

CNM  COLLEGE OF
NATUROPATHIC
MEDICINE

A Natural Chef Christmas

*Delicious and
nutritious recipes
for the festive season*



CNM 
The Natural Chef

CNM are very proud to present this delightful selection of recipes by CNM graduates (*where individually credited*) and also courtesy of the ICSA-Accredited CNM Natural Chef kitchen.

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CNM recommends the use of organic ingredients

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*Gingerbread
Pancakes
with Coconut
Yoghurt &
Mulled Fruit
Compote*



By Francesca Klottrup

“Looking for a colourful way to celebrate Christmas morning? CNM thinks that you’ll love this gluten-free, dairy-free, vegan pancake recipe.”

Ingredients *serves 4*

Pancake - dry

- 225g buckwheat flour
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- Pinch ground nutmeg
- 1 tsp baking powder
- Pinch baking soda
- Pinch of sea salt

Pancake - wet

- 1 flax egg (1 tbsp flaxseed meal or ground raw flaxseed with 3 tbsp water)
- 300ml non-sweetened dairy-free milk (oat or coconut works well)
- 4 tbsp black treacle
- 3 tbsp coconut oil, melted

Compote

- 450g mixed red & black fruit, e.g. blueberries, raspberries, blackberries, red currants, plums, cherries*
- 1 Granny Smith apple
- 1 cinnamon stick
- 2 star anise
- 1 inch of fresh ginger, sliced in half
- 4 cardamom pods, crushed
- 2 cloves
- Juice of 2 large oranges, peel the zest into strips from one
- Zest of ½ lemon
- 4 tbsp tart apple juice, cold pressed

**You can use frozen fruit. If you do, it’s best to thaw at room temperature first and drain off the excess liquid*

Garnish

- Coconut yoghurt
- Fresh Mint

Method

Make the compote

1. Place the cinnamon, star anise, cardamom, cloves, ginger, orange and apple juice in a small saucepan. Add a splash of water and gently heat to a simmer to allow the flavours to infuse.
2. Quarter and core the apple and slice the quarters. Add the apple, berries and zests into the pan, put a lid on and continue to simmer gently, letting the fruit break down and the mix to thicken, approximately 15-20 minutes. (Stir regularly to prevent the fruit catching. Add a little water if too much liquid evaporates away).
3. Remove the spices and strips of zest, taste and add a squeeze of lemon juice if too sweet.
4. If you’re not using the compote straight away, allow to cool and store in an airtight container in the fridge for up to a week. For best results make the day before to let the flavours intensify.

Make the pancakes

1. Make the flax egg: whisk the flaxseed and water thoroughly and leave to thicken for 5 minutes.
2. Beat the wet ingredients (including the flax egg) together in a small bowl.
3. Mix all the dry ingredients together in a large bowl. Create a well in the middle and beat in half the wet ingredients to create a smooth thick batter. Whisk in the remaining wet ingredients until just combined (this encourages a lighter pancake).
4. Leave the batter for 15 – 30 minutes so the raising agents can create air pockets.
5. Heat a large frying pan on medium heat and add enough coconut oil to cover the base of the pan lightly. Pour a small ladle’s worth of batter into the centre of the pan and lift the pan in a circular motion to spread the batter and flatten into a round pancake.
6. When bubbles start to appear and the edge of the batter has set, flip the pancake over. Cook for another minute for the underneath to turn golden brown. Transfer to a baking tray and keep warm in a cool oven (140°C/275°F/Gas Mark 1) whilst you continue to cook the remaining batter.



*Huevos
Rancheros*

By Xochi Balfour

“This is one of my all-time favourite breakfasts. Creamy avocado perfectly sets off the spicy beans, and plenty of parsley and coriander, both known to support the liver’s detoxification process. Plus they give you a good dose of vitamin C.”

Ingredients *serves 4*

- 4 eggs

For the Avocado

- 1 ripe avocado, diced
- Handful of fresh coriander leaves & extra to garnish
- Handful of fresh parsley leaves & extra to garnish
- Juice of ½ lime
- Drizzle of olive or hemp oil
- Salt & freshly ground pepper to taste

For the Beans

- 1 large onion, finely chopped
- 1 large garlic clove, finely chopped
- 1 tbsp olive or coconut oil
- 250g black beans, soaked overnight in water, then boiled until tender
- ½ tsp smoked paprika, or to taste
- 1 tsp ground cumin
- 1 x 400g fresh chopped tomatoes
- ¼ tsp ground cinnamon
- ¼ tsp cayenne pepper
- Salt and freshly ground black pepper

Method

1. First prepare the avocado; mix all of the ingredients together in a bowl, season to taste, cover and set aside while you prepare the beans.
2. Heat the oil in a large frying pan over a medium heat and sauté the onion and garlic until soft and golden. Add all the remaining ingredients and simmer for 5-10 minutes, or until the tomatoes have reduced to a nice thick consistency. Make four round spaces in the pan and crack an egg into each one. Continue to cook for 3-4 minutes, until the whites are firm.
3. Remove from the heat and divide between four plates. Top with the avocado mixture and season again with salt and pepper. Scatter with coriander and parsley leaves and serve immediately.

Allergens: Eggs

Notes

Omit black beans if you’re prone to gas and bloating.

Recipe from *The Naturalista: Nourishing recipes to live well*
Photography by Rahel Weiss





*Fennel Salad
with Onion &
Orange Caviar
Explosion*

“A vibrant, zingy, dish which will certainly get the appetite going, this visually inviting starter is bursting with mouth-watering orange and fennel flavours, beautifully complemented by the sharpness of the onion and the salty goodness of olives and capers.”

