

GREEN LENT COOKBOOK



CARING FOR GOD'S CREATION
TOGETHER

SAINT ANDREW'S EPISCOPAL CHURCH



INTRODUCTION

We are now in the season of Lent, a time set aside for reflection and fasting in preparation for Easter. People often like to “give something up for Lent” to join, at least in part, in Jesus’s fasting in the wilderness. This year, we are asking people in our church community to consider giving up or at least cutting something that will help reduce their carbon footprint at the same time.

This year, we are focusing on food. Did you know that food consumption can make up between 10-30% of a household’s carbon footprint?¹ The graph below shows the carbon dioxide equivalents associated with eating various foods.

Food Item	kg of CO ₂ per serving ²
PROTEINS	
Beef	8
Lamb	4
Farmed Prawns	3.5
Farmed Fish	1.75
Pork	1.75
Chicken	1.5
Cheese	1
Eggs	0.6
Beans	0.1
FRUITS & VEGETABLES	
Hot House Tomatoes (in winter months)	6
Tomatoes (in summer months)	0.5
Mangoes	1
Local strawberries in season	0.08
BEVERAGES	
Beer	0.75
Wine	0.3
Milk	0.75
Coffee	0.5
Tea	0.02
SWEETS	
Chocolate	2

¹ University of Michigan (2017) *Carbon Footprint Factsheet*, University of Michigan Center for Sustainable Systems. Available at: <https://css.umich.edu/factsheets/carbon-footprint-factsheet>.

² Stylianou, N., Guibourg, C. and Briggs, H. (2022) *Climate Change Food Calculator: What’s Your Diet’s Carbon Footprint?*, BBC. Available at: <https://www.bbc.com/news/science-environment-46459714>.

It is important to note that the numbers on this graph are estimates and how food is produced can make a significant difference in how much carbon is emitted. For example, beef raised on natural pastures has a much lower carbon footprint than beef raised on feed lots.³ At the same time, it is clear that red meat (beef or lamb) is associated with especially high emissions (mainly because ruminants emit large amounts of methane, which is a much worse greenhouse gas than CO₂).

With this in mind, might we consider reducing the amount of red meat we eat? Just one less portion a week in Lent would save up to 48 kg of carbon emissions (over 2 tonnes if half the congregation were to do it).

To help reduce meat in our diets, we are collecting our favourite recipes which do not contain meat throughout Lent this year. We hope you will enjoy trying some of these recipes as a way for us care for God's creation together!

³ Stylianou, N., Guibourg, C. and Briggs, H. (2022) *Climate Change Food Calculator: What's Your Diet's Carbon Footprint?*, BBC. Available at: <https://www.bbc.com/news/science-environment-46459714>.



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CURRIES & SAUCES

AUBERGINE DIP

Number of servings:

about 1 and half cups

Submitted by:

Elizabeth Woodcock

INGREDIENTS

1 large aubergine
 1 medium onion finely chopped
 75g breadcrumbs
 2 tablespoons plain yogurt
 3 cloves garlic, crushed
 Half cup chopped fresh parsley
 1 tablespoon cider vinegar
 1 and half tablespoons lemon juice
 125 ml olive oil



**GREEN
TICKET
SCHEME**

**Carbon Savings per person for
this Recipe...**

- If you are replacing beef: 7.9 kg
- If you are replacing fish: 1.74 kg
- If you are vegetarian and are eating vegan: 0.9 kg per serving

DIRECTIONS

1. Bake whole aubergine on oven tray in hot oven for about an hour or until soft. Take out and cool slightly. Peel then chop flesh roughly.
2. Combine all ingredients in a food processor until smooth. Refrigerate for a few hours preferably overnight.
Not suitable for freezing or microwave.

CAULIFLOWER AND CHICKPEA CURRY

Number of servings: 4-6

Preparation Time: 40 mins

INGREDIENTS

1 medium-large cauliflower, trimmed

2 tablespoons oil

3 onions, chopped

4 garlic cloves, chopped
(optional - we don't use garlic and it still tastes yummy)

1 teaspoon freshly grated ginger
(tip - I freeze fresh ginger so that I always have some to hand. It grates really well frozen)

2 teaspoons ground coriander

2 teaspoons ground cumin

A large pinch of dried chilli flakes

2 star anise

400g tin plum tomatoes, chopped,
any stalky ends and skins removed

400g tin chickpeas, drained and rinsed

2 teaspoons garam masala

A good handful of fresh coriander, chopped

Salt and pepper

(you could use ready-made curry powder instead of the spices if you were in a hurry,)

Submitted by:

Helen Paterson

Special note or story about this recipe:

Delicious.

