

Spring and Summer Recipes





Pepper & Tomato Tartlets with Basil Pastry

Dairy free; Gluten Free;
Egg free

Suitable for vegetarians
and vegans

Number of servings:
4

Preparation time:
50 minutes

Cooking time:
20 minutes

Ingredients

75g Pure spread
150g plain flour
2 tbsp. fresh basil, chopped
2 tbsp. water
Salt and freshly ground black pepper

Filling

25g Pure spread plus extra for brushing peppers
2 yellow peppers
1 red pepper
1 orange pepper
1 red onion, finely sliced
1 garlic clove, crushed
Seeds from 6 green cardamoms, crushed
5 tbsp. white wine vinegar
2 tbsp. brown sugar
½ tsp. Tabasco or hot chilli sauce.
Salt & freshly ground black pepper to season.
3 tomatoes, sliced
4 black olives
Basil leaves to garnish

Steps

To make up the pastry, rub Pure spread into sifted flour until it resembles breadcrumbs. Add chopped basil, salt and pepper. Add water and mix until dough is formed. Wrap in cling film and chill for 30 minutes.

To make the tart filling, halve the peppers and place skin side up on a baking tray. Brush with Pure spread. Place in a preheated oven 190°C/gas mark 5 for 30-35 minutes or until skins are blackened. Leave to cool slightly and remove the skins. Slice into thin strips. Fry onion and garlic in Pure spread until soft. Add cardamom, peppers, vinegar, sugar and Tabasco. Simmer gently for 25-30 minutes. Season.

To make tartlets, roll out pastry between two sheets of cling film. Line four 10cm tartlet tins with the pastry and bake blind in a hot oven 190°C/gas mark 5 for 15 minutes. Divide the pepper mixture between the tartlet tins, slice tomatoes and arrange over pepper filling. Season and garnish with olives. Brush tartlets with Pure spread and bake in very hot oven 220°C/gas mark 7 for 5 minutes. To serve, garnish with basil leaves.

*Tip : *Gluten free pastry option - replace wheat flour with 75g gram flour, 50g rice flour or 50g potato flour. Allow 2 tbsp. extra water to bind*



Oven Roasted Peppers with Couscous and Pinenuts

Dairy free

Suitable for vegetarians and vegans

Number of servings:
4-6

Preparation time:
10 minutes

Cooking time:
45 minutes

Ingredients

4 - 6 red, orange or yellow peppers

COUSCOUS FILLING

100g Pure spread

225g couscous

4 spring onions, thinly sliced on the diagonal

600ml vegetable stock

2 cloves garlic

100g pine nuts, toasted

3 tbsp. fresh parsley, chopped

Salt and freshly ground black pepper

Fresh basil to garnish

Steps

Preheat oven 180°C/gas mark 5.

To make the filling, melt 50g Pure spread in a frying pan and stir-fry the garlic and spring onions for 2 minutes. Add the couscous and stir-fry for 2 minutes. Add vegetable stock, mix well and remove from heat. Stir in the parsley and pine nuts and season with salt and pepper. Add more vegetable stock if the mixture is dry. Cover with a lid and set aside.

To prepare the vegetables, cut the peppers in half, length ways, through the stalk and remove the seeds. Spoon the couscous filling into the peppers. Place the filled peppers into an ovenproof dish. Dot the remaining Pure spread over the top of the vegetables, cover with tinfoil and bake for 45 minutes. Remove the foil to brown the peppers 5-10 minutes before the end of cooking time

Tip: Serve with a red pepper sauce.



Mushroom Stroganoff Pancakes

Dairy free; Gluten free; Egg free

Ingredients

Suitable for vegetarians

Number of servings:

4

Preparation time:

55 minutes

Cooking time:

15 minutes

MUSHROOM STROGANOFF

50g Pure spread, melted
1 large onion, chopped
1 large stick of celery
350g button, oyster, chestnut mushrooms, quartered or sliced
1 tbsp. gluten free flour
150ml gluten free vegetable stock
½ tsp. fresh thyme leaves
1 bay leaf
4 tbsp. soya cream
Salt and ground white pepper
A handful of freshly chopped parsley

GLUTEN FREE PANCAKES

75g Pure spread
melted 125g gram flour
(chickpea flour)
1 large free range egg
300ml soya milk and water
Pinch of salt

Melt 25g of Pure spread in a saucepan. Fry the onion, celery and thyme until the onion is transparent. Season with salt and pepper then add the remaining Pure spread and mushrooms. Cook for 2 minutes. Stir in the flour and cook for a minute. Gradually add the vegetable stock, stirring constantly. Bring to the boil, then reduce the heat and simmer uncovered for 2 minutes.

