

IT'S TIME TO...

EAT

## Plan a picnic again!

THE RULE OF SIX IS BACK, SO WE CAN MEET UP AL FRESCO. HERE'S WHAT WE'LL BE PACKING IN OUR BASKET

**PICNIC ESSENTIALS** are flying out of shops and 29 March has been ringed in the diary ever since Boris announced this was when we could once more meet up outdoors. Time to dust off the picnic blanket and rustle up some delicious finger food and drinks. Here, foodie folk give us their tips for making a picnic special.

### APPLE AND KALE SALAD

Serves 4

100g tenderstem broccoli (or standard broccoli)  
 100g asparagus (if in season; use French beans instead if you wish)  
 100g kale  
 1 lemon  
 1 Braeburn apple  
 100g rocket  
 2 tbsp extra virgin olive oil  
 25g Parmesan, grated  
 Sea salt and freshly ground black pepper  
 Olive oil, for roasting

1 Preheat the oven to 220°C (Fan 200°C/Gas mark 7). Halve the broccoli widthways and trim the base of the asparagus. If using standard broccoli, then chop up, including the trunk, into small florets.  
 2 Add the broccoli and asparagus to a large baking sheet, drizzle with olive oil and season. Toss to coat and then bake on the top shelf of the oven for 8 mins.  
 3 Put the kale in a large salad bowl and drizzle with a small amount of olive oil, season and then toss, crunching slightly with your hands.  
 4 Core and quarter the apple and slice thinly lengthways. Halve the lemon and then squeeze some juice over the apple slices.  
 5 Once the veggies have had 8 mins, tip the kale on top, then spread out.

Cook for another 10-12 mins, until the kale is crispy but not burnt.  
 6 Add the apple slices, rocket, extra virgin olive oil, Parmesan and a good squeeze of lemon juice to the salad bowl and set aside.  
 7 Once the greens are ready, let them cool on the baking sheet for 5 mins, then add to the salad bowl and toss to combine. Season and serve.

From 'Home Bird' by Megan Davies (£16.99, Ryland Peters & Small). Photographs: Clare Winfield © Ryland Peters & Small

### GREEK-STYLE SCOTCH EGGS WITH ROMESCO SAUCE

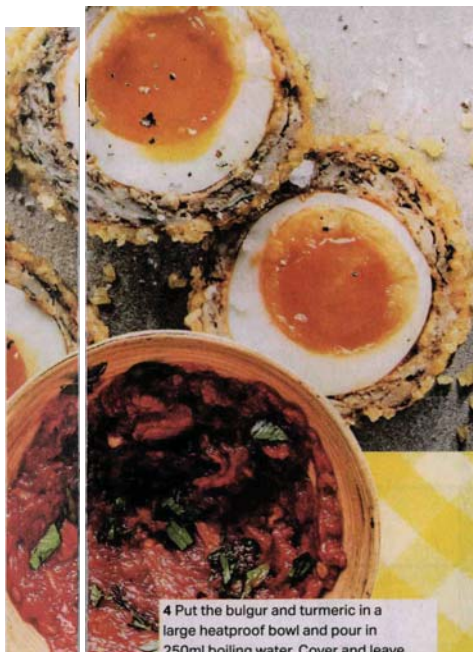
Makes 6

7 eggs  
 170g fine grain bulgur wheat  
 A pinch of ground turmeric  
 450g good-quality pork sausages  
 ½ tsp ground cumin  
 ½ tsp ground cinnamon  
 Freshly grated nutmeg, to taste  
 A handful each of flat-leaf parsley and coriander, freshly chopped  
 Grated zest of 1 lemon  
 About 260g plain flour, plus extra for dusting  
 2 tbsp mild chilli powder  
 Salt and freshly ground black pepper  
 500ml vegetable oil, for deep-frying  
**For the Romesco sauce:**  
 1 slice of white bread  
 1 garlic clove  
 50g walnuts  
 80ml olive oil  
 100g roasted red (bell) peppers  
 25g sundried tomatoes  
 A pinch of sugar  
 1 tbsp tomato purée  
 A pinch of smoked paprika  
 2 tbsp flat-leaf parsley, freshly chopped, plus extra to garnish

1 Preheat the oven to 180°C (Fan 160°C/Gas mark 4). First, make the Romesco sauce. Put the bread, garlic (skin on, left whole) and walnuts on a baking sheet and bake for 8-10 mins. If the walnuts still have some skin on, I gently rub them together in my hands and most flakes off, but don't worry about getting it all off.  
 2 Pour two-thirds of the olive oil into a food processor with all the other ingredients, after peeling the garlic and trimming the stalk end off. Pulse, taste for seasoning, then fold through the remaining olive oil. Cover and chill.  
 3 To make the Scotch eggs, put six eggs in a pan, cover with cold water and bring to the boil, then reduce the heat and simmer for 4 mins. Transfer the eggs to a bowl of cold water and, once cooled, peel. Set aside until needed.







