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# Veggie

DECEMBER 2015

# 72

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SPECIAL**

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IDEAS**

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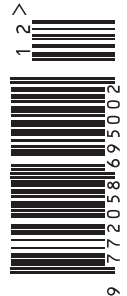
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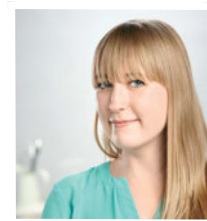
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# december

FOOD \* WELLNESS \* LIVING

Christmas is a **magical** – if a little stressful – time of the year. So, here at Veggie, we've put together this issue to remove all the stresses for you. From deciding what to cook (**Mary Berry's** menu on p7 is a winner), to curating the best **veggie cheeses** for your cheeseboard (p38), we've got the food in hand. And, rather than simply show you the gifts we're lusting after, we've asked some of our favourite and **most stylish** celebs what they'll be buying their friends and family for Christmas (p42). We've even found the quick recipes to enjoy in the chaotic run up, and the **superfood** recipes to keep you in rude health. So, grab a hot drink and **put your feet up**. We've got this year's festivities taken care of..



EDITOR  
FAE GILFILLAN





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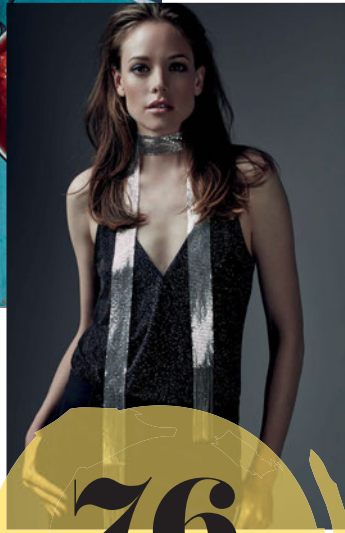
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*Mary Berry's*  
**ULTIMATE  
CHRISTMAS MENU**

Picking what you're going to serve on the big day is half the battle, but fear not! For we have done the hard work for you and tracked down the best mains and sides to serve at your most special of lunches, all courtesy of the lady in the know



## ❁ THE STARTER ❁

*“This starter looks stunning, and all the preparation can be done the day before. I like the peppers peeled but it is not essential. If you don’t like goat’s cheese, the vegetables are delicious topped with shavings of vegetarian Parmesan”*

### Roasted Veg with Goat’s Cheese

E EF V F T GF

**SERVES 6**  
**READY IN 1 HR 5 MINS**

1 aubergine, halved lengthways  
2 small courgettes

2 red peppers, halved and deseeded  
olive oil  
1 tbsp balsamic vinegar  
a pinch of fresh thyme leaves, chopped  
1 fat garlic clove, cut in half  
salt and freshly ground black pepper

2 x 100g Capricorn goat’s cheeses (a roll shape, with skin on)  
4 tbsp fresh white breadcrumbs  
paprika

- 1 Slice the aubergine and courgettes on the diagonal, about 0.5cm (¼ in) thick.
  - 2 Put the peppers skin-side up under a hot grill, about 10cm (4 in) away from the heat, and grill until the skins scorch and blacken. Put the hot peppers in a plastic bag, seal the top and allow to sweat. When the peppers are cool enough to handle, peel the skin off and slice the flesh neatly.
  - 3 Mix the aubergine, courgette and one tablespoon oil together in a large plastic bag or bowl. Heat a ridged grill pan or frying pan. When the grill is very hot, char-grill the aubergine and courgettes in batches until tender (turn only once). Transfer to a bowl, add the sliced red pepper, two tablespoons of oil, the vinegar, thyme and garlic. Season well.
  - 4 Remove the ends from the cheese, leaving the skin around the sides, and cut each cheese into three even discs. Brush the cheese with a little olive oil and roll the cheese in seasoned breadcrumbs, to give a fine coating. Place on a piece of non-stick paper on a baking sheet.
  - 5 Preheat the oven to 200C/400F/ Gas 6.
  - 6 About 15 minutes before serving, put the vegetables in a serving dish, cover tightly with foil and put into the preheated oven to warm through.
  - 7 About five minutes prior to assembling, increase the oven temperature to 220C/425F/Gas 7. Sprinkle the cheese with paprika and slide on to the top shelf of the oven for about five minutes until just beginning to melt around the edges but still firm in the middle (these do melt quite a lot – this is part of the charm!).
  - 8 Remove the garlic from the vegetables and spoon the hot vegetables on to six individual plates. With a fish slice, lift a piece of warmed goat’s cheese on to each pile of vegetables. Drizzle the dressing from the vegetables around the plate. Serve warm with ciabatta bread.
- Per serving: 202 cals, 14.3g fat





❁ **THE MAIN** ❁

*“This is perfect as a Christmas dinner main course for any vegetarians in the family, and is likely to be devoured by meat eaters too! Any leftovers can be served cold with chutney and salad”*

## Aubergine Five-nut Roast

E EF V F T GF

**SERVES 8**  
**READY IN 1 HR 30 MINS**

1-2 medium aubergines, sliced thinly lengthways  
olive oil  
salt and freshly ground black pepper  
40g butter  
1 small onion, finely chopped  
2 celery sticks, finely chopped  
1 garlic clove, crushed  
175g shelled mixed nuts (such as Brazil nuts, pine nuts, blanched whole almonds), chopped in the food processor, but not too finely  
50g shelled pistachio nuts, roughly chopped  
100g fresh white breadcrumbs  
grated rind and juice of ½ lemon  
100g mature Cheddar, grated  
100g frozen chestnuts, thawed and roughly chopped  
2 free-range eggs, beaten  
4 tbsp chopped fresh parsley

*“This sauce is served with the Aubergine Five-nut Roast... but is also good with pasta too”*

**TO SERVE**  
Italian Tomato Sauce (see Masterclass)

**1** Preheat the grill, and preheat the oven to 200C/400F/Gas 6. Line a 900g (2 lb) loaf tin, 17 x 9 x 9cm (6 ½ x 3 ½ x 3 ½ in) base measurement, with foil and oil lightly.  
**2** Arrange the aubergines on a large oiled baking tray in a single layer, brush or drizzle with olive oil and season with salt and pepper. Cook under the hot grill for 5-7 minutes each side, until the aubergine has softened and is beginning to turn golden. The aubergine will cook to a deep brown once in the oven, so don't worry about getting too much

colour at this stage. Once you have turned the aubergine slices over, do keep a close eye on them as the second side will colour more quickly than the first. Allow to cool slightly. Use to line across the base and sides of the prepared loaf tin, all slices going in the same direction.

**3** Melt the butter in a medium pan, add the onion, celery and garlic and cook, stirring occasionally, until soft, about 10 minutes. Spoon into a large bowl and leave to cool.

**4** Add the remaining ingredients to the bowl with plenty of seasoning, and stir well to mix.

**5** Spoon into the loaf tin, pressing the mixture down firmly. Fold the ends of aubergine over the top of the filling and cover the tin with foil.  
**6** Bake at 200C/400F/Gas 6 (or the lowest set of runners in an AGA roasting oven) for 45-55 minutes until set and piping hot.

**7** Slice thickly and serve with the hot Italian Tomato Sauce.

Per serving: 372 cals, 26.7g fat

## Italian Tomato Sauce

E EF V F T GF

**SERVES 8**  
**READY IN 25 MINS**

2 tbsp olive oil  
1 medium onion, finely chopped  
2 garlic cloves, crushed  
2 x 500g cartons tomato passata  
2 tbsp sun-dried tomato paste  
2 tbsp vegetarian red pesto  
a little vegetarian Worcestershire sauce  
2 tsp caster sugar  
salt and freshly ground black pepper

**1** Heat the oil in a medium pan and cook the onion and garlic over a gentle heat until soft but not coloured, about 10 minutes.

**2** Add the remaining ingredients to the pan, bring to the boil, then simmer very gently for about 10 minutes. Adjust the seasoning to serve.

Per serving: 100 cals, 5.9g fat



### PREPARE AHEAD

Make the sauce up to two days ahead, pour into a bowl, cool, cover and keep in the fridge until ready to reheat. Reheat in a pan until piping hot. To freeze, cool the sauce, pack into a freezer-proof container and freeze for up to three months. Thaw overnight and reheat in a pan until piping hot.

### PREPARE AHEAD

You can prepare the nut roast the day before the end of step five. Keep in the fridge, then cook as directed. Alternatively it can be made and completed up to two days ahead. This also freezes very successfully. Turn out of the tin, allow to cool, then wrap and freeze for up to a month. To reheat, put the nut loaf on to a baking tray and cover with foil. Reheat in the oven preheated to 180C/350F/Gas 4 for 50 minutes to one hour or until piping hot throughout.





## ❁ THE SIDES ❁

### Roasted Sweet Potatoes and Squash

E EF V F T GF

**SERVES 4-6 WITH OTHER VEGETABLES**  
**READY IN 45 MINS**

1 small butternut squash, peeled and cut into 2.5cm (1 in) cubes  
2 large sweet potatoes, peeled and cut into 2.5cm (1 in) cubes  
3 tbsp olive oil  
1 sprig of rosemary, leaves removed and finely chopped  
1 tbsp maple syrup  
salt and freshly ground black pepper

- 1 Preheat the oven to 220C/425F/Gas 7. Line a flat baking sheet with non-stick paper
- 2 Scatter the prepared vegetables on the prepared baking sheet and drizzle over the oil and chopped rosemary leaves.
- 3 Roast in the oven for 25 minutes.
- 4 Remove from the oven and pour the maple syrup over the vegetables. Season with salt and pepper, toss and return to the oven for a further seven minutes or until golden and caramelised.
- 5 Serve straight from the oven.

Per serving (6 servings): 115 cals, 7.1g fat

### Savoy, Spinach and Leek Stir-fry with hint of Orange

E EF V F T GF

**SERVES 6**  
**READY IN 20 MINS**

450g Savoy cabbage  
225g baby spinach  
1 large leek  
25g butter  
finely grated zest and juice of  
1 small orange  
salt and freshly ground  
black pepper

- 1 First prepare the vegetables. Cut the cabbage into quarters, remove the core and very finely slice. Remove any coarse stalks from the spinach, and wash the leaves. Shred finely. Cut the leek in half lengthways, then in half again, and slice into very thin batons. Wash and drain thoroughly.
  - 2 Melt the butter in a large deep frying pan over a high heat. Stir in the cabbage and leek and stir-fry for 3-4 minutes. Add the baby spinach, orange zest and juice, and season with plenty of salt and pepper. Fry for a further two minutes until the spinach has wilted.
  - 3 Pile the vegetables into a warm serving dish and serve at once.
- Per serving: 75 cals, 4.3g fat



**PREPARE AHEAD**

You can do quite a lot of this dish up to 12 hours in advance. Boil the potatoes and onion, turn into the dish and season. Just before going into the oven, pour over the cream, and top with cheese. If cooking from cold, the cooking time will be about 10 minutes longer.

**Parisienne Potatoes**

**E EF V F T GF**

**SERVES 6  
READY IN 45 MINS**

- 1.5kg potatoes
- 1 large onion, sliced into about 14 wedges
- salt and freshly ground black pepper
- 300ml double cream
- 75g Cheddar cheese, grated

- 1** Preheat the oven to 200C/400F/Gas 6.
- 2** Peel the potatoes and cut into 2.5cm (1 in) cubes or thick slices.

- 3** Put the potatoes and onion into a pan, cover with cold salted water and boil for about 10 minutes or until the potatoes are just cooked.
- 4** Drain and pour into a shallow buttered ovenproof dish, season with salt and pepper and pour over the cream.
- 5** Sprinkle with the cheese and cook in the preheated oven for 15-20 minutes or until golden brown and bubbling.

Per serving: 452 cals, 27.1g fat

**TIP**  
Use main-crop potatoes such as King Edward or Maris Piper, because they don't break up.

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## Udo's Choice



**YOUR EASIEST**  
*Christmas,*  
**EVER!**

The picture perfect Christmas is hard to achieve. That's why we've turned to chef Sophie Wright to tell us her veggie short-cut saviours for fuss-free festivities

Pickled quails egg are a genius ingredient. The fact that you are saved the bother of peeling is of course a huge bonus. Serve as a canapé in quarters upon some diced pickled beetroot and freshly chopped chive. A tiny spread of horseradish cream served on a thin slice of toasted baguette or rye bread makes a delicious canapé.

Having a big bowl of clementines in the house is always a great idea. Not only do the kids love them but they taste wonderful in all things 'Christmassy'. Cut them in half and add to your mulled wine or cider. Use the peel to pimp up a cranberry sauce or dry them in slices and hang from the Christmas tree.

**Make your essential accompaniments, such as cranberry sauce, way in advance and leave to infuse. It gets better over time. Cranberries, boiled in orange juice and sugar with the zest of an orange or peel of a clementine, a cinnamon stick and fresh rosemary, will keep in the fridge for two weeks in a properly sealed and sterilised jar.**

Pre-cut puff pastry in to small 50 pence piece sized rounds. Then, they'll be ready to be topped with a spoonful of veggie tapenade or red onion marmalade, (shop bought) crumbled cheese and a pinch of oregano, then bake in the oven from frozen. In just a few minutes you'll have created some beautiful looking canapés with no fuss.

**Pre-cooked and vacuum-packed chestnuts will save you hours of peeling time and are always incredibly sweet. They are the perfect ingredient to add to your Christmas day Brussels or mixed into a stuffing.**



Add a splash of fruity red wine to your Christmas gravy to give it a punchy, festive flare. The alcohol will really lift the flavour.

**Make life easy. Don't feel guilty about buying a few dishes ready-made. For example pre-chopped carrot and swede will save time in chopping and peeling. Boil with lots of fresh sage and mash with butter, melted to nut brown stage.**

Be sure to have a well-stocked cupboard of crackers and crispbreads so you can whip up a few interesting canapés with some left-over cheese and a spoonful of chutney. Add half a teaspoon of finely diced red pepper, chopped chives or a sprinkle of toasted sesame seeds to make them look more colourful and interesting.

**A generous glug of ginger cordial mixed with cider (or apple juice for a non-alcoholic version), rosemary, bay leaves, cloves and cinnamon makes a fabulously spicy mulled punch. A splash of rum always goes down well, too!**

If Christmas pudding isn't your thing, buy yourself a tin or two of sweetened chestnut purée. Mix it with a tub of mascarpone cream and the zest of an orange. Use the cream to sandwich together some mini, ready-made meringues and dust with a little cocoa powder. Hey presto – you have chestnut meringue kisses!



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# 12 PERFECT EXTRAS...

You've bought the gifts, planned your centrepiece and chosen those new baubles for the tree. Now it's time to take your Christmas dinner to the next level with our perfect finishing touches

## CRISPY ROAST POTATOES

Preheat the oven to 220C/425F/Gas 7. Select 2 medium-sized Maris Piper potatoes per person and peel and chop into even-sized chunks. Rinse and parboil for 2-4 minutes. While the spuds are simmering, put 2 tbsp Mellow Yellow rapeseed oil into a roasting tin and preheat in the oven. Drain and shake the potatoes, and carefully add to the roasting tin of hot oil. Roast for 45-55 minutes, checking halfway through.

## BOXING DAY PICKLED ONIONS

Place 1kg peeled shallots in a bowl, sprinkle with 50g salt and leave covered for 24 hrs. The next day, heat 750ml cider vinegar until simmering (don't boil) and add 75g dark brown muscovado sugar, 2 cinnamon sticks, 6 whole dried chillies and 10 allspice berries. Simmer for 10 mins, until the sugar has dissolved. Rinse the shallots, dry with kitchen paper and spoon into sterilised jars along with the vinegar and spices. Leave to cool then put the lids on and leave for at least 2-3 weeks.

## GOAT'S CHEESE AND OLIVE PARTY TARTLETS

Preheat the oven to 200C/400F/Gas 6. Unwrap 375g ready rolled puff pastry and, using a 5cm cutter, cut out 20 rounds. Use a slightly smaller cutter to make a little dent in the pastry, creating a rim. Prick in the centre of each round to stop it rising. Place the discs on a baking sheet and brush all over with a lightly beaten egg. Crumble 200g goat's cheese into

each dent and add a few chopped Fragata Black Pitted Olives. Bake for 15-18 mins until the pastry is puffed up and golden brown. Sprinkle with parsley and serve.

## BOUGHT-TOO-MUCH-VEG TENDERSTEM, CHANTENAY CARROT AND BRUSSELS SAUTÉ

Place 50g butter in a large pan or wok set over a medium-high heat. Add 250g trimmed and halved Chantenay carrots, 250g trimmed and halved Brussels sprouts and 2 tbsp finely chopped sage. Sauté for 5 mins before adding 100ml vegetable stock. Bring to the boil and cook gently for a few minutes. Add 200g Tenderstem (cut into 2 or 3 pieces) and cook for another 5 mins. Stir in the zest of ½ orange, season and serve.

## PINK LADY APPLE AND MINCEMEAT TARTS

Preheat the oven to 200C/400F/Gas 6. Unroll 375g ready rolled sweet shortcrust pastry. Using a 7cm cutter, stamp out 12 circles and use to line a bun tin. Chill for 30 mins, reserve the trimmings. In a bowl, mix together 200g vegetarian mincemeat, 1 cored and diced Pink Lady Apple and 25g dried cranberries. Spoon a little mixture into each pastry case. Use the pastry trimmings to stamp out small hearts or stars to place on top of the mixture. Bake for 15-20 minutes until cooked and

lightly golden. Cool in the tray for 5 mins, then transfer to a cooling rack. Dust with icing sugar and serve.

## HONEY-GLAZED BRUSSELS SPROUTS WITH BEETROOT, BLUE CHEESE AND WALNUTS

In a large frying pan, heat 2 tbsp olive oil and 1 tbsp butter to a medium heat. Add 680g trimmed and halved Brussels sprouts and cook, cut-side down for 4-5 minutes. Add 3 minced garlic cloves and 60ml water and cook, covered, for 5-8 minutes. Add ¼ tsp salt, 2 tbsp honey, 250g pack of cooked diced beetroot. Cook for 1-2 minutes and transfer to serving dish. Sprinkle over 25g crumbled vegetarian blue cheese and 25g chopped walnuts.

## LAST-MINUTE CLOTTED CREAM TRUFFLES GIFT

Melt 200g 70 percent cocoa chocolate in a bain marie or the microwave. Stir in a 227g tub Rodda's Cornish Clotted Cream and stir. Chill for 2-3 hrs. Once chilled, shake 50g good quality cocoa powder onto a plate. Use a melon baller dipped in hot water to shape the balls. Drop each ball into the cocoa and continue to make the balls. You can roll the dusted balls in your hands for a good shape but you'll need to re-roll them in more cocoa. Chill overnight and serve/gift. (They last 2 weeks in the fridge.)

