



KITCHEN
TABLE



SOPHIE GRIGSON

100 VEGETARIAN FEASTS



KITCHEN TABLE



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Welcome to *my* KITCHEN TABLE

I've always believed that vegetables, grains, herbs and spices are the most interesting and exciting foodstuffs to cook with. They offer **an incredible range of flavours, colours and textures**. No meat? No problem.

Sophie Key



List of Recipes



Starters and snacks



Salads



Mains



Pizza, pasta and rice



Side dishes



Desserts

List of Recipes

Summer's Delight

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Baked Goats' Cheese with Lavender

Bay-scented Baked Custard with Apricot Jam and Clotted Cream

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Beetroot, Potato, Apple and Chive Salad

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Carrot and Watercress Salad

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agioli all'Uccelletto (Beans in Tomato and Sage Sauce)

alafel with Tahina Cream in Pitta

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rench Beans with Cumin and Almonds

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ried Halloumi Salad

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usilli al Zucotto con Rosmarino (Pasta with Pumpkin and Rosemary)

lazpacho

lazed Carrots with Cinnamon and Lemon Thyme

boats' Cheese and Courgette Quesadilla with Avocado, Mango and Coriander Salsa

reen Summer Risotto

riddled Potato, Tomato and Red Onion Salad

rilled Aubergine Salad

rilled Aubergine Sandwich with Mascarpone and Sun-dried Tomatoes

uacamole

e Progrès au Chocolat

oud Mash

ovage, Potato and Carrot Soup

argaret Pover's Moist Lemon Cake

iddle Eastern Herb Salad with Bulgar, Saffron and Chickpeas

int, Grape and Cucumber Raita

loroccan Cooked Tomato and Green Pepper Salad

loroccan Fig and Pistachio Salad with Rose Water

Moroccan Green Pepper and Preserved Lemon Salad

Moroccan Lentil Salad

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Stuffed Peas

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Stuffed Potatoes with Garlic and Herbs

Stuffed Potatoes and Alliums with Tamarind

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The Severnshed's Bazargan

The Ultimate Pumpkin Pie

Three Allium Tart

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Tomato, Sweetcorn and Basil Soup with Pesto Croûtons

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Starters and snacks

Fresh Vegetable Stock

Lovage, Potato and Carrot Soup

Chimichurri

Antonio Carluccio's Stracciatella all'Aglio (Garlic Soup)

Tomato, Sweetcorn and Basil Soup with Pesto Croûtons

Cucumber and Sorrel Soup

Roast Garlic with Herbs

Chickpea (Roasted Chickpea Pancake)

Grilled Aubergine Sandwich with Mascarpone and Sun-dried Tomatoes

Patatas Bravas

Halafel with Tahina Cream in Pitta

Deep-fried Potato Skins with Blue Cheese and Lovage Dipping Sauce

Finzimonio (Italian Vegetable Dip)

Four Man's Asparagus

Baked Goats' Cheese with Lavender

Fresh Vegetable Stock

Most vegetable stock recipes are just meat stocks without the meat, which makes them insipid and unbalanced. When I make vegetable stock I include potatoes and mushrooms to contribute 'umami', that essential savoury taste, as well as a tomato to introduce a touch of acidity to balance the sweetness of carrots, leeks and onions. This makes a cloudy stock, which is fine for most recipes, just not a glistening limpid consommé.

Takes about 1 litre (1¾ pints)

- . leek, thickly sliced
- . large carrot, thickly sliced
- . celery sticks, thickly sliced
- . onion, roughly chopped
- . 5g (3oz) button, chestnut or open-cup mushrooms, quartered
- . medium potato, thickly sliced
- . tomato, quartered
- . fresh parsley sprigs
- . bay leaves
- . fresh thyme sprigs

Step one Put all the ingredients into a large pan with 1.5 litres (2½ pints) cold water. Bring to the boil, then reduce the heat, cover with a lid and simmer very gently for 30 minutes.

Step two Strain the stock through a fine sieve, pressing the ingredients against the sides of the sieve to extract all the liquid. Leave to cool completely, then chill in a covered container for up to 3 days before use.

This stock can be frozen for up to 3 months.



