

# GLUT!

## Recipes from the Highbridge Community Farm



“SEED TO PLATE – IT’S WHAT WE DO”

*Brian Tull*

## At a glance conversion

Weights		Volumes	
ounces	grams	fluid ounces	millilitres
1	25	1	25
2	50	2	55
3	75	3	75
4	110	4	120
5	150	5	150
6	175	6	175
7	200	7	200
8	225	8	225
9	250	9	250
10	275	10	275
11	315	15	425
12	350	20/1 pint	570
13	365	1 ¼	725
14	400	1 ½	850
15	425	1 ¾	1 litre
16/1lb	450		

Many of us want to eat delicious food that is quick to prepare, easy to cook and fun to enjoy with friends and family.

These recipes have been compiled, tried and tested by members of the Highbridge Community Farm. Thanks to everyone who contributed their time and creativity.

Each recipe features produce grown on the farm. Some are based on familiar fruits and vegetables which ripen in huge quantities - a GLUT! Others showcase more exotic additions, kohlrabi, cavolo nero and colourful squashes for example.

Dive in and discover your favourites.

# **Contents**

# **Page**

<b>Hampshire Pesto</b>	<b>8</b>
<b>Beetroot Hummus</b>	<b>9</b>
<b>Beetroot and Feta Flan</b>	<b>10</b>
<b>Beetroot and Feta Burgers</b>	<b>11</b>
<b>Beetroot Sauces for Pasta</b>	<b>12</b>
<b>Beetroot Borsch</b>	<b>13</b>
<b>Beetroot Cake</b>	<b>14</b>
<b>Broadbean Hummus</b>	<b>15</b>
<b>Squash Tagine</b>	<b>16</b>
<b>Roasted Butternut Squash and Red Onion</b>	<b>17</b>
<b>Butternut Squash Dauphinoise</b>	<b>18</b>
<b>Butternut Squash Risotto</b>	<b>19</b>
<b>Vegetarian Kimchi</b>	<b>20</b>
<b>Spicy Savoury Crumble</b>	<b>22</b>
<b>Carrot Cake</b>	<b>24</b>
<b>Wilted Greens with Chilli Oil</b>	<b>25</b>
<b>Swiss Chard and Goats Cheese Tart</b>	<b>26</b>
<b>Courgette Cake</b>	<b>28</b>
<b>Courgette Slice</b>	<b>29</b>
<b>Courgette Gratin</b>	<b>30</b>

<b>Courgette and Coconut Soup</b>	<b>31</b>
<b>Courgette Pie</b>	<b>32</b>
<b>Chilled Courgette and Mint Soup</b>	<b>33</b>
<b>Cucumber and Elderflower Granita</b>	<b>34</b>
<b>Light Cucumber Pickle</b>	<b>35</b>
<b>Cavolo Nero Tabbouleh</b>	<b>36</b>
<b>Kohlrabi Remoulade with Smoked Mackerel</b>	<b>37</b>
<b>Dry Potato Curry</b>	<b>38</b>
<b>Flemish Style Red Cabbage</b>	<b>39</b>
<b>Savoury Shallot Tarte Tatin</b>	<b>40</b>
<b>Spinach with Cottage Cheese</b>	<b>42</b>
<b>Spinach with Mint</b>	<b>43</b>
<b>Fresh Tomato Sauce</b>	<b>44</b>
<b>Roast Turnips with Garlic and Lemon</b>	<b>45</b>
<b>Apple and Pear Mincemeat</b>	<b>46</b>
<b>Gooseberry Crunch Fools</b>	<b>47</b>
<b>Plum Upside-Down Cake</b>	<b>48</b>
<b>Rhubarb and Apple Flapjack Crumble</b>	<b>49</b>
<b>Glutney</b>	<b>50</b>

# Top Tips

## **Radishes**

Make sure you season well to bring out their sweetness.

## **Tomatoes**

Place in a bag with a few holes in the dark to ripen quickly. Their natural gasses speed up the process.

## **Basil or mint**

Tearing rather than cutting preserves more of the flavour.

## **Asparagus**

To trim simply snap the stems by hand. They should break just above the woody stem section.

## **Capers**

These come in both salted or vinegar versions. It is a good idea to rinse through prior to use.

## **Leeks**

Slice down the middle and put in a bowl of water to shed the soil caught in them. The tougher green parts can be used for stocks, sauces, or soups.

## **Seeds and nuts**

These can be dry roasted in a frying pan rather than in the oven, stirring for about 1 minute.

## **Spices**

These can also be dry roasted in a frying pan until the fragrance rises.

## **Parsnips**

If prepared in advance they will discolour so store in water with a slice of lemon.

**Chillies**

Smaller usually equals to hotter. Once soft they lose their fresh flavour.

**Champagne - Vinegar**

Store left over champagne in an open, wide mouthed jar or similar at room temperature. In a few weeks it will become champagne vinegar.

**Champagne – Vinaigrette**

Just add 2 tsp of Dijon Mustard whisk, and then whilst constantly whisking add  $\frac{3}{4}$  cup (165ml) virgin olive oil  $\frac{1}{2}$  tsp salt and a pinch of ground black pepper.

