



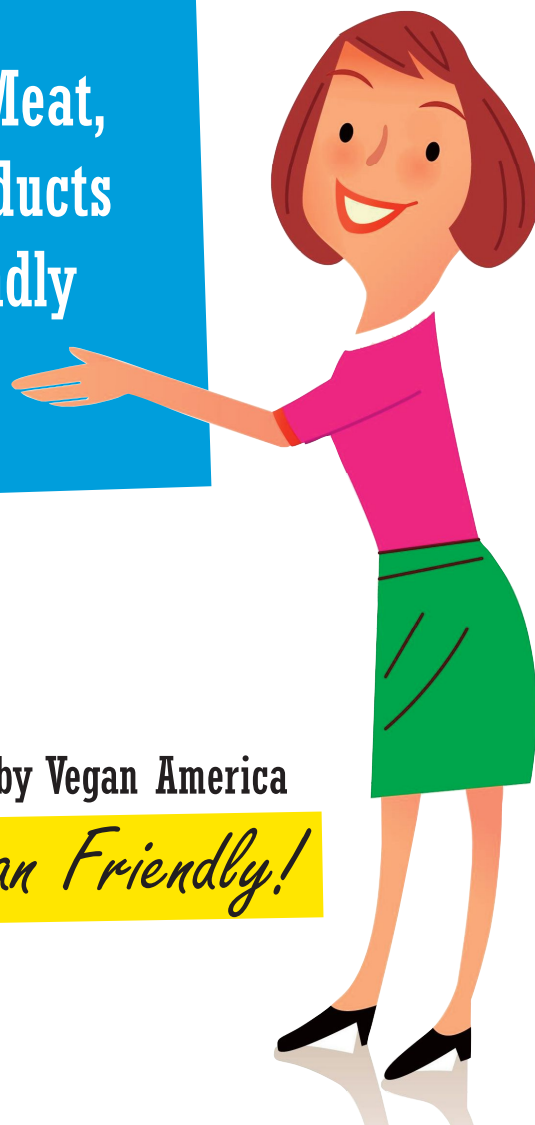
A Handy Guide to Vegan Substitution

How to Replace Meat,
Eggs & Dairy Products
with Animal-Friendly
Alternatives



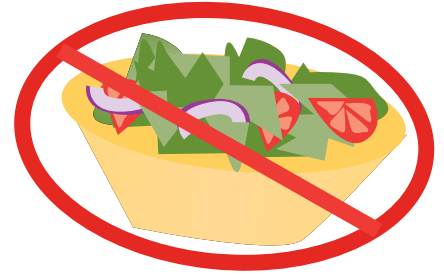
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Making America Vegan Friendly!



Vegan Meal Planning

Thinking Outside the Salad Bowl



Imagine a world where you continue to eat pizza and hamburgers, cakes and pies, milkshakes and ice creams. These foods look the same as what you eat now. They taste the same. They give you the nutrition you need. And you do not need to forsake the ease and convenience by which you get them. The only difference is that the ingredients that make up these foods are from plants, not animals, and no one is killed. Nothing changes in your diet, except no one dies. That is veganism.

And the easiest way to become vegan is to make the transition as familiar as possible—to “veganize” your favorite foods so that you can keep on eating them. You are more likely to sustain the switch to a vegan diet over the long term if you don’t have to give up the patterns of eating, cooking, and meal planning to which you have become accustomed. And 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 healthful 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 also make your own from scratch.

Prepare these foods as you would the animal based “food” or ingredients they are replacing. For instance, use a vegan ground “beef” to replace ground meat 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. Several varieties and flavors of pre-made seitan are on the market. Brand-name product recommendations are available at 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. 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/creamer. 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.





A World of Creamy Vegan Possibilities

Cream cheese, sour cream, yogurt in many flavors and vegan “dairy” products of all kinds are all available at your local natural food store. Some of these products are made of soybeans, some from rice, and others from nuts and coconuts. Use them as you would the original, whether as an ingredient in cooking or baking, or as a condiment. Spread vegan cream cheese on a toasted bagel. Try a baked potato slathered in vegan sour cream. Or for a quick snack on the go, try a delicious soy yogurt.



Feeding the Vegan Sweet Tooth

Over the last decade, natural food companies have been busy meeting the demands of the growing vegetarian and vegan foods market. Today, there is a ready-made vegan alternative for virtually every food Americans eat, even the desserts! Case in point: the great American ice cream sundae. Is there anything more quintessentially American than this decadent delight offering treat on top of treat on top of treat?

At your local natural food store, you can choose from a wide variety of non-dairy ice creams in every popular flavor from chocolate, vanilla and strawberry, to cookie dough, butter pecan and rocky road. And you can top off your non-dairy ice cream with vegan chocolate syrup, vegan whipped cream, and even vegan candy sprinkles.



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 foods 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

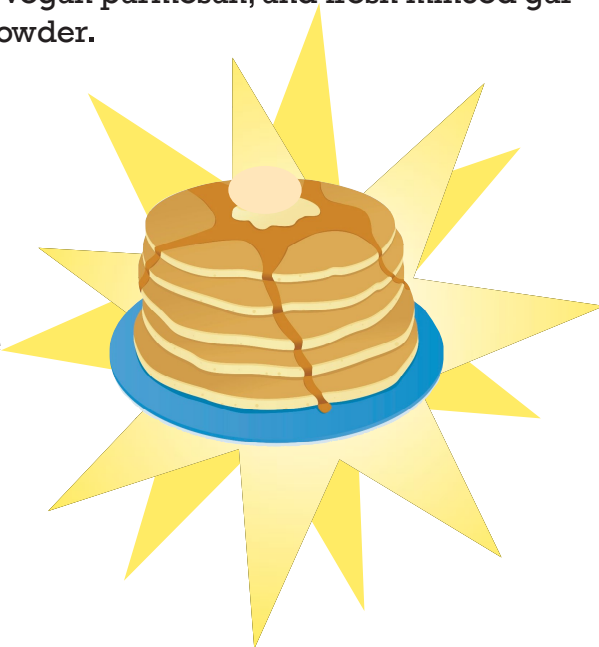


Veganize Spaghetti with Meat Sauce and Garlic Bread

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.

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, vegan mayonnaise, and soy cheese. 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!

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

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.



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