



*Cauldron*<sup>TM</sup>

**GOOD MOOD  
FOOD FOR  
VEGANUARY**

**LOVE FOOD.  
EAT BETTER.**

*Cauldron*<sup>TM</sup>

**LOVE FOOD.  
EAT BETTER.**

BY UNLEASHING PLANT-BASED GREATNESS,  
WE CAN ALL EAT BETTER. BETTER FOR US.  
BETTER FOR THE PLANET.

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# CONTENTS

<b>BREAKFAST</b>	— 4
<b>SNACKS</b>	— 17
<b>LUNCH</b>	— 28
<b>DINNER</b>	— 41
<b>DESSERT</b>	— 54

**GOOD  
MORNING  
SUNSHINE!**

**BREAKFAST INSPIRATION:**



BREAKFAST

# VEGAN COCONUT & BLUEBERRY PANCAKE STACK

**PREP**  
10 MINS

**COOK**  
20 MINS

**SERVES**  
FOUR

Pile it high with these light and fluffy, delicious vegan blueberry pancakes. Made with tofu, they pack an extra protein punch to any breakfast.

# VEGAN COCONUT & BLUEBERRY PANCAKE STACK



## INGREDIENTS

- 1 pack Cauldron Organic Tofu
- 200 ml coconut milk
- 1 tsp. vanilla extract
- 1 tsp. lemon juice
- 1 tbsp. vegetable oil
- 150g plain flour
- ½ tbsp. baking powder
- ½ tbsp. bicarbonate of soda
- ½ tsp. cinnamon
- ½ tsp. salt
- 250g blueberries
- 1 tbsp. coconut oil
- 4 tbsp. vegan yogurt
- 1 tbsp. toasted coconut flakes
- 2 tbsp. maple syrup

## METHOD

1. Put the Cauldron Organic tofu block, coconut milk, vanilla extract, lemon juice and vegetable oil into a blender and blitz until smooth.
2. In a separate bowl, mix together the flour, baking powder, bicarbonate of soda, cinnamon and salt. Create a well in the middle of the bowl and add the wet tofu mixture. Mix until you have a thick batter. Stir through 100 g of blueberries until combined.
3. Place a non-stick frying pan over a medium heat and add a small amount of coconut oil. Once hot, use a serving spoon or ladle to add the pancake batter to the pan. Cook for 2 minutes on each side or until golden and bubbly. Set aside.
4. Stack high and serve with the vegan yogurt, remaining blueberries, toasted coconut and maple syrup.



BREAKFAST

# VEGAN TEX MEX TOFU SCRAMBLE

**PREP**  
10 MINS

**COOK**  
10 MINS

**SERVES**  
FOUR

With smoky chipotle and fragrant cumin, this quick and easy vegan tofu scramble is packed with veggies. It's a truly satisfying main dish that can be served for breakfast, brunch, lunch or dinner.

# VEGAN TEX MEX TOFU SCRAMBLE



## INGREDIENTS

- 1 pack Cauldron Tofu Block
- 2 tbsp. oil
- 1 onion, finely diced
- 1 red pepper, finely diced
- 1 tbsp. chipotle paste
- 2 garlic cloves, minced
- 1 tsp. ground cumin
- 1 tsp. ground turmeric
- 1/2 tsp. each salt and pepper
- 1/4 tsp. smoked paprika
- 8 tortillas, grilled (15 cm)
- 2 avocados, halved, pitted, peeled and sliced
- 2 tomatoes, chopped
- 2 tbsp. finely chopped fresh coriander
- 1 jalapeno, finely diced
- Lime wedges, for serving

## METHOD

1. Drain and crumble the Cauldron Tofu Blocks. Heat the oil in a large skillet set over a medium heat.
2. Cook the tofu, onion, red pepper, chipotle paste, garlic, cumin, turmeric, salt, pepper and smoked paprika for 5 to 8 minutes or until the tofu is brown and the veggies are tender.
3. Serve the Tex Mex scramble in tortillas with the avocado, tomato, coriander and jalapenos.
4. Serve with lime wedges.



BREAKFAST

# FALAFEL WAFFLES WITH AVOCADO SALAD & HUMMUS

PREP  
25 MINS

COOK  
30 MINS

SERVES  
TWO

Jump on the waffle bandwagon with these delightful Scandi falafel waffles. They're vegan and topped with salad and hummus, making them the ideal healthy brunch.

# FALAFEL WAFFLES WITH AVOCADO SALAD & HUMMUS



## INGREDIENTS

### For the Falafel Waffles:

- 2 x 200g pack of **Cauldron Falafels**

### To serve:

- Rocket
- 1 avocado, peeled, de-stoned and thinly sliced
- 2 tbsp. hummus
- Radishes, thinly sliced
- Microherbs
- Toasted seeds

## METHOD

1. Crumble half of the falafels into a two-plated waffle iron and press the lid down firmly. Leave for 5-10 minutes until the waffles are golden and firm. Repeat this process with the remaining falafel.
2. To serve, place two waffles on each plate and top with fresh rocket, sliced avocado, a tbsp. of hummus, sliced radishes, micro herbs and toasted seeds.



BREAKFAST

# TOFU KEDGEREE

PREP  
10 MINS

COOK  
20 MINS

SERVES  
TWO

Tofu scramble with a lovely, smoky flavour tops this mildly spiced rice dish to make a simple and yet super brunch or supper.

# TOFU KEDGEREE



## INGREDIENTS

### For the Tofu:

- ½ block of Cauldron Organic Tofu, drained
- ½ tsp liquid smoke
- 2 tbsp vegetable oil
- Sea salt to taste

### For the Rice:

- 1 tbsp vegetable oil
- 1 onion, diced
- 3 cardamon pods, bashed
- 1 small stick cinnamon
- ¼ tsp turmeric powder
- 1 tsp mild curry powder
- 2 bay leaves
- 1/2 tsp sea salt
- 115g basmati rice
- 250ml vegetable stock
- 1 lemon cut into wedges and 2 tbsp chopped parsley to serve

## METHOD

1. For the rice, heat the oil in a pan that has a tight-fitting lid then fry the onion for 5 minutes until softened.
2. Add the cardamom pods, cinnamon stick, turmeric powder, curry powder, bay leaves and salt and cook for 1-2 minutes more. Stir in the rice and cook for 2-3 minutes until the rice is coated in the spices.
3. Add the stock, bring to the boil then simmer, covered for 12-14 minutes checking the level of liquid and stirring occasionally. Add more stock if necessary.
4. Towards the end of the rice cooking time, preheat the oil and liquid smoke in a saute pan. Crumble the tofu into the pan and cook for 6-8 minutes stirring often until the tofu is well coated and golden brown.
5. Divide the rice between the serving bowls and serve the scrambled tofu on top with plenty of lemon wedges and a sprinkle of parsley. Season to taste with salt.



BREAKFAST

# TOFU RANCHERO WITH TOFU CORN PANCAKES

**PREP**  
10 MINS

**COOK**  
35 MINS

**SERVES**  
FOUR

This spicy Mexican style breakfast is the perfect protein source to start your day. Tofu and corn pancakes, topped with scrambled tofu packed full of Mexican style flavour and topped with ranch sauce make the perfect wake up call.

