



**Bourguignonne of Chestnuts, Mushrooms and Roasted Garlic**  
(serves 4-6)

250g cooked whole chestnuts	1 tbsp fresh chopped rosemary
50 ml olive oil	1 tbsp fresh chopped thyme
1 bulb of garlic, peeled and the cloves left whole	Salt and freshly ground black pepper
400g shallots, peeled and halved, small celeriac, peeled and cubed	300 ml red wine
2 sticks celery, washed and chopped	1 tbsp tamari
2 red peppers, sliced	1 tbsp tomato puree
250g button mushrooms	500 ml stock made with 1 tsp vegetable bouillon powder
2 bay leaves	1/2 tsp cornflour, mixed into a paste with cold water

Pre-heat the oven to 200°C/400°F/Gas 6.

Use a large, deep baking tray, big enough to take all the vegetables, otherwise use two and split the vegetables between them.

Heat the olive oil in the baking tray. Add the garlic cloves and halved shallots and roast for 15 minutes.

Add the celeriac, celery and red peppers, stir well and roast for another 30 minutes. At this point decant the vegetables into a large ovenproof casserole dish with a lid.

Stir in the cooked chestnuts, mushrooms and herbs and season with a pinch of salt and plenty of freshly ground black pepper.

Add the wine, tamari, tomato puree and stock.

Either reduce the heat in the oven to 150°C/300°F/Gas 2 and cook for a further two hours or simmer gently on the top for one hour. Stir occasionally to prevent the vegetables sticking and add more water if necessary.

Thicken the sauce with the cornflour paste and check for seasoning.

A good Christmas day or dinner party recipe – serve with the usual trimmings or with a pile of creamy mashed potato.

*From Green World Cookbook by Rachel Demuth\**



**Smoked Tofu, Puy Lentil and Spinach Salad with Apple and Tamari Dressing**  
(serves 4)

<b>Salad</b>	<b>Apple and Tamari dressing</b>
100g Puy lentils, washed	200ml apple juice
1 tsp vegetable bouillon powder	50ml tamari
1 bay leaf	2cm cube of fresh ginger
220g smoked tofu, sliced in strips	1 tbsp apple juice concentrate
200g baby spinach leaves	
1 avocado, thinly sliced	
12 cherry tomatoes, halved	
50g green pitted olives	
50g beansprouts, washed	
4 tbsp sunflower seeds	
1 tbsp tamari (very strong soya sauce) <sup>†</sup>	
Sunflower oil (for roasting sunflower seeds)	
Fresh chives, chopped, for garnish	

Preheat the oven to 160°C/300°F/Gas 2.

Toss the sunflower seeds in a dash of sunflower oil, 1 tablespoon of tamari, place in a shallow roasting tin and roast for 30 to 40 minutes (turning a few times) or until brown and crisp.

Cover the washed Puy lentils with water, stir in the vegetable bouillon powder and add the bay leaf, bring to the boil and simmer for 25-35 minutes until the lentils are just cooked. Drain the lentils, remove the bay leaf and set aside.

For the dressing, mix the apple juice, apple juice concentrate and tamari into a jug. Grate the ginger or squeeze it gently in a garlic press and add the juice from this to the dressing.

Serve the salad on individual plates. On each plate make a bed of spinach leaves, top with a few spoonfuls of Puy lentils, some smoked tofu, decorate with slices of avocado, cherry tomatoes and green olives, sprinkle with beansprouts and tamari-roasted sunflower seeds. Pour on the dressing and garnish with the chopped chives.

Serve with wholemeal bread.

*Adapted from Green World Cookbook by Rachel Demuth\**

<sup>†</sup> Tamari is available in supermarkets. Alternatively, use another good soya sauce, eg Kikkoman.



