











Chalford Parish Council Allotment Recipe Book

Volume One - focusing on gluts!

Recipes contributed by
local allotment holders
to celebrate
National Allotments Week 2020



Courgette and Tarragon Soup

Ingredients:

1 tablespoon of cooking oil

1 small onion, roughly chopped

3 large courgettes, roughly chopped

1 large garlic clove, crushed or sliced thinly

Small piece of butter

1 vegetable stock cube

Up to 200 ml water to help dissolve stock if courgettes aren't watery enough

200 ml milk

Pepper to taste

1 tablespoon (about 10 grams) of chopped fresh tarragon (about half a packet of the fresh herbs sold in Sainsbury's if you don't grow your own!)



Method:

In a large pan, add oil and onion and fry gently on a low heat for 5 minutes until soft.

Add the butter, garlic and courgettes and cook for another 5 minutes

If no moisture has come from the courgettes, add a little water to help the stock cube dissolve. After adding the stock cube, give the mixture a stir and then cover the pan, simmering for 10 minutes until everything is cooked through and tender.

Add the chopped tarragon and cook gently for another minute. If you cook for longer the bright green colour from the tarragon will become dull, but taste is the same.

Leave to cool slightly, and then puree the soup mixture with a stick blender until silky smooth.

Add 200 ml milk, blitz again briefly to mix in milk, re-warm and ensure warm enough to eat, but do not allow to boil after milk has been added.

Add pepper to taste.

Courgette Soup with Walnut Oil

This is a recipe from Southwest France, where they grow walnuts. The walnut oil goes really well but you can leave it out or use olive oil. If you don't have crème fraîche, you can just add a little bit of milk (dairy or non-dairy) near the end and it still tastes good and still uses up all those courgettes! And it freezes well.



Serves 6

Ingredients:

3 medium onions, chopped
1 kg of courgettes, diced
30 g of butter
1 litre of chicken or vegetable stock 1 tablespoon of sunflower oil
Crème fraîche
Salt, pepper, nutmeg, walnut oil

Method:

Heat the butter and oil in a large saucepan with a lid and sweat the onions gently, covered, until they are soft and translucent.

Add the courgettes and let them soften, helped by adding a little salt plus a bit more oil or butter.

Heat the stock and pour onto the onion and courgette mixture. Bring to the boil and then simmer, covered, for 15 to 20 minutes.

Use a blender to whiz the soup until it's creamy.

Add a little crème fraîche to taste and season with salt, pepper, nutmeg.

Reheat but don't let it boil.

Ladle into bowls and trickle a little walnut oil over each serving.

Courgette fritters

If you don't have polenta or cornmeal, you can use all flour.

Makes 10

Ingredients:

500 g of courgettes
Half a teaspoon of sea salt
Half a teaspoon of baking powder
40 g of plain flour
20 g of fine polenta or corn meal
4 spring onions finely chopped
2 eggs, beaten
A grating of nutmeg
15 g of herbs and 100 g of feta cheese (optional)
Oil to cook



Method:

Coarsely grate the courgettes into a colander and toss with the salt. Leave to drain for up to an hour, squeeze out and put into a large mixing bowl.

Mix together the flour, polenta and baking powder.

Stir the mixture into the courgettes with the spring onions, eggs and nutmeg (and the chopped herbs or crumbled feta if using). Season lightly.

Coat the base of a frying pan with a layer of oil and put on a medium high heat.

When hot, dollop on spoonfuls of the batter and flatten slightly.

Cook for a couple of minutes until golden brown then flip and repeat.

Blot with kitchen towel and serve hot.

...and more Courgette Fritters

Ingredients:

2 medium courgettes , grated
a sprinkle of salt
75g flour
1 beaten egg
25g parmesan, finely grated
1 tbsp olive oil



Method:

Grate the courgettes into a bowl, sprinkle with salt and leave for 30 mins

Using your hands, squeeze as much moisture from the courgettes as possible

In a bowl, combine the grated courgette, flour, parmesan and beaten egg. Shape into walnut-size balls, and then flatten.