Recipe Source:

River Cottage Veg Everyday.
By Hugh Fearnley-Whittingstall



**GREEN
TICKET
SCHEME**

Carbon Savings per person for this Recipe...

- If you are replacing beef: 7.9 kg (7.4 kg if served over rice)
- If you are replacing fish: 1.74 kg (1.24 kg if served over rice).
- If you are vegetarian and are eating vegan: 0.9 kg per serving (0.4 kg if served over rice)

(CAULIFLOWER & CHICKPEA CURRY)

DIRECTIONS

Cut the cauliflower into florets, then part-cook by putting into cold salted water and bring to boil then take off heat immediately, drain well and keep warm.

Heats the oil in large saucepan. Add the onions, garlic (if using) and ginger and cook for about 10 minutes, stirring frequently until sautéed.

Add the ground coriander, cumin, chilli flakes, star anise and some salt and pepper and cook for 5 minutes.

Add the tomatoes with their juice and the chickpeas. Stir well, then add the cooked cauliflower. Add 100-200ml cold water to nearly (but not quite) cover everything and bring to simmer. Simmer for 5- 20 minutes until the cauliflower is tender and the juice is a little rejoiced and the curry not too sloppy. (The recipe says 5-10 minutes, but I find needs longer)

Stir in the garam masala and half the fresh coriander leaving half to scatter over the top when you are ready to serve. Add salt and pepper to taste. Serve with rice, flatbreads, or naan. I often serve this with another contrasting curry such as aubergine and green bean curry) You might like to serve with Raita. My quick Raita is crème fraiche with a few teaspoons of mint jelly stirred into it. Add lemon juice. If you have a cucumber sitting in the fridge then peel and grate some of that into it.

EGG KOSHA

Number of servings: 2

INGREDIENTS

4 EGGS

30ml Sunflower/Olive Oil
 5g of chili powder
 5g of ground turmeric
 10g of minced garlic
 10g of minced ginger
 200g of chopped onion
 100g of fresh chopped tomatoes
 1 green pepper
 10g cumin powder
 5g coriander powder

Submitted by:

Georgiana Mazilu

Can be made for lactose vegetarians by substituting the egg with paneer cubes. If you do not eat spicy food leave the chili out

Recipe Source:

From the Mobile Teaching Kitchen International

DIRECTIONS

Eggs are hard boiled and kept aside after removing the shell

Onion, garlic and ginger (green chili and green pepper) are finely chopped

Then you add the sunflower/olive oil, add the chopped onion, ginger, garlic tomato, (chili or green pepper) in the said sequence and cooked until the vegetables get mushy.

The salt and the spices turmeric, coriander and cumin are added and cooked until oil separates (water is added to adjust consistency)

The boiled eggs are added to the vegetables, and you can enjoy

LIGHTLY SPICED POTATOES & PEAS

Number of servings: 2-4

INGREDIENTS

3 tbsp oil

1/4 tsp whole cumin seeds

450 g/1 lb potatoes,
diced into 1 cm/1/2 in cubes

1 green chili, finely chopped
(optional)

1 tsp of turmeric

1/2 tsp salt

75 g/3 oz peas

1 tsp ground cumin (you can make this fresh by toasting cumin seeds and crushing them or you can buy it)

DIRECTIONS

1 Heat the oil in a wok or skillet over medium high heat and add the cumin seeds. Let them sizzle for a few seconds.

2 Add the potatoes and green chili and fry for 2-3 minutes. Add the turmeric and salt and, stirring occasionally, cook for 5 minutes.

3 Add the peas and the ground cumin. Stir to mix. Cover, lower the heat and cook a further 10 minutes until the potatoes are tender.

