



Robert Welch®

Baked Almond & Cardamom Porridge

SERVES: 2 COOKING TIME: 30 minutes

INGREDIENTS

For the almond milk:

- 100g blanched flaked or whole raw almonds, soaked in water overnight/2 hours in 750ml water
- Pinch of sea salt - optional
- Optional - omit to leave unsweetened
- 1 tbsp maple syrup / honey
- 1 tsp vanilla extract or vanilla bean paste.

For the porridge:

- 100g rolled oats
- 185ml almond milk (or milk of choice)
- 300 ml water
- 1 tbsp demerara sugar
- Zest from one orange
- 1/2 tsp ground cardamom
- Pinch of sea salt

For the compote:

- 400g rhubarb
- 2 blood oranges
- 1 vanilla pod
- 50g caster sugar

For the topping:

- Demerara sugar for sprinkling, to taste
- 40g slithered almonds (toasted)

METHOD

- 1 First make the almond milk. Soak the almonds in a bowl of cold water overnight or in very hot water for 1-2 hours.
- 2 Drain the water away and rinse with cold water. Place the rinsed almonds in a high speed blender along with the water and other ingredients if using. Mix on high speed for 1 -2 minutes.

Place a jam bag, cheesecloth or a thin clean cotton tea towel over a sieve over a large bowl and pour the blended almond milk through, discarding the pulp. Place the strained milk in an airtight jar or bottle and store in the fridge. Bear in mind that the milk can separate so shake the container before using. Should stay fresh in the fridge for 3-4 days.

- 3 Wash the rhubarb and chop into same sized lengths. Place in a roasting pan. With a sharp knife peel the oranges (use the zest of one for the porridge before peeling) and cut into segments removing as much pith as possible. Place the orange pieces into the pan on top of the rhubarb. Use a sharp knife to split the vanilla bean in half, scraping the seeds over everything and add the vanilla bean to to the pan. Sprinkle the sugar over the rhubarb and orange.
- 4 Place in the oven and bake uncovered for 30 minutes.
- 5 In a separate deep roasting pan or oven proof dish, add the porridge oats, orange zest, cardamom, salt and 1 tablespoon of demerara sugar and mix to combine. Pour over the almond milk (or particular milk of choice) and the water. Stir. Place in the oven uncovered for 20 - 30 minutes.
- 6 10 minutes before the compote and porridge are done, add the slithered almonds for the topping in a small oven proof dish and toast in the oven for 10 minutes or until lightly golden brown in colour.

Dish up with a large spoonful of porridge, add a little extra almond milk if you like, a spoonful of the compote and top with a handful of toasted almonds and a sprinkling of demerara sugar.
- 7 The remaining compote can be stored, once cool, in a clean jar with an airtight lid, remove the vanilla pod. Keep in the fridge and use with in a week.



Summer Greens Stew

SERVES: 4

PREP TIME: 20 minutes COOKING TIME: 25 minutes

INGREDIENTS

For the herb & grain salad:

- 200g new potatoes, chopped into quarters
- 2 large spring onion or 4 small spring onions, sliced
- 150g fresh or frozen peas
- 150g fresh broad beans, podded
- 1 medium courgette or 3 mini courgettes, sliced
- Zest and juice of half a lemon
- 900ml vegetable stock
- 1 - 2 tbsp olive oil
- 2 tsp pesto
- A handful of thinly sliced/shredded greens (cabbage/kale/spring greens/chard etc)
- A handful of seasonal fresh herbs (fennel, parsley, mint, thyme, tarragon, chives etc)
- Edible flowers to serve (chive, thyme, watercress, rocket etc)
- Sliced radish to serve
- Seasoning



METHOD

- 1 Heat the oil in a heavy based pan and add the spring onions and potatoes. Saute gently for a few minutes. Add the stock and bring to the boil then reduce the heat and simmer for 15 minutes or until the potatoes have softened and cooked through.
- 2 Add the peas, beans and courgette to the pan and simmer for a few minutes. Add the shredded greens and continue cooking for 1 minute. Stir through the lemon juice and zest and the pesto. Take the pan off the heat and leave to stand for a minute or so with the lid on.
- 3 Meanwhile, finely chop the herbs. Mix into the stew just before serving. Add seasoning to taste.
- 4 Serve in dishes and top with some herbs, radish and edible flowers. Serve with crusty bread.

Notes

- This recipe is open for adaptation depending on the ingredients you have to hand.
- Add more stock to make this with more of a soup consistency. You may find it more palatable to chop the vegetable even more finely for this. Alternatively, reduce the amount of stock and this becomes a great alternative to mash potato to serve as a side to joints of meat.
- Any green pesto will impart a lovely flavour, whether homemade or shop bought. Wild garlic pesto gives it a delicious strong garlic flavour, whereas basil pesto will have a more subtle taste.



