

A YEAR IN RECIPES:

In this ebook you will find a year of seasonal recipes created for Secretts by our creative team (see below). We have taken home grown produce from our farm and given it to some local food writers to create recipes for us. We started publishing our Newsletter in May 2020 but here we just have all those from 2021! We hope you enjoy them.

THANKS TO:

Donna Crous for Images (Cover, Page 1 and Back Page)

Donna moved from Surrey to Jersey in 2021. She was a regular customer whilst in Surrey and took many gorgeous images on the farm. You will find some of these in her first cookbook published on the 16th December 2021 'A healthier Family for Life: Stress Free Feasts for a Multi-Diet Family'. Available now on Amazon and some independent book sellers.

Recipes & Images

Sally Iddles - Sally is an established private chef with over 20 years experience of staging beautiful events. A regular customer at Secretts; especially the cheese counter. You can find Sally on Instagram @sallyiddlesfood or visit her website www.sallyiddles.co.uk.

Caroline Weaver is a food writer, food photographer and blogger and a Secretts customer. Why not follow Caroline on instagram @everydayfabulousfood or check our her fabulous recipes on her blog www.everydayfabulousfood.com.

Elizabeth Silver is a Cordon Blue Cook, food stylist, food writer and photographer and a Zumba teacher. We invited Liz to join our team when Donna left for Jersey. You will find more from Liz on instagram and facebook @elizabethsilverfood.

Shirlee Posner is a food content creator (recipe development, photography and social media). Shirlee looks after social media and the website for Secretts in addition to writing our monthly newsletter. Shirlee champions the local food movement in Surrey via her platforms: Instagram @eatsurrey and www.eatsurrey.co.uk.

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Kale. Celeriac & Chorizo Hash



Kale. Celeriac and Chorizo Hash

This recipe was suggested by Secretts MD, Greg. Cook from scratch as shown here or to use up leftover potatoes. Our home grown kale and celeriac are the stars here combined with the spiciness of Chorizo sausage. This recipe makes two hearty portions and is perfect for a brunch or supper dish.

Ingredients

1 - 2 tsps extra virgin olive oil

1 onion, finely chopped

100g spicy chorizo sausages skinned and sliced

300g potato, peeled and diced into 1 cm cubes

200g celeriac, peeled and diced into 1 cm cubes

100g kale, 2 - 3 good handfuls (we used red and green here)

1 - 2 tsps smoked hot paprika

2 cloves of smoked garlic, crushed (optional)

Salt and freshly ground black pepper to season

Method

Heat the oil in a large pan with a tight fitting lid and add the onion and chorizo. Fry for 2-3 minutes without the lid until the chorizo has released its orange oils and add the potato and celeriac. Stir to coat the vegetables and then saute with the lid on until they are cooked. Stir every few minutes to ensure they don't stick to the bottom of the pan. This should take about 15 minutes, Meanwhile wash the kale and finely chop after removing the central tough vein. We used a mixture of red and green but either one is perfect too. Once the potato and celeriac mixture is cooked turn up the heat and stir in the kale and the smoked paprika and garlic. Stir fry for 1-2 minutes until the kale has wilted. It will still be a little chewy which adds a lovely texture to the finished dish.

Adjust the seasoning and serve.

Variations:

To make with ready cooked leftover potatoes simply reduce the cooking time after adding them to the dish to 5 minutes.

Top with fried soft yolk or poached eggs

Mix some cubed or grated Manchego cheese in at the end just before you serve as shown above.

Recipe written and photographed by Shirlee Posner of @eatsurrey





WITH A SHARP KNIFE REMOVE THE LEAVES FROM THE FIBROUS STEM AS SHOWN BELOW. IF YOU ARE MAKING SOUP WHICH YOU WILL BLEND YOU CAN LEAVE THE STEM IN IF YOU PREFER



Roast Cod topped with Lemon & Parsley Bread Crumbs ON A DELICIOUSLY CREAMY CELERIAC PUREE WITH CRISPY KALE





Roast Cod topped with Lemon & Parsley Bread Crumbs

ON A DELICIOUSLY CREAMY CELERIAC PUREE WITH CRISPY KALE

Ingredients

4 fillets of cod about 3cm thick
1 - 2 celeriac (depending on how big they are and how hungry you are!
50 ml single cream
2 large handfuls of curly kale, stalks removed
1 cup dry bread crumbs
Zest of one lemon
2 tbsps chopped parsley
1 tbsp lemon oil (optional use plain here instead)
1 tbsp olive oil

Sea salt and freshly ground black pepper



Method

Preheat the oven to 180C.

