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THE EVERYDAY VEGAN

Ten vegan recipes for food lovers

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Here at Great British Chefs, we're all about bringing you incredible recipes and cooking guides direct from the minds of some of the best chefs in the UK.

Whether you're a dab hand in the kitchen or still learning the basics, we've got everything you need to become the cook who goes above and beyond in the name of great food and drink.

THE EVERYDAY VEGAN

Whether you've been one for years, are just starting out or simply want to cut down on the amount of meat and dairy you eat, there's never been a better time to go vegan. We've compiled our favourite vegan recipes from some incredible chefs and bloggers to prove that vegan dishes are just as flavourful than their meat and dairy-filled counterparts.

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Tom Aikens



Wild mushroom palmiers with green olive and truffle tapenade

by Pollyanna Coupland

This stunning mushroom palmier recipe makes a great vegan canapé for Christmas, topped with lightly truffled green olive tapenade for wonderfully more-ish flavour. Certain brands of puff pastry are a vegan's best friend for the festive season – just make sure you check the label first.

🍷 Canapé 📊 Easy 👤 30 ⌚ 45 minutes, plus time to freeze the pastries

Wild mushroom palmiers

10g of dried porcini mushrooms
320g of puff pastry, ready rolled
2 garlic cloves, sliced
1 shallot, diced
200g of mushrooms, sliced
1 sprig of rosemary, needles picked and chopped
1 pinch of salt

Green olive and truffle tapenade

80g of green olives, (pitted) drained
½ garlic clove
½ tsp capers
1 dash of truffle oil
10ml of olive oil
lemon juice, to taste
sea salt, to taste
basil leaves, to garnish

1. Begin by making a mushroom duxelle for the palmiers. Soak the dried mushrooms in warm water for about 10 minutes
2. Meanwhile, sauté the garlic and shallot in a splash of oil until translucent, then add the mushrooms and chopped rosemary and cook down until soft. Season with a pinch of salt
3. Transfer the mushroom mix to a blender. Squeeze the soaked mushrooms (but keep the soaking liquid) then add to the blender too. Blend to a smooth paste, adding some of the mushroom stock if it needs loosening a little. Season with salt if it needs it, and leave the mixture to cool
4. Cut the pastry sheet in half widthways, then spread the cooled mushroom duxelle in a thin, even layer over both pieces of pastry
5. Roll up the pastry into a tight roll, then wrap in greaseproof paper and place the

two rolls in the freezer for about an hour, or until they are solid enough to be able to slice without misshaping

6. To make the tapenade, place the olives, garlic and capers in a blender and blitz to a paste. Add the oils a little at a time until you reach the desired tapenade consistency (you may not need all the oil). Season with lemon juice and salt

7. Preheat the oven to 180°C/gas mark 4

8. When the palmiers are hard enough to slice, cut into 5mm slices and place on a greaseproof-lined baking tray (leaving enough space for them to expand a little whilst cooking)
9. Bake in the oven for about 15 minutes, flipping the palmiers over halfway through cooking for an even bake
10. Serve warm or at room temperature with dollops of tapenade and fresh basil leaves



Caramelised parsnip and coconut soup with parsnip bhajis

by Chantelle Nicholson

Chantelle Nicholson's comforting parsnip soup recipe is given a creamy lusciousness by coconut milk, all the while staying both vegan and gluten-free. Served with beautifully crispy parsnip bhajis, this dish is the perfect winter warmer.

