



## Global Tea Party Recipes

### Category No1 - Vegan Afternoon Tea – UK ingredients

*The following recipes are all plant based, being suitable for vegetarians and vegans. UK ingredients are used, and where possible local Scottish and Glasgow based growers, manufacturers and produce suppliers are used.*

### Sandwich & Savouries

#### **Scottish Oatcakes topped with Smoked “Salmon” topped with Bute Island Vegan Cream Cheese**

##### Ingredients

- 3 carrots (1/2 pound or 225g)
- 1 tbsp of dried kelp or other seaweed
- 1 cup hot water (250 ml)
- 2 tbsp Henderson's Relish
- 2 tsp liquid smoke (optional)
- 1 tbsp beetroot vinegar (see bagel recipe)
- 1 tsp Walter Black Gold Star ketchup
- 1/8 tsp ground black pepper
- Sheese Vegan cream cheese
- Nairns Oatcakes
- Herbs to garnish

##### Instructions

1. Preheat the oven to 180°C.
2. Wash the carrots, add some salt to taste, put them onto a baking tray and bake for 40mins.
3. To make the marinade add the seaweed, water, ketchup, liquid smoke, Henderson's Relish, vinegar, pepper together and blend.
4. Remove the carrots from the oven and allow to cool, before slicing them into strips with a peeler or a mandolin.
4. Put the strips of carrot into a sealed container and rub in a little salt to taste.
5. Pour over the marinade and leave for at least 24 hours in the fridge. The vegan salmon should keep up to a week in the fridge.
6. Spread the Vegan cream cheese on with pieces of the “salmon” and a sprinkle of dill or chopped chives

## Chickpea 'Tuna' Salad Sarnies

400g/14oz tin Essential chickpeas, drained and rinsed (retain Aquafaba for mayo)

1 tsp Arran Fine Foods mustard

1 tbsp apple cider vinegar

Salt and pepper to taste

1 spring onion, finely chopped

2-3 Walter Black Gold Star mini pickles & gherkins, roughly chopped

Aquafaba from canned chickpeas mixed with 100ml Lidl Scottish Rapeseed Oil to form a vegan mayo – adjust qty of oil & add apple cider vinegar if required

Handful of mixed salad leaves

Scottish Tomato, diced

Slices of Hovis bread (Baked in Glasgow)

## Instructions

1. Mash chickpeas in a bowl.
2. Using a stick blender, blitz aquafaba and Rapeseed Oil (add vinegar if required to form the emulsion)
3. Add all the other ingredients apart from the salad leaves, and mix well.
4. Assemble sandwiches laying some salad leaves and sprinkling some diced tomato on each one. Also works well with sliced cucumber. Top with the chickpea "tuna" and enjoy!
5. If removing crusts from bread, these must be retained and reworked to breadcrumbs so there is zero waste

## Beetroot Hummus Bagels

### Ingredients

- Warbourtons Bagels (Use mini size if available or cut standard in half)
- 400g/14oz jar Walter Black Gold Star Beetroot, drained (retain vinegar for Salmon)
- 400g/14oz tin Essential chickpeas, drained and rinsed (retain Aquafaba for mayo)
- Grated carrot for garnish
- Watercress for garnish

### Method

1. Blitz beetroot & chickpeas in a food processor
2. Toast bagel and top with the beetroot hummus, garnish with watercress and grated carrot

## Scottish Isle of Bute Vegan Cheese & Chutney Rolls

### Ingredients

Mortons or Magees Rolls (Baked in Glasgow)

Scheese Slices

Scottish Tomatoes, sliced

Baxters Chutney

Method

- Slice rolls & add toppings
- If using bread rather than rolls, use Hovis Brown and toast on sandwich press

## **Sweet Treats – Vegan Bakes**

### **Scones – Topped with Vegan Cream & Raspberry Jam**

**Ingredients**

- 225g/scant 8oz self-raising flour
- Pinch of salt
- 50g/1¾oz vegan margarine or butter
- 25g/generous ¾oz caster sugar
- 120ml oat milk
- Aquafaba – retained from chickpeas
- Macphies of Glenbervie Plant Based Cream Alternative
- Baxters Raspberry Jam

**Instructions**

1. Preheat the oven to 220°C/425°F/gas mark 7.
2. Add the flour to a mixing bowl with the salt.
3. Rub the margarine into the flour.
4. Add the sugar and mix together.
5. Add the milk and mix to a soft dough. If the mix is too wet add a little flour, or if too dry add a little more plant milk.
6. Roll out onto a floured surface to approximately 2 cm thick. Cut into rounds and place on a greased baking tray. Mix a little mix and aquafaba to glaze the top
7. Bake for 10–12 minutes until risen and golden brown.
8. Serve with whipped vegan cream and jam.

