

Recipes for June

Mange Tout with Mint and Spring Onions

Really simple nice side!

1 Tblsp olive oil
8 - 12 oz mange tout
2 - 3 spring onions
1 clove of garlic
1 Tblsp chopped mint
sea salt and ground black pepper

In a large pan stir fry mange tout with spring onions and garlic for 3 - 4 minutes. Remove from the heat and season with salt and pepper, then stir in mint and serve.

Kohl Rabi and Potato Gratin

A yummy twist!

1 $\frac{1}{2}$ oz butter (or a good chunk)
1 lb waxy potatoes, sliced
1 lb kohl rabi, sliced
1 - 2 garlic clove(s) sliced
1 pint double cream
pinch of nutmeg

Butter a baking pan and arrange potato and kohl rabi slices in the baking dish. Bring the cream to a boil in a pan with the nutmeg and garlic and boil for a minute. Then pour over potatoes and kohl rabi, dot with butter and cover with foil and cook in the oven for 1 - 1 $\frac{1}{2}$ hours at 180c. Remove foil for last ten minutes to brown off top (you can also grate some parmesan on at this point if you like).

Pesto

Always a good one to have at hand.

bunch basil, oregano or rocket (a good cup of leaves)

1 - 2 cloves of garlic

1 oz of pine nuts or walnuts

1 oz of parmesan

5 Tblsp olive oil (or thereabouts, add more if needed; also using a good olive oil makes a difference)

squeeze of lemon

salt to taste

Toast the nuts in the oven or in a flat pan on the hob, making sure you don't burn them (it makes a huge difference in flavour when you do this). Bung all the ingredients into a food processor and whiz or mash with a mortar and pestle until a paste. Use on pasta, pizza, bread or whatever you fancy. This freezes well, so you can have it around to use for a quick meal.