

# Six Course *Tasting Menu*

Created by Chef Alexis Gauthier  
exclusively for Animal Equality UK



A PROJECT BY

animaleQUALITY



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# Fine-Dining, Reimagined

*Curious and creative plant-based meals  
from my kitchen to yours*

For as long as I can remember, the kitchen has been my sanctuary - a place of precision, beauty, and deep tradition. As a classically trained French chef, and someone who once built my career around foie gras and butter-rich sauces, I never imagined that one day I would find my greatest inspiration in... plants!

Yet here I am, deeply passionate and prouder than ever in my recipes, inviting you personally to join me in experiencing fine-dining through a new lens - one that celebrates the vibrancy of plant-based cuisine, honours the lives of animals, and champions a kinder way of living.

*This bespoke cookbook  
is my love letter to plants.*





Each meal is born from my training in the world's most demanding kitchens but guided now by compassion and curiosity. When I transitioned my central London restaurant, Gauthier Soho, to a fully plant-based kitchen, I didn't abandon flavour, elegance, or technique - I simply reimagined them! What I discovered was revelatory: vegetables, grains, legumes, fruits, herbs, and spices offer an extraordinary palette to create dishes that are not just ethical, but exquisite.

Partnering with Animal Equality for this book was a natural decision. Their global team's tireless work to protect animals and expose cruelty has my deepest respect. This collection of recipes is not just about food, it's about standing alongside those who believe that what we eat can be an act of kindness, an act of change. An act of defiance and belief that a better world is possible.

I believe in this vision too.

Some dishes may look ambitious at first glance, but don't let that intimidate you. Every ingredient is accessible, every step is achievable, all you need is an open mind and an open heart. This is food for changemakers: for those who want to surprise their guests, challenge conventions, and bring a taste of haute cuisine into their home.

Cooking is, above all, an act of love. I hope this cookbook ignites your creativity, deepens your connection to the incredible world of plants, and reminds you that choosing empathy for animals doesn't mean sacrificing pleasure: it means embracing it, fully.

Welcome to a new kind of fine-dining.  
Let's cook for a better world!

— Chef Alexis Gauthier



**Check out these  
video tutorials  
and cook  
alongside Alexis!**









AMUSE BOUCHE ~~~~~

## **Crispy Aubergine Skins, Reduced Meridional Juice, and Soft Aubergine Heart with Currants and Grilled Almonds**

This opening dish is a delicate balance of texture and flavour - crispy aubergine skin, a silky-soft centre, and layers of sweet and smoky notes from currants and grilled almonds. It's a refined, quietly indulgent start that shows just how much depth and elegance plant-based ingredients can offer when given care and attention.

Created in collaboration with Animal Equality, this recipe is also a gentle reflection of a deeper truth: that with a soft heart, we begin to see the world differently. We recognise animals not as ingredients, but as thinking, feeling beings with lives of their own. While this dish is subtle on the plate, it carries with it a quiet message about compassion, awareness, and the simple but powerful joy of choosing kindness.



