



'The Seasonal One'

Mazi project and Friends | May 2023

3 Delicious Recipes From Mazi Project and Friends!



How to Make... Baby Violetto Artichoke Spaghetti with Parsley and Lemon

Baby Violetto Artichoke Spaghetti with Parsley and Lemon

Serves 4

A store cupboard dish using baby violetto artichokes, which are such a delicious treat!



How to Make... Baby Violetto Artichoke Spaghetti with Parsley and Lemon

Ingredients

- 400g spaghetti
- 4tbsp olive oil
- 2 large cloves garlic, finely sliced
- 250g baby violetto artichokes, sliced in half lengthways and then sliced lengthways to get around 6-8 pieces from each heart
- 60g butter, cubed
- 1 large handful of flat leaf parsley, picked and roughly chopped
- 1/2 lemon
- Salt and freshly ground black pepper
- Parmesan, to serve





How to Make... Baby Violetto Artichoke Spaghetti with Parsley and Lemon



Method

- Gather all of your ingredients and get a large pan of salted water on the boil. Drop in your spaghetti, setting a timer for the correct timing to the packet
- As your pasta is cooking, place your olive oil in a large frying pan on a medium heat and gently cook the garlic in it, until it begins to brown at the edges. Add the sliced artichokes and mix well, cooking for a further couple of minute, then add a ladle full of your pasta water from the boiling pot, mixing well
- Drop your cold butter into the artichoke sauce. Keeping it on the heat, keep moving it around the pan until it has just melted, then remove from the heat
- Drop in the parsley, squeeze in the lemon juice and mix through. Add a few good grinds of black pepper and salt if required to your taste
- Once your pasta is cooked, reserve a little more of your pasta water (up to a couple of labels worth), and drain it
- Add the pasta to your artichoke sauce on a low heat, tossing gently in the pan until mixed through. If it needs to be a little saucier, add some more your reserved pasta water - you want it to have a sauce element. If you feel inclined to do so, add a little more olive oil too
- Serve up your pasta and top with grated parmesan



How to Make... Buttermilk Pudding with Strawberries and Pink Peppercorns

Buttermilk Pudding with Strawberries and Pink Peppercorns

Serves 4

This is a great but simple pud to make ahead and a great way to make the best of strawberries using something a little different, bringing a lovely floral, peppery note!



How to Make... Buttermilk Pudding with Strawberries and Pink Peppercorns

Ingredients

For the buttermilk pudding

- 250ml double cream
- 60g caster sugar
- 1/2tsp vanilla
- 2 sheets gelatine or a vegetarian alternative
- 250ml buttermilk

To serve

- 250g strawberries
- 1tbsp icing sugar
- 1tbsp lemon juice
- 3/4 teaspoon pink peppercorns (or a little more to taste)





How to Make... Buttermilk Pudding with Strawberries and Pink Peppercorns

Method



- First sit your gelatine leaves in a bowl of cold water to let them bloom
- Place your cream, sugar and vanilla in a small pan and warm gently. Once the sugar has dissolved and the cream has just come to the boil, remove it from the heat
- Lift your gelatine leaves from their water, squeezing well to remove excess water and add them to your cream mixture. Stir well until dissolved
- Add your buttermilk and mix well
- Pour the mixture into your 4 dessert bowls and place in the fridge for at least five hours or overnight

To serve

- Remove your puddings from the fridge
- Cut up your strawberries and dust with the icing sugar. Stir to cover them and add your lemon juice, stirring again. Pinch the peppercorns between your fingers into the bowl, then stir gently to mix, letting it all sit together for a couple of minutes
- Spoon your strawberry mixture on to your puddings and serve



How to Make... Butter Bean Spring Panzanella

Butter Bean Spring Panzanella

Serves 2

Panzanella is an Italian bread salad. It's a great way to make the most out of sourdough bread that is a couple days old. It's packed with flavour and fresh veggies. Nice and filling with a feeling of sunshine!



How to Make... Butter Bean Spring Panzanella

Ingredients

For the Croutons

- 2 slices 3 day old sourdough bread using your hands tear into small pieces
- 2tbsp olive oil
- 2 pinches salt

For the salad

- 1 tin of butter beans, drained and rinsed
- 1 red onion finely sliced OR 1 Green onions finely sliced with tops
- 3-4 sprigs of fresh mint roughly chopped
- 3-4 chives stems chopped
- 2-3 stems of Purple Sprouting Broccoli - if the stems are chunky then use a knife to slice the bottom 3cm of the stem in half lengthways (150g)

Optional

- 60g feta crumbled
- 2tbsp black olives roughly chopped
- For the Lemon Vinaigrette
- Grated zest and juice of 1 lemon
- 1tsp sugar
- 3tbsp olive oil
- Pinch of salt





How to Make... Butter Bean Spring Panzanella

Method

- Preheat the oven 180C BEFORE YOU start to prepare your salad veggies.
- Use a bowl to toss your sourdough pieces in olive oil & salt. Spread on a roasting tray and place in the oven for 15 mins until the bread looks golden. Check half way through and give the tray a shake.
- Whilst the croutons are baking take a medium saucepan add a 150ml/ half a small mug of cold water and pop on a medium heat. Chuck in the purple broccoli and cover with a lid. Steam with lid on for 5-7mins until broccoli is tender. Remove from heat and drain any excess water.
- Once you have prepared all your other salad ingredients add them to the broccoli saucepan and give everything a good mix.
- To make the vinaigrette use a small bowl to combine the lemon zest, olive oil, sugar and salt and whisk it lightly with a fork.
- Remove the croutons from the oven and add to the salad ingredients in the saucepan, pour over the vinaigrette, use your hands to squeeze a little to help the flavours mix. Leave to sit for 5 mins so the bread softens in the dressing. Tip on to a plate and dig in!