



FRIDAY DEMO – 16:30-17:00

TURKISH EGGS

<https://wholefoodwarrior.co.uk/blog/turkisheggs>

Ingredients

300g Yeo Valley Greek Recipe 5% yogurt
2 Clarence Court eggs
1-2 tablespoon of vinegar (for poaching the eggs)
small bunch of dill
small bunch of parsley
sea salt and black pepper to season
Rapeseed oil
Ancho chilli flakes (1 teaspoon only)
smoked paprika (1 teaspoon only)
[2 cloves of garlic \(Friars Farm\)](#)

Method

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SATURDAY DEMO – 15:30-16:00

WALDORF(ISH) TROUT, POTATO AND WALNUT SALAD

<https://wholefoodwarrior.co.uk/blog/troutfishing>

Ingredients

2 trout fillets

2 leeks

2 cloves of garlic (**Friars Farm**)

Apple cider vinegar (1 capful only)

2x bay leaves

5 new potatoes

1 crispy lettuce such as cos, romaine or baby gem

1 green eating apple

1 stick of rhubarb

2 sticks of organic celery

A large handful of watercress

Small bunch of mint

Small bunch of dill

3 sprigs of tarragon

100g of walnuts

250ml of Yeo Valley Greek recipe yoghurt, 5% (it's a super thick version of yoghurt)

Dijon or whole grain mustard (1 teaspoon only)

1 organic lemon

Good quality rapeseed oil

Sea salt (**Friars Farm**)

Black pepper (in a grinder)

Method

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