



Wild Picks

Autumn Recipes

Many of the raw produce used in these recipes are at their best during the autumn months. Please be responsible when foraging and leave some for wildlife.

Some notes to be aware of;

Japanese knotweed is classed as being invasive and should be reported as it can cause serious structural damage. This plant spreads fast and should be handled with care.

Elderberry is poisonous if eaten raw, once cooked it is safe to consume.

Rosehip has to be handled correctly, if consumed in it's raw state it can cause serious stomach discomfort.

Plant Identification is key.

Please enjoy.

Contents

- Japanese Knotweed & Apple Crumble
- Rhubarb & Sorrel Ice-cream
- Blackberry & Elderberry Pie
- Orange & Rosehip Baked Cheesecake
- Spiced Elderberry Tart
- Hazelnut & Rhubarb Frangipane



Japanese Knotweed & Apple Crumble

Ingredients

2 large cooking apples, peeled, cored and chopped
5 stalks Japanese knotweed, roughly chopped
50g caster sugar
120g brown sugar
60g unsalted butter
100g plain flour
cream or ice-cream to serve



Method

- Preheat oven to 200C, 180C fan, gas mark 6. Combine the apples and knotweed in an oven proof dish, then sprinkle over the caster sugar.
- In a medium bowl add in the brown sugar, butter and flour then using your fingertips mix until a crumbly texture. Spread the crumble mix over the knotweed and apple.
- Bake in the preheated oven for 45 minutes or until the top is a nice golden brown and the fruit is bubbling.
- Serve with cream or ice-cream.



Japanese knotweed has been eradicated in most parts of the UK making it not widely available. Rhubarb can be used as an alternative as it has similar characteristics to knotweed.

Wild Picks

Rhubarb & Sorrel Ice-cream



Ingredients

- 100g sorrel, washed and dried
- 1tbsp honey
- 250ml double cream
- 75ml whole milk
- 2tsp vanilla extract
- 3 small egg yolks
- 180g caster sugar
- 500g rhubarb, trimmed and cut into 2 inch chunks
- 125ml water

Method

- Place the sorrel leaves and milk into a food processor then blitz until smooth. Pass through a sieve into a small saucepan along with the honey and double cream. Gently bring this mixture to a boil stirring occasionally. Once it has come up to temperature remove from the heat and reserve to one side.
- Whisk together the egg yolks with 60g caster sugar until thick and pale. Pour over the milk mixture whilst whisking ensuring not to curdle the mix, then place back into the saucepan over a low heat. Stir this continuously with a wooden spoon until it thickens and coats the back of the spoon, about 6-8 minutes. Remove from the heat and transfer to a clean bowl to cool.
- Place the rhubarb, remaining caster sugar, vanilla extract and water in a medium sized saucepan and bring to a simmer over a medium heat, stirring occasionally. Once at a simmer, lower the heat and cook for 10 minutes until the rhubarb is soft.. Remove the rhubarb from the pan using a slotted spoon and transfer to a bowl.
- Reduce the cooking liquor by half and then pour over the rhubarb, mashing well until you have a puree. Push through a fine sieve and set aside. Once the custard mixture is cool, churn in an ice-cream machine until it just starts to thicken. At this point pour in the rhubarb puree and churn for a further 10-15 minutes until soft and thickened.





Blackberry & Elderberry Pie

Ingredients

150g fresh blackberries, washed
100g fresh elderberries, washed
200g cooking apples, peeled and diced
150g golden caster sugar
1tsp vanilla bean paste
1tsp ground cardamon
1/2tsp ground mace
1tbsp arrowroot powder

For the pastry

85g cold unsalted butter, cubed
65g lard, cubed
75g white sugar
250g plain flour
3tbsp cold water



'Do not eat elderberries raw as these can cause illness.'

They are safe to consume once cooked.

You can opt the lard for butter if you prefer. The use of lard helps keep the pastry together when baking.

Method

- Begin by making the pastry. Place the butter, lard, sugar and flour into a large bowl then using your fingertips rub the mixture together until a fine breadcrumb. Add in a tablespoon at a time of cold water mixing with your hand until a soft ball of dough is formed. Wrap in clingfilm and refrigerate for at least 30 minutes before rolling.
- In a large saucepan combine all the ingredients except the arrowroot and bring to a gentle simmer on a low heat until the fruits just begins to soften. Add in the arrowroot giving it a stir. This will help thicken up the juices once baked. Leave to cool.
- Use a suitable pie dish, I used a 25cm dish and grease lightly with butter. Preheat the oven to 180C fan. Divide the dough into two making one larger for the bottom of the pie. Roll out the base of the pastry to the thickness of a 50p coin then line the base of the pie dish with this gently pushing it into the sides of the dish. Pour in the cooled fruit mixture and egg wash the edges of the pastry. Roll out the remaining dough and lay this on top. Using a fork, crimp the edges to seal the pie case.
- Take a sharp knife and make a small incision in the centre to allow steam to escape. Egg wash the top of the pie and sprinkle over some white sugar. Bake in the preheated oven for 40-50 minutes until golden brown. Enjoy this warm served with ice-cream or custard.



