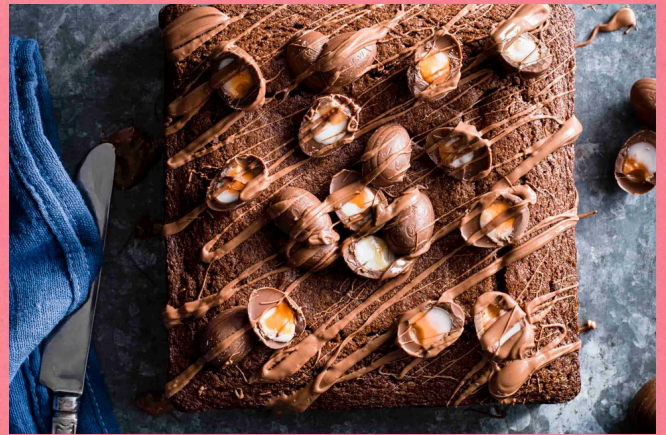


# FOOD NEWSLETTER

## EASTER EDITION 2023



**Herb-stuffed rolled  
lamb breast**



**Creme egg brownie cake**



**Baked mushroom  
and celeriac torte**



**Spiced green  
bean and  
tomato rice**



**Vegan hot  
cross buns**



# **HERB-STUFFED ROLLED LAMB BREAST**

## **Ingredients**

**800g lamb breast, unrolled**

**2 tbsp Dijon mustard**

**½ a small bunch flat-leaf parsley, finely chopped**

**½ a small bunch chives, finely chopped**

**½ a small bunch mint, plus extra to serve, both finely chopped**

**1 tbsp vegetable oil**

**2 onions, thinly sliced**

**4 cloves garlic, thinly sliced**


**250ml white wine**

**250ml chicken stock**

## **Method**

**Heat the oven to 170C/fan 150C/gas 3. Season the lamb breast all over and lay it out flat on a clean chopping board, with the flesh side facing up. Brush all over with the mustard and sprinkle over the herbs. Roll up tightly lengthways and use kitchen string to make 6-8 knots all the way down to tie it in place.**





**Heat the vegetable oil in a large lidded casserole and brown the lamb all over until really golden. Remove onto a plate, then tip in the onions and garlic, and cook for 10 minutes until beginning to soften.**

**Pour in the white wine and chicken stock, return the lamb and cover with a lid. Bake for 3 hours until the meat is really tender, then lift out the lamb onto a plate, cover tightly with foil and rest for 20 minutes.**

**Meanwhile, skim the gravy of excess fat and keep warm, adding a splash of water if it looks a little thick. Slice the lamb and serve with the onion gravy and a sprinkling of mint, if you like.**



