

# THE JAMIE'S FARM COOKBOOK



2023 edition











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As one of the world's largest  
nutrition companies, a cook book  
from Jamie's Farm is very close to  
our hearts, and it goes without  
saying that we'll be trying all the  
recipes from this book!

We hope you had a brilliant  
time at Jamie's Farm and were  
able to take part in lots of fun  
activities such as farming,  
forestry, cooking, gardening and  
much more. We find there is  
nothing better than being outside  
in the great outdoors for the day  
and then cooking up a feast  
together.

We hope you are excited to  
continue your cooking journey  
after your stay. This cook book  
contains a wide range of easy  
to cook, healthy (as well as  
utterly delicious) recipes.

Happy cooking!

Team ADM

[www.adm.com](http://www.adm.com)





# Introduction

## About us

Jamie's Farm acts as a catalyst for change: enabling disadvantaged young people to thrive academically, socially and emotionally. We do this through a unique residential experience and vigorous follow up programme, combining farming, family, therapy and legacy.

During their visit, young people participate in a range of therapeutic activities including farming, horticulture, horse-work, carpentry, art, log chopping, and – of relevance to this book – cooking. These activities are set in the calm, beautiful countryside of our farms in Bath, Hereford, Monmouth, Lewes and Skipton. They give the young people the chance to succeed in meaningful jobs, therefore boosting their self-esteem and enabling them to see themselves and the world around them in a new, more positive light. Young people return to school re-energised and enthused about the opportunities available to them and the positive paths that their life can take. With our city farm in Waterloo, London we are able to help cement these changes by doing follow up work which allows some of our young Jamie's Farmers to re-experience these activities closer to home.

## Food at the Farm

Food forms a major part of the week at Jamie's Farm. It has the potential to open our minds to new and wonderful experiences. It enables us to share our cultures, develop our creativity, work as a team, and build confidence. Young people are involved in every aspect of it, including the growing of fruit and vegetables, caring for the livestock, butchery, food preparation and serving. At Jamie's Farm we give young people the chance to experience a healthy diet full of great food, much of which is familiar, some of which is new, all of which is delicious.

Many of the young people who visit the farm have diets that are high in sugar, salt and other ingredients common in processed and fast food, including preservatives, artificial flavourings and E-numbers. This has a number of negative health implications both physically and mentally, and can result in attitudes and behaviours counter to the best versions of themselves. This includes showing symptoms of hyperactivity, giddiness and a lack of focus. As our Director of Therapeutic Education, Tish, often says, "For many young people sugar is a poison". By eating a healthy diet, low in these ingredients, many of the young people who have





visited have been transformed, both in the colour in their cheeks and in the calmness of their demeanour. This change occurs not over a period of months or weeks, but just in the space of a few days. Despite the negative impacts of a poor diet, we try not to be preachy about food, or tell young people what they should or shouldn't eat. Instead we influence diets by making healthy food fun to make, beautiful to look at, and wonderful to eat.

At the core of our food is joy, creativity, provenance and seasonality. We aim to produce a significant amount of the food we use on-site. Fruit and vegetables are produced in abundance from the garden, and the meat from our animals is used for roasting joints (pork, beef and lamb) as well as making bacon, sausages and even air-dried ham, which goes wonderfully well on pizzas. Our cooking sessions start with a trip to the garden where we look to see what is growing and pick armfuls of produce before taking it back to the barn where we decide what to make. This helps to give young people a better understanding of where their food comes from, links their diet to the seasons, and makes for fresher, tastier meals. We involve the young people in this creative process as much as possible and use their ideas to develop dishes they can feel proud of. This has led to Iranian salads, Moroccan couscous, and Bobbi's mushrooms, all of which have been

enjoyed by the groups and given young people the warm glow of being able to nourish their peers.

We want the young people to return home reenergised, and with a renewed confidence that they can succeed in life. Having experienced the benefits of a healthier diet, we hope that young people will continue at least some aspects of this back at home. In fact, many young people have said before going home they want to continue eating less sugar as they feel much better for it. We would love to think that when they return home they will be inspired to carry on cooking; something that will hopefully be aided by the creation of this book.



In addition to cooking with young people, we also have Open Days on our farms where we welcome the public to try some of our food surrounded by the beautiful countryside of our farm sites. These raise funds for the charity as well as giving people a great time [see page 85].





## Who this book is for

This cookbook is for everyone in the Jamie's Farm family, including young people, staff and supporters. During visits it can be used as a resource in cooking sessions. For those young people who visit the farm and show a strong interest in cooking it is something they can take home, and for anyone else who loves our food and wants to know how to cook it, here are the recipes! It's not intended to be ground-breaking but seeks to assemble recipes of the things that we think are healthy, popular and delicious, and that the young people who have visited have enjoyed eating. By creating this book, we hope that more young people will develop their interest and passion in cooking healthy and delicious food, inspired by their time at the Farm.

## Acknowledgements

I would like to extend a big thank you to everyone who contributed to this book: all the visiting young people and their school staff, as well as the Jamie's Farm teams and volunteers. We feel so lucky for the opportunity to meet new people each week across our farms who are so enthused and keen to share their favourite foods and recipes with us. A special thank you to all the young people who have cooked and eaten with us, and to those who have challenged themselves in the kitchen. We hope you enjoy this book and continue your cooking journey!



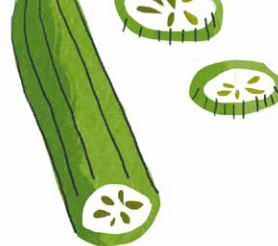
**Rob Lewis**

Food and Horticulture Manager,  
Jamie's Farm





# Tips for Cooking on a Budget



**It can often seem that trying to cook nutritious and healthy food is an expensive task. Here are a few suggestions on how to keep costs down when cooking and shopping.**

## Buy in season

When fresh fruit and vegetables are in season, they are usually cheaper, of better quality and will last longer. A quick search online will tell you what is in season, and you will often find that supermarkets will be promoting them.

## Buy “wonky veg”

Most supermarkets now have a range of imperfect fruit and vegetables that are sold at a much cheaper price because they look a bit odd, but they still taste just as good.

## Use cheaper cuts of meat

If you are buying meat, it is worth considering using cheaper cuts in your meals. For example, slow-cooking cuts of beef (e.g., shin and brisket) are much cheaper than quick cooking pieces like steak, and chicken thigh and drumstick are much cheaper than chicken breast.

## Buy supermarket own-brand

Some branded products are priced at a premium. Supermarket own-brand and economy ranges are usually cheaper and often just as good.

## Check out the ‘World Foods’ aisle

Another tip in the supermarket is to look at the ‘World Foods’ aisles. You might find that ingredients such as rice, grains and spices are cheaper.

## Buy in bulk

If you have the space to store it, buying dry goods and staple ingredients such as pasta and rice in bulk can help to save money. You will often find that larger amounts of an ingredient cost less in the long run than buying lots of small packets.

## Understand the difference between the ‘use by’ date and the ‘best before’ date to avoid waste

The ‘use by’ date is when the food may not be safe to eat and should be thrown away.

The ‘best before’ date, on the other hand, is when the food may start to reduce in quality. However, it is still safe to eat food after this date and it does not need to be thrown away. Ingredients can be frozen right up until their ‘use by’ date, so if the date is approaching and you don’t think you will use it in time you can still put it in the freezer for a later date.

## Try batch cooking

If you are making a meal that can be easily scaled up, then make a few extra portions for the freezer. This will give you the basis for a meal for another day, which is great when you do not have time to make a whole meal from scratch. It can also save you money, as you only need to use the oven or microwave to reheat the meal rather than the power required to cook the whole meal again from the start.

**If you can find the time, cooking from scratch instead of buying pre-prepared food will usually save you money. Hopefully the recipes in this book will offer some inspiration!**

Throughout the recipe book you will see a ‘**Cheap Eats**’ symbol. This highlights those recipes that are less expensive to make.

**Cheap Eats**



A photograph of two children in a kitchen. The child on the left is a Black boy wearing a black beanie and a grey hoodie, holding a wooden skewer. The child on the right is a white boy wearing a blue shirt and a green apron with a logo that says 'FARM CULTIVATING CHANGE'. He is holding a piece of food to his mouth. In the foreground, there are two metal trays filled with golden-brown French toast. To the left of the trays are several bowls: one with sliced strawberries, one with sliced bananas, one with blueberries, and one with dark grapes. There are also two bottles of syrup on the counter. The background shows a kitchen counter with various items, including a toaster and some containers on shelves.

# Hearty Breakfasts



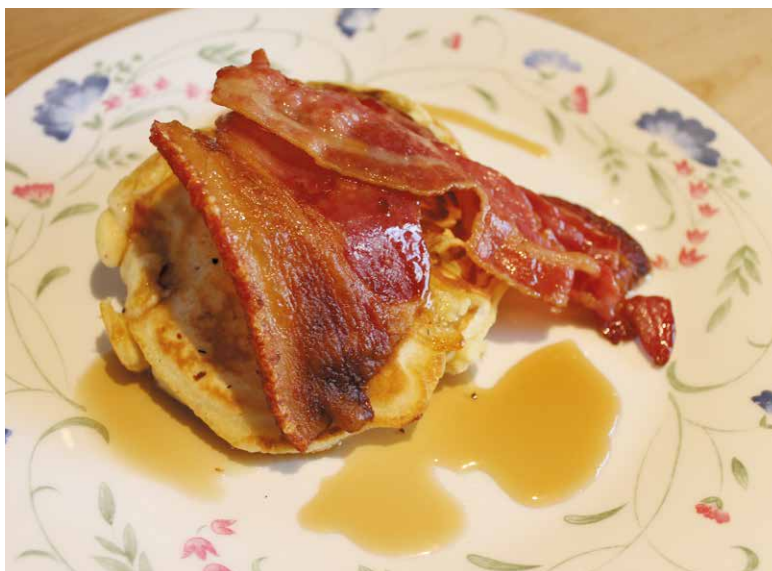
# American Pancakes

## Serves 4

140g plain flour  
1 tsp baking powder  
Pinch of salt  
3 tsp caster sugar  
140g/ml whole milk  
1 large egg, lightly beaten  
Rapeseed oil

**These are hugely popular at Jamie's Farm and taste delicious with some seasonal fruit from the garden, crème fraîche and honey, or some crispy bacon and maple syrup. Remember to let the batter stand for a while to allow the baking powder to work its magic, leaving you with light, fluffy, golden pancakes.**

1. In a bowl or jug, whisk together the milk and egg.
2. Sift in the flour and baking powder. Add the salt and caster sugar, then beat until you have a smooth batter. Let the batter stand for at least 10 minutes.
3. Heat a non-stick frying pan over a medium heat and add a splash of oil. When hot, add a ladle of batter to form separate discs approximately 10cm wide (one ladle should yield 3 pancakes).
4. Wait until the top of the pancake begins to bubble, then turn it over and cook until both sides are golden brown and the pancake has risen to about 1cm thick. Resist the temptation to push the pancake down with the spatula as this pushes all the air out. Repeat until all the batter is used up.









# Granola

**Makes 2kg**

## Syrup

¼ tsp salt  
110g/ml rapeseed oil  
80g/ml water  
200g/ml golden syrup  
200g/ml honey

## The rest...

300g nuts (e.g. cashew, brazil, almonds)  
1.2kg jumbo oats  
250g seeds (pumpkin, sunflower etc)  
150g dried fruit (raisins, chopped apricots, cranberries etc)

**This recipe is packed with nuts, seeds and fruit and makes a perfect topping for porridge or yoghurt with fruit. If you plan to eat this as a breakfast cereal, use a third of the amount of syrup mixture to make it healthier and less sweet. Our Visit Coordinator Su came up with this idea and calls it ‘granuesli’!**

1. Preheat the oven to 180°C / 160°C Fan / Gas Mark 4.
2. Mix together all the syrup ingredients in a small saucepan. Place over a medium heat and bring to the boil.
3. Meanwhile, roughly chop all the nuts and put them in a large mixing bowl. Add the oats and seeds and set aside.
4. Pour the hot syrup over oat mixture and stir through so it is all coated.
5. Spread the granola over 2 large baking trays. It should form a layer no more than 2cm thick.
6. Bake for 45 minutes, turning over the mixture every 15 minutes. When ready, it will have taken on a golden, honey-like colour. Don't worry if it is soft; once it is cool it will become crunchy. Once the granola has cooled, stir in the fruit and transfer into a sealed container.





# Bobbi's mushrooms

## Serves 4

500g mushrooms

6 tsp soy sauce

2 tsp paprika

Rapeseed or olive oil

**Bobbi is a fantastic girl who has visited Jamie's Farm on two occasions. All the children who visit take a turn at making breakfast for the rest of the group and when it was Bobbi's turn she whipped up these delicious mushrooms. Luckily, we managed to get the recipe off her before she headed home.**

1. Cut the mushrooms into thin slices and mix with the soy and paprika.
2. Heat a splash of oil in a frying pan over a high heat and cook the mushrooms until soft, being careful not to overcrowd the pan (you may need to do this in batches). If a lot of liquid comes out of the mushrooms continue cooking until it has evaporated.
3. Serve on toast, or as part of a delicious Jamie's Farm fry up!



# Wholemeal Bread

## Makes 2 large loaves

20g fresh yeast  
(or 8g dried yeast)  
500g strong white flour  
500g wholemeal flour  
20g salt  
700g/ml tepid (not hot) water

The joy of making your own bread is something everyone should get to experience. The feeling of taking a freshly baked loaf out of the oven, with its wonderful smell and crackling crust is a joy. Once you have mastered the basic technique, feel free to experiment with different types and quantities of flour such as rye and spelt, or use nuts, seeds and dried fruit. If you plan to bake bread regularly it is worth investing in a flexible plastic scraper which will make the job a lot less messy. I recommend making at least two loaves and then slicing and freezing what you don't intend to eat within a few days.

1. Mix the flours in a large bowl.
2. Add the fresh yeast to the flour by rubbing the yeast into the flour with your fingertips. If using dried yeast whisk the yeast into the warm water.
3. Add the salt and mix it into the flour.
4. Add the water.
5. Use a flexible plastic scraper or spoon to work the water into the flour with long folding movements around the edge of the bowl, trying to bring all of the dry mixture up from the bottom.





## See how it's done



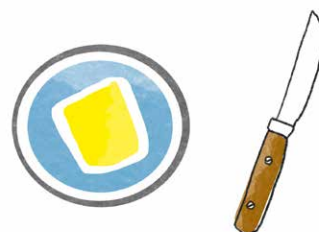
Scan here to watch on YouTube.

