

Emirates Vegan Polenta Cake (serves 5-6 people)

Ingredients

Polenta

- 150g coarse polenta
- 200ml full-fat coconut milk
- 300ml vegetable broth
- 50g Margarine
- 60g shredded vegan parmesan cheese.
- Salt and pepper to taste.

Sautéed Spinach

- 300g roughly chopped spinach
- 15g finely chopped Spring onion
- 3g nutmeg
- 4g minced garlic
- 20ml extra virgin olive oil
- Salt and pepper to taste.

Thyme-Scented Mushroom Ragout

- 30ml extra virgin olive oil
- 15g finely chopped onion
- 200g of mixed mushrooms
- One clove of minced garlic
- 1-2 tablespoon of soy sauce
- Salt and freshly ground black pepper.
- 40g of pine nuts
- 20ml fresh lime juice
- 4 sprigs of fresh thyme

Roasted Maple Glazed Carrots

- 15 baby carrots peeled with stems on
- 40g maple syrup
- 30g margarine
- Salt and freshly ground black pepper to taste.

Root Vegetable Jus

- Red, yellow, and purple beetroot
- 50g turnips, 50g parsnip, 50g celery root, 50g fennel, 50g leeks
- 50 g white onion skin on
- 50g sweet potato
- 1 sprig each of fresh thyme, rosemary, and bay leaves
- 100ml of grape juice
- 600ml of vegetable stock

Method

Polenta

1. Bring coconut milk and vegetable broth to a boil in a pot. Stir in polenta using a whisk.
2. Reduce heat to a low simmer and continue to whisk for 1-2 minutes to avoid lumps.
3. Cover and simmer for about 10 minutes, stirring occasionally. (If the polenta thickens too much you can add additional coconut milk or water and stir to thin.)
4. Once the polenta is creamy and smooth, remove from the stovetop. Add vegan parmesan, add margarine, and stir.
5. Spread the mixture in a tray/terrine mold, chill until set, cut into desired size, sear each side in a heavy based fry pan until golden brown, just before serving.

Sautéed Spinach

Sauté spinach in a hot pan with extra virgin olive oil, spring onions and a clove of garlic. Season with salt, freshly ground black pepper and nutmeg. Remove from heat, strain excess water, and set aside to serve.

Roasted Maple Glazed Carrots

Steam carrots then sauté them in a dry pan with maple syrup until they are glazed. Remove them from the heat, add margarine, and season with salt and pepper to taste.

Root Vegetable Jus

- Wash and peel all vegetables (except white onion), cut and roast all (excluding the herbs) in the oven until slightly charred.
- Remove and put in a pot with the herbs and bay leaves, grape juice, and the vegetable stock.
- Simmer until all vegetables are very soft and well cooked.
- Blend in the pot and then pass through a fine sieve.
- Put back in a pot and simmer until they are reduced to 30% or sauce consistency.
- Season with salt and pepper and set aside to serve.

Sautéed Mushroom Ragout

1. Sauté mushrooms with extra virgin olive oil, garlic, and chopped onion until golden-brown.
2. Add soy sauce and cook for 1-2 minutes, or until the mushrooms are cooked and the soy sauce has glazed them. Season with salt and pepper to taste. Add a splash of fresh lime juice and fresh thyme and deglaze with vegetable jus. Simmer and set aside for serving.
3. Toast pine nuts in a small pan without oil until lightly browned.

To Serve

Place the polenta cake at the center of the plate, add the spinach and the mushrooms on top. Garnish with toasted pine nuts and accompany with roasted glazed carrots and root vegetable jus.