IN ASSOCIATION WITH



HONEY-GLAZED  
BRUSSELS SPROUTS  
WITH BEETROOT,  
BLUE CHEESE AND  
WALNUTS





## VINTAGE CHEDDAR BISCUITS

Preheat the oven to 190C/375F/Gas 5. Place 100g plain flour, 100g butter (at room temperature), 100g grated Pilgrims Choice Vintage Cheddar Cheese and a good grinding of black pepper in a bowl. Mix to form a soft ball of dough and roll out on a floured surface to a thickness of about 3mm. Use a heart-shaped cutter to cut out the biscuits. Place on a baking sheet and bake for 10-12 minutes until golden brown. Cool on a wire rack and serve or store in an airtight container.

## MUSHROOM, SPINACH, KALE AND SWEET POTATO PIE

Heat oven to 200C/400F/Gas 6. Heat 1 tbsp olive oil in large non-stick pan and fry 500g thickly-sliced closed-cup mushrooms for about five minutes. Add the garlic and fry for a further minute, then tip in 250ml vegetable stock and 300g cooked sweet potatoes (cut into chunks). Bubble for a few minutes until reduced. Season, remove from the heat, stir in 2 tbsp crème fraîche, 250g wilted spinach and 100g wilted kale. Pour into a pie dish and dot with 150g cubed feta. Allow to cool for a few minutes. Brush 3 sheets of filo pastry with 1 tbsp olive oil, quarter the sheets and then loosely scrunch up before placing on top of the pie filling. Bake for 20-25 minutes until golden.

## PERFECT STARTER AUBERGINE AND MUSHROOM STACKS

Preheat the oven to 190C/375F/Gas 5. Put 8 cleaned portobello mushrooms, gills facing up, into a roasting tin. Take 8 aubergine slices from 1 aubergine, then chop the rest finely. Heat 2 tbsp olive oil in a frying pan and fry the

aubergine slices for 1-2 minutes on each side. Remove from pan. Add another 2 tbsp olive oil and fry 1 chopped onion, 1 chopped red pepper and the chopped aubergine for 5-6 minutes. Add 2 chopped tomatoes and 1 tbsp tomato purée. Cook gently for 1-2 minutes, then season. Spoon half the tomato mixture into the mushrooms and top with a slice of aubergine. Spoon the rest of the tomato mixture on top, then sprinkle with 150g grated mature Cheddar cheese. Bake for 20-25 minutes.

## ROSE ELLIOT'S VEGGIE GRAVY

Rub ½ deseeded butternut squash on both sides with olive oil, place on a baking sheet and roast in a moderate oven until tender (30-50 minutes). Meanwhile, fry 1 finely chopped onion in 1 tbsp olive oil until lightly browned. Put the squash, including its skin, into a food processor with the onion and 100ml water. Whiz, and then add anywhere between 400-700ml more water to get to the consistency you like. Add 2 tsp Marigold Bouillon powder and 2 tbsp dark soy sauce to taste.

## BLACK CHERRY MULLED RED CABBAGE

Finely slice 500g red cabbage, 3 echalion shallots and 2 Pink Lady apples. In a large casserole, heat a knob of salted butter, then tip in the sliced cabbage, shallots and apples, and toss well. Add the zest and juice of 1 clementine, stud another clementine with 10 cloves and add it to the pan along with a cinnamon stick, 2 tbsp mixed spice, 100ml red wine vinegar and 4 tbsp Streamline Black Cherry Jam. Season, stir and put the lid on. Cook on a low heat for an hour until the cabbage is tender, stirring occasionally. If the mixture gets dry, add a dash of water.

## 3 OF THE BEST... Christmas Wines

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AUBERGINE AND  
MUSHROOM STACKS

## OUR STAR VEGETABLES

### Rachel Demuth of Demuth's Vegetarian Cookery School makes the case for forgotten heroes to include in your festive spread

Each year, we carefully select our Christmas centrepiece, pore over magazines to choose the best starters and dig through cookbooks for the perfect dessert, and yet the sides are all but forgotten. So this year, why not make your sides the star with these delicious ideas that use the best of the produce that's in season now?

For freshness and texture, be sure to include lots of dark green leafy vegetables such as cavolo nero and kale. Both these brassicas can be made to taste a little more indulgent at this time of year by removing the tough centre stalks, chopping and blanching in boiling water before frying off in some butter with some pre-fried sliced onions. Finish with toasted pine nuts for a dish to impress. Or, whip up a Ribollita for a sumptuous starter, the famous Tuscan soup with a hearty mix of cannellini beans and cavolo nero.

I'm always surprised that celeriac isn't more popular too. It's a very flavoursome winter vegetable and so versatile. It can be eaten raw or cooked; just scrub the roots well and peel thickly. To stop it turning brown, keep it in water with a few tablespoons of lime or lemon juice in. Then grate it into salads, mix with homemade mayonnaise to make remoulade (perfect for Boxing Day) or roast it like parsnips.

To find out more about Demuth's cookery school courses, visit [demuths.co.uk](http://demuths.co.uk)

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# risotto PASTA ENCYCLOPAEDIA

THEO RANDALL'S

This month, Theo cooks up a creamy risotto, perfect for the festive season

**This has got to be the perfect Risotto to serve at Christmas time.**

The combination of roasted squash and fresh chestnut with creamy rice, Parmesan-style cheese and rosemary is just delicious.

Whenever I think of squash it always reminds me of a trip I went on when I was working at the River Café. We were in Chianti Rufina and staying at Selvapiana. I remember one evening, we walked through the courtyard of the estate and came across a table full of various sized squash, the biggest I had ever seen. We asked if we could take one back to the restaurant – as you can imagine we didn't take the smallest one!

When we checked into Pisa airport the next day we all had hand luggage and an enormous pumpkin, the size of a suitcase. So, when I was boarding the plane, with the huge squash in my arms, the air stewardess looked bemused.

The squash was rather large, and, after many attempts, it didn't fit into the overhead storage. So a rather frustrated air stewardess said we would have to put it on a seat. The flight was completely full apart from a seat in business class. I quickly placed the squash on the seat next to me and instinctively put the seatbelt around it.

We made delicious gnocchi, ravioli and risotto for the next few weeks!

## CHESTNUT AND SQUASH RISOTTO

SERVES 4; READY IN 40 MINS

• 250g Carnaroli rice • 1kg butternut squash • 200g fresh chestnuts • 1 small onion, chopped • 2 celery sticks, chopped • 1 tsp fresh rosemary, chopped • 100g grated vegetarian Parmesan-style cheese • 75g unsalted butter • 4 tbsp olive oil • 1 garlic clove (crushed to a paste with salt) • **For the vegetable stock** • 1 carrot, peeled and chopped • 1 celery stick, chopped • 1 leek, cut into 2cm pieces • 1 bunch parsley • 1 bunch fresh sage • 1 tsp salt • 1 pieces of dried porcini mushroom • 2 lt water

- 1 Place all the stock ingredients into a pan and bring to the boil. Simmer for 20 minutes then start using for the risotto.
- 2 Cut the chestnuts in half and boil them in water for 15 minutes. Remove from the water and cool for 10 minutes. Scoop out all the flesh of the chestnut. Make sure there is no skin.
- 3 Peel the squash and chop into roughly 2cm pieces. In a bowl, add 2 tbsp olive oil and mix the squash together with salt and pepper and the chopped rosemary. Place into an ovenproof dish and cover with foil. Bake for 25 minutes in an oven

- at 180C/350F/Gas 4. Take off the foil and cook the squash for a further five minutes.
- 4 In a pan, add 2 tbsp olive oil and fry the celery and onion for two minutes. Add the rice and stir continually for five minutes.
- 5 Start adding the stock a ladle at a time and stir continually. After 15 minutes, add the chestnuts and the cooked squash. Keep stirring and make sure the risotto seems wet but the rice still has a lovely bite. Add the crushed garlic with salt, then the butter and Parmesan-style cheese. Serve with extra cheese and freshly ground black pepper.

Illustration by Louise Abbott

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# *The taste of* **CHRISTMAS**

Baking is as much a part of Christmas as the tree and the presents, so carve out a weekend to make some of these magical gingerbread recipes



*Mini Mug  
Gingerbread Houses*



## MASTERCLASS

### Royal Icing

**MAKES 300G**  
**READY IN 10 MINS**

250g icing sugar, 1 lightly beaten, medium egg white, ½ teaspoon, lemon juice, 1 teaspoon water

- 1 Sift the sugar into the bowl of an electric mixer. Add the beaten egg white and lemon juice.
- 2 Whisk on a low speed, so you do not incorporate too much air into the icing, for 2–3 minutes until you have a smooth, but not wet, stiff peak consistency. It should be dense and spreadable but hold a stiff peak. If it looks dry and crumbly add a little water. If it looks slightly runny and glossy, add a little extra icing sugar.
- 3 You now have stiff peak icing for sticking houses together and placing decorations onto icing. Transfer to a bowl and cover with a damp cloth to prevent it from drying out. The icing can be prepared ahead and stored in an airtight container in the fridge for up to 1 week. You can adjust this icing to make soft peak and flood icing:
  - Soft peak – Add a drop of water at a time until you have icing that holds a soft peak but does not spread on its own. Use for piping lines, borders and decorations.
  - Flood icing – Add a teaspoon of water at a time until you have a thick but runny icing that smooths out on its own within 15 seconds but not so runny that it runs off the edge of your biscuit. Use for filling in outlined areas of biscuits. Each recipe will give directions on which type of icing you will need.

Per batch: 1,060 cals, 4.5g fat

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## Festive Hanging Biscuits

**MAKES 40**  
**READY IN 1 HR 5 MINS,**  
**PLUS COOLING**

1 x quantity of Light Gingerbread Dough to decorate

1 x quantity of Royal Icing vegetarian red, white and silver sprinkles

**YOU'LL ALSO NEED:**  
Christmas cutters  
string or ribbon

- 1 Heat the oven to 180C/350F/ Gas 4. Line two large baking trays with greaseproof paper.
- 2 Cut a large piece of greaseproof paper and roll out the gingerbread on top of it to 5mm. Using any Christmas-themed cutter, cut out pieces of dough and transfer them to the baking trays.
- 3 Using a straw, make a hole for your ribbon.
- 4 Place in the freezer for five minutes. Bake in the oven in batches for 6–10 minutes depending on size. Check the hanging holes are still large enough to thread ribbon through; if not,

use the straw to increase the size. Leave to cool for five minutes then transfer to wire racks.

- 5 Add a little water to the royal icing until you reach soft peak consistency. Spoon the icing into a piping bag fitted with a fine nozzle. Decorate the biscuits with dots, lines and swirls then add the sprinkles. Leave to cool.
- Per biscuit: 106 cals, 0.5g fat

## Country Cottage

**MAKES 1 HOUSE**  
**READY IN 3 HRS, PLUS**  
**COOLING AND SETTING**

2 x quantity of Light Gingerbread Dough  
1 x quantity of Caramel Glue to decorate  
2 x quantity of Royal Icing  
200g yellow vegetarian hard-boiled sweets  
50g vegetarian mints

**YOU'LL ALSO NEED:**  
**THE TEMPLATES**  
**PROVIDED ON P93**  
a 3.5cm heart cutter

- 1 Trace the templates on p93. Using a ruler, cut out card versions. Heat the oven to 160C/325F/ Gas 3. Cut a large piece of

greaseproof paper and roll out the gingerbread on top of it to 5mm.

- 2 Using the templates cut out the house pieces, then cut out the door and windows. Carefully transfer on the greaseproof paper to a flat baking tray.
- 3 Using a heart cutter, e.g. 3.5 cm, cut a window on the front panel of the porch and above the windows on the side panels. Crush half the boiled sweets to a powder. Pile high in the window and heart holes.
- 4 Add the hearts you have cut out to a baking tray. Place all the dough in the freezer for 10 minutes until hard, then bake in batches for 8–15 minutes depending on size. Leave to cool for five minutes then transfer to wire racks.
- 5 To glue together, dip one edge of a front wall into the caramel glue until the edge is covered. Attach to a side wall at a 90° angle and hold together while it sets. Continue to stick together by attaching another wall and the back panel so you have the base of the house. Use tins or jars to support the walls while they set. Stick the porch base together and stick to the house. Leave to set for 30 minutes.
- 6 Remove the supports from the house and fix the roof panels on using a pastry brush to coat the edges of the panels and edges

## MASTERCLASS

**Caramel Glue**

200g caster sugar  
60ml cold water

**1** Put the sugar and water in a large, low-sided frying pan. Place over a medium-high heat. Without stirring, bring to 160°C/320°F on a sugar thermometer. If you do not have one, you will know the syrup

is ready when the sugar dissolves and turns a light golden colour.

**2** Swirl the syrup gently in the pan to even out the colour. Then leave to cool for a few moments to thicken slightly to the consistency of honey.

**3** If the syrup begins to harden in the pan, place it back over a gentle heat until it has returned to the required consistency.

Per batch: 788 cals, 0g fat





Recipes taken from  
Mima Sinclair's  
*Gingerbread  
Wonderland* (£8.99,  
Kyle Books).

of the house. Then attach the roof panels to the porch. Use the caramel glue to stick the chimney together. Once hard, glue to roof.

**7** Add a little water to the royal icing until you reach soft peak consistency. Spoon some of the icing into a piping bag fitted with a fine nozzle. Decorate your house however you like, adding vegetarian sweets too.

Per house: 9.886 cal, 33.7g fat

### Edible Star Wreath

**MAKES 1 WREATH  
READY IN 2 HRS 45 MINS,  
PLUS CHILLING**  
2 x quantity of Light  
Gingerbread Dough

#### MASTERCLASS

### Light Gingerbread Dough

**MAKES 1 KG  
READY IN 1 HR 30 MINS**

\* 140g light molasses or golden syrup or honey \* 200g soft light brown sugar \* 200g unsalted butter \* zest of 1 unwaxed lemon \* 4 tsp ground ginger \* 2 tsp ground cinnamon \* ½ tsp ground nutmeg \* ¼ tsp ground cloves \* 1 tsp bicarbonate of soda \* 500g plain flour \* 1 tsp salt \* 1 lightly beaten medium free-range egg

**1** Melt the light molasses into a large saucepan with the sugar, butter, zest and spices, stirring frequently until the sugar has dissolved.

**2** Bring the mixture to boiling point. Remove from the heat and beat in the bicarbonate of soda. Mix briefly, then leave to cool for 15 minutes.

**3** Sift the flour and salt, then fold into the mixture in batches. Beat in the egg, until just combined. Do not overwork the mixture, or the biscuits will spread during baking.

**4** The dough will be very sticky to begin with, but do not add any flour. Scrape out of the bowl onto a clean surface and knead together until just smooth. Wrap in clingfilm and chill in the fridge for one hour.

Per batch: 3.032 cal, 12.2g fat

2 x quantity of Royal Icing  
1 x quantity of Caramel Glue  
to decorate  
veggie blue food colouring paste  
10g vegetarian silver balls

**YOU'LL ALSO NEED: STAR  
CUTTERS APPROX. 3CM,  
5CM AND 7CM**

**1** Heat the oven to 160C/325F/  
Gas 3. Line three large baking trays  
with greaseproof paper.

**2** Cut a large piece of greaseproof  
paper and roll out the gingerbread  
on top of it to 5mm. Place a 25cm  
plate on the dough and cut round  
it. Then use a smaller plate or bowl  
to cut out the centre – you want a  
ring 4cm wide.

**3** Using different-sized star  
cutters, cut out shapes from the  
remaining dough. You will need  
about 30 biscuits. Freeze for five  
minutes. Bake in batches for 6-15  
minutes, depending on size. Bake  
the wreath ring for 15 minutes.  
Leave to cool for five minutes on  
the trays, then move to wire racks.

**4** Add a little water to the royal  
icing until you reach soft peak  
consistency. Divide between two  
bowls and colour one with blue  
colouring paste. Add to piping  
bags fitted with fine nozzles.  
Pipe outlines around half the  
snowflakes. Pipe decorations onto  
the plain stars.

**5** Squeeze two thirds of the  
icing out of the piping bags into  
separate bowls and add water to  
make flood icing. Spoon into the  
biscuits lined with the same colour.  
Stud a few with silver balls. Leave

to set for two hours, then use the  
remaining softpeak icing to pipe  
more detail onto the stars.

**6** Arrange the largest stars on  
the ring. Stick with caramel glue.  
Repeat with the remaining stars.  
Per wreath: 9.080 cal, 33.5g fat

### Mini Mug Gingerbread Houses

**MAKES 15 HOUSES  
READY IN 1 HR 50 MINS,  
PLUS CHILLING**

1 x quantity of Light Gingerbread  
Dough to decorate  
2 x quantity of Royal Icing  
icing sugar, to dust  
vegetarian white sprinkles and  
snowflakes

**YOU'LL ALSO NEED THE  
TEMPLATES ON P94**

**1** Heat the oven to 160C/325F/  
Gas 3. Line 2 or 3 large baking  
trays with silicone baking sheets  
or greaseproof paper. Trace the  
templates on p94. Using a ruler,  
cut out card versions.

**2** Cut a large piece of greaseproof  
paper and roll out the gingerbread  
on top of it to 5mm. Using the  
templates cut out the house  
pieces. Place on a lined baking tray.  
Repeat to make 14 more houses.

**3** Place in the freezer for five  
minutes. Bake in the oven for  
5-6 minutes. Use the flat edge  
of a sharp knife to straighten any  
edges, especially the doorway so  
it will fit over the rim of your mugs.  
Leave to cool for five minutes on  
the trays, then transfer to wire  
racks to cool.

**4** Add a little water to the royal  
icing until you reach soft peak  
consistency. Spoon some of the  
icing into a piping bag fitted with  
a fine nozzle. Pipe along the side  
edges of the wall pieces and stick  
to the door pieces. Pipe extra icing  
where the walls join each other on  
the inside of the house to create  
some support.

**5** Pipe icing onto the top edges  
of the side panels and front/back  
pieces where the roof pieces will  
be placed. Stick on the roofs and  
hold for a minute until set. Stick on  
the chimneys.

**6** Use the remaining icing to  
decorate. Cover some of the  
roofs with icing and sprinkle over  
decorations. Use a cocktail stick to  
help create icicles. Leave to set for  
two hours.

Per house: 350 cal, 1.5g fat



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# YOUR CHRISTMAS EVE CURRY...

If Christmas is for family, Christmas Eve is for friends. Get yours round for these authentic recipes from vegetarian restaurant Prashad



*“These crispy, savoury snacks look very much like poppadoms. Huge amounts of effort go into making them but they are devoured within seconds”*

## Spicy Poppadom Crisps

E EF V F T GF

**MAKES 20-25  
READY IN 30 MINS**

120ml water  
 ½ tsp bicarbonate of soda  
 1 tsp salt  
 260g gram (chickpea) flour, sieved  
 65g white lentil flour, sieved  
 2 tsp sunflower oil, plus more for frying  
 2 tsp medium red chilli powder  
 1 tsp Indian black salt

**1** Put the water in a thick-based pan and bring to the boil on a medium heat. Dissolve the bicarbonate of soda and salt in the water. Transfer to another pan and sit it in some cold water to cool this as quickly as possible.

