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## Parham Autumn Harvest Event 2016

### Recipes by Rosemary Moon

#### Broccoli with Molecombe Blue and chillies

*The quantities for this delicious warm salad starter depend on your appetite. The recipe was inspired by Andy Stephenson, Chef-Patron of Hallidays at Funtington, a family restaurant that really does local, seasonal food brilliantly.*

Young, tender shoots of Purple sprouting broccoli

Garlic

1-2 red chillies

Some nuts of your choice (cob nuts, walnuts and less local pine nuts all work well)

Molecombe Blue cheese, or any soft blue cheese e.g Blacksticks Blue

Extra virgin olive oil

1 Trim the broccoli and split any slightly thicker stalks. Finely chop some garlic and red chilli and roughly chop some nuts. Fork some cheese into small rough pieces.

2 Steam the broccoli until just tender. At the same time, heat a small frying pan, add a little oil, then add the garlic and chile, off the heat. Cook gently for a minute or two without browning, then add the nuts and remove from the heat.

3 Arrange the broccoli on individual plates and add the cheese. Top with the chilli, garlic and nut mix, a little salt and pepper and drizzle with olive oil before serving.

#### Creamy pork, watercress and walnut stir-fry Serves 3

2 leeks

2 carrots

Bunch of watercress

400g can flageolet beans

300g pork stir-fry strips

1/2 tsp smoked paprika or pimenton

2 tbsp olive oil

50g walnut halves

150ml double cream

Chopped walnuts and paprika to garnish

1 Trim and rinse the leeks, then cut into 0.5cm slices. Cut the peeled carrots into 6mm batons. Trim and finely chop the watercress. Drain and rinse the beans. Dust the pork with the paprika.

2 Heat a wok over a high heat, add the oil then the pork and cook quickly until starting to brown. Add the leeks and carrots and continue cooking for 3-4 minutes, until the vegetables are beginning to soften, then add the walnuts and cook for a further minute.

3 Stir the cream into the wok and add the beans, bring to the boil and cook for 2-3 minutes, until the beans are heated through. Add the watercress, then season to taste. Garnish with chopped walnuts and paprika, and serve with crusty bread.



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### **Thai-style prawn and squash salad** Serves 4-6

1 small butternut squash or half a small Crown Prince  
Sesame oil  
1/2 cucumber  
1 red pepper  
2-3 sticks celery  
150g mushrooms  
150g shelled cooked prawns  
1-2 tbsp pumpkin seeds

*Dressing:*

5cm fresh root ginger  
1 red chilli  
Juice of 1 lime  
60ml fish sauce  
1 tbsp caster sugar

1 Quarter the squash and remove the seeds with a spoon. Season with salt and pepper and drizzle with the oil, then roast in a hot oven at gas mark 7, 225°C for 40-45 minutes until tender. Allow to cool, then scoop the flesh off the skin and dice or shape with a melon baller.

2 Seed and dice the cucumber and pepper, slice the celery and the mushrooms, if they are large.

3 Grate the unpeeled ginger coarsely, gather it in your hand and squeeze the juice into a bowl. Seeds and finely chop the chilli, add it with the remaining dressing ingredients to the ginger juice and whisk together. Toss the salad ingredients together in the dressing before serving, scattered with the pumpkin seeds.

### **AutumnSlaw salad** serves 6-8 but keeps well!

1 banana + 1 lemon OR a small ripe mango  
50ml olive oil  
2 tbsp fruit or wine vinegar  
½ tsp fennel seeds  
½ small red cabbage  
2 large carrots  
1 small red onion  
50-75g nuts: cob nuts, hazel nuts or walnuts  
2 sticks celery  
1 chilli, or a pinch of chilli flakes  
1 lemon  
2 eating apples  
a handful of raisins

1 If using a banana, peel and mash it in a large bowl with the zest and juice of 1 lemon. Add the olive oil to the bowl with the vinegar and fennel seeds - crush them lightly if you wish - and mix well, seasoning to taste with salt and pepper.



