

AUTUMN HARVESTS GROWN IT? NOW COOK IT

36 tasty recipes taking seasonal produce from your garden to your plate

Brought to you by *Kitchen Garden* magazine and food writer Anna Cairns Pettigrew



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Welcome

Autumn is a time of rich pickings in the kitchen garden which can be turned into the most delicious recipes. *Kitchen Garden* magazine's regular chef Anna Cairns Pettigrew has some great ideas for using your late season harvests. Here is a selection of some of her favourites.



We hope you enjoy!
Emma Rawlings,
 Deputy editor, *Kitchen Garden* magazine



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TURNIP, CARAWAY & CROUTON HASH

Simple food is often times the most satisfying food. This uncomplicated meal is homely and easy to knock up in a flash – and it only uses one dish!

SERVES 2

Preparation time: 15 minutes

Cooking time: 35-40 minutes

- 400g/14oz turnip, diced
- 200g/7oz potatoes, diced
- 2 slices of stale bread, ripped into chunks
- 2 tbsp olive oil
- Salt and pepper to taste
- 1 tsp caraway seeds
- 2-4 eggs

1. Preheat the oven to 190C/fan 170C/gas 5.
2. Toss the turnips and potatoes in the olive oil, and place in a roasting tin. Season with salt and pepper and sprinkle over the caraway seeds.
3. Bake in the oven for 20 minutes.
4. Give everything a good stir to evenly cook, then add the bread. Place back in the oven for a further 10 minutes.
5. Remove from the oven, and make two hollows. Crack an egg into each hollow and bake for a further 5 minutes, or until the eggs are just set.
6. Serve immediately with a nice relish or home-made ketchup.

BETROOT & RICOTTA LASAGNE

Well worth the effort to make from scratch when you have the time! This rainbow lasagne is absolutely delicious with earthy beetroot and tangy passata sauce.

SERVES 6

Preparation time: 1½ hours

Cooking time: 1 hour

- 400g/14oz beetroot, washed topped and tailed
- 1 box of lasagne pasta
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 tsp dried oregano
- 300g/10½oz spinach
- 250g/9oz ricotta
- 1 large egg
- 200g/7oz mild cheddar, grated

- ½ tsp ground cinnamon
- 1 ball mozzarella, sliced
- 400g/14oz passata

FOR THE WHITE SAUCE

- 500ml/1 pint whole milk
- 50g/1¾oz butter
- 50g/1¾oz plain flour
- Nutmeg

1. Preheat oven to 200C/fan 190C/gas 6
2. Bring a large pan of water to the boil and cook the beetroot for 15 minutes or until just tender. Leave to cool slightly, remove the skins, then slice the beetroot.
3. Meanwhile, make the white sauce; melt the butter in a saucepan, then add the flour. Stir continuously until a paste forms. Continue cooking for one minute.
4. Add the milk to the roux gradually, stirring as you go, until you get a smooth sauce. Cook for 5-10 mins, stirring continuously, until the sauce has thickened. Season to taste with fresh nutmeg.
5. In a frying pan over a medium heat, heat oil. Add onion and garlic and season with salt, pepper, and oregano. Add the passata and heat through. Set aside.
6. In a large pan, wilt the spinach, squeezing out any excess liquid. Set aside to cool.
7. In a large bowl, stir together the ricotta and egg, and season with cinnamon, salt and pepper. Mix in the spinach and set aside.
8. Grease a large baking dish and layer the pasta on the bottom, so they're slightly overlapping. Spoon over the passata sauce and layer over the sliced beetroot.
9. Add another layer of pasta, then top that with the spinach mixture. Sprinkle half of the cheddar on top.
10. Add a third pasta layer and top this with the white sauce, sprinkling the remaining cheddar and mozzarella over and cover with foil. Bake for 45 minutes, then remove foil and continue baking for 15 minutes more.
11. Let cool for 10 minutes, then slice and serve. ➤



Super moist & extra rich

VEGAN BEETROOT CHOCOLATE FUDGE CAKE

Super moist and extra rich, this cake is perfect with a cup of tea and it is so chocolatey you won't even realise there is beetroot in it!

SERVES 8

Preparation time: 25 minutes
Cooking time: 35 minutes

- 250g/9oz plain flour
- 300g/10oz light brown sugar
- 85g/3oz cocoa powder
- 2 tsp baking powder
- 1 tsp bicarbonate of soda
- 125ml/4½fl oz vegetable oil
- 2 tsp vanilla extract
- 200g/7oz grated cooked beetroot
- 300ml/10½fl oz almond milk

FOR THE ICING:

- 375g/13oz icing sugar
- 1½ tbsp cocoa powder
- 75g/2½oz dairy free butter
- 4½ tbsp boiling water

1. Pre-heat the oven to 180C/350F/gas 4.
2. Liberally grease 2 x 20cm (8in) loose-bottomed cake tins with dairy-free butter and line the bottoms.
3. In a large bowl, sieve together plain flour, sugar, cocoa, baking powder and bicarbonate of soda.
4. Add almond milk, vanilla extract and vegetable oil. Mix well.
5. Add the grated beetroot and mix until all is well combined.
6. Divide the mixture into the 2 tins.
7. Cook for 25-35 mins until an inserted cake skewer comes out clean.
8. Leave the cakes to cool for 15 minutes, then carefully remove from the tin. Run a palette or rounded knife on the inside

- edge of the cake tin first, to make sure the cake comes out neatly.
9. Leave to cool completely.
10. Meanwhile make the icing. In a bowl, melt 75g (2½oz) of dairy-free butter with the boiling water. In a separate bowl, mix together the icing sugar with 1½ tbsp sieved cocoa powder. Add the melted butter to the sugar mixture. Blend well until you have a smooth icing. The icing will harden a little once cooled.
11. Spread half the icing on top of one cake, sandwich together, then ice the top of the stacked cake.
12. To finish, decorate with crushed pistachios or sprinkles.



SPICY RAGU WITH SWISS CHARD

A wonderful combination of Tuscan pappardelle pasta and delicious ragu sauce.

SERVES 4

Preparation time: 20 minutes
Cooking time: 45 minutes

- 2 tbsp olive oil
- 1 large onion, finely chopped
- 400g/14oz minced pork/beef or vegan alternative
- 1 carrot, finely chopped
- 4 celery stalks, finely chopped
- 4 garlic cloves
- 2 tsp oregano
- 1 tsp harissa paste or ½ tsp chilli flakes
- A handful of coarsely-chopped flat-leaf parsley
- 1 tin tomatoes
- Salt and freshly ground pepper
- 400g/14oz pappardelle pasta
- 4 handfuls of Swiss chard

1. Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add your mince of choice and a pinch of salt and pepper. Cook the mince until well-browned over a medium-high heat. Once browned, transfer the mince to a bowl and set aside.
2. Add another tablespoon of oil to the saucepan and turn the heat to medium. Add the onions and fry gently for 5-6 minutes, or until softened and translucent. Add the garlic, carrot, celery, oregano, parsley and harissa and cook for another 2 minutes. Pour the mince and any juices back into the saucepan.
3. Add the tomatoes to the pan, pour a dash of water into the empty tin and add to the dish. Reduce to a simmer and cook for 25-35 minutes.
4. When ready to cook the pasta, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the pasta is almost done, add the Swiss chard to the tomato sauce and let it heat through for the final few minutes.
5. Drain the pasta and mix through the sauce.
6. Serve immediately.



