



'Taste of the Market' with Sian Hindle of La Crème Patisserie

Celeriac & Parsley Soup with crumbled Welsh Cheese

Beef Olives in Welsh Cider Sauce

Mashed Potato

Salted Caramel & Chocolate Tart

Mulled Cider

Companies Featured: Tortoise Bakery; Gwyny y Ddraig Cider & Perry; Toloja Orchards; Homemade Country Preserves; Robert Vaughan; Paul Cole Butchers, Neath Market

Celeriac & Parsnip Soup with Crumbled Welsh Cheese

Ingredients

25g Butter	1.4l / 2 ½ pints Vegetable Stock	Fresh Thyme
1tbsp Sunflower Oil	2 Onions, chopped	300ml Milk
1 large Carrot, chopped	200g Welsh Cheese	15-20g Fresh Curly Parsley
700g Celeriac, peeled and chopped		

Method

1. Melt the butter and Oil in a large pan. Add the onions and carrot and gently fry for 6 minutes, or until softened. Meanwhile, peel the celeriac and cut into cubes.
2. Add the celeriac to the pan, stir well, then add the stock and thyme. Bring to the boil, stir, then cover and simmer for 20 minutes, or until the vegetables are tender.
3. Puree the soup with a hand held blender. Stir in the milk and season.
4. Pour into a bowl and crumble your preferred cheese over.
5. Serve with fingers of Rye Bread or Crackers.
6. Leave to cool for up to 8 hours or chill.
7. Freeze for up to 3 months.

Beef Olives with Cider Gravy and Mashed potato

Ingredients

1 pack thin cut beef for beef olives	4tsp Wholegrain Mustard	450g Herby Pork or Beef Sausages
2tbsp Olive Oil	1 large Onion, cut into wedges	
<i>For the Cider Gravy</i>		
1tbsp Plain Flour	1 bottle Welsh Cider	1 Chicken Stock Cube

Method

1. Cut the beef olives in half lengthways and flatten slightly with a rolling pin between plastic film. Spread a thin layer of mustard over the beef. Prick the sausage with a fork and wrap a beef olive around each one. Secure with a cocktail stick.
2. Heat the olive oil in a frying pan and fry the beef olives for 8 – 10 minutes, turning frequently until browned. Remove and set aside. Add the onion and cook for 8-10 minutes until golden brown, stirring often.
3. To make the sauce, add a tablespoon of flour to the onions, stir in to absorb the fat. Pour in the cider gradually to make rich gravy, add a stock cube and bring to the boil. Return the beef olives to the pan and simmer uncovered for 15- 20 minutes. Season to taste and serve with creamy mustard mashed potato.

Salted Caramel & Chocolate Tart

Ingredients

1 Pastry Case	150g Butter	150g Caster Sugar
2tbsp Glucose Syrup	397g can Condensed Milk	Sea Salt Flakes
150g Dark Chocolate	150g Milk Chocolate	

Method

1. To make the caramel, gently heat the butter, sugar, glucose and condensed milk in a medium saucepan until the butter has melted. Increase the heat and stir continuously until the mixture comes to the boil.
2. Reduce the heat and allow the mixture to bubble for 8-10 minutes. Stir frequently until the bubbles become larger and less frequent. The mixture becomes thicker and turns a caramel colour. Test by dropping onto a cold saucer, allow to cool, draw your finger through the mixture. When it holds its shape, it is done.
3. Stir in the salt, cool a little, pour into the pastry case. Leave to cool for at least 1 hour.
4. Melt the chocolate in the microwave or bain-marie, taking care not to overheat.
5. Flood the top of the tart with dark chocolate, spreading out to the edges, then place small spoonfuls of the milk chocolate onto the tart and drag the chocolate into the dark chocolate with the edge of a sharp knife to give a swirled effect.
6. Chill for 30 minutes to set, but don't leave too long as it will become hard to slice. Do not chill, serve at room temperature. Dust the pastry with icing sugar and add cut out snowflakes to decorate if required.

Mulled Cider

Ingredients

1 litre dry Cider	250ml Apple Juice	75ml Brandy
100g Caster Sugar	1 Cinnamon Stick	8 Cardamom Pods
2 Cloves	1 star Anise	1 Orange, pared zest
2cm Fresh Root Ginger	½ Lemon, juice and pared zest	

Method

1. Place everything but the lemon juice and zest into a large saucepan, gently heating to dissolve the sugar.
DO NOT LET THE LIQUID BOIL.
2. Serve in glasses with an extra glug of Brandy if liked.