

WELSH COUNTRY

Your Countryside Magazine for Wales

Welsh Kitchen

A rustic still life photograph featuring a wooden crate filled with several whole oranges and a few sliced oranges showing their juicy interiors. The crate is surrounded by fresh pine branches and pinecones, creating a festive, winter atmosphere. A burlap sack is draped over the side of the crate, adding to the rustic feel. The entire scene is set on a dark wooden surface.



Asparagus Turkey and Spinach Orzo

Serves: 4

You'll need:

- 2 tsp olive oil
- Salt and freshly ground black pepper
- 300g cooked turkey breasts, chopped into bite sized pieces
- 2 banana shallots, chopped
- 2 cloves garlic, crushed
- 200g orzo
- 100ml chicken stock
- 1 bunch asparagus, washed and trimmed and cut into pieces
- Zest and juice of a lemon
- 115g bag baby spinach
- 3 tbsp grated parmesan plus extra for serving

What next?

- 1 Add 2 tsp olive oil to a large non-stick frying pan and sauté the shallots and garlic for a couple of minutes, until starting to soften. Add the orzo, give it a good stir and then add the stock. Bring to the boil, cover and simmer for five minutes.
- 2 Add the asparagus, put the lid back on and simmer for another five minutes.
- 3 Add the lemon juice and zest, cooked turkey and the spinach and cook for a further few minutes until the turkey is warmed through and the spinach is just wilted.
- 4 Stir through the parmesan and serve with extra on the side.

For more recipes visit: enjoyasparagus.com



Chantenay and Butternut Squash Curry

Serves: 4-6

You'll need:

- 1tsp ground cumin seeds
- 1tsp mustard seeds
- 2 tbsp rapeseed oil
- 1 large onion, peeled and chopped
- 3 garlic cloves, crushed
- 1 red chilli, deseeded and finely sliced
- 7 curry leaves
- 1tbsp of medium curry paste
- 1 medium sized butternut squash, peeled, deseeded and cut into chunks
- 350g Chantenay carrots
- 1 small red pepper, deseeded and cut into chunks
- Juice of 2 limes
- 1 tin chopped peeled plum tomatoes
- 1 tin coconut milk
- 1 bunch of coriander, chopped
- 150ml of vegetable stock
- Sea salt and black pepper

What next?

- 1 Roast the cumin and mustard seeds in a small pan, cook until they begin to pop. Remove from the heat, pound in a pestle and mortar and set aside.
- 2 Place a heavy based pan over medium heat. Add the oil and when it is hot add the onion. Reduce the heat and cook for 3-4 minutes until soft and translucent. Add the garlic, chilli, curry leaves, curry paste and continue to cook for 1 minute.
- 3 Add the crushed cumin and mustard seeds to the onion mixture and cook for a further 3 minutes.
- 4 Add the squash, carrots, red pepper, lime juice and stir well.
- 5 Then add the tinned tomatoes, coconut milk, half the chopped coriander, and the stock. Cook for a further 20-25 minutes until the vegetables are tender.
- 6 Adjust the seasoning and top with the rest of the coriander.

For more recipes visit: chantenay.co.uk



Tenderstem Broccoli & Mushroom One-Pot Pasta

Serves: 4

You'll need:

- 1 tsp oil
- 1 onion, diced
- 2 garlic cloves, finely diced
- 400g mushrooms, sliced
- 2 tsp fresh thyme leaves (plus extra to garnish)
- 1 tsp smoked paprika
- Salt and pepper
- 400ml vegetable stock
- 250ml non-dairy milk (e.g. almond milk or oat milk)
- 300g spaghetti
- 150g frozen Tenderstem® broccoli

What next?

- 1 Heat the oil in a large pot over a medium heat, add the onion and cook for a few minutes until translucent but not browned. Add the garlic and cook for a further minute.
- 2 Add the sliced mushrooms and 3 tablespoons of water and cook, stirring often for about 7 minutes until the mushrooms are soft and release their juices.
- 3 Add the thyme, paprika, salt and pepper, stock, milk and spaghetti. Stir well to combine, increase the heat to high and bring to the boil. Stir occasionally while the pasta cooks.
- 4 A few minutes before the pasta is ready, add the Tenderstem® broccoli to the pot. Stir and allow it to cook until bright green and Tenderstem® broccoli - this should take approx. 2 minutes.
- 5 When the pasta is cooked and the liquid has reduced, take off the heat. Sprinkle with thyme and serve.

For more recipes visit: tenderstem.co.uk



Paysan Breton Blueberry Traybake with Orange Cream Cheese frosting

Serves: 18 large pieces

You'll need:

For the cake

- 200g soft butter (leave out overnight to soften)
- 200g caster sugar
- 4 eggs
- 1 tsp vanilla extract
- 1½ tsp baking powder
- 200g self-raising flour
- 300g blueberries

For the icing

- 25g soft butter
- 250g Paysan Breton French Sea Salt cream cheese, at room temperature
- 75g icing sugar, sifted
- Finely grated zest of 1 orange

What next?

- 1 Preheat the oven to 180°C. Line a 20cm by 30cm baking tray with non-stick baking paper.
- 2 Cream the butter and sugar together in a bowl until fluffy. Add the eggs one at a time, then the vanilla extract, beating until combined. Add the baking powder and flour and stir in, then stir through most of the blueberries, leaving some for decoration at the end.
- 3 Spoon the mixture into the baking tray. Bake for 25 mins until risen and golden or until inserting a skewer in the middle comes out clean. Leave the cake to cool completely in the tin.
- 4 To make the icing cream the icing ingredients together until smooth. Chill for at least 30 mins while the cake cools.
- 5 Spread the icing over the cake and scatter with extra blueberries.

For more recipes visit: paysanbreton.co.uk

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