

Recipes for October

Beet Salad with Stilton and Walnuts

This simple salad is so delicious! A really nice way to have beets.

Salad

750g - 1 kg of beets

1 $\frac{1}{2}$ cups of mixed salad leaves

50g walnuts, toasted lightly in 180c oven (5 - 7 min)

100g Stilton, crumbled

2 Tbls olive oil

Dressing

3 $\frac{1}{2}$ Tblsp extra virgin olive oil

2 $\frac{1}{2}$ Tbls red wine vinegar

sea salt + ground black pepper

Drizzle beets (unpeeled) with olive oil and bake wrapped in tin foil until tender when pierced (about 45 minutes to an hour). When cooled slip their skins off and slice. Mix beets with about $\frac{3}{4}$ of dressing and leave to cool. When cooled, toss salad leaves in remaining dressing, add the beets and mix again. Then top with walnuts and Stilton.

Curried Parsnip and Apple Soup

1 kg parsnips, chopped

1 large Bramley apple, peeled, cored and chopped

1 medium onion, chopped

1 garlic clove, chopped

2 Tblsp olive oil

1 Tblsp butter

2 tsp mild curry powder

1 litre vegetable or chicken stock

6 Tblsp cream

2 Tblsp lemon juice

sea salt + ground black pepper

Saute onion and garlic and curry powder on medium low heat in oil and butter, stirring gently for 2 - 3 minutes. Add parsnips and turn heat up a bit, cooking until golden about another 5 minutes. Add apple and stir for a further minute, then add stock and bring to a boil. Simmer until parsnips are tender (about 10 minutes). Remove from heat and let cool, then puree until smooth. You can also sieve the soup if you want a really smooth consistency. Add a bit of water or stock if the soup is too thick. Before serving, bring back up to heat and stir in cream and then lemon juice. Season to taste with salt and pepper.

Winter Squash Salad with Chickpeas and Feta

The combination of these three ingredients is almost impossible to go wrong with. This is a hearty winter salad that will make a good lunch on its own.

1 medium winter squash or half a large one, peeled and cut into chunks (fairly small)
400g canned chickpeas or about 250g dried chickpeas cooked until tender in water with salt and bay leaf
1 large red onion, diced
5 garlic cloves, chopped
small chilli (optional if you like a bit of heat), chopped
bunch of parsley, chopped
bunch of coriander, chopped
250g good feta, crumbled
1 cup of olive oil
juice of 1 lemon
sea salt + ground black pepper

Either sauté or roast squash drizzled liberally with olive oil and salt and pepper until tender. Leave to cool. Fry red onion in 3 Tbsp of olive oil until cooked through, add garlic and chilli, cook for another minute and let cool. Mix squash, onion, garlic and chilli in a large bowl with chickpeas, feta, parsley and coriander. Add remaining olive oil and the juice of one lemon and mix. Season to taste with salt and pepper and more lemon juice if necessary.