



# CALENDAR 2010

Quince





Wintry approach





# Sunnyside Allotment Society

January 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Day	2
3	4	5	6	7	8	9
10 SAS Working Party	11	12	13 SAS Committee Meeting	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## LEEK, ONION AND POTATO SOUP

4 large leeks  
1½ pints hot vegetable stock  
2 tbsp cream or crème fraiche  
1 medium onion (peeled and chopped small)  
2 medium potatoes (peeled and diced)  
1½ tbsp snipped fresh chives or chopped parsley

2 oz butter  
½ pint milk  
salt and pepper

1. Trim and clean the leeks. Cut in half lengthways & slice them quite finely. In a large, thick-based saucepan, gently melt butter, then add leeks, onions & potatoes, stirring them so they are coated with the butter. Season with salt & pepper. Then cover & let the vegetables sweat over a low heat for about 15 mins.
2. After that add stock & milk, bring to simmering point, cover & let the soup simmer very gently for a further 15 mins. Blend to a puree then re-heat & check the seasoning.
3. Stir in chives or parsley & add a swirl of cream or crème fraiche before serving.

## BRAISED RED CABBAGE WITH APPLE

1 small red cabbage  
1 large onion, finely sliced  
¼ tsp freshly grated nutmeg  
1 Bramley apple, peeled & grated  
2 tbsp light muscovado sugar

½ tsp ground allspice  
4 tbsp red wine vinegar  
2 tbsp redcurrant jelly  
1 oz butter

1. Finely slice the cabbage, discarding the core & any tough leaves. Melt the butter in a large pan over a medium heat. Add the onion & cook for 5 minutes until soft, but not browned. Stir in the spices, then add the cabbage, apple, red wine vinegar, sugar & ¼ pint of cold water. Stir until thoroughly combined & the sugar has dissolved. Season generously.
  2. Bring to boil, then cover tightly & simmer for about one hour, until the cabbage is tender & the liquid has evaporated.
  3. Stir in the redcurrant jelly & allow to melt. Serve hot.
- This recipe goes well with roast pork or sausages.*

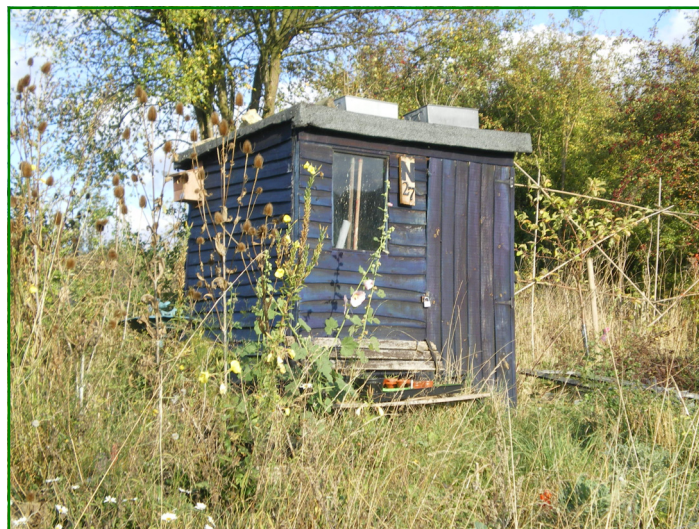
## HOME-MADE BAKED BEANS

1 red onion sliced  
1 tbsp olive oil  
¼ oz butter  
molasses  
salt  
crushed bay leaves  
1 can of tomatoes or 1 lb ripe fresh tomatoes  
½ lb dried beans (soak overnight) or fresh Borlotti beans etc



1. Fry the onion & bay leaves in butter & oil. (To spice it up add finely chopped chilli.) Add tomatoes & beans. Season to taste with salt and molasses (or brown sugar).
2. Bake in medium oven in ovenproof dish for 2 hours until thickened.





