

SouthBound Bride

Vegetarian Wedding Menu Recipes

by Prep'd by Sasha

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Arancini Amuse-Bouche

Arancini means 'little orange' and with its shape and colour is reminiscent of an orange. It originates from Sicily and is fried risotto balls coated in bread crumbs.

- 600ml vegetable stock
- 200g of Arborio risotto rice
- ½ large white onion, finely diced
- 50g of unsalted butter
- 1 bay leaf
- ½ tbsp of minced garlic
- 260ml readymade pasta sauce (we used a tomato, basil and mushroom)
- Sherry vinegar to taste
- 40g of parmesan, grated
- 60g of mozzarella cheese, torn into small pieces
- 2 tbsls truffle flavored oil
- 2 egg whites
- 100g of panko breadcrumbs (Japanese bread crumbs)
- Salt
- Pepper

1. In a large pan, bring the vegetable stock to the boil and leave on a simmering heat.
2. Melt the butter in a pan over a medium heat. Once the butter starts to foam, add the onions, garlic and bay leaves. Sweat the onions and season with salt and pepper.

What 'to sweat' means: To sweat is to cook something - usually vegetables - gently on a low-medium heat until tender but not coloured, while stirring frequently.

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3. Add the rice to the pan and stir continuously for 2 minutes.
4. Slowly add the hot vegetable stock, one ladle at a time, whilst constantly stirring. Keep cooking and adding the stock until the rice is slightly over-cooked and sticky.
5. Once the rice is cooked, add the pasta sauce and stir until mixed with the rice. Remove the pan from the heat and set aside.
6. Stir in the truffle flavoured oil and sherry vinegar. Allow to cool slightly and then mix in the parmesan and mozzarella until combined.
7. Remove the bay leaves and check the seasoning. Pour the mixture out into a large tray to cool. Once the risotto is cool, shape into bite-size balls (makes about 30). Set aside in the fridge until firm.
8. Arrange the egg whites and the breadcrumbs in separate bowls. Dip each ball into both mixtures, making sure they are completely coated. Lower the arancini into a deep fryer until golden all over. Serve with the arrabiata sauce.

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Arrabiata Sauce

- 1 large white onion, finely chopped
- 1 ½ red chilies, finely diced
- 1tsp olive oil
- 1 ½ tsp cayenne pepper
- 1 tbsp of smoked paprika
- 40g caster sugar
- 300ml balsamic vinegar
- 3kg of tinned chopped tomatoes
- 1 bay leaf
- ½ tsp fresh thyme
- ½ tsp of tobacco
- 1.2 tbsp of minced garlic
- Salt
- Pepper

1. Place a pan over a medium heat; sweat the onions and chilies off in the olive oil until soft.
2. Add the cayenne pepper and smoked paprika, season well and stir. Add the balsamic vinegar and sugar to the pan. Stir and leave to reduce until the vinegar begins to thicken.
3. Once it has reduced, add the chopped tomatoes, bay leaves, thyme, Tabasco and garlic. Stir the mixture well. Leave on a low heat to simmer for at least 2 hours until it reaches a thick consistency. Keep checking the seasoning throughout.

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STARTERS

Baked Ricotta with Peach Radish & Ginger Salsa

- 1 tub of fresh ricotta
- 3 sprigs of fresh thyme
- Olive oil
- 1 French baguette
- For the salsa:
- 1 chopped yellow peaches
- 2.5ml pickled Japanese ginger
- 60ml olive oil
- 5ml white balsamic vinegar
- 2.5ml honey
- Salt
- Pepper

1. Pre-heat the oven to 180 degrees Celsius.
2. Place the ricotta whole onto a baking tray and drizzle with the olive oil, sprinkle with the thyme, salt and pepper. Bake for about 20 minutes until it starts to brown slightly.
3. Slice the baguette, drizzle with olive oil and place on a baking tray, then pop into the oven with the ricotta. Keep an eye on the slices as they will crisp up quite quickly. Turn once to toast both sides.
4. For the salsa, add all the ingredients (except the salt and pepper) to a blender and pulse a few times leaving a chunky consistency, season with the salt and pepper.
5. Serve the ricotta warm, topped with the salsa and a few slices of the peach and radish as a garnish

