



Moroccan Roast Pumpkin, Watercress and Feta Salad, Roast Beetroot, Fennel and Turmeric Honey Salad, Almond and Vanilla Honey Friands with Raspberries.

**Silvia Hart – The Honey Lady (site 34)
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MOROCCAN ROAST PUMPKIN, WATERCRESS AND FETA SALAD

Ingredients

Olive oil
Anour's Ras el hanout
2 cups, chopped butternut pumpkin
250g, green beans
2 handfuls, baby spinach
1 bunch, watercress
Fresh thyme
200g, feta
½ cup, coarsely chopped almonds

Dressing

2tbsp, olive oil
2tbsp, Dijon mustard
2tbsp, lemon juice
2tbsp, orange juice
2tbsp, Honey Lady Raw Mallee Honey

Method

Rub pumpkin with olive oil and ras el hanout mix
Roast at 200c until cooked through. Cool. (Cook extra with dinner the night before, for salads the next day)
Blanch green beans and plunge in cold water to stop cooking process (preserves colour and crispness)
Combine all salad ingredients into bowl or onto platter
Whisk all dressing ingredients together, and dress!

ROAST BEETROOT, FENNEL, AND TURMERIC HONEY SALAD

Ingredients

1 bunch, peeled and cubed beetroot
4 peeled and sliced red onions
Olive oil
Salt
1 fennel bulb
Fresh bunch, chervil
1 tbsp, Honey Lady turmeric honey
Dash of apple cider vinegar

Method

Roast beetroot and onions in olive oil and salt at 200°C. (As with pumpkin above, I do this the night before)
Finely slice fennel and coarsely chop chervil
Mix turmeric honey and apple cider vinegar together, then toss through other ingredients.



ALMOND AND VANILLA HONEY FRIANDS WITH RASPBERRIES

Friands are best made 1-2 days before serving. This allows outer crust to soften and sweetness to mellow. Store in an airtight container at room temperature. Ours generally don't make it past 1-2 hours!

Ingredients

175g butter, chopped
 ¼ cup Honey Lady Blue gum honey
 ¼ cup Honey Lady Vanilla Bean Honey
 1/3 cup wholemeal plain flour
 1 tbsp self-raising flour
 1 cup (125g) firmly-packed ground almonds
 5 egg whites, at room temperature
 1 cup frozen raspberries
 1 tbsp flaked almonds

Method

Preheat oven 230°C (210°C fan forced). Grease ten x 1/2 cup friand moulds or muffin pans
 Melt butter in a small saucepan over a medium heat. Stir in honeys until combined
 Mix flours and ground almonds. Pour in the egg whites and mix well
 Add melted butter and honey into the almond mixture and stir to combine. Incorporate 1/2 cup of raspberries
 Spoon the batter into the moulds so they are two-thirds full.
 Top each friand with the remaining raspberries and sprinkle with flaked almonds. Bake for 5 minutes.
 Reduce oven to 200°C (190°C fan forced) and bake for a further 15-20 minutes or until deep golden and firm to touch in centre
 Stand for 10 minutes, then carefully run a knife around the edges to loosen. Turn onto a wire rack to cool.

ASFM SHOPPING LIST

Honeys	Honey Lady (site 34)
Olive oil	Harding's Fine Foods (site 38), The Passionate Foodie (site 42), Patlin Gardens (site 71), Rodger Fryer (site 52), Bald Hills Olive Grove (site 77)
Anour's Ras el hanout	Moroccan Chef (site 11)
Eggs	Rosie's Free Range Eggs (site 40), Rohdes Free Range Eggs (site 61), Ruby Spoon (site 36)
Butter	B-d. Farm Paris Creek (site 86)
Feta	Alexandrina Cheese Company (site 6), Woodside Cheese Wrights (site 14), Limestone Coast Cheese Company (site 18), B-d. Farm Paris Creek (site 86)
Juices	Mountain Fresh Fruit Juices (site 17)
Apple cider vinegar	Mountain Fresh Fruit Juices (site 17)
Almonds, almond meal	Taronga Orchards (site 32), Harding's Fine Foods (site 38)
Frozen berries	Cottonville Farm (site 62)
Watercress, chervil, thyme	Salad Greens and Kitchen Herbs (site 89), Aay's Fresh Herbs (site 88), Hillside Herbs (site 83), Alnda Farms (site 79)
Vegetables	Golden BC (site 75), Hart's Vegetables (site 76), N&M Tsimiklis (site 54), Alnda Farms (site 79), DOOF DOOF (we know FOOD backwards) (site 82), Patlin Gardens (site 71), Virgara's Garden (site 50)