



THE COMMUNITY GARDEN

SUSTAINABLE EATS COOKBOOK 2025

SUSTAINABLE EATS COOKBOOK

‘COMMUNITY GARDEN’ EDITION

**INSPIRATION, TIPS, AND CLEVER IDEAS TO HELP YOU MAKE
THE MOST OF YOUR HOMEGROWN VEGETABLES.**

**ALL PHOTOGRAPH'S FEATURED WERE TAKEN FROM
BOURNEMOUTH'S COMMUNITY GARDEN**

2025





BENEFITS

THE BENEFITS OF GROWING YOUR OWN VEGETABLES

GROWING YOUR OWN VEGETABLES OFFERS A MULTITUDE OF BENEFITS THAT EXTEND BEYOND JUST HAVING FRESH PRODUCE AT YOUR FINGERTIPS.

- IT ALLOWS YOU TO CONSUME VEGETABLES THAT ARE FREE FROM HARMFUL PESTICIDES AND CHEMICALS.
- GARDENING CAN BE A COST-EFFECTIVE WAY TO OBTAIN FRESH PRODUCE, SAVING YOU MONEY ON GROCERIES OVER TIME. IT ALSO PROVIDES AN OPPORTUNITY TO ENGAGE IN PHYSICAL ACTIVITY, WHICH CAN IMPROVE YOUR PHYSICAL HEALTH AND REDUCE STRESS LEVELS.
- GROWING YOUR OWN VEGETABLES CONTRIBUTES TO ENVIRONMENTAL SUSTAINABILITY BY REDUCING THE CARBON FOOTPRINT ASSOCIATED WITH TRANSPORTING PRODUCE FROM FARMS TO SUPERMARKETS.
- GROWING YOUR OWN VEGETABLES CAN ENHANCE COMMUNITY CONNECTIONS. SHARING SURPLUS PRODUCE WITH NEIGHBOURS OR PARTICIPATING IN LOCAL GARDENING CLUBS CAN FOSTER A SENSE OF BELONGING AND CO-OPERATION. IT ENCOURAGES CONVERSATIONS AND FRIENDSHIPS, BUILDING A SUPPORTIVE NETWORK AROUND A SHARED INTEREST.

OVERALL, THE PRACTICE OF CULTIVATING YOUR OWN VEGETABLES IS A MULTIFACETED PURSUIT THAT ENRICHES YOUR LIFE IN NUMEROUS AND MEANINGFUL WAYS.

TO OPTIMIZE YOUR GARDEN THROUGHOUT THE YEAR,
FOCUS ON PLANTING A DIVERSE SELECTION OF CROPS THAT
THRIVE IN DIFFERENT SEASONS

SPRING

THESE START APPEARING AS THE WEATHER WARMS IN LATE SPRING.

RADISH
PAK CHOI
CHICORY
LETTUCE
RHUBARB
MINT
SOFT HERBS (LIKE PARSLEY, CHIVES, TARRAGON)
CUCUMBER (STARTS LATE SPRING)

SUMMER

PEAK ABUNDANCE, INCLUDING SOFT FRUITS AND FAST-GROWING VEG

STRAWBERRIES
BLUEBERRIES
RED, WHITE & BLACK CURRANTS
CARROTS
COURGETTE
PEPPERS
CHILLIS
RUNNER BEANS
TOMATO
CUCUMBER
BASIL
ELDERFLOWER
LETTUCE
MINT
NEW POTATOES
BEETROOT



SEASONAL
PRODUCE



SEASONAL PRODUCE

TO OPTIMIZE YOUR GARDEN THROUGHOUT THE YEAR,
FOCUS ON PLANTING A DIVERSE SELECTION OF CROPS
THAT THRIVE IN DIFFERENT SEASONS.

AUTUMN

ROOTS AND HEARTIER VEG START TO DOMINATE, WITH SQUASHES AND
LATE FRUITS.

SQUASH
MARROW
CELERIAC
CABBAGE
RAINBOW CHARD
BEETROOT (ALSO SPANS INTO AUTUMN)
CARROTS
APPLES
HERBS (ROSEMARY, THYME)
CHICORY (CONTINUES FROM SPRING INTO AUTUMN)

WINTER

FEWER ITEMS, BUT GOOD FOR HARDY ROOTS AND STORED PRODUCE.

CELERIAC
CABBAGE
CHICORY (FORCED CHICORY IS A WINTER DELICACY)
STORED SQUASH & ROOT VEG (SQUASH, BEETROOT, CARROTS)
HERBS (ROSEMARY & THYME PERSIST)

INGREDIENTS

1 TBSP OLIVE OIL
1 LARGE ONION, CHOPPED
2 CLOVES GARLIC, MINCED
4 MEDIUM CARROTS, PEELED AND SLICED
1 MEDIUM BUTTERNUT SQUASH, PEELED, SEEDED, AND CUBED
4 CUPS VEGETABLE BROTH
1 TSP GROUND CUMIN
1 TSP GROUND CORIANDER
SALT AND PEPPER TO TASTE
½ CUP COCONUT MILK (OPTIONAL)
FRESH PARSLEY OR CILANTRO FOR GARNISH

METHOD

HEAT OLIVE OIL IN A LARGE POT. ADD ONION, SAUTÉ FOR 5 MINS,
THEN ADD GARLIC FOR 1 MIN

ADD CARROTS AND SQUASH STIRRING FOR 5 MINS

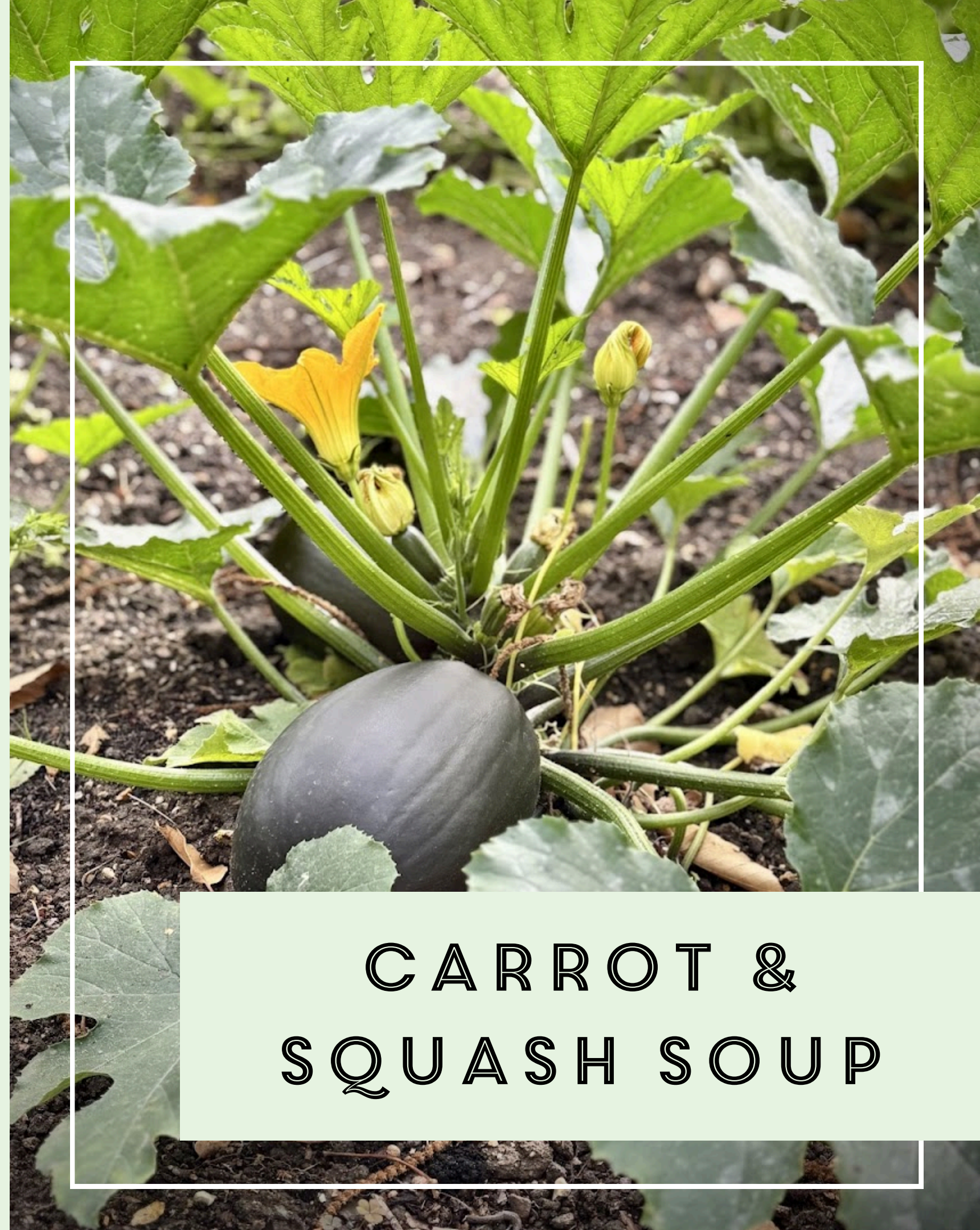
POUR IN VEGETABLE BROTH, ADD SPICES, BRING TO A BOIL, THEN
SIMMER FOR 20-25 MINS UNTIL TENDER

