

Christmas Recipes



Beetroot and ginger soup

The spice of the ginger plays off beautifully against the sweetness of the beetroot in this soup recipe. Best eaten in the winter when you need a tasty and thrifty pick-me-up.

Ingredients: (serves 4)

- 3 large raw beetroots, peeled and chopped
- 3 carrots, peeled and chopped
- 1 onion, sliced
- juice from 1 orange
- thumb of ginger, grated
- 1 litre vegetable stock
- 2 tablespoons of olive oil

Method:

1. Peel and chop the beetroots and carrots.
2. Heat two tablespoons of olive oil in a saucepan, add the onion and cook on a medium heat for 5 minutes.
3. Add the orange juice and stir.
4. Add the beetroot, carrot, ginger and stock and bring to the boil. Simmer for 25-30 minutes.
5. Blitz until smooth. Serve.

Recipe created for #FoodSavvy Norfolk & Suffolk



Cauliflower sweet piccalilli

A delicious recipe for pickling vegetables in vinegar to preserve them. Perfect to give as a gift or for saving veg until you fancy eating something extra tasty. Most piccalilli recipes we've seen are missing a treat by not using the leaves and stem of the cauliflower. If you don't have a certain vegetable think about the flavour and texture of it and then add in something you do have.

Ingredients: (makes about 2 litres)

- 1 small cauliflower, cut into small florets, stalk chopped into batons and leaves shredded
- 2 onions, diced
- 1 cucumber or courgette, deseeded and cut into large dice (use the middle as a hydrating snack or to flavour water)
- 75 grams of green beans, cut into 1-centimetre strips (optional)
- 400 millilitres of white vinegar (white wine, cider or distilled)
- 50 grams of sea salt
- 75 grams of sugar (caster is perfect but whatever you have)
- Garlic clove, bashed (optional)
- 3 teaspoons of mustard (English is great but whatever you have)
- 1 teaspoon of ground ginger
- 10 grams of flour (corn flour or plain flour)
- 2 tablespoons of turmeric

Method:

1. Put the washed and chopped veg in a bowl and toss with the sea salt. Leave, covered at room temperature, for at least 20 minutes. Drain the veg and wash well under cold water. Drain well. Heat the vinegar, sugar, garlic, mustard, ginger and turmeric and a pinch of salt until the sugar dissolves. Add in the drain veg and boil for 5 minutes.
2. Meanwhile mix the corn flour with half a glass of cold water and stir to make a paste, then pour in with the vinegar veg mix and stir for a few minutes until the mixture thickens. Remove from the heat, and pack into warm sterilised jars.
3. Seal and leave in a cool dark place until you wish to give it as a gift or eat with friends and family.

Recipe created for #FoodSavvy Norfolk & Suffolk



Charred sprout dip

To use up leftover sprouts, we would suggest embracing the strong flavour of these brassicas (one of the finest vegetable species in our opinion) by making them into a dip.

Ingredients: (serves 4)

- Leftover cooked sprouts (200 grams or thereabouts)
- Milk and thick yoghurt/creme fraiche as desired
- A splash of cider vinegar
- A pinch of salt

Method:

1. Take any leftover cooked sprouts, slice them in half lengthways and heat cut face down on a griddle or heavy pan over a high heat.
2. Re-cook the sprouts in this way until they are partly charred on the underside. You don't want them to be totally blackened, but a good strong char will give a great flavour.
3. Whilst still warm, blend the charred sprouts in a food processor or blender with enough warmed milk to form a thick puree. Mix your choice of creme fraiche or thick (e.g. Greek style) yoghurt into the puree, to add richness and tang.
4. Add a little at a time and stop when you have a balance that you like, there are no rules here. Finally season with a little cider vinegar and salt to taste.

Recipe provided by Mike Knowlden of Blanch & Shock. Photo provide by SavvyChristine for #FoodSavvy Norfolk & Suffolk



Chocolate orange truffles

Use live yogurt to make a healthier, probiotic chocolate. It is important to remember to let the chocolate cool slightly before adding the yogurt to avoid killing the live bacteria. These are perfect for gifting or snaffling on your own!

