

Ian Hamilton's Nut Roast

Ingredients

- 1 tbsp olive oil
- 15g butter
- 1 large onion, finely chopped
- 2 sticks celery, finely chopped
- 2 garlic cloves, finely chopped
- 200g chestnut mushrooms, finely chopped
- 1 red pepper, halved, deseeded and finely diced
- 1 large carrot, grated
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 100g red lentils
- 2 tbsp tomato purée
- 300ml vegetable stock
- 100g fresh breadcrumbs
- 150g mixed nuts such as walnuts, pecans, hazelnuts and Brazil nuts, roughly chopped
- 3 large eggs, lightly beaten
- 100g mature cheddar, grated · handful flat-leaf parsley, finely chopped

For the tomato sauce

- 2 tbsp extra virgin olive oil
- 2 garlic cloves, finely sliced
- 1 sprig rosemary
- 400ml passata

Method

STEP 1 - Heat the oven to 180C/ fan 160C/ gas 4 and line the base and sides of a 1.5 litre loaf tin with parchment paper.

STEP 2 - Heat 1 tbsp olive oil and 15g butter in a large frying pan and cook 1 finely chopped large onion and 2 finely chopped celery sticks for about 5 mins until beginning to soften.

STEP 3 - Stir in 2 finely chopped garlic cloves and 200g finely chopped chestnut mushrooms and cook for a further 10 mins.

STEP 4 - Stir in 1 finely diced red pepper and 1 grated carrot and cook for about 3 mins then add 1 tsp dried oregano and 1 tsp smoked paprika and cook for just a minute.

STEP 5 - Add 100g red lentils and 2 tbsp tomato purée and cook for about 1 min, then add 300ml vegetable stock and simmer over a very gentle heat until all the liquid has been absorbed and the mixture is fairly dry. This should take about 25 minutes. Set aside to cool.

STEP 6 - Finally, stir in 100g fresh breadcrumbs, 150g chopped mixed nuts, 3 lightly beaten large eggs, 100g grated mature cheddar, a handful of finely chopped flat-leaf parsley and a pinch of salt and some ground black pepper.

STEP 7 - Stir to mix well then spoon the mixture into the prepared tin and press down the surface.

STEP 8 - Cover with foil and bake for 30 mins, then remove the foil and bake for a further 20 mins until firm when pressed gently.

STEP 9 - Meanwhile, to make the sauce, heat 2 tbsp extra virgin olive oil very gently then add 2 finely sliced garlic cloves and 1 rosemary sprig and heat without colouring.

STEP 10 - Pour in 400ml passata and add a pinch of salt and some ground black pepper. Simmer gently for just 15 mins.

STEP 11 - Allow the loaf to cool in the tin for about 10 mins then turn out onto a serving board or plate. Remove the baking paper and cut into slices and serve with a little of the tomato sauce.

- To make a vegan nut roast, use an extra tbsp of oil in place of butter, no cheese and 3 tbsp egg replacer. Bake your nut roast for 1 hour. The loaf will still be soft in the middle after cooking.
- It can be cooked in advance and then chilled, sliced and reheated to make it easier to serve.