

FROM THE AUTUMN TABLE

The First Four Recipes of Amberfell

Four complete recipes, four moments and one believable Amberfell table.

01

Apple, Oat & Brown Sugar Breakfast Crumble

20 minutes, plus 35-40 minutes baking and 10 minutes resting · Serves 4-6

02

Mushroom, Thyme & Gruyère Tart

20 minutes, plus 27-30 minutes baking and 5 minutes resting · Serves 4

03

Cheddar, Chive & Black Pepper Scones

20 minutes, plus 14-16 minutes baking and 5 minutes cooling · Makes 8

04

Salted Maple Hot Chocolate

5 minutes preparation, plus 8-10 minutes cooking · Serves 2

How to use this set

Pages 2-5 are individual A5 cards. Pages 6-7 place two cards on each A4 landscape sheet for easy home printing. Print at 100% / Actual Size on uncoated paper or light card. Each QR and printed route returns to the full recipe page. Measurements, method, yield, storage and allergen notes follow the approved source recipes without shortening.

Apple, Oat & Brown Sugar Breakfast Crumble

A warm, cinnamon-soft breakfast crumble for rainy autumn mornings — just sweet enough for breakfast and especially good with cold yoghurt.

20 MINUTES, PLUS 35-40 MINUTES BAKING AND 10 MINUTES RESTING · SERVES 4-6

INGREDIENTS

For the apples

- 700 g prepared apple weight, about 5–6 medium apples, peeled, cored and cut into 2 cm pieces
- 1 tbsp fresh lemon juice
- 1 tbsp soft light brown sugar
- 1 tbsp cornflour
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- pinch of fine sea salt

For the oat crumble

- 100 g jumbo rolled oats
- 80 g plain flour
- 70 g soft light brown sugar
- 1 tsp ground cinnamon
- ¼ tsp fine sea salt
- 90 g cold unsalted butter or lactose-free butter, cut into small cubes

To serve

- thick natural or Greek-style yoghurt, lactose-free if needed
- a little extra cinnamon, optional

ESSY NOTE

Assemble the apple layer and crumble topping separately the evening before, cover and refrigerate, then scatter and bake in the morning. Leftovers are particularly good reheated for breakfast the next day.

KEEPING

Once completely cool, cover and refrigerate for up to 3 days. Reheat individual portions until piping hot, or warm the whole dish at 160°C conventional / 140°C fan for approximately 15–20 minutes.

METHOD

1. Heat the oven to 190°C conventional / 170°C fan. Lightly butter a 1.5-litre baking dish, approximately 20 × 24 cm.
2. Put the prepared apples into the dish. Add the lemon juice, brown sugar, cornflour, cinnamon, vanilla and salt, then toss until every piece is lightly coated. Spread the apples into an even layer.
3. Add the oats, flour, brown sugar, cinnamon and salt to a large bowl. Mix briefly with your fingertips.
4. Add the cold butter. Rub it into the dry ingredients until the mixture forms uneven crumbs, leaving a few small pieces of butter visible. The topping should feel loose and craggy rather than fine or compact.
5. Scatter the crumble evenly over the apples without pressing it down.
6. Bake for 35–40 minutes, until the topping is deeply golden, the juices are bubbling around the edges and a small knife slides easily into the apples.
7. Leave the crumble to rest for 10 minutes. Serve warm with cold thick yoghurt and, if you like, the lightest dusting of cinnamon.



Mushroom, Thyme & Gruyère Tart

A crisp, golden tart layered with deeply browned mushrooms, thyme, Dijon and Gruyère — made for a quiet autumn lunch or an early supper at home.

20 MINUTES, PLUS 27-30 MINUTES BAKING AND 5 MINUTES RESTING · SERVES 4

INGREDIENTS

- 1 sheet ready-rolled all-butter puff pastry, approximately 320 g and 35 × 23 cm, kept chilled
- 1 medium egg, beaten with 1 tsp cold water
- 1 tbsp olive oil
- 15 g unsalted butter
- 400 g chestnut mushrooms, wiped clean and sliced approximately 5 mm thick
- 1 medium shallot, finely sliced
- 1 garlic clove, finely grated or crushed
- 2 tsp fresh thyme leaves, plus a few extra leaves to finish
- ½ tsp fine sea salt
- freshly ground black pepper
- 80 g crème fraîche
- 1 tsp Dijon mustard
- 100 g Gruyère, coarsely grated

To serve, optional

- a simply dressed green salad

ESSY NOTE

The mushrooms can be cooked up to one day ahead and chilled once completely cool. Bring them close to room temperature before assembling the tart, and make sure no moisture has collected in the container. The pastry is at its crispest on the day it is baked.

