

NIGEL SLATER'S SIMPLE SUPPERS

BBC

DIG



Grow your own grub.

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Welcome to Dig In, the BBC campaign that makes growing and cooking your own grub truly scrumptious fun.

You've grown your grub, now it's time to take your produce from the plot to your pot. Dig In has teamed up with super-cook Nigel Slater who has whipped up five exclusive recipes for simple, sumptuous suppers.

Here's Nigel...

"There's nothing quite as tasty as grub you've grown yourself. You get the sense of achievement and pride of producing it from your packets of Dig In seeds and the pleasure of knowing the whole story about what you're eating.

When you've sown some seeds, watered them, looked after the plants and then harvested your grub, you feel differently about the vegetable you're about to make your supper with.

Growing your own grub is the best seasoning your food can have."

Nigel Slater



Chop, chop... grub's almost up!

We've got a bunch of ways to help whisk you through the next steps:

Get cooking

Had a bumper harvest? Top cook Nigel Slater has come up with five tasty recipes so you can really enjoy the grub you've grown.

Dig In to cyberspace

Check out our website: bbc.co.uk/digin. We've made some tasty videos to help you harvest and cook your Dig In veggies. Plus you can sign up for our Dig In newsletter.

Coxy's blog

Join Radio 1's Sara Cox at bbc.co.uk/digin. Find out how Sara's got on with her Dig In escapades. Come and share your growing joys and grumbles with her.

Stop us and grow one

We've gone a bit rock'n'roll and are touring UK towns and cities in an ice cream van! Check out bbc.co.uk/digin to find out when we're heading your way.

Veg out in front of the TV

Tune in to Nigel Slater's Simple Suppers this autumn on BBC One for more great recipes. And get your regular Dig In updates with Gardeners' World on BBC Two.



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nigel slater's simple suppers

BBC
Gardeners'
World

Carrot fritters

Makes 6–8, serves 2–3

325g carrots

1 medium-sized onion

1 clove of garlic, peeled and crushed

150ml double cream

1 egg, beaten

3 heaped tablespoons grated cheese (a good strong cheddar)

1 handful of coriander

2 heaped tablespoons of plain flour

olive oil for shallow frying

Scrub the carrots and then either grate them by hand using the coarse side of your grater or push them through a food processor with a large grater attachment. You're after long, thin shreds of carrot rather than mush!

Then peel the onion, finely slice and stir into the carrots along with the peeled and crushed garlic and a seasoning of salt and black pepper.

Stir in the double cream, beaten egg, grated cheese, the roughly chopped coriander leaves and the flour.

Warm a shallow layer of olive oil in a non-stick frying pan. Drop large dollops of the mixture into the pan and fry till lightly cooked on the underside, turn them over and allow the other side to colour.

Your carrot fritters should take three or four minutes per side. They're ready as soon as they are dark gold. Lift them out onto a warm plate. A sheet of kitchen roll will remove any oil.

Eat immediately!



**CARROT
FRITTERS**



CHILLED BEETROOT SOUP WITH HERB CRÈME FRAÎCHE

Chilled beetroot soup with herb crème fraîche

Serves 4

For the soup

500g raw beetroot

groundnut or vegetable oil

4 spring onions

750ml vegetable or light chicken stock

For the cream

8 tablespoons of crème fraîche

2 heaped tablespoons fresh chives and mint, chopped

Set your oven to 200°C/gas mark 6.

Cut the leaves from the beetroots and scrub.

Then put your beetroots in a roasting tin with a tablespoon of oil and three of water and cover tightly with foil. Roast for 45-60 minutes until they're dark and almost tender.

Warm the oil in a shallow pan. Chop the spring onions and let them soften in the oil for five minutes. Set aside.

Peel the beetroots and chop the flesh roughly. Put them in the pan with the onions, pour the stock in and bring to the boil.

Simmer for seven or eight minutes. Then let the mixture cool slightly before putting it through a blender until smooth.

Taste your mix for seasoning – you'll probably need to add some salt and black pepper.

Pour into a jug and chill in the refrigerator.

To make the cream, stir together the crème fraîche and the chopped herbs.

Serve the soup when it's thoroughly chilled, then add spoonfuls of the herb cream at the table.