Ingredients serves 4

- 2 fennel bulbs with tops, sliced
- 2 oranges, segmented
- 2 blood oranges, segmented
- 24 kalamata or black olives, sliced 16-24 capers
- 1 red onion, sliced

Dressing

- 16 tbsp Italian olive oil
- 1 orange, juiced
- 1 blood orange, juiced
- 4 tbsp apple cider vinegar

Caviar

- 1 cup chilled vegetable oil (e.g. olive oil, grapeseed oil)
- 2 oranges, juiced
- 1 blood orange, juiced
- 1/2 tsp agar agar powder

Method

Make the orange caviar first

1. Pour the cup of vegetable oil into a wide-mouth glass bowl and refrigerate until well chilled (around 1 hr or so)
2. In the meantime, juice the oranges, strain the juice through a sieve into a bowl, add the agar agar powder into the juice and whisk until well dissolved.
3. Pour the orange juice/agar agar mixture into a squeeze bottle with a narrow spout.
4. Take the well-chilled oil out of the fridge and dribble tiny drops of the orange/agar agar mixture out of the squeeze bottle into the oil. The drops should solidify turning into small bright yellow-orange “pearls” resembling caviar. Once finished, pour the oil through a clean sieve catching the solid ‘caviar’ into the sieve. Allow to drain, resting the sieve with the ‘caviar’ pearls on some absorbent kitchen paper to remove as much excess oil as possible.

While the ‘caviar’ is draining, make the dressing

Add all the dressing ingredients into a bottle, cap and shake to blend well.

Assemble the main dish

Thinly slice the fennel (saving some of the feathery tops to one side), slice the onion, roughly chop or slice the olives, and peel and segment the oranges.

Arrange the sliced vegetables and orange segments on plates, sprinkle with olives and capers, decorate with the feathery fennel tops drizzle with the dressing and top with the orange ‘caviar’.

Notes

To reduce wastage you can utilise the oil you used to make the ‘caviar’ for the dressing.

If you want more visual appeal, you can peel the thin papery skin off the orange segments – this is time consuming!



*Roasted
Beetroot
Soup with
Rosemary
Walnut
Croutons*

“This rich and creamy soup is sweet with roasted beets and velvety coconut milk. To add a little texture, the dish is finished with crunchy walnut and chia croutons, seasoned with a little rosemary and sea salt.”

This vibrant soup is a hearty and warming addition to your lunch and beetroot is brilliant for getting your blood pressure down, perfect with the stresses of the holiday season. This will keep both your body and your tastebuds happy.

Ingredients serves 4

For the soup

- 500g beetroot
- 1 tbsp coconut oil
- 1 red onion
- 2 garlic cloves
- 500ml vegetable stock, warmed
- 1 sprig fresh rosemary
- 1 tbsp freshly grated ginger
- 400ml coconut milk
- Sea salt and freshly ground black pepper

For the walnut croutons

- 50g walnuts
- 1 tsp chia seeds
- 2 tsp chopped fresh rosemary
- 1 tsp melted coconut oil
- ¼ tsp sea salt

Method

Prep time: 15 minutes

Cook time: 45 minutes

1. Preheat the oven to 200°C/400°F/Gas Mark 6. Place a roasting tin the oven to heat up.
2. Peel the beetroot and cut into 4cm chunks. Add the coconut oil to the preheated roasting tin. Fold the beetroot through the oil till it's well coated. Season well. Place in the oven to roast for 25 minutes.
3. Finely chop the onion and fold it through the beetroot after the initial 25 minutes' cooking. Roast the beetroot and onion for 20 minutes or until both are tender and a little golden round the edges.
4. Finely chop the garlic. Warm the stock. Strip the leaves from the rosemary and finely chop. Add them and the freshly grated ginger to the garlic. Have your coconut milk at the ready and a blender for the soup out and prepared.
5. For the croutons, add all the ingredients to a small mixing bowl and stir together well to combine, ensuring the walnuts get evenly coated in the seasonings and seeds.
6. Line a shallow oven tray with baking paper. Tip the nuts out onto the oven tray and spread the mixture evenly.
7. Once the beetroot is cooked, remove from the oven and set aside. Reduce the oven to 160°C/Gas Mark 3.
8. Transfer the walnuts to the oven to bake for 15 minutes, turning halfway through. Set aside to cool completely.
9. Place the cooked beetroot and onion in a blender with the garlic, rosemary, ginger and coconut milk (reserving 2-3 tbsp to finish each bowl of soup).
10. Start to blend until smooth. Then feed the warm stock in, little by little, until the soup is as thin or as thick as you like.
11. Divide the soup between bowls or decant into a container once cooled and store in the fridge for up to 3 days or the freezer for up to 3 months.
12. Scatter with walnut crotons to serve and an extra drizzle of coconut milk if desired.

Allergens: Nuts (walnuts)



*Cauliflower
Soup with
Cumin
Toasted
Cauliflower
& Crispy
Chickpeas*



By Francesca Klottrup

“Bursting with rich, exotic flavours, this hearty soup is a feast for the eyes as well as the palate. Garnished with vivid herbs, the sustaining plant protein from the chickpeas and the complex high-fibre cauliflower carbs blend beautifully with the good fats and oils which add their heart-health value to the mix for a satisfying and nutritious offering.”

Photography Juliet Klottrup

Ingredients *serves 4*

Soup

- 2 whole cauliflowers, outer leaves trimmed
- 30g coconut oil
- 250g potato (suitable for mashing, e.g. King Edward, Maris Piper), peeled and diced.
- 1.2lt vegetable stock
- 400ml full fat coconut milk
- 100ml coconut cream
- 2 tbsp ground cumin
- Juice of 1 lemon
- 2 onions, finely sliced
- 1 large bay leaf
- 1 large garlic clove, crushed
- Sea salt
- Cracked black pepper

Garnish

- 1 small cauliflower head, outer leaves trimmed
- 1 ½ tbsp cumin seeds
- 240g pre-cooked chickpeas
- 1 tbsp ground coriander
- 1 tbsp curry powder (medium or hot heat)
- 3 tbsp coconut oil for greasing the baking trays (approx.)
- 40g fresh coriander
- 150-200ml cold pressed extra virgin olive oil

Extra topping

Dukkah, za'atar & sesame seeds, plus micro coriander and purple shiso

Method

First, make the garnish

1. Pre-heat the oven to 200°C/400°F/Gas 6. Lightly oil two baking trays and put back in the oven to heat up.
2. Cut the single cauliflower into small florets. Place onto one pre-heated baking tray, seasoning generously and coating in cumin seeds. Bake for 15 minutes until cooked through and the edges turn lightly crisp (ensure they don't burn). Once cooked transfer onto a plate.
3. Meanwhile, dry the chickpeas with some kitchen towel. Place the chickpeas in a bowl, season and add the curry powder and ground coriander, generously coating the chickpeas.
4. Place the chickpeas onto the second oven tray and bake for 30 minutes (stirring from time to time) until golden and crisp. When finished, allow to cool and transfer into a bowl.
5. To make the coriander oil, place the coriander and a generous pinch of salt into a blender (the salt helps to maintain the green colour). Add half of the 150ml oil, blend to combine the herb and oil. Then add the other half (you may need extra oil) and blend on high speed for 30 seconds until a smooth vivid green oil is made. Decant into a glass jar – this can be kept refrigerated for 3-4 days.

