

Quince

Peel, core, then bake low and real slow is the secret with quince, this will result in an aromatic yielding fruit. Once tender use to prepare a tarte tatin style dessert, add cooked chunks into spiced tagines or serve with slow braised pork collar. You can always transform a glut into quince cheese or paste too.



Red cabbage

Shred ultra fine on a mandolin and prepare your 'home spiced' pickled red cabbage spiked with clove, anise and a pinch of chili, serve on the side with winter braises and p ates. You could also have a go at red sauerkraut, toss the finely shredded cabbage with salt and a couple of crushed juniper berries then weight down with a few plates, allow to ferment at room temperature for around a week, rinse and then it's ready to use!



Nashi pear

Finely slice into julienne and toss with shredded duck, Chinese cabbage and dry roasted cashews for a hearty salad.

Stir fry Nashi pear with pineapple and honey, and then finish with a sprinkling of goji berries and poppy seeds for a quick dessert or snack.



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February

Pomegranate

Try spicing up mackerel fillets with cumin and chili then serving with thinly sliced red onion and pomegranate seeds.

Add to salsas to accompany duck or flame grilled chicken or scatter the seeds over baked goat's cheese just before tucking in!



Blueberries

Slow braised venison served with blueberries is an unusual but tasty combination, they also work very well with smoked duck or rare pigeon breasts.

Make blueberry and mascarpone 'sandwiches' dip in beaten egg and fry in butter until golden. Dust with cinnamon sugar and serve warm fingers with a hot blueberry dip.



Beetroots..

Juice beetroot and apples for a morning 'pick me up'.

Prepare gravadlax the traditional way with salt, sugar, dill and peppercorns but include plenty of grated horseradish with the salt cure for a refreshing twist. Serve with hot smoked potatoes!



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march

Mango

Thinly slice, combine with lime zest, thin slices of fresh chili and chopped mint leaves.

Great as a salsa to accompany white meat.

For the adventurous try ripe mango, yoghurt and cardamom for your own lassi style drink.

Mash mango, fold with whipped cream, grated coconut - add a touch of vanilla and honey for a quick dessert.



Rape (Cime di rapa)

The Italian classic of Orecchiette pasta tossed with rape a little pancetta and lashings of pungent garlic is still not to be overlooked.

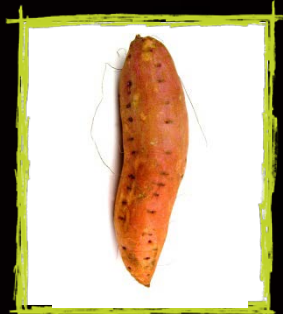
Rape also lends itself well to being added into fluffy frittata with chunks of young pecorino and a trickle of truffle oil.



Yam

Mash with potatoes, garlic and cream, finish with some fresh rosemary or a pinch of curry powder.

Thinly slice and fry until crisp in hot vegetable oil, sprinkle with salt, pepper and paprika to make some tasty crisps!



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April

Purple sprouting broccoli

Simply steam until tender and top with grated parmesan, and crispy garlic, chili bread crumbs.

Serve blanched broccoli on a warm blini topped with a creamy celeriac puree, soft poached egg and cracked black pepper.



Beech mushroom

Prepare creamy soft polenta with parmesan and garlic - fold in sautéed beech mushrooms then serve with chicken, steak or fish.

Don't rule out cooking them simply with butter, garlic and parsley then piling onto hot toast! *(or add snipped crispy bacon KH ☺)*

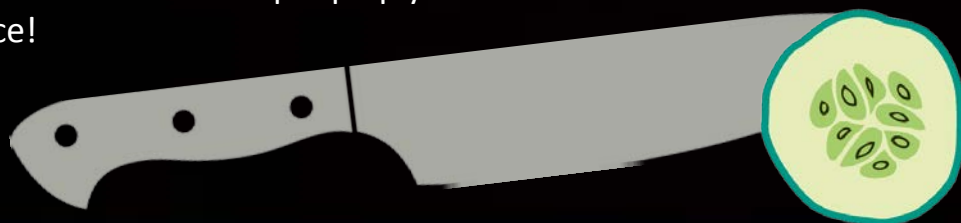


Fresh ginger

Steep peeled chopped ginger in a stock syrup spiked with lemon zest. Once cool, mix with fresh lime juice and sparkling water for a refreshing drink.



A perfect partner to chocolate – combine with ganache for tarts and truffles or pimp up your chocolate sauce!



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recipe ideas
may

Nettles

Blanch the tender young leaves and puree with a little olive oil. Stir through risottos and pasta.

