

FOOD

ILLUSTRATED

OCTOBER 1999 £2.00 · FREE TO WAITROSE/JOHN LEWIS ACCOUNT CUSTOMERS

PRINCE CHARLES EXCLUSIVE

organic recipes from
the Highgrove kitchen

WORLD CLASS
OLIVE OILS
choosing the best

LOBSTER
AND LAGER
how to beat
a hangover

Sybil Kapoor's
stir-fried
ginger pork
with shitake
mushrooms
and pak choi

COLD WEATHER CURES

VENISON, VODKA AND TREACLE TART

• Polish life in Britain • a Somerset pudding feast • eating out in Liverpool

The world's most beautiful food magazine

Acc3858 fff4381
Par3957 Vch4350

FOOD

ILLUSTRATED

COVER PHOTOGRAPH BY DAVID LOFTUS

10 APPETISERS

Snacks and treats, some ancient potato varieties, a city of wine and dates for your diary

16 TEN OF THE BEST FISH CAKES

Our panel's favourite versions of this classic comfort food

19 WHAT TO EAT IN OCTOBER

Flavours of the month by Sybil Kapoor

22 EATING OUT

Fabulous restaurants around the country, and Alex Floyd of Leith's Soho in *The Chef, The Menu, The Dish* – how come a chef who always wanted to be a gamekeeper recently won an award for vegetarian cooking?

33 EATEN WORD

Liz Marcy reviews a selection of new cookery titles that span the culinary world from China to Chelsea

36 EXCLUSIVE: COOKING AT HIGHGROVE

The Prince of Wales has long supported organic farming. Catey Hillier meets his chef Carolyn Robb, who is charged with putting the prince's ideas into practice in the kitchen

46 FORT'S PEOPLE

Matthew Fort salutes Claudia Roden, the woman who brought the food of the Middle East to British tables

48 FOCUS: POLISH LIFE IN THE UK

Ian Wisniewski, the son of a Polish émigré, reports on the thriving expatriate communities that have grown up in the UK

56 TECHNIQUES: SALTING

Richard Whittington's guide to one of the most ancient methods of preserving food

62 PROFILE: GREEN & BLACK'S

Andrew Purvis meets the creators of Green & Black's, the organic chocolate which is produced with a conscience

64 HOME COOK

Pudding man Mark Porter travels to dessert heaven in a Somerset village

74 PRODUCERS: BALSAMIC VINEGAR

Pamela Sheldon Johns, who knows her *tradizionale* from her *industriale*, tours the balsamic vinegar-producing region of Modena, in northern Italy

48

Carolyn Robb, right, chef to the Prince of Wales. Polish émigré communities in Britain preserve their food culture, left and below



