



BUYING & COOKING LOCAL FOOD IN CHICHESTER

I am very grateful to the following local producers and retailers who have donated all the ingredients used in the demonstrations at the Wholly Herbs Show. Apart from citrus fruit, sugar, seasonings and spices, everything has been produced locally.

Huge thanks to Simon and Becky Kendall at **Runcton Farm Shop** for supplying the groceries used and the cauliflowers.

Runcton Farm Shop also sells Goodwood milk and cream and Hairspring watercress, as well as their own rhubarb, asparagus and many other fruits and vegetables.

Runcton Farm Shop is open 7 days a week.

Herbs have been supplied by **HumberVHB** at Angmering and Runcton sites, along with the pea shoots and micro herbs.

Tomatoes come from **Ken and Jan Parkinson** in Siddlesham.

Hairspring watercress is grown by **Ed Scales** at Hambrook, and has just gained organic certification from the Soil Association. **Barfoots of Botley** at Pagham have supplied **asparagus** from near Midhurst and **rhubarb** from their own fields at Pagham. **Tangmere Airfield Nursery** have supplied the **peppers**.

The **Goodwood Farm Shop** have supplied their **Dairy Shorthorn cream**, which is available from them or from good farm shops locally.

William and Mariella Fleming at **FreshFromHere** have supplied **lettuces** and **strawberries**. Their farm shed opens on the A259 at Colworth, opp. the Mercedes Garage, on Monday, 24th May for the sale of their field fresh produce. Open everyday in summer, 8am-7pm.

The **Catch of the day** came straight off local day boats via **Jordan** at **Rose Green**.

Delicious **Earl Grey** tea for my marmalade was supplied by **Dragonfly Teas** near Reading.

Giles Thompson owns **The Earl of March** country pub at **Lavant** and **The Partridge** inn at **Singleton**.

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Rosemary's MoonBites

WHOLLY
HERBS 2010

Preserves and herbs

Roasted pepper relish

Keeps for 3-4 days in the fridge

3 red, yellow or orange peppers • 1 small onion • 2 cloves garlic • 2 tomatoes
1cm fresh ginger • Pinch of turmeric • ½tsp ground coriander • 1 tsp ground
cumin • 2 tbsp Sussex Gold Sunflower oil • 1 lemon • 2 tbsp freshly chopped
coriander • sea salt

1 Roast the peppers in a hot oven at gas mark 7, 220°C for 45 minutes, or until blackened. Cover with a wet tea towel and leave to cool.

2 Finely dice the onion, finely chop the garlic, peel and roughly chop the tomatoes and finely chop or grate the ginger. Peel and core the peppers, reserving the juice if you can. Roughly chop or slice them.

3 Cook the onion until soft in the oil, then add the garlic, ginger and spices and cook for a further 2 minutes. Add the tomatoes and any pepper water (or a little water) and cook until reduced, then add the peppers and heat through. Turn off the heat, add the lemon juice and season with salt. Add the coriander and leave for an hour before serving, or make it the day before.

Grapefruit, lemon and bergamot marmalade

Makes 4-5 x 500g jars

3 large grapefruits, about 1kg • 4 large unwaxed lemons, about 500g
50g Earl Grey tea • 1.5kg unrefined granulated sugar • 1-2 tbsp freshly chopped
lemon thyme or rosemary leaves

1 Squeeze the juice from the citrus fruits into a large bowl. Scrape out the remaining membranes and pith from the shells with a teaspoon and place in a muslin bag with the pips. Finely shred the peel and add to the juice in the bowl. Add the tea (or bags) to another muslin bag, tie them securely and add to the bowl. Pour in 2 litres of boiling water and leave to steep for 1 hour. Chill a plate in the fridge. Remove the bag with the tea and squeeze any liquor back into the pan.

2 Turn the fruit etc into a preserving pan. Bring to the boil and simmer for 1 hour, until the peel is soft and the volume has reduced by half. Remove the muslin bag, squeezing any juice from it bag into the pan.

3 Add the sugar and stir until dissolved, then add the thyme or rosemary if using. Bring to a boil and cook until setting point is reached. Drop a little marmalade onto the chilled plate, wait for a minute or so and then drag your fingernail through it - when ready it will wrinkle and gel.

4 Stand for 15 minutes. Skim away any froth then pour into warmed jars, seal and label.



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Chefs and herbs - Giles Thompson

Salad of fine herbs

Local mixed leaves and cresses • Red onion • Sarah's tomatoes • Chives
Tarragon • Dill • Chervil • Coriander

Wash, drain and toss all leaves together. Slice onions & tomatoes

Dressing: Olive Oil • Dijon mustard • Lemon Juice

Mix all together, dress the salad, season. Balsamic Vinegar to finish

Pine nut mix: Pine Nuts • Bacon Bits • Roast Pumpkin Seeds

Fine herb salad with diver caught scallops

Season 5 scallops with salt and pepper. Heat a non stick pan with a little olive oil. Sear the scallops on a high heat for 2 minutes either side. Place salad onto plate and arrange scallops on top. Drizzle with olive oil and balsamic. Scatter with pine nut mix.

