



Perfect Breakfast Tomatoes

Ingredients

4 ripe tomatoes, halved
2 sprigs thyme
1 clove garlic, crushed
100mls olive oil
1 teaspoon soft brown sugar
30ml balsamic vinegar
8 basil leaves
salt and freshly
ground black
pepper

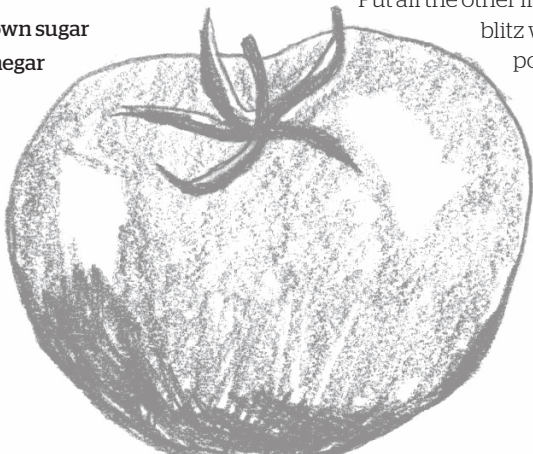
Very easy and very delicious. Serves 4 as part of a big breakfast, 2 if you were just to put them on toast.

Preheat the oven to 220C.

Put the halved tomatoes, cut side up, in a deep roasting tin.

Put all the other ingredients in a jug and blitz with a hand blender, then pour over the tomatoes and bake for 20 minutes until bubbling and starting to brown.

That's it.





Squash, Apple and Ginger Soup

Ingredients

20g butter

1 large onion, finely chopped

2 cloves garlic, crushed

1/2 teaspoon allspice

2 inch piece of ginger, finely
grated

1 butternut squash, peeled,
de-seeded, and cut into 1cm dice

3 apples, peeled, cored and roughly
chopped

1.5l vegetable stock

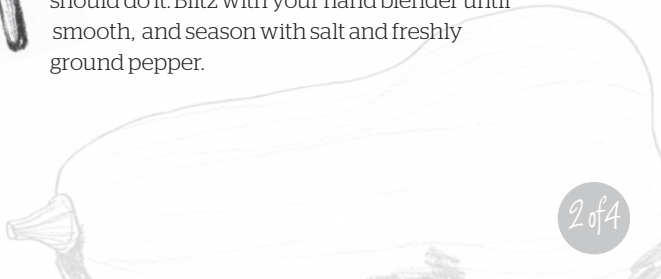
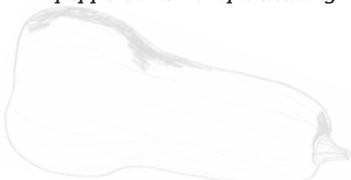
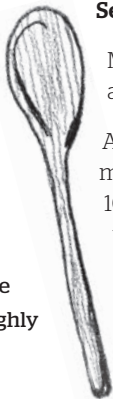
salt and freshly ground pepper (*pink
peppercorns work particularly well*)

Serves 4

Melt the butter in a large saucepan and add the onion and garlic, frying them until they are translucent.

Add the allspice and ginger and fry for another couple of minutes, then the squash and apple and cook for about 10 minutes or until the squash starts to caramelise at the edges.

Pour in the stock, bring to the boil and simmer until the squash is absolutely soft - about 20 minutes should do it. Blitz with your hand blender until smooth, and season with salt and freshly ground pepper.





Puy Lentil and Goats Cheese Salad

Ingredients

200g Puy lentils
1 onion, chopped
1 carrot, chopped
2 stalks of celery, chopped
A handful of fresh thyme
1 bay leaf
150ml extra virgin olive oil
3-6 garlic cloves, peeled and roughly chopped (*I use 6, but it all depends how feisty you like it*)
50ml red wine vinegar
100g goats cheese
A large handful of parsley, roughly chopped
Sea salt and freshly ground black pepper

Serves 4

Cook the lentils in boiling water for 20 minutes, until they are absolutely tender. Meanwhile, fry the onions, carrots, celery, thyme and the bay leaf in a couple of tablespoons of the olive oil until soft and lightly coloured.

In a food processor or with a hand blender, blend the garlic with the rest of the olive oil. With the motor still running, slowly pour in the vinegar and blend until it's emulsified.

Drain the lentils and pour out onto a flattish dish. Smother in the garlicky dressing and turn gently so everything is glistening. Once the vegetables are cooked, gently mix them into the lentils and leave the salad to cool. Then toss gently with the goats cheese, torn into chunks, and the parsley. Season with salt and freshly ground pepper if you think it needs it.



Ingredients

4 egg yolks

150g caster sugar

60g unsalted butter,
cut into 1cm cubes

100ml lemon juice

2 teaspoons lemon zest
(*use unwaxed lemons*)



Lemon Curd

Amazing with our meringues, also good added to granola and yoghurt, spread on a warm scone or simply eaten on its own with a spoon...

Whisk the egg yolks and sugar together in a bowl until completely combined and foamy, then add the butter, lemon juice and zest.

Set the bowl over a pan with about an inch of simmering water in it, and stir continuously until the mixture thickens. This takes a bit of time, but don't try to rush it and turn the temperature up too high or your curd will end up scrambling - not a good look.

Once it's good and thick, pour into a sterilised jar and keep in the fridge.

THE PARLOUR CAFÉ COOK BOOK

by
Crillian Veal



Available from October 2011

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