



Grow.
Cook.
Make.
Mend.



A Seasonal Book of Growing,
Cooking, Making and Mending

Created by the tutors and
participants of the Grow, Cook,
Make Mend Project 2016



What is Grow. Cook. Make. Mend?

'Grow. Cook. Make. Mend' is an innovative project, designed to enable people recovering from substance misuse to regain confidence and self belief, while gaining knowledge and practical transferable skills in the inspiring environment of Trill Farm's garden, kitchen and wood workshop.

Every Thursday since March, participants have been arriving with sleeves rolled up, ready to get stuck into the day's activities lead by tutors Chris Onions, Naomi Glass, Ellen Rignell, Ruth Thomson and Sam Robinson. Over this period of time an incredible amount has been achieved. With gardeners Naomi and Ellen, they have developed and built a productive kitchen garden and designed a crop rotation appropriate for the plot, during which they have learned key horticultural and animal care skills. In The Old Dairy Kitchen with Chris, they have used the lovingly nurtured produce to create feasts of healthy nutritious food, whilst also developing culinary skills and key food hygiene and safety skills. In the wood workshop, they have received basic DIY training from Ruth and Sam as well as designing and crafting a variety of beautiful wooden items. In addition to this they have attended a variety of employment skills workshops and life coaching sessions.

The project has delivered a huge amount over the last 10 months, but its real success are the participants who have thrown themselves into the project wholeheartedly, relishing the opportunities presented. They are leaving Trill at the end of the day empowered and enthusiastic, with more knowledge and skills than they arrived with and the odd ache and pain from their hard graft during the day!

Our biggest challenge now is to find funding for the next stage of the project. This will be an evolved version of the good foundations already laid but with a focus on the kitchen and garden.

This booklet was created to give a taste of the project. The gardening tips, woodwork projects and recipes were discussed and collated by the participants and tutors as a group, in order to reflect the kind of activities and projects that have been undertaken during the last 10 months. We hope you enjoy it and find it informative.

Trill is an inspiring place with inspiring people and it provides the perfect setting for this kind of project, allowing participants to develop in a safe, supportive and very real environment.

The project is run by The Trill Trust with support from RISE Recovery and is funded by Devon County Council through their Community Impact Support Scheme.

Contents

Spring

Growing and harvesting tips	4
Building raised beds	4
Rhubarb drizzle cake	5
Labneh with Spring vegetables	6
Nettle soup and wild garlic buns	7
Chard Dolmas with Barley and Rich Tomato Sauce	8

Summer

Growing and harvesting tips	9
Constructing a simple garden bench	9
Pizza dough and pizzas	10
Summer Vegetable Frittata	11
Roast garlic mayo	12
Beetroot Burgers & Beetroot Hummus	13

Autumn

Growing and harvesting tips	14
Construct a hop up stool - Vintage style	14
Bottled Quince or Plums	15
Gran's Green Tom Chutney	16
Runner Bean Pickle	17
Plum pudding cake	18

Winter

Growing and harvesting tips	19
Top ten DIY tips	19
Farmhouse Loaf	20
Halloumi cheese recipe	21
Red Cabbage and Caraway Sauerkraut	22
Butternut Squash Soup	23



Spring

Grow

Jobs to do

Chit potatoes in late winter or early spring for planting in March

Plant asparagus crowns

Sow sweetcorn, lettuce, runner beans, courgettes and peppers indoors for planting out once risk of frost has passed.

Sow leeks into a seed bed in early spring for transplanting in May

Sow brassicas such as kale, broccoli, cabbage and kohlrabi into module trays or seed beds which can then be planted out in late spring.

