



THE HERB FILES... WITH MARK SARGEANT



IN THE FIRST OF A MINI SERIES OF TIPS, TOP CHEF MARK SARGEANT EXPLAINS HOW TO GET THE MOST FROM FRESH HERBS

**PARSLEY**

Whether curly or flat, parsley is extremely versatile – add it to many a dish including soups, stews, sauces and salads, and you will get a lovely earthy flavour with a crunchy kick.

- Add fresh parsley and fresh mint to bulgur wheat to create tabbouleh.
- Parsley works particularly well with garlic and strong flavours like smoked paprika.
- An ideal partner with zesty flavours like lemon.
- Purée and try it with new potatoes, it's delicious.

**CORIANDER**

When cooking any Asian cuisine, be sure to use this herb, it will simply 'make' your dish. Works well in rice, just add finely chopped coriander once your rice is drained and ready to eat – easy and delicious.

- The stalks from coriander have amazing flavour so use these as well as the leaf, they make a good base for a curry.
- Try coriander with cooked rhubarb in a compote, it sounds strange but it really works.
- Out of basil? Try coriander instead, it makes a great replacement.

**BASIL**

- Tomatoes and basil is the quinessential match of any herb with another ingredient.
- Its slightly sweet taste lends basil really well to desserts, try it with chocolate.
- Basil and fruit also go hand in hand, try it with strawberries, rhubarb and other astringent fruits.
- Make pesto: whiz basil with pine nuts, salt, pepper, vegetarian Parmesan-cheese and garlic before drizzling in enough olive oil to reach your desired consistency.

FOR MORE INFORMATION, VISIT WWW.FRESH-HERBS.CO.UK



HOMEMADE HERB BUTTER



HERB BUTTERS ARE FABULOUS FOR QUICK-AND-EASY GARLIC BREAD, OR JAZZING UP ROASTED VEGGIES IN AN INSTANT. PLUS, THEY'RE VERY SIMPLE TO MAKE.

Get room softened butter (about half a block) and pop in a food processor.

Next, add crushed garlic, freshly ground black pepper, chilli flakes or fresh herbs, or a mixture of a few. (We love garlic, basil and black pepper.)

Then, roll into a sausage, wrap in clingfilm and freeze. When you're ready to use it, slice off rounds from your herb butter roll and either melt into baguettes or dot onto nearly roasted veggies.

*“Jazz up roasted veggies in an instant with this simple herb butter”*

Cook with...  
THE CORDON BLEU



THE FAMOUS COOKERY SCHOOL'S MASTER CHEF, CHEF REGINALD SHOWS YOU HOW TO PERFECT YOUR EGG-FREE PASTA RECIPE

“This vegan-friendly pasta recipe is so incredibly easy to make, and nothing beats

the taste of fresh, homemade pasta. In this recipe I use semolina in order to get a really firm texture, which helps the pasta to remain 'al dente' once cooked. 00 flour (available from Tesco) is a good alternative to semolina as it is low in gluten. If you are using plain flour you will need to add at least a quarter of semolina to prevent the dough becoming too elastic”

EGG-FREE PASTA



Serves 4

Ready in 45 mins

• 400g semolina • 40ml good quality olive oil • 100ml water • salt

**You'll also need:** a pasta machine or rolling pin

- 1 Place the semolina into a large mixing bowl, make a well in the centre and carefully add the olive oil, water and salt. Mix together with a fork but ensure this is done very slowly. Continue mixing slowly while adding a little bit of flour at a time. The slow mixing will ensure that it remains smooth and thoroughly combined.
- 2 Once the mixture has formed a 'dough-like consistency', begin kneading on a floured surface. Continue kneading for approximately 10-15 minutes before wrapping in clingfilm to rest for half an hour.
- 3 Use a pasta machine to create whichever shape you prefer – tagliatelle is often the easiest.
- 4 To cook the pasta, bring a large pot of salted water to the boil, add the pasta and cook for 2-3 minutes. With fresh pasta it doesn't need any longer than this.

COOK'S TIPS

There is no need to add olive oil to the cooking water as it won't mix with the pasta, if you do wish to add oil, do so at the end of cooking when it will prevent the pasta from sticking.

If you don't have a pasta machine at home, you can easily use a rolling pin to make a variety of pasta shapes, such as papardelle, linguine or orichiette.

