

# The Proper Care and Feeding of **VEGANS**



## A Handbook for Non-Vegans

This publication brought to you by Vegan America  
*Making America Vegan Friendly!*



# Now What?

Maybe it's an old friend you often invite over for dinner. Maybe it's a co-worker you sometimes eat lunch with. Or maybe it's a relative - your son or daughter, grandchild, or even your spouse. Whoever it is, that someone you know who is now a vegan has you thinking and wondering, *now what? What can they eat? Where can they eat? And how will you ever be able to cook for them again?*



You have questions. Here are answers! From how to cook for a vegan, dine out with a vegan and shop for a vegan, *The Proper Care and Feeding of Vegans* is a quick primer that will demystify veganism and make it easy to accommodate one in your life.



## COOKING VEGAN: Same as it ever was!

With a list of “off menu” items that seem to eliminate most of the ingredients you are accustomed to using, cooking for a vegan can seem rather daunting. But take a closer look, and you’ll see that it isn’t as difficult or as foreign as it may seem. In reality, you can still make the dishes you have always made, by simply replacing the non-vegan ingredients with vegan ones that serve the same purpose, and, in many cases, taste the same.

While a vegan does not eat meat, eggs, dairy products or honey, he or she can eat anything - absolutely anything - not made from animals or their products. In other words, a vegan can eat a hamburger with fries, fried “chicken” with mashed potatoes and gravy, a BLT, pancakes and sausage, and even an ice cream sundae - so long as all the ingredients that went into it are vegan. And with vegan convenience foods imitating the staples of the American diet - vegan “meats,” vegan “dairy” products and vegan egg replacer - now readily available, a cook stocked with the latest and greatest vegan replacement foods can feed the vegan in their life just as they always did, but in a new, vegan version. And if you are one of those rare people who truly likes cooking from scratch, you can even make your own vegan hamburgers, vegan “chicken,” and other vegan “meats.”

# Vegan Meal Planning

## Thinking Outside the Salad Bowl



It is a misconception that vegans want to eat mostly vegetables. Many vegans have chosen their diet for ethical reasons as opposed to health imperatives, and are no more interested in eating only vegetables than the rest of the population. Vegans will welcome veganized versions of traditional favorites, as evidenced by the increasing popularity of ready-made products of this nature - now a multi-billion dollar industry. Today, more than ever, a vegan can eat what is by and large a conventional American diet, the menu you might find at your local diner, but in an animal-friendly and healthier version. Following is some information on vegan alternatives and how to use them.

## REPLACING MEAT

Meat in traditional cooking is a blank canvas until spices, flavorings, and other foods added to it turn it into meatloaf, fried chicken, bacon, and hot dogs. Likewise, soy protein, tofu, and seitan—plant-based, protein-rich foods with chewy textures that mimic meat, can be used to replace meat in any dish. You can purchase such foods ready-made, such as veggie burgers, veggie dogs, “chicken” breasts, pepperoni, sausages and lunchmeats of many varieties, or you can make your own from scratch.

Prepare these foods as you would the animal based “food” or ingredients they are replacing. For instance, use veggie ground round to replace ground “beef” in sloppy joes. Toss seitan chunks in BBQ Sauce and bake until crispy for a delicious, vegan rib alternative. Or top a grilled veggie burger with vegan cheese, vegan mayonnaise, and all the trimmings for an all American vegan cheeseburger.

### MEET SEITAN



Seitan is a meat substitute made from the gluten in wheat. It is chewy, readily absorbs flavors, and has a texture very similar to that of meat. There are several varieties and flavors of pre-made seitan on the market. Brand-name product recommendations are available at [allamericanvegan.com](http://allamericanvegan.com). And two seitan recipes - one that mimics beef, and another that mimics chicken - can be found in the cookbook, *All American Vegan*, available wherever books are sold.

## REPLACING DAIRY PRODUCTS

*Instead of milk and cream:* Milk and cream are simple to replace using the wide variety of non-dairy milks and creamers on the market today. Some are made from soymilk, some from rice, and others from nuts and coconuts. Whichever you prefer, use them as you would the originals when cooking and baking, bearing in mind the following points.