🍴 Starter 📶 Easy 👤 4 ⌚ 1 hour 25 minutes

Parsnip and coconut soup

4 large parsnips, peeled and diced
1 onion, finely sliced
½ tsp cumin seeds
1 bay leaf
800ml of vegetable stock
300ml of coconut milk
2 tbsp of coconut oil
sea salt
freshly ground black pepper

½ tsp cumin seeds
1 tbsp of coriander, chopped
2 tbsp of gram flour
2 tbsp of chickpea water, (aquafaba)
2 tbsp of coconut oil, plus extra for greasing
salt
freshly ground black pepper

Garnish

cumin seeds, toasted
coriander cress, (optional)
beetroot cress, (optional)

Parsnip bhajis

2 parsnips, peeled and grated
1 shallot, finely diced
½ tsp turmeric

Equipment

blender

1. To make the parsnip soup, heat the coconut oil in a large saucepan over a moderate heat. When hot, add the parsnips, season well and cook until lightly caramelised, for approximately 25 minutes
2. After this time, add the onion, cumin seeds and bay leaf and cook for a further 5 minutes until the onion is soft
3. Add the vegetable stock to the pan and simmer for 20 minutes until the parsnip is cooked
4. Meanwhile, make the parsnip bhajis. Preheat the oven to 180°C/gas mark 4
5. Mix all of the bhaji ingredients together in a large bowl, apart from the coconut oil. Season the mix with salt and pepper then heat the coconut oil in a non-stick frying pan
6. Using two spoons, shape the bhaji mixture and fry off until golden. Place on a greased baking sheet and cook the bhajis for 8–10 minutes until golden cooked through

7. To finish the soup, remove the bay leaf, add the coconut milk and blitz in a blender until smooth. Reheat on the hob if necessary, divide between bowls and

sprinkle with cumin seeds and cress. Serve with the hot crispy bhajis on the side, or in the soup as croutons if you prefer



Pan-roasted asparagus with wild garlic and white bean hummus, spring onion and hazelnut pesto

by Joey O'Hare

Joey O'Hare serves up a stunning salad of asparagus, served atop a cannellini bean hummus recipe delicately flavoured with seasonal wild garlic. A spring onion and hazelnut pesto top off this elegant vegan starter beautifully, with the spring onions lightly roasted to bring out their natural sweetness.

🍴 Starter 📏 Easy 👤 4 ⌚ 30 minutes

Grilled Asparagus

16 asparagus spears
1 tbsp of olive oil
1 pinch of thyme leaves,
finely chopped
1 pinch of fine sea salt

Spring onion and hazelnut pesto

28 spring onions
30g of blanched
hazelnuts, toasted
and chopped
1 handful of fresh parsley,
finely chopped
1 tsp cider vinegar
½ lemon, juiced
60ml of olive oil, plus 1 tbsp
to roast the spring
onions
salt
pepper

Wild garlic and white bean hummus

240g of cannellini beans,
(1 drained tin)
10 wild garlic leaves
30ml of olive oil
2 tbsp of tahini
1 small lemon, juiced
½ tsp cumin seeds,
toasted and ground
salt
pepper

To garnish

2 handfuls of baby mixed
salad leaves
wild garlic flowers

Equipment

Food processor
or blender

1. Preheat the oven to 180°C/gas mark 4
2. To begin, make the spring onion and hazelnut pesto. Top and tail the spring onions and cut into 1cm lengths. Drizzle with 1 tbsp of olive oil, season with a pinch of sea salt and roast for 8 minutes
3. Allow the spring onions to cool slightly before mixing with the chopped hazelnuts, finely chopped parsley, cider vinegar, lemon juice, olive oil and seasoning
4. To make the white bean hummus, purée the cannellini beans, wild garlic leaves, olive oil, tahini, lemon juice, cumin and seasoning until you have a smooth hummus
5. When you're ready to cook, cut the tough woody root end from each asparagus spear. Heat 1 tablespoon of olive oil in a large frying pan. Once hot, add the asparagus – they should sizzle



6. Cook for 2–4 minutes only, depending on thickness, to char the exterior of the asparagus yet retain a good texture. Add the chopped thyme for the final 15 seconds of cooking, then transfer the spears onto a square of kitchen roll to cool slightly before serving
7. Spoon some hummus onto each plate, followed by 4 asparagus spears and a generous dollop and drizzle of the roasted spring onion pesto. Garnish with some baby leaves and wild garlic flowers and serve immediately.