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2 Trim and finely shred the cabbage. Peel and grate the carrots, finely chop the onion, roughly chop the nuts and finely slice the celery. De-seed and finely chop the chilli. Add everything to the dressing in the bowl and toss well, adding the chilli flakes if using instead of a fresh chilli.

3 Grate the zest from the lemon and squeeze the juice into a separate bowl. Coarsely grate the apples with their skins into the lemon and toss well. Add to the salad with the raisins. If using a mango, peel and seed it, chop very finely and add it to the salad now.

4 Toss everything together, season again and add a little more olive oil if necessary before serving - some extra moisture comes from the grated apple but the raisins also absorb some!

### **Apple & mackerel pizza** Serves 4

1 pack ready rolled puff pastry

1 large cooking apple

1 clove garlic

1 red onion

1 large fillet smoked mackerel

1 tbsp capers

1 tbsp olive oil

50g Shropshire blue cheese

1 Preheat the oven to gas mark 6, 200°C. Take the pastry out of the fridge and let it come to room temperature.

2 Peel and slice the apple into a pan then grate the garlic into it. Add 3 tbsp water and cook over a medium heat until soft. Beat until smooth and allow to cool.

3 Finely slice the red onion, flake the smoked mackerel and crumble the cheese.

4 Unroll the pastry and place it on a baking sheet. Top with a little of the apple and garlic mix and then scatter with the red onion. Season well. Top with mackerel fillet flakes and capers then drizzle a little olive oil over, or use any juice from the apple. Top with the cheese.

5 Bake for 15-20 minutes, or until the pastry is puffed and browned and the cheese is melted.

### **Venison sausages with apple, blackberries and pumpkin** Serves 2

*This is very good with my Autumn Harvest Chutney, so make some soon! It's a great one-pan supper.*

1 medium leek

1 small wedge of pumpkin, about 200g

1 large Bramley or similar

1 tbsp oil

6 thick venison sausages

150ml dry cider

1 bay leaf

1 tbsp sultanas or about 75g blackberries

Salt, pepper and sugar to taste



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1 Trim and slice the leek, peel and seed the pumpkin and cut into 1.5cm dice, and peel, core and slice the apple.

2 Heat a large frying pan and add the oil. Brown the sausages thoroughly on all sides then add the prepared fruit and vegetables and cook for 3-4 minutes. Add the cider with the bay leaf and simmer for about 15 minutes, adding the blackberries or sultanas just before the sausages are cooked. Add more cider as and when necessary. Season to taste and serve.

**Autumn harvest chutney** Makes about 4 x 500g jars

*This chutney is a wonderful mix of fresh and sweet, dried fruits. I always add lots of ginger and dates and semi-soft figs are good in it too. Autumn Fruits Chutney is always guaranteed to sell well at our Community Garden fund-raising events.*

2 kilos mixed autumn fruits; pumpkin or squash, apples, pears, rhubarb

1 kilo onions

500g mixed dried fruits; stoned dates, crystallised ginger, sultanas

50g fine sea salt

1kg demerara sugar

568ml bottle distilled malt vinegar

1 Prepare the fruits and onions, then roughly chop or slice them. Finely chop the dates and ginger.

2 Place all the ingredients in a large preserving pan and heat until the sugar has dissolved, stirring occasionally. Cook for about 1 hour, until reduced to a thick pulp.

3 Pour into clean warm jars. Push the mixture down to ensure there are no air gaps for the best possible storage. Seal with vinegar-proof lids and label. Try to keep this for a month before eating, to allow the flavours to blend and mature.

**Fruity apple chutney** Makes about 6-7 x 500g jars

*A long-term favourite chutney and it is unusual as it has no salt in it. Just a fabulous, fruity flavour.*

1.5kg Bramley apples

1.5kg onions

2 lemons

500g sultanas

750g sugar

568ml bottle distilled malt vinegar

1 Prepare the ingredients, slice the apples and chop the onions. Grate the zest from the lemons into a preserving pan, squeeze in the juice and add all the remaining ingredients.

2 Bring to the boil, stirring until the sugar has dissolved, then cook slowly until the chutney is well reduced.

3 Pot into clean warm jars, seal with vinegar-proof lids and label.

The slower you cook this, the darker the colour will be.