

So, what's next after visiting all the best markets and food stalls in London? Well, we've taken all the lovely inspiration that we managed to harvest, and have come up with 5 recipes that we hope do it justice. Taking the lovely fresh ingredients, and trying to encapsulate it for every office manager, Londoner, and business meeting participant. So when they can't get out to the lovely summer finger food, we bring it to them for the perfect socially distanced office lunch.

Smoked Salmon Eclair:

In part 1 of our journey we stopped off at Billingsgate market just off of Canary Wharf and, whilst surrounded by the exotic fish available, we rediscovered our love for the simplicity of British Smoked Salmon. That doesn't mean you can't create something a little 'out there' with a simpler base, if anything it means the opposite. Basic ingredients, with smooth flavours, can combine to make interesting, delicious, and fun appetizers. So we had a shot at making our own Smoked Salmon Eclair.

Ingredients:

Dough

- 240ml milk
- 120ml water
- 2 tbsp sugar
- 1 tsp salt
- 140g butter
- 200g flour
- 4 eggs

Filling

- 200g smoked salmon
- 200g cream cheese
- 1 lemon, squeezed for the juice and zested
- Salmon fillet
- 30g fresh dill
- 2 Avocados
- 1 tbsp olive oil

- 1 tsp salt

Topping

- 200g cream cheese
- 100g creme fraiche
- Some slices of smoked salmon cut to the size of your eclairs

Method:

1. Preheat the oven to 175°C.
2. Heat a saucepan over low heat. Pour in the milk, water, sugar, and salt.
3. Add the butter, and slowly mix with a spatula, melting the butter and mixing it with the liquid in the pan.
4. Add the flour and gently stir, until you have a dry, golden dough. Once ready, add it to a mixing bowl.
5. Crack the eggs in a large bowl, whisk, and pour them in the mixer bowl. Turn on your mixer and mix for 3-4 minutes, until smooth. If doing this by hand, then it will take a lot of elbow grease but is possible! Just ensure there are no lumps. Place the dough into a piping bag (or a sandwich bag with the corner cut if you don't have a piping bag).
6. Line a baking tray with parchment paper. Pour the dough with the piping bag, in about 7-8 cm long eclairs. Use all of the dough to make as many eclairs as you can, it should be at least 8.
7. Bake for 30 minutes, until golden. Remove, and allow to cool.
8. Once the eclairs are out of the oven, place your salmon fillets on a baking tray lined with parchment paper, and drizzle with olive oil, salt, and some dill. Bake for 8-10 minutes. Remove from the oven and let cool.
9. In a mixer/blender put the 200g of smoked salmon and cream cheese with half the lemon juice, and blitz until completely smooth. Clean out your blender completely for the next step.
10. Add the flesh of the 2 avocados into the blender, with the olive oil and salt, and the rest of the lemon juice. Blitz as well, until smooth and without lumps.
11. Set aside the two fillings into a piping bag each, then we move on to make our topper.
12. 200g of cream cheese, with 100g of creme fraiche, combined in a bowl with a spatula (to save you from cleaning and using that blender again). Pop this mixture into a piping bag

too. Then, cut some salmon strips to 7cm length for the number of eclairs you've managed to bake.

13. Now to put all of our elements together! Cut each elair in half, and on the bottom piece, crumble the baked salmon. Then pipe the salmon/cream cheese mixture in a wavy pattern that covers the baked salmon. Then pipe buttons of the avocado mixture on top of the salmon/cream cheese mix. Finish with some sprigs of fresh dill and lemon zest.
14. Next, add the top half of the eclair, closing them gently. Pipe a thick and even line of the topping cream cheese/creme fraiche mix on top top of the eclair. Finish with the slice of salmon that you prepared!
15. To take it a little farther, you can then garnish with dill, and lemon zest if you'd like to spruce them up a bit!

Pesto and Pine Nut Pasta:

How do you take the green vibrancy of spring and summer and put it on your plate? Most store bought pesto is quite dark in colour and hardly a fresh pang for the taste buds. However, when made fresh, pesto has such an iridescent colour of the most vibrant green, and is a delicately wondrous flavour that makes you realise you might never have to buy this stuff again. So we're going to make some, and pop it over a hot or cold pasta (to reflect the temperature outside) and see how we get on.

Ingredients

Pesto

- 50g pine nuts
- 80g fresh basil
- 50g italian hard cheese of your choice
- 150ml of olive oil
- 1 garlic clove

Other ingredients

- Pasta (if dry, about 55g per person - if fresh around 90g per person)
- 6 cherry tomatoes, halved - per person

- 8 olives, halved - per person
- 50g crumbled feta - per person
- 20 or so pine nuts, toasted - per person
- A pinch of rocket - per person

Method

1. Put all your pesto ingredients in a blender, and mix! Easy as that. If it feels a little dry, add a splash of water and blitz again.
2. Cook your pasta, drain and mix with a few tablespoons of pesto at a time until you get your desired coverage. Add in your olives, tomatoes, and feta and gently mix.
3. Portion out the pasta into your bowl, then top with the pinch of rocket, and scatter the pine nuts (which are toasted in a pan over medium heat until golden)
4. Such an easy dish, that the fourth step is to simply enjoy.

Panzanella Salad:

This salad takes a detour from the prerequisite of using lettuce, or any leaf, and focuses on the juicy bits that you can put together to make a texture heaven. The main focus of the salad is the croutons as a panzanella salad is an Italian bread salad, where the tradition is based around soaking stale bread to make it a gorgeous vessel for the wonderfully simplistic dressing that acts as a natural softener to bread that's on it's way out.