Sow beetroot, broccoli, cabbage, carrots, radish, parsnip and lettuce

Harden off plants sown indoors before planting them outside and protect vulnerable crops with horticultural fleece

Protect seedlings from slugs and snails

Earth up potatoes once shoots have reached 20cm

Stake peas and beans

Harvest - Spring onions, leeks, winter salads, purple sprouting broccoli, kale, asparagus, rhubarb

Forage - Wild garlic, nettles

Make or mend

Building raised beds

To begin with clear the area to become the bed and mark out with 2x2" stakes, hammered well into the ground at the corners. Tie string between each stake to check the bed is square and then add an extra stake in the middle of each side. The planks can then be sawn to length and screwed in to the stakes one plank above another (using screws long enough to go through the plank and about 2/3rds of the way into the stakes). Then fill the beds with soil and compost and they are ready to start growing in!

Rhubarb Drizzle Cake

300g (2 stalks) rhubarb
225g (9oz) butter or margarine
225g (1 cup) sugar
4 eggs*
250g (1 3/4 cup) self-raising flour
If you only have 2 eggs that will work if you add some milk (half a cup or more) to your batter too, it'll be slightly denser than here.

Chop the rhubarb into 1cm chunks and place 250g (set aside the rest for later) in a pan on a medium heat, covered, for approximately 10 minutes. Strain gently through a sieve - you don't need to squeeze it.
Keep both the juice (it will yield approximately 50g) and pulp for use in the recipe.

Preheat the oven to 160°C (electric/fan, 180°C gas -mark 4, 320-350°F) and oil and flour an 8 inch cake tin (or line a 20cm square tin with baking parchment).
Beat the butter and sugar until light and fluffy.
Add the eggs one at a time while beating; adding a little of the flour between additions of egg if the mixture becomes too runny.
Fold in the flour and rhubarb pulp from the juice extraction process. The batter should have a good dropping (but not pouring) consistency, if it is too thick, add a little of the extracted rhubarb juice.
Pour the batter into the prepared tin and smooth the top. Place the chopped rhubarb on the top and bake for 45 minutes, until the top is golden and the centre is firm. You should be able to hear a fizzing sound.

While the cake is in the oven, prepare the rhubarb drizzle by mixing the rhubarb juice with an equal weight of sugar (I had 56g - approximately 2oz of each).
When the cake is cooked, remove it from the oven and immediately skewer and spoon the rhubarb drizzle over the top.
Leave the cake in the tin to cool, at least slightly - if you're in a rush then 10 minutes in the fridge should do it!

Labneh with Spring Vegetables and Vinaigrette

Labneh
Serves 12 as a canapé

250 ml Yoghurt
½ tsp Salt

Combine salt and the yoghurt and mix well.

Line a sieve with a thin cloth or muslin. Transfer the yoghurt mixture to the sieve and place a bowl underneath to catch the whey.

Leave in the fridge overnight to drain, you should have a firm, tangy lump of yoghurt.

Vinaigrette
2 heaped tsp Dijon mustard
40ml cider vinegar
pinch of salt and sugar
150ml oil of choice
black pepper

Whisk together, the mustard, vinegar, salt, sugar and pepper. Slowly drizzle in the oil until emulsified and creamy.

Combine chosen veg with the vinaigrette, plate with the labneh and plenty of delicious spring flowers!

Nettle Soup & Wild Garlic Buns

Bread
makes 10 rolls
1kg strong white bread flour
20g salt
10g dried yeast
325ml warm water
200ml warm milk
100ml natural yoghurt
75g butter
150g wild garlic or garlic puree
seeds for the top

Mix together the yeast and all the wet ingredients apart from the garlic. Add the flour and salt and either knead by hand or put into a small dough mixer until you have achieved a springy consistency.

Leave the bread to prove until doubled in size. Tip the bread out onto the workbench and divide into 10 buns. Flatten out in your hand and add a small dollop of the puree. Wrap the dough around the puree and roll into small baps.

Brush the top of the rolls with water and sprinkle with seeds or cheese or whatever you fancy. Allow to prove once more until almost doubled in size.

Bake in a preheated oven at 220°C for 15 minutes. Turn oven down to 200 and bake for a further 5 minutes. Remove and cool slightly before eating.