Remove from the heat and stir in soya cream and some chopped parsley.

To make the pancakes, sieve the gram flour and salt in a bowl. Separately beat together the egg, soya milk and water. Gradually add to the flour. Stir in 3tbsp of melted Pure spread. Blend to a smooth batter. Leave to rest for 30 minutes

Brush a non-stick 23cm frying pan with melted Pure spread and fry the pancakes. When cooked layer up interleaving with baking parchment or greaseproof paper. The pancakes can be made in advance and stored in a refrigerator.

Divide the stroganoff mixture between the pancakes, allowing two pancakes per person. Place the filling near the edge of the pancake and fold in the two sides over the filling. Fold over the pancake several times to make a pancake roll. Put the filled pancakes in an oven proof dish greased with Pure spread. Sprinkle with a little cold water and cover with tinfoil. Reheat in a hot oven for 15 minutes.

Garnish the pancakes with the remaining chopped parsley. Serve with a crunchy grated carrot, sultana and toasted sesame seed coleslaw, mixed salad leaves and new potatoes.

Tip: The pancakes can be made and filled in advance and refrigerated until required.

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Baked Butternut Squash & Red Camargue Rice Pilaf

Dairy free; Gluten free; Egg free

Suitable for vegetarians and vegans

Number of servings:

2

Preparation time:

30 minutes

Cooking time:

50 minutes

Ingredients

75g Pure spread
1 butternut squash, cut in half & seeds removed
125g or 1 sachet red camargue rice
1 shallot, peeled & finely chopped
1 garlic clove, finely chopped
Half a red chilli, de-seeded & finely chopped
A pinch of ground cumin
A pinch of ground coriander
25g sultanas
1 tbsp. pine nut kernels
Salt & freshly ground black pepper

Steps

Preheat oven to 190°C/gas mark 5

Grease a baking sheet with Pure spread and place the butternut squash cut side down. Cook for 25 minutes or until flesh is sufficiently soft to cut.

Cool the squash and then scoop out flesh with a spoon and chop into chunks. Leave a thin layer of flesh in the skin and leave the "neck" of the squash intact. Put the flesh in a large bowl, add sultanas and pine nuts. Put to one side.

Cover the sachet of rice with 450ml of boiling water. Bring to the boil, cover pan, reduce heat and simmer for 25-30 minutes, or until cooked. Put rice sachet in a sieve and rinse with cold water, drain and remove from sachet.

Melt 25g Pure spread in a heated frying pan and gently fry shallot, garlic and chilli for 3 minutes. Stir in spices and cook for one minute. Combine the shallot, garlic, chilli, rice and squash chunks. Season with salt and pepper. Place squash onto a greased baking sheet and divide filling between the halves, dot with remaining Pure spread and cover with tin foil. Bake in the oven for 25-30 minutes

Tip: Serve with a rocket salad.



Jammy Tarts

Dairy free; Gluten Free Egg free

Suitable and vegans

Number of servings:
12-15

Preparation time:
20 minutes

Cooking time:
15 minutes

Ingredients

75g Pure spread
1 medium banana
1 tsp. lemon juice
75g brown rice flour
100g potato flour
75g cooked mashed potato
75g muscovado sugar

FILLING

Seedless raspberry jam
Apricot jam

Steps

Preheat oven to 220°C/gas mark 7. Grease a bun tin with Pure spread.

Mash the banana with the lemon juice.

Sieve the flour into a bowl. Rub in the mashed potato and the Pure spread. Add mashed banana and knead to a soft dough. Wrap in cling film and chill for 30 minutes.

Roll out the pastry between two flour sheets of cling film to 3mm thickness. Cut into rounds using a 7cm cutter. Line the bun tin with the rounds. Re-roll out the remaining pastry and use a fun cookie cutter shape to cut decorative the tops.

