

season to taste



Vegetarian recipes throughout the year



Introduction

Here at the Vegetarian Society we believe vegetarian dishes should taste fantastic without costing the earth. That's why we've created these mouth-watering, monthly recipes, using seasonal and locally sourced produce. Here's the proof - you can look after the planet as well as your taste buds!

There are many reasons to eat seasonally. Your ingredients will be fresher and therefore tastier. If produced locally, they will have less impact on the environment, thanks to reduced energy use and associated CO₂ emissions. Buying seasonal fruit and vegetables is also a good way to support your local economy and farming communities.

We hope you enjoy trying out these scrumptious recipes, as much as we enjoyed producing them!



The Vegetarian Society's Cordon Vert cookery school. Home of vegetarian cuisine. www.cordonvert.co.uk

CORDON VERT 
SCHOOL

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Seasonal UK Grown Produce

January

Apples, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celeriac, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Parsnip, Pears, Potatoes, Pumpkins, Spinach, Spring Greens, Spring Onions, Squash, Swede, Swiss Chard, Turnips

February

Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celeriac, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnip, Potatoes, Pumpkins, Spinach, Sprouting Broccoli, Spring Greens, Spring Onions, Squash, Swede, Swiss Chard

March

Artichoke, Brussels Sprouts, Cabbage, Cauliflower, Chicory, Cucumber, Leeks, Mint, Parsley, Parsnip, Potatoes, Pumpkins, Purple Sprouting Broccoli, Rhubarb, Sorrel, Spinach, Spring Greens, Spring Onions

April

Artichoke, Cabbage, Cauliflower, Chicory, Jersey Royal New Potatoes, Kale, Leeks, Morel Mushrooms, Potatoes, Pumpkins, Purple Sprouting Broccoli, Radishes, Rhubarb, Rocket, Rosemary, Sorrel, Spinach, Spring Greens, Spring Onions, Squash, Swiss Chard

May

Artichoke, Asparagus, Aubergine, Beetroot, Chicory, Elderflowers, Jersey Royal New Potatoes, Lettuce, New Potatoes, Onions, Peppers, Potatoes, Radishes, Rhubarb, Rocket, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions

June

Asparagus, Aubergine, Beetroot, Blackcurrants, Broad beans, Broccoli, Carrots, Cauliflower, Cherries, Chicory, Courgettes, Cucumber, Currants, Elderflowers, Fennel, Gooseberries, Jersey Royal New Potatoes, Lettuce, Mangetout, New Potatoes, Peas, Peppers, Radishes, Redcurrants, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Strawberries, Summer Squash, Swiss Chard, Tayberries, Turnips

July

Apples, Aubergine, Beetroot, Blackberries, Blackcurrants, Blueberries, Broad Beans, Broccoli, Carrots, Cauliflower, Cherries, Chicory, Courgettes, Cucumber, Gooseberries, Greengages, Fennel, French Beans, Garlic, Kohlrabi, Lettuce, Loganberries, Mangetout, Marrow, New Potatoes, Onions, Peas, Potatoes (early), Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner Beans, Sage, Samphire, Sorrel, Spring Onions, Strawberries, Summer Squash, Swiss Chard, Tomatoes, Turnips, Watercress

August

Apples, Aubergine, Basil, Beetroot, Blackberries, Blackcurrants, Blueberries, Broad Beans, Broccoli, Cauliflower, Carrots, Cherries, Chicory, Chillies, Courgettes, Cucumber, Damsons, Fennel, French Beans, Garlic, Greengages, Kohlrabi, Leeks, Lettuce, Loganberries, Mangetout, Marrow, Mushrooms, Onions, Pears, Peas, Peppers, Potatoes (main crop), Plums, Radishes, Raspberries, Red Cabbage, Redcurrants, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Strawberries, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Watercress