# **BAKED MUSHROOM AND CELERIAC TORTE**

## **Ingredients**

**2 cloves garlic, peeled and finely chopped**

**2 sprigs of thyme leaves**

**50g butter**

**400g mixed or wild mushrooms, such as girolles**

**1 small celeriac**

**100ml single cream**

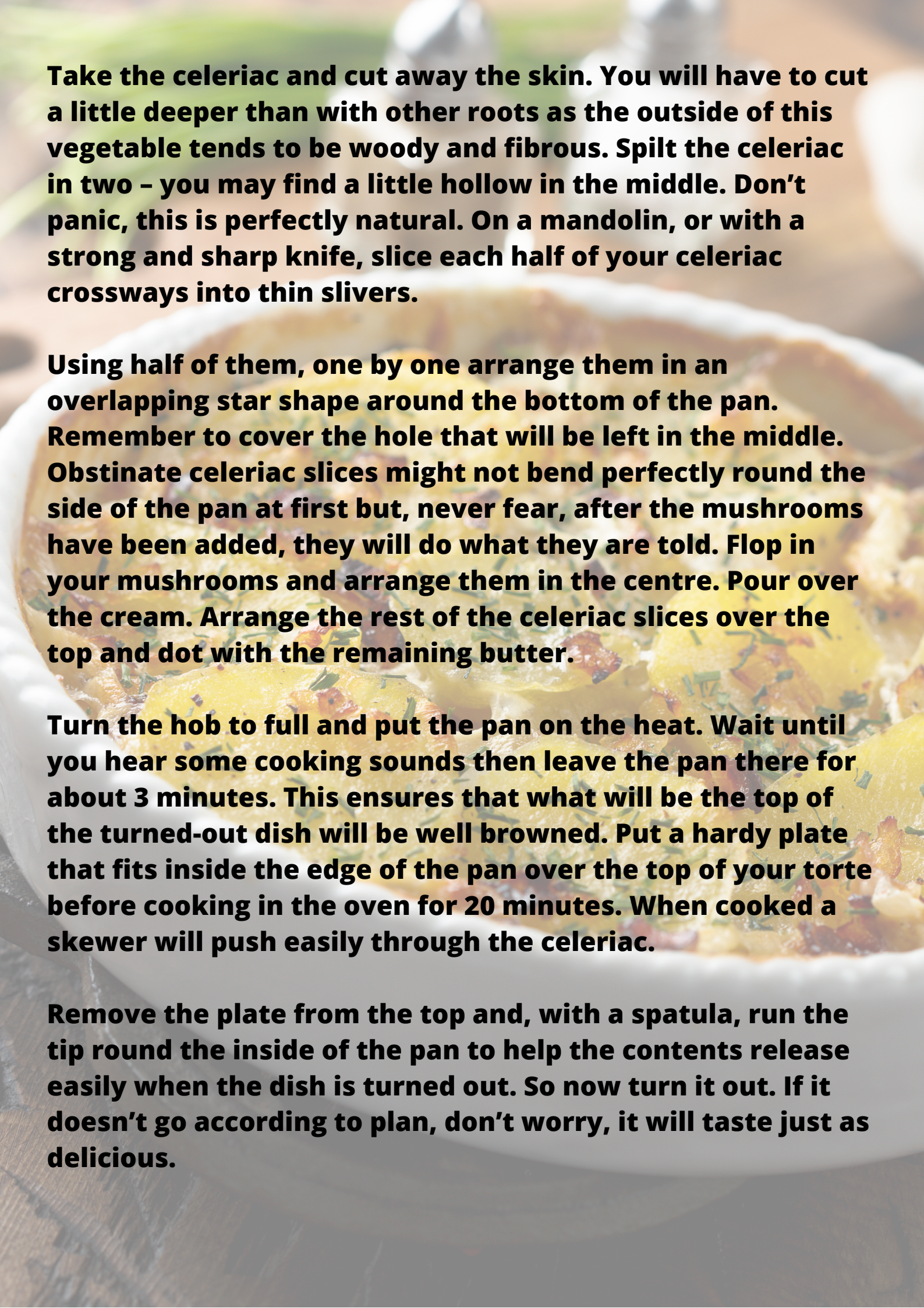
## **Method**

**Heat the oven to 220c/fan 200c/gas 7. Don't prepare the celeriac until you want to use it as, left sliced while you are distracted by strictly come dancing or other weighty matters, it will discolour fast. Mix the garlic with the thyme leaves and leave until needed.**

**In a frying pan heat a small knob of butter and fry the mushrooms hard. At first they will be swimming in their own juices and it is most important that this be banished from the pan so keep on frying them until they become coloured and the liquid is gone. At this point, throw in the chopped garlic, salt to taste and the thyme, and stir through the mushrooms, keeping on the heat for another minute or so. Put to one side.**

**Generously butter a separate non-stick and ovenproof frying pan, about 15cm in width, and season with a little salt and pepper.**





**Take the celeriac and cut away the skin. You will have to cut a little deeper than with other roots as the outside of this vegetable tends to be woody and fibrous. Split the celeriac in two - you may find a little hollow in the middle. Don't panic, this is perfectly natural. On a mandolin, or with a strong and sharp knife, slice each half of your celeriac crossways into thin slivers.**