Harissa Roast Aubergine with Herb & Grain Salad

SERVES: 4
COOKING TIME: 1 hour

INGREDIENTS

For the herb & grain salad:

- 100g farro
- 120g bulgar wheat & quinoa mixed grains
- Small bunch flat leaf parsley, finely chopped
- Small bunch coriander, finely chopped
- Small handful mint leaves, chopped
- 50g shelled pistachios, chopped
- 10 pitted green olives, chopped
- 4 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 & 1/2 tablespoons pomegranate molasses
- 1 garlic clove, peeled and crushed
- Juice of 1/2 lemon

For the harissa roast aubergines:

- 2 aubergines
- 1 tablespoon rose harissa
- 2 cloves garlic, peeled and crushed
- 2 tablespoons pomegranate molasses
- Finely grated rind of 2 lemons
- Drizzle of olive oil

METHOD

- 1 Pre-heat the oven to 180C/160C fan/Gas 4
- 2 Line an oven tray with baking paper. Cut the two aubergines in half and make diagonal cuts in the flesh with a sharp knife, taking care not to cut through the skin. Place on tray flesh side up.
- 3 Mix together the harissa, garlic, pomegranate molasses and lemon rind. Spoon on top of the aubergine flesh and drizzle with olive oil.
- 4 Place the tray in the oven and bake for 1 hour, or until soft.
- 5 Meanwhile, make the salad. Cook the farro and bulgar wheat mix according to packet instructions. Drain and set aside in a bowl to cool.
- 6 When the grains have cooled and you are ready to serve, add the herbs, pistachios and olives to the bowl.
- 7 In another small bowl add the olive oil, red wine vinegar, pomegranate molasses, garlic clove and lemon juice and mix together to make the dressing.
- 8 Just before serving, add the dressing to the salad and stir thoroughly. Serve with the roast aubergine and a dollop of yogurt if you have some.



Nettle, Walnut & Ricotta Gnocchi

SERVES: 4

PREP TIME: 1 hr + 1/2 dough rest COOKING TIME: 5-10 minutes

INGREDIENTS

For the gnocchi:

- Approximately 60 nettle tops (roughly 4 or 5 small leaves to a top) 250g floury potatoes like King Edward
- 100g plain flour, plus extra for dusting
- 25g semolina
- A pinch of ground nutmeg
- 1 egg, lightly beaten
- 50g finely chopped walnuts, plus extra for topping
- 1 tbsp ricotta
- 20g grated Parmesan
- Zest of 1/2 lemon
- Freshly ground black pepper to taste

For the sauce:

- 200g butter
- 8-10 sage leaves
- 1 clove of garlic, thinly sliced
- Freshly ground black pepper to taste
- Juice of 1/2 lemon

METHOD

- 1 Prepare the nettles with care. Wearing washing up gloves, wash thoroughly in a sink full of warm tap water. Snip the tough stalks away and place into a pan of salted boiling water for 2 minutes, this will remove the sting. Drain through a sieve, rinsing with cold water. Tip out onto a clean, dry towel. Wrap the nettle leaves in the towel and ring out the excess water, alternatively, use a salad spinner. Pat dry and finely chop with a mezzaluna or in a food processor.
- 2 Meanwhile peel and chop the potatoes into cubes and add to a pan of salted boiling water and boil for 15 - 20 minutes until soft. Drain and add to a large bowl, allow to cool slightly before mashing.
- 3 Add the flour, semolina, walnuts, parmesan, lemon zest, nettles, nutmeg and pepper to the mashed potato.
- 4 In a separate bowl, mix the ricotta with the beaten egg and slowly add to the mashed potato mixture and mix together until a dough is formed, add a little more flour if the dough is too sticky.
- 5 Rest the dough in the fridge for half an hour until it firms up a little, which will make it easier to roll out.
- 6 Lightly dust a work surface with flour. Divide the dough into two halves. Roll both halves out into a thin sausage shape then slice into small pieces, roll into balls to make the gnocchi. For greater accuracy and consistency, weigh each piece, about 10-14 g makes a good size gnocchi!
- 7 Use a ridged butter pat or the back of a fork to make grooves on the gnocchi.
- 8 In a small pan over a very low heat, melt the butter. Add the sage, garlic and lemon juice and heat for a few minutes until the butter has all melted and starts to turn a rich amber colour.
- 9 Meanwhile add the gnocchi to a pan of boiling salted water. It should only take about 5 minutes, when the gnocchi has risen to the surface of the water then remove with a slotted spoon to a warm plate. Spoon the sage butter over the gnocchi and grate over parmesan cheese and a sprinkling of chopped walnuts and serve with a seasonal green salad.





