluffy crust. To do this, you'll need to add sugar to the yeast, then add hot (but not boiling) water to kick-start the chemical reaction. Within two minutes, the mixture should begin bubbling, which means you're in business. From there, add flour, salt, and olive oil.

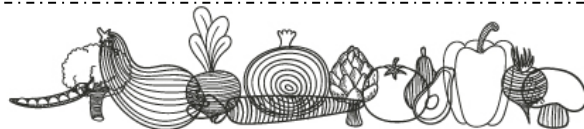
Ever since discovering how simple it is to make a deluxe pie at home, the poor pizza-delivery guy has been down one faithful client. While the dough rises, I make a fast, garlicky spinach pesto, chop up some veggies—onions, peppers—and in no time, I'm in pizza-scarfing heaven.

1. In a stainless steel or ceramic bowl, combine yeast and sugar. Add 1 cup hot water (100 degrees) and let sit 2 minutes, or until mixture begins to froth.
2. Add salt and flour, and mix with a fork until dough becomes firm. Knead in bowl for 1 minute, then form into a soft ball.
3. Pour oil into a second bowl, add dough, and roll in oil to coat.
4. Allow dough to rise for 15 minutes or until doubled in size, then punch down into another ball to incorporate oil.
5. For a thin crust, divide dough into two balls and press one into an oiled pie pan. Add sauce (tomato or pesto) and toppings of your choice (sliced peppers, onions, cooked potato, zucchini, tomatoes), then bake on the middle rack of a preheated, 500° oven 20 minutes, or until crust is golden-brown. For a thick crust, press dough into an oiled pie pan and bake for an additional 10 minutes, for a total of 30 minutes.

MYTHS: TRUE/FALSE?

Vegetarians are always hungry

False! As long as you eat a variety of foods, so that you get enough fat, fibre and protein you will be just as full as after a meaty dish.



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#Meatless Monday

Pumpkin Pie

500g pumpkin (or butternut squash) skin & seeds removed, flesh cut into 2cm cubes cooked and mashed

2 medium eggs lightly beaten

40g soft brown sugar

80ml cream (sweetened condensed milk in place of cream and sugar works just as well)

1 teaspoon ground cinnamon

Half teaspoon ground nutmeg

Half teaspoon ground ginger

For the pastry:

155g plain flour

100g block margarine

2 tablespoons caster sugar

80ml iced water

1 egg yolk (optional) and 1 tbsp milk for the glaze

1. Make up pastry in usual way and use it all to line a 23cm pie dish, moulding the dough with fist and fingers to desired shape (alternately use rolling pin & pastry wheel if professional finish is desired).
2. Line pastry with greaseproof paper and fill with baking beads. Bake at 180°C for 10 mins.
3. Meanwhile, to prepare the filling, whisk the 2 eggs with sugar, stir in the cream, spices and the cooked pumpkin mash.
4. Remove pastry from the oven, carefully remove beads and greaseproof paper.
5. Pour the filling into the pastry case, brush pastry with glaze, and bake for 40 mins.

MYTHS: TRUE/FALSE?

Vegetarian food always contains fake meat.

False! Not at all, there are many meat substitutes on the market, such as quorn, or Linda McCartney's. Both have been going strong for many years, so there must be a fair few people out there cooking with these products, and not just vegetarians!



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#Meatless Monday
Avocado Hummus (Vegan)

400g can chick peas, drained

1 small garlic clove, peeled & roughly chopped

1 large ripe avocado

Juice of 1 plump lime

Handful fresh mint leaves chopped

Salt and freshly ground black pepper

1. Place chick peas and garlic in food processor, whizz.
2. Add 75ml cold water and whizz until soft and smooth.
3. Add avocado flesh and pulse until well blended. Stir in lime juice, salt & pepper to taste.
4. Stir in more water if paste is too thick.

Cover and chill until needed.

MYTHS: TRUE/FALSE?

A vegetarian diet is cheaper than a meat focussed diet

True! Not only are vegetables cheaper in price than meat. They are also cheaper to cook as generally do not need to be cooked for as long. You can equally make a dish go a lot further the more vegetables you pack in. May it be to feed a big family, or create your own homemade microwave meals for later in the week!



