



VEGETARIAN RECIPES

Contributions from the Climate Change Forum

Introduction

The production of meat, especially beef and lamb, carries a high carbon footprint. Reducing our meat consumption would be one way of personally contributing to attempts to reverse the climate crisis. Vegetarian cooking has a perhaps unfounded reputation of being fiddly, bland and unsatisfying. In this collection of recipes we have challenged members of the Climate Change Forum to provide tasty vegetable based concoctions that they enjoy, and would help others to eat in a more climate friendly way.

Vegetable Curry (Kay Shepperd)

Ingredients:

2 teaspoons vegetable oil
1 large onion, chopped
1 apple, chopped
2 garlic cloves, crushed
2 large carrots, peeled and sliced
2 parsnips, chopped
2 tablespoons of vegetable curry paste (mild or medium or hot according to taste)
450ml of vegetable stock
25g of sultanas or raisins
1 tablespoon chopped fresh coriander or mint
Salt and ground pepper

To serve:

150g of cauliflower rice
4 tablespoons low fat natural yoghurt
Fresh coriander or mint sprigs

Method:

1. Heat the vegetable oil in a large, non-stick saucepan (need a lid for later) and sauté the onion and apple for 3-4 minutes. Add the garlic, carrot, parsnip and curry paste and cook, stirring, for another minute.
2. Add the vegetable stock, sultanas or raisins and chopped coriander or mint to the saucepan, stirring well. Bring up to simmering point and then partially cover and reduce the heat. Cook over a low heat for 40 minutes.
3. Check the seasoning, adding salt and pepper according to taste.
4. Serve the curry with cauliflower rice. Top each portion with 1 tablespoon of yoghurt and garnish with coriander or mint.
Instead of serving the yoghurt plain, add about 2 tablespoons of finely chopped cucumber to make a refreshing raita.

Chakchouka (Enid Feather)

I like it because it is very tasty and the vegetables can be left quite chunky. I add a tin of chickpeas to up the protein content. It freezes well without the eggs and then becomes very versatile as a soup or pasta sauce. This recipe serves four and is cooked in a large frying pan that has a lid.

Ingredients:

2 tablespoons olive oil
1 large onion roughly chopped
2 peppers seeded and chopped (I use whatever colour I have hanging around)
2 chopped courgettes
Garlic to taste
Add some chilli if liked to give it a bit of a kick!
1 can of chopped tomatoes
1 small can passata
1 tin of chickpeas if you feel inclined or to make it go further.
1 teaspoon of sugar
4 eggs

Method:

Soften the onion in the oil in the frying pan until they brown.
Add the peppers, courgettes and garlic and chilli and stir for 2-3 of minutes.
Add the tinned tomatoes, passata, chickpeas, sugar, salt and pepper to taste and bring to the boil.
Turn the heat down and simmer until the vegetables have softened but not gone to mush.

Make 4 hollows in the mixture with a spoon and crack on egg into each.
Cover with the an lid and cook until the whites are firm and the yolks are to your liking.

Serve with your favourite bread or even toast to use up some older bread!

Red Lentil Lasagne (Sue Smith)

An easy to make family dish. Lots of protein in both the lentils & cheese.
Looking forward to making it when we can have family visiting again!
Serve with green veg.
Makes 4-6 portions

Ingredients:

1 tbsp oil
1 large celery stalk (finely chopped)
1 large onion (finely chopped)
2 large carrots (finely chopped)
1 red pepper (finely chopped)
2 garlic cloves
1 bay leaf
200g red split lentils
1 Tbsp tomato puree
500g passata
Approx. 350 ml veg stock
Approx. 6 lasagne sheets
300g cottage cheese (pureed)/ cheese sauce
60g grated cheddar

Method:

1. Heat oil in large saucepan and sauté onions, celery, carrots and garlic on a low heat for 5 mins.
2. Add the pepper and continue to sauté for a further 5 mins.
3. Stir in lentils, puree, passata, bay leaf and some of the stock.
4. Reduce heat and simmer for 30-40 mins (adding more stock as needed)
5. Pre heat oven to 180c / 350F / Gas 4
6. Spread half the lentil mixture to the bottom of a baking dish (approx. 9" x 7")
7. Cover with a single layer of lasagne, snapping the sheets to fit the dish.
8. Spread the remaining lentil mixture on top and add another single layer of lasagne
9. Spread the pureed cottage cheese/cheese sauce on top and then sprinkle with the cheddar cheese.
10. Bake for 30-40 mins (until fully heated and browned on top)

Mixed Bean and Spinach Curry (Serves 4, Stuart & Ann Roberts)

We used to make this for a 'bring and share' event at our place of work and interestingly it was always one of the first dishes to go. If the button mushrooms are good and firm and chopped not too finely (eg quartered) this gives the dish texture that contrasts nicely with the beans and spinach.

