

SPINACH PANCAKES WITH SLOW
COOKED TOMATOES & KOLIOS FETA

Gary Parsons, *H&B Executive Chef*

HARVEY & BROCKLESS
the fine food c^o

Whatever we do, from sourcing amazing food
to delivering it on time,
we always stick to one simple rule...

an absolute dedication to honest, authentic, remarkable food.

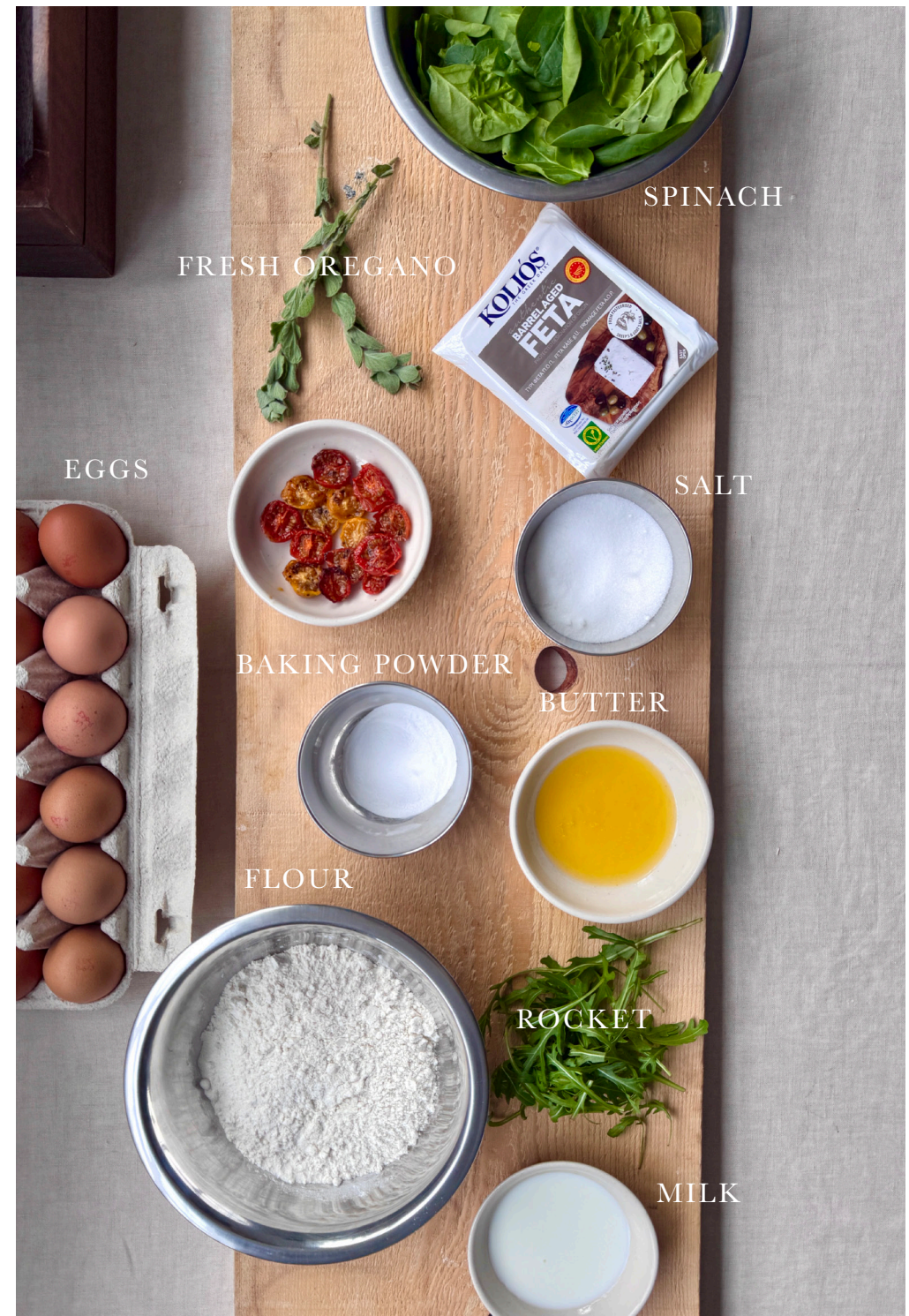
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Chef Gary Parsons

Ingredients

SERVES 4 PORTIONS

DB083 Croxton Manor Unsalted Butter	20g
GR126 Kolios Barrel Aged Feta	60g
DA105 Dell'ami Arbequina Olive Oil	15ml
Self raising flour	125g
Baking powder	1 tsp
Salt	1/2 tsp
Eggs	2 eggs
Milk	100ml
Spinach	50g
Mixed coloured tomatoes	520g
Rosemary, chopped	8g
Fresh oregano	2 sprigs
Rocket	50g
Pepper	5g





SPINACH & FETA PANCAKES
with slow roasted tomatoes, fresh rocket and oregano

Method

1. Pre heat the oven to 140 degrees. Cut the tomatoes in half and place in a bowl. Add the oil, salt, pepper and the rosemary. Mix together and lay on a baking tray lined with grease proof paper. Place in the oven and cook for 45 to 60 minutes. Once cooked, set aside and keep warm.
2. Spinach pancakes - Put the flour, baking powder, salt, eggs, butter, milk and spinach in a blender and whizz until the batter is smooth and bright green.
3. Heat some butter in a frying pan over a medium heat, add a ladle full of batter and cook for 2 minutes until the edges are set and bubbles are rising to the surface. Flip over and cook for 1 to 2 minutes more. Do the same process with the rest of the batter.
4. Lay the rocket over the pancake, arrange the warm tomatoes, grated feta, leaves of oregano, salt and a drizzle of olive oil.

Croxton Manor Unsalted Butter

Our very own Croxton Manor butter is made with fresh milk from British cows raised to strict quality standards. Perfectly used for enriching pastry dough, melting into sauces or lavishing on hot crumpets. This unsalted butter is not blended and is additive free.

Dell'ami Arbequina Olive Oil

Sourced from the sunny valleys of Córdoba in Andalucía, early harvest Arbequina olives give this oil glorious flavours of green apple, artichoke and creamy avocado.

Kolios Barrel Aged Feta

Kolios authentic Barrel Aged Feta is matured in wooden barrels and is made from fresh pasteurised sheep's milk and goat's milk from free-grazing animals. The natural aroma of Mediterranean grasses, in combination with the aroma of the wood, gives the feta cheese a unique rich, award-winning flavour.
