



BUYING & COOKING LOCAL FOOD IN CHICHESTER

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)

Salad: • 2 Chillies • Small Bunch of Coriander • 100g Wild Rocket • 100g Chorizo
1 lime, 1 lemon • 15ml Sussex Gold Sunflower Oil • 20 Sunflower Seeds

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.

Cut the chorizo into 1 cm cubes. Heat a non stick pan over a medium flame and toss the chorizo in the pan for 2-3 minutes.

Arrange salad on a plate and sprinkle in chorizo and sunflower seeds.

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.

Rice noodle salad

Serves 4-6

Sauce: 2 shallots • 1-2 red super chillies • 75g roasted peanuts • 5tbsp coconut cream • 250ml water • 2 tbsp oil • 1 tsp ground turmeric • 1 stalk lemon grass

Salad: 250g rice noodles • 6 spring onions • salad veg of your choice
crisp lettuce to serve

1 Prepare the sauce. Roughly chop the shallots, chillies (remove to seeds), lemon grass and peanuts then then blend to a thick paste with the coconut cream and about half the water. Heat the oil, add the turmeric and cook briefly then add the paste and the remaining water. Simmer for 2-3 minutes.

2 Break up the noodles in a large bowl, pour boiling water over them, leave to stand for 5 mins then drain and rinse in cold water.

3 Finely slice the spring onions and dice or slice the salad veg. Briefly cook any that you wish to, e.g courgettes.

4 Drain the noodles and shake dry. Add to the veg and sauce and mix well. Season and serve warm on a bed of shredded lettuce.

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Rosemary's MoonBites

CHILLI FIESTA
August 2010

Fusion tossed salad

Serves 6-8

3 poblano or New Mexican peppers • ½ cucumber • 1 med onion • 2 cloves garlic
¼tsp sea salt • ground pepper • 3 tbsp e v olive oil • 3 tbsp cider vinegar
200g cherry or baby plum tomatoes • Crispy lettuce

1 Grill the peppers, remove the seeds, pith and stems and cut into 6mm strips.
2 Thinly slice the cucumber and onion, finely chop the garlic. Mix everything together except the tomatoes and lettuce, leave for 1 hour, tossing 2 or 3 times.
3 Quarter the tomatoes and tear the lettuce into bite-sized pieces. Add to the salsa, with extra oil, vinegar and salt if required.

Amarillo pork

Serves 4

1 onion • 1 stick celery • 1 carrot • 1 poblano pepper • 1 clove garlic • 1 orange
1 mango • 4 squares Montezuma's Dark chocolate with chili • 500g minced pork
1 tbsp oil • 1 tsp Bart Spices Aji Amarillo chili powder • ½ tsp ground cumin
1 cinnamon stick • Salt and freshly ground black pepper

1 Finely dice the onion, celery and carrot. Seed the pepper and slice it finely. Fiely chop the garlic. Pare the zest from the orange, then cut away the pith and chop the flesh. Peel and chop the mango, removing the stone. Break the chocolate into small pieces.

2 Heat a frying pan, add the oil then add the pork with the spices and fry quickly for 1-2 minutes until browned all over. Add the onion, celery and carrot and cook until they start to soften - 2-3 minutes. Add the poblano, garlic, orange and mango with the cinnamon and a little water and simmer for 15 minutes. Add a little more water if necessary.

3 Add salt and pepper then stir the chocolate into the pork until melted. Taste and season, then garnish with the strands of orange zest. Serve with rice or boiled potatoes.

Oriental plum salsa with local fish

Serves 2

For the marinade: 1 clove garlic • 1 red caldero chili • 3 tbsp coriander leaves
3 tbsp sesame oil • 1 tbsp rice or white wine vinegar • 2-3 tbsp soy sauce

The fish of your choice

For the salsa: 3-4 plums • 2 small sticks celery • 2 pieces preserved stem ginger
1 tsp Sichuan pepper • 1 red caldero chili • 1 tsp syrup • 1-2 tsp rice or white wine vinegar • soy sauce to taste



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- 1 Finely chop the garlic, chili and coriander together. Use half for the marinade and put the remainder in a bowl for the salsa. Mix the marinade seasonings with 2 tbsp of the sesame oil and all the remaining ingredients and pour onto a flat plate. Add the fish, rub the mixture into the flesh and leave for at least 10 mins.
- 2 Stone the plums and chop them roughly. Trim and finely slice the celery, finely chop the ginger and crush the pepper. Mix together with the chili etc in the bowl, then add the syrup from the ginger with vinegar and soy to taste. Cover and leave until required.
- 3 Heat a large non-stick frying pan. Pat the fish dry, reserving the marinade. Add the remaining sesame oil to the pan, add the fish and cook.
- 4 Spoon the salsa onto plates and place the fish on top. Quickly bubble up the marinade in the pan and then pour over the fish and salsa before serving with rice, rice noodles or plain boiled potatoes.

