

Rachel Allen's Recipes

Nettle Soup

Serves 6

25g butter or 2 tbsp olive oil
125g chopped onions
150g peeled and chopped potatoes
Salt and pepper
600ml chicken or vegetable stock
300ml milk
250g nettles (remove the large stalks) roughly chopped

Melt the butter or olive oil in a large saucepan , add the onions and potatoes , season with salt and pepper , cover and cook on a very low heat for 8-10 minutes until soft . Add the stock and milk , bring them to the boil , then add the nettles and cook , uncovered over a high heat for about 1 - 2 minutes until it's just cooked – don't overcook it or it will lose it's fresh green colour . Liquidise carefully while hot , season to taste and add a splash of cream if you wish.

Banana, ginger and golden syrup bread

Serves 8

110g butter
125g golden syrup
50g soft brown sugar
2 eggs
125g flour
2 tbsp ground ginger
2 tsp baking powder
2 medium bananas, mashed

Preheat the oven to 180'C. line a loaf tin on the base and up the sides with parchment paper.

In a bowl, cream the butter until soft, then beat in the brown sugar and golden syrup. Then beat in the eggs one at a time. The mixture will look sloppy and curdled but don't worry. Sift in the flour , baking powder and ginger, fold together. Next mix in the mashed bananas to form a soft wet dough. Pour in to the usual Then place in the oven and bake for about 45 minutes until risen , golden brown and a skewer inserted into the centre comes out clean.