

Serving Vegetarians

A Guide for the Catering Industry



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Welcome to 'Serving Vegetarians', The Vegetarian Society's guide for the catering industry, which aims to inform and inspire whenever you are called upon to create meals without meat. The Cordon Vert

School is the only vegetarian cookery school of its kind and we have pooled our knowledge, our own experience as vegetarian consumers, and a selection of hints, tips and feedback from chefs who have undertaken our professional training courses. I hope you agree that the result is a user-friendly guide to keeping your customers happy without making life difficult for the staff. Happy Cooking!

Christine

CHRISTINE TILBURY

MANAGER, CORDON VERT SCHOOL

THE BASICS

A **Vegetarian** does not eat any meat, poultry, game, fish, shellfish, crustacea or slaughter house by-products such as gelatine, animal rennet and carcass fats. Most vegetarians also prefer free range eggs and would not be happy to eat food that has been in contact with non-vegetarian food, for example chips that have been fried in the same oil as chicken. There are approximately 3 million vegetarians in the UK – around 5% of the adult population.

A **Vegan** does not eat any animal products which means that they eat vegetarian food that has no eggs, milk, other dairy products or honey. There are around 300,000 vegans in the UK.

You may have customers who describe themselves as vegetarian but eat **fish**. These people are not true vegetarians and we usually call them meat reducers. It is also worth being aware that a lot of people these days (around a third of the population) regularly eat vegetarian food without being fully committed to the diet so they may ask about veggie options before choosing a non-vegetarian dish. These customers would no doubt appreciate more – and better – vegetarian dishes but their flexibility does not reflect on the serious beliefs and life choices of committed vegetarians who need to know that your meat-free options really meet their needs.



INGREDIENTS AND STUMBLING BLOCKS

Although lots of meat and fish dishes can be adapted for vegetarians, simply removing the meat to create a vegetable stew, curry, chilli or lasagne won't really satisfy the appetites, nutritional requirements or taste buds of your vegetarian customers. A little forethought and use of a few different ingredients will guarantee a much more satisfying result.

■ Protein

Like meat-eaters, vegetarians need two to three portions of high protein foods every day and most people eat these in the two main meals of the day. Dairy products and eggs are good sources but so are pulses, soya, mycoprotein (Quorn™), nuts and seeds. Beans, lentils and chick peas may be the butt of many vegetarian jokes, but they are also cheap, nutritious and filling so don't be afraid to serve them.

■ Stock

If you are used to cooking with meat and fish stocks, you may find vegetarian food very bland, but it is easy to introduce more flavour. There are some very good commercial vegetarian stocks available (eg Marigold, which includes vegan and reduced-salt versions) or for deeper, saltier flavours you can use Vecon, Marmite ~~or even Bovril which is now vegetarian (although some of your vegetarian customers may not like the meaty taste).~~ Resist the temptation to add too much salt to replace the strong flavours you are missing and get creative instead. For more ideas on exotic flavours, see p4.

■ Meat Substitutes

How often have you heard a vegetarian say the hardest thing to give up was a bacon sandwich? For many new or young vegetarians meat substitutes provide the ideal solution to eating in the same style they were used to. For example, Quorn™ or

soya mince can easily be made into a bolognese sauce, a shepherd's pie or a moussaka and Quorn™ pieces can create tasty casseroles or stir fries. These are all cost-effective, easy handling solutions, but they will require a little extra flavouring and liquid because they are naturally quite bland and dry. Please remember, however, that some vegetarians don't like the taste or texture of meat substitutes so it's a good idea to offer a pulse, tofu or egg-based dish as an alternative.

■ Tofu

Don't be afraid of tofu! Although it can be very bland and unappealing in its raw state, tofu is ideal for vegans as well as vegetarians and is extremely versatile. Drained and dried off, it takes all sorts of marinades well and is also available in a wide variety of pre-prepared flavours ranging from beech-smoked to basil. Ideally it should not be held for too long so may be best for dishes cooked to order or used cold in dips or pates. Soft or silken tofu, which comes in long life tetrapaks, is also perfect for dairy-free desserts such as mousse or foos.

