

EAT
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Rachel Allen 
Stunning makes to share...

Cook Vegetarian!

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meat-free food made easy

19 Recipes You'll Love

vegetarian-friendly meals
flavour boosting tips
low-cost suppers

SE ELLIOT
Pick it up with her
easy-to-prepare dishes

DO ZILLI
Cooking advice
for the perfect risotto

VEGETARIANS GO VEGGIE
The magazine makes from Alex James,
Paul Rankin, Mark Hix and more...

Ching-He Huang

No-fuss Chinese

Quick midweek dinners that
are tastier than a takeaway

Don't like
tofu...?
Try this!



Fresh & Fabulous



Light bites



Looking for some fresh, healthy ideas for brunch or a light bite? These recipes are so tasty and easy, too!

Cool And Simple Snacks...



1 Celeriac, Apple and Parsnip Remoulade

Serves 4

1 small celeriac, peeled
1 parsnip, peeled
2 apples, peeled
8 tbsp 0% fat Greek yoghurt
1 tbsp Dijon mustard
1-2 tbsp lemon juice to taste
2 tbsp parsley, chopped
freshly ground black pepper

- Use a food processor fitted with a grating disc to grate the celeriac, parsnip and apple into fine strands. Place in a large bowl.
- Combine the Greek yoghurt, mustard, lemon juice, parsley and seasoning in another bowl.
- Spoon the dressing over the vegetables and mix well. Leave to chill in the fridge for at least 30 minutes before serving.

2 Green Papaya Salad with Chilli Lime Dressing

Serves 4

juice of 2 limes
2 tsp sugar
½ garlic clove, crushed
½ red chilli, deseeded and chopped
1 tsp olive oil
1 large green papaya peeled
2 tomatoes, finely chopped
4 spring onions, chopped
½ cucumber, peeled, deseeded and cut into long ribbons
2 tbsp basil leaves, coarsely chopped
2 tbsp mint leaves, coarsely chopped
2 tbsp coriander leaves, coarsely chopped
handful of roasted peanuts, chopped

- Mix together the lime juice, sugar, garlic, chilli and oil to make the dressing.
- Cut the papaya into long strips with a knife or mandolin. Place in a bowl with the tomatoes, spring onions, cucumber and herbs.
- Add the dressing and toss well. Sprinkle over the peanuts to serve.

3 Bruschetta with Feta and Olive Tapenade

Serves 4

100g pitted olives
1 garlic clove, crushed
1 tbsp capers
2 tbsp basil leaves
1 tbsp lemon juice
a little olive oil
200g vegetarian feta, crumbled
4 slices of ciabatta

- Make the tapenade by blending the olives, garlic, capers, basil leaves and lemon juice. Add a little olive oil to form a thick paste.
- Mix 2 tbsp of the tapenade with the feta cheese to create the topping.
- Toast the ciabatta lightly. Top with the vegetarian feta and tapenade spread.

4 Pink Sushi

Serves 4

1 tomato, chopped
1 medium raw beetroot, peeled, chopped
1 tbsp cider vinegar
1 tsp tamari
150g cashew nuts
4 nori sheets
handful of sprouted beans
1 carrot, peeled and cut julienne style
1 red pepper thinly sliced

- Place the tomato, beetroot, vinegar, tamari and cashew nuts in a food processor and blend until smooth, adding a little water to the mix to create a thick pâté.
- Lie a nori sheet on a sushi rolling mat or clean tea towel. Spread the pâté thinly over the sheet, leaving a gap at the edges. Arrange a handful of bean sprouts, carrot and pepper strips along one side of the sheet. Carefully roll up the nori to create a neat roll, using a dab of water to seal the edges of the sushi.
- Slice into pieces with a sharp knife. Repeat with the remaining nori sheets.

5 Orange Blossom and Fennel Salad

Serves 4

2 blood oranges
1 pomegranate
1 small fennel bulb, thinly sliced
½ red onion, finely chopped

For the dressing

4 drops orange blossom water
2 tbsp fresh orange juice
1 tbsp sherry vinegar
2 tbsp extra virgin olive oil or flaxseed oil

- Cut the peel and pith away from the oranges. Chop into thin slices.
- Slice the pomegranate in half and scoop out the seeds with a teaspoon.
- Place the orange slices, fennel and onion on a platter and scatter over the pomegranate seeds.
- Mix all the dressing ingredients together and drizzle over the salad to serve.

