



Welcome to Sheffield Uni's Vegetarian and Vegan Society Vegan Starter Kit!

Whether you have been Vegan for years, are newly Vegan, or are simply looking to find out more, hopefully this document will assist you!

Our Vegan Starter kit is designed to help educate people about the whole concept of Veganism, as well as what it is like to be a Vegan in Sheffield. With pages explaining Veganism and what Veg Soc do, discussing different aspects of Veganism, reviewing places to eat in Sheffield and offering recipes/ideas of where to shop, we hope that this kit will be beneficial to everyone no matter their Vegan experiences.

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Introduction

What we do

As interest in the vegetarian and vegan lifestyle grows, the University of Sheffield Vegetarian and Vegan Society grows with it making it one of the most exciting and active societies to be a part of. Along with its ties to Sheffield Animal Action and Sheffield Vegetarian and Vegans we offer a sense of community that spans way past the university.

In the past we have hosted many socials for anyone to come along which you can read about in the Socials section. You do not have to be Vegan or even Vegetarian to come along!! These socials are simply a nice way to meet like-minded people and do fun things whilst learning more about Veganism and Vegetarianism.

Have a look at what is going on with the society, and things we have done in the past by looking at our Instagram (@sheffvegsoc) and Facebook page (<https://www.facebook.com/groups/93858286432/?ref=bookmarks>)

Thinking about going Vegan?

You have come to the right place! In this kit, we have attempted to cover a lot of what it means to be Vegan. If you are thinking of becoming Vegan, make sure you have done your research and know exactly why you want to! This may sound obvious, but completely cutting out food groups you may have eaten your whole life can only be sustainable if you feel passionate enough to change! There are ENDLESS reasons to go Vegan, be it for animal welfare, the environment, your health.... so have a research and pat yourself on the back for taking a step in the right direction!

What is veganism?

The Vegan Society defines veganism as “a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose.” But what exactly does this involve?

The main aspect of veganism with which most people are familiar is DIET!

As vegans, we refrain from consuming animal products – this includes: meat, fish, gelatin, dairy (milk, cheese, whey), eggs, and honey.

Although a vegan diet is extremely beneficial to the animals, the environment, and our own health, it falls short if we fail to embrace veganism in the other aspects of our life. Thus, it's important to also;

- Avoid buying/wearing/using products made using materials such as leather, silk, and wool
- Avoid cosmetics and toiletries that are tested on animals or contain animal products (carry on reading to find out where to buy CF, vegan products J)

Why go vegan?

Initially, the restrictions of a vegan lifestyle can seem overwhelming or too demanding. However, all is put into perspective once you are familiar with the many reasons people become vegan. Such reasons tend to fall into one of three categories: i) for the animals, ii) for the environment, and iii) for our health. If you're passionate about any of these please take time to do some of your own research.

1. For the animals!!

Preventing the exploitation of and cruelty towards animals is the main drive behind veganism, and for many it is the reason they decide to become and stay vegan. The sad reality is that 'ethical' meat fails to exist, and no matter how animals are treated whilst alive (which is in most cases, inhumanely) they all experience the same trauma when sent to slaughter.

But why are an increasing number of people deciding to transition from vegetarianism to veganism? Answer - the disastrous state of animal welfare amongst the dairy and egg industries.

The dairy industry

- In order to keep producing milk for humans, dairy cows have to become pregnant and have calves. This is done forcibly, typically through artificial insemination.
- Calves are generally taken away from their mothers within 24 hours of birth, causing immense distress for both mother and calf. The mother has to endure this happening 4 or 5 times before she is considered 'spent'.
- Males, who are of little use to the dairy industry, are either killed shortly after birth or sent away to be reared for veal, while females follow the fate of their mothers – milked continually throughout their lives.
- Life expectancy of a dairy cow is less than a quarter of its natural lifespan; dairy cows are considered spent between 7 -8 years at which age they are slaughtered. If allowed to exist free of exploitation and slaughter, however, dairy cows can live 25 years or more.

The egg industry

- Free range might mean cage-free, but EU legislation stipulates that as many as nine birds can occupy one square metre of floor space. They must be given some kind of outside access, but in such confined spaces only few birds are ever able to actually make it outside.
- Standard free range practice is to cut off a large portion of each hen's beak with a hot blade without the use of painkillers so that hens in close confinement don't peck each other. A hen's beak is very sensitive, akin to a human's fingertips. Research suggests that beak trimming leads to both acute and chronic pain with symptoms similar to those of human amputees who suffer from phantom limb pain.
- Whether free range or factory farmed, male chicks are of no use for egg or meat production, and are killed almost immediately after hatching. They are either thrown into an industrial grinder ('macerator') while still alive or gassed to death, the preferred method in the UK.

2. For the environment!!

The world's climate is now changing dangerously fast, with widespread and harmful effects on people and the wild places we love. Melting glaciers are causing sea levels to rise. Heatwaves, droughts and forest fires are becoming more ferocious. Did you know that raising animals for food produces more greenhouse gas emissions than all of the cars, planes, and other forms of transportation combined? A study has found that by 2050, a projected 80% increase in global greenhouse gas emissions from food production can be avoided if we all take a step to reduce our meat intake and take up a vegan diet.

