

Est. 1831

TUCKERS SEEDS

Agricultural Merchants
Country Stores & Maltsters

Driving through the lanes of Sir Gâr in the late Spring with the windows wide open, you can't help but be assailed by the scent of wild garlic, so do stop and pick some. This is a wonderful herb, and more delicately flavoured than the name suggests.

Roll up several leaves like a cigar, slice them thinly, and add to salads, or to an omelette for a light lunch, or chop it finely and put it in salad dressing. Beat half a pint of crème fraiche with two eggs and two egg yolks, season with salt and pepper, flake some lightly poached salmon, and fold this in with some finely sliced wild garlic. Line a well-buttered flan dish with short-crust pastry, pour in the filling and bake for 25 to 30 minutes at 375. If you have been bread making you could line the dish with thinly rolled bread dough, which is traditional for a Quiche Lorraine. The resulting flan is delicious hot, warm or cold.

If you are thinking of picnicking on a special occasion, or you want to lunch al fresco and not worry about cooking, here is one of my favourite recipes.

Isle of Wight Wild Garlic Tart

- 1 lb potatoes cubed and boiled
- 1 lb green beans, courgettes or peas
- Quality olive oil
- 1 small onion finely chopped
- 2 garlic cloves finely chopped
- 1 small tin of anchovies, drained
- 8 - 10 wild garlic leaves, rolled and sliced
- 4 oz curd cheese
- 2 tbsp crème fraiche or double cream with a squeeze of lemon
- 3 eggs lightly beaten
- 2 tbsp freshly grated Sussex parmesan
- 1 cup dry breadcrumbs

Method

Cook the beans in salted water until they just have a slight crunch, cool, and cut into bite size pieces. Mash the potatoes roughly with a fork while still hot, reserve in a large bowl with the beans. Warm the oil in a frying pan and fry the onion and garlic cloves gently until transparent, add the anchovies and mash, sprinkle in the sliced wild garlic, stir and remove from the heat. Add to the beans and potatoes, mix well with a fork. Oil an 8" springform cake tin and shake the breadcrumbs around it so it is well coated, tip excess into bean and potato mixture, add the remaining ingredients and mix well, pour into cake tin and bake for 40-45 minutes. Turn the tart out and serve at room temperature.

This is one of those dishes that is not in the same league if eaten hot. You can make this from left overs, play around with the vegetables and herbs, the type of cheese, or you could add local Welsh bacon or ham Cook in a loaf tin - it is easy and adaptable.

Alfred Franklin says in *La Vie d'Autrefois*: 'the Parisians did not neglect to eat garlic with fresh butter during the month of May and were quite convinced that this rustic diet strengthened their health for the whole year.' It seems that the more science finds out about the food we eat, the more it proves that our ancestors were right. But don't believe anyone who tells you that roasting garlic before you eat it stops your breath smelling. Chewing bunches of parsley does,



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Wild Garlic Soup

Source of Recipe ~ Great Canadian Food Show - Recipe courtesy of George Kargoll

List of Ingredients

6 potatoes, chopped
3 onions, chopped
40 g ramsons, dried, (wild garlic or bear's garlic)
vegetable stock
100 g butter
egg, (a few)
Tabasco sauce
cream
cognac

Method

Heat the butter in a pot. Add chopped onions and cook them, while stirring gently.

Add Ramsons, then the chopped potatoes. Add vegetable stock and let it cook until the potatoes are soft.

Let it cool off and blend it.

Before serving add egg yolk, Tabasco, salt if necessary, pepper, a dash of cream and cognac, stir thoroughly and heat up.

Pickled Wild Garlic

List of Ingredients

Wild garlic
1 part vinegar
1 part water
1/2 tsp. sieved alum

Method

Wash garlic well and cut off the green part which can be used in soups. Pack white parts in mason jars and to each add 1/2 tsp. alum and the one part vinegar and one part water. Seal and refrigerate and these are ready after two to three weeks to make your meals taste like a feast. They will keep like this all winter.

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For a mouth-watering main course, try this stunning combination of sticky, slow cooked pork and chilli-spiked wild garlic from Martin Blunos.

Ingredients

3 bay leaves
12 black peppercorns
1.5kg boned and rolled belly of pork
350ml white wine
coarse sea salt
1 tsp clear honey

For the Wild Garlic Shoots:

generous handful of wild garlic shoots, washed and trimmed
full fat milk to cover
pinch salt
1/2 tsp sugar
1 tbsp olive oil
1 red chilli, finely chopped
1 tbsp chives, finely chopped to garnish

Method

- Preheat the oven to 150°C / Gas 2. Place the bay leaves and peppercorns in the bottom of a roasting pan and lay the pork on top, skin side up.
- Pour in the wine and top up with enough water to bring the liquid half way up the side of the pork. Scatter over a little coarse sea salt, place the roasting pan over a moderate heat and bring to the boil.
- Cover and place in the oven for 2 1/2 to 3 hours, until tender.
- Remove the pork from the oven and leave to cool in the pan for about 30 minutes. Cover the meat with a small board, press down firmly and place several heavy weights or tins onto the board. Refrigerate for several hours, or overnight until set.
- When you are ready to finish cooking the pork, set the oven to 200°C / gas 6. Remove the skin from the pork and cut into cubes.
- Heat a little oil in a frying pan and gently fry the pork until golden. Season to taste. Add 5 - 6 tablespoons of the roasting juices and stir in the honey. Heat the pork until the sauce is bubbling and then transfer to the oven and cook for about 20 minutes, basting frequently until the sauce is well reduced and the pork nicely glazed. Remove from the oven and keep warm.
- Put the garlic shoots into a pan, pour in enough milk to cover and add a pinch of salt and the sugar. Bring to boil, reduce the heat and simmer the shoots until tender. Drain and rinse the cooked shoots in water, then dry on kitchen paper. Heat a little olive oil in a pan and gently fry the shoots and chilli together for 1 minute.
- Place the pork into the centre of a warmed serving plate, spoon over the shoots and any remaining pork glaze, sprinkle with chives and serve immediately.

Serves 4 - 6