

Tasting, Sampling and Sharing

with friends

posh squash

(Roast squash with feta, pumpkin seeds and sprouting broccoli.)



Serves 4

Preheat the oven to 200C/180Cfan/gas6.

Ingredients

1 large butternut squash or similar squash, about 1,2kg or 2 1/2lb
2 tbsp good olive oil plus extra for drizzling
1 tspn chilli flakes
1 tspn cumin seeds
Sea salt and freshly ground pepper
200g (or 7oz) of sprouting broccoli
4 tbsp pumpkin seeds - toasted
200g - 400g (or 7oz- 14oz) feta cheese to taste for crumbling

Method

Peel and cut the squash into wedges or large chunks.

Transfer to a roasting tin then add the chilli flakes, cumin seeds, salt and pepper, toss in the olive oil, put in the preheated oven for 35 to 40 minutes, until lightly golden and cooked.

Meanwhile trim and cut up the broccoli and blanch in a pan of salted boiling water for about 4mins or until al-dente. Once cooked add to the squash with the toasted pumpkin seeds and mix together

Serve with a drizzle of olive oil and crumble the feta over the top.

This goes beautifully with any grilled meat or fish, or use as a vegetarian dish.

Enjoy!

Judith Walker 20th November 2012 (together with Pauline Brace's dessert dishes, which follow)

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les treize desserts



This is a French tradition for Christmas Eve. After the evening meal (It was generally fish but nowadays the 'only occasionally religious French' please themselves), guests sit round the table, drinking more coffee or wine and nibbling at the 13 odd bits-and-pieces on dishes going round until it is time to go Midnight Mass. In my family, we did it without the Mass! And now, it's after lunch.

Choose anything you have to hand - it should be from your store-cupboard ingredients, so raid the biscuit box, the children's sweet store, any bits you have around. Everything is small, with just enough taste and variety to make it interesting.

*The following are suggestions, choose 13 different items. Just Invent!
But keep it small – guests will already have eaten well!*

Fruit:

Mandarin orange segments
Grapes
Raisins
Cranberries
Half Strawberry dipped in chocolate
Dates, pitted – plain or stuffed with cheese

Veggie:

Cucumber “boats”, filled with
Soft cheese, chives
Celery pieces (with or without a dip)
Baby tomatoes, seeded and filled with
Feta or tinned crab
Baby mushrooms, lightly devilled and
put onto a toothpick

Nuts:

Brazil
Cashew
Halves of Pecan or Walnut with
marzipan between
Almonds, plain or smoked

Sweets:

Sugared almonds
Peppermints
Pieces of chocolate
Marzipan balls, plain or coloured
Home-made truffles, fudge or
Coconut ice

Cheese:

Sticks
Soft balls, rolled in seeds or finely
chopped nuts
Squares and pineapple
Toasted on tiny squares of bread

Other:

Pastry palmiers (very small)
Puff pastry twists, sugared
Anchovies (well washed, rolled and on
toothpicks)
Smoked oysters (if your store
Cupboards runs to such!)
Pretzels

Pauline Brace 20th November 2012