**Sesame oil**

If heated to a too high temperature this can become bitter.

**Cream**

If added to vegetable puree, it should be mixed by hand into the puree to prevent separation.

**Omelette**

If making an omelette and have no oven proof pan slide the omelette on to a preheated baking sheet if it needs to go into the oven.

**Grated or Soft Cheese**

Before use, store in the freezer for up to 1 hour prior to crumbling or grating.

**Perfect Pasta**

Reserve a small amount from the strained cooked pasta water for later, to pour through the ready cooked pasta to provide a coating to bind together with the additional ingredients, such as cooked vegetables. This provides a smooth sauce like finish to the dish

# BASIL

## Hampshire Pesto

You can use basil (tops and all) or rocket for this recipe.

### **Ingredients:**

50g leaves, stripped from stems

50g sunflower seeds

75g parmesan cheese

Juice of half a lemon

150 ml olive oil

### **Method:**

Roughly chop leaves and grind sunflower seeds. Grate cheese finely.

Combine all ingredients in a bowl

Put in a grinder and whizz up adding salt and garlic to taste.





# BEETROOT

## Beetroot Hummus

### Ingredients:

500g cooked beetroot

2 tbsp olive oil

2 cloves garlic, peeled and chopped.

3 large tbsp tahini

1 tbsp apple cider vinegar

2 tsp ground cumin

2 tbsp lemon juice

Salt and pepper

(Optional – squirt of honey, pomegranate molasses or chopped mint)

### Method:

Whizz the cooked beetroot to a puree with all other ingredients to a smooth paste and spreadable consistency. Season to taste. Can be frozen.



# Beetroot and Feta Flan

## Ingredients:

175g beetroot, cooked, roughly chopped and lightly mashed  
400g shortcrust pastry  
2 large eggs  
200g crème fraiche  
1 tsp chopped thyme  
100g Red Leicester cheese  
50g feta cheese, crumbled  
Spinach leaves for garnish

## Method:

Heat oven gas 6/200° C/180°C fan. Roll out pastry to line a 23cm flan tin and bake blind for 10 minutes with beans and a further 5 minutes without beans. Reduce oven heat to gas 4/180°C/160°C fan.

Beat eggs together with crème fraiche, season with pepper and add the thyme, together with 75g of the grated cheese. Pour into the cooked pastry case and top with the beetroot, remaining cheese. Bake for 25mins.



# Beetroot and Feta Burgers

## Ingredients:

400g raw beetroot, peeled and coarsely grated

Small bunch of spring onions, finely chopped

2 cloves of garlic, crushed

Small bunch of mint, chopped

1 lemon, zested and juiced

3 tbsp plain flour

1 egg

200g feta cheese, crumbled

3 tbsp olive oil

## Method:

Wrap the beetroot in a clean J Cloth and squeeze out as much liquid as possible. Mix the beetroot, spring onions, garlic mint, lemon zest, half the lemon juice, 2 tbsp flour, egg, salt and pepper together in a large bowl. Form the mixture into 4 patties and coat with the remaining flour. Heat the oil in a frying pan over a medium heat and fry for 4-5 minutes on each side.



# Beetroot Sauces for Pasta

Beetroot can be successfully frozen and the second sauce can also be frozen as it doesn't contain cheese.

1. Toast cumin seeds, add cubed roast/cooked or vacuum-packed beetroot, mix with seasoned cream cheese. Drizzle with lemon and garnish with dill.

2. In a food processor blend cooked beetroot, garlic, chilli, olive oil, lemon juice and seasoning. Pour over cooked pasta and mix. Serve with crumbled feta cheese and garnish with dill.



# Beetroot Borsch

## Ingredients:

1 small onion

2 beetroots

2 small potatoes or 1 small potato and half a medium sweet potato

1 small carrot

2 handfuls of chopped chard

1 litre of vegetable bouillon

1 tsp dill

2 tbsp apple cider vinegar

Natural yoghurt or sour cream to serve

Chopped fresh parsley to serve

## Method:

Finely chop the onion and fry it gently in a little oil (coconut or good quality olive oil - or 'steam' in a little water) until soft. Roughly chop all the other vegetables and add them to the onions and stir for a few minutes. Add the vegetable stock, bring to the boil and let the soup simmer for about 40 minutes.

Halfway through add the dill. When the soup is cooked liquidize it and stir in the cider vinegar. Add more vinegar to taste and more water if the soup is too thick. Serve with a swirl of yoghurt and garnish with fresh parsley.



# Beetroot Cake

## Ingredients:

250g beetroot, cooked and pureed  
½ tsp vanilla extract  
300g caster sugar  
250ml vegetable oil  
3 eggs  
225g plain flour  
1 ½ tsp bicarbonate of soda  
Good pinch of salt  
6 tbsp unsweetened cocoa powder

## Method:

Preheat oven to gas 4/180°C. Grease and flour a 20 x 30cm baking tin.

