



Seed to Saucepan

Recipes using produce from the garden

Sown and grown by Lucy, cooked by Suzanne, tasted by Kerry.



Introduction

This is a collection of recipes and useful gardening hints and methods that we have compiled whilst working at Ashfield on the “Seed to Saucepan” project.

The project was a feasibility study to see whether persons in the area are interested in learning how to grow and cook their own produce.

The majority of recipes are vegetarian and a few with the inclusion of meat, but work without if required.

All of the recipes included have been cooked during the project using produce grown at Ashfield and in Powys.

During the project we held a lunch club called “Tiffin Lunch Club” for volunteers and members of the “Outdoor nursery” and “The Mens’ Shed” based at Ashfield.

All ingredients are easily available and are useful for when vegetables are in glut. I have therefore included various recipes for the preserving of produce.

Grow, cook and enjoy!

Suzanne - the cook!

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Chapter 1 - Relishes, Pickles & Chutneys

A watercolor illustration of a garden scene. At the top, a small plant is labeled 'SWEET BASIL'. Below it, there are various other plants and flowers, including a large yellow flower and a brown, circular object that looks like a mushroom or a piece of wood. The background is a mix of light and dark washes, suggesting a garden setting.

All of the recipes in this chapter are made from raw ingredients picked from the garden at Ashfield. Ingredients such as sugar, vinegar, spices and salt were obtained by bartering previously made jams and pickles. As in all gardens there is a time when glut occurs. Learning how to preserve is an age old skill which I am keen to pass on to others. Over my cooking years I have collected many different recipes from friends and books. I hope you will enjoy making and eating.

Beetroot & Apple Puree

2 med size Beetroots cooked & peeled

2oz/50g Butter

4oz/100g finely chopped Onions

2 cooking Apples peeled, cored & sliced

1 dessert spoon Soft Brown Sugar

A pinch of Salt

2 tblsp/25ml Red Wine Vinegar

Fresh Herbs to Garnish

1. Melt butter and gently sauté onions until lightly coloured.
2. Add apples, sugar, vinegar and salt to onions and simmer uncovered for 15-20 minutes until mixture is soft and tender.
3. Place apple mixture and cooked beetroot in blender and whiz until smooth.
4. Return to pan, heat and season as required.
5. Serve hot or cold with pork, sausages, ham or game.

Basil Pesto

1 large bunch of fresh Basil (Genoese is best) torn.

25g/1oz of Pine Nuts

25g/1oz grated fresh Parmesan or similar

1-2 cloves of finely sliced Garlic

1-2 tbsp good Olive Oil

A pinch of Sea Salt and Black Pepper

1. In a pestle pound the basil, pinenuts, cheese and salt until you have a thick puree.
2. Slowly add the olive oil until you have the consistency of a creamy butter.
3. Taste and season with Salt and Black Pepper.
4. Place into clean jars or ice cube trays. Wrap in clingfilm and when using for pasta, use one cube per person.
5. Pesto is also nice added to soups and on baked potatoes.

This is a very tasty paste which when added to pasta makes a wonderful simple meal. I was given this recipe by an Italian friend. It keeps well in a jar in the fridge (for a week or so) or place in ice-cubes in the freezer.

Spring Onion & Chilli Jam

2 tablespoons Sunflower Oil
4 Spring Onions, chopped finely
4 cloves of Garlic, finely sliced
2 red Chillies, finely sliced, (seeds removed if wished.)
2 tablespoons of Tomato paste
½ teaspoon of ground Ginger
125g/6oz Soft Brown Sugar
200ml/8fluid oz. Red Wine

1. Heat the oil in a large frying pan, add the spring onion and sauté gently until soft but not browned.
2. Add the garlic and chilli and cook for 1 minute.
3. Add the tomato paste, ground ginger, soft brown sugar and wine. Stir well and simmer slowly for 6 minutes, or until thick and sticky. Place in clean sterilised jars.
4. This jam will keep well when cool for at least 6 months in the larder. Also delicious on garlic croutons as a canape.

This is a very versatile jam and perfect with cheese or meat. I found this recipe in a Sunday newspaper.

Zchug - Israeli Tomato Sauce

5-8 cloves of Garlic, chopped
2-3 medium Chillies, (jalapeno)
5 fresh Tomatoes or 1 tin, diced
1 small bunch of Coriander, chopped
1 small bunch of fresh Parsley, chopped.
2 tsp. ground Cumin
2 tbsp. extra virgin Olive Oil

½ tsp. Curry Powder
½ tsp. Turmeric
Juice of ½ Lemon
3-5 Cardamom pods
Salt to season
A pinch of Sugar

1. Place all ingredients (except salt and sugar) in a food processor and blend well.
2. Season with salt and sugar to taste. Also lovely with Pasta.
3. Spicy Yemenite dip: 14oz chopped Tomatoes, fresh or canned. Stir in 4floz. 1/2 cup of Zchug and season with a pinch of salt.

This is a traditional Israeli national dish which can be spiced up or eaten as is with rice, couscous or meat

Simple Sauerkraut

500g very firm, pale green or white cabbage
(any leathery outer leaves removed), cored
1½ tbsp coarse crystal sea salt (or 6 tbsp flaky sea salt)
1½ tsp caraway seeds
¼ tsp peppercorns

1. Thoroughly wash a large tub or bowl (mine was the size of a small washing- up bowl), then rinse with boiling water from the kettle. Make sure that your hands, and everything else coming into contact with the cabbage, are very clean. It's wise to use a container that will comfortably fit the softened cabbage, allowing several inches of room at the top to avoid overflow.
2. Shred the cabbage thinly – a food processor makes light work of this. Layer the cabbage and the salt in the tub or bowl. Massage the salt into the cabbage for 5 mins, wait 5 mins, then repeat. You should end up with a much-reduced volume of cabbage sitting in its own brine. Mix in the caraway seeds and the peppercorns.
3. Cover the surface of the cabbage entirely with a sheet of cling film, then press out all the air bubbles from below.

Simple Sauerkraut Continued

4. Weigh the cabbage down using a couple of heavy plates, or other weights that fit your bowl, and cover as much of the cabbage as possible. The level of the brine will rise to cover the cabbage a little. Cover the tub with its lid (or more cling film) and leave in a dark place at a cool room temperature (about 18-20C) for at least 5 days. It will be ready to eat after 5 days, but for maximum flavour leave the cabbage to ferment for anywhere between 2-6 weeks (or until the bubbling subsides).
5. Check the cabbage every day or so, releasing any gases that have built up as it ferments, and give the cabbage a stir to release the bubbles. If any scum forms, remove it, rinse the weights in boiling water and replace the cling film. You should see bubbles appearing within the cabbage, and possibly some foam on the top of the brine. It's important to keep it at an even, cool room temperature – too cool and the ferment will take longer than you'd like, too warm and the sauerkraut may become mouldy or ferment too quickly, leading to a less than perfect result.
6. The cabbage will become increasingly sour the longer it's fermented, so taste it now and again. When you like the flavour, transfer it to smaller sterilised jars and keep it in the fridge for up to 6 months.
7. A lovely way to use it is to rinse the Sauerkraut with cold running water. Get some nice fat butchers bacon and fry to get the fat to run. Add the rinsed Sauerkraut and serve on hot buttery mashed potatoes.

Credit for this recipe: <https://www.bbcgoodfood.com/recipes/simple-sauerkraut>

Kimchi recipe-simple

1 head White Cabbage, cored and shredded (makes about 8 cups)
6 Green Onions, chopped
2 Carrots, grated
1 Daikon Radish & 10 Red Radishes, grated
5 Garlic Cloves, minced
3 Tbsp Grated Ginger & 2 Tbsp Sea Salt
3 Tbsp Chilli Flakes or 1½ Tbsp Chilli Powder

1. Prep all vegetables as directed in ingredients and place in large bowl. Add salt and chilli flakes. Use a larger bowl than you think you might need, as it lends to better veggie massaging.
2. Massage cabbage mix for about 10 minutes and then set aside. While resting, the salt will help the veggies to 'sweat', releasing some of their water.
3. Return to massage for another 10 minutes, until cabbage and other veggies are softened and a few tablespoons worth of water has been released.
4. Divide the mix between two 1 gallon/1 litre mason jars.
5. Press kimchi mix down, helping get out any air bubbles and ideally have some of the liquid come to the top.
6. Seal jar loosely and place in a warm spot (like on top or beside your fridge). Let sit for 4-5 days. If foam starts to form, you can skim that off. After about 4 days, taste the kimchi (with a clean fork, never double dip) and decide if you want to let it ferment longer or you are ready to enjoy it.
7. Once ready, seal the jar and store in your fridge.
8. Will keep for 2-3 months sealed.