Cherry tomato gazpacho

by Tom Aikens

A simple tomato gazpacho recipe from Tom Aikens which relies on a healthy amount of good quality cherry tomatoes and fragrant herbs like basil and coriander to infuse the gazpacho with oodles of flavour. This is a great summer recipe to serve as part of any dinner party.

🍴 Starter 📊 Easy 👤 6 ⌚ 1 hour 15 minutes

Cherry tomato gazpacho

2.5kg cherry tomatoes
80g of coriander, roughly picked
100g of basil, roughly picked
110g of icing sugar
40g of sea salt
5g of black pepper, ground
400ml of olive oil

Basil oil

150g of basil, roughly picked
250ml of olive oil

Garnish

6 tomatoes, sliced into eighths
1 handful of basil leaves

Equipment

Blender
Fine chinoise

1. For the gazpacho, combine all of the ingredients (but only 200ml of the olive oil) and crush with your hands into a pulp
2. Place the mix into a blender, blend on a high-speed until smooth and pass through a fine sieve - making sure to extract as much of the liquid as possible
3. To complete the gazpacho, pour some of the strained soup back into the blender, pulse on a medium setting and add the remaining olive oil in a slow steady stream until fully incorporated. Incorporate with the rest of the gazpacho and transfer to the fridge to cool
4. For the basil oil, place the basil into a pot of boiling water for 30-45 seconds, drain and refresh in ice cold water
5. Once the basil has completely cooled, squeeze the basil to remove as much water from the leaves as possible. Roughly chop the leaves and place in a blender with 100ml of the olive oil. Blend on a high speed, slowly adding the remaining oil until smooth. Pour into a small bottle or jar and refrigerate
6. To serve the gazpacho, pour the gazpacho into bowls and garnish with a little more basil oil, basil cress or small basil leaves and the slices of tomato

Vegan labneh, radish top sauce, courgette and broad bean salad

by Joey O'Hare

Joey O'Hare served a summery courgette salad with a creamy vegan labneh recipe, radish top sauce and broad beans in a minty, bright dish that is full of flavours fit for a sunny day.

🍴 Main | 📶 Easy | 👤 4 | ⌚ 20 minutes, plus soaking time for the cashews

Vegan Labneh

125g of cashew nuts, soaked for,
3 hours in cold water
1 tsp nutritional yeast
1 large lemon, juiced,
(or 1½ smaller lemons)
115ml of water
1 pinch of sea salt

Radish top sauce

1 handful of radish leaves, fresh
1 tbsp of white wine vinegar
6 tbsp of olive oil
1 pinch of sea salt

Salad

2 courgettes
8 radishes
16 broad bean pods
1 handful of fresh mint
2 tbsp of olive oil
½ lemon, juice only
1 pinch of sea salt
radish leaves, to garnish (choose
the smaller ones)

Equipment

High-power blender

1. Drain the soaked cashews and tip them into a high-powered blender along with all the other labneh ingredients
2. Purée on the highest setting until totally smooth (you may need to scrape down the edges once or twice). If you feel it needs a little extra water to get going, only add a tablespoons at a time – it should be thick and velvety, but will firm up further in the fridge
3. Blend the radish tops with the olive oil, white wine vinegar and sea salt to make the dressing. Taste and adjust the seasoning if you like, perhaps adding a squeeze of lemon if necessary
4. Pod the broad beans and blanch in rapidly boiling water for 45 seconds. Drain the beans and immediately shock in iced water. Remove the beans from their skins and set aside
5. Finely slice the radishes and submerge in a little iced water to crisp up
6. Use a vegetable peeler to make courgette ribbons. Finely chop the mint. Combine the courgette ribbons, broad beans, sliced radish, mint, olive oil, lemon juice and seasoning in a mixing bowl and toss together gently
7. Spoon some labneh onto each serving plate, top with a generous tangle of the salad and a few spoonfuls of the radish top dressing





Mapo tofu

by Helen Graves

This stunning mapo tofu recipe from Helen Graves shows you how to make this classic Sichuan dish. Fiery and deeply savoury, this is a great dish to convert tofu sceptics.

