



You will need cup measures for these recipes!

WICKED HEATHY

Ways to be wicked

Not content with creating a new vegan range for Tesco, Wicked Kitchen founders Derek and Chad Sarno have a recipe book out, too. Here's their unique take on some deliciously indulgent treats



Plant-based BLT

✂ Makes 1 sandwich – or more

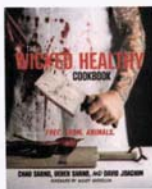
1 Choose your favourite bread, like a small ciabatta bread roll sliced in half.
2 Slather on Herb Aioli (see below) and Tomato Habanero Jam (see right).
3 Layer the sandwich with thinly shaved red onion, thin slices of vine-ripened tomato, your favourite Plant Bacon (see right), and lettuce. Chomp down and enjoy with a crisp Pilsner beer!

HERB AIOLI

✂ Makes a generous 1 cup

1 cup plant-based mayo such as Just Mayo
2 cloves garlic, pressed or finely grated with a microplane zester
1 tbsp grated lemon zest
1 tbsp minced fresh parsley
2 tps minced or snipped fresh chives
pinch of coarse sea salt and freshly ground black pepper

1 Whisk everything together in a small mixing bowl or jar. Use immediately or cover and chill in the fridge up to a week. (For tartare sauce, whisk in 1½ tbsps finely grated (zested) fresh horseradish or prepared horseradish and ½ cup finely chopped pickles.)



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TOMATO HABANERO JAM

✂ Makes about 2 cups

10 vine-ripened tomatoes
2 tbsps everyday olive oil
1 sweet white onion, diced small (about 1½ cups)
6 cloves garlic, sliced wicked thin
6 to 10 habanero chilli peppers, sliced or minced
2 cups organic cane sugar
3 tbsps cider vinegar
1 tbsp grated lemon zest
2 tps minced fresh thyme
½ tbsp sea salt
pinch of ground white pepper

1 Bring a large pot of water to a boil. Set up a bowl of ice water.
2 Cut an X in the bottom of each tomato, then drop them into the boiling water and blanch until the skins start to peel back, about 30 seconds. Use a strainer or slotted spoon to transfer the tomatoes to the ice water. When cool, peel the skins from the tomatoes with your fingertips and a paring knife. Remove the cores and roughly chop the peeled tomatoes. You should have about 8 cups.
3 Heat the oil in a medium saucepan over low heat. Add the onions and sweat until soft, about 5 minutes. You don't want to brown the onions, just soften or 'sweat' them. Add the garlic and continue sweating for 3 to 4 minutes more.
4 Add the chopped tomatoes and everything else and crank the heat to high. Bring the mixture to a simmer, then cut the heat to low. Let everything simmer gently until thickened to a soft jam-like consistency, 1 to 1¼ hours. With all that sugar, the jam will want to burn on the bottom. Don't let it. Stir the pot frequently to keep the jam from sticking and burning. The finished consistency should be like thin jam. It will thicken up more when it cools.
5 When the hot jam is nice and thick but still pourable, ladle or pour the jam into a pint-size Mason jar. Screw on the lid and let the jam sit at room temperature until cooled, 1 to 2 hours. The heat in the jar should create a vacuum, sucking down the lid.

When cooled, store the jam in the fridge. It will keep for a few weeks.

PLANT BACON

✂ Serves 4

¼ cup tamari or soya sauce
2 tbsps pure maple syrup
1½ tbsps sriracha
1 tsp liquid smoke, optional
½ tbsps granulated onion/onion powder
½ tsp smoked paprika
2 cloves garlic, minced
pinch of sea salt and freshly ground black pepper
3 tbsps peanut oil or vegetable oil, for frying (a bit less for baking)
10 rice papers

1 Make the marinade: In a bowl or jar, whisk or shake together the tamari, maple syrup, sriracha, liquid smoke if using, granulated onion, paprika, garlic, salt, and pepper.
2 Preheat the oven to 177°C/350°F/gas 4, and line a baking tray with baking paper. Using 10 rice papers (about 8½ inch diameter), dip each in warm water to soften, then pat dry with clean kitchen towels. Dip a pastry brush in the marinade and paint the paper all over with marinade.
3 Fold the paper in half to make a half-moon shape, then cut it crosswise into strips about 1 inch wide. Place the folded strips on the prepared baking sheet and repeat with the remaining rice papers.
4 Bake the strips (in batches if necessary) until crispy, about 20 minutes. Alternatively, pan-fry the marinated rice paper as described in step 3; but they are very delicate, so use tongs and handle them very gently.