In a large bowl, combine the beetroot, eggs, vanilla extract, oil and sugar. In a separate bowl mix together flour, bicarbonate of soda, salt and cocoa powder. Add the dry ingredients to the creamed mixture and beat together well. Bake for 25 to 30 minutes.



# BROAD BEANS

## Broad Bean Hummus

### Ingredients:

400g broad beans

1 clove garlic

3 tbsp olive oil

Lemon juice

Salt and Pepper.

### Method:

Combine all ingredients together in a food processor.



# BUTTERNUT SQUASH

## Squash Tagine

### Ingredients:

Half a butternut squash  
2 courgettes.  
1 red onion  
2 tbsp olive oil.  
2 tsp paprika  
2 cloves.  
1 tsp cumin seeds  
1 tsp ras el hanout  
2 tsp honey  
1 small bunch coriander  
1 carton of passata  
1 small bunch of coriander.  
Sliced almonds

### Method:

Chop the squash and courgettes into cubes. Slice the onion and fry in the olive oil. Grind the cumin and cloves in a pestle and mortar and then add all the spices to the pan. Cook for 5 mins.

Add the passata, courgettes and squash and simmer gently for an hour or in a slow cooker for 2-3 hours. Stir in the chopped coriander and honey toward the end of the cooking.

Slice the almonds, toast gently and sprinkle on top of the tagine before serving





# Roast Butternut Squash and Red Onion

## Ingredients:

1 butternut squash  
2 red onions  
50ml olive oil  
4 tbsp tahini  
Salt and pepper  
Half a lemon  
3 tbsp water  
1 clove garlic  
30g pine nuts  
1 tbsp za'tar  
1 tbsp chopped parsley

## Method:

Heat the oven to 220°C/gas mark 7

Peel and chop the squash into 2cm x 6cm wedges and the onions into 3cm wedges and toss in a large bowl with 5 tablespoons of oil, salt and pepper. Place on a baking sheet and roast for 40 minutes or until the squash has cooked through. Leave to cool.

Mix the tahini with the juice of half a lemon, the water, a crushed garlic clove and a quarter teaspoon of salt. Add more water if necessary. It should have the consistency of honey.

Pour the remaining oil into a small frying pan on a medium-low heat. Add the pine nuts and half a teaspoon of salt. Cook for 2 minutes, stirring until the nuts are golden brown then tip the nuts and oil into a small bowl.

To serve, spread the vegetables on a platter and drizzle the sauce over the squash, plus the za'tar and parsley.



# Butternut Squash Dauphinoise

## Ingredients:

300ml double cream

100ml milk

2 bay leaves

Thyme sprigs

Garlic clove, crushed

¼ tsp grated nutmeg

1 tsp butter for greasing

1 large butternut squash, peeled and thinly sliced (about 1.1kg prepared flesh)

50g mature cheddar

## Method:

Heat oven gas 4/180°C/160°C fan

Boil cream and milk with bay leaves, spring of thyme, garlic and nutmeg. Remove from heat and infuse for 10 minutes.

Grease a large baking dish. Layer butternut squash, adding seasoning and a few thyme leaves as you go. Pour over the infused cream. Cover with foil and bake for 30 minutes

Uncover, press squash under the liquid and scatter with cheese. Bake uncovered until bubbling and golden.



# Butternut Squash Risotto

## Ingredients:

Butternut Squash, peeled de-seeded and cubed

1 Litre vegetable stock

1 onion, shopped

1 tbsp olive oil

30g butter

Garlic clove, chopped

300g Arborio rice

1 tbsp chopped parsley

150g Stilton, crumbled

## Method:

Simmer butternut squash in vegetable stock for 15 minutes. Remove squash and keep stock simmering. Cook onion in oil or 15g butter, add garlic and cook for 2 minutes. Add rice and stir over low heat for 1 minute.

Stir in a cup of stock and cook until almost absorbed. Continue cooking and stirring, adding a cup of stock at a time as it's absorbed. After 15 minutes, add the squash and continue to cook and add stock until the rice is creamy.

Remove from the heat and add 15g butter, parsley and stilton and stir until it is melted.



# CABBAGE

## Vegetarian Kimchi

You'll need a vessel which holds around 2 litres / 4 pints

### Ingredients:

1kg Chinese leaf, cut into 2cm cubes (save 3 or 4 outer leaves in the fridge for later)

115g sea salt

450g of daikon radish (or use carrot if you can't get hold of any)

1 bunch spring onions, trimmed and cut into 2cm pieces

1 tbsp fresh root ginger, thinly sliced (you can leave the peel on)

6 whole garlic cloves, peeled

1 shallot, peeled and quartered

2-6 tbsp Korean red pepper flakes (look for gochugaru or kochukaru in an Asian food store)

2 tbsp soy sauce

2 tsp sugar

### Method:

Put the chopped cabbage in a large bowl with the salt, toss the cabbage around and then add water to cover. Stir until the salt has dissolved. Keep the cabbage submerged with a plate and stand at room temperature for 6-8 hours. Overnight is also fine. Stir midway through.

