

FIRST HAND

FIRST RATE

FIVE DOZEN HINTS, IDEAS AND RECIPES,
FOR AN ECONOMICAL DIET



ECONOMISE BY EATING "FIRST HAND" FOODS THAT ARE GROWN
IN YOUR OWN GARDEN AND LOCALITY AND THAT HAVE
NOT PASSED THROUGH ANIMALS!



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All enquiries to the Secretary,
47 Highlands Road,
Leatherhead, Surrey.

VEGAN SOCIETY

Founded 1944 - Registered Charity

was formed in 1944 by a group of vegetarians who became aware of the suffering inseparable from dairy farming. In 1964 it was recognised as an educational charity and is now growing rapidly in membership and influence as people realise its importance for their own health and the wise use of resources as well as for the relief of cruelly exploited animals.

Free from commitment to any religious, political, philosophical, social, dietary or medical group, the Vegan Society endeavours to co-operate with all who are seeking a positive way forward for mankind.

MINIMUM SUBSCRIPTIONS are kept low - £2.00 or £1.00 for pensioners and others on a low income, and those of the same household sharing a Journal - so that all who agree with the importance of the vegan way of life can register their support.

FULL MEMBERSHIP is reserved to practising vegans - i.e. those who live on plant products "first-hand". Associates are welcome at the same rate if they sympathise with the aims of the Society.

Full details and membership forms from the address below.

PUBLICATIONS

Quarterly Journal "The Vegan" 25p plus 15p p&p FREE to members and Associates.

"VEGAN NUTRITION" by Frey Ellis, M. D., F.R.C. (Path.) and

T. A. B. Sanders, Ph. D. Nutrition. 50p. plus 15p

- a scientific assessment of the diet based on recent research and with easy to follow tables.

"VEGAN MOTHERS & CHILDREN" - by eight vegan mothers. 35p plus 15p

"Plant Foods for Human Health with special reference to the diseases of affluence and the needs of the developing world." by J. W. T. Dickerson, Prof. Human Nutrition, University of Surrey. (Text of the first Frey Ellis Memorial Lecture) 20p. plus 15p. p&p

"SALADINGS" by Mabel Cluer - choosing & using the fresh foods around us. 55p plus 15p. p&p.

"W H A T ' S C O O K I N G ?" by Eva Balt £3.00 plus 45p p&p

A cookery book and guide to vegan living. Over 250 recipes.

Send for a copy of the new issue and see how varied and exciting the new diet can be.

THE VEGAN SOCIETY Ltd. 47 Highlands Road, Leatherhead, Surrey.

SOME VEGAN SOURCES OF ESSENTIAL NUTRIENTS

PROTEINS (body builders)	<p>a) nuts & whole cereals b) soya beans and other beans and peas. N. B. to get balanced protein mix a) and b). c) all plant parts have some protein, most have significant amounts. Dark green leaves are an especially valuable source.</p>
SUGARS, STARCHES & FATS (energy & heat providers)	<p>bread, cereals (wheat, oats, barley etc.) dried fruits, nuts, fruits and vegetables. nuts, seeds, oils.</p>
VITAMINS	<p>A carrots, tomatoes, greens. B12 Tastex or vegan tablets Other B vitamins, yeast, whole cereals and seeds, greens. C raw fruits and greens. D sunshine E vegetable oils, wheatgerm. K & P greens and tomatoes.</p>
MINERALS (body building & functioning)	<p>Widely spread throughout the plant kingdom. Especially important: Calcium - nuts, whole cereals, beans, peas, greens. Iron - greens (especially parsley and dark greens) dried fruits, nuts, whole cereals.</p>
N. B. ROUGHAGE	<p>The fibrous parts of whole cereals, fruits and vegetables are essential for healthy functioning.</p>

FURTHER INFORMATION

From the Vegan Society Ltd. 47 Highlands Road, Leatherhead, Surrey.

"Common Sense Compost Making" by May E. Bruce £1.20 plus 20p. p&p.

"Food for a Future" by Jon Wynne Tyson £1.50 plus 20p. p&p.

"Cob-nuts and Filberts" from Ministry of Agriculture, Tolcarne Drive, Northwood Hills, Middx.

"Pest Control without Poisons" and other booklets from Henry Doubleday Research Association, Convent Lane, Bocking, Braintree, Essex.

Quick Return Compost Herbal Activator and seeds from Chases, Benhall, Saxmunden, Suffolk.

FOLLOW UP IDEAS FOR FOURTH DOZEN

MILKS

Whiz very finely ground nuts or well cooked soya flour, seeds or porage oats in water to desired consistency (or shake well in screw topped bottle held in a cloth). Put through fine strainer for tea or coffee. Add a few drops of oil for creaminess. Mix with soya for balanced protein.

CLEAR SOUPS

Clean and boil outside leaves, chopped tough stems and peelings of vegetables, simmer 10 - 30 minutes, strain and flavour with Tastex.

DRIED FRUITS

These are the best means of adding sweetness to dishes, and of extending the season of use of fruits. Grapes and plums can be gently dried in a greenhouse, over a radiator or in a just-warm oven, to provide raisins and prunes; apple rings or flakes can be similarly made, and dried rose hips can be powdered and used in drinks or on salads to give added vitamin C.

HERBS

Home grown herbs can similarly be dried. Try coriander, carraway, sweet cicely, apple mint for cakes and biscuits as well as the herbs for savouries.

AN EXAMPLE OF AN ECONOMICAL VEGAN DIET

On rising Drink - water or fruit juice

Breakfast Dried fruit, nuts and apple OR milkless muesli (page 19) OR Muesli cake (page 18), and fruit OR wholemeal bread, dried fruit and apple. OR beans or tomatoes on toast.

Lunch Clear soup
Raw salad
Wholemeal bread and vegan cheese or bean dish
Cake and/or fruit.

Supper Soup OR stew OR casserole OR main protein dish served with variety of cooked vegetables or raw salad
Raw fruit salad OR cooked pudding
Apple.

THERE ARE MANY OTHER TYPES OF VEGAN DIET, BOTH SIMPLER & MORE CONVENTIONAL. See "What's Cooking?" and "Introduction to Practical Veganism." Advertised inside front cover.

