

Carrot & Leek Cobbler

Ingredients

- 400g leeks (about 3 small to medium), cleaned + chopped into 4cm lengths
- 300g carrots (about 3 medium sized), peeled + cut into chunks
- 450ml veg stock
- 30g butter
- 20g plain flour
- small handful fresh parsley or thyme, chopped

for the topping:

1. 8oz self raising flour
2. 1 tsp dried mixed herbs
3. 50g butter
4. salt + pepper
5. 1 tsp mustard powder
6. 1 egg, beaten
7. splash milk
8. handful cheddar cheese, grated

Method

1. Preheat the oven to 180°C. Steam the carrots and leeks for a few mins until just tender.
2. Drain and place in an oven proof casserole. In a saucepan melt the butter and add the flour. Stir for a min or two to let the flour cook. Gradually add the stock until you have a smooth sauce. Season with salt and pepper to taste. Add the chopped herbs and pour over the steamed veg.
3. Cover and place in the oven for about 15 mins, then remove from the oven and increase the oven temperature to 200°C. Meanwhile make the topping. Put the self raising flour, mixed herbs and mustard powder in a bowl. Season with salt and pepper. Mix together, then add the butter and rub together until the mixture looks like fine breadcrumbs.
4. Add the egg and a splash of milk and combine to make a dough. Roll out on a floured board to about 2cm thick.
5. Cut into round shapes using a scone cutter, or cut into squares. Place on top of the veg mixture and top with grated cheese. Put back in the oven for about 15-20 mins, until the scone topping has risen and is cooked through.

Carrot Hummus

Ingredients

- 1 tin chickpeas, drained or about 100g dried chickpeas, soaked overnight and cooked until tender
- 5-6 large carrots, cleaned + cut into approx 2cm chunks
- 4-5 tbsp tahina (sesame paste)
- 1-2 cloves garlic, crushed
- juice of 1-2 lemons, to taste
- 3 tbsp olive oil + 1 tbsp to garnish
- 1-2 tsp ground cumin, to taste (optional)
- paprika or black olives, to garnish (optional)
- salt + pepper

Method

9. Cook the carrots in boiling salted water until soft. Drain and allow to cool. Place in a food processor or blender with the tahina, chickpeas, half the garlic, half the lemon juice and the 3 tbsp olive oil.

10. Blend to a paste. Check consistency – you will probably need to add a few tablespoons of water to loosen the hummus to a dipping texture.

11. Blend again. Now taste and keep adding more garlic, lemon juice, cumin and salt and pepper, blending and tasting until it is as you like it.

12. Serve on a plate garnished with a sprinkle of paprika and/or black olives, and a trickle of olive oil.

Cornish Pasties

Ingredients

- 450g shortcrust pastry
- 450g pie beef, rump of chuck steak
- 100g onions
- 100g swede
- 200g potatoes
- 1 egg

Method

13. Preheat the oven to 200°C (400°F, Gas Mark 6). Chop the onions finely, slice the potato and swede and cut into small pieces. Remove any gristle from the meat and chop finely.

14. Roll the pastry and cut into 4 discs, using side plates as markers for the shape. Chill.

15. Take the filling ingredients and place in layers on one half of the pastry circles, leaving room to seal the edges and seasoning to taste as you go. Brush the edges with beaten egg and fold over the top of the pastry and pinch to seal.

16. Cut a couple of holes in the top. You can mark initials on the pastry for fun and to cater for individual tastes. This is part of the Cornish tradition.

17. Brush the top with beaten egg. Bake for 10 minutes then lower the temperature to 180°C / Gas Mark 4 (350°F) for a further 40 minutes. Cover with foil if they're browning too much.

Leek & Parma Ham Fritters

Ingredients

- 4 leeks (600-700g)
- 20g butter
- 5 tablespoons white wine
- 8 slices parma ham
- 2 eggs, beaten with 1 tablespoon milk
- 125g fresh breadcrumbs
- 120ml olive oil

Method

18. Preheat the oven to 200°C. Trim the leeks, wash and cut in half lengthways. Place in a shallow ovenproof dish, dot with butter, pour over the wine and season well. Cover tightly with foil and bake in the oven until the leeks are just tender. Allow to cool, then drain and dry on kitchen roll.

