



CALENDAR

2005



Dominic's giant sunflower

JERUSALEM ARTICHOKE

Once you have got them, it's difficult to get rid of them! But they are a tasty winter vegetable and they are easy to grow. If you are starting from scratch go for a variety called 'Fuseau' as they are less knobbly and easier to peel.

BRAISED JERUSALEM ARTICHOKE

2oz butter
1oz sugar
1 lb Jerusalem artichokes
½ lb shallots or small onions
salt and pepper
lemon juice

1. Peel artichokes and cut into even sized pieces
2. Place in cold water with squeeze of lemon juice
3. Peel shallots or onions
4. Melt butter into flameproof casserole or heavy pan
5. Add sugar and stir well
6. Add drained artichokes and shallots
7. Stir to coat with butter mixture
8. Cover and cook over very low heat for about 20 mins

Serving Suggestions:

Good with venison, game and red meat.

JERUSALEM ARTICHOKE AND BACON SOUP

1 lb artichokes
1 onion
1 pint chicken stock
bacon lardons
lemon juice
butter or oil
salt and pepper
parsley



1. Peel artichokes and cut into small pieces. Put in cold water with lemon juice to prevent them from blackening. Parboil.
2. Fry onion and bacon lardons in heavy saucepan with either butter or oil. Add the artichokes and fry together for a few minutes then add chicken stock. Add salt and pepper to taste, but the bacon may make it quite salty.
3. If you prefer a thicker soup, add peeled chopped potato and cook with the artichokes before adding to the other ingredients. Put through the blender.
4. Serve with sprinkled parsley.

CAULIFLOWER CHEESE

This is a different way to make cauliflower cheese, if you do not like creamy white sauces.

1 medium sized cauliflower
½ lb mature cheddar cheese (grated)
whole grain mustard
cider or balsamic vinegar



1. Cut the cauliflower in half and steam until cooked (do not overcook).
2. Place the cauliflower halves in an ovenproof dish.
3. Mix the cheese, mustard and a little vinegar in a bowl (should be a stiff consistency).
4. Coat the cauliflower halves with the cheese mixture and brown under a hot grill.

Can be served alone or with pieces of crispy grilled bacon. Could also use romanesco or broccoli heads.

CURRIED PARSNIP SOUP

(serves 4)

1 fl oz olive oil
2 tsp mild curry powder
1 small onion, chopped
1 ¾ pints hot chicken or vegetable stock
1 lb parsnips sliced thinly
salt & pepper to taste
snipped chives to garnish



1. Place the olive oil in a medium sized saucepan and heat. Add the onion and parsnips and gently fry until the onions are transparent.
2. Stir in the curry powder and cook for 2 minutes.
3. Pour in the stock, season with salt and pepper and simmer until the parsnips are tender – approx 30 minutes.
4. Pour the soup into a blender or food processor and work until smooth.
5. Garnish with snipped chives and serve immediately, with crusty bread.

SUNSHINE VEG

1 lb carrots
1 lb parsnips
1 lb swede



Steam the vegetables. When cooked put in a bowl and mash the vegetables with a knob of butter and salt and pepper to taste.

This is also a good way of using up left over vegetables and is delicious served with a roast dinner.



Sunnyside Allotment Society



Sunnyside under snow

January 2005



Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8 <i>Clearance day</i>	9
10	11	12	13	14	15	16
17	18 <i>Committee meeting</i>	19	20	21	22	23
24	25	26	27	28	29	30
31						

GREENS AND POTATO CASSEROLE

Goes very well with roast chicken. Appealing even to those who normally dislike green vegetables. It can be prepared in advance, except for the final browning, and is an exceptionally tasty accompaniment for simple meat or chicken dishes.

May be reheated the following day in oven at gas mark 2. Also good cold.

Serves 6

1 cup olive oil
3 medium potatoes, peeled and cut in 1/8 inch slices
1 large onion, half of it thinly sliced, the other half chopped
coarse salt
¾ lb cabbage, collard greens or Swiss chard
3 tablespoons olive oil
2 cloves garlic, crushed
1 tablespoon minced parsley
freshly ground pepper
dash paprika
3 eggs, lightly beaten

1. Heat the 1 cup of oil in a skillet. Add the potatoes, one at a time to prevent sticking. Alternate potato layers with the thinly sliced onion. Salt each layer lightly.
2. Cook over a medium flame, uncovered, until the potatoes are just tender, lifting and turning them occasionally. (The potatoes should remain separated - not in a "cake" - and should not brown.)
3. Meanwhile, steam or boil greens until soft. Drain and chop coarsely, adding salt (optional). Return to pan & add 1 tablespoon of the olive oil.
4. In a skillet, heat the remaining 2 tbsp of olive oil. Sauté the chopped onion until wilted. Add the greens and sauté 5 minutes. Add the garlic, parsley, salt, pepper, 1 tbsp warm water (or chicken/vegetable stock), and paprika.
5. When the potatoes are done, drain them and mix them with the greens (the potatoes will break up a bit in stirring). Transfer this mixture to a shallow casserole dish, preferably Spanish earthenware. (The dish may be made in advance up to this point.)
6. Pour the eggs over the casserole and place under a grill for about 5 minutes, or until the eggs have formed a golden crust. Cook in the oven for approx 15 mins, gas 4 and then put it under the grill to crisp up the surface. A little chopped smoked bacon may be used in the mix too.

SWEDISH RED CABBAGE

2 oz butter
2 large red cabbages cored and shredded
2 tbsp black treacle
1 onion - grated
2 apples (peeled, cored and sliced)
3 tablespoons lemon juice
4 fl oz red wine vinegar
salt and pepper



Melt the butter in a large heavy casserole. Throw in cabbage, add the black treacle and cook over a low heat, stirring constantly. Stir in the onion, apples, lemon juice, vinegar and salt and pepper. Simmer gently for three hours, stirring occasionally. Adjust seasoning.

