

FOOD FOR THOUGHT

CLIMATE FRIENDLY RECIPES AND
USEFUL INFORMATION



We do not own the world, and its riches are not ours to dispose of at will. Show a loving consideration for all creatures, and seek to maintain the beauty and variety of the world. Work to ensure that our increasing power over nature is used responsibly, with reverence for life. Rejoice in the splendour of God's continuing creation.

Advices & Queries 42

Where's the CO₂e in food?

(CO₂e = the greenhouse gasses which are causing climate change)

Production (growing crops and rearing animals) 45% -
 Processing 28%
 Packaging 7%
 Transport 19%

Most greenhouse gas emissions associated with the UK diet relate to livestock production

Recipes:

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Armenian Soup

50g Red lentils
 50g Dried apricots
 Large potato, roughly chopped
 1 litre vegetable stock
 1 tsp ground cumin
 Juice of 1/2 lemon
 Small bunch of parsley
 salt & pepper

Place all ingredients in a large saucepan.

Bring to the boil, cover and simmer for 30 minutes.

Allow to cool a little, then blend until smooth.

Reheat and check seasoning before serving.

From: Cranks Recipe Book, Canter & Swann, Grafton Books, 1982

Beetroot & walnut hummus

50g walnuts
 1 tbsp cumin seeds
 25g stale bread, crusts removed
 200g cooked beetroot (not pickled)
 1 tbsp tahini paste
 1 garlic clove, crushed
 juice of 1/2 - 1 lemon
 salt, pepper
 A little oil (optional)

Put walnuts on a baking tray, toast for 5-7 minutes at 180 degrees C. Leave to cool.

Dry fry cumin seeds stirring continuously for a couple of minutes. Leave to cool.

Put bread, walnuts and cumin in food processor and blitz until fine.

Add the rest of the ingredients, blitz again.

Check seasoning and add a little oil if you want a looser texture.

From: River Cottage Everyday, Hugh Fearnley-Whittingstall, Bloomsbury, 2009

Aquafaba* Mayonnaise

1 tbsp cider vinegar or lemon juice
 1/2 tsp ground English mustard
 1/4 tsp salt
 3 tbsp aquafaba*
 3/4 - 1 cup oil

* Aquafaba = the liquid
 drained from a tin of
 chickpeas

Put all the ingredients except the oil into the jug of an electric blender and blend thoroughly. Start drizzling the oil slowly, a couple of tablespoonsful at a time. Keep drizzling and blending the mixture until it thickens. Check seasoning. Should keep for at least a week in the fridge.

Veganrecipeclub.org.uk

Two tahini sauces for vegetables and salads

1.
 150g tahini paste
 120ml water
 2 tbsp lemon juice
 1 clove garlic, crushed pinch of salt

2.
 180g tahini
 1-2 cloves garlic, crushed
 1tbsp parsley, chopped
 1 tbsp mint, chopped,
 3 tbsp lemon juice
 1tsp honey (or plant based molasses)
 180ml water salt & pepper to taste

Combine ingredients thoroughly: the paste will initially thicken but then loosen as you add water.

Based on recipes by Yotam Ottelenghi

Bean or lentil salad

Any dried beans or whole lentils

To still hot cooked pulses mix in a dressing made of:

5 tbsp oil
 1 tbsp cider vinegar
 1/2 tbsp wholegrain mustard
 1 tsp honey
 Salt & pepper,

Add very finely chopped red onion and a good handful of chopped herbs, eg mint, parsley, chives.

Add salads or vegetables in season, such as cucumber, tomato, beetroot, carrot, celery, lightly cooked green beans, finely chopped or grated as appropriate.

Dal

200g red lentils
 1 tspn turmeric
 2 tspn oil
 2 cloves garlic, chopped
 Thumb-sized piece of ginger, finely chopped
 1 large onion, finely chopped
 2 tomatoes, skinned (optional)
 1/4 tsp chilli powder
 1 tsp ground coriander
 1 tsp ground cumin

Wash lentils and put in pan with approximately 750ml water. Bring to boil and stir in turmeric and ginger. Bring to the boil and simmer gently until soft, stirring to prevent sticking.