36



Carolyn Robb's cheesy thyme soufflé with caramelised shallots





PHOTOGRAPH BY BRIAN MOONEY © DUCHY OF CORNWALL

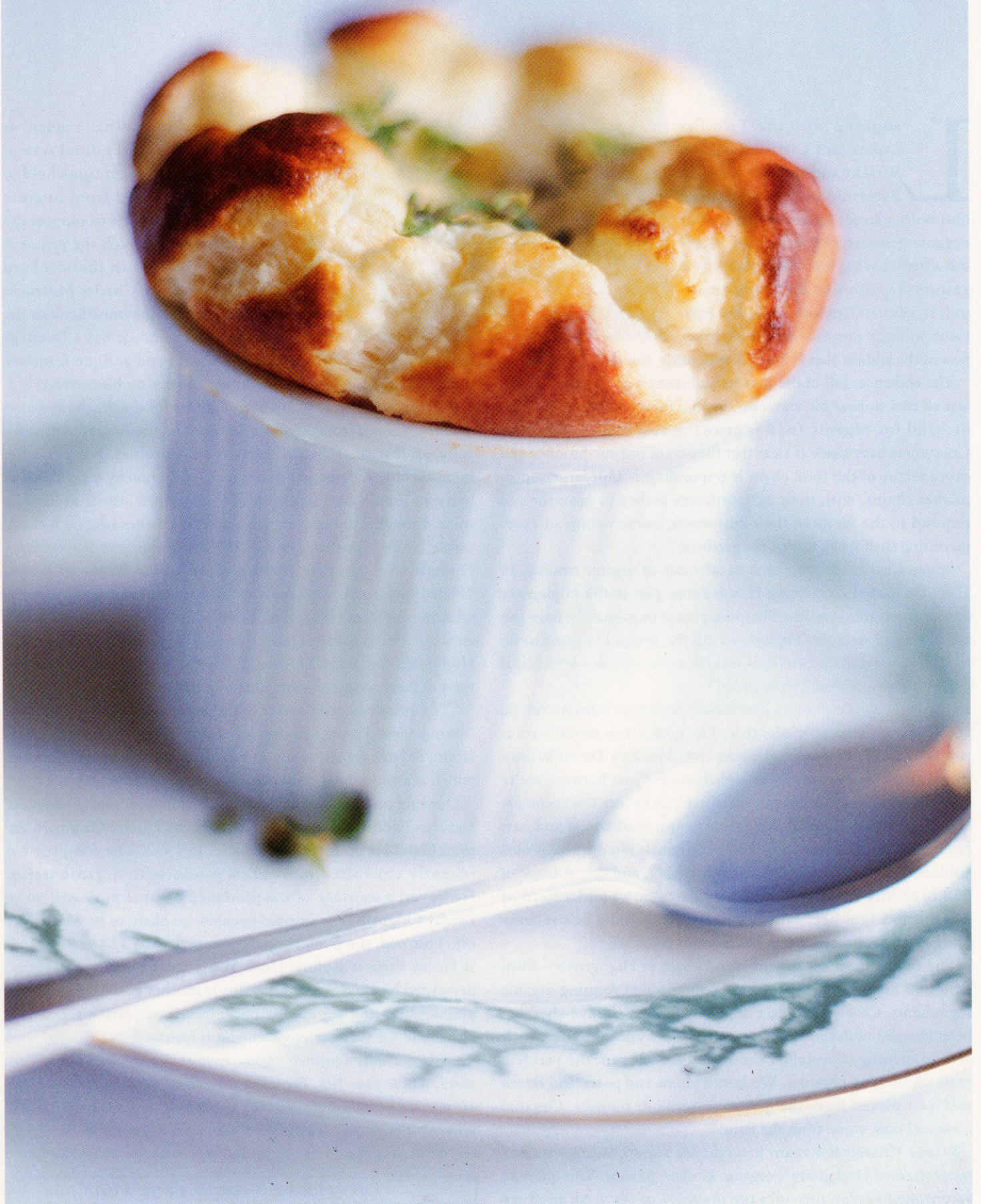
THE PRINCE AND THE QUIET REVOLUTION

“It is now 14 years since I first suggested that organic farming might have some benefits, and ought to be taken seriously. I shall never forget the vehemence of the reaction – much of it coming from the sort of people who regard agriculture as an industrial process, with production as the sole yardstick of success. The only difference today is that they see genetically modified crops as the means of achieving their aims... Organic farming delivers the highest-quality, best-tasting food, produced without artificial chemicals or genetic modification and with respect for animal welfare and the environment, while helping to maintain the landscape and rural communities.” *The Prince of Wales, the Organic Food Awards, October 1998*

Photographs by Simon Brown. Recipes by Carolyn Robb. Text by Catey Hillier

Cheesy thyme soufflé with
caramelised shallots.

Recipes start on page 116





Laughing with the Two Fat Ladies (aka Clarissa Dickson Wright and the late Jennifer Paterson) as they presented him with a larger-than-life hamper of organic goodies, the Prince of Wales was clearly having fun. Their thank-you gesture, recognising his involvement in last year's Organic Food Awards, came in stark contrast to the seriousness of the address that Prince Charles made that day.

The audience, full of the movers and shakers of the food world, was all ears to hear his views on organic food and farming: "The demand for organic food is growing at a remarkable rate. Consumers have made it clear that they want organic produce and every sector of the food chain is responding... Our large supermarket chains, with their extraordinary ability to monitor and respond to the views of their customers, are devoting an ever-increasing shelf space to organic produce."

Prince Charles has long been an advocate of organic farming. In 1986, he started converting Home Farm, part of the Highgrove Estate, to organic systems. The prince once professed: "I have put my heart and soul into Highgrove. All the things I've tried to do in this small corner of Gloucestershire have been a physical expression of a personal philosophy."

Today, even the prince's most vocal detractors cannot criticise Home Farm's organic credentials. The 1,083-acre mixed farm is run as a wholly commercial enterprise. Manager David Wilson insists that it is not simply an indulgence. "Just because we're farming organically, it doesn't mean we can be any less commercial about it," he asserts. For arable crops, read wheat and oats (which make their way into Duchy Originals biscuits), plus old-fashioned, long-strawed wheat for thatching, and rye. A flock of 550 breeding ewes, 130 Ayrshire dairy cows and a herd of Aberdeen Angus beef cattle share the land, and a box scheme using Home Farm vegetables has recently taken off.

The final link in the organic food chain at Highgrove – from farm to dining table – is the chef's commitment to using organic ingredients. Carolyn Robb, Prince Charles's executive chef, has been charged with the kitchen's organic conversion. "The switch isn't happening overnight," she says. "We've spent the past few years researching organics. We bottle plums and pears, and freeze soft fruit picked from the garden in summer months. Organic meat and milk come from the farm."