# TOFU RANCHERO WITH TOFU CORN PANCAKES



## INGREDIENTS

- 1 block of Cauldron Organic Tofu, drained

### For the Maize Pancakes:

- 75g masa harina (corn flour used to make tortillas, available online). Plain flour can be used if you would like to make regular pancakes instead. This is enough to make 8 small pancakes.
- ½ tbsp. baking powder
- 125g Cauldron tofu
- Pinch of salt (we used smoked salt for extra flavour).
- ½ chilli flakes
- 250ml rice water

### For the Ranch Sauce:

- 1 small onion, peeled
- 1 large tomato or 2 medium ones
- 1 small green chilli, diced
- 2 cloves of garlic, crushed
- 1 tbsp. vegetable oil
- Small bunch of fresh coriander, finely chopped

### For the Tofu Scramble:

#### Premix for the Scramble:

- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. dried oregano
- 1/2 tsp. chilli flakes
- 1/2 tsp. smoked salt
- 1 tbsp. vegetable oil
- 225g Cauldron Organic Tofu, crumbled
- 1 red pepper, finely sliced

## METHOD

1. Blend all of the pancake ingredients together in a food processor, place in a jug and refrigerate until required.
2. To make the Ranch Sauce, preheat a sauté pan over a medium high heat and place the onions in until slightly blackened. Remove the onions and cut into a small dice. Repeat with the tomato and chilli. Peel the tomato whilst still warm and cut into a small dice and finely chop the chilli.
3. Lightly fry the onions in the oil until softened. Add the garlic, tomato and chilli and cook for a further 5-10 minutes. Season then add the chopped coriander.
4. Meanwhile, combine the spices for the scramble premix and lightly fry them in the vegetable oil for 1-2 minutes. Add the sliced pepper and cook for a further 5 minutes until softened.
5. Preheat a small, non stick pan (approximately 8-10cm diameter) over a medium to high heat with a small drop of vegetable oil. # Make pancakes a half a centimetre thick turning halfway through cooking. Set to one side and keep warm until required.
6. Add the crumbled tofu to the spices and peppers and cook until warmed through and the spices are stirred through the tofu and peppers.
7. Serve the pancakes topped with tofu scramble with the Ranch Sauce drizzled over.
8. A good source of protein, low in saturated fat and low in sugar.
9. This spicy Mexican style breakfast is the perfect protein source to start your day. Tofu and corn pancakes, topped with scrambled tofu packed full of Mexican style flavour and topped with ranch sauce make the perfect wake upcall.



BREAKFAST

# BRAZILIAN INSPIRED BIRCHER

**PREP**  
10 MINS

**COOK**  
5 MINS

**SERVES**  
FOUR

Created by the Swiss nutritionist Bircher Benner, a tasty and healthy way to start the day.

# BRAZILIAN INSPIRED BIRCHER



## INGREDIENTS

- 200g **Cauldron Organic Tofu**, just drained
- 50ml orange juice
- 1 tbsp. icing sugar
- 1/2 tsp. cinnamon
- 1 ripe papaya, peeled and de-seeded
- 50ml soy cream
- 100g oats
- 200ml apple juice
- 2 apples, peeled and grated - 1 x red, 1 x green
- 100g blueberries

## METHOD

1. Soak the oats in the apple juice overnight then mix with the grated apple.
2. Blitz the tofu, orange juice, icing sugar, cinnamon, half of the papaya and soy cream until smooth.
3. Dice the remaining papaya and place a layer of papaya in 4 glasses or bowls, pour in a layer of the tofu cream, then a layer blueberries.
4. Top with a generous spoonful of the oat mixture and decorate with a few slices of papaya, a few blueberries or some diced apple.

THERE'S  
ALWAYS TIME  
FOR GOOD  
MOOD FOOD

**SNACK TIME:**



SNACKS

# TOFU VEGETABLE FRITTERS

**PREP**  
10 MINS

**COOK**  
20 MINS

**SERVES**  
FOUR

Close your eyes, take a bite, and enjoy the satisfying crunch of these Tofu Vegetable Fritters. Both a great use for your Marinated Tofu Pieces, and a fun way to enjoy your veggies.

# TOFU VEGETABLE FRITTERS



## INGREDIENTS

- 1 Pack Cauldron Marinated Tofu Pieces
- 1 carrot, grated
- 1 parsnip, grated
- 1 courgette, grated
- 1/2 head broccoli, grated
- 1 tsp. coriander
- 1 tsp. paprika
- 1 tsp. basil
- 1 tsp. oregano
- Juice of lime
- 1 cup gram flour (aka chickpea or besan flour)
- 1/2 cup water
- Salt & pepper

## METHOD

1. Firstly grate the carrot, parsnip, courgette and broccoli into a large mixing bowl.
2. Now add the Cauldron marinated tofu pieces, spices and herbs, lime juice, flour, water, salt and pepper and mix until well combined.
3. Shape into fritters (making sure to compact them in your hands).
4. Fry in a pan with a little oil on either side for a few minutes until golden.
5. Place on a baking tray lined with baking paper and place in the oven at 200C (fan oven) for 15 minutes.



SNACKS

# FALAFEL CUPS WITH ROASTED RED PEPPER HUMMUS

**PREP**  
10 MINS

**COOK**  
15 MINS

**SERVES**  
SIX - EIGHT

We've fallen head over heels for these adorable Falafel Cups, complete with roasted red pepper hummus. Perfect as either a vegan snack or as an all-round healthy side dish!

# FALAFEL CUPS WITH ROASTED RED PEPPER HUMMUS



## INGREDIENTS

Makes 6-8 Falafel Cups

- 1 pack of **Cauldron Moroccan Falafels**
- 2 whole wheat tortilla wraps
- A little olive oil
- 2 Tbsp. plant milk
- 1-2 tsp. sesame seeds
- 3-4 cherry tomatoes, halved
- Fresh herbs, such as chives
- A little tahini for drizzling

**Roasted Red Pepper Hummus:**

- 1 big red pepper, de-seeded & roasted OR 2 Tbsp. roasted red pepper
- ½ tin chickpeas
- 1 Tbsp. tahini
- Juice of ½ lemon
- 1 tsp. sweet paprika
- ½ tsp. black pepper
- ½ tsp. sea salt
- A little water
- Chilli flakes (optional)

## METHOD

1. Cut the tortilla wraps into size for your muffin tin using a sharp knife - we'd recommend either cutting them into circles, squares or quarters, then place once tortilla into each muffin hole and gently push it into shape.
2. Bake the tortillas at 180C for 5 minutes or until they keep their shape. Gently brush them with a little plant milk and return them to the oven for a further 5 minutes until golden.
3. Place all ingredients for the roasted red pepper hummus apart from the water into a food processor and process until smooth and creamy. If required, add a little bit of water.
4. In the meantime, cook the Cauldron Moroccan Falafels in a little olive oil using non-stick frying pan until golden.
5. To serve, place about 1 tablespoon of hummus into each tortilla cup, add a falafel (or 2) and cherry tomato, drizzle with a little tahini and then sprinkle with some sesame seeds & fresh herbs.
6. Enjoy!