# Ingredients

~~~~~ SERVES 4 PEOPLE

## For the Crispy Aubergine Skins:

- 2 large aubergines
- 3 tbsp (45 ml) olive oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- Salt and pepper to taste

## For the Soft Aubergine Heart:

- Flesh from the 2 aubergines (reserved after removing skins)
- 2 tbsp olive oil
- 1 shallot, finely chopped
- 2 garlic cloves, minced
- 40-50g dried currants
- 35g grilled almonds, roughly chopped
- 1 tbsp fresh thyme leaves
- 1 tsp lemon zest
- Salt and pepper to taste

## For the Reduced Meridional Juice:

- 4 large tomatoes, chopped
- 1 red pepper, chopped
- 1 small red onion, chopped
- 2 garlic cloves, minced
- 1 tbsp tomato paste
- 1 tsp smoked paprika
- 2 tbsp (30ml) balsamic vinegar
- 1 tbsp (15ml) maple syrup
- 250ml vegetable stock
- 1 tsp red chilli flakes (optional)
- Salt and pepper to taste

## For Garnish:

- Fresh basil or parsley leaves
- A drizzle of extra virgin olive oil







# Method

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## 1. Prepare the Crispy Aubergine Skins:

Preheat the oven to 200°C.

Carefully peel the aubergines, keeping the skins as intact as possible.

Set the flesh aside for the soft aubergine heart.

Toss the aubergine skins with olive oil, smoked paprika, garlic powder, salt, and pepper.

Arrange the skins in a single layer on a baking sheet. Bake for 15-20 minutes, or until crispy and golden. Remove and set aside.

“

*I love using every part of a vegetable - there's something deeply satisfying about turning what we'd usually throw away into the highlight of the dish.”*

## 2. Make the Reduced Meridional Juice:

In a large saucepan, heat 1 tablespoon of olive oil over medium heat.

Add the chopped tomatoes, red pepper, red onion, and garlic. Sauté for 8-10 minutes until softened.

Stir in the tomato paste, smoked paprika, and chilli flakes (if using). Cook for 2 minutes.

Add the balsamic vinegar, maple syrup, and vegetable stock. Bring to a simmer and cook for 20-25 minutes, stirring occasionally, until the mixture has reduced by half and thickened. Blend the sauce until smooth using a blender. Strain through a fine-mesh sieve for a silky texture. Season with salt and pepper.

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### 3. Prepare the Soft Aubergine Heart with Currants and Grilled Almonds:

Cut the reserved aubergine flesh into small cubes.

Heat 2 tablespoons of olive oil in a large skillet over medium heat. Add the shallot and garlic and sauté for 2-3 minutes until fragrant.

Add the diced aubergine and cook for 8-10 minutes, stirring occasionally, until soft and golden.

Stir in the currants, grilled almonds, thyme leaves, and lemon zest. Season with salt and pepper. Cook for another 2-3 minutes to combine the flavours.

### 4. Assemble the Dish:

Spoon a generous amount of the reduced meridional juice onto each plate, spreading it into a thin layer.

Place a mound of the soft aubergine heart in the centre of the plate.

Arrange the crispy aubergine skins around the aubergine heart, standing them upright or leaning them for a dramatic effect.

Garnish with fresh basil or parsley leaves and a drizzle of extra virgin olive oil.

“

*Plate it with a little theatre:  
stand the crisp skins tall,  
like petals around the centre.  
A swirl of sauce, a few herbs -  
suddenly, it's not just aubergine,  
it's something special.”*





## FIRST ENTRÉE



# **Courgette Fine Tart with Vegetable and Wild Mushroom Juice, Topped with Thin Slices of Courgette and Almost-Candied Oranges**

Delicate and refined, this fine courgette tart layers subtle savoury notes with gentle sweetness - from tender slices of courgette to the brightness of almost-candied oranges. A rich, earthy vegetable and wild mushroom just brings depth, tying each element together in a dish that's as elegant as it is surprising.

Of course, not all slicing is carried out with care. In many factory farms in the UK, young hens often have their beaks sliced off to prevent them from pecking one another - a distressing behaviour caused by the intense confinement they're forced to endure. It's illegal when carried out routinely, yet is too often overlooked by authorities. That's why Animal Equality continues to fight for stronger legal protections and for existing laws to be upheld. This dish is a quiet reminder that true refinement isn't just about how we prepare our food, but the values we bring to the table.



# Ingredients

~~~~~ SERVES 4 PEOPLE

## For the Courgette Fine Tart:

- 1 sheet vegan puff pastry (store-bought or homemade)
- 2 medium courgettes, thinly sliced (about 1/8 inch thick)
- 1 tbsp olive oil
- 1 tsp orange zest
- Salt and pepper to taste

## For the Almost Candied Oranges:

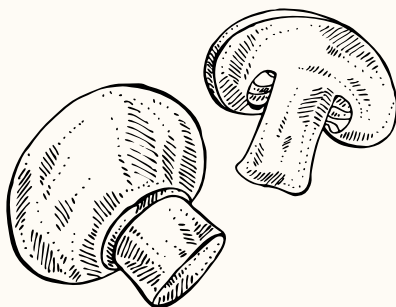
- 2 oranges, thinly sliced (with peel)
- 125ml water
- 50g sugar
- 1 cinnamon stick
- 1 star anise

## For Garnish:

- Fresh thyme sprigs
- A drizzle of olive oil
- Microgreens or edible flowers

## For the Vegetable & Wild Mushroom Juice:

- 30g dried wild mushrooms (porcini, shiitake, or a mix)
- 230ml hot water
- 1L vegetable stock
- 1 leek, cleaned and roughly chopped
- 1 carrot, roughly chopped
- 1 celery stalk, roughly chopped
- 2 garlic cloves, smashed
- 1 sprig fresh thyme
- 1 bay leaf
- 1 tsp black peppercorns
- 1 tbsp olive oil







# Method

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## 1. Prepare the Almost Candied Oranges:

In a small saucepan, combine the water, sugar, cinnamon stick, and star anise. Bring to a simmer over medium heat, stirring until the sugar dissolves.

