



FRESH TAKE

Caroline Barty suggests some delicious alternatives to a traditional Sunday roast. The following recipes show that meat and two veg need not be the default menu. All recipes serve 6

PHOTOGRAPHS **STUART PITKIN** | FOOD PREPARATION AND STYLING **LOUISA CARTER**
WINE RECOMMENDATIONS **JOANNA SIMON** | TABLE STYLING **ALEXANDER BREEZE**

FIRST COURSES

Tom-yum tomato jelly with crab and avocado

Ready-made jars of tom-yum paste vary greatly in chilli strength, so stir in a teaspoon at a time, tasting as you go to suit your palate. This is a soft-set jelly with the consistency of a jellied stock rather than children's tea-party jelly. Clamato juice can be bought in some supermarkets and online, e.g. from melburyandappleton.co.uk.

- **7 sheets gelatine, about 11g**
- **946ml bottle Clamato juice**
- **Juice of 1 lime**
- **2 kaffir lime leaves**

- **3-4 teaspoons tom-yum paste, to taste**
- **4 tablespoons finely chopped fresh coriander**
- **3 ripe avocados**
- **1 tablespoon olive oil**
- **Salt and freshly ground black pepper**
- **2 tablespoons mayonnaise**
- **300g white crabmeat**

To serve Crusty bread

1 Soak the gelatine in cold water for 5 minutes, or until soft. Place the Clamato juice, juice of $\frac{1}{2}$ lime and kaffir lime leaves in a saucepan and stir over a low heat until hot but not

boiling. Stir in the tom-yum paste a teaspoon at a time, tasting to make sure the mixture has enough chilli heat without being too fiery. Take off the heat. Lift the gelatine out of the water and squeeze to remove excess liquid. Stir into the tomato mixture until dissolved. Set aside to cool. Remove the kaffir lime leaves and stir in 2 tablespoons of the chopped coriander. Pour into 6 thick glass tumblers. Cover and chill for at least 4 hours.

2 Halve the avocados, remove the stones and peel off the skin. Dice the flesh and place in a mixing bowl. Stir in the olive oil, juice of $\frac{1}{2}$ lime and

remaining 2 tablespoons coriander. Season. Mix the mayonnaise with the crabmeat. Chill until ready to serve.

3 Leave the jellies at room temperature for 15 minutes before serving. Spread a tablespoon of the crab mixture over each jelly and top with the avocado. Serve with crusty bread.

To drink Dry or off-dry whites with good acidity, such as Riesling, Sauvignon Blanc and Godello, go well with the spicy tomato flavours and the creamy crab: **Miguel Torres Santa Digna Sauvignon Blanc 2012** from Chile, £8.20, Tanners (01743-234455).

Broad-bean, quinoa, honey-roasted salmon and samphire salad

This salad is equally good with honey-roasted smoked mackerel, crumbled feta or a semi-soft goats' cheese.

- 280g quinoa, rinsed
- Juice of 1 lemon
- 2 tablespoons cold-pressed rapeseed oil
- 2 tablespoons finely chopped fresh dill
- Salt and freshly ground black pepper
- 475g broad beans (podded weight)
- 100g samphire
- 350g honey-roasted salmon fillets

1 Place the quinoa in a saucepan and add 800ml water. Bring to the boil, then turn down the heat and

simmer for 10-12 minutes until the grains are soft but still retain a little bite. Drain off any excess water and tip the quinoa back into the saucepan. Cover and leave for 15 minutes. Spoon into a large mixing bowl and fluff up the grains with a fork. Stir in the lemon juice, rapeseed oil and dill, and season very well.

2 Bring a saucepan of lightly salted water to the boil. Add the broad beans, bring back to the boil and cook for 3-4 minutes, depending on the size of the beans. Drain and refresh in cold water. If the beans are large, pinch off and discard the skins. Tiny tender beans can be left with the skins on. Stir the beans into the quinoa.

3 Bring a saucepan of water to the boil and add the samphire. Bring back to the boil and cook for 2 minutes. Drain and refresh under cold water. Pat dry and roughly chop. Stir into the quinoa. Flake in the salmon. To serve, either transfer to a serving bowl and let guests help themselves or take a large, round-bottom tea cup and fill with the salad. Pat down and place an inverted plate on top. Flip over the plate and lift off the cup to reveal a dome of salad. Repeat for the remaining servings.

To drink A fresh, dry white, but less assertive than Sauvignon Blanc: **Santadi Villa Solais Vermentino di Sardegna 2011**, £9.95, Great Western Wine (01225-322810). ▷

**OPPOSITE PAGE**

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