

# VEGANUARY PRESENTS A VEGAN CATERING GUIDE



## WHY VEGAN

Vegan foods are plant-based, and contain no ingredients derived from an animal. This includes meat, fish, dairy products, eggs and honey.



Sometimes it can be confusing to work out what is, and what is not, vegan food, so we've listed these in the chart on the right for quick and easy reference.

## THIS IS VEGAN FOOD (PLANT-BASED FOOD)

All fruits and vegetables · Seeds and nuts · Vegetable oils · Cereals including wheat flours · Plant milks (almond, soya, coconut, etc.) · Legumes (beans, lentils, pulses) · Additives that are not from animal origin · Chocolate that does not use animal products (such as milk)

## THIS IS NOT VEGAN FOOD

Meat · Fish · Shellfish including molluscs and crustaceans · Eggs · Milk and all milk products (cheese, yoghurt, cream, etc.) · Honey · Certain additives that are of animal origin · Alcohol that uses animal products as either an ingredient or in processing

<b>VEGAN VERSIONS</b>	<b>NON VEGAN VERSIONS</b>
Soya mince	Beef mince
Scrambled tofu	Scrambled egg
Sweet syrup (maple, agave, fruit)	Honey
Flax or chia seed / banana / egg replacer	Eggs in baking
Green jackfruit	Pulled pork / chicken / fish flakes
Plant milks (soya, almond, hazelnut, oat, rice, coconut)	Dairy milk
Alcohol that does not use animal products as either an ingredient or in processing (look for one of the many wines that are labelled 'vegan')	Alcohol that uses animal products as either an ingredient or in processing
Vegetable oil or any plant-based margarine	Butter or margarines with dairy ingredients
Vegan burgers and sausages	Burgers and sausages
Vegan yoghurt (soya, almond, coconut)	Dairy yoghurt
Vegan mayonnaise	Egg-based mayonnaise
Vegan cheese (homemade or pre-made)	Dairy cheese
Vegan Cream (oat, soya, coconut)	Dairy cream
Vegan ice cream	Dairy ice cream

## HOW TO AVOID CROSS CONTAMINATION

It is easy to avoid cross contamination of vegan and non-vegan foods simply by following the FSA guidelines you are already working to. These are the main points at which cross contamination is possible...



### CHOPPING BOARDS

Use the brown board for vegetables and the green board for salads and fruit.

The white board is to be used for bakery items and dairy items. If you are cutting dairy items as well as vegan bakery goods, then you will need to use a different board for each.

You should also use a separate chopping board for tofu or meat-replacements.



### KNIVES AND OTHER UTENSILS

If you have colour-coded knife handles you should use the green for salad and fruit, brown for vegetables and white for bakery goods. Again, if you are cutting both dairy items and vegan bakery goods you will have to use a different knife for each.

If you are not using colour-coded knives, ensure that the knife has been cleaned according to FSA guidelines.

The same utensils can be used if disinfected before use. Disinfection should be according to FSA guidelines.





## GLOVES

If you use disposable gloves ensure they are changed before you handle any vegan food.

## HANDWASHING

Wash your hands after handling non-vegan food and before handling vegan food.



## DEEP FAT FRYERS

Vegan food should not be fried in the same fryer as non-vegan food, including vegetarian products (i. e. food that contains milk, milk products, eggs or honey).

## TUPPERWARE

You do not need separate storage containers. The same containers can be used if disinfected before use. Disinfection should be according to FSA guidelines.



## PREPARATION AREAS

Preparation areas should be disinfected before using them for vegan food. Disinfection should be according to FSA guidelines.

## EXAMPLES OF POPULAR VEGAN DISHES



### STARTERS

Corn cakes with sweet chili sauce

Bruschetta

Hummus with crudité's and pitta

Vegetable soup

Summer / spring rolls

Pakora with chutney

Stuffed vine leaves

Watercress salad with roasted beetroot and walnut

### MAINS

Thai green curry with vegetables

Leek and mushroom pie

Butternut squash risotto

Mushroom chow mein

Veggie burger with sweet potato fries

Aubergine korma

Moussaka

Spaghetti bolognese with soya mince or lentils

## EXAMPLES OF POPULAR VEGAN DISHES



### DESSERTS AND CAKES

Vegan meringues with soya cream and strawberries

Carrot cake

Chocolate mud cake

Banana bread

Scones

Doughnuts with chocolate dipping sauce

Cashew blueberry cheesecake

Tofu panna cotta

### SIDES

Guacamole

Spicy beans

Potato wedges with vegan aioli

Rosemary garlic bread

Broccoli with chilli and olives

Parsnip fries

Roasted peppers with capers

Cannellini hummus

## HANDY TIPS AND CATERING SUPPLIERS

You can integrate vegan dishes easily into your kitchen with these handy tips:

- Create dishes that use **ingredients you already buy in**
- Create **dishes based on existing menu items**, for example if you make a squash risotto you could offer it as a vegan and non-vegan option
- Create **vegan dishes that are in keeping with the rest of your menu** in both style and processes
- Create dishes that **use the equipment you already have**

Many vegan ingredients will be available from your regular supplier. For specialist ingredients, such as vegan cheese, cream, plant-based meats or desserts, contact the following catering suppliers:

### Essentials

[www.essential-trading.co.uk](http://www.essential-trading.co.uk)

### Marigold

[www.marigoldhealthfoods.com](http://www.marigoldhealthfoods.com)

### Inifinity food

[www.infinityfoodswholesale.co.uk](http://www.infinityfoodswholesale.co.uk)

This guide was developed by Chef Day Radley. Day has worked as a professional chef for nearly a decade and has been a vegan since 1995. She has set up numerous vegan restaurants both in the UK and abroad.

She works with brands, both large and small, to increase their vegan and gluten-free food offerings. If you would like to work with Day contact her at [veganchefday@gmail.com](mailto:veganchefday@gmail.com)