Main Easy 4 30 minutes

Mapo tofu

560g of tofu
2 tbsp of Sichuan chilli bean paste
1½ tbsp of fermented black beans, rinsed
1 tbsp of ginger, chopped
3 garlic cloves, chopped
200ml of vegetable stock
1 tsp cornflour, mixed with 1 tbsp water
6 spring onions, white and green parts sliced diagonally
2 tbsp of Sichuan chilli oil, optional
½ tsp sichuan peppercorns, crushed
3 tbsp of groundnut oil, or vegetable oil

1. Make sure to have all the ingredients ready before you start cooking
2. Drain the tofu and dice into 2.5 cm cubes (roughly, it doesn't matter too much). Put the tofu in a bowl and cover with very hot water (not boiling) and allow to steep while you prep the rest of the ingredients
3. Heat a wok and add the groundnut or vegetable oil. Add the Sichuan chilli bean paste and cook, stirring for a few minutes until fragrant. Add the black beans and stir again briefly, then add the ginger and garlic. Cook, stirring, for a minute or so then add the stock and let it bubble
4. Stir the cornstarch mixture again then add it to the wok. Mix well, then use a slotted spoon to lift the tofu from the water, leaving the water behind. Add all the tofu to the sauce and gently turn it over until everything is coated. Stir in the spring onions (leaving a few green pieces for garnish) very gently
5. Add the chilli oil if you are using it and sprinkle over the Sichuan peppercorns to taste. The sauce shouldn't need seasoning with salt, as many of the ingredients are very salty already. Serve with plain white rice

Cold cucumber and shirataki noodle salad with hot Sichuan sesame dressing

by Shu Han Lee

This stunning Sichuan-inspired noodle salad recipe from Shu Han Lee uses deliciously chewy shirataki noodles to create a simple, flavour-packed dish perfect for a midweek meal. The dressing is packed with fierce Sichuan peppercorns, sesame paste and soy for that characteristic heat of this region of China.

🍴 Main 📊 Easy 👤 2 ⌚ 25 minutes

Shirataki noodle salad

shirataki noodles, 2 packets

½ cucumber

2 spring onions, finely chopped

1 handful of coriander, finely chopped

1 handful of roasted peanuts, crushed

Sichuan-style dressing

1 tsp sichuan peppercorns

1 garlic clove, finely chopped

2 tbsp of soy sauce, good quality

2 tbsp of black rice vinegar,

1 tbsp of tahini, (sesame paste)

1 tbsp of light brown sugar

2 tsp chilli oil

1 tsp groundnut oil

water, to loosen

1. Drain the shirataki noodles, rinsing with cold water before setting aside in a sieve. You want to make sure that the noodles are well-drained or the dish will be too watery
2. Toast the Sichuan peppercorns in a dry pan over a medium heat, until they turn fragrant and start to smoke. Remove from the heat and allow them to cool before grinding coarsely. If you don't have a mortar and pestle, you can put them into a ziplock bag, seal, and crush with something heavy
3. Halve the cucumber lengthwise and remove the watery seeds, before julienning into thin, long strips. Set aside with the noodles
4. Stir together all the ingredients for the dressing, adding just enough water to get a runny sauce. Make sure to stir vigorously so that the sugar dissolves and everything is well combined
5. Combine the noodles with the vegetables, peanuts and dressing, tossing well to combine. Divide into bowls and finish with a final sprinkle of chopped coriander and crushed peanuts before digging in





Tenderstem broccoli with black garlic, poppy seeds and olive dressing

by Anna Hansen

A fantastic quick and easy vegetarian recipe from Anna Hansen, this warm tenderstem broccoli salad makes a delicious light lunch and takes only a few minutes to prepare. The tender broccoli is matched with a variety of textures from crisp, bitter endive, crunchy hazelnuts and a sticky, sweet olive dressing.

