

# **He's Leaving Home**

**The Shrieking Violet guide  
to ...**



**... hearty vegetarian cooking  
on a budget**

“Dancing, laughing, drinking, loving  
And now I’m all alone in bedsit land  
My only home

I think it’s time to cook a meal to fill the emptiness I feel  
Spent my money going out, I’ve nothing in I’m left without”

### **‘Bedsitter’, Soft Cell, 1981 (Non-Stop Erotic Cabaret)**

Written for my younger brother, Ed, with all my love

I, like many generations of English children before me, grew up on a diet of hearty homemade versions of popular and traditional dishes. Cottage pie, with its onion-enriched mince in rich gravy and a crispy, fluffy topping, is perhaps still for me the ultimate taste and texture combination. Other familiar favourites included bangers and mash, toad in the hole, roast dinner with light Yorkshire puddings, golden potatoes, chewy crackling, crispy chicken skin and gloopy gravy, pies of various kinds, scones, and sometimes, for a change, pancakes with the classic lemon and sugar topping. Dessert was crunchy crumble and thick custard, rice pudding, jam tarts, chocolate or jam pudding, or sticky treacle tart.

There were international incomers too, of course, such as spag bol, lasagne, goulash, risotto, curry, chilli, quiches, etc, but all cooked with a hearty British take. This formative diet of solid, simple food doesn’t seem to have done me any harm; quite the opposite, in fact – it provided the fuel for me to climb trees, knock a tennis ball around, swim length after length and otherwise expend energy. I will, therefore, defend British food to the death against any accusation of inferiority. In what other country is there, for example, any pleasure as simple, comforting and satisfying as the hot buttered crumpet?

On leaving home at the age of eighteen, my strategy for feeding myself was, quite simply, to start attempting to replicate the dishes I enjoyed eating. It seemed to me, from observing my mother cook, that at the root of all good food was a base of onion and garlic, but most of all garlic, and to this day I adhere to that principle.



As a student, much of what I cooked was fried, due to ease and convenience. Now, I probably have an overreliance on the oven, but what vegetable doesn't taste better baked or roasted? When I was 25 I visited a friend in Madrid who shared my love of rhubarb. I took a bunch from my nan's garden, with the intention that we'd use it to cook a crumble. To my shock, her small shared flat had no oven, an idea I had never even considered before. On returning to England, I told a Spanish work colleague of my disappointment at her lack of an oven, and he said it was relatively common to not own an oven in Spain; on his arrival in England he was surprised to discover how many recipes required one!

In my twenties, as I entered the world of work, the freezer became an absolute essential, as I made large batches of soup, curry, lasagne, pasta etc, froze them for the week ahead and took them to work as a focal point to look forward to in the working day. I also began to freeze my bread, herbs, chillis and ginger, to reduce food waste. When I visited my former partner in Rotterdam, I was once again staggered to discover that he had no freezer, and that this was apparently common in Dutch student flats!

Eventually, much to my family's dismay and bemusement (after all, steak and pork scratchings had for years been among my favoured treats) I became a vegetarian and then a vegan. People often ask what I eat, assuming that feeding myself is difficult, time-consuming and expensive. The answer is that what I eat now is remarkably similar to what I have always eaten. I make it my mission to adapt as many meat-based recipes as I can, using cheap and commonplace ingredients that might be found in anybody's kitchen, vegetarian or non-vegetarian (the most elusive recipe, for which I have so far failed to find a satisfactory vegan alternative, is toad in the hole).

It helped that, where I once lusted after juicy red meat, I developed a real love of lentils and pulses. True to the cliché, these do form the basis of my diet. I have to also admit to an obsession with certain key ingredients, which I probably overuse: there are few savoury dishes, I think, that can't be improved with a teaspoon of bouillon powder and a sprinkling of chilli flakes, and I'll chuck cinnamon in anything within reason.

The following lists set out the foods I try and have in my kitchen cupboards, fridge and freezer at any one time. Remain stocked up in these and, I argue, you are unlikely to ever be in a position of having to go hungry or finding no inspiration for feeding yourself.

[www.theshriekingviolets.blogspot.com](http://www.theshriekingviolets.blogspot.com)





# Store cupboard staples

## Seasonings

English mustard powder  
Bouillon powder (eg Marigold brand)  
Vegetable stock cubes  
Bisto Favourite gravy granules  
Peppercorns/pepper grinder  
Salt

## Spices

Paprika  
Chilli pepper  
Cayenne pepper  
Turmeric  
Chilli flakes  
Cumin  
Cumin seeds  
Mustard seeds  
Cardamom pods  
Bay leaves  
Ground coriander  
Coriander seeds  
Cinnamon  
Cinnamon sticks  
Nutmeg  
Cajun spice mix  
Fresh ginger  
Whole chillis

## Herbs

Fresh or dried coriander  
Fresh rosemary  
Fresh or dried parsley  
Fresh or dried basil  
Fresh or dried oregano  
Dried marjoram  
Dried thyme

## Fruit and veg

Garlic  
Potatoes  
Onions  
Cooking apples  
Tomatoes  
Spinach  
Pomegranate seeds



## Tins

Baked beans  
Chopped tomatoes  
Chickpeas  
Butter beans  
Borlotti beans  
Cannelloni beans  
Kidney beans  
Coconut milk

## Sundries

Olive oil  
Extra virgin olive oil  
Vegetable oil  
Soya sauce  
Sweet chilli sauce  
Balsamic vinegar

