

INTRODUCTION

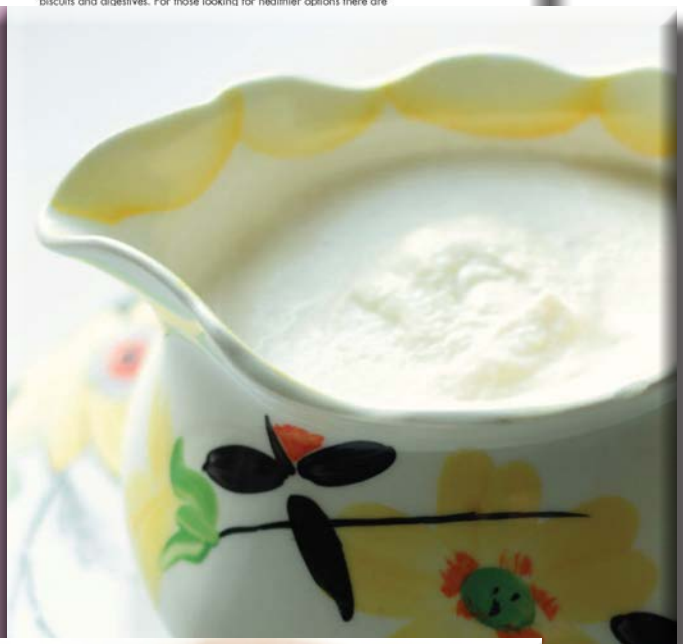
Welcome to *Scottish Vegan Baking*! So many people enjoy baking – whether it's bread for sandwiches and morning toast, biscuits for a cuppa with friends, or scones and cakes for a family Sunday afternoon tea at home – and there are now many books available on vegan baking to give the baker confidence when moving from dairy-based recipes. But this is the first to focus on all the classic Scottish bakes, made vegan. In this book, the sequel to *The Scottish Vegan Cookbook*, I have taken some of the nation's favourites, often named for the region from which they hale – from Abernethy biscuits to Selkirk bannock, Border tart to Tantallon cakes, Ecclefechan tarts to Dundee cake – and given them the special vegan makeover.

Whether you are going, or have gone, vegan for the animals, for the environment or for your health – or all three – have dairy-free needs, or are baking for vegan friends, family, a bake sale or work colleagues, vegan baking is done differently. The ingredients are, of course, different – there's no dairy butter, dairy milk, dairy cream, eggs, honey or gelatine – but the baking methods, which I take you through in each recipe, are also different.

To get you started, I show you which substitutes you need for dairy ingredients and how to use them, which is followed by a 'How To' section with baking tips to help ensure your breads and cakes rise and your baking reaches delicious perfection! The recipes are then gathered into different sections, starting with a range of basics including pastry, whipped cream, caramel and cake toppings that you can use time and time again. There are recipes for breads and biscuits to make including baps and a fermented barm loaf using Scottish ale! And classic Scottish cakes such as marmalade cake and sticky gingerbread as well as vegan versions of the all-time greats – carrot cake and Victoria sponge – and a celebration chocolate cake.

I have included vegan adaptations of several different versions of scones and shortbread to showcase the historical and regional range, and one of my favourite shortbread recipes in the book is also gluten-free. There are a few twists, including cranachan (that gorgeous blend of raspberries, whisky, cream and oatmeal) both in a tart and a cheesecake, as well as classics like empire biscuits and diaestives. For those looking for healthier options there are

BASICS



GINGERBREAD HEARTS

Makes about 14–16 large hearts or 24 small hearts

Prep time: 10 minutes + chilling time

Cooking time: 12–14 minutes

A slightly different take on gingerbread people, these are gingerbread hearts, which are sometimes iced, although I prefer them plain. They are delicious with a cup of tea. If you prefer to make gingerbread figures or other shapes, the mixture works just the same.

INGREDIENTS

340g plain wholemeal or plain white flour

1 teaspoon bicarbonate of soda

1½ teaspoons ground ginger

½ teaspoon ground mixed spice

110g soft vegan butter (such as Vitalite)

110g dark brown or muscovado sugar

2 tablespoons black treacle

1 tablespoon golden syrup

METHOD

Heat the oven to 180°C and grease and line 2 rectangular baking sheets with greaseproof baking paper.

Combine the flour, bicarbonate of soda, ginger and mixed spice in a mixing bowl. Place the butter, sugar, treacle and golden syrup in a saucepan on low-medium heat to melt. Remove from the heat and cool for 5 minutes then stir into the flour mixture. With a spoon and then with your hands bring everything together into a soft ball of dough. Wrap in cling film and chill in the fridge for 30 minutes.

On a floured surface with a lightly floured rolling pin, roll out the dough to around 2.5cm thick. Cut out your heart shapes with your biscuit cutter and place on the prepared baking sheets. Re-roll and cut out the remaining dough. Bake in the oven for around 12–14 minutes until golden brown and firm. Remove from the oven and transfer to a wire rack to cool completely. These will keep for a week or so in an airtight container.

