

THE WELL
Seasonal Rituals

A LITHA SHARED SUPPER

Simple food for warmth, light and gathering

Litha is a time of warmth, abundance and long golden evenings.

This shared supper is designed for gathering gently —
food placed in the centre of the table, bowls passed from hand to hand,
cooling drinks poured over ice, and simple seasonal
dishes made to be enjoyed slowly.

TO BEGIN

Feta & Mushroom Pâté

Spelt, Mustard Seed & Sesame Crackers

MAIN TABLE

Harissa Butter Beans with
Peppers, Mushrooms & Parsley

*Served with a simple green salad
or warm flatbreads*

SOMETHING SWEET

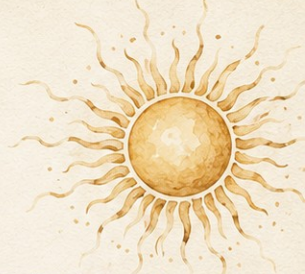
Sticky Date, Apple & Ginger Loaf

Frozen Banana Cream

Mango & Orange Sorbet

TO DRINK

Chilled Rose & Hibiscus Tea
with Lime



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RECIPES FOR THE TABLE

Simple dishes for a Litha gathering

TO BEGIN

Feta & Mushroom Pâté

INGREDIENTS

- 1/2 block feta
- 1 punnet mushrooms
- 1/2 tsp ground cumin
- 1 tbsp olive oil

METHOD

1. Slice the mushrooms and cook them gently in the olive oil until soft and lightly browned.
2. Leave to cool slightly, then blend or mash with the feta and ground cumin.
3. Serve as a rustic pâté with crackers or crisp vegetables.

A lovely make-ahead starter for a shared table.

WITH IT

Spelt, Mustard Seed & Sesame Crackers

INGREDIENTS

- 1 mug spelt flour
- 1/2 tsp sea salt
- 1/2 tsp baking powder
- 1 tsp olive oil
- 1 tsp ground mustard seeds
- about 1/2 cup water, added gradually
- sesame and chia seeds, to garnish

METHOD

1. Mix the flour, sea salt, baking powder and mustard seeds.
2. Stir in the olive oil, then add enough water to form a pliable dough.
3. Roll out thinly, cut into rustic crackers and sprinkle with sesame and chia seeds.
4. Bake until lightly golden and crisp.

Also lovely with haydari, hummus or soft cheese.

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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

Sticky Date, Apple & Ginger Loaf

*with maple, flaxseed
and warm seasonal spice*

INGREDIENTS

- 200g soft dates, chopped
- 1 large apple, grated
- 2 eggs
- 3 tbsp maple syrup
- 3 tbsp melted coconut oil or olive oil
- 1 tsp vanilla extract
- 1 tbsp fresh ginger, finely grated
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- Pinch of sea salt
- 100g oat flour or buckwheat flour, or half and half
- 75g ground almonds
- 2 tbsp ground flaxseed
- 1 tsp baking powder
- 1/2 tsp bicarbonate of soda

Optional sticky topping:

- 1 tbsp maple syrup + 1 tbsp lemon or orange juice + 1/2 tsp fresh ginger

METHOD

1. Preheat the oven to 170°C and line a small loaf tin with baking parchment.
2. Place the chopped dates in a bowl and cover with a little boiling water. Leave for 10 minutes to soften, then mash lightly with a fork into a sticky paste.
3. In a large bowl, whisk the eggs, maple syrup, melted coconut oil or olive oil, vanilla and grated fresh ginger.
4. Add the mashed dates and grated apple, then mix well.
5. In a separate bowl, combine the flour, ground almonds, flaxseed, cinnamon, ground ginger, sea salt, baking powder and bicarbonate of soda.
6. Add the dry ingredients to the wet ingredients and stir until combined.
7. Spoon into the tin and smooth the top. Bake for 35–45 minutes, or until golden and a skewer comes out mostly clean.
8. Cool in the tin for 10 minutes, then transfer to a rack. For the sticky topping, warm the maple syrup, juice and ginger, then brush over the warm loaf.

WHY IT'S LOVELY



NATURALLY SWEET

Dates, apple and maple give sweetness without refined sugar.



SOFT AND GROUNDED

Ground almonds keep the texture tender, while buckwheat gives a rustic flavour.



FIBRE-RICH

Flaxseed helps bind the loaf and adds gentle fibre.



WARM SPICE

Ginger and cinnamon make it comforting, bright and seasonal.



SERVE SIMPLY

Lovely with Greek yoghurt, coconut yoghurt, ricotta, or tea.