

PANNETT PARK COMMUNITY HERB GARDEN

Here are some recipe ideas, from the Friends of Pannett Park, to help you to use the herbs that you might have picked in the Community Garden.

CHIVES

Gammon and Cauliflower Cheese (Serves 4)

4 x 250g smoked gammon steaks
1tsp sunflower oil
450g cauliflower florets (halved if large)
75g mature Cheddar cheese
200g cream cheese 1tsp English mustard
1 medium egg
Few dashes of Worcestershire sauce
1tbsp freshly chopped chives, plus a few extra to garnish

1. Preheat grill to high. Line a large baking tray with foil.
Snip the fat (if there is any) around the gammon, at 2cm intervals (to prevent it curling up).
Brush the steaks with oil and put on the lined baking tray.
Grill for 8-10 min, turning halfway through, or until steaks are cooked.
2. Meanwhile, bring a pan of lightly salted water up to the boil.
Add the cauliflower and simmer for 4-5 mins until tender.
Drain and leave to steam dry whilst making the sauce.
3. In a large bowl, stir together the remaining ingredients, add the cauliflower and stir until well coated. Spoon a quarter of the mix on top of each gammon steak. Grill for a further 5 mins until golden brown and bubbling.
Scatter over a few more chives and serve with green salad.

GARLIC CHIVES

Garlic Mash

1kg potatoes (non-waxy variety) - peel and cut into large even-sized pieces
Bunch of garlic chives - finely chopped
4 tbsp half fat crème fraiche
Splash of milk

Boil the potatoes in salted water until tender.
Drain, return to the pan and steam-dry for a few minutes.
Mash well, then stir through the crème fraiche, the chives and a splash of milk .

FENNEL

Italian Meatloaf (Serves 4)

800g minced beef
1 large onion - finely chopped
100 fresh white breadcrumbs
Large handful of fennel fronds - chopped
1 tbsp chopped fresh parsley
3 tbsp tomato puree
3 tbsp grated Parmesan cheese

Oven 190°C, 170°C fan, Gas 5

1. Mix everything together well and turn into a 2lb loaf tin.
Press down well, then turn out into a small roasting tin.
2. Spread the loaf with the tomato puree and then sprinkle with the Parmesan cheese.
3. Bake for 1hr.

Serve with a tomato sauce (see THYME section and the meatball recipe) and a green salad.

MARJORAM / OREGANO

Stuffing for Pork (Serves 4)

225g onions - peel and chop
100g fresh breadcrumbs
50g shredded suet (beef or vegetarian)
6tsps chopped sage leaves
6tsps chopped oregano/marjoram leaves
1 large egg
Salt and pepper to season

Oven 190°C, 170°C fan, Gas 5

1. Place the onions in a pan and cover with cold water. Bring slowly to the boil and cook for 5-7 minutes. Drain and tip into a large bowl.
2. Add the breadcrumbs, suet and herbs to the onions. Season well. In a small bowl, beat the egg to mix and add enough to the onion mix to bring it together.
3. Either - grease an ovenproof dish and spoon the stuffing in, or form the mixture into balls about the size of golf balls and place on a baking sheet with a lip all the way around.
4. Bake the balls for 20 mins until brown and crisp. If cooking in a dish bake for 20 mins, then stir to mix and bake for a further 20 mins.

MINT

Mint Sauce

A small bunch of mint - washed and leaves removed. Discard stems

2 level tsps. sugar

1 tbsp boiling water

1-2 tbsp vinegar

1. Put the mint leaves with the sugar on a board and chop finely.
Put in a sauceboat, add the boiling water and stir until the sugar is dissolved.
Stir in the vinegar to taste.
2. This sauce should be left for 1 hour before serving.
Serve with roast lamb.

Cucumber and Mint Raita

1 large cucumber

4 tsp chopped mint - leaves only

500ml Greek Yogurt

Drizzle of extra virgin olive oil

A few small mint leaves to garnish.

1. Wash and coarsely grate to cucumber into a mixing bowl, then squeeze the excess water out of the pulp and discard.
2. Mix the cucumber with the mint and yogurt. Season.
3. Place in a serving dish and drizzle with the oil and scatter with the mint leaves.

Serve with curried dishes.

PARSLEY

See also Baked Stuffed Fish under LEMON THYME

Pear, Chicory and Blue Cheese Salad (Serves 4)

4 small heads of chicory (ideally a mixture of red and green)

2 ripe, but firm pears, - quartered and cored

Juice of 1 lemon

Handful of parsley (preferably flat leaved) - chopped

50g walnut halves

2tbsp walnut oil (if not available use a good rapeseed oil or virgin olive oil)

100g blue cheese such as Gorgonzola or a mild Stilton.

1. Discard the outer leaves from the chicory and then slice in half lengthways. Cut out the base root then slice into long thin slivers and rinse. Pat dry and put in a bowl. Cut each pear quarter into 3 and toss with a little lemon juice. Add to the bowl with the parsley and walnut halves.
2. Make the dressing - mix the walnut oil with the remaining lemon juice and seasoning. Add to the bowl and toss.
3. Plate up and crumble over the cheese. Serve immediately.