SNACKS

# VEGAN FALAFEL JALAPEÑO POPPERS

**PREP**  
20 MINS

**COOK**  
20 MINS

**SERVES**  
FOUR

Jalapeño Poppers with a twist as crumbled Cauldron Middle Eastern Falafels are baked into the jalapeños to produce an explosive fusion of flavour, whilst the creamy avocado dip works to cool your tastebuds! Take your vegan Tex Mex Falafel Jalapeño Poppers to a BBQ and everyone will want to be your amigo!

# VEGAN FALAFEL JALAPEÑO POPPERS



## INGREDIENTS

### Falafel Jalapeno Poppers:

- 4 Cauldron Middle Eastern Falafel
- 1 tbsp. chopped fresh coriander
- 1 tbsp. minced red onion
- 1 tbsp. minced pickled jalapenos
- 1 garlic clove, minced
- 1/4 tsp. each chilli powder and ground cumin
- 8 large jalapeno chillies, halved and seeded
- 1/4 tsp. each salt and pepper
- 3 tbsp. olive oil, divided

### Vegan Avocado Cream:

- 1 avocado, halved, pitted and peeled
- 125 g vegan sour cream
- 1 tsp. lime zest
- 45 ml lime juice
- 1/2 tsp. salt

## METHOD

1. Falafel Jalapeño Poppers: Preheat oven to 220°C/200°C Fan/Gas 8.
2. In a medium bowl, crumble the falafels into fine crumbs. Stir in the coriander, red onion, pickled jalapeños, garlic, chilli powder, cumin and 1 tbsp. olive oil.
3. Stuff 2 tsp. falafel mixture into each jalapeño half. Arrange on a parchment paper-lined baking sheet. Drizzle with the remaining olive oil.
4. Bake for 10 to 15 minutes or until the filling is golden and the jalapeños are tender.
5. Vegan Avocado Cream: In a blender, puree the avocado, sour cream, lime zest, lime juice and salt until smooth.
6. Serve the Falafel Jalapeño Poppers with the avocado cream for dipping.



SNACKS

# JALAPEÑO & LIME CHURROS WITH MANGO DIP

**PREP**  
20 MINS

**COOK**  
5 MINS

**MAKES**  
12

Savoury Mexican Snacks with Mango Dip! Cauldron Tofu is used to make a savoury doughnut batter in this recipe then Mexican favourites jalapeno, lime and coriander are added to give a fresh, zingy flavour. A tasty treat for any occasion!

# JALAPEÑO & LIME CHURROS WITH MANGO DIP



## INGREDIENTS

- 1/2 block Cauldron Organic Tofu, drained
  - 1 tsp. olive oil
  - Juice of 1/2 lime
  - 2 tbsp. water
  - 1 small garlic clove
  - 1/2 crumbled stock cube
  - 1/4 tsp. onion/celery salt
  - 1/4 tsp. coarse ground black pepper
  - 125g self-raising flour
  - 1 1/2 tsp. baking powder
  - Zest of 1 lime
  - 3 tbsp. chopped sliced jalapenos
  - Handful coriander, chopped
- For the Mango Dip:**
- 1/2 small red onion
  - 1 ripe mango, peeled and pitted
  - Juice of 1 lime
  - 1 habanero chile, seeded and diced
  - Small bunch of coriander, chopped
  - Pinch salt

## METHOD

1. Place the drained Cauldron Organic Tofu, olive oil, lime juice, water, garlic, crumbled stock cube, celery salt and black pepper in the food processor and blend until smooth. Stir in the flour, baking powder, lime zest, jalapenos and coriander.
2. Spoon mixture into a wide piping bag or roll with floured hands into approximately 1cm x 10cm tubes. Preheat vegetable oil to 180°C in a deep fryer or heavy-based pan, carefully drop the churros into the hot oil and fry for 3-4 minutes until golden brown with a crispy exterior whilst ensuring the inner is cooked dough consistency (check one by carefully removing a churro from the oil, break this in half to check the cook before removing the remaining ones).
3. Once the churros are golden brown, carefully remove from the oil and place onto kitchen roll, then sprinkle with coarse salt to taste. Blitz all of the mango dip ingredients together except the coriander then stir this in.
4. Alternatively, the churros can be brushed with a little oil then baked at 180°C for 12-14 minutes.



SNACKS

# TOFU, APPLE & SWEET ONION TARTLETS

**PREP**  
15 MINS

**COOK**  
15 MINS

**SERVES**  
FOUR

Cauldron Organic Tofu is baked with apple balsamic and sweet chilli and combined with crisp apple, sweet onion and watercress, encased in a puff pastry tartlet. The result - delicious!

# TOFU, APPLE & SWEET ONION TARTLETS



## INGREDIENTS

- 1/2 block of **Cauldron Organic Tofu**, drained and pressed for 20 minutes, cut into 1cm x 1cm cubes
- 2 tbsp. apple balsamic
- 1 tbsp. sweet chilli sauce
- 1 tbsp. vegetable oil
- ½ tsp. salt
- 1 red onion, finely sliced
- Pinch of granulated sugar
- ½ tsp. nutmeg
- 1 tbsp. water
- 1 pack ready rolled puff pastry
- 1 red apple
- 1 tsp. lemon juice
- Handful watercress

## METHOD

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. In a large saucepan, heat the oil gently, add the onions and fry for 5 minutes until softened. Stir in the sugar, nutmeg and water and stir well. Cover and cook for 10 minutes, stirring frequently.
3. In a bowl, mix the apple balsamic, sweet chilli sauce, vegetable oil and salt. Tumble the Cauldron Tofu, coating well. Place on a baking sheet and cook for 10-12 minutes until golden.
4. Meanwhile, on a lightly dusted work surface, cut out circles of pastry using a pastry cutter and fit each into a greased muffin tin. Spoon 2 teaspoons of the onion mix into each and bake for 15 minutes.
5. Allow to cool, add baked, tofu pieces to each and a few pieces of cubed apple coated in lemon juice. Garnish with a sprig of watercress and serve cold.

# UNLEASH PLANT BASED GREATNESS

**YUMMY LUNCH:**



LUNCH

# FALAFEL PITA POCKETS

**PREP**  
5 MINS

**COOK**  
5 MINS

**SERVES**  
FOUR

Level up your lunchtime with these Falafel Pita Pockets. A quick and easy way to enjoy your falafel - just roll them up and enjoy! Perfect for LUNCH or lazy tea times.

# FALAFEL PITA POCKETS



## INGREDIENTS

- 4 tortilla wraps (lightly toasted)
- 1 pack **Cauldron Middle Eastern falafels**
- 4 tbsp. aioli
- Crunchy greens (for example butterhead lettuce)
- 1/2 cucumber thinly sliced
- 1 red pepper thinly sliced

### For the Hummus:

- 1 tbsp. smoked paprika
- 1 tsp. cumin
- Pot of hummus

## METHOD

1. Lightly toast the tortillas for 5 minutes, making sure that they don't get too crisp.
2. While they're toasting, combine the ingredients for the hummus into a small pot - this should be enough for four generous tablespoons.
3. Remove your wrap and stack it up with your choice of filling.
4. Drizzle the freshly-made hummus on top.
5. Enjoy!



