



# KATY BESKOW

## Writing Portfolio

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# Biography

Katy Beskow is a best-selling author, most known for the series of 15 Minute Vegan cookbooks (Quadrille) and her fourth book, Five Ingredient Vegan (also Quadrille) which is launched in Autumn 2019.

Katy is also a freelance writer, with a primary specialism in recipe development, inspiring home cooks to create tasty vegan meals using ingredients readily available in the supermarket. Her recipes have been featured across magazines and newspapers in the UK and US.

Alongside food writing, Katy also creates lifestyle content for printed publications and websites. Her writing interests include money saving, minimalism, reducing food waste, and tips and advice relating to all aspects of a vegan lifestyle. Katy has been vegan for thirteen years (and counting).

With a diverse and informative style, Katy will deliver engaging content to suit your publication.

## **Browse through a sample of Katy's freelance writing portfolio:**

Money saving (print).....	pages 3 and 4
Minimalism (print) .....	pages 5 and 6
Mindful shopping (print) .....	pages 7 and 8
Vegan living tips (web) .....	pages 9
Recipe development (web and print) .....	pages 10 - 15



# Portfolio: money, minimalism and lifestyle writing

## Vegan Food & Living: 8 ways to save money this summer



# SAVE this summer



### SHOP YOUR WARDROBE

It's been a few months since you packed away those summer clothes, so before rushing to the high street to buy brand new summer pieces, take a look through your wardrobe (right to the back!) and lay out what you already have available. Take photos of outfit options, then keep them available, digitally or printed, for inspiration throughout the warmer months. Think about how to improve the versatility of pieces in your wardrobe, such as winter pinafore dresses worn with t-shirts instead of roll neck jumpers; and wearing a white shirt with shorts and a belt, instead of with a suit. If you really need to purchase new summer clothes, try shopping at charity shops or try local clothes swaps for cheaper, waste-free options.

# 1

### SUMMER PLANS

Before the summer kicks off, sit down as a family to think of ideas for trips, holidays and days out. Then create a budget and stick to it. Make sure your budget includes travel costs, overnight stays, food costs and of course, entry fees. Let's face it, major tourist attractions, theme parks and museums don't often come cheap, so keep an eye out for 2-for-1 vouchers and deals, or stick to free attractions and events which you can find with a quick Google search. Remember to support charitable animal sanctuaries on their open days rather than zoos, for an ethical day out.

# 2

### CANCEL SUBSCRIPTIONS

Make the most of the long, light evenings by cancelling monthly TV and entertainment subscriptions, then enjoy your garden, a community allotment scheme, or simply relax with friends in an outdoor space. If you're missing screen time, search for local outdoor movie screenings, which are fun to visit with friends or alone. Summer is also the perfect time to cancel that gym membership and get active in the great outdoors, which is free and much closer to nature. Exercise feels so much better outdoors!

# 3

### REDUCE ENERGY BILLS

You've probably already turned off your heating for the summer, but increase your energy savings further by drying clothes outside on a washing line, instead of using a tumble dryer. If you're short on outdoor space, drying clothes on a clothes horse is effective too. During the warmer months, you'll be less inclined to create slow-cooked casseroles and comfort food, saving you even more on gas or electric by eating more salads, cold foods and fresh fruits. Optimise the longer days of natural light by opening blinds and hanging lighter curtains for the season. On cooler summer days, don't forget to layer up with a cardigan or jumper, before being tempted to turn on the heating!

# 4

30 VEGAN FOOD & LIVING: JULY

# Vegan Food & Living: 8 ways to save money this summer

## MONEY

Big summer plans, but not enough money?  
Katy Beskow shows you practical ways to save  
cash for the important things this season...



### WALK, WALK, WALK

As tempting as it is to take the bus or drive your car to your chosen destination, walking will save you money on every journey, as well as being better for the environment, and better for your overall health. It's also a great way to see your local area from a new perspective, in the vibrant summer season, as well as being an easy way to get active with minimal effort. Brush off the dust from your bike and use it as a method of transport, rather than just a hobby. If you work too far from home to walk, consider car pooling with colleagues to split the cost of fuel and of course any hidden parking charges.

