

Seasonal Feasting with Angie and Rosemary raising funds for Tangmere Community Garden June 2011

Celebration cake

2x 10 inch chocolate sponge baked and cooled

120 Chocolate Cigarillos- I am using dark ones, however white ones look very effective with raspberries.

Fruits of the season – strawberries

Chocolate Ganache

300ml 1/2 pint Double Cream

350g 12oz plain chocolate roughly chopped

75g 3oz unsalted butter softened

Bring the cream to the boil, turn off the heat and stir in the chopped chocolate until fully dissolved. Leave the cream to cool for about 30 mins. Whisk occasionally to prevent a skin from forming.

When the cream is cool, but not set, whisk thoroughly. Beat in the butter which should be the same consistency.

To assemble

Sandwich the sponges together on a flat cake stand/ board using some of the chocolate ganache.

Using a palette knife or flat knife, cover the outside of the cake side and top creating a smooth surface.

Gently attach the Chocolate Cigarillos around the side of cake in an upright position.

Place the fruit on top and celebrate!!

This cake is a combination of cakes that I have made over the years and is very versatile.

Banoffee pie (Mrs Beeton with an Angela Blackwell slant!)

1 can of condensed milk (boiled for 4 hours) I boil 4 at a time and store for future use

6-8 large bananas

1lb short crust pastry

1 pint of double cream (whipped) with a splash of vanilla extract

2 x Chocolate flakes

Roll pastry and place on a baking sheet. Prick all over, bake blind (gas mark 6, 200C) until golden in colour and cooked. Allow to cool on the sheet.

Slice the banana and lay in a single layer on the pastry.

Open the condensed milk (now toffee) and spread over the banana

Cover the toffee with the whipped cream

Crumble chocolate flakes over the top

I have made this dessert and sold it for 20 years, it is always a winner!

Gooseberry and Elderflower Fool

1lb 450g Gooseberries - top and tail them
4 tbsp Water
10 heads Elderflower
3 tbsp Golden Caster Sugar
1 tbsp Icing Sugar
Rind of half a lemon
300ml ½ pint Double cream

Firstly wrap the Elderflower head in Muslin and tie the bag securely. Place the Gooseberries in a large pan with the sugar, the muslin bag, the lemon rind and the water – then bring to the boil. Cook gently until the gooseberries are soft and begin to release their juices. Once the Gooseberries start to break up, help them on their way a little with a fork making sure there is no whole Gooseberry left.

Using a spoon remove the lemon rind and the Muslin bag from the mix
Make sure you squeeze all of the juices out of the bag into the gooseberry purée mix, then set aside and allow to cool

Now add the Icing sugar to your cream and gently whip until you get soft peaks and then gently stir in half the Gooseberry mix trying not to knock the air out of the mix.

Now to plate up....I use tall cocktail glasses! In one of the cocktail glasses spoon in a large spoonful of the cream. Now spoon a spoonful of the Gooseberry puree onto the cream. Build layers of the two until the glass is full then repeat until all of your glasses are full.

Now you can refrigerate the puddings until ready. To serve you can decorate with more Elderflowers (just elderflowers, stalks removed), some freshly chopped mint or even some broken meringues or digestive biscuits, it's simply up to you.

This sharp-but-sweet pudding is a lovely finish to a meal and is a classic pairing of Elderflower and Gooseberry: it's simply lovely.

PrimaVerde Pie Serves 6

This is a recipe without quantities, a happy outcome from left-overs. With the new seasons' peas, courgettes and tenderstem broccolil I had created a fresh, summery salad but made rather too much of it. Spanakopita, the Greek spinach and cheese pie, was my inspiration for using up what was left but I chose not to bind the veg in cream cheese, to get the maximum possible flavour from them. Use the cheese if you wish (a 200g tub) - it will stop the filling tumbling out when the pie is cut.

Courgettes, peas, tenderstem broccoli and asparagus

Flat leaf parlsey

Parmesan

Olive oil

Salt and freshly ground black pepper

Filo pastry

Butter

1 Slice the courgettes and pod the peas. Trim the broccoli and asparagus and roughly chop the parsley. Fry the courgettes in batches in oil until browned but still slightly crisp. Drain on kitchen paper or a clean teatowel. Blanch the broccoli, asparagus and peas in boiling water - the broccoli and asparagus will need about 3 minutes and the peas about 2. Plunge them straight into cold or iced water.

2 Preheat the oven to gas mark 5, 190°C. Melt a large knob of butter. Butter a gateau tin about 23cm in diameter then layer buttered sheets of filo pastry across the bottom of it and overhanging the sides - I use about 6 sheets to form a good crust.

3 Roughly chop the broccoli and asparagus then mix the vegetables together and season them well, adding plenty of grated Parmesan. Pile the veg into the tin and then cover the pie with a further 4 or so sheets of buttered filo, allowing it to overhang the edges of the tin. Roll the edges together and fold them into the rim of the tin, then butter them generously with the remaining butter. Slash the top of the pastry with a sharp knife.

4 Bake for about 25 minutes, until the pastry is browned. Serve with tomato and potato salads.

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 creme fraîche

1 Preheat the oven to gas mark 7, 225°C. Remove the pastry from the fridge and leave to stand at room temperature for 20 minutes. Snap the ends off the asparagus and cut the spears into 2-3cm lengths, then toss them in the olive oil. Cut the tomatoes in half and scoop out the seeds and core with a teaspoon. Finely dice the flesh. Finely chop most of the chives and set the rest to one side. 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. Remove from the oven, cool slightly then pull the salmon off the skin into large thick flakes. Mix the salmon and asparagus with the tomatoes, chopped chives and seasonings, then carefully fold in the creme fraiche.

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.

