

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

**menu planner for  
AT MY ITALIAN TABLE**

Page 177

Cucumber Mint Punch, *Page 232*

Mediterranean Vegetable Tarts, *Page 188*

Chicken Prosciutto Parcels, *Page 202*

Savoury Polenta, *Page 215*

Flower Power Salad, *Page 191*

One-Pot Lumberjack Cake, *Page 228*

## PREP PLAN

### well ahead

- The bases for the Mediterranean Vegetable Tarts can be prepared 48 hours ahead of time and chilled or frozen until needed.
- If you are making your own Tomato Passata, it will keep for four or five days in fridge and can be frozen or bottled for nine months.
- Apple Glaze can be made months in advance and stored in a sealed container in the fridge.
- One-Pot Lumberjack Cake keeps in a sealed container for up to a week.

### on the day

- Prepare the topping for the Mediterranean Vegetable Tarts.
- Wrap the chicken thighs in prosciutto for the Chicken Prosciutto Parcels.
- Measure ingredients for the Savoury Polenta.
- Place Flower Power Salad leaves on a serving platter, cover with a wet paper towel and chill.

## final preparations

- Mix up a jug of Cucumber Mint Punch.
- Reheat the bases for the Mediterranean Vegetable Tarts for five minutes in the oven and add the topping before serving.
- About 30 minutes before serving, cook the Chicken Prosciutto Parcels in the tomato passata and wine. Garnish with basil leaves.
- When the chicken is nearly ready, cook the Savoury Polenta.
- Drizzle the Apple Glaze over the Flower Power Salad and serve immediately.
- Serve the cake.