ROSEMARY

Lamb with Rosemary and Port (Serves 2)

2 tsp olive oil

2 tsp Worcestershire sauce

2 boneless lamb leg steaks

Sauce:- 15g butter

1 sprig fresh rosemary - needles only, finely chopped

1 fat garlic clove - crushed

50ml ruby port or red wine

1. Mix together the oil and Worcestershire sauce in a bowl, then smear the mix over the lamb.
2. Heat a heavy based frying pan, and cook the steaks for 2-3 minutes a side, depending on the thickness of the steaks and how well done you like it.
3. Wrap the leg steaks in aluminium foil and set aside to rest on a warm plate while you make the sauce.
4. Sauce - keep the pan on the heat, but turned down low.
Add the butter and let it melt, then add the rosemary and garlic to the pan.
Pour in the port and let it sizzle and reduce slightly.
Unwrap the lamb and add any juices that have collected to the sauce.
5. To serve - Put the steaks onto plates and pour the sauce over them.

SAGE

Cheese and Sage scones (Makes 6-8)

200g self-raising flour

30g chilled butter

100g strong Cheddar cheese - grated finely

1 small bunch sage - leaves only, finely chopped

1 large egg, made up to 1/4pint with milk - whisk together.

Oven 220°C, 200°C fan, Gas 7

1. Rub the butter into the sieved flour.
Stir in most of the cheese and all the sage.
2. Make a deep well in the centre and add enough of the lightly whisked milk and egg to form a light dough. Mix together with a knife.
Knead gently on a lightly floured worktop and roll out to 2cm thick.
Cut out with a 2.5cm plain cutter. Place on a greased baking tray.
Use any left over egg mix to brush the tops and scatter over the reserved cheese.
3. Bake for 15 mins until golden brown on top.
4. Allow to cool on a wire rack. Serve with cheese.

Roast butternut Squash with Sage and Pine Nuts (Serves 4-6 as a side dish)

1 large butternut squash (approx. 1 kg)

30ml olive oil

3 sprigs sage

45ml toasted pine nuts

Juice ½ lemon

Sea salt flakes and pepper to garnish

Oven 220°C, 200°C fan, Gas7

1. Halve and deseed the butternut squash (do not peel).
Cut into wedges about 3-4cm. Drizzle oil onto a shallow baking tray and arrange the squash on it, skin side down.
2. Tear the leaves off 2 of the sprigs of sage and arrange them over the squash. Bake in the oven for about 40 mins, or until the squash is tender and cooked through.
3. Heat a small frying pan and add the pine nuts and shake them about for a few minutes until golden and toasted, - watch carefully!
4. Transfer the baked squash to a platter. Squeeze the lemon juice over it, sprinkle with salt and pepper to taste and scatter with the toasted pine nuts. Tear the leaves from the remaining sprig of sage and scatter over the squash.

TARRAGON

Normandy Pork Casserole (Serves 4)

50g butter
1kg pork shoulder - cubed
200g lardons of bacon / pancetta
16 small shallots - peeled and left whole
1 small onion - chopped
2 celery sticks - chopped
300ml dry cider (can omit and use another 300ml stock)
300ml chicken stock
6 tbsps half fat crème fraiche
2 tbsps cornflour, mixed with 2tbsp water
2tbsp Dijon mustard
2tbsp fresh tarragon leaves

Oven 170°C, 150°C fan or Gas 3

1. Heat half the butter in a large casserole dish, add half the pork, season and fry for about 10 mins until thoroughly browned. Remove from the pot with a slotted spoon and put on a plate. Add the rest of the butter and fry the rest of the meat.
2. Meanwhile, in another pan, dry fry the lardons until crispy. Remove and set aside.
3. Fry the shallots, onion and celery for a few minutes in the lardon fat, until softened slightly.
4. Combine all the pork, lardons, shallots, onions and celery in the casserole dish. Pour over the cider (if used) and the chicken stock. Cover and cook in the oven for 2 hours until the pork is tender.
5. Add the crème fraiche, cornflour mix, mustard and tarragon to the casserole. Heat it on the hob and stir until the sauce has thickened slightly. Serve.

Tarragon and Seafood Toss (Serves 4 as a starter and 2 as a main meal)

1 ripe avocado, peeled and stoned
2tbsp lemon juice
100g smoked salmon, - cut into strips
100 peeled, cooked prawns
1tbsp chopped tarragon leaves
125g soured cream
60g natural yogurt
1tbsp mayonnaise
Pepper
Paprika
1 head of chicory

1. Cut the avocado into small chunks, toss in the lemon juice and mixed with the smoked salmon and prawns. Mix the tarragon, soured cream, yogurt and mayonnaise together and season with the pepper and paprika. Toss the avocado mixture gently in the dressing. Taste and adjust the seasoning.
2. Spoon onto a serving platter and serve with the chicory.