**2** Pour the flours onto a tray and make a well in the middle. Pour the cooled soda-salt water and 2 tsp of oil into the well and mix together into a stiff dough.

**3** You now need to beat and fold the dough to get plenty of air into it. Place the tray on the floor and hit the dough with a lightly-oiled heavy pestle (or a large oiled rolling



pin) until it is flat – I find that four or five good thumps are enough to flatten it. Fold and shape the dough into a ball, replace on the tray and then beat flat again. Repeat this thumping, flattening, folding and shaping process at least 10 times, and keep going until the dough is light and airy.

**4** Place the dough on a clear work surface, smooth a little oil over it, then roll it into a 2 ½cm-diameter sausage shape. Cut into 2cm pieces. Roll each piece into very thin 15cm-diameter discs on greaseproof paper. Make three

parallel 8cm incisions on each piece of rolled-out dough, staying 3cm from the edge.

**5** Heat the frying oil – about 10cm deep – in a large pan over a high heat (or in a deep fat fryer, if you have one) and when you think it is hot enough, test the temperature by dropping a little of the dough into the oil. When it is up to temperature, the pieces will quickly spring back up to float on the surface. Reduce the heat to medium.

**6** Drop the dough discs into the oil one at a time and fry for no more



Hyderabadi masala in a thick-based frying pan on a low heat for 40 seconds. Swirl the dried red chillies through the melted butter, then add the poppy seeds. Add the turmeric, coconut, mint and ½ teaspoon of salt and stir for 1 ½ minutes. Take off the heat and leave to cool.

**3** Cut all the vegetables into 1cm dice. Melt the ghee in a thick-based frying pan on a medium heat for one minute and swirl it around the base of the pan. Stir the cinnamon into the ghee. Turn the heat up to high, then mix in the bay leaves, peppercorns and cardamom seeds and fry for 30 seconds. Stir in the carrots and fry for 30 seconds, then the broccoli (45 seconds), French beans (30 seconds), asparagus (30 seconds) and pepper (30 seconds). Add the aubergine and courgette, reduce the heat to medium, stir and fry for 3 ½ minutes, before covering and leaving to cook for one minute.

**4** Give the vegetables a good stir, add the garam masala, salt, chilli powder, fenugreek leaves and turmeric, then stir again. Sprinkle the fresh coriander on top and remove the pan from the heat. Empty the rice into the vegetable pan and gently stir through. Finally stir in the Hyderabadi masala, then cover and leave to rest for 10 minutes.

Per serving: 324 cal, 20.4g fat

## Curried Fresh Fenugreek and Potatoes

E EF V F T GF

**SERVES 4**  
**READY IN 30 MINS**

2 bunches (approx. 250g) fresh fenugreek leaves (see Source It!)  
100ml sunflower oil  
2 tsp fenugreek seeds  
¼ tsp asafetida  
8 garlic cloves, soaked, peeled and sliced 2mm discs  
3 medium red-skinned (or other waxy) potatoes, peeled and cut into 2cm dice  
2 medium vine tomatoes, washed and cut in 2cm dice, keeping all the juices  
2 ½ tsp salt  
2 tsp medium red chilli powder  
1 ½ tsp turmeric  
2 ½ tsp ground coriander  
½ tsp ground cumin

**1** Rinse and trim the fresh

than 25 seconds – air pockets will pop up straight away. Take out of the oil using a slotted spoon or spatula and place on absorbent kitchen towel. Mix the chilli powder and black salt together and sprinkle onto the freshly fried Spicy ‘Poppadom’ Crisps. Repeat until they are all fried and seasoned.

**7** Once cooled, place in an airtight container. Serve to guests to snack on when they visit, or just keep to eat as a snack whenever you fancy. These will keep for 2-3 weeks but are likely to be munched up well before that.

Per poppadom (25 poppadoms): 52 cal, 1.2g fat

## Vegetable Rice with Mint Masala

E EF V F T GF

**SERVES 4**  
**READY IN 45 MINS**

250g rice (ideally Tilda basmati), soaked in cold water for half an hour

**FOR THE HYDERABADI MASALA**  
20g butter

2 dried red chillies, split in half  
3 tsp white poppy seeds  
½ tsp turmeric  
30g desiccated coconut  
8 fresh mint leaves, washed and finely chopped

2 carrots, peeled  
85g broccoli  
55g French beans  
6 asparagus spears, trimmed  
½ red pepper  
½ aubergine (approx. 60g)  
½ courgette  
30g ghee (or clarified butter)  
4cm cinnamon stick  
2 Indian bay leaves, washed  
5 black peppercorns  
seeds from 2 cardamom pods  
2 tsp garam masala  
2 tsp salt  
1 tsp medium red chilli powder  
½ tsp dried fenugreek leaves  
½ tsp turmeric  
1 handful fresh coriander, washed and finely chopped

**1** Drain the rice and put in a large thick-based pan with 460ml of boiling water. Cover and cook on a high heat for 15 minutes. Take off the heat and leave to cool.

**2** Melt the butter for the





*“In the garden in India, we grew masses of fresh herbs and spices that we’d pick fresh to use every day or dry out for during the monsoon season”*



## Semolina-encrusted Sweetcorn Bhajis

E E F V F T GF

**SERVES 4-5**  
**READY IN 45 MINS**

### FOR THE MASALA

4-6 fresh green chillies (ideally Kenyan)  
4-6 garlic cloves, soaked and peeled  
4cm root ginger, peeled  
pinch of salt

25ml sunflower oil, plus more  
1 red pepper, cut in ½cm dice  
1 medium onion, cut in ½cm dice  
3 medium red-skinned potatoes, boiled, peeled and cooled  
1 x 340g tin sweetcorn, drained and coarsely blended  
½ bunch fresh coriander, chopped  
3 tsp salt  
2 tsp cumin seeds  
juice of 1 lime  
40g cornflour, sieved  
75g coarse semolina, plus extra  
mixed leaf salad, to serve  
olive oil, to drizzle

**1** Crush the chillies, garlic and ginger together with a pinch of salt using a pestle and mortar to make a masala paste.

**2** Heat the oil in a large frying pan on a high heat for 30 seconds. Add the pepper, reduce the heat to low and cook for 40 seconds. Add the onion, increase the heat to medium and fry for 2 ½ minutes.

**3** Grate the potatoes into a mixing bowl, then add the masala paste. Pick up handfuls of the blended

sweetcorn and squeeze out the water as possible before adding to the potatoes. Then add the cooked peppers and onions along with the fresh coriander, salt, cumin seeds, lime juice and cornflour and lightly mix. Leave the mixture to cool for half an hour, then lightly oil your hands and make the mixture into balls approximately 45g each. Toss each ball in the semolina and gently press to make a slightly oval shape. Lay in a semolina-lined tray.

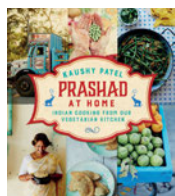
**4** Heat the frying oil – about 10cm deep – in a large pan over a high heat and when you think it is hot enough, test the temperature by dropping a little mixture into the oil. When it's ready, the mixture will quickly spring up to the surface. Reduce the heat to medium. Fry them in batches of four for 1 ½ minutes. Remove and place on kitchen towel. **5** Garnish with the fresh coriander and serve immediately on a bed of mixed leaf salad drizzled with oil.

Per serving (5 servings): 343 cals, 10.3g fat

### EASY EXTRAS



Made using British-grown fava beans, this tasty dhal makes for an easy side dish. £1.69, [hodmedods.co.uk](http://hodmedods.co.uk)



### READER OFFER

Recipes taken from Kaushy Patel's *Prashad at Home* (£25, Salt Yard Books). Photography by Matt Russell. Veggie readers can get this title for the special price of £18 plus free P&P. To order your copy, call 01235 827702 quoting ref. PRASHVM.

fenugreek leaves, then cut in 1cm-wide strips. Leave uncovered at room temperature overnight to dry. Cutting the fenugreek leaves in advance helps them to dry out so that they can absorb more flavour when cooking.

**2** Heat the oil in a large thick frying pan for two minutes over a medium heat before adding the fenugreek seeds, asafetida and garlic. Gently let them brown for 30 seconds, infusing the oil. Stir in the potatoes and cook covered on a medium heat for 10 minutes, stirring and turning them every couple of minutes.

**3** Stir in the tomatoes, salt, chilli powder, turmeric, ground coriander and ground cumin. Add the fresh fenugreek leaves, gently stir through and cook covered for seven minutes, stirring occasionally as the fenugreek leaves wilt and cook. Serve hot. Per serving: 373 cals, 23.8g fat

### SOURCE IT!

You can pick up fresh fenugreek leaves from Asian shops or health food shops, but if you can't get hold of them, replace the fenugreek with spinach for an equally delicious dish.

### WIN!

Suma has teamed up with multi award-winning vegetarian restaurant Prashad to give one lucky reader the chance to win a sumptuous meal for two, plus a copy of the book and all the Suma ingredients you need to prepare some fabulous Indian dishes at home.

Since winning the nation's hearts on TV's *Ramsay's Best Kitchen*, Prashad has grown in both size and reputation and now stands at the very forefront of vegetarian cookery.

With this, her second cookbook, Kaushy Patel returns the focus to the heart of Indian home cooking with traditional simple recipes using readily available ingredients. Guaranteed to bring warmth, taste and texture into your home, and created with Patel's characteristic love and passion for vegetarian food, this is a great prize for food lovers. To enter, head to [prashad.co.uk](http://prashad.co.uk) and answer the following question; What were the Prashad premises before they were a vegetarian restaurant?



# Spread the love

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/sumawholefoods  
www.suma.coop

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**Suma**



# THE MAIN CONTENDERS

A meat-free centrepiece is integral to the entire Christmas dinner operation. Make sure it all runs smoothly with these dazzlers!

## GOODLIFE KIEVS

Earthy mushrooms combined with delicate spinach and a rich and creamy garlic and cheese sauce are all neatly bundled together in these tasty kievs coated in seeded breadcrumb. **£2.49, Waitrose**



## V-BITES MEAT-FREE CELEBRATION ROAST

This is the go-to meat substitute if you're looking for a substantial offering which doesn't skimp on succulent flavour. With rasher-wrapped sausages and gravy all included, this is a sure-fire way to a veggie Christmas dinner success! **£5.89, Holland & Barrett**



## PIEMINISTER CHRISTINGLE PIE

If you're going to go leftfield with your veggie main of choice, we'd recommend doing it with a delicious pie, courtesy of Pieminister. This one is crammed full of yummy roast parsnips, chestnuts and West Country Cheddar – it's gorgeous! **£3.50, Waitrose**



## SPECIALLY SELECTED GOAT'S CHEESE, APRICOT, AND PARSNIP ROAST

A multitude of tastes and colours come together in perfect harmony with this dish. The sweetness from the parsnips and apricots is wonderfully balanced with the luscious softness of the goat's cheese. **£2.99, Aldi**

## MEAT-FREE FESTIVE BRIE, CRANBERRY AND WELLINGTON

You can't get more festive than the combination of ingredients weaved together to make this scrumptious feast. Pair it with a gorgeous Chardonnay and you'll be in Yuletide euphoria! **£3, Tesco**



## FRY'S SOY AND QUINOA COUNTRY ROAST

Seasoned with lovely Italian parsley and rosemary, this vegan alternative is high in protein and Omega 3 and contains no added nasties. If there are any leftovers for a Boxing Day treat, it's phenomenal packed in a panini with some relish and salad. **£5.50, Holland & Barrett**



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All of our cheeses are made from pasteurised milk and we use vegetarian rennet.

# — YOUR ULTIMATE — CHRISTMAS CHEESEBOARD

You've gobbled up the delicious, hearty roast dinner, washed it down with a few glasses of fizz and the presents have all been unwrapped. So, what's next? Cheese of course!

## APPLEWOOD CHEDDAR

Packing a deliciously smoky flavour and a tasty paprika coating balanced by lush creaminess, this Cheddar with its complex character is just the ticket for pairing with chutneys. £1.35 for 185g, Ocado

## HIGH WEALD DAIRY DUDDLESWELL

Well rounded and full of rich character, this hard cheese made using ewe's milk has everything you'd want in a good slice; sweet, buttery and gorgeously nutty. £3.73 for 125g, [highwealddairy.co.uk](http://highwealddairy.co.uk)

## MEXICANA

An impressive spread must never shy away from diversity. Add some vivacity to the offering with this spicy beauty! £1.20 for 100g, ASDA

## GREEN TOMATO CHUTNEY

You'd be hard pressed to find a better accompaniment for your cheese and crackers than this punchy, exotically spiced, dark and rich offering. £3.60, [tracklements.co.uk](http://tracklements.co.uk)

**QUICKE'S GOAT'S MILK CHEESE**

Matured for six months to create an impressive wedge with a luxurious buttery flavour and an almond nuttiness, this cheese is lovely with a couple of flavoursome grapes.  
 £6.50 for 250g, [quickes.co.uk](http://quickes.co.uk)

**VILLAGE MAID CHEESE WATERLOO**

Crafted using a wash curd method which dilutes the acidity to achieve a soft and gentle flavour, this luxurious cheese is wonderfully mild thanks to the Guernsey cow milk.  
 £4.30 for 200g, [farmdrop.co.uk](http://farmdrop.co.uk)

**ALDWYCH GOAT**

Bursting with fresh flavour, this log is full of character and is perfect for cooking with or using in salads.  
 £8.95, [paxtonandwhitfield.co.uk](http://paxtonandwhitfield.co.uk)

**SHURROCKS CHEESE LANCASHIRE BOMB**

This bad boy might have a high-impact appearance but is a real softy inside. Akin to Cheddar but slightly more delicate and creamy, there's also a stunning fruity kick, too.  
 £8.10 for 460g, [farmdrop.co.uk](http://farmdrop.co.uk)

**WHITE STILTON WITH CHRISTMAS PUDDING FRUITS AND BRANDY**

Christmas is all about indulgence, so your cheese should ooze booze! With fruits bursting through the mild texture, this is a fantastic treat with many hidden surprises.  
 £1.99 for 250g, Aldi stores from 3rd December

**SNOWDONIA RUBY MIST**

With a sophisticated burgundy truckle coating, this cheese just screams Christmas cheer! Unwind with this silky smooth cheddar and a tasty glass of port.  
 £4.50 for 200g, [snowdoniachese.co.uk](http://snowdoniachese.co.uk)

**SHEPHERDS PURSE YORKSHIRE BLUE**

This fromage, which is made from Yorkshire cow's milk, is a mild, soft, creamy and blue veined cheese with a gorgeous buttery flavour that doesn't have any sharp bite.  
 £3.15 for 170g, [shepherdspurse.co.uk](http://shepherdspurse.co.uk)

# High Weald Dairy

www.highwealddairy.co.uk



Award Winning cheese made on the farm using cow, goat and sheep milk, all are suitable for vegetarians and are available from many retailers and online.

## Would you like to make cheese at home?

Our course is suitable for all those interested in learning and gaining hands on experience on how cheese is made. It is a fun filled day with a delicious Lunch included.



Visit our website for information and availability.

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Our handmade goats' cheese. Slow-matured for a magnificent flavour.



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and great cheese*



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# VEGGIN' OUT

WITH LUCY PORTER

Does everyone become more set in their ways as they grow older? That's the question worrying comedian **Lucy Porter** this month

Once you get to my advanced age (I won't tell you exactly how old I am, but let's just say that I once owned a fax machine) you start to wonder if you've lost the ability to learn new things. Admittedly, there's a certain pride in knowing what you're about, what you like and dislike, and the absolute certainty that you'll never get a piercing, tattoo or extreme pubic hair wax even if it's what all the cool kids are doing.

## NEW TRICKS

The downside of that confidence in your own identity is the worry that you'll get stuck in your ways and miss out on something amazing. I resisted owning a bread maker for years because I thought it was something that people who read *The Guardian Weekend* supplements and call their children Agamemnon would do. When I finally got one, I realised that I was not only saving money, but also making loaves that I could never buy in the shops with amazing ingredients like black beans, quinoa flour, chia seeds, and Nutella (admittedly,

Nutella's not widely regarded as a superfood).

I remember when halloumi was being heralded as a new, exciting veggie alternative to meat. I tried it, and I liked the squeakiness of it, but always found it a bit dull. Recently, I was at a lunch meeting and was sat next to a lovely man who mentioned in passing that he coated his halloumi in seasoned flour before frying it. I seized on his advice and have spent the past few weeks experimenting with Chinese, Moroccan, and Indian batters, and they have all been delicious.



## SMALL EXCEPTIONS

I'll be honest and say that I am still very much stuck in my ways when it comes to the meals I make every day. I use my mum's Bolognese recipe but add lentils and mushrooms instead of beef mince. I wouldn't really know what to do with seitan, and I fail constantly to make tofu do what I want it to. I have embraced the hippest ingredient *de nos jours* – coconut oil – but I confess that I mostly use it to pop popcorn or make cakes. Luckily, my little girl Agamemnon loves them.

# All we want for CHRISTMAS...

Stuck for present ideas? We caught up with some of our favourite celebs to find out what they'll be buying for their family and friends this year



Photo by Myles New

## Lorraine Pascale

### VEGGIE LOVES...

"Lorraine Pascale's latest book – *Eating Well Made Easy* – is perfect for the post-Christmas detox. It's packed full of delicious recipes, some of which we'll be including next issue so keep your eyes peeled for a sneak preview..."



*Eating Well Made Easy*\*  
by Lorraine Pascale  
(£20, Harper Collins).

\*Includes non-vegetarian content



"I'm going to get my friend's son a kitchen science kit. It makes learning fun and comes with six experiments"

**Kitchen Science Kit**  
£10, [funlearning.co.uk](http://funlearning.co.uk)



"I'm going to get my dad a good hamper purely because he loves great food"

**Biscuiteers Baking Winter Wonderland Hamper** £225,  
[biscuiteers.com](http://biscuiteers.com)



"And, I have a male friend who's really difficult to buy for, but I think I can't go wrong with a decent shirt"

**Wattle Jay Hemp Shirt in Teal** £44.90,  
[braintreeclothing.com](http://braintreeclothing.com)



"I've got a female friend who loves working out and hitting the gym so I'll get her some stylish workout gear"

**Me Time Bra in grey** £45, **Catch Me Legging in Neon Pink** £46, both  
[everysecondcounts.co.uk](http://everysecondcounts.co.uk)



kellyhoppen.com

# Kelly Hoppen

“There’s only one thing to get my stepdaughter – clothes – because she’s fashion mad!”

