

St Joseph's Thame

***Live
Simply
Vegetarian
Recipe
Collection***





Quick broccoli & Cheddar soup

Preparation: 10 minutes. Cooking: 15 minutes. Serves 4

(Waitrose.com, provided by Fiona Macfarlane)

INGREDIENTS

- 1 tbsp butter, or vegetable oil
- 1 bunch salad onions, thinly sliced
- 2 large potatoes peeled and diced
- 500ml vegetable stock made with 1½ stock cubes
- 500g frozen broccoli florets
- 450ml milk
- 100g extra mature cheddar, grated
- 4 tbsp single cream (optional)

METHOD

Heat the butter or oil in a large saucepan, add the salad onions with a pinch of salt and cook gently for 3 minutes until starting to soften. Add the potatoes and vegetable stock and season well. Bring to the boil then simmer gently, uncovered, for 5 minutes.

Add the broccoli florets and milk. Return to a simmer, then cook gently for 5-7 minutes, until the broccoli and potatoes are tender.

Blitz the soup in a blender or using a stick blender until smooth. Return to the pan, scatter in the cheese, then heat gently until melted. Check the seasoning.

Ladle into bowls. Add a swirl of cream, if using, and serve with bread.

Brussels sprout, chick pea and lemon soup with sourdough toasts

(Waitrose.com, provided by Theresa Buchanan)

Preparation: 20 minutes • Cooking: 60 minutes • Serves 4



INGREDIENTS

- 4 tbsp extra virgin olive oil
- 4 shallots, chopped
- 2 garlic cloves, 1½ finely chopped
- 4 celery stalks, thinly sliced
- 2 x 400g cans chick peas, drained
- 1 fresh bay leaf
- 1.2 litres fresh vegetable or chicken stock
- 200g brussels sprouts, trimmed and shredded
- 1 lemon, juice and 1 tsp zest
- 8 small slices sourdough bread
- 2 tbsp chopped flat leaf parsley

METHOD

Gently heat 2 tbsp oil in a large saucepan and add the shallots, finely chopped garlic and celery with a pinch of salt. Cook over a low heat for 10 minutes, stirring often, until the vegetables are soft and translucent, but not coloured. Turn the heat up a little and add the chick peas, bay leaf and stock. Bring to the boil, then partially cover and simmer gently for 40 minutes. Add the shredded sprouts, partially cover again and cook for 15 minutes more.

2. Remove the bay leaf and discard. Ladle 1/3 of the soup into a blender, whizz until smooth, then return to the pan with the lemon juice and zest. Season. Heat a griddle pan until very hot and griddle the bread for 2-3 minutes on each side, until lightly charred. Rub the toast with the cut side of the remaining ½ garlic clove and brush lightly with a little of the remaining 2 tbsp olive oil. Season and halve.

3. Reheat the soup gently if needed. If it's too thick, add a little water. Finish with a scattering of chopped parsley and a drizzle of the remaining oil and serve with 2 garlic toast halves alongside or floating on top of each bowlful.

Veggie Lasagne *(BBC Food, provided by Andrew Collins)*

Preparation: 20 minutes • Cooking: 2 hours • Serves 6

INGREDIENTS

- 2 yellow/red peppers, seeds removed, cut into 2cm chunks
 - 1 courgette, quartered lengthways, cut into 2cm chunks
 - 1 large sweet potato, peeled and cut into 2cm chunks
 - 3 tbsp extra virgin olive oil
 - 1 large onion, finely chopped
 - ½ tsp dried chilli flakes
 - 2 garlic cloves, crushed
 - 2 x 400g tins chopped tomatoes
 - 2 tsp Italian seasoning or dried oregano
 - 1 vegetable stock cube
 - 200ml/7fl oz cold water
 - 100g/3½oz young spinach leaves (optional)
 - 9–10 dried lasagne sheets
 - salt and freshly ground black pepper
- For the cheese sauce
- 75g/2½oz plain flour
 - 75g/2½oz butter, cubed
 - 750ml/1¼ pint milk, semi-skimmed or full-fat
 - 125g/4½oz mature cheddar, coarsely grated
 - 75g/2½oz grated mozzarella, or extra cheddar