Minty Lamb Burgers

SERVES: 4
PREP TIME: 15 mins CHILL TIME: 30 mins
COOKING TIME: 25 mins

INGREDIENTS

- 500g Organic lamb mince
- 1 small handful fresh mint, finely chopped
- 1 tbsp Dijon mustard
- 1 egg
- 1 garlic clove crushed
- 1 small shallot, finely chopped
- Handful of breadcrumbs
- Sea salt & pepper to taste
- 1 tbsp olive oil

To serve and garnish

- 4 seeded brioche buns, halved and toasted
- Mayonnaise
- Rocket, watercress and spinach leaves
- 2 slices per burger of halloumi, grilled
- 1 - 2 pickles, thinly sliced
- Tomato relish

METHOD

- 1 Line a baking tray with parchment.
- 2 In a large bowl add all the ingredients except the olive oil. Mix to combine and break down the mince.
- 3 Once thoroughly combined, separate into four equal parts and roll each into a ball, place on the baking tray and flatten to shape into a burger pattie. These will make large, thick burgers. Chill for 30 mins.
- 4 Heat the oil then add the patties, depending on the thickness and how well done you'd like them cook for 3-4 minutes each side for medium or 4-5 minutes for well done. Check before removing from the pan with a skewer to see if they need more time.
- 5 Toast the buns, add a layer of mayonnaise and some greenery. Add the burger pattie, followed by the halloumi, 3-4 slices of pickle, a teaspoon of relish, more greenery and the seeded bun top. Hold together with a burger skewer. Serve immediately with the sweet potato fries.

Strawberry Choux Buns

SERVES: 8 (1 each!)
PREP TIME: 30 minutes COOKING TIME: 30 minutes



INGREDIENTS

For the choux pastry:

- 50g of butter
- 125ml of water
- 75g of flour
- 2 large eggs

For the strawberry & cream filling:

- 500ml of double cream
- 30g of icing sugar
- 1 vanilla pod (seeds scraped out)
- 200g of fresh strawberries (sliced)

METHOD

- 1 Line a large baking tray with baking parchment and heat the oven to 200°C, fan 180°C Gas mark 6.
- 2 Place the butter and 125ml water in a medium saucepan over a medium heat and allow the butter to melt.
- 3 Bring it to the boil, then take off the heat and tip in all the flour. Using a wooden spoon, beat in the flour until it comes together and the mixture has formed a ball. Cool the mixture for about 5 minutes, then beat in the eggs, until smooth and glossy.
- 4 Using couple of spoons or a piping bag, spoon the mixture on to a baking tray in 8 equal size buns. Bake for 30 minutes until risen and golden brown. Take out of the oven and allow to cool.
- 5 Using an electric mixer, beat the cream, icing sugar and vanilla into stiff peaks.
- 6 Slice the buns in half, then spoon or pipe some of the whipped cream inside one half. Add some sliced strawberries and top with the other half of the bun.





Honey Roasted Carrot, Halloumi & Freekeh Salad

SERVES: 2 - 4
PREP TIME: 10 minutes COOKING TIME: 25 minutes

INGREDIENTS

For the salad:

- 300g baby carrots, peeled
- 2 tbsp olive oil
- 2 tsp runny honey
- ½ tsp paprika
- 120g freekeh
- 250g halloumi, sliced into 1cm pieces
- Large handful basil/mint/coriander/parsley, finely chopped
- 40g pistachios, shelled and roughly chopped

For the dressing:

- 3 tbsp extra virgin olive oil
- 1 tbsp lime juice
- Pinch of za'atar
- Sea salt and pepper

METHOD

- 1 Preheat the oven to 180°C. Toss the carrots with 1 tbsp of the olive oil, 1 tsp of honey and paprika and place on a large baking tray. Roast for 20-25 minutes, until cooked through and starting to caramelise at the edges.
- 2 Meanwhile, bring 1 litre of water to the boil, add the freekeh and cook for 10-12 minutes, until soft but still with a little bite (check the cooking instructions on the packet as the timings can sometimes differ). Drain the freekeh and set aside to cool.
- 3 Heat the remaining 1 tbsp of olive oil in a large frying pan over a medium/hot and fry the sliced halloumi, turning after about 2 minutes, when it starts to brown. Continue to fry on the other side for a further 2 minutes. Drizzle over the remaining teaspoon of honey and remove from the heat.
- 4 To make the dressing, put all the ingredients together in a jar or bowl and whisk until fully combined. Add more seasoning to taste.
- 5 Toss the roasted carrots, freekeh, half the herbs, half the pistachios and a little dressing together. Scatter over the halloumi, the remaining chopped pistachios and the remaining herbs. Drizzle over a little more dressing and serve straight away.

