

## **2014 No 14**

### **Beetroot, fried haloumi and walnut salad.**

I went into the Market Garden and a large beetroot was crying out to me from the back of the shop, and then out of the corner of my eye in James Elliot I saw haloumi cheese. Then this happened

#### **Ingredients:**

1 large or 2 small raw beetroot  
1 pack haloumi cheese sliced into 4 fat slices  
A handful of shelled walnuts, coarsely chopped  
Freshly ground coriander seed  
Salt and pepper  
2 small little gem lettuce  
1 yellow pepper, seeded and sliced thinly  
½ a bag of baby spinach, washed.

#### **Dressing**

1 clove garlic - crushed  
½ teaspoon mustard powder  
100 ml each of olive oil and walnut oil  
50 ml white wine vinegar  
½ teaspoon maple syrup or runny honey  
salt and pepper

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

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

To make the dressing, shake up the dry ingredients and garlic with the vinegar, then add the honey/syrup and oils and shake again.

Peel the beetroot and cut it into pieces the size of fat chips. Heat a little olive oil in a roasting dish, place the beetroot in the roasting dish, sprinkle with ground coriander, salt and pepper and roast for 30 minutes.



5 minutes before the beetroot is ready add the chopped walnuts and mix them around.

Pat the haloumi slices dry with kitchen paper and fry in a little very hot olive oil for 3 or 4 minutes on each side. Squeeze a little lemon juice over it.

Place the salad leaves and pepper in a big bowl and toss well with the dressing. Divide this onto 4 plates. Place the warm beetroot, walnuts and haloumi on top and serve.

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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. 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.

**If you have any suggestions or comments I'd love to hear them. You can leave them on the facebook page (Kay's Essex Road Recipes) or, in the spirit of the thing, write me a note and leave it in one of the shops. Kay**

And in more news...**Spirited Wines on Islington Green** now have the cards and are suggesting wines to go with the recipes.