RUSTIC SWISS CHARD GALETTE

A freeform French tart filled with delicious end-of-season chard, ricotta and chutney. Absolutely delicious and sure to impress.

SERVES 4

Preparation time: 40 minutes

Cooking time: 40 minutes

- 2 tbsp olive oil
- 2 shallots, sliced
- 2 cloves of garlic, minced
- 500g/1.1lb of Swiss chard (tough stems removed)
- 250g/8oz cottage cheese
- 100g/3½oz grated Gruyère or Comté
- 1 egg, beaten
- Salt and pepper to taste
- Freshly grated nutmeg
- 1 tbsp chutney

FOR THE GALETTE DOUGH:

- 300g/10oz plain flour
- 85g/3oz polenta
- 1 tsp sugar
- 1 tsp salt
- 170g/6oz unsalted butter, cut into ½ inch pieces and chilled
- 4 tbsp olive oil
- 50ml/1¾fl oz ice water

1. Start by making the dough. Pulse the flour, polenta, sugar and salt in a food processor.
2. Add the butter to the dry ingredients. Pulse until the dough resembles breadcrumbs.
3. Add olive oil and pulse several times.
4. Add the ice water a bit at a time. Pulse until dough begins to come together. Add more water, as necessary.
5. Gather the dough into a ball and flatten into a disc, wrap and place in refrigerator for at least 1 hour.
6. Tear the chard leaves into small pieces. Set aside.
7. Heat the oil over a medium heat in a frying pan. Add the onion and cook, stirring occasionally, for 5 minutes. Add the garlic, taking care not to burn.
8. Add the chard and cover and cook briefly until the chard has wilted and any moisture has evaporated. Set aside.
9. Preheat oven to 190C/fan 170C/gas 5.

10. Remove dough from refrigerator and roll out on floured surface into a large round circle, about the thickness of a pound coin.
11. Transfer the rolled-out pastry onto a baking pan lined with parchment paper.
12. Mix half the egg with the cottage cheese and season with salt and pepper and a good grating of nutmeg. Spread the mixture in a thin layer over the pastry, leaving about a 2 inch border all around.
13. Next, top evenly with the chard and shallot mixture. Add a few dollops of chutney, then top with the grated cheese.
14. Fold the edge of the galette dough inward, pinching as necessary.
15. Brush the edges with the remaining egg.
16. Bake the galette for approximately 30-35 minutes or until the crust is nicely golden and the centre is set.
17. Leave to cool for 5 minutes and then cut and serve.



TURNIP GRATIN

A delicious use of both turnip and the greens! Serve as a tasty side dish.

SERVES 6

Preparation time: 20 minutes

Cooking time: 40 minutes

- 250g/8oz turnip greens, or kale if preferred
- 680g/1½lb turnips, peeled and diced
- 2 shallots finely chopped
- 3 tbsp butter divided
- 3 tbsp plain flour
- 1 tsp mace
- 500ml/1 pint whole milk
- 100g/3½oz grated cheddar
- 100g/3½oz breadcrumbs
- 2 tbsp melted butter
- 1 tbsp olive oil

1. Remove stems and any bruised leaves from the greens. Wash thoroughly in cold water and drain well. Roughly chop.
2. Lightly fry the shallots in olive oil, set aside.
3. In a pan of boiling water cook the greens for 4 minutes. Add the turnips and cook for a further 5 minutes. Drain and set aside.
4. Preheat oven to 200C/fan 190C/gas 6.
5. Melt 3 tablespoons of butter in saucepan. Stir in the flour, salt, pepper and mace. Add milk all at once. Cook and stir over medium heat until thickened and bubbly. Remove from heat, then add the grated cheese, stirring until melted.
6. Gently stir the cooked vegetable mixture and the shallots into the sauce, making sure greens are evenly dispersed. Transfer to a greased baking dish.
7. In a small bowl stir together the breadcrumbs and the 2 tablespoons melted butter. Sprinkle over the turnip mixture. Bake for 20 minutes or until bubbly and crumbs are golden brown. ■



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3 BEAN & PUMPKIN CHILLI

A heart-warming dish of seasonal pumpkin, chilli and fragrant spices. This dish benefits from a slow cook to enhance the flavours.

SERVES 4

Preparation time: 30 minutes

Cooking time: 1 hour

- 1 tbsp sunflower oil
- 400g/14oz pumpkin, peeled and chopped into small dice
- 1 large stick celery, chopped into small dice
- 1 medium onion, finely chopped
- 4 cloves of garlic, minced
- 1 red chilli, finely chopped or ½-1 tsp dried chilli flakes
- 1 tbsp tomato purée
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 bay leaf
- 1 cinnamon stick
- 1 tsp smoked paprika
- 400g can of chopped tomatoes
- 100g/3½oz each dried kidney beans, aduki beans and black eye beans, or a 400g can of each, drained
- Handful of chopped coriander leaves

1. If using dried beans, soak and cook as recommended on the packaging prior to starting the chilli.
2. Add the pumpkin, celery, onion, garlic and chilli to the oil in a large wide pan on a medium hot heat. Sweat until onions are translucent, about 10 minutes.
3. Add tomato purée and stir for 30 seconds, then add the cumin, coriander, bay and cinnamon, smoked paprika and dried chilli if using. Stir-fry for a minute.
4. Add chopped tomatoes, bring to simmer, cover and leave on low heat for 10-20 minutes, stirring occasionally until veg is cooked through.
5. Add all the cooked beans, stir, bring to simmer, cover and cook on low heat for 10-15 minutes until the beans are heated through. Keep an eye on it, add a couple of tbsp of water if it is a bit dry.
6. Add chopped coriander leaves and serve with plain rice.



OVEN ROASTED PUMPKIN WITH BUTTER BEANS & LENTILS

This dish screams autumn, with beautiful orange pumpkin and plump butter beans. Delicious as a side dish or part of a larger meal. Can be eaten hot or cold.

Preparation time: 25 minutes

Cooking time: 45 minutes

- 250g/8oz green/brown/speckled dried lentils
- 1 litre vegetable stock
- Leaves from a few sprigs of fresh thyme
- 1 bay leaf
- 3 tbsp tamari/soy sauce
- 1 tbsp honey
- 3 small winter squash such as 'Hokkaido'
- 1 tin butter beans
- 4 tbsp oil
- 2 shallots, minced
- 3 cloves garlic, minced

1. Preheat the oven to 180C/fan 170C/gas 4.
2. Cut the squash in half and remove the seeds. Leaving the skin on, chop into wedges and put on to a baking tray. Drizzle with two tablespoons of oil and a pinch of salt and mix, coating the pumpkin wedges evenly. Bake in the preheated oven for 30-40 minutes, until they start to brown and become tender and caramelised.
3. Pour two tablespoons of oil into a medium-sized pot and put on a high heat. Add the shallots and garlic and cook for five minutes, stirring regularly. Add the lentils, stock, thyme leaves, bay leaf, and

- give it all a good mix. Bring to the boil, then reduce the heat to a simmer and cook until all the liquid has been absorbed. The lentils should be soft and tender and still moist, not dried out – if they are, add a little more liquid and cook until they are ready.
4. Add in the butter beans to the now hot lentils and heat through for one minute, then remove from the heat.
5. Pour the hot lentil mix into the centre of the bowl and drizzle the tamari and honey over. Arrange the pumpkins on top, and serve. ➤



PEAR & GOAT'S CHEESE TART

A divine combination of sweet and savoury, with perfumed pears and salty goat's cheese. Make sure to use nicely ripe pears for extra flavour. Serve it immediately to ensure a crisp texture.