CULLEN SKINK

Serves 6

2 lb Finnan haddock
1 pint each milk and water
2 oz butter
2 onions sliced
about 1 lb 6oz potatoes peeled and cut up
black pepper and salt
good pinch mace or nutmeg
2 tablespoons chopped parsley



1. Put the haddock in a saucepan with the milk and water. Bring slowly to the boil and simmer, covered, for about 4 minutes until the fish is cooked.
2. Transfer the fish to plate. Strain the cooking liquid into a large jug. Rinse out the pan.
3. Melt the butter in the pan, add the onion and potato and cook until the onion is soft. Add the reserved liquid, bring to the boil and simmer covered, until the potato is cooked. Meanwhile flake the fish, discarding the skin and bones. Keep the fish on one side.
4. Liquidise the potato mixture and return to the rinsed out pan. Add the fish and parsley and reheat. Season to taste with pepper, salt if necessary and mace or nutmeg. Serve very hot.

If you cannot find Finnan haddock, use 1¾ lbs un-dyed smoked haddock.

CARROT AND CORIANDER SOUP

Serves 4-6

1 lb carrots
1¾ pints vegetable stock
1 tbsp sunflower oil
1½ oz butter
2-3 tsp ground coriander
1 onion, chopped
1 stick celery & 3 pale leafy celery tops
1 tbsp fresh coriander
7 fl oz milk
2 small potatoes, peeled
salt & freshly ground black pepper



1. Trim and peel the carrots and cut into chunks. Heat the oil and 1 oz of butter in a large flameproof casserole or heavy-based saucepan and fry the onion over a gentle heat for 3-4 minutes, until slightly softened.
2. Slice the celery and chop the potatoes. Add them to the onion in the pan, cook them for a few minutes and then add the carrots. Fry over a gentle heat for 3-4 minutes, stirring and then cover.
3. Reduce the heat even further and sweat for about 10 minutes. Shake the pan or stir occasionally so that the vegetables do not stick to the base.
4. Add the stock and bring to the boil. Half cover the pan and simmer for a further 8-10 minutes, until the carrots and potatoes are tender.
5. Remove 6-8 tiny celery leaves and finely chop the remaining celery tops. Melt the remaining butter in a small saucepan and fry the ground coriander for about 1 minute, stirring constantly.
6. Reduce the heat and add the chopped celery tops and fresh coriander and fry for about 1 minute. Set aside.
7. Process the soup in a food processor or blender and pour into a clean saucepan. Stir in the milk and coriander mixture. Season, heat gently, taste and adjust seasoning. Served garnished with the reserved celery leaves.
8. For a more piquant flavour, add a little lemon juice just before serving.



Sunnyside Allotment Society



Wintry scenes

February 2005



Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5 <i>Clearance day</i>	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

CREAMY GARLIC SOUP

2 garlic bulbs
2 small potatoes (cubed)
1 small onion (chopped)
4 tbsp flour
½ pint milk
1½ pints (beef) stock
4oz crème fraîche
bouquet garni
bay leaf
salt & pepper to taste
chives or parsley to garnish

1. Parboil cubed potatoes.
2. Divide garlic into cloves. Drop into potato stock and cook for about 1 minute.
3. Remove garlic, peel and crush.
4. Heat oil in large pan. Add chopped onion and crushed garlic. Fry until translucent.
5. Gradually add flour and stock, stirring to prevent lumps.
6. Add potato, bouquet garni, bay leaf and seasoning, and bring to the boil.
7. Allow to cool before adding milk. Simmer for about 30 minutes, stirring occasionally.
8. Remove bouquet garni and bay leaf. Adjust seasoning.
9. Pass through blender and add crème fraîche.
10. Re-heat gently; do not allow to boil.
11. Serve, garnished with chopped parsley or chives, with crusty bread.

NB Because the garlic is simmered for quite a long time, the flavour is mild and creamy. Add more or less potato or flour depending how thick you want the soup. Elephant garlic would probably be good for this recipe.

LEEK, ONION AND POTATO SOUP

4 large leeks
1 medium onion (peeled and chopped small)
2 medium potatoes (peeled and diced)
2 oz butter
1½ pints hot vegetable stock
½ pint milk
salt and pepper
1½ tbsp snipped fresh chives or chopped parsley
2 tbsp cream or crème fraîche



Trim and clean the leeks. Cut in half lengthways and slice them quite finely.

In a large, thick-based saucepan, gently melt the butter, then add the leeks, onions and potatoes, stirring them so they are coated with the butter. Season with salt and pepper. Then cover and let the vegetables sweat over a low heat for about 15 minutes.

After that add the stock and milk, bring to simmering point, cover and let the soup simmer very gently for a further 15 minutes. Blend to a puree then re-heat and check the seasoning.

Stir in the chives or parsley and add a swirl of cream or crème fraîche before serving.

PASTA WITH PURPLE SPROUTING BROCCOLI

Serves 2

½ lb dried pasta, such as rigatoni or fusilli
½ lb purple sprouting broccoli, washed
¼ lb dolcelatte cheese, broken into small pieces
juice and grated zest of 1 lemon
2 oz pine nuts, toasted
2 tbsp extra virgin olive oil
freshly ground black pepper

Bring a very large pan of cold water to the boil and add a pinch of salt. Add the pasta to the pan and boil until just cooked.

Meanwhile, simmer the purple sprouting broccoli in a medium pan of boiling water for 4-5 minutes, until just tender.

Drain the pasta and purple sprouting broccoli and return both to the hot pasta pan along with the dolcelatte cheese, lemon juice and zest, pine nuts and olive oil. Season generously with black pepper, place over a low heat and toss together well. Spoon into serving bowls and eat at once, with a green salad.

FRENCH ONION SOUP

serves 6

1½ lb onions (peeled and thinly sliced)
2 tbsp olive oil
2 oz butter
2 cloves garlic
½ tsp golden sugar
2 pints vegetable stock
½ pint dry white wine
2 tbsp Cognac (optional)
salt and pepper
8 oz Gruyere or Emmental (grated)
for the croutons
1 small stick of French bread (cut into 6 1 inch diagonal slices)
1 tbsp olive oil
1-2 cloves garlic (peeled and crushed)



1. First make the croutons. Drizzle olive oil on a large, solid baking sheet, add the crushed garlic and then, using your hands, spread the oil and garlic all over the baking sheet. Now place the bread slices on top of the oil, then turn over so that both sides have been lightly coated with the oil. Bake for 20-25 minutes until crisp and crunchy.
2. Next place wide-bottomed saucepan or casserole on a high heat and melt the oil and butter together. When this very hot, add the onions, garlic and sugar, and keep turning them from time to time until the edges of the onions have turned dark – this will take about 6 minutes. Then reduce the heat to lowest setting and leave the onions to carry on cooking very slowly uncovered for about 30 minutes, by which time the base of the pan will be covered with a rich, nut brown, caramelised film.
3. After that pour in the stock and white wine. Season, then stir with a wooden spoon, scraping the base of the pan well. As soon as it all comes up to simmering point, turn heat down to lowest setting and leave it to cook very gently, still without a lid, for about 1 hour.
4. When you are ready to serve the soup, bring it back to simmering point, taste to check for seasoning and add Cognac (optional). Warm the soup bowls in a low oven and pre-heat the grill to its highest setting. Ladle the soup into bowls and top with croutons, allowing them to float on the surface of the soup. Now sprinkle the grated cheese thickly over the croutons and place under the grill until the cheese is golden brown and bubbling.