Add the orange slices and simmer gently for 15-20 minutes, flipping occasionally, until the oranges are tender and slightly translucent.

Remove the oranges from the syrup and let them cool on a wire rack. Reserve the syrup for plating.

## 2. Make the Vegetable and Wild Mushroom Juice:

In a large pot, heat 1 tablespoon of olive oil over medium heat. Add the leek, carrot, celery, and garlic. Sauté for 5-7 minutes until softened.

Add the mushrooms, vegetable stock, thyme, bay leaf, and black peppercorns. Bring to a gentle simmer and cook for 30 minutes.

Strain the juice through a fine-mesh sieve or cheesecloth, pressing to extract all the liquid. Keep warm until ready to serve.

“

*The key is in the mushrooms - choose a rich, flavourful variety to really bring depth to the dish.”*



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### 3. Prepare the Courgette Fine Tart:

Preheat the oven to 200°C.

Roll out the puff pastry on a lightly floured surface to fit a tart pan or baking sheet. Prick the pastry with a fork to prevent puffing.

Toss the courgette slices with olive oil, orange zest, salt, and pepper. Arrange the slices in overlapping layers on the puff pastry.

Bake for 20-25 minutes, or until the pastry is golden and the courgette is tender.

“

*This tart is best made just an hour before serving so the courgettes stay fresh and vibrant.”*

### 4. Assemble the Dish:

Spoon a pool of the vegetable and wild mushroom juice onto each plate.

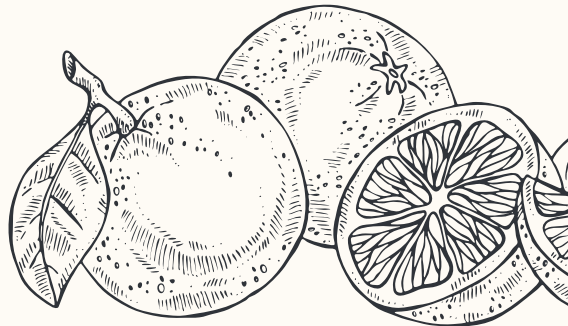
Place a slice of the courgette tart in the centre of the plate.

Top the tart with a few almost candied orange slices.

Garnish with fresh thyme sprigs, a drizzle of olive oil, and microgreens.

“

*Don't be shy with the orange zest - it's what gives that final burst of freshness that makes it so special.”*







SECOND ENTRÉE: ~~~~~

## **Parsnips in Breton Sea Broth Nage, Pistachios and Caramelised Plums, and Crispy Lettuce Bells**

Fragrant, layered, and quietly luxurious, this dish pairs the gentle sweetness of parsnips with the savoury depth of a plant-based sea broth. Caramelised plums bring warmth and richness, while pistachios and crisp lettuce bells add texture and freshness. It captures the spirit of the sea, without taking from it.

In the Scottish salmon industry, tens of millions of animals die each year - many from disease, lice infestations, or abrasive treatments. Atlantic salmon, carnivorous by nature, are fed hundreds of wild fish each just to survive: 440 wild fish are consumed by every farmed salmon. It's an industry built on silence and suffering, far from the natural harmony the ocean should represent.

But the sea has the power to nourish without harm. Through plants, we can chart a new course - one of sustainability, compassion, and bold, clean flavour. This dish is a reflection of that future: where life beneath the waves is protected, not plundered, and where taste and conscience swim in the same direction.



