



Christmas roast

Ingredients

Wellington

1 red onion
200 g mushrooms
150 g chestnut (cooked)
150 g spinach
100 g beetroot (cooked)
1 clove of garlic
1 cup rolled oats
½ cup red wine
salt, pepper

puff pastry

Gravy

1 carrot
1 parsnip
1 celery stick
1 red onion
2 cloves of garlic
15 g dried porcini mushrooms
3 bay leaves
1 tsp thyme
2 tbsp olive oil
1 tsp marmite
1 tbsp tomato puree
1 tbsp jam (black current/ cranberry)
1 tbsp Worcestershire sauce
2 tbsp red wine
1tbsp flour
1 litre vegetable stock

Roasted vegetables

1 carrot
1 sweet potato
1 yam
8-10 brussels sprouts
pecan nuts (handful)
rosemary
2 tbsp olive oil
2 tbsp agave syrup

Potato mash

4-5 smaller potatoes
50 g margarine
pinch of nutmeg
salt, pepper

Method

GRAVY

1. Roughly chop the onion, carrot, parsnip, celery and porcini mushrooms.
2. Place them in a large pan on medium heat with the olive oil, bay leaves, thyme and garlic. Fry for 15 minutes stirring occasionally.
3. Once golden, add the jam, red wine and cook for further 5 minutes.
4. Stir in marmite, Worcestershire sauce, tomato puree and finally the flour.
5. Pour in the stock and bring to boil. Cook under a lid until vegetables are cooked and you have the desired thick consistency.
6. Pour it through a sieve into a large bowl, while pressing/pushing the flavourful bits with the back of a spoon. (Discard the leftover pulp.)



ROASTED VEGETABLES

1. Wash/peel and cut the carrot, onion, yam, sweet potato into wedges and the brussels sprouts in halves.
2. Place them on a baking tray layered with parchment paper, then drizzle olive oil and rosemary (+ salt, pepper to taste) over them. Use your hands to spread the flavours evenly over all vegetables.
3. Sprinkle with pecan nuts, and place in a preheated oven (180 °C) bake for 20 minutes, then drizzle agave syrup over them and bake for further 10 minutes. (or until all root veg is soft, but not overcooked)



MASHED POTATOES

1. Peel and cut the potatoes. Wash them with water to get rid of the excess starch, then boil in seasoned water.
2. Once they are cooked, pour off water, and add margarine. Stir vigorously with a wooden spoon until potatoes are mashed.
3. Season to taste! (A generous pinch of salt, pepper, nutmeg.)

WELLINGTON

1. Dice the onion, grate (or finely chop) the mushrooms, dice the (cooked) beetroot, and roughly chop the chestnuts (cooked).
2. Fry the onion in a pan on medium heat with a splash of water and the garlic. Once golden, add mushrooms and another splash of water.
3. When the mushrooms collapsed (5 minutes) add spinach, beetroot, chestnuts and season with salt, pepper.
4. Add red wine and oats, cook for 5 more minutes and set aside.



5. Roll out the puff pastry sheet and place the prepared mix in the middle in the shape of a log. (Leave some space on top and bottom to fold up.)
6. Cut in the side in 2 cm stripes and wrap your filling 'braiding' from side to side.
7. Brush soy milk (or any other plant-based milk alternative) lightly over the top and bake in a preheated oven (180°C) for 25-30 minutes, until all thoroughly cooked through and pastry is golden brown.

