

June recipes

The recipes below are ideas I will share with you all using seasonal ingredients. I will however suggest using spices and flavourings and herbs not necessarily native to this country but widely used in dry and powdered form. The same will go for the use of oil, vinegar and other condiments as and when.

French Beans

Steam or boil in salted water. A good addition to salads.

Delicious in stir fry recipes.

If you have a glut of French Beans, you can lightly boil them, then toss them well drained in rapeseed oil and butter, add a handful of fresh parsley and spring onions, salt and pepper, cook gently but not let the onion caramelise and serve as an alternative to any accompanying vegetable.

Broad Beans

The above suggestion for French Beans are all suitable for Broad Beans.

Lightly boil the Broad Beans in salted water, drain and add to a frying pan with fried crispy bacon and onions. When all the vegetable are nearly caramelised, add a tea spoon of fresh or double cream to form a light sauce and serve.

Jersey Royal New potatoes

Please see last month ideas for new potatoes but add all the new salads and herbs to the salad ideas and a few nasturtium leaves and flowers for effect and taste.

Peas

Fresh peas are of course lovely on their own with a nice chunk of butter and mint, chives or chervil mixed with it depending on your preferences.

They can also be added to salads or mashed or crushed and mixed with Tahini or soft cheese and seasoned with fresh herbs and paprika or chilli powder depending on taste and preferences to make a lovely dip.

Fresh peas, carrots and new potatoes medley - heat a little olive oil and a chunk of butter on the hob in a heavy pan. Add the spring onions, a few new potatoes and carrots and fresh peas and mix thoroughly on a medium to low heat but do not let any of the ingredients change colour. Season with salt, pepper, a little sugar or honey, mint, parsley, oregano and sage. Just cover with water and let it simmer for about 15/20 minutes.

Chervil

New potatoes and chervil omelette - gently toss your cut into round new potatoes in rapeseed or sunflower oil. In the meantime, mix your eggs with finely chopped chervil, season with salt and pepper and pour the egg mixture onto the gently browning new potatoes.

Coriander

Use instead of parsley for a stronger taste and of course use to spice up your curries.

Chick peas and coriander - heat a heavy bottomed pan and toss your choice of spices dry in the hot pan, like curry powder, masala, chilli powder, turmeric, cinnamon and cumin. Once it starts to smoke, add vegetable oil and quickly fry onions, carrots and a little garlic. Add your drained chick peas and a generous amount of coriander and let it simmer for 20 minutes or so. Serve with boiled rice or steamed couscous.

Mint

Use with lamb dishes.

Lemon and mint drink - prepare a weak to medium pot of tea and let it cool. Add the juice of a lemon and a little grated rind. A little sugar and honey and a generous amount of chopped fresh mint. Put in the fridge for a few hours and drink according to your fancy. Adding a drop or two of nice gin is also an option.

Nasturtium

Lovely and colourful addition to any salads. The leaves have a strong peppery taste so particularly suitable to 'lift' a lamb's lettuce mix.

Oregano, Parsley, Rosemary, Sage and Tarragon

Use to flavour meat and fish dishes or pasta sauces according to taste.

Oregano work particularly well with Italian inspired dishes.

Parsley is a lovely discrete taste well suited to fish, beef and pork and all sorts of pasta sauces.

Rosemary is particularly well suited to lamb but not if the lamb is cooked in curries or such like. Also good to flavour pasta sauces.

Tarragon is particularly well suited to chicken, when roasting a chicken add a good bunch inside along with a half a lemon before putting in the oven.

Fish

Fish in season have also been added to our cooking suggestions. I have separated the fish's suggestions into group and each fish in a group can be cooked the same way.

Bass, Black Bream

Lovely firm fish with white flesh.

Baked - pour a generous amount of olive oil in an oven ready dish, toss the fish on all side in the oil and cover with bread crumbs or little chunks of crusty bread mixed with parsley, oregon and dill, season with salt, pepper and the juice of a lemon and bake for about 15/20 minutes, depending of the size of the fish.

Brill, Dover Sole, Flounder, Lemon Sole, Plaice, Turbot

Delicate flavour

Fried - gently fried on a low heat in olive or rapeseed oil, add a bit of chilli flakes, salt, pepper and parsley just before serving and squeeze some fresh lemon juice on top.

Cuttlefish

Do not overcook or it will become rubbery.

Remove all black or inky bits. Cut in strips or length and fry in olive oil with finely chopped onions and garlic. Once the fish starts to curl and the onions start to brown add a teaspoon of turmeric, salt and pepper and a portion of rice and toss with all the ingredients. Add water to cover and herbs of your choice. Serve once the rice is ready.

Dogfish, Huss, John Dory

Flaky, firm flesh

Poached - carefully place the fish in a large shallow pan, cover with water and a bunch of dill, sage and parsley, squeeze the juice of a lemon in the water with salt and pepper. Bring to a simmer and test if the fish is ready with a knife, it should be firm and soft. Serve with a sauce of your choice for example a white sauce or a gribiche sauce.

Gurnard

Firm fleshed fish

Weather permitting this fish is lovely barbecued, after being tossed in olive oil mixed with herbs and lemon juice. Can be eaten warm with choice of vegetables or crumbled in a salad once cooled.

Monk Fish

Very delicate 'meaty' flavour

Remove the film of skin if not already done and fry in olive or rapeseed oil in a heavy frying pan. Remove from the pan and add onions, carrots and garlic. Once browned put the fish back on a medium to low heat and add a can of tomato sauce or passata. Season well with salt and pepper and a little chilli powder. Let the sauce simmer for about 10 minutes and serve. This fish is very delicate and mustn't be overcooked.