USE AN IMMERSION BLENDER TO PUREE UNTIL SMOOTH
OR BLEND IN BATCHES

STIR IN COCONUT MILK FOR CREAMINESS AND WARM THROUGH

LADLE INTO BOWLS AND GARNISH WITH PARSLEY OR CILANTRO

ENJOY YOUR NUTRITIOUS SOUP!



CARROT &
SQUASH SOUP



STRAWBERRY JAM

INGREDIENTS

900 GRAMS FRESH STRAWBERRIES, HULLED AND HALVED
800 GRAMS GRANULATED SUGAR
60 ML FRESHLY SQUEEZED LEMON JUICE
1 TEASPOON LEMON ZEST (OPTIONAL)



LEADING THE WAY FOR
A SUSTAINABLE FUTURE

METHOD

PREPARE STRAWBERRIES: WASH, HULL, AND HALVE OR QUARTER STRAWBERRIES.

COMBINE STRAWBERRIES AND SUGAR IN A BOWL; LET SIT FOR 1-2 HOURS TO RELEASE JUICES.

TRANSFER TO A SAUCEPAN, ADD LEMON JUICE AND ZEST, AND BRING TO A GENTLE BOIL, STIRRING FREQUENTLY.

REDUCE HEAT AND SIMMER FOR 20-30 MINUTES, STIRRING OCCASIONALLY AND SKIMMING FOAM.

TEST FOR DONENESS: USE A COLD PLATE; IF JAM WRINKLES WHEN PUSHED, IT'S DONE; OTHERWISE, SIMMER LONGER.

LADLE HOT JAM INTO STERILIZED JARS, LEAVING 1/4 INCH HEADSPACE, CLEAN RIMS, AND SECURE LIDS.

PLACE JARS IN BOILING WATER FOR 10 MINUTES, COOL, AND CHECK SEALS.

ENJOY YOUR HOMEMADE STRAWBERRY JAM ON TOAST, YOGURT, OR IN PASTRIES!

INGREDIENTS

FILLING:

500G RHUBARB (CHOPPED)
100G GRANULATED SUGAR
1 TABLESPOON ALL-PURPOSE FLOUR
1 TEASPOON VANILLA EXTRACT
ZEST AND JUICE OF 1 ORANGE (OPTIONAL)

CRUMBLE TOPPING:

150G ALL-PURPOSE FLOUR
100G OATS
100G BROWN SUGAR
100G UNSALTED BUTTER (CHILLED, CUBED)
½ TEASPOON GROUND CINNAMON
A PINCH OF SALT

METHOD

PREHEAT OVEN: TO 180°C

PREPARE FILLING: MIX RHUBARB, SUGAR, FLOUR, VANILLA, AND
OPTIONAL ORANGE ZEST/JUICE

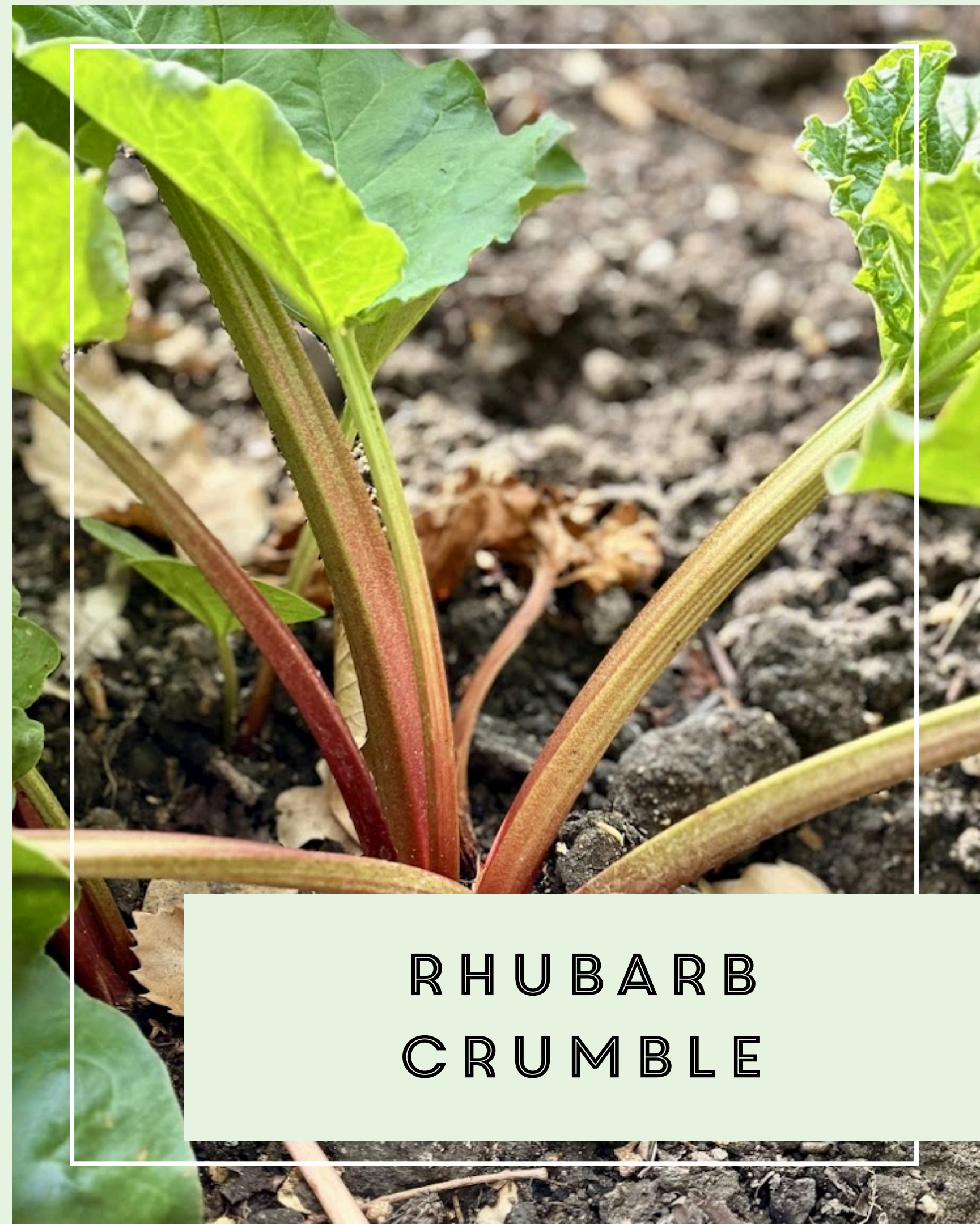
TRANSFER TO A BAKING DISH

MAKE CRUMBLE TOPPING: COMBINE FLOUR, OATS, BROWN SUGAR,
CINNAMON, AND SALT. RUB IN BUTTER UNTIL CRUMBLY

ASSEMBLE: SPREAD CRUMBLE TOPPING OVER THE RHUBARB MIXTURE

BAKE: IN THE OVEN FOR 35-40 MINUTES UNTIL GOLDEN BROWN AND
BUBBLING

SERVE: COOL SLIGHTLY AND ENJOY WITH VANILLA ICE CREAM OR
WHIPPED CREAM



RHUBARB
CRUMBLE



RUNNER BEAN, TOMATO & OLIVE RAGÙ

INGREDIENTS

300G RUNNER BEANS, SLICED
400G TINNED TOMATOES
1 ONION, FINELY CHOPPED
2 GARLIC CLOVES, MINCED
1 TBSP TOMATO PURÉE
10 BLACK OLIVES, SLICED
1 TBSP OLIVE OIL
PINCH OF CHILLI FLAKES (OPTIONAL)

METHOD

HEAT THE OLIVE OIL IN A LARGE PAN OVER MEDIUM HEAT. ADD THE CHOPPED ONION AND COOK FOR 5-7 MINUTES, STIRRING OCCASIONALLY, UNTIL SOFTENED AND TRANSLUCENT.

