

# Season's best

Make the most of early spring produce with these new recipes

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Harissa lamb with labneh & chickpeas, p104



Roasted aloo gobi, p104

be inspired  
season's best



### Ham hock colcannon

**SERVES 4** **PREP 20 mins**  
**COOK 20 mins** **EASY**

800g floury potatoes (such as Maris Piper or King Edward)  
50g butter  
3 garlic cloves, chopped  
1 small Savoy cabbage, shredded  
8 spring onions, sliced on a diagonal  
100ml double cream  
2 tbsp wholegrain mustard  
180g ready-cooked ham hock  
4 eggs

**1** Peel and cut the potatoes into even, medium-sized chunks. Put in a large pan filled with cold salted water, bring to the boil and cook for 10-15 mins until a knife can be inserted into the potatoes easily.  
**2** Meanwhile, melt the butter in a large sauté pan over a medium heat. Add the garlic, cabbage, spring onions and some seasoning. Stir occasionally until the cabbage is wilted but still retains a little bite, then set aside.  
**3** Drain the potatoes, leave to steam-dry for a couple of mins, then mash

with the cream, mustard and seasoning in the same saucepan. Stir in the cabbage and ham hock. Keep warm over a low heat.  
**4** Reheat the pan you used to cook the cabbage (no need to wash first), add a splash of oil, crack in the eggs and fry to your liking. To serve, divide the colcannon between bowls and top each with a fried egg.

**GOOD TO KNOW** folate • fibre • vit c • 1 of 5-a-day • gluten free  
**PER SERVING** 600 kcals • fat 37g • saturates 18g • carbs 38g • sugars 3g • fibre 7g • protein 25g • salt 2.2g



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## Harissa lamb with labneh & chickpeas

Lamb rump, a tender cut from the top of the leg, is similar in flavour and texture to beef rump steak. It makes an excellent roasting joint for two people.

**SERVES 2** **PREP** 20 mins plus overnight straining and chilling  
**COOK** 35 mins **EASY**

500g full-fat natural yogurt  
300g lamb rump  
2 tbsp harissa  
½ cauliflower, broken into florets  
400g can chickpeas, drained and rinsed  
2 tbsp good-quality olive oil, plus extra for drizzling  
1 tbsp cumin seeds  
1 preserved lemon, finely chopped  
handful mint, leaves torn  
2 spring onions, chopped diagonally  
**You will need** muslin or a J-cloth

**1** The night before, make the labneh. Put a sieve over a large bowl and line with muslin or a J-cloth. Mix the yogurt with ¼ tsp salt, spoon into the sieve and put in the fridge to strain. Massage the harissa into the lamb, cover and chill overnight.  
**2** Heat oven to 200C/180C fan/gas 6. Toss the cauliflower and chickpeas in a large roasting tin with the oil, cumin seeds, preserved lemon and seasoning. Season the lamb and nestle into the roasting tin. Roast for 20 mins for pink (or 25 mins if you prefer your meat a little more well done), then remove the lamb to rest. Continue cooking the other ingredients for 15 mins until the cauliflower is beginning to char.  
**3** Meanwhile, bring the yogurt out of the fridge – it should have thickened to a spreadable consistency and taste slightly soured. Remove from the muslin and discard the drained liquid. *Any leftover labneh can be kept in an airtight container in the fridge for up to five days.*  
**4** Carve the lamb into thin slices. Spread a good dollop of labneh onto each plate and top with the lamb and the chickpea mixture. Scatter over the mint and spring onions, and drizzle over a little oil to serve.

