



# SNACK ATTACK!

**Carolyn Robb**, former personal chef to TRH Prince Charles and the late Princess Diana for over a decade, shares her fantastic selection of snacks and nibbles for you to try

## CRUSHED BROAD BEAN AND GOATS' CHEESE BRUSCHETTA

These nibbles have brought a smile to the face of many a vegetarian. When fresh broad beans are not available, frozen ones work just as well. You can ring the changes with the cheese, replacing the goats' cheese with shavings of parmesan or pecorino. They can be transformed into bite-sized canapés by using tiny toasted bread croutes or crisp pastry discs instead of whole slices of baguette. As canapés, they add a lovely splash of colour to a tray of mixed nibbles.



### Ingredients

#### YOU WILL NEED:

One medium baking tray.

- 300g / 10½oz **broad beans or lima beans** (1¼ cup)
- 30ml / 2 Tbsp **extra virgin olive oil**
- 15ml / 1 Tbsp **fresh lemon juice**
- Zest of 1 **lemon**
- A few sprigs of fresh **mint**
- 12 slices of **baguette**
- A little more **olive oil**
- 115g / 4oz fresh **goats' cheese** (approximately 1 cup)

### Method

1. Cook the broad beans in boiling, salted water until tender. Drain, plunge into iced water and peel them. This is a fiddly job, but it is worthwhile doing as the skins can be quite tough and bitter. Also, the colour of the beans is much more vibrant without the skin. (If using lima beans, they don't need to be peeled.)
2. Finely shred the mint.
3. In a mixing bowl, crush the broad beans with the olive oil, lemon juice, lemon zest and shredded mint. Season with salt and freshly ground black pepper.
4. Heat a griddle pan, brush both sides of the bread with a little olive oil and then toast the bread on both sides. If you don't have a griddle pan, you can bake or grill the bread.
5. Pile the crushed broad beans onto the crisped bread. Crumble the goats' cheese and sprinkle a little onto each one of the bruschetta.
6. Serve immediately.
7. A slice of very thin and crispy pancetta laid on top of the cheese, adds a delicious finishing touch for non-vegetarians.



**Carolyn Robb**, co-founder of The Royal Touch, was formerly Executive Chef to TRH Prince Charles and the late Princess Diana for over a decade and also served other members of the Royal Family. Carolyn's cookbook *The Royal Touch* is a beautiful compilation of stunning recipes gathered from far and wide on an incredible culinary journey. Inspired by everything from her mother's home-cooking, memories of her happy childhood in South Africa and her extensive travels to the extraordinary experiences of 13 years as a chef in the royal household, Carolyn's recipes are simple to prepare and perfect to share.

# MINI ROAST CHICKEN AND LEEK PIES

This recipe calls for a roasted chicken breast for the filling, but if you have some left-over roast chicken in your refrigerator then use that instead. If leeks are not in season, then combine asparagus, sweet corn or mushrooms with the chicken.

## Ingredients

### YOU WILL NEED

- Twelve 5cm (2inch) tartlet moulds or a 12-hole muffin tin.

### FOR THE SEEDY PASTRY

- 115g / 4oz butter (1 stick)
- 225g / 8oz plain flour (2 cups)
- A pinch of salt
- 15ml / 1 Tbsp pine nuts
- 10ml / 2 tsp sesame seeds
- 5ml / 1 tsp poppy seeds
- 60ml / 4 Tbsp water
- 1 free-range egg yolk (UK medium / USA large)

### FOR THE FILLING

- 1 roasted chicken breast (150g / 5oz)
- 1 large leek (approximately 150g / 5oz)
- 30g / 1oz butter (2 Tbsp)
- 2 sprigs of fresh thyme
- Zest of 1 lemon
- 100ml / 7 Tbsp crème fraîche
- 1 free-range egg yolk (UK medium / USA large)
- Salt and freshly ground black pepper
- 1 free-range egg (UK medium / USA large)