ADD THE GARLIC AND COOK FOR ANOTHER MINUTE UNTIL FRAGRANT.

STIR IN THE SLICED RUNNER BEANS AND COOK FOR 5 MINUTES, ALLOWING THEM TO SOFTEN SLIGHTLY.

ADD THE CHOPPED TOMATOES, TOMATO PURÉE, OLIVES, AND CHILLI FLAKES. SEASON WITH A PINCH OF SALT AND PEPPER. STIR EVERYTHING TOGETHER, THEN LOWER THE HEAT AND LET IT SIMMER GENTLY FOR 25 MINUTES, OR UNTIL THE BEANS ARE TENDER AND THE SAUCE HAS THICKENED SLIGHTLY.

SPOON THE STEW OVER COOKED LINGUINE OR A BOWL OF CREAMY POLENTA.

JUST BEFORE SERVING, STIR THROUGH SOME FRESHLY CHOPPED PARSLEY AND FINISH WITH A GENEROUS DRIZZLE OF GOOD-QUALITY OLIVE OIL FOR EXTRA RICHNESS AND FLAVOR.



LEADING THE WAY FOR
A SUSTAINABLE FUTURE

INGREDIENTS

4 EARS OF CORN (OR ABOUT 3 CUPS OF KERNELS), GRILLED OR BOILED
2 TABLESPOONS MAYONNAISE (OR GREEK YOGURT / VEGAN MAYO)
1 TABLESPOON SOUR CREAM (OPTIONAL)
1 TABLESPOON LIME JUICE
1/2 TEASPOON SMOKED PAPRIKA OR CHILI POWDER
1/3 CUP FETA OR CRUMBLED COTIJA CHEESE (OR PLANT-BASED
CHEESE)
A HANDFUL OF FRESH CORIANDER (CILANTRO), CHOPPED
SALT AND PEPPER TO TASTE
LIME WEDGES TO SERVE

METHOD

GRILL OR BOIL THE CORN UNTIL TENDER AND SLIGHTLY CHARRED

LET IT COOL SLIGHTLY, THEN CUT THE KERNELS OFF THE COB INTO A
BOWL

IN A MIXING BOWL, COMBINE CORN KERNELS WITH MAYO, SOUR
CREAM, LIME JUICE, PAPRIKA, AND A PINCH OF SALT AND PEPPER

STIR IN THE CHEESE AND CHOPPED CORIANDER, SAVING A LITTLE FOR
GARNISH

SPOON INTO SMALL BOWLS OR CUPS AND TOP WITH EXTRA CHEESE,
CORIANDER, AND A SQUEEZE OF LIME

OPTIONAL: ADD A DRIZZLE OF HOT SAUCE OR A SPRINKLE OF CRUSHED
TORTILLA CHIPS FOR CRUNCH!



MEXICAN STREET CORN
ELOTE-INSPIRED CUPS



LEADING THE WAY FOR
A SUSTAINABLE FUTURE



ELDERFLOWER CORDIAL

INGREDIENTS

20-25 FRESH ELDERFLOWER HEADS (PICKED ON A DRY, SUNNY DAY)

1.5 LITRES WATER

1 KG GRANULATED SUGAR

2 LEMONS, SLICED

50 G CITRIC ACID (AVAILABLE AT PHARMACIES OR ONLINE)

(OPTIONAL, BUT HELPS PRESERVE THE CORDIAL LONGER)

METHOD

SHAKE OFF ANY INSECTS FROM THE ELDERFLOWER HEADS. DO NOT WASH THEM, OR YOU'LL LOSE THE FLAVOUR — JUST GENTLY CLEAN AS NEEDED.

IN A LARGE POT, BRING THE WATER TO A BOIL, THEN TURN OFF THE HEAT.

ADD THE SUGAR AND STIR UNTIL COMPLETELY DISSOLVED.

LET THE WATER COOL SLIGHTLY, THEN ADD THE ELDERFLOWERS, LEMON SLICES, AND CITRIC ACID IF USING.

COVER AND LEAVE TO INFUSE AT ROOM TEMPERATURE FOR 24-48 HOURS.

AFTER STEEPING, STRAIN THE CORDIAL THROUGH A MUSLIN CLOTH OR CLEAN TEA TOWEL INTO A LARGE BOWL OR JUG.

POUR INTO STERILISED GLASS BOTTLES OR JARS. STORE IN THE FRIDGE FOR UP TO 3-4 WEEKS, OR FREEZE IN ICE CUBE TRAYS FOR LONGER SHELF LIFE.



LEADING THE WAY FOR
A SUSTAINABLE FUTURE

INGREDIENTS

12 TABLESPOONS DRIED ROSEMARY
2 TABLESPOONS DRIED THYME
1 TEASPOON SEA SALT (OPTIONAL)
½ TEASPOON BLACK PEPPER (OPTIONAL)

OPTIONAL EXTRAS:
1 TEASPOON GARLIC POWDER
½ TEASPOON CHILI FLAKES
ZEST OF 1 LEMON (DRIED)

METHOD

DRY YOUR HERBS (IF USING FRESH):
TIE SPRIGS OF ROSEMARY AND THYME TOGETHER AND HANG UPSIDE
DOWN IN A DRY, WELL-VENTILATED AREA FOR 1–2 WEEKS

OR DRY IN THE OVEN AT THE LOWEST SETTING (AROUND 80°C / 175°F)
FOR 1–2 HOURS, CHECKING OFTEN

STRIP THE LEAVES FROM THE STEMS ONCE DRY

GRIND OR CRUSH:
USE A MORTAR AND PESTLE OR SPICE GRINDER TO CRUSH THE DRIED
LEAVES INTO SMALLER FLAKES (NOT A FINE POWDER—KEEP SOME
TEXTURE)

ADD SALT, PEPPER, AND ANY OPTIONAL INGREDIENTS

STORE IN AN AIRTIGHT JAR OR TIN, AWAY FROM LIGHT AND MOISTURE

BEST USED WITHIN 6 MONTHS FOR FULL FLAVOUR



ROSEMARY & LEMON
THYME SEASONING



CHILLED TOMATO & CUCUMBER GAZPACHO

INGREDIENTS

4 RIPE TOMATOES
1 CUCUMBER, PEELED
1 RED PEPPER
1 SMALL GARLIC CLOVE
2 TBSP OLIVE OIL
1 TBSP VINEGAR
SALT & PEPPER

METHOD

RINSE THE TOMATOES AND CUCUMBER UNDER COLD RUNNING WATER TO REMOVE ANY DIRT OR RESIDUE. IF YOUR CUCUMBER HAS A THICK OR WAXY SKIN, YOU CAN PEEL IT FOR A SMOOTHER TEXTURE.

ROUGHLY DICE THE TOMATOES, CUCUMBER, AND ANY ADDITIONAL VEGETABLES YOU'RE USING (LIKE RED PEPPER OR ONION). SMALLER PIECES WILL BLEND MORE EASILY AND EVENLY.

ADD ALL YOUR CHOPPED VEGETABLES TO A BLENDER OR FOOD PROCESSOR, ALONG WITH OLIVE OIL, VINEGAR, GARLIC, SALT, AND PEPPER. BLEND UNTIL SMOOTH AND CREAMY. IF YOU PREFER A THINNER SOUP, ADD A SPLASH OF COLD WATER UNTIL IT REACHES YOUR DESIRED CONSISTENCY.

GIVE THE MIXTURE A TASTE AND ADJUST SEASONING AS NEEDED—MORE SALT, A DASH OF VINEGAR, OR A PINCH OF CHILI FOR HEAT.

POUR THE BLENDED GAZPACHO INTO A LARGE BOWL OR JUG, COVER, AND CHILL IN THE FRIDGE FOR AT LEAST 1–2 HOURS. THIS ALLOWS THE FLAVOURS TO MELD AND ENHANCES THE REFRESHING QUALITY OF THE SOUP.

