

WINNER! BEST FOOD MAGAZINE
Guild of Food Writers Awards 2013

A little slice of foodie heaven

CRUMBS

No.16 November 2013

What do you get if you cross Bambi with a ghost?
Bamboo!

Bath & Bristol

BACK TO COOKERY SCHOOL
Learn from the BEST in the West

DELICIOUS RECIPES FROM THE REGION'S BEST CHEFS

THE FOOD NOVICES

www.crumbsmag.com

SAV CHEESE
We've a fromage fest!

WINTER GARDENING
Grab your scarf!

AS GREEN AS RED MEAT GETS, VENISON'S ROCKING. AUTUMN ROASTS, CASSEROLES AND STEWS

GET KITTED OUT!
BAKING FEVER

Yes, it's the game of thrones!

The Gang Beauty Nouvelle
Wells Festival
Blitz Of winter

Media Clash 62 >
9 771477 618005



PHOTO BY DAVID GRIFFEN

There's nothing quite so intoxicating as the heady smell of roasting harissa spices. Once ground and emulsified into the startling red paste, it keeps well in the fridge for several weeks, so it is well worth taking the effort to make your own. Smear on partridge, harissa can give real depth and warmth of flavour, and the aroma as the birds roast will fill your kitchen with a hint of a Moroccan souk.

Tom Blake, head chef of two Somerset pubs, The Swan in Wedmore and The White Hart in Somerton, recommends serving the spiced partridges on some fragrant spiced squash and potatoes with a fresh and minty yoghurt.

"The harissa paste is a quick version of my favourite Moro recipe," says Tom, "and will keep well in a jam jar in the fridge. If you don't have time to grill the chillis, just blitz them whole with as much or as little of the seeds as your tastebuds allow."

Partridge only takes 20 minutes to roast in the oven so is a perfect midweek supper option when you fancy a roast but don't have time to cook a joint. A bottle of Primitivo Boheme or St Marie Bordeaux Superior would drink very nicely with it.

* www.theswanwedmore.com * whitehartsomerton.com

HARISSA-SPICED PARTRIDGE AND FRAGRANT SPICED POTATOES

(SERVES 4)

INGREDIENTS

400g Jersey royals, simmered until just cooked then skins rubbed off, cut into 2.5cm cubes
1 butternut squash, peeled and diced into 2.5cm cubes
2 cardamom pods, cracked
½ tsp caraway seeds, toasted
2 garlic cloves, grated
rapeseed oil
4 partridges
125ml dry white wine
handful of fresh coriander, chopped

To make the paste:

250g fresh red chillies
sea salt
3 heaped tsp ground caraway
3 heaped tsp ground cumin
1 heaped tsp ground coriander
4 garlic cloves
1 tbsp tomato ketchup
1 tbsp cider vinegar
2 tsp smoked paprika
4 tbsp olive oil

METHOD

- Start by making the harissa. Grill the chillies and remove the skins. Blend together with the rest of the ingredients in a mixer to a thick smooth paste.
- Preheat the oven to 180C/350F/gas mark 4.
- Place the chopped potatoes, butternut squash, caraway, cardamom and garlic into a heavy based tray. Dress with rapeseed oil and season with salt and pepper. Roast in the oven for 20-25 or until the vegetables start to caramelize.
- Take the partridge and rub 1 level tsp of harissa onto each bird (you can add more if you like it spicy). Roast the partridges for 18 minutes then allow the birds to rest on a warm plate. Put the potatoes and squash back in the oven to finish crisping up while the meat is resting.
- Place the roasting tray on the stove and deglaze with the wine. Let the wine and the roasting juices bubble down to make a sweet and spicy sauce. Drizzle over the partridge and serve alongside the roasted vegetables.