6 Mini Bread Pots

Makes 8 rolls

1 x 280g white bread mix
40g wheatgerm
25g vegetarian mature Cheddar cheese, coarsely grated
2 tbsp milk or 1 free-range egg, beaten

- Line eight clean 4cm terracotta pots with a double thickness of greaseproof paper or muffin cases. Oil and put to one side.
- Empty the bread mix into a large bowl, add the wheatgerm and follow the instructions to make the bread mix.
- When you get to the stage where you're instructed to leave the bread to prove, first cut the bread into eight pieces, knead into rolls and place into the little terracotta pots. Cover with polythene or damp cloth and leave to rise for 30-35 minutes in a warm place.
- Preheat the oven to 230C/450F/Gas 8. Mix together the milk or egg (and the cheese, if used) to make a glaze. Remove the polythene from the pots and brush each roll with the glaze.
- Bake for 15 minutes. Leave to cool.

5 More Tasty Ideas

BETROOT CARPACCIO



Mix together 3 tbsp sherry vinegar, 5 tbsp walnut oil and 1 tbsp olive oil. Thinly slice six cooked beetroot and 1/2 red onion using a mandolin. Place on a plate and pour over the dressing. Scatter with chopped walnuts to serve

CARROT ORANGE SMOOTHIE



Blend 8 fresh apricots, stoned, with the flesh of 1 mango, with 300ml freshly squeezed orange juice, 300ml carrot juice and 2 tbsp ground flaxseed. Serves 2

SUN BLUSH TOMATO AND AVOCADO ON RYE TOAST



Combine 1 diced avocado with 4 chopped sun blush tomatoes, a crushed garlic clove, chopped basil, 2 tbsp oil and 1 tbsp balsamic vinegar. Toast slices of rye bread and top with the avocado and tomato to serve

CHARGRILLED ARTICHOKE DIP WITH OAT CAKES

Blend together 250g chargrilled artichokes, 1 garlic clove, the juice of 1 lemon, 4 tbsp pine nuts and 50g veggie goat's cheese. Add a little olive oil to thin if needed. Season well and spread on oat cakes

MEXICAN EGG SALAD

Mix a can of drained pinto beans in a bowl with a chopped avocado, 2 spring onions, cherry tomatoes, halved, fresh coriander and chopped chilli. Top with 4 sliced hard boiled eggs. Drizzle with a little olive oil to serve



Warm Tasty Comfort Food...



1 Creamy Mushroom Wraps

Serves 4

1 tbsp butter
1 tbsp olive oil
1 small onion, finely chopped
250g mixed wild or field fresh mushrooms, sliced
2 tbsp lemon juice
6 tbsp 2% fat Greek yoghurt
1 tbsp flat leaf parsley, finely chopped
4 wholemeal or seeded wraps

- Put the butter and oil in a frying pan over a medium heat and cook the onion for a minute.
- Add the mushrooms and cook until soft and golden, about five minutes.
- Season to taste, then stir in the yoghurt, parsley and lemon juice and warm through.
- Warm the wraps according to the packet instructions. Spoon in the mushroom filling and roll up to serve.

2 Warm Lentil Salad with Roasted Squash

Serves 4

350g pack diced butternut squash and sweet potato
3 tbsp extra-virgin olive oil
1 garlic clove, crushed
1 tsp cumin seeds
100g puy lentils
1 tbsp red wine vinegar
30g walnuts, roughly chopped
20g pack fresh mint, chopped
225g veggie goat's or feta cheese

- Preheat the oven to 220C/425F/Gas 7. Place the squash and sweet potato in a roasting tin, scatter with 1 tbsp of the oil, garlic, cumin and seasoning. Roast for 25 minutes.
- Place the lentils in a pan with enough cold water to cover. Bring to the boil and simmer for 15 minutes, until just tender. Drain.
- Place the remaining oil, vinegar and seasoning in a bowl. Add the lentils, walnuts, mint, cheese and roasted vegetables. Toss together and serve.