## See how it's done



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6. Once the water and flour is mixed, turn the dough out onto a clean work surface. Do not add any extra flour but instead rub a small amount of oil into your hands to reduce sticking.
7. Use folding movements to work the dough. Pull the dough towards yourself and fold it over and continue these movements for about 5 minutes. Don't worry that the dough is sticky. After a few minutes it will become smooth.
8. Once the dough is worked into a smooth ball, place it back into your bowl, sprinkle over some flour and cover it with a clean damp tea towel. If possible, leave in a warm place.
9. Let the dough prove for approximately 2 hours or until doubled in size.
10. Preheat the oven to 240°C / 220°C Fan / Gas Mark 9 and grease two large loaf tins. Gently turn the dough out onto a lightly floured work surface and divide into two equal pieces. Take one piece and use your fingertips to spread the dough into a rectangle roughly 20cm wide.
11. You now need to do a series of folds, each time pushing down firmly into the centre. First fold the top two corners into the centre. Then fold the sides into the centre and then the top middle point into the centre. Pinch along the length of the loaf to form a seam. Now flip this over and tighten by sliding your fingertips under the bread before placing into a lightly greased loaf tin.
12. Repeat with the other piece of dough, sprinkle them both with flour and cover them lightly with a clean damp tea towel and place on top of the oven.
13. Let the dough rest until doubled in size (about an hour) by which point it should look puffed up.
14. Place the loaves in the oven for 5 minutes before turning the heat down to 230°C / 210°C Fan / Gas Mark 8 and cooking for another 45 minutes.
15. To test if the loaf is cooked, turn the loaf out of the tin and tap the bottom, if it sounds hollow the loaf is cooked. Turn the loaves out of the tins and cool on a cooling rack.



# Eggs



Eggs form an essential part of our diet at the farm. As well as being delicious, they are a healthy source of protein, vitamins and minerals. Each morning the children collect the eggs from the chicken house (the Chicken Cottage!) whilst feeding the animals. Our flock of chickens roam freely all over the farm and live a happy life, leading to very tasty eggs. These are enjoyed predominantly at breakfast but also occasionally at lunch, as well as for making cakes at tea time. They also allow us to play the now legendary egg game which we do as part of our farm tour.

**Tip:** Always buy free range eggs as this ensures that the chickens are well treated and will mean you have a better quality product. You can check that your eggs are fresh by putting them in a bowl of water. If they float, discard them.



## Fried eggs

Add plenty of oil (I use rapeseed) to a good non-stick frying pan so that a thin film (2–3mm) covers the whole pan. Place over a low heat (do not use a high heat or your eggs will get a burnt bottom!) and carefully crack the eggs into the frying pan. You can spoon some of the oil over the top of the eggs to help cook the top side. When cooked, carefully remove with a spatula.



### Boiled eggs

Place the eggs in a saucepan of boiling water for 4 minutes for a runny yolk (best for dipping soldiers) or 6 minutes for hard boiled. If you are doing more than one, it is worth checking the first one you take out to ensure that it is cooked to your liking.



### Poached eggs

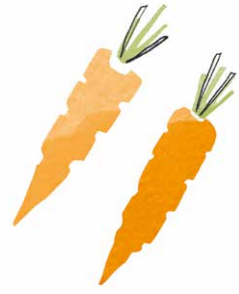
Whilst there are plenty of methods for poaching eggs, I find this one to be the easiest and most reliable. Add around 3cm of boiling water to a non-stick frying pan and place over a high heat. Add a splash of white wine vinegar which will help to bind the egg. Crack the eggs into the pan and as soon as the water comes back to the boil, turn it down so that it is barely simmering. Once the eggs are cooked (around 3 minutes) use a slotted spatula to carefully remove them.

### Scrambled eggs

Allow 2-3 eggs per person. Season with salt and pepper and whisk. Heat some oil in a saucepan and once hot add the egg mixture. Cook over a low heat, stirring constantly to prevent the eggs sticking to the bottom (this is super important). Your eggs are ready when they have thickened but are still creamy. Taste to check for seasoning and serve on some delicious wholemeal toast.



# Carrot and Apple Muffins



## Makes 8 small muffins

150g plain flour  
1 tsp baking powder  
½ tsp ground cinnamon  
2 free-range eggs  
80g/ml rapeseed oil  
40g caster sugar  
½ tsp vanilla essence  
110g carrot, grated  
100g apples, roughly grated  
50g pecan or walnuts, roughly chopped  
50g sultanas  
Small amount of desiccated coconut (optional)

**Katie sometimes makes these delicious muffins for breakfast. Packed with fruit, vegetables and nuts, they also make a great mid-morning snack to keep you going after some hard work out on the farm!**

1. Preheat the oven to 190°C/170°C Fan/Gas Mark 5. Line a muffin tray with paper cases.
2. Sift together the flour, baking powder and cinnamon.
3. In a large mixing bowl, whisk together the eggs, oil, sugar and vanilla.
4. Gently fold in the grated carrot and apple, nuts, sultanas and then the sifted flour mixture. Do not overmix, and don't worry if the batter is lumpy and irregular.
5. Spoon into the lined tins and sprinkle some coconut over each muffin. Bake for about 25 minutes, until a skewer inserted in the centre comes out clean. Remove the muffins from the tins when they're just warm and allow them to cool down on a wire rack before serving.





# Banana and Blueberry Muffins

## Makes 9 muffins

2 bananas (ripe, mashed)  
50g honey  
2 medium eggs  
1 tsp vanilla extract  
Pinch of salt  
45g rapeseed oil  
1 1/2 tsp baking powder  
80g oats  
80g plain flour  
175g frozen blueberries

**Most breakfast muffins you can buy are really high in sugar and have very little in the way of fibre and nutrients that you need to start your day with the right energy. For this healthier muffin recipe, we use oats, making them high in fibre - a really important part of a healthy diet and a good way to keep up your energy levels. Blueberries are high in phytochemicals which have been shown to help combat a whole range of diseases and are also low in sugar and a good source of fibre. With bananas and honey for added energy, these are a great way to get you going for a day of farming - or whatever you might be doing.**

1. Preheat oven to 190°C / 170°C Fan / Gas Mark 5.
2. Line a muffin tin with 9 muffin cases.
3. Use a food processor to blitz the oats until fine.
4. In a large bowl, combine the mashed bananas, honey, eggs, vanilla extract, salt, and oil.
5. In a separate bowl, combine the baking powder, flour, and oats. Fold the dry ingredients into the wet, mixing until just combined. Don't overwork it or they will be tough.
6. Gently fold in the blueberries, then scoop the batter evenly into the prepared muffin liners. Bake for around 25 minutes until lightly golden on top and they pass the skewer test.



# Yummy Porridge



## Serves 5

250g oats (a mix of jumbo and quick cook works best)  
350g/ml whole milk, oat milk or coconut milk  
300g/ml water  
1 pear peeled and grated or 1 banana mashed  
Small pinch of salt  
1 tbsp honey

## Top Tip

To jazz up your porridge, try adding some of the following:

Grating of fresh nutmeg  
1 mashed, ripe banana  
Vanilla extract  
Sprinkle of cinnamon  
Raisins

Many of the kids who come to the Farm say they hate porridge, but made really well, their minds are often changed. It's important to get the right level of sweetness, with richness from the milk, a creamy consistency, and interesting textures from the optional toppings. Once left for more than a few minutes, porridge can become too thick so release the mixture by stirring some boiling water through it. We serve this with granola and berries when they are in season and it's a great way to set you up for a day of farming.

1. Add the porridge oats to a large saucepan along with the milk and water and bring slowly to the boil, stirring frequently with a spoon.
2. Add the pear or banana, salt and honey.
3. Turn down the heat even further, and simmer, stirring very regularly (add more water if necessary), for about 3 minutes. Taste; it should be slightly sweet, creamy and delicious. The texture should be like a thick puree but not so dense that it won't slide easily off a spoon.
4. Serve with a sprinkling of granola, fresh berries or some fruit compote.





# Fried Dumplings

## Makes 12 dumplings

500g self-raising flour  
24g caster or granulated sugar  
1 level tsp of salt  
350g/ml cold water



See how  
it's done



Scan here to  
watch on YouTube.

When Michelle joined the Monmouth team, she brought not only her wonderful positivity and laugh, but also some fantastic Caribbean recipes. Here is the recipe for her breakfast dumplings which go down a storm with our young farmers. These are traditionally served with a cooked breakfast including beans or any other meal which has a sauce to dip your dumplings into.

1. Put all the ingredients into a bowl. Add some extra flour in another bowl to lightly flour the work surface and to lightly flour your hands.
2. Take a small saucepan and fill with 3 inches of oil. Place over a medium heat.
3. Combine the ingredients. Do not overwork the dough, which should be slightly sticky.
4. Separate the dough into 12 even-sized balls.
5. Flour your hands, roll the balls quickly and deeply stamp each ball with your thumb. Line the balls on the floured work surface.
6. Test the hot oil with a small piece of dough. The dough should sink and quickly rise if the oil's temperature is right.
7. Depending on the size of your saucepan, place around 4 balls into the hot oil carefully (this will need adult supervision/support). The dough balls should rise/puff up. Ensure they are not crowded in the pan.
8. Fry until golden on both sides.
9. When cooked, place on a clean tea towel or kitchen roll to absorb the oil.



# French Toast

## Serves 4

2 eggs  
100ml milk  
1 tsp caster sugar  
¼ tsp vanilla extract/essence  
½ tsp cinnamon (optional)  
Butter  
Sunflower or rapeseed oil  
4 slices of bread. Stale bread works well, but any will do.

**Also known as eggy bread, this is a firm favourite at the Monmouth farm, particularly when Luke is cooking! These are quick and easy to prepare for a treat breakfast. For toppings, you can use all sorts. Fruit and berries always work well with a bit of yoghurt or syrup.**

1. Crack the eggs into a large bowl then add milk, cinnamon (optional), sugar and vanilla.
2. Whisk the ingredients until well mixed.
3. Heat a little oil in a frying pan over a medium heat. Add a knob of butter and leave until the butter melts and starts to foam.
4. Dunk both sides of the bread in the egg mixture. Don't leave it to soak for too long otherwise it will come out soggy. Fry the bread in the oil and butter mixture until both sides are golden brown. This will take about 2 minutes a side.
5. Keep the toasts that are done in the oven at very low heat to keep them warm while you complete the rest, adding more oil and butter to the pan each time.
6. For toppings you can get creative with any fruits or berries. You can also add a bit of syrup or honey on top for extra sweetness.



See how  
it's done



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# Lovely Lunches



# Quiche

**Makes one large quiche**

## Pastry

300g plain flour, plus a little extra

165g salted butter cut into large cubes

Pinch salt

Around 75g/ml cold water

## Filling

5 large eggs

500ml double cream (or whole milk if you don't have cream)

Salt and freshly milled black pepper

**Options for fillings (all still use the same cream and egg mix):**

**Quiche Lorraine:** 8 rashers of bacon, cooked and chopped into small pieces and 2 handfuls of grated cheddar

**Sweet potato/butternut squash and feta:** 500g cooked sweet potato with a large handful of cubed feta cheese

**Broccoli and stilton:**

2 handfuls cooked broccoli florets and a large handful of cubed stilton

**Cauliflower and red onion:**

2 handfuls cooked cauliflower florets and 2 red onions sliced and fried on a low heat for 10 minutes

**Although it takes a bit of time to make, a delicious quiche is well worth the effort. We often make this with broccoli and stilton but have listed a few options to choose from. Feel free to get creative and use your favourite ingredients. In order to bake the pastry, you will need some baking parchment and baking beans or rice.**

1. Begin by making the pastry. Put the flour, butter and salt into a food processor (or use your hands and a bowl to rub them together until the mixture resembles fine breadcrumbs) and briefly blitz before slowly adding the water. Add enough water for the dough to come together into a rough ball (around 70ml but add more if needed). Tip out of the mixer and briefly knead before wrapping in cling film and putting into the fridge for 20 minutes. Meanwhile prepare your fillings and preheat the oven to 220°C/200°C Fan/Gas Mark 7.
2. Grease a 28cm loose bottom flan tin. Roll the pastry into a circle that is the thickness of a pound coin. It should be significantly larger than the tin. Then carefully roll the pastry round the rolling pin and transfer it to the centre of the tin.
3. Now, using your hands, gently press the pastry into the tin to line the base and sides, making sure you ease the pastry into the corners. This can be made easier by cutting a small piece of excess pastry, rolling it into a ball, dipping it in flour, and using this to press down into the corners of the tin. Trim around the top of the pastry using scissors leaving a 2cm overhang all the way around (as the pastry will shrink when cooked).
4. Lightly prick the base all over with a fork, as this will release any trapped air, which is what causes the centre to rise up. Then pop it in the fridge to chill for 20 minutes.
5. Once the pastry case is chilled, put it on a large baking tray. Place a piece of baking parchment over it, and add baking beans or rice so that it half fills the case. Put the pastry case into the oven and bake for around 20 minutes until the edges are golden.
6. Remove the parchment and beans and cook for a further 5–10 minutes until the pastry base is cooked.





7. Meanwhile, in a large jug or bowl, whisk together the eggs and cream with a little salt and some freshly milled black pepper.
8. Fill the pastry case by layering up your fillings first, followed by the egg mixture.
9. Carefully put the quiche back into the oven, reduce the temperature to 190°C/170°C Fan/Gas Mark 5, and bake for 35 minutes or until the surface is golden brown and the filling has set.
10. Leave to rest in the tin for at least 10 minutes.
11. To remove the sides of the tin, trim off any excess pastry and then place the quiche on an upturned bowl and gently slide the tin downwards.



