

Recipes from Florence House for you for the Graduate Virtual Intensive

If you feel like bringing some of the nutritious food from Florence House then you're welcome to prepare some of these dishes in advance of your GVI.

If there's something missing, please don't ask us ;) ask them at info@florencehouse.co.uk.



Houmous

500g Dried Chickpeas

Tahini

Fresh Lemon Juice (3 lemons)

4 Garlic cloves

Olive Oil

Vegetable Oil

Cumin Powder - 1 heaped tablespoon

Cajun Spice - 1 level teaspoon

Salt

Pepper

Water

Soak Chickpeas for 12 hours, then boil for 2 hours until soft.

In a food processor add all of the ingredients except for the oils.

Cover the ingredients with 50% Olive oil & 50% Vegetable oil and blitz until smooth.

Adjust the seasoning or add more lemon / garlic to taste.

Add water a little at a time to make a smooth consistency

Best served the following day

Lentil & Lemon Soup

To Feed 12 people

4 lemons & Zest

½ kg Red lentils

2 onions

1 celery

Stock powder (we use organic marigold bouillon)

White pepper

Sweat off onions and celery until soft. Add white pepper and lentils and cook for a further 30 secs.

Add stock powder, water, lemon juice and zest, then simmer and reduce until thickened.

Blitz until smooth and season to taste.

Chicken & Tarragon Pie

2 Onions quartered
1 bulb Garlic quartered
6 sticks celery halved
4 carrots halved
1 bunch Tarragon
Diced Chicken Breast
4 Bay leaves
10 peppercorns
Salt
Puff Pastry
Beaten egg

In a stock pot add the chicken, onion, garlic, celery, carrots, tarragon stalks, bay leaves, pepper corns and salt. Cover with just enough water and bring to the boil.

Drain the stock using a colander into a bowl, and separate the chicken from the vegetables. Place the vegetables and the stock water back into the pan and reduce by half.

Thicken using corn flour and water, then add some cream. Pour the chicken back into the mixture. Season to taste, add the remaining tarragon chopped finely, and pour into an oven proof dish.

Roll out the pastry about 1cm thick. Lay over the dish and gently score the pastry to create diamonds and brush with egg mixture.

Cook in preheated oven for 30-45 min gas 6, 200C until golden brown

Tomato & Paprika Soup

2 onions
1 celery
Smoked paprika
2 tablespoons tomato puree
2.5kg chopped tomatoes
Stock powder
Pepper

Sweat off onions and celery until soft. Add lots of smoke paprika and cook out for 2 mins.

Add tomato puree and stock powder, and cook out for a further 2 mins.

Add chopped tomatoes and water, stir well and leave to simmer for 1 hour.

Blitz and season to taste

Butternut Squash Risotto

For 6 people

Ingredients

2 Butternut Squash
Dried Sage
1 white onion finely diced
3 sticks celery finely sliced
4 cloves garlic crushed
Splash of white wine or white wine vinegar
Vegetable stock (Bouillon powder)
250g Risotto Rice
Pumpkin Seeds
White Pepper

Method:

Peel and dice the butternuts into 1 inch cubes
Place in a roasting tin, mix with olive oil and dried sage and cook for 45 mins or until soft. Place to one side to cool

In a heavy based pan, sweat off the onion, celery and garlic until soft but not coloured.
When soft add the rice and heat for 1 min while constantly stirring.
Add the splash of wine / vinegar and stir

Then add the hot stock water in small quantities. Stir the risotto until the liquid has been absorbed. This releases the starch of the rice and gives the creamy texture.

Keep adding stock and stirring until you have a soft consistency to the rice.
At this point add the Butternut and pumpkin seeds and stir in.

