

Cauliflower & Blue Cheese Macaroni

Ingredients

200g macaroni
1 small to medium cauliflower, broken into florets
50g butter
50g plain flour
600ml milk
50g blue cheese, crumbled
2 tbsp parmesan, grated
75g fresh breadcrumbs
small handful fresh parsley, chopped (optional)

Method

1. Preheat the oven to 200°C. Cook the pasta in boiling salted water for 3 mins, then add the cauliflower and cook for a further 3 mins. Drain.
2. Melt the butter in a medium pan. Beat in the flour until it forms a smooth paste. Remove from the heat and gradually stir in the milk (use a whisk if necessary) until the sauce is smooth.
3. Return to the heat and bring to a simmer, stirring, until the sauce has thickened slightly. Stir in the blue cheese and season well.
4. Add the drained macaroni and cauliflower and fold in. Spoon the mixture into an ovenproof dish.
5. Sprinkle the breadcrumbs and parmesan over the top and drizzle with a little extra virgin olive oil. Bake for 20-25 mins, until the top is golden and crunchy.



Creamy Leek Croustade

For the base:-

6oz (175g) fresh wholemeal breadcrumbs
2oz (50g) butter or margarine
4oz (100g) cheddar cheese, grated
4oz (100g) mixed nuts, chopped
half teaspoon mixed herbs
1 garlic clove, crushed

For the sauce:-

3 medium sized leeks
4 tomatoes
2oz (50g) butter or margarine
1oz (25g) wholemeal flour
salt & pepper to taste
half pint (284ml) milk
4 tbs fresh wholemeal breadcrumbs

- Put the breadcrumbs in a basin, rub in the butter, then add the remaining ingredients.
- Press the mixture into a 11 x 7" (28 x 18cm) tin.
- Bake in the oven at 220 C (425 F/Mark 7) for 15-20 minutes, until golden brown.
- Meanwhile, slice the leeks and chop the tomatoes.
- Melt the butter in a saucepan.
- Saute the leeks for 5 minutes, then stir in the flour.
- Add the milk, stirring constantly, then bring to the boil, reduce heat to a simmer for a few minutes to soften the tomatoes. Check seasoning.
- Spoon the vegetable mixture over the base, sprinkle with breadcrumbs and heat through in the oven at 180 C (350 F/Mark 4) for 20 minutes.



Creamy Mustard Chicken with Spring Greens

Serve with rice, couscous or mash - perfect with sweet potatoes too. Serves 4

2 tablespoons olive oil
1 tablespoon butter
4 chicken breasts, or 8 thighs
2 medium onions, chopped
2 teaspoons minced garlic
2 tablespoons honey
2 tablespoons wholegrain mustard
200 g spring greens leaves, chopped
Juice of 1 lemon
3 tablespoons crème fraiche or cream
Salt and pepper to taste

1. Heat the oil and butter together in a large frying pan over a medium heat.
2. Add the chicken and fry on one side only until it is browned.
3. Add the onions, garlic and thyme.
4. Turn the chicken over and spread the honey and mustard on each piece and cook for 5 minutes.
5. Add the spring greens, and sprinkle on the lemon juice then cover and cook for 5 minutes more, or until the chicken is cooked through.
6. Remove the chicken to plates.
7. Stir the crème fraiche into the vegetables in the pan, season to taste with salt and pepper, spoon over the chicken and serve immediately.



Curried Carrot Veggie Burgers

Makes 4 burgers - or make mini-burgers, by shaping the mixture into 8-10 tiny patties and serving on small dinner rolls with a dollop of chutney.

2 tablespoons vegetable oil
1 medium onion, chopped
1 teaspoon ground coriander
1 teaspoon curry powder
200 g cooked and drained chickpeas
4 medium carrots, grated
1 handful chopped walnuts
3 tablespoons chopped fresh coriander leaves
1/2 teaspoon salt
pepper to taste
Plain flour
4 slices cheddar cheese

1. Heat 1 tablespoon of oil over a medium heat in a large saucepan.
2. Add the onion and sauté, stirring, 2 for minutes.
3. Add the spices and sauté, still stirring, for another 4 minutes.
4. Transfer the mixture to a food processor, add the chickpeas and pulse the mixture until well chopped, but not pureed.
5. Transfer the mixture to a large bowl, and mix in the carrots, walnuts, coriander, salt and pepper.
6. Form into 4 patties, using plenty of flour to dust your hands and prevent the patties from getting sticky.
7. In a large non-stick frying pan heat the remaining oil over a medium heat.
8. Cook the burgers until the bottom is deep golden brown, about 3-4 minutes.
9. Flip the burgers, cover with the cheese, and cook 4 minutes more.



Greek Style Kohlrabi

In this recipe, kohlrabi is prepared "Greek-style", with fresh pears, dates and Feta cheese. It makes a great salad and works best with young kohlrabi, which are still smaller than 8cm and are less woody than the larger variety.

Ingredients

Serves 4 as a starter or snack

- 2 small/medium Kohlrabi
- 2 pears
- 100 g of Feta cheese
- 100g salad leaves
- 50g dates
- 1 tablespoon honey
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil

Method

1. Peel the kohlrabi and chop into dice, about 1cm big.
2. Put the kohlrabi on a baking tray and drizzle with the olive oil.
3. Bake at 180 C for 20 minutes, or until softened.
4. Slice the pears in half and cut away the cores. Cut the pears into slices.
5. Put the salad on a large serving plate and arrange the pear slices and kohlrabi on top.
6. Crumble the Feta on top of this.
7. Make the dressing: Chop the dates and mix with the balsamic vinegar and honey.
8. Drizzle over the salad.



