

## Recipes for July

### Sorrel & Spinach Quiche

You must, must try this! Sorrel is such a lovely and underused green with its distinctive lemony flavour.

4 Tblsp butter

1 large onion, sliced in rings

6 - 7 oz (225g) spinach and sorrel leaves (mixed  $\frac{1}{2}$  &  $\frac{1}{2}$ ; you can also do this just with sorrel leaves)

2 large eggs

1 cup of cream (or half milk, half cream if you must)

3 oz of cheddar or gruyere cheese, grated

$\frac{1}{2}$  tsp salt

portion of short crust pastry (make your own or store bought is just as good)

Line a shallow pie or tart pan with pastry; prick bottom with a fork and blind bake for about 10 minutes ( I always weight the pastry with dried beans and remove these half way through baking) at 200c.

Saute onion in 3 Tblsp butter with the salt on a medium low heat until softened then cover and continue to cook, stirring occasionally for about 10 minutes until completely soft.

Pull stems out of sorrel and spinach, wash well and chop into rough strips. When the onion is cooked, remove it and add the remaining Tblsp of butter and the sorrel and spinach leaves (add spinach first and then sorrel after a minute as the spinach takes a little longer generally) and let cook until completely wilted and soft, about 3 - 4 minutes. Let onion and leaves cool

In a bowl, whisk eggs and cream and season with salt and pepper; add  $1\frac{1}{2}$  the cheese and mix in sorrel / spinach and onion. Sprinkle the other half of the cheese across the pastry base and pour in the egg mixture. Bake at 180c for about 40 minutes until custard is set and browning lightly.

### Sorrel Soup

4 Tbsp butter  
½ cup green onions  
6 - 8 Oz (200g - 250g) sorrel leaves, stems removed and chopped roughly  
4 cups (1 litre) of stock, chicken or veg  
3 Tbls flour  
2 egg yolks  
½ cup cream  
salt and pepper to taste

Melt 3 Tbls of butter in a pan over medium heat and sauté gently for about 10 minutes covered, stirring occasionally. In a soup pot, bring the stock to a simmer; add sorrel leaves and about ½ tsp salt; when sorrel has wilted, continue to simmer for a further 10 minutes, stirring occasionally. Add flour and cook for 3 minutes whisking stock constantly and keeping at a simmer. Remove from heat and let stand until it is no longer boiling.

In another bowl mix egg yolks and cream. Ladle a cup of the stock mixture into the eggs and cream a little at a time whisking vigorously. It's important the stock is hot but not boiling or it will cook the eggs. Then pour the hot eggs and cream slowly back into the stock mixture, again whisking all the time. Put this back on the stove on low heat and cook for another 5 minutes, whisking throughout and making sure that it does not boil; the soup should thicken slightly.

### **Courgette Fritters with Dill Tzatziki**

8 - 12 oz (300g) courgettes, grated  
3 ½ oz (100g) ricotta cheese  
1 lrg egg  
2 Tbls flour  
2 garlic cloves, crushed and finely chopped  
Small handful of basil and flat leaf parsley, chopped  
olive oil to fry (about ½ inch in the pan)  
salt and pepper to taste

Grate courgettes and sprinkle with 1 tsp salt and leave to drain in a sieve for about an hour; then rinse and squeeze dry. Whisk together ricotta, egg and flour in a bowl, then add garlic and herbs and season with salt and pepper. Mix in courgettes.

Heat olive oil in pan on medium heat; fry courgette batter in small dollops for 2-3 minutes on each side until golden brown. Remove and drain on paper towel.

### **Dill Tzatziki**

Crush and chop a clove of garlic and mix into 7 oz (200g) of greek yoghurt. Add 2 Tbsp of chopped fresh dill and season with salt and pepper. Add a squeeze of lemon juice to taste and stir. Serve with fritters.