

Recipe of the Month

Vegan mushroom, chestnut and cranberry tart



This dish is gluten free, dairy free, vegan and vegetarian but can be made using non vegan pastry or by using bought pre-made pastry. You can also use dairy cream cheese.

Cook time: 2 hrs 35 mins

Serves 8

Ingredients

230g gluten free plain flour
1/2 tsp xanthan gum
60g dairy free margarine
60g vegetable shortening

FOR THE FILLING:

1 large onion
2 cloves of garlic
5-6 carrots, grated (450g)
250g chestnut mushrooms
360g peeled chestnuts
2 tbsp olive oil
1 tsp dried thyme
225g soya cream cheese
2 tbsp garlic oil
250g wild mushrooms
2 tbsp dried cranberries
a small bunch of fresh flat leaf parsley

Method

1. Preheat the oven and a large baking tray to 180C gas mark 4. Start by making the pastry. Sift the flour and xanthan gum into a food processor, add the margarine, vegetable shortening and salt and pulse until the mixture resembles breadcrumbs.
2. Add 2 tablespoons of cold water, pulsing as you go, until the mixture begins to pull together to form a dough. Knead lightly for about 2 minutes or until smooth and elastic. Roll out pastry no thinner than 3mm and carefully flip the pastry into a deep 23cm tart tin. Press the pastry into the sides of the tin, filling in any cracks with pastry. Trim the edges and set aside.
3. Finely chop the onion, crush the garlic, then finely grate the carrots. Trim the stalks from the chestnut mushrooms and slice into rounds. Halve 240g of the chestnuts (the rest will be used for the topping).
4. Heat the olive oil in a heavy based frying pan until hot, add the onions and cook gently over a low heat until softened. Add the carrots, garlic, thyme and mushrooms and fry gently until softened and all of the liquid from the mushrooms has been absorbed - around 10 minutes.
5. Stir in the cream cheese and halved chestnuts and mix together gently until the cheese has softened and formed a creamy mixture. Season to taste, spoon the filling into the pastry case then level the top. Place the tart on the baking tray on the top shelf of the oven. Bake for 35-40 minutes or until the pastry is crisp.
6. Remove the tart from the oven, cover loosely in foil to retain its heat and set aside.
7. Finally, tear the wild mushrooms into pieces, roughly chop the remaining chestnuts and finely chop the parsley. Heat the garlic oil in a heavy-based frying pan until hot, add the mushrooms and fry gently until softened. Stir in the chestnuts, cranberries and parsley and spoon over the tart to form a decorative layer.