



Slow Food[®]

Herefordshire

Recipes from Shobdon Food, Drink and Gardening Festival – Sunday 29 June

For every one who loves simple natural food...capture the essence of the fleeting seasonal moment and let your creativity determine the final result. Remember eat real food that has flavour and taste; shop locally for seasonal ingredients that are good, clean and fair and that quality and not quantity are good principles to share with your family and friends. Whenever you can do plant, grow, cook and eat...to really taste the real difference.

Tomato Tart - serves 8 as a starter or 4 - 6 for a delicious light lunch or supper

1 Pkt Puff pastry

1 kg large ripe tomatoes – cut into thick slices, sprinkle little salt, drain for 20 mins - I put mine on a cooling tray to allow the moisture to drain through

25g fine grated parmesan cheese

75 g fine grated Little Hereford cheese or similar artisan cheese

1 tsp dried thyme or 2 tsp fresh leaves

1 tsp sugar

1 tbs chopped parsley, basil, 1 crushed clove of garlic and 4 tbs olive oil or rapeseed oil

- Roll out the puff pastry to fit a shallow oblong baking tray approx 12" x 8". Cut the edges to ensure that the pastry will rise.
- Sprinkle both cheeses over the pastry
- Sprinkle with thyme
- Gently take off excess moisture from the tomatoes with a little kitchen paper
- Sprinkle with the sugar
- Arrange tomato slices on top of the cheese, sprinkle with the sugar and drizzle over with the herb and oil mixture.

Bake at 180C for 20 – 25 mins or until the pastry is well risen and golden brown and the tomatoes are just starting to darken on the edges.

Serve warm with a salad of mixed leaves. Still good cold but you lose some of the luscious tomato and herb flavour.

Courgette Soufflé – makes a 1 pt soufflé dish serving 4 or 6 ramekins as a starter

2 medium grated courgettes – well drained and squeezed dry
4 large free range eggs – separated
½ pt whipping cream
4 ozs grated Monkland cheese with chives and garlic or similar artisan cheese
Seasoning

- Preheat the oven to 190C
- Lightly butter the inside of the soufflé dish and dust with finely grated Parmesan cheese
- Beat the courgettes, egg yolks and cheese together with the whipping cream and season with milled black pepper and a pinch of celery salt
- Whip the eggs whites until holding soft peaks (over beat and the soufflé will not rise as well)
- Gently fold the egg whites into the courgette mixture
- Pour into the soufflé dish
- Bake until well risen and golden brown – 15 – 20 mins

Serve immediately. Delicious with a mixed leaf salad tossed in a little walnut oil and sprinkled with toasted walnuts.

Elderflower Bread

The secret with bread making is to keep everything warm.

4 large heads of fresh, clean elderflower blossom steeped in 1/2pt hot water for 20 mins and drained. Allow to cool till tepid.

500g Balchdre Mill strong bread flour
1 tsp salt
1 tsp sugar
1 x 7g Pkt dried yeast
1 small knob of butter
1 tbs dried milk (optional)

Lightly grease a 1 lb loaf tin

Mix all the dry ingredients well together

Gently add the elderflower water + additional warm water if required to make a 'moist' but not sticky dough.

Turn out onto a well floured surface and knead for 10 minutes.

Shape into a bread shape and put in the loaf tin. Score the top 2- 3 times with a sharp knife. Cover with a warm damp cloth and put in a warm draught free place until the dough has doubled its size (proved). This could take 1 – 2 hours.

Once proved bake in the oven for about 20 mins until golden brown and when you tap the base of the bread it sounds drum like or 'hollow'. Turn out onto a cooling tray.

Delicious with gooseberry jam or simply as bread and butter with fresh poached salmon or wild sea trout (sewin). If there is any left do try making gooseberry jam sandwiches and then making a traditional bread and butter pudding (without the sultanas).

Strawberry 'Cheesecake' – serves 4 normal – 6 small portions using a 6" flan ring.

75g crushed digestive biscuits
25 g melted Weobley butter
1 tbs Cointreau

Place the flan ring onto a flat serving plate. Mix all the above together and press in to base of the flan ring

200g Dairy House Crème Fraiche – this could be replaced by thick yoghurt but the result will be a softer texture and slightly more acidic flavour
200g Cream Cheese
1 tbs caster sugar
2 -3 tbs Cointreau

Beat all the above together and pour onto the crumb base. Smooth the top.
Place in the refrigerator for 20 – 30 mins.

For service

500g freshly picked strawberries - retain the smallest and best to decorate the top of the cheese cake and whiz the rest to make a strawberry sauce to serve with the 'cheesecake'.

Summer Pudding

Recipes abound for Summer Pudding. There was nothing unusual about this except the addition of British (Herefordshire) Cassis, from Jo Hilditch, poached with the soft fruits.