



Seasonal Recipes from Fountains Abbey

March Seasonal Recipe

Leek and White Bean Stew – 6-8 portions

This vegetarian stew can be made up to a day in advance and reheated-just add the basil puree right before you reheat the stew.

Ingredients

- 350g tin Butter beans or (dried soaked overnight in vegetable stock)
- 2 dried bay leaves
- 1 small onion roughly diced
- 1 tablespoon salt
- 2 lemons
- 350g Jerusalem artichokes
- 100g fresh basil
- 6 tablespoons rapeseed oil
- 4 large leeks, white and light-green parts only
- 2 large cloves garlic (minced)
- 1/4 teaspoons freshly ground black pepper, plus more to taste
- Dry white wine

Method

1. Peel and soak the artichokes in a mixture of lemon juice and water.
2. Heat the rapeseed oil in a large pan (that has a lid). Sauté the onions, add the well washed and drained leeks and cook over a moderate heat without browning the onions. Add the garlic and seasoning.
3. Drain the artichokes. Add butter beans, prepped artichokes and bay leaves then cover with wine, place a lid on the pan and cook until artichokes are soft- approximately 20 minutes.
4. Liquidise the basil to use as a pesto. Stir in the fresh green pesto to give a vibrant finish to this wholesome dish.
5. Season to taste.

For the perfect seasonal meal serve with sautéed spring cabbage (butter and seasoning) and steamed purple sprouting broccoli