

Creamy, garlicky, courgette quiche

The courgette 'gunge' also works well as a sauce for pasta. Just leave out the eggs.

Line a (preferably metal) quiche dish with **short crust pastry** (ready made is fine). Refrigerate for ½ hour. Bake blind for 20 minutes at 180oC.

In a large pan or frying pan heat 2 tbsps of good olive oil. Thinly slice **3 or 4 courgettes** and add to the pan. Turn the heat right down. Stir from time to time.

When the courgettes start to soften and release their juices, add **2 or 3 cloves** of crushed garlic. Leave to cook on low for at least 20 minutes, stirring occasionally, until the courgettes are completely soft. Season with salt and pepper. Add a handful of torn **basil** leaves OR a little **nutmeg**.

Add 3 or 4 tablespoons of **double cream**, **crème fraîche** or **Philadelphia** to the courgette mixture. Add 2 beaten **eggs**. Spoon into the pastry base.

Sprinkle **grated cheese** on top. Bake at 180oc for 30-40 minutes until golden brown and firm.

Three delicious recipes with **Courgettes**

Crunchy courgette salad with fennel, rocket and almonds

This summery salad works well on its own or as an accompaniment for chicken or fish.

Thinly slice 2 small - medium **courgettes** and a **fennel** bulb. Place in a pretty bowl.

Mix with the juice from half a **lemon** and a little olive oil. Leave for half an hour to marinate.

Lightly toast a handful (or two) of whole, skinned **almonds** and leave to cool.

When ready to serve, add a couple of handfuls of fresh **rocket** and some freshly chopped **dill** to the courgette mixture.

Season with a little salt and pepper.

Sprinkle the almonds on top.

If you want to make it more substantial, add half a packet of pre-cooked **puy lentils**.

Hugh's courgette and rice filo pie

A wonderfully filling dish from Hugh Fearnley-Whittingstall's Veg cook book.

Heat oven to 190oC. Mix together in a bowl:

500g grated **courgette**, 75g rice, ½ **red onion** chopped, 2 **eggs**, 25g hard goat's **cheese** or cheddar and handful each of fresh chopped **dill** and **parsley**. Season with lots of salt and pepper.

Brush a sheet of **filo pastry** (from a 250g packet) with melted butter and line a smallish ovenproof dish, butter side down. Let the extra hang over the sides.

Keep adding buttered filo sheets until there is just one left.

Spoon in the courgette filling. Fold over the pastry ends to enclose, dabbing with a little extra butter. Take the leftover sheet and crumple lightly and place on top, tucking in the ends.

Dab a little more butter over the top and bake for 45 mins until golden. Can be eaten hot or cold.

Crispy, sticky chicken, tomato and potatoes

A brilliantly simple dish from Jamie Oliver

Parboil 800g **new potatoes** in salted water. Drain and let air dry.

Season 8 **chicken pieces** (thighs, legs etc) with salt, pepper and a smear of oil. Cook in batches, skin-side down, in a dry frying pan to crisp up the skin. They don't need to cook through.

Tip the potatoes into a large baking tray and crush slightly with a spoon. Add the chicken and 600g fresh **tomatoes**, cut to cherry tom size.

Remove stalks from a bunch of **oregano** or marjoram. Bash up the leaves with a pinch of salt, a glug of **red wine vinegar** and 4 tablespoons **olive oil**.

Toss everything together carefully. Arrange in a single layer on the tray, chicken skin-side up.

Bake for 40 mins at 200oC - check the chicken is cooked. Serve with a dressed **rocket** salad.

Three delicious traybake recipes with **Tomatoes**

Aubergine, tomato and sausage bake

Cut 4 **tomatoes** into 6 pieces each. Cut a large **aubergine** into quarters and then 1cm slices. Put them all in a baking tray. Add a tablespoon of **cumin seeds**, **olive oil**, a splodge of **red wine vinegar**, S&P.

Bake for an hour at 180oC. After 20 minutes put a separate tray of **sausages** to cook in the oven. Take everything out when cooked.

Add a tin (or two) of drained **chickpeas** to the veg while still in the baking tray and warm a little on the hob. Add a teaspoon of **rose harissa** (Sainsbury's sells it).