Heat the oil and fry onion and garlic until soft and golden.

Stir in the cumin, coriander and chilli powder, fry for a minute, stirring, add tomatoes, salt and black pepper and cook gently until tomatoes are soft.

Mix into the lentils and simmer for 5 minutes or so.

Serve with rice or bread, finely sliced onions, cucumber, chutney etc. *Serves 4 with accompaniments.*

Vegan Nut Loaf

1 medium onion or small leek,
chopped
1 fl oz/30 ml vegetable oil +
2 tsp for greasing dish
8 oz/225g chopped nuts
2 tbsp ground almonds
4 oz/100g wholemeal
breadcrumbs
1 tbsp sage
Salt and pepper to taste

Pre-heat oven to 180C/350F/gas
mark 4

Sauté onion or leek in oil until soft.

Combine all ingredients (mixture
may be slightly slack).

Turn into an oiled oven proof dish.

Bake for 30 minutes until golden
brown.

*[www.vegansociety.com/resources/
recipes/special-occasions/easy-nut-
roast](http://www.vegansociety.com/resources/recipes/special-occasions/easy-nut-roast)*

Simple ways to cut our food carbon footprint:

- Eat less meat and dairy
- Eat fruit and veg in season
- Eat more locally produced food
- Don't buy air-freighted fruit and veg

Potatoes, chickpeas & tomatoes

1kg potatoes

400g tin of chickpeas (or freshly cooked)

400g tin of tomatoes (or 500g fresh in season)

1 onion, finely chopped

1 or 2 cloves garlic, crushed

2 tbsp oil

2 tsp sweet smoked paprika

salt & pepper

Fry onion gently for about 10 minutes with a pinch of salt, stirring occasionally, until starting to caramelise, add garlic and cook another 4-5 minutes.

Add tomatoes, chickpeas, paprika, salt & pepper and simmer gently until you have a thick sauce.

Scrub or peel the potatoes, cut into cubes and boil until almost cooked, drain and leave to dry off a bit.

Heat oil in large pan. When hot, tip in potatoes and fry until crispy.

Combine with the tomato and chickpea mixture and serve immediately.

Late summer stew

Quantities are not critical - use whatever you have to hand

2 tbsp oil

1 onion, sliced

3 cloves garlic, sliced

1 large courgette

A handful of green beans - French or runner

About 200g of tomatoes

100g of borlotti or canellini beans (cooked)

A small handful of cabbage, finely sliced

Parsley and marjoram

1/2 litre of stock

1 tbsp nutritional yeast*

Black pepper and salt to taste

Heat the oil in a deep pan and fry the onion and garlic gently until starting to soften.

Add the courgette, beans and tomatoes, put on the lid and leave for 10 minutes or so until the vegetables are very soft and the tomatoes have collapsed.

Add the hot stock, the borlotti beans and most of the herbs, bring to the boil, cover and simmer for about 15 minutes.

Stir in the cabbage and cook for a further 10 minutes.

Sprinkle with remaining herbs and check seasoning.

*Nutritional yeast is available in health food shops - check that the brand contains Vitamin B12.

Stir fried tofu with cabbage

serves 2 - 3

1 block of tofu*
 2 tbsp soy sauce
 2 tbsp rice wine or sherry
 2tbsp sesame or walnut oil
 pepper and pinch of sugar
 2 tbspn vegetable oil
 2 clove garlic, crushed
 thumb sized piece of ginger,
 grated
 2 medium carrots, cut into
 matchsticks
 Cabbage, any sort, shredded
 Small handful of cashew nuts

First press the tofu under a weighted plate in a clean tea towel for about an hour.

Cut the tofu into cubes and put in a shallow bowl.

Mix the soy sauce, rice wine or sherry, sesame oil, ginger and garlic in a bowl.

Pour half of this mixture over the tofu to coat it and leave to marinate for at least 1 hour.

Heat a pan until very hot. Put in 1 tbsp vegetable oil then add the tofu. Reduce the heat to medium and stir-fry 1-2 minutes until the tofu begins to brown. Set aside.

Add another tbsp oil and add the carrots, stir for a couple of minutes then add the cashew nuts, cabbage, and the rest of the marinade. Stir-fry until the vegetables are tender but still crisp.