Orange & Rosehip Baked Cheesecake



Ingredients

225g digestive biscuits
100g unsalted butter, melted
250g tub mascarpone
600g soft cream cheese
2 eggs, plus 2 yolks
zest and juice of 3 oranges
4tbsp plain flour
175g caster sugar

Rosehip Jelly

200g fresh rosehips, remove stalk and trim away black tip
water
1/2tsp citric acid
200g caster sugar
2-3g agar powder (vegan gelatine)

Method

- Begin by making the rosehip jelly. Put the trimmed rosehips in a medium pan, sprinkle over citric acid and cover with just enough water to submerge the hips. Place on a medium heat, bring to a slow boil and allow to simmer for 1-2 hours topping up with water as needed.
- Once the hips are soft, strain the liquid through multiple layers of muslin until you have a clear liquid. **(It is very important to do this as rosehip contains tiny hairs that can cause stomach discomfort)** Place the liquid approx. 300ml into a clean saucepan along with the sugar and agar powder. Stir over a low heat until the sugar has dissolved then allow the mixture to gently simmer for 10 minutes. Turn off the heat and allow to cool before using.
- Preheat the oven to 180C, fan 160, gas 4. Line the bottom of a 23cm springform tin with grease-proof paper. Break up the biscuits to a fine texture, then mix in the melted butter. Press into the tin and chill.
- Whisk all the other ingredients except the rosehip jelly in a large mixing bowl until combined. Pour into the tin then bake for 35-40 minutes until the cheesecake has a firm wobble. Turn off the oven and allow the cake to cool inside. Once it is completely cooled pour over the rosehip jelly and leave to set in the fridge for an hour or preferably over night.
- Remove from the tin and decorate with slices of orange and raspberries if you like.

Wild Picks

Spiced Elderberry Tart

Ingredients

150g fresh blackberries, washed
100g fresh elderberries, washed
200g cooking apples, peeled and diced
150g golden caster sugar
1tsp vanilla bean paste
1tsp ground cardamon
1/2tsp ground mace
1tbsp arrowroot powder

For the pastry

250g plain flour
125g unsalted butter
70g icing sugar
3 egg yolks
1tsp ground allspice



Method

- Combine the fruit into a saucepan and bring to a slow boil with a lid on to extract the juices, strain through a sieve to remove the seeds. Allow the liquid to cool to room temperature.
- To make the pastry, place the flour, icing sugar and allspice into a large bowl mixing to combine. Add in the butter and using your fingertips rub into the flour until the mixture is crumbly. Combine the egg yolks bringing the mixture together to form a dough. If the pastry is still too dry then add in 1-2 tbsp water.
- Roll into a ball, flatten out and wrap the dough in clingfilm chilling in the fridge for at least 30 minutes. While the pastry is chilling make the rest of the filling. Beat all the remaining ingredients together including the fruit liquid, then set aside.
- Once the dough has chilled, roll it out on a lightly floured surface to about 5mm thick then lift into a 10 inch tart tin. Press down gently on the bottom and sides then trim off any excess pastry. Stab a few holes in the bottom with a fork and refrigerate for 30 minutes.
- Preheat the oven to 160C/140C fan/ gas 3. line the tart case with baking paper and fill with baking beans or rice. Bake for 10 minutes. Remove the tart from the oven and take out the baking beans and paper carefully not to burn yourself. Bake for a further 20 minutes until the pastry is crisp. Pour the elderberry mix into the case and bake for a further 30-35 minutes until just set. Leave to cool completely and serve with cream.



Hazelnut & Rhubarb Frangipane



Ingredients For the pastry

60g ground hazelnuts
160g plain flour
40g golden caster sugar
120g unsalted butter, cubed
pinch of salt

For the frangipane

125g unsalted butter, at room temperature
125g golden caster sugar
1 large egg
125g ground almonds
1/2 tsp ground cardamon
250g rhubarb, cut into 1cm chunks
30g crushed hazelnuts
10g soft brown sugar

Method

- Begin by making the pastry. In a large bowl combine the ground hazelnuts, flour, sugar and salt. Add in the diced butter and using your fingertips work the dough until crumbly and beginning to come together.
- Knead the dough until a soft ball is formed, cover with clingfilm and chill in the fridge for at least 30 minutes. Once the dough has chilled roll this out to a 3mm thickness on a floured work surface. Transfer onto a loose bottomed 7 inch tart tin. Prick the base with a fork, line with baking parchment then top with baking beans.
- Bake in a preheated oven at 170 fan for around 15 minutes then remove beans and paper baking for a further 5 minutes. Remove from the oven and allow to cool.
- To make the frangipane, cream together the butter and sugar until light and creamy, then beat in the egg. Add the ground almonds and cardamon folding this together with the mix until fully combined. Spoon the mix into the prepared tart case then top with the rhubarb. Combine the crushed hazelnuts and brown sugar in a small bowl and sprinkle this over the top of the tart.
- Bake in the oven at 170 fan for 40 - 45 minutes until the frangipane is set. Remove from the oven and allow to completely cool in the tin. Remove from the tin once cooled and serve.
- Goes great with custard, ice cream or freshly whipped sweetened cream.