

Healthy eating for vegetarians / Batchelors Nutritional Advice Centre.

Contributors

Batchelors Nutritional Advice Centre.

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HEALTHY EATING FOR VEGETARIANS ⁽²⁾

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Breakfast	Tomatoes & Mushrooms on Toast	Dried Fruit Compote in Fruit Juice Low Fat Yoghurt	Poached Egg on Toast Orange Juice	Wheatflakes Sliced Banana Toast	Apple Juice Baked Beans on Toast
Midday	Red Bean Burgers Watercress & Orange Salad Granary Roll Baked Apple & Custard	Jacket Potato with Cottage Cheese & Pineapple Green Salad Orange Slices	Deville Potted Beans* Crusty Wholemeal Bread Blackcurrant Cheesecake	Leek Omelette Saute Potatoes Orange & Kiwi Salad	Egg & Cress Sandwiches Fruit Cake Pear
Evening	Tagliatelle Dolcelatte* Spinach Salad Peach Tart Fromage Frais	Butter Bean Risotto* Carrot Salad Prune Mousse	Stuffed Peppers* Apricot Mousse Digestive Biscuit	Bean Lasagne* Green Salad Rhubarb & Ginger Crumble with Custard	Cheese Souffle Watercress & Onion Salad Bananas in Puff Pastry

Daily Allowance - 1 pint semi-skimmed milk
1oz butter or 1oz polyunsaturated margarine

Average intake over 5 days (based on standard portions)

Protein	85g
Fat	88g
Energy (Calories)	2400 Cals
Dietary Fibre	22g

* *Batchelor's* recipe enclosed



RED BEAN BURGERS
Serves 4

1 large onion, peeled and chopped
1 small clove garlic, peeled and crushed
3 tbsp / 45ml olive oil
1 415g can Batchelors Red Kidney Beans, drained
2 tbsp / 30ml tomato puree
4oz / 100g blanched almonds, chopped
2 tbsp / 30ml chopped fresh mint
1oz / 25g fresh breadcrumbs
pinch of nutmeg
pinch of ginger
salt and pepper
1 egg, size 3, beaten
1oz / 25g plain flour

METHOD

1. Cook the onion and garlic in 1 tbsp of the oil until soft.
2. Mix together the kidney beans, tomato puree, almonds, mint, breadcrumbs, nutmeg and ginger, add the onion and garlic, season to taste. Add the beaten egg to form a smooth paste.
3. Divide the mixture into eight and shape into burgers. Season the flour with salt and pepper and coat the burgers evenly.
4. Heat the remaining 2 tbsp of oil and cook the burgers for about 5 minutes on each side or until crisp and golden brown.
5. Serve with a watercress and orange salad.

TAGLIATELLE DOLCELATTE
Serves 4

8oz / 225g tagliatelle
6oz / 175g mushrooms
1 tbsp / 15ml olive oil
6oz / 175g vegetarian Dolcelatte
1/4 pint / 150ml single cream
nutmeg
salt and pepper

METHOD

1. Cook the tagliatelle in lightly salted water until just soft. Drain and return to the pan.
2. Meanwhile, while the pasta is cooking, make the sauce by heating the olive oil and cooking the mushrooms until soft. Pour in the cream and bring to the boil, stirring occasionally, simmer gently for 5 minutes.
3. Cut the rind off the Dolcelatte and cut the cheese into small chunks. Slowly add cheese to the mushroom sauce until it melts.
4. Season with nutmeg, salt and pepper. Pour the sauce over the pasta and mix well.
5. Serve on a warmed dish with a spinach salad.

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BUTTER BEAN RISOTTO
Serves 4

6oz / 175g easy-cook long grain rice
2 cloves garlic, peeled and crushed
2 sticks celery, chopped
1 1/2 pints / 900ml water
1 575ml packet Batchelors Cream of Vegetable Soup
2 leeks, sliced
8oz / 225g broccoli florets, divided into small sprigs
1 tbsp / 15ml fresh herbs or chopped chives
2 tbsp / 30ml tomato puree
415g can Batchelors Butter Beans, drained

METHOD

1. Place the rice, garlic and celery into a large saucepan, add the water and bring to the boil. Simmer uncovered for 10 minutes.
2. Stir in the soup, leeks, broccoli, herbs, tomato puree and butter beans and bring back to the boil.
3. Reduce the heat, cover the pan and cook gently for about 15 minutes, stirring frequently, adding more water if necessary, until the rice is cooked and all the liquid is absorbed.
4. Serve hot.

DEVILLED POTTED BEANS
Serves 4

1 415g can Batchelors Butter Beans, drained
8oz / 200g full fat soft cheese or curd cheese
1 tsp / 5ml Tabasco sauce
2oz / 50g fresh white breadcrumbs
1 tbsp / 15ml chopped chives
salt and pepper
clarified butter - see note below
bayleaves and peppercorns to garnish

METHOD

1. Place all the ingredients (except for the garnish) into a blender or food processor. Blend until a smooth mixture is obtained.
2. Press the mixture into 4-6 ramekin dishes and smooth the surface.
3. Pour the clarified butter over the top of the mixture, and decorate with the garnish.
4. Serve with crusty wholemeal bread.

CLARIFIED BUTTER

Melt 4oz / 100g butter over a gentle heat. Leave over the heat until it stops sizzling. Pour through a sieve lined with kitchen paper or a double layer of muslin, keeping back the sediment.

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STUFFED PEPPERS
Serves 4

4 large green peppers, halved and deseeded
2 tbsp oil / 30ml olive oil
2 onions, peeled and chopped
400g can tomatoes
1/4 pint / 150ml vegetable stock
3oz / 75g canned sweetcorn
2 tbsp / 30ml chopped fresh parsley OR 2 tsp / 10ml dried parsley
1 tbsp chopped thyme OR 1 tsp / 5 ml dried thyme
1 200g packet Batchelors Delicately Flavoured Provencale Rice

METHOD

1. Parboil the peppers for 2 minutes, drain and cool. Place in a large ovenproof dish.
2. Heat oil and cook onions until soft, add all the remaining ingredients, except for the rice. Simmer for 20 minutes.
3. Preheat the oven to 180C / 350F / Gas Mark 4.
4. Cook the Delicately Flavoured Provencale Rice according to the pack instructions.
5. Add the cooked rice to the mixture, mix well and fill the pepper halves, placing any extra around the dish. Bake for 25 minutes.

BEAN LASAGNE
Serves 4

2 tbsp / 10ml olive oil
1 large onion, peeled and finely chopped
1 clove garlic, peeled finely chopped
2 small carrots, peeled and diced
1 415g can Batchelors Cannellini Beans
2 tbsp / 10ml tomato puree
1 tbsp / 15ml freshly chopped parsley
1/2 pint / 300ml vegetable stock
salt and pepper
6 oz / 175g no pre-cook lasagne sheets
12oz / 350g Cheddar cheese, grated

METHOD

1. Heat the oil and cook the onion and garlic for 2-3 minutes. Add the carrot and cook for 3-4 minutes.
2. Add the beans, tomato puree and parsley, stir, cover and cook for 2-3 minutes.
3. Stir in the stock and season to taste, cook for 3-4 minutes until the sauce has thickened slightly.
4. Preheat the oven to 190C / 375F / Gas Mark 5.
5. Assemble the lasagne starting with a layer of pasta in the base, topped with half the bean sauce and a third of the grated cheese, repeat the process and finish off with remaining cheese.
6. Bake for 20-25 minutes until golden brown.
7. Serve with a green salad.

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