



SUMMER HERB FLATBREADS



GAZPACHO VERDE



STUFFED CABBAGE ROLLS

WITH SPICY TOMATO SAUCE



SUMMER TORTILLA

WITH SAGE AND FETA CHEESE



BROAD BEAN SALAD

WITH GARLIC RUBBED FRIED CHEESE AND STRAWBERRY DRESSING



SUMMER COUS COUS SALAD

WITH HERBY PUY LENTILS AND SESAME DRESSING



SWEET AND SOUR TOMATO RELISH



PARSLEY PESTO



PANCAKES WITH RHUBARB AND APPLE COMPOTE

AND HONEY SPICED CHANTILLY CREAM



SEARED SUMMER FRUITS

WITH TOASTED ALMONDS





Summer herb flatbreads

Flatbreads are the simplest form of bread. People from all over the world make their own version of these delicious breads. In India they are called chapattis or roti. In Central and South America they call them tortilla. People from the Middle East call them pitta or lavash. They are cooked in a pan and quick to make because they do not have yeast added and therefore do not need time to rise.

Makes 12 small and 6 large flatbreads

Ingredients:

1 cup whole-wheat flour

1 cup white flour and more for dusting

$\frac{3}{4}$ cup water

2 tbsp chopped summer herbs, a combination of parsley, thyme and chives works well

$\frac{1}{2}$ tsp fine salt

Method:

1. Mix flour, herbs, salt with the water to form workable dough and knead for 5 minutes until the dough is smooth and elastic, roll this out like a sausage and divide into 6 or 12 pieces. Roll these up into balls, dust with flour and set aside for a short while to allow the gluten (sticky protein found in wheat) to relax.
2. Heat a heavy bottomed pan and roll out the dough to form thin disks of 20cm diameter.
3. Be sure to use some flour on both the rolling pin and the surface to avoid sticking.
4. Slap the breads onto the pan and cook for 30 seconds.
5. Turn the bread over and with a folded cloth or oven glove, push the bread down slightly. This helps the bread to inflate and form a pocket. Press these pockets down to distribute the inner steam and keep moving the bread so that it doesn't burn.
6. After a short time, (1 min), turn the bread again and allow to finish cooking, (30 seconds)
7. Place the cooked breads between clean cloths and keep warm.

Variations:

- If you'd like extra taste to your flatbreads, try adding a tbsp of sesame seeds or a tsp of onion or nigella seeds. Chopped up fresh coriander and garlic are also good additions.
- For a heavier, flaky bread, add two tbsp of vegetable oil or melted butter or gee to the mixture. Roll out the dough to form a disk and then imagine you are making a paper fan: fold over an $\frac{1}{8}$ th of the disk one way and then back on itself the other way. Continue this until the dough is folded 8 times in concertina pattern. Roll this up like a Swiss roll and then follow steps 4 – 8
- Yeasted flatbreads are also delicious and keep better than the simple ones. Add half a tsp of ready yeast to your dough and allow this to rise for 30 – 60 minutes. Divide into equal portions, roll into tight balls and allow these to rise for a further 10 minutes before you roll them out and cook as per basic instructions.





Gazpacho verde

Gazpacho is a traditional cold summer soup from Andalusia in Spain. Often described as a liquid salad, gazpacho descends from ancient Roman concoction based on a combination of stale bread, garlic, olive oil, salt, and vinegar. As with most simple dishes, there are no definitive recipes. This is a vibrant green one full of anti-oxidant rich watercress and baby spinach. Serves 6

500 ml tomato juice, chilled or even slightly frozen

1 red onion, finely chopped

1 small cucumber, peeled and chopped

1 green pepper, seeded and chopped

2 handfuls of watercress

2 handfuls baby spinach

2 clove garlic, finely chopped

6 slices of bread (white or wholemeal)

4 tbsp red wine or sherry vinegar

4 tbsp olive oil

Fresh basil

Salt and fresh ground pepper to taste

Method:

1. Place all of the ingredients into a blender
2. Blend to the consistency you like. Personally I like the soup still reasonably chunky
3. Add salt and pepper to taste and chill for a minimum of 15 minutes before serving
4. If you find the soup is very acidic, add a teaspoon of caster sugar to take the edge off the acidity
5. To serve, tear up the bread into small pieces and place in the bottom of individual bowls
6. Spoon the gazpacho into the bowls and garnish with basil leaves





Stuffed cabbage rolls

With spicy tomato sauce

This dish is a simplified version of a classic Mediterranean dish which uses rice and or minced lamb for the stuffing. It is a good vehicle for using up leftovers and has endless seasonal variations. The Savoy cabbage works well, but one can also use a regular round cabbage or even spring greens. This recipe makes 8 -10 cabbage rolls.

