

I'M FREE

Take your copy and try some of our favourite recipes at home!



Recipes of the month: December



Rachel's Chocolate, Stem Ginger & Cardamom Tea Bread

Serves 10

This cake is a knock out! We've been making it at the Galleries for years and it's one of our festive 'go to' recipes. You can make it in little loaf tins too and give as a gorgeous edible gift, it won't disappoint! Decorate with fondant or butter icing and some crystallised cranberries for colour.

Ingredients:

250g stem ginger
2tsp ground cardamom
100g raisins
75g light muscovado sugar
zest from 1 orange
200ml Assam tea, strong
1 beaten egg
200g self-raising flour
100g dark chocolate (70%),
chopped into generous chunks

Preparation:

1. Put the ginger, cardamom, raisins, sugar and zest into a large bowl and pour in the hot Assam tea. Cover the bowl with a cloth and leave overnight to soak.
2. When ready to start baking, pre-heat oven to 160°C. Line 23cm cake tin with baking parchment and set aside.
3. Add the egg to the mix, stir to combine then gradually mix in the flour until smooth and incorporated. Stir in the chocolate chunks, then pour the mixture into the lined cake tin.
4. Bake in the oven for an hour and a half, until metal skewer inserted into the cake comes out clean.
5. Remove from oven and leave the cake to cool in the tin. When cool, carefully remove from the tin and wrap in parchment paper followed by a clean tea towel. Leave the bundle for 24 hours before unwrapping and eating - this will allow the cake to develop a deeper, more rounded flavour.



Aga's Winter Salad, with Pumpkin, Parsnip, Apple, Pomegranate, Walnuts & Orange Dressing

Serves 4-5 people

Don't be put off by the list of ingredients. This is a winning recipe and would be perfect with some leftover ham on Boxing day. It incorporates so many of the festive flavours, and would be a crowd pleaser on anyone's table!

Ingredients:

1 small pumpkin
(or butternut squash)
300g parsnip
1 small bunch of coriander
1 pomegranate
50g toasted walnuts
1 apple
¼ tsp cinnamon
¼ tsp nutmeg
1tbsp honey
½ tbsp wholegrain mustard
salt and pepper to taste

Orange dressing:

1 orange
2 tbsp extra olive oil

Preparation:

1. Peel the parsnips, cut them into small wedges and marinate with honey and mustard. Roast in the oven for 25 min at 190°C.
2. Take the skin off the pumpkin (or butternut squash), cut into squares and season with salt, pepper and nutmeg. Roast in the oven for 15 min at 190°C.
3. Cut the apple into wedges, sprinkle with cinnamon and put to the oven for 5 min at 190°C.
4. Transfer all the roasted ingredients to the big bowl, add toasted walnuts, pomegranate seeds and chopped coriander.
5. Make the orange dressing: Mix freshly squeezed orange juice with olive oil.
6. Add dressing to the salad and season with salt and pepper, mix it all together using your hands.
7. Winter Salad with a Christmas Twist is ready - ENJOY!



Chicken stuffed with Cranberries, Hazelnuts & Ricotta with Roasted Root Vegetables & New Potatoes

Serves 4 people

This recipe has always flown out the door at Café Portrait. Why not try it yourself, it would be perfect for a dinner party. Try serving with the roasted root veg, new or roasted potatoes and your guests will be asking for the recipe!

Ingredients:

175g ricotta
 1tbsp fresh thyme leaves
 2 garlic cloves, crushed
 100g chopped hazelnuts
 50g dried cranberries, soaked in boiling water
 3tbsp cranberry sauce
 4 chicken breasts
 16 rashers smoked bacon

400g beetroot
 350g new potatoes
 300g red onion
 200g celeriac
 200g squash
 10g chopped thyme
 15g chopped rosemary
 70g garlic cloves; skin on
 50ml olive oil
 salt & pepper

Preparation:

- Mix together the ricotta cheese, thyme, garlic, hazelnuts, soaked cranberries and cranberry sauce and season.
- Place a chicken breast on one half of a piece of cling film, fold over the cling film to cover the meat and bash with a rolling pin to flatten. Repeat with the remaining chicken. Preheat the oven to 200°C.
- Roasted vegetables: Boil beetroot and new potatoes and cut them into wedges. Cut celeriac and squash into cubes and red onion into wedges. Combine the prepared vegetables and rub with the herbs, olive oil and seasoning. Roast in a hot oven at 200°C for 30 minutes until golden.
- Lay four rashers of streaky bacon side by side on a piece of cling film and cover with the chicken breast. Place a spoonful of filling into the centre. Fold in the two edges and then roll up to enclose. Wrap in foil and place on a baking sheet. Repeat with the remaining chicken to give four parcels. Cook for 25 minutes at 180°C.
- Remove the chicken from the oven, drizzle with honey and return to the oven for 10 minutes until browned. Serve with roasted root vegetables.

In season - Winter

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
 Clementines
 Cranberries
 Passion Fruit
 Pears
 Pineapple
 Pomegranate
 Satsumas
 Tangerines

Vegetables

Beetroot
 Brussel Sprouts
 Cauliflower
 Celeriac
 Celery
 Chicory
 Horseradish
 Jerusalem Artichoke
 Kale
 Kohlrabi
 Leeks
 Parsnips
 Potatoes
 Shallots
 Swede
 Turnip

Meat

Duck
 Goose
 Guinea Fowl
 Hare
 Mallard
 Partridge
 Rabbit
 Turkey
 Venison

Seafood

Clams
 Cod
 Coley
 Dover Sole
 Gurnard
 Haddock
 Hake
 Langoustine
 Lemon Sole
 Lobster
 Mackerel
 Monkfish
 Mussels
 Oysters
 Red Mullet
 Sea Bass
 Sea Bream

Fallen leaves, dark nights and Festive cheer, its Christmas!!!!

It's a time of planning, to do lists, shopping, parties and present wrapping. It's also a time for eating. We thought we might suggest a few Christmas Day breakfast ideas that are easy to prepare and won't leave you feeling like a stuffed turkey!!

Avocado on toast with smoked salmon.

Delicious and healthy. It's also colourful and takes minutes to assemble. Add a drizzle of lime juice and a cheeky bit of red chilli to bring it alive.

Posh beans on toast.

Try cooking up some cannellini and borlotti beans with chipotle, smoked paprika and tomatoes. It's fantastic on sourdough, topped with a runny poached egg if you want to pull out all the stops!

American style pancakes.

The batter can be prepared the night before then cooked off in the morning. So good topped with yoghurt, chai seeds, blackberries and pomegranate seeds.