

Purple Sprouting Broccoli with Scrambled Eggs

Ingredients

- as many purple sprouting broccoli stems as you would like for 2, trimmed
- 4 eggs, beaten, salt + pepper added
- 40g butter + another knob of butter
- 1 tbsp milk or cream
- squeeze lemon juice
- salt + pepper
- 2 slices bacon, pancetta or smoked salmon (optional)

Method

1. Cook the broccoli in boiling salted water until just tender, drain and keep warm on a plate.
2. While the broccoli is cooking, melt the 40g butter in a small heavy saucepan or small frying pan, then turn down the heat as low as possible and add the eggs and milk or cream.
3. Cook gently, stirring continuously with a wooden spoon. When the eggs have begun to thicken (this will take a few minutes) watch carefully and remove from the heat just before they are done – they should be loose and creamy.
4. Melt the remaining butter, add a squeeze of lemon, and pour over the broccoli. Pour the eggs beside the broccoli, grind over some more pepper, and serve.



Cauliflower, Almond & Nutmeg Soup

Ingredients

5. 1 tablespoon butter
6. 1 medium onion, chopped
7. 1 clove garlic, chopped
8. 1 large cauliflower - chop the leaves and stem and break flower into florets
9. 500ml water
10. 1 large potato, peeled and chopped
11. 1 sprig thyme
12. 1 litre chicken or vegetable stock
13. 100ml cream or milk (optional)
14. grated nutmeg

Method

- Sweat the onion and garlic in the butter. Meanwhile, boil the leaves and stem until tender. Stir the florets in with onion and garlic, adding the diced potato and thyme. Cover and cook gently for 10-15 minutes, stirring occasionally.
- Strain the cauliflower stem water into the vegetables and top up with stock. Bring to the boil, then turn down to simmer, cover and cook for 20 minutes until the cauliflower is soft. Remove the thyme and puree. Return to a clean pan, reheat and season. Stir in cream or milk, reheat and serve.



Smoked Haddock & Parsnip Fishcakes

Ingredients

- 1 small onion, chopped
- 75g streaky bacon or pancetta, finely chopped
- 300g smoked haddock
- 1 bay leaf
- 6 cloves
- 275ml milk
- 150g parsnips, chopped
- 150 potatoes, chopped
- teaspoon butter
- handful parsley, chopped
- pinch of dried chilli, optional

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

Method

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

16. 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.

17. 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.



Spinach & Mushroom Lasagna

Ingredients

- 18. 2 tbsp olive oil
- 19. 300g spinach
- 20. 2 cloves garlic, finely chopped
- 21. 300g mushrooms, sliced
- 22. 1 tin chopped tomatoes
- 23. basil and oregano (handful of fresh or a tsp of dried)
- 24. 300g lasagne (fresh or no precook sheets)
- 25. 400ml crème fraiche
- 26. 150g cheddar cheese
- 27. ½ tsp freshly grated nutmeg
- 28. salt & pepper to season

Method

- Preheat the oven to 180°C /gas 5.
- 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.
- 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.
- Stir in the tomatoes and herbs, bring to the boil & cook for a couple of minutes more. Remove from the heat, season to taste.
- 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).
- 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.



Buttered Lentils with Smoked Bacon & Broccoli

Ingredients

- 300g puy lentils
- 8 rashers smoked bacon
- 300g broccoli, cut into florets + stalks finely sliced 500ml veg or chicken stock
- 1 garlic clove, peeled + crushed
- 50g butter
- handful fresh parsley, finely chopped

Method

29. Rinse the lentils in some cold water until the water runs clear, then place them in a large, heavy-based saucepan and pour the stock in. Turn up the heat and bring the lentils to the boil. Boil rapidly for 5 mins, turn the heat down and simmer gently for 15 to 20 mins.

30. Whilst they're simmering, chop the bacon into 1 inch strips. Fry in a large pan for about 3 mins. Stir in the broccoli, half the butter and the crushed garlic and fry over a medium heat for about 4 mins, until the broccoli is tender. Drain the lentils and pour them back into the saucepan.

31. Add the rest of the butter and the chopped parsley with the bacon and broccoli. Season with black pepper.



Squash Risotto

Ingredients

- 32. 1 medium squash (about 500g), peeled, deseeded and cut into 1cm cubes
- 33. 3 tablespoon olive oil
- 34. 1.5 litres vegetable stock or squash stock (see above)
- 35. 1 onion, finely chopped
- 36. 2 cloves garlic, finely chopped
- 37. 360g risotto rice
- 38. a splash of white wine or vermouth
- 39. 2 tablespoons freshly grated Parmesan cheese, plus extra to serve *
- 40. 2-3 tablespoons butter to serve

Method

- Sweat the squash cubes in olive oil in a large covered saucepan until tender (about half an hour). Season.
- Heat up the stock to simmering point in a pan. In a separate large, heavy-based pan, heat the oil, then add the onion and garlic, and cook gently for about 5 minutes, until softened. Add the rice, stir until well coated and cook gently for a few minutes more. Add the wine or vermouth and cook until absorbed by the rice.
- Now add squash and stir gently for 2 minutes. Add just enough of the simmering stock to cover the rice and stir well. Keep gradually adding stock, a ladleful at a time, stirring constantly. It's important to keep the rice at a gentle simmer and allow each addition of stock to be absorbed before adding more. After about 15–18 minutes, when the rice is tender but still has a little bite, remove from the heat. The risotto should be a bit sloppy. Finally mix in the butter and the cheese and serve with more parmesan for the table.

