

SPRING AND EASTER RECIPES FOR RV'ERS

From Jeni's Kitchen

CARROT & ORANGE SOUP

The joy of this soup is that it can be served either hot with crusty rolls or croutons, or cold with swirls of cream or yoghurt and sprinkled with freshly snipped herbs on a balmy day.

Ingredients

450g carrots 2tsp sugar
1 medium onion 1 tsp mace
55g butter or salt and pepper
2tbsp vegetable oil
1.2 litres chicken stock (or use a stock
Grated zest and juice of large orange
150ml natural yoghurt

Method

1. Peel and chop the carrots and onion.
2. Heat the butter in a large saucepan, add the carrot and onion and cook over a low heat for 10 minutes.
3. Add the sugar, mace and seasoning and stir while adding the stock. Bring to the boil, then cover and simmer until tender.
4. Allow to cool a little, and then eitht push through a sieve or blend in a food processor until smooth. Stir in the orange zest and juice.
5. Pour the soup into individual bowl adding a swirl of yoghurt to serve.

ROSEMARY AND HONEYED LAMB

Ingredients

3-4 lb leg of lamb Dry cider
honey (runny) Seasoning
Rosemary Lemon juice

Method

1. Cover joint with honey and cider.
2. Sprinkle the rosemary over and around joint. Add salt and pepper.
3. Cover and bake 450°F/230°C for 30 mins.
4. Add a little more cider and cover with foil.
5. Reduce heat to 350°F/180°C for a further hour, folding back the foil for the last 30 mins to brown.
6. Remove meat. Add flour and seasoning to juices in pan.
7. Cook on top of stove to make gravy, stirring continuously until thick add lemon juice.

LEMON, GINGER AND HONEY-GLAZED DUCK

Ingredients - Serves 4

4 duck breast fillets - about 250g each
Salt and pepper
125ml of water
55g stem ginger, chopped

2 tbsp runny honey
Juice from half a large lemon

Method

1. Preheat the oven to 200°C/Gas 6.
2. Score the fat on the duck skin and season.
3. Heat a stove-top grill pan until hot. Add the duck breasts, skin-side down, and sear for a couple of minutes until the skin is crispy. Transfer to a roasting tin with the juices.
4. Cook in the oven for 20-25 minutes. Remove from the oven and keep warm under foil until required.
5. For the sauce, dissolve the sugar in water and boil for 3-4 minutes. Add the ginger, honey and lemon juice, and stir until thick and syrupy. Serve the duck with the glaze poured over top.

CRISS-CROSS SALMON TART

Ingredients - Serves 6

25g fresh breadcrumbs
4 tbsp milk, plus extra for brushing
25g butter
½ an onion, peeled and finely chopped
2 hard-boiled eggs, chopped
350g cooked salmon, boned and flaked
4 tbsp extra virgin olive oil
1 tbsp lemon juice
2 tsp finely chopped dill
2 tbsp finely chopped parsley
Salt and pepper

For the pastry

25g plain flour
Pinch of salt
115g chilled butter
115g Cheddar cheese, finely grated
a little iced water, to bind

Method

1. To make the pastry, sift the flour and salt into a bowl, then grate in the butter and rub it in with your fingertips. Stir in the grated cheese and enough iced water to make a firm dough. Wrap in cling film and chill for 30 minutes.
2. Preheat the oven to 200°C/Gas 6.
3. Meanwhile, put the breadcrumbs to soak in the milk. Melt the butter in a small pan and gently cook the onion until soft, then remove from the heat.
4. Mix the onion and butter with the hard-boiled eggs, fish, soaked breadcrumbs, olive oil, lemon juice and herbs. Season to taste.
5. Roll out about two-thirds of the pastry and use to line a 23cm flan tin. Spoon the filling into the pastry case and spread level. Roll out the remaining pastry and cut it into long, thin strips. Use these to make a lattice over the pie, pressing the edges together to seal.
6. Brush the pastry with milk and bake for 15 minutes, then reduce the oven temperature to 180°C/Gas 4 and bake for a further 15-20 minutes, until the pastry is a deep golden colour.

SPICY BREAD

Ingredients - Makes one loaf

225g self-raising flour
100g plain all purpose flour
1 tsp baking powder
¼ tsp salt
¼ tsp cayenne pepper
2 tsp curry powder
2 tsp poppy seeds
25g butter, cut into small pieces

150ml milk
1 egg, beaten

Method

1. Lightly grease a baking (cookie sheet) with butter.
 2. Sieve (strain) the self raising flour and the plain (all-purpose) flour into a mixing bowl along with the baking powder, salt, cayenne pepper, curry powder and poppy seeds.
 3. Rub in the butter until everything is well mixed together.
 4. Add the milk and the beaten egg and mix to a soft dough.
 5. Turn the dough out on to a lightly floured surface, then knead lightly for a few minutes.
 6. Shape the dough into a round and mark it with a cross shape in the centre of the top of the dough.
 7. Bake in a preheated oven, 190°, gas Mark 5, for 45 minutes.
 8. Transfer the bread to a wire rack and leave to cool. Serve in chunks or slices.
- TIP - If the bread looks as though it is browning too much cover it with a piece of foil for the remainder of the cooking time.

VANILLA HEARTS

Ingredients - Makes about 16

225g plain (all-purpose) flour
150g butter, cut into small pieces
125g caster (superfine) sugar
1 tsp vanilla flavouring (extract)
Caster (superfine) sugar, for dusting

Method

1. Lightly grease a baking tray (cookie sheet).
 2. Sieve (strain) the flour into a large mixing bowl and rub in the butter with your fingers until the mixture resembles fine breadcrumbs.
 3. Stir in the caster (superfine) sugar and vanilla flavouring (extract) and bring the mixture together with your hands to make a firm dough.
 4. On a lightly floured surface, roll out the dough to a thickness of 2.5 cm. Stamp out 12 hearts with a heart-shaped biscuit cutter measuring about 5 cm 2.5 cm deep.
 5. Arrange the hearts on the prepared baking tray (cookie sheet). Bake in a preheated oven, 180°C/Gas Mark 4, for 15-20 minutes until the hearts are a light golden colour.
 6. Transfer the vanilla hearts to a wire rack and leave to cool. Dust with a little caster
- TIP - Place a fresh vanilla pod in your caster (superfine) sugar and keep it in a storage jar for several weeks to give the sugar a delicious vanilla flavour.