Eat hot or cold

Submitted by:

David Cole-Hamilton

Special note or story about this recipe:

This is actually the filling for Samosas, but we like it as much just as it is – and it is much quicker to make!

Recipe Source:

The Complete Indian Cookbook, edited by Meera Budhwa



**GREEN
TICKET
SCHEME**

Carbon Savings per person for this Recipe...

- If you are replacing beef: 7 kg
- If you are replacing fish: 0.75 kg
- If you are replacing chicken: 0.5 kg

SPAGHETTI WITH MEAT-FREE SAUCE

Number of servings: 4

Preparation Time: 1 hour

(10 min prep, 10 min cook,
40 min simmer)

INGREDIENTS

2 tbsp olive oil

1 onion, minced

3 cloves garlic, minced
or crushed

1 small pack mushrooms,
minced

2 tins tomato sauce

2 tins diced tomatoes

2 tsp dried oregano

2 tsp dried basil

1 tsp dried rosemary

2 bay leaves

½-1 tsp chili powder (optional)

1 tsp salt (to taste)

½+ tsp black pepper (to taste)

Spaghetti noodles (or other pasta)

Pearled mozzarella

Freshly grated Parmesan cheese

Submitted by:

Anna, Ben, Esther, & Jude Holsteen

Special note or story about this recipe:

Fresh herbs transform the flavour of any dish. The ration for dried to fresh herbs is about 1 tsp dried to 1 tbsp (3 tsp) fresh. With basil, 1 tsp dried = 2 tsp fresh.

For more protein, use a lentil-based pasta (which is also gluten free).

Very small, diced mushrooms are more easily hidden from picky eaters.

Recipe Source:

This is my own recipe but based on one that was shared with me years ago. My kids told me I shouldn't share it and to guard the secret, but I wanted to share a great sauce, so people know they can still enjoy spaghetti without the meat!



**GREEN
TICKET
SCHEME**

Carbon Savings per person for this Recipe...

- If you are replacing beef: 7 kg
- If you are replacing fish: 0.75 kg
- If you are replacing chicken: 0.5 kg

(SPAGHETTI WITH MEAT-FREE SAUCE)

DIRECTIONS

In a large pan, sauté onions in oil for 3-4 min; add garlic and cook 1-2 min; add mushrooms and sauté until most of the liquid from the mushrooms has evaporated, stirring often. Add the remaining ingredients and simmer for 30-45 minutes.

Cook pasta noodles, drain, toss with olive oil and salt.

Remove bay leaves from sauce and add to compost bin.

Serve sauce over noodles and top with mozzarella pearls and freshly grated Parmesan.

SUMMER VEG FREEZER SPAGHETTI SAUCE

Number of servings: 4

INGREDIENTS

1 medium onion chopped

3-4 garlic cloves chopped

3-4 tomatoes diced

1-2 sweet peppers diced

Portabello mushrooms sliced

1/3 cup red wine

1/3 cup vegetable broth

1-2 cans diced tomatoes

1 small can of tomato sauce

Fresh herbs to taste: oregano, basil, rosemary chopped fine

Salt to taste

½ Tablespoon sugar

Submitted by:

Kimberly Drage

Special note:

All of the ingredients in bold can be placed in a food processor and stored in the freezer until you're ready to make your sauce. This could be a great way to save tomatoes from your garden or from the farmer's market when tomatoes are in season to avoid buying carbon expensive winter tomatoes!

Recipe Source:

This is a modified version of a recipe from a cookbook put together by the church where we were married (in Tennessee, USA!).



GREEN
TICKET
SCHEME

Carbon Savings per person for this Recipe...

- If you are replacing beef: 7 kg
- If you are replacing fish: 0.75 kg
- If you are replacing chicken: 0.5 kg

Carbon Savings per tomato if you freeze summer tomatoes and serve this in the winter ...

- 5.5 kg per tomato used

DIRECTIONS

Combine all the ingredients and let simmer until it has thickened into a sauce.

***FREEZER VERSION:** Put all the emboldened ingredients above into a food processor and store the mix in the freezer. When you're ready to eat it, add this "starter" to the remain ingredients, combine and simmer until it is thickened.