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Grilled Artichoke, Goat's Cheese & Strawberry Tart

- 1 sheet of ready rolled puff pastry
 - 200g of soft goat cheese, at room temperature
 - 1 tbsp of finely minced fresh mint
 - 1 tsp of extra virgin olive oil
 - 1 tsp harissa paste
 - 1 tsp fresh lime zest
 - ½ tsp freshly squeezed lime juice
 - 1 egg, beaten
 - For the strawberry dressing:
 - 200g fresh strawberries
 - 1/3 cup of caster sugar
 - 1/3 cup water
 - Tin of grilled artichoke halves
 - Micro greens to garnish
 - Fresh limes to serve
 - Option:
 - Serve the tart with oven roasted vine cherry tomatoes
1. Pre heat the oven to 200 degrees Celcius.
 2. In a medium sized bowl, combine the goat cheese, harissa paste, mint, lime zest, lime juice, olive oil and salt and pepper to taste.
 3. In a small pot boil the strawberries, caster sugar and water at a slow simmer until the strawberries are soft. Once soft place the mixture into a fine strainer so that the syrup passes through. You can squash the strawberries a little to get more juices and flavor out but you don't want the pulp in your dressing.

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4. Unroll the pastry, starting from the narrow end, cut the puff pastry into 4 rectangles. Place each rectangle onto a greased oven tray. Using a sharp knife score a rectangular frame about 1cm in from the edge of the rectangles. Then score a hexagonal pattern inside the lines of the frame. Make sure not to cut all the way through. Using the beaten egg, egg wash only the outside of the frame.
5. Divide the goat cheese mixture between the 4 tart bases and bake in the oven for 20 minutes, until crisp and golden.
6. Once cooked through, remove the tarts from the oven. Place on to your serving plates and garnish with the grilled artichokes, a drizzle of strawberry dressing, a squeeze of fresh lime and the micro greens.

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MAIN COURSE

Roast Butternut & Ricotta Ravioli with a Mint, Caper & Gooseberry Pesto

A raviolo is a single large parcel of pasta with a filling. A raviolo is commonly filled with an egg yolk; we have filled ours with ricotta cheese and roast butternut.

Basic pasta dough:

- 300g '00' flour very fine flour]
- 3 eggs
- 1tsp salt
- Filling:
- 1 cup of fresh ricotta
- ¼ cup freshly grated parmigiano – reggiano and extra to serve
- ½ tsp salt
- ½ tsp sugar
- ½ tsp nutmeg
- 250g butternut pieces
- Olive oil
- Salt
- Pepper
- Pesto:
- 1 handful of baby English spinach
- 1 handful of fresh mint leaves
- 250ml extra virgin olive oil
- 125ml parmigiano reggiano
- 2 garlic cloves
- 100g tasted hazelnuts
- 15g capers
- 5ml lemon zest
- 125g roughly chopped gooseberries, extra to serve
- Salt
- Pepper

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- Brown butter mushrooms:
 - 250g mixed wild mushrooms roughly chopped
 - 200g salted butter
 - Olive oil
 - Few sprigs of fresh thyme
 - Salt
1. To make the pasta, place the flour onto your work bench in a pile. Create a well in the centre and break in the eggs and salt. Slowly combine the egg and flour by swirling in the centre and bringing in flour as you swirl. Keep mixing until it comes to form a dough. Add a bit of flour if you find the dough to sticky. Knead the dough for about 10 minutes until its smooth and firm. Wrap it up in some plastic and refrigerate for 30 minutes to allow the gluten to relax.
 2. For the filling, pre heat the oven to 180'celcius. Place the butternut pieces onto a baking dish, toss with olive oil and a sprinkling of salt and roast for about 30 minutes until soft and starting to brown on the edges. Once cooked and soft mash it with a fork, checking the seasoning.
 3. In a medium bowl combine the ricotta, parmigiano reggiano, sprinkle of salt, the sugar and nutmeg together.
 4. For the pesto, place the spinach, mint, olive oil, parmigiano reggiano, and garlic, hazelnuts, capers and lemon zest in a blender and pulse until coarsely chopped. Mix in the chopped gooseberries and season to taste.