Sheds galore







# Sunnyside Allotment Society

February 2010



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

## CURRIED PARSNIP SOUP

2 oz butter  
2 onions, chopped  
1 clove garlic, crushed  
1 tsp mild curry powder  
1 pinch turmeric  
3 lb parsnips, chopped  
½ apple  
1½ pints chicken stock  
¼ pint cream  
½ lemon, juice only



1. Melt the butter in a pan & add onion, garlic, curry powder & turmeric. Gently sweat for 2-3 mins, stirring frequently, until onions are softened.
2. Add the parsnip & apple & fry for a further 3-4 mins, or until parsnip is golden. Add the stock & bring to the boil, then reduce to a simmer. Simmer for 10-12 mins, or until the parsnip is tender.
3. Using a stick blender, blend soup until smooth & creamy. Pass the soup through a fine sieve, then return to pan & stir in cream & lemon juice & season, to taste, with salt & freshly ground black pepper.

## CHEESY LEEK & POTATO PIE

3 leeks, cut into chunks  
small knob butter  
pinch dried rosemary or thyme  
1 lb potatoes chopped into thick slices  
5 oz melting cheese, such as cheddar, cut into small chunks  
1 lb shortcrust pastry  
1 egg, beaten



1. Put the leeks, butter & herbs in a pan, cover & cook over a low heat for about 20 mins until very soft, stirring occasionally. While the leeks are cooking, put the potatoes in a pan of cold water, bring to the boil & simmer for 10-15 mins until just cooked. Drain potatoes & stir into cooked leeks. Leave to cool, stir in the cheese & season with pepper & salt to taste.
2. Heat oven to 200°C/fan 180°C/gas 6. Divide the pastry in two & roll one of the pieces to size of a dinner plate. Transfer this to a baking sheet & roll remaining pastry & any trimmings to a round about 2" bigger than the first. Pile the filling into the middle of the round on the baking sheet, leaving a 1½" border. Brush border with beaten egg, then drape over the larger piece of pastry. Trim the edges to neaten, then press the sides together with your thumb.
3. Brush the tart all over with egg. Bake for 35-40 mins until golden. Leave to rest for 10 mins before cutting into wedges and serving with beans or greens.





Preparing new ground







# Sunnyside Allotment Society

March 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 St David's Day	2	3	4	5	6
7 SAS Working Party	8	9	10 SAS Committee Meeting	11	12	13
14 Mothering Sunday	15	16	17 St Patrick's Day	18	19	20
21	22	23	24	25	26	27
28 BST begins	29	30	31			

## INDIAN SPICED GREENS

1 tbsp vegetable oil  
 1 tsp cumin seeds  
 ½ tsp mustard seeds  
 4 green chillies, finely chopped  
 large piece fresh root ginger, grated  
 ½ tsp turmeric  
 1 lb shredded greens, such as kale, Brussels sprouts, or any other brassica  
 4 oz peas  
 juice 1 lemon  
 ½ tsp ground coriander  
 small bunch coriander, roughly chopped  
 2 tbsp unsweetened desiccated coconut



1. Heat the oil in a large non-stick pan or wok, sizzle the cumin & mustard seeds for 1 min, then add the chilli, ginger & turmeric. Fry until aromatic, then add the greens, a pinch of salt, a splash of water & the peas.
2. Cover the pan and cook for 4-5 mins until the greens have wilted. Add the lemon juice, ground coriander, half the fresh coriander & half the desiccated coconut, then toss everything together. Pile into a serving dish & scatter with rest of the coconut & coriander

Serve with chicken or lamb.

## LEEK, POTATO & BACON BAKE

1 pint chicken or vegetable stock  
 2 lb potato (or chicken) thinly sliced  
 6 leeks, thinly sliced into rounds  
 1 oz butter  
 3-4 rashers streaky bacon, snipped



1. Heat oven to 200°C/fan 180°C/gas 6. Put the stock in a large pan, bring to the boil, then add the potatoes & the leeks. Bring back to the boil for 5 mins, then drain well, reserving the stock in a jug.
2. Meanwhile, butter a large baking dish. Layer up the potatoes & leeks higgledy piggledy, seasoning as you go, then scatter the bacon over the top. Season well, pour over about ¼ pint of the reserved stock, then spoon over the cream (if using) & cover with foil. Bake for 40 mins, uncovering halfway through so that the bacon crisps.

## SQUASHES

This is about the last chance to use your stored squashes. They are delicious simply roasted or made into a colourful, tasty soup.