Prince Charles has again brought his vision to life with the restoration of Highgrove's organic kitchen garden. The quarter-acre walled garden provides the majority of the fresh produce

for the household. What's more, as much as possible of the food served at the dinners and receptions held at Highgrove is sourced from organic suppliers. Such functions to support the organisations with which the prince is connected are held in the Orchard Room, designed by Charles Morris in an architectural style sympathetic to the main house. Inside, it has a lived-in

feel, with oriental rugs draping the walls and antique furniture dotted with presents given to Prince Charles on his travels.

Carolyn's style of cooking has a lightness of touch, and the food she serves is unpretentious and honest. She uses ingredients carefully, so that the flavours speak for themselves. For example, by using little added sugar in her recipe for crunchy topped blackberry and apple slice, a neat twist on a crumble, the fruit flavours shine through. And blackcurrants add zing to her take on a classic crême brûlée. Carolyn agrees there's a homeliness to her recipes – Highgrove is, after all, a home, albeit to the Prince of Wales. "Plated meals and restaurant-style dishes are just not in keeping with the ambience here. The Boss (as the prince's staff affectionately call him) has always taken a keen interest in the food served at Highgrove functions. He sees all the menus, and we have served most of these recipes at some time to guests.

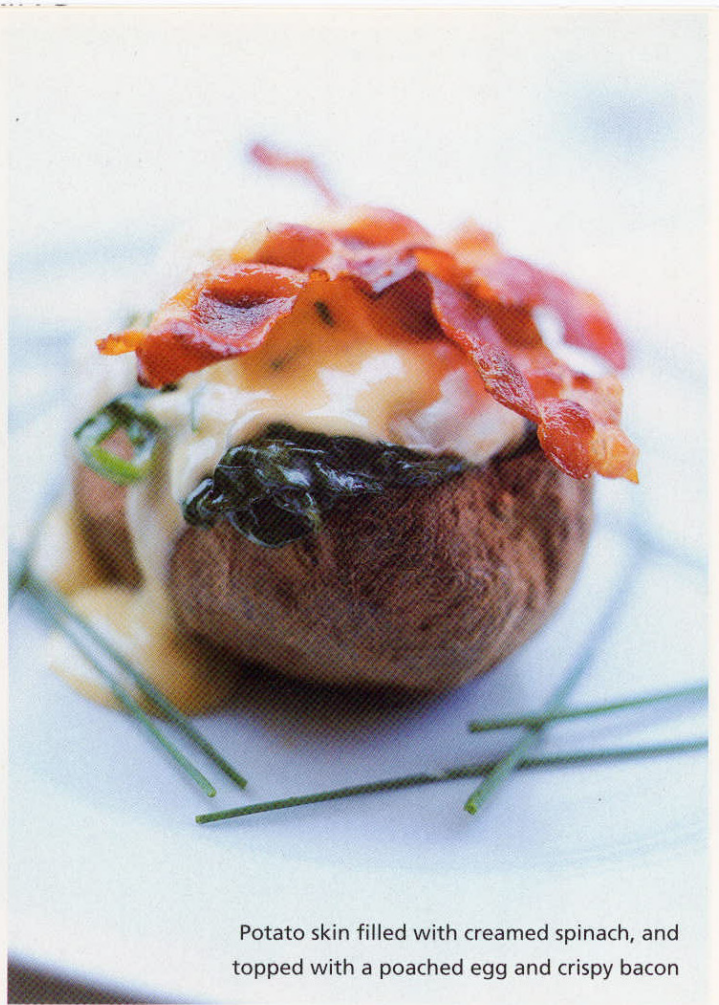
"The prince is strict about using seasonal produce," she adds. "Being served asparagus out of season is one of his pet hates. Going organic forces to you to conform to the rhythm of nature, which is a good thing. Produce always tastes best in season."

Drawing on her knowledge of ingredients and food production, Carolyn has helped develop new lines for Duchy Originals, the food brand set up by Prince Charles in 1992. The company has recently converted most of its products to organic status. However, a shortage of UK-produced organic pork will mean Duchy Originals fully organic sausages are likely to be a little way off. That said, the pioneering development of a 130-sow pig unit at Home Farm will allow Duchy Originals to launch an organic dry-cured bacon this autumn. This is another case of the prince's philosophy being put into practice: influencing farmers, the food chain, and the way our environment is managed.