Gently add the tofu back into the pan.

Serve with noodles or rice

**see page 14*

Grammes of CO2e per kilo of food	
apples, local, seasonal	70g
apples, average	550g
bananas	480g
oranges	500g
strawberries, local, in season	600g
strawberries, out of season, flown in to UK	7,200g
carrots	300g
potatoes	370g
asparagus, local, in season	500g
asparagus, out of season, flown in to uk	14,000g
tomatoes, local, seasonal (July) organic	400g
tomatoes from heated greenhouse in UK in March	50,000g
oats	800g
wheat	800g
rice	4,000g
beef	18,000g
lamb	19,000g
chicken	4,500g
eggs - for six eggs	1,800g
milk - per litre	1,300g
cheese	12,000g
fish, tinned	5,900g
fish fresh or frozen	6,900g
vegetable oil	3,500g
butter	9,500g
bottled water - per litre	320g
tap water - per litre	0.24g

From: In time for tomorrow? Randall & Brown, Surefoot Community Interest Company, 2015

Vegan sources of:

protein:

- pulses (beans & lentils)
- nuts and grains

essential nutrients:

calcium and vitamin D:

- fortified plant milk
- calcium-set tofu
- sesame seeds and tahini
- pulses
- fortified bread and some flour
- dried fruit, such as raisins, prunes figs and apricots
- exposure to summer sunshine
- fortified fat spreads and cereals

iron:

- pulses
- wholemeal bread and flour
- fortified cereals
- dark-green leafy vegetables eg watercress, broccoli, spring greens
- nuts
- dried fruits eg apricots, prunes, figs

● Omega-3 fatty acids:

- flaxseed (linseed)
- rapeseed oil, soya oil
- soya based foods eg tofu
- walnuts

Vitamin B12**:

- fortified non-dairy milks, some breakfast cereals, some nutritional yeast and some dairy-free spreads and yeast extracts - it is important to check labels - see below:

** Both the NHS and the Vegan Society stress the importance of taking enough Vitamin B12 to maintain health. Vitamin B12 is not produced by plants. Fortified foods and supplements are the only proven reliable sources for vegans.

Nutritional yeast flakes can be added to many dishes to add a savoury flavour

For recommended daily amounts and more information see: <http://www.nhs.uk/live-well/the-vegan-diet/> and www.vegansociety.com

Spiced squash with chickpeas

Serves 6

2 tbsp sunflower oil
 2 large onions, diced
 2 garlic cloves, finely chopped
 1 celery stalk, finely diced
 1 tspn freshly ground black pepper
 1 tspn ground turmeric
 1/2 tspn ground cinnamon
 1/2 tspn ground ginger
 100g red lentils
 400g tin chickpeas, drained and rinsed
 400g passata or tin of tomatoes
 Parsley and coriander, roughly chopped
 300g squash or pumpkin
 1.2 litres vegetable stock
 1 bay leaf
 50g orzo, vermiceli or other small pasta

Heat the oil over medium heat. Add the onions and fry gently until just starting to turn golden.

Turn the heat down to medium - low and add the garlic, celery, pepper, turmeric, cinnamon and ginger. Fry gently for a couple of minutes.

Add the lentils, chickpeas, tomatoes, parsley and some of the coriander. Cook over a low heat for about 15 minutes.

Meanwhile, peel and deseed the squash or pumpkin and cut into large cubes. Add to the pan with the stock and bay leaf. Cover and simmer gently for about 30 minutes.

Add the pasta and simmer until cooked. Season with salt and pepper. Scatter with the remaining coriander and serve.

“Reducing your red meat consumption is the single most effective and important thing you can do to lower your diet-related greenhouse gas emissions.” Laura Blake, Centre for Alternative Technology

*From: River Cottage veg everyday,
 Hugh Fearnley-Whittingstall,
 Bloomsbury, 2011*

Spicy peanut butter noodles

Serves 4

4 tbsp smooth peanut butter
2 tbsp light soy sauce
1 tsp dark soy sauce
1 tbsp red wine vinegar
2 - 6 tbsp chilli oil
2 tsp sesame oil
2 finely chopped cloves garlic
3- 4 tbsp stock or water

500g noodles

To finish:

2 tsp sesame seeds
Finely sliced spring onion greens
or chives

Toast the sesame seeds in a dry wok or frying pan over gentle heat until golden. Set aside.

