

# SHIELDFIELD SEASONAL RECIPES



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# INTRODUCTION

Covid-19 shed light on the fragility of the UK's food supply chains, so in response Dwellbeing and SAW organised a collective growing effort in the Shieldfield neighbourhood. Shieldfield Grows enabled people to grow vegetables, fruit and herbs in their homes, on balconies, gardens and allotments. Then in 2021 we grew the project (pun very much intended) to include seven planters in the SAW garden, which have flourished with community care.

Growing our own produce is a huge part of community autonomy and resilience especially in times of economic downturn and hardship. We want to be part of this movement which empowers our communities to have good quality, nutritious food for our bodies, minds and souls. But there is no point growing our own food if we don't know what to do with it. So this zine seeks to do just that. We are celebrating both our beautiful homegrown seasonal food and the incredible variety of food cultures and cooks we have in Shieldfield.

# BACKGROUND TO SEASONAL COOKING

Seasonal food is so important as it keeps in step with our natural local seasons, it reduces food miles, it tastes so much fresher and it is far more sustainable. Eating seasonally helps us care for people and planet; but we are often very out of tune with what grows when. In order to help us practice cooking seasonally we have enlisted chef, creative and advocate for sustainable food, Sam Cooper\*. He has created one recipe for each month for us to cook and enjoy. We have also suggested some ingredients that are seasonal for each month, but if you would like to find a comprehensive list then head to [www.eattheseasons.co.uk](http://www.eattheseasons.co.uk). So get yourself a drink (and a biscuit), take a seat and enjoy the wonderful array of food delights that are contained in these pages. We hope to grow our understanding and practice of seasonal cooking together.

\*Sam collaborates with Huw Richards (author, permaculturalist and YouTuber) to celebrate nutritious, seasonal and regenerative food by sharing original recipes, thoughts and other inspirational food projects. Find out more about their work and explore more seasonal recipes at [farmerandchef.co.uk](http://farmerandchef.co.uk).

# JANUARY

Beetroot, brussels sprouts, cauliflower, celeriac, kale, kohlrabi, leeks, parsnips, potatoes (maincrop), swede, turnips, apples, pears, blood oranges, rhubarb

## Kale and mushroom

*cooked in garlic and rosemary butter*

Sam Cooper

Serves 2 hungry adults

8-10 Oyster mushrooms

600g Kale, stems removed by hand

50g Preserved lemons, diced

2 tbsp Cider vinegar

2 Cloves of garlic, thinly sliced

80g Crème fraîche

1 tbsp Butter / cooking oil

2 Sprigs of rosemary

Salt and pepper

**Step 1.** Tear the mushrooms by hand into similar sized pieces after dusting any soil that may remain on them (do not wash them). Pop them in a frying pan with the butter, rosemary and seasoning and cook on a medium high heat. Press the mushrooms down against the surface of the pan so that they squeal and squeak, allowing them to brown and crisp up.

**Step 2.** Whilst the mushrooms cook, prepare the preserved lemon and thinly sliced garlic. Set the lemon aside, then add the garlic to the frying pan when the mushrooms are nearly done. Let the garlic crisp and soften in the butter and steam whilst you prepare the kale by tearing the leaf from the stem by hand. This will bruise the kale, aiding in the softening of this hardy winter leaf. Before the garlic starts to darken beyond golden yellow, remove the rosemary and add the kale to the frying pan and mix everything together. Add the cider vinegar and a small splash of water, then cover with a lid and turn the heat down to medium. Continue to cook like this for 3 minutes, then remove the lid and allow the liquid to evaporate.

**Step 3.** Finally, add the roughly diced preserved lemon and creme fraiche and mix through before serving with the reserved rosemary on top for decoration.



Kale by Helena & Maria

# Kaleslaw

Maria Hussaini

Serves 4

I love Kaleslaw salad as it is so refreshing and very easy to make. My first thought of making it came when we got our pet bunnies and they love kale but can't have huge amounts, so I decided to make salad so we could enjoy kale too. So when SAW decided to sow kale I knew straight away what I was going to use it for.

1 Bunch of kale

2 Small carrots

1 Onion

1 Beetroot (optional)

Pinch of salt and pepper

2 Heaped teaspoons of mayonnaise

Dry herbs to your taste (optional)

**Step 1.** Finely chop the kale. Grate the carrots, onion and beetroot. Place these veggies in a bowl with the rest of the ingredients and carefully mix together. Enjoy.

# FEBRUARY

Brussels sprouts, cauliflower, celeriac, jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes (maincrop), purple sprouting broccoli, swede, turnips, blood oranges, rhubarb

## Radish & cauliflower risotto

with garlic butter and white wine

1 Clove of garlic, minced  
200g Radish, cut if needed into roughly 3cm  
200g Cauliflower, broken up by hand  
200g Pearl barley  
130ml White wine  
2 tbsp Butter  
A drizzle of cooking oil  
1,250ml Stock  
Salt and pepper  
25g Hard cheese (or plant based alternative)  
1 Leek, sliced

**Step 1.** Sauté the leeks in a casserole pot on a medium heat with a knob of butter and seasoning. Continue to cook for 5 minutes until softened, then add the pearl barley. Allow the pearl barley to fry in the butter for a couple of minutes until they darken a touch and release a slightly nutty aroma, then add the wine to the pot.



**Step 2.** Once the wine has reduced down to a glaze, add the vegetable stock 150ml at a time and allow it to reduce before adding more. This will give the risotto a much nicer texture. Alternatively, you can add all the stock at once and set a timer for 40 minutes. But this won't allow the pearl barley to get sticky as a risotto should be.

**Step 3.** Whilst the risotto cooks, preheat the oven at 220°C and line a baking tray with a sheet of baking parchment. Place the prepared radish and cauliflower on the tray with enough space around them for good air flow to allow them to crisp up, then pop them in the oven with a drizzle of cooking oil and seasoning. Cook the radish and cauliflower for 25 minutes, tossing it around half way through. Once it and the pearl barley are cooked, add them together in the casserole pot and grate the cheese into it. Stir once and plate it up with freshly chopped herbs on top.



