



Exploring nature
never stops

Recipes specialties



Fennel and beet salad

INGREDIENTS

1 fennel, coconut oil, agave (or another honey substitute), salt and pepper, 2 (red) beets, 1 fresh sour apple, 1 hand of chopped walnuts, mixed lettuce, optional: avocado

For dressing: 2 tablespoons linseed oil, 2 tablespoons lemon juice, 1 tablespoon agave, salt and pepper to taste

Preheat oven at 180 degrees.

METHOD

- Cut the fennel into cubes or slices and place them on a baking sheet, sprinkle with the melted coconut oil and agave. Season with salt and pepper. Roast the fennel for about 20 minutes.
- Cut the beet and apple in cubes and mix with the lettuce and walnuts.
- Prepare the dressing and drizzle over the salad.
- Garnish the plate with a piece of fennel or avocado on top.



soup

1 onion, 1 clove of garlic, 1 teaspoon pimentón, olive oil, 1 can peeled tomatoes, 750 ml vegetable stock, 2 cans grilled peppers, preferably piquillos, salt and pepper to taste, some cream

METHOD

- Fry the onion, garlic and pimentón in some olive oil and cook until golden brown. Add tomatoes, vegetable stock and bring to boil.
- After about 20 minutes reduce heat and add grilled peppers and season to taste with salt and pepper. Purée soup in a blender until smooth.
- Serve with some drops of olive oil and some cream

4 servings



Coolwrap® with lamb ham

INGREDIENTS

blanched Coolwrap® cabbage leaves, cream cheese with herbs
3 slices of lamb ham, rucola – rocket salad, pine nuts

METHOD

- Spread the cream cheese with herbs on the blanched Coolwrap® cabbage leaves.
- Cover with the lamb ham. Then add the rocket salad and the pine nuts.

- Roll the cabbage leaves carefully and set in refrigerator.
- Once set, cut into small pieces, generally 5 pieces per roll.



ts with bacon and cream

s sprouts, 1 onion, slices of bacon
salt and pepper, water

- Blanch the Brussels sprouts in boiling water and rinse them with cold water.
- Fry the slices of bacon until brown in low heat. Add some butter and fry the onion and cook until translucent.
- Add the Brussels sprouts to the onion and bacon and stir-fry, add some extra water so the sprouts won't stick to the pan.
- Reduce heat and season to taste with salt and pepper.



Smokey parsnip spaghetti carbonara

INGREDIENTS

400g parsnip, peeled, cut into quarters, cut into 3cm squares, 3 tsp smoked paprika, 2 tbsp extra virgin olive oil
1 ½ tsp smoked sea salt, 3 eggs, 100g Parmesan, grated, ground black pepper, 350g Spaghetti (fresh or dried)
50g butter, 100g pancetta, 2 large garlic cloves, peeled slightly crushed,
chopped parsley to garnish, grated Parmesan to garnish

Preheat the oven to 200°C/400°F/Gas Mark 6

METHOD

Into a large bowl put the parsnips, paprika, olive oil and ½ tsp of smoked sea salt, mixing well until coated. Put the coated parsnips onto a baking tray and roast in the oven for 15 minutes or until lightly browned.

In another bowl, whisk the eggs together and add the grated parmesan. Mix well and season with freshly ground black pepper.

Meanwhile, bring a saucepan of water to the boil and add 1 tsp of smoked sea salt. Place the spaghetti in the boiling water and cook according to the packet's instructions. Melt the butter in a frying pan and cook the pancetta and garlic over a medium heat for about 3 minutes, stirring often, until the pancetta is slightly golden and the garlic has imparted its flavour. Remove the garlic with a slotted spoon and discard. Add the baked parsnips to the frying pan, mix together with the pancetta and leave on a low heat.

When the spaghetti is cooked, remove from the saucepan with a pair tongs and transfer it to the frying pan, adding a little of the cooking water as well. Take the frying pan off the heat and gently mix the parsnip and spaghetti together, allow to cool a little then add the egg and parmesan mixture, stirring quickly to thicken and not scramble. If necessary, add a little more pasta cooking water to achieve a glossy sauce and a little more seasoning.

Garnish with a little chopped parsley and grated Parmesan and serve immediately.



