

**Vecon natural vegetable stock... : the versatile vegetable stock / Modern Health.**

**Contributors**

Modern Health Products (Firm)

**Publication/Creation**

Gloucester : Modern Health, [1992?]

**Persistent URL**

<https://wellcomecollection.org/works/hpz9rmra>

**License and attribution**

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).

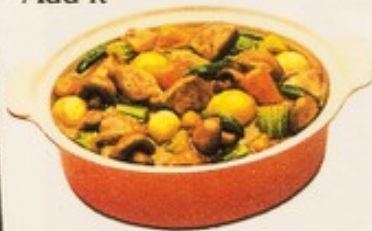


Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

# Vecon®

**NATURAL  
VEGETABLE  
STOCK**

Add it



Pasta it



Pour it



Dip it



Wok it



Stuff it



THE VERSATILE VEGETABLE STOCK

### LENTIL AND APPLE SOUP *Serves 6*

100g (4oz) lentils soaked in water overnight  
1 large onion, chopped  
2 carrots, chopped  
1 medium sized Bramley/Cox's apple (peeled, cored and chopped)

1-2 tablespoons vegetable oil  
2 tablespoons VECON dissolved in 1½ pints of water  
Freshly milled black pepper

Cook the soaked lentils in the VECON stock for 40 minutes. Heat the oil in another pan, add the onion and carrot and cook with a lid on the pan for about 5 minutes over a low heat. Add the chopped apple and continue to cook, finally add the cooked lentils to the pan and continue cooking until the carrots feel soft.

Liquidise in a blender or run the soup through a sieve until smooth. Season with freshly milled black pepper and serve piping hot.

For a special treat this soup is really delicious served with a swirl of whipped or sour cream with some grated cinnamon or fresh ginger on top.

### COOL DIPS *Serves 6*

For ideal dinner party starters.

2 teaspoons VECON  
Freshly ground black pepper  
225g (8oz) skimmed milk soft cheese  
100g (4oz) herb and garlic low fat soft cheese

Combine VECON, black pepper and cheeses together. Serve with a selection of vegetables cut into bite size strips.



### VECON NUT BURGERS *Serves 4*

50g (2oz) shelled peanuts, crushed or ground  
3-4 slices wholemeal bread, made into crumbs  
1 clove garlic, crushed  
2-3 drops Tabasco sauce

1 small egg beaten  
2 teaspoons of VECON  
1 tablespoon wholemeal flour  
4 tablespoons sunflower oil  
Black pepper

Combine nuts, breadcrumbs, garlic in a bowl. In a cup, mix beaten egg with VECON and Tabasco until smooth. Pour into crumb mixture gradually until moist but not too sticky to handle. Divide mixture into four and carefully form into rounds about ½" thick. Coat lightly with flour and chill for 10-15 mins. Heat oil in large frying pan, add plenty of black pepper when oil is hot. Then place burgers in pan and cook for 2-3 mins on each side, turning once.

Delicious hot or cold, these nut burgers are best served with salad.

### VECON STUFFED PEPPERS *Serves 6*

6 medium, thick-skinned sweet red peppers  
1 small onion, chopped  
½ small green pepper, chopped  
½ teaspoon paprika  
50g (2oz) cooked peas

50g (2oz) ham diced (optional)  
250g (8oz) uncooked rice  
1 pint water  
1 tablespoon VECON  
4 tablespoons olive oil  
Pepper

Set oven to 180°C/360°F or gas mark 4. Roast peppers until they are almost done, but still hard enough not to break when stuffed.

Meanwhile, in a frying pan — saute onion and green pepper in oil until tender.

Stir in paprika, making sure it doesn't burn. Add peas and ham. Stir rice into sauteed mixture and coat well. Add water and VECON and cook for 15 minutes. Remove from heat. Stuff peppers with rice mixture and arrange in a baking dish, brush a little oil on peppers to keep moist — cover with foil and bake for a further 15 minutes.

## SPICY BARBECUE SPARE RIBS *Serves 4*

900g (2lb) pork spare ribs  
2 tablespoons VECON Barbecue  
Easy Blend  
1 onion finely chopped  
1 small fresh chilli, finely chopped  
Grated rind and juice of 1 orange  
1 teaspoon Worcestershire sauce  
1 teaspoon vinegar  
Freshly ground black pepper



Put the spare ribs in a large roasting tin. Mix remaining ingredients together. Brush over spare ribs until evenly coated, cover and leave to marinate for at least 4 hours. Set oven to 200°C/400°F or gas mark 6 and bake uncovered for 1 hour 20 minutes or until completely cooked and crispy on outside.  
Or — barbecue for about 45 minutes or until completely cooked. Brush with any remaining marinade during cooking.  
Serve with a fresh green salad.

