

# Cook with...

Ian Kyle, Seckford Hall Hotel



## In Season: wild garlic

Wild garlic is an amazing ingredient, but unfortunately it is not with us for too long each year.

It is available for about a month and a half each year in March and April.

The best thing about it is that you can rarely buy it in the shops – you need to go foraging to get the best of it.

Wild garlic has a huge garlic flavour, but without the heat you get from raw garlic.

If you find some that is in flower, you are lucky in your foraging because the flowers taste supreme.

You can use it in several ways – you could slice it thinly and put it through salad as a raw leaf, or in risottos and pastas, or you can gently wilt it as garnish.

Don't overdo it though, or you'll be tasting garlic for days!



## Seckford Hall dish of the day

On the menu at Seckford Hall, I have recently put on a new cod dish.

Pan roast cod, pommes Anna potatoes, purple sprouting broccoli, shallots and wild garlic.

My thinking was purely influenced by wanting to use wild garlic and purple sprouting broccoli – two great, seasonal ingredients. It is a nice, light dish that also packs quite a flavoursome punch from the wild garlic and the shallots.

The broccoli is simply blanched in salted water and buttered.

The texture comes from the crispy yet also buttery softness of the pommes Anna and finished with the lovely perfectly cooked British cod and foraged wild garlic. This is the dish I most recommend on our menu at the moment.



**NEXT WEEK:**  
Cook with  
Emma  
Crowhurst

## Raid the store cupboard

### Bread

So you've got a little bread left over from your weekend loaf, what should you do with it?

For me, it'll most certainly be toasted and smothered with butter, Marmite and cheese and devoured in seconds – I bet that's not just me either!

But if you are not the Marmite type, here are a few things to do with your bread.

If you're making a pasta bake, break the bread into little pieces and scatter over the top before baking. You'll get a lovely crunchy top to your bake.

You could roll out the slices, minus the crust, with a rolling pin, push the flattened slices into a muffin tin, fill with a quiche filling and bake. They make great snacks for kids' lunch boxes.

And there is always a bread and butter pudding too.



## Tricks of the trade

**Q: What's the best oil for general frying?**

**A: Cooking oil has been a touchy subject for me for some time and always causes several heated discussions in the kitchens I've worked in.**

**Why? Because I'm anti-olive oil because it has a low burn temperature and often a strong flavour, which for me hinders the cooking of many things.**

**The best oil for cooking with in my opinion is rapeseed oil because it can go to a much higher heat before it burns, allowing you to get a better result.**



"Less waste, love food"

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