As ingredients, milk and cream serve several purposes: flavor, moisture, texture, and, when baking, a softer crumb. Non-dairy substitutes can easily replace milk, but when choosing which one, be sure to take into consideration the flavor and density of what you are substituting. Most brands of non-dairy milk come in a variety of flavors: usually plain or regular (sweetened and unsweetened), vanilla and chocolate. When replacing milk in a sweet recipe, you can use the regular or vanilla, sweetened flavors. If you are replacing milk or cream in a savory recipe, such as a soup or mashed potatoes, use only the plain or unsweetened variety. Also, if you are replacing whole milk, you will want to use thicker non-dairy milk, such as regular soymilk, and not the lower-fat varieties, which are thinner. If you are substituting cream in a recipe, be

sure to use a vegan non-dairy cream/creamers. But beware: the non-dairy creamers intended for coffee sold in traditional supermarkets are often not vegan and may contain flavorings that could ruin a recipe.



*Instead of dairy cheese:* Vegan cheeses made from soy, rice and even tapioca come in a variety of flavors, including cheddar, mozzarella, jack and parmesan. Aged artisan cheeses made with nuts and paired with vegan wines are a favorite at upscale vegan restaurants. Some vegan cheeses melt better than others, so be sure to experiment with different brands to find the perfect fit.

*Instead of butter:* Butter and shortening can be easily replaced with vegan margarine or vegan shortening. Most vegan margarines and shortenings no longer contain artery-clogging partially hydrogenated oils. But beware: not all margarines and shortenings are vegan. Many products labeled as “non-dairy” actually contain animal ingredients such as whey, lactose, butter flavoring, or casein (a milk derivative, also called sodium caseinate), so be sure to read labels.



## REPLACING EGGS

Tofu scramble, tofu omelets, and tofu egg salad are a few of the popular vegan dishes that can be made without eggs. Yet in most dishes that call for eggs, they are not the main ingredient, but are included to serve a particular need such as leavening or binding, and can be replaced with a number of alternatives. These substitutes do the job as effectively as eggs, without any substantive change in the taste or texture of the finished product. Substitutes include:



### DON'T HOLD THE MAYO!

Delicious vegan mayonnaise is a tasty vegan staple!

## Vegan Egg in a Box!

Powdered egg replacer can be used when the recipe calls for egg whites or egg yolks. It works in both sweet and savory recipes. Powdered egg replacer requires that it be blended with water at a specific ratio prior to use. It is available at natural food stores.



## Or Try (per egg):

Vigorously mix 1 Tbs. ground flax seed (ground in coffee or spice grinder) and 3 Tbs. warm water

$\frac{1}{4}$  cup blended silken tofu

$\frac{1}{2}$  banana blended until smooth (use only if a slight banana flavor is acceptable in the recipe)

$\frac{1}{4}$  cup applesauce (use only if a slight apple flavor is acceptable in the recipe)

$\frac{1}{4}$  cup vegan mayonnaise (use this alternative only when the recipe also calls for baking powder)

$\frac{1}{4}$  cup vegan plain soy yogurt (use this alternative only when the recipe also calls for baking powder)

Blend 2 tsp. baking powder, 1 Tbs. vegetable oil, and 2 Tbs. warm water

Separately add 2 tsp. baking powder, 1 Tbs. apple-cider vinegar, and 1 Tbs. warm water to the batter



# Abracadabra! It's Vegan

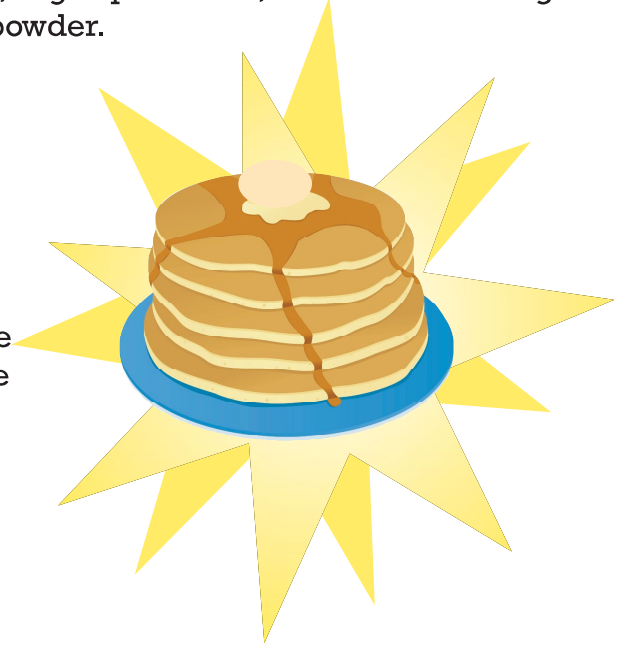


## Veganize Spaghetti with Meat Sauce and Garlic Bread

Almost all dry pasta, unless it is labeled an “egg noodle,” is already vegan. Add a shredded meat substitute sautéed in olive oil with onions to marinara sauce. Slice and spread a vegan baguette with a paste of margarine, vegan parmesan, and fresh minced garlic or garlic powder.

