

Leek & Potato Soup

A true classic, this soup is easy to make but needs top quality ingredients for the best result. Use the best stock you can find, or make it yourself. Use shallots instead of onions for a sweeter, smoother flavour.

Sweat 2 chopped and trimmed **leeks**, 2 sticks of chopped **celery** and 2 finely chopped **shallots** in 50g **butter** until soft and clear. Add 4 peeled and chopped **Agria Potatoes** and 1 litre **vegetable stock**. Simmer gently until the potatoes are tender, then remove from the heat and blitz until smooth in a food processor or with a stick blender. Add ¼ cup of **cream** and return to the heat briefly to heat through, don't let it boil or the cream will split. Serve in warm bowls with crusty **bread**.

Potato & Leek Purée

2 medium leeks
2tbsp butter
Few grates fresh nutmeg
¼ cup white wine
500g agria potatoes
¼ cup cream
¼ cup milk
1 tbsp chopped chives

Trim and rinse leeks removing coarse leaves. Slice finely.

Heat butter in a frypan and add leeks. Cook for about 10mins, until wilted (don't allow them to brown) then sprinkle over ½ tsp salt, freshly ground pepper and nutmeg. Mix together then pour in white wine. Cover and cook gently for about 10mins until tender.

Meanwhile, boil potatoes in salted water. Drain and mash.

Add the cream and milk to the leeks and heat until just under boiling point, then tip everything into the hot potato purée and whip together. Sprinkle with chives and serve immediately.

Roasted Pumpkin & Beetroot Soup

This may sound like an unusual flavour combination, but both pumpkin and beetroot being sweet, fruity and earthy go well together.

½ pumpkin
Olive oil
5 medium beetroot
salt & pepper to taste
2 onions
¼ cup cream (optional)

2 sticks of celery
2-4 cloves of garlic
About 8 cups of vegetable stock (depending on size of pumpkin- you can add more during blending if necessary)

Cut pumpkin into cubes and roast in olive oil for 30-40 minutes at 180°C or until golden.

Sauté diced onion, celery and garlic in pot until soft. Add roasted pumpkin and peeled and cubed beetroot.

Season, add stock and bring to the boil, reduce heat and simmer for 20-30 minutes until beetroot is tender.

Blend in batches and pass through a sieve. Add cream if desired.

Serve with toasted ciabatta.

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Beetroot Pesto

1 cup beetroot, chopped and roasted
3 gloves garlic, chopped
½ cup walnuts roasted
½ cup parmesan cheese, grated
1/cup olive oil
2 tbl lemon juice
salt to taste

Pre heat oven to 180c.

Wash beetroot, dry and chop into 2cm cubes.
Wrap in foil and roast until juices are seeping out (30-40mins)

Allow to cool completely

Blend all ingredients (except oil) – pulse several times

Slowly add oil until desired consistency. Add a small amount of water if necessary.

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Thai Pumpkin Soup

2 tbsp olive oil
1 onion (chopped)
2 cloves of garlic (crushed)
1 tbsp brown sugar
1.2kg pumpkin
2 cups water
400ml coconut milk
1-2 dried or fresh chillies (finely chopped)
1 tbsp fish sauce
Salt and pepper
¼ cup coriander or parsley

Heat oil in a pot and gently cook onion, garlic, and brown sugar until softened.

Add remaining ingredients (except coriander/parsley).

Simmer for 20 mins, or until tender.

Mash roughly. Adjust seasonings to taste and mix through herbs.

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Curried Kumara Soup

Kumara makes an unbelievably smooth puree. It has a mild, sweet but none-the-less distinctive flavour, and makes a very satisfying soup.

½ - 1 tsp curry powder
2 cloves of garlic
75g butter
500g kumara
1 cup water
2 tsp vegetable bouillon or other flavouring
3 cups milk (approximately)
¼ cup cream (optional)

Add the crushed garlic and curry powder to the butter in a large saucepan.

Peel the kumara with a potato peeler and slice into pieces 1cm thick. Cook in the butter for 1-2 minutes without browning. Add the water and bouillon, cover and cook for 10 minutes until tender. Puree, thinning with milk until it reaches the desired thickness.

Add the cream and reheat, but do not boil.

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Brussels Sprouts with bacon, sage, and pine nuts

50g brussels sprouts
1 tbsp butter
100g bacon, chopped
¼ cup pine nuts
20 fresh sage leaves
juice 1 lemon

Trim brussels sprouts and cut a small cross on the bottom of each. Plunge them into a saucepan of gently boiling lightly salted water and cook without a lid for 3-5 minutes, until about one third cooked.

