

# Food from the Farm

**A collection of recipes and  
stories from Boston Borough  
& South Holland**

**A Hannah Gardiner Project  
Commissioned by Transported**

TRANSPORTED



# Contents

**Foreword** ..... 3  
**Introduction**..... 4 - 5  
**Where are the farms & farm shops?**..... 6 - 9  
**When are the local markets & farmers markets?**... 10

## **Food from the Farm**

**Contents** ..... 11  
**Mains**..... 13 - 25  
**Sides/Light Bites**..... 26 - 38  
**Farm visits** ..... 39  
**Desserts/Baking** ..... 40 - 45  
**Preserves/Artisan** ..... 46 - 49

## **Recipes from local people**

**Contents** ..... 50 - 51  
**Mains** ..... 52 - 68  
**Sides/Light Bites**..... 69 - 75  
**Pumpkin Festival**..... 71  
**Desserts/Baking** ..... 76 - 87  
**Preserves/Artisan**..... 88 - 93

**Index** ..... 94 - 95

**Available as an e-book, download it for free at:**

<http://transportedfoodfromthefarm.co.uk/>

[free-recipe-book-download/](http://transportedfoodfromthefarm.co.uk/free-recipe-book-download/)

[www.transportedart.com/food-from-the-farm-e-book/](http://www.transportedart.com/food-from-the-farm-e-book/)

*A Hannah Gardiner project, commissioned by Transported.*



**TRANSPORTED**



*Day 2 with the travelling food hub - conversing at Boston Market*

We are delighted to have been able to support Hannah Gardiner's Food from the Farm project that led to the creation of this delightful book. It reflects Transported's approach to enable more people to be involved in the arts, and demonstrates that creativity can be found anywhere and in many forms.

Hannah's approach also reflects Transported's partnership with others: with councils, with the private sector, with farmers and growers, food processors and of course, with the general public. These partnerships are the route to sustain the value of the Transported programme in the longer term, ensuring creativity thrives in Boston and South Holland.

*Nick Jones*  
*Transported Artistic Director*

## Introduction

I have been fascinated by food for many years; experimenting with different diets, travelling and learning to cook many dishes, working on farms, and dabbling in growing my own at home. The creativity of combining the same or similar ingredients in so many different ways endlessly fascinates me. It is an art, and it seems there is always a new flavour or texture combination to be found. Some people don't think too much about food but to me it is an archive, what each person eats shows their history; where they're from, the places or people they've encountered, and what some of their interests are.

In the summer of 2014 I was given the chance by Transported to come and delve into the 'bread basket' of the UK, Lincolnshire. I spent 3 months living, working, eating, cycling, and talking, and this recipe book is the result. I wanted to explore the local food network in this area of high agricultural production, and found many people working on maintaining it. However I soon started to glimpse that I was only scratching the surface of some very complex dynamics; of people's livelihoods mixing with pressures from corporations and international markets, the cost of living both for the producer and consumer, and the plain reality that if you are harvesting more than 1000 tonnes of a single crop you probably won't be able to sell it at the end of the road. Almost every person I spoke to said they thought local food was a good idea, and that they sell or buy it where they can, speciality products such as meat and fish are especially popular. Market stall holders often prefer locally available crops because they are so much fresher, although in the modern world where we expect so much variety whatever the season it is necessary to source elsewhere to compete. In conversations the media's influence on people's behaviour came up again and again, I met several people who had started businesses based on things they had seen on TV, and all the market holders said they noticed their trade vary when different items came up on the news - many of them praised the good work done by chefs such as Jaime Oliver and Hugh Fearnley-Whittingstall.

Even the supermarkets are on to it now, although then you have the funny phenomenon of local food shipped off to a central depot and brought back! I came away with many questions but also some new ideas, and so I share this food for thought with you. I hope I manage to transmit some of the learning and realizations, as well as the cultural richness and depth, and good food I encountered.



This book is divided into two sections, the first 'Food from the Farm' is a guide to all the local producers and sellers I met on my journey - it's not a comprehensive list of the local food available in the area but I hope it can be useful to those wishing to know what is available locally and when and where they can get it. Each double page spread includes information about the person and their business, as well as a recipe related to them or their produce. At the beginning of the section you will find a map to easily locate the different places.

The second section is another kind of map in its entirety, an exploration of the diverse foodscape of Boston Borough and South Holland. A collection of recipes formed during my pop-up street interventions, and in my day-to-day life whilst living in the area. Again it is not comprehensive, but I was struck by

the multi-culturalistic nature of the recipes collected even from such a random and small sample of the population, and I do think the spread in this book reflects my personal experience of the place.

There is an index by main ingredient at the back, otherwise the recipes are in alphabetical order, first by the name of the farm and then by the name of the recipe - have fun experimenting!

*Hannah Gardiner, November 2014*



# Farms & Farm Shops

## Abbey Parks Farm Shop (in the car park of the garage)

East Heckington, Boston, Lincolnshire PE20 3QG

Mon to Sat: 9.00 - 17.00, Sundays: 9.30 - 17.00,

Bank Holidays: 9.30 - 17.00

[www.abbeyparcs.co.uk](http://www.abbeyparcs.co.uk), 01205 821610 - p.26

## Candlesby Herbs

Cross Keys Cottage, Candlesby, Spilsby, Lincolnshire, PE23 5SF

Tue-Sun: 10.00 - 17.00, Find us at Boston Farmers Market

[maninamillion@googlemail.com](mailto:maninamillion@googlemail.com), 01754 890211

[www.candlesbyherbs.co.uk](http://www.candlesbyherbs.co.uk) - p.44

## J.A. Danby's (Organic)

Old House Farm, Hall Lane, Wrangle, Boston, PE22 9BG

[chrissiedanby@aol.com](mailto:chrissiedanby@aol.com) - p.28

## Fen Farm Venison

Sleaford, Lincolnshire NG34 0JX

Find us at Farmers Markets in; Boston, Spalding, Sleaford

Tel: (01529) 421272 Mob: 07860 414314

[www.fenfarmvenison.co.uk](http://www.fenfarmvenison.co.uk) - p.14

## Grasmere Farm

Station Road, Deeping St James, PE6 8RQ

Shops: (Market Gate) Market Deeping, (High Street) Stamford

Find us at Farmers Markets in; Spalding, Sleaford, Stamford, Grantham

[info@grasmere-farm.co.uk](mailto:info@grasmere-farm.co.uk), 01778 342344

[www.grasmere-farm.co.uk](http://www.grasmere-farm.co.uk) - p.16

## Jack Buck Farms

Green Ln, Moulton Seas End, Spalding PE12 6LT

[www.jackbuck.co.uk](http://www.jackbuck.co.uk), 01406 370219 - p.30

## Maud Foster Windmill

Willoughby Road, Boston, Lincolnshire. PE21 9EG

(Shop) Wed & Sat: 10.00 - 17.00,

Find our products in many farm shops around the area

[www.maudfoster.co.uk](http://www.maudfoster.co.uk), 01205 352188 - p.38



Those marked with orange dots are farms shops, find the opening hours on the left, other producers can be found at the farmers markets indicated.

### **Oslinc**

White House Farm, Main Road, MOORBY, Boston, PE22 7PL  
Thur, Fri & Sat: 10.00 - 17.00,  
Find us at Farmers Markets in: Boston, Sleaford, Lincoln  
www.oslinc.co.uk, info@oslinc.co.uk, 01507 568885 - p.20

### **Pinchins Family Farm shop**

Douda Lodge, Church Ln, Algarkirk, Boston, Lincolnshire PE20 2HN  
Tue - Sat: 9.00 - 17.30, Thur: 9.00 - 21.00  
shop@pinchinsfarmshop.co.uk, 01205 460632  
www.pinchinsfarmshop.co.uk - p.22

### **Smith's Smokery**

Nova Lodge/Sea La, Boston PE22 8SD  
Find us in Farmers Markets in:  
Boston, Sleaford, Spalding, Lincoln, Grantham, Stamford  
www.smithssmokery.co.uk, 01754 820262 - p.32

### **Spalding Farm Shop**

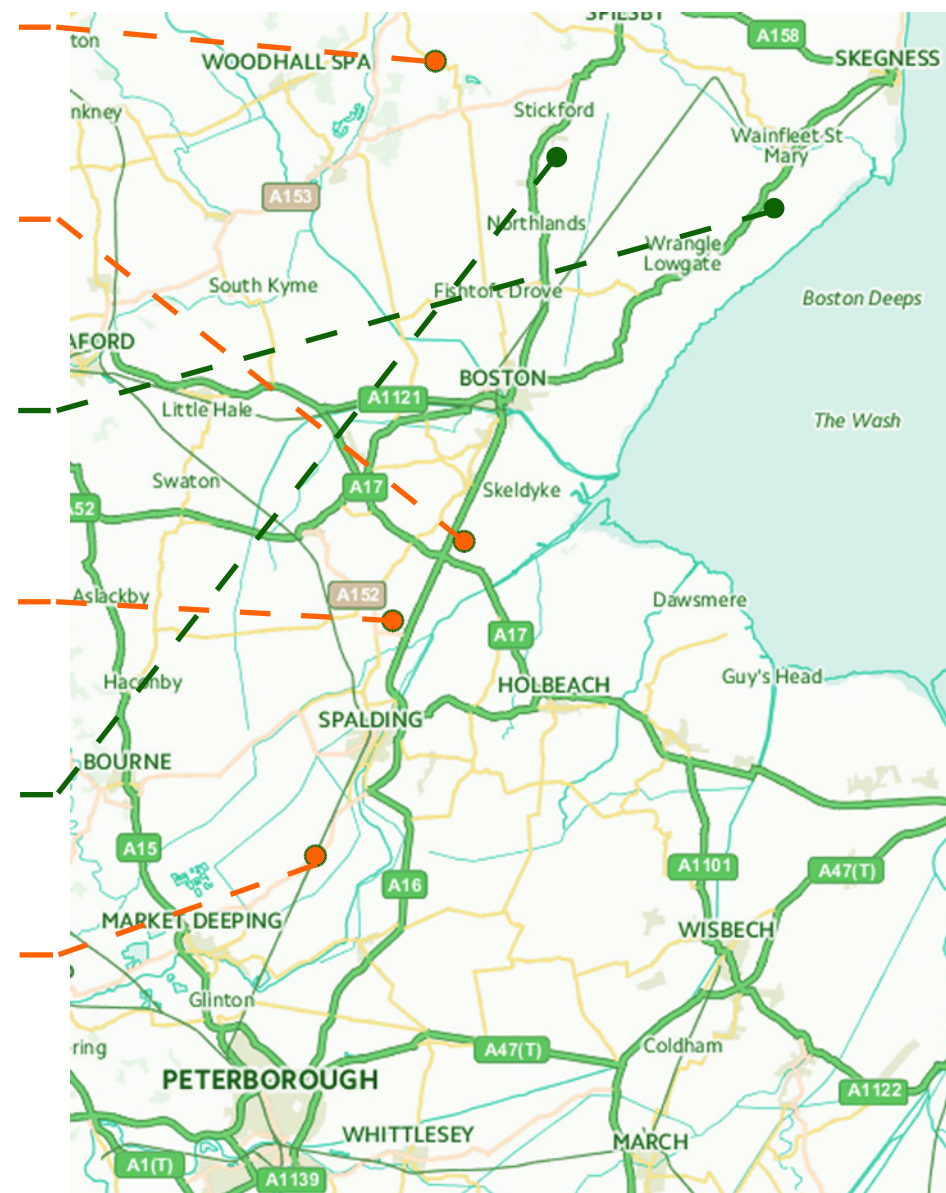
Scoldhall Ln, Surfleet, Spalding, Lincolnshire PE11 4BJ  
Mon - Sat: 9.00 - 17.00, Sun: 9.00 - 16.00  
Shop@Spaldingfarmshop.co.uk, 01775 680101  
www.spaldingfarmshop.co.uk - p.24

### **Strawberry Fields Organics**

Scarborough Bank, Stickford, Boston, PE22 8DR  
strawberryfields75@outlook.com, 01205 480490  
www.strawberryfieldsorganics.co.uk - p.34

### **Vine House Farm**

Main Road, Deeping St Nicholas, Spalding, Lincolnshire PE11 3DG  
Mon - Fri: 08.00 - 17.00, Sat: 08.00 - 16.00, Sun: 10.00 - 16.00  
birdseed@vinehousefarm.co.uk, 01775 630208  
www.vinehousefarm.co.uk - p.42



Those marked with orange dots are farms shops, find the opening hours on the left, other producers can be found at the farmers markets indicated.

# Markets & Farmers Markets

## Farmers Markets

Boston: 3rd Wednesday of the month, 9am - 2pm  
(Wide Bargate)

Grantham : 2nd Saturday of the month, 9am - 2pm  
(Welby Street, just off Wide Westgate)

Lincoln: 3rd Saturday of the month, 9am - 4pm  
(Castle Square)

Lincoln: 2nd Wednesday of the month, 9am - 4pm  
(High Street)

Lincoln: 1st Friday of the month, 9am - 4pm  
(City Square)

Sleaford: 1st Saturday of the month, 9am - 2pm  
(Market Place)

Spalding: 1st Saturday of the month, 9am - 2pm  
(Sheep Market Car Park)

Stamford: Fortnightly, every other Friday, 9am - 3pm  
(High Street)

## Markets

Boston: Wednesday 8.30am - 4.30pm & Saturday 8.30am - 4.30pm

Crowland: Friday 8.30am - 2pm (end time weather dependant)

Holbeach: Thursday 8.30am - 2pm & Saturday 8.30am - 2pm

Long Sutton: Friday 8.30 - 2pm (end time weather dependant)

Spalding: Tuesday 8.30am - 4.30pm & Saturday 8.30am - 4.30pm

# Contents

## Mains

Duck Egg Omelette . . . . .	13
Medallions of Venison with Black Pepper & Blackberries. . . . .	15
Slow Cooked Belly of Pork . . . . .	17
Smoked Fish Poached in Milk . . . . .	19
Ostrich with Dijonaise Sauce . . . . .	21
Curly kale mash with smoked sausages . . . . .	23
Roasted Pork Chops with Apple Sauce . . . . .	25

## Sides/Light Bites

Asparagus, Pea and Lime Soup . . . . .	27
Beetroot Salad (Lithuanian) . . . . .	29
Celeriac Remoulade . . . . .	31
Papaya Prawn Cocktail . . . . .	33
Blinis with Smoked Eel, Bacon and Horseradish . . . . .	35
Sorrel Potatoes . . . . .	37
Eggs with Lovage . . . . .	38
Farm Visits . . . . .	39

## Desserts/Baking

Spelt bread . . . . .	41
Rhubarb Yorkshire Puddings . . . . .	43
Buttermilk Cake . . . . .	45

## Preserves/Artisan

Basil Pesto . . . . .	47
Raspberry Vinegar . . . . .	49



**Name** Eden

### What's your story?

We have a small farm in Woodhall Spa with 5000 free range chickens, we have been selling at Boston market on Wednesday and Saturday every week for 13 years. I'm

16 years old and I've worked on the farm my whole life, I think it's been good for me to learn and understand how a business is run. I remember when I was about 10 years old 2000 chickens escaped on our farm, me and my brother were chasing them around for a good couple of hours but we couldn't catch them all - we still don't know how they escaped. Chickens are spooked really easily as well, even just by a bird flying over. I definitely think food consumption has changed in my lifetime, supermarket eggs are so cheap now, but you're looking at up to 2 weeks from being laid to when it arrives to you. If you're going to the market you're buying eggs which were laid the day before, so there is a big difference in quality.