Baked Breakfast Eggs

SERVES: 4

PREP TIME: 15 minutes COOKING TIME: 25 minutes

INGREDIENTS

For the eggs:

- 1 tbsp of olive oil
- 1 medium sized butternut squash, peeled and cut into 5cm cubes
- 300g cherry tomatoes
- 6 - 8 strips prosciutto
- 4 - 6 eggs
- 100g feta
- Salt and pepper

For the basil & pistachio pesto

- A large handful of basil
- Juice of ½ lemon
- 60ml Extra Virgin Olive Oil
- 40g of shelled pistachios
- ½ tsp of chilli flakes (optional)
- Salt and pepper

To serve:

- Grated lemon zest (optional)
- Chilli flakes (optional)

METHOD

- 1 Pre-heat the oven to 240°C Fan 220°C Gas mark 9.
- 2 Place the cubed butternut in a large oven proof dish/pan (I like to use the Robert Welch Campden Casserole Pan). Drizzle over the olive oil and season with salt and pepper. Toss to make sure each piece is coated. Bake in the pre-heated oven for 20 minutes..
- 3 While the butternut is in the oven, make the pesto. Whizz the basil, lemon juice, olive oil and pistachios in a food processor. Stir through the chilli flakes, if using, and season with salt and pepper.
- 4 Remove the pan from the oven, nestle in the cherry tomatoes and prosciutto. Continue to bake for a further 10 minutes.
- 5 Remove the pan from the oven, create some space for the eggs and then crack them in. Crumble over the feta and return to the oven to bake for about 4 minutes, until the egg whites are set, but the yolks are still a little runny.
- 6 Season with salt and pepper. Grate over some lemon zest and scatter over some chilli flakes. Serve straight away along with the basil and pistachio pesto.



Lemon & Thyme Roast Chicken with Root Vegetables

SERVES: 4

PREP TIME: 20 minutes COOKING TIME: 1 hour 15 minutes

INGREDIENTS

- Whole Chicken (approx. 1.6Kg)
- 25g butter, softened
- Small bunch of fresh thyme, leaves picked, more to garnish
- 1 tbsp. wholegrain mustard (or Dijon/English, whichever you have)
- 1 garlic clove, crushed
- 1 lemon and the zest of 1 lemon, finely grated
- Salt & Pepper to taste
- 500g potatoes, washed and halved lengthways
- 2 onions quartered
- 3 garlic cloves, kept whole
- 2 tbsp. olive oil

For the root vegetable side dish:

- 5 Carrots, cut lengthways
- 3 Parsnips, cut lengthways into quarters
- 1 beetroot, cut into 8
- 3 onions, quartered
- 1 garlic bulb, cut in half
- 2 tbsp. olive oil
- 2 tbsp. runny honey
- Sea salt and black pepper

For the gravy:

- 150 ml white wine
- 50ml boiling water (or just 200ml water with one stock cube)
- 1 tbsp. cornflour or plain flour

METHOD

1. Pre heat the oven to 180C Fan / 200C.
 2. In a bowl add the butter, fresh thyme, mustard, crushed garlic and lemon zest, season and mix together until combined. Set aside.
 3. In a large roasting tin, add the potatoes, the onions (keep back 1/2) and the garlic cloves. Drizzle over the olive oil. Place the chicken on top, season inside the cavity and add the 1/2 onion and the lemon cut in half.
 4. Rub the butter mixture all over the chicken.
 5. Place in the oven and cook for 30 minutes. After 30 minutes, remove and cover with foil. Cook for a further 30-45 minutes. The chicken is cooked when a skewer is inserted and the juices run clear. Leave covered in foil, to rest for 15 minutes, before carving.
 6. Meanwhile, add the carrots, parsnips, beetroot and onion to an oven dish. Mix the oil and honey together with salt and pepper. Drizzle over the vegetables and cook in the oven for 20 minutes, remove, shake the veg, add the garlic and continue to cook for another 30 minutes.
 7. To make the gravy, once you've removed the potatoes and chicken from the roasting tin, heat the remaining juices, add the wine/water cornflour/flour and stir with the back of a spoon until you loosen all the delicious juices/onions etc. It should start to bubble and thicken. If you want to sieve it before serving you can, or just transfer to a pouring jug and serve for a more rustic gravy.
- Garnish the chicken with fresh thyme, serve all together and enjoy!





Smoked Burrata and Maple Roasted Squash

SERVES: 4
PREP TIME: 20 minutes COOKING TIME: 20-30 minutes

INGREDIENTS

- 1 medium butternut squash/delicata squash
- 2 tbsp maple syrup
- 1 tbsp olive oil
- 2 Smoked Burrata (125g each)
- A handful of Pomegranate seeds
- A handful of chopped pistachios

For the Basil Oil

- A small handful of basil
- 50ml Extra Virgin Olive Oil
- Juice of half a lemon
- Salt and pepper

METHOD

- 1 Preheat the oven to 220C/200C fan.
- 2 Peel and deseed the squash and slice into half moon shaped pieces, about 1cm thick.
- 3 Place on a large baking tray, drizzle over the maple syrup and olive oil and toss to coat the squash. Season with salt and pepper and roast in the preheated oven for 20 – 30 minutes, until the squash is tender and beginning to caramelize.
- 4 While the squash is roasting, make the basil oil. Combine all the ingredients in a pestle and mortar and grind together until the leaves are broken up and you have a chunky green oil. Season with salt and pepper.
- 5 When you're ready to serve. Tear each of the smoked burrata in half and place a piece on each of your serving plates. Layer up with a few slices of roasted squash.
- 6 Drizzle over the basil oil, sprinkle over the pomegranates and pistachios. Serve straight away.