5

### EAT SEASONALLY

It is cheaper to eat fresh foods that are in season, and during the summer months there is an abundance of vegan-friendly foods available at a low cost. You'll find many useful seasonal food guides online, to help with meal planning, most of which are free to use. Another benefit of eating seasonally is that you can try new recipes, so you won't get bored of eating the same meals every week. Make the most of warmer days by switching your food shopping habits from the supermarket to a local farmers' market. If you have some garden space (even a window box) grow your own vegetables, fruits and herbs such as chard, strawberries and flat-leaf parsley. Perhaps you'll be lucky enough to grow an abundance, which you can preserve as jams, chutneys or by freezing to enjoy later in the year.

6

### TOURIST IN YOUR TOWN

No budget for a summer holiday? Become a tourist in your own area for the ultimate, cheap, staycation. Your local area is packed with new and unexplored activities, from exhibitions at museums to free nature walks and cycle routes. Plan your own exploration of a nearby town or city by printing free areas of interest maps, and creating your own tour. Take a picnic with homemade, seasonal snacks and refillable water bottles, to save money on eating lunch out. With all that money saving, you might want to treat yourself to a vegan ice cream!

7

### HOLIDAY READING

There's nothing quite like relaxing on holiday with a good book, whether you're by the poolside somewhere exotic, or just in your back garden on a sunny day. Save money by borrowing books from your local library, to support your community library service. It will also allow you to try new genres of books, discover new authors and help you escape into a screen-free world (for a few hours).

8



# Vegan Food & Living: 10 steps to a minimalist lifestyle



1

## Declutter and donate

Start in one room of your home, and remove items that are not used, not useful, or do not bring you happiness. Consider reducing duplicates, such as mugs and tumblers (most of us own more than we could ever need!) to leave exactly what you need. Box up your excess items, and donate to worthy causes including charity shops, homeless shelters, or animal sanctuaries – where blankets and bedding are always welcome. While decluttering your home environment, it's time to declutter your smart phone. Delete contacts that you no longer need, and apps that bring no purpose or joy to your life.

## Set your rules

Before stepping out on your journey into living with less, consider what minimalism means to you. Is it about simply having clearer cupboards, or is your end goal to reduce debt? It helps to write down what you want to achieve, and why, as a visual reminder to stick to your rules. Leading a minimalist lifestyle can declutter your home, mind and finances, and allow you space for more meaningful moments in your life.

2



# 10 STEPS to a minimalist lifestyle

Katy Beskow shares tips for  
making room in your home (and  
life) for the things that matter



3

## Simplify your store cupboard

Do you really need six types of cooking oil, unopened spice jars and those crackers you bought at a vegan festival two years ago? Aim to use up what you've got in your kitchen store cupboards, by creating a meal plan (and sticking to it), before you buy more in the supermarket. You may wish to introduce a minimal approach to cooking and eating, by using fewer ingredients, simple flavours and seasonal produce.

4

## Multi-use items

Items which have more than one purpose are wonderful space savers in a minimalist home. Jars can be used as portable lunch containers, handy hold-alls for stationery, and kitsch vases. That tub of bicarbonate of soda isn't exclusively for cakes, it makes an excellent hob cleaner, and homemade air-freshener when a few drops of essential oils are added. With less items to utilise, you'll become more creative with what you have available.

5

## Capsule wardrobe

Often, having too much choice in your wardrobe can lead to difficult morning outfit decisions. These stressful and time-consuming moments can be eliminated with a capsule wardrobe. Capsule wardrobes are often the secret of stylish Parisians, who value quality over quantity. Keep items which look great as part of various looks – that white shirt looks crisp with jeans, casual with a cargo skirt, smart with cigarette trousers. When introducing new items, think about how flexible it can be with existing pieces. There are lots of blogs dedicated to capsule fashion, for inspiration and tips.



# Vegan Food & Living: 10 steps to a minimalist lifestyle

6

## Think before you buy

It can feel lovely to treat yourself to material items, but it's sensible to have a 'cool-off' period of one week where you can decide if the item is really needed, or if it will bring joy to your life. Instead of treating yourself to a material item, reward yourself with a walk in nature, or cook yourself something delicious. In a world where shopping is available at your fingertips 24/7, be mindful about how you spend your money, and time.



7

## Buy better

When you do need to bring a new item into your life, buy better, and aim to buy once. As a consumer group, vegans tend to make more ethical decisions when shopping, which is a great step into purposeful consumption. Before buying, thinking about the multi-use potential of the item, buy the best quality you can afford, and consider removing one existing item from your home for donation. If you're on a budget, or simply want to give a home to a used item that you need, check out local selling websites (but remember to only buy what you need, even if something seems like a bargain!)