September

Apples, Aubergine, Beetroot, Blackberries, Blueberries, Broccoli, Butternut Squash, Carrots, Cauliflower, Celery, Courgettes, Chicory, Chillies, Cucumber, Damsons, Garlic, Kale, Leeks, Lettuce, Mangetout, Marrow, Onions, Parsnips, Pears, Peppers, Plums, Potatoes (main crop), Pumpkin, Radishes, Raspberries, Red Cabbage, Rocket, Runner Beans, Samphire, Sorrel, Spinach, Strawberries, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Wild Mushrooms

October

Aubergine, Apples, Beetroot, Blackberries, Broccoli, Brussels Sprouts, Butternut Squash, Cabbage, Chestnuts, Elderberries, Carrots, Cauliflower, Celery, Chicory, Chillies, Courgette, Cucumber, French Beans, Kale, Leeks, Marrow, Parsnips, Pears, Peas, Potatoes (main crop), Pumpkin, Red Cabbage, Rocket, Runner Beans, Spinach, Swede, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Wild Mushrooms, Winter Squash

November

Apples, Beetroot, Brussels Sprouts, Butternut Squash, Cabbage, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chicory, Courgette, Cranberries, Elderberries, Jerusalem Artichokes, Kale, Leeks, Parsnips, Pears, Potatoes (main crop), Pumpkin, Red Cabbage, Spinach, Swiss Chard, Turnips, Wild Mushrooms, Winter Squash

December

Apples, Beetroot, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chicory, Courgettes, Cranberries, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Parsnips, Pears, Potatoes (main crop), Pumpkin, Red Cabbage, Swede, Swiss Chard, Turnips, Winter Squash

You should be able to find these UK grown crops on sale in the months shown, but remember to check the label to avoid imported varieties.



Curly Kale and Potato Cakes

Ingredients

500g	baking potato, peeled, cut into large pieces
200g	trimmed leek(s) finely chopped
75g	curly kale, finely shredded
50g	butter
2 tsp	caraway seeds
1 tsp	paprika
3 tsp	wholegrain mustard
2	medium free range egg yolks
2 tbsp	crème fraiche
100g	vegetarian Applewood smoked Cheddar, thinly sliced

Method

1. Bring the potatoes to boil in a medium sized saucepan and then simmer slowly for 30 minutes until cooked. Drain and dry slightly in the pan before mashing or putting through a potato ricer.
2. Sauté the leek and kale in half the butter until soft. Add the spices and cook for a further 2 minutes.
3. Mix together the potato, vegetables, mustard, egg yolk and crème fraiche in a large bowl, and then form into 4 large cakes (or 8 small ones).
4. Heat the remaining butter in a large non-stick frying pan and gently cook the potato cakes on both sides until dark golden and crispy.
5. Top the cakes with the cheese and place under a hot grill until melting.

Serve with a shredded white cabbage and carrot salad (or as a side dish with veggie sausages).



Jerusalem Artichoke and Mushroom Pithivier

Ingredients

350g	peeled Jerusalem artichokes, thinly sliced (2-3mm)
75g	shallots, thinly sliced
1 ½ tbsp	olive oil
175g	chestnut mushrooms, sliced
½ tsp	rosemary, chopped
125ml	vegetarian red wine
250g	tinned chopped tomatoes
1 tbsp	tomato puree
100g	Puy lentils, cooked
500g	vegetarian puff pastry
1	free range egg (*or 1 tbsp soya flour mixed with a little water) to glaze

Method

1. Preheat oven to 200C / 400F / Gas 4
2. Sauté the artichokes and shallots in the olive oil in a large frying pan until softened and slightly golden (approx 15 minutes).
3. Add the mushrooms and rosemary and cook for a further 2 or 3 minutes before adding the red wine, chopped tomatoes and tomato puree. Simmer for 15 minutes or until sauce has thickened. Finally add the cooked lentils.
4. Roll the pastry sheets into two thin (approx 3mm) circles, one 26cm diameter and one 22cm. Place the smaller on a baking sheet and top with the filling, leaving a 2cm border. Cover with the larger circle, pressing the edges neatly together and crimping with your fingers or a fork.
5. Make a hole in the centre and brush the pastry with the egg or soya glaze and bake for 20-25 minutes until puffed and golden.