Ingredients:

2 cans beans (e.g. kidney, borlotti, black-eyed - different varieties adds interest)
1 Large onion peeled and chopped
2 cloves garlic peeled and crushed
5ml (1 tsp) finely chopped root ginger
1 green pepper, seeded and chopped
2 tbsp medium curry powder (or to taste)
2 tsp ground cumin
1 tsp ground turmeric
1 tbsp tomato puree
900ml vegetable stock
115 g wiped and chopped button mushrooms
225 g baby spinach
Fresh chopped coriander (if desired)

Method:

Heat 2 tbsp oil in pan, add onion, garlic root ginger and green pepper and soften for 5 minutes. Stir in curry powder, spices, tomato puree and stock. Bring to the boil, add beans and cook till everything is tender. Add mushrooms and spinach and cook for 3-4 minutes. Stir in coriander if using. Serve hot with rice and warm naan bread.

Garlicky Tomato Pasta (serves 2, Stuart & Ann Roberts)

What we like about this recipe is it is so simple to prepare but very tasty.

Ingredients:

8 small new potatoes quartered or a large baking potato peeled and cut into small chunks

200g pasta shells

4 medium tomatoes, the riper the better, well chopped

3 tbsp good quality olive oil

1 fat clove of garlic finely chopped or crushed

Pinch crushed chillies or chilli powder

Grated cheese (whatever you have) to serve

Method:

Put the potatoes into boiling water and boil for 5 minutes

Add the pasta to the same water, stir, and continue to cook for 10 minutes or until the pasta and the potatoes feel cooked.

Put the tomatoes and their juice into a bowl, season with salt and pepper and mix in the olive oil, garlic and crushed chilli until well amalgamated.

When the pasta and potatoes are cooked, drain them and toss them with the tomato sauce until evenly coated.

Serve with grated cheese.

If you want you can substitute canned tomatoes or passata for the tomatoes making it useful for times when you've got left-overs in the 'fridge.

If you have any left you can eat it cold the next day with mayonnaise as a pasta salad.

(Source: *Good Food*, June 2003)

Spanakopita for Purim (Eleana Fligg, from the Dialogue and Reconciliation Network)

A recipe for Hamentashen (Haman's Ears), which is a traditional food - usually sweet - eaten at Purim. The Jews in Persia around 375 BCE discovered a plot to wipe them out. Haman was the baddie whose plot was foiled, and these triangular pastries are said to represent the shape of his ears (or his pocket, or his hat, depending on the tradition of the person telling the tale).

Makes: 24 pastries, Preparation: around 20 minutes, Cooking: 25 minutes

Ingredients:

2 sheets ready-rolled puff pastry
1 teaspoon salt
280g baby spinach leaves
3 tablespoons finely chopped onion
1 teaspoon lemon juice
1 teaspoon olive oil
1 teaspoon za'atar spice (optional - or perhaps a little chilli)
3 tablespoons cream cheese/crumbled Feta/grated cheddar (to choice)
Salt and pepper
Beaten egg
Sesame seeds

Method:

1. Thaw puff pastry according to package directions. If frozen or chilled bring to room temperature.
2. Heat oven to 200C (190C Fan).
3. Line two baking trays with baking parchment.
4. Bring large saucepan of water to boil and add some salt. Add spinach leaves and cook for 30 seconds. Drain.
5. When spinach cools, squeeze out as much water as possible.
6. Roughly chop spinach and place into bowl. Add onion, lemon juice, oil, (za'ata or chilli if required). Mix well.
7. Add cheese to spinach and onion, and mix well. Add salt and pepper to taste.
8. Roll out the pastry to smooth out any creases. You may need some flour to sprinkle on the rolling-surface to prevent the pastry from sticking.
9. Cut the pastry into 7cm diameter circles (use a drinking-glass or a metal cutter).
10. Brush the pastry circles with the beaten egg and place a teaspoon of filling on the centre of the circle.
11. Fold three sides of the circle towards the middle to form a triangle and pinch them together very tightly. Place on prepared baking trays.
12. When all pastries are shaped and on trays, pinch corners tightly a second time (to prevent them opening during the baking).
13. Brush with remaining egg and sprinkle top and sides with sesame seeds.
14. Bake for 25 minutes or until golden.