WARMING WINTER BOWLS

Number of servings: 8

INGREDIENTS

5 carrots
 2 x 400g cans of chopped tomatoes
 100g Puy lentils
 5 tablespoons tomato puree
 5 teaspoons tamari
 3 teaspoons ground cinnamon
 3 teaspoons ground ginger
 3 garlic cloves, crushed
 Salt and pepper
 3 courgettes
 2 x 400g cans of cannellini beans, drained and rinsed
 Juice of 1 lime

DIRECTIONS

Start by peeling the carrots, then slicing them into thin rounds. If they are quite fat, cut the rounds in half. Place them in a large saucepan.

Add the chopped tomatoes, lentils, tomato puree, tamari, cinnamon, ginger, garlic, salt and pepper to the saucepan, then pour in 600ml of boiling water and mix everything together. Bring to the boil, then reduce the heat to a simmer, place the lid on the pan and let it simmer for 30 minutes.

Slice the courgettes into half-moons, then stir them into the saucepan along with the cannellini beans and lime juice and let everything simmer for another 30-40 minutes, until the carrots and courgettes are nice and soft. Serve, with brown rice if you like.

Submitted by: Jenny Evetts

Special note or story about this recipe:

Have only just discovered this recipe but it was wonderful. I only made half the quantity, and it was lovely on rice, on mashed potato or in a bowl with bread on the side. I substituted fresh ginger for the ground, and lemon for lime. It was delicious.

Recipe Source:

Deliciously Ella Every Day by Ella Woodward



**GREEN
TICKET
SCHEME**

Carbon Savings per person for this Recipe...

- If you are replacing beef: 7.9 kg (7.4 kg if served over rice)
- If you are replacing fish: 1.74 kg (1.24 kg if served over rice)
- If you are vegetarian and are eating vegan: 0.9 kg per serving (0.4 kg if served over rice)



RICE DISHES & CASSEROLES

CORNBREAD CASSEROLE (GF)

Number of servings: 6

Preparation Time: 1 hour

(20 min prep/ 40 min cook)

INGREDIENTS

2 tbsp olive oil or butter

1 diced onion

1 diced red bell pepper

1 cup minced mushrooms

3 cups sweet corn

2 tsp cumin

1 tsp coriander powder

1 tsp smoked paprika

½ tsp salt

¼ tsp black pepper

2 tbsp chopped spring onions or fresh coriander

Batter:

½ cup cornmeal

½ cup all-purpose regular or gluten free flour

1 tsp salt

2 tsp sugar

2 tsp baking powder

2 large eggs

1 cup soured cream

¼ cup melted butter, slightly cooled

1 ½ cups grated cheese (cheddar, mozzarella)

Submitted by:

Anna, Ben, Esther, and Jude Holsteen

Special note or story about this recipe:

Prepare onion, pepper, and mushrooms before doing anything else to make the preparation go a bit faster.

This recipe works well substituting all-purpose gluten free flour, too.

Soured cream substitutes: 1-to-1 plain Greek yoghurt or mayonnaise, buttermilk (¾ cup + 1/3 cup butter)

Recipe Source:

This recipe was found at Feasting at Home's website (www.feastingathome.com) and adapted to add more protein (mushrooms) and spice (cumin) and be gluten free.



**GREEN
TICKET
SCHEME**

Carbon Savings per person for this Recipe...

- If you are replacing beef: 7 kg
- If you are replacing fish: 0.75 kg
- If you are replacing chicken: 0.5 kg

(CORNBREAD CASSEROLE)

DIRECTIONS

Preheat oven to 180-190C (depending on oven) and heat pan on hob.

Chop onion and pepper, add olive oil once pan is heated, and add onion and pepper and cook for 4-5 min. Add mushrooms, spices, salt and pepper, and cook until liquid from mushrooms is mostly evaporated. Add corn (frozen, tinned or fresh) and mix to combine, cooking 2 min more. Turn off heat.

Make the batter. In a large bowl, add dry ingredients and whisk to combine. In a medium bowl, whisk eggs and sour cream. Gradually whisk in melted butter.

