

**BIG PARK GRAND OPENING - 7 MARCH 15**

**BHEL PURI**  
**WITH SPICED APPLE BHAJI**

**APPLE LATKE**  
**WITH PEPPERED QUARK AND BEETROOT SALSA**

**ROAST PEAR AND FETA FRITTATA**  
**WITH APPLE RELISH ON SOURDOUGH**

**APPLE, WALNUT AND WATERCRESS PANZANELLA**  
**WITH TAHINI CIDER VINAIGRETTE**

**PEARS POACHED IN VANILLA SPIKED CIDER**  
**WITH HONEY HAZELNUTS & CREAM**



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## Bhel Puri

### With curried apple bhaji

Bhel Puri is a popular street snack found throughout India. It is based around puffed rice mixed with seasonal vegetables and cooked pulses dressed with a tangy sauce. Improvise with the ingredients and adjust the spices and chilli to your palate. The apple bhaji is not traditional, but it is delicious. The combination of sweet and tart apples with, the puffed grain, veggies and pungent spices makes for a delicious dish. Prep the parts in advance, but assemble just before serving or it goes soggy!

### For the apple bhaji:

2 sweet eating apples, peeled, cored and cubed  
2 tart cooking apples, peeled, cored and cubed  
1 onion, sliced very fine  
1 tsp green chillies, minced  
1 tsp mustard seeds  
1 tsp cumin seeds  
1 tsp ginger, minced  
½ tsp turmeric  
2 tbsp sunflower oil or gee  
6 curry leaves

1. Heat oil or gee in a large pan over a medium heat. Add mustard seeds, when they start to pop, add the cumin seeds, curry leaves, green chillies, ginger and onions and sauté till the onions just start to turn brown.
2. Add the diced apples and turmeric and mix vigorously.
3. Add 2 tbsp of water, cover and cook on low heat for few minutes and add salt to taste.

### For the Bhel Puri

2 cups puffed rice, wheat or spelt  
1 red onion, very finely chopped  
1 large tomato, finely chopped  
½ cucumber, diced  
Juice of one lime  
250 ml natural yoghurt  
2 tsp home made masala or a shop bought chaat masala powder  
2 green chillies, deseeded and finely chopped  
4 tbsp fresh coriander, chopped  
Salt to taste

1. For home made masala powder, dry roast 3 tsp cumin seeds, 1 tsp coriander seeds and 2 dried red chillies. Cool and grind together with a tsp of salt to a fine powder.
2. To make this Bhel Puri, just before serving, toss the puffed rice with the chopped vegetables, chillies and masala powder. Dress this with lime juice, mix well and top with a spoon of apple bhaji, some yoghurt and chopped coriander.



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## Roast pear and feta cheese frittata

I often roast unripe pears. It not only softens them, but it brings out an intense flavour without being overwhelmingly sweet. I also love the taste and texture of the charred edges. The feta cheese is a bold counterpoint to the sweetness of the pears. If you don't like feta cheese, blue stilton or a creamy goat cheese also works well. I tend to cook this in the oven, but it is also easy to prepare in a frying pan finished off under the grill. Serves 4

4 unripe conference pears, topped and tailed and cut into quarters lengthways

1 onion, finely

1 clove of garlic, chopped

150g feta

6 eggs

Olive oil

Salt and pepper

1. Preheat the oven to 180c/ 330f
2. Prepare the pears and place in a baking dish dressed with a little oil, salt and pepper and roast for 25 minutes
3. Heat a pan and sauté the onions in oil until soft and then cook the garlic for a few minutes.
4. Beat and season the eggs then fold in the fried onions and garlic
5. Arrange the pears in a 25cm round ovenproof dish and pour over the eggs.
6. Place small chunks of cheese at regular intervals around the dish and bake for 20 minutes.
7. Serve hot or cold.

### Variation as a tart:

- Use the same filling for a delicious savoury tart – make up short crust pastry with 250g of plain flour, 100g butter, one egg and enough water to bind into a loose pastry. Rest this for half an hour in the fridge and roll out to line a 25cm tray or tart case. Prick with a fork, weight down with baking beans and bake this blind for 20 minutes at 180'c. Allow to cool and then fill with the pears, cheese and nuts. Beat 3 eggs and 75m double cream, season and pour over the filling. Bake for 35 minutes at 180'c.

