

Recipe of the Month January 2017, Vegetarian Roast

If one of your New Year's Resolutions was to eat less meat, (I have a teenage daughter who wants to “try being a vegetarian”) here is a lovely recipe for a roast dinner all the family can enjoy together.

Our” veggie roast” is very popular at school, many of the children and adults choose to have it rather than the meat option. Although there is a bit of preparation time required it is very useful to make in advance then freeze and you have a healthy homemade meal in 20 minutes from freezer to plate!

I would strongly recommend making at least two. At school we make 12 at a time. One for now and one for the freezer is a useful attitude to have when cooking. You will book yourself an evening off duty in the kitchen whilst enjoying the knowledge that your little darlings are about to enjoy a healthy homemade meal! And breathe!

Recipe makes enough for 2 Roasts, each serves 6-8

Equipment: a large mixing bowl/ mixer. a roasting tray, 2 metal trays, lined with greaseproof paper for cooking/ freezing,a rolling pin.

Ingredients

1000g Puff Pastry
1 red onion
3 cloves garlic
500g red peppers
300g sage and onion stuffing or breadcrumbs
2 eggs
fresh parsley 1 small bunch, finely chopped
500g kilo grated carrot,
1 small courgette grated
200g grated cheddar cheese
1 tsp ground cumin
Pinch of salt and pepper
2 tblsp sunflower / olive oil.

Method

1. Pre-heat the oven to 180 degrees celsius. Roughly chop the peppers, onions and garlic.
2. Pour the oil, chopped veg, a pinch of salt and the cumin into a large roasting pan. Stir to coat then roast for approximately 20 - 30 minutes until the onions are soft and peppers starting to darken.
3. Whilst the veg is roasting wash then grate the carrot, courgette and grate the cheese. Chop the parsley.
4. Weigh out all the other dry ingredients and place with the grated vegetables, herbs and eggs into a large bowl or mixer.
5. When the roasted veg is ready, add to mix and stir really well! If you have a mixer, let that do the work! It should resemble sausagemeat consistency. Sticky but solid enough that you can

mold it with your hands into a sausage roll shape. If it is too dry add another egg, if too wet add some more breadcrumbs/ stuffing mix. Once ready place in a bowl in the fridge to firm up. This stage can be done 24 hours in advance. The mix will absorb liquid and become easier to handle.

6. Clear some space! Have some flour to hand and flour your worktop, hands and rolling pin.
7. Half then roll out the pastry each block makes a strip approx 30cm x 15cm. You can freestyle this bit! Make several smaller versions or one really big one! The pastry should not be rolled thinner than 5 mm to ensure it puffs up.
8. Take your mix and divide into two. On a floured surface roll two sausage shapes of mix and place down the centre of each pastry rectangle.
9. Dampen one long pastry edge and fold over. Flatten mix slightly to form a rectangular shape.
10. Place on lined tray.
11. To freeze put in the freezer, when solid wrap in foil and keep frozen until needed. To cook defrost overnight then follow instructions below.
12. To cook place on greaseproof paper on baking sheet and brush with egg wash. Bake at 180 degrees celsius until well risen and golden. To check the pastry is cooked tip to the side and look for any uncooked pastry which will appear greyish and sticky. If the top is done I sometimes turn them over to finish the underneath for a further 5 mins.
13. Serve hot from the oven with your usual roast vegetables and gravy or if like me you're battling the post christmas bulge a large colourful salad!

Tips*

Take your pastry out of the fridge an hour before using it, it will roll easier at a slightly warmer temperature. If you have mix leftover, this can be frozen in a ball then used next time.

Enjoy! Have a calm and healthy new year.

Juliette Smith, Catering Manager