**Chocolate and Brandy Truffle Torte**  
(serves 8)

Cooking oil	250ml pint soya cream <sup>†</sup>
5 tbsp liquid glucose (available from chemists and supermarkets)	75g plain Hob Nobs or similar biscuit, crushed
5 tbsp brandy	Cocoa powder to decorate
450g plain chocolate	

Base line a 23cm/9in cake tin with greaseproof paper and brush sides with oil. Sprinkle the crushed biscuits over.

Melt chocolate, brandy and glucose in a bowl over a pan of barely simmering water.

Remove from heat and gently stir in cream. Pour into tin and chill overnight.

Turn out onto a large plate and dust with cocoa powder.

<sup>†</sup> Soya cream is available from all supermarkets and health shops (eg Provamel Soya Dream)

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## Smoked Tofu and Horseradish Pate

(serves 2-4)

### Pate

125g smoked tofu<sup>†</sup>  
2 tsp tamarind paste<sup>††</sup>  
1 tsp smoked paprika  
1 tbsp lime juice  
1 tbsp flax oil  
1 tsp grated horseradish  
2 tsp capers  
2 tsp seaweed flakes<sup>††</sup>  
Salt and pepper

### To garnish

Smoked paprika  
Slices of lime

Place all the ingredients in a food processor or liquidiser and blend to a smooth consistency.

Transfer the pate to a serving bowl and garnish with smoked paprika and slices of lime.

Serve with roasted vegetables or crudites, and warm pitta bread or oatcakes.

*From Vegan by Tony Weston and Yvonne Bishop\**

<sup>†</sup> Smoked tofu is delicious and incredibly healthy. Buy it from all supermarkets in the fridge section. (Don't use plain tofu for this recipe!)

<sup>††</sup> Seaweed flakes and tamarind paste are also available from large supermarkets and health shops.



## Sausage Onion and Tomato Pie

(serves 4)

2 tbsp vegetable oil  
450g veggie sausages  
3 medium onions, chopped finely  
2 sticks celery, chopped finely  
225g mushrooms, sliced  
6 tomatoes, roughly chopped

1 tsp dried basil  
1/4 tsp chilli powder (optional)  
50g frozen peas  
Salt and black pepper  
675g mashed potatoes

Fry the veggie sausages in the oil until cooked, chop into bite-sized chunks and put aside.

Fry the onions and celery in the oil for 3-4 minutes (add a little more oil if necessary).

Add the mushrooms and fry for a further 3-4 minutes.

Add the tomatoes and stir well.

Add the basil, chilli powder (if using) and the salt and pepper to taste.

Cover the mixture and simmer on a low heat for 10-15 minutes.

Add the frozen peas and the sausage pieces and stir well before pouring the mixture into a deep, ovenproof dish.

Cover the mixture with the mashed potatoes and place under the grill until the top has browned and serve immediately. If the pie has been prepared in advance and has cooled down, cook in a moderately hot oven 190°C/375°F/Gas 5 for about half an hour until the mashed potato has browned.



## Rice Noodle Stir-Fry with Peanut Sauce

(serves 4)

### Stir-fry

250g Chinese rice noodles  
4 tsp toasted sesame oil  
12 spring onions, sliced  
200g baby sweetcorn, halved  
200g mange tout, halved  
200g oriental greens such as bok choy or Chinese leaves, shredded

### Stir-fry sauce

2 tbsp crunchy peanut butter  
2 tbsp soya sauce  
2 tbsp sherry  
2 tbsp rice vinegar  
2 garlic cloves, crushed  
1 tsp brown sugar

Place rice noodles in a large bowl, cover with boiling water and leave for 4 minutes, or according to packet instructions.

Make stir-fry sauce by mixing together all ingredients in a small bowl. Set aside.

Heat sesame oil in a large saucepan or wok, add prepared vegetables and stir-fry for 2 minutes.

Drain noodles and combine with vegetable and stir-fry sauce in wok.

Stir-fry for 2 minutes or so, until heated through.

Serve at once.

*From Vegetarian Express by Rose Elliot\**