



Allergens: sulphites

# PEARL BARLEY SALAD OR 'RISOTTO'

## SERVES 4

**2 litres vegetable stock of your choice, or to make a mushroom dashi/ stock:** 2 litres water, 15x15cm piece of dried kombu, 4 tbsp dried mushrooms, 3 bay leaves

**250g pearl barley**

**150g peas**

**8 stalks cavolo nero**

**1 small bulb fennel**

**2 handfuls chopped parsley**

**2 tbsp chopped chives**

**A sprig of fresh thyme**

**Cider vinegar**

**Miso or a similar paste e.g. Hodmedods Fava Bean Umami Paste**



**1.** If making the stock from scratch, add the kombu, dried mushrooms and bay to the water and bring slowly to just below a simmer. Keep just below the boil for 45 minutes, avoiding too much evaporation. Strain, keeping the mushrooms to add to the salad.

**2.** Rinse the pearl barley then add to either home-made or ready-made stock cubes/ bouillon along with the thyme, bring to the boil and simmer gently for around 40 minutes or until cooked and tender. Strain the pearl barley, reserving the remaining cooking liquid.

**3.** While the barley is cooking, cut the fennel and cavolo nero (or other green vegetables) into bite-sized pieces. Cook the cavolo nero and peas to your liking and put them to one side. Keep the fennel raw. Chop the herbs.

**4.** When the barley is cooked and strained, take 2 tbsp of the cooking liquid and whisk together with 2 tsp of miso/ umami paste and 1 tsp cider vinegar to make a dressing.

**5.** Once the barley is cool, mix the dressing through the grains and add the mushrooms, vegetables and herbs to make the grain salad. Add seasoning if desired.

**6.** This dish can also be served warm, as a risotto. If doing so, you could add some sautéed onions and celery, and a glug of good oil for richness.



Allergens: nuts

# WALNUT POTATO MACAROONS

Potato in a macaroon?  
Yes! These are gorgeous  
vegan, gluten-free,  
sweet macaroons.  
The potato gives them  
a good crunchy, yet  
chewy texture. A great  
use for a little leftover,  
plain mash.



## MAKES: ABOUT 30

Ingredients:

**200g shelled walnuts**

**125g cooked mashed potato**  
(or about 100–150g raw potato  
cooked in its skin, then peeled  
and mashed)

**Finely grated zest of 1 small  
lemon**

**200g golden (unrefined) caster  
sugar**

**Pinch of salt**

Preheat oven to 180°C / 160°C fan /  
350°F / gas mark 4 and line a couple  
of baking trays with parchment  
paper.

1. Whizz the walnuts up in a food processor until fine or crush finely in a paper bag with a rolling pin.
2. Tip the crushed walnuts into a bowl and mix in the mashed potato, lemon rind and pinch of salt, then gradually blend in the sugar well until a dough forms.
3. Using a teaspoon, spoon the mixture in small mounds onto the lined baking trays (allowing space in between for the macaroons to spread).
4. Bake for about 15 - 20 minutes, turning the trays around in the oven once or twice to get an even colour, or until light golden brown.

*These are best served slightly warm but are also good cold.*



Allergens: none

# COURGETTE DIP

Super easy... Use as a dip, or the mixture can be frozen, defrosted and reheated and stirred into cooked pasta for lunch or supper.



**SERVES: 6 - 8 as a dip**

**Ingredients:**

**4 large courgettes** (about 1kg), untrimmed

**2 cloves garlic**, crushed

**½ - 1 teaspoon cumin, caraway, or fennel seeds**, crushed

**100ml British cold pressed rapeseed oil or extra-virgin olive oil**

**Juice of 1 lemon**

**Sea salt and freshly ground black pepper**

1. Place the whole untrimmed courgettes in a roasting tin. Pour over 300ml water, cover with foil, and bake for about an hour or until very soft (alternatively you can steam the courgettes whole).
2. When cool enough to handle, top and tail the courgettes and lift into a bowl.
3. Using a fork, mash the courgettes well. Stir in the crushed garlic, seeds, olive oil and lemon juice. Season to taste.

Preheat oven to 180°C / 160°C fan / 350°F / gas mark 4.



