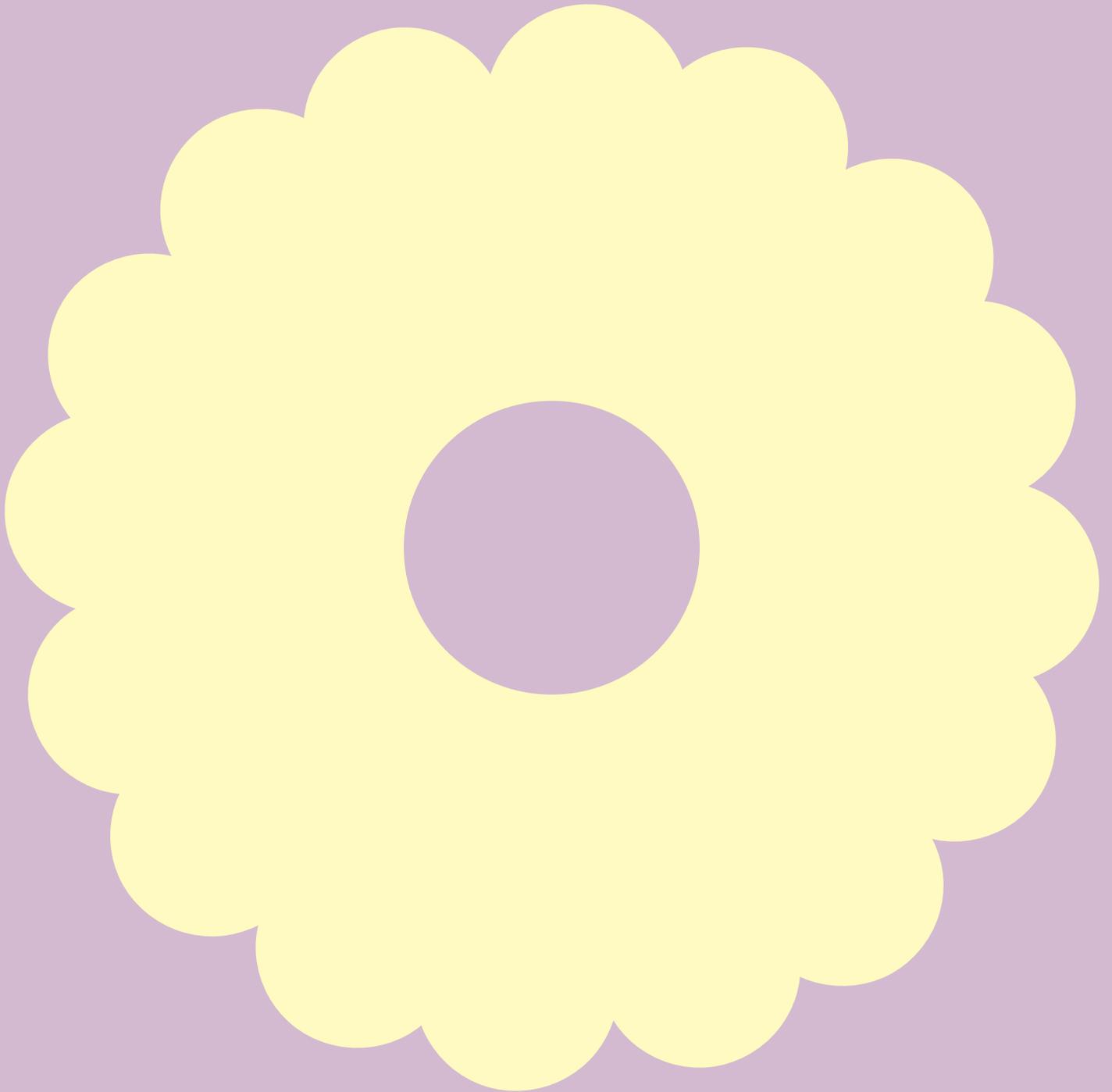


# LA PASQUA



Cook at Home Recipes *from* Towpath's  
**LAURA JACKSON**

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## FOREWORD

The recipes I have chosen are all ones appropriate to what's going on at the moment. It's about cooking with everything you have, not wasting anything, and being able to make several dishes from one ingredient.