SERVES 4

Preparation time: 20 minutes

Cooking time: 20 minutes

- 1 sheet of puff pastry
- 2 juicy pears
- ¼ cup lemon juice
- 120g/4oz goat's cheese
- 1 egg, beaten
- 1 tbsp acacia honey
- Black pepper
- Fresh thyme leaves, chopped

1. Preheat the oven to 180C/fan 170C/gas 5. Line a baking sheet with parchment paper.
2. Unroll the sheet of puff pastry and place it on the baking sheet.
3. Fold the edges of the pastry in and crimp the edges with a fork.
4. Core and slice the pears thinly and drizzle the lemon juice over the top to keep the pears from browning.
5. Crumble the goat's cheese over the pastry and sprinkle half the thyme over.
6. Next arrange the pear slices on top in an alternating pattern. Brush the edges with beaten egg, then bake for 25 minutes until the pastry turns golden brown.
7. Cool for five minutes then drizzle honey over the top. Sprinkle the tart with the rest of the chopped thyme and cracked pepper.
8. Serve straight away.



Earthy & nutty flavour!

CELERIAC & MUSHROOM QUICHE

A true taste of autumn with earthy mushrooms and nutty celeriac. Serve this dish with a big winter salad for a tasty meal.

SERVES 6

Preparation time:

20 minutes

Cooking time: 20 minutes

1. Preheat the oven to 200C/fan 180C/gas 6. Peel the skin from the celeriac and cut into 2cm (¾in) slices. Place in a large roasting tray with the shallots and the olive oil, season well and toss together. Roast for 15 minutes until starting to soften.
2. Remove from oven and add the garlic, thyme and mushrooms to the roasting tray and toss everything together well. Return to the oven and continue to cook for a further 10 minutes. Set aside to cool.
3. Lower the oven to 190C/fan 170C/gas 5. Roll out the pastry on a floured surface to form a rectangle that will generously line a 28cm (11in) round tin with a removable base. Press into the tin, leaving the excess overhanging. Cover the pastry

- 500g/1lb celeriac (unprepared weight)
- 4 shallots, peeled and halved
- 2 tbsp olive oil, plus extra for greasing
- 3 garlic cloves, finely chopped
- 3 tbsp finely chopped fresh thyme, plus extra sprigs for garnish

- 250g/9oz chestnut mushrooms, thickly sliced
- 1 x 375g sheet ready-rolled puff pastry
- 200g/7oz Gruyère cheese, or a vegetarian alternative, finely grated
- 200ml/7fl oz cream
- 3 eggs
- 1 tsp Dijon mustard

- with non-stick baking paper and fill the centre with baking beans. Bake for 10 minutes, remove the beans and cook for 10 minutes more.
4. Trim the excess pastry to the edge of the tin to create a neat finish and set aside. Leave the oven on.
5. In a medium bowl, whisk the eggs with the cream, mustard, cheese and ¾ teaspoon of salt and ¼ teaspoon of pepper. Scatter the mushrooms and celeriac in the tart shell and pour the egg mixture on top.
6. Bake for 25-30 minutes until the pastry is puffed and the filling is golden. Serve warm, scattered with sprigs of fresh thyme.



Perfect
warming
meal!

CELERIAC & BUTTER BEAN SOUP

A delicious earthy soup of delicate butter beans, apple and celeriac, topped with fragrant crispy sage – the perfect warming meal.

SERVES 4

Preparation time:

30 minutes

Cooking time:

40 minutes

- 1 tbsp olive oil
- 1 leek, washed, trimmed and finely sliced

- 1 celeriac, washed, peeled and roughly chopped
- 2 apples, cored and roughly chopped
- A few sprigs of fresh thyme, leaves picked
- 1.5 litres/2½ pints of vegetable stock

- 1 × 400g/14oz tin of butter beans, drained
- Sea salt and freshly ground black pepper

TO SERVE

- 75g/2½oz butter
- A few sprigs of fresh sage per person, leaves picked

1. Heat the oil in a large pan, then add the leek and cook over a low heat for 10 minutes, until soft and sweet, taking care not to catch it.
2. Add the celeriac, apples and thyme and cook for 2–3 minutes, then add the stock and butter beans and season well. Simmer over a low heat for 20–30 minutes until

the celeriac is tender, then remove from the heat and blitz with a hand blender until smooth.

3. Add the butter to a frying pan and once hot add the sage and fry until crispy.
4. Ladle into big bowls and top with the sage and butter. Goes great with freshly baked soda bread!



PEAR, RED CABBAGE & BEETROOT SALAD

A juicy and vibrant seasonal salad of pear, red cabbage and beetroot. This salad has lots of textures and contrasting tastes and is delicious served alongside a quiche.

SERVES 4

Preparation time: 25 minutes

Cooking time: 25 minutes

- 1 onion, cut into rings
- 1 large pear, sliced
- ½ red cabbage, very thinly sliced
- 2 beetroot, peeled and sliced
- 4 tbsp vinegar
- 1 tbsp sugar
- 1 tbsp olive oil
- 2 tbsp walnuts, chopped
- 1 tbsp thyme, chopped

1. In a bowl, place the onion and pour over the sugar and vinegar, stir and set aside to marinate.
2. Place the beetroot in a small roasting dish and drizzle over half the oil. Bake in a preheated oven at 200C/Fan 180C/gas 6 for 20–25 minutes.
3. In a serving bowl, arrange the cabbage, cooked beetroot, onions and pears. Drizzle over the remaining oil, and scatter the nuts and thyme on top.
4. Serve immediately. ■



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ROASTED BUTTERNUT SQUASH SOUP WITH CHILLI

It's autumn, and that calls for heartwarming soups to come home to after tidying up the allotment!

SERVES 4

Preparation time: 10 minutes

Cooking time: 50 minutes

- 1 butternut squash
- 2 tbsp olive oil
- 1 tbsp butter
- 2 onions, diced
- 2 garlic cloves, thinly sliced
- 1 mild red chilli, de-seeded and finely chopped
- 850ml (29fl oz) vegetable stock
- 4 tbsp crème fraîche

1. Heat oven to 200C/180C fan/gas 6. Cut the squash lengthways, and remove the seeds. Pop in a large roasting tin with half the olive oil. Roast for 30 minutes, turning once during cooking, until golden and soft.
2. While the squash cooks, melt the butter with the remaining oil in a large saucepan, then add the onions, garlic and the chilli. Fry for 5-10 minutes until the onions are soft.
3. Scrape out the flesh of the butternut squash, and tip into the pan, add the stock and heat through. Add the crème fraîche, blend with a stick blender until smooth, then season to taste.
4. Serve with fresh crusty bread.



Sweet & savoury dish!

BUTTERNUT SQUASH LASAGNE

Creamy, sweet and savoury, this is a comfort food that will warm you up on a cold winter night.

