



**GOAT'S CHEESE AND PICKLED BEETROOT WITH MIXED LEAF SALAD**

From Simon King - chef/proprietor at restaurant 1861, Cross Ash, near Abergavenny

**Ingredients**

250g goat cheese log  
12 baby beetroot cooked and peeled  
250ml white wine vinegar  
250g caster sugar  
1 tsp pickling spices - peppercorns, coriander seeds, dried chilli, mustard seeds, bay leaf, sprig of thyme  
100g salad leaves - sorrel, dandelion, wild garlic, or a regular pack from the greengrocer  
A little olive oil

**Method**

Boil the vinegar, stir in the caster sugar and the pickling spices, pour over the cooked beetroot and leave to cool overnight.  
The beetroot can be eaten straightaway but will improve if stored in a cool dark place for a month.  
To serve, slice the goat cheese into 12 even slices. Place three slices on each plate and accompany each slice with a pickled beetroot.  
Toss the salad leaves in a little olive oil and the vinegar from the beetroot, season and divide among four plates.  
You can decorate the salad with edible flowers if you would like to jazz it up.

# One for the veggies

March is Vegetarian Month and we've got three mouth-watering recipes for you to try - whether you usually enjoy a meat diet or not...

**M**ORE than three million people in the UK are currently vegetarian. Add to that the people who eat meat, but not every day - the so-called flexitarians - plus the growing vegan population, and the appetite for meat-free meals is growing.

Producing vegetarian meals has never been easier thanks to chefs and food writers who are conjuring up inspiring and exciting new recipes - Yotam Ottolenghi and Anna Jones, to name-check just two.

Once you get creative with vegetables, a whole new world opens up. Traditionally, our cuisine has been very conservative in its use of veggies, but modern cooking uses even conventional root vegetables in lots of different ways.

The rhubarb season will be with us very soon and in an Anna Jones' vegetable traybake you'll find rhubarb putting in an appearance, adding a tart freshness to this simple, tasty and nourishing dish.

Aubergines, mushrooms and squash provide a good base for many vegetarian dishes, their bulk providing a satisfying sense of comfort. Butter beans and chickpeas are also filling, tasty and nourishing.

**STUFFED MARROW OR COURGETTE**

From the Metropole Hotel & Spa in Llandrindod Wells

**Ingredients**

4 medium-sized courgettes or a marrow  
1 onion, finely sliced  
2 garlic cloves, crushed  
1 sweet pepper, finely diced  
2 tomatoes, skinned and chopped



1 cup breadcrumbs  
200g grated parmesan  
Olive oil

**Method**

Pre-heat oven to 180oC, 350oF, gas mark 4.

Gently fry the onion and pepper in a little olive oil until it's soft and sweet.  
Cut the courgettes length-wise or, if using marrow instead, cut the marrow into rounds and scoop out the middle. Cut the scooped-out pulp into fine pieces and add to the onion and pepper

mix, then fry until golden. Then add the tomatoes. Fill the courgette or marrow hollows with the mix, add the breadcrumbs, then top with grated cheese.  
Bake in the oven for 35-40 minutes. Cover with foil if the topping is getting overcooked.



**WILD GARLIC GNOCCHI WITH ARTICHOKE, PEAS & BROAD BEANS**

From Jim Dobson, head chef at the Fox & Hounds, Llancarfan, Vale of Glamorgan

**Ingredients**

¾ large baking potatoes  
1 large egg (yolk only)  
125g '00/pasta flour (plus extra for dusting)  
Salt  
Bunch of wild garlic  
100g peas  
100g shelled broad beans  
Small pack of marinated artichoke hearts  
Olive oil

**Method**

Bake potatoes in the oven at 180C for 1½ hours or until soft and scoop out the middle into a mixing bowl and mash until smooth. Weigh out 1kg of the potato, add one egg yolk, mix then sieve in the flour and salt. Mix together with the chopped wild garlic to form a dough.  
Leave dough to rest for 15 minutes. Cut dough in to four pieces then, on a floured surface, roll the dough into a thin sausage about the diameter of a 20p then cut into 2cm pieces and place on a floured tray.  
Bring a pan of salted water to the boil, then add gnocchi to the pan in small batches. They should start to float after a few seconds, at this point remove with a slotted spoon and put in a bowl of iced water. Remove from ice water and transfer into a bowl with a little oil.  
In a hot non-stick frying pan with a splash of oil, quickly sauté off the artichoke, peas and broad beans, remove from pan onto a plate then add a little more oil. Gently place a portion of gnocchi into the pan, add a knob of butter and let it foam in the pan to crisp up.  
Add the peas, beans and artichoke back to the pan, season and mix, then serve.