SERVE COLD WITH GARNISH.



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INGREDIENTS

120G BUTTER

100G SUGAR

1 EGG

1 TSP VANILLA

1 TBSP FINELY CHOPPED FRESH CHOCOLATE MINT LEAVES

150G PLAIN FLOUR

1/2 TSP BAKING SODA

100G CHOCOLATE CHIPS

METHOD

PREHEAT OVEN TO 180°C

CREAM BUTTER AND SUGAR, THEN BEAT IN EGG AND VANILLA

STIR IN CHOPPED MINT

ADD FLOUR AND BAKING SODA. FOLD IN CHOCOLATE CHIPS

DROP SPOONFULS ONTO A BAKING TRAY AND BAKE FOR 8-10 MINUTES

BONUS IDEA - CHOCOLATE MINT SUGAR

BLEND FRESH LEAVES WITH SUGAR AND DRY IT FOR
SPRINKLING ON BISCUITS, CUPCAKES, OR FRUIT!



CHOCOLATE
MINT COOKIES



LETTUCE SOUP

INGREDIENTS

1 TBSP OLIVE OIL OR BUTTER

1 SMALL ONION, CHOPPED

1 GARLIC CLOVE, MINCED

1 MEDIUM POTATO, PEELED AND DICED

1 LITRE VEGETABLE STOCK

1 LARGE HEAD OF LETTUCE (E.G. BUTTERHEAD, ROMAINE, OR LITTLE GEM), ROUGHLY CHOPPED

A HANDFUL OF FRESH HERBS (PARSLEY, MINT, OR CHIVES WORK WELL)

SALT AND BLACK PEPPER, TO TASTE

OPTIONAL: 2 TBSP CREAM, YOGHURT, OR OAT CREAM FOR SWIRLING

OPTIONAL TOPPING: CROUTONS, SEEDS, OR A DRIZZLE OF HERB OIL

METHOD

HEAT THE OLIVE OIL OR BUTTER IN A SAUCEPAN OVER MEDIUM HEAT.

ADD THE CHOPPED ONION AND COOK GENTLY FOR 5–7 MINUTES UNTIL SOFT BUT NOT BROWNED. ADD THE GARLIC AND COOK FOR 1 MINUTE MORE.

STIR IN THE DICED POTATO AND POUR IN THE VEGETABLE STOCK. BRING TO A BOIL, THEN REDUCE THE HEAT AND SIMMER FOR 10–15 MINUTES, OR UNTIL THE POTATO IS TENDER.

STIR IN THE CHOPPED LETTUCE AND FRESH HERBS. SIMMER FOR ANOTHER 2–3 MINUTES, JUST UNTIL THE LEAVES WILT AND TURN VIBRANT GREEN.

USE A HAND BLENDER OR TRANSFER TO A REGULAR BLENDER (CAREFULLY!) AND BLITZ UNTIL SMOOTH AND CREAMY. ADD A SPLASH OF WATER OR STOCK IF IT'S TOO THICK.

TASTE AND SEASON WITH SALT AND PEPPER. SERVE HOT, WITH A SWIRL OF CREAM OR YOGHURT AND A TOPPING OF YOUR CHOICE—LIKE HOMEMADE CROUTONS OR HERB OIL.



LEADING THE WAY FOR
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INGREDIENTS

500G (4 CUPS) STRONG WHITE BREAD FLOUR

2 TSP SALT

7G (1 SACHET) DRIED YEAST

325ML WARM WATER

3 TBSP OLIVE OIL (PLUS EXTRA FOR DRIZZLING)

HANDFUL OF FRESH BASIL, CHOPPED OR TORN

FLAKY SEA SALT (FOR TOPPING)

OPTIONAL: 1 GARLIC CLOVE, FINELY CHOPPED

OPTIONAL: CHERRY TOMATOES, OLIVES, OR RED ONION SLICES FOR
TOPPING

METHOD

MAKE THE DOUGH: MIX FLOUR, SALT, AND YEAST IN A BOWL. ADD
WARM WATER AND 2 TBSP OLIVE OIL, STIRRING TO FORM A SHAGGY
DOUGH. KNEAD FOR 8-10 MINUTES UNTIL SMOOTH

FIRST RISE: PLACE IN AN OILED BOWL, COVER, AND LET RISE FOR 1-1.5
HOURS UNTIL DOUBLED

SHAPE THE DOUGH: PRESS RISEN DOUGH INTO A LIGHTLY OILED
BAKING TRAY

ADD FLAVOUR: DRIZZLE WITH 1 TBSP OLIVE OIL, MAKE DIMPLES, AND
ADD BASIL (AND GARLIC, IF USING). PRESS IN ADDITIONAL TOPPINGS

SECOND RISE: COVER LOOSELY AND LET REST FOR 30-45 MINUTES

BAKE: PREHEAT OVEN TO 220°C (425°F), SPRINKLE WITH FLAKY SEA
SALT, AND BAKE FOR 20-25 MINUTES UNTIL GOLDEN

COOL & SERVE: DRIZZLE WITH OLIVE OIL, LET COOL SLIGHTLY, AND
SERVE WARM WITH SOUP OR SALAD



BASIL
FOCACCIA



SPICY SCOTCH BONNET PEPPER & CHICKPEA TAGINE

INGREDIENTS

3 SCOTCH BONNET PEPPERS, SLICED
1 ONION, CHOPPED
1 TIN CHICKPEAS
1 TSP CUMIN
1 TSP SMOKED PAPRIKA
400G CHOPPED TOMATOES

METHOD

PLACE THE CHOPPED PEPPERS ON A BAKING TRAY, DRIZZLE WITH A LITTLE OLIVE OIL, AND SEASON WITH SALT AND PEPPER. ROAST FOR 20 MINUTES, OR UNTIL SOFT AND LIGHTLY CHARRED AT THE EDGES.

WHILE THE PEPPERS ROAST, HEAT 1 TBSP OF OLIVE OIL IN A LARGE PAN OVER MEDIUM HEAT. ADD THE CHOPPED ONION AND COOK FOR 5–7 MINUTES UNTIL SOFTENED. ADD THE GARLIC (IF USING) AND COOK FOR ANOTHER MINUTE. STIR IN THE CUMIN, GROUND CORIANDER, AND PAPRIKA, AND COOK FOR 30 SECONDS TO RELEASE THE AROMAS.

POUR IN THE CHOPPED TOMATOES AND STIR WELL. BRING TO A GENTLE SIMMER AND LET COOK UNCOVERED FOR ABOUT 15 MINUTES, UNTIL THE SAUCE THICKENS SLIGHTLY.

STIR IN THE CHICKPEAS AND ROASTED PEPPERS. SIMMER TOGETHER FOR 5 MORE MINUTES TO HEAT THROUGH AND ALLOW THE FLAVOURS TO MELD. SEASON WITH SALT AND PEPPER TO TASTE.

SPOON THE MIXTURE OVER A BED OF WARM COUSCOUS. TOP WITH PLENTY OF FRESHLY CHOPPED CORIANDER FOR A BRIGHT, HERBACEOUS FINISH.



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INGREDIENTS

5 LARGE YELLOW ONIONS, THINLY SLICED
3 TABLESPOONS UNSALTED BUTTER
2 TABLESPOONS OLIVE OIL
2 CLOVES GARLIC, MINCED
1 TEASPOON SUGAR
1 TEASPOON SALT
1/2 TEASPOON BLACK PEPPER
2 TABLESPOONS FLOUR
8 CUPS BEEF BROTH
1 BOUQUET GARNI (THYME, BAY LEAF, PARSLEY)
1 BAGUETTE, SLICED
2 CUPS GRATED GRUYÈRE CHEESE

METHOD

CARAMELIZE ONIONS: MELT BUTTER WITH OLIVE OIL IN A LARGE POT OVER MEDIUM HEAT. ADD ONIONS AND COOK UNTIL SOFT, ABOUT 10 MINUTES. ADD SUGAR AND SALT, AND COOK UNTIL CARAMELIZED, 25-30 MINUTES

STIR IN GARLIC AND COOK FOR 1 MINUTE AND REDUCE FOR 5 MINUTES

SPRINKLE FLOUR OVER ONIONS, STIRRING FOR 2-3 MINUTES

ADD BROTH GRADUALLY, STIRRING. ADD BOUQUET GARNI AND SIMMER FOR 30 MINUTES. REMOVE HERBS BEFORE SERVING

TOAST BAGUETTE SLICES ON A BAKING SHEET UNTIL GOLDEN

LADLE SOUP INTO OVEN-SAFE BOWLS, TOP WITH BREAD AND CHEESE
BROIL UNTIL CHEESE IS BUBBLY, 2-3 MINUTES

SERVE CAREFULLY, AS BOWLS WILL BE HOT. ENJOY YOUR SOUP!



