

Golden Rice Loaf & Pepper Sauce



Serves: 4-6

Profitability:

Steps:

Method for Golden Rice Leaf

- Make the loaf the day before you plan to serve it
- Preheat oven to 200°C and grease a 9-inch loaf tin, or equivalent pyrex container
- Blitz onions, garlic, celery and eggplant until finely chopped, and fry until brown
- Add a splash of olive oil before adding curry powder, tomato puree and herbs. Mix and cook for a few more minutes
- In a large bowl, combine cooked rice and carrots. Add grated vegan cheese, the parmesan or nutritional yeast, pecan nuts, clementine zest, salt, and garlic granules
- Add the cornstarch paste and stir well
- Spoon mixture into tin and flatten. Garnish with the breadcrumbs and sesame seeds, and bake for 50 minutes until golden
- Take out and cool for 2 to 3 hours. Using a sharp knife, cut into ½ inch portions. Return to container, and place in the fridge overnight

Method for pepper sauce

- Stir margarine and garlic for 1 minute on medium heat then slowly add the cream. When it bubbles, add remaining ingredients
- Simmer for 2 minutes

To serve: heat the portion in the oven for 25 minutes, or microwave until very warm. Serve with the sauce, rosemary roasted potatoes and petit pois

Ingredients:

GOLDEN RICE LOAF

Onion 1 roughly chopped

Small aubergine/eggplant 1 roughly chopped

Garlic cloves 2-3 roughly chopped

Large carrot 1 grated

Short grain brown rice 250g pre-cooked (boiled and drained)

Salt to taste

Curry powder 1 tsp

Olive oil 2 tbsp for frying

Vegan cheese 2 cups grated

Parmazano (vegan parmesan) or nutritional yeast (optional) 1 tbsp

Tomato puree 1½ tbsp

Celery 1 stick

Oregano ½ tsp

Garlic granules 1 tsp

Roasted pecans 1 cup crushed

Cornstarch or arrowroot 2 tsp mixed into a paste with ¼ cup nut milk or other vegan milk

Tangerine, clementine or mandarin zest finely chopped

Sesame seeds enough to garnish

Golden breadcrumbs enough to garnish

PEPPER SAUCE

Soya cream or vegan equivalent 1 cup

Vegan margarine 1 tsp

Garlic cloves 2 finely chopped

Mild English mustard 2 tsp

Vegetable granules/powder 1 tsp

Crushed black pepper 1 tsp

Cognac 1 tsp

Flat leaf parsley finely chopped

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