

In the Kitchen

BROAD BEAN SALSA WITH LETTUCE AND EATON MESS

FRESH FROM THE GARDEN: Broad Beans, Tomatoes, Cucumber, Spring

Onions, Garlic and Strawberries

RECIPE SOURCE: Broad Bean Salsa – Fiona Maine

Easton Mess – Stephanie Alexander



Broad Bean Salsa

Shell Broad Beans; Drop into pot of boiling

**Blueberries** water for 4 to 5 minutes and then plunge into ice-cold

water to stop the cooking process. When cooled, pinch

the bottom of the bean and squeeze to quickly pop it out

of it’s tough skin.

Wash and dice tomatoes and cucumber. Combine all

ingredients in a large bowl.

Mix in dressing from Lemons Group.

 Dressing

Mix 2 tablespoons fish sauce, ¼ cup water, 2 tablespoons

castor sugar, 2 tablespoons lime juice and ½ crushed

garlic clove. Put all ingredients in a jar with a lid and

**Lemons** shake, shake, shake!

Wash and finely chop the spring onions (add to

the salsa) from the Blueberries Group.

Wash, spin dry and finely shred lettuce.

To Serve: Make a bed of lettuce and top with the

salsa from the Blueberries Group.



Eaton Mess

Blend 250g raspberries, the juice of 1 lemon and ½ cup of

castor sugar in a food processor until shiny and sugar

**Tomatoes** crystals have disappeared. Press through a course

sieve to extract seeds. Taste for sweetness. Cover and

refrigerate.

Whip cream.

Cut strawberries in half and combine with crushed

meringue and a spoonful of raspberry sauce, then fold

mixture into enough whipped cream to make a gloriously

marbled crimson-and-white dessert.

To Serve: Spoon into clear cups.