

BECOME A CNM VEGAN NATURAL CHEF TRAINING WITH THE COLLEGE OF NATUROPATHIC MEDICINE

The College of Naturopathic Medicine is the leader in teaching therapeutic cooking. The Natural Chef course meets the growing demands of a society increasingly fascinated by health-promoting, nutritious food.

The course is suitable for all food lovers, whether you want to learn how to serve up truly delicious, healthy dishes for your family or turn your knowledge into a successful career. Career options include becoming a chef in a restaurant or spa; working as a private chef; developing your own food-based business, from cooking instructor, product developer and consultant, to food and recipe writer, cookbook author and beyond!



Photos: CNM Natural Chef Kitchen
College of Naturopathic Medicine has a twenty-year track record training students for successful careers in natural therapies, in class and online naturopathy-uk.com



1/ CREAMY CAULIFLOWER SOUP

With a slightly sweet flavour as a result of gently sweating shallots and cauliflower, this soup contrasts well with the bitter saltiness of the olives in the bread.

Serves 4 (serving is 300-350ml)

- 40ml neutral oil
- 135g shallots
- 1 large or 2 small cloves garlic
- 475g cauliflower, white parts only (florets and stalk, only the very palest leaves)
- 110g celeriac (peeled weight)
- A squeeze of lemon juice
- 3 sprigs thyme
- 2 bay leaves
- 475 ml unsweetened almond milk (for cooking the soup)
- 135 ml water (for cooking the soup)
- 350 ml unsweetened almond milk (for blending)
- 1/8 to 1/4 tsp salt (or sweet white miso such as Clearspring, though you will need a bit more than you would need salt)

Method

1. Peel and finely slice the shallots. Break the cauliflower into even florets 1.5cm wide; chop the stalks and any leaves into 1cm pieces. Prepare a bowl big enough for the celeriac, fill ¾ with water & a squeeze of lemon juice. Chop the celeriac into 1cm pieces and store in the lemon water until ready to use
2. Heat the oil over low heat in a large lidded saucepan. Gently sweat the shallots for around 10mins over low heat, until soft and transparent. Partially cover pan; stir regularly. Do not allow to brown or the soup colour will be spoiled
3. Add garlic, cauliflower & whole thyme sprigs to the pan and stir. Drain the celeriac well and stir in. Continue to sweat everything, stirring, for 5-10mins – again, do not allow to brown
4. Add the bay leaf, almond milk and water for cooking. Bring to the boil, stir once, cover and simmer gently until the cauliflower is very tender, probably around 15mins. Allow to cool until warm, not hot
5. Remove the herbs. Blend the soup. You may need to do this in batches. Add more milk as needed, up to the amount specified in the recipe. Too much and the flatter almond milk flavour will dominate, detracting from the sweet cauliflower/shallot notes
6. Taste. It should have a creamy, slightly sweet flavour. Season with salt or miso; do not over-salt

Allergen information: nuts, soya if using miso to season.

Source: Holly Taylor's celeriac purée recipe adapted for CNM Vegan Natural Chef

A PRESENTATION BY THE CNM VEGAN NATURAL CHEF FINALS SHOWCASING THE EXTREMELY HIGH CALIBRE OF OUR GRADUATES

RECIPES

2/ SUPER SEEDY BUCKWHEAT BREAD

Packed full of fibre and healthy fats this bread will be sure to compliment any meal.

Serves 5

- 750ml cold water
- 260g pumpkin seeds
- 150g ground almonds
- 350g buckwheat flour
- 170g Sunflower seeds
- 3 tablespoons psyllium husk
- 2 tablespoons chia seeds
- 25g Black olives
- 1 tsp baking powder
- 2 tsp salt
- 3 tsp of black pepper

Method

1. Preheat oven to 180°C (160°C fan) and line a loaf tin
2. Grind 200g of pumpkin seeds to flour consistency
3. Mix ground almonds, ground and whole pumpkin seeds, psyllium husk, chia seeds, sunflower seeds, buckwheat flour, olives and your seasoning
4. Slowly add your water until a thick dough forms
5. Allow the dough to rest for 10mins until water has been fully absorbed
6. Place your dough into your lined loaf tin and bake for 45-50mins until a skewer comes out clean
7. Allow to cool before taking the bread out of the tin

To serve

This bread tastes best gently toasted and smothered with fresh avocado and a grating of lemon zest.

Allergen information: nuts

Source: Deliciously Ella, Almond & pumpkin seed bread



3/ KALE, PARSLEY AND WALNUT PESTO

This recipe has plenty of greens and nuts, and a bit of punchy acidity to contrast with the creamy soup and nutty flavoured seeded bread. At time of testing no wild garlic was available, though this should change very soon.

Serves 4

- 50g walnut halves or pieces
- 125g green kale / cavolo nero (not purple, as it is green inside, which will go black when blended)
- 20g fresh parsley
- 1-2 cloves garlic, peeled (or wild garlic equivalent)
- ½ tsp red or brown miso
- Zest and juice of half a lemon (kept separate)
- 3-6 tbsp (45-90ml) extra virgin olive oil
- 1-2 tsp white wine vinegar (optional)
- Salt and freshly ground black pepper
- Up to 1 tbsp nutritional yeast (optional)

Method

1. Heat the oven to 180°C (160°C fan). Break or chop the walnuts into similar size pieces if they are very different sizes. Put them onto an oven tray and roast for 4 minutes if pieces, 5 if halves. Allow to cool.
2. To make the pesto, use a processor or mini-chopper. A processor will be fine if you plan to spread it, however if you plan to drizzle it like a thick oil or use as a coating sauce, it will need to be smooth and a blender will do a better job
3. Strip any thick or stringy stems away from the kale and parsley and discard/save for stock in another recipe. It's fine to use the rest of the stalks, but chop them to no more than 0.5cm long before you put them in the processor or blender, as they can resist blending annoyingly well! Roughly chop kale, parsley and (if using) wild garlic leaves. If using white garlic, chop the cloves roughly
4. Put kale, parsley and garlic into the processor or blender. Process to damp crumbs. Blend in the miso, lemon zest, walnuts and 3 tbsp (45 ml) olive oil
5. Keep processing until as smooth as you like it, but definitely not bitty. You still have up to 3 tbsp (45ml) oil to add if need be. Remove the pesto to a bowl, so you can finish and season it without changing the texture
6. Taste. Season with lemon juice (white wine vinegar is in case it needs more zip but you don't want the lemon to dominate); salt, pepper and nutritional yeast, according to your taste.
7. Use fresh. Although the pesto will keep in the fridge, the kale will develop a very strong mustardy flavour after a day or two

Allergen information: nuts, soya

Source: Anton Petrov adapted for CNM Vegan Natural Chef