

Leek and vegetable stew ingredients

- 10kg leeks
- 1 kg / 2 large bunches celery
- 6 chinese cabbages
- 2kg cooking apple
- 8kg carrots
- 5kg potatoes
- 4kg parsnips
- 5kg sweet potatoes
- 3 kg (blue crate) + 500g mushrooms
- 4kg frozen sliced green beans
- 40 bay leaves
- large bunch parsley
- bunch thyme
- 400g bouillon (vg and gf e.g. Marigold purple)
- 30g ground black pepper
- 200g tamarind concentrate
- 0.5l olive oil
- 6 packs of 4 mushroom stock cube (vg and gf)
- 1kg red quinoa
- 30l boiling water

Leek and vegetable stew method

Prep in advance

1. Cut the leeks open sufficient to wash out any dirt, then slice them.
2. Chop the celery very finely.
3. Clean or peel and cut all the root veg into small cubes approx. 1-1.5cm, keeping separate from leeks and celery. Potatoes can have skin on if cleaned.
4. Slice the mushrooms.
5. Slice the Chinese cabbage in thin slices.
6. Finely chop the herbs.

On Friday Evening

7. Peel and grate or finely chop the apple (as close to the time it is needed as possible).
8. Fry the celery and leeks in the olive oil until softened.
9. Add the root veg, mushrooms, apple, black pepper and continue to fry for a short while
10. Dissolve the stock cubes, tamarind and bouillon powder in some of the hot water and add to the stew, along with the bay leaves and the remaining hot water (cold will do for remainder but will just take longer to cook).
11. Bring to the boil and simmer for 10 mins or so, then add the quinoa
12. Simmer on low heat until the veg is almost soft enough to eat.
13. Add the frozen beans.
14. Stew can be taken off the heat and set aside at this point if it is ready ahead of time.
15. Bring back to the boil and ensure the frozen veg has thawed.
16. Add the herbs and Chinese cabbage and simmer for a further few mins until the cabbage softens.

Sos cubes

- Sosmix 4 kg
- Tomato puree 800g
- Dried mixed herbs 1 handful
- Cold water 4.5 l
- 0.2 l rapeseed oil for roasting (as needed)

Well ahead of meal time:

1. Stir all ingredients together except the oil.
2. Spread the mix into oiled trays ~1" thick (2 large skirt trays)
3. Bake until well browned on top (approx. 30min at 180°C).
4. Cut into squares, aiming for approx 360 in total, and remove from tray (can now stack into smaller tray(s))
5. Reheat in oven to serve.

Gluten Free Alternative

- Frozen gluten free falafel (1 box of 24)

Warm in oven for 10-15 mins before serving

Herb oil

- parsley 1 bunch
- thyme 1 bunch
- olive oil 2.5 l
- chives 2 bunches
- sage 1 bunch
- lemons (for zest) 8 pc

Well ahead of meal time (ideally day before)

1. Finely chop the herbs
2. Wash and zest the lemons
3. Stir herbs and zest into the oil

Bread and Butter

- Bread (large Pide from Ozmen) x16
- GF bread 2 ciabatta
- Butter 2 kg
- vegan marg 250 g

1. Chop the bread into portions or half portions
2. Warm the GF ciabatta in the oven
3. Divide the butter into bowls to place on dining tables

To serve

Serve stew first, 2 lg ladles per portion initially
Serve cubes next, 3 per portion (or adjust number according to how many were cut) into stew
Drizzle oil over
Put bread out for people to help themselves

Keep vegan marg on serving table well labelled for vegans only