



# HOME-GROWN HEAVEN

This prepare-ahead menu from Jason King, above, of top gastropub The Wellington Arms, focuses on fresh produce, simply cooked to deliver bags of flavour

RECIPES *Jason King* PHOTOGRAPHS *Lisa Linder*

*Imagine an idyllic country pub* with a quintessentially English garden in a quiet corner of Hampshire and you begin to build a picture of The Wellington Arms. Run and owned by Simon Page and Jason King, it's one of our favourite gastropubs. Simon runs front of house and Jason is in charge of the kitchen; together they look after the garden – pigs and chickens included. Jason's relaxed cooking is the sort of food that appears to have been rustled up effortlessly and is full of flavour and colour. ▶

## A summer lunch for 6

Houmous  
Stuffed courgette flowers

Marinated chicken kebabs  
with chargrilled vegetables  
and roast garlic yogurt

Elderflower jellies with  
raspberry ripple ice cream



*Marinated chicken kebabs  
with chargrilled vegetables  
and roast garlic yogurt*  
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## Stuffed courgette flowers

**Serves 6 V**

Jason and Simon pick the flowers each morning for this recipe. If you don't grow your own, you can use the filling to stuff courgettes instead. Halve 6 courgettes lengthways and remove the cores with a teaspoon. Drizzle with oil and season. Bake for 10 minutes at 200°C, fan 180°C, gas 6. Then fill and bake for a further 15 minutes. Drizzle with the dressing.



**Prep** 20 mins **Total time** 30 mins

**Get ahead** Fill the flowers and make the dressing up to a few hours ahead; chill

**1 x 250g tub ricotta cheese**  
**150g parmesan or vegetarian alternative, finely grated**  
**a pinch of freshly grated nutmeg**  
**a pinch of cayenne pepper**  
**zest of ½ lemon**  
**a pinch of sea salt**  
**12 courgette (or pumpkin) flowers, stamens removed**  
**vegetable oil, for deep frying**

### For the batter

**200ml real ale**  
**150g self-raising flour**  
**sea salt**

### For the lemon dressing

**juice of ½ lemon**  
**1 tbsp clear honey**  
**4 tbsp extra-virgin olive oil**  
**sea salt**

- 1 First, make the cheese filling. Combine the ricotta, parmesan, spices, lemon zest and sea salt together. Season with black pepper.
  - 2 Using a teaspoon or piping bag, fill the flower cavities with the cheese mixture. Twist the tips of the petals together to seal the flowers; chill in the fridge until needed.
  - 3 For the batter, using a hand whisk, gradually mix the ale into the self-raising flour along with a pinch of sea salt until it resembles thick double cream.
  - 4 For the lemon dressing, combine all the ingredients together in a jam jar and shake vigorously until combined.
  - 5 Heat the vegetable oil in a large pan to 180°C – don't fill the pan more than half full. Drizzle each filled flower with the beer batter (they don't need to be fully coated). Carefully add them to the hot oil in small batches and cook for 2-3 minutes until pale golden and crisp. Transfer to a plate lined with kitchen paper to absorb the excess oil. Serve immediately with the dressing.
- 431cals; 31g fat (10g sat fat); 15g protein; 1g fibre; 22g carbs; 5g total sugars; 0.8g salt



## Houmous

**Serves 6 V**

**Prep** 10 mins **Total time** 2 hrs 15 mins, plus soaking, cooling and chilling time

**Get ahead** Cook the chickpeas up to 2 days ahead, drain and chill. Make the houmous up to 2 days ahead; cover and chill

**150g dried chickpeas**  
**2 tsp bicarbonate of soda**  
**2 garlic cloves, crushed with ½ tsp sea salt until smooth**  
**½ tsp ground cumin**  
**¼ tsp mild chilli powder**  
**juice of ½ lemon**  
**1½ tbsp tahini paste**  
**75ml extra-virgin olive oil, plus extra to drizzle**  
**sumac and mint leaves, to serve**

- 1 Soak the chickpeas in cold water with the bicarbonate of soda (to soften the skins)

for 6 hours or overnight in the fridge.

- 2 Drain and rinse thoroughly. Transfer to a large saucepan; cover with cold water. Bring to the boil and simmer gently, uncovered, for 2 hours, or until very soft. Remove from the heat and leave to cool in the water.
  - 3 Strain the cooled chickpeas, reserving the water, and transfer to a food processor along with the garlic, cumin, chilli, lemon juice and tahini paste. Pulse this mixture until combined and thick. With the motor running on a slow speed, add the extra-virgin olive oil and 2-3 tablespoons of the reserved chickpea water until you have a smooth paste; season and chill.
  - 4 Spoon into a bowl, drizzle with extra-virgin olive oil and sprinkle with sumac and mint leaves. Serve with bread.
- 198cals; 13g fat (2g sat fat); 7g protein; 5g fibre; 14g carbs; 1g total sugars; 0.9g salt ▶

## Marinated chicken kebabs with chargrilled vegetables and roast garlic yogurt

Serves 6

**Prep** 35 mins **Total time** 1 hr 30 mins, plus marinating

**Get ahead** Marinate the chicken and make the garlic yogurt the night before; prepare the vegetables up to a few hours ahead

### For the chicken kebabs

- 4 large chicken breast fillets
- 1 tbsp chopped rosemary leaves
- 1 tbsp thyme leaves
- 1 tsp fennel seeds
- ¼ tsp freshly crushed black pepper
- ¼ tsp dried chilli flakes
- ¼ tsp ground cumin
- 2 tbsp extra-virgin olive oil, plus extra juice and zest of 1 lemon
- lemon wedges, to serve

