# SURC CWW Recipes

## Starters

### Zingy bean dip

1 tin of cooked pinto beans (or similar) rinsed and well drained

2 Tbs. fresh lime juice

1 medium-sized tomato, peeled and seeded

1 to 2 medium cloves garlic, minced.

a handful of parsley

a handful of coriander leaves

3/4 tsp. cumin

1/4 to 1/2 tsp. salt

optional: a spring onion, minced black pepper and cayenne, to taste

Whip it all up together in a food processor or a blender.

### Nacho Cheese Popcorn

Makes 1 large bowl

2 tbsp coconut oil

40g/18 oz popping com

For the seasoning

2 tbsp coconut oil

1 garlic clove, pealed and crushed

2 tbsp nutritional yeast flakes

1 tsp lime juice

1¼ tsp smoked paprika

½ tsp unrefined salt

Use a large pan and get the oil really hot. Add 3 popping corn kernels. Once they have popped, the oil is hot enough. Add the remaining corn. Cover, reduce the heat to low and cook until the corn stops popping, shaking the pan regularly. Once the popping stops, uncover.

Mix all the seasoning ingredients together. Add the popcorn and mix to coat

## Mains

### Vegetable Crumble

250g carrots sliced

175g frozen broccoli florets

1 medium leek,washed & sliced

50g butter

125g button mushrooms, sliced

25g wholemeal flour

½ pint milk

salt & pepper

Crumble:

125g wholemeal flour

60g margarine

25g porridge oats

50g Cheddar cheese, grated

Preheat oven to Gas mark 6/180 C. Cook carrots in boiling salted water for 15mins until tender Cook the broccoli for 1 min. less than directed. Drain. Cook the leek in boiling salted water for 10 mins until tender. Drain. Melt the butter in a pan & cook mushrooms for 5 mins. Stir in the flour, gradually add the milk, stirring continuously. Cook gently for 5 minutes until thick and smooth. Season with salt & pepper. Add carrots, broccoli and leek to the sauce. Mix well and transfer to a baking dish.

To make the crumble sieve flour into a bowl & add any bran left in the sieve. Rub in the margarine and then stir in the oats, & cheese and season. Spread over the vegetables and bake in the oven for 20 minutes until golden and crisp.

NOTE: For a vegetarian dish use vegetarian cheddar-style cheese.

### Lentil Dahl for 4 people.

220g red lentils washed

1 chopped onion

4 large cloves garlic – finely chopped (divide into two portions)

1 tsp turmeric

I heaped tsp cumin seeds

sesame oil (or similar)

1. Fry onion & 2 finely chopped garlic cloves gently until soft
2. Mix in red lentils & turmeric fry briefly
3. Cover with boiling water, keep simmering for 30 mins (keep topping up with more water & stirring as it sticks)
4. Towards end of cooking time fry cumin seeds in sesame oil in a small saucepan until they sizzle . Then add another 2 large cloves garlic finely chopped.
5. Tip into lentils and serve

## Puddings, cakes and tarts

### Cashew and Berry Tart (Dairy-Free & Easy)

Serves 4-6

180g rolled oats

250g dates

80ml water

300g cashew nuts

2 tbsp oil

2 tbsp maple syrup

2 tbsp lemon juice

1 tsp vanilla extract

Pinch of salt

Water as needed

Choose 2 fruits from raspberries, strawberries, kiwi, blue-berries

Process oats to flour in food processor & add the dates to process

Add water if needed to make it stick together

Press the dough into the dish and up sides-leave in the fridge

Process rest (except fruit) until smooth and like thick yoghurt.

Pour into the crust and leave a few hours or overnight

Decorate with fruit

Serve with ice cream (dairy free variety available in supermarkets - it's good!)

