

CONSCIOUS TRIBE: SPRING DELIGHT MEAL PLAN

CANAPÉS

ROASTED JERUSALEM ARTICHOKES AND QUAILS EGGS WITH ROCKET SALSA VERDE

Ingredients

- 450g Jerusalem artichokes, scrubbed
- Olive oil
- Salt and pepper
- 24 quails eggs (raw or ready peeled and prepared)
- 24 rosemary sprigs (the sturdier the better - these will be your skewers)

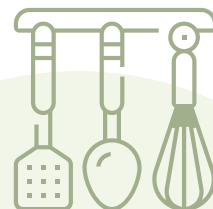
Salsa verde:

- A large handful of rocket
- A large handful of flat leaf parsley
- 2-3 anchovy fillets
- 2tbs capers
- 1-2 cloves of garlic
- A good glug of olive oil
- A little red wine vinegar

Method

Artichokes and salsa verde:

- Pre-heat your oven to 180C
- Cut the artichokes into bite sized pieces and cover with a little olive oil and salt and pepper and roast in the oven for around 20 minutes until nicely golden and caramelised
- Keep the artichokes warm and set aside



Equipment checklist

- Roasting tray
- Baking parchment
- Small saucepan
- Bowl of cold/iced water
- Small food processor or large heavy knife
- Large platter / small bowl for serving

CONT...

ROASTED JERUSALEM ARTICHOKE AND QUAILS EGGS WITH ROCKET SALSA VERDE

- To make the salsa verde, blitz (or finely hand chop) all the salsa verde ingredients together to create a homogenous but still textured sauce
- Taste and adjust the seasoning adding a another splash of red wine vinegar if it needs a little extra sharpness
- This will keep in your fridge for a few days

Quails eggs:

- If you are preparing your own quails eggs from raw then follow these tips to ensure easy peeling!
- Bring a pan of water to the boil
- Add the eggs and cook for 2 ½ minutes only
- Remove the eggs from the water and crack each shell slightly before plunging into cold water to stop the cooking process
- The cracks will allow water between the shell and the eggs which will shrink away from the shell as they cool
- Remove the eggs and gently roll on the counter before peeling off the shell in what should be one easy piece
- NB: it's worth knowing that very fresh eggs are harder to peel - so if possible buy your eggs a week prior to using them

Assembling the skewers:

- To assemble the skewers, strip the bottom leaves from some sturdy rosemary stalks and carefully thread on a cooled quails egg followed by a piece of the still warm roasted jerusalem artichokes (snipping a sharp end onto the rosemary stalks can help with this)
- If necessary re-heat the artichokes as this creates a lovely contrast with the cold eggs
- Arrange on a platter with a separate bowl of the salsa verde for people to dip into

HERBED LABNEH BALLS WITH ALMOND DUKKAH, ORANGE OIL AND CRISPY TARRAGON

Ingredients

- 2 large tubs of Greek yogurt
- A large pinch of salt (Cornish or Maldon sea salt flakes are the best)
- A small handful of mixed fresh green herbs, e.g. parsley, chervil, chives
- A few sprigs of tarragon
- Grated zest of an orange
- Olive oil - your best, for drizzling

Dukkah:

- ½ cup whole raw almonds
- ¼ cup cashews
- ¼ cup hazelnuts
- ¼ cup pumpkin seeds and sunflower seeds mixed
- ½ tsp fennel seeds
- ½ tsp coriander seeds
- ½ tsp cumin seeds
- A few fresh thyme leaves
- Salt and pepper

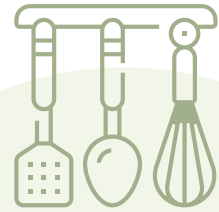
For rolling the balls:

- A few tbs of dukkah (shop bought is also fine)
- Or mix things up with dried chilli or seeds/nuts of your choice - anything goes!

Method

Labneh:

- Mix the yogurt with the salt and place into a muslin lined sieve suspended over a bowl
- Bring the corners of the muslin together and tie in a couple of loose knots
- Place the whole thing in the fridge overnight to strain
- Use this strained off liquid (whey) to make lacto fermented vegetables and fruit, in place of water in bread or keep leftover feta fresh



Equipment checklist

- Muslin
- Sieve
- Bowl (and room in fridge to suspend sieve over bowl overnight!)
- Small saucepan
- Small spoons

CONT...

