



FRIDAY DEMO – 13:30-14:00

PICKLED BEETROOT WITH CREAM CHEESE AND PISTACHIOS

Ingredients

250g cream cheese or soft goat's cheese

2 tbsp finely chopped parsley

2 tbsp finely chopped mint

2 tbsp finely chopped chives

½ lemon, zested

½ tsp flaky sea salt ([Friars Farm](#))

200g caster sugar

200ml cider vinegar

300g whole, raw beetroots

60g shelled pistachios, chopped

baby pea shoots or salad leaves (or micro-herbs if you can get them), to serve

Method

Mix together the cream cheese, chopped herbs, lemon zest and salt. Set aside in the fridge to let the flavours mingle.

Meanwhile, for the beetroot, dissolve the sugar in the vinegar in a small pan over a low heat. Pour into a wide, shallow, heatproof container and leave to cool.

Peel the beetroots, then halve and slice very finely into wafer-thin half-moons. If you have one, a mandolin is perfect for this, though risky. A vegetable peeler will do the job too, and is more likely to spare your fingers, but won't be so neat. Once the pickling liquor has cooled, add the beetroot slivers and toss to coat. Steep for 20 minutes.

To serve, spread the herby cheese over a platter. Drain the pickled beetroot and shake off any excess liquid. Pile it on top, then scatter over the pistachios. Finish with some baby pea shoots or salad leaves, or micro-herbs if you can get them. The beetroot juice will bleed into the labneh, so serve straight away for the prettiest effect, with crusty bread for mopping up.



FRIDAY DEMO – 13:30-14:00

GRIDDLED COURGETTE ROLLS STUFFED WITH PARMA HAM, MOZZARELLA AND PESTO

Ingredients

4 medium courgettes, trimmed and sliced lengthways into 4mm-thick strips
2 tbsp olive oil
a large bunch of basil, leaves picked
4 tbsp grated Parmesan cheese
2 tbsp pine nuts
1 garlic clove, crushed (**Friars Farm**)
up to 100ml extra virgin olive oil
100g Coppa (**Northampton Cheese & Charcuterie**)
150g buffalo mozzarella, cut into 1cm-thick batons
cocktail sticks (optional)

Method

Set a griddle pan over a high heat for a few minutes or get the embers on your barbecue to a medium heat.

Brush the courgette strips with the olive oil and season well with salt and pepper. Lay them in the hot griddle pan or on the barbecue grill and cook for 3–5 minutes on each side until they are charred and soft. You may need to do this in batches, transferring the cooked courgettes to a roasting tin and keeping them warm in a low oven while you tackle the next batch.

Next, make the pesto. Put the basil, Parmesan, pine nuts, garlic and a dash of the extra virgin olive oil in a food processor and whizz to a thick paste (you can use a pestle and mortar if you prefer a more rustic finish). Gradually add more extra virgin olive oil and whizz again until you have a stiff, spoonable consistency. Season to taste.

To assemble the rolls, put one slice of charred courgette on a board. Thinly spread with a little pesto, then tear a ribbon of Coppa to roughly the same size as the courgette strip and lay it on top. Place a baton of mozzarella widthways at one narrow end of the strip, then roll the pesto-and-Coppa-lined courgette up around the mozzarella. Secure with a cocktail stick if it looks a bit wayward.

Repeat with the rest of the courgette slices, then place the courgette rolls on a serving platter and bring to the table, with any leftover pesto in a bowl on the side for dipping.



FRIDAY DEMO – 15:30-16:00

TOMATO, CAPER AND TAPENADE TART

Ingredients

80g pitted black olives
3 tbsp capers, drained
6 tinned anchovy fillets, drained
320g pack ready-rolled all-butter puff pastry
350g tomatoes (a mixture of colours and sizes if possible), sliced
½ tsp dried oregano or herbes de Provence
2 tbsp extra virgin olive oil

Method

Preheat the oven to 220°C/200°C fan/gas mark 7. Line a large baking tray with baking parchment.

Tip the olives, 2 tablespoons of the capers and the anchovy fillets onto a big chopping board and chop them into a finely diced mess. Tempting though it is to use a food processor, don't – that way lies a texture-less (not to mention unpleasantly coloured) pâté.

Cut the pastry sheet lengthways into two long rectangles. Transfer to the lined baking tray, leaving a little gap between each tart base to allow room for it to puff up. Score a line with the back of a knife 1cm inside the four edges of each tart to make a border. This will be your crust.

Spread the olive tapenade paste over the pastry rectangles, right up to the scored lines. Lay the sliced tomatoes on top, arranging them so they overlap a little and reach right to the edge of the crust-to-be. Sprinkle with the dried herbs and scatter over the remaining capers.

Brush the pastry edges with some of the olive oil and then drizzle the rest over the tomatoes. Bake for 25–35 minutes, rotating the baking tray halfway through, until the pastry is golden and the bases are crisp.

Remove from the oven, slice into irregular chunks, with a crust on each piece, and serve warm or at room temperature.



FRIDAY DEMO – 15:30-16:00

STOVETOP APPLE BREAKFAST CRUMBLE

Ingredients

30g jumbo oats

25g porridge oats

25g medium oatmeal

1 tbsp milled linseed

1–2 tbsp set honey (**Made by the Beekeeper**)

60g butter

2 tbsp flaked almonds

3 small, firm eating apples like Braeburn or Orange Pippin (nothing too floury or they'll disintegrate when you fry them)

Natural yogurt or **ice-cream (Ganders Goat)**, to serve, depending on the time of day

Method

Mix all the oats, oatmeal and linseed together in a bowl. Add the honey and half the butter and rub them into the oat mixture with your fingertips until the butter is evenly distributed. Stir in the flaked almonds, then set aside.

Core, but don't peel, the apples and cut them into eighths. Melt the remaining butter in a frying pan over a medium-high heat and, when foaming, add the apple wedges and sauté for 8–10 minutes, turning occasionally, until golden brown. Scoop the apples into 2 serving bowls, leaving the juices behind in the pan.

Tip the crumble mixture into the buttery apple juices and cook over a medium-high heat for around 5 minutes (keeping the mixture moving so it doesn't burn) until it is golden brown and the butter and honey have melted to create sticky, caramel nuggets of crumble. Remove from the heat.

To serve, scatter some of the warm crumble over the sautéed apples and offer some yogurt on the side.