Ingredients: (makes 30-40 truffles)

- 300 grams dark chocolate (70% or higher), broken into pieces
- 1 tablespoon vanilla paste or extract (optional)
- 1/4 teaspoon almond extract
- zest 1 orange
- a few gratings of nutmeg
- 2 teaspoons maple syrup
- 2 tablespoons dark cocoa powder
- pinch sea salt
- 165 millilitres live yogurt (coconut or dairy)

For rolling

- Finely ground almonds, desiccated coconut, beetroot powder and/or raw cacao

Method:

1. Melt the chocolate in a ceramic bowl over a pan of boiling water, stirring to ensure that it melts evenly and to prevent the chocolate from boiling/burning.
2. Once melted, take the bowl off the heat and stir in the vanilla, almond extract, orange zest, nutmeg maple syrup and cocoa powder, using a whisk or rubber spatula. Once the mixture has cooled slightly, add the yogurt and stir until it is well combined.
3. Pour the mixture into a shallow bowl or tin and place it in the refrigerator for an hour until completely cooled. The mixture should be completely solid.
4. When the mixture is cooled remove the pan from the fridge and allow the mixture to come to room temperature and using a teaspoon, scoop up enough to generously fill the spoon.
5. Gently squeeze the mixture together until it starts to form a ball, then roll it between the palms of your hand to make a neat ball and place this on a sheet of parchment. Continue to roll until all the mixture is used.
6. Next, roll the finished truffles in your coating of choice. Store in an airtight container in a cool place. These should keep for up to 2 weeks.

Recipe provided by Nena Foster for #FoodSavvy Norfolk& Suffolk



Christmas pudding ice cream

Where would Christmas be without a pudding? Currants and raisins, sugar and spice, orange peel, lemon peel, and everything nice. However if you tire of this precious pud, don't let it sit neglected, freeze it in time, and transform into a delicious ice-cream in the summer months.

Continue the Christmas spirit by daring to dash in a splash o' leftover rum or whiskey. A cheat's version of Rum and Raisin using leftover Christmas Pudding.

Ingredients: (serves 4)

- 150 millilitres chilled ready-made custard
- 150 millilitres double cream, whipped
- 125 grams leftover Christmas pudding, crumbled.
- Liquor such as brandy, rum, whisky or Baileys

Method:

1. Mix together the custard and whipped cream then stir in the crumbled Christmas pudding. Freeze in a large Tupperware container and stir every half hour or so until it's the consistency you want.
2. For a softer freeze, add a little brandy or leftover Christmas liquor such as rum, whisky or Baileys.

Recipe provided by [Love Food Hate Waste](http://www.lovefoodhatewaste.com) www.lovefoodhatewaste.com



Christmas stir fry

Stir new life into your leftovers! This recipe utilises leftover sprouts, cabbage, carrots and broccoli, which are frequently wasted during the Christmas period.

Ingredients: (serves 4)

- 200 grams dried egg noodles
- leftover boiled sprouts, cabbage, carrots and broccoli, cut finely into strips
- 2 spring onions, cut into fine pieces
- 2 peppers (red or yellow), sliced finely into strips
- 6 tablespoons tamari/soy sauce (whichever you prefer)
- 1 thumb sized piece of ginger, grated
- 6 garlic cloves, grated, or 2 teaspoons of garlic powder
- 2 tablespoons of vegetable oil
- 2 teaspoons of sesame seeds (optional)
- 2 pinches of chilli flakes

Method:

1. Place the dried egg noodles into a saucepan of salted water.
2. Boil the noodles for 5 to 10 minutes, or follow instructions on the back of the pack.
3. Drain the noodles into a colander then toss them with vegetable oil to keep them from sticking together.
4. Heat the vegetable oil in a wok or large frying pan over a medium-high heat and add the garlic, chilli flakes and ginger. Cook for 2 minutes.
5. Place the chopped leftover sprouts, cabbage, carrots and broccoli (already cooked) into the pan. Add the chopped raw spring onions and peppers until everything has softened and is turning golden.
6. Stir everything together and serve. Add a pinch of sesame seeds over the stir fry, optional.