Broad bean and cracked wheat salad Serves 4-6

Tabouleh, a wonderful salad of cracked wheat, tomatoes and herbs, is Lebanese in origin and perfect for summer eating. This variation celebrates broad beans, one of my favourite veg. I have podded them, slipping the green hearts out of their grey-green cases. It's a labour of love and by no means essential, but it's a wonderful eat if you have the time. Serve as a no-meat main course with a selection of salads, or with cold cuts.

250g/ bulgur or cracked wheat

500g broad beans

4-5 salad onions

Fresh mint leaves and parsley

½ a cucumber

50g/⅓ cup 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.

Red lentil dhal and rice

250g red lentils

1 onion, finely chopped

4 green cardamoms

2 tbsp oil

4-6 cloves

1 tsp cumin seeds

a handful of wild garlic leaves, garlic chives or chives

Salt and freshly ground black pepper

1 Wash the lentils in a sieve and shake dry. Finely chop the onion and crush the cardamom pods lightly.

2 Heat a pan, add the oil with the cardamom, cloves and cumin and cook for a few seconds until fragrant, then add the onion. Cook, covered, over a low heat for 5 minutes, until the onion is softened.

3 Add the lentils with sufficient water to cover them by about 1cm. Bring to the boil, then cover and simmer for 15-20 minutes, until the lentils are tender. Add a little more water during cooking if necessary.

4 Wash the garlic leaves and shred them finely. Beat the lentils, add the garlic then season to taste with salt and pepper. Serve with curries, or simply with freshly cooked vegetables in season.

Ham and broad bean salad with pesto

This is a truly seasonal way of using up the left-over meat from a cured ham hock. You could use diced ham instead, but try to leave the pieces a bit raggedy in shape, rather than neat geometrical portions, for a much ore rustic effect. The real point of this recipe is the pesto: the ingredients are basil, grated Parmesan, olive oil, pine nuts and garlic. Nothing else. No apple juice, peanuts or parsley. This is classic Pesto Genovese, the delicious sauce of Genoa. A great way to celebrate broad beans.

For the pesto:

A large handful of basil leaves - a few stalks are OK, but not too many

40-50g freshly grated Parmesan

40-50g pine nuts

2-3 cloves garlic

about 100ml olive oil

Cooked broad beans

Chunks of ham

Lettuce leaves

The quantities for any part of this recipe are not truly important - I am a firm believer that if you make pesto with the right ingredients it will always be delicious, even if the quantities vary slightly. Taste and texture are subjective - and also sometimes dictated by what you have to hand!

Whizz the pesto ingredients up in a blender to a paste, adding a little salt and extra oil if required. The pesto remaining after the salad can be poured into a warm clean jar, sealed and kept in the fridge for 2-3 weeks.

Prepare the lettuce and arrange on a platter with the ham and beans. I wouldn't season the ingredients as there is so much flavour buzz in the pesto. Drizzle the pesto over the salad and serve with hunks of bread. Rustic eating at its best.

ASPARAGUS, PEA AND NEW POTATO FRITATA Serves 3-4

150g small new potatoes

1 bunch asparagus

Small bunch fresh dill

6 large eggs

Salt and freshly ground black pepper

1 tbsp olive oil

100g fresh or frozen petit pois

1 Thinly slice the potatoes. Snap the ends off the asparagus and roughly chop most of the dill, leaving a sprig or two for garnish. Add the eggs, salt and pepper to the chopped dill in a bowl and beat well.

2 Heat the oil in a 25cm non-stick frying pan, add the potatoes and sautee slowly over a medium heat for 8-10 minutes, until lightly browned, stirring occasionally.

3 Meanwhile, add the asparagus and the peas to a pan of boiling water, return to the boil, cook for 3 minutes then drain.

4 Arrange the peas and asparagus over the potato in the frying pan, then add the egg mixture. Cook over a low heat for 15 minutes, or until the egg is almost set - tip the egg from the centre once or twice during cooking to hasten the process. Meanwhile, preheat a grill on a medium heat.

5 Transfer the pan to the grill and cook until the egg is just set in the centre - watch carefully to prevent the asparagus from browning too much.

6 Leave the fritata for at least 10 minutes before cutting. Serve warm or cold but not refrigerated, garnished with the remaining dill.

Potato and pea curry Serves 4

2 large onions

1 clove garlic

4-5cm piece root ginger

1 red chili

500g potatoes

3 tomatoes

2 tbsp ghee or oil

1 tbsp amarillo chilli powder, 2 tsp ground coriander and 1 tsp ground ginger

OR

1-2 tbsp curry paste or powder, to taste

300g frozen petit pois, or freshly podded peas in season

200g cheese, Indian paneer, halloumi or Cornish Yarg

Salt

Mint to garnish

1 Prepare the vegetables. Roughly chop the onions, garlic and peeled ginger and place in a blender. Seed the chili, add it to the onions and blend them together to a puree. Set to one side. Scrub or peel the potatoes and cut them into 3-4cm pieces. Roughly chop the tomatoes.

2 Melt the ghee in a frying pan, add the onion paste and the spices and cook slowly over a low heat, stirring occasionally.

3 Bring the potatoes to the boil in a pan of water, then simmer for 10 minutes. Add the peas, return to the boil and cook for 3 minutes. Add the tomatoes to the onions as you add the peas to the potatoes. Drain the peas and potatoes, then return them to the pan.

4 Season the onion mixture with salt, then pour it over the potatoes. Cover and cook for 2-3 minutes, until the potatoes are cooked through.

5 Chop the cheese into 1 cm cubes - Yarg with wild garlic is my preferred choice for this recipe, but it does melt whereas halloumi will keep its shape, more like the Indian paneer. Add the cheese to the pan, leave for 1 minute to melt slightly before serving, garnished with mint.