



**Who Weekly**  
**Monday 6/12/2021**

Page: 70  
Section: General News  
Region: National, AU  
Circulation: 82789  
Type: Magazines Lifestyle  
Size: 1,876.00 sq.cms.



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**FOOD**

# A VEGAN CHRISTMAS!

Even if you're a meat-eater, these festive recipes will be favourites across the board!

## Fennel & Grapefruit Salad

### INGREDIENTS

- |   |  |
|---|--|
| 1 large fennel bulb   | 1 pomegranate                              |
| 1 pink grapefruit (use segments for salad and juice for dressing) | <b>DRESSING</b>                            |
| ¼ cup mint leaves, roughly chopped                                | 1 tbsp lemon juice                         |
| 2 cups rocket leaves  | 3 tbsp grapefruit juice (from above fruit) |
| ¼ cup almonds, toasted and chopped                                | 1 tsp maple syrup                          |
| 50g dried cranberry   | ½ tsp sea salt                             |
|   | 1 pinch cracked pepper                     |
|   | ¼ cup extra-virgin olive oil               |

### METHOD

- 1 Thinly slice fennel with a mandolin, then place in a bowl of ice water.
- 2 Peel grapefruit and cut out segments, making sure to remove all the pith.
- 3 Squeeze a few segments to make 3 tbsp of juice for dressing and set aside for dressing.
- 4 Drain the fennel and toss in mint, rocket, almond and grapefruit segments, then set aside.
- 5 In a small bowl, whisk together lemon juice, grapefruit juice, maple syrup, salt and pepper.
- 6 Slowly drizzle in oil while whisking until dressing begins to emulsify.
- 7 Pour dressing over salad to taste, plate then garnish with cranberries and pomegranate.





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## Pumpkin Spiced Vegetable Christmas Wreath

### INGREDIENTS

- 3 garlic cloves, minced
  - 1 brown onion, finely chopped
  - 2 tbsp olive oil
  - 1 cup red capsicum, diced
  - 1½ cup Japanese pumpkin, shredded
  - 1½ cup zucchini, shredded
  - 1 cup leek, finely chopped
  - 20g toasted pine nuts
  - 1 tsp thyme leaves
  - 1 tsp rosemary leaves
  - 2 tsp all-spice
  - 1 tsp nutmeg
  - 1 tsp ground cinnamon
  - 1½ tbsp lemon juice
  - ⅓ cup fresh dill fronds, chopped
  - ⅓ cup fresh mint leaves, chopped
- PASTRY**
- ½ cup plain flour (for dusting board)
  - 1½ sheets shortcrust pastry
  - 1 tsp plant-based milk
  - 1 tbsp maple syrup (for brushing pastry)
- GARNISH INGREDIENTS**
- 1 tbsp fresh dill fronds
  - 1 tbsp dried cranberries

### METHOD

- 1 For the filling, sauté garlic and onion in olive oil until it goes clear. Add capsicum and cook for 1 minute, then add in pumpkin and cook for another minute. Add zucchini, leek, pine nuts, thyme, rosemary, all-spice, nutmeg, cinnamon and cook for 1 minute. Turn heat off. Add lemon juice, dill and mint. Stir briefly, then transfer to a bowl and place in fridge until the mixture is cool (approximately 1 hour).
- 2 Take your pastry sheets out to defrost.
- 3 Scatter flour on your work surface. Cut two sheets of pastry in half. You will have 4 pieces but will only need 3. Lay them side by side with the length facing you. Overlap the pastry slightly and join them together by brushing plant-based milk on the joins and gently pressing them together.
- 4 Place your mixture on the pastry along the length of the pastry with a 1cm gap closest to you, and a 2-3cm gap on the top and sides.

Brush the boarder of your pastry with remaining plant-based milk.

- 5 Fold your pastry over, tuck it tight to your mixture and roll away from you to create a long sausage shape. Pinch and fold the short ends, then bring together gently to create the wreath shape and pinch ends together.
- 6 Carefully transfer to a lined baking tray and place in the fridge to chill for 30 minutes or until pastry hardens slightly to hold shape.
- 7 Preheat fan-force oven 180C. Remove pastry from the fridge and cut thin even slashes across the top of the pastry to allow venting and to stop pastry from bursting while baking.
- 8 Cook for 40 minutes until golden brown, then take out of oven and brush the pastry with a thin layer of maple syrup.
- 9 Remove from oven. Let cool for 10 minutes before plating on a board, garnishing with fresh dill and dried cranberries.