Poached Pears with Bay Salted Caramel

SERVES: 4
COOKING TIME: 20 minutes



INGREDIENTS

- 1 vanilla pod, split lengthways
- 1 cinnamon stick
- 1 star anise
- 300g caster sugar
- 2 strips of orange peel (use potato peeler)
- 4 firm, ripe pears, peeled (I used Blush variety)

For the bay salted caramel sauce:

- 85g unsalted butter
- 150g caster sugar
- 3 fresh bay leaves
- 250ml double cream
- 1 teaspoon Malden Sea Salt flakes

METHOD

- 1 Take a medium size saucepan (one that will hold the four pears) and half fill it with water.
- 2 Add the vanilla pod, cinnamon stick, star anise, caster sugar and orange peel and place over a medium heat. Bring to a boil, add the pears and reduce the heat to allow the pears to simmer for 15 minutes or until soft. Remove from the heat and leave the pears in the poaching liquid while you make the caramel sauce.
- 3 Place a small saucepan over a medium heat and add the butter. When the butter has melted, add the sugar and bay leaves, stirring frequently until the mixture is a deep golden brown caramel.
- 4 Remove from the heat and immediately whisk in half of the double cream (the mixture will bubble up furiously and may splatter so be sure to wear an oven mitt).
- 5 Stir in the rest of the cream and salt and mix until the caramel is smooth.
- 6 Carefully drain the pears and serve on plates or bowls, drizzled with the bay salted caramel sauce.





Fennel, Pink Grapefruit & Watercress Salad

SERVES: 2 as a main or 4 as a side
PREP TIME: 15 minutes COOKING TIME: 5 minutes

INGREDIENTS

For the salad:

- 1 fennel bulb, cored and thinly sliced
- 2 pink grapefruit, peeled, pips and pith removed and cut into segments
- 100g watercress
- Small handful of chopped mint
- Small handful of chopped dill
- Parmesan shavings, to taste

For the dressing:

- 1 tsp fennel seeds, lightly toasted and roughly ground
- Pinch of ground sea salt
- Pinch of ground pepper + extra to sprinkle over the dish if required
- 1 tsp Dijon mustard
- 1 tbsp runny honey
- Juice from 1 orange
- 1 tbsp cider vinegar
- 40ml olive oil

METHOD

- 1 First make the dressing. Toast the fennel seeds in a dry pan over a low heat for approximately 5 minutes until lightly toasted.
- 2 Roughly grind the toasted seeds, along with the salt and pepper in a pestle and mortar.
- 3 Add to a clean jam jar along with the rest of the dressing ingredients and shake vigorously to combine. Put to one side or store in the fridge if making in advance - it may need shaking again before using.
- 4 Assemble the other ingredients, except the parmesan, onto a large dish or platter. Toss lightly with a hefty drizzle of the dressing, keeping some back to add to the salad once plated up.
- 5 Add the shavings of parmesan over the top and an extra grinding of black pepper if desired.

This salad is best eaten immediately, but the dressing can be made a few days in advance and stored in the fridge until needed.

Roast Celeriac Soup with Orange, Honey & Thyme

SERVES: 2 - 4 people

PREP TIME: 10-15 minutes. COOKING TIME: 30-40 minutes + warming up

INGREDIENTS

For soup:

- 1 celeriac, peeled and chopped into small cubes, approximately 400g
- 1 onion, peeled and quartered
- 2 garlic cloves, peeled but left whole
- 2 tbsp of olive oil
- Juice of 1 orange
- 1 - 2 tbsp of runny honey
- 4 -5 sprigs of fresh thyme
- 1 litre of vegetable stock

For the croutons:

- 2 slices of white bread
- A sprig of fresh thyme
- 2 - 3 tbsp of olive oil
- 1 tbsp of grated pecorino cheese or similar
- Seasoning



METHOD

- 1 Add the celeriac, onion and garlic to an ovenproof dish lined with baking parchment. Drizzle over enough olive oil to coat the vegetables, approximately 2 tablespoons.
- 2 Add the juice of one half of the orange, retaining the other half for later. Drizzle over the honey, place a few sprigs of fresh thyme into the dish and add salt and pepper. Mix well. Place the dish in a preheated oven at 180° C and bake for about 30 - 40 minutes.
- 3 Meanwhile make the croutons. Cut the crusts off the bread. Pour the olive oil, thyme leaves & pecorino onto a plate. Place each slice of bread onto the plate, making sure both sides are coated in the olive oil. Add more oil if needed. Cut the slices of bread into small cubes and fry gently in a dry frying pan for 5-10 minutes until golden and crispy.
- 4 Once the celeriac has roasted pour the vegetables into a pan. Add the stock and the juice from the other half of the orange.
- 5 Put the pan on a high heat until the soup begins to boil then reduce the heat and allow to simmer for 10 minutes.
- 6 Allow to cool slightly then pour into a high speed blender or using a hand blender, mix until smooth. Pour the contents back into the pan and warm through. Add more water if the soup is too thick.
- 7 Serve warm with a swirl of yoghurt, sour cream or creme fraiche and a sprinkling of croutons. Alternatively, store in the fridge and serve chilled with a topping of seeds or Za'atar and some fresh herbs or edible flowers