**Linea Geometric Shirt Dress £69, House of Fraser**



“For my stepgrandchild, I’m going to get her lots of creative things like pens, paints and books. She’s quite little and very creative so I just want her to have fun and be a real kid!”

**Set of 36 Summer Meadow Design Colouring Pencils £2.95, Dotcomgiftshop**



“I know my stepdaughter will love a black and white photograph. She’s a big fan of photography and I think I have found the perfect piece for her”

**Black Lacquer Frame (8 x 10 in) £30, kellyhoppen.com**



“I want to get my daughter some vintage glassware as she’ll be moving into her new home soon and I’d love to give her something to display”

**Vintage glassware, similar available from Etsy**

“I’m going to get my mum a new handbag because she loves one of mine so I’m currently looking for one to give to her”

**Drayton Navy Drop Tote £95, wilbycluth.com**



## VEGGIE LOVES...

Tiana Fair Trade Organics Beauty Sensation Range is the perfect gift. Rich in anti-oxidants, these products are 100% organic and use only fair trade ingredients. With no animal testing, the range is entirely cruelty free and suitable for vegetarians and vegans.

**Argan Fresh Coconut TLC £12.99; Rose Fresh Coconut TLC £17.99; Pure Virgin Coconut Oil £8.99, all available from Holland and Barrett.**





# Si King



“For Alex, my oldest son, and his partner Lauren, I’d buy tickets to New Zealand to see their friends. I think travel, at that age, is incredibly valuable”

**Personalised World Map Travel Journal £19, Oliver Bonas**

## VEGGIE LOVES...

Bag yourself a healthy stocking filler with The Primal Pantry’s range of 100% natural energy bars. Made in the UK with no more than six ingredients per bar, they’re free from gluten, dairy and refined sugar.

**Available in-stores now (Apple & Pecan, Coconut & Macadamia, Brazil nut & Cherry, Almond & Cashew and Hazelnut & Cocoa) £0.99**

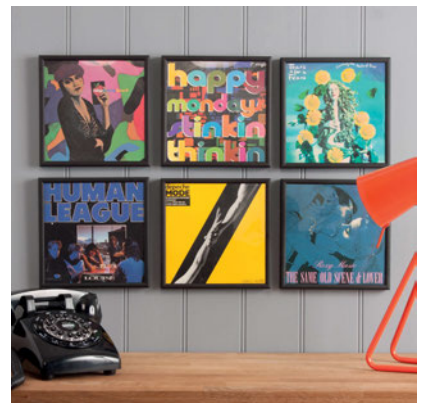


“I want to get my sister Ginny to spend a year indulging in her passion for Egyptian antiquities, with access to The Bibliotheca Alexandrina in her favourite city Alexandria”

**Urban Mini Heart Scarf £19.95, The White Stuff**

“My next gift would be for Dave Myers, my very best friend and comrade in arms. The gift I would give him would be a backstage pass to meet German rock band The Scorpions. Dave and his wife Lil are huge fans and have travelled round the world to see them”

**Love at First Sting by The**



“My final gift would be for my middle son James and his partner Lizzie. I’d buy them a music and dance odyssey around the world! James is a professional drummer and Lizzie is a contemporary dancer so it would a fantastic opportunity. You can listen to James’ work on iTunes with a band called Let’s Buy Happiness”

**7 in Single Record Cover Frame £7.50, The Contemporary Home**



“I have an agreement with my youngest son Dylan that, if he passes his exams, I will support him through Stax Music Academy in Memphis, Tennessee. I’m seriously hoping that that gift is one that comes to fruition so his Uncle Dave and I can visit!”

**Woofall Amplifier Style Bean Bag £104.95, Cuckooland.com**



# Dave Myers

“This year, my wife and I have got serious about growing our own vegetables in France. Her potatoes in particular, are spectacular. It’s not very romantic but I’m going to buy her a rotivator so she doesn’t have to break her back digging an even bigger spud patch next year!”

**Qualcast Electric Rotivator 700W £79.99, Homebase**



## VEGGIE LOVES...

“I have a good friend called Steve Quirke who’s a chef. He has restaurants on the Isle of Man and used to chef at Claridges in London. Steve has just bought a house in France, like me. I would get him the complete set of Hairy Bikers’ cookery books to grace his new kitchen. His wife would love this but he’d know it was a tongue-in-cheek present as he doesn’t use recipes”



**The Hairy Dieters: Good Eating\***  
by Si King and Dave Myers  
£5.99, Amazon

\*Includes non-vegetarian content



“Si King is my brother and my best friend so I would buy him a dinner for two at our mate Tom Kerridge’s restaurant The Hand and Flowers. There would be no expense spared and I know he’d feel obliged to take me!”

**Vegetarian menu available on request, [thehandandflowers.co.uk](http://thehandandflowers.co.uk)**



“My stepdaughter Iza has just gone to Manchester University to study Art. She’s also gone vegetarian so I would get her a decent spice box so she can make her meals more interesting. In fact, most of the things in the Hairy Bikers’ Boots Christmas range would set her up in the kitchen”

**Hairy Bikers Spice Tool Box £16.50, Boots**



“My stepson Sergiu is at Oxford studying Motor Sport Engineering and is absolutely car mad. I’ll get him a driving experience day at Silverstone. They’re excellent and although he’s been before, getting out on the track to safely drive the cars he’ll one day be designing will be an excellent motivator”

**Formula Silverstone Racing Car Experience from £159.20, [silverstone.co.uk](http://silverstone.co.uk)**



# Your Christmas SORTED

Enter our bumper Christmas giveaway and you could win everything mentioned on this page, worth £725!

## Healthy must haves

Preparing healthy and nutritious meals and drinks is simple with both the Salter Spiralizer and Slow Juicer, worth £140. Quick and easy-to-use, the Spiralizer is the ideal kitchen tool for helping to create delicious meals and can be used to slice fruit and vegetables for stir-frys or even to garnish dishes. The Salter Slow Juicer comes in a stylish design and is perfect for juicing fruits, vegetables, leafy greens, wheatgrass, nuts and soya beans.



[saltercookshop.com](http://saltercookshop.com)



## £150 Aldi vouchers

With a wide selection of seasonal produce and luxury vegetarian Christmas dishes, such as the Specially Selected Goat's Cheese, Apricot and Parsnip Roast and the Specially Selected Mushroom, Brie & Cranberry Wellington, you'll have plenty to choose from to create a festive food feast with these vouchers. The lucky winner can also stock up on Specialbuy offers, which go on sale every Thursday and Sunday, and with Christmas just around the corner, you won't need an excuse to bag a bargain!



For further information visit [aldi.co.uk](http://aldi.co.uk)



## Perfect roasties

We've been championing the benefits of cooking with rapeseed oil for some time now and Farrington's Mellow Yellow has got to be one of our favourites! We thought we'd share the love and give away 10 bottles of the good stuff, totaling £25. With its high smoke point of 230°C, you can get the oil really hot in your oven dish to create the crispiest roast potatoes and delicious roasted vegetables.

Go to [farrington-oils.co.uk](http://farrington-oils.co.uk) to find out more

## Say cheese

One of the highlights of Christmas is the abundance of cheese we can munch our way through. We're ensuring you only have the best by offering up a gorgeous hamper of vegetarian cheeses to work your way through from Quicke's, worth £26. Taste your way though Oak Smoked Goat's Milk, Devonshire Red Clothbound, Goat's Milk, Double Devonshire Clothbound and Elderflower Clothbound varieties.

Available at [quickes.co.uk](http://quickes.co.uk)





*Cook with the right kit*



OXO Good Grips has a set of Christmas essentials to give away, worth over £100 to help you create a fabulous feast this yuletide. Prepare your favourite festive trimmings with help from OXO's Y-peeler, 3-in-1 Potato Ricer and Stainless Steel Mixing Bowl, ready to serve with the perfect gravy using OXO's Angled Measuring Jug. Have an Irish coffee using OXO's Cold Brew Coffee Maker with its yummy and sweet flavour.

Available from **oxouk.com**



*Royal hamper*

We're loving the new range by The Royal Society for the Protection of Birds, the country's largest nature conservation charity. Get your hands on a foodie hamper, stylish mugs and a chic apron, all part of the new range, by entering our competition. RSPB does some marvellous work and passionately ensures that our wildlife is getting the attention and care it deserves. **Go to [rspb.org.uk](http://rspb.org.uk) to find out more**

*Feeling fancy?*

Give your kitchen a professional revamp with AGA Cookshop's Claret Cast Iron Chef's Dish and stylish Iconic Stripe Double Oven Glove, worth £83. The dish retains heat which radiates onto the food to lock in flavours and succulence during cooking, making it perfect for your baked desserts. The striking stripes of the glove gives any kitchen a trendy retro feel – it's also printed using a reactive dye, which will ensure no fading!

Available from **agacookshop.co.uk**



*Get some green*

We all fancy a change at the start of a new year, so why not give the garden a fresh new look with two amazing trees from Trees Direct, worth £100? With a gorgeous Walnut and fancy Pear tree, coming in 10 litre pots, watch them grow and be safe in the knowledge that you're adding more greenery to the environment!

Learn more at **[treesdirect.co.uk](http://treesdirect.co.uk)**



*Sweet treats*

Fairtrade, ethically-aware and makers of utterly delightful chocolate, Divine is a fantastic company which caters to all your chocolatey needs. The chocolatiers are also giving away a super-big bundle of lots of tasty products, all worth £92. Ranging from Milk Chocolate with Caramel & Espresso Nibs to Reindeer Lollies, there's something for everyone included in this happy hamper!

See more of the range at **[divinechocolate.com](http://divinechocolate.com)**

# Try going Dairy Free this Xmas

**Koko Dairy Free Original** tastes remarkably similar to semi-skimmed cow's milk, yet it's totally free of dairy, soya, and animal fats.

Made from freshly pressed coconut milk its 2% fat content provides medium chain fatty acids (MCFAs) that are more easily digested than saturated animal fats.

Fortified with calcium and vitamins, it not only looks like ordinary milk, but you can use it in just the same way. In tea, coffee, with cereals and in cooking. The light, fresh taste won't dominate the foods you make, so you'll find you can use it as a direct replacement.

**Koko Dairy Free – a no sacrifice alternative to cow's milk.**



[www.kokodairyfree.com](http://www.kokodairyfree.com)





# *Leftovers* YOU'LL LOVE

Hugh Fearnley-Whittingstall has compiled more than 100 throw-together recipes using up the leftovers in your fridge. Here's our pick of the



## KALE

Kale Crisps have become a rather fashionable snack in the past few years, and that's hardly surprising, given how easy they are to make and how delicious they are to eat. Making your own is a good way to use an excess of kale in the garden, even slightly-past-their-best leaves. They make a great nibble to go with drinks, or you can use them as you would crispy seaweed in salads, or sprinkled on soups.

## Kale Crisps

E EF V F T GF

**SERVES 1**  
**READY IN 30 MINS**

few handfuls of kale, thickest, woody stems removed  
2-3 tbsp rapeseed or olive oil  
flaky sea salt

- 1 Preheat the oven to 180C/350F/Gas 4. Wash the kale and dry well: it will crisp up better if it is very dry. Tear the leaves into bite-sized pieces and place on a baking tray (or two – you don't want to crowd the tray).
  - 2 Trickle over the oil and massage it thoroughly into every nook and cranny of the leaves. Don't salt them yet – they roast better just with the oil. Spread the leaves out on the tray in an even, single layer.
  - 3 Bake for 10 minutes, then take the tray from the oven and give the leaves a good stir. Return to the oven and bake for a further 5-10 minutes. The leaves should be crisp but don't let them get too dark or they will be bitter. Sprinkle with flaky sea salt and serve.
- Per serving: 423 cals, 46g fat

## HUMMUS

This is a great snack or starter, served with crudité's or warm flatbreads, or spooned into toasted pittas with salad. Use whatever leftover roast roots are to hand, and if you have some roast onions or garlic, chuck those in too.

## Roast Root Hummus

E EF V F T GF

**SERVES 2-4**  
**READY IN 15 MINS**

400g tin chickpeas, drained and rinsed  
100-300g roast roots, such as carrots, parsnips, celeriac and perhaps some roast onion  
juice of 1 small lemon  
2 tbsp tahini or thick natural wholemilk yoghurt  
2 tbsp olive or rapeseed oil, plus extra to finish  
1-2 garlic cloves, finely chopped  
½ tsp cumin seeds, bashed, or a good pinch of ground cumin, plus extra to finish (optional)  
good pinch of dried chilli flakes, plus extra to finish (optional)  
salt and freshly ground black pepper

- 1 In a food processor, whiz the chickpeas, roots, lemon juice, tahini or yoghurt, oil, garlic, cumin and chilli flakes together until fairly smooth. If it's too thick, thin with some hot water until you get the consistency you like.
  - 2 Season to taste with salt and pepper. To serve, spoon the hummus into a bowl or onto a plate, sprinkle with a good pinch of crushed cumin seeds and chilli flakes, if you like, and trickle on some olive or rapeseed oil.
  - 3 Sealed in a container, this hummus keeps well in the fridge for up to a week.
- Per serving (2 servings): 462 cals, 29.9g

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# THE PICK OF PICNICS

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Lorem ipsum dolor sit amet, consectetur adipiscing elit.  
Pellentesque convallis mauris sagittis pellentesque

Vegan  
vibes

# BELLISSIMO FORMAGGIO

*“Dignissim est eu tristique iaculis.  
Pellentesque aliquet scelerisque  
libero, a convallis sapien rho”*

\*includes non-vegetarian content



## Slightly Squashy Tomato and Egg Toast

E EF V F T GF

**SERVES 1**  
**READY IN 30 MINS**

2 large slightly overripe tomatoes  
splash of rapeseed or sunflower oil  
1 garlic clove, finely sliced  
1 large free-range egg  
1 good slice of robust bread  
butter  
salt and freshly ground  
black pepper

**1** Slice the tomatoes in half around the 'equator'. Holding the skin side of one half in your hand, grate the tomato flesh on a box grater, into a bowl. Keep going until you have only the skin left in your hand and a

### TOMATOES...

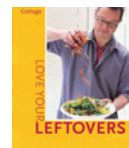
Tomatoes should really be stored at room temperature, which keeps them juicy and sweet, but also means that they ripen apace. If you find yourself with a couple of specimens that are heading into squishy territory – just a little too ripe to slice for a salad – this is the way to go. And if you feel greens are a must, serve the egg and tomato atop a layer of wilted spinach on the toast.

nice juicy pile of tomato beneath.  
**2** Heat the oil in a small, non-stick frying pan over a medium-low heat and add the garlic. Let it sizzle briefly until just starting to colour.  
**3** Add the tomato pulp and some salt and pepper. Increase the heat, bring to a brisk simmer and cook for about five minutes, to reduce the liquid down a little. Meanwhile, break the egg into a cup.  
**4** Carefully tip the egg gently into the middle of the simmering tomato mixture. Turn the heat down low and cook for five minutes

or so until the white of the egg is set. You can also baste the egg with the tomato 'sauce' to help set the top, or you can flip it, to have it 'easy over'. Meanwhile, toast and butter your bread.

**5** Using a large spatula, scoop the egg carefully out of the pan and place it on the toast. Pour the remaining tomato sauce from the pan over the egg. Season again with salt and pepper and tuck in straight away.

Per serving: 350 cals, 21.9g



**BOOK SHELF**  
Extract taken from *River Cottage Love Your Leftovers\**, by Hugh Fearnley-Whittingstall, (Bloomsbury, £20)  
Photography: Simon Wheeler



**VINTAGE FAITHFUL**

Pyrex's vintage prepware set brings together the best of its iconic glassware to create the ultimate set for cooking preparation. Great for everyone from budding new bakers getting to grips with the basics, to enthusiasts looking for essentials which will withstand. The vintage set contains three classics which have each become fundamental kitchen additions throughout the brand's 100 year history.

£11.99, [pyrexuk.com](http://pyrexuk.com)



**FARMHOUSE FOODS**

A brilliant Christmas present idea, this delicious selection of best-selling sweet and savoury products comes beautifully presented in a wicker basket with a contemporary white wash finish.

£33.55, [cottagedelight.co.uk](http://cottagedelight.co.uk)



**FAIRYTALE BOOTS**

Pixie boots have that timeless appeal which manages to keep them consistently in fashion and their comfortability makes them a pleasure to wear. Vegetarian Shoes has created these delightful brown Pixie Boots which not only look the part, but are completely ethical, too!

£64.95 from [vegetarian-shoes.co.uk](http://vegetarian-shoes.co.uk)



**JUICY FRUITY**

Equipped with a powerful motor to thoroughly chew up plant fibers to fully extract healthy vitamins, enzymes and minerals from fruits, vegetables and wheatgrass, The Omega Sana has got to be one of the best juicers on the market right now. Although, it's not only for juicing – it can easily make nut butter, grinds coffee and spices, minces herbs and garlic and whips up stunning soya milk!

£319, [ukjuicers.com](http://ukjuicers.com)

THE CHRISTMAS TOP-UP SHOP

Our round up of the best meat-free marvels to hit shops this Christmas



**MEADOWS AND FLOWERS**

This gift pack combines a jar of the lovely Flowers of Scotland seasoning teamed with a jar of the fabulous Moffat Meadows. These two highly colourful flower petal-based, low-salt seasonings are fantastic for spreading over your roast vegetable dishes to add some more colour and flavour.

£5.55, [uncleroys.co.uk](http://uncleroys.co.uk)



**BIG CHEESE**

A Big Cheese Making Kit is beautifully designed, simple to use, and makes fresh homemade cheese in around an hour – each pack makes at least 10 batches! Also available is the new Ultimate Cheese Making Kit, which makes an amazing 40 batches of eight different varieties and comes complete with cheese moulds, herbs and spices and a beautiful recipe book! What's more, they are all vegetarian – enter 'VEGGIE' when ordering for a 10 percent off discount!

£36, [bigcheesemakingkit.com](http://bigcheesemakingkit.com)

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# SOY & QUINOA COUNTRY ROAST

with fresh Italian parsley & rosemary



SERVING SUGGESTION



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Dear Santa.

My name is Isabella and I am 10 years old.

Me and my family love animals and don't like to eat them, ever. That's why we like to eat Fry's. Santa, did you know that Fry's make food that looks and tastes exactly like meat? Mum says it's cruelty-free and good for us. It has no chemicals or the GM stuff. She says that's really important. My best are the Nuggets! Totally delicious. We aren't the only family that don't eat meat, because even the Fry Family don't eat meat.

So, all I want for Christmas is a yummy Country Roast with all the goodness that comes from plants.

I have been really good this year.

Love Isabella

PS those nice people at Fry's have said it will be available all year round as well as Christmas.