METHOD

1. Preheat the oven to 200C/180C Fan/Gas 6. Put the peppers, courgette and sweet potato into a large baking tray. Drizzle with 2 tablespoons of the oil, season with salt and pepper and toss together.
2. Roast for 30 minutes, or until softened and lightly browned.
3. While the vegetables are roasting, heat the remaining oil in a large saucepan and gently fry the onion for 5 minutes, stirring regularly.
4. Add the chilli and garlic and cook for a few seconds more. Stir in the tomatoes, Italian seasoning (or dried oregano) and crumbled stock cube. Pour over the water and bring to a gentle simmer. Cook for 10 minutes, stirring regularly. Set aside.
5. For the cheese sauce, put the flour, butter and milk in a large saucepan and place over a medium heat. Whisk constantly with a large metal whisk until the sauce is thickened and smooth. (Use a silicone covered whisk if cooking in a non-stick pan.) Stir in roughly two-thirds of the cheeses and season to taste.
6. Take the vegetables out of the oven and add to the pan with the tomato sauce. Stir in the spinach and cook together for 3 minutes. Season with salt and lots of ground black pepper.
7. Spoon a third of the vegetable mixture over the base of a 2½–3 litre/4½–5¼ pint ovenproof lasagne dish and cover with a single layer of lasagne. Top with another third of the vegetable mixture (don't worry if it doesn't cover evenly) and a second layer of lasagne.
8. Pour over just under half of the cheese sauce and very gently top with the remaining vegetable mixture. Finish with a final layer of lasagne and the rest of the cheese sauce. Sprinkle the reserved cheese over the top.
9. Bake for 35–40 minutes, or until the pasta has softened and the topping is golden brown and bubbling. Stand for 5 minutes before cutting to allow the filling to settle.



Spicy root and lentil casserole

(BBC Good Food, provided by Theresa Buchanan)

Preparation: 10 minutes • Cooking: 35 minutes • Serves 4

INGREDIENTS

- 2 tbsp sunflower or vegetable oil
- 1 onion, chopped
- 2 garlic clove, crushed
- 700g potatoes, peeled and cut into chunks
- 4 carrot, thickly sliced
- 2 parsnip, thickly sliced
- 2 tbsp curry paste or powder
- 1 litre/1¾ pints vegetable stock
- 100g red lentils
- a small bunch of fresh coriander, roughly chopped
- low-fat yogurt and naan bread, to serve

METHOD

STEP 1

Heat the oil in a large pan and cook the onion and garlic over a medium heat for 3-4 minutes until softened, stirring occasionally. Tip in the potatoes, carrots and parsnips, turn up the heat and cook for 6-7 minutes, stirring, until the vegetables are golden.

STEP 2

Stir in the curry paste or powder, pour in the stock and then bring to the boil. Reduce the heat, add the lentils, cover and simmer for 15-20 minutes until the lentils and vegetables are tender and the sauce has thickened.

STEP 3

Stir in most of the coriander, season and heat for a minute or so. Top with yogurt and the rest of the coriander. Serve with naan bread.



Lentil Shepherd's Pie

(BBC Food, provided by Andrew Collins)

INGREDIENTS

For the champ topping

- 3 floury potatoes, peeled, chopped
- small handful frozen [peas](#)
- knob of [butter](#)
- 2 [spring onions](#), roughly chopped
- 25ml/1fl oz [milk](#)
- 75g/3oz mature [cheddar](#), in chunks
- pinch [smoked paprika](#)

For the lentil mixture

- 1 tbsp [olive oil](#)
- ½ [red onion](#), roughly chopped
- 1 [garlic](#) clove, chopped
- 2 small [carrots](#), peeled, finely chopped
- 1 [celery](#) stalk, trimmed, finely chopped
- 400g/14oz canned plum [tomatoes](#)
- splash [Worcestershire sauce](#) (optional)
- few drops [Tabasco](#)
- pinch [smoked paprika](#)
- 1 fresh [bay leaf](#)
- 85ml/3fl oz [red wine](#)
- 100ml/3½fl oz [vegetable stock](#)
- 1 sprig fresh [rosemary](#)
- splash [balsamic vinegar](#)
- small handful flatleaf [parsley](#), roughly chopped
- 400g/14oz canned [Puy lentils](#)
- salt and [pepper](#)

METHOD

Preheat the oven to 200C/400F/Gas 6. For the champ topping, heat a pan of salted water, add the potatoes and bring gently to the boil, then simmer until the potatoes are nearly cooked through, about 15-20 minutes. When the potatoes for the champ topping are almost done, add the frozen peas and cook for a few more minutes until the peas are tender. Drain and set aside.