Drain the cabbage, reserving some of the brine. Squeeze out the excess water and then put in a bowl with the radish/carrots and spring onions.



In a food processor, whizz together the ginger, garlic, shallot, red pepper flakes, soy and sugar until it forms a paste. Massage this paste over and into the cabbage until it's fully coated.

Put the cabbage into the jar and press it down so it's snug. Leave at least 5 cm at the top of the jar. Add enough of the reserved brine to just cover the veg. Retrieve the whole cabbage leaves you saved at the beginning and put the leaves on top to keep it all submerged. If you have a large gap at the top, you can put a weight on top to keep it all under the brine line. I used a plastic bag with water in to do this. Screw the lid on.

Leave the jar on the counter for three days to begin fermenting. From time to time you may need to let the gas escape by burping your jar. I also leave the jar on a plate in case the build-up of pressure causes liquid to escape.

At the end of day 3, put your jar in the fridge for two weeks. From then, it is ready to eat. The longer you leave it in the fridge, the more the tangy flavour develops.



# CARROTS

## Spicy Savoury Crumble

### Ingredients:

2 large carrots diced  
1 red or yellow pepper sliced  
2 courgettes / or half a marrow chopped into chunks  
1 large onion chopped  
2 cloves garlic crushed  
2 tsp cumin  
2 tsp coriander (seeds or ground)  
2 tsp turmeric  
1 tsp chilli flakes  
1/2 tsp fresh grated ginger  
2 tbsp olive oil or coconut oil  
1 tbsp tomato puree  
450 ml veg stock  
seasoning (black pepper & sea salt)  
3 tbsp grated parmesan

### For the Crumble topping:

80g of wholewheat flour / or gluten free flour  
50g butter  
80g oats / gluten free oats  
2 tbsp olive oil  
Seasoning



**Method:**

Pre heat oven to 180° C

Cook the onion and garlic in the oil until softened. Mix the herbs in a ramekin with three tablespoons water. Add the mixture to the pan and stir through and cook on medium for a further few minutes.

Then add the vegetables and cook for another 5 minutes stirring the spice paste through the vegetables. Add the tomato puree and the veg stock and stir well. Cover and let simmer for around 15 minutes until the veg is softened but still firm. Whilst the veg is simmering, prepare the crumble.

Put the flour and butter in a mixing bowl and rub with your fingers into bread crumb consistency. Stir in the oats and then add the oil and seasoning and stir well.

Transfer the vegetable pan mix to an oven proof dish and spread out evenly, then sprinkle the crumble mixture over the top. Place in the middle of the oven and leave to cook for around 20 minutes, then add the parmesan on top and cook for a further 8-10 minutes until its starts to bubble up the sides.



# Carrot Cake

## Ingredients:

9oz wholemeal flour  
6oz dark brown sugar  
3 large eggs  
6 fl oz sunflower oil  
2 fl oz sour cream/milk or plain yoghurt  
2 tsp vanilla essence  
1 tsp grated nutmeg  
2 tsp cinnamon  
1 tsp bicarbonate of soda  
½ tsp salt  
11 oz carrots  
3oz desiccated coconut

## Method:

Heat oven to gas 2/150°C. Grease and line an 8-inch cake tin. Place eggs, vanilla and yoghurt into a bowl, then sieve the sugars into it. In another bowl mix together flour nutmeg, cinnamon, bicarbonate of soda and salt. Beat the wet ingredients and sugars together, then fold in the dry ingredients. Fold in the grated carrots and coconut. Mix well, pour into the tin and bake for 1.5 – 2 hours.





# CHARD (OR ANY OTHER GREEN BRASSICAS)

## Wilted Greens with Chilli Oil

### Ingredients

600g any mixed greens like chard, curly kale, swiss chard turnip greens

4 tbsp olive oil

1 1/2 tsp chilly oil

1 clove garlic (crushed)

1 tbsp sweet chilli sauce

1 tsp soy sauce

100ml water

Season with salt and freshly ground black pepper

### Method:

Shred all the greens finely, removing any tough pieces. Heat the chilli and olive oils in the wok. Add the garlic and toss for 30 seconds. Add the greens and toss for 4-5 minutes making sure all are coated with the oil. Add the chilli sauce soy sauce and water. Cover and steam for a minute. Season and serve.



# Swiss Chard and Goat's Cheese Tart

## Ingredients:

375g ready rolled puff pastry

One medium onion finely diced (I prefer red but white work just as well)

1 clove garlic, minced

1 tablespoon olive oil

400g of Swiss chard, (well dried after washing, and sliced)

3 large free-range eggs, lightly whisked

2 tbsp fresh herbs, finely chopped (e.g. oregano, marjoram, thyme, basil)

150ml crème fraîche

150ml milk (you may need more or less depending on the moisture in the Swiss chard and size of your eggs)

180g goat's cheese log, sliced into rounds

50g roughly chopped walnuts

Salt and cracked black pepper

## Method:

Oil and flour a deep 25cm flan dish with a removable base.

