

CHARRED SPRING ONIONS

INGREDIENTS

1 dozen spring onions, stalks attached
¼ cup vegetable oil

INSTRUCTIONS

1. Peel bulbs of spring onion, leaving stalks attached.
2. Quarter bulbs and brush lightly with vegetable oil.
3. Cook directly over charcoal for 30 minutes until lightly charred and tender
4. Season with salt to taste.



WILTED BORDEAUX SPINACH

INGREDIENTS

1.8 kg fresh Bordeaux spinach
3 tablespoons butter

INSTRUCTIONS

1. Melt butter in a medium to large fry pan over medium heat
2. Add spinach and toss until lightly wilted, 1-2 minutes.
3. Season with salt and a squeeze of lemon juice.



STEAMED AND GRILLED CARROTS

INGREDIENTS

16 freshly picked young carrots, stems attached
3 tablespoons butter
236 ml dry white wine
3-4 sprigs of fresh thyme
2 tablespoons chopped parsley

INSTRUCTIONS

1. Make a tin foil pouch large enough to hold the carrots. (Lay out a long sheet of tin foil and fold it in half, lengthwise. Fold and crimp two of the open seams, sealing them well, and leave one seam open to add the ingredients.)
2. Add butter, white wine, thyme, and carrots to the pouch.
3. Fold and crimp the remaining seam to seal the pouch.
4. Set the entire pouch on a grill to steam for 15-20 minutes.
5. Carefully open the pouch, allowing the steam to escape away from you.
6. Remove the carrots and finish on the grill over medium heat until lightly charred, about 3-5 minutes.
7. Season with salt to taste and toss to distribute.
8. Sprinkle with chopped parsley.