Pear blossom





# Sunnyside Allotment Society

**April 2010**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Maundy Thursday	2 Good Friday	3
4 Easter Sunday	5 Easter Monday	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23 St George's Day	24
25	26	27	28	29	30	

## BRAISED LEEKS WITH SOURED CREAM & MUSTARD

14 oz prepared leeks  
 ¼ oz butter  
 5 fl oz soured cream  
 2½ fl oz vegetable stock  
 1 tbsp wholegrain mustard  
 ¼ tsp freshly ground pepper



1. Trim & clean leeks, chop into ¾" chunks
2. Spread butter over bottom of ovenproof dish
3. Arrange leeks in dish in single layer
4. Mix cream, stock, mustard & pepper. Pour over leeks. Add more stock if necessary (liquid needs to be ¾ up leeks).
5. Cover dish & bake in oven at 190°C/Gas5 for 30 mins.

## PASTA WITH PURPLE SPROUTING BROCCOLI

½ lb dried pasta, such as rigatoni, fusilli or penne  
 ½ lb purple sprouting broccoli, washed  
 ¼ lb dolce latté 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

1. 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.
2. Meanwhile, simmer the purple sprouting broccoli in a medium pan of boiling water for 4-5 minutes, until just tender.
3. 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.
4. 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.

## ROAST RHUBARB WITH MASCARPONE

14 oz rhubarb  
 3 tbsp orange juice  
 1 tbsp sherry  
 4 tbsp Demerara sugar  
 4½ oz mascarpone



1. Trim the ends off the rhubarb stalks and cut them into 1½" lengths. Put them in ovenproof dish in single layer.
2. Mix orange juice, sherry & 3 tbsp of the sugar & pour over rhubarb. Cover the dish.
3. Bake in oven 200°C/Gas6 for 15-20 mins until rhubarb tender.
4. Drain liquid from around the rhubarb into a pan & add remaining sugar. Bring to boil & boil it rapidly for about 9 mins, until syrupy.
5. To serve spoon syrup over fruit & add spoon of mascarpone.





Tenants young and old







# Sunnyside Allotment Society

May 2010



## BROAD BEANS PROVENCALE

1 lb fresh broad beans  
1 oz butter  
2 tsps herbes de Provence  
4 tomatoes, peeled, seeded and diced  
salt and pepper



1. Cook the broad beans in boiling salted water until they are just tender, about 8 minutes. Drain & refresh the beans under cold water. Peel off the outer skins, if preferred.
2. Melt the butter in a large frying pan and add the beans, together with the herbes de Provence. Add the tomatoes, salt & pepper. Heat through, stirring continuously.

*serving suggestion*

Broad beans can be substituted with French, runner or Borlotti beans.

## BROAD BEANS, PEAS & BACON

½ lb broad beans  
½ lb peas  
2 rashers smoked bacon  
chopped parsley  
1 or 2 crushed cloves of garlic  
chilli (optional)

1. Lightly cook the peas & broad beans.
2. Chop & fry bacon.
3. Toss broad beans & peas with bits of bacon & its hot fat along with some chopped parsley, garlic and chilli (if desired).

## ORANGE PEA SALAD

serves 6  
1¼ lb peas  
½ lb chopped celery  
3 tbsp sour cream  
2 tsp. grated orange rind  
2 tbsp orange juice  
½ tsp. sugar  
1 tsp. salt  
salad leaves  
orange sections  
2 tbsp. chopped fresh mint or ½ tsp. dried leaf tarragon



1. Cook peas. Drain and cool. Mix with celery, mint, soured cream, orange rind, orange juice, sugar & salt. Chill.
2. Turn into bowl lined with salad leaves & garnish with orange sections.

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





Our stall at Sunnyside Church Centenary Fete



Visiting group of Baptist toddlers



Summer Barbecue





# Sunnyside Allotment Society

June 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		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
Father's Day						SAS Barbecue
27	28	29	30			

## SPINACH, LEMON & PINE NUT SPAGHETTI

serves 2  
 4 oz pine kernels  
 8 oz spaghetti  
 2 tbsp extra virgin olive oil  
 ½ lb baby spinach  
 zest & juice of 1 lemon  
 2 tsp white balsamic vinegar  
 1 small crushed clove of garlic  
 1 oz of grated Parmesan cheese



1. Place pine kernels in frying pan over low heat & toast gently. Once golden brown, remove from pan.
2. Cook pasta, drain & return to pan. Add olive oil, spinach, lemon zest & juice, vinegar, garlic & toasted pin nuts, then season. Toss until all ingredients are evenly mixed. Serve topped with shavings of grated Parmesan cheese & a little black pepper.