# Macaroni Cheese

## with bacon and leeks



### Serves 8

500g macaroni  
2 sprigs of thyme  
2 bay leaves  
1 litre whole milk  
75g salted butter, plus extra  
for frying  
75g plain flour  
2 rashers bacon, finely chopped  
1 clove of garlic, thinly sliced  
1 tsp English mustard  
200g mature cheddar, grated  
½ tsp salt  
Black pepper  
2 leeks, sliced

**A favourite amongst even the fussiest of eaters! This works well with tomatoes on top but my favourite is with bacon from our pigs and leeks from the garden. Leeks are in abundance at the farm in autumn and early winter, when the cold weather makes for the perfect time to serve this popular comfort food. A good variation is to substitute the pasta for cauliflower, which makes an equally good dish.**

1. Cook the macaroni in plenty of salted boiling water until *al dente* (with a little bite). Drain and run some cold water over the macaroni to stop it cooking. If you are using cauliflower, roast some large chunks in the oven until cooked.
2. Meanwhile, heat the milk in a pan with the thyme and bay leaves until nearly boiling then turn off the heat.
3. Melt the butter in a saucepan, and add the garlic. Cook for one minute before adding the flour and stir for a couple of minutes in order to cook out the taste of the flour. Gradually whisk in the milk a ladleful at a time (picking out the herbs as you go) and allowing it to thicken before adding more, until you have a smooth sauce. Now add the mustard and two thirds of the cheddar. Take off the heat and add the salt, along with a good grinding of black pepper, and whisk until you have a smooth sauce.
4. Heat a large knob of butter in a frying pan and add the bacon. Cook for 3-4 minutes before adding the sliced leeks. Cook for 5-10 minutes until very soft and add to the cheese sauce.
5. Turn on the grill. In a large baking tray, combine the pasta and cheese sauce and sprinkle the remaining cheddar over the top of the dish.
6. Cook under the grill for around 10 minutes until golden and bubbling (keeping an eye on it to prevent burning).





# Spanish Omelette

## Makes 12 slices

2 medium onions, finely sliced  
3 medium potatoes, halved and cut into thin slices  
8 medium eggs, beaten  
½ tsp salt  
300ml olive oil

We rarely eat omelettes for lunch, mainly because we tend to eat a lot of eggs at breakfast, but sometimes all the hard work out on the Farm calls for an extra protein hit. The key to success with this is to use a good non-stick pan and to avoid overcooking it so that it is still slightly gooey in the middle.

1. Heat the oil in a large non-stick frying pan over a medium heat, add the onions and cook gently for 20 minutes until caramelised, making sure you don't let them burn (the long cooking of the onions is what gives this dish its sweetness).
2. Add the potatoes to the pan and cook until they are tender. Then drain off the oil, keeping it for the next omelette stage, and add the potato and onion to the beaten eggs along with the salt.
3. Place the frying pan back over a medium heat and add several tablespoons of the leftover olive oil. Turn to coat, and then, when hot, add the mixture. Cook until it comes away from the edge of the pan and looks about two thirds set (run a spatula around and under the mix to help loosen it).
4. Place a large plate which is roughly the same size as the pan on top of it, and invert it so the omelette flips onto the plate (be brave!). Slide it back in, tipping any liquid egg in with it. Cook for another couple of minutes before turning the omelette onto a large chopping board or plate to be sliced and served.



# Ottavia's Vegetable Lasagne

## with pesto

**Serves 6**

### Pasta sheets

200g pasta (or plain) flour

2 eggs

¼ tsp salt

### Pesto

40g basil leaves

30g wild garlic leaves (when not in season, use rocket leaves instead)

¼ tsp sea salt

2 tbsp / 60g cashew nuts, lightly toasted in a frying pan

1 garlic cloves (increase to 2 cloves if using rocket)

125g/ml extra virgin olive oil

6 tbsp Parmesan cheese, grated

### Béchamel sauce

600g/ml whole milk

40g unsalted butter

40g plain white flour

A pinch of ground nutmeg

Salt and pepper

400g courgettes (about 2 medium sized)

400g mushrooms

50g unsalted butter

125g mozzarella, roughly chopped

Large handful of Parmesan cheese, finely grated

Unsalted butter

This recipe was provided by our wonderful volunteer Ottavia, who has been kindly bringing her warmth, happiness and amazing cooking skills to the Farm for over three years. This lasagne is a new take on a traditional dish from Bologna and makes a great vegetarian lunch. It is important to make sure the pasta is not too thin and that it is not buried under mounds of runny sauce. If you don't have time to make the pasta, you could use dried pasta sheets instead, although it's a great thing to make with kids. This dish works well with a range of other vegetables including chard, spinach, leeks and squash. **Delizioso!**

### Pasta

1. Make the pasta dough by making a mound of flour on a table. Create a well in the middle and crack in the eggs and add the salt. Now whisk the eggs, gradually incorporating the flour. Briefly knead the dough for several minutes until the dough develops a smooth, elastic texture. Wrap in cling film and place in the fridge to rest for at least 30 minutes.

### Pesto

1. Place the basil and garlic leaves in the bowl of a food processor along with the salt, nuts and the garlic cloves or use a pestle and mortar.
2. Turn the food processor on and slowly pour in the olive oil. Add the grated Parmesan and mix once more until the pesto comes together into a coarse consistency, then set aside.

### Béchamel sauce and vegetables

1. Heat the milk in a small pan to near boiling point. In another pan, melt the butter on a medium heat. Then add all the flour, mix well, and cook for about 1–2 minutes.
2. Add the warm milk one ladleful at a time to the pan mixing rapidly with a hand whisk ensuring the mixture has thickened before adding another ladleful. Once all the milk is added and the mixture is thick and smooth, add a pinch of nutmeg. Add in the pesto and mix. Season to taste.
3. Slice the courgettes into thin pieces (around 0.5cm).





4. In a large frying pan, melt the butter on medium heat. Once the butter has melted, add the courgettes (to avoid overcrowding the pan you may need to do this in batches) and toss them around until just cooked. Season with salt and pepper. Set aside until needed.
5. Now slice the mushrooms and cook them the same way as the courgettes.

### Lasagne

1. Preheat the oven to 220°C / 200°C Fan / Gas Mark 7.
2. Once the pasta is rested, lightly dust the table top with flour. Take the dough and begin to roll in a round shape using a rolling pin. Roll until it reaches the desired thickness. Alternatively, roll until it reaches the thickness of the wider setting of a pasta machine. Cut a strip of pasta to fit the width of the machine. Make sure not to squeeze the pasta with the rolls, but gently stretch it as you would with the rolling pin. Reach the desired thickness (2mm) by going from one setting to the next in sequence.
3. Cut rectangles of pasta approximately 12 cm x 25cm to fit an oven tray 25 cm x 35cm. Bring a large pan of water to the boil then add a small handful of salt. Have a bowl of cold water ready to one side and a clean tea towel at the ready. When the water is boiling, reduce to a simmer and carefully lower the pasta sheets, a few at a time. Cook until they surface before moving them into the cold water bowl for a couple of minutes. Fish the pasta out of the cold water and place them on the tea towel and dry with kitchen paper.
4. Spoon a little of the béchamel on the bottom of the oven tray then cover with pasta. Spoon some more béchamel sauce onto it. Sprinkle with some Parmesan, half of the vegetables and a little mozzarella then cover with more pasta sheets. Then repeat: béchamel, Parmesan, vegetables and mozzarella. Finish with a layer of pasta sheets, dot with some unsalted butter and put in the oven.
5. Cook for 20 minutes until warmed through and golden on top. Take out of the oven and leave to rest for 5 minutes before serving.



# Puff Pastry Pie

## with aubergine, tomato and mozzarella

### Serves 8

1 sheet ready rolled puff pastry  
30cm x 40cm (or a 500g block  
rolled into a rectangle the  
thickness of a pound coin)

2 large aubergines, cut into  
2cm cubes

2 cloves garlic, finely chopped

6 large tomatoes, roughly  
chopped (or use a tin of  
chopped tomatoes)

Small handful of basil, chopped

2 handfuls of grated or  
chopped mozzarella

Olive oil

1 egg, beaten



There are all sorts of fun things you can do with puff pastry: cheese straws, pizzas, tarts, and of course pies. This sort of plaited pie looks great and can be adapted to contain all sorts of fillings. At the Farm, we use whatever is growing in the garden, leading to a real range of creations including mince and potato or squash, chard and goat's cheese. This one is a winning combination which sings of summer.

1. In a large frying pan, heat a large glug of olive oil over a medium heat and fry the aubergines, ensuring that you do not overcrowd the pan. Cook the aubergine until it is golden and cooked through (it will become very soft). You will need to do this in several batches, adding some more oil each time. Drain the aubergine on some kitchen roll to absorb some of the excess oil.
2. Once you have cooked the aubergines, fry the garlic in a little olive oil for about one minute, until it is just taking on some colour before adding the tomatoes. Add a large pinch of salt and cook for ten minutes to reduce. Meanwhile, preheat the oven to 220°C / 200°C Fan / Gas Mark 7.
3. Add the aubergines and the basil, and take off the heat whilst you prepare the pastry.
4. Tear a sheet of baking parchment slightly larger than the pastry and place the pastry on top. Divide the pastry into thirds lengthways marking very faintly with a knife. Now cut the two outer segments into strips 3cm thick (see photos on the next page). Lift the parchment and pastry onto a large baking tray.
5. Now add the tomato and aubergine mixture along the centre of the pastry, leaving about 5cm at either end uncovered. Sprinkle the cheese on top of the mixture.
6. Bring the ends of the pastry over your mixture and then bring up the strips you have cut into the centre, one at a time, alternating between sides to create a plaited effect (you can use a bit of egg wash to aid the sticking process). Try to avoid leaving any large gaps or your mixture may fall out. If you have any excess pastry, you can cut this into strips and use it to patch up any holes.
7. Brush the beaten egg mixture all over the pie and bake in the oven for 25–30 minutes until golden brown. Leave for five minutes before slicing with a serrated knife and serving.





# Sweet Potato Cake

## Serves 10

2 sweet potatoes, peeled and cut into 2cm cubes  
1 red onion  
5 tbsp/75ml olive oil  
2 tsp chopped sage leaves  
7 eggs  
A large handful of parsley leaves, chopped  
120g plain flour, sifted  
1 ½ tsp baking powder  
170g grated mature cheddar  
Salt and black pepper

This is adapted from a Yotam Ottolenghi recipe in his brilliant cookbook *Plenty More*. I have replaced the cauliflower with sweet potato, which goes down well with many of the kids who visit. Making a savoury cake, like our fritters, is a great way to get children to eat vegetables. What's more, this recipe is really versatile and will also work well using other ingredients such as broccoli and feta, or leek and celeriac.

1. Preheat the oven to 220°C / 200°C Fan / Gas Mark 7.
2. Place the sweet potato cubes on a tray and roast until soft (about 20 minutes).
3. Finely chop the red onion and place in a small pan with the oil and sage. Cook for 10 minutes over a medium heat, stirring from time to time, until soft. Remove from the heat and set aside to cool. Transfer the mixture to a large bowl, add the eggs and parsley, whisk well, and then add the baking powder, cheese, half a teaspoon of salt, a good grinding of pepper and sift in the flour. Whisk until smooth before adding the sweet potato and stirring gently.
4. Line the base and sides of a 24cm spring-form cake tin with baking parchment. Pour the mixture into the tin, spreading it evenly. Place in the centre of the oven and bake for 45 minutes, until golden brown and set; a knife inserted into the centre of the cake should come out clean. Remove from the oven and leave to cool for at least 20 minutes before serving.





# Sweetcorn and Feta Fritters



## Makes 8–10 fritters

100g plain flour  
1 tsp baking powder  
2 large eggs, separated  
125g sweetcorn  
2 spring onions, finely chopped  
1 red chilli, deseeded and diced  
Handful of chopped parsley  
100g/ml whole milk  
75g feta, cut into small cubes  
Pinch of salt  
Ground black pepper  
Rapeseed oil for cooking

**This is an incredibly versatile recipe which also goes down a treat with our young Jamie's Farmers. You can substitute the sweetcorn and feta for a range of vegetables and cheeses (such as peas, courgettes, and parmesan) so feel free to get creative and use whatever you have in the garden or fridge.**

1. Sift together the flour and baking powder, before adding the egg yolks, sweetcorn, spring onion, chilli and parsley.
2. Add the milk gradually, stirring constantly until smooth. Add the feta and season with salt and pepper.
3. In another bowl, whisk the egg whites until they form soft peaks. Fold them into the batter trying not to knock the air out (this keeps them light and fluffy).
4. Heat a large frying pan and add 1 tsp of oil. Using a large spoon or ladle add dollops of batter roughly 6cm in diameter to the pan and fry on both sides until golden.



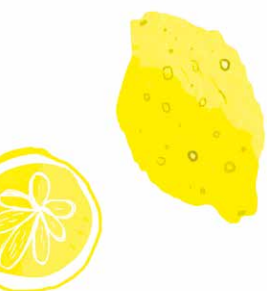
# Couscous and Roasted Carrot Salad

## Serves 6

5 carrots  
 1 clove of chopped garlic  
 1/2 tsp cumin seeds  
 1 tsp honey  
 1 onion, sliced  
 1 tsp paprika  
 300g couscous  
 300g hot vegetable stock  
 A handful of fresh parsley, roughly chopped  
 50g pumpkin seeds, lightly toasted in a frying pan  
 50g hazelnuts, lightly toasted in a frying pan  
 80g dried fruit such as raisins or chopped dried apricots  
 Juice and zest of half a lemon  
 Olive or rapeseed oil

We predominantly eat vegetarian food at lunch so salads feature heavily. For many people, the idea of salads stir up images of drab flavourless lettuce leaves with raw peppers and watery tomatoes, although in the past decade, things have definitely moved on. Salads are actually a great way to cook creatively, using a whole variety of grains, roasted and fried vegetables, leaves, herbs, nuts, seeds and dried fruit. I've made some suggestions here but use whatever you fancy, as it really is a question of throwing it all together and making it taste vibrant and delicious! Couscous is cheap and widely available but feel free to substitute it with various other grains such as red and white rice, spelt, lentils, quinoa and a recent discovery of mine, freekeh.

1. Start by roasting the carrots. Chop them into large chunks (2–3cm big) and roast for 40 minutes at 200°C/180°C Fan/Gas Mark 6 with a drizzle of oil, the chopped garlic, honey and cumin seeds. Halfway through the cooking, turn the carrots over.
2. Meanwhile, fry the onions in 2 tbsp of oil and cook over a low heat for at least 15 minutes in order to caramelise them. Add the paprika and cook for a further 5 minutes, stirring continuously so that the spices do not stick to the pan (you may need to add a little more oil).
3. To cook the couscous, put it into a pan or bowl that you have a tight fitting lid for (or use a plate). Add the stock and a drizzle of olive oil, stir and cover. Leave for 5 minutes and then fluff with a fork in order to separate the grains.
4. Assemble the salad by mixing all the ingredients together, along with the nuts and seeds, a drizzle of extra virgin olive oil and a large pinch of salt. Taste and add more lemon, herbs and salt if needed. The salad should sing with flavour!