🍴 Main 🟢 Easy 👤 4 ⌚ 15

Broccoli and endive salad

800g of tenderstem broccoli
1 endive, washed and leaves separated
100g of roasted hazelnuts, roughly chopped

Olive dressing

275g of Kalamata olives, pitted and finely chopped
2 tbsp of poppy seeds
35g of black garlic, finely sliced
1 tbsp of pomegranate molasses
1 tbsp of muscat wine vinegar
1 tbsp of extra virgin olive oil, plus extra to serve

Equipment

Pestle and mortar

1. Prepare the poppy seeds for the dressing by lightly toasting in a dry frying pan over a moderate heat, being careful not to let them burn. When aromatic, transfer to a pestle and mortar and lightly crush
2. Add the crushed poppy seeds to a bowl with the chopped olives, sliced black garlic, pomegranate molasses, vinegar and oil. Mix together until thoroughly combined, forming a thick dressing. Season to taste if required and set aside until ready to serve
3. Bring a pan of salted water to the boil and cook the Tenderstem for 3–4 minutes until tender, but still with some bite. Alternatively, place the broccoli in a steamer for the same amount of time
4. Drain the tenderstem and mix with the endive leaves. Divide between serving plates then spoon over the thick olive dressing. Finish with a drizzle of extra virgin olive oil and sprinkle over the chopped roasted hazelnuts to serve



Sichuanese aubergine

by Andrew Wong

Andrew Wong shares his incredible Sichuanese aubergine recipe, a must-try side dish that is surprisingly simple to pull off at home. The heat of the chilli bean paste is beautifully intense and warming without killing off any of the other flavours, all melding beautifully with the silken aubergine flesh.

🍴 Side 📶 Easy 👤 2 ⌚ 20 minutes

Sichuanese Aubergine

300g of baby aubergine
3 tbsp of vegetable oil
1½ tbsp of fermented
chilli bean paste
½ tbsp of black bean sauce
3 dried red chillies, cut
widthways in half
1 pinch of chilli flakes
2 tbsp of Shaoxing wine
2 tbsp of Chinese red vinegar
100ml of vegetable stock,
(or chicken stock)
4 tsp sugar

1. To begin, remove the tops of the aubergines and cut them in half lengthways
2. Add the oil to a hot wok and lightly fry off the chilli bean paste, black bean sauce, dried chillies and chilli flakes – you want to get the oil to change into a glowing red colour
3. Add the aubergine halves and lightly fry before adding the Shaoxing wine, red vinegar, stock and sugar
4. Cook until the sauce has reduced slightly and the aubergine is tender



Beetroot poriyal

by Atul Kochhar

This beautiful beetroot poriyal recipe from Atul Kochhar is a beautiful vegetable side dish. Poriyal hails from South India, but here Atul uses beautiful baby beetroots to bring seasonal British flavours to the table.

🍴 Side | 📶 Easy | 👤 4 | ⌚ 40 minutes

Beetroot Poriyal

6 baby beetroots, of various colours, peeled
1 tbsp of mustard oil
1 tsp mustard seeds
8 curry leaves
1 tsp ginger, finely chopped
2 tsp coconut milk
1 tbsp of coconut, grated
olive oil
salt

To garnish

red vein sorrel leaves

1. Preheat the oven to 160°C/gas mark 3
2. Lightly season the beetroots with salt and olive oil, wrap in foil and bake in the oven for 30 minutes or until tender. Allow to cool then cut into quarters
3. Heat the oil in a wide sauté pan and add the mustard seeds. Cook until they start to pop, then add the curry leaves and chopped ginger. Cook for 1 minute
4. Add the cooked beetroot, season lightly and fold in the grated coconut and coconut milk. Season with salt, garnish with red vein sorrel leaves and serve

Chettinad mushroom

by Alfred Prasad

A delicious dish from Southern India, Alfred Prasad's Chettinad mushroom adds flavour and excitement to any main. Perfect to serve year round, this vegetarian side is simple and economical to make.

