Vegan apple cake

Ingredients

- 150g dairy-free spread, melted, plus extra for the tin
- 300ml oat milk
- 1 tbsp lemon juice
- 350g self-raising flour, plus 1 tbsp to coat the apples
- 100g caster sugar
- 100g light brown soft sugar
- 1 tsp baking powder
- 1 tsp almond extract
- 300g Granny Smith apples, peeled, cored and chopped into 2cm cubes
- 2 tbsp flaked almonds

Method

- **STEP 1**

Use the spread to butter a 20cm deep cake tin and line with baking parchment. Heat the oven to 180C/160C fan/gas 4. Pour the oat milk into a jug, add the lemon juice and leave to sit for 5 mins at room temperature.

- **STEP 2**

Put the flour, both sugars and the baking powder in a large bowl, pour over the thickened oat milk mixture and almond extract, then add the butter and ½ tsp salt. Beat everything together using an electric whisk. Tip the apples into a second large bowl, sprinkle over the extra 1 tbsp flour and toss to coat. Fold the apples through the cake batter using a spatula, then spoon the mixture into the prepared tin and sprinkle over the almonds.

- **STEP 3**

Bake in the centre of the oven for 1 hr-1 hr 20 mins, or until golden and firm to the touch. Leave to cool for a few minutes in the tin. Serve warm, or turn out onto a wire rack and leave to cool completely. *Once cool, will keep in an airtight container for up to three days*.

Vegetarian Bolognese

Ingredients

- 2 tbsp olive oil
- 1 medium onion , finely chopped
- 2 carrots , very finely chopped
- 2 celery sticks , very finely chopped
- 1 garlic clove , crushed
- 350g frozen Quorn mince
- 1 bay leaf
- 500ml passata
- 1 good-quality vegetable stock cube
- 100ml milk
- small bunch basil , chopped
- 600g cooked spaghetti or other pasta shape (about 250g dried)
- vegetarian hard cheese , to serve

Method

- **STEP 1**

Heat the oil in a saucepan and gently fry the onion, carrots and celery until the onion is starting to soften. Stir in the garlic and the Quorn (there's no need to defrost it) and fry for a couple of mins. Add the bay leaf, passata, vegetable stock cube and 200ml water, then bring everything to the boil.

- **STEP 2**

Turn down the heat and simmer for 30 mins or until all the pieces of veg are tender and disappearing into the tomato sauce. Add the milk, then cover with a lid and cook for 10 mins. Season to taste. If the sauce is a bit thin, keep bubbling until it thickens. Stir through the basil. Serve with the spaghetti and grate the cheese over the top, if you like. *Can be frozen into portions and reheated.*

Fish pie mac 'n' cheese

Ingredients

- 650ml milk
- 40g plain flour
- 40g butter

- 2 tsp Dijon mustard
- 150g mature cheddar , grated
- 180g frozen peas
- handful of parsley , chopped
- 300g macaroni
- 300g fish pie mix (smoked fish, white fish and salmon)
- green salad , to serve (optional)

Method

- **STEP 1**

Pour the milk into a large pan and add the flour and butter. Set over a medium heat and whisk continuously until you have a smooth, thick white sauce. Remove from the heat, add the mustard, most of the cheese (save a handful for the top), peas and parsley.

- **STEP 2**

Meanwhile, boil the pasta in a large pan of water following pack instructions until just cooked. Drain.

- **STEP 3**

Heat the oven to 200C/180C fan/gas 6. Tip the pasta into the sauce and add half the fish, stir everything together then tip into a large baking dish. Top with the rest of the fish, pushing it into the pasta a little, then scatter with the remaining cheese. Bake for 30 mins until golden, then serve with salad, if you like. *Can be chilled and eaten within three days or frozen for up to a month.* Defrost in the fridge, then reheat in a microwave or oven until piping hot.

Creamy polenta & mushroom ragout

Ingredients

- small handful dried porcini mushrooms
- 25g butter
- 1 shallot , finely sliced
- 2 garlic cloves , crushed
- 5 thyme sprigs , leaves picked

- 500g large field mushroom , sliced
- 200g chestnut mushroom , sliced
- small glass of red wine
- 125ml vegetable stock
- 100g taleggio cheese (or vegetarian alternative), sliced

For the polenta

- 500ml milk
- 1 bay leaf
- 3 thyme sprigs
- 250g instant polenta
- 50g butter
- 75g parmesan (or vegetarian alternative), grated

Method

- **STEP 1**

Soak the dried mushrooms in 150ml warm water. Set aside for 20 mins, then drain and squeeze, reserving the soaking liquid. Heat the butter in a large frying pan. When sizzling, add the shallot and cook for a few mins until soft. Add the garlic and thyme leaves, cook for 1 min more, then turn up the heat and add the soaked mushrooms. After 1 min, add all the other mushrooms and fry over a very high heat for 5 mins until soft. Splash in the red wine and boil rapidly for 1 min. Pour in the stock and reserved mushroom liquid, and simmer for 15 mins until you have a thickened stew. Turn off the heat.

- **STEP 2**

For the polenta, bring the milk to the boil with 500ml water, the bay and thyme. Turn off the heat and leave to infuse for 20 mins, then fish out the herbs and bring back to the boil. Add the polenta in a steady stream, whisking steadily. Cook for 1 min until thickened, then stir in the butter and Parmesan. Spoon a ‘crater’ of polenta onto a baking tray and fill with the ragout. Top with slices of Taleggio, place under a hot grill until melting and oozy, then let everyone help themselves.