8

## Sentimental

We all have sentimental items within our home, but if these items no longer bring joy, or evoke happy memories, it may be time to let go. For items that you want to keep, consider creating a memory box, to keep the special items in a safe, organised place. It is worth remembering however, that memories are not within these physical items, but within you.



## Experience gifts

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Before a celebratory gift-giving occasion, politely request family and friends gift you an experience rather than a material present. This could be a meal gift-voucher, or maybe cinema tickets. It's also OK to request no gifts at all. If a friend or family would rather give a material gift, ask for needed items, such as cruelty-free toiletries. Reciprocate kindness in a minimalist way – gift experiences rather than material gifts that may unintentionally clutter a loved one's space.

## Save £100

With less shopping, less desire to spend and more emphasis on meaningful uses of your time, your bank balance will thank you. If you're paying off debts, make these a priority, as reducing debts is the best type of decluttering! Aim to save £100, and enjoy how that looks and feels in your savings account. Then save some more. ♥

10





# Vegan Food & Living: The art of mindful supermarket shopping



## 1 Shop your cupboards

Before setting foot in the supermarket, have a good look through your store cupboards, fridge and freezer to see what you already have available. It's a good idea at this point to create a weekly meal plan, using what you have in, to reduce food waste and your grocery shopping bill. Create a shopping list of what extra you need to create the meals, then focus on sticking to it. Remind yourself that you are shopping for additional ingredients to support what you already have, in order to create wholesome meals, and stick to the list. It's also a good idea to complete a supermarket shop after you have eaten a meal or snack, to avoid any impulse buys.



## The art of mindful supermarket shopping



## 2 LOCATION OF ESSENTIALS

Ever noticed that essentials such as bread, plant-milks and frozen essentials are often located at the back of the supermarkets? This means you must walk past dozens of 'special offers' and non-essential items you did not visit the supermarket to buy. Sales psychologists are often employed by supermarkets to design the layout, in order to maximise profits – and leave you with a trolley full of non-essential products. Focus on holding your physical shopping list and use the overhead supermarket section dividers to direct you to which aisle you need to be in. This works as an effective distraction technique to avoid any non-essential purchases.



## 3

### SHOP SEASONALLY

When shopping for fresh fruit and vegetables, aim to shop seasonally. Fresh produce in season has a better flavour, is cheaper and has likely travelled less distance to get on the shelf. Focus on the colours, aromas and quality of fruit and vegetables, and choose items that look appetising and appealing. If you have an item on your list that does not look in good condition in the supermarket, switch it for an alternative; for example, switch onions for leeks, and bell peppers for sweet Ramiro peppers.



# Vegan Food & Living: The art of mindful supermarket shopping

## 4 Special offer sins

We all love to get a good deal, but when is a special offer really not that special? If an item is not on your list, my advice is to not purchase the 'special' offer, as you don't need it. If it is a non-perishable item such as tinned pulses or vegan-friendly toothpaste, and you have the space at home to store it, consider if the offer is a good use of your budget, right now. Another way that you can end up mindlessly purchasing items you don't need is browsing in the 'best before' sections, often found in the refrigerators. If an item is already on your shopping list, and you plan on using it in the next day, it is worth the savings. If not, the item is not needed, and this becomes an unnecessary purchase – it may even end up in your bin!



## 5 Shop vegan

Congratulations! As a vegan, you're already making a conscious effort to look at what is in your food, where it has come from, and the processes involved in the manufacture. This step of broader thinking is a great way to incorporate mindfulness into your shopping, including the process of reading ingredients, place of manufacture and how ethical the parent company really is. Purchasing decisions based on these factors allow you time and mind-space to consider if the product is worthy of a place in your store cupboard. Always remember to read the ingredients of 'accidentally vegan' manufactured products such as biscuits, snack bars and instant grains, as they can change from time to time.



## 7 Marketing hype

Supermarket products are often labelled with the words "natural" and "fresh", but just how true is this in relation to the mass-produced food item? Take some time to look deeper into the food label, as bold statements are often used on the attractive front packaging. Check the label for hard to pronounce ingredients, consider how processed the food really is, and consider if this is an item you could make at home. Look beyond the key words of the product to find transparency for what you are really about to purchase.