3. For your health!!

A frequently asked question on the topic of veganism is, "But how do you get your protein???", and it is a common misconception that vegetarians/vegans are missing out on this much needed nutrient amongst many others. However, a vegan diet can comprise of many protein-rich foods, with the added advantage of containing less saturated fat than protein derived from meat.

What's more, research has found associations between vegan diets and numerous long-term health benefits – including, lower blood pressure and cholesterol, and lower rates of heart disease, type 2 diabetes and various types of cancer. A really good documentary that highlights the health benefits of a plant-based diet is *What The Health* – if you've got Netflix check it out, we may possibly screen it sometime throughout the year also! 😊

Having a food plan is also a good idea to make sure you don't veer off track and end up buying what you normally eat! This is especially true for first year students, who might cook meals they are used to having out at home- embrace your freedom in the kitchen now you have left home! New recipes and food ideas are something to really get excited about! There are THOUSANDS of meals plans and easy recipes online, as well as in this Kit! No matter how your taste buds are inclined, there is a vegan alternative for all your favourite foods out there. To get you started, some go-to brands that offer cheap frozen/ready meal free from food are:

- Tesco's own
- Sainsbury's own
- Linda McCartney

(Also keep an eye out for accidentally vegan products!)

Newly Vegan?

CONGRATULATIONS in making (probably) the best decision you will ever make! Have a look through the Kit to see if anything inspires you. If you have grasped the basics in the kitchen, explore new recipes and ideas such as vegan baking. To strengthen your certainty in your decision, have a look at all the different reasons people choose Veganism and see if

you can learn anything new. Also, start exploring Sheffield's Vegan Heaven of eateries and Vegan events which can be found in the kit and on social media!

Been Vegan for while?

Maybe you could use this kit to learn about all the different aspects of Veganism, such as cruelty free products! If you are passionate about Veganism and would like to actively get involved, then come along to some of the campaigns in Sheffield such as the animal save in the city centre at the weekend (Check Facebook for further details). Speak to our campaigns officers Kate Dagger and Isobel Counter about how you can get involved!

Here just for a browse?

Welcome! Have a look through the kit and see if anything catches your eye: maybe a recipe, a place to eat, a good-looking product. If you are interested in ethical consumption, reducing your carbon footprint, plant-based diets, cooking, animal welfare etc then there will most probably be something about Veganism that appeals to you! Whatever that may be, explore it further by looking on websites or watching videos/documentaries and see if this lifestyle may appeal to you.

Veg Soc Campaigns

When it was discovered that the University of Sheffield killed an average of 226 animals each day in the name of research, the group 'Sheffield Students Against Animal Testing' was created. We set out to achieve a 'Campus Without Cruelty', through demonstrations, talking to members of the public and giving students a voice with whiteboard campaigns, we put pressure on the university to decrease the amount of animals used in research.

These campaigns are ongoing through the work of Animal Justice Project with both students and the public across the UK demanding more ethical practice in their universities. Whether it be a stall in the Student's Union offering free food, information and guidance; screening documentaries such as Cowspiracy; inviting guest speakers or participating in campaigns on a national scale, the University of Sheffield Vegetarian and Vegan Society remains active in its pursuit to minimise cruelty to animals, devastation to the planet and sorts promote health and wellbeing to the people.



Socials

Last year we hosted tons of socials (one nearly every week) including picnics, BBQs, nights out, pub trips, meals at local vegan restaurants, vegan food tasting and even a trip to Berlin!



This year you can expect more of the same as well as clothes swaps, wellbeing sessions and loads more collaborations with other societies and local businesses to really help you get into to the veggie scene here in Sheffield! Our socials hope to connect like-minded people as well as open the society up to as many students as possible, we want everyone to feel welcome at our events so bring your friends along and join one of the fastest growing societies at the university.



Where To Eat: RESTAURANT GUIDE

Here is a brief guide to Sheffield's paradise of Vegan restaurants, cafes and takeaways! There are many more places which are yet to be fully reviewed, but these are still listed and are definitely worth a visit!

Whilst it is best to eat at independant places, **chain restaurants** are still a good option for new Vegetarians/Vegans, or for groups of people with different dietary preferences, and so have been included.

Like any reviews these are subject to bias and everyone will have different experiences, but we have tried to keep this as personal opinion-free as possible.

There is also a really helpful online google map which has been made of places to eat in Sheffield for Vegetarians or Vegans:

<https://www.google.com/maps/d/edit?mid=1dMPxmB4cJoSlx6yQfcWUcP2qiY8&ll=53.32838555391996%2C-1.4490584000000126&z=9>

These are also helpful articles on places to eat out in Sheffield:

<https://www.buzzfeed.com/danieldylanwray/vegetarians-and-vegan>

<http://independent-sheffield.co.uk/blogs/best-vegetarian-vegan-places-eat-sheffield/>

Breakfast/Brunch:

Dana

Location: Crookes High Street

Price Range: £

What to Order: Does a full English vegan breakfast and fancy open sandwiches

Good for: Tasty feel good food that is budget friendly! Also, a cafe with a very cute interior

Lunch options also available e.g. open sandwiches

Menu: <http://danacafe.co.uk/wp-content/uploads/2017/06/Menu.pdf>

Upshot

Location: Glossop road, near the SU

Price Range: £££

What to Order: Vegan pancakes! Also does amazing version of staples such as avocado on toast and porridge (chocoholics should get the peanut butter and chocolate). Keep an eye out for daily bakery specials such as vegan cinnamon rolls and doughnuts on a Friday. Oat milk available.