With lime coriander yoghurt

s:

100g olive oil, 1 tbsp black mustard seeds, 2cm length of fresh ginger, peeled and grated, 100g swede, peeled and chopped, 1 tsp turmeric, 100g plain flour, 100g coriander, 1 tsp ground cumin, 1 shallot, finely chopped, 1 clove of garlic, crushed, 1/2 tsp ground black pepper, vegetable oil

100g butter, cubed, 300ml water, 150g plain flour, 4 eggs, a handful of coriander, chopped, sea salt and ground black pepper, vegetable oil

For the coriander yoghurt:

1 large handful of fresh coriander, 1 tbsp freshly squeezed lime juice, zest of 1 Lime, 1 garlic clove, crushed, 200ml natural yoghurt, sea salt

METHOD

To cook the beignets, in a pan fry the spices in the olive oil, add the shallot and garlic and then the swede.

Cook slowly until nearly soft and allow to cool.

Put the butter and water into a saucepan and bring to the boil. Boil for one minute and then remove from the heat and vigorously beat in the flour until the paste leaves the side of the saucepan. Using an electric whisk, beat the eggs into the mixture until a glossy paste is formed.

Stir in the swede and chopped coriander and season to taste.

Heat the oil in a pan and taking teaspoonfuls of the beignet mixture, fry in batches in the oil, turning until they are golden brown.

To make the dip, put all the ingredients into a blender and blend until smooth – add a little salt to taste.



Tempura brussels sprouts with wasabi soy sauce

INGREDIENTS

200g Brussels sprouts
sunflower oil

For the tempura batter:

pinch cayenne pepper, 1/2 tsp garlic powder, pinch ground ginger, 1/2 tsp sea salt, 100g plain flour, 100g cornflour, 10g baking powder, sparkling mineral water (enough to make a batter)

For the dipping sauce:

1 tbsp mirin, 2 tbsp sesame oil, 3 tbsp soy sauce
1 tbsp wasabi

METHOD

Fill a medium sized bowl with cold water and ice. Bring a saucepan of water to the boil and blanch the Brussels sprouts for approximately 2-3 minutes. Drain the sprouts and place them into the bowl of ice water for 1 minute to prevent them from cooking further. Remove the sprouts from the water, pat them dry before slicing each sprout in half. Pour some sunflower oil into a medium sized saucepan and place over a medium-high heat. In a separate bowl, mix together all the tempura batter ingredients combining well. Coat each Brussels sprout in the batter and, using a slotted spoon, lower them into the oil: be careful not to drop the sprouts into the batter as this will cause the oil to splatter and burn your skin. Fry for 2-3 minutes until golden brown. Remove the sprouts from the oil and allow to drain

whilst you make the dipping sauce.

To make the dipping sauce, combine all the ingredients in a bowl and mix well before serving. To serve, place the tempura on a plate and serve with the dipping sauce.



With beetroot carpaccio, purple sprouting broccoli and pickled blackberries

50g hazelnuts, 2 tbsp extra virgin olive oil

sprouting broccoli, 1 tsp dried chilli flakes

leaves to serve, pickled blackberries to serve

(see recipe to follow)

METHOD

Simmer the beetroot with their skins on for 30 minutes or until tender, drain and leave to cool. In a dry frying pan, toast the hazelnuts and allow to cool.

Peel the cooled beetroot, remove the stem and root and finely slice on a mandolin.

Roughly chop the toasted hazelnuts.

In a bowl, mix together the olive oil, broccoli and chilli flakes, making sure that the broccoli is thoroughly coated.

Heat a grill pan, place the broccoli onto the grill and allow to cook, turning every 5 minutes until the broccoli is charred all over.

Layer the broccoli and beetroot onto a serving platter and scatter over the hazelnuts, micro basil leaves and pickled blackberries.



Parsnip dosa pancakes with green chilli yoghurt

INGREDIENTS

For the Dosa pancakes:

100g gram flour, 100g rice flour

200g parsnips, grated, 1 tsp ground coriander

1 tsp ground cumin, ½ tsp turmeric, 1 tbsp grated ginger,

2 tsp mustard seeds, 1 small onion, finely chopped

350ml cold water, to mix to a batter

sea salt and ground black pepper, sunflower oil

For the green chilli yoghurt:

1 handful of fresh coriander, chopped

1-2 fresh green chillies, chopped

1 pot natural yoghurt

METHOD

Mix all the ingredients for the Dosa pancakes together in a large bowl.

Heat 1 tbsp of sunflower oil in a large non-stick frying pan. When the oil is hot, add a tablespoon of the pancake mixture to the pan to create a pancake approximately 1cm thick. You can cook as many pancakes as will fit in the pan at any one time without touching each other.

Cook for 2-3 minutes on each side until golden brown and

set aside. Repeat until all the mixture has been cooked.

