



Here are some recipes you can make using foraged food in the early spring.

Just remember not to pick near the roadside, and to make sure there's enough left for others.



Nettle Soup

1 large onion
1 clove garlic
2 potatoes
Olive oil
Salt & pepper
Stock
1 pint nettle tops



Pick the fresh new nettle tops using gloves, or by using a bag folded inside out.

Peel and chop the onion, garlic and potatoes. Fry them in the oil for 3 or 4 minutes in a large saucepan. Wash the nettle and discard all the stalks and old or eaten leaves. Roughly chop and add to the pan. Add the stock and boil for 15 minutes until the potato is cooked, then liquidise or sieve.

Return to the pan to keep hot. Add salt and pepper to taste. This can be served with a swirl of cream & a sprinkle of croutons.



Gorse Flower Tea

Bruise 2 tablespoons of gorse flowers and infuse in boiling water for 7 – 10 minutes, then strain.

Sweeten with honey if required.



Sorrel Sauce

4oz (125g) sorrel leaves
2 chopped shallots or 1 tbsp chopped onion
1 tbsp white wine vinegar
3 large egg yolks
225g (8oz) lightly salted butter

Wash the sorrel. Discard the stems and chop the leaves into small strips. Boil the shallots/onion and wine vinegar and 4 tbsp water, until the liquid is almost gone. Blend into a paste with the egg yolks. Melt the butter and stir in the sorrel leaves.

When it is almost boiling, stir onto the yolks slowly, stirring the yolks quickly as the sauce thickens.

This sauce can be reheated but take care not to over-heat as the butter/eggs may curdle.



Cauliflower Steak

- 1 medium cauliflower , leaves and stalk trimmed off
- olive oil
- butter (or vegan alternative)
- 2 tablespoons capers, rinsed
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped parsley

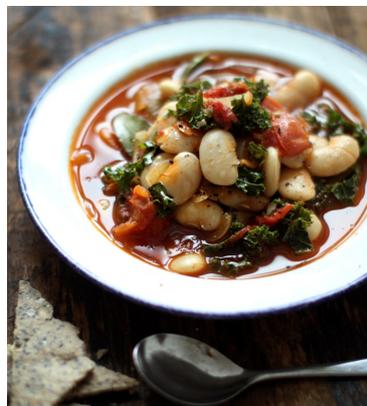


Method

Cut 2 thick slices from the middle of the cauliflower and keep the rest to eat later. Brush both sides with oil, season well and lay them on a baking sheet. Grill under a high heat, browning both sides, then turn the heat down and grill until tender. Fry the capers in butter until they start to crisp. Add the vinegar and parsley, take the pan off the heat and season. Serve the cauliflower with the caper sauce, and maybe a dollop of yoghurt/crème fraîche.

Kale and Bean Stew

- 1 tin borlotti or cannellini beans
- 1kg kale
- Olive oil
- 1 chopped onion
- 1 chopped garlic clove
- 1 diced carrot
- 2 chopped celery sticks
- Bunch of chopped parsley
- 2 torn up slices of white bread



Gently fry the onion, garlic, carrot and celery in the oil for about 15 minutes until soft. Add half the beans and the kale and 750ml water and cook for 30 mins. Puree the remaining beans and add to the stew. Remove the crusts from the bread and add to the stew. Add a little water if the stew is too dry.



Rhubarb Crumble Cake

- 250g caster sugar
- 1 teaspoon bicarbonate of soda
- 1/2 teaspoon salt
- 250g plain flour
- 2 eggs, beaten
- 250ml soured cream
- 365g chopped rhubarb

Topping

- 200g caster sugar
- 50g butter, softened
- 4 tablespoons plain flour
- 1 pinch ground cinnamon

Preheat the oven to 180 C / Gas 4. Grease and flour a 23x33cm cake tin or baking dish. In a large bowl, stir together 250g sugar, bicarb, salt and 250g flour. Stir in the eggs and soured cream until smooth, then fold in the rhubarb. Pour into the prepared dish and spread evenly. In a smaller bowl, stir together the remaining sugar and butter until smooth. Rub in remaining flour until the mixture is crumbly. Sprinkle the mixture on top of the cake then dust lightly with cinnamon. Bake in the preheated oven until a skewer inserted in the centre comes out clean, about 45 mins.