Nettle Soup

serves 6

150g nettle tops
30-35g knob of butter
1 onion, peeled chopped
1 large or 2 smallish leeks, trimmed, washed and finely sliced
2 celery sticks, chopped
1 clove garlic, peeled and chopped
2 floury potatoes, peeled and diced
1 litre vegetable
salt and pepper

Pick over the nettles, wash them thoroughly and discard the tougher stalks. Melt the butter in a large pan over medium-low heat, add the onion, leek, celery and garlic, cover and sweat gently for 10 minutes, stirring a few times, until soft but not brown. Add the potatoes and stock, bring to a simmer and cook for 10 minutes. Add the nettles, stirring them into the stock as they wilt, and simmer for five minutes or so, until the nettles are tender (very young nettle tops will need only two to three minutes). Season with plenty of salt and pepper. Purée the soup in two batches, reheat if necessary and check the seasoning.

Chard Dolmas with Barley and Rich Tomato Sauce

Serves 4

the stuffing & leaves
150g Pearl Barley
350ml water or stock
3 Bay leaves
12 Chard leaves, blanched for 20secs in boiling salted water
4tsp chopped fennel leaves, other soft herbs will work well
2 tsp finely chopped garlic
1 handful Beetroot tops, can replace with greens of your choice

the sauce
30ml olive oil
1 onion, finely chopped
1 tsp finely chopped garlic
1 tsp finely chopped ginger
30g light brown sugar
50ml cider vinegar
600g tinned tomatoes
salt and pepper

For the stuffing you want to begin by simmering the barley with the stock & bay until tender. Combine this with the remaining ingredients and season to taste. This is a very versatile stuffing, various herbs and spices can be included depending on your taste and what's in the larder.

Make the dolmas by gently wrapping up a good spoonful of the barley mixture inside the chard leaves. Arrange neatly in a baking dish.

To make the sauce, sweat the onion, garlic and ginger in the olive oil for 5 minutes on a gentle heat. Add the vinegar and sugar and simmer until reduced and syrupy. Add the tomatoes and simmer for 15 minutes, correct the seasoning and pour over the dolmas.

Bake in the oven at 180°C for 25 mins until bubbling and slightly crisp on top.



Summer

Grow

Jobs to do

Sow kohlrabi for an autumn crop

Beetroot, radish and leafy salad crops such as mustards, fennel, rocket and lettuce can all be sown and planted out

Thoroughly water plants, especially newly planted seedlings to improve growth and help avoid disease

Pinch out broad bean tops to prevent aphid attack – tops can be used in salad

Put up supports for late peas

Hoe off weeds in dry weather

Harvest - broad beans, French beans, cabbage, cauliflower, lettuce, radishes, spring onions, peas, beetroot, carrots, runner beans, courgettes, potatoes, sweetcorn, chillis, tomatoes, strawberries, raspberries, gooseberries, blackcurrants

Make or mend

Constructing a garden bench

Construct the legs of the bench in an X shape using a halving joint. Lay out the halving joint on the timber stock (2x3") using a sliding bevel set to 45 degrees, mark the material to be removed as 3" wide to match the corresponding timber and 1" deep. Cut the joint using a saw and a chisel, with a series of extra saw cuts to sever the grain and make it easier to remove the waste wood. Glue and screw the legs once they are completed and place a flat bench top on top and fasten with screws down into the legs. Then screw a brace the length of the bench to the back side of the legs to increase the stability.

Pizza Dough & Pizzas

Makes 4–5 pizzas (each serves 1 generously) Also can be used as delicious flatbread dough!!

