



PLOT

TO PLATE

WOODBANK NURSERIES STOCKPORT

THURSDAYS 10 - 12.30PM

GROWING, COOKING & LAUGHING

**IF THESE THREE THINGS APPEAL, WE
HAVE A COURSE FOR YOU.**

Most people turn to the trusty nut roast when considering a vegetarian roast, but there are so many more options. We are going to try Simon Rimmer's vegetarian Wellington. A show-stopping alternative to beef Wellington, this vegetarian recipe will have everyone asking for another slice.

WEEK NINE

VEGGIE WELLINGTON

Ingredients for 6 people.

Ingredients

For the filling

60g/2oz basmati rice, cooked according to the packet instructions

pinch turmeric

1 lemon, zest only

1 onion, finely chopped

600g/1lb 5oz brown cap mushrooms, sliced

50g/2oz butter, melted

1 tbsp chopped fresh parsley

1 tbsp chopped fresh tarragon

1 tbsp dried cranberries

2 free-range eggs, hard-boiled, chopped

salt and freshly ground black pepper

For the pastry

250g/9oz ready-rolled puff pastry

1 free-range egg, beaten

1 tsp sesame seeds

Instructions

Preheat the oven to 200C/400F/Gas 6.

Combine the cooked rice, turmeric and lemon zest and set aside, covered, in the refrigerator.

Heat the butter in a frying pan over a medium heat, add the onion and mushroom and fry for 3-4 minutes, or until softened. Set aside to cool.

Stir in the cooked rice, herbs, cranberries and hard-boiled eggs until well combined. Season, to taste, with salt and freshly ground black pepper.

For the pastry, cut a 40cm x 20cm/15in x 8in rectangle from the puff pastry.

Spoon the rice mixture down the centre of the pastry. Bring the sides of the pastry together and seal. Brush all over with beaten egg and chill for 30 minutes.

Sprinkle the pastry parcel with sesame seeds and bake in the oven for 30 minutes, or until crisp and golden-brown.



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When made with wholemeal flour, the crumb can turn a yellowish green. If this colour is quite strong it indicates that there is excess soda in the bread and this can react with the acid in your stomach and cause indigestion, but isn't harmful in small quantities.

WEEK NINE

HOW TO RESCUE A ROAST DINNER

1. Use stale bread for stuffing Planning to pop open a packet of stuffing? Sure, it might be quicker, but making your own can be cheap, quick and tasty. It also works better with stale, rather than fresh, bread – so if you've got a loaf that's seen better days, chuck it in a pan instead of the bin! The simplest stuffing is a mix of onion, celery, seasoning, herbs, bread and a bit of chicken broth – and that's it.

A little bit of mould doesn't have to be disastrous, either: slice it off and keep the good stuff for breadcrumb toppings or home-made stuffing.

2. Perk up your veg It can be tempting to ditch limp, lifeless looking veg, but bringing them back to life is almost no effort: dunk 'em in a bowl of ice-cold water for 30 minutes to pep them up.

The theory behind this is that vegetables have a very high water content: the longer you leave them in the fridge, the more moisture they lose and the worse they look. A quick dunk helps replace some of that water, and can help rescue carrots, celery, cucumber, salad leaves, spinach and broccoli, among others.

3. Review your spuds Wrinkled, sprouting or green potatoes may not look all that hunky, but they can be fine to eat – just chop off the bad bits and peel and cook them thoroughly.

If you've tried that and they still taste bitter, however, the Food Standards Agency says you shouldn't eat 'em.

4. Get the gravy on Gravy granules and stock cubes can last as long as a year past their best before date, because the high salt content acts as a preservative. So, if you've got a pack in the cupboard that hasn't seen daylight for a while, they should be fine for another whirl – just use your common sense! If the flavour's taken a dive, cook a bit of flour in the meat juices from your roast and add your made-up stock to that instead.

Bosh: proper (and flavourful) traditionalish gravy.

Even better, gravy's freezable. Pour any extra into plastic bags/boxes (or ice cube trays!) and freeze for portion-sized sauce for leftovers.

