

Seasonal Delights

June

Foods in Season Now!

Asparagus
Aubergines
Broad Beans
Courgettes
Lettuce
Peas
Peppers
Elderflowers
Cherries
Gooseberries
Redcurrants
Strawberries
Tayberries
Crab
Salmon
Welsh Lamb

Chicken with Grapes

4 Chicken breasts	150ml / ¼pt Dry white wine
425ml / ¾pt Chicken Stock	1 heaped tsp sugar
175g / 6oz Green seedless grapes	150ml / ¼ pt Double cream
50g / 2oz Butter	50g / 2oz Plain flour
Chopped parsley	Salt and pepper

Put the chicken and stock into a pan, bring to the boil and simmer for 20 minutes. Allow to cool. Slice the chicken into fingers and place in an oval or oblong oven-proof dish. Peel and halve the grapes and place on top of the chicken.

In a non-stick saucepan, melt the butter. Remove from the heat and mix in the flour. Add the stock and make up to 600ml / 1 pint with the wine. Put back onto the heat, stirring all the time. Bring to the boil, and season as required. Take off the heat and stir in the sugar and double cream. Pour the sauce over the chicken and grapes. Reheat for 20 minutes at 170°C, 335°F or Gas Mark 3½ or until the sauce is bubbling. Sprinkle with chopped parsley.



Upside-down Cherry & Beer Cake

4 eggs	450g granulated sugar
300g plain flour	2 tsp baking powder
¼ teaspoon salt	2 tsp vanilla extract
50g butter, melted	220ml beer, plus 4 Tbsp for drizzling
200g stoned cherries, plus extra for decorating (or glacé or Maraschino cherries)	
Ring Mould cake tin	



Preheat the oven to 190° C. Grease and flour the tin.

Arrange the cherries in the bottom and up the sides of the tin. Sift the flour, baking powder, and salt together into a bowl and set aside. Beat the eggs until thick and light in colour. Add the sugar a little at a time until combined and add the vanilla extract. Gently fold the flour mixture into the egg and sugar mixture. Heat the beer until bubbles begin to rise around the edge of the pan. Add the warm beer and the melted butter to the mixture, stirring gently to combine. Pour the mixture into the prepared pan being careful not to dislodge the cherries. Bake for 30 minutes. Cool in the tin for a few minutes before turning out onto a wire rack. Prick the top of the cake with a wooden skewer. Drizzle a further 4 tablespoons of warm beer over the top of the cake. Cool completely and fill the centre hollow with more cherries if required.