## PACKAGING PAUSE

So, you've found the item on your shopping list, and it's vegan friendly, hurrah! But have you considered how it is packaged? Most packaging is essential to the hygiene and quality integrity of the product, but it is also useful to think about what will happen to the packaging once the food item has been consumed. Is it readily recyclable in your local area? Can you re-use

it for another purpose at home? Is there an alternative that is waste-free or has less plastic packaging? When purchasing a food item, remember that you are buying both the food and the packaging that surrounds it – and it is your responsibility to dispose of it responsibly for the environment. Choose wisely and mindfully.

## 8 CASH PLEASE!

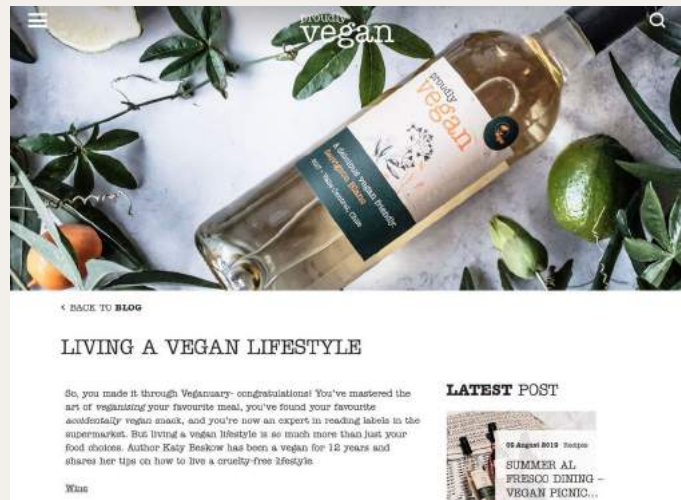
Paying for your items in cash, rather than on a debit or credit card, will instantly connect you to the financial cost of your shopping. Removing the amount of cash from your wallet and counting it out will allow you some thinking time. Remember that it's OK to put items back, or politely ask the cashier to do this for you. You are in control of what you buy in the supermarket, not a marketing campaign!





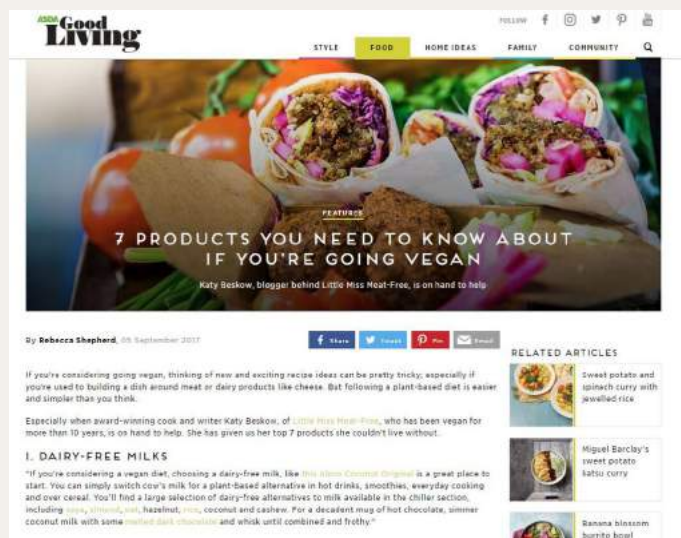
## Proudly Vegan Wines: Living a vegan lifestyle

Read on the web.



## ASDA Good Living: 7 products you need to know about if you're going vegan

Read on the web.



## Vegan Food & Living: How to make the most of your veg box and cut down on your food waste

Read on the web.



# Portfolio: recipe development

## Sainsbury's Magazine: Chocolate and amaretto mousse

**body+soul**  
HEALTHIER EATING

### Chocolate and amaretto mousse

Silken tofu has a softer texture than firm, making it the perfect substitute for eggs in this fluffy mousse, which can be whipped up in minutes. Dark chocolate and amaretto are a grown-up match made in heaven.