For the pizza dough

500g bread flour (usually white)

10g fine sea salt

5g dried or fast-action yeast

350ml warm water

2 tablespoons rapeseed or olive oil

Cornmeal, or fine polenta or semolina, for dusting (optional)

For the quick tomato sauce (optional):

2 tablespoons rapeseed or olive oil

1 garlic clove, finely sliced

2 x 400g tins of chopped tomatoes (or 1 tin plus a jar of passata)

A pinch of sugar

Sea salt and freshly ground black pepper

Toppings:

Scraps of air-dried or cooked ham, or crisp

nuggets of cooked bacon or chorizo

An egg, broken on to the pizza just before baking

A handful of sliced mushrooms, sautéed in oil with garlic until dry

Cheese – strips of buffalo mozzarella, coarsely grated hard cheese or crumbled blue or goat's cheese

Coarsely chopped olives

Anchovies, rinsed and drained

Sardines in oil, drained and coarsely flaked

Capers

Roughly chopped rosemary or thyme

For adding after baking:

Shredded basil or rocket, or torn flat-leaf parsley, or thyme leaves

To make the dough, combine the flours and salt in a large bowl. Add the yeast warm water and oil to the flour, mix to form a rough dough, then turn out on to a lightly floured surface and knead for about 10 minutes, until silky and elastic. Don't be tempted to add too much extra flour, even if the dough seems sticky – it will become less so as you knead.

Put the dough in a lightly oiled bowl, turning it so it gets a coating of oil, cover with cling film and leave to rise in a warm place until doubled in size; this will probably take at least an hour.

Meanwhile, make the tomato sauce, if using: heat the oil in a frying pan over a gentle heat. Add the garlic and let it sizzle very gently for a minute or so. As soon as it starts to turn golden, add the tomatoes. Let them bubble gently, stirring often, for 10–15 minutes, until you have a thick sauce. Transfer to a jug and purée with a stick blender (if you do it in the pan, the sauce will go everywhere), or just crush the chunks of tomato in the pan with a fork until you have a reasonably smooth sauce. Season to taste with salt, pepper and the sugar. Preheat the oven to 250°C/Gas Mark 10, or as high as it will go, and put 2 baking sheets in it to heat up.

Punch the risen dough down with your hands to knock it back on a floured surface and cut it into 4 or 5 pieces. Use a rolling pin or your hands (or both), to roll and stretch each piece into a thin circle or square, or a strange, amoeba-type shape, whichever you prefer; it should be no more than 5mm thick – thinner if you can get away with it.

Carefully take one of your hot baking sheets from the oven, scatter it with a little flour or, even better, some cornmeal, polenta or semolina, and lay the pizza base on it. Thinly spread a little tomato sauce – a couple of dessertspoons should be enough – over the dough. Now add the toppings of your choice and grind over some pepper. Bake for 10–12 minutes, until the base is crisp and golden brown at the edges.

While it is cooking, roll out the next piece of dough, and prepare the next pizza in the same way. Serve hot, in big slices, trickled with a little more oil.

Summer Vegetable Frittata

Serves 4

6 peeled and thinly sliced potatoes

6 eggs

Beetroot tops or chard, washed and gently fried in a little olive oil till soft

2 tsp finely chopped herbs, parsley, tarragon, chives work great

1 medium sized sliced courgette

50ml milk

50g grated cheese

oil/butter

salt and pepper

A frittata makes a great supper, lunch or breakfast. I like to make a big one and keep it in the fridge, happily munching on it when I am feeling peckish. You can incorporate whatever veg you have to hand; it's fun to experiment.

Whisk the eggs, milk, herbs, salt and pepper in a bowl, add the remaining vegetables and mixed well.

Heat a small frying pan with a little oil. Pour the egg mixture into the pan and fry gently for 1 minute. Place in the oven at 160oC until the potatoes are soft.

Allow to rest and cool slightly, tip out frittata on a chopping board and serve in chunky pieces.

Roast Garlic Mayo

10 garlic cloves

25ml olive oil

Sea salt and freshly ground black pepper

2 large, free-range egg yolks

Ø tsp English mustard

1 tsp cider vinegar

175ml sunflower oil

50ml extra-virgin olive oil (or rapeseed oil)

Firstly you need to roast your garlic. In a small pan toss garlic cloves with skin on and olive oil together. Place into a preheated oven at 160oC with tin foil on top. Roast until tender.

