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GoodFood

101 Veggie dishes



GoodFood
101 VEGGIE DISHES
TRIED-AND-TESTED RECIPES

Editor-in-chief
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Introduction



Conjuring up vegetarian dishes, whether you're a lifelong devotee or someone who wants a change for one night, is not as simple as just leaving out the meat. As vegetarians know, there's much more to veggie cooking than a cheese omelette or a mushroom risotto.

That's why we've picked our all-time favourite recipes from *BBC Good Food Magazine* for this compact but comprehensive book. It's got all those simple-but-delectable vegetarian recipes you always wish you had up your sleeve. We think you'll find it invaluable whatever the occasion, with ideas on light snacks, mains and puds, plus the trickiest dishes of all - dairy-free.

All the recipes have been tested in the Good Food kitchen, guaranteeing you success every time. They're also well balanced and come with a nutritional breakdown so you can keep track of the calorie, fat and salt content.

As always, our recipes make the most of vegetables in season plus good use of storecupboard and frozen vegetables, which count towards your five-a-day recommended portions of fruit and vegetables. So, not only will you wow family and friends with fabulous food, like the [*Spicy Nasi Goreng*](#) pictured opposite, they'll be getting healthy, balanced meals into the bargain.

A handwritten signature in black ink that reads "Orlando Murray". The signature is written in a cursive, slightly slanted style.

Editor, *BBC Good Food Magazine*

Conversion tables

NOTES ON THE RECIPES

- Eggs are medium in the UK and Australia (large in America) unless stated otherwise.
- Wash all fresh produce before preparation.

OVEN TEMPERATURES Gas

Gas	°C	Fan °C	°F	Oven temp.
¼	110	90	225	Very cool
½	120	100	250	Very cool
1	140	120	275	Cool or slow
2	150	130	300	Cool or slow
3	160	140	325	Warm
4	180	160	350	Moderate
5	190	170	375	Moderately hot
6	200	180	400	Fairly hot
7	220	200	425	Hot
8	230	210	450	Very hot
9	240	220	475	Very hot

APPROXIMATE WEIGHT CONVERSIONS

- All the recipes in this book list both imperial and metric measurements. Conversions are approximate and have been rounded up or down. Follow one set of measurements only; do not mix the two.
- Cup measurements, which are used by cooks in Australia and America, have not been listed here as they vary from

ingredient to ingredient. Please use kitchen scales to measure dry/solid ingredients.

SPOON MEASURES

- Spoon measurements are level unless otherwise specified.
- 1 teaspoon = 5ml
- 1 tablespoon = 15ml
- 1 Australian tablespoon = 20ml (cooks in Australia should measure 3 teaspoons where 1 tablespoon is specified in a recipe)

APPROXIMATE LIQUID CONVERSIONS

metric imperial	AUS	US
50ml 2fl oz	¼ cup	¼ cup
125ml 4fl oz	½ cup	½ cup
175ml 6fl oz	¾ cup	¾ cup
225ml 8fl oz	1 cup	1 cup
300ml 10fl oz/½ pint	½ pint	1¼ cups
450ml 16fl oz	2 cups	2 cups/1 pint
600ml 20fl oz/1 pint	1 pint	2½ cups
1 litre 35fl oz/1¾ pints	1¾ pints	1 quart

Soups, Salads & Snacks

Spinach, Sage and Potato Soup
Celeriac and Blue Cheese Soup
Spring Greens and Rice Soup
Hot Sour Corn Soup
Saffron and Leek Soup
Celery and White Bean Salad
Hot Mushroom and Kumquat Salad
Two Cheese Salad with Croûtons
English Garden Salad
Feta and Griddled Peach Salad
Goat's Cheese Salad
Feta and Flageolet Salad
Greek Pasta Salad
Beetroot and Tzatziki Sandwich
Mini Muffin Pizzas
Halloumi and Tomato Pitta
Ricotta-stuffed Crispbreads
Broccoli and Poached Egg Toasts
Olive and Ricotta Pâté

A velvety smooth soup with a dramatic colour but gentle flavour.