### Where did this recipe come from?

I've tried a lot of eggs and my favourite is a soft boiled goose egg with bread 'soldiers' to dip in (make sure you put salt in the water whilst it's boiling to stop the shell cracking). Duck eggs are the best for omelettes, really delicious, but don't try to make Yorkshire Puddings with them - they'll come out flat!



**Recipe for:** (Duck) Egg Omelette

### Ingredients:

3 duck eggs  
150g mushrooms  
75g ham or bacon  
black pepper  
butter (or oil)  
2 - 4 tablespoons of cheddar cheese (optional)  
1 crushed clove of garlic (optional)

### Method:

- 1) Wash and dice the mushrooms into small pieces, cut the bacon or ham into small squares.
- 2) Break the eggs into a glass and beat them, add a pinch of black pepper.
- 3) Heat a pan and melt a small piece of butter, if you are using garlic add this and fry for 1 minute then add the mushrooms and meat.
- 4) Cook until a little browned then add the egg mixture, carefully moving the pan so it sets evenly, as the edges set lift them with a spatula to let the uncooked mixture get underneath.
- 5) Once it is nearly set either flip over and add the cheese on top or fold in half with the cheese in the middle. Cook until the cheese is fully melted.

### Advice/tips:

- You can put anything you want in an omelette really, try changing the ham for a bit of spinach, or change the mushrooms for asparagus if it's in season! You can also add more flavour with; sorrel, basil, chives or even chilli if you want to. The possibilities are endless!
- This recipe will also work with normal eggs.

**Food  
from the  
Farm**





**Name** Janet  
Fen Farm Venison

### What's your story?

My father was a farm worker but I was never involved in it, when I got older I married a fourth generation farmer whose family has been farming here for over 100 years. I remember first moving to the farm, it was so interesting watching everything grow. The farm was always mixed arable and livestock, we used to be dairy farmers but milk stopped being a viable business. We wanted to keep farming so we diversified and have been farming Venison since 1994, making the decision to stop producing milk in 2000. Retailing venison for the last 12 years we attend farmers markets at Sleaford, Grantham, Stamford, Boston, Spalding, Ely and many more locations. We do everything ourselves, we breed the deer - giving great importance to their welfare, they are shot on the farm and then go to an abattoir. The meat is hung for 7 days to give it a unique flavour, and then we make all our burgers and sausages ourselves. We sell at many farmers markets, including Boston (3rd Wednesday of the month), and Spalding (1st Saturday of the month)

### Where did this recipe come from?

This recipe came from Rachel Green, the Flying Chef. She comes from a Lincolnshire family who have been farming here for 14 generations, and is now a well known chef - appearing on numerous television and radio series and cooking for many prestigious clients - including the Queen!

To cook the perfect venison you must heat your pan really hot, with just a drop of oil, do 1 ½ - 2 min each side then take off the heat and leave to rest. The heat is important.

[www.fenfarmvenison.co.uk](http://www.fenfarmvenison.co.uk)



**Recipe for:** Medallions of Venison with  
Black Pepper & Blackberries

### Ingredients:

4 x 60-80g medallions of venison,  
plus any trimmings  
1 tbsp black peppercorns, coarsely ground  
20 fresh or frozen blackberries  
400ml beef consommé (tinned is fine)  
75ml port  
Sea salt  
75g butter  
1 tbsp redcurrant jelly  
2 tbsp double cream  
parsley stalks  
1 small shallot

### Method:

- 1) Make the stock by putting the consommé in a pan with a small amount of water, the venison trimmings, some parsley stalks and a small shallot. Bring to the boil and simmer for approximately 1 hour, until reduced to 200ml, then sieve.
- 2) Lightly press the venison pieces into the crushed black pepper and season with salt. Melt the butter in a frying pan over a high heat until the butter foams then sauté for 1-2 minutes each side. Remove from the pan and keep warm.
- 3) Sauté the blackberries slightly and reserve with the venison. Return the pan to the heat without rinsing out and add the port, redcurrant jelly and stock and boil vigorously, stirring well, until the jelly is dissolved and the contents of the pan have reduced by half and have a syrup-like texture, this could take a few minutes.
- 4) Remove the pan from the heat and add the remaining butter - the butter will give a glossy appearance and help thicken it.
- 5) Return the venison to the pan with any meat juices and heat the meat and sauce over a low heat for a few minutes. Add the cream, taking care not to let it boil.
- 6) Garnish with the blackberries and serve with potato and celeriac mash.

Food  
from the  
Farm

**Name** Mark  
Grasmere Farm

### What's your story?

I have worked for Grasmere Farm for 14 years, I am a butcher at the factory and come out to the markets as well.

They have produced all their own pork on the farm near Market Deeping since 1963, and we make all our own products on our farm. They also produce and grind their own traditional pig feed in their own mill by the River Welland. I've been butchering since I was 15 - doing a 3 year apprenticeship from when I was 16. Supermarkets call themselves butchers but they don't know what they're selling - they don't know how to recommend the right cut for different dishes. If you are going to sell a product you should know all about that product. If you are going to cook a piece of meat slowly you don't need to buy an expensive cut, only if you cook it quickly. Proper butchery is a dying art but at Grasmere we are determined to keep good quality meat products and a professional service readily available to the public. We have three butcher shops at Market Deeping, Stamford and Peterborough, and also do weekly market and farmers markets, including; Sleaford (1st Saturday of the month), Spalding (1st Saturday of the month), and Grantham (2nd Saturday of the month)

### Where did this recipe come from?

I always remember my mother's roast dinners, I don't often cook at home but when I do pork belly is one of my favourites. Some people find the meat too fatty, but for me if it's cooked right it's just beautiful. The trick is cooking it slowly, and with this recipe you get perfect crackling as well.

[www.grasmere-farm.co.uk](http://www.grasmere-farm.co.uk)



**Recipe for:** Slow Cooked Belly of Pork

### Ingredients:

belly of pork  
sea salt  
olive oil

1 tbsp cornflour or plain flour  
½ pint of stock or water from the vegetables  
(Approx, depending on how thick you want the gravy)  
white wine  
optional; gravy browning or Marmite

### Method:

- 1) Get a belly of pork, score the skin to get some crackling and rub some sea salt and olive oil into the skin.
- 2) Cover with tin foil in a roasting tin and cook at 140 - 150° for 4 - 5 hours.
- 3) Last 20 mins take it out of oven and turn the heat as high as it will go. Take the tin foil off, rub a bit more salt in and then put it on for 20 min and you'll get some really good crackling.
- 4) Take the pork out of the baking tray, place on a plate ready for carving and rest for 5 min
- 5) Put the roasting tin on the stove, heat and add plain flour or cornflour to the fat mixing well to ensure no lumps.
- 6) Add some prepared stock or the water from cooking the vegetables, and a splash of white wine.
- 7) Heat gently, stirring constantly and scraping the bottom of the pan until the gravy thickens. You can add gravy browning or a spoon of marmite to give a darker colour if you wish.
- 8) Carve the pork and serve it with mashed potatoes, peas and your choice of seasonal vegetables.

Food  
from the  
Farm



**Name** Mark  
Grimsby Fish

### What's your story?

I am the local fishmonger at Spalding Market (Tuesday and Saturday) and also do a door-to-door service. The fish comes fresh off the docks at Grimsby and is sometimes from dock to door in even just a number of hours. I have been doing this for 13 years, previously I worked in a different profession for 25 years and was ready for a change, a few of my pals were already working with fish trade so I went around for 2 weeks with a guy in Nottingham and then started my business. My Grandfather was also fisherman until sadly during the war he got blown up in the River Humber whilst on duty looking for mines, so I guess I do have fishing in my blood.



### Where did this recipe come from?

I eat fish 2 or 3 times a week, as I have gotten older I have been more aware especially of the health benefits. My favourite fish is Haddock, I enjoy it smoked and poached in milk, it's such an easy fast way to get a delicious meal. I also like a fillet of Haddock, just lightly pan fried in a bit of butter until golden brown, served with mushy peas and bread and butter. There are many other fish which are also nice poached such as salmon, plaice, sole, trout etc... Add a few peas, put in a pie dish with mashed potato on top and then bake in the oven to make an easy fish pie!

**Recipe for:** Smoked Fish Poached in Milk

### Ingredients:

1 pint of milk  
fresh black pepper  
2 medium smoked haddock fillets  
(ask your fish monger to fillet and de-bone it for you)

two teaspoons of vinegar  
4 eggs

Optional: A few sprigs of parsley and a bay leaf

### Method:

- 1) Put half the milk in a deep frying pan and bring to the boil, season with pepper (and bay leaf if using)
- 2) Add the fish skin side down, top up the milk if necessary until it's half way up the fillet and then bring to a gentle simmer - the trick here is not to have the milk too hot, it should not be boiling.
- 3) Cover and cook for 6-10 min or until the fish is just starting to flake, scooping the hot milk over the top of the fish occasionally to ensure even cooking, then remove from heat (175g - 200g steaks will take around 6-8 min depending on their thickness). Meanwhile boil some water in a small saucepan and add the vinegar, ready to poach the eggs.
- 4) Put your eggs whole into the saucepan of boiling water for 1-2 minutes, take them out with a spoon, run them under cold water, then carefully break them open into the water and poach them for around 4 minutes.
- 5) Optional; remove fish from the pan of milk, chop the parsley into small pieces, add, and then cook until the sauce reduces slightly. You could even add a spoon of cream at the end for an extra indulgent sauce.
- 5) Drain the poached eggs well and serve along with the fish, milk sauce, steamed broccoli and bread and butter to mop up the sauce!

Food  
from the  
Farm



**Name** Russell  
Oslinc Speciality Meats

### What's your story?

We have been farming ostriches in since 1994, we had sold one business and were looking for something else to do - I saw a program on television and thought it would be something different so we imported the birds from Africa and have been farming ever since. The ostriches have to be kept in a pen with a 6 foot fence! They are dangerous animals, if you met an ostrich in a dark alley it would kick you and walk all over you. However they are very much homing birds, once they have marked their territory out in the pen they won't go out - even if you leave the gate open. We sell the Ostrich meat and eggs, and more recently have diversified to sell even zebra and crocodile meats, my favourite steak is probably Llama, and my kids favourite is kangaroo spaghetti bolognese. We sell at Boston Farmers Market and have our own farm shop nearby Moorby open Thursday - Saturday.



### Where did this recipe come from?

Ostrich is a healthy low fat meat that can be used in any red meat dishes, I like using it in Balti Curry and the legs are delicious roasted, but it also makes a wonderful steak and can be cooked to your taste like a beef steak or even eaten raw. This recipe is a great one to enjoy the full flavour of the ostrich steak, just don't overcook it!

[www.oslinc.co.uk](http://www.oslinc.co.uk)

**Recipe for:** Ostrich with Dijonaise Sauce

### Ingredients:

2 Oslinc ostrich fillet steaks  
2 tbsp of virgin olive oil  
(or locally produced rapeseed oil)  
1 tbsp Worcestershire sauce  
2 cloves of crushed garlic  
juice of  $\frac{1}{2}$  lemon  
1 tbsp dijon mustard  
2 tbsp of double cream  
a good tot of whisky

### Method:

- 1) Add the oil, Worcestershire sauce and crushed garlic to a frying pan over a medium heat.
- 2) Turn up the heat before adding the Ostrich fillets and pour the lemon juice over the meat.
- 3) Quickly seal the meat on both sides then cook for a further 2 to 3 minutes on each side. (Remember ostrich fillet steak is very low in fat and should be served rare to medium for best results.)
- 4) When the meat is cooked remove from the pan and allow it to rest on warm plates.
- 5) Add lemon juice to the frying pan, the Dijon mustard, double cream and whisky, stir together for approximately 1 minute and pour over the fillets.

### Advice/tips:

- Serve with potatoes and seasonal vegetables, or alternately why not try it with garlic bread and salad.
- Ostrich steak should be cooked over a high heat to seal the meat, then turned down and cooked according to the cut like beef, a little pink in the middle is ideal - you can check during cooking with a knife by cutting open slightly.

Food  
from the  
Farm



**Name** Henny  
Pinchins Family  
Farm Shop

### What's your story?

We have our own butcher and do our own curing and smoking. My father had a slaughterhouse and butcher shop in Holland



so some of that must have rubbed off on me. James's family have been farming for over 100 years. We rented a 450 acre mixed farm in Oxford, but were bought out of the tenancy after 60 years. We were selling meat from our own cattle, sheep and pigs in Oxford and wanted to do the same in Lincolnshire so we came here 8 years ago. We have won various awards over the last 2 years: several in the Melton Mowbray pie competition, 11 awards in the poacher competition 2 weeks ago, 3 awards in the national sausage competition also 2 weeks ago, and third for our steak and kidney pie in the national pie competition 3 weeks ago. Earlier in the year we won 14 awards at the BPEX competition in Newark and have also entered the national Farm Shop of the year run by speciality food magazine. At our Farm Shop we sell lamb and beef supplied from our own farm, our own eggs, and make all our own pies, cakes etc.... We also have a café with hot and cold food, breakfast etc... Once a month we have a dining evening with a different theme every time.

### Where did this recipe come from?

Very easy, cheap and super tasting dinner. This is what the Dutch eat regularly, I am from Holland so we ate this as children a lot and our son here loves it. We do eat it summer and winter, as I freeze the kale when it is in season, so we have enough through the year.

[www.pinchinsfarmshop.co.uk](http://www.pinchinsfarmshop.co.uk)

**Recipe for:** Curly Kale Mash with  
Smoked Sausages.

### Ingredients:

A bunch or head of curly kale  
500g-750g potatoes  
knob of butter  
smoked sausages (1 or 2 per person)

### Method:

- 1) Strip the kale of the stems and wash several times, peel potatoes, enough to mash for 4 people. I do 6 pieces of kale per person as it seems to disappear when you mash it together.
- 2) Fry the sausages, 1 or 2 per person, no need to fully fry them just give them a bit of colour.
- 3) Put kale in large saucepan, bring to the boil, after 5 minutes add the potatoes and bring back to the boil, reduce heat when boiling, add the sausages on the top and simmer until potatoes are tender.
- 4) Remove sausages, drain kale and potatoes, add knob of butter, and salt and pepper to taste and mash together, Share between plates and put sausages onto plates.

### Advice/tips:

Kale is highly nutritiously rich and is known as a superfood! It has high levels of Antioxidants, Calcium, Iron, Vitamin C, Vitamin A, and Omega 3.

Food  
from the  
Farm



**Name** Jaime  
Spalding Farm Shop

### What's your story?

We farm 300 acres, growing potatoes, and 9 years ago decided to start running Spalding Farm Shop. We worked hard to grow the business and also added a coffee shop 2 ½ years ago. We have 4 or 5 good local growers very close-by to the shop and always sell their products where we can. We do also stock some imported out of season food but I use a local wholesaler for that as well. We also make our own pies and cakes on site which we sell in the coffee shop and frozen ready to cook at home. I think it's unfortunate that young people these days are often convenience eating, they don't cook proper food any more - more takeaways and ready meals - and the local farmers are suffering. I wonder if perhaps there is not enough access to cooking training anymore, I think they should be taught these skills in school. We bought up our children on vegetables and taught them how to cook, we never even bought baby food - always pureed our own. I think a fresh healthy diet is really important, and want to provide high quality, nutritious food for people in the Spalding area.



### Where did this recipe come from?

This is my favourite recipe to cook at home, I also love to make cauliflower cheese, and of course you can't beat a roast dinner!