# Bean Salad

## Serves 8 as a side salad

2 x 400g of tinned beans  
(choose from red kidney beans,  
black eye beans, borlotti beans,  
cannellini beans, sweetcorn or  
chick peas)

1 red pepper, diced

2 sticks celery, finely diced

½ red onion, finely chopped

1 red chilli, deseeded and finely  
chopped

1 garlic clove, chopped

2 handfuls of chopped parsley

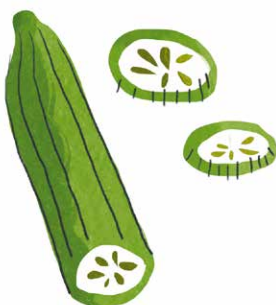
Zest and juice of 1 lemon

80g/ml (⅓ cup) extra virgin  
olive oil

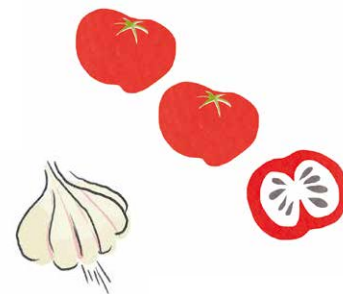
¼ tsp salt

**I love the colours of this vibrant salad. The key to making this delicious and fresh is to use lots of lemon juice, herbs and good quality extra virgin olive oil.**

1. Assemble all the ingredients and mix.



# Pizza



**Makes 4 large tray pizzas  
or 7 30cm round ones**

## Dough

20g fresh yeast (or 8g dried yeast)  
1kg '00' flour (or a combination of 500g strong white flour and 500g plain flour)  
20g salt  
600g/ml warm water  
50g/ml olive oil (or water)

## Tomato sauce

Olive oil  
2 cloves of garlic, chopped finely  
700g passata (or blitzed up tinned tomatoes)  
1 tsp dried oregano  
1/2 tsp salt  
Pepper

## Toppings

600g grated mozzarella  
Any other vegetables, meat or fish

## Variation

You can use the same dough to make **breadsticks**. After the dough has risen take a piece roughly 7cm x 15cm and cut into 1cm strips. Gently pull the ends apart until it is roughly 20cm long. Place on a tray and bake for 20 minutes until slightly golden.

**Pizza is best made with '00' grade flour which you can now buy from most supermarkets. Alternatively just use a mixture of white bread and plain flour. There is a debate as to whether you should use olive oil – in Naples, the home of pizza, they are fiercely against it (the Italians are passionate about these things) but in Rome they use it. I think it tastes better with its inclusion but it works well either way. Feel free to experiment with toppings but remember to use them sparingly to avoid a heavy pizza.**

## For the dough

1. Place the flour in a large mixing bowl.
2. Add the fresh yeast to the flour by rubbing the yeast into the flour with your fingertips. If using dried yeast, whisk the yeast into the warm water until dissolved.
3. Add the salt and mix it into the flour.
4. Add the water and olive oil.
5. Use a wooden spoon to work the water into the flour with long folding movements around the edge of the bowl, bringing all the dry mixture up from the bottom.
6. Once the water and flour is mixed, turn the dough out onto a clean work surface. Do not add any extra flour but instead rub a small amount of oil into your hands to reduce sticking.
7. Use folding movements to work the dough. Pull the dough towards yourself and fold it over and continue these movements for about 5 minutes. Don't worry that the dough is sticky. After a few minutes it will become smooth.
8. Once the dough is worked into a smooth ball, place the dough back into your bowl, sprinkle over some flour and cover it with a clean damp tea towel. Leave in a warm place and let the dough prove for approximately 2 hours until doubled in size.

## For the sauce

1. Heat a glug of olive oil in a small saucepan and fry the garlic until just starting to go golden. Add the passata, salt, plenty of black pepper and oregano, and bring to the boil before turning off the heat. Taste for seasoning and adjust if necessary.



See how  
it's done



Scan here to  
watch on YouTube.

### To assemble

1. Preheat the oven to 240°C / 220°C Fan / Gas Mark 9.
2. Grease your baking trays with a little oil.
3. Gently turn the dough out onto a lightly floured work surface and divide into four equal pieces if making large rectangular pizzas or seven balls if making individual round ones. Take one piece and use your fingertips to spread the dough into a rectangle, making sure there is plenty of flour underneath the dough to stop it sticking.
4. Now either stretch the dough with your hands or if you find it easier, use a rolling pin to roll the dough into a rectangle  $\frac{2}{3}$  the size of your trays (you will need to sprinkle some flour on top to prevent sticking). Lift the pizza base onto the tray and stretch it out so that it covers the whole tray.
5. Add  $1\frac{1}{2}$  ladlefuls of tomato sauce and spread evenly around the pizza, leaving a 1cm edge for the crust. Now add an even sprinkling of mozzarella followed by the toppings. Resist the temptation to overload the pizzas as this will lead to a soggy pizza. Repeat this method for the other pizzas.
6. Cook in the oven for around 20–25 minutes, until the cheese and dough is turning golden on top and the base is cooked.



# Debbie's Coleslaw

## Serves 10 as a side

1 white cabbage (approx. 0.5kg)  
300g carrots, grated  
1/8 of an onion, diced  
2 apples, cored and cubed into small pieces  
200g sultanas  
2 heaped tbsp mayonnaise  
3 tsp lemon juice  
Salt and pepper

Each week, the children who visit Hill House Farm have a day at Lenton Farm, home of the wonderful Carnie family. Steve Carnie was Jamie's farming mentor when he was growing up and he and his wife Debbie provide an amazing experience for the children who visit. Not only do they participate in a range of great farming activities but they also get to experience a slice of authentic rural family life. Debbie puts on a great spread including her now famous coleslaw, which the kids love. This recipe just had to make it into the Jamie's Farm cookbook.

1. Remove the outer leaves and core of the cabbage. Thinly slice by hand or using a food processor. Place in a large bowl, with the onion, carrot and apple.
2. Add the sultanas, mayonnaise, lemon juice and season with salt and pepper.
3. Mix thoroughly before serving.



# Vegetable Stir Fry

## Serves 4

2 tbsp groundnut, coconut or rapeseed oil  
 3 garlic cloves, peeled and finely chopped  
 2cm piece fresh ginger, peeled and finely grated or chopped  
 1 red chilli, finely chopped  
 Half a head of broccoli, cut into small florets, stalk peeled and chopped  
 1 carrot, peeled and cut into thin strips  
 6 mushrooms, quartered  
 1 courgette, cut into thin strips  
 1 red or yellow pepper, cut into 1cm strips  
 250g egg noodles

## For the dressing

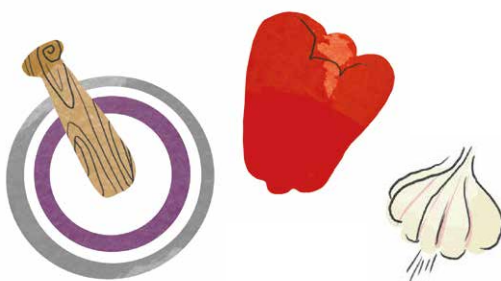
3 tbsp sesame oil  
 1 tsp honey  
 Juice of half a lime  
 5 tbsp soy sauce  
 2 tbsp rice vinegar, or mirin

## To garnish

A handful of cashew nuts, toasted in a pan  
 2 spring onions, finely sliced  
 A handful of chopped fresh coriander leaves

**This is a really popular dish and a great way to help eat your five a day. Most vegetables work well in this dish so feel free to use what you have rather than just those listed here. Most of the work in this dish is in the chopping of the ingredients, with the cooking being done quickly over a high heat, which keeps the vegetables nice and crunchy.**

1. Prepare and chop all of the vegetables as above.
2. In a bowl, mix together the sesame oil, honey, lime juice, soy sauce and rice vinegar until well combined.
3. Fill a pan with boiling water and add a teaspoon of salt. When the water is boiling cook the broccoli florets for 2-3 minutes, then drain.
4. Once the broccoli is removed, cook the noodles as per the instructions on the packet and drain them.
5. Whilst the noodles are cooking, put the oil in a wok or large pan over a high heat. When the oil is smoking, add the garlic, ginger, and chilli and stir fry for one minute, being careful not to let them burn.
6. Add the carrots and mushrooms and fry for two minutes before adding the broccoli stalk, courgettes and peppers and continue to stir fry for 3 minutes.
7. Add the noodles and broccoli florets and stir fry for a further minute.
8. Add the dressing mixture to the wok and stir fry for a further 1-2 minutes, or until most of the liquid has evaporated.
9. Serve onto plates or bowls and sprinkle over the nuts, spring onion and coriander leaves.





# Stuffed Jacket Potatoes

## Samosa Style

### Serves 4

4 large potatoes  
 1 tsp mustard seeds  
 1 small white onion, finely chopped  
 1 clove garlic, chopped  
 1/2 green chilli  
 1/2 tsp turmeric  
 1 tsp garam masala  
 1 carrot, chopped into small cubes  
 1 handful of frozen peas  
 Large handful of chopped coriander  
 1/2 level tsp salt  
 Rapeseed or sunflower oil

### Variation – cheese, bacon and leeks

Fry 4 rashers of chopped bacon followed by 2 sliced leeks. Cook until soft and then add to the potato mix along with a handful of chopped chives and 1/4 cup of cream and 1/2 tsp of salt. Fill the potatoes as per above and top with some grated cheddar cheese.

**This is a really versatile idea which enables you to get creative with whatever ingredients you have to hand. Over the years, we have come up with a whole range of wonderful variations using produce from the garden, the inspiration of the children who visit, and sometimes leftovers from the fridge. This recipe takes its inspiration from Indian samosas to produce something spicy and delicious. We often make this alongside a bacon, cheese and leek version which is also listed.**

1. Preheat the oven to 220°C / 200°C Fan / Gas Mark 7. Prick the potatoes with a fork and place on an oven tray. Add a little oil and salt to each potato which will help to crisp up the skins. Cook for 1 1/2 hours until the skins have started to crisp and the potato is cooked through.
2. Meanwhile, heat a glug of rapeseed oil in a frying pan and add the mustard seeds. As soon as they start popping add the onions and cook over a medium heat for around 7 minutes until soft.
3. Add the garlic, chilli and spices and cook for a few more minutes (you may need to add a little more oil if it starts to stick).
4. Add the carrots and cook for 5 minutes before adding the peas and cooking for a few more minutes until they have defrosted. Taste for seasoning and set aside.
5. Once your potatoes are cooked, take them out of the oven and leave until they have cooled enough to handle.
6. Cut each potato in half and scoop out most of the flesh into a mixing bowl with a spoon, leaving enough to allow the potatoes to keep their shape. Mash the potato before adding in the other ingredients, and then mix. Add more salt or spice if necessary.
7. Refill the potatoes with the mix so that they are filled slightly more than level. Place back into the oven and cook for a further 20 minutes.







# Moudardara

## Serves 4 as a side dish

100g Puy lentils  
1 bay leaf  
4 onions  
2 tbsp ghee  
2 tbsp rapeseed oil  
1/2 tsp salt  
1/2 tsp sugar  
Pepper  
2 tbsp olive oil  
2 tsp lightly crushed cumin seeds  
180g basmati rice  
320ml boiling water  
Pinch of saffron threads  
2 tsp dried barberries, soaked for 10 minutes (or cranberries)  
Handful of chopped parsley  
1/2 handful of chopped tarragon  
1/2 handful of chopped dill  
1 tbsp chopped pistachios, toasted  
1 tbsp chopped walnuts, toasted

**Moudardara is a Lebanese rice and lentil dish that is topped with caramelised onions, nuts and herbs. The recipe comes from a former volunteer and wonderful chef called Helen, who cooks at Demuth's Cookery School and made this for a fundraising dinner we put on. It looks beautiful, tastes amazing and would work well both as a side dish for a Middle Eastern style main, or as a rice salad. The key with the onions is to cook them for a really long time which makes them wonderfully sweet and sticky!**

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### Cooking the lentils:

1. Place them in a pan with plenty of water, a bay leaf and an onion, chopped in half.
2. Simmer gently for around 15 minutes until the lentils are cooked with just a little bite to them, as they will go mushy if you overcook them.

### Making the fried onions:

1. Slice 3 onions.
2. Heat 2 tbsp of ghee and rapeseed oil.
3. Put one slice in. If it sizzles then add the rest and add a pinch of salt, sugar and a good grinding of pepper.
4. Make sure all the slices are separated and coated in oil.
5. Turn down the heat to low and leave them to cook slowly until dark and caramelised. This might take 30-40 minutes and will require stirring every few minutes.

### Cooking the rice:

1. Put the olive oil, cumin seeds and rice into a medium saucepan that you have a tight fitting lid for, and fry gently for 1 minute. Add the rice and stir, making sure the rice is coated in oil.
2. Add the boiling water and salt. Stir, put a lid on, and simmer on a low heat for 10 minutes. Turn off the heat and leave the rice to sit for 5 minutes.
3. Meanwhile, soak the saffron in 1 tablespoon of boiling water and set aside.







4. When the rice is ready, pour the saffron water over the surface. Cover the pan immediately with a clean tea towel and then the lid. Leave for 5 minutes.
5. Fluff the rice up with a fork.

**Assembling the dish:**

1. Drain the barberries and stir them into the rice along with the lentils and most of the herbs and nuts. Top with the fried onions, and the remaining nuts and herbs.

# West Country Ploughman's Scotch Eggs

## Serves 6

6 medium free-range eggs

### For the sausage meat:

500g outdoor-bred pork mince

65g mature cheddar, grated

85g any homemade chutney

½ tsp ground coriander

¼ tsp ground ginger

½ tsp parsley

1 tsp salt

60g breadcrumbs

### For the coating:

100g plain flour seasoned with a little salt and pepper

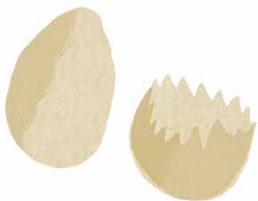
2 free-range eggs, beaten

100g breadcrumbs

**A true local recipe, this scotch egg tastes of the West Country. This entry was provided by friend and volunteer Iain Kemp, who gave up the world of corporate banking to set up a scotch egg making business. He was kind enough to come and make some of these with our young chefs and they were truly delicious. Thanks Iain!**

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1. Boil the eggs until just soft in the middle. As a rule of thumb, 6 eggs placed into boiling water should take around 5½ minutes.
2. As soon as they are cooked, drain them and place them in a large bowl of ice cold water. This will stop them cooking further.
3. After 10 minutes, peel the eggs and refrigerate until ready to use.
4. To make the sausage meat, place all the ingredients in a large bowl and mix thoroughly by hand until well combined.
5. To 'scotch' the eggs, divide the sausage meat into 6 equally sized portions, around 110g each.
6. Flatten into burger-shaped patties and then place an egg in the middle. Using wet hands carefully shape the meat around the egg, ensuring an equal layer all the way around and close up any cracks by smoothing over with your thumb.
7. Continue until all the eggs are covered and place them on a baking tray lined with greaseproof paper.
8. To breadcrumb the eggs, arrange the flour, beaten egg and breadcrumbs in 3 separate bowls. Dip each egg in flour. Pat to remove any excess flour and then dip into the beaten egg until covered.
9. Roll in the breadcrumbs and gently press between the hands to ensure they stick.
10. Place back on the tray and continue until all the eggs are coated.
11. Preheat the oven to 190°C.
12. Fry the eggs at 170°C in a deep fat fryer for 2 minutes. If you do not have a deep fat fryer, heat 5cm of oil in a wide saucepan or wok until it reaches 160°C on a cooking thermometer, or until a few breadcrumbs turn golden after 10 seconds in the oil.
13. Once cooked, remove them from the fryer and place on a baking tray lined with clean greaseproof paper.
14. Bake in the oven for 7 minutes.