Second, make the soup

1. Melt the coconut butter in a large heavy based saucepan.
2. Sweat the onions until soft and translucent (add a splash of water if the onions look like they're starting to catch). Add the garlic and fry for a further minute. Then add the cumin, bay leaf and potato. Season and stir to coat the ingredients in the cumin.
3. Add the vegetable stock and coconut milk. Bring to the boil, turn down the heat and simmer for 10 minutes.
4. Cut the cauliflowers into equal sized florets and add to the soup pan.
5. Simmer for a further 10-15 minutes.
6. Allow the soup to cool for 5-10 minutes before transferring to a blender.
7. Blend the mix in batches and decant into a clean pan. Taste and adjust the seasoning (you may want to add the lemon juice to brighten the taste, or a pinch of curry powder to heat up the spicing). Add half the coconut cream, saving the rest for garnish.

To serve

Re-heat the soup, pour into soup bowls, drizzle first some coconut cream around the top, then follow with the coriander oil. Top with a handful of the toasted cauliflower and chickpeas. Here you can add some additional dukkah mixed with a pinch of za'atar, and garnish with micro coriander and purple shiso leaves for an extra-impressive finish.

Allergens: sesame seeds



*Spicy Sweet
Potato &
Shiitake
Sliders*



“Spicy vegan sliders made from vibrant, orange-fleshed sweet potatoes, high in beta carotene the precursor to vitamin A, used by the body for healthy skin, eyes and mucous membranes which support the immune system.”

Mixed with vitamin D-rich shiitake mushrooms to give you a winter boost in the absence of the sun. The sliders cradled in a crisp lettuce bun and finished with a stunning smoky sauce making them moreish, indulgent and wonderfully nourishing. They make a great starter over the festive season.

Ingredients serves 12

For the patties

- 2 large (or 500g) sweet potatoes, peeled and diced into 4cm chunks
- 2 tbsp coconut oil
- 1 small or ½ large red onion
- 15g dried shiitake mushrooms
- 1 garlic clove
- Zest of 1 lemon
- 1 tbsp tahini
- ½ tsp chilli powder
- 1 tsp smoked paprika
- 1 tsp dried oregano or 1 tablespoon fresh oregano
- 1 tsp ground cumin
- Pinch of sea salt and black pepper

For the dressing

- 4 tbsp coconut milk yoghurt
- 1 tsp smoked paprika
- 1 tsp freshly squeezed lemon juice
- Pinch of sea salt and black pepper

Method

Prep time: 15 minutes

Cook time: 45 minutes

To serve

- 100g kimchi
 - A few pinches of micro herbs or sprouts
 - 12 firm, crunchy winter lettuce leaves like radicchio or chicory leaves, or use baby gem lettuce leaves
1. Preheat your oven to 200°C/400°F/Gas Mark 6. Place a roasting tin in the oven to heat up.
 2. Peel and dice the sweet potato. Add 1 tbsp coconut oil to the warm roasting tin. Add the sweet potato and a pinch of salt and pepper. Fold through the oil. Place in the oven and roast for 20 minutes.
 3. While they cook, finely dice the onion. Fold the onion through the roasting sweet potato once it has cooked for 20 minutes and return to the oven to cook until the onion is tender, about 10 minutes (so total sweet potato cooking time is approx. 30 minutes).
 4. While they both cook, place the shiitake mushrooms in a heat proof dish and pour enough boiling water over to just cover. Let them steep 10 minutes or until soft enough to finely chop – discard the mushroom soaking water or save to use in a soup – it makes a great stock base.

5. Finely chop the garlic and add to a large bowl with the lemon zest and all the remaining slider ingredients. Once the sweet potato and onion are cooked, add them and the drained/chopped mushrooms. Mash the potato and mix everything together to form a solid mash that you can then divide into rounded 1 tablespoon balls (about the size of a walnut).
6. Keep the oven on at 200°C/400°F/Gas Mark 6 and place a baking tray in the oven to heat up. Place the slider ‘balls’ into the freezer for 10 minutes to firm up as the baking tray heats – the contrast of cold and hot will help give the sliders a nice crust.
7. Once the sliders have chilled for 10 minutes, get your warmed baking tray out of the oven and place 1 tbsp coconut oil on it and move it around the tray until it has melted. Place the sliders on the tray and gently roll them through the oil. Arrange evenly spaced on the tray and press each one down a little to form a little mini burger. Roast for 15 minutes or until golden.
8. Mix the sauce ingredients together and season to taste. Arrange the lettuce leaves on a tray. Add a spoon of sauce to each lettuce leaf. Dot each slider with a spoon of kimchi. Finish with a pinch of micro herbs or sprouts.

Allergens: Sesame (tahini)



*Red Onion
& Beetroot
Tarte Tatin*

“A vegan and gluten free tarte tatin filled with sweet caramelised onions and beetroot, baked in a crumbly buckwheat and almond pastry.”

Beetroot is a great source of fibre, which is important for bowel health and onions contain prebiotic fibres, which contribute to a healthy microbiome. Beetroot also contains folate (B9) which is vital in fertility. Almonds contain magnesium, which is used in thousands of reactions within the body including nerve and muscle function.

Perfect either as a starter or main course served with salad or seasonal vegetables.

