

Go foraging with Edinburgh Larder

Eleanor Cunningham of The Edinburgh Larder tells you what's good to eat at this time of year, and has a suggestion for you...

Scotland has an abundance of delicious local produce and there are many ingredients we all enjoy on a regular basis. But there are many others, that you might not have tried yet, which are well worth seeking out.

One of our favourites is sweet cicely, which comes into season around early May. Its leaves provide a lovely fresh and aromatic aniseed flavour, which is perfect for enhancing fruit-based desserts.

Sweet cicely works well with berries, but it is also a perfect addition to rhubarb. The spiciness of the herb and the refreshing tanginess of the fruit, create together a unique summer flavour, which we like to combine with the sweet creaminess of vanilla pannacotta.

Rhubarb is usually easy to find, but you are unlikely to be able to buy sweet cicely in the supermarket. So, how can you track it down?

You may find it growing in your garden, but if you don't have your own supply, you might like to try foraging. This can be a fun and productive way to stock up your larder with local, seasonal ingredients.

Make sure, though, to be well-informed first about what you are picking – if in any doubt about what you have foraged, it is best not to risk it.

And if you would like to learn more, why not join us on our

foraging course on 12 May? Further information and tickets will be available to buy on our website at www.edinburghlarder.co.uk/shop, by email info@edinburghlarder.co.uk or you can phone us on 0131 556 6922.

Vanilla set cream with rhubarb & sweet cicely

For the vanilla panna cotta

- 400ml/14fl oz double cream
- 60g/2¼oz caster sugar
- 3 gelatine leaves, soaked in cold water for five minutes
- 1 vanilla pod, seeds only

For the rhubarb & sweet cicely syrup

- 250g/9oz rhubarb, diced, plus an extra two sticks to garnish
- 1 orange, zest only
- 65g/2¼oz sugar, plus extra for garnish
- ½ vanilla pod, seeds only
- 50ml/2fl oz water
- 2tsp finely chopped sweet cicely
- For the rhubarb syrup, in a pan combine all the ingredients except the sweet cicely. Poach on a low heat for 15 minutes, or until soft. Cool the syrup and add the finely chopped sweet cicely.
- For the panna cotta, simmer the cream and sugar in a pan on a low heat, until the sugar dissolves. Remove from heat, squeeze the water out of the gelatine leaves and add them to the cream mixture. Stir the gelatine in until combined, then transfer to the fridge to cool.
- When the panna cotta mixture has thickened slightly, stir in the vanilla seeds and pour into

the dariole moulds. Return to the fridge for two hours, or until set.

- *For the garnish, chop the rhubarb sticks into eight pieces, sprinkle with caster sugar and transfer to a hot pan with a little water. Cook until tender then set aside.*

1. *To serve, turn out the panna cotta onto plates (dip the moulds into warm water if they don't come out easily). Drizzle rhubarb syrup around the panna cotta and place the diced poached rhubarb around the edge of the dish.*



B I S T R O