Mix the peanut butter with the soy sauces and vinegar until evenly combined.

Stir in the chilli and sesame oils and the garlic with enough stock or water to give the sauce the consistency of single cream.

Cook the noodles according to the instructions of the packet. Drain well and combine with the sauce.

Sprinkle with the toasted sesame seeds and spring onions. Good with any stir-fried vegetables.

From: Fuchsia Dunlop, Guardian, Eat Well for Less, January 2014

Pasta with courgette, green beans, tofu* & lemon

Serves 2

1 Courgette, grated

Green beans

1 clove of garlic, crushed

1/2 packet of silken tofu*

2 tbspn oil

Juice and zest of 1/2 lemon

1 dspn nutritional yeast

salt & pepper

Heat 1 tbspn of oil and add grated courgette to pan, cook over gentle heat until courgette is beginning to soften.

Add garlic and cook for a few minutes more until the courgette is very soft.

Stir in the lemon zest.

Put the pasta on to cook, adding the beans a few minutes before the pasta is ready, depending upon how tender they are.

Combine the tofu, lemon juice, nutritional yeast, rest of oil and salt & pepper and blend until smooth. Stir into the courgettes.

Drain pasta and beans and combine with the courgette and tofu mixture.

*Most of the world's soya is used in animal feed, only 6% is eaten directly by people.** Some tofu is made in the UK and some producers state the country of origin for the beans - check the packets.

**Ethical Consumer Magazine, April 2016

Mushrooms and black beans

Serves 4

2 tbsp oil

600g mushrooms

300g black beans

1 large clove garlic, finely chopped

Few sprigs of thyme

300ml vegetable stock or a mixture of stock and red wine

About 2 tbsp dried mushrooms, soaked in hot water for at least 30 minutes

salt & pepper

1 tspn balsamic vinegar

Heat the oil in a large pan.

Fry the mushrooms with some salt and pepper over quite a high heat, stirring often, until most of the juices have evaporated. Add the garlic and thyme leaves and continue to fry for a minute or two.

Add the stock, dried mushrooms and their soaking liquor. Bring to the boil then reduce the heat and simmer for about 10 minutes.

Add the beans and simmer for another 5 - 10 minutes until the liquid has reduced to a small amount of sauce and the beans are hot through. Finish with a teaspoonful of vinegar.

Check seasoning.

Serve with polenta, enriched with nutritional yeast or mashed potato.

Adapted from River Cottage veg everyday by Hugh Fearnley-Whittingstall, Bloomsbury, 2011

100g dried beans = approximately 220g cooked beans

Courgettes with almonds

About 500g courgettes, thinly sliced

75g whole blanched almonds

4 tbsp oil

1 clove garlic, thinly sliced

finely grated zest of lemon and a little juice

mint or marjoram

salt & pepper

Slice courgettes and, using your hands, coat with 2 tbsp oil.

Heat frying pan and fry courgettes, in small batches, quickly over quite a high heat, putting them aside as they begin to brown but don't let them break up too much.

Season with salt and pepper.

When all the courgettes are cooked, put a little more oil in the pan and fry the almonds until just golden. Set aside with the courgettes.

Turn the heat down and add the garlic, together with the lemon zest and juice.

Combine all ingredients and check seasoning.

Nice served with bulgar wheat, couscous or quinoa.

Carrot & Walnut Cake

225g light soft brown sugar
 175g vegetable oil
 1tbsp flax flour mixed with 3tbsp water*
 1tbsp chia seeds
 1tsp cinnamon
 1tsp bicarbonate of soda
 150g coarsly grated carrots
 50g chopped walnuts

For topping:
 Clear honey
 walnuts

20cm cake tin, greased and lined

Preheat oven to 180 degrees C

Lemon and chia seed cake

200g caster sugar
 100ml vegetable oil
 170ml cold water
 Zest of 1 lemon, juice of 1/2
 275g self raising flour
 1 tsp baking powder
 2 tbsp chia seeds

FOR THE ICING:

Juice of 1/2 lemon
 150g icing sugar

Grease and line a tray bake tin
 Preheat oven to 170 degrees C.

