

## Culinary Suggestions for May

### The Vegetables in Season in May

Asparagus	Radish
Broccoli	Rocket
Carrots	Samphire
Cucumber	Spinach
Jersey Royal New Potatoes	Spring Onions
Lettuce (Lamb's and Curly)	Watercress
Peas	Wild Nettles

### The Herbs to Eat Now

Basil	Oregano
Chervil	Parsley
Chives	Rosemary
Coriander	Sage
Dill	Sorrel
Mint	Tarragon
Nasturtium	

### Fish caught in the UK during May

Bass	Gurnard
Black Bream	Huss
Brill	John Dory
Cuttlefish	Lemon Sole
Dogfish (known as Rock Salmon)	Monk Fish
Dover Sole	Plaice
Flounder	Turbot

### Paulette's cooking suggestions

#### Les Pensée de Paulette

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.

Some of this month vegetables and herbs have already been dealt with in March and April so they will not be included in this month recipes ideas.

### 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 an 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 rape-seed 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 (on the occasions you are treating yourself to such meat).

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.