

RECIPES

Spring is an amazing time of the year, the land is awakening, a time for rebirth, inspiration and celebrations, one of the best being Easter Sunday.

In Greek myth, the goddess Persephone, who had been abducted to the underworld by Hades, returned to the Earth in Spring, bringing the green shoots of new growth with her; rites were always tied to the return of life to the land.

Lamb has always been the great tradition for the Easter holidays, one that has a rich history in our cultures.

It's found referenced in the book of Genesis, and has become a symbol of good luck.

The use of eggs at Easter as a symbol of rebirth - the Christians in the fertile crescent of the lands known as Mesopotamia are the first to be credited as using them as a treat at Easter time.

They would dye the eggs these wonderful colours and really set the way for the eggs' becoming an art form during this time, using dyes and wax to transform the eggs that would be handed out to family.

Easter Sunday lunch can be special and a little more hassle free by preparing a delicious shoulder of lamb, which you can braise the night before and then heat the next day.

It's great served with some rösti potatoes, sprouting broccoli and wild garlic salsa verde, all great seasonal treats that work marvellously.

RECIPE

LAMB SHOULDER

INGREDIENTS

- 1 boned and rolled lamb shoulder, lamb bones if available
- 1 onion diced
- 2 carrots peeled and diced
- 4 cloves garlic
- 1 sprig rosemary and thyme
- 3L chicken stock or water
- Salt and pepper
- 100 ml White wine and a splash white wine vinegar (both optional)

METHOD

Place all the ingredients in a casserole dish and cook on low at 140 degrees or gas mark 1 for approximately 4 hours, once you go past the 2 hour mark just keep checking every 1/2 hour, you are looking for the meat to start to fall apart, a knife should go through easily.

You can serve immediately or keep in the stock overnight in a fridge which is better for the flavours.

If kept overnight, then the next day just take the meat from the stock, and place on a oven rack to come to room temperature, then in a preheated oven on a high heat 220 degrees or gas mark 7 to caramelise the lamb on the outside.

SAUCE

You can use the stock to make a sauce.

For the sauce, cut an onion in half and burn face down in a pan, then add 2 cloves of garlic and 1 sprig of rosemary, a spoon of tomato paste and cook until vegetables are soft, then add the lamb stock from the cooking of the shoulder.

Cook for 20 minutes on low.

Then pass the liquid from the vegetables and reduce to consistency, whisk a dice of cold butter at the end and serve with the sliced lamb, season with salt and pepper if necessary.

RECIPE

POTATO RÖSTI

INGREDIENTS

3 Potatoes

2 cloves of garlic grated

50g Butter

Salt and pepper and vegetable oil

METHOD

Wash and peel the potatoes.

Grate on a box grater and then season the potato with salt.

Leave to sit for 20 minutes.

Then squeeze out all the water from the potatoes, this will help make the rösti crisper.

Mix the grated garlic and melted butter. Add salt and pepper as required.

Place some vegetable oil in a pan and place the grated potatoes within making sure to flatten to ensure regulatory.

Cook slowly until crisp on the pan side, then flip like a pancake to cook the other side of the potatoes, then finish cooking in the oven for 5 minutes at 180 degrees or gas mark 4.

If you are having trouble flipping the potato, then place a board over the face of the pan and then turn out onto the board, you can then use the board to flip it onto its other side.

Once out of the oven cut into triangles and serve.

RECIPE

SPROUTING BROCCOLI

METHOD

Place the washed broccoli in a pan with a little salt, 100 ml of water, a little butter or olive oil.

Then place a lid and cook for 2-3 minutes depending on the size, they should steam nicely like this.

RECIPE

PARMESAN SHORTBREADS

INGREDIENTS

120g Flour
120g Parmesan
40g Butter
5g Maldon salt

METHOD

Mix all ingredients well together and shape and keep in the fridge to set.

Once set then cut into required shapes, place on a tray with greaseproof paper and bake for 6-8 minutes on 180 degrees or gas mark 4.

Serve as a canapés or with soup.

RECIPE

WILD GARLIC SALSA VERDE

INGREDIENTS

1 shallot fine diced
1 large tablespoon of capers
1 sprig of mint all leaves chopped
6 wild garlic leaves chopped
1 lemon zest and juice of
Salt and pepper
Splash of olive oil or vegetable oil, depending on availability.

METHOD

Add all the ingredients together, it's better to assemble this sauce as the last preparation to ensure freshness.

RECIPE

BUTTERNUT SQUASH SOUP

SERVES 4

INGREDIENTS

1 Butternut squash
3 shallot sliced
4 cloves of garlic
1 stick of lemongrass
20g Ginger
1.5L vegetable stock or water
40g Butter
Buttermilk and olive oil (optional as garnish)
Salt and pepper to taste

METHOD

Sweat the sliced shallots, sliced garlic, sliced ginger and the sliced 1/2 baton of lemongrass in the butter for 5 minutes.

Peel the butternut squash and dice the vegetable.

Take the seeds out and clean, then place on a tray and dry out in a low temperature oven.

Add the diced butternut squash to the shallots and cook out until the vegetables starts to break down.

Then add the water or stock and then cook for 20 minutes.

Blitz in a blender.

Season with salt and pepper.

Crush the other 1/2 of the lemongrass baton with a knife and then place it in the soup to refresh and cook for 2 minutes.

Roast the pumpkin seed in a pan with foaming butter.

Serve in a bowl and top with olive oil, buttermilk and the roasted squash seeds.

RECIPE

FRESH YEAST

To use fresh yeast, crumble it into small pieces first. After that, you can add it to the dry ingredients or soften it in warm water and proceed with the recipe. Fresh yeast is great in breads that require a long, slow rising time, as it activates more quickly than dried yeast and also stays active for a longer period of time.

It can also be stored in the freezer, but let it come to room temperature before using.

If you're trying to convert between dry, fresh yeast, and quick yeast the ratios are,

Fresh Yeast	Original Dry Yeast	Quick Yeast
3g	1.5g	1g
6g	3g	2g
10g	4g	3g
12g	6g	4g
17g	7g	5g
34g	14g	10g
68g	28g	20g