Whisk the sugar and oil together and stir in the flax 'egg'*. Add the rest of the ingredients, mix well and bake one to one and a quarter hours.

Top with clear honey, poured over while cake is still warm and sprinkle with walnuts.

*Eggs in baked goods can be replaced with commercial egg replacers or with 'flax egg' made with flax seeds, ground to a flour in a food processor, mixed with water and left to stand for 5 minutes to thicken. Chia seeds also act in a similar way and both help the moisture content in eggless, dairy-free cakes. They work best in dense 'chewy' types of cake.

Beat the sugar with the water, oil and lemon juice and zest.

Add the flour, baking powder and chia seeds and mix to a smooth batter.

Pour into the prepared tin and bake approximately 30 minutes until light golden and firm to the touch.

Make the icing and pour over the cake whilst still hot. Leave in tin to cool completely.

Apple Cake

275g plain wholemeal flour

1 tsp cinnamon

1/2 tsp baking powder

150g non-dairy margarine

150g soft brown sugar

275g (approx) eating apples

Preheat oven to 180 degrees C

Mix flour, cinnamon and baking powder and rub in margarine to form a fine breadcrumb texture.

Peel and core the apples, cut into small pieces and stir into the flour mixture, along with the sugar.

If it won't hold together add a little milk of your choice (but as little as possible)

Grease a large baking sheet and form the cake mix into a large round (or put in greased tin)

Bake 35 minutes

This makes quite a dense cake, nice served warm for pudding with a nut cream.

Two sweet 'creams':

Tofu and elderflower

Blend silken tofu with elderflower cordial and a drop of vanilla essence to taste, until smooth.

- experiment - combine with cooked rhubarb or gooseberries.

Cashew nut cream

Soak cashew nuts in water overnight.

Next day, blend with fresh water until smooth.

Use as it is or add vanilla essence and honey or sugar to taste.

Unsweetened cashew cream can also be used to enrich savoury dishes.

Aquafaba* Meringue

1 can of chickpeas
 1 tsp cream of tartar
 Caster sugar - roughly 120g

Preheat oven to 120 degrees C
 Line a baking tray with
 greaseproof paper and brush with
 a small amount of oil.

Drain the can of chickpeas into a
 measuring jug - this is your
 aquafaba*. Set aside the
 chickpeas for another recipe.

Measure out the same volume of
 caster sugar to aquafaba into a
 separate bowl.

Pour the aquafaba into a large,
 clean bowl. Add 1 tsp cream of
 tartar and beat the mixture with an
 electric whisk until it looks white
 and glossy.

Add 1tsp of vanilla or other
 flavouring at this stage.

Add the sugar slowly whilst still
 mixing. It will start to thicken and
 develop a sticky marshmallow
 consistency which holds stiff
 peaks.

Put spoonfuls of mixture onto the
 tray. Cook in pre-heated oven for
 one hour. After an hour check the
 meringue. They should be a little
 golden and just firm to the touch -
 not sticky. If they are still sticky,
 check at 10 minute intervals.

When they are done turn the oven
 off and leave the meringue to cool
 in the oven, preferably overnight.

www.vegansociety.com/recipes

*What to do with
 the liquid drained
 from a can of
 chickpeas?! See
 also Aqua Faba
 Mayonnaise

Useful resources:

Climate change, cutting carbon emissions:

www.zerocarbonbritain.org

www.intimefortomorrow.co.uk

www.quakersandclimatechange.com

www.quaker.earthcare.com

http://www.interfaithclimatestatement.org/the_statement

How bad are bananas? Mike Berners-Lee, Profile Books, 2010

Vegan/vegetarian diet

www.nhs.uk/live-well/the-vegan-diet/

www.vegansociety.com

Food and recipes:

www.eattheseasons.co.uk

Hugh Fearnley Whittingstall: www.rivercottage.net/recipes

Yotam Ottolenghi: www.ottolenghi.co.uk

Donations welcome for printed copies
or download this booklet for free at
centralenglandquakers.org.uk/fft



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