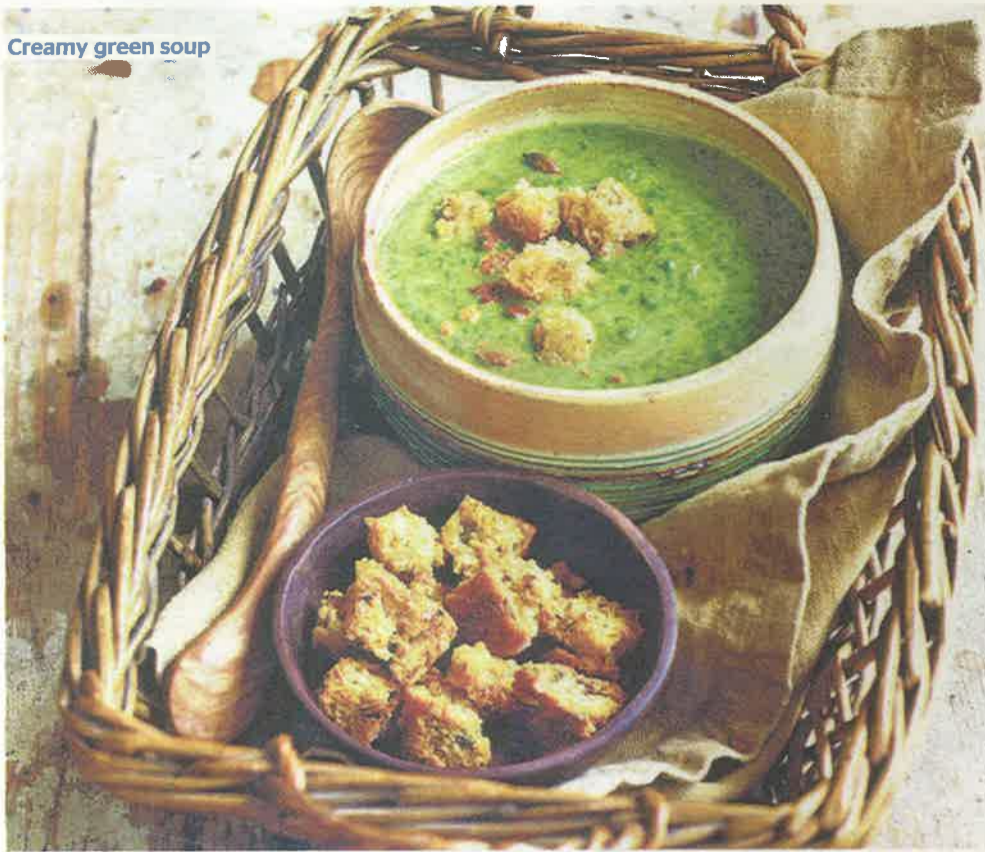


12 Food + Drink

Creamy green soup



Macedonia-style baked beans



Not just for vegans: Six delicious

From polenta and tomato tart to spicy burgers with sweet potato wedges, going vegan (most recently practised by Jay-Z and Beyoncé) doesn't have to be bland, says cook [Dunja Gulin](#)

Gluten-free bread

Serves 3

Ingredients

110g millet flakes
350g millet flour
3 tsp baking powder (aluminium-free if possible)
1½ tsp sea salt
450ml sparkling mineral water
1 tbsp olive oil
1 tsp apple cider vinegar
2 tbsp seeds – pumpkin, sesame, sunflower, etc

Method

1 Preheat the oven to 220C/Gas 7.
2 Stir together the millet flakes, flour, baking powder and salt in a bowl until well mixed. In a separate bowl, whisk together the sparkling water with the olive oil and the cider vinegar. Pour this into the dry ingredients, mixing vigorously with a spatula until you get a medium-thick batter.
3 In order to get a nicely shaped loaf, cut a sheet of parchment paper to fit inside a loaf tin without any creases. Sprinkle with 1 tbsp of the seeds. Pour the dough into the tin and top with the remaining seeds.
4 Put the tin into the preheated oven, lower the temperature to 200C/Gas 6 and bake for 1 hour.
5 Remove from the oven and tip the bread out of the tin, peel off the paper and allow it to cool completely on a wire rack. This will prevent the bread from absorbing moisture and will keep the crust crisp. Wrap the bread in tea towels and store in a cool, dry place for up to five days.

Creamy green soup

Serves 3

Ingredients

1 litre water
5 handfuls of green leafy vegetables (chard, spinach, kale, nettles etc)
¼ tsp sea salt
150g ripe avocado flesh
1 tsp lemon juice
1 tbsp olive oil
1 tbsp umeboshi vinegar
3 garlic cloves, crushed.

Method

1 Bring the water to a boil in a large saucepan. Carefully wash the greens and drain off the excess water. If using kale, remove the hard stem running up the centre of each leaf. Add the greens to boiling water, cover and cook for 1-4 min, depending how soft the greens are – they should remain bright green in colour.
2 Add all the other ingredients and then transfer them into a food processor or a blender and blend until smooth. Taste and adjust the seasoning, if necessary.
3 Serve immediately. If you like, you can make croutons from the gluten-free bread.

