



RECIPES FOR LENT

If you are looking for some inspiration on what to offer at your Lenten Lunch here are some recipes for you to serve to your congregation, community, friends, or classmates.

Depending on how many you are serving these recipes can easily be multiplied and should not break the bank.

As it is not acceptable to eat pork, chicken, lamb, beef, ham, and most other meats these recipes do not contain them. However, fish, grains, milk, eggs, and fruits and vegetables are all allowed so there should be something for everyone. We have included vegetarian and Vegan recipes so we hope that you find something you like.

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DIPS AND SNACKS

Snack Ideas

1. Fruit kebabs – you can prepare them and keep them in the fridge so they are easily available when you need to satisfy that sweet tooth
2. Prepared Carrot, cucumber, pepper etc. sticks or other vegetables with hummus (recipe below)
3. Nuts and pitted dates
4. Yoghurt
5. Flatbreads (recipe on page 05)



Hummus (Vegan and Gluten free) – Serves 4

I know you can buy it but making your own is often cheaper and you can adapt it to your own tastes and experiment with flavours. Did you know - Hummus can also be frozen for up to 4 months? I would advise portioning it up before freezing and then when you want to defrost it just transfer to an airtight container and defrost in the fridge for 24 hours.

INGREDIENTS:

- 1 can of chickpeas, drained
(keep the liquid)
- 1 small garlic clove peeled and crushed (Do not use this if you are going to jazz up with roasted garlic)
- 1 tbsp lemon juice
- 1tbsp olive oil
- ½ tsp ground cumin
- ½ tsp salt

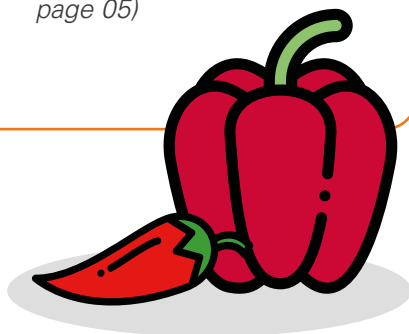


METHOD:

1. Drain the chickpeas keeping the liquid
2. Tip into a food processor with the lemon juice, oil garlic, salt and cumin and blend until you get the consistency you want
3. You can use the chickpea liquid to get a looser consistency
4. Taste and season again if needed

If you want to jazz up your hummus here are some ideas of what you can add:

- Chipotle – 1 or 2 peppers in adobo sauce
- Spinach – 2 cups of fresh leaves
- Roasted pepper – 1 or 2 roasted red peppers and ½ tsp smoked paprika. You could also replace the lemon juice with lime juice here
- Jalapeno and coriander – 1 seeded and ribbed jalapeno and ½ cup fresh coriander
- Roasted garlic – ½ head roasted garlic
- Sun dried tomato and basil – ¼ cup sun dried tomatoes, 2-4 tbsp fresh basil
- You can also add tahini to the mix – you will need up to 3 tbsp of it. If you cannot find it or don't like it you can add Cashew or Almond butter instead
- Or go sweet – Chocolate Peanut Butter dessert hummus *(see recipe on page 05)*



Chocolate Peanut Butter dessert hummus (Vegan)– Serves 5

INGREDIENTS:

- 1 cup canned chickpeas (*1 can should be enough but have another 1 on standby just in case!*)
- 32g cacao powder
- 3 tablespoons maple syrup
- 2 tablespoons plant milk (*almond or oat - Coconut milk may add a strong coconut flavour*)
- 70g peanut butter



METHOD:

1. Add all ingredients to a food processor
2. Blend until fully Mixed together

NOTE - Add more than 2 tablespoons of plant milk if you want your dessert hummus to be thinner. It will thicken even more upon cooling in the fridge.

