



Chef Lauren Lovatt

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My fondest festive memories all focus around food. I have a tiny family and our Christmas always involves a very mellow day of cooking. My fondest memory is waking up in the morning and getting the presents out from under the tree with my granddad. My family also has a tradition of drinking whisky in their tea and nibbling chocolates all morning up to lunch. So, the dishes I'm creating today take inspiration from Lovatt family classics, each one here with a mind food twist.

Focusing on the health of the plant and the mind-body-soul connection within ourselves, I love to use classic flavours like sprouts, chestnuts and potatoes with sprinkles of superfoods, championing medicinal mushrooms and CBD for an extra brain boost. I was inspired by the three choices we have each day and so each dish uses the same three ingredients in a different way.

Championing Hemp, Potato & Kalette through these bites. These dishes are cyclical and use the waste from each other to create an impact showing the versatility of the ingredients.

CBD Ganache

INGREDIENTS:

180g 75% vegan chocolate, shredded

70 ml hemp oil

5ml CBD

170g hot water

METHOD:

Place the chocolate and oil in a bowl with the oil. Gradually pour over the water and whisk to melt the chocolate.

The chocolate, water and oil will begin to look silky and smooth and once you have used all the water and the chocolate is fully melted add the CBD and stir once more.

Pour the ganache into your chosen mould and leave to set in the fridge for at least six hours until ready to serve.