# Hummus



1 can of chickpeas (400g)  
Juice of  $\frac{2}{3}$  of a lemon  
1 garlic clove  
1 level tsp salt  
130g tahini  
90g cold water  
2 tbsp extra virgin olive oil  
 $\frac{1}{2}$  tsp paprika

**A quick and delicious dip that's great for having with bread and for serving with pizza so you have something to dip your crusts into!**

1. Drain the chickpeas and rinse.
2. Combine the chickpeas, lemon juice, garlic, salt and tahini in a food processor (or use a stick blender), and blitz. Slowly add the water until the mixture is loose and creamy.
3. Add more lemon juice, or salt to taste.
4. Empty the mixture into a bowl, drizzle with the olive oil and sprinkle over the paprika.



# Teatime Treats



# Chocolate Brownies

## Makes 12 brownies

250g dark chocolate, in chips, or roughly chopped (50–70% cocoa)

250g unsalted butter, softened

200g golden caster sugar

4 eggs, beaten

60g plain flour

½ tsp baking powder

Pinch of salt

30g cocoa powder

**We often make these as the last teatime snack of the week, as a special treat for our brilliant farmers. Although not the healthiest of foods, these are utterly delicious and we always get asked for the recipe. The key is not to overcook them to ensure they are still gooey in the middle. They taste great both still slightly warm from the oven, or if you refrigerate them, when they take on more of a fudge like consistency.**

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1. Preheat the oven to 180°C/160°C Fan/Gas Mark 4. Line a 23cm x 23cm tin with baking parchment.
2. Place a large bowl over a pan of simmering water and add 200g of the chocolate. Stir until the chocolate has melted, then remove the bowl (be careful as it will be hot!).
3. Using an electric mixer or whisk, beat the soft butter (you might need to pop it in the microwave to get it soft enough) and sugar together until fluffy.
4. One by one, beat in the eggs. Continue to mix for several minutes.
5. With a spatula, fold in the melted chocolate and the remaining chocolate chips (if using bars of chocolate make sure you have chopped it up into small pieces), followed by the sifted flour, baking powder, cocoa powder and salt.
6. Spoon the mixture into the tin and bake for 20–25 minutes depending on how gooey you want them. Leave to cool slightly before cutting into squares.







# Flapjacks

## Makes 12

250g unsalted butter  
40g demerara sugar  
100g golden syrup  
Salt  
290g quick cook/porridge oats  
50g sunflower seeds  
60g of cranberries (or other dried fruit such as raisins, sultanas, cranberries, chopped dried apricots etc.)



**This has become a staple for Monday afternoons at the farm. The addition of seeds and dried fruit gives these a much more interesting texture and flavour, even though very fussy eaters may try to pick them out! It's vital that you make these enough in advance so that they have time to cool and set, otherwise they will just fall apart. The quickest way to do this is to put them in the fridge for an hour once the tray is cool enough to touch**

1. Preheat the oven to 190°C/170°C Fan/Gas Mark 5, and line a 20cm x 15cm baking tin with baking parchment. It is important to use the right size tin so that the flapjacks are the right thickness (roughly 3cm).
2. Melt the butter in a small pan with the sugar, syrup and a pinch of salt. Stir well to combine, then take off the heat and stir in the oats, seeds, and dried fruit. Press evenly into the tin and bake for 25 minutes until set and golden. As soon as you take these out of the oven, cut them into squares whilst still in the tin. Then either allow to cool completely before separating the flapjacks (this will take a few hours) or, in order to speed up the process, once it is cool enough to touch, put the whole tin in the fridge for an hour so that they harden.





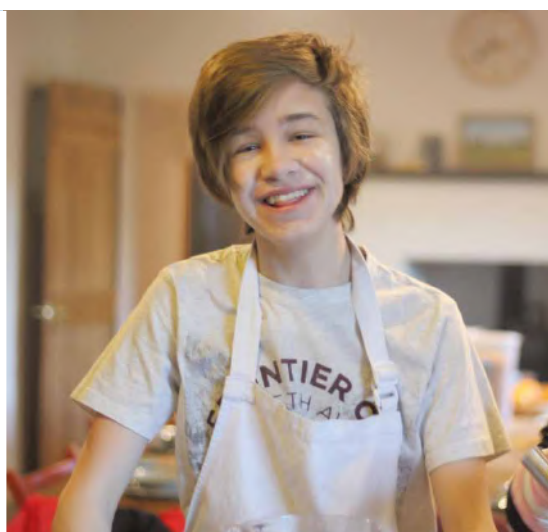
# Banana Bread

## Serves 10

130g honey  
330g overripe bananas  
125g sunflower oil  
4 medium eggs  
100g wholemeal bread flour  
100g of plain flour  
3 tsp baking powder  
1 handful of roughly chopped pecans or walnuts (optional)  
75g finely chopped crystallised ginger (optional)

**A deliciously moist and wholesome banana bread. This is also a great way to use overripe bananas; the blacker the better, as it means more of their starch has converted into sugar giving you a sweeter loaf. I think this tastes better with the addition of nuts and ginger but you can omit these for a plainer cake. This version uses honey instead of sugar which makes for a healthier cake, but the cake will only last for two days when made this way. As it is totally delicious, this shouldn't be a problem!**

1. Line the base of a deep, 20cm square cake tin with baking parchment.
2. Preheat the oven to 190°C / 170°C Fan / Gas Mark 5.
3. Put the honey (or sugar) and bananas in a bowl and mash until almost smooth (the odd bit doesn't matter).
4. Beat in the oil and eggs, and stir in the nuts and ginger if using.
5. Sift in the flour and baking powder (some of the wholemeal flour will not sift through but this can be added after).
6. Stir well, then pour into the tin. Bake for 50 minutes, and test the cake is ready by inserting a skewer in the centre; it should come out clean. Leave to cool briefly on a cooling rack before slicing and enjoying.





# Chocolate Chip Cookies

## Makes 12 medium cookies

120g salted butter, at room temperature

75g light brown sugar

75g granulated sugar

½ tsp vanilla extract

1 egg

240g plain flour

½ tsp bicarbonate of soda

130g dark chocolate chips

## Variations (instead of the chocolate chips)

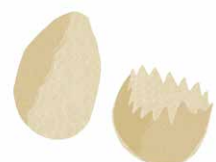
For **peanut butter and chocolate cookies**, add 100g of crunchy peanut butter and 100g dark chocolate chips.

For **cranberry and white chocolate cookies**, add 100g dried cranberries and 100g white chocolate chips.

**I tried and adapted lots of recipes before finally reaching this one which produces cookies which are delicious, chewy and not too sweet. These are always a hit and can be made in advance meaning you have a great fall-back if you need to produce something quickly.**

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1. Beat together the butter and sugars until just combined (you may need to microwave the butter if it is too hard). A fork is a good way to produce a lump free mix. Add the vanilla extract, then the egg, and beat in well.
2. Sift together the flour and bicarbonate of soda, then use a spoon to add to the mixture along with the chocolate chips, stirring until it just comes together into a dough.
3. Roll into a 5cm thick log, cover with cling film and chill in the fridge (these will keep for 5 days) or freeze.
4. To bake, preheat the oven to 190°C / 170°C Fan / Gas Mark 5, and line two baking trays with baking parchment. Remove the cling film from the log, cut into 1cm thick slices and place on the tray, spacing them well apart. Bake for 12–15 minutes, until slightly golden around the edges, but not browned.
5. After cooking, allow the cookies to cool on the tray for a couple of minutes, before moving to a wire rack. These taste great whilst still slightly warm.





# Apple and Blackberry Olive Oil Cake

## Serves 12

280g plain flour (or spelt)  
1/2 tsp ground cinnamon  
Pinch of salt  
1/2 tsp baking powder  
1/4 tsp bicarbonate of soda  
120ml extra virgin olive oil  
160g golden caster sugar  
1/2 tsp vanilla extract  
3 free-range eggs  
4 large Granny Smith apples, peeled, cored, and cut into 1.5cm dice (or pears)  
Two handfuls of foraged blackberries  
Grated zest of 1/2 lemon



**This is a great dairy free cake which is delicious, light and moist (and helps to use up an abundance of cooking apples and blackberries in September). It also works very well with pears and can be made using spelt flour for people who have difficulty digesting wheat.**

1. Grease a 20cm spring-form cake tin and line the bottom with baking parchment.
2. Preheat the oven to 190°C/170°C fan/Gas Mark 5.
3. Sift together the flour, cinnamon, salt, baking powder, and bicarbonate of soda and set aside.
4. Put the oil, sugar and vanilla in a mixing bowl. Using an electric mixer (or whisk if you don't have one), beat until smooth, then add the eggs one at a time and beat for several minutes until the mixture is light and fluffy. Mix in the diced apples, blackberries, and lemon zest.
5. Lightly fold the dry ingredients into the wet mixture.
6. Pour the batter into the lined tin, level it with a spatula, and place in the oven. Bake for around 1 hour (check after 50 minutes), until a skewer inserted into the centre comes out clean. Remove from the oven and after a few minutes place on a wire rack to cool.





# Apple and Cinnamon Cake

**Makes a 20cm round cake which is about 10 portions**

230g self-raising flour  
2 tsp ground cinnamon  
125g unsalted butter (chilled)  
125g light brown sugar  
1 egg  
100g/ml milk  
300g cooking apples  
2 tbsp demerara sugar

**In late September and October, our farms often have more apples than we know what to do with. So we try to find a way to get apples into as many meals and snacks as possible. On the Monmouth farm, this apple cake often makes an appearance at this time of year. It was introduced to the team by Barbara, one of our amazing volunteers.**

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1. Turn on oven to 180°C/160°C Fan/Gas Mark 4.
2. Combine the cinnamon and flour together in a mixing bowl.
3. Dice the chilled butter into small cubes and place it in with the flour and cinnamon mixture.
4. Using your hands, rub the butter into the flour, pushing the flour into the butter between your fingers and thumb. Do this for a while until it looks like fine breadcrumbs.
5. Once the butter and flour have come together as breadcrumbs, add in the light brown sugar and mix. Then beat in the egg and slowly mix in the milk until the mixture is smooth. It should give you a nice thick batter.
6. Peel the apples and remove the core. Then dice the apples into roughly 1cm cubes. Once done, add these into the batter and mix them through.
7. Transfer the batter into a cake tin (20cm) that has been greased and lined with parchment paper. Smooth out the mixture with a spatula so that it is evenly spread and sprinkle the demerara sugar over the top.
8. Bake in the oven for around 35 minutes. To check if done, push a skewer or knife into the middle of the cake and if it comes out clean, it is ready. It is important to let this cake cool before you cut it otherwise it is very crumbly.



# Cinnamon Buns



**Makes 8 medium buns  
(or 6 large ones)**

## For the dough

300g strong white flour  
½ tsp salt  
1 tbsp soft light brown sugar  
2 tsp instant dried yeast  
140g/ml water, lukewarm  
60g/ml olive oil

## For the filling

4 tbsp/60g extra virgin olive oil  
75g soft light brown sugar  
1 tsp vanilla extract  
2 tsp cinnamon

## To glaze

25g/ml water  
25g soft light brown sugar  
½ tsp cinnamon

**See how  
it's done**



Scan here to  
watch on YouTube.

**Of all the things that the kitchen team could say they are making, this might be what gets people most excited. Soft, light and sticky, these really hit the spot, and are definitely worth the time and effort involved in making them. Our young Jamie's Farmers have also enjoyed taking just the dough along on a trip to the woods and cooking it on sticks over an open fire. Delicious!**

1. Preheat the oven to 200°C/180°C Fan/Gas Mark 6.
2. Combine the flour, salt and sugar in a mixing bowl. In a separate bowl, combine the yeast and water and mix before adding the olive oil. Now combine the two and mix to a rough dough.
3. Tip the dough from its bowl and knead for 5 minutes – the oil should stop it from sticking to the surface or your hands too much, and it'll grow smoother as you knead.
4. Return the dough to its bowl, cover with a damp tea towel and leave to rise at room temperature until roughly doubled in size (around 2 hours)
5. Once the dough has risen, mix the ingredients for the filling in a bowl. Roll the dough out on a lightly floured chopping board to create a 20cm x 30cm rectangle.
6. Spread the filling over the dough then roll the whole thing up, starting at the longer edge to make a log around 30cm long. Cut the log into 8 even slices (or 6 if you prefer a large bun!).
7. Lightly grease a 20cm loose-bottomed or spring-form cake tin. Arrange the cinnamon buns evenly around the tin. The buns will fuse as they rise and bake.
8. Cover the tin loosely with a damp tea towel and leave to rise for a further 1-2 hours, until the buns have doubled in size.
9. Once risen, bake the buns for 25 minutes, until lightly browned.
10. Meanwhile, heat the water and sugar for the glaze in a small pan and simmer for a few minutes, until syrupy. Stir in the cinnamon. Brush the syrup over the freshly baked buns while both syrup and buns are still hot, then leave to cool in the tin.







# Energy Balls

## Makes 12 balls

70g almonds  
200g dates  
2 tsp honey  
3 tsp cocoa powder  
½ cup desiccated coconut

## Alternative ingredients:

**Wet list:** Prunes, dried apricots, figs, other dried fruit, apple sauce, grated apple, grated carrot, peanut butter

**Dry list:** rolled oats, oat meal, any nuts and seeds, cinnamon, chilli, desiccated coconut, sesame seeds, cocoa powder, oatmeal

Sally, who runs our Waterloo City Farm, first introduced me to these super snacks when she made them on one of her visits to Hill House Farm. It's great fun making these power packed "sweets" and the joy of them is that they contain only natural sugars. They are also a good way to use up lots of store cupboard goods - the last shakings of seeds in a jar in the back of the cupboard or the opened bag of dried fruit left from a baking session. Here is a sample recipe, but feel free to experiment using the suggested ingredients from the list on the left. What you need to do is make a paste that is dry enough to roll into balls in the palm of your hands; too wet and they are very sticky and difficult to roll, too dry and they fall apart. You want to use roughly one third to a half the amount of dry to wet ingredients. Get messy, keep tasting, be careful of your fingers in the food processor, have fun, discuss, decide and enjoy!

