

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.