

Space Sheep & Astro Pig's very easy veggie recipes / Vegetarian Society.

Contributors

Vegetarian Society (U.K.)

Publication/Creation

Altrincham : Vegetarian Society, 1993.

Persistent URL

<https://wellcomecollection.org/works/q4u69399>

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**

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

Space Sheep & Astro Pigs

VERY EASY

VEGGIE RECIPES



Space Sheep and I have got our heads together to bring you some easy vegetarian recipes.... here are some of our favourites, I hope they'll become your favourites too!

They are all quick and easy to make and use every day ingredients... but most of all, they are very tasty! Why not try one today?!



1 Bazzin' Burgers.

Ingredients

4 rolls
1 packet of Burgermix
mayonnaise
lettuce
tomato
relish.

2 Slice rolls in half and spread with mayonnaise or relish then prepare the lettuce and tomato.



1. Make up the Burgermix, following instructions on the back of the packet



3 Fry the burgers, then put them in the rolls with the salad. Yum!



P.S. IF you want to make it a Bazzin' Cheese Burger, just add a slice of vegetarian cheese!

2 Crumpets Espresso! (Serves 4)

Ingredients

- 1oz margarine
- 2 tbsp. tomato relish
- 4oz vegetarian cheese
- 8 crumpets



1. Put the margarine in a bowl with the tomato relish. Grate the cheese and add it to the mix.



2. Grill the crumpets on both sides.



3. Divide the mixture into eight and place a portion on each crumpet. Press it down with a knife.

Then grill the crumpets for 3 minutes until melted and serve them while they are still hot!

3. Space Sheep's Saucy Salad (Serves 4)

Ingredients

- 4oz brown rice, cooked
 - 4oz vegetarian cheese
 - 2 spring onions
 - 2 sticks of celery
 - 1 red apple
 - 1/4 cucumber
 - 3 tbsp. canned sweetcorn
 - 2 tbsp. sultanas & 2oz peanuts
- Dressing - 4 tbsp. mayonnaise, 1-2 tbsp. honey
- Method. Cut the cheese into small cubes. Trim and chop the onions and celery. Quarter the apple and remove the core, cut into small pieces - mix together. Put all ingredients into a large bowl. Make the dressing, adding salt and pepper if required - Stir into the mixture and serve.

4. Astro Pig's Crunch Bars (Makes 12)

Ingredients.

- 3oz hard margarine
- 3oz demerara sugar
- 2 tbsp. clear honey
- 3oz rolled Oats
- 3oz muesli
- 2oz brown S.R. flour
- 1oz shredded coconut

Method. Heat the oven to 180°C - Gas 4. Brush the base and sides of a shallow baking tin with oil. Stir margarine, honey and sugar into a medium saucepan with a wooden spoon. Melt over a gentle heat. Remove from heat, stir in oats and muesli then the flour. Mix well & leave to cool. Press mixture into tin, sprinkle with coconut and pat down. Cook in oven for 25 mins. ↗

continued...

When cooked, mark out into 12 fingers and leave to cool for 5 minutes. When cold, break into 12 bars.

5 Noodly-do (Serves 4)

Ingredients.

- 4oz noodles (cooked)
- 4oz mushrooms, lightly fried
- 2 leeks, chopped & cooked
- 3 free range eggs
- ½ pt. stock

Method. Mix the noodles with the vegetables, add a little salt and pepper. Beat the eggs and add to the stock - then pour over the noodle mixture. Place in open dish, and bake in an oven 160°C Gas mark 3 for - 40 minutes.

7 Beanfeast (Serves 4)

Ingredients.

- 1 onion
- 1 tbsp. oil
- 1 packet of Sosmix
- 1 large can of baked beans
- 4oz mixed vegetables or peas



1 Peel and chop the onion, make up the Sosmix following the instructions on the packet, and shape into 8 Sosage shapes.

Fry them in oil until they are browned, then transfer them to a plate.



2. Fry the onions for 5 mins drain off the oil and add baked beans and vegetables and cook until the mixture is bubbling.

3 Return the Sosages to the pan and cook gently for 6 minutes

4 Serve - Nice with baked potatoes and salad or crusty bread.



6 Cheesy Baked Potatoes (serves 4)

Ingredients

- 4 medium potatoes
- 1oz margarine
- 6oz vegetarian cheese
- little pickle

Method. Heat oven to 200°C - Gas mark 6. Wash potatoes but do not peel them. Put them in a saucepan of water and boil for 15 minutes. Drain the potatoes and leave to cool for 15 minutes. Cut each potato into equal slices. Sprinkle each slice with salt & pepper, press them back into shape to form 4 whole potatoes. Melt the margarine in a pan and brush it over the potatoes with a pastry brush. Wrap each potato completely in foil and cook in oven for 40 mins. After cooking, use a knife and fork to open the slices slightly. Slice the cheese thinly and put a slice between each potato layer. You can add a little bit of pickle if you want. Press the potato back into shape and serve hot.

8. Winter Warming Veggie Soup (Serves 4)

Ingredients

- 1tbsp. Soya oil
- 3 large potatoes
- 1 stick celery
- 3 large parsnips
- 3 large carrots
- 1 onion
- 4 pints vegetable stock

Method

Scrub the vegetables. Put the oil in a large pan and add the chopped celery and onion. Chop the rest of the vegetables into small chunks leaving the peel on. Turn up the heat and mix well. When the vegetables have browned, add the stock and stir well. Add the yeast extract, stir and leave to simmer for 30 mins.

9. Munchy Mushroom Loaf (Serves 4)

Ingredients

- 1 medium onion
- 8 oz mushrooms, sliced
- 2tbsp. oil
- 3 medium carrots, grated
- 3 free range eggs
- 1 oz wholemeal breadcrumbs
- 2oz vegetarian cheddar, grated
- 1tbsp. mixed herbs

Method

Cook the mushrooms & onions in the oil, and mix in a bowl with the carrots and beaten eggs. Mix the breadcrumbs, cheese & herbs together & divide into two. Add half to the vegetable mixture, and pour into a greased loaf tin. Spread the remaining mixture on top. Bake at 150°C Gas MK 2 for 1hr. Leave to cool in tin for at least 5 mins. Serve hot or cold.



If you would like more information about becoming vegetarian, or have any questions, please write to:

The Vegetarian Society, Parkdale
Dunham Rd, Altrincham, Cheshire
WA14 4QG.

Or if you would like to join our special club junior members send off the coupon below - today!



I would like to become a junior member of the Vegetarian Society and enclose £4.00 membership. I am under 18.
Cheques/p.o's payable to The Vegetarian Society.


Name _____

Date of Birth _____

Address _____

Postcode _____

50M/2/93/KW

Look out for our  symbol on food. It means it's suitable for vegetarians