

Seasonal recipes from Greencuisine Trust

Healthy, delicious, nutritious

Chestnut soup

serves 4

2 tablespoons olive oil
2 medium onions chopped
2 cloves garlic finely chopped
6 parsnips peeled and chopped
500 ml vegetable stock
500 ml dairy or oat milk
dessertspoon chopped thyme leaves
250g roast, peeled & chopped chestnuts.

Gently cook the onions and garlic in the olive oil, when soft tip in the parsnips and cook for a further 5 minutes. Add the stock, milk, thyme and chestnuts bring to the boil and simmer for 30 minutes. Blitz in a blender adding a little water if too thick, return to pan, warm through, season as necessary and divide between 4 bowls.

Mushroom & chestnut rolls

110g chestnuts chopped
1 medium red onion finely diced
200g chestnut mushrooms chopped
425g puff pastry
50g wholemeal breadcrumbs
1 beaten egg
2 teaspoon chopped thyme
1 tablespoon chopped parsley
6 tablespoons. olive oil
oven, 200°C or 400°F

Heat half the oil in a pan and cook the onion until tender, add the breadcrumbs and chopped chestnuts. Heat the remaining oil and cook the mushrooms until golden, stir in the herbs and add the breadcrumb mixture.

Roll out the pastry and cut into three long strips 7½ cm wide. Spoon the mixture down the centre of each strip. Brush the edges with the egg and roll up making sure you seal the edges well. Slash the top criss-cross fashion and cut each roll into 8, and place the rolls on a lightly oiled baking tray. Bake in a hot oven, 200°C or 400°F for 10/12 minutes.

Sauerkraut salad with apples & walnuts

serves 4

8 tablespoons sauerkraut
2 eating apples, quartered, cored and finely sliced
1 shallot very finely diced
1 small raddichio, shredded
4 tablespoons roughly chopped walnuts
1 tablespoon walnut oil
1 teaspoon balsamic reduction
zest of 1 lemon
salt flakes and freshly ground black pepper

Put the sauerkraut in a bowl, add the apple, shallot, radicchio, walnuts, walnut oil, balsamic and lemon zest and mix well together to combine. Divide between four serving dishes. Top each salad with a twist of black pepper and a few salt flakes.

Brussel sprouts with cumin, ginger & tamari

serves 4 - 6

500g sprouts any tough outer leaves removed and cut in half
1 heaped teaspoon cumin seeds
2 tablespoons olive oil
4 tablespoons veg stock
thumb size knob of ginger grated
tablespoon tamari
black pepper

Dry roast the cumin seeds in a flat pan until they release their aroma. Toss in the sprouts, add the olive oil and stock and saute/steam for 5 minutes shaking the pan from time to time. Toss in the ginger and tamari and serve.

Sprouted mung bean kitchari

serves 4 - 6

200g brown basmati
300g mung beans - sprouted
2 tablespoons olive oil
2 red onions diced
2 cloves garlic finely diced
1 carrot sliced
2 sticks celery sliced
1 level dessertspoon each turmeric, cumin and coriander
1 dessertspoon grated fresh ginger
1 teaspoon ground cinnamon
1 teaspoon ground cardamom
juice of 1 lemon
sea salt and freshly ground black pepper

Cook the onions and garlic in the olive oil until soft, add the carrot and celery and cook for a further 2 minutes. Add all the spices, mix well then add the rice & sprouted mung beans, stir until all of the ingredients and spices are combined. Add 500ml water. Bring to a boil, then allow to simmer for 45-60 minutes. Adding more water as needed. When ready stir in the lemon juice and season well with salt & pepper serve as is or top with either coriander, fermented chilli sauce or yogurt

Mincemeat muffins

200g mincemeat
1½ level tsp. bicarbonate of soda
1½ tsp. ground cinnamon
275ml bio plain yogurt
275g plain flour
2 tbsp. olive oil
1½ level tsp. baking powder
1 large egg
50g rapadura sugar

Muffin cases

oven 200°C or 400°F

Sift together the flour, baking powder, cinnamon and bicarbonate of soda. Add the sugar. Mix the yogurt, olive oil and egg together, add the mincemeat and then stir into the dry ingredients but do not over mix let it remain a bit lumpy.

Fill the muffin cases and bake in the middle of the oven for 15-20 minutes.

Tuscan Castagnaccio

250g chestnut flour
320 mls filtered water
pinch of salt
extra virgin olive oil
40g sultanas
50 ml sweet white wine- warmed
50g chopped walnuts
1 dessertspoon rosemary needles
handful pine kernels
preheat oven 180°C/gas mark 4
shallow baking dish (approx 12" x 8") brushed with olive oil

Sieve the flour into a large mixing bowl then slowly pour in the cold water stirring until the mixture resembles a pourable batter. Stir in 2 tablespoons of olive oil.

Set aside for 30 minutes.

Soak the sultanas in warm wine for 20 minutes to plump up.

Add the chopped walnuts and the plumped sultanas to the flour-batter mixture

Pour the batter into the prepared tin and sprinkle over the pine nuts and rosemary. Trickle a tablespoon of olive oil over the batter

Bake in the upper part of the oven for 40 minutes. During cooking the top of the cake will crack but this is quite normal. Remove and cool, eat warm possibly with a spoonful of thick yogurt or mascarpone

Walnut & date sweetmeats

100g walnuts chopped
75g ready to eat dates chopped
1 tbsp gr flaxseed
1 tbsp cacao
1 tbsp honey
2 tbsp almond butter
50g shelled hemp seed

Blend all the ingredients except the coconut together. Roll into balls, roll in the hemp and chill in the fridge

Mulled apple juice

2 slices root ginger
1" stick of cinnamon
¼ teaspoon grated nutmeg
¼ teaspoon cloves
sprig of rosemary
A twist of finely pared lemon
A twist of finely pared orange
75cl bottle apple juice

Put the spices, rosemary and peel into a pan with $\frac{1}{2}$ the apple juice , bring to boil and simmer very gently for 3 minutes. Leave over night or for a minimum of 1 hour. Strain, add the remaining apple juice, warm through and serve. Even more warming with a splash of brandy!

