

Vegan Haggis Roulade

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Recipe type: Mains

Ingredients

- 2 carrots, grated
- 2 onions, diced
- 200g mushrooms diced
- 2 teaspoons crushed garlic
- Splash of peanut oil for frying
- ¼ cup sunflower seeds
- 1 teaspoon nutmeg
- 1 teaspoon all spice
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon dried thyme
- 250ml vegetable stock
- ¼ cup barley
- ¼ cup green lentils
- ¾ cup nutritional yeast flakes
- ½ cup porridge oats
- 2 sheets puff pastry
- Soy milk to brush

Whisky sauce

- 1 splash of oil
- 2 teaspoons crushed garlic
- 1 teaspoon dried herbs
- 400 ml coconut cream
- 2 teaspoon Dijon mustard
- 2 teaspoons whisky
- 1 teaspoon apple cider vinegar
- 1 teaspoon mustard seeds
- Salt and pepper
- 1 teaspoon maple syrup
- ¼ cup of water
- 2 tablespoons cornflour

Instructions

1. Heat the oil in a pan fry the onions on a low heat until soft
2. Add the garlic, carrots, mushrooms, sunflower seeds, nutmeg, all spice, salt, pepper and thyme
3. Fry on a medium heat for 5 minutes.
4. Add the vegetable stock, barley, green lentils and yeast
5. Mix and then gently simmer for 30 minutes.
6. Add the porridge oats, mix through & cover to cool slightly
7. Preheat oven to 180°C
8. Lay out puff pastry & thaw
9. Prepare a large baking tray with baking paper
10. Lay one edge of the pastry over the other by a few centimetres & press or roll to join & seal, making one large sheet (make sure it will fit on your baking tray & leave the separating sheets in place to help move it onto the tray, then remove)
11. With the long side facing you, layer your filling in the middle of the pastry sheet to the lengthways edges. Make sure you leave enough room to pull the sides up to fold onto one another. Brush the edges with some soy milk



12. Fold both the long edges of the pastry to cover the filling and press down firmly to seal the edges. Fold the edges in and pinch them together. You should now have a long sausage shaped pastry with a fold along the middle. Carefully flip the pastry roll over so that the join is on the bottom onto the baking tray using the separating sheets. Now discard sheets.
13. Cut slices into the top of the roulade and brush with soy milk.
14. Bake for 30-40 minutes or until golden & crisp

Whisky sauce

1. Heat the oil in a small pan, add the crushed garlic and cook on a medium heat for a few minutes.
2. Add the herbs, a pinch of salt, the coconut cream, mustard, whisky, apple cider vinegar and maple syrup.
3. Cook stirring over a gentle heat for a few minutes
4. Dissolve cornflour in water & stir into sauce until it thickens – adjust seasonings to taste if required