Note: Find rice paper at Chinese and Asian supermarkets.

IT'S WICKED

**'King oyster scallops'
with shaved asparagus
and corona butter**

The technique of pan-searing while basting with butter creates a rich, golden crust on mushrooms. Make the Corona butter a few days ahead of time and keep it in the fridge.

✶ Serves 6 as a plated starter

King oyster scallops

- 6 cups water
- ¼ cup tamari or soya sauce
- 3 thin slices fresh ginger (no need to peel)
- 6 cloves garlic, halved
- 2 x 6 inch pieces kombu (brown seaweed)
- 2 tbsps white miso
- 6 king oyster mushrooms

Tamari butter

- 2½ tbsps plant-based butter, softened
- 2 tbsps tamari or soya sauce
- 1 clove garlic, minced extra-fine

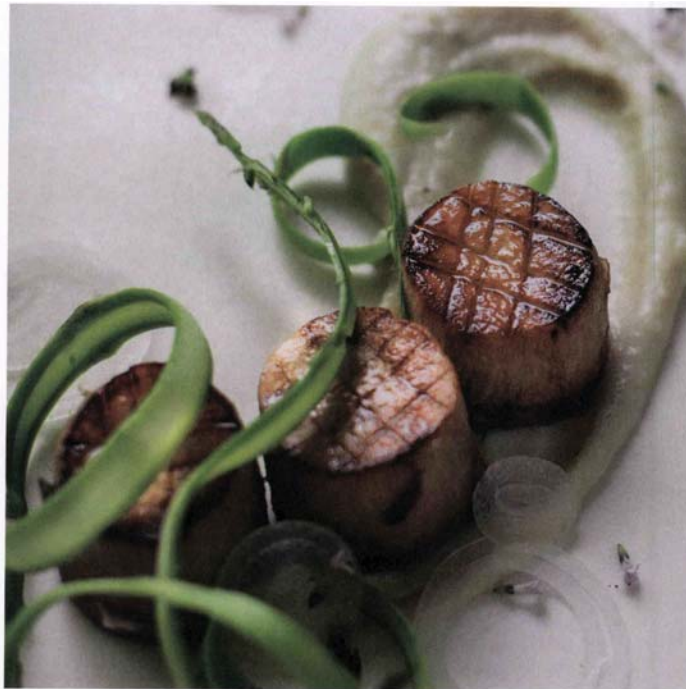
Searred scallops

- 2 tbsps peanut oil or vegetable oil
- sea salt and freshly ground black pepper

Shaved asparagus garnish

- 1 bunch asparagus
- 2 tps best-quality extra-virgin olive oil
- 2 tps yuzu juice or lemon juice
- 2 shallots, sliced thinly on a mandoline
- sea salt and freshly ground black pepper
- 1½ cups Corona Bean Butter (see opposite), for serving

- 1 For the king oyster scallops – to make a stock, combine the water, tamari, ginger, halved garlic, kombu, and miso in a medium saucepan. Bring to a simmer over medium heat, then simmer gently for 10 minutes to allow the flavours to blend. It should have a slightly salty, slightly savoury flavour. If it tastes under-seasoned, add a bit more miso.
- 2 Remove the mushroom stems from the caps. Slice the stems crosswise into coins about 1 inch thick. The shapes will resemble scallops. You should get 3 or 4 scallops from each stem.
- 3 Drop the scallops into the broth and simmer very gently until they absorb the flavours, 15 to 20 minutes. Use immediately or chill in the fridge in the braising liquid for up to 1 day.
- 4 For the tamari butter – stir together the



butter, tamari, and minced garlic in a small bowl.

5 To sear the scallops – score the poached mushrooms with a few crosshatch cuts on each side. Heat a large heavy sauté pan over medium-high heat. (Turn on a fan). When the pan is hot, add the 2 tbsps oil, tilting the pan to coat it evenly. Carefully place the scallops in the hot pan. Let cook undisturbed until the scallops are nicely seared on the bottom, 2 to 3 minutes. Add dollops of the tamari butter around the pan, and tilt to help it seep underneath the scallops. When it does, flip the scallops and sear the other side for 2 to 3 minutes spooning the melted butter over the tops of the scallops. Flip over to make sure you have a nice golden-brown sear on each side. When both sides are golden brown, remove from the heat and season with salt and pepper.

6 For the asparagus garnish – using a vegetable peeler, shave each spear of asparagus along its length. Remove all of the green peel from each spear. These are the shavings you will use.

