



# FROM GARDEN TO TABLE

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## INTRODUCTION

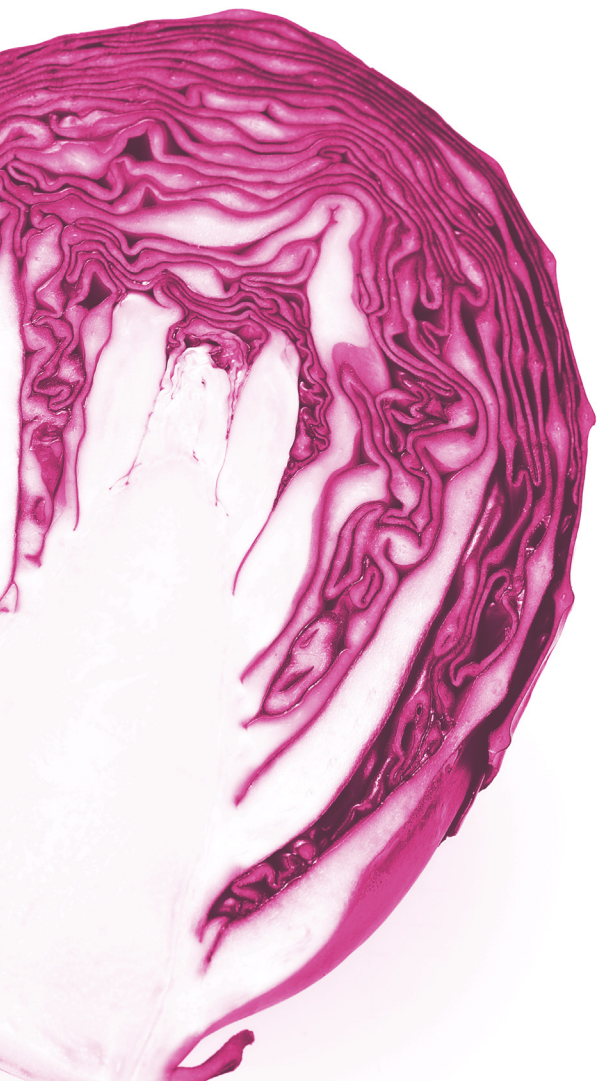
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Welcome to From Garden to Table, an eBook brought to you by Worktop Express®. A curation of simple, delicious recipes provided by foodies from around the UK, it should help you to make the most of your home-grown produce, from fragrant herbs to vitamin-packed fruit and veg.

As well as being pleasing to the palate, these dishes have the added benefit of being kind to the planet. You can't get much more sustainable

than picking goodies from your own garden and using them to create mouth-watering plates. Also, because it encourages you to eat more fruit and veg, growing your own can be super healthy.

Whether you fancy preparing a summer barbeque, a healthy salad or a sweet treat, you should find all the inspiration you need right here. Got your own recipes or tips you'd like to share? Join the conversation using the hashtag **#DigYourFood**.



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*<http://foodandfitnessalways.com/>*

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*<http://backwithabump.co.uk/>*

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*inspired by BBC Good Food*

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*<http://natalietamara.co.uk>*

