

Recipes from our pub kitchen

By Amanda Pritchett

Roast chicory with orange, thyme and mustard

Mildly bitter Belgian chicory is grown in darkness to achieve a pale yellow -white leaf.

It gets what it deserves here – something sweet, something sharp and punchiness from the mustard. It is also great raw with pear, Roquefort, toasted walnuts and mustard dressing. Braising it changes its texture to something silky and unctuous at the same time.

Serve it as the main event with some mashed parsnips, or as part of a Sunday lunch with roast beef or pork.

For this dish, you will need 4 medium or 3 extra-large heads of chicory - halved or if extra-large, quartered lengthways.

Marinade

80ml olive oil

2 oranges - 100ml Orange juice and zest of 1

Juice of 1 lemon

Leaves from a few sprigs of thyme

4 heaped tsp Dijon mustard

25g soft brown or caster sugar

1 tsp Salt and 1/2 tsp pepper

Method

Mix the marinade in a large bowl and coat the chicory, letting the marinade get into the grooves.

Spread cut side up on a lined roasting tray and pour over any excess marinade.

Roast for 25 to 40 mins at 180c or until tender and golden brown.

Serve 2 halves or 3 quarters, hot, with spinach, parsnip mash and walnut dressing.

Parsnip mash

750g parsnips and 250g mashing potato diced

50g butter or olive oil

Pinch of nutmeg

Salt and black pepper

Boil the veg in salted water, drain and keep a cup of the water.

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Mash or pass through a mouli and beat in the butter/oil, seasoning and enough of the water to make it soft and luscious.

Walnut dressing – mix together

75g walnuts lightly toasted and chopped, ¼ of a shallot finely chopped, 30g parsley chopped, 1 clove of garlic grated, juice and zest of half a lemon, 2 pinch salt, pinch of black pepper.