Combine the corn-pepper-mushroom mixture with the dry ingredients. Stir all to combine and coat. Pour and mix in the egg mixture. Add $\frac{3}{4}$ cup grated cheese. Pour the batter into 2-quart greased casserole baking dish or 10-inch cast iron skillet. Top with remaining $\frac{3}{4}$ cup of cheese. Batter should ideally not be over 2 inches (5 cm) high.

Bake uncovered for 25-35 minutes or until cooked through and golden brown around edges.

Serve warm and garnished with cilantro or scallions if desired.

COLOURFUL BEANS & RICE (GF/DF*)

Number of servings: 4-6

Preparation Time: 30-60 min

INGREDIENTS

(Optional) 1 diced onion

(Optional) 1 diced bell pepper

(Optional) 1 tbsp olive oil

1 can black beans with liquid from can

1 can black-eyed beans (or 2nd can of black beans)

2+ tsp cumin

salt/black pepper to taste (minimum 1 large pinch of salt and ¼ tsp black pepper)

¾ tsp oregano

3 cups of uncooked basmati or jasmine rice

TOPPINGS

**Recommended*

Grated cheddar cheese*

Diced avocado*

Sweet corn (tinned or frozen [cooked])*

Diced fresh tomatoes*

Hot sauce

Crushed red chili pepper flakes

Minced fresh cilantro (coriander)

Lime slices

Romaine lettuce

Submitted by:

Anna, Ben, Esther, & Jude Holsteen

Special note or story about this recipe:

This dish can be dressed up or down and as easy as you want it. Just seasoned beans and rice is very tasty and takes very little time, especially with the help of a rice cooker. Add onions/peppers to add more flavour, and top with your favourite toppings to add colour, texture, freshness, and flavour.

Recipe Source:

This is our own family recipe that has developed over the years. We started with just beans and rice, then decided we could improve it with some cumin, salt, and pepper. Then we thought to try cheese, then what about that tomato? And something green would be nice, so how about an avocado?



**GREEN
TICKET
SCHEME**

Carbon Savings per person for this Recipe...

- If you are replacing beef: 7.4 kg (serving with cheese 6.4 kg)
- If you are replacing fish: 1.25 kg (serving with cheese 0.25 kg)
- If you are vegetarian and are eating vegan: 0.5 kg

DIRECTIONS

Cook rice in preferred method.

If using, dice onion and pepper (we nearly mince the onions to hide them from picky eaters) and sauté in olive oil over medium to medium-high heat until fragrant and onions are translucent. Meanwhile, drain and rinse 1 can of beans.

Add both cans of beans (1 tin undrained black beans and 2nd tin of rinsed beans), cumin, salt, pepper, oregano and stir. Heat over low to medium-low heat for about 10 minutes, while you prepare the other ingredients.

Prepare optional toppings: Dice tomatoes and avocado (and/or romaine lettuce, cilantro, lime slices) and cook corn (if frozen).

To serve: Plate rice; top with beans; garnish with choice of colourful toppings.

SLIGHTLY SPICY RICE

Number of servings: 4

Preparation Time: 45 min

INGREDIENTS

Seeds from 4 cardamon pods
 1 small onion finely chopped
 6 cloves
 1 green chili (optional) finely chopped
 1 tablespoon vegetable oil
 5 cups long grain rice
 2 bay leaves
 ¾ pint vegetable stock
 1 teaspoon turmeric
 2 oz raisins
 3 oz flaked almonds

DIRECTIONS

Wash the rice with hot water by soaking it for a few minutes and draining. Repeat twice more

Warm the oil in a saucepan over a medium heat and add the onion, cardamon seeds, chili if being used and cloves. Fry for 2 minutes then add the drained rice and bay leaves. Fry for 3 minutes stirring often to prevent sticking

Meanwhile, make the stock by dissolving a vegetable stock cube in boiling water. Add this to the saucepan so that it just covers the rice (add more water if required)

Add the turmeric and stir in.

Cover, bring to the boil and cook over a low heat for 10 minutes without stirring

Meanwhile, grill the flaked almonds until golden

After the 10 minutes cooking, stir in the almonds and raisins, cover and leave to stand off the heat for 5 minutes.

Serve hot.