Cauliflower by Moi Moi

# Alison's Kohlrabi Salad

Mike Jeffries

Fills a plastic sandwich box

This salad was made for Alison Merritt-Smith's SAW farewell and it is very easy. I would say that because I am lazy and not a foodie. If I can get it to work you can too. It goes very well set against rich food, the peppery radish/apple cutting through.

Kohlrabi is an odd looking thing about the size of an apple. On the outside some are white, others are pinky-purple, usually with sticky out spikes where the leaf stalks were snipped off. This gives them a slightly awkward, cantankerous look but the outer skin is easily cut off. I used a bread knife because I haven't got any fancy things in the cutlery drawer. The inside is white, not too hard to cut through. The flesh has a distinct cabbage scent and radish zing to the taste.

2 Kohlrabi

2 Apples

Lemon juice

60g Cheddar cheese

Olive oil

Optional: caraway seeds, parsley

**Step 1.** Peel or cut off the skin of the two kohlrabi.

Slice into sticks, about the length of a match-stick, the width of a pencil. I bet there are fancy things in cook shops that do this. Cut up the two apples into similar sized sticks. I put a bit of lemon juice and olive oil on the apple as I cut it up to stop it going brown. Cut some hard cheese into similar sized strips. I used mature cheddar on the grounds that was all I had. Similar hard, smooth, salty cheese would work well.

**Step 2.** Bung it all in the sandwich box. Dribble in olive oil and lemon, just to coat it and make it look shiny but not enough to slop about. I added some caraway seeds to add little speckles to the whitish salad mix. You don't have to. I like caraway's liquorice taste, which is odd because I don't like liquorice, certainly not in sweets.

I also added some cut up parsley to make little green flecks. TV cooks always seem to use flat leaved parsley as against the curly stuff. I assume this is some sort of food snobbery and I use whichever is nearest when I open the back door. Mix all the ingredients up, pretend that it is really hard to make and very exotic, and serve.



Kohlrabi by Mike

# MARCH

Cauliflower, kale, leeks, purple sprouting broccoli, spinach, spring onions, swede, wild nettles, blood oranges, rhubarb

## Haricot mash

with roasted purple sprouting broccoli, thyme and preserved lemon

Sam Cooper

Serves 2 hungry adults

400g Haricot beans, cooked  
1 tsp Wholegrain mustard  
20ml Olive oil  
1 tbsp Natural yoghurt  
20 Florets of Purple Sprouting Broccoli  
½ Preserved lemon, chopped roughly  
1 Large leek, chopped  
35g Hazelnuts, toasted and roughly chopped  
2 Handfuls of wild garlic, washed  
Salt and pepper

**Step 1.** Preheat the oven at 210°C and toast the hazelnuts for 10 minutes to release the oils. Set them aside and turn off the oven.

**Step 2.** Blanche the broccoli in a saucepan of salted boiling water for 5-6 minutes, until the stems are tender. Then add them to a frying pan with seasoning

and fry on a high temperature. When they start to char, add the leek and wild garlic and turn the heat down to a medium.

**Step 3.** Whilst the garlic and leek soften, pop the drained haricot beans, olive oil, a pinch of salt, mustard and yoghurt in a blender and blend until smooth.

**Step 4.** Plate up by spreading the haricot bean paste over the plate and topping it with the contents of the frying pan. Chop the preserved lemon, discard the pips, and scatter liberally over the top. Half chop and half crush the toasted hazelnuts and sprinkle them over everything, before finishing with a drizzle of extra virgin olive oil.



Purple sprouting  
broccoli by Maria,  
Helena & Lianna

# Beetroot & Foraged Hawthorn

In March you get new green shoots of hawthorn leaves. They are excellent with beetroot. Roger Phillips introduced me to this recipe in his wild edible books. Head to [www.eatweeds.co.uk](http://www.eatweeds.co.uk) to find out how to safely forage hawthorn.

½ Pint hawthorn leaves

2 Cooked beetroot, diced or 2 raw beetroot grated

## Salad Dressing Ingredients

1 tsp Grated ginger

1 tbsp Maple syrup or honey or agave syrup (optional)

1 tbsp Tamari sauce or soy sauce

1 tsp Lemon juice

Step 1. Pick young light green hawthorn leaves in spring. Taste first straight off the tree as different bushes will taste different. Chop some and leave a few others whole.

Step 2. Add a couple of cooked beetroot, either diced or grated or you can use raw beetroot grated if there they are crispy and not too woody.

Step 3. Mix together and add the salad dressing. I like something with a little raw honey or maple syrup with olive oil, lemon, soy or tamari sauce, sea salt, all to taste.



Hawthorn leaves  
by Lydia



Beetroot by Maria & Lianna

# APRIL

Asparagus, broccoli, jersey royal new potatoes, lettuce & salad leaves, purple sprouting broccoli, radishes, rocket, spinach, spring onions, watercress, wild nettles, rhubarb, basil, chives, dill

## Charred lettuce, wild garlic salsa & pickled onions

Sam Cooper

Serves 2 hungry adults

4 Gem lettuce (or small lettuce of other varieties)

120ml Olive oil

A pinch of salt

4 tbsp Capers (rinsed)

100g Wild garlic

1 tsp Dijon mustard

4 Cloves of garlic

2 Red onions

300ml Cider vinegar

1tsp Coriander seeds

Optional: 20g Sugar

**Step 1.** Put the vinegar, coriander seeds and sugar in a pan over a high heat until dissolved and simmering. Thinly slice the onion and place it in a tall, narrow jar.



The shape of the jar will help submerge the onions in liquid more than a wide jar. Pour the pickling liquor over the onions and top up with water if needs be, until the onions are submerged. Fasten the lid in place and set aside for 2 hours until cooled.

**Step 2.** Blend the capers, wild garlic, garlic cloves, mustard and salt until roughly broken up. Remove from the blender, then add the olive oil, stirring it into the salsa. Cover and put it in the fridge until you need it.

**Step 3.** Halve the lettuces and place a grill pan on a very high temperature. When the pan reaches smoking point, brush the open face of the lettuce with a little oil and place it face down on the pan. Allow the lettuce to cook for a minute, then check for charring. When the lettuce has good caramelisation, remove it from the pan and half again into quarters. Each portion is 1 lettuce cut into quarters. Serve by dressing the lettuce in the salsa, then top with the onions once they've softened.



