



SEASONS AT HIGHCLERE



GARDENING, GROWING, AND COOKING THROUGH THE YEAR
AT THE REAL DOWNTON ABBEY

THE COUNTESS OF CARNARVON

RIZZOLI
BY YORK



Honeyed Winter Salad

Honey makes most things better in life, spread on toast, drizzled over porridge and even in a salad.

A day without a friend is like a pot without a single drop of honey left inside.

'I don't feel very much like Pooh today,' said Pooh.

'There, there,' said Piglet. 'I'll bring you tea and honey until you do.'

A.A. Milne, Winnie-the-Pooh, 1926

INGREDIENTS

1 butternut squash,
cut into thin wedges
2 red onions, halved and cut
into wedges
4 parsnips, cut into wedges
3 tbsp olive oil
1-2 tbsp clear honey
1 small ciabatta, roughly torn into
pieces
1 tbsp sunflower seeds
225g (8oz) spinach
2 tbsp white wine vinegar
1 tsp Dijon mustard
Salt and freshly ground
black pepper

PREPARATION TIME 15 mins COOKING TIME 30 mins SERVES 4

Preheat the oven to 220°C/425°F/Gas mark 7.

Put the vegetables into a large roasting tin, drizzle with half the oil and season to taste. Roast for 25 minutes, turning once in a while until softened and the butternut squash has just started to brown at the edges. Drizzle with the honey. Scatter the torn ciabatta and sunflower seeds over the top and return to the oven for a further 5 minutes or until toasted.

Put the spinach into a large bowl and tip in the vegetables and ciabatta.

Whisk the vinegar, mustard and remaining oil together, season to taste and toss into the salad until the spinach wilts slightly.

Serve immediately.