[www.spaldingfarmshop.co.uk](http://www.spaldingfarmshop.co.uk)

**Recipe for:** Roasted Pork Chops  
with Apple Sauce

### Ingredients:

4 pork chops  
1 medium onion  
1 tbsp apple sauce

1 tbsp cornflour or plain flour  
½ pint of stock or water from the vegetables (approx, depending on how thick you want the gravy)

### Method:

- 1) Preheat your oven to 180° with a roasting tin inside
- 2) Start by heating a little oil in a pan to a high heat and frying off the chops slightly (around 3 minutes)
- 3) Transfer them to the baking tray and bake them for 6-10 min, meanwhile dice and fry your onions.
- 4) Take the roasting tray out of the oven and put it on the stove, remove the pork chops. Add the cornflour or plain flour to the juices in the tin to make a paste, add the fried onions and then gradually add the stock or water stirring constantly to make a gravy.
- 5) Add the apple sauce and then return the pork chops to the tray and cook in the oven for a further 20 minutes.
- 5) Serve with cauliflower cheese, mashed potatoes, and cabbage or calabrese (Italian sprouting broccoli)

### Advice/tips:

- Let the chops sit out of the fridge for around 30 min before cooking them to ensure even cooking
- Don't trim off the fat
- Get chops which still have the bone in
- It's worth paying the extra for well-raised well-fed heritage pork, you can taste the difference!

Food  
from the  
Farm



**Name** Sophie  
Abbey Parks Farm Shop



### What's your story?

We moved here 27 years ago to our farm (Abbey Parks), and dad put down an acre of asparagus 5 or 6 years after we started. We didn't really know what to do with it so we just started selling it at the end of the road, sales went really well so we put another acre down. Asparagus is slow growing, it takes 2 to 3 years until you can harvest it but after that it will be very productive for 10 years or more, so we gradually built up and at our height we had 30 acres dedicated to this crop. Our asparagus has been renowned around the country, it has even been sold in the Ivy Restaurant! I was about 7 or 8 when we started growing it, I remember weekends or after school going out on the fields to help my parents when we just had 1 acre - once we expanded of course we had to get help in, asparagus has to be cut, graded, and bunched by hand - it's quite an operation. From our sales at the end of the road we realised there was a market for fresh local produce and opened our Farm Shop in 2002, asparagus is one of our main crops for selling in the farm shop but we also sell for other local producers and have a restaurant for which we grow as much as we can in a poly tunnel behind the shop.

### Where did this recipe come from?

When it's asparagus season (early May through June) we eat asparagus for at least one meal per day and have asparagus evenings at the farm shop where we make a starter, main and dessert from asparagus - we have even made asparagus sorbet! My favourite way to eat asparagus is simply lightly blanched with butter and pepper, or in pasta with cream and lots of parmesan, but I also like make more unusual asparagus concoctions such as this pea and lime soup.

[www.abbeyparcs.co.uk](http://www.abbeyparcs.co.uk)

**Recipe for:** Asparagus Pea and Lime Soup

### Ingredients:

1kg/2.2lbs asparagus sliced  
2 medium onions  
2 cups frozen peas  
1 cup lime cordial (Belvoir)  
zest of 2 limes and juice  
1 cup of double cream  
1 litre of water  
2 vegetable stock cubes

### Method:

- 1) Sweat onions and asparagus in a pan with a little olive oil.
- 2) When soft, add frozen peas and boiled water, bring back to boil.
- 3) Add lime cordial, zest and juice of limes.
- 4) Cook for further 4-5 minutes to remove acid.
- 5) Add cream and season to taste, black pepper preferable.
- 6) Blend in a liquidizer to a smooth velvety consistency and strain.
- 7) Garnish with asparagus spears.

### Advice/tips:

- Asparagus is a really versatile vegetable and can also be enjoyed simply lightly blanched with butter and black pepper.
- Asparagus season is from early May through June, watch out for it from the end of April.

Food  
from the  
Farm



**Name** John  
S. G. Danby & Son

### What's your story?

I inherited the farm, along with my brother, from my father who had been farming here since 1947. I remember many years ago we used to use sheep dung to fertilize the tomatoes and only had one chemical fertilizer available which was applied to the fields by hand! During the later part of his life my father became very interested in conservation, dedicating a lot of time to planting trees on our land. I have continued this work, putting in ponds and different hedgerows to create habitats. We grow cauliflower, broccoli, cabbage and beetroots, in 1999 we made the decision to go organic and have been working with the insects instead of against them wherever possible since then. In 2000 we won the FWAG Silver Lapwing Award for conservation, as well as fresh produce you can also enjoy National Trust walks around our property to see varied species of farmland birds attracted by our conservation work, please contact us for permission and routes if you are interested.  
chrissiedanby@aol.com



### Where did this recipe come from?

We enjoy a very good relationship with our eastern european workers, this recipe was shared with us by one of them and has become one of our favourite ways to eat beetroot. We won the Soil Association Organic Food Award, Fruit and Vegetable Category for our stripy chiongia beetroot in 2011, and it is an oft consumed food in our house! We also enjoy it simply sliced with cheese or roasted on a Sunday.

**Recipe for:** Beetroot Salad  
(Lithuanian)

### Ingredients:

boiled beetroot (about 4 medium size)  
red onion (1 medium)  
can of red kidney beans  
baby gherkins (about 6)  
mayonnaise

### Method:

- 1) Dice red onion finely, and chop gherkins into small pieces.
- 2) Peel and chop the beetroot.
- 3) Mix altogether and add 1 good dollop of mayonnaise, taste and add more to your taste preference.
- 4) Serve with salad and cold meat.

### Advice/tips:

Another simple and easy salad idea to make with beetroot is to grate it raw, squeeze fresh lemon or lime juice over it, mix well, and leave to marinade for 3-5 minutes before serving. For something really different try mixing dried coconut in as well.

**Food  
from the  
Farm**



**Name** Robin  
Jack Buck's Farm

### What's your story?

We have been farming in Moulton Parish for nearly 150 years, in 1992 we did 2 trial acres of celeriac and have now carved out a niche in the market – growing more than 60% of the celeriac for the whole country! It is a very nutritive and low calorie vegetable, with cheering levels of potassium, vitamin B6, vitamin C, phosphorous, calcium and magnesium. It also contains more iron than broccoli. Arguably one of the ugliest vegetables around we created branding for the celeriac as 'the ugly one', and now supply up to 70% of the celeriac consumed in the UK, so here in Lincolnshire is the freshest you can get it. Look out for it on stalls at the local fresh fruit and veg markets (Boston, Wednesday & Saturday - Spalding, Tuesday & Saturday) We also grow among other things; potatoes, daffodils, fennel and peas.



### Where did this recipe come from?

Celeriac is a little known vegetable but it is extremely versatile and can be used in many dishes. It should be prepared with a sharp knife, first cutting off all the 'knobbly bits' and the skin. It is delicious boiled, sliced, mashed, roasted or grated raw. One of the most common ways to eat is mashed in with mashed potato, its flavour also works particularly well with curry. This is just one of the recipes we like to cook with it. Find more on our website!  
[www.jackbuck.co.uk](http://www.jackbuck.co.uk)

**Recipe for:** Celeriac Remoulade

### Ingredients:

1 medium celeriac  
2 tsp dijon mustard  
2 tsp wholegrain mustard  
6 tbsps mayonnaise  
juice of 1/2 lemon  
salt and pepper

### Method:

- 1) Prepare the celeriac and coarsely grate either by hand or in a processor.
- 2) Blanch the shreds in boiling salted water for about 1 minute, drain and refresh in cold water. Drain well.
- 3) Mix all the other ingredients together in a large bowl and season well. Add the celeriac, toss and serve.

### Advice/tips:

This will keep in the fridge for up to 12 hours.

Food  
from the  
Farm



**Name** Charlotte Finn

### What's your story?

My dad had a shop originally, I used to be in a play pen in there and nick the tins off the shelf, and try to escape. But my parents were never able to buy the shop because the owner wouldn't sell it, so we went on to the market stalls, and I've always helped. In the summer holidays I'd go with dad on a Thursday, and I'd have already picked out from the catalogue what I wanted to buy so I'd work hard to make sure I earn't my money. I've always enjoyed the market, my dad loved me because I had a loud mouth. They'd stick me on the end of the stall when they were packing up at the end of the day, when I was 7 or 8 I remember losing my voice selling the last cauliflowers at two for a £1. I worked in commercial shops but ended up getting my own stall when I got older, and have had it for 11 years. We diversified into more oriental stuff about 12 years ago, selling Indian and Thai vegetables to keep the stall alive, but what we can buy local we do. These days so many people go on holiday so they want more exotic stuff. My favourite fruit we sell is a purple mangosteen from Thailand, or maybe the jack fruit. We're at Boston market Wednesdays and Saturdays.



### Where did this recipe come from?

I love my mums Sunday roast, with all the vegetables we sell we always have a good spread. But this recipe is my mums lazy food, after working on a Saturday it's such a treat. It's a variation of the avocado and prawn recipe people normally do.

**Recipe for:** Papaya Prawn Cocktail

### Ingredients:

1 large papaya (from costa rica)  
prawns

1 tbsp mayonnaise  
1 tbsp ketchup  
pinch of cayenne pepper  
a drop of tabasco sauce or worcestershire sauce  
salt and pepper  
optional; lemon or lime

### Method:

- 1) Make the Marie Rose Sauce by mixing together mayo and ketchup, add other condiments to taste.
- 2) If prawns are not already cooked bring a large pan of water to the boil, add vinegar and lemon to the water, then add the prawns and cook until they float on top. Once cooked mix the prawns with the sauce.
- 2) Cut the papaya in half, scoop out the seeds and fill it with the prawn mixture. Eat it straight out of the skin!

Optional; squeeze lemon or lime on top

### Advice/tips:

Could be divided between 4 or more as a starter, or between 2 as a main meal - I find it very sweet to have as a whole meal.

**Food  
from the  
Farm**



**Name** Anne  
Smith's Smokery

### What's your story?

My husband has been in the business of catching eels for over 30 years and used to sell them live to people in Holland, in 2001 he and my son decided to start smoking the fish themselves using the knowledge they had learnt from visiting the Dutch smoke houses. We smoke our fish using Oak or Beech wood fires in traditional old fashioned kilns, and don't add any artificial colourings, additives or preservatives - only a little salt to cure it first. More recently we have diversified our products to also include things such as salmon, mackerel, trout & cray fish. I have been involved in the business for the last 12 years, mainly since we started smoking the fish and coming out to sell it at local markets. I really enjoy coming out to the markets, talking to people, it's really social. We attend Farmers Markets in; Boston (3rd Wednesday of the month), Spalding (1st Saturday of the month), Sleaford (1st Saturday of the month), Grantham (2nd Saturday of the month), & Lincoln (3rd Saturday of the month).

### Where did this recipe come from?

My favourite meal is fish and chips, but for something different on a special occasion I would recommend trying this recipe. It was supplied to us by Rachel Green, the Flying Chef. She comes from a Lincolnshire family who have been farming here for 14 generations, and is now a well known chef - appearing on numerous television and radio series and cooking for many prestigious clients - including the Queen!

[www.smithssmokery.co.uk](http://www.smithssmokery.co.uk)



**Recipe for:** Blinis with Smoked Eel, Bacon and Horseradish

### Ingredients:

60g smoked eel fillet  
4 rashers thinly cut smoked streaky bacon  
200g creme fraiche  
1 tbsp strong horseradish sauce  
Dill sprigs, to garnish

75g plain flour  
1 tsp baking powder  
2 eggs  
Full fat milk  
30g butter

### Method:

- 1) First make the blinis. Sift the flour and baking powder into a bowl with a pinch of salt. Make a well in the centre and add the eggs. With a whisk or wooden spoon, mix gently, drawing in flour from the edges, to make a smooth batter.
- 2) Add enough milk to make a thick batter, probably between 50ml and 100ml, but dependent on the size of your eggs.
- 3) Melt the butter in a large frying pan. Drop tablespoons of the batter into the hot pan and cook for 2 - 3 minutes on each side, until golden brown and cooked through, you may have to do this in batches. Keep the blinis warm in the oven at a low temperature.
- 4) Pan fry or grill the bacon until crisp.
- 5) Mix together the creme fraiche and horseradish sauce, and season.
- 5) To serve, place a couple of warm blinis on each plate. Spoon some horseradish creme fraiche on top, and divide the smoked eel between the plates. Top each plate with a rasher of crisp streaky bacon, and garnish with a sprig of dill.

# Food from the Farm





**Name** Pam  
Strawberry Fields Organics

### What's your story?

We started growing in 1975, with the aim to feed ourselves and a hippy ideal in our hearts, we started farming organically 'by accident' - we would never have considered putting chemicals on the land. We used to grow strawberries as our main crops but these days we grow a diverse variety of up to 80 inspirational crops, including;

7 different types of lettuce, 3 different colours of beetroot, 46 varieties of squash, red kale and green curly kale, purple cauliflower, sorrel, lovage, and many other herbs and vegetables (see our website for more details). We supply these to shops, box schemes, and wholesale to market outlets. We are very much a family business with both my sons and daughter taking a hand in the work since they were very young, my son recalls sitting on the cabbage planter at the age of 10!

In 2014 we were very proud to win Select Lincolnshire's 'Grower of the Year' award, a testament to our years of hard work and dedication to organic agriculture.

### Where did this recipe come from?

Chewing sorrel in the summer was once common practice as the bitter leaves can quench your thirst. The Romans and Greeks used to nibble on the leaves after over indulging since the plant is very soothing for the stomach. It is an often overlooked plant, with a distinctive tangy, lemony flavour it can add a special touch to many dishes. Young sorrel leaves can be added to salads, but this recipe is for the larger, older leaves and is a quick and easy to make side dish that adds excitement to any meal.

[www.strawberryfieldsorganics.co.uk](http://www.strawberryfieldsorganics.co.uk)



**Recipe for:** Sorrel Potatoes

### Ingredients:

200 - 400g small heritage potatoes  
or small new potatoes

a spoonful of butter  
150g sorrel

### Method:

1) Boil a quantity of small potatoes. Heritage potatoes are best if available. Blue, Pink Fir Apple etc, or otherwise small new potatoes.

2) Meanwhile chop up 150g sorrel.

3) Melt a spoonful of butter in a frying pan (the more buttery the better, as much cholesterol as you dare!) Throw in the strained potatoes and chopped sorrel and heat through.

*Sorrel is a perennial, which can be easily grown in your garden or found foraging in grassy areas which haven't been sprayed with chemical fertilizer.*



### Advice/tips:

Sorrel is also delicious chopped and stirred through a risotto five minutes before the end, added to soups or stews, used in fish or egg dishes, or (for the young leaves) sprinkled on a salad.

Its flavour can be overbearing if used in excess, so use wisely!

Food  
from the  
Farm

**Recipe for:** Eggs with Lovage

**Ingredients:**

4 - 6 eggs  
(or more depending on number of people)

A handful of Lovage  
200ml soured cream (1 small tub)  
black pepper

**Method:**

- 1) Put eggs in a saucepan and cover with cold water, bring to the boil and then cook for 7-10 minutes (hard boiled). Once cooked remove the eggs with a spoon and plunge them into cold water.
- 2) Meanwhile chop up handful of lovage to taste. Stir into a small tub's worth of sour cream.
- 3) Once the hard boiled eggs have cooled peel the shell by cracking it all over and starting from the wide end, then cut them into slices. Put them in a dish and pour the prepared sauce over.

