

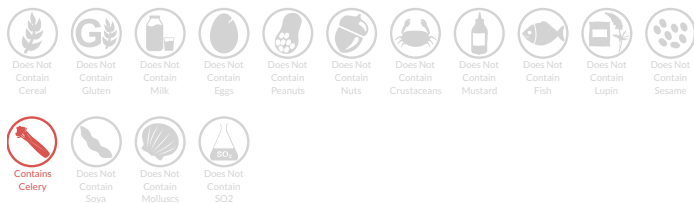
Ingredients

Product	Quantity
1 Cup (16 Tbsp) of gfJules All Purpose Gluten Free Flour	135.00 g
1/2 Tsp Salt	0.00 g
2Tbsp Marquee All Vegetable Shortening	11.38 g
Flora Dairy Free Spread Portions 100x10g	17.07 g
Smirnoff Red Label Vodka 50cl	11.38 g
2-4 Tbsp Cold Water	4.00 g
Non - Dairy Milk (for brushing on crust)	20.00 g
200g Lentils Prepared	200.00 g
750g Potatoes	750.00 g
1/2 Red Onion	150.00 g
2 Large Portabello Mushrooms (Chopped)	33.60 g
1 Courgette	167.00 g
1 Butternut Squash (Diced)	500.00 g
3 Large Carrots (Diced)	183.00 g
1/2 Bunch Asparagus	150.00 g
2 Tbsp Fresh Dill (Minced)	30.00 g
1 Stalk Lemon Grass (Diced)	2.00 g
Salt & Pepper	1.00 g
Creamy Mushroom Soup	900.00 g
Potts' Vegetable Stock 500ml	900.00 g
2 Tbsp Spring Onions	30.00 g

Serves: 6

Allergy Information

Key: Contains May Contain

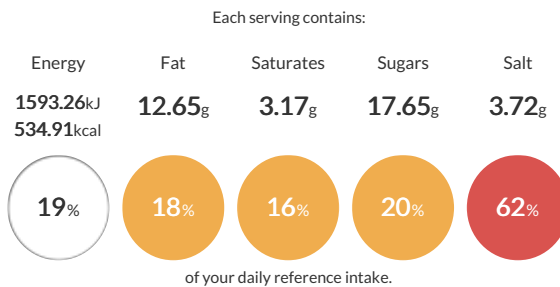


Dietary Information

Key: Suitable for



Reference Intake



Nutritional Summary

Energy	1593.26kJ 534.91kCal
Protein	19.44g
Carbohydrates	87.9g
of which sugars	17.65g
Non Milk Extrinsic Sugars	0g
Fat	12.65g
of which saturates	3.17g
Fibre	9.83g
Salt	3.72g
Sodium	1.16g
Iron	1.13mg
Calcium	53.58mg
Zinc	0.59mg
Folate	96.56µg
Vitamin A	3.41µg
Vitamin C	26.87mg

Method & Recipe Notes

To Make the Dough: In a large bowl, whisk together the dry ingredients. Cut in the shortening and butter using a pastry cutter (or the flat paddle attachment on a stand mixer or a food processor). Add the vodka/water gradually to make the consistency you need to form a ball - err on the side of it being wetter rather than crumbly. Don't over-work the dough, or it may become tough when baked. Form a disc with the dough, wrap in plastic and set aside on the counter for 30 minutes while you make your filling. Rolling the Dough: After allowing the dough to rest, roll the pastry out onto a surface dusted well with gfJules™ All Purpose Gluten Free Flour. Use a flexible pastry mat (e.g. Silpat) and rolling pin covers or a pie crust bag for rolling and transferring your gluten free crust easily. Gently roll in each direction - do not press down on the pin while rolling - to a circle with a diameter at least 1 inch larger than that of your pie pan. To Transfer the Crust: Gently lift an edge of the rolled out crust over your rolling pin. With one hand under the baking mat, use the pin in the other hand to lift the crust so that it is supported by the rolling pin as you pull the crust gently off of the baking mat. Transfer gently over the pie plate to centre. Drop gently into the plate and press in with floured fingers. Pat into your pan. Preparing the filling: Prepare lentils according to package directions in a large stock pot (usually rinse well, add water and boil for 20 minutes or until tender) or in a pressure cooker. In a separate pot, place diced potatoes and cover with water. Bring to a boil and cook just until fork-tender. Drain. Sauté the onion and mushrooms, then remove to a bowl and repeat the sauté process with the squash in a large sauté pan with enough olive or avocado oil to lightly cover the bottom of the pan. Sauté remaining vegetables the same way, until lightly browned on the edges. Meanwhile, fill a large soup pot with stock and soup. Add cooked lentils, potatoes and veggies. Stir in herbs and salt and pepper, to taste. At this point, you have a delicious vegetable soup, so you should add more herbs or seasoning if you need to suit you and your family. Preheat the oven to 375° F (190 Degrees Celsius) If you choose to line the bowl(s) with crust, liberally dust a pastry mat or clean counter with gfJules™ All Purpose Gluten Free Flour and roll each piece into a circle large enough to line the bottom and up the sides of your bowls or large casserole. Brush the edge of the crust with egg wash or milk. Divide the soup filling equally among ovenproof bowls or pour into large dish, filling only up to 1/2 inch from the top. If baking in ramekins, divide the remaining dough into enough pieces so that there is one piece of dough for every dish (e.g. 4 bowls = 4 pieces of dough). Roll out as described above and trim the circle(s) to 1/2-inch larger than the top of the bowl(s). Fold the dough over the edges of the bowl(s), pressing lightly to stick to the bowl(s) or the bottom crust, if using. Brush with more egg wash or milk and make 2 slits in the dough to vent. Place bowls on one or more baking sheets to catch any overflow from the hot filling. Bake for 1 hour, or until the tops are golden brown and the filling is steaming. If the tops are browning too early, cover with aluminum foil.

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