

# The Glutton

## 2. The spring edition



The  
**Gluttonous**  
GARDENER

Welcome to  
the second  
edition of  
The Glutton,

after a long hard winter we are excited to at last be out in the sun picking fresh chives, sorrel, rhubarb and seakale from the garden with encouraging shoots from our early sown peas and broad beans and the last sprouts from our winter ravaged sprouting broccoli. More than ever these green heralds of spring give us hope that this seemingly never ending winter is at last over and spring can truly begin!

Goodbye gnarled winter root-crops and hello to of wild garlic, rhubarb, Sea trout, watercress, Crab, morels, spinach, baby carrots, radishes and Jersey Royals!



### Rhubarb & ginger upside down cake

50g (2oz) butter  
200g (7oz) light muscovado sugar  
350g (12oz) fresh rhubarb, trimmed and cut into 2cm pieces  
2tbsp finely chopped stem ginger  
200g (7oz) plain flour  
1tsp baking powder  
1/4tsp bicarbonate of soda  
1/2tsp salt  
Finely grated zest of 1 orange  
200ml (7fl oz) buttermilk  
2 medium eggs  
80ml (2 1/2fl oz) vegetable oil  
Preheat the oven to 180°C/350°F/gas 4  
Melt the butter in a 24cm ovenproof frying pan over a medium heat. Stir in half the sugar, and cook for about 5 mins. Remove from the heat and add the rhubarb and ginger laying the rhubarb in a vague pattern as this will be your cake decoration!. Mix together the flour, baking powder, bicarbonate of soda and salt and orange zest.  
Whisk the remaining sugar with the buttermilk, eggs and oil. Add the flour mix and mix well. Pour over the rhubarb and smooth the surface.  
Bake for 30 mins or until the cake springs back when pressed in the centre. Cool then invert on to a serving plate. Serve warm with cream.

### Potted crab with sesame toasts

White and brown meat of  
1 medium-sized freshly cooked crab  
85g butter  
2 egg yolks  
2tbsp double cream  
splash of brandy  
salt, pepper and paprika to season  
baguette, sliced  
sesame seeds  
Pick all the meat from the crab. Add the butter, egg yolks, double cream and brandy and heat gently together without boiling.  
Season the mixture to taste with salt, pepper and paprika. Pour into ramekins and cool until set. Brush slices of baguette with melted butter, coat with sesame seeds and bake in a moderate oven until golden. Serve the two together, using the sesame toasts to scoop up the potted crab.

### Lamb cutlets with a wild garlic crust

4 small or 2 large lamb cutlets  
**For the crust:**  
50g white bread, torn into chunks  
2 handfuls wild garlic leaves  
1 sprig fresh rosemary  
1 sprig fresh thyme  
salt and pepper  
1tbsp olive oil  
knob of butter  
Pre-heat the oven to 220°C.  
Heat the olive oil and butter in a heavy frying pan until foaming but not coloured and pan fry the cutlets for a few minutes on each side until browned.  
Meanwhile, in a small blender whizz the bread, garlic leaves, rosemary, thyme and salt and pepper. Press the mixture onto each cutlet, and roast in the oven for 15 minutes.  
Serve with Jersey Royal potatoes .



A few gluttonous  
sites that we like

[www.thechocolatetrufflecompany.co.uk](http://www.thechocolatetrufflecompany.co.uk) This company has been suggested by Richard, one of our customers, and we have to agree that they do look and taste delicious. They are a small dedicated team of passionate chocolatiers who produce the most delicious fresh truffles.

[www.pickyourown.info/map.htm](http://www.pickyourown.info/map.htm)  
Nothing can compare to picking strawberries straight from the field and if like us your lacking a little outdoor space to grow your own then simply pop in your postcode and find out where your nearest pick your own farm is located.

[www.thegastronaut.com](http://www.thegastronaut.com)  
The website of gastronomic adventurer, writer and broadcaster Stefan Gates with recipes, culinary madness and a preview of his new book on E numbers.

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](mailto:sally@glut.co.uk)



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