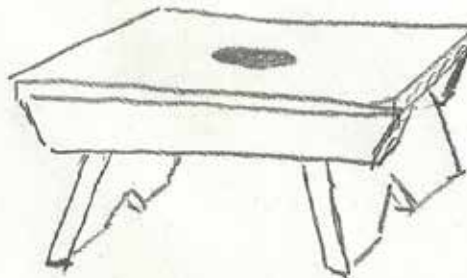
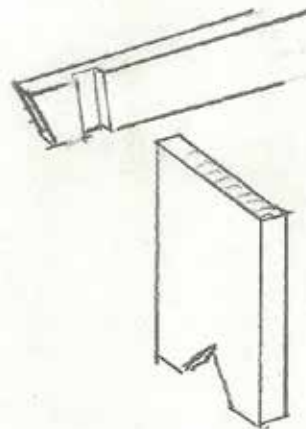
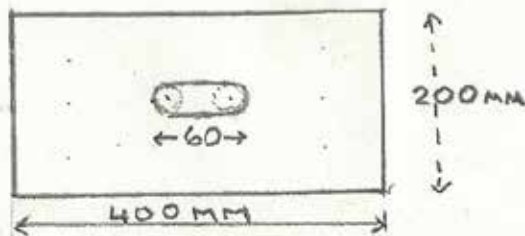
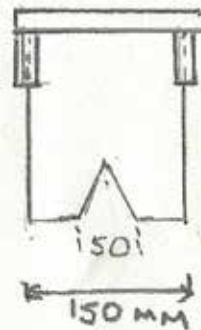
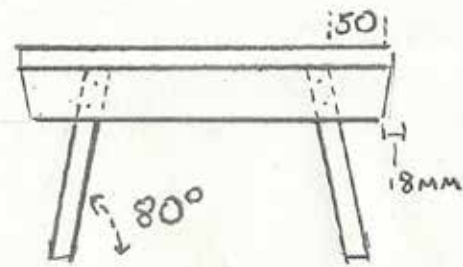
When the garlic is soft, remove from the skins and puree. Reserve the oil.

To make the mayo, whisk the yolks, mustard and vinegar together until well combined.

Slowly trickle in the sunflower oil and the mayo shall start to thicken, finish with the olive oil and roast garlic oil.

Add the roast garlic puree to the mayo and correct the seasoning with salt and pepper.

Store in the fridge and enjoy with almost everything.



Summer

Grow

Jobs to do

Make final sowings of overwintering salads by end of September.

Plant new fruit trees and bushes as long soil is not frosty or too wet

Sow overwintering broad beans

Plant garlic cloves

Use bonfire night festivities to burn plant debris unsuitable for composting (wood or perennial weeds)

Take cuttings of currants and blueberries

Weed beds and top up raised beds with organic matter such as well-rotted manure

Harvest - Chard, runner beans, courgettes, squashes, salad, parsnips, carrots, leeks, beetroot, kohlrabi, Jerusalem artichokes, apples, pears, plums, autumn raspberries, quince

Forage - Rosehips, sloes, blackberries

Make or mend

Construct a hop up stool - Vintage style

Materials required (take this list to your local timber yard):

	Length	Width	Thickness
Top	400mm	Ex200mm	Ex25mm
Rails	400mm	Ex75mm	Ex25mm
Legs	250mm	Ex150mm	Ex5mm

Use pine from the timber yard that has been planed all round (PAR or PSE)

Tools:

sliding bevel, square, protractor (to set the angle to 80 degrees), tenon saw, chisel (18mm), mallet, hand/ power drill and 30mm centre bit

Method:

- 1.Plane off the wood at the ends of the legs, to get the required bevel to fit under the top, and also on the floor.
- 2.Shape the legs cutting the V shape at the bottom.
- 3.Draw the housing on the rails, the thickness of the legs, using the same angle setting on the bevel (80 degrees).
- 4.Mark housing 8mm deep and cut out the housings.
- 5.Pilot and counter sink screw holes through the rails.
- 6.Glue and screw the rails to the legs in the housings (a counter bore can be used for use with the plug).
- 7.Pilot, counter sink and screw the top into the legs.
- 8.Make the hand hole in the top by boring two 30mm holes with the centre bit and then cutting away the excess wood with a chisel.
- 9.Sand with 120 grit sandpaper. Edges can be rounded off with the sandpaper.
- 10.Sand with 180 grit sandpaper, sand with 240 grit sandpaper and cover with a coating of osmo oil leave over night.
- 11.Lightly sand with 240 grit sandpaper (this will smooth out the raised grain). Put a second coat of osmo oil ready for use the next day.

Bottled Quince or Plums

1.5kg Plums
60g sugar
220g Honey
240ml water
1 lemons zest and juice
120ml brandy
5 cinnamon sticks
5 star anise
1 small piece of ginger (peeled and grated)
5 cloves

Brandy Syrup

Add honey to water and heat until it dissolves and is a uniform liquid. Add lemon juice, zest and brandy to solution. Remove from heat and set aside.

Plums

Wash and halve plums, remove pits and stems, keep the pits. Place plums sliced side down in the jars, overlapping. Fill jar with plums up to 2cm from top. Add 1 small cinnamon stick, star anise, 1 ginger pinch, 3 or 4 pits and cloves to each jar.

Preserving

Pour hot syrup (60oC) over fruit leaving 1cm head space. Gently press on plums to remove air bubbles. Seal the sterilized jars. Put a tea towel on the based of your pot to prevent the jars cracking. Place the jars into a pot large enough so the water will cover them. Cover in warm water and bring up to 88oC over a 25min period. Hold this temperature for a further 20min.

Remove from the water bath onto a dry tea towel and allow to rest for 24hours, then check the bands/lids are tight. Store in a cool room and use this preserve within 1 year.

Gran's Green Tomato Chutney

2lb toms – roughly chopped
2lb cooking apples – de-cored and chopped
2lb onions – peeled and roughly chopped
1lb sultanas
1lb Demerara sugar
mustard seeds
cayenne
turmeric
1 pint vinegar
salt

Start by toasting the mustard seeds in a heavy based pot. Add the vinegar, onions and sugar and reduce to syrupy.

Add the apples, tomatoes a tbsp. of turmeric and a tsp of cayenne and reduce the heat to the lowest setting. Cook until the chutney is this, take care not to burn so stir every 5 minutes or so.

Add the the sultanas and cook for a further 20minutes. check the seasoning and when you're happy with the flavour jar in hot sterilised jars. The chutney will keep easily for 1yr in a cool dry place.

Runner Bean Pickle

1.8kg runner beans (weighed after trimming and slicing)
1.4kg onions (peeled and finely chopped)
1.6L cider vinegar
80g cornflour
3 heaped tbsp. toasted mustard seeds
2 tbsp turmeric
1kg demerara sugar
300g molasses
salt

First of all put the chopped onions into a preserving pan or large casserole or saucepan with 10 floz (275 ml) of the vinegar. Bring them up to simmering point and let them simmer gently for about 20 minutes or until the onions are soft. Meanwhile cook the sliced beans in boiling salted water for 5 minutes, then strain them in a colander and add to the onions.

Now in a small basin mix the cornflour, mustard and turmeric with a little of the remaining vinegar – enough to make a smooth paste – then add this paste to the onion mixture. Pour in the rest of the vinegar and simmer everything for 10 minutes. After that stir in both quantities of sugar until they dissolve and continue to simmer for a further 15 minutes. Then pot the pickle in warmed, sterilised jars, and seal and label when cold. Keep for at least a month before eating.

