



*vegan*

**FOOD SWAPS**

**& INGREDIENT GUIDE**

Whether you've just started your vegan journey or are simply curious on how you can cut down on animal products, I've created this short guide to make sure you don't miss out of any of your favourite dishes.

**WALLFLOWER** *kitchen*

# MEAT SUBSTITUTES

## *plant-based alternatives*

There are so many options out there now. Fresh or frozen vegan sausages, bacon, chick'n pieces, mince, burgers and even steak! But if, like me, you're not much of a fan of the fake meats, that's no problem at all as there are plenty of other ways to create satisfying, protein-rich meals without them.

Easy to find in most supermarkets.



### SEITAN

A lot of meat alternatives are made with seitan because it has that slightly tough texture but I thought it deserved its own section. You can buy packets of wheat gluten to make your own at home, which is really fun and the possibilities are endless. Found in health food shops or online.



### TOFU

A vegan classic. Although by itself, tofu is pretty plain and boring, it absorbs flavours so well and is filled with protein which really leaves you feeling full. You can buy it fresh for the fridge, jarred for the cupboard, frozen, ready-marinated or as tofu puffs (deep fried bean curd - tastes incredible). Especially great for curries and stir fries. Easy to find in any supermarket or Asian grocery store.



### TEMPEH

Similar to tofu as they are both soy-based but tempeh is made from fermented soybeans whereas tofu is made from a condensed soy milk. Tempeh has a bit more flavour and texture. I especially love it crumbled into small pieces to use in place of mince. Found in health food shops and some supermarkets.



## MUSHROOMS

Mushrooms can provide both the texture and depth of flavour to a dish that will make sure no one misses the meat. And different mushrooms yield different textures! Shiitake mushrooms have a firmer texture, oyster mushrooms can give that “pulled pork” effect, portobello mushroom for steaks and button mushrooms for “chicken” pieces.



## LENTILS & BEANS

On their own, lentils and beans don’t really resemble a replacement for meat. But they can be used to create “meaty” mains such as my Lentil Loaf Recipe which is great for Sunday roasts, or bean burgers etc. They’re especially a great option if you’re interested in plant-based cooking for your health.



## FOR FLAVOR

If you’re making a gravy, stew or savoury pie and want to add a salty depth of flavour, use a teaspoon or so of yeast extract (such as Marmite) or miso paste.

# FISH SUBSTITUTES

## *plant-based alternatives*

Less choice than the meat substitutes but you can now find things like vegan tuna, salmon or frozen vegan fish fingers etc. Available in some supermarkets or specialist stores.



### CHICKPEAS

Mashed chickpeas with seaweed = tuna salad!



### TINNED ARTICHOKE & BANANA BLOSSOM

These make excellent ingredients for vegan fish or crab cakes as they have that flakey texture and absorb the other flavours well. Easy to find in most supermarkets.



### CARROT

Hear me out. You can make Lox with carrot strips by soaking them in Lapsang Souchong tea, for that smoked flavour.



### FOR FLAVOR

If you're making "fish" or "crab" cakes, add a couple of teaspoons of dried seaweed flakes. Or for Tofish and chips, use a nori sheet to layer on top for that battered fish look and taste.

# MILK SUBSTITUTES

## *plant-based alternatives*

Milk has to be the easiest substitute and a great place to start if you're looking to slowly transition to a more plant-based diet.



### **BEST FOR EVERY DAY**

The “best” will depend on your own taste but the most popular choices are oat, roasted almond, soy, rice, cashew and hemp. Coconut milk is also popular but avoid if you're not a fan of coconut flavour! You can buy sweetened or unsweetened and even chocolate milks too. Easy to find in any supermarket or you can make your own.



### **BEST FOR TEA & COFFEE**

You can now find dairy-free ‘Barrista’ milks, especially designed for tea and coffee. Oat milk is the most popular choice and is just slightly richer in texture than the others. Easy to find in most supermarkets or health food stores.



### **CONDENSED MILK**

You can now find ready-made tins of vegan condensed milk in many supermarkets or health food stores.