Serve with fresh chicory vinaigrette salad for a light lunch or roast potatoes and vegetarian gravy as an evening meal.



Scrummy Crumpets with Somerset Goat's Cheese, Beetroot and Fresh Rhubarb and Ginger Marmalade

Ingredients

400g	fresh red rhubarb, roughly chopped
2cm	fresh ginger, peeled and grated
1 clove	garlic, crushed (optional)
5 tbsp	white sugar
350g approx	fresh beetroot (about 2 medium / large beetroot), keep whole
4	crumpets
200g	vegetarian Somerset goat's cheese (2 x 100g packs) each pack cut into 6 slices
35g	butter for crumpets (or to taste)
to garnish	mint leaves

Method

1. To make the marmalade: put the rhubarb, ginger, sugar and garlic (if used) into a processor and process until the mixture is very finely chopped. Turn into a small saucepan and simmer, uncovered, for about 1 hour until thick, stirring now and again to stop burning on the bottom of the pan. Allow to cool.
2. Scrub the beetroots and cut the stalks down to 2.5cms above the bulb. Either: boil in plenty of water until soft (about 40-50 minutes depending on size). Drain, cover, and leave to cool (about 1-2 hours). Or: wrap in foil and bake at 200C / 400F / Gas 6 for about 40-60 minutes until soft, depending on the size of the beetroot. Leave to cool then skin the beetroot and slice thinly.
3. Preheat oven to 200C / 400F / Gas 6. Toast the crumpets and lightly butter them. Place on a baking tray and divide the sliced beetroot and goat's cheese between them. Place in the oven for about 5-7 minutes until warmed through. Garnish with a mint leaf and serve with the marmalade in small ramekins on the side.

April



Pommies Anna with Eggs and Rocket and Walnut Pesto

Ingredients

1.25kg	Jersey Royal new potatoes, peeled
50g	wild rocket, washed
35g	shelled walnuts
25g	flaked almonds
1 - 2 cloves	garlic, crushed
100ml	sunflower oil
2 tsp	white wine vinegar
4 tsp	stock powder
3 tsp	rosemary, very finely chopped
8	free range eggs
season	to taste

Method

1. Preheat the oven to 200C / 400F / Gas 6. Grease a 20 - 25cm square ovenproof dish.
2. Slice the new potatoes quite thinly. Divide the slices between the dishes in 2 or 3 layers, sprinkling each layer with a pinch of salt, a grind of pepper, plus 1½ tsp of the rosemary across all the layers. Use 2 tsp of the stock powder to make up some stock with 250ml boiling water. Pour this over the potatoes so that the stock comes about half way up the potatoes.
3. Use a little of the oil to brush the top of the potatoes. Cover tightly with foil and bake in the oven for about 50 minutes until the potatoes are soft. Remove the foil and return to the oven for another 5-10 minutes to colour the top slightly.
4. Meanwhile, put the rocket, walnuts, almonds, garlic, oil, vinegar and remaining stock powder and rosemary into a liquidiser and blend until you have a soft paste consistency.
5. When the potatoes are cooked, poach the eggs in a poacher. Serve the eggs on top of each portion of potatoes, with the pesto either spooned on each side of the eggs, or in a separate small bowl for each person.