# Ingredients

~~~~~ SERVES 4 PEOPLE

## For the Parsnips in Breton Sea Broth Nage:

- 4 medium parsnips, peeled and cut into batons
- 1L Breton sea broth (see below)
- 1 tbsp olive oil
- Salt and pepper to taste

## For the Breton Sea Broth:

- 1L vegetable stock
- 1 leek, cleaned and roughly chopped
- 1 fennel bulb, roughly chopped
- 2 garlic cloves, smashed
- 30g dried kombu seaweed
- 15g dried wakame seaweed
- 1 sprig fresh thyme
- 1 bay leaf
- 1 tsp black peppercorns

## For the Pistachios & Caramelised Plums:

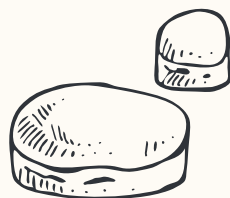
- 2 ripe plums, halved and pitted
- 1 tbsp olive oil
- 1 tbsp maple syrup
- 35g shelled pistachios, roughly chopped
- A pinch of salt

## For the Crispy Lettuce Bells:

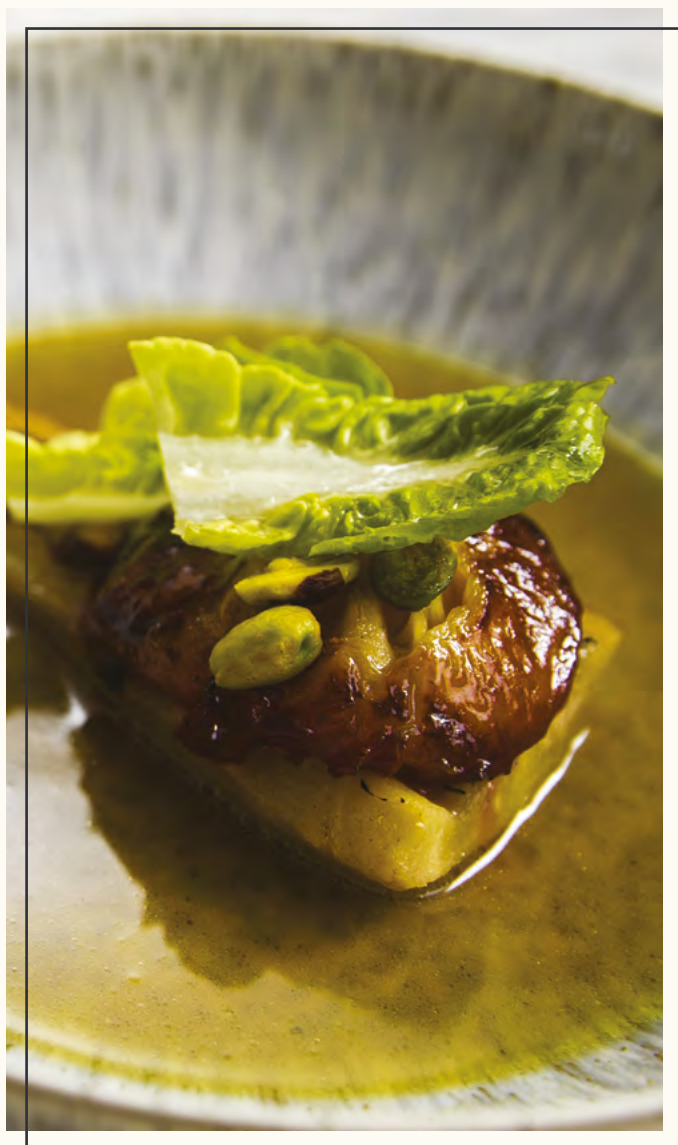
- 4 small heads of baby gem lettuce, halved
- 2 tbsp olive oil
- Salt and pepper to taste

## For Garnish:

- Fresh dill or parsley sprigs
- A drizzle of olive oil







# Method

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## 1. Prepare the Breton Sea Broth:

In a large pot, combine the vegetable stock, leek, fennel, garlic, kombu, wakame, thyme, bay leaf, and black peppercorns.

Bring to a gentle simmer and cook for 30 minutes. Strain the broth through a fine-mesh sieve or cheesecloth, discarding the solids. Keep warm until ready to use.

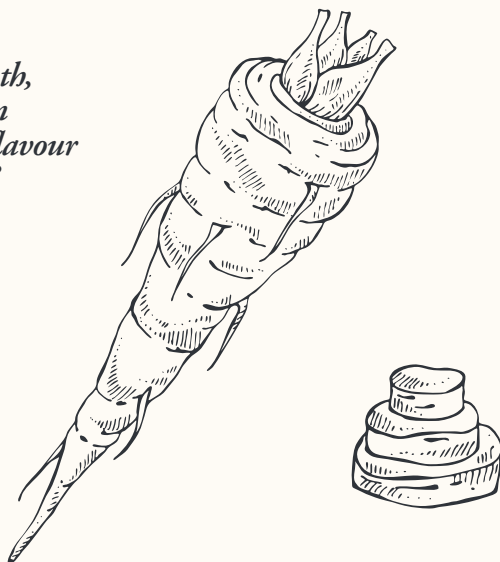
## 2. Cook the Parsnips in Breton Sea Broth Nage:

In a large skillet, heat 1 tablespoon of olive oil over medium heat. Add the parsnip batons and sauté for 2-3 minutes until lightly golden.

Pour the Breton sea broth over the parsnips, ensuring they are mostly submerged. Simmer gently for 10-15 minutes, or until the parsnips are tender. Season with salt and pepper.

“

*When making a seaweed broth, don't let it cook for more than 30 minutes - after that, the flavour is spent and can turn bitter.”*



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### 3. Make the Pistachios & Caramelised Plums:

Heat 1 tablespoon of olive oil in a skillet over medium heat. Add the plum halves, cut side down, and cook for 2-3 minutes until caramelised.

Drizzle the plums with maple syrup and cook for another 1-2 minutes. Remove from heat and set aside.

Toss the chopped pistachios with a pinch of salt and set aside.

“

*The caramelised plums bring sweetness and acidity, while the crushed pistachios give a perfect crunch. Layer those flavours carefully - don't rush it.”*



### 4. Prepare the Crispy Lettuce Bells:

Preheat the oven to 200°C.

Toss the halved baby gem lettuce with olive oil, salt, and pepper.

### 5. Assemble the Dish:

Spoon a pool of the Breton sea broth onto each plate.

Arrange the poached parsnips in the centre of the plate.

Place the caramelised plum halves and lettuce bells around the parsnips.

Sprinkle the dish with chopped pistachios.

Garnish with fresh dill or parsley sprigs and a drizzle of olive oil.





THIRD ENTRÉE: ~~~~~

## **Roast Fennel, Szechuan Pickled Blackberry, Soft Borlotti Beans, Fennel, and Blackcurrant Leaf Infused Tea**

This dish is a study in contrasts - sweet and tart, soft and crisp - with deep, dark notes from the pickled blackberries and the subtle herbal warmth of blackcurrant leaf tea. The gentle roast fennel and creamy borlotti beans bring warmth and balance, creating a complex yet harmonious plate.

The darkness in the blackberries quietly reflects a shadow that still lingers in the world of food: the foie gras industry. While production of this cruel delicacy has been banned in some countries on animal welfare grounds, since it involves violently force-feeding animals until their livers swell to the size of a small football, the UK continues to import this cruel delicacy, outsourcing suffering and profiting from it all the while. It's a legal contradiction that Animal Equality's team is determined to end, which is why they have been spearheading calls for a ban on foie gras imports for years.

I used to serve foie gras and think nothing of it, but after activists stood shouting on the doorstep of my restaurant I reflected... and I changed! Since then, I have supported Animal Equality, presenting in Parliament, handing in petition signatures at 10 Downing Street, and dedicating my craft to cruelty-free, plant-based creations.



This dish embodies that commitment: it is a celebration of flavour without compromise, and a step toward a more compassionate table.



# Ingredients

