

**Meatless meal ideas for
Lent
from the Canterbury
Deanery**

One thing we can all do to help combat global warming and help the environment is to eat less meat, because plant-based food produce only half the green-house gases than meat does. Lent is traditionally a time when Christians give up meat, and although fish was often allowed as an alternative, the 17th century poet Robert Herrick pointed out that it is not a true fast “to quit the dish of flesh, yet still to fill the platter high with fish” ,

These recipes have been suggested by members of churches in Canterbury as good ways to eat well without eating meat. Our target was the collect 40 recipes, one for each fasting day of Lent, but in fact we got far more ideas.

Many of these recipes use no animal products – they are vegan, and are marked with an * in front of the title ; others use cheese, milk, cream and/or eggs but not meat. In some cases these can be made vegan by omitting these ingredients, or by using soya or almond milk or cream, and an egg substitute such as aquafaba as a binding agent.

Most of them are hot warming dishes suitable for Lent when the weather is often cold and dull, but there are a few salads and dishes served cold which might be useful when the weather warms up.

Most are main courses, because that is the course most often is based on meat, and which those used to meat-based cooking tend to find hardest to replace with non-meat alternatives. There are a number of Soups and Stews which are grouped together. Some of these can be cooked in a slow cooker, which because they use less energy are economical and environmentally friendly, but we also received a group of recipes specifically designed to be cooked in the slow cooker, which are grouped separately. There are also a lot of baked dishes, also grouped together, and then there are things like risottos and pasta dishes and some ideas which don't fit in anywhere else! which form an “Other” category. There are also a few desserts and sweetmeats

Most of the recipes have been devised or adapted by those suggesting them, but a few people recommended recipes by well-known cooks. For these instead of putting in the recipe we have given a link to a website where this can be found to avoid infringing copyright.

Each recipe or group of recipes is on a separate page, because we envisage people might want to choose a recipe to try, and print it out to have it to hand as they cook. For the same reason we have used large fonts, so you don't have to pick it up to check quantities when your hands are sticky or covered in flour!

We hope you enjoy cooking and eating these recipes.

Acknowledgements

Thanks are due to the following members of Canterbury Churches who contributed recipes and ideas:

Alicia Pentin
Barbara Vosper
Bee
Bev
Caroline Blamey
Caroline Richens
Chris Todd
David Clarke
Doreen Rosman
Gerardo Calia
Helen Rose
Hugh Miall
Jeanie Armstrong
Jenny Walpole
Jo Richards
Judith T
Nicky
Liz Parsons
Lucy
Margaret Horwood
Mary Shaw
Peter Toon
Philippa Trewby
Teresa Robinson
Yvan Fontanel

and to all those who helped bring them together.

Table of Contents

* Vegetable Tangine. Serves 4.....	7
* African Sweet Potato Stew.....	8
* Mushroom solyanka.....	9
* Butternut Squash and Sweet Potato Soup.....	10
* Butternut Squash and Parsnip Soup with a hint of Curry.....	11
* Three bean hotpot with mixed canned beans.....	12
* Chick pea and spinach curry.....	13
Vegetarian Chilli.....	14
* Mixed Lentil, Coconut and Coriander Broth (serves 4).....	15
* Vegetable Tagine.....	16
Aubergine slow cooker.....	18
Hueveros Stew Slow Cooker.....	19
* Vegan Chilli Slow Cooker.....	20
* Spanish Rice Slow Cooker.....	21
* Vegan Stew Slow Cooker.....	22
Shepherdless pie.....	24
Savoury pancakes.....	25
* Butternut squash with walnut stuffing.....	26
* Mushroom and chestnut loaf.....	27
* Spiced Aubergines (4-6 people).....	28
Aubergine Parmegiana.....	29
Nut Roast.....	30
Chick Pea Moussaka.....	31
Cheese Pudding.....	32
Leek and Feta Cheese Tart.....	33
Lentil and Mushroom bake.....	36
Lentil and Spinach Bake.....	37
* Vegetable risottos.....	39
* Leek and Cashew nut risotto.....	39
* Mushroom risotto.....	39
Tandoori Veg kebab (serves 8).....	40
Pasta Sauces.....	41
Three very simple recipes.....	42
Barbara Vosper – St Mildred’s Church writes:.....	42
Curried Scrambled Egg Savoury.....	42
Celery Fritters.....	42
Cheese & Potato Pie with Baked Beans.....	42
* Ajvar.....	43
* Use dried mushrooms to make a rich stock.....	44
* Basic Houmous Recipe.....	46
Quiches.....	47
Tomato Quiche.....	47
* Pissaladiere.....	47
* Taboule.....	48
Greek Salad.....	50

Rhubarb Crumble Muffins.....	52
* Vegan Shortbread Biscuits.....	53
* Nutty chocolate date squares.....	54
Lemon Drizzle cake.....	56
Potatoes and Beans and Sardines.....	58
* Three-Root Boulangere.....	58
Pea Pesto Pasta.....	59
* Sweet Potato, Spinach and Chickpea Stew with Coconut.....	59
Braised Eggs with Leek and Za'atar.....	59
Red Curried Butternut Squash, Mushrooms and Spinach.....	60
Mrs Myrtleberry's Nut Roast.....	60
Three-Root Boulangere.....	61
Mary Berry's Red pepper, Mushroom and Leek Lasagne.....	61
Creamy Courgette Lasagne.....	62

Soups and Stews

*** Vegetable Tangine. Serves 4.**

Ingredients:

2 red onions sliced
2 celery sticks sliced
Half butternut squash cubed
Half celeriac cubed
2 sweet potatoes sliced
2 carrots sliced
1 green pepper sliced
Good handful chopped dried nectarines or apricots
Good handful of coriander
Good handful of flaked almonds
2/3 good teaspoonfuls of Harissa paste
Natural yoghurt (could omit this vegan!)
Garlic or plain olive oil
1 and a half pints of vegetable stock

Soften onions and celeriac in oil in casserole or wok

Stir in paste and cook for 5 minutes

Add veg and cook till they brown a little (for extra flavour and crunch if you have time, roast veg in oven for an hour beforehand, drizzled with oil)

Add stock, nectarines, almonds and simmer till veg tender (25 minutes)

Serve on couscous or rice. Garnish with coriander, almonds and optional yoghurt.

*** African Sweet Potato Stew**

Ingredients

1 onion
12 oz sweet potatoes
8 oz mushrooms
8 oz spinach

60 mls peanut butter

2 cloves of garlic
10mls grated root ginger
½ tsp cayenne pepper
1 tsp curry paste or powder
fresh coriander leaves

300 mls passata
300 mls vegetable stock

Method

1. chop and fry the onion with the garlic, ginger and cayenne pepper in oil (ideally ground nut oil) for about 10 minutes
2. Add the curry paste (if using powder also add 15 mls of water) and cook for one minute, then add the peeled and dicee sweet potato. Mix well and cook for 3-4 minutes then add the passata and vegetable stock. Bring to the boil and simmer covered for 15-20 minutes until the potatoes are almost cooked.
3. In a separate pan fry the chopped spinach leaves and the mushrooms for 3-4 minutes, then add them to the potatoes.
4. Remove a little of the juice and mix it with the peanut butter to soften it and then stir into the stew. Add the coriander leaves, adjust the seasoning with salt and pepper and serve.

* Mushroom solyanka

Solyanka is a Russian soup which is really a meal in itself. It can be made with meat or fish but this vegetarian version, invented for Lent, is good at any time of year.

