

Vegetarian Recipe = Grilled Goat's Cheese with Rocket and Tomato Chilli Jam - serve 4

Ingredients:

8 cut rounds of mild, soft goat's cheese
3 tablespoons Tomato chilli jam
2 bags fresh rocket
1 bag basil
60ml olive oil
15ml Balsamic Vinegar
2 French Bread Sticks
Cracked black pepper

Method:

Preheat grill. Place the cut rounds of cheese onto an oiled baking sheet and season with cracked black pepper. Place under the grill for 4 to 5 minutes, until the cheese bubbles and melts. Dress the rocket in half the olive oil and the balsamic vinegar.
Bake the breads and slice. Serve the breads with a dollop of chilli jam and a grilled disc of cheese on a bed of rocket.

Vegetarian Recipe = Roast Tomato and Feta Omelette - serves 2

Ingredients:

6 large free range eggs
1 handful fresh basil
1 packet fresh rocket
200g feta
60ml olive oil
20ml balsamic vinegar
1 teaspoon crushed garlic
30g butter
Salt
Black pepper

Method:

Preheat oven to 200°C. Place the quartered tomatoes into a baking tray with the olive oil drizzled over the top. Season and top with the garlic and basil.
Bake in oven until the tomatoes are soft. Once roasted remove from the oven and splash the balsamic vinegar over the top.
Meanwhile beat the eggs and season. Melt the butter in a non-stick pan and place the egg mixture into the pan drawing the cooked egg away from the sides until a softly cooked omelette base has formed.
Place the roasted tomato on top and cover with the crumbled feta. Top with the rocket, close and serve. Serve with crusty French bread.

Vegetarian Recipe = Pasta shells with Leeks, Spinach, Blue Cheese and Chilli - serves 4

Ingredients:

30g butter
1 bag baby spinach
100g blue cheese
150ml reduced fat cream
1 bag fresh basil leaves – torn
Salt and
Black pepper

Method:

Cook pasta according to pack instructions, set aside.
Melt butter and sauté leeks over a low heat until soft and sweet. Do not allow to brown. Add spinach and cook until wilted. Season. Add crumbled blue cheese, chilli flakes and cream to spinach and leeks and toss.
Add cooked pasta to sauce, toss, warm through and serve.

Vegetarian Recipe = Pan Fried Sweet Potatoes

Ingredients:

675-900g sweet potatoes
Juice of 1 lemon

15ml plain flour
Pinch of cayenne pepper
45ml sunflower oil
1 large onion, chopped
50g fresh breadcrumbs
Salt

Method:

Peel the sweet potatoes and cut into chunks about 4cm square. Place in a pan of boiling water with the lemon juice and a little salt and simmer for 8-10 minutes until cooked but not soft. Mix together the flour, cayenne pepper and a pinch of salt. Drain the potatoes and then dust with the seasoned flour, coating the pieces well. Heat 15ml of the oil in a large frying pan and fry the onion for about 2 minutes. Add the breadcrumbs and fry, stirring, for about 1-2 minutes until golden. Heat the remaining oil in the pan and fry the potatoes for 5-6 minutes, turning occasionally, until evenly browned. Stir in the breadcrumbs and cook for 1 minute. Serve immediately

Vegetarian Recipe = Leek, Fennel and Potato Gratin

Ingredients:

1 tbsp extra virgin olive oil
2 large leeks, halved lengthways, thinly sliced and washed
1 tsp ground fennel seed
Salt and freshly ground black pepper
2 large fennel bulbs, quartered lengthways, cored and thinly sliced
5 garlic cloves, finely chopped
2 tbsp each of fresh flat-leaf parsley, thyme and marjoram, chopped
300ml cream
300ml Milk
1 bay leaf
1/2 tsp peppercorns
12 tsp fennel seeds
3 fresh thyme sprigs
85g Gruyere, grated
20z Parmesan cheese, grated
675g large floury potatoes, peeled and sliced
20 black olives, pitted and coarsely chopped

Method:

Heat the olive oil in a large frying pan; add the leeks, ground fennel, salt and a few pinches of pepper. Cook over a medium heat until the leeks are heated through, then cover the pan and steam until wilted, about eight minutes. Add the sliced fennel, garlic and salt (if desired) and cook until the fennel is tender, about 95 minutes. Transfer the vegetables to a bowl and toss with half the chopped herbs.

While the leeks and fennel are cooking, pour the cream and milk into a small saucepan. Add the bay leaf, peppercorns, whole fennel seed and thyme. Heat the cream over a low heat for 15 minutes. Strain and season well. Pre-heat the oven to 190° C/375 F gas 5 and lightly oil a 23cm x 33cm (9in x 13in) baking dish. Mix the cheese. Layer a third of the potatoes in the bottom of the dish, overlapping the slices and rows as you go. Generously season the potatoes.

Add the olives, half the leek mixture and a third of the cheese. Make another layer of potatoes, season again and add the remaining leeks and fennel and a third of the cheese. Top with a final layer of potatoes and pour the hot cream over. Cover the dish and bake for 40 minutes.

Remove the cover, sprinkle with the remaining cheese and bake, uncovered, until the potatoes are very tender and the gratin (cheese topping) turns golden and a little crisp, about another 15 minutes. Sprinkle with the remaining chopped herbs just before serving. Enjoy with warm, crusty bread.