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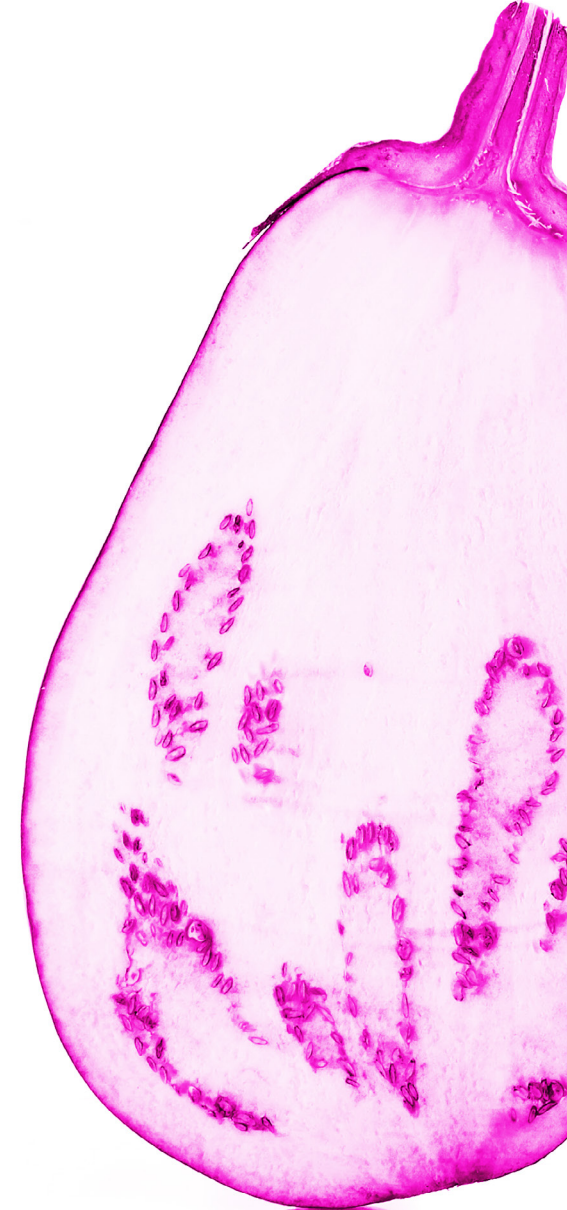
*Recipe by Helen Jessup*

*[www.thecrazykitchen.co.uk](http://www.thecrazykitchen.co.uk)*

Apple and Cinnamon Loaf Cake

*Recipe by Katie Groome*

*[www.cakevsscales.com](http://www.cakevsscales.com)*





## VEGETABLES

From asparagus to courgettes, carrots, spinach, fennel, watercress and runner beans, a host of vegetables are ready to eat during the warmer months. So if you have a veg patch, your ingredients larder is likely to be especially well stocked at this time of year.

The following recipes should help you to make the most of these rich pickings.





## MEDITERRANEAN VEGETABLE CASSEROLE

Recipe by Adam Warren & Anna Heaton  
[foodandfitnessalways.com](http://foodandfitnessalways.com)

### Ingredients

- 1 Sweet Potato (*sliced & cut into chunks*)
- Handful of New Potatoes (*halved*)
- 1 Carrot (*peeled & sliced*)
- Olive Oil
- 1 Onion (*sliced*)
- 1 Courgette (*sliced*)
- 1 Red Pepper (*cut into chunks*)
- 2 Garlic Cloves
- ½ Vegetable Stock Cube
- 400g Passata
- ½ teaspoon Smoked Paprika, Ground Cumin, Dried Oregano
- 1 teaspoon Caster Sugar
- ½ Punnet Cherry Tomatoes (*halved*)
- 200g Kidney Beans (*drained*)
- Salt & Freshly Ground Pepper
- Flat-Leaf Parsley (*finely chopped*)
- Extra Virgin Olive Oil (*to drizzle*)

### The Method

Par-boil the potatoes and carrots in salted water for 15 minutes. Meanwhile add some olive oil to a large casserole dish on a medium-high heat and fry the onion, courgette and pepper for 5-10 minutes or until soft. Crush the garlic cloves straight into the pan. Dissolve the stock cube into 200ml of boiling water and add to the pan along with the passata. Add the spices and oregano, along with the sugar to the pan. Add the par-boiled potatoes and carrots, along with the tomatoes and kidney beans to the pan. Season well with salt and pepper. Add the parsley (reserve some to garnish)

Simmer for 20 minutes or until all of the vegetables have softened.

