

ADDITIONAL IDEAS FOR RECIPE MODIFICATION

With just a bit of experimentation, additional recipes may be made acceptable for vegetarians by using the following suggestions.

1. Eggs in baked goods can often be eliminated, with little effect on taste or texture. If the family-size version of the recipe calls for one or two eggs, just leave them out, adding a couple of extra table-spoons of water for each egg to maintain the intended moisture content. If more than two eggs are called for, substitute one of the following for each egg:
 1. 1/4 cup (2 ounces) soft tofu blended with the liquid ingredients of the recipe
 2. 1/2 small banana, mashed
 3. 1/4 cup applesauce or canned pumpkin
 4. 1 tablespoon flaxseeds pureed in a blender with 1/4 cup water
 5. 1 heaping tablespoon soy flour mixed with 2 tablespoons water
 6. 2 tablespoons cornstarch
 7. Ener-G egg replacer, a mixture of potato starch, flour and leavening, is available at most health food stores. Use according to directions. (Ener-G Foods, Inc., 5960 First Ave. South, Seattle, WA 98108. Call 1-800-331-5222.)
2. To replace eggs which are used for binding, such as in burgers or loaves, try:
 1. Mashed potatoes
 2. Quick-cooking rolled oats
 3. Cooked oatmeal or cooked rice
 4. Fine bread crumbs
 5. Tomato paste
3. Diced or mashed tofu can be used in some salads and sandwiches in place of chopped egg. Scrambled tofu is an excellent alternative to scrambled eggs.
4. Tofu can be blended with a commercial vinaigrette to make a creamy salad dressing. Use a commercial dressing which does not contain animal products, and if possible, one which is fat-free. Add fresh herbs, such as chives, basil, oregano, marjoram, etc., if desired.
5. Texturized vegetable protein (TVP) can be used to replace ground meat in items like chili, tacos, or sloppy Joes. The cost and preparation time will be equivalent to, or less than, the meat-based version.
6. Replace the ham in bean or pea soup with sliced vegetarian hot dogs added at the end of the cooking time, or simply leave the ham out and add other seasonings, such as marjoram, cumin, black pepper, and salt.
7. Liquid smoke may be added to soups for a "meaty" flavor, though some individuals may object to this product due to personal health beliefs.
8. Replace the meat stuffing in bell peppers or cabbage rolls with a stuffing of rice, nuts, and raisins.
9. A number of meat-like products, such as tempeh or seitan, can be substituted for meat in recipes. Tempeh is made from fermented soybeans and normally is bought in blocks about 1/2" thick. Seitan is made from wheat gluten and is often more appealing taste-wise to the public than tempeh.
10. Gelatin, which is an animal protein, may be replaced with Superfruits, a plant-derived jello available from natural foods distributors. (Contact The Hain Food Group Inc., 50 Charles Lindbergh Blvd., Uniondale, NY 11553. Call (516) 237-6200.)

11. Instead of clam chowder, prepare a corn/potato chowder.
12. White sugar alternatives (Some vegans will not use white sugar since it may be whitened with animal bone char, depending on the source.): concentrated fruit juice, dates, raisins, sweet fruits, blended fruits, banana.
13. Non-dairy frozen desserts include Rice Dream, frozen tofu desserts, sorbet, etc. Beware that items such as sherbet may contain gelatin, dairy, or eggs.
14. In chili, mix different varieties of beans, such as chickpeas, navy beans, and kidney beans. Add some corn for extra color.