

Broad bean, smoked cheddar, mint and watercress

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RADIO



Ingredients

Oak chips
Tin foil
50g salt
500ml water
1kg broad beans in the pod
250g piece of cheddar
Handful of mint and parsley
Handful of watercress
Glug of rapeseed oil
Salt and pepper

Prep Time: 15 mins
Cooking Time: 10 mins

Method

To make your hot smoker

- I use 2 old trays or pans roughly the same size and shape, one for the smoker and one for the lid.
- Make a parcel/pillow with tin foil and fill with a handful of wood chips. I use oak chips.
- Puncture holes in the pillow on one side and put this on your bottom pan. Place a wire cooling rack on the foil pillow and cover with the lid/other pan.
- Turn on the heat and start smoking with heat. Cold smoking takes a lot longer and the source of heat is further away from the food.

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1. Fire up the smoker (see above)
2. Pod the beans, blanch in boiling salted water and refresh in cold water.
3. Cut the cheese into small bite sized pieces and place on a plate on the smoker. Keep the smoker quite cool - medium heat. Smoke the cheese for 5 to 7 minutes.
4. Roughly chop the broad beans, put in a bowl with the ripped parsley and mint. Add in the rapeseed oil, salt and pepper and thoroughly mix.
5. Remove the cheese from the smoker and place onto the veg dish. Arrange the watercress on top and serve.