Green salad with Lollo Rossa and toasted cheese

Serves 2

For the salad

2 small goat's cheeses
2 teaspoons of mustard
4 thin slices of crusty bread
4 handfuls of mixed salad leaves,
including Lollo Rossa

For the dressing

3 tablespoons of olive oil
1 tablespoon of white wine tarragon vinegar
2 teaspoons of Dijon mustard
pinch of sugar

To make your dressing, put all the ingredients in a jar with a pinch of salt and pepper and shake to combine.

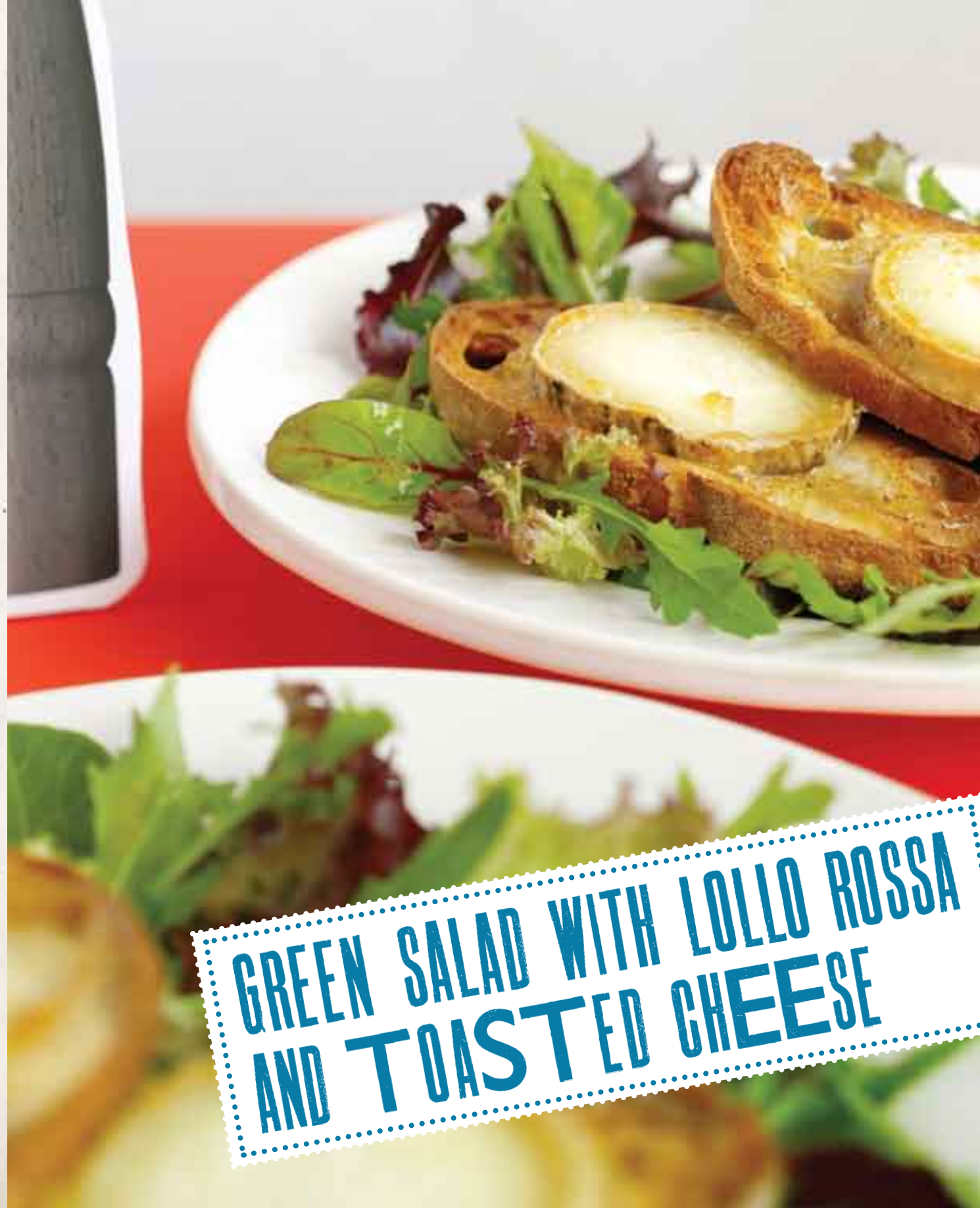
Cut the cheeses in half horizontally.

Under your grill, toast the slices of bread on one side then spread the untoasted side with mustard.

Place a cheese half on each one and toast under a grill until it melts.

Toss the salad leaves together, gently so as not to damage them, then pour over the dressing and turn tenderly with a large spoon and fork.

