

The perfect *accompaniment*

In this issue Rob Horton has decided to showcase two great sauces that can be made in advance and stored in the fridge or larder for weeks. They are easy to prepare and great with fish, meats & vegetables. Both have been used for centuries and remind us of a time when food was enjoyed seasonally rather than being flown around the world to meet demands.

Rubino KITCHEN



Romesco

- 4 Red peppers, roughly chopped & de-seeded
- 4 Tomatoes, roughly chopped
- 4 Garlic cloves
- 200g Bread
- 150g Almonds

Classic Pesto

- 200g Fresh basil
- 50g Pine nuts
- 50g Parmesan cheese
- 2 Garlic cloves
- Salt
- Lemon juice
- Rape seed oil or pomace oil*

Romesco is a nut & red pepper based sauce that originated in Tarragona, in the north east of Spain. It was invented by the fishermen to eat with their catch, and is the perfect accompaniment to monkfish, prawns, pasta, chicken or vegetables.

Pesto dates back to the 16th century from Genoa, in the northern Liguria region of Italy. The Italian word for pesto is pestare, which means to crush. It would originally have been crushed in a pestle & mortar. Nowadays a modern food mixer can be used & pesto can be made in 10 minutes.

For the Romesco

- 1** Place all ingredients on a tray and cook in the oven at 180°C for 20 minutes or until the peppers are soft.
- 2** Put everything into a food mixer & blitz.
- 3** Add lemon and salt to taste.
- 4** Add rape seed oil to loosen the sauce. It should resemble a coarse mixture.

For the Classic Pesto

- 1** Place all ingredients in the food processor.
- 2** Blitz.
- 3** Store in an air-tight container in the fridge or larder. As an alternative try swapping parsley, watercress or sun

dried tomatoes for the basil.

Now you have your sauces made, the choice is just down to the fish, meat or vegetables to accompany it.

**Rob recommends these oils as he finds olive oil too overpowering & peppery*

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 Sun 12pm-3pm
 Sunday Roast only