

March 2024

Curried Lentil, Parsnip and Apple Soup, Blueberry and Raspberry Crunch Cake

Curried Lentil, Parsnip and Apple Soup

Ingredients:

- 2 tbsp. sunflower oil
- 3 tbsp. medium curry paste and 2 medium onions, roughly chopped
- 500 gm parsnips, peeled and cut into chunks
- 140 gm dried red lentils
- 2 Bramley apples (about 400 gm), peeled, cored and cut into chunks
- 1 litre vegetable stock (made with 1 stock cube)
- Salt and pepper
- Natural yoghurt and coriander leaves to serve (optional)

Method:

1. Heat a large pan until very hot. Add the oil and fry the onions and curry paste together for about 3 minutes, stirring. Add the parsnips, lentils and apple. Pour over the stock and bring to a simmer. (At this point the ingredients can all be tipped into a slow cooker, cover and cook on low for 3 hours until everything is tender).
2. Leave to simmer for 30-40 minutes until all the vegetable and lentils are soft.
3. Blitz with a blender or a food processor until smooth. Adjust the seasoning to taste. If it is quite thick dilute with boiling water.
4. Serve with yoghurt and garnish with fresh coriander if desired.

If you wish it can be served with crusty bread or ciabatta slices (see recipe below)

Ciabatta Bread (see below or page 5 in the u3a recipe book)

Ingredients

- 500gms strong white flour
- 1 teaspoon of salt
- 2 teaspoons of easy blend yeast (1 sachet)
- 2 teaspoons of sugar
- 50gms of sunflower seeds
- 3 tablespoons of olive oil
- 350 millilitres of hand hot water

Method

1. Sift flour and salt into a large bowl. Add the yeast, sugar and sunflower seeds.
2. Add the oil and enough water to make a soft dough.
3. Turn onto a lightly floured surface and knead until smooth.
4. Place in a clean oiled bowl, cover and leave to rise until double in size (about 50 minutes).
5. Knock back (Squash it down) and shape as required.
6. Place on a greased baking tray and leave to prove (rise) for 30 minutes.
7. Put into pre-heated oven, gas mark 7, electric oven 220°C fan oven 200°C.
8. Bake the loaves for about 25 minutes. Transfer to a wire rack to cool.

Blueberry and Raspberry Crunch Cake

Ingredients:

- 100gm polenta + 1 teaspoon
- 250gm self-raising flour (sifted)
- 160gm golden caster sugar
- Grated zest of a lemon
- 160 gm butter, diced
- 1 large egg, lightly beaten
- 1 tbsp. lemon juice
- 100gm blueberries
- 100gm raspberries (alternatively use black currants)
- 15gm demerara sugar
- Salt
- A 20 cm (8 inches) spring form tin, lightly greased

Method:

1. Preheat oven to 170°C fan/ Gas 4.
2. Place the polenta, flour and sugar in a large food processor along with a pinch of salt and process for a few seconds.
3. Add the lemon zest and butter and process until the mixture resembles bread crumbs. (Alternatively rub the lemon zest and butter into the dry ingredients by hand).
4. Add the beaten egg and lemon juice, then process using the pulse button briefly until just combined.
5. Tip about two thirds of the mixture into the prepared tin, pressing it down. Sprinkle the tea spoon of polenta over the base, then scatter the blueberries and raspberries over the base. Sprinkle the demerara sugar over the fruit.
6. Crumble the remaining cake mixture over the fruit. Press down very lightly.
7. Bake in the pre-heated oven for 1 hour. Cool on a wire rack, then remove from the tin.