Divide the salad between two plates, add the slices of bread and toasted cheese.



**GREEN SALAD WITH LOLLO ROSSA
AND TOASTED CHEESE**

Make a Dig In veggie doll

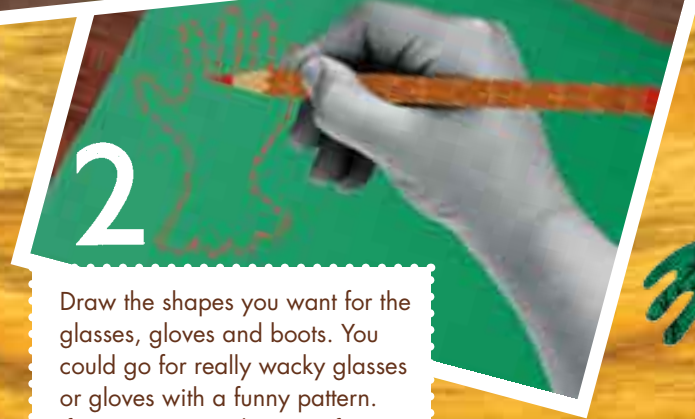
Harvested a bumper crop? Here's a fun activity for all the family to use some of those extra veggies. Little gardeners should ask a grown-up for help with the peeling, cutting and sticking.

First choose what you're going to use for parts of the body. Be creative! You can use what you've grown or what you can find in your kitchen, but don't use anything that's going into your supper!

We're using:

- A squash for the body
- Beans and baby corns for the arms and legs
- Carrot skins for the hair
- A slice of kiwi for the mouth
- Raisins and currants for the eyes and nose

Next get some glue or double-sided sticky tape, cocktail sticks, scissors, pencil, coloured paper or card – you could use old wrapping paper or magazine – but check with a grown-up first.



2 Draw the shapes you want for the glasses, gloves and boots. You could go for really wacky glasses or gloves with a funny pattern. If you want to make some fancy specs, you could use transparent film for the glass.



3 Then carefully cut out the shapes.



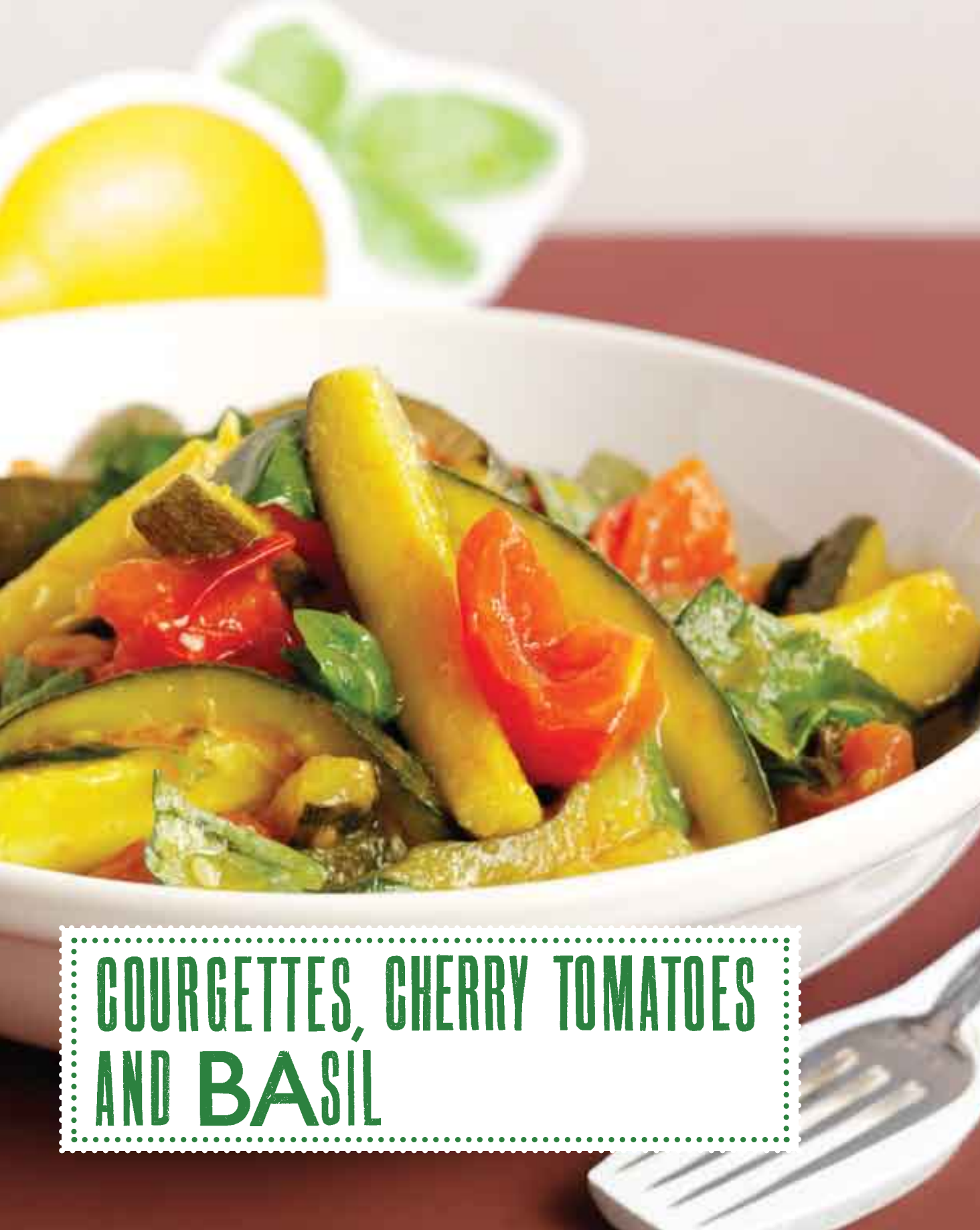
4 Now grab your cocktail sticks, glue or tape and stick all the body bits and clothes together.