Good for: Treating yourself. May also be a nice break from the library to do work in, but a bit pricier than IC coffees.

Lunch options also available e.g. soup and sandwiches

Menu: <https://www.upshotesspresso.co.uk/pages/menus>

Forge House Bakery

Location: Abbeydale Road

Price Range: ££

What to Order: Offers soya yoghurt with 'banana bread granola'. French toast and fancy Baked Egg dishes also available.

Good For: Pretty-looking breakfast classics and freshly baked breads/baked goods.

Lunch options also available e.g. tarts and salads

Menu: <https://forgebakehouse.co.uk/the-cafe/>

Marmadukes

Location: City Centre

Price range: £££

What to Order: Vegetarian: Pancakes Vegan: Banana bread and other baked goods. Items can also be made vegan on request e.g. granola and porridge (oat milk available)

Good For: Food in a comfy setting

Lunch options also available e.g. salads and some sandwiches

Menu: <http://marmadukes.co/#menu>

Pom Kitchen

Location: Sharrow Vale

Price Range: ££

What to Order: Buddha Bowl, keep an eye out for daily specials. Also offers free porridge occasionally (announced on their Instagram)

Good For: Pretty looking food

Alyssum Café

Location: Crookesmoor

Menu: <https://www.alyssumcafebistro.com/menu>

The Grind Café

Location: Kelham Island

Tamper Coffee

Menu: <https://tampercoffee.co.uk/kiwi-cafe-culture/menu/>

Coffee/cake:

Nam Song

Location: Broomhill

Price Range:

What to Order: Vegan banana fritters and sometimes vegan chocolate cake! Nice different teas and Vietnamese coffee.

Lunch/Dinner also available: Pho's, baguettes with a wide range of fillings to choose from

Good For: Coffee and snacks while working, or just for the enjoyment of sitting on the floor surrounded by a mini Vietnam

Menu: <http://www.namsong.co.uk>

Steam Yard Café

Location: Division Street, City

Price Range: ££

What to Order: Vegan brownies available (from depot Bakery). Also, famous grilled cheese sandwiches and Kronuts

Good For: Crazy donuts and nice outdoor seating for good weather

Menu: <https://www.instagram.com/steamyard/>

Ink and Water

Location: West Street

Price Range: ££

What to Order: Occasionally some vegan cakes etc.

Good For: Working away from Uni with a good coffee.

Menu: <https://inkandwater.coffee>

Steel City Cakes

Location: Abbeydale Road

The Ruyde Shipyard

Pub Food:

The York

Location: Broomhill

Menu: http://www.theyorksheffield.co.uk/site/fromassets/100_1201_250417152015.pdf

Red Deer

Location: City Centre

Price Range: ££

Good For: Pub food

Menu: <http://www.red-deer-sheffield.co.uk/Menu0517.pdf>

The Fat Cat

Location: Kelham Island

Indian:

The Bhaji Shop, Thali Cafe

Location: Kelham Island

Price Range: ££

What to Order:

Good For: Fragrant and beautiful quality curries in an equally beautiful surrounding

Menu: <https://www.instagram.com/thebhajishop/>

Urban Choola

Location: Ecclesall Road

Asian:

Mr Miyagi's

Location: Division Street, City

Price Range: £ (Meal deals available)

What to Order: Vegan friendly sushi and salads. Noodle/rice/soup/bento dishes also available.

Good For: Cheap quick sushi

Menu: <https://www.mrmiyagisushi.co.uk/menu>

Sashimi

Location: City Centre

Soya Express

Location: City Centre

Wagamamas

What to Order: Vegans ask for rice noodles and no egg on dishes. Vegan curries available.

Mock Meat:

Twisted Burger company

Location: The Harley/ Broomhill

Make no Bones

Location: Chesterfield Road

BurgerLolz

Location: Abbeydale Road

Italian:

Proove

Location: Broomhill

Price Range: £ (Lunch deals available)

What to Order: Vegans: any pizza can be made without Cheese

Good For: Amazing quality based pizzas! Fluffy bread and fresh toppings

Menu: <https://www.instagram.com/proovepizza/?hl=en>

Italian Uno

Location: Hunters Bar (Take away)

Price Range: £

What to Order: Famous for their Oreo Cheesecake and Biscoff brownies.

Good For: Comfort take-away cravings

Menu: <http://italiauno.co.uk/italian-menu.php>

Craft and Dough

Location: Kelham Island and Ecclesall Road

Sunshine Pizza Company**Porter Pizza Company**

Location: Sharrow Vale Road

Price Range: ££ (70p extra to add vegan cheese)

What to Order: Kale Rider with vegan cheese, or create your own pizza with lots of veggie toppings to choose from!