The basis is a good mushroom stock – best made by simmering a generous quantity (about 20-30g) of dried mushrooms and an onion in a litre or so of water (covered) for about an hour. Quite often even after such long boiling dried mushrooms have a stringy texture – if so discard them.

Fry an onion in oil or margarine until it begins to soften, add 200g of fresh mushrooms and cook for a couple of minutes, then add the other ingredients:

tomato paste (about 30mls)

pickled cucumbers – use a couple of the large ones, chopped into chunks or you can use the small cornichons used for aperitifs.

1-2 bay leaves

a few black peppercorns, whole

20-30 mls of capers

salt to taste

Simmer this so that the flavours blend for 10-15 minutes.

At this point you can serve immediately or put aside for later and reheat just before serving. Some people argue that the latter produces a better result as the flavours develop whilst standing.

Either way Immediately before serving add slices of lemon, green olives and chopped parsley. Serve with good bread and if you wish add a spoonful of smetana (Russian sour cream) to each portion (if you can't get smetana crème fraîche or ordinary sour cream is a passable alternative)

*** Butternut Squash and Sweet Potato Soup**

Ingredients:

1 Butternut Squash
1 large Sweet Potato
1 large Red Onion
1 ½ pints vegetable stock
½ cup plant based yogurt/cream
Seasoning

Method:

Cut butternut squash and sweet potato in half and red onion into four and spray with Fry Light the cut sides. Place the cut sides down on a tray and roast in a pre-heated oven at 190°/375°/Gas Mark 5 for around 40 minutes until tender and light brown.

Remove from the oven and allow to cool. Then scoop out the flesh from the butternut squash and sweet potato into a saucepan and add the red onion. Add the stock and a pinch of salt and bring to the boil. Then allow to simmer until the vegetables are soft. Allow to cool then liquidise and return to the saucepan. Add the plant based yogurt/cream and seasoning and gently heat for 5 – 10 minutes to heat through.

Ladle into bowls and serve.

[Garlic may be added if wished]

*** Butternut Squash and Parsnip Soup with a hint of Curry**

Alicia Pentin – St Dunstan's Church writes:

'The reason I chose this recipe is because when I make it for the parish Lunch Club it seems quite popular.'

Serves: 8 people

1 butternut squash (medium size and only use half of it. Use other half for double the quantity or for another dish another day)

1 onion

4 parsnips

1 ½ vegetable stock pots or cubes

Curry paste (2 dessert spoons)

1 litre water

Butter or oil

Dash of cream

Place whole butternut in saucepan, cover with cold water and boil for 20 mins. Turn off heat under pan and leave to cool. When cold enough to peel, remove seeds and chop into chunks.

Peel and chop onion. Peel parsnips and cut into chunks.

Fry off chopped onion in butter or oil for a few minutes. Add curry paste to onion and continue to fry gently for a minute.

Put all the above ingredients plus 1 ½ stock pots or cubes in large saucepan with litre of water and cook for 10 mins or so until tender enough to blend. (It may need a little more water or milk at this stage if too thick to blend).

Reheat, season to taste and serve hot adding a splash of cream just before serving.

*** Three bean hotpot with mixed canned beans**

Canned beans are a brilliant store cupboard stand-by and a great source of iron, protein and fibre. Use any combination in this recipe, and mix the remaining beans with cold, cooked pasta and a salad dressing - great for packed lunches.

Serves 4 fat per serving 7g

Preparation time 15 minutes calories per serving 211

Cooking time 20 minutes cost per serving 93p

Ingredients

Olive oil

2 onions , peeled and thickly sliced

150 g carrots peeled, and cut into thin sticks

1 red pepper deseeded and thickly sliced

ground coriander 1 tablespoon

ground cumin 1 tablespoon

Chopped Tomatoes 390g tin or packet

vegetable stock cube 1, made up with 300ml boiling water

borlotti beans x 410g can, drained and rinsed

cannellini beans x 410g can, drained and rinsed

pinto or flageolet beans x 410g can drained and rinsed

lemon 1, thickly sliced

fresh coriander 20g pack, finely chopped

Method

1 Heat the oil and cook the onions and carrots over a moderate heat until softened - about 7-10 minutes.

2 Add the pepper, coriander and cumin and cook for a further minute.

3 Pour in the tomatoes, stock, beans and lemon, then cook gently for 10 minutes.

4 Just before serving, stir in the fresh coriander and remove the lemon slices.
Delicious with brown rice, cooked following pack instructions, or crusty bread.

*** Chick pea and spinach curry**

This is an easy and tasty curry, and mostly uses ingredients from the freezer or cupboard so is a good stand-by.

Ingredients

One jar or tin of chickpeas
half a pack of frozen spinach
one tin chopped tomatoes
one onion
one vegetable stock cube

garlic, ginger, cumin, chili flakes and garam masala (or a mild or medium curry powder)

Method

Drain the chickpeas and reserve the liquid. Finely chop and fry an onion in oil (I use sunflower) add a couple of chopped cloves of garlic or a squeeze of garlic paste and some fresh ginger and fry a little more. Add some ground cumin and a few chili flakes (not too much) and stir well. (you can vary the spices at this stage— mustard seeds, coriander, cardamom, or turmeric are all possible, or you could use curry powder though this tends to make a less interesting flavour). Add the tomatoes and chickpeas and the powdered stock cube. Cook uncovered for 10 minutes or so until the sauce is reduced to a thick paste, add the frozen spinach (you can defrost it first and drain off the water if you have time) and a little salt and again cook until the sauce is thickened. Add the garam masala if you have not used curry powder and stir in well. Serve with rice or an Indian bread.

Vegetarian Chilli

Delicious either served in a wrap with yoghurt or spooned over corn tortilla chips, topped with grated cheese and melted in the oven and served with guacamole and salsa.

Olive or rapeseed oil, for frying
1 onion, peeled and finely chopped
4 garlic cloves, peeled and finely chopped
A thumb size piece of ginger, peeled and finely chopped (or 1 tspn ground ginger)
1 tblspn chilli powder
1 teaspn cumin (ground or bashed seeds)
1 tblspn smoked paprika
3 x 400g tins of chopped tomatoes
300g green lentils, soaked
200g bulgur wheat, pearl barley or brown rice
1 tblspn cocoa powder
400g tin small beans (haricot, black or black eyed) or 300g home-cooked
1-2 litres veg stock
Salt and pepper

Put your biggest pot on a medium heat.

Add a splash of oil and cook onion, garlic and ginger for 10 ins or until soft and sweet.

Add the chilli powder, cumin and smoked paprika. Stir for 1-2 mins.

Add all the other ingredients, stirring as you go – but start with 1 litre of the stock and keep the rest to add if the chilli starts to look a bit dry.

Bring down to a gentle boil, then turn the heat down to low and simmer for 30-35 mins until the lentils and grains are cooked and the chilli is deep and flavoursome.

Season to taste, then serve.

*** Mixed Lentil, Coconut and Coriander Broth (serves 4)**

Add rice to thicken this broth for a more filling meal

Ingredients

50ml olive oil
1 onion, finely diced
2 garlic cloves, crushed or finely chopped
1 thumb of ginger, peeled and chopped
1 tspn fennel seeds
1 tspn turmeric
1 tspn ground coriander
500ml vegetable stock
400g cooked lentils
A pinch of ground cinnamon
240ml full fat coconut milk
50g coriander leaves, washed
Salt and pepper

Method

Fry the onion, garlic and ginger over a medium heat until they become tanned and soaked up the oil.

Sprinkle in the fennel seeds, stir for 2 mins.

Dust in the turmeric and ground coriander, coating all the ingredients.

