



Our second ?Vegetarian Alphabet? recipe. This was quite a long process. But very tasty?.

Ingredients:-

100g Rosecoco Beans
2 Fresh Beetroots including their tops
2 Medium Potatoes
Bryndza Cheese (We made this ourselves ? Feta will replace this)
2 Small Onions
½ a Yellow and ½ a Red Pepper
Fresh Rosemary
Dried Rosemary
Mixed Herbs
2 leaves of Winder Green Cabbage
Turmeric
Chilli Flakes
Salt & Pepper
Spirit Vinegar
Halved Cherry Tomatoes
Oil

Method:-

- (1) Soak the Beans for at least 5 hours.
- (2) Cut the greens off the Beetroots, leave a inch or so attached.
- (3) Sprinkle with Vinegar, lay on fresh Rosemary and drizzle with Oil. Keep the greens.
- (3) Roast them for 40 minutes at 180c and then set aside to cool.

- (4) Drain the Beans and add to a pan of fresh water with a little Turmeric.
- (5) Bring to the boil and then simmer for 40 minutes.
- (6) Drain the Beans and set aside.
- (7) When cool enough to handle peel the Beetroot and cut into chunks.
- (8) Peel and dice the Potatoes and pre boil in salted water for 5 minutes.
- (9) Drain and add little salt, a dash of Oil and mixed Herbs. Set aside to cool.
- (10) Skin and chop the Onions and Peppers, arrange on a baking tray and drizzle with Oil and sprinkle with dried Rosemary.
- (11) Add the Beetroot and stir together.
- (12) Place in the oven on the middle shelf at 180c.
- (13) Place the Beans on a baking tray at the bottom of the oven.
- (14) Grill the Cheese the Cherry Tomatoes.
- (15) Chop the Cabbage leaves and Beetroot stems and stir fry with a little Salt & Pepper.
- (16) Fry the diced Potatoes until crispy. These can be served as a side once dried on kitchen paper.
- (17) Sprinkle the roasted Bean with Chilli flakes and then place under the grill so they pop.
- (18) Bring everything together on a plate and dress with the Cheese and grilled Tomatoes.

We fried some Beetroot discs as crisps for a side to go with the cubed Potatoes. This is certain not a recipe for a quick turn-around. But it was really tasty.