

Plant-based Recipe Redo

Choose a recipe from the list below. Your assignment is to turn the meaty recipe into a plant-based version.

You need to think carefully about which ingredients you are going to swap out and why. You might need to do some research before you begin. Be creative with your animal product substitutes. Remember to **substitute all animal products**. Once you have written your new recipe, please complete the questions below;

1. Explain how your changes might affect the nutritional quality of the recipe.
2. Explain how you think your changes will affect the taste and texture of your recipe? How can these be moderated?
3. What are the environmental benefits of your recipe changes?

Recipe List

Shepard's Pie

- 1 teaspoon salt, plus more to taste
- 3 large (1 1/2 to 2 pounds) potatoes, peeled and quartered
- 8 tablespoons (1 stick) butter, divided
- 1 medium onion, chopped (about 1 1/2 cups)
- 1 to 2 cups mixed vegetables, such as diced carrots, corn, or peas
- 1 1/2 pounds ground round beef
- 1/2 cup beef broth
- 1 teaspoon Worcestershire sauce
- Pepper and/or other seasonings of choice

Sausage Rolls

- ½ small garlic clove
- handful of parsley, chopped
- 400g sausage meat or sausages
- 375g pack ready-rolled puff pastry
- 1 beaten egg, to glaze

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Moussaka

- 3 tbsp olive oil, plus extra for brushing
- 1 red onion, sliced
- 500g lamb mince
- 2 garlic cloves, crushed
- 1 tsp mixed spice
- 2 aubergines, cut into slices
- 300ml tub crème fraîche
- 140g cheddar, grated

Pepper Steaks

- 2 tbsp light soy sauce
- 3 garlic cloves, crushed
- 1-inch piece of ginger, peeled and grated
- 450g steak (skirt steak works well)
- 1 tbsp vegetable oil
- 2 tbsp cornflour
- 1 tbsp sesame oil
- 1 onion, cut into thick slices
- 1 red and 1 yellow pepper, both cut into 1-inch pieces
- pinch of sesame seeds
- 1-2 tsp crushed black peppercorns
- 500g cooked noodles, to serve

Lasagne

For the meat sauce

- 3 tbsp olive oil
- 2 celery sticks, finely chopped
- 1 onion, finely chopped
- 1 carrot (about 100g), finely chopped
- 3 garlic cloves, crushed
- 140g cubetti di pancetta
- 500g beef mince (we used 10% fat)
- 500g pork mince or British veal mince
- 200ml milk
- 2 x 400g cans chopped tomatoes
- 2 bay leaves

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- 1 rosemary sprig
- 2 thyme sprigs
- 2 tsp dried oregano
- 2 beef stock cubes
- 500ml red wine