Cook until they yield their aroma - 2-3 mins should do.

Turn up the heat, then pour in the stock and lentils. Bring to a gentle boil for around 10-15 mins or until the lentils have softened.

Turn the heat down to medium, add the ground cinnamon and coconut milk, then cook for further 10-15 mins.

Season with salt and pepper, then scatter with coriander leaves.

*** Vegetable Tagine**

Sauté onion, red pepper and cloves of garlic together with oil in a pan.

Add Mango chutney and tomato puree and continue to sauté together

.

Add a little water and continue to simmer.

Add chick peas, sweetcorn and dried apricots to the pan and continue to simmer.

Finally some black and green olives and simmer briefly

Before serving add flaked almonds and chopped green salad, fresh coriander or parsley to garnish.

Serve with cous cous.

Slow Cooker Recipes

Aubergine slow cooker

Ingredients

2 aubergines, cut into 1/2cm circles, around 550g
2 tsp.vegetable oil
40 g plain flour
3 medium eggs, lightly beaten
200 g golden breadcrumbs
500 g passata
3 tbsp.tomato purée
1onion, finely chopped
2 garlic cloves, crushed
2 tsp.dried oregano
2 tsp.dried basil
2 tsp.caster sugar
500 g mozzarella, drained weight and sliced into 1/2cm rounds
100 g Parmesan or vegetarian hard cheese, finely grated

To serve,(optional) – a small handful of fresh basil leaves

Method

1. Line two baking trays with kitchen paper and lay on the aubergine slices in a single layer. Sprinkle with fine salt and leave for 20min to draw out as much moisture as possible. Pat dry and set aside.
2. Put flour with some seasoning, eggs and breadcrumbs into 3 separate shallow bowls. Dip each aubergine slice first into flour (tap off excess), then coat in egg and finally cover in breadcrumbs. Repeat until all aubergine slices are coated. Set aside.
3. In a medium bowl, mix passata, tomato purée, onion, garlic, dried herbs, sugar and 1tsp fine salt and a generous amount of freshy ground black pepper. Set aside.
4. To assemble, lay a single layer of aubergine slices in the base of the slow cooker. Spread over 1/4 of the tomato sauce, then lay over 1/4 of the mozzarella slices and sprinkle over 1/4 of hard cheese. Repeat this layering 3 more times, ending with a final sprinkling of hard cheese. Close the lid and cook on low for 6hr.
5. Serve garnished with basil, if using.

Hueveros Stew Slow Cooker

Ingredients

For the stew:

1 onion, finely chopped
2 mixed coloured peppers, deseeded and finely sliced
1 tbsp. chipotle paste, we used Sainsbury's own
2 tsp. garlic granules
1 tsp. ground cumin
2 tsp. ground coriander
2 tsp. dried oregano
1 vegetable stock cube, crumbled
2 x 400g tins black beans, drained and rinsed
200 g cherry tomatoes, halved
1 tsp. cornflour
To garnish and serve, optional
Small handful coriander, roughly chopped
1 small avocado, sliced
Corn tortillas taco wraps

6 eggs

Directions

1. Mix all of the stew ingredients, reserving some of the cherry tomatoes for garnish, into the bowl of the slow cooker. Add a generous amount of seasoning and mix well. Cook on low for 6hr.
2. After 6hours, crack eggs into the top of the stew, spacing apart. Re-cover and cook on low for 25min, until the whites of the eggs are set and yolks are still runny.
3. Divide between 4 bowls, squeeze over the lime, top with feta and reserved cherry tomatoes. Garnish with coriander and avocado, if using. Serve with corn tortillas wraps, if you like.

* Vegan Chilli Slow Cooker

Ingredients

2 tsp. vegetable oil
1 large onion, finely chopped
½ -1tbsp hot chilli powder, to taste
1 tsp. ground cumin
1 tsp. smoked paprika
2 garlic cloves, crushed
1 tbsp. tomato purée
2 celery sticks, finely sliced
1 carrot, peeled and chopped
1 red pepper, finely sliced
1 large sweet potato, peeled and cut into 2cm pieces
400 g tin chopped tomatoes
400 g tin kidney beans, drained and rinsed
400 g tin black eyed beans, drained and rinsed
400 m vegan vegetable stock
25 g vegan dark chocolate
Small handful coriander leaves, roughly chopped (optional)

Directions

1. Heat oil in a large pan over medium heat, add onion with a large pinch of salt and cook for 10min, stirring regularly, until softened. Stir in the spices, garlic and tomato purée, and cook for 1min, until fragrant. Transfer to a slow cooker.
2. Add the vegetables, tinned tomatoes, beans and stock. Cook on high for 4 hours until the sweet potato is cooked through. Stir through the dark chocolate until melted, and sprinkle with coriander, if using. Serve with rice and guacamole, if you like.

*** Spanish Rice Slow Cooker**

Ingredients

2 tsp. olive oil
1 large onion, sliced
Large pinch of saffron
600 ml hot vegetable stock, plus extra if needed
2 red peppers, finely sliced
2 garlic cloves, crushed
1 tbsp. tomato purée
1 tbsp. sweet smoked paprika
1/4 tsp. hot chilli powder
150 ml dry white wine (vegan if using)
300 g paella rice
400 g tin chopped tomatoes
400 g tin chickpeas, drained and rinsed
75 g sundried tomatoes in oil, drained and roughly chopped
125 g pitted black olives
125 g frozen petit pois or garden peas
Small handful parsley, roughly chopped (optional)
Lemon wedges, optional

Method

Heat oil in a large frying pan over medium heat, add onion with a large pinch of salt and cook for 10min until beginning to soften. Meanwhile, stir the saffron into the stock and set aside to infuse.

1. Add peppers to the onion and fry for 5min, stirring occasionally, until they are nearly cooked through. Add garlic, tomato purée, paprika and chilli powder to the pan and fry for a couple min. Add wine, increase heat to medium-high and bubble until reduced by half.

2. Transfer onion and pepper mixture to a slow cooker and stir in the rice, saffron stock, chopped tomatoes, chickpeas, sundried tomatoes and some seasoning. Cover and cook on high for 1hr 30min.

3. Stir in the olives and peas. Re-cover and cook for a further 10min, or until the rice and peas are cooked through and tender. Stir in a little extra stock to loosen, if needed, and check seasoning. Garnish with parsley and lemon wedges, if using, and serve.

* **Vegan Stew Slow Cooker**

Ingredients

For the stew:

2 tsp. vegetable oil	2 x 400g tins green lentils, drained and rinsed
1 large onion, finely chopped	700 ml vegetable stock
2 garlic cloves, crushed	Small handful thyme sprigs
1 tbsp. tomato purée	1 tbsp. Marmite, (optional)
3 tbsp. plain flour	Small handful fresh parsley, roughly chopped (optional)
150 ml red wine	
2 carrots, cut into 1cm rounds	
300 g portobello mushrooms, sliced	

For the dumplings:

100 g self-raising flour
 40 g vegan spread, chilled, we used Pure
 1 tsp. dried thyme

Method

1. For the stew, heat oil in a large pan over medium heat, add onion with a large pinch of salt and cook for 10min, stirring regularly, until softened. Stir in the garlic and tomato purée, and cook for 1min, until fragrant. Add the flour and stir to coat the onion mixture. Gradually add the red wine, stirring constantly to prevent the flour forming lumps. Cook for 1min then transfer mixture to a slow cooker.

