

# Fruity Fundays Cookery Competition

## Three Course Vegan Meal

designed and prepared by Sally J Taylor

### FIRST COURSE

Courgette Fritters

with a balsamic pesto sauce

served on a bed of rocket and baby salad leaves

(makes 8)

### SECOND COURSE

Leek & Sun-dried tomato Timbales

served with a fresh tomato sauce,

roasted garlic & herby new potatoes, green beans and carrots

(serves 4)

### THIRD COURSE

Turkish delightful chocolate cream pie

served with a fruit coulis & cream

(serves 8)

# FIRST COURSE

## Courgette Fritters

with a balsamic pesto sauce

served on a bed of rocket and baby salad leaves

### FITTERS

3fl oz soya milk  
3fl oz water  
1oz wholemeal flour  
2oz plain flour  
1tbsp gram flour  
1/2 tsp baking powder  
1/2 tbsp oil  
3oz 'cheezly' cheddar cheese, grated  
4 spring onions, chopped finely  
1tbsp chopped chives  
1 small courgette (about 8oz), grated  
freshly ground black pepper  
oil for frying

### PESTO SAUCE

1.5 tbsp balsamic vinegar  
1.5 tbsp olive oil  
1 tsp vegan pesto  
1 tsp sun-dried tomato paste

### METHOD

Put milk and water in a bowl, add flours & baking powder and whisk till blended. Add rest of ingredients, except oil for frying, and mix well.

Heat a small amount of oil in a non-stick frying pan until very hot, then for each fritter take approx. 1 heaped tbsp of the mixture and spoon into frying pan. (You should be able to fry at least four together in the pan.)

Fry on one side for 4 - 5 minutes (until underside is lightly browned), then turn over to fry other side for a further 4 - 5 minutes.

When thoroughly cooked, remove from pan and keep warm on a plate, covered in a low oven, whilst rest are cooked.

For the pesto sauce, mix all ingredients together in a small jug or cup.

To serve: place a courgette fritter on a bed of fresh rocket & mixed baby salad leaves, drizzled with the balsamic & pesto sauce.

➤ Alternatives to courgette as an ingredient could be sweetcorn, chopped mushrooms, chopped red pepper or chopped fresh tomato.



## SECOND COURSE

### Leek & Sun-dried tomato Timbales

served with a tomato sauce, roasted garlic & herby new potatoes,  
green beans and carrots

#### TIMBALES

3 oz cappellini (or spaghetti)  
1 oz vegan margarine  
1 clove garlic, crushed  
2 small leeks or 1 large, chopped  
2oz sun-dried tomatoes in oil, drained & chopped  
1 tsp dried basil  
2 tbsp soya flour  
4fl oz vegan single cream  
1 tbsp vegan parmesan (optional)  
salt & freshly ground pepper

#### TOMATO SAUCE

1 small onion, finely chopped  
1 small garlic clove, crushed  
1lb fresh tomatoes, skinned and chopped  
freshly ground black pepper



#### METHOD

Preheat oven to 350°/180°/Gas Mark 4.

Cook pasta according to instructions, drain and rinse with cold water.

Heat margarine in a saucepan and fry leek and garlic till softened. Add tomatoes and basil and cook for another minute. Remove from heat.

Add soya flour to cream and whisk till smooth, then add to leek mixture along with pasta, parmesan (if using) and seasoning.

Divide mixture between 4 greased ramekins. Cover each with foil and place on a baking sheet, then put in the oven.

Bake for 40 minutes till set.

For the sauce, fry onion and garlic till soft, add tomatoes and cook, simmering, for 20 minutes, add pepper then blend till smooth.

Run a knife round the edge of the ramekins and turn out, and serve with sauce, roasted potatoes and fresh vegetables.

(Garlic and Herb Roast Potatoes: heat some oil in a roasting dish in the oven and add 1 clove of crushed garlic and 1 tbsp chopped fresh mixed herbs eg. sage, rosemary, mint. Add new potatoes, cover with oil & herbs and bake till soft, approx 1 hour).

## THIRD COURSE

Turkish delightful chocolate cream pie  
served with a fruit coulis & cream

8oz vegan digestive biscuits, crushed  
4oz vegan margarine, melted  
8oz vegan plain chocolate  
12oz tofu  
2oz caster sugar  
1 ripe avocado, peeled and chopped.  
2.5 tbsp rose water  
2oz un-sulphured apricots, chopped



### METHOD

Mix together the biscuits with the melted margarine and use to line a 9in flan dish (or loose bottomed flan tin). Chill whilst preparing the filling.

Melt chocolate: put in a dish and place dish on top of a pan of gently simmering water. Remove from heat when completely melted and smooth. Cool for 5 minutes.

Blend tofu, caster sugar and avocado in a processor till completely smooth. Add melted chocolate and rose water and blend again.

Add apricots and then spoon into prepared flan dish or case, and chill for at least 3 hours, or overnight.

Decorate the top with grated white and plain vegan chocolate, and serve with a fresh fruit coulis, vegan cream and some fresh mixed berries.

(fruit coulis - blend some fresh strawberries, raspberries, blueberries or cherries with sugar if required, till smooth)