Serves 4

Prep time:
10 - 15 mins

Cooking time:
1 hour + 15 mins

May



Warm New Potato and Asparagus Salad

Ingredients

700g	baby new potatoes (cut in half if more than 4cm)
25g	walnuts, roughly chopped
16-24	asparagus spears (at least 6 spears per person if asparagus is thin or 4 spears if thicker)
80g	young spinach leaves
100g	soft vegetarian goat's cheese log, thinly sliced (*or 75g vegan soft cheese)
6 large	radishes, sliced
season	to taste

Dressing

50ml	olive oil
2 tbsp	lemon juice
2 good tsp	runny honey (*or 2 scant tsp apple concentrate)
2 tsp	wholegrain mustard

Method

1. Preheat oven to 200C / 400F / Gas 6. Parboil the potatoes for 15 minutes until slightly tender. Drain and cool for 5 minutes before placing in a roasting pan.
2. Mix the dressing ingredients, seasoning with salt and pepper if desired, and pour half over the potatoes, mixing well. Roast for approx 25 minutes until soft on the inside and crisp on the outside. Sprinkle the walnuts on a separate baking tray and dry roast for 3-4 minutes to intensify their flavour. Do not let them burn!
3. Trim the woody ends off the asparagus spears and discard. Steam the asparagus for 5 to 7 minutes (depending on size) until tender. Place in a dish and pour over the remaining dressing.
4. To assemble the salad: cover the base of a large, wide salad bowl with spinach leaves; place the potatoes on top followed by the sliced goat's cheese (which will melt slightly), and then by the asparagus. Finally sprinkle with the roasted walnuts and garnish with the radish slices.

Serves 4

Prep Time:
10 mins

Cooking Time:
45 mins

Can be vegan*

June



Grilled Vegetable Tian

Ingredients

250g	aubergine
400g	courgettes
3	Ramiro peppers
75-90ml	olive oil
1 tbsp	vegetarian pesto
2 cloves	garlic, crushed
60g	flavoured ciabatta or focaccia bread slices
2 tbsp	parsley
2 tbsp	basil
80g	vegetarian Cheshire cheese, finely grated
season	to taste

Method

1. Preheat oven to 200C / 400F / Gas 6.
2. Cut the aubergine and courgette into 5mm slices and the peppers into thick wedges. Mix the oil with the pesto and garlic.
3. Heat a large griddle pan or fire up the BBQ. Brush the vegetables lightly with the oil mixture and grill on both sides until starting to soften. Then whizz the bread with the herbs in a food processor. Season well.
4. In a ceramic quiche (diameter 26cm) or casserole dish (approx 26cm x 22cm) sprinkle a layer of half the breadcrumbs on the base. Then arrange the aubergine and courgettes in overlapping circles or rows, leaving room to place the peppers in the centre or additional rows.
5. Add the cheese to the remaining breadcrumb mixture and scatter over the top of the tian. Bake in the oven for 20 minutes until crisp.

Can be served at room temperature, with a flageolet bean, tomato, onion and avocado salad.

Serves 4

Prep Time:
10 mins

Cooking Time:
55 mins



Summer Tagine

Ingredients

1 kg	vine tomatoes, skinned, deseeded and chopped
250g	green beans, blanched and cut into 2cm pieces
175g	podded broad beans, blanched and peeled to remove tough outer skin
1 medium	onion, finely chopped
4 tbsp	olive oil
1 tsp	cardamom seeds
1 tsp	ground cinnamon
2 tbsp	tomato purée
2 tsp	runny honey (*or light muscovado sugar)
to garnish 35g	toasted walnuts, chopped
1 medium	lemon, cut into wedges
season	to taste

Method

1. Sauté the onion in 2 tbsp olive oil until soft before adding the tomatoes and spices. Cook gently until the tomatoes start to break up and then add the puree, the other 2 tbsp oil and a little water if the sauce seems too thick. Season well.
2. Add the green beans and simmer gently for 15-20 minutes until cooked but still crunchy, adding a little water if necessary.
3. Finally stir in the honey and the broad beans and simmer for a further 5 minutes, at which point the sauce should be quite thick.

Serve with a fruity couscous with fresh herbs.

