

# Vegan Choc-Pea Brownies



## Ingredients (Makes 32)

- 250g organic dried split peas
- 280g caster sugar
- 400g soft veg margarine
- 400g self-raising flour
- 100g cocoa powder
- 50ml tap water

**This recipe was developed by Cooks in Charge in Highland Council schools as part of the Give Peas A Chance! pilot project.**

## Method

1. Rinse peas thoroughly in running water for approximately 10 minutes to remove the starch.
2. Place the peas in a pan and cover them with water.
3. Boil for an hour, or until they start to break down. Stir now and then, so they don't stick. You may need to add more water as it cooks. Consistency will be as mushy peas.
4. Allow peas to cool. Store overnight in the fridge.
5. Blitz peas with 70g sugar until a smooth paste. It should be a mousse-like consistency, adding a little more water if necessary.
6. Cream the butter and remaining sugar thoroughly.
7. Add the pea paste until mixed thoroughly.
8. Add flour and cocoa powder, mixing until fully incorporated – if the mixture is stiff add a little more water until it is like a sponge mixture.
9. Cover a grundy tray with parchment and spread the mixture evenly on top.
10. Bake at 170 °C for 20 minutes, then allow to cool before cutting into 32 pieces.

Note: water listed as a guide – to be added as required to get the consistency described.



[www.soilassociation.org/GivePeasAChance](http://www.soilassociation.org/GivePeasAChance)



# Vegan Choc-Pea Brownies



## Ingredients (Makes 12)

- 100g organic dried split peas
- 112g caster sugar
- 160g soft veg margarine
- 160g self-raising flour
- 40g cocoa powder
- 20ml tap water

**This recipe was developed by Cooks in Charge in Highland Council schools as part of the Give Peas A Chance! pilot project.**

## Method

1. Rinse peas thoroughly in running water for approximately 10 minutes to remove the starch.
2. Place the peas in a pan and cover them with water. Boil for around 30 minutes, or until they start to break down. Stir now and then, so they don't stick. You may need to add more water as it cooks. The consistency should be similar to mushy peas.
3. Allow peas to cool. Store overnight in the fridge if preparing in advance.
4. Heat oven to 170 °C/150 °C fan/gas mark 3.
5. Blitz peas with 70g sugar until a smooth paste using a hand blender or food processor. It should be a mousse-like consistency – add a little more water if necessary.
6. Cream the butter and remaining sugar thoroughly.
7. Add the pea paste and mix thoroughly.
8. Add flour and cocoa powder, mixing until fully incorporated – if the mixture is stiff, add a little more water until it is like a sponge mixture.
9. Line a baking tray with parchment paper and spread the mixture evenly on top.
10. Bake at 170 °C for 10–12 minutes, then allow to cool before cutting into 12 pieces.

Note: water listed as a guide – to be added as required to get the consistency described.



[www.soilassociation.org/GivePeasAChance](http://www.soilassociation.org/GivePeasAChance)



# Lemon and Organic Pea Risotto



## Ingredients (Serves 16)

- 300g onions, diced
- 30g garlic
- 25g vegetable bouillon
- 1l water
- 2.5g parsley
- 15ml olive oil
- 550g long grain rice
- 200g organic dried split peas
- 4 lemons
- 20g mixed herbs
- 15g black pepper

**This recipe was developed by Cooks in Charge in Aberdeen City Council schools as part of the Give Peas A Chance! pilot project.**

## Method

1. Put the stock into a saucepan, bringing to a simmer and keep warm on the lowest heat. Sweat off onions in the oil, before adding garlic and lemon zest.
2. Stir in the rice and add the stock, a ladleful at a time, stirring constantly and allowing the rice to absorb the stock before adding more, until the rice is tender and the risotto is creamy (around 20–25 minutes).
3. Meanwhile, bring a small pan of salt water to boil, cooking the peas for 20 minutes or until cooked, then drain. Set aside half and transfer the rest to a blender. Whizz with lemon juice until smooth.
4. Stir the pea puree into the cooked risotto and add the remaining peas to the risotto.

[www.soilassociation.org/GivePeasAChance](http://www.soilassociation.org/GivePeasAChance)



# Split Pea Meatballs with Bolognese Sauce



## Ingredients (Serves 16)

- 30ml olive oil
- 200g onions, diced
- 100g carrots, diced
- 19g garlic puree
- 30g mixed herbs
- 500g organic dried split peas
- 500g long grain rice
- 50g parsley
- 250g cornflour
- 30g vegetable bouillon
- 3l water
- 600g tomatoes
- 50g tomato paste

This recipe was developed by Cooks in Charge in Aberdeen City Council schools as part of the Give Peas A Chance! pilot project.