Drain and immediately refresh with several cups of cold water to halt the cooking process. Shake off water, then gently squeeze each one to get rid of any excess. Cut them in half then dry on kitchen paper.

Heat a medium frying pan over medium heat and add butter. Once butter is sizzling, add chopped bacon and cook until bacon is sizzling and golden. Add pine nuts and sage leaves and cook a few minutes more until pine nuts have coloured. Tilt the pan to let excess fat accumulate, then scoop it out.

Reheat pan and add brussels sprouts. Toss gently, seasoning with a little sea salt and freshly ground black pepper. Serve in the pan, or transfer to a heated serving dish. Squeeze over the lemon juice and serve immediately.

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Orange scented Parsnip Soup

500g butter
1 onion, chopped
4 cups parsnip, peeled and diced
½ tsp curry powder
½ tsp orange zest
2 tbsp orange juice
6 cups chicken stock
Extra orange zest for garnish

Melt butter in a large pot. Add onion and cook for 2 minutes then stir in parsnip. Cover the pot and cook over a very low heat for 15 minutes.

Add curry powder and cook for 2-3 minutes, then the orange zest, juice and chicken stock. Bring to the boil and simmer for 20 minutes.

Blend until smooth, reheat. Serve with orange zest.

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Manuka honey-roasted yams with ginger

400g yams, washed
1 tbsp manuka honey
1 tbsp grated ginger root
salt and pepper
olive oil (in spray form if possible)

Heat oven to 200 degrees celsius.

Wash and dry the yams, then spread them in a roasting dish and spray or drizzle with olive oil. Season the yams with salt and pepper, toss to coat.

Roast in the oven for 30 to 40 minutes. Once or twice while cooking the yams, pull out the roasting dish and toss the yams.

Once the yams are cooked, drizzle the honey over the yams and add the ginger.

Toss the yams so they are well coated. Pop back in the oven for a couple of minutes, making certain the honey doesn't burn.

Serve the yams with roast meat, chicken, or fish.

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Baked Leeks with Bread Crumbs

6 tbsp unsalted butter
2 tbsp minced shallots
6-8 leeks. White and pale green parts chopped.
Salt and freshly ground white pepper
2 cups whole milk, plus more as needed
3 tbsp all purpose flour
¼ tsp cayenne pepper
½ cup shredded Gruyere cheese
½ cup fresh bread crumbs

Preheat oven to 200 degrees Celsius. In a frying pan, melt 2 tbsp of butter over medium-high heat. Add the shallots, leeks and ½ tsp each salt and white pepper. Reduce heat to medium and cook, stirring often, until the leeks are translucent and very soft, about 15 minutes. In a small saucepan, warm 2 cups of milk over medium heat until small bubbles appear around the edge of the pan. Cover and remove from the heat. In a saucepan, melt 3 tbsp of butter over medium-high heat. Remove from the heat and whisk in flour, ½ tsp salt, ¼ white pepper, and the cayenne. Return the pan to medium-low heat and cook, stirring often, for 2 minutes. Slowly whisk in the hot milk and simmer, stirring until the sauce thickens, about 15 minutes. If the sauce is too thin increase the heat, if it is too thick whisk in a little more milk. Stir in the leek mixture. Pour the mixture into a baking or gratin dish. Sprinkle evenly with the cheese and bread crumbs and dot with the remaining tbsp of butter. Bake until the cheese and bread crumb topping are golden and the gratin is bubbly, about 20-30 minutes. Remove from oven and serve.

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Pumpkin stir fry

4 cup pumpkin, sliced thinly
½ cup spring onions
2 tsp garlic
4 tbsp oil
4 tbsp fish sauce
4 tbsp
4 tbsp peanuts (chopped)
½ cup mint
red chilli (chopped)

Stir fry all ingredients – adding spring onions last. Add peanuts and mint before serving.

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Raw pumpkin slaw with cashews and coriander dressing

250g pumpkin
1 cup cherry tomatoes
1 cup roasted cashew nuts
For the dressing:
2 garlic cloves, smashed to a paste with ½ tsp salt
3 spring onions, white parts only
1 packed cup of coriander leaves and stalks, plus a few for garnish
2 tsp capers
3 tbsp white wine vinegar

Grate the pumpkin coarsely, and tip into a bowl. Add the tomatoes and half the cashew nuts, then set aside. To make the dressing, put all of the ingredients in a food processor or blender and combine until smooth. Taste for seasoning and add more salt, oil or vinegar as needed. Pour the dressing over the pumpkin and tomatoes and toss together until combined. Scatter over the remaining cashew nuts and reserved coriander sprigs before serving.