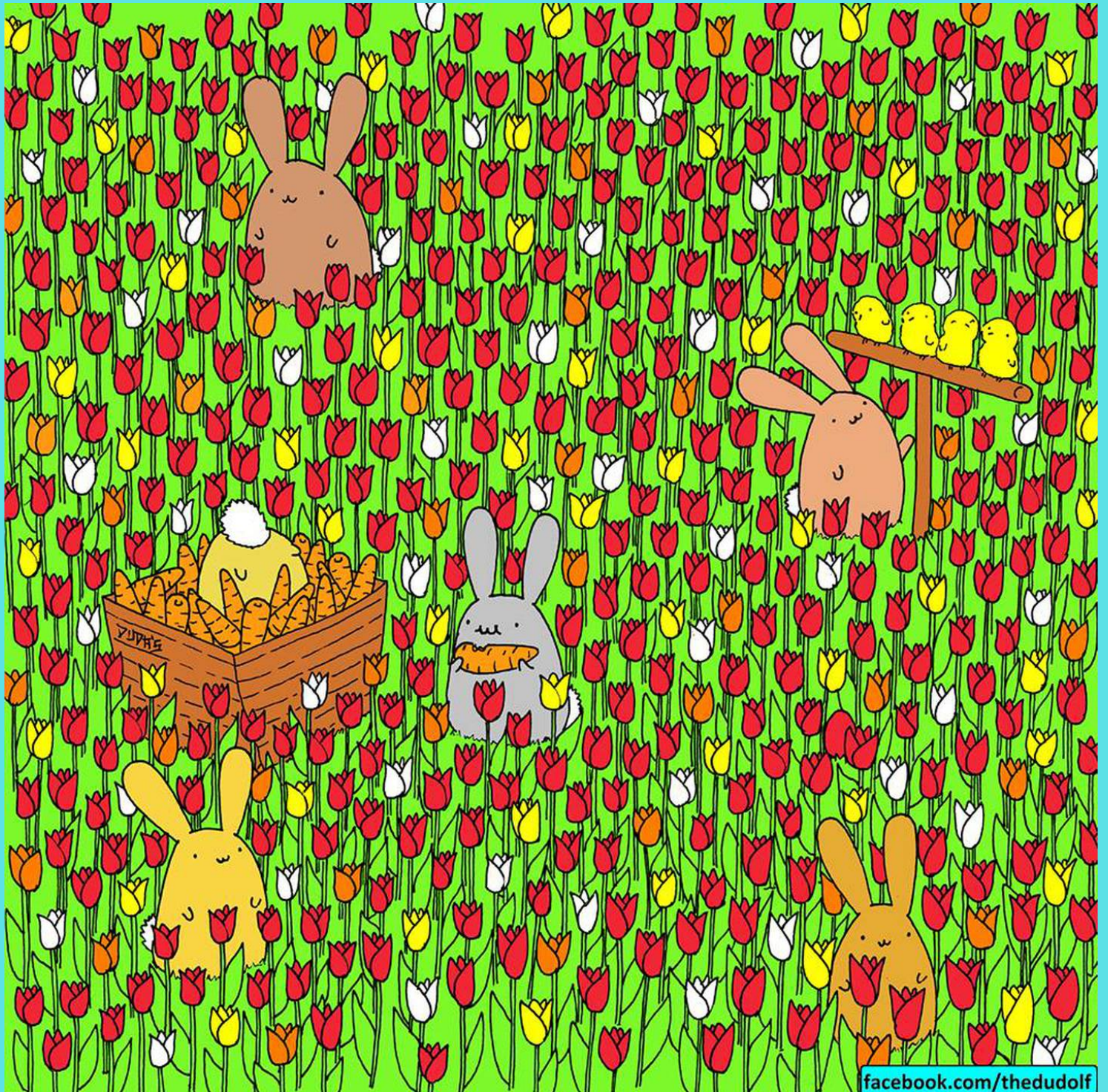
**Using half of them, one by one arrange them in an overlapping star shape around the bottom of the pan. Remember to cover the hole that will be left in the middle. Obstinate celeriac slices might not bend perfectly round the side of the pan at first but, never fear, after the mushrooms have been added, they will do what they are told. Flop in your mushrooms and arrange them in the centre. Pour over the cream. Arrange the rest of the celeriac slices over the top and dot with the remaining butter.**