K. Jannaaway.

FIRST EDITION MAY 1974 - FOREWORD

All the ingredients required for the recipes in this booklet can be produced in this country. Most of them can be grown easily in our gardens, orchards and fields, and do not require factory processing. Most important of all, they can all be taken direct from plants without being passed through animals first and then eaten "second-hand" as meat, eggs and milk products.

The general adoption of diets based on such "first-hand" foods would achieve immense saving, not only of suffering for highly sentient creatures in farms and slaughter houses, but also of the feed, land and water which they require in order to produce comparatively little food for human consumption. It is now being widely recognised that the cruelly exploited grazing animal is both environmentally destructive and a most inefficient producer of foods for man. His pathetic counterpart in the "factory farms" is fed on grain and other precious foods that should go direct to hungry people. Con-tortionist efforts to feed him on all kinds of food substitutes are wasteful of fuel and expensive advanced technology. England could be self-supporting on "first-hand" vegan foods, while neither our country nor the world can possibly support "two population explosions" - that of man and of the millions of animals deliberately bred to satisfy the short-sighted greed of meat eaters.

The more people can grow food in their own gardens, allotments or on any land they can acquire, the more truly "first-hand" and "first-rate" it can be. It can be much cheaper and healthier because fresher and free of residues from the chemicals now being so widely used in commercial production, processing and preserving. Nearly everybody can grow something, and all can encourage those who have land, and influence the climate of public opinion. The recipes in this booklet will help achieve the maximum use of home-grown foods.

Addiction to meat and dairy products and to factory processed food has got such a hold on the minds of people of the dominant Western culture that they not only find it difficult to question it in their own lives but, often with the best intention, they are spreading it throughout the world. This wasteful trend must be arrested if the famines of to-day are not to be repeated on an even more horrifying scale as the population of the world increases.

People of the affluent countries who import so much of their food (and feed for their animals) from the hungry "Third World" must lead the way to saner food habits. They must do it now because it is right so to do, not wait until change is forced upon them by the Third World waking up (as did the oil producers) to the good sense of keeping its food for its own people. In a world balanced precariously between nuclear holocaust and famine, all men of good will are challenged to strive ceaselessly for that change of heart and habit that can alone safeguard the earth and bring the hope of a better future for man and his fellow creatures.

K. Jannaaway.

The first edition of this booklet was well received and it sold out remarkably quickly. It was designed to help those who wish to live economically and as far as possible without exploiting either animals or their fellowmen. It was especially welcomed by those who were interested in producing their own food, so this second edition has been published with them in mind and notes on 'Towards Self-Sufficiency Gardening' have been added.

TOWARDS SELF-SUFFICIENCY GARDENING

There is no doubt that self-sufficiency gardening would be much easier and more attainable if we could free ourselves from habit and convention and set out rationally to provide nutrients necessary for health. If we were content to chew nuts, sunflower, pumpkin and marrow seeds, and sprouted beans and grain, for our protein and fat; if we were happy to eat most of our food raw, only cooking to make available nutrients otherwise "looked up", if we could do without those "extras" that most of us enjoy so much, then we could feed ourselves from comparatively little land. But man is not primarily a rational animal! Habits die hard: our sense of security is very much bound up with them. The recipes in this booklet are based on the assumption that people wish to change their habits as little as possible - our "rational" nut and seed chewing friends need no recipes.

Only the lucky few will have enough land to grow the cereals which feature largely in the recipes, but it is hoped that others will be able to buy from local producers or whole food dealers. Until our own soya is produced or native beans milled, most will feel justified in using soya flour from America where most of it would otherwise find its way to the beef lots; others can use home produced beans unmilled to balance their proteins. Perhaps one day rationally planned eco-houses or extensive green houses will yield enough grapes to dry for sweetening; until then we must depend on imported currants and raisins, unless we are happy to use beet sugar or home produced honey or to do without our "Quick and Easy Extras" (see pages 18 & 19) altogether. Until simple machines are devised to deal with sunflower, marrow and rape seeds, we must buy oil for cooking, and unless we can be sure of another source of B12 we must buy Tastex. * With these exceptions, only the size of our plots or our families need check our progress to self-sufficiency!

Guided by the generally accepted knowledge that our food requirements fall into three groups - 1 Protein for body building. 2 Sugars, starches and fats for energy and warmth. 3 Vitamins, minerals and roughage for healthy functioning, we need to plan our gardening to provide a steady all-the-year-round supply of these necessities. Success comes with experience. Gluts and gaps are usually the fate of beginners until they learn to take into account

* see page 6.

FOLLOW UP IDEAS FOR FOURTH DOZEN

BEAN CHEESE

Mash some well cooked beans, add oil, Tastex and flavouring to taste. Press into dish. Leave to set. Will not keep. Serve with bread.

SPROUTED PULSES OR CEREALS

Germinated seeds have a higher vitamin content, are more easily digested and make a pleasant change to the diet. Soak seeds in lukewarm water for 24 hours, covered to exclude light and changing the water several times. Spread in any suitable dish - a flat bottomed sieve is ideal - and keep damp for 4 - 6 days, rinsing frequently but not leaving covered by water. The seeds must have air. Can be served with soups as well as sprinkled on salads. DO NOT BUY SEEDS SOLD FOR SOWING AS THESE MAY HAVE BEEN DRESSED WITH PESTICIDE.

FRUIT MEAL

Some people live healthily entirely on fruit and nuts. All-fruit meals should be included in everyone's diet and are especially suitable for breakfast and when travelling.

FRUIT BREAKFAST

1 - 2 ozs. nuts, 1 - 2 ozs. raisins, apples and/or pears.

DRINKS

Water is the best drink but it can be flavoured in many ways, beside the unhealthy and expensive tea and coffee, and valuable nutrients added.

DANDELION COFFEE

Clean freshly dug dandelion roots. Bake slowly at the bottom of the oven until dark brown (not black). Use freshly ground just as you would expensive variety from the Health Stores.

HERB TEAS

Many kinds of herb teas with health-giving properties can be made from wild and garden plants, e.g. mint, chamomile, lemon balm.

WILD FRUIT DRINKS Hips, hawthorn, blackberries, and elderberries can be infused to make refreshing drinks.