FRENCH ONION SOUP



GRILLED CHICORY WITH STILTON, PEAR & WALNUT CRUMB

INGREDIENTS

2 HEADS CHICORY, HALVED
1 TBSP BUTTER
2 RIPE PEARS, SLICED
60G STILTON OR OTHER BLUE CHEESE
40G WALNUTS, TOASTED AND CRUSHED
1 TSP HONEY
BLACK PEPPER

METHOD

HEAT THE BUTTER IN A LARGE FRYING PAN OVER MEDIUM HEAT. ONCE FOAMING, ADD THE CHICORY HALVES, CUT SIDE DOWN. COOK FOR 6-8 MINUTES, OR UNTIL THE CUT SIDES ARE GOLDEN AND CARAMELISED, AND THE CHICORY IS TENDER (REDUCE THE HEAT IF THEY START TO BROWN TOO QUICKLY).

ARRANGE THE WARM CHICORY ON A SERVING PLATTER. TUCK THE PEAR SLICES IN AND AROUND THE CHICORY. CRUMBLE THE BLUE CHEESE EVENLY OVER THE TOP, THEN SCATTER WITH WALNUTS.

DRIZZLE WITH HONEY AND FINISH WITH A GENEROUS GRIND OF BLACK PEPPER. SERVE IMMEDIATELY WHILE STILL WARM, ALONGSIDE SLICES OF CRUSTY SOURDOUGH.

TIP:

FOR A TWIST, TRY ROASTING THE WALNUTS BRIEFLY IN A DRY PAN FOR EXTRA CRUNCH, OR ADD A SPLASH OF BALSAMIC VINEGAR TO THE PAN AFTER COOKING THE CHICORY FOR A TANGY GLAZE.



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INGREDIENTS

3 MEDIUM BEETROOT, PEELED AND CUT INTO WEDGES
1 TBSP OLIVE OIL
150G GOAT'S CHEESE
1 SHEET ALL-BUTTER PUFF PASTRY
1 TSP THYME LEAVES
1 EGG (BEATEN, FOR GLAZE)
1 TBSP BALSAMIC VINEGAR
SALT & PEPPER

METHOD

ROAST BEETROOT WITH OIL, THYME, SALT & PEPPER AT 190°C FOR 30 MINS

LAY PASTRY ON A TRAY, SCORE A 1CM BORDER. PRICK CENTRE WITH A FORK

BAKE PASTRY FOR 10 MINS UNTIL PUFFED, THEN PRESS DOWN THE CENTRE

TOP WITH GOAT'S CHEESE AND ROASTED BEETROOT. DRIZZLE WITH BALSAMIC

BAKE ANOTHER 10-12 MINS. SERVE WARM OR ROOM TEMP

TIP: ADD CHOPPED TOASTED HAZELNUTS FOR TEXTURE AND CRUNCH



ROASTED BEETROOT,
GOAT'S CHEESE &
HAZELNUT GALETTE



COURGETTE FRITTI WITH LEMON AIOLI

INGREDIENTS

2 MEDIUM COURGETTES, CUT INTO BATONS
100G PLAIN FLOUR
1 EGG
100ML SODA WATER
SUNFLOWER OIL FOR FRYING
SEA SALT
LEMON AIOLI:
4 TBSP MAYO
ZEST AND JUICE OF ½ LEMON
1 GARLIC CLOVE, MINCED

METHOD

IN A MIXING BOWL, COMBINE PLAIN FLOUR WITH A BEATEN EGG.
GRADUALLY WHISK IN CHILLED SODA WATER TO CREATE A THICK BATTER.

CUT COURGETTES INTO THE SIZE OF THICK-CUT CHIPS. PAT THEM DRY
WITH A PAPER TOWEL TO REMOVE EXCESS MOISTURE — THIS HELPS THE
BATTER STICK BETTER.

HEAT A SHALLOW LAYER OF OIL, ONCE THE OIL IS HOT, DIP EACH
COURGETTE BATON INTO THE COLD BATTER, ALLOWING ANY EXCESS TO
DRIP OFF, THEN CAREFULLY PLACE THEM IN THE PAN. FRY IN BATCHES,
TURNING OCCASIONALLY, UNTIL GOLDEN AND CRISP ON ALL SIDES —
ABOUT 3-4 MINUTES.

TRANSFER TO A PLATE LINED WITH KITCHEN PAPER TO DRAIN EXCESS OIL.
WHILE STILL HOT, SPRINKLE THEM WITH A LITTLE SEA SALT.

IN A SMALL BOWL, MIX TOGETHER MAYONNAISE, MINCED GARLIC, A
SQUEEZE OF LEMON JUICE, AND A PINCH OF SALT.

SERVE THE CRISPY COURGETTE BATONS WARM, WITH THE AIOLI ON THE
SIDE AS A DIP.



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INGREDIENTS

600G NEW POTATOES, HALVED
200G SMOKED MACKEREL, FLAKED
2 TBSP CHOPPED DILL
1 TSP CAPERS
3 SPRING ONIONS, SLICED
4 TBSP CRÈME FRAÎCHE
1 TSP HORSERADISH
JUICE OF ½ LEMON

METHOD

BOIL POTATOES UNTIL JUST TENDER. DRAIN AND COOL SLIGHTLY

MIX CRÈME FRAÎCHE, HORSERADISH AND LEMON JUICE


TOSS WARM POTATOES WITH MACKEREL, SPRING ONIONS, CAPERS AND
DILL

DRIZZLE WITH DRESSING AND SERVE WARM

TIP: ADD PICKLED CUCUMBERS FOR ACIDITY IF PREFERRED

WARM NEW POTATO &
SMOKED MACKEREL SALAD
WITH HORSERADISH CREAM





CHARRED CABBAGE WEDGES WITH MISO BUTTER

INGREDIENTS

1 SMALL GREEN OR POINTED CABBAGE, CUT INTO THICK WEDGES (LEAVE CORE INTACT)
1 TBSP OIL (E.G. VEGETABLE OR SESAME)
2 TBSP UNSALTED BUTTER
1 TBSP WHITE OR RED MISO PASTE
1 TBSP RICE VINEGAR OR APPLE CIDER VINEGAR
SALT AND PEPPER, TO TASTE
TOASTED SESAME SEEDS, FOR GARNISH

METHOD

HEAT A LARGE FRYING PAN OR GRILL PAN OVER HIGH HEAT. BRUSH THE CABBAGE WEDGES LIGHTLY WITH OIL AND SEAR, CUT SIDES DOWN, FOR 2-3 MINUTES ON EACH SIDE, OR UNTIL DEEPLY CHARRED.

TRANSFER THE SEARED WEDGES TO A BAKING TRAY. ROAST IN A PREHEATED OVEN AT 200°C (180°C FAN) FOR 15 MINUTES, OR UNTIL THE CABBAGE IS TENDER BUT STILL HOLDING ITS SHAPE.

WHILE THE CABBAGE ROASTS, MELT THE BUTTER IN A SMALL SAUCEPAN OVER LOW HEAT. WHISK IN THE MISO PASTE AND VINEGAR UNTIL SMOOTH AND EMULSIFIED. TASTE AND ADJUST SEASONING AS NEEDED.

ARRANGE THE HOT CABBAGE WEDGES ON A SERVING PLATE. DRIZZLE GENEROUSLY WITH THE WARM MISO BUTTER.

SPRINKLE WITH TOASTED SESAME SEEDS FOR EXTRA CRUNCH AND A NUTTY FINISH.

THIS DISH IS BEST SERVED HOT, STRAIGHT FROM THE OVEN. FOR EXTRA FLAIR, ADD A SPRINKLE OF CHOPPED SPRING ONIONS OR A DRIZZLE OF CHILLI OIL.