~~~~~ SERVES 4 PEOPLE

## For the Fennel & Blackcurrant Leaf Infused Tea:

- 2 tbsp fennel seeds
- 2 tbsp dried blackcurrant leaves (or fresh, if available)
- 950ml water

## For the Soft Borlotti Beans:

- 200g borlotti beans, soaked overnight
- Prepared fennel & black currant leaf infused tea
- Fresh thyme

## For the Roasted Fennel:

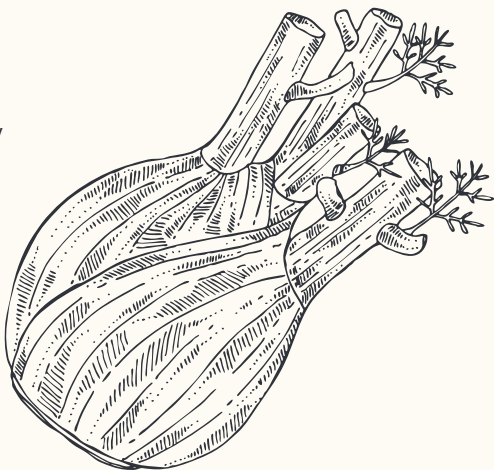
- 2 fennel bulbs, sliced thinly
- 2 tbsp olive oil
- Salt and pepper to taste
- 1 tsp dried thyme

## For the Szechuan Pickled Blackberries:

- 150g fresh blackberries
- 120ml rice vinegar
- 50g sugar
- 1 tbsp Szechuan peppercorns
- 1-inch piece of ginger, sliced
- A few slices of chilli (optional, for heat)

## For Garnish:

- Microgreens or edible flowers (optional)
- Additional olive oil for drizzling







# Method

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## 1. Prepare the Fennel & Blackcurrant Leaf Infused Tea:

In a saucepan, combine fennel seeds, blackcurrant leaves, and water.

