

VEGAN SUBSTITUTES For Meat, Eggs, and Dairy

Vegetarians eat no flesh foods. Vegans eat no animal products at all: no eggs, dairy products, or honey.

VEGAN FOODS That May Not Be Familiar to You

Tofu or bean curd, is made from soy milk. Extremely versatile and high in protein, calcium, and iron. Regular tofu comes in tubs in the refrigerator case; silken tofu is on the shelf in aseptic packages. Use silken for soups, dips, and blended desserts; regular for stir-fries and other main dishes.

Tempeh is a cultured product made from the whole soybean. In refrigerator case.

Seitan or wheat gluten, is made from the protein part of wheat. Available in refrigerator case, or in DIY packages on the shelf.

TVP is texturized vegetable protein. Usually fat free and enriched with vitamins. Available in dried form on the shelf, in bulk or prepackaged, in various textures (cubed, "ground") and flavors. Reconstitute by adding equal part of hot or boiling water.

Nutritional yeast is a specially cultivated bright yellow food yeast, rich in minerals and B vitamins and delicious despite its dutiful-sounding name. Available in bulk or prepackaged in natural food stores/sections.

Tahini is sesame seed butter. High in protein, calcium, and iron. Available in international (Middle Eastern) and natural food sections of supermarket.

Miso is fermented soybean paste, quite salty and with considerable health benefits. Useful as a condiment, ingredient or soup base. Available in tub or jar in refrigerator case.

MEAT SUBSTITUTES

Tofu (especially when frozen and thawed to achieve a chewy texture), tempeh, seitan and TVP are all excellent meat substitutes in recipes. In addition, there are many commercially manufactured meat analogues—dogs, burgers, sausages, luncheon "meats," etc.—which are quite convenient and healthful. Some, like Not Dogs and Tofu-Lin (baked, marinated tofu which is great sliced for sandwiches), are made by the Rochester company Northern Soy, under the SoyBoy label. To make sure that a meat analogue is vegan, check the label. If you don't see the word "Vegan" make sure there are no animal ingredients, including egg whites or dairy products such as milk, whey, casein or caseinate. A few brands that are reliably vegan are Gardein, Field Roast, and Tofurky. Other foods that have a "meaty" taste or texture, such as beans, eggplant and mushrooms (especially portabellas), can be delicious meat substitutes. To substitute for ground beef, try a mix of cooked lentils, sautéed onion and garlic, and ground walnuts.

EGG SUBSTITUTES

Try scrambled tofu: Sauté the vegetables you usually add to eggs, add mashed tofu and some turmeric, garlic powder and nutritional yeast for color, flavor and added nutrition. Follow Your Heart's Vegan Egg is a product that can be used to mimic scrambled eggs.

For egg-free mayonnaise, some commercial brands are Vegemise, Just Mayo, Earth Balance, and Nayonnaise. The Vegg is a product that substitutes for egg yolks. NOTE: Egg Beaters is not a vegan product.

To substitute for eggs in cooking and baking:

- Ener-G Egg Replacer, a commercial product (follow package instructions)
- mashed or blended tofu
- mashed banana (in baking)
- 1 tbsp. ground flaxseed blended w/ ¼ c water
- 2 tbsp cornstarch for one egg
- Aquafaba (cooking liquid from beans) is all the rage! Search online for recipes for quiche, strata, meringue, macaroons, etc.

DAIRY SUBSTITUTES

For milk on cereal and in recipes, try the plant milks made from rice, soy, almonds, cashews, hemp seed, coconut, oats—available on the shelf in aseptic packages or in the refrigerator case. For ice cream, there are frozen desserts based on the same variety of plant milks (try So Delicious), as well as fruit-based sorbets. Most sorbets (but not sherbets) are vegan and fat free.

For cheese, cream cheese, sour cream and the whole array of dairy foods, there are a number of ingredients which can be mixed and blended imaginatively to create delicious and healthful substitutes. These include: tofu, tahini, nutritional yeast, miso (especially light miso), white beans, nuts and seeds, vegetables such as winter squash and corn, lemon juice, onion and garlic powder, mustard and pimientos (for color). Spices such as paprika and turmeric add some of the desired color. A classic cookbook in this vein is *The Ultimate Uncheese Cookbook* by Jo Stepaniak; newer cookbooks using techniques of fermenting and aging are *Artisan Vegan Cheese* by Miyoko Schinner and *The Non-Dairy Evolution Cookbook* by Skye Michael Conroy. There are many commercially manufactured dairy substitutes such as Tofutti cream cheese and sour cream (both good); Daiya cheese (good for grilled cheese and pizza) and Chao slices made by Field Roast. Two brands of nut-based fermented cheese take this to a new level: Miyoko's Creamery and Treeline (both available at Lori's). Read labels carefully, as many "non-dairy" cheeses contain casein, a milk protein, or variants such as calcium caseinate or sodium caseinate.