---

## VECONETTI *Serves 3 (or 4 as a starter to a meal)*

*Any pasta shapes may be used for this dish.*

225g (8oz) wholemeal pasta shapes	Freshly ground black pepper
2 tablespoons sunflower oil	1 cup cooked beans
1 clove garlic, chopped or crushed	or 100g (4oz) minced meat
1 onion, peeled and chopped	1 tablespoon fresh parsley, chopped
2 large tomatoes, chopped	150ml natural yoghurt
1 tablespoon dried oregano	Parmesan cheese, grated, to serve
2 teaspoons VECON	

Cook the pasta in boiling, salted water as directed on the packet. Drain, rinse and toss in 1 tablespoon of the oil. Keep the pasta warm. Heat the remaining oil in a pan, add the garlic, onion and celery and cook for 5 minutes. Add the tomatoes, oregano and VECON and cook for 5 minutes more. Season with pepper, stir in the cooked beans or meat and heat through. Remove the pan from the heat and stir in the parsley. Add the pasta to the pan with the yoghurt and mix gently, to coat. Pour into a warmed serving dish and sprinkle with Parmesan cheese (or hand the cheese separately).

---

## DEVILLED KEBABS *Serves 4*

4 rashers streaky bacon	2 tablespoons VECON Barbecue
8 dried dates	Easy Blend
8 cocktail sausages	285ml (½ pint) white wine
1 red pepper, deseeded and cut into 2cm (1 inch) pieces,	1 tablespoon freshly chopped mint or
8 mushrooms, wiped	1 teaspoon dried mint
4 shallots, peeled	1 clove garlic, peeled and crushed
4 cherry tomatoes	Freshly ground black pepper

Derind bacon, place on a board and stretch using the back of a blunt knife, cut each rasher in half. Wrap a piece of bacon round each date.  
Thread the bacon rolls, sausages, red pepper, mushrooms, shallots and tomatoes onto 4 flame proof kebab sticks.  
Make a sauce by mixing together the VECON Barbecue Easy Blend, wine, mint, garlic and black pepper. Put kebabs in a shallow dish, pour sauce over them, cover and leave to marinate in fridge for 4 hours.  
Remove kebabs from sauce and place under a hot grill for 20 minutes. Meanwhile pour remaining sauce into a small pan and simmer for 15 minutes until reduced.  
Or — place kebabs on a barbecue for about 20 minutes until cooked. Put remaining sauce in a flame proof dish, stand on the barbecue and simmer for 15 minutes to reduce.  
To serve, pour barbecue sauce over cooked kebabs.

### BRAISED VEGETABLES *Serves 4*

Any vegetables may be used but VECON goes particularly well with celery and root fennel.

6 to 8 sticks celery, thinly sliced	Knob butter or 15ml (1 tablespoon) oil
1 small onion, thinly sliced	Freshly ground black pepper
5ml (1 teaspoon) VECON	5ml (1 teaspoon) fresh thyme or 1 bayleaf
140ml (¼ pint) boiling water	

Place celery and onion in ovenproof dish. Dissolve VECON in boiling water and pour over celery. Add butter (or oil), pepper and herbs to dish, cover with foil. Bake in moderate oven for 1 hour or until celery is cooked but still has a slight 'bite' to it. Sprinkle with a little cheese, if desired, before serving.

*Note:* This dish may be cooked on the hob. This would halve cooking time — a little extra water may be required if a tightly fitting lid is not used.

### CHICKEN AND ALMOND CURRY *Serves 4*

450g (1lb) boneless chicken, skinned	2 tablespoons oil
2 tablespoons VECON Curry Easy Blend	1 onion, peeled and chopped
1 teaspoon turmeric	50g (2oz) blanched almonds, halved
2 cardamom pods, crushed	100g (4oz) baby sweetcorn, halved
½ teaspoon cinnamon	1 tablespoon cornflour
140ml (¼ pint) natural yoghurt	285ml (½ pint) water

Cut the chicken into 2 inch pieces. Mix the VECON Curry Easy Blend, turmeric, cardamom pods, cinnamon and natural yoghurt together, add the chicken, cover and leave to marinate in fridge for 3 hours.

Heat oil in a saucepan, add onion and almonds and cook until lightly browned. Stir in marinated chicken and sauce, cook briefly until chicken has completely sealed. Stir in sweetcorn.

Mix cornflour to a paste with 2 tablespoons of water. Add to chicken with remaining water, stir well. Cover and simmer for 25-30 minutes until chicken is tender and sauce thickened.

Serve with rice cooked with a little VECON Curry Easy Blend and side dishes of sliced banana and coconut.



