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9 Amazing EASTER ROASTS

On the cover: make our herby spring lamb racks this weekend!



CRAB & SEA LETTUCE TAGLIATELLE

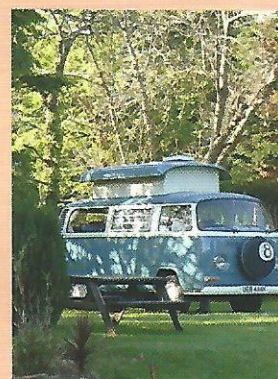
Serves: 4 Prepare: 45 minutes Cook: 20 minutes

450g sea lettuce * Salt and pepper * 400g '00' pasta flour * ½ tsp salt * 3-4 whole eggs
 * 1 tsp rapeseed oil * 1 large brown crab or 120g picked white crab meat and 50g brown
 meat * 1 red chilli, de-seeded and finely chopped * 2 cloves garlic, peeled and finely
 chopped * Juice of 1 lemon * 100ml oil * 300ml chicken stock * Handful of wild fennel
 fronds, chopped * Handful of rock samphire, chopped

1. Boil 100g of the sea lettuce until tender (15 minutes). Liquidise the sea lettuce with a little water. Pass the green liquid through a muslin cloth and retain the green purée left in the cloth.
2. Mix the green purée with flour, salt, eggs and oil in a bowl and bring together into a dough.
3. Turn the dough onto a table and knead until it is smooth and shiny. Cover in cling film and leave to rest in the fridge for at least one hour (no more than 24 hours).
4. Roll the dough through a pasta machine starting on the widest setting. Roll it through this setting about 5 times, each time folding the dough back on itself before feeding it into the machine. Now run the dough through each of the settings until you get to the penultimate setting. Run each sheet of pasta through the tagliatelle cutter. Once cut, drape the tagliatelle over the back of a chair or broom to air dry for a few minutes to prevent it sticking together and clumping up.
5. If you are preparing the crab yourself, bring a large pan of heavily salted water (10g per litre to mimic the salinity of sea water) to the boil. Dispatch your live crab by skewering through the depression behind the tail and also between the eyes. Place the crab in the boiling water and cook for approximately 15 minutes once the water comes to the boil again.
6. Remove the cooked crab, leave to cool and pick out the meat. Pick through the crabmeat to make sure it's free from any bits of shell.
7. Bring a large pan of salted water to the boil ready for the tagliatelle. In a sauté pan heat the oil. Add the chilli and garlic and cook until softened without browning, stirring regularly. Add the remaining sea lettuce (chopped), rock samphire and fennel fronds and cook gently for a minute or so. Then add the brown crab meat. Add the chicken stock and lemon juice to the pan and bring to the boil.
8. Meanwhile, cook the fresh pasta in the boiling salted water for 3 minutes. Once cooked drain and add to the pan with the other ingredients including the white crab meat. Toss together until everything is evenly mixed. Taste and season. Loosen with a little of the cooking water if the pasta looks too dry.