Roll out pastry and line the flan dish, pinching it gently around the top of the dish. Prick the base and place the dish in the fridge while the oven heats up.

Pre-heat the oven to 200°C. When it reaches temperature, line the pasty case with a circle of baking paper, add baking beads and blind bake for 10 minutes. Remove from the oven, discard the paper and beads then return to the oven for a further 5 minutes until lightly golden.



Meanwhile, heat 1 tablespoon of oil in a deep frying pan, add the onions and fry until soft. Follow with the garlic. Add the Swiss chard to the pan, starting with the stems as these need a little longer to cook. Then add the tops turning until all the Swiss chard is wilted. Drain off any excess liquid, season to taste and set aside.

In a bowl, gently combine the whisked eggs, crème fraiche, milk and herbs (retaining a teaspoon). Season with salt and pepper.

To build the tart, sprinkle half the walnuts over the base, spoon in the Swiss chard mixture, then pour over the egg mixture, ensuring that it covers the vegetables. Top with the sliced goat's cheese then sprinkle with the remaining nuts and herbs. Season generously with salt and pepper.

Bake for 30-35 minutes, or until the filling is set and the top lightly golden. Remove from the oven and wait a few minutes before removing from the tin.



# COURGETTES

## Courgette Cake

### Ingredients:

3 eggs, beaten  
400g caster sugar  
250ml vegetable oil  
2 tsp vanilla extract  
375g plain flour  
3 tsp baking powder  
2 tsp ground cinnamon  
2 tsp ground nutmeg  
225g courgettes, grated

### Method:

Preheat oven to gas 3/170°C. Grease and line 2x1lb loaf tins.  
In a large bowl, use an electric mixer to beat the eggs until fluffy.  
Beat in the sugar, oil and vanilla. Gradually mix in the flour, baking powder, cinnamon and nutmeg. Fold in the grated courgette. Bake for 45 minutes.



# Courgette Slice

## Ingredients:

3-4 rashers bacon, chopped  
1 large onion, finely chopped  
6 eggs  
6ozs self raising flour  
½ cup oil  
375g courgettes, grated  
2 large carrots, grated  
4ozs Cheddar cheese  
Salt and pepper  
Parsley

## Method:

Heat oven to 180°C. Sauté onion and bacon until soft. Mix in all the other ingredients and top with the grated cheese. Bake in a greased rectangular casserole dish for 45-50 minutes.



# Courgette Gratin

## Ingredients:

90g unsalted butter plus extra for topping  
3 large onions, halved and sliced  
1kg courgettes, sliced  
2tsp salt  
1tsp freshly ground black pepper  
Nutmeg  
2 tbsp plain flour  
240 ml hot milk  
50g fresh breadcrumbs  
65g Gruyere cheese, grated

## Method:

Melt the butter and cook the onions until tender. Add the courgettes and cook, covered for 10 minutes. Add the salt, pepper and nutmeg and cook for 5 more minutes. Stir in the flour, add the hot milk and cook over a low heat to make a sauce.

Pour into a baking dish. Combine the breadcrumbs and gruyere and sprinkle on top of the courgette mixture.

Dot with the extra butter. Bake for 20 minutes, gas 6/200°C.



# Courgette and Coconut Soup

## Ingredients:

1 kg courgettes or marrow

salt

1 large onion chopped

1 tbsp olive oil

1 tsp grated fresh ginger

2 garlic cloves crushed

2 tbsp chopped basil, plus more to serve

2 tbsp chopped mint, plus more to serve

850 ml chicken or vegetable stock

250 ml coconut milk

## Method:

Chop courgettes or marrow into 2cm chunks (if marrow, remove seeds). Fry onion gently in the oil. Add the grated ginger and garlic, plus the marrow or courgette chunks. Add basil, mint, coconut milk and stock and cook for 15 minutes. Liquidise or put in food processor. Add extra basil and mint to serve if you wish.



# Courgette Pie

## Ingredients:

750g grated courgette – leave to drain in a colander for 5 minutes  
2 tbsp olive oil  
2 bunches of spring onions, sliced thinly  
175 ml vegetable stock  
4 tbsp chopped flat leaf parsley  
2 tbsp chopped mint  
3 eggs, beaten  
300 g feta cheese  
100g melted butter  
200g filo pastry  
Salt and pepper

## Method:

Pre-heat oven to 190°C/Gas 5

Heat oil in a saucepan and fry the spring onions for 5 minutes. Add the rice and cook for 1 minute, stirring to coat in the oil. Add stock to the pan and simmer for 15 minutes until the stock is absorbed and the rice is tender with some bite. Remove pan from the heat and stir in the grated courgette. When the mixture is cool, add parsley, mint and eggs. Crumble in the feta, season with salt and pepper and mix well. Melt the butter and lightly grease a deep roasting tin 30 x 20cm. Line the base and sides of the tin with layers of filo pastry sheets, let the ends of the filo sheets hang over the edge as you go so that you can use them to cover the top of the pie. Brush EACH sheet of the filo pastry with the melted butter.