HERBED LABNEH BALLS WITH ALMOND DUKKAH, ORANGE OIL AND CRISPY TARRAGON

Dukkah:

- Toast the nuts in a heavy based pan till starting to colour and smell fragrant
- Throw in the seeds and spices and continue to toast till everything is lovely and golden and smelling wonderful
- Once slightly cooled, blitz the nut/seed/spice mix in a mini food processor with the thyme leaves, salt and pepper till it resembles a rough textured crumb
- Will keep in a jar in your store cupboard for a couple of months

Assembling the balls:

- Spoon the now thick labneh into a bowl and taste and check seasoning and, once happy, ripple through the chopped mixed herbs
- Meanwhile heat some oil in a pan and throw in the whole tarragon sprigs and cook for 30 seconds until crispy
- Drain and set aside
- To assemble, take teaspoonfuls of the herbed labneh and roll each one in the prepared dukkah/dried chilli/seeds
- Arrange the labneh balls on a platter and drizzle with the olive oil and sprinkle with the fried tarragon and grated orange zest

MAIN COURSE

SPRING ALLIUM TART WITH CHARRED ASPARAGUS, BABY LEEKS AND GRUYERE

Ingredients

Pastry:

- 200g wholemeal plain flour
- 100g cold cubed butter
- 2-4tbs cold water
- salt

Tart filling and custard:

- 250g tub mascarpone
- 150 grated gruyere
- 80ml milk
- 2 large eggs
- 1 large leek, white and pale green parts only chopped
- 4-6 spring onions, chopped
- 6-8 asparagus spears, chopped
- 1 clove of garlic (or a small handful of wild garlic leaves if you can get hold of them)
- A good grating of fresh nutmeg
- Salt and pepper
- A knob of butter

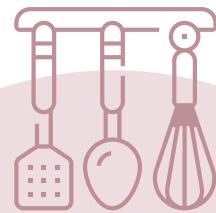
Tart decoration:

- 3-5 slim baby leeks, left whole
- 3-5 slim asparagus spears, left whole
- A knob of butter
- A little water
- Salt and pepper

Method

Pastry and blind baking:

- With light fingers rub the butter into the flour in a large bowl, lifting and aerating the flour as you go (this brings lightness to the pastry)



Equipment checklist

- 23cm metal fluted tart case with a loose bottom
- Rolling pin
- Baking beans (ceramic or just old dried rice / beans)
- Compostable baking parchment
- Heavy based frying pan

CONT...

SPRING ALLIUM TART WITH CHARRED ASPARAGUS, BABY LEEKS AND GRUYERE

- Once it resembles fine breadcrumbs add a little water at a time just to bring it together into a soft dough (don't overdo the water as this will make the pastry tough)
- Tip it out on the surface and just bring together lightly to ensure its a smooth ball then flatten slightly and wrap in plastic wrap or resealable bag and refrigerate for at least 30 minutes (the pastry can also be kept in the fridge for a week or the freezer for three months)
- When ready to bake roll out the pastry to the thickness of a pound coin being careful to use a little flour on the surface and rolling pin so it doesn't stick
- Roll around your rolling pin and then lay it into your 23cm fluted pastry case
- Lightly press the pastry into the base and more firmly into the sides of the case leaving the excess pastry attached
- Refrigerate again to allow the pastry to rest and prevent shrinkage before baking
- Pre-heat the oven to 180C and prick the base of your pastry before lining with baking beans and blind baking for 10 minutes
- Remove the beans and bake for another 10 minutes to dry out the pastry and prevent a soggy bottom
- Remove and cool the pastry case without removing it from the fluted case

Tart filling and topping:

- Start by braising the whole baby leeks in a lidded pan with the knob of butter, a pinch of salt and pepper and enough water to come up halfway over them
- Keep the flame low and after about 8-10 minutes the leeks should be looking quite soft and a little caramelized, but still with a little braising liquid around them - at this point throw in the asparagus spears to braise for another couple of minutes alongside them
- Remove the lid and allow the leeks and asparagus to cool in what's left of the sticky braising liquid
- While that's happening, saute the chopped vegetables and garlic in the butter till just softened
- Once cooled, combine the sauteed chopped vegetables with the rest of the custard ingredients and give it all a good whisk to combine

Assembly and baking:

- Pre-heat the oven to 160C
- Pour the prepared custard into the cooked pastry case and arrange the braised leeks and asparagus spears on top (this will give you the final look of your tart so take some care here)
- Bake in the oven for 30-35 minutes until just set and lightly browned in places but still a bit wobbly
- Cool to room temperature still in the fluted metal case and then carefully remove and serve
- Scatter with a few herbs or micro greens if you like
- A serrated knife is best for slicing as it stops the whole leeks and asparagus spears from dragging and ruining the look of your beautiful tart

<https://cookfolk.com>



MONKFISH TAILS WITH AN ALMOND CRUST AND RED CHILLI AND WATERCRESS BUTTER

Ingredients

- 2-3 Monkfish tails, carefully trimmed of all membrane
- A good knob of butter
- A little olive oil

Almond crust:

- 50g of whole almonds
- 50g of anchovies
- 100g of breadcrumbs
- 1/2 tsp sweet paprika
- 1 garlic clove
- 1 tsp unsalted butter

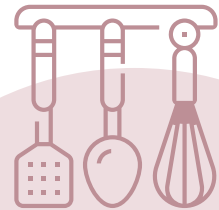
Watercress and chilli butter:

- 3tbs slightly softened butter
- A handful of watercress
- A small red chilli (or half a large mild one if you prefer)
- The zest of half a lemon
- Salt and pepper

Method

Watercress and chilli butter:

- This can easily be made by hand or by pulsing all the ingredients in a small food processor till you get a nicely flecked butter
- If making by hand, first chop down the watercress and chilli till it's quite fine
- Zest the lemon over the top of the butter in a small bowl and combine it with the chopped watercress and chilli, mashing it together with a fork till combined
- Place the butter onto some clingfilm and roll tightly into a log, twisting the clingfilm at the ends and refrigerate till needed (the butter can also be frozen for three months - just lop a slice off as needed)



Equipment checklist

- Small food processor or large heavy knife
- Small bowl
- Large heavy based frying pan
- Clingfilm

CONT...

MONKFISH TAILS WITH AN ALMOND CRUST AND RED CHILLI AND WATERCRESS BUTTER

Almond crust and cooking the tails:

- In a food processor, pulse the crust ingredients together to form a slightly sticky paste (this can also be done by hand with a large heavy knife should you wish)
- Roll the monkfish tails in the crust, pressing the ingredients into the fish and then wrap each one tightly in clingfilm and place in the refrigerator for 15 minutes to firm up
- Carefully unwrap the monkfish tails and fry them in a good knob of foaming butter and a little olive oil (you could skip the butter and just use olive oil here) over a medium-high heat in a heavy based saucepan for around five minutes or until cooked through and opaque
- Keeping an eye on the tails and basting with the olive oil/butter periodically will help them cook evenly and prevent any scorching of the crust
- Remove from the pan and allow the monkfish to rest for at least five minutes
- With a sharp knife, slice the monkfish into generous coins and serve with the watercress and chilli butter

CHICORY, RADISH AND APPLE SLAW WITH A YOGURT AND POPPY SEED DRESSING

Ingredients

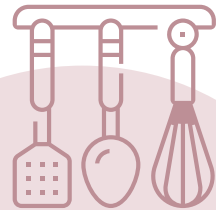
- 2-3 heads of white chicory, shredded
- 3-4 small sharp apples, cored and finely sliced into matchsticks
- 1 heaped cup of radishes, red or multi coloured, finely sliced into rounds

Dressing:

- 1 cup Greek yogurt
- Juice of half a lemon, plus grated zest
- Juice of half an orange, plus grated zest
- 1tsp Dijon mustard
- A few tarragon leaves
- A glug of olive oil
- 1-2tsp poppy seeds
- Salt and pepper

Method

- Whisk all the dressing ingredients together and combine with the shredded slaw ingredients
- Go slowly and only add enough dressing to lightly cover the slaw - any leftover will keep in the fridge for a few days and can be used another time
- Transfer to a flat serving dish to serve with a few extra tarragon leaves and poppy seeds sprinkled on top



Equipment checklist

- Large mixing bowl
- Whisk
- Serving platter

DESSERT

HAZELNUT AND THYME TORTE WITH RICOTTA AND RHUBARB COMPOTE

Inspired and adapted from one of my favourite's by Donna Hay...

Ingredients

Torte:

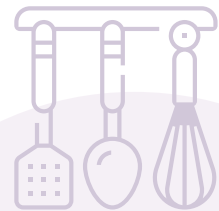
- 1 cup ground hazelnuts
- 2 cups ground almonds
- 1 tsp baking powder
- 4 eggs, whisked
- ¾ cup honey
- ¼ cup extra virgin olive oil
- Grated zest of two lemons
- Grated zest of 1 orange
- A few fresh thyme leaves, picked
- ¼ cup lemon juice

Compote:

- 500g rhubarb (pink forced if you can get it)
- 100g golden caster sugar
- 1tp vanilla

To serve:

- 1 tub of ricotta / creme fraiche
- Freshly grated orange zest
- Fresh thyme leaves, picked
- A drizzle of best olive oil
- Candied hazelnuts, chopped (homemade or shop bought)



Equipment checklist

- Deep sided 20cm round springform tin
- Compostable baking paper
- Measuring cups
- Weighing scales
- Small saucepan
- Cake stand or serving plate

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HAZELNUT AND THYME TORTE WITH RICOTTA AND RHUBARB COMPOTE

Method

Torte:

- Pre-heat oven 170C (150C fan)
- Line the springform tin with baking parchment
- Mix the wet ingredients together in one bowl
- Mix the dry ingredients together in another and then fold them both together till uniformly combined
- Cook for 1 hour or until an inserted skewer comes out clean
- Allow to cool slightly before turning out

Compote:

- Cut the rhubarb into evenly sized pieces and add to a lidded pan with the sugar and vanilla and allow to cook down for 15-20 minutes until nicely softened
- Allow to cool and set aside (this will last in your fridge for around a week)
- Serve the cake with the compote and some fresh ricotta or creme fraiche drizzled with a little extra virgin olive oil and sprinkled with some finely chopped candied hazelnuts and fresh thyme leaves