

Winter Recipes

BRUSSEL SPROUTS WITH ORANGE

Fresh orange zest, along with orange and lime juices add a burst of sunshine to this winter vegetable. Good with roasted turkey, ham, or pork.

1 lb (450g) Brussels sprouts
2 tbsp butter
1 shallot, finely chopped
Finely grated zest of 1 orange
1/3 cup fresh orange juice
1 tbsp fresh lime juice
Salt and freshly ground black pepper

Using a small knife, remove the outer leaves from the Brussels sprouts. To help the sprouts cook evenly and quickly, cut an "x" into the bottom of each one.

Bring a large saucepan of lightly salted water to a boil over high heat. Add the sprouts, return to a boil, and cook about 8 minutes, or until barely tender. Drain well. Let stand until cool enough to handle. Cut each sprout in half lengthwise.

Melt the butter in a large frying pan over medium-high heat. Add the shallot and cook, stirring often, about 3 minutes or until golden brown. Add the sprouts and cook, stirring often, about 2 minutes until heated through.

Stir in the orange zest and juice and cook for 2 minutes, or until the liquid is reduced by half. Remove from the heat and stir in the lime juice. Season with salt and pepper. Serve hot.

SIMPLE RACK OF LAMB

1 or 2 racks of lamb, trimmed of fat, and also – but not necessary – trim the rib bones as it does make it look more special.

Bring to room temperature and rub with olive oil and salt and pepper. In a heated skillet sear the rack on all sides and then place in a previously heated oven 350F. Leave in oven for approximately 30 minutes, less if the rack is small. Remove, and let it rest for 10 minutes. Slice and place on plates and serve with roasted winter vegetables.

Roasted Winter Vegetables

Heat the oven to 375F. Use available vegetables – potatoes, swede, carrots, onion, parsnips etc. Make sure they are all cut in even chunks – about 1 inch square. Place in a large bowl, add olive oil, salt and pepper, toss and then place on a baking sheet – or two. You want them to roast not steam so make sure they are spread out.

After approximately 35 minutes remove the vegetables. Toss altogether, adding salt and pepper, and place in serving dish and sprinkle with freshly chopped parsley.