Credit: <https://www.meghantelpner.com/blog/easy-kimchi-recipe-simple-fermentation/>

Damson Pickle

3lb. Damsons
600ml/1 pint malt vinegar
1 inch piece of fresh root ginger
2lb sugar
20 cloves
A pinch of mixed spice

1. Place vinegar, cloves, sugar and ginger in a pan and when the sugar has dissolved boil for 10 minutes.
2. Pick and wash the damsons and pour over the vinegar mixture.
3. Stir well and leave in a cool place over night, covered.
4. Drain the liquid off and re boil, then pour over the damsons and leave covered for another day.
5. Place all into a preserving pan and bring to the boil.
6. Bottle, label and store. Lovely to give as presents at Christmas, but watch the stones.

This is wonderful with cheese and game at Christmas! Enjoy!

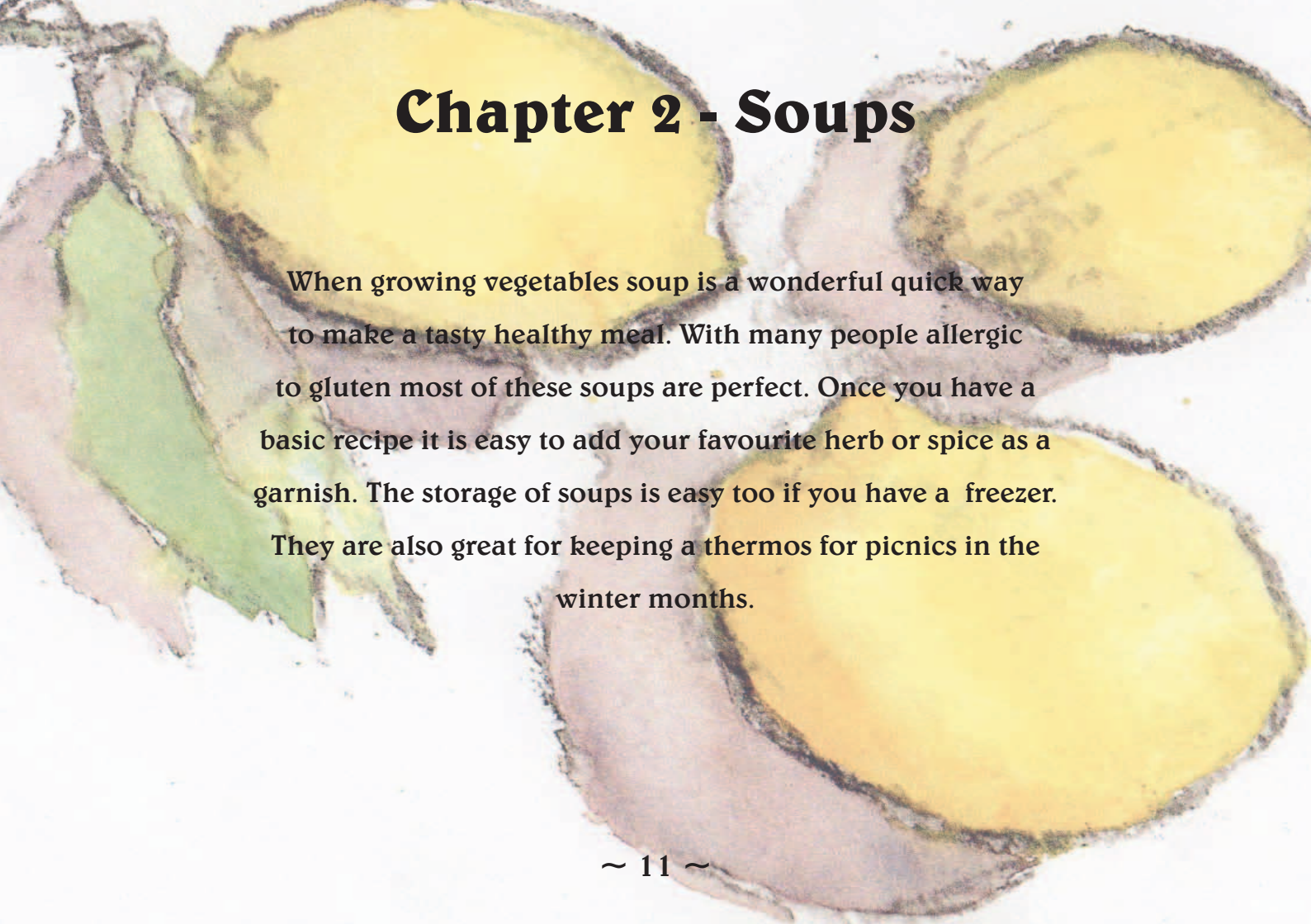
Courgette/Marrow Chutney

500 courgettes, cut into cubes
1 tbsp salt
500g Onion, finely sliced
500g tomatoes, chopped small and skinned
125 sultans
250g sugar
3 chillies
3 cloves & 1 pinch of mixed spice
300ml of vinegar (pickling)

1. Prepare the courgette and cover with the salt, leave for 24hrs.
2. Prepare the onions and tomatoes.
3. Place all ingredients into a preserving pan and bring to the boil.
4. Stir until the sugar has dissolved and then simmer gently until all is tender and the chutney is of a good thickness, like a jam.
5. Wait until the mix has cooled down and pour into warmed jars
6. (I heat mine in the oven on low)
7. Cover with jam covers and a lid to seal and label with the name & date on it.

Tip: leave to mature for minimum of 3 months for the flavor to develop. This is very important for a good tasting Chutney.

This recipe is based on and developed from the W.I. book of jams & preserves.

A watercolor illustration of various vegetable slices and leaves. The background is white. There are several slices of yellowish-orange vegetables, possibly squash or pumpkin, with brownish-purple outer edges. There are also some green leaves, possibly spinach or kale, with brownish-purple outer edges. The style is soft and artistic.

Chapter 2 - Soups

When growing vegetables soup is a wonderful quick way to make a tasty healthy meal. With many people allergic to gluten most of these soups are perfect. Once you have a basic recipe it is easy to add your favourite herb or spice as a garnish. The storage of soups is easy too if you have a freezer. They are also great for keeping a thermos for picnics in the winter months.

Broccoli and Lemon Soup

500g/1 lb of broccoli, trimmed and cut up
2 onions finely chopped
3 tbsp. olive oil
1-2 cloves of garlic finely sliced
1 ½ pts /900ml of vegetable or chicken stock
Zest of a lemon
Sea salt and freshly ground black pepper
A grating of nutmeg
6 tsp. full fat crème fraiche
2 tbsp. toasted flaked almonds

1. Heat oil in a saucepan and cook chopped onions until starting to change colour and soften.
2. Add garlic and broccoli and mix with the onions.
3. Add stock and seasoning and bring to a simmer.
4. Gently cook until the broccoli stems are tender.
5. Let the soup cool a little then liquidise and add lemon zest.
6. Pour soup back into pan and adjust seasoning.
7. To serve pour into bowls and garnish with crème fraiche and a few toasted almonds.

If you are lucky enough to grow your own purple sprouting broccoli this is a great way of ringing the changes and it freezes very well. I found this in one of my favourite cookery writers - Claire Macdonald's "Simply seasonal"

Cawl - Traditional Welsh Soup

1lb/500g bacon pieces	4 large potatoes
4 med. Carrots	1 leek
½ small swede	1 tbsn. Plain flour
2oz/50g butter	Handful of fresh Parsley
Vegetable or chicken stock, about 1 pint to cover.	
Salt & freshly ground black pepper	

1. Heat butter in heavy bottomed sauce pan, add all peeled and slice all vegetables and sauté until covered in butter.
2. Add flour and stirring allow to slightly brown.
3. Add cubes of bacon and mix well.
4. Pour on hot stock and bring to the boil.
5. Season with salt and pepper and allow to simmer until all the vegetables are tender, approximately ½ hour.
6. Serve with fresh crusty bread and chopped Parsley.

This comes from a wonderful book called – “Little Book of Welsh Recipes” by Rhonna Price.

