



VEGETARIAN COOKERY CLASS – 14/12/2020



CHRISTMAS NUT ROAST

Ingredients

vegan butter for greasing

450 g carrots, peeled and chopped

1 medium onion, peeled and chopped

225 g cashew nuts, ground

1 tbsp stock (use some of the carrot cooking water)

1/2 tsp dried thyme

1/4 tsp dried rosemary

1/2 tsp ground black pepper

1 tsp Marmite yeast extract

1 tbsp sunflower oil

2 cloves garlic, peeled and chopped

125 g breadcrumbs

1/2 tsp dried sage

1/2 tsp dried marjoram

1/8 tsp ground nutmeg

2 tbsp tahini (sesame paste)

1 tbsp soya sauce

fresh herbs (rosemary, thyme and parsley work well) and fresh cranberries plus a Christmas star to decorate (all optional)

Instructions

1. Preheat your oven to 180C/350F
2. Thoroughly grease your brioche tins or your loaf pan.
3. Boil or steam the carrots until soft, drain and mash.
4. Fry the onion gently in the oil until soft, add the garlic and fry gently for a further minute.
5. Mix together with all the other ingredients and spoon into your prepared tin. Push it into all the corners and level the tops.
6. Cover with foil and roast in your preheated oven.
7. Cook for 1 hour
8. Remove foil and cook for a further 10 minutes and let rest before serving.



LEEK AND POTATO SOUP



Ingredients

1 tbsp Vegetable Oil

225g potatoes, cubed

1.2 litres/2 pints Vegetable stock

1 Onion, sliced

2 medium leeks, sliced

Salt & Pepper to taste

Methods

1. Heat the oil in a large pan and add the onions, potatoes and leeks. Cook for 3-4 minutes until starting to soften.
2. Add the vegetable stock and bring to the boil. Season well and simmer until vegetables are tender.
3. Whizz with a hand blender or in a blender until smooth. Heat through and serve.