# Food from the Farm



*Also known as sea parsley it was very popular in Roman times and used to be thought of as an aphrodisiac (among many medicinal uses). Some people think this is the origin of the name, although it could also come from love-ache, the medieval name for parsley.*



**Advice/tips:**

With a distinct flavour, somewhere between celery and parsley but with a hint of curry or aniseed, it can add an intense celery type flavour to soups or stews, and works well with chicken or potato. Young leaves can be added to salads, bigger plants can be cooked as a side vegetable with meat - it's also nice just in scrambled eggs!

## Farm Visits

As part of my project I arranged for people to visit different farms and share food with the farmers. The sharing of food is an ancient ritual of greeting, celebration and parting, and I wanted to facilitate the space for a more personal connection between people from different ways of life in this agriculturally renowned area.



*Above; In the kitchen at Strawberry Fields Organics.*



*Right; Tea and cake with Nicholas Watts of Vine House Farm - a farmer, bird enthusiast, and conservation activist.*

*Below; Walking down to try out the planter at Strawberry Fields Organics*





**Name** Richard  
The Maud Foster Mill

### What's your story?

The Mill was first built in 1819, and continued working until 1948. It was bought by the current owners in 1987 in a state of disrepair. They restored it to full working order, opening in 1988. It is one of only 2 or 3 that are still in use. We grind a variety of grains, including; rye, spelt, and oats, as well as wheat - some of our wheat comes from Vine House Farm at Deeping St Nicholas, the Spelt and Rye come from Norfolk. On a good day of wind we mill a small bag of flour every 30 seconds, although that isn't every day! I have helped out here for 15 years, to us it is important we give our customers a high quality product with the most amount of nutrients. Good old fashioned bread, which has enough time to rise during the baking process, has been a staple in human life for 1000s of years. The modern bread sold in supermarkets is often made from poor quality wheat fortified with gluten and minerals, and is treated with a variety of exotic substances to give a long shelf life - it's no wonder some people end up with problems eating it! We sell our products in local farm shops including; Spalding Farm Shop, Abbey Parks, Vine House and Manor House. We also have our own shop open Wednesday and Saturday, you're welcome to visit and come on a tour of the mill!

### Where did this recipe come from?

Spelt is a particularly good grain for making bread, it is naturally slightly higher in protein and rises very well - allowing you to make a wholegrain loaf which is very light and has a sweet taste. It used to be much more popular - the grain grown in roman times was much closer to spelt than the wheat we have today - but it didn't take so kindly to intensive agricultural methods so has dropped slightly out of the mainstream eye. This is from a book of recipes by 'The Traditional Cornmillers Guild'

[www.maudfoster.co.uk](http://www.maudfoster.co.uk)



**Recipe for:** Spelt bread

### Ingredients:

1.5kg/3lb spelt flour  
3 tsp soft brown sugar  
750ml/1 ¼ pints water  
40g/1 ½ oz fresh yeast (or 25g/1 oz dried)

(Makes 3 loaves, to make only 1 use 1/3 of the ingredients but with 300ml of water)

### Method:

- 1) Mix the yeast, sugar and 250ml of tepid water (not too hot or it will kill the yeast) in a small bowl, leave to one side for 10-15 min or until froth forms on the top.
- 2) Put flour in a large bowl, make a hole in the middle and add yeast mixture stirring to combine, then knead for around 6 minutes until it forms a smooth dough. (use extra water if necessary).
- 3) Cover the bowl with a tea towel or plastic bag and leave to rise until it has doubled in size, an hour or less. Spelt rises very easily so it is best to leave it at room temperature to rise as slowly as possible. Meanwhile grease a baking tin and line with flour (it will stick to the grease).
- 4) Turn out the dough onto a floured surface, knead for a few minutes then turn out into the prepared tin. Leave to rise for around 20 min. Meanwhile preheat the oven to 225°.
- 5) Make a deep cut almost through the loaf, lengthways, before you put it in the tin.) Bake for 35 - 45 min, when ready the bread will sound hollow when tapped.

### Advice/tips:

Spelt flour rises very quickly, so the loaves are prone to what is known as baker's tunnel. This is a hole which you cannot see from the outside, but which develops, if you are not careful, just below the crust. You can also make the bread mixing up to 25 - 75% white flour to make a lighter, softer loaf.

Food  
from the  
Farm

**Name** Steven

### What's your story?

I used to be a brick layer but am now a Fruit and Veg Seller at Holbeach Market. We buy locally where we can directly from the farmer and also through a local auction, unfortunately we can't grow what we sell any more because we've got too big. When I buy my cauliflowers locally I will tell my grower and he'll cut them in the afternoon and put them in the cold store, this means when they arrive to the stall first thing in the morning they are still fresh. Buying from a wholesaler they will have been cut two days before and sat in cold storage for a day - so they'll be at least three days old by the time they arrive to me. When I was younger we always grew a lot of our own and we used to salt runner beans down for the winter. You get a glut in the summer, slice them quite finely then salt them down into jars. We would pack them in sweet jars, layered beans, salt, beans, salt, beans, salt - pop the lid on and keep them. Once you've opened a jar you have to use it in a week but in this way we could be eating beans up until March.



### Where did this recipe come from?

I always remember my grandmother's sunday dinners - a nice bit of four rib beef, fresh carrots from the garden with whatever other vegetables we had at the time, and of course the Yorkshire Puddings - if you didn't have Yorkshire Puddings, you didn't have a meal! We also used to eat them cold with jam, or my gran would drop rhubarb in them - served with butter and sugar it's a heart attack on a plate! Lovely though....

**Recipe for:** Rhubarb Yorkshire Puddings

### Ingredients:

1/3 egg (2 or 3 eggs)

1/3 flour

1/3 liquid (2/3 milk, 1/3 water)

rhubarb, cut into 1/2 inch pieces, sprinkled with sugar and baked in the oven for 10-15 minutes so it should keep its shape. (optional: sprinkle with orange rind and cinnamon)

### Method:

- 1) Put a little oil the oven tray or a drop in each compartment for a cupcake tin, then put in the oven to heat at 220° for 10-12 minutes.
  - 2) In the meantime get a jug, crack your eggs in
  - 3) Add 1/3 flour (same volume as the eggs), incorporating gradually
  - 4) Add the last third of liquid (same volume as eggs again). Beat until smooth
  - 5) Drop the Yorkshire mix into the preheated tray. If you are adding fruit drop it in on top of the batter now (If using rhubarb it should have been pre-cooked)
  - 6) The oven should be 220-30° celsius before you put them in - cook at 12 min then reduce the heat to 180 celsius (but don't open the door until they're ready!)
- Advice/tips:**
- Alternatively you can make a 'Yorkshire Drop' from any other fruits dropping into it; rhubarb, plums, blackberries, cherries or raspberries - whatever is in season. The rhubarb should be cooked before being added - other fruits can simply be chopped. In this case you just drop the fruit in on top of the batter before putting in the oven. (optional: add a little vanilla essence to the batter)

Food  
from the  
Farm



**Name** Nicholas  
Vine House Farm

### What's your story?

I am very interested in wildlife, and in the late 1970s and early 80s I was doing surveys for the Lincolnshire Bird Club and the British Trust for Ornithology, and I thought I would like to see what's on my farm. I started in May 1982 and have done it every year since. From 1982 - 1992 the number of birds dropped significantly. In the 1960s we only had the technology to spray 1 herbicide, by the 1990s we used 3 herbicides for weeds, 2 insecticides, 2 growth regulators, and other fungicides. The farming industry raised wheat yields from 1 ½ tonnes an acre to 3 ½ tonnes an acre, but things went downhill for the wildlife. I wondered what to do about it, so I started feeding them in the farmyards – after a while we were getting so many hundreds of birds coming to feed it was a spectacle so I had an open day. At the open day people asked me to sell them some bird seed, so I did. This carried on at other open days and I ended up selling bird seed without trying, so I decided to make a business from it - which now makes more money than the rest of the farm! We do also grow a small amount of organic vegetables for ourselves and the local community which we sell through our Farm Shop at Deeping St Nicholas.

### Where did this recipe come from?

Everyone used to have cattle, we used to need them for manure. The cow shed would be down by the field because you would take the manure to the field and then later the hay back to the cows – so it didn't make sense to have them far away. My mother used to make this cake, and send me back to school with it and I've liked it ever since. We don't have cattle any more but we still make this cake.  
[www.vinehousefarm.co.uk](http://www.vinehousefarm.co.uk)



**Recipe for:** Buttermilk Cake

### Ingredients:

½ lb plain flour  
½ cup of buttermilk  
2 large eggs or 3 medium  
½ tsp bicarbonate of soda  
pinch of salt  
4 oz butter  
4 oz sugar  
4 oz sultanas

### Method:

- 1) Preheat the oven to 170° and grease and line a square baking tin with greaseproof paper.
- 2) In a bowl combine the salt, bicarbonate of soda and flour – set aside.
- 3) In another bowl combine the butter and sugar, beat with an electric or hand whisk until light and fluffy, then add the eggs one at a time, beating to combine well after each one.
- 4) Add the flour mixture and buttermilk alternatively, gradually until combined, then fold in the sultanas and pour the mixture into the prepared tin.
- 5) Bake for 35 – 45 minutes or until a skewer inserted into the middle comes out clean. Cool in tin for 10 minutes before removing, then cool on a wire rack.

### Advice/tips:

- Can be stored in an airtight container at room temperature for a couple of days.
- You can also add ½ a teaspoon of vanilla extract and/or some finely grated lemon zest for a different flavour.

Food  
from the  
Farm



**Name** John  
Candlesby Herbs

### What's your story?

I am from Oxfordshire originally but have lived in Lincolnshire since 1972, I love the big skies - and the sausages of course! We sell wild flowers, herbs, and herbal products. My wife was the inspiration for our business as she was brought up in India where herbs and spices are the ordinary way of life, so she grew herbs all her life. We started off making pot-pourri, cooking mixes and teas and it just developed from there, we began the business in 1980 and haven't looked back. We attend the farmers market in Boston (3rd Wednesday of the month) where we mostly sell fresh herbs, plants, and some dried cooking mixes. If you want to order dried herbs or tea mixes you can do so over the internet or come and visit us in Spilsby.



### Where did this recipe come from?

My wife Jayne is trained as a cordon bleu chef, and developed this recipe by trial and error over many years - it's one of my favourites.

[www.candlesbyherbs.co.uk](http://www.candlesbyherbs.co.uk)

**Recipe for:** Basil Pesto

### Ingredients:

1 large bunch of sweet basil  
(approx 2 entire plants of the kind you buy in the supermarket)  
125g hard italian cheese grated  
125g pine kernals  
the peeled cloves of 1 whole garlic  
250-350ml virgin olive oil

### Method:

- 1) Put all ingredients in the blender with enough oil to give the consistency of thick cream.
- 2) Blend thoroughly, then store in a jar or suitable container. Remember to label the container!

### Advice/tips:

- This will store in the fridge for 2-3 weeks, or in the freezer almost indefinitely. To maintain the flavour if you're freezing it, you can try not adding the cheese until you defrost it and are going to use it.
- You could also lightly toast the pine kernals and garlic (with the skin still on) with a medium heat in a dry saucepan, shaking the pan occasionally.

Food  
from the  
Farm





**Name** Colin

### What's your story?

I am a painter and decorator by trade, although I have been in farming pretty much all my life. This is my son's business, we do about 8 markets a week, selling flowers and vegetables. When I was a child we used to grow a lot of our own, we had about an acre of garden and we used to grow so much that I would go around with a bike trailer and sell it. You're talking 50 years ago now

and I don't think people eat so much fruit these days, if we wanted an apple we would just go down the garden and pick one, but the gardens are so small now...

The way they used to live 50 years ago it was completely different, we would have bacon hanging in the pantry and it would get mould on it before we used it - we would just scrape it off and use it, and we're still here - my father was 92 when he died, and my mother was 86! We buy local where we can as it's much fresher, find us at Spalding Market Tuesdays and Saturdays



### Where did this recipe come from?

My mother never used to cook with herbs, she was a good cook and she just made simple fresh food. She would often make plain puddings, and we would have them with Raspberry Vinegar... It's also good against sore throats or flu, we still use it and my wife still makes it now. It's delicious served over ice cream, with lemonade or on a cake - you can also use it on salads like balsamic vinegar.

**Recipe for:** Raspberry Vinegar

### Ingredients:

1 lb raspberries or strawberries  
(450g approx)

1 pint of white wine vinegar (or cider vinegar)  
(500ml approx)

1lb sugar  
(450g approx)

*This makes a thick syrup but you can add less sugar according to taste; (120g - 350g: 500ml approx) 4oz - 12oz of sugar per pint of liquid*

### Method:

- 1) Put the fruit in a wide mouth jar and crush slightly with a fork, add the vinegar, cover tightly and leave for 1 week to soak (or up to 2 weeks), stirring or shaking occasionally. (or a bowl covered with cling film)
- 2) Mash up the fruit then strain out with a muslim cloth or other fine strainer trying to get out the most juice possible (you can leave it straining for 2-3 hours if you have time, try to resist squeezing as this will make the vinegar cloudy).
- 3) Add the sugar, heat stirring gently until the sugar has dissolved, then bring to the boil and simmer for about 10 minutes scooping off any froth that forms off the top.
- 4) Leave it to cool and put it in sterilized glass or plastic bottles, but DO NOT put the tops on until it has cooled down.

### Advice/tips:

- This will taste better if left a few weeks before using, it will keep for 1 year in a cool dark place.
- Use stainless steel bowls and pans, aluminium will react to vinegar.
- It can be made without sugar, but it should still be boiled for 10 minutes before bottling.
- The 'pickled' raspberries can be discarded or eaten.

Food  
from the  
Farm

# Contents

## Mains

Bigos (Polish Hunter's Stew).....	52
Boiled Sausages .....	53
Corned Beef Pasta .....	54
Courgette Ratatouille .....	55
Fried Belly of Lamb (or Pork) .....	56
Haslet.....	57
Kaang Ka Ree (Thai Yellow Curry) .....	58
Kugelis (Lithuanian Potato Pie).....	59
Leczo (hungarian/polish stew).....	60
Leftovers in the Fridge.....	61
(Traditional) Lincolnshire Sausage Pie .....	62
Noodle Omelette.....	63
Pierogi (Polish Dumplings).....	64
Roasted Pork in Milk (Italian).....	65
Stew and Dumplings (Traditional English).....	66
Stuffed Chine.....	67
Vegetable Tray Bake.....	68

## Sides/Light Bites

Borscht (Beetroot Soup).....	69
Chilli, Pumpkin & Wild Mushroom Soup.....	70
Cream Cheese and Pumpkin Dip .....	70
The Pumpkin Festival .....	71
'Mock Crab' Sandwich Filling.....	72
3 Polish Salads (Potato, Rice, or Pasta) .....	73
Rotkraut (German Red Cabbage).....	74
Zupa Szczawiowa (Polish Sorrel Soup).....	75

## Desserts/Baking

Apple Duffs.....	76
Banana Bread .....	77
Boiled Cake (Irish).....	78
Boiled Cake (Pineapple).....	79
Brioche (Bread & Butter) Pudding.....	80
Cupcakes with Buttercream Icing.....	81

(Mixed) Fruit Pie .....	82
Lemon & Lime Flan.....	83
Plain Puddings (suet) .....	84
Plum Bread .....	85
Snow Queen.....	86
Soda Bread.....	87

## Preserves/Artisan

Bottled Tomatoes.....	88
Fig and Onion chutney.....	89
Limoncello (Lemon Liqueur).....	90
Lime and Mint dressing .....	91
Marrow Chutney .....	92
Raspberry Leaf Tea.....	93



*The Travelling Food Hub, this pop-up bike trailer and stall moved around markets and streets in Boston Borough & South Holland - becoming a site of recipe interchange, conversation, and cake!*



*Bike Trailer made from recycled aluminium, designed by Venetia Offord*



**Recipe for:** Bigos (Polish Hunter's Stew)

**Ingredients:** 1,5kg sauerkraut, chopped  
 2 onions, chopped thinly  
 2 tbsp of oil  
 1 whole (about 1 kg) of polish sausage, cut into slices  
 250g boneless beef, chopped  
 100g bacon, chopped  
 150ml red wine  
 3 spoonful of tomato pure  
 half a handful of dried forest mushrooms  
 2 bay leaves  
 3 seeds of allspice (available in polish shops as 'ziele angielskie')  
 1 spoonful of cumin seeds  
 1 spoonful of majoram  
 salt and pepper

**Method:**

- 1) Put sauerkraut into a big pot, add bay leaves and allspice, pour boiling water, and cook slowly covered, until tender (about 50 min).
- 2) Put mushrooms in plenty of water to soak. Fry onion, then add sausage and fry until brown.
- 3) In separate pot boil about 1l of water, add beef and bacon, cook for 20 min. Add to the cooked sauerkraut; cooked meat, mushrooms, onion and sausage. Pour in the wine and cook for another 20 min.
- 4) Add salt and pepper and tomato pure, mix and cook for few more minutes.

