

Vegan Chocolate Brownie served with Sea Salt Caramel Coconut Ice Cream

Starter

Sizzled Sprouts with Pistachios & Pomegranate

Serves 8
Via BBC Good Food

Ingredients

500g Brussels sprouts, halved
50g pistachios, roughly chopped
100g pomegranate seeds
3 tablespoon olive oil
Drizzle of Prethouse Irish Seaweed Dressing

Method

Heat the oil in a large frying pan over a medium-high heat. Put the sprouts in the pan, cut side down, and leave them to fry for 10-15 mins, tossing occasionally. If they're just lightly brown, carry on cooking for a further 5 mins until blistered. Scatter over the pistachios and stir-fry until toasted. Remove from the heat and stir through the pomegranate seeds. Season with salt and tip into a serving dish.

Lucy's tip

Drizzle with some Prethouse award winning Irish Seaweed dressing.



Tutorial

How to cut a Pomegranate

Step 1: Pop the Top.

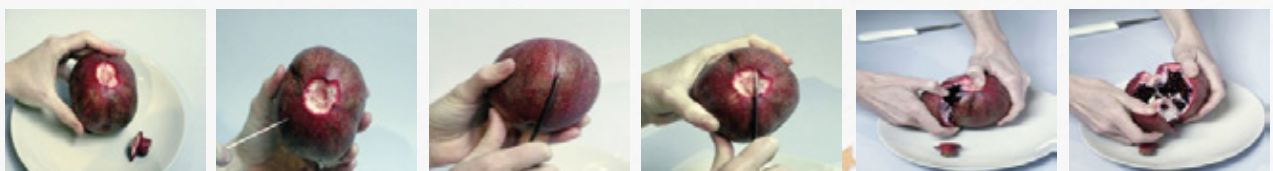
Use your paring knife to remove the flower from the top of the pomegranate. You want to cut at an angle, removing a cone of pith from below the flower without cutting into the seeds.

Step 2: Score Sides.

Now look down at your pomegranate. You'll see that it's not perfectly round - there are some flat sides/faces, and some ridges or ribs. The exact number will vary between pomegranates. We're going to score along these wider rib portions of the pomegranate. Take your paring knife, start at your previous cut at the flower-end of the pomegranate, and score the skin along the ridge down toward the bottom (stem) end of the fruit. You should cut through the red rind, and most of the way through the white pith. Avoid cutting into the seeds, as that will just create a big juicy mess, exactly what we're trying to avoid.

Step 3: Crack It Open.

Now that you've scored all the ribs, it's time to crack this thing wide open. Place your thumbs inside the cut flower end, with the pads of your thumbs pressing against opposing segments of the pomegranate. Pull apart gently but firmly, and the pomegranate will crack open along the lines you've scored in the skin, and the internal segments will separate along their natural boundaries. Adjust your grip to separate each segment along the scored lines. The end result is shown below- you'll have as many side segments as you did ribs/flats, plus a central cone-shaped chunk associated with the stem end.



Main Course

Peacan and Mushroom Wellington

Serves 2

Via delightfulvegans.com

Ingredients

400g mushrooms chopped

1 onion finely diced

2 cloves garlic crushed

1 tablespoon fresh thyme chopped

190g pecans activated or lightly toasted

108g breadcrumbs

Pinch of chilli flakes

1 teaspoon soy sauce

2 sheets vegan pastry

Method

Cook the onion and garlic for around 5 minutes.

Add the mushrooms, thyme, chilli flakes and soy sauce and cook for a further few minutes. Then let it cool for 10-15 minutes.

In a food processor, blend the pecans finely. Add the mushroom mixture and blend again. Then add the breadcrumbs and blend until all the ingredients are combined. Spread half the mixture in the middle of one of the pastry sheets. Cut the pastry in 1cm diagonal strips on either side. Then cross over each other until they are covering the mixture. Alternatively, you can put half the mixture on one edge of the sheet and roll the pastry over it to form a loaf. Then pierce the top with a fork or score with a knife. Bake at 180 for 50 minutes. If it browns too much on top while cooking, then cover with tin foil until ready to come out of the oven.



Lucy's Homemade Breadcrumbs

Ingredients

4 ounces bread, (4 cups cubed) cut into 1-inch cubes

Method

Set the oven rack to the centre position. Preheat the oven to (180°C). Add cubed bread into a food processor. Process on high speed for 30 seconds for coarse breadcrumbs, or 1 minute for fine breadcrumbs. Transfer breadcrumbs to a large sheet pan. Spread breadcrumbs evenly in a single layer in the pan. Bake for 5 minutes, stir and then bake another 5 minutes. The breadcrumbs should be lightly browned and feel dry to touch. Bake another 2 to 5 minutes as needed to make the breadcrumbs completely dry. Allow breadcrumbs to cool on the sheet pan for 10 to 15 minutes. Transfer to an airtight container to store. For finer breadcrumbs, add to the food processor and pulse until the desired size is reached.



Roast Potatoes

Serves 10

Via [jamieoliver.com](https://www.jamieoliver.com)

Ingredients

2.5 kg medium Maris Piper potatoes

4 tablespoons unsalted vegan butter

Olive oil

1 bulb of garlic

½ a bunch fresh sage, (15g)

Method

Preheat the oven to 180°C/350°F/gas 4.

Peel the potatoes, keeping them whole, and ideally all about the same size (8cm).

Parboil them in a pan of boiling salted water for 15 minutes – this will ensure that the insides become fluffy. Drain in a colander and leave to steam dry for 2 minutes. Give the colander a few light shakes to chuff up the edges of the potatoes, giving you maximum surface area for a crispy exterior as they roast. Place the butter and 1 tablespoon of oil in your largest roasting tray. Tip in the potatoes, add a good pinch of sea salt and black pepper. Roast 45 minutes, or until the potatoes are crisp and golden all over.

