

SEASONAL BRITISH RECIPE | MAY 2022

Watercress and Pea soup

Ingredients

- 100g/3½oz flatleaf parsley
- 400g/14oz fresh watercress
- 50g/2oz butter
- 1 shallot, peeled, chopped
- 2-3 garlic cloves, peeled, chopped
- 400g/14oz frozen peas (shelled weight)
- 1 litre/1¾ pints hot vegetable stock
- 100ml/3½fl oz double cream
- salt and freshly ground black pepper



To garnish

- handful fresh pea shoots
- handful baby watercress
- 2 handfuls croûtons (optional)
- 2 rashers cooked streaky bacon, crumbled (optional)
- drizzle olive oil

Method

1. Heat half of the butter in a frying pan over a medium heat. Add the shallot, garlic and fry gently until softened - about 3-4 minutes. Add the watercress, peas, parsley and hot stock or water, bring the mixture to the boil, then reduce the heat until the mixture is simmering and continue to simmer for three minutes, or until the peas are bright green and just tender.
2. Pour in the cream, then blend thoroughly using a hand-held blender. Season, to taste, with salt and freshly ground black pepper, then stir in the remaining butter until melted.
3. Divide the soup equally among four serving bowls and garnish with the pea shoots, baby watercress, croûtons and crisp bacon pieces. Finish with a drizzle of olive oil. Serve immediately.

Granary Bread Rolls or Loaf

Ingredients

- 225g malted granary bread flour
- 225g strong white flour
- 1 tsp salt
- 1 tsp caster sugar
- 7g sachet easy-blend yeast
- 150ml warm milk
- 1 egg, beaten
- 1 tbsp olive oil
- 100-150ml warm water



Method

1. Mix the flours and salt together in a large bowl, then stir in the sugar and yeast. Make a well in the centre of the flour and pour in the warm milk, beaten egg, olive oil and enough of the water to form a soft, wet dough.
2. On a lightly floured surface, knead dough for 10 mins until smooth. Put the dough in a lightly oiled bowl, cover with oiled cling film, then leave to rise in a warm place until doubled in size. The dough is now ready to be shaped.
3. To make 12 rolls, divide the dough into 12 pieces and shape into rolls. Lightly flour 3 baking sheets. Place the rolls onto the sheets and cover loosely with oiled cling film. Set aside in a warm place for 30 mins or until they have doubled in size.
4. Heat oven to 200C/fan 180C/gas 6. Brush the bread with beaten egg and sprinkle with sesame and poppy seeds. Bake for 15-20 mins until deep golden brown and well risen.
5. To make a flowerpot loaf, leave the dough to rise for about 1 hour, or until doubled in size. Soak one large or eight small terracotta flowerpots in cold water for about 30 mins. Dry thoroughly, then brush the inside of the pots with oil and line with parchment paper. Shape dough into a smooth round with a roughly pointed shape at one end so it half-fills the pot. Leave until doubled in size.
6. Heat oven to 190C/fan 170C/gas 5. Brush the top of the loaf with beaten egg, sprinkle with poppy or sesame seeds and bake for 45-50 mins (15-20 mins for small loaves) until golden. Let it sit for 5-10 mins, then take out of the pot and leave to cool on a wire rack.
7. Nice and crusty to serve with fresh, salted butter.

Lamb with Asparagus and Wild Garlic with Mash and Gravy

Ingredients: for the lamb

- 1 lamb breast (belly), boneless, about 750g/1lb 10oz
- 1kg/2lb 4oz lamb mince
- 2 garlic cloves, finely grated
- 5g ground mace
- 2 shallots, peeled and finely diced
- 15g/½oz fresh rosemary, finely chopped
- 100ml/3½fl oz double cream
- 1 tbsp Dijon mustard, or any mustard will do
- 8-10 wild garlic leaves
- rapeseed oil, for frying
- 4 leafy carrots, whole
- 500g/1lb 2oz button mushrooms
- 1 small glass red wine
- 1 litre/1¾ pints good quality chicken stock



For the mash

- 5 large floury potatoes, peeled and cut into even-sized pieces
- 200g/7oz full-fat milk, plus extra if needed
- 200g/7oz unsalted butter
- salt

For the asparagus

- rapeseed oil, for frying
- 12 spears English asparagus
- 50g/1¾ oz butter
- 100g/3½ oz wild garlic, leaves left whole, plus extra to serve
- 1 lemon, zest and juice
- salt and freshly ground black pepper