Ta da!

Here are some of our finished Dig In veggie dolls.



We'd love to see your creations. Take a picture and upload it to the gallery on the Dig In website: bbc.co.uk/digin



COURGETTES, CHERRY TOMATOES AND BASIL

Courgettes, cherry tomatoes and basil

Serves 4 as a side dish, 2 as a main dish

5 courgettes
3 tablespoons of olive oil
8–10 cherry tomatoes
large handful of basil leaves
1 lemon

Cut the courgettes into thick fingers about the size of home-made chips.

Warm the oil in a shallow pan and then cook the courgettes over a moderate heat for about ten minutes until they start to soften.

Chop the tomatoes roughly and add them to the courgettes with the torn-up basil leaves, salt, pepper and a good squeeze of lemon.

Stir, cover with a loose-fitting lid and leave to simmer for five minutes until the courgettes are totally tender and the tomatoes have cooked down to a basil-scented, saucy slush.

You should end up with a brightly coloured dish, with the courgettes a lovely pale gold.

Stove top squash with toasted crumbs

Serves 2

100g fatty bacon or pancetta
butter
groundnut or mild olive oil for frying
1 butternut squash
75g white breadcrumbs
small bunch of parsley
grated zest of a lemon

Cut the meat into short strips. Then cook it in a heavy-based shallow pan on a low heat. You want its fat to melt as you are going to cook the squash in it – if it's a bit dry then add a little butter.

While the meat is cooking, cut the skin from the squash and then cut the flesh into quarters. Scoop out any seeds and discard them, then cut into large chunks.