■ Gelatine

This is derived from the ligaments and skin of cattle and pigs. A suitable alternative gelling agent is agar agar or Vege-Gel™. These can give a slightly softer set, but are still very successful in desserts such as pannacotta or savouries such as

vegetable terrines. You will often find that low fat products such as yoghurt and cream cheese will include gelatine as a thickener.

■ Food Separation

Most vegetarians are concerned about cross contamination and will not want to eat food that has, or may have been, in contact with meat. The easiest way to achieve this is to keep vegetarian food, utensils and cooking pots separate from those you use for fish or meat and, if you are deep frying, don't use oil in which you have fried fish or meat products. This will require a bit of extra space in the kitchen, but it's well worth it to know that you are complying with all hygiene regulations and keeping your customers happy.

■ Vegetarian Society Approved

Almost 3,000 products and ingredients bear the 'Vegetarian Society Approved' seedling symbol, which means that they have been verified by us so you can be sure that they don't include any animal ingredients, only use free range egg and have not been tested on animals. Your menus can also be approved by us – see page 15 for details.



HIDDEN INGREDIENTS

When cooking for vegetarians you also have to be aware of all the by-products derived from meat and fish that occur in a wide variety of products. Here we list some of the more common problems that aren't always at first obvious.

■ Cheese

Many cheeses have been made using rennet derived from calves' stomachs, whereas cheese that is suitable for vegetarians is coagulated using a fungal or genetically manipulated rennet. You can quite easily source vegetarian versions of the large majority of cheeses. However Parmesan and Gorgonzola are both by statute always made with animal rennet, so you have to look out for

similar alternatives, such as the Vegetalia or Twynham Grange brands of Hard Italian Style Cheese to replace Parmesan, or a vegetarian Dolcellatte instead of the Gorgonzola.

■ Biscuits and chocolate

Some baked goods, snacks and chocolate may contain whey which has been sourced from cheese made using animal rennet. Manufacturers often change their ingredients so it is worth checking regularly.

■ Margarine

This may contain whey, gelatine or animal carcass fats. There is an increasing number of vegetable based margarines which are suitable for baking and do not contain hydrogenated fats, such as Tomor.

■ Condiments

Many brands of Worcester Sauce and some tapenades and other flavourings contain anchovies so check with your supplier or choose from Vegetarian Society Approved ranges.

■ Alcohol

Finally, be careful when cooking with alcoholic beverages such as wine, sherry, port or cider since they may have been refined using non vegetarian products such as gelatine, isinglass (a fish derivative) or egg albumen (unacceptable in a dish served to vegans). Many organic and/or New World wines are now vegetarian, but it is wise to check with your supplier

SOMETHING MORE ADVENTUROUS

Vegetarian dishes offer great opportunities to experiment with new ingredients, tastes and textures. All sorts of 'exotic' ingredients are becoming more readily available at a reasonable cost. For example, try using smoked sweet paprika with potatoes, rice or eggs for a subtle Spanish flavour. Or you could mix a few tablespoons of pomegranate molasses or tamarind with orange to create a sweet and sour dressing for roasted vegetables. Even classic Middle Eastern spices such as cumin, cinnamon and coriander can make a big difference to the taste of pulses or root vegetables.

Grains are another area where you can add a bit of variety and interest.

Camargue red rice makes a wonderful alternative for a salad or vegetable filling, combining all the nuttiness and nutrition of brown rice with a vibrant burgundy colour. Barley is also making a comeback in soups and risottos and there are a wide range of recipes using polenta. If you find this is too strong a taste, try adding

mashed potato or sweet potato, which also helps to soften the texture.

For a stylish finishing touch, small amounts of flavoured vinegars such as raspberry, or oils such as toasted pumpkin seed or hazelnut, can give a little bit more interest when added to standard dressings.



