



# Recipes

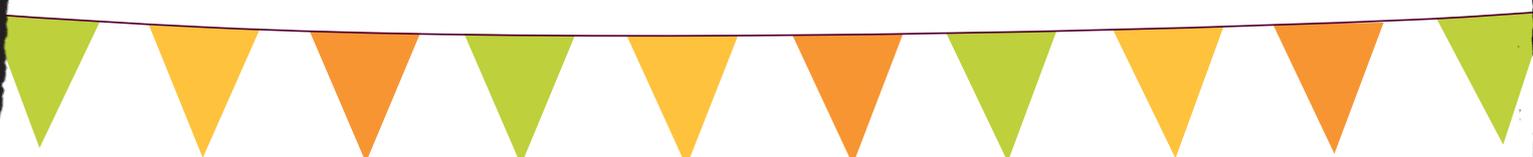
## Feta and Beetroot Salad

### Ingredients:

- ▼ 500g whole baby beetroot
- ▼ 1 garlic clove, peeled and roughly chopped
- ▼ Sea salt and black pepper
- ▼ 2 tbsp olive oil
- ▼ 200g feta or goats cheese, crumbled into small chunks

### Method:

- ▼ Preheat oven to 200C/Gas mark 6.
- ▼ Place the beetroot on a large piece of foil and scatter with the garlic, salt and pepper and trickle over the olive oil. Scrunch up the foil to make a loose parcel and place on a baking tray.
- ▼ Roast until tender (about an hour), testing with a knife – the beetroot is ready when the blade slips in easily. Leave the beetroot to cool then top and tail them and remove the skins.
- ▼ Cut into chunks and place in a large bowl. Add the cheese and leaves and toss together with your hands. Mix the vinaigrette together in a small bowl, adding salt and pepper to taste. Drizzle over the salad and toss lightly.
- ▼ Serve straight away with brown bread on the side.



## Italian Tomato and Bread Salad

### Ingredients:

- ▼ 900g of Tomatoes, chopped (keep a few aside)
- ▼ 450g of good quality stale bread (not sliced bread)
- ▼ A handful of capers (washed and drained)
- ▼ A red onion, finely chopped
- ▼ About 10 olives (good quality ones, but remove the stones)
- ▼ Half a cucumber, finely chopped
- ▼ A large handful of fresh basil, torn

### For the dressing:

- ▼ Red wine vinegar
- ▼ Extra virgin olive oil
- ▼ 1 small clove of garlic – peeled and crushed
- ▼ Sea salt and freshly ground black pepper

### Method:

- ▼ Tear the bread up into thumb sized pieces.
- ▼ Place the tomatoes, onion and cucumber into a bowl.
- ▼ Squeeze the juice from the leftover tomatoes and add 2 tbsp of olive oil to the tomato and the capers, then add the garlic.
- ▼ Toss the dressing onto the tomatoes and bread and mix. Add the basil and olives and mix once more.

Now set it aside for at least 20 minutes so it can soak up the juices, then serve.

## Green Tomato Chutney (to go in your sandwiches!)

### Ingredients:

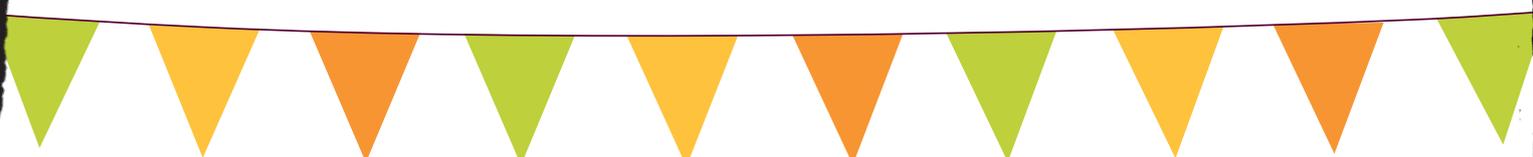
- ▼ 950g green tomatoes
- ▼ 950g cooking apples
- ▼ 950g onions
- ▼ 950g brown sugar
- ▼ 470 ml spiced vinegar (or use ordinary malt vinegar & add your own spices to the pan in a small muslin bag, removing at the end of cooking)
- ▼ 1 tbsp salt

### Method:

- ▼ Chop tomatoes, onion and apples into small pieces.
- ▼ Put into pan with vinegar and salt.
- ▼ Bring to the boil slowly, stirring from time to time.
- ▼ Cook for one hour until tender, then add sugar bringing back to the boil and simmer for 10 – 15 minutes.

All the yummy recipes are from our ESCAPE community gardening project allotment in Swaffham.





## Yummy Squash Flatbread

### Ingredients:

- ▼ 750g squash or pumpkin, peeled, deseeded & cut into chunks
- ▼ 3 garlic cloves, chopped
- ▼ 1tsp fresh thyme leaves
- ▼ 2 tbsp oil
- ▼ 4 flatbreads or pitta breads
- ▼ Handful of rocket or other salad leaves
- ▼ 1 small red onion, finely chopped
- ▼ 1 red chilli, deseeded and finely chopped
- ▼ 50g cheddar, grated
- ▼ Salt and pepper

### Method:

- ▼ Preheat the oven to 190C/Gas mark 5.
- ▼ Put the squash in a roasting tin with the garlic, thyme leaves, oil and a generous sprinkle of salt and pepper. Toss together well and roast for 50-60 minutes, stirring once, until soft and caramelised.
- ▼ Lay one flatbread on a board. Place a few leaves in the centre then spoon on one quarter of the hot squash. Sprinkle over a quarter each of the onion, chilli and cheese, season with salt and pepper and finish with a trickle of olive oil.
- ▼ Fold or roll the bread tightly, enclosing the filling. Repeat with all the flatbreads.
- ▼ Leave the fold overs for a minute or two before eating, so the cheese starts to melt.