



CHEESE AND WATERCRESS SCONES

MAKES 10

100g self-raising wholemeal flour
100g self-raising plain flour
½ tsp salt
100g butter cubed
50g gruyère cheese grated
1 x 85g bag watercress or equivalent quantity chopped

1 Preheat the oven to 200C/ 180C fan/gas 6. Lightly oil a baking sheet. Sift the flours and salt together and rub in the butter. Stir in the cheese and chopped watercress and bind with water (4-5 tbsp) to make a soft dough.

2 Roll out on a floured board until about 2.5cm thick. Cut into 5cm circles using a pastry cutter.

3 Arrange on the baking sheet and bake until risen and browned, about 15 minutes. Serve freshly made with good butter, or as part of a ploughman's lunch.

QUICK HOME-MADE HUMMUS WITH WATERCRESS

SERVES 4-6

1 x 85g bag watercress or equivalent quantity
2 x 410g cans chickpeas
1 clove garlic peeled and crushed
3 tbsp olive oil
1 tbsp tahini
juice of 1 lemon
good pinch cayenne
salt and freshly ground black pepper
wholemeal pitta and extra watercress to serve

1 Roughly chop the watercress. Drain the chickpeas, reserving 100ml of the liquid. Put this reserved liquid and half the chickpeas in a food processor, add the garlic, olive oil, tahini, lemon juice, cayenne and plenty of salt and pepper. Whiz until the mixture becomes smooth.

2 Add the remaining chickpeas and the watercress and whiz again on the pulse setting, until the mixture is still quite chunky. Serve in warmed pitta bread with extra watercress, or as a dip with crudités.



BOOK ONLINE

BRIEF ENCOUNTERS

THE BOOK OF TAPAS
BY SIMONE AND INES ORTEGA
(PHAIDON, £24.95)

THE
BOOK OF
TAPAS
PHAIDON

BOOK ONLINE EDITOR: JOHN KOSKI

Eating tapas is like speed dating – presented with a whole array of enticing possibilities, there's no need to commit much time to each before moving on. With over 250 ideas for these intimate little dishes there's plenty here to keep our hearts aflutter, some destined to be brief flirtations, others long-term relationships. Strange, isn't it, what ham croquettes can do to a girl when they step out as croquetas de jamón? Find recipes at you.co.uk. Buy the book for £19.95 at you-bookshop.co.uk, or call 0845 155 0711.

They're dinky



Genius idea from the leaf boffin with a PhD in watercress: little bags of fork-friendly baby leaves, also just the right amount to fit neatly into one big super-healthy home-made sandwich. Visit stevesleaves.co.uk for info and stockists.