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**Seasonal cooking**

**With**

**Jenny Bristow**

**& NordMende**

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Roasted Pumpkin (Chorizo) & Spinach tart.

Serves 6

For a great vegetarian recipe simply leave out the bacon/chorizo

This is one of my all time favourite recipes, which has endless variations with the season of the year. The filling can vary from asapargus, courgettes, watercress, onions, the best of the seasonal vegetables from the garden in a light crumbly pastry. Fat content in this pastry is reduced and combines with a low fat topping.

Great for every occasion, quick and convienent to make.

**Ingredients**

200g/8oz plain flour - sieved

100g/4oz butter or poly unsatured fat

1 egg – lightly beaten

2-3dsp cold water

Filling

400g. Of Pumpkin flesh – cut into chunks and oven roasted in honey

2dsp. honey

2 red onions – sliced

1dsp. Balsamic

150g. Spinach

50g. (2 oz) Pancetta bacon – or chirozo diced

125ml (1/4 pint). No fat yoghurt

2 eggs – beaten lightly

Pinch of Paprika

1dsp chopped fresh herbs eg parsley or basil

50g / 2 oz cheese (Ballyblue Brie or parmesan)

**Method**

Place all the pastry ingredients in a food processor and whiz until they bind together to form a soft dough. Roll out to the thickness of 1 cm/½ inch, to line a rectangular dish aprox. 10” x 6”.

Heat the balsamic in a small frying pan. Add the onion and cook lightly for 1 minute. Add the oven roasted pumpkin flesh, pancetta, and cook for 2 – 3 minutes, add the spinach, and transfer to the lined pastry case. Mix together the yoghurt, eggs, herbs & paprika. If using cheese add at this stage, cut into cubes or grated. Pour over the Pumpkin mixture, bake in the oven 200 degrees C, for 20 – 25 minutes.



Sundried Tomato bread

Made with the best of the Seasons tomatoes. Baking your own bread has never been easier and this recipe is packed with powerful energy foods. The flour & porridge oats used can be gluten free and dairy free milk can also be used.

**Serves 6**

Oven Temp: 200°C/400°F

Cooking Time: 20-25 mins.

**Ingredients**

450g/1 lb Soda Bread self-raising flour

75g/ 2oz porridge oats

Pinch salt

2dsp olive oil

1 egg (lightly beaten)

250ml / ½ pt buttermilk

25g/1oz mixed seeds

100g/ 4oz Feta cheese

50g/ 2oz sundried tomatoes

A little chopped Basil (optional)

**Method**

Lightly grease a 1 lb loaf tin.

To make the bread, sieve the flour and salt into a bowl. Add the seeds, feta cheese, sundried tomatoes, oil, egg, and buttermilk mixing to form a soft dough. No need to knead, transfer to the tin and bake in the middle shelf of the oven for 20-25 mins. until golden, risen and firm.

Remove from the oven and cut into chunky slices and serve.

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Firecracking Halloween Casserole

This is a dish that will take you through late Autumn to winter cooking. An Ideal supper or party dish with crispy apple slices golden onions, bittersweet sauce is a real treat.

Can be made with sausages, chicken, or Spanish chorizo.

**Recipe**

450g (2lbs) sausages or chicken strips

100g (4 oz) chorizo

2 red apples

2 green apples

50g (2 oz) soft brown sugar

50g (2 oz) butter

1dsp olive oil

4 cloves garlic

2 red onions – Cut into wedges

1 white onion- cut into wedges

1 red, yellow, orange pepper cut into slices

1 inch root ginger finely chopped

200g (8oz) pumpkin flesh

300ml (11 Fl.oz) apple juice

2dsp Chili sauce

2dsp Sundried tomato paste

1 can chickpeas drained

**Method**

Cook the chicken or sausages in the oil until golden or crisp, add the apple slices until they too become golden and crispy.

In a separate pan cook the onions, pumpkin, garlic, ginger and peppers, sprinkle with soft brown sugar.

Combine the 2 pots together, add the apple juice, chili sauce, tomato paste, and beans then cook either on the hob or in the oven (200 degrees C) gas mark 6 for 35 – 40 mins.

Serve steaming and hot garnished with parsley or coriander.

ORDER OF THE INGREDIENTS

Onions -white, red, spring onions, pepper, pumpkin, chorizo, sun dried tomato paste, chilli sauce, apple, chickpeas and apple juice

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Toffee Apples

**A delicious and entertaining treat for all the kids at Halloween.**

**Ingredients**

6 to 8 eating apples

8 Oz. Granulated sugar.

½ tsp. Cream of Tartar

4 tsp. Warm water

Lolly sticks

**Method**

Dry the apples, polish, and insert a lolly stick into each one.

In a heavy base saucepan – heath together the sugar, water & cream of tartar. Bring to the boil and cook until bubbly and golden. Carefully dip in each apple and leave on a cooling tray to cool.

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Seasonal Berry Muffins

**A quick recipe when you fancy a sweet treat. These muffins are made by all-in-one method adding all the main ingredients to the bowl and beating well.**

**Ingredients**

200g/8oz Cake Making Self-Raising Flour

100g/4oz softened butter

100g/4oz caster sugar

3 eggs

1 tsp baking powder

100g/4oz mixed berries (raspberries, strawberries, blueberries, or blackberries)

25g/1oz Demerara sugar

Few drops of vanilla extract

25g/1 oz of chopped hazel nuts

**Method**

Beat together the softened butter, sugar, eggs, and flour until soft and creamy (approximately 2-3 minutes). Add the vanilla, baking powder and mix along with half the fruit and the nuts. Toss lightly.

Transfer to lined muffin tins and spoon the mixture two-thirds full. Top the muffins/cakes with the remainder of the fruit dusted with Demerara sugar.

Bake in the oven at 190° Gas No 5 for approximately 25 minutes.

Serve hot or cold dusted with icing sugar.