Spread the courgette mixture over the pastry. Fold the overlapping sheets to cover the filing, brushing each sheet with melted butter. Bake the pie for about 35 minutes until golden brown.





# Chilled Courgette and Mint Soup

## Ingredients:

1 medium onion or a few shallots, finely sliced  
30g butter or 2 tbsp oil  
1 kg courgettes  
1.3 litre vegetable stock  
4 large sprigs of mint  
Salt and pepper

## Method:

In a saucepan, fry the onions until soft. Add the chopped courgettes, followed by the stock. Bring to the boil then reduce the heat and simmer for 20 minutes until the courgettes are tender. Tear the leaves from the sprigs of mint and add to the liquid. Turn off the heat and allow the mixture to cool, then liquidise and chill in the fridge. Season to taste and serve.



# CUCUMBER

## Cucumber and Elderflower Granita

### Ingredients:

3 cups peeled and diced cucumber

½ cup cold water

2 limes, zested and juiced

Pinch salt

2 tbsp sugar

Elderflower syrup

6 mint leaves

### Method:

Puree all ingredients until smooth. Taste for sweetness. Pour the cucumber juice into a 9 x 9 x 2inch glass baking pan and put in the freezer. After 30 minutes, with a fork, scrape to form flaky texture. Continue to scrape the surface every 30 minutes until you have a fluffy, snowy consistency. Serve or keep in an airtight container in the freezer, scraping every so often to keep a light texture.



# Light Cucumber Pickle

## Ingredients:

1kg cucumbers  
3 small onions, red or white  
1 tbsp dill leaves, dried or fresh  
250g granulated sugar  
1 level tbsp salt  
200ml cider vinegar

## Method:

Slice cucumbers thinly - the mandolin blade of a grater makes short work of this. If using knobbly short cucumbers, peel them first. Thinly slice onions.

Put all ingredients in a large bowl and mix well. Cover and leave overnight, or at least 3 hours. In a container, this pickle will keep in the fridge for up to 2 weeks.



# CAVOLO NERO

## Cavolo Nero Tabbouleh

### Ingredients:

100g bulgur wheat  
100g cavolo nero  
large bunch of mint  
bunch of spring onions  
half a cucumber  
4 tomatoes  
pinch of cinnamon  
pinch of ground allspice  
6 tbsp olive oil  
Juice and zest of half a lemon  
100g feta cheese  
4 Baby Gem lettuce leaves

### Method:

Prepare the vegetables by slicing the onions, chopping the spring onions, dicing the cucumber and copping the mint.

Tip the bulgur wheat into a heatproof bowl and just cover with boiling water, then cover with cling film and set aside for 10-15 mins or until tender.

Put the cavolo nero in a food processor and pulse to finely chop it. Stir the cavolo nero, mint, spring onions, cucumber and tomatoes through the bulgur wheat. Season with the cinnamon and allspice then dress with olive oil and lemon juice to taste.

Sprinkle with lemon zest and crumbled feta cheese and pile onto a bed of lettuce.



# KOHLRABI

## Kohlrabi Remoulade with Smoked Mackerel

### Ingredients:

- 1 kohlrabi
- 25g almonds – with skins is fine
- 25g dried apricots
- 25g 1 fillet smoked mackerel
- 2 tbsp olive oil
- 1 tbsp white wine or cider vinegar
- 1 tsp creamed horseradish sauce

### Method:

Peel and grate kohlrabi and roughly chop apricots and almonds.  
Remove skin from mackerel and chop roughly.  
Put all ingredients in a bowl and mix up, then leave to sit for a while and develop flavour.



# POTATOES

## Dry Potato Curry

### Ingredients:

15 medium boiled potatoes, cubed  
2 tbsp vegetable oil  
1 tsp red chilli powder  
3 tsp ground coriander  
1 ½ tsp turmeric powder  
2 tsp cumin seeds  
½ tsp garam masala (optional)  
Lemon juice to taste  
Salt and pepper

### Method:

Heat oil in a wok and add cumin seeds, allow to splutter, then add the boiled potato cubes. Mix well. Then add the remaining spices, mix well. If using garam masala, increase heat first, mix well. Remove from the heat and add the lemon juice. Garnish with coriander leaves.

You can add any green vegetables in season to this dish e.g., peas, spinach or broad beans.



# RED CABBAGE

## Flemish Style Red Cabbage

### Ingredients:

650g red cabbage finely shredded  
300ml red wine  
150ml port  
5 tbsp red wine vinegar  
1 tbsp brown sugar  
1 pint vegetarian or chicken stock  
150g (5oz) mixed ready to eat dried fruit, any such as apricot, fig, pear apple, halved  
12 juniper berries (optional)  
2 tbsp red currant jelly  
salt and pepper

### Method:

Preheat the oven to 200°C/400°F/gas mark 6  
Place shredded cabbage in a large ovenproof-dish, pour over red wine, port and wine vinegar. Sprinkle over the sugar and season with salt and black pepper. Boil up the stock pour over the red cabbage. Add the juniper berries (optional) and the chosen dried fruit. Cover and put in oven for 1 hour or until cabbage soft and tender. Remove lid and continue cooking until all liquid is evaporated. Add redcurrant jelly. Mix well to form a glaze over the cabbage and serve whilst hot.