Season to taste, then drizzle over some extra virgin olive oil and serve with good-quality bread (optional)





## HEALTHY COTTAGE PIE

*Recipe by Fran  
backwithabump.co.uk*

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### Ingredients

1 onion diced

1-2 cloves of garlic or a  
teaspoon if using minced  
garlic

400g of turkey breast mince

Tin of tomatoes

Tomato puree

1 pepper (*any colour*) cut into  
small strips or diced

1-2 large potatoes (*I used  
a mix of white and sweet  
as it's what we had in the  
cupboard!*)

Handful of fresh herbs or  
dried

Seasoning

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### The Method

Add a small amount of coconut oil to a large pan and heat before adding the diced onion and garlic and cook until softened. Add the diced turkey mince and brown. Add in the peppers, tinned tomato and a squeeze of tomato puree and stir- you can add peas, sweetcorn, carrots if you wanted. Add seasoning and turn down to a low simmer. Boil the potatoes until soft and mash and add a little seasoning (white potatoes will take longer than the sweet potatoes. Sweet potato can just be peeled, diced and microwaved). Add the mince meat to a large ovenproof dish. Top with the mash and bake for 40mins on 180C

Serve with salad.





## BARBEQUE SIDES

There's nothing better on a beautiful summer's day than getting stuck into some alfresco cooking and dining with a hearty barbeque - and there's plenty that can be grown in the garden to make these meals a success. Herbs such as basil, chervil, mint and sorrel are at their fragrant best this season, and they can be perfect for making punchy marinades for meats and dressings for salads. Side salad essentials like lettuce and tomatoes are also ripe for picking during the warmer months, and new potatoes are in season from April until July.

To give you some food for thought, here are two sumptuous barbeque recipes.





## TOMATO CHUTNEY

*Recipe by Leyla Preston & inspired by BBC Good Food  
[www.motherhooddiaries.com](http://www.motherhooddiaries.com)*

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### Ingredients

1 ½ red onions, chopped  
1kg tomatoes, chopped  
150ml red wine vinegar  
3 garlic cloves  
200g brown sugar  
4cm ginger, chopped  
5 cardamom seeds (optional)

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### The Method

Serves:  
1kg of Chutney  
Preparation Time: 30 minutes  
Cooking Time: 1 hour 10 minutes

Place all ingredients in a large heavy-based pan and bring to a gentle simmer, stirring frequently. Simmer for 1 hour and then bring to a gentle boil until the mixture turns dark and shiny. Place in sterilised jars and allow to cool before covering.

Chutney keeps for up to 6 weeks.







# COURGETTE AND BUTTERNUT SQUASH ROSE TART WITH LEMON ROAST POTATOES

Recipe by *Natalie Tamara (The Tofu Diaries)*  
[natalietamara.co.uk](http://natalietamara.co.uk)

## Ingredients

For the pastry:

250g wholemeal spelt flour

75g coconut oil

75g dairy-free butter

Pinch salt

3 tbsp cold water

For the tart filling:

1 tbsp olive oil

1 large courgette

1 butternut squash neck (the firm cylindrical part), peeled

2 leeks, medium diced

3 tbsp vegan pesto

Olive oil for brushing

For the potatoes:

650g Charlotte potatoes, washed

2 tbsp olive oil

1 lemon, cut into six wedges

6 cloves garlic

Black pepper to taste

2 tbsp lemon thyme

200g purple kale

## The Method

A light vegan roast dinner bursting with flavour. The courgette and butternut squash rose tart makes a stunning centrepiece.

Cuisine: Vegan, Serves: 4

Preheat the oven to 200C/400F/Gas Mark 6. In a large bowl, add the flour, coconut oil, dairy-free butter and salt. Using your fingertips, rub the oil and butter together with the flour until it forms a breadcrumb-like consistency. Add the water and bring the dough together with your hands to form a ball. Place in the fridge. Place a frying pan over a medium-high heat and add 1 tbsp olive oil. Once hot, add the chopped leeks. Cook for five minutes until softened, stirring frequently. Once softened, add the pesto and mix in thoroughly. Set to one side. Use a vegetable peeler to slice the courgette and butternut squash into thin strips. Grease an 8" loose-bottomed tin or a tart tin. Dust a rolling pin and surface with a little extra flour. Carefully roll out the pastry and cover the bottom and sides of the tin with an even layer. Scoop the leek mixture onto the pastry and spread evenly. To create the roses, roll a strip of courgette tightly. Take another strip and roll it tightly around the first one. You will need two or three strips to create one rose, depending on the length of the pieces. Repeat until you have enough courgette roses for an outer ring (see pictures). Then repeat

with the strips of butternut squash until you have enough roses and the tart is filled. Brush the top of the roses lightly with a little oil. In a large roasting tin, add the potatoes, 2 tbsp olive oil, lemon wedges, whole (unpeeled) garlic cloves and black pepper. Mix to ensure everything is coated in the oil. Place the potatoes and the tart into the oven, with the potatoes on the top shelf and the tart on a lower shelf.

