

Christmas Nut and Mushroom Roast (vegan)

4oz wholemeal breadcrumbs
2oz chopped cashews
2oz chopped sunflower seeds
2oz chopped hazelnuts
1 medium apple, peeled & grated
1 medium carrot, peeled & grated
1 large onion, peeled & grated
1 clove garlic, crushed & chopped finely
4oz mushrooms, finely sliced
½ red pepper, chopped small
½ green pepper chopped small
1tsp Marmite dissolved in ½ cup warm water
½ tsp dried or 1tsp fresh thyme
½ tsp dried or 1tsp fresh rosemary
½ pint tomato juice
1 small fresh tomato, skinned and sliced (across, it's for decoration)
salt and pepper to taste

Combine breadcrumbs, nuts, grated carrot & apple, herbs and seasoning in a large mixing bowl.

Saute the onion, garlic, mushrooms & peppers lightly. Add to the bowl & mix in.

Add the diluted Marmite and just enough of the tomato juice to form a moist dropping consistency.

(If too soggy it will still be delicious but not turn out like a loaf ... nonetheless better to err on the wet side!)

Grease a 2lb loaf tin with plenty of olive oil and lay tomato slices along the bottom.

Pour the mixture into the tin and pat it down.

Bake at 400° F, 200°C, Gas Mark 6 for 40 – 60 minutes until golden brown on top and no longer wobbly in the middle.

Let it settle a few minutes, then turn out onto a serving dish and decorate with fresh herbs and the rest of the tomato slices.

I used to make a red wine and rosemary sauce to go with it but do not seem ever to have written down a recipe for that.