



Studio News

SEASONAL RECIPES FOR SEPTEMBER

Keeleys Honey-roast Pear & Parsnip Salad

Prep & cooking time: 30 minutes, Serves: 4

2 medium parsnips, peeled and quartered
1 tbsp honey or maple syrup
2 pears, quartered, cored and sliced
25g walnut pieces
bag of mixed salad leaves
50g blue cheese of your choice, crumble into small pieces

For the dressing

2 tbsp olive oil
1 tsp honey
1 tbsp English mustard
1 tbsp red wine vinegar

Preheat the oven to 220°C, gas mark 7. Toss the parsnips with $\frac{1}{2}$ the honey/syrup, and spread over a large parchment-lined baking tray. Roast for 15 minutes. Meanwhile toss the pears in the remaining honey/syrup. After the 15 minutes is up give the parsnips a stir and add the pears and roast both for a further 10 minutes. Add the walnuts on a separate small baking tray and cook for the last 5 minutes.

Meanwhile, mix together the 2 tbsp oil, vinegar, honey, and mustard and a little seasoning in a bowl or jar with the lid tightly screwed on and shake (or whisk until combined).

Toss the salad leaves with 1 tbsp of the dressing and serve on your plate. Scatter the roasted parsnips, pears and walnuts over the top. Drizzle over a little more dressing, and crumble over your blue cheese.

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Ezy B's Dahl, Green Chutney & Crispy Papads

Serves 6



Dahl

Avocado Oil/Ghee for cooking

500g red lentils

1 tin coconut milk

1 onion, finely diced

1 bulb garlic (10-15 cloves) thinly sliced

1 tsp chilli powder (I use mild)

2 tsp curry powder

½ Tbsp ground cumin

1 Tbsp turmeric

1 ½ Tbsp garam masala

1.5l veg stock

3 limes, halved

Spinach leaves (please see notes)

Sea Salt, to taste (please see notes)

Green Chutney

30g Coriander, incl stalks (this is a guide, put however much you want in!)

3 banana shallots

½ lime, juiced

1 piece of ginger, to taste (I used a thumb-sized bit)

¼ red chilli (optional)

Crispy Papads

1/3 cup water

1/3 cup chickpea flour

Heat your oil/ghee over a low-medium heat in a large stock pan/saucepan, add the onions, and after a few minutes, the garlic. After another few minutes the onion and garlic should be soft and translucent (not browning). Sprinkle in the spices and toast for a further few minutes (you want them nice and warm and releasing their oils, but don't let them burn).

Pour in the tin of coconut milk, refill the tin with water and add this to the pot. Follow this with the stock, lentils and lime halves. Bring to a light boil then immediately turn the heat down and simmer for an hour.

While the Dahl is simmering, make the chutney: Whizz up the ginger and onion in the smallest attachment for your food processor (I use a Nutribullet) then add the rest of the ingredients until a semi-dry paste has formed.

Now make your crispy Papads: Chickpea flour is usually impossible to sieve and can leave nasty lumps even when whisked with water so I like to put the flour and water in the small food processor and whizz it around for a bit. Then you simply make crepes – heat some oil/ghee in a small hot frying pan, add some batter to form a small crepe and when bubbles form and the edges are crispy, flip over for a minute or so on the other side. Stack them on some kitchen roll, and by this time your dahl should be ready!

I like to break off bits of papad to use as little spoons – scoop up some chutney, then some dahl, and into the mouth it goes! Happy times.

Notes:

1. Season with salt after the hour (if you do this any earlier it will stop the lentils from softening)
2. Add a handful of fresh spinach to each bowl you are serving the dahl in and stir in to wilt. Do not add it to the main pot of dahl if you are going to refrigerate/freeze for another time, it will just turn to mush when you reheat it and compromise the nutrient contents.



Wines

If you're looking to fully immerse yourself into autumn, why not consider what you drink as well as what you eat. For a special seasonal wine to go with your autumnal meals, Cellar Door Wines loves the Coffee Pinotage. Exuding rich mocha aromas with red fruit & cherry. The palate shows distinct characters of coffee & chocolate, which is balanced with smooth velvety tannins & a lingering after taste.

Country: South Africa

Region: Wellington

Grapes: Pinotage

ABV: 14%

Specialising in fine wine, craft beers, spirits and liqueurs since 2004, Cellar Door Wines have now joined the beautiful location of Stable Yard in Hatfield House with their second retail space, alongside their first situated in St Albans. They are open each Tuesday to Saturday from 10.30am to 5.30pm.



Cellar Door Wines have a number of upcoming events for all you wine lovers. Use the QR code for more details

Upcoming Events



A MINI YOGA RETREAT

SATURDAY 8th OCTOBER

Explore the Chakras x Josie Raison

A MINI YOGA RETREAT

EXPLORE THE CHAKRAS & GONG SOUND BATH

Join us for an afternoon of yoga movement and breathwork followed by a wonderful Gong Sound Bath and Yoga Nidra. During the afternoon we will focus on balancing the Chakras as we transition into Autumn. This will help strengthen our immune system as we move into the colder months.

The workshop is open to all levels of yoga experience.

MOTHER & DAUGHTER DAY RETREAT

16th October 10:00 - 16:00

These retreats are specifically designed to be an opportunity to BE instead of DO with our daughters as they navigate pre-puberty and puberty. We begin with connecting to ourselves, setting intentions, we explore a theme and have time to create based on the theme. We then spend time in circle with the other mothers and daughters separately to share and reflect. We end with a visualisation exercise.



FOR DETAILS ON THESE EVENTS OR OTHERS VISIT:

www.theoak-house.co.uk