Submitted by:

David Cole-Hamilton

This dish is a meal in itself but, is best accompanied by a green vegetable. It goes very well with samosas, pakora and/or onion bhajis. Adding a dessert spoon of hummus on the side will balance the proteins, but you could also serve it with a hard-boiled egg for each person (still vegetarian, not too high carbon footprint, not vegan).

Omit the chili if you do not like hot food.

Recipe Source:

Adapted from *The Complete Indian Cookbook*, Ed Meera Budhwar, Tiger Books International, London, 1992



**GREEN
TICKET
SCHEME**

Carbon Savings per person for this Recipe...

- If you are replacing beef: 7.5 kg
- If you are replacing fish: 1.25 kg
- If you are replacing cheese and are eating vegan: 0.5 kg



SALADS



CAULIFLOWER WITH HERB VINAIGRETTE

Number of servings: 4 to 6

Preparation Time:

Submitted by:

Liz Woodcock

INGREDIENTS

1 med cauliflower

180ml olive oil or local rapeseed oil

60ml white wine vinegar

1 tablespoon lemon juice

2 tablespoons chopped fresh dill

1 tablespoon chopped fresh parsley

Salt & pepper

Dried herbs will do if fresh unavailable



**GREEN
TICKET
SCHEME**

Carbon Savings per person for this Recipe...

- If you are replacing beef: 7.9 kg
- If you are replacing fish: 1.65 kg
- If you are replacing chicken: 1.4 kg

DIRECTIONS

Cut cauliflower into small florets and cook until just tender. Rinse in cold water and drain.

Meanwhile mix oil, vinegar, lemon juice and herbs in bowl. Pour over cauliflower, cover and chill.



SAVORY PASTRIES

BETROOT TART

Number of servings: 4

Preparation Time: 40 mins

INGREDIENTS

4 beetroots

1 large knob butter

1 teaspoon sugar

1 tablespoon balsamic vinegar

1 sprig rosemary (chopped)

200 grams puff pastry

1 handful watercress or rocket

100 grams goat's or feta cheese

Irene Werritty

This is a regular favourite which can be a main course for dinner with a baked potato or, in smaller portions, a quick lunch. The most tricky part is inverting the pan in one quick movement to produce tart with beetroot on the top and crust on the bottom. It also looks great with purple beetroots, white cheese and green garnish.

From a magazine many years ago



**GREEN
TICKET
SCHEME**

Carbon Savings per person for this Recipe...

- If you are replacing beef: 7 kg
- If you are replacing fish: 0.75 kg
- If you are replacing chicken: 0.5 kg
- If you are serving it vegan

DIRECTIONS

Cook whole beetroots beforehand and cut into slices. Add butter, sugar, vinegar and rosemary to 8 inch overproof frying pan on the stove and bubble until syrupy. Place sliced beetroot in syrup in single layer. Season well and place rolled out disc of pastry on top of beetroot making sure to keep the edges tucked inside the pan. Cook at 180C/Gas 4 for 30 minutes until pastry a golden colour. Allow 5 minutes to cool. Place a large plate over the pan covering the whole pan and turn over to dislodge tart. This requires both hands and a deft quick movement. Garnish with watercress or rocket and chunks of cheese sprinkled across the beetroot.

GREEK STYLE COURGETTE FRITTERS WITH YOGURT DIP

Number of servings: 15 fritters

INGREDIENTS

5 grated courgettes (about 750g)
 1 grated medium onion
 Plain flour 75g
 3 lightly beaten eggs
 1 tablespoon chopped fresh oregano
 1 tablespoon chopped fresh basil
 1 tablespoon chopped fresh parsley
 Salt & pepper
 Oil for shallow frying

DIRECTIONS

Shallow fry fritters until lightly browned underneath and flatten a little before turning. Cook other side until browned and cooked through.

Drain on kitchen paper and serve with dip.

Submitted by:

Liz Woodcock

Tip: Prepare the dip before making the fritters.

Κολοκυθοκεφτεδες με Τζατζικι



**GREEN
TICKET
SCHEME**

Carbon Savings per person for this Recipe...