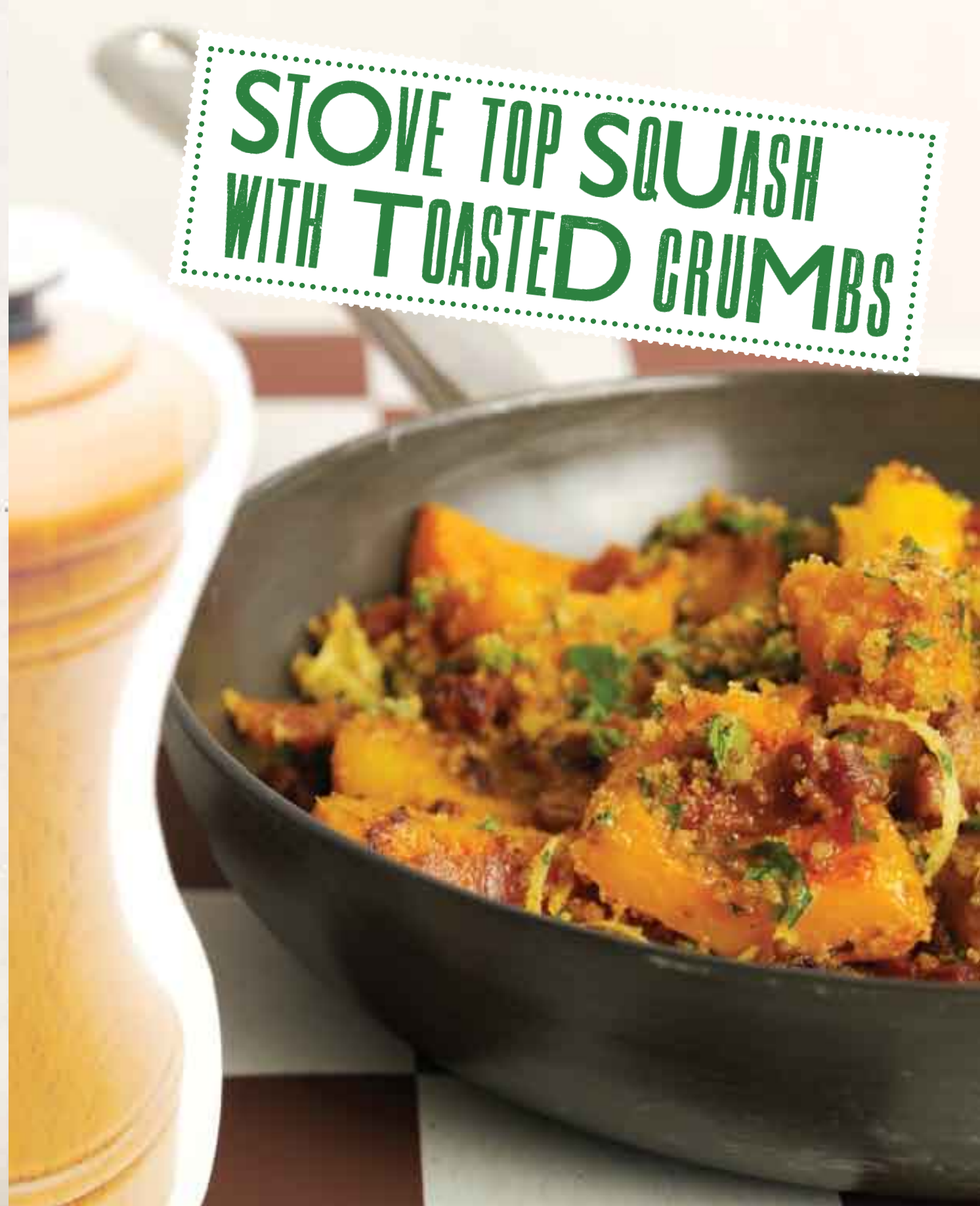
Add the squash to the meat and cover with a lid. Leave to cook for five minutes until the squash is golden brown here and there, then gently turn over and let it cook for another five minutes or so until quite tender.

Melt some more butter in a frying pan and tip in the breadcrumbs. Cook the crumbs until they're golden, stirring them from time to time so they don't burn.

Stir in the parsley and the grated lemon zest and season with black pepper and a little salt – not too much, remember bacon can be quite salty.

When the crumbs are golden and crisp and the butternut is soft and sweet, tip the crumbs over the lot and serve from the pan.

STOVE TOP SQUASH WITH TOASTED CRUMBS



Don't waste your waste!

Now you've sown, grown and scooped some delicious grub, what's next? Don't throw your scraps away! Create compost to use next year when it's time to Dig In again. Toby Buckland from Gardeners' World shares his recipe for compost.

1 Find a sunny corner of your garden, on soil, for your plastic compost bin or build a bin using wooden pallets or similar. Setting your bin up on soil will allow worms and other creatures from the earth to speed up the composting process.



2

Start adding organic waste, aiming for an equal mix of green and woody waste.

You can use anything that has lived (without being able to moo or oink or make other animal noises!). Vegetable waste such as carrots, potato peel and banana skins is great. Use some woody and grassy things, too. Scrumpled-up paper and card is also okay – though it's best to recycle glossy.

Don't put in meat, fat or anything cooked, that'll attract bugs – and not too much citrus because it scares away the worms.

Build up your heap in layers, or mix the ingredients as you go.



3

You can speed up the process by turning your compost heap occasionally with a garden fork, to aerate it, mixing the outside ingredients to the inside. Make sure you cover your bin to keep the rain out.



4

When the mixture becomes brown, crumbly and very slightly sweet smelling, you've created compost! You're ready to dig it back into your beds and start growing all over again.



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