

Summer with Bread Meat Cheese

Eat seasonal, eat local, eat delicious!

Jim & Nigel Davis of Bread Meat Cheese explore a lockdown summer menu

We're writing this in the middle of lockdown but hopefully by the time you are reading it, life will be slowly returning to some sort of normality.

Summer is a great time to be a cook, celebrating the abundant bounty of the season. Punnet after punnet of juicy berries, every shade of verdant green herbs, leaves, lettuces and just-picked peas, beans and courgettes. There are glistening fresh fish and grass-fed meats.



The key to enjoying summer is to react to what's available, respect the ingredients and do as little to them as possible. This is not the time to spend hours in a hot kitchen; it's time to let the produce speak for itself. So, instead of planning celebrity chef recipes only to find the ingredients are not available, why not reconnect with real food and there's no better way than wandering around a market or local shops and discovering what's good to eat. You will find these people take great pride in the quality of their produce, so don't be afraid to ask questions:

"Where does it come from?" "When was it picked?" "What goes well with this?"

Most can't wait to share with you what they grow or make.

bread
meat
cheese



{ Enjoy
seasonal
food }



Seasonality has largely been forgotten by our supermarkets but if you've been enjoying locally grown asparagus cut that morning, you'll already appreciate how much better it tastes than the plastic-wrapped, South American import available all year round.

Cooking local and seasonal is not about luxury or unusual ingredients. In fact, you'll find that "what grows together goes together" is never truer than in summer.

If you have confidence in the quality of the produce, there really is no need to over complicate or try to be overly creative. Great eating is just about using the seasonal produce grown just around the corner.

A few ideas for a weekend lunch:

Tomato and cucumber martini to start
Local asparagus, boiled duck egg and bacon salt or simply grilled asparagus with shaved Poacher cheese
Fresh as you can get grilled mackerel with pickled cucumber
Rump of lamb with scorched bay gem lettuces
Rolled pork belly with roasted nectarines or a gooseberry chutney
Barbequed courgettes, basil, chilli and burnt lemon
A Pimms trifle with lots of local strawberries and mint or just a bowl of mixed berries and cream or sprinkle of white balsamic vinegar.

www.breadmeatcheese.co.uk

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