

GROWER'S GUIDE

TOMATO

BALSAMIC ROASTED ORZOTTO WITH GRANARY PANGRATTATO



TOMATO

BALSAMIC ROASTED ORZOTTO WITH GRANARY PANGRATTATO AND TOASTED SEEDS



4 PORTIONS



15 MIN PREP + 25 MIN COOKING

INGREDIENTS

BALSAMIC ROASTED TOMATOES

400g CHERRY TOMATOES, HALVED
2 TBSP BALSAMIC VINEGAR
1 TBSP OLIVE OIL
1 TSP SOFT BROWN SUGAR
2 CLOVES GARLIC, FINELY SLICED
SEA SALT AND FRESHLY GROUND BLACK PEPPER

ORZOTTO

1 TBSP OLIVE OIL
1 SMALL ONION, FINELY CHOPPED
1 STICK CELERY, FINELY CHOPPED
2 CLOVES GARLIC, MINCED
300g ORZO PASTA
100ML DRY WHITE WINE (OPTIONAL – USE EXTRA STOCK IF PREFERRED)
800ML HOT VEGETABLE STOCK (ADD MORE IF NEEDED)

3 TBSP TOMATO PURÉE

A FEW SPRIGS FRESH THYME (OR ½ TSP DRIED)
40g GRATED PARMESAN (OR VEGETARIAN HARD CHEESE)
KNOB OF BUTTER (OPTIONAL)
SALT AND PEPPER, TO TASTE
200g CANNELLINI BEANS DRAINED

GRANARY PANGRATTATO

2 THICK SLICE OF GRANARY BREAD, TORN INTO CRUMBS
1 TBSP OLIVE OIL
1 SMALL GARLIC CLOVE, FINELY CHOPPED
PINCH OF SEA SALT

TOASTED SEED TOPPING

1 TBSP SUNFLOWER SEEDS
1 TBSP PUMPKIN SEEDS
1 TSP SESAME SEEDS

METHOD

Balsamic Roasted Tomatoes

01. Preheat the oven to 200°C / 180°C fan. Arrange the cherry tomatoes on a parchment-lined baking tray.
02. Drizzle with balsamic vinegar and olive oil, then scatter over sugar, sliced garlic, salt and pepper.
03. Roast for 20–25 minutes until soft and caramelised.

Orzotto

- 01.** In a large pan, heat the olive oil over medium heat. Add the onion and celery and cook gently for 8–10 minutes until softened.
- 02.** Stir in the garlic and cook for 1 minute. Add the orzo and stir to coat for another minute.
- 03.** Pour in the white wine (if using), letting it reduce slightly, then stir in the tomato paste and thyme.
- 04.** Begin adding the hot stock gradually, a ladle at a time, stirring often, as if making risotto. Cook for 10–12 minutes until the orzo is tender and creamy, adding more stock as needed.
- 05.** Stir in the Parmesan, beans and butter (if using), and season well.

Granary Pangrattato and Toasted Seeds

- 01.** While the orzotto cooks, to make the pangrattato, heat the olive oil in a frying pan. Add the granary breadcrumbs and chopped garlic.
- 02.** Toast over medium heat, stirring often, until golden and crisp. Season lightly with sea salt and set aside to cool.
- 03.** In another dry pan, toast the seeds for 2–3 minutes until fragrant and popping. Set aside to cool.

To Serve

Spoon the orzotto into bowls. Top generously with the balsamic roasted tomatoes, sprinkle over the granary pangrattato and finish with the toasted seeds. A drizzle of good olive oil or fresh herbs is a lovely final touch.



GROWER'S GUIDE

PEA

AND MINT POLLOCK FISHCAKE



PEA

AND MINT POLLOCK FISHCAKE WITH FENNEL & APPLE SLAW



4 PORTIONS



30 MIN PREP + 15 MIN COOKING

INGREDIENTS

FISHCAKES

400g SKINLESS POLLOCK FILLETS
300g FLOURY POTATOES (E.G. MARIS PIPER), PEELED AND CHOPPED
100g FROZEN PEAS
1 SMALL BUNCH FRESH MINT, LEAVES FINELY CHOPPED
2 SPRING ONION, FINELY SLICED
10g FLAT LEAF PARSLEY, FINELY CHOPPED
ZEST OF 1 LEMON
1 EGG, BEATEN
2 TBSP PLAIN FLOUR (PLUS EXTRA FOR DUSTING)
80g PANKO BREADCRUMBS
SALT AND FRESHLY GROUND BLACK PEPPER
RAPESEED OIL, FOR DEEP OR SHALLOW FRYING

SMOKED PICKLED CUCUMBER

(MAKES ENOUGH FOR TARTAR SAUCE AND EXTRA FOR SERVING ON THE SIDE)

