

annabel langbein
The Free Range Cook
through the seasons.

**menu planner for
FRESH FROM THE FARM**

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Mediterranean Platter of Turkish Lentil Kofte, Spinach
and Feta Dip and Chermoula Stuffed Eggs, *Pages 24 and 26*

Seafood Risotto with Fennel, *Page 44*

Spring Watercress Salad, *Page 35*

Strawberry Friands, *Page 80*

PREP PLAN

well ahead

- The Spinach and Feta Dip can be made in advance and stored in the fridge for up to four days.
- Boil and stuff the Chermoula Stuffed Eggs up to two days in advance. Cover and store in the fridge.
- Whizz up the Cashew Mustard Dressing and store in a jar in the fridge for up to two weeks.

the day before

- Make the mixture for the Turkish Lentil Kofte and chill for up to 24 hours.

on the day

- Prepare the pita wedges or vegetables of your choice to serve with the Mediterranean Platter.
- Measure out the Seafood Risotto ingredients. If desired, par-cook risotto ahead of time, leaving out three cups of stock and cooking the rice for only 12 minutes.
- Prepare orange segments and watercress for the Spring Watercress Salad.
- Bake the Strawberry Friands and allow to cool on a wire rack.

final preparations

- Shape the Turkish Lentil Kofte ready to serve at room temperature.
- Arrange the Spinach and Feta Dip, Chermoula Stuffed Eggs, Turkish Lentil Kofte and pita wedges or vegetables on a platter and serve.
- Finish off the risotto, adding seafood and reserved stock to par-cooked rice and cooking for five to seven minutes. Add lemon juice, parmesan, capers and herbs to serve.
- Plate up the salad, drizzle with dressing and serve.
- Complete your spring meal with the Strawberry Friands, extra strawberries and crème fraîche if desired.