Good For: Feel-good pizza and cheese cravings!

Menu: <http://www.porterpizza.co.uk/menu/>

Zizzi

What to Order: Anything off the vegan menu- Pizza can be made with any three toppings (+vegan cheese!!) Pasta dishes also available and deserts such as chocolate calzone or tart.

Pizza Express

What to Order: Pizza bases are vegan so ask for any pizza without the Cheese. Or there are two specifically vegan pizzas on the menu. Vegan cheese (same as Zizzi's) now available!

Browns

What to Order: Few things on their menu noted as vegan: courgette and mushroom tart- sides and some other dishes can also be made vegan.

Mediterranean:

Falafel King

Location: Glossop Road, by SU

Price Range: £

Fannoush

Location: Broomhill/ City Centre

Price Range: £

Med Food Co

Location: Broomhill

Price Range: ££

What to Order: Lunch box deals- Salad boxes or wraps with falafel

Good For: Healthy lunches to go

Menu: <http://www.medfoodco.uk/medfoodcomenu/foodtogo/>

Humpit

Location: City Centre

Price Range: ££

Menu: <http://www.humpit-hummus.com/wp-content/uploads/2015/12/1847Menuweb.pdf>

South American/ Tapas:

The Great Gatsby

Location: Division Street, City

Price Range: ££

What to Order: Selection of vegetarian and vegan friendly tapas

Good For: Drinks and nibbles

Menu: <http://www.thegatsbybar.co.uk/gatsbySS17.pdf>

The Beer Engine

Las Iguanas

What to Order: Anything off their vegan/vegetarian menu! Includes fajitas, curries, chillies and salads

Nandos and Chimichangas

What to Order: Vegans ask for no mayo/ sour cream/ cheese

Healthy/light:

Nourish

Location: City Centre/ Ecclesall Road

Price Range: £££

What to Order: Reasonably priced mains: wraps and baked jacket potatoes. Curries and warm dishes also available.

Good For: Healthy snacks and drinks

Menu:

<https://static1.squarespace.com/static/536a3b93e4b023d3d9c48515/t/590ad3dc29687f2f54ed1585/1493881961824/Nourish+Menu+Spring+2017+S2+%281%29.pdf>

That There Deli

Wild Leaf Vegan Cafe

SU:

Interval

New Leaf

Grill and Go

Bar One

Dough

Shop

Coffee Revs

Other:

Blue moon café

Location: City Centre

Price Range: ££

What to Order: Dishes change daily, canteen style serve: normally curries, salads, pasta and other feel good food available

Good For: Reasonably priced warming dishes you can mix and match

Peddlers Market

Location: Kelham Island

Price Range: ££

What to Order: Different stalls every month, previously has been vegan curries, wraps, pizzas and ice cream

Good For: Street food

The Holt

The Moor Market

Where To Shop

Fruit-a-Peel (Broomhill) and **Eat Natural** (Crookes) – shopping at local, independent greengrocers can be a great way to save money and reduce your plastic consumption. Paying by weight for fruit and vegetables is often cheaper, and you can take your own bags and buy exactly what you need.

Beanies Wholefoods (Crookesmoor, near Crookes Valley Park) – Beanies promotes organic food and products, as well as stocking a wide range of specialist vegan and vegetarian products. You can buy fruit and veg, as well as other essentials such as plant milk, cosmetics, cleaning products and vegan burgers, pasties, tofu and much more. They also do a loyalty card where you collect stamps for money off!

New Roots (Glossop Road, near university) – this is a not-for-profit shop run by volunteers, where all the money goes to charity. They sell fruit and vegetables, and you can sometimes pick up some free food as they have a zero-waste policy for out of date items. They also sell natural, organic and vegan household products, cosmetic products and other food items, such as plant milk and tofu.

Holland and Barrett (city centre) – quick and easy for essentials such as nutritional yeast. They have a wide range of packaged sandwiches if you're ever in need of a veggie/vegan-friendly meal deal! They also stock many veggie brands that aren't available in supermarkets.

The Incredible Nutshell (Chesterfield Road) – accessible on bus from Endcliffe Vale Road, Sheffield's all-vegan shop is 100% worth a visit. Not only does it have food such as Tofurky, vegan cheese, frozen vegan pizzas and chocolate, it also has household products and some gifts. It is opposite a Lidl, where you can stock up on cheaper foods too!

