

Our 2023 Seasonal Recipes

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SWISS CHEESE FONDUE

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RHUBARB & BLOOD ORANGE CAKE

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STRAWBERRY & FETA CROSTINI

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STRAWBERRY JAM

WRITTEN BY THE WINNER OF OUR JAM COMPETION

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WRITTEN FOR OUR CHRISTMAS PREVIEW EVENING

DECEMBER

KALE & STILTON PANCAKES

Swiss Style Fondue

MADE WITH EMMENTAL & GRUYERE CHEESE

Who doesn't love melted cheese! Here is a version of a classic Alpine fondue with Swiss Cheese. Fondues were all the rage in the 1970's so lots of you have a kit somewhere in the loft but if you don't just a saucepan and some forks will do the trick. You can of course change the cheese you use as long as they are good at melting. Use bread and vegetables to dip; we used sour dough, tomatoes & carrots but asparagus, mushrooms and other green veg also work well such as lightly steamed broccoli.



Ingredients

- 1 clove of garlic, peeled & crushed
- 130ml of dry white wine
- 1-2 tsp of freshly squeezed lemon juice
- 300g of Gruyere Cheese, grated
- 300g of Emmental Cheese, grated
- 20g Cornflour (a heaped tablespoon)
- 45ml of Kirsh (use apple juice or apple cider instead if you prefer)
- Freshly ground black pepper (a pinch to taste)
- 1/2 tsp of freshly grated fresh nutmeg
- 1 pinch of smoked paprika

Method

Rub the inside of the fondue pan with the freshly crushed garlic and pour into this the lemon juice and white wine. Bring to the heat gently and then start to slowly add the cheese stirring all the time to help it melt and form a stable sauce. When you can see bubbles forming mix the cornflour with the kirsh or apple juice in a small bowl and glass and then stir into the cheese mixture. Continue to stir for 3 - 4 minutes so that the flour is totally combined and cooked through.

Stir in the seasoning and garnish with a pinch of paprika if you want.

Variations:

Experiment with different cheeses such as Jarlsberg, Cheddar, Gouda, Edam or add some blue cheese such as Gorgonzola or Brighton Blue.

Add crispy bacon crumbs, fried shallots or pan fried garlicky mushrooms.



Leek & Two Cheese Pancakes

You need a blender to make the batter for these leek packed pancakes. Fresh leek tops are blitzed into the batter giving it a lovely green colour and a delicious leek/oniony tang to the finished pancakes similar to the flavour of scallion pancakes sold in China. Filled with a leek & sweet potato mix combined with a Roche Baron and Sussex Charmer sauce. A delicious savoury supper dish.



Ingredients (makes 12 pancakes)

3 large leeks, trim the dark leaves to use in the pancake batter, reserve the remainder for the filling
230g plain flour
2 medium free-range eggs, beaten
340 – 380 ml milk (start with 340 and add more if needed)
2 tbsp sunflower oil

Method

First make the pancake batter and leave to stand while you make the filling (see below)

Finely chop the dark green leek tops and rinse thoroughly under running water to remove any mud. Place all the pancake ingredients into a blender and pulse until you have smooth green batter. Let the batter stand while you start to get the filling ready.

Now cook the pancakes. This mix will make 12.

Place a 18cm non-stick frying pan or crepe pan over a medium-low heat. Rub with a little oil and when hot, pour in a ladle of batter and rotate the pan so that it is evenly coated in a thin layer. When it begins to set, loosen the pancake with a palette knife and flip over. Cook for 30 seconds more, then slip onto a plate and cover with a cloth.

To Make the Filling

2 medium sized sweet potatoes, peeled and cubed (around 650g)
2 dessertspoons of olive oil
The white part of the leeks, cut in half lengthways and then cut into chunks
200g Sussex Charmer, grated
150g Roche Baron cheese, cut the cheese away from the rind
400ml milk
1 tsp of English Mustard (we used Trackelments)
2 tablespoons cornflour
Sea salt and fresh ground black pepper

Method

Preheat the oven to 190°C / 170°C Fan – toss the sweet potato in a little olive oil to coat and season – roast for 25-30 minutes. Prepare the remaining leek and saute (without colouring) with a dessertspoon of olive oil in a pan with a lid for 15 minutes. Place in a bowl to cool. Now make the cheese sauce in the pan you cooked the leeks in. Add the milk to the pan and bring to the boil, stir in the cornflour and then using a whisk add the mustard. Allow the sauce to cook through for a couple of minutes and take off the heat. Stir in the Roche Baron Cheese and half the Sussex Charmer. Add half the sauce to the leeks and stir in the roasted butternut squash and season to taste.