Remove the tray from the oven. We're nearly there, but we've got one last application of love and care, which is the game-changer. Pick the sage leaves and – importantly – toss with a little oil (this will transmit the flavour and make them deliciously crisp).

Sprinkle the sage over the potatoes and roast for a further 20 to 25 minutes, or until golden and amazing.



Lucy's Seasonal Veg

Ingredients

6 sweet potatoes
6 carrots
6 parsnips
Pinch of salt
Drizzle of Olive oil

Lucy's Sweet Potatoes

6 medium sweet potatoes
1 tablespoon olive oil
1 teaspoon smoked paprika

Method

Pre heat oven to 200C / 400F / Gas 6. Wash and scrub sweet potatoes and cut off the ends. Cut each potato lengthways into 8 wedges and place into a large mixing bowl. Add the olive oil and smoked paprika and toss to combine. Arrange potatoes in a single layer on baking tray/s. Bake for 30-35 mins, flipping halfway through the cook time. Allow the wedges to cool on the baking tray for 5 mins and then serve.

Carrots

6 carrots, diagonally sliced 1/2 inch thick
3 tablespoons dairy-free butter
1/4 to 1/2 teaspoon seasoned salt
1/4 teaspoon pepper
1 to 2 tablespoons minced fresh chives

Method

Place 1 in. of water and carrots in a large saucepan; bring to a boil. Cook, covered, 3-4 minutes or until crisp-tender. Drain well. In a large skillet, heat dairy-free butter over medium-high heat. Add carrots, seasoned salt and pepper; cook and stir 1-2 minutes or until carrots are tender. Sprinkle with chives.



Lucy's Parsnips

6 medium parsnips, peeled and cut into 2" pieces

2 tablespoon extra-virgin olive oil

1 teaspoon dried oregano

Kosher salt

Freshly ground black pepper

Pinch of crushed red pepper flakes

Method

Preheat oven to 200°. Spread parsnips on 2 large baking sheets, being sure to not overcrowd. Drizzle with olive oil and season with oregano, salt, pepper, and red pepper flakes. Toss to evenly coat.

Roast until golden and easily pierced with a knife, about 30 minutes, tossing once halfway through.



Dessert

Lucy's Chocolate Brownie

Ingredients

250g unsweetened oat milk
1 tablespoon apple cider vinegar
250g plain flour
350g granulated sugar
64g cocoa powder
2 teaspoons baking powder
1 1/2 teaspoons baking soda
1 teaspoon salt
110g melted coconut oil

163g unsweetened applesauce
1 tablespoon pure vanilla extract
250g boiling water
86 g cocoa powder
340g Earth Balance vegan butter,
softened baking sticks preferred
480g icing sugar
2 teaspoons pure vanilla extract
63g unsweetened oat milk

Method

Brownies -

Preheat oven to 180 degrees and grease two 9-inch cake pans. Line them with parchment rounds and lightly flour for easy removal of the cakes later. Measure 250g unsweetened oat milk and add the tablespoon of vinegar to it. Stir slightly and set aside to curdle. In a large bowl, add the flour, sugar, cocoa powder, baking powder, baking soda and salt. Whisk well to combine. Now add the oil, applesauce, vanilla and oat milk/vinegar mixture. Mix on medium speed with a hand mixer (or stand mixer with the paddle attachment) until well combined. Lower the speed and carefully pour in the boiling water, continuing to mix into the cake batter until combined. Divide the batter evenly between your cake pans. Bake for 30-35 minutes, or until a toothpick inserted in the centre comes out clean. After 10 minutes of cooling in the pan, carefully remove the cakes from the pans and let cool completely before frosting.



Method

Chocolate Buttercream Frosting -

Add the cocoa powder to a large bowl. Whisk well to remove any clumps. Add the softened vegan butter and mix with a hand mixer until creamed and well combined. Add half of the powdered sugar and half of the almond milk and mix until combined. Add the rest of the powdered sugar and vanilla extract. Mix starting on low and turn to high. Mix until fluffy and combined. If the frosting seems too dry, add more milk, a tablespoon or two at a time. If the frosting seems too wet and doesn't hold its shape, add more powdered sugar until it thickens up. Frost the brownies using an icing spatula or just a butter knife.



Sea Salt Caramel Coconut Ice Cream

Via minimalistbaker.com

Ingredients

Coconut Ice Cream -

180g raw cashews (soaked for 4-6 hours in

cool water, or 1 hour in very hot water, then drained)

1 425g can full-fat coconut milk (sub light with less creamy results)

45 ml melted coconut oil

120 ml maple syrup

1 teaspoon pure vanilla extract

1 pinch sea salt

Salted Date Caramel -

14 whole dates (pitted / if dry, soak in warm water for 10 minutes, then drain)

1/2 teaspoon sea salt

15-45 ml warm water (optional / for thinning)

Instructions -

Add soaked, drained cashews, coconut milk, coconut oil, maple syrup, vanilla and sea salt to a high-speed blender and blend until creamy and smooth, scraping down sides as needed. You want it to be completely creamy and blended. Prepare caramel by adding dates to a blender and blend until creamy and smooth, adding warm water to encourage it along if it needs extra help. Season with sea salt and blend once more to combine. Taste and adjust flavour as needed. Set aside. Once churned, transfer the ice cream to a large freezer-safe container and spoon in desired amount of caramel and use a spoon or knife to swirl. Add a pinch more salt for even more salty-sweet contrast if desired. Smooth top and cover well. Freeze for at least 4-6 hours or until firm. Set out for 10-15 minutes before serving to soften.