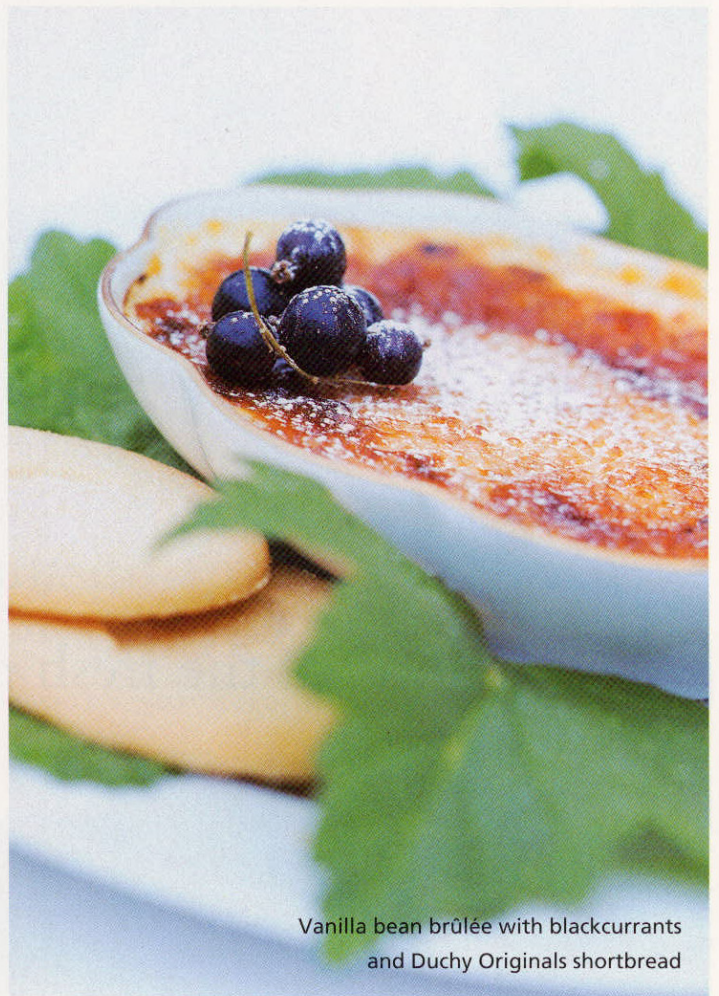
To order a Duchy Originals organic hamper or a case of Prince's Trust wines, turn to page 105. For information about the Prince of Wales and his interests in agriculture and the environment, visit the website www.princeofwales.gov.uk. The 1999 Organic Food Awards are being held this month. For details, contact the Soil Association on 0117 929 0661.

For recipes, turn to page 116

Three-cheese and Swiss chard tart, served with a chunky tomato ragout



Potato skin filled with creamed spinach, and topped with a poached egg and crispy bacon



Vanilla bean brûlée with blackcurrants and Duchy Originals shortbread

Crunchy topped blackberry and apple slice with roasted apple ice cream



Frittata of home-dried tomatoes, artichoke hearts, gruyère and basil



Hot apple and cinnamon sponge with pecans and maple syrup

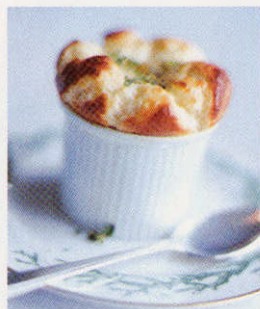
Herb-marinated lamb with leek and sage
dauphinois, served here with glazed carrots.

Recipes start on page 116



the prince and the quiet revolution

Recipes from pages 36–43



CHEESY THYME SOUFFLE WITH PARMESAN CREAM

Serves 4 as a starter

425ml milk
2 shallots, finely sliced
3 sprigs fresh thyme
50g unsalted butter, plus extra for greasing
25g '00' flour (Italian pasta flour)
125g freshly grated parmesan, plus extra for the ramekins
50g mature cheddar, grated
4 large organic eggs, separated
150ml double cream
salt and ground black pepper

Bring the milk to the boil with the shallots and 2 sprigs of thyme. Leave for 20 minutes, then strain. Grease 4 × 10cm ramekins with butter and sprinkle with parmesan.

In a small pan, melt the butter, add the flour and cook for 2 minutes, stirring constantly. Remove from the heat and add the milk. Bring to the boil and cook for 2 minutes, stirring constantly. Add 50g of parmesan, the cheddar, seasoning and the remaining thyme. Once the cheese

has melted, add the egg yolks.

Whisk the egg whites until stiff, adding a pinch of salt. Fold into the cheese mixture in 4 batches. Fill the ramekins with the mixture, levelling with a palette knife, and run your thumb and finger around the top of each one. Place on a baking tray and bake at 200°C/gas mark 6 for 12–15 minutes.

While the soufflés are cooking, make the sauce. Bring the cream to the boil, add the remaining 75g of parmesan and season to taste. Blend with a hand blender or balloon whisk to give the sauce a light, frothy finish. Remove the ramekins from the oven and serve at once with the sauce.