Wild garlic by Maria,  
Helena & Lianna

# MAY

Asparagus, broccoli, carrots, jersey royal new potatoes, lettuce & salad leaves, new potatoes, peas, radishes, rocket, spinach, spring onions, watercress, wild nettles, rhubarb, basil, chives, coriander, dill, oregano, mint, nasturtium, parsley (curly), rosemary, sage, tarragon

## Panned Runty Leeks/ Spring Onions, Honey & Goats Cheese

Sam Cooper

Serves 2 hungry adults

100g Young goats cheese log  
2tsp Honey (raw and runny)  
10 Spring onions or runty leeks of a similar size  
70ml Buttermilk  
50g Plain flour  
A pinch of salt  
50g Breadcrumbs

**Step 1.** Depending on the size of your leeks, you may need to blanch them first in boiling water. This will be the case if your leeks are more than 1 inch thick. If so, bring a pan of salted water to the boil and lower the

leeks in slowly from the root end. Leave the tops out of the water and let them simmer for 30 seconds before removing them from the heat and put them in a bowl of ice cold water.

Once this step is done, dust the leeks / spring onions in flour (that should have a pinch of salt in), then buttermilk, then in the breadcrumbs. I advise you use one half for the flour and milk stage, then the other for the breadcrumbs. Line the breadcrumbed leeks up on a paper towel when they're done and store in an airtight container in the fridge if you plan to make this meal later.

**Step 2.** Place a non-stick frying pan on the hob and turn the heat on a medium high. When the pan is hot, add a splash of cooking oil and gently lay the leeks down on their side. Using tongs, turn the leeks every 30-40 seconds until all the breadcrumbs are golden brown, then place them on a paper towel to remove any excess oil.

Plate the dish by laying 5 leeks on each plate, then crumble 50g of the goats cheese over them. Lastly, drizzle the honey over everything and enjoy.

# Onions, garlic, spinach, fish & chicken

Charity Akingbade

Serves 2

I like fish because the oil is good for your joints. I like all green vegetables because they don't need too much seasoning to bring out the good taste.

- 6 Cloves garlic, crushed
- Salt
- Black pepper
- 2 Fillets of a fish of your choice
- 25g Butter
- 250g Fresh spinach
- 1 Onion, chopped
- 2 tbsp Olive oil
- Herbs and spices from your cupboard
- 1 Chicken stock cube (optional)

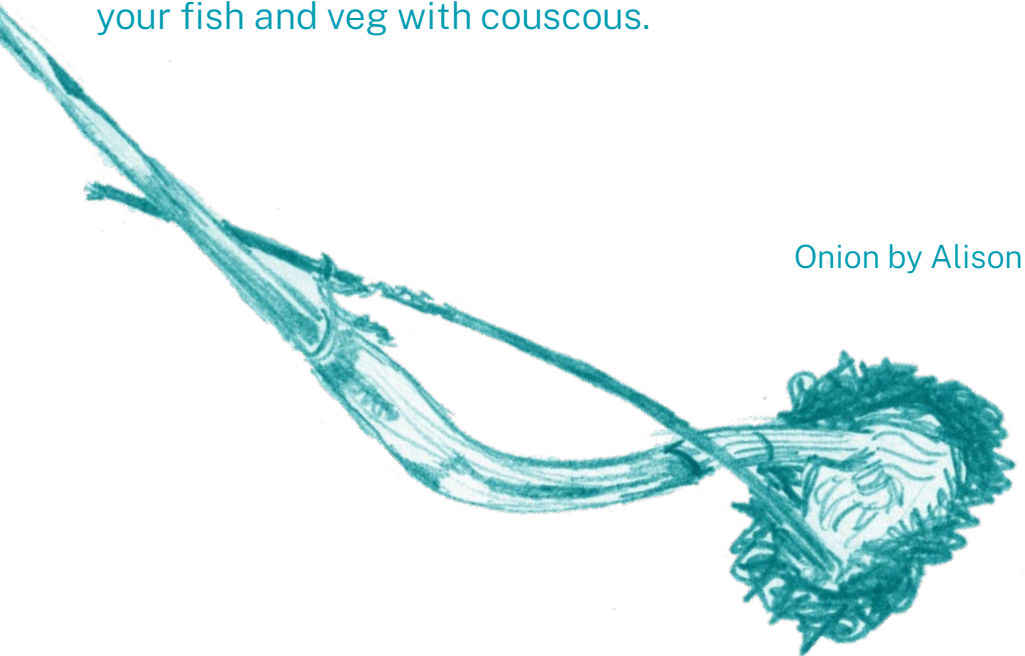


Step 1. Mash 4 cloves of garlic with a good pinch of salt and lots of black pepper, if you don't mind spice. Cover your fish with this paste, place in a sealed container and put it in the fridge for a couple of hours to marinate.

Step 2. When you are ready to cook, take a few cubes of butter and put it in a heavy skillet or frying pan. Add your fillets and cook for only about 4-5 minutes per

inch of thickness, turning only once. Shake the pan to keep fillets from sticking, and try to handle as little as possible—too much action and they'll break apart in the pan. Your fish is done when it turns from translucent to opaque and it will flake easily with a fork.

Step 3. Whilst your fish is frying, heat another frying pan and add 2 tbsp of olive oil. Once the oil is hot add your chopped onions, 2 cloves of chopped garlic, salt, lots of black pepper and any herbs and spices from your cupboard. Fry until lightly browned. Scatter over your spinach and fry for a few minutes, so that the spinach still has a bit of a crunch. As an optional extra I also like to add a chicken stock cube (without water) sprinkled into the spinach to give it extra taste. Serve your fish and veg with couscous.



Onion by Alison

# JUNE

Artichoke, asparagus, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, fennel, french beans, garlic, jersey royal new potatoes, kohlrabi, lettuce & salad leaves, mangetout, new potatoes, onions, pak choi, peas, radishes, rocket, runner beans, spinach, spring onions, tomatoes, turnips, watercress, wild nettles, apricots, bilberries, blueberries, cherries, gooseberries, greengages, peaches, strawberries, basil, chives, coriander, dill, elderflowers, oregano, mint, nasturtium, parsley (curly), parsley (flat-leafed), rosemary, sage, tarragon, thyme

## Grilled beans, rocket and crispy fried garlic

Sam Cooper

Serves 2 hungry adults

2 Large handfuls of French beans / Runner beans

4 Cloves of garlic

2 Handfuls of rocket

300g Chickpeas, cooked (or a tin of chickpeas)

1 Lemon, juiced

1tsp Salt

2tsp Tahini

Optional: 200g Feta, 5 tbsp Greek yoghurt, 1 Lemon, zest.