2. Add the carrots, mushrooms, lentils, stock, thyme and some seasoning. Cover and cook on high for 4hr.

3. After 4hr, fish out the thyme sprigs and discard. Stir through marmite, if using, and check seasoning.

4. Make the dumplings. In a bowl, rub the flour, vegan spread and plenty of seasoning together with your fingertips, or pulse in a small food processor, until mixture resembles fine breadcrumbs. Stir in the dried thyme then sprinkle over 2-3tbsp cold water and stir/pulse until it comes together. Divide and roll into 8 balls. Uncover the stew and arrange dumplings on top, spaced apart. Re-cover and cook on high for 1hr, until the dumplings are cooked through and fluffy. Sprinkle with parsley, if using, and serve.

Baked dishes

Shepherdless pie.

This is a traditional shepherd's pie but made with Quorn mince instead of minced lamb or beef. (Not strictly vegan as Quorn mince still contains eggs at present)

You can use your own recipe, but bear in mind that whilst quorn mince has an excellent texture it doesn't have much flavour, so to make a tasty pie you need other ingredients to compensate for that:

1) marinate the mince beforehand – use a good stock and some salt and herbs - adding a bit of wine or brandy does no harm either!

Drain the marinade off and use it to cook the vegetables in.

2) Use a good mixture of finely chopped vegetables – carrots and onions are traditional, but lots of others eg leeks, celery, swede, turnips or mushrooms are possible too.

Fry the onions, (and/or or leeks) and the mushrooms if using beforehand in a little oil until softening, then add the root vegetables and marinade and cook until soft. Add a little water or wine if becoming dry. Then stir in the marinated Quorn and transfer to an oven proof dish and top with mash.

3) A good mash for the topping is important too. Try adding celeriac or sweet potato to the potatoes before mashing it; or put in a little horseradish or mustard or herbs. You can save energy by cooking extra potatoes the day before, mashing them and keeping the mash in the fridge overnight.

4) Bake in the oven at 180 degrees for 20-30 minutes before serving.

Another good use for Quorn mince is “*Chili sine carne*” - use Quorn instead of mince meat in a chili con carne recipe. The strong flavourings of tomatoes, onions, red peppers garlic and of course chili as well as traditional red beans mean you don't miss the meat flavour

Savoury pancakes.

You can make pancakes with plain flour and either soya or almond milk. You can use an egg to bind the batter, one egg between 3 or 4 people does not seem excessive, but if you want to be strictly vegan use aquafaba, the water drained from a jar or can of chickpeas, which has similar binding properties to egg white.

A batch can be made in advance and kept in the fridge or deep frozen (defrost slowly before use).

There are lots of alternative fillings. Just make your sauce, put a generous spoonful in each pancake, roll them up in a dish and bake in the oven for about 30 minutes at 180C.

Good fillings include:

- the mushroom and pepper sauces for pasta given below, made a little thicker

- leeks in a white or cheese sauce

- quorn vegan ham slices and cheese

*** Butternut squash with walnut stuffing.**

You often need to add an egg or aquafaba to bind the stuffing in squashes, but there is so much flesh in a butternut that you can mix some of it with the other ingredients to bring the stuffing together. No quantities in this recipe as the size of squash varies, and it's a method rather than a recipe.

1. Cut the squash in half lengthways and remove the seeds.
2. Microwave with the cut side down until the flesh is soft (this usually takes about 7-8 minutes, but depends on the size and ripeness of the squash, so do it in 2-3 minute bursts and check in between)
3. Using a spoon with sharp edges scoop out the flesh from the centre of the squash, leaving about 1 cm all round the outside next to the skin. Put the removed flesh in a bowl.
4. Finely chop an onion and fry it in oil (walnut oil is ideal if you have it). You can also use leeks and/or garlic as an alternative here.
5. Once the onion or other alium is soft remove and add to the flesh in the bowl.
- 6/ Finely chop and then gently roast walnuts in the oil. Add to the mixture in the bowl.
7. Add a spoonful of dried thyme or other herbs
- 8 Mix well. If the mixture is too wet add ground almonds at this point. The mixture should hold together and not be too damp –similar to a soft dropping cake mix.
9. Spoon the mixture into the squash halves.

The preparation up to this point can be done in advance and the prepared squash kept in the fridge for a day or so until needed

10. Bake for 40 minutes at 180 C

Serve with a tomato and pesto sauce (white sauce to which has been added a spoonful of tomato paste and a spoonful of pesto)

*** Mushroom and chestnut loaf**

Chop mushrooms, chestnuts and onions all very finely. Sweat the onions in a little margarine until soft, add the mushrooms and cook until all the liquid has evaporated. Mix with chopped chestnuts, season with a crumbled stock cube, salt, pepper and thyme. Add ground almonds and aquafaba to bring the mixture together. It should be a little drier than a cake mixture. Bake a greased container at 180 for 40 minutes – uncover for the last 10 minutes to brown on top.

Serve with an onion sauce – microwave chopped onions in a little soya milk until soft, add more soya milk and a teaspoonful of corn flour and a little salt, then blend until smooth. Heat in a saucepan (or in microwave) until boiling and thickened.

* Spiced Aubergines (4-6 people)

The deep colour of the aubergine brought it under suspicion in the C16th. The herbalist John Gerard, in whose day it was known as the ‘madde apple’ or ‘raging apple’, commented in his Herbal (1597): ‘Doubtless these apples have a mischievous qualitie, the use whereof is to bee utterly forsaken’ – advice that his countrymen may have hearkened to, for the plant was rarely eaten here before C20th. As aubergines originally came from India, it is not surprising that some of the best recipes for them include spices which have become familiar to us in curries. Asafoetida is a gum resin, with a strong oniony odour, relished as a condiment in India and Iran, where it is used as a flavouring in cookery.

Preparation time: 45 mins

Cooking time: 35-40 mins

2 aubergines, cut into ½ inch (1.5cm) thick slices

Sea salt

6 tblspns veg oil or ghee

2 tblspns sesame seeds

Pinch of asafoetida (optional)

Root ginger, approx 1 inch (2.5cm) chopped

1 teaspn paprika

¼ teaspn ground black pepper

Juice of 1 ½ lemons or 2 limes

2 tblspns chopped fresh coriander or parsley

Put the aubergines in a colander and sprinkle with salt.

Leave to stand for 40 mins to remove excess moisture.

Dry with paper towels.

Heat 4 tblspns of oil in a heavy frying pan and add the aubergines.

Fry the slices quickly on both sides.

Remove from the pan and set aside.

Heat the remaining 2 tblspns of oil in the pan.

Add the sesame seeds, asafoetida, ginger, paprika and black pepper and fry for 2-3 mins.

Return the aubergines to the pan and stir in the lemon or lime juice.

Cover and simmer over a very low heat for about 30 mins.

Place the aubergines in a warmed serving dish and sprinkle them with the chopped coriander or parsley.

Aubergine Parmegiana

As the name implies this does include Parmesan cheese so is not vegan, but it is a good way to feed a lot of people with a fairly small piece of cheese.

Ingredients

Aubergines
tinned chopped tomatoes
tomato paste
Parmesan cheese
salt

Method

1. Slice and salt the aubergines as in the recipe above and dry carefully removing as much salt as possible (if you leave the aubergines to salt for too long and/or don't leave salty juice on the slices the final result can be too salty.)
2. Cook the aubergine slices covered in a microwave until soft.
3. Drain the tinned tomatoes in a sieve until the juice has stopped dripping (you can use the juice with vodka, worcester sauce and a pinch of salt to make a Bloody Mary to drink whilst your dinner cooks!). Mix the flesh with some tomato paste.
4. Layer the tomato paste and aubergines in an oven-proof dish, grating enough parmesan over each layer to cover it.
5. Bake at 180 C for 30 minutes uncovered.
5. Serve with some good bread,

Nut Roast

Nut roast is a classic of vegetarian cuisine, and there are many variations. This very simple recipe is a good starting point, but you can vary it by using different sorts of nuts, herbs and seasonings and changing the mix of vegetables.