**Name** Paulina Kochanek

**What's your story?**

I came to UK in March 2014 and want to stay here for good. Cooking is my passion, I learnt it from my mother who is a chef.

**Where did this recipe come from?**

The recipe is from my mother's cook book which contains also the recipes of my grandmother.

**Recipe for:** Boiled Sausages

**Ingredients:** uncooked sausages (Lincolnshire or any)  
 1 onion  
 1 clove of garlic  
 1 tin of chopped tomatoes  
 olive oil  
 red wine  
 herbs (de provence, oregano, mixed herbs etc...)

**Method:**

- 1) Slice the onion, heat a little oil in a pan and fry the onion until soft, moving occasionally. (approx 5 min)
- 2) Add garlic and fry for 1 min more, then add sausages and fry for a short while until slightly browned.
- 3) Add a splash of wine, stir, then add the tomatoes.
- 4) Add herbs to taste, then cook until the sauce thickens and the sausages are cooked.
- 5) Serve with mash potato or boiled floury potatoes, and peas.

**Name** Colin

**What's your story?**

I'm a retired violin teacher and now work with conservation, mostly with bats. I am not local but I've lived here since 1973. This area has always had migrant workers, it used to be the Irish and farmers had the paddy houses for them to stay - nowadays of course it's the Eastern Europeans. The population has grown massively since I've been here though, it was discovered by the government that this was a very under populated area and so they made a policy of expanding the population. I think growing and selling locally is a very good thing, these days it's funny because the supermarkets try to tell you they sell locally, but what they don't tell you is they've shipped it off to a central depot and then brought it back again.

**Where did this recipe come from?**

This was an Elizabeth David recipe, it was from Rome, I just Frenchified it by putting wine and herbs. It's one of my favourite ways to cook sausages.

**Recipe for:** Corned Beef Pasta

**Ingredients:** 1 tin of corned beef (or tinned meat)  
1 tin of tomatoes  
1 tin of beans  
pasta

**Method:**

- 1) Mix together the tomatoes and beans and heat through.
- 2) Cut the corned beef (or meat) into chunks and add to the bean mixture.
- 3) Cook half a packet of pasta (or 100g per person) in boiling water for 10-12 minutes, drain and add to the bean mixture.

**Name** Ian Evans

**What's your story?**

I am the project manager at Boston Foodbank, we opened in April 2012 when we felt there was a need for people in Boston - as there is in many parts of the country - who because of benefit delays, zero hour contracts, or losing their jobs were in need of food aid. We open Tuesday and Thursday mornings, and use a voucher system - people are referred to us by agencies and doctors surgeries. We normally give out enough food for three days at a time, but are always happy to repeat that. We are here to get people on their feet, not to fill their larders. Zero hour contracts are a big issue, as are high energy bills, since February 2013 we have seen a 300% increase in people coming in. We also do a parcel for people living on the streets, and a kettle mix for those who only have use of a kettle. We are all volunteers, and are very dedicated, we have seen many people arrive in difficult times and have helped put them on their feet. I am originally from Wales, but my dad was in the army so we travelled round a lot in my youth. I was a barristers clerk for 25 years, and then decided to go into the church 23 years ago. I came to Boston in 2006 and worked here, then retired from the church in 2011. I am still a chaplain at the hospital and the prison but the Foodbank takes most of my time now.

**Where did this recipe come from?**

From the Foodbox Menu Guide, which we give to people with the food.

**Recipe for:** Courgette Ratatouille

**Ingredients:** 4 - 6 lbs olive oil  
4 - 6 courgettes halved and thinly sliced  
4 - 6 cloves of garlic  
a handful of cherry tomatoes  
a handful of basil

**Method:**

- 1) Heat the olive oil in a sauce pan, add the garlic and fry for a few seconds.
- 2) Add courgettes and cook for 20 min turning now and then until they start to brown.
- 3) Add the tomatoes, slightly crushed.
- 4) Cook for 5 min until the oil is absorbed.
- 5) Take of the heat, add the basil leaves and allow to cool for 5 min before serving.

**Name** Paul

**What's your story?**

I have had an allotment for 14 years and am the chairman of the Willoughby Road Allotment Association. Food brings out conversation and brings people together. My parents had a small farm but I wasn't interested in that - it seemed like too much effort. Gardening is less formal, you don't have to dig or follow specific rules, you can do what you like! Years ago it was different but I have noticed that in England we seem to have grown out of eating properly, in Italy things are cooked more fresh and people really take time over it. Growing your own food does take more effort but I wanted to grow things you can't buy in the supermarket. I enjoy eating unusual, tasty and fresh food.

**Where did this recipe come from?**

This recipe comes from the Cleveswest Allotment Recipe Book.



**Recipe for:** Fried Belly of Lamb (or Pork)

**Ingredients:** 1 lamb's belly (preferably whole)  
flour  
egg (raw, beaten)  
breadcrumbs

**Method:**

- 1) Put the lamb's belly in a pan of water, bring to the boil then turn to a low heat and cook for about 1 hour (or until cooked)
- 2) Take it out, remove bones and excess fat (save this for stock or put it out for the birds)
- 3) Leave the pieces of meat to cool, then dip (in this order) in flour, in the beaten egg, then in breadcrumbs. (Have each in a separate low dish or other suitable container.)
- 4) Heat oil in a saucepan and fry each piece until it's brown.
- 5) Serve with 2 veg and mashed potato (boiled, then mashed with a drop of milk, butter and salt & pepper to taste).

**Name** Gill Corby

**What's your story?**

I'm from Holbeach, I'm retired now but I used to work with children. I think people don't cook so much any more because there's so much convenience food and takeaways. But it can actually be cheaper to eat fresh, especially around here - because the fresh vegetables can be so cheap. Just go to the markets, especially at the end of the day, you can pick up loads of stuff!

**Where did this recipe come from?**

I've always done it, in the old days it was a cheap meal picking up a lamb or pork belly from the butcher, but nowadays it's become fashionable so it's gotten more expensive

**Recipe for:** Haslet

**Ingredients:** 1lb (450g) shoulder pork  
or 200g pork belly, 200g liver  
4oz (120g) bread (could be slightly stale)  
1 egg (beaten)  
1 medium onion  
salt, pepper and sage (to taste)  
fat skirt, bacon or caul fat (enough to cover)

**Method:**

- 1) Crumble the bread and soak it in water or milk.
- 2) Chop sage and onion finely, and mince meat finely (or twice). Squeeze out bread and mix all ingredients together.
- 3) Place in a well greased and lined 1lb loaf tin, pressing down to avoid air bubbles.
- 4) Cover with strips of fat skirt, bacon or caul fat. Bake at 170° for 1 ½ hours, or until a deep brown on top.
- 5) Allow to cool in the tin before turning out. Refrigerate for at least 2 hours before serving, then serve as a cold meat with chutneys, pickle, bread or salad.

**Advice/tips:**

- Check to see if the middle is cooked half way through cooking, if the top is browning too quickly cover it with tin foil.
- If you don't have a baking tin you can just roll it into a ball, cover with caul fat, bacon etc... then place in a roasting tin uncovered.
- The egg and onion are optional, you could also add a kick of chilli or other herbs to give a different taste.

**Name** Mrs Phillipson

**What's your story?** I'm from Boston

**Where did this recipe come from?**

My mother used to make it, she also sometimes cooked with it. Potato and haslet pie was one of my favourites. You just put slices of haslet then slices of potato in several layers, finishing with potato on top, and bake it in the oven 180° for around 45 min.

**Recipe for:** LS Kaang Ka Ree (Thai Yellow Curry)

**Ingredients:** ½ - 1 stalk lemongrass (sliced)  
 1 tbsp chopped galangal  
 1 tbsp chopped ginger  
 2 dried yellow chillies  
 ½ cup chopped shallots  
 1 tbsp chopped garlic  
 1 tsp coriander seeds  
 1 tsp mustard seeds  
 1 tsp cumin seeds  
 ½ tsp turmeric powder  
 ½ tsp shrimp paste  
 ½ tsp salt

(Or alternately to the above buy Thai Yellow Curry Paste)

1 cup (250ml) coconut milk  
 250g beef or chicken  
 ½ cup potato (peeled and cubed)  
 ½ onion  
 fish sauce  
 palm sugar

### Method:

- 1) If making curry paste, soak the chillis in hot water for 15 minutes, and toast the seeds in a dry saucepan on a low heat until fragrant. Now put all the ingredients in a food processor, adding the water the chillis were soaking in to get a smooth paste. (or use mortar and pestle)
- 2) Boil the cubed potato for 5 min, drain and set aside.
- 3) Heat a saucepan and add ½ tbsp of the curry paste heat for 1 minute, then add the cocunut milk. Stir fry until oil appears on top.
- 4) Add the meat and stir fry until done. Add one cup of water or stock. Bring to the boil, add potato and onion, then cook until tender.
- 5) Add fish sauce and palm sugar to taste. Add more fish sauce or salt if it's not salty enough, and more sugar if too sour. If it's too salty, add a little lime juice. Serve with cooked rice.

### What's your story?

I work in the SingThai Market, the shop is 1 year and 5 months old. We want to introduce local people to the food, although there are also 50 families from Thailand here. I love English desserts though.

### Where did this recipe come from?

In Thailand people eat this every day, and also for special parties.

**Recipe for:** LS Kugelis (Lithuanian Potato Pie)

**Ingredients:** 5lb (2kg) potatoes  
 250-450g bacon (or other meat)  
 1 white onion  
 ½ cup (125ml) evaporated milk  
 4-5 eggs  
 1 tbsp flour  
 1- 2 cloves of garlic  
 oil or butter  
 salt & pepper

### Method:

- 1) Cut bacon into small pieces, heat oil or butter in a pan and cook until crispy. Put aside.
- 2) Peel potatoes and grate them finely (keep them in water whilst waiting to grate them or they will discolour), grate the onion to a normal size. Discard excess liquid.
- 3) Put them all into a bowl, add crushed garlic and pour the meat and meat juices over the top.
- 3) Add milk, and then add eggs one at a time, beating after each addition.
- 4) Add the flour, salt and pepper and mix well.
- 5) Grease a baking tray and put in prepared mixture. Bake at 200° for 15 minutes, then turn the heat down to 190° and bake for another 45 minutes, or untill golden brown and crisp.
- 6) Cut into squares and serve hot with soured cream.

**Name** Anna

### Where did this recipe come from?

Lithuania. You can also use the same recipe to make bulvių dešros (potato sausage), by blending the potato and onion and stuffing it into sausage casing. The sausages would then be pricked with a pin all over, basted with water, and baked.



**Recipe for:** Leczo (hungarian/polish stew)

**Ingredients:** 2 onions  
7 tomatoes  
peppers: 2 green, 2 yellow and 2 red  
500g polish sausage, sliced  
3 courgettes  
small piece of smoked bacon, chopped  
2 tsp sweet paprika (or 1 sweet & 1 smoked)  
½ tsp spicy paprika (or up to 2 if you like it spicy)  
salt, pepper, sugar  
fresh parsley to serve

**Method:**

- 1) Chop the onions and fry with oil, add bacon and sausage, and then cook until brown.
- 2) Add the chopped peppers, and after 10 min add skinned and chopped tomatoes (to skin tomatoes you pour boiling water over them, leave them for 2 min and the skin peels away easily)
- 3) At the end add the chopped courgettes and cook all together until tender and the sauce has reduced slightly. Season with salt, pepper and paprika and cook a little longer.
- 4) Check if you need more seasoning then serve with chopped parsley on top.

**Advice/tips:**

- This can be served with buckwheat, rice, bread, or as a side dish to a piece of chicken or steak.
- The secret is to use lots of paprika, you could also replace 1 tsp of the sweet paprika with 1 of smoked paprika.
- You could also add mushrooms in step one after the meat is cooked.

**Name** Mrs Danusia

**Where did this recipe come from?**

This recipe is originally from hungary but is very popular in Poland.

**Recipe for:** Leftovers in the Fridge

**Ingredients:** fresh broccoli (crunchy)  
grated red leicester  
pasta (of any type, cooked)  
chopped boiled ham  
chunks of chicken breast (cooked)  
sweetcorn  
2-3 fresh tomatoes (sliced into rounds)  
  
2 tbsp butter (or olive oil)  
2 tbsp flour  
½ pint milk  
dash of white pepper  
optional; dash of mustard powder

**Method:**

- 1) Melt butter or oil in a small saucepan, add the flour so it forms a paste. (if using mustard powder add here) Cook for a few minutes, stirring constantly.
- 2) Add the milk gradually, stirring constantly to combine well and ensure no lumps (using a balloon whisk makes this easier).
- 3) Add white pepper and some grated cheese, and cook on a low heat, stirring constantly, until the sauce thickens.
- 4) Mix your white sauce (roux) with all the other ingredients in a bowl. Put into a casserole dish and grate more cheese on top.
- 5) Cook in the oven at 180° for 30-45 minutes, put your sliced fresh tomatoes on top for the last 10 minutes.
- 6) Serve hot with a side salad and garlic bread.

**Name** Anne Wright

**Where did this recipe come from?**

If you're skint this is a very filling meal!! I'm always finding inventive ways to combine what's left over in the fridge. This one has become a family favourite!

**Recipe for:** (Traditional) Lincolnshire Sausage Pie

**Ingredients:** 225g plain flour  
100g butter (or 50g lard, 50g butter)  
pinch of salt  
2-3 tbsp very cold water  
  
4oz sausage meat  
1 egg  
chopped garlic  
herbs (i.e. rosemary, thyme, mixed herbs etc...)

**Method:**

1) Put flour and salt in a large bowl. Add the butter (soft, at room temp and cut into cubes). Rub the butter into the flour with your finger tips until you have a coarse bread crumb texture. Work quickly so it doesn't get too greasy. (Alternatively you can put the ingredients in a food processor and pulse until combined)

2) Using a knife stir in just enough water that the dough holds together. Wrap the dough with clingfilm and chill for 15-30 min before using. (Lasts up to 3 days in the fridge or 3 months unbaked in the freezer, must be room temp to roll)

3) Grease your pie dish, roll out the pastry between two sheets of baking paper and line the pie dish.