Sussex Succotash

Serves 4-6

- 4 cobs sweetcorn • 1 small onion • 1 red pepper • 1-2 cloves garlic
- 2-3 caldero chillies • 1 tbsp oil and 1 knob butter
- 250g frozen soya or edaname beans • Chopped parsley for serving

- 1 Shuck the corn and then cut the kernels away from the husks with a very sharp knife. Finely dice the onion and pepper, and very finely chop the garlic and the chillies - remove the seeds from the chillies for a milder flavour.
- 2 Heat the butter and oil in a large pan, add the onion and cook for 3-4 minutes until softened but not browned. Add all the remaining ingredients and stir until the edaname beans have defrosted. Cook over a low heat for 4-5 minutes, until the beans and corn are tender. Season with salt and pepper, then stir in plenty of chopped parsley before serving.

Use 500g frozen sweetcorn kernels when fresh UK cobs are not in season

Tabbouli salsa

A spicy version of the Lebanese tabbouli salad, this salsa is ideal with grilled or barbecued meat. Serves 4-6

- 3 to 4 Hungarian Hot Wax or Jalapeño chillies • 2-3 cloves garlic • 2 large handful fresh coriander • 1 medium red onion • 500g cherry tomatoes, chopped • 1 cucumber • rape seed oil to taste • juice from two lemons • salt to taste
 - 2 tablespoons extra fine bulgur
- 1 Seed and finely chop the chillies, garlic and coriander, finely chop the onion and dice the tomatoes and cucumber. Mix all the ingredients together, stand for 15 - 20 mins then serve.

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Northern Poached Eggs

This egg dish is vaguely based on the north African harissa sauce. It can be made with any thick-flesh chilli or sweet pepper, and is ideally served with fried potatoes and hot buttered toast. Serves 4

- 1 medium onion • 3-4 Hungarian Hot Wax peppers • 60 ml olive oil • 2 cloves garlic • 1 tablespoon spice mix (see below) • 400g can of chopped tomatoes granulated sugar (optional) • salt (optional) • water (optional) • 60 ml puréed fresh coriander • 4 eggs

Spice mix: 1 tsp each caraway, coriander and cumin seeds

- 1 finely grind the spices in a pestle and mortar or grinder - makes about 1 tpb.
- 2 Chop the onion and finely chop the peppers and garlic.
- 3 Using a large frying pan, gently fry the onion and peppers in the olive oil until soft. Add the ground spices and garlic, and fry for about one minute, constantly stirring to avoid burning them. Mix in the tomatoes, cover and simmer for about ten minutes. Adjust the flavour with salt if you want, and add a little sugar if the tomatoes seem too tart. Thin the sauce with water if it gets too thick.
- 4 Stir in the coriander, then cook the eggs by cracking them directly onto the top of the sauce. Cover and simmer until the whites set. When done, serve each egg with some of the sauce.

Fusion Tossed Salad, Tabbouli Salsa
and Northern Poached Eggs © Michael Michaud

Thai green curry

Serves 4

- For the curry paste:* 1 green pepper • 2 green Super chillies • 1 small piece root ginger 2 medium onions • 1 piece lemon grass • 1 tsp ground coriander
2 tbsp fish sauce • 5 fresh lime leaves OR 2 tbsp coriander leaves
- For the curry:* 8 boiled eggs • 1 aubergine • 1 green pepper
200ml sachet coconut cream • 2 tbsp coriander leaves
1 tbsp Thai basil leaves or 3-4 basil leaves • 1 tbsp fish sauce
1 tbsp granulated sugar • salt to taste • 1 large lime leaf

- 1 Seed the pepper and chillies for the curry paste and peel the ginger and onions. Trim the lemon grass, discard the outer layer and chop the remaining stalk finely. Roughly chop the coriander. Place all the curry paste ingredients in a blender and process until thick and almost smooth. Add a little coconut cream if necessary.
- 2 Peel the boiled eggs. Slice or dice the aubergine and seed and slice the pepper. Roughly shred the coriander, basil and lime.
- 3 Heat the oil in a large frying pan, add the curry paste and cook for about 5 minutes. Add the aubergine and coconut cream. Stir in the green pepper and all the remaining ingredients except the lime leaf, if fresh. Bring to the boil, then reduce the heat and simmer for about 10 minutes, until the aubergine is tender. Add a little water during cooking if necessary. Add the eggs and allow to heat through.
- 4 Season as necessary with sugar, salt and a little fish sauce, then add the lime leaf if fresh. Serve with sticky fragrant rice or rice noodles.