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dishes plus Soups. All are gluten-free and 25 of the 30 are either milk / dairy free or provide a dairy free modification. I count roughly 15 dishes that could be fully vegan. Vegan cheese, or ' Dave ' as we now call it in the UK, is never employed.

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corn, soya, egg, nut
free. Anna: We used
this sauce to dress
black bean spaghetti
and decided it was
perfect, but it is such
a good sauce that we
are sure it would
work well with any

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other gluten-free
pasta. Michelle: Pulse-
based pastas are now
becoming quite
common. They tend
to have a rather
different, coarser
texture than wheat,
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pasta and a fairly
vigorous flavour, so
are best matched with
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