- 1 Savoy cabbage or 8 large spring green leaves
- 1 tbsp olive oil
- 1 large leek or 2 onions, washed, trimmed and finely chopped
- 2 cloves of garlic, finely chopped
- 2 tbsp tomato puree
- 1 tbsp chopped fresh mint or 1 tsp dried mint
- 1 cup white rice
- 200g Wensleydale or Cheshire cheese, cut into 1cm/ ½ inch cubes
- Salt and pepper to taste

Method:

For the stuffing:

1. Bring two cups of salted water to the boil and add the rice. Bring to the boil, cover tightly, turn down to a simmer and cook until the rice is cooked – 15 minutes
2. Heat the olive oil in a pan and fry the leeks or onions until they start to brown.
3. Add the garlic and tomato puree and cook for a minute or two.
4. Remove from the heat and add the rice, mint and cheese. Season with salt and pepper and mix well but gently. Allow this to cool slightly before stuffing the leaves

For the cabbage rolls:

5. Remove carefully the whole outer cabbage leaves. Steam these leaves in a colander for 2-3 minutes until tender, but not too cooked as they will fall apart.
6. Remove them gently and place flat on a clean tea towel or chopping board.
7. On each steamed cabbage leaf, place 2 tbsp of the filling and roll it up, folding in the sides. Some people fix the rolls in place with a toothpick
8. Place them fold side down back in the colander, steam for a further 5 minutes and serve with the tomato sauce
9. Alternatively, place the rolls into a heavy baking bottomed tray or Pyrex dish, cover with the tomato sauce, top with cheese and bake this in a hot oven for 20 minutes

For the tomato sauce

10. Fry two cloves of garlic in olive oil with a pinch of chilli. Add a tin of tomatoes to this and cook on a high heat for 5 minutes. Season the sauce with salt and pepper, blend and use as above





Summer tortilla

With sage and feta cheese

This is a delicious and versatile variation on a Spanish omelette using summer vegetables, flavoured with warm and musky sage and enriched with feta cheese. It is a complete meal in a pan and a good recipe for using up leftovers. I tend to use a variety of seasonal vegetables, but as a guide, use something strong tasting from the onion family, something rich and dense like butternut squash, potato or parsnip, and something green like asparagus, peas or broccoli. It serves 4-6 people, can be eaten hot or cold, and makes a great packed lunch for adults and children.

- 6 free range eggs (depending on the size of eggs)
- 2 handfuls par boiled new potatoes, sliced in disks
- 2 handfuls fresh or frozen summer vegetable, such as asparagus, peas or broad beans
- 1 small bunch spring onions, washed and sliced.
- 100g Feta cheese, cubed
- 1 tbsp chopped fresh sage or 1 tsp dried sage
- 2 cloves of garlic
- Salt and pepper
- Olive oil

Method:

1. Start by preparing the potatoes and heating up a pan of water.
2. When the water boils, add the potatoes, turn the heat to a simmer and cook for 10 minutes or until they are firm to the bite. Drain well and put to one side.
3. Steam the other vegetables until tender in a steamer or colander on top of the potatoes.
4. While the potatoes cook, heat a large heavy bottomed pan and add 1 tbsp olive oil.
5. Gently fry the sliced spring onions for 5 - 10 minutes and then add the chopped garlic, sage, steamed vegetables and potatoes. Cook slowly for a further 5 minutes.
6. In a large bowl beat all 6 eggs until light and fluffy.
7. Add the cooked vegetables and feta cheese to the eggs and season with salt and pepper.
8. Wipe the pan and reheat. Heat 1 tbsp of olive oil and add the eggs, cheese and vegetable mixture.
9. Draw the set egg away from the sides, swirl the pan so that the runny egg takes it place. Do this all around the pan once. Cook gently until the egg starts to set, about 5 minutes.
10. To turn, place a plate over the tortilla, your hand on the plate, and flip the pan over so you are left with the cooked side up. Slide this back into the pan and cook for a further 3 minutes.
11. If you don't want to attempt this stage, you can finish the tortilla off under a grill. The pan should be no closer than 5cm to the grill and make sure that the handle is not under direct heat. If you want, you can cover the handle in tin foil to protect it.
12. Slice into wedges and serve hot or cold.





