

I'M FREE

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Recipes of the month: October



Leanne's Autumnal Salmon

Serves 4 people

Vibrant and bursting with flavours, this beautiful dish is gluten free.

Ingredients:

4 x 130g salmon fillet
200g can cannellini beans
1 garlic clove
1 lemon, juice & zest
2tbsp parsley
2tbsp olive oil
140g cooked beetroot
140g cooked carrots
1tbsp balsamic vinegar
sea salt & black pepper

Garnish:

pea shoots, radish, mint,
parsley, horseradish root

Preparation:

1. Preheat oven to 200°C.
2. Make the cannellini bean puree: Place drained beans, garlic clove, lemon juice and zest of half the lemon, 1 tbsp parsley and 1 tsp olive oil in a food processor and blitz until well combined, taste and add salt and pepper to taste. Set aside.
3. Prepare the salmon: lightly season the salmon with salt and pepper. Heat olive oil in a pan and cook skin down until seared (browned). Put salmon into oven proof dish and bake for 6-8 minutes. Remove from oven and keep warm.
4. Prepare the vegetables: toss the cooked beetroot and carrots in 1tbsp each of balsamic vinegar and olive oil. Place in ovenproof dish to bake for 4-5 minutes. Remove from oven and keep warm.
5. Prepare the garnish: mix juice of half the lemon and 1 tbsp olive oil. Chop mint and parsley and slice radish. Lightly dress with the lemon and olive oil. Grate horseradish (optional).
6. Assemble the dish: place a fillet of salmon centrally on a plate. Add a smear of cannellini puree to either side. Arrange roasted carrots and beetroots. Add the garnish and add grated horseradish.



Aisha's Lemon, Polenta & Raspberry Mini Loaf

Serves 8-10 people

The addition of raspberries to this cake adds a real zing - a perfect match for your morning or afternoon cuppa!

Ingredients:

225g butter
225g caster sugar
3 eggs
125g ground almonds
125g polenta
1tsp baking powder
pinch of salt
2 lemons, zest & juice
125g frozen raspberries

Preparation:

1. Preheat oven to 170°C. Grease the mini loaf tins or 2lb loaf tin.
2. Cream the butter and sugar together until light and fluffy.
3. Add the eggs gradually, then incorporate the rest of the dry ingredients (not the raspberries).
4. Add a thin layer of cake batter. Place 3-4 raspberries on top then add another layer of the batter until the mould is $\frac{3}{4}$ full.
5. Bake at 170°C for 15 minutes (mini loaf tins) or 30-40 minutes in a loaf tin until a skewer is dry when inserted.
6. To decorate, top with water icing and crushed pistachios.



Greta's Fennel, Orange & Tarragon Salad

Serves 6-8 people

A refreshing salad that goes perfectly with oven roasted salmon or smoked salmon.

Ingredients:

500g fennel
200g celery
4 large oranges
30g nigella seeds*
1tbsp chopped dill
1tbsp chopped tarragon
2 lemons, zested
300ml greek yogurt
50ml orange juice
salt & pepper

Preparation:

1. Prepare fennel: Slice the whole bulb in half lengthways, remove the core and slice thinly. Place in iced water to prevent discolouration.
2. Thinly slice the celery. Set aside
3. Peel and segment the orange. Set aside.

4. Mix the greek yogurt, orange juice and a pinch of salt together.
5. Drain the fennel.
6. Mix all the remaining ingredients together, taste and check seasoning.

*Substitute with sesame seeds if you cannot find nigella seeds.

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

Three ways with squash & pumpkin.....

1. It's Sunday afternoon, it's pouring, get in that kitchen & roast some squash, use through the week in a quick curry with spinach or make a large pot of soup with coconut & chilli. It will save you time, reduce your stress & fill you up.

2. Fancy a bread bake off? Add some roast butternut puree to a simple bread recipe, just reduce the liquid! Gives a great flavour and colour.

3. Make a maple spice pumpkin butter. Roast a small pumpkin, cut in half. Then whizz in a processor with cinnamon, ginger & cardamom. Add apple juice & maple syrup to loosen and flavour. Delicious spread on a hot crumpet or toast.