Tomato ketchup  
Tomato puree  
Lemon juice  
Sesame seeds  
Honey  
Golden syrup  
Wine  
Cocoa powder  
Baking powder  
Arrowroot powder  
Vanilla essence  
Custard (tinned/in a carton or custard powder)

## Jars

Sundried tomatoes  
Olives  
Jam  
Peanut butter  
Tahini

Plain flour  
Brown sugar  
Nuts of your choice  
Oats  
Desiccated coconut  
Dried puy lentils/lentilles vertes  
Dried red lentils  
Lasagne sheets  
Gnocchi

Rice (I buy brown basmati and use it with everything as I find white shortgrain rice too bland)  
Risotto rice  
Pudding rice  
Ground rice





# Bean and pasta soup

**Serves two**

## **Ingredients:**

One onion  
One large clove or two small cloves garlic  
One tin borlotti beans  
One tin cannelloni beans  
1 litre stock  
Two handfuls rosemary  
One handful parsley  
100g small tubular pasta  
Chilli flakes  
Olive oil

## **Method**

Heat a glug of olive oil in a large pan. Chop the onion and fry until soft. Add the garlic and fry for a further minute or two. Meanwhile, drain the beans in a sieve and rinse under the tap, and prepare the stock in a measuring jug. Add the beans, rosemary and parsley to the onion and stir. Add the stock and simmer for a minute or two. Turn the heat off. With a ladle, transfer half of the bean, onion and stock mixture to the measuring jug. Use a hand-blender to blend the beans, onions and stock remaining in the pan until smooth. Return the rest of the beans, onions and stock to the pan. Add the pasta to this and simmer until soft. Add chilli flakes to taste. Season.

Refrigerate or freeze in portions and reheat for lunch or dinner.



# Quick lentil pasta

**Serves one**

## **Ingredients:**

One clove garlic  
45g puy lentils/lentilles vertes  
One teaspoon bouillon powder  
90g pasta  
Chilli flakes  
Glug olive oil  
Salt and pepper

## **Method**

Heat a glug of olive oil in a pan. Chop the garlic and cook for a couple of minutes. Rinse the lentils in a sieve, add to the garlic and stir. Cover the lentils with boiling water, add the bouillon powder and simmer until soft, adding more water as required (25-30 minutes). After the lentils have been cooking for 20 minutes or so, cook the pasta in a pan of boiling water for ten minutes. Drain in a colander. Add the pasta to the lentil mixture, stir and cook for a further two minutes to absorb the flavour of the sauce. Add chilli flakes and salt and pepper to taste.

Can be vamped up with the addition of chopped spinach, sundried tomatoes, olives, etc. For a variation, use gnocchi instead of tubular pasta or red lentils instead of puy lentils.

Eat warm, or cold, as lunch on the go. Refrigerate or freeze in portions and reheat for lunch or dinner.





# Roasted vegetable gnocchi

**Serves two**

## **Ingredients:**

One courgette, aubergine or pepper (deseeded) or half a squash or small pumpkin (peeled and deseeded), or a mixture of all of these

One chilli, deseeded and finely chopped

Two cloves of garlic

Olive oil

Salt

250g gnocchi

Two teaspoons bouillon powder

Chilli flakes

## **Method**

Preheat the oven to 200 degrees. Slice your vegetable into batons or chunks. Place in an oven dish and coat with olive oil. Place in the oven and cook for twenty minutes. Add your garlic and chilli and stir well. Return to the oven and cook for another five-ten minutes until the veg is softened and has started to go crispy around the edges. Remove from the oven and season well.

Meanwhile, place the gnocchi in a large pan of boiling water and simmer until the gnocchi rises to the surface – a few minutes. Drain, retaining a little of the cooking water. Stir in your bouillon powder and roasted vegetables and sprinkle with chilli flakes.

Refrigerate or freeze in portions and reheat for lunch or dinner.





# Red lentil and spinach lasagne

**Serves four**

## **Ingredients:**

Lasagne sheets

### **For the sauce:**

One tablespoon butter

Two tablespoons flour

One teaspoon bouillon powder

400ml milk

Nutmeg

Sesame seeds

Salt and pepper

### **For the base:**

One large onion

Two large cloves or four small cloves of garlic

120g red lentils

Glug tomato ketchup

Two tablespoons tomato puree

One tin chopped tomatoes

Four tablespoons Bisto gravy granules

Teaspoon sugar

Four handfuls spinach

Glug of red wine

One large handful fresh oregano

## **Method**

Add a glug of olive oil to a large pan. Chop the onion and fry until soft, then add the chopped garlic. Place the lentils in a sieve and rinse under the tap. Add to the onion and stir. Cover with boiling water and add tin of chopped tomatoes, Bisto granules, tomato ketchup, tomato puree and sugar. Continue to add water as required, and simmer until lentils soften (15-20 minutes). Towards the end of the cooking process, stir in the red wine, spinach and oregano. Season as required.

Meanwhile, heat the butter in a medium-sized pan. When melted, stir in the flour followed by the milk, a bit at a time, stirring all the time. Stir in bouillon powder and a generous grating of nutmeg. Simmer the mixture until it almost reaches boiling point; it will start to thicken and reach a smooth consistency. Season to taste.

