

celeriac

DAUPHINOISE

SERVES 4

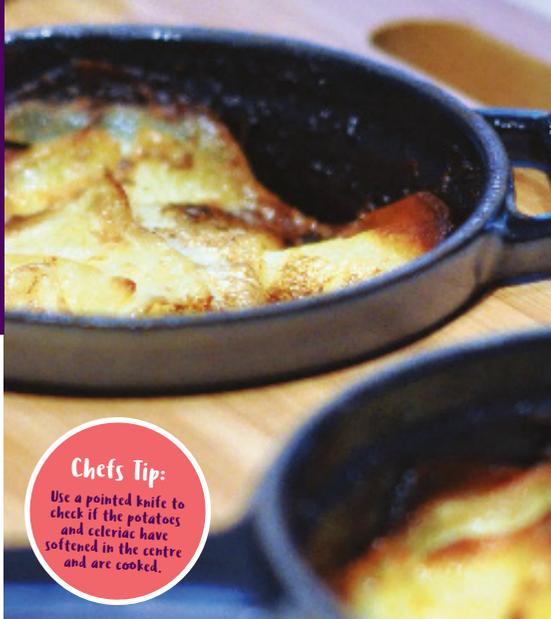
250g celeriac peeled & finely sliced
250g potatoes (Maris Piper) peeled and sliced (do not wash after peeling)
300ml double cream

2 cloves of garlic sliced
2 banana (echalion) shallots (or 4 shallots) peeled and sliced
Salt and pepper to taste

In a frying pan, cook the garlic and shallots in a little butter until soft. Meanwhile layer the potato and celeriac slices alternately in an ovenproof dish.

Once the shallots have softened, add the cream and bring to the boil, season to taste.

Pour the mixture over the layered celeriac and potato and cook for 30-40 minutes in fairly hot oven, until golden brown and cooked through.



Chefs Tip:
Use a pointed knife to check if the potatoes and celeriac have softened in the centre and are cooked.



garlic and almond

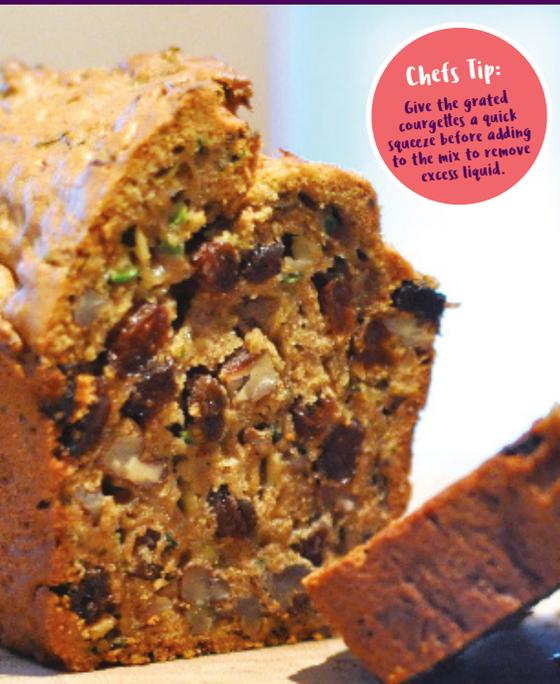
PSB (Purple sprouting broccoli)

SERVES 2

200g purple sprouting broccoli
2 tbsp sesame oil

2-3 garlic cloves, peeled & thinly sliced
20g flaked almonds, toasted

Bring a large pan of salted water to the boil and cook the broccoli for 3-5 minutes until tender, drain and set aside. Meanwhile in a wok or saucepan, heat the oil and cook the sliced garlic for 2-3 minutes until golden brown. Add the cooked broccoli to the wok and stir fry for 1 minute, serve sprinkling the flaked almonds on top.



Chefs Tip:
Give the grated courgettes a quick squeeze before adding to the mix to remove excess liquid.

courgette, sultana and PEGAN CAKE

SERVES 4

2 large eggs
125ml vegetable oil
85g soft brown sugar
300g courgettes, coarsely grated
1 tsp vanilla extract

300g plain flour
2 tsp cinnamon
1/2 tsp nutmeg
1/2 tsp bicarbonate of soda
1/2 tsp baking powder
85g pecans, chopped 140g sultanas

Heat oven to 180°C/160°C fan/gas 4.
Butter and line a 2lb loaf tin with baking parchment.
In a large bowl, whisk the eggs, oil and sugar, then add the courgettes and vanilla.
In another bowl, combine the remaining ingredients with a pinch of salt.
Stir the dry ingredients into the wet mixture until thoroughly combined, then pour into the tin.
Bake for 1 hour, or until a skewer inserted into the centre comes out clean.
Leave to cool, then serve, or freeze for up to 1 month.