SERVES 4 **V** **Ve** **DF** HANDS-ON TIME 10 MINS  
TOTAL TIME 10 MINS, PLUS CHILLING

100g dark chocolate (70% cocoa solids)\*  
1 x 349g pack silken tofu, at room temperature (we used Mori-Nu)  
2 tbsp maple syrup  
2 tbsp amaretto liqueur  
1 tbsp flaked almonds  
finely grated zest of ½ orange

- 1 Set aside one square of the chocolate for garnish. Break the rest into pieces and melt it in a heatproof bowl over a pan of simmering water, ensuring the bowl does not touch the water. Stir occasionally.
  - 2 In the meantime, blitz the silken tofu and maple syrup in a high-power blender or food processor until smooth.
  - 3 Carefully pour the melted chocolate into the tofu mixture, using a spatula to scrape the edges of the bowl. Add the amaretto, then blitz again until combined and silky smooth. Spoon into ramekins or dessert glasses, then chill for at least 1 hour.
  - 4 Just before serving, lightly toast the flaked almonds in a dry pan for 2-3 minutes over a medium heat until golden. Scatter them over the mousse, along with the orange zest, and finely grate over the reserved dark chocolate.
- \*Use dairy-free chocolate, if required.
- 307cals; 15g fat (5g sat fat); 13g protein; 2g fibre; 25g carbs; 24g total sugars; 0.1g salt ►

#### » GET AHEAD

Make up to 2 days ahead and chill until ready to serve.



'Silken tofu is *delicate* and *custardy* in texture - ideal for making *vegan-friendly* desserts'



# Ocado Life Magazine: Life on the veg



QUICK VEGAN MEALS

## Life on the veg



Speedy vegan meals from **Katy Beskow**, author of 15 Minute Vegan Comfort Food.

GLUTEN FREE

### AUBERGINE, OLIVE AND BUTTERBEAN CASSOULET

*"This hearty one-pot stew is one of my favourites; aubergine soaks up the wonderful flavours of oregano and cinnamon. Serve straight to the table in its cooking pot for a simple, rustic meal even meat-eaters will love."*

**Serves 4**  
**Takes 20 mins**  
**Ingredients**

- 2tbsp olive oil • 1 large aubergine, cut into even bite-size cubes • 1tsp dried oregano • 1tsp dried mixed herbs • ½tsp ground cinnamon • 1 red onion, finely diced • 1 red pepper, sliced • 1 x 400g tin chopped tomatoes • 1tbsp tomato ketchup • 2tbsp green olives • 1 x 400g tin butter beans, drained and rinsed • handful of fresh flat-leaf parsley, roughly chopped

**1.** Heat the olive oil in a large saucepan over a high heat, then add the aubergine, oregano, mixed herbs and cinnamon. Stir frequently and cook for 3 mins. **2.** Add the onion and red pepper, and cook for 2 mins until the onion begins to soften. **3.** Pour in the tomatoes, 150ml water and ketchup, followed by the olives and butter beans. Reduce the heat to medium, partially cover with a lid and simmer for 10 mins, stirring occasionally. **4.** Scatter with the parsley, season and serve.

**NEED INGREDIENTS?** Just log in, enter [ocado.com/auberginecassoulet](https://ocado.com/auberginecassoulet) and you can shop for ingredients for this recipe, including your favourites.



**Real Olive Co. Pitted Tricolore Mixed Olives**  
185g £2.99 (£1.62 per 100g)

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Add to your shop using the Barcode Scanner on our app



We've added lots more products to our Vegan Shop. Check it out at [ocado.com/vegan](https://ocado.com/vegan)

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# Sainsbury's Magazine: Tofu recipes

**body+soul**  
HEALTHIER EATING



## Tofu katsu curry

This fragrant Japanese-style curry is the perfect way to enjoy tofu – crispy on the outside and deliciously tender in the centre.

SERVES 4 **V** **Vn** **DF** **H** HANDS-ON TIME 50 MINS  
TOTAL TIME 50 MINS, PLUS 1 HR PRESSING

1 x 280g block of extra-firm tofu (we used The Tofu Co.)  
1 tbsp cornflour  
4 tbsp panko breadcrumbs  
1 tsp curry powder  
200ml sunflower oil, to fry

For the curry:

1 tbsp sunflower oil  
1 onion, roughly diced  
1 carrot, roughly chopped into rounds  
2cm piece root ginger, grated  
2 garlic cloves, sliced  
1 tbsp mild curry powder  
1 x 400g tin coconut milk  
1 tsp cornflour  
1 tsp maple syrup  
2 tsp light soy sauce

To serve:

2 x 250g packs cooked basmati rice  
2 spring onions, finely sliced  
small handful of coriander, torn  
1 lime, quartered into wedges

1 Remove as much moisture from the tofu as possible, using a tofu press if you have one. Alternatively, wrap it in a couple of layers of kitchen paper, place it on a baking tray with another solid baking tray on top and weigh it down with a couple of books or a heavy pan.