Preheat the oven to 180 degrees. Spoon a third of the lentil mixture into a deep baking dish. Cover with a layer of lasagne sheets and then cover the lasagne with one third of the white sauce. Repeat this process until all the base and sauce is used up. Top with a layer of sesame seeds. Cook for 25 minutes until topping is crisp.

Can be vamped up with the addition of chopped sundried tomatoes to the base, or a sprinkling of polenta to form a crust on top. Rehydrated soya mince (which can be purchased dried from Holland & Barrett and supermarkets) can be substituted for the lentils.

Refrigerate or freeze in portions and reheat for lunch or dinner.



# Vegetarian chilli

**Serves two**

## **Ingredients:**

One onion  
Two cloves of garlic, chopped  
One chilli, deseeded and finely chopped  
70g red lentils  
½ tsp ground coriander  
¼ tsp coriander seeds  
¼ tsp mustard seeds  
½ tsp cumin seeds  
One tbsp. chilli powder  
1 tsp cumin  
One tsp paprika  
Sprinkling cayenne pepper

Tin chopped tomatoes  
Four heaped tablespoons Bisto  
Glug red wine  
Teaspoon sugar  
One tin kidney beans  
One handful fresh oregano

120g brown basmati rice  
One teaspoon turmeric  
Nacho chips (optional)

Add a glug of olive oil to a large pan. Chop the onion and fry until soft, then add the chopped garlic and chilli. Add the cumin seeds, mustard seeds and coriander seeds and stir. Place the lentils in a sieve and rinse under the tap. Add to the onion and stir. Add the ground coriander, chilli powder, paprika, cayenne pepper and cumin and stir. Cover with boiling water and add tin of chopped tomatoes, Bisto granules, tomato ketchup, tomato puree and sugar. Continue to add water as required, and simmer until lentils soften (15-20 minutes).

Meanwhile, rinse your rice in a sieve. Cover with boiling water, add the turmeric and simmer for 25 minutes, until water is absorbed and rice is soft and slightly chewy.

Stir the red wine and oregano into the lentil mixture. Stir in the kidney beans and cook for a further five minutes. Season as required and serve with rice and/or nacho chips.

Vamp it up by substituting other beans for the kidney beans, or adding sundried tomatoes. Rehydrated soya mince can be substituted for the lentils.

Refrigerate or freeze in portions and reheat for lunch or dinner.





# Courgette and green bean risotto

**Serves two**

## **Ingredients:**

1 medium onion  
Two medium cloves of garlic  
One medium courgette, sliced into small batons  
Ten green beans, cut into 2.5cm pieces  
150g risotto rice  
450ml vegetable stock  
White wine  
Glug of olive oil  
Salt and pepper

## **Method**

Add a glug of olive oil to a large pan. Chop the onion and fry until soft, then add the garlic, chopped, and cook for a minute or two. Add the courgette and cook until it starts to soften. Add the green beans and stir. Rinse your risotto rice in a sieve and add to the vegetables. Stir and cook for a minute or two. Meanwhile, prepare the stock in a measuring jug. Stir in a little at a time, cooking until it is absorbed and then adding more. Towards the end, add a good splash of white wine and cook until all the liquid is absorbed. Season.

For a variation, substitute asparagus for the courgettes and beans, or veggie sausages.

Refrigerate or freeze in portions and reheat for lunch or dinner.



# Vegetarian cottage pie

**Serves two**

## **Ingredients:**

### **For the topping:**

Four largish potatoes  
Splash of milk  
One tablespoon butter/margarine  
One teaspoon bouillon powder  
One teaspoon mustard powder

### **For the base:**

One onion  
90g puy lentils/lentilles vertes  
Four heaped tablespoons Bisto gravy granules  
Glug of tomato ketchup  
Tablespoon tomato puree  
Olive oil

## **Method**

Add a glug of olive oil to a large pan. Chop the onion and fry until soft.

Meanwhile, peel the potatoes and chop into chunks. Place in a large pan filled with boiling water and simmer until soft (10-15 minutes).

Place the lentils in a sieve and rinse under the tap. Add to the onion and stir. Cover with boiling water and add Bisto granules, tomato ketchup and tomato puree. Continue to add water as required, and simmer until lentils soften (20-30 minutes). Season as required.

Drain the potatoes and add milk and butter. Mash to a smooth consistency with potato masher and stir in bouillon and mustard powder. Season as required.

Preheat the oven to 180 degrees.

Spoon the lentil mixture into a deep baking dish. Cover evenly with the potato and run a fork along the top to create ridged rows. Bake in the oven for 25 minutes or so, until the top is crisp.

Can also be vamped up with chopped leek in place of or as well as the onion, or with the addition of chopped carrots, and frozen/tinned peas or sweetcorn to the base.

Refrigerate or freeze in portions and reheat for lunch or dinner.





# Vegan caramelised onion and spinach quiche

Serves two to three

## For the pastry:

175g margarine  
350g plain flour  
Salt  
Water

(Or ready-made shortcrust pastry)

## For the filling:

400g firm tofu  
One teaspoon bouillon powder  
Five tablespoons milk  
One teaspoon arrowroot powder  
One small red onion, finely chopped  
One tablespoon brown sugar  
Two tablespoons balsamic vinegar  
Three to four good handfuls spinach, thinly sliced  
Nutmeg  
Dried thyme  
Dried marjoram  
Salt and pepper

## Method

Heat a little oil in a small pan and fry the red onion until it is soft. Stir in the brown sugar, and then the balsamic vinegar and cook until it starts to caramelise.

