

Niall Murray's Recipes from Springfest 24

Spring Cabbage Parcels with Venison and Barley

1/2 small onion finely chopped
2tbs Rapeseed Oil or Scottish Butter
1 cup of Scotch Barley
4 cups Chicken or Vegetable stock (made from a stock cube dissolved in water)
200g Mince Venison or Venison sausages or burgers broken up
1tbs finely chopped Parsley
1 Spring Cabbage
Salt to taste

1. Place the onion and oil or butter into a pot and sweat for a few minutes until soft and aromatic.
2. Add the barley and 3 cups of the stock and simmer with a lid on for 40 minutes. The barley should be tender and have absorbed all the stock. Let the mix cool.
3. Meanwhile, remove the cabbage leaves and plunge them in to boiling water for 1 minutes, remove and cool under a cold tap.
4. Mix the cooled barley with the venison mince and parsley.
5. Lay the cabbage leaves out and place a spoonful of the venison and barley mixture on top and fold over like an envelope and place in a pot.
6. Pour the last cup of stock over the cabbage parcels and poach gently for 15 minutes.

Turnip 'Risotto' (Zero Waste)

1 head of Turnip (Swede)
1 small Onion finely chopped
2 cloves of Garlic crushed
20ml Rapeseed Oil
100ml Double Cream
20g Scottish Butter

1. Peel the turnip and place the peelings onto an oven tray, brush with a little oil and roast for 15 minutes in an oven at 180oc.
2. Cut all the rounded edges from the turnip so it's easier and safer to chop. Reserve the turnip trimmings and simmer them for 30 minutes with a pinch of salt.
3. Slice the squared off turnip thinly, cut into julienne strips and then into small rectangles so they resemble rice.
4. Place the onion and garlic into a pot with the oil and sweat for a few minutes until tender and aromatic.
5. Add the turnip 'rice' and continue to cook stirring every now and again.
6. Drain the turnip trimmings and blend with the butter and cream to make delicious neep mash.
7. Once the turnip 'rice' is tender (20 minutes) fold in the neep mash to make it creamy and risotto like.
8. Season with salt and pepper and serve with the crispy turnip peel.
9. For a vegetarian dish, fold in little grated parmesan or Scottish cheese.

Wild Garlic Oil

20 or so foraged Wild Garlic Leaves, flowers and stalks
100ml Scottish Rapeseed Oil
Pinch of Salt

1. Blend all these ingredients together. If a hand blender doesn't break down the fibrous bits, pass the oil through a sieve.
2. Drizzle on pizzas, cheese on toast, over your favourite pasta dish, on mash totties..... the uses are endless.