Ingredients *serves 4*

For the pastry

- 150g buckwheat flour
- 100g ground almonds
- 1 tbsp arrowroot powder
- 1 tbsp ground flaxseed
- 100g coconut oil, softened
- 4-6 tbsp of cold water
- Sea salt and black pepper to taste

For the filling

- 500g beetroot
- 1 large or 2 small red onions
- 2 tbsp coconut oil
- 2 garlic cloves, thinly sliced
- 1 tbsp apple cider vinegar
- 1 tbsp maple syrup
- 1 tbsp fresh thyme leaves
- Sea salt and black pepper to taste

Method

Prep time: 20 minutes

Cook time: 1 hour

1. To prepare the pastry, add the buckwheat flour, ground almonds, arrowroot powder, flaxseed, salt and pepper to a mixing bowl. Stir together well.
2. Add the coconut oil and rub into the dough until well combined.
3. Add the water a little at a time, bringing the mixture together with your hands to form a dough. Add a little extra water if the mixture feels too dry. Wrap in silicone free baking paper and refrigerate whilst you prepare the filling.
4. Preheat the oven to 200°C/400°F/Gas Mark 6.
5. Add the beetroot to a pan of boiling water. Reduce to a simmer and cook for 30 minutes until tender. Rinse under cold water and set aside until cool enough to handle.
6. Trim the tops and tips from the beetroot and peel the skin away.
7. Slice each beetroot into 3cm-thick wedges. Peel the onions and slice into similar-sized wedges so that they are roughly the same as the beetroot.
8. Set a large, oven-proof frying pan over medium heat. Add the coconut oil. Fold in the onion and beetroot and cook for 5-10 minutes, or until the beetroot and onion have softened and picked up a little bit of colour.
9. Fold the garlic and half of the thyme through. Cook for a minute more to soften the garlic.
10. Add the vinegar and maple syrup. Bring to a bubble. Season with salt and pepper and stir gently, turning the vegetables in the pan.
11. Allow the mixture to bubble for a few minutes until thickened and reduced to a syrup and the vegetables are starting to caramelize. Make sure the vegetables are packed together in an even layer with a slight gap around the edges of the pan. Set to one side to cool.
12. Roll the pastry out onto a buckwheat-floured surface - about a 3/4 cm thick.
13. Carefully flip or slide the pastry on top of the caramelised vegetables, tucking the pastry edges in at the sides, encasing the vegetables. Do not worry if the pastry tears, simply press it back together.
14. Transfer to the oven and bake for 30 minutes or until the pastry is crisp, golden and the vegetables caramelised.
15. Allow to cool in the pan then place a plate over the pastry and carefully flip the Tarte Tatin over to serve.

Allergens: Nuts (almonds)



*Kale &
Chestnut
Mini Pies*

“Delicious creamy pies packed full of seasonal vegetables in a rich and cheesy cashew nut sauce, baked until golden and finished with a crunchy crumble topping.”

Leeks are a particularly good source of prebiotic fibres which help feed the beneficial bacteria in our gut and support a healthy digestive system. Mushrooms are known for their immune modulating and anti-tumour properties. Nutritional yeast, high in protein, not only imparts a rich ‘cheesy’ flavour, it offers a varied range of micronutrients (beta-glucans, glutathione, iron, B vitamins, etc.) which support immune system function and have antiviral and antimicrobial properties. These pies are a great winter warmer served with a side of steamed vegetables or just as they are!

Ingredients serves 6

For the crumble topping

- 125g cashews
- 75g ground almonds
- 1 tbsp nutritional yeast
- 2 tbsp coconut oil
- Sea salt and black pepper to taste

For the filling

- 200g chestnut mushrooms
- 2 leeks
- 4 garlic cloves
- 100g kale
- 1 tbsp coconut oil
- 180g vac-packed or freshly cooked and shelled chestnuts
- 1 tbsp apple cider vinegar
- ½ tsp mustard powder
- A pinch of chilli powder
- A pinch of ground nutmeg
- Sea salt and black pepper to taste

For the cashew cheese sauce

- 150g cashew nuts, soaked overnight, water discarded
- 1 tbsp lemon juice
- 500ml vegetable stock
- Sea salt and black pepper to taste

Method

Prep time: 20 minutes

Cook time 40 minutes

1. Preheat the oven to 180°C/350°F/ Gas Mark 4.
2. Start by preparing the crumble topping. Add the cashew nuts to a food processor and pulse to form a chunky crumb. Transfer to a mixing bowl along with the ground almonds, nutritional yeast, salt and pepper. Stir to combine.
3. Add the coconut oil and use your hands to rub into the ground nuts to form a crumble consistency. Set to one side.
4. To prepare the filling, thinly slice the mushrooms. Wash and thinly slice the leeks. Peel and finely chop the garlic. Strip the kale leaves from the stalks and roughly chop the leaves; discard the stalks (or save for another use – they’re great juiced with apples and ginger!).
5. Set a large frying pan over medium heat. Add the coconut oil. Fold in the mushrooms, leeks, and garlic and sweat for a few minutes until tender and fragrant.
6. Whilst the vegetables are cooking, add all the sauce ingredients to a blender and process until smooth and creamy.

7. Add the kale to the pan with the vegetables, stir and cook until just wilted.
8. Add the cashew sauce to the pan and stir through the vegetables. Crumble the chestnuts in and season the mixture with the vinegar, mustard powder, chilli powder and ground nutmeg. Taste and adjust seasoning as needed.
9. Divide the vegetables and sauce between six ramekins.
10. Sprinkle an even layer of the crumble over the top of each pie.
11. Transfer to middle of the oven to bake for 20 minutes until the tops are golden and the filling is bubbling and piping hot through.

Allergens: Nuts (cashew nuts, almonds), Mustard.



*Wild
Mushroom
Ragoût*



By Francesca Klottrup

“The powerful immune-supportive benefits of mushrooms have been recognised in traditional herbal medicine for centuries.”

Sage is antiseptic and astringent, ideal for blocked sinuses. Lemon thyme is an expectorant, perfect for respiratory discomfort. The allicin in garlic fights infection and is also a natural decongestant.