Ingredients

8oz chopped nuts
8oz sliced mushrooms
1 large onion
1 large carrot
3 skinned/chopped tomatoes (or tinned)
1 free range egg
2 tspns mixed herbs
2 tspns yeast extract or marmite
2 tbspns Veg oil

Method

Cook chopped onion and grated carrot in oil for a few minutes until soft.
Add mushrooms and cook for further 2-3 mins.
Stir in yeast extract. Mix together all ingredients and place in greased loaf tin
Press down firmly.
Bake in medium oven for 45 mins.

Notes

You can freeze what you don't use and either use it later hot or mixed with tahini, tomato puree, chives etc.

Mash it up and call it pate, or form it into small flat cakes 6-7 cm diameter and 2 cm thick, cover with breadcrumbs and fry it and it makes burgers!

If you separate the egg and beat the white before folding into the mix you get a lighter loaf.

If you want to make this totally vegan use aquafaba instead of egg.

Chick Pea Moussaka

An old well used recipe.

4oz chick peas
12 oz aubergines
12oz potatoes scrubbed
1 tbsp olive oil
1 onion peeled & chopped
2 garlic cloves
14 oz can tomatoes pureed
2 tsp oregano dried
1 tsp fresh mint
1-2 tbsp tomato puree
Topping:
1 tsp cumin seeds
natural yoghurt
1 small egg beaten

Method

Drain chick peas & bring to boil in fresh water.

Boil fast for 10 mins, simmer 35-45 mins

Prick, trim aubergines & bake at 180 degrees for 20 mins, then slice.

Boil potatoes until tender, slice thickly

Gently fry onion for 5-7 mins. Add garlic and cook for 1 min

Add tomatoes, oregano, mint, tomato puree and chick peas.
Cook gently for 10 mins then season.

Grease deep dish and fill in layers of aubergine, potato and chick peas sauce.

For topping:

Roast cumin seeds, mix into yoghurt and add egg.
Spoon over moussaka.

Bake in preheated oven, gas mark 4 for 25-30 mins

Cheese Pudding

Tasty, easy to make. I just use brown bread for crumbs (can be sliced and make rough crumbs or else just dissolve in the milk) Is best hot but fine cold too.

Ingredients

2 oz fresh breadcrumbs
½ pint milk
1 ½ oz grated cheddar cheese
1 oz butter
1 egg
Cayenne and salt (no salt needed if cheddar!)

Method

Heat the milk, add the butter, crumbs and seasoning and soak for half an hour.

Then add the yolk of egg and cheese.

Fold in the stiffly whipped white of egg.

Pour into a greased pie dish and bake in a moderate oven for about 30 minutes.

Leek and Feta Cheese Tart

Liz Parsons – St Dunstan's Church writes:

'I often make this using my home-grown leeks. It also freezes well.'

Servings: 'It depends how big the slices are! And whether there are lots of salads with it or not... I actually make it in a foil tray bake and it certainly feeds four or six more modestly!'

Ingredients

One packet ready-rolled shortcrust pastry (or home-made)

For the filling:

625 g leeks, ie, 350 g trimmed weight

175 g feta cheese (or firm goats' cheese - rindless)

10 g butter

3 large eggs, beaten

200 ml crème fraîche or double cream

4 spring onions, trimmed and finely sliced, including the green parts (optional)

salt and freshly milled black pepper

You need a quiche tin to cook this in.

Method

Pre-heat the oven to gas mark 5, 375°F (190°C) pre-heat the baking sheet on the centre shelf.

Clean the leeks and slice in half lengthways and chop into 1 cm slices. In a medium-sized frying pan, melt the butter over a gentle heat and add the leeks and some salt. Give it all a good stir and let them cook gently, without a lid, for 10-15 minutes or until the juice runs out of them. Then drain off the excess juice.

Press the pastry lightly and firmly over the base and sides of the quiche tin. Trim the edges and then prick the base all over with a fork. Paint some of the beaten egg for the filling over the base and sides. Now place the tin on the baking sheet and bake for 20-25 minutes or until the pastry is crisp and golden.

While the pastry case is pre-baking, crumble the cheese with your hands, then gently combine it with the leeks. Now, in a jug, mix the beaten eggs with the crème fraîche or double cream, seasoning with just a little salt and a good grinding of freshly milled black pepper.

As soon as the pastry case is ready, remove it from the oven, arrange the leeks and cheese all over the base and then sprinkle the spring onions over the top. Now gradually pour the cream and egg mixture over the leeks, then put the tart back on the baking sheet. Gently slide the shelf back in and bake the tart for 30-35 minutes, until it's firm in the centre and the surface has turned golden brown.

Remove it from the oven and allow it to settle for 10 minutes before serving.

Lentil and Mushroom bake

Philippa Trewby - St Dunstan's Church writes:

'I love it as it is quick and easy to make.'

Ingredients

6 oz red lentils

1 pint of milk, water or milk and water mixed

2 oz butter

1 large onion

Juice and rind of half a lemon

Salt and pepper

8 oz mushrooms

1-2 oz. each of fresh breadcrumbs and grated cheese for topping

Method

Soak lentils in liquid overnight or for a few hours if possible. Simmer in their liquid until golden and tender (you can also cook them in the microwave, but be sure to use a large bowl to avoid them boiling over!).

Meanwhile melt half the butter, add peeled and sliced onion; cook until tender but not brown. Add to lentils, with lemon juice and grated rind, salt and pepper; liquidise to make smooth, thick puree.

Wash and slice mushrooms and fry in the rest of the butter until just tender. Place fried mushrooms in a shallow casserole; top with lentil mixture and the breadcrumbs and cheese.

Bake in moderate oven 350 F, gas mark 4 for 40-45 minutes until golden and bubbly.

Serve with green vegetable e.g. spinach and grilled tomatoes.

Lentil and Spinach Bake

Caroline Richens - St Dunstan's Church writes:

'My mother spent some of her childhood in India, and dhal, which forms the base of this dish, was a favourite of hers. It's simple but nourishing and a relatively inexpensive meal.'

This recipe serves 3-4.

Oven: 190 C, 375 F, Gas 5

Ingredients

225g split red lentils

1 pint water

Teaspoon curry powder (strength according to preference)

Half teaspoon cumin

Onion

1kg spinach

Butter

225g tomatoes, sliced

Salt & pepper

Grated cheddar cheese

Method

Cook the onions and lentils in the water with the curry powder and cumin, until lentils are soft and pale.

Wilt the spinach, drain and season.

Butter a shallow ovenproof dish and arrange spinach in the base and layer with tomatoes. Season as required.

Season lentils according to taste, add more curry flavours if desired.

Pour lentil mix over tomatoes and top with layer of grated cheese.

Bake for approximately 40 mins.

Good served with a tasty herby or crusty bread. Or perhaps noodles.

Other recipes and ideas

*** Vegetable risottos**

No quantities in these recipes, as these are flexible , and how much you need depends on how many you are feeding and their appetites

*** Leek and Cashew nut risotto**

This is one of those dishes you don't really notice is vegan!

Clean and chop leeks finely (don't be mean with the leeks!). Sweat them in a generous amount of olive oil until they are wilted, then add risotto rice and salt. Once the rice is well coated in oil add water (mixed with some wine if you like!) and a spoonful of fresh or whole grain mustard and cashew nuts. Cook gently adding water as necessary until the rice is cooked and all the liquid absorbed.