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Roasted pumpkin wedges with dukkah crust and minted yoghurt

1-1.2 kg wedge pumpkin, seeds removed
3-4 tbsp olive oil
1 garlic clove, crushed to a paste with ½ tsp sea salt
zest and juice of 1 lemon
1 cup plain yoghurt

Heat oven to 200 degrees celsius and line a large roasting tray with baking paper. Cut pumpkin into 6-8 slim wedges. Drizzle a tbsp of olive oil over the tray, and place pumpkin on top. Drizzle with more olive oil and season with salt and pepper. Place tray in oven and roast for 20 minutes. Remove the pumpkin from the oven and run the tines of a fork over the surface of the wedges. Sprinkle thickly with dukkah and drizzle with the remaining oil. Return to the oven for another 10 minutes, until golden. For the dressing, put the garlic paste, mint, and lemon juice into a small bowl. Add the yoghurt and stir well to combine.

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Pumpkin and parmesan gnocchi

500g pumpkin (750g unpeeled, unseeded)
1 egg yolk
¼ cup grated parmesan cheese
½ cup plain flour, plus extra for shaping
½ tsp salt
¾ tsp ground black pepper

Heat oven to 200 degrees celsius. Cut pumpkin into rough pieces and put onto lined baking tray. Bake for 25-35 minutes, until soft enough to easily pierce with fork. Remove from oven and leave on cooling rack – the air circulation prevents the pumpkin from going soggy. Mash the pumpkin until smooth, then add the egg yolk and cheese. Beat well, then stir through flour, salt, and pepper to form a soft dough. Dust bench with flour. Dust a large lined baking tray with flour too, then set aside. Divide dough into four portions. Roll one section into a 2cm thick snake. Cut into 2-3cm pieces, then shape. With each piece of gnocchi, press a fork into one side, while gently pushing the underside with your fingers, creating a pillowy shape. When all the dough is shaped, let it sit for 10 mins while preparing a large pot of salted boiling water. Boil batches of the gnocchi for 2-3 mins, or until it floats. Remove with a slotted spoon to a warmed bowl. Drop in some butter – this will prevent the gnocchi from sticking together. Serve with parmesan and/or your favourite tomato sauce.

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Crispy apple and red cabbage salad

300g red cabbage
2 apples
squeeze of lemon juice
1 small red onion
1 stalk celery, thinly sliced
200g grapes
½ cup flat leaf parsley, roughly chopped
Dressing:
2 tbsp olive oil
1 tbsp liquid honey
½ lemon, juiced
2 tsp apple cider vinegar
1 tsp dijon mustard
1 tsp caraway seeds, lightly toasted

Thinly slice cabbage. Cut apples into quarters then slice thinly and toss with lemon juice to prevent browning. Thinly slice red onion, place in cold water to soak for 5 minutes then drain. Place cabbage, apples, onion slices, celery, grapes, and parsley in a large bowl and toss gently. Combine dressing ingredients and add to the salad before serving.

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Buffalo cauliflower with aioli

3 tbsp melted cold press coconut oil
1 cup chickpeas soaked overnight
¾ tsp sea salt
2 cloves garlic, roughly chopped
½ red capsicum
1/8 fresh red thai chilli
½ cup sun dried tomatoes, soaked for 2-4 hours then rinsed
2 pitted medjool dates
¼ tsp paprika
1/3 tsp chilli powder
1/3 cup apple cider vinegar
¾ cup filtered water
1 tbsp arrowroot or tapioca
1 medium sized cauliflower, washed and divided into florets
1 batch cashew aioli
1/8 preserved lemon, peel only, finely chopped
pinch of saffron

Preheat oven to 230 degrees on fan bake. Line 2 baking trays with baking paper & drizzle with 2 tbsp coconut oil. Drain & rinse chickpeas well. Place in blender with salt, garlic, capsicum, chilli, sun dried tomatoes, dates, paprika, chilli powder, vinegar, water, & arrowroot or tapioca, blend on high until you have a smooth batter. Place cauliflower in a large bowl & pour over batter, mixing well to make sure florets are well coated. Spread cauliflower on the lined trays & drizzle remaining coconut oil on top. Roast for 5 minutes, turn florets over & roast for another 6 minutes, or until crispy golden brown. For the aioli place the cashew aioli in a blender. Set aside ½ tbsp of preserved lemon and add rest to blender with the saffron. Blend until well incorporated. Transfer to a bowl, add reserved lemon, and gently fold in.

