

THE WELL
Seasonal Rituals

MAIN, SWEETS & A SUMMER POUR

Gathered flavours for a golden evening

MAIN TABLE

Harissa Butter Beans

Ingredients:

- 1 white onion
- 2 long green peppers, mild
- 2 1/2 tsp harissa paste
- 1 x 400g tin butter beans, drained and rinsed
- 1/2 punnet mushrooms, about 6, sliced
- 1 tbsp olive oil
- 2 stalks parsley, chopped
- 1 tsp sea salt
- about 1/2 cup water

Method:

1. Heat the olive oil in a deep frying pan and cook the onion until translucent.
2. Slice the peppers into rings and add to the pan with the mushrooms.
3. Stir in the harissa paste and coat everything well.
4. Add the butter beans and cook for 3 minutes.
5. Pour in a little water and add the sea salt, then cook until the mushrooms have browned and the flavours have deepened.
6. Stir through the parsley and cook for a final few minutes.

Delicious warm or cold, and lovely with flatbreads or a simple green salad.

SOMETHING SWEET

A Sweet Ending

- Sticky Date, Apple & Ginger Loaf
- Frozen Banana Cream
- Mango & Orange Sorbet

Choose one, or offer a little of each for a generous summer table.

TO DRINK

Chilled Rose & Hibiscus Tea with Lime

Method:

1. Brew rose and hibiscus in hot water.
2. Stir through a little raw honey while warm.
3. Leave to cool, then chill in the fridge.
4. Serve over ice with slices of lime.

If hibiscus does not suit you, rose, mint or lemon balm also make a lovely cooling infusion.

May this table be full of warmth, light, laughter and good company.

SEXAGENARIAN

SEASONAL LIVING AT THE WELL