NUTRITION AND MENU PLANNING

General advice for healthy eating, including the Government's 'Balance of Good Health', applies to vegetarians in the same way as everyone else. Most vegetarian dishes naturally contribute to the five portions of fruit and vegetables we are all urged to eat each day and complex carbohydrates are also easy to include through starchy foods like potatoes, rice, pasta, cous cous, breads and other grains.

Many vegetarian customers would expect to see a source of protein included in individual meals, especially main courses. You will find that most vegetarian dishes will automatically contain some protein – a vegetable lasagne, for example, would have protein in the pasta and béchamel sauce; a vegetable curry would have protein in the rice – but it is a good idea to include dishes with other more concentrated sources of protein in your menus, utilising pulses, dairy products, soya, nuts, seeds etc, as previously mentioned.

The other nutrients commonly found in meat, ie B vitamins, iron and other trace minerals, are widely available in a vegetarian diet, but you may find some of your vegetarian customers hoping to choose iron rich dishes for a variety of reasons. Iron is found in particularly high levels in leafy green vegetables, pulses, wholemeal cereals, nuts, seeds and eggs.

Customers choosing a vegetarian meal may well be doing so because they are looking for the healthy option, so incorporating some wholemeal products is worth considering – for example using brown rice, or a brown/white mixture in curries and chillies.

Fruit and Vegetables

5 or more portions daily

Fresh is best, although this group also includes tinned, frozen, dried fruits, salad, and juice. Fruit and vegetables contain fibre, vitamins and minerals. Potatoes don't count in this section, as they are predominantly a starchy food.



Bread, Cereals and Potatoes

5 portions daily

These starchy foods make up the basis for most meals. This group supplies carbohydrates, fibre, protein, and some vitamins and minerals. Remember that whole, unrefined cereals are best.



Protein Rich Foods

2-3 portions daily

This would be traditionally looked upon as the meat section. Vegetarians get a plentiful supply of protein from pulses, nuts, eggs, seeds, soya, tofu, Quorn™ and wheat protein. Many other foods also contain a small amount of protein too.

Sugar and Fat

0-3 portions daily

Although some fat is needed in the diet, too much can lead to health problems. Fat and sugar occur naturally in foods, so we don't really need to add any extra to our diet.

Milk, Dairy and Alternatives

2-3 portions daily

This group provides a good source of calcium, protein and vitamins.

■ Adapting Meat or Fish Dishes

Once you understand more about vegetarian protein sources and flavourings, you will find it surprisingly easy to adapt your existing recipes. You shouldn't find that it takes any longer to prepare vegetarian recipes than ones containing meat and fish. As long as you keep your ingredients seasonal, the raw materials shouldn't be any more expensive – in fact they might even be cheaper. You will probably find you use a wider range of vegetables too, perhaps sweet potatoes and butternut squash for starch and crunchy peppers or mangetout for texture and colour. The main problem may well be the extra space you will need for separate utensils and boards, as well as fresh food storage, in order to avoid cross-contamination. As far as holding is concerned, be careful that meat substitutes don't dry out and that vegetables don't become too mushy.

■ Portion Size

Vegetarian, and particularly vegan, food can often be less sustaining than meat due to the bulk associated with lots of fruits and vegetables. It is worth bearing this in mind when determining portion size, especially if you are serving a dish based largely around vegetables.

■ The Usual Suspects

Lots of vegetarians love veggie lasagne, chilli, pizza and curry. However, like everyone else, we do have different tastes and preferences so it can become boring if those are the only choices available, especially if the vegetables are an overcooked after-thought that look like yesterday's leftovers and the main protein source is always cheese! Take a few minutes to consider the wide range of vegetarian ingredients available, let your imagination flow and add in a few extra touches that will make your everyday dishes just that little bit special and tasty. Turn to our simple ideas and recipes section for more inspiration.

■ Don't Forget Dessert!