### Apple & Berry Crumble with Custard

Serves 4

For the dried apple –

1 eating apple

For the filling

4 peeled and cored eating apples

380 g/12 oz frozen or fresh mixed berries

65 g/2.5 oz unrefined granulated sugar

1 tsp vanilla extract

For the crumble

125 g/4 oz plain flour

50 g/2 oz caster sugar, plus extra for sprinkling

2 tbsp melted coconut oil

pinch salt

1 tsp ground cinnamon

Preheat the oven to 95°C/200°F/Gas Mark 1/4. For the dried apple, finely slice the apple across its body with a large sharp knife or mandoline. Place the slices on greaseproof (wax) paper on a rimmed baking sheet and bake for 2-3 hours. Turn the oven off and leave them to cool in the oven for another hour.

For the filling, preheat the oven to 190°C/375°F/Gas Mark 5. Cut the apples into bite-size chunks. Set aside a handful of berries for topping, then mix the remaining berries with the apple chunks, sugar and vanilla. Divide the fruit mix between 4 heatproof bowls or 1 ovenproof dish

To make the topping, mix the flour, sugar, oil, salt and cinnamon together in a bowl. Sprinkle over the filling. Scatter a few berries on top and sprinkle with a little more sugar.

Place the bowls on a rimmed baking sheet and cook in the oven for 35 minutes until golden. Top with dried apple. Serve hot, with custard.

### Vegan Custard

Serves 1 as a dessert or 3 as a sauce

300 ml/10 oz unsweetened almond, rice, soya or oat milk (coconut milk would be a richer full fat one)

1 tbsp cornflour

1 tsp vanilla extract

50 g/2 oz sugar

pinch salt

tiny pinch turmeric (optional) Can add lemon peel for zesty option

Set 3 tablespoons milk aside. Heat the remaining milk in a pan until just before boiling

Place the remaining ingredients with 1 tablespoon of the reserved milk in a heatproof bowl and mix thoroughly. Add another tablespoon of milk and mix thoroughly, making sure there are no lumps, before adding the final tablespoon.

Slowly pour the hot milk over the ingredients, stirring, then return the mixture to the pan and bring to the boil, stirring constantly to stop it sticking. Serve

Options: Add vegan choc at end or instant coffee to the milk

Keep stirring as it cools or you will get surface lumps.

### Gluten Free Lime and Polenta Cake (Mary Berry – recommended by Jenny Blackaby)

300g (11ozs) butter

300g (11ozs) caster sugar

finely grated rind and juice of 2 limes

4 eggs 1 beaten

300g (11oz) ground almonds

150g (5oz) polenta

1 teaspoon baking powder

for glaze

finely grated rind and juice of lime

75g (3oz) Caster sugar

icing sugar for dusting

Line & grease a 23cm (9") tin

1) Beat butter, sugar and lime rind until pale and fluffy. Gradually whisk in eggs then add ground almonds, polenta, lime juice and baking powder and carefully fold in until thoroughly combined.

2) Spoon into prepared tin & level. Bake in oven for about one hour 15 min or until skewer comes out clean & the sponge is golden brown & springy to touch.

For Glaze

Heat the lime rind and juice and 2 tablespoons of water in a small pan until the sugar has dissolved, then simmer for 2-3 minutes until syrupy. Prick the surface of the cake & spoon over the warn sponge. Leave to cool.

4) Remove from the tin and transfer to a serving plate and dust with icing sugar

Serve warm or cold with a drop of creme fraiche

## Vegan Alternatives

Dairy Substitutes-There are vegan substitutes for milk, butter, cheese and yogurt available in most superstores and health food stores. Milk substitutes usually come as tetra-packed, plant-based milks such as rice milk, oat milk, soya milk, almond milk and coconut milk. Try them out to see which one works for you. Vegan margarine-like spreads are made from emulsified plant oils and other ingredients. With pre-packaged cheese substitutes, be aware that some brands are better than others for that melted-cheese effect. Vegan yogurt is usually made from soy or coconut milk. See pages 34, 36 and 40 for how to make your own delicious dairy alternatives.

Egg Substitutes-You can buy vegan egg-replacer for use in baking and desserts, or you can make your own. To replace one egg:

1 tablespoon ground flaxseed

3 tablespoons water

Combine the ground flaxseed and water and use when required. Adjust the recipe proportionately according to the number of eggs needed.