August



Blackberry, Raspberry and Fennel Salad

Ingredients

Salad

50g walnuts
 ¼ cucumber
 ½ fennel, very thinly sliced / shredded
 85g watercress, thick stalks removed
 1 round green lettuce, washed and dried
 150g blackberries, washed and dried
 150g raspberries, washed and dried

Dressing

150g silken tofu
 5½ tbsp good quality French dressing
 1 slightly rounded tbsp caster sugar

Method

1. Preheat oven to 200C / 400F / Gas 6. Spread walnuts out on a baking tray and put in hot oven for about 4 minutes until lightly roasted. Remove from oven and cool.
2. To make the dressing: drain the silken tofu by putting it in a bowl lined with kitchen paper and patting dry. Transfer French dressing to a small liquidizer together with the silken tofu and the caster sugar. Blend for about 30 seconds until creamy. Put into a bowl ready to serve.
3. Continue with the salad: cut the cucumber in half lengthways, and then thinly slice to make half-moon slices. Mix these with the fennel and watercress.
4. Arrange whole green lettuce leaves on four plates, and pile the cucumber mixture on top. Scatter with the blackberries, raspberries and roasted walnuts and serve, passing the dressing round separately.

Serves 4

Prep time:
20 minsCooking time:
10 mins

Vegan

August



Spiced Blueberry and Myrtle Sauce for Ice Cream

Ingredients

200g	blueberries
5 - 7	wild myrtle leaves (available from some supermarkets)
2 tbsp	sugar (or to taste)
pinch	cinnamon
to serve	vanilla ice cream (*use vegan ice cream if desired)

Method

1. Put blueberries in a small saucepan with just enough water to come half way up the fruit.
2. Tie myrtle leaves in a piece of muslin to make a little bag – otherwise you'll never find them again! Add the bag to the fruit, pushing well down into the fruit, together with a pinch of cinnamon. Bring to the boil, cover and then cook very slowly until the fruit is tender – about 15 minutes. Cool for at least 1 hour to let the flavours infuse.
3. Remove the bag of myrtle leaves and discard. Add sugar to the fruit to taste. Serve warm or cold over ice cream as it is, or sieve to make a smooth purée.

Alternative:

If you cannot get myrtle leaves, try using a large bay leaf instead (remember to remove before eating). You won't need to put this in a muslin bag as it'll be easy to find!

Works well with other dark berries.

Serves 4

Prep time:
5 mins

Cooking time:
20 mins + 1 hour
cooling time

Can be vegan*

September



Spinach, Almond and Red Wine Pie with Peperonata

Ingredients

600g	fresh vine tomatoes, peeled (or use ½ x 400g canned tomatoes)
3 tbsp	olive oil
2	red peppers, sliced
1 tbsp	sugar
4 fat cloves	garlic, crushed
500g	fresh spinach, washed and drained (or use 300g frozen chopped spinach, defrosted)
1 medium	onion, finely chopped
75g	white breadcrumbs
100g	ground almonds
3 – 4 tsp	low salt stock powder
3 – 4 tbsp	vegetarian red wine
season	to taste

Method

1. Firstly, make the peperonata. Remove the seeds from the tomatoes, chop the flesh and put into a saucepan. Put over a low heat until the tomatoes begin to give off their juice. Bring to the boil and simmer until they are reduced by half. (Alternatively, use ½ a can of peeled plum tomatoes, drained and chopped. No need to cook)
2. Heat 1 tbsp oil in a medium to large pan and cook the sliced peppers gently for 3-4 minutes, stirring all the time, until the peppers are beginning to soften. Add half the garlic and continue cooking and stirring for another 30 seconds. Add the cooked tomatoes (or the canned tomatoes) and the sugar. Cover and simmer for 15 minutes. Season well with salt and pepper to taste. Cool and refrigerate overnight.
3. Preheat the oven to 200C / 400F / Gas 6. Grease and line a 20cm square tin with baking parchment. Roughly chop the spinach and put into a large saucepan. Cover with a lid and cook until the spinach has wilted. Cool. Line a large sieve with two layers of kitchen paper and put in the spinach. Top with another piece of kitchen paper and press to extract as much liquid as you can. You should be left with a small ball of spinach. If using frozen spinach, just defrost and press through a sieve in the same way.
4. Sauté the onion and the rest of the garlic in the remaining olive oil until softened but not coloured. In a bowl, mix together the onion and garlic, the spinach and all the remaining ingredients. Stir well to make a moist mixture, adding a little water if it seems rather dry. Season to taste with a little salt (if needed) and lots of pepper. Pile into the prepared dish and cover tightly with a piece of foil. Bake for about 20 minutes, removing the foil lid for the last 5 minutes.

