

# Spiced Vegetable and barley broth

*Serves 4-6*

1 tbsp butter  
2 Onion, diced  
2 Cloves Garlic, crushed  
1 leek, chopped  
3 carrots, sliced  
300g celeriac, chopped  
2 litres vegetable stock, warmed  
2 tbsp garam masala  
1 tbsp. turmeric  
1 tsp chilli flakes  
200g barley  
Microgreen or fresh herbs , chopped  
Salt & Pepper

In a saucepan, melt the butter, add the onions, leeks and garlic. Sauté for 2-4 minutes until coloured.

Add the carrots, celeriac and sage and season with a little salt and pepper. Cook for a further 2 minutes stirring.

Pour in the vegetable stock, spices and the barley. Cover and cook over a low heat/medium heat for 25-35 minutes until the vegetables and barley are softened.

Remove from the heat. Check the seasoning.

Serve piping hot with a sprinkle of microgreen to add a fresh kick of flavour.

Enjoy while warm with crusty bread

## Honey Glazed Carrots

*This is my version of Vichy-style carrots. When cooking, make sure you shake the pan occasionally to prevent the bottom catching and the glaze caramelizing. I find that they reheat very well so can be made well in advance. Just popped in a pan until warmed through.*

450 g baby carrots, halves  
25 g butter  
2 tbsp honey  
1 garlic clove  
1 sprig rosemary  
300 ml vegetable stock or water  
Salt and freshly ground black pepper

Place the carrots in a single layer in a wide saucepan with the butter, honey, garlic clove, rosemary and enough stock or water to just cover the carrots. Season to taste.

Cover with a cartouche or a lid and bring to the boil, then cook over a moderate to high heat for about 12 minutes until the carrots are tender and all of the liquid has evaporated, shaking the pan occasionally to prevent sticking.

Remove from the heat and set aside to keep warm until needed. Alternatively, set aside to cool and keep refrigerated for 2 days in a tight container.

# Winter Root Wellington

*Add any root vegetables to the recipe such as a mushroom, carrots, parsnips or beetroots.*

*You can also bulk it up by combining with quinoa or chickpeas*

*Serves 2*

2 parsnip, chopped into large chunks  
1 carrot, chopped into large chunks  
1 butternut squash, chopped into large chunks  
1 sprigs thyme  
2 tbsp. butter  
1 tbsp. olive oil  
1 onion, sliced  
2 garlic cloves, chopped  
1 tbsp. fresh sage  
1 sprig rosemary  
1-2 tbsp. 'Rivesci' Chilli Crush, optional  
½ pack (200g) butter puff pastry  
1 egg wash (Made of 1 egg yolk combined with 1 tbsp. milk)  
Salt and pepper

Preheat the oven to 200°C.

Place the carrots, butternut squash and parsnip pieces in a saucepan and fill with salted water.

Add 1 sprig of thyme, 1 garlic clove, 2 tbsp. butter.

bring to the boil and Simmer for 12 -14 minutes until just soften but still holding their shapes.  
Remove from the heat and leave to cool.

In a saucepan, over medium heat, warm the olive oil and add the onions, the rest of the garlic and herbs. Cook for 2-3 minutes. Remove from the heat and add the cashew chilli crush and the cooled vegetables pieces. Carefully toss and combine. Set aside to cool.

Roll out the pastry on a lightly floured surface, into an approximate 15 x 20 cm rectangle. Brush the pastry edges with egg wash. Place the squash and onion mixture over of pastry (keeping away from the edges) and carefully fold the pastry over to encase the filling and seal the pastry.

Place in the preheated oven for 25–30 minutes until golden and crisp.

Remove from the oven, carve and enjoy while hot.