

## Vegan Comfort Food – Class 3

### Bangers and Mash and Chocolate Pudding

#### Bangers and Mash

- Vegan sausages (as many as you need) – brands such as Tofurky or Field Roast are good
- 3 lbs vegetables – a mixture of half russet potatoes, half sweet potato, parsnip, carrot, cauliflower
- 3 tablespoons nonhydrogenated margarine – eg. Earth Balance (optional)
- Plant-based milk or soy creamer
- Salt and pepper

Fry sausages (bangers) in a non-stick skillet with a little spray oil, on medium heat. Turn sausages until evenly browned all over.

Scrub or peel root vegetables, then chop into bite sized pieces. (You can leave the skins on to save time, but it won't look quite as pretty!)

Bring a large pot of water to the boil. Add the vegetables and cook until soft – 10-15 mins. Cauliflower can be steamed separately since it takes less time to cook. Drain the water. Mash all the vegetables together with a potato masher, until you have an even mixture. Add the margarine (if using) and gradually add milk or soy creamer and mix until the desired consistency is achieved. Add salt and pepper and mix well till desired taste is achieved.

Adding in the other vegetables gives the mash more nutrition than traditional mashed potatoes. In England, bangers and mash is traditionally served with cooked peas and baked beans! Serving steamed broccoli on the side would be a good addition.

#### Chocolate Pudding

- 1 cup semisweet chocolate chips (non-dairy)
- 1 cup non-dairy milk (eg. soymilk, almond milk)
- 1.5 packages low-fat silken tofu (12oz) or 1 larger pack.
- 1 teaspoon vanilla extract
- Sliced strawberries for topping

Melt chocolate chips in a bowl over a small pan of hot water, or in a microwave. Allow 5 mins for chocolate to melt, stirring occasionally. Place tofu, vanilla, melted chocolate chips and non-dairy milk into a food processor and process until smooth. Chill for 2 hours in the refrigerator or 30 mins in the freezer. Slice strawberries and serve on top of individual servings.