For the yoghurt, stir the coriander and chillies into the yoghurt, blend well and serve.



Passion fruit cheesecake muffins

FOR THE MUFFINS:
225g plain flour, 1 tsp bicarbonate of soda, pinch of salt, 1 tsp cinnamon, 1 tsp mixed spice, pinch of nutmeg, 120ml vegetable oil

200g light muscovado sugar, 1 tsp vanilla extract

1 large egg, 75g grated carrot

For the filling:

150g cream cheese, 1 egg yolk, 2 tbsp caster sugar

1 tsp vanilla extract, grated rind of half an orange

3 passion fruit, pulp removed

For the icing:

150g cream cheese, softened, 50g butter

150g icing sugar, 2 tbsp passion fruit pulp

Preheat the oven to 180°C/360°F/Gas Mark 4

METHOD

In a large bowl, mix together the flour, bicarbonate of soda, salt, cinnamon, mixed spice and nutmeg. In a separate bowl, mix together the vegetable oil, sugar, vanilla extract, egg and grated carrot. Add the two mixtures together and stir until just combined.

For the filling, put the cream cheese, egg yolk, sugar, vanilla extract, orange rind and passion fruit into a bowl and stir until smooth.

For the icing, using an electric mixer, in a bowl beat the cream cheese and butter until smooth and creamy. Gradually add the icing sugar in batches, beating well after each addition.

Add the passion fruit and beat well until combined.

Line a 12-hole muffin tray with muffin cases and divide half the muffin mixture between each of the 12 cases. Add a spoonful of cream cheese filling to each muffin case on top of the batter, and then cover with the remaining batter mix.

Place in the middle of the oven and bake for 25 minutes. Allow to cool before spreading the icing over the top of each muffin using a palette knife.

These muffins will keep for up to 3 days.

purple sprouting broccoli and cauliflower superfood salad with roasted chickpeas and haloumi



INGREDIENTS

300g purple sprouting broccoli, 300g cauliflower florets
 4 garlic cloves, skin on, 5 tbsp extra virgin olive oil
 2 tsp Baharat, 2 tsp cumin seeds
 sea salt and ground black pepper
 1 tin (400g) Chickpeas, drained & rinsed
 50g walnuts, juice of 2 lemons, 1 tbsp Tahini
 2 tbsp runny honey, 1 tbsp Red Wine Vinegar
 a handful of mint leaves, chopped
 a handful of flat leaf parsley, chopped
 sea salt and freshly ground black pepper
 haloumi, sliced, pomegranate seeds to decorate

Preheat the oven to 220°C/425°F/Gas Mark 7

METHOD

Spread the broccoli, cauliflower florets and the garlic in a single layer on two baking trays. Drizzle with 3 tbsp olive oil then sprinkle with the baharat, cumin seeds and season with salt and pepper. Roast for 15 minutes and then add the chickpeas. Give everything a good turn to thoroughly coat and cook for a further 10 minutes until tender and charred on the outside. Meanwhile, toast the walnuts in a dry frying pan over a medium heat for 2-3 minutes, then chop roughly on a chopping board or crush lightly in a pestle and mortar. To make the dressing, squeeze the roasted garlic from their skins into a bowl, mash until creamy and add the lemon juice. Add the tahini, honey, red wine vinegar, chopped herbs and 2 tbsp of olive oil and whisk to combine. Season to taste. Cook the haloumi slices under a grill until golden. Put the roasted broccoli, cauliflower and chickpeas onto a serving platter then top with the walnuts. Drizzle the dressing over, scatter with the haloumi slices and pomegranate seeds.



Parsnip pancakes with green chilli yoghurt

Pancakes:
 1 parsnip, 100g rice flour
 1 small onion, finely chopped
 1 small courgette, grated, 1 tsp ground coriander
 1 small red chilli, deseeded, finely chopped, 1 min, ½ tsp turmeric, 1 tbsp grated ginger,
 1 tsp cumin seeds, 2 tsp mustard seeds, 1 small onion, finely chopped
 350ml cold water, to mix to a batter
 sea salt and ground black pepper, sunflower oil

For the green chilli yoghurt:

1 handful of fresh coriander, chopped
 1-2 fresh green chillies, chopped
 1 pot natural yoghurt

METHOD

Mix all the ingredients for the Dosa

pancakes together in a large bowl.

Heat 1 tbsp of sunflower oil in a large non-stick frying pan. When the oil is hot, add a tablespoon of the pancake mixture to the pan to create a pancake approximately 1cm thick. You can cook as many pancakes as will fit in the pan at any one time without touching each other.

