

ONE BITE

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Vegan Magazine

July / August 2019

VEGAN EATS
IN LISBON,
PORTUGAL



VEGAN
JERKY UP
FOR GRABS
from
VITAL EATS



VEGAN
SALAD RECIPES
that DON'T SUCK!



VEGAN
ICE CREAM
& POPSICLE
RECIPES



SUMMER FRUIT
» Recipes «

FOOD THAT
LOVES YOU!

Fermentation 101

+ RECIPES

Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY



VEGAN MARSCAPONE & Red Berry Tarts

By Freya and Charlie

COOKING TIME:

30 Minutes

SERVING SIZE:

8 Tarts

INGREDIENTS

- 1 sheet of puff pastry
- 1 tbsp of almond milk for glazing the pastry
- 10 tbsp vegan crème fraîche
- 4 tbsp single soya cream
- 5 tbsp icing sugar, sieved
- fresh raspberries
- fresh strawberries
- toasted almond flakes
- dark chocolate shards
- mint
- icing sugar for dusting

INSTRUCTIONS

1. Preheat the oven to 220 degrees Celsius.
2. Roll out your pastry sheet and using a circular cookie cutter or a glass, cut circles into your pastry. You should have 6 circles of pastry. Put your circles to one side and roll out the remaining pastry. You should be able to make two more circles.
3. Line a baking sheet with baking paper, and place your circles onto the sheet.
4. Using a knife, score a line 1cm from the edge to create an inner circle. This will create a line for you to cut through the puff pastry once it has cooked, so you can push the inner circle down and fill with your toppings.
5. Brush the circles with some almond milk, then place in the oven and cook for about 10 minutes until the pastry is golden and crispy.
6. Whilst your pastry is cooking, make the vegan mascarpone. In a bowl mix together the crème fraîche and the single soya cream. Then sift in the icing sugar and whisk it all together.
7. After 10 minutes, once your pastry has cooked, remove it from the oven and leave to cool down.
8. Once they are cool, using a knife, cut along the line you created earlier in your pastry. Once you have cut around in a full circle you should be able to push the centre of the pastry down into the middle slightly.
9. Spoon some of the vegan mascarpone into the middle of the tarts, then top with raspberries, strawberries, dark chocolate shards, toasted flaked almonds, mint, and a dusting of icing sugar.



Lovely Jubley —

The Lovely Jubley vegan food and lifestyle blog was founded in 2018 by Freya and Charlie, a couple in their mid-twenties, living in London who started their vegan journey together over two years ago. They are dedicated to sharing tried and tested delicious vegan food, including easy peasy weeknight dinners and sensational meals for special occasions.

Visit their website: lovelyjubley.com

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