## Method

### For the meatballs:

1. Rinse split peas and rice until the water runs clear.
2. Sauté onions and garlic paste in olive oil.
3. Add split peas, rice, and mixed herbs and fry for 2 minutes.
4. Add vegetable stock water and cook until rice and split peas are soft, and there is still a little water in the pan.
5. Add the cornflour, parsley, salt and pepper, and mix well.
6. Scoop and roll into balls, placing on parchment paper.
7. Bake in the oven at 210 °C for 15 minutes, until golden brown.

### For the sauce:

1. Saute onions and garlic in oil.
2. Add tomatoes, tomato paste, and carrots.
3. Cook, stirring occasionally.

Pour the sauce over the meatballs to serve.

[www.soilassociation.org/GivePeasAChance](http://www.soilassociation.org/GivePeasAChance)



# Kitchari



## Ingredients (Serves 20)

- 250g organic dried split peas
- 500g easy cook long grain rice
- 150g onions, diced
- 400g chopped tomatoes
- 5g ground ginger
- 4g garlic puree
- 4g ground turmeric
- 8g chilli powder
- 15ml olive oil
- 20g vegetable bouillon
- 2l water
- 1kg oriental vegetables or veg of choice
- 10g coriander

**This recipe was developed by Cooks in Charge in Aberdeen City Council schools as part of the Give Peas A Chance! pilot project.**

## Method

1. Soak rice and split peas overnight in 1.5l of water.
2. Sauté onions and spices in olive oil until soft.
3. Add rice and split peas and fry for two minutes.
4. Add chopped tomatoes.
5. Add in the vegetable stock water a bit at a time. Keep topping up as needed.
6. Add oriental veg or veg of choice about halfway through cooking.
7. Cook until rice and split peas are tender (15–20 minutes).
8. Serve with fresh coriander.

[www.soilassociation.org/GivePeasAChance](http://www.soilassociation.org/GivePeasAChance)



# Kitchari



## Ingredients (Serves 2 adults and 2 children)

- 50g organic dried split peas
- 100g easy cook long grain rice
- 30g onions, diced
- 80g chopped tomatoes
- ½ tsp ground ginger
- ¼ tsp garlic puree
- ½ tsp ground turmeric
- 1 tsp mild chilli powder
- 1 tsp olive oil
- 1 stock cube
- 400ml water
- 200g oriental vegetables or veg of choice
- 2g fresh coriander

This recipe was developed by Cooks in Charge in Aberdeen City Council schools as part of the Give Peas A Chance! pilot project.

## Method

1. Soak rice and split peas in water overnight.
2. Drain rice and peas and rinse. Set aside. Meanwhile, sauté onions and spices in olive oil until soft in a large pan.
3. Add the drained rice and split peas to pan and fry for 2 minutes.
4. Add chopped tomatoes and mix.
5. Add in the vegetable stock and water a bit at a time until absorbed by the rice, and keep topping up as needed.
6. When about half of the stock has been added, add oriental veg or veg of choice and continue to add stock until it is all used up.
7. Cook until rice and split peas are tender (15–20 minutes). Top with fresh coriander before serving.

[www.soilassociation.org/GivePeasAChance](http://www.soilassociation.org/GivePeasAChance)



# Vegan Organic Choc-Pea Cookies



## Ingredients (Serves 30)

- 250g organic dried split peas
- 325g self-raising flour
- 400g soft veg margarine (plus extra to grease the tin)
- 370g caster sugar
- 75g cocoa powder
- 250ml water

This recipe was developed by Cooks in Charge in Aberdeen City Council schools as part of the Give Peas A Chance! pilot project.

## Method

1. Soak peas overnight, boil until tender, rinse and drain. Leave to cool. (This can be done the night before – store overnight in the fridge).
2. Heat the oven to 180 °C/160 °C fan/gas mark 4. Line a baking tray with parchment paper.
3. Add 250ml water and 70g caster sugar to the peas and blend until a thick paste forms.
4. Add rest of ingredients, including the remaining sugar, and mix.
5. Scoop onto baking parchment in 30 small scoops.
6. Bake for 15–20 minutes, until browned on the surface.
7. Remove from oven and allow to cool on the tray for 10 minutes. Transfer to a cooling rack to finish cooling.

[www.soilassociation.org/GivePeasAChance](http://www.soilassociation.org/GivePeasAChance)



# Vegan Organic Choc-Pea Cookies



## Ingredients (Makes 12)

- 100g organic dried split peas
- 130g self-raising flour
- 160g soft veg margarine (plus extra to grease the tin)
- 148g caster sugar
- 30g cocoa powder
- 100ml water

This recipe was developed by Cooks in Charge in Aberdeen City Council schools as part of the Give Peas A Chance! pilot project.