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Green Frittata

5 tbsp vegetable oil
1 leek, finely chopped
4 wild garlic bulbs, thinly sliced (optional)
1 onion, finely diced
5 large eggs
1 ½ tsp salt
1 tsp ground pepper
½ tsp turmeric
1 tsp baking powder
1 ½ cups parsley, finely chopped
1 ½ cups dill, finely chopped
1 cup coriander, finely chopped

Heat 2 tbsp of the oil in a large frying pan, add the leeks, wild garlic, and onion. Cook gently until soft and translucent, or about 10 minutes. Remove from the pan and set aside. In a medium sized bowl whisk together the eggs, salt, pepper, turmeric, and baking powder. Chop all of the fresh herbs until they are fine. Add the herbs and cooked onion mix to the eggs and mix gently. Preheat the grill on your oven to medium-hot. Wipe the frying pan of excess onion and return to medium heat. Add the remaining oil and pour in the mixture. Spread evenly over the pan, cover and cook until the bottom is just set (8-10mins). Remove the cover and place under the grill to set the top of the frittata (1 mins approx.). Cool slightly, then slide onto a plate and cut into desired wedges.

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Moroccan carrot and orange salad

450g carrots, peeled and grated
2 oranges, peeled, white pith removed and cut crossways into 1 cm slices, then into small segments
2 tbsp orange juice
1 tbsp lemon juice
2 tbsp extra virgin olive oil
sea salt and freshly ground black pepper

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Warm spinach, feta, and Brussels sprout salad

500 ml water
salt
20 trimmed brussels sprouts
tsp or 2 of butter
1 clove garlic

Dressing:

handful spinach
150g feta, crumbled
1 tsp cumin seeds
pepper
2 tbsp extra virgin olive oil
3 tbsp greek yoghurt
juice of ½ lemon
2 tbsp powdered parmesan
2 tbsp grated parmesan

Preheat oven to 180 degrees. Heat water in a medium size pot and add a pinch of salt. Cook brussels sprouts in boiling water for 15 mins. While the brussels sprouts are boiling, heat an ovenproof pan on the stove. Add the butter and garlic to pan. Drain brussels sprouts and add to pan. Toss until coated with butter and garlic, then put into oven for 10 minutes. Remove stalks from spinach and add to blender with feta, cumin seeds, a pinch of pepper, olive oil, yoghurt, and lemon juice. Blend for 40 seconds until it has a dip-like consistency. Transfer brussels sprouts to bowl. Spoon dressing over sprouts and toss through. Mix in the powdered parmesan. Garnish with grated parmesan and serve.

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Brussels sprouts and apple salad

500g Brussels sprouts, leaves separated
2 apples, 1 green, 1 red, cut into thin circles and matchsticks
1 tbsp lemon juice
1 tbsp cider vinegar
1 tsp fresh ginger, finely grated
1 tsp honey
2 tbsp olive oil
salt and cracked pepper
1 tsp poppy seeds

Separate the leaves of the brussels sprouts and put into a large bowl. Make the dressing by mixing the lemon juice, vinegar, ginger, honey, and oil together, season with salt and pepper. Stir to combine. Add the sliced apple to the dressing to coat and to prevent discolouring. Pour over the brussels sprouts when ready to serve, sprinkle with poppy seeds and toss lightly to combine.

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Roasted kumara salad

2kg mixed kumara, peeled and cut into 3cm chunks
2 tbsp olive oil
2 tbsp maple syrup or golden syrup
2 tsp garam masala
1 tsp fennel seeds, chopped
salt and ground pepper
Optional:
4 slices pineapple, cut into quarters
½ cup toasted coconut chips
2 tbsp orange juice
2 tbsp fresh lime juice
½ cup chopped coriander

Place kumara in a large roasting dish. Drizzle over olive oil and syrup, sprinkle with garam masala and fennel seeds. Season with salt and pepper. Toss to combine and spread out evenly in dish. If using pineapple, toss in with the kumara. Roast at 180 degrees celsius for 1 hour. Leave to cool then transfer to a mixing bowl. Without mashing, add all the other ingredients and gently toss to combine. Salad can be assembled up to 4 hours before serving. Fresh, sliced oranges are also good in place of pineapple.