INGREDIENTS

1KG MARROW (PEELED, DESEEDED, AND CHOPPED INTO SMALL CUBES)
1 TBSP SALT
500G ONIONS, FINELY CHOPPED
500G SOFT BROWN SUGAR
500ML MALT VINEGAR
250G SULTANAS OR RAISINS
1 TBSP GROUND GINGER
1 TSP GROUND CINNAMON
½ TSP GROUND CLOVES
½ TSP CHILLI FLAKES (OPTIONAL)
ZEST AND JUICE OF 1 LEMON

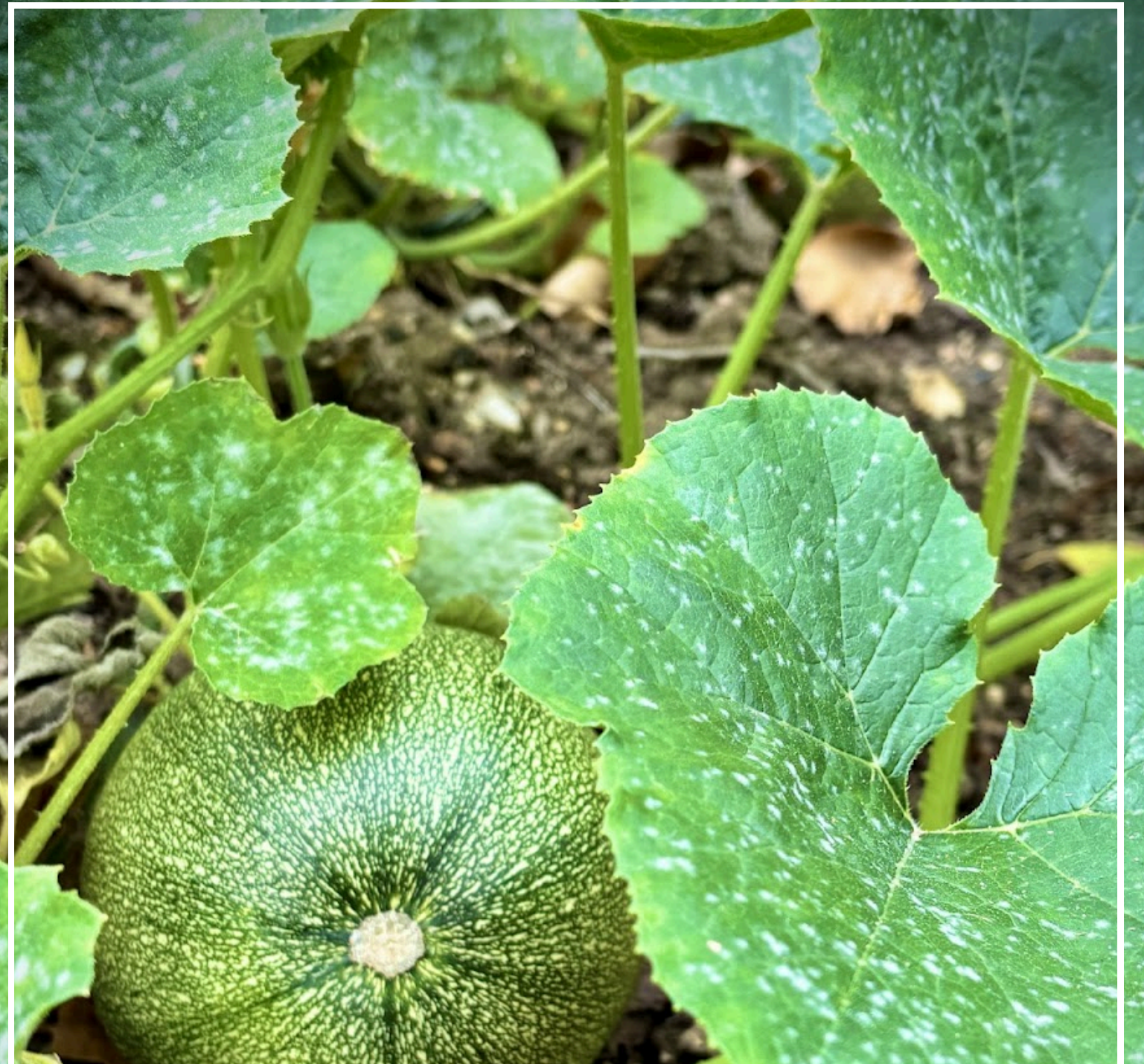
METHOD

PLACE THE CHOPPED MARROW IN A COLANDER AND SPRINKLE WITH SALT. LEAVE TO DRAIN FOR 2 HOURS — THIS HELPS DRAW OUT EXCESS MOISTURE AND CONCENTRATES THE FLAVOR. RINSE WELL AND PAT DRY WITH A CLEAN TEA TOWEL OR KITCHEN PAPER

PLACE ALL THE INGREDIENTS — INCLUDING THE MARROW — INTO A LARGE, HEAVY-BOTTOMED PAN. STIR TO COMBINE. BRING TO A GENTLE BOIL, THEN REDUCE TO A SIMMER. COOK UNCOVERED FOR 1½ TO 2 HOURS, STIRRING OCCASIONALLY, UNTIL THICK AND GLOSSY. THE CHUTNEY IS READY WHEN A SPOON LEAVES A CLEAR TRAIL ACROSS THE BOTTOM OF THE PAN.

CAREFULLY SPOON THE HOT CHUTNEY INTO WARM, STERILISED JARS. SEAL IMMEDIATELY WITH STERILISED LIDS. ALLOW TO COOL COMPLETELY, THEN LABEL AND STORE IN A COOL, DARK PLACE.

LET THE CHUTNEY MATURE FOR AT LEAST 2 WEEKS BEFORE OPENING — THE FLAVOURS DEEPEN BEAUTIFULLY OVER TIME. IT WILL KEEP FOR UP TO A YEAR IF SEALED PROPERLY.



SPICED MARROW
CHUTNEY



REDCURRANT & VANILLA PANNA COTTA

INGREDIENTS

300ML DOUBLE CREAM

200ML WHOLE MILK

75G CASTER SUGAR

1 VANILLA POD OR 1 TSP EXTRACT

3 GELATINE LEAVES

100G REDCURRANTS (PLUS EXTRA FOR GARNISH)

METHOD

PLACE GELATINE LEAVES IN A BOWL OF COLD WATER AND LET THEM SOAK FOR ABOUT 5-10 MINUTES

IN A SAUCEPAN, COMBINE DOUBLE CREAM, WHOLE MILK, SUGAR, AND A SPLIT VANILLA POD (OR A SPLASH OF HIGH-QUALITY VANILLA EXTRACT). HEAT THE MIXTURE GENTLY OVER MEDIUM HEAT, STIRRING OCCASIONALLY, UNTIL IT JUST BEGINS TO SIMMER — DO NOT LET IT BOIL.

REMOVE THE SAUCEPAN FROM THE HEAT STIR INTO THE HOT CREAM MIXTURE UNTIL COMPLETELY DISSOLVED.

REMOVE THE VANILLA POD (IF USED), THEN STRAIN THE MIXTURE THROUGH A FINE SIEVE TO ENSURE A SMOOTH TEXTURE. CAREFULLY POUR THE LIQUID INTO RAMEKINS OR DESSERT GLASSES. ALLOW THEM TO COOL SLIGHTLY AT ROOM TEMPERATURE BEFORE TRANSFERRING TO THE FRIDGE.

REFRIGERATE THE PANNA COTTAS FOR AT LEAST 4-6 HOURS, OR UNTIL FULLY SET. FOR BEST RESULTS, CHILL OVERNIGHT.

ONCE SET, SERVE THE PANNA COTTAS DIRECTLY IN THE RAMEKINS OR UNMOLD THEM ONTO SERVING PLATES. TOP WITH A GENEROUS HANDFUL OF FRESH REDCURRANTS. FOR VISUAL CONTRAST AND A SWEET-TART FLAVOUR VARIATION, ADD A FEW BLACKCURRANTS AS WELL.



LEADING THE WAY FOR
A SUSTAINABLE FUTURE

INGREDIENTS

150G RADISHES, FINELY GRATED
½ CUCUMBER, GRATED AND DRAINED
200G GREEK YOGHURT (FULL-FAT FOR BEST TEXTURE)
1 GARLIC CLOVE, CRUSHED
1 TBSP FRESH MINT, FINELY CHOPPED
1 TBSP LEMON JUICE
SALT AND BLACK PEPPER, TO TASTE

METHOD

PLACE THE GRATED RADISHES AND CUCUMBER IN A CLEAN TEA TOWEL OR MUSLIN CLOTH. SQUEEZE FIRMLY TO REMOVE AS MUCH LIQUID AS POSSIBLE — THIS PREVENTS THE TZATZIKI FROM BECOMING WATERY.