Want something delivered? The Incredible Nutshell offers city wide delivery on all your essential vegan products: <https://delivery.incrediblenutshell.co.uk/>

Vegan Recipes

Mains:

Lentil and Sweet Potato Shepherd's Pie

Ingredients: (Serves 6)

- 4 medium sweet potatoes
- 1/2 cup diced onions
- 1/2 cup diced celery
- 1/2 cup diced carrots
- 4 1/2 cups prepared lentils
- 2 15 oz cans diced tomatoes
- 2 tablespoons soy sauce
- 1 tablespoon basil + more for garnish
- 1/2 cup chopped spinach
- 2+ tablespoons non-dairy milk
- Sea salt

Method

1. Peel and chop the sweet potatoes into small chunks, then boil for at least 15-20 minutes, depending on size. Meanwhile, chop the carrots, onion, and celery into small chunks (or use a food processor). Soften these veggies in a frying pan over medium heat with a tablespoon of water.
2. Once the veggies are softened, add the prepared lentils to the pan and allow these to cook for several minutes. You can use any kind of lentils - dried (cook them yourself), canned (drained), or pre-made lentils in a package.
3. Preheat the oven to 180°C
4. Add the cans of diced tomatoes along with a tablespoon of chopped (or dried) basil leaves, a handful of chopped spinach, and a splash of soy sauce. Let this filling simmer for 10-15 minutes for the flavors to mingle.
5. When the sweet potatoes are soft all the way through, remove them from the heat



and drain. Mash with a little salt and a splash of non-dairy milk until the consistency is perfect.

6. Add the lentil filling to a 9 x 13 pan and top with a layer of sweet potatoes. Or, like pictured, you can add to individual oven-safe bowls. Bake in the oven for about 20 minutes until the topping becomes slightly browned. Allow to cool before serving.

Mixed Bean Fajitas

Ingredients (serves 6):

- 15 oz can Refried Beans
- 15 oz can Pinto Beans
- ¼ cup Salsa
- 1 Onion, sliced into strips
- 1 Bell Pepper, sliced into strips
- 2 tablespoons Lime Juice
- Tortillas
- 2 teaspoons Fajita Spice Mix (below) or packet mix:
 - 1 tablespoons cornstarch
 - 2 teaspoons chili powder
 - ½ teaspoon salt
 - 1 teaspoon paprika
 - 1 teaspoon sugar
 - ½ teaspoon onion powder
 - ½ teaspoon garlic powder
 - ½ teaspoon ground cumin
 - ⅛ teaspoon cayenne pepper



Method

1. Drain and rinse the pinto beans.
2. Add salsa and refried beans and simmer until warm.
3. Whisk all Spice Mix ingredients in a small bowl.
4. Stir-fry onion, pepper, and 2 tsp of Spice Mix in water and lime juice
5. Continue stir-frying until liquid evaporates and veggies begin to brown
6. Assemble fajitas by placing beans in center of tortilla.
7. Add stir-fry veggies and toppings of your choice.
8. Roll and enjoy!

Additional topping ideas: Jalapeño, Tomatoes, Shredded Lettuce, Salsa, Guacamole

Falafel and Hummus Wrap

To assemble a wrap, start with your favourite tortilla or wrap bread. Line with a couple of tablespoons of hummus, then add 3 – 4 pieces of falafel. If you want, add chopped cucumber and tomato, then drizzled with lemony yogurt-tahini sauce. Garnish with mint leaves if desired. Fold up the wrap and enjoy! :) These are also great for lunch at work as they're easily transportable. Simply assemble your wrap and pack tightly in aluminium foil. The recipes for making hummus, falafel and tahini sauce are below.

Falafel

Ingredients:

- 250g/9oz/1 1/3 cups dried chickpeas
- 2-3 tablespoons fresh parsley, chopped
- 2 garlic cloves, roughly chopped
- 1/2 onion, chopped
- 2 -3 tablespoons fresh coriander, chopped
- 1 teaspoon paprika (or more if desired)
- pinch cayenne
- 1 tablespoons sesame seeds
- 1-2 teaspoons ground cumin
- pinch sea salt
- water, if needed
- plain flour, if needed
- vegetable oil for frying

Method

1. The night before you plan on making falafel, put the dried chickpeas in a large bowl and cover with water, then leave the soak overnight.
2. The next day, drain and rinse chickpeas, then add them to a food processor or blender with parsley, garlic, onion, coriander, paprika, cayenne, sesame seeds, cumin, and salt. Blend them together until you get a thick paste.
3. If your blender isn't very high quality, like mine, you may have trouble getting the ingredients to blend. In this case, you can add some water to help the blending process. Once blended, mix in flour until the mixture forms a paste thick enough to hang onto a spoon and not fall off.
4. If you have a deep fryer, you can cook the falafel in there. If not, heat 3 or 4 tablespoons of oil in a large frying pan or wok on medium high heat. When the oil is very hot (you can test this by sprinkling a tiny amount of water onto the oil and seeing if it bubbles; be extremely careful if you do this, because the oil may spit and burn you), form small balls of the paste (you can make them as large or small as you want your falafel) and drop them onto the oil. Fit as many pieces of falafel as you can but leave some space or they will clump together. Allow them to cook for a few minutes, then rotate the balls until every side is cooked. Once you've cooked a batch, put them onto a plate lined with a paper towel, then fry up another batch.

Hummus

Homemade hummus is not as creamy as store bought, but you can adjust seasoning which is great if you want to personalise your hummus to your own tastes.

