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CAFÉ
MODERN
ONE

Ingredients:

500g easy cook polenta
75g sun-blushed tomatoes
Plus a good glug of their oil
200g feta
A handful of fresh coriander
2 aubergines, sliced on an angle
2 courgettes, sliced on an angle
4 mixed peppers
1 or 2 vines of cherry tomatoes
Few pinches of fresh coriander
A good glug of olive oil



CAFÉ
Portrait

Ingredients:

130g wild rice
150g basmati rice
125g puy lentils
1 lemon
130ml olive oil
1 pomegranate
100g sultanas, soaked
75g hazelnuts, toasted
5 spring onions
Parsley, basil, tarragon
30g rocket
1 bag radish
4 bulbs fennel

Recipes of the month: October '14



Sun-dried tomato, coriander and feta polenta with grilled vegetables and vine tomatoes

Serves 3 - 4 people

This dish is perfect for all times of the day, a light Sunday brunch, a tasty lunch or dinner, perhaps served with some pesto chicken or some grilled halloumi

Preparation:

1. Bring 1.5 litres of water to the boil and add salt - you could use stock here, or even a stock cube.
2. Once the water is bubbling, pour the polenta in, in one swift movement and stir. It will go thick very quickly, so ensure you continually stir so it doesn't stick and burn at the bottom.
3. Stir for 5 minutes or until the polenta has lost its graininess. Crumble in the feta, chopped sun-blushed tomatoes and oil. Season to taste and finally add the coriander. Pour into a lined dish and smooth over - chill so it sets firm.
4. Place the aubergine in a bowl and sprinkle with salt - leave for ten minutes and wash off. This will stop it absorbing all the oil.
5. On a hot char-grill, grill both until lovely and charred. Place the peppers in a hot oven until roasted along with the vine tomatoes.
6. Remove the polenta from the dish and cut into large squares and place in the oven to heat through with the vegetables.
7. Remove and arrange the vegetables on top of the polenta, with the vine tomatoes, a drizzle of oil and some coriander. Extra feta could be sprinkled on at this point.

Ottolenghi inspired Israeli salad with rice, lentils, grilled fennel and sultanas

Makes a lovely salad to share with a crowd alongside some delicious mezze

Ottolenghi is a massive influence on the style of food we love to create. We have used his great middle eastern influences and added some seasonal item of our own. Enjoy.

Preparation:

1. Add the wild rice to salted boiling water and boil for 30-40 minutes until al dente. Rinse with cold water and chill.
2. Do the same in a separate pan with the puy lentils - for added flavour, these can be boiled in stock.
3. In a further pan, add 300ml cold water to the basmati rice and bring to the boil. Turn the heat down and steam for 10-12 minutes. Remove and fluff - chill quickly by spreading on a tray and then refrigerate.
4. Remove the tips and base from the fennel and cut the bulb into wedges, roast with oil and seasoning, then cool.
5. Peel the lemon and fry with the oil - wait for the lemon to bubble and remove from the heat - discarding the lemon peel.
6. Once all the rice/lentils are cool, dress with the lemon oil, add the pomegranate seeds, sultana's, chopped spring onions, crushed hazelnuts, roughly chopped herbs and washed rocket,
7. When ready to serve - sprinkle with the chopped radish and a few extra seeds.

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TWO

Ingredients:

For the pastry;

375g plain flour
15g sugar
225g butter
1 egg
4 tbsp water

For the frangipane;

200g unsalted butter
200g caster sugar
2 eggs
200g ground almonds
6/7 ripe plums, remove stone
icing sugar to dress and
crème fraiche to serve

Preparation:

1. In a bowl, rub the butter into the flour until it resembles breadcrumbs - then add the sugar. Beat the egg with the cold water and pour into the flour mixture - bring together with a knife and finish with your hands. Knead very briefly into a dough, be careful not to overwork it and chill for 30 minutes.
2. While the pastry is chilling - cream the butter and sugar together until it is light and fluffy. One at a time, add the egg and whisk thoroughly after each one. Add the almonds and mix well. Put to one side.
3. Remove the pastry from the fridge and on a floured surface, roll out the pastry to the thickness of a 50p coin. Grease and flour the tins and carefully line with pastry.
4. Chill for 10 minutes. Then line with greaseproof and fill with baking beans and bake blind until golden and firm.
5. Pipe or spoon the tarts with the frangipane, filling the cases 2/3rds of the way up.
6. Chop the plums into wedges and place in the frangipane, nestling them into one another.
7. If making a large tart - this will take about 30-40 minutes, for individual ones, it will be roughly 20 minutes, or until golden and the plums are starting to ooze caramel.

This recipe can also be made using shop bought puff or shortcrust pastry for ease.

In season - Early autumn

Seasonal food is fresh, vibrant and extremely tasty and tends to be more nutritious! Pack your shopping baskets, visit your local farm shop or pick your own!

Fruit

Apples
Bilberries
Blackberries
Elderberries
Figs
Grapes
Melon
Pears
Plums
Quince

Vegetables

Artichoke
Beetroot
Butternut Squash
Celeriac
Courgettes
Fennel
Horseradish
Jerusalem artichoke
Kale
Mange tout
Pumpkin
Radish
Spring onion
Wild mushrooms

Meat

Beef
Duck
Grouse
Guinea fowl
Hare
Lamb
Mallard
Pheasant
Rabbit
Turkey
Venison
Wood pigeon

Seafood

Cod
Coley
Crab
Dab
Haddock
Halibut
Herring
Mackerel
Pollack
Prawns
Sea bream
Squid

3 ways for a stress free week of wholesome food...

1. Its Sunday afternoon, its pouring, get into the kitchen and roast a whole load of veggies, squash, peppers, aubergines to use in the week to throw into a quick curry or to make a large meaty salad - It will save you time and stress.
2. Soup is filling and great when you come back from the gym and need something quick - make a large batch and freeze in portions, so it is ready for you when you get home.
3. Roast a chicken on a Sunday night and as the week goes on use it to add to a salad, or a stir fry. Forget microwaves...it's about thinking in advance.

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