

## Recipes for March

### Roasted Vegetable Wraps

This is easier than you think and really tasty and fun to eat!

Dice a selection of carrots, beets, parsnips, onions and squash into smallish, similarly sized pieces and roast in a pan drizzled with olive oil and well seasoned with sea salt and black pepper for about 40 mins at 200c until soft. Make enough for the number of people you want to feed.

Ideally, make the wraps but you can buy them as well. However, they are really easy to make and so much tastier. They also freeze really well so you can make them when you have a bit of time and defrost when ready to eat. Give it a try!

There are two kinds of wraps that I make: simple flatbreads and flour tortillas. The tortillas require a bit more work but they are lovely. However, when pressed for time, you can make the flatbreads from start to finish in 15 - 20 minutes.

#### Simple Flatbreads:

Equal parts white flour and whole wheat flour ( but at the end of the day if you don't have both, it doesn't really matter). 2 cups will make about 4 - 5 flatbreads.

To the flour add 1 tsp salt and, if you like, 1 tsp of mixed cumin and coriander seeds.

To the mixture add enough water to bind the flour, the mixture should be a bit sticky, but not really sticky. You can bring this together by hand, using a wooden spoon or a mixer. Add more flour or water, if needed, depending on whether it's too dry or too wet.

Once the dough has come together, make it into balls about the size of golf ball. Then, roll it out in a fair amount of flour so it doesn't stick. Try to get it as thin as you can without making it holes in it.

Heat up a griddle pan or use a large cast iron fry pan (if you have it) with a very little bit of oil (basically wipe the pan with oil at the start.) Put each flat bread in one at a time giving them about 20 - 40 seconds a side, until it bubbles slightly and you get some brown burny bits. Then take it out and let it sit on a plate, stacking up as you cook the others.

#### Flour Tortillas or Wraps

2 cups of plain white flour

1 tsp salt

$\frac{3}{4}$  tsp baking powder

1/3 cup of shortening  
2/3 cup of very hot water

Put flour, baking powder and salt in a bowl and mix with fingers briefly. Work in shortening with your fingers or a fork until it feels like a coarse meal. Pour in hot water and mix with a fork until it has formed into a stiff dough. Add a bit more flour if it is too sticky or a bit more water if it's not binding. Knead for two minutes, cover with a towel and let sit for 20 minutes.

Pull off a golf ball sized piece of dough and roll it out with lots of flour until it is quite thin and relative round; pick it up with a rolling pin or just lay it across your hand (the dough is surprisingly elastic and easy to move) and then transfer it to a hot frying pan or griddle (medium high heat and no oil or anything.) The dough will bubble after about 10 seconds and when it is broadly bubbled across the surface flip it over and cook on the other side for about 20 - 40 secs. Put a clean dish towel on a plate or wide bowl and place cooked wraps on top of one another in it.

This is a do-it-yourself meal, so when ready to serve put out cheese (chedder or feta), cooked black beans or cannelli beans warmed, crème fraiche and anything else you want to add and wrap it up with the tortilla(remember to fold in one side at a time moving clockwise so the bottom is closed, otherwise it all falls out!)

### **Puree of White Winter Vegetables**

A nice twist on ordinary mash!

4 large floury potatoes, peeled and chopped into chunks  
1 swede, peeled and chopped into chunks (slightly smaller than the potatoes)  
1 celeriac, peeled and chopped into chunks  
1 large yellow onion, peeled and quartered  
10 cloves of garlic  
1 Tblsps butter  
2 Tblsps double cream  
3 Tblsps white wine vinegar  
lots of sea salt and ground black pepper

Boil potatoes, swede, celeriac, onion and garlic at a simmer until completely tender 20 - 30 minutes. Drain well and blend in a food processor until smooth.

Melt butter and stir in cream, then remove from heat and mix into pureed vegetables with the vinegar; bring back up to heat stirring constantly. Season well with salt and pepper.

### **Gratin of Lentils and Leeks**

This serves 4 for a rich filling evening meal with a bit of salad on the side.

1 cup of dry brown lentils  
4 cups of water  
6 leeks, trimmed, cut into rings and washed well  
6 - 8 cloves of garlic, finely chopped  
4 Tblsp butter  
 $\frac{1}{2}$  cup (or more) grated parmesan and cheddar cheese  
1 cup of fresh breadcrumbs (just blend chunks of bread in food processor or chop up)  
salt and pepper

Sauce:

4 Tblsp butter  
2 Tblsp flour  
1 cup chicken or vegetable stock  
1 cup white wine  
 $\frac{1}{2}$  cup double cream

Boil lentils in 4 cups of water on a low simmer until tender, but not mushy. In a large frying pan, melt butter and fry leeks for 2 - 3 minutes. Add garlic and cook until leeks are soft. Season with salt and pepper and set aside until lentils are cooked, then mix together.

For the sauce: melt butter in a saucepan on medium low heat; add flour and mix with butter. Cook 2 minutes stirring constantly. Whisk in wine, stock and cream. Reduce heat and simmer until sauce thickens continuing to stir constantly. Season to taste.

Butter a baking dish and add lentil / leek mixture. Pour sauce over and mix well. Top with mixture of breadcrumbs and cheese and bake at 200c for 15 minutes covered with aluminium foil. Remove foil and continue cooking another 10 - 15 minutes until browning and bubbly.

### **Steamed Purple Sprouting Broccoli with Bagna Cauda**

A lovely light lunch with some nice bread.

250g purple sprouting broccoli  
4 chopped Anchovies  
2 garlic cloves, crushed  
3  $\frac{1}{2}$  oz good extra virgin olive oil  
1 oz cold butter  
1 tsp lemon juice  
sea salt and ground pepper

Steam broccoli until al dente. Crush anchovies and garlic together with mortar and pestle or whiz in food processor. Then heat them with olive oil in a small pan for about 2 minutes, making sure it all gets good and hot (but don't cook on high). Remove from heat and whisk in butter in small pieces until well combined. Add lemon juice and continue to whisk until mixture emulsifies slightly. Season to taste and use as dipping sauce or drizzle over broccoli.