



## WHIPPED BROAD BEANS with grilled courgettes and tomato salsa

When broad beans are plentiful and you are wondering what the next dish you can serve with them is, well try this. It's dead simple and it works equally well with frozen ones and is less expensive and labour intensive. It's a bit of a take on hummus and we do it seasonally with squash and beets, so almost all the year round no fuss, easy dinner party dish. You can serve it as a stand alone starter or part of a mezze or an easy vegetarian or vegan option if you're caught by surprise. As and when other vegetables come into season like aubergine and peppers you can add them to the dish and I've added a little monk's beard here from Trill farm



MARK HIX

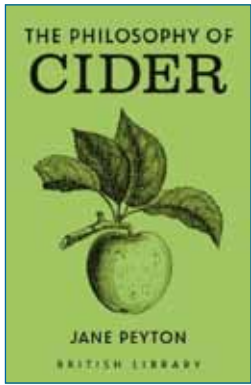
### INGREDIENTS

- 2 large courgettes, sliced on the angle about 1cm thick
  - A few small salad leaves and herbs to serve
- For the broad bean puree*
- 250g prodded weight of broad beans
  - 1 clove of garlic, peeled and thinly sliced
  - vegetable stock to cover
  - 50-75ml rapeseed oil
  - the juice of ½ a lemon
  - salt and freshly ground black pepper
- For the relish*
- 1 large shallot, peeled, halved and finely chopped
  - 20 ml rapeseed oil
  - 50g prodded weight of broad beans which the outer shells removed if large
  - 2 medium tomatoes, quartered, seeded and finely chopped
  - 1 tbs chopped coriander
  - salt and freshly ground black pepper

### DIRECTIONS

1. Put the broad beans in a pan with the garlic, cover with vegetable stock and season. Bring to the boil and simmer for 3-4 minutes, remove from the heat and drain in a colander reserving the stock. Blend the beans in a liquidiser or nutri bullet with enough stock to form a stiff puree then gradually add the rapeseed oil and the lemon juice and seasoning to taste.
2. To make the relish, gently cook the shallots in the rapeseed oil for a couple minutes and remove from the heat. Add the broad beans, tomatoes and coriander and season to taste.
3. Either grill the courgettes on a ribbed griddle pan for a couple minutes each side or use a frying pan.
4. To serve spoon the puree onto a plate and spread with the back of a spoon, place the courgettes on top with a few leaves and spoon over the relish.

# Changing perceptions of Cider



RETHINK Cider—that is what Jane Peyton, the UK’s first accredited pommelier (cider sommelier) is asking of drinkers who consider cider to be low value rocket fuel in a new book *The Philosophy of Cider*.

Jane says, ‘Minimal intervention cider from freshly pressed juice (as opposed to highly processed mass-market sugary cider made from a minimum of apple juice concentrate) is sunlight in a glass, the liquid expression of the orchard’s soul.

Of all alcoholic drinks, cider is the most misunderstood so with this book, *The Philosophy of Cider*, I aim to change that and encourage people to rethink cider.’

*The Philosophy of Cider* also covers history and takes readers on an apple journey from its origin in central Asia to today into millions of bottles of cider around the world. The book is packed with numerous facts such as that Captain William Bligh, of the Mutiny on the Bounty infamy, planted Australia’s first apple tree (the mutiny happened later on the same voyage), and that mariners, including the crew on Captain Cook’s ships, consumed cider to prevent Scurvy (before citrus was recognised as an effective prophylactic).

*The Philosophy of Cider* by Jane Peyton is published by British Library Publishing ISBN: 9 78-0712355056 RRP: £10 Available from book retailers.

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