



COOKING WITH

Chantenay & Piccolo

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ROAST BELLY PORK WITH ROASTED CHANTENAY AND ROOTS



Crunchy crackling and tender meat served with sweet root vegetables, this dish is an absolute classic!

6 servings

3 hours 50 minutes

Ingredients

For the roast pork:

1tbsp fennel seeds,
1tbsp coriander seeds
1-2 tsp sea salt
4 tbsp rapeseed oil
1.5kg pork belly
Sea salt and black papper
500ml of chicken stock
1 Glass white wine

For the roast roots:

4 medium sized beetroot,
peeled and cut into quarters
350g Chantenay carrots
12 medium sized shallots,
peeled and halved if too big
6 tbsp rapeseed oil
A few springs thyme
4 cloves garlic
2 tsp red wine vinegar
Sea salt and black pepper
2 tsp runny honey

Directions

- 1** Crush the spices with the salt in a pestle and mortar, or with the end of a rolling pin in a deep bowl. Add 3 tbsp rapeseed oil and stir to combine. Rub this salt mixture all over the flesh of the pork. Cover and refrigerate for at least one hour. Remove from the fridge 20 minutes before you cook the pork.
- 2** Preheat oven to 200°C.
- 3** Rub the skin of the pork with more oil and season with sea salt and black pepper. Roast skin side up in the preheated oven for 30 minutes. Pour over the stock then reduce the oven temperature to 180°C.
- 4** Cook for a further 1 ½ hours, pouring the white wine round the joint about half an hour before end of cooking.
- 5** 40 minutes before the pork finishes cooking put the vegetables in a roasting tin. Drizzle with rapeseed oil. Pull the thyme leaves off their twigs and add to the vegetables along with the whole garlic cloves. Season lightly with salt and cover the roasting tin loosely with foil. Bake for 35 minutes.
- 6** When the pork is cooked remove it from the oven, then remove the foil from the vegetables and cook them for a further 10-15 minutes.
- 7** Cover the pork with foil and set aside to rest for 15 minutes before carving.
- 8** When the vegetable are cooked remove them from the oven. Put the vinegar into a small bowl and add a good pinch of the sea salt and let is dissolve. Stir in 2tbsp rapeseed oil. Then whisk in the honey. Toss the root vegetables with the mixture and serve at once
- 9** Carve the Pork and serve with the cooking juices and Roasted Chantenay and Roots.



QUICK CHANTENAY & CAULIFLOWER CURRY



A delicious vegetarian main course using Chantenay carrots.

4 servings 40 minutes

Ingredients

2 medium onions, diced 1tbsp vegetable oil
250g Chantenay, whole & unpeeled
1 medium cauliflower, cut into florets
1 tin chopped tomatoes 350ml
boiling water

Curry Paste:

3 tbsp coriander seeds
2 tbsp cumin seeds
1 tbsp mustard seeds
1 tsp fennel seeds
1 tsp black peppercorns
1 tsp ground turmeric 1 x tsp ground cinnamon
1 tsp paprika
1-2 dried chillies depending on personal preference
1 tsp salt
1-inch piece of fresh root ginger, peeled and finely grated
4 garlic cloves, finely grated
1 tbsp tomato puree
4 tbsp white wine vinegar

To serve:

4 tbsp thick plain yogurt (i.e. Greek yogurt)
Handful of coriander leaves, roughly chopped

Directions

- 1 In a large saucepan with a lid, fry the onion in the oil until soft (about 5 minutes).
- 2 Put all the seeds and peppercorns into a dry frying pan and cook over a medium heat. Cook for around 3 minutes, stirring often until the mustard seeds start to pop and turn golden. Tip into a bowl and allow to cool.
- 3 Add the turmeric, cinnamon, paprika and dried chillies to a pestle and mortar. Add the cooled toasted spices and grind everything together into a fine powder. Add the salt.
- 4 Add the grated ginger, garlic, tomato puree and white wine vinegar and mix well to make a paste.
- 5 Add the Chantenay and cauliflower florets, followed by the curry paste, tinned tomatoes and boiling water, giving it a good stir to mix. Bring up to boiling point and reduce the heat to a simmer.
- 6 Cover the pan and simmer for 20-25 minutes until the vegetables are tender. Stir once or twice during cooking to make sure the vegetables cook evenly and remove the lid if the sauce needs thickening a little.
- 7 Turn off the heat and stir in the yogurt and coriander. Serve with plain rice.