Recipe provided by Shane Jordan of [Food Waste Philosophy](#) for #FoodSavvy Norfolk & Suffolk



Cranberry turkey pasties

Make the most of leftovers from a Christmas meal by combining cooked turkey, cranberry sauce and stuffing in these festive pasties. They can also be frozen before cooking so any you don't need won't be wasted.

Ingredients: (serves 6)

- 500 gram pack shortcrust pastry
- 200 grams leftover roast turkey, diced (or a tin of chickpeas)
- 2 tablespoons cranberry sauce
- 6 leftover stuffing balls, roughly chopped
- 50 grams low fat soft cheese
- 75 grams frozen peas, defrosted
- 1 medium egg, beaten

Method:

1. Preheat the oven to 200 celsius.
2. Roll out the pastry and cut 6 x 17 centimetres circles. Mix together the turkey, cranberry sauce, stuffing, soft cheese and peas and divide between the pastry circles. Brush the pastry edges with egg. Bring the edges up and press to seal well to form a pasty shape.
3. Place the pasties on a baking tray, sealed edges facing up and brush with the egg. Bake for 20-25 minutes until golden.

Cooks tips:

- Try using puff pastry as an alternative.
- Use up leftover roast turkey or chicken, cooked stuffing and cranberry sauce.
- Try using fruit chutney instead of cranberry sauce.
- Add chopped chives for extra flavour.
- Assemble and freeze before cooking. Thaw in the fridge or cool place before reheating.
- Replace the turkey with vegetables for vegetarian option.

Recipe provided by [Love Food, Hate Waste](http://www.lovefoodhatewaste.com) www.lovefoodhatewaste.com



Gingerbread baubles

Get thrifty this Christmas and make your own delicious tree decorations. It's a great opportunity to spend time in the kitchen with your loved ones and build that festive excitement together whilst making your house smell sensational.

Sadly the biscuits will go soft after about a week of hanging on the tree. Why not freeze half so that you have replacements to the ready

Ingredients: (makes 20 biscuits)

For the biscuit:

- 375 grams slightly salted butter (softened)
- 450 grams dark sugar
- 10 tablespoon golden syrup
- 900 grams plain white flour
- 2.5 teaspoon bicarbonate of soda
- 5 teaspoon ground ginger
- 2 teaspoon of ground rosemary (optional)
- 150 grams of sugar

For the icing:

- 150 grams icing sugar
- 3 tablespoon lemon juice
- ribbon
- piping bag

Method:

1. Preheat the oven to 170 celsius. Grease a baking sheet.
2. Melt together the butter, sugar and syrup.
3. Sift together the flour, bicarbonate of soda and ground ginger.
4. Mix the melted butter mixture into the flour until the dough comes together.
5. On a floured surface roll out the dough to 5mm thick – about 1p piece. Using a floured cutter, cut out your preferred shapes and transfer to the prepared baking sheet on a palette knife or similar.
6. Bake for 11- 12 minutes until cooked through.
7. Have a skewer or straw (reusable!) ready. As soon as the biscuits are out of the oven and they are still soft, use the skewer to make a hole for the ribbon to go through.
8. Cool on a rack.

9. To make the icing sift the icing sugar into a bowl and mix in the lemon juice.
10. Put the icing into a piping bag and have some fun with your decorations.
11. Cut the ribbon into lengths, feed through the hole in the biscuit and tie the ends together. Your biscuits are now ready to hang on your tree.

Recipe created for #FoodSavvy Norfolk & Suffolk



Leftover chicken pie

Ingredients: (serves 4)

- leftover chicken, shredded
- 2 tablespoons of oil (olive or vegetable)
- Fridge foraged vegetables (a good mix would be 1 onion,1 carrot, 2 celery sticks, 1 leek), all diced
- 4 sprigs of thyme
- 3 bay leaves
- 100 millilitres of double cream
- 1 glass of white wine (optional)
- 200 millilitres of chicken stock
- 2 tablespoons of finely chopped tarragon
- 1 sheet of ready rolled puff pastry
- 1 egg yolk beaten (save up those egg whites for a meringue)
- thyme leaves
- sea salt and cracked black pepper

Method:

1. Heat a large pan and sweat the vegetables and bay leaves and thyme and sweat for 3 to 4 minutes, stirring regularly.
2. Add the chicken and cook for another 3 minutes, stirring regularly.
3. Add the wine and stock, and bring to a boil. Then turn down to a simmer for 15 minutes allowing the liquid to reduce.
4. Add in the cream and tarragon, season with salt and pepper and cook for 3 to 4 minutes. Take off the heat and allow to cool slightly.
5. Preheat the oven to 200C.
6. Roll out the pastry using the pie dish you plan to use.
7. Using a small knife, score the pastry into whatever pattern you fancy.
8. Brush with egg yolk.
9. Place the filling into the pie dish, then place the pastry over the top, and crimp the edges to the dish.
10. Sprinkle with a pinch of sea salt and thyme leaves and cook for 20 minutes until the pastry is golden and crispy.

Recipe provided by Masterchef winner Natalie Coleman for #FoodSavvy Norfolk & Suffolk



Pea and mint soup

Simplicity and flavour marry up in this soup. Peas and garden mint are a match made in heaven. With just a few ingredients this dish is a great option for when it is tricky to get to the shops.

Ingredients:

- 2 onions, chopped
- 1 garlic clove, chopped
- 2 tablespoons of oil (olive or vegetable)
- 800 grams frozen peas
- 1 litre vegetable stock
- sea salt and cracked black pepper

Method:

1. Heat the oil in a saucepan, add the onions and cook on a medium heat for 3 minutes or until they have softened and then add the garlic for an additional minute.
2. Stir in the peas and vegetable stock. Bring to a boil, then simmer for 5 minutes.
3. Cool slightly, add a handful of mint leaves and blitz until smooth.
4. Enjoy warm or chill in the fridge for a couple of hours before serving. Season to taste.
5. Great with toasted bread.

#FoodSavvy tip:

- In this recipe we use frozen peas, they stay fresh and keep for much longer than fresh.
- If you have milk or cream that needs using, then you can add some as a substitute for the vegetables stock, adding just before blitzing.

Recipe created for #FoodSavvy Norfolk & Suffolk



Quick Christmas pudding

This is a perfect #SavvyChristmas pud as it uses up all those bags of dried fruits you have in your pantry. Even better, you make and eat it now, meaning you can skip the months of pudding prep.

Ingredients: (serves 4)

- 400 grams dried fruit (e.g. figs, apricots, raisins, sultanas)
- 100 millilitres liquid (alcohol, juice, tea or a mixture)
- 75 grams brown sugar
- 50 grams breadcrumbs (gluten free if required)
- 75 grams plain flour (gluten free if required)
- 1 tablespoon liquid sweetener (molasses/treacle/maple syrup)
- 1 teaspoon baking powder (gluten free if required)

Method:

1. Chop the fruit into bite size pieces if necessary, place in a large bowl and cover with liquid. Leave for at least fifteen minutes.
2. Put half to two-thirds of the fruit mixture in a food processor and blend until you have a rough paste. Mix the paste with the remaining fruit and liquid.
3. Add the sugar, breadcrumbs, flour, sweetener, baking powder, nutmeg, mixed spice, ginger, cinnamon, cloves, salt and mix well. Add nuts if using.
4. Grease a large pudding basin, line with a circle of greaseproof paper, pack the mixture in and press it down well. Cover with another circle of greaseproof paper.
5. Cut one circle of baking paper and one of foil slightly larger than the top of the basin. Make a fold in each (to allow for expansion/venting) then put the greaseproof paper on the basin followed by the foil. Secure with string or an elastic band.
6. Place the pudding in a large saucepan. Carefully pour boiling water halfway up the basin (not touching the foil), turn the heat on low, and put a lid on the pan. Cook for three hours checking the water level (and adding to it) regularly (I'd check it every 15-20 minutes).
7. Turn off the heat and allow the water to cool. Remove the pudding, unwrap and turn out upside down. Eat immediately or wrap in greaseproof paper and foil and save for Christmas!



Roasted sprouts, chorizo and chestnuts

Turning sprouts into a spicy scrumptious side dish and everyone will come back for more. Give your sprouts a squash, pair them up with some chorizo and get a satisfying crunch by adding chestnuts.