### Serving suggestion

Using penne instead of spaghetti, cover with grated cheese and grill until golden brown.

## CREAMED SPINACH

1 lb spinach  
 1 tbsp olive oil  
 1 oz butter  
 a little freshly grated nutmeg

2 chopped cloves garlic  
 ¼ pint double cream  
 4 chopped shallots  
 salt & black pepper

1. Wash, then steam spinach for 3 mins & roughly chop.
2. In a wok, heat oil & butter, add shallots & garlic & gently heat until soft & translucent.
3. Add chopped spinach, raising heat slightly to evaporate liquid.
4. Lower heat & add cream, grated nutmeg, salt & pepper. Stir till heated through.

## STRAWBERRY AND ROSÉ JELLY

8 oz fresh strawberries  
 ½ pint water  
 1 ½ oz caster sugar  
 2 sheets of gelatine  
 ¼ pint rosé wine



1. Hull & dice strawberries & place in heavy-based saucepan. Add water & sugar. Bring to boil, reduce heat & simmer for 20 mins over low heat, breaking fruit down with back of wooden spoon. Meanwhile, soak gelatine leaves in bowl of cold water to soften.
2. Strain hot syrup through sieve into jug. Gradually whisk in gelatine while liquid still hot. When cool, stir in rosé wine.
3. Slice few more strawberries & place into bottom of serving glasses. Once jelly is at room temperature & is beginning to set, carefully pour into glasses. Place in fridge to set, this will take at least 4 hours. Serve with a little double cream.





Tenants, crops and views—a miscellany







# Sunnyside Allotment Society

July 2010



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

## BEETROOT & BROAD BEAN SALAD

1 lb beetroot, trimmed & scrubbed (skin on)  
10 oz podded broad beans  
2 thinly sliced salad onions  
½ oz chopped tarragon

### Dressing

1 tbsp red wine vinegar  
4 tbsp olive oil  
pinch of sugar to taste



1. Boil beetroot in salted water for 20-30 mins, until tender. Drain & peel under running water. Meanwhile boil beans for 3-4 mins in unsalted water until tender; drain & rinse with cold water. Peel at least half of beans.
2. Mix dressing ingredients. Slice beetroot in half, then cut each half into wedges ½" thick; place wedges in mixing bowl. Pour dressing over, season & toss. Add beans, onions & half tarragon & toss again. Transfer to serving dish & scatter with remaining tarragon.

## BREAD & BUTTER BERRY PUDDING

12 oz bread (sweet like brioche or challah)  
3 oz unsalted butter (softened)  
6 oz fresh red currants  
6 oz fresh raspberries  
3 large eggs  
2 large egg yolks  
5 oz sugar  
1 tbsp additional sugar  
¼ tsp salt  
1½ tsp vanilla extract  
½ pint milk  
¾ pint double cream



1. Preheat oven 160°C / gas 3. Cut bread into ¾" thick slices (dry overnight). Spread butter on both sides of bread & cut each piece in half. Arrange bread in 9" deep pie plate, overlapping slices to resemble flower design.
2. Put most of the fruit (reserving one third) between the slices. Whisk eggs, yolks, 5 oz sugar, salt, vanilla, milk & cream & pour over bread. Sprinkle remaining fruit on top, cover with 2 layers of foil & seal around rim. Press gently to help bread absorb liquid. Leave to sit for 30 mins.
3. Bake for 40 mins, remove foil, sprinkle pudding with 1 tbsp sugar & increase oven temp to 175°C / gas 4 & bake until pudding is set & top golden brown (about 25 mins).

### Serving suggestions

Any other berries could be used in this recipe. Liven up your morning cereal with a handful of mixed berries or gently stew red & white currants with a little sugar for a delicious compote.





