

THOUGHTS FROM THE KITCHEN

Servant's delight

Ann Banks from Lancashire, conjures up a tasty 'vegetarian lasagne with a twist'.

After a few years of having a quiet house when our five children had flown the nest, we are now adapting to two of them having come back as they are saving up to buy their own first homes. I lovingly prepared their rooms and on their return, somehow we managed to accommodate their goods collected over the years.

Very appropriately the 'Word of Life' at that time was 'Whoever wants to be first must be last of all and servant of all.' It rang true as I was back to washing, ironing and shopping for extra mouths – indeed, finding mugs in different rooms in the house and falling over shoes left as trip hazards, I felt more like a slave!

loaves were the only thing that sprang to mind! Wanting to be a 'good mum', I started researching a revised balanced meal plan for us all.

One day found me making a vegetarian lasagne with a twist. There is no set list of ingredients as I just chopped up what we had at home at that time, including: onions, garlic, carrots, cauliflower, broccoli and leeks left to simmer with a good vegetable stock cube. Meanwhile I made a rich, creamy cheese sauce to provide protein. For this I gently fried some flour in butter for two minutes, then stirred in the milk and cooked till boiling and thickened. In went the

seasoning, some cream and enough grated cheese to make it taste really cheesy.

Now it was time to create the lasagne, but discovered that we had no gluten free pasta sheets left. On a wing and a prayer, and mindful of my soon-to-return hard-working ravenous adult family, I resorted to potatoes. Sliced up and par-boiled for a few minutes, I layered them with the vegetables and sauce and sprinkled the top with gluten free breadcrumbs and grated cheese.

After 30 minutes in the oven at 200°C, the large

bowl of impromptu lasagne had crisped and bubbled up, ready for everybody returning home. I called it 'Servant's Delight' because in trying to serve my family as the Word of Life suggests to me, nobody was more delighted with the result than myself. The love that went into the preparation was certainly the right ingredient, and perhaps the most important one. This meat- and grain-free lasagne is now part of our repertoire of tasty dishes and a firm family favourite. 🍴



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However, after a little chat and perseverance on both sides, the mugs now get as far as the sink and the shoes are placed where they should be.

In our household we had, for health reasons, adopted and perfected our cooking regime to be compatible with a gluten, nut and soy free diet relying on meat for protein. However, on his return our son announced that he was now a vegetarian. How could I provide for his needs considering our already very restricted cuisine? Nut