

Worcestershire News – Stuart’s Recipe Column

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Summer Salads

Stuart Forman, head chef at The Manor Arms in Abberley, has featured in popular publications such as the Great British Cookbook, the Great British Chefs Cookbook, and has won the National Breakfast Awards for the last seven years. He is a regular at Ludlow Food Festival, giving cooking demonstrations.

Stuart, 37, who is married and has a six-year-old son, Lucas, and lives in Stourport-upon-Severn, says that his style is bright, fresh modern British cooking.

It’s certainly going down well at The Manor, and Stuart will now be sharing a monthly recipe with readers of the Worcester News.

These recipes will reflect the seasons, Stuart’s passion for using local produce, and his love of sharing food with family and friends.

The salad recipe below is perfect for a summer lunch in the garden, a picnic, or as an accompaniment to barbecued meat or fish.



Beetroot and Quinoa Salad – Serves 4

Quinoa

100g washed quinoa 1 diced shallot
1 clove garlic finely diced Vegetable stock – pour to double the level to quinoa in the pan

- Heat a drizzle of olive oil in a pan and add diced shallot
- Once almost soft, add garlic and cook for a further minute
- Add quinoa and stir in for 1 minute then add veg stock and cook until most of stock is absorbed (stir occasionally until cooked)
- Take off heat and season

Beetroot

Cook a variety of beetroot in salted boiling water until just tender and leave the skin on, peel once cooked and refreshed.

Goat’s cheese mousse

250g goat’s cheese (rind off) 25ml full fat milk
50ml double cream 1 leaf gelatine

- Soak gelatine in cold water
- Put goat’s cheese in a food processor and blend till smooth
- Warm milk and add squeezed out gelatine to this
- Add to blender, slowly pour in double cream until smooth
- Put in a container and set

Salad

Mixed salad leaves Fine green beans – lightly cooked and chilled
Cucumber – sliced thinly Edible flowers

- Wash mixed salad leaves
- Dress leaves with olive oil, or a dressing of your choice, and season
- Mix in the quinoa, beetroot, cucumber and fine beans
- Top with quenelles of goat’s cheese mousse and finish with edible flowers

Stuart Forman, Head Chef – The Manor Arms