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Spinach, leek, and cheddar strata

200g fresh spinach
1 leek, sliced thinly
3 tbsp butter
1 tsp salt
black pepper
¼ tsp freshly grated nutmeg
1 loaf stale bread, torn into bite sized pieces
150g grated cheddar cheese
50g parmesan cheese
2 ¾ cups milk
9 large eggs
1 tbsp dijon mustard

Saute leek in butter in a large frying pan over medium heat until soft, or about 5 mins. Add ½ tsp salt, generous grinds of pepper & nutmeg & continue cooking for 1 minute. Add spinach and wilt for 1 minute. Remove from heat & set aside. Spread one third of the bread pieces in a deep baking dish. Top with one third of the spinach mix & one third of each cheese. Repeat layering twice with remaining bread, spinach, & cheese. To make egg mix, whisk eggs, milk, mustard, and remaining ½ tsp salt & pepper together in a large bowl and pour all over the bread. Cover with plastic wrap & refrigerate for at least 2 hours & if possible overnight. When ready to cook, remove it from the fridge 30 minutes before to get to room temperature. Preheat oven to 180 degrees celsius. Bake uncovered in oven until golden, risen & puffy and cooked through, or for about 45-55 minutes. Remove from oven and let stand for 5 minutes before eating.

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Roast vegetable and red lentil soup

2 orange kumaras, peeled, cut into chunks
2 carrots, peeled and sliced
¼ cup olive oil
2 red capsicum, seeded and cut into chunks
1 red onion, roughly chopped
2 garlic cloves, peeled
2 425g cans chopped tomato, in juice
1 ½ litres chicken or vegetable stock
1 cup red lentils

Preheat oven to 180 degrees celsius. Toss kumara and carrots in half of the olive oil, season to taste, bake for half an hour. Add capsicum, onion, and garlic cloves. Toss with remaining olive oil and bake a further 30 minutes. Transfer vegetable mix to a large soup pot. Add stock and tinned tomatoes. Take out about a quarter of the mixture and pulse with a stick blender, then return mix to the pot. Bring to a boil, add red lentils. Reduce to a simmer, cover and cook for 20-25 minutes, stirring regularly to avoid sticking.

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Sweetcorn, chicken, and ginger soup

3 tbsp vegetable oil
500g fresh or frozen corn kernels
4 cm piece of fresh ginger, peeled, cut into matchsticks
4 spring onions, finely chopped
2 boneless, skinless chicken thighs, finely sliced
1 litre water or chicken stock
salt and pepper
¼ cup rice wine vinegar

Heat oil in a medium sized pot over medium to high heat. Sweat the corn, ginger, and half the spring onions for 3-4 minutes without colouring, stirring often. Add the chicken, the water or stock, and the rice wine vinegar and bring back to a simmer. Season to taste, stir in the remaining spring onions and divide between four bowls. Serve immediately.

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Penne with fresh tomato sauce, mint, & chilli

3 cup penne pasta
¼ cup olive oil
3cm piece fresh ginger, peeled and finely chopped
4 cloves garlic, peeled and finely chopped
good pinch of chilli flakes
1 cup mint leaves
2 440g tins italian chopped tomatoes or 1kg ripe tomatoes, chopped
salt and pepper
2tsp sugar
¼ cup ground or shaved parmesan, optional
extra virgin olive oil

Place a large pot of water on to the boil over a high heat. Cook the pasta for 15-18 minutes or until just cooked. Meanwhile, in a separate pot, warm the olive oil over a medium heat & sweat the ginger, onion, garlic, & chilli flakes for 3-4 minutes before adding tomatoes, a good dash of salt & pepper, the sugar and half the mint leaves roughly torn. Bring the tomato sauce to a simmer & cook for 6-8 minutes. Puree the sauce in a food processor or with a stick blender & return the sauce to the pot. Adjust seasoning if needed and keep warm. Drain pasta when the penne is cooked & divide between four large bowls. Top pasta with tomato sauce. Finely chop remaining mint & scatter over top of the sauce and finish with parmesan if using, & extra virgin olive oil. Serve immediately.

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Broccoli, cauliflower, and feta salad

1 head broccoli
½ head cauliflower
1 cup puy lentils
2 handfuls baby spinach
250g crumbly feta

Vinaigrette:

¼ cup lemon juice (around 2 lemons)
¼ cup white wine vinegar
2 tsp sugar
1 tsp coarse salt
¼ tsp ground pepper
1 cup olive oil

Cut the broccoli and cauliflower into bite size florets. Blanch in hot water and cool down in iced water, this will stop the cooking process immediately). Drain and place on a clean tea towel to dry most of the water from the florets. Cook a cup of puy lentils (green lentils) in three cups of water until tender but not mushy. Drain and rinse in cold water. Place the broccoli, cauliflower, and lentils in a bowl and gently mix together. Add lemon vinaigrette and salt and pepper. Add baby spinach and crumble over feta. Toss gently and serve. To make the vinaigrette combine the lemon juice, vinegar, sugar, coarse salt, and ground pepper in a medium bowl or jar. Whisk or cover and shake until salt and sugar have dissolved. Add oil then whisk or shake again until thoroughly combined.

