



Demonstration Kitchen
3rd & 4th October 2020

12 noon: Jake Lowndes of Little Seeds, Stone

Ingredients list:

Lamb Rump, Evesham Courgette, green sauce, ratte potatoes, anchovy dressing & black olive

Ingredients for 1 person

Lamb Rump

3 Ratte potatoes

1 small courgette

1 jar of salsa verde

Anchovies

Black olives

Isle of Wight Tomato Salad with burrata, baby basil, capers, crouton & herb oil

Ingredients for 1 person

1 pack of Isle of Wight tomatoes

1 Burrata

1 small punnet of baby basil

Capers

Herbs

Olive oil