

Crediton Food Festival 2010 – The Woolsgrove Meal

ROAST ASPARAGUS WITH PARMESAN AND LEMON DRESSING

a very simple, delicious and elegant starter. Serves 6-8.

100 ml / 3 ½ fl oz good extra virgin olive oil
30 ml / 1 fl oz fresh lemon juice and the zest of half a lemon
1 tbsp freshly chopped herbs, such as chives or chervil
1 kilo / 2 ¼ lb English asparagus
3 tbsp olive oil
200 g / 7 oz Quicke's hard goat cheese, shaved
1 dozen quail's eggs, hard boiled and peeled
sea salt and freshly milled pepper
Garnish –chives, parsley and rocket

- Preheat the oven to 190 C / Fan 170C / Gas Mark 5.
- Make the dressing by mixing together the extra virgin olive oil, the lemon juice and zest, the chopped chives or chervil and generous seasoning.
- Trim the asparagus of its woody ends and peel away any tough bottoms if they are fat spears.
- Toss the asparagus in the olive oil and season. Put the asparagus in a roasting dish in the hot oven until it is tender and starting to char, about 10-25 minutes depending on the size and the age of the spears. Serve warm or at room temperature with the dressing, Parmesan and herb and rocket garnish. Enjoy!

FILLET OF BEEF WITH SALSA VERDE

an extravagant, simple and elegant way to entertain. As wonderful cold as it is warm. Serves 8.

3 lb / 1.5 kg fillet of beef (from the thick, not tapered end)
A handful of soft, fresh herbs (thyme, marjoram or oregano)
1 bay leaf
4 cloves of garlic, crushed with a tiny pinch of sea salt
4 tbsp olive oil
Freshly ground black pepper
A few handfuls of assorted salad leaves for serving

- Marinate the beef for 24-48 hours in the fridge. Place the beef in a plastic bag with the herbs, garlic, olive oil and pepper.
- Before cooking, take out the beef from the fridge so that it warms up to room temperature. Preheat the oven to 220C/ Fan 200C/ Gas Mark 7. to roast the beef in, until hot. Remove the beef from the marinade, removing the herbs and garlic and patting dry. Use a little of the oil marinade in the pan to sear the fillet on all sides, ensuring it is nice and browned. Then place it in a roasting dish if you have browned it in a frying pan and roast for 30 minutes – this is allowing 10 minutes per pound for beef off the bone to achieve a rare to medium rare result.
- To check for doneness either use a meat thermometer, which should register 55C (60C after resting) for rare, 60C (65C after resting) for medium. Do not despair if you do not have a meat thermometer!

Plunge a skewer into the middle of the meat and leave for 40 seconds. Remove the skewer and (carefully!) place on the inside of your wrist – if it is stone-cold the meat is blue, if it is lukewarm it is rare, if it is hot it is medium.

- Rest before serving with the Salsa Verde and Enjoy!

SALSA VERDE

fantastic with fillet of beef, poached chicken, ham or a meaty fish like monkfish.

1 bunch of flat-leaf parsley, tough stalks discarded
1 handful of fresh basil leaves
50 g / 2 oz anchovy fillets
3 tbsp capers
3 cloves of garlic, crushed with sea salt
1 small bunch of spring onions, roughly chopped
1 heaped tsp Dijon mustard
1 lemon, zest and juice
120 ml / 4 fl oz extra virgin olive oil

- Chop all the ingredients save for the oil in a processor or by hand. Add the oil gradually to make a sauce.
- Serve at room temperature and Enjoy!

BARBADOS CREAM

this scrummy Nigella recipe goes with everything – baked fruits, cakes, blobbed on crumbles. Make the day before. Serves 6-8.

1 x 284 ml / 10 fl oz carton double cream
1 x 300 ml / 10 fl oz carton of Greek yoghurt
75 g / 3 oz dark soft or Demerara sugar

- Whip the yogurt and cream together until thickened.
- Pour into a shallow bowl and top with the sugar.
- Cover with Clingfilm and leave in the fridge for at least 12 hours, more is even better. Enjoy!

MARINATED ROSEWATER STRAWBERRIES

Serves 8-10

2 lb / 1 kilo fresh strawberries, washed and hulled
2 large tbsp caster sugar or vanilla sugar
2 tsp rosewater
1 small bunch fresh mint, finely chopped

- Mix the strawberries, caster sugar and rosewater and place in a bowl in the fridge to chill.

- Just before serving, finely chop the mint, stir in with the strawberries and serve with the Barbados Cream. Enjoy!