

## Common Soil Recipes for November/December 2022:

Our wonderful Common Soil veggie boxes seem to be filling up with potatoes/the remaining squashes and green leafy veggies including those amazing cabbages and carrots. After a chat with Ama and Alec last week during volunteering, here are some easy vegan and veggies dishes to explore.

Root veggies in season: Carrots, onions and spring onions, parsnips, mooli and radishes, celeriac, potatoes, swedes, turnips.

Above ground veggies: cabbages, celeriac, chard, leeks, celeriac, celery, chicory, kale, lettuces, pumpkins and squashes.



### Pancakes

#### Chestnut pancakes (you could adapt this to be a savoury pancake).

Chestnuts are an excellent source of anti-inflammatory omega-3 essential fatty acids, rich in antioxidants, a source of manganese, copper, molybdenum and the B vitamin biotin.

2 eggs - if you are vegan an egg sized amount of soaked chia seeds or flaxseeds

100g chestnut flour

250ml milk of your choice

Coconut oil for frying

Add a dollop of honey or maple syrup or a sprinkling of cinnamon powder or a serving of fruit

Place all ingredients into your blender and whizz up. Let the batter stand for an hour in

the fridge. Then heat the frying pan, add oil and cook as you would normal pancakes!



#### Roasted pumpkin pancakes with pumpkin seed cream ([thisconsciouslife.co](http://thisconsciouslife.co))

Handful of roasted diced pumpkin - skin removed.

Coconut oil

4 tablespoons chestnut flour or gluten free flour

250ml plant milk of your choosing

1 egg or if you are vegan an egg sized amount of soaked chia seeds or flaxseeds

1 teaspoon baking powder

2 teaspoon cinnamon powder

Pinch ground cloves

Cube and roast the diced pumpkin coated with a splash of rapeseed oil or coconut oil and cook on 180°C for about 45 minutes until soft. (It's a good idea to do this the day before and I suggest you roast the complete pumpkin and then make soup or use as a curry base with the remaining quantity). Once cooled mash the diced pumpkin for the pancakes with a fork. Now make the pancake batter

with the remaining ingredients. Add the mashed pumpkin and beat well until smooth.

Pour smooth rounds onto a hot pan coated with a little coconut oil. Allow to bubble and colour before turning and cooking on the other side. Serve. I recommend some stewed apples or pears but you could use pumpkin cream!

To make the cream: (optional)

1 handful cleaned and soaked pumpkin seeds (soak overnight).

Small amount of plant milk

When the pumpkin seeds are soaked thoroughly rinse well and whizz in your blender with a very small amount of plant milk to make into a paste. Add more milk incrementally and whizz to the texture like a cream.

## **Soups:**

### **Basia's Baked Butternut Soup – 2-3 servings**

1 butternut squash – peeled and cut into equal sized chunks

2 carrots or any root vegetables including parsnips, turnip etc

1 red onion

2 large garlic cloves

Olive oil

500ml bone broth (optional) or vegetable stock

Herbs of your choice from your bundle

1 dessertspoon pumpkin seeds to serve

Heat oven to 180°C. Cut the butternut into equal size chunks, together with onion, carrots or parsnips and garlic. Drizzle with oil and roast in oven for about 35 – 40 min until soft. When cooked, liquidise with the stock until smooth – adding more stock to suit your soup choice consistency. Add herbs of your choice and flaxseeds before serving.

### **Maple roasted parsnip and butternut soup – serves 6. This sweet, gently spiced soup is packed with maple roasted vegetables and warming ginger and cinnamon.**

1 medium butternut squash peeled and diced into 1 inch cubes

4 medium parsnips peeled and diced into 1 inch cubes

1 dessert spoon of ground cinnamon

A generous pinch of sea salt and black pepper

1 tbsp maple syrup

5 tbsp coconut oil

small red onion peeled and thinly sliced

1 clove of garlic peeled and thinly sliced

1 tbsp grated fresh ginger

5 sage leaves

4 cups organic vegetable stock

For the garnish (optional)

2 tbsp blanched hazelnuts or other nuts or seeds

2 generous teaspoons of coconut oil

12 sage leaves

Preheat the oven to 200 degrees Celsius or 180 for fan assisted. Arrange the diced squash and parsnips across a large oven tray. Sprinkle over the cinnamon, salt and pepper. Drizzle over the maple syrup and add one tablespoon of coconut oil. Rub the oil and seasonings all over the vegetables until well coated, then bake for 35-40 minutes or until fork tender. Once the vegetables are cooked, heat the remaining coconut oil in a large saucepan or casserole dish over a low/medium heat. Add the onion, garlic and ginger and sweat for a few minutes until tender.

Add the roasted vegetables, sage leaves and stock and stir well. Bring to a boil then simmer for ten minutes.

Allow the soup to cool a little then blend until smooth. You can add extra stock if you prefer a thinner soup.