A balanced vegetarian diet is a very healthy one but we still enjoy the odd indulgent pudding so please don't forget us! Gelatine, suet and animal fats appear in many pre-prepared desserts but can easily be avoided if you check the labels, look out for 'Vegetarian Society Approved' products or make from scratch using vegetable suet, agar agar, Vege-Gel or other alternatives, as described on p3.

■ Estimating Demand

Chefs we spoke to in planning this guide reported significantly more demand for vegetarian meals than might be imagined considering the number of veggies in the population. Many customers prefer vegetarian dishes on a regular or occasional basis and, as your confidence in catering for vegetarians increases, so will demand. Comments from chefs who have really focused on serving quality vegetarian food include:

"Overall demand for vegetarian meals has increased by 25% over the last year".

"The increase in the uptake of vegetarian meals has been significant. In fact, some meat eaters are now eating vegetarian on a regular basis."

"We usually put on 6 options a day. It used to be 2 meat, 2 fish and 2 vegetarian. It has now become 1-2 meat, 1 fish and 3-4 vegetarian".



SUPPLIERS

Your normal suppliers should stock many typical vegetarian ingredients such as beans, lentils, rice and polenta. If you are preparing something special, perhaps following one of our gourmet recipes, you may have to search a little harder, but otherwise the main areas you may need to find new sources for are chilled goods such as Quorn™, tofu and cheese or pre-prepared products such as sausages or burgers. Of course, if you are using these in small quantities you may find your local supermarket the most convenient source, or local speciality producers. However, there is an increasing number of wholefood wholesalers with large scale distribution, concentrating on providing a wide range of vegetarian ingredients, many of which are organic, fair trade and GM free. The following list should help you minimise your purchasing sources (and traumas).

Infinity Foods

67 Norway Street
Portslade
East Sussex BN41 1AE
Distribution: Nationwide
t: 01273 424060
www.infinityfoods.co.uk

Lembas

The Old Tannery, Unit 5
Whiting Street
Sheffield S8 9QR
Distribution: North West
Yorkshire, Midlands
t: 0114 258 6056 / 0845 458 1585
www.lembas.co.uk

Queenswood Natural Foods

10 Bristol Road
Bridgewater
Somerset TA6 4BU
Distribution: South West, South East,
Wales
t: 01278 423440
www.queenswoodfoods.co.uk

Rainbow Wholefoods

Whitelodge Estate
Hall Road
Norwich NR4 6DG
Distribution: East Anglia and Essex
t: 01603 630484
www.rainbowwholefoods.co.uk

Suma Wholefoods

Lacy Way
Lowfields Business Park
Eland
W. Yorks HX5 9DB
Distribution: UK, Eire, Europe
t: 0845 4582291
www.suma.co.uk

Vegetarian Express

Unit 6
Fishers Industrial Estate
Wiggenhall Road
Watford WD18 0FF
Distribution: Nationwide
t: 01923 249714
www.vegetarianexpress.co.uk

SIMPLE MEAL IDEAS

Try making chilli with a variety of pulses, including borlotti, cannellini or red kidney beans. Don't just serve it with rice, but try using it to fill roasted half peppers.

Make a macaroni cheese more colourful and healthy by adding layers of spinach or sliced tomatoes, and add mustard for extra flavour instead of more cheese.

Use lentils cooked in stock as a base for bolognaise and add sun dried tomato paste, finely chopped sun dried tomatoes or olives to your tomato sauce.

If you want a strong tasting cheese don't just rely on stilton or goats cheese. Grilled halloumi adds a lovely salty flavour to salads and for stuffed vegetables or pizza topping try feta – it contains nearly a third less fat than cheddar.

Bake free range eggs on top of lightly roasted new potatoes, onions, tomatoes and fresh herbs in place of a traditional cooked breakfast or brunch.

If you can't use nuts, substitute seeds in muesli, salads and savoury crumbles or gratins. You can even make a delicious pesto with toasted pumpkin or sunflower seeds.



