

the complete series

Slow cooking

VEGETARIAN RECIPES

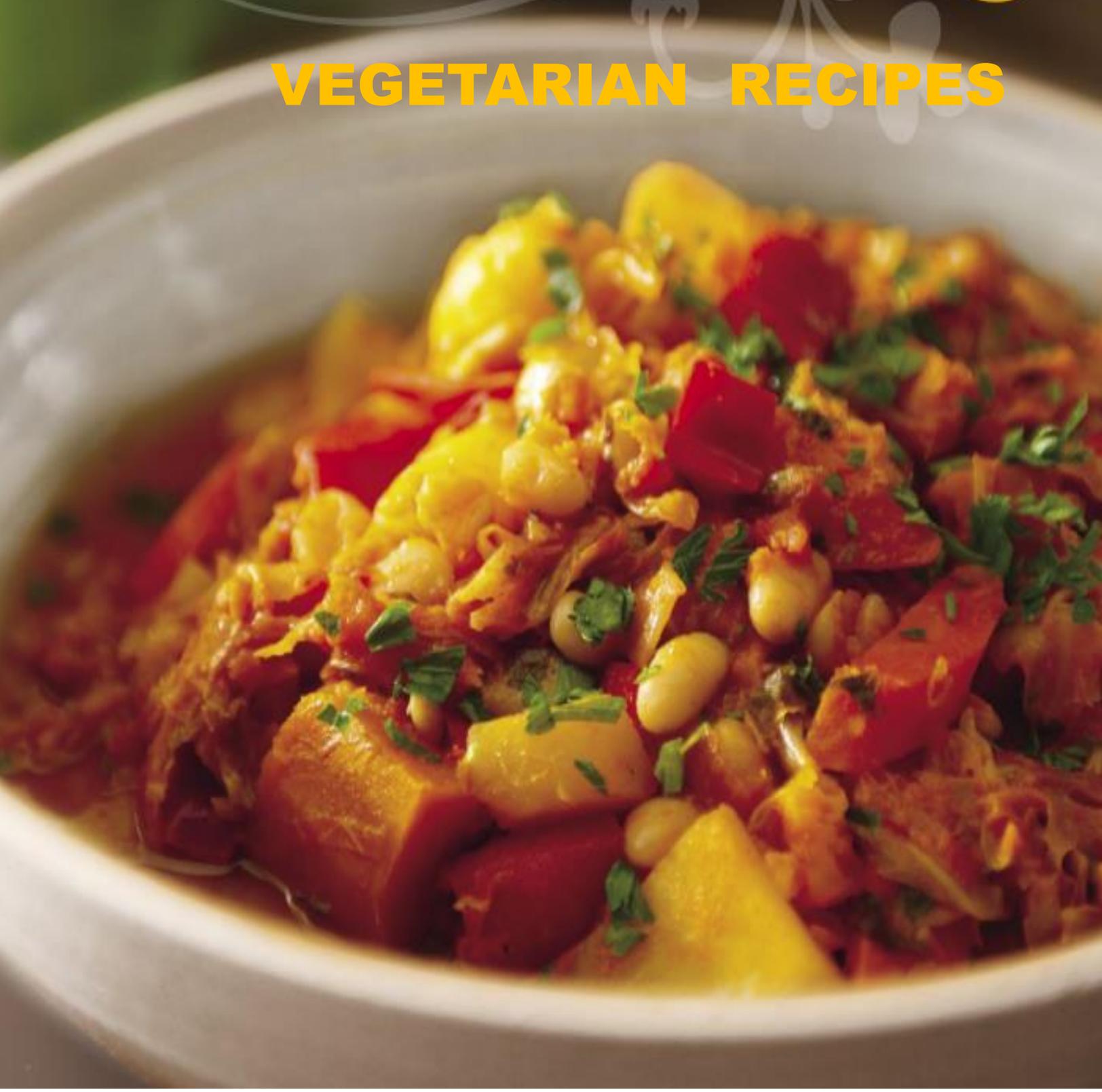


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Savory Zucchini Custards

Prep: 40 mins | Cook: 4 hrs | Servings:

30g/1 oz butter
1/4 cup white onion, finely chopped
250g/8 oz zucchini, grated
salt and freshly ground black pepper
60g/2 oz Parmesan cheese, grated
60g/2 oz Cheddar cheese, grated
1/3 cup thickened cream
2 large eggs, beaten



1 Heat butter in a frying pan and sauté onions for 10–15 minutes until tender and just beginning to brown.

2 Tip zucchini into clean absorbent paper and squeeze dry. Increase the heat in the pan, add the zucchini and toss for 5 minutes or so. Cover pan and cook for several minutes longer over low heat, until zucchini is tender. Season to taste and pour into a bowl.