Each recipe will feed 4 to 6 people.

*Enjoy!*

**CARROT TOP & CORIANDER SALSA *with* CRUDITÉS**

# CARROT TOP & CORIANDER SALSA *with* CRUDITÉS

## INGREDIENTS

1 bunch carrots with their tops  
½ bunch of coriander, leaves and stalks  
90g cashews, toasted  
1-2 garlic cloves, peeled and minced  
1 lemon, juiced  
½ tablespoon cumin seeds, toasted and ground  
½ tablespoon coriander seeds, toasted and ground  
150ml good quality olive oil  
salt and pepper

## METHOD

Roughly pick the leaves of the carrot tops, just remove the bigger stalks as they can be quite woody. The leaves can be quite gritty so make sure to wash thoroughly and dry.

Wash and dry the coriander leaves and stalks too.

Blitz the carrot leaves, coriander, cashews, garlic, lemon juice, cumin seeds and coriander seeds until you form a paste.

Slowly add the olive oil and then season to taste with salt and pepper.

Serve with crudités. The carrots, some radishes, fennel, Tropea onions, celery. The list is endless. Any vegetable will work and it is also delicious smothered on bread.

If you make a bigger batch, the salsa can be tossed through pasta, served on the side of a roast chicken with the leftover carrots or on top of any broth. It will last for up to ten days in the fridge.

## **SPRING VEGETABLE BROTH**

# SPRING VEGETABLE BROTH

## INGREDIENTS

### THE BROTH

This is a perfect broth to serve in these times as the vegetables you use are not prescriptive. It can be adapted to whatever vegetables you have in the fridge and is a great way to use up bits and bobs.

#### FOR THE BEANS

100g white beans  
(such as coco, arancina or  
cannellini) soaked overnight  
1 litre water  
olive oil, a glug  
1 head garlic, cut in half  
4 black peppercorns  
3 bay leaves  
1 red chilli  
2 sprigs thyme  
2 sprigs rosemary  
2 sprigs sage

#### FOR THE BROTH

150ml olive oil  
2 brown onions, peeled,  
halved and thinly sliced  
½ leek, halved and sliced on a slight angle  
1 celery stick, sliced on slight angle  
1 carrot, peeled, halved and sliced  
on slight angle  
½ fennel, sliced on slight angle,  
outer piece removed and saved for stock  
2 cloves garlic, peeled and minced  
½ teaspoon chilli flakes  
6 baby artichokes  
6 spears English asparagus,  
each spear cut into 4 pieces  
100g podded peas, fresh or frozen  
100g podded broad beans, fresh or frozen  
1 lemon, juiced  
salt and pepper  
good quality olive oil  
parmesan

# SPRING VEGETABLE BROTH

## METHOD

Drain the soaked beans in a colander. Place in a saucepan, cover with the water and bring to the boil.

Remove scum, turn heat down to a low simmer and add the olive oil, garlic, peppercorns, bay leaves, red chilli, thyme, rosemary and sage.

Cook until they are soft but not falling apart. This should take around 45 mins – 1.5 hours.

Turn off heat and add salt to taste.

Whilst the beans are cooking prepare the base for the broth. When you have prepped all the veg, keep all the trimmings except those of the artichokes for a stock.

Warm the olive oil over a medium heat in a large saucepan. Add the onions and cook for 15 minutes until softened but not coloured. Now add the leek, celery, carrot, fennel, garlic and chilli flakes. Cook over a gentle heat for another 15 minutes to start softening the veg. Season with salt and pepper.

Now prepare the artichokes. Fill a bowl with lemon juice and water. This is to put the artichokes into once prepped so they don't turn brown. Cut the top 1/3 of the artichoke leaves off. Remove the outer hard leaves until you get down to the light green softer leaves.

Cut the bottom 2/3 off the stem and with a peeler remove the woody tough green skin from the base of the artichoke and on the stem. I find using a peeler for the stem is best and a small paring knife to smooth down and remove the tough bits at the base of the artichoke. Cut into quarters lengthways so you still see the lovely shape of the artichoke.

Because you are using baby artichokes you won't need to remove the chokes as the hairs are immature and soft. Add the artichokes into the saucepan and mix well. Let it cook out for a few minutes then season.

