

MORE SUMMER RECIPES FOR RV'ERS

From Jeni's Kitchen



BROAD BEAN AND GARLIC DIP

Ingredients – Serves 8

- 450g broad beans, preferably young ones, shelled
- 2 garlic cloves, peeled and crushed
- ½ tsp ground cumin
- 2 tbsp lemon juice
- 4 tbsp olive oil
- salt and pepper to taste
- 2 tbsp chopped parsley

Method

1. Cook the broad beans in boiling salted water until tender, about 10 minutes, and then drain.
2. Pop the skins off, and tip the beans into a blender with the garlic, cumin and lemon juice. Whizz, adding the olive oil in a gentle stream. Season to taste.
3. Serve in a bowl, sprinkled with parsley and my Olive, Rosemary and Mozzarella Focaccia.

GREEN BEANS WITH CRÈME FRAÎCHE

Ingredients – Serves 6

- 800g French or runner beans
- 1 onion
- 1 clove garlic
- 2 medium-sized carrots
- 2 tbsps corn oil
- 125ml hot vegetable stock
- 2 sprigs savory
- 1 tsp arrowroot
- 4 tbsps creme fraiche
- 2 tps chopped fresh thyme or 1 tsp dried thyme



Method

1. Top and tail the beans, stringing them if necessary, and wash. Halve or quarter large beans. Peel and chop the onion and garlic very finely. Scrape, wash and finely dice the carrots.
2. Heat the oil and saute the onion and garlic in it. Add the beans and diced carrot and quickly toss in the fat. Top up with the vegetable stock, and add the savory. Cook for 10-20 minutes depending on the thickness of the beans.
3. Dissolve the arrowroot in 1 tbsp cold water, and mix with the creme fraiche. Use this to thicken the sauce. Remove the savory. Sprinkle the thyme over the vegetables.
4. Green Beans with Crème Fraîche makes a good accompaniment for lamb chops and jacket potatoes

BROAD BEANS IN BECHAMELSAUCE

Ingredients – Serves 8

- 1½ kgs broad beans, fresh or frozen
- 500ml vegetable stock
- 2 sprigs savory
- 25g butter
- 1 tbsp flour
- 1 small onion
- ½ a bay leaf
- 2 cloves
- Pinch each of salt, pepper and grated nutmeg
- 125ml single cream
- 1 tsp anchovy paste
- 2 tbsps chopped parsley

Method

1. Shell the beans, rinse in cold water and drain. Bring the vegetable stock to the boil with the savory. Add the beans, and cook, covered, for 30 minutes.
2. Drain the beans, reserving 375ml of the cooking liquid.
3. Melt the butter. Sprinkle in the flour, and stir until pale yellow, then gradually add the cooking liquid.
4. Peel the onion, stick the bay leaf and cloves into it, and place it in the sauce. Let the sauce simmer for 30 minutes, stirring frequently.
5. Remove the onion, and season to taste with salt, pepper and nutmeg. Combine the cream and anchovy paste, then mix into the sauce. Lastly add the broad beans to the sauce. Serve sprinkled with parsley.

SAVOURY TOMATOES

An ideal starter for slimmers.

Ingredients – Serves 4

- 4 large Spanish tomatoes
- 4 tbsps cottage cheese
- 1 tsp ground cumin

1 green pepper, de-seeded and diced
Seasoning

- 50g/2oz pumpkin seeds
- 1 bunch watercress

Method

Preparation takes 10 minutes

1. Slice off the tops of the tomatoes.
2. Remove the seeds and leave upside down to drain.
3. Rub the cottage cheese through a sieve to achieve a smooth consistency, add a little milk if necessary.
4. Stir in the cumin, pepper, seasoning.
5. Divide the mixture into four and stuff the tomatoes.
6. Dry roast the pumpkin seeds in a frying pan until they are lightly browned. Sprinkle over the tomatoes.
7. Chill until required.
8. Serve on a bed of watercress.

Serving and Variation

Serve with very thin slices of brown bread and butter – Use cream cheese in place of the cottage cheese.

NUTTY POTATO CAKES

This is the perfect way to use up left over potatoes.

Ingredients – Makes 8 cakes

- 450g/11b potatoes
- 15g/½ oz margarine or butter
- Alittle milk
- 75g/3oz mixed nuts, finely ground
- 25g/1 oz sunflower seeds, finely ground
- 2 tbsps spring onions, finely chopped
- Freshly ground black pepper
- Wholemeal flour for coating
- Oil for frying

Method

Preparation takes 10 minutes, cooking takes about 25 minutes

1. Peel the potatoes, cut into pieces and boil until just soft.
2. Drain and mash with the butter and milk to a creamy consistency.
3. Add the nuts, seeds, onions and pepper to taste.
4. If necessary, add a little more milk at this stage to give a soft texture which holds together.
5. Form into 8 cakes.
6. Coat with flour and fry quickly in as little oil as possible.
7. Drain on kitchen roll.

Serving and Variation

Serve with a green salad and sliced tomatoes in an oil and fresh basil dressing – Dry roast the sunflower seeds until golden brown, before grinding.

BAKED RASPBERRY APPLES

A lovely combination which is perfectly complemented by cream or yogurt.

Ingredients – Serves 6

- 2 tbsps concentrated apple juice
- 4 tbsps water
- 2 tbsps honey
- 1 tsp mixed spice

3 very large eating apples
225g/8oz raspberries

Method

1. Put the concentrated apple juice, water, honey and mixed spice into a large bowl and mix together well.
2. Wash the apples and, with a sharp knife, make deep zig-zag cuts around each apple.
3. Take one half of the apple in each hand and twist gently until the two halves come apart.
4. Remove the core and immerse each apple in the apple juice mixture.
5. Place the apples in an ovenproof dish and bake at, 200°C/400°F/Gas Mark 6 for 20-25 minutes until just soft.
6. Remove from the oven and top with the raspberries.
7. Pour the remaining apple juice mixture over the raspberries and return to the oven, 150°C/300°F/Gas Mark 2 for 10 minutes.
8. Serve at once.

Serving

Serve topped with a spoonful of Greek yogurt or whipped cream.

SUMMER PUDDING

This dessert must be prepared at least 24 hours before it is needed and is an excellent way of using up a glut of soft summer fruits. Most soft fruits can be used, but raspberries and redcurrants should predominate, both for taste and final colour.

Ingredients – Serves 6

900g mixed soft fruit, i.e. raspberries,

redcurrants, blackcurrants, cherries, strawberries

8 slices day-old white bread with crusts removed
100g caster sugar, more or less can be used according to taste

Method

1. Prepare and wash fruit and place in a heavy-based saucepan together with the caster sugar. Cook over a low heat until the sugar dissolves and the juices start to run.
2. Line the base and sides of a greased 850ml pint pudding basin with some of the slices of bread, overlapping the slices slightly so any gaps are filled.

3. Pack in the fruit and enough juice to stain the bread. Cover with the remaining slices, pour on a little more juice and retain the rest.
4. Cover the basin with a saucer or plate which rests on the pudding itself. Add a 450g weight or heavy tin or jar, in order to compress the pudding. Leave to stand overnight in the refrigerator or a cool place.
5. To turn out, loosen the sides with a palette knife and invert onto a serving plate.
6. Serve with double cream or, if obtainable, clotted cream.