Heat a non-stick frying pan over a medium heat and add the oil. Fry the fritters for 2-3 mins on each side until golden brown.

Grilled Courgette, Tomato and Bean Salad with Basil Dressing

We found this recipe in the Riverford Farm Cookbook and really love it. Thank you to Jane Baxter for letting us share her recipe with Chalford Allotment Holders!

Serves 4

Ingredients:

200g dried cannellini or haricot beans soaked in cold water overnight and then drained (we cheat and use a tin which works well!)

3 tablespoons of extra virgin olive oil

4 courgettes cut into ribbons 5mm thick

A small punnet of cherry tomatoes cut in half

Sea salt and freshly ground pepper

For the dressing:

a bunch of basil

½ garlic clove, crushed

100ml olive oil

a pinch of salt

Method:

Put the drained beans in a large pan, cover with fresh water and bring to the boil. Reduce heat and simmer for an hour or so, until tender. Drain the beans, season to taste and dress with 2 tablespoons of the olive oil.

Toss the courgettes with the remaining olive oil and grill on a ridged griddle pan (or under a hot grill) until tender and lightly charred.

For the dressing, put all the ingredients in a food processor or blender and whiz until smooth.

Gently mix the beans, tomatoes and courgettes together in a large bowl and add enough basil dressing to coat. Taste and adjust the seasoning.



Pickled Beetroot – Swedish style

Ingredients:

1 kilo beetroots

¼ litre white vinegar

½ to ¾ litres water

¼ to ½ kilo of sugar

12 cloves

1-2 cinnamon sticks



Method:

Boil the beetroots until cooked. Cut into manageable chunks unless they are small.

Put the beetroot into a pickling jar (Kilner)

Prepare the pickling liquor by putting all the other ingredients into a pan and boiling for 10 minutes.

Check and add vinegar if too sweet, sugar if too tart and more water if too strong.

Pour over the beetroots in the jar until they are completely covered.

Store jars in a dark place to prevent the beetroots losing their colour.

ENJOY!

Red Cabbage – Swedish style

Ingredients:

- 2 lb red cabbage, shredded.
- 2 tablespoons chopped onions
- 3 – 4 cooking apples – coarsely grated.
- 3 tablespoons water
- 1 teaspoon salt
- 1 ½ tablespoons soft brown sugar
- 2 – 3 tablespoons vinegar or lemon juice
- 1 – 2 tablespoons butter



Method:

Soften the onions for a few minutes in the butter.

Add the red cabbage and fry gently for about 10 minutes, stirring occasionally.

Then add grated apple, sprinkle on the water, and season with the vinegar, brown sugar and salt.

Simmer for at least an hour, longer is better.

Check seasoning and add more vinegar if too sweet, more sugar if too acid.

Freezes extremely well!

Fried Beetroot Steaks with Caramelised Onion

Ingredients:

Large beetroot(s) – maybe one per person, depending on appetite.

Flour, egg and breadcrumbs

Onions - be generous!

Vegetable oil and butter for frying

Method:

Cook and peel beetroot(s) and allow to cool.

Meanwhile, slice and fry the onions in butter until soft and caramelised.

Once the beetroot(s) have cooled, cut into half inch thick slices – discarding the nub ends.

Coat in flour, egg and breadcrumbs and fry in a mixture of oil and butter over a medium heat until golden, crispy and warmed through – about 2-3 minutes each side.

Serve the steaks in a generous portion of caramelised onions with creamy mash or fried potato. The Swedes would add a little golden syrup while frying for extra crispiness.



Chocolate Courgette Cake



Here is another of Jane Baxter's lovely recipes
from the Riverford Farm Cookbook

Ingredients:

120g softened unsalted butter
100g caster sugar
200g soft brown sugar
3 eggs lightly beaten
130 ml milk
350g plain flour
2 teaspoons baking powder
4 table spoons cocoa powder
450g courgettes, peeled and finely grated
1 teaspoon vanilla extract

Method:

Put the butter, sunflower oil and both sugars in a bowl and beat them together until light and fluffy.