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Roast cauliflower couscous

1 (500g) cauliflower, leaves removed
handful of parsley, roughly chopped
2 tbsp extra virgin olive oil
1 lemon
sea salt flakes and cracked pepper

Preheat oven to 200 degrees celsius. Roughly cut the cauliflower into large pieces, using a food processor with the blade. Add a little cauliflower at a time as to not overcrowd the bowl. Blitz the cauliflower until it resembles couscous, tip into a bowl and continue until all the cauliflower is used. Squeeze over half the lemon and drizzle over the oil. Season with salt and pepper and toss to coat. Line a baking sheet with greaseproof paper. Spread over the cauliflower and roast in the oven until golden and crunchy (10 – 15 mins). Remove and taste adjust if necessary. Sprinkle over the parsley and serve.

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Parsnip and walnut cake

3 cup grated parsnip
70g roughly chopped walnuts
200g caster sugar
2 tsp cinnamon
200g self rising flour
4 eggs, lightly whisked
2 tsp vanilla
½ cup peanut oil
½ sunflower oil

Icing:

20g softened butter
200g cream cheese, room temperature
1 tsp vanilla
2 cups icing sugar
2 tsp lemon zest
¼ cup walnuts to decorate

Preheat oven to 170 degrees. Line a 23cm cake tin with baking paper. Place the parsnip, walnuts, sugar, cinnamon, and flour into a large bowl and stir. Add vanilla, peanut oil, and sunflower oil to whisked eggs. Pour into the parsnip mix and combine well. Pour cake mix into the tin and place in the oven for 50 mins or until skewer comes out clean. Allow to cool in the tin. Split the cake in half. To make the icing, beat the butter, cream cheese, and vanilla until smooth. Add the icing sugar and 1 tsp lemon zest, and combine until the icing is smooth and lump-free. Place the base of your cake on a serving plate. Spread a third of the icing on. Place the top of the cake onto the iced base and cover with the remaining icing. Garnish with walnuts and 1 tsp lemon zest.

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Cauliflower and potato salad

500g potatoes, cut into even sized pieces
¼ cup oil
2 tsp whole cumin
1 tsp ground cumin
2 tsp ground coriander
1 tsp turmeric
pinch cayenne pepper
1 small head cauliflower, cut into florets
½ cup sultanas
¼ cup chopped roasted almonds
¼ cup coriander leaves
½ cup yoghurt

Place the potatoes in a pot of salted water. Cook for 10 minutes until a knife will insert easily. Remove and allow to cool enough to handle, then cut into smaller pieces. Heat the oil in a large frying pan. Add the whole cumin and cook for 1 mins until fragrant. Add the ground cumin, coriander, turmeric, and cayenne. Add the cauliflower and toss through, continuing to cook until just softened. Add the potatoes and sultanas, stirring through to absorb the flavours and heat through. Serve hot, garnished with almonds and coriander. Add a side dish of thick yoghurt.

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Chickpea, leek, and Parmesan soup

1 tbsp olive oil
1 tsp butter
2 leeks, trimmed, cleaned, sliced
1 small red onion, diced
2 garlic cloves, chopped
sea salt flakes
400g can chickpeas, drained, rinsed
2 tbsp ground almonds
800ml chicken or vegetable stock
freshly ground black pepper
70g parmesan cheese, grated, plus extra to serve

Heat the olive oil and butter in a large heavy-based saucepan, add the leeks, onion, garlic, and a pinch of salt and saute gently for about 5 minutes until tender. Add the chickpeas and cook for a further minute, then add the ground almonds and the stock and simmer for 15 minutes. Season and stir in the parmesan. If you prefer a smooth soup blitz in a blender or use a stick blender. Reheat the soup if necessary. Ladle the soup into bowls and add a grating of nutmeg, a scatter of parsley and extra grated parmesan.