LUNCH

# VEGAN TEMPURA TOFU WITH PONZU DIPPING SAUCE

**PREP**  
15 MINS

**COOK**  
5 MINS

**SERVES**  
FOUR

Tempura batter is incredibly light and crisp and lends itself well to both tofu or vegetables - the perfect starter for any vegan or vegetarian! Traditionally a Japanese dish, it is often served with a salty dipping sauce that is sure to warm the taste buds.

# VEGAN TEMPURA TOFU WITH PONZU DIPPING SAUCE



## INGREDIENTS

### For the Tempura Tofu:

- 1 pack of **Cauldron Organic Tofu**
- 125 g plain flour
- 1 tsp. cornflour
- 1 pinch baking powder
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 230 ml ice-cold sparkling water
- Vegetable oil, for deep frying

### For the Dipping Sauce:

- 3 tbsp. tamari sauce
- 1 ½ tbsp. lemon juice
- 1 tbsp. mirin
- ½ tbsp. rice wine vinegar
- ½ tsp. sugar

## METHOD

1. Drain the tofu and place between two chopping boards lined with a clean tea towel or kitchen roll. Put something heavy on top, e.g. food cans, to apply pressure. Once the tofu has been pressed, chop into 16 cubes. Set aside.
2. Meanwhile, to make the dipping sauce, mix all ingredients together and set aside.
3. To make the tempura batter, mix together the flour, cornflour, baking powder, salt and pepper. Gradually whisk in the sparkling water until you have a smooth batter.
4. Heat vegetable oil to 180°C in a deep fryer or heavy based pan. Cover each piece of tofu in the tempura batter before carefully lowering in the hot oil and frying for 3-4 minutes until golden brown with a crispy exterior.
5. Remove the tofu from the oil with a slotted spoon and blot with kitchen towel.
6. Serve immediately with the ponzu dipping sauce.



LUNCH

# GRILLED VEGAN TOFU GYROS

**PREP**  
15 MINS

**COOK**  
10 MINS

**SERVES**  
FOUR

Sizzling slices of tofu served in wraps with salad and a refreshing tzatziki sauce, offer a healthier take on a Greek Gyros. This vegan dish can be enjoyed in the afternoon sun or after an oenochoe (ancient Greek jug) of wine.

# GRILLED VEGAN TOFU GYROS



## INGREDIENTS

### For the Tofu:

- 1 pack of **Cauldron Organic Tofu**, drained and pressed for 20 minutes
- 1 tbsp. olive oil
- 1 tbsp. tomato puree
- 2 garlic cloves, crushed
- ½ tbsp. ground coriander
- ½ tbsp. cumin
- ½ tbsp. oregano
- 1½ tsp. salt
- ½ tsp. black pepper

### For the Vegan Tzatziki Sauce:

- 100 g vegan yogurt
- ¼ cucumber, coarsely grated
- 1 garlic clove, crushed
- 1 tsp. lemon juice
- ¼ tsp. salt
- ¼ tsp. black pepper
- 10 g fresh mint, finely chopped

### To serve:

- 4 wraps, heated
- 50 g mixed salad leaves
- 20 g kalamata olives, pitted
- ¼ red onion, finely sliced
- 8 cherry tomatoes, quartered

## METHOD

1. To make the tofu, slice the tofu block into 12 strips. Combine all other tofu ingredients and mix together. Marinate the tofu in this mixture and set aside.
2. To make the tzatziki sauce, combine all ingredients and set aside.
3. Place a griddle onto a medium heat and cook the tofu for 4-5 minutes on each side, until chargrilled.
4. To serve, divide the lettuce, red onion, cherry tomatoes, olives and tofu between the wraps. Drizzle with tzatziki sauce to serve.

LUNCH

# STUFFED BUTTERNUT SQUASH WITH TOFU

**PREP**  
10 MINS

**COOK**  
50 MINS

**SERVES**  
FOUR

Looking for a tasty alternative Easter recipe for the whole family to try? Then you'll want to try this delicious roasted butternut squash stuffed with tofu and pantry vegetables. Made using the tofu block, this dish is healthy and simple and can be made using the ingredients you have available in your pantry such as cooked rice and quinoa pouches and a variety of vegetables!



# STUFFED BUTTERNUT SQUASH WITH TOFU



## INGREDIENTS

- 2 butternut squash (about 500g each), halved lengthways and de-seeded
- 4 tbsp. olive oil
- 2 garlic clove, crushed
- 1 small red onion, diced
- 150g chestnut mushrooms, sliced
- 1 pack of **Cauldron organic original tofu**, diced
- 15g fresh coriander leaves chopped
- 250g pack wholegrain basmati rice and quinoa
- 230g pack cherry tomatoes
- 2 tbsp. mixed seeds
- 1 tsp. turmeric powder
- 1/2 tsp. chilli powder
- 1 tsp. cumin powder
- 1 tsp. curry powder
- salt & pepper to taste
- lemon wedges to serve

## METHOD

1. Preheat the oven to gas 5, 190°C. Place the butternut squash, skin-side down, on a baking tray and score the flesh in a diamond pattern with a knife.
2. Brush 1 tbsp. oil all over the squash , then roast for 30-35 mins until soft.
3. Heat 1 tbsp. oil in a frying pan over a medium heat. Add tofu, turmeric, chilli powder, salt and cook for about 3-4 minutes until the edges are crispy. Drain the tofu to a plate and set aside.
4. Heat the remaining oil in the pan. Add the garlic, onion and mushrooms and cook for 2mins, stirring in between. Add the turmeric, cumin powder, curry powder and cook for another 2 minutes until golden.
5. Remove from heat, stir in fried tofu and season to taste.
6. Meanwhile, Heat the quinoa and rice mix to pack instructions and mix them with the vegetables and tofu in the pan.
7. Remove the squash from the oven and carefully scoop out most of the flesh, leaving 1cm border. Dice the flesh and mix it along with the vegetables and tofu mix.
8. Fill the squash with the prepared mixture, halved cherry tomatoes and drizzle with oil. Return the baking tray in the oven and roast for another 15 minutes until squash is tender.
9. Remove the stuffed squash from the oven, garnish with coriander leaves and mixed seeds. Serve with lemon wedges.



LUNCH

# RAINBOW FALAFEL SANDWICH

PREP  
10 MINS

COOK  
0 MINS

SERVES  
ONE

This delicious rainbow veggies falafel waffle. With all vegan ingredients, using our tasty falafels, hummus and a variety of colourful salad items, this is a perfect dish for breakfast, brunch or lunch.