Add the cooked beans and its liquid into the veg base. Bring to the boil and then turn the heat down very low. Cover with a cartouche and the lid. Cook until the artichokes are tender but just cooked. This should take about 40 minutes.

Just before serving, add the peas, broad beans and asparagus and cook for another 5 minutes.

Check seasoning and add lemon juice to taste. Serve with a big glug of olive oil and grated parmesan or some of the carrot top and coriander salsa.

**BRAISED SHOULDER *of* LAMB *with***  
**LEMON POTATOES**

# BRAISED SHOULDER *of* LAMB

## *with* LEMON POTATOES

### INGREDIENTS

#### FOR THE SHOULDER

2 ½ kg lamb shoulder  
olive oil  
3 lemons — 2 juiced, 1 sliced  
2 ½ tablespoons dried oregano  
1 ½ tablespoons ground cinnamon  
2 tablespoons sweet smoked paprika  
salt and pepper  
3 heads garlic, whole  
450ml water

#### METHOD

Marinate the lamb up to 24 hours in advance. Rub the shoulder with the olive oil, lemon juice, oregano, cinnamon and smoked paprika.

Preheat oven to 140°C and heat a large baking tray over a medium flame until hot. Make sure the tray is large enough to hold the lamb and has a high lip to catch all the delicious juices.

Season the lamb with salt and pepper. Place it fat side down, into the tray, and brown. Turnover and brown the other side. Whilst the lamb is browning, blanch the whole heads of garlic for 15 seconds in boiling water to remove the papery skin from the outer head only, not the individual cloves. Break the heads into individual cloves.

When the lamb has browned on both sides, add the water which you have used to rinse the marinating container to extract all the leftover flavours. Bring to the boil and make sure you scrape all the goodness stuck to the bottom of

the pan. Place slices of lemon under the lamb, add the garlic cloves, another pinch of salt and pepper and cover with foil.

Braise the lamb in the oven for 5½ hours. After 3 hours check and if the pan is bubbling turn the heat down slightly. Continue to check every 30 minutes until the lamb is ready. You will know as the meat should fall off the bone. At this point turn the heat up to 220 °C, remove the foil, and crisp up the lamb for the last 30 minutes.

Use a pair of tongs to twist and remove the shoulder blade. Set aside the bones to make a stock for future deliciousness.

Transfer the meat and garlic to a heated serving platter. Pour the liquid from the pan into a jug, skim off some of the fat and pour the remaining gravy over the meat and serve.

# BRAISED SHOULDER *of* LAMB

## *with* LEMON POTATOES

### INGREDIENTS

#### FOR THE LEMON POTATOES

1.2 kg cyprus, charlotte or maris piper potatoes,

(a waxy variety) washed and cut into

wedges on the longer side

3 cloves garlic, peeled and minced

100ml olive oil

4 sprigs thyme

salt and pepper

2 lemons, 1 ½ juiced, ½ cut into small dice

150g or 2 medium sized tomatoes, diced

1 tablespoon sweet smoked paprika

#### FOR THE TZATZIKI

250ml Greek or natural yoghurt

1 cucumber, peeled and grated

1 clove garlic, peeled and minced

salt and pepper

### NOTES

You will inevitably be left with meat. This can be used in a broth made from the bones, crisped up in a pan with cinnamon and butter and served with hummus, pine nuts and parsley, or in a moussaka.

To make a lamb stock take the bones and all your vegetable trimmings from the spring broth. Cover with water, bring to the boil and remove scum. Turn down to a simmer and cook for at least 4 hours, then strain. Make a broth using the leftover lamb and garlic, adding any pulse, grain or green.

### METHOD

PREHEAT OVEN TO 180 °C.

Mix all the ingredients and place in a roasting tray so that the wedges are spread out and not too overcrowded. Cook slowly for 1 hour checking every 20 minutes. Make sure you give them a good mix and scrape the pan as the lemons and tomatoes will start to caramelize and become crisp. After 1 hour turn the oven down to 160 °C and cook for another ½ hour — 1 hour until ready. Keep this timing in mind when cooking the lamb.