So, a savoury mix of spinach and cheese, baked traditionally in a usually sweet pastry, eaten during a Jewish festival: you can't get much more cross-cultural! B'tayavon (the Israeli equivalent of bon appetit!)

Layered Cashew Nut Roast (Anne Walker)

Ingredients:

8oz unsalted cashews

4oz white breadcrumbs

1 onion, finely chopped

1 clove of garlic, crushed (opt)

2 beaten eggs

5 fl oz milk

Grated rind of 1 lemon

Salt and pepper

Knob of margarine

For the middle layer

Some grated cheddar

1 red pepper, finely chopped combine these together in a bowl

½ onion, finely chopped

Method:

Grind the nuts finely in a blender and mix with the breadcrumbs. Melt the margarine in a pan and gently fry one onion, together with the garlic (if using), until soft. Add these to the nut/bread mix. Add lemon rind, seasoning, beaten eggs and milk and stir the mixture thoroughly.

Grease a 2lb loaf tin and line. Press ½ the cashew mix into the tin. Spread the cheese/pepper/onion mix in a layer over the top then cover this with the remaining cashew mixture.

Bake in the oven at 180C for about 30 mins.

Tip out and slice to serve. Can be eaten hot with veg or cold with a salad.

Courgette Crumble (Anne Walker)

Serves 4

Base:

2 tbspoons oil

2 onions, sliced

2 or 3 courgettes

2 cloves garlic

A few mushrooms (opt)

14oz tin of tomatoes

1 teasp dried oregano

1 tbs spoon tomato puree

Salt & pepper

Crumble:

4 oz SR flour

1 oz margarine

2oz grated cheddar

2oz grated parmesan

Tiny sprinkle of cayenne pepper (for top) (opt)

Method:

Heat the oil in a large pan & gently fry the onions & courgettes for 10 mins.

Add crushed garlic, sliced mushrooms, tomatoes, herbs, & tomato puree and then season with salt and pepper. Cover and simmer for 10 mins more. (Add a few drops of tabasco if you want a bit more 'bite'.)

While this is cooking, prepare the topping by rubbing the fat into the flour, then stir in the parmesan and the cheddar.

Transfer the courgette mix to an ovenproof dish & then sprinkle the crumble mixture over the top. Sprinkle on a tiny amount of cayenne pepper, if you wish.

Transfer to the oven and bake for 20-30 mins at 200/180C fan.

Betty's Bean and Barley Soup (Betty was my Mum - Marcia Goldstone, member of the Dialogue and Reconciliation Network)

Ingredients:

1/2 cup pearl barley (approx. 125 g)
1 x tin butter beans 400g
1 x med onion- diced
3 or 4 diced carrots
1/2 sm swede - diced
2 x sticks celery
3 x pints veg stock
Salt and pepper

Method:

Add altogether in a large pan and boil for approximately 1 hour until the barley is soft and thickened.

Potato Kugel (similar to a large potato rosti, Marcia Goldstone)

Ingredients

2 x eggs

4 x med/large potatoes

50g S.R. flour - or 50g plain flour+ half tsp baking powder

1 x level tsp salt

50g margarine or oil

1 x med onion (grated)

Method

1. Grate the potatoes and put in a sieve to drain off excess moisture
2. Put oven on at 220
3. Put the fat in a casserole/roasting dish to melt
4. Whisk the eggs until fluffy
5. Add the well-drained potato, flour, salt and grated onion
6. Swirl the hot fat round the baking dish - to coat the sides
7. Then add into the potato mixture
8. Mix well and return to the dish
9. Bake in a hot oven 220 - for 15 mins
10. Then turn down to 180 for a further 1 x hour
11. Until well browned and crisp
12. Serve hot and crispy

Red Pepper Sauce (Nick Bishop)

I like this sauce as it has a rich taste, is easy to make and it is a pasta sauce that isn't pesto and doesn't need tomatoes!