Cook for 2-3 minutes on each side until golden brown and set aside. Repeat until all the mixture has been cooked.

For the yoghurt, stir the coriander and chillies into the yoghurt, blend well and serve.



Passion fruit cheesecake muffins

FOR THE MUFFINS:
225g plain flour, 1 tsp bicarbonate of soda, a pinch of salt, 1 tsp cinnamon, 1 tsp mixed spice, a pinch of nutmeg, 120ml vegetable oil

200g light muscovado sugar, 1 tsp vanilla extract

1 large egg, 75g grated carrot

For the filling:

150g cream cheese, 1 egg yolk, 2 tbsp caster sugar

1 tsp vanilla extract, grated rind of half an orange

3 passion fruit, pulp removed

For the icing:

150g cream cheese, softened, 50g butter

150g icing sugar, 2 tbsp passion fruit pulp

Preheat the oven to 180°C/360°F/Gas Mark 4

METHOD

In a large bowl, mix together the flour, bicarbonate of soda, salt, cinnamon, mixed spice and nutmeg. In a separate bowl, mix together the vegetable oil, sugar, vanilla extract, egg and grated carrot. Add the two mixtures together and stir until just combined.

For the filling, put the cream cheese, egg yolk, sugar, vanilla extract, orange rind and passion fruit into a bowl and stir until smooth.

For the icing, using an electric mixer, in a bowl beat the cream cheese and butter until smooth and creamy. Gradually add the icing sugar in batches, beating well after each addition. Add the passion fruit and beat well until combined.

Line a 12-hole muffin tray with muffin cases and divide half the muffin mixture between each of the 12 cases. Add a spoonful of cream cheese filling to each muffin case on top of the batter, and then cover with the remaining batter mix.

Place in the middle of the oven and bake for 25 minutes. Allow to cool before spreading the icing over the top of each muffin using a palette knife.

These muffins will keep for up to 3 days.



purple sprouting broccoli and cauliflower superfood salad with roasted chickpeas and haloumi

INGREDIENTS

300g purple sprouting broccoli, 300g cauliflower florets
4 garlic cloves, skin on, 5 tbsp extra virgin olive oil
2 tsp Baharat, 2 tsp cumin seeds

sea salt and ground black pepper
1 tin (400g) Chickpeas, drained & rinsed
50g walnuts, juice of 2 lemons, 1 tbsp Tahini
2 tbsp runny honey, 1 tbsp Red Wine Vinegar
a handful of mint leaves, chopped
a handful of flat leaf parsley, chopped
sea salt and freshly ground black pepper
haloumi, sliced, pomegranate seeds to decorate

Preheat the oven to 220°C/425°F/Gas Mark 7

METHOD

Spread the broccoli, cauliflower florets and the garlic in a single layer on two baking trays. Drizzle with 3 tbsp olive oil then sprinkle with the baharat, cumin seeds and season with salt and pepper. Roast for 15 minutes and then add the chickpeas. Give everything a good turn to thoroughly coat and cook for a further 10 minutes until tender and charred on the outside. Meanwhile, toast the walnuts in a dry frying pan over a medium heat for 2-3 minutes, then chop roughly on a chopping board or crush lightly in a pestle and mortar. To make the dressing, squeeze the roasted garlic from their skins into a bowl, mash until creamy and add the lemon juice. Add the tahini, honey, red wine vinegar, chopped herbs and 2 tbsp of olive oil and whisk to combine. Season to taste. Cook the haloumi slices under a grill until golden. Put the roasted broccoli, cauliflower and chickpeas onto a serving platter then top with the walnuts. Drizzle the dressing over, scatter with the haloumi slices and pomegranate seeds.



Vegetable tarte tatin

1kg parsnips, peeled and sliced into 1cm thick half moons
1kg beetroot, peeled and sliced into 1cm rounds
1kg swede, peeled and sliced into 1cm rounds
100g butter, 100g virgin olive oil, 2 star anise
100g soft brown sugar, 100g Demerara sugar, 100g ground black pepper
1kg onions, peeled and quartered
150g parsnips, peeled, quartered and chopped into 3cm pieces, 2 tbsp soft brown sugar, a knob of butter
2 tbsp red wine vinegar, 1 tbsp balsamic vinegar
1 tbsp thyme leaves, 500g puff pastry block

150g goat's cheese

Preheat the oven to 200°C/400°F/Gas Mark 6

METHOD

In a bowl, toss the onion and carrot in 2 tbsp of olive oil, add the star anise and season well. Mix together until the onion and carrot are coated, then place onto a baking tray in a single layer. Add the beetroot to the bowl with the remaining olive oil, again coat thoroughly and add to the baking tray – this prevents the beetroot “bleeding” onto the other vegetables. Put the baking tray in the oven and cook for 20 minutes. Add the parsnips to the baking tray, turning all the vegetables over to incorporate and coat the parsnips and cook for a further 15 minutes. Set aside to cool.

