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# *3 in 1 Golden Lentils*

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## 1 Dhal

100 g lentils  
300 ml stock  
1 bay leaf  
150 g carrots *peeled & chopped*  
150 g squash *peeled & chopped*  
 $\frac{1}{2}$  onion *sliced*  
1 clove garlic  
1 cm of ginger *peeled*  
3 tbsp coconut oil  
 $\frac{1}{2}$  tsp black mustard seeds  
pinch asafoetida  
 $\frac{1}{2}$  tsp ground coriander  
 $\frac{1}{2}$  tsp ground cumin  
 $\frac{1}{2}$  tsp turmeric powder  
salt & pepper *to taste*

Rinse the lentils until the water runs clear.

Melt 1 tbsp of the coconut oil in a pan. Add half of the onion. Add all the carrots and squash. Stir well and then simmer for 5 minutes.

Add the lentils, stock and bay leaf. Reheat. Cover and simmer for 20 minutes.

While that's cooking, grind the garlic and ginger to a paste using a pestle & mortar or food processor.

Melt the rest of the coconut oil in another pan and add a few of the mustard seeds. When they start to crackle add the remainder of the seeds. Cover the pan and turn off the heat. Allow the seeds to finish crackling.

Remove from the heat and carefully add the other half of the chopped onion.

Add the ground spices. Stir well. Add the rest of the onion and garlic / ginger paste. Cover. Reheat the pan and simmer for a minute or two on a low heat so it cooks in its own steam.

Add to the lentils and let them cook together for 5 minutes.

Season to taste.

## 2 Pate

Let the Dhal cool. It then becomes much thicker.

You can now use it like hummus! Spread it on toast or to fill a jacket potato.

Enjoy!

## 3 Golden Bake

The cold Dhal will already be quite solid, but we'll need to thicken it further to make it into a bake. Vegetarians normally use eggs but in our vegan version we are going to thicken it with linseeds and chestnuts. The chestnuts will also make it into a high protein dish.

2 tbsp linseed *ground*

100 g chestnuts *ground*

100 ml water

Hydrate the ground linseeds in 100ml water and leave for 10-15 minutes.

Add to the ground chestnuts.

Stir this mixture into the Dhal.

Bake in a lined baking tray for 45 minutes at 180°C.

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# 2 in 1 Nut Delight

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## 1 Vegan Stuffing

1 onion *sliced*  
½ red onion *sliced*  
1 tbsp coconut oil  
1 clove garlic  
50 g mushrooms  
1 stick celery *sliced*  
1 small carrot *grated*  
200 g cashews  
100 g gluten-free breadcrumbs  
1 tsp mixed herbs  
100 ml stock  
1 tsp yeast extract  
1 tbsp tamari  
salt & pepper *to taste*

Sauté the onion, carrot and celery in the oil until softened.

Meanwhile grind the cashew nuts and mix with the breadcrumbs and the mixed herbs.

Add the stock to the vegetables. Let it simmer for 5-10 minutes until the vegetables are tender.

Stir in the yeast extract and tamari.

Add the hot mixture to the nuts and breadcrumbs to make a moist, but not sloppy mix.  
Set aside to cool for 5-10 minutes.

Stuff into the other half of the pepper and any other vegetable.

This mixture can then be made into a firmer Nut Roast.

## 2 Nut Roast

2 tbsp linseed *ground*  
100 g chestnuts *ground*  
75 ml water

Preheat the oven to 180°C.

Grind the linseeds in an electric spice grinder until they are a powder.

Stir in the cold water.

The linseeds will go thick and gloopy.

This will help hold the roast together.

Mash the chestnuts in a pestle and mortar.

Mix the mashed chestnuts with the linseeds.

Stir this mixture into the Vegan Stuffing mix.

Bake in a lined loaf tin for 40 minutes.

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## Pan Roasted Potatoes

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1 tbsp olive oil  
1 tsp paprika  
1 tsp rosemary *finely chopped*  
500 g mini new potatoes  
300 ml vegetable stock  
4 small cloves garlic *peeled and left whole*  
2 tbsp chives *chopped*

Heat the oil in a medium pan.

Add the paprika, garlic, rosemary and potatoes.  
Cook the potatoes (whilst stirring) for 2-3 minutes.

Add the stock and bring to the boil.  
Cover the pan and simmer for 20 minutes.

Take off the lid and simmer until the liquid has evaporated.  
Stir occasionally so they don't stick.

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## Lemony Sprouts and Leeks

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200 g leeks *finely sliced*  
200 ml vegetable stock  
200 g Brussels sprouts  
2 tbsp fresh lemon juice  
seasoning *to taste*

Place the leeks and sprouts in a large saucepan and add the stock.

