

BARBIE'S TOP 10 BARBEQUE TIPS

(That Everyone Can Enjoy)

.....includes The Vegan Society's 25 Best Sandwich Ideas

Safety – Be Patient. The BBQ should be a gentle glow not an eyebrow-removing inferno that produces carcinogenic cremated offerings. Always follow BBQ manufacturer's instructions. The BBQ area should be protected from the wind, with dogs, cats and children kept safely away.

Vegan Sausages - Visit your local health food store and ask about the latest vegan delights suitable for BBQs or see *The Animal Free Shopper* ISBN 0907337252.

Salads - Make sure you have lots of fresh organic salads. Use egg-free mayonnaise, Omega 3 oils and balsamic vinegar for dressings.

5 a Day - Vegetables can be BBQ'd too - marinated organic vegetable, fruit and tofu kebabs, corn on the cob, sweet potatoes, pumpkin and waffles.

Desserts - try BBQ'd banana with some yummy vegan ice cream and maple syrup, agave or date syrup. Get some vegan choc-ices.

Plan ahead - Make sure you have a plan B in case it rains.

Mosquitoes - Get some citronella or lavender candles to deter insects.

Drinks – Ensure an ample supply of gelatine/isinglass free organic beer and wine and some nice non-alcoholic drinks for the BBQ chef, drivers, kids and the others.

Music – Vegan sounds include Moby, Bryan Adams, Shania Twain, Heather Small or check out my band The Dollz (see www.thedollz.com)

Preparation - Avoid worry and forgetting things by making a list. Delegate tasks so that you can relax and enjoy yourself. If you plan to use fireworks please try to be considerate of the animals - fireworks going off all the time upsets local wildlife and pets.

Lots of Love and have a good time

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For more details about a lifestyle that benefits people, animals and the environment see www.vegansociety.com, www.worldveganday.org or telephone 0845 4588244



EVERY BODY BUTTIES

Especially for UK Vegan Week and World Vegan Day the Vegan Society has 25 sandwich suggestions with something for everyone to enjoy. Fillings can be presented in corn tortillas or rice pancakes or as tasty salad in a take-away tray for people on gluten-free and wheat-free diets.

1. **Korma Have a Go!** - smoked tofu or vegan "chicken", korma flavoured egg-free dairy-free mayo & crispy lettuce.
2. **Bright Blokes' BLT** - vegan bacon, lettuce & tomato, thick bread.
3. **Wee Willy Winkie** - vegan sausages HP sauce & lettuce.
4. **Scrambled Meg** - scrambled tofu, cauliflower, sweet-corn, parsley, vegan mayo, nutmeg and cress.
5. **Peanut Buttie** - fair-trade peanut butter with vegan coleslaw and bean-sprouts.
6. **Seafood Cocktail** - sweet corn, vegan scampi, tomato sauce, nori seaweed flakes, lettuce, gerkins, lemon and capers.
7. **Fungi Filler** - wild mushroom and tarragon pâté, gherkins & red onion.
8. **Bagpipe Bun** - vegan haggis, piccalilli
9. **Posh Pants Chip Buttie** - roasted rosemary potatoes, tahini, watercress.
10. **My Mate** - yeast extract, vegan cream cheese & apple.
11. **Dolphin Friendly Salad** - (frozen) flaked smoked tofu, vegan tomato pesto, spring onions, vegan mayo.
12. **Miso You Madly** - miso, walnuts, beansprouts and crisp salad
13. **Cold Dog** - vegan frankfurters, sauerkraut, tomato sauce, mustard and onions.



14. **Ducking and Diving** - mock duck, vegetarian oyster sauce, spring onion, shredded Chinese leaves and cucumber.
15. **Tikka Bite o' This** - vegan "chicken" marinated in tikka sauce, vegan mayo.
16. **Bloody Mary** - tomatoes, black pepper, sun-dried tomato, vegan pesto
17. **Dhal Delight** - lentil, garlic and lime pâté, red onion & mango chutney.
18. **Chocoholic** - organic fair-trade hazelnut and chocolate spread with bananas.
19. **Totally Tropical** - vegan cream cheese, apricots, pineapple & sunflower seeds.
20. **Moussaka Me Gently** - roasted aubergine, garlic, baked sweet potato, nutmeg, sun-dried tomato paste, grated vegan "cheese" & vegan mayo.
21. **Bubble 'n Squeak** - pickled red cabbage, onion, crushed black pepper, salt, tahini, yeast extract, baked potato & vegan mayo.
22. **Bounty Hunter** - coconut, toasted Nori seaweed, beansprouts, coriander & lime.
23. **Mole in the Hole** - guacamole, smoked garlic, sliced baked vegan sausages
24. **Falafelling About** - sliced falafel, onions, chilli sauce & shredded cabbage.
25. **Squish & Chips** - fishless fingers & chips, vegan mayo and lettuce.

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