Sunnyside Allotments' Open Day—in National Allotments Week







# Sunnyside Allotment Society

**August 2010**



## BLACKBERRY & APPLE LOAF (CAKE)

8 oz self-raising flour  
6 oz butter  
6 oz light muscovado sugar  
½ tsp cinnamon  
2 rounded tbsp demerara sugar  
2 large eggs , beaten  
1 orange , finely grated zest  
1 tsp baking powder  
7 oz blackberries  
1 small eating apple, quartered (not cored or peeled)



1. Preheat oven to 180°C/gas 4/fan 160°C. Butter & line the bottom of 3 lb loaf tin with greaseproof paper. In large bowl, rub flour, butter & muscovado sugar together with your fingers to make fine crumbs. Measure out 5 level tbsp of this mixture into a small bowl for the topping, & mix in to it the cinnamon & demerara sugar. Set aside.
2. Coarsely grate apple down to the core & mix in with eggs & zest. Stir baking powder into rubbed-in mixture in large bowl, then quickly & lightly stir in egg mixture until it drops lightly from the spoon. Don't overmix.
3. Gently fold in ¾ of berries with metal spoon, trying not to break them up. Spoon into tin & level. Scatter rest of the berries on top. Sprinkle over the topping and bake for 1 ¼ -1 hour 20 minutes. Check after 50 mins & cover loosely with foil if it is browning too much.
4. When done the cake will feel firm, but test with a skewer. Leave in tin for 30 mins before turning out, then cool on a wire rack. Peel off the paper before cutting. Will keep wrapped in foil or in a tin for up to 2 days.

## RATATOUILLE (VARIATION)

1 onion  
1 stick of celery  
¼ bulb of fennel  
2 crushed cloves of garlic  
1 finely chopped red pepper  
1 or 2 small courgettes sliced  
chilli (optional)  
2 tbsp olive oil  
1 tbsp tomato purée or sundried tomato paste  
1 tin of tomatoes or 1 lb fresh tomatoes  
Salt & pepper



1. Finely chop onion, celery & fennel. Fry in olive oil with garlic & red pepper until soft. Add remaining ingredients and season to taste. Simmer until courgettes are cooked.
2. You can add aubergine if you wish or any other suitable vegetable eg French beans. Use chilli to spice it up, or basil if you wish to use it as a pasta sauce.

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





A variety of beans in profusion





# Sunnyside Allotment Society

September 2010



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

## COURGETTE SOUP

1 lb courgettes  
1 ¼ pints stock (vegetable or chicken)  
1 medium onion sliced  
¼ teaspoon oregano  
¼ teaspoon rosemary  
salt and pepper to taste



1. Place all ingredients into a large pot and bring to a boil. Reduce heat, cover and simmer for about 15-20 mins.
2. Blend in a food processor until smooth. Add more water if necessary. Reheat when ready to serve. Or chill and serve cold.

### Alternative serving suggestions

Substitute 1 tbsp each of basil and mint for oregano & rosemary and add 1 tsp finely chopped root ginger, 1 crushed clove of garlic and ½ tin coconut milk. **OR** Substitute 1 lb carrots for courgette & coriander for oregano & rosemary, plus ½ tin coconut milk or use 8 oz squash with 3 oz red lentils with paprika & cayenne pepper.

## RUNNER BEAN SALAD

serves 4

1 lb runner beans, sliced  
3 oz walnuts, chopped  
4 celery stalks, chopped  
2 eating apples, cored and chopped  
2 large carrots, cut into thin sticks  
4 to 6 tbsp French dressing  
2 tbsp finely chopped onion to garnish



1. Cook the beans in boiling salted water until just tender. Drain, rinse in cold water & drain again. Cool.
2. Add the walnuts, celery, apples, carrots & dressing to the beans & fold together thoroughly.
3. Turn into a salad bowl & garnish with the onion.

## AUTUMN RASPBERRY & BLACKBERRY COMPOTE

At this time of year when the last of the fruit needs to be used & does not store well, you can lightly stew a mixture of raspberries & blackberries with a little sugar & no added water. This is delicious served with extra thick cream!







