

Vegan Tapas



150 quick and delicious
snacks & bites for
sharing

Julia Barnard

Vegan

Tapas

150 quick and delicious snacks
& bites for sharing

Julia Barnard

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Preview

Spicy peanut dip

This peanut dip uses light coconut milk. Make sure to shake the can of coconut milk well before opening as you will not be using the full can. This dip goes well with crumbed tofu fingers.

½ cup / 150g crunchy peanut butter
1 clove garlic, peeled and crushed
1 teaspoon lemon juice
1 teaspoon ground cumin
½ teaspoon dried chilli flakes
½ teaspoon onion powder
⅓ cup / 80ml light coconut milk
Salt and freshly ground black pepper

1 In a bowl, mix together the peanut butter, garlic, lemon juice, cumin, dried chilli flakes and onion powder. Gradually add the coconut milk, stirring well to combine. Season to taste with salt and freshly ground black pepper. Serve.

~ Makes 1 cup ~

Mushroom pâté

The cashews and red wine give an extra depth to this pâté. I use Swiss browns as I prefer their flavour to regular white mushrooms. Feel free to use your favourite mushroom variety in this recipe.

1 tablespoon olive oil
1 onion, peeled and chopped
1 clove garlic, peeled and crushed
150g Swiss brown mushrooms, sliced
1 tablespoon vegan red wine
2 tablespoons raw cashews
1 teaspoon chopped fresh parsley
Salt and freshly ground black pepper
2 tablespoons vegan cream cheese

1 Heat the olive oil in a frying pan over a medium heat. Add the onion and garlic and cook for 5 minutes, until pale and soft. Add the mushrooms and continue cooking for 3-4 minutes, until the mushrooms are soft. Stir in the red wine, letting it cook for 1 minute. Remove from the heat and leave to cool for about 10 minutes.

2 Tip the mushrooms into a food processor, together with the cashews, parsley and seasoning. Blend until the ingredients come together in a smooth consistency. Add the cream cheese and blend until combined. Spoon into a serving bowl and refrigerate until needed.

~ Makes 1 cup ~

Roasted olives

I use a combination of green and kalamata olives for this recipe. You can use any combination of olives. Don't forget to put out a bowl for the stones if your kalamata olives are not pitted.

1 tablespoon olive oil
1 tablespoon balsamic vinegar
1 clove garlic, peeled and crushed
1 teaspoon dried rosemary
1 teaspoon dried chilli flakes
1 teaspoon capers, drained
Juice of 1 lemon
½ cup / 80g green olives stuffed with pimento
½ cup / 80g kalamata olives

Preheat the oven to 200°C / 400°F / Gas Mark 6

1 In a jar or small bowl, mix together the olive oil, vinegar, garlic, rosemary, chilli flakes, capers and lemon juice.

2 Place the olives on a roasting tray and pour over the prepared mixture. Roast in the oven for about 20 minutes, until the olives begin to wrinkle. Spoon into a serving bowl and serve warm or cold with cocktail sticks.

~ Makes 1 cup ~

Marinated tofu, avocado and tomato skewers

This is one of those simple snacks that is unexpectedly flavourful. If you like, you can drizzle any remaining marinade over the prepared skewers.

For the marinade:

2 tablespoons extra virgin olive oil
1 tablespoon lemon juice
1 clove garlic, peeled and crushed
1 teaspoon dried oregano
1 teaspoon sugar
Freshly ground black pepper

180g firm tofu, drained
1 Hass avocado
2 tablespoons lemon juice
16 cherry tomatoes (about 120g)

1 In a bowl, mix together the olive oil, lemon juice, garlic, oregano, sugar and a good grind of black pepper. Slice the tofu into 16 cubes and add them to the marinade. Make sure the tofu is coated evenly. Refrigerate for an hour.

2 Halve the avocado and remove the stone. Using a melon baller, scoop out 16 rounds from the avocado. Alternatively, dice into 2cm pieces. Pour the lemon juice over the avocado to help prevent the avocado from browning.

3 On each cocktail stick, thread a cube of tofu, avocado piece and cherry tomato. You may need to halve the cherry tomatoes if they are quite large. Arrange on a serving plate and serve.

~ Makes 16 ~

Mini bean patties

No pre-cooking is needed to prepare these patties. The ingredients are blitzed up in the food processor and then baked in the oven. Enjoy these patties with sweet chilli sauce.

1 small onion, peeled and coarsely chopped
1 clove garlic, peeled and crushed
125g button mushrooms, coarsely chopped
400g can kidney beans, rinsed and drained
1 tablespoon tomato paste
1 teaspoon dried chilli flakes
½ teaspoon smoked paprika
¼ cup / 40g plain flour
Salt and freshly ground black pepper

Preheat the oven to 180°C / 350°F / Gas Mark 4

1 Place the onion, garlic, mushrooms, kidney beans, tomato paste, chilli flakes and paprika into a food processor. Process until the mixture comes together. The mixture should be chunky but well combined. Stir in the flour and season with salt and freshly ground black pepper.

