



## 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 & Kale through these bites. These dishes are cyclical and use the waste from each other to create an impact showing the versatility of the ingredients.

# Candy Cane Lox

## INGREDIENTS:

1 kg mixed beets and carrots,  
cleaned and cut in half  
2 nori sheets  
2 cups olive oil  
½ cup kelp / dulse flakes  
3 tbsp smoked salt  
3 tbsp smoked paprika

## METHOD:

Line a baking tin with two sheets of baking paper. Lay half of beets and carrots onto the baking paper, squeezing them together as tight as possible. Then sprinkle with half the salt, nori and kelp. Plate one nori sheet on the first layer. Add the second layer of carrots and repeat.

Pour enough oil over the roots to submerge them. Seal the parcel with paper and foil. Then put in an oven preheated at 180C for 2 hours until the roots are perfectly soft. Allow to cool. When ready, stream away the oil, saving for a dressing. Allow to cool, peel and now carefully slice the roots. Place with the cut side down on your chopping board, slice horizontally across a couple of mm thick. This will create a smoked 'salmon' like texture. Once everything is cut, put in a bowl to dry smoke, for a deeper smokey flavour.

