



BUYING & COOKING LOCAL FOOD IN CHICHESTER

3 Put the egg whites in a large bowl and whisk until they form stiff peaks. Gradually whisk in half the caster sugar, then whisk for 1 minute.

4 Using the same whisk, whisk the egg yolks with the remaining caster sugar in another bowl for 2–3 minutes or until pale and quite thick. Whisk in the finely chopped oranges, then carefully fold in the ground almonds.

5 Stir in 3 spoonfuls of the whisked egg white to loosen the mixture, then gently fold in the remaining whites with a large metal spoon. Transfer the mixture to the prepared tin and level the top. Sprinkle with the flaked almonds.

6 Bake for 50–55 minutes or until the cake is golden and a skewer inserted in the centre comes out clean. Check the cake after 20 minutes and again at 30 minutes, and cover lightly with foil if it is browning too quickly.

7 Leave the cake to cool in the tin, then turn it out, peel away the lining paper and transfer to a serving plate. Dust with icing sugar before serving. The cake can be kept in an airtight tin for up to 2 days.

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Make a **salad of oranges, tomatoes and chicory** with a herb oil or mustard vinaigrette dressing. It's something different and great with kedgeree.

Oranges in caramel - with a twist

6-8 oranges • flaked almonds • Spanish extra virgin olive oil • 100g caster sugar

1 Carefully cut away the skin and pith from the oranges, then cut them into slices across the fruits place in a suitable serving bowl.

2 Heat a frying pan over a high heat, then add the flaked almonds and dry-fry until browned, watching them carefully. Have some very hot water at the ready.

3 Heat the sugar very slowly in a pan until dissolved, then increase the heat and bring the syrup to the boil. Continue cooking, without stirring, until dark golden. Draw the pan off the heat and then very carefully trickle in some hot water to make the caramel thinner. Wait a minute or two, then pour it over the oranges and leave to cool.

4 Just before serving, add a tablespoon or two of olive oil then scatter the almonds over.

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Rosemary's MoonBites

**MEDFEST
RECIPES**

Crostini

These are simple to make and need no special ingredients except Italian-style bread and olive oil. After that it's up to you. Rub stale or toasted slices of bread with garlic and drizzle with olive oil. Top with roasted tomatoes and basil, figs and Parma ham, artichokes and anchovies - whatever you have and/or fancy.

Dukkha

Sophie Grigson's Egyptian recipe: 4 tbsp sesame seeds • 2 tbsp coriander seeds • 1.5 tbsp cumin seeds • 1.5 tbsp black peppercorns • 0.5t tbsp coarse sea salt • 30g toasted hazelnuts, finely chopped • 2 tbsp ground cinnamon

My version: Seasoned salt: The exact quantities for this don't matter - the heat comes from the crushed pepper and any chilli flakes that you choose to add, so it's up to you. Here's a guide: 2 tbsp sesame seeds • 1 tsp cumin seeds • ½ tsp black peppercorns • 2 tbsp poppy seeds • ½ tsp dried rosemary • Pinch chilli flakes • 3-4 tbsp coarse sea salt flakes

1 Heat a small non-stick frying pan until hot, add the sesame seeds and stir-fry for 1-2 minutes, then add the cumin and just cook until fragrant, a few seconds. Tip into a bowl and allow to cool slightly.

2 Crush the peppercorns roughly then add them to the seeds with all the other ingredients. Tip into an air-tight container when cold.

Make a wonderful salad of tomatoes with dates, mint and feta cheese, dressed with olive oil and seasoned with dukkha.

Vinaigrette

A good vinaigrette is basically 1 part vinegar or lemon juice to 3 parts olive oil. After that, the addition of garlic, herbs, mustard, sugar, garlic and seasonings are up to you. Shake vigorously in a screw-top jar or corked vinaigrette bottle and keep tasting as you make your dressing. Make lots and keep it - in the fridge if it's more than just oil and vinegar.

Humus

150g chick peas • 2 cloves garlic • a few fresh sage leaves (optional) • 2 oranges

4 tbsp tahini • 100ml Spanish extra virgin olive oil • paprika to garnish

1 Soak the chick peas overnight, or for about 8 hours, in plenty of cold water. Rinse them then boil in fresh water for 30-40 minutes, until just tender. Allow to cool completely just covered in cooking water.

2 Crush the garlic and roughly chop the sage. Zest the oranges then cut away and discard the pith. Roughly chop the fruit removing excess membrane and pips. Drain the chick peas reserving the liquor.



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3 Purée all the ingredients together, adding sufficient cooking liquor to give a thick dipping consistency. Season well with salt and pepper and spoon into a bowl. Garnish with a drizzle of oil and a little paprika.

Broad bean bash

For this you need young, tender raw broad beans, slipped from their pods and their skins, garlic, chilli flakes or freshly chopped, grated Parmesan, seasonings and extra virgin olive oil.. You just bash everything together in a mortar with a pestle, then add olive oil to give a thick paste and season to taste. Use on crostini, as a dip or thin it right down with more oil as a dressing.

