

JULY CASSEROLE

Serves 2

Sauce

2 tablespoons Wholemeal flour

Sunflower oil

Vegetable water



1 Kallo organic (or other) vegetable stock cube dissolved in warm water

1 moderately sized onion sliced into rings

Added Vegetables

200g new potatoes partly cooked

100g new carrots partly cooked

100g broad beans partly cooked

50g fresh peas uncooked

100g scalded mushrooms broken into pieces

chopped parsley

Method

Fry the sliced onion in a little vegetable oil, reduce the heat and add flour and a little vegetable water to form a roux. Thin this down and add the partially cooked vegetables. Add the dissolved stock cube and enough water to cover the vegetable mixture. The casserole may be cooked in a metal pot on top of the cooker or transferred to a glass casserole dish and placed inside a moderate oven. Ensure that the mixture is gently boiling then add the shelled peas and parsley. Add extra water if the stew becomes too thick. Keep the mixture well stirred and allow 20 to 25 minutes for the vegetables to become completely cooked.

Protein

Serve the casserole with either pasta or brown rice. By combining these grain products with the pulses (beans and peas), protein is formed. An optional extra might be a dish of grated cheese served at table.

This dish aims to utilise vegetables in season, ideally home grown. We hope to add other vegetarian recipes at other times in the year.

Peter Barclay