To garnish add the flaxseeds or nuts. Heat the coconut oil in the frying pan over a medium high heat and once hot, add the sage leaves. Let them sit for about 30 seconds as they start to turn dark green and crisp, turn them over

carefully for another 10-20 seconds or until crisp all over. (optional)

## **Nibbles:**

### **Healthy Sweet Treat Chia Chocolate Bites**

225g dates  
85g chia seeds  
60g chopped almonds  
3 tbsp cacao powder

Add all of the ingredients to a food processor and blitz on a low speed for 2 - 3 minutes. Once the mix has formed a 'dough', take a heaped tsp of the mix and roll into a ball. Leave to chill in the fridge. Once chilled, they will keep in a sealed container for 1 week.

**Honeyed Quince cake: I blame Alec for this. He introduced a quince cake to me last week and it was very tasty: This recipe is one of Jamie Oliver's.**

**I know quince is not one of the fruits you tend to pick up from the supermarket but as I am writing this my neighbour has a quince bush asking me to forage from it!**

#### **Benefits of quince:**

**Can support weight loss (although not when you eat it in cake form but it is a low calorie fruit)**

**has anti-inflammatory properties  
great antioxidant benefits - incredibly rich in Vitamin C.**

**anti-viral properties - contains compounds in the fruit that discourages the H. Pylori bacterium, often responsible for stomach ulcers**

**It is incredibly helpful in fighting inflammation, reducing metabolic stress, and prevent the risk of chronic diseases. The flavonoid present in fruits, such as quercetin and kaempferol, can lower the chances of heart and cardiovascular diseases.**

#### **INGREDIENTS**

175g unsalted butter, plus extra for greasing (at room temperature)  
100g self-raising flour (use gluten free if you prefer)  
150g white spelt flour  
150g raw caster sugar

1 1/2 teaspoons baking powder  
3 medium free-range eggs or vegan alternative  
100g skinless hazelnuts or any other nut you like  
1 lemon  
300g runny honey  
1 teaspoon vanilla bean paste  
5 black peppercorns  
3 large quinces (900g total)

To poach the quince, peel strips of lemon zest into a saucepan using a speed-peeler, adding a little squeeze of the juice. Stir in the honey, vanilla and peppercorns, pour in 450ml of water and bring to the boil, stirring well, then lower the heat to a simmer.

Peel, halve and core the quinces. Cut each half into 1cm wedges, then lower into the pan. Poach for 25-35 minutes or until just tender – the time will depend on how ripe your quinces are. Alec told me that it took over an hour to poach his quinces so it may take longer than this recipe suggests.

Drain the liquid into a small saucepan and leave the quince to one side, picking out and discarding the peppercorns and lemon peel. Reduce the poaching liquid over a high heat until you have about 300ml of syrup. Add another squeeze of lemon juice, to taste, then set aside to cool completely.

Preheat the oven to 170°C. Grease and line a 23cm springform cake tin.

Place both flours in the bowl of a free-standing mixer along with the sugar, baking powder, butter and cooled syrup. Lightly beat eggs, then add to the mixture and beat until pale and creamy.

Roughly chop half the hazelnuts and fold through the mixture with half of the quince. Spoon the mixture into the tin, level with a spatula, then arrange the remaining quince slices on top.

Bake the cake for 1 hour, checking after 40 minutes, covering with a sheet of tin foil if it's colouring too much on top.

Halve the remaining hazelnuts and scatter over the cake. Spoon over half of the remaining syrup and return to the oven for another 15-20 minutes or until the cake is

golden and a skewer inserted into centre comes out clean. Leave to cool in the tin, on a wire rack, for at least 20 minutes. Serve warm, with the remaining syrup reheated and drizzled over, and a dollop of crème fraîche, if you like.

## Sides:

### Cabbage, Brussels and Cashews

This was such a simple side. I simply shredded some of the wonderful Common Soil cabbage and Brussels with some crushed garlic and gently “wilted/sautéed them over a medium heat in a little coconut oil (although you could use butter or just water if you prefer). I added some sage and a handful of cashew, gently warming through until the veggies were al dente and the cashews gently browned. I added a little water to stop them becoming dry but play this one by ear.

## Mains:

### Chilli non carne with turnip, celeriac and swede top –served about 3.

A super simple dish. I simply added  
Half a chopped, diced onion and 1 leek diced and washed  
2 garlic cloves, peeled and diced  
1 teaspoon Cajun spice mix  
1 teaspoon paprika  
1 teaspoon chilli powder (adapt quantity to suit)  
1 teaspoon mixed herbs  
1 dessertspoon tomato puree  
1 tin drained chilli beans  
1 tin black beans (drained and rinsed)  
Some water or a tin of tinned tomatoes  
A selection of carrots and root veg from our common Soil box . Washed scrubbed and diced  
Any other veggies in the fridge that needed eating.  
Teaspoon veggie bouillon  
Simply soften the garlic, onion and leeks to begin in a little coconut oil or whatever you

use. Add spices, herbs and the rest of the vegetables. Add tinned tomatoes, the black beans and veggie bouillon, salt/pepper etc. Gently simmer until soft. Whilst this is happening make the topping. Now add the chilli beans to the veggie mix and place in a casserole or oven proof dish. Add the mash on top and heat through in the oven (medium heat (150-180) for about 20 minutes. There are no end to the variations you can make – change the beans to butter, black beans or butter/cannelloni and experiment with different veggies and toppings.