If making pastry from scratch, place flour and margarine in a large mixing bowl with a pinch of salt. Rub the flour into the margarine until it resembles breadcrumbs, and then knead the mixture into a dough. Add cold water, one tbsp. at a time, until the dough sticks together. Place in a plastic bag and put in the fridge for twenty minutes.

Place the tofu in a large bowl, milk and arrowroot powder and blend with a handblender until it becomes smooth. Stir in the bouillon powder and grate lots of nutmeg in. Stir in the red onion, spinach, thyme and marjoram and mix well. Season with salt and pepper.

Preheat the oven to 200 degrees. Grease your pie tin and place the pastry inside. Spoon in your quiche mixture. Fold over the edges of the pastry to create a crust around the quiche and crimp with a fork. Bake in the oven for 45 minutes or until the mixture is firm.

Eat warm, or cold, as a picnic food or for lunch on the go.

Freeze any leftover pastry or use to make jam tarts!



# Tomato, basil and garlic puff pastry tart

**Serves two**

## **Ingredients:**

One puff pastry sheet (or puff pastry block, rolled out thinly on a floured surface)  
Two cloves of garlic, finely chopped  
Fresh tomatoes of your choice, chopped  
Handful fresh basil, roughly torn  
Olive oil  
Salt and pepper to season

## **Method**

Preheat the oven to 220 degrees. Place the pastry on a baking tray and, with a sharp knife, score (without cutting all the way through) a 2.5cm border all the way around the edge of the pastry. Place your tomatoes, garlic and basil on the pastry, inside the border, and ensure distributed evenly. Drizzle olive oil over the top and season. Cook until the pastry border looks cooked and has risen.

Can be vamped up with the addition of pine nuts, spinach/baby spinach, rocket, chilli, other sliced or roasted vegetables, olives, sundried tomatoes, etc.

A nice variation is layering the tart with leeks, sliced and boiled for a few minutes.

Eat warm, or cold, as a picnic food or for lunch on the go. The leftovers make a great breakfast, too!





# Baked bean pie

**Serves two**

## **Ingredients:**

### **For the pastry:**

175g margarine

350g plain flour

Salt

Water

(Or ready-made shortcrust pastry)

### **For the filling:**

One medium potato

One small onion

One large clove of garlic

One tin of baked beans

Salt and pepper

## **Method**

If making pastry from scratch, place flour and margarine in a large mixing bowl with a pinch of salt. Rub the flour into the margarine until it resembles breadcrumbs, and then knead the mixture into a dough. Add cold water, one tbsp. at a time, until the dough sticks together. Place in a plastic bag and put in the fridge for twenty minutes.

Peel the potato and chop into small chunks. Place in a pan of boiling water and cook for ten minutes, until soft. Meanwhile, chop the onion and fry until soft. Add the garlic, chopped, and fry for a further minute or two.

Preheat the oven to 200 degrees. Divide your pastry in two and roll into two balls, with a smaller ball for the pie lid. Roll out your large pastry ball on a floured surface until it's large enough to cover your pie/cake tin. Grease your tin with butter and add the pastry. Spoon in your potato, then the onion, then cover with the baked beans and season. Roll out your pie lid, place on top, fold the edges of the pie case over the edge of the lid, then crimp with a fork. Make some holes in the pie lid with a fork.

Cook until the pastry is crisp and golden.

Can be vamped up with the addition of chopped spinach to the baked beans.

Eat warm, or cold, as a picnic food or for lunch on the go.

Freeze any leftover pastry or use to make jam tarts!



# Bangers and mash with red wine and onion gravy

**Serves one**

## **Ingredients:**

### **For the mash:**

Two largish potatoes  
Splash of milk  
One tablespoon butter/margarine  
Salt and pepper to season

### **For the gravy:**

One small red onion  
Olive oil  
Two heaped teaspoons Bisto gravy granules  
Red wine

Two vegetarian sausages

## **Method**

Preheat your oven and cook your sausages according to instructions.

Meanwhile, peel the potatoes and chop into chunks. Place in a large pan filled with boiling water and simmer until soft (15 minutes).

Add a glug of olive oil to a small pan. Chop the onion and fry until soft. Meanwhile, mix the Bisto granules with 140ml boiling water. Stir into the onion, add a splash of red wine and simmer for a few minutes.

Drain the potatoes and add milk and butter. Mash to a smooth consistency with a potato masher. Season as required.

If you have any leftover mash, fry it up the next day with a little olive oil, adding some chopped leeks or a chilli if you fancy.





# Baked potatoes

**Serves one**

## **Ingredients:**

One large potato or two medium potatoes  
Extra virgin olive oil  
Salt

## **Method**

Preheat the oven to a high heat. Meanwhile, rub olive oil into the skin of your potato, then sprinkle with salt and rub in to ensure evenly distributed. Prick all over with a fork. Place in the oven for 45. Turn. Cook for a further 45 minutes until skin is crispy and inside is soft.

Serve with plenty of butter, season and top with baked beans, wilted spinach, caramelised onions\* or roasted vegetables, or a combination of these.

\*Heat a little oil in a small pan and a chopped red onion on a low heat until it is soft. Stir in a spoonful of sugar, and then a splash of balsamic vinegar and cook until it caramelises.



