



Three Colour Party Bites makes 16

125g flavoured or smoked tofu
 16 sunblush tomatoes
 20g basil leaves
 1 tbsp pine nuts
 6 tbsp olive oil
 salt
 garlic to taste, about ½ clove
 cocktail sticks

- 1 Cut the tofu into 16 small squares. Take 16 large basil leaves and wrap them individually around each tofu piece. Pierce a cocktail stick through a sunblush tomato and then through the wrapped tofu.
- 2 For the basil drizzle sauce: Grind the pine nuts in a blender and set aside. Take the remaining basil and remove the thick stalks. Chop in a blender with the olive oil. For the best result, use the oil that the sunblush tomatoes have been marinated in – it adds fantastic flavour. Add the ground pine nuts, garlic and salt to taste.
- 3 Arrange the bites on a plate and drizzle some of the sauce around them. Any leftover sauce will keep in the fridge for a few days and can be added to salad dressings or tossed into pasta.

Tip: Make sure you use sunblush tomatoes and not sundried ones. You can get them marinated in herbs and garlic from the deli counter in most supermarkets. Also, look out for some unusual tofu varieties such as Basil Tofu, Tofu Rosso or Smoked Tofu with Sesame.



Lentil Cashew Cakes with Pineapple Salsa makes 8

Prepare the salsa first, so the flavour can develop while you make the lentil cakes

Lentil cashew cakes:	50g roasted, salted cashews
½ onion, chopped	salt and pepper
olive oil	
125g red lentils, rinsed	Salsa:
½ tsp ground coriander	½ fresh pineapple
½ tsp ground cumin	½ red pepper
250ml vegetable stock	1 tsp fresh ginger, finely chopped
100ml water	½ red onion, finely chopped
1-2 cloves garlic, crushed	2 tbsp lime juice
100g fresh wholemeal breadcrumbs	3 tbsp chopped coriander leaves
	½ chopped fresh chilli (optional)

- 1 Peel the pineapple and remove all hard cores and 'eyes'. Chop the pineapple and pepper into small cubes and combine well with the remaining ingredients in a bowl. Chill in the fridge until needed.
- 2 For the lentil cakes: chop the cashew nuts roughly and set aside.
- 3 Sauté the onion in a little olive oil until softened.
- 4 Rinse the lentils under running water and add them to the onions, together with the spices, vegetable stock, water and garlic. Season with pepper and a little salt. Bring to the boil, then reduce the heat and simmer for about 20 minutes until the lentils are soft and the liquid absorbed. Stir occasionally at first and then continuously to stop the lentils from burning. Take from the heat and allow to cool down.
- 5 Mix in the breadcrumbs and chopped cashew nuts and adjust the seasoning to taste. As the mixture cools it will thicken up and be easier to shape. Add more breadcrumbs if needed.
- 6 Form eight little cakes with slightly wet hands and place them on a non-stick baking tray. Brush the top side lightly with vegetable oil and place under a preheated grill. Turn once and brush the other side with a little oil and grill until golden brown.
- 7 Serve hot or cold, together with the salsa.

Hummus!

These beautiful buffet bites are the ultimate alternative to that old turkey sandwich – and they're healthier too! Settle down in the evening with a plateful, some sherry and the *Casualty/Vicar of Dibley/Millionnaire* Christmas specials on the box – now that's tradition!

Spinach and Smoked Tofu Pie

Pastry:

115g wholemeal flour

55g margarine

pinch of salt

1 tsp mixed herbs

2-3 tbsp water

Filling:

1 onion, finely chopped

olive oil

400g frozen chopped spinach

175g smoked tofu, in small cubes

½ vegetable stock cube

3 tbsp lemon juice

1 tsp sesame seeds or 1 tbsp pine nuts

salt and freshly ground black pepper

- 1 For the pastry: combine the flour with the herbs and a generous pinch of salt. Using a fork, mix in the margarine until evenly distributed. Add water, a little at a time, and knead to a soft dough. Try to handle the pastry as little as possible. Chill the pastry in the fridge for 30 minutes. Preheat the oven to 200°C/Gas6/400°F.
- 2 Roll out the pastry and line a 20cm/8 inch pie dish. Trim any excess and set it aside to make decorations for the top. Let the pastry rest for 15 minutes – this will stop it from shrinking while it bakes. Prick the surface all over with a fork and bake for 15 minutes. Remove from the oven and turn the temperature down to 180°C/Gas4/350°F.
- 3 In the meantime make the filling: defrost the spinach thoroughly or steam it until defrosted. If you are using leaf spinach, chop it as finely as possible to make it easier to slice the baked pie. Place the spinach in a sieve and squeeze out any excess liquid.
- 4 Sauté the onion in a little olive oil until softened. Add the sesame seeds and smoked tofu pieces. Stir well for 5 minutes. Add the spinach and season with the stock cube, lemon juice, salt and freshly ground pepper.
- 5 Spoon this filling into the half-baked pie shell and decorate with pastry shapes, made from the left-over pastry. Bake for a further 25 minutes or until decorations are done.