🍴 Side 📶 Easy 👤 4 ⌚ 40 minutes

Ingredients

250g of mushrooms, portobello, shitake and chestnut quartered
fresh ginger, 1 inch, chopped
6 garlic cloves
1 tsp poppy seeds
3 tsp fennel seeds
2 tsp cumin seeds
2 tsp coriander seeds
4 cashew nuts
2 tbsp of coconut, grated
2 tbsp of coconut oil
1 cinnamon stick
3 bay leaves
1 tsp kalpasi
2 shallots, chopped
3 tomatoes, chopped
2 sprigs of curry leaves
3 tbsp of coriander leaves, finely chopped
¼ turmeric powder
2 tsp Kashmiri chilli powder
salt to season
1 tbsp of vegetable oil
50ml of coconut milk
nasturtium leaves

1. In a food processor or wet grinder, grind the ginger, garlic, poppy seeds, cumin seeds, coriander seeds, coconut, cashew nuts and 2 teaspoons of the fennel to a smooth paste, adding water by the tablespoon until a paste-like consistency has been achieved
2. Heat the coconut oil in a thick-bottomed saucepan over a medium heat. Add the cinnamon, bay leaf, fennel and kalpasi and sauté for 30 seconds
3. Add the shallots, tomatoes, curry leaves and coriander leaves to the pan, stirring well to combine. Cook for 5 minutes on high heat
4. Add turmeric powder, salt, chilli powder and the freshly ground curry paste to the pan, mixing well. Cook on a low heat for 20–25 minutes or until the oil begins to separate
5. Meanwhile, heat a dash of oil in a small wok. Add the mushrooms to the wok and sauté, then transfer the cooked mushrooms to the curry pan, stir well and cook for a couple of minutes. Add the coconut milk, mix well and cook for a further 1 minute. Check the seasoning and serve, garnishing with the nasturtium leaves



Vegan pumpkin meringue pie

by Chantelle Nicholson

Chantelle Nicholson serves up a stunning vegan pumpkin meringue pie recipe, the ideal next-level dessert for those throwing a wintry vegan dinner party. Fluffy Italian meringue made from chickpea water and a creamy filling of coconut and delicata squash are the stars of this dish, while Chantelle's vegan sweet pastry recipe is a fantastic one to add to your repertoire.

🍴 Dessert 📊 Medium 👤 8 ⌚ 1 hour 40 minutes

Vegan sweet pastry

100g of coconut oil
130g of coconut sugar
200g of gluten-free flour
80g of rice flour
10g of baking powder
5g of xanthan gum
1 pinch of salt
110g of coconut cream

Vegan italian meringue

100g of chickpea water
200g of caster sugar

Candied walnuts
60g of walnuts, peeled
140g of sugar
oil, for deep-frying

Vegan pumpkin pie filling

225g of delicata squash, diced and steamed until soft
80ml of coconut milk
60g of coconut sugar
½ tsp ground ginger
½ tsp mixed spice
½ tsp ground cinnamon
80g of chickpea water, (aquafaba)

Equipment

7cm pastry ring (8)
Pastry brush
Blender
Food mixer with whisk attachment
Sugar thermometer
Blowtorch