Ingredients *serves 2*

- 375g Portobello/field mushrooms, cleaned and sliced
- 150g wild mushrooms, cleaned and left whole (cut any particularly large ones in half)
- 30g dried wild mushrooms – rehydrated in 250ml hot water
- 5 tbsp extra virgin olive oil
- 1 large onion
- 1 tsp chopped lemon thyme
- 1 chopped sage leaf
- ¼ tsp chilli flakes
- ½ tbsp tomato puree
- 3 small ripe tomatoes, peeled, seeded and chopped
- ½ tbsp gluten-free flour
- 1 clove of garlic, crushed
- 50g flat leaf parsley, chopped
- Squeeze of lemon juice
- Sea salt and black pepper to taste

Method

1. To prepare the tomatoes, score the tops with a cross and dunk into a bowl of hot water. Leave for 30 seconds, remove and dunk into a bowl of cold water, leaving for a minute. Using the edge of the crosses, peel the skin away. Then quarter the tomatoes and scoop out the seeds.
2. Clean the mushrooms using a pastry brush, keeping the Portobellos separate.
3. In a wide frying pan heat 2 tbsp of olive oil over a medium-high heat. Sauté the onions until brown and softened. Remove from the pan and set aside.
4. In the same pan, heat another 1 tbsp of olive oil and cook the Portobellos until golden in colour.
5. Lower the heat, add the sage, thyme, chilli flakes, tomato puree, tomatoes, rehydrated wild mushrooms (save the liquid), salt and pepper, give everything a stir and cook for a couple of minutes to allow the flavours to infuse.
6. Add the flour by sprinkling uniformly across the pan, stirring for a few minutes to evenly incorporate and to cook the flour. Add back in the onions.
7. Pour in half the dried mushroom liquid and keep stirring to encourage the flour to thicken the liquid evenly. Once thickened, gradually add in the remaining mushroom

liquid slowly and cook for 2 minutes until the sauce has a gravy-like consistency. Add water to thin the sauce if desired.

8. Taste and adjust the seasoning, it may need a squeeze of lemon juice to lift the flavour. At this point the ragoût can be cooled for re-heating later or freezing.
9. Just before serving, heat 2 tbsp of olive oil in a small frying pan on a moderate heat and add the wild mushrooms, season and sauté for 2 minutes until they begin to colour. Add the garlic and parsley, cook for a further minute, stirring. Add the wild mushrooms to the base sauce, transfer to a warm serving bowl and serve.

Serving suggestion: warm polenta (as per photo) or wild rice and steamed greens.



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*Stuffed
Butternut
Squash with
Dukkah
Crumble*

“Butternut squash is perfect for winter indulgence as it’s a rich source of beta carotene, which is converted into vitamin A in the body.”

Vitamin A helps regulate your immune system and fight infection. It’s also anti-inflammatory, so it offers balance to the many foods consumed over the holiday season which have the exact opposite effect on the body. Served with a side of steamed kale, it’s the perfect festive meal and a great vegan main course.

Ingredients serves 4

- 1 butternut squash
- 1 tbsp coconut oil
- 1 red onion, finely diced
- 2 garlic cloves
- 100ml vegetable stock
- 3 tbsp dried cranberries
- 1 tbsp fresh thyme leaves
- Sea salt and freshly ground black pepper

For the dukka crumb topping

- 3 tbsp gluten-free oats
- 2 tbsp dukkah (or a mix of cumin seeds, coriander seeds, fennel seeds and sesame seeds or hazelnuts)
- 1 tsp coconut oil
- Sea salt and freshly ground black pepper

Method

Prep time: 15 minutes

Cook time: 1 hour

1. Preheat the oven to 200°C/400°F/Gas Mark 6.
2. Cut the squash lengthwise. Rub with some of the coconut oil. Season with salt and pepper. Place face down on a shallow roasting tray. Roast for 45 minutes or until tender.
3. While the squash is cooking you can make the dukkah crumb. Spoon the oats into a food processor and pulse until broken down to a large crumb consistency. Add the dukkah and pulse a few times to mix them through the oats, and to break the seeded mix up a bit.
4. Transfer to a bowl. Season with salt and pepper. Add the coconut oil and rub the oats and dukka into the oil with your fingertips to form a crumble consistency. Reserve to one side.
5. When the squash is tender, remove from the oven and turn over, allow to cool slightly. Leave the oven on.
6. While the squash cools, you can start to prepare the stuffing. Finely dice the onion. Peel and finely chop the garlic. Set a large frying pan over medium heat. Add the remaining coconut oil. Add the onion to the pan and cook until soft – around 2-3 minutes.
7. Add the garlic and thyme and continue to cook for a further 2-3 minutes to soften the garlic.
8. While the garlic cooks, scoop out some of the flesh from the ‘neck’ of the squash halves. You want a generous cupful in total.
9. Add the squash flesh to the pan with the onion, garlic and herbs and break down with a spoon.
10. Add the broth/water to the pan along with the cranberries.
11. Season generously with salt and pepper and stir well to combine.
12. Allow the mixture to continue cooking until all the liquid has evaporated.
13. Dividing the mixture equally, spoon the stuffing back into the squash halves.
14. Sprinkle the dukkah crumb topping over the stuffed squash and return to the oven to bake for a further 15 minutes until the squash is soft through and piping hot, and the crumble is turning golden brown.

Allergens: Sesame seeds or nuts in the dukkah (check label), also check label on stock if using stock cubes or premade stock (some brands contain soy and/or lactose)



*Root
Vegetable
Bake*



By Kelly Little

“This dish can be served as a main meal for 2 with a side of salad or green vegetables; it also makes a delicious accompaniment with a roast dinner.”

