

Spring

Starter: Japanese-style shredded vegetable pancakes

Ingredients:

- 100ml vegetable stock, cooled
- 1 tbsp soy sauce
- 2 large Free Range Eggs
- 50g plain flour
- 2 tsp ground ginger
- 4 spring onions, finely chopped
- 65g cabbage (about 3 leaves), stalks removed and very thinly sliced
- 1 large carrot, grated
- 1 tbsp sunflower oil

To serve:

- Wasabi mayo

Instructions:

1. In a bowl, whisk together the stock, soy and eggs until well combined. Place the flour in a separate bowl, make a well in the centre and pour in the stock mixture. Whisk to a smooth batter, then stir in the ginger, spring onions, cabbage and carrot.
2. Heat half of the oil in a small frying pan. Spoon in half of the mixture and cook over a medium heat until a crust starts to form around the edges and the underneath is golden and set.
3. Use a spatula to flip the pancake over and cook for 3 minutes more until set. Tip out onto a chopping board and repeat with the remaining mixture.
4. Mix together the mayonnaise and wasabi and spoon into a small bowl.

Main: Sagg Aloo

Ingredients:

- 3 tbsp vegetable oil
- 2 tsp cumin seeds
- 5 garlic cloves, sliced
- 2 green chillies, finely chopped
- 115g onion, finely chopped
- 1 tbsp ground coriander
- 1 tsp ground turmeric
- 400g chopped spinach
- 350g potatoes, peeled, cut into large cubes and boiled
- 1tsp ground ginger
- Salt

Cauliflower rice:

- 1 whole cauliflower
- 2 tsp garam masala
- 1 tsp of Tikka powder
- 1 tsp cumin
- 1 tsp coriander (ground or dried)

Method:

- Heat the oil in a large saucepan or wok over a medium heat. Add the cumin seeds and, as they begin to sizzle, add the garlic and chillies. Fry for a minute, then add the onion and continue to fry for 7–8 minutes, stirring well.
- Add the coriander and turmeric and stir well. Add the spinach, put a lid on the pan and cook over a medium heat for 5 minutes. Season with salt. As the spinach begins to release its moisture, turn the heat to low and cook for a further 5 minutes.
- Add the cubed potato and ginger and cook for 5 minutes: the potato will absorb any residual moisture. To make sure the potato is fully cooked, you can part boil them.
- To make the cauliflower rice, grate or put the cauliflower in a food processor until it resembles rice or a crumb texture.
- Add cauliflower to a frying pan with spices and cook for 5-10 minutes till cooked through.

Dessert: Rhubarb Crumble

Ingredients:

- 10 sticks of rhubarb
- 8 tbsp caster sugar
- 1 tsp ground ginger

- 110g/4oz butter, softened
- 110g/4oz demerara sugar

To serve:

- double cream

Method:

1. Cut the rhubarb into 7½cm/3in long sticks and place on an oven tray. Sprinkle with 4 tablespoons of water and the caster sugar. Roast for 10 minutes. Sprinkle over the ginger and mix well.
2. Fill an ovenproof dish about 4cm/1½in deep with the rhubarb.
3. Rub the butter into the flour, then mix in the demerara sugar to make the crumble topping. Sprinkle over the rhubarb and bake for 35–45 minutes, or until the crumble topping is crisp and golden-brown, and the rhubarb filling has softened and is bubbling.
4. Allow to cool slightly before serving with double cream.