FIFTH DOZEN

FOLLOW UP IDEAS FOR FOURTH DOZEN

SALADS FROM GARDEN AND FIELD

There are innumerable variations to the typical English salad of lettuce, cucumber and tomato, and most of the ingredients can be obtained at little or no cost from garden, field or hedgerow. Ideally they should include different parts of plants - shoot, root, fruit - served separately or mixed together. Dark coloured greens are an important source of vitamin A and C, of iron and calcium, and a significant source of protein.

APPLE SALAD

Clean and slice apple into small pieces. Add thinly sliced cabbage, land cress, a small amount of chopped celery and raisins.

CARROT SALAD

Grate carrot very finely so as to release juices. Mix in sliced leeks, brocoli flower and young leaves, dandelion or chicory shoots, and tomato.

BETTEROOT AND SWEDE SALAD

Grate beetroot and swede very finely. Add thinly sliced brussel sprouts, sliced cucumber, spinach and a small amount of finely chopped shallot. See Vegan Society publication "Saladings" for further ideas.

ACCOMPANIMENTS TO SALADS

Served with baked potatoes, wholemeal bread and a protein dish, salads make a complete and satisfying meal. The protein can be easily supplied by whole or grated nuts, beans or peas (well cooked unless very young). By left-overs of cooked dishes or the following specially prepared dishes.

RAW NUT LOAF

4 ozs. nuts	1 tsp. Barmene
3 ozs. breadcrumbs	1 tbs. oil
5 tbs. water	Chopped mint, onion, parsley,
2 ozs. mashed beans	dried herbs.

Mix Barmene in the water, add oil and stir in other ingredients. Press into dish and leave to stand 15 minutes or longer, preferably in refrigerator. Will not keep for more than a day or two.

the peculiarities of their own needs and tastes and of their land, and to perfect the necessary skills of production and storage. While being eager to consider all teaching and advice, it is most important to eschew narrow dogmas, endeavouring instead, by careful experiment and observation, to build up a fund of knowledge that is reliable in individual circumstances.

It is also most important to grow as great a variety as possible with the aim of providing all the ingredients that can contribute to health (even those the experts have not discovered yet!) and of avoiding the vicissitudes of the weather; nearly every kind of growing season is good for some crops and bad for others.

PROTEIN

Nuts, Beans, Peas and Other Seeds are the chief sources of protein in the garden, though all vegetables and fruits contain small percentages and dark greens are especially good balancers.

NUT trees should be planted as soon as possible because they require years to mature. Why not hazels for hedges? One well-known vegetarian has reported a harvest of 60lbs. of cob nuts from half a dozen bushes, grown espalier fashion, the third year after planting. Buy from a reputable nurseryman: self-sown trees are often barren. Send for the Ministry of Agriculture's Leaflet No. 400 "Cob-nuts and Filberts". It states 'the yield per acre of well managed trees may reach at least 2 tons, though the average yields still range from 6 - 10 cwt. per acre'. Hazels also provide shelter, sticks for beans and peas, and beauty with their February catkins. Almonds and walnuts deserve consideration in larger gardens and beeches on large holdings.

BEANS and PEAS should be grown on at least a quarter of the plot each year. They are an average 20% protein, they are easy to store for the winter, their roots harbour nitrogen fixing bacteria and thus provide subsequent crops with one of the most important plant foods. Grow different varieties - "Tic and Delfia" from H. D. R. A. (see end) in November for storage for winter use, French beans of different kinds for use fresh and then, when the Runners come in, for drying. Runners for high yield both green and as stored seeds. Haricots for storing, Broad beans (sown first in November) and Peas for succession. Soya beans are highest of all plant foods in balanced protein and are good sources of vitamins, minerals and fat. Their growth in this country is still in the experimental stage, but some people have had excellent results. They must be well cooked.

OTHER SEEDS

An almost totally neglected form of protein easily produced in English gardens are the seeds of MARBOWS, PUMPKINS and SUNFLOWERS. They are rich in proteins and fats and fun to grow. They are tedious to skin - a challenge to our intermediate technology engineers!

GREENS - although the protein content of green leafy vegetables is low, the acreage yield is very high and the amino-acid pattern excellent for complementing that of both cereals and beans.

BALANCED PROTEIN

We are assured that plant proteins contain the full range of amino-acids necessary for human tissue building but in different proportions from those required. It is possible to get all the protein required from either nuts, grains, or pulses or other seeds or even lesser sources. However, to get the full range of amino-acids in the proper proportions one would have, for example, to eat so much wheat in order to get enough lysine (the amino-acid wheat is low in) that much of its valuable methionine (the amino-acid it is rich in) would be wasted.

In order to achieve the maximum utilisation and the minimum waste, which is important for those aiming at economy and self-sufficiency, different plant proteins must be taken at the same meal. This could involve complicated calculations, but as few plant proteins show substantial deficiencies of any of the eight essential amino-acids save lysine and methionine, and as dark greens are good balancers, practice is quite simple. If nuts or whole cereals (including wholemeal flour) or whole seeds are taken at the same meal as beans, peas and soya products, plus servings of green salads and vegetables, adequacy with little waste can be achieved and surprisingly "normal" menus planned.

STARCHES, SUGARS and FATS

It is often not realised that the body's first demand is for energy, so that in the absence of sufficient starches, sugars and fats, the proteins for body building and repair are used to provide energy. The richest sources of sugars and starches among garden crops are peas, beans and potatoes followed by nuts, grapes, cherries, parsnips, apples, beetroot, blackberries, leeks, carrots and cabbages. For high energy source and high yield per acre potatoes are recommended but perhaps in a small garden the space should be given to greens and fruits that need to be eaten fresh and raw. Potatoes, like cereals, are usually comparatively cheap to buy in bulk and easy to store.

A sufficient fat intake can be achieved from nuts, sunflower and other seeds. "Spreads" can be made by grinding these finely and mixing them with oil. Home processing tools for extracting oil from seeds are not yet available. If margarines and other processed foods with added vitamin D are not used, great care should be taken to get enough sunlight on the skin for the production of this essential vitamin. There is no vitamin D in plants.

