

## #03

### COURGETTE BURGER WITH GRILLED SPRING ONIONS AND WILD GARLIC

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#### For 6 burgers:

100 g (3½ oz/generous ⅓ cup) butter  
120 g (4 oz/generous ¾ cup) plain (all-purpose) flour  
1 tsp baking powder  
pinch of sea salt  
100 ml (3½ fl oz/scant ½ cup) milk  
1 egg  
100 ml (3½ fl oz/scant ½ cup) cold water  
25 g (1 oz/scant ½ cup) panko breadcrumbs  
2 medium courgettes (zucchini)  
butter for frying

#### Grilled spring onions (scallions):

2 tsp Roasted Pepper Seasoning (see page 132)  
2–3 tbsp rapeseed oil  
1 tsp sesame oil  
sea salt  
6 spring onions (scallions)

#### To serve:

1 bunch of wild garlic or chives  
6 burger buns  
butter for the buns  
a little Sriracha sauce or Kimchi as necessary  
(see pages 140–143)

#### Instructions:

1. Preheat the oven to 180°C (350°F/Gas 4).
2. Melt the butter over a low heat.
3. Mix the flour, baking powder and salt in a bowl. Add the milk and egg and whisk together to form an even, fairly thick batter. Stir in the butter and water, then fold in the panko breadcrumbs. Put to one side.
4. Finely shred the courgettes with a mandoline, preferably using a grating attachment. You can also coarsely grate the courgettes with a normal grater, but bear in mind that the courgettes will then release liquid, which you must remove.

5. Put the courgette strips on a baking tray and douse them with the batter (see photo on previous page).

6. Heat a frying pan (skillet) and put in a knob of butter. Transfer a little of the courgette mixture at a time to the frying pan using a fork, and form small courgette pancakes. Fry for a minute or so on both sides so they take on a golden colour. If you want you can use a food ring (see page 10) to start with, so the courgette pancakes hold together better, in which case you should put the food ring straight into the frying pan and fill it with the courgette mixture.

7. Transfer the courgette pancakes to an ovenproof dish and bake in the oven for 5–10 minutes.

8. Make the roasted pepper seasoning as described on page 132. Put 2 teaspoons of the pepper seasoning into a large plastic bag. Pour in the rapeseed oil, sesame oil and salt. Put to one side. You can of course add other seasoning such as garlic and chilli if you wish, for extra flavour and heat.

9. Cook the spring onions on a barbecue or fry them in a dry frying pan over a high heat, allowing them to develop a little colour. Put the onions into the bag of marinade, tie the top and leave for 10–15 minutes so the spring onions steam in their own heat (see pages 148–149).

10. Chop the wild garlic or chives. If you can get hold of wild garlic with flowers or buds then use them too. They not only look nice but also have a lovely mild flavour reminiscent of roasted garlic.

11. Butter the buns on the cut surface and fry them quickly in a frying pan or grill (broil) them in the oven.

12. Put two courgette pancakes on each bun and top with spring onions and wild garlic, and a little Sriracha sauce or kimchi as necessary.





#09

## OVEN-BAKED ONIONS

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Makes about 500 g (1 lb 2 oz/2 cups)

4 onions (about 600 g/1 lb 5 oz)

2 tbsp butter

olive oil, for drizzling

sea salt and freshly ground black pepper

### Instructions:

1. Preheat the oven to 200°C (400°F/Gas 6).
2. Peel the onions and cut them into quarters. Put them in an ovenproof dish, add the butter and drizzle the olive oil over them. Sprinkle with salt and pepper. Bake the onions in the middle of the oven for 20–30 minutes or until they have developed some colour – they can even be a little burnt. Take out and allow to cool.

#10

## ROASTED PEPPER SEASONING

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2 tbsp coriander seeds

2 tbsp Sichuan pepper

2 tbsp whole black peppercorns

### Instructions:

1. Heat a dry cast-iron pan over a medium heat. Toast the coriander seeds, Sichuan pepper and black peppercorns until the seeds start to go golden brown and there is a clear spice aroma.
2. Pound the spices in a mortar or mix them to a fine powder with a hand blender. Store in a jar.