

Rowancott Herbs Open day recipes



The following four recipes are adapted from recipes in the magazines of the Herb Society.

Herb Pie

(from a fourteenth century French recipe)

Ingredients

500g puff pastry and flour for dusting
6g coriander leaves finely chopped
20g parsley leaves finely chopped
38g lovage leaves finely chopped *
40g fennel leaves finely chopped *
250g Spinach leaves finely chopped *
175g ricotta cheese
1tsp fresh grated ginger
Freshly ground black pepper
3 eggs, separated

Method

Pre-heat oven to 200°C
Roll out pastry on floured board and line 25cm flan tin
Cover pastry with greaseproof paper and fill with baking beans, bake blind for 10 minutes.
Mix herbs, spinach, ricotta & ginger then add beaten egg yolks and season with pepper. Whisk egg whites till stiff & fold into mixture.
Pour into pastry case and return to oven for 20 minutes until filling sets.
Serve warm.

*[original recipe called for 100g parsley and 50g coriander but I hadn't enough, also I used perpetual spinach in place of true spinach]

Lavender cakes

Ingredients

4tsp dried lavender buds
250g sugar
250g margarine
Zest of a lemon
Juice of 2 clementines
3 large or 4 small eggs beaten
200g flour (I used a mix of Spelt and rice flours)
3 heaped tsp baking powder
50g ground almonds

Method

Pre-heat oven to 200°C
Cream margarine and sugar. Whisk eggs.
Add clementine juice and lemon zest to mix.
Gradually add eggs to mix adding a little flour to prevent curdling. Add rest of dry ingredients and fold in.
Spoon into bun cases (half fill each) and bake for ~15 minutes until risen and golden on top.
Cool on wire tray.

Ice with water icing flavoured with lavender or, if preferred clementine juice.

Herb scones

Ingredients

280g flour – I used mix of Spelt & gram
8tsp baking powder (use less with SR flour)
60g margarine
250ml milk – I used soya milk
140g grated hard goats cheese
5 tbsp chopped mixed fresh herbs
I used sage, thyme, rosemary and celery leaf

Method

Pre-heat oven to 200°C
Mix dry ingredients, add margarine and rub till breadcrumb consistency. Add milk little by little to make soft dough. Roll out on floured board to 2.5cm thick then cut out 5cm rounds and place on greaseproof paper on baking tray.
Bake for 15 mins until lightly browned.

Gluten free herb biscuits

Ingredients

200g butter or margarine (I used mix)
100g sugar
100g ground almonds
200g buckwheat or rice flour (or mix)
2 heaped tbsp chopped sweet marjoram leaves

Method

Pre-heat oven to 180°C
Cream butter and sugar. Add ground almonds and mix well then add flour and mix well. Knead to dough.
Roll dough on sweet marjoram until leaves are amalgamated. Roll into 5cm sausage and cut off 1cm thick slices.
Bake on greaseproof paper on baking tray for ~15 minutes till golden. Cool immediately on wire rack.

And one recipe all my own:

Caraway seed cakes

Ingredients

3 large or 4 small eggs weighed
Take that weight of margarine
Same weight of sugar
Same weight of flour (I used a mix of wholemeal Spelt and rice flours)
1 tsp baking powder per 2oz flour (none needed if using SR flour)
1tbs caraway seeds
Ice with water icing made with lemon juice.

Method

Pre-heat oven to 190°C
Cream margarine and sugar. Whisk eggs.
Gradually add eggs to mix adding a little flour to prevent curdling. Add rest of flour & baking powder and fold in. Stir in the caraway seeds.
Spoon into bun cases (half fill each) and bake for ~15 minutes until risen and golden on top.
Cool on wire tray.