2 Line a baking tray with baking paper. Place heaped tablespoons of the mixture onto the baking tray. Press down slightly with the back of a spoon to form patties.

3 Bake the patties in the oven for 25 minutes, until firm and cooked. Leave to cool for 5 minutes, before transferring to a serving plate. Serve.

~ Makes 16 ~

Patatas bravas

Patatas bravas are a classic tapas dish, great for sharing. Serve in a large bowl so guests can help themselves.

450g potatoes, peeled and cut into 2cm cubes
2 tablespoons olive oil
1 onion, peeled and chopped
1 clove garlic, peeled and crushed
400g can chopped tomatoes
1 tablespoon red wine vinegar
1 teaspoon chilli powder
1 teaspoon smoked paprika
Salt and freshly ground black pepper

1 Bring lightly salted water to the boil in a large saucepan. Add the potatoes, bring back to the boil and parboil for 5 minutes. Drain and set aside.

2 Heat the olive oil in a large frying pan over a medium heat. Add the onion and garlic and fry for 4 minutes, until pale and soft. Add the chopped tomatoes, red wine vinegar, chilli powder and paprika. Cook for 2 minutes, stirring.

3 Add the potatoes, stirring through the mixture. Season with salt and pepper. Turn the heat down slightly and cover the pan. Simmer for 15 minutes, removing the lid for the last 5. Cook until the potatoes are tender and the juices have cooked down. Serve in a large bowl.

~ Makes 2 cups ~

Pita crisps

You can prepare these pita crisps in advance as they are fine eaten cold.

1 teaspoon cumin seeds
1 teaspoon ground coriander
1 teaspoon sesame seeds
Salt and freshly ground black pepper
2 pita breads
Olive oil, for brushing

Preheat the oven to 200°C / 400°F / Gas Mark 6

1 In a small bowl, mix together the cumin seeds, coriander, sesame seeds, a pinch of salt and a grind of black pepper.

2 Brush the pita breads with olive oil. Distribute the spice mix across the two pitas. Slice into 3cm strips. A pizza cutter works well for this.

3 Place on a baking tray and bake in the oven for 10 minutes, until crisp.

4 Leave to cool, then serve with your choice of dip.

~ Makes 16 ~

Empanadas

Empanadas are a stuffed Spanish pastry. Traditionally they are fried, but I have baked them for this recipe.

1 tablespoon olive oil
1 onion, peeled and chopped
1 clove garlic, peeled and crushed
150g firm tofu
1 teaspoon dried thyme
Pinch of chilli powder
Salt and freshly ground black pepper
2 sheets frozen shortcrust pastry, thawed
Soy milk, for brushing

Preheat the oven to 200°C / 400°F / Gas Mark 6

1 Heat the olive oil in a frying pan over a medium heat. Add the onion and garlic and fry for 5 minutes, until slightly golden. Remove from the heat.

2 In a small bowl, mash the tofu with a fork. Add the onions, thyme and chilli powder. Mix well to combine and season to taste.

3 Using a 10cm round cookie cutter, cut 4 rounds from each sheet of pastry. Re-roll the remaining pastry and cut 4 more rounds to make 12 in total.

4 Spoon a heaped teaspoonful of the tofu mixture onto one half of a pastry round. Fold over and press the sides together firmly to seal. Brush with milk and place on a baking tray. Repeat for all the rounds. Bake in the oven for 25 minutes, until golden and crisp. Serve warm or cold.

~ Makes 12 ~

Chocolate brownies

What's there to say about the fantastic brownie? Easy to prepare and heavenly to eat. You can serve these to your guests warm or cold.

1 cup / 150g plain flour
1 teaspoon baking powder
½ teaspoon salt
1 cup / 75g cocoa powder
1 cup / 200g caster sugar
100g vegan margarine
½ cup / 125ml water
1 teaspoon vanilla extract

Preheat the oven to 180°C / 350°F / Gas Mark 4

1 Sift the flour, baking powder and salt into a bowl.

2 Place the cocoa powder, sugar, margarine and water in a medium saucepan. Place over a low heat and stir until the mixture is melted and smooth. Remove from the heat. Stir in the flour, mixing well.

3 Pour the mixture into a greased and lined 20cm square baking tin and bake for 25 minutes, until firm on top. Let stand in the tin to cool, before removing and discarding the baking paper. Slice into 16 squares then serve.

~ Makes 16 ~

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