Ingredients:

- 1 can garbanzo beans/chickpeas, drained and rinsed
- 2.5 tbsp lemon juice
- 4 tbsp olive oil or vegetable oil
- 1 tsp salt
- dash cayenne
- 1 tsp paprika
- ½ tsp to 1 tsp cumin
- ¼ tsp white pepper
- 1 generous tbsp light sesame tahini

Method

1. Mix all ingredients in a food processor until smooth.

Sweet Potato and Chickpea Curry

Serves 2 - or you can double the ingredients to make for four then put the extra portions in the fridge/freezer to save cooking on other nights.

Ingredients:

- 1 onion, chopped
- 2 cloves of garlic, chopped
- Half a chilli (omit the seeds if you don't like a lot of spice), chopped thinly
- 1 tsp cumin
- 2 tsp curry powder
- 1 tsp turmeric
- 250ml vegetable stock (I use a veg stock cube dissolved in boiling water)
- A medium sweet potato, chopped into small cubes.
- A tin of chickpeas, drained
- A handful of fresh spinach
- Salt and pepper



Method

1. Chop the garlic and onion and then fry in a little oil over a low heat until softened.

2. Add the chilli and spices and stir well to ensure all of the onion and garlic mix is coated.
3. Add the vegetable stock and the chickpeas and then increase heat to a simmer
4. Add the cubed sweet potato and cook until a knife passes through them easily
5. Turn off the heat, add seasoning to taste and stir through the spinach.
6. Serve with boiled rice, potatoes or naan bread.

This is the most **basic** form of the recipe, but feel free to add any veg you like/that need using up. *Peppers, cauliflower, peas, broccoli and lentils all go great in this.*

Garnishes are also a great addition- *I like chilli flakes, spring onion or fresh coriander.*

Mac n Cheese

Ingredients:

- 10-12 ounces (283-340 g) penne pasta
- 4 tbsp (60 ml) olive oil
- 4 cloves garlic, minced (2 Tbsp or 12 g)
- 4 1/2 tbsp (31 g) all purpose flour (or any flour)
- 2 cups (480 ml) dairy free milk, plus more as needed
- Sea salt and pepper to taste (~1/4 tsp each)
- 5 Tbsp (15 g) nutritional yeast, plus more to taste
- 1/2 cup (40 g) vegan parmesan cheese, plus more for serving



Method

1. Bring roughly 10 cups of water with salt to boil, once boiling, add pasta and stir to prevent pasta from sticking. Cook for 10 minutes then drain and set aside.
2. In the meantime, begin preparing sauce. Heat oil in a large, frying pan over medium heat. Once hot, add minced fresh garlic. Stir and cook for 1-2 minutes, or until light golden brown. Immediately add flour and whisk - cook for 1 minute.
3. Slowly add almond milk while whisking, then cook for 2 minutes over medium heat, stirring frequently.
4. Transfer mixture to a blender and add 1/4 tsp each salt and pepper, nutritional yeast, and vegan parmesan cheese and blend on high until creamy and smooth, scraping down sides as needed.

5. Taste and adjust seasonings as needed - you want it pretty well salted + cheesy, so don't be shy with the nutritional yeast, salt, and vegan parmesan cheese.
6. Return sauce back to frying pan from earlier and cook over low heat until warmed and slightly thickened - about 2-3 minutes - whisking occasionally. As it warms back up, it will thicken and get super cheesy. For a thicker sauce, leave it as is. To thin slightly, add almond milk 1 Tbsp at a time until desired consistency is achieved. Turn off heat if it starts bubbling too aggressively.
7. Add cooked, drained pasta to the sauce and toss to coat. Then top with 1 more Tbsp vegan parmesan cheese.

Optional: Bake pasta in oven on high until golden brown. Watch closely as it can burn quickly.

Leftovers keep covered in the refrigerator for up to 3 days, though best when fresh. Reheat in the microwave or on the stovetop - add extra almond milk if it's dry.

Vegan Burgers

Ingredients:

- 1 x 400 g tin of chickpeas
- 1 x 340 g tin of sweetcorn
- ½ a bunch of fresh coriander
- ½ teaspoon paprika
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- 1 lemon
- 3 heaped tablespoons plain flour , plus extra for dusting
- 1 small round lettuce
- 2 large ripe tomatoes
- Tomato ketchup
- 4 wholemeal burger buns

Method

1. Drain the chickpeas and sweet corn, then tip into a food processor. Pick the coriander leaves, adding half the leaves and all the stalks to the processor.
2. Add the spices, flour and a pinch of sea salt to the processor, finely grate in the lemon zest, then pulse until combined, but not smooth – you want to retain a bit of texture.
3. On a flour-dusted surface, divide and shape the mixture into 4 equal-sized patties, roughly 2cm thick. Place in the fridge for 30 minutes to firm up.
4. Heat a splash of oil in a large frying pan over a medium heat, add the patties and cook for 10 minutes, or until golden and cooked through, turning halfway.
5. Meanwhile, wash and dry four nice lettuce leaves, then finely slice the tomatoes horizontally. Squeeze a large dollop of ketchup onto the base of each bun (toast them if you like), then top with the burgers. Layer over a couple of slices of tomato, a

lettuce leaf, a few coriander leaves and finally the burger tops. Delicious served with a fresh green salad.