Wine suggestion

Thyme favours red wines over whites, particularly those with a herby edge. Try an oak-aged Spanish tempranillo, Cosme Palacio 1997 Rioja, Spain, £6.95 (82031).

SEARED SUPREME OF PHEASANT WITH POTATO AND CEP ROSTI

Serves 2

1 onion
1 leek
1 carrot
1 clove garlic
25g dried ceps
4 peppercorns
600ml red wine
600ml chicken stock
1 sprig fresh thyme
75g unsalted butter
2 medium-sized floury baking potatoes
8 large fresh ceps
4 tablespoons chopped chives
2 tablespoons olive oil
sage, basil, mint, leaves only
600ml vegetable oil for deep-frying
4 pheasant breast fillets (or guinea fowl or chicken)
a little olive oil
salt and ground black pepper

Finely dice the onion, leek and carrot and crush the garlic. Sauté in a large, heavy-based pan for 5

minutes, then add the ceps, peppercorns, wine and stock. Simmer for 40 minutes, skimming off any impurities. Strain through a fine sieve and return to a smaller pan. Add the thyme and reduce until about 300ml remains. Just before serving, whisk in the butter and season to taste.

For the rösti, grate the potato (not peeled, just scrubbed) and the ceps. Mix together with the chives and season. Heat a little olive oil in a 20cm non-stick pan and add half the potato and cep mixture. Spread it out evenly and cook for about 5 minutes. Turn it onto a plate, then cook the other side. The rösti should be golden-brown and crisp; if it needs further cooking, finish off in the oven. Repeat with the remaining mixture. Keep warm until required.

For the deep-fried herbs, heat approximately 4cm of oil in a small, heavy-based pan. When a breadcrumb dropped into the oil sizzles, it is hot enough. Cook no more than 6 leaves at a time, for just a few seconds. Remove from the oil and drain on kitchen paper.

Place a few drops of olive oil in a frying pan and heat well. Cook the pheasant supremes skin-side down for 5 minutes before cooking the other side for a further 5 minutes. Sprinkle with seasoning and finish in the oven for 5 minutes at 180°C/gas mark 6.

To serve, cut each rösti in half and slice each supreme into 4. Fan the pheasant out on top of the rösti. Spoon a little sauce over the pheasant and garnish with the deep-fried herbs.



Wine suggestion

The beautiful flavour of the ceps and pheasant is very delicate. A fresh but slightly gamy red, not too heavy, would match best. Saint Joseph AC 1996 Cave de Desirat, £8.99 (82240).



THREE-CHEESE AND SWISS CHARD TART WITH CHUNKY TOMATO RAGOUT

Serves 4

Puff pastry (or use a 250g pack)

150g unsalted butter
110g plain white flour
110g malt granary flour
4 tablespoons iced water
200g Swiss chard
2 tablespoons olive oil
4 shallots, finely sliced
150ml double cream
2 large eggs, plus 2 yolks
150ml milk or 300ml cream
75g each of mature cheddar, goat's cheese, gruyère cheese, all cut in 1cm cubes
75g pine kernels
salt and ground black pepper

Ragout

2 red onions, finely diced
1 clove garlic, crushed
2 red peppers, diced
2 x 450g tins of plum tomatoes
1 tablespoon balsamic vinegar
2 tablespoons olive oil
4 sprigs fresh basil
salt, pepper and sugar to taste

For the pastry, rub 50g of butter into the flour, and gradually add enough iced water to form a smooth dough. Place on a floured surface, roll into a rectangle and place 25g of the remaining butter in small pieces on the lower third. Fold the top third down and the bottom third up. Turn the dough 90° and repeat the process 3 more times. Wrap the pastry in clingfilm and chill for 30 minutes. Roll and fold 3 more times before lining a 23cm flan ring. Leave to chill for a further 10 minutes. Wash, drain and coarsely chop the chard, and

sauté in a large pan in olive oil. Drain well. In a separate pan, sauté the shallots until soft, then mix with the chard. Whisk together the eggs, yolks and cream with seasoning. In a frying pan, sauté the pine kernels in a little olive oil until golden-brown. Layer in the chard mixture with the cheeses and pine kernels. Pour over the egg mixture and bake at 180°C/gas mark 4 for 20–25 minutes, until the filling is set and golden-brown.

For the ragout, sauté the onions, garlic and peppers in a little olive oil for 10 minutes over a medium heat in a saucepan with a lid. Chop the tomatoes, discarding excess juice, add to the onions and cook for 12 minutes over a medium heat. Season with salt, pepper and sugar, then add the vinegar and 1 tablespoon of olive oil. Just before serving, add the basil. Serve the tart warm with a little of the ragout.



