

BEST OF THE BAKE OFF

# Chickpea, Spinach & Mushroom Wellington

**SERVES** 1 quantity Rough Puff Pastry  
(see page 188)

9-8

**FOR THE DUXELLES**

1 large onion, quartered  
1 large garlic clove, peeled  
225g chestnut mushrooms  
25g unsalted butter  
salt, black pepper and grated nutmeg

**FOR THE PANCAKES**

50g plain flour  
1 large free-range egg  
150ml semi-skimmed milk  
1 tablespoon each finely chopped  
thyme and parsley  
1 tablespoon sunflower oil

**FOR THE FILLING**

2 tablespoons olive oil  
1 onion, finely chopped  
1 garlic clove, finely chopped  
1 small red pepper, cored and  
finely chopped  
½ teaspoon each red chilli paste,  
cumin seeds and crushed  
coriander seeds  
1 x 200g bag washed baby spinach  
leaves  
120g drained chickpeas  
(from a 410g tin)  
1 tablespoon tahini  
40g fresh breadcrumbs  
2 teaspoons each lemon juice and  
natural yoghurt  
about 10 sprigs each thyme,  
coriander and parsley,  
leaves finely chopped  
beaten egg, to glaze  
baking paper; a baking sheet

A colourful and well-spiced combination of vegetables and chickpeas and flaky, buttery pastry. Serve with plenty of watercress and herb sauce, as the baker did in series 3 (see TIP) OR Beurre Blanc (see page 307). When Mary tried this Wellington, she thought it tasted lovely without any additional sauce, so see what you think!

**1** Make the Rough Puff Pastry following the recipe on page 188. While it is chilling, make the duxelles. Finely chop the onion, garlic and mushrooms in a food-processor. Heat the butter in a 20–23cm non-stick frying pan and cook the mushroom mixture over medium-low heat, stirring frequently, until cooked down and the liquid has evaporated. Season to taste with salt, pepper and nutmeg, then tip into a bowl and cool.

**2** To make the herb pancakes, sift the flour into a bowl, make a well in the centre and add the egg and half the milk. Whisk until smooth, gradually working in the rest of the milk to make a smooth batter. Add the herbs and a good pinch of salt. Pour the batter into a measuring jug and note the volume.

**3** Wipe out the non-stick frying pan with a sheet of oiled kitchen paper, then set over medium-high heat. Pour exactly one-third of the batter into the hot pan, tipping and swirling it so the batter evenly covers the base. Cook for 1–2 minutes until the

*Recipe continues overleaf*

underside of the pancake is golden brown, then flip the pancake over and cook the other side for 1–2 minutes. Tip out onto a plate and leave to cool while you make 2 more pancakes in the same way. Cover the herb pancakes with a sheet of baking paper and set aside until needed.

**4** Next make the chickpea filling. Heat the olive oil in a wok (or a very large, deep frying pan) set over medium-low heat and cook the chopped onion, garlic and red pepper, stirring frequently, for about 4 minutes until softened. Stir in the chilli paste and cumin and coriander seeds, and cook for a further 5 minutes, stirring frequently. Add the spinach and cook, stirring, for 5 minutes until the spinach has wilted. Turn up the heat and stir for a minute until excess liquid has evaporated. Tip the mixture into a large heatproof bowl and stir in the chickpeas, tahini, breadcrumbs, lemon juice, yoghurt and herbs. Taste and add salt, black pepper and more chilli paste as needed. Cover and chill for about 30 minutes until firmed up.

**5** To assemble the Wellington, remove the pastry from the fridge and leave to 'come to' for 10 minutes. Meanwhile, arrange 2 of the pancakes, side by side and slightly overlapping, on a large sheet of baking paper. Cut the third pancake in half and place one piece over the gap in the middle of each side of the 2 overlapped pancakes to make a near rectangular shape about 42 × 25cm. Carefully spread the duxelles over the pancakes, leaving a 2cm border clear all the way around.

**6** Spoon the chickpea filling down the centre of the duxelles and shape with your hands to a neat log, leaving a 2cm border of duxelles

showing. Fold the short ends of the pancakes over the filling, then both long sides. Use your hands to mould and press the pancakes around the filling to make a firm, neat log shape about 32 × 10cm. Bring the baking paper up around the log to hold it firmly in place and fold the ends so it stays in place. Chill while rolling out the pastry.

**7** Roll out the pastry on a floured worktop to a rectangle about 42 × 30cm. Trim the edges straight. Unwrap the pancake log and gently roll it onto the middle of the pastry so the seam side of the pancake log is underneath. If necessary, tuck in any loose ends so the filling is completely enclosed. Brush the pastry edges with beaten egg, then fold the short ends of the pastry over the pancake log, followed by the long sides. Neatly trim off the thick excess pastry at each corner, then press all the pastry seams well to seal.

**8** Roll the Wellington, seam side down, onto the baking sheet lined with baking paper. Cut leaves from the pastry scraps (see page 218) and stick on with beaten egg. With the tip of a small knife, make 3 steam holes in the pastry lengthways down the middle of the Wellington. Chill for 1 hour.

**9** Towards the end of this time, preheat the oven to 220°C/425°F/gas 7. Lightly brush the Wellington with beaten egg to glaze, then bake for about 50 minutes until golden brown. Serve hot or warm, the same day.

### TIP

For a quick herb sauce, press the yolks of 2 hard-boiled eggs through a fine sieve and mix with 1 tablespoon herby French mustard and 300g natural yoghurt. Season to taste with salt, paprika and lemon juice.