*** Mushroom risotto**

Mushrooms made another basis for a good risotto Soak a generous handful of dried mushrooms by pouring boiling water over them and allow to stand for 30 minutes. Chop a couple of onions and sweat them in oil until transparent; then add chopped fresh mushrooms and salt. When they are partly cooked add risotto rice and stir until well coated with oil. Pour in the mushroom stock and a large glass of wine , and add some grated nutmeg and a few strips of lemon rind – cook gently adding water as necessary until rice is cooked and all liquid absorbed

Rev Jo Richards favours a slightly different recipe from BBC Good Food -

<https://www.bbcgoodfood.com/recipes/mushroom-risotto>. She says ‘ *I just love mushrooms, and eat 2 punnets a week, and this risotto at least once a week!*’

Tandoori Veg kebab (serves 8)

For the bulgur wheat:

150g (5½oz) bulgur wheat
900ml (1½ pints) boiling water
1tbspn lemon juice
1 tbspn rapeseed oil
¼ teaspn salt
¼ teaspn ground black pepper

For the dressing:

100g (3½oz) natural yoghurt
¼ teaspn ground cumin
A pinch of salt

For the skewers:

1 sweet potato, halved lengthways and cut into 1cm (½inch) slices
1 courgette, cut into 5mm (¼inch) circles
1 red onion, cut into thin wedges
100g (3½oz) natural yoghurt
1 tbspn tandoori masala
¼teaspn chilli powder
¼teaspn salt

Oil, for brushing

Method

Put the bulgur wheat into a heatproof bowl and cover with the boiling water. Leave to soak for 20 minutes, then drain well.

Wipe out the bowl and return the bulgur to it. Add the lemon juice, oil, salt and pepper and mix well. Set aside.

To prepare the kebabs, par-cook the sliced sweet potato in a pan of boiling water for 2 minutes only. Rinse and drain.

Put the courgette and onion into a large bowl and add the sweet potato slices. In a small bowl, mix the yoghurt, tandoori masala, chilli powder and salt together and pour this all over the veg. Stir to make sure the veg are well covered with the marinade.

Preheat your barbecue or grill. Take the skewers and thread the veg onto them. Brush a little oil over the top. When the barbecue or grill is hot, cook for 20 minutes, turning occasionally, until golden.

In a small bowl, mix the dressing ingredients. Spread the bulgur wheat on a serving platter, lay the skewers on top and drizzle over the dressing to serve. Best eaten immediately!

Pasta Sauces

Pasta is originally Italian peasant food, and often they could not afford meat, so there are many recipes for pasta sauces without meat or fish. Here are a few examples:

a) **mushroom sauce** – whilst the pasta cooks gently fry mushrooms, onions (and garlic if you like it) in olive oil with a little salt. (add a little brandy or wine if you like) When the pasta is cooked drain it, and then mix in the cooked vegetables with a little soya cream, grate some nutmeg over it and mix well.

b) **sweet pepper sauce** - finely chop red or yellow peppers and cook them slowly with a little salt in a olive oil with onions, garlic, both or neither. When they are completely softened (which can take 20-30 minutes) add a tin of chopped tomatoes and start cooking the pasta. Cook the sauce slowly uncovered to reduce the tomatoes until it is thick but not dry.

c) **pesto sauce**– for when you are feeling lazy! Ready made traditional Green pesto and also red pesto sauce can be bought from most supermarkets and unlike many ready-made pasta sauces it tastes good. Just cook the pasta, open the jar and spoon it over.

d) **quorn bolognese** – as with shepherd's pie you can use quorn mince instead of meat in this well-known sauce for which there are dozens of recipes.

e) **walnut sauce** – unusual but very tasty with pasta. You grind walnuts very finely with garlic and a little salt so you end up with a paste.. If you soak the walnuts beforehand it is easier to grind them. You might add a little walnut oil, soya cream to make the sauce the right consistency.

f) **leek sauce**. - 1-2 leeks per person, according to size. You need to chop the leeks very finely for this sauce – 3-4 mm at most in each dimension. Sweat them very slowly in butter or oil, with a teaspoon of salt, After 5 minutes or so add a glass of white wine – continue to cook slowly, covered, for about 30 minutes, adding a little water if they are getting dry to avoid browning When they are soft add a generous amount of cream – I use soya cream, but crème fraîche would be good too. Mix with pasta and sprinkle with lemon juice just before serving.

You can grate some parmesan over the top of these dishes if you like, but they taste fine without.

Three very simple recipes

Barbara Vosper – St Mildred’s Church writes:

‘...I do almost no complex cookery nowadays, but I submit the following couple of simple (lunch/supper?) recipes taken from Yorkshire W.I. Recipe Book which dates back to 1950s-60s and was produced by Yorkshire Women's Institutes. Their simplicity might have some appeal and there is not even a sniff of meat!’

Curried Scrambled Egg Savoury

half teaspoon curry powder
3-4 beaten eggs
Little milk + pinch salt
Chopped parsley + little butter

Mix powder and salt with the milk. Add the beaten eggs and chopped parsley. Melt butter in pan and scramble. Serve on fingers of fried bread.

Celery Fritters

4 oz plain flour
half-pint milk and water
1 egg
4 oz celery (finely chopped)
Fat to fry

Make batter with flour, salt, milk + egg. Add celery to mixture. Drop spoonfuls into hot fat and fry to golden. Serve hot (should serve 3-4 persons).

Cheese & Potato Pie with Baked Beans

Chris Todd – St Dunstan’s Church writes

My children always liked cheese and potato pie with baked beans.

Just mash the potato with grated cheese mixed in. Grated cheese on the top and bake in the oven.

*** Ajvar**

This Balkan speciality is basically a puree of red peppers. Traditionally people in the Balkans spend a weekend making it as a family in the autumn so they have a year's supply, but you can make a jar or two at home when peppers are cheap.

The peppers need to be deseeded and then roasted so the skin can be removed by baking in an oven or under a grill. This also cooks the pepper flesh. Once the skin has been removed they are mashed or blended with garlic, olive oil, salt, paprika etc to make a smooth paste. Every country, almost every family in the Balkans has a slightly different recipe which they are sure is better than anyone else's, so feel free to experiment.

It makes an easy pasta sauce or pancake filling, as well as being good on toast or oatcakes as an hors-d'oeuvre.

If that's too much effort you can buy it ready made in eastern European shops!

*** Use dried mushrooms to make a rich stock.**

Stock is central to good meat based cookery – for soups, gravy, and to add richness and flavour to many dishes. Vegetable stock cubes are one meat-free option, but another is to pour boiling water over dried mushrooms and leave them to stand so that the flavour comes out in the water.

You can buy dried mushrooms ready prepared from most supermarkets. These are often the very tasty but quite expensive wild mushrooms like porcini or ceps. Buy you can also dry your own when you can get mushrooms cheaply in summer, Just spread them out on a tray in the sun for a few hours and they will dry well, concentrating their flavour.

Use the stock for vegetable soups, stews and sauces.

Some recipes for warmer days

The weather is still rather chilly during most of Lent, so one will probably want a hot meal, but if we get some warm April days a cold meal may be welcome – if not you can carry on reducing your meat intake through the summer.. Here are some ideas of things which go well with salads.