Ingredients (per person):

Salad

- 6-8 olives (pitted, whole if small, halved if large)
- 6-8 baby plum tomatoes (halved)
- ¼ English cucumber (cut into 1x1cm cubes/chunks)
- 2 roasted red peppers (thinly sliced)
- ¼ red onion (thinly sliced)
- A very generous handful of croutons

Dressing

- 1 tbsp extra virgin olive oil
- 2 tsp balsamic vinegar
- 1 pinch of salt
- 1 pinch of oregano

Method:

1. Place all your colourful salad ingredients in a mixing bowl with all your croutons on top.
2. Prepare your dressing, mixing vigorously to encourage some emulsion.
3. Pour your dressing slowly on the salad, ensuring that all the croutons on top are moistened.
4. Mix the salad gently, and leave to sit for around 5 minutes, to allow all the juices to set into the croutons.
5. Serve, and enjoy!

West Coast Spring Salad:

A vibrant salad adapted from the Pacific coast of North America, this salad breaches some of the norms of British salad and introduces some strong flavours that perfectly collide on your palette. Peppery rocket, “goaty” goat’s cheese, and spiced pecans form a texture combo that feels good, tastes good, and is as healthy as it gets and all gently covered in a sweet honey mustard dressing. For a vegetarian option, skip the salmon.

Ingredients (per person):

Salad

- 30g Spiced Pecans: - if you find these in your local store, then no need for the ingredients numbered below, but I’ll detail how to make your own spiced pecans using the ingredients listed (which will make approx 6-7 portions of spiced pecans).
 1. 200g pecans
 2. 50g powdered sugar
 3. ½ tsp cayenne pepper
 4. ½ tsp kosher salt
 5. 4 tsp water
- ½ avocado (removed from skin, and sliced)

- 2 strawberries (thinly sliced)
- 15-20g goat's cheese
- 20-25g rocket
- 40g smoked salmon

Dressing

- 2 tsp Dijon mustard
- 2 tsp honey
- 2 tsp cider vinegar
- 2 tsp vegetable oil (olive oil is fine here, but vegetable oil is less bitter and will combine to make a less intense dressing)
- Salt to taste (about a pinch)
- Cracked black pepper to taste (a good 3-4 turns of the peppermill)

Method:

1. Starting with making our pecans, mix the powdered sugar, cayenne, kosher salt, and water with a whisk in a bowl.
2. On a baking tray lined with baking paper, spread out the pecans and gently pour the mixture onto the pecans, ensuring full coverage.
3. Bake at 180°C for 10 minutes. They should now be slightly browned, and caramelised perfectly.
4. Mix the ingredients of your dressing in a bowl or measuring jug, emulsion with this dressing is very important for texture, so whisk intensely until combined. Then place in the fridge to chill whilst completing the next few steps.
5. Spread out your rocket on a plate/bowl to create a nest.
6. Arrange your avocado first, then sliced strawberries on top, and then crumbled goat's cheese to finish (I prefer this order as strawberries can tend to stain the goat's cheese, and when serving, finishing in this order gives top marks for presentation).
7. If you're having the non veggie option, take strips of your smoked salmon and lay on the salad. Feel free to twist the strips to make twirls, or snip it with scissors for smaller pieces, use your creativity!
8. Your pecans should be cooled enough now to handle, so grab your portion size and, on a chopping board, crush them gently using a rolling pin. Scatter them over the salad once you're happy with the size of the pieces.

9. Take your dressing out of the fridge, give it another quick mix, and then lather your salad with it! Voila. With your first bite you should be transported to North West California, on a beach in the summer!

Lemon Meringue Pie:

Light, soft, crunchy, and sweet paired with the natural sharpness of lemon. This pie is the perfect summer accompaniment to finish off any barbeque.

Ingredients (serves approx. 6 people):

Pastry:

- 175g plain
- 25g caster sugar
- 75g unsalted butter (cut into cubes)
- 1 egg yolk

Filling:

- 4 medium eggs
- 250g caster sugar
- 100g unsalted butter
- 4 lemons' zest
- 4 lemons' juice

Meringue:

- 4 egg whites
- 150g caster sugar

Method:

Pastry

1. Preheat the oven to 200°C. Sift the flour into a bowl. Add the butter and rub into the flour until well blended and the mixture resembles breadcrumbs. Stir in caster sugar.

2. Add the egg yolk and mix. Bring together with your hands, pressing the ingredients together to make a ball. Turn on to the work gently floured surface and knead lightly until smooth and fully combined.
3. Thinly roll out the pastry on a lightly floured surface and use to line a 23cm round, loose-base tart/cake tin, snipping off the excess pastry around the edges. Line with greaseproof paper and fill with baking beans (or any dried bean that you are comfortable using for this purpose).
4. Bake for 20 minutes. Remove the beans and paper and bake the pastry for a further 5 minutes.

Filling

5. Beat the eggs with 100ml water and pour into a saucepan. Add the sugar, lemon zest, lemon juice and butter. Heat gently, stirring, until the butter has melted and the sugar dissolved. Strain through a sieve into the pastry and transfer to the oven (careful! It can be a bit messy if you rush). Bake for about 20 minutes until the filling is lightly set.

Meringue

6. Beat the egg whites with a hand held electric whisk (or if you're looking for a workout, just a whisk) until soft peaks have formed. Gradually beat in the sugar, a tablespoon at a time, beating well between each addition until the meringue is thick and glossy.
7. Spread the meringue over the lemon filling, peaking it lightly with a palette knife. Return to the oven for a few minutes or until the meringue peaks are golden. Extra care required here, as meringue can overcook and brown fairly quickly. Leave to cool for an hour or so.
8. Eat!