ECONOMY HINTS FOR BETTER HEALTH

8. CUT OUT ALL ANIMAL PRODUCTS. With the world population likely to double by the turn of the century, the earth cannot also support the millions of deliberately bred food animals that compete with man for food, water, land and other scarce resources. (See the Vegan Society's leaflet "Two Population Explosions") Producers are making desperate efforts to "economise" on animal feed; they are experimenting with chicken droppings, slaughter house waste, newspapers and other "raw" materials. Gone are the days when cows' milk was "second-hand" grass and pasture plants. It is impossible to tell the sources of the innocent looking liquid in the milk bottle; it is impossible to know to how much medication the poor cow was subjected or the possible effects on the human consumers of her milk. At its best cows' milk is the right food for calves, not for humans who should get their food direct from plants in as whole and unspiced a form as possible.
9. CUT OUT NON-FOODS like tea, coffee and extracted sugar. They waste land and labour over-seas that should be used for essential food production and they help to produce expensive ill-health. (See Fifth Dozen for alternatives). The most justifiable use of sugar is for jams and preserves to extend the fruits of summer and autumn through the winter months.
10. WASTE NOTHING. Stale bread will make the crumbs mentioned in various recipes, also croutons, rusks and puddings. Coarse outer leaves and stems and all sorts of "left overs" can go into the stock for soup making (but be careful to use it while it is fresh, and boil it well). Any really inedible parts can go to the compost heap where earthworms and bacteria will turn it more economically than pigs into plant food.
11. LEARN TO USE THE PRODUCE OF THE HEDGEROWS, fields and woods. Salad material, fruits, nuts and fungi still grow abundantly and are largely wasted. Use them with care and discrimination. Good guide books are now available. Oppose the use of pesticides and herbicides, the grubbing up of hedgerows, the unnecessary felling of trees. Support the movements for the conservation of the countryside; our children of the over-populated world of to-morrow will need it even more than we do.
12. WORK AND RELAX IN THE OPEN AIR as much as possible, thus promoting health of mind and body and getting your essential vitamin D for nothing. This vitamin is not present in plants but is produced in the skin by the action of sunlight. It is produced in vegan margarines by a comparable process.

FOURTH DOZEN

ECONOMY HINTS FOR BETTER HEALTH

1. EAT LESS Most of us eat too much thus putting an unnecessary strain on our digestive systems and wasting the resources of a world where most people go hungry. By planning a balanced and varied diet (see the Vegan Society's booklet "Introduction to Practical Veganism" 10p post free) we can keep healthy on a lot less.
2. EAT RAW - or cooked as little as possible. Essential nutrients are spoiled by cooking and costly fuel used. Plan meals of mainly uncooked nuts, fruits and salads. (See Fifth Dozen).
3. EAT WHOLE FOODS. More and more research is confirming the insight of the "food-reformers" that refined foods, especially white flour and white sugar, are responsible for many of the degenerative diseases that are rife in our culture. Eat whole foods and give your body the roughage it needs for healthy functioning, plus the trace elements and vitamins (probably some as yet unidentified!) in that balance to which the human body has adapted through very many generations.
4. GROW YOUR OWN FOOD as far as possible thus ensuring freshness and avoiding contamination with pesticides and herbicides and the imbalance produced by artificial fertilisers. If you have no garden you can grow a surprising variety of plants in window boxes and indoors. Seeds can be sprouted in dishes (see Fifth Dozen) tomatoes grown in pots, herbs, such as chives, thyme, sage, mint, will grow in window boxes, also salad plants such as land cress, sorrel, parsley and salad bowl lettuce. Friends who have gardens will often be glad to provide from their surpluses and receive valuable material for their compost heaps.
5. BUY IN BULK foods that you cannot grow in the garden. Buy as near to the producers as possible, choosing those who are endeavouring to use better methods, and thus help them to keep going in this competitive world. Share with your friends and organise a mutual help transport service to cut postage costs.
6. BAKE YOUR OWN bread and cakes. Our recipes are quick and easy and you know what is in them. They are more satisfying and cheaper.
7. MIX YOUR OWN. Packaged and tinned foods are dear to buy and unrenewable materials and fuel are used in their production. Labels may list contents but not usually the proportions of the various nutrients. Mix your own and know what is in them.

VITAMINS and MINERALS

The use of greenhouses and frames and careful storage and preserving can give an all the year round supply of carrots and tomatoes for Vitamin A which is also well represented in greens.

The B vitamins (save B12) are supplied by whole grains and seeds and greens.

B12. This essential vitamin is synthesised by bacteria which live in the intestines of mammals, including humans, and also widely in the environment. Some people cannot use the B12 produced in their own intestines, and modern hygienic habits and treated water that protect us from other dangers, prevent the ingestion of B12 from the environment, so a dietary source becomes necessary. It can be had in the yeast extract "Tastex", produced by Granose Foods Ltd., Watford, Herts. One teaspoonful daily in drinks, soups, sandwiches, or savouries should be enough. Vegan B12 tablets are also available.

The essential daily supply of vitamin C can be supplied by the raw vegetables (especially greens, cauliflower, beetroot and swedes) and by fruits in season, blackcurrants, strawberries, loganberries, blackberries and apples.

ROUGHAGE

Dependence on a variety of whole plant foods, with a large proportion taken raw, ensures not only adequate nutrients but also fibre for the proper functioning of the digestive and excretory systems. Dependence on milk and milk products can lead to excess mucus and to constipation.

ENJOYMENT

For maximum benefit food has to be enjoyed, therefore flavour, colour and variety in menus are most important. Leeks, shallots, onions, celery, celeriac, tomatoes are strongly flavoured vegetables that are easily grown. For many other ideas see "Saladings" by Mabel Cluer, 70p post free from the Vegan Society.

HOW TO GROW

Learn to make good vegetal compost (see end). No animal manures, activators or supplements are necessary. They are expensive and could bring disease. No expensive artificials are necessary; they can be destructive of soil life and structure and lead to imbalance and poor health in plants.

Make the best use of your compost by spreading it on the surface of "minimum dig" strips, 4ft. wide; the 1ft. paths in between, regularly hoed, yield a valuable supply of compost material. Of course, grow as much fruit as possible, especially apples, blackcurrants, loganberries, blackberries and plums.