**Step 1.** Start by preparing the hummus OR whipped

feta.

**Hummus:** Drain the chickpeas from the tin and rinse them. Add them to a food processor along with the tahini, salt, 1 clove of crushed garlic and lemon juice. Blend until roughly combined, then turn down the speed and gradually add olive oil until the hummus is light and creamy.

**Feta:** Place the feta, yoghurt and lemon zest in a blender and blend until smooth. Serve with a drizzle of olive oil.

**Step 2.** Place a grill pan over a high temperature hob and wait for it to begin to smoke. Lay the beans in the pan with a dash of oil and let them fry without disturbing them for 1 minute, then flip them over. Continue to cook them until they have a charred exterior and the thin outside layer of skin has split. Hook the beans out and turn the pan down. Add the remaining cloves of garlic, thinly sliced, and continue to cook until they've turned golden brown and crispy.

To plate, toss the rocket and beans in an extra virgin olive oil and a pinch of salt. Place a handful in the middle of the plate and dot it with spoonfuls of hummus or whipped feta. Finally, sprinkle with the crispy garlic.

# Chicken Kabsa

Farah Kakoura

Serves 6-8

Kabsa chicken is a traditional food for all cities of Syria and is one of the national dishes. It is served in big portions for the whole family, or for parties, and is also good when relatives and friends are visiting. It's tasty and nutritious!

Serves 6-8

- 1 Whole chicken
- 4 Cups of rice
- 2 Cinnamon sticks
- 2 Dried hot lemons
- 6 Cardamom pods
- 2 Hot green peppers
- 6 Cups of water
- 4 tbsp Vegetable oil
- 4 Medium onions, diced
- 500g Tomatoes, diced
- ½ tsp Cumin
- ½ tsp Cinnamon
- ½ tsp Coriander
- ½ tsp Saffron
- ½ tsp Black pepper



**Step 1.** Wash and drain the rice, then set it aside.

**Step 2.** Cut the chicken into 8 pieces. In a deep bowl, mix the chicken with the cumin, cinnamon, coriander, saffron and black pepper.

**Step 3.** In a frying pan, heat 2 tbsp of oil and fry the chicken pieces until they turn golden. Lift the chicken from the pot and set aside.

**Step 4.** Add your onions to the same pot with 2 tbsp of oil, saute them until they turn golden. Add your tomatoes and stir-fry for 5 minutes. Return the chicken to the pot and stir-fry for a further minute. Add 6 cups of water and leave the pot on the heat until the chicken is cooked.

**Step 5.** After the chicken is cooked, transfer it with the sauce to another deep saucepan and put it back on the heat. In this pot, add the rice, cinnamon, cardamom, green chili and dried lemon, then stir. Bring to the boil and then cover the pot and reduce the heat. Continue to simmer until the rice is done (test to see if it is cooked after 25 minutes). Serve the kabsa hot.

# Shattah / Chilli

Kaltouma Hassaballah

This recipe came from Sudan, especially the hot chilli part. My Mum made this dish and I learnt this from her. She helped us to make this at home and we make a lot so that we always have some in the fridge. We eat a lot of chilli -maybe because of the hot weather in Sudan.

1 tbsp Sunflower oil  
1 African chilli (super hot!), finely chopped  
3 Fresh tomatoes, diced  
Salt  
8 Garlic cloves, crushed  
1 tsp Black ground pepper  
1 tsp Green ground pepper  
1 tsp Ground coriander  
6 Lemons, juice only

**Step 1.** Place a medium saucepan on a medium heat. Pour in 1 tbsp of sunflower oil, once your oil is hot add your chopped chilli and fry for 5 minutes.

**Step 2.** Add your chopped tomatoes and a good pinch of salt and leave to simmer for 30 minutes on a low heat. Once 30 minutes is up, mix your sauce a little. If there is oil lying on the top and it smells fragrant it is ready for the next step.

**Step 3.** Add your crushed garlic, black pepper, green pepper, coriander and a little more salt to taste. Add your lemon juice and a little bit of water to make a thick sauce. Leave to simmer for a further 30 minutes. Serve with fluffy rice.



Fennel by Maria,  
Helena & Lianna

# JULY

Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, fennel, french beans, garlic, jersey royal new potatoes, kohlrabi, lettuce & salad leaves, mangetout, new potatoes, onions, pak choi, peas, radishes, rocket, runner beans, samphire, spinach, spring onions, tomatoes, turnips, watercress, wild nettles, apricots, bilberries, blueberries, cherries, gooseberries, greengages, peaches, strawberries, basil, chives, coriander, dill, elderflowers, oregano, mint, nasturtium, parsley (curly), parsley (flat-leafed), rosemary, sage, tarragon, thyme

## Broad bean & fennel soup

Sam Cooper

Serves 2 hungry adults

1 White onion

1 Carrot

1 Stick of celery

2 Potatoes, diced

100ml White wine, sweet or dry

1 Fennel, plus fronds

20 Large pods of broad beans, shelled

10 Borage flowers

A few coriander leaves to garnish

1L Stock

50ml Cream

**Step 1.** Dice the onion, carrot and celery and add to a large saucepan with a knob of butter and seasoning. Place on a medium heat and stir occasionally for 20

minutes, until all the vegetables have sweated and released their sugars.

**Step 2.** Add the wine and stir, until most of the liquid has evaporated, then add the roughly chopped fennel (reserving the fronds to garnish), diced potato and stock. Turn up the heat until the soup begins to boil, then reduce it to a simmer and hold it there until the fennel and potato are soft and tender.

**Step 3.** Whilst the soup cooks, shell your broad beans and prepare to add them to the soup around the same time the vegetables are cooked. Once tender, add the beans and continue to cook for 2-3 minutes, then use a stick blender to blend the soup smooth. As you blend, add the cream and remove the soup from the heat.