**Turn the hob to full and put the pan on the heat. Wait until you hear some cooking sounds then leave the pan there for about 3 minutes. This ensures that what will be the top of the turned-out dish will be well browned. Put a hardy plate that fits inside the edge of the pan over the top of your torte before cooking in the oven for 20 minutes. When cooked a skewer will push easily through the celeriac.**

**Remove the plate from the top and, with a spatula, run the tip round the inside of the pan to help the contents release easily when the dish is turned out. So now turn it out. If it doesn't go according to plan, don't worry, it will taste just as delicious.**



# FIND THE EGG!





# **CREME EGG BROWNIE CAKE**

## **Ingredients**

**250g butter**

**200g golden caster sugar**

**100g light muscovado sugar**

**200g self-raising flour**

**5tbsp cocoa**

**baking powder**

**3 eggs**

**3 x 89g bags mini Cadbury's Creme Eggs, or other filled small chocolate eggs**

**100g milk chocolate**

## **Method**

**Heat the oven to 180C/ fan160C/gas 4. Put the butter and sugars in a pan and heat gently until the butter has melted. Take off the heat and stir in the flour, cocoa, baking powder and eggs to make a smooth batter.**

**Pour the batter into a lined 20x20cm cake tin (leave some paper overhanging to help you lift it out) and push half the mini Creme Eggs at intervals all over the batter. Bake for 35-40 minutes. Cool for 10 minutes, then lift out and cool completely.**

**Decorate the top with the remaining Creme eggs, halved, then melt the milk chocolate and drizzle it back and forth across the cake.**



# Easter Sudoku

**DIRECTIONS:** Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once.



SPROUT

S				T
		O		S
	T	R	P	
	P			U
				O

BASKET

	B	T			S
	A			B	
			T		K
K		A			
	T	E			

SPRING

		N			
I			R		
				S	
	R		G		I
		I	N		
				G	

DUCKLINGS

	C			U	G	L		
		K	S	L		U		
U		N					I	
							K	C
L					K	I		
K		U						S
					C	L		I
C	U	I	K		L	S		
			G		N		U	

TULIPS

			U		T
	T	I		S	
	L				
		T	L		
	I			L	S







"Some old-fashioned things like fresh air and sunshine are hard to beat."

- LAURA INGALLS WILDER

RS



"Flowers always make people better, happier, and more helpful; they are sunshine, food, and medicine to the mind."

- LUTHER BURBANK

S



"To plant a garden is to believe in tomorrow."

- AUDREY HEPBURN

S



"In joy or sadness flowers are our constant friends."

- OKAKURA KAKUZŌ

RS



"A flower blossoms for its own joy."

- OSCAR WILDE

RS



"Earth laughs in flowers."

- RALPH WALDO EMERSON

RS



Somebunny loves you

RS



# **SPICED GREEN BEAN AND TOMATO RICE**

## **Ingredients**

**350g basmati rice**

**4-5 tbsp ghee or vegetable oil**

**1 large onion, finely chopped**

**400g fine green beans, trimmed, each cut into 4 equal pieces**

**4 large cloves garlic, thinly sliced**

**1 tsp ground turmeric**

**2 tsp ground cinnamon**

**4 tbsp tomato purée**

**75g butter, cubed**

**a pinch saffron, ground to a powder, mixed with 2-3 tbsp of boiling water**

**1 tbsp greek yogurt**

## **Method**

**Bring a pan of water to the boil and parboil the rice for 6 minutes. Drain and rinse thoroughly under cold running water for a couple of minutes, using your fingers to wash off the starch. Shake vigorously to drain, then set aside.**

