United Against Dividers | Friday night dinner: Recipes

**Mushroom paté**

<http://www.ingeniouscooking.com/mushroom-cashew-pate/>

250g mushrooms

50g cashews

1 small onion

2 tablespoons of coconut oil

1 tablespoon of chopped parsley

Roast cashews in a dry pan over medium heat until golden brown.

Finely mince onion and add to coconut oil over medium heat. Fry until translucent.

Set aside onions and add sliced mushrooms to frying pan. Fry until golden brown on both sides. (Don’t crowd them: you want them fried, not cooked.)

Put cashews in food processor and mix until finely ground. Add other ingredients (onions, mushrooms, parsley, salt, pepper) and mix until smooth.

**Falafel**

<https://www.theguardian.com/lifeandstyle/wordofmouth/2014/feb/19/how-to-cook-perfect-falafel>

100g dried chickpeas

200g dried, split skinless broad beans

1 tsp ground cumin

1 tsp ground coriander

1½ tsp of Lebanese seven-spice (or ½ tsp ground black pepper and ¼ tsp each of ground cinnamon, ginger, allspice and nutmeg)

1 tsp salt

5 spring onions, finely sliced

4 garlic cloves, crushed

Large bunch of coriander, long stems removed, roughly chopped

Small bunch of flat-leaf parsley, long stems removed, roughly chopped

½tsp baking powder

4 tbsp breadcrumbs

Sunflower or vegetable oil, to fry

Soak the chickpeas and broad beans in separate bowls of plenty of cold water overnight. Drain and tip on to a clean tea towel to dry.

Put all the beans and half the chickpeas into a food processor and whiz until smooth (be careful not to overload your processor). Add the spices, salt, spring onions and garlic and whiz again, until well combined. Finally, add the remaining chickpeas and fresh herbs and pulse until chopped and well combined, but not pureed – the mixture should still be lumpy with chickpeas.

Heat a little oil in a small pan over a high heat and fry a teaspoon of the mixture to check the seasoning. Adjust if necessary, then stir in the baking powder. Chill the mixture for at least 30 minutes.

Roll the mixture into small, flattish balls, about 5-6cm across, and roll briefly in breadcrumbs.

Heat 5cm oil in a deep pan to 180C/350F, then fry the falafel in batches and drain on kitchen paper.

**Falafel variation 2**

+ turmeric

+ coat in white sesame seeds

**Falafel variation 3**

+ smoked paprika

+ coat in black sesame seeds

**Indian spiced parsnip and lentil salad**

<http://www.eatloveeats.com/indian-spiced-parsnip-lentil-salad/>

500 g parsnips (3 large or 5 small)

1½ teaspoons cumin seeds

1½ teaspoons coriander seeds

½ teaspoon brown mustard seeds

½ teaspoon fenugreek seeds

¼ teaspoon ground turmeric

¼ teaspoon crushed chilli flakes

2 tablespoons + 1 teaspoon rapeseed or olive oil, divided

1 teaspoon nigella (kalonji) seeds

1 tablespoon runny honey

½ cup lentilles vertes or Puy lentils

1 bay leaf

1 clove garlic, bashed

2 banana shallots

½ pomegranate

a few handfuls of watercress

Dressing

1 lemon, juice

½ teaspoon honey

½ teaspoon dijon mustard

1 garlic clove, finely grated

2 tablespoons rapeseed or olive oil

Preheat oven to 200°C (400°F).

Peel the parsnips and cut into batons - make sure they're not too thin or else they'll burn. Place in a mixing bowl.

Add the whole spices to a frying pan and toast gently until they start to pop and smell fragrant, about 3 minutes. Leave to cool and then grind in a spice grinder or pestle and mortar. If using a pestle and mortar, sieve the mix before using to remove any large pieces. You should have around 2 tablespoons of spices.

Sprinkle the spice mix over the parsnips, along with the turmeric, chilli flakes and some salt and pepper. Drizzle with 2 tablespoons rapeseed or olive oil and toss well to ensure all the spices are evenly distributed. Spread out on a baking sheet and bake for 15 minutes.

Meanwhile, cook the lentils. In a heavy based pan, bring the lentils to the boil in 1 cup of water, along with the bay leaf and bashed garlic clove. Once boiling, pop on a lid and reduce the heat. Cook gently for 20-25 minutes until tender. Season towards the end of the cooking time and then drain and remove the bay leaf and garlic.