Sunnyside Allotment Society



Preparations for new growing season

March 2005



Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5 <i>Clearance day</i>	6
7	8 <i>Committee meeting</i>	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SPICY RHUBARB CHUTNEY

2 lb rhubarb cut into small pieces.
2 lb sugar
2 large onions - sliced
½ lb sultanas
a teacup full of malt vinegar
1 dessert spoon of curry powder
1 or 2 level dessert spoons of salt (to suit)
A very good pinch of pepper



Cook in a large saucepan all ingredients together until mixture thickens
(about 2 to 3 hours)
Transfer to warm sterile jam jars & seal when mixture is hot.
Label jars & store in a cool place for at least 2 months before use.

CHARD WITH GARLIC IN OIL

2 heads of chard
2 fat cloves garlic (roughly chopped)
2 tbsp olive oil
large pinch dried chilli flakes
lemon juice
sea salt



Strip the chard leaves from the stems. Wash the leaves, leaving a little water clinging to them.
Soften the garlic briefly in the olive oil, then stir in the chilli flakes.
Add the chard leaves and cook until they are soft, but still brightly coloured.
Add lemon juice and salt to taste. Serve the chard on toasted bread, or as part of a meal.

Spinach or leaf beet may be substituted for the chard if you wish.

SPINACH WITH PASTA

a small quantity of finely sliced spinach leaves
pasta
sauce

Cook the pasta and drain. Stir in the sliced spinach and the heat of the pasta will wilt the spinach.

Stir a pesto sauce or garlic mushrooms into the pasta. Or even just fry some garlic and chilli in a little olive oil and pour over the pasta.

STIR FRIED SPRING GREENS

1 Hispi cabbage or spring greens
1 oz butter
2 tsp caraway seeds
2 tbsp bacon



Slice up the cabbage, wash and drain.
Heat up butter in a pan, add caraway seeds and when hot, add cabbage and stir fry for 1 minute then cover.
Leave for a few minutes; the cabbage should steam in the liquid.
Season.
A couple of tablespoons of bacon can be cooked in the butter first before adding the cabbage.

RHUBARB AND GINGER JAM

2½ lb rhubarb (chopped)
2½ lb sugar
juice of 2 lemons
1 oz fresh root ginger
4 oz preserved or crystallised ginger

1. Put the rhubarb in a large bowl in alternate layers with the sugar and lemon juice. Cover and leave overnight.
2. Next day, bruise the ginger root slightly with a weight or rolling pin, then tie it in a piece of muslin. Put the rhubarb mixture into a preserving pan with the muslin bag and bring to the boil. Boil rapidly for 15 minutes.
3. Remove the muslin bag, add the preserved or crystallised ginger and boil for a further 5 minutes or until the rhubarb is clear. Test for a set and, when the setting point is reached, take the pan off the heat and skim the surface with a slotted spoon. Pot and cover the jam.

SPINACH SOUP

2 oz butter
2 onions chopped finely
2 tablespoons oil,
1 oz flour,
1¼ pints vegetable or chicken stock
1 ½ lb. spinach (chard would also work)
¾ pint milk
salt and pepper



1. Cook the onions in the oil and butter over a low heat until translucent but not coloured. Stir in the flour and cook for two minutes before slowly adding the stock while continuing to stir.
2. Add the spinach, cover and bring to the boil and simmer for five to ten minutes.
3. Liquidise and return to the pan. Add the milk and seasoning to taste. Reheat and serve, perhaps with a swirl of cream and chopped parsley or chives.

SPINACH SERVING SUGGESTIONS



Briefly wilt the spinach in a very small quantity of water and dress it with olive oil and lemon juice while it is still warm.

Mix cooked spinach with ricotta and Parmesan cheese and use it to fill pancakes, ravioli or large pasta shells.



Sunnyside Allotment Society



Spring on 'A' Road

April 2005



Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

ELDERFLOWER CORDIAL

Approximate quantities

20 large elderflower heads (pick when flowers are fully open, but before they start to go over & pick on a sunny day)

1¾ pints water

2 lb sugar

1½ oz citric acid (from chemist)

2 lemons



1. Put sugar in bowl. Pour over boiling water. Stir to dissolve sugar. Add citric acid and stir to dissolve.
2. Slice lemons, add and stir. Cut off as much of the stalk as possible and add the flowers. The water needs to be hot, but not boiling when the flowers are added in order to infuse properly.
3. Stir to make sure the liquid covers the flowers. Cover with a clean tea towel and leave to stand for between 12-24 hours. Recipes vary greatly and one even recommends standing for 5 days!
4. Strain liquid through muslin.
5. Bottle and store in cool, dark place. It also freezes well. Small plastic bottles are best as it does not last indefinitely once opened.
6. Dilute to taste. It is delicious diluted with part still water and part sparkling water. After a hot day gardening on the allotment, it's a really refreshing drink.



BROAD BEAN SALAD WITH BACON

Use very young tender beans for this recipe, while their skins are still soft.

4 oz very finely sliced dry-cured streaky bacon
olive oil

10 oz shelled broad beans

bunch of fresh flat-leaf parsley (finely chopped)

Parmesan cheese

lemon quarters

For the dressing

1-2 tbsp olive oil

juice of ½ lemon

sea salt and pepper



1. Cut the bacon into strips and fry in a little olive oil for about 5 minutes until it is slightly crisp.
2. Cook the beans in boiling water for about 4 minutes—less if they are very tiny.
3. Drain the beans and dress them immediately with the olive oil and lemon juice.
4. Season with salt and pepper. Add the parsley and bacon, and serve warm with shavings of Parmesan cheese and quartered lemon.