Invest in a greenhouse or, at least, frames to extend the growing season.

Do not be tempted to keep livestock. You have to buy or grow food for them as well as yourself and they eat a lot. The manure they produce from plant parts indigestible by humans can be produced by composting. They need housing and living space, and wreak havoc if they get out. They need constant attention to keep them fed, watered, cleaned and healthy. They, and their male young, have to be slaughtered sooner or later. If you deal with the slaughter by handing the job to someone else or by stamping on your compassion and doing it yourself, then you hinder the development of that sensitivity and awareness on which, above all, human survival and development depends.

FOURTH EDITION JANUARY 1979

CURE FOR THE DISEASES OF AFFLUENCE

Since the publication of the first edition of "First Rate" in May, 1974, the connection between the eating habits of Western Society and the aptly dubbed "diseases of affluence" has been recognised. While doctors and nutritionists may disagree over emphases, a diet high in vegetable fibre and low in saturated fats and extracted sugar is now being advocated as a preventative, sometimes a cure, for many of the scourges of our society, including constipation, obesity, appendicitis, diverticulitis, diabetes and, perhaps most important of all, the heart and circulatory diseases that are bringing disablement and death to so many of our working age men. Such a diet forms the basis of the ideas in this book, and the recipes are designed to incorporate them in appetising and economical menus that are sufficiently similar to customary forms as to be acceptable by most people.

NOTES ON THE RECIPES

MAIN PROTEIN DISHES

All plant parts contain some protein. Mixtures of nuts, other seeds, whole cereals with beans and peas or soya flour and dark greens give well balanced variety (see page 4). Reports about the amount of protein required vary widely; with the provision of balanced meals including a main protein dish or its raw equivalent three times daily, the appetite should be an adequate guide. Experience will show.

"TASTEX" YEAST EXTRACT

Tastex is used in most of the main protein dishes as flavouring and salt substitute because it is a good source of B12 (see page 5). It can be had from Granose Foods Ltd., Watford, Herts., and your local Health Stores should

BREAD AND ELEVEN QUICK AND EASY EXTRAS

RAISIN AND NUT CAKE

8 ozs. flour	3 tsps. baking powder
6 - 8 ozs raisins	Pinch of salt
2 - 4 ozs. chopped walnuts	3 ozs. oil
	6 ozs. water

Stir oil and water together and blend lightly with the mixed dry ingredients. Tip into oiled tin and cook for 1 hour at 350°F

MILKLESS MUESLI - Breakfast dish

Cut up prunes, raisins or other dried fruit and soak over night with more water than they will take up. Stir in porage oats or mixture of oats and barley flakes. Add chopped apple and nuts.

Fresh fruit in season can be used instead of soaked fruit. Home-made nut or soya milk can be used if preferred or to provide extra protein.

Oat meal can be used instead of rolled oats, in which case it should be soaked overnight and more water used.

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* VEGAN 'CHEESE' *
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The following recipe for a sliceable, cookable 'cheese' which keeps well and is very easily and quickly made is proving most popular with many who are changing to veganism. It compares well in food value with animal cheeses (nearly all are made with rennet from stomach of a newly born, slaughtered calf). It is high in protein, calcium and iron, very high in fat (it should be used without extra margarine) and has B12 and other B vitamins from the Tastex.

3½ ozs. heat treated soya flour.	4 ozs. Tomor or Trex
¼ dsp. Tastex or to taste	(must be hard fat if you want a firm cheese. Otherwise use oil. See below.

Melt the fat, stir in soya flour and Tastex. Beat smooth. Leave to set. Can be used for macaroni cheese, cheese and potato pie, Welsh rarebit, cauliflower cheese, etc.
OR USING OIL Work 4 ozs. heat treated soya flour into 2 ozs. oil. Flavour with Tastex.

BREAD AND ELEVEN QUICK AND EASY EXTRAS

SAVOURY SHORTCAKE

8 ozs. mixed flours
(e. g. wholemeal, wheat, rye,
oatmeal, cornflour in
abt. equal proportions)

3 ozs. oil
4 tbs. water
1 heaped tsp. Tastex
or to taste

Mix flours. Stir Tastex into oil and water. Mix well with dry ingredients and leave for a few minutes to thicken. Make into little balls and flatten on to an oiled baking tray. Cook 30 minutes at 300° F.
Or spread flat and mark into squares.

BREAKFAST BISCUITS

4 ozs. 100% flour
1 ozs. soya flour
4 ozs. porrage oats
3 ozs. dried fruit

3 ozs. oil
2 ozs. grated apple
2 ozs. seeded raisins
2 ozs. hot water

Soak raisins in hot water for 30 minutes, then chop finely, and beat well in the water. Stir in the oil and grated apple. Stir together flours and mix with other ingredients to make a spreadable dough, adding a little more water if necessary. Spread on baking tray and bake for 30 minutes at 350° F. Mark in squares while warm. Can of course be eaten any time of the day, but especially useful while travelling or for those who have no time to make breakfast.

ROCK CAKES

8 ozs. wholemeal flour
3 tps. baking powder
Flavouring *
4 - 6 ozs dried fruit

3 ozs. oil
6 ozs. water
Pinch of salt if liked

Mix flour, baking powder, flavouring. Stir in cleaned fruit. Stir together oil and water and tip into flour. Mix well. Cook in bun trays for 25 - 30 minutes at 350° F.

*FLAVOURING - Home grown herbs such as coriander, carraway, sweet cicely can be used for flavouring instead of imported spices.

stock it. Other yeast extracts or flavourings can be used if another source of B12 is assured.

Bread and Quick and Easy Extras

Homemade bread, taking into account its quality, is considerably cheaper than shop-bought bread. A very quick and easy method, similar to that made famous by Doris Grant, is included. Raw fruit is the best dessert, but some quick and easy pudding and cake recipes are included for variety. Made with whole cereals, oil and dried fruit as sweetener, they are of the healthiest kind possible and comparatively most economical.

Whole Cereals

It is most important that cereals with 100% extraction are used. Besides the extra proteins, vitamins, minerals and trace elements they provide, the fibre is most useful as a safeguard against appendicitis, diverticulitis, and some cancers and heart disorders. It is very important for the proper functioning of the bowels. It can be taken as part of bread and cakes, not bought separately and out of balance, as bran.