Jerusalem Artichoke Soup

Ingredients

1 tablespoon olive oil
1 onion, chopped
500g Jerusalem artichokes, scrubbed and thinly sliced
800ml chicken or vegetable stock
100ml single cream

Method

1. Heat the oil in a large pan, add the onion and fry gently for 5 minutes.
2. Add the artichokes and stock, bring to the boil and simmer for 20 minutes, until the artichokes are tender.
3. Blend the mixture until smooth, then season to taste and reheat gently.
4. Stir in the cream and serve.



Kale, Chorizo & Potato Hash

Ingredients

300g kale
1 tablespoon olive oil
300g chorizo sausage, chopped
1 onion, chopped
2 garlic cloves, crushed
500g cooked potatoes, cut into 2cm dice

Method

1. Strip the kale leaves from their central ribs and blanch them in a large pan of boiling salted water for 1 minute. Drain well, refresh in cold water and drain again. Squeeze out excess water and chop roughly.
2. Heat the oil in a large frying pan, add the chorizo and cook over a medium heat for 10 minutes, until just starting to brown. Remove the chorizo with a slotted spoon and set aside. Add the onion and garlic to the chorizo fat in the pan and cook gently for 5 minutes. Add the diced potatoes, turn up the heat to get some colour in them and cook for 5 minutes, turning the potatoes until browned all over.
3. Return the chorizo to the pan with the kale and cook slowly for another 10 minutes, until well mixed and thoroughly heated through. Season and serve.



Purple Sprouting Broccoli with Bacon

Ingredients

300g purple sprouting broccoli
75g smoked streaky bacon
3 tablespoons olive oil
2 cloves of garlic, thinly sliced
1 dried chilli, chopped finely

Method

1. Blanch 300g of PSB for five minutes in plenty of boiling salted water.
2. While it is cooking fry about 75g of smoked streaky bacon (sliced into lardons) in 3 tablespoons olive oil until almost brown.
3. Add the garlic and chilli and cook for another 2 minutes.
4. Then add the PSB and braise with the bacon mixture for another 5 minutes.
5. Season this dish carefully because of the use of salty bacon and chilli.



Smoked Haddock & Parsnip Fishcakes

Ingredients

- 1 small onion, chopped
- 75g streaky bacon or pancetta, finely chopped
- 300g smoked haddock
- 1 bay leaf
- 6 cloves
- 275ml milk
- 150g parsnips, chopped
- 150 potatoes, chopped
- teaspoon butter
- handful parsley, chopped
- pinch of dried chilli, optional

for coating:

- seasoned flour
- 1 egg, beaten
- 80 white breadcrumbs
- oil for frying

Method

1. Sweat onion with bacon for 10 minutes and set aside. Poach haddock with milk, bayleaf and cloves in a pan. Allow to boil briefly, then turn off heat and allow fish to cool in liquid.
2. Boil parsnips and potatoes together until tender. Mash with butter and a little of the fish poaching milk. Season well. Combine onions, bacon, potatoes and parsnips, parsley and chilli if using.
3. Flake fish and fold into vegetable mixture. Adjust seasoning. Shape into cakes. Dip these into beaten egg, then breadcrumbs to coat. Shallow fry until golden.



Spiced Celeriac with Lemon

Ingredients

1 large or 2 small celeriac
3 tablespoons olive oil
a pinch of smoked paprika
a pinch of cayenne pepper
a pinch of ground cinnamon
grated zest of 1 lemon
juice of 1 1/2 lemons

Method

1. Peel the celeriac, cut into slices 5mm–1cm thick, then cut the slices into long, thin sticks.
2. Heat the oil in a large pan, add the celeriac sticks and fry for about 15 minutes until slightly browned.
3. At this point sprinkle with the spices, lemon zest and juice and 100ml water.
4. Simmer for about 10 minutes until the celeriac is just tender.
5. Season to taste, adding more lemon juice if necessary.



Warm Beetroot Salad with Orange & Bacon

Ingredients

- about 300g beetroot, trimmed
- 1 tablespoon olive oil
- 4 smoked streaky bacon rashers, chopped
- 2 teaspoons caraway seeds
- 1 garlic clove, crushed
- 5 tablespoons orange juice
- 1 teaspoon sugar
- 3 oranges, peeled and sliced

Method

1. Place the beets in a baking dish, add 5mm of water, then cover with foil.
2. Place in an oven preheated to 200°/400°F/Gas Mark 6 and roast for about 45 minutes, until tender.
3. Skin the beetroot, trim the ends and slice into thick batons or wedges.
4. Heat the oil in a large frying pan, add the bacon and fry until starting to brown. Remove from the pan.
5. Add the caraway seeds and garlic and fry for a few minutes, adding the orange juice and sugar before the garlic browns. Mix thoroughly and bring to the boil.
6. Tip in the beetroot and stir until thoroughly coated with the hot dressing. Season well.
7. Stir in the orange slices and then sprinkle with the bacon.
8. Transfer to a serving dish and serve immediately.