Wine suggestion

Lots of cheese calls for a zingy white with a clean, fragrant perfume. An Alsace gewürtztraminer would also offset the flavour of the chard. Gewürtztraminer Les Princes Abbes 1995 Schlumberger, £9.95 (59089 Inner Cellar and mail order).



POTATO SKINS WITH CREAMED SPINACH, POACHED EGG AND CRISPY BACON

Serves 4

4 large baking potatoes
generous knob of butter
8 rashers of streaky bacon
1 shallot, finely diced
2 black peppercorns

3 tablespoons tarragon
white wine vinegar
3 tablespoons white wine
150ml double cream
175g unsalted butter
small bunch of fine chives
225g fresh spinach
1 tablespoon olive oil
150ml crème fraîche
salt and ground black pepper
4 large eggs
4 tablespoons white wine vinegar, for poaching eggs

Scrub the potatoes, pierce them with a fork and bake at 180°C/gas mark 4 for 1 hour or until they are soft inside and crispy outside. Cut a slice off the top of each potato and scoop out the insides. Rub the insides with a little butter, place the skins on a baking tray and return them to the oven for 10 minutes. Grill the bacon until it is crisp.

To make the beurre blanc, place the shallot, peppercorns, vinegar and wine in a small saucepan and reduce by two thirds. Add the cream and cook for 3 minutes before straining through a fine sieve. Cut the butter into small cubes and add gradually, off the heat, using a balloon whisk. The sauce should be thick and glossy. Season to taste. Add the chopped chives just before serving.

Sauté the spinach and drain well. Combine with crème fraîche and season to taste. Place a little in the bottom of each potato skin.

Poach the eggs in a shallow pan of simmering water with a little vinegar. Remove and drain well on kitchen paper. Place an egg on top of the spinach mixture in each potato skin, spoon some sauce over the egg and top with a cross of crispy bacon. The plate can be garnished with a few chives.



Wine suggestion

Unoaked chardonnays would work here. Anything more complex would clash with the flavours. Mezzomundo Chardonnay 1998 Umbria, £4.29 (73429).



VANILLA BEAN BRULEE WITH BLACKCURRANTS

Serves 6

500ml double cream
2 vanilla pods
7 egg yolks
110g unrefined caster sugar
225g blackcurrants
25g caster sugar for caramelising

Place the cream in a heavy-based pan. Slit the vanilla lengthwise and scrape the seeds into the cream, adding the pods. Bring to the boil, then leave for 30 minutes.

Whisk the egg yolks and sugar together until pale and fluffy. Strain the cream and vanilla, pour onto the eggs and whisk together. Put the blackcurrants in the bottom of 6 ramekins and pour the custard on top. Place in a bain marie and bake at 170°C/gas mark 3 for 30 minutes, until firm to the touch. Leave to cool, then sprinkle with sugar and caramelize under the grill. Delicious served with Duchy Originals Shortbread.



Wine suggestion

The vanilla cream and caramel top mimic the flowers of a sweet white bordeaux. Try an example with a good sweetness. Château Vignal Labrie 1996 Monbazillac AC, £8.99 (95183).

CRUNCHY TOPPED BLACKBERRY AND APPLE SLICE

Serves 4–6

Pastry base

150g unsalted butter
60g unrefined caster sugar
1 small egg, beaten
110g malted granary flour
110g white flour
1 teaspoon ground cinnamon

Filling

2 Bramley apples
2 Granny Smith apples
50g unrefined caster sugar
425g blackberries

Topping

50g malted granary flour
50g plain white flour
50g coconut
35g unrefined caster sugar
25g flaked almonds
25g oats
85g unsalted butter
25g honey

Cream together the butter and sugar. Add the beaten egg and 2 tablespoons of the flour and mix thoroughly. Add the remaining flour and cinnamon and combine to form a homogeneous mixture. If using a food processor, you should process it to the 'crumb' stage, then bring it together by hand. Wrap the pastry in clingfilm and leave in the fridge for 30 minutes. Roll the pastry out between two sheets of floured greaseproof paper and line a 30cm-square baking tray. Chill.

Peel, core and dice the apples into 1cm cubes, place them in a saucepan with the sugar and 2 tablespoons of water, then cover with a lid. Bring to the boil and cook with the lid on for 8 minutes. Remove the lid and cook for a further 10 minutes over a low heat to evaporate a little of the liquid. Mix in the blackberries and leave to cool.

To make the topping, combine all the dry ingredients. Melt the butter with the honey, add to the dry ingredients and mix well.