Press for at least 1 hour. Slice the tofu block horizontally into 4 slices around 1cm thick, then set aside on kitchen paper.

2 For the curry sauce, heat 1 tablespoon of sunflower oil in a wok or high-sided frying pan over a high heat, then stir-fry the onion, carrot and ginger for 2-3 minutes until beginning to soften. Add the garlic and curry powder and cook for a further minute. Reduce the heat slightly and pour in the coconut milk and cornflour. Stir to combine and cook for 10 minutes, stirring occasionally. Stir in the maple syrup and soy sauce, then remove from the heat. Transfer to a blender or food processor, and blitz on high until completely smooth. Keep warm or reheat when ready to serve.

3 In a wide bowl, whisk the cornflour with 4 tablespoons of hot water, then allow to stand for a few minutes until gelatinous. Mix the breadcrumbs with the curry powder and a pinch of salt, then place on a plate.

4 Dip each slice of tofu fully into the cornflour mixture, then into the panko breadcrumbs, ensuring all surfaces are coated. Press the breadcrumbs firmly onto the tofu.

5 Heat 200ml sunflower oil in a frying pan until hot. Using tongs, shallow-fry the tofu for 3-4 minutes on each side until crisp and golden. Remove from the pan and keep warm between sheets of kitchen paper. Sprinkle with a little extra sea salt.

6 Heat the rice and divide between 4 serving bowls. Pour over the curry sauce and top with the tofu, sliced into strips. Scatter with the spring onions and coriander, and serve with wedges of lime.

■ 727cals; 40g fat (18g sat fat); 18g protein; 7g fibre; 71g carbs; 9g total sugars; 0.9g salt

## Cajun tofu scramble

You'll be amazed at how similar to scrambled eggs this is! If you're new to cooking tofu, this is perfect, because there's no pressing or prep required. Take the pan to the table so everyone can help themselves.

SERVES 4 **V** **Vn** **DF** **H** HANDS-ON TIME 30 MINS  
TOTAL TIME 30 MINS

1 x 280g block of extra-firm tofu (we used The Tofu Co.)  
1 tbsp sunflower oil  
1 red onion, finely sliced  
1 red or yellow pepper, deseeded and diced  
4 tbsp frozen sweetcorn  
1 tsp Cajun seasoning  
1 tsp ground turmeric  
1 x 400g tin kidney beans, rinsed and drained

2 spring onions, finely chopped  
a handful of coriander, leaves picked  
1 small red chilli, deseeded and finely sliced  
1 avocado, finely sliced  
flaky sea salt, preferably smoked  
4 thick slices of sourdough bread  
dairy-free spread (optional)

1 Lay the tofu on a piece of kitchen paper or a clean tea towel, and leave to drain for 10 minutes. Crumble the tofu into a bowl, and use a fork to separate the larger pieces, until it resembles the texture of scrambled eggs.

2 Heat the oil in a large frying pan, then cook the red onion, pepper and sweetcorn over a medium heat for 3-4 minutes until the onion begins to soften.

3 Stir in the Cajun seasoning and turmeric, along with 50ml cold water. Gently mix in the crumbled tofu until it is fully coated in the spice mixture.

4 Add the kidney beans and cook for 8-10 minutes, stirring occasionally.

5 Remove the pan from the heat and scatter over the spring onions, coriander and red chilli. Top with the avocado slices, then season with flaky sea salt and black pepper.

6 Toast the sourdough until golden, butter with dairy-free spread, if using, then serve with the scramble.

■ 413cals; 16g fat (3g sat fat); 20g protein; 12g fibre; 40g carbs; 7g total sugars; 0.8g salt ■



### » GET AHEAD

The curry sauce can be frozen – great for a speedy midweek meal.

### » GET AHEAD

Prep to the end of step 3 ahead of time – even the night before.