**GOOD TO KNOW** calcium • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free  
**PER SERVING** 693 kcals • fat 41g • saturates 14g • carbs 32g • sugars 9g • fibre 11g • protein 43g • salt 0.6g

## Roasted aloo gobi

**SERVES 4** **PREP** 15 mins  
**COOK** 50 mins **EASY** **V**

400g floury potatoes (such as Maris Piper or King Edward), cut into medium-sized chunks  
1 large cauliflower, cut into florets  
1 tbsp cumin seeds  
2 tsp coriander seeds  
2 tsp nigella seeds  
1 tsp ground cinnamon  
1 tsp turmeric  
1 tsp chilli powder  
4 tbsp vegetable, sunflower or rapeseed oil  
8 curry leaves  
4 garlic cloves, crushed  
2 x 400g cans chopped tomatoes  
2 small green chillies, pierced a few times  
1 tsp golden caster sugar  
1 lime, juiced  
small pack coriander, chopped  
basmati rice, naan and natural yogurt, to serve

**1** Heat oven to 180C/160C fan/gas 4. Tip the potatoes into a large pan, fill with cold water and bring to the boil. Simmer for 5-6 mins until starting to soften but still holding their shape. Drain well.  
**2** On a large baking tray, toss the potatoes and cauliflower with the spices and 2 tbsp oil. Season well and roast for 45 mins, stirring halfway through cooking, until the veg is soft and starting to brown.  
**3** Meanwhile, heat the remaining oil in a large pan. Fry the curry leaves and garlic for 1 min, making sure the garlic doesn't brown. Add the tomatoes, chillies, sugar, lime juice and some seasoning. Cover with a lid and simmer for 15 mins until the tomatoes have broken down.  
**4** Add the roasted veg to the tomatoes. Simmer for 5 mins, adding a splash of water if the curry gets too thick. Stir through the coriander and serve with rice, warm naan and yogurt.

**GOOD TO KNOW** vegan • healthy • low fat • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free  
**PER SERVING** 322 kcals • fat 15g • saturates 1g • carbs 33g • sugars 14g • fibre 9g • protein 10g • salt 0.1g

## Caramel passion fruit slice

**MAKES 16** **PREP** 15 mins plus chilling  
**COOK** 20 mins **MORE EFFORT**

**For the shortbread**  
150g plain flour  
100g desiccated coconut  
170g cold butter, cubed, plus a little for the tin  
75g golden caster sugar  
**For the caramel**  
90g butter  
397g can of condensed milk  
2 tbsp golden syrup  
2 tbsp dark brown sugar  
3 passion fruits, pulp only  
**For the topping**  
200g dark chocolate  
30g coconut shavings, toasted

**1** Heat oven to 180C/160C fan/gas 4 and butter a 23 x 23cm brownie tin. First, make the shortbread by stirring the flour and coconut together in a bowl, then rub in the butter with your fingers until the mixture looks like breadcrumbs. Stir through the sugar, then bring the dough together with your hands. Pat into the tin, pricking the top all over with a fork. Bake for 15-18 mins until lightly golden and crisp.  
**2** For the caramel, put the butter, condensed milk and syrup in a pan with a large pinch of salt. Heat gently until simmering, then whisk for 6 mins until thick and fudgy. Take off the heat and stir in the passion fruit pulp. Pour over the shortbread, smooth over with a palette knife and leave to set.  
**3** Once set, melt the chocolate in the microwave in 30-sec bursts until glossy and smooth. Smooth over the caramel shortbread, then scatter over the coconut shavings. Leave to set, then cut into 16 squares. *Will keep for five days in an airtight container.*

**PER SLICE** 395 kcals • fat 26g • saturates 17g • carbs 34g • sugars 26g • fibre 3g • protein 4g • salt 0.4g



## Shellfish, orzo & saffron stew

SERVES 4 PREP 20 mins  
COOK 20 mins MORE EFFORT

good pinch of saffron  
12 mussels (about 250g)  
12 clams (about 250g)  
8 large prawns, shells and heads on  
3 tbsp olive or rapeseed oil  
2 shallots, finely chopped  
1 celery stick, finely chopped  
5 garlic cloves, crushed  
150ml white wine  
50ml Pernod  
500ml fish stock  
200g orzo  
small pack parsley, finely chopped  
extra virgin olive or rapeseed oil,  
for drizzling  
crusty bread, to serve

