

# COOK VEGETARIAN

MEAT-FREE FOOD MADE EASY

## Hello Spring!

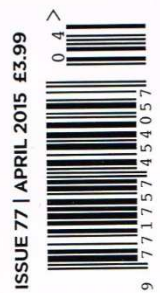
- \* ONE-HOUR EASTER MENU
- \* CAULIFLOWER CHEESEBURGER
- \* CRISPY ASPARAGUS FILO

PLUS:  
Rachel Khoo,  
Valentine Warner,  
Anjum Anand  
& more!

**T&G**  
FEATURED!

**30+**  
SIMPLE FAMILY  
RECIPES

[www.cookveg.co.uk](http://www.cookveg.co.uk)



## DELICIOUSLY HEALTHY

RICH PUMPKIN SOUP \* PEAR AND STILTON  
SALAD \* REFRIED BEAN TORTILLAS

## Easy entertaining...

Guilt-free  
delicious  
cheesecake

p23



Almond-crusted Fries

p78



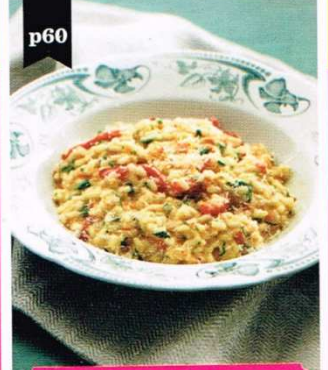
Sensational Sushi

p70



Tapenade Focaccia

p60



Midweek Risotto

Issued by Marketing April 2015



# Kitchen notebook

Discover what's been whetting our appetite this month!

T&G  
FEATURED!

## 5 WAYS WITH... *Tenderstem*

### 1. TENDERSTEM IN CHEESE

Boil 250g Tenderstem for 5-7 minutes and drain. Make 250ml cheese sauce. Add 1 tsp mustard and 1 tsp Henderson's Relish. Place the Tenderstem in a roasting dish and pour over the sauce. Top with breadcrumbs and grill.

### 2. TENDERSTEM TEMPURA

Mix together 100g corn flour, 100g plain flour and 10g baking powder. Stir in enough chilled sparkling water to make a batter that will coat the vegetables. Half fill a large saucepan with vegetable oil and heat. Then coat your Tenderstem in the batter and fry in batches.

### 3. TENDERSTEM TART

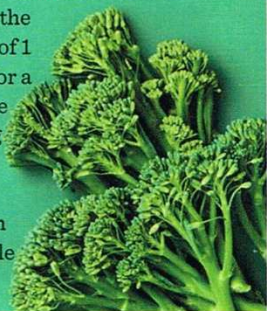
Preheat the oven to 200C/400F/Gas 6 and blanch 200g Tenderstem in boiling water. Drain. Roll out a sheet of puff pastry and arrange your Tenderstem on top along with 12 halved cherry tomatoes. Dot with veggie brie then bake in the oven for 10 minutes.

### 4. TENDERSTEM WITH CHILLI & SESAME SEEDS

Blanch 400g Tenderstem in boiling water for a minute. Fry 2 sliced garlic cloves and 1 red deseeded sliced chilli for one minute before adding the Tenderstem. Stir-fry for five minutes then add 1 tbsp tamari and 1 tbsp toasted sesame seeds.

### 5. TENDERSTEM PASTA

Gently fry 1 crushed garlic clove in olive oil for one minute before adding the zest and juice of 1 lemon. Cook for a further minute before serving over pasta, Tenderstem and vegetarian Parmesan-style cheese.



## BRIGHTEN UP

Nigella refers to her kitchen as her 'pleasure palace', and it's definitely the room most of us spend our time in. That's why the ambience is key – you want your space to feel cosy yet functional. A simple way to create this easy-going charm is with these fresh spring-like colours found at T&G Woodward's homewares collection. To find your local stockist, visit [www.www.tg-woodware.co.uk](http://www.www.tg-woodware.co.uk)



## Master class

No matter how accomplished you think you are as a vegetarian cook, the real joy of creating in the kitchen is that there's always something new to learn. You can broaden your skill set this month with cookery school Cordon Vert's one-day class on 23 April, which will be focusing on classic British dishes – all vegetarian, of course!

TO FIND OUT MORE, VISIT  
[WWW.CORDONVERT.CO.UK](http://WWW.CORDONVERT.CO.UK)

## COOKBOOK OF THE MONTH

From everyday to gourmet, this collection of recipes is here to inspire



hand with *Easy Vegan*, by Sue Quinn (£14.99, Murdoch Books), which is packed full of recipe ideas including Roasted Tofu with Indian Spices, Vegan Shepherd's Pie and Vegetable Crumble, as well as how to make your own basics like seed milk, soya yoghurt and no-egg mayo.

Regardless of your motivations for adopting a vegan diet, the last thing you'll want to feel is either you're missing out, or that you're just creating the same dishes over and over. Help is at