## Method

1. Soak peas overnight, boil under tender, rinse and drain. Leave to cool. This can be done the night before – store overnight in the fridge.
2. Heat the oven to 180 °C/160 °C fan/gas mark 4. Line a baking tray with parchment paper.
3. Add 250ml water and 70g caster sugar to the peas and blend until a thick paste forms.
4. Add the remaining ingredients, including the remaining sugar, and mix.
5. Scoop onto baking parchment in 30 small scoops.
6. Bake for 15–20 minutes, until browned on the surface.
7. Remove from oven and allow to cool on the tray for 10 minutes. Transfer to a cooling wrack to finish cooling.

[www.soilassociation.org/GivePeasAChance](http://www.soilassociation.org/GivePeasAChance)



# Vegan Organic Choc-Pea Muffins



## Ingredients (Serves 30)

- 250g organic split peas
- 400g soft veg margarine (plus extra to grease the tin)
- 300g caster sugar
- 75g cocoa powder
- 325g self-raising flour
- 250ml water

This recipe was developed by Cooks in Charge in Aberdeen City Council schools as part of the Give Peas A Chance! pilot project.

## Method

1. Soak peas overnight, boil until tender, rinse and drain. Leave to cool. (This can be done the night before).
2. Refresh the peas under cold water, and puree with a hand blender until completely smooth. Set aside.
3. In a large bowl, blend the peas together with the water and 70g of caster sugar until it forms a paste.
4. Cream together the margarine and sugar until light and fluffy. Beat in the cooled pea puree.
5. Sift in the flour and cocoa powder before stirring to gently combine together.
6. Evenly divide the batter into 30 muffin cases. Each case should be about  $\frac{3}{4}$  full.
7. Bake for 15–20 minutes, until the muffins are springy to the touch. Remove from oven and allow to cool in the pan for 5 minutes. Transfer to a cooling rack to finish cooling.

[www.soilassociation.org/GivePeasAChance](http://www.soilassociation.org/GivePeasAChance)



# Organic Pea and Sweet Potato Curry



## Ingredients (Serves 20)

- 1kg organic dried split peas
- 60ml olive oil
- 400g onions, diced
- 400g carrots, diced
- 75g garlic puree
- 75g curry powder
- 15g ground tumeric
- 20 chilli powder
- 400g chopped tomatoes
- 20g vegetable bouillion
- 600ml water
- 15g garam masala
- 500g sweet potatoes
- 400g spinach

**This recipe was developed by Cooks in Charge in Aberdeen City Council schools as part of the Give Peas A Chance! pilot project.**

## Method

1. Soak peas overnight, boil until tender, rinse and drain. Leave to cool. (This can be done the night before).
2. Heat the oil in a large pan over a medium heat, add the onion, peas, and spices. Sauté together until the onions are soft and the spices are mixed well.
3. Add stock, garlic, and tomatoes, allowing to simmer until the peas are just cooked. Adjust consistency if needed.
4. Add the remaining vegetables to the dish and simmer until cooked, but not overcooked.

Additions: Cauliflower, sweet potato, or grated carrot could be added to increase veg content. Kale or chard can be added in winter to replace spinach.

[www.soilassociation.org/GivePeasAChance](http://www.soilassociation.org/GivePeasAChance)



# Creamy Leek, Courgette and Pea Soup



## Ingredients (Serves 16)

- 300g organic dried split peas
- 75g vegetable bouillon
- 1.5l water
- 400g courgette, sliced
- 200g leeks
- 150g onions, diced
- 100g light cream cheese

This recipe was developed by Cooks in Charge in Aberdeen City Council schools as part of the Give Peas A Chance! pilot project.

## Method

1. Soak the peas in water overnight.
2. Drain off water and add bouillon.
3. Cook for around two hours with the onions until the peas are cooked.
4. Add the courgettes and leeks during the last 30 minutes of cooking.
5. Add the cream cheese and liquidise.
6. Check the consistency and add more water and seasoning if required.

[www.soilassociation.org/GivePeasAChance](http://www.soilassociation.org/GivePeasAChance)



# Traditional Mince with Organic Peas and Yorkie



## Ingredients (Serves 20)

- 700g QMS Beef Steak mince
- 400g onion, diced
- 600g carrots, peeled and diced
- 300g swede, peeled and diced
- 30g beef bouillon
- 45g beef gravy granules
- 600ml water
- 500g organic dried split peas
- 600g Yorkshire puddings

This recipe was developed by Cooks in Charge in Aberdeen City Council schools as part of the Give Peas A Chance! pilot project.

