

Winter

Starter: Carrot & coriander soup

Ingredients:

- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 tsp ground coriander
- 1 potato, chopped
- 450g carrots, peeled and chopped
- 1.2l vegetable or chicken stock
- handful coriander (about ½ a supermarket packet)

Method:

1. Heat 1 tbsp vegetable oil in a large pan, add 1 chopped onion, then fry for 5 mins until softened.
2. Stir in 1 tsp ground coriander and 1 chopped potato, then cook for 1 min.
3. Add the 450g peeled and chopped carrots and 1.2l vegetable or chicken stock, bring to the boil, then reduce the heat.
4. Cover and cook for 20 mins until the carrots are tender.
5. Tip into a food processor with a handful of coriander then blitz until smooth (you may need to do this in two batches). Return to pan, taste, add salt if necessary, then reheat to serve.

Main: Veggie cottage pie

Ingredients:

For topping:

- 500g Potatoes
- Knob of vegan spread

Filling:

- ½ Celeriac
- 3 Carrots
- 1 Broccoli
- 2 Leeks
- 3 Onions
- ½ Swede
- 2 tsp of cornflour
- ~500 ml water
- 2 vegetable stock cubes

Method:

1. Chop all the vegetables and put them into a large pot.
2. Crumble two stock cubes into a measuring jug and add the water.
3. Add a drop of cold water into the cornflour and make a paste (This is so the cornflour does not go lumpy when it gets put into the hot water).
4. Add the cornflour paste into the stock.
5. Pour over the veg and mix in
6. Put on lid then place in the oven at 180c (fan), cook until the veg is cooked but still slightly crunchy.
7. For the topping peel and cut up the potatoes.
8. Put the potatoes on to boil for around 15 minutes or until soft through.
9. Mash the potatoes and add spread to make potatoes creamier.
10. When the vegetables are cooked pour the mix into a large dish and even mixture out.
11. Pour the mash over the vegetables and smooth out until there is an even layer.
12. Put back into the oven until mash has a slight golden colour (This step can be skipped).

Dessert: Vegan apple crumble

Ingredients:

- 575g Bramley apple (3 medium apples), peeled, cored and sliced to 1 cm thick
- 2 tbsp golden caster sugar
- For the crumble
- 175g plain flour
- 110g golden caster sugar
- 110g dairy-free spread (we used Vitalite dairy-free spread)
- 1 tbsp rolled oats
- 1 tbsp demerara sugar

- oat-based vegan cream or custard, to serve

Method:

1. Heat the oven to 190C/170 fan/gas 5. Toss the apples with 2 tbsp golden caster sugar and put in a 23cm round baking dish at least 5cm deep, or a 20cm square dish. Flatten down with your hand.
2. For the crumble topping, mix the flour and sugar in a bowl with a good pinch of salt. Rub the dairy-free spread in with your fingertips until the mixture looks like moist breadcrumbs. Shake the bowl and any big bits will come to the surface – rub these in too.
3. Pour the crumble mix over the apples to form a pile in the centre, then use a fork to even out. Gently press the surface with the back of the fork so the crumble holds together and goes crisp, then lightly drag the fork over the top for a decorative finish. Sprinkle the oats and demerara sugar over evenly.
4. Place on a baking tray and put in the oven for 35-40 mins, until the top is golden and the apples feel very soft when you insert a small, sharp knife. Leave to cool for 10 mins before serving.