BROWN BUTTER AND HONEY GARLIC ROASTED CHANTENAY



This versatile side dish is simple yet glorious. Perfect served with a Sunday roast!

6 servings 35 minutes

Ingredients

1 kg Chantenay carrots, washed
125g butter
3 tbsp honey
2 garlic cloves, chopped
salt and freshly ground black pepper
 $\frac{1}{2}$ pack parsley, chopped

Directions

- 1 Preheat oven to 200°C.
- 2 In a large saucepan add the butter and cook over medium high heat. Whisk for a few minutes until the butter starts to become frothy and brown.
- 3 Add the honey and garlic and remove from heat.
- 4 Add the carrots to the pan, toss until coated and spread evenly on a large baking sheet.
- 5 Season with salt and pepper and bake for 15-20 minutes or until carrots are tender.
- 6 Transfer to a serving dish and sprinkle with parsley.



SPICY ROASTED PICCOLO PARSNIP SOUP



A sweet and spicy soup perfect for the cooler months.

4 servings

45 minutes - 1 hour

Ingredients

- 2 tbsp olive oil
- 1 tsp coriander seeds
- 1 tsp cumin seeds, plus extra to garnish
- ½ tsp ground turmeric
- ½ tsp mustard seeds
- 1 large onion – diced
- 2 garlic cloves – finely grated
- 8 parsnips – peeled and diced
- 2 plum tomatoes- quartered
- 1.2 Litres vegetable stock
- 1 tbsp lemon juice

Directions

- 1 Preheat your oven to 200°C.
- 2 In a bowl, mix together 2 tbsp olive oil and 1 tsp coriander seeds, 1 tsp cumin seeds, ½ tsp ground turmeric and ½ tsp mustard seeds.
- 3 Add 1 large diced onion, 2 garlic cloves, diced parsnips, quartered plum tomatoes and mix well.
- 4 Spread over a baking tray, cover with foil and roast for 30-45 minutes until tender.
- 5 Spoon into a food processor, blitz and add your veg stock bit by bit until the required consistency.
- 6 Put your mix through a fine sieve, this will ensure your soup is lovely and smooth.
- 7 Put your soup into a frying pan, bring to a boil and season to taste.
- 8 Remove from the heat, add your lemon juice, serve and garnish with toasted cumin seeds.



PICKLED BEETROOT, WALNUT AND BLUE CHEESE SALAD



A sweet and salty salad packed full of flavour.



