

Griddled Aubergine, Pepper, Mint & Feta Salad

Serves 4

ingredients

*1 three grain star loaf
4 large red peppers*
2 large aubergines
4 tbsp olive oil
450g/1lb feta cheese
1 red chilli, seeded and finely chopped
Large bunch of mint, finely chopped
Juice of 1 lemon
2 tbsp olive oil*



process

1 Preheat a grill to hot. Place the peppers on a rack and cook, turning regularly, until the skins turn black. Place the hot peppers in a plastic bag and leave for 15 minutes. Peel the skin from the peppers, remove the stalks and cores then cut into long thin strips.

2 Trim the stalks away, then thinly slice the aubergines into long thin strips. Brush both sides

with oil and cook on a hot griddle for 2 minutes on each side until tender.

3 Crumble the feta cheese into a bowl and add the chilli, mint and lemon juice. Break the bread into four double wedges and slice each in half then toast lightly. Serve with the salad and toasted sliced bread wedges.

get ahead

Cook the pepper and aubergine strips and store, chilled in a lidded container. Keeps 5 days. Add the feta cheese and store for 1 day.

*If you can't get hold of fresh peppers, use jars of pepper strips in oil.

Three Grain Star Loaf Hot Ploughman's

Serves 4

ingredients



1 x three grain star loaf
8 x 75g / 3oz Cheddar cheese wedges
8-16 red medium onions, peeled
2-3 cloves of garlic peeled and sliced
25ml extra virgin olive oil
sprinkle of sea salt

Waldorf salad (serves 8)

1 kg / 2lbs eating apples cored and cut into wedges
300g / 12oz red onions, peeled and finely sliced
150g / 6oz celery hearts, cut into bite size pieces
100g / 4oz mayonnaise
100g walnuts or pecans, lightly dry roasted
salt and pepper to taste

process

1. Cut each onion into 8 wedges, ensuring the root of the onion is kept intact, brush with olive oil and place into a roasting tray, sprinkle with garlic slices, season and bake in a moderate oven until tender. Remove onion and split open.

2. Take the bread enlarge the grooves with a sharp knife. Insert a wedge of cheese in each cavity and sprinkle the surface with a little additional grated cheese. Place on a baking sheet or in a suitable ovenproof dish and bake in a moderate oven for 15-20 minutes or until the cheese has melted and the bread is hot throughout. Alternatively, for a

brown crusty topping, remove from the oven 2-3 minutes prior to cooking time and finish off under the grill.

3. Make up the Waldorf salad by combining all the ingredients together.

To serve, portion the bread to customer's requirements. Place it on a warm but not hot plate, garnish with accompaniments of hot roasted onions and Waldorf salad