# RAINBOW FALAFEL SANDWICH



## INGREDIENTS

- 2 x 200g pack of **Cauldron Falafels**

### To serve:

- 2 tbsp. Hummus
- 2 Tbsp. Pesto
- 1 avocado, peeled, de-stoned and thinly sliced
- Iceberg lettuce, roughly cut
- Peppers
- Beetroot, thinly sliced
- Cucumber, spiralised
- Carrots, spiralised
- Microherbs
- Toasted seeds

## METHOD

1. Crumble half of the falafels into waffle iron and press the lid down firmly. Leave them crisp for 5-10 minutes until the waffles are golden and firm.
2. For the First Sandwich - place one waffle on plate, top it with 1 tbsp. hummus, spiralised cucumber, carrots, yellow pepper and micro herbs. Season with salt & pepper.
3. For the Second Sandwich - place waffle on a plate, top it with hummus & pesto. Arrange lettuce, sliced beetroot, sliced avocado halves, pepper and mint. Season with salt & pepper.



LUNCH

# CALIFORNIAN FALAFEL & SOBA VEGAN GLOW BOWL

**PREP**  
15 MINS

**COOK**  
15 MINS

**SERVES**  
THREE

This vegan fusion power bowl brings together the best of all worlds in one glorious dish! Absolutely loaded with fresh and crunchy veggies, it combines Cauldron Middle Eastern Falafel with the rich flavours of tahini and tamari, all sitting together on a bed of tender soba noodles. Refreshing and nutritious, it makes for a perfect for a quick and tasty lunch or a delicious dinner!

# CALIFORNIAN FALAFEL & SOBA VEGAN GLOW BOWL



## INGREDIENTS

- 1 pack Cauldron Middle Eastern Falafel
- 200 g soba noodles
- 2 tbsp. tahini paste
- 30 ml lime juice
- 30 ml rice wine vinegar
- 3 tbsp. tamari
- 1 tbsp. sesame oil
- 1 tbsp. minced ginger
- 1 garlic clove, minced
- 1 tsp. brown sugar
- 2 large carrots, spiralised
- 1 cucumber, spiralised
- 60 g shelled edamame, cooked
- 1 avocado, halved, pitted, peeled and sliced
- 2 spring onions, thinly sliced
- 1 tbsp. crushed peanuts
- 1 tbsp. coriander, chopped
- 1 tsp. chilli flakes

## METHOD

1. Prepare the soba noodles according to package directions, then rinse the noodles under cold running water and drain well.
2. Meanwhile, whisk together the tahini paste, lime juice and vinegar until smooth. Whisk in the tamari, sesame oil, garlic and brown sugar.
3. Toss together the soba noodles, carrot, cucumber, edamame and dressing until well coated. Divide among 3 bowls.
4. Top with the Cauldron Middle Eastern Falafel and the avocado. Garnish with spring onion, crushed peanuts, coriander and chilli flakes.

**WINNER  
WINNER  
VEGAN  
DINNER**

**ANY NIGHT DELIGHTS:**



DINNER

# VEGAN MEATBALLS & RATATOUILLE

PREP  
10 MINS

COOK  
30 MINS

SERVES  
TWO

Super tasty and taking just 40 minutes from preparation to your dinner table, this is a dish you simply have to try! This is comfort food at its finest and made using pantry staples everyone has!

# VEGAN MEATBALLS & RATATOUILLE



## INGREDIENTS

### For the Vegan Meatballs:

- 1 packet Cauldron Falafel
- 30g Spinach finely chopped
- ½ tsp. salt
- ½ tsp. garlic powder
- ½ tsp. paprika powder
- 2 Tbsp. almond milk
- 2 tbsp. olive oil

### For the Ratatouille:

- 1 medium-sized Aubergine, peeled & sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 red onion, sliced
- 1 courgette, sliced
- 1 tbsp. mixed herbs
- 1 tbsp. olive oil
- 1 tsp. salt
- 450g passata sauce
- 1 tbsp. garlic, minced
- Serve with Brown Rice

## METHOD

### Vegan Falafel Meatballs:

1. Crumble the Cauldron falafels and add it to the bowl with the remaining ingredients. Mix with fork.
2. Oil your palm and shape the falafel mix into small balls.
3. Heat oil in a pan and pan fry around for 3-4 minutes until crispy.

### Ratatouille:

4. Preheat the oven to 200C.
5. Place the aubergine, pepper, onion and courgette in a bowl. Toss with olive oil, salt and mixed herbs. Arrange in a baking sheet and bake for 15 minutes.
6. Combine passata sauce, garlic and salt to taste in a cast iron pan or a casserole dish. Arrange the roasted vegetable over the sauce and bake for 10 minutes.
7. In the meanwhile make Vegan falafel meatballs.

### Assembly:

8. Place the warm vegan meatballs on top of the ratatouille, garnish with parsley and serve warm with Brown rice.



DINNER

# VEGAN TOFU THAI GREEN CURRY

PREP  
20 MINS

COOK  
30 MINS

SERVES  
FOUR

A delicious, fragrant and creamy Thai green curry with pieces of tofu and crispy vegetables. Thai green curry is a very popular dish and our organic tofu brings a unique, light taste to this dish packed full of flavour.

# VEGAN TOFU THAI GREEN CURRY



## INGREDIENTS

- Cauldron Organic Tofu 396g
- 2 tbsp. light soy sauce
- 125g green beans, trimmed
- 1 bunch fresh asparagus, trimmed
- 1-2 tbsp. vegetable oil
- 2 tbsp. green Thai curry paste
- 2 shallots, finely chopped
- 1 green chilli, deseeded and finely chopped
- 3 garlic cloves, crushed
- 1 x 400ml coconut milk
- 125g baby corn
- ½ courgette, cut into thin slices
- 1 red pepper, trimmed and cut into thin strips
- 125g pak choi
- Juice of 1 lime
- 1 tbsp. chopped coriander, plus extra for garnish
- 2 spring onions, trimmed and cut into thin slices

## METHOD

1. Drain the tofu, wrap in kitchen paper to remove excess water for 20 minutes, cut into 1 cm pieces and place in the soy sauce to marinate.
2. Bring a pan of water to the boil and blanch the green beans and asparagus tips for a minute, drain and refresh in cold water.
3. Heat the oil in a wok, add the green Thai curry paste and cook for 2 minutes stirring frequently.
4. Add the tofu, stir lightly until coated with the curry paste then cook for a further 2 minutes. Then add the shallots, chilli and garlic and carry on cooking for another 2 minutes.
5. Pour in the coconut milk, bring to a simmer, then add the baby corn, courgette, red pepper, green beans and asparagus. Cook over a medium heat for 4-5 minutes then add pak choi. Simmer once again for a minute then lastly tip in the fresh lime juice and chopped coriander.
6. Serve sprinkled with a small amount of chopped coriander and spring onions accompanied with Thai jasmine rice.



DINNER

# MOROCCAN FALAFEL WITH HARISSA COUSCOUS

PREP  
20 MINS

COOK  
20 MINS

SERVES  
FOUR

Try this authentic Middle Eastern recipe for a mid-week pick me up. The fragrant spices of the harissa are the perfect match for our Moroccan falafels.

