

Vecon natural vegetable stock recipe guide : the versatile vegetable stock / Modern Health.

Contributors

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

Vecon®

NATURAL
VEGETABLE
STOCK

Recipe Guide



THE VERSATILE VEGETABLE STOCK








Vecon Stock Paste is a rich tasty blend of vegetable extracts, low in calories, easy and convenient to use. Just one teaspoonful makes a full 1/2 pint of stock ideal for soups, casseroles and many other dishes.

For even greater convenience Vecon Easy Blend is a liquid concentrate which dissolves instantly. You can pour it straight into the dish of your choice or dissolve it first in hot or cold water. Each bottle, which is sufficient for 20 pints of stock, contains extracts of up to twelve vegetables.

Cholesterol and gluten free and containing no animal products, the stocks are ideal for vegetarians - but everyone will find they add delicious flavour to any dish.



-  Low in calories with 7 calories per teaspoonful.
-  Vecon paste is enriched with iron, yeast and vitamins A, B1, B2, B12 and C.
-  No fat in Vecon paste and only a trace in Vecon Easy Blend.
-  No additives. No colouring.
-  Easy to use - whether Easy Blend or paste, convenience is the word - squirt or spoon - no half cubes that usually lead to waste.

CHICKEN KEBABS serves 4

9oz (250g) brown rice
2tsp Vecon stock paste
4 breasts of chicken, skin removed,
in bite sized cubes
1tbs (15ml) vegetable oil
2tbs (30ml) hoi sin sauce
2tbs (30ml) soya sauce
2tbs (30ml) sherry
2tbs (30ml) orange juice
8oz (225g) tin of pineapple pieces
1 green pepper cut into chunks



Mix together hoi sin, soya sauce, sherry and orange juice. Marinade chicken for several hours. Cover rice with water, add 1tsp of Vecon and cook, strain and keep warm. Saute the chicken in the oil with remaining Vecon for 5 minutes. Spike a chicken cube followed by a piece of pineapple and pepper onto a kebab stick and continue until the stick is full. Place in a tray and pour the sauce over the chicken, place under the grill and turn until browned on each side. Serve on a bed of rice pouring any spare sauce over the rice. Serve with a green salad.

DANISH DIP

*4oz (100g) Danish Blue cheese
(grated)*

1 Small carton natural yoghurt

1tbs lemon juice

Black pepper

1tsp Vecon Easy Blend - original

Blend all the ingredients together.
Serve with sticks of mixed
vegetables.

SEAFOOD PIZZA serves 4-6

Base

8oz (225g) self raising flour

*2oz (50g) polyunsaturated
margarine*

*1/4pt (300ml) milk (sour if
available)*

Seasoning if desired

Topping

1 onion peeled and chopped

1 tbs (15ml) olive oil

*8oz (225g) tinned tomatoes with
juice*

1 tbs (15ml) tomato puree

1 tsp Vecon stock paste

1 tsp basil

Freshly ground black pepper

4oz (100g) mushrooms, sliced

4oz (100g) prawns (thawed)

*4oz (100g) cooked mussels (shells
removed)*

4oz (50g) capers (optional)

*4oz (100g) grated mozzarella or
Gruyere cheese*

Garnish

Cooked king prawns

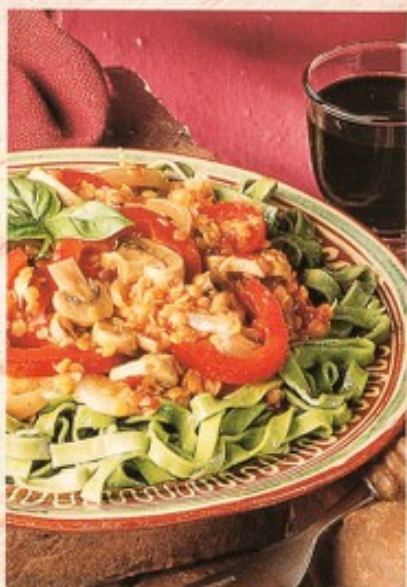
Olives



Set oven to 220C / 410F / Gas mark 7. Grease a large baking tray. Make the base. Rub the margarine into the flour. Add the milk and knead into a soft dough. Roll out into a circle approx 1/4 inch thick and place on baking tray.

Topping - saute the onion in the oil, add tomatoes, tomato puree, Vecon paste and basil, bring to the boil and simmer until reduced to a thick puree.

Spread tomato mixture over the base, followed by a layer of mushrooms, seafood and capers. Cover with grated cheese and cook for 25 - 30 mins. Before serving garnish with olives and king prawns.



TAGLIATELLE WITH LENTIL BOLOGNESE *serves 4*

- 8oz (225g) red lentils*
- 4 tbs (60ml) olive oil*
- 2 cloves garlic, peeled and crushed*
- 1 large onion, chopped*
- 1 red pepper, de-seeded and chopped*
- 4 oz (100g) mushrooms, wiped, trimmed and chopped*
- 1 x 14oz (400g) can tomatoes, chopped*
- 4 tsp (20ml) Vecon Easy Blend - original*
- $\frac{1}{2}$ pint (300ml) boiling water*
- 12oz (375g) fresh tagliatelle*

Put lentils into a bowl and pour in enough boiling water to cover. Leave to stand for 1 hour, drain well.

Heat oil in a saucepan and fry garlic and onion until soft but not browned. Add pepper, mushrooms and tomatoes and bring to the boil. Stir in Vecon Easy Blend and $\frac{1}{2}$ pint of water with lentils, reduce heat and simmer for 30 minutes or until lentils are tender but not mushy. Cook tagliatelle in boiling water for 5-8 minutes or until tender. Drain well and serve, topped with lentil sauce.