To make the puree, peel and cut the celeriac into cubes and boil for about 25 minutes until soft, drain, and place in a blender with the cream and blitz until smooth. Season with salt and pepper and keep warm. Mix the breadcrumbs with the lemon zest, parsley and lemon oil, season with a little salt and pepper. Place a quarter of the crumb mixture on top of each cod fillet and press down firmly.

Place the fillets on a baking tray and bake in the oven for 8-10 minutes till breadcrumbs are golden brown and the fish is cooked (the cooking time may vary a little depending on the thickness of the fish). Whilst the fish is cooking, put the kale in a bowl with the olive oil and a little salt and pepper and massage together. Place the kale in a large frying pan and quickly sauté till crisp.

To serve, place a large spoonful of the puree onto four plates and top with the cooked fish, add the crispy kale on the side.





CUT THE KNOBBLY TOP LAYER OF SKIN OFF WITH A SHARP KNIFE AND THEN USE A POTATO PEELER TO REMOVE THE REST OF THE SKIN. PREPARE FOR YOUR RECIPE.







Roast cod with pancetta. purple kale. aubias blancas and salsa verde

Ingredients for 2

For the salsa verde 75ml extra virgin olive oil Zest and juice of 1 lemon 2 garlic cloves, crushed 50g chopped flat leaf parsley 25g capers, drained + finely chopped Cornish sea salt and freshly ground black pepper

2 x 170g pieces cod loin 6 slices of "Weald Smokery" Basque Pancetta (delicious as it has a smokey flavour) 2 tablespoons extra virgin olive oil, rapeseed oil 2 cloves garlic crushed or grated Half a jar of "El Navarrico" Aubias Blancos (or ½ tin cannellini beans or white beans, drained) Cornish sea salt and freshly ground black pepper 50g chopped flat leaf parsley Juice and zest of 1 lemon 50g purple or green kale, stalks removes and roughly chopped

Method

First make the salsa verde Simply mix all the ingredients together in a small bowl and set aside to allow to infuse for at least half an hour for the flavours to develop.

For the fish: Heat the oven to 180°C, (350°F Gas mark 7, or roasting oven of Aga. Lay the pancetta on a board and wrap each piece of fish with 2 or 3 slices of pancetta

Place the cod on a baking tray lined with baking paper and pop in the oven for 15-20 minutes until the pancetta is crisping up.

Meanwhile heat the oil in a medium saucepan and add, the garlic and beans. Keep over a low heat as you are really only heating through. Season with Cornish sea salt and freshly ground black pepper and add the chopped purple kale, heat though to wilt it slightly. Just before serving add the chopped flat leaf parsley and the juice and zest of the lemon.

Arrange the beans on 2 warmed plates and top with the cod loins. Spoon over the salsa verde and serve with any leftover lemon.

Recipe created for Secretts by Sally Iddles of





Gnocchi with Pistachio Pesto & Asparagus

MADE WITH SECRETTS HOME GROWN ASPARAGUS

This combination of gnocchi, fresh pesto and asparagus is just perfect for spring eating. It's a great recipe to put your own mark on by switching nuts and cheeses and vegetables too.

Ingredients

A large handful of fresh basil leaves
2 garlic cloves, finely chopped
75ml olive oil, plus extra for frying
4 tbsp pistachio nuts, toasted plus a few
extra for pistachios
50g mixed baby salad leaves, spinach or
rocket
50g finely grated pecorino
1 x 500g pack fresh gnocchi
100g asparagus tips
100g trimmed green beans, halved
80g crumbled feta cheese
Crushed pink peppercorns for garnish
(optional)



Method

First make the pesto by putting the basil, garlic, olive oil, pistachios and two-thirds of the salad leaves in a food processor; blitz to combine.

Stir in the pecorino cheese and season.

Heat a large frying pan with a splash of olive oil, add the gnocchi and toss gently over a medium-high heat for 6-8 minutes until lightly golden. Meanwhile, steam the asparagus and green beans for 3-4 minutes until just tender; drain.

Add the leaf pesto to the gnocchi and toss together. Now stir in the asparagus and beans. Take the pan off the heat and add the remaining leaves. Divide between 2 plates and scatter over the rest of the pistachios and crumbled feta to serve. Add a final garnish of crushed pink pepper.