PESTO

Pesto is a delicious pasta sauce and is quick and easy to make. It can be made in a herb mill (wet and dry grinder) which is like a small blender or with a pestle and mortar. If you substitute mint for basil and use less cheese you can make a delicious dressing for a warm new potato salad (tastes good cold too!). In the winter use parsley instead of basil to make a pasta sauce, that is very good with fish. Other green herbs like coriander and watercress may be used.



TRADITIONAL PESTO SAUCE

1 heaped tbsp (about 1 oz) of pine nuts

a small amount (maybe ½ oz) of parmesan or pecorino cheese

1 or 2 cloves of garlic to taste

1 to 2 pinches of sea salt - not too much!

fresh basil leaves - a fair handful - the more the better

approx. ½ cup cold pressed virgin olive oil (raw/green/with strong acid after taste).

1. Put the pine nuts, cheese (chopped or broken into small lumps), garlic and salt into the mill. The level should be about up to the blades at least (app. ¾" deep). Whizz it for just a few seconds (5 -10 max.) whence it should thicken and slow the mill -STOP - don't make it too fine, leave some texture, the crunchy bits.
2. Add some oil to free it up and begin making it into a paste - this should bring it up to above the blades - *not too much at this stage* - more to come later. Whizz it again for a few seconds only (say 5). Add oil in small amounts until it's slightly less than a treacle consistency, whizzing just a second or two each time to emulsify it.
3. Cram half the basil leaves in and whizz until they have been dragged down into the paste. Add any remaining basil leaves and re-whizz quickly to blend. Should now be a really lovely bright fresh green or slightly pale green, - if it's too anaemic looking the basil leaves are not too fresh or you've not used enough for the other quantities.
4. Spoon out pesto into the large (warm) bowl - it should still not pour easily.
5. Fill the mill with more olive oil up to about blade level, whizz to blend with remaining pesto and clear out all the left-overs. Pour into the large bowl, quickly stir it all together and put it in a warm place (oven but not too hot) while waiting for the pasta.
6. Cook the pasta and drain and put into the large bowl of (warm) pesto - mix to coat pasta thoroughly and serve immediately.

PASTA WITH PEAS

peas

a small amount of prosciutto or streaky bacon

onion

pasta



Fry the prosciutto with chopped onion.

Then add the peas with a little water to cook gently.

Cook the pasta and add to the sauce.

Serve with a sprinkling of olive oil and pepper on top.



Sunnyside Allotment Society



Lots of lettuces

May 2005



Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10 <i>Committee meeting</i>	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SUMMER SALAD DRESSING

2/3 pint good quality virgin olive oil
1/3 pint white wine vinegar
2 good tsp of Dijon mustard
a good slug of liquid honey to sweeten the dressing (about 1 or 2 dessert spoons)
1 heaped tsp of ground ginger
1 generous heaped dessert spoon of mixed herbs
a sprinkling of dried crushed chillies (to taste)
a good dash of ground pepper
1 large clove of fresh garlic finely chopped



1. Mix the olive oil, white wine vinegar & Dijon mustard in a salad dressing jug.
2. Add the honey and then add all the other ingredients into the mixture.
3. Stir with a spoon or fork until all the ingredients combine.
4. Finally, add the chopped garlic and stir thoroughly again.
5. Then store the dressing in the fridge for 24 hours to marinate.
6. Remove from the fridge when required, stand it in a warm place & stir well before use.

Amounts have not been given here, because it will depend how much fruit you have to start with, but it is quite useful for dealing with gluts because you can process quite large quantities, freezing it if necessary.

FRUIT FOOL

gooseberries
sugar
elderflower cordial
carton of custard
(Waitrose do a very nice vanilla custard) or make your own
cream (optional)



1. Wash the gooseberries (no need to top and tail)
2. Put in a pan with sugar to taste (they need to remain fairly tart to contrast with the custard). Caster sugar will dissolve quicker, but any will do.
3. Add a splash of elderflower cordial. The gooseberries produce a lot of liquid, and you may prefer to strain some of this off and add the cordial at the end.
4. Cook until soft – this may only take 10 minutes for mature or dessert gooseberries – somewhat longer earlier in the season. It is difficult to overcook.
5. Cool slightly then push through a sieve to produce a bowl of puree.
6. Now add more cordial or another flavour (vodka or gin possibly?)
7. Alternatively freeze the puree at this point to eat another day.
8. To eat now, add roughly twice the quantity of custard to puree. The custard should give a smooth eggy contrast to the fruit puree.
9. Serve either straight away or chilled – ideally with some sort of biscuit like amaretti or shortbread.

Can also be made very successfully with black currants, white or red currants or rhubarb.

VINAIGRETTE DRESSING

2 tbsp olive oil
1 tbsp vinegar
lemon juice to taste
salt and pepper

Put seasoning, lemon juice and vinegar into bowl and mix. Add oil and beat well until an emulsion is formed and the dressing appears cloudy. Use immediately.

There is a wide variety of dressings available in the shops, but they are quite expensive. A basic vinaigrette dressing is cheap and simple to make. These are the basic ingredients, but you can make very different dressings by experimenting with various kinds of oils and vinegars. Have a look at the labels of some of the commercial varieties to get an idea of different combinations. A dressing is very much a matter of personal taste; some like to add a pinch of mustard powder, others will add a touch of sugar. A recommended combination is a light olive oil with a tarragon flavoured white wine vinegar.

If you have herbs to spare, you can make different flavoured red and white wine vinegars by adding a small amount of lightly crushed leaves to a bottle of vinegar, re-sealing it and leaving to mature for several months.

GREEN SALAD



The simplest and arguably the best green salad consists of 2 or 3 different varieties of lettuce, chopped chives and a herb, either winter/summer savory, marjoram or thyme, plus a good vinaigrette dressing. Simply tear the lettuce into a bowl together with chopped herb and chives just before the meal. Toss salad in dressing just before serving.

A basic green salad can be spiced up and made more interesting in so many ways, and according to the dish it is to accompany. Use rocket, dandelion, sorrel, nasturtium leaves or land cress for a bit of bite. Add fennel leaves or lemon balm to go with fish. Add chopped coriander to serve with curry. For added crunch and protein add nuts, sultanas or beans. Chop up grapes, apples or oranges for some sweetness and for a touch of colour decorate with nasturtium or borage flowers, or marigold or rose petals, all of which are edible.

