

Roasted Pumpkin Salad

Takes – 30 minutes

Serves – 4

1kg pumpkin, peeled and cut into 2cm cubes

Olive oil

100g Puy lentils

100g rocket

1 tsp sesame seeds, toasted

6 spring onions, sliced

5 tbsp olive oil

3 tbsp balsamic vinegar

1 tbsp soy sauce

1 red chilli, seeded and chopped

1 garlic clove, finely chopped

1 tsp clear honey

Heat the oven to 200C/fan 180C/gas 6. Put the pumpkin on a baking sheet, drizzle with 1 tbsp olive oil and season. Roast for 20 minutes or until tender, shaking the tray a couple of times to keep it from sticking.

Simmer the lentils for about 15 minutes or until al dente, then drain.

Whisk together the dressing ingredients. Put the rocket in a shallow serving bowl and arrange the lentils and squash on top. Pour the dressing over and top with sesame seeds and spring onion.

Breast of Duck with Pureed Parsnips



Serves - 4

Takes - 30 minutes + 1 hour in fridge

**2 duck breasts,
1 teaspoon whole cumin seeds
1 teaspoon whole coriander seeds
The zest of one lemon, finely chopped
1 teaspoons sea salt
1/2 teaspoon freshly ground pepper
1 glass Thatchers Old Goblin Cider**

Slash a few diagonal cuts in the skin of the meat. Combine the rest of the ingredients (except the cider) in a small mortar and pestle or process until finely ground. Sprinkle this rub on the flesh side of the meat, wrap each piece tightly in plastic, and chill for an hour.

Remove the meat from the fridge 15 minutes before cooking. Preheat the oven to 200° C (400° F), and place the breasts skin side down in a hot frying pan. Add the cider and place in the oven to bake for 15 minutes, turn the duck, and return into the oven for 5 minutes.

Transfer the meat on a cutting-board, and reserve the cooking juices. Cover the meat with foil, and let rest for 5 minutes. Cut each fillet in 1-cm (1/2-inch) slices, drizzle with the juices, and serve with pureed parsnips

Pureed Parsnips

Takes – 12 minutes

Serves - 4

4 medium parsnips, peeled, quartered and central core removed

50 ml milk

Double cream

Knob of butter

1 teaspoon nutmeg

Salt and ground white pepper

Place the parsnips in a medium sized saucepan and cover with water. Cook until tender.

Transfer the cooked parsnips to a liquidiser with 50ml of milk, and a good grating of nutmeg. Season to taste with salt and freshly ground black pepper. Blitz well until the mixture is really smooth. Serve as a vegetable accompaniment or an alternative to mash.