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**WORLD HOT SAUCE AWARDS**

**HOT STUFF !! By Uncle Roy**

These - and many more - from top stores or from [www.uncleroys.co.uk](http://www.uncleroys.co.uk)

# If you do one thing this month...

## MULL IT OVER



Warmed, spiced and heady with seasonal scent; this is the magic of mulled wine at Christmas. The fragrant favourite is so evocative of the festive spirit that even if you're not a fan of the Yuletide drink, you still find yourself being lured by the aromatic pull of the wintery wine.

But, if you fancy toasting the year's good tidings without the worry of a hangover from hell, try this Virgin Mulled Wine recipe from Rocks Drinks ([rocksdrinks.co.uk](http://rocksdrinks.co.uk)). It packs a fruity punch and is made with organic cordials for added goodness.

### TRY IT!

In a large pan heat Rocks Spiced Fruit Punch Cordial and water at a ratio of 1:5. Add a couple of cinnamon sticks, a few crushed juniper berries, some star anise and a bay leaf. Gently heat allowing the spices to steep in the cordial and your house to fill with Christmassy smells.



TRIBEST



## Soyabella Milk Maker

Homemade vegan milks at the touch of a button!

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- ◆ Soya milk in 15 minutes
- ◆ Oat, rice and coconut milk in minutes

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[tribest.co.uk](http://tribest.co.uk)

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# EAT HEALTHIER, GET HAPPIER

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Jamie Oliver is back, but this time he's talking superfoods. Here's our pick of our favourite recipes from his new book, *Everyday Super Food*





## Mega Veggie Burgers, Garden Salad and Basil Dressing

### SERVES 4

350g firm silken tofu  
 1 large free-range egg  
 75g wholemeal breadcrumbs  
 2 heaped teaspoons Marmite  
 8 ripe tomatoes  
 1 tablespoon red wine vinegar  
 2 sprigs of fresh basil  
 4 soft wholemeal buns  
 400g mixed seasonal salad veg, such as cucumber, red cabbage, apples, cress, baby spinach  
 olive oil  
 2 sprigs of fresh rosemary  
 50g Cheddar cheese  
 50g gherkins

### CREAMY BASIL DRESSING

4 sprigs of fresh basil

4 tablespoons natural yoghurt  
 1 tablespoon white wine vinegar  
 1 teaspoon Dijon mustard  
 ¼ of a fresh red chilli

**1** Wrap the tofu in a clean tea towel, then squeeze and wring it out to remove the excess liquid (about 4 tablespoons should come out – it's messy, but really important to do this for great burger texture later). Place the tofu in a bowl, scraping it off the tea towel. Crack in the egg, then add the breadcrumbs and Marmite. Mix and scrunch together really well with clean hands, then shape into 4 even-sized patties that'll fit nicely in your buns once cooked.

**2** Roughly chop the tomatoes and put into a dry non-stick frying pan on a high heat with a pinch of black pepper, a splash of water and the vinegar. Squash the

tomatoes with a potato masher, cook for 10 to 15 minutes, or until thick and delicious, then tear in the basil leaves and season to perfection (I sometimes add a pinch of dried red chilli flakes too, for a kick). If you want to plump up your buns, pop them into a warm oven for a few minutes.

**3** Meanwhile, finely slice or prep all the salad veg. Next, pick the basil leaves into a blender and blitz with all the other dressing ingredients and a pinch of salt and pepper until super-smooth. Place 2 teaspoons of oil in a large non-stick frying pan on a medium heat. Pick the rosemary leaves into the pan in four piles, place the patties on top and cook for 3 minutes on each side, or until golden. Slice or grate the cheese, place on the patties, reduce the heat to low, then cover and leave to melt for 3 to 4 minutes. Spread the tomato sauce into the buns, then sandwich the cheesy burgers and sliced gherkins inside. Toss the salad with half the dressing (save the rest for another day), serve alongside the burgers and enjoy – totally awesome.

CALORIES	FAT	FAT SAT	PROTEIN	CARBS	SUGAR	FIBRE	TIME
492kcal	15.7g	4.6g	24.9g	44.8g	12.1g	9.3g	45 Minutes

## Spelt Spaghetti, Vine Tomatoes & Baked Ricotta

### SERVES 4

olive oil  
 ½ a bunch of fresh thyme (15g)  
 4 cloves of garlic  
 ½–1 fresh red chilli  
 1 lemon  
 500g ripe mixed-colour cherry tomatoes, on the vine  
 250g best-quality ricotta cheese  
 320g dried spelt spaghetti  
 4 handfuls of rocket  
 optional: balsamic vinegar

**1** Preheat the oven to 180°C/350°F/gas 4. Pour 3 tablespoons of oil into a small bowl. Run the bunch of thyme under a hot tap for 3 seconds to reawaken it, then shake dry and strip the leaves into the oil. Peel the garlic, then finely slice it with the chilli and add to the bowl. Finely grate in the lemon zest, add a pinch of sea salt and black pepper and mix together. Lay the cherry tomatoes in a 30cm x 40cm baking tray. Rub the flavoured oil all over the ricotta and place in the centre of the tray, then gently rub the remaining oil over the





tomatoes. Add a splash of water to the tray, place in the oven and roast for 45 minutes, then remove. With 10 minutes to go, cook the spaghetti in a pan of boiling salted water according to the packet instructions.

**3** Lift the ricotta out of the tray, then shake the tomatoes off the vines, discarding the stalks. Add half a mug of pasta water to the tray and gently shake to loosen all the sticky goodness from the base. Drain the spaghetti and toss straight into the tray with a squeeze of lemon juice, season to perfection, then break that beautiful ricotta over the top. Sprinkle over the rocket, toss together well, then serve. My missus likes this with a little drizzle of balsamic, too.

CALORIES	FAT SAT	FAT	PROTEIN	CARBS	SUGAR	FIBRE	TIME
492kcal	18.9g	5.0g	16.3g	61.7g	9.2g	7g	1 HR

## Happiness Pasta, Sweet Tomato, Aubergine & Ricotta

**SERVES 4**

- 2 aubergines
- 1-2 fresh red chillies
- 40g pine nuts
- 2 cloves of garlic
- 1 bunch of fresh basil (30g)
- olive oil
- 2 x 400g tins of plum tomatoes
- 300g dried wholewheat fusilli
- 200g ricotta cheese
- 10g vegetarian Parmesan cheese

**1** Sit a double-layer bamboo steamer over a large pan of boiling salted water. Halve the aubergines lengthways and add to the baskets skin side up, with the whole chillies. Cover and steam for 25 minutes, or until

soft and tender, then remove. Transfer the chillies to a small bowl and cover with clingfilm.

**2** Lightly toast the pine nuts in a large casserole pan on a medium heat, then lightly crush in a pestle and mortar. Peel and finely slice the garlic and finely chop the basil stalks, then add to the pan with 1 tablespoon of oil and return to the heat to cook until golden. Tip the tomatoes into the pan through your hands, crushing and scrunching them up as you go. Fill each tin with water, swirl it around, and add to the pan with a good pinch of sea salt and black pepper. Bring to the boil, then simmer gently for 30 minutes, or until reduced by half, roughly chopping and adding the aubergines for the last 10 minutes.

**3** Meanwhile, cook the pasta in the pan of boiling salted water according to the packet instructions, then drain, reserving a mugful of cooking water. Peel and deseed the chillies, then finely chop and stir into the sauce. Tear in most of the basil leaves and season to perfection. Toss the pasta and ricotta through the sauce, loosening with a little reserved water if needed. Serve with the pine nuts and remaining basil leaves scattered over, with a grating of vegetarian Parmesan.

CALORIES	FAT SAT	FAT	PROTEIN	CARBS	SUGAR	FIBRE	TIME
472kcal	18.9g	5.3g	20.5g	60.2g	12g	10g	1 HR



*Everyday Super Food* by Jamie Oliver is published by Penguin Random House © Jamie Oliver Enterprises Limited (2015 Everyday Super Food) Photographer: Jamie Oliver

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**NATURAL  
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Image: Shutterstock

# BEAUTY BAG INSIDER

Party-girl-turned-mum-of-one, **Denise Van Outen** is no stranger to glamour. Here, we discover which cruelty-free, skin saviours she swears by...

From *The Big Breakfast* and the West End, to Mount Kilimanjaro and the golf course, Essex-born beauty Denise Van Outen, 41, certainly puts her skin through its paces. But layers of make-up for TV appearances, paired with the harsh natural

elements when playing sports can wreak havoc with her skin. So, what *Veggie* really wants to know is how the glamorous star maintains her glowing complexion. This month, we dip into her make-up bag to find out her beauty secrets.

**1 Odylique Timeless Rose Moisturiser**

"I've discovered Odylique Essential Care Timeless Rose Moisturiser which is the ultimate – I can't live without it!"

**2 Trilogy Vital Moisturising Cream, £27.50 [trilogyproducts.com](http://trilogyproducts.com)**

"It's important to use an SPF and I love the vital moisturiser from Trilogy."

**3 Dermalogica Power Rich, £142.40, [dermalogica.co.uk](http://dermalogica.co.uk)**

"I use Dermalogica Power Rich around my eyes and lips and it really moisturises."

**4 Self-tanning Hydrating Body Care, £74.50, [sisley-paris.com](http://sisley-paris.com)**

"For a hint of healthy colour I apply this. It's my favourite because it looks natural all-year-round."

**5 Dermalogica Multi-active Toner, £26.40, [dermalogica.co.uk](http://dermalogica.co.uk)**

"I'm a massive fan of Dermalogica products. I love Dermalogica facials after a busy week."

*Denise loves Odylique - it's 100 percent natural, suitable for vegans and cruelty-free*



2

3

5

1

4

trilogy  
SPF15  
Vital Moisturising Cream SPF15  
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multi-active toner  
developed by The International Dermal Institute  
8.4 US Fl. Oz. 250 mL e

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BY ESSENTIAL CARE  
Timeless Rose Moisturiser  
Crème Hydratante Tempo à la Rose

SUPER SOIN AUTOBRONZANT HYDRATANT CORPS  
SELF TANNING HYDRATING BODY SKIN CARE  
sisley PARIS  
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## Christmas Delights



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ready to eat...

...or ready to cook



# Hodmedod's BRITISH PULSES

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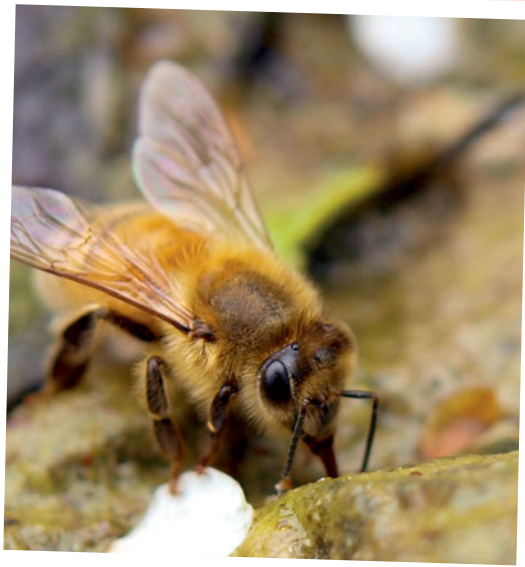
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# RIGHT ON THE **HONEY**

Regularly suffering from digestive stress or feeling heavily bloated? Manuka honey could be the solution to ease the unpleasantness...



When you vocalise your uncomfortable feelings brought about by digestive issues are you regularly confronted with old wives' tales and rather abstract methods of helping to ease congestion? Well, fret no more, as the new superfood on the block aids digestion amongst a whole host of other benefits, to help you feel on top of your game!

Manuka honey has taken the health world by storm by promoting great gut health, Manuka has taken the world by storm said to ward off colds and promote great gut health. It's an all-rounder when it comes to wellness.

## Adored by many

Manuka honey has been used amongst the Maori community in New Zealand's North Island for centuries thanks to its array of health benefits. Maori people

originally cottoned on to its nourishing properties after using the leaves of the Manuka plant for a medicinal drink, which was rumoured to help reduce high fevers, while the oil from the crushed leaves were used as a natural antiseptic.

If you're suffering from a sore throat it has wonderful soothing qualities and also aides a speedy recovery when wiped on exterior cuts and blemishes. Celebrities like Gwyneth Paltrow and popular food bloggers also incorporate it into their recipes, as it tastes delicious, too!

Manuka Health is one of New Zealand's largest Manuka honey producers. It pioneered the use of MGO™ Manuka Honey Quality System as an indicator of strength reassuring that you are making the right choice and purchasing genuine manuka honey.

In addition, the Manuka Health range includes propolis, royal jelly, bee pollen, skin and oral care products. The investment in the science behind Manuka has led the company to develop an exciting new product called Manuka Honey Cyclopower.

## Get your honey kick

With the rise of Manuka honey catching the attention of health conscious foodies worldwide, the convenience of Manuka Health's CycloPower vegetarian tablets couldn't come at a better time. The condensed and super-charged tablets contain a huge dose of healthy honey goodness and their low-GI makes them an ideal solution for diabetics or people

on low-sugar diets. The pills maximise the activity of the Manuka honey, with helpful cyclodextrins (a plant-derived fibre) providing a protected route deeper into the digestive system.

If you're always on the go then the convenience of the travel-friendly tablets means they can easily be stored in your handbag without any fuss. The 100 percent natural ingredients make it the perfect supplement to stimulate the growth of prebiotic gut bacteria and encourage digestion. You'll soon be able to enjoy a post-dinner coffee or wine without the worry!

## Help yourself!

Don't sideline your health – if you're your stomach is feeling a little uneasy or perhaps your bones seem a bit on the achy side, give Manuka honey a try. The benefit of ordering the vegetarian tablets means you'll get your recommended dosage without having to worry about how you'll include honey in your food or drink every single day.

With the start of a new year just around the corner, you'll be wanting to feel more invigorated. Give Manuka Health's CycloPower tablets and try and see if this superfood can make you feel super-charged!



GO TO [GENUINEMANUKA.COM](http://GENUINEMANUKA.COM) FOR MORE INFORMATION ON THE PRODUCT RANGE. FIND MANUKA HEALTH IN YOUR LOCAL HEALTH FOOD STORE, PHARMACY AND ONLINE

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OUR SMELLICIOUS NATURAL COCONUT RANGE IS AVAILABLE  
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*Go on,  
free the fragrance*



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Coconut  
Shower Gel  
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KEEP YOUR COOL OVER  
*Christmas*

It's the most wonderful time of the year – or at least it should be. But trying to wrap Pinterest-perfect presents, cook for the in-laws and make the last post, can often sap the fun out of the festivities. Neil Shah (The Stress Management Society) has come up with these seasonal stress busters to help you stay cool, calm and collected

# 1

## DITCH THE NEED TO BE PERFECT

From a Michelin star spread and a plethora of tasty cocktails, to a perfectly dressed tree and home crafted decorations, all taken care of without a hair out of place! I'm sure all of us can agree that we can put too much pressure on ourselves during the festive period.

Neil says: "Having a realistic expectation of Christmas will help you to overcome trying to make everything 'perfect'. Aiming for perfection only adds more pressure on yourself, remember 'sloppy success is better than perfect mediocracy'. This applies to everything to do with Christmas, from the food to the decorations."

### TRY IT

Create buffer times; for example, decorating the tree. This can be relaxing, don't aim for perfection and turn it into a stressful activity.

# 2

## DON'T TAKE IT PERSONALLY

You've spent all day slaving over a hot stove, preparing a delicious meal for everyone, only for your mother-in-law to make a throw away comment about the figgy pud – we've all been there!

Neil says: "You may be fretting about what a critical family member is going to say about your cooking, your decorations or your hosting skills, try to remember to keep calm and not to take things personally. Instead, try and see everyone's positive intentions and let things go."

### TRY IT:

Preparing a seating plan is a good way to avoid confrontation arising, this way everyone can have an enjoyable meal time.



## 3 MASTER YOUR TIMINGS

Picture the scene: the nut roast is in the oven, your veggies are all prepped and ready to go, but you've forgotten to put the potatoes on!

Neil says: "Master your food timings with an efficient time table so you know what to cook, when to cook and how long it will all take."

### TRY IT

Rescue Remedy offer products that can keep you calm and provide you with clarity in stressful situations.



# 4

## STICK WITHIN YOUR BUDGET

If you're anything like us, when it comes to planning the big day, you can sometimes get swept up in the excitement of it all. This in turn, means the budget goes well and truly out the window! But you don't have to break the bank in order to have a good Christmas. Neil says: "When it comes to spending, plan ahead. It's very easy to start creeping over your budget, which will only result in more stress. Decide who you need to give presents to, what you are going to get them, and the budget for each person. You could write this down effectively in a spreadsheet, that way you'll be able to stop yourself overspending."





### SHARE THE LOAD

As much as we love a juggling act – work deadlines, social commitments, family demands – you don't have to do it alone. Delegating doesn't mean you've failed.

Neil says: "Get the whole family involved; kids love wrapping presents and decorating the house, so include them in the festivities and take the weight off your shoulders."

#### TRY IT:

Wrapping presents often means staying up late on Christmas Eve, but it doesn't have to be this way. Many shops and online vendors offer wrapping services – why not get a little extra help so you have more time to relax?



### AVOID EXCESSIVE ALCOHOL

Mulled wine, Christmas cocktails and copious amounts of fizz; it can

be almost impossible to avoid your favourite tippie in December. But when you feel frazzled take a moment before reaching for the bottle.

Neil says: "When in a state of stress the body becomes naturally stimulated. Nicotine, alcohol, caffeine and refined sugar products are all stimulants, so using them will only prolong your state of stress. Instead, keep well hydrated by drinking water or herbal teas."

#### TRY IT:

Caffeine produces cortisol, so drinking decaf coffee is a better option.



### ENJOY THE DAY!

'Tis the season to be jolly, so don't spend the build up to Christmas or the day itself worrying, fretting and stressing. Neil says: "If you find yourself getting worked up, doing some simple breathing techniques will help you relax":

- ❁ Sit or stand in a relaxed position
- ❁ Slowly inhale through your nose, counting to five
- ❁ Let the air out from your mouth, counting to eight
- ❁ Repeat several times



### GET ORGANISED

You've been eyeing up that new stationery set for weeks, so treat yourself to an early pressie to help your Christmas prep!

Neil says: "Being organised will help you overcome the most stressful situations that could arise. Make a to-do list and check off things when they are done, perhaps even put a date next to each task so you know when things need to be completed. For example, knowing when the last Christmas post goes, and making sure your cards are sent before this date."

#### TRY IT:

Things may go wrong; creating buffer times means you have extra time in your day to sort out things that haven't gone to plan, without becoming behind on your other tasks.