Fine herb salad with local caught black bream

(1 x 200g fillet)

As above but cook the bream skin side down to begin for 3 minutes, turning over for a further 3 minutes.

Fine herb salad with grilled Halloumi cheese

Cut the halloumi (up to 200g) into 0.5cm thick slices. Season and drizzle with olive oil. Bar mark on griddle and serve as above.

Sausages and herbs

Rhubarb and orange compote

Serves 4-6

500g rhubarb • 2 oranges • 1 cinnamon stick • 75g granulated sugar
2 tbsp freshly chopped chives or mint, or 1 tbsp bruised rosemary leaves

1 Trim the rhubarb and chop into 2cm pieces. Cut the zest and pith from the oranges with a serrated knife, then cut the fruits in half lengthways and remove the pithy core. Roughly chop the remaining flesh, removing any pips.

2 Cook the rhubarb and oranges, with the cinnamon stick, sugar and 2 tbsp water, in a covered saucepan for 8-10 minutes, or until the rhubarb is just soft. Add the herbs of your choice according to your meat, or leave the compote plain. Serve with sausages, grilled pork chops or roast pork. Any remaining plain compote is great with porridge or muesli for breakfast.

Asparagus and herbs

Salmon and asparagus pie

Serves 4

375g pack ready-rolled puff pastry • 1 bunch asparagus • 1 tsp olive oil
3 tomatoes • Large bunch chives • 1 egg • 2 medium salmon fillets, about 150g each • Salt and freshly ground black pepper • 200ml tub crème fraîche

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1 Preheat the oven to gas mark 7, 225°C. Leave the pastry at room temperature for 20 minutes. Cut the asparagus into 2-3cm lengths, then toss them in the olive oil. Seed and core the tomatoes with a teaspoon. Finely dice the flesh. Finely chop most of the chives and keep the rest. Beat the egg in a small bowl.

2 Bake the salmon on an oiled baking sheet for 10 minutes. Add the prepared asparagus and cook for a further 5 minutes. Cool slightly then flake the salmon off the skin and mix with the asparagus, tomatoes, chopped chives and seasonings, then carefully fold in the crème fraîche.

3 Unroll the pastry, leaving it on the plastic sheet. Spoon the filling down the middle, then brush the edges of the pastry with beaten egg. Use the plastic to help you fold the pastry over the filling to make a long roll, and carefully seal the edges by pinching them together.

4 Carefully transfer the pie to an oiled baking sheet and brush all over with beaten egg. Slash the pastry at regular intervals with a sharp knife, then bake for 20-25 minutes, until the pastry is golden brown. Snip the remaining chives into long lengths and scatter them over the pie before serving, hot or cold, in slices.

Catch of the Day with herbs

Mackerel with thyme

Serves 2

2 mackerel, heads removed • 1 lemon • 1 tbsp thyme leaves • salt and pepper
butter and oil for frying • watercress and tomatoes for serving

1 Remove the fins from the fish - I usually do this with scissors. Slit the belly from end to end, then spread the belly flap out on a chopping board. Press down on the backbone with your thumbs, flattening out the fish, until the bone is loose. Turn the mackerel over and left the bones out, snipping away from the tail with scissors. Season with salt and pepper.

2 Finely grate the zest from the lemon and squeeze the juice. Roughly chop the thyme. Scatter the zest over the mackerel flesh with most of the thyme.

3 Heat a frying pan then add a large knob of butter and a little oil - heat until the butter foam subsides. Add the mackerel, flesh side down and cook over a medium high heat for 2-3 minutes. Turn and cook for a further 2 minutes. Squeeze the lemon juice over the fish in the pan, scatter with the remaining thyme and serve with a watercress and tomato salad.

Strawberries with herbs

Strawberry ice cream with basil

Serves 4-6

400-500g strawberries • Juice of half a lemon • 175g icing sugar • 1 tbsp
bruised Greek basil leaves • 250ml pot Goodwood cream • ground black pepper

1 Hull the strawberries and chop them roughly. Blend until smooth with the lemon juice, sugar, basil and cream. Add black pepper - up to 1 tbsp is good, but you might start more cautiously with 1 tsp.. Turn the mixture into an ice cream maker and freeze churn. Alternatively, spoon into a suitable container and freeze for around 4 hours, stirring once or twice to ensure even, smooth freezing.

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