## Veganize the All American Grand Slam Breakfast

Make a latte with soymilk. Make tofu scrambled “eggs” with french toast or vegan pancakes, substituting margarine for butter, non-dairy milk for milk and egg replacer for eggs. Serve with maple syrup and fried vegan “bacon” or vegan sausage links.



## Veganize Chocolate Cake with Ice Cream

To make the cake, substitute egg replacer for eggs, soymilk for milk, and margarine for butter. To make the frosting, substitute margarine for butter and a non-dairy cream for cream. Serve with one of the many varieties of non-dairy ice cream now available.

# Dining Out Vegan

## Where to Eat?

As the number of vegetarians and vegans continues to grow, so do the number of vegetarian and vegan restaurants. From those specializing in fast food - veggie burgers, fries and milkshakes - to those offering gourmet food in upscale settings - vegan dining options are more numerous, more varied and more delicious than ever before.

The easiest way to find vegan dining options in your community is to look online. Several websites list vegan and vegan-friendly restaurants worldwide. These websites are especially helpful when traveling. Use them to plan ahead so that wherever you may find yourself, you can always find somewhere to eat.

## The Vegan Motto: **PLAN AHEAD**



Go to [allamericanvegan.com](http://allamericanvegan.com) for links to the most popular listings of vegan-friendly restaurants worldwide and vegan options at chain restaurants.



# What to Eat at Non-Vegetarian Restaurants

Because vegetarian restaurants are not always an option, here are some tips for dining out at traditional restaurants. Knowing what ingredients to look out for can help you determine what items on the menu might be vegan. And remember, restaurants competing for diners are only too eager to please. If you're faced with a menu offering no vegan options, consider asking the waiter to have the chef alter an existing dish to make it vegan. Sometimes, the restaurant will even create a special meal for your vegan.

## CHINESE

Chinese restaurants can be a good source for vegan meals. Often, there will be an entire section of the menu for "vegetarian" items. Nonetheless, be sure to verify that these dishes do not contain eggs (including the noodles), and that none of the stocks used in their fried rice, soups and sauces are meat or fish-based.



## ITALIAN

Cheeseless pizza, garlic bread, and pasta with marinara sauce are your best possibilities at an Italian restaurant. Penne and spaghetti are two types of pasta that are almost always made without egg (as are most pastas, unless they are freshly prepared).



Marinara sauce is usually vegan, but ask to be certain. If all the sauces have meat in them, ask for a dish of pasta with tomatoes sautéed in garlic and olive oil. No Italian restaurateur can resist the request for this authentic and simple dish. Also, try a pizza with tomato sauce, mushrooms and olive oil – just hold the cheese and be sure that the crust is dairy and egg-free.

## INDIAN

Indian restaurants offer plenty of delicious options for vegans, including samosas and pakoras, chana masala, alu gobi and baingan aloo. Rice is usually vegan, as is the chapati. Be sure to verify with your waiter that none of the dishes you order contain yogurt or ghee - clarified butter that is used in many Indian dishes.





## JAPANESE

It is possible to have a great “sushi” dinner at your local sushi bar without eating fish. There are plenty of choices of vegan sushi, including avocado rolls, cucumber rolls, fruit rolls and mushrooms rolls, to name a few (note that “sea pickle” is an animal, not a plant!). Edamame (boiled soybeans) are a delicious appetizer, as is miso soup with tofu cubes, assuming that a fish-based stock and bonito (fish flakes) are not used. Vegetable tempura may also be an option – but be sure no egg is added to the batter.



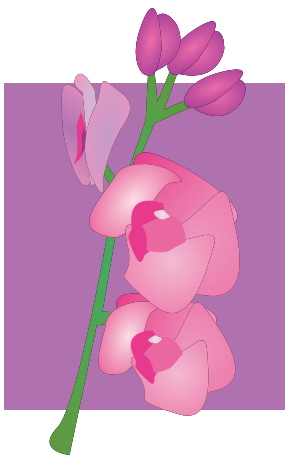
## MEDITERRANEAN

Pita bread, hummus, babaganoush, falafel, lentil soup, simmered fava beans and dolmas are all possibilities at Mediterranean restaurants. Be sure to verify that the soup stock is vegetarian, and that the rice in the dolmas does not contain chicken stock.