1. If using whole almonds, blitz them in the food processor until they are a fine breadcrumb consistency.
2. Add the dates, honey and cocoa and blitz until the dates are broken up. Tip the mixture into a bowl.
3. Place the coconut in a separate bowl.
4. Roll and compress the mixture into balls the size of a ping pong ball, then roll each in the desiccated coconut.



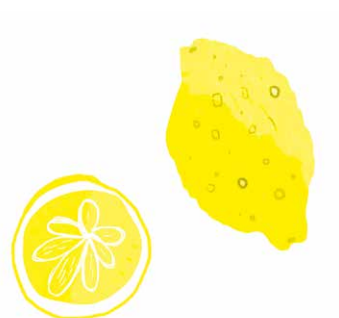
# Lemon and Courgette Cake

150 ml rapeseed/vegetable oil  
190g caster sugar  
3 medium eggs  
Grated zest of 2 lemons  
Juice of 1 lemon  
220g grated courgette  
250g self-raising flour  
½ tsp bicarbonate of soda



**This delicious lemon cake is a favourite on the Hereford farm and is a great way of using up the left-over courgettes in the summer. Don't be shy when grating in the lemon zest as this zingy citrus flavour is vital to the cake's flavour. The addition of courgette to the cake ensures the cake doesn't dry out and means it can be stored in a sealed container for up to 4 days after baking and will remain moist. Happy baking!**

1. Preheat oven to 180°C/160°C Fan/Gas Mark 4. Grease and line a medium cake tin. In a large bowl, beat together the oil, sugar, and eggs until smooth.
2. Stir in the lemon zest and juice with the grated courgette. Sift in the flour and bicarbonate of soda and fold in gently until mixed.
3. Tip into the prepared tin and bake for 50-60 minutes until risen, golden and it passes the skewer test. Allow to cool before serving.



# Rhubarb and Orange Cake

## Serves 12

300g rhubarb, sliced into 1cm pieces  
220g golden caster sugar  
225g unsalted butter, softened  
Zest and juice of 1 orange  
225g self-raising flour  
100g ground almond  
1 tsp baking powder  
3 medium eggs  
Handful of flaked almonds



**Rhubarb is one of the first crops of the season at Jamie's Farm – its bright pink stems creeping out of the ground as early as February. It's great made into a compote and served with porridge. We also love it in this cake where it works perfectly with orange. The addition of almonds in cake make for a really nice texture and they also add some nutritional benefits (almonds are high in vitamins, fibre and protein). Most importantly though, this cake is very, very delicious!**

1. Once you have sliced the rhubarb, place it into a bowl and sprinkle over three tablespoons of the sugar. Stir so the rhubarb is covered, then set aside for 20 mins to draw out some of the juices.
2. Meanwhile, line the base and sides of a 23cm loose-bottomed, round cake tin with baking parchment and heat your oven to 180°C/160°C Fan/Gas Mark 4.
3. Beat the remaining sugar with the butter in a large bowl with an electric whisk until light and fluffy. Add the orange zest and juice and beat again.
4. Add the eggs one at a time, beating into the mix each time.
5. Add the flour, almonds and baking powder and gently fold until smooth. Fold in the rhubarb and any juices. Spoon into the tin and level the top.
6. Sprinkle over the flaked almonds, then bake in the centre of the oven for around an hour, until risen, golden and a skewer inserted into the centre comes out clean. Leave to cool before slicing and eating.







# Dinner Time

# Charlotte's Spaghetti Bolognese

## Serves 10

1 kg of fine beef mince  
 2 medium onions, finely chopped  
 2 carrots, finely chopped or shredded  
 5 cloves garlic, crushed and chopped  
 2 sticks celery, finely chopped  
 3 x 400g tinned chopped tomatoes  
 2 tsp tomato puree  
 2 fresh bay leaves  
 1 tsp fresh thyme leaves  
 1½ tsp salt  
 A good grind of black pepper  
 Grated Parmesan cheese  
 Olive or rapeseed oil

**Charlotte was one of our first volunteers and gave 10 years of amazing service to Jamie's Farm. I think our young farmers have eaten this dish every Monday since we started, so there was no doubt it would make it into this cookbook. Here's what Charlotte had to say about it...**

**"The young people arriving at Jamie's Farm know that they are about to have a new experience and are sometimes a little apprehensive of the challenges coming their way. On a Monday evening when they arrive, Spaghetti Bolognese provides something comforting and reassuring. This is a super tasty but simple recipe based on our own home grown beef, cooked for four hours to provide a fuller flavour. It's worth making a reasonably large batch which, if not all eaten, can be frozen or used at a later time to make a chilli, lasagne or some stuffed peppers."**

1. Heat a good splash of oil in a large saucepan and once hot, add the onion, carrot and celery, then gently cook until well softened (around 6-7 minutes). Add the garlic and cook for a further minute.
2. Add the mince and stir until separated and well mixed and continue cooking until lightly browned. Add the tomatoes, puree, herbs and seasoning.
3. Leave on a low heat for four hours with a lid on.
4. Thirty minutes before serving, check the consistency. If there is too much liquid remove the lid and cook off any excess until you have the desired thickness. Check for seasoning.
5. Stir occasionally and try not to eat too much before serving!





# Sausage and Bean Casserole



## Serves 4

2 tbsp olive oil  
1 medium onion, finely chopped  
1 medium stick celery, finely chopped  
3 carrots, chopped in 1cm cubes  
3 garlic cloves, chopped  
12 pork sausages  
1 tsp smoked paprika  
1 tsp fennel seeds  
1 tsp fresh thyme leaves  
1 bay leaf  
125ml white wine  
400g tin chopped tomatoes  
400g tin of butter beans (or other white beans)  
2 sprigs fresh thyme  
1/2 tsp salt

Sometimes we ask our butcher to send our pigs back to us cut in half, giving us the opportunity to do a range of butchery with the kids. This includes making our own bacon, prosciutto and a big favourite, sausages. We then use different cuts of meat throughout the week for different dishes such as pork curry, roast pork and this one, sausage stew. This recipe works best with pork sausages and takes its inspiration from Spain, where smoked paprika and fennel often feature.

1. Heat the oil in a large saucepan. Add the onion, celery and bay leaf and cook gently for around 7 minutes until translucent.
2. Add the garlic, paprika and fennel seeds and continue cooking for 1-2 minutes before adding the carrots and cooking for a further 5 minutes, stirring regularly so that the spices do not burn.
3. Pour in the wine and use a wooden spoon to remove any residue stuck to the pan. Cook for a couple of minutes before adding the tinned tomatoes, salt and thyme. Bring to a simmer.
4. In a separate frying pan, heat a splash of oil and fry off the sausages over a high heat so that they colour on two sides. You may need to do this in batches.
5. Add the sausages to the casserole and cook for around 20 more minutes stirring occasionally and adding a little water if the casserole becomes too dry. Stir in the beans and cook for a further five minutes before tucking in to this hearty meal. Serve with rice or some crusty bread.





# Homemade Fish Fingers

## with Tartare Sauce

### Serves 5

1 kg firm white fish fillet  
e.g. Pollock or Hake  
6 tbsp plain flour  
2 large eggs, beaten with a splash of milk  
170g panko breadcrumbs  
(or some slightly stale bread blitzed into breadcrumbs)  
½ tsp salt

### For the tartare sauce

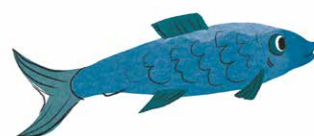
3 egg yolks  
Generous pinch of salt  
1 tsp white wine vinegar  
½ tsp Dijon mustard  
400g/ml sunflower or rapeseed oil  
Juice of half a lemon  
1 heaped tbsp salted capers, rinsed and chopped  
1 heaped tbsp cornichons, chopped  
1 heaped tbsp chopped parsley  
½ tbsp chopped chives  
½ red onion, finely chopped

### Top Tip

Please try to buy sustainably-caught fish, such as line-caught, or those with the MCS certification.

**One of the things I introduced when I came to Jamie's Farm was fish night. It's interesting to see the number of children who say they don't eat fish but when given homemade fish fingers will happily tuck in. This is a good way to encourage children to eat more fish; a delicious and healthy source of protein, vitamin D and omega 3s which are great for brain development.**

1. Check the fish for bones and remove any you find. Remove the skin with a sharp knife.
2. Cut the fish fillets into thick, finger-like strips, about 2cm wide, 8cm long.
3. In a mixing bowl, mix together the flour with some salt to season.
4. Put the egg and milk mixture in a separate mixing bowl. Place the breadcrumbs in a third mixing bowl.
5. Toss several pieces of fish in the seasoned flour mixture, then dip each piece first in the beaten egg and then in the breadcrumbs, shaking off any excess inbetween. Be careful to keep any egggy fingers out of the breadcrumb mixture otherwise it will turn clumpy.
6. Place on a baking tray and chill until required.
7. For the tartare sauce, mix the egg yolks, salt, vinegar and mustard together in a food processor, or if you do not have one use a whisk. Once well combined, gradually drip in the oil, with the food processor still on, until you have mayonnaise – don't be tempted to add it too fast, especially near the beginning, or it will split. Towards the end of this process, when the mayo is really thick, add a tablespoon or two of water to loosen the mix. Add the rest of the oil and then the lemon juice. Now add all the ingredients apart from the onion and parsley and blitz for a couple of seconds. Taste and add more lemon and salt if needed. Put into a bowl and mix in the red onion and parsley. Refrigerate until needed.
8. Deep fry the goujons until golden brown. If you don't have a fryer you could use a saucepan with 5cm of oil.
9. Drain on some kitchen roll and season with salt. Serve with baked potato wedges and the tartare sauce.





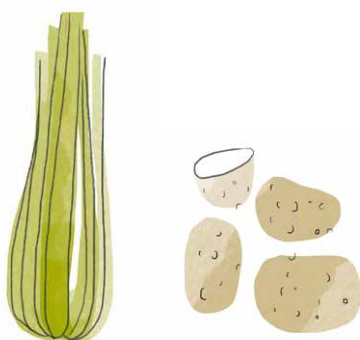
### **Variation: Breaded Chicken**

This method of breadcrumbing also works well with chicken (and even vegetables). Use thigh or breast and cut into strips before coating. Bake in the oven at 180°C for around 20 minutes, turning after 10 minutes.

# Beef Pie

## Serves 6

1kg of stewing beef (e.g. shin)  
300g closed cup mushrooms,  
chopped in half  
1 onion, finely chopped  
2 sticks celery finely chopped  
3 cloves garlic finely chopped  
250ml beef stock  
250ml ale, red wine, or more  
beef stock  
1 tbsp balsamic vinegar  
1 tbsp tomato puree  
2 bay leaves  
4 sprigs of thyme  
3 carrots, cut into cubes  
500g block of puff pastry  
1 heaped tsp redcurrant jelly  
1 tsp French mustard  
1½ tbsp plain flour  
Salt and pepper



**We love a pie here at Jamie's Farm. It's a real crowd pleaser and a great thing to make when you are cooking for a lot of people. Although the filling takes a while, you can make it a day or two in advance and then finish it off an hour before eating. We serve this with some steamed greens and yummy buttery mashed potato.**

1. Heat a heavy-bottomed casserole or pan on a medium flame and add a splash of oil. Brown the meat in batches being careful not to overcrowd the pan, or it will boil in its own juices – then transfer to a bowl. Scrape the bottom of the pan regularly to prevent any residue from burning.
2. Once all the meat is browned, add some more oil to the pan and cook the onions with the celery and bay leaves, until translucent (about 7 mins). Add the garlic, stir for a minute and then add the flour and cook for a further minute, stirring constantly.
3. Now add the mushrooms, carrots, balsamic vinegar and tomato puree and cook for 2 more minutes stirring constantly.
4. Slowly add the stock (and wine or ale if using), a little at a time and keep stirring so that you end up with a gravy with a nice consistency.
5. Finally add the beef, some pepper, the thyme, mustard and jelly. Bring to the boil and then cook covered with a lid on very low heat for 2–3 hours until the meat is very tender. Towards the end you may need to take off the lid and reduce the amount of liquid. Taste the sauce and add more salt if needed.
6. An hour before serving, preheat the oven to 190°C/170°C Fan/Gas Mark 5.
7. Take an appropriately sized pie dish (around 24–28cm) and add enough of the beef mix to the dish so that it comes up to just below the rim. If you have a bit too much, set it aside.
8. Roll out the pastry to the thickness of a pound coin, ensuring it is big enough to cover the dish with a slight overhang and place on top. Trim any edges, then re-roll your trimmings to make a decoration (maybe in the shape of a cow!). Brush the top heavily with egg. Make a few little slits in the centre of the pie, place on the hot baking tray, then bake for 40 minutes until the pastry is golden.





# Chicken Curry

**Serves 8**

## For the paste

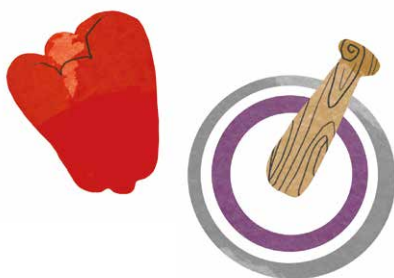
8 garlic cloves, peeled  
 1 thumb sized pieces of ginger, peeled and roughly chopped  
 2 tsp ground cumin  
 2 tsp turmeric  
 2 tsp ground coriander  
 2 green chillies  
 Juice of half a lemon  
 2 medium onions, peeled and quartered  
 Rapeseed oil

## The rest...

2 tsp mustard seeds  
 2 red peppers, cut into 2cm cubes  
 400g tin of chopped tomatoes  
 400g tin of coconut milk  
 16 chicken thighs, skin-on, bone in  
 A large handful of chopped coriander  
 1 tsp salt

**This is a really good method for making a curry sauce base which can be used for all sorts of curries. The sauce can be made in advance and will get better if given time for the flavours to mingle. This recipe works best if you use chicken thighs (bone in) rather than breasts as they provide a more tender and flavoursome curry, especially if you marinade the chicken in advance.**

1. Add the garlic, ginger, chillies, and all the spices apart from the mustard seeds into a food processor, and a few tablespoons of rapeseed oil and process to a paste. Add 1 tbsp of this paste to the chicken along with  $\frac{1}{2}$  tsp of salt and the lemon juice, mix and allow to marinade for at least half an hour but preferably several hours (if you do not have time omit the marinating). Now add the onion and continue to process until you have a smooth mixture.
2. Heat several tablespoons of oil in a large saucepan set over a medium heat. Add the mustard seeds and wait for them to start popping. Then immediately add the curry paste and cook for at least 5 minutes to allow the spices to release their flavours, stirring constantly to avoid sticking and burning. If the mix becomes too dry, add some more oil.
3. Add the peppers and chicken and cook for 10 minutes, ensuring the spices do not burn on the bottom of the pan (add a splash of water in necessary).
4. Now add the tomatoes, a tsp of salt and the coconut milk. Simmer on a low heat for 1-1 $\frac{1}{2}$  hours, without a lid until the chicken is tender and starting to fall apart.
5. Mix through the chopped coriander and taste. It may need more salt and if it's too spicy add some more coconut milk or yoghurt. If it needs a bit more peppery oomph, add  $\frac{1}{2}$  teaspoon of garam masala.
6. Serve with Indian flatbreads and fluffy basmati rice.