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#Meatless Monday

Spiced Maple Syrup Muffins (Makes 6 large muffins)

1.5 cups SR flour	1/2 cup milk, (e.g. Oatly)
1/2 tsp bicarb	1/4 cup maple syrup
1/4 tsp cinnamon	1/3 cup sunflower oil
1/3 cup sugar	2 tbsp. Demerara sugar
Pinch of salt	

1. Preheat the oven to 200C/Gas 6. Line muffin tins
2. Mix together the wet ingredients and set aside. Sift the dry ingredients into a bowl and make a well in the centre. Pour in the wet ingredients and gently mix to form a lumpy batter (but no blobs of raw flour remaining). Spoon into the muffin cases
3. Sprinkle the tops with Demerara sugar and bake for 18-20 mins until golden, risen and a knife comes out clean. Cool on a wire rack.

MYTHS: TRUE/FALSE?

It has to be all or nothing.

False! Trimming your meat habit (even just a little) could cut your risk of cancer, diabetes, and heart disease. In fact, a 2009 study in *Archives of Internal Medicine* found that if women were to eat only 9 grams of meat per 1,000 calories, **21% fewer women would die of heart disease**. Even if you decide to go full-veg for health reasons, it's OK to give in and have steak one evening, or a slice of turkey on Christmas day. After all, one *Journal of Clinical Nutrition* study found that two-thirds of self-professed vegetarians **have eaten some meat** in the past day—and are still healthier.



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Chocolate Oat Cookies (Makes 10-12 cookies)

- 1.5 cups of oats
- 2 cups black beans
- 1/2 cup of pure maple syrup
- 2 heaped tbsp. raw cacao
- 2 tbsp. coconut oil
- Large handful cacao nibs/dark chocolate nibs (optional)

1. Pre-heat oven to 180C. Rinse and drain the beans, then place them in a blender with the coconut oil, cacao and maple syrup and blend until smooth.
2. Transfer bean mix into a mixing bowl and stir in the oats and cacao nibs.
3. Grease baking tray with coconut oil. Scoop the cookie mix out of the bowl, using about a tbsp. of mix per cookie. Mould each one into a ball then push onto the tray to form thin circles.
4. Bake for 20 minutes, then remove the tray from oven and allow to cool.

Can be stored in an air-tight container for a week or so

MYTHS: TRUE/FALSE?

Vegetarians have less energy

False! Most people—especially if they cut out processed foods—actually have more energy after switching to a vegetarian diet. If energy levels do drop, you probably aren't getting enough vitamin B12 or iron. These nutrients are both rich in meat, but are also found in dairy and eggs, and plenty of non-animal products are fortified with B12. To get the most from iron-rich foods like spinach, lentils, chickpeas, beans, and cashews, eat them alongside vitamin C-filled foods like oranges, tomatoes, and broccoli. Vitamin C actually helps your body absorb more iron.



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Bonus Recipe!

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#Meatless Monday

Khatte Chhole (Chickpea Curry) (For 6 people)

350g chick peas	6 tbsp vegetable oil
275g-300g onions peeled and chopped	225g tomatoes finely chopped
2 tsp salt	1 tbsp ground coriander
1 fresh hot green chili finely chopped	1 tbsp ground cumin
1 tbsp peeled very finely grated fresh ginger	1//2 tsp ground turmeric
4 tbsp lemon juice	2 tsp garam masala
	¼ tsp cayenne pepper

Put 2 tbsp of the chopped onions, ½ tsp salt, the green chili, and lemon juice into a bowl and mix well.

Put the oil in a heavy wide casserole dish and set over a medium heat. When hot put in the remaining onions. Stir and fry for 8-10 minutes or until tender. Add tomatoes. Continue to stir and fry for 5-6 mins, mashing the tomato pieces with the back of a slotted spoon. Put in the coriander, turmeric and cumin. Stir and cook for 30 seconds. Now add the chick peas, and 400ml of water, the remaining salt, the garam masala and the cayenne. Stir to the mix and bring to simmer. Cover, turn heat to low and cook very gently for 20 minutes. Stir a few times during period. Add the mixture in the bowl. Stir again to mix. Serve hot or lukewarm.