MANGETOUT AND QUORN STIR FRY

A slightly different twist on the traditional oriental flavours, this dish is better cooked to order, but can also be served at room temperature as a main course salad. If using the Quorn™ pieces, marinade first in a mixture of soy sauce, honey and ginger, or a light stir fry marinade.

Serves 10

3 tbsp groundnut oil
3 cloves garlic, finely chopped
1 tsp ground cumin
1 tsp ground coriander
1 tsp cinnamon powder
2 tsp chilli powder
2 tbsp black onion (nigella) seeds (optional)
400g courgette, thinly sliced
1 large red onion, thinly sliced
400g carrots, cut into matchsticks
400g Quorn™ pieces or smoked tofu, diced
3 large lemons, juice only
4 tbsp mint, chopped
1½ tbsp honey
300g mangetout

Heat the oil in a large pan. Add the garlic and spices and fry for 1 minute to flavour the oil.

Add the carrots, courgette and onion and stir fry for 3 – 4 minutes. Then add the Quorn™ or tofu, lemon juice, mint and honey and continue stir frying until Quorn™ is cooked.

Either finely slice the mangetout into very thin strips or leave whole and add just before serving to retain crispness.

Per portion:
211 kcal
7.7g fat
71p cost



Recipe by Sarah Kearns

BOBOTIE

A substantial South African dish, traditionally made with lamb, which we have replaced with lentils and roasted vegetables. Although it looks a little like a moussaka, its main flavour is one of mild curry. If the sweet and sour taste is not popular, leave out the raisins and use less chutney.

Serves 10-12

125ml olive oil
450g aubergine, in small cubes
700g courgettes, thinly sliced
600g sweet potato, in small cubes
2 tbsp curry powder
3 medium onions, thinly sliced
6 cloves garlic, finely chopped
4 tbsp raisins

5 tbsp mango chutney
400g continental lentils (cooked)
75g flaked almonds (toasted - optional)
1 large lemon, grated zest only
6 medium free range eggs
1 tbsp turmeric
600ml half fat crème fraîche
10 bay leaves

Pre-heat oven to Gas 5/190°C

Place the vegetables in a large roasting tin. Mix the curry powder into 90ml of oil and drizzle over. Roast for 20-25 minutes until soft.

Heat the remaining oil and sauté the onion and garlic until golden. Add the raisins and cook for a further 2 minutes. Finally add the chutney and lentils and mix well together (don't worry if it looks a little mushy).

To assemble, place the roasted vegetables in the base of a large baking dish. Spread the lentil mixture on top and scatter over the almonds and lemon zest.

Beat the eggs lightly with the turmeric. Add the crème fraîche, season and pour over the bobotie. Stick the bay leaves in the mixture. Bake for 20 minutes. Remove bay leaves before serving.

Per portion:

412 kcal
27.1g fat
69p cost



TORTILLA LASAGNE

A great alternative to pasta, but just as easy to prepare and hold, with more protein and less saturated fat than a standard veggie lasagne. It can also be converted into a cannelloni by rolling each wrap around a portion of the vegetable and yoghurt mixture and covering them with the tomato sauce and grated cheese. If using ready made pasta sauce, be aware that some brands are very high in fat. If making for a smaller group, use a round shallow dish and keep the wraps whole.

Serves 12

3 packets 10" flavoured wraps
2 tbsp olive oil
6 medium red onions, thinly sliced
425g frozen chopped spinach
1 kg tinned cannellini or flageolet beans (drained weight)
900ml plain full fat yoghurt
1.3kg tomato pasta sauce
350g vegetarian cheddar cheese, grated

Pre-heat oven to Gas5/190°C

Cut the wraps into quarters and grill or bake until beginning to crisp.

Sauté the onion in the oil.

Defrost the spinach and drain very well. Then mix together with the beans and natural yoghurt.

In a large baking dish layer the tortilla in this order: $\frac{1}{3}$ of the wraps, half the sauce and onions, $\frac{1}{3}$ of the wraps, all of the spinach & bean mixture, $\frac{1}{3}$ of the wraps topped with the rest of the sauce and onion and finally the cheese.