# SHALLOTS

## Savoury Shallot Tarte Tatin

### Ingredients:

30 ml olive oil  
20 whole shallots  
1 tbsp sugar  
50 g butter, plus extra to grease the pan  
1 tbsp thyme leaves  
25 ml red or balsamic vinegar  
15 softened prunes, drained  
1 sheet of readymade puff pastry

### Method:

Preheat the oven to 190°C/375°F. Add the oil and shallots to a heavy-based saucepan over a moderate heat. Fry until the shallots begin to caramelise, turning brown in patches. (This takes about 6-8 mins.) Add the sugar to the pan and continue to cook for a further 5 mins. Keep stirring the mixture so the sugar doesn't burn.

Add the butter and thyme leaves to the pan, then cook for another 5-8 mins until the shallots have a rich, deep caramel colour. Add the vinegar. Continue to cook the shallots over a low heat for about 20 mins until totally soft. Remove from the heat and allow to cool completely then stir in the prunes.

Using a frying pan that will house the shallot and prune mix, and fit in the oven, grease the pan all over with the extra butter. Arrange the shallots, prunes and cooking juices in the pan, distributing the mix evenly.





Roll out the pastry and cover the contents of the pan. Cut off any excess, but leave enough rim to tuck snugly around the shallot mixture and inside the rim of the frying pan.

Bake in the oven until the pastry is crisp and golden: about 12-15 mins. With a knife, loosen any edges of the pastry from the pan while it's still hot. Quickly and carefully turn the tart upside down on to the plate and serve with a simple green salad.



# SPINACH

## Spinach with Cottage Cheese (Palak Paneer)

### Ingredients:

450g fresh spinach, washed and drained  
3 tbsp sunflower oil  
½ tsp cumin seeds  
1 large onion, finely chopped  
1 tbsp ginger and garlic paste  
2 large tomatoes  
½ tsp chilli powder  
½ tsp garam masala  
Salt  
225g cottage cheese (or paneer, cubed)

### Method:

Put the spinach in a heavy saucepan with some water and cook on a high heat for about 10 minutes. Cool slightly and grind along with some of the cooking water until you have a thick puree.

Heat the oil in a heavy bottomed pan and fry the cumin seeds until they turn dark. Add the onions and fry until soft. Stir in the garlic and ginger paste and tomatoes and cook on low heat until they are mushy, about 5 minutes. Pour in the spinach puree and sprinkle the spice powders and salt and stir well. Bring to the boil.

Reduce the heat and gently add the cottage cheese (or paneer) and simmer for a minute then take off the heat.



# Spinach with Mint

(You can also use Swiss Chard leaves for this recipe)

## Ingredients:

1 onion, peeled and chopped  
1 clove garlic, peeled and chopped  
250g Spinach or Swiss chard  
3 tbsp natural yogurt  
3 generous sprigs of apple mint (the soft furry one – very sweet)  
Juice of half a lemon  
Salt and pepper  
Olive oil

## Method:

You will need a large shallow pan with a lid to accommodate the chard.

Put the chopped onion and garlic in the pan with the oil and cook gently until the onion goes soft and transparent.

Meanwhile, chop the spinach (cut the stems out of the chard) into 1cm sections and set to one side. Slice the leaves into ribbons.

Once the onion is cooked, if using chard, add the chard stems to the pan. Add the lemon juice, cover and carry on cooking for a further 5 minutes.

Then add the chopped chard or spinach with a mere tablespoon of water, cover, and carry on cooking till the leaves have wilted down. Remove from the heat and allow to cool. Remove the mint leaves from their stalks and chop.

Add the yogurt and mint and stir in – don't be tempted to rush this stage or the yogurt will curdle in the heat. Serve warm or at room temperature, with pitta bread to soak up the juices



# TOMATOES

## Fresh Tomato Sauce

### Ingredients:

- 1 kg fresh tomatoes – (skinned) chopped
- 90 grams tomato paste
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 large onion (chopped)
- ½ tsp cinnamon
- ¼ tsp nutmeg
- 1 tsp honey
- 1 tbs apple cider vinegar
- ½ tsp cloves

### Method:

Add the tomato, tomato paste, onions with 100 ml water over a medium heat, bring to the boil and simmer for about 20 minutes. Reduce the heat to low, add the rest of the ingredients, stir well. Take off the heat and cool slightly then liquidise. Then pass the sauce through a sieve. Then return to the stove and simmer for another 10 minutes – season to taste. Once thickened slightly turn off the stove and cool slightly. Decant into sterilised bottles. It keeps in the fridge for up to 4 weeks.



# TURNIPS

## Roast Turnips with Garlic and Lemon

### Ingredients:

8 medium turnips  
2 cloves of garlic  
1 lemon  
2 red onions  
100ml virgin olive oil  
Salt and pepper  
4 bay leaves  
A few springs rosemary  
1 small handful of thyme

### Method:

Heat the oven to 200°C/180°C Fan).

