



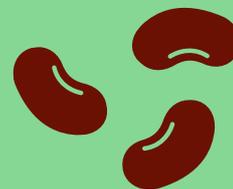
The following ingredients can be used as meat substitutes when preparing vegetarian dishes:

BEANS, LENTILS, PULSES

Beans, lentils and pulses can be used as meat substitutes in a variety of dishes including shepherds/cottage pie, stews, casseroles, bean burgers etc.

Varieties include:

- Red, green, brown, continental and Puy lentils
- Red kidney beans
- Butter beans
- Haricot beans
- Chick peas
- Split peas (yellow or green)



TOFU

- A Chinese and Japanese staple, tofu (soy bean curd) is now readily available in most grocery stores.
- Tofu is high in protein, vitamins, calcium and other minerals, and is cholesterol-free.
- Tofu is generally fairly bland but takes on the flavour of whatever it's cooked with and has no flavour of its own -- it's just an ingredient, not something you'd eat by itself.
- Tofu adds texture: it comes in soft, firm, silken, baked. The key is finding the right texture for a recipe.

Firm Tofu

- The firm kind is more common, and is best for general cooking.
- Firm tofu is generally darker in colour – sort of mushroom brown colour
- Comes in tubs or vacuum packs, in which it is submerged in water. When you open the pack, rinse the tofu under cold running water, then squeeze out the water and dry it with a kitchen towel.
- You can also freeze it. When it is defrosted, it takes on a darker colour and a chunky, meaty texture.
- Firm tofu may be marinated, fried, stir-fried, deep-fried, sautéed, diced and added to salads or casseroles.
- Firm tofu is best used as a meat substitute.



Silken Tofu

- The smoother, creamier silken version is a better choice for making into dips and spreads, although firm tofu can be used for that as well. Silken tofu is not a good choice for frying or roasting.
- Silken tofu is usually sold in foil packs. No special storage is needed for it - just keep it refrigerated. This sort of tofu usually has a longer shelf life than the firm variety.



TEMPEH

Tempeh is a fermented Soya bean paste which has a chewy texture and distinctive flavour and can be used as a meat substitute in recipes. It may be shallow-fried, baked or steamed. It is normally sold frozen. In no circumstances should it be re-frozen if previously defrosted.

QUORN PRODUCTS

Quorn has various different product types, including mince, chicken style pieces, fillets, roasts, nuggets, bacon etc. Some of those that would be useful as substitutes are:

- Quorn Mince – good for bolognese, cottage pie, lasagne, chilli.
- Quorn Chicken style pieces - perfect for stir-fries, curries, casseroles, home-made nuggets etc
- Quorn Fillets – good substitute for any dish requiring whole pieces chicken/meat/fish

Note: Quorn products should not be used more than once a week for children under the age of 5 because it is very low in fat and energy. Other substitutes such as lentils, tofu, beans etc can be used.

