

I'M FREE

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



Recipes of the month: March



Aung's Beetroot Cured Salmon with Candied Beetroot Salad

Serves up to 20

If you are planning on having some friends and family over for Easter this would make a great start to your festivities. Simple and delicious, it's a real crowd pleaser.

Ingredients:

filleted side of fresh salmon
500g of raw beetroot
600g sea salt
large bunch of dill
400g caster sugar
zest of 2 lemons
100g mixed baby salad
4 candied beetroot
extra virgin olive oil to serve

note: prep starts the day before

Preparation:

1. To skin the salmon fillet, lay the fish skin side down with tail end closest to you. Insert your knife at an angle at the tail end cut through the flesh of the skin.
2. Grate raw beetroot and mix with all of the other ingredients apart from candied beetroot and baby salad. Put beetroot mix on the fillet, wrap with cling film and chill overnight.
3. To serve, unwrap the salmon from the cling film and brush off the marinade. Slice the salmon into thin slivers.
4. Peel the candied beetroot, slice thinly and mix with baby salad. Drizzle with olive oil and serve.



Paul's Lentil, Beetroot & Kale Salad

Serves 4

This stunning salad delivers a flavour hit while being wholesome and full of nutrients. It works on its own or as part of a larger meal. It would be delicious with roast trout, seared mackerel or griddled chicken for a more filling meal.

Ingredients:

250g ready to eat puy lentils
150g cooked beetroot
100g kale
1 bunch spring onions
1 small pack of radishes
1 packet of mint
1 packet of flat leaf parsley
50g toasted walnuts
1tbsp harissa paste
½ lemon juice
1tbsp olive oil

Preparation:

1. Blanch the kale in salted boiling water for 2 minutes and refresh in ice water to stop it cooking.
2. Finely chop or grate the beetroot, slice the radishes as thinly as possible, slice the spring onions and chop the herbs.
3. Toast the walnuts.
4. Mix all the ingredients together and season with salt and a grind of black pepper.



Agnes's Dairy & Gluten Free Red Kidney Bean Mini Loafs

Makes 8 mini loafs

It's sometimes a challenge sticking to a gluten and dairy free diet, especially if you like the occasional dessert. However this clever recipe from Agnes brings sweet satisfaction. You won't taste the kidney beans, just delicious, moist, moreish cake!

Ingredients:

- 2 tins of red kidney beans
- 15 whole dates
- 2 bananas
- 3 eggs
- 125g of dark chocolate
- 2tsp of cinnamon
- 1tsp of soda
- 8tbsp of cocoa powder

Preparation:

1. Soak dates in a hot water 5 min.
2. Drain red kidney beans.
3. Mix together beans, bananas and dates until smooth, add cocoa, cinnamon, melted chocolate, soda and eggs.
4. Mix everything together and bake for 20 min at 170° C.
5. For icing mix vegan margarine with icing sugar and cocoa powder.

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

Bananas
Blood orange
Kiwi
Lemon
Orange
Passion fruit
Pineapple
Rhubarb

Vegetables

Cauliflower
Kale
Leeks
Purple sprouting
Broccoli
Spinach
Spring onion
Swede
Wild nettle

Meat

Turkey
Spring lamb

Seafood

Cockles
Dab
Dover sole
Gurnard
Hake
Langoustine
Lemon sole
Lobster
Mussels
Oysters
Red mullet
Salmon
Whitebait

A day in the life of Our baker Christiane



What is your favourite job/task each week...
Trying new recipes and feeling inspired.

My go-to midweek cake recipe is...
Moroccan Orange cake, it is delicious.

The cookbook I love at the moment is...
Love/Bake/Nourish By Amber Rose - it has the most beautiful cake recipes.

If I go out for dinner I like to eat...
Asian food, I like it spicy.

The best thing about working in a kitchen is...
Creating fresh food with great ingredients.

My favourite season for ingredients is...
Summer, there is so much to choose from!

At the moment, the ingredient I'm obsessed with is...
Orange & ginger.