



Tasty Spring Recipe Inspiration



Mushroom & Herb Risotto

Serves 2 very hungry people or 4 if served with green salad and crusty bread!

Ingredients

- 2-3 tbsp Yorkshire Rapeseed Oil with Mixed Herbs
- 1-2tsp Mint and Balsamic Dressing
- 2 onions sliced
- 220g mushrooms sliced
- 220g arborio rice
- 170ml dry white wine
- 425ml veg stock
- 2 bay leaves
- 1 tbsp each of fresh chives, parsley and mint, chopped with shavings of Parmesan cheese to garnish

Method

Saute onions in oil until golden, add mushrooms and rice and fry for 4-5 minutes, stirring and turning all the time. Add the wine, half of the veg stock and bay leaves, bring to the boil, turn heat down and simmer on low heat with lid on until liquid has been absorbed.

Now add the chopped fresh herbs and more stock, just enough to make the rice moist again.

Put the lid back on and continue cooking over a low heat. Repeat adding stock a little at a time if rice requires it. When cooked, stir in the Mint & Balsamic Dressing, serve with shavings of Parmesan cheese on top.

Ham & Stilton Quiche

Ingredients

- 370g short crust pastry
- 100g ham, cut into 1cm cubes
- 75g Stilton, crumbled or grated
- 100g purple sprouting or tender stem broccoli
- 200ml milk
- 5 medium eggs
- salt and pepper to season

Method

Pre heat your oven to 200C

Roll out the pastry on a lightly floured surface and line a 25cm/10" buttered flan dish. Remember to leave the edges of the pastry hanging over the dish as these will be trimmed later. Line the base of the pastry with baking parchment and then fill it with baking beans.

Place on a baking tray and bake blind for 20 minutes. Remove from the oven and reduce the heat to 160C. Remove the baking beans and baking parchment and lay in the broccoli. Scatter on the ham and Stilton.

Lightly beat together the milk and eggs and season well. Carefully pour into the dish trying not to disturb the ingredients too much.

Trim the edges of the pastry and return the quiche to the oven for 30-40 mins or until set. Allow to cool slightly before serving.

This dish is delicious served with crisp salad and a drizzle of our Honey and Mustard Dressing!

Sticky Gingerbread Loaf

Ingredients

- 140g self raising flour
- pinch of salt
- 1.5 tsp ground ginger
- 110g soft brown sugar
- 3 tbsp black treacle or golden syrup
- 5 tbsp Yorkshire Rapeseed Oil - Natural or Ginger
- 1 egg
- 70ml milk

Method

Preheat the oven to 180C.

Combine all the dry ingredients in a large bowl, and then beat in all the wet ingredients. Pour into a lined loaf or cake tin. Bake in the oven for 50-60 minutes. Should be firm to the touch, and if you insert a clean skewer to the bottom of the middle of the cake it should come out clean.

King Prawn & Roasted Tomato Tagliatelle

Serves 4

Ingredients

- 2 tbsp Yorkshire Rapeseed Oil
- 4 tbsp Smoked Chilli Dressing
- 900g tomatoes, halved
- 1 large onion finely chopped
- 4 cloves of garlic, peeled
- 300g king prawns, peeled
- salt and pepper to season
- 300g tagliatelle

Method

Pre heat your oven to 180C

Place the tomatoes, half the onion and the garlic in a roasting dish. Drizzle over half the Yorkshire Rapeseed Oil and season with the salt and pepper. Place in the oven and cook for half an hour until the tomatoes are soft and cooked through.

When cooked remove from the oven and blend until smooth, adding the Smoked Chilli Dressing to taste.

Heat the remaining oil in a large pan on a high heat. Fry the remaining onions for a few minutes until they start to soften then add the prawns. Continue to fry until the prawns are cooked through. Finally stir in the tomato mixture and the cooked tagliatelle.

Serve with grated parmesan and a scattering of chopped fresh basil.

For more tasty recipe ideas just visit
www.yorkshirerapeseedoil.co.uk
 or check out our recipe book
 'Cooking with Yorkshire Rapeseed Oil'