Ingredients: (serves 4 as a side)

- 1 kilogram of Brussels sprouts
- 150 grams raw higher-welfare chorizo
- 1 tablespoon olive oil
- 100 grams chestnuts
- 2 sprigs of fresh rosemary
- 1 tablespoon vinegar (red wine is great)

Method:

1. Preheat the oven to 180 celsius.
2. Wash and trim 1 kilogram of Brussels sprouts.
3. Cook for 8 minutes in a pan of boiling salted water, then drain well.
4. Squeeze the raw chorizo out of its skin, crumbling it into a roasting tray with 1 tablespoon of olive oil.
5. On the hob, fry over a medium heat for 6 minutes, until you have ruby oil, then crumble in 100 grams of chestnuts, strip in the leaves from 2 sprigs of fresh rosemary and shake all ingredients about.
6. Tip in the sprouts and toss in 1 tablespoon of vinegar. Squash and flatten the sprouts with a potato masher so they suck up more flavour.
7. Roast for 25 minutes, or until starting to colour.
8. Season to perfection, serve and enjoy!

Recipe created for #FoodSavvy Norfolk & Suffolk



Rosemary and lemon shortbread

This shortbread is a great way to use up leftover rosemary and of course lemon zest before using the juice.

Ingredients: (makes 12 slices)

- 180 grams of plain flour
- 170 grams of polenta
- 130 grams of icing sugar
- 1 teaspoon salt
- 1 tablespoons of rosemary leaves, chopped
- 2 lemons, zested
- 215 grams of olive oil

Method:

1. Preheat the oven to 150C.
2. In a large bowl, mix together the flour, polenta, sugar, salt, rosemary and lemon zest. Add the olive oil and stir until all of the dry mixture is incorporated
3. Transfer the dough to a 23cmx23cm baking tin (or something similar). Push the dough into the pan to create an even layer and prick the surface of the dough with a fork (feel free to make some fun patterns). Bake for about 30 minutes, until lightly golden and the surface feels firm to the touch
4. Remove from oven and allow to cool for about 20 minutes. Let the shortbread cool a bit longer before removing from the pan.
5. While still warm, slice the shortbread into whatever size you'd like (I do wedges with my tart tin but squares are very nice, too).

Recipe provided by Mark Breen of Seasonal Kitchen for #FoodSavvy Norfolk & Suffolk



Silky chocolate mousse

This is a delicious plant-based take on the classic chocolate mousse dessert. You won't find a much simpler or tastier, sweet anywhere. Try this dessert on your 'never vegan' pals and see if they notice it has no eggs or dairy.

Ingredients: (serves 4)

- 300 grams silken tofu (the really soft stuff)
- 1 teaspoons vanilla paste (optional)
- 1.5 tablespoons maple syrup (honey, date syrup or golden syrup are fine too)
- 100 grams dark (70% cocoa) chocolate – orange flavour works well. Look for vegan chocolate if you are wanting a 100% plant-based dish
- large pinch sea salt
- optional toppings: chopped hazelnuts, raspberries, chocolate shavings etc.

Method:

1. Melt the chocolate in a bowl over a pan of hot water, or directly in a pan on heat 1 or 2 if you have an induction hob. Stir gently until the chocolate is melted. Set aside to cool at room temperature.
2. Meanwhile, place the silken tofu, vanilla paste (if using), salt, and maple syrup in a food processor and blend until very smooth. Add the melted chocolate and blend until well combined.
3. Transfer the mixture into espresso cups/small glasses and refrigerate for 30 minutes (do not cool for much longer than this as the mixture will go too hard).
4. To serve, decorate with toppings as desired.

#FoodSavvy tip:

Make this mousse extra special by substituting the sea salt for miso, adding a splash of Cointreau for a boozy treat, or even a few chilli flakes. Maybe not all at once though.

Recipe created for #FoodSavvy Norfolk & Suffolk



Tom's Turkey, Sausage and Bacon Pie

This recipe is a great way to make the most of turkey pieces, leftover herbs and vegetables, and even spare sausages and bacon from those family fry-ups on Christmas morning and Boxing Day. It's an easy recipe to do, especially if you buy in quality puff pastry, and a great way to clear out the fridge of cooked meat and surplus vegetables.