Now divide the filling between the pancakes, roll up and place in the roasting tin you used for the sweet potato. Once they are all filled cover with the remaining sauce and grated cheese. When you are ready to cook place in the oven at 200°C/fan180°C/gas 6 and bake for 35-40 minutes until golden brown and bubbling.

Serve with a refreshing green salad



Secretts Roasted Citrus Carrots

If you ever talk to a nutritionist about how to eat a healthy diet they will tell you to 'eat a rainbow'. I always think of that phrase when I am preparing a dish with these amazing carrots. Colourful foods are full of antioxidants, vitamins and minerals so important to be included in your meal plans. This is a lovely citrusy vegetable dish that works well as a side dish to a roast or on plate of hummus or Greek yogurt.



Ingredients (makes 12 pancakes)

- 1 bunch of each of Secretts red, orange and golden carrots**
- 1 tbsp extra virgin olive oil organic**
- 2 satsumas or tangerines, cut in half**
- 2 tbsps maple syrup**
- ½ tsp Maldon sea salt**

Method

Pre-heat the oven to 200 °C / 190 °C Fan or Gas Mark 5

- 1. Remove the tops from the carrots, clean and scrub the skins and place them in the roasting tin. The carrot tops will make a delicious pesto (recipe on our website so don't throw away). Place one of the cut satsuma in the tray with the carrots.**
- 2. Squeeze the other satsuma and mix the juice with the oil and maple syrup then drizzle over the carrots.**
- 3. Roast for around 35-40 minutes for turning once after 15 minutes.**
- 4. Remove the carrots from the oven and squeeze the juice from the roasted fruit. Give the carrots a really good shake to coat them with the caramelised pan juices before serving.**

Rhubarb. Blood Orange

AND ALMOND CAKE

This is my super quick method of making a cake.. use a free standing mixer like a Kitchen Aid or a food processor like a Magimix. Either way after you've added the flour don't over beat as it makes the cake less "airy" and spongy.

This cake is delicious and smart enough to be a pudding too!



Ingredients

6 sticks of rhubarb measuring about 30cm, Cut the rhubarb into 5cm pieces discarding the ends

75g caster sugar to cook the remaining rhubarb

2 blood oranges

150g butter (substitute with plant based if you are dairy free)

150g caster sugar

3 eggs

150g ground almonds

75g self raising flour or (gluten free flour)

Icing sugar to finish

Pouring cream to serve

Method

Make a criss cross pattern in the base of the tin with rhubarb as shown above.

You'll need to cut a few smaller pieces to fill in the gaps. If you're short of time, arrange in a higgledy piggledy pattern in a single layer. Arrange any leftover Rhubarb in to a small oven tray and sprinkle over the 75g sugar.

Zest the oranges and squeeze the juice. Sprinkle half the zest over the rhubarb in the cake tin and half over the remaining rhubarb.

Put the butter and sugar in the bowl of the mixer and beat until smooth and creamy white. Add the eggs and continue beating until light and fluffy. Now add the almonds and fold in followed by the flour half the orange juice. When the mixture has combined tip into the cake into the tin and spread out.

Add the remaining orange juice to the extra rhubarb. Bake the cake in the oven for 25-35 mins until the cake is cooked. The extra rhubarb can go in at the same time and will probably need around 10 minutes until it's "just" cooked. It will carry on cooking once it's out so slightly under is better than over..!

Once the cake is cooked (test with a metal skewer or fork if you're unsure) and allow to cool before turning out onto a plate. Serve warm as a pudding or leave to cool and serve as a cake. Cream and a dust of icing sugar and the left over rhubarb



Coronation Quiche

WITH A SECRETTS SPIN

If you suddenly get the urge to make the quiche of the century then why not use our recipe. Very closely based on the one published from the Royal Household but with a couple of twists. First off our gorgeous home grown asparagus has just gone into the farm shop so why not replace the broad beans (English not yet in season) with this seasonal produce that is! Tips on preparation below.



