



COOK!

with the Vegetarian Society

September 2026



Pumpkin Gnocchi with Soft Goat's Cheese & Sage Butter



Serves 2-3

Nut-free, vegan adaptable

Preparation: 30 mins

Cooking: 45 mins

INGREDIENTS

For the pumpkin gnocchi:

- 250g roasted pumpkin
- 400g potatoes, cooked and mashed
- 2 tbsp nutritional yeast
- 1 tsp fine salt
- Black pepper, to season
- 200-250g plain flour
- Salt to season

For the sage butter:

- 40g unsalted dairy or vegan butter
- 8 fresh sage leaves, cut into thin strips
- A pinch of salt
- 1 tbsp lemon juice

To finish:

- 60g soft vegetarian goat's cheese or vegan soft cheese
- 2 tbsp toasted pine nuts
- Black pepper to season

Pumpkin Gnocchi with Soft Goat's Cheese & Sage Butter

METHOD

1. Blend the roasted pumpkin in a food processor until it forms a smooth purée. Place in a sieve over a bowl to drain excess moisture for about 10 minutes. Transfer to a bowl.
2. Add the mashed potato, nutritional yeast and salt to the bowl. Season generously with black pepper and mix well. Scatter 150g flour over the mixture and bring together to form a soft dough, adding a little more flour if very sticky.
3. Divide the dough into 4 portions. Roll each portion into a long sausage shape about 1.5–2cm thick.
4. Cut into small pillow shapes around 2cm long. Roll each piece along the tines of a fork to create ridges. Place the rolled gnocchi onto a plate ensuring the pieces do not touch.
5. Bring a large pan of salted water to the boil on a medium-high heat. Lower the gnocchi in batches into the boiling water. Cook each batch for 1–2 minutes until the pieces float to the surface. Lift out with a slotted spoon and transfer to a plate.
6. In a large frying pan, melt the butter over a medium heat. Add the sage leaves and cook until the butter foams and turns lightly golden, and the sage becomes crisp. Add a small pinch of salt and the lemon juice. Add the cooked gnocchi to the pan and gently toss to coat in the sage butter.
7. Transfer to serving plates. Crumble on the goats' cheese and sprinkle with pine nuts. Finish with a twist of black pepper.

Pumpkin Kushikatsu



Serves 2

Egg-free, nut-free

Preparation: 25 mins

Cooking: 5 mins

INGREDIENTS

For the batter:

- 100ml dairy or dairy-free milk
- 50g plain white flour
- Salt and pepper to season

For the coating:

- 50g panko breadcrumbs

For the sauce :

- 50ml Henderson's Relish
- 2 tbsp ketchup
- 2 tbsp cold water
- 2 tsp soy sauce
- 1½ tsp caster sugar

For the vegetables (all cut 1cm thick pieces):

- 1 pumpkin
- ½ small red onion
- 10g sushi ginger
- Approximately 1 ltr vegetable oil for frying

To Garnish:

- shichimi togarashi

You will also need bamboo skewers

Pumpkin Kushikatsu

METHOD

1. In a small bowl, mix the batter ingredients with a spoon until smooth. Set aside.
2. In a small food processor, grind the panko breadcrumbs briefly. Transfer into a shallow dish. Season with salt and pepper. Mix through. Set aside.
3. Make the sauce: In a small bowl, mix the sauce ingredients until well combined. Set aside.
4. In a wok or deep sided pan, heat the oil on a medium heat.
5. Skewer the vegetables: Carefully push a skewer through the centre of 1 piece of vegetable. Set aside. Continue with the remaining vegetables.
6. Dip 1 skewer into the batter. Drain off excess batter. Coat in the panko. Set aside on a plate or board. Continue with the remaining skewers.
7. Carefully lower all the skewers into the hot oil. Cook for 3 to 4 minutes until golden brown. Remove from the oil with tongs. Set aside to drain on kitchen paper.
8. Transfer to a serving plate. Serve with the dipping sauce. Garnish with shichimi togarashi.