Plate up with a slice of bitter rye bread and decorate the top with fennel fronds, fennel flowers if you have any, borage petals and freshly picked coriander.



Borage by Maria,  
Helena & Lianna

# Kosa bebed

Ameena Kakoura

Serves 2

Kosa bebed is healthy, useful and comfortable for the stomach. It's easy and quick to cook.

1 Small or medium courgette

1 Garlic clove

1 Onion

½ tsp Cumin

¼ tsp Black pepper

¼ tsp Chilli powder

Oil

2 Eggs or 2 tomatoes

**Step 1.** Pour a plug of oil into your pan to lightly coat the base and place on a medium heat. Dice your onion and garlic and add them to your hot oil with a good pinch of salt. Cook until brown.

**Step 2.** Half your courgette along its long side and then slice each half into small half moons. Add these to your pan and cook for 5 minutes until they start to soften. Add your cumin, pepper and chilli and cook for a further minute.

**Step 3.** At this stage you can do one of two things.

Either lightly whisk your two eggs together, add them to the pan and cook for just under a minute like an omlette. Or dice your two fresh tomatoes, add these to the pan and cook for a couple of minutes, so that they still have a bite to them. Serve whichever version you have chosen with some refreshing yoghurt.



Courgette by Moi Moi

# Chicken curry

Kaltouma Hassaballah

This recipe is for a feast and serves around 8 people.

You can half the recipe to serve 4.

When we lived in Sudan we had our own restaurant and we made around twenty different curries. This is my favourite one and one that I regularly make for my family and friends. You would eat this with Kisra, which is like a chapati but a little different; it soaks up the sauce.

2 tbsp Sunflower oil

4 Onions, diced

4 Fresh tomatoes, diced

1 tsp Ground green and red pepper

1 tsp Ground black pepper

4 Garlic cloves, crushed

Salt

2kg Chicken breasts, cut into cubes

2 Green chillies, finely chopped

Fresh coriander, a handful, chopped

Fresh dill, a handful, chopped

**Step 1.** Place a very large saucepan on a medium heat. Pour in 2 tbsp of sunflower oil, once your oil is hot add your chopped onions and cook until browned.



**Step 2.** Add your chopped tomatoes and ground pepper, crushed garlic and a good pinch of salt. Fry this until you see oil on top of the mixture.

**Step 3.** Add your cubes of chicken and cook for a further 20 minutes, making sure your chicken is cooked through. Add your chopped chillies, fresh coriander and dill.

**Step 4.** Turn down the heat as low as you can and simmer for 1 hour.

**Step 5.** Turn up the heat slightly and add a little water (around 3 cups). Continue to simmer for 20 minutes until the sauce is thick and nice.



Pea pods by Alison

# AUGUST

Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, cucumber, fennel, french beans, garlic, kohlrabi, lettuce & salad leaves, mangetout, marrow, onions, pak choi, peas, peppers, potatoes (maincrop), radishes, rocket, runner beans, spring onions, sweetcorn, tomatoes, turnips, watercress, apricots, bilberries, blueberries, cherries, damsons, figs, greengages, loganberries, nectarines, peaches, plums, raspberries, redcurrants, strawberries, basil, chives, coriander, oregano, mint, parsley, rosemary, sage, tarragon, thyme

## Beetroot, carrot & ewes curd tarte tatin

with garden pea mayo

Sam Cooper

Serves 2 hungry adults

2 White onions

3-4 Beetroot

2 Carrots

1 tsp Wholegrain mustard

200g Ewes curd

50ml Dry sherry or Vermouth

20g Demerara sugar (or 20ml of maple syrup or honey)

320g Sheet of puff pastry

35g Garden peas, cooked

½ tsp Salt

2 tsp Cider vinegar

2-3 tsp Milk (or plant alternative)

250ml Olive oil

**Step 1.** Turn the oven on at 180°C. Thinly slice the onions and start cooking in an ovenproof frying pan with seasoning and a dash of oil. Keep them moving at a high temperature to start the caramelisation. Very thinly slice the carrot and beetroot and add them to the pan when the onions have turned golden brown. Turn the heat down to medium and stir them in. After about 10 minutes when they have started to soften, add the sherry and let it reduce, then add the sugar and mustard. Remove the pan from the heat and dot small pieces of the ewes curd over the mixture.

**Step 2.** If using a sheet of pastry, lay over the pan and turn the edges down inside it then place it in the oven on the middle shelf. Bake for 20-30 minutes.

**Step 3.** Blanch the peas for 60 seconds then plunge them in cold water. Add into a blender with the salt, cider vinegar and milk and turn it on medium high. When the content is smooth, begin to add the olive oil gradually whilst keeping the blender on. The mixture should emulsify and thicken as more oil is added. When done, add freshly picked mint and store in an airtight container in the fridge for a week.

**Step 4.** When the pastry is golden brown, remove from the oven, loosen the stuck-on pastry using a spatula and place a chopping board on top of the pan and carefully flip the whole thing over. Serve with pea mayo.

# Shieldfield Loaf

Big River Bakery

Shieldfield Wheatfield was an urban food-growing project with artist Mikey Tomkins and local residents that began in summer 2019. SAW and Mikey collaborated with local residents to grow wheat in Shieldfield that was harvested, threshed, milled and baked into 10 community loaves to share out our Grounded Harvest Festival in October 2020, to celebrate the fruitfulness within Shieldfield. Big River Bakery created a recipe for this project and so the Shieldfield Loaf was born.

300g White Bread Flour  
200g Shieldfield Flour (wholemeal)  
7g Fast action Dried Yeast  
10g Salt  
60g Black Treacle  
320g Skimmed Milk

## Topping

30g Oats

Image: Wheat by Benji

**Step 1:** Mix. Add the dry ingredients to a mixing bowl. Warm the milk slightly so it is not too cold for the yeast to work. Add the wet ingredients to the dry ingredients. If mixing by hand, use a spatula and mix for approximately 10 to 15 min until the dough comes together and is nice and smooth. If using a stand mixer

on slow for 2/3min and then fast for 5 min or until the dough has come together and is smooth.

**Step 2:** 1st Proof. Put the dough in an oiled container and cover. Leave in a warm place for about an hour or until the dough has doubled in size.