When ready to serve the lamb and potatoes, mix the yoghurt, cucumber, garlic and seasoning to make a quick tzatziki. This really complements the flavours of the dish.

## **RHUBARB JELLY, CUSTARD & SHORTBREAD**

# RHUBARB JELLY, CUSTARD & SHORTBREAD

## RHUBARB JELLY

In order to make the jelly you have to poach the rhubarb. By adding extra liquid, you will be able to make a rhubarb cordial and the rhubarb itself can be kept and served on top of yoghurt or granola, with porridge, muesli, or in a tart, giving three recipes in one.

## INGREDIENTS

500g rhubarb  
1 litre water  
220g caster sugar  
2 bay leaves  
1 lemon, peel and juice  
1 orange, peel and juice  
handful black peppercorns  
½ cinnamon stick  
2 allspice  
2 star anise  
½ vanilla pod, seeds scraped  
or 1 teaspoon vanilla extract  
1 sprig rosemary  
1 sprig thyme  
  
2 ½ leaves gelatine

## METHOD

PREHEAT OVEN TO 160 °C.

Rinse rhubarb and cut into equal 3cm pieces. Since rhubarb comes in different thicknesses make sure the pieces are of similar size to make for even cooking. Place flat on baking tray making sure not to overlap.

Add the water, caster sugar, bay leaves, lemon peel and juice, orange peel and juice, peppercorns, cinnamon stick, allspice, star anise, vanilla pod, rosemary and thyme. Cover with foil and bake until the rhubarb is soft but not falling apart. This could take anywhere between 30 minutes – 1 hour depending on the type of rhubarb, so check after 20 mins and every little while after that.

Cool the poached rhubarb, if you have time, leave it to infuse in the liquid overnight allowing the flavour to intensify. Remove the rhubarb for future use, take 600ml of the liquid saving the rest for your cordial and gently heat until warm. You do not want the liquid to be hot as it will denature the gelatine and the jelly won't set.

Take the gelatine, cover in water and leave for 5 minutes to soften. Squeeze the gelatine to get rid of all the water then whisk in the gelatine and strain through a sieve.

Pour into glasses or a bowl and leave for at least four hours to set in the fridge. I always leave mine overnight as it is quite a soft set.

# RHUBARB JELLY, CUSTARD & SHORTBREAD

## CUSTARD

This will make way more than you need but in my mind you can never have enough custard and if you are buying milk and cream the quantity below is generally the smallest amount so best to use it all up.

## INGREDIENTS

*500ml double cream*  
*500ml full fat milk*  
*½ vanilla pod*  
*or 1 teaspoon of vanilla extract*  
*4 eggs*  
*4 yolks*  
*125g caster sugar*

## METHOD

Place the double cream and milk in a medium saucepan. Scrape out the seeds of the vanilla pod and add in the pod. Bring this to the boil.

At the same time whisk the eggs, egg yolks and sugar together for 2 minutes. Now quickly whisk in the hot mixture to the eggs and sugar. Add a little bit at the beginning as you don't want to curdle the eggs and then add the rest in promptly. Pour the custard back into the saucepan. On a low heat constantly stir the custard with a wooden spoon until it either reaches 82 °C or

it coats the back of your spoon. You must not leave it. If it goes above 84 °C the custard will split. If it begins to look like scrambled eggs, you can rectify it by grabbing a hand blender and mixing it, though you will have to be fast.

Leave to cool and either serve cold, at room temperature or very very gently warm in a bain marie if you want to serve it hot.

# RHUBARB JELLY, CUSTARD & SHORTBREAD

## SHORTBREAD

### INGREDIENTS

*115g* unsalted butter, softened

*45g* icing sugar, sieved

*160g* plain flour

caster sugar for sprinkling

### METHOD

PREHEAT OVEN TO *150* °C.

Cream the butter and sugar until light and fluffy and gently fold in the flour. Form the dough into a log, cover in cling film or greaseproof paper and rest in fridge for at least 30 minutes.

Slice the shortbread log into sixteen circles and bake for 20 minutes, until cooked but not browned.

Sprinkle the top of the biscuits with caster sugar and leave to cool.

Tutto a Casa

**BUONA PASQUA!**

*Alex, Damiano, Stefania & Laura*