Bring to the boil, cover and simmer on a low heat for 10 minutes or until the sprouts start to soften.

Drain then season and stir in the lemon juice just before serving.

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## Gravy

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800 ml vegetable stock  
1 tbsp coconut oil  
1 bay leaf  
1 onion sliced  
1 clove garlic *peeled & chopped*  
1 stick celery *sliced*  
1 leek *sliced*  
1 carrot *sliced*  
½ small red pepper *chopped*  
1 tsp yeast extract  
1 tbsp tamari  
2 tbsp corn flour  
200 ml water

Sauté the leek, carrot, pepper, garlic and celery in the oil until softened.

Add the stock. Simmer for 5 -10 minutes until the vegetables are tender.  
Stir in the yeast extract and tamari.

Mix the cornflour with the cold water. Stir well so it dissolves completely.  
Carefully add about 200 ml of hot stock from the pan to the cornflour—keep stirring to avoid lumps.

Then as you stir the pan with the stock add the dissolved cornflour into it.  
Stir and heat the gravy to avoid lumps as it thickens.

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# Vegetables

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## 1 A Kaleidoscope of Winter Veg

Tomato *grilled*  
Carrot *steamed*  
Squash *roasted*  
Parsnip *roasted*  
Cauliflower *steamed*  
Kale *steamed*  
Broccoli *steamed*  
Courgette *steamed*  
Beetroot *steamed*

## 2 Brilliant Crudités

Carrot  
Courgette  
Celery  
Peppers  
French Beans  
Mangetout

## 3 Colourful Roasties

Potatoes  
Parsnips  
Sweet potatoes  
Cherry tomatoes

## 4 Colourful Roasties

Potatoes  
Parsnips  
Sweet potatoes  
Cherry tomatoes

## 5 Red Cabbage

1 tbsp coconut oil  
1 onion *chopped*  
250g red cabbage *finely chopped*  
1 cooking apple *peeled & diced*  
2cm fresh ginger *grated*  
¼ tsp ground cinnamon  
pinch nutmeg  
1 tsp jaggery or coconut sugar  
1 tsp red wine vinegar  
120ml vegetable stock  
salt & black pepper *to taste*

Melt the oil in a saucepan. Add the onion, red cabbage and apple and cook gently for 5 minutes.

Add the ginger and cinnamon, nutmeg, vinegar, jaggery and vegetable stock. Bring to the boil, cover and simmer gently for about 40 minutes until the vegetables are really tender and most of the liquid has been absorbed. Season to taste.

## 6 Smashing Mash

Potatoes  
Sweet potatoes  
Squashes

## 7 Sauces

Colourful, red, yellow and green vegetable purees  
Almond milk white sauce  
Vegan gravy  
Bright red beetroot gravy

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# Raw, Sugar-free, Gluten-free, Vegan Christmas Pudding

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100 g sultanas  
100 g dates *chopped*  
100 g dried figs *chopped*  
150ml apple juice  
¼ tsp ground nutmeg  
1 tsp mixed spice  
1 tsp cinnamon  
100 g cashews  
100 g coconut oil  
100 g maple syrup



Mix the apple juice to the dried fruit. Add the spices. Mix well and soak for at least 2 hours.  
Place the cashews, coconut oil and syrup in a Vitamix or Nutri-bullet type blender.  
Take a 100 g portion of the soaked dried fruit mixture and blend it to a puree. Then mix it back into the rest of the fruit.  
Place into a pudding bowl and freeze overnight.

## Green Topping

80 g raw spinach  
80 g coconut oil  
1 kiwi  
50 g agave syrup  
80 g cashews

Blend the spinach, kiwi, coconut oil, agave syrup and cashews in a blender.

## Orange Topping

80 g raw carrot *peeled & sliced thinly*  
80 g coconut oil  
80 g 100% fruit apricot jam  
80 g cashews

Blend the sliced raw carrot, coconut oil, sugar free jam and cashews in a blender.

## Red Topping

80 g raw beetroot *peeled & sliced thinly*  
80 g coconut oil  
80 g 100% fruit sugar-free raspberry jam  
80 g cashews

Put the sliced raw beetroot, coconut oil, sugar-free jam and cashews in a blender. It needs to be a strong one like a NutriBullet. Grind to a smooth paste.

## White Topping

30 g desiccated coconut  
80 g coconut oil  
3 tbsp almond milk  
50 g agave syrup  
80 g raw cashews

Blend the desiccated coconut, almond milk, coconut oil, agave syrup and cashews in a blender.