

Have a feast on St David's Day



LEEK AND CAERPHILLY TART

From Topstak's Gallery Café in the Vale of Glamorgan

Ingredients

For the pastry:

200g plain flour
Pinch of salt
50g cold unsalted butter, diced
50g cold lard, diced
2-3 teaspoons cold water

For the filling:

2 leeks, washed and trimmed
25g butter, melted
2 medium free-range eggs
125ml double cream
1 tablespoon chopped parsley
100g Caerphilly cheese, crumbled
Salt and pepper

Method

To make the pastry, put the flour and the salt in a large bowl, rub in the butter and lard. Gradually add the water to make a dough. Knead briefly until smooth. Put in the fridge and chill for 30 minutes.

Heat oven to 200°C, Gas Mark 6. Roll out the pastry to approx 3mm thickness and use it to line a 36 x 12 cm loose-bottomed tart tin. Line the pastry case with baking paper and baking beans. Blind bake for 12-15 minutes. Carefully remove the paper and beans, then return to the oven for another five minutes.

Reduce the heat to 180°C/Gas mark 4. Cut the leeks into even-sized chunks, 2cm thick. Place in the pastry case and sprinkle the crumbled cheese over the leeks. Mix the eggs, cream, parsley and salt and pepper together, then pour over the leeks and cheese.

Bake for 20-25 minutes until golden and just set. Leave in the tin for a few minutes before slicing.

The countdown is on to St David's Day so why not try some of these deliciously Welsh recipes...

OUR patron saint's day, March 1, is also known as the feast of St David. Wales has a host of food producers who make the most of salt marsh and mountain pasture to raise our fabulous lamb, grow organic vegetables, conjure up artisan cheese and distil our very own whisky. So, there's every reason to have an all-out indulgent time.

For the recipes below, you can make a feast worthy of our patron saint pretty much without resorting to produce shipped in from miles away, keeping your carbon footprint low.

Local farmers' markets are great places to buy ingredients for a special meal. The products come direct from farms, orchards and market gardens and vegetables are picked on the day they are sold, ensuring fantastic freshness.

The dishes below are simple and delicious, showcasing some top-notch Welsh ingredients.

ROAST LOIN OF LAMB WITH CELERIAC PUREE

From Jim Dobson, head chef at the Fox and Hounds, Llancafarn

Ingredients

Loin of Welsh lamb, approx half a pound per person
Sea salt such as Halen Mon and pepper - to taste
Whole celeriac, peeled and chopped into small pieces
10g butter
10mls milk (preferably whole)
Pinch of paprika
Season the lamb with salt and pepper to taste

Method

Preheat the oven to 160°C/Gas mark 3. In a saucepan, soften the pieces of celeriac in the butter for approx 10 minutes. Add a dash of oil if needed and keep the lid on.



Once the celeriac is soft, add the milk and seasoning and cook over a low heat for a further 10 minutes until the celeriac is completely soft. Put the cooked celeriac in a food blender with

some of the milk and blend until smooth. Keep warm. Heat a large frying pan and colour the lamb evenly. Transfer to a roasting tin and cook for 10

minutes (or longer if you like your meat less pink). Serve the lamb with the celeriac puree, baby spinach or any other seasonal vegetables of your choice.



BARA BRITH BREAD & BUTTER PUDDING WITH ORANGE AND PENDERYNN WHISKY

From Metropole Hotel & Spa in Llandrindod Wells

Ingredients

8 Slices of bara brith preferably homemade
3 free range eggs
300ml single cream
75ml milk
1 tbs demerara sugar
75g Welsh butter
2 tbs Penderynn Whisky
For the orange and whisky sauce:
Cup of freshly-squeezed orange juice
Zest from 1 orange
¼ cup sugar
1 tablespoon butter
2 tbs Penderynn whisky

Method

Butter the slices of bara brith and cut each slice in half, arranging them in your chosen pie dish in a circular pattern. Beat the eggs and add the cream and milk, pour over the pudding. Finally sprinkle over the demerara sugar to give a lovely golden crunch on top.

Place in a pre-heated oven at 180°C for approximately 35-40 minutes until the pudding is beautifully golden brown in appearance.

While the pudding is in the oven, prepare the sauce. Mix the orange juice, zest and sugar in a small saucepan. Simmer the juice mixture over medium heat, stirring occasionally, for about 15 minutes, until a thick, syrupy sauce has formed.

