

## Lockdown Baking! November 2020

With the summer produce now safely gathered and stored, either in jars or the freezer, we can now focus on the delicious winter root vegetables available. Coming home on a chilly Winters day to the warmth and comforting smells of a vegetable casserole cooking in the oven is enough to combat the coldest of days.

We hope you will enjoy baking these seasonal recipes.

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Board of Trustees

### Winter Roots

#### Leek, potato and cheese soufflé

##### Ingredients

100g thinly sliced leek  
125g boiled potatoes (I used white/sweet mixed)  
50g mature cheddar, grated, keep 1 tbsp for topping  
25g ham, chopped  
25g butter  
175ml soured cream  
4 eggs separated  
Seasoning

##### Topping:

Reserved cheddar  
1 level tbsp parmesan  
1 tbsp fresh breadcrumbs  
Pinch cayenne pepper



##### Method

1. Heat oven 200°C/gas 6, grease a 7" base soufflé dish
2. Melt butter, stir in leek and gently cook for 5 minutes
3. Add cream, stir for 5 mins over a low heat, cool
4. Beat egg yolks into sauce, then add the chopped potatoes, grated cheese, ham and seasoning
5. Whisk egg whites until stiff, stir 1 tbs into the sauce, then carefully fold in the rest
6. Pour into the dish and sprinkle on the topping
7. Place on a baking tray and cook for 30 minutes until well risen and brown
8. Serve immediately, if left it will sink

Options: add crushed garlic with leeks

#### Root vegetable crisps with a pesto dip

##### Ingredients:

1 each of large raw carrot, sweet potato, parsnip, beetroot, white potato  
3 tablespoons olive oil  
3 baking trays, with sheet of baking parchment  
Sea salt, 1/2 tsp fennel seed, pepper

##### Method

1. Heat oven 170°C/gas 3
2. Slice vegetables thinly using a food processor, mandolin, knife or peeler
3. Put each in a bowl and drizzle with oil
4. Spread onto baking trays
5. Bake for 15-20 minutes until turning brown
6. Carrots brown quickly and take less time
7. Sprinkle with seasoning
8. Store in an airtight container
9. Re-crisp in a hot oven for 1-2 minutes

##### Pesto Dip

Mix together

150g natural yogurt  
2 tbs Basil pesto

Salt, pepper and a sprinkle of paprika



## **Root Vegetable Slice**

### **Ingredients:**

50g unsalted butter  
300g thinly sliced leeks  
300g thinly sliced onions  
150g thinly sliced carrots  
225g self-raising flour  
115g hard white fat  
160ml water

### **Method**

1. Preheat the oven to 200°C/ gas mark 6
2. Melt the butter in a pan and sauté the leeks, onions and carrots until soft, season well with salt and black pepper
3. Mix the flour, fat and water in a bowl to make a soft and sticky dough. Mix into the leek mixture in the pan
4. Place the contents of the pan into a greased ovenproof dish and level the surface with a palette knife
5. Bake in the preheated oven for about 30 minutes or until brown and crispy
6. Serve the tart sliced as a vegetable side dish



## **Beetroot and Shallot Tarte Tatin**

### **Ingredients:**

320g ready rolled puff pastry  
300g shallots,  
1 tbsp olive oil,  
2tbsp balsamic vinegar,  
2tbsp light brown sugar,  
300g cooked beetroot ( not in vinegar ) halved.



### **Method**

1. Preheat the oven to 220°C/ gas mark 7
2. Roll the pastry out further to a rough 30.5cm square and then chill in the fridge
3. Put the shallots into a heatproof bowl, and pour over enough boiling water to cover. Leave for 10 minutes, drain and peel.
4. Half any large shallots so they are roughly about the same size
5. Heat the oil in a non-stick ovenproof frying pan (about 25.5cm) over a medium high heat
6. Add the shallots and fry for 10 minutes, then add the vinegar and sugar and cook for a further 5 minutes or until thick and syrupy
7. Nestle the beetroots into the pan amongst the shallots
8. Lay the pastry over the vegetables and touch in the edges
9. Bake for 35-40 minutes until crisp and deep golden (it needs longer than you think to cook through)
10. Set aside for 5 minutes, then tip out onto a plate or board to serve  
I serve this dish with a green salad and small potatoes .... Delicious!