Fresh Vegetable Stock

Lovage, Potato and Carrot Soup

It is worth growing lovage for soup alone (though there's plenty more to be made of it than that). This soup is thick and warming and nicely spiced with the celery taste of lovage. I like it just as it is, eaten with a hunk of bread, but for a thinner, more elegant version, use stock rather than water, diluting it with a little extra at the end.

Serves 4-6

1 onion, chopped

2 large carrots, chopped

2 large potatoes, chopped

2 garlic cloves, chopped

1 lemon, zested, pared in strips, and juice of ½ lemon

1 tbs roughly chopped fresh lovage leaves

25g (1oz) butter

1.2-1.8 litres (2-3 pints) vegetable stock or water

1 tomato, skinned, seeded and chopped

Salt and pepper

Step one Sweat the onion, carrots, potatoes, garlic, lemon zest and lovage in the butter in a covered pan for about 15 minutes, stirring once or twice. Add 1.2 litres (2 pints) of stock or water, plus the tomato and some salt and pepper. Bring to the boil and simmer for about 20-30 minutes, until all the vegetables are very tender.

Step two Liquidize in batches, adding extra stock if you want a thinner soup, then stir in the lemon juice. Taste and adjust the seasoning and serve.

Float a spoonful of whipped cream speckled with some extra chopped fresh lovage or snipped fresh chives on each bowl of soup as it is served and it will look pretty and stylish.



Have you made this recipe? Tell us what you think at
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Lovage, Potato and Carrot Soup

Gazpacho

When made with good tomatoes, this is perfect for a hot summer's day.

Serves 6

100g (1½lb) ripe, richly flavoured tomatoes, skinned, seeded and roughly chopped

¼ cucumber, peeled and roughly chopped

1 large green pepper, seeded and roughly chopped

1 garlic cloves, roughly chopped

½ red onion, chopped

1-2½ tbsp red wine vinegar or sherry vinegar

10g (4oz) fresh white breadcrumbs

50ml (¼ pint) tomato juice

1 tbsp extra-virgin olive oil

½-1 tsp sugar

salt and freshly ground black pepper

To serve

tomatoes, skinned, seeded and diced

cucumber, diced

red onion, diced

green pepper, seeded and diced

jamón serrano, diced

hard-boiled egg, shelled and chopped

Step one In a large bowl, stir together all the vegetables, the vinegar and the breadcrumbs. Place a quarter of the mixture into a liquidizer with the tomato juice, 1 tablespoon of olive oil, salt, pepper, a pinch or two of sugar and a dash of iced water, if necessary. Liquidize until smooth, then

repeat with the remaining ingredients, each time adding about 150ml ($\frac{1}{4}$ pint) of icy cold water instead of the tomato juice. Mix the whole lot together, then taste and adjust the seasoning, adding a little more salt, vinegar or sugar as necessary to highlight the flavours.

Step two Chill, and adjust the seasoning again just before serving. Choose as many or as few of the garnishes as you like, place them in small bowls and pass around for people to help themselves.



Gazpacho

Antonio Carluccio's Stracciatella all'Aglio (Garlic Soup)

Stracciatella is a marvellous Italian soup made with a good, flavourful stock and then lightly thickened with eggs and cream. *Aglio* (garlic) is the key ingredient. Antonio Carluccio, who uses garlic with gleeful abandon, showed me how to make his favourite version of *stracciatella* – I suspect that he might consider a mere half dozen cloves a weakling's dose, but to me it tastes just right. If you want to add more, however, that's absolutely fine.

Serves 4-6

• 1 litre (1¾ pints) very good **vegetable stock**

• 10 garlic cloves, very finely sliced

• 2 egg yolks plus

• 2 whole eggs

• 2 tbsp double cream

• salt and pepper

To serve

• 6 slices of country or ciabatta bread, 1.5cm (about ½in) thick, well toasted

• 2 garlic cloves, cut in half

• extra-virgin olive oil

• freshly grated Parmesan

• small bunch of fresh chives, snipped

Step one Bring the stock to the boil in a saucepan, then add the slices of garlic and boil for 3-5 minutes.

Step two Meanwhile, rub each slice of bread with the cut side of a garlic clove, then drizzle about 1 teaspoon of olive oil over it. Pile the slices of bread up on a warm plate.

Step three In a bowl, beat the egg yolks and whole eggs together, then whisk in the double cream. Season. Pour the egg mixture into the boiling soup, whisking the soup constantly. Quickly draw the pan off the heat, whisk for a few seconds more, and the soup is done.