After 15 minutes, remove the parsnips from the oven. Sprinkle with the nigella seeds and drizzle with the honey. Toss gently and return to the oven for 10 minutes. The parsnips should be tender and golden.

Finely slice the shallots. Warm a teaspoon of oil in a frying pan and add the shallots. Add a pinch of salt and gently fry until soft and pale golden. Set aside.

Place the dressing ingredients into a jar and shake to combine. Season to taste.

To serve, toss together the lentils and watercress with a couple of tablespoons of the dressing. Arrange on a platter or on individual plates. Top with the parsnips, fried shallots and pomegranate arils. Serve immediately with more dressing on the side.

**Herby barley salad with mushrooms**

<http://www.bonappetit.com/recipe/herby-barley-salad-with-butter-basted-mushrooms>

\*slightly adjusted to be vegan\*

200g pearl barley

salt

2 shallots, thinly sliced into rings

80ml vegetable oil

2 tablespoons olive oil

250g mushrooms (such as maitake, chanterelle, and/or oyster), torn or cut into large pieces

Freshly ground black pepper

2 sprigs thyme

1 garlic clove, crushed

3 tablespoons unsalted non-dairy butter

50g (1 cup) chopped fresh cilantro

50g (1 cup) chopped fresh parsley

2 tablespoons fresh lemon juice

Cook barley in a medium pot of boiling salted water until tender, 50–60 minutes for hulled or hull-less, 20–30 minutes for pearl. Drain; spread out on a baking sheet and let cool.

Meanwhile, cook shallots in vegetable oil in a small saucepan over medium-high heat, swirling pan occasionally to keep shallots from burning, until golden brown, 5–7 minutes. Using a slotted spoon, transfer shallots to paper towels to drain; season with salt. Let cool. Set shallot cooking oil aside.

Heat olive oil in a large skillet over medium-high until just beginning to smoke. Arrange mushrooms in skillet in a single layer and cook, undisturbed, until undersides are golden brown, about 3 minutes. Season mushrooms with salt and pepper, toss, and continue to cook, tossing often and reducing heat as needed to avoid scorching, until golden brown all over, about 5 minutes longer.

Reduce heat to medium and add thyme sprigs, garlic, and butter to skillet. Tip skillet toward you so butter pools at edge and use a spoon to baste mushrooms with foaming butter; cook until butter smells nutty. Using a slotted spoon, transfer mushrooms to a small bowl, leaving thyme and garlic behind.

Toss cooled barley, cilantro, parsley, lemon juice, and 2 Tbsp. reserved shallot oil in a large bowl to combine; season with salt and pepper. Add mushrooms; toss again to combine.

Just before serving, top with fried shallots.

**Roasted Brussel sprouts with pomegranate molasses**

<http://toriavey.com/toris-kitchen/2013/11/roasted-brussels-sprouts-with-pomegranate-molasses/>

1kg Brussels sprouts, cleaned and cut in half

60ml olive oil

Salt and pepper

125g walnuts, toasted

1/3 cup fresh pomegranate seeds

2 tbsp pomegranate molasses

Preheat oven to 220

Toss sprouts with oil

Spread on tray

Add salt and pepper

Roast 15 mins until some of the outer leaves start to blacken around the edges. Bite through one to test for tenderness and doneness

Mix with toasted walnuts

Serve drizzled with molasses and seeds

**Corn and avocado salad**

<https://www.budgetbytes.com/2016/05/warm-corn-avocado-salad/>

2 Tbsp cooking oil

1 lb. frozen corn kernels, thawed

Salt and Pepper

¼ tsp cumin

¼ red onion

1 avocado

¼ bunch cilantro

1 lime

Make sure to let the corn thaw completely. Heat the cooking oil in a large skillet over medium-high heat. When the oil is very hot and shimmering, add the thawed corn and sauté until the corn becomes golden brown and blistered. Remove the corn from the skillet and place it in a large bowl, season with a pinch of salt, pepper, and ¼ tsp cumin. Allow the corn to cool slightly.

While the corn is cooling, prepare the remaining vegetables. Finely dice the red onion, roughly chop the cilantro, and cube the avocado. Add the onion, cilantro, and avocado to the bowl with the corn. Stir briefly.