**Heat 2 tbsp of the ghee in a large frying pan over a medium heat. Cook the onion for 6-8 minutes or until soft. Add the beans, and cook, stirring regularly, for 15-20 minutes or until they are completely soft.**



**Add the garlic and cook for a further 10 minutes. Mix in the turmeric and cinnamon, then season generously. Mix in the tomato purée and cook for 5 minutes. Stir in the butter, then take the pan off the heat. Tip in the rice and fold together gently, avoiding breaking the rice grains, until evenly combined.**

**Line the base of a large lidded pan with a disc of baking paper cut slightly larger than the base. Heat the pan over a low heat, add the remaining ghee and allow it to melt over the paper. Stir the saffron water into the yogurt, then add it to the melted ghee and stir gently together.**

**Tip the rice mixture into the pan, pressing into the edges and base of the pan to create a flat bottom. Smooth the surface, then, using the handle of a wooden spoon, poke a series of holes into the rice, piercing all the way to the base of the pan (this allows the steam to circulate). Wrap the pan lid in a tea towel, cover the pan with the lid and cook over a low heat for 45 minutes.**

**Remove the lid, put a large platter over the pan and carefully flip the rice on to the platter to reveal the crunchy tahdig (scorched rice) base. If it doesn't turn out in one piece, simply remove the crunchy base, slice it into portions and put it over the rice to serve.**