RECIPES TO TRY

EGGLESS EGG SALAD

(from *The Compassionate Cook* by PETA)

- 1½ lb firm tofu, mashed
- ½ cup eggless mayonnaise, such as Vegemise or Earth Balance
- ½ cup chopped fresh parsley (optional)
- ¼ cup sweet pickle relish
- ½ medium onion, finely chopped (optional)
- 2 stalks celery, finely chopped
- 1½ tsp garlic powder
- 1½ tsp salt
- ¼ tsp turmeric
- 1½ tbsp wet mustard

Combine all ingredients. Use for sandwiches or on crackers.

CHEEZY GARBANZO SPREAD

(from *Eat Right, Live Longer* by Neal Barnard, M.D.; recipe by Jennifer Raymond)

- 1 15-oz can garbanzo beans
- ½ cup roasted red peppers (available in jars)
- 3 tbsp tahini
- 3 tbsp lemon juice

Drain garbanzo beans, reserving liquid, and place them in food processor with remaining ingredients. Process until very smooth. Mixture should be thick, but if necessary, add 1 to 2 tbsp of reserved bean liquid to achieve desired consistency. Serve on bread or crackers, as a filling for tortillas, or in casseroles.

GEE WHIZ SPREAD

(from *The Ultimate Uncheese Cookbook* by Jo Stepaniak)

- One 15.5 oz can Great Northern beans (about 1½ cups), rinsed and drained
- ½ cup pimiento or roasted red pepper pieces
- 6 tbsp nutritional yeast flakes
- 3 tbsp fresh lemon juice
- 2 to 3 tbsp tahini
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp prepared yellow mustard
- ½ tsp salt

Blend in food processor or blender until completely smooth. Chill thoroughly before serving. ❖

VEGAN SUBSTITUTES FOR NEARLY EVERYTHING

(with tips on brands to look for)

Vegan substitutes or analogues are specialty products, and as such they can be expensive. There is no virtue in eating them: they can be high in salt, and can contain more protein and oil than you need or want. On the other hand, as processed foods go, they are relatively benign, with ingredients like beet juice to give color. And they can be good transitional foods as you move towards a more plant-based diet and try to serve it to your family and friends. Used in moderation, or as an ingredient in an entrée, vegan substitutes can be quite healthful.

One hazard of coming up with a list is that the products are always changing, with new ones coming and old ones going. Every list is a bit idiosyncratic, and we apologize if a favorite of yours is not here. Manufacturers will make their product lines more or less vegan over time, according to customer demand and other variables. For example, Gardein is a new company that was formed for the purpose of offering vegan taste-alikes. Lightlife, which used to be a reliably vegan company, is now using egg whites in their chicken-cutlet type product. Yves Good Dogs went from non-vegan to vegan. Companies like Boca have always had some vegan and some non-vegan products. A couple of reliably vegan companies, in addition to Gardein, are Field Roast and Tofurky. But what we recommend is that, since you are spending good money on something you expect to be vegan, check the label and ingredients every time.

These products should be available in the natural food stores, Abundance, Lori's and Hart's. Wegmans and Trader Joe's may carry these and/or store brands of the same items. Here, in no particular order:

TURKEY ROAST: Tofurky. It gets better every year.

SAUSAGE: Tofurky brand and Field Roast are both delicious. Gimme Lean has a softer consistency but is also delicious. SoyBoy, made by local Rochester company Northern Soy, makes Breakfast Links, small-size links with a distinctive sweet taste, also very good.

MEATBALLS: Nate's Meatless Meatballs

GROUND MEAT: Try Boca Ground Crumbles. Boca products are sometimes found in the regular refrigerator case, not the natural food section. Also try Lightlife Smart Ground.

BURGERS: Try Boca Original Vegan and Gardein brands for a "meaty" burger. Soy-Boy's Courage Burgers, which use okara, the high-fiber by-product from the tofu manufacturing process, taste a little like chicken patties.

HOT DOGS: Try Tofurky brand hot dogs, Yves Good Dogs, and Lightlife Smart Dogs.

The local company Northern Soy makes Soy-Boy Not Dogs, which are very low-fat and wheat-free. Their taste and texture is less reminiscent of real hot dogs but they are delicious in their own way. Tofurky sausages are bigger than standard hot dogs, but would be good on a large gyro or sub roll.

COLD CUTS: Try Tofurky and Lightlife brands. You can also find variations on cold cuts like pepperoni and Canadian bacon-style products.

BACON: Try Lightlife Fakin' Bacon, made with tempeh, a whole food derived from fermented soybeans.