Bake in the oven for 20 minutes.



Per portion:

632 kcal

24.1g fat

72p cost

MINI LEEK & COURGETTE MUFFINS

These miniature muffins make ideal canapés served with guacamole or filled with flavoured cream cheese. Try them in a larger size with eggs for breakfast or soups for lunch. For even more flavour serve with melted cheese on top.

Makes 40 mini or 8 large

120ml olive oil

200g leeks, finely chopped

1 clove garlic, crushed

200g courgettes, grated

300g self raising flour

2 tsp mild curry powder

2 tbsps black onion (nigella) or poppy seeds

1 tsp paprika

250ml semi-skimmed milk

2 medium free range eggs, lightly beaten

Pre-heat oven to Gas 5/190°C

Heat 2 tsp of olive oil and sauté the leeks until soft, then add the garlic. Squeeze any excess moisture out of the courgettes, add to the mixture and sauté for a further 2 minutes.

Mix the flour and spices together in a large mixing bowl, then add the vegetable mixture and the remaining ingredients including the rest of the oil. Mix together gently.

Lightly grease 3 or 4 mini muffin tins and place a tablespoon of mixture into each hole. Bake for 20-25 minutes until each muffin has a cake-like consistency.

Take out of the tins and place on cooling racks.

Per portion:

Small	Large
55 kcal	275 kcal
3.9g fat	19.7g fat
3.5p cost	18p cost



MANGO AND ORANGE FOOL

This is an incredibly easy to prepare dairy and egg free dessert, that is ready to eat in less than two hours. Soya cream has the same fat content as single cream, so it still has that 'naughty' feel. Any strong flavoured fruit can be used in place of mangoes, but don't forget to blanch the orange zest to avoid any bitterness.

Serves 10-12 in espresso cups

- 450g silken tofu
- 300ml soya cream
- 5 cm fresh ginger, peeled and grated (optional)
- 1 vanilla pod, seeds only
- 3 tins (425g each) mangoes, drained
- 2 oranges, blanched briefly
- 4 tbsp caster sugar
- 1 tsp vanilla extract

Per portion:

115 kcal
5.8g fat
39p cost

Drain the tofu and place in a blender with the soya cream, ginger and vanilla pods and pulse. Roughly chop the mangoes and blend into the mixture.

Use a cannelle to make some strips of orange zest for decoration, then grate the rest and add into the blender with the sugar and vanilla extract. Blend until smooth and pour into espresso cups.

Segment the oranges. Decorate the fool with the segments and zest and chill for an hour.



SANTA FE STACKS

Whether it's a private function or a boardroom lunch, when you need to push the boat out this gorgeous dish is well worth the effort required to source a few ingredients you may not find on your usual suppliers' lists.

Polenta can make an interesting change from pasta, couscous and rice – but only if you can balance the strong cornmeal flavour. If you can't find the speciality ortolana brand, try adding herbs, olives or pesto. Here the kick is provided by the smokiness of the chipotle chilli while the richness of the avocado and cheese is cut by the Mexican style salsa. Don't forget polenta is also gluten-free.

Serves 4 as a starter

175g polenta ortolana or instant
600ml light vegetable stock
6 sun dried tomatoes chopped
(if needed)
3 tbsp creamed sweetcorn (optional)
1 tbsp chipotle en adobe
(smoked chilli)
1-2 tbsp olive oil
1 large or 2 small ripe avocados
1 clove garlic, very finely chopped
125g goat's cheese (with rind)

salsa

100g cherry tomatoes, seeds
removed and finely chopped
1/2 shallot, finely chopped
1/2 tsp sugar
1/2 lime, zest and juice
1/2 small green chilli, finely chopped
1 1/2 tbsp coriander, finely chopped

Bring stock to the boil in a non stick
saucepan and gradually stir in the
polenta and cook according to
instructions on the packet until it
resembles a thick paste. If you are
using instant polenta add the sun
dried tomatoes as well as the
creamed corn and chipotle.

