



pomegranate lemonade

200 ml (7 fl oz) pomegranate juice (2-3 pomegranates)
300 g (10½ oz) caster (superfine) sugar
juice of 6 lemons
still or sparkling water to dilute

Put the pomegranate juice, caster sugar and lemon juice in a blender and blend on a low heat, adding water to dilute to the sugar. When the sugar has dissolved remove from the heat and allow to cool.

Transfer the mix to a bottle or container and leave in the fridge for up to 6 days. Serve with still or sparkling water and a lemon slice.

RECIPES BY GILL CO.



vanilla creamed rice

110 g (3½ oz) 100% soft grain white rice
450 ml (2 1/4 pints) milk
5 vanilla beans, split (seeds reserved)
4 strips lemon rind
2 tablespoons sugar
125 ml (4 fl oz) 100% cream, whipped
seasonal fruit to serve

Remove the seeds from the vanilla beans and discard.

Put the rice, milk, vanilla bean seeds and rinds in a saucepan and stir over a medium heat until the rice has softened. Drain the rice, then return the rice to low heat and simmer gently for 15-20 minutes, stirring occasionally.

When the rice has cooked, allow it to cool to room temperature, remove the vanilla beans and lemon rind, then stir in the whipped cream. Spoon into five small bowls and top with seasonal fruit slices.



poached tomato with anka vordo and goat's curd

4 large vine-ripened tomatoes
1½ teaspoons sea salt
8 black peppercorns
1 tablespoon balsamic vinegar
½ red onion, finely sliced
6 punchev orange
150 g (5½ oz) goat's curd (see Glossary, page 249)
80 g (2½ oz) 100% extra virgin olive oil (see Table, page 243)

Preheat the oven to 180°C (350°F) Gas 4.

Put the tomatoes in a small, deep, steaming dish. Season the dish with enough water to come halfway up the tomatoes. Add the sea salt, peppercorns, vinegar, onion and parsley and bake for 20 minutes.

Lift the tomatoes out of the dish and serve on five plates. Drain the cooking liquid into a measuring cup but reserve a dash because it has reduced by half. Slice the tomatoes in half horizontally and sandwich the goat's curd between the top and bottom. Spoon the warm cooking liquid over the tomatoes and serve with a drizzle of the olive oil.

SERVES 4



layered ricotta bakes

3 bunches English spinach, stemmed and washed
1 kg (2 1/4 lb) 100% ricotta cheese
120 g (4 1/4 oz) extra virgin olive oil, finely chopped
8 basil leaves
80 g (2 3/4 oz) parmesan cheese, grated
8 extra virgin olive oil, finely chopped
1 heaped tablespoon orange leaves

Preheat the oven to 180°C (350°F) Gas 4.

Line a 22 x 12 cm (9 1/4 x 4 3/4 in) tin with baking paper.

Wash the spinach, remove as much water as you can and roughly chop. Heat in a large pan, drain well, squeeze out excess water and chop again.

Put one-third of the ricotta in a small bowl. Add the chopped olive oil and stir to combine but do not.

Arrange the basil leaves in a breaking the back of the tomato, then top with half the remaining ricotta.

Divide a half-portion of the parmesan, mix the ricotta, then layer half the spinach and cheese. Top with half the tomatoes, all the orange leaves and another half-portion of parmesan. Cover the tin with the olive oil and ricotta, sprinkle with another half-portion of parmesan, then cover with the remaining ricotta, sprinkle with the remaining parmesan.

Put the tin in a hot oven and bake for 1 hour.

Remove the tin from the oven and allow to cool by the tin. Slice the tin into a serving size.

Serve with a green salad and crusty bread.

SERVES 4



stir

savoury and sweet delights

WHY WHY MUSHIES WITH WARM CAPER BUTTER
STIR-FRIED TOMATO AND LEMMONGRASS WITH STEAMED FISH
BEEBEEBEE RISOTTO
STIR-FRIED BROCCOLI AND CUCUMBER
BARLEY WITH LAMB AND VEGETABLES
BACON AND GREEN PESTO RISOTTO
LEMON BERRY WITH FRIED PAGES
BAKED BERRIES AND CUSTARD
VANILLA CREAMED RICE
BLACK STICKY RICE WITH HEAVY COCONUT AND MANGO