

# RAW CAULIFLOWER & CANNELLINI

## BEAN SALAD WITH PRESERVED LEMON

- **1 Cauliflower**
- **1 tsp Preserved Lemon, diced (see notes)**
- **1 tsp Whole Grain Mustard**
- **2 tbsp Soft Herbs, chopped (Parsley, Basil, Coriander, Chervil, Tarragon, etc.)**
- **1/2 Shallot, diced**
- **2 tsp Honey**
- **2 tbsp Olive Oil**
- **1 tin Cannellini Beans, drained**

1. Start by finely shredding the cauliflower (leaves, stem, florets, the whole thing!). This can be done by knife, or in a food processor, until the cauliflower is a similar consistency as couscous.
2. Place the shredded cauliflower into a large mixing bowl and add all the other ingredients.
3. Mix everything thoroughly so that all ingredients are well dispersed.
4. Taste for seasoning, then serve.

### NOTES:

#### Preserved Lemon

- **500g Lemons, roughly 8 medium lemons**
- **75g Salt**
- **1 Bay Leaf**
- **4 Black Peppercorns**

1. Juice half of the lemons. Slice the remaining into quarters.
2. Rub the juiced and sliced citrus with the salt.
3. Place the salted lemons, bay leaf, and black peppercorns into a jar.
4. Pour over the lemon juice and press down to cover the lemons in the juice.
5. Seal the jar and leave in a cool, dark place for 4 weeks minimum, until the skins are soft, floral, and no longer salty or sour.
6. This can stay sealed at room temperature for a year. Once opened, it is best to store in the fridge.

# CAULIFLOWER LEAF KIMCHI

- 500g cauliflower leaves, stalks and trim
- 300g cabbage leaves
- 200g daikon radish
- 1 carrot
- 2 spring onions
- 60g sea salt
- 4 garlic cloves
- 1cm fresh ginger
- 1 tsp caster sugar
- 1 tbsp gochugaru (fermented chilli flake)
- 1 tbsp soy sauce
- 1 tsp miso paste

1. Cut the cauliflower leaves, stem, and trim, as well as the cabbage into pieces no larger than 4cm. Place in a bowl with the 60g of salt. Massage into the leaves and leave for at least 30 minutes.
2. Meanwhile, dice the daikon, matchstick the carrot, and slice the spring onions.
3. Wash the salted cauliflower leaves and cabbage. Add the other chopped vegetables.
4. Finely grate the garlic and ginger and mix with the sugar, gochuguru, soy sauce, and miso to form a paste.
5. Mix the paste thoroughly with the other vegetables.
6. Press the kimchi mix into a sterilised jar, weigh it down to remove any air pockets, and seal.
7. Sit the jar in a dark, room-temperature place and leave it to ferment for 7—10 days depending on your taste preference. Then place it in the fridge and consume it within 1 year.

# SUMMER PANZANELLA WITH HOMEMADE RICOTTA, & PESTO

## Homemade Ricotta:

- **1 Pint Whole Milk**
- **1/2 Lemon Juice**

1. Pour the milk into a saucepan.
2. Add the lemon juice and whisk into the milk.
3. Place the milk over low heat.
4. Slowly bring the milk to 80C, stirring occasionally.
5. At around 80C, the milk will start to curdle.
6. Remove the milk from the heat and leave for 10 minutes.
7. Carefully strain off the curdled milk through a sieve lined with cheesecloth or muslin.
8. Allow the ricotta to hang for 30 minutes to dry out and cool.
9. Transfer to an airtight tub and season with salt and any other seasoning of your choice.
10. In the fridge, the ricotta will keep for 5 days.
11. The liquid that remains is whey. This can be used in soups, sauces, or fermenting.

## Salad Leaf Pesto:

- **30g Salad Leaves**
- **1 Clove Garlic, crushed**
- **5g Parmesan, finely grated**
- **10g Walnuts**
- **50ml Oil Olive**
- **A small handful of soft herbs like basil, parsley, chives, chervil, or even carrot tops**
- **Few grinds Black Pepper & Salt**

1. For the pesto, place all ingredients into a small food processor or pestle & mortar and blend or grind until smooth, scraping down the sides every now and then. This can be made ahead of time and stored in an airtight jar or tub in the fridge, or in ice cube trays in the freezer (also perfect for a quick pasta sauce!)

## Summer Panzanella:

- **1/2 Red Onion**
  - **200g Stale Bread, cut into rough 1-inch pieces**
  - **1kg Mixed Ripe Tomatoes**
  - **1 Bell Pepper**
  - **100ml Olive Oil**
  - **50ml Red Wine Vinegar**
  - **4 Sprigs of Basil**
  - **Optional - Fennel, Olives, Courgette, Cucumber**
1. Finely slice the red onion and place in a bowl of cold water for 10-15 minutes. This removes some of the sharpness of the onion.
  2. In another bowl, mix the olive oil and vinegar together with a pinch of salt and a few grinds of black pepper.
  3. Roughly cut the tomatoes and toss with the oil and vinegar.
  4. Chop or slice the pepper and add it to the tomato mix along with the bread and onions.
  5. Tear a few basil leaves and mix them through along with any of the other optional ingredients, finely sliced.
  6. Season to taste and serve topped with the ricotta and a drizzle of the pesto.