

Compost Corner



Love salad?... and cupboard love

Many people at home, or on their allotments plant radishes “because they’re easy”. Also lettuce, tomatoes and cucumbers.

Last week I dug up some early potatoes which had suffered a touch of blight. The potatoes were small but unblemished. These paired up very nicely with the last of the broad beans. Both were steamed, the potato skins peeled off easily, and the little emerald beans were popped out of their skins.

Added to these were lots of chopped chives, fresh dill and fennel fronds, and mint. I had some asparagus (which I steamed) and half a tin of red kidney beans in the fridge which went in for good luck.

The dressing was a mixture of lemon juice, olive oil, Dijon mustard, whole grain mustard, salt, and bit of honey – quantities to taste. Edible calendula petals were sprinkled on top to add a touch of pizzazz.

What was missing was some crumbled Roquefort, according to my husband. On the side was a bowl of skinless/boneless sardines in olive oil. I wondered if sardines and Roquefort went together? Surprisingly, when I Googled this, several French recipes came up with a tasty dip called rillettes de sardines au Roquefort to accompany bread or toast.

Not one to waste anything, both sets of skins (remember?) were left to dry as we ate our lunch outside. With a little olive oil and salt (plus garlic powder and curry powder with broad bean skins), these were put in a low oven to make potato skin crisps, and a crispy/chewy snack to go with a glass of chilled Villa Maria!

Follow up lunch with a stroll around Aberford Park to see the nesting coots.

No need to book that flight, eh?

Anne Nicodemus

