



Orchard-fruit & veg recipes to enjoy this Autumn

Roasted roots with 'wasted pesto' (serves 4)

Source: Anna Jones

Ingredients:

- ◆ 1 bunch carrots with tops (scrubbed, not peeled)
- ◆ 1 bunch beetroots with tops (scrubbed clean)
- ◆ 1 small butternut squash (slice 1cm wedges, reserve the seeds)
- ◆ 100g whole black olives in oil, pitted
- ◆ 2 tbsp baby capers in brine
- ◆ 1 unwaxed lemon
- ◆ 1 bulb of garlic
- ◆ A piece of hard, white cheese, such as manchego or parmesan (optional)
- ◆ Extra virgin olive oil

Method:

1. Preheat the oven to 220C/425F/gas 7.
2. Separate the tops from the carrots and beetroots, then wash, finely chop and set aside. Chop veg into chunks, tip into baking tray. Drizzle with a good glug of the oil from the olive jar and about 2 tbsp of the caper brine. Add the capers and give everything a good mix. Grate over the zest of the lemon, then cut it in half and add to the tray along with the whole garlic bulb. Bake for 30–40 minutes, or until the vegetables are cooked and golden around the edges.
3. Meanwhile, wash the squash seeds under cold water to remove any fibrous bits. Coat with a little oil from the olives, add to the tray with the olives. Roast for 10 minutes, or until you hear them pop and they have turned darker.
4. Once cooked, remove the vegetables from the oven, carefully spoon out the lemon and garlic, and put the veg back in the oven to keep them warm.
5. Next, make the pesto. Squeeze the roasted garlic out of its skin into a pestle and mortar. Add the roasted squash seeds, whole roasted lemon halves (chopping it roughly first and picking out any pips) and grated cheese and grind to a coarse paste. Add the carrot and beetroot tops and about 4 tbsp of olive oil from the olive jar and pulse into a chunky pesto. Add more oil or water, if needed. Season with a little caper brine. You could use a blender if you have one.
6. Serve the roasted veg in the middle of the table, with the pesto for spooning. Freeze leftover pesto in ice cube trays for up to a few months or keep in a jar in the fridge, covered with a little oil, where it will keep for up to a week

Baked apples & spiced sultanas

Source: BHF Website (serves 2)

Ingredients:

2 large crisp eating apples
40g sultanas
3 tsp soft light brown sugar
1 tsp ground mixed spice
3 tbsps unsweetened apple juice,
orange juice, or water

1. Preheat oven to 200°C/180°C fan/gas mark 6.
2. Score around each apple with a sharp knife; remove core. Stand them upright in ovenproof dish.
3. Mix sultanas, 2 tsp of the sugar and mixed spice. Spoon mixture into centre of each apple, pushing it down into centres.
4. Combine apple juice and remaining sugar, stir to dissolve sugar; drizzle over top of the apples.
5. Bake in oven 30–40 mins (depending on size / type of apples) until apples are cooked and tender. Serve immediately with custard or natural yogurt.

Roasted garlic and apple chutney (makes approx. 7 jars)

Source: Abel & Cole

Ingredients:

❖ 1 whole bulb of garlic
❖ 3 large onions, peeled and chopped into chunks
❖ 1.5kg apples
❖ Couple of handfuls of raisins/sultanas
❖ 1 tsp ground coriander
❖ 1 tsp paprika

1 tsp Chinese five spice
1 tsp salt
1 mug brown sugar
2 mugs malt vinegar

Method:

1. Preheat oven to 190C/375F/ Gas mark 5
2. Slice the top off the garlic bulb so you can see the flesh through the skin. Pop onto a baking tray top side up into the medium-hot oven. Roast for about 45 minutes. Meanwhile prepare the fruit and veg (by peeling, chopping etc)
3. Put all the other ingredients into a large saucepan and bring to the boil. Give them a stir now and then bring back to a simmer. When your garlic is soft and squishy, squeeze the garlic out of the skin and into the pot. Let the chutney simmer a further 1.5-2hours uncovered, stirring every now and then.
4. The chutney is ready when it becomes a thick porridge-like consistency. Spoon into sterilized jars, close cook and store in a cupboard – great for Christmas!

Leek, potato & spinach frittata

Source: Abel & Cole

(Serves 4)

Ingredients:

2 medium potatoes, peeled and diced
extra virgin olive oil
1 leek (white part only, washed & chopped)
3 good handfuls spinach, chopped
4 large eggs, lightly beaten
2 handfuls grated cheese e.g. Cheddar
Pinch of paprika
Salt & pepper

Method:

1. Preheat oven to 190C/375F/ Gas mark 5
2. Toss potatoes into a hot ovenproof frying pan with olive oil, toss/stir regularly
3. When potatoes are golden brown and cooked through add onion and leek, keep stirring until they are soft and translucent
4. Turn heat to low, add spinach so it starts to wilt.
5. Add eggs and top with cheese, sprinkle with paprika and season. Put in oven 10-12 minutes. Remove and leave for 2 mins before serving