



**veganfest**  
T A S M A N I A

Sponsored by:



## Cooking Demonstrations – in the Marquee

10.30am	Peruvian ceviche	Alan Whykes, from Otis Beanery
11.30am	Scones, Vegan Style	Kate Lucas
12.30pm	Lola Coco's Amazing Salad	Kim Wellspring
1.30pm	Heaven on Earth Cake	Kiren Couser
2.30pm	Shepherds Pie	Kate Lucas

***Samples available to taste after each demonstration***

Alan Whykes	Peruvian ceviche	Alan is the owner of Otis Beanery, and runs vegan cooking classes and food tours overseas. He is demonstrating a fresh salad dish of ceviche covering, 3 different ways to make it: traditional, 'ancestral' and oriental.	10.30am
Kate Lucas	Scones, Vegan Style	Everybody loves scones with jam and cream, particularly for morning and afternoon tea. Kate Lucas is the co-owner of Vegelicious, the first all vegan food stall in the state, and she will show how to make different types of vegan scones and a vegan cream to go with them. There will lots of samples to taste so come and enjoy morning tea with Kate.	11.30am
Kim Wellspring	Lola Coco's Amazing Salad	Kim will show you how to create this super salad (including kale, cranberries, nuts, seeds, citrus, edamame and more), and a brief description of the benefits of each and any health warnings (eg. Soy) Because even vegans can sometimes not eat enough veg	12.30pm
Kiren Couser	Heaven on Earth Cake	Kiren is vegan and a keen home cook who loves to create food from around the world from plant-based ingredients. Kiren is demonstrating a Heaven on Earth Cake which combines cake, a sweet cherry filling, vanilla pudding and a luscious layer of cream. It's a party favourite in the States, similar to our trifle but without the jelly layer and I think it would be perfect for your Christmas table.	1.30pm
Kate Lucas	Shepherds Pie	If you think you have to give up your favourite comfort foods to become vegan, think again. Kate Lucas is the co-owner of Vegelicious, the first all vegan food stall in the state, and she just loves to convert all of her favourite non-vegan recipes to vegan. Kate will show how to make an Accidently Vegan Shepherd's Pie and you don't even have to have a pantry full of vegan items to make it!	2.30pm