

The feast of Easter

'Easter is a great time for a family gathering,' says WI Cookery School tutor Lindy Wildsmith. 'There's less pressure than at Christmas. The menu does not need to be traditional, so don't stick to old favourites. Eggs are a must - but not just the chocolate variety. Experiment with quail and duck eggs for a change.'

Fried Quail's Eggs on Fried Bread with Prosciutto di Parma

Serves 4

I was busy making Venetian seafood gratin when the idea of frying quail's eggs came to mind. They work well on their own as a starter, served with a few salad leaves.

Ingredients

- Sunflower oil for frying
- 4 slices of medium-sliced white bread, crust cut off and bread cut into quarters
- 2 slices of Prosciutto di Parma
- 12 quails eggs
- 90g rocket or frisee salad
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon of good balsamic vinegar
- Salt and black pepper

1 Heat a large frying pan, then add sunflower oil to cover the base. Add the prepared bread squares and fry until golden on both sides and then place on kitchen paper to drain.

2 Cut each slice of prosciutto into 6 equal squares. Put a square on each piece of bread then transfer to a warm plate in the oven.

3 Carefully crack open each egg into a cup and fry one by one until the whites are set, then put one egg on each square of bread.

4 Put the rocket in a dish, add the oil, balsamic vinegar and salt and pepper to taste and toss lightly. Put a handful of rocket on each plate and arrange two or three quail egg fried breads on the side.

Per portion: Energy 251Kcal, Fat 16.5g, of which Saturates 3g, Carbohydrates 17g, of which Sugars 2g, Salt 1.2g

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Spiced Shoulder of Lamb with Roast Sweet Potatoes and Mango Serves 6 – 8

This recipe brings the taste of the exotic to your Easter table without straying too far from tradition. When roasting, we generally think of cooking a large joint of meat which then needs to be carved. By cutting the shoulder into chunks, the spices permeate the meat. The dish only takes an hour or so to cook and is easy to serve.

Ingredients

- 2kg boned shoulder of lamb, cut into 24 equal-sized pieces
- 8 large cloves garlic, peeled and crushed
- 8 thin slices root ginger
- 2 heaped tablespoons turmeric
- 1 heaped tablespoons ground coriander
- 2 heaped teaspoons cardamom pods, crushed in a pestle and mortar; discard the chaff
- 750g sweet potatoes peeled and cut into 16 pieces
- 1-2 ripe mangoes (depending on size) cut into bite-sized cubes
- 500ml stock (possibly made from the lamb bones)
- Naan bread or boiled rice to serve

- 1 Pre-heat oven to 200C/Gas Mark 6.
- 2 Put the lamb chunks in a large bowl, add the crushed garlic and ginger-root slices.
- 3 Put the ground spices in a pan with 2 tablespoons of olive oil and fry for a few minutes to release the aromas. Switch off the

heat and then add 4 tablespoons of cold water; stir well and pour over the meat. Mix well and leave to marinade overnight or for a few hours, as time allows.

4 Put the marinated lamb in a large roasting dish and put in the pre-heated oven and cook for 15 minutes or until the fat starts to run. Then add the sweet potatoes, stir well and return to the oven for a further 45 minutes.

5 Add the mango, mix well and transfer to a serving dish.

6 Put the roasting pan on a ring on the hob over medium-to-high heat.

7 Add the stock and de-glaze the pan, stirring to gather up all the pan juices. Boil until reduced by half. Pour the sauce over the meat.

8 Add the fresh coriander or parsley, stir and serve.

9 Serve with warmed naan bread or boiled rice and a baby-leaf spinach salad.

Per portion: Energy 728Kcal, Fat 47g, of which Saturates 22g, Carbohydrates 33g, of which Sugars 11g, Salt 1g

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Double Rhubarb Beltrame **Serves 8**

This is a new take on the classic tiramisu. Instead of coffee, add heritage fruits such as rhubarb, gooseberries and greengages according to season. Forget Tia Maria and use a British fruit liqueur such as Chases Rhubarb instead. Use stem ginger rather than cocoa. Try to source pink rhubarb for its lovely hue.

Ingredients

- 500g pink rhubarb, cut into 2cm lengths
- 125g caster sugar
- 1 small lump of root ginger, crushed
- 8 large egg yolks
- 250g mascarpone cheese
- 2 lumps of stem ginger, finely chopped
- 1 tablespoon rhubarb liqueur or maraschino
- 24 sponge fingers

1 Put the rhubarb in a saucepan with 100ml cold water and the root ginger. Bring to the boil, then reduce the heat. Add 100g of the sugar, stir until dissolved and simmer for 10 minutes until just soft. Leave to cool.

2 Drain the rhubarb, reserving the juice. Discard the ginger. Put the rhubarb juice in a shallow dish.

3 Put the egg yolks in a mixing bowl, add remaining sugar and whisk until light and creamy.

4 Fold in the mascarpone, whisk until thickened, then add the finely chopped stem ginger and rhubarb liqueur.

5 Make a layer of sponge fingers in the bottom of a large glass dish, or individual dishes, dipping each finger in the rhubarb juice as you do so. Cover the layer of

sponge fingers with half the rhubarb and almost half of the egg and mascarpone.

6 Make a second layer of sponge fingers and cover this with the remaining rhubarb and finish with the egg and mascarpone mixture.

Optional topping

Either trail some of the rhubarb juice across the tops, or create rhubarb shards to decorate by boiling up rhubarb juice with a heaped tablespoon of caster sugar until it is melted, then boiling for a further minute before pouring onto greaseproof paper. Shatter when cool.

Per portion: Energy 306Kcal, Fat 21g, of which Saturates 11g, Carbohydrates 24g, of which Sugars 21g, Salt 0.3g