Squeeze the juice from half the lime over the salad, stir, and taste. Adjust the salt and lime juice as needed. Serve immediately, or refrigerate until ready to eat.

**Indian spiced coleslaw**

<https://www.whatnext.com/blog/posts/fighting-cancer-with-nutrition-indian-spiced-cole-slaw>

Slaw

200g red cabbage, shredded

200g green cabbage, shredded

1 small fennel bulb, shredded

1 small red onion, thinly sliced

1 carrot, shredded

60g raisins

1 large apple, diced

Salt and pepper

Sauce

250g vegan yogurt

2 tablespoons canola oil or light olive oil

2 cloves garlic, crushed

1 tablespoon raw brown sugar

Juice of 1 lemon

1 teaspoon cumin

1 tablespoon turmeric

2 tablespoons tahini sauce

1 tablespoon celery seed

In a large bowl, mix all of the slaw ingredients well. In a small bowl, whisk together all of the sauce ingredients until blended. Add the sauce to the slaw ingredients and mix well. Salt and pepper to taste.

Serve chilled. This is even better if it sits in the refrigerator overnight so the flavors get a chance to meld together. It lasts a week in the refrigerator and still tastes fresh.

**Cabbage, apple and fennel salad**

<http://www.finecooking.com/recipes/cabbage-apple-fennel-salad.aspx>

2 Tbs. fresh lemon juice

1 Tbs. finely grated lemon zest

1/2 tsp. Dijon mustard

Kosher salt and freshly ground black pepper

60ml extra-virgin olive oil

1/2 medium head green cabbage, cored, halved lengthwise, and thinly sliced (about 6 cups)

1 green apple, quartered, cored, and thinly sliced

1 medium fennel bulb, halved, cored, and thinly sliced (about 2 cups)

3 oz. trimmed watercress, cut into bite-size pieces (5 loosely packed cups)

40g chopped toasted pecans

In a small bowl, whisk together the lemon juice and zest, mustard, 1/2 tsp. salt, and 1/4 tsp. pepper. Slowly add the olive oil, whisking to emulsify.

Put the cabbage, apple, fennel, and watercress in a large serving bowl. Just before serving, gently toss the salad with the dressing. Season to taste with additional salt and pepper, sprinkle the pecans on top, and serve.

**Chipotle black eyed peas hummus**

<http://www.cottercrunch.com/chipotle-black-eyed-peas-hummus/>

425g tin of cooked blacked eyed peas (rinsed/drained)

1 green onion chipped

3 garlic cloves, peeled (about 1 tsp minced)

2 tbsp tahini

3 tbsp olive oil

2 tbsp chipotle peppers. See note for more options. (I used the canned chipotle peppers in adobo sauce for extra heat)

1 tbsp lemon or lime juice

sea salt and pepper to taste

1/2 tbsp red wine vinegar

Extra onion or red pepper flakes to garnish.

Blend

Add spices and vinegar, then blend again until creamy

Garnish with onion and red pepper flakes

**Spicy, Citrusy Black Beans**

<http://www.simplyrecipes.com/recipes/spicy_citrusy_black_beans/>

800g dried black beans (or 10 tins cooked beans)

2.5 litres water

2-3 fresh sprigs oregano, or 1 Tbsp dried

3 bay leaves

6 small or 3 large sage leaves

2 teaspoons salt

4 Tbsp olive oil

2 yellow onions, chopped

2 chopped peppers – bell pepper, Anaheim, or jalapeño (your choice, depending on taste for heat), seeds, stems and ribs discarded

6 cloves crushed garlic

2 Tbsp Ancho red chili sauce, or chili powder or Tabasco to taste\*

1-2 teaspoons of puréed chipotle in adobo, chipotle Tabasco, or chipotle powder (to taste)

1 Tbsp cumin, (crushed whole toasted cumin seed is best, if possible)

3 Tbsp frozen orange juice concentrate or 1/2 cup fresh orange juice

Juice of 1 lime

2 Tbsp rice wine vinegar

Chopped fresh cilantro for garnish

Prepare the beans. Rinse and sort the beans, discarding any stones or shriveled beans. You can soak the beans overnight in cold water (cover with several inches of water) OR pour enough boiling water over them to cover by a few inches and soak them for an hour OR skip the pre-soaking step. Soaking will speed up the cooking process. If you soak, discard the soaking liquid after soaking.