Ingredients (serves 2-4):

1 onion
1 garlic clove
2 red peppers
Olive oil
Salt
Cream or creme fraiche
Pasta of choice 75-100g/person
Grated parmesan to serve.

Method:

In a heavy based pan (I use a le Creuset), soften the chopped onion and garlic in some olive oil on a low heat.
Remove seeds and coarse fibres from the peppers and chop them. Add to onion and garlic.
Cook on a low heat stirring occasionally until all the vegetable are soft and falling apart (usually about 1 hour). The peppers usually produce liquid but you may need to add little water to prevent sticking/burning.
Season with salt. Liquidise using a blender. 2-3mins before serving add a little cream to the sauce.
Serve with cooked pasta of your choice, and grated parmesan.

Lentil and Bean Bake (serves 6, David Kibble)

This is very tasty: it's the Cajun spice that makes it. We serve it with potatoes.

Ingredients:

180g puy or green lentils
1 tbsp olive oil
1 onion, chopped
4 garlic cloves, chopped
2x 400g cans chopped tomatoes
300g curly Kale, trimmed of stems and shredded
2 tsp Cajun seasoning
1/2 tsp salt
1x 400g can red kidney beans, drained and rinsed
100g grated cheese

Method:

1. In a saucepan, cook the lentils in water for 20-30 minutes until soft. Drain and set aside.
2. Meanwhile, heat the oil in a large frying pan over a medium-high heat; cook the onion and garlic for about 5 minutes. Add the tomatoes, kale, Cajun seasoning and salt; cook for 15 minutes or until the kale is tender, stirring occasionally. Stir in the lentils and beans.
3. Spoon the mixture into an ovenproof baking dish and sprinkle the cheese over the top. Bake in a 190C oven / Gas 5 for 20 minutes until browned and bubbling.

(Source: Rick Gallpop's *Gi Diet Cookbook* (Virgin Books)).

Moroccan Eggs (Lynn Kibble)

A nutritious and tasty option to be served with couscous. It reminds us of a holiday in Marrakesh, where we were stranded for five extra days due to the Icelandic volcano erupting.

Ingredients

2 tsp rapeseed oil
1 large onion, halved and thinly sliced
3 garlic cloves, sliced
1 tbsp rose harissa **
1 tsp ground coriander
150ml vegetable stock
400g can chickpea
2 x 400g cans cherry tomatoes
2 courgettes, finely diced
200g bag baby spinach
4 tbsp chopped coriander
4 large eggs

Method:

1. Heat the oil in a large, deep frying pan, and fry the onion and garlic for about 8 mins, stirring every now and then, until starting to turn golden. Add the harissa and ground coriander, stir well, then pour in the stock and chickpeas with their liquid. Cover and simmer for 5 mins, then mash about one-third of the chickpeas to thicken the stock a little.
2. Tip the tomatoes and courgettes into the pan, and cook gently for 10 mins until the courgettes are tender. Fold in the spinach so that it wilts into the pan.
3. Stir in the chopped coriander, then make 4 hollows in the mixture and break in the eggs. Cover and cook for 2 mins, then take off the heat and allow to settle for 2 mins before serving.

Goes well with:
Orange & mint salad
Seeded flatbreads

(Recipe from *Good Food* magazine, February 2014)

Brazilian Black Beans (Linda Eaves)

Super quick and easy to make and they go perfectly with rice as accompaniments to a main dish.

Ingredients for 4-5 portions:

2 tins of black beans in water

4-5 spring onions

Very generous handful of fresh coriander

1 stock cube (vegetable for vegetarian dish, but pork stock cube for more authentic Brazilian flavour!)

Method:

Open the tins of beans and tip them into a saucepan with the water from the can - do not discard the water or rinse the beans.

Add the crumbled stock cube, chopped spring onions and coriander, bring to the boil and simmer gently for a few minutes to thicken the liquid slightly, then serve.

N.B. the black bean 'juice' has equal value in this dish as the beans themselves; best served with a ladle not a slotted spoon.

Brazilian Black Bean Stew (Amanda Tan)

This is a recipe from the Leon website, where there are other good veggie recipes. Leon kindly gave permission for us to use it.