CURIOUS FRESH FRUIT & VEG

seasonal recipes

crispy chard marmite SCALLOPS

SERVES 2

12 x king scallops
200g chard
200ml rapeseed or vegetable oil
½ tsp Chinese five spice powder
½ tsp sugar
¼ tsp salt
Marmite
Cracked black pepper

Chefs Tip:
Why not use the chard stalks in a stir fry or as colourful crudites.

Finely slice the chard leaves (removing any large stalks).
Heat 190ml oil in a fryer or wok and add ¼ of the shredded chard (be careful as it may spit for a few seconds).
Fry for 1 – 2 minutes until the chard is crispy, remove from the pan and place on some kitchen towel to drain excess oil, repeat this stage until all the chard is cooked and crispy.
Drain any leftover oil from the pan and return the crispy seaweed chard back in sprinkling over the salt, sugar and five spice powder; toss well and turn off the heat.
In a separate frying pan add the remainder of the oil and warm the pan on a medium heat. Add the scallops and season with the black pepper.
Cook for one minute, turn and cook for a further minute until the scallops have a nice brown caramelised top and bottom. Brush lightly with Marmite and remove from the pan.
Arrange the chard seaweed on a serving plate and top with the scallops and serve immediately.



chilli beef CHOI SUM

SERVES 4

200g beef steak, sliced thinly
½ tbsp peanut oil
1 small red chilli finely chopped
1 small garlic clove, crushed
200g choi sum
1 tsp teriyaki sauce
½ tsp sugar
½ tsp cornflour 30ml beef stock

Chefs Tip:
This recipe can easily be made using pak choi or tat soi.

Combine the beef, oil, chilli and garlic in a medium bowl, cover and refrigerate for a minimum of three hours (preferably overnight).
Blanch the choi sum in boiling water until tender and drain.
Heat the oil in a wok or large frying pan and stir-fry the beef mixture, in batches, until browned.
Once completed return all the beef to the wok, add the choi sum, teriyaki sauce, sugar and stir-fry.
Blend the cornflour and stock, adding this to the wok and stir until the sauce boils and thickens. Serve immediately with rice or noodles as preferred.



stir-fried PAK CHOI

SERVES 2

250g pak choi, roughly chopped
15g pickled ginger
1 clove garlic finely chopped
1 banana (echalion) shallot (or 2 shallots), sliced
2 tsp sesame oil
2 tsp soy sauce
Pinch of dried chilli flakes
Handful of toasted cashew nuts or toasted sesame seeds
Juice of a lime to serve (optional)

Heat the oil in a wok or saucepan, add the shallots and garlic and cook until starting to brown.
Add the pak choi, ginger, soy and dried chilli, cook for 1-2 minutes until just starting to wilt.
Add a little lime juice, sprinkle over the sesame or cashew nuts and serve.



Chefs Tip:
This is great as a side dish or just add some prawns or grilled mackerel to turn this into a main.

moules mariniere with FENNEL

SERVES 4

1.75kg mussels
1 garlic clove, finely chopped
2 shallots, finely chopped
200g fennel sliced
15g butter
A bouquet garni of parsley, thyme and bay leaves
100ml dry white wine or cider
120ml double cream
Handful of parsley leaves, coarsely chopped

Prep the mussels (Wash under plenty of cold, running water, discard any open ones that won't close when lightly squeezed, pull out the tough, fibrous beards protruding from between the tightly closed shells and then knock off any barnacles with a large knife. Give the mussels another quick rinse to remove any little pieces of shell).
Soften the garlic, fennel and shallots in the butter with the bouquet garni in a pan large enough to cook all the mussels (it should only be half full).
Add the mussels and wine or cider, turn up the heat and cover. Cook for 3-4 minutes until the mussels open, giving the pan a good shake every now and then.
Remove the bouquet garni, add the cream and chopped parsley and remove from the heat. Spoon into four large warmed bowls and serve with lots of crusty bread.



Chefs Tip:
If you have an ovenproof frying pan you can use this rather than a cake tin.

chicory TARTE TATIN

SERVES 4

250g chicory, sliced horizontally
50g unsalted butter
50g demerara sugar
Puff pastry
Salt and pepper

In a frying pan melt together the butter and sugar to form a light caramel. Add the sliced chicory and cook so that it caramelises, and the sauce thickens.
Drain any excess liquid and season to taste. Arrange the chicory neatly into a round cake tin, leaving no gaps, and leave to cool.
Cut out a circle of puff pastry and lay over the top of the chicory, making sure the edges are tucked in.
Make a small hole in the centre for any steam to escape.
Bake in a pre-heated oven at 190°C until the pastry is golden and crisp. To serve, turn out the tatin onto a plate so that the chicory is on top.