2 Add beans to a large pot with 2 1/2 quarts (10 cups) of water. Add oregano, bay leaves, and sage. Bring the beans to a boil and reduce heat to a simmer. Cook until the beans are soft, but not quite done. The time will vary depending on how large, dry, or old your beans are, and if you have pre-soaked them, from anywhere from 30 minutes to an hour and a half.

3 While the beans are cooking, sauté onions and peppers in olive oil until soft. Add chili sauce, chili powder, and/or chili purée, cumin, and garlic. Sauté until spices are fragrant.

4 Fish out and discard the bay leaves, stems of oregano, and sage leaves from the pot of beans. Remove, but reserve, extra cooking liquid until there is about 1/2-inch of liquid above beans.

5 Add the onion mixture and salt to the pot of beans. Cook another hour or so until thickened. Add reserved liquid if needed.

6 Add half of the orange juice, and simmer. Adjust chili heat at this point – you may or may not want to add more of your chili paste. Just before serving, add remaining orange juice, lime juice, and vinegar. Salt to taste. Garnish with chopped fresh cilantro.

**Aubergine dip**

<http://www.jamieoliver.com/recipes/vegetable-recipes/aubergine-dip/>

1 aubergine

1 clove of garlic

½ - 1 fresh green chilli

½ a bunch of fresh flat-leaf parsley

1 tablespoon extra virgin olive oil

½ lemon

½ teaspoon smoked paprika

Preheat the oven to 180ºC/gas 4. Pierce the aubergine a couple of times with a knife, then roast for 45 minutes until blackened, softened and collapsing. Leave to cool.

Peel and crush the garlic, deseed and finely chop the chilli and pick and finely chop the parsley.

Scoop the cooled insides from the aubergine into a food processor. Blitz with the garlic, chilli, oil, a good squeeze of lemon juice, the parsley and a pinch of sea salt and black pepper.

Taste and adjust the seasoning, oil and lemon as needed. Place in a dish and sprinkle with paprika.

**EU flag gold star biscuits**

<http://allrecipes.co.uk/recipe/33572/vegan-coconut-biscuits.aspx>

200g dairy free butter

100g caster sugar

1 teaspoon vanilla extract

250g plain flour

75g desiccated coconut

1 teaspoon baking powder

1 teaspoon salt

2 tablespoons almond milk

Gold food spray for decorating

In a mixing bowl beat together the butter, sugar and vanilla extract.

In a separate bowl mix together the dry ingredients: flour, coconut, baking powder and salt.

Gradually add the dry ingredients to the butter mixture, beating continually until well blended. Add the first tablespoon of almond milk making sure it is entirely absorbed before you add the second one. Dough will compact together but will be quite sticky.

Put the dough in cling film and place in the fridge for at least 30 minutes and up to overnight.

When you are ready to start baking, pre-heat the oven to 160 C / Gas 3.

Place the dough in the freezer for 5 to 8 minutes. Line your work surface with baking parchment.

When the dough feels hard, put it on the baking parchment and dust with some flour. With a rolling pin, roll out the dough to about 3mm thickness. Cut out the dough to the shape(s) of your choice. Carefully remove the extra dough that does not belong to the shapes you have cut out. Gather the extra dough and put back in the fridge wrapped in cling film.

Carefully place the baking parchment with the biscuits on a baking tray and bake for 20 to 25 minutes. Start watching closely at around 20 minutes. You do not want to overcook the biscuits or they will be too hard. They should be a light golden colour. Cool biscuits on a wire rack. Repeat with the remaining dough.

**Sundae syrups**:

**Blueberry**

<http://www.foodnetwork.co.uk/recipes/blueberry-syrup-pancakes.html>

110ml maple syrup

340g blueberries

Just heat together

**Caramel**

<http://pinchofyum.com/5-minute-magic-vegan-caramel-sauce>

¼ cup coconut oil

¼ cup real maple syrup

2 tablespoons almond butter

sea salt to taste

Melt the coconut oil and maple syrup together in glass bowl for 1 minute. Whisk in the almond butter for about 30 seconds until fully incorporated and very smooth.

**Chocolate**

Equal parts maple syrup, cacao powder, water