THYME

Onion, Thyme and Goats Cheese Tart (Serves 6)

Pastry - 225g plain flour
75g chilled, unsalted butter - cubed

Filling - 40g butter
4 large onions - peeled, halved and finely sliced
5 thyme sprigs - leaves only + extra to garnish
100g soft goats cheese
150ml double cream

Oven 200°C, 180°C fan, Gas 6

1. Make the pastry in a food processor by whizzing together the flour and Butter well then whist machine is running, add 3-4 tbsp cold water. Tip onto a work surface and bring together. Wrap in cling film and chill in the fridge for 30 mins.
2. Filling - melt the butter in a pan, add the onions and cook gently, stirring occasionally, for 40mins until softened. Take off the lid and turn up the heat slightly. Add the thyme and cook for 10 mins, stirring occasionally.
3. Roll out the pastry on a lightly floured worktop and use to line a 23cm diameter loose bottomed flan tin. Prick the base. Cover and chill for 30 mins.
4. Bake blind (filled with baking parchment and baking beans) for 15 mins. Remove the beans and return to the oven for 5 mins.
5. Reduce the oven temperature to: 170°C, 150°C fan, Gas 4
6. Spoon the onions into the pastry case and dot the goats cheese on top. Mix the eggs and cream in a jug and season. Pour carefully into the tart and top with the thyme. Bake in the middle of the oven for 25min, or until the filling is just set.
7. Cool in the tin for 5 min. Remove from the tin and cool on a wire rack.

Meatballs with Tomato Sauce

For Meatballs - 1 large onion - finely chopped
2-3 garlic cloves - crushed
50g Parmesan cheese
1 tbsp thyme leaves - chopped
½ tsp paprika
1 small egg - beaten
500g lean minced beef
2 tbsp olive oil for frying
Salt and freshly ground black pepper

For sauce - 1 large onion - chopped
4 garlic cloves - crushed
600ml passata
3tbsp tomato puree
2tsp caster sugar
2tbsp chopped thyme (or basil)

1. Put all the meatball ingredients, except the oil, in a large bowl. Mix with your damp hands to bring together. Shape into 24 balls (size of golf balls). Chill in the fridge for 30 mins.
2. Heat the oil in a wide, heavy based frying pan, add the meatballs and fry over a high heat turning often, until evenly browned. Do this in batches so as not to overcrowd the pan. Remove the balls with a slotted spoon and set aside on kitchen paper to absorb excess oil.
3. To make the sauce, return the same pan to the heat and add the onion and garlic and fry over a high heat for 10 mins, then lower the heat, cover with a lid and cook for a further 10 mins.
4. Stir in the passata, tomato puree, and sugar. Add 300ml of water and season. Let the sauce bubble uncovered, for 10 mins until slightly reduced, then add the meatballs and half the chopped thyme. Cover again with the lid and simmer for 10-12 mins, stirring occasionally, until the meatballs are cooked through.

Serve piping hot with spaghetti and with the rest of the thyme sprinkled over.

LEMON THYME / GOLDEN LEMON THYME

Favourite Meringue Dessert

250ml double cream

100g meringue shells

2tbsp Grand Marnier, Kirsch or Cointreau or orange juice

200g fresh raspberries

50g icing sugar

Small bunch of lemon thyme - leaves only, finely chopped.

1. Lightly oil a 2 pint pudding basin.
2. Whip the cream with the liqueur until softly stiff.
Crumble the meringue shells and fold into the cream.
Spoon into the basin, cover and freeze (preferably overnight).
3. To make the sauce - puree the raspberries and stir in the lemon thyme and icing sugar.
4. To serve - remove the meringue from the freezer.
Run the hot tap until warm and dampen a tea towel under it. Wring out well.
Immediately wrap around the pudding basin and hold in place for 30 seconds.
Ease the dessert from the bowl, using a palette knife, onto a serving plate and leave in a cool place for about 1 hour.

Serve a little of the sauce spooned over the dessert with the remaining in a small jug.

Baked Stuffed Fish

4 cod steaks

1 thick slice of white bread - crumbed

Grated rind of ½ lemon

2tsp lemon thyme - leaves only (or chopped parsley)

Salt and pepper

50g butter

A little milk to mix

1 level tbsp. packet breadcrumbs (optional)

To serve - parsley sprigs, washed and lemon wedges.

Oven 180° C, 160° C fan Gas 4

1. Trim the fish and cut out the centre bone with a small pointed knife.
2. Grease an ovenproof dish and lay the fish in.
3. Stuffing - Mix together the breadcrumbs, lemon rind, herbs and seasoning, in a basin. Melt ½ the butter in a small pan and stir into the crumb mix. (If necessary add a little milk to bring it together).
4. Divide the stuffing between the centres of the fish steaks. Dot the remaining butter over the top of each steak and, if liked, sprinkle over the packet crumbs.
5. Bake in the centre of the oven for 20mins until the fish is creamy white and tender.
6. Lift onto a plate and garnish with parsley and lemon wedges.