# Jake's Mum's Lamb Curry

## Serves 4

700g lean leg of lamb cut into small chunks

2 medium onions finely chopped

2 medium onions halved and sliced

2 tsp grated ginger

2 tsp crushed garlic

1 tbsp tomato puree

1 tbsp mango chutney

1 tin (400g) chopped tomatoes

3 fresh tomatoes quartered

5 tbsp yoghurt

1 bunch fresh coriander (chopped)

Vegetable oil

Salt

Spices:

### Batch 1:

1 cinnamon stick

10 green cardamom

3 bay leaves

1 tsp cumin seed

1 tsp whole black pepper

### Batch 2:

3 tbsp tandoori masala powder

1 tbsp curry powder

1 tsp garam masala

1 tsp turmeric

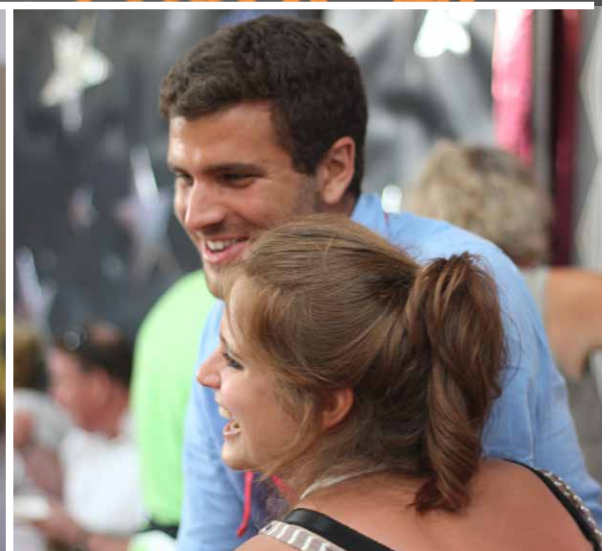
Jake's mum's food has become the stuff of legends. Its finest hour was when 300 portions of her lamb curry were made for the Cock and Bull Festival and it went down a storm. This recipe is based on the way Jake's family used to cook lamb curry when she was growing up in Basra, Iraq. Cooking in the south of the country is influenced by contact with India, whereas around Baghdad people are not so keen on spicy food, with their food having a more Mediterranean flavour.

1. Sprinkle tandoori masala powder over the meat, coating it evenly. Leave aside while you prepare the rest of the ingredients.
2. Heat 2 tbsp of vegetable oil in a pan on a medium heat and sear the meat in batches stirring frequently. Keep doing this until all the juice has evaporated. Take out and keep aside.
3. Add the sliced onion and fry until golden brown. Remove from pan and put aside.
4. If needed, add a little more oil to the pan. Heat up and add all the **Batch 1** spices, stirring all the time, until the aroma permeates the kitchen.
5. Add **Batch 2** spices to the pan stirring continuously for about 2 minutes. Add finely chopped onions, crushed garlic and ginger. Stir until the onion is brown and tender.
6. Add the tomato puree and stir for 2 minutes before adding the tinned tomatoes. Leave to boil for about 5 minutes.
7. Add the meat to the pan with a cup of hot water. Bring to the boil for a few minutes and leave to simmer for about an hour or until the meat is tender. Remember to stir every now and then. Add further water if it is drying out.
8. Add the mango chutney and some salt for seasoning.
9. Finally, add sliced onions, fresh tomatoes, yoghurt and most of the fresh chopped coriander, leaving the rest for garnishing. Simmer for a further 15 minutes.
10. Serve with naan bread and/or basmati rice.



### Notes:

- You could also serve a small bowl of chopped green chillies for those who like their curry hot.
- You may wish to remove the cinnamon sticks and bay leaves before serving.
- You can make this dish the day before serving and keep it in the fridge. It will taste even better! Or you can freeze it for a couple of months.



# Beef Rendang

## with Yellow Rice



**Serves 4**

### For the Beef Rendang

2 medium white onions, roughly chopped

Large thumb sized piece of fresh ginger roughly chopped

6 cloves garlic

1 lemongrass stalk (tough outer layer removed), roughly chopped

1 small sweet potato (or half a large one), peeled and chopped into 3cm cubes

1 red pepper, chopped into 2cm cubes

1 tsp turmeric

2-3 fresh red chillies roughly chopped (depending on how hot you like it)

2 tbsp rapeseed/coconut/sunflower oil

1 cinnamon stick

4 cardamom pods

1/4 tsp cayenne pepper

1 tsp sugar

700g braising steak, cut into 2-3cm cubes

2 bay leaves

Juice and zest of a lime (or lemon if you don't have a lime)

400ml coconut milk

1 1/2 tsp salt

50g desiccated coconut flakes

Handful of chopped coriander

2 red onions sliced

### For the Yellow Rice

320g brown rice

1/2 tsp turmeric

1 tsp salt

**We first ate this with some wonderful young women from Hammersmith and Fulham Virtual School and it went down a treat. When they asked for the recipe I wrote it down the next day so they could take it home and try cooking it back in London. The dish is originally from Malaysia and would also work well with mutton instead of beef. Whilst there are lots of ingredients, and it takes around three hours to cook (most of which is waiting time), it's well worth the effort for a meltingly delicious, rich and comforting curry.**

1. For the rendang paste, place the onion, ginger, garlic, lemongrass, turmeric and chillies into a food processor. Blend to form a smooth puree. If you don't have a food processor just chop the ingredients as finely as possible.
2. Place a large saucepan over a medium heat and add the oil. Fry the paste mix for 10 minutes, being careful not to let it stick to the pan.
3. Add the bay leaves, cayenne pepper, cardamom pods (crush the cardamom pods gently with the back of a spoon before frying) and the cinnamon stick broken in half and cook for another two minutes, stirring constantly.
4. Add the red pepper and fry for 3 more minutes, whilst stirring.
5. Now add the meat, stirring all the time, until it is browned.
6. Pour over the coconut milk, sugar and lime juice and bring to a gentle simmer, then add the lime zest and sweet potato cubes.
7. Season with salt, stir well, then reduce to a very gentle simmer.
8. Cook for around three hours on a very low heat, stirring every once in a while to ensure it does not stick to the bottom and burn. The meat should be really tender and the sauce really reduced and rich. Use the back of a spoon to squash the sweet potato so that it disintegrates into the sauce. If the sauce gets too thick add a little water.





9. For the yellow rice, add the rice to a pan along with the turmeric, salt and at least double the amount of water to rice. Bring to the boil then allow to simmer until the rice is cooked (around 25 minutes). Add more water if the rice absorbs it all before this time. Drain the rice and then tip back into the pot and cover with a lid. Then allow to stand for five minutes.
10. Fry the sliced red onion in rapeseed oil until golden and slightly crispy, then drain on kitchen towel and set aside.
11. Toast the coconut flakes in a dry pan until golden, being careful not to burn them. Then add to the curry.
12. Before serving, taste the curry sauce and add more lime juice, cayenne pepper and salt if needed. It should be fairly hot and sing with flavour!
13. Serve with the yellow rice and garnish with coriander and fresh chillies if desired.



# Slow Roast Shoulder of Lamb

## with Roasties

### Serves 8

1.5kg lamb shoulder  
2 sticks celery  
2 carrots  
2 onions  
1 bulb of garlic sliced in half through the middle  
4 sprigs of fresh rosemary  
12 medium sized potatoes  
½ cup plain flour  
1 tsp redcurrant jelly  
Olive or rapeseed oil

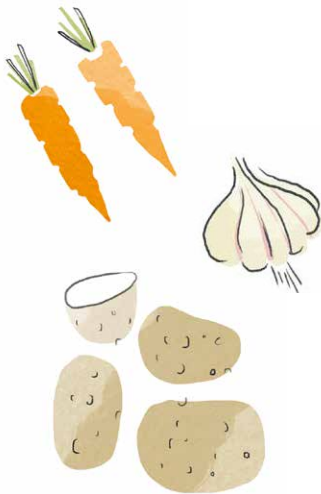
Thursday night is roast night. It's a good opportunity to use some of the produce from the Farm and enables the children to make the connection with where our food comes from. Beef brisket and roast pork regularly feature but I think this is the best. Shoulder is one of the cheaper cuts of lamb but still has a wonderful, sweet flavour when cooked long and slow. It will fall apart beautifully when cooked properly. The same method can be used for cooking brisket.

1. Preheat the oven to 240°C / 220°C Fan / Gas Mark 9.
2. Roughly chop the veg into large chunks and spread around the base of a large deep roasting tin.
3. Rub in some oil into the lamb and season with plenty of salt and pepper.
4. Place it in the tin with the rosemary on top and cook for 30 minutes or until the lamb has browned.





5. Remove from the oven and add enough water to come half way up the lamb. Tightly cover with foil and carefully place in the oven. Turn the oven down to 190°C/170°C Fan/Gas Mark 5, and cook for 4 hours, which should render the lamb very tender and falling apart.
6. For the roasties, peel and halve the potatoes (or cut into thirds if large) and place in a saucepan of cold, salted water. Bring to the boil and cook briefly until you can scrape the outside of the potato with your fingernail. Drain into a colander and rough the edges by tossing them. Put them onto a baking tray ensuring they are not overcrowded, drizzle over plenty of oil (be generous otherwise your potatoes will not crisp nicely) and sprinkle over some salt. Put these in the oven an hour before the meat is cooked and turn after 45 minutes.
7. Once the meat is ready, take it out of the oven and turn up the heat up to 240°C/220°C Fan/Gas Mark 9 to crisp up the potatoes, keeping an eye on them so they don't burn.
8. To make the gravy, place the lamb into a large dish and cover with foil. Pour all the liquid and vegetables into a saucepan and mash up all the veg. Heat the pan, add most of the flour and the redcurrant jelly and whisk. Let this simmer for 10 minutes. If necessary add more flour until you reach the desired consistency, before passing through a sieve, pressing through any liquid with a spoon. Taste and add salt if needed.
9. Serve with the potatoes, some greens and roasted vegetables.





# Michelle's Jerk Chicken

## Serves 6

12 free range chicken pieces  
(thighs or legs are best)  
1 level tbsp chopped garlic  
1 level tbsp paprika  
1/2 tsp salt  
2/3 heaped tbsp Jerk seasoning  
(Michelle recommends Duns  
River)  
1/2 tsp black pepper  
2 tsp chicken or vegetable  
gravy granules

## Variations:

### Vegetables

Take a selection of vegetables  
such carrots, parsnips, onions  
and potatoes. Roughly chop  
and season as with the chicken.  
Roast until cooked.

### Fish

Lightly seasoned with reduced  
amounts of the seasoning  
ingredients as stated above.  
Roast until cooked. Serve  
with buttered potatoes and  
vegetables.

**Jerk seasoning is a fantastic way to add flavour to any recipe. If you like it spicy, you can always add more so experiment with it to find the right amount for you. You can also add to gravy for an extra kick. This recipe is consistently popular with our young farmers and goes really well with rice and flatbreads.**

1. Score the chicken and place into a bowl.
2. Add in the rest of the ingredients and rub them into the meat.
3. Leave to marinade in the fridge for at least 30 minutes.
4. Place the seasoned chicken in a roasting dish, cover with foil and roast at 180°C / 160°C Fan / Gas Mark 5 for one hour.
5. Remove the foil and roast for a further half an hour until cooked.
6. Use the chicken juices to make a gravy, by adding the gravy granules and heating in a saucepan.
7. Serve with rice or flatbreads.



# Jill's Quick and Easy Chicken & Red Lentil Curry

## Serves 4

1 white onion, diced  
 Rapeseed or sunflower oil  
 2 free range chicken breasts, chopped into bite-sized pieces  
 150 g of curry paste (Jill uses Patak's Balti Paste. Just make sure it's a paste not a jar of sauce!)  
 400g tin of chopped tomatoes  
 400g tin of coconut milk  
 1 mug of red lentils



**Jill worked in our fundraising team for many years, putting on all kinds of amazing events. Not only was she a great fundraiser but she was also a talented cook, and before she sadly left the farm in 2022, she contributed this quick and easy chicken curry recipe which is a great option when you don't have time to make your own curry paste.**

1. Place a large saucepan on a medium heat and add some oil.
2. Fry the onion for at least 5 minutes until softened.
3. Add the chicken and stir for a few minutes.
4. Add the curry paste and mix to coat the chicken and onion. Stir for 5 minutes.
5. Add a tin of chopped tomatoes, then fill the tin with water and add it to the pot. Add a tin of coconut milk and the mug of red lentils.
6. Cook on a low heat on the hob or pop into an oven at 160 degrees for about 30 minutes until chicken and lentils are cooked.
7. Serve with basmati rice, naan bread and mango chutney.



# Sauces



Mati joined the Lower Wernddu team in 2016 and has already made an impact with his wonderful personality and Argentinian inspired food. Along with his cooking of red meat, he has also developed a reputation for making great sauces, three of which are featured here.