## STRAIGHT OFF THE VINE

Neil Cammies

TODAY is a very special day indeed, and for those who are not interested in rugby I apologise - but I don't mean it - as we are competing for this year's Grand Slam.

We've sort of snuck under the radar, especially after being 16-0 down at half-time to a giant French team that just ran out of puff and composure.

The defence has been our bedrock of success and the victory against England was a result that not many predicted, but here we are again on the brink of another full house.

What would make it so sweet is that it's coach Warren Gatland's last Six Nations match at the helm and also the last of his sidekick, "Stonewall" Shaun Edwards -

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probably the best defence coach in the world - who is heading back home to take charge of his beloved Wigan.

I'm not sure whether Shaun is a fan of the old grape juice but I have it on good authority that Warren - like all good Kiwis - loves a drop of pinot noir.

Something he has in common with that other great New Zealand coach, Graham Henry - with whom I shared a glass or three at a dinner after his World Cup triumph in 2011 - ALLAN SCOTT 'SCOTT BASE', CENTRAL OTAGO, just in case you were wondering (£19.99, Fine Wines Direct, Cardiff).

Always a good place to start is with the VILLA MARIA PRIVATE BIN PINOT NOIR, MARLBOROUGH (RRP £12, Co-op, Morrisons, Asda, Tesco and many others). It has a touch of forest floor about it that adds interest to the red cherry fruit that meanders in after a few swirls of the glass. Crisp red fruits have a smoky note to them and racy acidity through the mid-palate. Tannins are soft and integrated and give the wine a little body but doesn't diminish the freshness across the tastebuds.

This is always a great foodie wine, just perfect with duck or game.

Returning to the brilliant wine maker mentioned earlier and the ALLAN SCOTT PINOT NOIR 2017, MARLBOROUGH, NEW ZEALAND (£15.99, Fine Wines Direct, Cardiff) is so different in style from the weighty, fruit-driven "Scott Base" from Central Otago further down in the South Island.

This is more Burgundian in style, meaning lots of bright fresh red fruit aromas and a touch of floral notes. There's also some warmth from the oak giving some weight to the bouquet.

In the mouth the cherry fruit manages to combine sweet and savoury from a little cocoa tone and that woody note across the mid-palate and still maintains elegance and a juicy richness to the finish.

Tannins are soft and silky and fully integrated in this delicious New Zealand pinot noir.

Moving to a region at the southernmost tip of New Zealand's North Island, and another great region for pinot noir, Martinborough.



The single vineyard CRAGGY RANGE TE MUNA ROAD PINOT NOIR 2014 (£27.40, Exel Wines) has 10 months in oak prior to bottling and this adds all those complex notes found on the nose. From the earthy dark cherry fruit to the hints of roses and a smidge of herbal aromas.

In the mouth this is quite a mouthful with the rich fruit leaving quite an impression on the tastebuds with fine tannins and a weighty elegance that dries out across the long finish.

Keep an eye out for the great wines of FELTON ROAD too from Central Otago.

Away from New Zealand but a wine that I've had the immense pleasure of enjoying a few vintages of, and the latest release of MARIMAR ESTATE LA MASIA PINOT NOIR 2014 (RRP: £39.99, currently on offer £20 for multiple-bottle purchases while stocks last at Roberts & Speight) is no exception.

Marimar Torres is wine royalty from the Torres dynasty of Spain, which was also one of the pioneers in Chile. But it's here in the Russian River Valley in California that Marimar has set up a winery - I mean, who wouldn't - and currently produces wines of such purity and opulence. From chardonnay (more of them in a later



column) all the way through to albarino - yes, really, a Beach Boys version, all harmony and class.

It's the "La Masia" pinot we're concentrating on here from the Don Miguel vineyard. Fruit is hand-sorted, fermented in small stainless steel tanks and aged in French oak (40% new) and then bottled, unfiltered and unfiltered.

The result shows bounteous aromas of red plum and cherry fruit that drift from the glass and that warming savoury spice from the "seasoning" of oak ageing.

On the palate the balancing act between power and finesse is delivered like a great chef in his kitchen with the silky attack of deep cherry fruit tiptoeing fine tannins and weighty elegance. The finish is rich and luxurious.

Get your hands on it for £20 while you can, it's an absolute bargain - I know I have.

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