

VEGAN PIZZA

For the dough: that makes 2 pizzas

Ingredients

400 g plain white flour
1 sachet of yeast
200-300 ml of lukewarm water
salt



Method

1. mix together the flour and salt with a whisk.
2. In another container mix the lukewarm water with the yeast.
3. Add the yeast mixture to the flour gradually and knead it together.
4. Knead it until you get an elastic ball.
5. Cover it and let it rise for at least an hour.

For the sauce:

Ingredients

1 can chopped tomatoes
Olive oil
Salt
A big bunch of fresh basil

Method

1. Add all the ingredients to a blender and blend it together.
2. Set this aside until needed.

For the topping:

Tonight 3 pizzas will be presented one with eggplant, one with courgette and artichokes and one with mushroom and olives. It can be made with any topping.

Ingredients

1 eggplant	1 courgette
1 can of artichokes	Black olives
1 box of chestnut mushrooms	
Nutritional yeast (<i>Marigold can be bought from health shops</i>)	
Olive oil	
Vegan cheese (<i>Violife pizza cheese can be bought from health shops or Tesco</i>)	

Method

Chop up the vegetables (eggplant, courgette, mushroom) and fry them in a little oil.

When the dough is ready form round shapes on a lightly floured surface. Put 2 ladles of pizza sauce on the dough and add the toppings. Salt it, sprinkle it with nutritional yeast and olive oil.

Put it in the oven for the highest temperature (it's 250 Celsius on mine) and bake it for 10-15 minutes. Put some cheese on it at the last minute or so.

TIRAMISU

For the sponge cake:

Ingredients

3 tablespoons chickpea flour
150 ml (1/2 cup + 1/8 cup) hot water
150 g (3/4 cup) sugar
2 tablespoons canola oil
100 g (3/4 cup + 1 tablespoon) all-purpose flour
2 teaspoons baking powder
50 g cornstarch (6 tablespoons)



For the filling:

Ingredients

Barley cup coffee replacer
2 Alpro vanilla yoghurt
250 g cashew nuts
Honey to taste

Method

Line a 18 x 28 cm square pan (7 x 11 inch) with parchment paper. It is important to use parchment paper as the cake tends to stick to the pan when greased. Preheat oven to 200°C (400°F).

In a bowl, whisk together chickpea flour and hot water. Add sugar and oil and beat constantly. Add flour, baking powder, and starch. Transfer to pan and bake for 12-15 minutes. You should keep an eye on the oven, as the cake burns easily.

For the filling put all ingredients in a blender and blend until smooth.

To assemble

Mix 2 tablespoons of Barley Cup with hot water.

Arrange the cake slices on the bottom of a large shallow baking dish pour half of the coffee over it and cover it with half of the filling and repeat once more.

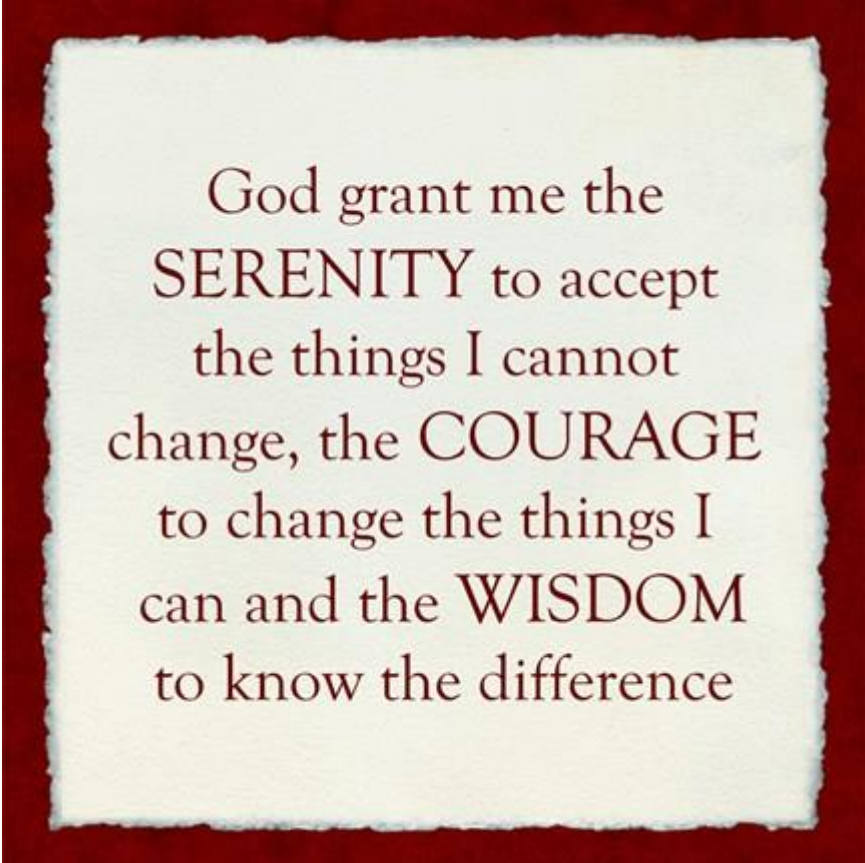
UP AND COMING EVENTS

Knit and Knatter is on Monday 23rd October at 10.30am – 12pm – Come along and enjoy some crafting and socialising over a hot cuppa and a biscuit.

Seniors Club on Thursday 26th October 2.30pm to 4pm

Next Vegetarian Cookery Class – Wednesday 1st November 7.15pm to 8.45pm

We will be running a Soup Kitchen from the Cuisle Centre on a Saturday Evening from 5pm to 7pm in November and December, if you are passing why not call in for a soup or a hot drink.



God grant me the
SERENITY to accept
the things I cannot
change, the COURAGE
to change the things I
can and the WISDOM
to know the difference