



with the Vegetarian Society

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
- 1 tsp fennel seeds
- 1 whole star anise
- 2 tbsp garlic paste
- 1 tbsp 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 ½ lime

To serve:

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

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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
- 1 tbsp cider vinegar
- 1 tbsp date syrup
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp 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
- 1 tbsp 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
- 1 tbsp 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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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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