## Method

1. Soak peas overnight, boil until tender, rinse and drain. Leave to cool. This can be done the night before – store overnight in the fridge.
2. Brown the mince and onions, until the onions are translucent. Remove any excess fat.
3. Mix bouillon with hot water and add to beef mix with vegetables and peas. Leave to simmer for twenty minutes.
4. Add gravy granules to mince and boil for a further ten minutes, adding more water if required, until you have a tender mince and a rich gravy.
5. Serve mince topped with a Yorkshire pudding and seasonal veg.

[www.soilassociation.org/GivePeasAChance](http://www.soilassociation.org/GivePeasAChance)



# Traditional Mince with Organic Peas and Yorkie



## Ingredients (Serves 2 adults and 2 children)

- 140g QMS Beef Steak mince
- 80g onion, finely chopped
- 120g carrots, peeled and diced
- 60g swede, peeled and diced
- 1 beef stock cube
- 2 tsp beef gravy granules
- 120ml water
- 100g organic dried split peas
- 6 Yorkshire puddings

This recipe was developed by Cooks in Charge in Aberdeen City Council schools as part of the Give Peas A Chance! pilot project.

## Method

1. Soak peas overnight, boil until tender, rinse and drain. Leave to cool. This can be done the night before – store overnight in the fridge.
2. Add the mince and onions to a large pot, and cook until the mince is brown and the onions are translucent. Remove and discard any excess fat.
3. Add stock cube to water until dissolved and add to beef mix with vegetables and peas. Leave to simmer for 20 minutes.
4. Add gravy granules to mince and simmer for a further 10 minutes, adding more water if required, until you have tender mince and a rich gravy.
5. Serve mince topped with a Yorkshire pudding and seasonal veg.

[www.soilassociation.org/GivePeasAChance](http://www.soilassociation.org/GivePeasAChance)



# Savoury Wheel



## Ingredients (Serves 20)

- 400g organic dried split peas
- 1kg diced mixed vegetables
- 400g tomato paste
- 5g garlic puree
- 5g coriander
- 500g grated vegan cheese
- 625g puff pastry sheets

**This recipe was developed by Cooks in Charge in Aberdeen City Council schools as part of the Give Peas A Chance! pilot project.**

## Method

1. Soak peas overnight.
2. Cook peas until tender, rinse and drain. Leave to cool, before blending together to make a paste.
3. Spread the paste over the pastry sheet.
4. Cook vegetables in rational for 4 minutes. Leave to drain and steam dry.
5. Mix tomato paste, garlic puree, and coriander. Then mix in the vegetables until they are thoroughly coated.
6. Add the vegan cheese into the vegetable mixture and mix through.
7. Spread the vegetable mixture over the pea puree and roll up like a cheese wheel.
8. Cut into slices and bake in the oven at 180 °C for 15–20 minutes.

[www.soilassociation.org/GivePeasAChance](http://www.soilassociation.org/GivePeasAChance)



# Choc-Pea Brownies



## Ingredients (Serves 32)

- 325g self-raising flour
- 250g organic dried split peas
- 300g caster sugar
- 400g vegan spread
- 75g cocoa powder
- 250ml water

This recipe was developed by Cooks in Charge in Moray Council schools as part of the Give Peas A Chance! pilot project.

## Method

1. Soak the 250g peas for at least 24 hours, refresh the water throughout the day.
2. Once soaked, boil the peas until soft. Rinse and drain.
3. Add the water and 70g of the caster sugar, and blend to a thick paste.
4. Mix the rest of ingredients together to form a brownie/cake mixture.
5. Pour into a lined tin and bake at 180 °C for 20–30 minutes depending on tin.



[www.soilassociation.org/GivePeasAChance](http://www.soilassociation.org/GivePeasAChance)



# Venison Pie



## Ingredients (Serves 16)

- 200g diced onion
- 400g carrots
- 10g beef bouillon
- 1.2l boiling water
- 90ml beef gravy granules
- 1.3kg diced venison
- 500g organic dried split peas
- 270g puff pastry blocks

This recipe was developed by Cooks in Charge in Aberdeen City Council schools as part of the Give Peas A Chance! pilot project.

## Method

1. Trim fat off venison.
2. Sauté the onions until transparent.
3. Mix together the bouillon and water to make a stock.
4. Add meat, vegetables and enough stock to cover.
5. Simmer slowly for 1.5–2 hours until meat is tender. Add gravy granules to thicken towards the end.
6. Meanwhile, pre-heat the oven to 200 °C, then cook the puff pastry blocks for approx. 20 minutes until risen and golden.
7. Serve with potatoes and seasonal vegetables.

[www.soilassociation.org/GivePeasAChance](http://www.soilassociation.org/GivePeasAChance)