Place a teaspoon of jam in each pastry case and top with a pastry shape.

Bake in the oven for 15 minutes or until a light golden colour.

Remove from the oven and cool.



Peach and Summer Fruit Crumbles

Dairy free; Egg free

Ingredients

Suitable for vegetarians and Vegans

Number of servings:
8

Preparation time:
35 minutes

Cooking time:
30 minutes

PASTRY BASE

75g Pure spread
175g plain flour
3-4 tbsp. water

PEACH & SUMMER FRUIT

FILLING

1 250g can peaches, drained and chopped into chunks
250g frozen summer fruit selection

CRUMBLE TOPPING

50g Pure spread
75g plain flour
50g unrefined light muscovado sugar
50g shredded coconut
shredded coconut for garnish (optional)

Steps

Preheat oven to 200°C/gas mark 6.
Grease a 20cm loose based flan tin with Pure spread.

PASTRY BASE

Sieve the flour into a bowl; rub in Pure spread until it resembles fine breadcrumbs. Add the water and mix to a soft dough. Chill for 10 minutes. Roll out the pastry on a floured board and line the flan tin.

Gently prick the pastry base and line with greaseproof paper, fill with baking beans or rice and place in a preheated oven. After 10 minutes remove the baking beans and greaseproof paper, bake for a further 5 minutes.

FRUIT FILLING & CRUMBLE TOPPING

Sieve the flour into a bowl, rub in Pure spread until it resembles breadcrumbs, stir in sugar and coconut. If it seems lumpy in texture cut with a round bladed knife. Place the fruits in the baked pie case and scatter over the crumble topping. Reduce oven temperature to 180°C/gas mark 4. Bake for a further 30 minutes until golden in colour. Scatter shredded coconut over the top and serve hot.



Hedgehog Cake

Dairy free; Gluten Free

Ingredients

Suitable for vegetarians

175g Pure spread

SUGAR FREE FROSTING

150g Pure spread

Number of servings: 12

175g muscovado sugar

50g flaked almonds

Preparation time: 10 minutes

175g gluten free flour

3 carob drops

2 tsp. gluten free baking powder

3 tbsp. brown rice flour or cornflour

Cooking time: 30-60 minutes

3 free range eggs

250ml rice or soya Milk

2 tbsp. water

2 tsp. vanilla extract

2 tsp. maple syrup (optional)

50g organic plain chocolate or carob

Steps

Preheat oven to 180°C/gas mark 4.

Grease 1.2L/2 pint and a 600ml/1pint pudding basin with Pure spread. Cut two circles of baking parchment and snip the edges so they will fit in the top of the basins. This ensures the baked sponges remain intact when removed.

Sieve the flour and baking powder together in a bowl. Add Pure spread and all the other ingredients and mix for one minute with an electric hand mixer until well blended. Spoon the mixture into the lined basins, putting two thirds in the larger basin and the remaining mixture into the small basin.

Bake in the oven. Allow 50-60 minutes for the large basin and 30-40 minutes for the smaller basin. Allow the cakes to cool for 5 minutes before turning out of the basin onto a cooling rack. Remove the baking parchment.

To make the frosting, blend some of the rice milk with the rice flour to make a paste. Put the remaining rice milk in a saucepan with the vanilla essence, maple syrup and chocolate. Heat slowly to melt chocolate, then add the rice flour mixture, stirring until the mixture thickens

Stand the pan in cold water to cool quickly. Cream the Pure spread in a bowl. Add the cooled rice mixture and blend together.

Refrigerate in a sealed container until required. This mixture will keep for 3 days in a refrigerator.

THE HEDGEHOG

Turn the smaller cake upside down onto a cake board. Cut a triangular pointed nose and turn the larger cake upside down and cut off a small slice to make a flat face; position the nose in front of this. Place the larger cut off pieces from the smaller cake on top of the larger cake. Next use the remaining cut sponge pieces to fill the gaps between the two cakes. Use the frosting to secure in position. Cover all the sponge with frosting. Use a pointed knife to texture the back of the hedgehog, use the flaked almonds as spines and the carob drops for eyes and snout. Refrigerate the cake until required
Cook's tip: When cooling the rice mixture cover the surface with a piece of cling film to prevent a skin forming.

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