Peel the turnips and cut into 1.5cm wedges. Halve the garlic cloves and cut the lemon into 8 wedges. Peel the onions and slice into rounds and put all the vegetables on a baking tray.

Toss with 5 tbsp of olive oil and plenty of salt and pepper. Scatter half the herbs over the vegetables, and bake for 35 minutes, shaking the tray at the half way point. Cook for about 35 minutes until the turnips are caramelised.



# APPLES

## Apple and Pear Mincemeat

(Makes 2 x 450g jars)

### Ingredients:

500g apples

100ml orange juice and zest

250g pears

50g chopped crystallised ginger

50g orange marmalade

125g demerara sugar

¼ tsp cloves

1 tsp ground ginger

½ tsp nutmeg

50g chopped almonds

25ml sloe gin (or any gin)

### Method:

Prepare the apples by peeling, quartering and chopping into 1cm cubes, and then cook it to a puree.

Put the puree into a large bowl and add all the other ingredients. Leave to stand for 12 hours.

Preheat the oven to 130°C/Gas Mark ½. Put the mincemeat into a large baking dish and bake uncovered for 2 hours.

Stir in the gin, then spoon into sterilised jars. Seal and store in a dark place until Christmas. Use within 12 months.



# GOOSEBERRIES

## Gooseberry Crunch Fools

### Ingredients:

300g gooseberries  
7 tbsp granulated sugar  
3 tbsp dark brown sugar  
Pinch ground ginger  
50g jumbo porridge oats  
300g Greek yoghurt  
300ml double cream  
1 tsp vanilla bean paste

### Method:

Heat the gooseberries with 4 tbsp granulated sugar and 1 tbsp water, stirring until the fruit has collapsed. Crush the fruit with the back of a fork.

Put 3 tbsp granulated sugar and the brown sugar, ginger and a pinch of salt in a small frying pan and set over a low heat.

When the sugar has almost all melted (do not stir to speed it up), add the oats and stir through the caramel with a fork. Tip on to a sheet of parchment. Whip cream, yoghurt and vanilla to soft peaks. Ripple through the cool gooseberries. Spoon in to dishes and top with caramelised oats.



# PLUMS

## Plum Upside-Down Cake

### Ingredients:

500g of small plums (halved and stoned)

1tbsp Golden syrup (or warm jam)

100g self-raising flour, sifted with 1 level tsp of baking powder

100g butter

100g caster sugar

2 eggs (beaten)

Greased cake tin (not loose bottom)

### Method:

Place golden syrup in the tin and place plums, cut side up, in the bottom. Cream butter and sugar together then gradually add the eggs. Stir in flour. Pour the mixture into the tin then place in the oven at 160°C (fan) for 30 mins. (Until sponge is golden and springs back to the touch)

Leave to cool then turnover onto a serving plate.





# RHUBARB

## Rhubarb and Apple Flapjack Crumble

### Ingredients:

600g rhubarb, cut in to 2.5cm pieces  
2 large pieces stem ginger in syrup, chopped  
1 ½ tsp caster sugar  
450ml fresh custard  
110g plain flour  
75g butter  
75g caster sugar

### Method:

Preheat oven to gas 4/180°C/160°C fan. Butter 6 ramekin dishes. Place the rhubarb in the bottom. Add the ginger with a little of the syrup from the jar. Sprinkle sugar over the rhubarb. Divide the custard between the ramekins.

Make the crumble and sprinkle over rhubarb. Bake for 15-20 minutes.



# CHUTNEY

## Glutney

This is a multiple-choice recipe for chutney, designed to use whatever seasonal fruit and vegetables are in full glut at the time.

### Ingredients:

1kg of any of the following:

marrow/overgrown courgettes, unpeeled and seeds discarded

/pumpkin, peeled and seeds discarded

red or green tomatoes, skinned or cooking apples, peeled and cored

500g onions

500g sultanas or raisins

500g soft light brown sugar

750 ml white wine or cider vinegar

1 litre water

1-3 tsp dried chilli flakes

1tsp salt

For spice bag:

1 thumb-sized nugget of fresh ginger, chopped

12 cloves

12 black pepper corns

1 tsp coriander seeds

few blades of mace

### Method:

Make up a spice bag by tying the ingredients given into a square of muslin.



Chop vegetables or fruit into 1cm dice, and slice onions. Put everything in a large, heavy based saucepan, spice bag last.

Heat mixture gently and simmer for 2/3 hours, uncovered, stirring regularly to ensure contents don't burn.

Chutney should look thick and rich when ready, and parts to the bottom of the pan when a wooden spoon is run through it. If mixture dries out before this stage add a little boiling water.

Once ready, pot chutney whilst still warm (not boiling hot) into sterilised jars with screw tops (not all metal) as the vinegar will discolour lids.

Leave to mature for at least two weeks - ideally 2 months - before serving.

“SOW, WATER, WEED, WAIT, HARVEST, EAT”

*Brian Tull*

