

MENU



ARUGULA, ASPARAGUS AND BASIL SALAD

**ROAST CHICKEN ON A BED OF POTATOES
WITH A WARM HARICOTS VERTS SALAD**

APRIUM CLAFOUTIS



ARUGULA, ASPARAGUS AND BASIL SALAD

This salad has raw asparagus in it, that's not a type-o. They're delicious, crunchy, earthy and herbaceous at the same time. If you don't fancy completely raw stalks, just pop them into a shallow pan of boiling water for just a couple of minutes to barely cook them. Either way you will have a lovely refreshing salad to serve either as a first course, or alongside the roast chicken that follows.

Serves 4 people



For the salad:

- 4 ounces (113 grams) baby arugula
- 2-3 radishes — very thinly sliced
- 2 medium sized carrots — peeled, then very thinly sliced
- 2/3 cup (15 grams) packed basil leaves
- ¼ cup (36 grams) toasted almonds
- 8 ounces (227 grams) raw asparagus stalks — woody ends trimmed away
- 2 ounces (65 grams) sliced goat cheese

For the vinaigrette:

- 1 tablespoon mustard
- ¼ cup (60 ml) olive oil
- 1 tablespoon white wine vinegar or white balsamic vinegar
- Pinch of salt
- 4-5 grinds black pepper

- 1 Scatter the arugula, radishes, carrots, basil leaves and almonds over a medium to large serving platter or arrange them in a shallow bowl. Intersperse the asparagus stalks and sliced goat cheese into the assorted greens.
- 2 Combine the vinaigrette ingredients in a small bowl and whisk together to form a thick emulsion. When ready to serve drizzle over the salad and toss to combine.



ROAST CHICKEN ON A BED OF POTATOES

WARM HARM HARICOTS VERTS SALAD

One of my earliest memories is of big Sunday lunches at home in London where I grew up. Mum would make roast chickens, potatoes of some kind, big bowls of salads and some fruity dessert. We usually went for huge, long walks across the heath in the morning, often in biting cold wind and drizzle, happy in the knowledge that we'd tuck into a warming, comforting, soothing meal once we made it back home. These were cozy, languorous afternoons, the meal lasting hours, peppered with laughter and good conversations, friends taking occasional naps on the ancient chesterfield as they fell into post lunch stupor. They'd be revived with cups of piping hot tea and other helping of dessert. This was comfort in all its guises. This is the meal we always make when we need the comfort of home.

Roast Chicken On A Bed Of Potatoes

Serves 4 people generously

Olive oil

1 large yellow onion – peeled and finely sliced

1 pound (450 grams) small yellow or red potatoes, or fingerling potatoes

8 ounces (225 grams) carrots — peeled and thinly sliced

1 chicken (3.5-4 pounds/1.5-1.8 kilos) organic if possible

1 tablespoon Herbes de Provence

Coarse sea salt

Black pepper

- 1 Preheat the oven to 400°F (205°C).
- 2 Pour a little olive oil into a roasting pan that is large enough to hold the chicken and vegetables without crowding them too much. Add the sliced onions, potatoes and carrots, and shake the pan backwards and forwards a few times to lightly coat the vegetables.
- 3 Nestle the chicken on top of the onions. Drizzle a little olive oil over the chicken. Sprinkle the Herbes de Provence over the chicken and the vegetables. Scatter a pinch of salt over the chicken and add 5-6 grinds of pepper.
- 4 Roast in the middle of the oven for 15 minutes and then lower the temperature

to 375°F (190°C) and roast for a further 1hr 15 minutes. When the chicken is cooked, let it rest for 5-10 minutes before carving, loosely covered with foil.

Warm Harm Haricots Verts Salad

Serves 4 people

2 teaspoons Dijon mustard

3 tablespoons olive oil

1 tablespoon white wine vinegar or tarragon vinegar

1 pound (453 grams) haricots verts (assorted varieties if you can find them) — ends trimmed

¼ teaspoon coarse sea salt or flaked salt

6 grinds black pepper

2 tablespoons finely chopped chives

1 tablespoon toasted sliced almonds

- 1 Combine the mustard, olive oil and vinegar in a salad bowl and whisk together to create an emulsion.
- 2 Place the haricots verts in a steamer and cook for 5-7 minutes. The haricots verts should still be bright green and yellow and al dente. As soon as they are cooked, remove them from the steamer and add to the salad bowl.
- 3 Scatter the salt, pepper, chives, and almonds over the top and toss well to combine.

APRIUM CLAFOUTIS

Eating clafoutis is like being bundled up in a warm duvet. It's cozy and comforting. Traditionally made with cherries, this version uses apriums (an apricot-plum hybrid fruit) that have the beautiful golden color of apricots and the juiciness of plums. If you can't find them, try a mix of any stone fruit, and if it's not stone fruit season, pear clafoutis is equally delicious. Just use the same weight of fruit. If there's any leftover it is excellent for breakfast too!

Serves 6-8 people

2 pounds (910 grams) assorted apriums (or apricots)
— pitted and chopped

Zest of 2 lemons

3 cups (710 ml) milk

8 ounces sugar (1 cup/454 grams)

1 teaspoon pure vanilla extract or vanilla paste

3 ounces (2/3 cup/85 grams) unbleached all-purpose
flour

5 large eggs

- 1** Preheat oven to 400°F (205°C).
- 2** Place the fruit in a large shallow 12-inch (30 cm) round or oval baking dish. Add the lemon zest and stir to combine.
- 3** In a medium sized saucepan heat the milk with the sugar and the vanilla. Stir until the sugar has completely dissolved. Remove from the heat.
- 4** Place the flour in a medium-sized bowl and whisk in one egg at a time. Stir vigorously until you have a completely smooth batter, then slowly whisk in the milk mixture. The batter should be thin and free of any lumps. Pour the batter over the fruit.
- 5** Place in the center of the oven and bake for 40-45 minutes. The clafoutis is done when you shake the pan a little, the surface of the clafoutis will just jiggle. The top should appear golden. It will

