

Bacon (locally produced if possible), broad beans and parsley sauce

by Celia Bloor (with acknowledgement to Hugh Fearnley Whittingstall)

My mother in law used to serve up this meal which was a great favourite. I have included a few improvements if you want to go beyond the basic ingredients.

The beans should be picked young, this is where growing your own is really worthwhile. Add some small courgettes diced, some baby leeks or spring onions cut into 1 cm chunks and some young peas. The courgettes and leeks or onions should be gently sweated in olive oil and the peas and beans steamed for 2 minutes only. Then mix. This can be a dish on its own if preferred.

Otherwise grill the bacon to your taste and choose to add the parsley sauce or not.

Hugh adds some flavour to the milk for the sauce **one hour before**.....grate 1 carrot, 1/2 an onion and a stick of celery and put into 500ml of full cream milk with a bayleaf. Bring to the boil and leave to stand for about an hour then strain. For the roux use 50g butter and 50g plain flour. Melt the butter and stir in the flour, cook gently for a few minutes then whisk in the milk about a third at a time to get a smooth sauce. Simmer gently for 5 minutes and add a good bunch of chopped parsley (about 100g) when ready to serve. Season to taste.