

Lockdown Baking! November 2020

With the summer produce now safely gathered and stored, either in jars or the freezer, we can now focus on the delicious winter root vegetables available. Coming home on a chilly Winters day to the warmth and comforting smells of a vegetable casserole cooking in the oven is enough to combat the coldest of days.

We hope you will enjoy baking these seasonal recipes.

Heather Jeary and Carol Makins
Board of Trustees

Winter Roots

Leek, potato and cheese soufflé

Ingredients

100g thinly sliced leek
125g boiled potatoes (I used white/sweet mixed)
50g mature cheddar, grated, keep 1 tbsp for topping
25g ham, chopped
25g butter
175ml soured cream

4 eggs separated
Seasoning

Topping:

Reserved cheddar
1 level tbsp parmesan
1 tbsp fresh breadcrumbs
Pinch cayenne pepper



Method

1. Heat oven 200°C/gas 6, grease a 7" base soufflé dish
2. Melt butter, stir in leek and gently cook for 5 minutes
3. Add cream, stir for 5 mins over a low heat, cool
4. Beat egg yolks into sauce, then add the chopped potatoes, grated cheese, ham and seasoning
5. Whisk egg whites until stiff, stir 1 tbs into the sauce, then carefully fold in the rest
6. Pour into the dish and sprinkle on the topping
7. Place on a baking tray and cook for 30 minutes until well risen and brown
8. Serve immediately, if left it will sink

Options: add crushed garlic with leeks

Root vegetable crisps with a pesto dip

Ingredients:

1 each of large raw carrot, sweet potato, parsnip, beetroot, white potato
3tablespoons olive oil
3 baking trays, with sheet of baking parchment
Sea salt, 1/2 tsp fennel seed, pepper

Method

1. Heat oven 170°C/gas 3
2. Slice vegetables thinly using a food processor, mandolin, knife or peeler
3. Put each in a bowl and drizzle with oil
4. Spread onto baking trays
5. Bake for 15-20 minutes until turning brown
6. Carrots brown quickly and take less time
7. Sprinkle with seasoning
8. Store in an airtight container
9. Re-crisp in a hot oven for 1-2 minutes

Pesto Dip

Mix together

150g natural yogurt
2 tbsl Basil pesto

Salt, pepper and a sprinkle of paprika



Root Vegetable Slice

Ingredients:

50g unsalted butter
300g thinly sliced leeks
300g thinly sliced onions
150g thinly sliced carrots
225g self-raising flour
115g hard white fat
160ml water

Method

1. Preheat the oven to 200°C/ gas mark 6
2. Melt the butter in a pan and sauté the leeks, onions and carrots until soft, season well with salt and black pepper
3. Mix the flour, fat and water in a bowl to make a soft and sticky dough. Mix into the leek mixture in the pan
4. Place the contents of the pan into a greased ovenproof dish and level the surface with a palette knife
5. Bake in the preheated oven for about 30 minutes or until brown and crispy
6. Serve the tart sliced as a vegetable side dish



Beetroot and Shallot Tarte Tatin

Ingredients:

320g ready rolled puff pastry
300g shallots,
1 tbsp olive oil,
2tbsp balsamic vinegar,
2tbsp light brown sugar,
300g cooked beetroot (not in vinegar) halved.

Method

1. Preheat the oven to 220°C/ gas mark 7
2. Roll the pastry out further to a rough 30.5cm square and then chill in the fridge
3. Put the shallots into a heatproof bowl, and pour over enough boiling water to cover. Leave for 10 minutes, drain and peel.
4. Half any large shallots so they are roughly about the same size
5. Heat the oil in a non-stick ovenproof frying pan (about 25.5cm) over a medium high heat
6. Add the shallots and fry for 10 minutes, then add the vinegar and sugar and cook for a further 5 minutes or until thick and syrupy
7. Nestle the beetroots into the pan amongst the shallots
8. Lay the pastry over the vegetables and touch in the edges
9. Bake for 35-40 minutes until crisp and deep golden (it needs longer than you think to cook through)
10. Set aside for 5 minutes, then tip out onto a plate or board to serve
I serve this dish with a green salad and small potatoes Delicious!