# MOROCCAN FALAFEL WITH HARISSA COUSCOUS



## INGREDIENTS

- 200g couscous
- 300ml hot vegetable stock (fresh or stock cube)
- 1 tbsp. harissa
- ½ tsp. lemon juice
- 1 tbsp. extra virgin olive oil
- 1 tsp. sumac
- ¼ tsp. sea salt
- ¼ tsp. ground black pepper
- 20g raisins
- 10 sundried tomatoes, roughly chopped
- 1 red pepper, de-seeded and finely chopped
- 10g fresh coriander, finely chopped
- 10 g fresh parsley, finely chopped

### For the Yoghurt Sauce:

- 5 tbsp. Greek yoghurt
- 1 tbsp. lemon juice
- 1 tbsp. water
- ½ tsp. cumin
- Salt and pepper to taste

### To serve:

- 2 packs of **Cauldron Moroccan Falafels**
- 1 spring onion, finely sliced
- 2 tbsp. toasted shelled hemp seeds

## METHOD

1. Place the couscous in a large bowl and cover with the hot vegetable stock. Place a plate or a sheet of foil on top of the bowl and leave for 5 minutes.
2. Once the stock has been absorbed by the couscous, fluff the grains up with a fork and add the following ingredients: harissa, lemon juice, extra virgin olive oil, sumac, salt, pepper, raisins, sundried tomatoes, red pepper, coriander and parsley. Mix well until combined. Set aside.
3. Remove the Cauldron Falafels from their packaging and cook according to packet instructions.
4. To make the yoghurt sauce, combine all ingredients together, mix well and set aside.
5. To serve, divide the couscous between four bowls, top with the Cauldron Moroccan falafels, drizzle over the yoghurt sauce and garnish with the spring onion and hemp seeds.



DINNER

# VEGAN SOUTHERN FRIED TOFU WITH SPICY SLAW

PREP  
20 MINS

COOK  
15 MINS

SERVES  
FOUR

Southern fried in our own blend of not-so-secret seven herbs and spices, this recipe transforms the Cauldron Organic Tofu block into crisp, golden bites bursting with flavour. Serve with a spicy vegan slaw and a homemade mustard dip for a delicious American-inspired feast!

# VEGAN SOUTHERN FRIED TOFU WITH SPICY SLAW



## INGREDIENTS

### Southern Fried Tofu:

- 1 pack Cauldron Tofu Block, drained well
- 95 g cornflour
- 1 tsp. each paprika, turmeric, salt and pepper
- 1/2 tsp. each cayenne pepper, garlic granules and onion granules
- 125ml aquafaba (the liquid from a tin of chickpeas)
- Vegetable oil, as needed

### Spicy Vegan Slaw:

- 200 g red cabbage, finely sliced
- 1 carrot, shredded
- 4 radishes, thinly sliced
- 2 spring onions, thinly sliced
- 60 ml vegetable oil
- 2 tbsp. cider vinegar

- 1 tbsp. Dijon mustard
- 1 tsp. brown sugar
- 1 garlic clove, minced
- 1/2 tsp. each salt and pepper
- 1/4 tsp. each chilli powder and cayenne pepper
- 2 to 4 dashes Tabasco

### Vegan Honey Mustard Dip:

- 115 g Vegan Mayonnaise
- 85 g agave syrup
- 3 tbsp. Dijon mustard
- 1 tbsp. lemon juice

## METHOD

1. Southern Fried Tofu: Cut the Cauldron Tofu blocks into 5cm x 2.5 cm fingers. In a shallow dish whisk together the flour, paprika, turmeric, salt, pepper, cayenne, garlic and onion until blended. Dip the tofu fingers in the aquafaba and then dredge in the flour mixture. Arrange on a parchment paper-lined baking tray.
2. Heat a frying pan filled with 2.5 cm of oil set over a medium heat. Working in batches, fry the tofu for 3 to 5 minutes or until golden brown all over. Drain on a paper towel-lined tray. Serve warm or at room temperature.
3. Spicy Vegan Slaw: Whisk together the oil, vinegar, mustard, brown sugar, garlic, salt, pepper, chilli powder, cayenne and Tabasco until blended. Toss together the cabbage, carrot, vinaigrette, radishes and spring onion. Let it stand for 10 minutes for the flavours to marry.
4. Vegan Honey Mustard Dip: Whisk together the vegan mayonnaise, agave syrup, mustard and lemon juice until blended.
5. Serve the Southern Fried Tofu with the Spicy Vegan Slaw and the Honey Mustard Dip.



DINNER

# VEGAN FISH & CHIPS

PREP  
20 MINS

COOK  
45 MINS

SERVES  
FOUR

This is a modern take on Britain's original street food, fish and chips. Our Organic Tofu and Chips recipe combines crispy batter with light soft tofu, brought together with capers and gherkins.

# VEGAN FISH & CHIPS



## INGREDIENTS

- 400g Cauldron Organic Tofu, drained and pressed, cut into strips approx. 4 cm thick, 10cm long
- Vegetable oil to fry the tofu

### For the Batter:

- 100g plain flour
- ½ tsp. salt
- 1 tsp. baking powder
- 150ml sparkling water
- Pinch of turmeric

### For the Capers & Gherkin Layer:

- 2 tbsp. capers, finely chopped
- 2 tbsp. mini gherkins, finely chopped
- 2 tsp. Dijon mustard
- ½ tsp. salt
- ½ tsp. black pepper
- 4 tbsp. flour

### For Crushed, Minted Peas:

- 1 tbsp. olive oil
- 2 shallots, finely sliced
- 200g fresh peas, blanched in hot water (thawed, frozen peas can be used)
- Juice of ½ lemon
- ½ tsp. sugar
- 1 tsp. fresh mint, finely chopped
- Salt and freshly ground black pepper

### For Tartar Sauce:

- 1 tbsp. capers, finely chopped
- 1 tbsp. mini gherkins, finely chopped
- 200g vegan mayonnaise
- 1 tsp. Dijon mustard
- 1 tbsp. fresh parsley, finely chopped
- 1 tsp. lemon juice

## METHOD

1. Prepare the batter by beating the water into the dry ingredients little by little. Cover and refrigerate.
2. To make the caper and gherkin layer, combine all of the ingredients, blend in a food processor and set to one side.
3. For the crushed, minted peas gently fry the shallots in the oil until softened. Pulse the peas, sugar and lemon juice in a food processor keeping the texture rough and not pureed. Stir in the mint and season to taste. This dish can be served hot or cold.
4. Combine the ingredients for the tartar sauce, mix well and refrigerate until use.
5. Heat the oil to fry the tofu to 180°C/350°F/Gas mark 4 in a heavy based pan or deep fat fryer.
6. Coat the tofu pieces with the caper and gherkin layer then dip into the batter and carefully drop into the hot oil. Cook for 5-7 minutes until the batter is golden and crispy. Drain well on kitchen roll. Serve the tofu with the crushed minted peas and chips.



DINNER

# CREAMY TOFU KORMA

PREP  
10 MINS

COOK  
20 MINS

SERVES  
FOUR

A delicious vegan take on a homemade korma using your Original Tofu Block! Simple, packed full of flavour and gluten-free. Easily serves 4 and ready in just 30 minutes.

