



'Best of Autumn' with Sian Hindle of La Crème Patisserie

Baked Figs with Welsh Cheese & Raddichio

Seared Salmon

Fennel & lime Salad with Pomegranate

Blackberry & Plum Struesal Tart

Companies Featured: Caws Cenarth; Cradocs Biscuits ; Gornos ; Hurns/Tomos Watkins; Big Bad Bens Spice Shack; Olives and Oils

Baked Figs with Welsh Cheese & Raddichio

Ingredients		
Oil for brushing	6 Figs	200g Soft Welsh Cheese
1 head Radicchio	85g Walnut pieces	
For the Dressing		
6tbsp Olive Oil	3tbsp Balsamic Vinegar	

Method

1. Preheat the oven to 160°C / Gas 4.
2. Line the baking sheet with parchment, brush with oil.
3. Cut the figs into quarters from the top to almost the base and arrange on the foil.
4. Slice the cheese and arrange over the centre of the fig.
5. Bake for 15 minutes until the cheese is melted and lightly browned.
6. Meanwhile, to make the dressing, whisk the dressing ingredients with some seasoning. Place a couple of radicchio leaves onto the serving plate, scatter with walnuts and drizzle with the dressing.
7. Serve warm or at room temperature.

Top Tip from the Chef!

Figs are imported from warm Mediterranean countries. Go for figs with unbroken, bruise free skin, that are dry to the touch. Smell them, they should have the scent of the sun.

Glazed Salmon Fillets

Ingredients		
4tbsp Dry Sherry	4tbsp Soy Sauce	2tbsp Light Brown Soft Sugar
1tbsp Lemon juice	1 pack Medium Egg Noodles, cooked according to pack instructions	
4 Skinless Salmon Fillets		

Method

1. Stir the sherry, soy sauce, sugar and lemon juice together in a bowl until well combined.
2. Pour over the salmon fillets in a shallow dish, marinate for 5-10 minutes.
3. Preheat the grill or large frying pan.
4. Drain the salmon from the marinade, grill or fry for 5 – 7 minutes until the fish is nicely coloured and still slightly pink inside.
5. Drain the egg noodles. Pour the marinade into a large pan, then add the noodles to warm through and toss to coat in the marinade.
6. Place the noodles on a serving dish, top with the salmon and stir with the salad as below.

Fennel & lime Salad with Pomegranate

Ingredients

1 small head Fennel	1 small Pomegranate	1 small ripe Avocado
1 Bag of Salad Leaves		
<i>For the dressing</i>		
1 Lime	3tbsp Olive oil	

Method

1. Pluck any green fronds from the fennel, add the bag of prepared salad leaves straight into the serving bowl.
2. Top and tail the fennel and remove the tough inner core with the point of a sharp knife.
3. Slice the fennel as thinly as possible and add to the fronds.
4. Remove the Pomegranate seeds (cut the fruit in half and bash the outer core with a rolling pin to loosen the seeds from the membrane.
5. Slice thin slices of avocado, add to the salad leaves.
6. Whisk the lime juice with the olive oil and drizzle over the leaves to make the dressing.

Blackberry & Plum Streusal Tart

Ingredients

1 pack Sweet Pastry OR 1 Sweet Pastry Case	250g Blackberries	300g Plums, halved and stoned
85g Caster Sugar	1tbsp Semolina	
<i>For the Streusel Topping</i>		
200g Plain Flour	1tsp Cinnamon	85g Caster Sugar
85g Butter		

Method

1. If using fresh pastry, roll out the pastry and line a 23cm round tart tin. Prick the base and chill prior to baking. Follow baking instructions on the packet.
2. In a large bowl, gently rub the topping ingredients together, lifting to aerate, when the mixture resembles a fine crumb, pour onto a lined baking sheet and bake at 160°C for 25 minutes until golden brown.
3. Toss the blackberries, plums and sugar in a large bowl. Sprinkle the semolina over the base of the tart.
4. Pile the fruit into the tart case and smooth down.
5. Top with the streusel topping and place the tart into the oven for 15 minutes to warm through.
6. Serve warm with custard or cream or ice cream.