Broad bean salad with garlic rubbed fried cheese and strawberry dressing

Broad beans and strawberries epitomise the British summer. While it seems like an unusual combination, the distinct tastes and textures of this salad harmonize perfectly to make this simple salad delicious. Halloumi cheese is a salty Greek/Turkish cheese, which has a unique crunchy chewy texture when dry fried. I usually soak the cheese in cool water for half an hour to remove some of the salt. Serves 4

Ingredients:

2 cups small shelled broad beans
2 cups mixed salad leaves, washed and dried
1 cup ripe strawberries
2 tbsp extra virgin olive oil
2 tbsp balsamic vinegar
½ tsp sea salt
1 tsp coarse ground black pepper
200g low fat Halloumi
1 clove of garlic, peeled,

Method:

1. Steam the broad beans until al dente' – cooked but still firm, about 3 minutes for small beans and 5 for larger. You may like to peel the outer skin from the bigger beans as they can be very tough.
2. Blend the 1 tbsp of oil, 2 tbsp vinegar and 2/3rds of the strawberries. Season the dressing with a little salt and lots of black pepper.
3. Mix the warm beans with half the dressing and allow them to cool slightly in the dressing.
4. Meanwhile, crush the garlic and mix to a paste with 1bsp olive oil.
5. Slice the block of Halloumi cheese into 8 slices and brush each slice with the garlic oil.
6. Heat a non stick frying or griddle pan and dry fry the cheese until browned on both sides.
7. Arrange the dressed beans on top of the leaves with the cheese on top of them.
8. Drizzle the remaining dressing on the salad and plate and garnish with the remaining strawberries.





Summer cous cous salad

With herby puy lentils and sesame dressing

This is a great salad for picnics or packed lunches. This combination of vegetables, herbs and fruit are only a guide and I'd recommend improvising and using what you have growing or in the fridge. Cous cous is a traditional wheat dish from North Africa. It is very quick to prepare and can be used in a similar way to rice. You don't have to toast it, but I find it has more flavour if you do. This salad is rich in vitamins, minerals and natural enzymes which aid digestion and the sesame paste dressing is a fantastic source of calcium. The puy lentils together with the grain make a complete protein, so this salad is a very well balance meal. Serves 4

1 ½ cups whole wheat cous cous
2 cups boiling vegetable stock
1 large or 2 small carrots, grated
1 large beetroot, grated
1 red pepper, finely diced
½ cup dried apricots, thinly sliced
1 tin ready cooked puy lentils
1 big bunch of flat or curly leaf parsley
1 small bunch fresh mint
Olive oil
Salt and pepper to taste

For the dressing mix together

4 tbsp tahini - sesame paste thinned down with 2 tbsp water
Juice of 1 lemon large
1 clove of garlic, crushed to a paste with a little salt

Method:

1. Toast the cous cous, either under the grill or in a pot until it is a shade darker and place in a bowl or pot together with the apricots. Pour the boiling vegetable stock over the cous cous, cover with a tight fitting lid and put aside for five minutes.
2. Remove the lid, fluff up with a fork and allow it to cool slightly. Add the grated carrots, beetroot and diced peppers. Mix together with half of the dressing and transfer to a large salad bowl.
3. Drain and wash the puy lentils. Wash and dry the fresh herbs.
4. Chop all of the herbs as finely as you can and mix together with the lentils and ½ tsp of salt and two tbsp of olive oil.
5. Place the lentils in the middle of the cous cous and vegetables and pour over the remaining dressing.





Sweet and sour tomato relish

4 large ripe tomatoes, finely chopped
1 dessert apple, peeled, cored and finely chopped
1 onion, very finely chopped
1 clove garlic, finely chopped
2 tbsp tomato paste
1 tbsp olive oil
1 tbsp balsamic vinegar
1 tsp sugar
A pinch of chilli
Salt and pepper to taste

Method:

1. Heat the oil in a pan and fry the onions and apple until soft and golden.
2. Add the garlic and cook for a minute.
3. Add the tomatoes and cook on a high heat for 2 minutes
4. Mix in the tomato paste, sugar and vinegar.
5. Season this with salt, pepper and a pinch of chilli and allow this to sit for a few minutes.
You can also blend the salsa if you prefer a smoother texture.

