

Cerridwen's Cauldron Inspired Recipes



Savory Vegetable Log

INGREDIENTS

2 medium sized sweet potatoes, skin on
1 large parsnip
4 tablespoons nutritional yeast flakes
1/2 cup of plain bread crumbs, for
binding
1 egg, beaten
Salt and pepper



FILLING:

2 tablespoons olive oil
1 leek, chopped
2 carrots, grated
230 grams mushrooms, chopped
430 grams chickpeas (1 tin), drained
1 tablespoon Italian seasoning (no salt)
salt and pepper to taste
1 egg, beaten
4 tablespoons plain bread crumbs, for
binding

TOP LAYER:

1 cup of plain fine bread crumbs or
Panko for top layer
4-6 tablespoons olive oil
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Chef Notes

Savory Vegetable Log

DIRECTIONS:

1. Preheat oven 170C/325F -
2. Place washed sweet potatoes and parsnip on a baking dish; bake parsnip for 25 minutes and the sweet potatoes for 40-50 minutes or until potatoes are soft.
3. When done, peel. Be careful not to burn your fingers. Let cool if it is too hot to handle. Place sweet potatoes and parsnip in a bowl and mash. Let the vegetables cool completely.
4. When fully cool, add nutritional yeast, bread crumbs, beaten egg, salt and pepper. Mix well. If mixture seems too thin, add more bread crumbs; you want to be able to spread sweet potato mixture without it sticking. Set aside.

FILLING:

1. In a skillet, on medium low heat, cook leeks, carrots and mushrooms with olive oil. Cook until vegetables are soft. Let cool.
2. Place chickpeas in a food processor or mash with a fork.
3. In a large bowl; add cooked vegetables, chickpeas, Italian seasoning, salt and pepper to taste. Add beaten egg and breadcrumbs. Combine well.

LOG INSTRUCTIONS:

1. On a sheet pan, line with parchment paper and cling film (to easily roll sweet potatoes onto parchment).
2. Layer sweet potato mixture on cling film (see photo).
3. Add 3/4 of vegetable mixture on top of sweet potato mixture.
4. Gently roll from one end to the end by using cling film to help you roll log (see photo).
5. Center the log on baking sheet, and discard cling film. Cover the top with panko and olive oil.
6. Bake for 1 hour uncovered.

Chef Notes Continued

Savory Vegetable Log

CASSEROLE INSTRUCTIONS:

1. Divide the sweet potato mixture in half (for bottom and top layers).
2. In a shallow ovenproof dish, prepare dish with olive oil bottom and sides.
3. Add a layer of sweet potato mixture. Second layer is all the vegetable mix. Layer the top with the rest of the sweet potato mixture.
4. Cover the top with panko/or fine bread crumbs and drizzle with olive oil.
5. Bake for 1 hour uncovered.

Slice and serve on a bed of spinach. Enjoy!