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Pot roast chicken with lentils, sage, rosemary, and thyme

1 tbsp vegetable oil
2 onions, diced
4 garlic cloves, peeled and halved
2 rosemary sprigs, leaves picked and chopped
225g red lentils, rinsed
a handful of thyme sprigs, tied with string
5 sage leaves
750ml chicken stock, plus extra if needed
juice of 1 lemon
1 medium free range chicken, around 1.5 – 1.8kg
2 tsp butter, softened
sea salt flakes
freshly ground black pepper
handful of flat parsley leaves, chopped

Preheat oven to 180 degrees celsius. Heat the oil in a large casserole dish, add onions and cook over medium heat until softened. Add garlic and rosemary, cook for a further 3mins, then stir in lentils, thyme, sage leaves, and stock. Stir in lemon juice, add the squeezed lemon husks. Smear the chicken with butter and season well. Nestle it into lentil mix and bring to simmer. Transfer to oven. Bake uncovered for 1 hour 15mins until chicken is golden brown and the juices run clear when thickest part of the thigh is pierced. Check occasionally that the lentils aren't too dry (if they are, add more stock or boiling water). Remove chicken from casserole and let rest. Check lentils for seasoning, remove lemon husks, stir in sticky bits from the side of the dish and add chopped parsley. Carve the chicken and serve with the lentils.

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Orange and fennel salad

2 heads of fresh fennel, sliced thinly
2 tbsp fennel fronds, roughly chopped
2 – 3 oranges, peeled, segmented, juice reserved
juice of ½ lemon
pinch of sea salt flakes
cracked black pepper

Slice the fennel and place in a large bowl. Add the orange segments and squeeze over any juice from the oranges and lemon juice. Season with black pepper and salt and finish with the fennel fronds. Toss to combine and serve.

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Honey and thyme roasted vegetable salad

600g pumpkin, peeled and seeded
4 – 5 parsnips, peeled
2 large kumaras
6 medium carrots, peeled
salt and pepper
Oil:
½ cup olive oil
3 tbsp honey
1 tbsp white wine vinegar
4 cloves garlic, sliced thinly lengthwise
small bunch thyme or 2 tsp dried thyme

Make the oil by shaking all ingredients together in a jar to combine. Preheat oven to 200 degrees celsius. Line 2 large roasting trays with baking paper. Cut vegetables into thumb sized batons or wedges. Place in a large bowl. Drizzle the oil over vegetables and toss to coat. Spread out in a single layer on roasting trays and season with salt and pepper. Roast in oven until tender and starting to caramelize, or about 45 mins. Remove from oven, allow to cool for 5 minutes then toss through with leaves and hazelnuts.

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Creamy broccoli and tuna pasta bake with rocket

375g penne pasta
2 heads broccoli, florets chopped, stems
pelled and roughly chopped
6 eggs
600ml cream
425g can tuna in oil, drained
60g baby spinach
3 spring onions, sliced
2 garlic cloves, crushed
salt and pepper
¼ cup grated parmesan cheese, plus extra to
serve
60g rocket leaves

Preheat oven to 180 degrees celsius. Grease a
3L baking dish. In a large saucepan of salted
boiling water, cook pasta according to
packet instructions adding broccoli in the final
2 minutes. Drain. In a large bowl, whisk eggs
and cream together. Add pasta, broccoli,
tuna, spinach, spring onions, and garlic,
tossing to combine. Season to taste. Transfer
mixture into prepared dish. Sprinkle with
parmesan. Bake for 30-35 mins until bubbling
and golden. Serve with rocket and extra
parmesan sprinkled over top.

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Herb risotto

2 tbsp olive oil
100g butter
1 onion, finely diced
½ leek, finely sliced
1 stick celery, finely diced
450g risotto rice
250ml dry white wine
1L hot vegetable stock
100g freshly grated parmesan or pecorino
cheese
handful parsley, mint, chives, marjoram, dill,
rocket leaves, roughly chopped
salt and pepper

Heat the oil and half the butter in a large
heavy-based pan. Fry the onions, leeks, and
celery gently for 8 minutes, without colouring.
Add the garlic and rice and cook, stirring, for 4
minutes or until the rice is slightly toasted. Turn
the heat up slightly. Add the wine and a light
squeeze of lemon juice. Reduce the heat and
simmer until absorbed, then add the stock a
ladle at a time, stirring constantly. After 20-
25mins, when the rice is almost cooked, cook
for another 3-4mins. The rice should be
cooked, but with some bite. Add the rest of
the butter and the cheese. Season. Stir well,
turn off the heat, cover and leave for 5 mins.
Stir in the herbs, lemon zest and a little more
lemon juice. Serve with plenty of freshly grated
parmesan cheese.