Method

1. To make the lamb belly, carefully butterfly the lamb belly using a sharp knife. Begin by cutting down one side of the lamb belly lengthwise, being careful not to cut any holes in the two sides of the meat. Once you have got three quarters of the way, open it out like a book. Flatten the lamb a bit to make it easier to roll by placing cling film on top of the belly and hitting lightly with a meat paddle (or rolling pin). Again, be careful not to put any holes in the meat. Place the lamb in the fridge.
2. To make the lamb stuffing, place the mince, garlic, mace, shallot, rosemary and cream in the bowl of a food mixer and mix together with a paddle until it comes together really well.
3. Cover a work surface with cling film. Lay the belly out flat and spread with the mustard. Then spread the lamb stuffing evenly over the belly, leaving a 5cm/2in gap at the top. Lay wild garlic leaves on top of the filling. Roll the lamb belly up tightly using the cling film to help. Place in the fridge for 2 hours to firm up (or leave in the fridge overnight if preparing the lamb belly the day before).
4. Remove from the fridge and carefully remove the cling film. Tie it together with butcher's string. Wrap kitchen foil around each end of the rolled lamb (this stops the filling from coming out of the sides). Preheat the oven to 150C/130C Fan/Gas 2.
5. Heat the oil in a large frying pan over a medium heat and fry the belly, turning to colour all over. Once it is golden all over, remove from the pan and place in a deep roasting tin with the carrots. Add the mushrooms to the frying pan and cook for 5 minutes, then deglaze with the red wine followed by the stock. Pour this over the lamb and carrots.
6. Cover the roasting tin with baking paper and kitchen foil. Roast in the oven for 2½ hours, turning the meat every hour to evenly cook. Leave to rest for 20 minutes. Strain the juices into a new saucepan and bring to the boil, simmer until the volume of the liquid is reduced to a gravy consistency. Set aside to keep warm. Re-heat the lamb in the oven for 4 minutes before carving into 16 slices. (Remember to remove the strings before carving.)
7. Meanwhile, to make the mash, place the potatoes in a large saucepan with water and salt. Bring to the boil, skimming off any foam that forms on top of the water, and reduce the heat to a strong simmer. Once the potatoes are tender, drain and leave to steam dry for 5 minutes.
8. Bring the milk up to the boil in a large saucepan. Add half of the butter to the milk, followed by the potatoes and begin to mash. Pass the mash through a fine sieve into a clean saucepan (or do this in a food processor to save time) to create a very smooth mashed potato. Return to the heat and add the rest of the butter to the mash. If the mash gets too thick, add a touch more milk to achieve the desired consistency.
9. To make the asparagus, heat the oil in a large frying pan over a medium heat and add the asparagus with salt. Lightly fry without adding any colour then add 100ml/3½fl oz water and the butter. Stir the pan to create a lovely emulsion. Cook for 2 minutes or until the asparagus is just cooked. Add the wild garlic, lemon zest and juice and season with pepper.
10. To serve, place four slices of the lamb belly on each plate followed by the asparagus spears, carrots, mushrooms and wild garlic leaves. Serve the gravy on the side next to the mash.

Spiced rhubarb crumble

This spiced rhubarb crumble recipe is a tasty twist on the classic pudding. Cardamom, orange and cinnamon all lift the flavour while keeping it a classic. Just add custard.

Ingredients - for the crumble

- 100g/3½ oz caster sugar
- 100g/3½ oz ground almonds
- 100g/3½ oz plain flour
- 1 tsp cinnamon powder
- 75g/3½ oz butter



For the filling

- 15g/½ oz butter
- 750g/1¾ lb rhubarb, trimmed, cleaned and cut into 2.5cm/1in lengths.
- 2 green cardamom pods, split
- 100g/3½ oz light muscovado sugar
- 1 orange, zest and juice
- 2 tsp orange blossom water, or to taste

To serve

- custard, or whipped cream or ice cream

Method

1. Preheat the oven to 180C/160C Fan/Gas 4.
2. To make the crumble, put the flour, sugar, ground almonds and cinnamon in a large bowl and mix well. Taking a few cubes of butter at a time, rub into the flour mixture. Keep rubbing until the mixture resembles breadcrumbs.
3. To make the filling, melt the butter in a large frying pan. Add the prepared rhubarb, sugar, cardamom, orange zest and juice. Cook on a low heat for 5 minutes.
4. Carefully remove the cardamom pods and add the orange blossom water to the mixture. Pour into a large ovenproof dish. Sprinkle the crumble mixture over the top, and bake for 30-40 minutes, or until the topping is golden-brown.
5. To serve, spoon out portions into bowls and serve with hot custard, whipped cream or vanilla ice cream.