## MEXICAN

Beans, rice, guacamole, tortillas and salsa - the staple foods at Mexican restaurants - can all be made vegan. Be sure to ask if the beans are vegetarian, if the tortillas are lard-free, if the rice was cooked in meat stock and if there is dairy in the guacamole. Corn chips are usually safe, as is salsa.



## THAI

Thai restaurants frequently advertise that they are vegetarian-friendly. Often, an entire section of the menu is labeled “vegetarian.” Just be sure to stress no eggs and no fish sauce. Fish sauce is in many Thai dishes, even the ones Thai menus often list as “vegetarian.”

**AND DON'T FORGET**  
Ethiopian, Vietnamese and Caribbean restaurants can easily accommodate vegan diners as well.

# Shopping **Vegan**

Walk into a regular supermarket these days, and you are bound to run into the section called “Health” or “Natural Foods.” The natural food section is usually a cooler filled with tofu, vegetarian and vegan lunch meats, and vegan mayonnaise. It’s encouraging to see the ever-expanding selection of vegan foods in regular grocery stores, but to find the best selection, you need to know where to look: your local natural food store. Traditional grocery stores simply cannot compete. Walk into a Whole Foods or other large, natural food store and you’ll find a vast variety of ready-made vegan foods, especially those imitating meat, eggs and dairy products.



To find the best selection of vegan foods, you need to know where to look:



**Your local natural food store!**

In the baking aisle, you’ll find egg replacer, vegan cake mix, and vegan chocolate chips. In the dairy case, look for soy yogurt, vegan cream cheese, vegan sour cream, and margarine. Take a stroll down the frozen food aisle to marvel at the vegan pies, vegan pizza, and non-dairy frozen treats such as ice cream, ice cream sandwiches, and chocolate-coated ice cream bars. Then it’s on to the cooler stocked with vegetarian meats and cheeses, where vegan hot dogs, lunch meats, roasts, steaks, and fajitas sit patiently waiting alongside vegan cheddars, jacks, mozzarellas, and Parmesans. And, of course, there’s the candy aisle: chocolate bars, gummy bears, lollipops, and more.

It’s the same, only better—for you, for the planet, and of course, for the animals. All your favorites, all the foods you are accustomed to eating, but *without* the cruelty. This world is your faux oyster!

# Little Things Mean a Lot

Do you play Santa to a vegan and wonder how you will ever stuff that stocking again?

Does your husband's veganism have you wondering how to replace his fraying belt or wallet with one dressy enough for the office?

Are you scratching your head in confusion wondering how to feed your vegan girlfriend's shoe fetish?



Don't despair! The internet is filled with vegan speciality shops offering everything from vegan holiday candies to vegan shoes, belts, wallets, briefcases, vegan cosmetics and more. For quick links to a variety of great vegan resources, visit [allamericanvegan.com](http://allamericanvegan.com)



## Same Holiday, New Tradition

Adopting a vegan diet in a culture dominated by animal-based foods, requires, by its very nature, change. And change can sometimes be scary, especially if you fear that it will impact the things you value most. But being vegan or having one in the family doesn't have to be mean giving up time-honored family traditions. You can still enjoy Thanksgiving as a family, make s'mores by the fire, or spin the dreidel and dish out the gelt. Whether it's replacing the turkey with a delicious seitan roast, toasting the season with dairy and egg-free nog, filling an Easter basket with vegan chocolate bunnies and gelatin-free marshmallow chicks, or offering a vegan birthday cake instead of one made of milk, eggs and butter, your holiday traditions can go on as they always have, minus the harm to animals.

For more information about veganism, vegan product recommendations, links to great vegan resources and to download this and other Vegan America guides, visit:

**[allamericanvegan.com](http://allamericanvegan.com)**

**Get a taste of what you won't be missing**

## **All American Vegan** **Veganism for the Rest of Us**

A must-have primer on vegan cooking and baking that teaches the art of vegan substitution, and includes over 90 delicious recipes for familiar American favorites such as pizza, pancakes, BBQ "ribs," macaroni and cheese, hot fudge sundaes and of course, apple pie. Available on amazon.com or wherever books are sold.



**JENNIFER & NATHAN WINOGRAD**



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