# CHEESE SUBSTITUTES

*plant-based alternatives*



## READY-MADE CHEESE SUBSTITUTES

When I first went vegan, I was not impressed by any of the “cheeses” on offer but now... there is much more choice, including; cream cheese, cheddar blocks, grated mozzarella, greek-style, parmesan and all kinds of flavours. And it keeps getting better! Easy to find in most supermarkets with a larger selection in health food store



## CASHEW (AND OTHER NUT-BASED) CHEESES

These are my personal favourite. Check out my [Cashew Cheese Sauce recipe](#) if you're looking for a very easy, basic introduction to using nuts to create cheesy flavours. You can then experiment with creating different textures (to slice, melt, stretch, grate etc.) and additional flavours too.



## NUTRITIONAL YEAST

The vegan holy grail. I and many others find it difficult to live without this stuff. It's very strange when you first try it, especially getting past that name. But it quickly becomes addictive and is so good for you too! Use it in place of parmesan, to add to pasta dishes or simply just add it to anything savoury for a great flavour. Easy to find in most supermarkets and health food stores.

# CREAM SUBSTITUTES

*plant-based alternatives*



## READY-MADE CREAM SUBSTITUTES

Not as readily available as vegan milks but you can often find cans of soy ready-whipped cream or double cream and oat crème fraîche. Sometimes available in supermarkets, health food stores or online.



## COCONUT CREAM

Simply chill a tin of full-fat coconut milk in the fridge or freezer and scoop out the cream. Whip to make a fresh whipped cream for frosting or serving with dessert. Can also be used to create a rich, creamy texture in savoury dishes.



## SILKEN TOFU

Can be blended to create a sour cream or to give a silky, creamy texture in sweet and savoury dishes. Easy to find in most supermarkets or Asian grocery stores.

# EGG SUBSTITUTES

*plant-based alternatives*



## EGG SUBSTITUTES

For baking, you can find egg substitute powder, that usually needs to be mixed with water to create a binding effect. There are now also powders to be used for whole eggs (to create scramble, omelettes etc.) and even liquids, such as 'Crakd' which are ready to pour and cook with (great for Yorkshire puddings!) Sometimes available in supermarkets, health food stores or online.

## AQUAFABA



The most famous vegan discovery. Literally just the liquid you normally discard from a tin of chickpeas. Whisk it up to create meringues, brush it on top of pastries as a glaze or use it to make royal icing. It also works as a straight up egg replacer in a lot of baking recipes - just use 4 tbsp in place of 1 egg. You can actually buy cartons of just aquafaba now but since vegans eat a lot of chickpeas anyway, it's a great way to save on waste! Store it for up to 3 days in the fridge in an air-tight container or freeze in ice cube trays for up to 3 months.



## CHICKPEA FLOUR / GRAM FLOUR / BESAN FLOUR

Mixing chickpea flour with water creates an eggy textures that makes a great omelette or frittata. Easy to find in supermarkets or Asian grocery stores.





## TOFU

Use silken tofu as an egg substitute in baking or use crumbled fresh tofu to create scrambled “eggs”.



## FLAX OR CHIA SEEDS

Mixing a tablespoon of these seeds with 3 tablespoons of water, creates a brilliant egg substitute that works especially well in biscuits/cookies. Easy to find in supermarkets or health food stores.



## VEGAN YOGHURT, PUREE AND OTHER EGG SUBSTITUTES FOR BAKING

Just like the silken tofu substitute mentioned above, you can swap 1 egg for 4 tbsp of soy yoghurt, pumpkin or apple puree, mashed potato and all kinds of other foods with similar textures (but choose wisely depending on what flavours you’re after!)



## FOR FLAVOUR

If you want to give an “eggy” flavour to something, I highly recommend sourcing black salt or ‘Kala Namak’. Just a tiny amount will do (and it will add a lot of saltiness too). Available in some world food stores, health food stores and online.

# MAYONNAISE, GELATIN, & HONEY SUBSTITUTES

*plant-based alternatives*



## MAYONNAISE

Another easy swap since ready-made vegan mayonnaise substitutes are usually incredible! You can also make your own using aquafaba or soy, if you prefer. Available in most supermarkets or health food stores.



## GELATIN

You can find sachets of 'VegeGel' which provide easy instructions on how to use. Or you can use agar agar powder/flakes which is an algae-based gelling agent. A few jellies/jellos are vegan-friendly now too - check the label. Sometimes available in supermarkets or Asian grocery stores.



## HONEY

You can now find vegan honey-substitute products, to mimic the exact flavour and texture of honey, but I personally just enjoy agave nectar or maple syrup instead. Great for pancakes, drizzling on toast or stirring into a hot toddy. Available in some supermarkets and health food stores.