Ingredients: (serves 6)

- 40 grams butter
- 120 grams onion, finely diced
- 260 grams leeks, chopped
- 4 grams fresh thyme
- 3 grams salt
- 15 turns of milled black pepper
- 100 grams or 8 rashers cooked smoked bacon
- 4 leftover cooked sausages
- 20 grams plain flour
- 250 millilitres turkey stock made from the turkey bones
- 250 millilitres double cream
- 500 grams cooked, leftover roast turkey meat, flaked
- 1 tablespoon chopped parsley
- 150 grams puff pastry

Method:

1. Preheat the oven to 180 celsius.
2. Place a shallow pan on a low to medium heat and add the butter. When it has melted, add onion, leek, thyme, salt, pepper and cook with a lid on the pan so the onions sweat and they don't colour.
3. Cook for 8-10 minutes slowly, stirring them now and again.
4. Slice the bacon thinly and slice the sausages into 1cm pieces. Add the bacon and sausage to the pan and cook for 1-2 minutes still with the lid on and then remove the lid and add the flour.
5. Cook out for 1 minute stirring, then add the hot stock and double cream, bring to a slow simmer then cook for a further two to three minutes.
6. Add the turkey pieces to the pan and cook for 3-4 minutes, then remove from the heat and leave to cool, add the chopped parsley and pour the filling into a 20cm pie dish.
7. Roll out the puff pastry to approximately 3mm thick. Lay the pastry over the pie dish and seal the edges by crimping the pastry around the edge. Brush on a little egg wash and bake for 30 minutes.

Recipe provided by Tom Aikens of [Tom's Kitchen](http://www.tomskitchen.co.uk) www.tomskitchen.co.uk for #FoodSavvy Norfolk & Suffolk



Turkey and sprout hash

This dish is a delicious way to love your leftovers and use up two festive favourites – turkey and sprouts! You can also add in any leftover parsnips or carrots, as well as cabbage.

Ingredients: (Serves 4)

- 3 tablespoons oil
- 1 onion – sliced
- 500 grams leftover roast potatoes – chopped
- 300 grams leftover cooked sprouts – chopped
- 250 grams leftover roast turkey – chopped
- 4 medium eggs – poached

Method:

1. Heat 1 tablespoon oil in a large frying pan and fry the onion for 4-5 minutes until browned. Mash the potatoes roughly in a large bowl.
2. Mix onions into the potato with the sprouts and turkey, season to taste and mix well with a spoon.
3. Heat the remaining oil and press the hash into the frying pan and fry 3-4 minutes. Turn the hash over, (don't worry if it breaks up) and fry for a further 2-3 minutes until golden.
4. Serve topped with a poached egg.

#FoodSavvy tips:

- Try making 1 large hash by frying everything up in a large frying pan.
- Use up leftover roast potatoes and vegetables.
- Leftover boiled potatoes and cabbage also work.
- Add chopped bacon and herbs for extra flavour.
- Omit the turkey and add extra vegetables for a vegetarian option and omit the turkey and eggs for vegans.

Recipe provided by Love Food Hate Waste www.lovefoodhatewaste.com



Turkey noodle soup

Use the turkey carcass for this soup. If not making straight away, you can freeze your carcass until you are ready. You can also use roasted chicken. This soup freezes perfectly. Make sure to allow the soup to cool completely before freezing in reusable bags or clip lock containers. Thaw bags of frozen soup in the refrigerator overnight when ready to reheat.

Ingredients: (serves 4)

- 1 turkey carcass (can substitute with turkey breast)
- 1 litre of the stock of your choice
- 8 carrots – diced
- 5 celery stalks – diced
- 2 onions (any colour) – diced
- 1 tablespoon sea salt
- 2 teaspoons ground black pepper
- 2 teaspoons soy sauce
- chilli oil (optional)
- ½ bulb of garlic
- small handful of coriander – chopped
- any leftover turkey meat
- 200 grams rice or egg noodles – uncooked
- 1 lime

Method:

For the turkey stock:

1. Place all your scraps and turkey carcass in a large pot with the peels and vegetable scraps from the soup prep.
2. Cover with water and bring to a boil.
3. Allow stock to simmer and reduce by 60-70%. This process should take about an hour or a little longer.