Roasted Onions with Thyme

The addition of these roasted onions elevates recipes to a whole new level. Their natural sweetness compliments the creaminess of other ingredients to create a flavour bomb. Why not make a double batch to use in salads, with asparagus, stir into pasta or to serve with cheese! I recommend Lord of the Hundreds and Feta, both available in the farm shop.



Ingredients

3 small brown onions, peeled & cut in half horizontally so you see the rings 150ml fresh chicken or vegetable stock 100ml white wine 75g butter, melted 1 tablespoon fresh chopped thyme Salt & freshly ground black pepper

Method

Preheat the oven to 150°C

Place the onions ring side up in a roasting tray, so they fit snugly. Pour in the stock and then drizzle the onions with the melted butter. Scatter over the thyme and salt and pepper and cook in the oven for 45 minutes to 1 hour until very soft.

Allow to cool before adding to the quiche recipe (see next page) or use as suggested above.

This recipe was written for Secretts by local food writer and Secretts customer Sally Iddles



www.sallyiddles.co.uk

Roast Onion. Asparagus & Gruyere Tart

Ingredients

1 500g pack shortcrust pastry
1 batch of roasted onions (see recipe above)
150g Secretts asparagus
75g Gruyère or other full flavour cheese, grated
3 eggs
250ml double cream
Salt and freshly ground black pepper



You will also need a 24cm fluted loose leaf tin and some baking beans Pre-heat the oven to 180 °C, Fan 160 °C.

Method

Roll out the pastry to about 0.5 cm thickness. Use to line the tart tin and trim the edges using a rolling pin or knife. Prick the base with a fork and line with baking paper and baking beans (or rice) place on a baking tray and bake in the oven for 20-25 minutes until the pastry is biscuit colour and fully cooked, remove the beans and pop back in the oven for 5 minutes to cook completely and allow to cool.

Prep the asparagus by trimming the ends and then slicing the stems roughly. Leave the asparagus about 12 cm long to fit half way across the tart

Pop in a pan and just cover with water. Bring to the boil and cook for about 2 minutes until just cooked and bright green. Drain through a sieve.

JPlace 3/4s of the cheese into the tart base and then whisk the eggs, cream and seasoning together and pour over the cheese in the pastry base.

Arrange the onions and asparagus on top and scatter ith the remaining cheese. Add a few more thyme leaves and then bake in the oven at 150 degrees C for about 40-50 minutes until just set.

Allow to cool for 10 minutes before removing the tin.

Delicious served with a green salad.

All products are available in Secretts Farm Shop

Recipe written and photographed by Sally Iddles @sallyiddlesfood





Asparagus spears with Parmesan. paprika and polenta

Asparagus season is here and whilst we love nothing better than freshly steamed or griddled spears with butter this simple but delicious recipe from Caroline is also hard to beat. Simply coat the washed spears in egg white and roll in a spiced polenta coating and pop in the oven for 10 minutes. Whilst they are cooking mix some natural yogurt and sweet chilli sauce and you have a perfect starter or nibble to go with drinks. Vegans can replace the egg white with aquafaber.



IMAGE SHIRLEE POSNER @EATSURREY

Ingredients

1 bunch asparagus
3 tbsp quick cook polenta
2 tsp picante smoked paprika
2 tbsp finely grated parmesan
1 egg white
sea salt and freshly ground black pepper
3 tablespoons of Greek yogurt

Method

PREHEAT THE OVEN TO 220°C / 200°C FAN

2-3 tsps sweet chilli sauce

Place the polenta, paprika and parmesan on a plate and season with a little sea salt and black pepper. Trim the ends off the asparagus and place on a plate with the egg white and a small pinch of salt. Coat the asparagus in the egg white then roll the spears in the polenta mixture. Place the spears on a large baking tray and bake in the top of the oven for 10 minutes until golden and crisp. Now prepare the dip by mixing the yogurt and chilli sauce together. Drizzle some chilli sauce on top and garnish Remove from the oven and serve immediately.