# Beauty Boost

We've sought out the best cruelty-free beauty buys this month

**LOVE BOO MAGIC BALM, £12.99, LOVEBOO.COM**



**THE PRECIOUS METALS COLLECTION, £14.99, LILYLOLO.CO.UK**



**JANJIRA THERAPY MASSAGE CANDLE, £30**

Contains a morning bath and shower oil



**AROMATHERAPY ASSOCIATES THE STAR, £10, AROMATHERAPYASSOCIATES.COM**

**CLOVE, ORANGE AND GERANIUM FOAMING BATH, £5.99, ORGANICSURGE.COM**



**AKOMA SKINCARE SHEA MILLION, FROM £5.18, NATRECO.COM**

**ODYLIQUE ULTRA RICH BALM, £19**



**REFINE & POLISH MIRACLE BALM, £57, AURELIASKINCARE.COM**



This product is veggie



**BENECOS CHERRY RED NAIL POLISH, £6.95, PRAVERA.CO.UK**

**FAITH IN NATURE FRUIT SHOWER GEL & FOAM BATH MINIS GIFT PACK, £10.99, FAITHINNATURE.CO.UK**



Veg Soc approved



**ORGANIC SKINCARE GIFT BOX BY YOURS TRULY ORGANICS, £99, YOURSTRULYORGANICS.COM**

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# Christmas cooking with TIANA Coconut Superfoods

Who wants to have the healthiest and tastiest Vegetarian & Vegan Christmas...Ever?

Christmas celebrations will be super delicious and also super healthy



TIANA Fair Trade Organics would love you to experience the best vegan tasting food for Christmas. Why not use TIANA Fair Trade Organics Coconut Baking Flour to make a delicious Christmas cake that is high in protein and fibre, also suitable for gluten free diets.

When it comes to cooking the perfect vegan Christmas dinner there is nothing better to use than TIANA Fair Trade Organics cooking butters. Coming in two varieties they are both delicious in taste and are highly nutritious. There is no coconut taste or aroma and are a great alternative to your other everyday cooking oils. The healthy bonus is they are both cholesterol and trans-fat free.

Everyone loves a wholesome slice of Christmas cake. Well with TIANA Fair Trade Organics Premium Organic Crystallised Raw Coconut Nectar you can add a really tasty dimension to your cake making. Packed full of important nutrients that are essential in a vegetarian and vegan diet this is a guilt free alternative to other sugars and syrups you would usually use to create the Christmas cake that will have all your friends and family reaching for another slice.

We all like to have a dessert at Christmas time. If your preference is traditional Christmas pudding then why not try a dessert spoon of TIANA Fair Trade Organics Raw Coconut goodness on top. It is the pure white unsweetened coconut flesh from raw organic coconuts delivering a heavenly delicious, smooth and creamy taste and consistency. Also ideal for the topping on your ice cream or the filling in your pastries. For that extra bit of indulgence use in your favourite smoothie or Christmas cocktail, shaken and stirred!

On Boxing Day the challenge is what to do with your leftover veggies. Well, why not make a delicious and nutritious tasting vegetable curry cooked with TIANA Fair Trade Organics Extra Virgin Coconut Oil. A great dish for both vegetarians and vegans this award winning Raw Extra Virgin Coconut Oil is essential for a healthy balanced diet and contains the highest content of Lauric acid. Delicious and delicate in flavour it is cholesterol and trans-fat free and the perfect accompaniment to cooking on Boxing Day.

Whatever your preference is we hope you enjoy cooking at Christmas with TIANA Fair Trade Organics wonderful coconut portfolio of products, all of which are suitable for vegetarian and vegan diets.

The Premium TIANA brand has been established for 10 years, winning multiple awards and is loved by consumers, making TIANA Fair Trade Organics Coconut Superfoods and Beauty Sensations must have for Vegetarian and Vegan Christmas celebrations.

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**For information please call us on 020 8427 1695 or visit [www.tiana-coconut.com](http://www.tiana-coconut.com)**

# If you do one thing this month...

MAKE TIME FOR TEA

Tea lovers rejoice! Nothing tastes as good as a comforting cuppa on a crisp winter's morning, but discovering that the nation's favourite tippie is as hydrating as a glass of good old H<sub>2</sub>O, is music to our ears.

In a review by the Tea Advisory Panel ([teaadvisorypanel.com](http://teaadvisorypanel.com)) the traditional brew is not only a wonderful way to rehydrate, but also aids weightloss, strengthens bones and supports cognitive function – chuck that on the pile of reasons why we love it!

We're obsessed with the beautifully illustrated Christmas Carousel Collection from Newby Teas (£20 for three) – perfect for an elegant stocking filler.



*“Nothing tastes as good as a comforting cuppa on a crisp winter’s morning”*



**benecos**  
natural beauty



Available from health shops, independent retailers and online - [www.benecos.uk](http://www.benecos.uk)



# GET THE NATURAL BEAUTY GLOW

Veggies are known for their attentiveness and care when it comes to the food they eat and this shouldn't stop at make-up and skincare. Wake up to the beauty of vegetarian and vegan cosmetics by **Benecos**

When shopping for further additions to your make-up bag, are you often left perplexed by the sheer amount of unpronounceable ingredients on the back of a packet? It's probably wise to guess that if something you're putting on your body has the same sounding name as some sort of space age robot, it's likely it's not going to be the best thing to use on your body.

## Healthy beginnings

One manufacturer which considers natural ingredients as paramount to your beauty routine is Benecos. The company is one of Europe's fastest growing natural cosmetic brands and was founded in 2008 by Silke and Stephan Becker in Aschaffenburg, Germany. Stephan had a career in conventional cosmetics, but working in this industry did not merge well with the couple's shared philosophy to live an eco-friendly lifestyle.

With the knowledge that Stephan obtained and with the added enthusiasm from Silke, who grew up working at an organic grocery store, starting a natural beauty company was a natural progression in their lives. Silke and Stephan had also started to worry about their teenage daughter using conventional cosmetics with rather questionable ingredients. From this shared mind frame Benecos Natural Beauty was born. The idea was to create top-quality and modern organic colour cosmetics at a low retail price. The name Benecos stands for 'good cosmetics' – in Latin, bene means 'good' and cos stands for 'cosmetics'.

## Boost your make-up bag

Benecos' natural beauty portfolio incorporates high-quality, affordable natural make-up, nail polishes and natural skincare products attracting the younger generation to the world of natural beauty.

The stylish products are BDIH-certified (except nail polish) with a strong focus on using organic ingredients and making sure that many of the different products are vegan, too. Being 100 percent natural and certified by BDIH means that the products don't contain any paraffin, parabens, silicones, PEG and synthetic colours or fragrances.

## All natural

Natural ingredients such as plant oils, fats and waxes, herbal and flower extracts, essential oils and fragrances, from certified organic sources or wild collection are used – the company is proudly listed on Peta's positive list. The colourful Happy Nails polishes have a 5-FREE texture, which means they are free-from formaldehyde, toluene, camphor, phthalates and colophony. They're a fantastic alternative for the modern health-conscious woman who wants no nonsense on her nails!

Recently, Benecos relaunched a skincare line, which has proved hugely popular, and the new Natural Care range is BDIH-certified and certified by the

Vegan Society. The products are perfect for the daily head-to-toe skincare ritual, with refreshing deodorants, shower gels and a gentle toothpaste recently added to the range.

The new Natural Care products are made using spring water from the Alps and contain a Benecos organic mixture called Biomix, which consists of seven plant extracts from organic farming. It's examples like these which show that the company goes above and beyond to source ingredients which can make a difference.



VISIT [BENECOS.UK](http://BENECOS.UK) TO DISCOVER MORE ABOUT THE GREAT HEALTHY COSMETICS AVAILABLE



# ALL THAT GLITTERS

*Step away from the flashing Rudolph head set, put down the novelty knit, it's time to chic up your Christmas party wear with these seasonal offerings*

When Christmas comes calling it's not just snowflakes that potentially start falling; if we're not lucky enough to have a white Christmas this year, we're certainly guaranteed a sparkling one. From shiny metallics and twinkling sequins, to faux fur accessories and luxurious lace, we've picked out the best pieces to see you through the festive season. You're welcome!



M&S COLLECTION WRAP METALLIC DRESS, £45, [marksandspencer.com](http://marksandspencer.com)

*Add a touch of festive glamour with this faux fur collar*



BLAKE FAUX FUR COLLAR, £35, [phase-eight.com](http://phase-eight.com)



DRESS, £50, [wallis.co.uk](http://wallis.co.uk)

NINE BY SAVANNAH MILLER SILVER SEQUINED SKIRT, £55, [debenhams.com](http://debenhams.com)



*Inject a little sparkle into your ensemble with this mini skirt*



REGINA DRESS, £119, [monsoon.co.uk](http://monsoon.co.uk)



MICHAEL KORS LADIES' DARCI CARAMEL SUNRAY WATCH, £206, [watchshop.com](http://watchshop.com)



BUTTERFLY BLACK ICE STATEMENT CUFF, £68, [butterfly-jewellery.com](http://butterfly-jewellery.com)

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# Set it right

We enlisted the help of **Chef Loïc Malfait** from the prestigious cookery school **Le Cordon Bleu** to share top tips to ensure you have the most luxurious table setting this Christmas



“In a bid to find something creative and elegant, a shabby chic style Christmas can provide the perfect setting to spend time with family and friends.

“Don’t forget to make people feel comfortable at the table. Sometimes if you have the formal setting of cutlery from soup spoons, fish knives, starter and main cutlery, then dessert spoons and cheese knives, it can be overwhelming. So, minimal cutlery or a pot of knives and forks on the table can

work better. Also, try to find cloths and table ornaments that people haven’t seen every Christmas.

“Vegetables are hugely important when it comes to a successful Christmas dinner, and on a cake stand you can stack Brussels sprouts and honey roast winter vegetables brochette. What’s more fun than presenting a traditional food in a surprising way?

“Depending on which dishes you pick, you may need gravy. However, I would suggest always serving it in a separate dish so that your food doesn’t

lose its crisp textures.

“A lovely trend I’ve seen coming through in restaurants this season is a mix of individual and sharing styles. Treat each guest as an individual, with their own candle or menu in a personalised box, but let everyone dine and be involved in the food together, and that’s easy to recreate at home.”

**For more information about Le Cordon Bleu London and its courses, please visit [cordobleu.co.uk](http://cordobleu.co.uk)**





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# TO MARKET WE GO

The fresh smell of pine, spiced wine and warming gingerbread, married with a sea of twinkling lights; what better way to get into the festive spirit than a trip to a Christmas market

## VIENNA, AUSTRIA

Set on the banks of the River Danube is where you'll find the city of Vienna; alive with the music of Mozart, oozing festive cheer and charm. The imperial city is bursting with cultural things to see and do, including Austria's largest Christmas market. Vienna is home to some incredible architecture, which provides the ideal setting for your Christmas vacay. The winter markets are dotted around all over the city, with hundreds of stalls offering traditional gifts, decorations and tasty treats to tempt your tastebuds. **For further information on Inghams' Christmas market breaks, go to [inghams.co.uk](http://inghams.co.uk)**



## BRUGES, BELGIUM

Soak up the magic of Bruges' enchanting Christmas market and ice rink this winter. The famous city is known for its network of canals, Medieval architecture and the stunning setting of its ever-increasingly popular Christmas market. The cosy festive atmosphere paired with the vibrant Yuletide stalls makes this winter break a must-visit.



## NUREMBERG, GERMANY

Fancy something a bit different? Nuremberg is an historic city and home to one of Germany's most famous Christmas markets. You can meander through the narrow streets to discover more than 180 decorated stalls selling handmade ornaments and local specialities, including 'Zwetchgermoh', good-luck charm figurines made from dried fruit and nuts. As you weave through the market expect to be tempted by festive scents of warming mulled wine and spiced gingerbread – delicious! The quaint market is the ideal setting to get into the festive spirit, and is in walking distance to the city centre. And, to finish off your magical stay, make sure you take a trip to the 'Kaiserburg' Imperial Castle, which over looks the entire city. **Go to [inghams.co.uk](http://inghams.co.uk) to book your trip.**



## BURY ST EDMUNDS, SUFFOLK

This historic Suffolk market town is set to be transformed into a sparkling Christmas wonderland, complete with colourful stalls selling local produce and crafts, as well as fairground rides and on-stage entertainment. The Angel Hill area of Bury St Edmunds is the ideal setting for a festive market, and it coincides with the Cathedral's Christmas Fair, so you'll get a double dose of Christmas cheer. **Find out more by calling Bury St Edmunds' Tourist Information Centre on Tel: 01284 764 667.**

## MUNICH, GERMANY

Love Christmas? Then what better way to embrace festive cheer than a visit to the original Christmas market? Munich is rich in history and culture, but it's also where you'll find Germany's oldest festive market, on the Marienplatz Square, overlooked by the city hall. The array of stalls sell the usual Yuletide trinkets, including hand-carved tree decorations, music boxes and nutcracker soldiers. But, the impressive 100ft Christmas tree is a must-see, decorated with 2,500 candles, lighting up the square. **Visit [inghams.co.uk](http://inghams.co.uk) for more information**

## TASTE OF LONDON WINTER, EAST LONDON

Is there anything more enticing at this time of year than the promise of cheese, wine and chocolate tastings? We didn't think so either! That's why we're super-excited about the return of Taste of London Winter; a Christmassy feast for the senses. Located at Tobacco Dock the restaurant festival sees top chefs put their unique twists on seasonal classics in live demonstrations. Plus, there's also live music going on throughout the day. **Head to [london.tastefestivals.com](http://london.tastefestivals.com)**



## ST ALBANS, HERTFORDSHIRE

If anywhere knows a thing or two about markets, it's Hertfordshire city St Albans. It boasts one of the oldest regular markets in the UK, dating back the 9th century. So, with that in mind, the historic town plays host to a 25-day festive event in the beautiful Vintry Garden; a stunning walled garden adjacent to St Albans Cathedral. You can expect decorated wooden chalets selling everything from quaint decorations and stocking fillers, to unique pressies for your nearest and dearest. The best part? There's a dedicated bar in the market where you can grab a cup of mulled wine for a well-deserved break from the hustle and bustle. **Visit [enjoystalbans.com](http://enjoystalbans.com) to find out more.**

## PLYMOUTH, DEVON

Craft lovers and foodies rejoice! There's a new Christmas Craft and Food Market coming to town, with more than 50 stalls of traditional Yuletide fodder and festive gift ideas. The enchanting log cabins will be decked out with sparkling lights and seasonal wreaths to add to the wintery atmosphere, plus there'll be a new ice rink and a snow falling effect feature for a truly magical day.

**For further information, go to [visitplymouth.co.uk](http://visitplymouth.co.uk)**



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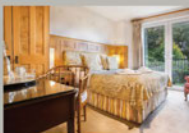
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LIVE LIKE A LOCAL IN...

# BATH

Walk around the cobbled streets of Bath and you'll find more extraordinary vegetarian destinations than you can shake a stick at. These are the restaurants you simply have to visit...

*There's no wonder why Bath provided inspiration for the likes of Austen and Dickens – the honeyed stone and myriad visual delights of the World Heritage City have a delightful grandeur which is infectious. However, be warned! You might suffer some neck cramp from looking at the impressive architecture and surrounds.*

Kick-start your day in the freshest way possible; the nutritious and tasty smoothies at Beyond the Kale are the perfect way to do so. This cute little spot serves some great juices, which are all reasonably priced to boot. You can even add a little Superfood Booster, like chia seeds to your drink, if you want to add a smidgen of pizzazz!

## Bathe in gloriousness

The perfect place to refuel with some splendid grub is the Green Rocket Café. Situated in the heart of the city and overlooking the beautiful Bath Abbey and Parade Gardens; if you're lucky enough to visit on a sunny day, it's ideal for sitting outside and sipping on a frothy coffee.

With Green Rocket Café's laid-back atmosphere making you feel instantly comfortable, you'll want to order absolutely everything on the varied menu. Almost all the mains included on the lunch menu are gluten-free and vegan, which makes it the ultimate

fuss-free food foray. We recommend the parsnip, kale and cashew nut curry to warm you up and keep you satisfied until dinnertime!

## Tuck in!

Vegetarians who keep their ears firmly planted to the ground will know all about Acorn Vegetarian Kitchen – a prestigious meat-free restaurant with a glistening reputation. It deservedly warrants a trip to Bath solely to visit this fabulous eatery. Prepare to be bamboozled by complex dishes which will keep you continuously reminiscing about the awe-inspiring flavours for months to come. Expect exceptional veggie cuisine like seared braised fennel with pistachio pâté, chickpeas in a smoked tomato sauce, green olives and a saffron lemon gel. If you're only paying Bath a fleeting visit, then pop by for lunch and enjoy the plethora of tasty veggie options – you'll kick yourself if you don't!

We'd recommend making the most of your evening and exploring the menu to its fullest – definitely don't miss out on the gorgeous cocktails. They're the perfect tippie to end the meal with a bang and make the most of the yummy organic and local fruit on offer, too.



**TOP:** OLD ROMAN BATHS  
**LEFT:** PUTNEY BRIDGE AND RIVER AVON  
**BELOW:** A VIEW OF BEAUTIFUL BATH AND ITS GRAND CATHEDRAL

Do you live in or around Glasgow? We want your veggie recommendations for next month. Tweet us @veggimagazine or find us on Facebook



## OVER TO YOU

[veganbristol](#)

Has to be @GreenRocketCafe, @AcornVegetarian, @BeyondKale and @Yakyatiyak1

[Lindsey Clarke, via post](#)

No trip to Bath is complete until you eat at the wonderful Acorn Vegetarian Kitchen – it's a life changer!



# WIN!

## THE ULTIMATE JAMES MARTIN BAKING SET

Nominate your favourite veggie brands and enter our prize draw for one of 10 amazing baking bundles!

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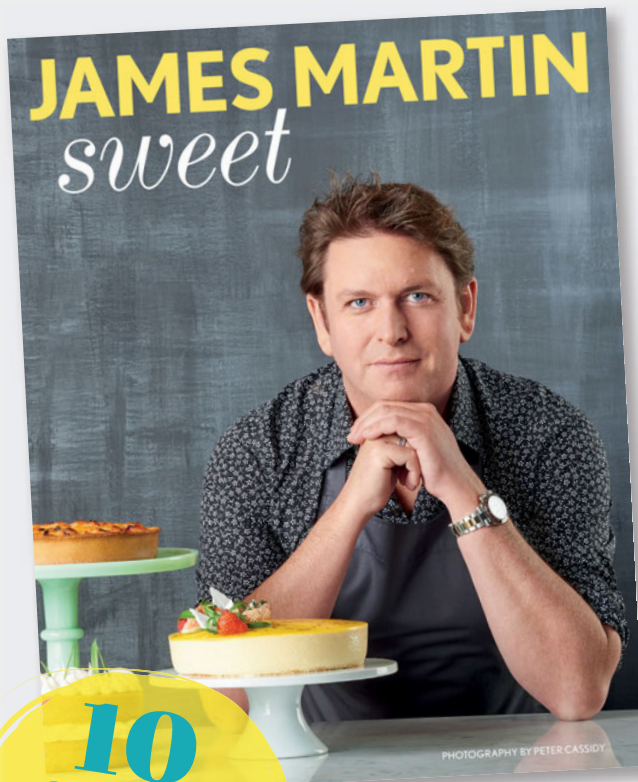


The Veggie Awards are back, and we want to know about your favourite brands – complete and then post the form opposite to the address listed, or head online to [vegetarianrecipesmag.com/awards](http://vegetarianrecipesmag.com/awards).