Note - serve with freshly-grated Parmesan cheese for a tasty Italian meal.

CLEAR VEGETABLE SOUP

- 1 carrot sliced*
- 2oz (50g) swede cubed*
- 2oz (50g) peas*
- 2oz (50g) cabbage shredded*
- 2 tsps Vecon stock paste*
- 1 pint water*

Place the ingredients into a pan, cover and simmer together for 20 minutes. Serve with French bread and cheese.



VEGETABLE AND BEAN COUSCOUS *serves 4*

- 1lb (450g) couscous*
- 2tbsp olive oil*
- 1 onion sliced*
- 2 carrots sliced*
- 2 parsnips sliced*
- 1tsp turmeric*
- 1tsp ground coriander*
- 4oz (100g) white beans cooked*
- 4oz (100g) mushrooms sliced*
- 6oz (150g) French beans*
- $\frac{1}{2}$ pint vegetable stock (1tsp Vecon stock paste dissolved in $\frac{1}{2}$ pint boiling water)*

Cover the couscous with boiling water, drain. Heat oil and fry onions, carrots and parsnips for 5 minutes. Add spices and cook for 2 further minutes. Add remaining ingredients except couscous, bring to boil. Place the couscous in a steamer above the vegetables, cover and simmer for about 20 minutes - serve the couscous topped with the vegetables.

STUFFED COURGETTES

serves 6

5oz (125g) brown rice
1½ tsp Vecon stock paste
¾ pint (425ml) boiling water
6 large courgettes
1 tbs (15ml) vegetable oil
2oz (50g) Cheddar cheese, grated
2oz (50g) sage Derby cheese, grated
2oz (50g) currants
3oz (75g) pine nuts
2 tsp chopped mint
Black pepper



Set oven to 180C / 360F / Gas Mark 4. Bring a pan of water to the boil and add rice and 1 teaspoon of Vecon stock paste. Meanwhile, place a little oil on a baking tray and slice courgettes in half lengthways. Place courgettes cut side down into dish, brushing remaining oil over the skins and bake for 15-20 minutes, until flesh is soft. Leave to cool slightly and then using a grapefruit knife or sharp knife, remove flesh from skins (leaving about ¼ inch of flesh all the way around).

Chop flesh and put on one side. Once rice is cooked, drain, cool and place in a mixing bowl with the cheeses, currants, nuts and mint. Dissolve remaining ½ teaspoon of Vecon stock paste in 2 tablespoons of boiling water and add to the mixture together with courgette flesh. Mix well and spoon into the courgette halves. Cover and bake in oven for a further 15 minutes. Serve with a green salad and warm crusty bread.

SPICY VEGETABLE CASSEROLE serves 8

2tbs (30ml) olive oil
3 large onions, peeled and sliced
4 medium potatoes, peeled and diced
8oz (225g) French beans, sliced
into short pieces
2tbs garam masala
2 pints (1.2 litres) boiling water
2tbs (30ml) Vecon Easy Blend original
2 peppers, 1 red, 1 yellow, de-
seeded and sliced
Half a medium cauliflower, broken
into florets
½ head of celery, chopped
8oz (225g) courgettes
4 large tomatoes, skinned and
quartered
Freshly ground black pepper



Heat the oil in large flameproof casserole dish or large saucepan, add the onion and cook until tender. Add the potato and French beans, sprinkle over the garam masala and stir well. Dissolve the Vecon Easy Blend in the boiling water and stir into the mixture. Add the remaining ingredients and simmer gently for 10 minutes, covered with a lid. Remove lid and check for seasoning, allow to simmer gently for a further 10 minutes. Serve with warm crusty bread.

MUSHROOM AND PASTA BAKE *serves 4*

*4oz (100g) wholemeal pasta twists
or shells (uncooked weight)*

1 medium onion, cut into rings

*4oz (100g) button mushrooms,
wiped clean*

*1oz (25g) grated vegetarian
Cheddar*

*8oz (225g) quark cheese or low fat
fromage frais*

*1 tsp Vecon stock paste dissolved in
1/4 pint boiling water*

1 tbs caraway seeds

Vecon is available from all good
health food shops and some
selected supermarkets.

Cook the pasta in plenty of
boiling water for about ten
minutes.

Put the onion, mushrooms and
caraway seeds in a saucepan.
Pour over the Vecon and hot
water, mix and bring to the boil.
Simmer very gently with the lid
on for 20 minutes, stirring from
time to time.

Mix the grated cheese and
quark together and season with
salt and pepper.

Heat the oven to gas mark 5,
375F / 190C.

When the vegetables are ready,
spoon with the liquid into a
casserole dish. Stir in the mixed
cheeses and cooked, drained pasta
and mix all ingredients together
thoroughly. Bake uncovered for
20 minutes.

Note: This dish freezes very well
so why not double or triple the
quantity to keep for an instant
meal?

Vecon Stock Paste - Nutritional Information

	AVERAGE PER 100g	AVERAGE PER 5g SERVING	
ENERGY	564kJ/133kcal	29kJ/7kcal	
PROTEIN	27.0g	1.3g	
CARBOHYDRATE	4.0g	0.2g	
FAT	1.1g	0.1g	
SODIUM	6.9g	0.3g	
			%RDA In 5g Serving
Vitamin A	833mcg	42mcg	5.5
Thiamin (B1)	5mg	0.2mg	20
Riboflavin (B2)	6mg	0.3mg	18
Niacin	50mg	2.5mg	14
Vitamin B12	13mcg	0.6mcg	32
Vitamin C	100mg	5.0mg	17
Iron	70mg	3.5mg	29



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