



THE MAIN COURSE

Nutmeg's Nut Roast

“What’s that noise?” said Tumtum, who was standing in the kitchen watching Nutmeg baste the nut roast. “Why, fancy that,” he exclaimed, hearing it once again. “It’s the sound of my tumtum growling!”

Ingredients:

- 2 tablespoons of olive oil
- 6 medium sized mushrooms, chopped
- 7 oz (200 g) finely chopped nuts
- salt and pepper to taste
- 12 fl oz (350 ml) vegetable stock (if you do not have vegetable stock, dissolve a stock cube in 12 fl oz of boiling water)
- 1 large onion, chopped
- 1 tbsp of plain flour
- 7 oz (200 g) breadcrumbs
- dash of Worcester sauce

You will also need:

- a saucepan
- a wooden spoon
- a floured work surface
- one roasting tray, well oiled
- oven gloves





Ask a grown-up to help you with this recipe.

Cooking Instructions:

1. Preheat the oven to 375 F (190 C or Gas Mark 5)
2. Fry the onion and mushrooms in oil for about five minutes until they have turned soft.
3. Sprinkle the tbsp of flour on top. Stir, then slowly add the vegetable stock, stirring all the time. Bring the mixture to the boil, then simmer for five minutes.
4. Stir in the nuts, breadcrumbs, Worcester sauce and salt and pepper.
5. Turn the mixture on to a floured surface and form it into a loaf shape with your hands.
6. Place the loaf in the roasting tray and place in the preheated oven for 35 – 45 minutes. At ten minute intervals, use the oven gloves to baste the roast, by spooning the juices from the roasting tray over it. You may need a grown-up to help you do this.
7. Remove from the oven using oven gloves, and serve immediately.

Nutmeg's Tip: *This is very filling, so serve it with a simple salad of lettuce and cucumber - and a dandelion leaf or two.*

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