Carrot Cake with Walnut Praline

SERVES: 10-12 Slices

PREP TIME: 30 minutes (+ overnight soaking) COOKING TIME: 30 minutes

INGREDIENTS

- | | | |
|---------------------------------|--|----------------------------|
| For the cake: | - Pinch of sea salt | For the frosting: |
| - 260g plain flour | - 180g soft brown sugar | - 350g mascarpone |
| - 80g ground almonds | - Zest of 1 orange | - 400ml double cream |
| - 1 1/2 tsp baking powder | - 50g walnuts, finely chopped | - 50g walnuts |
| - 1 1/2 tsp bicarbonate of soda | - 200g coconut oil, melted and cooled to a liquid | - 1 tsp vanilla bean paste |
| - 2 tsp ground cinnamon | - 4 large eggs, lightly beaten | For the praline: |
| - 1/2 tsp ground cardamom | - 250g / approximately 3 large carrots, peeled and grated 100g sultanas soaked overnight in 40ml rum | - 50g walnuts |
| - 1/2 tsp ground nutmeg | | - 50g caster sugar |
| - 1 tsp ground ginger | | - 25ml water |

METHOD

- 1 Place the sultanas in a small bowl and cover with 40ml of rum, leave overnight or for 4-6 hours until all liquid has been absorbed.
- 2 Preheat the oven to 180°C. Grease and line two 20 cm loose bottomed cake tins. In a large bowl, mix together all the dry ingredients.
- 3 If the coconut oil is solid, melt it gently in a bowl placed over a pan of hot water or in the microwave for 10 seconds. Allow to cool slightly.
In a separate bowl stir the cooled melted coconut oil with the beaten egg. Add this 'wet' bowl to the 'dry' bowl and stir together. Add the rum soaked sultanas and grated carrot and mix well to combine all the ingredients.
- 4 Divide the cake mixture equally between the two cake tins, smoothing the cake batter into the tin. Bake in the preheated oven for 30 minutes or until a cake skewer comes out clean.
- 5 Once baked let the cakes sit in the tins for 5-10 minutes then carefully remove and place on a cooling rack.
- 6 While the cakes are cooling, make the praline. In a saucepan over a medium heat, melt the sugar and water until the sugar has dissolved, avoid using a spoon but shake the pan gently to mix the sugar in the water. Watch carefully as the sugar syrup starts to turn a golden colour, be careful not to let it burn.
- 7 When the syrup is a deep golden amber colour turn off the heat and add the walnuts, using a wooden spoon to mix them into the caramel syrup until they are all completely covered. Tip the caramel walnuts onto a baking tray or large plate lined with greaseproof paper, spreading them out in an even thin layer. Put to one side to cool completely.
- 8 Whip the mascarpone, cream, icing sugar and vanilla paste together in a bowl until thickened and forming soft peaks, but try not to over whip. Using a piping bag or palette knife, smooth the whipped cream in between the cake layers and smooth over the top and sides, scraping surplus away if wanting to create a 'semi naked' cake style.
- 9 Sprinkle the caramel walnuts on the top, around the edge.





Tomato & Red Onion Tart

SERVES: 4-6 as a side or appetiser or 2-3 as a main dish
 PREP TIME: 30-40 minutes CHILLING (pre-bake): 20 minutes
 COOKING TIME: 30 minutes

INGREDIENTS

For the pastry:

- 250g light Spelt flour
- 10g finely grated Grana Padano, or similar
- 170g chilled unsalted butter, cut into cubes
- Pinch of fine sea salt
- 3-4 tablespoons of ice cold water
- 1 beaten egg for egg wash

To serve:

- A handful of Pine nuts and micro greens or cress to scatter over the top of the tart

For the filling:

- Tomatoes of choice, 3-4 large, or 250g cherry tomatoes, or a mix of the two. Cut into slices, thin quarters or halves
- 2 red onions, peeled and thinly sliced
- 30g grated Gruyere cheese
- 1 tbsp creme fraiche
- 1 tsp Dijon mustard
- Fresh herbs such as Tarragon, Basil or Thyme
- 1 tbsp vegetable oil
- Seasoning

METHOD

- 1 Add the flour to a large bowl along with the pinch of salt. Add the cubes of chilled butter and begin swiftly rubbing into the flour with fingertips until it resembles breadcrumbs. Try not to over handle the pastry and keeping hands as cold as possible will help. Add the parmesan cheese and mix through. Add a tablespoon or two of very cold (or iced) water to the pastry and begin to combine with a butter knife or small palette knife. Add a bit more water if necessary until a soft dough is formed.