IN A BOWL, COMBINE THE DRAINED RADISH AND CUCUMBER WITH THE YOGHURT, GARLIC, MINT, AND LEMON JUICE. SEASON TO TASTE WITH SALT AND BLACK PEPPER. STIR UNTIL WELL MIXED. COVER AND CHILL FOR AT LEAST 30 MINUTES TO LET THE FLAVORS MELD.

SPOON INTO A SERVING BOWL AND DRIZZLE WITH A LITTLE OLIVE OIL IF DESIRED.

THIS TZATZIKI IS ESPECIALLY GOOD WITH GRILLED LAMB, ROAST VEGETABLES, FALAFEL, OR CRISP PITTA CHIPS. IT ALSO WORKS WELL AS A FRESH TOPPING FOR GRAIN BOWLS OR WRAPS



LEADING THE WAY FOR
A SUSTAINABLE FUTURE



RADISH, CUCUMBER
& HERB TZATZIKI



CHARD & RICOTTA STUFFED PASTA SHELLS WITH TOMATO SAUCE

INGREDIENTS

200G RAINBOW CHARD, CHOPPED
250G RICOTTA
1 EGG
12 JUMBO PASTA SHELLS
500ML PASSATA
1 GARLIC CLOVE
2 TBSP GRATED PARMESAN

METHOD

BRING A LARGE POT OF SALTED WATER TO A BOIL. COOK THE JUMBO PASTA SHELLS UNTIL JUST AL DENTE (THEY'LL COOK MORE IN THE OVEN). DRAIN AND SET ASIDE TO COOL.

IN A PAN, SAUTÉ THE CHOPPED CHARD WITH A LITTLE OLIVE OIL AND THE MINCED GARLIC FOR 3-4 MINUTES, UNTIL WILTED AND TENDER. LET COOL SLIGHTLY, THEN MIX WITH THE RICOTTA AND EGG IN A BOWL. SEASON WITH SALT AND PEPPER TO TASTE. ADD LEMON ZEST FOR EXTRA BRIGHTNESS, IF DESIRED.

SPREAD A LAYER OF PASSATA OVER THE BOTTOM OF A BAKING DISH. FILL EACH SHELL WITH THE RICOTTA-CHARD MIXTURE AND ARRANGE THEM IN THE DISH. POUR THE REMAINING PASSATA OVER THE SHELLS AND SPRINKLE WITH GRATED PARMESAN.

PREHEAT THE OVEN TO 180°C (160°C FAN) / 350°F. BAKE UNCOVERED FOR 25 MINUTES, OR UNTIL BUBBLING AND LIGHTLY GOLDEN ON TOP.

TIP: A LITTLE LEMON ZEST IN THE RICOTTA LIFTS THE FLAVOUR AND ADDS FRESHNESS.





LEADING THE WAY FOR
A SUSTAINABLE FUTURE

INGREDIENTS

200G BLUEBERRIES
150G ROLLED OATS
75G PLAIN FLOUR
100G LIGHT BROWN SUGAR
100G BUTTER, MELTED
1 EGG
ZEST OF 1 LEMON

METHOD

PREHEAT YOUR OVEN TO 180°C (160°C FAN) / 350°F. LINE A RECTANGULAR BAKING TIN (ABOUT 20 X 30 CM) WITH BAKING PAPER

IN A BOWL, COMBINE ROLLED OATS, FLOUR, A PINCH OF SALT, AND BAKING POWDER. IN ANOTHER BOWL, WHISK TOGETHER MASHED BANANA OR APPLESAUCE, HONEY OR MAPLE SYRUP, A LITTLE OIL OR MELTED BUTTER, AND A SPLASH OF MILK OR YOGURT

STIR WET INGREDIENTS INTO THE DRY TO FORM A THICK BATTER, THEN GENTLY FOLD IN FRESH OR FROZEN BLUEBERRIES

SPREAD THE BATTER EVENLY IN THE LINED TIN. BAKE FOR 25-30 MINUTES, OR UNTIL GOLDEN AND FIRM. A SKEWER SHOULD COME OUT CLEAN

LET COOL IN THE TIN FOR 10 MINUTES, THEN TRANSFER TO A WIRE RACK. ONCE COMPLETELY COOL, CUT INTO BARS

KEEP IN AN AIRTIGHT TIN AT ROOM TEMPERATURE FOR UP TO 5 DAYS FOR LONGER STORAGE, FREEZE INDIVIDUALLY WRAPPED BARS

TIP: ADD A FEW BLACKBERRIES OR CHOPPED NUTS FOR VARIETY AND TEXTURE



BLUEBERRY & OAT
BREAKFAST BARS



FRESH GREEN CHILI SALSA VERDE

INGREDIENTS

4 GREEN CHILLIES, DESEEDED (USE FEWER FOR LESS HEAT)
1 BUNCH FRESH PARSLEY, ROUGHLY CHOPPED
1 GARLIC CLOVE, PEELED
JUICE OF 1 LIME
3 TBSP OLIVE OIL

METHOD

ROUGHLY CHOP THE DESEEDED CHILLIES AND PARSLEY. PEEL THE GARLIC CLOVE.

ADD THE CHILLIES, PARSLEY, GARLIC, LIME JUICE, OLIVE OIL, AND A PINCH OF SALT TO A BLENDER OR FOOD PROCESSOR. BLITZ UNTIL SMOOTH OR YOUR DESIRED CONSISTENCY. TASTE AND ADJUST LIME OR SALT AS NEEDED.

TRANSFER TO A CLEAN JAR OR AIRTIGHT CONTAINER. KEEP IN THE FRIDGE FOR UP TO 3-4 DAYS. THE FLAVOURS DEEPEN OVER TIME.

DID YOU KNOW THAT CHILIS ARE NOT ONLY KNOWN FOR THEIR FIERY HEAT BUT ALSO FOR THEIR SURPRISING HEALTH BENEFITS?

CHILIS CONTAIN A COMPOUND CALLED CAPSAICIN, WHICH IS RESPONSIBLE FOR THEIR SPICINESS. CAPSAICIN CAN TRIGGER THE RELEASE OF ENDORPHINS, WHICH ARE THE BODY'S NATURAL PAINKILLERS, POTENTIALLY LEADING TO A FEELING OF EUPHORIA SO, ENJOYING A SPICY DISH CAN BE BOTH A DELICIOUS AND INVIGORATING EXPERIENCE!



LEADING THE WAY FOR
A SUSTAINABLE FUTURE



LEADING THE WAY FOR
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INGREDIENTS

2 HEADS PAK CHOI, FINELY CHOPPED
1 SPRING ONION, CHOPPED
1 TSP GRATED GINGER
1 TSP SESAME OIL
20 DUMPLING WRAPPERS

DIPPING SAUCE:

1 TBSP SOY SAUCE, 1 TSP RICE VINEGAR, PINCH SUGAR

METHOD

HEAT THE SESAME OIL IN A PAN OVER MEDIUM HEAT. ADD THE GRATED GINGER AND SPRING ONION, AND SAUTÉ FOR ABOUT 1 MINUTE UNTIL FRAGRANT. ADD THE CHOPPED PAK CHOI AND STIR-FRY FOR 2-3 MINUTES, UNTIL WILTED AND MOST OF THE MOISTURE HAS EVAPORATED. REMOVE FROM HEAT AND ALLOW TO COOL SLIGHTLY.

PLACE ABOUT 1 TEASPOON OF THE FILLING IN THE CENTRE OF EACH DUMPLING WRAPPER. MOISTEN THE EDGES WITH A LITTLE WATER, THEN FOLD AND PINCH TO SEAL TIGHTLY. YOU CAN PLEAT THE EDGES FOR A TRADITIONAL LOOK OR PRESS TO SEAL SIMPLY.

ARRANGE THE DUMPLINGS IN A SINGLE LAYER IN A STEAMER BASKET LINED WITH PARCHMENT OR CABBAGE LEAVES (TO PREVENT STICKING). STEAM OVER SIMMERING WATER FOR 6-8 MINUTES, UNTIL THE WRAPPERS ARE TENDER AND SLIGHTLY TRANSLUCENT.

