



Barracks Lane Community Garden

Charity No. 1116544 and incorporated as Company No. 05945388

Recipes from the garden's Spring greens – foraging and cooking workshops Sunday 15th April 2012

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Recipe list

- Mashed Potatoes with Cheese and Rosemary
- Oat cakes with sorrel sauce
- Nettle soup thickened with potato
- Spiced turnips with spring greens
- Quinoa with Mint and Lime
- Rich Coconut milk spring greens
- Spring greens salad
- Spring greens curry



Mashed Potatoes with Cheese and Rosemary

1. Peel, cut into quarters and boil potatoes until soft. (Add salt to water if desired)
2. Pour off the water and add grated cheese, butter and milk to add taste and make smooth mash.
3. Garnish with Rosemary.

Oat cakes with sorrel sauce

Oatcakes

1. Process oats until you have oatmeal, the finer the better.
2. Add a small amount of oil or butter, plus a handful of chopped Hedge Mustard.
3. Add small amounts of hot water and draw together until you have made dough. Knead the dough.
4. Form the dough into small oatcakes to the thickness and size required.
5. Cook in a frying pan (with a small amount of butter) over the fire making sure they are turned regularly to avoid burning.
6. Serve with sorrel sauce.

Sorrel Sauce

This is made like a white sauce.

Ingredients

½ cup of finely chopped sorrel

Tablespoon butter

Teaspoon flour

Cup of milk

Salt & pepper to taste

1. Melt butter in the pan
2. Add flour, stirring to form paste.
3. Add a drop of milk, stir. Continue to do this, bit at a time, making sure all flour is dissolved and it starts to thicken.
4. Then you can add the rest of the milk in one go.
5. Heat gently. When it gets a bit thicker- add chopped sorrel and salt and pepper.
6. Heat maybe for 5 minutes, without letting milk boil, stirring occasionally. It should go nice and creamy.

Sorrel sauce goes well with nettle/ ground mustard oatcakes or poached eggs on toast.

Nettle soup thickened with potato

Note: don't worry, nettles don't sting when cooked!

You can use any vegetables and adjust the quantities to suit your own taste.

Ingredients

An onion, roughly chopped
5 garlic cloves peeled and chopped
2 tablespoons oil
Half a head of celery chopped
2 potatoes, peeled and chopped

1. Gently fry the onion, garlic until soft
2. Add celery and potatoes cover with water and stock cube, bring to the boil and simmer until soft.
3. Add a bowl of gathered nettles (several handfuls) and other herbs and cook for a few minutes more.
4. You can eat as it is or blend. Enjoy!

Spiced turnips with spring greens

Ingredients

400g spring greens (i.e. broccoli, cabbage, kale, spinach)
2 tbsp sunflower oil
2tsp cumin seeds
1 red chilli split lengthways
5cm piece root ginger peeled and grated
4 garlic cloves peeled and chopped
400g small turnips, trimmed, peeled and quartered
Salt to taste
¼ tsp ground turmeric

1. Finely slice the spring greens and wash them thoroughly. This isn't just to remove any grit, but also because, as there's no liquid added to this dish the water clinging to the leaves will ensure that the greens cook quickly and evenly.
2. Heat the oil in a large lidded pan and add the cumin seeds. When they begin to pop, reduce the heat and add the chilli, ginger and garlic.
3. Add the turnips, salt and turmeric, cover the pan with the lid and cook for ten minutes.
4. Add the spring greens and cook, covered, for a further ten minutes, stirring occasionally, until they are tender but still brightly coloured and slightly crunchy.
5. Serve hot as a side dish, removing the chilli before serving if you wish.

Quinoa with Mint and Lime

1. Cook quinoa following the instructions on the packet. You will know the quinoa is cooked when it unwinds.
2. Chop plenty of mint finely and add it to the cooked quinoa.
3. Squeeze in lime juice to taste. Delicious!

Rich Coconut milk spring greens

1. Fry a few cloves of garlic and chilli in sunflower oil.
2. Pour in a can of coconut milk and bring to a simmer, then leave to reduce for 5 – 10 minutes.
3. Stir in a bunch of chopped spring greens (broccoli, cabbage, cauliflower, kale, etc) and cook until the coconut milk has coated the greens, nice and silky.

This is a great side dish, or on its own with rice.

Spring greens salad

For the balsamic and thyme dressing

3 tbsp olive oil

1 tbsp balsamic vinegar

1 handful chopped fresh herbs

Salt and freshly ground black pepper

For the salad

Feta cheese, crumbled

Cherry tomatoes

½ head spring greens (i.e. broccoli, cabbage, kale) shredded

Place the salad ingredients into a bowl, drizzle over the dressing and toss well to coat.

Spring greens curry

Ingredients

1 cauliflower, cut into sprigs
Equivalent of 4/5 large leaves spring greens
½ red cabbage, thinly sliced
2 tomatoes, chopped
1 onion, chopped
2-3 cloves garlic, chopped
Extra virgin olive oil

For the curry paste

½ teaspoon garam masala
¼ inch piece ginger
Juice ½ lemon
Sea salt, a few peppercorns
¼ teaspoon mustard seeds
Drop of olive oil
1 teaspoon cardamom seeds

1. Grind all the ingredients for the curry paste in a pestle and mortar.
2. Place the cauliflower, spring greens and red cabbage in a large pan of cold salted water and bring to the boil, cover and simmer for 5 minutes and then drain.
3. In another large pan, heat the olive oil, add the curry paste and fry for 1 minute.
4. Add the onion and garlic and soften, then add the tomatoes and cook on a low heat for 5 minutes stirring occasionally.
5. Then add the rest of the vegetables to the curry mixture and cook for a further 5 minutes.