



RIVER CAFE
POCKET BOOKS
SALADS &
VEGETABLES
ROSE GRAY AND RUTH ROGERS



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About the Authors

Ruth Rogers is the American-born wife of architect Richard Rogers. Rose Gray ran the kitchen at Nell's Club in New York before joining Ruth Rogers to launch the River Cafe. Together they have made the River Cafe one of the most respected restaurants in the world and have trained many of the new generation of star chefs, from Samuel and Samantha Clarke to Jamie Oliver.

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Introduction

The best vegetables come from careful and knowledgeable growers. Where and how produce is grown, when it is harvested, and how long it has taken to travel to the market, shop or restaurant, all play a part in its quality. In Italy, the region determines the variety and vegetable, and the season dictates its availability. These principles have taught us much about seasonality and regional cooking traditions. For example, we would not make a tomato and basil salad at Christmas, knowing that the ripeness of the tomato and the flavour of the basil rely on summer sunshine. Likewise, in mid-summer, braised cavolo nero in garlic with olive oil would be disappointing as the plant needs to have experienced a few severe frosts. Only then are the leaves sufficiently creamy when cooked.

At the River Cafe we enjoy talking to the vegetable growers, and encourage them to experiment with an ever-increasing diversity. We love the fact that more and more produce from the Italian, French and Spanish markets is finding its way into our shops, giving us a picture of the tremendous variety of vegetables throughout the year.

We hope this selection of recipes will introduce you to the pleasures of this inexpensive way of cooking, which is not only healthy but also delicious.

All recipes serve four unless otherwise stated. All herbs are fresh unless otherwise stated. All eggs are large, free-range, organic unless otherwise stated. Wash all fresh herbs, fruits and vegetables in cold water before use.

CHAPTER ONE

SALADS

- Fig, basil, mint and rocket salad
- Fig, mozzarella and basil salad
- Toasted bread salad with tomatoes
- Raw broad bean and pecorino
- Raw fennel and Parmesan
- Raw porcini and Parmesan
- Puntarelle alla romana
- Zucchini carpaccio
- Roast beetroot and fresh horseradish salad
- 0 Cucumber and mascarpone
- 1 Savoy cabbage and capers
- 2 Boiled lemon and artichoke salad
- 3 Lentil and ricotta salad
- 4 Panzanella
- 5 Green beans and mustard
- 6 Raw artichoke salad
- 7 Bread and tomato salad
- 8 Tomato and olive bruschetta
- 9 Green beans, tomatoes and potatoes
- 0 Fresh borlotti and rocket
- 1 Green bean and anchovy salad
- 2 Green beans and Parmesan
- 3 Toasted bread, olives and rocket
- 4 Potato, caper, anchovy and rocket salad
- 5 Mixed summer leaf salad

6 Mixed winter leaf salad



1 Fig, basil, mint and rocket salad

Ripe figs, green or purple

tbs Basil leaves

tbs Mint leaves

tbs Rocket leaves

Juice of 1 lemon

tsp Traditional balsamic vinegar

extra virgin olive oil

Cut off the stem of each fig, cut each one into quarters and place in a bowl. Mix the leaves together.

Mix the lemon juice with 4 times its volume of olive oil, then season. Drizzle a little of this dressing over the figs, then add the remainder to the leaves. Toss.

Place the leaves on each serving plate, add the figs, then shake a few drops of the balsamic vinegar over each.

2 Fig, mozzarella and basil salad

Ripe figs, green or purple

Mozzarella balls

tbs Green basil leaves

tbs Purple basil leaves

Juice of 1 lemon

extra virgin olive oil

Cut off the stem of each fig and cut each one into quarters. Tear each mozzarella ball into 4 pieces. Place the figs and mozzarella on individual serving plates. Season and scatter over the basil.

Mix the lemon juice with 4 times its volume of olive oil and season. Pour the dressing over each plate and serve.

3 Toasted bread salad with tomatoes

Ciabatta loaf, bottom crust cut off
00g Ripe plum tomatoes, 4 skinned, the rest left whole
tbs Red wine vinegar
Garlic cloves, peeled and squashed with 1 tsp sea salt
tbs Basil leaves
Juice of ½ lemon
extra virgin olive oil

Preheat the oven to 240°C/Gas Mark 9.

Tear the ciabatta lengthways into 5cm pieces, then tear the pieces lengthways again to make thinner strips of bread. Place on a baking tray, season and drizzle generously with olive oil. Bake briefly until crisp on the edges but still soft in the centre. Put in a bowl.

Cut the whole tomatoes in half and squeeze the juice and pulp over the bread, using your hands.

Mix the vinegar with the garlic, add 4 tbs of olive oil, then add to the bread. Stir to combine. Slice the skinned tomatoes lengthways and add to the bread with the basil leaves. Toss together and serve with the lemon juice poured over.



Toasted bread salad with tomatoes

4 Raw broad bean and pecorino

kg Young broad beans in their pods

20g Fresh pecorino, finely sliced

juice of 1 lemon

tbs Rocket leaves

tbs Mint leaves

extra virgin olive oil

Pod the beans, discarding any large ones. The beans should be no bigger than a first fingernail, green and glossy.

Put the beans in a bowl, season generously, add 2 tbs of olive oil and toss.

Mix the lemon juice with 4 times its volume of olive oil. Dress the rocket and mint leaves with this dressing. Plate individually; leaves first, then scatter over the broad beans. Place the pecorino over each salad.



Raw broad bean and pecorino