



with the Vegetarian Society

# Great British Food Festival



# Shaved Asparagus and Pistachio Salad



Serves 2

Egg-free, gluten-free, wheat-free

Preparation: 20 mins

## INGREDIENTS

For the salad:

- 125g asparagus
- 60g rocket
- 50g vegetarian feta cheese, crumbled
- 2 spring onions, thinly sliced
- 30g shelled pistachio, toasted, and roughly chopped

For the dressing:

- 2 tbsp Dijon mustard
- 2 tbsp apple cider vinegar
- 1 tbsp runny honey
- 3 tbsp extra-virgin olive oil
- Salt and pepper to taste

## METHOD

1. Prepare the asparagus: Wash the asparagus and trim away the tough ends. Using a vegetable peeler, shave the asparagus into thin ribbons straight into a large salad bowl.
2. Make the Dressing: In a small bowl, whisk together the Dijon mustard, apple cider vinegar, and honey. Slowly drizzle in the olive oil while whisking continuously until the dressing is well combined and emulsified. Season with salt and pepper to taste.
3. Assemble the Salad: In the large salad bowl, combine the shaved asparagus, rocket, feta cheese, and spring onions. Drizzle the honey mustard dressing over the salad and toss gently to coat the vegetables evenly. Sprinkle the toasted pistachios over the top of the salad.
4. Serve immediately.



# Crispy Chilli Asparagus Toastie



Serves 2

Nut-free

Preparation: 15 mins

Cooking: 10 mins

## INGREDIENTS

- 2 tbsp butter, melted
- 2 tsp Lao Gan Ma crispy chilli in oil
- 1 free range egg, beaten
- 100g vegetarian cheddar cheese, grated
- 8 asparagus spears, trimmed
- Salt and pepper to taste
- 4 thick slices sour dough bread

## METHOD

1. Preheat the grill to medium.
2. In a bowl, mix the melted butter, crispy chilli oil, and beaten egg. Add the cheese and mix well.
3. Prepare the asparagus: In a pan of boiling water, blanch the asparagus for 3-4 minutes until tender. Drain and set aside.
4. Toast two slices of the bread.
5. Spread the toasted bread with the cheese mix. Place the asparagus spears on top of the cheese mix and push down lightly so they sink into the cheese. Transfer to a baking tray.
6. Toast the cheese mix under the preheated grill for 5-7 minutes until the cheese is bubbling and turning brown in places.
7. Meanwhile, toast the remaining bread slices.
8. Once the cheese is cooked, remove the toast from the grill. Season with salt and black pepper. Top each cheesy slice with toasted bread.
9. Slice each toastie in 2 and serve immediately.



# Rhubarb, Gin, and Hibiscus Cheesecake Pots



Serves 2-3

Egg-free, nut-free

Preparation: 30 mins, plus hours setting

Cooking: 15 mins

## INGREDIENTS

For the rhubarb compote:

- 175g rhubarb, roughly chopped
- 75g caster sugar
- 2 tbsp gin
- A pinch of ground ginger
- Zest of ¼ lemon

For the base:

- 30g Hobnob biscuits
- 20g ginger biscuits
- 25g dairy or vegan butter, melted
- A pinch of salt

For the filling:

- 125g plain full-fat soft cheese or vegan soft cheese
- 75ml dairy double cream or whippable vegan cream
- ½ tsp vanilla extract
- 20g icing sugar, sifted

To serve:

- ½ tsp ground, dried hibiscus flowers

You will also need 2 small glass tumblers.



# Rhubarb, Gin, and Hibiscus Cheesecake Pots

## METHOD

1. Make the compote: Add all the compote ingredients to a small pan with a splash of cold water. Cook on a low heat for 10-15 minutes until the rhubarb is completely broken down. Taste for sweetness and add more sugar if required. Transfer to a bowl to cool. Place in a freezer to quickly cool, if necessary.
2. Using a small food processor, or a bowl and the end of a rolling pin, break both kinds of biscuits into crumbs.
3. In a small bowl, add the melted butter and salt to the crumbs and mix until the biscuit is well coated.
4. Firmly press the crumb mix into the base of the tumblers to create an even base. Chill the base while making the filling.
5. In a bowl, beat the soft cheese with a wooden spoon until smooth.
6. In another bowl whip the cream, vanilla extract, gin, and icing sugar with an electric or hand whisk until firm peaks appear.
7. Carefully fold the cream mixture into the soft cheese mixture until combined. Do not overmix.
8. Divide the compote between the two tumblers. If there is excess compote this can be served on the side with the cheesecake pots.
9. Carefully spoon in the creamy filling. Smooth the top with the back of a teaspoon. Sprinkle the ground hibiscus onto the filling and swirl with the end of a teaspoon or tip of a knife. Set aside in a refrigerator to set for at least 1 hour.
10. Serve immediately or refrigerate for 2-3 days.

