

As warm as toast!

When the nights draw in and there's a chill in the air, a hot, hearty meal is the perfect ingredient for a cozy night in. Banish the blues this winter and take a comfort break with one of these wonderfully-warming dishes.

Broccoli Soup (serves 4)

1 large onion, chopped 1150ml veg stock or 2
1 clove garlic, chopped green Oxos dissolved in
3 tbsp virgin olive oil 1150ml hot water
1 medium potato, chopped soya cream, splash
700g broccoli, chopped seasoning

1. Sweat the onion and garlic and olive oil until soft but not brown
2. Add potatoes, broccoli and stock
3. Cover and simmer for about 20 minutes until tender
4. Allow to cool, then liquidise
5. Reheat and place in individual serving bowls
6. Add a swirl of soya cream to each (using the back of a spoon so it floats)
7. Garnish with chopped chives or spring onion tops and a sprinkle of paprika

Mushrooms & 'Tuna' On Toast

(serves 8)
300g button mushrooms 1 packet Redwoods (mock)
4 tbsp virgin olive oil 'tuna' pate, broken
2 tbsp heaped plain flour into pieces
500ml soya milk several slices toast, halved

1. Fry the mushrooms in olive oil
2. When cooked and their juices have evaporated, add the flour
3. Stir for two or three minutes until oil and flour have combined
4. Remove from heat and stir in milk, vigorously
5. Return to heat – if too thick, add more milk
6. Stir in the (mock) 'tuna' pate
7. Place the hot toast slices (spread with margarine if preferred) on a serving dish and pour the mushroom/tuna mixture over
8. Garnish and let people help themselves





Asparagus & Pea Risotto

(serves 4)

3 cloves garlic, chopped
 4 tbsp virgin olive oil
 1 bunch spring onions, chopped
 250g Arborio risotto rice
 1 bunch asparagus (approx 200g)
 chopped into 2cm pieces
 100g frozen peas
 1150ml vegetable stock or 2 green Oxos
 dissolved
 mixed herbs
 seasoning

1. Sweat the garlic in olive oil for two minutes
2. Add the spring onions and cook for two more minutes
3. Add the rice and stir in
4. Add the asparagus and peas
5. Add the stock a little at a time and stir gently – continually
6. Season and continue stirring and adding stock until cooked. The rice should have a bite to it and the risotto should be served very moist – almost sloppy

Hotpot serves 6

2 large onions
 2 cloves garlic
 5 tbsp virgin olive oil
 1½ kg potatoes
 mixed herbs
 227g/½ packet frozen
 veggie mince

salt and black pepper
 2 handfuls nutritional yeast
 flakes
 1 pint vegetable stock or
 2 green Oxos dissolved

1. Thinly slice the onions and garlic cloves and sweat in two tbsp olive oil until tender
2. Peel and slice the potatoes (if large, cut in half lengthways before slicing)
3. Layer them in a gratinee dish until half full.
4. Spread the cooked onions and garlic, herbs and the veggie mince over and season – use plenty of black pepper
5. Finish layering with the rest of the potatoes and add the stock
6. Sprinkle remaining olive oil and yeast flakes over
7. Cook at 200°C for one hour or until top is golden. It should still be very moist – if not, add more water and cook for a further few minutes

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