4 Put the bulgur and turmeric in a large heatproof bowl and pour in 250ml boiling water. Cover and leave to hydrate for 20 mins. Then tip on to a plate and leave for 30 mins.  
 5 Snip the ends off the sausages and squeeze the meat out into a bowl. Add the cumin, cinnamon, nutmeg, herbs and lemon zest and season generously. Mix well.  
 6 To assemble your Scotch eggs, whisk the remaining egg in a bowl and place it next to a bowl containing flour and chilli powder. Divide the sausage meat into six portions. Dust the cooked eggs in flour. Flatten one portion of the meat into a flat round about 1cm thick, place an egg in the centre and fold the sausage meat around it, massaging it into place until fully sealed. Roll in the flour, then the egg, then the bulgur. Repeat until you have six ready to cook.  
 7 Pour the vegetable oil into a deep-sided pan and set it over a medium heat. The oil is hot enough when a pinch of bulgur dropped in sizzles. Put a Scotch egg on a slotted spoon and carefully lower it into the oil. Cook for a few mins before gently turning it over in the oil. After 6-7 mins it will be golden and cooked. Remove and drain on paper towels. Leave to rest for 10 mins before serving, with the sauce on the side.

From 'Share' by Theo Michaels (E16.99, Ryland Peters & Small).  
 Photographs: Mowie Kay © Ryland Peters & Small

### FLOURLESS ALMOND AND ORANGE CAKE

4 oranges, whole  
 400g caster or granulated sugar  
 400g ground almonds  
 1½ tsp baking powder  
 Finely grated zest and freshly squeezed juice of ½ a lemon  
 12 small eggs, whisked  
**For the glaze and decoration:**  
 6 tbsp apricot conserve  
 1 tbsp brandy (preferably Greek)  
 250ml Greek yogurt  
 1 tsp caster sugar  
 Grated zest of ½ orange + ½ lemon  
 ½ -1 orange, peeled, in segments  
 1 tbsp chopped pistachio kernels  
 22cm diameter springform cake pan, lightly greased with butter

1 Bring a pan of water to the boil, then boil the oranges for 2 hours.  
 2 Lift the oranges out and cool, then pulse to a pulp in a blender. Pass through a fine sieve over a bowl.  
 3 Preheat the oven to 200°C (180°C Fan/Gas mark 6). Combine the sugar, almonds and baking powder in a bowl. Stir in the orange pulp and lemon juice. Add the eggs and beat.  
 4 Pour the mixture into the prepared cake pan. Bake for 30 mins, then remove and cool in the pan.  
 5 To make the glaze, put the apricot conserve in a small bowl with the brandy, add 1 tsp cold water and combine. Brush over the cake.  
 6 Mix the yogurt and caster sugar. Spoon over the cake and top with the orange segments, pistachios and zest.



From 'Rustica' by Theo Michaels (E16.99, Ryland Peters & Small).  
 Photographs: Mowie Kay © Ryland Peters & Small

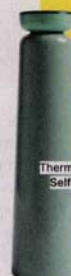
### PICNIC POINTERS

**Moreish sandwich ideas by Lucy Carr-Ellison of Tart London**  
 ♦ Grilled Portobello mushroom with Roquefort and caramelised onions.  
 ♦ Fishfinger, rocket and homemade tartar sauce.  
 ♦ Pulled pork with crunchy slaw and siracha mayonnaise.  
 ♦ Aubergine, houmous and chermoula.  
 ♦ Speck, buffalo mozzarella, balsamic onions and rocket.

**How to keep your cocktail chilled by Max Halley, co-author of Max's Picnic Book (E16.99, Hardie Grant)**  
 'Heading into the wilderness, but know you'll be in need of an ice-cold sharpener later? The thermos is your friend. It keeps hot things hot but also cold things cold.'

**Perfect picnic cheeses by Stefano Vallebona of Vallebona deli**  
 ♦ Pecorino Rosso from Sardinia: a young cheese made from local milk with a grassy/earthy finish. Team with salami or pâté. Add white truffle honey to take it to the next level!  
 ♦ Taleggio DOP from Lombardy: super creamy with a nutty flavour when ripe. It goes brilliantly with a fig marmalade.  
 ♦ Gorgonzola Dolce DOP: from Piedmont, a complete eclectic mix of sweet, salty and creamy flavours.

**A non-alcoholic thirst quencher by Liam Evans, bartender at Cornish bar CICI's**  
 The Paloma is normally a tequila cocktail, but here I've replaced it with a non-alcoholic spirit.  
 25ml Pentire/Seedlip  
 25ml sugar syrup (equal parts sugar and water)  
 30ml grapefruit juice  
 Soda water  
 Make a large batch and just pour!



Thermos, E35, Selfridges



Salad bowl, E55, matchesfashion.com



Tumblers, E15 for four, John Lewis & Partners



Cake platter, E33, Nordic Nest