19. Wrap each piece of leek in parma ham. Dip in the beaten egg, then breadcrumbs until well coated. Repeat with all the leeks. Heat the oil in a frying pan and fry the leeks over a moderate heat until crisp and golden brown. Drain and serve.

Scrambled Egg with Squash

Ingredients

- 175-225g piece of pumpkin or butternut squash
- 4 eggs
- 2 tablespoons oil
- 1 clove garlic, peeled and chopped
- 1cm piece fresh ginger, peeled and finely chopped

Method

20. Cut the rind and remove the seeds and fibres from the pumpkin or squash. You should end up with around 100g of flesh. Slice very thinly, then cut the slices into narrow batons, about 2.5-4cm long. Beat the eggs, adding salt and pepper.

21. Heat the oil in a wok over a high heat until hazy. Add the garlic and ginger and stir-fry for a few seconds. Add the squash and stir-fry until lightly browned and tender. Pour in the beaten egg and quickly stir and scramble until beginning to set. Scoop into a dish and serve.

Smoked Haddock & Parsnip Fishcakes

Ingredients

6. 1 small onion, chopped
7. 75g streaky bacon or pancetta, finely chopped
8. 300g smoked haddock
9. 1 bay leaf
10. 6 cloves
11. 275ml milk
12. 150g parsnips, chopped
13. 150 potatoes, chopped
14. teaspoon butter
15. handful parsley, chopped
16. pinch of dried chilli, optional

- for coating:
- seasoned flour
- 1 egg, beaten
- 80 white breadcrumbs
- oil for frying

Method

22. Sweat onion with bacon for 10 minutes and set aside. Poach haddock with milk, bay leaf and cloves in a pan. Allow to boil briefly, then turn off heat and allow fish to cool in liquid.

23. Boil parsnips and potatoes together until tender. Mash with butter and a little of the fish poaching milk. Season well. Combine onions, bacon, potatoes and parsnips, parsley and chilli if using.

24. Flake fish and fold into vegetable mixture. Adjust seasoning. Shape into cakes. Dip these into beaten egg, then breadcrumbs to coat. Shallow fry until golden.

Smoked Salmon with Celeriac Remoulade

Ingredients

- Riverford smoked salmon
- ½ lemon, cut into wedges
- ½ medium celeriac, peeled
- juice of ½ lemon, more to taste
- 2-3 tsp dijon mustard, to taste
- 75ml good mayonnaise
- ½ tbsp double cream
- ½ tbsp chopped fresh parsley

Method

25. Cut the celeriac into matchsticks about 3mm thick, either by hand or using a mandolin.
26. Add them to a large pan of boiling water and cook for 1 min, then drain well and leave to cool. Mix the lemon juice, 2 tsp mustard, mayonnaise, double cream and parsley together in a large bowl.

27. Season well and mix in the celeriac. Check seasoning, add more mustard and lemon juice to taste.

28. Serve a spoonful alongside some Riverford smoked salmon slices and lemon wedges, with a watercress garnish and some sourdough bread.

Spinach & Mushroom Lasagna

Ingredients

- 2 tbsp olive oil
- 300g spinach
- 2 cloves garlic, finely chopped
- 300g mushrooms, sliced
- 1 tin chopped tomatoes
- basil and oregano (handful of fresh or a tsp of dried)
- 300g lasagne (fresh or no precook sheets)
- 400ml crème fraiche
- 150g cheddar cheese
- ½ tsp freshly grated nutmeg
- salt & pepper to season

Method

29. Preheat the oven to 180°C /gas 5.

30. Heat half the oil in a large pan, add half the garlic and all of the spinach leaves. Cook for a couple of minutes until the spinach has wilted. Remove from the pan & season with salt and pepper.

31. Add the rest of the oil to the pan with the mushrooms and remaining garlic & cook for 5 minutes or so until the mushrooms are browned.

32. Stir in the tomatoes and herbs, bring to the boil & cook for a couple of minutes more. Remove from the heat, season to taste.

33. Mix the crème fraiche with the nutmeg & season. Lightly oil an ovenproof dish. Starting with the lasagne sheets first, layer with the mushroom mixture, crème fraiche & cheese (at least a couple of layers of each).

34. Finish with a final layer of lasagne and add a little creme fraiche and cheese to cover. Bake for 30- 40 minutes or so until the lasagne is tender & the top golden brown.