

December 2022



PARSNIP, MUSHROOM & BARLEY WREATH

PREPERATION TIME:

50 mins

COOKING TIME:

1 hour and 15 mins

SERVES:

8

INGREDIENTS

150g pearl barley (uncooked weight)

1 vegan vegetable stock cube (check the packet)

330g parsnips, peeled and cut into chunks

2 tbsp ground linseeds (or flaxseed)

3 tbsp olive oil, plus extra for greasing

1 onion, halved and sliced

3 garlic cloves, crushed

400g mixed mushrooms, cleaned and sliced

5 rosemary sprigs, leaves stripped, plus extra to decorate if you like

6 sage leaves, shredded

100g blanched hazelnuts, toasted until golden

50g vegan Italian-style hard cheese, grated (optional)

small pack flat-leaf parsley, finely chopped

a good grating of nutmeg

3 tbsp pumpkin seeds

handful parsnip crisps with sea salt & black pepper (optional)

The perfect vegetarian Festive or Sunday lunch centrepiece – a low-calorie nut loaf packed with grains, root vegetables, mixed mushrooms, herbs and spice

METHOD

Cook the pearl barley with the stock cube according to pack instructions. Reserve 4 tbsp of the cooking stock, then drain the grains well.

Bring a large pan of salted water to the boil, then add the parsnips, and cook until really soft. Drain well, tip back into the pan to steam dry for a few minutes, then roughly mash. Mix the ground linseeds with the reserved stock water, and leave to go gluey.

Put 2 tbsp of the oil in your largest frying pan with the onions and garlic. Fry gently until soft and golden, then stir in the mushrooms, rosemary and sage. Fry the mushrooms until they're golden too, and any liquid that comes out has evaporated. Scrape into a big mixing bowl and set aside to cool.

Grease tin generously with oil. If it's not a non-stick tin, line it with thin strips of overlapping baking parchment. Add the mashed parsnip, cooked pearl barley, gluey seed mix, grated vegan hard cheese (if using), chopped parsley and whole hazelnuts to the fried mushroom mixture. Season generously with salt, then mix everything together really well.

Spoon the filling into the tin, and press down firmly to fill the tin and flatten the top. Bake straight away or keep in the fridge for up to 24 hrs before baking. Heat the oven to 200C/180C fan/gas 6 and cover the tin with foil. Bake for 45 mins, until a skewer poked into the centre of the mixture comes out piping hot.

Carefully lift off the tin, and top with some parsnip crisps if using and whole pumpkin seeds to serve – plus some extra rosemary sprigs if you like. Slice into wedges.