For the turkey soup:

1. Heat a medium stockpot and add olive oil to sweat down the diced onions, followed by carrots, celery and garlic.

2. Season with a little sea salt and black pepper, allow to cook for 3-4 minutes
3. Add turkey stock and turkey meat, bring to a boil then reduce to a simmer allowing to cook for at least 30 minutes. (I like to let soups simmer for 90 minutes whenever possible).
4. While soup is cooking in another pot cook your noodles a little on the al dente side (cooked to be slightly firm still)– as per the pack instructions, then rinse and chill until you serve the soup.
5. Stir in the soy sauce and chilli oil if desired.
6. Add a heaping helping of cooked noodles to the bowl and ladle over the hot soup and serve with lashings of coriander.

To serve:

Serve with chilli, coriander and a hefty slice of lime

Recipe created for #FoodSavvy Norfolk & Suffolk



Vegetable curry

This delicious vegetable curry is a great way to use up leftover veggies. Throw anything into it, and remember softer veggies require less cooking. It also goes great in samosas or made into a pie.

Ingredients: (serves 6)

- 2 tablespoons any oil
- 1 medium onion - chopped
- 2 cloves garlic – crushed or sliced
- 650 - 750 grams prepared chopped vegetables of choice.
- 2 teaspoon each of ground cumin, turmeric, chilli powder and ground coriander
- 1 tin plum tomatoes - chopped
- 550 millilitres / 1 pint of water or stock
- 1/2 block / 100 grams of solid block creamed coconut - grated
- 2 - 3 tablespoons tomato puree
- salt and pepper to season
- 1 tablespoon chopped coriander leaf (optional)

Method:

1. In a big pan heat the oil and fry the onion until soft.
2. Add the garlic and the vegetables in the pan and cook for a few minutes to soften without browning.
3. Add all the spices and stir round for a few minutes to release the flavours.
4. Add the tomatoes and water or stock and creamed coconut.
5. Simmer (without a lid) until all the vegetables are tender and the sauce has reduced down and thickened.
6. Stir in the tomato puree.
7. If too thin simmer for a little longer - if too thick add a little more water.
8. Finish off by adding a hand full of chopped fresh coriander and serving with a blob of yogurt.

#FoodSavvy tip:

Add softer vegetables like broccoli and courgettes a little later as they require less cooking time than harder vegetables like root vegetables, squashes or potatoes. For a variation add beans, lentils or chickpeas.

Recipe provided by Zena Leech-Calton of [Love Norwich Food](http://www.lovenorwichfood.co.uk) www.lovenorwichfood.co.uk for #FoodSavvy Norfolk & Suffolk



Vegetarian Wellington

Vegetarian Wellington with 3 layers: mushroom and sage, roasted squash and garlic greens. The recipe uses either shop bought puff pastry or homemade shortcrust. Both work well – the puff pastry is best if you want to make one large wellington while the shortcrust works well for individual servings.

Ingredients: (serves 6)

Pastry: if making your own shortcrust

- 450 grams plain flour
- Pinch of salt
- 220 grams cold butter
- Cold water

Or

- Two sheets of ready-made pre-rolled puff pastry

Filling 1: mushroom and sage

- 2 tablespoons olive oil
- 2 medium onions – chopped
- 2 cloves garlic – crushed
- Small handful of parsley – chopped
- 2 tablespoons fresh sage – chopped
- 1 tablespoon fresh thyme – just the leaves
- 1 kilogramme mushrooms – chopped into small squares – any kind will do, a variety is best
- Salt and pepper
- 200 grams breadcrumbs (fresh or dry)

Filling 2: roasted squash

- Olive oil
- 1 medium squash/pumpkin – peeled, de-seeded, chopped into medium chunks
- Salt and pepper
- 2 medium turnips – peeled and chopped into medium chunks
- 1 large potato or sweet potato – peeled and chopped into medium chunks
- 150 grams cheese (strong cheeses like stilton will work or you can use soft cheese like cream cheese or ricotta)

Filling 3: garlic greens

- 1 kilogram fresh greens (kale, spring greens and chard work really well)
- 6-8 garlic cloves
- Olive oil
- Salt and pepper

To assemble:

- Dijon or wholegrain mustard
- Beaten egg

Method:

1. Preheat the oven to 200 celsius.
2. To make the shortcrust pastry: place flour and salt in metal bowl. Rub in cold butter, being sure to keep hands light in movement to not allow the butter to melt. Once mixture looks like breadcrumbs, begin to add in cold water a few tablespoons at a time.
3. Work the mixture into a dough – this usually take about 12-16 tablespoons of water. You want the dough to just come together, but not be sticky or wet. Once the dough comes together, knock it out onto a lightly floured surface and knead it into a smooth dough.
4. Wrap in clingfilm and refrigerate for at least 30 minutes.