# Sainsbury's Magazine: Chocolate and cherry layer cake with vanilla frosting



**Chocolate and cherry layer cake with vanilla frosting**  
Serves 8-10 V Vn DF

This cake is a real showstopper. The secret to its gorgeous silky texture is the addition of vegan buttermilk, made by mixing soya milk with a teaspoon of cider vinegar.  
**Hands-on time** 40 mins  
**Total time** 1 hr 5 mins, plus cooling and chilling  
**Get ahead** Bake the sponges up to 2 days ahead, cool completely then store in an airtight container. The sponges can also be frozen for up to 2 months. The assembled cake will keep for up to 3 days in an airtight container in the fridge. Bring back to room temperature for 4 hours before serving.

**For the cake**  
240ml soya milk  
1 tsp cider vinegar  
150g granulated sugar  
100ml sunflower oil  
2 tsp vanilla extract

**For the cherries**  
50g dairy-free dark chocolate (about 70% cocoa solids), broken into even pieces  
10-15 fresh cherries with stalks

**For the vanilla frosting**  
100g vegan margarine, room temperature  
1 tsp vanilla extract  
300g icing sugar  
5-6 tbsp Morello cherry conserve

- 1 Preheat the oven to 190°C, fan 170°C, gas 5. Line 2 x 18cm round cake tins with baking paper.
- 2 In a small bowl, whisk together the soya milk and cider vinegar until the soya milk curdles slightly. Whisk in the sugar, sunflower oil and vanilla extract until foamy; set aside.
- 3 Sift the flour, cocoa, bicarbonate of soda, baking powder and a pinch of salt into another bowl and mix until blended. Pour the soya milk mixture into the flour mixture and stir until just combined (over-mixing will cause the cake to become dense).
- 4 Pour the cake batter into the lined cake tins and bake in the oven for 15-20 minutes or until risen and springy to the touch.
- 5 In the meantime, prepare the chocolate-dipped cherries. Put the chocolate pieces into a heatproof bowl and gently melt over a pan of gently simmering water, making sure that the bowl doesn't touch the water. Carefully remove the bowl from the heat. Dip half of each cherry into the melted chocolate, then set aside on a plate lined with baking paper to set at room temperature.
- 6 To make the vanilla frosting, mix together the vegan margarine, vanilla extract and half of the icing sugar. Use an electric whisk to beat for 2-3 minutes, then add the remaining half of the icing sugar and beat for a further 2 minutes, until the buttercream is light and fluffy. Chill for at least 30 minutes.
- 7 Remove the cakes from the oven and cool for 10 minutes in the tins before turning out onto a wire rack to finish cooling.
- 8 Put one of the sponge layers on a cake stand or platter, and spread with half the frosting. Spread 3-4 tablespoons of cherry conserve on the underside of the second sponge then put this on top, jammy side down. Spread the rest of the frosting over the top, then slightly marble in 2 tablespoons of cherry conserve. Arrange the chocolate-dipped cherries on top to serve.

■ 446kcal; 10g fat (3g sat fat); 5g protein; 2g fibre; 84g carbs; 68g total sugars; 0.4g salt +

**KITCHEN SECRET**  
You can use frozen dark sweet cherries if you can't get hold of fresh; dip in the melted chocolate while still frozen, then leave to defrost as they set.

66 [sainsburysmagazine.co.uk](http://sainsburysmagazine.co.uk)

FOOD STYLING: LIZZE KAMNETZKY PROP STYLING: LINDA BEEBIE



# Sainsbury's Magazine: Spiced pineapple and coconut cream pavlova

## Spiced pineapple and coconut cream pavlova

Serves 8 V Vn GF DF

'It sounds mad, but this delicious pavlova switches egg whites for chickpea water! It's a magical elixir that makes the perfect meringue every time.' We found that the chickpea meringue cooks more evenly in a standard electric settling oven, rather than fan oven.

**Hands-on time** 30 mins

**Total time** 3 hrs 40 mins, plus chilling and cooling

**Get ahead** Bake the meringue up to 3 days ahead; once completely cool, store in an airtight container. It can be frozen, but is quite fragile.

