



Cooking up a storm... with Vicky Dunbar

Huntly mum Vicky Dunbar has taken an inspirational approach to cooking up tasty meals to enable her son Jack, who has multiple allergies, to enjoy the same meals as the rest of the family. Vicky is sharing her recipes with Huntly Express readers in this monthly column

I hope you all enjoy your Christmas and special festive dinners! The festive season always means lots of left-overs but I hope I can help you use them to make a tasty snack or meal.

Recipe 1

Spicy Parsnip Bubble and Squeak

Preparation time is 45 minutes, serves four

Ingredients

- 400g cooked parsnips
- 150g cooked Brussels sprouts, sliced
- 100g cooked peas
- 1tbsp lemon juice
- 1tsp turmeric
- ½tsp cumin seeds
- ½tbsp garam masala
- Small handful of fresh coriander, finely chopped
- 1 mild red chilli, deseeded and finely chopped
- 50g Vitalite spread

Method

- Mash the parsnips, sprouts and peas together with the lemon juice,

spices, coriander, chilli and half the Vitalite.

- Melt the rest of the Vitalite in a frying pan over a medium heat.
- Make a patty out of the parsnip mixture in the middle of the frying pan and flatten down.
- Fry for 3-4 minutes until browned and crispy on the bottom, then turn carefully and fry the other side. The easiest way is to flip it over on to a plate as you would with an omelette.
- Slice into eight wedges, garnish with some extra chopped coriander and serve with your leftover roast or have as a vegan main - it's delicious either way. Goes well with cranberry sauce!



Recipe 2

Christmas Sausage Rolls

Preparation time is 45 minutes, serves four

Ingredients

- 1 sheet puff pastry (see my recipe on Jack's Facebook page)
 - 140g chopped cooked turkey
 - 100g leftover stuffing
 - 70g cranberry sauce
- Preparation time is 45 minutes, serves four

Method

- Pre-heat the oven to gas 6/200C and line a baking tray with foil.
- Mix the turkey, stuffing and cranberry sauce together.
- Cut the pastry into four squares. Divide the filling evenly into four and spoon a line, about two

tablespoons worth, along one side of each pastry square.

- Brush the opposite side with a little water.
- Roll the side with the turkey mixture over in the pastry to meet the side you wet, rolling until the seam is on the bottom.

■ Place on to the baking sheet and cut three diagonal slits on top of each to let the steam escape.

■ Brush the tops with some rice milk to glaze and bake for 30 minutes until golden and puffed.



Recipe 3

Cranberry and Apple Sauce Loaf

Preparation time is 80 minutes, serves 10

Ingredients

- 100g granulated sugar
- 60g light brown sugar
- 80g whole cranberry sauce
- 40g unsweetened apple sauce
- 60ml oil
- 60ml rice milk (you may need more)
- 1tsp vanilla extract
- 260g gluten-free flour/plain flour
- 1tsp bicarbonate of soda
- ½tsp cinnamon

- ¼tsp nutmeg
- 1 pinch xanthan gum if using gluten-free flour
- 3 medium red apples, peeled, cored and diced into large chunks

Method

- Pre-heat the oven to gas 4/180C and grease and flour a loaf tin.
- Mix the sugars, sauces, oil and vanilla together in a bowl.
- Toss the apple pieces in the flour, then set the apple aside.
- Add the rest of the flour, bicarbonate of

soda and xanthan gum (if using) to the sauce mixture and stir in.

■ Add enough milk to bring the batter to a banana loaf consistency, then fold in the diced apples.

■ Pour into the tin and bake for 60 minutes or until well risen, pulling away from the sides of the tin and when a skewer is inserted in the middle it comes out dry.

■ Leave to cool in the tin for five minutes before turning out on to a wire rack to cool completely before slicing.