Ingredients

1 x 250g block of ready-made shortcrust pastry

For filling:

125ml milk

175ml double cream

3 medium eggs

1 tbsp chopped fresh tarragon or dried works just as well here

salt and freshly ground black pepper

100g grated cheddar cheese,

100g cooked spinach, lightly chopped & drained on kitchen paper

60g cooked broad beans or soya beans or use asparagus instead

Method Pre-heat the oven to Gas 4-5/190°C /Fan 170°C

Line the pastry case with greaseproof paper, add baking beans and bake blind for 15 minutes, before removing the greaseproof paper and baking beans. Reduce the oven temperature to 160°C.

If you use asparagus cut the spears into three sections. Put the spears and the middle section on one side. Take the bottoms section and cut very finely and then pan fry in a little butter for 4-5 minutes to soften. Place this in the bottom of the pastry case. Add the rest of the asparagus to the pan with a little more butter and repeat.

To make the filling, beat together the milk, cream, eggs, herbs and seasoning. Scatter $\frac{1}{2}$ of the grated cheese in the blind-baked base, top with the chopped spinach and beans and asparagus if using, then pour over the liquid mixture. If required, gently give the mixture a delicate stir to ensure the filling is evenly dispersed but be careful not to damage the pastry case. Sprinkle over the remaining cheese. Place into the oven and bake for 20-25 minutes until set and lightly golden



Whipped Goats Cheese & Strawberry Crostini

WITH BALSAMIC VINEGAR & THYME

These make a lovely summer lunch or snack or would make perfect canapés using smaller bite size pieces of bread. The creamy, tart flavour of the cheeses marry perfectly with the juicy, strawberries and syrupy sweet Balsamic vinegar which are all offset against the dark, rich rye bread and delicate herb fragrance of the Thyme.



Ingredients

- 4 large slices of Sotd Donker Rye bread
- Olive oil to dip
- 200g soft goats cheese (Liz used Perroche Goat log here from the cheese counter)
- 3 tablespoons cream cheese
- 1 large handful of fresh Thyme leaves, finely chopped
- Salt flakes and freshly ground black pepper
- 4-8 strawberries (depending on size), thickly sliced.
- Syrupy Balsamic vinegar to drizzle
- Sprigs of fresh Thyme to garnish

Method

1. Preheat a grill to hot.
2. Dip the bread slices each side in enough olive oil to coat.
3. Place the bread under the grill and toast each side.
4. Using a hand whisk or electric beater, whip the goats cheese and cream cheese together until light and fluffy.
5. Stir in the chopped Thyme and season to taste.
6. Spread thickly on each Crostini and top with the strawberry slices.
7. Drizzle generously with the Balsamic vinegar and garnish with sprigs of fresh Thyme.

Serves 4

Variation: Swap the balsamic for Pomegranate Molasses!

Secretts Strawberry Jam

WITH TELlicherry PEPPER & BALSAMIC VINEGAR

BY SARAH KEYWORTH WINNER OF OUR 2022 JAM COMPETITION

We ran a strawberry jam competition last summer (22) and as part of the prize the winner has a recipe card made of their entry. The winner was Sarah Keyworth a local customer and talented cook. Mixing balsamic vinegar into the strawberries at the end of the cooking time retains its flavour. Use the pepper wisely as it really adds a kick. Just use one tsp if you don't want it to dominate. Lovely recipe and a really unusual twist to a summer classic. This recipe will make 3 - 4 jars depending on size.



Ingredients

- 800g Strawberries, de-husked and halved
- 750g Jam Sugar
- 1 tbsp freshly squeezed lemon juice
- 1-2 tsp of freshly ground Tellicherry Pepper
- 1.5 tbsp balsamic vinegar

Method

Put the strawberries and sugar in a large heavy based saucepan with the lemon juice. Bring to the boil slowly and stir until the sugar has dissolved. Turn up the heat and boil the jam until your sugar thermometer or Thermopen reaches 105°C. Remove from the heat. Now stir through the black pepper and balsamic vinegar and rest for 20 minutes.

Prepare your jars by placing them in a baking tray in 2 cm of water in the oven set at 100c. This will sterilise them and keep the jam safe to eat. Remove the jars from the oven after 20 minutes and ladle the jam into the prepared jars. Place a wax disc on top and screw on the lid. Label them and record the date you made the jam. This jam will keep for up to a year if stored in a cool dry place.