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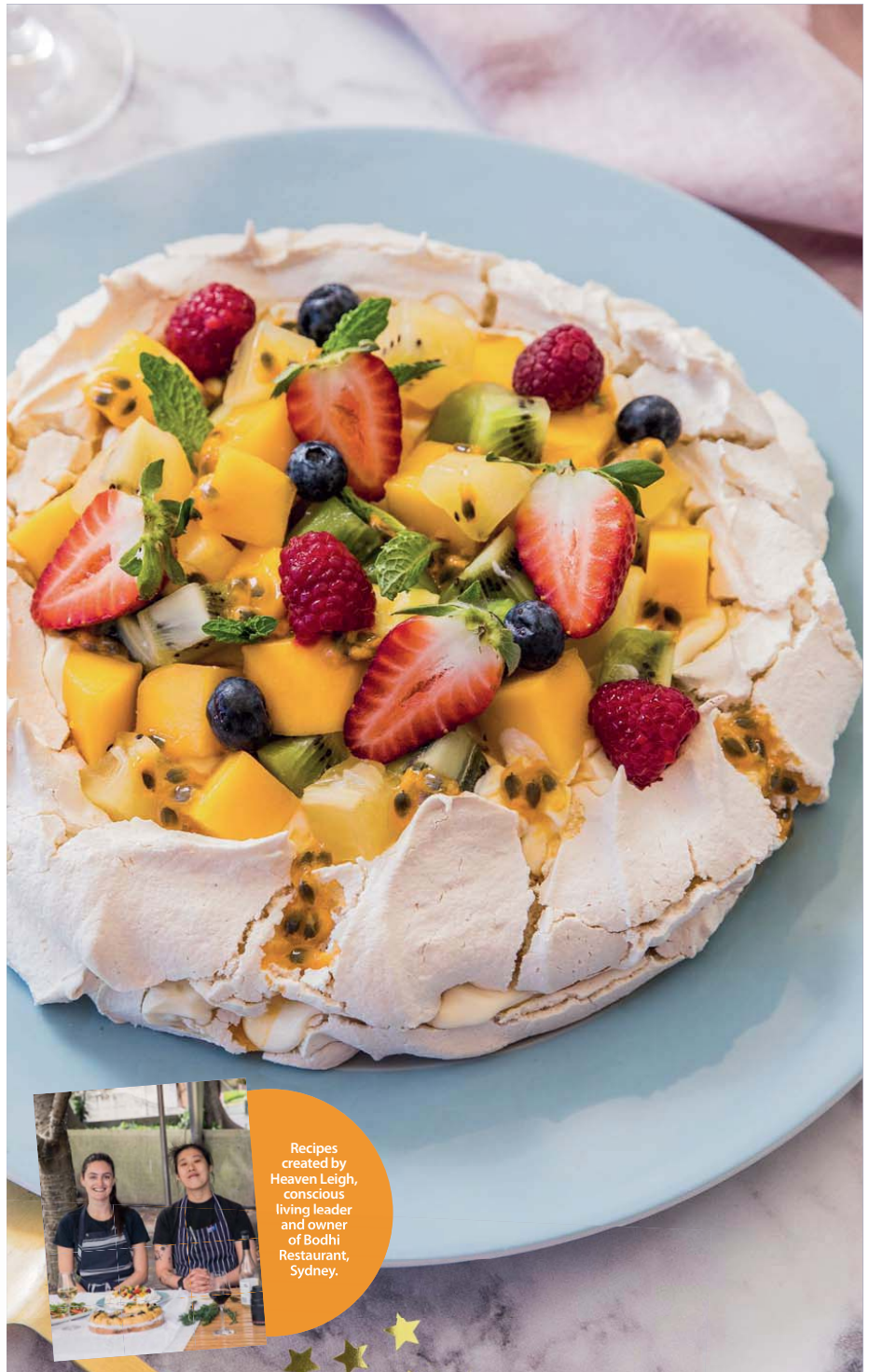
### Vegan Pavlova

#### INGREDIENTS

420g can unsalted chickpeas	¼ cup icing sugar, sifted
½ tsp cream of tartar	1 tsp vanilla bean paste
1 cup caster sugar	<b>TOPPING</b>
1 tsp vanilla bean paste	2 passionfruit (remove pulp)
1 tbsp cornflour	1 mango, cubed
1 tsp xanthan gum	3 kiwifruit, peeled and sliced
<b>FILLING</b>	2 stalks mint
2 x tubs vegan cream	Leaves (chopped or whole)
⅓ tsp cream of tartar	

#### METHOD

- 1 Preheat your oven at 150C (fan-forced). Cut baking paper to fit 2 trays then draw a 20cm circle in the middle of each piece of baking paper. This will ensure both meringues come out the same size. Turn the baking paper over so as not to get any ink on your meringue. Set to the side.
- 2 Take a tin of chickpeas. Drain and save the liquid (aquafaba). Discard chickpeas or use for another recipe. Using your electric mixer, beat the aquafaba on high speed. Add cream of tartar and continue to beat until stiff peaks form (5-10 minutes).
- 3 Continue to beat while gradually adding caster sugar, one spoon at a time. Add vanilla bean paste and cornflour. Mix well. Finally, add xanthan gum last as this will harden your meringue quickly to form a sticky marshmallow texture
- 4 Equally distribute meringue between both sheets of baking paper in centre of circle. With spatula, sculpt meringue until it's the size of the circle. Bake 20 minutes. Reduce heat to 120C (fan-forced). Bake another 1 hour 45 minutes. Remove from oven to cool for 20 minutes.
- 5 While your meringue is cooling, cut your fruit and fridge. Then to make your vegan cream filling, in a separate bowl mix vegan cream, cream of tartar, vanilla bean paste, and icing sugar and beat with an electric whisk until it forms stiff peaks (about 5 minutes). Place back in the fridge until ready to assemble.
- 6 Once your meringue has cooled, place first meringue on serving plate, top with ½ vegan whipped cream, then place second meringue on top. Top with remaining cream and garnish with your cut fruit and mint leaves. Serve immediately as the cream will soften the meringue over time.



Recipes created by Heaven Leigh, conscious living leader and owner of Bodhi Restaurant, Sydney.