



BUYING & COOKING LOCAL FOOD IN CHICHESTER

Lots of people have enabled us to give these demonstrations using mainly local foods. Big thanks go to:

Runcton Farm Shop for supplying the store-cupboard ingredients and greengrocery except when mentioned elsewhere. Runcton are growers with an excellent PYO business, and are also local meat specialists. They have supplied the pork for the salami dem from their Butchery.

Hairspring Watercress at Hambrook supply Runcton Farm Shop with their traditional, hot watercress. Thanks for the cress for the dems.

Thanks to the following local growers who supply supermarkets nationally and me for demonstrations!

HumberVHB at Runcton and Angmering for fresh herbs.

Barfoots of Botley at Pagham for their own sweetcorn, rhubarb, courgettes and beans, and for chillies and other exotics from other associated growers, at home and abroad.

Tomatoes are from **Jakes Nursery** in Sidlesham.

Salads and celery have been supplied by **Golden Plain Marketing** at Colworth.

Tangmere Airfield Nurseries have supplied the peppers.

Thank you too to **Bart Spices** for all the spices that I have used in my demonstrations. Find them at The Chilli Fiesta in the Apple Store.

Bush Vines will be suggesting wines to accompany the dishes created. They are below the Pergola.



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Rosemary's MoonBites

CHILLI FIESTA
August 2010

Red tomato and chilli chutney

Makes about 7-8 x 500g jars

1.5kg red tomatoes • 500g rhubarb • 3 or 4 red peppers, weighing about 400g
1 kilo onions • 4 fresh red chillies, or many more, according to taste and variety
375g pitted dates • 75g salt • 2 tbsp cayenne pepper • 2 whole dried chillies
1kg light muscovado sugar • 1½ x 568ml bottles distilled malt vinegar

- 1 Prepare the fruits and onions, then roughly/slice them. Finely chop the dates.
- 2 Place all the ingredients in a preserving pan and heat until the sugar has dissolved, stirring occasionally. Cook for about 1 hour, until reduced to a thick pulp.
- 3 Remove the dried chillies then pour the chutney into warm jars. Seal and label.

Anchovy and chilli dip for dressing up!

Serves 8-10

50g jar anchovy fillets or anchovy essence, anchovy paste • 6-8 green olives stuffed with anchovies or pimento • half a cucumber • 2 red and 2 green chillies
2 cloves garlic • 1 tsp cumin seeds • salt and pepper • 4 tbsp natural yogurt
half a 300g jar Sussex Valley Classic Mayonnaise • coriander for garnish

- 1 Drain and finely chop the anchovies if using fillets. Roughly chop the olives, coarsely grate the cucumber then squeeze the juice from it, and finely chop the chillies with the garlic. Toast the cumin in a dry pan if it is not already toasted, and place all the prepared ingredients in a bowl.
- 2 Add the mayonnaise and yogurt and mix gently but well. Season to taste and pile into a serving dish, then garnish with coriander leaf. Serve with crudities.

Selsey Lobster & Crab or Pan Fried Local Mackerel or Wild Sea Bass on a Chilli & Coriander, Wild Rocket Salad with a Citrus & Sussex Sunflower Oil Dressing

(serves 2)

For the Salad: 2 Chillies • Small Bunch of Coriander Leaves • 100g Wild Rocket • 100g Chorizo • 1 lime • 1 lemon • 1tbsp Sussex Gold Sunflower Oil
20 Sunflower Seeds

- 1 Wash, drain and dry the mixed leaves, pick the coriander and combine. Roast the sunflower seeds to a golden brown colour. Combine oil, lime and lemon juice. Toss all ingredients together with the dressing and season.
- 2 Cut the chorizo into 1 cm cubes.
- 3 Heat a non stick pan over a medium flame and toss the chorizo in the pan for 2-3 minutes.

Are you drowning in a sea of tomatoes, getting slightly bored with courgettes or running out of enthusiasm for runner beans?

If so, why not book yourself onto a day of food preparation, cooking and demonstrations with Rosemary Moon, here at West Dean?

Gluttony: Tomatoes, Runner Beans and Courgettes

Saturday, 21st August 2010 in The Old Dairy at West Dean.

Full details of this, and other food courses including Wild Food, Stir-Up Sunday, A Day with Mary Berry, and many more, are available at www.westdean.org.uk



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4 Arrange salad on a plate and sprinkle in chorizo and sunflower seeds.
 5 Take a little zest from the citrus fruits, finely chop the chillies. Heat a non stick pan, add a splash of sunflower oil and pan fry any of the above fish accordingly. Just towards the end add in the zest and chillies and some chopped coriander, and top the salad to finish.

A recipe from Giles Thompson, Chef-Patron of the Earl of March country pub and restaurant at East Lavant (01243 533993) and The Partridge Inn at Singleton.