Macedonia-style baked beans

Serves 3-4

Ingredients

340g dried haricot beans
130g/3 small carrots, cut into bite-sized pieces
4 dried tomato halves
2 small chilli peppers
Small piece of kombu seaweed

2 bay leaves
3 small onions
4 tbsp olive oil
¼ tsp sea salt
3 garlic cloves
1 tbsp sweet paprika powder
1 tsp vegetable bouillon powder
½ tsp dried oregano
2 tbsp soy sauce
1 tbsp apple cider vinegar
2 tbsp plain flour
Sea salt

Method

1 Soak the beans in plenty of cold water overnight. Discard the soaking water, place the beans in a pot and add enough water to cover them by 4cm. Add the carrots, tomatoes, chilli peppers, kombu seaweed and bay leaves. Bring to a boil and skim off any foam, then reduce the heat to medium, half-cover and simmer for 60-90 min or until tender, adding cold water occasionally to keep the beans from drying out.
2 While the beans are cooking, finely chop two of the onions and chop the third onion into rings, which you'll need to put aside. Heat the olive oil in a heavy-bottomed pan, add the 2 finely chopped onions and a pinch of salt and sauté until the onions are translucent.
3 Add the garlic, paprika, bouillon powder and oregano and fry for 1-2 min. Then add the soy sauce, vinegar and flour and whisk vigorously to combine the ingredients and lightly fry the flour, which gives a nice taste as well as texture to this bean dish.
4 Preheat the oven to 200C/Gas 6. When the beans are tender and creamy, remove the bay leaves and chillies (or leave the chillies in, if you prefer really spicy baked beans). Add the sautéed

onion mixture to the beans and stir well over a high heat until well incorporated. Add salt to taste. The stew should be a little thicker than ordinary stew, and creamy.
5 Pour it into a casserole dish 35cm x 25cm and decorate with the onion rings all over the surface. Bake, uncovered, for 30-40 min until a thin crust forms and the onions turn golden brown. Serve warm with bread and salad.

Spicy burgers and wedges

Makes about 14 burgers

Serves 4-5

80g vegetable pulp or grated vegetables

50g onion, finely diced

3 garlic cloves, crushed

1 tsp barbecue spice mix

¼ tsp sweet paprika

¼ tsp ground turmeric

½ tsp chilli powder

4 tbsp finely chopped herbs (parsley, chives, etc)

575g cooked brown rice, room temperature

¼ tsp sea salt

Plain flour, for coating

Sunflower oil, for frying

For the sweet potato wedges

2 large sweet potatoes, peeled and cut into wedges

4 tbsp sunflower oil

¼ tsp sweet paprika

½ tsp dried oregano

Sea salt and crushed black pepper

For the tofu mayonnaise

300g fresh tofu

6 tbsp water

4 tbsp olive or sunflower oil

3 tbsp lemon juice or apple cider vinegar

1 soft date

½ tsp sea salt

Method

1 To make the mayonnaise, blend all the ingredients in a blender until the mixture is completely smooth. Taste and





Polenta tarte



Lentil moussaka

meat-free recipes for everyone



Gluten-free bread

adjust the seasonings. I like it more tangy than sweet, so I always add a little more lemon juice or vinegar.

2 For the burgers, put all the ingredients (except the flour and the oil) in a big bowl. Using your hands, knead the rice into the mixture until everything is well combined and the rice starts becoming sticky. This will prevent the burgers from falling apart or absorbing too much oil. Taste and add more salt and spice if needed – the burgers are usually the spicier part of a meal, so you don't want them to be bland. Allow the mixture to rest for 30 min.

3 With moist hands start shaping the mixture into small, neat burgers – you should be able to make about 14. Roll each burger in a little flour and set aside.

4 Meanwhile, fill a deep, heavy-bottomed frying pan with 3cm vegetable oil and heat it until the oil starts moving. To tell if it's the right temperature, throw a small piece of the mixture into the pan: if it immediately starts sizzling, it's ready to go. Deep-fry a couple of burgers at a time, depending on the size of your pan – it should not be overcrowded. When they turn golden brown, remove them from the oil with a slotted spoon and place on paper towels. They should be golden with a thin crust and a juicy inside, and should only grease your fingers lightly.

5 Preheat the oven to 200C/Gas 6. Cook the sweet potatoes in a pan of boiling water for 5 min. Drain and dry them well. In a small jar, place the remaining ingredients, close and shake, then pour over the wedges until they're well coated. Line a baking sheet with foil, place a roasting rack on top and arrange the wedges on the rack. Bake in the oven for about 20-25 min until browned and crispy.