3 Olive and Lemon Tabbouleh

Serves 4

150g bulghur wheat
1 bunch salad onions, chopped
1 small cucumber, deseeded and chopped
2 plum tomatoes, chopped
handful of black olives, sliced
20g pack fresh flat-leaf parsley, chopped
20g pack fresh mint, roughly chopped

For the dressing

3 tbsp olive oil
juice and zest of 1 lemon
1 preserved lemon, rind only, chopped

- Whisk together the olive oil, lemon juice and zest. Add the preserved lemon.
- Place the bulghur wheat in a saucepan and just cover with boiling water. Cook for 10-12 minutes until just cooked. Drain well and place in a serving bowl.
- Add the salad onions, cucumber, tomatoes, olives and herbs to the bulghur wheat with the dressing. Gently stir to combine. Season with black pepper and serve warm.

4 Yakitori Kebabs

Serves 4

4 tbsp tamari
2 tbsp mirin
1 tbsp honey
2.5cm piece root ginger, peeled and finely grated
1 garlic clove, crushed
450g firm tofu, cut into chunks
8 cherry tomatoes
1 red pepper, cut into large chunks

- In a large bowl, mix together the tamari, mirin, honey, ginger and garlic. Add the tofu and stir well. Leave to marinate for 1-2 hours.
- Preheat the grill to high. Thread the tofu, tomatoes and pepper pieces onto four metal skewers. Reserve the marinade.
- Place the kebabs on the grill rack and brush with the marinade. Cook for 10-15 minutes basting with the marinade.

5 Egg Drop Soup

Serves 4

6 tomatoes
500ml hot vegetable stock
2 free-range eggs lightly beaten
1 tbsp cornflour
2 tbsp cold water
1 tbsp tamari
1 tsp sesame oil
1 nori sheet, crumbled
100g fresh silken tofu, cubed
1 pak choi, sliced

- Finely chop the tomatoes. Place in the pan with the stock. Bring to a simmer, then slowly pour in the whisked eggs. Allow to set for 10 seconds, then stir gently to create long, delicate silken strands.
- Mix the cornflour with the water in a small bowl and add the tamari and sesame oil to this mixture. Pour into the soup and stir well until thickened slightly.
- Add the pak choi, nori and tofu to the broth. Cook for 2-3 minutes until the pak choi has softened.

6 Hot Chocolate & Raspberry Breakfast Shake

Serves 2

600ml semi skimmed milk
2 tbsp drinking chocolate
3 tbsp medium oatmeal
100g raspberries

- Place the milk, drinking chocolate and oatmeal in a saucepan and bring to the boil gently. Simmer gently for five minutes until the oatmeal is soft.
- Place the raspberries in a food processor or liquidiser and add the chocolate milk and blend until smooth. Allow to cool slightly before pouring into two tall smoothie glasses.

5 More Tasty Ideas

ROAST BABY AUBERGINES WITH CHICKPEAS

Halve 4 baby aubergines and lightly score the flesh. Place on a baking sheet and drizzle over a little olive oil, ground cumin, coriander and garlic salt. Bake for 30 minutes. Add a tin of chickpeas and cook for 10 minutes before serving

LIME, COCONUT AND SPINACH DHAL

Place 150ml coconut cream into a pan with 1 tbsp mild curry paste, 2 tbsp lime juice and 1 tsp sugar. Bring to a simmer then tip in a can of cooked lentils. Add a large handful of spinach leaves and cook for five minutes. Serve with chapatti

GRILLED GOAT'S CHEESE WITH FIGS AND PESTO

Mix 2 tbsp veggie pesto with 2 tbsp olive oil. Place slices of vegetarian goat's cheese on a baking tray and grill until bubbling. Serve with watercress and sliced figs, and drizzle over the vegetarian pesto

PARSNIP ROSTIS WITH HORSERADISH AND POACHED EGG

Grate 225g each of potatoes and parsnips and squeeze out excess moisture. Mix with 2 tbsp Greek yoghurt and 1 tsp creamed horseradish. Fry spoonfuls until golden on both sides. Top with a poached free-range egg

HALLOUMI WITH SWEET CHILLI TOMATO SAUCE

Place 4 tomatoes, 1 small red chilli, deseeded, 1 garlic clove, 5 tbsp rice vinegar and 3 tbsp xylitol or sugar in a blender and process until smooth. Add a little water if needed. Pan fry 4 slices of halloumi cheese and serve with the chilli sauce