Place the ball of dough on a large sheet of baking paper - this will be used to bake the tart on later so make it roughly the size of the baking sheet you intend to use. Flatten the ball ever so slightly with the heel of your hand to make it a disc shape. Wrap the baking paper around like a parcel and place in the fridge for about 30 minutes to chill.

- 2 Whilst the dough is chilling, make the red onion filling. Place the slices of red onion in a large pan with the oil and heat gently for about 5 minutes until the onion cooks and softens.

Add the creme fraiche to a small bowl with the mustard and mix to combine. Add this to the pan of red onion and stir through on a very low heat for about 1-2 minutes. Take off the heat and put the mixture into a small bowl and leave to cool slightly.
- 3 Preheat the oven to 180 °C.
- 4 Take the dough out of the fridge and unwrap, but leave the baking paper beneath the dough, Add a sprinkling of flour on top and roll out to a rough circle shape and until the dough is about 1/4 inch thick.



- 5 Spoon the red onion mix into the centre of the pastry circle keeping a clear edge around the pastry of about 3 inches.
- 6 Sprinkle the gruyere cheese over the top of the red onion mix.
- 7 Then add the tomato slices and wedges being careful not to overload. If using a mix of large and cherry tomatoes, place the larger slices down first and top with the halves of cherry tomatoes.
- 8 Roll up the edges of the pastry, twisting and pinching as you go to create a crusted edge. Try to smooth over and fill any holes and tears in the pastry. Brush egg wash over the pastry edge.
- 9 Place the baking paper and tart on a baking tray. For best results, chill again in the fridge for 20 minutes before baking.
- 10 Bake in the preheated oven for 30 minutes or until the pastry is baked golden.
- 11 Serve warm or cold with a garnish of fresh herbs and with a sprinkling of micro greens or cress.

Rosewater Pavlovas with Vanilla Cream & Summer Current Compote

SERVES: 4 - 6

PREP TIME: 45 minutes COOKING TIME: 1 hr 30 minutes COOLING TIME: 30 minutes

INGREDIENTS

For the meringues:

- 4 (150g) large egg whites, reserving the egg yolks for the vanilla cream
- 300g caster sugar
- 1 tsp of rose water
- 1 tbsp of icing sugar to dust (optional)

For the vanilla cream:

- 4 egg yolks
- 350ml of milk
- 80g caster sugar
- 1 vanilla pod, sliced down the middle or 1 tsp vanilla bean paste/ vanilla extract
- 20g cornflour, sifted

For the currant compote:

- 250g of white/black or red currants
- 75g caster sugar
- 1 tsp freshly squeezed lemon juice
- 1 tbsp of water

To serve:

- A handful of fresh or frozen currants
- Edible flowers such as rose petals, violas or lavender

METHOD

- 1 Preheat oven to 110°C fan
- 2 First make the pavlovas. In a large clean bowl, whisk the egg whites until thick and frothy using a free standing mixer or handheld beaters.
- 3 Gradually add the caster sugar, a tablespoon at a time and continue beating until the mixture becomes thick and glossy and forms stiff peaks. Stir in the rosewater.
- 4 Spread a sheet of baking parchment over a baking sheet on which to dollop spoonfuls of meringue into a cloud/ droplet shape. You should get 4-6 small pavlovas from this mix depending on size - 2-3 heaped tablespoons approximately for each one. Lightly smooth over any overtly jagged edges but try not to overdo this, you're aiming for a pillowy cloud shape.
- 5 Place into the preheated oven. Bake for approximately 1 ½ hours. The meringues should be an eggshell colour and be crisp on the outside. Turn off the oven but leave the meringues inside, leaving the door ajar for approximately 30 minutes. This allows the meringue to dry out slightly.
- 6 While the pavlovas are baking, make the vanilla cream. In a bowl, using a hand whisk, beat together the egg yolks with the sugar until thick and creamy. Add the cornflour, ensuring it is fully combined into the mixture.
- 7 Add the milk and vanilla pod or extract to a pan and warm over a low heat, slowly bringing to a boil. If using vanilla bean paste I find this easier to whisk into the egg yolk mixture first. When the milk begins to boil, remove the vanilla pod, if using, and pour over the yolk mixture, whisking all the time.
- 8 Return this to the pan over a moderate heat to a gentle boil continuing to stir for a few minutes. As soon as the cream has begun to thicken, remove from the heat and pour into a clean bowl to cool. The cream will set when cool. If the cream is a little too set once ready to use then stir a little cold milk in until the right consistency is achieved. If the cream is a little lumpy then press with a spoon through a sieve into the bowl.

- 9 Place a disc of greaseproof paper directly on top of the cream to stop it forming a skin and place in the fridge to chill.
- 10 To make the currant compote, wash the currants, remove from their stalks and add to a pan with the water and lemon juice. Bring to the boil then reduce to a simmer until the fruit begins to break down. Add the sugar, stirring once then allow to simmer away until the sugar has all dissolved and the compote has thickened. Pour into a clean jar or container and allow to cool down. It will set more when it has cooled down. This can be stored in the fridge once cool.
- 11 To assemble, pile the pavlovas onto a cake plate, dust with a sprinkling of icing sugar and drape the currant stems over the peaks of meringue, scattering the edible petals over for decoration. Serve the vanilla cream and compote in separate bowls and invite your guests to make their own pavlovas.