**1** Boil the kettle, put the saffron in a small bowl, pour over 100ml hot water and set aside to steep. Tip the mussels and clams into a large colander and rinse under cold water. Scrub the shells and pull away any stringy beards. Discard any that don't close when tapped on the side of the sink. Use a small serrated knife to cut down the prawn backs, through the shells, pulling out any black entrails you find.  
**2** Heat the oil in a large casserole dish or deep frying pan. Add the shallots, celery and garlic, and fry over a low heat for a few mins until starting to soften. Add the wine and Pernod, and bring to the boil. Simmer for 1-2 mins, then add the stock, the saffron with its steeping liquid and some seasoning. When bubbling, reduce to a simmer and stir in the orzo. Cover the pan with a lid and cook for 4 mins.  
**3** Add the shellfish, re-cover and cook for 5 mins more until the pasta is cooked, the prawns are pink and the shells are all open (discard any that aren't). Scatter with parsley and serve in bowls with a drizzle of oil and crusty bread.

**GOOD TO KNOW** low cal • vit c • iron  
**PER SERVING** 426 kcal • fat 13g • saturates 1g •  
carbs 19g • sugars 2g • fibre 3g • protein 43g • salt 3.0g

## Rhubarb, marzipan & citrus cake

SERVES 12-15 PREP 20 mins plus  
macerating COOK 50 mins EASY

300g softened butter, plus a little  
for the tin  
400g thin-stemmed rhubarb,  
cut into thick pieces  
350g golden caster sugar  
½ orange, zested  
½ lemon, zested  
3 large eggs  
200g self-raising flour  
50g fine polenta  
50g ground almonds  
1 tsp baking powder  
100g marzipan, chopped into  
small chunks

**1** Heat oven to 180C/160C fan/gas 4. Butter and line a 20 x 30cm traybake tin with baking parchment. Toss the rhubarb in 50g sugar and set aside to macerate for 20 mins.  
**2** Tip the butter, remaining sugar and zests into a large bowl. Beat with an electric whisk until light and fluffy. Add the eggs, one at a time, mixing well between each addition. Add the flour, polenta, almonds, baking powder and a good pinch of salt, and mix until just combined. Fold through half the rhubarb (reserving the rest for the top), plus any juices, and the marzipan.  
**3** Scrape the mixture into the tin. Smooth the surface up to the edges and top with the remaining rhubarb. Bake for 45-50 mins until risen and golden, and a skewer inserted in the centre of the cake comes out clean. If there is any wet mixture, return it to the oven for 5 mins, then check again. Cool in the tin for 10 mins, then serve warm with crème fraîche, or cool completely to serve as a cake. *Will keep in an airtight container for three days.*

**PER SERVING** (15) 371 kcal • fat 21g • saturates 11g •  
carbs 41g • sugars 28g • fibre 1g • protein 5g • salt 0.6g



### At their best now

- |                             |                           |
|-----------------------------|---------------------------|
| <b>Fruit &amp; veg</b>      | • Spring onions           |
| • Cauliflower               | • Swede                   |
| • Celeriac                  | • Young carrots           |
| • Endive                    |                           |
| • Green cabbage             | <b>Meat &amp; game</b>    |
| • Jerusalem artichokes      | • Lamb                    |
| • Leeks                     | • Pigeon                  |
| • Lemons                    | • Rabbit                  |
| • Oranges and blood oranges | <b>Fish &amp; seafood</b> |
| • Parsnips                  | • Clams                   |
| • Passion fruit             | • Crab                    |
| • Purple sprouting broccoli | • Lobster                 |
| • Rhubarb                   | • Mussels                 |
| • Spinach                   | • Prawns                  |
| • Spring greens             | • Scallops                |
|                             | • Sea bream               |
|                             | • Sea trout               |



• Cassie Best, our Senior food editor (left), trained as a chef at Leiths School of Food and Wine. Over the past five years she has written hundreds of recipes for *Good Food*.  
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• Cookery writer Sophie Godwin, who also trained at Leiths, worked as a chef before joining *Good Food*. She is passionate about seasonal, veg-centric cooking, and loves to create big sharing dishes.  
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