SERVES 4

Preparation time: 30 minutes

Cooking time: 50 minutes

- 2 tbsp olive oil
- 1 large butternut squash
- 1 tsp sea salt
- Large knob of butter
- A large bunch of sage
- 3 cloves of garlic, minced
- 1 onion, chopped
- 1 bunch of kale
- 1 packet of lasagne pasta
- 150g (6oz) mozzarella cheese, grated

FOR THE WHITE SAUCE:

- 750ml (1¼ pint) milk
- 85g (3oz) butter
- 1 bay leaf
- 85g (3oz) plain flour
- ¼ tsp pepper, ground
- ¾ tsp nutmeg, ground

1. Preheat oven to 200C/180C fan/gas 6. Grease a lasagne dish, set aside.
2. Split and de-seed the butternut squash. Drizzle 1 tbsp olive oil over and place in a baking dish together with the garlic. Roast in the oven for 30 minutes.
3. Meanwhile, heat the butter in a frying pan, and add the sage. Cook until crisp. Set aside.
4. Once the butternut squash is cooked, scrape the flesh from the skin and discard skin. Using a potato masher, mash the garlic and butternut squash together with the buttery sage. Set aside.
5. Heat the remaining olive oil in the frying pan, and fry the onions until soft, then add the kale; let it wilt for 5 minutes.
6. In a small pan, melt the butter, stir in the plain flour, then cook for 2 minutes. Slowly whisk in the milk and add the bay leaf, then bring to the boil, stirring. Turn down heat, then cook until the sauce starts to thicken and coats the back of a wooden spoon. Remove from heat. Set aside.
7. In the prepared lasagne dish spread a little white sauce on the bottom. Add a layer of lasagne pasta, then spread a layer of butternut squash mixture over. Add more pasta, then add a layer of kale. Continue until you don't have any mixtures left. Top it off with a final layer of pasta, pour over the sauce, and add the cheese.
8. Cover with foil taking care not to touch the surface of the lasagne with the foil. Bake for 30 minutes. Remove the foil and let the cheese brown for 2-3 minutes.
9. Serve. ➤



BEETROOT COLESLAW WITH GRILLED HALLOUMI & COUSCOUS

A vibrant beetroot coleslaw that is great with anything grilled and in sandwiches the next day!

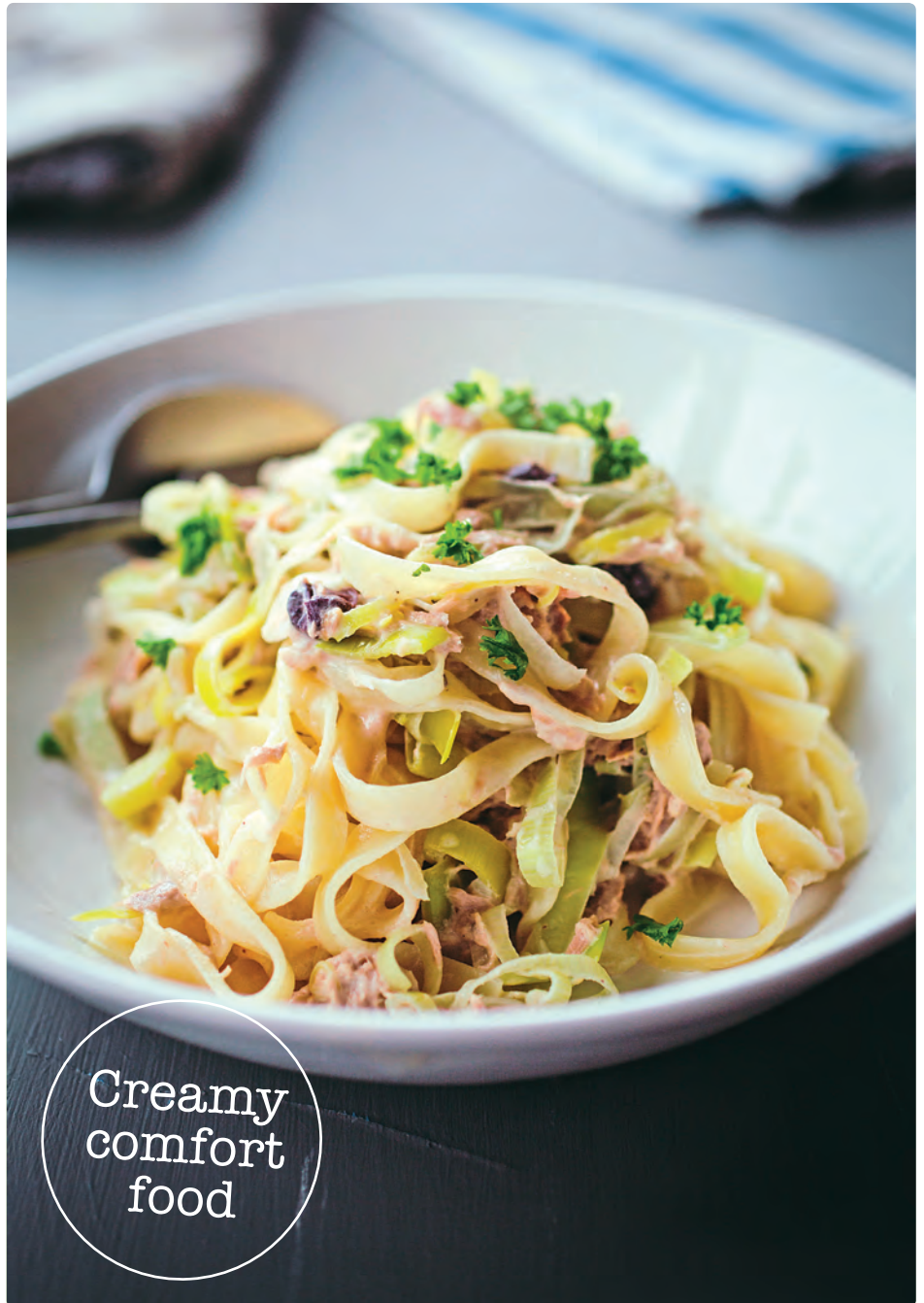
SERVES 4

Preparation time: 25 minutes

Cooking time: 15 minutes

- 2 beetroot, grated
- ½ sweetheart cabbage, shredded
- 2 small carrots, grated
- 1 tsp mustard
- 2 tbsp raisins
- A squeeze of lemon
- 4-5 tbsp mayo or yoghurt
- 1 pack halloumi, sliced
- 175g (6oz) couscous
- Some parsley, chopped

1. Mix the beetroot, cabbage and carrot with the mustard, mayo and raisins. Season to taste with salt and pepper and squeeze a little lemon over. Mix well to combine. Set aside.
2. Preheat the grill, and pop the halloumi slices under to cook. Turn once golden. Then set aside.
3. Pour over 250ml (8fl oz) boiling water over the couscous, stir to mix, then cover. Leave to stand for 7-10 minutes or until softened. To serve, fluff up with a fork and stir in the parsley.
4. Assemble on plates and serve.



Creamy comfort food

LEEK & TUNA PASTA

A creamy comforting pasta dish, with seasonal leeks and a dash of white wine.