KEEPING

Once completely cool, refrigerate leftover tart in an airtight container for up to 2 days. Reheat on a preheated baking tray at 190°C conventional / 170°C fan for 8-10 minutes, until hot and crisp. Do not reheat it in the microwave if you want to preserve the pastry texture.

ALLERGENS

Contains gluten, milk, egg and mustard. Check the packaging of the pastry, crème fraîche, mustard and Gruyère when cooking for someone with an allergy.

METHOD

1. Heat the oven to 220°C conventional / 200°C fan. Put a heavy baking tray into the oven to heat. Unroll the chilled pastry on its baking paper and place it on a second, cool tray or board.
2. Using the tip of a small knife, score a 2 cm border around the pastry without cutting all the way through. Prick the centre all over with a fork, leaving the border untouched. Brush the border lightly with the beaten egg.
3. Slide the pastry, still on its paper, onto the hot baking tray. Bake for 10-12 minutes, until the border has risen and the centre is lightly puffed. Remove it from the oven and gently press the centre down with the back of a spatula, keeping the border intact. Reduce the oven to 210°C conventional / 190°C fan.
4. While the pastry bakes, heat the olive oil in a large frying pan over medium-high heat. Add the mushrooms and spread them out. Cook for 8-10 minutes, stirring only occasionally, until their released liquid has evaporated and the edges are deeply golden.
5. Lower the heat to medium. Add the butter and shallot, then cook for 3 minutes until the shallot is soft. Add the garlic and thyme and cook for 1 minute. Season with the salt and several turns of black pepper, then remove the pan from the heat. There should be no visible liquid left in the pan.
6. Stir the crème fraîche and Dijon together. Spread the mixture over the pressed centre of the pastry, staying inside the raised border. Scatter over 60 g of the Gruyère, spoon the mushroom mixture evenly on top, then finish with the remaining 40 g Gruyère.
7. Return the tart to the oven and bake for 17-18 minutes, until the edges are deeply golden, the base looks crisp and the cheese is bubbling in small bronzed patches.
8. Leave the tart to rest for 5 minutes. Finish with a few thyme leaves and more black pepper, then cut into four generous pieces. Serve warm with a simply dressed green salad, if you like.



Cheddar, Chive & Black Pepper Scones

Tall, tender savoury scones with mature cheddar, fresh chives and enough black pepper to make them quietly interesting — especially good warm with salted butter.

20 MINUTES, PLUS 14-16 MINUTES BAKING AND 5 MINUTES COOLING · MAKES 8

INGREDIENTS

- 300 g self-raising flour, plus a little extra for dusting
- 1 tsp baking powder
- ½ tsp fine sea salt
- 1½ tsp coarsely ground black pepper, plus a little extra for the tops
- 80 g cold unsalted butter, cut into small cubes
- 120 g mature cheddar, coarsely grated
- 15 g fresh chives, finely snipped
- 180 ml cold buttermilk, plus 1 tbsp for brushing

To serve, optional

- salted butter

ESSY NOTE

Cold ingredients and a light hand matter more than perfect shapes. Press leftover dough together only once; the final scones may be slightly less even, which is entirely welcome here.

KEEPING

The scones are best on the day they are baked. Once completely cool, store them in an airtight container for up to 2 days. Reheat at 170°C conventional / 150°C fan for 5–7 minutes. They may also be frozen for up to 1 month and reheated from defrosted.

ALLERGENS

Contains gluten and milk. Check the packaging of the flour, butter, cheddar and buttermilk when cooking for someone with an allergy.