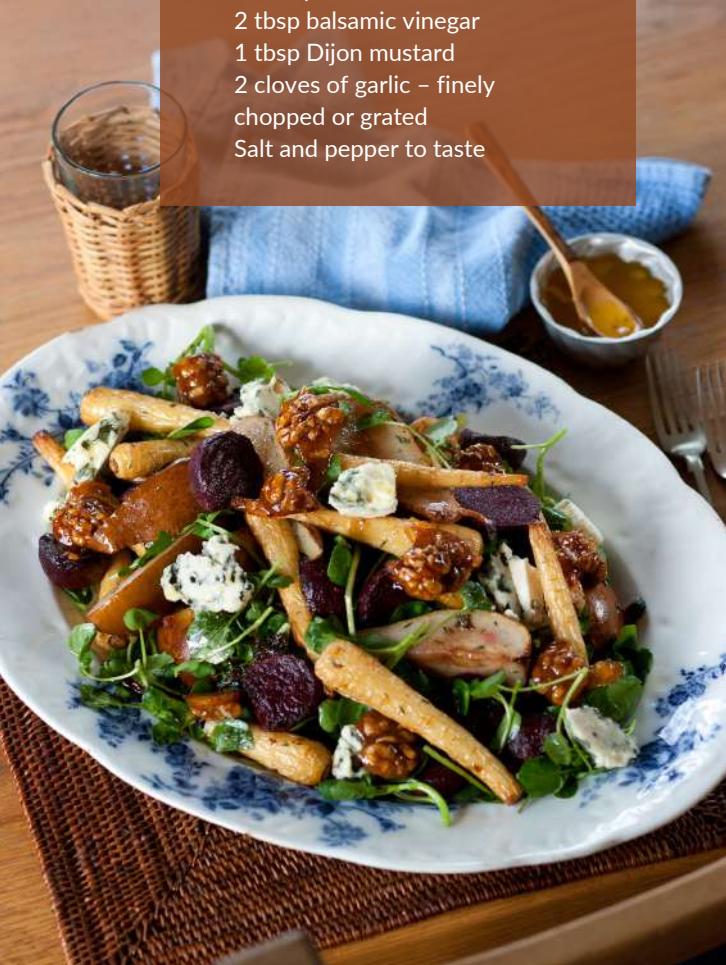
6 servings



20 - 30 minutes

Ingredients

100g micro watercress
2 x 250g packets of precooked pickled beetroot
120 grams of walnuts – roasted
120 grams of blue cheese
10-15 Piccolo parsnips
1 tbsp honey
2 Williams pears
1/2 cup olive oil
2 tbsp balsamic vinegar
1 tbsp Dijon mustard
2 cloves of garlic – finely chopped or grated
Salt and pepper to taste



Directions

- 1 Place a pan on the stove and put on a medium to low heat. Add your walnuts and toast for 5-6 minutes, stirring often to prevent them from burning. Once coloured, set to one side and cool.
- 2 To make the dressing, mince 2 cloves of garlic, and add 1/3 cup of olive oil to a mixing bowl along with 2 tbsp balsamic vinegar. Add your Dijon mustard and minced garlic, and mix well. Add salt and pepper to taste. Set to one side ready for serving.
- 3 Place your piccolo parsnips in a mixing bowl, add ¼ cup of olive oil, honey and salt and pepper, mix well, and put on a tray to roast for 8-10 minutes or until soft. Set aside in the fridge to cool until ready to use.
- 4 Quarter your precooked beetroot and pears, and make sure you cut any remaining stalks out of the pears.
- 5 Wash your watercress, and set it aside.
- 6 Crumble up your blue cheese, and set aside.
- 7 To serve - Mix your beetroot, parsnips, pears and watercress in a bowl. Add ¾ of your dressing and mix well. Add salt and pepper to taste. Put this in a serving bowl, put your crumbled blue cheese and roasted walnuts over the top and spoon your remaining dressing on.

WARM AND STICKY PICCOLO PARSNIP PUDDING



The ultimate dessert sweetened with Piccolo parsnips.

8 - 10 servings 1 hour

Ingredients

125g unsalted butter, softened at room temperature
150g pitted good quality dates, roughly chopped
½ tsp bicarbonate of soda
200g dark muscovado sugar
3 large eggs, beaten
200g self-raising flour - sieved
2 tbsp treacle
½ tsp ground sugar
2 stem ginger balls chopped and 2 tbsp of the syrup
300g piccolo parsnips, topped and grated

Sauce ingredients:

200g unsalted butter
200g dark muscovado sugar
300ml double cream
Ice cream to serve

Directions

- 1 Preheat your oven to 180°C.
- 2 In a bowl, cover the dates and bicarb with boiling water, and leave to sit for 10 minutes until soft. Drain and blitz to a rough paste in a food processor.
- 3 Using an electric hand whisk or mixer, cream the butter with the sugar until golden and fluffy then gradually beat in the eggs. Add the date paste, sieved flour, treacle, ginger, ginger syrup, grated parsnips and a pinch of salt. Mix to combine.
- 4 Line your moulds with butter, pour your mix in and bake for 30 minutes. To see if it's cooked, insert a skewer into the centre, if it comes out clean it's cooked.
- 5 Whilst your cakes are cooking you can make the toffee sauce. Put a pan on a medium to high heat, melt your butter, and once melted, add your sugar. Cook out until it starts to go golden then whisk in your cream. Add a pinch of salt to taste.
- 6 Take your cakes out of the oven once cooked, and allow them to cool for 5 minutes. Take them out of the moulds and put them in a serving bowl. Serve with warm sauce and vanilla icecream.



*The way carrots
used to taste*

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