Plum pudding cake

Serves 8

250g plain flour
1 heaped tsp baking powder
1 level tsp bicarbonate of soda
1 heaped tsp ground cinnamon
1 heaped tsp ground ginger
200g golden syrup
2 heaped tbsp thick honey
125g unsalted butter
125g light muscovado sugar
350g plums
2 large eggs
240ml milk

For the spicy plum jam topping
5 plums
1tbsp light muscovado sugar
1tbsp butter
2 tsp ground ginger

Set the oven to 180C/350F/Gas 4. Use baking parchment to line 24cm/9½in square cake tin or baking dish.

Sift the flour, baking powder, bicarbonate of soda, cinnamon and ginger into a bowl.

Warm the golden syrup, honey and butter very gently in a pan until the butter and sugar melts. Stir in the muscovado sugar. Set aside and allow to cool slightly.

Halve the plums, or cut them into quarters if they are very large, and remove the stones. Break the eggs into a bowl, pour in the milk and whisk lightly to mix.

Pour the golden syrup mixture into the flour and mix with a large, metal spoon. Pour in the egg and milk and continue stirring till you have a loose, almost sloppy batter without any traces of flour.

Tip the mixture into the lined cake tin, drop in the plums and bake for 30-35 minutes. Now for the topping; halve and de-stone the plums and add to the same pan as you cooked the syrup and honey. Add the sugar, butter and the ginger. Cover and leave to cook down. Serve the cake with a generous topping of the spicy plums.



Winter

Grow

Jobs to do

Prune fruit trees and bushes overwinter when plants are dormant

Plant bare root trees and bushes as long as soil is not frozen

Top up raised beds with well-rotted manure

Plan crop rotation

Cultivate and prepare seedbeds, using black plastic, cloches or fleece to warm up soil

Sow tomatoes, chillis, and peppers indoors in late winter for plants that will be ready to transplant in the spring

Chit potato tubers in late February for new potatoes

Sow brussel sprouts into a seed bed in late February for transplants in spring

Harvest - Purple sprouting broccoli, beetroot, brussel sprouts, leeks, parsnips, swede, cabbage, Jerusalem artichokes

Make or mend

Top Ten DIY Tips

1. Gather a good quality selection of tools. The key to DIY is to use the right tool for the job, it makes all the difference.

2. Use a workmate for cutting timber. It can also grip things and it will save your favourite chair!

3. A good sturdy toolbox is the place to keep your tools and can also be used for a hop up when needed.

4. A third hand is sometimes essential. Get yourself a sturdy quick grip clamp. A friend can also come in handy.

5. Preparation is the key, a little forethought saves a lot of afterthought. Know your buildings architecture e.g. where the pipes run, where the cables run, what type of walls, where to turn off the water, gas and electric.

6. Match the fixings/ screw to the drill and the rawl plug. Always read instructions.

7. When hammering in short nails, use a clothes peg to hold the nail steady and avoid hitting your fingers.

8. Sharp tools do the job easier than blunt tools. If they cannot be sharpened replace them.

9. Beware of ladders! Lots of A&E visits happen because of poor ladder use. Be sensible and never over reach.

10. Plan your work area and keep it clean and tidy.

Farmhouse Loaf

This is a basic recipe to create a delicious home baked country loaf. We used two different flours but this can change to whatever you fancy. The only major difference being the quantity of water used in the dough. Seeds, roasted onions or olives make a lovely addition. Please feel free to experiment!

250g	Stoneground Organic Strong White Bread Flour
250g	Maltstar or Wholemeal Flour
5g	Dried Yeast
10g	Salt
350ml	Warm Water

Mix dry ingredients, add water and knead until a springy dough has formed, this will take around 15 minutes.

Leave to prove and double in size.

Knock back and shape loaf. Prove again until almost doubled in size.

Bake in a hot oven at 230oC for 40mins or until loaf is light for its size and when the base is tapped it should sound like a crisp drum.