'It's a traditional Brazilian feijoada. It tastes decadent while being remarkably good for you. It's so hearty and filling that when Adam, John's best friend and our property director at Leon first tried this new vegan dish, he said, "I love that new meaty one."

Ingredients for 4:

1 large onion, roughly chopped
2 tablespoons rapeseed oil
1 carrot, chopped into rounds
1 stick of celery, chopped
½ leek, chopped
1 bay leaf
1 teaspoon tomato purée
1 teaspoon sweet paprika
½ teaspoon smoked paprika
1 teaspoon chipotle sauce (or I use chili sauce, and I add a finely sliced chili as it looks good)
1 teaspoon dried oregano
350g black beans, cooked (i.e a tin)
300ml vegetable stock
1 clove of garlic, crushed
1 tablespoon tamari (or I use light Soya sauce)
1 teaspoon red wine vinegar
Salt and freshly ground black pepper
1 tablespoon chopped fresh coriander, to garnish

Method:

In a large pan, cook the onion in the oil for 5 minutes over a medium heat.

Add the carrot, celery, leek and bay leaf. Stir well and cook gently for about 20 minutes, without browning the vegetables.

Add the tomato purée, spices and herbs and cook for another 5 minutes, stirring well to combine.

Add the beans, stock, garlic, tamari and vinegar. Turn up the heat and cook until the sauce has thickened to coat the beans and vegetables.

Season well to taste and serve sprinkled with coriander.

We serve our stew with brown rice and a little fresh coriander sprinkled on top.

Burnt Aubergine Veggie Chilli (Rebecca Goody)

Ingredients:

1 aubergine
1 tbsp olive oil or rapeseed oil
1 red onion, diced
2 carrots, finely diced
70g puy lentils or green lentils, rinsed
30g red lentils, rinsed
400g can kidney beans
3 tbsp dark soy sauce
400g can chopped tomatoes
20g dark chocolate, finely chopped
¼ tsp chilli powder
2 tsp dried oregano
2 tsp ground cumin
2 tsp sweet smoked paprika
1 tsp coriander
1 tsp cinnamon
800ml vegetable stock
½ lime, juiced

Method:

1. If you have a gas hob, put the aubergine directly onto a lit ring to char completely, turning occasionally with kitchen tongs, until burnt all over. Alternatively, use a barbecue or heat the grill to its highest setting and cook, turning occasionally, until completely blackened (the grill won't give you the same smoky flavour). Set aside to cool on a plate, then peel off the charred skin and remove the stem. Roughly chop the flesh and set aside.
 2. In a large pan, heat the oil, add the onion and carrots with a pinch of salt, and fry over a low-medium heat for 15-20 mins until the carrots have softened.
 3. Add the aubergine, both types of lentils, the kidney beans with the liquid from the can, soy sauce, tomatoes, chocolate, chilli powder, oregano and the spices. Stir to combine, then pour in the stock. Bring to the boil, then turn down the heat to very low. Cover with a lid and cook for 1½ hrs, checking and stirring every 15-20 mins to prevent it from burning.
 4. Remove the lid and let the mixture simmer over a low-medium heat, stirring occasionally, for about 15 mins until you get a thick sauce. Stir in the lime juice and taste for seasoning – add more salt if needed. Serve hot over rice with whichever accompaniments you want!
- To serve- brown rice, tortilla chips, mashed avocado, yogurt or soured cream, grated cheddar, roughly chopped coriander (optional)

(Source: BBC Good Food)

Tomato Sauce Base with 5 Variations (which may or may not involve pasta! Izzi Jones)

This is not so much a recipe as a philosophy of cooking! Versions of these dishes feature quite heavily in our diet; in my view most good meals should involve tomato. I find that these recipes require little/ no planning because I would have all the ingredients in my cupboards and freezer anyway, and then I just use whatever veg comes in our veg box that week. Frozen veggie protein eg. Mince doesn't even require defrosting before cooking.

Ingredients for the sauce base:

Onion

Garlic

Paprika

Smoked paprika (This is a key ingredient, Ewan says it makes things taste like chorizo, that may be overselling slightly if you're trying to convince a diehard meat eater, but it is great for flavouring anything veggie and tomato-based).

Ground cumin

Chilli powder or fresh red chilli from a jar (optional and very small quantity)

Balsamic/ red wine vinegar (or some red wine that's been open too long!)