### For the coconut cream

- 2 x 400ml tins coconut milk
- 1 tbsp maple syrup

### For the meringue

- the liquid drained from 1 x 400g tin chickpeas
- 140g icing sugar, sifted
- 1 tsp cream of tartar
- 1 tsp vanilla extract

### For the topping

- 1 small-medium ripe pineapple
- 4 tbsp demerara sugar
- 2 tsp ground cinnamon
- 2 tbsp spiced rum or dark rum
- 2 ripe passion fruit, halved
- 20g freshly shaved coconut or coconut flakes, to garnish
- finely grated zest of 1 lime

- 1 Put the tins of coconut milk in the fridge to chill for 4 hours, ready to make the coconut cream later. Preheat the oven to 120°C, fan 100°C, gas 1/2 and

line a baking tray with baking paper.

- 2 In a clean, residue-free bowl, pour in the tinned chickpea water and beat on a high speed using an electric mixer for 5 minutes.
- 3 On a low speed, gradually add the icing sugar while continuing to beat; add the cream of tartar and vanilla extract. Increase the speed; keep beating until the meringue is glossy with stiff peaks, about 3-4 minutes.
- 4 Spoon the meringue onto the lined baking tray, in a circle roughly 25cm in diameter. Bake in the oven for 3 hours without opening the oven door. Turn off the oven, leaving the meringue inside to cool completely for a further hour. It should peel away easily from the paper.
- 5 To prepare the pineapple, top and tail and use a serrated or sharp knife to remove the peel, then cut out the 'eyes' in the pineapple flesh. Quarter lengthways, then cut away the core and slice into at least 12

long fingers. Heat a griddle pan until hot.

Mix the sugar and cinnamon together in a small bowl. Brush the pineapple with rum then dust with the cinnamon sugar. Griddle the slices for 2-3 minutes on each side until bubbling, then cool (if it's too warm, the pineapple will melt the topping).

- 6 Remove the coconut milk from the fridge without shaking; carefully spoon the solid cream layer into a bowl, leaving behind the liquid. Whisk the coconut cream and maple syrup using an electric whisk until smooth, about 2-3 minutes.
- 7 To assemble the pavlova, spoon the coconut cream over the meringue, then pile the cooled pineapple on top. Spoon on the passion fruit seeds, garnish with coconut flakes and sprinkle with some lime zest. Serve within a couple of hours.

■ 348cals; 19g fat (17g sat fat); 2g protein; 2g fibre; 40g carbs; 36g total sugars; 0.1g salt



### KITCHEN SECRET

Use up the leftover thin coconut milk in smoothies; it adds to the flavour and is great for hydration. You can also add it to Asian soups or use it instead of water to cook coconut rice.





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# ASDA Good Living: Vegan carrot tarte with parsley pesto

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RECIPES

## VEGAN CARROT TARTE WITH PARSLEY PESTO

Impress vegans, vegetarians and meat-eaters alike with this colourful, fuss-free tarte

By Asda Good Living 04 December 2018

★★★★★ (8 votes)

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Serves: 4

Prints separately, then assemble just before serving, to avoid a soggy tarte. (Many brands of pre-made pastry are vegan?)


### INGREDIENTS

- 6 slim carrots, peeled and halved lengthways
- 2tbsp maple syrup
- 1tbsp olive oil
- 1 Jus-Rol Ready-rolled Puff Pastry Sheet
- 2tsp soya milk
- 25g flat-leaf parsley, roughly chopped
- 25g coriander, roughly chopped
- 1 clove garlic, peeled and roughly chopped
- 1tbsp olive oil
- 2tsp shelled pistachios, roughly chopped
- 2tbsp pomegranate seeds
- Small handful coriander, stems removed, leaves roughly torn


### METHOD

- 1 Preheat the oven to 200C/180C Fan/Gas 6.
- 2 Arrange the carrots in a baking dish and drizzle with the maple syrup and olive oil. Cover with foil and roast in the oven for 40-45 mins until tender.
- 3 Meanwhile, line a baking tray with nonstick baking paper. Lay the pastry on the lined tray, and fold in the edges to form a 2cm border. Brush the edges with soya milk and pierce the centre with a fork (this stops it from rising too much). Bake in the oven for 25-30 mins until golden.
- 4 To make the pesto, add the parsley, coriander, pistachios and garlic to a food processor and blitz. Gradually pour in the olive oil and 60ml water, then blitz until semi-smooth. Season with black pepper to taste.
- 5 Remove the dish with the roasted carrots and the tray with the pastry base from the oven. Carefully spread the pesto over the centre of the pastry, then use tongs to lay the carrots on top. Scatter with the chopped pistachios, pomegranate seeds and coriander just before serving.


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