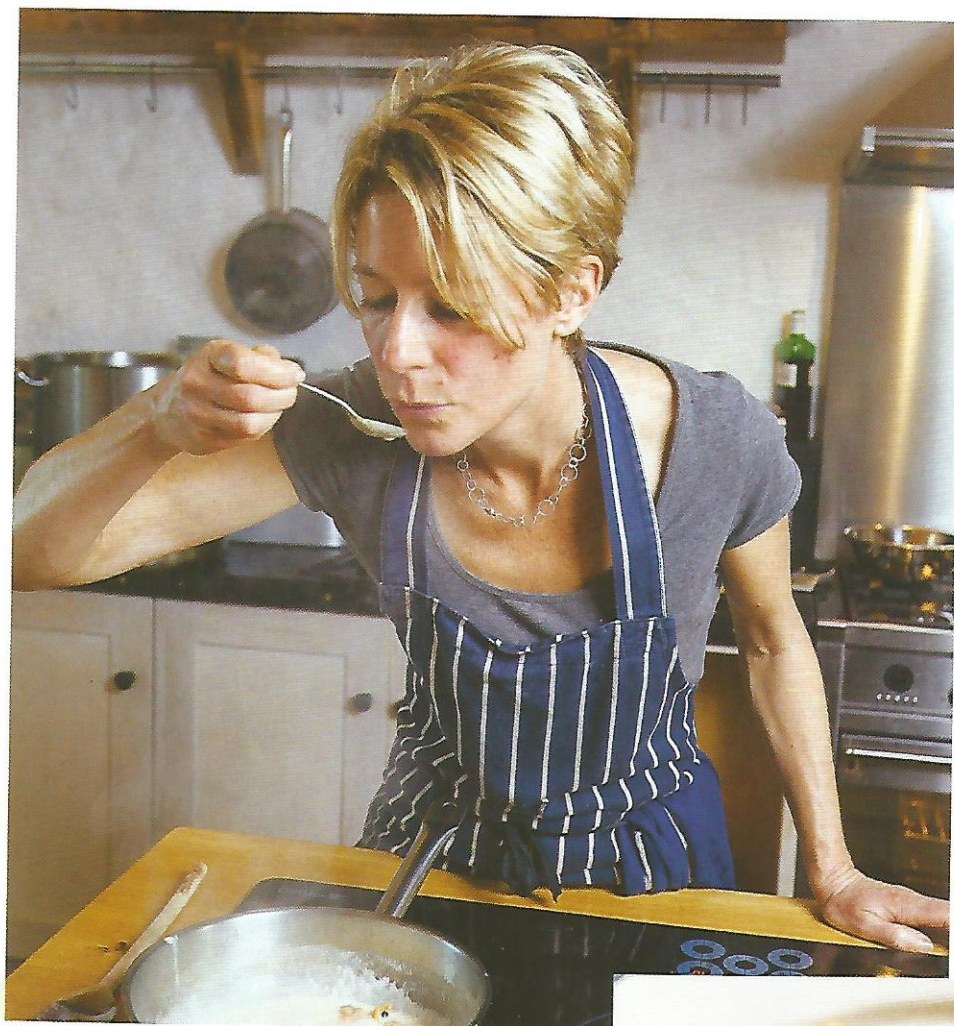


ABOVE: CAROLINE DAVEY –
FORAGER AND TEACHER AT THE
FAT HEN COOKERY SCHOOL.



Explore Cornwall

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Words and photos adapted from *Saltwater Kitchen* Cookbook by Luoise Searle and Hayley Spurway, £17.99 saltwaterkitchen.com

Edible Landscape

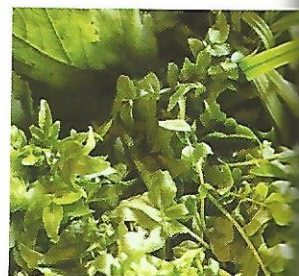
"I want to show people the potential of wild ingredients in the kitchen. It's about using foraged foods just like anything you would buy from the supermarket, and making interesting, delicious dishes with them," says Caroline Davey – forager and teacher at the Fat Hen cookery school.

A keen cook with a background in ecology and botany, Caroline launched Fat Hen nine years ago, originally supplying restaurants with foraged ingredients. "I got – and still get – a lot of inspiration from working with talented and creative chefs who use wild ingredients," she says. Soon she was running her own foraging and wild cookery courses. The name Fat Hen comes from the wild edible green that was one of Britain's staple crops about 2,000 years ago, and still flourishes in Cornwall today.

Caroline's natural larder includes everything from seaweed, shellfish and game, to hedgerow greens. "As well as gathering ingredients along the shoreline, we also run foraging trips



LEFT: CAROLINE SERVES WILD SPINACH AND NETTLE GNOCCHI WITH RABBIT LOIN



on bikes – cycling about 20 miles via Sennen Cove, where we top up our ingredients with a fresh crab or fish from the fishermen there. I love helping people appreciate the ingredients that are available. After the course, people start identifying edible plants in wild greenery or seaweed – and then realise not only that they can eat them, but that they actually taste really good!" she says.