Fat

Nut and seed oils are used in all the recipes* instead of hard hydrogenised margarines, the excessive use of which is also being associated with degenerative diseases. Oil is much quicker and easier to use. It is hoped that increased demand will stimulate increased growing of oil seeds in this country, and that a simple method for the extraction of their oil at home will be devised. Vegan margarines are an important source of vitamin D for those who cannot get enough sunshine, to keep a healthy tan; a variety of spreads can be made with grated nuts or seeds, flavouring and a little oil.

Sugar

Sugar is not listed in any of the recipes. As present in ripe fruits and in many vegetables, it is an important source of energy, but in its extracted form (from sugar cane and beet) it is being widely recognised as a contributory factor to many of the degenerative diseases from obesity and dental caries to diabetes, thrombosis and some forms of cancer. Dried fruits are listed as sweeteners instead. Those who wish can add 2 - 3 ozs. of sugar, without upsetting the balance of the recipes.

Baking Powder can be omitted by those concerned about the adverse effect it is believed to have on the B vitamins. As these are well represented in the vegan diet the occasional use of baking powder is considered permissible.

Oats The porrage oats given in many recipes are a factory cooked product; whole oats can be passed through a handmill and highly baked.

* Except Vegan Cheese

FIRST DOZEN

MAIN PROTEIN DISHES COOKED IN THE OVEN

BEAN ROAST

8 ozs. beans (butter or haricot) 2 ozs. porage oats
4 ozs. onions or tomatoes 1 tsp. Tastex, or to taste.
3 tbs. oil Herbs to taste.
2-3 tbs water
Soak beans 24 hours in lukewarm water, changing the water several times.
Simmer until soft, strain. Mash well until free from lumps. Cook chopped
onions or tomatoes in the oil. Stir in other ingredients.
Blend with beans. Bake for 20 - 30 minutes at 350° - 400° F.
Can be served uncooked with salad.

BEAN PIE

8 ozs. beans (any kind) 1 tsp. Tastex or more to taste
4 ozs. onions or tomatoes 3 tbs. oil
Soak beans in warm water for 24 hours, changing water several times.
Simmer until soft, strain. Cook chopped onions or tomatoes in oil. Stir in
Tastex and beans. Put in tin lined with pastry (see page 17). Top with
pastry. Cook for 20 - 30 minutes at 400° F.

CELERY PIE

6 ozs. potatoes ¼ pint vegetable stock
6 ozs. apples 1 tsp. Tastex or more to taste
4 ozs. celery 1 tbs. oil
3 ozs. Sunflower seeds (skinned) 2 ozs. beans (soaked)
Soak sunflower seeds for 24 hours in lukewarm water. Change the water
several times. Slice vegetables and put in layers in a pie dish, sprinkling in
Sunflower seeds at intervals. Keep enough potatoes for top. Mix Tastex
with stock and pour over. Top with sliced potatoes. Brush with oil and bake
1 - 1½ hours at 300° F.
3 ozs. chopped nuts or well soaked wheat grains can be used instead of Sun-
flower seeds.

BREAD AND ELEVEN QUICK AND EASY EXTRAS

QUICK & EASY BISCUITS

4 ozs. 100% flour 3 ozs. oil
4 ozs. porage oats 4 ozs. water (about)
Flavouring such as spice, currants, salt, according to taste.
Mix dry ingredients. Stir oil and water and add to make easily spread
mixture. Spread on flat trays. Bake 40 mins. at 360° or adjust to other oven
use. Mark into squares while warm. If too crumbly, add more water next time.
If too hard, add less water - different flours require different amounts of water.

QUICKEST EVER PASTRY

8 ozs. wholemeal flour 3 ozs. oil
1 tsp. baking powder 2-3 ozs water (the less water the
Pinch of salt if liked "shorter" the pastry will be but
the more difficult to roll out.)
Mix flour and baking powder and salt. Stir oil into the water and tip into
the flour. Stir lightly but thoroughly. Put in refrigerator or coldest
place possible while filling is being prepared - or longer if convenient.
Roll out between sheets of greaseproof paper or thick polythene and manipulate
as far as possible while still held together by the bottom sheet.

APPLE CROWDIES

Make pastry as above. Cut into rectangles. Pile chopped apple and dried
fruit on one half. Fold over and bake 25 minutes at 400° F.

APPLE CRUNCH

1 lb. sliced apples 4 ozs. oats
3 ozs. dried fruit 2 ozs. oil
Put apples and dried fruit in layers in a pie dish, beginning and ending with
apples. Stir oats into oil until all the oil is taken up. Spread on top of the
apples. Cook 30 minutes at 300° F.

THIRD DOZEN

BREAD AND ELEVEN QUICK AND EASY EXTRAS

WHOLEMEAL BREAD AND ROLLS

- | | |
|---|--|
| 1½ lbs. wholemeal flour
(preferably compost grown,
stoneground) | 1 - 2 tps. salt |
| 1 - 1¼ pints of lukewarm water | 1 oz. fresh yeast or
½ oz. dried yeast |
| | 2 oz. soya flour can be added to
balance the protein. |

Mix flour and salt and put to warm to blood heat. Mix yeast with ¼ pint lukewarm water and keep warm. Oil tins and put to warm. Add rest of lukewarm water to yeast. Stir lightly into flour. Mix thoroughly with a light stretching movement for 1 - 2 minutes. Tip into tins and put in a warm place to double its size. Bake for 35 minutes at 425°.

Dough can be formed into balls and dropped into bun trays. Bake for 20 minutes at 425°

Bread making is an art and with practice many variations can be introduced, especially as regards amount of water, amount of mixing, the introduction of kneading and the length of baking time.