Spinach, Sage and Potato Soup

50g/2oz butter
2 red onions, chopped
3 garlic cloves, crushed
15g fresh sage, shredded, plus extra to garnish
2 large potatoes (about 500g/1lb 2oz), diced
1.4 litres/2½ pints vegetable stock
250g/9oz baby spinach leaves
4 tbsp crème fraîche, to serve (optional)

Takes 40 minutes • Serves 4

1 Melt the butter in a large pan and fry the onions for 5–6 minutes over a low heat until softened slightly. Add the garlic, sage and potatoes, cover and cook over a very low heat for 10 minutes.

2 Stir in the stock, bring to the boil and cook for 5 minutes. Add the spinach and cook for 2 minutes. Transfer the mixture to a food processor or blender and whizz until smooth (you may need to do this in batches).

3 Return to the pan and heat gently until warmed. Season to taste and serve with a spoonful of crème fraîche, if using, garnished with the extra sage.

• Per serving 265 kcalories, protein 7g, carbohydrate 28g, fat 14g, saturated fat 9g, fibre 4g, added sugar none, salt 1.67g



Spinach, Sage and Potato Soup

Choose the least knobbly celeriac you can find to keep waste to a minimum.

Celeriac and Blue Cheese Soup

25g/1oz butter
1 medium onion, chopped
750g/1lb 10oz celeriac, peeled and cut into 2cm/3/4in chunks
1 large baking potato, chopped
2 tbsp chopped fresh sage leaves
600ml/1 pint vegetable stock
300ml/1/2 pint single cream
225g/8oz vegetarian blue cheese (eg stilton or dolcelatte), diced
fresh chives and deep-fried sage leaves, to garnish (optional)

Takes 35 minutes • Serves 4

1 Melt the butter in a large pan and gently fry the vegetables and sage for 5 minutes. Stir in the stock and bring to the boil. Cover and simmer for 15 minutes until the vegetables are tender.

2 Transfer to a food processor and whizz until smooth (you may need to do this in batches). Return the soup to the pan and stir in the single cream and half the blue cheese. Cook over a low heat until the cheese has melted, but do not allow to boil. Season to taste.

3 Divide the soup between serving bowls and sprinkle with the remaining blue cheese, the chives and deep-fried sage leaves, if liked, to serve.

- Per serving 488 calories, protein 17g, carbohydrate 27g, fat 35g, saturated fat 22g, fibre 9g, added sugar none, salt 2.78g



Celeriac and Blue Cheese Soup

The rice will continue to absorb the stock after the soup is cooked. If you reheat the soup you may need to add more stock.

Spring Greens and Rice Soup

1 tbsp olive oil
1 onion, chopped
2 garlic cloves, crushed
100g/4oz risotto rice
finely grated zest and juice of 1 lemon
1.4 litres/2½ pints vegetable stock
2 large firm tomatoes, seeded and chopped
225g/8oz spring greens, stalks removed and shredded
120g jar vegetarian pesto sauce
vegetarian parmesan shavings, to garnish

Takes 35 minutes • Serves 4

1 Heat the oil in a large pan and fry the onion and garlic for 3-4 minutes until softened. Stir in the rice and cook for 1 minute, stirring occasionally.

2 Add the lemon zest and juice and stock. Bring to the boil and simmer for 15 minutes.

3 Stir the tomatoes, greens and pesto into the soup. Bring to the boil and simmer for 4-5 minutes until the rice is tender. Season to taste and serve sprinkled with the parmesan shavings.

- Per serving 409 calories, protein 12g, carbohydrate 33g, fat 26g, saturated fat 5g, fibre 3g, added sugar none, salt 1.93g



Spring Greens and Rice Soup

If you can't buy fresh lemongrass, most supermarkets stock it minced in jars. Substitute a teaspoon of this instead.