3 Add cheese to the bowl, pour in cream and stir well. Fold eggs into mixture, then taste and adjust seasoning if necessary. (The mixture may be refrigerated at this stage until ready to cook. If you do this, allow a longer cooking time.)

4 Grease 4 small ramekins and pour custard into each. Put dishes into slow cooker, and pour enough water into the base of the cooker to come approximately halfway up the sides of the dishes. Cook on low for 1 hour with lid ajar.

5 Cook, covered, for another 3 hours, testing for firmness at the end of that time.

Note: Test for firmness by inserting a knife blade into one of the custards – the blade should come out clean.

Spinach Custards

Prep: 35 mins | Cook: 1.5-2.5 hrs | Servings: 6

250g/8 oz cooked spinach or silverbeet, stems removed
120g/4 oz cream cheese
2 small eggs
½ cup milk
1 small onion, peeled and chopped
¼ teaspoon salt
freshly ground black pepper
½ teaspoon dried basil
30g/1 oz Parmesan cheese, grated
8 fresh basil sprigs



1 Drain spinach or silver beet until as dry as possible, then process in a food processor or blender until finely chopped. Add remaining ingredients and half the basil and blend until very smooth.

2 Pour mixture into 6–8 small, buttered ovenproof dishes and cover each with aluminium foil. Place dishes in the slow cooker and pour a little water into base, then cook on high for approximately 1½ hours or on low for 2½ hours.

3 To serve, sprinkle with extra grated cheese and garnish with a basil sprig.
Note: This dish makes a delicious light lunch served with a salad and fresh, warm bread.

Vegetable Casserole

Prep: 35 mins | Cook: 3-5 hrs | Servings: 8

500g/1 lb potatoes, peeled and thickly sliced
500g/1 lb very ripe tomatoes, peeled and sliced
1/2 teaspoon sugar
2 white onions, thinly sliced
2 green or red capsicums (bell peppers), thinly sliced
1kg/2 lb small zucchini, sliced
salt and freshly ground black pepper
1 clove garlic, crushed
1 teaspoon dried basil
30g/1 oz butter
30g/1 oz Parmesan cheese, grated
1/4 cup parsley, chopped



- 1** Boil the potatoes until slightly tender. Sprinkle the tomatoes with sugar.
- 2** Grease the base of the slow cooker and layer in the vegetables, starting with the onion. Sprinkle each layer with salt, pepper, garlic and basil. Finish with a layer of tomatoes, then dot with butter. Pour over any juice from tomato slices.
- 3** Cook on high for approximately 3 hours or on low for approximately 5 hours. Serve sprinkled with grated cheese and parsley.

Stuffed Vine Leaves in Tomato Sauce

Prep: 40 mins | Cook: 1.5 – 2.5 hrs | Servings: 4

12 grape vine leaves, canned or fresh
2 cups cooked brown rice
1 teaspoon dried mixed herbs
pinch of nutmeg
salt and freshly ground black pepper
1 teaspoon dried garlic
2 tomatoes, chopped and peeled
1/4 cup parsley, chopped
1/2 teaspoon Angostura bitters (optional)
2 spring onions, chopped finely



Tomato sauce

15g/1/2 oz butter
1 onion, diced
400g/14 oz canned Roma tomatoes, drained and chopped
2 teaspoons brown sugar
pinch of dried herbs
1 tablespoon tomato paste
3 tablespoons dry red wine
1/4 cup parsley, chopped

1 If you are using fresh vine leaves, remove the stems, pour boiling water over leaves and leave for 1–2 minutes until softened. Dry, and lightly wipe over each leaf with a drop of oil.

2 Combine all other ingredients to make the filling. Squeeze a handful of filling to make it firm and place onto leaf, then fold into neat little parcel, sealing with a little squeeze. Repeat with remaining leaves. Arrange carefully in base of slow cooker.

3 To make the tomato sauce, heat the butter in a frying pan and cook the onion until golden brown. Add all other ingredients and cook until blended. Spoon sauce into slow cooker over vine leaf parcels, and cook on high for approximately 1 1/2 hours or on low for 2–2 1/2 hours.

