

NEW LOOK!

THE VEGAN FOOD REVOLUTION

DECEMBER 2020 • ISSUE 35 • £5.99

PlantBased

106

VEGAN
recipes
ideas + more

FAMILY
FAVES

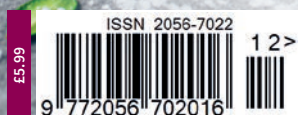
Recipes that
everyone
will love

Winter
pie recipes

Festive
Feast



Cover recipe creator Bianca Zapatka shares her baking secrets



Fibre : WHY WE NEED IT AND WHERE TO GET IT



TOP TIP

Black salt, also widely known as kala namak, is a type of rock salt that adds an eggy, sulphuric taste to dishes, making it perfect when substituting ingredients for eggs.

- CNM recommends the use of organic ingredients

- Recipes by Chef and Nutritionist Francesca Klottrup for the ICSA-accredited Natural Chef Diploma Courses at the College of Naturopathic Medicine (CNM). Photography by Juliet Klottrup: [@julietklottrup](https://www.instagram.com/julietklottrup)
cnmcourses.com, 01342 777 747

Leek, Shallot and Thyme Tartlets

Makes: 6 x 3-inch tartlets
(or 8-inch round quiche)

This recipe uses chickpea flour to create a velvety high protein centre. The herbs and vegetables can be chopped and changed to suit your taste and to keep it seasonal. Simply keep the chickpea flour: water ratio the same and add in whichever ingredients you want to experiment with.

For the pastry:

- 100g (3½ oz) **ground almonds**
- 100g (3½ oz) **gluten free oats**, ground into flour
- 100g (3½ oz) **ground flaxseed**
- 1 tsp **fine sea salt**
- 70ml (3½ fl oz) **cold-pressed extra virgin olive oil**
- 115ml (4 fl oz) **filtered water**

For the filling:

- 4 tbsp **cold-pressed extra virgin olive oil**
- 2 large **onions**, thinly sliced
- 1 **garlic clove**, crushed
- 1 small bunch of **fresh thyme**, leaves removed from the stalks
- 2 large **leeks**, cut into ½ inch pieces
- 8 **shallots**, peeled and halved

- 150g (5oz) **chickpea (gram) flour**
- 600ml (21 fl oz) **filtered water**
- 2 ½ tbsp **nutritional yeast**
- ½ tsp **black salt**
- **Cracked black pepper** to taste

1 Preheat the oven to 180°C/350°F/Gas 4.

2 Lightly grease the tartlet cases with coconut oil and line with baking parchment.

3 Mix all the pastry ingredients together (either by hand or in an electric mixer). Lightly press the mixture evenly into the tins working your way outward and up the sides to create an even base. Prick the base of pastry cases with a fork so that air can escape.

4 Blind bake the cases for 10-15 minutes by placing a sheet of baking parchment over the top of the tartlet bases and evenly distribute the baking beans on top of the baking parchment ensuring they cover the entire surface and sit against the pastry sides. Remove the baking beans and bake for further 10-15 minutes until the pastry is golden brown.

5 Meanwhile make the filling: heat a large frying pan on a medium heat with half the olive oil.

6 Add the onions to the pan and cook them until they start to soften. Add in the garlic,

thyme and cook for a further 2 minutes then transfer to a bowl.

7 Using the same pan, add the rest of the olive oil, place the leeks and shallot halves evenly around the pan. Adding a splash of water, gently cook the vegetables on a medium heat until softened and starting to caramelise. Then turn the vegetables over and cook through on the other side (about 5 minutes each side) and set aside.

8 Next mix the chickpea flour with the water, adding the water slowly to prevent lumps forming. In a medium sized saucepan, add the chickpea mix and heat beating continuously until thickened and the flour cooked through (approximately 10 minutes). Add the onion mixture, nutritional yeast, black salt and black pepper, stir, taste and adjust the seasonings to your taste.

9 Spoon the chickpea mixture evenly in the tart cases then place the pieces of shallot and leeks across the top.

10 Bake for 15-20 minutes or until lightly golden on top and the filling feels set. The tartlets will keep for 3 days refrigerated, just refresh in a moderately heated oven for 10 minutes. The tartlets are suitable for freezing, defrost in the fridge overnight and refresh in a moderate oven for 10 minutes.

CNM



COLLEGE OF
NATUROPATHIC
MEDICINE

CNM®
Vegan Natural Chef

Become a CNM Vegan Natural Chef

- **Build a Culinary Career**
- **Improve Your Health**
- **Help Others**

Part-time Diploma Courses | London or Dublin

CNM is the UK and Ireland's leading college for natural therapies

Recipes created by CNM Vegan Natural Chef Graduates | © Photos CNM Natural Chef Kitchens



01342 777 747

cnmcourses.com