Allergens: none

# FAVA BEAN AKARA (FRITTERS)

**SERVES 4**

Ingredients:

**2 cups fava bean flour**

**1 chilli**

**1 medium onion**

**2 tsp bouillon**

**Water**

For the fresh coriander chutney:

**50g fresh coriander**

**2 tbsp apple cider vinegar**

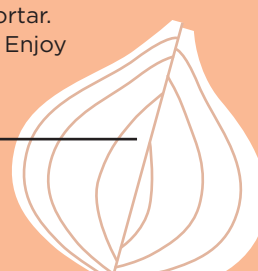
**1 tsp sugar**

**Salt**



1. Put some vegetable oil in a pan on the cooker. The oil should be at least 3 inches deep.
2. Thinly dice the onion and chilli. Set aside.  
Put the fava bean flour and bouillon in a large bowl. Stir with a fork till both are combined, making sure to break up any lumps. Add some water to the mixture, a little at a time. The batter should be a thick consistency.
3. Taste the batter for salt. Add a little more salt if required. Add the diced onions and chilli, mix thoroughly for a few

- seconds to fluff up the mixture. Set aside.
4. Heat up the oil until hot on medium heat. Do a heat test by dropping a little batter into the hot oil, if it sizzles then it's ready.
5. Using a tablespoon, scoop the blended beans and drop gently into the hot oil. Don't overfill the pan, so that the temperature of the oil doesn't drop.
6. Fry the fritters until both sides are brown. Transfer the fritters into a bowl lined with a paper towel, to absorb excess oil.
7. For the chutney, blend the coriander, vinegar, sugar and a pinch of salt in a blender or with a pestle and mortar. The mixture should be smooth. Enjoy with the fritters.





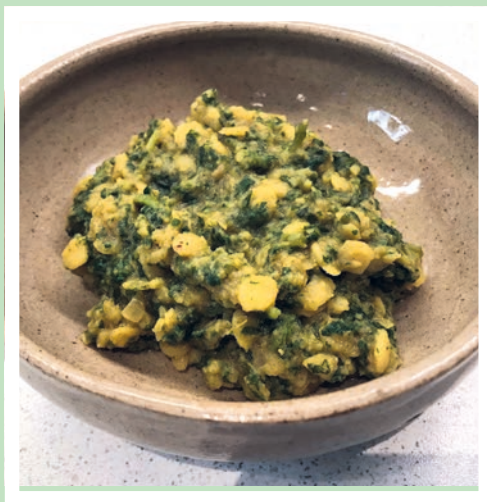
Allergens: none

# NETTLE DAHL

## SERVES 4

### Ingredients:

- 2 cups wilted nettles
- 2 litres water
- 2 tbs rapeseed oil
- 250g green or yellow split peas
- 5cm piece of ginger, peeled and grated
- 3 green chillies, slit
- 1 large onion, finely diced
- 2 tsp ground coriander
- 1 - 2 tsp ground turmeric
- 2 tsp ground cumin
- 4 cardamom pods
- Handful of fresh coriander, chopped



1. Rinse the split peas in a sieve, place in a large saucepan and cover with 1 litre of cold water.
2. Bring the pan to the boil then cover and simmer for about 30 minutes or till the peas are quite soft and creamy. You may need to add more water as the peas cook.
3. Bring the other litre of water to the boil. Wearing gloves, add the nettles and wilt for 10 minutes or till tender. Drain, cool and squeeze out excess water from the nettles. Set aside
4. While the peas are cooking, heat up the oil, add the

- onions and fry for 10 minutes or till golden brown. Add the ground turmeric, ground coriander, ground cumin, chilli and cardamom pods. Be careful not to burn the spices, you can add a splash of water to avoid this. Fry until fragrant.
5. Add the cooked split peas to the spices and stir. Add water, to your desired thickness. Add the wilted nettles and let them simmer for 10 - 15 minutes.
6. Add salt to taste. Stir in the fresh coriander.
7. Serve with bread, rice or on its own.





Allergens: none

# VEGAN BEETROOT DIP

## SERVES 4

Ingredients:

**400g medium-sized raw beetroots, skin on**

**1 clove of garlic**

**2 tbsp quality rapeseed or extra-virgin olive oil**

**1.5 - 2 tbsp fruit vinegar**  
(red wine and/ or cider work well)

**1 tbsp dill fronds**

**Dill fronds, black onion and crushed fennel seeds to garnish**

**Salt and black pepper, to taste**



1. Trim the tops from the beetroots if they are still attached, and reserve for a salad or to cook.

2. Cover the beetroots with cold water, bring to the boil and simmer until tender, for around 45 minutes to an hour. Test the beetroots by sliding a knife through them: there should be no resistance. Remove from the water and cool.

3. Peel the beetroots and put in a food processor. Crush or finely chop the clove of garlic and add to the beetroots along with the oil, vinegar and dill. Blend until you have a purée,

how smooth you would like it is up to you. Add salt and pepper to taste, and more vinegar if desired.

4. Serve garnished with fennel seeds crushed in a pestle and mortar, black onion seeds and dill fronds.

*NB: This dip is inspired by the great Beetroot Borani at Morito restaurant, but here it is without the yoghurt that features in most boranis; a dash more vinegar gives it the tang to balance the sweet beets.*