

Great British Food Festival

August 2025





Beetroot and Fava Bean Dahl



Serves 2

Dairy-free, egg-free, nut-free, vegan, wheat-free

Preparation:15 mins

Cooking:1 hour 20 mins

INGREDIENTS

- 200g beetroot, peeled and cut into even chunks
- 4 tbsp vegetable oil
- Salt and pepper to season
- 800-1000ml cold water
- 2 tbsp coriander seeds
- 1tsp fennel seeds
- 1 whole star anise
- · 2 tbsp garlic paste
- 1tbsp ginger paste
- · 1 red onion, finely chopped
- 100g dried split fava beans, washed and drained
- 100g red lentils, washed and drained
- 200ml oat milk
- 3 tbsp chopped coriander
- 3 mint sprigs, leaves only, finely chopped
- 2 tbsp plain vegan yoghurt
- Juice of 1/2 lime

To serve:

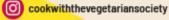
- 2 tbsp toasted flaked almonds
- 1 tsp black onion seeds



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Cook with the Vegetarian Society





Beetroot and Fava Bean Dahl

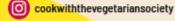
METHOD

- 1. Preheat the oven to 200°C/ fan 180° / gas 6.
- 2. On a baking tray, toss the beetroot chunks in 2 tbsp vegetable oil. Season with salt and pepper. Roast in the preheated oven for 25-35 minutes until soft enough to push a fork in easily. Remove from the oven and set aside to cool.
- 3. In a small food processor, blend the beetroot with 100ml water until it is a rough paste. Add a splash more water if needed. Set aside.
- 4. Heat a large frying pan on a medium heat. Add the whole spices and toast for 30-40 seconds until aromatic. Add the remaining oil and allow to heat for 1 minute. Add the onion and a pinch of salt. Fry for 3 minutes. Add the garlic and ginger paste. Stir well and cook for 2 minutes. Add a generous splash of water and reduce the liquid for 1-2 minutes.
- 5. Add the fava beans to the pan along with approximately half the remaining water. Season with a pinch of salt and pepper. Bring to the boil on a high heat. Then turn the heat to medium and simmer for 15 minutes. Add more water if the beans start to dry out.
- 6. Add the red lentils, oat milk, approximately half of the remaining water, the beetroot paste, and a pinch of salt and pepper. Bring to the boil on a high heat. Then turn the heat to medium and simmer for 20-30 minutes until the beans are soft and the lentils have started to disintegrate. Add more water if the dahl starts to dry out.
- 7. Add the fresh herbs, yoghurt, and lime juice. Season to taste.
- 8. Garnish with flaked almonds and onion seeds. Serve immediately.



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Loaded Carrot Dogs



INGREDIENTS

4 long, thin carrots

For the marinade:

- 175ml soy sauce
- 2 tbsp liquid smoke
- 1tbsp cider vinegar
- 1 tbsp date syrup
- 1 tsp onion powder
- 1tsp garlic powder
- 1tsp vegetable bouillon powder
- ¼ tsp ground black pepper
- 1 tbsp vegetable oil

For the avocado salsa:

- 1 avocado, diced
- 2 salad tomatoes, deseeded and diced
- 100g canned sweetcorn, drained
- 1tbsp chopped chives
- Salt and pepper to season

To serve:

- 4 long hot dog or sub rolls, split open
- 80g grated vegetarian or vegan cheese
- 50g sliced jalapenos
- 2-3 tbsp BBQ sauce
- 1tbsp crispy onions

Serves 4

Dairy-free, egg-free, nut-free, vegan,

Preparation: 10 mins, plus 30 mins marinating

Cooking: 20-30 mins



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Cook with the Vegetarian Society





Loaded Carrot Dogs

METHOD

- 1. Thinly peel the carrots. Use the peeler to create rounded shapes at both ends.
- 2. In a small bowl, mix all marinade ingredients together, except the oil.
- 3. Place the carrots in a sauce pan big enough for them to lie flat in. Cover the carrots with cold water. Add half the marinade to the water and bring to the boil on a high heat. When boiling, turn the heat to medium and simmer for 15-20 minutes until the carrots are soft but still holding shape. Drain the carrots and discard the liquid. Transfer the carrots to a dish or tub.
- 4. Add the oil to the remaining marinade and pour over the carrots. Gently turn the carrots until coated in the marinade. Cover and refrigerate for at least 30 mins.
- 5. On a pre-heated BBQ or griddle pan, cook the carrots for 5-10 minutes, turning regularly.
- 6. Meanwhile, in a bowl, mix all salsa ingredients. Season to taste.
- 7. Remove the carrots from the heat. Place into the buns and generously load with toppings and salsa.
- 8. Serve immediately.



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