



## RECIPES FOR TOM HUNT'S COOKING DEMO: PLEASURE, PEOPLE AND PLANET

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### Winter Caesar salad

*Serves 4 as a light lunch, 8 as a starter*

*This is a plant-rich winter version of a classic Caesar salad, made using a variety of nutritious bitter leaves in place of the rather dull iceberg lettuce. Seaweed and salty capers give it a hint of the sea, as an alternative to anchovies, and grated walnuts replace the Parmesan.*

*Leafy winter greens (whites, reds, pinks and purples) keep us going through the coldest months of the year with nutritious, colourful and flavourful*

*ingredients that can withstand seriously cold temperatures, making them a good source of local nutrition, including vitamins A and C and minerals iron, potassium and calcium. Market gardens and specialist farmers are growing more and more varieties from old heritage species to new colourful hybrids, including variegated purple and green kale, magenta-coloured fingers of tardivo and radicchio del Veneto, a frilly chicory dressed in pastel-pink.*

### **For the salad**

*1 head of chicory (e.g. tardivo, treviso, endive), leaves picked*

*small bunch of baby kale*

*(e.g. red Russian, redbor, cavolo nero), stalks removed and finely chopped, leaves torn into large pieces*

*5g seaweed, soaked in cold water for 10 minutes, then drained*

*4-6 walnuts, chopped*

*pinch of kala namak or sea salt*

*For the croûtons*

*1 garlic clove, crushed to a paste*

*glug of extra virgin olive oil*

*3 slices of stale wholemeal sourdough (or other bread), cut into long batons*

*For the dressing*

*4 tbsp aquafaba*

*1 small garlic clove*

*1 tbsp capers, plus 1 tbsp for the salad*

*1 tbsp nutritional yeast, optional*

*100-150ml extra virgin olive oil*

*juice of ½ unwaxed lemon*

*1 tbsp Worcestershire sauce*

*To make the dressing, combine the aquafaba, garlic, capers and nutritional yeast, if using, in a food processor and blitz together. Keeping the motor running, carefully pour in the extra virgin olive oil through the feeder tube in a very slow, steady stream, just like mayonnaise. After a couple of minutes, when the consistency is as thick as double cream, stop adding the oil and blend in the lemon juice and Worcestershire sauce.*

*To make the croûtons, combine the garlic and extra virgin olive oil in a bowl. Add the bread and turn it in the garlicky oil to coat it thoroughly. Season generously with salt. Transfer to a frying pan and fry over a medium heat, turning occasionally, until golden brown all over. Set aside.*

*To prepare the salad, combine the leaves, seaweed, croûtons and capers in a bowl. Drizzle over the dressing and turn together just once or twice so the bright colours of the leaves shine through.*

*Serve immediately, topped with a generous grating of walnuts and a sprinkling of kala namak or sea salt.*



## **PLANT MILK**

*Whether you drink dairy milk or not, plant-milks – which can be made from nuts, seeds, grains and pulses – are very much worth exploring for their individual flavour and nutrition. I'd highly recommend making your own; they're very quick and affordable to prepare. If you want to purchase plant-milk, choose organic products sold in plastic or glass; Tetra-pak and multi-layered packaging, which most products are sold in, are not recyclable. When purchasing soya milk and tofu, first look for Demeter (Biodynamic) certified*

*products and if they are not available, go for organic.*

*Makes 750ml*

*50g rolled oats, hemp seeds or organic brown rice*

*Place the oats, hemp seeds or organic brown rice in a bowl, cover with cold water and set aside to soak overnight. Drain through a sieve, and rinse under cold running water.*

*If you don't have time, you can skip this step and blend without soaking.*

*Tip the soaked grains/seeds or rice into a blender, add 700ml fresh water and blend for 1 minute. Strain through a clean muslin or very fine sieve and store in a sealed container in the fridge. Use within 7 days and shake well before use.*

For a sweetened version, blend with 4 dates, 2 tsp extra virgin olive oil and an optional 3cm vanilla pod (or 2 tsp vanilla extract). For Hemp milk panna cotta (see page 204), use 8 dates instead of 4.



### **Not avocado on toast**

*Broad bean guacamole, coriander and chilli*

*Makes 4 toasts*

*Who needs avo on toast when you've got broad beans? When blended, they become creamy, unctuous and vivid green, just like avocado but with a fraction of the carbon footprint.*

*Avocado on toast is perhaps the biggest brunch seller out there. It's delicious, but the popularity of avocados has put a strain on the supply chain, impacting the countries of origin like Mexico and*

*Kenya where the increased prices have made this staple food unaffordable to some local people. To improve your footprint, eat avos as a treat and try experimenting with different locally grown alternatives like this Broad bean guacamole. It's made in just the same way as regular guacamole, but with broad beans instead. Blanched first, then blended with lime, coriander and olive oil. Enjoy!*

*360g fresh or frozen broad beans – shelled weight*

*glug of extra virgin olive oil, plus extra to serve*

*6 fresh coriander sprigs, leaves picked, stalks finely chopped*

*1 unwaxed lime, zest and juice*

*To serve*

*½ red onion, finely diced*

*4 slices of toast*

*pinch of dried chilli flakes or some sliced fresh red chilli*

*light dusting of sumac, optional*

*Blanch the whole broad beans in a large pan of boiling water for 3 minutes, then drain and refresh under cold running water. Transfer the beans to a food processor, add the extra virgin olive oil, coriander stalks, half of the coriander leaves and the lime zest and juice and blitz to a smooth purée. Season to taste with salt.*

*Spread the guacamole generously onto the toast and dress with the remaining coriander leaves, red onion, some chilli, a dusting of sumac, if using, and a drizzle of olive oil.*

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