Cook for one hour or until the potatoes are crisp on the outside and soft in the middle and the pastry of the tart has cooked thoroughly. Use this hour to wash up and prepare a dessert of your choice for after the roast, following steps 10 and 11 along the way! After 40 minutes, add the lemon thyme to the roasting potatoes, mash the garlic cloves a little and give the tray a shake to roll the potatoes around. After 55 minutes, steam the kale using a steamer or in a colander inside a saucepan filled with a little water. Steam for around 5 minutes until tender. Remove the potatoes and tart from the oven. Serve!







## RHUBARB CAKE TRAYBAKE

*Recipe by Helen Jessup*  
[www.thecrazykitchen.co.uk](http://www.thecrazykitchen.co.uk)

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### Ingredients

225g butter, melted  
230g soft brown sugar  
3 medium eggs  
1 tsp vanilla extract  
225g self raising flour  
1 tsp baking powder  
150g rhubarb, thinly sliced  
sprinkling of icing sugar to serve (optional)

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### The Method

A deliciously moist cake to make the most of seasonal rhubarb

Makes a 13" x 9" traybake

Preheat the oven to 170°C. Grease & line a 13"x9" tin with baking paper. Beat the melted butter and 200g of sugar together. Beat in the eggs, one at a time, along with the vanilla. Fold in the flour and baking powder until well combined. Pour batter into the baking tin and smooth top. Scatter on the thinly sliced rhubarb and sprinkle over the remaining sugar. Bake for approx. 25 minutes until golden brown and springy to the touch.

Serve warm or cold, with custard or vanilla ice cream (or both!)





## APPLE AND CINNAMON LOAF CAKE

*Recipe by Katie Groome*  
[www.cakevscales.com](http://www.cakevscales.com)

### Ingredients

For the cake:

300g Self-raising flour

300g Chopped and peels  
apples

125g Soft Brown Sugar

190g Fat-Free Greek Yoghurt  
(Or diary free alternative)

Half a teaspoon of ground  
cinnamon

Half a teaspoon Vanilla  
Essence

2 Medium Eggs

For the vanilla buttercream:

250g Icing Sugar

80g Butter

25ml Semi Skinned Milk

Splash of vanilla essence

Optional Icing decoration (for  
example icing flowers)

### The Method

Serves – 10, Time – 95mins, Eat within 4 days

You will need – a lined loaf tin, hand mixer, icing  
piping bag and large mixing bowl

#### For the cake

Start by lining a loaf tin with greaseproof paper and  
pre-heating the oven to 180 degree's.

Then peel and chop the apples and place in a large  
bowl, add in the soft brown sugar, flour, ground  
cinnamon and mix. Now beat the two eggs and add  
these in alongside the yoghurt and vanilla essence,  
mix until thoroughly combined.

Pour the mix into the loaf tin and bake for 60-70  
minutes depending on your oven. When the cake  
is baked, transfer to a wire baking rack and allow to  
cool for 35-40 minutes.

#### For the icing

Once the cake is fully cooled, place the icing sugar,  
butter and vanilla essence into a large mixing bowl,  
then using a hand mixer slowly start to mix whilst  
gradually adding in the milk.

When the mix comes together, increase the speed  
to create some volume for around 30 seconds and  
then the icing will be ready to use.





## BON APPETITE!

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Thank you for downloading and reading our Garden to Table eBook - and thanks to the bloggers who have shared their recipes. We hope it's given you plenty of ideas to turn your garden produce into stunning dishes to enjoy this summer and beyond.