

Spring Recipes



Daphne Lambert

Purple sprouting broccoli with coriander seeds, chillies & ginger

purple sprouting broccoli is at its best in March and April so make the most of this nutritious brassica

serves 4

4 handfuls purple sprouting broccoli

2 tablespoons olive oil

4 tablespoons stock

2 teaspoons coriander seeds, crushed

1 fresh chilli, finely diced

2 teaspoons grated ginger

black pepper and salt

tablespoon tamari

Cut the broccoli into bite size pieces.

Gently heat the oil, stir in the coriander, chilli & ginger and cook for 1 minute.

Add the purple sprouting, mix well, then tip on the stock and cook until the stock evaporates.

Stir in the tamari season with salt & pepper and serve.

Nettle pesto

150g nettle tops (top5/7 leaves)

25g shelled hemp seeds

2 cloves garlic finely chopped or handful wild garlic chopped

1 tablespoon nutritional yeast flakes (optional)

approx 200ml olive oil

salt & black pepper

Bring a pan, large enough to take the nettles ½ filled with water to the boil. Add the nettles bring back to the boil and cook for 30 seconds. Drain through a sieve over a bowl to save the cooking water. Immediately plunge the nettles into very cold water. As soon as they are cold, remove and squeeze them dry

Put the nettles into a food processor along with the garlic. Process together for 30 seconds then slowly trickle in enough oil to make a soft paste. Stir in the nuts and optional yeast flakes. Season your pesto with salt and pepper to taste. Will keep well in the fridge for a couple of weeks. The reserved nettle water is a nourishing drink.

Nettle soup

serves 4

400g nettle tops

200g floury potatoes peeled if necessary & roughly chopped

1litre well flavoured vegetable stock

salt & black pepper

Plunge the nettle tops into boiling water for 30 seconds. Drain through a sieve over a bowl to save the cooking water for a nourishing herbal tea. Immediately plunge the nettles into cold water to refresh, drain and set aside.

Put the potatoes and stock into a pan and gently simmer with the lid on until tender. Add the nettle tops to the pan, cook for a further 3 minutes, remove from the heat, cool slightly then blitz in a food processor. Return to the pan and gently bring back to the boil. If it seems too thick add a little more stock. Season as necessary with salt & black pepper.

Potato & nettle rosti

6 medium well scrubbed potatoes

2 large handfuls of nettle tops

olive oil

salt and pepper

Plunge the nettles into boiling water for 30 seconds, strain (reserving the water to drink) and refresh the nettles in cold water. Strain and with your hands squeeze the nettles dry then roughly chop.

Grate the potatoes onto a tea towel and gently wring out any excess moisture. Season well with salt pepper and mix in the nettles. gently heat the oil in a frying pan. Pile in the potato mixture and press down well. Over a moderate heat cook until golden brown, about 15 minutes. Flip over and repeat on the other side. Transfer to a dish and serve cut in wedges

Dandelion, radish & asparagus salad

serves 4

16 dandelion leaves
2 handfuls salad leaves
12 radish cut in half
12 spears asparagus
bunch of chervil roughly chopped
handful sprouted sunflower seeds
2 tablespoons hemp oil
1 tablespoon lemon juice
salt and black pepper

Break off the woody ends of the asparagus. Plunge into boiling water for 1 minute drain and refresh with cold water

In a large bowl whisk together the hemp oil & lemon juice, season well with salt and pepper.

Add the dandelion leaves, salad leaves, asparagus, radish, sunflower seeds and chervil to the bowl, very gently mix together and serve.

Shitake mushrooms with wilted spring greens

serves 1

4oz fresh shitake mushrooms
olive oil
handful of spring greens - dandelion, nettle, wild garlic,
splash of tamari
salt and pepper

Cut the mushrooms into thick slices. Cook the mushrooms in a little olive oil over a medium heat for 4 minutes add the greens and allow them to wilt, add the tamari, and salt and pepper to taste. Serve in a bowl or on a piece of toasted rye bread

Wild garlic & nettle börek

serves 6

2 tablespoons olive oil

250g wild garlic roughly chopped

250g nettle tops roughly chopped (you might need to wear gloves!)

½ teaspoon ground black pepper

½ teaspoon salt

½ teaspoon chilli powder

½ teaspoon cumin powder

3 tablespoons shelled hemp seeds

olive oil

16 sheets filo pastry

1 tablespoon onion seeds (optional)

preheat oven 200C/400F

In a large pan gently heat the olive oil, tip in the wild garlic & nettles and cook until just wilted. Add the spices, salt & pepper and cool.

Stir in the hemp seeds

Lay the filo sheets on the table and cut across the sheet width into 10cm wide strips. Stack the strips on top of one another and cover with a damp cloth to prevent them drying out.

Take one strip and lay it on the table, brush with olive oil and place another strip on top. Place a tablespoon of the nettle mixture near the end of the strip and fold the end of the strip over the filling diagonally to form a triangle. Continue folding up the strip until you have a small, stuffed, triangular pastry. You will be able to make two from each strip. Place the borek on an oiled baking sheet and brush with olive oil. Repeat until all your filling is used up. Bake for about 25 minutes, or until golden brown

Quinoa with spring herbs

serves 4

3 tablespoons olive oil

2 onions finely sliced

3 leaves of lovage finely shredded

225g quinoa

450ml vegetable stock

1 large handful of herbs – parsley, tarragon, chives, chervil, rocket, fennel, wild garlic– whatever you have, roughly chopped

splash of olive oil

salt & black pepper

Bring the stock to the boil season if necessary with salt and pepper

In a thick bottomed pan gently cook the onions in the oil with an equal amount of water. When they have softened and the water has evaporated add the lovage and quinoa, stir well then pour on the stock and allow to cook for 15 minutes, by which time the quinoa should be cooked and all the liquid absorbed. Remove from the heat and fork in the herbs and a splash of olive oil.

Lentil, chickpea & watercress salad

serves 4

200g beluga lentils

1 bay leaf

4 cloves garlic very finely chopped

1 red onion very finely chopped

olive oil

splash tamari

1 x 350g tin of chickpeas

handful chopped parsley

large bunch chopped watercress

1 avocado

12 stoned black olives

dressing

juice & zest 1 lemon

3 tbsp olive oil

1 teaspoon seed mustard

¼ teaspoon each salt and black pepper

1 teaspoon maple syrup

Cook the lentils with the bayleaf until tender approximately 20 -30 minutes.

Gently cook the onions and garlic in a little olive oil until translucent.

Drain the lentils, scoop out the bayleaf and turn into a bowl, mix in the tamari add the onion mixture and leave to cool.

Combine the ingredients for the dressing together and whisk well together.

Peel stone and dice the avocado. Drain the chickpeas.

Combine the lentils, chickpeas, parsley, watercress & dressing, toss well, tip into a serving dish and serve topped with diced avocado & olives.

Vanilla panna cotta with sweet violets

serves 4

500 ml organic barista oat milk

4g agar agar powder soaked in 2 tablespoons warm water

3 tablespoons maple syrup

1 vanilla pod

1/2 teaspoon vanilla essence

pinch of salt

Place everything into a pan and slowly bring to the boil.

Simmer gently stirring for 5 minutes, whisking most of the time - this is important to ensure the agar agar sets.

Strain into a jug and pour into individual dishes (or moulds if you want to turn out)

Leave to set for at least two hours or overnight.

Serve with sweet violets scattered over the top

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