



Lightly spiced chick pea cakes, autumn vegetable stew - with King Cobra

Ingredients

4 small artichokes
340g garden peas
2 leeks washed and cut into 8cm lengths
200g baby spinach (washed)
Extra virgin olive oil
1 small onion, peeled and finely chopped
300ml veg stock
340g de skinned broad beans
1 small bunch of picked mint leaves
1 small bunch of picked parsley leaves
2 small tins of cooked chickpea
50g cumin seeds
Salt and pepper
100g flour
250g breadcrumbs
2 eggs
250ml milk

Method

Put the artichokes into a pot of cold salted water and bring to the boil. Cook for about 10 mins, or until tender. Allow to cool, then peel back the outer leaves till you reach the pale tender ones and remove the choke using a teaspoon. Tear the hearts into quarters.

Fill the pot with water again, add some salt and bring to the boil. Blanch the broad beans for a minute, then remove from the water with a slotted spoon and drain. Blanch the leeks for 3-4 mins until tender, and the spinach until just wilted.

Heat a large saucepan, big enough to hold all the ingredients, and add a good splash of oil. Cook the onion very gently for about 10 mins until soft, add

the vegetable stock and the peas and bring back to the boil, simmer gently until the peas are cooked.

Tear the leeks into strips and stir them into the peas with the roughly chopped spinach, artichokes and broad beans. Bring back to simmering point and let all the vegetables stew for 3-5 mins. Taste, season with salt and pepper, and stir in the chopped herbs.

Chickpea cakes

Remove chickpeas from the tin and drain. In a food processor blend them until they just start to break down. Remove, season with salt and pepper and add cumin seeds. Carefully mould the peas into 100- 150g golfball sized cakes, set aside. Take 3 mixing bowls, adding flour into 1, breadcrumbs in another and a mixture of the milk and whisked egg in the third. Individually place the balls in the flour, then add to the egg/milk mix and then to the breadcrumbs. Again set aside until all the cakes are floured, egged and bread-crumbed.

Take a large pan, and add to it enough vegetable oil, to fry off the cakes. When the oil is hot (roughly 160/180 °C) place the cakes in the oil and cook for 4-6 mins, or until nicely golden in color. Drain and serve on top of the autumn vegetable stew.

Serve with a nice glass of King Cobra.