Productive greenhouses





# Sunnyside Allotment Society

October 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					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						
BST ends						

## BUTTERNUT SQUASH & SAGE RISOTTO

2 lb butternut squash , peeled and cut into bite-size chunks  
 3 tbsp olive oil 2 oz butter  
 3 pints vegetable stock 1 onion , finely chopped  
 10 oz risotto rice 1 small glass white wine  
 2 oz parmesan , finely grated  
 bunch of sage leaves, half roughly chopped, half left whole

1. Heat oven to 220°C/fan 200°C/gas 7. Toss the squash in 1 tbsp oil together with chopped sage. Scatter into shallow roasting tin & roast for 30 mins until it is brown & soft.
2. While squash is roasting bring stock to boil & keep on a low simmer. In a separate pan, melt half butter over a medium heat. Stir in onions & sweat gently for 8-10 mins until soft but not coloured, stirring occasionally. Stir the rice into onions until completely coated in the butter, then stir continuously until rice is shiny & edges of grain start to look transparent.
3. Pour in wine & simmer until totally evaporated. Add stock, a ladleful at a time & stirring the rice over a low heat for 25-30 mins, until rice is cooked al dente. The risotto should be creamy & slightly soupy.
4. At the same time, gently fry the whole sage leaves in a little olive oil until crisp, then set aside on kitchen paper. When squash is cooked, mash half of it to a rough purée & leave half whole. When risotto is just done, stir through the purée, then add cheese & butter & leave to rest for a few mins. Serve the risotto scattered with whole chunks of squash & the crisp sage leaves.

## ALMOND APPLE CAKE

4 oz butter at room temp 1 level tsp baking powder  
 4 oz caster sugar 2 eggs  
 3 oz self-raising flour 2 tsp almond essence  
 4 oz ground almonds 2 large or 3 small dessert apples  
 milk if required

1. Heat the oven to 180°C/gas 4 (or fan oven equivalent). Butter an 8" cake tin & line with parchment, or use a silicone one.
2. In a food processor, put all ingredients in apart from the apple and mix all together. If it seems very stiff, then mix in a small amount of milk (a tablespoon or so) to loosen it up
3. If no processor, cream the butter and sugar, then sift the flour, baking powder and almonds into another bowl. Beat the eggs and essence in a third bowl, then add them to the butter mixture, bit by bit, alternating with the flour mixture, beating well.
4. Peel, core and chop the apples, and add to the cake mixture. Spread the mixture in the tin and bake in the centre of the oven for 40 - 65 minutes. Start checking after 30 minutes.
5. It's done when a skewer inserted in the middle comes out clean. Turn out onto a wire cooling rack. Remove the paper from the cake while still hot. Serve warm or cold.

*Instead of apples you can use quince or pears.*





Late autumn afternoon





# Sunnyside Allotment Society

**November 2010**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 All Saints Day	2	3	4	5 Guy Fawkes Night	6
7	8	9	10 SAS Committee Meeting	11	12	13
14 Remembrance Sunday	15	16	17	18	19	20
21	22	23	24	25	26	27 SAS AGM
28	29	30 St Andrew's Day				

## CELERIAC SOUP

2 small onions  
1 large celeriac  
2 pints vegetable stock  
2 tsp lemon juice  
2 small carrots



1. Peel and chop all the vegetables and put them in a pan. Add the stock and the lemon juice and cook until soft. Season to taste.
2. Cool and blend. Re-heat to serve. Add potatoes to thicken if you wish.

## POTATO & CARROT CAKES WITH CARAWAY SEED

1 lb potatoes  
1/2 lb carrot  
1 small onion  
vegetable oil  
1 tsp caraway seeds

knob of butter  
2 tbsp milk  
salt & pepper  
plain flour

1. Prepare the potatoes & cook. Peel & coarsely grate carrots & chop onion finely. Heat 2 tbsp oil in frying pan, add caraway seeds & stir until they are just starting to brown. Add carrot & onion to pan & cook gently for about 5 mins.
2. Mash the potatoes with butter & milk. Combine carrot mixture with mashed potato & beat well. Season with salt & pepper. If mixture is very soft, add tbsp of flour & mix it well in.
3. Take tablespoonful of mixture, dip it lightly in flour & form it into ball between floured hands.
4. Heat 2 tbsp of oil in frying pan & gently fry cakes in batches. They will need 3-5 mins on each side, until they are golden brown.