Season with white pepper. Serve with a beautiful crisp salad

Parsnip & Ginger Soup

2 Onions
½ Celery Head
8 Parsnips
2 Inch piece of Ginger
Stock Powder (Marigold Vegetable Bouillion)
White Pepper

Slice the Onions and celery and add to a heavy based pan and sweat off.
Grate the parsnips and ginger, and add to the pan. Sweat off and reduce the contents by about 1/3.
Add the stock powder (approx 3 tablespoons) and white pepper
Add hot water (double the quantity of vegetables in the pan)
Cook until it can be blended
Season if required

Vanilla Strawberry & Cream Sponge

1/2lb Mix of equal quantities Butter, Sugar, Flour, Eggs
Vanilla extract
Vanilla Pod
1 pint of double cream
Strawberries
Rose & Mint

Beat the softened butter, flour and sugar until combined. Add good quality vanilla extract and beat in. Beat in the eggs 1 at a time until well mixed in. This process can take up to a minute per egg. Line a 12inch cake tin and pour mixture in. Bake at gas 5 for approx 1 hour, or until just set. It is done when the skewer comes out clean.

To decorate whip the cream until semi stiff, add the vanilla seeds from the pod and stir in. Pipe over the cake and decorate with fresh strawberries, a lovely rose and fresh mint.

Lentil & Roasted Vegetable Filo Pie

Puy Lentils
6 cloves garlic chopped
4 sticks of celery roughly chopped
2 red onions sliced
Vegetable Stock (Marigold Vegetable Bouillon)
Selection of vegetables to Roast (Peppers, Aubergine, Courgette, Onions)
Filo Pastry
Grated Cheese

Cover your lentils in the vegetable stock, red onion, garlic and celery until the liquid is about an inch over. Cook your lentils in vegetable stock until they dry out and leave to cool

Roast your vegetables in olive oil and season well using salt & Pepper and dried mixed herbs, Then leave to cool.

Take your filo pastry and layer a flan dish drizzling olive oil between each layer, making sure the dish is completely covered and the pastry is over hanging the edges.

Layer the lentils on the bottom then the roasted vegetables on top and sprinkle on the cheese.

Gently fold over the filo edges so they ruffle up and drizzle with oil.

You can sprinkle the edges with Black onion seeds or sesame seeds for decoration.

Place in a medium oven for 20-30 mins until golden

Leave to rest before cutting up

Lentil Chilli

2 onions chopped finely
1 celery chopped finely
3 cloves Garlic chopped
1 chilli deseeded and chopped finely
2 Green Peppers sliced
3 tablespoons Cumin Powder
2 tablespoons cajun powder (gives a more rounded flavour than chilli powder)
3 tablespoons Tomato Puree
1 teaspoon sugar
2 tins chopped tomatoes
1 tablespoon cocoa powder (optional)
500g puy lentils
Vegetable stock powder (we use marigold bouillon)

Method:

Boil the lentils in stock to cover the lentils and simmer away until all the liquid has evaporated and the lentils are al dente.

Place the chopped onion, celery, chilli and garlic in a heavy based saucepan and gently fry off the ingredients until soft.

Add the Cajun and Cumin powder and cook out for 2-3 mins.

Add puree and sugar and stir for 1 min.

Add the chopped tomatoes, 1 heaped tablespoon of stock powder and lentils.

Add the equivalent amount of water to chopped tomatoes and reduce until thickened.

Take off the heat and season to taste.

Finally add the cocoa powder to create a rich colour and flavour.

Top with fresh chopped coriander

Pea, Feta & Mint Salad

Mixed Lettuce
Peas defrosted
Lemon dressing
Feta
Chopped fresh mint

In a bowl place the lemon juice and equal quantities of olive oil.

Season with salt and pepper.

Add the peas to the dressing. Drain off before adding to the salad

On a plate, layer the salad leaves, then crumbled feta, then the peas, then the chopped mint

Pea and Dill soup

1 medium onion
3 or 4 sticks of celery
Bag of frozen peas
Fresh or dried dill
Vegetable boullion

Roasted Butternut & Feta Frittata

4-6 people

6 eggs
½ pint cream
150g feta
1 butternut Squash
2 Red Onions

Peel and dice the squash and onion and place in a roasting tin. Mix well with olive oil and season with salt and pepper and place in the oven to roast gently at approx 200C, gas 6, until soft.