IN A SMALL BOWL, MIX THE SOY SAUCE, RICE VINEGAR, AND A PINCH OF SUGAR UNTIL DISSOLVED. ADJUST TO TASTE IF DESIRED.

SERVE THE FRESHLY STEAMED DUMPLINGS WARM WITH THE SOY DIPPING SAUCE ON THE SIDE.



GINGER PAK CHOI
DUMPLINGS WITH SOY
DIPPING SAUCE



BLACKBERRY & APPLE PIE

INGREDIENTS

FOR THE PASTRY:

2 ½ CUPS (320G) ALL-PURPOSE FLOUR
1 CUP (230G) UNSALTED BUTTER, COLD AND CUBED
1 TABLESPOON GRANULATED SUGAR
½ TEASPOON SALT
6-8 TABLESPOONS ICE WATER

FOR THE FILLING:

3 CUPS FRESH BLACKBERRIES
3 MEDIUM APPLES, PEELED, CORED, AND SLICED
¾ CUP (150G) GRANULATED SUGAR
2 TABLESPOONS ALL-PURPOSE FLOUR
1 TEASPOON GROUND CINNAMON
½ TEASPOON GROUND NUTMEG
1 TABLESPOON LEMON JUICE
1 TEASPOON VANILLA EXTRACT

FOR BRUSHING:

1 EGG, BEATEN (OPTIONAL)
1 TABLESPOON MILK OR CREAM (OPTIONAL)
SUGAR FOR SPRINKLING (OPTIONAL)

DID YOU KNOW THAT BLACKBERRIES AREN'T TECHNICALLY BERRIES?

BOTANICALLY SPEAKING, THEY ARE CONSIDERED AGGREGATE FRUITS. THIS MEANS THAT EACH BLACKBERRY IS COMPOSED OF NUMEROUS TINY DRUPELETS, EACH WITH ITS OWN SEED, CLUSTERED TOGETHER TO FORM THE DELICIOUS FRUIT WE ENJOY. THIS UNIQUE STRUCTURE NOT ONLY GIVES BLACKBERRIES THEIR CHARACTERISTIC APPEARANCE BUT ALSO CONTRIBUTES TO THEIR RICH, JUICY FLAVOUR.



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BLACKBERRY & APPLE PIE

METHOD

MAKE THE PASTRY:

IN A LARGE BOWL, COMBINE FLOUR, SUGAR, AND SALT. ADD THE COLD BUTTER CUBES AND USE A PASTRY CUTTER OR YOUR FINGERS TO BLEND UNTIL THE MIXTURE RESEMBLES COARSE CRUMBS.

GRADUALLY ADD THE ICE WATER, ONE TABLESPOON AT A TIME, MIXING GENTLY UNTIL THE DOUGH COMES TOGETHER. DIVIDE THE DOUGH INTO TWO DISKS, WRAP THEM IN PLASTIC WRAP, AND REFRIGERATE FOR AT LEAST 30 MINUTES.

PREPARE THE FILLING:

IN A LARGE BOWL, MIX THE BLACKBERRIES, APPLE SLICES, SUGAR, FLOUR, CINNAMON, NUTMEG, LEMON JUICE, AND VANILLA EXTRACT UNTIL THE FRUIT IS WELL COATED.

ASSEMBLE THE PIE:

PREHEAT YOUR OVEN TO 400°F (200°C).

ROLL OUT ONE DISK OF DOUGH ON A FLOURED SURFACE TO FIT YOUR PIE DISH. PLACE IT INTO THE DISH, ALLOWING EXCESS TO HANG OVER THE EDGES.

POUR THE FRUIT FILLING INTO THE PREPARED CRUST, SPREADING IT EVENLY.

ROLL OUT THE SECOND DOUGH DISK AND PLACE IT OVER THE FILLING. TRIM ANY EXCESS DOUGH AND CRIMP THE EDGES TO SEAL. CUT A FEW SLITS IN THE TOP CRUST TO ALLOW STEAM TO ESCAPE.

BAKE:

IF DESIRED, BRUSH THE TOP CRUST WITH THE BEATEN EGG MIXED WITH MILK OR CREAM, AND SPRINKLE WITH SUGAR.

BAKE IN THE PREHEATED OVEN FOR 40-45 MINUTES, OR UNTIL THE CRUST IS GOLDEN BROWN AND THE FILLING IS BUBBLY.

LET THE PIE COOL ON A WIRE RACK BEFORE SERVING. ENJOY YOUR HOMEMADE BLACKBERRY AND APPLE PIE!



LEADING THE WAY FOR
A SUSTAINABLE FUTURE

INGREDIENTS

1 CELERIAC, PEELED AND DICED
1 ONION, CHOPPED
1 APPLE (BRAMLEY), PEELED AND DICED
500ML VEGETABLE STOCK
100ML SINGLE CREAM
1 TBSP CHIVES, FINELY CHOPPED

METHOD

HEAT A SPLASH OF OLIVE OIL IN A LARGE SAUCEPAN OVER MEDIUM HEAT. ADD THE CHOPPED ONION AND COOK FOR 3-4 MINUTES UNTIL SOFT BUT NOT BROWNED. STIR IN THE DICED CELERIAC AND APPLE, AND COOK FOR ANOTHER 5 MINUTES, STIRRING OCCASIONALLY

POUR IN THE VEGETABLE STOCK, BRING TO A BOIL, THEN REDUCE HEAT AND SIMMER FOR ABOUT 20 MINUTES, OR UNTIL THE CELERIAC IS VERY TENDER

REMOVE FROM HEAT AND USE A HAND BLENDER (OR TRANSFER TO COUNTERTOP BLENDER) TO BLEND THE SOUP UNTIL SILKY SMOOTH
RETURN TO THE PAN IF NEEDED

STIR IN THE SINGLE CREAM, SEASON GENEROUSLY WITH SALT AND FRESHLY GROUND PEPPER, AND WARM THROUGH GENTLY—DON'T BOIL

IN A SMALL BOWL OR JUG, MIX THE CHOPPED CHIVES WITH THE OLIVE OIL. LET IT INFUSE FOR A FEW MINUTES

LADLE THE SOUP INTO BOWLS AND DRIZZLE WITH CHIVE OIL JUST BEFORE SERVING



CREAMY CELERIAC &
APPLE SOUP WITH
CHIVE OIL

HAVING A WELL-STOCKED KITCHEN MAKES COOKING EASIER, FASTER, AND MORE ENJOYABLE—ESPECIALLY WHEN FOLLOWING A COOKBOOK
HERE'S A CURATED LIST OF SUSTAINABLE KITCHEN STAPLES.

DRY GOODS (LONG SHELF LIFE & LOW IMPACT):

- DRIED LENTILS, CHICKPEAS & BEANS (BUY IN BULK OR REFILL STORES)
- WHOLE GRAINS: OATS, BROWN RICE, QUINOA, BULGUR
- PASTA (WHOLEWHEAT OR VEGGIE-BASED IF PREFERRED)
- PLAIN FLOUR & BAKING BASICS (SUGAR, POWDER, SODA)
- TINNED TOMATOES, COCONUT MILK (RECYCLABLE CANS)

OILS & CONDIMENTS:

- EXTRA VIRGIN OLIVE OIL (VERSATILE & WIDELY USED)
- RAPESEED OR SUNFLOWER OIL (LOCAL TO UK/EU)
- APPLE CIDER OR WINE VINEGAR (GLASS BOTTLE PREFERRED)
- SOY SAUCE OR TAMARI (LASTS LONG, ADDS DEPTH)
- LOCAL HONEY OR FAIR-TRADE MAPLE SYRUP

FRIDGE & FREEZER STAPLES:

- SEASONAL VEG (CARROTS, ONIONS, CABBAGE, GREENS)
- PLANT-BASED MILK OR DAIRY FROM ETHICAL PRODUCERS
- EGGS (ORGANIC OR LOCAL WHERE POSSIBLE)
- HARD CHEESES (LAST LONGER, LESS SPOILAGE)
- HOMEMADE VEG STOCK (USING SCRAPS)

ZERO-WASTE EXTRAS:

- HERB POTS (PARSLEY, MINT, CHIVES)
- CITRUS ZEST (FREEZE BEFORE TOSSING SKINS)
- COFFEE GROUNDS OR TEA LEAVES (COMPOSTABLE)

SUSTAINABLE KITCHEN ESSENTIALS



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SUSTAINABLE EATS COOKBOOK 2025