## PUMPKIN PASTA WITH ROSEMARY

serves 4  
12 oz pasta such as conchiglie (large shells)  
1 small pumpkin (butternut or onion squash)  
2 sprigs rosemary  
1 shallot  
1 clove garlic  
1/4 pint double cream  
1 tsp Dijon mustard  
1 - 2 oz butter  
2 tsp chopped flatleaf parsley  
1/4 pint white wine  
1/2 lemon, juice only  
grated parmesan, to serve  
salt and freshly ground black pepper



1. Preheat the oven 190°C/gas 5. De-seed the pumpkin. Dice into 2.5 cm (1 in) chunks & place onto an ovenproof sheet. Chop the rosemary & sprinkle over pumpkin. Season & drizzle with olive oil. Place in the oven and cook for 45 minutes.
2. Cook the pasta. Chop the garlic & shallot; gently pan-fry in butter for about 1 min. Add mustard & wine, bring to boil. Simmer for 2-3 mins. Add lemon juice, seasoning, cream & finally the parsley.
3. Drain off the pasta & remove pumpkin from the oven. Fold into the pasta in a bowl. Pour over the sauce & mix together.





Christmas view





# Sunnyside Allotment Society

**December 2010**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 <i>SAS Christmas Drinks</i>	20	21	22	23	24 Christmas Eve	25 Christmas Day
26 Boxing Day	27 Bank Holiday	28 Bank Holiday	29	30	31 New Year's Eve	

## BRUSSEL SPROUTS WITH CARAMELISED ONIONS & TOASTED ALMONDS



4 oz unsalted butter  
3 fl oz vegetable oil  
¼ lb blanched almonds  
pinch celery salt  
freshly ground pepper  
1 large Spanish onion, peeled and finely sliced  
1 lb Brussels sprouts, peeled and finely shredded

1. Melt most of the butter in a large sauté pan & gently sweat the onions for 6-8 minutes until softened & caramelised.
2. Bring a pan of salted water to the boil & blanch the sprouts for 1 min. Drain & refresh in ice cold water.
3. Heat the oil in a sauté pan & add the almonds. Fry gently for a few minutes until lightly toasted.
4. Melt the remaining butter in a wok & sweat the sprouts for 3-4 mins, tossing, until just softened. Stir the onions & almonds through. Season with celery salt & lots of pepper.

## BUBBLE & SQUEAK

serves 4  
1 lb potatoes, cooked & mashed  
8 oz cabbage or Brussels sprouts, cooked & finely chopped  
1 oz butter or oil  
1 onion, finely chopped

1. Heat the butter or oil in a large frying pan. Add the onion & cook until soft & transparent. Add the potatoes & cabbage (or sprouts). Mix well.
2. Fry over a medium heat, turning occasionally, for 15 mins or until golden brown.

*Serve with bacon and eggs for breakfast or as part of a supper dish.*

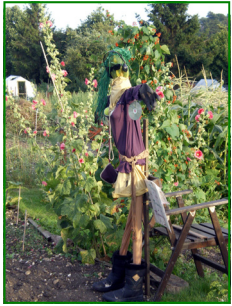
## OVEN-ROASTED WINTER VEGETABLES

*Vegetable quantities are prepared weights*  
12 shallots, peeled  
12 oz peeled and deseeded butternut squash  
12 oz peeled potato (or sweet potato)  
12 oz peeled swede  
12 oz peeled celeriac  
1 tbsp freshly chopped mixed herbs—eg rosemary and thyme  
large cloves garlic, peeled and crushed  
3 tbsp olive oil  
salt & freshly milled black pepper



1. Pre-heat the oven to 220°C/gas 7. cut the vegetables into large, chunky pieces leaving the celeriac until last, as it may discolour. Place in a large bowl, then add the herbs, garlic, olive oil & lots of seasoning & just use your hands to mix them.
2. Spread them out on the baking tray & cook in oven on a high shelf for 30-40 mins, until tender & turning brown at the edges.





The theme of this year's calendar by popular demand is seasonal recipes. While all our vegetables taste delicious cooked simply, when there is a glut it is nice to have alternative serving suggestions. We have included a variety of soups, main courses, side dishes, sweets and cakes. Many of the recipes can be adapted to taste; for a healthier option try substituting yoghurt or coconut milk for cream.

We are grateful to members of the Society for contributing the recipes.



Some of the entries in our Scarecrow Competition on Open Day

All the photographs in this calendar have been taken by Sunnyside Allotment Society members. Thanks to all who have made a contribution.

If you wish to discuss taking on an allotment please contact the Chairman of Sunnyside Allotment Society ([chair@sunnysideallotments.org.uk](mailto:chair@sunnysideallotments.org.uk)). To be added to the allotments' waiting list phone Berkhamsted Town Council on 01442 228945.