# CREAMY TOFU KORMA



## INGREDIENTS

- 1 Pack **Cauldron Tofu block**, drained
- 100g cashews, soaked in warm water
- 1 small red onion
- 2 garlic cloves
- 2 tsp. ground coriander
- 1 tsp. paprika
- 1/2 tsp. cayenne pepper
- Pinch chilli flakes
- 1 tbsp. tomato puree
- Juice of lime
- 1 cup of a dairy-free milk of choice (250ml)
- 1 can of coconut milk
- Salt & pepper
- Fresh coriander for topping (optional)
- Extra cashews for topping (optional)

## METHOD

1. Drain and press your tofu block for 10 minutes meanwhile add your cashews to a blender cup and cover with warm water
2. Meanwhile prepare your red onion by peeling and slicing into quarters and peeling the garlic cloves
3. Now pull the tofu block into chunks adding to a pan with olive oil to fry off for a few minutes
4. Meanwhile drain the water from your cashews adding the cashews back to the blender along with the red onion, garlic, spices, tomato puree, lime juice, milk and a generous pinch of salt and pepper and blend until a smooth sauce
5. Now pour your cashew sauce into the pan with the tofu and add in the can of coconut milk and stir
6. Simmer for 10-15 minutes until desired consistency, making sure to stir every few minutes
7. Finally serve with rice and top with crushed cashews and freshly chopped coriander

**NAUGHTY  
WITHOUT  
THE  
GUILTY**

**DELISH DESSERTS:**



DESSERTS

# CHOCOLATE TOFU NO-BAKE MOUSSE CAKE

**PREP**  
15 MINS

**COOK**  
---

**SERVES**  
TEN

Delicious No-Bake Chocolate Tofu Mousse cake. Easy to make, super tasty and a recipe that will totally impress your family/friends. Gluten free & vegan!

# CHOCOLATE TOFU NO-BAKE MOUSSE CAKE



## INGREDIENTS

### For the Base:

- 300g ground almonds
- 1/2 cup cacao powder (55g)
- 1/3 cup maple syrup (85ml)
- 3 tbsp coconut oil, melted

### For the Mousse:

- 1 block cauldron tofu, pressed
- 2 ripe bananas
- 4 tbsp cacao powder
- 2 tbsp maple syrup
- 100ml Vegan milk (I used almond)

## METHOD

1. Press your cauldron tofu block to remove excess water for 10 minutes.
2. Meanwhile make the base by adding all the base ingredients into a large mixing bowl. Mix together until it starts to stick.
3. Add the base mixture to a 9 inch (23cm) tart tin and push down until compact (looking for roughly 3mm depth).
4. Now break up the tofu with your hands and add to a large blender along with the bananas, cacao powder, maple syrup and milk.
5. Blend for a minute until a smooth mousse forms.
6. Pour the mousse mixture onto the base, smooth over the top and place in the fridge to set for 2 hours (the longer you leave it the better).



# VEGAN GINGERBREAD CHEESECAKE



## INGREDIENTS

### For the Cheesecake:

- 1 pack of Cauldron Organic Tofu Block
- 250g vegan ginger biscuits
- 70g coconut oil, melted
- ½ tsp vanilla extract
- 100g vegan cream cheese
- 160ml coconut cream
- 1 tsp agar agar
- 50g caster sugar
- 60g stem ginger in syrup, drained (reserve 60ml of the syrup) and chopped

### For the Gingerbread Men:

- 120g plain flour
- 1 tsp ground ginger
- ½ tsp ground cinnamon
- ½ tsp baking powder
- 30g vegan margarine
- 45g soft light brown sugar
- 2 tbsp vegetable oil
- 2 tbsp golden syrup
- White writing icing and edible decorations (optional)

### For the Gingerbread Syrup:

- 60ml stem ginger syrup
- 20g dark brown soft sugar

## METHOD

1. To make the cheesecake base, put the ginger biscuits and coconut oil into a food processor and blitz until you have a mixture the texture of wet sand.
2. Transfer this mixture to a greased and lined 20cm/8" cake tin and press into the base until firm. Transfer to the fridge to set.
3. To make the cheesecake filling, put the Cauldron Organic Tofu Block and vanilla extract into a food processor and blitz until smooth. Add the cream cheese and mix until combined.
4. Put the coconut cream, agar agar and caster sugar into a pan and place over a low heat for 5 minutes. Add the blended tofu mixture and bring to the boil. Once boiling, take off the heat and allow to cool for 10 minutes. Stir through the stem ginger and spoon the mix on top of the biscuit base in the tin. Level the top, then transfer to the fridge to set.
5. Preheat your oven to 170°C/150°C fan/Gas 3.
6. For the gingerbread men, combine the flour, ginger, cinnamon and baking powder in a food processor and mix until combined. Add the vegan margarine, sugar, oil and golden syrup and blend until you have a dough consistency. Wrap in cling film and refrigerate for 15 minutes.
7. Flour a clean work surface and roll your dough out to 5mm thickness, then use gingerbread men cutters to create shapes with the dough. Transfer the gingerbread men onto lined baking trays and bake for 10-12 minutes. Transfer to a wire cooling rack, cool completely, then decorate with writing icing and edible decorations.
8. To make the ginger sauce, place a small saucepan over a medium heat and add the ginger syrup and sugar. Stir until bubbling. Remove from the heat and set aside.
9. To assemble the cheesecake, remove it from the tin and drizzle with the stem ginger syrup. Garnish with gingerbread men to serve.



DESSERTS

# TOFU BREAD & BUTTER PUDDING

**PREP**  
10 MINS

**COOK**  
35 MINS

**SERVES**  
FOUR

This dish has golden toasted bread combined with creamy, spiced baked tofu including subtle hints of cinnamon and clove. Bursts of blueberries and cranberries invite the refreshing warmth of springtime onto your plate!

# TOFU BREAD & BUTTER PUDDING



## INGREDIENTS

- 1/2 block of **Cauldron Organic Tofu**, drained
- 250ml soy cream
- 2 tsp vanilla extract
- 3 tbs brown sugar
- Pinch of ground cinnamon, allspice and cloves
- 2 small bread buns, sliced into 4 and lightly covered with vegan spread
- 2 tbsp blueberries
- 2 tbsp dried cranberries
- 2 tbsp raisins
- Finely grated zest of 1/2 lemon
- Granulated sugar to dust

## METHOD

1. Preheat the oven to 180°C/160°C fan/Gas mark 4.
2. Blitz the tofu in a food processor for 3-4 minutes until smooth. Add the soy cream, vanilla extract, sugar, spices and blitz for 1 more minute.
3. Layer the bread slices into individual ovenproof dishes, sprinkle the over the fruit and lemon zest, then pour over the tofu cream. Allow to stand for 2-3 minutes, sprinkle with a little granulated sugar, then bake for 25-30 minutes until set.
4. If at all possible, allow to stand before baking for more time, up to 30 minutes in the refrigerator is best, as the bread will soak up the tofu cream and flavours of the spices and vanilla.



