



veg in

FLIP SHELTON



simple vegetarian dishes from around the world

Wakefield Press

veg in

By the same author

Green: modern vegetarian dishes

veg in
FLIP SHELTON



*simple vegetarian dishes
from around the world*

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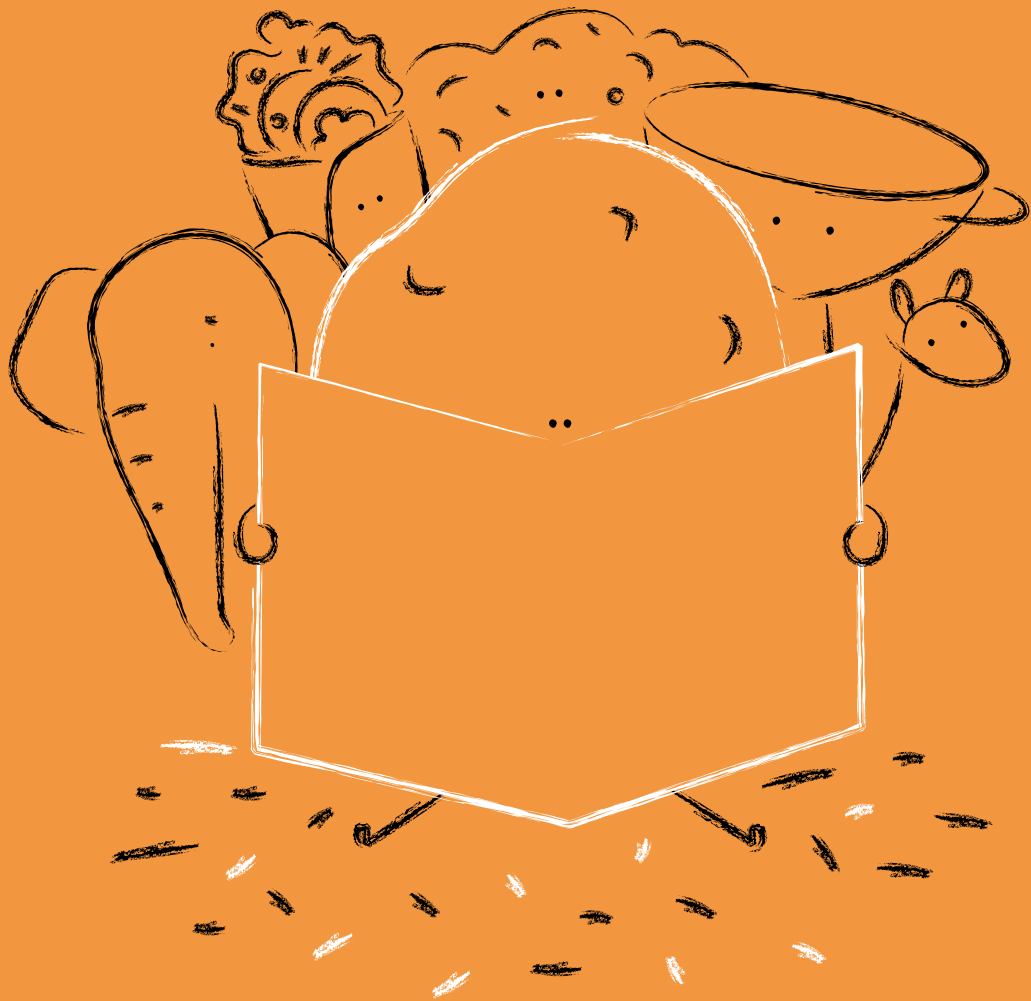


*To my husband, Joffa, who lived by himself for eight years
and never once bought a takeaway meal.*



*And to my son, Harvey, who I hope grows up to appreciate
the simplicity and pleasure of home-cooked meals.*

menu



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Introduction

Fancy dolmades, a curry laksa, or tempura vegetables? What about nachos, fried rice or Singapore noodles? Or perhaps a pesto pizza or a simple baked spud topped with a thick tomato and olive sauce would hit the spot?

Here's a cookbook full of quick and easy vegetarian recipes, inspired by everyone's favourite takeaway meals, which not only save cash and calories but time too! There are recipes for delicious dips and drinks, scrumptious side dishes, magic main courses and dreamy desserts from India, China, Mexico, Japan, Greece, Malaysia and the Middle East, as well as pizzas, burgers and spuds. The recipes will take your tastebuds around the world on a wonderful gastronomic journey without you having to organise a passport or wait for hours in a departure lounge for a plane!

