

Monshari Pie

Pastry

270g gf plain flour
2 tsp xanthan gum
½ tsp salt
115g vegan butter chilled
3 tbsp water mixed with 1 tbsp ground flax seeds
160ml water

Almond Fetta

1 cup almonds (soaked overnight)
¼ cup nutritional yeast
1 tbsp lemon juice
1 tsp salt
1/3 cup water for a thick almond fetta cheese
Or 2/3 cup water for a creamy almond fetta cheese

Filling

4 medium beetroots
3 medium sweet potatoes diced to 2-3 cm pieces
½ tsp turmeric
2 eggplant or 1 cauliflower if eggplant is out of season
2 onions cut in half then sliced
2 cloves garlic (optional)
1 tsp ground coriander
4 sprigs of mint chopped finely
Approx. 4 tbsp olive oil
Salt and pepper to taste
3 tsp Lebanese Spice (see recipe below)
¼ cup plant based milk for brushing the pastry

Lebanese Spice Mix

5 tsp allspice
3½ tsp pepper
3½ tsp ground cinnamon
5 tsp cloves
4 tsp ground nutmeg
4 tsp fennel
4 tsp ground ginger

Lebanese Spice Mix

Grind the allspice, pepper, cloves and fennel in a spice grinder then mix with the other ground spices.

Almond Fetta

Place everything in a blender and blend until smooth.

Pastry

1. Combine the flour, xanthan gum and salt in a bowl and mix well.
2. Add the butter to the flour and gently mix with your hands until it resembles breadcrumbs.
3. Mix in the flax and 160ml water. Note: I gradually add the water as sometimes you don't need to use all of the water.
4. Form a ball and wrap with a silicon wrap or biodegradable wrap then place in the fridge for 30 minutes.
5. Bring out of the fridge and let sit at room temperature for 10 minutes.
6. Sprinkle some gluten free flour on a board and roll out the pastry to 5mm thick.

Filling

1. Place the whole beetroots in a saucepan and bring to the boil. Reduce to a simmer for 40 minutes or until the beetroot are tender.
2. Once tender, strain from the water and peel off the skins and dice to 2-3 cm pieces.
3. Place the sweet potato in a baking tray with oil and the turmeric. Put the eggplant or cauliflower in another tray with oil and sprinklings of salt. Cook both trays for 20 minutes, check for tenderness and cook for up to another 20 minutes.
4. Place the oil in a frying pan and fry the onions with some salt, the coriander and the Lebanese spice. Keep on a simmer until the onions are nice and soft. Fold in the mint.
5. When the veggies are all soft mix them with the onions in a bowl.
6. Either fold through the creamy fetta or thick almond cheese.
7. Transfer the filling to a pie dish and put the pastry on top of the filling.
8. Brush the pie with some plant based milk.
9. Bake in a 190°C oven for 20 minutes or until the pastry browns a little.



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