

2014 N°5

## **Roasted veg with coriander seed.**

### **Ingredients:**

See which root vegetables look good in the Market Garden when you go in there. I like to use some combination of:

Purple potatoes

Parsnips

Turnip

Red potatoes

Carrots

Sweet potato

Butternut squash

If you're serving as a side dish you'll need to end up with 6-8 pieces of veg per person.

About 2 teaspoon each of freshly ground rock salt, black pepper and coriander seed (I have a spare pepper mill that I use for coriander seed but you can also smash the seeds up in a pestle and mortar or put them in a Ziploc bag and hit them with a blunt instrument – hammer, rolling pin...)

A large sprig of rosemary.

### **What to do.... roughly speaking:**

Pre-heat the oven to 180°C/350°F/Gas Mark 4

I scrub the veg and scrap off any unappetising-looking bits of skin, but leave most of the skin on for the cooking. Of course you can peel the veg if you prefer.

Cut all the veg into pieces, the denser the vegetable, the longer it takes to cook, so chop the really dense things like turnips, purple potatoes, carrots into smaller pieces than the softer ones like potatoes, parsnips and butternut squash. One way to get the right size is 3 bites per piece for softer veg and 2 bites per piece for dense veg.

Put a generous coating of olive oil (or your preferred oil) over the bottom of a really large roasting tray or ovenproof dish. Sprinkle freshly ground salt, pepper and coriander seed into the oil and place in the oven to heat up. Once the oil is hot,

place the veg in the roasting tray and move it all around until its coated with the spicy oil mix. Pop the sprig of rosemary in there and leave in the oven for 20 minutes. After 20 minutes shake it all around a bit to turn the veg over. After a total of 45 minutes the veg should be cooked. Test one of the biggest bits with a fork just to be sure.

This is great with Sunday roast, and with the Beef and sesame seed stew recipe (2014 N°3)

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### About Kay's Essex Road Recipes.

I improvise recipes based on what looks good in my local shops. Living just around the corner from 4 of London's best food shops; **Steve Hatt** the fishmonger, **The Market Garden** greengrocers, **James Elliott** the butcher and **Raab's** Bakery, it's easy to be inspired. Throughout 2014 I plan to share a recipe a week. Once you get the hang of it, you can start to improvise your own menus.

These recipe cards are old school and limited edition; only available on paper in the shops, and in our splendid local pub, **The New Rose**. At the end of the year, though, you'll be able to order a special edition full set of about 50 recipes online via [frogandbison.com](http://frogandbison.com) – check in there later in the year for more information.

All recipes are for about 4 people. They're not written for complete beginners; I'm assuming that you know a little bit about cooking so I've been approximate and poetic with measurements, times, weights and instructions. I hope you get the idea, and go on to improvise your own Essex Road recipes. Most of the other ingredients, including spices and oils, are available from the convenience stores between the New Rose and Raab's. Pasta, risotto rice and really good oils and wines are to be found in **Saponara** on Prebend Street which also serves the best fresh pasta and pizza in the neighbourhood.