



Cook with...

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In season: purple sprouting broccoli

Broccoli is one of my favourite vegetables. For me, all it needs is to be cooked in some well salted boiling water. I myself would rarely mess around with it too much.

It is also one of the more nutritious vegetables out there. So to combat this healthiness we need to serve it with some buttery goodness.

Here is what I suggest:

Get a pan of salted water boiling and drop your broccoli in, it will take about three or four minutes to cook.

While your broccoli is cooking, get a frying pan

hot and fry off a bit of chopped streaky bacon until it is a little crispy. At this point, your broccoli will be cooked. With a pair of tongs, lift out the broccoli and leave it to drain.

With your water still on the stove, add a little white wine vinegar and then poach an egg in the same pan. This will take about three minutes.

Take your broccoli and add it to your bacon in the frying pan with a little butter. Give it a good toss and place onto your plate. Place the poached egg on top of your broccoli.

And there is your lunch or evening snack.

This week I am cooking Pan roasted hake with a tomato and chorizo cassoulet (serves 4)

This is a beautiful light, fresh dish, perfect for the lover of tomatoes.

INGREDIENTS

300g cherry tomatoes (halved)
20g salt
A little fresh thyme
500g salad tomatoes
Pinch of salt
3 shallots, finely sliced
1 bunch of fresh basil
4 portions of hake (cod is a perfect substitute)
100g chorizo, diced into small chunks
2 tins of cannellini beans (strained and washed)
Spinach (to serve)

METHOD

1. To start with, you need to dry out some of the cherry tomatoes. To do this, set your oven to 100C. Lay out 100g of the halved cherry tomatoes face up on a baking tray. Sprinkle the tomatoes with the salt and thyme and then put in the oven for 2 hours. Keep an eye on them, so that they don't dry out too much.
2. While the cherry tomatoes are in the oven, take the salad tomatoes, a good pinch of salt, half of the basil and one of the shallots and put into your food blender. Lightly pulse to break down the tomatoes (you don't



want to puree it!)

3. Now put a sieve over a large bowl. Place a tea towel into the sieve and put the tomatoes into the tea towel. Allow to drain for an hour. You should be left with a clear, tomato-flavoured liquid. Place it to one side for now.

4. With your dried tomatoes ready to go, take them out of the oven and turn it up to 180C.

5. In a hot, oven-proof frying pan, add some oil and place the fish skin side down to fry until the skin starts to crisp. Then put the fish

into your oven.

6. Next, fry off the chorizo and the remaining sliced shallots to release the oils from the chorizo and soften the shallots. Then, add the rest of your halved cherry tomatoes and dried tomatoes to fry for 1 minute. Add the beans and the tomato juice you created earlier and bring to the boil and your cassoulet is ready.

7. Place the cassoulet into your serving bowls and pop the cooked fish on top. Serve with some wilted spinach and a dribble of olive oil.

Raid the store cupboard

Frozen peas

Frozen peas are extremely useful and can be used in so many ways.

Other than the obvious of a side of peas with your dinner, you can add them to so many things.

They work extremely well in braised rice. Or add them to your shepherd's pie mix or stews. But don't put them in too early, or you will end up with little brown balls of nastiness.

You can also add them to a soup to bulk it out a little or to add colour.

Our friend the frozen pea will never go to waste, but it is sad to see these little balls of goodness just sitting in the freezer for months on end. Get them out and add them to whatever you can.

If your kids refuse their veg, get peas mixed into their favourite foods, it will help them start to eat some veg.



Tricks of the trade

How do I safely prepare a mango?

A: Your first step is to cut either side of the stone.

Now you have your two domes of mango, you need to score a chequer board into the flesh.

You need to score it down to the skin. Be careful whilst doing this because if you go through the skin you could cut yourself.

Now you can turn the mango inside out.

Now for the final bit.

Push your mango skin side down firmly onto your chopping board and run your knife along the skin.

Try to keep as close to the skin as possible. This will leave you with a little pile of mango squares and two empty skins.



Do you have a foody question for our chefs? Or do you want to share your photos of the recipes they've provided?
Email: charlotte.smith-jarvis@archant.co.uk

"Less waste, love food"