GOOSEBERRIES



Serving suggestions

Gooseberries are a traditional and delicious accompaniment to mackerel, smoked or otherwise. They can be used either fresh or frozen. Simply stew the fruit gently, with minimal water, till soft. Sweeten with either demerara sugar or honey. Serve either hot or cold with your fish with plain boiled potatoes. Red dessert gooseberries look very attractive on the plate, but green are fine too.



Sunnyside Allotment Society



Flowerpot painting on Open Day

June 2005



Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 <i>Barbecue</i>	26
27	28	29	30			

COURGETTE & POTATO CAKE WITH MINT & FETA CHEESE

¾ lb courgettes
1 tbsp salt
¾ lb waxy potatoes
2 finely chopped spring onions
2 tbs chopped mint
7 oz crumbled feta cheese
1 lightly beaten egg
1 oz butter
1 tbsp olive oil

Coarsely grate courgettes, put in a colander and sprinkle over salt, set aside for 1hour. Parboil for about 8mins the waxy potatoes, peel and coarsely grate into a large bowl, season with salt and pepper.

Rinse the grated courgettes, squeeze, and then wrap in a dry tea towel and ring out remaining water. Add courgettes to grated potatoes, with spring onions, mint, crumbled feta cheese, and lightly beaten egg.

Divide the mixture into 8 and shape into cakes and brush over both sides of the cakes with olive oil. Pre-heat the oven to gas mark 7, 425 F (220 C) and also a baking tray. Place the cakes on the baking tray on the top shelf of the oven for 15 minutes, turn and cook for a further 15 minutes.

COURGETTE RISOTTO

¾ pint of chicken or vegetable stock
¼ pint white wine
1 tbsp olive oil
2 finely chopped shallots
1 clove finely chopped garlic
¼ lb chopped streaky bacon
6 oz thinly sliced (or chunked) courgettes
6 oz Arborio rice
2 tbsp double cream or crème fraiche
2 tbsp finely chopped parsley

In a small saucepan, warm the stock and wine. In a heavy bottomed saucepan, heat the olive oil. Add the finely chopped shallots, 1 garlic, and streaky bacon. Sauté for 3-4 minutes. Add courgettes and cook for 2-3 minutes. Add Arborio rice and stir in thoroughly. Slowly add the stock/wine a little at a time as it is absorbed, stirring continuously. When the rice is cooked - but still has a little 'bite'- stir in double cream or crème fraiche and finely chopped parsley. Serve immediately.

NEW POTATO SALAD IN MINT PESTO

Roseval, Charlotte or any other waxy new potato
mint pesto (see May's recipes)

1. Cut potatoes into quarters (no need to peel). Lightly steam until cooked.
2. Combine potatoes with warmed mint pesto in a bowl,
3. Can be served warm or cold.

COURGETTES À LA GRECQUE

1 lb small courgettes
salt
11 fl oz water
4 fl oz olive oil
juice of a lemon
crushed clove of garlic
sprig of thyme
bay leaf
crushed peppercorns
crushed coriander seeds
3 skinned & chopped tomatoes



Wash but do not peel courgettes, cut into 5cm sections and quarter. Put in a colander and sprinkle with salt and leave for an hour.

In a saucepan put water, olive oil, lemon juice, garlic, thyme, bay leaf, a few crushed peppercorns and coriander seeds, and tomatoes. Bring to the boil, add the courgettes, and simmer for 20 – 25 minutes. Serve cold. (If too much juice remains at the end of the cooking time, remove the courgettes and boil to reduce.)

COURGETTE PASTA SAUCE

¼ lb prosciutto or streaky bacon
2 oz butter
1 small chopped onion
1 lb sliced courgettes
2 oz crème fraiche or double cream
3 oz finely grated parmesan cheese
salt and pepper



Good with spaghetti.

In a frying pan cook prosciutto (or streaky bacon) in butter for 2-3 minutes. Remove the prosciutto and drain on kitchen paper. Add onion to the pan and cook for 5 minutes. Add courgettes and cook, stirring frequently, for 5-10 minutes until softened. Put the prosciutto / streaky bacon, back in the pan and stir in crème fraiche or double cream and parmesan cheese. Season with pepper and salt.

LOW SUGAR RASPBERRY JAM

2 lb fresh raspberries
10 oz sugar
1 tbsp lemon juice



Combine berries and sugar, cover and bring to a simmer. Skim any scum and discard. If additional pectin is needed add a few redcurrants or apple juice. Add lemon juice. Simmer for five minutes and remove from the heat and test for setting point. Pour into sterilised jars (ensure they are heat proof jars) and seal, and label.

This recipe can be used with other berries.



Sunnyside Allotment Society



Sunnyside in bloom

July 2005



Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12 <small>Committee meeting</small>	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

RUNNER BEAN CHUTNEY

2 lbs beans
4-5 onions
1½ Demerara sugar
1½ tbsp turmeric
1½ tbsp mustard powder
1½ tbsp cornflour
1½ pints vinegar



Slice beans and cut up onions small.
Boil beans and onions in salted water (enough to cover) until tender.
Drain well then either cut up small or put through mincer or blender.
Add the sugar and 1¼ pints of vinegar and boil for 15 minutes.
Mix turmeric, mustard and cornflour in the remaining ¼ pint of vinegar, add to the beans etc and boil for another 15 minutes.

Allow to cool and put into jars.

BEANS IN OIL

1½ lbs of sliced runner or French beans
1 medium finely chopped onion
2 large tomatoes skinned and chopped roughly
5 tbsp olive oil
1 tsp sugar
2 tbsp tomato puree
½ pint boiling water



Place the beans, onion and tomatoes in a pan and add the olive oil. Stir so that the beans are coated with the oil.
Cook on a very low heat with the pan lid on, stirring occasionally until the beans are tender and slightly yellow. This will take approximately one hour.

Mix together the boiling water, tomato puree and sugar and add to the pan. Continue to cook, partially covered, until the liquid has reduced until it is nearly dry. This will take approximately a further hour.

This is great hot, but even better cold.

GREENGAGE JAM

4 lb greengages
4 lb sugar (this can be reduced)
1 pint of water



1. Wash the greengages and cut in half to remove the stones. Split the stones and remove the kernels. Put these with the fruit into a pan with the water. Bring to the boil and simmer until the greengages are tender. This should take about 40 minutes.
2. Add the sugar, stirring until dissolved, and bring to the boil. Boil rapidly for about 15 minutes, then test for setting.
3. Pour into sterilised jars and label.