CHICKEN NUGGETS: Try Health is Wealth Vegan Nuggets, Patties and Buffalo Wings (the latter are spicy). Be careful, as Health is Wealth also makes real chicken nuggets.

MARINATED TOFU: SoyBoy's Tofu-Lin, which comes in many varieties, is a good "meaty" ingredient in sandwiches, grain-based dinner salads, and much more.

WEGMANS! Be sure to try their line of vegan meat substitutes, packaged as Don't Be Chicken, Don't Be Piggy, and Don't Have a Cow. The names are a light-hearted reference to the animals which keeps them in our consciousness. These are off-label/made by Gardein, and they are very good.

As we move from meat to dairy substitutes, a word about Tofutti, a company originally formed to provide kosher alternatives to dairy that could be eaten with meat-based meals. Tofutti products are always dairy-free but, eggs are not a factor in observing kosher and at least one Tofutti product contains eggs (the cookies). Tofutti sour cream, cream cheese, cheese slices and ice cream are vegan.

MILK: There are now so many plant-based milks (and creamers, and yogurts) that there is almost no point in listing the types and brands. There are milks made from soy, rice, coconut, hemp, oats, almonds, cashews, and hazelnuts, and blends of the above. They come sweetened and unsweetened, flavored and plain, and calcium-enriched if you wish. Most come in aseptic (juice-box style) packages which have storage advantages (can be kept on the shelf until opened); some come in gable-top cartons in the refrigerator case. There are store brands of soy and rice milk at Trader Joe's and Wegmans. Try them until you find one that you like!

CREAMER: For those who drink coffee and tea, Silk Soy Creamer is a wonderful product; try others based on almond and coconut.

YOGURT: Plant-based yogurt with live cultures is available, based on the same array of plant foods as the non-dairy milks.

SOUR CREAM, CREAM CHEESE: Try Tofutti Better Than Cream Cheese and Sour Cream Supreme.

CHEESE: Vegan cheeses have often gotten a bad rap for their taste and texture. You also have to be careful, because many so-called

"non-dairy" cheeses (as well as powdered creamers) still contain casein or caseinate, a milk protein. Follow Your Heart, Tofutti and Field Roast (Chao) all make vegan slices. Daiya, a product using tapioca and pea protein, comes shredded or in blocks; it melts and is good for grilled cheese sandwiches and pizza. Companies that make fermented and aged nut-based cheese with complex flavor are Miyoko's Creamery and Treeline, both available at Lori's; also look for Kite Hill.

For Parmesan-style cheese for sprinkling, try Go Veggie! brand made by Galaxy Foods. Don't forget nutritional yeast, a natural product. It's available in bulk in natural food stores (also in a bag by Bob's Red Mill and in a jar by Bragg's and Red Star brands). Nutritional yeast tastes cheesy and is great for sprinkling on pasta or popcorn, either as is or ground up with nuts and a dash of garlic powder and salt in the food processor.

ICE CREAM An array of soy, rice, almond, and coconut based varieties. One favorite is So Delicious, which makes soy, almond and coconut based varieties. Tofutti was one of the first soy ice creams and is still good. Ben & Jerry's has vegan almond-based flavors like Coffee Caramel Fudge and Chunky Monkey (make sure you get the vegan variety of those flavors).

MAYONNAISE: Vegenaïse, Earth Balance, and Just Mayo are very similar to traditional mayonnaise. Nayonnaise is lower in fat and comes in an even lower-fat variety.

BUTTER: Try Earth Balance margarine, a balance of plant-derived oils with no hydrogenation or trans fats. Still, use it in moderation (the same advice holds true for many of the products listed here).

SPAGHETTI SAUCE: It used to be that "Marinara" was a reliably vegan variety, but Wegmans Marinara sauce contains cheese; however, Wegmans Roasted Garlic and Tomato Basil varieties are vegan (so are the same varieties at Trader Joe's).

BOUILLON Better than Bouillon No Chicken or Vegetable Base (a paste in a jar) is good, but be careful, as this company also makes real chicken bouillon.

A final bit of advice is to READ THE LABEL on every item. E.g., Follow Your Heart and Lightlife are mostly vegan brands, but they make a few non-vegan items. The ingredients to avoid are: milk, cheese, eggs or egg whites, whey, casein, honey and gelatin. Look also at the end of the ingredient list where it may say "CONTAINS: Milk, eggs, etc." (Since animal foods are common allergens that's why they appear on that part of the label, along with wheat and soy, also common allergens.) Look for the Wegmans "V" designation of vegan items in its own product line; or the "Certified Vegan" designation with a "V" inside a heart inside a circle. Also remember: This list is a work in progress; product lines are always changing. Especially in the area of vegan milks and cheeses, new products are coming out all the time, and that's a good thing!❖