**Step 3:** 1st Shape. Tip the dough out onto a floured bench, flatten the dough out and then pull the corners back into the centre forming a rough ball. Flip over so the creases are on the bench and pull them towards you to tighten the ball, rotate 90 degrees and repeat 3 more times. Leave covered over and let rest for 15 mins.

**Step 4:** 2nd Shape. Flatten the dough as before, except this time when tightening the dough, you need to pull it into an oblong shape and place into an oiled baking tin.

**Step 5:** 2nd Proof. Cover the bread tin and leave in a warm place for about an hour or until the loaf has doubled in size.

**Step 6:** Finish and bake. Spray the loaf with some water and sprinkle with oats (optional). Place in a preheated oven at 220°C. Place a baking tray on the bottom while preheating with a cup of water on it to give some steam, and bake for 35 mins, opening the door once after 10 mins to let the steam escape. Remove from the tin and allow to cool on a cooling rack.

# SEPTEMBER

Artichoke, aubergine, beetroot, broccoli, butternut squash, carrots, celeriac, celery, chillies, courgettes, cucumber, fennel, french beans, garlic, horseradish, kale, kohlrabi, leeks, lettuce & salad leaves, mangetout, marrow, onions, pak choi, peppers, potatoes (maincrop), pumpkin, radishes, rocket, runner beans, shallots, spring onions, sweetcorn, tomatoes, turnips, watercress, apples, bilberries, blackberries, damsons, elderberries, figs, grapes, nectarines, peaches, pears, plums, raspberries, redcurrants, chestnuts, chives, cob nuts, coriander, oregano, mint, parsley (curly), parsley (flat-leafed), rosemary, sage, thyme

## Grilled courgette with lemon miso

Sam Cooper

Serves 2 hungry adults

2-3 Courgettes

150g Butter

1 Lemon

2 tbsp Sweet white miso

Smoked salt

**Step 1.** Place a grill pan over a very high heat. Allow it reach the smoking point, then add the courgettes whole. Using tongs, gradually turn the courgettes until every inch of the surface is blistered and charred.

Remove them from the heat and place on a paper kitchen towel to catch any water they release.

**Step 2.** Zest the lemon and add it to a small mixing bowl with the butter and miso. Beat with a spoon until combined, then store in a fridge until needed.

**Step 3.** When the courgettes are cool enough to touch, rub the charred skin from the outside and discard it. Then, using a very sharp knife, thinly slice the courgette into 2mm thick round discs and lay them out on a plate or platter. Add 2 tbsp of the lemon miso to a small saucepan on a low heat until melted and releasing a lemony smell, then pour it over the courgette.



Sprouts by Maria, Helena & Lianna

# Carrot & coriander soup

Maria Hussaini

Serves 4

Carrot and coriander is one of my favourite childhood soups, so whenever it is a bit cooler and we have extra carrots we cook carrot soup. It's delicious and it's easy to drink it even from a tea cup on the way to work.

1 Small onion

1 Potato

3 Carrots

Handful of coriander

600ml Stock

Salt and pepper to taste

A good dollop of cream (optional)



Carrots by Maria,  
Helena & Lianna

**Step 1.** Dice the onion, potato and carrots. Heat a large saucepan on a medium heat. Add oil and fry your onion, carrot and potato until they are beginning to soften.

**Step 2.** Pour in stock and stir. Bring it to the boil and then turn the heat down to let it simmer for 20 minutes.

**Step 3.** Chop and add coriander and simmer for a further 5 minutes. Then season to taste, add in your cream if you want the soup to be extra creamy and blend to a silky smooth consistency using a stick blender.



# OCTOBER

Artichoke, beetroot, broccoli, butternut squash, celeriac, celery, chicory, chillies, fennel, garlic, horseradish, jerusalem artichoke, kale, kohlrabi, leeks, lettuce & salad leaves, marrow, parsnips, potatoes (maincrop), pumpkin, radishes, rocket, runner beans, shallots, swede, sweetcorn, tomatoes, turnips, watercress, apples, bilberries, blackberries, elderberries, figs, grapes, pears, quince, chestnuts, chives, cob nuts, hazelnuts, parsley (curly), rosemary, sage, thyme, walnuts

## Roasted sprouts, broccoli with squash puree, baked goats cheese & rosemary

Sam Cooper

Serves 2 hungry adults

1 Squash (between the sizes of Butternut and Spaghetti)

6tbsp Butter

2 Pinches of smoked salt

Cracked black pepper

100g Mature goats cheese log

1 Head of broccoli

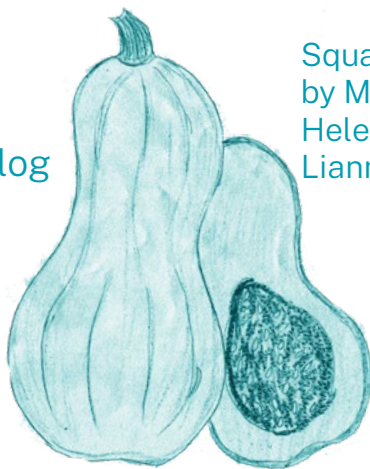
150g Brussels sprouts

Dressing oil

1tsp Honey

50g Pine nuts

Rosemary sprig



Squash  
by Maria,  
Helena &  
Lianna

**Step 1.** Preheat the oven at 180°C whilst you prepare the squash by cutting it in half and removing the seeds. Check the variety of squash you are using, but for most, this recipe doesn't require you to peel it.

Line a baking tray with parchment and add the butter and seasoning, then cover with foil and roast for 50-60 minutes until soft.

**Step 2.** When the squash comes out of the oven, remove it from the baking tray and add your sprouts and roughly chopped broccoli. Uncovered, place it back in the oven for 10 minutes whilst you prepare the puree.

To make the puree, add everything (including the baked butter from the tray) into a processor and blend until smooth.

**Step 3.** Cut the goats cheese log into 1cm thick discs and lay them on top of the broccoli and sprouts with a crack of black pepper and a drizzle of oil. Place the rosemary somewhere in the middle of the baking tray and return to the oven with another small tray to toast the pine nuts. Set a timer for 8 minutes.

**Step 4.** When the timer goes off, tip the contents of the roasting tray onto two plates, dot the puree over it, then top with the toasted pine nuts and a drizzle of honey.