Meanwhile, for the lentil mixture, heat the olive oil in a large frying pan over a medium heat and gently fry the chopped onion, garlic, carrots and celery for 5-10 minutes, until softened.

Add the remaining lentil mixture ingredients except for the lentils and season to taste. Bring to the boil then reduce the heat and simmer for 10 minutes until the vegetables are tender and the sauce has reduced. Stir the lentils into the tomato sauce.

Melt the butter in a small saucepan over a low heat, then gently fry the spring onions until softened. Add the milk and heat through.

Mash the potatoes and peas roughly. Add the warm milk mixture to the potatoes and continue to mash until combined but still chunky.

Spoon the lentil mixture into a medium pie dish and top with the champ. Scatter over the cheese and smoked paprika. Place the dish onto a baking sheet and bake for 25-30 minutes, or until the potato is golden-brown.

Spinach and Chickpea curry

Preparation: 5 minutes. Cooking: 15 minutes. Serves 4

(BBC Good Food, provided by Meg Watson)



INGREDIENTS

- 2 tbsp mild curry paste
- 1 [onion](#) chopped
- 400g can [cherry tomatoes](#)
- 2 x 400g cans chickpeas, drained and rinsed
- 250g bag [baby leaf spinach](#)
- squeeze of lemon juice
- [basmati rice](#) to serve

METHOD

1

Heat the curry paste in a large non-stick frying pan. Once it starts to split, add the onion and cook for 2 mins to soften. Tip in the tomatoes and bubble for 5 mins or until the sauce has reduced.

2

Add the chickpeas and some seasoning, then cook for 1 min more. Take off the heat, then tip in the spinach and allow the heat of the pan to wilt the leaves. Season, add the lemon juice, and serve with basmati rice.

TIP

Fresh cherry tomatoes can be used instead of canned ones

Sri Lankan Coconut Dhal

Preparation: 15 mins. Cooking: 35 mins. Serves 4

(From Waitrose.com, provided by Fiona Macfarlane)

METHOD

1 Rinse the lentils well in several changes of water until it runs clear. Put the lentils and all the ingredients except the lemon juice and coriander in a medium saucepan. Add 400ml water to the pan then bring to the boil.

2 Turn down and simmer gently, stirring occasionally, for 30-35 minutes, until the lentils are soft. Season with the lemon juice and more salt, if needed. Serve with steamed basmati rice, if liked, and scatter with the coriander leaves.



INGREDIENTS

- 200g red split lentils
- 1 shallot, finely chopped
- 1 garlic clove, finely chopped
- 1 small handful dried curry leaves
- 1 small cinnamon stick
- 1 green chilli, finely chopped (deseeded, if liked)
- 1 tsp hot curry powder
- 1 tsp salt
- 400ml can coconut milk
- ½ lemon, juice, plus more to taste
- coriander leaves, to garnish

Vegan Hotpot with Lentils and Mushrooms

(Lazy Cat Kitchen, provided by Theresa Buchanan)

Preparation: 30 minutes • Cooking: 75 minutes • Serves 4



INGREDIENTS

- 150 g / $\frac{3}{4}$ cup French green lentils (lentilles vertes)
- 3 tbsp olive oil, divided
- 2 banana shallots, finely diced
- 4 large garlic cloves, finely diced
- 8 sprigs of thyme, leaves picked
- 250 g / 9 oz chestnut / cremini mushrooms
- 125 g / 4½ oz fresh shiitake mushrooms
- 4 medium starchy potatoes (eg. Maris Piper)
- 1 large carrot, chopped large
- 30 ml / 2 tbsp soy sauce or tamari
- $\frac{1}{4}$ tsp black pepper
- 1 tsp smoked (sweet) paprika
- $\frac{1}{2}$ vegan mushroom (or vegetable) stock cube
- 7 ml / 1½ tsp vegan Worcester sauce
- 15 ml / 3 tsp balsamic vinegar
- 120 ml / $\frac{1}{2}$ cup vegan white wine (optional)
- 2 tsp cornflour dissolved in 1 tbsp water
- Salt

METHOD

Rinse lentils well and simmer in plenty of water for about 30 minutes – they should only be partially cooked. Heat 30 ml / 2 tbsp oil in a skillet (or use a frying pan and transfer the mixture to an oven-proof dish for baking). Add diced shallots and fry until almost translucent, stirring frequently. Add chopped garlic and thyme leaves (reserve some for the topping), fry for a few more minutes until shallots are translucent and garlic has softened.

