

English peas “Françoise” style

This is a great vegetable dish which goes very well with any fish or with chicken and pork.

Serves 4

500g Fresh garden peas in pods

100g Frozen peas

2 leaf Mint

25g Un-salted butter

50g Finely chopped shallots

75g Diced pancetta

1 small Round lettuce shredded.

25ml Double cream

Salt and pepper to taste

Method

1. Pod the fresh garden peas and blanch in boiling water for 3-4 minutes until cooked, then refresh in cold water and set aside.
2. In the same hot water boil the frozen peas for 4 minutes with the mint leaves, then refresh in cold water and blend in a food processor until a smooth puree. Set aside
3. Heat a thick bottomed sauce pan and add the butter. Once melted add the onions and the pancetta and cook for a few minutes until the pancetta is cooked.
4. Add the fresh peas and the pea puree and bring back to boil.
5. Add the cream and check the seasoning. As you are about to serve fold in the shredded lettuce.

Cooking fish

Heat a non stick frying pan until very hot. Add rapeseed oil and heat once more. Add the seasoned fish fillet to the pan skin side down. Leave for two minutes and add some butter leave for 1 more minute and then turn the fillet over. Leave for two minutes and then squeeze ½ a lemon juice over the fish. Tilt the frying pan a little towards you and spoon the butter, oil and lemon juice over the fish to glaze the fish fillet. Serve

Broad bean salsa - serves 2

- 500g fresh broad beans in the pods
- 2 finely chopped shallots
- 2 tomatoes blanching, skinned and diced finely
- 2 tbsp chopped fresh Tarragon
- 4 tbsp Rapeseed oil
- 2 tbsp chopped fresh parsley

Method

- 1 Pod the broad beans, then blanch in boiling water for 5 minutes and refresh in cold water.
- 2 Remove the skin from each bean.
- 3 Cut a cross in the skin of both tomatoes, then blanch in boiling water for approx. 10 seconds. Drain and refresh in cold water before skinning. Halve the tomatoes, remove the seeds, then chop the flesh into a small dice.
- 4 Heat half the oil in a pan, then cook the shallots until translucent. Add the tarragon, broad beans and tomatoes and heat through. Just before serving, loosen the mixture with the rest of the oil and stir in the parsley.

PICK YOUR OWN

Remember those hot summer days when you were a kid, going to the local fields with your family and picking (as well as eating) those wonderful strawberries, and your parents buying what seemed like thousands of them.....Remember the wonderful taste of that berry as you picked it straight from the plant popping it in your mouth and tasting that amazing fresh yet slightly warm juice as it exploded in your mouth (yes my mouth is watering as well).....WELL WHY ON EARTH DO YOU NOT GIVE THAT EXPERIENCE TO YOUR OWN CHILDREN!! The fields are still there; the strawberries are still as scrumptious as ever, or is it that it has become all too easy to pick them up from the shelves of a local supermarket?? Or is that you just don't have the time?? Well all I can say is make time because you are missing out on one of the best products this county produces and at the same time creating memories and passion for food for your kid!! There I said it.....I feel a whole lot better for getting that off my chest.

And if you do manage to get any of them home!!! Here are some ideas of what you can do with them.

- Strawberry jam
- Strawberry crumble
- Strawberry milk shake with vanilla ice cream
- Strawberries and thick clotted cream
- Strawberry flan
- Pop them into Pimms
- Serve them as a canapé with a nice cold glass of white wine, or Champagne, you can top them with a light cream cheese and crushed black pepper.
- Serve them in a salad with a little grated bitter chocolate.
- Slightly chill them and then pour hot white chocolate sauce over them
- Marinade them in sugar and a good splash of Amaretto
- When they get old make a puree out of them and freeze it.
- Freeze them and then make strawberry juice out of them
- Pick some elderflower and soak with the strawberries in a little sugar syrup.
- Have them for breakfast on your cereal.
- Crush them mix them in your yoghurt
- Put some in your children's lunch boxes.
- Glaze them with a Madeira sabayon for dessert
- Mix them with broken meringue and make Eton Mess
- **IN FACT, HAVE THEM FOR BREAKFAST LUNCH AND DINNER AND ENJOY THEM WHILE THEY ARE IN SEASON, AND THEN START LOOKING FORWARD TO NEXT YEAR AND DREAM OF WHAT YOU ARE GOING TO CREATE WITH THEM.**

If you are at a loss and need a recipe then feel free to email at enquiries@yalburycottage.com

Best of British in season this month!!!

Here's "What to buy and not to buy" in June.

If you want great seasonal produce then buy your vegetables, fruit, meat, fish and dairy from a local farmers market, then you know it is fresh and in season! Yes, it may cost a few pennies more, but trust me; the end result is worth every pound.

Vegetables and fruit

Jersey Royals, asparagus, broad beans, pea's, green beans, fennel, sorrel, salad leaves are coming good.

As for fruit, well you really are spoilt for choice.....Of course Strawberries, gooseberries, cherries, as well as all the other summer berries towards the end of the month depending on the good old blitty weather.

Meat

The spring lambs will be coming good this month, ask your butcher and order some.

Fish

Haddock, Dory as well as crab and lobster should start to come down in price fantastic if you are doing a posh nosh BBQ.

Dairy

Clotted cream is must.....

HAPPY JUNE!!!!

JAMIE