Recipe written by Caroline Weaver for Secretts

You can find Caroline on instagram

@everydayfabulousfood, or on her website www.everydayfabulousfood.com



Strawberries & Shortbreads with Chantilly cream

This simple but effective recipe comes from Elizabeth Silver who is one of our regular customers. A trained chef and former recipe writer for one of the UK's leading supermarkets it's great to have Liz contributing to our newsletter with images and recipes. All the ingredients for this easy to assemble dessert can be found in the farm shop



Ingredients (for 4)

For the shortbread: 225g plain flour Pinch of salt 50g caster sugar 150g butter

Method

- 1. Preheat oven to 180°C / Fan 160°C
- 2. Mix the flour, salt and caster sugar together.
- 2. Rub in the butter until the mixture resembles fine breadcrumbs.
- 3. Continue rubbing in and bring together until a stiff dough is formed.
- 4. Either press into a greased round metal pie dish or roll out the dough on a lightly floured surface to a thickness of 1.5cm and cut into desired shape.
- 5. Bake in the oven until pale golden. Score into triangles whilst still warm and allow to cool in the tin if using.

to Finish

For the Chantilly cream whip 300ml of whipping or double cream into soft peaks. Gently fold through 1-2 tbsps of sifted icing sugar to taste and 1 tsp of vanilla essence. Hull and halve 2 punnets of strawberries. Finely chop half of them and stir into the cream. To serve place a shortbread on a plate and top with a generous spoonful or two of the strawberry Chantilly cream and another shortbread. Decorate with strawberry halves, lightly dust with icing sugar and serve immediately.

Cettuce Salad with Lemon & Walnuts



Celtuce Salad with Jemon & Walnuts

MADE WITH SECRETTS HOME GROWN PRODUCE

I'd never seen or cooked with celtuce before Secretts gave me some celtuce to experiment with. This wonderfully weird vegetable is commonly found in Chinese cuisine. However it can also be equally delicious when served raw giving it a more mediterranean twist with some good olive oil and lemon. It's mild, slightly nutty flavour tastes a bit like a water chestnut, making it into a lovely fresh and crunchy salad.



Ingredients

3 celtuce sticks 1 lemon 1 handful of walnuts chopped olive oil Sea salt and freshly ground black pepper

Method

First start by stripping off the leaves at the top as they can be quite bitter. Then using a vegetable peeler or sharp knife, peel the stems (rather like you would with do with woody asparagus). Slice the stems on a diagonal and place in a bowl with the zest and juice of half a lemon. Drizzle over some good quality olive oil and season well with salt and plenty of black pepper. Sprinkle over the chopped walnuts and grate the zest of the half lemon over the top.

Delicious with grilled fish or chicken or part of a salad selection at a summer BBQ.

Roasted Calabrese Salad



Turmeric Roasted Calabrese

& CAULIFLOWER SALAD WITH TAHINI DRESSING

staple on my Feast menus and probably one if the most popular! This is a great all seasons ecipe which is best eaten at room emperature to appreciate the flavours. Add in the health benefits of broccoli and spices specially the turmeric and garlic and you have a highly nutritious bowl of flavours - and crowd pleaser too!

igredients

ethod

2 large heads of calabrese cut into florets 1 medium cauliflower cut into florets 2 red onions, peeled and cut into wedges

6 cloves of garlic, leave them unpeeled

125ml extra virgin olive oil (I LOVE Odysea Greek olive oil sold in the Farm Shop)

1 tbsp turmeric

1 tbsp smoked paprika

2 tsp ground coriander

2 tsp ground cumin

A handful of Secretts leaves

Pomegranate molasses to drizzle

Toasted seeds if you have some to hand...

Pre-heat the oven to Gas 5/ 200°C /Fan 180°C

ring a medium saucepan of water to the boil. when the water is boiling add ne broccoli and cook covered with a lid for 2-3 minutes until just tender. rain. Mix in the oil together with the spices and season well with salt and epper in a large mixing bowl and add the cauliflower. Mix well until the egetables are evenly coated and tip into a large roasting tin. Roast in the ven for 25-30 minutes until soft and slightly tinged. Now add the broccoli and mix to coat all the vegetables in the spices and return to the oven for nother 10 minutes or until everything is tender. Now place in a serving dish and allow to cool. Meanwhile make the dressing by mixing the tahini and amon juice together, season with salt and freshly ground black pepper adding a little boiling water to loosen the mixture if necessary. Even pour ver the dressing, garnish with Secretts leaves and drizzle with some omegranate molasses. Sprinkle over some toasted seeds if you have them.

his robust salad will keep for up to 5 days in the fridge.



Roasted Pumpkin Couscous

WITH POMEGRANATE MOLASSES AND FRESH MINT



Roasted Pumpkin Couscous

Seasonal roasted pumpkin with onions, aubergine and red pepper create the base for this delicious couscous. Pomegranate molasses creates the most wonderful flavour to the finished dish. Serve with grilled meat or fish or with some crumbled cheese. Feta or any big flavoured salty cheese works well here. Swop couscous for cooked quinoa or rice. Fresh mint here is essential as is a good quality pomegranate molasses.