Parsley Pesto

1 large bunch parsley (about 50g)
2 tbsp toasted sunflower seeds
4 tbsp olive oil
2 - 4 tbsp water
2 cloves garlic
2 tbsp grated strong cheese like mature cheddar or parmesan
2 tbsp Balsamic vinegar
Salt and Pepper

Method:

1. Wash and dry the parsley. Remove any woody stems and rough chop it to make it easier to blend.
2. Toast the sunflower seeds in a dry pan or under a grill until they are a shade or two darker. Allow them to cool before using them.
3. Place all of the ingredients except the oil in a food processor and start to blend. Pour the oil in, a little at a time, until the pesto has emulsified.
4. You can leave the water out, but I find that it helps to make a smooth paste.
5. Add salt and pepper to taste.
6. This pesto will keep for up to a week if covered in oil and refrigerated.





Pancakes with rhubarb and apple compote and honey spiced Chantilly cream

Compote – will make 500g

300g young rhubarb (6-8 stems cleaned and chopped)

75g brown sugar (add more if you feel it is too sour)

1 tbsp butter

500g dessert apples (peeled, cored and chopped into small pieces)

1. Heat the half butter in a sauce pan and add the rhubarb and chopped apples.
2. Cook for a few minutes and then add the sugar and two tbsp of water or apple juice.
3. Cover and cook on a low heat until very soft.

Pancakes – will make 6 pancakes

1 free range egg

275ml/ ½ -pint semi-skimmed milk

5 tbsps plain flour

1 tsp sugar

Pinch of salt

1 tsp bicarbonate of soda

1. Beat the eggs and milk together with a balloon whisk.
2. Add the bicarbonate of soda, sugar, salt and 1 tablespoon of flour at a time and whisk together. Adding one spoon at a time helps to one to avoid a lumpy batter. The batter should be reasonably thin with the pouring texture of single cream.
3. Heat a 20 – 25cm non-stick frying pan over a medium to hot heat and lightly oil.
4. Add enough batter to coat the bottom of the pan and cook until the up facing side is dry and has bubbles forming. Turn and cook the other side until done.
5. Continue to cook the rest of the pancakes in this way, storing then on a plate under a tea cloth with a sheet of kitchen paper between each one.

Chantilly cream

250ml thick or whipping cream (at room temperature)

1 tbsp runny honey

1 tsp ground cinnamon

1. In a large bowl mix the cream, honey and cinnamon together and whisk until stiff.
2. Refrigerate until needed

To assemble:

1. Spread a heaped spoon or two of rhubarb and apple compote onto a pancake, leaving a 2cm border all around.
2. Place a heaped spoon of cream on the bottom third of the pancake and roll up to form a tube.





Seared summer fruits

Summer is a great time for locally grown stone fruits like plums and greengages or European apricots and nectarines. Cooking the fruit lightly on a very hot heat creates a deep smoky caramel flavour which harmonises beautifully with the creamy yoghurt and toasted almonds. This dish takes less than five minutes to make and serves 4

Ingredients:

1 tbsp butter or 1 tbsp sunflower oil
4 ripe plums or green gages
4 ripe nectarines or peaches
4 ripe apricots or 8 dried apricots
500ml Greek yoghurt
2 tbsp flaked almonds, dry toasted until a shade or two darker

Method:

1. Wash and dry the fruit. For the plums and apricots, cut in half through to the stone along the natural groove which starts at the stalk end. Twist the halves and pull apart. Remove the stone and put to one side. If using dried apricots, soak them in warm water for half an hour before you use them
2. For large nectarines or peaches, cut into quarters and remove the stone.
3. Heat a large non stick pan or griddle and melt the half the butter or heat the oil. (The hotter the pan the better this dish works)
4. Brush the fruit with the remaining oil or butter and place cut side down on the pan and cook for a minute or two until the surface blackens and the fruit smells like caramel.
5. Remove from the heat and serve hot or cold in individual dishes, topped with a spoon or two of yoghurt and a sprinkling of almonds.