# Apple and parsnip soup

Gemma Hill

Serves 2-3

My inspiration for this recipe was about 10 years ago when I was at catering college. They used to make fancy soups with ingredients the average kitchen doesn't have, so I decided to strip this right back to 3 basic ingredients. It's simple and anyone can make it. With a burst of natural flavours, there is no need for added sugar or salt (unless wanted) and is best enjoyed in the autumn-winter months for added cosiness!

4 Granny Smith apples

4 Large parsnips

2 Large potatoes (sweet potatoes or white potatoes)

**Step 1.** Peel and chop the apples and parsnips into equal cubes. Then place in a pan and fill it with just enough water to cover the surface of the veg.

**Step 2.** Bring to the boil and simmer for 30 minutes, until all the ingredients are soft.

**Step 3.** Blend everything for around 5 minutes until silky smooth. You can add salt and pepper to your taste and more water if the consistency is too thick.

# NOVEMBER

Artichoke, beetroot, butternut squash, cauliflower, celeriac, celery, jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes (maincrop), pumpkin, shallots, swede, turnips, watercress, apples, cranberries, pears, quince, chestnuts, cobnuts, hazelnuts, rosemary, sage, walnuts

## Apple & rosemary tart with steamed kale & horseradish

Sam Cooper

Serves 2 hungry adults

150g Pastry (can be shortcrust, puff or filo)

1tbsp Butter

1 White onion, diced

3tbsp Creme fraiche

Rosemary sprig (or thyme)

1 Large apple

1tsp Wholegrain mustard

20ml Dry white wine

170g Melting cheese, grated

2tbsp Horseradish

6 Large kales leaves, destemmed

**Step 1.** Lightly flour a surface and rolling pin and roll out the pastry as required. If using pre rolled then skip this step. If making your own shortcrust, use half fat to

flour with 100g of salted plain flour and 50g of butter, then combine with a dash of milk.

Once rolled out, line two well greased 15cm / 6inch tart pans with it and put any excess off any excess. Store them in the fridge for 20-30 minutes whilst you preheat the oven at 190°C. When hot, line the tarts with baking parchment and fill with baking beads, then bake them for 20 minutes before removing the filling and bake for a further 10 minutes until beginning to turn golden. Remove them from the oven whilst you prepare the tart filling.

**Step 2.** Add the diced onion to a frying pan or skillet over a medium heat and cook until caramelized and golden brown. Remove from the heat and add into a mixing bowl with the creme fraiche, mustard and half the cheese. Tip it into the pastry bases, then layer with thin slices of apple and cheese, topping with freshly picked rosemary. Season and bake for 15-20 minutes.

**Step 3.** Whilst the pie bakes, prepare your kale by ripping it from the stem by hand and roughly chopping it up. Place a sieve over a pan of simmering water and pop the kale in. Rest the pan's lid over the top and steam for 4-5 minutes until the kale is vivid green and softened. Season and add to the side of the plates. Place the tarts fresh from the oven, then dollop a small spoonful of horseradish beside them.

# Apple dessert cake

Lydia Hiorns

Makes 10 delicious wedges

This recipe is from a lovely lady at my home church called Sherlie Thomas and is the best cake I have ever had at a church bring and share. I would even go as far as saying it is in my top three favourite cakes -and that is a big claim because I love cake! It is also the first cake that I baked in my student halls and took me twice as long because I didn't realise that you had to put the timer on the oven to make it turn on properly. The first and last time I will make that mistake again.

142g Margarine, melted

2 Eggs

227g Caster sugar

1 tsp Almond extract

1 tsp Baking powder

227g Self raising flour

340g Bramley apples, peeled, cored and sliced

28g Flaked almonds

Demerara sugar

**Step 1.** Preheat your oven to 160°C. Grease a loose bottomed 20cm tin. You can use a normal cake tin too, but make sure it is well lined so that you can easily remove the cake after it is cooked.

**Step 2.** Put all of your ingredients except the apples, almonds and demerara sugar into a mixing bowl and mix them until smooth. Then spread half of this mixture into the tin base.

**Step 3.** Peel, core and thinly slice your apples. Then place them overlapping in circles on top of the mix in the tin.

**Step 4.** Dot the rest of the mix in rough heaps onto the apple. Sprinkle with the nuts and demerara.

**Step 5.** Cook for about 90 minutes until the top is golden brown and shrinking from the sides. Cool the cake a while before removing from the tin. Serve as a cake or warmed with cream, as a ‘please can I have a second helping’ pudding.



Apple by Edyta

# DECEMBER

Beetroot, brussels sprouts, cauliflower, celeriac, celery, jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes (maincrop), shallots, swede, turnips, apples, cranberries, pears, chestnuts, hazelnuts, walnuts

## Sauteed spinach & leeks with rosemary, black garlic and butter beans

Sam Cooper

Serves 2 hungry adults

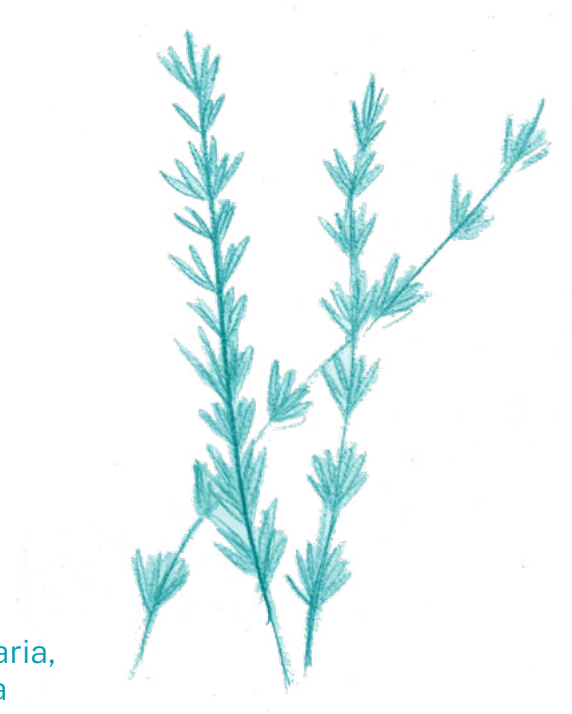
450g Spinach  
1 Large leek  
A knob of butter  
1tsp Wholegrain mustard  
50ml White wine or dry cider  
Sprig of rosemary  
2 Cloves of black garlic  
400g Butter beans (1 tin)  
100ml Stock  
A chunk of sourdough

**Step 1.** Start by preparing your leek and spinach. Depending on the maturity of the spinach you may need to wash it 3 or 4 times, as larger spinach plants tend to hold onto more stubborn dirt. Thinly slice broad



leaf spinach, but anything else can be kept whole and added to a medium sized saucepan with a knob of butter and seasoning. Add the leeks and rosemary and fry for 3-4 minutes until everything starts to sweat down.