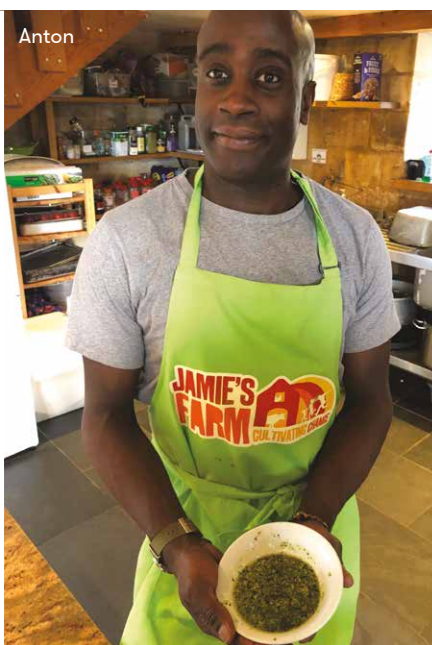
## Mati's chicken marinade

**Makes around 750ml**

6 tsp English mustard  
3 tsp brown sugar  
6 tsp jam (such as apricot, fig or plum)  
75ml balsamic vinegar  
75ml olive oil  
6 tsp smoked paprika  
2 tsp salt  
1 tsp black pepper

**This was inspired by sticky chicken wings – the kind you get at American Diners. Use this to marinate your chicken pieces before frying or BBQing. Once the chicken is cooked add more sauce and serve hot. It also makes a great BBQ sauce that can be served with burgers and other meats. This sauce will keep for two weeks in the fridge.**

1. In a Kilner jar or bowl, add all the ingredients apart from the oil. Blitz the sauce using a hand blender.
2. Then, whilst still blending, slowly add the olive oil so it thickens the sauce until you have a BBQ sauce consistency. If it is too thick add a little water.





# Chimichurri

**Makes around 750ml**

1 red pepper, diced into 0.5cm cubes

6 cloves of garlic, finely chopped

1½ onions, finely chopped

1 handful of parsley, finely chopped

3 tsp smoked paprika

4 tsp fresh oregano

4 tsp fresh thyme

3 tsp crushed chillies

1 tsp black pepper

2 tsp salt

75ml white wine vinegar

5 tsp brown sugar

Extra virgin olive oil

**This is an essential part of the classic Argentinian BBQ and tastes delicious spooned into a hot dog or over BBQ'd meats such as steaks.**

1. Place all the ingredients apart from the oil into a Kilner jar or Tupperware and mix thoroughly.
2. Pour in enough olive oil to cover the mixture. Leave overnight in the fridge by which time it will be ready to use. The sauce will keep in the fridge for up to 3 weeks unless you finish it before!



# Anton's Pesto

**Makes 1 jar**

2 cloves of garlic

3 generous handfuls of fresh basil

2 pinches of mixed dried herbs

1 handful of lightly toasted pine nuts

1 generous handful of Parmesan cheese (finely grated)

Extra virgin olive oil

Pinch of salt and freshly ground black pepper

Small squeeze of fresh lemon juice

**After becoming unsatisfied with the quality of shop-bought pestos, Anton (one of our Bath staff) decided to make his own. He read up on the subject, tried numerous versions, and even went on a trip to Italy, before perfecting his own recipe. A cheaper alternative would be to replace the Parmesan with Grana Padano, and pine nuts with cashews.**

1. Lightly toast the pine nuts in a frying pan over a gentle heat.
2. Pulse the garlic, basil and toasted pine nuts in a food processor.
3. Stir in half the Parmesan.
4. Drizzle in some oil – you need just enough to bind the sauce and get it to an oozy consistency.
5. Add a squeeze of lemon juice to give it a little twang.
6. Add most of the remaining cheese, then season to perfection with salt and black pepper. Have a taste and keep adding a bit more cheese or oil until you are happy with the taste and consistency.

## Top tip

Serve this pesto with cooked chicken breast and lettuce for a lovely salad.

# Tomato Sauce

## Serves 4–6

1kg tomatoes  
1 red onion  
4 cloves garlic  
1 red or yellow pepper  
1 tbsp balsamic vinegar  
1 tbsp olive oil  
Salt  
Pepper  
1 tsp sugar  
Handful of fresh basil

### Top tip

To make this go further, or to turn it into a delicious tomato soup, add stock (up to a litre, depending on thickness wanted) and blend.

Our polytunnels offer us a chance to grow veg in abundance and when the tomatoes get going, they can feel overwhelming. A delicious way to make good use of these is to batch cook a load of tomato sauce, either as a base for a bolognese, or to put on a pizza, or even just fresh with pasta. If it's feeling chillier and soup is on the menu, it's quick and easy to transform into an autumnal warmer that everyone will enjoy.

1. Preheat the oven to 200°C / 180°C Fan / Gas Mark 6.
2. Carefully slice all the tomatoes in half and place them face up in a roasting tin.
3. Peel and quarter the red onion and place 4 quarters on top of the tomatoes.
4. Peel the garlic cloves and add them in.
5. Remove the stalk and seeds from the pepper and quarter before adding to the dish.
6. Pour over the balsamic vinegar and olive oil. Sprinkle over the sugar and season with salt and pepper.
7. Roast in the oven for 45 minutes. Transfer to a saucepan and blend. Top with torn, fresh basil leaves and serve.

# Mati's Salad Dressing

## Makes around 500ml

4 tsp wholegrain mustard  
4 tsp honey  
75ml balsamic vinegar  
1 tsp salt  
1 tsp black pepper  
3 tsp dill  
200ml extra virgin olive oil

1. Put all the ingredients other than the oil in a bowl or Kilner jar and mix using a hand blender or whisk.
2. Then, whilst mixing, add the olive oil in a steady drizzle. This will keep in the fridge for a couple of weeks.

# Chilli & Garlic Oil

## Large batch

500g garlic (peeled)  
200g chilli flakes  
3 tbsp sea salt  
1000ml olive oil

## Small batch

125g garlic (peeled)  
50g chilli flakes  
1 tbsp sea salt  
250ml olive oil

**This is a recipe Laura learnt from a chef/DJ in France! This garlicky chilli oil has been a real hit in Lewes, where a jar reliably gets passed around the table for tentative tasting and/or smothering over everything. Careful not to burn it! This stuff keeps forever in a glass jar. Share it with your friends/family/loved ones – can they handle the heat?**

1. Roughly chop the garlic (use food processor for large quantities).
2. Combine the chopped garlic with olive oil in a large, heavy-bottomed pan and set over a medium/low heat (the oil should be at around 100°C). The garlic should be gently bubbling.
3. Once the garlic starts to colour (turn golden), add the chilli flakes and stir gently and continuously. Warning: the fumes will be pretty spicy! Use an extractor fan if possible.
4. Take the pan off the heat once the garlic has turned a nutty brown and sounds and feels a bit gravelly. This means that most of the moisture is gone and the oils from the chilli and garlic will have infused into the oil. Warning: be careful not to burn the garlic or the batch will turn bitter!
5. Allow the pan to cool, add the salt and blend it all together using a food processor or hand blender.
6. Store in glass jars if possible, or a plastic tub will do. No need to refrigerate! This oil will keep for many months.





# Drinks



## Flavoured Water

### Try any of these options:

- A squeeze of lemon and some fresh slices
- Some thin slices of cucumber
- Some fresh mint springs
- Orange and lime slices

**Struggling to drink enough water through the day because you don't like the taste? Why not jazz it up a little? Here are some of the ways we do that at Jamie's Farm to help all our farmers stay well-hydrated!**

Add the ingredients to a jug of water and allow to infuse in the fridge for at least 20 minutes before serving.

## Jamie's Farm Smoothie

### Serves 4

2 bananas

4 heaped tbsp of natural yoghurt

A large handful of frozen or fresh berries

Apple juice



**We love making smoothies at Jamie's Farm and they often feature in our breakfasts. We remember one young lad called Omar who was so keen on making these that they featured every day (see photo). These are simply done in a food processor or use a jug and a stick blender. Feel free to experiment and add different fruits and flavours to create your own unique twist.**

Place all the ingredients apart from the apple juice in a food processor and blend until smooth. Whilst blending, slowly pour in the apple juice until you reach the desired consistency.



# Our Farming Practices

## Regenerative farming

In recent years we have been progressively transitioning to regenerative farming – an approach to food and farming systems that uses a variety of sustainable agriculture techniques.

Alongside our high standards of animal welfare, with some generous support we are now instituting a three-year programme to fully embed regenerative farming methods at all our sites. Through such measures, we are already farming all our 1,000 acres without fertilizers or pesticides. All of this allows the wildlife on our farms to thrive.

## Livestock

Engaging young people in farming has been at the core of Jamie's Farm since the charity began. We seek to run exemplar livestock farms where happy animals can be looked after by visiting children.

Between the farms, we have around 1,000 breeding ewes producing over 1,600 lambs per year, 200 cattle and 200 pigs. We have Lleyn and Texel sheep lambing in January and March meaning as many young people as possible can witness the birth of a lamb. All ewes are crossed with muscular homebred Texel rams to produce delicious lamb for Jamie's Farmers, local butchers and bigger outlets, such as Marks & Spencer and Tesco. Cows graze all summer with their calves and spend the winters eating top-quality home produced hay and silage. We sell bulls to local farmers and cattle are sold in the local livestock markets or fattened and sold to butchers or Tesco. Our sows and piglets roam between cosy sheds full of straw and our woodland and paddocks.

We regard that understanding where food comes from is a vital part of anyone's upbringing and will allow them to make a better-informed decision about what they eat in the future.





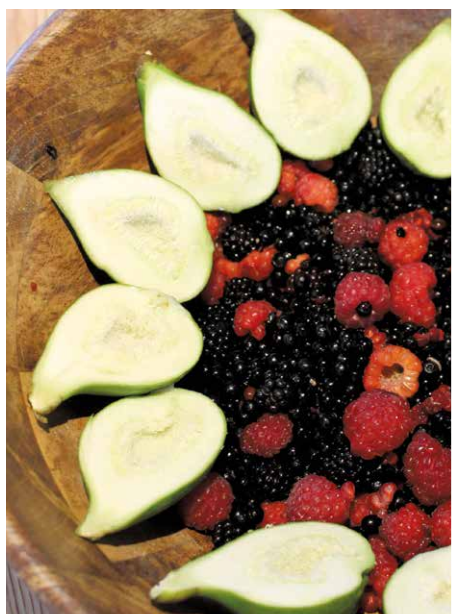
## Horticulture

All our farms use organic methods to grow both fruit and vegetables for consumption by the people who visit, as well as to feed our staff. This means using lots of muck which we luckily have in abundance!

Our polytunnels enable us to grow all year round and ensure that there is always an array of jobs for the visiting children. We try to grow a mixture of things that the children are familiar with and enjoy (such as potatoes, tomatoes, cabbages, apples and berries) alongside new and interesting things (aubergines, beetroot, gooseberries and greengages). We also grow some really fun and wacky things to eat such as

electric daisies (which make your mouth fizz), sorrel, mustard leaves (for the mustard leaf challenge!) and edible flowers.

Whilst we are by no means slaves to self-sufficiency, we try to grow a significant amount of the fruit and vegetables we consume. In reality, this means only a small percentage during the late winter and spring but most of them in summer and autumn. Above all, we aim to make our horticultural spaces inspiring, fun, beautiful and productive, so that children can enjoy the wonders of growing and eating fresh produce.





# Get Involved

At Jamie's Farm, we earn as much as possible from visit fees, our working farms and renting our properties at weekends. However, 50% of our income each year is fundraised. With very little government funding, we rely on income from individuals, trusts, organisations and our events. Here are some of the fun and easy ways you can support us:

## Donate

- **Through our website:** Click the 'Donate' button on our homepage to make a one-off or regular donation. By setting up a regular gift you will help make an ongoing difference to young lives all year round. A steady flow of support gives us financial resilience so we can effectively plan to deliver our transformational visits for as many young people as possible.
- **In one of our match-funded campaigns:** Please keep an eye on our website for these which provide a great way to maximise your support.
- **By bank transfer:** Account name: Jamie's Farm, Account Number: 51471538 Sort Code: 401317, HSBC UK. Please include a clear reference and inform us when you donate.
- **By cheque or CAF voucher:** Please make payable to 'Jamie's Farm' and send to: Hill House Farm, Ditteridge, Box, SN13 8QA

## Leave a gift in your will

Remembering Jamie's Farm in your will is a very special way to make a lasting difference. If you want to make sure we will be here for generations to come, by leaving a percentage of your Estate in your will, you will ensure we can make a truly lasting impact.

## Events

We have an array of exciting events throughout the year you can participate in, such as the Bath Half Marathon, Golf Day or an Ultra Challenge.

**"There was so much support all the way round the course, it was a great way to boost moral on the last few very, very long miles to the finish!!"**

Lucy, 2022 Bath Half runner



## Company giving

Do you work for a company who might have a shared purpose with us? We would love to partner with you by nominating us as your 'Charity of the Year'. We have a range of events and volunteer opportunities employees can take part in and have numerous other ways companies can support our work.

**"It is now a year since we embarked on our 3-year partnership with Jamie's Farm and during this time, many of our 100+ staff have had the opportunity to visit the farm and see first-hand the wonderful work they do. They were blown away by the confidence their work brings to the young people they help, the stories of empowerment and the ripple effect their initiative creates. So inspired were our team that they have run the Bath Half Marathon, held bake sales and volunteered to work on the farm. We have further plans for 2023, including refreshing a couple of the rooms at the farmhouse."**

Lou Graham, Graham and Green



## Book our facilities

Book one of our beautiful large farmhouses or snug cottages and shepherd's huts in England and Wales for your next staycation via Airbnb.

## Volunteer with us

We have a number of ways you can volunteer with us, including at our events and for a week as a residential volunteer with young people.

**“As a volunteer you have the privilege of being involved in all the different things that happen at the Farm; that is such an amazing experience to have and to build those relationships in those settings is why I really love it. I think that the impact you see in a week is so incredible and to be part of that is a really, really special thing.”**

Ellie, a current residential volunteer at Jamie's Farm Monmouth

## Follow us

Spread the word! Follow us on **Twitter**, **Facebook** or **Instagram**, subscribe to our **YouTube** channel, and sign up to our **newsletter**.

## Your money could buy:

- **£20:** seeds for growing and harvesting in the garden
- **£60:** to kit out a child with wellies and waterproofs to enjoy the farm in all weather
- **£80:** a film for one group of 12 visiting children to keep the memories alive
- **£100:** a helmet and vest so children can work safely alongside the horses
- **£500:** wood and tools for a year of carpentry sessions
- **£750:** a week's worth of food for a group of visiting children and staff
- **£1,500:** three pedigree rams so we can grow our flock of sheep

For any more information on the above, please visit our website [jamiesfarm.org.uk](http://jamiesfarm.org.uk)




**jamiesfarm.org.uk**

Hill House Farm, Ditteridge, Box, Wiltshire, SN13 8QA

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## Hugh Fearnley-Whittingstall