Melon Gazpacho

Serves 4 (adapted from José Pizarro's Seasonal Spanish Food)

1 small red or white onion • 2 beefsteak or 6 medium tomatoes • 1 small melon
 1 green pepper • 1-2 red chillies • 100g white bread • 1 litre water or tomato
 water • 1 tbsp caster sugar • 5 tbsp extra virgin Spanish olive oil • 3 tbsp sherry
 vinegar • sea salt and ground black pepper

1 Finely dice the onion. Seed the tomatoes, melon, pepper and chillies. Slice the melon from the skin, then chop the flesh and the tomatoes to the same small dice. Finely chop the chillies and tear the bread into small chunks.
 2 Simply mix everything together, season to taste and chill for at least 4 hours before serving.

Lentil salad with peppers, chilli and anchovies

Serves 4 (adapted from José Pizarro's Seasonal Spanish Food)

300g dried green lentils, cooked OR 400g can green lentils, drained
 6 piquillo peppers, or roasted red peppers • 1 small red onion • mixed herbs:
 mint, parsley, chervil, tarragon etc • 2 red chillies • 2 tbsp capers • 4 tbsp extra
 virgin olive oil • 2 tbsp wine or sherry vinegar • salt and pepper • anchovy fillets
 in oil

1 Place the lentils in a bowl. Skin the roasted peppers, if using, then cut the flesh into thin strips and finely slice the onion. Finely chop the herbs with the chillies. Rinse the capers if salted and add all the prepared ingredients to the lentils.
 2 Whisk or shake the oil and vinegar together, pour over the salad and season lightly - capers and anchovies are both salty. Lay the anchovies over and serve.

Salami and chorizo to make at home

(adapted from The River Cottage Cookbook by Hugh Fearnley-Whittingstall)

Salami: 500g lean pork, coarsely minced • 125g pork back fat • 1 small clove
 garlic • ½ tsp acidophilus • 12g fine sea salt • 125ml red wine • 1 tsp cracked
 black peppercorns • 1 tsp fennel seeds

MoonBites Log on to get your daily seasonal recipes at

www.moonbites.info/DishoftheDay/dishoftheday.html



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New for 2010! Rosemary will be hosting special **MoonBites** events during the Chichester Food Fayre, 10-12th September. Check the Chichester News and www.moonbites.info for details.

Chorizo: As above, but the meat can be very slightly fattier. Add an extra clove garlic and 2 tsp smoked paprika, and the pieces of fat can be very slightly larger

1 Have sausage skins at the ready in water - regular sized or larger ox runners of you can get them.

2 Place the meat in a bowl. Finely dice the firm back fat into pea-sized pieces and crush the garlic. Crush the acidophilus to a powder if in tablet form. Mix all the ingredients together, the salt must be evenly distributed. Tie the end of the sausage skin, either in a knot and/or with string. Force in the meat, squeezing out any air bubbles. Use a plastic funnel if you don't have a sausage machine. For salami made with regular sausage skins make them about 30cm long. Tie the end firmly, with no air pockets, then tie a loop of string around the top.

3 Hang in a cool place, no warmer than 12°C, not touching each other or anything, for at least 2-3 weeks if using regular sausage skins. Larger sausages will need at least 4 weeks. It's trial and error, according to weather, outdoor or fridge maturation etc etc. A bloom should develop on the outer casing. Both styles of sausage may be eaten soft or slightly harder but thin sausages should be checked regularly so that they do not become rock hard and inedible.

Sweetcorn with fresh herbs

Serves 4 (adapted from Madhur Jaffrey's Ultimate Curry Bible)

2 cm root ginger • 2 hot green chillies • 4 sweetcorn cobs • 3 salad onions
 mint, dill and coriander • 1 lemon • 3 tbsp extra virgin olive oil • 1 tsp whole
 brown mustard seeds • ½ tsp cumin seeds • ¼ tsp nigella or onion seeds
 (optional) • about 1 tsp salt • Freshly ground black pepper • unsalted butter

1 Pound the ginger to a paste in a pestle and mortar. Seed and finely chop the chillies. Cut the corn kernels from the cobs with a sharp knife. Finely chop the salad onions, chop equal quantities of mint and dill with twice as much coriander, about 8 tablespoons in all - a big handful. Squeeze the juice from the lemon.

2 Heat a large covered frying pan, preferably non-stick, then add the oil. Add the mustard and cumin seeds, fry for a few seconds until fragrant then add the nigella or onion seeds if using. Stir, then add the ginger and chillies. Stir again then add the sweetcorn, onion and herbs and toss well.

3 Add 4 tbsp water, the lemon juice, salt and some pepper, stir and cover. When the lid begins to rattle or steam to escape, reduce the heat to low and cook for 2-3 minutes. Toss again, season and add a little butter before serving if you wish.