4) Mix sausage meat with egg, garlic and herbs, and put into pie dish. For the top, either; roll out pastry and put top on the pie, pressing edges closed with fingers, or put sliced tomatoes on top.

5) Bake at 200° for 30 minutes. Then serve with gravy and two veg

**Name** Barbara

**What's your story?**

I'm from Boston, I've lived here all my life. I used to cook everything, mince pies every week, even wedding cakes.

**Where did this recipe come from?**

This recipe came from the Be-Ro recipe book. They make flour, and have made recipe books since 1923, you can send away for them, they used to be free but even now they only cost £2.50.

**Recipe for:** Noodle Omelette

**Ingredients:** 2 packs instant noodles  
chopped fresh veg (i.e. onions, peppers, tomatoes, potatoes, garlic)  
eggs (6 or more depending on pan size)  
cheese (to taste)  
olive oil  
seasoning to taste  
(i.e. salt, pepper, chilli, oregano, curry...)

**Method:**

1) Make up noodles

2) Heat oil in a pan and cook onion until soft (approx 5 min), add other veg and cook until softened. Remove from heat.

3) Add noodle and mix well, beat eggs and then tip into pan and stir well.

4) Bake in a 160-180° oven till cooked.

5) Sprinkle cheese on top, return to oven until browned.

6) Serve with salad and bread.

**Advice/tips:**

- This is a great way to use up any leftovers - roast potatoes, tinned sweetcorn etc... You can vary it with different herbs and spices.
- You could also add meat, i.e. cooked chicken or smoked sausage.

**Name** Hilary Davis

**What's your story?**

I am a mother of four, only one at home now. We have nine cats and a small flock of ducks and chickens.

**Where did this recipe come from?**

This is a student use-it-up recipe.  
Great as it uses fresh eggs and leftovers!



**Recipe for:** Pierogi (Polish Dumplings)

**Ingredients:** 1 cup buckwheat  
500g quark (rennet white cheese)  
1 egg  
1 tsp chopped fresh mint (optional)  
salt  
soured cream (only needed if quark is dry)  
2 cups (250g) plain flour  
1 tsp butter or oil  
about a cup of warm water  
1 egg  
1 tsp salt

**Method:**

- 1) Heat 1½ cups of water with a little salt, when it boils add 1 cup of buckwheat and cook uncovered on a high heat until it has expanded and the visible water has disappeared from the top. Turn down the heat, put a lid on the pot and cook for 5-15 min more until the bottom water has been absorbed. Leave to cool.
- 2) Mix flour with salt, butter (or oil) and egg gradually add water mixing with your hand so the batter becomes soft and sticky, but you should still be able to handle it. Put aside to rest.
- 3) Mix cooked buckwheat with quark, egg and mint. Add salt, add cream if necessary - it should be a paste and not fall off a spoon.
- 4) Sprinkle some flour on the table, and roll out a handful of dough until flat and thin (about 2mm). Cut circles out with a cup, place a bit of filling in the centre of each and touch the inside edge with a wet fingertip to stick the edges together to form semicircle. Carry on until the batter or the filling is all used up.
- 5) Boil a pan of water and add salt, drop pierogi in the water for about 3 - 5 minutes then remove and eat. You can put some cream or butter on top and season with salt, pepper and polish cumin seeds.

**Where did this recipe come from?**

This recipe must be made using the proper quark (made with organic rennet) and buckwheat from the eastern european shop. The flavour is different! At Christmas in Poland it's made using saurkraut and also with mushrooms foraged from the forests.

**Recipe for:** Roasted Pork in Milk (Italian)

**Ingredients:** 1 lean joint of pork  
1 clove of garlic  
½ pint milk  
salt and pepper

**Method:**

- 1) Get a roasting tin, put the garlic in shelled but whole. Mix salt and pepper together and rub it into the meat.
- 2) Put the tin on top of the hob and heat, keep turning the joint until it's brown all the way round.
- 3) Slowly pour ½ pint milk over the joint, then put it in the oven at 180°-190° for about an hour or more, depending on size (cook slowly to get more flavour)
- 4) When it's cooked take the meat out, pour the milk into a blender and blend to mix well. Pour back over the meat and leave it in the oven to keep it warm until serving. Serve with two veg.

**Name** Rachel

**What's your story?**

I am from Boston but lived in Italy for 21 years and came back recently. When I was at school here there was an old cinema where we would all go to have games, dance competitions, films and fun, there's nothing like that now, my dream would be to open a children's centre in the centre of Boston. Since I got back I notice that there's a lot more foreign food here now, and a wider variety of ingredients available, also that a lot of shops have closed - I guess because of high rent. One thing that's been here forever though is Oldrids, it's unique to Boston, it's family run and keeps expanding, in the cafe upstairs at the weekend you wouldn't find a place. In Italy in Turin it's so different, people go shopping every day and there's 20 food markets. They wouldn't buy fresh food from a supermarket because it's too old.

**Where did this recipe come from?**

It's an Italian recipe

**Recipe for:** Stew and Dumplings (Traditional English)

**Ingredients:** 500g lean stewing steak (or 1 packet)  
oil or butter  
1 white onion  
2 cloves of garlic  
3 carrots  
2 potatoes  
1 leek  
500ml stock

red wine  
Worcestershire sauce  
1 teaspoon of thyme  
2 bay leaves  
1 tbsp flour  
salt & pepper

2oz (56g) shredded suet  
4oz (110g) self raising flour  
water

### Method:

1) Heat oil or butter in a saucepan, fry the onions until soft, then add the meat and cook until the meat is browned on all sides. Sprinkle over the flour and cook for a further 2-3 minutes.

2) Add crushed garlic and chopped vegetables and fry for a few more minutes, then add a splash of wine, the herbs and the stock. Add the Worcestershire sauce, salt and pepper to taste. Cover with a lid and simmer gently on the stove or cook in the oven at 180° for 2 hours.

3) To make the dumplings combine the suet and flour with a little water, divide them into small balls and roll them in flour, add them to the stew for the last half an hour of cooking.

### What's your story?

I am the pastor at Boston Christian Fellowship and am currently starting 'Make Lunch', a project for children who don't have enough food at home, they get given lunch when they go to school. We want to extend it to school holidays and weekends, and include some activities for them. There are several branches around the country, we have a good location here as I have been talking to farmers about donating food which doesn't fit the spec, as well as to Bookers and supermarkets. Three nights a week we also do a soup kitchen at Zion Methodist Church (Brothertoft Road) from 8pm-10pm, all run by volunteers, although we are currently limited by our facilities and looking to get a more professional kitchen set up.

**Recipe for:** Stuffed Chine (pork)

**Ingredients:** 3 lbs collar bacon or shoulder of bacon (boned)  
3 large bunches of parsley

### Method:

1) Soak meat in cold water for 2 or 3 hours to remove salt (discard water). Cut slices towards the fat (cross ways as if slicing bread), cutting almost through the joint.

2) Stuff the gaps with as much parsley as will fit.

3) Tie up with string and boil, roast, or steam. To boil put in a pan of boiling water and simmer for around 1 ½ hours.

4) Put in a cake tin just smaller than the joint, and put a plate over it with a weight on top to press down the meat.

5) Leave overnight to rest in the fridge, then serve as a cold meat (with salad or in sandwiches), nice with a dash of vinegar.

**Name** Sheila Priestley

### What's your story?

I'm from a small village 15 miles north of Boston, I remember as a child when they killed the pig my dad took a week off work and the butcher came on his sit-up-and-beg bike with the tools wrapped up on the handlebars. My dad never let him kill it until we'd gone to school though. After you killed the pig you had the pigs fry (a mix of belly pork and shoulder, with offal such as kidney, liver, intestines, etc...) which you shared with your neighbours. When you gave it to them they'd take it on a plate and then give the plate back without washing the blood off. The pigs fry was often made into a casserole. People killed their pigs at different times so we had meat all winter, with curing and preserving as well of course, and many had a meat hook in the front room where they'd hang the cured meat. In old houses you still get a damp patch on the wall where the salt soaked in.

### Where did this recipe come from?

The chine is between the shoulder blades of a pig, it is hard to obtain from butchers these days as it must be carefully cut away by hand. The meat should be cured before being used in this recipe, traditionally it was used for the occasion of babies being christened.



**Recipe for:** Vegetable Tray Bake

**Ingredients:** sweet potato  
celery  
small tomatoes  
carrots  
onions  
chickpeas (from a tin, or pre-cooked if dried)  
coconut oil  
paprika  
pink salt (himalayan salt)  
optional; smoked bacon or chipolatas

**Method:**

- 1) Pre-heat oven to 200°, melt coconut oil.
- 2) Chop or slice vegetables into manageable pieces, put into a roasting tin and sprinkle with seasonings and coconut oil.
- 3) Place in the oven for 25-30 minutes, depending on the size of the vegetables.
- 5) Serve with salad and/or bread.

**Name** Liz Taylor

**What's your story?**

I remember fondly my mum and dad and grandparents having the commitment and enthusiasm for planting vegetables and salad for all our family to eat and sharing any excess with neighbours.

**Where did this recipe come from?**

This came from encouraging my children to enjoy all different types of vegetables, and their friends too!  
You can make it with whichever vegetables are in season, there's always different tasty variations.  
There are not usually any leftovers!

Mapping the Diverse Foodscape

**Recipe for:** Borscht (Beetroot Soup)

**Ingredients:** 150 g of beetroot  
150 g of tomatoes  
150 g of carrot, celery, parsley  
100 g of onion  
4 spoons of chopped parsley leaves with dill  
lemon juice  
salt  
optional; white beans (soaked overnight and precooked)

**Method:**

- 1) Peel beets, carrot, celery and parsley, wash and rinse in water. Grate vegetables with grater.
- 2) Peel onion, rinse and cut into little pieces. Along with other vegetables put into the pot (if using beans add now) and pour hot water or vegetable stock. Cook vegetables, until soft.
- 3) Pour fresh tomatoes with boiling water, and then take their skins off. Cut tomatoes into cubes. Chop the dill and parsley leaves up. Throw it with tomatoes into boiling borscht.
- 4) Season to taste with salt and with lemon juice if necessary, serve with soured cream and some chopped parsley or dill on top.

**Name** Mrs Kopkowska

**What's your story?**

I am from Poland, in Eastern Europe we eat soup all the time, it seems strange to me that English people don't!

**Where did this recipe come from?**

This recipe is from Poland/Ukraine, it can also be served with a boiled egg or pieces of .cooked, baked or stewed meat

Mapping the Diverse Foodscape

**Recipe for:** Chilli, Pumpkin & Wild Mushroom Soup

**Ingredients:** 800g pumpkin, peeled and diced into rough 2.5cm chunks  
1 ½ leeks, washed and sliced  
4 tbsp olive oil or low calorie spray  
½ tsp dried chilli flakes  
3 cloves of garlic, (sliced)  
a small handful of dried porcini (about 10g)

**Method:**

1) Over a very low heat, cook the pumpkin and the leeks in the oil / spray for 45 minutes. Meanwhile, cover the dried mushrooms with 800ml boiling water. After a few minutes, drain and chop the mushrooms and keep the soaking water.

2) Stir the chilli flakes and sliced garlic into the pumpkin and continue to cook for a further 10 minutes. Strain the soaking water through a fine sieve onto the pumpkin and add the chopped mushrooms. Bring to a simmer and cook for 20-30 minutes until the pumpkin is soft.

3) Check the seasoning and add salt and pepper according to taste. Next mash the soup a few times, this will help improve its consistency, but be careful not to over do it! Finish with a sprinkle of grated Parmesan.

**Recipe for:** Cream Cheese and Pumpkin Dip

**Ingredients:** 250g low fat cream cheese  
250g icing sugar  
425g pumpkin (puréed)  
1 1/2 tbsp. ground cinnamon  
2 tsp. allspice  
1 tbsp. unsweetened orange juice

**Method:**

1) Make the pumpkin puree by cooking chopped pumpkin, covered with tinfoil, at 160° for 1 hour, then purée in a blender.

2) Beat the icing sugar into the cream cheese until smooth. Stir in the pumpkin puree, cinnamon, allspice and orange juice. Once smooth, refrigerate until ready to use - will last 4-5 days.

**Where did this recipe come from?** South Holland  
Kitchen Garden Project

We are dedicated to supporting local communities to get involved with Healthy Cooking and Community Growing. Our main focus for the Community Cooking Project is to build confidence, develop knowledge and improve skills around healthy eating, balanced diets and cooking in a fun and engaging way. We also provide training and



opportunities to support communities to grow their own produce. Free support and advice is available to individuals, households and community groups. We have done demonstrations of how to cook pumpkin at the Spalding Pumpkin Festival for the last few years, and these are a couple of the recipes we show people. More information and recipes are available on our website [www.kitchengardenproject.co.uk](http://www.kitchengardenproject.co.uk)

## The Spalding Pumpkin Festival

is held every year, and celebrates the annual pumpkin harvest. The festival is sponsored by Europe's biggest producer of pumpkins, David Bowman's Pumpkins LTD, who grows his crop just down the road.

Pumpkins are actually native to the Americas and were very uncommon in England even up until the '70s. The Bowman's were key players in the growth of pumpkin crops in the UK and had great commercial success with the venture. Previously turnips and potatoes were carved as part of the halloween celebrations, which can be linked back to old Celtic celebrations.





**Recipe for:** 'Mock Crab' Sandwich Filling

**Ingredients:** 2oz (56g) butter  
 ½ medium onion  
 3 medium tomatoes  
 3oz (85g) grated cheddar cheese  
 1 egg beaten  
 1 thick slice of brown bread  
 black pepper

**Method:**

- 1) Finely chop onion, chop tomatoes in small chunks and crumb the brown bread.
- 2) Melt butter in a saucepan, add onion, tomato and cheese then cook on a medium heat for 5 minutes.
- 3) Remove from the heat, then stir in the egg and breadcrumbs and add a grind of black pepper
- 4) Pour into a pretty bowl, cool, then cover and refridgerate.

**Name** Bee Navell-Smith

**What's your story?**

I now live in Spalding

**Where did this recipe come from?**

This recipe came from a friend who lives in Clitheroe, Lancashire and might be an old war time recipe. It is very easy and most delicious.

**Recipe for:** Potato Salad (Polish)

**Ingredients:** 500g potatoes  
 6-7 soured cucumbers  
 (cucumbers in brine, not vinegar)  
 6 eggs cooked hard  
 mayonnaise  
 dill  
 salt, pepper

**Method:**

Cook potatoes in skins (approx 20 minutes). When cooked and cooled, chop them up. Add chopped cucumbers and chopped eggs. Add plenty of dill and mayo, season with salt and pepper.

**Recipe for:** Rice Salad (Polish)

**Ingredients:** cup of rice, cooked  
 4 hot dog sausages  
 sweetcorn  
 4 soured cucumbers  
 mayonnaise  
 salt, pepper

**Method:**

Chop all ingredients and mix, adding mayo to taste.

**Recipe for:** Pasta salad (Polish)

**Ingredients:** cooked pasta  
 sweetcorn  
 red kidney beans  
 Edam cheese cut in strips  
 ham cut in strips  
 mayonnaise  
 salt, pepper

**Method:**

Mix ingredients together, start with 1 tbsp mayo, add more to taste.

**Name** Ms Danusia

**What's your story?**

I live in Boston and work in the Eastern European shop. I always remember going to the markets in Poland when I was younger, the vegetables had a distinctive smell, not because they were rotten but because they were so fresh.