Spread the cooled blackberry and apple onto the pastry base. Sprinkle the topping over the fruit. Bake at 200°C/gas mark 6 for 15 minutes, reduce the heat to 180°C/gas mark 4 and bake for a further 20–25 minutes. The topping should be golden-brown and crunchy. Serve warm or cold, dusted with icing sugar, and cut into squares. Delicious served with roasted apple ice cream, clotted cream or crème fraîche.

ROASTED APPLE ICE CREAM

2 Bramley apples
25g unsalted butter
35g unrefined or raw sugar
300ml milk (full-cream is best)
300ml double cream
2 teaspoons vanilla essence
4 large egg yolks
60g unrefined or raw sugar
4 tablespoons crème fraîche

Peel and core the apples. Cut into 1cm cubes. Melt the butter in a large, ovenproof, non-stick frying pan and add the sugar. Cook until the sugar is starting to caramelize. Add the apple and cook over a high heat for 10 minutes to colour the fruit, being careful not to break it up. Remove from the heat and cool. If you prefer softer apple, place the pan in the oven at 180°C/gas mark 4 for a further 10 minutes. Leave the apple to cool.

Place the milk, cream and vanilla essence in a heavy-bottomed pan and bring to the boil. Combine the yolks and sugar, and pour onto the milk mixture. Mix well. Rinse the pan out with cold water, return the mixture to the pan and thicken over a low heat. It must not boil or it will curdle (if it does, pour it into a large bowl as quickly as possible and whisk it). Leave to cool before whisking in the crème fraîche. Transfer to an ice-cream maker and churn. Once it is ready, spoon into a pre-chilled plastic box, layering in the roast apple. Freeze before serving.

If you do not have an ice-cream maker, pour the chilled custard into a plastic box and place in the freezer. After an hour, take it out and whisk it using a hand whisk. Repeat this process 4 times at 30-minute intervals, adding the apple once the ice cream is firm.



Wine suggestion

The apple flavour and sweetness make top sauternes the best accompaniment. Try Château Liot 1996 Sauternes AC (half), £9.75 (57287).

FRITTATA OF HOME-DRIED TOMATOES, ARTICHOKE HEARTS, GRUYERE AND BASIL

Serves 4

12 cherry tomatoes
a sprinkling of caster sugar
1 tablespoon olive oil
balsamic vinegar
2 tablespoons olive oil
2 red onions, finely sliced
225g jar artichoke hearts in oil
8 medium eggs
2 tablespoons double cream
25g freshly grated parmesan
100g gruyère, cut in 1cm cubes
3 sprigs of basil
salt and ground black pepper

Prick the tomatoes and place on a rack over a baking tray. Season with salt, pepper, sugar, 1 tablespoon of olive oil and balsamic vinegar. Bake at 120°C/gas mark 1/4 for 3 hours, brushing with more oil during baking. Sauté the onions in 1 tablespoon of olive oil until soft, in a 20.5cm non-stick, ovenproof frying pan or flame-resistant dish. Drain the artichokes and cut into quarters. Whisk the eggs with the cream, seasoning and parmesan. Place the tomatoes and artichokes on top of the onions, top with the gruyère and basil and pour over the egg mix.

Cook over a medium flame for 5 minutes, then transfer to an oven preheated to 180°C/gas mark 4 and cook for 10–15 minutes or until it is firm to the touch and golden in colour. Serve hot or cold.



Wine suggestion

A beaujolais-styled wine works very well. Try Château des Jacques, Moulin à Vent AC 1997 Louis Jadot, £9.45 (68545).

HOT APPLE AND CINNAMON SPONGE WITH PECANS AND MAPLE SYRUP


Serves 4

135g unsalted butter, plus extra for greasing
25g demerara sugar
2 Granny Smith apples, peeled,

cored and thinly sliced
 225g maple syrup
 110g unrefined caster sugar
 2 medium eggs, beaten
 110g plain flour
 2 teaspoons ground cinnamon
 1½ teaspoons baking powder
 75g pecans, coarsely chopped

Melt 25g of butter and the demerara sugar in a non-stick frying pan. Once the sugar has started to caramelize, add the apple and cook quickly to soften and colour it. Leave the apple on a cooling rack. Grease a 1.5-litre pudding basin and put half the maple syrup and a third of the apple in the bottom.

Cream together the remaining 110g of butter and the caster sugar until light and creamy. Add the eggs and 2 tablespoons of flour, beat well. Fold in the remaining flour, the cinnamon, baking powder and pecans. Layer the sponge mixture in the basin alternately with the apple, ending with a layer of sponge. Cover the bowl with greaseproof paper and then aluminium foil and tie it around the rim using string or elastic bands. Place in a large saucepan half full of hot water and steam for about 1½ hours. Turn out onto a warm plate and pour over the remaining maple syrup. Serve with custard or cream.

 **Wine suggestion**
 Pudding wine seems inappropriate here, given the richness of the sauce. Enjoy it on its own or with a glass of water.