- If you are replacing beef: 7.4 kg
(serving with dip 6.4 kg)
- If you are replacing fish: 1.15 kg
(serving with dip 0.15 kg)

YOGURT DIP INGREDIENTS

180ml plain Greek Yogurt or Greek Style
 1 small cucumber seeded and grated
 1 clove garlic crushed
 1 tablespoon chopped fresh mint
 2 tablespoons lemon juice

DIRECTIONS

Mix together

MUSHROOM CAKE

Number of servings: 8

Preparation Time: 20 mins

Cooking Time: 30 mins

Submitted by: Georgiana Mazilu

Recipe Source: Family Recipe

INGREDIENTS

6 medium onions diced

100 ml vegetable oil

1 can/box of sliced
Mushrooms

3 tablespoons of flour

6 eggs

Salt

Pepper

Parsley



**GREEN
TICKET
SCHEME**

Carbon Savings per person for this Recipe...

- If you are replacing beef: 7.4 kg
- If you are replacing fish: 1.15 kg
- If you are replacing chicken: 0.09 kg

DIRECTIONS

Heat the oil and add the onions. Simmer them for 10-20 minutes but do not burn them. Add the mushrooms, herbs and stir for further 10 mins. Take the saucepan off the heat and add the flour and one by one the eggs. Season with salt, pepper, herbs etc. Butter a cake tin and put the mushroom mixture in. Preheat the oven 200 C/ fan and cook for 30 minutes or until the surface became golden brown and it starts to come off the sides of the tin. Slice and eat hot or cold with a tomato salad.

Enjoy!



SOUPS

ROCKET AND BUTTERNUT SQUASH SOUP

Submitted by:

Ken Duncan

Special note or story about this recipe:

I found this perfect complement to this winter's dreary weather in the Hartford Courant. Where, given this year's New England weather, their needs are even greater than ours!

Recipe Source:

Hartford Courant

INGREDIENTS

2 tablespoons extra virgin olive oil

1 onion finely chopped

1 medium butternut squash (pumpkin can be substituted but either must be fresh)

1 large potato peeled and cut into quarters

1.3 litres of vegetable stock

Salt and freshly round black pepper

140g of rocket leaves

DIRECTIONS

1. Heat the oil in a large saucepan over a medium heat and fry the onion for 2 minutes, stir occasionally.
2. Meanwhile, peel the butternut squash and scoop out the seeds. Cut the flesh into chunks. Add the squash and potatoes to the onions and fry for 2 minutes.
3. Pour in the stock, bring to a boil and cook over low heat for 40 minutes, uncovered, stirring every 10 minutes.
4. Use a blender to blitz it into a smooth creamy soup. Season to taste.
5. Serve hot garnished with rocket leaves.

CHICKPEA STEW

Number of servings: 4

Preparation Time: 25 minutes

INGREDIENTS

1 large sliced onion

1 tablespoon oil

1 tablespoon honey

1 teaspoon cumin

1 teaspoon coriander

½ teaspoon cinnamon

1 x 410 gram can chickpeas

1 x 410 gram can tomatoes

100 grams frozen spinach

Handful of raisins

DIRECTIONS

Fry sliced onion with oil and honey until soft and slightly brown. Add cumin, coriander and cinnamon and sizzle until fragrant. Add cans of chickpeas, tomatoes and raisins. Bring to boil and simmer (around 15 minutes or so). Add frozen spinach (although equivalent fresh will do) stir through and cook for 10 minutes.

Submitted by: Irene Werritty

This makes a very filling meal for supper with any left overs suitable for freezing and eating later. The spices and raisins complement the chickpeas and tomatoes. Good with rice or baked potato. A family favourite when looking for a meat substitute.

Adapted from a magazine article many years ago



**GREEN
TICKET
SCHEME**

Carbon Savings per person for this Recipe...

- If you are replacing beef: 7.9 kg
- If you are replacing fish: 1.65 kg
- If you are replacing chicken: 1.4 kg

MOROCCAN LENTIL SOUP

Number of servings: 4-6

INGREDIENTS

2 TBL olive oil
 2-3 garlic cloves chopped
 1 onion chopped
 1 TBL Moroccan spice mix
 or Ras-el-hanout
 200 g lentils
 1.2 liters vegetable broth
 1 can diced tomatoes
 250 g spinach chopped
 Salt to taste

Submitted by:

Kimberly Drage

Special note:

This is an easy and delicious soup.