Step four Pour the soup into individual serving bowls and sprinkle thickly with Parmesan. Place the bread on the soup, pressing it down a little so that it soaks up some of the broth. Sprinkle with the chives and serve immediately.



Antonio Carluccio's Stracciatella
all'Aglio (Garlic Soup)

Tomato, Sweetcorn and Basil Soup with Pesto Croûtons

This soup can serve as a first course but I usually make it the mainstay of a light lunch or supper. It looks very pretty and is immensely satisfying.

Serves 4-6

3 ears of corn, or 350g (12oz) frozen sweetcorn kernels, defrosted

1 large onion

3 garlic cloves

2 tbsp extra-virgin olive oil

2 x 400g (14oz) tins of chopped tomatoes

2 tbsp tomato purée

1 bouquet garni of fresh thyme, bay leaf and parsley sprigs

1 litre (1¾ pints) **vegetable stock** or water

1 handful of fresh basil leaves

Salt and pepper

For the pesto croûtons

½ stick French bread

25g (3 oz) fresh basil leaves

30g (2oz) pecorino or Parmesan

30g (2oz) pine nuts

2-3 garlic cloves, roughly chopped

10-125ml (3½-4fl oz) extra-virgin olive oil, plus extra for brushing

2 tbsp crème fraîche (optional)

Step one Preheat the oven to 190°C/375°F/gas 5. If using fresh corn, stand the ear upright on the work surface and slice downwards with a sharp knife to take off the kernels.

Step two To make the soup, chop the onion and garlic and gently fry in the olive oil until tender, then add the tomatoes, tomato purée, sweetcorn and bouquet garni. Bring to the boil, then simmer until reduced by about a third. Add the stock or water and salt and pepper and bring to the boil. Simmer gently for about 10 minutes.

Step three Meanwhile, make the croûtons. Slice the bread into rounds about 1cm (½in) thick, brush both sides of the slices with olive oil and place on a baking sheet. Bake for about 20 minutes, turning occasionally, until golden brown.

Step four While the bread is baking, make the pesto. Put the basil leaves, cheese, pine nuts and garlic into a food processor and process to a paste. With the blades still running, trickle in enough olive oil to give a creamy sauce. Spread the baked bread with the pesto and top each one with a small dollop of crème fraîche, if using. Shortly before serving, shred the basil finely.

Step five When the soup is ready, remove the bouquet garni and liquidize about half the soup for a slightly chunky, knobbly texture or the whole lot for a smooth(ish) texture. Taste and adjust the seasoning, then reheat and stir in the shredded basil. Serve immediately, with the pesto croûtons in a bowl so that people can float their own on top if they wish to or keep them separate.



Tomato, Sweetcorn and Basil Soup
with Pesto Croûtons

Cucumber and Sorrel Soup

The combination of cucumber and sorrel – not so much sorrel that it overwhelms the more delicate taste of cucumber but enough to liven things up – works well in a summer soup. I think it is best served hot, but if you prefer to make a chilled version to serve on a warm day, use a couple of tablespoons of oil instead of the butter.

Serves 4

1 onion, chopped

30g (1½oz) butter

1 large cucumber, peeled and diced

1½ tbsp pudding rice

1 bay leaf

1 fresh thyme sprig

2 litres (2 pints) vegetable stock

1 handful of fresh sorrel (about 40-50g/1½-2oz), larger stalks removed, shredded

salt and pepper

to garnish

1 tomato, seeded and diced

fresh snipped chives

Step one Sweat the onion in the butter in a covered pan for 5 minutes, then add two-thirds of the cucumber, the rice, bay leaf and thyme. Stir, cover again and cook for a further 5 minutes. Add the stock and some salt and pepper, bring to the boil and simmer for about 10 minutes, until the rice is tender.

Step two Pick out and discard the bay leaf and thyme sprig. Stir in the sorrel, then liquidize in batches to form a smooth cream. Taste and adjust the seasoning.

Step three To serve, reheat gently, without boiling, then scatter the remaining cucumber, the tomato dice and some snipped chives over the top.

To enrich the soup a little, float a swirl of whipped cream, or drizzle some single cream, on the top of each bowl of soup just before serving.