Bring to a boil, then reduce heat and simmer for 10 minutes.

Strain and let the tea cool.

“

*When preparing fennel, always trim the woody base - it won't soften, no matter how long you cook it. You want clean, tender halves that can caramelise beautifully face down in the pan.”*



“

## 2. Cook the Soft Borlotti Beans:

Season the soaked borlotti beans with some fresh thyme. Then, in a pot, combine them with the prepared infused tea.

Bring to a boil, then reduce heat and simmer until beans are soft, about 45 minutes to 1 hour.

Drain, reserve some cooking liquid for later use.

## 3. Roast the Fennel:

Preheat the oven to 200°C.

Toss the fennel slices with olive oil, salt, pepper, and thyme. Fry lightly on a pan until lightly coloured.

Spread on a baking sheet and roast at 200°C for 20-25 minutes, until tender and golden.

*Toast your fennel seeds and tea leaves gently, just until fragrant. It releases layers of flavour that water alone could never extract.”*

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#### 4. Prepare the Szechuan Pickled Blackberries:

In a jar, combine blackberries, rice vinegar, sugar, Szechuan peppercorns, ginger, and chilli slices if using.

For a stronger flavour seal the jar and let it pickle for at least 4 hours, preferably overnight.

“

*Don't crush the berries.  
Let them 'cook' slowly  
in sweet vinegar, ginger,  
and oil. It's not just a garnish  
- it's a texture contrast,  
a moment of brightness.”*



#### 5. Assemble the Dish:

Place roasted fennel slices artistically on a serving plate.

Add a generous portion of soft borlotti beans in the centre.

Top with a few Szechuan pickled blackberries.

Drizzle with a reduction of the reserved infused tea cooking liquid (simmer until thickened).

Garnish with microgreens or edible flowers if desired. Serve immediately.





MAIN COURSE: ~~~~~

## **Almond Crusted Golden Pumpkin with Curry Spiced Sauce, Classic Riz Creole, and Fresh Mango Salad**

This meal offers a fresh twist on a 'chicken curry', where golden, almond-crusted pumpkin takes centre stage, paired with fragrant Riz Creole and a nutritious, refreshing mango salad. It's rich, comforting, and entirely plant-based, showing how deliciously satisfying compassionate cooking can be.

Chickens are the most abused land animals on the planet, with over one billion slaughtered every year in the UK. Many are bred to grow so fast that their bodies can't keep up, leading to heart failure, crippling lameness, broken legs, and breathing difficulties. Pumpkins don't have these problems! Choosing a dish like this isn't just about taste, it's a simple, joyful way to say no to extreme animal suffering. Here, no animals were harmed, only celebrated through flavour, colour, and care. It's a reminder that some of the richest culinary experiences can come from kindness on the plate.