Pizza with Slow-Cooked Tomato Sauce

Prep: 50 mins | Cook: 8-10 hrs | Servings: 6-8

750g/1½ lb soft ripe tomatoes, peeled and chopped
2 tablespoons tomato paste
few dashes Angostura bitters
1 small white onion, finely chopped
salt and freshly ground black pepper
1 teaspoon sugar
¼ teaspoon dried garlic
½ teaspoon mixed herbs

Pizza dough

1 tablespoon compressed yeast
1 teaspoon white sugar
500g/1 lb plain (all-purpose) flour
pinch of salt
15g/½ oz butter
1 tablespoon vegetable oil



1 Combine all sauce ingredients in slow cooker and allow to cook on low overnight. If the mixture is too thin the next morning, turn cooker to high and cook, uncovered, until thickened and reduced. Allow to cool.

2 To make the dough, crumble the yeast into a bowl, stir in sugar and 1¼ cups lukewarm water until yeast has dissolved, sprinkle a little of the flour onto surface and set aside in a warm place until mixture froths.

3 Sift the flour and salt together and rub in butter. Pour in frothy yeast mixture and mix with a wooden spoon, then turn out onto a floured board and knead for at least 5 minutes. Shape into a round and set aside in a warm place until dough has doubled in size.

4 Preheat the oven to 220°C/425°F. Roll dough out thinly, place on greased pizza tray or heated pizza stone and prick surface all over with a fork.

5 Brush pizza with vegetable oil and spread generously with tomato sauce. Add preferred pizza toppings (for example, cheeses, olives, basil), then place pizza in oven and cook for about 50 minutes.

Herbed Cannelloni with Tomato Sauce

Prep: 25 mins | Cook: 1.5 – 2.5 hrs | Servings: 3-4

30g/1 oz Parmesan cheese, grated
1 teaspoon mixed dried herbs
6 spring onions, finely chopped
salt and freshly ground black pepper
few drops Angostura bitters (optional)
8 instant cannelloni tubes
Tomato sauce
1 cup tomato purée
3–4 spring onions, chopped
2 teaspoons Worcestershire sauce
4 drops Angostura bitters
1 large clove garlic, crushed



1 Bring a large saucepan of salted water to the boil, add the pasta tubes and cook for 8 minutes or until just firm in the centre (al dente). Drain, set aside and keep warm. Place the cheeses, herbs, spring onions, salt and pepper and bitters in a bowl and mix thoroughly.

2 To make the sauce, mix together all ingredients.

3 Lightly butter the base of the slow cooker. Spoon cheese mixture into cannelloni tubes. Spoon a little tomato sauce into the cooker, then arrange the stuffed cannelloni tubes in the cooker and spoon over remainder of sauce. Cook for 1–1½ hours on high or 2–2½ hours on low. Serve sprinkled with extra Parmesan cheese and parsley sprigs.

Mushroom Casserole

Prep: 35 mins | Cook: 1-3 hrs | Servings: 4

60g/2 oz butter
1kg/2 lb mushrooms, sliced
10 spring onions, chopped into 25mm/1 in lengths
60g/2 oz French onion soup mix
freshly ground black pepper
1 tablespoon sweet paprika
1–1½ cups sour cream
½ cup parsley, finely chopped



1 Heat butter in a large frying pan, add mushrooms and spring onions and sauté for approximately 10 minutes. Add onion soup mix, stir through and cook for about 5 minutes.

2 Mix together pepper, paprika and sour cream and stir into mushroom mixture. Spoon mixture into slow cooker and cook on high for approximately 1–1½ hours or on low for 2–3 hours. Just before serving, stir in chopped parsley. Serve with brown rice.

Argentinean Bean and Vegetable Soup

Prep: 35 mins | Cook: 1.5 – 2.5 hrs | Servings: 4

1 tablespoon olive oil
1 onion, finely diced
2 cloves garlic, crushed
1 red capsicum (bell pepper), diced
1 jalapeño chilli, deseeded and diced
1 teaspoon sweet paprika
400g/14 oz canned diced tomatoes
2 cups vegetable stock
250g/8 oz new potatoes, quartered
250g/8 oz sweet potato, diced
1 carrot, sliced
400g/14 oz canned cannellini beans, rinsed and drained
200g/7 oz Savoy cabbage, shredded
1/4 cup fresh coriander (cilantro), chopped
salt and freshly ground black pepper



1 Heat oil in a large frying pan over medium heat. Cook onion, garlic, capsicum (bell pepper) and chilli until soft. Add sweet paprika and cook until aromatic.