YEASTY BUNS

- | | |
|----------------------------------|------------------------------|
| 1 lb. wholemeal flour | 4 ozs. currants or to taste |
| spice to taste | 1 tsp. salt |
| 1 oz. fresh or ½ oz. dried yeast | 2 tbs. oil |
| ¾ pint lukewarm water | 2 ozs. soya flour (optional) |

Mix and warm flour and salt. Cream yeast with a little of the lukewarm water. Stir into rest of the water. Add to the flour and stir well. Tip on to warm board and knead lightly. Spread out and sprinkle on currants and oil. Knead for 1 - 2 mins. Shape into small buns and put on a baking tray. Leave in a warm lace covered with a cloth until double their size. Cook 15 minutes at 425°

RICH FRUIT CAKE

- | | |
|---------------------------|--------------|
| 12 ozs flour | 3 ozs. oil |
| 16 ozs mixed dried fruit. | 10 ozs water |

Prepare fruit and stir into the flour. Stir oil and water together and add to the flour and fruit. Mix well. Bake in a well oiled tin for 2 hours at 300 F.

MAIN PROTEIN DISHES COOKED IN THE OVEN

SAVOURY WHEAT CASSEROLE

- | | |
|---------------------|--------------------------------|
| 8 ozs. wheat grains | 1 tsp. Tastex or more to taste |
| 4 ozs. onion | 1 - 2 tbs. oil |
| ½ pint stock | Herbs to taste |

Soak wheat grains 24 hours at least, changing water several times. Lightly cook chopped onion in oil. Mix Tastex with the stock. Stir all ingredients together and cook in a slow oven (about 300°F) for 2 hours, or until grains have split and are soft. N. B. Time necessary varies with different grains. Serve with beans or peas.

PARSNIP ROAST

- | | |
|-----------------|--------------------------|
| 8 ozs. parsnips | 4 ozs. well mashed beans |
| 4 ozs. tomatoes | 2 ozs. porage oats |
| 2 tbs. oil | 1 tsp. Tastex |

Cook parsnips until soft. Mash well. Fry tomatoes in oil. Stir in Tastex, beans and porage oats. Blend with parsnips and bake in medium oven (350° - 400° F) for 20 - 30 minutes.

STUFFED MARROW

- | | |
|-----------------------|--------------------------------|
| Marrow | 1 tsp. Tastex or more to taste |
| 4 ozs. oats | 4 ozs. onions |
| 2 ozs. bread crumbs | 3 tbs. oil |
| 4 ozs. nuts or seeds | Herbs to taste |
| ¼ pint stock or water | |

Cut marrow lengthwise. Remove pith but not the skin. Brush with oil. Cover with oiled paper and put in the oven while preparing the stuffing. Fry sliced onions in the oil. Chop finely. Dissolve Tastex in hot stock and add to onions. Stir in oats, bread crumbs and nuts. Fill marrow boats and bake until tender and top browned - 20 - 30 minutes at 350°F. (or according to age of marrow). Serve with beans or peas.

MAIN PROTEIN DISHES COOKED IN THE OVEN

HAZEL NUT ROAST

6 ozs. ground hazel nuts
4 ozs. porage oats
 $\frac{1}{2}$ tsp. herbs or to taste

3 tbs. oil
 $\frac{3}{8}$ pint water
1 tsp. Tastex or more to taste

Mix nuts, porage oats and herbs. Dissolve Tastex in the water, add oil and stir into the dry ingredients. Bake 15 - 20 minutes at 350° - 400°F. Serve with beans or peas or soya gravy. Can be served uncooked with salad. Leave 15 mins. pressed in dish with plate and weight on top.

VEGETABLE HOT-POT

4 ozs. potato
4 ozs. swede or turnip
4 ozs. carrots
4 ozs. onions
1 tbs. oil or to taste

4 ozs. beans or seeds (soaked)
1 - 2 tsp. Tastex or more to taste
1 pint water or stock
2 ozs. turnip tops or other "greens"
1 oz. oatmeal or flour.

Clean and cut vegetables into cubes. Mix flour with 2 tbs. cold water, pour on hot water, add Barmene, stir well and pour over vegetables. Cook in casserole in slow oven 1 - 2 hours. Add chopped turnip leaves for last 20 minutes. Stir in oil just before serving.

MUSHROOM FLAN

Pasty
6 ozs. mushrooms
1 - 2 oz. oil
salt to taste

1 oz. soya flour
2 ozs. ground hazels
1 oz. cornflour or fine oatmeal
 $\frac{1}{4}$ pint water

Line tin with pastry. (See page 17 for quantities and method.) Prepare mushrooms and saute in oil. Make sauce with cornflour or oatmeal and water. Stir into mushrooms and simmer until thick. Add salt to taste and nuts. Spread into flan case. Bake 25 - 30 minutes at 375°F.

MAIN PROTEIN DISHES COOKED ON TOP OF THE STOVE

CLEAR SOUP WITH DUMPLINGS

Simmer about $\frac{1}{2}$ lb. strong flavoured vegetables e.g. celery, celeriac, onion, leek, tomato until soft. Sieve or liquidise, Flavour to taste with Tastex.

DUMPLINGS

4 ozs. flour
1 tsp. baking powder
1 oz. soya flour
2 ozs. oil

water to mix (about 2 ozs.)
pinch of salt
Herbs, celery salt or onion powder to flavour

Mix dry ingredients. Stir in oil. Add water to make soft dough. Drop into boiling soup. Turn down heat and simmer 10 - 15 minutes with lid on.

THICK SOUP WITH CROUTONS

As for clear soup but thicken to taste with 2 ozs. soya and 1 - 2 ozs. oatmeal or whole cornflour.

CROUTONS

Cut bread into thin slices, cut into squares, spread lightly with Tastex. Fry in hot oil until crisp.

PARSLEY PEAS

6 ozs. peas
1 $\frac{1}{2}$ ozs. soya flour
1 oz. oil

1 $\frac{1}{2}$ ozs. oatmeal
 $\frac{1}{2}$ pint stock
handful of chopped parsley

Soak peas at least 12 hours, changing water several times. Simmer until soft; strain. Mix soya and oatmeal with a little of the stock to a thin cream. Boil rest of the stock and stir into cream until it thickens. Simmer for a few minutes. Stir in oil, parsley and peas.

MAIN PROTEIN DISHES COOKED ON TOP OF THE STOVE

VEGETABLE STEW

6 ozs. beans
½ lb. carrot
½ lb. onion
1 tbs. fine oatmeal
1½ pints stock or water
1 dsp. Tastex.
1 tbs. oil
chopped parsley

Soak beans for 24 hours, changing the water several times. Slice onions and carrots. Stew until tender. Thicken with oatmeal creamed in small amount of water. Add oil and Tastex just before serving. Sprinkle with parsley.

