

EARLY SPRING RECIPES FOR RV'ERS

From Jeni's Kitchen



SPRING GREENS AND RICE SOUP

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 100g risotto rice
- Finely grated zest and juice of 1 lemon
- 1.4 litres vegetable stock
- 2 large firm tomatoes, seeded and chopped
- 225g spring greens, stalks removed and shredded
- 120g jar vegetarian pesto sauce
- vegetarian parmesan shavings, to garnish

Method

1. Heat the oil in a large pan and fry the onion and garlic for 3-4 minutes until softened. Stir in the rice and cook for one minute, stirring occasionally
2. Add the lemon zest and juice and stock. Bring to the boil and simmer (or 15 minutes).
3. Stir the tomatoes, greens and pesto into the soup. Bring to the boil and simmer for 4-5 minutes until the rice is tender. Season to taste and serve sprinkled with the parmesan shavings.

The rice will continue to absorb the stock after the soup is cooked. If you reheat the soup you may need to add more stock.

CHICKEN CASSEROLE WITH WHITE WINE

Ingredients - Serves 4

- 3 lb chicken
- 2 carrots
- 4 shallots or 1 onion
- 1 oz butter

- 1 tbsp oil
- 2 cloves garlic, crushed
- 2 tsps flour
- 3 tbsps brandy
- ¼ pt stock
- ¼ white wine - preferably Riesling
- bouquet garni
- pinch grated nutmeg
- salt and pepper
- 1 egg yolk
- 3 tbsps cream
- 1 tbsp lemon juice

Method

1. Cut the chicken into joints. Cut the carrots and shallots or onion into very small pieces.
2. In a large casserole fry the chicken pieces in the butter and the oil until well browned.
3. Put aside and fry the vegetables and garlic.
4. After a few minutes, return the chicken to the pan and sprinkle the flour over.
5. Mix in well, then pour in the brandy and light it. When it has finished burning, add the wine and stock and turn up heat.
6. Stir well to mix in all the scraps from the bottom of the pan. Add the bouquet garni, nutmeg and seasoning.
7. Cover and leave to simmer on a low heat for 40 minutes. When the chicken is cooked, remove to a heated serving dish and keep warm.
8. Strain the gravy. Mix the egg yolk and cream in a bowl and slowly add the gravy. Check the seasoning and add the lemon juice.
9. Return to the saucepan and carefully re-heat. DO NOT BOIL.
10. Pour some of the sauce over the chicken and serve the rest in a sauce bowl.

MEDITERRANEAN FISH STEW

Ingredients - Serves 6

- 2 tbsp olive oil
- 1 red onion, peeled and chopped
- 2 cloves of garlic, peeled and chopped
- 1 large red pepper, cored, deseeded and cut into ribbons
- 100 ml dry white wine
- 400g tin of chopped tomatoes
- 2 potatoes, peeled and cut into chunks
- 700g fish, such as cod, salmon, hake and coley
- 12 prawns
- Salt and pepper
- 2 tsp capers, chopped
- Handful flat-leaf parsley, chopped

Method

1. Heat the oil in a large pan, stir in the onions, garlic and red pepper and fry until soft. Add the wine, tomatoes and potatoes and cook gently for 15-20 minutes, until the potatoes are just tender. Add the fish and prawns, and cook slowly for 10 minutes. Season, scatter over the capers and parsley, and serve.

This is delicious served with chunks of crusty bread and, depending on the weather, a crisp green salad.

STUFFED FOCACCIA

Focaccia is a flat, round Italian bread, often sold flavoured with herbs, olives or sun-dried tomatoes.

Ingredients - Serves 6

- 400g can chickpeas, drained and rinsed
- Juice of 1 lemon
- 1 garlic clove
- 5 tbsp extra virgin olive oil
- 20cm round sun-dried tomato focaccia
- 100g semi-dried tomatoes in oil, drained
- 50g marinated black olives, pitted
- 30g bag of mixed salad leaves
- 1 small ripe avocado, halved, stoned, peeled and cut into chunks

Method

1. For the houmous, whizz the chickpeas, half the lemon juice and garlic in a food processor until smooth. With the processor still running, drizzle in the oil steadily until combined. Season to taste.
2. Cut the focaccia into three horizontal layers of the same thickness. Spread the houmous over the bottom two layers and then scatter over the semi-dried tomatoes, olives and salad leaves.
3. Toss the avocado with the remaining lemon juice and season. Scatter over the topping, then reassemble the loaf. Chill for at least 15 minutes before cutting into wedges to serve.



IMPOSSIBLE PIE

Ingredients - Serves 6

- 4 eggs
- 1 oz white sugar
- 2 oz desiccated coconut
- ½ tsp baking powder
- 1 tsp vanilla essence
- 2 oz margarine
- 2 oz plain flour
- 15 fluid oz milk
- ¼ tsp salt

Method

1. Place all the ingredients into the blender and mix well. Pour into a well buttered 10 inch pie dish.
2. Bake at 180°C, Gas Mark 4 for one hour.
3. When cooked the crust will be on the bottom, the custard in the middle and the coconut on the top, right where they belong - IMPOSSIBLE!