

# Homely, happy vegan

Plant-based eating doesn't mean you have to be left out in the cold when it comes to hearty winter dishes. Discover healthy, meat-free meals that will feed your soul and fill your belly

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**E**very January, millions of people begin a new year's revolution and go meat-free for a month for the Veganuary challenge. Not only is a plant-based diet good for your health, it's beneficial for the planet, and vegan cooking is a million miles from daunting or dull when you are privy to a few tricks. Author, photographer and TV chef Karoline Jönsson knows a thing or two about creating simple and satisfying meat-free meals that bring pleasure and warmth. In her new book, *Happy Vegan Comfort Food* (Pavilion, £14.99), Jönsson invites us into her Swedish country home to enjoy traditional winter European dishes that will become firm favourites throughout the year.

We've selected a classic in shepherd's pie made with protein-packed lentils, a focaccia toastie because, well, it's a toastie, and two mouth-watering cakes bursting with berries, seeds and nuts. Wholesome, plant-based happiness!

## SHEPHERD'S PIE

*A take on the British staple, this dish is loaded with flavour and goodness – just the meal you hanker after following a long walk in the countryside. In the unlikely case of leftovers, it freezes well.*

### SERVES 4-6

#### MASH

- 1.2kg potatoes, peeled and cut into chunks
- 75g dairy-free spread
- Approximately 150ml plant milk
- Salt and black pepper

#### LENTIL MINCE

- 3 brown onions, finely chopped
- 5 large field mushrooms, finely chopped

- 2 carrots, finely chopped
- Olive oil for frying
- 1 tsp white pepper
- 1 tbsp finely chopped fresh rosemary
- 2 tbsp finely chopped fresh sage
- 3 tbsp tomato puree
- 120g dried red lentils
- 85g dried beluga lentils
- 3 tbsp tamari
- 1 tbsp vegan bouillon powder
- 2 tbsp plain flour

**1** Boil the potatoes in a large pan of salted water, covered, for about 20 minutes or until soft.

**2** For the lentil mince, fry the onions, carrots and mushrooms in a generous glug of olive oil until the onions have started to colour. Add salt, the white pepper and the rosemary and sage.

**3** Add the tomato puree and fry, stirring, for another few minutes. Add 800ml water, the lentils, the tamari and the bouillon powder and stir well. Cover and leave to simmer, stirring occasionally, until the lentils are getting tender and almost cooked through.

**4** Sprinkle over the flour and whisk into the mince, preferably using a steel whisk to make sure you get rid of any lumps of flour. Add up to 200ml water until you have the desired consistency. Meanwhile, preheat the oven to 200°C, gas mark 6.

**5** Drain the boiled potatoes and mash them using a potato masher. Stir in the vegan spread and milk and mash until smooth. Season to taste with salt and black pepper.

**6** Scoop the mince into a baking dish and top with the mash. Bake for 25 minutes, or until the mash is golden brown. Serve immediately. >>>





## FOCACCIA PANINI

*Mouth-wateringly oozy, this toastie makes a heavenly weekend lunch. Serve with a bowl of steaming soup on a chilly day and dunk away!*

### MAKES 4 LARGE SANDWICHES

- 4 good-quality sun-dried tomatoes in oil, cut into strips
- 15 fresh basil leaves
- Olive oil
- Focaccia (recipe below)
- 50-70g plant-based cheese, grated

- 1 Cut the focaccia into four portion-sized pieces. Slice them in half and add the cheese, tomatoes and basil, followed by more cheese. It's good to have cheese against both slices so the sandwich is glued together when warmed in the waffle iron.
- 2 Place the second half of the bread on top. Heat a waffle iron and drizzle the plates with a little oil.
- 3 Place one sandwich in the iron, drizzle with a little oil, then press it together. Grill for about a minute, until the panini is flat and a nice golden colour. Repeat with the remaining sandwiches.

### Herby focaccia

- Dissolve 15g fresh yeast (7g dry) into 350ml cold water in a bowl. Stir in 425g plain flour and salt and work into a dough. Cover with a damp tea towel and leave to rise for 1 hour.
- Line a baking tray with parchment and press out the dough evenly. Cover with a damp tea towel and leave in the fridge for 12 hours.
- Preheat the oven to 225°C, gas mark 7.
- Arrange fresh herbs on top of the dough, drizzle with olive oil and press your fingertips into the dough to create dips. Sprinkle with salt.
- Bake for 20 minutes until risen and golden.

## CAKE TWO WAYS

*Invigorate your baking with whatever fruit, spices, nuts and seeds you fancy. These cakes have the same batter with two different flavour combinations for Veganuary versatility.*

### Lemon and poppy seed cake with blueberries

#### MAKES 8 SLICES

- 160g sifted spelt flour or plain flour
- 3 tbsp psyllium husk or 2 tbsp potato flour
- 125g caster sugar
- 1 tbsp baking powder
- Grated zest of 1 lemon
- 1 tbsp poppy seeds
- 200ml unsweetened oat or soya milk
- 5 tbsp rapeseed oil
- 120g blueberries, fresh or frozen

- 1 Preheat the oven to 200°C, gas mark 6. Line a cake tin (16-18cm diameter) with baking parchment, or grease and flour.
- 2 Mix the dry ingredients in a bowl. Add the milk and oil and stir thoroughly. Stir in the blueberries.
- 3 Pour the batter into the tin. Bake in the middle of the oven for 35 minutes or until a thin skewer comes out clean when inserted into the middle of the cake.

### Saffron cake with almonds

#### MAKES 8 SLICES

- 160g sifted spelt flour or plain flour
- 3 tbsp psyllium husk or 2 tbsp potato flour
- 125g caster sugar
- 1 tbsp baking powder
- Pinch of saffron
- 200ml unsweetened oat or soya milk
- 5 tbsp rapeseed oil
- 3 tbsp flaked almonds

- 1 Preheat the oven to 200°C, gas mark 6. Line a cake tin (16-18cm diameter) with baking parchment, or grease and flour.
- 2 In a bowl, mix all the dry ingredients, apart from the almonds. Add the milk and oil and stir thoroughly to make a batter.
- 3 Pour the batter into the prepared tin and top with the flaked almonds. Bake in the middle of the oven for 35 minutes, or until a thin skewer comes out clean when inserted into the middle of the cake.



### Reader offer

'Psychologies' readers can buy a copy of *Happy Vegan Comfort Food* by Karoline Jönsson for the special price of £12 (RRP £14.99) including free UK P&P.

**To order,** call 0141 306 3100 and quote offer code 'CH2051'. Offer valid until 29 January 2021.