Also makes a mean pesto...

Try using the puree in a potato cake - superb with lamb or fish.



Chinese leaf

Sauté in butter or olive oil with five spice, crushed peanuts, chili and grated fresh lime.

Cut the leaf in half and fill with stir-fried spiced pork mince, soya sauce, water chestnuts, bean sprouts and coriander for a tasty starter.

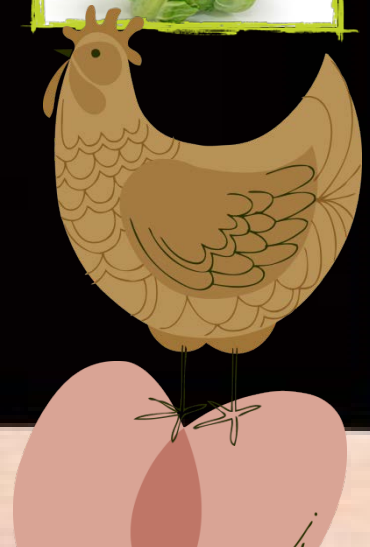


Cauliflower

For a decadent cauliflower puree add shavings of fresh truffle/truffle oil.

Deep fry florets in a crispy tempura batter and serve with curry mayonnaise.

Try roasting your cauliflower for a truly nutty alternative – great addition to a winter roasted veg mix.



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June

Peas

Toss freshly podded peas through a salad of romaine lettuce, broad beans, pumpkin seeds and finish with fresh mint and a dollop of Greek yoghurt.

Mash the peas against the side of the pan with crème fraiche, fresh chopped chives and lemon.



Wild rocket

Makes for a fiery pesto! Or wilt through pasta. Great served on top or side of steaks and fish.

Prepare an emerald green rocket and spinach soup – crumble over goats cheese and toasted sunflower seeds... Serve hot or chilled.



Dwarf beans

Try a warm salad of crispy pancetta, garlic, red onion and olives - great with tuna steaks or torn chicken.

Toss dwarf beans, peas and broad beans, with a basil pesto for a great summer salad.

Blister on the BBQ and drizzle with fruity olive oil... top with shards of pecorino.



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July

Round courgettes

Fill with lemon, fresh herb bread crumbs, and chunks of Dolcelatte cheese.

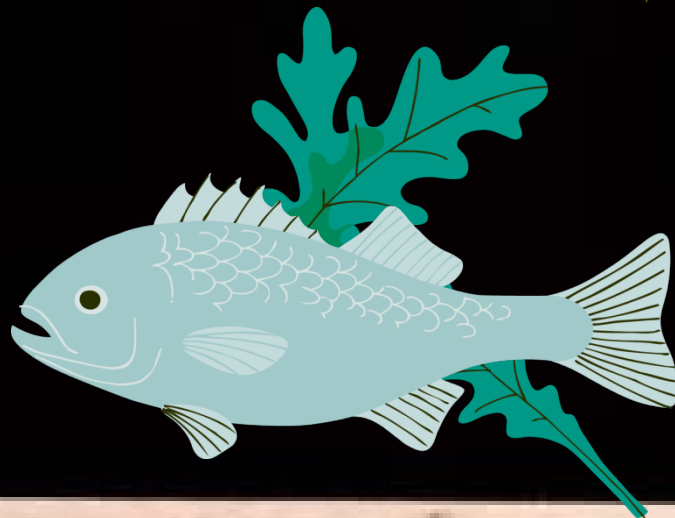
Slice the courgettes into thick wedges then pickle in vinegar spiced with shallots, mustard seeds and dill – mature for a month (*if you can hold out that long...*) then use with cold meats and chesses.



Tomatoes

Heirloom tomatoes simply sliced and dressed with olive oil and salt and pepper, torn basil and mozzarella pearls, fantastic visual with little effort.

Green tomato salsa.. With plenty of habanero chilies' ...Hot, hot, hot!!



Loganberries

A hybrid between a blackberry and a raspberry, these berries are best used in jams and coulis .

Infuse in a quality vinegar or vodka for a reminder of summer.... *(Perfect presents for Christmas!)*

Lightly crush with vanilla sugar and serve with panna cotta or in a classical millefeuille.



Choi sum

Wok fry or steam with garlic, ginger and oyster sauce... try finishing with some crushed wasabi peas or cashew nuts for extra crunch.

Chop, add to a clear fish soup along with prawns, beech mushroom and touch of chili....



Peppers

Char, peel then add to soups and sauces for a rich smoky flavour... or make into sweet chutney - serve with cheese and cold meat.