Ingredients *serves 2: main or 4: side dish*

- 50g mild coconut oil
- 50g brown rice flour
- 500ml almond milk
- 1 small swede (approx. 325g)
- 1 large (or 2 small) sweet potatoes (approx. 325g)
- 2-3 parsnips (approx. 350g)
- 2 tbsp nutritional yeast
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- 1 tsp fresh thyme leaves
- Salt and pepper to taste

Method

Utensils required:

1 rectangular baking dish (2 litre capacity)

1. Preheat the oven to 180°/370°F/ Gas 5.
2. Peel the swede, sweet potatoes and parsnips. Chop approximately 3 cm off the thin end of the parsnips and set aside for later.
3. Cut the swede into quarters and then slice each quarter into even slices, about ½ cm thick.
4. Slice the sweet potatoes and parsnips into similar thickness slices.
5. Layer the vegetables into the baking dish and set aside.
6. To make the sauce, melt the coconut oil in a saucepan over a low heat and add the brown rice flour, stirring all the time. Cook through for about 5 minutes.
7. Slowly add the almond milk, stirring constantly, ensuring that no lumps form. Continue until all the almond milk has been added.
8. Bring to a simmer over a low heat, still stirring, and cook for a further 15 minutes until thickened.
9. Remove from the heat and add the

nutritional yeast, Dijon mustard, lemon juice and thyme leaves and stir to combine well.

10. Taste and season as necessary with salt and pepper.
11. Pour the sauce over the layered root vegetables.
12. Grate the remaining parsnip ends, sprinkle over the dish and cover with foil.
13. Bake in the oven for 35-40 minutes until the vegetables are soft when tested with a small knife.
14. Remove the foil cover and bake for a further 10 minutes to brown the top before serving.

Note: to avoid aluminium foil you can instead use an ovenproof dish with a lid (like a Dutch oven) to bake this dish in.

Allergens: Almonds (nuts), mustard

Photography Kelly Little





*Warm Red
Cabbage &
Apple Salad*



“Vibrant red cabbage is fabulous – both in this eye-catching salad and for your health, as its packed full of anthocyanins, antioxidants renowned for their anti-inflammatory properties.”

Cabbage is member of the brassicas, the cruciferous vegetables which support liver and hormone health. Topped with crunchie toasted walnuts and a tangy tahini dressing, this warm winter salad is full of the colours and flavours of the season.

Ingredients serves 4

For the salad

- 1 tbsp coconut oil
- 1 tsp cumin seeds
- 1 small or ½ large red onion, thinly sliced
- ½ large red cabbage, thinly sliced
- 1 tsp ground coriander
- 1 tsp ground cinnamon
- 1 tbsp apple cider vinegar
- 50g walnuts
- Seeds from 1 pomegranate
- A handful of seasonal herbs to finish, e.g. parsley and dill
- Pinch of sea salt

For the dressing

- 1 tbsp of tahini
- 1 tbsp walnut or olive oil
- 1 tsp maple syrup
- 1 tbsp of water
- 1 tbsp lemon juice
- 1 clove of garlic, finely minced
- Pinch of sea salt

Method

Prep time: 10 minutes

Cook time: 10 minutes

1. Heat the coconut oil in a large frying pan over a low/medium heat. Add the cumin seeds and onion and cook gently for 2-3 minutes until tender and fragrant.
2. Add the cabbage, ground coriander and cinnamon. Season with salt to taste and add the apple cider vinegar. Stir well to combine and cook over a medium heat for 7-10 minutes or until the cabbage is tender.
3. Whilst the cabbage is cooking, whisk together all the dressing ingredients until smooth.
4. Add the walnuts to a small frying pan over a low/medium heat and toast gently for 3-4 minutes until warm and golden.
5. Spoon the warm cabbage into a serving dish. Drizzle the dressing over and finish with the toasted walnuts, pomegranate seeds and seasonal herbs.

Allergens: Nuts (walnuts, sesame)





*Stuffed
Red
Onions*

“Sweet baked onions are stuffed with tender, vivid, orange squash which is rich in carotenoids with antioxidant properties.”

The addition of mushrooms gives the dish a boost with beta glucans, which support the immune system. This recipe makes a great starter, side or main accompanied by a winter salad or a medley of green vegetables.

Ingredients *serves 4*

- 2 large red onions
- 1 tsp olive oil
- 1 sweet potato
- 2 large chestnut mushrooms
- 1 tbsp coconut oil
- 1 garlic clove
- 1 rosemary sprig
- 2 tbsp hazelnuts
- 1 tbsp dried, unsulphured apricots
- 1 orange
- A generous pinch of sea salt and black pepper
- A handful of fresh parsley, to serve

Method

Prep time: 15 minutes

Cook time: 45 minutes

1. Preheat the oven to 190°C/375°F/Gas Mark 5.
2. Carefully slice a thin layer from the tops and tips of each onion, peel away the papery outer skin and discard.
3. Slice each onion in half across the centre. Gently push up from the trimmed base of each onion, pushing out the middle layers so that the centres are hollow and you have only two outer layers of each onion remaining. Slice a piece from each of the removed onion centres to cover any holes in the base of your hollowed onions. You should now have four onion ‘cups’.
4. Arrange the onion cups across a shallow oven tray and drizzle with the olive oil. Transfer to the oven for 15 minutes so that they begin to soften.
5. Take the centre layers from one of the hollowed onion halves and finely dice. Peel and finely dice the sweet potato. Thinly slice the mushrooms. Strip the rosemary leaves and finely chop (discard the stem). Roughly chop the hazelnuts. Finely chop the dried apricot. Zest and juice your orange.
6. Set a large frying pan over medium heat. Add the coconut oil in a frying pan over a medium heat. Add the diced onion, squash and mushrooms. Season with salt and pepper and stir well to combine. Sweat for 10 minutes until just tender.
7. Add the garlic, rosemary, hazelnuts and dried apricots. Cook 1-2 more minutes. Add the zest and juice from the orange. Let it cook a further 1-2 minutes.
8. Keeping the onions on the tray, divide the stuffing mixture evenly between each.
9. Return to the oven to bake for a further 15-18 minutes until the onion is tender and the stuffing is piping hot through.
10. Finely chop the parsley and dust over the top, along with a finishing drizzle of olive oil, before serving.

Allergens: Nuts (hazelnuts)





*Rosemary
& Garlic
Roasted
Potatoes*



By Francesca Klottrup

“Making ahead? Potatoes can be peeled and sliced a couple of days ahead of time and stored in a pan of salted water (prevents discolouration). Alternatively, blanch the potatoes in the morning and keep to one side until ready for roasting.”