SERVES 4

Preparation time: 10 minutes

Cooking time: 15 minutes

- 400g (13oz) pasta of your choice
- 2 tbsp extra virgin olive oil
- 2 leeks, sliced
- 2 large garlic cloves, sliced
- 2 tbsp black olives, de-stoned
- 1 x 200g (7oz) tin of tuna, drained
- 150 ml (¼ pint) dry white wine
- ½ lemon, zest of
- 150 ml (¼ pint) double cream
- 1 bunch of parsley, chopped
- Salt and black pepper

1. Place the pasta into a large saucepan of lightly salted boiling water. Boil for 10-12 minutes until al dente. Drain well and return to the pan.
2. Meanwhile, heat the oil in a frying pan, add the leeks and garlic and cook gently for 5 minutes.
3. Flake in the tuna, add the olives, lemon zest, salt and pepper. Cook, stirring, for 1 minute. Add the wine, bring to the boil for 2 minutes. Stir in the cream and heat through for 2-3 minutes.
4. Add the tuna sauce to the pasta with the parsley and stir over a medium heat for 1 minute.
5. Serve immediately.

Serve
as a light
dinner



LEEK & SPINACH OMELETTE

Serve this leek and feta omelette for lunch, or as a light dinner with plenty of herbs.

SERVES 2

Preparation time: 15 minutes

Cooking time: 15 minutes

- 50g (2oz) butter
- 2 leeks, trimmed, halved lengthwise, thinly sliced
- 1 bunch tarragon, finely chopped
- 100g (4oz) baby spinach, plus extra, to serve
- 6 eggs
- A dash of olive oil
- A small bunch parsley, finely chopped
- 50g (2oz) feta, crumbled

1. Melt the butter in a frying pan over medium heat. Add leeks, garlic and tarragon, and cook, stirring occasionally until leeks are soft. Add spinach and mix in. Cook until the spinach is wilted. Season with salt and pepper.
2. Whisk eggs and parsley together. Heat a little oil in a non-stick frying pan over medium-high heat. Pour in half the egg mixture, swirling pan to coat base. Cook for 2-3 minutes or until the top is almost set and the bottom is golden.
3. Pour half the leek mixture over the omelette, then fold the omelette over to enclose. Repeat with the remaining ingredients.
4. Serve with feta and extra spinach.



SWEET PICKLED BEETROOT

Preserve your own home-grown beetroot in a sweet and spiced vinegar, and enjoy in the coming months with salads and cheese.

MAKES 4 JARS

Preparation time: 30 minutes

Cooking time: 30 minutes

- 1.5kg fresh beetroot
- 1 cinnamon stick
- 1 tsp whole black peppercorns
- ½ tsp whole cloves
- 1 tsp yellow mustard seeds
- 1 tsp whole allspice
- 3 bay leaves
- 3 tbsp caster sugar
- 1 litre distilled malt vinegar
- 4 x wide-necked jars, sterilised

1. Make the spiced vinegar: put the spices, sugar and 300ml of the vinegar in a pan. Bring to the boil slowly, then take it off the heat and leave covered overnight.
2. Wash the beetroot carefully without rubbing the skin off. Put them into a large pan of boiling water and simmer for about 30 minutes until just tender. Drain and leave to cool.
3. Rub off the beetroot skin, then slice the roots (about 1cm/½in thick) and pack into jars. Pour in the vinegar and spices. Cover, seal and label. Leave a week before eating.
4. Store for 3-6 months. ■



Perfect
for your
morning
toast

DAMSON ALMOND CRUMBLE

Crumbles make some of the best puddings – not only are they easy to make, they are so accommodating in terms of the fillings you can use. If you are short of plums, pop some berries in and you can also experiment with the crust. I like adding a handful of pecan nuts for some crunch.

SERVES 6

Preparation time: 20 minutes

Cooking time: 45 minutes

FOR THE FILLING

- Butter, for greasing
- 12 large ripe damsons or plums, stones removed, chopped
- 1 apple, cored, peeled, chopped
- ½ lemon, juice only
- 160g/5½oz soft brown sugar
- ½ tsp almond essence

FOR THE CRUMBLE

- 175g/6oz plain flour, sifted
- 50g/2oz almond flour
- 50g/2oz sugar
- 50g/2oz muscovado sugar
- 100g/3½oz butter, chilled, cut into cubes
- 100g/3½oz porridge oats
- 1 lemon, zest of

1. Preheat the oven to 180C/fan 160C/gas 4.
2. Grease a 30cm/12in square ovenproof dish.
3. Place the plums, apple, lemon juice and almond essence into the bottom of the dish and sprinkle with the sugar. Mix well, and even it out.
4. For the crumble, in a bowl, rub together the plain flour, almond flour, sugar, muscovado sugar and cold butter cubes. Next add in the oats and lemon zest. Mix well.
5. Spoon the crumble mixture over the plum mixture, then bake in the oven for 40-45 minutes, or until the topping is nice and golden brown.
6. Serve with your choice of ice cream or custard.



AUTUMN JAM WITH DAMSON, APPLE & PEAR

A lovely seasonal jam that will brighten up your breakfast table as the months get colder.

MAKES 4-5 X 500ML JARS

Preparation time: 30 minutes

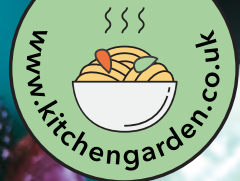
Cooking time: 1 hour

- 1kg/2lb Bramley apples, peeled, cored and roughly chopped
- 1kg/2lb pears, peeled, cored and roughly chopped
- 1kg/2lb plums, halved and stones removed
- A thumb piece of fresh ginger, peeled and grated
- 2kg/4½lb granulated sugar
- Zest and juice of 1 lemon

1. Place all the fruit and ginger in a large heavy-bottomed pan.
2. Pour in just enough water to cover the base. Bring to the boil, then reduce the heat and simmer for 45 minutes until the fruit is tender. Make sure to stir once in a while to stop it from sticking.
3. Remove from the heat and stir in the sugar until completely dissolved.
4. Add the lemon juice and zest.
5. Now bring the mixture back to the boil and cook rapidly (rolling boil) for 15 minutes, then test to see if it's reached setting point. To do this, turn down the heat and put one teaspoon of jam on a cold saucer in the fridge for five minutes. If it wrinkles and turns jelly-like, it's set. If not, turn the heat back up for a further five minutes and repeat the process.
6. When the desired consistency has been reached, take off the heat and remove any scum that may have collected on the top.
7. Pour into cooled, sterilised jars, filling right to the top, then seal with waxed paper circles (wax-side down) and cellophane jam covers.
8. Store for 6-12 months. ►



More recipes



Use this season's best produce

TOASTED WARM BEETROOT SALAD

A vibrant and colourful salad of sweet roasted vegetables and juicy berries. A perfect dish to showcase this season's best produce.

SERVES 4

Preparation time: 20 minutes
Cooking time: 25 minutes

- 300g/10oz butternut squash, peeled, de-seeded and cut into 2cm pieces
- 250g/9oz fresh beetroot, halved or cut into wedges if large
- 100g/3½oz purple potatoes, cut in half
- 1 red onion, cut into wedges
- 2 teaspoons olive oil
- 1 tbsp balsamic vinegar
- 1 tsp mustard
- 1 tsp honey
- 200g/7oz kale, shredded
- 150g/5oz halloumi
- 100g/3½oz brambles

1. Preheat oven to 200C/fan 180C/gas 6.
2. Line a baking tray with baking paper. Scatter the squash, beetroot, onion and potatoes over the tray. Drizzle with oil and season with salt and pepper.
3. Roast, tossing occasionally, for 20 minutes or until the vegetables are tender. Set aside to cool slightly.
4. Under a hot grill, cook the halloumi for three minutes on either side. Set aside.
5. Meanwhile mix the balsamic vinegar with the mustard and honey, drizzle over the warm vegetables and toss to coat.
6. Mix in the kale, berries and halloumi.
7. Serve immediately.