# NATURAL FOOD DYES





# VEGAN HOT CROSS BUNS

## Ingredients

**300ml unsweetened almond milk**

**50g dairy-free spread**

**500g strong white bread flour**

**7g sachet fast action yeast**

**70g golden caster sugar**

**½ tsp salt**

**2 heaped tsp ground cinnamon**

**2 heaped tsp mixed spice**

**1 large orange, zested**

**70g sultanas**

**50g mixed peel**

**For the cross**

**70g plain flour**

**For the glaze**

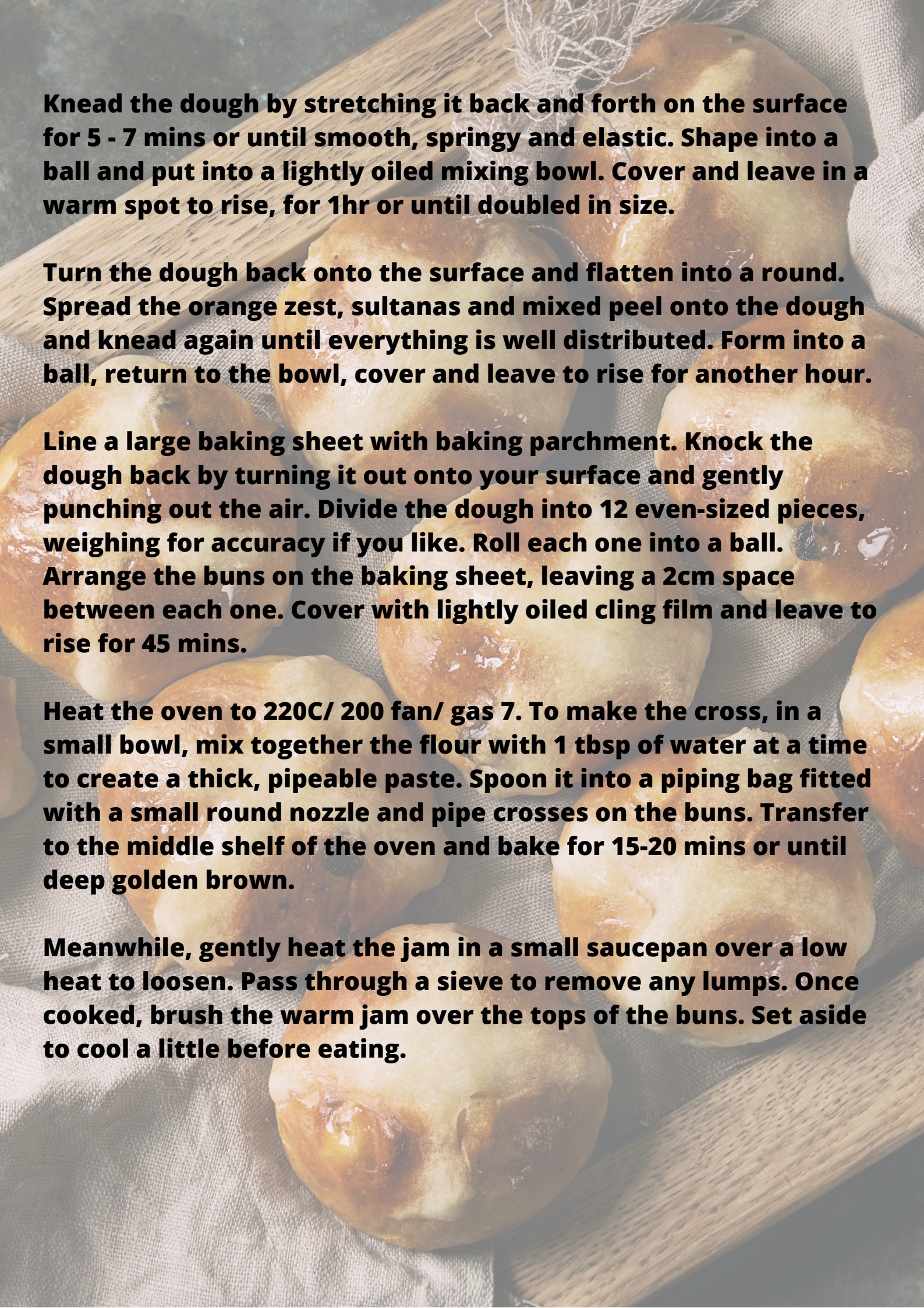
**50g apricot jam**

## Method

**Put the almond milk in a saucepan over a medium heat. Once simmering, add the spread, remove from the heat and allow to melt. Set aside to cool to hand temperature.**

**Mix the flour, yeast, sugar, salt and spices in a large mixing bowl. Make a well in the centre and pour in the milk mixture, swiftly combining with a wooden spoon to create a sticky dough. Tip out of the bowl onto a lightly floured surface.**





**Knead the dough by stretching it back and forth on the surface for 5 - 7 mins or until smooth, springy and elastic. Shape into a ball and put into a lightly oiled mixing bowl. Cover and leave in a warm spot to rise, for 1hr or until doubled in size.**

**Turn the dough back onto the surface and flatten into a round. Spread the orange zest, sultanas and mixed peel onto the dough and knead again until everything is well distributed. Form into a ball, return to the bowl, cover and leave to rise for another hour.**

**Line a large baking sheet with baking parchment. Knock the dough back by turning it out onto your surface and gently punching out the air. Divide the dough into 12 even-sized pieces, weighing for accuracy if you like. Roll each one into a ball. Arrange the buns on the baking sheet, leaving a 2cm space between each one. Cover with lightly oiled cling film and leave to rise for 45 mins.**

**Heat the oven to 220C/ 200 fan/ gas 7. To make the cross, in a small bowl, mix together the flour with 1 tbsp of water at a time to create a thick, pipeable paste. Spoon it into a piping bag fitted with a small round nozzle and pipe crosses on the buns. Transfer to the middle shelf of the oven and bake for 15-20 mins or until deep golden brown.**

**Meanwhile, gently heat the jam in a small saucepan over a low heat to loosen. Pass through a sieve to remove any lumps. Once cooked, brush the warm jam over the tops of the buns. Set aside to cool a little before eating.**





**JUST ANOTHER DAY AT  
THE EASTER EGG FARM.**



**HAPPY EASTER**  
**FROM THE**  
**COOKERY TEAM**