SPICED TOMATO CHUTNEY

2 large red onions (chopped)
4-6 large garlic cloves (chopped)
1 red pepper (chopped)
½ lb cooking apples (cored and chopped without peeling)
1 fresh red chilli (deseeded finely chopped)
6 tbsp fresh ginger (finely chopped)
2 tbsp ground cumin
2 tbsp dried oregano
2 lb firm but ripe tomatoes (cored and chopped)
1 cup red wine vinegar
4 oz soft light brown sugar



1. Put all the ingredients in a non-reactive pan, bring to the boil and simmer, stirring as necessary, until the chutney is thick. The chutney is ready when no liquid appears in the channel that is left when the spoon is drawn across the bottom of the pan. It will thicken further upon standing.
2. Fill sterilised jars and seal with vinegar-proof lids. Label the jars and store in a cool, dark, dry place for one month before eating.

CUCUMBER AND DILL SOUP

2 cucumbers (peeled and chopped)
1 onion (chopped)
8 oz potato (chopped)
1 tbsp oil
1¼ pints chicken stock
2 bay leaves
salt and pepper
5 fl oz soured cream or crème fraîche
1 tbsp chopped dill



Heat oil in pan and fry onion until softened.
Add cucumber and potato and cook for 5 minutes, stirring occasionally.
Add stock, bay leaves and seasoning.
Bring to the boil, cover and simmer for 20 minutes.
Remove bay leaves and put liquid through blender.
Add soured cream and blend again.
Return soup to pan, stir in chopped dill and re-heat gently – do not boil.
Serve hot or chilled.
It's very refreshing chilled on a hot day.

CURRANTS AND BLACKBERRIES ETC



If you do not have time to make jams and jellies with your summer fruit you can freeze them and make your preserves later in the year when you have more time.



Sunnyside Allotment Society



Relaxing and waiting for the crops to grow!

August 2005



Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

GREEN TOMATO CHUTNEY

(makes 8 lbs)

2 lbs green tomatoes (skinned and chopped)
1 small cauliflower chopped
1½ lbs onions (chopped)
2 oz salt
2½ pints malt vinegar
2½ lbs brown sugar
5 oz plain flour
2 teaspoons dry mustard
2 teaspoons curry powder
½ teaspoon grated nutmeg
½ teaspoon ground cloves
½ teaspoon ground ginger



Arrange vegetables in layers and sprinkle liberally with salt. Cover with water and set aside overnight. Next day drain and rinse under cold water. Put 2 pints vinegar and all the sugar into a pan and bring to the boil. Stir in vegetables and bring to the boil again. Mix all dry ingredients with the remaining half a pint of vinegar and stir into the pan. Bring back to the boil and simmer for ten minutes until thick.

TOMATO SOUP (for the freezer)

12lb tomatoes – cored and peeled
9 tsp salt
3 tsp celery seed
5 whole cloves
1½ tsp pepper
6 large onions - diced
12 sprigs parsley
1½ cups sugar

2 oz butter
6 large tbsp flour

Boil together all ingredients (except the butter and flour) until tender then liquidise with blender.

Mix the butter and flour with some juice from above.

Then stir into full mix and boil for another 5 minutes.

Freeze in smaller quantities and add to equal quantities of milk or water when using.

SPICED PLUM CHUTNEY

1½ lb plums (stoned and quartered)
1 lb onions (chopped)
8 oz cooking apples (peeled, cored and chopped)
½ pint vinegar
4 oz sultanas
6 oz soft brown sugar
1 cinnamon stick

1. Place all the ingredients in a large preserving pan. Bring to the boil and simmer, uncovered, for about 45 minutes or until the chutney is thick and pulpy.
2. Spoon into sterilised jars and seal with vinegar-proof lids. Label and store for at least 4-6 weeks before use.

ROAST TOMATO SOUP WITH BASIL

1½ lb fresh (plum) tomatoes
1 red pepper
2 cloves of garlic
3 tbsp olive oil
2 pints of vegetable stock
basil



Cut each tomato into 6 pieces and put into roasting tin.

Take seeds and white core out of pepper, cut into strips and add to tomatoes.

Peel and roughly chop garlic and scatter over tomatoes. Pour olive oil over vegetables, season with salt and pepper, and roast for about 45 minutes (oven 200° C/gas mark 7) until tomatoes are soft.

Pour stock into pan and add most of basil leaves. Add tomato mixture, mix and heat.

Put mixture through blender, adjust seasoning.

Garnish with chopped basil leaves.

Delicious hot or chilled.

PLUM POT

3 lb plums (washed, stoned and chopped into large pieces)
1 lb raisins or sultanas
2 large oranges (sliced and chopped into small pieces)
3 lb sugar (this can be reduced)

1. Put all the fruit and sugar into a large non-metallic bowl. Cover and leave overnight.
2. Next day, transfer the mixture to a large preserving pan and heat slowly until the sugar is dissolved, stirring all the time.
3. Bring to the boil and then simmer until the mixture is fairly thick – about 30 minutes. A knob of butter can be added during cooking, to reduce any scum.
4. Pour into sterilised jars, seal and label.

PLUM AND MULLED WINE JAM

4 lb plums, halved and stoned
½ bottle of red wine
mulled wine spices e.g. cinnamon, nutmeg cloves etc
piece of orange zest without pith
4 lb sugar (this can be reduced)



1. Put the plums and wine into a preserving pan.
2. Place the spices and zest in a spice ball or muslin bag and add to the pan. Cook gently for 15-20 minutes or until the skins are soft.
3. Remove the spice ball or bag and add the sugar, stirring until dissolved. Bring to the boil and boil rapidly for about 10 minutes or until setting point is reached. Remove any scum.
4. Pot into sterilised jars, seal and label.



Sunnyside Allotment Society



More deep beds

September 2005



Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13 <small>Committee meeting</small>	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

ROASTED PUMPKIN SOUP

3 lb pumpkin
groundnut or olive oil
salt and pepper
1 onion (thinly sliced)
1 clove garlic (crushed)
2 pints vegetable or chicken stock
1½ butter or margarine
½ tsp ground ginger
1 tbs lemon juice
2 bay leaves
1 bouquet garni
½ pint milk
freshly grated nutmeg



Step 1

Take pumpkin, cut into two halves, then cut each half into quarters, & clean out the seeds. Brush each of the eight pieces with groundnut or olive oil & season with salt & pepper. Place the eight pieces onto a baking tray onto the top shelf of the oven for 25 to 30mins. Oven set at Gas mk 9 or 240 deg C or for Fan ovens 180 deg C.