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## Apple latkes

### With peppered quark and beetroot salsa

A latke is a European, Jewish potato pancake often served at Hanukah. They can be made with most root vegetable, but potatoes are generally included. I include sweet apple in mine. They are traditionally shallow fried, but I prefer them roasted as they are less oily. Like bubble and squeak, you can use latkes as a vehicle for using up leftovers. Serve topped with the salsa and quark.

Makes 16 latkes

1kg waxy potatoes, grated  
3 firm dessert apples, grated  
3 spring onions, very finely chopped  
3 tbsp white flour  
2 free-range egg, beaten  
1 tsp caraway seeds  
½ tsp chilli powder or flakes  
Salt and freshly ground pepper  
Olive or sunflower oil

1. If roasting, preheat the oven to 180c or 350f
2. Grate the potatoes and apple. Allow these to drain in a cloth lined colander. You are aiming to remove as much liquid as you can.
3. To the grated apple and potato, add the onion, egg and flour. Add the caraway seeds, chilli and season with salt and pepper. The mixture should feel a little sticky and bind together if you scrunch some up in your hand.
4. If roasting - Divide the mixture into 12 – 16 portions and if fat averse, put onto a lightly oiled baking tray. Brush the tops lightly with oil and roast for 25 minutes or until golden. If you prefer a really crispy latke, preheat the pan with 2mm of oil until smoking hot then add the mixture and roast as above.
5. If frying - Heat enough sunflower oil to ¼ fill a large frying pan until moderately hot and then place heaped tablespoons of the mixture gently into the pan. Fry for about five minutes on each side, turning over when the edges turn golden-brown. Do this in several batches rather than overcrowd the pan.
6. Remove the latkes from the pan and drain on brown paper or kitchen paper.

### For the beetroot and apple salsa

Mix together 4 cooked and chopped beetroot with 2 large dessert apples, peeled and finely chopped, the zest and juice of one lime and 4 tbsp chopped fresh mint leaves

### For the peppered quark

Mix 200g of quark or cream cheese with 1 tsp of black pepper and a little salt.



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## Pears poached in vanilla spiked cider

Pears are a universal symbol of abundance and fecundity. There are estimated to be over 700 varieties of pears in the UK, although Conference pears are by far the most popular. Pears are a very good source of dietary fibre. They are rich in fruit sugars and contain small amounts of phosphorus and vitamins A and C. Pears are usually picked when slightly under-ripe and they improve in texture and flavour after picking. This is an easy recipe for using hard pears. Serves 4

4 hard conference or conmmice pears  
1 cup of cider or apple juice  
1 cup water  
1 vanilla pod, split lengthways or 2 tsp vanilla extract

1. Peel the pears and cut off the very bottom so that they sit upright in a deep pan.
2. Pour over 1 cup cider and one cup of warm water plus a vanilla pod or vanilla extract. You can also add a cinnamon stick if you have one or stud the pears with a few cloves.
3. Bring this slowly to the boil and then reduce the heat to a simmer. Cook the pears gently for 20 minutes or until the pears are soft.
4. Gently remove the pears from the liquid and put to one side.
5. Continue to cook the liquid until it is reduced by 2/3rds and has syrup like consistency. Return the pears to the reduction cook for a few moments until the pears are glazed and serve with a dollop of yoghurt, a swirl of the syrup, topped with some hazelnut brittle.

## Hazelnut crunch

This is my take on peanut brittle, but without the sugar or peanuts. It is a delicious and nutritious sweet treat which is easy to make and stores well. The seeds are a great source of carbohydrates, protein and healthy fats. You can use this combination of seeds and nuts or improvise and create your own.

2 tbsp chopped hazelnuts  
2 tbsp pumpkin seeds  
2 tbsp sunflower seeds  
2 tbsp barley malt syrup or runny honey (one of each if you have both)

1. Line a baking tray with greased paper or a light coating of sunflower oil
2. Start by dry toasting the nuts and seeds in a large frying pan over a medium heat. Add the sunflower, pumpkin seeds and nuts to the hot pan and dry fry, stirring constantly until, they go a shade or two darker.
3. Add the honey or malt syrup or a spoon of each directly to the pan, stir well until the seeds and nuts are coated and then pour the hot, sticky seeds onto an oiled plate or baking paper.
4. With wet hands, mould into a disk and push gently down. When dry, cut the slab into slices or wedges.

