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

Contributors

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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

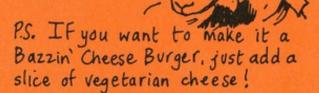
relish.

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

3 Fry the burgers, then put

them in the rolls with the
salad. Yum!

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



2 Crumpets Espresso! (Serves 4)

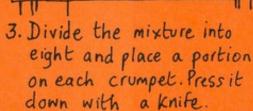
Ingredients

102 margarine 2 tbsp. tomato relish 402 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.



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

402 brown rice, cooked 402 vegetarian cheese

2 spring onions

2 sticks of celery

I red apple

4 Cucumber

3 tbsp. canned sweetcorn

2tbsp. Sultanas & 202 peanuts
Dressing - 4tbsp. mayonnaise, 1-2tbsp. 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 Press mixture into tin, sprinkle with coconut if required - Stir into the mixture and serve and pat down. Cook in oven for 25 mins.

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

302 hard margarine

302 demerara sugar

2 tbsp. clear honey

302 rolled Dats

302 muesli

2 oz brown S.R. Flour

102 Shredded coconut

Method. Heat the oven to 180°C-Gast. 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 beat, stir in oats and muesli then the Hour. Mixwell o leave to cool. Press mixture into tin, sprinkle with coconut

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.

40z noodles (cooked) 40z mushrooms, lightly fried

2 leeks, chopped & cooked

3 free range eggs

1 pt. stock

Method. Mix the noodles with the vegetables, add a little salt and pepper. Beat the eggs and add to the stockthen 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 / 402 mixed vegetables or peas 1

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

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

6 Cheesy Baked Potatoes (serves 4)
Ingredients

4 medium potatoes loz 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.

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.

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 1 tbsp. yeast extract 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 ped on. Turn up the heat and mix well. When the veg etables

have browned, add the stock and stir

well. Add the yeast extract, stir and

leave to simmer for 30 mins.

I If you would like more
Information about becoming
O vegetarian, or have any
questions, please write to:
The Vegetarian Society, Parkdale
Dunham Rd, Altrincham, Cheshire
WA14 4QQ.

I I would like to become a jur I Society and enclose £4.0 I Cheques/p.o's payable to The V

| Name _____ | Address_____

9. Munchy Mushroom Loaf (Serves 4) Ingredients 1 medium onion 8 oz mushrooms, sliced 2 tbsp. oil 3 medium carrots, grated 3 free range eggs 1 oz wholemeal breadcrumbs 202 vegetarian cheddar, grated Itbsp. 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 agreased 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.

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0 mem	mber of the Vegetarian bership. I am under 18.1 ian Society.	N. C.
	Date of Birth	
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Or if you would like to join our special club

junior members

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