DESSERTS

# CHOCOLATE ORANGE TOFU POT

**PREP**  
15 MINS

**COOK**  
15 MINS

**SERVES**  
SIX - EIGHT

Hooray for the indulgent choc pot! Baked satsumas provide an orange background flavour with a touch of bitterness which contrasts perfectly with the sweet tofu chocolate cream.

# CHOCOLATE ORANGE TOFU POT



## INGREDIENTS

- 1 block of **Cauldron Organic Tofu**, drained
- 1 orange, peeled with citrus peeler into fine strips
- 4 satsumas, baked at 150oC for 1.5 hours
- 250ml soy cream
- 3 tbsp brown sugar
- 1 vanilla pod, sliced in half lengthways
- 250g vegan chocolate, grated
- 3 tbsp orange juice

## METHOD

1. Preheat the oven to 150°C.
2. In a pan of boiling water, place in the peeled orange strips and cook for 1 minute. Blot dry and then bake for 2 minutes in the oven. Remove and set aside to cool.
3. Peel the baked satsumas and place a few segments into the bottom of small glass pots or bowls.
4. Blitz the Cauldron Organic Tofu in a food processor for 2-3 minutes until smooth.
5. Heat the soy cream with the brown sugar and vanilla pod for 2-3 minutes until the sugar is dissolved. Remove from the heat and allow to cool for 2 minutes. Remove the vanilla pod, scrape the seeds from the pod and add to the cream. Heat the cream again gently and add the chocolate. Stir until melted. Remove from the heat. Stir in the orange juice.
6. Add the chocolate cream little by little to the tofu in the food processor, mixing until smooth. Pour over the satsuma segments in the glass pots or bowls then refrigerate until set. This may take up to 1 hour.
7. Garnish with the lightly baked orange peel and serve chilled.



DESSERTS

# BAKED TOFU CHEESECAKE WITH HIBISCUS & BLACK CHERRIES

**PREP**  
30 MINS

**COOK**  
25 MINS

**SERVES**  
SIX - EIGHT

This rich and indulgent baked vegan tofu-cake is silky smooth, packed with sweet vanilla notes and balanced with sweet hibiscus syrup. A real treat!

# BAKED TOFU CHEESECAKE WITH HIBISCUS & BLACK CHERRIES



## INGREDIENTS

- 1 Pack of Cauldron Organic Tofu, drained
- 1 tbsp corn syrup
- 8 tbsp maple syrup
- 2 tbsp vanilla extract
- 150ml coconut milk
- 1 vanilla pod, split lengthways
- 250g coconut cream
- 4 tbsp corn flour (dispersed in 3 tbsp of cold water)
- 1 tbsp lemon zest
- 2 tbsp lemon juice

### For the Hibiscus Syrup:

- 200ml boiling water
- 25g dried hibiscus flowers
- 50g caster sugar

### For the Pastry:

- 200g plain flour, sieved
- 70g icing sugar, sieved
- 100g vegan spread suitable for baking
- Extra flour for dusting

### For the Topping:

- 200g black cherries
- 45g sugar
- 2 tbsp water

## METHOD

1. Preheat the oven to 200°C/400°F/Gas mark 6.
2. Make the pastry by combining the ingredients in a food processor and mixing until combined (1-2 minutes). Cover the pastry in cling film and refrigerate for 20 minutes.
3. Roll out to cover a 20cm tin (3-4cm deep) and blind bake covered with greaseproof and baking beans for approximately 15 minutes. Remove the beans and bake for a further 10 minutes until the pastry is cooked. Reduce the oven temperature to 180°C/350°F/Gas mark 4.
4. Meanwhile prepare the filling by heating the coconut milk gently with the vanilla pod (do not boil). Allow to cool slightly for 2-3 minutes, remove the vanilla pod and scrape out the seeds with a knife adding them back to the milk. Blitz the tofu with the corn syrup for 3-4 minutes in a food processor. Add the maple syrup and vanilla extract and blitz until smooth. Add the coconut milk, corn flour, lemon juice and lemon zest and mix well until combined.
5. Pour into the pastry case and bake for 25-30 minutes until set.
6. To prepare the Hibiscus syrup, place the flowers in the boiling water and leave to infuse for 10-15 minutes. Strain, retaining the infused water. Gently heat this with the sugar until dissolved then bring to a boil and cook for 2-3 minutes stirring often until the volume of the liquid has reduced by half. The bubbles in the mix will be small and plentiful at this point. Remove from the heat and allow to cool for 10 minutes or until needed. This can be made in advance and kept in an airtight container or jar for up to a week. If the liquid has reduced further than to a viscous syrup, simply add a little hot water and stir well.
7. To prepare the topping heat all of the ingredients in a pan for 4-5 minutes until the cherries are softened and a syrup has formed.
8. Allow the baked tofu cake to cool then top with the cherries and drizzle with the hibiscus syrup.
9. Enjoy hot or cold!



DESSERTS

# CINO TORTE

**PREP**  
25 MINS

**COOK**  
2 HOURS

**SERVES**  
SIX - EIGHT

This Cappuccino Torte is sure to give you a Parisienne Café feel. The crunchy biscuit base, tart espresso and creamy chocolate are three layers of classic French chic!

# CINO TORTE



## INGREDIENTS

### For the Tofu Blend:

- 1 Pack of Cauldron Organic Tofu, drained
- 2 tbsp golden syrup

### For the Biscuit Base:

- 160g vegan biscuits such as digestives
- 75g vegan butter

### For the Coffee Layer:

- 200ml espresso
- 115g brown sugar
- 2 tbsp amaretti or similar vegan liquer
- Half of the above Tofu Blend
- 1 tbsp vegetarian gelatine

### For the Chocolate Layer:

- 8 tbsp soy cream
- 100g vegan chocolate, grated
- 1 tsp vanilla extract
- Half of the above Tofu Blend
- 2 tbsp icing sugar, sieved
- 1 tsp ground cinnamon
- 1 tbsp vegetarian gelatine
- 15cm/6 inch round spring base tin, greased or a lined 2lb loaf tin

## METHOD

1. Blitz the Cauldron Organic Tofu and golden syrup in a food processor for 4-5 minutes until very smooth.
2. Break the biscuits down to breadcrumb sized pieces. Melt the spread and mix well with the biscuit crumb. Tip the crumb into the tin and press down firmly. Refrigerate for 30 minutes.
3. Meanwhile, prepare the espresso layer by dissolving the sugar in the coffee in a pan. Allow to cool for 4-5 minutes then stir in the amaretti, tofu mix and gelatine. Use a small whisk to ensure the tofu is well dispersed and the gelatine dissolved. Bring to the boil stirring continuously. Allow to cool slightly for 1-2 minutes then pour over the biscuit base. Allow to set and cool completely. This may take a few hours.
4. When the espresso layer is set, gently melt the grated chocolate in the soy cream, allow to cool slightly for 2-3 minutes then stir in the vanilla extract, blitzed tofu mix, icing sugar, cinnamon and gelatine. Beat well with a whisk to disperse all of the ingredients then bring to the boil stirring continuously. Allow to cool for 1-2 minutes then pour into the tin. Allow to set and cool completely before serving.