



watercress burger

Preparation time: 20 minutes plus chilling

Cooking time: 30-35 minutes

ingredients

1 head of garlic, unpeeled
1 tsp olive oil
1 (85g) bag watercress
675g/11/2lb lean minced beef
15ml/1 tbsp Dijon mustard
salt and freshly ground black pepper
4 buns

For the watercress butter:

1 (85g) bag watercress
100g/4oz unsalted butter
1 shallot finely chopped
2 anchovy fillets
30ml/2 tbsp ground almonds

method

Preheat the oven to 180°C/Fan 160°C/Gas Mark 4. Cut the top off the bulb of garlic and drizzle over the olive oil, bake for 20 mins or until the garlic is tender. Cool, separate the cloves of garlic and squeeze the pulp from each: place in a bowl.

Whilst the garlic roasts, make the butter: finely chop the watercress and mash into the butter with the shallot, anchovy and almonds. Season with pepper. Roll the butter in greaseproof paper to form a sausage shape. Freeze for 20 mins.

To make the burgers, finely chop half the remaining watercress and mix with the garlic, mince and mustard. Season with a little salt and plenty of ground black pepper. Divide the mince into four and shape into a 2.5cm/1in thick burgers.

Divide the butter into four, make an indentation in each burger, place a nugget of butter at the centre then shape the mince to enclose the butter inside the burger. Chill until ready to cook.

Grill, pan-fry, griddle or barbecue the burgers to your liking, turning once: 4 mins each side for rare; 6 mins each side for medium; 8 mins each side for well done.

Set aside to stand for 5 mins. Split the buns and toast the insides. Fill with the burgers and remaining watercress leaves.



watercress & garlic dip with king prawns

Preparation time: 10 minutes

Cooking time: 15 minutes

ingredients

15ml/1 tbsp olive oil
1 shallot, chopped
1 clove garlic, crushed
1 potato, peeled and chopped
100ml/4fl oz dry white wine
pinch of chilli flakes
2 (85g) bags watercress
squeeze of lemon juice
60ml/4tbsp half fat crème fraiche
tiger prawns
wedges of lemon to serve

method

Heat the oil in a frying pan add the shallot and sauté over a gentle heat for 5 mins. Add the garlic, potato, wine and chilli, cover and simmer for 10 mins or until the potato is tender. Add the watercress and cook, stirring for 4 mins until the leaves have wilted. Cool.

Add the crème fraiche, then transfer to a food processor and blitz until just smooth. Season to taste. Spoon into a bowl and serve with barbecued fish or meat or as a cold dip with Pitta bread.



watercress & bulghur tabbouleh

Preparation time: 10minutes + soaking

Cooking time: 0 minutes

ingredients

100g/4oz Bulghur wheat
2 (85g) bags watercress,
roughly chopped 4 ripe tomatoes, de-seeded and chopped
4 spring onions, trimmed and chopped
juice 1 lemon
45ml/3 tbsp olive oil
salt and freshly ground black pepper
little gem lettuce to serve
barbecued chicken drumstick

method

Place the bulghur wheat in a large bowl, cover with boiling water from the kettle, cover with a plate and leave to stand for 15 mins. Drain off any excess liquid.

Reserve a handful of the watercress; finely chop the remainder. Stir the watercress, tomatoes, onions, lemon juice and olive oil into the wheat and season to taste with salt and pepper.

Leave to marinate for at least 20 mins before serving to allow the flavours to develop.

Line a bowl with little gem lettuce leaves and the reserved watercress. Spoon in the tabbouleh and serve.

Delicious served with barbecued chicken.



watercress, mango & chicken salad

Preparation time: 10 minutes

Cooking time: 2 minutes

ingredients

150g/5oz asparagus tips
1 mango, peeled and stoned
100g/4oz red grapes
350g/12oz cooked chicken breast
1 (85g) bag watercress
45ml/3 tbsp pumpkin seeds

For the dressing:

zest and juice
1 orange
2.5ml/½tsp dried chilli flakes
5ml/1 tsp honey
salt and freshly ground black pepper

method

Cook the asparagus tips in boiling water for 2 mins. Drain and refresh in cold water. Thinly slice the mango flesh and halve the grapes.

Cut or tear the chicken into bite sized pieces.

Place the asparagus, mango, grapes and chicken in a serving bowl. Add the watercress and pumpkin seeds.

Place all the dressing ingredients together in a bowl and whisk together with



13 Minute Wirral Watercress Soup

Preparation time: 5 minutes

Cooking time: 17 minutes

ingredients

1 onion – chopped finely

Tablespoon of oil

Tablespoon of plain flour

1 pint of stock (*we use a chicken stock cube!*)

1 bunch of Wirral Watercress (*we use half a bunch per pint of stock but you can use more according to your taste*)

method

Fry the chopped onions in the oil till soft. Add the flour and mix well.

Add the stock slowly and leave to simmer for 3-5 minutes.

Roughly chop the Wirral Watercress and add to stock.

Simmer for a further 3-5 minutes.

Blend and serve immediately.