* **Basic Houmous Recipe**

Serves 6-8 as a starter with pitta bread or crusty French stick

Ingredients

2x 400g tins of chickpeas
4 tsp of Tahini
2 cloves garlic crushes
1 tsp sea salt
6 tbsp extra virgin olive oil
3 tbsp lemon juice
Paprika (optional)
Coriander (optional)

Method

Rinse chickpeas in cold water, having reserved 7 tablespoons of the liquid in the can, and put into a food processor.

Add the tahini, garlic, salt, lemon juice and reserved liquid from the chickpeas.

Turn on the food processor and slowly add the oil as it runs.

When the mixture is fully combined and smooth, tip into the serving dish, sprinkle with paprika and chopped coriander.

Vary this basic recipe, add some chilli flakes or black olives, or sundried tomato, let your imagination run riot.

Quiches

Shortcrust pastry can be made in large quantities, and several pastry cases made and baked “blind” (ie with no filling) . These can then be frozen and defrosted filled and cooked later. Alternatively you can mix your pastry and freeze that in appropriate sized portions and then defrost, roll out and cook when needed.

Many combinations not using meat are well known – cheese and onion, cheese and leek, courgette, pepper but here is an unusual one not often seen

Tomato Quiche

Drain a tin or tins of chopped tomatoes (you can use the juice to make a Bloody Mary to drink whilst the quiche cooks.!) Mix the tomato pulp with eggs, salt and a little basil or pesto sauce and blend with an electric blender

I’ve not given quantities as it depends on how big the quiche is, and the size of the eggs. but you need 3-4 eggs per tin of tomatoes.

Bake at 180 C until set in the middle – this usually takes about 40=45 minutes.

* Pissaladiere

Instead of using an egg mixture and making a quiche you can fill your pastry case with slowly cooked onions and then bake in the oven. The key is to chop the onions finely and cook them very slowly in olive oil so that they become soft and sweet.

The traditional provençal recipe has salted anchovies and black olives on top of the onion, but a vegan version can just omit the anchovies or replace them with sun dried tomatoes. You can also vary this by mixing Mediterranean herbs – thyme, rosemary or basil – with the onions.

*** Taboule**

This salad is supposed to originate in current Lebanon but is consumed all around the Mediterranean. This is a family variation from Provence. It can be a starter, a snack, part of a varied salad's meal or a main course. Fresh flavoursome juicy tomatoes are essential. Use only medium size couscous or bulgur; large size will make it gritty; small size soggy. It can be prepared in the evening or early in the morning and served for lunch.

Ingredients

200g medium size couscous or bulgur
300g tomatoes
100g of cucumber
A small red or white onion
A handful of fresh mint
A handful of pitted black olives
A handful of chickpeas (optional)
Olive oil, salt, lemon juice.

Method

Cut the tomatoes and cucumber in fairly small cubes in a large salad dish. Add salt and set aside for 20 minutes to extract the vegetable juices.

Add the small chopped onion or ½ onion (you don't want that taste to dominate), olives, chickpeas. Olive oil and lemon juice; 2/3rd of oil for one third of juice. To judge the amount of oil and lemon juice consider that the vegetables need at that point to swim in the liquid.

Add the couscous and stir. Set aside in the fridge for at least one hour.

Stir with a fork; at that point you might have to adjust slightly the amount of couscous if the dish appears too soggy

The dish now needs to rest for at least 2 hours before it can be served. Better leave it overnight in the fridge.

Before serving stir again with a fork to avoid having clumps of couscous - you want a light fluffy salad. Taste and adjust the seasoning. Depending on strength of the oil

you use you might have to add lemon juice, add the fresh chopped mint (use only fresh mint and like to onion don't over-do-it). Some people prefer to use flat leave parsley. Stir again and it's ready to serve.

It keeps well for about 24 hours. After preparing it once experiment! Different types or no olives. Spring onions, parsley, pre-cooked cubes of sweet peppers.

Greek Salad

David Clarke from St Peter's Church writes:

Not a cooking recipe but a preparation, which makes me very happy; it is

1 Nutritious

2 Quick to prepare and ready immediately

3 Colourful even on dull days

4 A full palate of contrasting flavours and textures

5 Inexpensive

6 Not overly calorific

Simply chop and cut;

tomatoes (vine ripened)

feta cheese

cucumber

capsicum

stuffed olives

Add salad dressing with herbs.

Add boiled new potatoes, chopped, if not trying to lose weight

Something Sweet

Although it's easy to offer fruit – cooked or raw – as a vegan dessert, sometimes you want to have something different.

Rhubarb Crumble Muffins

Ingredients

175grms castor sugar
175grms rhubarb cut lengthways and diced
2tbsp (30ml) sunflower oil
1egg
1tsp vanilla extract
125ml buttermilk
200grms plain flour
1tsp baking powder
1tsp bicarbonate of soda

For the crumble
50grms light muscovado sugar
50grms plain flour
25grms porridge oats
1tsp ground cinnamon
50grms butter

Method

Heat oven 220C/200C fan/gas 7. Line 12hole muffin tin with paper cases

Stir the rhubarb and sugar together and set aside.

Make the crumble, mixing the dry ingredients and rubbing the butter in to form clumps.

Stir the oil, egg, vanilla and buttermilk into the sugary rhubarb (don't worry if it's a bit juicy).

Add the flour, baking powder and bicarbonate of soda and stir well.

Quickly spoon into the cases and scatter with a thick layer of the crumble mixture

Bake for 15-18 minutes until golden and a cocktail stick comes out clean

Cool on a wire rack.

*** Vegan Shortbread Biscuits**

This can be served as part of a dessert or as a snack with tea or coffee.

Ingredients:

225g (8oz) block Stork (Vegetarian/vegan friendly)
100g (4oz) icing sugar
225g (8oz) flour
100g (4oz) cornflour
Pinch of salt (optional)

Method:

Cream fat and sugar thoroughly until soft and light.

Gradually work in flour and cornflour and knead until smooth.

Roll out mixture to 0.5cm (¼”) thick into rounds, fingers or fancy shapes.

Bake:

Fan Oven 155°C 20 - 30 minute

Convection Oven pre heat shelf 4 180° 25 - 35 minutes.

Dredge with caster sugar while still hot and cool on wire tray.

*** Nutty chocolate date squares**

These are very tasty, completely gluten-free, and very low on carbs – and can be cut into small squares.

100g almonds, skin on
250g dates, pitted (about 12)
30mls honey
75g cocoa powder
a pinch of salt
50g pecan nuts, chopped

Using an electric blender or similar tool reduce the almonds to a coarse powder (ready ground almonds are finer and don't have the skin, so produce a different texture),

Add the dates, honey, cocoa and salt and mix about a minute, until the lot comes together into a dough-like ball.

Add the chopped pecans and knead into the dough.

Line a 20cm square baking tin with baking paper and turn the mixture into it, pressing it down with your fingers until you have an even layer.

Cover with clingfilm and place in the fridge to chill for 15 minutes before cutting up. Top with a dusting of cocoa.

They will keep for up to a week in the fridge.

If you're looking for a less extravagant version you could substitute rolled oats for the pecans and some of the almonds.

Lemon Drizzle cake

Ingredients

150 ml vegetable oil
200 gm caster sugar
3 medium eggs
Finely grated zest of 2 lemons and juice of 1 lemon
1 large courgette, around 200g, coarsely grated
250 gm self-raising flour
1/2 tsp. bicarbonate of soda

For the drizzle:

Finely grated zest and juice of 1 lemon
75 g granulated sugar

Method

Preheat oven to 180°C (160°C fan) mark 4.

Grease and line a 900g loaf tin.

In a large bowl, beat together the oil, caster sugar, and eggs with a wooden spoon until smooth.