Tasty Aromatic Thai Noodle Curry

SERVES: 4

PREP TIME: 20 minutes COOKING TIME: 1 hour

INGREDIENTS

- 1 large sweet potato diced
- 2 tbs light oil
- 1 red/white onion diced fresh or frozen
- 1 thumb sized piece of ginger peeled grated (optional)
- 4 fat garlic cloves crushed (optional)
- 2 tablespoons of chopped coriander stalks (optional)
- 4 to 6 tablespoons of Thai yellow or red Curry paste
- 2 to 3 Kaffir lime Leaves fresh or dried (optional)
- 1 tablespoon Caster/palm sugar
- 2 tins of full fat coconut milk
- 300 ml of vegetable stock
- 1 tbs tamari sauce
- 200g rice noodles
- Juice of 1 lime
- 200g frozen peas or veg of choice

For the tofu:

- 280g extra firm tofu diced
- 3 tbs cornflour
- Salt and pepper
- 100ml light oil coconut or groundnut

To serve (optional):

- Fresh herbs, Thai basil, coriander, basil, mint
- Spring onions sliced
- Green chillies sliced
- Lime wedges
- Sesame seeds
- Toasted peanuts roughly chopped

METHOD

- 1 Pre heat the oven to 180°C. Line a baking tray with parchment or foil and add the diced sweet potatoes, season with salt and pepper and drizzle with 1 tbs of light oil. Place in the preheated oven and cook for about 20 minutes until soft and slightly caramelised in places.
- 2 In a large casserole pan, add the diced onion and 1 tbs of light oil, sauté until soft and translucent. Add in the garlic and ginger if using and cook for a further minute or two on a low heat.
- 3 Add in the coriander stalks and kaffir lime leaves if using and stir to combine, follow this with the curry paste. Add 3-6 tbs depending on how hot you like it. Stir to combine and cook for a minute or so until fragrant.
- 4 Pour in the coconut milk and vegetable stock and bring to a boil and reduce immediately. Add in the caster sugar, tamari sauce and juice of 1 lime. Allow to cook for 15 minutes on a low heat.
- 5 Your sweet potatoes should be ready and if so, remove from the oven and set aside.
- 6 Taste your curry to check for seasoning, it may need a little salt, sugar, or lime.
- 7 Cook the rice noodles per packet instructions.
- 8 Add your diced tofu to a small bowl and combine with the cornflour and a good grind of black pepper and ½ tsp sea salt.
- 9 Heat a small pan with the oil. When the oil is hot fry the tofu in batches until crisp, drain on kitchen towel and set aside in the oven on a low heat while preparing to serve.
- 10 When you are ready to serve, add in the sweet potato, frozen peas and cook for a further minute or two until cooked and heated through.
- 11 Divide the noodles between 4 bowls, top with ladles of curry, crispy tofu and any fresh herbs or spring onions if using. Finish with sesame seeds and toasted peanuts and a wedge of lime.

Weekend Eggs with Avocado Salsa

SERVES: 4 (or 2 hungry people)
PREP TIME: 15 minutes COOKING TIME: 5 minutes

INGREDIENTS

- 4 slices of sourdough bread
- 50g butter melted
- 4 duck eggs, or large hen's eggs
- 40g cheddar, finely grated, plus a little extra to serve

For the Avocado Salsa:

- 1 small avocado, peeled, stoned and diced *
- 200g tomatoes, deseeded and diced
- 1 small red onion, peeled and diced
- 1 teaspoon of chipotle paste or 1 red chilli, finely chopped
- 50ml olive oil
- Zest and juice of 2 limes
- Small bunch of coriander leaves, chopped
- Sea salt & freshly ground pepper

* Do this at the last minute to avoid the avocado going brown.

METHOD

- 1 Pre-heat the oven to 180C/160C fan/gas 4
- 2 Put all the salsa ingredients in a bowl, stir and set aside.
- 3 Place a large frying pan over a medium heat. Cut a hole out of each slice of bread using a pastry cutter (I used 8cm cutter). Brush the slices on both sides with butter.
- 4 Fry the slices in batches of two, on one side for 1-2 minutes, until slightly golden then turn over. Crack the eggs one at a time into a small cup and tip one into each hole. Cook for a further minute until the whites set slightly. Sprinkle over some cheese and then transfer the pan to the oven for 2-3 minutes until the whites are just set, but the yolk is runny. Keep warm while you cook the other batch.
- 5 Serve immediately with some salsa spooned over the top and a little extra cheese.



Favourite Vinaigrette

Juice from half an orange
2 tbsp of olive oil
1 tbsp of apple cider vinegar
1 tbsp of runny honey
1 tsp of fresh thyme leaves
Seasoning

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