7 Right before serving, bring a pot of water to a boil and set up a bowl of ice water.

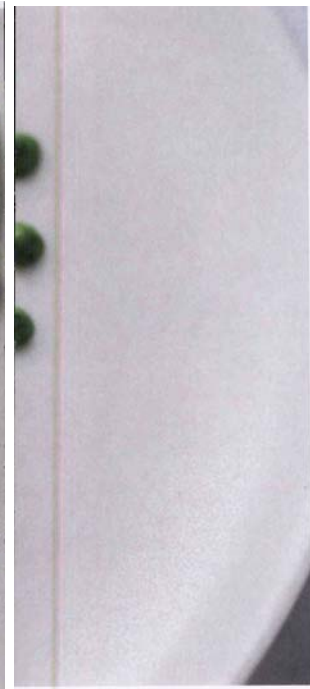
Drop the shaved asparagus in the boiling water and cook for 30 seconds, then transfer to the ice water to halt the cooking process.

8 Gently toss the shaved asparagus with the olive oil, yuzu juice, and shallots. Season lightly with salt and pepper and taste, adding more seasoning if you think it necessary.

9 Take 6 small plates and swoosh a big spoonful of Corona butter on each plate. Place 3 or 4 scallops on the Corona butter and garnish with a small handful of asparagus.

**Slow-cooked Corona
beans with rosemary and
lots of garlic**

- 450g dried Corona beans (or Gigantes beans, from middle Eastern supermarkets)
- About 8 cups low-salt stock
- 8 cloves garlic, chopped coarsely
- 3 to 4 sprigs fresh rosemary
- 2 bay leaves
- 2 dried red chilis, such as cayenne



- ½ tsp sea salt
- ½ tsp freshly ground black pepper

- 1 Soak the beans overnight in water.
- 2 Drain and place in a large heavy pot. Add remaining ingredients and bring to a boil over high heat. Reduce the heat so the liquid simmers, cover, and simmer gently until the beans are tender, about 1 hour. Test by pressing one on a cutting board: It should crush easily but not be mushy. (Keep the beans covered during the entire cooking time.)
- 3 Serve hot with some of the cooking liquid.

CORONA BEAN BUTTER

- ✶ Makes about 2 cups

1 After cooking the beans, remove the rosemary, bay leaves, and chilis. Transfer half of the beans and their liquid to a bowl, add ½ cup olive oil, and blend until very smooth. Use immediately or refrigerate for a few days, then spread anywhere just like butter.



Almond meringue cookies

✖ Makes about 50 small cookies

Plant-Based Meringue (See right)

1 tsp almond extract
seeds scraped from ½ vanilla bean
¼ cup finely ground unsalted roasted almonds, optional

- 1 Preheat the oven to 400°C/200°F/gas 6. Line two baking trays with baking paper.
- 2 Make the meringue until it is fully whipped. Whip the almond extract and vanilla seeds into the meringue.
- 3 Spoon the meringue into a pastry bag fitted with a round tip or use a zip-lock bag and cut off a corner. If your parchment is curling up, dollop a little meringue under each corner to secure it. Pipe cookies into pointy mounds about 1½ inches in diameter about ½ inch apart. Sprinkle the ground almonds, if using, evenly over the cookies.
- 4 Bake until the cookies look dry and off-white in colour, 2 hours. Rotate the trays halfway through the baking for even heating. Cool completely. Store in well-

Note: To make semi-fine sugar, grind it in a food processor for 10 to 15 seconds.

sealed containers. Humidity and moisture will make the cookies sticky, so store them in a cool, dry cupboard.

PLANT-BASED MERINGUE

✖ Makes 6 to 7 cups meringue

1 can no-salt-added chickpeas
½ teaspoon cream of tartar
½ cup semi-fine organic cane sugar

- 1 Strain the chickpea liquid into the bowl of an electric mixer – about ½ cup.
- 2 Add the cream of tartar to the bowl and fit the mixer with the whisk attachment. Whip on high speed until the mixture increases in volume and stiffens a bit, 4 to 6 minutes.
- 3 Reduce the speed to medium-high and gradually add the sugar, a few tbsps at a time. Blend about 4 minutes more, stopping and scraping down the sides of the bowl as necessary. The meringue is done when it holds its shape as the whip attachment is lifted. You should also be able to hold the bowl upside down without the meringue falling out. Continue whipping until you can do that. Otherwise, the meringue will not hold its shape when cooked.