Stir in the lemon zest and juice and the grated courgette. Sift in the flour and bicarbonate of soda and fold in gently until no floury patches remain.

Tip into the prepared tin and bake for 55min-1hr until risen, golden and a skewer inserted into the centre comes out clean

Remove from the oven and gently pierce all over with a toothpick or skewer.

Make the drizzle by stirring half the lemon zest with the remaining drizzle ingredients together in a small bowl. Spoon this over the top of the hot cake and allow to cool completely in the tin.

Sprinkle over the remaining zest.

Remove cake from tin and serve in slices.

Bonus – some recipes from the Internet

The internet is a wonderful resource for cooks – just type your main ingredient(s) and the words “vegetarian” or “vegan” and “recipes” and you will find a host of ideas. Here are some recommendations from members of our congregations, with their comments and links to the recipes

Potatoes and Beans and Sardines

From Hugh Fearnley-Whittingstall

<https://newrecipenight.wordpress.com/2014/06/13/week-36-potatoes-beans-sardines/>

Helen Rose and Gerardo Calia from St Dunstan's Church write:

This simple but substantial summer salad is a crude reworking of a niçoise, with tinned sardine fillets serving admirably and sustainably in place of questionable tuna. All you need add is some lemon juice, salt and pepper. I like to use locally caught Cornish pilchards from The Pilchards Words, but any well-sourced sardines or pilchards will do. If you use whole sardines, rather than fillets, you might want to remove the bones. Healthy because sardines are a fantastic source of omega-3s.

Serves 4

* Three-Root Boulangere

From Hugh-Fearnley-Whittingstall's River Cottage;

<https://www.rivercottage.net/recipes/three-root-boulangere>

Jeanie Armstrong – St Dunstan's Church writes:

'A deliciously filling vegetable meal that can be adapted with whatever roots are available (I have made this using Jerusalem artichokes and also swede and carrots). Good partners could be a well-dressed leafy salad and some good bread and cheese. Something sharp goes really well such as pickled green beans or red cabbage. A low-budget meal that can be prepared ahead and served with a variety of sides. This can be prepped to be oven-ready when wanted or even cooked the day before it's to be eaten, then re-heated covered loosely with foil. This seems to improve the flavour.'

Pea Pesto Pasta

<https://recipes.sainsburys.co.uk/recipes/pea-pesto-pasta>

Helen Rose and Gerardo Calia – St Dunstan’s Church write:

‘We like it because it is full of flavour and cheap. This pesto recipe sounds complicated but is easy once you get down to it!’

* Sweet Potato, Spinach and Chickpea Stew with Coconut

<https://www.telegraph.co.uk/recipes/0/spiced-sweet-potatoes-with-chickpeas-spinach-and-coconut/>

Mary Shaw – St Dunstan’s Church writes:

‘Somewhere between a soup and a stew. Serve with basmati or jasmine rice. If you like spicy, add two chillies and all of their seeds; if not, add one chilli / keep the seeds out etc. It will be mild.’

Braised Eggs with Leek and Za’atar

by Laura Washburn

<https://www.thekitchn.com/ottolenghi-braised-eggs-with-leek-and-zaatar-review-261982>

Recommended by Mary Shaw – St Dunstan’s Church

Note on unusual ingredients in this recipe:

Preserved lemons – these are “pickled” in salt and widely used in North African and Middle Eastern cooking. You can buy them in supermarkets or exotic food shops, or make your own – the simplest recipe uses just lemons, whole or in large chunks, and salt; some people add sugar and/or spices.

za’atar – a Middle Eastern mix of herbs and spices. Again you can buy ready mixed or mix your own – there are many recipes on the internet.

Red Curried Butternut Squash, Mushrooms and Spinach

<https://www.theguardian.com/lifeandstyle/2018/may/16/peter-gordons-recipe-for-red-curried-butternut-squash-mushrooms-and-spinach>

by Peter Gordon

Mary Shaw – St Dunstan’s Church writes:

I stir in the mushrooms first as they do take a while to cook, and start to add the spinach before I add the butternut squash as the mushrooms take a few minutes to soften and you can then control how far you cook the butternut. I don’t always add the yogurt but leave it on the table and let people help themselves, but do add lots of coriander.

‘Have never tried to freeze this but can get the puree and part cooked butternut done in advance etc if that helps. I have also done it with celeriac and it was very good, but could also use sweet potato’.

(These later comments were from Peter Gordon - I did a course with him in London some years back and he prepared this dish with us.)

Mrs Myrtleberry’s Nut Roast

<http://www.doctorsreview.com/recipes/mrs-myrtleberrys-roast/>

Caroline Blamey – St Dunstan’s Church writes:

‘I am indebted to my colleague for telling me about this recipe. Mrs Myrtleberry ran a B&B in Devon and her nut roast recipe is a winner. My previous ones had been a disaster! It’s now a firm family favourite (and massive relief), for Christmas and any Sunday get-together. Everyone seems to love it and it’s so rich, satisfying and nutritious. Serve slices hot with the usual variety of Christmas veg, roast potatoes and lashings of gravy. Alternatively, have it cold crumbled over salad with a little cheese and pickle/chutney or mustard. (Obviously not a recipe for those with a nut sensitivity/allergy.)’

‘Nut roasts are high in protein. Protein is the building block of life: helps to repair and renew cells, makes hormones and enzymes, maintains muscle mass and is important for body growth and development. Recommended dietary allowance for an average sedentary adult is 0.8 g per kg of body weight i.e., a 75 kg person should have 60 g of protein a day.’

Three-Root Boulangere

From Hugh-Fearnley-Whittingstall's River Cottage:

<https://www.rivercottage.net/recipes/three-root-boulangere>

Jeanie Armstrong – St Dunstan's Church

'A deliciously filling vegetable meal that can be adapted with whatever roots are available (I have made this using Jerusalem artichokes and also swede and carrots). Good partners could be a well-dressed leafy salad and some good bread and cheese. Something sharp goes really well such as pickled green beans or red cabbage. A low-budget meal that can be prepared ahead and served with a variety of sides.'

This can be prepped to be oven-ready when wanted or even cooked the day before it's to be eaten, then re-heated covered loosely with foil. This seems to improve the flavour.'

Mary Berry's Red pepper, Mushroom and Leek Lasagne

<https://thehappyfoodie.co.uk/recipes/red-pepper-mushroom-and-leek-lasagne/>

Teresa Robinson – St Dunstan's Church writes

'Mary Berry's Red pepper, Mushroom and Leek Lasagne, with some alternatives that I have also made. It does take a little time but it is delicious and works. It is also a good standby in the freezer especially if it's already cut and frozen into individual helpings.'

This is full of flavour and perfect for vegetarians and meat-eaters alike.

8 Sheets of lasagne

Lasagne can be made completely up to 24 hours ahead.

Teresa's substitutions:

Mixed roast vegetables such as, onions, courgettes, aubergines etc – all work very well!

It's easy to do and in a large dish can batch make so that you can freeze it.

Creamy Courgette Lasagne

<https://www.bbcgoodfood.com/recipes/creamy-courgette-lasagne>

Rev Jenny Walpole – DMP Benefice (St Dunstan, St Mildred, St Peter) writes:

This is about as easy as it gets when it comes to making a lasagne! The most challenging thing about this recipe is grating 700g of courgette. There's no tricky white sauce to make because the ricotta does the work for you. You can even use a ready-made jar of tomato sauce for an ultra-quick and tasty dish. Vegetarians and meat eaters alike will enjoy it. I suggest adding some extra cheese and grilling longer for a golden top. Why not serve with some garlic bread and a glass of wine?