Ingredients *serves 6*

- 1.5 kg small even sized organic floury potatoes Maris Piper, Désirée or King Edwards
- Groundnut oil
- 2-3 fresh rosemary sprigs
- 1 large bulk garlic, sliced in half horizontally

Method

1. Pre-heat oven 200°C/400°F/Gas 6
2. Peel and cut the potatoes into even sizes (aim for a size of a large egg, no smaller).
3. Par-boil the potatoes in boiling salted water for 10 minutes.
4. Drain the potatoes into a colander and vigorously shake to scuff the surfaces.
5. Leave to completely cool.
6. Pour a thin layer (1/4 cm) of oil onto a deep oven tray and heat in the oven until sizzling hot. Generously season the potatoes and add the hot oil. Turn (baste) the potatoes to ensure they are coated in oil.
7. Tuck the rosemary under the potatoes, and place the garlic halves cut side down into the tray.
8. Roast for 45 minutes or until the potatoes are golden and crisp, turning the potatoes again half way.

Recipe notes

Making ahead? Potatoes can be peeled and sliced a couple of days ahead of time and stored in a pan of salted water (prevents discolouration). Alternatively, blanch the potatoes in the morning and keep to one side until ready for roasting.

Photography Juliet Klottrup





*Winter
Wundergut
Slaw*

“Nutrient dense and bursting with flavour, this raw winter slaw recipe makes the most of seasonal vegetables such as carrots which are high in beta carotene the precursor to vitamin A, essential for normal growth, development and immune function.”

Seasonal juicy pears, high in antioxidants, and tart cranberries, renowned for their bladder supporting properties finish off the body of this slaw. Dressed in a vinaigrette, rich with heart healthy oils, digestion supporting apple cider vinegar, sweet maple syrup and aromatic fresh rosemary, this vibrant dish is perfect for the festive table or to accompany your favourite winter mains.

Ingredients serves 6

- 1 medium carrot, washed and sliced into matchstick-sized batons
- 1 small red chicory sliced into thin strips (tough ends and outer leaves removed)
- ½ red onion, thinly sliced
- 1 small pear, washed and sliced into matchstick-sized batons
- 200g sauerkraut (red cabbage is lovely for a more festive touch and higher in antioxidants)
- 2 tbsp dried cranberries
- 4 tbsp pumpkin seeds

For the slaw vinaigrette

- 1 tsp of apple cider vinegar
- 1 tsp walnut oil
- 1 tsp olive oil
- 1 tsp maple syrup
- 1 sprig fresh rosemary, leaves finely chopped
- Sea salt and black pepper to taste

Method

Prep time: 20 minutes

Cook time: 0 minutes

1. Add all the chopped vegetables, pear and sauerkraut (with some brine) to a large mixing bowl, along with the cranberries and pumpkin seeds (save a few back to garnish at the end). Toss well to combine.
2. Add all the vinaigrette ingredients to a small mixing bowl and stir well to combine.
3. Drizzle the vinaigrette over the slaw and use your hands to gently rub the dressing into the vegetable mix.
4. Set to one side for 10 minutes to stand and infuse before serving.
5. Finish with reserved cranberries and pumpkin seeds.

Allergens: nuts (walnuts)





*Mixed Berry,
Buckwheat &
Almond Tart*

“A sweet fruit tart packed with juicy frozen mixed berries in a crisp buckwheat and almond pastry, this delightful gluten-free dessert is rich in antioxidants, mood lifting fragrant spices and good fats and topped with the remaining pastry which can be cut or shaped in any artistic or seasonal decoration you wish.”

Ingredients serves 8

For the pastry

- 85g buckwheat flour
- 140g ground almonds
- 1 tbsp ground flaxseed
- 1 tbsp arrowroot powder
- 1 tsp ground cinnamon
- A pinch sea salt
- 75g coconut oil
- 3 tbsp water

For the filling

- 900g frozen berries, defrosted
- 1 tbsp arrowroot powder
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- 2 tsp vanilla extract or seeds from ½ vanilla pod
- 2 tbsp maple syrup

To serve

- Coconut or cashew cream (optional)

Method

Prep time: 20 minutes

Cook time: 40 minutes

1. Preheat the oven to 180°C/350°F/ Gas Mark 4.
2. To prepare the pastry, add the buckwheat flour, ground almonds, flaxseed, arrowroot, cinnamon and salt to a large mixing bowl. Mix well to combine.
3. Add the coconut oil to the mixing bowl and rub into the flours with your fingers to form a heavy crumb texture.
4. Add the filtered water a little at a time and bring together using your hands to form a dough.
5. Cover and refrigerate for 15 minutes to chill.
6. Whilst the dough is chilling, add the berries to a large bowl with the arrowroot powder, ginger, cinnamon and maple syrup. Stir well to combine and set aside until ready to use.
7. Remove the chilled pastry from the fridge and press into the base and edges of a large loose-bottomed tart tin. The tin used for this recipe measured 35 x 12.5cm (14x5in). The pastry should be of an even thickness on the base and sides - about 4mm. Reserve the remaining pastry to one side for your decorations.
8. Prick the pastry base with a fork and transfer to the oven for 10 minutes until lightly golden.
9. Stir the berries again, then spoon into the part-cooked pastry, tightly packing the fruit. Drizzle the juices from the fruit bowl over the top of the fruit but don't add them all if it's looking too wet.
10. Transfer to the oven and bake for 20 minutes until the fruit is tender and releasing their juices.
11. Whilst the tart is cooking, roll out the reserved dough to 3mm thick. Use your preferred cookie or pastry cutters to cut decorations from the rolled dough.
12. After 20 minutes, remove the tart from the oven and arrange the pastry decorations over the top of the fruit. Return to the oven for a further 10 minutes until the pastry is cooked through and golden brown and the fruit is bubbling.
13. Delicious with coconut or cashew cream to serve.

Allergens: Nuts (almonds)



*Warm
Almond &
Pistachio
Sponge with
Cardamom*



“A lovely warming sponge cake packed full of heart healthy nuts and topped with fragrant dried rose petals and a sweet citrus glaze.”

