



Summer Recipes

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

Some notes to be aware of;

Elderflowers are identified by their blossoms of grouped tiny white flowers consisting each with five petals and having a wonderful fragrance. These flowers produce a lot of yellow pollen which can stain your fingers.

Plant Identification is key.

Please enjoy.

Contents

- Lemon and Elderflower Tart
- Elderflower Syrup
- Orange and Chamomile Drizzle Cake
- Summer Fruit Drizzle Cake



Lemon and Elderflower Tart

Ingredients

75ml elderflower syrup—see recipe on next page

5 eggs

200g caster sugar

4 lemons, zest and juice

250ml double cream

icing sugar to dust

For the pastry

175g plain flour

85g chilled unsalted butter, cubed

45g caster sugar

1 egg yolk



Method

- To make the pastry, place the flour, sugar and butter in a bowl. Using your fingertips rub the mixture together until it resembles fine breadcrumbs. Add the egg yolk and bring together to form a dough. If it seems too dry then add a tablespoon of cold water. Chill in the fridge for at least 30 minutes.
- Once chilled, roll out on a lightly floured surface to 0.5mm thickness and line a 23cm (9inch) loose bottomed flan tin. Put back in the fridge and chill for a further 30 minutes.
- To make the filling, beat the eggs and sugar together until pale and creamy. Whisk in the lemon juice, zest, syrup and double cream. Chill in the fridge until ready to use.
- Preheat the oven to 180C, 165C fan, gas mark 4. line the tart with parchment, fill with baking beans and blind bake for 10 minutes. Remove from the oven taking care to remove the paper and beans and bake in the oven for a further 10 minutes or until the base is nice and crisp.
- Reduce the oven temperature by 20 degrees. Pour in the filling ensuring not to overfill and bake for 30 minutes until set. Remove from the oven and allow to cool completely. Place in the fridge for an hour or overnight. Dust with icing sugar and serve with a dollop of freshly whipped cream.



Elderflower Syrup



Ingredients

15 elderflower blossoms, leaves and stems removed
2 lemons, sliced
1kg granulated sugar
1ltr water

Method

- Combine the sugar and water into a large saucepan. Bring to the boil on a medium heat stirring occasionally to ensure all the sugar has dissolved. Allow to simmer for 5 minutes to create a syrup.
- In a bowl add the elderflower and lemon then pour over the syrup. Allow the syrup to cool for 10 minutes then cover with clingfilm.
- Let this sit for at least 24 hours to let the elderflower infuse in the syrup.
- Strain the mixture through some muslin to remove any impurities then pour the strained liquid into a large saucepan. Bring to the boil then simmer for about 10 minutes.
- Pour into a sterilized bottle or jar, seal and allow to cool.
- This will last up to 1 month in the fridge.



Orange and Chamomile Drizzle Cake

Ingredients

225g unsalted butter, softened
225g caster sugar
4 eggs
225g self raising flour
1 orange, zest and juiced

For the drizzle

1 orange, juiced
65g caster sugar
10g fresh or dried chamomile



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.

Wild Picks

Summer Fruit Drizzle Cake



Ingredients

175g unsalted butter
175g caster sugar
2 large eggs, beaten
1/2tsp vanilla bean paste or
1tsp vanilla extract
175g self-raising flour
1/2tsp baking powder
1 lemon, zested and juiced
125g fresh summer fruits

For the drizzle

100g fresh summer fruits
100g granulated sugar
juice of lemon
thyme and cornflowers to garnish
(optional)

Method

- Preheat the oven to 170 fan and line a 1lb loaf tin with greaseproof paper. Cream together the butter and sugar until soft and pale then beat in the eggs a bit at a time not to curdle the mixture. Add in the vanilla and lemon zest giving it another mix.
- Sift the flour and baking powder into the mixture, then using a spatula, gently fold in until well combined. Pour 1/3 of the mixture into the loaf tin, spreading it out to the sides. Place a layer of fruits on this then add another 1/3 of the batter on top repeating with the fruit.
- Finally spread the remaining batter over the top and bake in the oven for 45 minutes—1 hour until browned and fluffy. Check if it is baked by inserting a skewer into the middle, if it comes out clean then remove from the oven, placing on a wire rack to cool.
- To make the drizzle, combine the fruit, sugar and lemon juice, stirring to combine. Allow the fruit to macerate in the sugar until you get a rich fruity liquid. Poke some holes into the cake then drizzle the fruit and liquid over the top and allow to completely cool and set.
- Garnish with fresh thyme and cornflower petals.

I used a combination of black and red currants, alpine strawberries, raspberries and gooseberry. Why not try a different combination of fruits. Autumnal fruits would also work great in this recipe.