# Roast potatoes

**Serves one**

## **Ingredients:**

5-6 small to medium potatoes  
One clove garlic, chopped  
Generous handful of fresh rosemary  
Olive oil  
Salt and pepper

## **Method**

Preheat the oven to 200 degrees. Coat the bottom of a deepish oven dish in olive oil and place in the oven. Meanwhile, peel your potatoes, chop them in half and chop them in half again to create chunks. Place in a large pan of boiling water and boil briskly for ten minutes. Drain the water with a colander and place a lid on the pan. Gripping both lid and pan firmly, shake the pan well until the edges of the potatoes have been bashed and softened. Take your hot oil in the oven and tip the potatoes in (taking care not to get splashed with spitting oil). With a wooden spoon, stir to ensure your potatoes are coated in oil and put in the oven to roast for 30 minutes. Remove potatoes, add the garlic and rosemary, stir and cook for another 30 minutes until potatoes are golden and crispy on the outside and fluffy on the inside.

Eat on their own, with veggie sausages and veg, nut roast and gravy, mushy peas or even baked beans!





# Spicy potato wedges

**Serves one**

## **Ingredients:**

Three medium potatoes  
Olive oil  
Paprika or chilli  
Salt and pepper

## **Method**

Preheat oven to 200 degrees. Thinly slice your potatoes and lay on a baking tray. Coat with olive oil and stir to ensure your wedges are evenly coated. Sprinkle with spices and stir again. Cook for 25 minutes or until soft on the inside and crispy on the outside, stirring half-way through.

Eat on their own, with ketchup/sweet chilli sauce, veggie sausages, mushy peas or baked beans.



# Scrambled tofu

**Serves one**

## **Ingredients:**

Butter/margarine  
100g tofu  
Splash of soya milk  
One level teaspoon bouillon powder  
Half a tablespoon of turmeric  
Half a tablespoon of paprika  
Salt and pepper

## **Method**

Heat a teaspoon of margarine in a small pan. Add the tofu and break up with a wooden spoon. Stir in the bouillon powder, milk, turmeric and paprika and continue to stir for a couple of minutes until the tofu begins to resemble scrambled eggs. Season as required.

Can be vamped up with the addition of chopped mushrooms and/or chopped spinach.

Serve warm or cold with toasted wholemeal pitta bread or bagels.





# Refried beans and sweet chilli sauce wraps

**Serves two**

## **Ingredients:**

250g pinto beans  
One onion, chopped  
Teaspoon cumin seeds  
Tablespoon coriander seeds  
Two tablespoons sunflower oil  
Salt

Four wraps  
Sweet chilli sauce

## **Method**

The beans should be rinsed in a sieve, placed in a large pan, covered with lots of cold water, and soaked overnight covered with a lid. The next day, drain the beans, place in a large pan and cover with water and bring to the boil. Simmer for an hour or so, until the beans are soft and most of the water has been absorbed, adding more water if necessary.

Heat the oil in a large pan, add the onion and fry until soft. Add the spices and stir. When your beans are done, add to the onion and mix well, retaining the cooking water. Mash up with a potato masher and season well with salt.

Distribute the refried beans in the middle of each wrap and drizzle with sweet chilli sauce. Top with herbs, eg fresh coriander, if desired. Fold.

Make a large batch and keep in the fridge for a few days, or freeze in portions and defrost as required.



# Houmous and roast vegetable wraps

**Serves two or more**

## **Ingredients:**

Two wraps

One courgette, aubergine or pepper (deseeded) or half a squash or small pumpkin (peeled and deseeded), four beetroots, or a mixture of all of these

One chilli, deseeded and finely chopped

Two cloves of garlic

Olive oil

Salt

Preheat the oven to 200 degrees. Slice your vegetable into batons or chunks. Place in an oven dish and coat with olive oil. Place in the oven and cook for twenty minutes. Add your garlic and chilli and stir well. Return to the oven and cook for another five-ten minutes until the veg is softened and has started to go crispy around the edges. Remove from the oven and season well.

If using beetroot, wash well and place in oven dish whole. Coat with olive oil and sprinkle with salt. Cook for 45 minutes to an hour depending on the size of the beetroots. Slice.

**Houmous:**

One tin of chickpeas, liquid retained

Two cloves garlic, finely chopped

Six tablespoons extra virgin olive oil

Salt

Two teaspoons tahini

Two tablespoons lemon juice

Paprika

Sesame seeds

Spoon seven teaspoons of the liquid around the chickpeas into a large mixing bowl. Drain the chickpeas in a sieve and add to the bowl. Add the garlic, tahini, olive oil and lemon juice. Blend with a handblender until smooth. Stir in a little salt, paprika and sesame seeds, to taste, and fresh herbs if desired.

Place some houmous in the centre of each wrap, top with roasted vegetables and fold.

Can be vamped up with the addition of couscous, bulgur wheat, sweet chilli sauce. For a variation, or if you run out of chickpeas, substitute butter beans or cannellini beans.

Can be eaten warm or cold, as lunch on the go. Keep the houmous and roasted veg in the fridge for a few days and use as required.

Squash/pumpkin seeds can be refridgerated or frozen for future roasting.





# Cajun roasted pumpkin seeds

## Ingredients:

Seeds of one pumpkin or squash  
Olive oil  
Salt and pepper  
Cajun seasoning

## Method

Rinse your pumpkin (or squash) seeds well. Place in a pan of boiling water and simmer for 20 minutes.

