

March Fayre

The Old Bakery inspires with delicious recipes using fresh, local ingredients. Celebrate Mother's Day in style with this hearty meal for all the family.



BAKED SMOKED PANCETTA AND SPINACH WRAPPED RABBIT LOIN WITH RED CABBAGE AND TARRAGON RISOTTO

STARTER

Pan fried mackerel fillet on stewed black eye peas and fresh thyme

Ingredients for 4:

4 large fillets of fresh mackerel
200g of dry black eye peas soaked in cold water overnight
2 medium shallots
5 tablespoons of extra virgin olive oil
1 clove of garlic
2 teaspoons of freshly chopped thyme
1 glass of dry sherry
4 plum tomatoes
Black pepper and sea salt to taste.

Method:

In a deep pan sweat the shallots with 3 tablespoons of olive oil and the garlic, add the soaked peas and the chopped thyme and cook for 3 minutes. Add the sherry and cover with hot water, cook for 40 minutes on medium heat. Chop the fresh plum tomatoes and add them at the end of the cooking time. Season with

salt and black pepper and set aside until needed.

Warm a non stick pan with the rest of the olive oil, season the mackerel and pan fry skin side first for 1 minute each side, finish cooking under the grill for further 3 minutes.

Serve on the peas stew.



MAIN COURSE

Baked smoked pancetta and spinach wrapped rabbit loin with red cabbage and tarragon risotto

Ingredients:

8 loins of rabbit
100g of fresh baby spinach
20 slices of smoked pancetta
300g of Vialone Nano or Arborio rice
1 large onion finely chopped
100g of butter
3 glasses of dry white wine
½ red cabbage finely sliced
1 clove of garlic
3 litres of vegetables stock
100g of grated parmesan
2 tablespoons of chopped fresh tarragon
Salt and ground white pepper to taste.

Method:

Ask your butcher for the rabbit loins. Lay on a chopping board 5 slices of pancetta close together, add the rabbit loins season with salt and pepper, cover the loins with spinach and wrap it with the pancetta. Place the parcel in a sheet of aluminium

foil and bake at 180C for 15 minutes.

Meanwhile make the risotto by melting half the butter in a deep bottom casserole, add the chopped onions and garlic, cook for 3 minutes on medium heat, add the rice and toast for 2 minutes, making sure you stir the risotto at all times. Add the sliced red cabbage and the white wine and cook for 2 minutes, start by adding 2 ladles of vegetable stock at a time and keep stirring. Cook until the rice is al dente and add the chopped tarragon, the grated parmesan and the rest of the butter and serve as bed for the rabbit.

DESSERT

Fresh Rhubarb compote with toasted brioche and vanilla mascarpone mousse.

Ingredients:

200g of fresh rhubarb
100g of granulated sugar
½ teaspoon of ground ginger
½ teaspoon of ground cinnamon
4 slices of butter brioche bread
100g of fresh mascarpone cheese
The seeds of 1 vanilla pod
50g of icing sugar.



FRESH RHUBARB COMPOTE WITH TOASTED BRIOCHE AND VANILLA MASCARPONE MOUSSE.

Method:

Wash and cut the rhubarb in 2 inch pieces, melt in a pan the granulated sugar and the ground ginger, add the rhubarb and gently cook for 4 minutes, set aside to cool down.

Make the mascarpone mousse by mixing the vanilla with the icing sugar and the mascarpone cheese.

Gently toast the slices of brioche bread and dice them, sprinkle the ground cinnamon and mix well. Use a glass to create layers of rhubarb and brioche and top with the vanilla mousse.



MARC DE-HAVILAND

Wines from Waitrose Lincoln

As winter fades and the warmth of spring approaches, so does the new season's lamb. At this time of year the quality of the lamb is at its best, it's tender, succulent and lean. And the perfect accompaniment to Waitrose English lamb is the sublime red wine Rioja.

The rich, mature soil of Rioja gives us some of the finest grape varieties in the world. The Tempranillo grape has been cultivated in Spain for centuries and is recognised as one of the world's noble varieties. This is the main variety found in Rioja, other varieties may be blended with Tempranillo such as Garnacha Tinta, Mazuelo, Graciano.

I have selected three Riojas to suit every price bracket and budget. An Entry level Rioja would be our 'Campo Viejo', 2006 at £6.99. This is a Tempranillo, Granacha, Mazuelo blend. It has been aged for twenty-four months, twelve of those being in oak vats. Its medium body has elegant fruit character and subtle oak.

Our mid range 'Cune reserva' 2004 at £11.99 is an excellent Rioja from a fine vintage and a well-respected producer. The wine is predominantly Tempranillo with a little Garnacha and Graciano. Soft and supple on the palate, with good integration of wood and evolving fruit.

If you're looking for something special it has to be our 'Muga' 2004 at £18.99. This is an intense Rioja made from predominately Tempranillo grapes that has been given thirty months barrel ageing to complement the powerful fruit flavours. Beautifully balanced and harmonious, it offers richness and supple texture with fine-grained tannins and the potential to age further. This Vintage won a IWSC gold award for its outstanding quality.

DON'T MISS NEXT MONTH'S WINE COLUMN WHEN MARC WILL BE GIVING THE LATEST INFORMATION ON YOUR FAVOURITE WINES.