**Recipe for:** Rotkraut (German Red Cabbage)

**Ingredients:** 1 red cabbage  
1 cooking apple  
25 - 50g lard, dripping, or butter  
1 large tbsp blackcurrant jam  
(or any dark jam, not strawberry)  
pinch of rosemary (optional, add at end)  
caraway seeds or cloves (2 or 3)

**Method:**

- 1) Chop the cabbage finely.
- 2) Melt fat in a saucepan, add cabbage and toss until it looks glazed.
- 3) Chop cooking apple into cubes and add in, cook for a few minutes then add the jam.
- 5) Add the caraway seeds or cloves, then cook for around 1 hour, stirring occasionally.

**Name** Elka

**What's your story?**

I am from Hamburg but came to England in 1958 and have lived in Lincolnshire since then, the last 27 years I have been in Holbeach. I think people here cook the vegetables to death - I prefer my vegetables still crunchy. I get the water boiling first and then chuck the veg in for 3-10 minutes. We do eat a lot of fish here though, I used to live in Kings Lynn and a lot of my friends were fishermen - I never ate so much lobster in my life! I never had fish in batter until I came to England though, in Germany we used to buy the whole fish and cook it.

**Where did this recipe come from?**

This recipe came from my grandmother, she used to make it with caraway seeds, and my mother made it with cloves. We always used to say the slower cooked the better. To eat it on Sunday we'd start cooking Wednesday, heat it a little and store it overnight then repeat the next day and so on. We still wouldn't cook it until it was mushy though!

**Recipe for:** Zupa Szczawiowa (Polish Sorrel Soup)

**Ingredients:** 1 chicken quarter  
1 parsnip  
1 carrot  
piece of celeriac - about 100g  
500g potatoes skinned  
sorrel (I used one jar, you can use 150g fresh baby sorrel leaves instead)  
salt  
½ hard boiled egg per person  
soured cream  
Optional; fresh dill or parsley to garnish

**Method:**

- 1) Put the chicken, chopped carrot, parsnip and celeriac in a saucepan, cover with water and cook for 30 min, then add half the potatoes (also chopped)
- 2) Add sorrel when veggies are tender and cook for 5 min more.
- 3) Take the chicken out, blend the soup then add rest of potatoes (chopped small) and cook until tender.
- 4) Serve with spoonful of soured cream and some chopped boiled egg and dill on each plate.

**Name** Milena

**What's your story?**

I am from Poland but now live in Boston, in Poland we still have a lot of wild land and it is much more common for people to be hunters, getting boar or deer, and also gathering leaves and berries. Some people even make their living gathering berries and selling them to jam factories, so in the polish shop you can buy wild jam! In the autumn we all go to the woods and gather mushrooms, you can also buy these dried here and soak them.

**Where did this recipe come from?**

This recipe is from Poland/Ukraine and is particularly popular in the spring when people gather young sorrel leaves to use.



**Recipe for:** Apple Duffs

**Ingredients:** 225g plain flour  
100g butter (or 50g lard, 50g butter)  
25g sugar  
pinch of salt  
2-3 tbsp very cold water

cooking apples (unpeeled)  
sultanas

**Method:**

1) Put flour and salt in a large bowl. Add the butter, which should be at room temperature, soft and already cut into cubes. Rub the butter into the flour with your finger tips until you have a coarse bread crumb texture. Make sure you work quickly so it doesn't get too greasy. (Alternatively you can just put the ingredients in a food processor and pulse until combined, in this case the butter can be straight from the fridge)

2) Using a knife stir in the sugar, then just enough water that the dough holds together. Wrap the dough with clingfilm and chill for 15-30 min before using. (Lasts up to 3 days in the fridge or 3 months unbaked in the freezer, it must be room temperature to roll out)

3) Core the apple and stuff the middle with sultanas. Roll out the shortcrust pastry between 2 sheets of baking paper, wrap apple so it's covered. You can glaze the outside with egg or leave as is, then cook in the oven at 180° for approx 20 minutes.

**Name** Mrs Billings

**What's your story?**

I'm a Lincolnshire yellow belly, from Holbeach. I done all sorts in my life, worked in a potato factory, even sold bouquets of flowers. Food has definitely changed in my life time, now you get a lot more variety. My dad always used to grow all our food but we can't any more as our garden is too small - you can't beat straight out the garden for flavour though.

**Where did this recipe come from?**

My mum used to make it when I was a child in the 50s, and my husband's mother did too.

**Recipe for:** Banana Bread

**Ingredients:** 250g self raising flour  
125g butter  
3 very ripe bananas  
3 eggs  
3 tbsp's apple juice

(try adding either dates/poppy seeds/ cherrys/  
other dried fruits etc....)

**Method:**

- 1) Mash up the bananas, add apple juice
- 2) Cream butter until smooth and light, sift in the flour and add eggs. Mix until well incorporated.
- 3) Add the bananas and any other fruit/seeds you are using, mix well
- 4) Pour into a greased loaf tin, bake at 180° for 30/40 min, until golden on top.

**Name** Sarah le Sage

**What's your story?**

My 1 year old (and husband) love this recipe, I found it in a toddler cookery book.

We have a constant supply of bananas in the house to allow a constant supply of cake! I get nagged if I don't make it...

**Where did this recipe come from?**

I adapted this from an 'Ella's Kitchen Cookbook' recipe, adding the extra dried fruit was my 'thing'!

**Recipe for:** Boiled Cake (Irish)

**Ingredients:**

8oz margarine	12oz plain flour
8oz brown Sugar	1 tsp baking powder
8oz sultanas	1 tsp bicarb of soda
8oz raisins	4 eggs
4oz glace cherries	
15fl oz 50/50 milk & water	icing sugar
1 tsp mixed spice	
1 tsp nutmeg	

**Method:**

- 1) Put all the ingredients in the first column into a saucepan and bring to the boil. Simmer for 20 minutes
- 2) Remove from the heat and allow to cool, then put the flour, baking powder, bicarbonate of soda and eggs (beaten) into the mix
- 3) Cook at 180° for 1 hour in 2 x 2lb loaf tins
- 4) Dust with icing sugar (optional), leave to cool in tin for 10 min then remove and cool on a wire rack

**Name** Hazel Green

**What's your story?**

I was a professional cook for 40 years in various places in Spalding and last worked at Age Concern cooking for retired people.

**Where did this recipe come from?**

This recipe came from my grandmother who was Irish. She was born in the 1880's, probably the recipe was given to her.

**Recipe for:** Boiled Cake (Pineapple)

**Ingredients:**

1 tin of pineapple + juice
1lb (500g) dried fruit
4oz (113g) butter
6oz (170g) brown sugar
8oz (225g) self raising flour
2 eggs

**Method:**

- 1) Boil pineapple juice, butter, fruit, and sugar together - simmer for 20 min
- 2) Allow to cool, then incorporate the flour and eggs (it may help to transfer it to another bowl to cool)
- 3) Grease and line an 8/10 inch cake tin, pour the prepared mixture in
- 4) Cook for 1hr 30 min - 1hr 40 min at 160°

**Name** Sarah Ladym

**What's your story?**

I'm from Spalding

**Where did this recipe come from?**

I got it from the back of a pineapple drink, and now it's one of my favourites.



**Recipe for:** Brioche (Bread & Butter) Pudding

**Ingredients:** 1 loaf of brioche (or bread)  
a large handful of sultanas or raisins (soaked)  
¼ cup of marmalade  
2 cups (500ml) ½ milk, ½ cream  
3 eggs  
2 tbsp sugar  
½ tsp vanilla extract  
a pinch of nutmeg  
50g butter

**Method:**

- 1) Preheat the oven to 180° and grease a large oven proof dish
- 2) Cut the brioche or bread slices in half, butter them on both sides and layer them in the dish, sprinkling sultanas as you go, (previously soaked until plump) set aside.
- 3) Melt the marmalade in a saucepan, remove from the heat and stir through the cream and milk mixture.
- 3) Whisk together the eggs, sugar, vanilla and nutmeg and then incorporate gradually into the saucepan. Return it to the heat and cook for 5-7 minutes over a medium heat, stirring.
- 4) Pour the mixture over the bread and leave for 10 min to soak.
- 5) Cover the dish with tinfoil and place inside a large roasting tin. Pour around it enough boiling water to come half way up the sides and bake in the oven for 35-40 minutes. Remove the tin foil for the last 5-10 minutes to allow the top to brown off. The pudding should 'set' when it's ready (i.e. a knife inserted will come out clean)

*(For a twist you could also soak the sultanas/raisins in whisky, grand marnier, or another liqueur such as almond)*

**Name** Frances

**What's your story?** I'm from Spalding

**Where did this recipe come from?** I saw it on a program on the telly - 'Pie in the Sky'.

**Recipe for:** Cupcakes with Buttercream Icing

**Ingredients:** 2 eggs  
110g caster sugar  
110g self raising flour  
110g unsalted butter (soft, at room temperature)  
2 tbsp milk  
optional; 1 tsp of vanilla extract  
140g butter (softened)  
280g icing sugar  
1-2 tbsp's milk  
optional: a few drops of food colouring

**Method:**

- 1) Preheat oven to 180° a line a muffin tin with 12 paper cupcake cases
- 2) Put 110g butter and caster sugar in a large mixing bowl and whisk until creamy.
- 3) Beat the eggs together (with the vanilla extract if using), and add gradually to the butter mixture, ensuring to combine well. Fold in the flour and add the milk until you get a dropping consistency.
- 4) Spoon into cupcake cases, filling them half full, and bake for 15 minutes or until a skewer inserted into one of the cakes comes out clean. Then remove them from the tin and cool on a wire rack.
- 5) For the buttercream icing, beat the butter in a large bowl until smooth, then add half the icing sugar and again beat until smooth.
- 6) Add the rest of the icing sugar with one tablespoon of milk, adding more milk if necessary until the mixture is smooth and creamy. Add the food colouring if using and mix well.
- 7) Once the cakes are cooled put the icing on them.

*(You can easily build on this basic recipe, for example add the zest of 1 orange and 1 tsp of orange zest to the mix for orange cakes)*

**Name** Alicia Baxter

**Recipe for:** (Mixed) Fruit Pie

**Ingredients:** 450g plain flour  
200g butter (or ½ butter, ½ lard)  
pinch of salt  
50g caster sugar  
approx 4 tbsp very cold water

(Granulated sugar & 1 egg to glaze)  
450g mixed fruit, i.e.; apple, blackberries, currants etc...

**Method:**

1) Put flour and salt in a large bowl. Add the butter (soft, at room temp and cut into cubes). Rub the butter into the flour with your finger tips until you have a coarse bread crumb texture. Work quickly so it doesn't get too greasy. (Alternatively you can put the ingredients in a food processor and pulse until combined)

2) Using a knife stir in the sugar, then just enough water that the dough holds together. Wrap the dough with clingfilm and chill for 15-30 min before using. (Lasts up to 3 days in the fridge or 3 months unbaked in the freezer, must be room temp to roll)

2) Preheat oven to 200° (180° for fan ovens). Butter your pie dish, roll out two-thirds of the pastry between 2 sheets of baking paper and line the pie dish. Cover the pastry with uncooked rice and 'bake it blind' for around 12 minutes

3) Meanwhile peel and chop fruit, place in a saucepan with a little water and sugar. Bring to the boil and thicken with a little cornflour. Place in the cooked pastry case.

4) Roll out the rest of the pastry for the lid between 2 sheets of baking paper, and place on top. Press edges to seal, brush with a the top with beaten egg, and then sprinkle with granulated sugar. Bake for 20-25 minutes until golden brown.

**Name** Fiona

**What's your story?**

I am from Spalding and trained as a pastry chef 30 years ago, I have worked in Spalding Farm Shop for the past 10 months, baking their cakes and pastries

**Recipe for:** Lemon & Lime Flan

**Ingredients:** 3 limes & 1 lemon  
½ packet of hobnob biscuits  
2oz (56g) butter  
¾ tin of condensed milk  
220ml of double cream (can also use elm lea)  
(for a 7 inch flan tin)

**Method:**

1) For the base: Crush the biscuits and mix with melted butter, push into the flan tin as a base, put in the fridge to cool.

2) Now grate the zest (rind) of the limes and lemon, then squeeze out the juice.

3) Whisk the condensed milk and cream together with the grated rind (save a little for decorating), pour the juice in slowly whilst whisking (this will thicken the mixture)

4) Pour the mixture onto the base, and decorate with a little of the rind.

5) Put in the fridge for 2 hours to set.

**Name** Dianne Clarke

**What's your story?** From Boston

**Where did this recipe come from?**

This recipe was given to me by a friend, now I always have to make it whenever we have a get together with family or friends



**Recipe for:** Plain Puddings (suet)

**Ingredients:** 4oz (115g) self raising flour  
2oz (56g) shredded suet  
1-2 oz (28-56g) sugar (to taste)  
1 egg  
a dash of milk (mixture should be soft)

**Method:**

- 1) Put everything in a bowl and stir together, adding the milk last until you get a good soft consistency.
- 2) Put the prepared mixture into a well buttered pudding dish
- 3) Cover with foil or a cloth and steam it for about an hour (put covered basin in a pan of boiling water with the lid on)

**Advice/tips:**

- It should be eaten hot and straight away, if there is any left the next day it can be cut into one inch chunks and fried with butter.
- It's delicious served with raspberry vinegar or syrup
- It could also be flavoured with lemon zest or a cup of dried fruit such as; raisins, cherries or apples.
- If you leave the sugar out the pudding will be savoury, in the war time people would also eat them with gravy.

**Name** Joyce

**What's your story?**

I have been in Lincolnshire for 43 years. I am a nurse, and we used to farm arable land; potatoes, sugar beet, wheat etc... But we have retired, nowadays there's too much paper work on top of the farm work. The way farming has gone you also can't compete on a small bit of land - even the machinery is made for large fields.

**Where did this recipe come from?**

This came from my grandmother, she left school at 11 and started service work - initially cleaning but very quickly becoming a cook. She never measured anything, and her food was always delicious.

**Recipe for:** Plum Bread (Makes 3 loaves)

**Ingredients:** 2lb (900g) self raising flour  
½ lb (226g) butter  
1 tbsp syrup  
½ lb (226g) lard  
1 level tsp baking powder  
4 eggs  
¼ lb mixed peel  
1lb (450g) sugar  
1lb (450g) currants  
1lb (450g) sultanas  
1 tsp salt  
milk to mix (about 1 pint)

**Method:**

- 1) Mix baking powder, flour and salt. Rub in the butter and lard until you get a coarse breadcrumb texture. (This could also be done with a food processor)
- 2) Add sugar, fruit and peel, then add warm syrup and beaten eggs, finally add milk to make a soft mixture. Stir in, do not beat.
- 3) Grease/line tins and bake at 150° (gas mark 2) for 2 ½ hours. (or until a knife inserted comes out clean, but don't test too many times as you will break up the loaf)
- 4) Leave to cool in tins, store for at least 3 weeks before using.

**Advice/tips:**

- Mixed spice and/or cinnamon can also be added for extra flavour.
- The dried fruit can be soaked in water or port before making, but then the bread can't be stored.
- Some people make it adding yeast instead of baking powder. In this case the dough would need to be left to rise for 2 hours before being shaped and left to double in size again in the tins. It will then need to be cooked to 200° for around 1 hour.
- You could also swap half the milk for earl grey tea

**Name** Mrs Welberry

**What's your story?** From Kirton

**Where did this recipe come from?**

This is a traditional Lincolnshire recipe made at Christmas, it was given to me by my mother.