Parsnip, Orange & Ginger Soup

3 tablsn. Sunflower oil
1oz/25g butter
2 medium onions finely chopped
1lb/500g parsnips, peeled and chopped.
1 inch/2.5cm piece of peeled fresh ginger, finely chopped (optional)
2 oranges, grated rind and juice.
2 pints/1 litre of vegetable or chicken stock
Sea salt and freshly ground black pepper to season.

1. Heat oil & butter together in a heavy based saucepan over a medium heat.
2. Add onions and sauté until soft and transparent, about 5 minutes.
3. Add the parsnips and ginger to the pan and cook gently for 5 minutes with the lid on to soften. Stir occasionally.
4. Pour in the stock, (hot) and the grated orange zest, stir well to mix.
5. Bring all to the boil then simmer part-cover for 35-40 minutes.
6. Allow to cool a little then liquidise. If you prefer a textured soup, only liquidise ½ of the soup.
7. Stir in the fresh orange juice and season with salt and pepper.
8. Re heat gently to serve or chill down to freeze.

This is a lovely winter warmer, the orange and ginger give the sweetness of the parsnips a gentle warming kick! Full of vitamin "C". Serves 4-6

Potage Bonne Femme - Leek, Carrot & Potato Soup

3oz/75g butter
2 medium potatoes, peeled and cubed.
3 large leeks, trimmed and washed
4 medium carrots, peeled
A few sprigs of fresh thyme
2 bay leaves
1-2 cloves of garlic
Salt & freshly ground black pepper to season
1 ¾ pints/1 litre water

1. Prepare all the vegetables and roughly chop into ½ -1 inch/2.5cm cubes.
2. In a heavy based saucepan melt the butter over a moderate heat, gently sauté the vegetables until all lightly coloured.
3. Add the thyme, bay leaves and garlic and pour on 1 ¾ pints /1 litre of water.
4. Simmer part covered for about 30 minutes until the vegetables are tender.
5. Cool a little and blend for a smooth soup or only half for a textured soup.
6. Season with salt and pepper and serve with hunks of fresh bread cheese and ham for a simple hearty lunch.

This is a truly traditional country soup, and been passed down through the family. Using herbs and vegetables to give a hearty winter taste.

Spiced Spinach & Chard Soup

2lbs/1000g spinach and or chard, leaves only. (Use chards stem later or garnish with them, cook/steam for about 5 minutes until tender)

25g/1oz of each olive oil & butter

1 large onion, thinly sliced

2 medium potatoes, peeled and chopped into 4 cm/1 inch cubes

1 tsp. vegetable stock powder

1 tsp. turmeric powder

½ tsp. ground nutmeg

Salt & freshly ground black pepper

A squeeze of fresh lemon

Plain yogurt and parmesan cheese to garnish

1. Place spinach & chard into a large saucepan and cover with boiling water, cook until all the leaves have wilted and the chard is tender, about 5 minutes. Drain and save 1 pint/600ml of the liquid.
2. Using your large pan heat the butter & oil and gently sauté the onions and potatoes until potatoes begin to soften and onions go translucent.
3. Stir in the nutmeg, and turmeric and cook stirring for 1 minute.
4. Now stir in the spinach/chard and combine well.
5. Mix the stock with the saved water and add to the pan, gently simmer the soup until the potatoes are completely cooked. Taste and season with salt and pepper and add a squeeze of lemon juice.
6. You can now serve the soup as it is or blend it to make a smooth soup.
7. Garnish the chard stems and offer yogurt and parmesan to serve.

Spinach and Chard are so full of iron and vitamins that they are incredibly useful and once you have chard established it seems to grow forever! This makes a good warming soup and the addition of Turmeric gives it an extra lift and health benefit. Serves 4

Courgette & Tomato Soup

1 tsp butter
2 onions, chopped
1kg courgette sliced
1kg tomato chopped
2 tbsp plain flour (could replace with 1 small Potato)
½ tsp turmeric
2 chicken or veg stock from cubes or home made stock
Crusty bread, to serve (optional)

1. Melt the butter in a large pan, add the onions and courgettes, and cook for 5 mins on a medium heat, stirring occasionally.
2. Add the tomatoes and flour. Cook for a couple of mins. Stirring around to stop the flour from becoming lumpy. Add the turmeric and stock, cover and simmer for 30 mins.
3. Puree with a stick blender, then sieve if you want a really smooth texture.
4. Serve hot with crusty bread, if you like, or chill, then freeze for up to 2 months.

Chapter 3 - Vegetable & Bean Dishes



One of our great harvest dishes was beans. Lucy grew many different “Heritage variety” beans and was a great advocate of French beans. I have included her notes and planting ideas. I love the idea that we are eating beans that have a history and also great taste. Many of the recipes are from a book written by a sister of a friend of mine. “Out of the Pod” by Vicky Jones is a must if you grow beans or just love tasty food!

Heritage Varieties of Climbing French Beans

Black Delgado

This semi-climbing variety produces lilac flowers followed by a plentiful crop of green pods. These can be a little stringy; however, the shiny black seeds are perfect as a drying bean. Thought to have originated with the Zapotec Civilisation of the Oaxaca Valley, Southern Mexico, who not only used it in soups and stews, but also as a dye for women's black shawls.

White Greasy

This variety tends to flower later than other French beans. The pods contain up to 8 beans in each and can be eaten fresh when really small. However, it is at its best when used as a dried bean when its rich, smoky peanut-like flavour can be fully appreciated. Rich in oil so yields a sheen on top of the water when cooking. "Tastes smoky and meaty without meat."

Kew Blue

It is a beautiful plant with red purple stems, the beans when young, green edged with purple, turning full blue/purple as they mature. The flowers are purple-pink, the overall effect being very ornamental. Originally the variety came from Kew Botanic Gardens. Pods are perfect for eating fresh, you can also dry the beans to use.

Trail of Tears

This bean was originally from the native North American Cherokee people. In 1838 they were driven out of their homelands in the state of Georgia by the US government to make room for more European settlers, the forced march was known as the 'Trail of Tears'. This bean is one of their heirlooms they managed to keep with them and has been passed on from generation to generation ever since. It is incredibly prolific, cropping over a long season. Early Pole Snap/ Drying bean. Tall, purple flowers, rounded green/ red pods. Black seed.

Planting & Ideas with French Beans

Great things about growing French beans – Dwarf or Climbing

- Easy, productive, versatile vegetable & with some varieties can dry the beans.
- Very little wastage.
- Cheap to grow, expensive in shops/imported. Easy to save seed- saves money
- Easy to dry seeds for eating as well as growing
- Not many diseases attack.
- Pests - Just slugs/snails?
- Uses: Salads, steamed, stir fry, pasta, rice, casseroles, chutneys, frozen,
- Storage – Beans, frozen, preserves,
- Less unruly, less support and more versatile than Runner beans

Why grow Climbing French Beans?

- More productive in same space
- Come in sorts of colours and sizes, Early – Ferrari Crops all summer , Koala, Late
- Easier to pick
- Decorative, vertical display – hide things or divide a space, provide interest
- Easier for insects to pollinate - possibly
- Hold off slug attacks better

Planting & Ideas with French Beans Continued

How to grow CFB

- Sow into pots or modules in May. Depth for roots.
- Sow direct into soil in late May Plant 1 seed 2-3cm deep, every 3-4 cms after soil warmed up or 2 or 3 seeds per cane.
- Direct into a large container with supports
- What soil? fairly rich, enriched with well- rotted manure or compost.
- Transplant young plants after the last frosts, water the holes well before planting and pop a little well-rotted manure or chicken manure in each hole if available.
- Supports – canes or wire, existing wire fence or willow or hazel frameworks. Put support up first. Wig wams a good choice for windy sites. Double rows about 30cm apart.
- 3 Sisters arrangement – the beans are grown with Sweetcorn and Squash or courgettes. Plant seeds around 30cms high Sweet Corn plants.
- Extra nutrition- Chicken manure pellets to boost/ liquid feeds such as comfrey.
- HARVEST from July to frosts once or twice a week or the plants will shut down production.
- Stop picking when you want to dry beans for storing.

Drying beans

- Choose which plants you want to harvest dried beans from and leave them. By all means pick a few pods fresh but leave plants well alone in good time to ensure they have a few months to mature and dry by autumn. The pods will turn a pale straw colour as dry out towards the end of summer or early autumn/fall.
- You can pick dried-out pods as they appear. Take them inside to a dry place to continue drying.