### For the chargrilled vegetables

- 1 red pepper, deseeded and cut into thick strips
- 1 bunch of asparagus, ends trimmed
- 2 x 225g packs vine tomatoes
- 1 fennel bulb, cut into wedges
- 1 medium aubergine, cut lengthways into thick wedges
- 1 large courgette, cut into thick slices
- 2 tbsp extra-virgin olive oil

### For the roast garlic yogurt

- 1 small whole garlic bulb
- sea salt
- 225g thick Greek yogurt
- a good squeeze of lemon juice
- 75ml extra-virgin olive oil

- 1 Cut the chicken into medium chunks. Leave the skin on, or remove it before cutting.
- 2 In a large mixing bowl, combine the herbs, spices, olive oil, lemon juice and zest. Add the chicken and mix well. Cover and transfer to the fridge to marinate overnight.
- 3 Preheat the oven to 200°C, fan 180°C, gas 6. Wrap the whole garlic bulb with foil and bake for 30 minutes. Remove and leave to cool in the foil. When cool enough to handle, unwrap and carefully prise open each clove from its papery shell, transfer to a bowl and mash with a little sea salt to make a thick paste. Transfer to a food processor with the yogurt, lemon juice and a pinch of sea salt. While the motor is running, slowly add the extra-virgin olive oil until it's incorporated to create a creamy sauce.
- 4 Light the barbecue about 30 minutes before you want to cook. Toss all the vegetables in a large bowl with the extra-virgin olive oil. Season and cook, in batches on the barbecue for 5-6 minutes, turning occasionally until tender.
- 5 Thread the marinated chicken on to metal



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skewers. Cook on the barbecue for 10-12 minutes, basting with olive oil and turning often until evenly cooked.

- 6 Serve the chicken kebabs with the vegetables, garlic yogurt and the lemon wedges.
- 355cal; 21g fat (5g sat fat); 33g protein; 5g fibre; 8g carbs; 8g total sugars; 0.2g salt ▶

## And to drink

To keep it British, try Taste the Difference English Sparkling Brut, £19.99, an example of how good our home-grown wine is. The Bootstraps Chardonnay, £9.99, from Australia, is a great match with the chicken, while the courgettes call for a crisp Sauvignon Blanc such as Taste the Difference Sancerre, £11.49. For the jelly, add 1 tablespoon of elderflower cordial to a flute of Prosecco for a simple summer cocktail. RH





**‘Serve the jellies  
with a *scoop* of the  
raspberry ripple  
ice cream’**



### Elderflower jellies

**Serves 6**

Homemade cordial will give you a fuller flavour and a darker colour (see below).

**Prep** 5 mins **Total time** 10 mins, plus cooling and overnight setting

**Get ahead** Can be made up to 2 days ahead

- 1 tsp flavourless oil, such as groundnut oil**
- 8 leaves of Select fine leaf gelatine**
- 500ml filtered or bottled water**
- 500ml elderflower cordial**
- a few strawberries, to garnish**

- 1** Lightly oil 6 x 200ml jelly moulds with flavourless oil. Soak the gelatine leaves in cold water for 5 minutes until softened.
- 2** Bring 250ml of the water to the boil, remove the softened gelatine leaves from the water, add to the pan and whisk until

combined. Add another 250ml of the water along with the elderflower cordial; stir.

Pour into the prepared moulds. Cover and chill for at least 12 hours until set.

- 3** Invert the jellies on to cold plates and serve with strawberries to garnish.

■ 210cals; 1g fat (0g sat fat); 1g protein; 0g fibre; 49g carbs; 49g total sugars; 0g salt

### Raspberry ripple ice cream

**Serves 6-8**

**Prep** 15 mins **Total time** 45 mins, plus chilling and freezing

**Get ahead** Make up to a week ahead

**1 vanilla pod**

**400ml milk**

**300ml double cream**

**1 bay leaf**

**4 medium eggs**

**200g caster sugar**

**200g raspberries**

**50g icing sugar, sifted**

- 1** Cut the vanilla pod in half lengthways and scrape out and reserve the seeds. Put the pod into a large, wide pan; add the milk, cream and bay leaf. Slowly bring it to the boil, remove from the heat, cover and set aside to infuse for 30 minutes.
- 2** Break the eggs into a large bowl; whisk in the sugar and vanilla seeds.
- 3** Add the infused milk, a ladleful at a time, to the egg mixture, whisking until incorporated.
- 4** Return this to the saucepan and cook over a very low heat, stirring constantly until you have a custard – it will take about 15 minutes.
- 5** Remove from the heat so that the pan cools, and continue to stir the mixture. Pour the custard through a fine sieve into a large bowl. Rinse the empty vanilla pod, then add it to the strained mixture; discard the bay leaf. Cover with clingfilm, leave to cool, then chill for 2 hours.
- 6** Pour the cold custard into an ice-cream machine and churn until semi frozen, according to the manufacturer’s instructions. To make by hand, pour it into a plastic container, freeze for 6 hours, whisking every 1 hour 30 minutes to break up large crystals.
- 7** Use a fork to mash the raspberries and icing sugar. Transfer the ice cream into a 1.8 litre container in stages, adding the raspberry mix in between each to create layers. Freeze overnight until ready to eat.
- 8** Serve with the jellies.

**Note:** this recipe contains raw/partially cooked eggs.

■ 436cals; 27g fat (15g sat fat); 8g protein; 1g fibre; 42g carbs; 42g total sugars; 0.2g salt ↗

**Sm** More on our blog Find Jason King’s homemade elderflower cordial recipe on our blog at [sainsburysmagazine.co.uk](http://sainsburysmagazine.co.uk)