Preheat the oven to 150 degrees and drain the seeds well in a sieve. Place in a baking tray and drizzle with olive oil, stirring to ensure seeds are well coated. Season with salt and pepper and shake Cajun spice over the top, then stir. Place in the oven and roast, stirring every so often, until the seeds have started to go brown. Stir, check and test regularly to ensure your seeds do not burn.

Makes a great snack!



# Pancakes

**Serves one**

## **Ingredients:**

167g flour (I often use half wholemeal and half plain white flour)

400ml milk

Salt

## **Method**

Place your frying pan on a medium heat (this recipe seems to work better if the batter is added to a frying pan that is already hot). Place the flour in a large mixing bowl with a pinch of salt. Add the milk little by little, and whisk as you add it (with a fork, spoon or hand whisk), ensuring the mixture is smooth before you add the next bit of milk. Add a glug of olive oil and coat the pan. Spoon on a ladle of batter. Allow the pancake to form a shape and cook evenly, then when it's sturdy enough to get a spatula underneath turn to cook on the other side. Add your next ladle of batter and carry on!

Top with lemon and sugar, maple syrup, stewed apples, etc, or savoury toppings such as chopped tomatoes and garlic.

Can be vamped up with the addition of cocoa powder and/or cinnamon to the batter.





# Porridge

**Serves one**

## **Ingredients:**

One mug of milk

60g oats

Generous sprinkling of cinnamon

Generous shaking of desiccated coconut

One handful pomegranate seeds OR a serving of stewed apple OR fresh chopped fruit of your choice OR chopped dried fruit of your choice (eg dried apricots)

One tablespoon honey, maple syrup, golden syrup or similar

## **Method**

Heat the milk in a small pan. Add the fruit and stir, then add the oats and stir. Cook for a couple of minutes until your desired consistency is reached. Stir in cinnamon and coconut. Serve with honey or maple syrup.

Can be vamped up with the addition of chopped nuts, seeds, grated ginger, etc.



# Fruit crumble

**Serves four**

## **Ingredients:**

### **For the filling:**

500g rhubarb or apple or pear, or a combination of these, or other fruits of your choice  
75g sugar  
Fresh ginger

### **For the topping:**

75g butter  
175g flour  
75g sugar  
Desiccated coconut  
Cinnamon  
Oats

## **Method**

Preheat the oven to 180 degrees. Chop your fruit and place in a large saucepan with 75g sugar, a little water and a generous grating of fresh ginger. Simmer for a few minutes until the fruit starts to break down, but still keeps in shape and has not yet turned into mush. Meanwhile, place the butter in a large mixing bowl. Add the flour and rub in to the butter until it resembles fine breadcrumbs. Add the rest of the sugar, a generous sprinkling of cinnamon and a generous shaking of desiccated coconut. Mix in well. Grease a large baking dish. Spoon the fruit in, then add the crumble topping, little by little, ensuring even distribution. Top with a layer of oats. Bake for 35-40 minutes until the crumble is golden and firm.

Can be vamped up with the addition of chopped nuts – for example hazelnuts, Brazil nuts, walnuts – to the topping, for added crunch and flavour.

Serve warm or cold, with custard or on its own. The leftovers make a great breakfast!





# Fruit pie

**Serves two to three**

## **For the filling:**

Four sticks of rhubarb, or three to four cooking apples, or pears, or a combination of these  
25g sugar  
Fresh ginger

## **For the pastry:**

175g margarine  
350g plain flour  
Cinnamon  
Salt  
Water

(Or ready-made shortcrust pastry)

## **For the glaze:**

One tablespoon milk  
Half a tablespoon sugar  
Half a teaspoon cinnamon

## **Method**

If making pastry from scratch, place flour and margarine in a large mixing bowl with a pinch of salt. Rub the flour into the margarine until it resembles breadcrumbs, add a generous shaking of cinnamon, and then knead the mixture into a dough. Add cold water, one tbsp. at a time, until the dough sticks together. Place in a plastic bag and put in the fridge for twenty minutes.

Meanwhile, preheat the oven to 200 degrees. Chop your fruit, cover with a little water, add a generous grating of fresh ginger and stew for a few minutes until the fruit starts to soften but has not started to turn into a mush.

Mix the milk, sugar and teaspoon in a small bowl to make the glaze.

Divide your pastry in two and roll into two balls, with a smaller ball for the pie lid. Roll out your large pastry ball on a floured surface until it's large enough to cover your pie/cake tin. Grease your tin with butter and add the pastry. Add your fruit, draining any excess liquid. Roll out your pie lid, place on top, fold the edges of the pie case over the edge of the lid, then crimp with a fork. Make some holes in the pie lid with a fork.

Spread your glaze evenly on top of the pie using a pastry brush. If there's any left over, add more periodically during cooking process. Cook for 25-30 minutes, or until the pastry is crisp and golden.

Serve warm or cold, with custard or on its own. Great for picnics, too and the leftovers make a great breakfast!

Freeze any leftover pastry or use to make jam tarts!



# Fruit tart

**Serves two to four**

## **Ingredients:**

One puff pastry sheet (or puff pastry block, rolled out thinly on a floured surface)  
One or two cooking apples OR three to four plums, sliced or any other fruit of your choice, eg peaches/apricots  
One tablespoon brown sugar  
Cinnamon

## **Method**

Preheat the oven to 220 degrees. Place the pastry on a baking tray and, with a sharp knife, score (without cutting all the way through) a 2.5cm border all the way around the edge of the pastry. Lay your fruit slices flat, inside the border, and ensure distributed evenly. Sprinkle your sugar evenly over the top of the apple and finish with a light sprinkling of cinnamon. Cook until the pastry border looks cooked and has risen.