Easy Flatbreads (Vegetarian) – makes 4-6 flatbreads depending on size

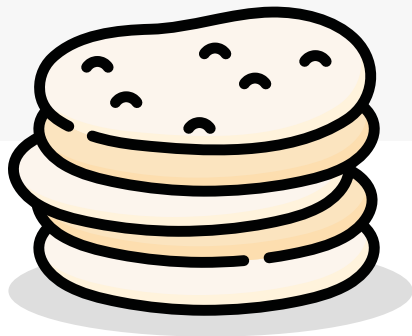
These are quick and easy to make and made with ingredients you hopefully have in your cupboard. They are good to make with kids as well. Flatbreads can be rolled out and frozen in a stack. You will need to put a bit of greaseproof paper between each of the breads so they don't stick. Frozen flatbreads can then be cooked from frozen – they will take a few minutes more to cook on a hot frying pan. They are also good for children to make (with supervision).

INGREDIENTS:

- 200g/7oz plain or wholemeal flour
- ¼ tsp salt
- 100ml/3½fl oz warm water
- 2 tbsp oil (olive, sunflower or vegetable), plus extra for cooking

METHOD:

1. Place the flour and salt in a large bowl and trickle in the water bit by bit.
2. Mix the water and flour mixture together. *To help with cleaning you might want to make sure that children mix using one finger so that they don't get a whole hand covered in dough!*
3. Add the oil and then knead the dough – you are aiming for a soft dough. If it is too sticky, add a little more flour or if it is too dry, add a splash of water.
4. Knead the dough for 5 minutes. *Children can do this in the bowl or on a clean surface using one or two hands.*
5. You can then cook the breads straight away or leave the dough to stand for about 30 minutes.
6. Divide the dough into four balls (or six if you have a smaller frying pan).
7. On a clean surface, roll each ball of dough out one at a time using a rolling pin to the size of your frying pan. *If you pick up and move round the flatbread often you know it hasn't stuck. (You may need to sprinkle a little flour on the surface but only use a little as too much will dry out the dough.) Don't worry if they aren't perfect circles!*
8. Heat a large frying pan and rub a little oil onto the surface of the pan.
9. Cook each flatbread for about 2 minutes on one side – it should puff up a little.
10. Flip the flatbread over using tongs and then cook for a couple of minutes on the other side. *The flatbread should have turned lighter in colour and may have a few spots of brown. Keep the cooked flatbreads warm, wrapped in foil or a clean tea towel, until you have cooked all of them.*



SOUPS

Spinach Soup (Vegetarian but could be made Vegan) – Serves 3-4

You can get ahead of the game and make this 48 hours in advance – just make sure you don't add the cream and lemon juice until you are heating it.

INGREDIENTS:

- 20g butter
- 2 medium onions, sliced
- 1 clove of garlic, sliced
- 2 medium potatoes, peeled and chopped into 1cm cubes
- 1.25 litres stock
- 300g baby spinach
- Nutmeg
- The juice of ½ a lemon
- 4 tbsp single cream



METHOD:

1. Heat the butter in a large saucepan over a medium-low heat and add the onions.
2. Cook gently for 7-8 minutes or until soft (but not brown).
3. Add the garlic and potato cubes and cook, stirring, for an extra 2 minutes.
4. Add the stock and increase the heat to bring to the boil.
5. Once it is boiling reduce the heat and simmer gently for about 10 minutes.
6. Add the spinach leaves, and simmer for a further 10 minutes (on a slightly higher heat but not boiling).
7. Remove from the heat and allow to cool a little.
8. Purée the soup in batches in a blender or with a hand-held blender until smooth.
9. Season with some freshly grated nutmeg.
10. Add lemon juice and season to taste with salt and freshly ground black pepper.
11. Bring the soup back to the simmer and then stir through the cream.

Lentil Vegetable Soup (Vegan) – Serves 8

This soup will last in the fridge for 3-4 days. Please bear in mind that if you decide to use the parmesan cheese it will make this recipe Vegetarian – if using it please read the label to make sure that it is vegetarian.

INGREDIENTS:

- 1.4 litre Vegetable broth – You can use the same amount of stock if you can't get broth
- 180g diced Tomatoes
- 226g Mushrooms, sliced
- 150g Carrots, sliced
- 100g Celery, sliced
- 52g Onion, sliced
- 164g Chickpeas, rinsed and drained
- 100g Dry Lentils
- 90g fresh Spinach, chopped
- Shredded Parmesan cheese, optional

METHOD:

1. Add all ingredients to a large pot.
2. Bring to a boil, then simmer on low-medium heat for 1 hour or until the vegetables are tender.
3. Add the spinach before serving. It will wilt in the hot soup.
4. Sprinkle with parmesan cheese, if desired.

