

Recipes for April

Cauliflower and Cumin Soup

A lovely change from the combo of cauliflower and cheese in soup and other dishes. This recipe is from *Moro East*, a cookbook based around recipes from an East London allotment used by a Cypriot and Turkish community. It was bulldozed in 2007 to make way for the 2012 Olympic development.

2 Tbsp olive oil
2 Tbsp pine nuts
60g butter
2 medium onions, finely chopped
2 $\frac{1}{2}$ tsps cumin seed (toasted and ground)
3 garlic cloves
 $\frac{1}{2}$ tsp cinnamon
1 large cauliflower (roughly chopped into chunks)
can of coconut milk
400 ml vegetable stock
200 ml milk

Roast and grind cumin seeds (heat seeds in a small frying pan over medium low heat until they brown slightly and the aroma opens up—about 2 - 3 minutes) and set aside. Fry pine nuts in olive oil in a large saucepan over medium heat, stirring continuously. Remove pine nuts when just starting to colour. Add butter to oil in the pan and let it melt and foam, then add onions and season with salt. Fry on medium-low heat until golden stirring often. Add garlic, cumin (ground) and cinnamon to the onions and cook a further 5 minutes.

Add cauliflower to the onions, season with salt and pepper and fry for a minute or two; add a good splash of stock and cover and steam cauliflower until tender, stirring once or twice (about 10 - 20 minutes). When softened, mash with a potato masher and continue to cook another 20 minutes adding more stock if necessary and mashing periodically. Pour in remaining stock, coconut milk and milk and simmer for a further 10 minutes until cauliflower has completely broken down. Remove from the heat and puree with a blender. Check seasoning and top with warmed chilli butter (melt butter on low heat, cooking gently until the separated whey begins to brown, then flavour with paprika or chilli) and a sprinkle of the pine nuts.

Roasted Beets with Balsamic Glaze

This is great as a side with a roast or as a spring salad served at room temperature.

1 - 1.5 kg beets (if you use a mix of red and golden beets, they look stunning on the plate)

2 Tbls olive oil

$\frac{1}{4}$ cup water

$\frac{1}{2}$ cup good balsamic vinegar (one with some sweetness to it)

3 Tbls brown sugar

sea salt and ground pepper

Rinse beets well, but do not peel. Mix olive oil and water and coat beets. Place mixture in a shallow baking dish and cover with aluminium foil and roast at 200c until tender (about 45 - 55 minutes).

Boil balsamic and brown sugar in a saucepan over medium, stirring to dissolve sugar. Reduce by a third (this won't take any time at all) and then remove from heat.

When beets have cooled a bit, peel them by slipping the skins off (it should give way easily); slice the beets thinly and then drizzle with balsamic reduction and season liberally with salt and pepper.

Radish and Fennel Salad

A nice side salad for a light lunch as the weather warms! The two flavours are really good together.

2 small fennel bulbs

12 radishes (approximately)

fresh parsley (preferably flat leaf; minced)

1 clove garlic (minced)

3 Tbls olive oil

2 Tbls fresh lemon juice

sea salt and ground pepper

Take off any bruised outer leaves from the fennel and cut out the core; then slice as thinly as you can. Similarly slice radishes and chop parsley finely and mix all together with fennel.

Dress with olive oil, lemon juice, garlic and seasoning whisked together.