BUTTERNUT SQUASH CRUSTLESS QUICHE

This is a great recipe for feeding a crowd at a gathering. It's fairly easy and it is a good choice if you want to make it ahead as it refrigerates well.

SERVES 6-8

Preparation time: 20 minutes
Cooking time: 1 hour 15 minutes

- 1 onion
- 1 tbsp olive oil, plus extra for roasting
- 1 tbsp balsamic vinegar
- ½ butternut squash, de-seeded and cubed
- 8 eggs
- 100ml (3½fl oz) milk
- ½ tsp salt
- 2 tbsp fresh parsley, chopped
- 100g/3½oz fresh spinach
- 100g/3½oz peas

1. Preheat oven to 180C/fan 170C/gas 5.
2. Slice the onion and place into a large saucepan. Add a tablespoon of olive oil and a tablespoon of balsamic vinegar. Cook the onion slices on low heat for about 20 minutes until very soft. Set aside to cool.
3. Meanwhile, place the squash cubes on a baking sheet and coat evenly with olive oil.
4. Roast the squash for 20 minutes, until the cubes start to soften slightly, set aside to cool.
5. In a large bowl combine the eggs, milk, spinach, parsley, peas, butternut squash, and onions. Mix well then pour into a greased high-sided pie dish.
6. Bake for 45-55 minutes, or until the centre of the quiche is set.
7. This cuts beautifully once cooled – but can of course be eaten straight away too.



KALE & HERB CRÊPES WITH A CHEESE SAUCE

It's great to have various recipes on hand to spice up your home-grown kale. This dish is great to serve for lunch or for dinner with some green beans on the side.

SERVES 2

Preparation time: 30 minutes

Cooking time: 30 minutes

FOR THE CRÊPES

- 25g/1oz butter, melted
- 25g/1oz plain flour
- 225ml/8fl oz milk
- 2 tbsp freshly chopped herbs, such as chives and sage
- 1 egg
- Pinch of salt

FOR THE FILLING

- 1 large bunch of kale, chopped
- 1 onion, chopped
- 1 garlic clove, minced
- 1 red pepper, diced
- 1 tin tomatoes
- 2 tbsp pine nuts, toasted
- Olive oil for frying

FOR THE SAUCE

- 25g/1oz butter
- 25g/1oz plain flour
- 400ml/14fl oz milk
- 80g/3oz cheese, grated
- Salt and pepper

MAKE THE PANCAKES

1. Sift the flour and salt into a large bowl. Whisk together the egg, butter and milk in another bowl. Then slowly pour the liquid into the dry ingredients, whisk together until the batter is smooth, then add the herbs.
2. Heat a 20cm/8in crêpe or omelette pan until very hot, drizzle in a small amount of oil and tip the pan to swirl the oil around. Ladle in about two tablespoons of batter mix and immediately tilt the pan from side to side to get a thin, even layer of batter to cover the base of the pan. Cook for around 30 seconds until golden then flip. Continue until all the batter is used up. Set aside.

MAKE THE FILLING

1. Fry the onion in a little olive oil, then add the garlic. Heat through for a few minutes. Then add the red pepper and tomatoes and continue to cook for five minutes.
2. Next add the kale and pine nuts and season with salt and pepper. Set aside.

MAKE THE SAUCE

1. Melt the butter in a saucepan.
2. Stir in the flour and cook for 1-2 minutes.
3. Take the pan off the heat and gradually stir in the milk to get a smooth sauce. Return to the heat and, stirring all the time, bring to the boil.
4. Simmer gently for 8-10 minutes and season with salt and white pepper.
5. Stir in the cheese and allow to melt.
6. To assemble, spoon some filling into each crepe, then pour over the cheese sauce. Finish with a few pine nuts.



KALE & AVOCADO TOAST WITH A POACHED EGG

This is a great brunch snack. Quick and easy to make and it tastes great too!

SERVES 2

Preparation time: 10 minutes

Cooking time: 20 minutes

- 1 tsp olive oil
- 1 small bunch of kale, finely chopped
- 1 avocado
- 2 organic eggs
- 2 slices of sourdough toast
- Salt and pepper
- A pinch of chilli flakes

1. Heat a frying pan with the olive oil, then add the kale together with the chilli flakes and gently wilt for 4-5 minutes. Set aside.
2. Halve and stone the avocado, then scoop out the flesh and mash on to the bread. Top with the kale, and season with salt and pepper.
3. Heat a pan of water and using a wooden spoon, make a gentle 'whirlpool' – then carefully break the eggs into the centre of the 'whirlpool' and leave to poach for 1-2 minutes until the whites are firm but the yolks are still runny.
4. Lay the eggs on to the toast, and grind over black pepper. Serve immediately. ■



Quick and
colourful
dish

SHRIMP PAD THAI WITH BOK CHOY

Make delicious Thai street food in the comfort of your own home, with this quick stir-fry of bok choy and shrimp.

SERVES 4

Preparation time: 15 minutes

Cooking time: 15 minutes

- 200g/7oz flat rice noodles
- 100g/3½oz shrimp
- 2 eggs, beaten
- 4 tbsp tamarind sauce
- 2 tbsp fish sauce
- 1 tbsp brown sugar
- 1 tsp chilli flakes
- 2 tbsp vegetable oil
- 2 garlic cloves, finely chopped
- 200g/7oz bok choy
- 100g/3½oz bean sprouts

1. Cook the noodles according to the packet instructions. Drain and set aside.
2. While the noodles are cooking, mix the tamarind, fish sauce, sugar and chilli flakes together. Set aside.
3. Heat the vegetable oil in a wok or large frying pan over medium heat and add the garlic. Cook briefly, taking care it doesn't catch, then add the shrimp and cook briefly until they just turn pink.
4. Now add the tamarind and fish sauce mixture to the wok. Let this bubble for a minute, then transfer the mixture to a bowl. Set aside.
5. In the same wok, turn the heat to medium-high, add the beaten egg. Let it set for a minute, without stirring. Once set, break vigorously with a wooden spoon, then transfer to the bowl with the shrimp.
6. Turn the heat up to high, and add a little more oil to the wok, then add the bok choy and bean sprouts and fry for two minutes.
7. Finally add the cooked noodles and shrimp mixture back into the wok, stir well and cook for another minute or two until heated up.
8. Serve.



SWEET AND SOUR CHICKEN WITH BOK CHOY

A colourful and quick dish that is great for midweek dinners, or lazy weekends alike.

SERVES 4

Preparation time:

30 minutes

Cooking time:

20 minutes

- 300g/10½oz chicken pieces
- 200g/7oz bok choy
- 100g/3½oz baby corn
- 1 red pepper
- 1 onion, sliced

MARINADE:

- 100ml/3½oz fresh orange juice
- 2 tbsp dry sherry
- 1 tbsp dark soy sauce
- 1 tbsp white wine vinegar
- 1 tbsp honey
- 4 tsp sesame oil
- 1 clove garlic, minced
- 1 tsp Chinese five spice

SAUCE:

- 100ml/3½fl oz chicken stock
- 2 star anise
- 1 tbsp soy sauce
- 1 tbsp tomato ketchup
- 4 tbsp soft brown sugar
- 3 tbsp white wine vinegar
- 2 tsp cornflour, dissolved in 4 tsp cold water

GARNISH

- 2 spring onions, finely sliced

1. Combine the marinade ingredients, add the chicken and leave covered for 30 minutes (or in the fridge overnight).
2. Heat a little oil in a wok or large frying pan and fry the onion gently for five minutes until softened.
3. Add the marinated chicken and cook for five minutes. Add the red pepper,

bok choy and baby corn and stir-fry for a few minutes until tender but still crunchy.