Assembly:

5. Remove the pasta dough from the fridge, divide it into 4 pieces. Flatten each piece and send through the pasta roller at the widest setting. Fold it in half and send it through again. Make sure there is plenty of flour to dust the table and both sides of the pasta after each roll. Continue folding the dough in half and rolling it until it comes out smooth. Dial down the pasta machine to a thinner setting and pass through the dough. If the ribbon of dough gets to long to work with then cut it in half. Continue dialing it down and rolling it through until you have it at the thinnest setting. Handle it carefully so it doesn't tear.

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6. Set the ribbon on a floured surface. Place a spoonful of the ricotta onto a piece of dough leaving about 10 cm on all sides between each spoonful. Using a spoon make a crater in the centre and fill with the mashed butternut. Dip your finger into a cup of water and moisten the dough all around the ricotta circle. Gently set the second sheet of pasta on top of the mounds. Gently press all around the filling; you want to get as much air out as possible. Air pockets could make your ravioli burst while boiling. Using a tin or glass cut out the parcels leaving about a 2cm sealed rim around the filling. Keep the ravioli covered while making the rest.
7. Bring a pot of salted water to the boil. Drizzle a dash of olive oil into the pot. Using a wide slotted spoon, lower the ravioli into the simmering water and cook for 2 to 3 minutes. Do not cook more than 2 or 3 at a time. After 2 minutes gently transfer the ravioli onto a pan that is greased with olive oil.
8. While the pasta is boiling, heat a tbs of olive oil in a pan. When hot fry the mushrooms until tender. In another pan add the butter, heat it gently until it starts to bubble and brown. Add the thyme leaves and the mushrooms
9. Place a raviolo onto each plate, drizzle with the brown butter and mushrooms, dot with the pesto and gooseberry halves and sprinkle with a little parmigiano, salt and pepper to serve.

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SIDE DISH

Braised Lentils & Caramelised Baby Carrots & Horseradish with a Creamed Yoghurt Dressing

- 2 bunches spring carrots, stems reserved for garnish
- 1 1/2 cups French lentils
- 1/2 cup carrot greens, chopped
- 1 large handful baby spinach
- 1 handful parsley, chopped
- 1/2 cup chives, minced
- 1 shallot, minced
- 3 tbsp olive oil
- 1 tbsp sugar
- salt/pepper to taste
- lentil dressing:
 - 1/2 cup extra virgin olive oil
 - 1/2 cup white wine vinegar
 - 2 tbsp balsamic reduction
 - 2 tbsp red pepper pesto
 - Horseradish Yogurt Sauce
 - 1 1/2 cup full fat yogurt
 - juice of 1/2 lemon
 - 2 cloves garlic, minced
 - 3 tbsp (or more) creamed horseradish
 - dash of salt

1. Bring 3 cups of water to a boil. Cook lentils until al dente, nearly 20 minutes. Rinse and set aside.

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2. Rinse the carrots and remove stems. Toss with olive oil and salt. Roast on the grill or under the broiler until blackened and soft through the center (10-20 minutes, depending). Set aside.
3. In a medium bowl, stir together yogurt and lemon juice. Grate garlic and horseradish cream into the yoghurt. Add a dash of salt then taste. Do you need more horseradish? If you're like me, you like the kick and will need to add more. Cover and keep in the fridge until you're ready to serve.
4. To make the lentil dressing, whisk together all the ingredients and set aside. In a large mixing bowl, toss together cooled lentils, olive oil, spinach, parsley, chives, carrot greens, shallot, dressing and salt/pepper.
5. Heat a pan on the stove, add the carrots with a drizzle of olive oil and sprinkling of sugar. Heat through until the sugar dissolves. Distribute the lentil salad on a serving platter and top with grilled carrots. Fetch sauce from the fridge and drizzle yogurt generously over the carrots.