



## WELCOME TO THE VEGETARIAN COOKERY CLASS

WEDNESDAY 25<sup>th</sup> July 2018

GUEST PRESENTER: WILLY ELMIRA

RECIPES: Mushroom, Cashew & Green Pea Risotto

Chia Pudding with Strawberries

Hazelnut & Date Chocolate Mousse

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## MUSHROOM, CASHEW & GREEN PEA RISOTTO

### Ingredients:

1 tbsp nutritional yeast	1 tsp apple cider vinegar
1/4 cup cashews	8 oz button mushrooms
1 cup fresh or frozen peas	2 cloves garlic
1/4 tsp freshly ground black pepper	sea salt
6 cups low-sodium vegetable stock	1 cup short grain brown rice

### Method:

Place Cashews in small bowl and cover with 1 cup of water. Set aside to soak for 30 mins.

In a large skillet with a cover, combine the onion and 1/4 cup of water. Cover and cook on high heat for 5 mins.

Stir in mushrooms and peppers cook over medium heat, uncovered, until the mushrooms are tender, 8 to 10 minutes.

Add the green peas and cook for 5 minutes, adding water 1-2 tablespoons at a time as needed to keep the vegetables from sticking. Remove the pan from the heat and set aside.

In a medium saucepan, combine the vegetable broth, rice, garlic and thyme. Bring to the boil over high heat. Reduce the heat to medium, cover the pan, and simmer, stirring occasionally, until the rice is cooked, about 45 mins.

Meanwhile, transfer the cashews and their soaking water into a blender. Blend until smooth. Set aside.

To the pan with the rice add the reserved mushroom mixture and cashew milk along with the vinegar, nutritional yeast and salt. Cook, uncovered, over medium heat, stirring often, until the rice is completely cooked and still creamy, about 30 minutes (add more water if the liquid has been completely absorbed).

Remove the pan from the heat. Cover with a lid and let stand for 5 minutes. Taste and adjust the seasoning. Serve hot.

## CHIA PUDDING WITH STRAWBERRIES

### Ingredients:

2 tbsp pure maple syrup  
1/2 tsp vanilla extract  
1/4 cup chia seeds  
1 cup strawberries  
1/2 tsp ground cinnamon  
1 cup unsweetened almond milk

### Method:

In a blender or food processor combine the almond milk, chia seeds, maple syrup, cinnamon and vanilla. Cover and blend or process 1 minute. Transfer mixture in to the bowl. Cover and chill for at least 1 hour.

To serve, stir chilled pudding and serve topped with strawberries.



## HAZELNUT & DATE CHOCOLATE MOUSSE

### Ingredients:

37g Hazelnuts

400mls Coconut Milk

75g Unseeded Date

37g Pecan nuts

2 tblsp Coco Powder

1 Vanilla Pod or Essence

### Method:

Roast the Hazelnuts and Pecans.

Blend all the ingredients for about 2 minutes

Pour into a glass and put in fridge to chill for 15 mins, then serve.