Desserts:

Vegan Sticky Toffee Pudding

The quantities for the toffee sauce are large, but that's the best part of a sticky toffee pudding!

Ingredients - Serves: 6

Sponge

- 250ml soya milk
- 100ml water
- 200g dates
- 1 level teaspoon bicarbonate of soda
- 115g vegan margarine
- 115g soft brown sugar
- 200g white self raising flour
- 1/8 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon

Toffee Sauce

- 100g golden syrup
- 200g soft brown sugar
- 150g vegan margarine
- 100ml soya cream
- 1 teaspoon vanilla essence

Method

To make the sponge:

1. Pre-heat the oven to 190C/Gas5.
2. Line a 20cm x 20cm shallow cake tin with baking parchment.
3. Chop the dates in half and put them in a small saucepan and cover with the soya milk and water. Simmer until the dates are soft.
4. Take off the heat and stir in the bicarbonate of soda, which will froth as you add it to the date mixture.
5. Leave to cool.
6. Beat together the margarine and sugar until pale and creamy.
7. Add the date mixture and stir in.
8. Mix the spices into the flour.
9. Sieve the flour and fold into the sponge mixture. Spoon the sponge mixture into the prepared tin.

10. Bake in the pre-heated oven for 30 minutes or until cooked. The sponge will bounce back when pressed.

To make the sauce:

1. Melt the syrup, margarine, sugar and vanilla essence in a small saucepan.
2. Simmer for 5 minutes without stirring.
3. Leave to cool slightly and then stir in the soya cream.
4. Prick the pudding all over and pour half the hot toffee sauce over the pudding.
5. Serve the rest of the sauce with the pudding and, if you like, a scoop of vanilla soya ice cream.

Vegan Brownies

Prep:5min › Cook:20min › Extra time:5min › Ready in:30min Serves: 16 brownies

Ingredients:

- 250g plain flour
- 350g demerara sugar
- 65g plain cocoa powder
- 1 tsp baking powder
- 1 tsp salt
- 250ml water
- 250ml vegetable oil
- 1 tsp vanilla extract

Method

1. Preheat the oven to 180 C / Gas mark 4.
2. In a large bowl, stir together the flour, sugar, cocoa powder, baking powder and salt. Pour in water, vegetable oil and vanilla; mix until well blended. Spread evenly in a 23x33cm (9x13 in) baking tin.
3. Bake for 25 to 30 minutes in the preheated oven, until the top is no longer shiny. Let cool for at least 10 minutes before cutting into squares.

Sides:

Vegan Cheese Sauce

Makes: 2/3 cup

Ingredients:

- 3/4 cup unsweetened dairy free milk
- 6 tbsp nutritional yeast
- 1 tbsp non-dairy margarine
- 1 tbsp all purpose flour (or other flour)
- 2 tsp Dijon mustard
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 tsp kosher salt & freshly ground black pepper, to taste

Method

1. Melt the margarine in a pan over medium heat.
2. In a medium sized bowl, whisk together the flour and milk until all clumps are gone.
3. Add milk & flour mixture and nutritional yeast to pan and whisk well. Reduce heat to low-medium.
4. Add Dijon, garlic powder, onion powder, salt and pepper to taste and whisk frequently until the sauce thickens up, for about 5 minutes. If it's still too thin you can add more flour to achieve the thickness you desire.

To reheat: reheat in the microwave or on the stove-top (add a splash of milk if it's too thick) and whisk well. Store in an airtight container for up to 5-7 days.

Lemony Yogurt-Tahini Sauce

Ingredients:

- 1/2 cup soya or other non-dairy yogurt
- 1.5 tbsp tahini
- 1 tsp fresh lemon juice

Method

1. Mix all ingredients in a bowl.

Potato Tortilla

This super easy to make tortilla can be enjoyed by dipping in your favourite sauce, topping with veggies to make vegan pizza or slathered in hummus with a bowl of salad.

Ingredients:

- 2 pounds of potatoes
- 3 tsp olive oil
- Salt, black pepper, and chilli – to taste

Method

1. Peel the potatoes and boil them until soft. Mash them up and add the spices until you are satisfied with the taste.
2. Heat a non-stick pan with half of the olive oil to medium heat, and pour the mashed potatoes into it. Press and even them out.
3. Cook on the pan for about 10 mins at medium heat, then using a big plate turn the mixture on the other side by first pouring the rest of the olive oil into the pan.
4. Cook for 10 more mins and carefully transfer into a big plate.

Simple and Cheap Recipes:

<https://www.vegansociety.com/whats-new/blog/10-cheapest-vegan-meals>

UNIVERSITY OF SHEFFIELD



VEGSOC's GUIDE TO CRUELTY FREE AND VEGAN PRODUCTS!

This guide will give you some ideas of what products to buy and where to shop to keep all aspects of your lifestyle from cosmetics to household products cruelty free and vegan!

