

Vegetarian Recipes from One Small Step event

Compiled by Bobbie Frere

Root Vegetable Gratin (serves 4-6)

Ingredients

- 350g sweet potatoes, peeled and sliced into 1cm thick rounds
- 350g any other root vegetables peeled and cut into even-sized slices or chunks e.g. turnip, parsnip, celeriac, carrots (can also use squash)
- 2 onions, sliced
- 2-3 fresh sage leaves, finely chopped (or 1 tsp dried sage, or thyme)
- 300ml vegetable stock
- 250ml double cream
- 1 - 2 tbsp grainy, French or English mustard (optional)
- 75g Parmesan, Pecorino or other hard cheese like Manchego, grated
- handful of breadcrumbs
- salt and freshly ground black pepper

In a large mixing bowl combine all the vegetables including onions.

In a large oven-proof dish layer half the mixed vegetables.

Pour over the vegetable stock, scatter the fresh herbs and 'dot' a few teaspoons of mustard on top.

Repeat with the second half of the onions and vegetables. Pour over the cream to coat the top layer of vegetables.

Mix the breadcrumbs and grated cheese together in a small bowl, and season with salt and black pepper.

Scatter on top of the dish and cover with foil, place in a preheated oven (190c / 170c fan) for 50 minutes, remove foil and continue cooking for about 40 mins. It might be ready earlier but I prefer the longer cooking time – it can stay in the oven even longer!

Mushroom and Nut Pilaff

Recipe says it serves 4 but I find it serves more as especially as a side dish (Margaret)

Ingredients

- 3 tblsp oil
- 1 medium onion chopped
- 1 clove of garlic crushed
- 225/8ozs mushrooms quartered
- 2 sticks of celery, chopped
- 1 red and 1 green pepper seeded and chopped
- 100g/4oz cashew nuts, chopped (I don't chop mine)
- 1 tblsp soy sauce
- 225/8oz brown rice, cooked
- salt and pepper

Method

Heat the oil, add the onion and fry for about 5 minutes or until transparent.

Add garlic, mushrooms, celery, red and green peppers, nuts and soy sauce and stir fryer 5 to 7 minutes.

Add cooked brown rice, check the seasoning and toss the pilaff together, till heated through.

Chilli Bean Casserole (I always do in slow cooker)

Serves about 8-10. If you need more just add more tins of beans

- 1 tbsp. of oil
- 1 medium onion and 1 garlic clove chopped
- 1 red and yellow pepper chopped
- 1 tin of chopped tomatoes
- 1 jar of mixed hot chillies
- Vegetable stock cube in 1/4 pt of water
- 6-7 cans of any beans (use a mixture - cannellini beans, butter beans, chick peas, black eye beans, red kidney beans (Usually get them in chilli sauce), borlotti beans, baked beans and any other beans on offer

Method

Cook onion and garlic in a pan for 5 mins, then add peppers and cook for another 5 mins

pour this mixture into a slow cook or casserole pot, then add all the tins of beans, tomatoes and a few chillies (amount depends on your taste buds). Add vegetable stock cube in 1/4 pt of water. Stir bring to simmering and then leave to cook on a low heat for a day, the longer you leave it the better the flavour as the beans soak up spices.

Sausage Plait

This was one that I made up as a vegetarian option for when we have sausage plait at lunch club, for each plait I used

- Sheet of ready rolled puff pastry
- Pack of vegetarian sausages (I used a pack of 8 frozen Quorn ones – defrosted)
- A grated cooking apple or a couple of eating apples grated (you probably don't need to peel if you are using eating apples)

In a bowl, with your hands, break up the sausages and mush together with the grated apple.

Lay out the pastry with a short edge at the top, put the sausage mixture down the centre, from top to bottom. Use a sharp knife to make a 'fringe' down each side on a slight diagonal, each strip should be about 1.5cm. Plait by folding the strips over the top alternating one from each side. Fold up and seal the top and bottom as best you can, brush with milk or egg, and put in a hot oven (200°) for about 35 minutes until well risen and golden brown.