Tip the veg mixture into a large bowl, add the sausages and a handful of fresh **basil** leaves. Serve.

Huevos rancheros

This is a wonderfully filling meal that works equally well for breakfast, dinner or tea.

Put 8-10 ripe **tomatoes**, cut into quarters, and 2 or 3 **red peppers** into a baking tray. Add more to get a snug fit.

Mix in a glug of **olive oil** and **balsamic vinegar**. Sprinkle over a teaspoon of sugar and S&P. Pop in the oven an hour at 160oC. Ideally leave in the oven while it cools - overnight is fine.

Tip the tomato mixture and all the juices in a food processor. Add 2 teaspoons of **rose harissa** (Sainsbury's sells it). Blitz briefly to break it up but not too much. You want lumps.

Put in a container and add a can of drained **black-eyed beans**. This can now be portioned up and frozen or kept in the fridge.

When ready to eat, put your portion in a small frying pan and heat up. Make a well in the middle and carefully break in an **egg**. Cover the pan and leave for 5 - 10 mins until the egg white is firm.

Garnish with fresh **avocado**, **coriander** and a little **chilli**. Eat with crusty **brown bread**.

Creamy purple sprouting broccoli with pasta (and a secret ingredient)

This works well with ordinary broccoli too.

Cook 250g **pasta**, ideally **orecchiette**. Drain.

Cook 500g of **purple sprouting broccoli** in fast boiling salted water for 3 minutes. Drain, blanch and squeeze out the water. Chop roughly.

Gently fry 2 cloves thinly sliced **garlic**, 1/2 chopped **chilli** and a spring of fresh chopped **rosemary** for 2 minutes.

Take off heat and add 4 **anchovy** fillets. Stir until the fillets have melted. You won't taste any fishiness, I promise.

Add the broccoli and 100ml **cream** and cook for a few minutes until the cream has thickened slightly and the broccoli is tender.

Mix in the pasta and season. Serve immediately with some **parmesan** sprinkled on top.

Three surprisingly delicious Allotment Suppers

Hugh's beetroot tarte tatin

You need a pan or dish that can go on the top and in the oven.

Preheat oven to 190oC. Place your pan upside-down on a sheet of pre-rolled **puff pastry** and cut around it. Put the pastry in the fridge.

Put a knob of **butter**, 2 teaspoons **cider vinegar**, 2 teaspoons **soft brown sugar** S&P and a tablespoon **olive oil** in the pan and heat on the hob.

Toss 300-400g **baby beetroot**- scrubbed, skins on, cut in half - in the juices. They

need to fit the pan snugly. Cover with foil and bake at 190oC for 30-40 mins.

Lay pastry disc over the beets, tucking in the edges and bake for a further 20 mins. Leave tarte to cool for 20 mins before turning out.

Make a vinaigrette of 3 chopped **spring onions**, 1tsp **English mustard**, 1 tbsp **cider vinegar**, 4 tbsp oil, a pinch of **sugar** and chopped **parsley**. Drizzle a little vinaigrette on top of the tarte and serve.

Jamie's incredible cauliflower, butternut & chickpea curry

Another recipe with a secret ingredient. This curry went down a storm at the summer fair.

Cut 1 **cauliflower** and 1 **butternut squash** into pieces and tip in a baking tray with a tin of **chickpeas** (drained), 1 tbsp **garam masala**, **olive oil** and lots of salt and pepper. Roast at 180oC for 45 mins.

In a food processor or hand-held blitz a small bunch each of **basil**, **coriander**, and **mint**. Add 2 cloves of **garlic**, 2 thumb-sized pieces of **ginger**, 2 **chillies** and blitz again. Finally add the juice and zest of 1

lime and 1 **lemon** and 1 **banana** (yep!) and blitz one last time.

Tip the paste into a large saucepan with a little oil and fry for a minute or so. Add a tin of **coconut milk**, $\frac{1}{2}$ a tin of water and $\frac{1}{2}$ the roasted veg. Simmer for 15 minutes.

Add the rest of the veg and serve with **rice**, **coriander** and **lime** wedges.