

My Easter Foodie Quiz

Here is my Easter foodie quiz for you to try over a hot cross bun and a cup of tea! (Answers on my website).

1. Traditionally how many marzipan balls should be on top of an Easter simnel cake?
2. What is the flavour added to make Earl Grey Tea?
3. Who is the Patron Saint of Beekeeping?
4. What makes up 5 spice?
5. Which has more calories – a portion of walnuts or golden syrup?
6. In 1953 Coronation Chicken was created for the Coronation of Queen Elizabeth II. What is in it?
7. Name the four traditional summer fruits in France that are combined together to make preserves, compotes and syrups.
8. What is the difference between a 'Gourmet' and a 'Gourmand'?
9. What do Paul McCartney, Gandhi, St Frances of Assisi and Leo Tolstoy have in common?
10. What herbs are used in 'Omelettes Fines Herbs'?
11. What is Cullen Skink?
12. How many Easter Eggs are eaten in the UK each year?
13. From where does 'Osso Buco' originate?
14. What ingredient was traditionally placed under the potatoes in a Lancashire Hotpot?
15. Name the three old cities of Languedoc that produce the original Cassoulet?

In the kitchen I am starting to use ASPARAGUS, I peel my asparagus to show the difference in colour between the spear and the stalk; much nicer for presentation. For an Easter Sunday breakfast treat, dip some freshly cooked asparagus into a soft-boiled Cotswold Legbar egg. NETTLES are free, full of iron and plentiful at this time of the year. They are delicious in a soup, pesto or risotto. SHOULDER OF LAMB is an underused cut of meat because there is a perception that it is fatty but if slow roasted for 4 or 5



hours all the fat will be rendered down and the meat falls apart. It is one of my favourite roasts. Try studding the shoulder with as much garlic as you dare and serve with some roast shallots.

I shall be adding a Jubilee menu to my website soon. The national celebrations are a good excuse for a feast and a gathering with loved ones.

I wish you all a Happy Easter,

Paul.