

The Glutton

1. The early winter edition



Favourite

Comice pear cake

Serves 8

This is a great cake which is deliciously fruity and is contrasted fantastically with the crunchy almond topping.

175g butter
150g vanilla-flavoured sugar
2 eggs
220g self-raising flour
pinch salt
? tsp bicarbonate of soda
1 tsp freshly grated nutmeg
140ml soured cream
grated zest of 1 lemon, plus the juice
50g ground almonds
2 comice pears, peeled and sliced

For the topping

50g butter
50g muscovado sugar
2tbsp double cream
75g slivered almonds
Cream the butter with the vanilla-flavoured sugar; then beat in the eggs. Sift together the flour, salt, bicarbonate of soda and nutmeg. Fold half this flour into the butter-and-egg mixture, followed by the soured cream, the lemon zest, ground almonds, and the remaining flour. Toss the pears in lemon juice. Spoon half the cake mixture into a 20cm spring-form cake tin lined with baking parchment. Add the pears and then the rest of the cake mixture. Bake at 180°C (350°F) gas mark 4 for 40 minutes. Meanwhile, heat together the butter, muscovado sugar, double cream and slivered almonds. Take the cake from the oven and pour the warm nut mixture over it. Return it to the oven for 15 minutes more, or until cooked.

Dry-roasted pumpkin seeds

Pumpkins are in abundance at this time of year and whilst most of us often simply throw the seeds away or save a couple to plant outside for next year why not try dry-roasting them to make a delicious snack.

Brittle, salty and a pleasure to chew these roasted pumpkin seeds should be eaten shell and all. Once you have scooped all of the seeds from your pumpkin rinse them to remove all the fibres. Spread all of your seeds onto a baking tray and adorn them with a sprinkle of sea salt and roast in a moderately hot oven, 200 degrees Celsius (400F) gas mark 6 for 10 minutes until crisp. Like with any roasting of seeds, nuts and spices make sure you keep a watchful eye on their progress as they can so often burn at the blink of an eye.

Parsnip & caper cakes

Makes 12

4 medium parsnips
1 knob butter
2tbsp double cream
1tbsp chopped capers
salt and pepper
beaten eggs
breadcrumbs to coat

This is a fantastic little dish that works well as a great accompaniment to almost anything as well as being a great warm canapé for parties this festive season.

Peel and boil the parsnips, drain and mash. Stir in the knob of butter, double cream, chopped capers, salt and pepper. Form into small cakes, dip in beaten egg and coat with dry breadcrumbs. Shallow fry on both sides until golden brown (texture like sun).



A few gluttonous sites that we like

www.natoora.co.uk A fantastic online grocer just round the corner that specialises in sourcing quality products from all over the country and delivers them straight to your door (they will start their journey sharing the same citylink van as all the gluttonous gardener parcels). They have a vast array of fantastic fresh seasonal produce as well as store cupboard staples.

www.trinityrestaurant.co.uk

Our nearest and favourite posh restaurant, for a swanky and delicious lunch (or dinner), well used by us for any spurious reason we can come up with!

www.eattheseasons.co.uk This is a fantastically simple website which shows you what's at it best through the seasons.

www.fatcatpub.co.uk If you find yourself in Norwich, have a beard (or not) and are partial to real ale, try The Fat Cat pub which has won pub of the year no less than four times, that's three times more than any other pub.

We welcome recipes and ideas from you and look forward to featuring a reader's favourite recipe in our next seasonal glutton page. If you can send us a picture of your recipe even better, simply email your suggestions to sally@glut.co.uk



The
**Gluttonous
GARDENER**

Welcome to the first seasonal expedition

into our foodie world. Put the kettle on, pull up a chair & prepare to indulge your inner glutton with some warming winter culinary inspiration. At The Gluttonous Gardener there are two aspects of our lives which we take extremely seriously, our gardens & our bellies! We have a fantastic local deli* which we frequent on a regular basis; we take great pride in our daily tea & cake ritual at 4pm which sees us through to supper. Our head Glutton Ned knows a thing or two about seasonal cooking & has produced a number of sumptuous feasts in The Gluttonous Gardener kitchen over the years, so let's get things started with a few of his favourite recipes.

www.glut.co.uk
call 020 7627 0800