

Cured & Bashed Bavette

Cucumber, Pomegranate, Grape 'chaat' Salad, mint, basil & lemon juice

A fresh, zingy, salad full of textures and tastes to lively-up tastebuds, tickle tummies and give full eating enjoyment. Serve with Bavette steaks for a Spring time fresh feast!

Serves 8 to 10 people

Ingredients

½ large cucumber, deseeded, sliced into cubes, approx. 1cm
1 red onion, diced approx. 1 cm
250g pomegranate seeds
350g green seedless grapes, quartered lengthwise
1 red Birds Eye chilli sliced very thinly on the bias
Good handful mint leaves, torn
Handful coriander leaves sliced
Small handful basil leaves torn
3 tsp chaat masala
Juice of 1 lemon

Method

1. Prep all the fruits and vegetables, not the herbs, keep separate, covered and chilled until needed.
2. Just before time to serve, combine all the ingredients, tear up the herbs, add them. Squeeze in the lemon juice, sprinkle-in the chaat masala and stir gently to only just combine.
3. Serve chilled and enjoy!

To serve

This works really well served alongside a juicy steak. My favourite cut of steak to go with this Spring time salad is Bavette. The smell of this cut cooking somehow always gives me the heads-up that summer is around the corner. It needs a little work due to the nature of the beast, but once a little love and attention is applied it's simply fantastic.

Allow 250g to 300g of steak per person. Make a simple cure per steak of:

- 10g sea salt, 10g sugar, juice of ½ lemon, 1 tsp crushed rosemary leaves, 1tsp crushed coriander seeds, a little pared zest of orange.
- Gently beat the steaks with a rolling pin to flatten and tenderize each one, then pop the steaks into the cure, mix well and refrigerate overnight or for at least 8 hrs
- When ready to cook, wash off the marinade, pat dry then grill, fry or BBQ until cooked as you like them.

Potato & Pickle Salad

This is my version of my wife's, Olive's delicious potato salad. Wonderful fresh, earthy flavour of new season, Homeguards or Jersey Royals combined with delicately spiced vinaigrette, mayonnaise and crunchy, salty, vinegary pickles. Glorious! It's best to leave the potato salad to cool overnight in the fridge and then, before serving leave the mix to come back to room temperature and rectify the seasoning.

Serves 6

Ingredients:

2 tblsp fresh lemon juice
1 tblsp white wine vinegar
Nigella seed, turmeric, cumin
90ml grape-seed oil
1.5kg raw weight, waxy potatoes, new crop, skin scrubbed
Sea salt to season
10 chives, finely sliced
4 cornichons, sliced into discs
200g best mayonnaise

Garnish

Good handful curly parsley, finely chopped
2 tblsp Capers, drained, dried, leave whole and shallow fry over moderate high heat to "pop" the buds, then transfer to a sheet of paper towel and leave to cool
3 Spring onions, finely chopped on the diagonal
5 Breakfast radishes, halved with the stalks trimmed but left on

Method:

1. Pour the lemon juice and vinegar into a small bowl, add the sachet of Green Saffron spices and mix well. Grab a whisk, pour in the oil and whisk well to combine. Set aside
2. Gently boil the potatoes in generously salted water until just soft, when prodded with the point of a sharp knife, then drain and pat dry to remove excess moisture
3. Slice thickly, pop into a large mixing bowl, immediately pour in the spiced vinaigrette whilst the potatoes are still warm and gently stir to combine.
4. Add the sliced chives and cornichons, stir gently, then add the mayonnaise, mix well to combine, then pop into your fridge for at least 1 hour or overnight
5. When ready to serve, spoon the mix gently onto a platter, stir through the parsley, sprinkle over the garnish ingredients and it's ready!

Spring Salad, 'sunshine' Dressing

Asparagus, smoked salmon, new potatoes, watercress, radish, basil & chives

Full of the joys of Spring, this seasonal sensation sates the best of hungers! Delicious salads are all about preparation, then last minute construction. So deep breath with this one and enjoy!

Serves 4 to 6 people

Ingredients

Bunch of asparagus, about 12 to 15 stems, grilled or boiled in salt water for 3 mins, then dunked straight into ice water

750g new potatoes, chopped to roughly the same size, boiled in salty water

3 good handfuls of watercress, washed

5 radishes sliced very thinly with a sharp knife or mandolin

400g Irish smoked salmon, sliced thinly

2 eggs, lightly boiled, then cooled, shelled and quartered

Small handful basil, torn

1 tblsp chives sliced very thinly

1 tblsp garden cress

1 red Bird's Eye chilli, sliced very thinly on the bias

small handful mint leaves, torn

flaky sea salt to taste

Sunshine dressing:

150ml light olive oil

Juice of 1 orange

Zest of half an orange

1 tsp Worcestershire sauce

2 tsp Garam Masala blend cumin, coriander, cardamom, pepper, cinnamon, cloves, and nutmeg

1 tblsp Sweet Mirin

2 tsp White wine vinegar

1 tsp salt

Method

1. Make the Sunshine dressing in clean, sterile jam jar. It'll keep in the fridge for 2 weeks.
2. In a large bowl, pop in the asparagus, warm potatoes, watercress, radish slices and carefully mix with some dressing to generously coat. Set aside.

Assembly

- Take a large platter, or charger, arrange the dressed leaves and vegetables on the platter, then place on the smoked salmon, the soft boiled eggs, dotting them around the platter and finally tear up the herbs, add them and sprinkle-on and chilli. Final sprinkling of sea salt flakes. Serve and enjoy!