



## Mushroom Stroganoff (Made Easy)

Serves 4

### Ingredients:

- 5 cups low in sodium vegetable stock
- 2 cups brown rice
- 1 tablespoon olive oil
- 1 small onion, peeled and roughly chopped
- 4 garlic cloves, peeled and minced
- 4 cups wild mushroom, cleaned and roughly chopped  
*(I like using a mix of cremini, shiitake and for extra bite Portobello mushrooms)*
- 1 teaspoon English mustard (or if you prefer Dijon mustard)
- 1 teaspoon paprika
- 1 teaspoon fresh thyme leaves or ½ teaspoon dried thyme
- 1 cup crème fraiche
- 1 lemon, cut into six wedges
- Sea salt and freshly ground black pepper

### How to Make:

1. Place the rice into a large saucepan and pour over 4 cups of stock, place on the stove and bring to a boil, turn the heat down to a simmer and cook for 15 to 20 minutes or until the rice is tender and the stock has been absorbed.
2. Place a large frying pan over a medium heat on the stove, add the oil, once hot add the onions and cook for 3 to 4 minutes or until soft.
3. Add the garlic to the pan and continue to cook for 1 minute, then add the chopped mushrooms. Continue to cook gently for a 5 to 6 minutes, or until the mushrooms are tender and golden-brown.
4. Stir in the mustard, paprika and thyme then add the remaining 1 cup of stock, stirring as you pour. Simmer gently for 5 minutes.
5. Once the rice is cooked, remove the mushrooms from the heat, stir in the crème fraiche along with the juice of two lemon wedges and mix it all together. Taste and season as needed. Serve the stroganoff with the rice and the remaining wedges of lemon on the side.

## Potato Soup

Serves 6

### Ingredients:

- 2 tablespoons reduced-sodium tamari
- 2 tablespoons olive oil, divided
- ½ teaspoon paprika
- 2 cups shiitake mushrooms, sliced
- 1 cup Greek yogurt
- ¼ cup harissa
- 1 small onion, chopped
- 1 stalk celery, chopped
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 4 medium russet potatoes, peeled and diced
- 5 cups low-sodium vegetable broth
- 1 green onion, sliced
- 2 tablespoons toasted pumpkin seeds

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### How to Make:

1. Preheat oven to 375°F.
2. Take a medium bowl add the tamari, 1 tablespoon of olive oil, paprika, shiitakes and stir until all the liquid is absorbed into the mushrooms. Spread the mushrooms on a rimmed baking sheet and roast, stirring once, until golden brown and crispy, 20 to 25 minutes. Remove from the oven and set aside.
3. Place the Greek yogurt and harissa into a small bowl and whisk together until smooth and creamy set aside.
4. Heat the remaining 1 tablespoon oil in a large saucepan over medium-high heat. Add onion and celery along with the salt and pepper.
5. Cook, stirring occasionally, until the vegetables begin to soften, 2 to 4 minutes. Add potatoes and broth and bring to a boil, then reduce the heat to a simmer, continue to cook for 10 to 12 minutes or until the potatoes are tender.
6. Carefully pour the soup into the blender and blend until smooth.
7. Divide the soup among 6 bowls and garnish with the shiitakes, sliced green onions, pumpkin seeds and a spoon of the harissa cream. Serve

## Apple & Walnut Pudding Cake

Serves 12

### Ingredients:

- 11floz Apple cider (Strong Bow)
- 1 ½ cups plain flour
- 1 teaspoon baking powder
- 1 teaspoon mixed spice powder
- 1 teaspoon ground cinnamon
- ¼ teaspoon ginger
- 3 Honey crisp apples, peeled, core removed, grated
- ½ cup soft dark brown sugar
- ½ cup melted butter

- 2 eggs (free-range if possible)
- 1 cup golden sultanas
- ½ cup walnuts, roughly chopped (*you can use your favorite nut such as pecans, brazil or almonds*)

### For the cream:

- 1 cup mascarpone
- ¼ cup heavy cream
- 1 teaspoon vanilla extract

### How to Make:

1. Preheat the oven to 365°F
2. Lightly spray a 2lb loaf tin
3. Place the cider into a medium size saucepan, place over a high heat. Bring to the boil and cook until the cider has reduced by two thirds, and allow to cool.
4. Sift the plain flour, baking powder, mixed spice powder, cinnamon and ginger into a medium size bowl or onto a piece of parchment paper.
5. In a separate bowl, mix the apples with the sugar and butter. Then add the eggs and reduced cold cider to the apple mixture and stir well to coat. Now add the spiced flour mixture to the apples and mix well. Then fold in the sultanas and pecans to combine.
6. Spoon the cake mixture into the prepared cake tin and bake in the oven for 45 to 60 minutes, or until a skewer comes out clean when pushed into the center of the cake. Remove the cake from the oven and allow to cool for 10 minutes then turn out the cake onto a wire rack and leave to cool completely.
7. For the cream, whisk together the mascarpone, cream and vanilla extract in a bowl. To serve, place slices of cake onto plates and spoon the mascarpone cream alongside.