1. To begin, make the pastry. Mix the coconut oil and sugar together in a large bowl. Sieve the flours, baking powder, xanthan gum and salt into a separate bowl
2. Add half of the dry mixture to the coconut oil and sugar and mix to create a smooth paste. Add the remaining flour and mix until it forms fine breadcrumbs
3. Gradually mix in the coconut cream until a smooth dough is formed
4. Turn the dough onto a clean work surface and knead a little to just bring together. Wrap in cling film and place in the fridge for 20 minutes
5. Preheat the oven to 170°C/gas mark 3.5
6. Once chilled, roll the pastry out on a sheet of parchment paper until around 4mm in thickness. Slide onto a baking tray and bake in the oven for 5 minutes
7. After this time, remove from the oven and place the tart rings on the top of the pastry, pressing down to cut a round out with each. Leaving the rings in place,

return the pastry to the oven for 10 minutes until golden

8. Remove from the oven, brush with a little chickpea water and set aside while you make the filling
9. Turn the oven down to 120°C/gas mark 1/2
10. To make the filling, bring the coconut milk, spices and sugar to a simmer until the sugar has dissolved. Reduce the heat, add the chickpea water and stir for 3 minutes
11. Add the pumpkin and blend until smooth. Pass through a fine sieve
12. Open the oven, put the baking tray with the pastry rings in place and gently pour the pumpkin custard into each pastry ring. Bake for 25 minutes, then check if

the custard is set – it should have a slight wobble in the middle. If not, cook for a further few minutes at a time

13. Refrigerate the tarts whilst you make the meringue
14. Place the sugar in a saucepan, saturate with water and bring to a rapid boil. Place the chickpea water in a stand mixer fitted with a whisk and start mixing to form soft peaks
15. When the sugar syrup reaches 118°C, gently pour it down the side of the mixing bowl. Allow to whisk at high speed for at least 15 minutes, or until the meringue is stiff and the mixture has cooled to room temperature
16. Remove the rings from the tarts and gently spoon the meringue on top. Blowtorch until golden and serve



Frosted raw vegan brownies

by Angela Field

This frosted raw vegan brownie recipe packs a punch thanks to vitamin-packed cacao powder and nibs. The peanut butter frosting adds a glorious richness, while the nutty, sticky brownie base will satisfy a sweet craving for any chocolate lover.

🍴 Dessert 📶 Easy 👤 9 ⌚ 20 minutes, plus 2 hours to set

Vegan raw brownies

425g of dates, pitted
150g of hazelnuts
150g of ground almonds
60g of cacao powder
2 tbsp of cacao nibs
2 tbsp of maple syrup
¼ tsp salt

Frosting

30g of peanut butter, (smooth)
2 tbsp of maple syrup
2 tbsp of cacao powder
2 tbsp of soya milk
1 tbsp of cacao nibs

Equipment

Food processor
20cm square tin

1. Check that all of the dates are pitted and add them to a food processor. Blitz them until they are finely chopped
2. Add the remaining ingredients and blitz until they form a smooth paste and everything is finely chopped to the same size
3. Take a 20cm x 20cm square tin and line it with cling film. Tip the raw brownie ingredients into the lined tin and press it into the tin in an even layer. Place it in the fridge to chill
4. Mix all of the frosting ingredients together (except for the cacao nibs) until they form a smooth icing. Spread this over the top of the brownie mixture in an even layer and sprinkle with the cacao nibs
5. Leave to set for a couple of hours and then slice into nine squares. These will keep in an airtight container for at least a week





Linseed and coconut pudding with smoked syrup

by Dan Wilson, Dandy

Dan Wilson's linseed coconut pudding recipe is a twist on the chia puddings that are so popular on brunch menus nowadays, but with a much more complex and delicious texture and flavour. He serves the pudding with fruit and a stunning smoked syrup, achieved with wood chips and hot coals.

