

I'M FREE

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

Cafés by

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HOPETOUN

Café
MODERN
ONE

Café
MODERN
TWO

Café
Portrait



Ingredients:

Pastry:

1 egg
50g sugar
100g margarine
200g flour
Salt

Jam:

4 pears, peeled and chopped
100ml water
50g caster sugar

Frangipane:

200g butter
200g caster sugar
200g ground almonds
20g plain flour
4 eggs

Recipes of the month: November

Aisha's Pear Frangipane Tart

Serves 8-10

You will love this recipe! You can change the fruit to suit the season. Pears and brambles (if you've been out foraging) go beautifully together, so add some to the top before baking, if you're lucky enough to have some. It is delicious with cream or yoghurt. Or add some fresh vanilla to yoghurt if you're trying to be 'good'!

Preparation:

1. Prepare the pastry: Mix sugar with egg and add margarine, flour and a pinch of salt gradually to form pastry. Line pastry case then leave to rest in the fridge. Blind bake the pastry by pricking the base with a fork, lining with greaseproof paper and filling with baking beans. Bake at 160°C for approximately 15 minutes, until the pastry has browned slightly and cooked.
2. Prepare the jam: Place all ingredients in a pan and cook slowly. Once fully cooked, the pear should break down gradually, you may need to puree this if bigger chunks do not dissolve.
3. Prepare the frangipane: Cream the butter and sugar together. Add the eggs gradually whilst beating continuously. Fold in the ground almonds and flour.
4. Assemble the tart: Spread the blind baked pastry case with a thin layer of jam and then top with the frangipane mix. Top with one pear thinly sliced and a handful of scattered flaked almonds. Bake at 150°C for 20 - 30 minutes, until cooked through.



Patrick's Butternut, Carrot and Chickpea Tagine

Serves 6

Try this delicious hearty dish at home. It is ready in a flash and any extras can be squirrelled away into the freezer for another week. It is especially good with a big dollop of yoghurt on the top. Or really spice it up with a spoonful of harissa for that extra chilli kick!

Preparation:

- #### Ingredients:
- 200g carrots
1 small butternut squash
½ a bulb of garlic
1 inch of fresh ginger
200g chickpeas
200g fresh spinach
2 tsp cumin, 1 tsp coriander
1 tsp cinnamon,
1 tsp ras el hanout
50ml of vegetable stock
2 tsp tomato puree
200g chopped tomatoes
2 tsp honey
1 medium onion
1. Chop the butternut squash and carrots into good sized chunks. Toss with a little olive oil and 1 tsp of ras el hanout, salt and pepper. Put in oven at 200°C for 30 minutes, until starting to colour at the edges.
 2. Chop the onion and garlic finely and fry off in a pan with a little oil. When soft, grate in the ginger, add the ground spices and cook for a few minutes. Add water if it's sticking.
 3. Add the tomato puree and cook off for a few minutes, then add the chopped tomatoes, honey and stock. Check seasoning after 10 minutes, add the honey, roasted vegetables and spinach, stir to combine.
 4. Serve with bulghar wheat or couscous and a sprinkling of toasted pumpkin seeds and flaked almonds.



Leanne's Honey Spiced Carrot, Feta and Barley Salad with Tahini Dressing

Serves 4

This recipe could as easily be served as a main course as a salad! It is so versatile. Use butternut squash or other seasonal vegetables alongside the carrots. Or substitute the barley for quinoa for a lighter, gluten free alternative. Either way it's a feel good eat!

Ingredients:

115g pearl barley
750ml vegetable stock
1000g carrots
3tbsp olive oil
1tsp ground cumin
1tsp cayenne pepper
1tbsp honey
75g spinach
1 large pomegranate
150g feta cheese, crumbled
2 tbsp toasted pumpkin seeds
Salt and pepper to taste

Tahini dressing:

2 tbsp tahini paste
juice of 1 lemon
2 tbsp olive oil
1 garlic clove, crushed

Preparation:

1. Rinse the pearl barley and leave to soak in a bowl of cold water. Drain and rinse well under cold running water. Transfer to a saucepan and add the stock. Bring to the boil over a high heat, then cover with a lid, reduce the heat to medium for 30 minutes, or until barley is tender. Drain the barley and allow to cool.
2. Preheat the oven to 190°C / 375°F/gas. Put the carrots (previously peeled and cut into thick batons) in a lined baking tray and toss together with the olive oil, cumin, cayenne pepper and season with salt. Roast for 10 minutes then drizzle the honey over the carrots and toss to coat, return to the oven and cook for a further 10 minutes until the carrots are tender then chill.
3. Make the dressing: Mix together all the ingredients in a small bowl and add a little water to give a looser pouring consistency, season with salt and pepper.
4. Toss the cooled carrots and barley with the spinach leaves, pomegranate seeds and feta cheese. Spoon onto a large serving dish or individual plates and drizzle over the dressing and a sprinkle of pumpkin seeds.

In season - 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
Horseradish
Jerusalem artichoke
Kale
Mange tout
Pumpkin
Radish
Spring onion
Wild mushrooms
Chicory
Kohlrabi
Leeks
Parsnips
Pumpkin
Turnip
Watercress

Meat

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

Seafood

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

November.....brrrrrr!

The mornings will soon be crisp with frost and the days ever shorter, time to make hearty meals and filling soups to keep us warm. Try leafy green vegetables like savoy cabbage and kale to add texture and interest to a tomato soup. Top off with pesto and parmesan for extra flavour.

Why not use this month to try out homemade gift ideas for Christmas? Damsons are in season and make a delicious drink. Put some in a kilner jar with gin or vodka and some caster sugar. Leave in a dark place for 6 weeks, strain and enjoy ice cold. Or put in a pretty bottle with festive ribbon if you can bare to part with it!

Saving for Christmas? Use humble cheap ingredients like potatoes, Brussel sprouts and cabbage for an easy supper. Or form into cakes with mustard, bacon and good Scottish cheddar. They'll fill you up on a cold night!