### VEGETABLE CURRY *Serves 4*

2 tablespoons vegetable oil	1 red pepper, deseeded and chopped
1 onion, peeled and chopped	2 tablespoons VECON Curry Easy Blend
225g (8oz) cauliflower, broken into florets	285ml (½ pint) of water
1 potato, peeled and diced	425g (15oz) can tomatoes
1 tablespoon curry powder	2 tablespoons tomato puree
100g (4oz) french beans, trimmed and halved	Coriander to garnish

Heat oil in large pan. Add onion and cook for 5 minutes. Stir in potatoes, cauliflower and curry powder and cook for a further 5 minutes. Add remaining ingredients and simmer for 20 minutes.

To serve, sprinkle with freshly chopped coriander. This curry is quick and simple to prepare — serve with nan or crusty bread.

VECON Easy Blend is a totally new concept in stocks. It is a liquid concentrate which dissolves instantly. Pour it straight into the dish of your choice or dissolve first in hot or cold water. In a handy, flip-top squeeze bottle — VECON Easy Blend is available in three tasty varieties: **Original, Barbecue and Curry.**

Each bottle is sufficient for 20 pints of stock.

Containing extracts of up to twelve vegetables these healthy stocks are cholesterol and gluten free and are free from animal products, thus making them suitable for vegetarians. They need not be restricted to vegetarian dishes, as they make delicious additions to meat dishes too.



#### The benefits of VECON and VECON Easy Blend

- Low in calories with 7 calories per teaspoonful.
- VECON paste is enriched with minerals, iron, yeast and vitamins A, B<sub>1</sub>, B<sub>2</sub>, B<sub>12</sub> and C.
- No fat in VECON paste and only a trace in VECON Easy Blend varieties.
- No additives. No salt. No colouring. No preservatives. No monosodium glutamate.
- Easy to use — whether in Easy Blend or paste, convenience is the word — squirt or spoon — no half cubes that usually lead to waste.

#### VECON Paste Ingredients

Hydrolysed vegetable protein, dehydrated vegetable powder (onion, celery, tomato, carrot, parsley, garlic, paprika, spinach, beetroot, celery seed, horseradish), water, yeast extract, glycerine of vegetable origin, yeast powder, seaweed powder (containing iodine), ferrous sulphate, vitamin C, niacin, betacarotene, thamin (B<sub>1</sub>), riboflavin (B<sub>2</sub>) and vitamin B<sub>12</sub>.

#### CONVERSION GUIDE

If using recipe leaflet in conjunction with a sachet sample — simply replace the one teaspoon quantity of VECON with the sachet contents. Two teaspoons of VECON paste can be replaced by three teaspoons of VECON **Original Easy Blend** in these recipes.

#### NUTRITIONAL INFORMATION

	AVERAGE PER 100g	AVERAGE PER 5g SERVING
FAT	1.1g	0.1g
PROTEIN	27.0g	1.3g
CARBOHYDRATE	4.0g	0.2g
ENERGY	564kJ/133kcal	29kJ/7kcal
DIETARY FIBRE	2.5g	0.1g

#### VITAMINS AND MINERALS

			% RDA
Vitamin A	833mcg	42mcg	5.5
Thiamin (B <sub>1</sub> )	5mg	0.2mg	20
Riboflavin (B <sub>2</sub> )	6mg	0.3mg	18
Niacin	50mg	2.5mg	14
Vitamin B <sub>12</sub>	13mcg	0.6mg	32
Vitamin C	100mg	5.0mg	17
Sodium	6.9g	0.3g	—
Iron	70mg	3.5mg	29

# Quick Cook Tips

## PIES

- Add VECON instead of salt to your pastry mix — delicious for quiche, flans and pies — allow 1 teaspoon per 225g (8oz) of flour.

## BREAD

- When making home-made bread or savoury scones rub in 1 teaspoon of VECON per 200g (7oz) flour.

## GRAVIES

- Give gravies that extra boost of flavour — add VECON to taste — don't add any salt until you've tasted it with the VECON added.

## ROASTS

- For a crunchy coating to a joint — spread a thin layer of VECON paste over it before roasting.

## RICE

- Add a teaspoon of VECON to the water when cooking rice for added flavour — no need to salt the water either!

## SPREADS

- For a savoury bite combine 2oz of margarine or butter with a teaspoon of VECON and spread on some bread or toast — delicious!

## STIR-FRY'S

- When stir-frying vegetables add a teaspoon of VECON — the moisture from the vegetables will dilute the paste to give a delicious sauce.

## DRINKS

- The old favourite — pure and simple, add 1 teaspoon of VECON to a mug of hot water for a healthy, satisfying caffeine free drink — low in calories too.

VECON has a natural salty taste so don't add extra salt until you've tasted!



 **Modern Health**

GLOUCESTER, ENGLAND GL1 3QB