AUTUMN FRUIT FRANGIPANE TART

Serves 4-6


150g unsalted butter
 60g unrefined caster sugar
 1 small egg, beaten
 225g plain white flour
 1 teaspoon ground cinnamon
 2 large plums
 4 apricots
 2 pears
 50g unsalted butter
 salt

Frangipane mixture
 75g unsalted butter
 75g unrefined caster sugar
 2 small eggs, beaten
 20g plain flour
 75g ground almonds
 1½ tablespoons brandy

To make the pastry, cream the butter and sugar. Add some of the egg and 2 tablespoons of flour. Blend well. Add the remaining flour, the cinnamon and sufficient egg to form a homogeneous but not sticky dough. (If using a food processor, mix it only to the crumb stage and then form into a ball by hand.) Wrap in clingfilm and chill for 30 minutes before rolling out and lining a 23cm flan ring. Chill again for 20 minutes.

Halve the plums and apricots, removing the stones. Peel, core and quarter the pears and place in cold water with 1 teaspoon of salt. Melt the butter in a large, non-stick frying pan and add the plums and apricots. Cook on each side for 5 minutes. Rinse the pears and dry on kitchen paper. Cook the pears in the same way, taking care not to let them break up. Leave the fruit on a cooling rack over a tray to drain off excess juice.

For the frangipane mixture, cream the butter and sugar, add the eggs, flour, almonds and brandy and mix well. Spread the mixture into the base of the lined flan ring. Arrange the fruit on top. Bake at 200°C/gas mark 6 for 12 minutes before reducing the heat to 180°C for 20-30 minutes. The tart should be golden-brown, with crispy pastry. Serve warm or cold, with cream, custard or crème fraîche.

 **Wine suggestion**
 Almonds work beautifully with the fragrant grapiness of *vin doux naturel*. Try a sweet, fortified muscat such as Muscat de Beaumes de Venise (half), £4.99 (64601).



HERB-MARINATED LAMB WITH LEEK AND SAGE DAUPHINOIS

Serves 4

600ml red wine
 3 sprigs each of rosemary, thyme and sage, coarsely chopped
 ½ teaspoon sea salt, plus ground black pepper
 2 cloves garlic, crushed
 4 black peppercorns
 2 × best end of lamb, French trimmed
 2 leeks
 425ml double cream, plus 150ml for the sauce
 2 cloves garlic, crushed
 4 sprigs of sage
 3 medium-sized floury baking potatoes
 2 teaspoons truffle oil
 2 tablespoons olive oil
 1 onion, finely chopped
 1 clove garlic, crushed
 1 leek, finely sliced
 4 large, dried morels
 600ml red wine
 600ml lamb stock
 1 bay leaf
 1 tablespoon tomato purée
 2 black peppercorns
 1 sprig fresh rosemary
 2 tablespoons extra virgin olive oil

Combine the wine, herbs and garlic and season. Place the lamb in a Tupperware box and pour over the marinade. Seal and leave overnight in the fridge. Wash the leeks, dice finely, then place in a pan with the 425ml of double cream, garlic and seasoning. Bring to the boil and leave to stand for 20 minutes. Shred the sage and mix into the cream. Scrub the potatoes and cut into 5mm slices. In a 25cm-square ovenproof dish,


layer the potatoes with the leek and cream mixture, ending with the cream. Cover with baking paper and place the dish on a baking tray. Bake at 200°C/gas mark 6 for 25 minutes, then uncover and bake at 180°C/gas mark 4 for 45 minutes.

For the cream sauce, bring the 150ml of cream to the boil and reduce by half. Using a hand blender, add the oil and some pepper so that the sauce is light and frothy. Add salt to taste.

For the jus, sauté the onion, garlic and leek in 2 tablespoons of olive oil, add the morels, wine, stock, bay leaf, tomato purée and peppercorns. (If you have any lamb bones, add them now.) Bring to the boil and skim off any impurities. Simmer for 1 hour, strain and return to the heat. Add the rosemary and reduce to about 300ml. Just before serving, remove the rosemary, season to taste and blend in the extra virgin olive oil using a hand blender.

Remove the lamb from the marinade and pat dry. Seal the meat in a hot sauté pan with a little olive oil. When it is browned, place in an oven preheated to 180°C/gas mark 4 for 10-15 minutes. Leave to rest for 10 minutes before carving.

To serve, place a portion of dauphinois on each plate with 3 lamb cutlets, a little of each sauce and vegetables of your choice.

 **Wine suggestion**
 For lamb, the most wine-friendly of all meats, time for something special, such as a top burgundy. Clos de Tart Grand Cru 1993 Mommessin £39.75 (05578 mail order only).