The Moroccan spice is what sets it apart! Enjoy!!

Recipe Source:

Davina's 5 weeks to sugar-free. Orion Publishing Group. 2015



**GREEN
TICKET
SCHEME**

Carbon Savings per person for this Recipe...

- If you are replacing beef: 7.9 kg
- If you are replacing fish: 1.65 kg
- If you are replacing chicken: 1.4 kg

DIRECTIONS

- Cook the onion in the oil until it starts to soften. Then, add garlic.
- Add the spice and stir over the onions and garlic. Stir in the lentils, ensuring everything is covered in the spices.
- Add the broth to the pan and bring it to boiling. Allow the mixture to simmer for 25-30 minutes until the lentils are cooked. Add the spinach and stir. Add salt to taste.

PARSNIP AND DILL SOUP

Number of servings: 3-4

Preparation Time: 20-25 minutes

INGREDIENTS

1 bag of parsnips, peeled and chopped

3 brown onions, diced

A splash of extra virgin olive oil

1 knob of (plant-based) butter

Flour, as much as the butter

1l boiling water

3 vegetable or chicken stock cubes

1 large handful of fresh dill

½ tsp ground turmeric

A pinch of ground coriander

DIRECTIONS

1. Heat the olive oil in a large saucepan (not non-stick) over low-medium heat. (Put one piece of diced onion in the pan- when the oil shows small bubbles, it's hot enough!)
2. Add the 3 diced onions and stir occasionally until they begin to soften (the onions should start to smell sweet).
3. Add the peeled and chopped parsnips, continuing to stir for 2 minutes
4. Add butter to the onions and parsnips; when it melts, add the flour. Stir quickly for 30 seconds to avoid the flour forming lumps.
5. Pour the boiling water into the saucepan and increase the heat until it reaches a rolling boil.
6. Crumble the 3 stock cubes into the soup, stir, and simmer with a lid until the parsnips are fork tender.
7. While the soup is simmering, de-stalk the dill and chop it finely.
8. When the parsnips are ready, add the spices. Turn off the heat and use an immersion (stick) blender to blend the soup until smooth. Add the chopped dill and quickly blend to incorporate.
9. Add salt and pepper to taste. Serve the soup on its own or with crusty bread.

Submitted by:

Luke Norman

Special note about this recipe:

A cheap and comforting soup, perfect for springtime!

(Although the recipe works best with butter and chicken stock cubes, it's similarly good using plant-based substitutes.)

Recipe Source:

My own take on my mother's blueprint for soup!

PINTO BEAN PEANUT STEW

Number of servings: 6

Preparation Time: 60-70 min

INGREDIENTS

1 Tbs / coconut oil
 1 small onion, chopped
 2 garlic cloves,
 finely chopped
 1 large sweet potato,
 peeled and cubed
 1 tsp / cayenne pepper
 (optional)
 1 can chopped tomatoes
 1 pt / vegetable stock
 125g / peanut butter
 450g / cooked pinto beans
 45g / leafy greens, chopped

Submitted by:

The Drage family

Special note or story about this recipe:

We buy dry beans and cook them all day in the crock pot for better energy use. For those who like spice, chili flakes can be added at the table.

Recipe Source:

Modified from *There's A Vegan In The House*, Dorling Kindersley Ltd., London, 2019. 113.

Salt and pepper to taste
 Coriander leaves, chopped
 Brown rice (optional)

DIRECTIONS

1. Soak dry beans overnight or cook in a crockpot during the day.
2. Start rice to cook simultaneously (I allow about 30 minutes).
3. Heat the coconut oil in a medium pot. Add the onion and cook until soft, then throw in the garlic for another minute.
4. Add the sweet potato (and cayenne pepper, etc., if you like) and stir to combine. Pour in the can of chopped tomatoes and bring to a boil, then simmer uncovered for 5 minutes.
5. Stir in the peanut butter. Lick the peanut butter off the spoon. Return to boiling and simmer, covered, for 10 minutes.
6. Add the pinto beans (drained) and greens. Return to simmering and cook for another 15 minutes. Season with salt and pepper to taste.
7. Serve over rice (optional) with the cilantro (coriander) as garnish.