

I'M FREE

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



Leanne's barley, roasted red onion, squash, beetroot and feta salad with a zest dressing

Serves 6-8 people

Healthy and jam-packed with amazing flavours!



Ingredients:

500g barley
200g roasted red onion
200g roasted squash
200g roasted beetroot
25g fresh basil
100g feta
15g toasted pumpkin seeds
juice and zest of 1 lemon
25ml olive oil
1 tbsp honey
10ml white wine vinegar
salt and pepper

Preparation:

1. Place the barley in 1.25l of boiling salted water (or stock) and boil for 20-25 min.
2. Roast red onion, squash and beetroot in the oven until they are fork tender (30 to 45 min at 220°C). Let them cool enough to handle and dice the beetroot and squash into cubes. Dice the roasted onion.
3. Combine cooked barley, beetroot, squash and red onion in a large mixing bowl. Then stir in the feta, fresh basil and sprinkle with toasted pumpkin seeds.
4. Zest and juice the lemon and whisk with the olive oil, honey and white wine vinegar. Mix into the salad and season to taste. Your salad is ready - enjoy!



Aisha's raspberry cranachan cake

Serves 8-10 people

Scottish and tasty... Great for a naughty slice in the afternoon with a cuppa, or as a sassy dessert for a dinner party!



Ingredients:

150g butter
50g brown sugar
3 eggs
100ml Scottish honey
50ml whisky
250g self-raising flour
50g Scottish oats
150g frozen raspberries
2tbsp raspberry jam

Preparation:

1. Line a 20cm cake tin with greaseproof paper and preheat oven to 165°C.
2. In a large bowl cream the butter and sugar until fluffy.
3. Beat in the eggs, honey and whisky. This may curdle slightly but add a little of the flour to prevent from happening.
4. Fold in the rest of the flour and oats and mix until all combined.
5. Place the mix into the prepared tin and then top with the frozen raspberries and a sprinkling of some extra oats.
6. Bake at 165°C for approximately 40-50 min - a skewer can be inserted to check, it will come out clean when ready.
7. To finish the cake, once completely cooled, cut in half and sandwich back together with some raspberry jam.



Mushroom and smoked mozzarella risotto balls with arrabiatta sauce

Serves 6-8 people

You don't always need meat to be part of your main meal - try this brimming with flavour veggie dish!



Ingredients:

Risotto balls:
 500g arborio rice
 125g finely chopped onion
 75ml white wine
 20g porcini
 25g chopped parsley
 5g chopped thyme
 10g finely sliced garlic
 1 egg to bind
 125g finely diced fontal igo
 125g scamorza
 30g grated Parmesan
 40g white breadcrumbs
 0.7l vegetable stock
 salt and pepper

Sauce:

20g thinly sliced red chilli
 60ml olive oil
 black pepper
 15g thinly sliced garlic
 400g tinned tomatoes

Preparation:

1. Soak the porcini mushrooms in water for 2 hours, chop roughly.
2. In a large saucepan sweat the onions with olive oil until translucent; add garlic and thyme and cook for a further 2 min.
3. Add the rice and ensure all grains are coated; pour in the white wine and reduce by half.
4. Add the porcini and the stock a little at a time then when cooked to al dente pour into shallow trays and chill immediately. Don't overseason as smoked cheese will add saltiness.
5. Mix the Parmesan, parsley, breadcrumbs and scamorza into the rice then add the fontal igo cubes; form rice into 40g balls and coat in white breadcrumbs.
6. Squash tomatoes with hands until they are completely broken down.
7. Heat olive oil and fry the garlic, chilli and black pepper; do not burn.
8. Add tomatoes and cook slowly until olive oil starts to separate and season to taste.

In season - Late 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

Apples
 Bilberries
 Blackberries
 Damsons
 Elderberries
 Figs
 Grapes
 Melon
 Pears
 Plums
 Redcurrants

Vegetables

Aubergine
 Beetroot
 Butternut Squash
 Celeriac
 Courgettes
 Fennel
 Horseradish
 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 to recover from the Edinburgh festival...

1. After 3 weeks of mayhem and constant crowds taking over your favourite lunch spots, find time to relax and enjoy a good coffee, crowd free! Our cafes are waiting for you....

2. Cook - enough of the udderbelly burgers and late night pizzas on a random week night...time to stock up on some veggies (or you could try our sexy salads as a lunch treat - they are packed with goodness!)

3. Get your 8 hours sleep - 4 hours on a school night is not helpful to your colleagues! Get up raring to go and demolish a bowl of hearty porridge before giving the day all you have got! Or one of our scones could do the trick!