#### For the topping:

2 large carrots or 4 smaller ones, washed diced and cubed  
Half a swede, peeled and diced  
1 turnip, washed, peeled and diced  
Half a celeriac or 1 small celeriac, washed thoroughly, and diced.  
Place in boiling water and cook until soft. Then mash with a little butter and black pepper/salt. I didn't need to use any milk.

### Leek and potato sausages also called Glamorgan sausages

from Anna Glover  
I once visited a lovely lady called Rowena who used to make Glamorgan sausages in Wales and sell them at the local Farmers markets. I have no idea if she still makes them but here is a recipe for you to make at home.  
50g butter (can use vegan)  
2 large leeks, sliced  
400g fresh soft white fine breadcrumbs  
2 tsp thyme leaves  
4 large eggs, separated  
400g Caerphilly or strong mature cheddar, finely grated (or vegan cheese)  
1 heaped tbs mustard  
50g plain flour, for dusting  
100ml vegetable oil for frying, plus a little extra if required

Melt the butter in a frying pan over a medium heat until foaming, then fry the leeks with a pinch of salt for 5-10 mins until soft. Leave to cool slightly.

Put 200g soft breadcrumbs, the thyme, egg yolks, cheese, mustard and a generous grinding of pepper in a bowl and mix to

combine. Stir in the fried leeks, and any butter left in the pan. Season with salt and mix well using your hands.

Mould the mixture into 12 sausages. Transfer to a baking tray lined with baking parchment and freeze for 10 mins until firm, or chill for 30 mins in the fridge.

While the sausages are firming up, whisk the egg whites in a shallow bowl with a pinch of salt until lightly foamy. Put the flour and some of the remaining breadcrumbs onto separate plates.

Dust the chilled and firm sausages in the flour, then dunk in the egg white, and roll in the breadcrumbs. Top up the plate of breadcrumbs as required. Chill for at least 1 hr and up to 24hrs before frying.

Heat the oven to 180C/160C fan/gas 4. Heat the oil in a non-stick frying pan over a medium high heat. Fry the sausages in batches, turning them gently every minute, for 4-6 mins, until golden and crisp all over. Add a little more oil between batches if you need to. Transfer to a baking tray, and bake for 10 mins.

### **Satay Tofu kebabs – serves 4 or half the ingredients to serve 2.**

This is a delicious veggie recipe developed by a friend of my daughters which is full of protein and easy to make. You can substitute the peanuts for any form of nut - walnuts for cognitive support, Brazils for thyroid support, almonds for antioxidants and blood sugar control.

There is controversy around tofu due to the "soybean element" but nutritionally it is a wonderful vegetarian source of protein and contains all nine essential amino acids. It is also a valuable plant source of iron, calcium, manganese, phosphorous, magnesium, copper, zinc and vitamin B1 - all important nutrients for hormone wellbeing. Personally, I feel that soy farming is the concern and how

**Justine Evans ND is a Naturopath and Nutritional Therapist living in Stroud. She is passionate about seasonal living and runs 4 on line cleanses per year following the seasons. Her upcoming cleanse focuses on colon health for 7 days early January. Please visit her website for more information [justineevans.co.uk](http://justineevans.co.uk)**

often you eat it. Research indicates soya can influence thyroid disorder and nutrient absorption. I honestly believe there are pros and cons to soya - my philosophy is a little of most foods are OK but always choose the best you can afford and eat seasonally.

800 grams firm tofu cut into cubes  
2 tbsp mild curry powder  
1 tsp grated garlic  
1 tsp grated ginger  
2 tbsp sesame oil (unless allergic so opt for something else)  
1/2 tsp cracked pepper  
1 tsp salt

### **SATAY SAUCE**

1 handful roughly chopped peanuts or walnuts/almonds/brazils  
3 tbsp nut butter of your choosing  
2 tsp honey  
1 tsp fish sauce  
1 can coconut milk  
2 tbsp red curry paste  
1 tsp tamari sauce

### **METHOD:**

Marinate the tofu cubes in the curry powder, oil, garlic, ginger, salt and pepper for 10 min. (If you're using wooden skewers now is the time to soak them in water so they don't burn in the oven, if not use metal ones). Preheat the oven to 190C. Slide the marinated cubes onto the skewers, no more than 3. Toast the cumin seeds in a dry frying pan over a medium heat, shaking the pan constantly until the darken and smell delicious. This will only take a minute. Then crush the seeds in a pestle and mortar or whizz in your blender for a few seconds. Add the rest of the ingredients to the blender and blend to a thick paste. To super charge your energy, digestion and health add a dollop of pickled kohlrabi and voila you will be super charged!