6 Serve the burgers hot with the wedges, pickles, onion slices and mayonnaise.

Recipes taken from *The Vegan Pantry* by Dunja Gulin (Ryland Peters & Small, £16.99), available from The Times Bookshop with free P&P for £14.49, 0845 2712134; thetimes.co.uk/bookshop

Polenta tart

Serves 2-3

Ingredients

- 750ml water
- ½ tsp sea salt
- 160g polenta
- 100g courgette, grated
- 50g onion, finely diced
- 70g smoked tofu, finely grated
- Sea salt and crushed black pepper
- 2-3 firm tomatoes
- Olive oil for sprinkling and serving
- ½ tsp dried basil
- Fresh basil, to garnish

Method

- 1** Preheat the oven to 200C/Gas 6.
- 2** Bring the water to a boil, add ½ tsp sea salt and whisk in the polenta. Lower the heat, cover and cook for 15 min. There's no need to stir. Lightly salt the grated courgette, let it sit for 5 min and then squeeze out as much water as you can.
- 3** Add the courgette, onion and grated smoked tofu to the cooked polenta and mix well. Add salt and pepper to taste. Spoon the polenta mix into a well-oiled casserole dish (35 x 25cm) or baking pan, evening the surface with a spatula or wet hands. Slice the tomatoes into 5mm thick slices.
- 4** Arrange the tomato slices in a layer over the top and sprinkle with olive oil, salt, dried basil and crushed black pepper to taste. Bake for 20-25 min or until golden brown and until the tomatoes are well baked and sizzling. Let it cool a little, and then slice and serve with fresh basil and a generous splash of olive oil.

Lentil moussaka

Serves 4-6

Ingredients

For the lentil layer

- 300g dried brown lentils, washed and drained
- 750ml cold water
- 6cm strip of kombu seaweed
- 1 bay leaf

For the potato and aubergine layer

- 2 large aubergines
- 1 tsp sea salt
- 650g medium potatoes
- 100g sunflower oil, for frying
- 350ml strong-flavoured tomato sauce or mock tomato sauce (see below)
- For the béchamel topping**
- 50g olive oil
- 4 tbs millet flour or unbleached plain flour
- 580ml soya milk
- 1 tbsp white miso (optional)
- 1 tsp sea salt
- Pinch of ground nutmeg
- Crushed black pepper, to taste
- For the mock tomato sauce**
- 470g pumpkin, peeled and seeded
- 1 medium beetroot, peeled
- 1 medium onion, peeled
- 2 bay leaves
- 470ml water
- ¼ tsp salt
- 3 garlic cloves, crushed
- 3 tbs olive oil
- ½ tsp dried oregano
- ¼ tsp crushed black pepper
- ½ tbs apple cider vinegar
- Sea salt

Method

- 1** For the sauce, cut the pumpkin into 5cm chunks, chop the beetroot into thin slices and cut the onion into 2cm chunks.
- 2** Place all the vegetables in a pressure cooker, add the bay leaves, water and ¼ tsp salt, then pressure cook for about 20 min until all the vegetables are very soft. Alternatively, use a heavy-bottomed pot, put on a medium-high heat, cover and bring to the boil, then lower heat and cook for about 30 min.
- 3** Now take most of the beetroot slices out as well as half of the cooking liquid (save it for later). Next, blend the vegetables in a food processor or blender briefly. Start adding the remaining beetroot and some of the liquid little by little, and blend until you reach the bright red tomato colour and the consistency of a sauce.
- 4** To finish the sauce, add the garlic, olive oil, oregano, pepper and the apple cider vinegar, which will make the sauce taste tomatoey. Season with salt.

- 5** For the lentil base, cover the lentils with the water, add the kombu and bay leaf and bring to a boil, uncovered. Half-cover and simmer over a medium heat for about 15 min. Add another 110ml cold water and simmer for 20 min. Add a final 110ml cold water, bring up the heat slightly and cook for another 20 min. The lentils should be evenly cooked, soft, and the texture should be like a thick mash. Slice the kombu thinly and put back into the lentils. Discard the bay leaf.
- 6** While the lentils are cooking, wash the aubergines lengthways and chop them into 3mm slices. Place in a large sieve or a bowl and sprinkle ½ tsp of the salt over the slices. Massage it in and let them sit for at least 15 min. Pat dry with paper towels. Peel the potatoes and slice them lengthways into 2mm slices. Pat these dry as well.
- 7** Heat 1 tbs of the oil in a large frying pan and heat over a medium heat. Add one batch of aubergine, wait until the flesh starts browning, then turn. It soaks up a lot of oil, but don't add more than 1 tbs per batch, if you can help it. Repeat, adding new oil for each batch. Add the rest of the oil to the pan and fry the potato slices in 3 batches, just until golden on both sides. Then, season them with the remaining ½ tsp salt.
- 8** Preheat the oven to 180C/Gas 4. Cover the bottom of an oiled baking pan (23cm x 30cm) with fried potato slices. Add half of the lentils and spread evenly. Layer the aubergine slices and spread over the sauce, then add another layer of aubergine, and some potatoes, if any left. Cover it all with the remaining lentils.
- 9** To prepare the béchamel sauce, place the oil in the frying pan, add the flour and whisk continuously for a couple of minutes over a medium heat until golden brown and fragrant, then add the milk little by little, and continue stirring until the sauce boils. It should be creamy and thick without lumps.
- 10** Add the white miso, salt, nutmeg and pepper to taste. Whisk once more and remove from heat. Pour the sauce over the lentils, spreading it evenly with a spatula. Bake for about 40 min or until well browned.