4. Meanwhile, combine the sauce ingredients then add to the wok and simmer for a few minutes until thickened.
5. Serve with rice and garnish with sliced spring onions.



CAULIFLOWER DILL REMOULADE

Preserve some of your home-grown cauliflower with this delicious sweet and sour Danish condiment.

SERVES 6

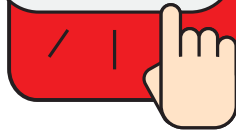
Preparation time: 20 minutes

Cooking time: 5 minutes

- ½ head of cauliflower, cut into very small florets
- 100ml (3½fl oz) vinegar
- 100ml (3½fl oz) water
- 1 tsp salt
- 1 tsp mild curry powder
- 1 tsp turmeric
- 2 tbsp mayonnaise
- 5 tbsp crème fraîche
- 2 tbsp dill, chopped
- 1 tbsp capers
- 1 carrot, finely chopped
- 1 tbsp gherkins, finely chopped
- Salt and pepper to taste

1. In a non-reactive saucepan heat the vinegar, water, salt and curry powder over high heat. Once it is boiling, take it off the heat.
2. Place the cauliflower and carrot into a large bowl, pour the vinegar mix over the vegetables and let it steep for 10 minutes.
3. Meanwhile, mix together the mayonnaise, crème fraîche, turmeric, dill, capers and gherkins.
4. Drain the cauliflower and carrots and mix it into the mayo mixture. Season with salt and pepper.
5. Refrigerate before serving. Keeps for a week in the fridge.
6. Serve in place of tartar sauce or ketchup. Also excellent with hotdogs and burgers.

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BLUE CHEESE AND CAULIFLOWER BAKE

A moreish, comforting dish to serve up as the days are getting ever shorter. Serve with a winter salad or garlic bread.

SERVES 4

Preparation time: 10 minutes

Cooking time: 40 minutes

- 1 large cauliflower, sliced into florets
- 2 large leeks, trimmed and sliced
- A few thyme sprigs
- A good grating of nutmeg
- 2 tbsp olive oil
- 2 tbsp butter plus extra for greasing
- 40g/1½oz plain flour
- 400ml (14fl oz) milk
- 50g/2oz strong vegetarian blue cheese
- 50g/2oz strong Cheddar
- 30g/1oz fresh breadcrumbs

1. Heat the oven to 200C/fan180C/gas 6.
2. Lightly grease an ovenproof dish with butter. Set aside.
3. Heat the oil in a pan and fry the leeks for 10 minutes together with the thyme leaves.
4. Bring a pan of water to the boil. Add the cauliflower to the pan and boil for two minutes. Drain the cauliflower and toss into the leek pan.
5. Add a good grating of nutmeg, season with salt and pepper, then tip into the buttered dish.
6. Heat the butter in a saucepan, add in the flour and cook for two minutes, while stirring. Gradually whisk in the milk, then crumble in the cheeses. Stir until melted. Season if needed, then pour over the cauliflower mixture.
7. Sprinkle the breadcrumbs over the top and bake for 30 minutes or until golden.
8. Serve.

What's
not to
love about
this!



More recipes



BLACKBERRY ROULADE & PASSION FRUIT CURD

A lovely seasonal dessert that is sure to impress. Delicious home-made passion fruit curd with tart berries and sweet meringue... what's not to love!

SERVES 8

Preparation time: 1 hour
Cooking time: 40 minutes

FOR THE FILLING

- 3 passion fruits
- 1 lemon, juice of
- 150g/4½oz caster sugar
- 50g/1½oz butter
- 2 eggs, beaten
- 150g/4½oz blackberries
- 300ml whipping cream

FOR THE ROULADE

- 4 large egg whites
- 250g/9oz caster sugar, plus a little extra for sprinkling
- 1 tsp cornflour
- 1 tsp white wine vinegar

1. Preheat the oven to 190C/fan170C/gas 5. Line a 33 x 23cm (13 x 9in) Swiss roll tin or roasting tin, lined with non-stick baking paper.
2. Whisk the egg whites in a large bowl until stiffly peaking, and the bowl can be tipped upside down without the egg whites moving in the bowl. Gradually whisk in the sugar a tablespoon at a time then continue to whisk for a minute or two until thick. Mix the cornflour and vinegar together then fold into the meringue.
3. Spoon the meringue into the paper

lined tin, ease gently into an even layer. Bake for 10 minutes until well risen and just beginning to colour, then reduce the heat to 160C/fan140C/gas 3 and cook for five minutes or until just firm to the touch and beginning to crack.

4. Place a tea cloth on to your work surface and cover it with a sheet of nonstick baking paper, then sprinkle with a little extra sugar. Invert the hot meringue very carefully on to the paper. Remove the tin and leave to cool completely.

5. Meanwhile, make the curd by scooping the passion fruit pulp and seeds into a small saucepan with a teaspoon of water. Heat to loosen the seeds, then press through a sieve. Discard the seeds.

6. In a heatproof bowl set over simmering water, put the pulp, lemon juice, butter and sugar in, and stir until melted.

7. Place the eggs into the mixture and stir for 20-25 minutes until thickened. Set aside to cool.

8. Peel off the lining paper from the meringue. Whip the cream until it forms soft peaks, then spoon over the meringue. Spoon the passion fruit curd on top then add the blackberries.

9. Roll up the meringue, starting with one of the narrowest edges, using the paper and tea cloth to help. Carefully move to a serving plate. Remove the paper and cloth.

10. Decorate with more berries and drizzle extra curd over the top.

BRAMBLE SCONES

These rustic scones are bursting with juicy berries and they are vegan too! They are also great with raspberries or even small pieces of rhubarb.

MAKES 6

Preparation time: 15 minutes
Cooking time: 10 minutes

- 200g/7oz self-raising flour
- ½ tsp salt
- 50g/1½oz coconut oil (the solid type)
- 125ml (4½fl oz) almond or soya milk
- 50g/1½oz brambles (blackberries)

1. Heat the oven to 220C/fan 200C/gas 7, then lightly grease a baking sheet.
2. Sift the flour into a mixing bowl, then add the salt.
3. Rub in the coconut oil until the mixture resembles breadcrumbs.
4. Add the almond milk, and quickly bring the dough together, don't over work it.
5. Finally, add the brambles and turn on to a floured work surface and knead very lightly. Pat out to a round 3cm (1in) thick. Using a knife, cut six rough triangles and place on the baking tray.
6. Bake for 10-12 minutes until well risen and golden.
7. Cool on a wire rack and serve with home-made jam. ■



Quick to
prepare
meal

TERIYAKI SALMON & PAK CHOI

A quick but delicious dinner of pak choi in teriyaki sauce. Perfect for a midweek dinner.