**Step 2.** Pour in a splash of white wine and let it reduce for a minute whilst you thinly slice the black garlic. Add in the garlic along with the mustard, stock and beans, then reduce to a simmer for 10 minutes. Serve with a chunk of sourdough bread, or for the naughty version, toast the bread with a slice of cheese on top and lay it in the stew to absorb the liquid for 3 minutes before eating (cheese side up) like French Onion Soup.



Rosemary by Maria,  
Helena & Lianna

# Apple, ginger & honey cake

Eva from Master Chow Bakery

Makes 10 delicious wedges

I wanted to make something tasty and that everyone could enjoy.

200g unsalted butter

75g golden caster sugar

175g clear honey

3 free range eggs

250g self raising flour

1 tbsp ground ginger

1 apple, cored and cut into 1cm chunks

For the topping

1 apple, cored and sliced

50g honey

Step 1. Preheat your oven to 160C/ Gas 3. Cream the butter and caster sugar in a bowl until well combined and silky. Slowly add the honey and eggs one by one, so as not to curdle, until well combined. Carefully fold in the flour and ginger until no flour can be seen. Finally carefully fold in the apple pieces until evenly distributed throughout the batter.

Step 2. Transfer the batter to a greased and lined loose

bottom 8 inch circular cake tin and smooth the top with a spatula. Arrange the apple slices in a pretty pattern and drizzle over the honey.

**Step 3.** Cover the tin with foil and bake in a preheated oven for 1 hour. Then remove the foil and bake for a further 45 minutes until golden and baked through (you can check this by inserting a skewer into the centre of the cake and if it comes out clean the cake is baked properly).



Apple by Clare

# BACKGROUND

Shieldfield Grows is a programme of activity that seeks to promote sustainable food production, fair land usage and community flourishing. Developed as a collaboration between Dwellbeing Shieldfield & Shieldfield Art Works, Shieldfield Grows is also a part of Shieling, a programme of activity about growing and public space improvements initiated by Dwellbeing. Shieldfield Grows enables people to grow vegetables, fruit and herbs in their homes, on balconies, gardens and allotments. Together we are also developing part of SAW's garden as a space for growing. The Shieldfield Grows programme is led by the Shieling working group.

These growing projects are part of our long-term work around Shieling, which includes creating and sustaining community spaces and public realm improvements. Through Shieling we are reclaiming land in public spaces for food growing in our community as well as building community knowledge and engagement around the issues of food security, sustainable and participatory forms of building, land, planning and urban development. SAW and Dwellbeing have a shared understanding of working in collaboration with communities, both desiring a shared responsibility

to care for and maintain these communities, for the flourishing of all people.

Growing our own produce is a huge part of community autonomy and resilience especially in times of economic downturn and hardship. We want to be part of this movement which empowers our communities to have good quality, nutritious food for our bodies, minds and souls.

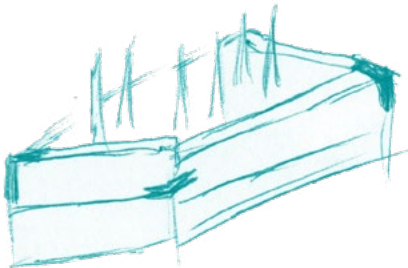
For more information and to get involved:

- Visit the Dwellbeing Shieldfield or SAW website (info on back)
- WhatsApp or call Ken (Community Bee) on 07761 909 669
- Write to [ken@dwellbeingshieldfield.org.uk](mailto:ken@dwellbeingshieldfield.org.uk) or [enquiries@saw-newcastle.org](mailto:enquiries@saw-newcastle.org)

# THANK YOU

We are hugely grateful to Sam Cooper for sharing his knowledge with us. Sam is a chef, creative and advocate for sustainable food. Sam collaborates with Huw Richards (author, permaculturalist and YouTuber) to celebrate nutritious, seasonal and regenerative food by sharing original recipes, thoughts and other inspirational food projects. Find out more about their work and explore more seasonal recipes at [farmerandchef.co.uk](http://farmerandchef.co.uk).

We are also grateful to Shieldfield community members for their contributions: Charity Akingbade, Alison Atkinson-Phillips, Edyta Czarnecka, Eva, Kaltouma Hassaballah, Gemma Hill, Lydia Hiorns, Maria Hussaini, Helena Hussaini, Liana Hussaini, Mike Jeffries, Ameenah Kakoura, Farah Kakoura, Moi Moi Mallon, Max Mallon, Benji Spence, Mikey Tomkins, Clare Vaughan.



Vegetable bed by  
Max

Front cover: Nasturtiums  
by Lydia

Dwellbeing Shieldfield is a community group and co-operative of Shieldfield residents and community members of all ages and backgrounds. Through our projects and events we share life together, support our neighbours and celebrate our community. Our aim is for community members to play an active role in shaping life in Shieldfield.

[www.dwellbeingshieldfield.org.uk](http://www.dwellbeingshieldfield.org.uk)

Facebook: @DwellbeingShieldfield

Instagram: @dwellbeingshieldfield

Twitter: @DwellbeingS



Shieldfield Art Works is an arts organisation based in Shieldfield, Newcastle upon Tyne. SAW believes art and creativity are integral parts of human life, and with art's unique ability to articulate, question and enquire, we can enact positive change in our communities and the world. As a project of the Methodist Church, we are built upon Christian foundations of seeking truth, challenging injustice, social activism and operating for the common good. Anyone, of any faith or none, is welcome to participate in our programme.

[www.saw-newcastle.org](http://www.saw-newcastle.org)

Facebook: @ShieldfieldArtWorks

Instagram: @ saw\_newcastle

Twitter: @SAWnewcastle

