

## 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 kohlrabi, sliced  
1 - 2 garlic clove(s) sliced  
1 pint double cream  
pinch of nutmeg

Butter a baking pan and arrange potato and kohlrabi 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 kohlrabi, 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 Tbsp 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.