Cassoulet - Rustic Hotpot

Ingredients for the Bean mixture

400g white beans – Tabrais, Soissons or cannellini,
soaked overnight or tinned!
1 onion peeled and left whole.
A bouquet garni
2 peeled garlic cloves, peeled but left whole.
1 carrot, diced
100g pork rind.

Ingredients for the meat

2 confit duck legs/ or fresh duck legs
12oz belly pork or chop, fat and rind removed (cubed)
2 tbsps. Duck fat
12oz rough sausage or Toulouse.
5oz bacon lardons, smoked
1 onion, chopped
4 cloves of garlic chopped
1 tablespoon tomato paste
4 tablespoons fresh bread crumbs
Salt and pepper to taste

Cassoulet - Rustic Hotpot Continued

1. Rinse and drain the beans, add to a large saucepan with enough cold water to cover them.
2. Boil for 10 minutes, drain and put back in the pan with the other ingredients for the bean cooking.
3. Cover with fresh water and bring to the boil, then cover the pan, reduce the heat and simmer very gently for 40 minutes.
4. Pre heat the oven to 150°c/300° F/Gas 2.
5. While the beans are cooking, warm the confit of duck or fry off until the fat and juices run. Set aside to cool.
6. Using the above fat fry off the sausages, bacon and pork, and gently fry onions and garlic.
7. Drain the beans retaining the liquid, discard the carrot, onion and pork rind, Mash the garlic with a fork.
8. Layer the bean and meat and using some of the liquid mix the tomato paste and pour over the cassoulet to just cover.
9. Cook in the oven for 1 ½ hours.
10. Remove the duck and take off the meat, cut into chunks, return to the casserole and season.
11. Sprinkle with bread crumbs over the surface and replace in the oven for approx. 1 hour.
12. Serve with good bread and a green vegetable or salad.

Gascony Farmhouse Cassoulet

400g/14oz of tarbais or other dried white beans,
soaked overnight & drained.

225g/8oz unsmoked gammon or bacon cut into
chunks of 4 pieces.

2 bay leaves

salt & freshly ground pepper

2 tbsn. Rendered duck fat or veg. oil

2 onions sliced

5 cloves of garlic, peeled and chopped

1 carrot, peeled and cut into medium rounds

2 legs & 2 thighs of duck or goose.

Chicken stock

8 thick slices of coarse sausage (Toulouse)

8 thick slices of garlic sausage.

1. Place the soaked beans in a large heavy pot cover with cold water, simmer for 15 minutes. Drain and rinse.
2. Add bacon, bay leaves and slightly salted water and simmer for 1 hour until the beans are tender. (If using canned beans omit this part)
3. Melt the fat in a large pot and lightly brown the onions, garlic and carrot. Remove and set aside, brown the duck all over.
4. Return the vegetables to the pan, add stock and if using tinned beans add the bacon and bay leaf, cook, covered over a low heat for 40 mins. Add sausages and cook for a further 20 minutes, top up with stock as needed.
5. Pour the contents of this pan onto the beans, add more stock and cook covered for a further 35-40 minutes.
6. Place the meat and vegetables in a serving dish, place beans around the edge. Reduce stock if needed and pour onto the dish serve with good bread.

This version is different to most as it is cooked entirely on top of the range.

Hopping John - Bean & Rice Casserole

250g/8oz black beans, dried or from a tin.

1 ham hock and 200g/7oz bacon or smoked
gammon

2 onions chopped & 1 celery stick trimmed and
sliced

1 green pepper, diced

2 fresh bay leaves

½ teaspoon chilli flakes

2 corn on the cob or 200g tinned

250g of long grain rice

2 tablespoons spring onions

Salt & pepper to season and parsley to garnish.

Cayenne pepper.

1 tsp/ fresh or dried thyme

1. Drain soaked dried beans and bring to the boil for 10 minutes. Strain and set aside.
2. Rinse ham then cover with water and bring to the boil and simmer for 1 hour. Remove any scum and if water too salty drain and cover with fresh water.
3. Add thyme, chilli flakes, bay leaves, celery and pepper and the pre-cooked beans.
4. Cover the pan and simmer gently for 1 ½ -2 hours until the beans are fully cooked and tender and the ham falling off the bone.

Hopping John - Bean & Rice Casserole Continued

5. Take the ham out of the stock and with a sharp knife take the meat off the bone, shredding it roughly. Return the meat to the pan.
6. If using frozen sweetcorn add to the pan and simmer for approx. 5 minutes.
7. If you have too much liquid strain the stock into a pan and boil to reduce it by 1/3. Return to the main pan.
8. Cook rice separately according to instructions on the packet.
9. Season the stew to taste with salt and cayenne pepper.
10. Serve the rice into heated shallow bowls, topped with a spoonful of the stew and top with spring onions, parsley/chives and serve with a hot sauce.

Hopping John is made of any black beans and rice. It was traditionally eaten at New Year in the Deep South of America to ensure good luck for the coming year. "Eat poor on New Year's and eat fat for the rest of the year", the saying goes. This is often served with corn bread hence the addition of sweetcorn.

Chapter 4 - Vegetable Side Dishes



For many years I worked with growers and stallholders at Farmers' Markets who produced wonderful fresh seasonal vegetables. My aim was to encourage the public to try different ways of cooking the old favourites, so I would dig up recipes that gave them a different slant. Do try the sprout recipe even if you hate sprouts you'd be surprised!

Broad Beans with Bruschetta

200g baby broad beans – podded

4 Spring Onions – finely chopped/sliced

2 Tablespoons of olive Oil

4 Large slices of robust bread

50g soft Goats cheese

OR Greek yogurt

Sea salt & Pepper

Extra olive oil for drizzling onto bread

1. Blanch broad beans & peel if large
2. Gently heat olive oil & soften the spring onions – 2-3 mins
3. Add b.beans to onions & season with S&Pepper – allow to cool a little
4. Toast bread & drizzle with olive oil & garlic if wish
5. Mix goats cheese or yogurt with veg, season & heap onto the bread

& Enjoy.....

French Beans & Mangetout with Hazelnut & Orange

800g/1lb 12oz of mixed French and Runner beans
(and Mangetout if wanted)
75g/3oz hazelnuts, toasted
1 orange
25g/1oz chives, roughly chopped
1 clove of garlic, crushed
3 tbsp. Olive oil & 2 tablsn. Hazelnut oil
Sea salt and fresh ground black pepper

1. Pre-heat the oven to 180°C/350°F /Gas 4
2. Trim beans and mangetout and place a pan of unsalted water on to boil.
3. In turn place beans and mangetout in water to blanch. French beans for 4 minutes until just tender then drain and place immediately under cold running water. (This keeps the colour of the beans. Re-using the water bring to the boil and pop in the mangetout and boil for 1 minute. Drain and again run under very cold water.
4. Set the beans and mangetout aside.

French Beans & Mangetout with Hazelnut & Orange Continued

5. Place the hazelnuts on a baking tray in the oven and roast for 10 minutes. When cool enough to handle rub the nuts in a tea towel until the skins have rubbed off, then chop roughly.
6. Using a vegetable peeler, (or a zester) peel the orange. Slice the zest very thinly if using a peeler.
7. In a large salad bowl assemble all the ingredients together, season with salt and pepper.
8. Toss and leave to marinade to enable the flavours to develop.
9. Serve at room temperature.

This can be a very quick dish as you can prepare the beans the day before and toasted skinned hazelnuts keep well in a glass air tight jar in a cool cupboard.

Beans are so versatile and Lucy was very good at growing them as our climate here in Powys suits them perfectly. She used various different varieties, some being “Heritage” seeds and produced a good array of different coloured beans. The ideas in the previous chapter on growing Beans are very helpful, and all of the Beans ideal for these recipes. This recipe is perfect for a special meal as it different textures and nuts. It is also fine to exchange the mangetout for a different variety of French beans.

Serves 6.

Grilled Courgettes with Tomato & Bean Salad

200g/1 tin of cannellini beans

3 tbsp. Extra virgin olive oil

4 med. Courgettes cut into ribbons 5 mm thick

A small punnet of cherry tomatoes cut in half

Salt and fresh ground black pepper.

Ingredients for the dressing;

A bunch of basil

½ clove of crushed garlic

100ml olive oil

A pinch of salt.

