



BUYING & COOKING LOCAL FOOD IN CHICHESTER

Roast Squash and Pistachio Pate

Serves 6

675g Crown Prince or butternut squash, seeded • 1-2 cloves garlic, crushed • 1 hot red chilli, seeded and finely chopped • Salt and pepper • Oil • 50g shelled pistachios • 200g soft cheese
1-2 tbsp chopped parsley

1 Preheat the oven to 220°C, gas mark 7. Cut the squash into 4cm slices then roast, sprinkled with salt and pepper, and a little ground cumin if you wish, and drizzled with oil, for 45 mins. Leave to cool, then cut the flesh from the skin and mash roughly.

2 Beat the soft cheese until smooth with the garlic and chilli, then fold in the squash and pistachios with the parsley. Season to taste and season well. Chill lightly and serve with hot toast and a salad garnish.



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Rosemary's MoonBites

**SNOWDROP
TRUST**

Bramley lemon curd

Makes 3-4 x 350g jars

500g Bramleys • 2-3 unwaxed lemons • 125g unsalted butter
450g golden granulated sugar • 4-5 large eggs

1 Peel, core and chop the apples. Finely grate the zest from the lemons and squeeze the juice - you need 100ml. Cut the butter into small pieces. Beat the eggs (you need 200ml), then strain them through a sieve.

2 Cook the apples gently with the zest and 100ml water in a covered pan until soft and fluffy. Beat thoroughly to a pulp with a wooden spoon then turn into a Pyrex bowl or the top of a double saucepan. Add the butter, lemon juice and sugar and heat over hot water until the butter has melted. Add the beaten eggs and cook gently until the curd has thickened enough to coat the back of the wooden spoon, stirring continuously.

3 Pour into warm jars. Seal and label. Keep in the fridge and use within 4 weeks.

Autumn harvest chutney

Makes about 4 x 500g jars

2 kilos mixed autumn fruits; apples, pears, rhubarb, pumpkin • 1 kilo onions

500g mixed dried fruits; stoned dates, crystallised ginger, sultanas
50g fine sea salt • 1kg demerara sugar • 568ml bottle distilled malt vinegar

1 Prepare the fruits and onions, then roughly chop or slice them. Finely chop the dates and ginger.

2 Place all the ingredients in a large preserving pan and heat until the sugar has dissolved, stirring occasionally. Cook for about 1 hour, until reduced to a thick pulp.

3 Pour into warm jars. Seal and label.

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Squashed sausages

Serves 2

1 medium leek • 1 small wedge of pumpkin, about 250g • 1 large Bramley

1 tbsp oil • 6 thick sausages • 150ml dry cider • 1 bay leaf
1 tbsp sultanas or blackberries • freshly chopped parsley

1 Trim and slice the leek, peel and seed the pumpkin and cut into 1.5cm dice, and peel, core and slice the apple.

2 Heat a large frying pan and add the oil. Brown the sausages thoroughly on all sides then add the prepared fruit and vegetables and cook for 3-4 minutes. Add the cider with the bay leaf and simmer for about 15-20 minutes, adding the sultanas or blackberries just before the sausages are cooked. Season to taste, adding sugar as necessary, and serve.

Pheasant with apples and pumpkin

Serves 4

25g seasoned flour • 1 tsp fennel seeds • ½ tsp ground allspice
4 pheasant breasts • 1 onion • 2 sticks celery • 1 large Bramley apple •
300-400g wedge pumpkin • 25g butter • 1 tbsp oil • 250ml apple juice or
cider • 1 cinnamon stick • 2 tablespoons cream • 1 tablespoon apple
balsamic vinegar • freshly chopped parsley

1 Mix the the seasoned flour with the spices, then use to coat the pheasant breasts. Finely chop the onion and slice the celery, peel and slice the Bramley and peel and dice the pumpkin into 2cm cubes.

2 Heat the butter and oil, add the pheasant and cook for 3 minutes on each side, until well browned. Remove and set aside. Add the onions to the pan juices and cook until soft. Return the pheasant to the pan with the pumpkin, apple and apple juice or cider, adding a little extra stock or water to cover the meat. Add salt and pepper and the cinnamon stick, bring to the boil then cover and simmer for 10-12 minutes.

3 Remove the pheasant and keep warm. Bubble up the sauce in the pan, add the cream and boil for 2-3 minutes. Add the vinegar, check the seasoning then combine the pheasant and the sauce and garnish with chopped parsley.

Autumn fruits crunchy Eton Mess

Serves 3-4

2 large Bramley apples • 300-400g pumpkin • 1 lime • 3-4 tbsp crunchy
breakfast cereal • knob butter • ½tsp ground cinnamon • 100g raisins •
Sugar to taste • 250ml double cream • 2-3 tbsp rum • crushed meringue
Vanilla custard, homemade or not



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1 Peel, core or seed and finely slice the apples and pumpkin. Grate the zest and squeeze the juice from the lime. Crush the cereal lightly if it is in clusters. Break the meringue into small pieces.

2 Melt the butter in a pan, add the cinnamon, apple, pumpkin and lime, zest and juice. Cover and cook for about 10 minutes, until soft and pulpy - the pumpkin will keep a little texture in the purée. Add the raisins and then sugar to taste. Leave to cool.

3 Whip the cream until thickening then add the rum and continue whipping until thick but still floppy. Layer the cooled fruit with the rum cream then top with the cereal and serve.

Autumn pork

Serves 4

750g mixed casserole vegetables, e.g leek, parsnip, swede, carrots
250g mixed dried fruits, e.g apricots, apples, pears, prunes • 1 large
Bramley

2 tbsp olive oil • 500g diced leg of pork • 1 tsp ground mace or 2 whole
blades of mace, or 1 tsp Chinese 5-Spice or 1 tsp ground allspice • Salt
and black pepper 500ml cider • Apple chips and chives to garnish

1 Preheat the oven to gas mark 5, 190C.

2 Prepare the vegetables and chop into 1.5cm slice or dice. Roughly chop the dried fruits. Peel, core and slice the Bramley.

3 Heat the oil in a flameproof casserole, add the pork and brown on all sides. Add the mace and prepared vegetables. Cook for 3-4 minutes, then add the fruits, seasonings and cider. Bring to the boil, cover and transfer to the hot oven for 1 1/2 hours. Simmer this slowly on the hob if you prefer.

4 Season to taste, adding a little sugar if necessary with salt and pepper. Garnish with apple chips and chives and serve with creamy mustard mashed potatoes and a green vegetable.

Pumpkin or squash humus

Serves 4-6

750g Crown Prince squash or pumpkin • 150g cooked chick peas, dried
or canned • ½ tsp ground cumin • Salt and black pepper • 3 tbsp tahini
100ml plus a little more extra virgin olive oil • 1-2 cloves garlic

1 Preheat the oven to gas mark 7, 220°C. Cut the squash into 2-3cm wedges, and sprinkle with the cumin and a little oil. Roast for 45 mins or until tender. Leave to cool completely.

2 Scrape the squash from the skin and place in a processor or blender with the chick peas, oil, tahini and garlic. Blend until almost smooth, adding more oil or water as required, and season to taste. Serve with toast, pitta or vegetables.