Gradually beat in the eggs and then the milk.

Sift the dry ingredients together and fold them into the mixture.

Stir in the courgettes and vanilla, then spoon the mixture into a 20 x 35 cm baking tin lined with baking parchment.

Place in an oven preheated to 190°C/Gas Mark 5 and bake for 35-45 minutes, until a skewer inserted in the centre comes out clean.

Cut into squares while still warm.

Courgette, Lemon and Poppy Seed Cate

Becky Blench at Riverford tells us this recipe is lovely too!

Courgettes and ground almonds give this light, zingy gluten-free cake a wonderfully moist texture. With a dusting of poppy seeds inside and on top, this make an exquisite summer teatime treat. The moisture from the courgettes means it keeps well in an airtight container for several days.

Serves 12

Prep time: 30 min

Cooking time: 1h

Main ingredients:

75ml whole milk

2 tbsp poppy seeds

Zest of 2 lemons, finely grated

250g unsalted butter, plus a little extra for greasing the tin

250g light brown soft sugar

4 eggs, yolks and whites separated

½ tsp almond extract

200g gluten-free self-raising flout

75g ground almonds

250g grated weight of courgettes



Method: To make the cake

- *Step 1*
Preheat your oven to 180°C/Gas 4. Lightly grease a 23cm springform cake tin with a little butter and line with baking parchment.
- *Step 2*
Warm the milk, poppy seeds and lemon zest in a small pan for a couple of minutes, then remove from the heat and leave to cool.
- *Step 3*
Cream the butter and sugar in a large bowl until pale, light and fluffy (an electric hand mixer makes life easier). Beat in the egg yolks, one at a time.
- *Step 4*
Stir in the almond extract, flour and ground almonds. Fold in the courgettes and cooled milk.
- *Step 5*
Whisk the egg whites in a separate clean bowl until they form stiff peaks. Add a large spoon of the egg white to the courgette mixture and stir it in (a sacrificial bit!), then very gently fold in the rest, keeping as much air in the mixture as possible.
- *Step 6*
Pour the mixture into the tin. Bake for about 60 minutes, depending on your oven, until firm to the touch; it should spring back when you lightly press the middle. Cool the cake in the tin for 15 minutes, then turn onto a wire rack to cool completely.

For the topping:

300g icing sugar
1 ½ tsp lemon zest, finely grated
30g unsalted butter
2 tbsp lemon juice
1 tbsp poppy seeds

Method: To make the topping

- *Step 1*
Sift the icing sugar into a bowl. Stir in the lemon zest. Melt the butter and working quickly, pour it over the icing sugar.
- *Step 2*
Add the lemon juice and quickly stir it together, adding a splash of cold water if needed, until you have a thick but spreadable icing. Use a pallet knife to spread over the cake.
- *Step 3*
Sprinkle over the poppy seeds and leave the cake for about 30 minutes (if you can!), so the icing can set a little before serving.

Fruit Crumble Tart

Ingredients:

260g Plain Flour
125g Soft Brown Sugar
100g Ground Almonds or Semolina
220g Fridge Cold Butter Chopped into Pieces or Margarine
600g Fresh Fruit



Method:

Set oven at 180c.

Line 22-24 square tin with paper.

Prepare the fruit as necessary e.g. halve & stone plums, chop rhubarb into approx 2 cm pieces, peel & slice apples, add 1 tsp sugar / cinnamon / grated orange rind / dash brandy as wished, stir and set aside.

Combine flour, sugar, butter & almonds until they resemble breadcrumbs (if using margarine, it may come together more as a dough than crumble).

Press 2/3 of the mix into the tin, use a fork to press holes over the mix.

Pour the fruit over the base to an even layer.

Sprinkle the remaining crumble mix over the fruit (this is a bit more fiddly if margarine has been used, make into a thin layer so it covers all of the fruit, still works well!)
Bake for 45-50 mins until the fruit is bubbling and the crumble golden.

Serve warm or cold on its own or with cream / ice cream / custard / creme fraiche.