



Cider roasted root vegetables with Herefordshire(Throne Farm) Honey

Ingredients

2 small parsnips, peeled and rough 1 inch cubed
1 medium squash, deseeded and rough 1 inch cubed
4 medium carrots, peeled rough 1 inch cubed
2 Beetroot, cooked, peeled rough 1 inch cubed
2 tbsp rapeseed oil
1 nob of butter
1 glass of dry cider
2 onions, roughly chopped
3 cloves garlic, crushed and chopped
1 tsp Garam Masala powder
season to taste; mill salt, black pepper

4 runner beans cut into diamonds, blanched in boiling salted water until tender , refresh in cold water, (do not add these until the roots are roasted and tender

Method

1. Heat oil in heavy bottomed roasting pan
2. Add onions and allow to soften but not colour
3. Add garlic, butter and the dry cider then reduce the liquid by half
4. Dust the diced raw root vegetables in the garam masala
5. Coat the root vegetables in the onion, garlic, cider mixture
6. Cook in the oven until vegetables are tender
7. Remove this from the oven then add the blanched green beans

Cider honey dressing

Take 2 tablespoons of Cider vinegar with 2 tablespoons of honey, warm this together in a pan with a little rape seed oil and half a teaspoon of whole grain mustard, season to taste adding chopped chives or parsley to finish

Serve this a bed of green salad leaves