



Winter Warmers!

This week, we are loving all things savoury and or vegetable, to warm us up during the cold weather

VEGETARIAN CRUMBLE - from our *River* cookbook.

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|---------------------------|----------------------------|
| 50gm butter | 1 onion chopped |
| 1 red capsicum chopped | 250gm broccoli chopped |
| 2 carrots sliced | 425gm can tomatoes drained |
| 1 tsp dried mixed herbs | 125gm mushrooms sliced |
| 1 cup grated tasty cheese | |

CRUMBLE TOPPING

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|--------------------------|------------------------------|
| 50gm butter melted | 1 cup fresh breadcrumbs |
| ½ cup mixed nuts chopped | 1 tbsp chopped fresh parsley |

Method

Melt butter in a large frying pan, add onion, and stir over a medium heat until the onion is soft. Add capsicum, broccoli, carrots, tomatoes and herbs, stir over a medium heat until the mixture begins to boil. Remove from the heat, stir in mushrooms and cheese. Spoon mixture into an ovenproof dish, sprinkle with crumble topping. Bake in a moderate oven until topping is golden.

Crumble topping - combine all ingredients in a small bowl and mix well.

Hints

1. To increase the protein and make it a well balanced vegetarian meal, add one tin drained mixed beans and or one tin drained lentils to the vegetable mix before adding crumble topping.
2. You can use different vegetables, eg parsnip and cauliflower instead of carrot and broccoli.
3. Chopped cooked bacon can be added to the vegetable mixture or to the crumble on top before baking in the oven.



Week Nine



BLUE CHEESE BISCUITS – from our *Biscuits Galore* book

190gm plain flour

100gm grated tasty cheese

50gm blue cheese crumbles

150gm butter, softened

1 egg yolk

1 tsp fresh sage leaves finely chopped

½ tsp mustard powder

½ tsp freshly ground pepper

Topping-- Paprika, poppy seeds, and finely grated parmesan cheese.

Finely grated parmesan cheese

Method

Mix flour and cheeses together, add butter and sage leaves and mix with warm hands until combined. Add egg yolk, mustard, pepper and stir to form a dough. Wrap in cling film and chill for 30 minutes. On a lightly floured board, roll our dough thinly. Using a 5cm cutter, cut out biscuits, and place on a greased tray. Allow room for spreading. Before baking, sprinkle with the topping ingredients—parmesan cheese, paprika and poppy seeds. Bake in a moderate oven for 20 minutes or until golden. Cool on the tray for 5 minutes before transferring to a wire rack. Best on the day they are made. Serve with a delicious soup.