To make filling 1:

5. in a saucepan, sautee onions in the olive oil for about 5 minutes, until softened. Add in garlic, parsley, sage and thyme and cook for a further 5 minutes, until garlic is softened and herbs become fragrant.
6. Add the mushrooms and cook on a low heat until the mushrooms release some juices.
7. Remove mushroom mix from heat and stir in breadcrumbs. You want the mixture to be like a thick paste.
8. Set the mixture aside.
9. You can make this mixture the day before, it keeps well in the fridge.

To make filling 2:

10. Place the chopped squash or pumpkin in a large roasting tray, toss with olive oil and season with salt and pepper. Roast in the preheated oven until squash is soft, about 35 minutes.
11. Place the turnips and potato chunks into a pot of water and bring to the boil. Boil until veg is soft enough to mash. Drain and put back into pot.
12. Add the roasted squash and cheese to the potatoes and turnips and mash together. You can either have this mixture smooth or leave some chunks for texture. Set mixture aside.
13. You can make this mixture the day before, it keeps well in the fridge

To make filling 3:

14. Chop your greens into strips.
15. In a large saucepan fry off the garlic in olive oil and add

16. the greens. Season with salt and pepper and continue to toss until greens have cooked down and softened. Set greens aside.

To assemble your wellingtons:

Individual ones:

1. Take the pastry out of the fridge and place on a lightly floured surface. Roll out the pastry to about 5mm thickness. Using a cookie cutter or a bowl, cut circles out of the pastry – you will need two circles per person so the size of the circle depends on how big you would like your wellingtons to be.
2. Take one circle and brush with mustard (Dijon or wholegrain). Using a normal sized spoon, spoon out a layer of mushroom mix 1 followed by squash mix 2 and finally the greens 3. Make sure to leave about two fingers of pastry all around. Brush the pastry border with a beaten egg and place another circle of pastry on top. Using a fork, press down edges of pastry together so they are sealed. Brush beaten egg on top of each finished wellington.
3. Place uncooked wellingtons on lined baking tray and bake in the oven for about 25 minutes.

One large one:

1. Take one sheet of pre-rolled puff pastry and brush with mustard. Leaving a border of pastry about two fingers wide, begin to layer mix 1, 2, and 3. Be generous with your layers!
2. Brush beaten egg around pastry border. Take second sheet of puff pastry and place it on top, pressing down edges of pastry together.
3. You can now trim away any excess pastry with a knife and press down edges with a fork. Brush with beaten egg and lightly score the top.
4. Bake in oven for about 30 minutes.

Recipe provided by Food Cycle www.foodcycle.org.uk for #FoodSavvy Norfolk & Suffolk



Veggie pigs in blankets

Pigs in blankets are a staple part of a classic Christmas dinner and why should the veggies miss out? These veggies in vests are a really quick and easy way of impressing your guests and they make a great side or starter.

Ingredients: (serve 4 as a snack)

- 1 large aubergine
- 1 block of halloumi (225 grams)
- A handful of parsley (or any other herb you have to use up)
- 1 lemon
- Chilli flakes (optional)

Method:

1. Cut the aubergine lengthways into thin slices and fry them for a few minutes on each side in a pan with a few drops of oil.
2. Finely chop a few handfuls of parsley and zest the lemon onto a chopping board.
3. Chop the halloumi into finger sized sticks and roll them in the chopped parsley and lemon zest.
4. Wrap the halloumi in the aubergine slices and bake in the oven at 180 celsius for 10 minutes with a squeeze of lemon juice.

Recipe created for #FoodSavvy Norfolk & Suffolk