Serve warm or cold, with custard or on its own. Great for picnics, too and the leftovers make a great breakfast!





# Blackberry buns

## Ingredients:

110g flour  
110g butter  
65g sugar  
Two teaspoons baking powder  
Two eggs (or No Egg powder equivalent to two eggs)  
Vanilla essence  
125g blackberries washed

## Method

In a mixing bowl, cream together the butter with the sugar. Mix in the eggs, stir in the baking powder and vanilla essence then sieve in the flour and stir. Place the mixture in the fridge for an hour.

Preheat the oven to 200 degrees. Place paper or silicone bun cases in a bun tin or two and put a spoonful of mixture into each case, topping up if there is any leftover. Distribute the blackberries evenly between each case. Bake for 20 minutes until risen.

Sometimes I use finely chopped cooking apples in place of blackberries. You could also use blueberries or raspberries.



# Purple custard

## Serves one

A handful of blackberries

Cinnamon

Half a carton of custard or equivalent

## Method

Prepare the custard powder according to instructions, or heat up your ready-made custard. Place your blackberries in a bowl and sprinkle cinnamon on top. Pour on your custard and mix until the custard turns purple.

Can be vamped up with the addition of oats. Strawberries, a banana or other fruit of your choice can be substituted for blackberries (although the custard will no longer be purple).





# Cardamom and pomegranate rice pudding

**Serves three to four**

## **Ingredients:**

100g pudding rice  
50g sugar  
One 400ml tin of coconut milk  
300ml milk  
Six cardamom pods  
Two handfuls pomegranate seeds  
One cinnamon stick  
One bay leaf  
Nutmeg

## **Method**

Preheat the oven to 150 degrees. Grease a deep baking dish. Rinse your pudding rice in a sieve and place in the dish. Add the sugar, milk, coconut milk, bay leaf, cinnamon stick, cardamom pods and a generous grating of nutmeg. Stir well. Cook for two hours, or until the milk is absorbed and the rice is cooked. Remove the cinnamon stick, bay leaf and cardamom pods. Stir in the pomegranate seeds and serve hot or cold.

Great for picnics, and the leftovers make a great breakfast!



# Ground rice pie

**Serves four**

## **Ingredients:**

75g ground rice

75g margarine

75g sugar

One egg or vegan equivalent in 'No Egg'

Pastry

Jam

## **Method**

Preheat the oven to 200 degrees. Cream the butter and sugar in a large mixing bowl. Stir in the egg and the ground rice. Grease the pie tin and place the pastry inside. Spread a layer of jam on the bottom. Spread the rice pudding evenly over the top. Fold over the edges of the pastry to create a crust around the quiche and crimp with a fork. Bake for 15 minutes or until the pastry is cooked and the topping is crispy.

Serve warm or cold, with custard or on its own. Great for picnics, too and the leftovers make a great breakfast!

Freeze any leftover pastry or use to make jam tarts!





# Peanut butter jam tarts

## Ingredients:

Leftover pastry/offcuts

Peanut butter

Jam

## Method

Preheat the oven to 200 degrees. Grease a bun tin. Roll out small balls of pastry and create a well in each centre, then place in bun tin. Add a dollop of peanut butter to the centre of each tart, followed by a blob of jam. Cook until pastry is golden and firm.

Serve warm or cold, with custard or on their own. Great for picnics or a snack.



# Cinnamon and coconut flapjacks

## Ingredients:

175g butter  
225g oats  
175g sugar  
Cinnamon  
Desiccated coconut

## Method

Preheat the oven to 200 degrees. Melt the butter in a large saucepan. Remove from the heat and stir in the oats and sugar and liberal amounts of cinnamon and coconut. Grease a shallow baking tray and spoon in your flapjack mix, pressing down to level the top. Cook for 20 minutes or until golden brown.

Vamp up with the addition of apple/banana, or dried fruit such as raisins/dried cranberries/dates/chopped apricot, or a couple of tablespoons of golden syrup.





# Fruit ice lollies

## Ingredients:

A handful of blackberries or strawberries or a banana or fruit of your choice/whatever is in season, or a combination of these.

Milk

Cinnamon powder

## Method

Place fruit in a large mixing bowl or measuring jug and cover with milk. Blend until smooth. Stir in a little cinnamon powder. Pour into your ice cream holder and place in the freezer, ready for the next hot day or heat wave!

Can be vamped up with the addition of a sprinkling of oats/cocoa powder, a couple of drops of vanilla essence, honey/maple syrup, etc. I also like to use rhubarb stewed with a little sugar in this way.



# Maple popcorn

**Serves two**

## **Ingredients:**

Two tablespoons vegetable oil

50g popping corn

Two tablespoons butter

One to two tablespoons maple syrup or honey

Cinnamon

Salt

## **Method**


Heat the oil in a large pan and add the popcorn. Place a lid on the top and the corn will start to pop. Meanwhile, heat the butter in a largish pan. Stir in the honey and maple syrup and remove from the heat. Add the popped corn to the butter and maple mix and stir well. Sprinkle with cinnamon and a little salt to taste.

Serve warm or cold, with custard or on its own. Great for picnics or a snack.