When the sauce is a consistency you like, stir in the whisky and simmer for another two or three minutes. Remove from the heat and leave to cool. Serve the orange sauce chilled, at room temperature or warm.

Pour orange and whisky sauce over the pudding. Serve hot with some vanilla ice cream or cream.



STRAIGHT OFF THE VINE

Neil Cammies

I DO believe the sun snuck its little nose out. I know this as I went 12 rounds with a tree stump in my back garden and was rather overdressed - what with the huge exertion, the over-estimation in clothing and the puddle of sun I was sweating like a politician on a lie-detector test.

I'm not one to be beaten and after digging and sawing away for nigh on two hours I felt movement. I then assumed a position that tight-head legend Adam Jones would have been proud of and bent it over backwards with an almighty crack and I then collapsed in a moist heap.

Age doesn't come alone as my beloved Auntie Lil used to say and she wasn't fibbing. Anyway it was enough to have me

“I'm not one to be beaten and after digging and sawing away for nigh on two hours I felt movement

dreaming of a crisp glass of white, something I haven't thought about for many a month.

One of the names behind McHenry Hohnen is David Hohnen, a pioneer in the wine world having founded the iconic Cloudy Bay and Cape Mentelle wineries, and has now settled back to his native Margaret River in western Australia and his latest venture with his brother-in-law Murray McHenry.

The McHENRY HOHNEN ROCKY ROAD SEMILLON SAUVIGNON BLANC 2016 (RRP £14.99, Tanners Wine Merchants, Just in Cases, Flagship Wines and other independents) has a warming herbal tone to the crisp fruit initially on the nose with a smidge of orange citrus bite in there.

On the palate the mouth-watering acidity carries lemon, grapefruit and some exotic fruits as the wine gets bolder in the glass.

The weight comes from a little oak aging (20% in new oak to each variety) which also lends some texture too.

Racy and refreshing minerality through the mid palate and just as lively across the finish. A



dynamite food wine that would be delicious with a lovely piece of seabass.

I don't know why some wine labels have the words "Gran Reserva" on them when they don't effectively mean anything outside certain wine regions. For example in Rioja, Spain, the red wines have to be aged in oak barrel for at least 24 months and aged in bottle for a least 36 months or a scary man from the Rioja DOC will shout at you and probably do something to the bodega.

In case you were wondering Crianza means the wine is aged for two years, at least one in oak barrels and Reserva the wine is aged for three years, again with at least 12 months in oak barrels before release. Well that's cleared that up.

Anyhoo the VIU MANENT GRAN RESERVA CHARDONNAY (RRP £12.99, Hay Wines, The Drink Shop and Flagship Wines Ltd) does have it on the label, but we'll ignore that.

This unoaked chardonnay from the Colchagua Valley in Chile is bright and vivacious on the nose with lots of orchard fruit and a lively citrus tang and good minerality.

On the

palate that citrus note takes hold and a touch of saline character comes through and holds all the way to the crisp, refreshing finish.

Whatever it says on the label this is a very nice wine regardless.

If you're thinking of planning a curry for supper - and let's be honest a lot of us will be - and don't fancy a beer you can choose a wine that seems like it was constructed to deal with spice and heat and that variety is - drumroll please - gewurztraminer.

Traditionally from the Alsace region in France it does crop up in various guises across the wine world and one little belter that has been consistently good over the years is the VILLA MARIA GEWURZTRAMINER EAST COAST (RRP £11.75, Majestic and www.nzhouseofwine.co.uk).

This New Zealand winery is responsible for some cracking bottles to match most prices points and this is another example of the quality to be found with this respected "brand".

On the nose the floral notes of rose petals which are balanced out by the plethora of exotic fruits.



In the mouth the floral tone continues but accompanied by ripe lychee fruit and a little elderflower prettiness this never errs into rose Turkish delight territory.

The vein of citrus lift running through also helps getting things moving along at pace.

It was awesome with a Kerala style chicken and prawn curry with all the bits. Delicious.

Not normally to my taste but the BRIO PINOT GRIGIO 2017 (£10.99, Virgin Wines) had more about it than the raft of bland pinot grigios out there.

Crisp orchard fruit shows up on the bouquet mainly ripe conference pear.

In the mouth the dash of acidity races through the mid palate as does the touch of mineral tones.

A lively little number with mouthwatering acidity that craves a plate of food.



@NeilCammies

email: neil.cammies@walesonline.co.uk
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