

Curried Parsnip Soup

1 heaped tablespoon coriander seeds
1 level teaspoon cumin seed
1 dried red chilli, or 1/2 teaspoon chilli flakes
1 rounded teaspoon ground tumeric
1/4 teaspoon ground fenugreek
1 medium onion, chopped
1 large clove garlic, split
1 large parsnip, peeled and cut
2 heaped tablespoons butter
1 tablespoon flour
1 lt (2pt) beef stock
150ml (1/4 pt) cream

1. Grind/pound first five ingredients in mortar or coffee mill (you can store in jar and use with lentils, spinach etc.)
2. Cook onions, garlic and parsnip gently in butter with lid for ten min.
3. Stir in flour and add 1 tablespoon of spice mixture.
4. Cook for a few min. stirring occasionally, pour stock gradually, leave to cook.
5. When parsnips are really tender, puree in blender and dilute to taste with water.
6. Season and reheat, add cream, serve

(Recipe from Jane Grigson's Vegetable Book)

Kale and Chestnut Soup

Serves 4-6

About 500g chestnuts
220g kale, tough stalks removed, coarsely shredded
250g bacon or cooking chorizo, diced
1.2 lt chicken or game stock
Bit of oil for frying
Salt and pepper

1. To peel chestnuts, make slit in the shell of each one and plunge into a pan of boiling water. Simmer 3-4 mins, drain and leave until cool enough to handle, and then peel off skin, including thin brown inner skin.
2. Fry bacon in a little oil until just crisp, set aside.
3. Simmer chestnuts in stock until tender, then lift out with slotted spoon.
4. Mash a quarter of the chestnuts with fork and stir them back into the soup to thicken.
5. Roughly chop the rest of them and return to soup.
6. Add kale and bacon and simmer for a few mins or until kale is lightly cooked but still fresh and green. Season and serve immediately.

(Recipe from Hugh Fearnley-Whittingstall, published in National Geographic Green Issue, Winter 09-10)

Vegan Carrot Cake

7oz/200g brown sugar
6fl oz / 175ml sunflower oil
2 1/2 fl oz / 75ml soya milk (can use regular milk for non-vegan)
1 dessert spoon ground cinnamon
1/2 teaspoon salt
8oz / 225g self rising flour
1 teaspoon baking powder
2 medium carrots, grated
Handful of sultanas

1. Preheat oven 375°F / 190°C
2. Blend sugar, oil, milk, cinnamon and salt until creamy
3. Gradually add flour and baking powder, followed by carrots and sultanas
4. Pour mixture into loaf tin, lined with baking paper and bake for 1 hour and 15 min (or until a knife comes out clean)
5. Allow to cool and remove from tin

(Recipe from World Food Cafe 2)