# Equipment



Mixing bowl  
Measuring jug  
Rolling pin  
Pastry brush  
Ladle  
Spring-form cake/pie tin  
Scales, preferably digital (I coped with non-digital scales for years, but digital scales make it vastly easier for weighing out small measurements, and for scaling down recipes, which often results in odd numbers)  
Sieve  
Colander  
Handblender  
Spatula  
Potato masher  
Grater  
Bottle opener  
Tin opener  
Bun tray  
Bun cases (paper or silicone)  
Ice lolly holders  
Pizza slice  
Oven gloves  
Apron  
Tubs for storage and transportation of leftovers

# Cook books I love

Heinz Baked Beans: Recipes, History, Trivia and More, 2006  
World Food Café, Chris and Carolyn Caldicott, 1999  
National Trust Recipes, Sarah Edington, 1996  
Rachel's Favourite Food, Rachel Allen, 2004

## Zines

Twigs and Apples, Preston  
<http://twigsandapples.tumblr.com>  
One Way Ticket to Cubesville, Manchester  
<http://ticket-to-cubesville.blogspot.co.uk>

## Websites

Deerly Beloved Bakery  
<http://deerlybelovedbakery.blogspot.co.uk>  
Vegetarian Dad  
<https://pulsecafe.wordpress.com>  
BBC Good Food  
The Guardian

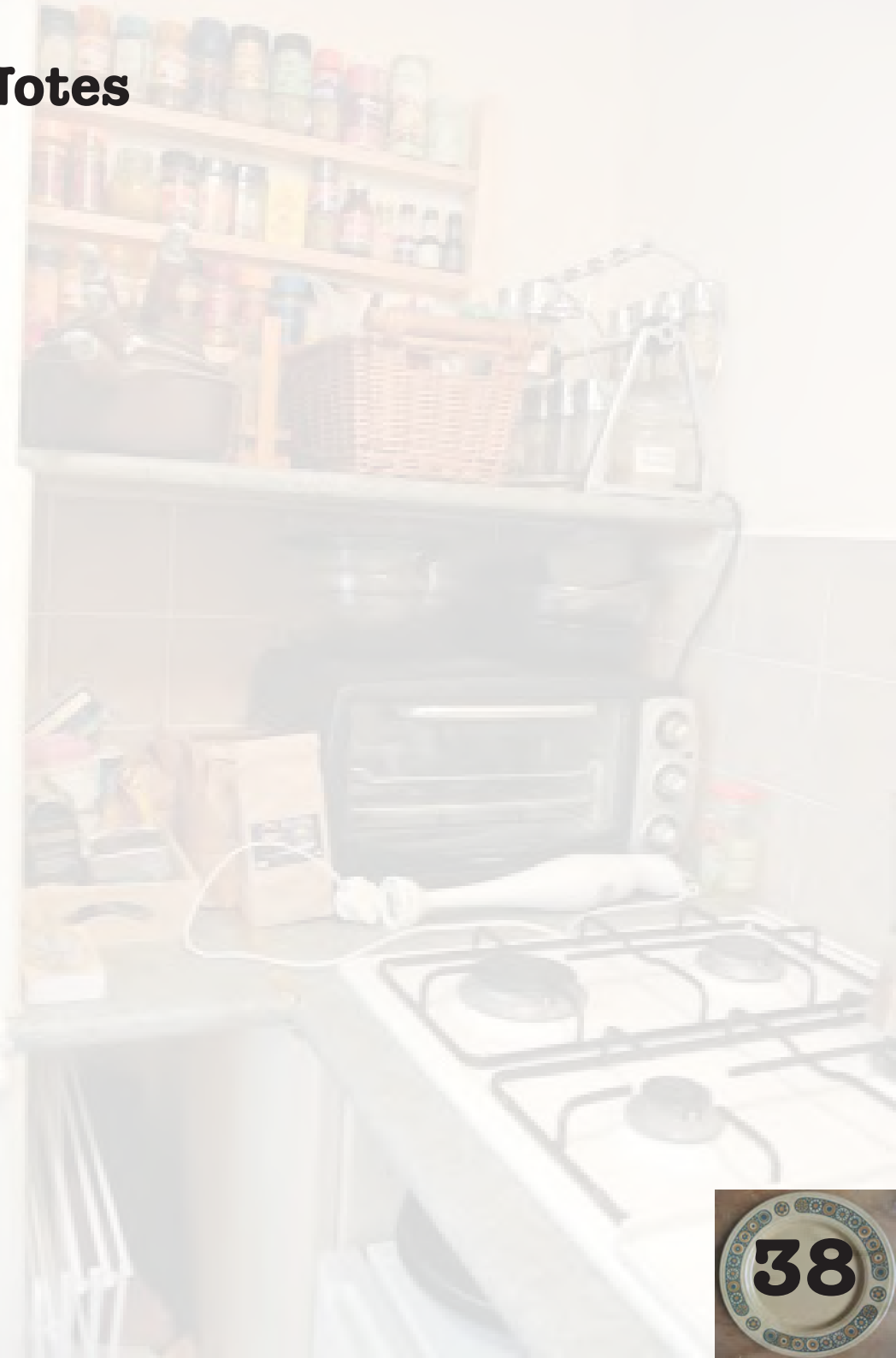
## Magazines

Waitrose Food Illustrated  
Guardian cook supplements





# Notes



# Notes