## Method

1. Make the pastry: Using a food processor, process the butter, flour, salt and pine nuts together until they resemble fine breadcrumbs. Alternatively, you can rub this in by hand.
2. Add the seeds. Then mix the egg yolk and water and slowly add this while the food processor is running. You may not need all the liquid.
3. When the dough is almost mixed, but is still not drawn together in one smooth ball, turn it out onto a floured board and bring it together by hand. (If you over-process it, you will have tough, hard pastry)
4. Wrap in cling film and leave to rest in the refrigerator for 20 minutes while you make the filling.
5. Dice the roast chicken in 1cm (½ inch) cubes.
6. Finely chop the leeks and cook them in the butter until tender. Mix in the diced chicken, a sprinkling of fresh thyme leaves, the crème fraîche and egg yolk and grate the lemon zest into the mixture. Season with salt and freshly ground black pepper. Leave to chill in the refrigerator.
7. Roll out the pastry to a thickness of 5mm (¼ inch). Cut out twelve 6cm (2½ inch) circles for the base of the pies and twelve 3-4cm (1-1½ inch) circles for the top of each pie (depending on the exact size of the mould you are using).
8. Set the oven to 200°C / 400°F.
9. Line each mould with pastry, pushing it well down into the corners. Fill each little pie generously with the chicken mixture.
10. Brush the underside of each of the pie tops with a little water, to stick them on to the base, so that the filling does not ooze out during cooking.
11. Beat the egg with a pinch of salt and use it to glaze the top of each little pie.
12. Bake for 20 minutes or until the pastry is golden and crisp.

## PANCETTA-WRAPPED BABY NEW POTATOES SERVED WITH APPLE CHUTNEY

These are my favourite 'Magnificent Morsels'. They are pure simplicity, with just four ingredients and the bare minimum of preparation required. If you are having a barbecue, cook some of these over the coals to stave off the pangs of hunger while you are waiting for the sausages and other bigger items to cook.

### Ingredients

#### YOU WILL NEED:

One medium baking tray and some cocktail sticks or toothpicks

- ▣ 24 baby new potatoes
- ▣ 60ml / 4 Tbsp virgin olive oil
- ▣ 60ml / 4 Tbsp finely grated parmesan
- ▣ 24 very thin slices of pancetta or very thin streaky bacon

#### TO SERVE:

- ▣ Apple chutney
- ▣ A handful of sprigs of Greek basil

#### Method

1. Cook the new potatoes in boiling salted water until tender.
2. Roll the potatoes in the olive oil and then in the grated parmesan.
3. Wrap each potato in a rasher of pancetta, and secure each one with a cocktail stick.
4. Place on baking tray making sure that the 'join' is underneath (otherwise the pancetta will unravel during cooking). Bake at 200°C / 400°F for 12 - 15 minutes.
5. Serve immediately, with the basil scattered on the serving platter, accompanied by chutney for dipping.



## SALMON MAYONNAISE WRAPS

I am always on the look-out for good ways to use up left-overs and these healthy little nibbles are perfect for using up left-over cold salmon. Alternatively, you can quickly and easily poach or bake a piece of salmon. I blend a handful of gorgeous fresh herbs into some mayonnaise. The pale green mayonnaise contrasts beautifully with the pink salmon. Using lettuce as a wrap, rather than a flatbread, makes these very light and summery. For a lunch-sized portion wrap the salmon in a large lettuce leaf, such as Cos or Romaine.

### Ingredients

#### YOU WILL NEED:

225g / 8oz cold poached salmon

#### FOR THE GREEN MAYONNAISE:

- ❑ 100g / 3½oz mayonnaise (½ cup)
- ❑ Zest of 1 lemon
- ❑ A handful of rocket and mint leaves
- ❑ Sea salt
- ❑ Freshly ground black pepper

#### TO ASSEMBLE:

24 small 'Little Gem' lettuce leaves  
24 tiny sprigs of dill

#### Method

1. Using a hand blender, combine all the ingredients for the green mayonnaise. Blend until you have a smooth textured, delicate green mayonnaise.
2. Season to taste with salt and freshly ground black pepper.
3. Flake the salmon and mix it into the mayonnaise.
4. Wash the lettuce leaves and dry them thoroughly.
5. Place a teaspoonful of salmon mayonnaise into each lettuce leaf.
6. Garnish each one with a sprig of dill.
7. Serve immediately ●