Roasted Secretts Carrots

WITH CARROT TOP & LOVAGE PESTO

Ingredients: Serves 6

1 bunch of Secretts red, orange and golden carrots with tops
1 tbsp Olive Oil
A sprinkle of Maldon sea salt (I used smoked here)
A sprinkle of chilli flakes

For the Pesto

100ml olive oil
20g fresh lovage leaves (you can use basil instead)
Carrot tops from 1 bunch carrots, thoroughly washed
100g mature grated cheddar cheese (or use any mature hard cheese in its place)
2 cloves peeled garlic
50g walnut pieces
Salt and freshly ground black pepper

For the Yogurt base

1 carton of Neils Yard Greek Style Yogurt
2 tbsp of chopped herbs such as mint, parsley, oregano and chives

Method

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

Remove the tops from the carrots and reserve one set of leaves for the pesto.

Cut the carrots in half lengthways and place in a large roasting tin with the olive oil mixing well to coat the carrots. Season and roast in pre-heated oven for 30 minutes. Whilst they are cooking make the pesto.

Place all the pesto ingredients into a blender or food processor and pulse until you have an evenly chopped mixture. You are looking for a consistent finely chopped appearance here and not a smooth paste.

Prepare the yogurt base by mixing the ingredients together. Assemble the dish onto one large serving platter or separate plates. Using a spoon create a bottom layer of herby yogurt. Spoon over the pesto and top with the roasted carrots (you can do this while they are hot if you are going to serve straight away). Serve as a starter or part of a meal. Works really well with grilled fish or chicken.

USE THE
LEFTOVER
CARROT TOPS
IN SOUP OR
SALAD

Charred Sweetcorn Cakes

WITH DILL + FETA SERVED WITH SECRETTS LEAVES

Charring the corn adds an extra level of texture and a little smokiness to the cakes here. Feel free to change the herbs and add extra veg. Use this as a base for any summer vegetables you have. Very simple to put together and high on return. All the ingredients are available in the farm shop.



Ingredients

3 corn cobs, husks removed
50ml olive oil
200g pack of feta, crumbled
200g self-raising flour
1 tbsp smoked paprika (optional)
3 eggs
200ml semi skimmed milk
Salt and freshly ground black pepper
half a bunch dill, roughly chopped
half a bunch chives, roughly chopped

To serve

1 100g pack Secretts leaves
150g Neal's Yard soured cream, creme fraiche or Greek yogurt
½ 200g jar of Tracklements fresh chilli jam or similar

Method

Heat a frying pan or barbecue, rub the corn with some olive oil and place in the pan or barbecue and cook until charred turning occasionally. Allow to cool and then using a sharp knife cut the kernels from the husk.

Meanwhile mix the feta, flour and smoked paprika together in a large bowl, then add the eggs and milk. Mix altogether and then season with salt and pepper. Add the chopped herbs. Add the corn to the batter and give it all a good mix.

Use the same frying pan (if using) to heat a tbsp of oil and then add large spoonful's of the batter and cook over a medium heat. Use a fish slice to flip over after a couple of minutes once they have set and are a nice golden brown. Cook for another couple of minutes and then remove to a tray and repeat with the remaining mixture. Keep the warm.

To serve put the yogurt in a bowl and dollop the chilli jam on top. Arrange on a serving platter with the salad leaves and dig in!

Secretts Pumpkin Scones

WITH GOATS CHEESE & SAGE

This recipe makes 12 medium size scones which have a lovely light texture and are perfect with a bowl of pumpkin soup. Obviously gorgeous while still warm from the oven but they will toast really well too! A perfect way to use up pumpkin. Don't throw your pumpkins away you will find a no stress preparation guide on our website.



Ingredients

250g Self raising flour
50g cold butter, cut into small cubes
5-6 Secretts home grown fresh sage leaves finely chopped
Smoked Maldon sea salt and freshly ground black pepper
A pinch of chilli flakes (optional)
50g grated Wookey Hole Goats milk cheddar (or any mature cheddar)
30g pumpkin seeds, roughly chopped
200g pumpkin puree (guide on our website under Secretts Pumpkins)
30g pumpkin seeds, roughly chopped
60 - 100 ml buttermilk or milk (just enough to form a dough)
beaten egg for brushing
A few sage leaves and pumpkin seeds to top

Method Preheat the oven to 200°C

Line a baking sheet with silicone paper or grease. Sift the flour and add the butter. Use a stand mixer or rub the butter into the flour until the mixture is a breadcrumb consistency. With a metal spoon mix through with seasoning, cheese & pumpkin seeds. Now add the pumpkin puree and mix to start forming the dough. Add a little milk if needed to form a firm dough. Do not over mix. Place the dough on a floured surface and flatten until it's around 3cm deep. Cut into rounds with metal cookie cutter. Gather any scraps press together a cut out until all the dough has been used.