Halloumi cheese recipe

10l full-fat milk
1tsp essence of vegetarian rennet
1tbsp salt for poaching the curds
80g salt if you wish to later brine the cheese

Gradually bring the milk up to 32-36C in a wide-bottomed pan (I use a meat thermometer, but you could use any type of thermometer as long as it will record a temperature up to 85C)

Add the rennet, stirring gently.

Let the mixture settle for one hour. It will set like a junket or jelly.

Cut the curd into roughly 1in cubes – do this by slicing the mixture in a grid pattern with a long thin-bladed knife

The curds will come away from the watery whey – let it settle for half an hour.

Bring the entire mixture up to about 38C over a very gentle heat over a period of half an hour

Using a large perforated spoon, scoop the curds into ideally a perforated container (a sieve would work equally well here) lined with muslin or fine tea towel. Have another container positioned beneath to collect the drained whey.

Leave to drain until firm, about 1 hour.

When you are ready to poach the curds, heat the whey to 85C in a saucepan big enough to accommodate the curds and add 1 tablespoon of salt.

Cut the curds by turning the cheese out on to a board and slice into oblongs about 2in wide.

Ensure your whey is at 85C and gently place the cheese blocks into the hot whey.

When the cheese pieces rise to the top of the liquid, the is ready. This can take up to 30 minutes. Place the cheese pieces back to your draining container. It will be quite fragile at first but will firm up quite quickly as it cools.

Once cooled and the cheese is firm, it is ready to pan fry. Put a little olive oil into a hot pan and fry the cheese pieces on each side until golden brown and nicely blistered. I like it best with a squeeze of lemon, a few chilli flakes and some dried oregano.

Alternatively you may wish to brine the cheese as it will then keep for a month or so in the fridge. To do this add half a litre of the whey to half a litre of boiling water with 100g salt. Cool and pour the cooled salty liquid over the cheese pieces and keep them immersed in the liquid in an airtight container.

Red Cabbage and Caraway Sauerkraut

This recipe will make 2 litres of Kraut

3kg red cabbage, shredded
20 juniper berries, ground with a pestle and mortar
2 tsp caraway, ground with a pestle and mortar
300g apples, cored and sliced
55g sea salt

Sterilise a 2 litre Kilner jar: wash the jar in soapy water and dry it. Pour boiling water into the jar, empty it and place on a baking-tray in a cold oven and bring the temperature up to 140°C/gas mark 1, until it's completely dry.

Put all the ingredients in a large mixing-bowl. Using a rolling-pin or your hands, smash the cabbage with the other ingredients so it releases some of its natural juices. The salt helps this process as it naturally draws out the moisture of food.

When the mixture in the bowl is covered with a small amount of liquid it is ready to be spooned into the sterilised jar.

Fill the jar, leaving a 3cm gap at the top. Use a plastic spatula to clean around the top of the jar. I like to fold up a small piece of cling film and place on the top of the ferment then put a weight on top of this, ensuring that the mixture is submerged under the liquid. Leave at room temperature out of direct sunlight, check every few days until you are happy with the sourness, this will probably take about 10 days. When checking the mixture, use a clean spoon to taste.

After opening, store in the refrigerator with the lid on.

Butternut Squash Soup

Serves 6

1 large butternut squash (peeled, deseeded and roughly chopped)
2 yellow onions (peeled and diced)
3 tsp ginger (peeled and chopped)
5 garlic cloves (peeled and sliced)
1 bay leaf
2 carrots (peeled and chopped)
2 tsp toasted & crushed coriander seeds
50ml olive oil
water
salt and pepper

Heat the oil in a heavy based pot. Add the onions, garlic and ginger and fry gently for 5 minutes, stir occasionally.

Add the chopped squash, carrots and coriander seeds and fry for a further 5 minutes.

Add the bay, a pinch of salt and pepper and enough water to cover. Simmer until the squash is soft.

The soup can be eaten as it is with just a little extra seasoning or pureed to give a creamier consistency.