Line a Swiss roll tin with foil and
spread the polenta out to cool.

Mash the avocado with the garlic and
season with salt and pepper. Slice the
goat's cheese into four circles and
mix together all the salsa ingredients.

Using a 7.5cm pastry cutter, cut eight
circles of polenta and gently sauté in
a non stick frying pan until golden.

Place four circles on a baking sheet
and top with the avocado mixture.
Cover with the remaining circles and
top with the cheese. Place under the
grill until bubbling. Slide onto serving
plates and spoon over the salsa.

Per portion:

352 kcal

12.2g fat

72p cost



Recipe by Sarah Kearns



TRAINING FOR CHEFS with the °Cordon Vert School



°Cordon Vert School

The Vegetarian Society's internationally renowned Cordon Vert School is the home of vegetarian cuisine and has an unrivalled reputation for excellence.

Catering for Vegetarians – a two day course for Professional chefs

This unique course has been developed to give professional caterers the practical guidelines, information and inspiration to provide first-rate vegetarian food that all their customers will enjoy. Establishments that have enrolled their staff on Cordon Vert courses include:

- House of Commons Catering Department
- P & O Cruises
- HM Prisons
- Manchester Conference Centre
- Nottingham and Loughborough Universities
- a wide range of independent restaurants and other establishments

Seminars, demonstrations and practical sessions give chefs a thorough grounding in vegetarian cuisine. Chefs completing the course will not only increase their knowledge of vegetarian diets, suitable ingredients and pitfalls (cheese, alcohol, additives), they will also learn how to use protein alternatives, how to adapt meat and fish recipes, and how to create nutritionally balanced vegetarian dishes.

Certification

Delegates will be awarded the 'Catering for Vegetarian' Level One Certificate.

For a copy of the course outline and further information or to book, call 0161 925 2014, email cordonvert@vegsoc.org or visit www.vegsoc.org/cordonvert



WORKING WITH THE VEGETARIAN SOCIETY

Food and Drink Guild



If you take catering for your vegetarian customers seriously, why not go one step further by having your menus verified by us? The Vegetarian Society's seedling symbol trademark is proudly displayed by restaurants, hotels, cafes and caterers all over the UK, as members of our Food & Drink Guild scheme.

This instantly recognisable symbol ensures that when vegetarians are eating out, they can dine with complete confidence, safe in the knowledge that recipes and working practices fully comply with The Vegetarian Society's strict criteria concerning vegetarian suitability. Those who own enterprises where vegetarian food is cooked and sold have experienced first hand the many advantages the symbol offers. It is widely recognised as the best possible way of displaying an establishment's vegetarian credentials.

For details on how to get your vegetarian dishes approved contact the Business Development Officer, on 0161 925 2028 or via email at fdg@vegsoc.org.

Advice and Information

The Vegetarian Society website, www.vegsoc.org includes a wide range of information sheets, recipes for small or large-scale preparation and lots of general information.

If you, or your colleagues, cater for young people you may find it useful to order a copy of our specialist recipe and information booklet, 'Vegetarian Catering for Schools and Colleges'.

For your own personal interest, we have a wide range of free booklets including guides to going (and staying) vegetarian, healthy eating for vegetarians, vegetarian pregnancy and infant diet, young veggies and a wide range of resources for vegetarians.

To order any of our information leaflets or to request advice or information on any topic relating to vegetarianism, please call The Vegetarian Society on 0161 925 2000 or email info@vegsoc.org.

National Vegetarian Week

Our annual awareness raising week takes place in May and is a wonderful opportunity to showcase your vegetarian catering with special offers, events and promotions. For more information, visit www.vegsoc.org/nvw or contact the Events Officer on 0161 925 2000, nvw@vegsoc.org.





Design: Temple Design • Photography: Shoot The Moon • Home Economist: Rob Morris

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