Beat the eggs and cream and add white pepper.

Pour over the roasted veg and sprinkle the feta over the dish and place back in the oven and cook slowly at 180-190, gas 4-5, for 30 45 mins, or until just set.

Let it rest for 10 mins before cutting

Lemon Drizzle Cake

24oz butter
24oz sugar
24 oz eggs
24 oz SR flour
2-4 oz caraway seeds
6 lemons zested and juiced
8 oz approx sugar for syrup

Beat the butter, sugar, caraway seeds and zest until white and fluffy

Add the eggs gradually 1 at a time at 2 minute intervals

Slowly beat in the flour

Transfer to an 18 inch cake tin

Cook on bottom shelf at 190c or gas 5 for approx 90 mins or until skewer comes out clean

For the syrup, add the lemon juice and sugar to a pan and bring to the boil

Pour over the hot cake – nb. Both the cake and the syrup have to be hot for it to absorb properly

Shepperdess Pie

serves 4 to 6

2 white onions
2 carrots
2 sticks of celery
2 cloves of garlic
3 bay leaves
2 tbs Dried mixed herbs
2tbs tomato puree
1 – 2 tbs Corn flour
Splash od balsamic vinegar
Boiling water
800g puy lentils
2 tbs vegetable stock powder
olive oil
1.5kg potatoes
sea salt and freshly ground white pepper
100ml double cream
a large knob of butter

Pre heat your oven to gas 5 (190C)

Pre heat your pan with a splash of olive oil

Start by finely chopping your onion, celery and garlic and add to the pan and sweat down.

Diced your carrots into small cubes and thrown into the pan also.

Add your dried herbs, tomato puree and vegetable stock and mix in well.

At this point add the corn flour and bind the ingredients together.

Add a splash of balsamic vinegar and cover the vegetables with boiling water. Keep stirring to avoid it sticking to the bottom of the pan. The liquid should start to thicken and become dark in colour to create your gravy. Once you have the desired texture add the lentils. If the liquid becomes too thick add a splash more water to thin it down.

For the potatoes, peel a chop into equal sizes, place in a pot and bring to the boil. Once soft enough to mash drain the water and let steam dry for a couple of minutes to get rid of any excess water.

Mash the potatoes or use a potato ricer to avoid any lumps. Once mashed add the salt, pepper, cream and butter and stir in to the potatoes. Add more seasoning to taste.

Transfer the lentils into an oven proof dish and top with the mashed potatoes.

Cook in the oven for about 30-45 minutes or until the potato is just starting to catch.

Sweet Potato Risotto

For 6 people

Ingredients

4 Sweet Potatoes
1 white onion finely diced
3 sticks celery finely sliced
4 cloves garlic crushed
Splash of white wine or white wine vinegar
Vegetable stock (Bouillon powder)
250g Risotto Rice
White Pepper

Method:

Peel and Cube the Sweet Potatoes into 2inch inch cubes
Place in a roasting tin, mix with olive oil, salt & pepper and cook for 45 mins or until soft. Place to one side to cool

In a heavy based pan, sweat off the onion, celery and garlic until soft but not coloured.

When soft add the rice and heat for 1 min while constantly stirring. Add the splash of wine / vinegar and stir.

Then add the hot stock water in small quantities. Stir the risotto until the liquid has been absorbed. This releases the starch of the rice and gives the creamy texture.

Keep adding stock and stirring until you have a soft consistency to the rice.

At this point add the Sweet Potato and stir in which will gently break down the potato and turn the rice a slightly orange colour

Season with white pepper.

Serve with a beautiful Fennel, Pear & Walnut Salad
