



HONESTLY, IT'S VEGAN, TOO!

by ZENA KHAN

More honestly delicious
plant-based recipes in aid of

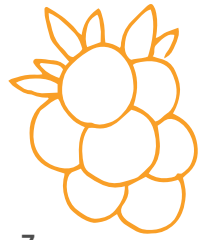


**2nd Chance
dogs**

Adopt a dog and make a friend for life!
www.2ndchancedogs.org



HONESTLY, THESE ARE THE CONTENTS



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PAWS FOR THOUGHT

ABOUT 2ND CHANCE DOGS...

Six years ago, someone shared a photo on Facebook of a young German Shepherd dog looking for a home. She was small with enormous “bat ears”. She and her brother had been rescued from a horrible pound in Cyprus where they would surely have died. It literally was love at first sight when I saw her photo. We already had a magnificent German Shepherd/Malamute boy and I was broody for another dog, so she joined our family. The couple that rescued them, Doris and Mario, went on to found 2nd Chance Dogs. Earlier this year, we added to our furry family with another pup from 2nd Chance.

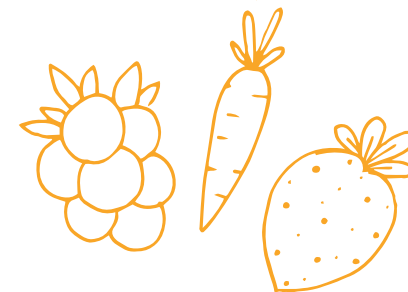
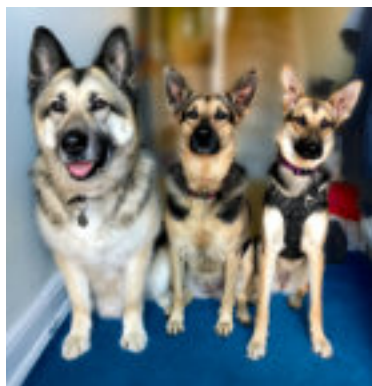
Our friendship with Doris and Mario has deepened over the years, and so has my involvement with the fantastic rescue centre they now run. Their vision was to create a refuge where dogs could be given the best possible food, care, medical treatment and rehabilitation. Additionally, they receive training, socialisation and professional evaluation in order to find the most appropriate, loving, forever homes. 2nd Chance Dogs is an all-breed, no-kill, 100% non-profit dog welfare organisation that would not survive without the loving dedication and support of volunteers, foster families, and benefactors.



www.2ndchancedogs.org

Our three amigos (Tusox, Chiva and Kali) bring me so much joy. This book is a small way for me to help support 2nd Chance so that other neglected, abused and abandoned dogs can have their 2nd chance for happiness and love. It is a token of my gratitude for saving our two beautiful girls.

From left to right; Tusox, Chiva and Kali



ABOUT THE FOOD...

I love fragrant and spicy food so my kitchen is pretty well stocked with herbs, spices and condiments. If you enjoy Indian food then it's worth having ground coriander, turmeric and cumin (whole seeds and ground) to hand, but if you don't feel ready to invest in them all then go for a garam masala mix. I have chilli flakes and powder, cayenne, and my favourite, smoked paprika - I use that in lots of recipes! A good fajita seasoning is also an essential for me. It's great for soups, stews and roast veggies, as well as fajitas!

Relatively new to me are nutritional yeast and miso paste, both of which also happen to be very nutritious. If you are vegan, you probably use these already. Nutritional yeast is very versatile and gives a cheesy, savoury flavour to sauces and dips. It contains B vitamins, which can be low in vegan diets. Miso is made from fermented soybeans and is rich in a variety of vitamins and minerals, protein and probiotics. Just keep in mind that it is also very salty, so a little goes a long way. It's a great addition to stocks, marinades and sauces, and adds richness to lentil dishes.

Another revelation to me is cashew cream! It's so easy to make with soaked cashews and can be used in sweet or savoury dishes, as well as dips and dressings. It keeps for a couple of weeks in the fridge or can be frozen. It's also a healthier option than many vegan creams, which are often made primarily from palm oil.

I have done my best to provide both metric and US measurements in this book! I do think that weighing ingredients is far more accurate and would recommend using an electronic scale for recipes where accuracy is crucial, like cakes and cookies. I hope you enjoy the recipes as much as I have enjoyed creating (and eating!) them.

Zena



Curried Butternut Squash Soup

1 tbsp olive oil
 1 onion, peeled and diced
 2 garlic cloves, peeled and minced
 1 butternut squash, peeled and diced (about 600g/5 cups)
 1 tsp turmeric
 1 tsp ground coriander
 1 tsp ground cumin
 1 tsp ground cinnamon
 pinch cayenne or chilli powder
 pinch sea salt
 black pepper
 1L (4 cups) vegetable stock
 1 tbsp maple syrup
 120ml (½ cup) coconut cream or coconut yogurt

Serves: 3 - 4

Time: 35 minutes

Heat the olive oil in a large pan and add the diced onions. Fry on a medium heat, stirring often, for about 3 minutes to soften.

Add the minced garlic and cook for a minute more.

Stir in the turmeric, coriander, cumin, cinnamon and a pinch of cayenne or chilli. Fry for another minute to release the fragrance from the spices.

Add the diced butternut squash and stir to coat with the spices.

Pour in the vegetable stock. Add a pinch of salt and black pepper and then bring to the boil.

Simmer for about 15 minutes, or until the butternut squash is tender.

Use an immersion blender, or standing blender to purée the soup until smooth. (Return to the pan if you have used a standing blender.)

Add the maple syrup and stir. Taste the mixture and add more seasoning if necessary.

Dish the soup up into bowls.

Pour the cream into the soup to garnish. To make a cobweb design, pour the cream in two circles with a blob in the middle. Use a toothpick to draw a line from the blob of cream in the centre out to the side of the bowl. Repeat several times until you complete your cobweb!

I always have a large selection of different spices in my Kitchen because I use them regularly. (My shelves look a bit like a sweetie shop with all the different jars!) If you don't have the different Indian spices in this recipe you can use curry powder instead. Curry powder is just a blend of different Indian spices, and is an economical option if you don't use spices often. Here you could substitute a tablespoonful of curry powder for the individual spices.

Butternut squash is naturally sweet and the maple syrup helps to bring out that sweetness even more. It works really nicely with the curry flavour but feel free to leave it out, if you wish! Likewise with the coconut cream or yogurt — it pairs very well with butternut squash but any vegan cream or yogurt would work. If you have cashew cream left over from the carrot cake recipe, this would be a good opportunity to use it!