



WHISTLER GRILLS

Whistle-Stop Nut Roast

Grilling isn't just about burgers or for meat lovers only, don't miss out on the many benefits and flavours barbecuing brings to the table, just because you're a vegetarian! Check this mouthwatering Nut Roast recipe out, whether for Christmas Day this year, or as a delicious Sunday Roast, it certainly won't disappoint. Serves up to 6 people.

Prep time - 15 minutes Cook time - 1hr Skill level - Easy

Ingredients

1 tbsp olive oil
1 chopped red onion
2 finely chopped garlic cloves
2 grated carrots
250g grated mushrooms
1 tsp Paprika
1/4 grated nutmeg
1 tsp ground allspice
1 tsp soy sauce
1/2 tsp salt
1/2 tsp ground black pepper
1 tbsp chopped fresh thyme
1/2 tbsp chopped fresh sage
175g chopped nuts
100g chopped chestnuts
2 slices of bread, in breadcrumb form
2 parsnips, boiled and mashed
1 egg
50g dried cranberry's

Method



1. Firstly, boil the parsnips in a pan on the side burner, once soft mash and set aside.
2. Pre-heat the BBQ to 180c using the end burners, with the hood down. This cook is using indirect heat, so aim to cook in the middle of your BBQ.
3. Add the 175g of mixed nuts and 100g chestnuts to a blender and mix.
4. Heat the oil in a frying pan on the side burner, add the chopped onion and garlic, and fry until soft.
5. Add the grated carrots and cook for 2-3 minutes, before adding the mushrooms. Continue to cook over a medium heat, stirring regularly until the mushrooms release their juices and soften.
6. Add the paprika, nutmeg, allspice, soy sauce, salt and pepper. For 1-2 minutes then remove from the heat.
7. In a large bowl, combine the freshly chopped herbs, nuts and chestnuts, breadcrumbs and parsnips. Mix. Add the onion, carrot and mushroom mixture along with the egg and cranberries. Mix well again to distribute the ingredients.
8. Place the mixture in a greased and lined 2lb loaf tin, and press down well. **Top tip:** Ensure the mixture is firmly pressed down as this will prevent the roast being crumbly when cooked.
9. Place the tin on the grates within the BBQ, make sure the burner directly below the tin is NOT on. We are cooking this on indirect heat! The key is to stabilise the BBQ temperature at 180c with the lid down, if you see the heat rising, open the hood to lower the temperature again. Bake at 180c for 1 hour. Check after 30 minutes if browning is too much, if so cover the top with foil. **Top tip:** Test roast with a clean knife or skewer to ensure it comes out clean.
10. When cooked, allow to cool for a few minutes before turning out onto a chopping board and cutting into slices. **Top tip:** Make sure the nut roast has cooled down a little before slicing it as it will be crumbly if you slice it when hot. *Best served with roast potatoes, vegetables, gravy and cranberry sauce!*



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