COOK!

with the Vegetarian Society

Northern Vegan Festival

Jerusalem Artichoke, Lemon and Thyme Soup, with Crispy Garlic

Serves 4

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

Preparation: 25 mins

Cooking: 40 mins

INGREDIENTS

- 4 tbsp vegetable oil
- 1 large onion, finely chopped
- 1 stick celery, finely chopped
- Salt and pepper to taste
- 4 cloves garlic, peeled and finely chopped
- 1 lemon, zest and juice
- 2 tsp dried thyme
- 500g Jerusalem artichokes, peeled and chopped
- 1 large potato, washed and cubed
- 150ml vegan white wine
- 1 litre vegan vegetable stock
- 200ml vegan cream
- 6 cloves garlic, peeled and finely sliced

METHOD

1. In a large saucepan, heat 2 tbsp oil on a medium heat. Add the onion and celery. Season with a little salt and black pepper and cook for 4 minutes until starting to soften.
2. Add the chopped garlic, lemon zest and juice and thyme, and then cook for a further 4 minutes.
3. Add the artichokes and potatoes, stir and cook for 2-3 minutes, making sure the vegetables are well coated in the lemon and garlic mixture.
4. Add the wine, stir well, and cook for 2 minutes.
5. Add the stock and bring to the boil on a high heat.
6. Turn the heat to medium and simmer for 30 minutes, until the vegetables are soft.
7. Remove from the heat, add the cream, and stir well.
8. Blend the soup until smooth with a hand blender or in a food processor. If the soup looks too thick, add a little water at this point and continue to blend. Season to taste with salt and pepper.

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Warm Rosemary Beetroot Salad with Puy Lentils and Whipped Pumpkin Cream

Serves 2

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

Preparation: 20 mins

Cooking: 25 mins

INGREDIENTS

For the whipped pumpkin cream:

- 150g pumpkin purée
- 1 tbsp olive oil
- 2 tbsp vegan cream
- 1 tsp lemon juice
- ¼ tsp ground cumin
- Salt to taste

For the rosemary beetroot:

- 1 tbsp olive oil
- 2 medium cooked beetroots, cut into wedges
- 1 sprig fresh rosemary
- 1 tsp maple syrup
- A pinch of salt

For the Puy lentils:

- 1 tbsp olive oil
- 120g cooked Puy lentils
- Salt to season
- 1 small shallot, finely diced
- 1 small garlic clove, minced
- 1 tsp lemon juice

For the crispy Savoy cabbage:

- 3 Savoy cabbage leaves, finely shredded
- 1 tsp olive oil
- A pinch of salt

- 25g toasted hazelnuts, roughly chopped

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Warm Rosemary Beetroot Salad with Puy Lentils and Whipped Pumpkin Cream

METHOD

1. Make the whipped pumpkin cream: Add the pumpkin purée, olive oil, vegan cream, lemon juice, cumin, and salt to a jug. Blend with a stick blender until smooth. Season to taste with salt. Set aside.
2. Heat 1 tbsp olive oil in a frying pan over a medium heat. Add the beetroot wedges, rosemary, a pinch of salt, and maple syrup. Cook for 5–7 minutes, turning occasionally, until glossy and warmed through with lightly caramelised edges. Remove the rosemary sprig. Set aside.
3. Heat 1 tsp oil on a medium-high heat. Add the shredded cabbage and a pinch of salt.
4. Cook for 5-6 minutes, stirring occasionally, until the edges catch, crisp, and deepen in colour.
5. Hold warm on a very low heat while warming the lentils.
6. Heat 1 tbsp olive oil in a frying pan. Add the shallot and a pinch of salt. Cook for 2–3 minutes until softened and translucent. Add the garlic and cook for 1 minute. Stir in the lentils, season with salt, and warm through gently for 3-4 minutes. Finish with the lemon juice.
7. Smear a generous layer of whipped pumpkin cream across the base of 2 plates. Add a mound of Puy lentils in the centre. Top with the beetroot. Scatter over the crispy cabbage. Finish with toasted hazelnuts, black pepper, and a drizzle of extra virgin olive oil.

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Brussels Sprout Pakoras

Serves 2

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

Preparation: 5 mins

Cooking: 8 - 10 mins

INGREDIENTS

- 150g Brussels sprouts, finely sliced
- 100g gram flour
- ½ tsp garam masala
- ½ tsp chilli flakes
- ½ tsp coriander seeds
- ½ tsp salt
- 1 tbsp chopped coriander
- Approx 100ml cold water
- Vegetable oil for frying

METHOD

1. In a wok or deep saucepan, heat the oil on a medium heat.
2. In a large bowl, mix the gram flour and spices. Add the vegetables and mix until well combined.
3. Add approximately half of the water and mix well. Continue to add water in small increments until the batter is firm but pliable.
4. Carefully lower a generous teaspoon of batter into the hot oil and deep fry on a medium heat for 8-10 minutes, turning occasionally to ensure even cooking.
5. Remove from the oil and drain on kitchen paper.
6. Serve immediately.

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