NB – Can be made savoury by swapping out sugar for vegan cheese and mustard

### **Victoria Sponge**

**Ingredients**

- 400g/13oz self-raising flour
- 1¼ tsp bicarbonate of soda
- 200g/7oz caster sugar
- 115ml/3¾oz Scottish rapeseed oil
- 400ml/14fl oz dairy-free milk, such as oat
- 1 tbsp golden syrup
- 4 tbsp Mackays strawberry jam

- 150g/5oz Scottish strawberries (ideally grown in Fife), halved or quartered depending on size, to decorate

For the vegan Cream cheese

- 200g/7oz Sheese Vegan Cream Cheese
- 175g/6oz icing sugar, sifted
- 1 tsp apple cider vinegar

1. Preheat oven to gas mark 4/180°C/fan 160°C. Grease and flour sides and line base of 2 x 23cm (9-inch) loose-bottomed cake tins.
2. Sift flour, bicarbonate of soda and sugar into a large mixing bowl and mix together.
3. In a jug, whisk together oil, milk and syrup. Pour wet mixture into dry ingredients, then whisk using a hand-blender for 2m until thick and creamy.
4. Spoon mixture into the prepared cake tins and bake for 35–45 minutes until risen and cooked through. Remove from oven. Leave to cool in tin for 15m. Remove and leave to cool completely on a wire rack.
5. While cakes cool, make the filling: beat together cream cheese, icing sugar and vinegar in a mixing bowl. Cover and leave to firm up in the fridge.
6. Spread jam evenly over one half of the cake, followed by two-thirds of cream cheese icing. Top with second cake and spread remaining cream cheese icing on top. Decorate with fruit.

NB – This cake can also be prepared in a tray bake, and served cut into rectangles for ease of service. Jam and Fruit topping can be changed to make seasonal ie use Brambles or Raspberries depending on cost and availability.

## **Chocolate Fancy Bites**

Ingredients

- 300ml oat milk
- 1tbsp apple cider vinegar
- 150g vegan butter
- 3 tbsp golden syrup
- 275g plain flour
- 175g sugar
- 4 tbsp unsweetened cocoa powder
- 3 tsp baking powder
- 1 tsp baking soda (bicarb of soda)
- For the vegan chocolate frosting
- 75g vegan butter at room temperature

- 200g powdered icing sugar (confectioner's sugar)
- 4 tbsp unsweetened cocoa powder
- 2 tbsp water

## Method

1. Preheat the oven to 180°C/ 160°C fan/ Gas mark 4. Lightly grease tray-bake tins
2. Stir the vinegar into the milk and set aside to thicken and 'curdle' slightly into buttermilk.
3. In a pot over a medium heat, melt the butter, syrup and coffee (if using) together. Set aside to cool slightly.
4. Sift the flour, cocoa, sugar, baking powder and baking soda into a large mixing bowl and whisk together.
5. Pour the milk and melted margarine mixture over the flour mixture and stir well until it becomes a smooth batter.
6. Divide the mixture between the two prepared trays and bake for 30-35 minutes or until an inserted skewer or toothpick comes out clean.
7. Allow the cakes to cool in the tins for 5 minutes, then turn out onto a cooling rack to cool completely.
8. Meanwhile, to make the icing beat together all ingredients until smooth.
9. When the cakes are completely cold, sandwich together with half of the icing. Pipe the remaining icing over the top of the cake in a rosette per slice.

## Apple Flapjacks

### Ingredients

- 225g/8oz oats
- 125g/4½oz vegan butter
- 125g/4½oz light brown sugar
- 3 tbsp golden syrup
- 150g apple, finely chopped
- pinch salt

### Instructions

1. Preheat the oven to 180°C/gas mark 4.
2. Line a baking tray approximately 20 x 20 cm (8 inch) with greaseproof paper.
3. Gently melt the butter, sugar and golden syrup.
4. Add the apples, oats and salt, then mix well.
5. Press your mixture evenly into the baking tray and bake for 20 minutes.
6. Allow to cool slightly before partially slicing (still in the tray).
7. Allow to cool completely before slicing fully and serving.