



# FRIENDS OF DOWNSIDE



## GARLIC FEST! 2016 DOWNSIDE ABBEY VISITOR CENTRE

### Some wild garlic facts...

- *Allium Ursinum* – Wild Garlic (a wild relative of chives) has many peculiar identities and is also known as bear's garlic, devil's garlic, gypsy's onions, and stinking Jenny. It's no surprise that this seasonal ingredient is called so many names - it gives off an incredibly pungent smell in the wild
- Wild garlic grows in deciduous woodlands with moist soils, preferring slightly acidic conditions. In the British Isles, colonies are frequently associated with bluebells, especially in ancient woodland. It is considered to be an Ancient Woodland Indicator (AWI) species
- Unlike common cultivated garlic, it's the leaves that are eaten rather than the bulbs. The taste is more delicate too, similar to the flavour of chives.
- Wild garlic can be used as salad, herb, boiled as a vegetable, in soup, or as an ingredient for sauces. In Russia, the stems are preserved by salting and are then eaten as a salad and a variety of Cornish Yarg cheese has a rind coated in wild garlic leaves. The bulbs and flowers are also edible.

Friends of Downside, Downside Abbey, Stratton on the Fosse, Radstock, BA3 4RH

01761 235174 Email [friends@downside.co.uk](mailto:friends@downside.co.uk) [www.downside.co.uk](http://www.downside.co.uk) Registered Charity 1158507

**DOWNSIDE ABBEY**

# PAN FRIED SALMON WITH WILD GARLIC HOLLANDAISE

## Ingredients:

- 1 tbsp olive oil
- 2 salmon fillets, scaled, skin on, about 140g/5oz each
- 125g pack asparagus - tips, ends trimmed
- 2 bunches cherry tomato on the vine
- 1 tbsp chopped wild garlic
- 150ml hollandaise sauce, to serve (see recipe)

## For the Hollandaise Sauce

- 125g butter
- 2 egg yolks
- ½ tsp white wine vinegar or tarragon vinegar
- 1 pinch salt
- A splash ice cold water
- Lemon juice
- Cayenne pepper

## Method:

### *For the Hollandaise Sauce*

Melt 125g butter in a saucepan and skim any white solids from surface. Keep the butter warm. Put 2 egg yolks, ½ tsp tarragon vinegar or white wine vinegar, a pinch of salt and a splash of ice-cold water in a metal or glass bowl that will fit over a small pan. Whisk for a few minutes then put the bowl over a pan of barely simmering water and whisk continuously until pale and thick, about 3-5 minutes.

Remove from the heat and slowly whisk in the melted butter, bit by bit until it's all incorporated and you have a creamy hollandaise. (If it gets too thick, add a splash of water.) Season with a squeeze of lemon juice and a little cayenne pepper. Keep warm until needed.

### *For the Salmon*

Heat the oven to 200C/fan 180C/gas 6. Heat the oil in an ovenproof pan over a high heat. Add the salmon, skin-side down, then cook for 5 minutes until the skin is crisp.

Add the asparagus and vine tomatoes to the pan, then place in the oven. Cook for 7-10 mins until the salmon is just cooked through.

Add the wild garlic to the Hollandaise and stir through. Drizzle over the salmon, then serve.

Friends of Downside, Downside Abbey, Stratton on the Fosse, Radstock, BA3 4RH

01761 235174 Email [friends@downside.co.uk](mailto:friends@downside.co.uk) [www.downside.co.uk](http://www.downside.co.uk) Registered Charity 1158507

**DOWNSIDE ABBEY**

# WILD GARLIC FOCACCIA

## Ingredients:

- 600g strong white plain flour
- 1 teaspoon sea salt
- 2 level teaspoons easy-mix dried yeast
- 3 tablespoons olive oil
- 400g warm water

## For the Topping

- 50g wild garlic, washed and finely sliced
- Salt and pepper
- 30g freshly grated parmesan cheese
- About 50g olive oil

## Method:

Place the flour, salt and yeast in a large bowl and mix together. Add the water and oil and mix together with a wooden spoon. Either turn out onto a lightly floured table and knead for about 10 minutes until smooth and elastic, or use a table mixer and knead for 5 minutes on the lowest speed. Either way, do not allow the dough to become dry, especially if you are kneading by hand, by adding extra flour. As you knead, the dough will become silkier in texture and less likely to cling to hands or table.

Return the dough to a clean bowl. Cover with cling film and leave in a warm place until it has doubled in size. This will probably take up to 2 hours.

Line 2 baking trays that are about 22cm by 32cm (or use one large tray) with baking parchment.

Lightly dust the work surface with flour, turn out the dough and flatten with your hands. Divide in half and either roll out to the size of the trays or push out with your hands. If the dough stiffens and will not flatten, then leave it to relax for 5-10 minutes and try again. Place in the trays and sprinkle with the prepared wild garlic, seasoning and cheese. Leave to rise once again for about 40 minutes.