Pumpkin Spice Trifle Pots



Serves 4

Dairy-free, egg-free, vegan

Preparation: 20 mins

INGREDIENTS

- 250ml vegan custard (we used Oatly)
- 100g pumpkin purée (canned or homemade)
- ¼ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp ground nutmeg
- 4 slices vegan sponge cake (vanilla or ginger)
- 2 tbsp maple syrup
- 2 tbsp golden rum
- 4 tbsp blueberry jam or compote
- 8 Biscoff biscuits
- 2 tsp crystallised ginger
- 2 tbsp chopped nuts, pecans or hazelnuts
- 200ml whippable vegan
- ½ tsp vanilla extract

METHOD

1. Make the spiced custard: In a bowl, mix the vegan custard with pumpkin purée, cinnamon, ginger, and nutmeg until smooth and well combined. Set aside.
2. Prepare the sponge layer: Cut the vegan cake into small cubes. Split the cake between 4 short tumblers or ramekins.
3. Make the syrup: Combine the maple syrup and rum in a small jug. Drizzle over the cake cubes to soak slightly.
4. Crumble the Biscoff biscuits onto the cake, reserving a little for the top.
5. Layer the trifle: Spoon the blueberry jam over the cake and biscuit layer. Add a generous layer of the spiced pumpkin custard. Sprinkle with chopped nuts and crystallised ginger if using. Reserve some of the nuts and ginger to garnish.
6. In a large bowl, whip the vegan cream and vanilla, until soft peaks form. Spoon over the top of the trifle.
7. Garnish with the reserved crushed Biscoff, nuts, and ginger.

Warm Rosemary Beetroot Salad with Puy Lentils and Whipped Pumpkin Cream



Serves 2

Dairy-Free, egg-free, gluten-free, nut-free, vegan, wheat-free

Preparation: 20 mins

Cooking: 25 mins

INGREDIENTS

For the whipped pumpkin cream:

- 150g pumpkin purée
- 1 tbsp olive oil
- 2 tbsp vegan cream
- 1 tsp lemon juice
- ¼ tsp ground cumin
- Salt to taste

For the rosemary beetroot:

- 1 tbsp olive oil
- 2 medium cooked beetroots, cut into wedges
- 1 sprig fresh rosemary
- 1 tsp maple syrup
- A pinch of salt

For the Puy lentils:

- 1 tbsp olive oil
- 120g cooked Puy lentils
- Salt to season
- 1 small shallot, finely diced
- 1 small garlic clove, minced
- 1 tsp lemon juice

For the crispy Savoy cabbage:

- 3 Savoy cabbage leaves, finely shredded
- 1 tsp olive oil
- A pinch of salt
- 25g toasted hazelnuts, roughly chopped

Warm Rosemary Beetroot Salad with Puy Lentils and Whipped Pumpkin Cream

METHOD

1. Make the whipped pumpkin cream: Add the pumpkin purée, olive oil, vegan cream, lemon juice, cumin, and salt to a jug. Blend with a stick blender until smooth. Season to taste with salt. Set aside.
2. Heat 1 tbsp olive oil in a frying pan over a medium heat. Add the beetroot wedges, rosemary, a pinch of salt, and maple syrup. Cook for 5–7 minutes, turning occasionally, until glossy and warmed through with lightly caramelised edges. Remove the rosemary sprig. Set aside.
3. Heat 1 tsp oil on a medium-high heat. Add the shredded cabbage and a pinch of salt.
4. Cook for 5–6 minutes, stirring occasionally, until the edges catch, crisp, and deepen in colour.
5. Hold warm on a very low heat while warming the lentils.
6. Heat 1 tbsp olive oil in a frying pan. Add the shallot and a pinch of salt. Cook for 2–3 minutes until softened and translucent. Add the garlic and cook for 1 minute. Stir in the lentils, season with salt, and warm through gently for 3–4 minutes. Finish with the lemon juice.
7. Smear a generous layer of whipped pumpkin cream across the base of 2 plates. Add a mound of Puy lentils in the centre. Top with the beetroot. Scatter over the crispy cabbage. Finish with toasted hazelnuts, black pepper, and a drizzle of extra virgin olive oil.

