



## VEGETABLE KIDNEY BEAN HOTPOT

Fry about 500g of Field-fare Stewpack vegetables in a little butter until softened.

Add two tablespoons plain flour and cook gently for 1-2 mins.

Add enough stock to just cover the vegetables. Season well, bring to the boil and simmer until cooked.

Add a large tin of red kidney beans and heat through well.

Transfer the vegetables to a deep flameproof dish.

Sprinkle with a mixture of breadcrumbs and grated Cheddar cheese and place under a hot grill until crisp and brown.



# Barbequed Corn on the Cob

Brush the field-fare Corn on the Cob with olive oil and season liberally with freshly milled pepper and salt.

Barbeque until toasted to a golden-brown colour.

Serve with plenty of melted butter.

Best eaten with your fingers!



# Beans in Parsley Sauce

Cook field-fare Broad Beans in boiling salted water for 2-3 mins. Melt 50g butter.

Add 40g flour and beat until smooth.  
Gradually add 275ml milk.

Cook gently until thickened.

Season with salt, pepper, a squeeze of lemon juice and some chopped parsley plus a little of the cooking liquid of the beans. Pour the sauce over the beans and serve immediately



# Chestnut & Brussels Sprout Saute

Boil or steam equal quantities of field-fare  
Chestnuts and Brussels Sprouts.

Fry an onion and some celery stalks in a  
little butter and grated lemon rind  
for 2-3 mins.

Add the Chestnuts and Brussels Sprouts and  
continue to cook for a further 2-3 mins.

Season well and serve immediately.



# Chilled Asparagus Soup

Take 700g field-fare Asparagus.  
Remove tips and cook in boiling salted  
water for 5 mins.

Chop stalks and cook for 5-10 mins in a  
little melted butter together with 2 onions.  
Add 1.4 litres chicken stock.

Season well and simmer for 30-40 mins  
until tender. Add tips to other vegetables,  
allow to cool slightly and blend until  
smooth.

Sieve and then add 150ml single cream.  
Chill well before serving.



# Corn & Chicken Chowder

Melt 25g butter and gently fry a chopped onion and pepper.

Add two tablespoons of flour.

Cook for 2 mins. Gradually add 400ml hot milk and 400ml chicken stock and slowly bring to the boil.

Add 250g cooked chicken, 500g diced potatoes and 350g field-fare Sweetcorn.

Cover and simmer gently for 20-25 mins or until the potatoes are tender.

Adjust seasoning and serve.



# Corn Mini Cob Stir Fry

Boil Mini Corn Cob until tender but still  
crispy.

In a frying pan heat a little oil and gently fry  
a crushed garlic and several spoonfuls of  
sesame seeds.

Flavour with a little soy sauce and pepper.

Add Mini Corn Cob and heat through.



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# Deep Fried French Beans

6 tbsp self-raising flour  
1 tsp turmeric  
2 tbsp chopped chives  
125g Field-fare French beans, trimmed

Preheat your deep fat fryer to 190C / 375F. If you don't have one, heat at least 5cm of oil in a large wok or saucepan and use cubes of bread to test when the oil is hot enough.

**CAUTION:** Do not leave hot oil unattended and never fill the pan more than one third full of oil.

Mix the flour and turmeric together with a pinch of salt and add enough cold water to make a thin batter. Whisk well and then stir in the chives.

Dip the beans into the batter then deep fry the hot oil. Drain on kitchen paper and serve at once.



## Fresh Spinach Soup

2 shallots thinly sliced  
1 medium sized leek thinly sliced  
1 medium sized potato diced  
500g of Field-Fare spinach leaf  
2 sprigs of fresh thyme or a heaped teaspoon of dry  
2 pints of water  
olive oil  
salt and pepper to taste

\*Heat a splash of oil on a medium heat in a heavy bottomed pan, add the shallots, leek & potato and soften for five minutes.

\*Add the water, slowly bring to the boil, then simmer gently for about 30 minutes ensuring the soup doesn't come to the boil.

\*Introduce the spinach, raise the heat slightly & stir continuously until all the spinach leaves are dark green & limp.

\*Turn the stove off and leave the soup to stand for fifteen minutes then blend the soup in a food processor until completely smooth. Bring back to the stove and reheat until hot but don't boil.

\*Add salt and pepper to taste, serve immediately with warm croutons and grated cheese



# Glazed Carrots with Lemon and Garlic

Place the carrots in a saucepan and add some pared lemon rind, a little butter, a pinch of sugar, garlic and seasoning.

Just cover with water and  
bring to the boil.

Continue cooking until the carrots are  
tender and all the water has evaporated.



# Haricots Verts a la crème

Lightly fry a few chopped shallots  
in some butter.

Add the cooked Fine Whole Beans.

Toss in several spoonfuls of double cream  
and season to taste.



# Harvest Vegetable & Bean Soup

Just cover field-fare Harvest Vegetables with half stock, half passata or a tin of chopped tomatoes.

Season and bring to the boil.  
Simmer until the vegetables are tender.

Add a tin of cannellini or red kidney beans and re-heat.

Serve sprinkled with Parmesan cheese and crusty bread.



# Italian Green Beans

Field-fare frozen sliced green beans (9oz)

3 tablespoons bread crumbs

1/8 teaspoon garlic powder

2 tablespoons butter

1/4 cup parmesan cheese grated

## Directions:

Cook green beans according to instructions,  
Drain, Toss with butter, Sprinkle with crumbs  
and garlic powder and toss again.

Place in shallow casserole, sprinkle with  
parmesan cheese and bake, covered, at 350  
degrees for 20 to 30 mins, or until cheese melts  
and beans are hot



# Leek Tart

Line a quiche dish with shortcrust pastry  
and fill with 750g of field-fare Leek  
Roundels cooked in a little butter until soft.

Beat together 3 eggs, 300ml soured or  
double cream and 225g Gruyere cheese.

Season and pour into pastry case and  
sprinkle with a little extra cheese.

Cook in a hot oven for about 1 hour.

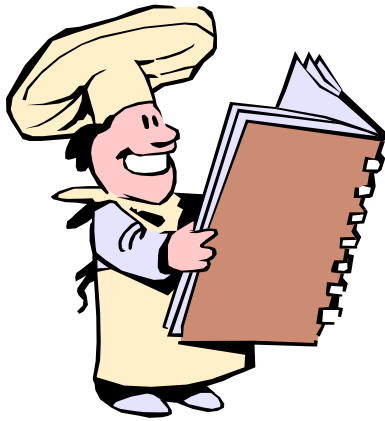


# Sliced Green Beans au Gratin

Lightly cook the beans  
until just tender.

Place in a gratin dish and cover with  
a mixture of breadcrumbs and grated  
Parmesan cheese.

Grill until crispy.



# Spinach & Mushroom Omelette

Defrost 225g field-fare Spinach and place in a sieve to remove excess liquid.

Place in a blender with 4 eggs, a pinch of grated nutmeg, salt and pepper.

Blend until smooth. Heat 25g butter in a large non-stick frying pan.

Add the spinach mixture and cook until set underneath. Cook the top by placing under a hot grill for 1-2 mins.

Fry 125g thinly sliced button mushrooms in butter.

Add 150ml soured cream and bring to the boil.

Spread the mushroom mixture over one half of the omelette, then flip over to enclose the filling.