While it might seem like a more convenient and cheaper option to grab some takeaway for yourself or your family, it really is so very easy to DIY.

And this cookbook shows you how with over 100 easy recipes. There are shortcuts aplenty, without shortcutting you or your family on taste or quality.

Consider the many benefits of cooking your favourite takeaway meals at home. You can **save cash** (research shows that a supposedly cheap fast food or takeaway meal often costs more than a nutritious home-cooked meal), **calories** (research shows that takeaways tend to be energy rich but nutrient poor) **and time**. You will also be doing your body and the planet a favour.





save cash

Making meals at home is cheaper than eating out or buying takeaways. Did you know that Aussies spend an average of \$16 billion a year on takeaway food? And that figure is rising. During tougher economic times we need to look for ways to reduce our spending, and this is a great place to start. An old economic rule of thumb says it is far better to save a dollar than earn a dollar. This cookbook will show you how.

save calories

Restaurant-prepared meals, takeaway foods and pre-packaged meals are often laden with hidden additives, salts, fats, preservatives and thickeners, especially if inferior or out-of-season ingredients have been used.

Preparing our own meals means we have control over the ingredients and avoids us loading up on unnecessary calories. In addition, many of us overeat when eating takeaways (in part because we have over-ordered) taking on board more calories than we need. The result is we spend more cash (and eat more) than we need to.

All of the recipes in this cookbook provide healthier alternatives to the takeaway versions. In addition, many of our favourite takeaway cuisines traditionally have delicious vegetarian dishes and these are the focus of this cookbook. This is takeaway food that won't make you fat. Most of these vegetarian dishes are healthy, light and delicious and are lower in fat and calories than meat-based dishes. (But don't worry, I have included decadent desserts for the occasional splurge.)

save time

Yes, preparing many of these dishes at home takes less time than it does to drive to the takeaway outlet, order, wait for the food to be cooked and drive home – by which time the food can be unpalatably cold or lukewarm at best. Even ringing through an order and waiting for it to be delivered can take more time than making it yourself.

simple

Following my recipes requires little experience in the kitchen and you will have delicious food on the table with the minimum of fuss. Some recipes do require a bit more time (but no more effort) and I mention this at the start of the recipe.

All of these recipes contain ingredients which are stock standard pantry and fridge fare, which you will either already have or can easily find at your local market and supermarket. Occasionally there is an ingredient where substitution is not possible so you will need to visit a speciality store, but I can assure you it will be worth it. Again, I have mentioned this in the recipe's introduction.

And these recipes are 100% bloke-tested. All of them can be cooked and eaten by men – so there are no excuses!

eating at home is fun

Create an exotic atmosphere at mealtime with simple table and room decorations. What about dressing up for the occasion and playing suitable music? Ask the kids – big or small – to help prepare the meal.

Throw a dinner party based on one of the cuisines. Photocopy recipes and ask guests to 'bring a plate'. Or you could create a themed kid's birthday party.

It's simple to recreate your favourite vegetarian takeaways at home. And it's fun. So why not head into the kitchen armed with this cookbook? (It's also cheaper and healthier – but you don't need to tell your family and friends that!)

Flip



indian



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Specialty shopping list

chappati (atta) flour

chai – find your favourite blend of this traditional tea.

Indian sweets – seek out an Indian sweet shop and buy an assorted selection to try at the end of the meal.

Don a bindi and your best bling and slip into a sari. Play some Indian music to get into the spirit. Why not rent a Bollywood movie for some after-dinner entertainment?

All of these recipes are easy to prepare (and shortcuts are included if you don't want to make the spice mixes from scratch). If you enjoy cooking Indian recipes, why not invest in a traditional Indian masala dabba? Made of stainless steel, they have two lids – an inner lid to keep spices from mixing with each other and an outer lid to shut the container and keep the spices inside fresh.





They come with two stainless-steel spoons and contain seven small spice bowls which hold 30 to 50 grams of different aromatic Indian spices, usually cumin, mustard and coriander seeds, turmeric, garam masala, cardamom and chilli powder.

These recipes are best described as having a medium heat. If you want to crank up the heat, add chilli powder or chilli flakes in very small portions until it's just right. Start with a pinch, no more than a quarter of a teaspoon at a time. Remember it's easy to add, difficult to take out!