SERVES 2

Preparation time: 10 minutes

Cooking time: 20 minutes

- 2 skinless salmon fillets
- 2 large pak choi
- 2 tbsp of vegetable oil, divided
- 2 garlic cloves, minced
- 75ml of fish stock
- 2 tbsp of sesame seeds

FOR THE SAUCE

- 1 tbsp of sweet chilli sauce
- 1 tbsp of sesame oil
- 1 tbsp of dry sherry
- 1 tbsp of brown sugar
- 1 tbsp of honey
- 2 tbsp of dark soy sauce
- 2 tbsp of ginger, grated
- 1 clove of garlic, minced
- Cooked rice to serve

1. Heat oven to 200C/180C fan/gas 6.
2. Place the salmon fillets in a small oven-proof dish. Mix the sauce ingredients in a bowl and pour over the salmon. Let it marinate for 10 minutes, and then bake for 10 minutes.
3. Meanwhile, separate the pak choi leaves. Heat the vegetable oil in a wok or large frying pan and add the pak choi. Next add the garlic cloves and stir-fry briefly to soften.
4. Pour over the stock, cover the pan and allow to cook for five minutes.
5. Serve the pak choi in bowls, top with the salmon and spoon over the juices. Scatter with 2tsp of toasted sesame seeds and serve with rice.



MISO NOODLE SOUP WITH PAK CHOI

A light and refreshing meal that is so quick to prepare.

SERVES 2

Preparation time: 10 minutes

Cooking time: 20 minutes

- 1 tbsp of vegetable oil
- 3 spring onions, chopped
- ¼ red chilli, de-seeded and sliced
- A thumb of ginger, grated
- 1 garlic clove, chopped
- 800ml/1½ pint of vegetable stock
- 2 medium pak choi, washed and chopped
- 2 tbsp of miso paste
- 2 nest of egg noodles

1. In a medium pot heat the oil and fry the spring onions for three minutes. Add the ginger, garlic and chilli and fry for a minute longer.
2. Pour in the stock and bring to the boil for five to seven minutes.
3. Add in the pak choi and miso paste and stir to dissolve the miso. Gently simmer for five minutes.
4. Now add the noodles and cook for four minutes, giving everything a good stir.
5. Divide between serving bowls and serve straight away. ►

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RECIPES
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BRAMBLE PUNCH

Make this punch to enjoy in the garden with friends. It makes a delicious treat out of your home-grown blackberries or foraged brambles.

SERVES 6

Preparation time: 30 minutes

- 200ml (7fl oz) of whisky
- 400ml (14fl oz) of ginger ale
- 200ml (7fl oz) of amaretto
- 200ml (7fl oz) of simple syrup
- 3 limes, juice of
- 100ml (3½fl oz) of orange juice
- 250g/8¾ oz of brambles, plus extra for garnish

1. In a large jug, mix the whisky, ginger ale, amaretto, simple syrup, lime juice and orange juice and stir. Adjust for sweetness, or add more lime juice if needed.
2. In a bowl, macerate the brambles with a spoon.
3. Fill a glass with crushed ice and add a few tsp of mashed brambles. Pour the punch over the ice and garnish with extra blackberries.



OLD FASHIONED APPLE & BLACKBERRY PIE

A delicious apple and blackberry (or foraged bramble) pie, perfect served with a scoop of ice cream.

SERVES 6

Preparation time:
30 minutes

Cooking time: 50 minutes

FOR THE PASTRY:

- 400g/14oz of plain flour
- 2 tbsp of caster sugar
- 1 lemon, zest of
- 250g/10oz of cold butter, cut into cubes
- 1 egg
- 2 tbsp of cold water

FOR THE FILLING:

- 5oz golden caster sugar, plus extra for sprinkling
- A knob of butter
- 400g/14oz of a mix of cooking apples and eating apples, peeled and chopped
- 200g/7oz of blackberries
- 1 egg for brushing

1. For the pastry, place the flour, sugar and lemon zest into a bowl and rub in the butter until the mixture resembles breadcrumbs. Add the egg and the water and mix with a round-bladed knife until the mixture forms a dough. Place in the fridge for 30 minutes.
2. Meanwhile, make the filling. In a large frying pan, melt the butter and add in the apples and sugar. Cook for five minutes, then set aside.
3. Remove the pastry from the fridge and set aside one-third of the pastry for the lid. Roll out the remaining pastry on a lightly floured surface until it is the thickness of a pound coin and 5-7cm/2-3in larger than the pie dish. Lift the pastry over the rolling pin and lower it gently into the pie dish.

4. Place the apples into the pie dish, then arrange the blackberries on top. Brush the rim of the dish with half of the second beaten egg.
5. Preheat the oven to 200C/180C fan/gas 6.
6. Roll out the reserved ball of pastry. Cover the pie with the pastry and press the edges together firmly to seal. Using a sharp knife, trim off the excess pastry, then gently crimp all around the edge. Make a few small holes in the centre of the pie with the tip of a knife. Glaze the top with rest of the beaten egg.
7. Sprinkle the pie with sugar and bake in the centre of the oven for 45 minutes or until golden brown all over and the apples are tender.

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Tasty
& pretty
salad

WATERCRESS & MAPLE BACON SALAD

A tasty salad that looks ever so pretty on a plate.

SERVES 4 AS A LIGHT SALAD

Preparation time: 30 minutes

Cooking time: 5 minutes

FOR THE BACON

- 250g/8oz bacon or vegetarian bacon substitute
- 4 tbsp of balsamic vinegar
- 1 tbsp of maple syrup

FOR THE SALAD

- 1 small red onion, thinly sliced
- 1 tbsp of maple syrup
- 2 tbsp of olive oil
- Salt and pepper to taste
- 100g/3½oz of raspberries
- 2 ripe peaches, peeled and cut into slices
- 4 handfuls of watercress
- ½ small head of radicchio, chopped

1. To prepare bacon: Cut bacon into ¼in-thick strips. Heat a large skillet over medium heat. Add the bacon and cook, stirring often for a few minutes. Next add the balsamic vinegar and maple syrup. Cook for a further two minutes until the juices have mostly evaporated and reduced. Set aside.

2. Mix the olive oil and maple syrup together and season with salt and pepper. Arrange the rest of the salad ingredients on a large serving platter. Pour the oil and syrup mixture over the salad.

3. Finally, scatter the bacon over the dish and serve.



WATERCRESS & SMOKED MACKEREL SANDWICH

An early autumn sandwich treat of smoked mackerel, cucumber and fresh watercress.

SERVES 2

Preparation time: 20 minutes

- 1 heaped teaspoon of grated horseradish
- 125g/4½oz of crème fraîche or cream cheese
- A few sprigs of dill, chopped
- ½ lemon, juiced
- 1 tsp of capers, rinsed and chopped
- 200g/7oz of smoked mackerel
- Butter, for spreading
- 4 slices of thick cut wholemeal bread
- ½ small cucumber, cut into ribbons
- ¼ red onion, thinly sliced
- Large handful of watercress
- Black pepper

1. Combine the horseradish, crème fraîche/cream cheese, dill, lemon juice and capers in a small bowl. Season well with black pepper.

2. Next flake the mackerel into the bowl and mix well.

3. Butter the bread and spoon the mackerel mixture onto two slices. Layer the cucumber ribbons on top and then add the red onion, watercress and remaining slices of bread. ■

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