By entering your nominations, you'll automatically be entered into a prize draw to win one of 10 James Martin baking bundles worth £108 each, plus a copy of his latest book *Sweet* worth £20!

If you love whipping up cakes and bakes for your friends and family, do we have the prize for you! The nation's favourite TV chef James Martin has teamed up with cookware favourites Stellar Cookware to release 13 bakeware essentials that every serious cook should have; *The Baker's Dozen*. Here, you can win five of these incredible products, including the baking tray, the muffin/cupcake tin, the springform round cake tin, the Swiss roll tin and the Fluted Flan Tin.

Each of the 13 items has been designed to deliver optimum performance, drawing on Stellar's trademark quality and James' knowledge and expertise as a professional chef, so soggy bottoms will be a thing of the past!



**JAMES MARTIN**  
*sweet*

**10**  
COPIES  
TO BE  
WON

Efficient, stylish and competitively priced, James Martin's Baker's Dozen adds a further dimension to the already extensive range of kitchenware, which includes cookware, kitchen knives, textiles and cutlery.

And, to whet your appetites and get you inspired to bake, we're also giving away a copy of James Martin's new cookery book *Sweet* (£20 hardback, Quadrille). The book features over 70 fabulous recipes from simple classic bakes and family favourites, to lavish cream-filled gateaux, and sophisticated showstoppers for that special occasion. There's even a troubleshooting section for those times when the puff pastry doesn't rise, or the fruit sinks despairingly to the bottom.

To be in with a chance of winning this incredible prize, simply fill in the form opposite or head online to [vegetarianrecipemag.com/awards](http://vegetarianrecipemag.com/awards)

**SEND YOUR ENTRIES TO:**

Veggies 2016, Marketing Dept, 21-23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY  
CLOSING DATE: 20th November 2015

**NOMINATION FORM**



Tell us your favourite brand for each category below and send it back to us to the address below and you'll be automatically entered in the prize draw:

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**TERMS AND CONDITIONS**  
All entries will be entered into the prize draw which is open to all UK residents aged 18 or over, excluding employees or agents of the associated companies and their families. Only one entry per person. The prize is one of ten baking sets and baking book worth £128 each, as shown and cannot be exchanged for cash, or replaced with any other item. Entries must be on the coupon or online form provided (no purchase necessary). Illegible entries and those that do not abide by these terms and conditions will be disqualified. No responsibility will be held for entries lost.

All entries become the property of Aceville Publications Ltd. Entries will be selected at random within 2 weeks of the closing date. No correspondence will be entered into by Aceville Publications Ltd. CLOSING DATE FOR NOMINATIONS: 20th November 2015. Winners will be notified by email. The winner's name will be available in writing on request from Marketing Department, 21-23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY. This prize is only available through Veggie magazine or [vegetarianrecipemag.com/awards](http://vegetarianrecipemag.com/awards).

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**CHOCOS-AWAY!**

Forget the mince pies, Christmas pud or cake for dessert. Instead, let your guests construct their own desserts with a fun centrepiece like this Gourmet Gadgetry Chocolate Fountain. Then, just pick up a few bars of your favourite chocolate, skewers and fruit and let the fun begin! **£29.95, John Lewis**

**A-PEEL-ING**

Carrots, potatoes, parsnips – they all need peeling. Shave minutes off of your prep time with an ergonomically-designed veg strimmer such as the OXO Y Peeler. Its rubber handle is comfortable to hold, doesn't slip out of wet hands and the stainless steel blade makes this the nemesis of every tough skinned vegetable. **£6.50, oxouk.com**

**PRIME TIME**

Everyone knows that the secret to a good roast dinner is timing – everything has to come together at the same time – so a reliable kitchen timer is essential. We love this retro timepiece which comes in four colours (red, ivory, green and blue), and is magnetic too. **£14.95, dotcomgiftshop.com**



# SEND IN THE CAVALRY

These time-saving gadgets will have you whizzing through the prep quicker than you can say 'who's for more carrots?'

**MASH UP**

If you're serving mash over roasties (or both, you luxuriant lot) make things easy on yourself with the Masha with Aerator Blade. It'll cut mashing time substantially, but it'll also make light work of airy meringues or lifted Yorkshire puddings. **£34.99, thearange.co.uk**

**UNDER PRESSURE**

You're warming the gravy, the nut roast is being sliced, but hold on a second – you've forgotten to cook the sprouts! No problem, simply tail them and chuck them into the Pressure King Pro. They'll be cooked to perfection in two minutes – just add butter. **£59.99, highstreettv.com**

**CRUSHING IT**

Need crushed ice for a festive cocktail? Want to steam some kale? Fancy a delicious soup as a starter? The Hotpoint TB 060C AX0 Steam Blender has it all, (short of a slick name)! With a whopping 600W of blending, plus a cooking function and a comfortable 1.5 ltr jug capacity, it's the Swiss army knife of jug blenders. **£149.99, hotpoint.co.uk**



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'TIS THE SEASON

# TO BE SHARING

Applewood has released its new range of tasty Nibbles. Perfect for over the festive period, the question is, who will you share them with?

It's the time of the year we've all been waiting for, not just for exchanging gifts or even for the time off work to spend with family and friends. If most of us are honest with ourselves, we're seriously looking forward to the ample, delicious foods we can indulge in over Christmas!

That's why tasty vegetarian cheese is an essential during the festive period. What's more, an expertly executed cheeseboard is a vegetarian's dream – it's fair to say cheese is in hot supply in any veggie's household during Christmas! This is why the release of Applewood's Nibbles has come at the perfect time.

### Let's get nibbling!

The wonderful smoked taste of Applewood has been highly praised in discerning veggie circles for years – the creamy, melt-in-your-mouth texture paired with the fresh flavours and smoky notes combine to create an exemplary cheese of complexity and quality. This flavour fusion is capable of delivering a punch of character when the cheese comes in the Nibbles' bite-sized portions. This delicious treat was practically created for sharing and what better way to indulge in this treat with friends, than on a cheeseboard?

Dusted with a lively paprika, Nibbles works so well because of the abundance of flavour

found in Applewood cheese. They're perfect for inserting a cocktail stick in and serving at your Christmas or New Year's parties; the no-mess nature of the delicious Nibbles means it saves you time methodically slicing a huge slab of cheese into precise cubes!

### Smoke flavoured tastiness

Applewood cheese has become somewhat of a kitchen stalwart these days, it's sold everywhere from delis, supermarkets and even restaurants like Gourmet Burger Kitchen and won the Best Vegetarian Cheese Brand award in our Veggie Awards - high praise indeed! The company has also enjoyed a long and illustrious history – this year sees the popular cheese maker celebrate 50 years creating the tasty smoked variety.

The original cheese is made from a base of West Country Cheddar that has been matured for three months, while Vintage Applewood is made from quality West Country Farmhouse Cheddar (with a Protected Designation of Origin), which is matured for 9 months.

It doesn't just come in the small Nibbles size either, you can find it in big deli counter block form, as mini snacking sticks, sandwich-sized slices and even

as a yummy, creamy spread.

The versatile nature of Applewood cheese means it can be incorporated into many meat-free winter recipes easily. Plus, it's a fantastic melting cheese. If you're planning on cooking a warming soup, why not make some tasty Applewood croutons to float atop? Or use it as hot, gooey topping for your next vegetable pasta bake. Or treat yourself to some tasty veggie burgers with a thick wedge of Applewood and salsa! Its smoky flavours will add so much more to your cooking than a standard Cheddar. Get inspired today, and visit the Applewood website to discover more yummy recipes!



NIBBLES CAN BE FOUND IN 250 ASDA STORES NATIONWIDE FROM 2ND NOVEMBER. TO FIND OUT MORE VISIT [APPLEWOODCHEESE.CO.UK](http://APPLEWOODCHEESE.CO.UK). FOLLOW ON TWITTER @APPLEWOODCHEESE OR GO TO [FACEBOOK.COM/APPLEWOODCHEESE](http://FACEBOOK.COM/APPLEWOODCHEESE)

★ Lucy didn't want a  
single thing for Christmas  
(She wanted a Spiralizer,  
Perfect Porridge Mug,  
Coffee Machine,  
Champagne Truffles...)



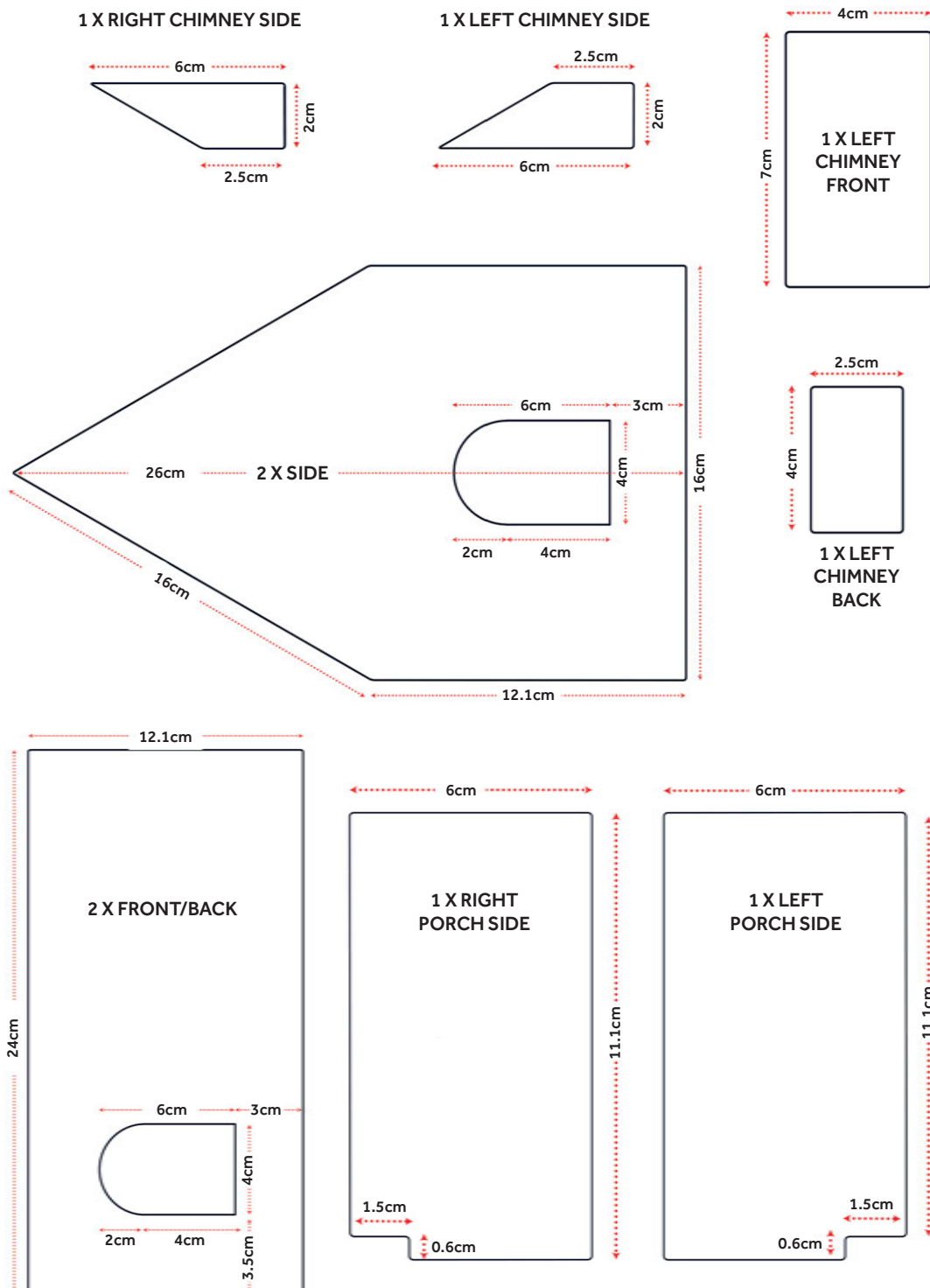
Find everything you need (and everything you want)  
this Christmas, in store and online at [lakeland.co.uk](http://lakeland.co.uk)

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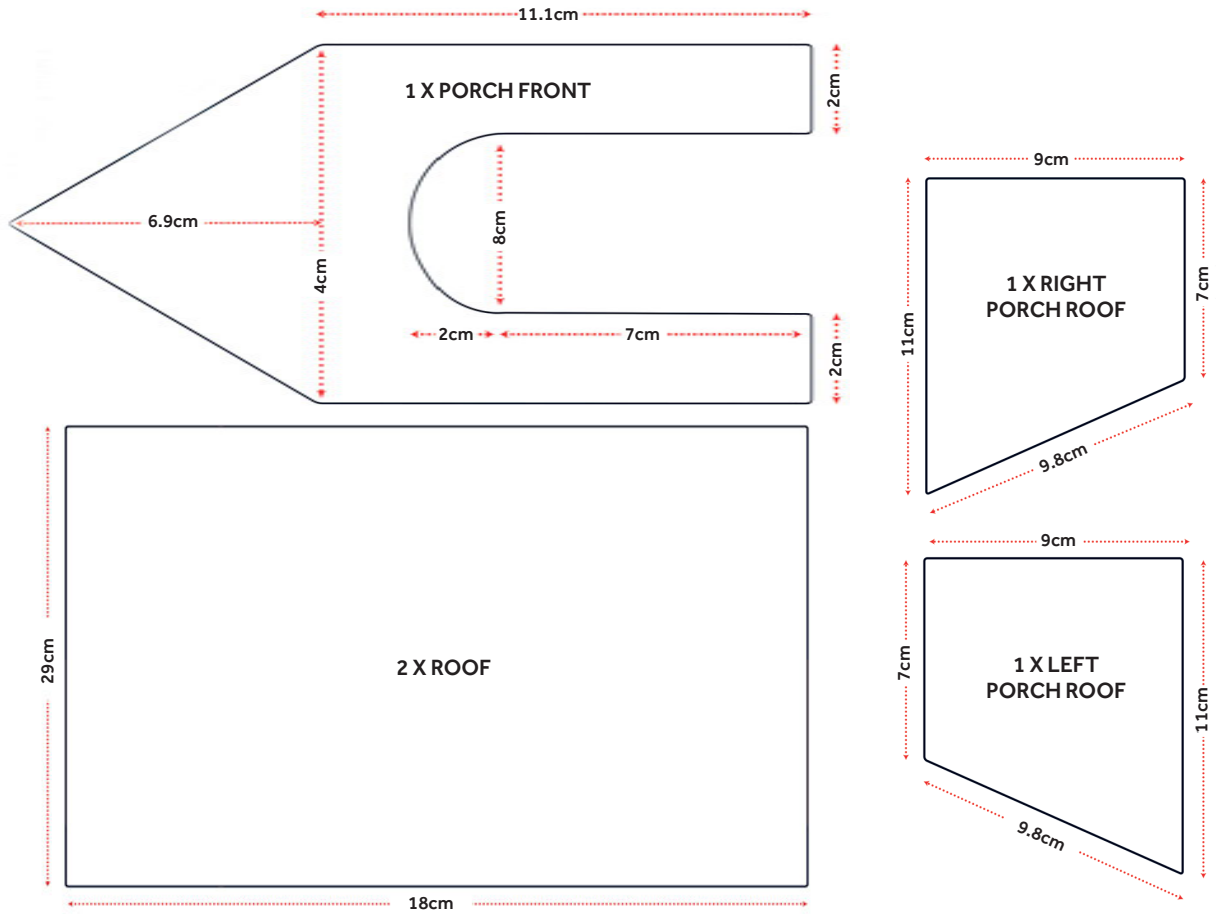
# GINGERBREAD

## COUNTRY COTTAGE TEMPLATES

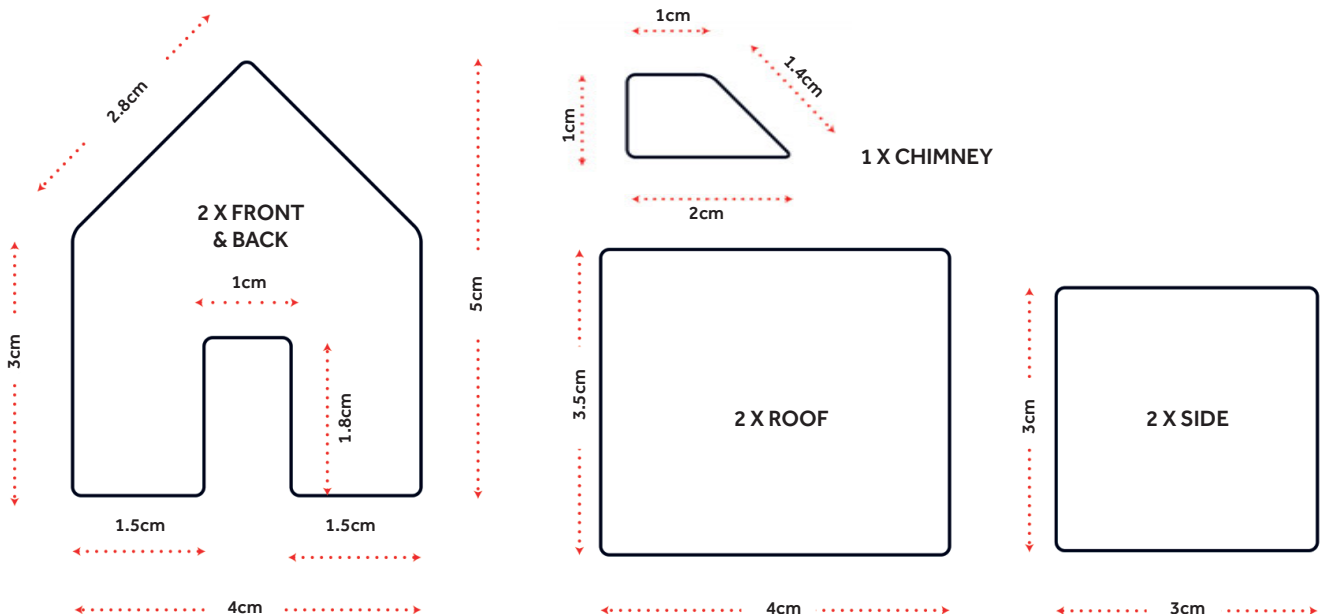
Ready to make your gingerbread houses from p25? Simply draw out your templates using our guide below - you'll need a ruler!



