

CREAMY ROAST PUMPKIN AND APPLE SOUP

Ingredients

- 2 tbsp olive oil
- 1 large pumpkin, peeled and chopped into 1 inch chunks
- 1 onion diced
- 4 cloves of garlic, minced
- 2 apples, cored and diced
- 1 tbsp cumin
- 1l of veg stock
- 75g cashew nuts or 2 tbsp of peanut butter. (use 200ml of milk or cream if you prefer not to use nuts)
- 1 tbsp salt

Coat the pumpkin in 1 tbsp of the oil and roast in the oven at 180 degrees c for 40 mins or until tender

In a large, deep pan, on a medium heat, fry off the onion in the second tbsp of oil until soft. Add the garlic, apple and cumin, gently stir for a few mins to soften.

The cooked squash can be added to the pan next, along with the nuts, salt and stock. Simmer on a low heat for 30 mins.

Blend using a stick wand or a blender jug and serve with crusty bread and a sprinkle of toasted pumpkin seeds and a dollop of plain yoghurt.



From our Head Chef Maisie
McBagley

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SLOW ROAST PORK SHOULDER WITH CRANBERRY BBQ SAUCE

Ingredients

Pork

- 1 shoulder of pork
- 1 onion diced
- 1 carrot chopped into chunks
- 500ml water

BBQ Sauce

- 1 jar cranberry sauce use the empty jar to measure the other ingredients
- 1/2 jar ketchup
- 1/2 jar cider vinegar
- 1/4 jar orange or apple juice
- 1/4 jar brown sugar
- 1/4 jar water
- 2 teaspoons Dijon mustard
- 1 teaspoon salt

Winter slaw

- 1 Red cabbage finely chopped
- 2 Apples grated
- 1 Fennel bulb finely sliced
- 2 Carrots grated
- 50g of dried cranberries

Dressing

- 100ml of Apple juice
- ½ tsp of Cinnamon
- 1 tsp of Salt
- 2 tbsp of Cider vinegar

Pork

Place the shoulder into a deep baking tray or casserole pot, place the onion and carrot around it and the water in the bottom of the dish. Cover with foil and place in the oven at 230 degrees c for 30 mins, then reduce the heat down to 160 and cook for 3-4 hours until the internal temperature reads over 75 degrees and the meat is soft and tender and breaks apart easily.

Once ready remove from the oven and leave to rest for 20 mins, then shred the meat using forks and mix in the BBQ sauce.

Serve in a soft roll with winter slaw.

BBQ sauce

Place all the ingredients into a pan and bring to a simmer over a medium heat for around 30 mins until thickened.

Winter Slaw

Combine all the veg and fruit in a bowl.

Mix all the dressing ingredients together well before pouring over the dry and combining well.

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THICK VEGAN HOT CHOCOLATE CUP

Ingredients

- 350ml of Oat milk (or other non dairy milk) plus 25ml
- 1 teaspoon cornflour
- 50g sugar
- 2 tablespoons cocoa powder
- 1 teaspoon vanilla extract
- 2 teaspoons Rum (optional)
- 100 grams dark vegan chocolate chopped
- Pinch each of cinnamon/ ginger/ cardamon/ salt

Start by mixing the 25ml of oat milk with the corn flour and set aside.

Next take a medium saucepan and whisk together 350ml of oat milk with the cocoa powder, sugar, vanilla extract and spices. Bring to a simmer on a medium heat, stirring constantly as it thickens.

Turn off the heat and add the chocolate, continue to stir as it thickens. Also add the rum if using. As it starts to cool down it will continue to thicken.

Serve it in a tea cup or small bowl with whipped coconut cream and a dusting of cinnamon.



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