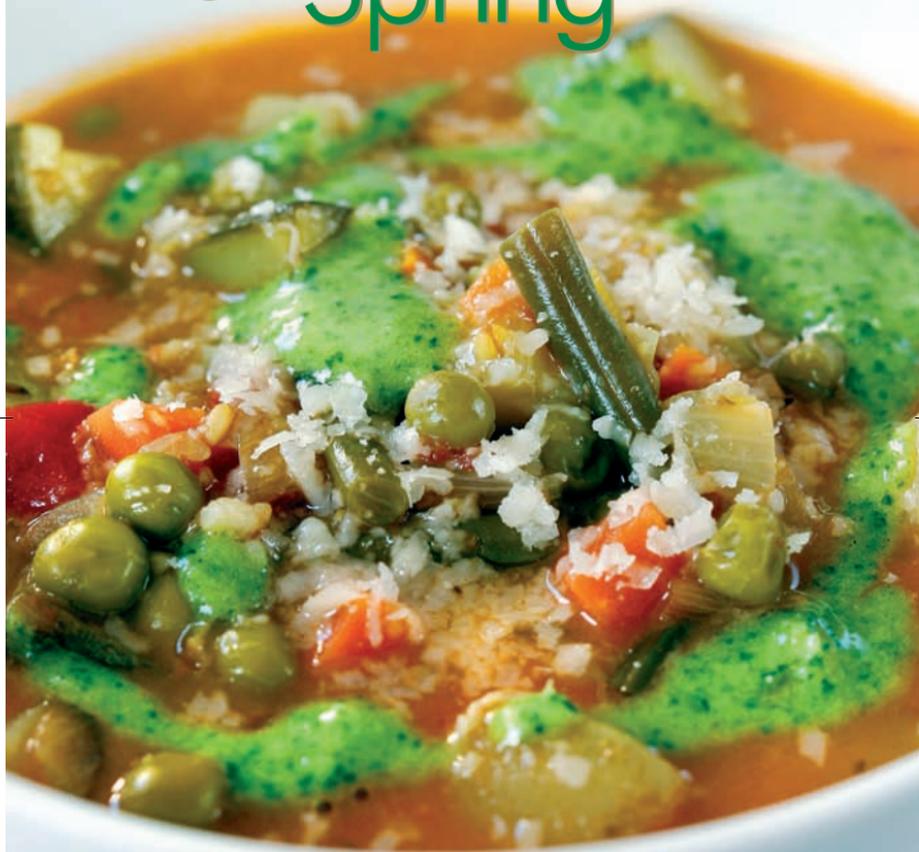


Nick Nairn & Hamlyns of Scotland

Oats for all Seasons **Spring**



HAMLUNS
of Scotland
Oatmeal & Porridge Oats

Oatmeal and Spring Vegetable Soup, Herb Pesto

Serves 6

The variations to this soup are endless, use whatever is in season. Although not so colourful, it is even better re-heated and eaten the next day once the flavours have had time to develop. When reheating, you may need to add some more water or stock if it is too thick.



- 100g Hamlyns Pinhead Oatmeal
- 3 tablespoons olive oil
- 1 medium onion, diced
- 1 medium leek, thinly sliced
- 2 medium carrots, finely diced
- 175g new potatoes, diced
- One 400g can chopped tomatoes
- A few sprigs fresh thyme and 2 bay leaves
- 1.5 litres vegetable stock or water
- 350g courgettes or squash, diced or cubed
- 125g fresh or frozen peas
- 125g green beans,
trimmed and cut into 2.5cm lengths

Herb Pesto:

- 25g fresh basil, parsley or even mint
- 4 garlic cloves
- 50g freshly grated Parmesan
- 100ml extra virgin olive oil

Freshly grated Parmesan or Gruyere, to serve
Salt and freshly ground black pepper

Method

Heat the oil in a large saucepan and add the Hamlyns oatmeal. Toast until golden and smelling nutty, then add the onions and leeks. Cook gently for 10 minutes until beginning to soften. Chuck in the carrots, potatoes, tomatoes, herbs and water or stock, give it a good stir and bring to the boil, cover and simmer gently for 25 minutes.

Meanwhile make the herb pesto. Put the garlic and herbs into a food processor and blitz, then add the olive oil in a slow steady stream and blitz until creamy. Season. Transfer to a bowl, cover and set aside.

Add the courgettes, green beans and peas to the soup and simmer for another 10 - 15 minutes until all the vegetables are very tender and the soup creamy. Taste and check the seasoning. Serve piping hot with a good blob of green herb pesto stirred into each serving. Serve with extra grated Parmesan.

Keeps for 3 to 4 days, tightly covered in the refrigerator.

Tip: Make a "green" version by using the usual base of onion, leek and potato, and only green vegetables, including broccoli and spinach or even shredded cabbage, spring greens or kale. Omit the tomato. Although you don't HAVE to use stock in this soup, vegetable, chicken or a light meat stock would make it richer. The pesto will keep well in the fridge for up to 2 weeks in a jar if covered by a layer of olive oil to keep out the air.

Harry Colquhoun!
Niall Nairn



Hamlyns of Scotland is the only brand of porridge oats and oatmeal guaranteed to be 100% Scottish from seed to mill to finished product. Hamlyns' state of the art oat mill is located in the Banffshire countryside, in the heart of Scotland's oat growing country, where the climatic and soil conditions are ideally suited to growing oats. Here the traditional skills of the miller are combined with the technology of one of the most modern oat processing plants in Europe, to ensure a traditional quality product every time.

Hamlyns Scottish Porridge Oats and Oatmeal contain absolutely no additives whatsoever. No salt, no sugar, no flavourings, no colourings and no preservatives.

You can find lots more Scottish recipes using Hamlyns Scottish Oatmeal and Hamlyns Scottish Porridge Oats, as well as lots of other interesting information on the Hamlyns of Scotland web site:

www.hamlynssoats.co.uk