🍴 Breakfast 📶 Easy 👤 2 ⌚ 30 minutes, plus 24 hours to soak

Linseed pudding

850g of linseed
100ml of water
50g of golden syrup
200ml of coconut milk

Smoked syrup

100g of golden syrup
1 handful of wood chips

To serve

edible flowers
1/2 flat peach, or plum
1 handful of blackberries
40g of macadamia nuts, crushed

Equipment

Wood chips
Piece of hot coal
Cooking thermometer

1. Make the pudding 24 hours in advance. Place all the ingredients in a pan and heat to 70°C over a medium heat, stirring constantly. Remove from the heat and tip into a container. Set aside in the fridge for 24 hours
2. For the smoked syrup, Place the golden syrup in a shallow baking dish. Place the hot coal in a smaller metal vessel and sit it in the syrup. Add the smoking chips to the coal and cover with foil. The smoking chips and the coal should sit like an island in their vessel billowing smoke. When covered the smoke will slowly infiltrate the syrup. Leave for up to an hour
3. Take the pudding from the fridge (after waiting 24 hours), place 2 scoops in a bowl with some slices of stone fruit and edible flowers. Cover with macadamia and lashings of the smoked syrup

Meet the chefs and contributors



Tom Aikens *Tom's Kitchen Chelsea*

Hailed as one of the most creative and talented chefs Britain has ever seen, Tom Aikens has ascended rapidly in his career, becoming the youngest chef to win two Michelin stars aged only 26 and building the expansive, international restaurant empire he operates today.



Pollyanna Coupland

Pollyanna is one half of creative supper club, Pickled Plates. Her passion for seasonal British produce, pickling and fermenting has taken her from kitchens around the UK to her current residence in the Great British Chefs' office as a food stylist and writer.



Joey O'Hare

Joey has worked as a chef for ten years, both in London restaurants and in private homes across the UK and abroad. Joey's latest project, Food with Time, explores ideas of sustainability within the food and farming industries, as well as the importance of a seasonal, veg-centric diet for both the environment and the individual.



Chantelle Nicholson *Tredwells*

From New Zealand law student to group operations director and now chef-patron of Tredwells in London, Chantelle Nicholson's hard work and determination has seen her rise through the ranks of Marcus Wareing's restaurant empire.



Andrew Wong *A Wong*

After a tour of the kitchens and restaurants of China, Andrew Wong returned to his parents' restaurant in London and transformed it into a temple of regional Chinese cuisine. He now offers diners exciting new tastes and flavours from the country, brought into a fine dining atmosphere thanks to his classical training.



Helen Graves

Helen Graves is a freelance food and travel writer, recipe developer and editor. She writes one of London's oldest food blogs, Food Stories and is editor of Pit Magazine, an independent magazine about live fire cooking and smoking.



Shu Han Lee

Shu grew up in Singapore and continues her nation's obsession with food in London, where she writes about food that's seasonal, British, yet Singaporean at the same time, influenced by the comforting flavours of home and her old weekend job managing a farmer's market.



Atul Kochhar *Benares*

Combining the flavours of north, east and south India with the finest British produce, Atul Kochhar was the first ever Indian chef to receive a Michelin star in 2001. Today, he continues to showcase the incredible flavours of his home country in his London restaurant Benares.

Meet the chefs



Alfred Prasad

Alfred Prasad is credited with elevating the reputation of British Indian food with his delicate treatment of fresh, seasonal produce. Becoming the youngest Indian chef to receive a Michelin star at the age of 29, he retained this accolade at Tamarind 12 years. He is now pursuing his own restaurant empire.



Anna Hansen *The Modern Pantry*

Anna Hansen's fusion cooking blends the best of sustainable, British, seasonal produce with unusual flavours and textures from around the globe. Mentored by Peter Gordon at his groundbreaking Sugar Club restaurant in the 1990s, she now heads her own successful eatery, The Modern Pantry, where her eclectic, creative cuisine shines.



Angela Field

Angela Field is an Oxford-based software tester working in the medical research sector. In her spare time she develops recipes for her blog *Patisserie Makes Perfect* and indulges in her passion for photography.



Dan Wilson

Dan Wilson is the co-owner of Dandy in Newington Green, London. Originally from Australia, he decided to train as an organic sourdough baker before moving to Italy and studying a masters in traditional food culture. He opened Dandy in April 2017, which serves innovative brunch and dinner dishes as well as bread and pastries made in-house daily.



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