# Ingredients

~~~~~ SERVES 4 PEOPLE

## For the Almond Crusted Golden Pumpkin:

- 500ml golden pumpkin or squash, cut into cubes
- 50g ground almonds
- 2 tbsp plain flour
- 1 tsp turmeric
- 1 tsp paprika
- Salt and pepper to taste
- 2 tbsp olive oil

## For the Curry Spiced Sauce:

- 75g cashews (soaked overnight)
- 250ml vegetable broth
- 2 tbsp curry powder
- 1 tsp ginger powder
- 1 tsp cumin
- 1/2 tsp chilli powder
- 1 tbsp nutritional yeast
- 1 tbsp lemon juice

## For the Classic Riz Creole:

- 200g basmati rice
- 250g vegetable broth
- 75g peppers, diced
- 75g onions, diced
- 75g tomatoes, diced
- 75g kidney beans, drained and rinsed
- 1 tsp Creole seasoning
- 1 tbsp olive oil

## For the Fresh Mango Salad:

- 150g fresh mango, diced
- 70g mixed greens
- 40g red onion, thinly sliced
- 20g mint leaves, chopped
- 2 tbsp lime juice
- 1 tbsp agave nectar
- 1/4 tsp chilli flakes
- Fresh ginger







# Method

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## 1. Make the Almond Crusted Golden Pumpkin:

Preheat the oven to 190°C.

In a bowl, mix ground almonds, flour, turmeric, paprika, salt, and pepper.

Toss pumpkin cubes in the almond mixture until coated.

Place on a baking sheet and bake for 25-30 minutes, until crispy and golden.

“

*Pumpkin needs patience. Cook it slowly until it's soft, but holding its shape - and then pan-fry until the edges catch that beautiful golden colour. That's when the flavour really deepens.”*

## 2. Make the Curry Spiced Sauce:

Blend the soaked cashews with vegetable broth, spices, nutritional yeast, and lemon juice until smooth.

Heat in a pan and simmer for 10 minutes, adjusting consistency with more broth if needed.

## 3. Make the Classic Riz Creole:

Heat the oil in a pot, add the onions and peppers, and sauté until soft.

Add the tomatoes and beans, and cook for 5 minutes. Add the rice and Creole seasoning. Stir to coat.

Pour in the vegetable broth, bring to a boil, then reduce heat and simmer until rice is cooked.

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#### 4. Make the Fresh Mango Salad:

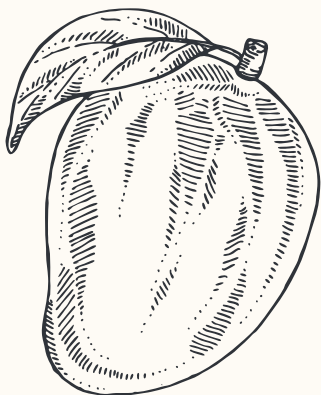
In a bowl, combine the mango, greens, red onion, ginger, and mint.

Dress with lime juice, agave nectar, and chilli flakes.

Toss gently to mix.

“

*The mango salad is best made early. Let the ginger, lime and mint sit together while you cook. The longer they mingle, the better it gets.”*



#### 5. Assemble the Dish:

Serve the Classic Riz Creole as a base.

Place the Almond Crusted Golden Pumpkin on top of the rice.

Drizzle the Curry Spiced Sauce over the pumpkin.

Garnish with the Fresh Mango Salad on the side.

“

*This dish is fast, filling, and full of life. It's not something you'd see in a French gastronomic book - but that's exactly why I love it.”*







DESSERT: ~~~~~

## **Poached English Rhubarb with Elderflower Jelly, Raspberry Compote, and Light Hazelnut Crumble**

This dessert brings together tender poached rhubarb, fragrant elderflower jelly, vibrant dairy-free raspberry compote, and a light, nutty hazelnut crumble - each element delicate yet full of flavour! Just as this crumble gently breaks apart with every bite, the old ways of eating animals are also starting to crumble.

There's simply no place for cruelty nowadays. There's no room for piglets to have their tails cut off without pain relief on factory farms, nor for cows to be torn from their mothers so their dairy can be sold for human consumption; delicious, thoughtful ingredients exist and it's up to us to choose them!



# Ingredients

~~~~~ SERVES 4 PEOPLE

## For the Poached Rhubarb:

- 400g English rhubarb (pink stems), cut into 5cm batons
- 100g caster sugar
- 1 orange (zest + 50ml juice)
- 1 vanilla pod, split (or 1 tsp vanilla bean paste)
- 100ml water

## For the Elderflower Jelly:

- 300ml unsweetened apple juice
- 100ml elderflower cordial
- 2 tsp agar-agar powder
- 1 tbsp lemon juice

## For the Raspberry Compote:

- 200g fresh/frozen raspberries
- 50g caster sugar
- 1 tsp cornflour (mixed with 1 tbsp water)

## For the Light Hazelnut Crumble:

- 50g rolled oats
- 30g plain flour
- 30g roasted hazelnuts, roughly chopped
- 25g coconut oil (solid)
- 25g light brown sugar
- Pinch of salt







# Method

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## 1. Make the Poached Rhubarb:

In a saucepan, combine the sugar, orange zest and juice, vanilla, and water. Simmer until the sugar dissolves.

If you have some left from the elderflower jelly, add some apple juice and elderflower cordial for extra flavour.

Add the rhubarb, ensuring it's submerged. Poach gently for 5–6 minutes until tender but holding shape.

Remove the rhubarb with a slotted spoon. Reduce poaching liquid by half to a syrup. Cool both separately.

“

*Cook the rhubarb gently, so it softens without collapsing. Texture matters - when it holds its shape, the dessert feels more refined.”*

## 2. Make the Elderflower Jelly:

Whisk the apple juice, elderflower cordial, and agar-agar in a saucepan. Bring to a boil, simmer for 2 minutes.

