

## Tatton Park Kitchen Garden Cookery



Here at Tatton Park, we have a beautiful, walled Kitchen Garden. Parts of our garden date back to 1750! We also have an orchard, growing apples, pears and cherries. There are also lots of mouth watering vegetables on offer. The gardeners cultivate herbs, greens and root vegetables. **With so many delicious ingredients to inspire you, why not try your hand at a couple of healthy recipes in your own kitchen at home?**

### **Recipe 1: The Tatton Tasty Salad**

All our produce is grown free of chemicals, just as it would have been up to the year 1900.

Ask a grown up to help you when chopping, slicing and grating the vegetables, and when using the oven!

#### **Ingredients:**

- **1 Lettuce (Tatton Park grows a variety called 'Fat Lazy Blonde')**
- **2 apples, cored and sliced**
- **Half a cucumber, cut into cubes**
- **1 carrot, grated**
- **1 red/orange pepper, deseeded and sliced**
- **Half a red onion, finely sliced**

**For the Dressing: 2 tablespoons of olive oil mixed with the juice of a small lemon and a twist of black pepper. Stir just before serving.**

#### **Method:**

**Mix all the ingredients together in a large bowl and serve straight away, for a fresh, healthy lunch. You could also add some slices of ham, boiled egg or crumbled cheese of your choice to finish.**



**FUN FACT:** If you decide to visit the Walled Kitchen Garden at Tatton Park one day, you will notice 'urns' placed along the tops of the walls. These are in fact fancy chimney pots for the heated walls! The heat was used in times gone by to ripen off the fruit growing on the trees. Isn't that clever?

### Recipe 2: Framed Veggie Tart

This recipe will not only taste great but it will also allow you to let loose your creativity! The one in the picture here almost looks too good to eat.

#### Suggested Ingredients:

- 1 sheet of ready rolled short crust pastry
- A sprig of parsley
- Half a red or orange pepper
- 3 or 4 asparagus spears
- A few black olives, pitted and sliced
- Half a sliced red onion
- 3 or 4 baby tomatoes
- 1 stick of celery, finely sliced lengthways
- A handful of tinned sweetcorn, rinsed
- A scattering of grated cheese

#### Method:

Place the pastry onto a baking sheet lined with greaseproof paper. Score a line around the outside edge of the pastry, as if you were giving it a picture frame. Prick the pastry all over with a fork (this stops the pastry from bubbling whilst cooking). Then simply create a picture with your ingredients. Be bold: you could try flowers, trees, or spelling out a name. Rough out the design on paper first, until you're pleased with the result. Carefully place the tart into the oven, gas mark 4, 180°C, for approximately 20-25 minutes, until light golden brown.



We are proud to tell you that Tatton Park has been sharing produce from the Walled Kitchen Garden with our local community, during the COVID 19 outbreak.

