

Be inspired, feel motivated and get cooking!

ORANGE ZEST BROWNIES



* Image and recipe taken from *The Guilt-free Gourmet* by Jordan and Jessica Bourke, photographer Kate Whitaker, published by Ryland Peters & Small.

Ingredients

- 225g dark chocolate, at least 70% cocoa solids, chopped
- 110g rice flour
- 70g unsweetened cocoa powder
- ½ tsp baking powder
- ½ tsp sea salt
- 225g dairy-free butter (sunflower or soy spread)
- 170g coconut palm sugar or xylitol
- 2 eggs
- 2 egg yolks
- grated zest of 1 orange
- 100g pecans, lightly roasted

Method

Preheat the oven to 180°C (350°F) Gas 4. Melt the chocolate in a heatproof bowl over a saucepan of simmering water, making sure the base of the bowl does not touch the water. Sift the flour, cocoa powder, baking powder and salt into a bowl. In another bowl, beat the butter with the sugar until pale and fluffy. Slowly mix in the eggs and egg yolks, then the melted chocolate and orange zest. Finally, stir in the sifted ingredients and pecans. As the melted chocolate cools, the mixture becomes increasingly stiff and difficult to mix, to the point that you may think you have made a mistake and need to add more liquid... but don't! This is what makes these brownies so decadently chewy and dense in texture. If you have a food mixer it makes the job a little easier, otherwise work those triceps! Spoon the mixture into the prepared baking pan and, with the back of a metal spoon, level the top. Dipping the spoon into hot water every now and again prevents it from sticking. Bake in the preheated oven for 25–30 minutes, depending on your oven and the thickness of your brownie. A skewer should come out with a bit of the wet mixture still on it, as the brownie will firm up once it has cooled completely and the chocolate sets. Once cool, cut into small squares, as it is very rich. Then devour! Serves 10-12.

Minted Pea and Wild Garlic Soup



* Recipe and image taken from *The Forager's Kitchen* by Fiona Bird published by CICO Books

Ingredients

- 100g wild garlic stalks
- 1 tbsp olive oil
- Knob of butter
- 275g scrubbed new potatoes
- 1 litre vegetable stock
- 150g freshly shelled peas
- 3 mint leaves, finely shredded
- Freshly ground black pepper
- A handful of wild garlic flowers

Method

Wash and finely slice the wild garlic stalks. Heat the oil and butter in a saucepan and cook the ramps over low heat for 1 minute. Cut the new potatoes into small pieces and cook with the ramps for another 1–2 minutes, stirring often. Add 800ml of the stock and bring to a boil. Cover the pan and simmer for 8–10 minutes until the potatoes are soft. Add the peas and mint, and simmer for another 3 minutes to cook the peas. Remove the pan from the heat, and allow it to cool for a minute. Blend the peas and potatoes in a food processor, and return to the pan, or use a hand blender. Use the remainder of the stock to rinse around the food processor bowl, and add enough to the saucepan to reach the desired consistency. Heat over low heat to warm through, season with freshly ground pepper, and serve as soon as possible in warm bowls. Scatter wild garlic flowers over the soup just prior to serving. If you wish, decorate with a swirl of crème fraîche. Serves 4.