1. Cook soaked cannellini beans or drain and rinse a tin of beans and dress with 2 tbsp. olive oil.
2. Toss the sliced courgettes in the remaining oil and grill on griddle pan until tender and lightly charred.
3. Mix all ingredients for the dressing and blend until smooth.
4. Gently mix beans, tomatoes and courgettes together in a large bowl and coat with basil dressing.
5. Adjust seasoning and serve.

Puree of Brussel Sprouts with Chestnuts

1 ½ lbs/700g Brussel sprouts

½ oz/12.5g butter

150ml/ ¼ pint single cream

A pinch of grated nutmeg

½ lb/200g whole cooked chestnuts

Salt and fresh black pepper to taste.

1. Peel and trim sprouts and boil or steam for 15 minutes until tender. Drain and pass through a mouli or blend until smooth.
2. Add butter, cream and seasoning. Fold in the halved heated chestnuts and serve with a sprinkle of nutmeg.

This is a recipe that makes those that dislike sprouts think again!

Parsnip & Pear Puree

3 large pears, peeled and coarsely chopped
2oz/50g unsalted butter
2 pears, peeled and chopped
1 tablespoon cognac
¼ pt sour cream or Greek yougurt
¼ teaspn allspice
Salt and fresh ground black pepper to taste

1. Place parsnips in a medium sized saucepan and bring to the boil, cover and reduce heat to a simmer cook until tender, 20 minutes.
2. Melt butter in a small pan and add chopped pears over a medium heat, sauté for 5 minutes. Add cognac and stir frequently for 15 minutes.
3. Blend parsnips and pears with sour cream and the all spice, season to taste with salt and pepper and serve hot.

Red Russian Kale & Mouli Stir Fry

1lb/500g red Russian kale (ordinary curly Kale),

washed, trimmed and finely sliced

1 large mouli, washed and cut into julienne strips.

1 tbsp. olive oil & 1 tbsp. sesame oil.

1oz/25g pitted black or green olives, chopped.

1 clove of garlic crushed.

2cm length of peeled, grated fresh root ginger.

Salt & fresh ground black pepper to season.

1. Heat the oils in a wok until hot.
2. Cook garlic and ginger until transparent, but not brown.
3. Add mouli and coat with oil.
4. Place in chopped kale and coat well with oil. Cover and leave to wilt for 2-3 minutes.
5. Stir in olives and season to taste.
6. Serve on a bed of rice or Quinoa. Season with soya sauce if wished.

Chapter 5 - Main Courses with Vegetables

When we started a "Lunch Club – Tiffin" the aim was to provide a substantial main course mainly made from garden produce and inexpensive. The glut of what was on offer was always key alongside the fact that many customers were dairy or gluten free. Hence, most of these recipes are seasonal and inexpensive to make, but they had to be tasty (had to include Courgette or Spinach!)

Leek & Blue Cheese Pizza

2 tbsp of Olive Oil

1 garlic clove, peeled and sliced

1 small green chili, halved and de-seeded & finely
chopped

25g Butter

2 small Leeks, halved lengthwise and then thinly
sliced across

30g parmesan cheese, (or a hard welsh cheese)
freshly grated

100g mozzarella cheese, sliced

1 ½ tbsp finely chopped oregano

1 ½ tbsp finely chopped flat-leaf parsley
(1 tsp of dried herbs if no fresh are available)

60g blue cheese, crumbled

Sea Salt and freshly ground black pepper

Ingredients for the dough:

300g strong white flour

7g sachet of dried yeast

1 teaspoon of salt

180ml lukewarm water

1 ½ tbsp Olive Oil

1. Put the olive oil, garlic and chili in a small bowl and set aside to infuse the oil
2. To make the dough combine the flour, yeast & salt in a bowl, stir in water & oil
3. Turn out onto a lightly floured surface & knead for 5-8 mins, until smooth & elastic
4. Place in a lightly oiled bowl, cover with cling film & set aside in a warm place for 1 hour or until doubled in size.

Leek & Blue Cheese Pizza Continued

5. Meanwhile, heat the butter in a small frying pan, add the leeks and cook over a low to medium heat for about 10 minutes, until soft but not coloured
6. Season with salt & pepper. Remove from the heat & leave to cool.
7. Place 2 heavy-based baking sheets or terracotta tiles in the oven and preheat the oven to 250 C/ gas mark 10
8. Combine the parmesan, mozzarella & herbs in small bowl
9. Cut 4 sheets of the baking parchment, each large enough to hold a 22cm pizza, divide the risen dough into 4.
10. Dust the pieces of baking parchment with a little flour and roll out each piece of dough on the parchment, making a round circle about 22cm in diameter.
11. Brush with the flavoured oil & scatter with the cheese mixture, followed by the leeks, then the blue cheese.
12. Slide on pizza, still on the paper, onto each hot baking sheet or tile and bake for 8-10 mins, until golden
13. Cook the remaining pizzas the same way.

This recipe is from the Riverford Cookbook by Guy Watson

Halloumi Burgers with Quick Tomato Sauce

Ingredients for the Burgers;

1 small courgette
1 large carrot
200g halloumi
5 mint sprigs
Sea salt
Freshly ground black pepper

Ingredients for the Dressing;

120ml plain yougurt
2 tbsp. tahini
2 tbsp. lime juice
1 tsp. honey

Ingredients for Tomato Sauce;

1 garlic clove
3 tbsp olive oil
250g passata
150g mozzarella

1. Grate the courgette, carrot and halloumi and mix well with chopped mint and a little seasoning.
2. Shape into small balls and put into a fridge to harden.
3. Mix all dressing ingredients together.
4. Fry the burgers in oil or butter until brown on all sides, place on a bun and drizzle on the dressing.

Tomato Sauce for a quick Pizza topping

1. Heat oil and garlic for 1-2 mins, (just to let the garlic flavour the oil)
2. Add the tomato & simmer for 10 minutes until thick.
3. Slice the mozzarella and layer into the tomato sauce. Cook for 5 minutes or until the cheese has melted, season and sprinkle on fresh basil.

Savoury Gram Flour Pancakes

Ingredients for the Batter;

100g gram flour
150ml water – sparkling
Juice of ¼ lime or lemon
50g soya yogurt
¼ tsp. Bicarbonate of soda to each tea cupful of
batter
Salt, ground black pepper and ajwain seeds
To make the Batter;
Soak the gram flour in water and soya yougurt
& leave for 2 hours

Ingredients for the filling;

½ inch of fresh chopped ginger
A handful of torn spinach leaves
A handful of fresh coriander leaves
½ tomato, diced
¼ red onion, diced
½ green chilli
Salt to taste
Oil for the frying pan.

1. Heat a small amount of oil in a heavy bottomed frying pan.
2. Pour batter into a teacup and whisk in ¼ teaspoon of bicarbonate of soda.
3. Pour into the heated pan and spread to approx 6 inches.
4. After a minute place prepared filling veg onto the pancake and season.
5. In 2-3 minutes check the base is golden and flip over, cook for a further few minutes.
6. Turn out and serve with chilli or tomato sauce and salad

Corsican Chard Pie

½ (85g) Small red onion, thinly sliced

3 (220g) Celery sticks with leaves thinly sliced

8 Large (175g) Swiss chard leaves, white stalks discarded, roughly chopped

2 Cloves of garlic, thinly sliced

2 tbs mint leaves, torn

2 tbs Parsley, chopped

2 tsp Sage, chopped

2 tbsp Olive oil, plus extra for brushing

75g Feta, crumbled

50g pecorino, finely chopped

15g pine nuts, lightly toasted

1 zest of Lemon

350g all-butter puff pastry

Plain flour for dusting

100g Broccoli (Corsican) cheese, or ricotta

4-6 Courgette flowers, cut in half lengthways if large, or 6 long, shave strips of raw courgette (optional)

1 Egg lightly beaten

Salt & Pepper

1. Place a large sauté pan on a medium heat & sauté onion, celery, chard, garlic, mint, parsley and sage in the olive oil.
2. Cook and stir continuously for 15 minutes or until the greens have wilted and the celery has softened completely.
3. Remove from the heat and stir through the feta, pecorino, pine nuts, lemon zest, ¼ teaspoon of salt & a hearty grind of black pepper. Leave aside to cool.

