



Food from the hedgerows

Rosemarie Cusack

rosemariecusackemail@gmail.com





Mandalas feed our wellbeing!

Rosehip Shortbread Hearts



Ingredients:

80g rosehips
100ml cold water
170g plain flour
170g butter
55g icing sugar
55g cornflour

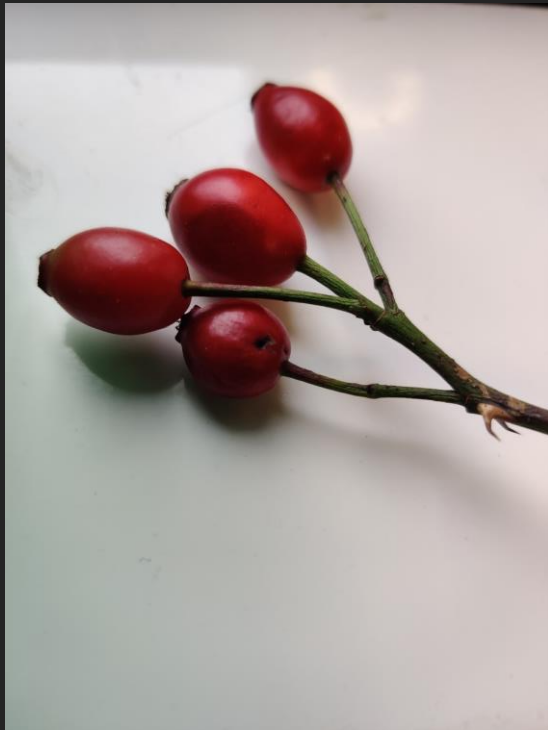


Method:

- Snip from stalks, rinse and simmer for 30 minutes
 - Place in a sieve and press out the pulp
 - Put flour, butter, rosehip pulp, icing sugar and cornflour in a food processor and whizz to form a dough
 - Roll out and cut heart shaped biscuits
 - Bake at 180°C for 10-12 minutes until just golden at the edges
 - Remove and cool on a wire rack
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Tomato
sauce with
haws



Ingredients:

100g haws

75ml cider vinegar

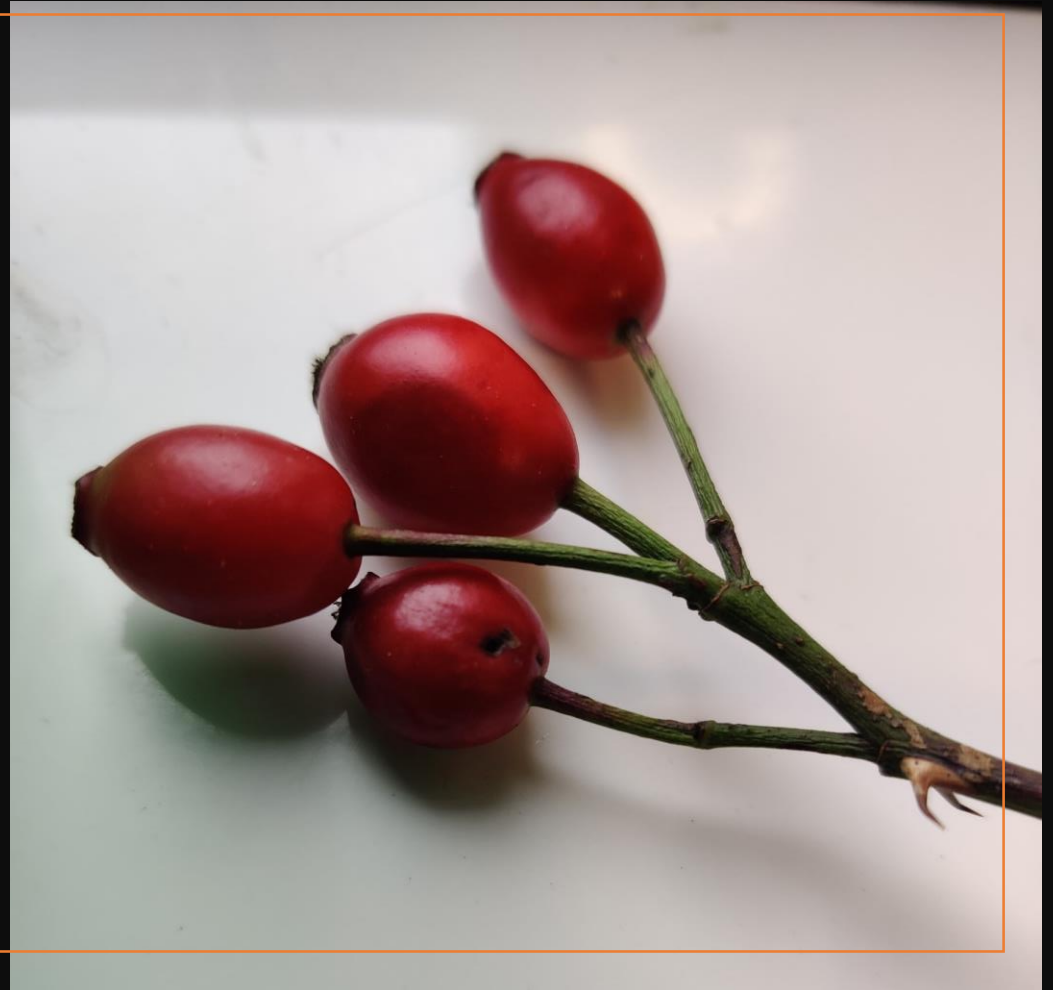
½ teaspoon salt

1 onion

2 cloves garlic

1 can chopped tomatoes

½ teaspoon sugar



Method:

- Use a scissors to snip off the branches, rinse under water
 - Simmer haws, cider vinegar and salt for 20 minutes
 - Press cooked haws through a sieve,
 - Finely chop onion and garlic and sauté until soft
 - Add chopped tomatoes, sugar and haw puree, simmer for 10 minutes
 - Puree to a smooth sauce
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Slow gin with ginger ale





Decorate for dining







Further recipes:

Wild garlic & parmesan scones

Meadowsweet pannacotta

Elderflower cordial

Wild bilberry strudel

Rosehip syrup

Crab apple jelly

Crab apple cheese

Apple & blackberry muffins

Blackberry mousse

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