



## Vegan Catering Guide

**Vegan food is prepared** from the bountiful plant kingdom: vegetables, grains, legumes (peas, beans, and lentils), fruits including nuts and seeds; plus fungi (mushrooms), minerals (salt), etc.

**Vegan food excludes** animal-source products or ingredients: meat, fish, or fowl, or derivatives of these such as gelatin, rennet (in cheese), soup broths made from animal stock (beef, chicken, fish); also rejected is anything else of animal origin such as milk, whey, cheese, butter, yogurt, casein, eggs, honey.

**Substitutions**, commercially available or made from recipes, are:

**Dairy:** Milk, yogurt, cream, butter, cheese, etc. can be made from soy and other beans, rice, nuts or seeds.

**Egg:** Replace one egg\* with approx. ¼ cup of one of the following: tofu, applesauce, pureed fruit, soy yogurt, avocado, vegan mayo, mashed potatoes or sweet potatoes, tomato paste, oats, breadcrumbs, flour, banana, water, soymilk. Another option for binding, mix 3 Tbsp. water with 1 Tbsp. ground flax or cornstarch. For lightness, slightly increase the amount of baking powder, or baking soda and vinegar (or other acid such as lemon juice). For egg smell and flavor add ½ tsp. black salt.

\*The selection depends on qualities desired: binding, lightness, volume, and/or flavor.

**Meat:** Main dishes and burgers can be made from seitan (wheat gluten), soy (tempeh, tofu, and TVP), or legumes often combined with grains, nuts, mushrooms, and/or vegetables.

**Alcohol:** refer to [Barnivore.com](http://Barnivore.com) for listings without animal ingredients or fining agents.

### General tips:

When making a dish vegan, be sure to replace calories, not just take them out. Protein can be from legumes: beans and peas such as kidney beans, pinto beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas, lentils. Carbohydrates come from grains, root vegetables, and legumes, complemented by the less-filling vegetables and fruits. Fats come from nuts, seeds, coconut, avocado, and oils.

Many people eat vegan for their health and prefer unrefined foods, such as brown rice and whole-grain bread over their white counterparts, and natural sweeteners such as dried fruit or maple syrup over high fructose corn syrup and white sugar. Flavor may be enhanced with herbs, spices, salt, pepper, and soy sauce. Many ethnic dishes are suitable for vegans.

Maintain a list of ingredients used in recipes to inform those with allergies, and for verifying an item is vegan.

Please keep vegan food separate from animal products during all stages of preparation. Use care when food is made on shared equipment and disclose this to customers who ask.

Menu and recipe ideas for vegan soups, salads, main dishes, sides, and desserts at [AmericanVegan.org](http://AmericanVegan.org)

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