Spiced aubergine dip

*2 aubergines • 2 large eggs • 2 large tomatoes • 4-6 salad onions • 1 red chilli
A small handful of parsley or mint • 1 clove garlic • 1 tbsp capers*

1 Bake the aubergines in a hot oven at gas mark 7, 220°C, or in the Roasting Oven of an Aga for 35-40 minutes, until slightly wizened and tender when poked with a sharp knife. Alternatively, BBQ over hot coals. Leave to cool.

2 Place the eggs in a pan of cold water, bring to the boil and simmer for 5 minutes. Run immediately under cold water, crack the shells and leave in cold water until required.

3 Chop the tomatoes and slice the salad onions. Seed the chilli then chop it finely with the parsley or mint, garlic and capers. Shell and finely chop the hard-boiled eggs.

4 Roughly chop then purée the aubergines. Stir in the remaining ingredients and season well with salt and pepper. Add a little olive oil if you wish and serve, preferably at room temperature.

Aubergine with mackerel and lovage pesto

*1 large handful of lovage leaves • 1 large handful of parsley • 1-2 cloves garlic
1 red chilli • 40g Parmesan • 40g pine nuts • Fruity extra virgin olive oil
Sea salt and freshly ground black pepper*

1 Wash, shake dry and roughly chop the herbs and place them in a blender. Peel the garlic, seed the chilli then roughly chop both. Grate the Parmesan.

2 Add all the ingredients to the blender with sufficient oil to allow everything to blend to a thick paste. Season to taste. Keep refrigerated and use as required.

I love this pesto with mackerel, fried with a slice or two of aubergine. Mackerel are running again now.

Crab and aubergine linguine

This is a variation on a favourite pasta starter and, again, you don't need a full recipe. You need dressed crab, a few spring onions finely chopped, a large aubergine, linguine, butter and olive oil. I like to add a vanilla pod to the pasta water, but it's not essential and a little paprika and flat leafed parsley work well too.

Cut one large slice of aubergine per helping and fry in butter and olive oil until browned and tender. Meanwhile, bring a large pan of water to the boil, add salt



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and the linguine with the vanilla pod and cook as directed. Just soften the chopped onions in a little butter and oil and add the crab - heat until piping hot. Drain the pasta and add the crab with its buttery juices. Season to taste and add paprika and parsley. Mound the pasta onto the slices of aubergine to serve.

Try **salads** of **Feta, cucumber, mint** and **watermelon**, or Baby buffalo **Mozzarellas** with **avocado, chicory** and a **herb oil** or vinaigrette. Spanish or French **hard ewe's milk** or **blue cheeses** are wonderful with **salami** or **chorizo, artichokes, tomatoes** and **capers**.

Broad bean and cucumber tabouleh

250g bulgur or cracked wheat • 500g broad beans • 4-5 salad onions • Fresh mint leaves and parsley • ½ a cucumber • 50g currants • Extra Virgin olive oil

1 Place the wheat in a large bowl, just cover with cold water and leave for 25-30 minutes. The grains should absorb all the water.

2 Pod the beans and, if you have the inclination, slip them from their skins. Cook the beans for 2 minutes if they are large and you are leaving the skins on.

Otherwise, they are delicious raw. Trim and finely chop the salad onions. Finely chop a good handful of mixed mint leaves and parsley.

3 Coarsely grate the cucumber with the skin on. Squeeze the shreds dry in your fist over the wheat, adding the cucumber water to the salad, then add the cucumber, onions, herbs, beans, currants and a little salt and pepper. Moisten the salad with some olive oil, stir then leave to stand for 10-15 minutes. Stir and season again, then serve.

Tzaziki

*1 tsp cumin seeds • 1/2 cucumber - or more - skin on • 2 cloves garlic
200-250g/about 2 cups natural yogurt • Good sea salt, pepper and sweet paprika to taste • Freshly chopped mint, lemon or lime zest (optional)*

1 Heat a small frying pan, add the cumin seeds, dry-fry for just a few second until fragrant then turn them into a mixing bowl. Coarsely grate the cucumber and squeeze dry in your hand or through a sieve. Crush the garlic into the bowl.

2 Mix all the ingredients together, adding a little paprika to the dip and scattering a little more over the top. Serve with crusty bread or pittas, as part of a mixed mezze or as a sauce with barbecued meats.

Spanish orange and almond cake

 Recipe by: Norma MacMillan

Serves: 10

2 oranges, about 280 g (10 oz) in total, scrubbed and roughly chopped (with skin) • 5 eggs, separated • 200 g (7 oz) caster sugar • 225 g (8 oz) ground almonds • 2 tbsp flaked almonds • sifted icing sugar to decorate

1 Put the chopped oranges in a small saucepan, discarding any pips. Add 1 tbsp water, then cover and cook gently for 30 minutes or until the oranges are soft and excess liquid has evaporated. Leave to cool.

2 Preheat the oven to 180°C (, gas mark 4). Line the bottom and sides of a 23 cm (9 in) springform cake tin with baking parchment. Finely chop the oranges in a food processor or blender, or with a large knife.