Step 2

Remove the roasted pumpkin from the oven when tender (test with a skewer to ensure it's cooked). Leave to cool for 30 mins, then peel off outer skin & dice flesh into medium sized pieces.

Step 3

Melt butter in a large heavy based saucepan. Add the onion and garlic and fry over high heat stirring around until edges start to colour. Then cook the onions gently on a low heat without a lid for about 20 mins. Then add the milk and the stock to the onions and with the heat still low bring to simmering point. Then add the pieces of roasted pumpkin, and season with salt and pepper. Then add the nutmeg, the ground ginger, the bay leaves and the bouquet garni. Cover and let it all simmer gently for 15 to 20 mins. Process the soup to a puree using a suitable electric blender.

Step 5

To serve the soup re-heat it gently, just to simmering point being careful not to boil it. Garnish with a swirl of cream or creme fraiche or fromage frais. Finally, sprinkle on some snippets of fresh chives.



CARROTS AND SQUASH WITH GINGER

carrots
squash
small quantity of chopped root ginger
1 tbsp oil



Either boil or steam the carrots (finely sliced) and squash (cubed) with the chopped ginger and oil.

Very good way of cooking large carrots, which might have an earthy flavour if cooked plainly.

MARROW OR BUTTERNUT SQUASH PROVENCALE

1 medium marrow (or butternut squash)
1 oz butter
1 medium onion, grated
1 garlic clove, crushed
1 green pepper, seeded and chopped
8 oz tomatoes, chopped
4 oz Lancashire cheese or English Cheddar, grated



1. Cut marrow or squash into 1 inch rings and remove seeds from centres. Cut rings into 1 inch cubes.
2. Melt butter in a large saucepan and fry marrow or squash for 6 - 7 minutes or until golden. Transfer to a plate.
3. Place onion, garlic and green pepper in remaining butter in pan. Fry until pale gold.
4. Add tomatoes and marrow or squash and mix well.
5. Place half mixture in an ovenproof dish.
6. Cover with 2 oz cheese, then add the remaining marrow mixture and sprinkle with the remaining cheese.
7. Bake at 190° C (375° F) Gas mark 5 for 30 minutes.

SIMPLE PUMPKIN SOUP

This soup can be made with any hard squash. There is no need to peel the pumpkin, unless the skin is tough. If you do leave the skin on, orange skinned squashes give the soup a better colour. All amounts in this recipe are approximate. Carrots can also be added to this soup.

2 large onions (chopped)
1 tbsp olive oil
1 medium pumpkin (chopped)
seasoning



1. Bring the onions to the boil in water, add the oil and simmer until the onions reduce to a thick stock.
2. Add the pumpkin and more water if necessary. Bring to the boil and simmer until the squash is tender.
3. Blend and season to taste. Ground coriander may also be added.

If you prefer not to use salt then serve with tamari or shoyu sauce. Garnish with chopped coriander leaves or parsley.



Sunnyside Allotment Society



Autumn leaves

October 2005



Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

BEETROOT BAKED IN BALSAMIC VINEGAR

As irritating in every way that he is, Jamie Oliver suggests this amazing way of cooking beetroot. It turns a fairly ordinary vegetable into something really special. Boiled beetroot by comparison is totally tasteless.



1. Chop unpeeled

- beetroot into approx 2 inch chunks.
- Lay them on a baking tray, on double thickness silver foil.
- Add plenty of whole garlic cloves squashed, but unpeeled.
- Add a handful of fresh herbs (marjoram, oregano or basil).
- Add a sprinkling of salt, and freshly ground black pepper.
- Add approx 10 tablespoons of balsamic vinegar.
- Add about 6 tablespoons of olive oil.
- Fold the sides of the silver foil up, and seal the top by scrunching it together.
- Place in a preheated oven at 200 degrees C / 400 degrees F / gas mark 6.
- It is ready when the beetroot is soft, after approximately 45 mins – 1 hour.
- Garnish with fresh herbs before serving.

We have not been too specific with quantities of ingredients, as it is not critical. We normally cook about enough to fill the bottom of a baking tray, 3-4 medium to large beetroots.

RUSSIAN HERRING SALAD

beetroot
carrots
potatoes



Norwegian slightly salted herring (available only in Russian shops in London) but you can possibly try some other herring **mayonnaise**

- Peel and boil the carrots and potatoes and leave them to get cool. Boil the beetroot and peel when cool.
- Grate the vegetables without mixing.
- De-bone and de-skin the herring and cut it into small pieces.
- Sprinkle a ceramic or glass dish with olive oil and put out half of the herring pieces - that will form the first layer to be followed by 3 other layers of grated carrots, potatoes and beetroot. Use 1-2 table spoonfuls of mayonnaise and spread it evenly over the top layer of the grated beetroot.
- Repeat the sequence: a layer of herring, carrots, potatoes and beetroot with mayonnaise on top. The salad is ready!
- Leave it to "set" for a couple of hours. The beauty of it is that it will be good on the next day and you can enjoy it for several days.

BEETROOT AND GINGER CHUTNEY

- 3 lb beetroot, cooked
- 1 lb onions, chopped
- 2 pints vinegar
- 1 lb cooking apples, peeled and chopped
- 1 lb seedless raisins or dates, chopped
- 3 tbsp ground ginger
- 1 tsp salt
- 2 lb granulated sugar



- Peel and cut the beetroot into cubes or mash well if a smoother chutney is preferred.
- Place the onion in a large preserving pan, with a little of the vinegar; and cook for a few minutes, to soften the onion. Add the apples, raisins or dates and continue cooking until pulpy.
- Add the beetroot, ginger, salt and half the remaining vinegar; simmer gently until thick.
- Stir in the sugar and remaining vinegar and continue cooking until thick again.
- Pot into cooled, sterilised jars, seal with a vinegar proof lid and label. Store for 6 - 8 weeks before using.

BEETROOT, CUMIN AND TOMATOES

14 oz can plum tomatoes (we use allotment grown fresh ones instead!)

