

annabel langbein  
The Free Range Cook  
**through the seasons.**

## menu planner for A CELEBRATION OF SPRING

Page 19

Artichoke Salad with Mediterranean Dressing, *Page 38*

Vine-Grilled Ribeye, *Page 59*

Crispy Garlic and Thyme Potatoes, *Page 68*

Perfect Asparagus with Tarragon Hollandaise, *Page 60*

Rhubarb Tarts with Orange-Scented Cream, *Pages 83 and 70*

## PREP PLAN

### well ahead

- The Marinated Artichoke Hearts can be made well in advance and will keep in a sealed jar for a few weeks.
- The Mediterranean Dressing can be made and stored in the fridge for up to a week.
- Mix the Orange-Scented Cream up to a week in advance and keep in the fridge.

### the day before

- You can prepare the sour cream pastry for the Rhubarb Tarts.

## on the day

- Bake the Rhubarb Tarts.
- Measure out ingredients for the Tarragon Hollandaise.
- Snap the woody ends off the asparagus.
- Prepare and boil the potatoes for the Crispy Garlic and Thyme Potatoes. Chill for up to 12 hours. Measure out the rest of the ingredients.

## final preparations

- Arrange the Artichoke Salad on a platter and drizzle with dressing just before serving.
- Just before serving the salad, rub beef with oil and seasoning and pop on the barbecue to cook to your liking. Allow for 15 minutes resting time.
- After the entrée, cook the potatoes in the pan. Just before serving, add garlic, thyme and lemon zest.
- While beef is resting, boil water for asparagus and make the Tarragon Hollandaise. Cook asparagus ready to serve with the hollandaise.
- Reheat the Rhubarb Tarts and serve warm with the Orange-Scented Cream.