Serves 4

Prep time:
30 mins
(+ chilling overnight)

Cooking time:
1½ hours if using fresh
ingredients, or ¾ hour

Vegan



Carrot, Red Lentil and Sesame Bites

Ingredients

125g	red lentils
30g	onion, very finely chopped
250g	carrots, peeled and grated
100g	mature half fat vegetarian Cheddar cheese, grated
150g	white breadcrumbs
35g	sesame seeds
2	free range eggs, beaten
½ tsp	caster sugar
season	to taste
oil	for frying
to serve	sweet chilli sauce

Method

1. Wash the lentils and put in a medium pan with about 500ml water. Bring to the boil, then simmer slowly, stirring quite frequently, until the lentils have become a purée and the mixture is quite dry. Make sure that the lentils are cooked before the mixture dries out. Do not let them burn on the bottom of the pan! Spread out on a plate to cool.
2. Mix the cooled lentils with the onion, grated carrots, grated cheese, and 40g of the white breadcrumbs. Season with the sugar, a pinch of salt and plenty of freshly ground pepper.
3. Mix the remaining breadcrumbs with the sesame seeds. Beat the eggs with 2 tbsp water. Form the carrot and lentil mixture into balls, about 3cm across, using about 1 slightly rounded tablespoon of the mixture each. Dip each one in the beaten egg and coat with the breadcrumb and sesame mix then flatten slightly. Put the coated bites on a plate or two in a single layer and chill for 30 minutes in the fridge.
4. Heat some oil in a large non-stick frying pan and gently fry the bites for about 3 minutes on each side, until golden brown. Serve hot or cold with the sweet chilli sauce to dip into.

Serves 4
(makes about 24 bites)

Prep time:
35 - 40 mins + cooling
and chilling time

Cooking time:
15 mins

November



Chestnut and Pumpkin Seed Croustade Cups with Butternut Squash and Cranberry Jus

Ingredients

175g	wholemeal sliced bread, made into crumbs
1½ tsp	mixed dried herbs
30g	pumpkin seeds
75g	unsalted butter (*or use hard vegan margarine)
700g	butternut squash, peeled and cut into 2cm cubes
1 very small	onion, peeled and finely chopped (about 50g prepared weight)
160g	cooked and peeled chestnuts, chopped
2	bay leaves
120ml	vegetarian red wine
200g	cranberry sauce (fresh homemade is best!)

Method

1. Preheat oven to 200C / 400F / Gas 6. Grease 4 x Yorkshire pudding tins with margarine or butter. Line a baking tin with foil.
2. To make the crust: put breadcrumbs, mixed dried herbs and the pumpkin seeds into a large bowl. Melt 50g butter (*or hard margarine) and pour onto the breadcrumb mixture. Mix well, then divide equally between the four prepared Yorkshire pudding tins. Using the back of a spoon and your fingers, press evenly into the tins to form shallow cups. Pinch the edges between your fingers and thumb to make them firm – the edges should not be crumbly. Put in the oven and bake for about 15 minutes until crisp. Cool in the tins for about 5 minutes, then remove carefully and put on a cooling rack until ready to serve.
3. To make the filling: melt the remaining 25g butter (or hard margarine) in a small saucepan. Put the prepared butternut squash in a bowl and toss it with half the melted butter and 2 tbsp water. Put the butternut squash into the foil-lined baking tin and bake in the oven for 45 minutes, stirring occasionally, until soft. It should remain moist – if it seems to be drying out, add a very little more water.
4. Meanwhile, make the chestnut paté: sauté the onion in the remaining butter for about five minutes until soft. Add the chestnuts, bay leaf and 4 tbsp of the red wine, together with 4 tbsp water. Bring to the boil then reduce the heat, cover, and simmer for 10 minutes. Remove the bay leaf and mash the chestnuts to a moist spreading paté. If it is too dry, add a little more water.
5. Put the cranberry sauce in a small saucepan with the remaining red wine. Bring gently to the boil, stirring, then simmer for about 5-10 minutes until the sauce has reduced a little but is still runny. To serve: divide the warm chestnut paté between the croustades, pile the butternut squash on top. Drizzle a little of the cranberry jus around the plate, then serve the rest separately.