Worcester sauce (OK so it's not actually veggie, Henderson's relish is an alternative, or just leave out)

Tomato puree

Tin of chopped tomatoes

Any other veg you want to add (in season or frozen!). Almost anything works. I recommend frozen peppers, frozen or fresh spinach, leeks. Butternut squash works well, I chop into medium chunks and microwave with a dash of water for approx. 2 mins until partially softened, then add to the sauce- it makes it quicker to cook.

Salt and pepper

Optional- Mixed herbs

Method:

1. Fry onion and garlic on low heat until soft.
2. Add spices: paprika (I would do by eye but approx. ½ tsp), smoked paprika (approx. ½ tsp), ground cumin (large pinch - a little more if I'm going to add veggie mince), pinch of chilli (I wouldn't suggest actually pinching it unless you want chilli up the fingernails, but what I mean is a small quantity, so its not actually spicy but just adding a bit of warmth!).

3. Add any veg that wants frying off eg. Peppers, leeks, carrots diced very small, celery. Fry on low heat until soft. (I have recently discovered you can reduce waste by adding broccoli stalks at this stage, cut off and discard the hard outer layer then dice finely and fry off with other veg. Use the florets in the sauce or save for another meal!)
4. Add one tin of tomatoes, a good dash of Worcester sauce/ Henderson's relish, approx. 1-2 tablespoons tomato puree , 1 dessertspoon vinegar (or, as much red wine as you want!), mixed herbs (optional) and a splash of water .
5. Add any other veg that needs to cook in the sauce eg. Butternut squash (after softening in the microwave), green beans, spinach (add at last minute if fresh). Season. Simmer until veg is cooked, add more water if needed as you go.

For the variations:

Pasta 'veg balls'

Directions as above, cook veggie 'meatballs' as per packet instructions and add to sauce then serve. I like the quorn ones (frozen) best, but they seem to be hard to get hold of at the moment. Second best are Linda McCartney in my opinion (they are usually in the fresh aisle and come in a foil tray).

'Not sausage' casserole

Defrost veggie sausages (again I prefer quorn), chop into chunks, add at step 3. Or just cook from frozen following packet instructions and add at the end.

Tomato vegetable pasta sauce with lentils

As above, use plenty of veggies, add cooked green/ Puy lentils to the sauce (you can buy them tinned, but I buy dried green lentils, cook up a batch and then split into small pots and freeze them)

'Bolognese' (or tortilla filling)

Add quorn mince (frozen) at step 3 (other veggie minces are available!). I also like to add some cooked lentils into the sauce.

Bean crumble (honestly nicer than it sounds)

Add a tin of mixed beans (without sauce!) after step 5. Make crumble topping with flour (mix of white and brown works well), oats, butter/ marg, cheddar/ vegan cheese, small sprinkle of mustard powder. Add some seeds if you want eg. Pumpkin seeds, sunflower seeds, bake until crumble topping golden. Serve with some kind of carbohydrate and green veg.

Butternut Squash and Lentil Samb (Paddy McLean after Mary Berry)

This is not too complicated and tastes very good, especially if you enjoy roasted butternut squash.

Ingredients :

4 tsp olive oil
2 large onions chopped
1 leek sliced
5 garlic cloves crushed
1 red pepper deseeded and diced
250 g dried Puy lentils
100ml white wine
600ml vegetable stock
1 large butternut squash (peeled deseeded and cut into 2 cm. chunks)
1tbsp Dijon mustard
3 tbsp chopped parsley
Salt and black pepper

Method:

1. Preheat the oven to 220 /200 fan/Gas 7
2. Heat 2 tbsp of oil in a deep frying pan, add the onions, leek garlic and red pepper and fry over a medium high heat for 5 mins until starting to soften. Stir in the lentils (do not season before they are cooked),pour in the white wine and stock and bring to the boil, stirring. Cover, lower the heat and simmer for 40-45 minutes or until the lentils are tender. Remove the lid for las 5 to 10 mins if there is a lot of liquid.
3. Meanwhile, pour the remaining oil into a large roasting tin, add the squash, tossing to coat with oil and season. Roast in the oven for 25-30 mins until golden and tender.
4. Add the squash to the lentils, season, stir in the mustard and parsley and serve hot with bread (Can be eaten cold as a salad)