Meanwhile, chop the mushrooms into large-medium chunks.

Slice potatoes into 2-3 mm slices and parboil them for 4 minutes. Drain, refresh under cold tap and cool.

Preheat the oven to 180° C / 355° F.

Add mushrooms to the skillet, sauté them (stirring frequently) until lightly caramelised in places.

Add in chopped carrot, cooked lentils, soy sauce, black pepper, smoked paprika, mushroom stock cube dissolved in 240 ml / 1 cup of water, Worcester sauce, balsamic vinegar, wine (if using, otherwise more water). Mix everything very well, adjust seasoning if necessary and stir in cornflour.

Arrange cooled potato slices on top of the lentil-mushroom mixture so that the slices overlap. Cover the top of the dish with a fitting lid or a piece of kitchen foil and bake for 20 minutes.

Remove from the oven and increase temp to 220° C / 425° F

Brush tops of the potatoes with the last tbsp of olive oil, sprinkle with leftover thyme, salt and pepper. Return the uncovered dish to the oven and bake for about 30 minutes, until the potatoes are nicely browned.



Chargrilled Halloumi Burgers

(BBC Good Food, provided by Andrew Collins)

Preparation: 10 minutes • Cooking: 10 minutes • Serves 4

INGREDIENTS

- 250g block halloumi cheese, cut into 8 thick slices
- 1 tbsp olive oil
- 4 brioche buns
- 4 tbsp hummus
- 1 large ripe tomato, thinly sliced
- 4 lettuce leaves
- 4 tbsp fresh tomato salsa (most supermarkets stock a version)

METHOD

STEP 1

Heat a barbecue until the coals are glowing white hot. Brush each side of all the halloumi slices with olive oil and cook them on each side for 2-3 mins or until golden.

STEP 2

Split the brioche buns (toast them very briefly on both sides if you like, but be careful not to burn them) and spread the bottom halves with the hummus. Add some tomato and then the halloumi, then finish with the lettuce and salsa and top with the other half of the bun

INGREDIENTS

- 1 medium onion
- 25g butter or margarine
- 225g mixed nuts (ie. peanuts, cashews, macadamia etc.)
- 100g wholemeal bread
- 300ml (1/2pt) vegetable stock
- 10ml (2tsp) yeast extract (Marmite)
- 5ml (1tsp) mixed herbs (rosemary, sage, thyme)
- Salt & pepper to taste

Cranks Nut Roast

Preparation: 15 minutes. Cooking: 30 minutes. Serves 4

(Cranks cookbook, provided by Fiona Macfarlane)

METHOD

- 1** Chop and fry the onion in the butter until transparent.
- 2** Grind the nuts and breadcrumbs together in a grinder or food processor until quite fine.
- 3** Heat stock and yeast extract to boiling point, then combine all the ingredients together and mix well – the mixture should be fairly slack.
- 4** Turn into a well-greased shallow baking dish or loaf tin, level the surface and bake in the oven at 180 degrees for approximately 30 minutes until golden brown.



Cheese and Tomato Pie

(Farmhouse Fare, provided by Meg Watson)

This recipe is taken from a collection of farmers' wives and country people's recipes from 1935. This recipe shows what you can do with very few ingredients.

INGREDIENTS

(Quantities dependent on size of pie dish used)

- Stale breadcrumbs
- Milk
- Grated cheese
- Grated vegetable suet
- Sliced tomatoes
- Salt & pepper
- Butter

TIP

You could also add frozen veg such as peas, sweetcorn or green beans, or alternatively, baked beans.

METHOD

Well grease a pie-dish and place in it a thick layer of stale breadcrumbs (which have previously been soaked in milk to a pulp), then a layer of grated cheese with a little grated suet followed by a good thick layer of sliced tomatoes (or just halved tomatoes), pepper and salt, and a few little knobs of butter on the tomatoes. Add another layer of the soaked breadcrumbs. Cover with a little butter and grated cheese then bake in a moderate oven for approximately 40 minutes. Serve hot.