Serves 4

Prep time:
fresh chestnuts: 1½ hrs
canned chestnuts: 45 mins

Cooking time:
1 hour

Can be vegan*



Roast Pumpkin and Swiss Chard Risotto

Ingredients

600g	pumpkin
4 tbsp	olive oil
1 tbsp	maple syrup
a pinch	cinnamon powder
50g	blanched almonds, chopped
225g	trimmed leek, finely chopped
250g	Arborio or Carnaroli risotto rice
100ml	vegetarian dry white wine
900ml -1 litre	light vegetable stock
150g	Swiss chard (leaves only) roughly shredded
1½ tbsp	single cream (*or soya cream)
season	to taste
to serve	a squeeze of lemon juice to taste

Method

1. Preheat oven to 190C / 375F / Gas 5
2. Cut the pumpkin into quarters, peel and de-seed. Then cut into thick slices/segments (approx 12 - 15cm) and place in a roasting pan. Mix together 2 tbsp oil, maple syrup and cinnamon and drizzle over the pumpkin. Roast for 25 - 30 minutes until tender, take out of the oven and cut into large dice.
3. In a small frying pan heat 1 tsp oil and lightly toast the almonds until golden. Set aside.
4. Heat the remaining oil in a large frying pan and sauté the leek until soft. Add the rice and stir until the grains are well coated and slightly golden. Pour in the wine and stir until it is absorbed.
5. Add one ladle of hot stock and simmer until absorbed. Repeat. After 10 minutes add the chard and let wilt. Continue to add stock at intervals and cook until absorbed into the rice (you may not need all the stock). Season well with salt and pepper.
6. Once rice is tender but still very slightly al dente, add the cream and cook for a further minute before adding the pumpkin. Remove from heat, cover and rest for 2 minutes. When ready to serve sprinkle over the roasted almonds and a squeeze of lemon juice.

About us

The Vegetarian Society is the voice of vegetarians throughout the UK. We are an educational charity, working with everyone from healthcare professionals to primary school pupils to make meat-free living easier and more accessible to all. We provide expert information, delicious recipes and an extensive range of publications and other free resources.

We work with the food industry to improve provision for vegetarians, challenging bad practice and encouraging the best with our Vegetarian Society Approved trademark. We also promote the benefits of a vegetarian lifestyle to the public through National Vegetarian Week and other campaigns throughout the year.

The Vegetarian Society's own Cordon Vert School trains home cooks and professional chefs to create fabulous vegetarian dishes. See www.cordonvert.co.uk to find a course that suits you.

We are only able to continue this important work and produce booklets like this one because of the support we receive from generous members of the public. If you found our recipes and information useful, please consider becoming a member of the Vegetarian Society today. This is the best way to help us do more for people like you. Call our friendly team on **0161 925 2000** or visit www.vegsoc.org/members to join, donate or to find out more.

Eating seasonal produce is one way of reducing your environmental impact, but if you are not already vegetarian, cutting meat and fish from your diet will make an even bigger difference. Our leaflet 'Going Veggie for the Environment' explains why. Order or download your free copy of this, our Going Veggie guide or a wide range of other resources at www.vegsoc.org/resources or by calling **0161 925 2000**.

Recipes developed by Sarah Kearns and Marise Maddison on behalf of the Vegetarian Society.
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