

Recipes from our pub kitchen

by Amanda Pritchett

Buckwheat penne with kale and hazelnuts

Making a pesto from the kale helps to distribute the flavours throughout the pasta. Buy whole hazelnuts with the skins, as the ready blanched ones are often not fresh. I prefer this with buckwheat pasta, but if you prefer the wheat variety, that works here too. Chillies can vary enormously in heat, so try before you decide on how much to add.

Ingredients for 4

400g buckwheat penne or durum wheat pasta – e.g orecchiette, fusilli bucati , trofie.

Kale 300g

175ml Olive oil

½, 1 or 2 red Chillies thinly sliced

1 x large lemon - grated zest and 30 ml juice

150g Hazelnuts

2 or 3 cloves Garlic sliced

180g grated Parmesan or 4 tablespoons yeast flakes

Sea salt

Black pepper

2 Pinch grated Nutmeg

Method

Pull the kale leaves off the stalks, wash well and drain. Put a big pan with 2.5 litres of water on to boil with 3 heaped tsp sea salt.

Roast the nuts on a tray at 150c for about 10 mins until the skins are cracked and the nuts starting to brown. When they are cool enough, rub off most of the skins.

Take half the kale and tear the leaves up into a bowl.

Blanch the rest of the kale in the boiling water, refresh in iced water and squeeze out the excess water.

Put the nuts in a food processor and pulse once or twice until broken up roughly.

Remove half the nuts for later, and to the processor, add the garlic, blanched kale, lemon zest, 1tsp sea salt, a few grinds of black pepper, 2 pinches of nutmeg, 150ml olive oil and the parmesan or yeast flakes.

Blend until it becomes a paste.

Boil the pasta in the same water the kale was cooked in, drain it, saving about 300ml of the cooking water and toss the pasta in a scrap of olive oil.

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Stir fry the kale and chilli in some more olive oil, with a pinch of salt.

When the kale has wilted a bit, add 250ml of the cooking water, the pesto, a handful of parmesan, the lemon juice and the pasta. Stir rapidly to emulsify everything, grinding in some black pepper and add a splash more water if it needs it.

Serve with the reserved hazelnuts scattered over, and more cheese if desired.