## COUNTRY COTTAGE CONTINUED



# GINGERBREAD MINI MUG HOUSE



# the groovy food company

Our Light Amber & Mild Organic Agave Nectar has a subtle sweet flavour, and is great for:

Our Rich and Dark Organic Agave Nectar has a deeper flavour, more like brown sugar, use it for:

cakes



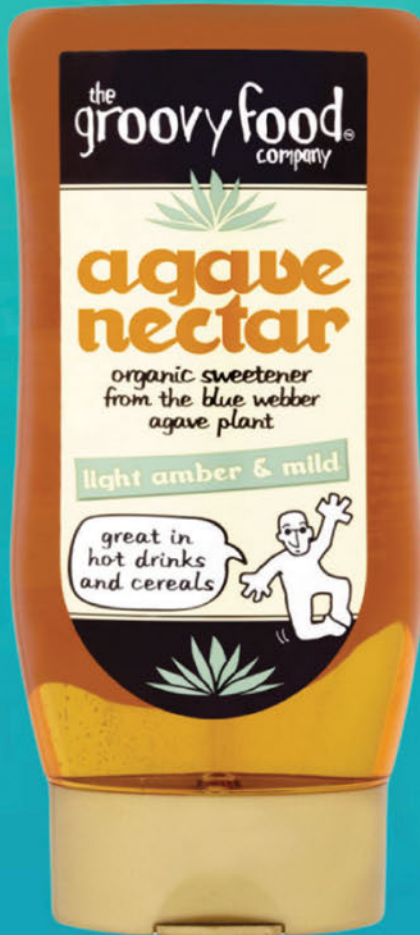
salad dressings

cereals

sauces



hot drinks



toast

hot and cold foods



marinades

smoothies

ice cream



baking

toast



yogurts



hot drinks

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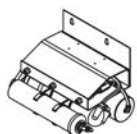
*Read what our customers, fitness gurus and nutritional consultants are saying on our new blog - [pureh2onews.com](http://pureh2onews.com)*



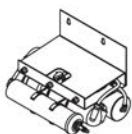
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One of the main reasons people choose Pure H2O is for their health. Tap water may contain a myriad of impurities which may include pesticides and herbicides, medications, chemicals and pollutants. Why ask your body to deal with these, when it doesn't have to? The RODI process gives 99.99% purity across the spectrum of impurities both man-made and naturally occurring. With three options to suit your needs and our "try before you buy" rental option why not take the first step to improved well-being today.

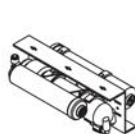
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# Feeling Lucky?

We're giving away two places at Explore Raw Cookery School, a Sedona Dehydrator and more goodies, worth over £900!



'Tis the season to be generous, that's why, in the spirit of all things Christmas, we've joined forces with Tribest and Stephanie Jeffs' Explore Raw Cookery School to offer the opportunity to win a one-day Raw Food Masterclass for you and a friend, plus a Sedona Dehydrator from Tribest, worth a total of £900!

## Preserve your snacks

If you've heard the word 'dehydrator' being bandied around but aren't too sure what it means, you're in luck! The winner of this prize will get their hands on a brand spanking new Sedona Dehydrator from Tribest, worth a whopping £450! The nine-tray digital food dehydrator efficiently distributes heated air, drying foods better and evenly. What's more, the heating compartment can be divided into two drying chambers, which means added versatility, while using less electricity and eliminating waste.

## Go for raw

Stephanie Jeffs is a raw foods chef who runs her Explore Raw Cookery School classes in the heart of London, in a stunning

modern kitchen and the winner of this prize will bag themselves a masterclass session for two with Stephanie, worth £349!

If you're interested in learning how to create inspiring, healthy, gourmet raw foods to help catapult your health into the next stratosphere, then time in the kitchen with Stephanie is a must! This month, one lucky reader has the chance to win two free places at one of Stephanie's 'One Day Raw Food Masterclass' workshops in 2016. The course includes one-day tuition in Stephanie's kitchen using top of the range juicers and kit from Tribest, a welcome talk and tour of the Saturday Kitchen Live set, followed by raw food canapés and snacks prepared by Stephanie. Juices & herbal teas are also included as well as a unique dining experience where you will sample your own creations.

## But wait, there's more!

The lucky winner will also win a selection of Stephanie's ebooks, including A Raw Christmas, Raw Armour and Raw7. Plus, they'll bag themselves a signed copy of her brand new book, Spiralize.

**For more information, visit [tribest.co.uk](http://tribest.co.uk) and [exploreraw.com](http://exploreraw.com)**

**TO WIN ONE OF THESE PRIZES, VISIT [VEGETARIANRECIPESMAG.COM/GIVEAWAYS](http://VEGETARIANRECIPESMAG.COM/GIVEAWAYS)**

### TERMS AND CONDITIONS

These prize draws are open to all UK mainland residents aged 18 or over, excluding employees or agents of the associated companies and their families. One entry per person. The prizes detailed in each prize draw cannot be exchanged for goods, or towards the purchase of goods at any retail outlet. Entries must be via our online entry page. It cannot be exchanged for cash, or replaced if lost or damaged. Entries that do not abide by these terms and conditions will be disqualified. Prizes must be taken as stated and cannot be deferred. The decision of the judge is final and no correspondence will be entered into. CLOSING DATE: 20th November 2015. Winners will be notified by 4th December, a list of winners will be available in writing on request from Andrea Turner, 21/23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY

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Terms and Conditions apply, see online for full details. To guarantee delivery of your gift card before Christmas, orders must be placed/received by 10th December 2015. This offer closes 24th December. Subscriptions will start January 2016.

# HOLIDAY CHEER AND FESTIVE IDEAS

With such a plethora of present ideas gracing Lakeland's shelves, we thought we'd round up some of the best veggie Christmas buys

## THE FOODIE'S CHOICE

### LAKELAND EASY-STORE SPIRALIZER, £34.99

One of the hottest food trends to emerge this year, we think this nifty kitchen gadget will be on every foodie's Christmas list. Make sure you buy the correct kit – this one by Lakeland looks the part, is simple to use and is super-easy to clean and store away.



### FRESH START HAMPER, £39.99

Get all of the hottest veggie foods and snacks all in one hamper with this healthy assortment and chic tote bag. It's also perfect for tackling that post-Christmas overindulgence, so you can really start 2016 with the freshest of starts!



## HO HO HO!

### ANTI-GRAVITY POURING CAKE KIT, £9.98

Guaranteed to turn your cake into a total showstopper, this Cake Frame will definitely help create head-turning bakes at your Christmas shindigs! Use the frame structure to create the illusion of falling truffles or cascading cream and turn a simple bake into an elegant masterpiece which wouldn't look out of place in a gallery. Make an impression with this extraordinary item, exclusive to Lakeland.



### BAUBLE HAMPER BOX, £29.99

This festive box contains a fantastic selection of tasty treats all neatly packed away inside of it. Including sweet and savoury nibbles alongside a felt Christmas pudding bauble, this is your ultimate festive hamper pack. It's also perfect for storing your baubles away in come the Twelfth Night!



## STAY ENERGISED!

### VITAMIX PERSONAL BLENDER, £449.99

Fantastic for preparing nutritious drinks and meals on-the-go or at home, this conveniently sized blender can easily fit in your kitchen cupboard and comes with a selection of different sized cups. Its high-power capabilities and hard-wearing metal drive system means it's durable and incredibly dependable.



### NATURYA BLENDS ORGANIC GREENS £13.96

Perfect for adding a healthy boost to smoothies, soups and cereals, this fusion of super-ingredients makes it unbelievably easy to add natural and nutritious foods into your hectic lifestyle. It's also ideal for supporting your immune system during the colder months.



## FEELING CRAFTY?

### CARICATURE KIT £7.95

Everybody likes a chuckle on Christmas day and this fun little box will most certainly provide some laughter! Master the art of drawing family, friends and celebrities with the practical guide, practice pages, pens, hints and tips. Just make sure you wait until you've received all of your presents before you go upsetting anyone!



### MAKERY SEWING KIT, £14.98

This bumper box of sewing kit essentials contains everything you'll need for altering your clothing or creating something wonderful. All arranged neatly in a sectioned box, treat someone with a gift they'll find useful and will maybe learn a thing or two from.



BROWSE MORE OF LAKELAND'S CHRISTMAS RANGE AT [LAKELAND.CO.UK](http://LAKELAND.CO.UK)

# Veggie

## \* RECOMMENDS \*

Here you'll find an exciting selection of the best veggie food, appliances and places to visit this month



### DAIRY-FREE CHRISTMAS

The great thing about Koko Dairy Free is that it can be used as a direct replacement for cow's milk in all your Christmas sauces and baking. Made with freshly pressed coconut milk, its plant-based fat is easier to digest than animal fat and contains just 27 calories per 100ml, so it's even kinder on the waist than skimmed milk! With a light, fresh taste that's remarkably like semi skimmed cow's milk, you'll find it won't overpower the foods you make. Try it in seasonal recipes like bread and brandy sauce, custard and cakes. **Available from all major supermarkets and health stores from £1.39 for 1 Litre**



### PURE LUXURY

The Faith in Nature Premium Gift Hamper makes a gorgeous gift or is the perfect way to get the full Faith in Nature experience. Beautifully presented in a hamper containing the new range of coconut products, it's complemented by the delightful Lavender & Geranium products. Exploding with aromas to enrich your senses and soothe your day, this full body care hamper is luxury at its finest. **Pick one up for £40 from all good health stores. Check out [faithinnature.co.uk](http://faithinnature.co.uk) for more information**



### ABSOLUTE WINNER!

By crunch, Ten Acre's delicious bags of personality now have stars! Four incredible flavours from the Ten Acre range of premium hand-cooked crisps and popcorn have been crowned Great Taste winners in this year's awards. They are Ambrose Popperley's Wasabi and Auntie Winifred's Sweet & Salty Popcorn, along with When Hickory Got BBQ'd and The Day Sweet and Sour Became Friends crisps. And just in time for the festive season, Ten Acre has introduced new 135g sharing bags for its 10 flavours of crisps. Suitable for vegetarians and vegans, Ten Acre snacks are also gluten-, dairy- and msg-free. Welcome to wonderful! **Go to [tenacrecrisps.co.uk](http://tenacrecrisps.co.uk) to discover more**

### YES PEAS

Give your festive spread a unique and guilt-free touch this Christmas with Yutaka Edamame. These protein-packed beans are perfect blitzed into a dip or baked with a grating of vegetarian-style Parmesan for a moreish snack. **The Yutaka Edamame Shelled Soybeans are now available in the frozen section in Waitrose, priced at £1.99 for a 500g pack**



### NUTS FOR COCONUTS

Tiana's multi-award winning Extra Virgin Coconut Oil has been voted the best in a survey of UK consumers who have noted its premium quality and highly nutritious factors. As a food supplement it has an incredibly rich source of lauric acid, it's ideal as part of a balanced diet and is perfect for anyone striving to follow a healthy lifestyle. One of its greatest features is its brilliant versatility – it can be used in all types of cooking and even on your skin and hair! **Go to [tiana-coconut.com](http://tiana-coconut.com) to find out more**

## JOIN THE #ROASTINGREVOLUTION



Farrington's Mellow Yellow has started a roasting revolution and wants you to take part! With its high smoke point of 230°C, it allows you to get the oil to the optimum heat in your oven dish to create the crispiest roast potatoes and most delicious roasted vegetables. Make sure you join the roasting revolution! Get involved on Instagram @mellowyellowkitchen and Twitter @RapeseedOilFans to join in and for your chance to win a free bottle of the award winning culinary oil!

## VEGGIE CHRISTMAS SPREAD SAVIOUR

V-bites is known for its diverse range which make typically meat-orientated dishes into veggie realities. This is why we often turn to the meat-free company during Christmas, as there are options aplenty. Here are some highlights from the exciting new range:

### Turkey Style, Leek & Ham Style Pie – Holland & Barrett, £2.99

For comfort food, who can resist this famous trio of flavours? These pies are filled with our turkey and bacon style pieces, together with sautéed leeks and a light, refreshing filling.

### Cheezly, Bacon Style & Cranberry Pinwheels – Holland & Barrett, £2.99

These exciting, brand new snacks combine the creaminess of the Cheezly, with salty bacon-style pieces and sweet cranberries to stunning effect!



## WEBSITE OF THE MONTH

[pureh2o.co.uk](http://pureh2o.co.uk)

The Pure H2O Co. has streamlined its offering, supported by a website with a user-focused design and navigation. The website has plenty of attractive images showing how the company's systems fit into the home, with clear product descriptions. This is supported with transparent technical nitty-gritty including tech specs, installation and servicing information. There is also environmental information about improved efficiencies, sustainability, reduced energy consumption, food miles and carbon footprint.

## What's on

### VegFestScotland 5-6 December 2015

Scotland is set to embrace a whole new world of healthy eating in 2015 with Europe's prime vegan festival Vegfest arriving at Hall 3 of the SECC, Glasgow. Vegfest Scotland is all about going vegan. It's not about eating less meat, or choosing eggs over fish, or anything like that. It's about going vegan, pure and simple. It's a single issue campaign. The inaugural Vegfest Scotland includes a number of exciting features to get healthy eating and vegan activism high on the agenda for many.  
[vegfestscotland.com](http://vegfestscotland.com)

## WEB DIRECTORY

### creamsupplies.co.uk

Your one stop shop for all your kitchen essentials.

### frysvegetarian.co.uk

From small innovative beginnings in the Fry Family's kitchen, Fry's has become an international success.

### suma.coop

Suma Wholefoods is the UK's largest workers' cooperative and wholesalers of organic, vegan, vegetarian and specialist foods.

# FREE\* HAMPER BY KATE HENRY & OPIES!

WHEN YOU SUBSCRIBE TO VEGGIE TODAY!

## TAKE A LOOK AT WHAT'S INCLUDED:

- Stem Ginger in Syrup
- Crystallised Ginger
- Black Cherries in Kirsch
- Plus, delicious recipes from Kate Henry



Opies have teamed up with Kate Henry who has devised a collection of recipes on their behalf using a selection of Opies' high quality baking essentials. Recreate the recipes at home by using the **Stem Ginger in Syrup** and **Crystallised Ginger** for the **Ginger & Lime Drizzle Cake** and the **Black Cherries in Kirsch** for a **Black Forest Cheesecake**. Don't worry, we'll include **Kate's recipes** in the hamper!

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# Plan now... and relax!

Simply select your starters, mains, sides and desserts here by checking the boxes next to the dishes and you'll be all set for your best ever Veggie Christmas dinner



## STARTERS & LIGHT BITES

- Coriander and Mint Rice Paper Parcels **18**
- Goat's Cheese and Olive Party Tartlets **20**
- Perfect Starter Aubergine and Mushroom Stacks **20**
- Roasted Veg with Goat's Cheese **8**
- Slightly Squashy Tomato and Egg Toast **51**

## MAIN COURSES

- Aubergine Five-nut Roast **10**
- Chestnut and Squash Risotto **23**
- Happiness Pasta Sweet Tomato, Aubergine and Ricotta **60**
- Mega Veggie Burgers Garden Salad and Basil Dressing **58**
- Mushroom, Spinach, Kale and Sweet Potato Pie **20**
- Spelt Spaghetti Vine Tomatoes and Baked Ricotta **58**

## SIDES

- Black Cherry Mulled Red Cabbage **20**
- Bought-too-much-veg Tenderstem, Chantenay Carrot and Brussels Sauté **18**
- Crispy Roast Potatoes **18**
- Honey-glazed Brussels Sprouts with Beetroot, Blue Cheese and Walnuts **18**
- Kale Crisps **50**
- Parisienne Potatoes **12**
- Roasted Sweet Potatoes and Squash **11**
- Savoy, Spinach and Leek Stir-fry with a hint of Orange **11**

## SWEETS & DESSERTS

- Country Cottage **26**
- Edible Star Wreath **28**
- Festive Hanging Biscuits **26**
- Last-minute Clotted Cream Truffles Gift **18**
- Mini Mug Gingerbread Houses **28**
- Pink Lady Apple and Mincemeat Tarts **18**

## OTHER

- Boxing Day Picked Onions **18**
- Caramel Glue **27**
- Italian Tomato Sauce **10**
- Light Gingerbread Dough **28**
- Roast Root Hummus **50**
- Rose Elliot's Veggie Gravy **20**
- Royal Icing **26**
- Vintage Cheddar Biscuits **20**

## MIDWEEK MIRACLES

- Curried Fresh Fenugreek and Potatoes **32**
- Semolina-encrusted Sweetcorn Bhajis **34**
- Spicy 'Poppadom' Crisps **31**
- Vegetable Rice with Mint Masala **32**



In next issue's  
**Veggie**



TOP TEN COCKTAILS



LORRAINE PASCALE'S RECIPES



IDEAS FOR A PERFECT PARTY



## RECIPE SYMBOL GUIDE

- E** Eco friendly
- EF** Egg-free
- V** Vegan
- F** Freezes well
- T** Time saving
- GF** Gluten-free

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# Rose Elliot's EAT NATURAL MASTERCLASS

Get more from your meals  
with Rose's guide to eating  
with your body in mind

You know what it's like: you plan and prepare for Christmas for weeks, then when it actually arrives, the hopes, wishes, and excitement, not to mention the increased interaction with other people, with all their plans and desires, which may clash with yours, can make it anything but the peaceful and happy time you'd hoped for!

*But there is an answer;* when you feel sad, cross, rattled, or tense, try this: Pause, and take a breath. Notice the air going into your nose, down into your lungs, and out again. Feel the peace and strength this brings; enjoy it. Take another breath; you'll feel the benefit, like taking a drink of healing balm.

*If you can remember to do this,* perhaps on the hour, every hour – I set the alarm on my watch – or any time you feel sad, worried, angry, disappointed, you will have a happy Christmas, and others around you will too, because they'll feel the peace as well. I wish you a happy Christmas. May it be peaceful, may it be fun, may it be filled with laughter and love.



## EAT WELL, EAT CLEVER Rose's Leek and Potato Soup

THIS COMFORTING DISH IS PERFECT FOR DECEMBER



SERVES 6  
READY IN 30

Make a pan full of this lovely soup and stash it away in the freezer ready for unexpected guests, or when you want something easy and soothing. Fry a large chopped onion gently in 2 tbsp olive oil for five minutes, add 900g peeled and cubed potatoes and 700g sliced leeks. Stir, cover, cook gently for 5-10 minutes (don't brown). Add 1 lt water and 1 tsp bouillon. Simmer until the vegetables are tender. Season. Serve chunky, smooth, or in-between, adding more water if necessary.

Rose's latest book *I Met a Monk* (£9.99, Watkins Publishing) is out now. Visit [imetamonk.com](http://imetamonk.com) for more information.



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