When first transitioning to veganism it can seem really overwhelming to look at all of your products and check if they are vegan ok. Some people prefer to phase out their old products and only buy new vegan and CF ones so nothing goes to waste, and some prefer to completely start again, whatever you choose this guide is here to help! So have a read and get some vegsoc inspiration :)

MAKEUP BRANDS/PRODUCTS

B. at superdrug (CF, VEGAN)

This is Superdrug's own brand makeup line which is totally vegan and cruelty free - yay! It's also fairly affordable as a high street brand, with a wide range of products including foundations, mascaras (no beeswax!), lipsticks, nail polish and plenty more!

The brand also has a range of skin care products for both men and women. It has recently relaunched so currently only available online at superdrug.

Barry M (CF, VEGAN OPTIONS)

A high street favourite! Known for their wide selection of nail polish but they have plenty more including lots of vegan products. All of Barry M's makeup is vegetarian and they make it very easy to check which products are vegan on their website -click on the ingredients for the product and look for the vegan logo like this:



Matte Me Up Liquid Lip Paint 1-5

Collection (CF, VEGAN OPTIONS)

A very affordable high street brand in boots, superdrug and some supermarkets. All products are not tested on animals, but some contain animal products. There is an online pdf which shows the products and what they contain, which are vegetarian and which are vegan. The link is copied below: (dated Feb 2017)

<http://www.collectioncosmetics.co.uk/sites/default/files/Vegetarian%20and%20Vegan%20February%202017.pdf>

E.L.F (CF, VEGAN)

A brand popular for its cheap prices, and is totally vegan! Their website explains none of the products are tested on animals and all ingredients are vegan friendly. Last year they also swapped animal hair for synthetic fibres in their makeup brushes - yay! The brand is available to order online from their website or through superdrug.

Info: <http://www.eyeslipsface.co.uk/faqs>

Jeffree Star Cosmetics (CF, VEGAN)

A fully vegan range of liquid lipsticks, highlighters, eyeshadow palettes and lip scrubs. It is an American brand but is available on BeautyBay.com

Kat Von D Beauty (CF, MOSTLY VEGAN)

Available through Debenhams and is being introduced to several stores across the UK (already in the Leeds store) is Kat Von D's makeup line. The brand is becoming fully vegan so recent and all new products are and will be vegan however some older ones did contain animal ingredients. Her website is very informative as to which products are suitable (including the infamous tattoo liner, everlasting liquid lipsticks and lock-it foundation range - all of which are amazing!). <https://www.katvondbeauty.com/shop-all-products/veganalert>

HOUSEHOLD PRODUCTS

Co-op

All of co-op's own brand products are cruelty free so not tested on animals and are clearly labelled if they are vegetarian/vegan or say "no animal ingredients" with a V. The picture below shows this as an example.



Ecover

Cruelty free cleaning products which are available in supermarkets and our very own SU! There is also a refill station is zero-waste is something you are looking into!



Astonish

A UK cleaning product brand has all the household essentials you could need! Products include hand soaps, laundry detergent, antibacterial spray, kitchen and bathroom cleaner, and bleach. They also have a range of car cleaning products - all entirely vegan! They are super affordable and often found in bargain stores like pound shops and savers.

FAQS

In the FAQs section you will hopefully find instant answers to any questions, if you don't then please feel free to give us a call or drop us an email, details are on the homepage.

IS THE ENTIRE ASTONISH RANGE NOT TESTED ON ANIMALS?



The simple answer is yes! We've never tested on animals since we were established over 40 years ago. We're proud to be approved by Cruelty Free International, look out for the leaping bunny logo on pack.

IS THE ENTIRE ASTONISH RANGE SUITABLE FOR VEGANS?



Our entire range is free from any animal derived ingredients. We push our suppliers hard to ensure this is the case, no compromises. We're proud to be registered with the vegan society. You'll find the Vegan society accreditation across the range with the exception of our leather cleaner and car care tar and insect remover. Not because these products contain any animal ingredients but due to the nature of the items these products can potentially clean.

Resources

Websites

<https://www.simplehappykitchen.com>

www.barnivore.com - Check for vegan alcohol

<https://www.vegansociety.com>

<https://inews.co.uk/essentials/lifestyle/food-and-drink/vegan-guide-sheffield-animal-free-eating-drinking-shopping/>

<https://www.peta.org>

<http://www.vrg.org/nutshell/vegan.htm> - The Vegetarian Resource Group

Films

What the Health - A documentary about the health benefits of veganism on netflix

Forks over knives - A documentary based upon the book 'The China Study' which is a large scale study into the comparative health of vegans, vegetarians and meat-eaters

Before the Flood

Seaspiracy and Cowspiracy

Earthlings

Really good TED talk which rationally explains the reasons to be vegan - 'Towards rational, authentic food choices':

https://www.youtube.com/watch?v=o0VrZPBskpg&list=PLLIFAdznlc7Ea_rlsy4iewYyUKe6dPtrw

Facebook groups

<https://www.facebook.com/groups/Sheffieldvegansandveggies/> - Sheffield's Vegan and Veggie page

<https://www.facebook.com/groups/93858286432/> - Vegsoc

<https://www.facebook.com/groups/22216213296/> - Sheffield Animal Action