MYTHS: TRUE/FALSE?

Meat is the best source of protein

False! Whilst meat is a good source of protein, you may be surprised to hear that cheddar cheese contains more protein pound for pound than pork. So, meat doesn't always contain the most protein!



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Places to eat

- Roots and Fruits
10 Grand Arcade, Leeds LS1 6PG
- Millies Fresh and Organic
109 Vicar Lane, Leeds, LS1 6PJ
- Global Tribe Café
18 Swan Street, Leeds, LS1 6LG
- Haley and Clifford
43 Street Lane, Moortown, Leeds, LS8 1AP
- Pomegranate
79 Great George Street, Leeds LS1 3BR
- Inkwell
31 Potternewton Lane, Chapel Allerton, Leeds. LS7 3LW
- Bundobust
6 Mill Hill, Leeds, West Yorkshire LS1 5DQ
- Nichols Vegetarian Delicatessen
86A Harrogate Road, Leeds, West Yorkshire LS7 4LZ



Organic shops

- Apple Organics
183, 57 Great George St. Leeds LS1 3AJ
- Out of this world
20 New Market Street, Leeds, LS1 6DG
- Love Organic
4 Regent Street, Chapel Allerton, Leeds, West Yorkshire LS7 4PE
- Natural Food Store
23 North Lane, Headingley, Leeds LS6 3HW
- Doorstep Organics
St. Helen's Farm, Newton Kyme, LS24 9LY
- Swillington Organic Farm
Ltd, Garden Cottage, Coach Road, Swillington, LS26 8QA
- Vincere 's Wines and Sprits Ltd
Royal House, Sovereign Street, Leeds, LS1 4BJ
- Holland and Barrett
Merrion Shopping Centre, Merrion Street, Leeds
- Anand Sweet
109 Harehills Road, Leeds, West Yorkshire LS8 5HS

Meat-based diet

- Grain
- Sugar, sweetner, oil
- Diary and eggs
- Meat
- Other

Plant-based diet

- Grain
- Sugar, sweetner, oil
- Diary and eggs
- Vegetables
- Other

Meat Production

For every 1 kg high-quality animal protein produced, livestock are fed about 6 kg of plant protein. [1]

- Average fossil energy input for all the animal protein production systems studied (poultry, pork, beef and lamb) is 25 kcal fossil energy input per 1 kcal of protein produced. [1]

- Producing 1 kg of animal protein requires about 100 times more water than producing 1 kg of grain protein.[1]

- 80% of Agricultural emissions arise from the livestock sector.[2]

What the Plant-based diet shares and differ

The amount of feed grains used to produce the animal products (milk and eggs) consumed in the plant-based dairy is about half the amount fed to the livestock to produce the animal products in the meat-based diet.[1]

- The major fossil energy inputs for grain, vegetable, and forage production include fertilizer, agricultural machinery, fuel, irrigation and pesticide. To produce 1 kcal of plant protein requires an input of about 2.2 kcal of fossil energy.[1]

- Both food systems are not sustainable in the long term based on heavy fossil energy requirements.[1]

Carbon footprint of bread[3]

Primary data collected from a UK bread supply chain.	The carbon footprint results range from 997 to 1244 g CO ₂ ep. per loaf bread.	Wholemeal thick-sliced bread packaged in plastic bags has the lowest carbon footprint while medium-sliced bread in paper bag the highest.	Wheat cultivation and consumption of bread (refrigerated storage and toasting) contributed 35% and 25% of total.	The carbon footprint can be reduced 25% by avoiding toasting and refrigerated storage.
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Local food miles: comparison of farm shop and massive distribution[4]

Compare carbon emission between operating a large-scale vegetable box system and a supply system where customer travels to a local farm shop.

The study is based on fuel and energy emissions.

The massive distribution system: cold storage, packing, transport to a regional hub, and final transport to customers' doorstep using a large box.

In comparison: the customer drives a round-trip in order to purchase organic vegetables.

Result: If a customer drives a distance more than 6.7 km, the carbon emissions are likely to be greater.