Corsican Chard Pie Continued

4. Pre heat the oven to 220 C/gas mark 7.
5. Roll out the pastry on a floured work surface until 3mm thick, then cut it into a circle approx. 30cm
6. in diameter
7. Place on an oven tray lined with baking parchment spreading the filling on the pastry, leaving a 3 cm border all the way around
8. Dot the filling with large chunks of broccli or ricotta and top with courgette flowers or courgette strips, if using
9. Bring the pastry up around the sides of the filling and pinch the edges together firmly to form a secure, decorative lip over the edge of the tart. (Alternatively press with the end of a fork)
10. Brush the pastry with egg and refrigerate for 10 minutes
11. Bake the tart for 30 minutes, until the pastry is golden and cooked on the base
12. Remove from the oven and brush with a little olive oil
13. Serve warm or at room temperature

This recipe was written by Yotam Ottolenghi.

Pumpkin Spiced Casserole

2 kg Pumpkin/Squash

1 tsp Salt

1 tsp Cumin seeds

1 tsp Coriander

4 Cardamon pods

½ Yellow or black mustard seeds

100 ml Veg Oil

2 Cloves garlic – crushed to a cream

1 Small green/red chilli, finally chopped, seed optional

1 Large onion, finally sliced

2 Sticks of Celery, finely sliced

1 Litre chicken/veg stock

½ bunch coriander washed, leaves whole & stems finely chopped

4 Large tomatoes

350g cooked chickpeas or 1 tin

A large handful of Italian parsley, roughly chopped

1. Peel & chop Pumpkin into large wedges, then cut to walnut sized pieces
2. Heat all the spices in a large pan for a few minutes until fragrant do not allow to burn
3. Remove husks from cardamon & add seeds to the spices. Crush all in a pestle and mortar.
4. Heat oil & spices with garlic & chilli over medium heat, stirring continuously for 1-2 mins. and they will become aromatic.
5. Add pumpkin, onion, celery & fennel, stir to coat well
6. Add salt & coat for a few mins. for the veg to soften
7. Add stock & coriander stalks, cover with a lid & strainer for 20 mins. until vegetables are tender.
8. Blanch tomatoes, peel and roughly chop
9. Add tomatoes & chickpeas to the mix of casserole. Then add Coriander & Parsley leaves
10. Serve with rice or polenta

Recipe by Sally Clark from Sunday Telegraph

Pasta Primavera

500g pasta of your choice
100g/4 oz finely sliced red onion/shallot type
2 -3 medium Courgette's, sliced thinly long ways
100g/4 oz small tomatoes
75ml/3 fl oz good olive oil
200g/8 oz Peas (any type)
2 red peppers thinly sliced

A good handful of mixed fresh herbs
4 tbs of raspberry/sherry vinegar
50g/2 oz grated Parmesan
Grated zest of an orange & lemon
A small bunch of diagonally sliced spring onions
Salt & pepper to season

1. Cook pasta as instructed on packet until tender but firm, drain and transfer to a large bowl
2. Add Olive oil and chopped onion, set aside to cool
3. In a pan of water blanch peas and courgette, drain and put into very cold ice water for a few minutes. Drain and pat dry
4. Add all vegetables and herbs to pasta and toss well
5. Season with salt and pepper, sprinkle on vinegar to taste, stir gently
6. Sprinkle on the parmesan, taste again
7. Scatter on olives, orange and lemon zest and serve at room temperature
8. All ready to serve and enjoy!

This dish is a great way of using your glut vegetables; runner beans can replace the peas!
This recipe is from the Silver Palate American Cookbook

Courgettes Mexican Stew

750g Courgettes, cut into small dice
350g or 1 tin of tomatoes
6 peppercorns
4 Sprigs of Coriander
2 Sprigs of mint
3 Cloves
2cm piece of cinnamon stick
2 Small Chili's, left whole
120ml single cream, optional
Sea salt

1. Put everything in a large, heavy based saucepan, cover and bring to simmer
2. Cook slowly for about 30 minutes, stirring occasionally to prevent sticking to the pan, until the Courgette's are tender, and all the liquid has been absorbed to create a wonderful hot-pot type of dish.

This is an excellent way of using a glut of Courgette's
This recipe a favourite from Riverford Farm Cookbook

Spring Risotto

150g/60oz Arborio rice
2 tablsn. Olive oil
2 shallots finely chopped
½ teaspns. Saffron strands
5 fl.oz/¼ pint white wine
20fnoz/1 pint vegetable stock
250g/½ lb asparagus, broccoli or peas shoots and peas
25g/1oz butter
25g/1oz parmesan cheese, grated.
Salt and freshly ground black pepper

1. Sauté the shallots in olive oil over a gentle heat until they are transparent.
2. Pour in the rice and coat with the oil, stir for a few minutes
3. Add a little of the wine and let it absorb, add the remaining wine stirring all the time to prevent sticking whilst the wine reduces.
4. Mix the saffron with the hot stock and pour in ½ with the chosen vegetable, stirring gentle so as not to damage the vegetable.
5. Allow the liquid to absorb and gradually add the remaining stock and keep stirring.
6. After approximately 20 minutes all the stock will be absorbed and the rice will be tender.
7. Add the butter in little pieces and the parmesan, stir gently.
8. Eat hot or cold with a fresh green salad.

Here is a colourful and tasty dish for using hot or cold and makes a lovely change on a summer picnic.
Wonderful eaten with a fresh tomato and green salad.

Three Vegetable Kugel

2 Courgettes – coarsely grated
2 Carrots – coarsely grated
2 potatoes – peeled & coarsely grated
1 Onion – grated
3 Eggs - lightly beaten
3 Cloves garlic – thinly sliced
pinch of sugar
1 tbs Chopped parsley
1 small handful fresh basil
7 tbs Matzo meal or bulgar wheat
Salt & fresh ground black pepper

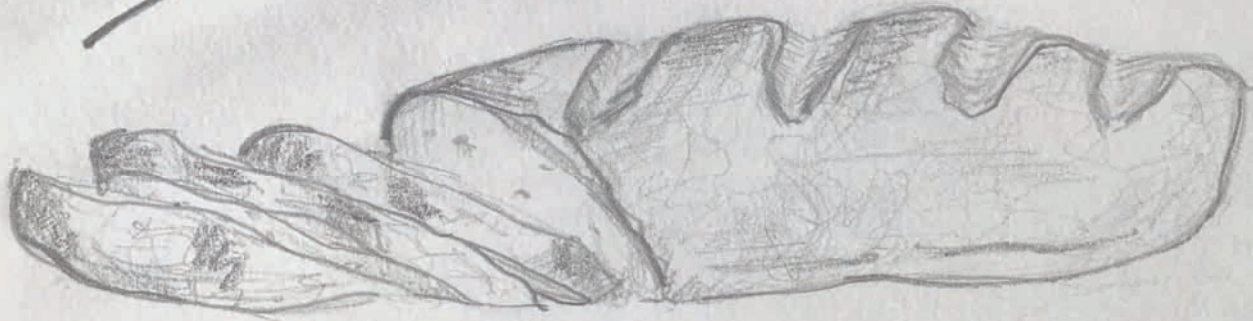
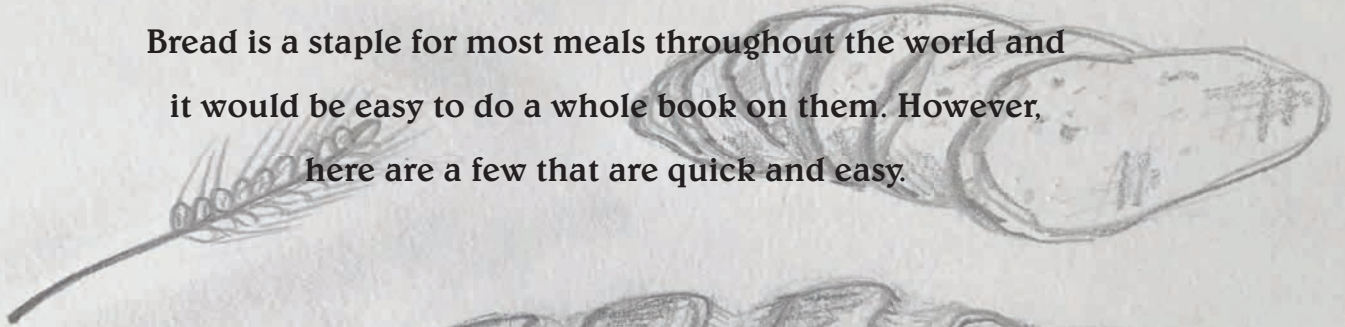
1. Pre-heat oven to 180C/350F/Gas 4
2. Mix all bar Matzo meal together, then add meal to form a thick batter
3. Pour $\frac{1}{2}$ oil (3 $\frac{1}{2}$ tbs) into an ovenproof dish
4. Spoon on vegetable mix & top with remaining oil
5. Bake for 40-60 minutes until the vegetables are tender & the top is golden
6. Serve hot

Serves 4

Chapter 6 - Breads



Bread is a staple for most meals throughout the world and it would be easy to do a whole book on them. However, here are a few that are quick and easy.