METHOD

1. Heat the oven to 220°C conventional / 200°C fan. Line a large baking tray with baking paper.
2. Put the self-raising flour, baking powder, salt and black pepper into a large bowl and whisk briefly to distribute the raising agent evenly.
3. Add the cold butter. Rub it into the flour with your fingertips until the mixture resembles coarse crumbs, with a few small flakes of butter still visible.
4. Set aside 30 g of the grated cheddar for the tops. Add the remaining 90 g cheddar and all the chives to the bowl, then toss lightly through the flour mixture.
5. Make a well in the centre and pour in the 180 ml cold buttermilk. Mix with a table knife or flexible spatula until the dough forms rough, soft clumps and almost no dry flour remains. Do not knead it in the bowl.
6. Turn the dough onto a lightly floured worktop. Bring it together gently, then fold it in half and press it out twice. Pat it to an even thickness of approximately 3 cm.
7. Dip a 6 cm round cutter in flour and cut straight down without twisting. Place the rounds on the prepared tray. Bring the scraps together only once, press them to 3 cm and cut the remaining scones. You should have 8.
8. Brush only the tops with the extra buttermilk, taking care not to let it run down the cut sides. Divide the reserved cheddar over the tops and finish with the lightest extra grinding of black pepper.
9. Bake for 14–16 minutes, until the scones are well risen, deeply golden at the edges and the cheese on top has small bronzed patches.
10. Leave them on the tray for 5 minutes, then serve warm, split by hand, with salted butter if you like.



Salted Maple Hot Chocolate

A smooth, dark hot chocolate softened with maple and the smallest measured touch of sea salt — made for rainy evenings, open books and staying exactly where you are.

5 MINUTES PREPARATION, PLUS 8-10 MINUTES COOKING · SERVES 2

INGREDIENTS

- 20 g unsweetened cocoa powder
- 500 ml whole milk or lactose-free whole milk
- 50 g dark chocolate, approximately 70% cocoa, finely chopped
- 2 tbsp pure maple syrup, approximately 30 ml
- ½ tsp vanilla extract
- ⅛ tsp fine sea salt

ESSY NOTE

Warming the mugs with hot water while the chocolate cooks keeps the drink hot for longer without boiling the milk. Pour the water away and dry the mugs just before serving.

KEEPING

Hot chocolate is best served immediately. If needed, cool and refrigerate it in a covered container for up to 24 hours. Reheat gently over low heat while whisking; do not boil.

ALLERGENS

Contains milk when made with dairy milk and standard milk-containing chocolate. Use lactose-free whole milk when needed and always check the chocolate packaging when cooking for someone with an allergy or intolerance.

METHOD

1. Put the cocoa powder into a medium saucepan. Add 3 tbsp of the measured milk and whisk until completely smooth and glossy, with no dry pockets of cocoa remaining.
2. Gradually whisk in the remaining milk. Set the pan over medium-low heat and warm for 5-6 minutes, whisking occasionally, until the milk is steaming and hot but not boiling.
3. Lower the heat. Add the chopped dark chocolate, maple syrup, vanilla and sea salt. Whisk for 2-3 minutes, until the chocolate has melted and the drink is completely smooth.
4. Taste carefully. The chocolate should come first, followed by a soft maple note and a clean, subtle salt finish. Do not add more salt before tasting a full spoonful.
5. Divide between two warmed mugs and serve immediately.



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INGREDIENTS

For the apples

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- 1 tbsp fresh lemon juice
- 1 tbsp soft light brown sugar
- 1 tbsp cornflour
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- pinch of fine sea salt

For the oat crumble

- 100 g jumbo rolled oats
- 80 g plain flour
- 70 g soft light brown sugar
- 1 tsp ground cinnamon
- ¼ tsp fine sea salt
- 90 g cold unsalted butter or lactose-free butter, cut into small cubes

To serve

- thick natural or Greek-style yoghurt, lactose-free if needed
- a little extra cinnamon, optional

ESSY NOTE

Assemble the apple layer and crumble topping separately the evening before, cover and refrigerate, then scatter and bake in the morning. Leftovers are particularly good reheated for breakfast the next day.

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METHOD

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- 1 tbsp olive oil
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- 1 medium shallot, finely sliced
- 1 garlic clove, finely grated or crushed
- 2 tsp fresh thyme leaves, plus a few extra leaves to finish
- ½ tsp fine sea salt
- freshly ground black pepper
- 80 g crème fraîche
- 1 tsp Dijon mustard
- 100 g Gruyère, coarsely grated

To serve, optional

- a simply dressed green salad

ESSY NOTE

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KEEPING

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