Ingredients

1 red pepper, de-seeded and cut into slices 1 aubergine, cut into bite-size chunks 1 red onion, cut into bite-size chunks Half a pumpkin or butternut squash (around 600g) peeled and cut into bite-size chunks 200g cherry or baby plum tomatoes 1 clove garlic, crushed Salt and freshly ground black pepper 3 tablespoons extra virgin olive oil 1 tablespoon pomegranate molasses 250g couscous 300ml vegetable stock I bunch fresh mint, roughly chopped The seeds of I pomegranate

Method

Pre-heat the oven to Gas 6/220°C /Fan 200°C

Place all the vegetables in a mixing bowl with the garlic, olive oil, molasses and seasoning and mix well with a spoon to evenly coat. Tip the mixture into a large roasting tray and place in the hot oven for 30-40 minutes. Halfway through the roasting time turn the vegetables with a spatula. Meanwhile place the couscus in a heatproof bowl. Bring the vegetable stock to the boil and pour over the couscous. Cover and leave to stand for at least 5 minutes to absorb the liquid. Stir the couscous with a fork to separate and stir in the roasted vegetables and mint. Spoon the couscous into a serving dish and garnish with pomegranate seeds and serve. Add an extra drizzle of pomegranate molasses here if you like.



Leek. Taleggio & Gnocchi Gratin

This quick and easy to make, one pan gratin dish is a delicious way to cook leeks. With it's creamy and cheesy Italian inspired flavours complimenting the sweet buttery leeks perfectly, it's seasonal comfort food at its best! I made this with fresh La Tua gnocchi available in the farm shop which is perfect in this dish.



Ingredients

25g butter 2 large leeks, trimmed and thickly sliced 2 cloves garlic, crushed 1-2tbsps of coarsely chopped fresh sage leaves 250ml single cream 150g Taleggio cheese cut into chunks 250g gnocchi 1/2tsp grated nutmeg 4 heaped thsps grated Parmesan cheese Salt and coarsely ground black pepper 2 tbsps pine kernels

Method

- 1. Preheat oven to 200°C /Gas Mark 6.
- 2.In an ovenproof skillet* over a medium heat melt the butter and add the leeks. Stirring occasionally sauté the leeks until softened but not browned.
- 3. Add the crushed garlic and chopped sage and stir for 1-2 minutes.
- 4. Remove from the heat and pour in the cream and add the Taleggio chunks and gnocchi.
- 5. Add the grated nutmeg and half the grated Parmesan cheese, season to taste and gently stir to combine all ingredients.
- 6. Sprinkle over the pine kernels and remaining Parmesan cheese and place in the oven.
- 7. Bake for 25-30 minutes until bubbling and golden brown.

if you don't have an oven proof skillet then you can use a frying pan and transfer the ingredients at point 5 to a greased oven proof dish just before the final sprinkle of pine kernels and Parmesan cheese and bake in the oven.



Pan fried sprouts with pancetta

A Secretts family favourite to serve with Christmas Dinner, Fresh tender sprouts sliced and pan fried in butter with smoked pancetta. Seasoned and stirred through with toasted pine nuts. This dish when cold makes a wonderful salad with cold turkey and a light vinaigrette or creamy dressing.



Ingredients

Ix 100g pack of Weald Smokery Basque Pancetta or similar 40g good salted butter Approx 600g Brussel sprouts (from 1 stick), remove top leaf, trim base and cut each sprout lengthways into 3 slices. Salt and coarsely ground black pepper 50g of lightly toasted pine nut kernels

Method

- 1. Place the slices of pancetta in a large frying pan and cook over a gentle heat until the fat starts to release into the pan. Remove the pancetta and set aside.
- 2. Melt the butter in the same pan as the pancetta (any fat released will lend a lovely flavour to the finished dish) and add the sprouts. Pan fry until softened and slightly browned turning every couple of minutes. Cook for 5-6 minutes for a slightly al dente finish.
- 3. Once the pancetta has cooled enough cut into small pieces using a pair of scissors or a sharp knife.
- 4. Stir the pancetta into the pan of sprouts and season with salt and freshly ground black pepper.
- 5. Toss in the pine nuts and stir well then serve.

These are delicious served as part of a Christmas dinner but this versatile dish can also be:

Served as a lighter meal with some crumbled feta cheese As a salad with a light vinaigrette or creamy dressing with leftover roast meat (turkey is perfect here)