Basic Italian Pizza Bread Dough

12oz/350g plain flour
2 tsp easy-blend yeast
7 ½ Flo z / 210ml warm water
½ tsp salt
1 ½ tbs olive oil

1. Begin by sifting the flour into a large bowl, sprinkle in the yeast and salt
2. Make a hole in the middle of the flour and slowly pour in the water and oil.
3. Knead the dough for about 10 minutes until light and spongy
4. Cover with clingfilm or a damp tea towel and leave to rise in a warm place for 1-1 ½ hours until doubled in size
5. Knead again and shape into a pizza base or a loaf.
6. Cover and leave to 'prove' for 10 minutes
7. For bread, shape as required and place on an oven tray before you prove it
8. For pizza, pinch the side to form a lip and fill with your favourite filling
9. Place on the top shelf of a pre-heated oven 190C/375F/Gas5
10. Cook pizza for 20-25 minutes and bread for 30-35 minutes

This recipe was compiled by Suzanne

Gluten Free Spelt Soda Bread

300g Wholegrain Spelt Flour

A pinch of salt

2 tsp baking powder

230ml buttermilk / yoghurt

Flour for dusting

1. Mix the dry ingredients together in a large bowl.
2. Add the buttermilk and mix everything together until you have a sticky dough with no dry bits at the bottom.
3. Flour the work surface and tip the dough onto it. With floured hands, gently shape the dough into a round and place onto a greased baking sheet.
4. Cut a deep cross into the dough and bake for 15 -20 minutes, until your soda bread has a great golden crust and sounds hollow when tapped on the bottom.

Spelt Flour Bread

400g spelt flour

1 rounded tsp. Cream of tartare

1 rounded tsp. bicarbonate of soda

pinch of salt

1 tblspn. Olive oil

12floz milk

1tblspn. Yougurt

1. Pre-heat oven to 220°C/400°F/ Gas 6
2. Sieve dry ingredients and mix with milk, oil and yougurt to make a dough.
3. Knead gently to give an even springy dough and good shape.
4. Place in oiled and floured loaf tin or on a tray as a cottage loaf.
5. Cook for 45 minutes, tap the base to see if cooked, should be firm.
6. Cool on wire rack

Courgette Bread

Ingredients for the Batter;

3 eggs

2 cups/1lbs soft brown sugar

1 teaspn. Vanilla concentrated Essence.

1/2 pint/1 cups of sunflower oil

1 lb – 2/3 cups of courgette, grated

Dry Ingredients;

1 ½ lbs/750g/ 3cups of plain flour

1 tsp. Salt

1 tsp. bicarbonate of soda

¼ tsp. baking soda

¼ cups/2oz chopped walnuts

1 ½ tablspn. Cinnamon powder

1. Make a batter with the eggs, oil, sugar and courgette.
2. Sift in the flour and other dry ingredients, mix well.
3. Pour into floured and greased loaf tins and bake for approximately 1 hour, until fork comes out clean.
4. Cool in tins for ten minutes then turn out onto wire rack.

Lovely eaten with butter.

An American sweet bread – make 2 x 2lb loaves, perfect to freeze.
A different way to use an abundance of courgettes!

Chapter 7 - Cakes, Biscuits & Pancakes



These recipes are just a few tasty treats which we have made for guests to “Seed 2 Saucepan”. Once again using fruit from the garden. The Tinker cakes are very special as they come from an old Welsh tradition. When tinkers came to farmers to mend and sell their wares the lady of the house had to rustle up a quick sweetmeat to give them. Being autumn apples were plentiful and so these are similar to Welsh cakes. They too are special to me as when I discovered the recipe I had a lovely Lurcher called Tinker and he loved them.

American Apple & Walnut Cake

2 Eggs

1 tsp salt

1 tsp vanilla essence

1 tsp mixed spice

8 floz/225ml olive or sunflower oil

12 oz/350g Sugar

8oz/225g plain flour

1 tsp bicarbonate of soda

1 lb/450g cooking apples – grated

2 oz Walnuts – chopped

2 oz/50g raisins

1. Prepare an 8in cake tin, well greased
2. Beat eggs & vanilla until thick & light
3. Gradually add the oil, beating all the time at high speed
4. When mixture is thick, gradually add the sugar
5. Sift together the dry ingredients and fold them in
6. Add 2 tbsp tepid water to soften the consistency
7. Add the grated apple, walnuts and raisins to the mixture
8. Spoon into the prepared tin & bake at 350 degrees F / 150 degrees C for 65-75 mins
9. Cool in tin for 15 mins before turning out
10. Serve with cream, Ice-cream or custard

This recipe is from a collection of apple recipes from the Hereford apple growers

Honey Flapjacks

100g/4oz plain flour

150g/6oz rolled oats

100g/4oz butter

100g/4oz granulated sugare

1tbsp bicarbonate of soda

2 tblsp honey

Pinch of salt

1. Pre-heat the over to 350F/180c/Gas4
2. Grease a 20cm x 20cm tin
3. Mix the flour, oats and sugar in a big bowl.
4. Melt the honey and butter; cool a little then stir in the bicarbonate of soda.
5. Stir the honey mixture with the dry oats and flour and place in the greased tin.
6. Cook for 10-15 minutes until golden brown.
7. Leave in the tin to cool for a little, mark into portions and remove to a rack.

These energy bars can be carried in your pocket, without squashing and are perfect for picnics

Iced Ginger Biscuits

Ingredients for the biscuits;

350g/12oz plain flour
1 tsp bicarbonate of soda
2 tsp ground ginger
2 tsp cinnamon
100g/4oz butter
1 egg, beaten
4 tbsp golden syrup
175g/6oz soft brown sugar

Ingredients for the icing;

1 egg white, beaten
150g/5oz icing sugar, (more depending on the size of the egg white, the icing should be smooth)
Before making the biscuits prepare the icing.
Beat the white gently and sieve in the icing sugar and beat until smooth. Cover with a damp tea towel and set-aside.

1. Place the dry ingredients in a bowl and rub in the butter, (this can be done in a mixer).
2. Add the beaten egg and syrup and work to form a dough.
3. Divide into 2 batches and roll out on a lightly floured board to 5 mm/1/4 inch
4. Cut out shapes and make a hole large enough to thread a ribbon through.
5. Place on a greased baking tray and bake in a pre-heated oven .190°C/375°F/gas 5 for about 10 minutes. Cool on a wire rack.
6. When cool decorate the biscuits with the icing. Leave to dry and then thread with ribbon and place on a tree.

Here is an easy recipe for edible decorations , perfect to make with children as presents to hang on a Christmas tree.

Shar Biscuits

100g/4oz butter or margarine
100g/4oz Caster sugar
175g/7oz plain flour
25g/1oz ground rice flour
1 tsp. ground ginger
¼ tsp. Bicarbonate of soda
1 tbsp. Golden syrup
1 egg yolk

1. Pre-heat the oven to 325°F/175°C/ gas 5
2. Cream the butter and sugar until light and fluffy.
3. Add the egg yolk and syrup
4. Work in the dry ingredients and shape into walnut sized balls.
5. Place on a greased baking tray and flatten with a fork.
6. Cook for 15-20 minutes until risen and lightly golden.
7. Remove and cool on a baking rack.

These will keep well in a tin/container for a few weeks so can be made before the mad rush of festivities. (You will have to hide them though!)

These are always a favourite with the family any time of year and also make lovely presents wrapped in clear cellophane and coloured ribbon.

Lemon Marzipan Cake

6oz butter
6oz caster sugar
3 large eggs
60z ground almonds, dry fried to toast them
Zest of 2 lemons
a few drops of almond extract

For the icing:

Juice of ½ -1 lemon
3oz sieved icing sugar

1. Pre heat the oven to 300°f/150°c/gas2
2. Butter an 8 inch/20cm cake tin, and line the base with greaseproof paper
3. Beat the butter and sugar until light and creamy
4. Beat in the eggs, alternating with the ground almonds, until you have a smooth batter
5. Add the lemon zest and almond extract and stir well
6. Pour into your cake tin and bake for 40 minutes or until the skewer comes out clean, if too sticky cook for a further 5-10 minutes
7. Leave in the tin to cool.
8. Make the icing, mixing icing sugar and lemon juice
9. Pour over the cake and let it trickle down the sides

From Claire McDonald, Simply Seasonal.