ONION GOULASH

8 ozs. onions
1½ ozs. soya or 3 ozs. beans
1½ ozs. oatmeal
5 ozs. oil or to taste
½ pint stock
1 tsp. Tastex or more to taste.

Cook onions in the oil until golden brown. Mix soya and oatmeal into a thin cream with a little of the stock. Boil rest of stock. Stir into cream until it thickens. Mix with onions and Tastex. Simmer for a few minutes. Serve with vegetables; especially good with cauliflower.

SAVOURY POTATO DROP CAKES

12 ozs. mashed potato
2-3 oz. water
2 ozs. soya flour & 2 ozs. grated nuts
1 oz. oil plus extra for frying
2 tsp. Tastex
Herbs to taste
1 oz. fine oatmeal

Mix potatoes with the water and stir in the other ingredients. Beat until smooth. Cover pan with thin layer of oil and, when it is smoking hot, drop in dessertspoonfuls of the mixture. Flatten lightly as they set. Turn down heat to halfway and cook until brown and crisp on each side. Serve with beans and salad or cooked vegetables.

MAIN PROTEIN DISHES COOKED IN THE OVEN

BAKED SOYA AND NUT ROLL

6 ozs. flour
2 ozs. soya flour
2 ozs. oil
3 ozs. water
1 tsp. baking powder
4 ozs. grated nuts
4 ozs. chopped onion
Herbs to taste
1 tsp. Tastex or more to taste.

Mix flour, soya flour and baking powder. Stir oil into water, add to flours and stir lightly into a stiff dough. Turn on to a piece of greaseproof paper. Cover with another piece and roll out to an oblong. Spread with Barmene and the nuts, onions and herbs previously stirred together. Roll up and bake for 30 minutes at 350°F.

CHESTNUT ROAST

1½ lbs. chestnuts
½ lb. onions
½ tsp. sage or other herbs
3 tbs. oil
2 ozs. hazel nuts
2 ozs. porrage oats

Cover chestnuts with cold water and bring to boil. Simmer very gently for 20 minutes. Take one nut at a time from the water and skin. This can be done previous evening. Just cover skinned chestnuts with water and simmer until soft. Fry onions in 2 tbs. of the oil. Put alternative layers of chestnut and onion in a dish. Stir oats and grated nuts in remaining oil and spread on top. Bake 30 minutes at 350°F. Serve with beans or peas and gravy.

VEGETABLE PASTIES

4 ozs well cooked beans or peas
4 ozs onions
Pastry see page 17
4ozs carrots
herbs and Tastex to taste.
2 tbs oil

Cook chopped onion in the oil and add diced carrot for five minutes. Add beans, herbs and Tastex. Roll out pastry between grease proofed paper into four ovals. Heap filling on to half of oval. Fold over and seal the edges. Bake 30 minutes at 350°F.

SECOND DOZEN

MAIN PROTEIN DISHES COOKED ON TOP OF THE STOVE

BEAN RISSOLES

6 ozs. beans
3 ozs. porrage oats
Herbs to taste.
1-2 tsps. Tastex
2tbs. oil plus oil to fry.
porrage oats for coating

Soak beans for twenty four hours changing the water several times.
Simmer until soft. Mash and mix with other ingredients. Shape into
rissoles, coat with oats and fry in oil.

NUT RISSOLES

6 ozs. nuts
3 ozs. porrage oats
1 oz. soya flour (optional)
Herbs to taste.
5 tbs. water
1 tbs. oil
4 ozs. finely chopped onion
1 tsp. Tastex - or to taste
porrage oats for coating
oil for frying

Grind nuts. Mix with other ingredients. Shape into rissoles, coat with oats.
Fry in oil.

SAVOURY PANCAKES

4 ozs. flour
2 ozs. soya flour
12 ozs. water
pinch of salt.
oil for frying

Mix dry ingredients. Stir lightly into water & blend or beat well.
Leave in cool place for at least 30 minutes. Heat 2tbs. of oil in pan
until smoking hot. Spoon in 4 tbs. of mixture. Reduce heat to half.
When set, shake slightly to prevent sticking. When lightly browned
turn & fry on other side. Turn out and spread with filling of beans
or peas. Serve with salad. With practice the crispest pancakes ever
result.

MAIN PROTEIN DISHES COOKED ON TOP OF THE STOVE

CHESTNUT AND TOMATO SAVOURY

1lb. chestnuts
 $\frac{1}{2}$ lb. tomatoes
2 tbs oil
 $\frac{1}{2}$ oz. fine oatmeal
2 ozs. soya flour, or serve
with beans or peas.

Cover chestnuts with cold water and bring to the boil. Simmer 20 minutes
very gently. Take one nut at a time from the water and skin. Lightly fry
tomatoes, cut up and add to chestnuts. Just cover with water and simmer
until the chestnuts are soft. Mix soya and oatmeal to cream with a little
cold water. Add to chestnuts. Simmer until mixture thickens.

MUSHROOM AND OAT SAVOURY

8 ozs. mushrooms
2 ozs. hazel nuts
3 tbs. oil
 $\frac{1}{2}$ pint stock or water
1oz. fine oatmeal
1 oz soya, or serve with beans
salt to taste

Prepare mushrooms and simmer in oil until soft. Cut into pieces - in the pan.
Mix oats and soya to a thin cream with a little water and pour on boiling stock
Add to pan of mushrooms and stir until the mixture thickens. Simmer for a few
minutes and stir in the nuts. Pour into fireproof dish and garnish with parsley.

SOYA GRAVY

1 $\frac{1}{2}$ ozs. soya flour
1 $\frac{1}{2}$ ozs. fine oatmeal.
 $\frac{1}{2}$ pint water or stock
1 tsp. of Tastex or to taste
1-2 tsps. oil

Mix soya and oatmeal to cream with a little of the stock. Boil rest of stock
and pour on to cream stirring all the time. Put oil in pan, add mixture and
simmer until thick, add Tastex. Served with vegetables this is an easy way
to provide protein, especially when one vegan shares a meal with non-vegans.