

SPRING GREEN PEARL BARLEY RISOTTO

Serves 2

INGREDIENTS:

25g salted butter or 1tbsp of olive oil

1 leek, diced

½ celery stalk, diced

2 cloves of garlic, crushed

200g pearl barley

125ml dry white wine

1liter hot vegetable stock

100g asparagus, cut into quarters

150g peas, fresh or frozen

100g spring greens – spinach, pak choi, cabbage (chopped)

30g parmesan cheese, grated

1 tbsp flat leaf parsley, chopped

1 tbsp lemon juice

sea salt & freshy ground black pepper

METHOD:

1. Place a casserole dish or heavy bottomed saucepan over a low heat and add the butter or olive oil. Stir in the leek, garlic and celery – cover and cook for 5 minutes until they have softened.

2. Remove the lid and stir in the pearl barley and stir to combine, cook for two minutes. Pour in the white wine and cook for 5 minutes, until the liquid has reduced and the alcohol has cooked out.

3. Add the vegetable stock to the pot. Stir everything to combine and leave to simmer for 25 minutes, stirring occasionally until the pearl barley is tender and most of the liquid has been absorbed.
4. Stir in the asparagus, peas and spring greens into the risotto and cook for five minutes until the asparagus is just tender.
5. Add the parmesan, lemon juice and flat leaf parsley. Season with sea salt and freshly ground black pepper and stir. pepper as required. Spoon the risotto into warmed serving bowls.

RHUBARB & PISTACHIO GALETTES

Serves 4

INGREDIENTS:

For the pastry

180g 1 2/3 cup plain/all-purpose flour,
140g / 2/3 cup butter, cubed and chilled
1 tablespoon caster/superfine sugar

For the filling

400g/4 cups rhubarb, sliced into 2.5cm pieces on the diagonal
80g / ½ cup caster / superfine sugar 1 tbsp rosewater (optional)

For brushing

1 egg, beaten with 1 tablespoon of milk
1 tbsp of brown sugar 1 tbsp pistachios, finely chopped

METHOD:

1. To make the pastry, place the flour, butter and caster/superfine sugar in a food processor and pulse until you the pastry forms a dough like consistency. Turn out the dough onto a lightly floured surface and knead together, pressing to incorporate any dry bits of flour. Flatten the dough into about a one inch thick disk. Wrap in plastic wrap and chill in the fridge at least 1 hour.
2. Pre-heat the oven to 180°C /360F/Gas4 and line a baking tray with parchment paper, and set aside.
3. Place the rhubarb into a bowl with the caster/superfine sugar, add the rosewater if using and toss to combine. Then make the egg wash, by beating the egg and milk together. Set both aside, while you get the pastry rolled out.
4. Take the pastry out of the fridge, remove the cling film. Roll out the pastry on a lightly floured surface into a large circular shape about 10 inches in diameter. Spoon the rhubarb in the middle, leaving a one inch border. Brush the border with the egg wash and fold the edges of the dough up and over the rhubarb, overlapping slightly. Brush the border with the egg wash and sprinkle with the chopped pistachios and brown sugar, using your fingers to push the nuts into the pastry crust.
5. Bake in the pre-heated oven for 35-40 minutes.
6. Serve with crème fraiche, cream or mascarpone.