Whilst the ingredients for all of these dishes are readily available at the supermarket, a trip to a speciality Indian store to buy chappati - otherwise known as atta - flour might be needed if you wish to make chappatis.

Some added extras for your Indian feast could include some traditional sweets and chai, to serve at the end of the meal. There is nothing like an Indian sweet - or two! They have a unique taste and texture which always evokes fond memories for me of travelling around the Subcontinent. Indian sweets are usually small and very sweet and there are plenty of different ones to try, just don't say I didn't warn you.

These days there are so many different blends of chai, a traditional spiced Indian tea, available at cafes and supermarkets. While nothing compares to drinking the real stuff in India, you can have lots of fun trying the different varieties on offer. Chai is lovely to serve at the end of Indian feast ... or to enjoy at any time during the day.

lassi

cumin and mint lassi

mango lassi

** Of course you can substitute bananas for mango – or any other soft fruit that you like, or use a combination of your favourites.*

Each town or region of India has its own unique lassi blend. It can be enjoyed for breakfast or a snack. Add a few cubes of ice to your lassi to make a refreshing summer drink.

INGREDIENTS 1 serve

1 cup yoghurt
1 teaspoon brown sugar
½ teaspoon ground cumin
a few mint leaves, chopped

METHOD

Place all ingredients in a blender and process.

INGREDIENTS 1 serve

1 cup yoghurt
1 mango (use frozen or fresh)*
sprinkling of nutmeg
4 cubes of ice

METHOD

Place all ingredients in a blender and process.

Drink immediately.



dahl

*Fancy some dahl, darl?
I love this stuff and it evokes
wonderful memories of my
travels through India where
eating this at each meal
using naan or roti to scoop
it up is mandatory. It's so
warming and hearty.*

*Split peas are an excellent
source of complex
carbohydrates and protein.
They are high in fibre and very
low in fat (less than 1 gram per
100 grams). They are not only
delicious and nutritious but
they are very economical. One
cup of split peas costs around
30 cents. If there is any dahl
left over, the next day I thin it
out with some extra stock and
enjoy it as a soup.*

INGREDIENTS 4 serves

1 cup yellow split peas	1 teaspoon ground turmeric
3 cups water	1 teaspoon ground cardamom
1 tablespoon oil	¼ cup water/splash of oil (optional)
½ tablespoon black mustard seeds (or yellow)	plain yoghurt
1 onion, diced	fresh coriander, chopped
1 garlic clove, diced	a few raw cashews, chopped (optional)
¼–½ teaspoon red chilli flakes	roti or nann, to serve
1 teaspoon ground cumin	

METHOD

Rinse split peas well until the water runs clean. Remove any that are discoloured. Place peas and water in a heavy-based saucepan and bring to the boil. Simmer for 30 minutes or until tender.

Meanwhile, in another heavy-based saucepan, warm the oil, then add mustard seeds and cook on a medium heat until they pop. Add the onion, garlic and chilli flakes and cook for about 10 minutes on a low-medium heat until the onion is translucent (but not browned).

Add cumin, turmeric, cardamom and cook for another 5 minutes on low, until aromatic and well combined. Stir as these spices tend to catch on the pot. Add a little water or oil if spices are sticking. Once cooked, set aside until peas are ready.

Once peas are cooked, drain. Return to the saucepan and add onion spice mix and stir until well combined.

Serve in four small bowls, topped with a dollop of yoghurt and a sprinkling of freshly chopped coriander (and cashews, if using). Serve with warmed roti or naan.

INGREDIENTS Makes 12

250 grams (nearly 2 cups) chapatti flour (atta flour)

1 teaspoon salt

175 ml cold water

1 tablespoon oil

METHOD

Sift the flour and salt into a mixing bowl. Gradually add the water, and using your hands combine to create a soft, sticky dough.

Knead for 5 minutes on a lightly floured board until the dough is no longer sticky. Return dough to mixing bowl and cover with a tea towel or cling film and set aside in a warm place for about 30 minutes.

Divide the dough into 12 and roll into balls. Place each ball onto a lightly floured board. Flatten with the heel of your palm then roll out until about 2 mm thick. Don't worry about the shape. Dust off any excess flour.

Lightly brush warmed flat griddle or frypan with oil. Place chapatti on pan over a medium-high heat and flip after 30 seconds. When cooked, small brown spots should appear and the chapatti should be slightly puffy.

chapattis

These are so easy to make and you can get the whole family involved, even the little ones.