

# Gut-friendly grub

Give your tummy a treat with some recipes from the charity, The Gut Trust.

## Beef with pearl barley, beetroot and horseradish dumplings Serves four

**Ingredients:**

- 1-2tbsp olive oil
- 4 shallots, peeled
- 450g good quality stewing steak, cut into 2cm cubes
- 1tbsp seasoned plain flour
- 4 baby beetroot, peeled and diced into 1cm cubes
- 2 carrots, sliced thickly
- 4tbsp barley, pearl or spelt
- 1 bay leaf, sprig each of thyme and sage
- Winter leaves to garnish such as watercress, chervil, parsley

**For horseradish dumplings:**

- 100g self-raising white flour
- 50g vegetable suet
- 2tsp creamed horseradish
- Sea salt and black pepper

**Method:**

- Toss the cubes of beef in seasoned flour.
- Dribble a little oil into a large non-stick frying pan. Heat and brown the whole shallots. Transfer shallots to a flameproof casserole dish.

- Add a little more oil to the frying pan and quickly sear the cubes of meat in batches. Transfer these to the casserole dish.

- Pour a little hot water into the frying pan to remove any remnants of seared meat and add to the meat and shallots. Add the carrots and beetroot.

- Tie the herbs into a bundle with a piece of string and add enough water to cover the meat and vegetables. Bring to a gentle simmer and cook, covered, for about 45 minutes or until the beef is tender.

- To make the dumplings, mix the flour, suet and horseradish with enough cold water to make a stiff dough.

- Drop teaspoons of this dough into the simmering beef stew, cover and leave to cook for a further 10 minutes.

- Remove the bunch of herbs; taste the stew and season if necessary.

- Serve with a scattering of winter leaves and some crisp parsnip fingers, steamed and then roasted in hot goose fat.



## Spelt risotto with roasted pumpkin and chestnut Serves four

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**Ingredients:**

- 1 small squash, cut into wedges
- 1 bulb of garlic
- 2tbsp olive oil
- 15g butter
- 2 shallots, finely chopped
- 300g pearly spelt
- 500ml vegetable/chicken stock
- 2tbsp crème fraîche
- 100g grated parmesan
- 50g chopped cooked chestnuts

**Method:**

- Place the wedges of squash in a roasting tray with the garlic, season and drizzle with a little oil. Place



in a preheated oven at 200°C and cook for about half an hour.

- Meanwhile, place the remaining olive oil and butter in a large saucepan together with the shallots and gently sweat these for about five minutes.

- Add the spelt and cover with a little stock and continue to cook.

- Add more stock and cook for a further 10 minutes.

- Stir and gradually add more stock as needed. After about 15 to 20 minutes the spelt will be cooked.

- Add the crème fraîche, chestnuts and most of the grated Parmesan and mix well.

- Serve the risotto with wedges of squash and roasted garlic, which can be squeezed out of its papery skin, and scatter with the remaining Parmesan.

## Peppers stuffed with giant couscous and saffron yogurt Serves two

**Ingredients:**

- 1 small onion, finely diced
- 1 clove garlic, crushed
- Olive oil
- 1tsp ras-el hanout
- 50g giant couscous
- 50g couscous
- 200ml vegetable stock
- 4 dried apricots, chopped and soaked in hot water for five minutes
- 4 cherry/sundried tomatoes, chopped
- 2 long, pointed red peppers, deseeded and cut in half lengthways
- 50g feta cheese

- 4tbsp Greek/plain yoghurt
- Pinch of saffron
- Salt and pepper

**Method:**

- Sweat the onion and garlic in a drizzle of olive oil.

- Add the pine nuts and brown slightly.

- Remove from the heat and add the ras-el hanout.

- Simmer the giant couscous in the stock for about five minutes or until soft.

- Remove from heat, add the couscous and leave to absorb all the stock for about 10 minutes.

- Add the onions, pine nuts, apricots and tomatoes to the

couscous and mix well.

- Place peppers on a lightly-oiled baking sheet, fill with the couscous mixture and crumble over feta cheese. Bake in a hot oven at 200°C/gas mark 6 for about 20 minutes.

- Meanwhile, place the saffron in a cup and pour over a tablespoon of boiling water and allow to cool.

- Add drops of the yellow liquid to the yogurt until you have a loose sauce. Season well.

- Serve the peppers with a drizzle of saffron yogurt. Garnish with fresh mint and pomegranate arils if you have them.

