



VEGAN RECIPES

Monday, 21 January 2013 11:31 Written by SAVIE KARNEL

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Believe you just can't make some delicacies without milk and dairy? Dr Nandita Shah's recipes tell you how you can

Soya milk

1 cup of soyabeans soaked in water overnight.

Drain and discard the water. Grind the beans in a blender, making a smooth paste. Add water till you have the right consistency. Boil the milk for 20 minutes stirring while boiling. Cool and refrigerate. You can use the milk for three days. Add a dash of jaggery, if you like it slightly sweet.

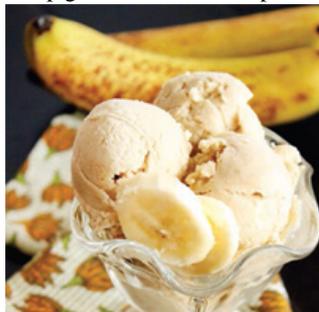
Peanut butter

Roast peanuts on a slow flame till the skins crack. Do not let them burn. Roll them between your hands to let the thin skins fall off the peanuts. Grind the peanuts in a grinder till they turn into butter.



Coconut milk

1 cup grated coconut, 1 cup warm water



Place the grated coconut in a grinder. Pour 1/2 cup water and grind. Sieve the mixture and collect the coconut milk. Squeeze the grated coconut to extract more milk. You can repeat the procedure by adding a

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little water.

Banana ice cream

4 or more ripe bananas, cinnamon, walnuts

Place peeled and halved bananas in the freezer. After two days take them out and put it in a blender. Grind it to get a smooth creamy ice cream. Add some cinnamon and walnuts.

Chocolate cake

1 ½ cups unbleached flour, ¾ cup sugar or other sweetener, ½ tsp salt, 1 tsp baking soda, 3 tbsp cocoa powder, 1 tsp vanilla, 1/3 cup canola oil, 1 tbsp distilled white vinegar, 1 cup cold water

Preheat the oven to 350 (175) degrees. Combine the flour, sugar, salt, baking soda, and cocoa powder in a bowl and stir with a fork until mixed. Make a well in the center and add the vanilla, oil, vinegar, and water. Stir with a fork until well mixed. Pour into a 9 x 9-inch baking dish (or cupcake pan), and bake in the preheated oven for 30 minutes, until a toothpick inserted in the centre comes out clean.



Cool completely, then frost with Chocolate cream frosting.

Makes one 9-inch cake or 8 cupcakes

What instead of milk?

Plant-based milks, made from soya, almond, peanut, rice, and coconut are possible substitutes, but vegans believe humans don't really need to drink milk. Even children do fine after they are weaned from breastfeeding. Substitutes may be used for taste, says Dr Shah, but are not essential.

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