Place the scones on the prepared baking sheet and brush with egg. Decorate each scone with a sage leaf and a few pumpkin seeds. Bake for 12 minutes until golden.

Susana & Daughters Organic Black Rice

SERVED WITH CHORIZO & TOMATO CRUSTED COD & KALE

Ingredients: serves 2

160 - 200g Susana & Daughters Organic Black Rice
(see cooking instructions below)

2 dessertspoons of Susana & Daughters Olive Oil

Salt & freshly ground black pepper

2 fillets of fresh cod (with or without skin your choice)

125g Chorizo, diced

2 medium sized fresh tomatoes, diced

25g fresh brown breadcrumbs

Kale leaves, strip the leaves off the fibrous centre vein then wash and roughly chop the leaves



RECIPE CARD CREATED
BY SHIRLEE @EATSURREY

Method

- Put the rice on to cook (see note below on cooking)
- Whilst the rice is cooking prepare the crust for the cod by mixing together the chorizo, tomatoes, breadcrumbs and oil. Season lightly as the chorizo has punch.
- Rub a small roasting tin with olive oil and place in the cod skin side down. Sprinkle over the tomato & chorizo crust. Chill until ready to cook.
- When the rice has 20 minutes left on the cooking time put the cod into the oven preheated to 170 0°C fan.
- Five minutes before the rice has finished cooking lay the kale leaves on top to gently steam.
- When ready to serve, remove the kale leaves with tongs and put next to the fish. Stir a dessertspoon of oil through the rice and divide between 2 warm plates. Top the rice with kale and then the fish. Spoon the juices from the pan over the fish and serve.

COOKING OUR BLACK RICE

Black rice is a whole grain rice so it takes longer to cook than white rice. The rule here is twice the amount of water to rice. We suggest a portion size per person of 80 -100g raw weight but it really depends how hungry or active you are! Soaking the rice first will shorten the cooking time to 25 minutes but if you don't have time or forget allow 45 minutes for well cooked or 35 for al dente. Either way cook in the soaking water as the dark colour that develops is packed with nutrients so just let it absorb during cooking. To cook, put the pan with the rice and water over the heat, Bring the rice to the boil and then reduce the heat to the lowest setting. Check the rice from time to time to see if you need to top up the water. The idea here is that all the water will be absorbed by the end of the cooking time whilst retaining the nutrients.

Secretts Kale Pancakes

WITH MELTING STILTON CENTRES

We made these pancakes with our Tuscan Kale aka Cavola Nero but you can also use curly kale. You must remove the fibrous centre vein. Blended into the pancake batter the kale gives these pancakes a glorious green colour and nutrition kick. A perfect backdrop to rich creamy stilton. Try making mini versions of these for canapes and top with stilton and chilli jam.



Ingredients

50g White Spelt Flour
1 tsp Baking Powder
1 tsp Maldon sea salt
2 large eggs, beaten
100ml milk
8 - 10 kale leaves, centre vein removed
120g stilton, crumbled
butter, for cooking
Chilli jam (1 spoon for each plate - put jar on table for top ups)
Serve with a small side salad of wild rocket and tomatoes dressed in olive oil & red wine vinegar

Method

- Sieve the flour, baking powder and salt then stir to combine.
- Break the eggs into a blender jug, add the milk and blend.
- Add the flour mix and kale and blend until you have a smooth batter
- Allow the batter to stand while you make the salad and break up the cheese.
- Heat the pan over a medium heat and add the butter in little knobs so it covers the surface.
- Pour 4 circles of batter into the pan.
- When bubbles appear on the surface add a sprinkle of cheese (15g to each pancake) and cover in a small spoon of pancake mix to seal in the cheese. Flip over to cook the other side until golden brown and keep warm whilst you prepare the next batch.
- Repeat the cooking process with the remaining batter.
- Divide the pancakes between plates and add a side salad.