



Cranks

CRANKS NUT ROAST

Cranks Nut Roast

The ideal main course to present to anyone doubtful that veggie food is exciting or nutritious enough! Easy preparation and there are many variations which can be tried out.

YOU WILL NEED

- 1 medium onion
- 25g / 1oz butter or margarine
- 225g / 8oz mixed nuts
- 100g / 4oz wholemeal bread
- 300ml / ½ pint vegetable stock or water
- 10ml / 2 tsp yeast extract
- 5ml / 1 tsp mixed herbs
- Salt & pepper to taste

HOW TO MAKE

Serves 5

1. Preheat the oven to 180°C / 350°F / GM4
2. Chop the onions and saute in the butter until transparent.
3. Grind the nuts and bread together in a liquidiser or coffee grinder until quite fine.
4. Heat the stock and yeast extract to boiling point, then combine all the ingredients together and mix well - the mixture should be fairly slack.
5. Turn into a greased shallow baking dish, level the surface, sprinkle with a few breadcrumbs and bake for 30 minutes, until golden brown.
6. Garnish with fried onion rings, if wished.