

# I'M FREE

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## Rocky's quinoa salad with petit pois, mint, radish, mange tout and rocket with a zest dressing (gluten free)

A great salad for a BBQ - feeds a big crowd, who will come back for more!

This is summer on a plate as the colours are so vibrant. It is packed with goodness and plenty of zing...

CAFÉ Portrait

### Ingredients:

500g quinoa  
500g petit pois  
2 packets of radish  
200g mange tout  
25g mint  
200g rocket  
Zest and juice of three lemons  
A good glug of rapeseed oil

### Preparation:

1. Place the quinoa in 1 litre of boiling salted water (or stock) and boil for 15-20 minutes. The liquid should all be absorbed and you should just be able to fluff up the grains - leave to cool.
2. If your peas are frozen, run some hot water over them to defrost, or leave raw - the colour will keep better if they are not cooked.
3. Slice the radishes into rounds and julienne the mange tout, again, leave the mange tout raw for some added crunch to the salad.
4. Shred the mint and add to the cooled peas with the radish and mange tout.
5. Wash the rocket and fold through the salad with the quinoa.
6. Zest the lemon and whisk with the rapeseed oil and season to taste. Mix into the salad and add more lemon juice if you want an extra zing!



## Aung's orange, polenta and rosemary cake

Serves 8-10 (Depending on how greedy you are feeling!)

Great for a naughty slice in the afternoon with a cuppa, or as a sassy dessert for a dinner party (with added liqueur of course!)

CAFÉ MODERN TWO

### Ingredients:

2 large oranges  
6 free range eggs  
150g polenta  
150g ground almonds  
250g golden caster sugar  
2 tsp finely chopped fresh rosemary  
1 tbsp Demerara sugar  
A handful of flaked almonds

For the orange drizzle:  
100g caster sugar  
3 tbsp orange liqueur  
1 tsp fresh rosemary  
Zest of one orange

### Preparation:

1. Preheat the oven to 180C/Gas mark 4.
2. Grease and line a 23cm springform cake tin.
3. Place the oranges in a pan of boiling water and boil for an hour, or until soft. Then you will need to half and remove any pips.
4. Puree with whole orange halves (skin and everything) in a food processor. Then beat in the eggs, polenta, almonds, sugar and rosemary.
5. Pour into the tin and sprinkle with the Demerara sugar and flaked almonds, then pop in the oven and leave to bake for an hour until it is gold brown.
6. For the drizzle - dissolve the sugar in 100ml of hot water in a pan. Boil for 5 minutes to make a stock syrup but don't let it colour. Remove from the heat and add the liqueur, rosemary and zest.
7. Cool the cake in the tin, turn it out and drizzle with the syrup.
8. Serve with some crème fraiche and fresh summer berries.



# Ewelina's wholemeal feta and beetroot pancakes with spinach and salmon

Serves 4-6 people

Brilliant for brunch or something alternative to serve with some roasted salmon and dill crème fraîche!



## Ingredients:

For the pancakes:  
140g wholemeal plain flour  
1tsp baking powder  
½ tsp salt  
130ml milk  
1 egg, beaten  
2 tbsps melted butter  
150g feta  
100g grated beetroot

To serve:  
Roasted salmon fillets  
Crème fraîche  
Dill  
Lemon  
Spinach

## Preparation:

1. Sift the flour, baking powder and salt into a bowl. In a jug, whisk the egg with the milk and season slightly - add the melted butter.
2. Make a well in the flour and pour in the liquid and whisk to form a batter - don't over whisk as this will stop the pancakes being lovely and fluffy.
3. Grate in the raw beetroot and crumble in the feta and fold through.
4. Heat a non stick pan and drop the mixture in to creat 3-4 inch rounds - fry until bubbles appear then flip over and cook until golden.
5. Place on a plate and keep warm in a low oven.
6. Wilt a packet of spinach and season.
7. Place two pancakes on a plate and top with a little of the wilted spinach and a roasted salmon fillet. Place a tbsps. of crème fraîche on top, a wedge of lemon and a good sprig of dill. Delicious!

## In season - Summer

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

Apricots  
Bilberries  
Blueberries  
Cherries  
Gooseberries  
Kiwi fruits  
Greengages  
Melon  
Peaches  
Strawberries

### Vegetables

Artichoke  
Aubergine  
Beetroot  
Broad beans  
Broccoli  
Chillies  
Courgette  
Fennel  
Garlic  
Fennel  
Jersey royals  
Mange tout  
New potatoes  
Pak choi  
Peas  
Radish  
Rocket  
Spinach  
Spring onion  
Tomatoes  
Watercress

### Meat

Lamb  
Rabbit  
Wood pigeon

### Seafood

Cod  
Coley  
Crab  
Dover sole  
Haddock  
Halibut  
Herring  
Langoustine  
Mackerel  
Plaice  
Pollack  
Prawns  
Salmon  
Sardines  
Scallops  
Sea bream  
Sea trout  
Squid  
Whitebait

## 4 delicious foodie ideas for a summer picnic!

1. Add mint to your water with some orange wedges for a refreshing summer thirst quencher!
2. Blitz up fresh ruby red tomatoes, cucumber, garlic, green pepper, olive oil, white wine vinegar and season for a chilled Gazpacho! Pop a few ice cubes into a flask and serve with croutons.
3. Roast some fennel and broccoli and crumble feta in to an egg and cream mix with coriander and spring onion. Line a frying pan with greaseproof and fry - making a summer frittata. Cool and cut up, and pack into the picnic.
4. Instead of the plain ham and chutney sandwiches - slice some cucumber, shred some mint, spread cream cheese onto some fresh bread, and sprinkle with rock salt. A refreshing sandwich in the heat.