**Recipe for:** Snow Queen

**Ingredients:** 300ml (½ pint) double cream  
2 tbsp brandy (or any other spirit)  
1 tbsp sugar  
4oz (115g) meringues, roughly broken

**Method:**

- 1) Whisk cream until stiff, stir in the brandy and sugar.
- 2) Fold in the meringues, then taste and add more sugar if necessary
- 3) Line a pudding dish with foil and pour the mixture in. Leave to freeze
- 4) To serve turn out and remove foil, place on a serving dish with fruit such as; raspberries, blackberries, strawberries or any other fruit you choose.

**Advice/tips:**

- This will keep in the freezer for up to a month and is a lovely dish to have ready to take out when friends drop by.
- You can also add 1 tbsp of chopped stem ginger and a tbsp of stem ginger syrup from the jar for a slightly different flavour.

**Name** Joan Rushton

**What's your story?**

I have lived around the area all my life, and this summer have been working for Transported. It's been great fun going to so many events and trying many different things I wouldn't normally try.

**Where did this recipe come from?**

This recipe was given to me by a good friend I have known for 20 years

**Recipe for:** Soda Bread

**Ingredients:** 170g wholemeal (plain) flour  
170g self raising (white) flour  
1 tub buttermilk  
1 tsp bicarbonate of soda  
½ tsp salt

**Method:**

- 1) Mix flour, bicarbonate of soda and salt in a bowl, add the buttermilk and knead into a dough
- 3) Form a circular loaf on a baking tray and use the handle of a wooden spoon to indent the top (making six segments)
- 4) Put into a pre-heated oven at 200° for 30 mins.

**Advice/tips:**

- For one person halve the proportions
- Some ideas for different flavours; 30g of oats, 1 tbsp of honey & 1 tbsp of treacle, or 1 tsp of orange zest & 1 cup of currants.
- If you don't have buttermilk you can add 1 tbsp of lemon juice or vinegar to 1 cup of milk and use that.
- Leave to cool before eating, but eat quickly as it doesn't keep very well.

**Name** Richard Tory

**What's your story?**

I was overweight and diagnosed as pre-diabetic. The nurse offered to sign me up to a gym, but I said (as a single man) I would rather go on a cooking course. She registered me with a health trainer, who got me on the 'Fit 4 Life' cookery course. This proved very useful as an introduction to cooking from scratch, for someone who only cooked ready meals or out of packets and tins. This course in conjunction with support from the health trainers, helped me to lose over 30kg (nearly 5 ½ stone) over 12 months. It also got me eating more healthily.

**Where did this recipe come from?**

The 'Fit 4 Life' instructor supplied this recipe as a quick and simple way to make fresh bread



**Recipe for:** Bottled Tomatoes

**Ingredients:** tomatoes  
lemon juice  
caster sugar  
salt

**Method:**

1) Prepare a pot of boiling water large enough to hold the jars so they are completely covered and can have a rack (or hand towel, old canning jar rings or other item.) underneath them to separate them from the bottom of the pan. Put jars and lids in and boil for 10 minutes to sterilize, turn off the stove but leave them in to maintain heat.

2) Wash the tomatoes and then make a small cross shaped slit on the top of each one ready to skin them. In batches put them in a metal or plastic tub and pour boiling water over them. Leave for 2 minutes and then remove. The skin should peel off easily.

4) Take jars out of water and hold upside down to dry, whilst jars are still warm put 2 tsp lemon juice, 2 tsp salt and 1 tsp caster sugar in each 0.5lt jar (or equivalent amount depending on the size of the jar)

4) Chop the tomatoes into halves or quarters and pack them tightly into the jar, pressing down as you go to release juices and remove any air bubbles. (if using any extra herbs add now) Leave 2.5cm (1 ") gap at the top of the jar.

5) Close the jars, but not too tight (turn until you just get resistance) place them on top of the 'rack' in the large saucepan (water should be hot but not boiling). Ensure water is just above the tallest jar, and they don't touch each other or the bottom of the pan. Turn up the heat and boil the jars for 45 minutes.

6) Carefully remove the jars from the water and let cool overnight without touching or bumping them.

**Where did this recipe come from?**

My mum used to use them like tinned tomatoes, served with a full english breakfast or added to casseroles.

**Recipe for:** Fig and Onion chutney

**Ingredients:** 4 onions (white)  
1lb (450g) figs  
2 chillies  
½ cup orange juice  
550g brown sugar  
1 small bottle of white wine vinegar

**Method:**

1) Chop the onion, heat a little oil and cook in the pan until soft.

3) Add the chopped figs, chopped chillis, orange juice, brown sugar and white wine vinegar. Bring to the boil and then simmer, stirring occasionally for 45 min.

4) Meanwhile heat the oven to 140°, wash the jars with hot soapy water then put them on baking trays, making sure to leave space between them and heat in the oven for 20 min to sterilize. If using kilner jars remove any rubber seals and boil them for 10 min as dry heat will damage them.

5) Remove pan from the from heat, leave to settle for 10 min then put the chutney into the warm jars - pack it carefully to prevent air bubbles. Seal and leave to cool without bumping the jars, be careful not to put the hot jar on a cold surface. If sealed properly the jars should last 6 months - 1 year unopened. You can tell by tapping the lid - it should have a tinny sound, feel solid and be slightly concave.

**Advice/tips:**

- DO NOT PUT HOT CHUTNEY IN COLD JARS
- Store in a cool, dark place, the flavour will improve if you leave it for 2-6 weeks before eating. It will also keep for longer if unopened.
- Chutney should not touch metal lids, so leave a gap or use plastic.

**Name** Vanessa Hills

**What's your story?** I have been a chef now for 20 years and live in Spalding.

**Where did this recipe come from?**

I made it up! I do everything from my mind normally, I love cooking.

**Recipe for:** Limoncello (Lemon Liqueur)

**Ingredients:** 12-16 unwaxed lemons  
1.5lt Vodka

4 cups of water  
3.5 cups of sugar

**Method:**

- 1) Wash the lemons well, brushing with a vegetable brush and dry. Peel them using a grater or potato peeler, being careful to get as little of inner white pith as possible (this is bitter).
- 2) Put the lemon peel in with the vodka, ensuring it is completely covered and leave for 4-6 weeks in a dark cool place, shaking several times a week.
- 3) Make a sugar syrup by boiling the water and sugar together over a medium heat until the sugar dissolves. (you can play with the amounts, from 1 cup of sugar & 1 cup of water to 4 cups of sugar & 4 cups of water. The water dilutes the alcohol, making a smoother drink, the sugar makes the drink sweeter.)
- 4) Strain the lemon out of the vodka through a coffee filter or muslim cloth, it may be necessary to do this several times. Then stir in the prepared sugar syrup to taste (it must be completely cooled).
- 5) Pour the mixture into sterilized bottles (boiled for 10 minutes or baked in an oven at 140° for 20 minutes) seal and leave for 1-4 weeks in a cool dark place. It could be drunk after 1 day but the longer it is aged the more the smoother the marriage of flavours.

*(Vodka can be infused with many fruits, such as; cherries, apple, peach, raspberry, ginger etc... You can also infuse brandy, or mix vodka and brandy, try kalhua: brandy with vanilla bean and coffee!)*

**Name** Gary Baxter

**What's your story?** I'm live in Boston and always have to make this recipe for the family get togethers.

**Recipe for:** Lime and Mint dressing

**Ingredients:** 2 limes (juice & zest)  
large handful of fresh mint  
extra virgin olive oil  
white wine vinegar  
salt and pepper  
caster sugar

**Method:**

- 1) Put juice and zest of lime into a mini blender, add a large handful of fresh mint.
- 2) Add 1 part oil to 1 part white wine vinegar, start with 2 tbsps of each and add more if necessary. Blitz and blend.
- 3) Add sugar and salt and pepper to taste. Eat Immediately!  
This does not last more than 1 day in the fridge.

**Name** Caroline Coupland

**Where did this recipe come from?**

This a recipe I made up to use the very fresh delicious mint from my garden. I love experimenting with different herbs and how to use them



**Recipe for:** Marrow Chutney

**Ingredients:** 2 lb (900g) marrows 1lb (450g) apples  
1 cup (225g) sugar ½ lb (226g) onions  
1 ½ pints of vinegar ¼ tsp cayenne pepper  
1 large tbsp mustard ½ oz (14g) turmeric powder

**Method:**

1) Cut the marrows into small pieces, sprinkle liberally with salt and leave overnight.

2) Rinse the marrows, then put in a large pan with vinegar, apples (chopped), sugar, onions (chopped). Bring to the boil and then simmer, stirring occasionally until the fruit is tender and the consistency thick. (45 min - 1hr or more)

3) Mix the cayenne papper, mustard, and turmeric with a little vinegar. Add to the saucepan and boil for 5 min.

4) Remove from the heat and allow to settle for 10 min. Put into sterilized jars (they must still be warm), and pack it down to prevent air bubbles (see Fig Chutney recipe for how to sterilize). Close the jars whilst hot so they seal, you can tell by tapping the lid - it should have a tinny sound and feel solid and slightly concave. If sealed properly the chutney should last 6 months - 1 year.

**Name** Dee

**What's your story?**

I have lived in Boston all my life, but until recently had not actually been to visit a farm. I love the countryside though, it's so quiet here.

**Where did this recipe come from?**

This recipe comes from an old recipe book given to me by my friend Lizzie, 'Cooking for One or Two in lincolnshire' - it was a book of local recipes collected from local women many years ago by Age Concern.

**Recipe for:** Raspberry Leaf Tea

**Ingredients:** Young Raspberry Leaves  
(You can pick them from end of May/early June through until the beginning of October)

**Method:**

1) Dry leaves slowly in the airing cupboard (you can put them on newspaper at first or string them with a needle on a double thread).

2) When they are brittle and crumble when rubbed between the palms of the hands they are ready. You MUST either use them completely fresh or completely dry, in-between they are toxic.

3) Store them in a dry place (a tin or jar) and use like normal tea, steeping in a tea pot for about 5 minutes and straining through a tea strainer or sieve. (add honey to sweeten)

**Name** Josie Manley

**What's your story?**

I'm from Scunthorpe but now live near Boston

**Where did this recipe come from?**

My great granny said it aided digestion & reduced pain in childbirth. It is also known to help reduce menstrual cramps, however it shouldn't be drunk whilst in the early stages of pregnancy. It gives a pleasant tangy and fruity taste, full bodied - almost like a black tea!

# Index

## Apple

- 76 *Apple Duffs*
- 82 *(Mixed) Fruit Pie*

## Asparagus

- 27 *Asparagus, Pea & Lime Soup*

## Basil

- 47 *Basil Pesto*

## Beef

- 54 *Corned Beef Pasta*
- 66 *Stew & Dumplings*

## Beetroot

- 29 *Beetroot Salad*
- 69 *Borscht (Beetroot Soup)*

## Berries

- 82 *(Mixed) Fruit Pie*
- 49 *Raspberry Vinegar*
- 93 *Raspberry Leaf Tea*

## Brioche

- 80 *Brioche Pudding*

## Broccoli

- 61 *Leftovers in the Fridge*

## Celeriac

- 31 *Celeriac Remoulade*

## Chicken

- 58 *Kaang Ka Ree*
- 61 *Leftovers in the Fridge*

## Courgette

- 55 *Courgette Ratatouille*
- 60 *Leczo (polish stew)*

## Eel

- 35 *Blinis w/ Smoked Eel*

## Egg

- 13 *Duck Egg Omelette*
- 38 *Eggs w/ Lovage*
- 72 *'Mock Crab' Sandwich Filling*
- 63 *Noodle Omelette*
- 62 *Lincolnshire Sausage Pie*

## Fig

- 89 *Fig & Onion chutney*

## Flour

- 77 *Banana Bread*
- 78 *Boiled Cake (Irish)*
- 79 *Boiled Cake (Pineapple)*
- 45 *Buttermilk Cake*
- 81 *Cupcakes w/ Buttercream Icing*
- 64 *Pierogi (Polish Dumplings)*
- 85 *Plum Bread*
- 87 *Soda Bread*

## Haddock

- 19 *Smoked Fish Poached in Milk*

## Kale

- 23 *Curly kale mash w/ sausages.*

## Lamb

- 56 *Fried Belly of Lamb (or Pork)*

## Lemon/Lime

- 83 *Lemon & Lime Flan*
- 90 *Limoncello*
- 91 *Lime & Mint dressing*

## Marrow

- 92 *Marrow Chutney*

## Meringues

- 86 *Snow Queen*

## Ostrich

- 21 *Ostrich w/ Dijonaise Sauce*

## Papaya

- 33 *Papaya Prawn Cocktail*

## Pineapple

- 79 *Boiled Cake (Pineapple)*

## Pork

- 57 *Haslet*
- 67 *Stuffed Chine*
- 17 *Slow Cooked Belly of Pork*
- 25 *Roasted Pork Chops w/ Apple Sauce*
- 65 *Roasted Pork in Milk*

## Potato

- 23 *Curly kale mash w/ sausages.*
- 59 *Kugelis (Lithuanian Potato Pie)*
- 73 *Potato Salad (Polish)*
- 37 *Sorrel Potatoes*

## Pumpkin

- 70 *Chilli, Pumpkin & Wild Mushroom Soup*
- 70 *Cream Cheese & Pumpkin Dip*

## Red Cabbage

- 74 *Rotkraut (German Red Cabbage)*

## Rhubarb

- 43 *Rhubarb Yorkshire Puddings*

## Sausages

- 52 *Bigos*
- 53 *Boiled Sausages*
- 23 *Curly kale mash w/ smoked sausages.*
- 60 *Leczo*
- 62 *Lincolnshire Sausage Pie*

## Sorrel

- 37 *Sorrel Potatoes*
- 75 *Zupa Szczawiowa (Polish Soup)*

## Spelt

- 41 *Spelt bread*

## Suet

- 84 *Plain Puddings*

## Sweet Potato

- 68 *Vegetable Tray Bake*

## Tomato

- 88 *Bottled Tomatoes*

## Venison

- 15 *Venison w/ Blackberries*



**With special thanks to:**

Kate Thomas, Martin Roberts, Joan Rushton, Melissa Poulson  
& all Transported staff that contributed

Milena Kopkowska  
all the staff at Fenside Community Centre  
Martyn Chambers  
Howard Williams  
Age Concern Boston

& all the farmers who gave me time  
in a very busy season

*All the information correct at the time of print*

*Printed on Recycled Paper*

---

A collection of recipes and stories, commissioned by Transported  
Collated and Edited by: Hannah Gardiner  
Published by: Transported, 2014  
**ISBN: 978-0-9929966-2-8**



**TRANSPORTED**

*“Transported is a strategic, community-focused programme which aims to get more people in Boston Borough and South Holland enjoying and participating in arts activities. It is supported through the Creative People and Places initiative from Arts Council England”*  
**[www.transportedart.com](http://www.transportedart.com)**

When I think of Lincolnshire my mind is filled with images of big skies and cultivated, flat fields. The landscape is beautiful, striking, distinct. But I wanted to scratch beneath the surface of these visions, to know the people who make their lives in and among them. And what better way to explore a place than from the dinner table, in a location where food is so intrinsically and obviously entangled in every aspect of many peoples lives. After all you are what you eat, so maybe what Lincolnshire eats can tell us something about what lies beyond the cabbages. I hope you have as much enjoyment reading these stories and experimenting with these recipes as much as I did collecting them.

*“Transported is a strategic, community-focused programme which aims to get more people in Boston Borough and South Holland enjoying and participating in arts activities. It is supported through the Creative People and Places initiative from Arts Council England”*  
*([www.transportedart.com](http://www.transportedart.com))*



**TRANSPORTED**



**Litc**™



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