Black's Road Green Grocer

Roasted cauliflower and pear salad

1 large cauliflower
4 tbsp olive oil
½ tsp sea salt
½ tsp granulated garlic
4 tsp ground cumin
2 firm beurre bosc (brown) pears
1 trimmed fennel bulb
juice of ½ lemon
1 cup water
2 cups rocket leaves
40g shaved pecorino or other hard cheese
Dressing:
4 tbsp apple cider vinegar
4 tbsp extra virgin olive oil
juice of 1 lemon
1 tsp sugar
¼ tsp cayenne pepper
½ tsp sea salt
freshly ground black pepper

Heat oven to 220 degrees celsius. Core
cauliflower, cut into small florets and toss in olive
oil, salt, garlic, and cumin. Spread on a lined
baking tray and roast for 20 mins or until starting
to brown and become crisp. Quarter and core
pears. Finely shave pear and fennel and place
in a bowl with the lemon juice and water as you
work, to prevent browning. Drain pear and
fennel well. Layer rocket, pear, fennel, and
cauliflower on a shallow platter. To make the
dressing whisk together vinegar, olive oil, lemon
juice, sugar, cayenne pepper, salt, and pepper.
Dress the salad and scatter the pecorino on top.
Serve immediately.

Black's Road Green Grocer

Carrot soup with harissa and coconut

2 tbsp coconut oil or vegetable oil
1 onion, finely chopped
2 cloves garlic, crushed
700g carrots, peeled and sliced
1L (4 cups) vegetable stock
6 whole cloves
1 ½ - 2 tsp harissa
1 cup coconut milk, plus extra to serve
sea salt
toasted shaved coconut, to garnish (optional)

Heat oil in a large heavy based saucepan over medium heat. Add onion and cook 10 minutes or until soft and translucent. Add garlic and cook for a minute. Add carrot and toss through, add stock and cloves and bring to a boil. Reduce heat to low, partially cover pan and cook for 25 mins or until carrots are tender. Remove cloves and puree soup with a stick blender. Return soup to the pan and whisk in the harissa then the coconut milk. Bring to a simmer and cook for 10 mins. Season to taste with salt and extra harissa. Swirl in a little extra coconut milk and sprinkle with toasted coconut to serve.

Black's Road Green Grocer

Potato and roasted peanut hot pot

1kg waxy potatoes, washed
1 red and 1 green capsicum
1 ½ cup blanched peanuts, roasted and finely chopped
2 long green chillies, sliced, deseeded if wished
1 tbsp minced ginger
1 tsp minced garlic
½ cup korma curry paste
400ml can coconut milk
1 cup water
1 tbsp grated palm sugar or brown sugar
1 tsp salt
200g green beans or 1 small head broccoli
4 hard boiled eggs, peeled and quartered
2 tbsp chopped fresh coriander

Turn the slow cooker on to low to pre warm while gathering and preparing the ingredients. Peel potatoes if wished and cut into large chunks. Cut the capsicums into large 3cm pieces. Into the pre-warmed slow cooker put the potato, capsicum, peanuts, chillies, ginger, and garlic. In a jug, stir together the curry paste, coconut milk, water, sugar, and salt, and pour into the slow cooker. Stir to mix evenly. Cover with the lid and cook on low for 5 - 6 hours or on high for 3 - 4 hours, or until all the vegetables are tender. Top and tail the beans and cut in half or cut the broccoli in florets and stir into the slow cooker. Cover with lid and cook on high for an additional 30 mins. Alternatively, blanch the vegetables and add to the slow cooker; there will be no requirement for extra cooking time. If you prefer a thinner sauce stir in extra hot water. Stir in the eggs and coriander and season with extra salt if required. Serve in bowls.

Black's Road Green Grocer

Roast beets with fennel and oranges

600g beetroot, peeled and cut into 2cm wedges
1 tbsp oil
1 tbsp honey
1 tbsp balsamic vinegar
salt and ground pepper
2 medium fennel bulbs, very thinly sliced
4 oranges, peeled and segmented
2 roasted red peppers, peeled and cut into thin strips
250g sliced haloumi, grilled or fried and cubed
Dressing:
¼ cup mint, finely chopped
¼ cup extra virgin olive oil
zest of 1 orange
2 tbsp white wine vinegar
1 tsp sugar
salt and ground black pepper

Place beets in roasting dish and mix through oil, honey, vinegar, salt and pepper. Roast at 180 degrees celsius for 40 - 45 mins until tender and starting to shrivel. Layer beets on to a serving platter with sliced fennel, oranges, and red peppers. Top with grilled haloumi or feta cubes. Shake dressing ingredients together in a small jar and drizzle over salad just before serving.