

Cook with Stanley!

This month Cook with Stanley looks at light lunches and goes back to basics with salads. Salads are perfect for summertime meals and BBQs whether you're entertaining or not. Why not try growing your own salad leaves, they don't take up very much space and can be grown very successfully in tubs or window boxes. Rather than picking the whole plant, leaves can be picked from the outside as you need

them and the plant will continue to grow.

For BBQs it's always a good idea to prepare as much food in advance on your Stanley range cooker and then use your barbeque for the main dishes or to reheat foods that you have already pre-cooked in the oven. This way you can be confident your food is well cooked throughout, without losing the barbeque flavour.



The perfect green salad with dressing

If you are buying salad, choose the freshest of leaves, organically grown when possible. Wash immediately and store in the fridge. Mix herbs such as flat leaf parsley, basil, coriander, chives with salad leaves for extra flavour.

Salad leaves ought to be treated with the greatest of care. To wash your salad leaves fill the sink with cold water and add a little salt; (the salt helps to detach determined slugs). Drop the leaves in the sink and gently wash, taking care not to damage the leaves. I then dry the leaves in a salad spinner, don't over fill the salad spinner, as the leaves will get bruised.

Salad dressings

The general rule of thumb for salad dressings is 3 parts oil to one part vinegar, salt and freshly milled pepper. Depending on the end flavour you wish to achieve balsamic vinegar, white wine vinegar, rice vinegar, cider vinegar or lemon juice can be used in your dressing.

Honey and mustard dressing

Ingredients

6 tablespoons extra virgin olive oil

2 tablespoons white wine vinegar

1 small clove of garlic crushed

1 teaspoon of grain mustard

2 teaspoons of local runny honey

Sea salt and freshly milled pepper

Whisk all ingredients together

Greek salad dressing

Ingredients

2 tablespoons freshly squeezed lemon juice

5 tablespoons extra virgin olive oil

1 tablespoon sunflower oil

Sea salt and freshly milled pepper

Whisk all ingredients together. Serve with green leaves, juicy plum tomatoes, olives and feta cheese.

Garden herb dressing

Ingredients

6 tablespoons extra virgin olive oil

2 tablespoons white wine vinegar

1 small clove of garlic crushed

1 teaspoon of finely chopped garden herbs, choose from parsley, rosemary, thyme or mint

Sea salt and freshly milled pepper

Whisk all ingredients together

Flat cap mushrooms with bacon and goat's cheese

Ingredients

4 large flat cap field mushrooms

3 tablespoons olive oil

2oz/50g butter

2oz/50g rindless bacon, finely chopped

2 large cloves of garlic, peeled and crushed

4oz/100g breadcrumbs

2 tablespoons chopped basil

2oz/50g goat's cheese, crumbled

1 tablespoon lemon juice

Toasted pine nuts

Freshly ground salt and pepper

This recipe comes into its own in August when fields, just like magic, turn white with a crop of luscious mushrooms of all shapes and sizes.

Cut stalks from mushrooms and chop them finely reserving the whole caps. Heat 2 tablespoons oil in a frying pan, add the mushroom caps, rounded side down, and fry for one minute to brown. Transfer to a baking sheet. Melt the butter, add the chopped mushroom stalks, bacon and garlic to the frying pan and fry for 5 minutes, and then transfer to a bowl. Add the breadcrumbs, basil and goat's cheese, lemon juice and seasoning and mix well. Divide the stuffing between the mushroom cups. Drizzle the remaining oil over the top and bake at 200°C for 20 minutes until crisp and golden.

To serve sprinkle generously with toasted pine nuts and torn basil leaves.



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