2 Transfer contents of frying pan to a slow cooker set on high and add tomatoes and vegetable stock. Stir to combine, then add potato, sweet potato and carrot. Bring to the boil. Reduce heat to low, cover, and simmer for 1½ hours until vegetables are tender.

3 Add beans, cabbage and coriander (cilantro) and season with salt and pepper. Simmer for a further 30 minutes or until cabbage is cooked.

Note: This dish is delicious with crusty bread.

Eggplant and Tomato Casserole

Prep: 90 mins | Cook: 4 hrs | Servings: 4

1 medium eggplant, cubed
250g/8 oz tomatoes, sliced
2 cloves garlic, crushed
1/4 teaspoon Cayenne pepper or
dash of Tabasco
1cm/1/2 in ginger, grated
1 teaspoon ground coriander
2 bay leaves
1 tablespoon raw sugar
1/2 cup natural yoghurt



- 1** Cover eggplant with a handful of salt and allow to stand for approximately an hour. Rinse and drain well.
- 2** Combine eggplant with all remaining ingredients except yoghurt. Spoon into slow cooker and cook on low for approximately 4 hours. Test to see whether eggplant is cooked.
- 3** Turn setting to high, stir in the yoghurt and heat through. Remove bay leaves and serve. Each serving may be sprinkled with wholemeal breadcrumbs fried in a little butter, if desired.

Vegetable Curry

Prep: 30 mins | Cook: 2-4 hrs | Servings: 4-6

2 tablespoons vegetable oil
1kg/2 lb leeks, thinly sliced and washed
500g/1 lb baby carrots, scrubbed and sliced diagonally
4 stalks celery, finely chopped
½ clove garlic, crushed
1 tablespoon curry powder
¾ cup vegetable stock
2 teaspoons cornflour (cornstarch)
salt and freshly ground black pepper
6 spring onions, sliced diagonally



- 1** Heat the oil in a frying pan and lightly sauté the leeks, carrots and celery. Spoon vegetables into slow cooker. Add garlic and curry powder to frying pan and cook for 1–2 minutes.
- 2** Blend stock with cornflour (cornstarch), add to frying pan and bring to the boil, stirring constantly. Pour mixture into slow cooker and season. Cook on low for approximately 4 hours or on high for approximately 2–3 hours (test for tenderness after this, as cooking time can vary greatly according to the tenderness of the vegetables).
- 3** When vegetables are cooked, add spring onions. Serve with rice.

Moroccan Root Vegetable Curry

Prep: 30 mins | Cook: 3.5 hrs | Servings: 4

1 tablespoon olive oil
1 onion, chopped
1 green chilli, deseeded and chopped
1 clove garlic, finely chopped
25mm/1 in piece ginger, grated
2 tablespoons plain (all-purpose) flour
2 teaspoons ground coriander
2 teaspoons ground cumin
2 teaspoons ground turmeric
1 cup vegetable stock
1 cup tomato purée
750g/1½ lb mixed root vegetables, such as potato, sweet potato, celeriac and swede (rutabaga), diced
2 carrots, thinly sliced
freshly ground black pepper



1 Heat the oil in a large saucepan. Add the onion, chili, garlic and ginger and cook, stirring occasionally, for 3 minutes. Stir in the flour, coriander, cumin and turmeric and cook gently, stirring, for 2 minutes to release the flavors.

2 Transfer mixture to a slow cooker and stir in the stock, then add the tomato purée, diced root vegetables and carrots. Season with pepper and mix well. Cook on high for 3¼ hours or until the vegetables are tender. Serve with steamed couscous and garnish with coriander (cilantro).

Leeks with Beans

Prep: 25 mins | Cook: 4-9 hr | Servings: 6

250g/8 oz dried black eyed (navy) beans, soaked overnight
1 tablespoon vegetable oil
1 large onion, chopped
2 cloves garlic, crushed
500g/1 lb leeks, sliced and washed
1/4 cup parsley, chopped
6 tomatoes, peeled, deseeded and chopped
1 tablespoon raw sugar
1 teaspoon mustard powder
2 bay leaves
1/2 teaspoon dried marjoram
1 tablespoon tomato paste
1/4 cup vegetable stock
salt and freshly ground black pepper



1 Drain the beans well. Heat the oil in a frying pan and sauté the onion and garlic, then add the leeks and sauté until softened. Spoon leek mixture, beans and all remaining ingredients into slow cooker.

2 Cover and cook on low for approximately 8–9 hours or on high for 4–5 hours. Garnish with extra parsley.