This is lovely as a pudding with a compote of fruit, especially gooseberries and elder flower.

Tinker Cakes

1 med apple
3oz/75g soft brown sugar
8oz/200g plain flour
4oz/100g butter
1 egg yolk
½ teaspoon cinnamon
A pinch of salt
Milk to mix.

1. Sieve the flour and rub in the cold butter until the mixture resembles fine bread crumbs.
2. Add the cinnamon and sugar.
3. Grate in the apple and mix to a stiff dough with the egg yolk. (Add extra milk if too stiff)
4. On a floured surface roll out the dough to ¼ inch thick, cut with a small pastry cutter.
5. Place a heavy pan on the Rayburn, (or use the cooking surface)
6. Cook on a moderate heat for approx. 3 minutes on either side until golden.
7. Dust with caster sugar and serve.
8. They are great as a snack/bait and with cheese.

From Gilli Davies, Tastes of Wales
Welsh cakes with apple were made by country folk when the Tinkers came calling.

Vegan Banana Pancakes

200g self-raising flour
1 tsp. Baking powder
300ml soya milk
1 ripe banana, mashed
15g flora or Pura, melted
150g blueberries or other soft fruit
Sunflower oil for frying
Maple syrup for serving
Soya yougurt for serving or ice cream

1. Sift flour & baking powder into a bowl
2. Make a well in the centre and gradually add the milk to form a lump free batter.
3. Add the mashed banana, melted Pura and $\frac{1}{2}$ the fruit.
4. On a medium heat melt the oil in a frying pan.
5. Using a tablespoon drop batter into the pan to make a 3inch /7.5cm round
6. Cook for approx. 3 minutes over medium heat until bubbles appear on the surface, turn over and cook for a further 2-3 mins until golden.
7. Transfer to a plate and keep warm whilst you use the remaining batter.
8. Serve warm with the remaining fruit and maple syrup.

Chapter 8 - Sweet Treats

This a small collection of presents and sweet nothings. The Panna cotta we made in heart shaped moulds for Valentines and had the coulis with on the side, such a pretty dish. The Truffles are just lovely as presents and when Bonfire night comes along what is better than a Toffee Apple.



Panna Cotta

1pt. /600ml single cream

2oz/50g caster sugar

1 vanilla pod or a few drops of essence

2 leaves of gelatine

or

1 tsp. powdered gelatine

A few drops of cochineal to make a pretty pink.

1. Put the cream and sugar in a pan and gently heat with the vanilla pod until the sugar has dissolved and the cream scalding, (not boiling).
2. Remove and cool, remove the vanilla pod and scrap out the seeds. Wash the pods and dry for reuse.
3. If using vanilla essence add a few drops at this stage. Meanwhile soak the gelatine leaves in a little water to soften or add 2 teaspns of water to granules.
4. Add the gelatine to the cream and gently heat until all is dissolved, stirring gently until all smooth.
5. Pour into 4 glasses or moulds, (heart shaped!) and place in the fridge overnight to set.
6. Serve with a fruit syrup or coulis for a delicious pudding.

Berry Coulis

1 lb/500g Soft fruits Raspberries,

blackcurrants & blackberries

4-6 oz/100-150g Icing sugar or honey

The juice of 1 lemon

1. With fruits such as Raspberries and blackberries wash & shake dry
2. Mix with sugar & lemon juice & puree in a blender
3. Sieve to remove pips & use as a sauce
4. Using currants or gooseberries, place in a pan with sugar & lemon juice and cook gently until the juice runs.
5. Puree & de-pip as above.

All done!

This recipe was compiled by Suzanne

Toffee Apples

25g unsalted butter
250g caster sugar
2 tbsp golden syrup
120ml cold water
6 small eating apples
Few drops red food colouring (optional)

1. Place the butter, sugar, syrup and cold water in a heavy-bottomed saucepan. Gently bring to the boil, stirring constantly, until the sugar has dissolved.
2. Simmer the mixture gently, without stirring, for 30 minutes, or until it reaches 138C. You'll need to test this with your sugar thermometer.
3. Push a skewer or lollipop stick halfway into the top or bottom of each apple.
4. Line a baking sheet with baking parchment.
5. When the toffee mixture has reached 138C, add the food colouring if you're using it. Then tilt the mixture to one side of the pan, and dip the apples in, one at a time, to coat them lightly. With each one, let any excess toffee drip back into the pan, and then stand the apple on the parchment. Repeat this with the other apples, and let them cool and harden before you eat them.

These are great fun for a Halloween or Bonfire party. The crunch of the toffee is irresistible, with a lovely, buttery, homemade taste.

Hill Hayes Truffles

100g/4oz softened butter

2 heaped tbsp. Good drinking chocolate

1 heaped tbsp. Cocoa, extra for coating

4 heaped tbsp. Icing sugar

1. Soften the butter and beat to a cream
2. Sieve the other ingredients and slowly mix into the butter.
3. Take a teaspoon of the mix and roll into a ball, place onto a tray covered with greaseproof and when finished with all the mix place the tray into the fridge to set.
4. Sieve the extra cocoa powder into a dish and coat the chilled balls.
5. Place into petit-four cases. Pack into pretty boxes and there you have a lovely present.

These are a lovely treat for any special occasion and perfect for a Valentine treat!

A watercolor illustration featuring several slices of yellow apples with brown outlines, scattered across the page. On the left side, there are several green leaves with brown outlines, some overlapping the apple slices. The background is white.

Chapter 9 - Drinks

Living in Wales we have an abundance of Apples and Elder trees, so these have to be included. The Elder recipe comes from a friend's book and is a wonderful tonic and prevention of the winter cold. The apple make a wonderful punch in winter and does you good. I hope you enjoy making and eating or drinking this collection.

Mulled Apple Cider

1 bottle/1 litre Apple juice

1 tbsp. Honey.

2 cinnamon sticks

6 cloves

Apples for decoration

1. Mix juice, honey and spices and gently heat to mix in the honey and spices.
2. Taste and serve garnished with thinly sliced apples, (I slice apples on a mandolin, but watch your fingers.)

This mixture makes a lovely non-alcoholic drink in the winter. I like to make it using a sharp Welsh organic apple juice and if possible local honey. It not only tastes good but is very health giving and helps settle the stomach when feasting has done its damage at Christmas!

Elderberry Syrup - “Sambucus Nigra”

2 kilos Elderberries
1 inch fresh root Ginger

For every 600ml of Elderberry Juice;

450g Sugar
Juice of 1 Lemon
10 Cloves

1. Wash, drain and strip the elderberries, place in a pan and cover with water. Bring to the boil and then simmer until soft, takes about ½ hour.
2. Strain through sieve to removed seeds, as they are bitter.
3. For every 600ml of juice add 450g of sugar, the juice of 1 lemon and 10 cloves.
4. Return to the heat and add a 1 inch piece of fresh root ginger and simmer until the sugar has dissolved.
5. Boil hard for 10 minutes, let the liquid cool and remove the cloves and ginger.
6. Store in freezer in plastic bottles or in ice-cube trays.

Use 2 cubes to make a lovely hot toddy or pour over ice cream.

The anti-inflammatory and antioxidant properties will prevent flu and soothe the symptoms.

Lemonade & Elderflower Cordials

Homemade Lemonade

3 Large Lemons
1 ½ lbs./750gms sugar
½ oz citric acid (optional)

1. Grate lemon rind, squeeze juice and add sugar.
2. Pour on 1 ½ pts boiling water, leave to cool.
3. Add dissolved citric acid (in ½ pt of water)
4. Strain and bottle.

Elderflower Cordial

24 heads of elderflower
1 lb of sugar (1 ½ lbs. if it is to be kept)
2 large lemons, grated and squeezed
2 tablespoons of white wine vinegar
1 pint of boiling water

1. Place the flower heads in a large bowl, add sugar, squeeze lemons
2. Add rinds and pour on boiling water.
3. Leave to cool for 24 hours, strain and bottle.
4. To serve add more water to dilute to taste.



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