In a saucepan over a medium-high heat, add the sugar, butter and vinegars stirring occasionally until the sugar has dissolved and turned amber in colour. Remove from the heat. Pour the caramelised mixture into a 22-23cm tarte tatin dish and sprinkle the thyme over the top, making sure the caramel mixture covers the base of the pie dish. Arrange the roasted vegetables in a single layer on top of the caramel using the smaller pieces of carrot and parsnip to fill in any holes.

On a floured surface, roll out the puff pastry and cut out a 30cm circle. Place this over the top of the pie dish, tucking it in all around the edges. Put the pie dish into the oven and reduce the temperature to 180°C/360°F/Gas Mark 4 and bake for 15-20mins until the pastry is golden brown.

Slide a palette knife around the edge of the tarte and flip the pie dish over to turn the tart out onto a serving plate. Crumble the goat's cheese over the top of the tart before serving.



roasted brussels sprouts with a mustard, caper and anchovy dressing

AS A SIDE DISH

INGREDIENTS

500g Brussels sprouts, halved, 4 tbsp extra virgin olive oil
sea salt and ground black pepper, 1 tbsp red wine vinegar

½ tbsp honey, ½ tbsp wholegrain mustard

1 tbsp capers, rinsed and chopped

1 clove of garlic, finely chopped, 1 tbsp parsley, chopped

1 shallot, peeled and finely diced, 5 anchovies, drained and finely chopped

Preheat the oven to 180°C/360°F/Gas Mark 4

METHOD

Put the Brussels sprouts into a large bowl, coat with half the olive oil and season with some sea salt and ground black pepper. Transfer the Brussels sprouts onto a large, shallow baking tray and place in the oven for 25 minutes until the sprouts are cooked through and slightly charred, turning midway through cooking.

In a separate bowl mix together the vinegar, honey and mustard, then slowly add the remaining olive oil, whisking as you go until it has emulsified. Add the capers, garlic, parsley, shallot and anchovies to the dressing and season to taste. Add the warm Brussels sprouts to the bowl and gently coat them evenly in the dressing before serving.



Coolwraps® with sesame seeds, chilli, avocado and mango

For the rice:

- 1 cup rice, 1 cup water, 1 tsp rice vinegar
- 1/2 tsp salt

For the filling:

- 2 carrots, grated, 1/2 tsp dried chilli flakes

- 1 tsp light soy sauce

- 1 tsp sesame seeds, toasted

For the wraps:

- 4-6 Coolwrap cabbage leaves

- 1 avocado, sliced, 1 mango, sliced

METHOD

Start by making the sushi rice. Rinse the rice in a sieve until the water runs clear then add the rice to a medium saucepan and cover with the water. Bring the pan to the boil, reduce the heat to low, cover and cook for 20 minutes. When cooked, the rice should be tender and the water should have been fully absorbed.

In a small saucepan, combine the rice vinegar, sugar and salt and cook on a medium heat until the sugar has dissolved.

Leave to cool. Using a wooden spoon, gently stir this mixture into the cooked rice until it is all coated and leave to cool.

For the filling, put the grated carrot into a bowl with the chilli flakes, soy sauce and sesame seeds and mix well.

Cut the Coolwrap® cabbage leaves into rectangles or squares, utilising as much of the leaf as possible.

To assemble the rolls, place one square of Coolwrap® cabbage onto a sushi mat and divide the cooled rice into 4 equal portions.

Moisten your fingers to stop the rice from sticking to them and spread the rice evenly over the Coolwrap®, leaving about 2cm uncovered at the top edge. Divide the carrot filling into 4 equal portions and with the uncovered top edge of the Coolwrap® away from you, form a thin line of carrot filling on top of the sushi rice along the edge closest to you. Top this with a couple of slices of avocado and mango. Roll the wrap away from you, gripping the mat tightly, but gently. To help seal the wrap, add a few grains of rice to the end. Wrap tightly in cling film and chill before serving.

Cut the wrap into quarters to serve with pickled ginger and wasabi.

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