Almonds are a fantastic source of manganese, which helps with metabolising cholesterol and carbohydrates, magnesium (required for energy production and muscle and nerve function). Cardamom is a source of natural antioxidants, which have protective properties in the body and roses are good for the heart. The whole spice-laden cake is the perfect antidote to sugar-rich Christmas puddings. For added festive flair and heart health goodness, finish the cake with a sprinkling of pomegranate seeds and serve with a dollop of almond yogurt.

Ingredients *serves 6*

For the cake

- 100g gluten-free flour, plus 2-3 tbsp extra to dust the cake tin
- 150g ground almonds
- 100g pistachio kernels
- 2 tsp gluten-free baking powder
- 2 tbsp of ground cinnamon
- 1 tbsp ground cardamom
- 4 tbsp warm water
- 2 tbsp of ground linseed (flaxseed)
- 120g coconut sugar
- 120g coconut oil, plus 1 tbsp to oil the cake tin
- Zest of 1 lemon
- 2 tbsp rose water (optional)
- 1 tbsp vanilla extract
- 250ml rooibos tea or water
- Pinch of sea salt

To decorate

- 100ml maple syrup
- 3 tbsp freshly squeezed lemon juice
- 4 tbsp pistachio kernels, roughly chopped
- 1 tbsp dried rose petals (optional)

Method

Prep time: 15 minutes

Cook time: 45 minutes

1. Preheat the oven to 180°C/350°F/Gas Mark 4. Lightly oil a 7-inch cake tin and dust with flour – shake out any excess flour.
2. To prepare the cake batter, place the gluten-free flour and ground almonds into a large bowl.
3. Add the pistachios to a food processor and blitz to a heavy crumb consistency. Add the pistachio crumbs to the flour and almonds. Add the baking powder, cinnamon, cardamom and a pinch of salt. Mix together well to combine.
4. Add the ground flaxseed to a small bowl with the warm water. Stir together to combine and thicken, creating a flax ‘egg’. Set aside whilst you prepare the rest of the cake.
5. Cream the coconut oil and coconut sugar together in a mixing bowl or food processor. Add in the flax egg, vanilla extract, rose water and lemon juice. Mix together until smooth.
6. Slowly drizzle the rooibos tea or water into the wet ingredients a little at a time, stirring until smooth and well combined.

7. Add the wet ingredients into the dry ingredients and beat together well until smooth.
8. Spoon the cake batter into the lined cake tin and level with a spatula.
9. Transfer the cake to the oven for 35 minutes or until golden brown all over, cooked through and a skewer comes out clean.
10. Whilst the cake is baking, whisk together the maple syrup and lemon juice.
11. Once the cake is cooked but still warm, drizzle over the lemon juice and maple syrup mix then scatter over the crushed pistachios and rose petals. Serve warm.

Allergens: Nuts (almonds, pistachios)



*Stressless
Seedlip &
Chicory
Espresso
Martini*

“The Stressless Seedlip & Chicory Espresso Martini uses non-alcoholic Seedlip, a distilled herbal remedy.”

It not only has an amazing taste but, unlike alcohol, it does not promote sleeplessness, anxiety and/or depression. Chicory is a caffeine-free coffee substitute that can help reduce anxiety and stress, lower inflammation and contribute towards cardiovascular health.

Ingredients *serves 3*

For the pastry

- 135 ml Seedlip Spice 94 (distilled non-alcoholic spirit)
- 165 ml cold brew using chicory coffee
- Orange rind to decorate

Method

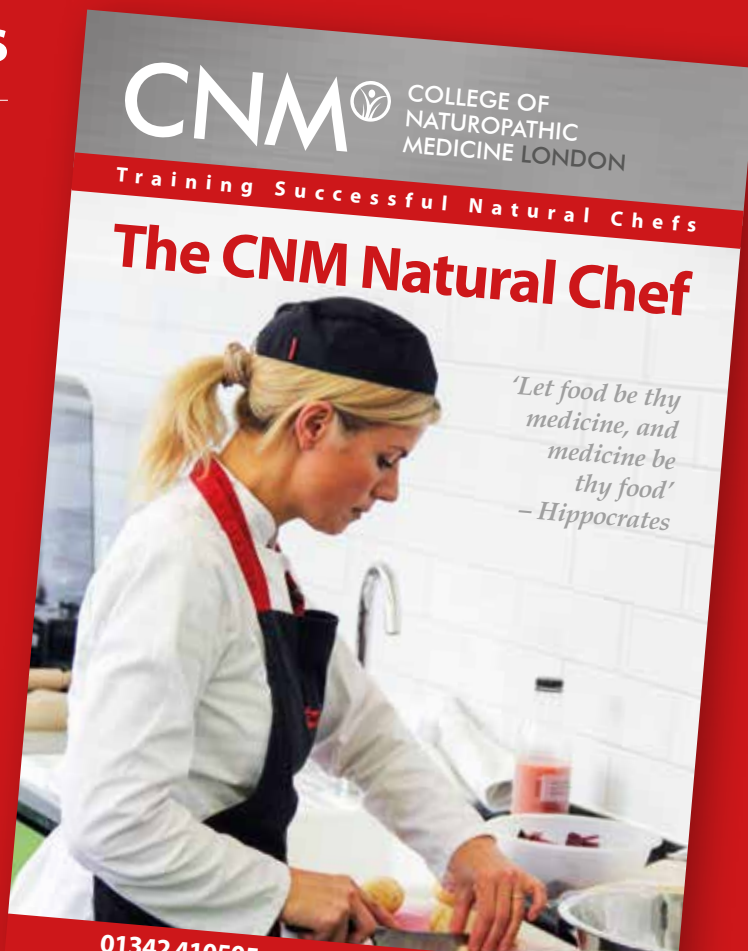
1. Place all the ingredients in the martini shaker.
2. Shake well for at least 30 seconds.
3. Strain and serve in a martini glass.
4. Garnish with orange.



*Wishing you a happy,
healthy, festive season and
a wonderful New Year!*

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