Hot Sour Corn Soup

1 corn on the cob
1 tbsp vegetable oil
1 red chilli, seeded and sliced
1 shallot, finely chopped
2 stalks lemongrass, bruised
3 baby leeks or spring onions, sliced
1 red pepper, seeded and thinly sliced
400ml can coconut milk
850ml/1½ pints vegetable stock
2 kaffir lime leaves (optional)
175g/6oz thread egg noodles
juice of 1 lime
small bunch coriander, roughly chopped

Takes 35 minutes • Serves 4

1 Hold the corn cob upright on a board, and, using a sharp knife, slice downwards to strip the corn kernels from the cob. Heat the oil in a large pan, add the kernels, chilli, shallot, lemongrass, leeks or spring onions and red pepper, and cook for 3-4 minutes, stirring occasionally.

2 Add the coconut milk, stock and lime leaves, if using. Bring to the boil, then cover. Reduce the heat and simmer gently for 15 minutes. Discard the lemongrass stalks. Add the noodles and cook for 4 minutes until tender.

3 Remove from the heat and stir in the lime juice and coriander. Season with salt, if necessary, and serve immediately.

- Per serving 545 kcalories, protein 11g, carbohydrate 41g, fat 39g, saturated fat 27g, fibre 9g, added sugar none, salt 0.97g



Hot Sour Corn Soup

Saffron lends a splash of sunshine colour and flavour to a simple leek soup, topped with crispy leek rings.

Saffron and Leek Soup

4 medium leeks
50g/2oz butter
1 tbsp olive oil
good pinch of saffron strands
2 tbsp plain flour
1.2 litres/2 pints vegetable stock
oil, for shallow frying
1 tbsp cornflour
1 medium egg white, lightly beaten
2 spring onions, diagonally sliced

Takes 35 minutes • Serves 4

1 Cut a 7.5cm/3in length of leek into slices. Separate into rings and set aside. Chop the remaining leeks. Heat the butter and oil in a large pan and cook the leeks for 1 minute, stirring. Mix in the saffron and flour, then gradually stir in the stock, bring to the boil and simmer gently for 10 minutes, until thickened, stirring frequently.

2 Transfer the soup to a food processor and whizz until smooth. You may need to do this in batches. Return to the clean pan and season to taste. Heat through gently.

3 Meanwhile, heat a little oil in a frying pan. Toss the leek rings in the cornflour. Shake off the excess, then dip the

rings into the egg white. Fry the leek rings until crisp and golden. Drain and serve scattered over the soup along with the spring onion.

- Per serving 219 calories, protein 4g, carbohydrate 12g, fat 17g, saturated fat 7g, fibre 2g, added sugar none, salt 1.34g



Saffron and Leek Soup

The flavours of tomatoes and white wine work really well with celery in this warm salad.

Celery and White Bean Salad

50g/2oz butter
1½ heads of celery, sliced diagonally
1 tbsp chopped fresh rosemary
150ml/¼ pint dry white wine
150ml/¼ pint vegetable stock
pinch of saffron strands
450g/1lb tomatoes, skinned, seeded and cut into wedges
finely grated zest and juice of ½ lemon
410g can cannellini beans, drained and rinsed
50g/2oz pitted black olives
handful of flatleaf parsley, roughly torn
crusty bread, to serve

Takes 40 minutes • Serves 4

1 Melt the butter in a large pan and add the celery and rosemary. Cover and cook gently for 10 minutes, until soft but not browned.

2 Stir in the wine, stock and saffron. Bring to the boil and boil for 8–10 minutes, until the liquid has reduced by half.

3 Stir in the tomatoes, lemon zest and juice and cannellini beans. Bring to the boil and simmer for 5 minutes. Stir in the olives and season to taste. Allow to cool slightly. Scatter

with parsley and serve with crusty bread to mop up the juices.

- Per serving 262 calories, protein 9g, carbohydrate 23g, fat 13g, saturated fat 7g, fibre 9g, added sugar none, salt 2.32g