Leek and Potato (vegetarian) – Serves 6-8

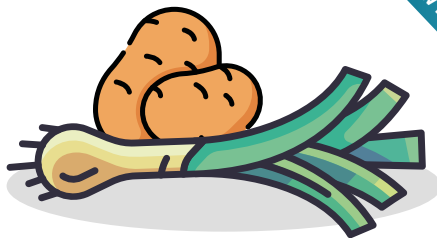
This recipe can be frozen.

INGREDIENTS:

- 50g butter
- 450g potatoes, peeled and cut into 1cm pieces
- 1 small onion, cut the same size as the potatoes
- 450g white parts of leeks, sliced (save the green tops for another soup or stock)
- 850ml-1.2litres/1.5-2pts vegetable stock
- 106ml whipping cream (keep the remaining cream from the pot for finishing)
- 125ml full-fat milk

To finish

- The white part of 1 leek
- A small knob of butter
- Finely chopped chives



METHOD:

1. Melt 50g butter in a heavy saucepan.
2. When it foams, add the potatoes, onion, leeks, and toss them in the butter until they are well coated.
3. Season well with salt and freshly ground pepper and toss again.
4. Put a disc of greaseproof paper (called a cartouche) on top of the vegetables to keep in the steam, then cover the pan with its lid.
5. Cook over a gentle heat for 10 mins, or until the vegetables are soft but not coloured.
6. Uncover the pan and discard the paper.
7. Pour in 850ml of the vegetable stock, bring to the boil and simmer until the vegetables are just cooked – about 5 minutes. Do not overcook or the soup will lose its fresh flavour.
8. Purée in a blender until silky smooth, in batches if necessary, then taste and adjust the seasoning.
9. Return the soup to a clean pan and stir in the whipping cream and full-fat milk.
10. To finish the soup, finely shred the white part of 1 leek and gently cook it in a small knob of hot butter for a few mins until it is softened but not coloured.
11. Reheat the soup to a gentle simmer (add some extra stock at this point if the soup is too thick for your liking), then pour into warmed bowls.
12. Drizzle the remaining cream over each serving, top with a little pile of buttered leeks and a scattering of chives and black pepper
13. Serve at once.

MAIN MEALS

Stuffed Portobello Mushrooms (Vegetarian) – Serves 4

You can prepare these in advance and then freeze them if you are short on time. They can be stored in the freezer for up to 3 months. Just make sure that you freeze before you bake them. You can also make them 24hrs in advance – just keep them covered in the fridge.



INGREDIENTS:

- 4 portobello mushrooms, brushed or wiped clean
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon coarse ground black pepper

Filling:

- 1 cup (250g) part-skim ricotta cheese
- ½ cup (27g) roughly chopped sun-dried tomatoes
- ¼ cup (56g) Low fat shredded mozzarella cheese
- ¼ cup (22.5g) grated Parmesan cheese – Vegetarian if you can find one (make sure you check the label). If you can't find one you can use nutritional yeast, just use half the amount and taste to see if you need more
- ¼ cup (5g) chopped fresh basil
- 1/8 teaspoon coarse ground black pepper

Bread crumb topping:

- 1 tablespoon unsalted butter
- 2 cloves garlic, finely minced
- ½ cup (50g) panko breadcrumbs
- ¼ cup (15g) finely chopped fresh parsley
- ½ teaspoon dried oregano
- 1/8 teaspoon salt

METHOD:

- 1.** Preheat oven to 400°F/200°C/Gas Mark 6. Or use your air fryer if you have one
- 2.** Scrape the black gills out of the mushrooms with a spoon and remove stem.
- 3.** Brush the outsides (tops) of mushroom caps lightly with olive oil.
- 4.** Place the mushrooms on a parchment paper lined baking sheet, gill side up
- 5.** Sprinkle them with ¼ teaspoon salt and ¼ teaspoon pepper.
- 6.** In a small bowl, mix together the ricotta, tomatoes, mozzarella, Parmesan, basil, and 1/8 teaspoon black pepper.
- 7.** Fill the mushroom caps with cheese mixture.
- 8.** In a small pan over medium heat, melt the butter.
- 9.** Add garlic to the butter stirring constantly for one minute.
- 10.** Remove from heat.
- 11.** Stir in panko, parsley, oregano, and salt until combined.
- 12.** Spread the panko mixture evenly over the cheese filling.
- 13.** If you are preparing them in advance – now is the time to freeze
- 14.** Bake mushrooms in the preheated oven until tender and cheese is melted, about 15 to 17 minutes.

Spring Pea Orzo – Serves 6

You can make this recipe up to 2 days in advance which could help you save some time

INGREDIENTS:

- 3 to 4 lemons
- 8 ounces (227g) uncooked orzo pasta
- ¼ cup minced shallot or red onion
- 2 tablespoons extra virgin olive oil
- 1 tablespoon Dijon mustard
- ½ teaspoon table salt
- ½ teaspoon freshly ground black pepper
- 1 ½ cups cooked fresh or frozen peas
- 1 cup sugar snap peas, blanched and chopped
- 1 cup assorted chopped fresh herbs (such as mint, chives, and parsley)
- ½ cup sliced almonds, toasted

METHOD:

1. Grate the zest from the lemons to equal 2 tsp.
2. Squeeze the juice from lemons to equal ½ cup.
3. Prepare the Orzo pasta according to the package directions.
4. Whisk together shallots, oil, mustard, salt and pepper, and lemon juice.
5. Toss together the pasta and shallot mixture.
6. Cover with cling film, and chill for 1 to 48 hours.
7. Toss together the orzo, peas, sugar snap peas, herbs, almonds, and lemon zest just before serving.
8. Add salt, pepper, and additional lemon juice to taste.

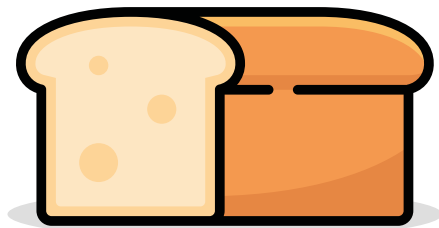


SWEET TREATS

Because everyone needs a treat every now and again here are a couple of cake recipes for you.

Cinnamon loaf cake

This cake is low effort, high reward. It makes a yellow cake with a cinnamon sugar stripe running through the middle.



INGREDIENTS:

Yellow Vanilla cake:

Wet:

- 1 cup (244 ml) non-dairy milk such as almond or soy
- 1 tsp vinegar (apple cider vinegar or white)
- 1/3 cup (66.67 g) sugar + 1 tbsp more for those with a sweeter tooth
- 1/4 cup (56 ml) oil (liquid form if coconut)
- 1 tsp vanilla extract
- A good pinch of turmeric for colour (optional)

Dry:

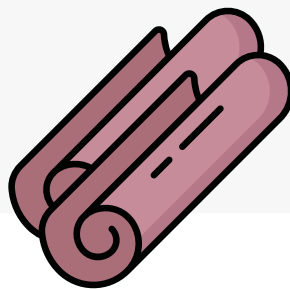
- 2 cups (250 g) of plain flour
- 1 tbsp cornflour (optional, makes it fluffier)
- 2 tsp baking powder
- 1/4 tsp (0.25 tsp) baking soda
- 1/2 tsp (0.5 tsp) salt

Cinammon swirl:

- 3 tbsp sugar light brown sugar or a mix of brown and regular
- 1.25 tsp cinnamon

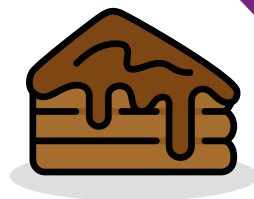
METHOD:

1. Prepare a loaf pan (9 by 5 inch) by lining with parchment or grease proof paper.
2. Preheat the oven to 180°C/356°F
3. Mix the non-dairy milk and vinegar and let sit for 2 mins.
4. Add the rest of the wet ingredients to the milk and vinegar mix and whisk well to combine. The Sugar should be well combined.
5. Add 1 $\frac{3}{4}$ cup flour, cornflour, baking powder, baking soda and salt (through a sieve or mixed in another bowl).
6. Whisk well to combine.
7. Add in the rest of the flour 1 tbsp at a time, if needed. The mixture should be a flowy but just slightly stiff.
8. In a small bowl mix the cinnamon, sugar, and a good pinch of salt. Press down with a spoon and mix until the cinnamon is mixed in.
9. Add half of the batter to a prepared loaf pan.
10. Sprinkle half of the cinnamon mixture on the batter.
11. Pour the rest of the batter and even it out.
12. Sprinkle the remaining cinnamon mixture on top.
13. Use a knife to swirl in lightly throughout the batter.
14. Bake for 50 to 60 minutes (depends on the pan and oven)
15. Check the loaf at 45 mins and continue baking till the toothpick (or whatever you use to check your cakes) comes out completely clean.
16. Cool on the counter for 10 mins then remove from the pan and continue to cool completely before slicing.
17. Slice and Store on the counter for up to 2 days and refrigerated for up to a week. Slices can also be frozen.



Chocolate Cake (Vegan)

This cake is so easy to make and you would never know that it is Vegan.



INGREDIENTS:

- 1 Cup of Sugar
- 1 ½ Cups Flour
- 1/3 Cup Cocoa Powder
- 1 Teaspoon Baking Soda
- ½ Teaspoon Salt
- 1 Teaspoon White Vinegar
- 1 Teaspoon Vanilla
- 1/3 Cup Oil (one that doesn't have a lot of taste)
- 1 Cup Cold Coffee or Water

METHOD:

1. Prepare a loaf pan (9 by 5 inch) by lining with parchment or grease proof paper.
2. Preheat the oven to 177°C/350°F (170°C works you just may need to cook for a little bit longer)
3. In a mixing bowl add the dry ingredients – I would advise sieving to get rid of any lumps
4. Mix them all together until well combined and there are no lumps
5. Make 3 small wells in the mix
6. Add the vinegar, vanilla, and oil into each well you have made
7. Mix together well with the dry ingredients
8. Add the water or coffee and mix until you have a smooth mixture
9. Pour your mixture into your lined loaf tin
10. Cook for 35 minutes
11. Cool the cake in the tin
12. Once cooled you can eat it as it is or top with ganache

Easy Ganache (Vegetarian)

INGREDIENTS:

- 200g dark chocolate, roughly chopped (check the ingredients to make sure it is vegetarian/vegan)
- 300ml double cream
- 2 tbsp golden caster sugar

METHOD:

1. Add all of the chocolate into a large mixing bowl.
2. Pour the cream into a saucepan with the sugar and bring to a simmer – make sure that you stir it continuously until all of the sugar has melted.
3. Bring the mixture to the boil, then quickly remove from the heat
4. Pour it over the chocolate and whisk until smooth and glossy.
5. You can now use it straight away or leave to cool down a little until thick enough to spread on your cake.
6. Alternatively you can leave it to cool completely, then beat with an electric whisk until light and fluffy and spread over your cake.

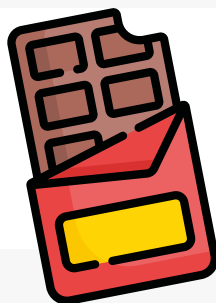
Easier Ganache (Vegan, Dairy Free)

INGREDIENTS:

- 250g dark chocolate, roughly chopped (check the ingredients to make sure it is vegan)
- 100ml Water

METHOD:

1. Put your Chocolate and water into a bowl
2. Place this bowl over a pot of boiling water to melt the chocolate
3. Stir to make sure that the chocolate and water are mixed together
4. Once melted keep heating it for a couple of minutes and keep stirring – this will allow some of the water to evaporate



If drizzling the ganache over the cake – leave for half an hour to cool down then pour it over

If you are going to spread it over your cake – leave to cool for longer as it will thicken up. Do not put it in the fridge otherwise it will set