Preheat the oven to 220°C gas 7

When the dough has risen, dribble the top generously with the oil and use your fingers to dimple the surface so the oil collects in the depressions. Place in the oven and bake for 15-20 minutes until it is a pale golden brown. Lift out of the trays using the paper and place on a cooling rack, sliding the paper from underneath so the steam can escape, preventing the bread from going soggy.

Friends of Downside, Downside Abbey, Stratton on the Fosse, Radstock, BA3 4RH

01761 235174 Email [friends@downside.co.uk](mailto:friends@downside.co.uk) [www.downside.co.uk](http://www.downside.co.uk) Registered Charity 1158507

**DOWNSIDE ABBEY**

## WILD GARLIC MAYONNAISE

### Ingredients:

- About 10 wild garlic leaves (add more for a stronger flavour)
- 3 large egg yolks
- 2 tsp English mustard
- 200ml sunflower oil
- 200ml rapeseed oil
- 1 tbsp white wine vinegar
- White pepper, to taste

### Method:

Bring a pan of water to the boil and have a bowl of iced water ready. Plunge the garlic leaves into the boiling water for 30 seconds, then lift out with a slotted spoon and drop into the iced water – this helps to keep the green colour. Leave for a few minutes, then pat them dry and put in a mini food processor with the egg yolks and mustard. Pulse until finely chopped, then scrape into a big mixing bowl. Pour the oils into a jug.

Whisk the yolks mixture with an electric whisk. Slowly add the oil, first a drip at a time, then in a steady, thin drizzle – the mixture should thicken and start to look like mayonnaise. If at any point it starts to look greasy, add 1 tbsp cold water and continue whisking until all the oil has been added and you have a thick mayonnaise. Add the vinegar and season with salt and white pepper. Lay cling film directly onto the surface of the mayonnaise so a skin doesn't form, then chill. It will keep for 3 days in the fridge.

## WILD GARLIC PESTO

### Ingredients:

- Wild garlic, 1 large bunch, washed
- Curly parsley, 1 small bunch, washed
- 60g of sunflower seeds, toasted
- 60g of parmesan
- 150ml of olive oil
- 1 dash of lemon juice
- Salt & black pepper
- 

### Method:

Place all the ingredients apart from the olive oil into a food processor and blitz for a minute or two then slowly pour in the olive oil until blended. Use mixed through pasta or mash potatoes, for dipping fresh crusty bread into, or drizzled on barbequed meat and fish

Friends of Downside, Downside Abbey, Stratton on the Fosse, Radstock, BA3 4RH

01761 235174 Email [friends@downside.co.uk](mailto:friends@downside.co.uk) [www.downside.co.uk](http://www.downside.co.uk) Registered Charity 1158507

**DOWNSIDE ABBEY**

# CHICKEN KEBABS WITH WILD GARLIC GREMOLATA

## Ingredients:

- 2 Traditional Free Range boneless chicken breasts, skin on
- juice 1 lemon, plus 1 level teaspoon grated lemon zest
- 3 thick slices lemon, cut into quarters
- 2 fl oz (55 ml) olive oil
- 1 clove garlic, peeled and crushed
- 1 level dessertspoon chopped fresh wild garlic
- 1 teaspoon white wine vinegar
- 2 bay leaves, torn in half
- salt and freshly milled black pepper

## For the gremolata:

- 1 clove garlic, peeled and finely chopped
- 1 heaped teaspoon grated lemon zest
- 1 tablespoon chopped fresh wild garlic

## Method:

Begin by chopping each piece of chicken into 5 chunky pieces, leaving the skin on, and place them in a bowl, along with the lemon juice and zest, oil, garlic, wild garlic, white wine vinegar and plenty of seasoning. Cover and leave to marinate overnight or for a few hours – or for as much time as you have.

To cook the chicken, pre-heat the grill to its highest setting at least 10 minutes ahead. Then thread half a bay leaf on to the first skewer, followed by a quarter-slice of lemon, then a piece of chicken. Carry on alternating the lemon and chicken until you have used 5 pieces of chicken, finishing off with a lemon quarter and another bay leaf half at the end and making sure you pack everything together as tightly as possible.

Repeat with the second skewer, then place them both on a grill rack, placing a heatproof dish underneath to catch the juices. Reserve the marinade ingredients.

The kebabs should be 4 inches (10 cm) from the grill, and as they cook you need to baste them with the marinade juices. They will need 10 minutes on each side to cook through and become nice and dark and toasted at the edges. When the chicken is done, transfer it to a serving plate and keep warm.

Next, mix together the gremolata ingredients and set aside. Then put the rest of the marinade, plus the basting juices, in a saucepan and boil to reduce to a syrupy consistency, which will take about 2 minutes. Pour the reduced marinade over the chicken and sprinkle the gremolata all over as it goes to the table.

Friends of Downside, Downside Abbey, Stratton on the Fosse, Radstock, BA3 4RH

01761 235174 Email [friends@downside.co.uk](mailto:friends@downside.co.uk) [www.downside.co.uk](http://www.downside.co.uk) Registered Charity 1158507

**DOWNSIDE ABBEY**