Sweet Potato and Spinach Dahl

- 1 tbsp oil
- 1 red onion, finely chopped
- 1 garlic clove, crushed
- thumb-sized piece ginger, peeled and finely chopped
- 1 red chilli, finely chopped

- 1½ tsp ground turmeric
- 1½ tsp ground cumin
- 2 sweet potatoes (about 400g/14oz), cut into even chunks
- 250g red split lentils
- 600ml vegetable stock
- 80g bag of spinach

Method

Heat 1 tbsp oil in a wide-based pan with a tight-fitting lid. Add 1 finely chopped red onion and cook over a low heat for 10 mins, stirring occasionally, until softened.

Add 1 crushed garlic clove, a finely chopped thumb-sized piece of ginger and 1 finely chopped red chilli, cook for 1 min, then add 1½ tsp ground turmeric and 1½ tsp ground cumin and cook for 1 min more.

Turn up the heat to medium, add 2 sweet potatoes, cut into even chunks, and stir everything together so the potato is coated in the spice mixture.

Tip in 250g red split lentils, 600ml vegetable stock and some seasoning.

Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape.

Taste and adjust the seasoning, then gently stir in the 80g spinach. Once wilted, serve.

Vegetable Lasagne (serves 6)

- 2 peppers cut into 2cm chunks, seeds removed
- 1 courgette (about 300g) cut into two cm chunks
- 1 large sweet potato peeled cut into 2 cm chunks
- 3 tbsps. olive oil
- 1 large onion finely chopped
- ½ tsp dried chilli flakes
- 2 garlic cloves crushed
- 2x400g tomatoes
- 2 tsp Italian seasoning or dried oregano
- 1 vegetable stock cube
- 200ml cold water
- 100g young spinach leaves
- 9-10 dried lasagne sheets
- 75g plain flour
- 75g butter
- 750ml milk
- 125g mature cheddar cheese
- 75g grated mozzarella or extra cheddar

Roast peppers, courgette, sweet potato, tossed in 2 tablespoons of the oil and salt and pepper, in large baking tin in a pre-heated oven 200°. Roast for 30mins

While veg are roasting gently fry the onion in 1 tblsp oil until softened (5 mins), add chilli and garlic and fry for 1 minute. Stir in

tinned tomatoes, herbs, crumbled stock cube and water. Simmer for 10 mins stirring regularly

For the cheese sauce put flour, butter and milk in a large saucepan whisking constantly with a large balloon whisk until sauce is thickened and smooth. Stir in 125g of cheese and season to taste.

Add roasted vegetables and spinach to tomato mixture and cook for 3 mins

Assemble the lasagne in an ovenproof lasagne dish:

- 1/3 vegetable mix
- Layer of lasagne sheets
- 1/3 vegetable mix
- Layer of lasagne sheets
- ½ cheese sauce
- 1/3 vegetable mix
- Layer of lasagne sheets
- ½ cheese sauce
- Sprinkle the rest of the cheese on top

Bake for 35-40 mins until pasta is cooked and top is golden brown. Stand for 5 mins before serving. Lasagne can be assembled up to a few hours before cooking which also helps the lasagne to begin to soften.

Vegetable Tagine (serves 4-6)

Ingredients

- 2 tbsps. olive oil
- 2 red onions each cut into 6 segments
- 1 tsp each of ground turmeric, cinnamon and paprika
- 1 cm fresh ginger peeled and finely chopped or grated
- 1 red chilli finely chopped
- 2 garlic cloves crushed
- Grated zest of an orange
- 1 red and 1 yellow pepper roughly chopped
- 1 sweet potato cubed
- 1 aubergine cut into chunks
- 2 carrots sliced
- 50g dried apricots quartered
- Tin chopped tomatoes
- 1 tablespoon of honey or maple syrup
- 400g tin chickpeas drained
- 500ml vegetable stock
- A large handful of baby spinach

Preheat the oven to 180^o or Gas 4

Heat the oil in a flameproof casserole dish, add the onion and cook for 5 mins. Add spices, ginger, chilli, garlic and orange zest and cook for 1 minute. Add peppers, sweet potato, aubergine and carrots – stir well so they are all coated in the spice mixture and cook for 2 mins.

Stir in apricots, tomatoes honey/maple syrup and chickpeas. Add stock, bring to the boil, and cook for 2 mins. Cover with a lid and transfer to the preheated oven to bake for 40-45mins until vegetables are cooked. Remove from the oven, stir in the spinach and serve with couscous or rice.