Stir in the lemon juice. Pour into 4 glasses or ramekins. Chill for 2 hours until set.

## 3. Make the Raspberry Compote:

Cook the raspberries and sugar in a pan over medium heat until the berries break down (about 5 minutes).

Stir in the cornflour mixture; simmer for 2 minutes until thickened. Let it cool.

“

*For the raspberries, I like contrast: half cooked into a caramelised compote with cornflour and brown sugar, half left fresh. One gives depth, the other freshness.”*

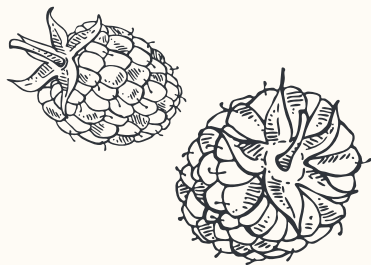
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#### 4. Make the Light Hazelnut Crumble:

Preheat the oven to 180°C (fan 160°C).

Rub coconut oil into the flour, sugar, and salt until sandy. Mix in the oats and hazelnuts.

Spread on a lined tray. Bake for 12–15 minutes until golden. Let it cool completely.



#### 5. Assemble the Dish:

Set a disc of elderflower jelly at the base of each bowl.

Spoon raspberry compote over the jelly.

Arrange the poached rhubarb batons on top. Drizzle with rhubarb syrup.

To finish, sprinkle hazelnut crumble generously.

“

*This dessert is like an open ravioli of summer flavours: sharp rhubarb, fragrant jelly, sweet berries. You cut into it, and it just sings.”*



# *This is not the end, it's just the beginning!*

As you close this cookbook, I want to thank you - not just for cooking, but for caring.

I hope these recipes brought moments of joy, creativity, even a little wonder into your kitchen. I hope they surprised you, delighted you, maybe even challenged you. But above all, I hope they reminded you why you opened this book in the first place: for the animals.

Because animals are not voiceless, they cry out. They resist. They mother. They mourn. They fight to live. We, as a society, have simply refused to listen to them for far too long.

But no more, thanks to compassionate people like you!  
When you chose to fill your table with plants,  
you made a powerful decision: to hear the animals.

With every bite, you honoured the piglet who would have had his tail cut off without pain relief. The pig who would have been gassed, terrified, unable to escape. The chicken confined so tightly she couldn't spread her wings. The fish swimming silently in an underwater cage. The cow bellowing for her baby, taken from her hours after birth so her milk can be sold for human consumption. You honoured them with every meal by saying: no more.

Let us not forget their faces. Their lives. Their right to exist without suffering.

This world we're working toward - a kinder, fairer one - it's not a fantasy. It's already being built, every time someone says yes to compassion. A world where lush green fields aren't just marketing illusions but real sanctuaries. Where plants are celebrated for the beautiful, nourishing gifts they are.



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This is the future!

A future rooted in justice for animals, powered by conscience, and not to forget incredibly delicious too!

But we can't stop here. The animals still need us. The system won't change unless we demand it. So please, keep speaking up. Use your voice, your supermarket choices, your emails, your social feeds, your wallet - every tool you have - to keep this movement growing.

Support those on the frontlines. Donate to Animal Equality if you can: their courage, compassion, and effectiveness saves lives every single day. They're not just exposing cruelty, they're lighting the path to a different world.

If you find yourself in London, come visit me and my team at Gauthier Soho. Let us cook for you: no compromise, no cruelty, just elegance and empathy on every plate.

Lastly, share these recipes.  
Post your creations.  
Invite your friends.  
Make it beautiful. Make it loud.  
Because when we show  
the world what's possible,  
we bring others with us.

Together, we are not  
just cooking... we are  
rewriting the story.

— Chef Alexis Gauthier





A PROJECT BY

**animal**EQUALITY

Animal Equality is an international farmed animal advocacy organisation working with society, governments, and companies to enact meaningful change for animals. Guided by compassion, determination, and effectiveness, we spearhead strategic campaigns to expose and end animal suffering caused by factory farming. Our teams in the UK, Germany, Italy, Spain, Mexico, Brazil, USA, and India consist of highly-qualified professionals with years of experience in releasing investigations, conducting corporate campaigns, carrying out political outreach, and leading on large-scale public awareness campaign. With over a decade of experience, we are committed to creating a world where all animals are truly respected and protected.



**Support our work**  
*by giving a gift today*



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