1 MEDIUM CUCUMBER, DESEEDED AND FINELY DICED
¾ TSP SMOKED SEA SALT (ADJUST TO TASTE)

100ML WHITE WINE VINEGAR

100ML WATER

1 TBSP CASTER SUGAR

½ TSP MUSTARD SEEDS

¼ TSP BLACK PEPPERCORNS

1 BAY LEAF

SMOKED PICKLED CUCUMBER TARTAR SAUCE

2 TBSP SMOKED PICKLED CUCUMBER, FINELY CHOPPED

2 TBSP CAPERS, RINSED AND FINELY CHOPPED

2 TBSP FINE DICED SHALLOT

1 TSP DIJON MUSTARD

150g FREE RANGE MAYONNAISE

1 TBSP CHOPPED FRESH PARSLEY

1 TSP LEMON JUICE

FENNEL & APPLE SLAW

1 MEDIUM FENNEL BULB, VERY FINELY SLICED

1 GRANNY SMITH APPLE, JULIENNED OR FINELY SLICED

1 SMALL CARROT, PEELED AND GRATED

JUICE OF 1 LEMON

2 TSP COARSE GRAIN MUSTARD

2 TBSP OLIVE OIL

1 TSP APPLE CIDER VINEGAR

SALT AND FRESHLY GROUND BLACK PEPPER

METHOD

Smoked Pickled Cucumber (BEST PREPARED THE DAY BEFORE)

01. Place the diced cucumber into a bowl and sprinkle evenly with the smoked salt. Toss well to coat. Set aside at room temperature for 20–30 minutes to draw out moisture and infuse smoky flavour.
02. After resting, gently drain off any excess liquid from the cucumber (do not rinse). Place the cucumber into a clean, sterilised jar or small container.

- 03.** In a small saucepan, combine the vinegar, water, sugar, mustard seeds, peppercorns and bay leaf. Bring to a gentle simmer, stirring until the sugar dissolves. Remove from the heat.
- 04.** Pour the warm pickling liquor over the salted cucumber, ensuring it is fully submerged. Allow to cool to room temperature, then seal the jar and refrigerate for at least 2 hours, preferably overnight.

Smoked Pickled Cucumber Tartar Sauce

- 01.** In a small bowl, combine the finely chopped smoked pickled cucumber, capers, shallot, Dijon mustard, mayonnaise, parsley, and lemon juice. Mix well until all ingredients are evenly incorporated.
- 02.** Taste and adjust seasoning with salt, pepper, or additional lemon juice if needed. Cover and chill until ready to serve.

Fishcakes

- 01.** Boil the potatoes until tender, then mash and set aside to cool; meanwhile, poach the pollock for 5–7 minutes, flake it and let it cool, and briefly blanch the peas before crushing them slightly.
- 02.** Mix the mashed potatoes, fish, peas, mint, parsley, spring onion, lemon zest, salt and pepper.
- 03.** Shape into 8 cakes, dust with flour, dip in beaten egg, then coat with breadcrumbs. Chill for at least 20 minutes.
- 04.** Fry in a little oil until golden and heated through – about 3–4 minutes per side.

Fennel and Apple Slaw

- 01.** Toss the fennel, apple and carrot in the lemon juice to prevent browning.
- 02.** In a small bowl, mix the olive oil, mustard, vinegar, salt and pepper.
- 03.** Pour over the slaw and mix well to coat evenly. Chill until serving.

To Serve

Place two warm fishcakes on each plate with a scoop of the fennel & apple slaw and a generous spoonful of smoked cucumber tartar sauce. Add lemon wedges or a few fennel fronds for garnish if you like.



GROWER'S GUIDE

CHERRY

BAKEWELL BLONDIE



CHERRY BAKEWELL BLONDIE



12 PORTIONS



15 MIN PREP + 40 MIN COOKING

INGREDIENTS

BLONDIES

200g UNSALTED BUTTER, PLUS
EXTRA FOR
GREASING

200g WHITE CHOCOLATE, CHOPPED

225g LIGHT BROWN SUGAR

100g CASTER SUGAR

3 LARGE EGGS

1 TSP VANILLA EXTRACT

1 TSP ALMOND EXTRACT

200g PLAIN FLOUR

½ TSP BAKING POWDER

¼ TSP SALT

100g GROUND ALMONDS

150g TINNED BLACK CHERRIES,
HALVED (PLUS EXTRA TO
DECORATE)

2 TBSP RASPBERRY JAM

2 TBSP FLAKED ALMONDS

FOR THE ICING

100g ICING SUGAR

1-2 TBSP WATER OR LEMON JUICE
(FOR A SHARPER CONTRAST)

METHOD

- 01.** Preheat the oven to 180°C / 160°C fan. Grease and line a 20cm x 30cm rectangular baking tin with baking parchment.
- 02.** In a pan over low heat, melt the butter with 100g of the white chocolate. Stir until smooth. Set aside to cool slightly.
- 03.** In a large bowl, whisk together the sugar, eggs, vanilla and almond extract until slightly thick and pale.
- 04.** Stir the melted butter and chocolate into the egg mixture. Fold in the flour, baking powder, salt and ground almonds. Then fold in the black cherries and the remaining white chocolate.
- 05.** Pour the mixture into the prepared tin. Drop spoonful's of jam over the top and swirl gently with a skewer. Sprinkle over flaked almonds and a few extra halved cherries.

- 06.** Bake for 30-35 minutes until the edges are golden and the centre is just set with a slight wobble. Leave to cool completely in the tin.

To Decorate

- 01.** Sift the icing sugar into a bowl and stir in 1 tbsp of water or lemon juice. Add a few more drops if needed to make a thick, drizzle consistency.
- 02.** Once the blondies are completely cool, drizzle the icing over the top in zig-zags using a spoon or piping bag. Let the icing set before cutting.

To Serve

Cut into 12 squares. Dust with a little extra icing sugar if desired. Serve as they are or warm slightly with a scoop of vanilla ice cream for a decadent dessert.