Wood roast and combine with pear, young goat's cheese, bitter leaves and a zingy balsamic dressing.



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Sweet potato

Marries particularly well with spices.

Try oven roasted wedges with lashings of garlic
And bruised bay leaves.

Bake whole in the skins, serve with a generous
dollop of mascarpone and hot smoked mackerel.



Tamarind

Brush BBQ'd red meats with a marinade prepared
with tamarind pulp sweetened with pineapple.

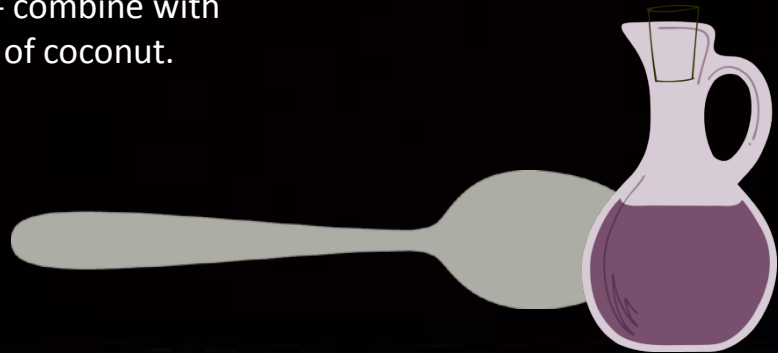
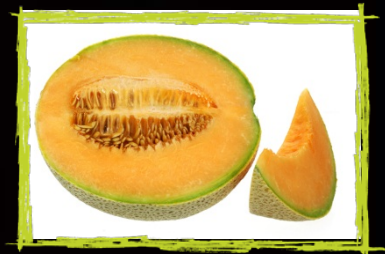
Great in chutneys, relishes and pickles... the sweet
and sour flavour also goes exceptionally well with
duck or goose.



Melon

Summery salad of watermelon, feta cheese, torn
basil leaves and some fresh lime juice.

Tear the ripe flesh (*don't slice*) - combine with
zesty fresh ginger and shavings of coconut.



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October

Lemon

Most fruits will benefit from a few drops of juice or zest... accentuating and heightening the natural sweetness.

Preserved salted lemons to use in tagines or mashed with herbs and garlic then smothered on to whole chicken or pork - then roast.



Okra

Quickly sauté okra with tomato, onion, chili and garlic – then stuff into flat bread, serve with paneer cheese.

For a simple snack, toss in milk, then seasoned flour - fry till crisp and serve with a tangy mango and tamarind dip. (KH)



Jerusalem artichoke

Thinly slice, deep fry until crisp, serve on soups or toss through a salad with radicchio, mustard frills, Parma ham and finish with an orange dressing.

Roast as alternative to potatoes in butter and oil.

Great addition to Gratin Dauphinoise!



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NOVEMBER

Leek

Braised and serve at room temperature with sultana, honey and sherry vinegar dressing.

Cook in a creamy whole grain mustard sauce topped with a parmesan and herb crumb or slice paper thin and toss through a winter salad.



Seaweed

Use chopped into risottos or soft polenta. Serve with shell fish or salt marsh lamb.

Wilt through crushed baby potatoes.

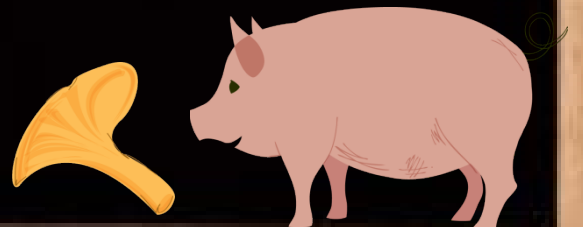
Works well when pickled with cucumber to accompany white fish.



Plum

So versatile....Jams, chutneys, crumbles and the classic plum sauce are a must!

Gently poach the halved plums in orange juice and cinnamon and serve on a French style toast finish with some orange mascarpone.



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December

Satsuma

Cook whole (*skin on*) in a heavy stock syrup until soft to touch, serve warm with vanilla ice cream and crushed biscotti biscuits.

Use the freshly squeezed juice in desserts, mulled wine... or create your own festive cocktail!



Lychee

Chop and serve with mango and sugar on top of rice or tapioca puddings.

Crisp oriental duck in hand formed rice paper rolls – serve with lychees, Chinese leaf and garlic chives.

Eats well with roasted banana – with a poppy seed and macadamia praline.



Parsnip

Shaved or grated through winter coleslaws.

Cook with apple and chestnuts - serve pureed with white meats and fish.

How about parsnip hash browns!