- 1 bunch beetroot about 1 lb
- 4 tbsp vegetable oil
- 1 tsp whole cumin seeds
- 1 garlic clove, chopped
- 2 medium onions, chopped
- ½ tsp dried chilli flakes (optional)



1 tbsp red wine vinegar or juice of one small lemon

- Squish the tomatoes into a colander so that all the juice has gone and you have a pulp.
- Peel the beetroot and cut it into small wedges or cubes.
- Heat the oil and fry the cumin seeds, garlic, onion and chilli flakes (if using) until golden brown. Add the beetroot, tomato, vinegar or lemon juice along with 200 ml water and 1 teaspoon of salt.
- Bring the ingredients to a simmer, cover and cook for between 30 minutes and one hour - this will depend on your beetroot. Test to see if the beetroot is tender and keep cooking if it is not.
- When the beetroot is tender, uncover and turn up the heat to thicken the sauce if it seems wet, but don't forget to stir so that it doesn't catch on the pan!



Sunnyside Allotment Society



Squashes galore!

November 2005



Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8 <i>Committee meeting</i>	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 <i>SAS AGM</i>	27
28	29	30				

ROASTED WINTER VEGETABLES

2 - 3 lb of veg peeled and cut into chunky pieces - choose from a mix of any or all of parsnip, onion, swede, celeriac, turnip, beetroot, carrot
2-3 tablespoons olive oil
1 whole garlic bulb

Sauce

1 -2 tsp horseradish sauce or grated horseradish
5 fl oz sour cream or yoghurt
salt and pepper

Set the oven to 200C/400F/Gas mark 6

Put the olive oil in a large baking tin and put in the oven to heat up

Bring a large pan of water to the boil and boil the veg for 5 minutes

Drain the veg and put them in the hot fat. Mix them well, and put it all back in the oven

Break the garlic into cloves but don't peel it. After about 15 minutes mix the cloves into the roasting vegetables

Roast the whole lot for about 15-20 minutes more (but check after 10 minutes in a fan oven) until the veg is golden brown

Serve with the sauce

To make the sauce - mix the horseradish into the cream/ yoghurt and add salt/pepper to taste

PUMPKIN CHUTNEY

1½ lb prepared pumpkin, peeled, deseeded and cut into 1 inch chunks
1 lb cooking apples, peeled, cored and chopped coarsely
12 oz onions (chopped)
6 oz sultanas or raisins
2 tbsp salt
2 tsp ground ginger or 2 oz fresh root ginger, shredded finely
½ tsp ground black pepper
2 tsp ground allspice
4-6 garlic cloves (crushed)
1 pint cider vinegar
1 lb soft brown sugar
2 oz stem ginger (finely chopped)



1. Put all ingredients, except the sugar and stem ginger, in a large preserving pan and mix well.
2. Bring to the boil and then reduce the heat and simmer for about 45 minutes, stirring occasionally until the contents are very soft.
3. Stir in the sugar until dissolved and then continue to simmer, uncovered for about 1-1½ hours or until the chutney is very thick and there is no liquid left on the surface.
4. Add the stem ginger. Spoon into sterilised jars and seal with a vinegar-proof lid. Label and store for 6-8 weeks before use.

MASHED POTATO AND CELERIAC

1 lb red potatoes, peeled & sliced 1½" thick
1 lb celeriac, peeled and sliced as above
½ cup soured cream (crème fraîche, or even salad cream could be used)
2 tbsps unsalted butter
¼ tsp grated nutmeg
salt & pepper.

1. Place potatoes & celeriac in a medium saucepan and fill with enough cold water to cover by about 2".
2. Bring to a boil and simmer until tender (20-25min). Drain.
3. Mash potatoes & celeriac as smooth as possible, add sour cream, butter and stir. Season to taste.

VEGETABLE GOULASH

2 lb white root vegetables (parsnip, kohlrabi, turnips, celeriac)
8 oz onions
clove or two of garlic
1 oz butter or oil
1 tbsp sweet paprika
half tsp caraway seeds (optional)
pinch cayenne
5 fl oz soured cream or creme fraiche



1. Peel the root veg and chop into bite size pieces
2. Chop the onions and garlic
3. Cook the onions and garlic in the fat until soft (about 5 mins)
4. Add the root veg, paprika and caraway and stir for about a minute
5. Add 3.5 fl oz of water and some salt
6. Cook for 45-60 mins until the veg is soft and the sauce is thick
7. Check a couple of times while cooking to see if the veg is sticking and needs more water
8. Stir in 2 tbsp soured cream and serve with the rest.

BRUSSELS BUBBLE AND SQUEAK ROSTI

1 lb potatoes
3 oz Brussels sprouts
2 oz matured cheddar
1 tbsp plain flour
1 oz butter
1 dessertspoon olive oil
salt and pepper



Boil the potatoes for 8 minutes and drain. Shred the Brussels sprouts. Cook them briefly in boiling water. Grate the potatoes into a bowl and season. Then add the grated cheese and Brussels and lightly toss together with a fork. Shape the mixture into rounds of 3 inches and ½ inch thick. Press them together firmly to form little cakes and dust lightly with the flour. Pre-heat a baking tray in the oven to gas mark 7 (425°F, 220° C). Melt the butter, add the oil and brush the rosti on both sides with the mixture. Place the rosti on the baking tray and cook for 15 minutes, turn the rosti over and cook for a further 10 minutes.



Sunnyside Allotment Society



Steaming muck!

December 2005



Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3 <i>Clearance day</i>	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18 <i>Christmas drinks</i>
19	20	21	22	23	24	25
26	27	28	29	30	31	

Our thanks to all tenants and friends who supplied recipes and serving suggestions for this calendar. Most of the recipes are vegetarian, but vegetable stock can be substituted for beef or chicken stock etc. All of the fruit and vegetables featured in the recipes can be grown on the allotment. We have tried to suggest a variety of ways of serving traditional crops, especially where there is a glut, and we have unashamedly used lbs/ozs instead of metric measures throughout!

If you feel tempted to take on an allotment, tenancy forms are available from the Chairman of Sunnyside Allotment Society, or from the tea hut on B15. Alternatively phone Berkhamsted Town Council on 01442 228945

To find out more about Sunnyside Allotment Society,
visit our website:

www.sunnysideallotments.org.uk

