



SPRING 2021 FABLE AND FOOD

This concert package includes: Shopping List, Notes from the Directors' & Recipes

“Once upon a time there were four little Rabbits,
and their names were – Flopsy, Mopsy, Cottontail,
and Peter.”

Beatrix Potter, *The Tale of Peter Rabbit*

Beatrix Potter’s *Peter Rabbit*, was a big part of our childhood. And so, it was only fitting that for the season of Spring we celebrate stories of playful rabbits, sneaky cats and tailoring mice. Not only that, but it is a chance to pay tribute to Potter’s incredible world on *The Tale of Peter Rabbit*’s 120th birthday. These stories have been reimagined into these spring recipes and a thirty-minute experience of new and experimental film and music, we hope to bring you all into this world of Spring Fables and Food.

Enjoy,

Daniel and Victoria
FABLE Artistic Directors

SPRING 2021
FABLE AND FOOD

MENU

ENTRÉE

The McGregors' Tartine (sans Rabbit)

'A Teddy Rabbits' Picnic'
Performed and produced by
Daniel Pini

MAIN

Peter Rabbit's Roast Salad

'An Adventure in the Woods'
Production and Sound Design
by Daniel Pini and Victoria Pham

DESSERT

Bread, Milk and Blackberries

'Un jardin qui rêve de printemps'
Production and Sound Design by
Victoria Pham

SHOPPING LIST

BASICS

Honey

Olive Oil

Caster Sugar

Demerara sugar

Salt

Pepper

Bread: Crusty Sourdough if you can find it, sliced

White bread OR Brioche

DAIRY

Unsalted Butter
300ml Single cream
250ml Full-fat Milk

FRESH

2 Carrots
2 Parsnips
Handful of Radishes

2 Orange Sweet Potatoes

1 Red Onion

1 Unwaxed Lemon

Fresh Parsley

200g Rocket

300g Cherry Tomatoes

Garlic Bulb

Blackberries (or any berries to your liking)

OTHER

Walnuts

Pesto

Rolled Oats

Chilli Flakes

Vanilla Extract



RECIPES

Serves 4

Difficulty: Easy

Total Time: 90 minutes

TIP: The Oven will be used for all three recipes for your convenience!

entrée

The McGregors' Tartine (sans Rabbit)

Ingredients

4 slices of crusty sourdough bread

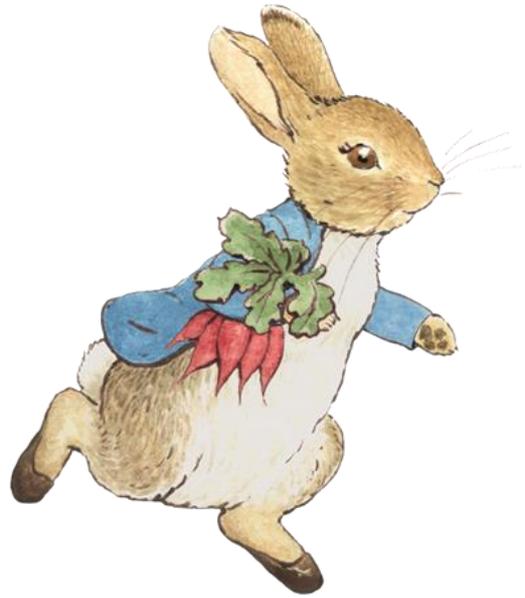
300g Cherry Tomatoes

4 cloves of garlic

Parsley, chopped finely
Olive Oil
Salt
Pepper
Optional: Chilli Flakes

Method

1. Preheat oven at 180 degree Celsius, or 140 degrees Celsius fan-force
2. Place cherry tomatoes and garlic cloves in a baking tray. Top with 4 tablespoons of olive oil, generous pinch of salt and pepper. Place into oven to roast for 45 minutes, or until blistered.
3. Right before the, toast your slices of sourdough bread.
4. To serve, drizzle slices of toasted bread with olive oil and a touch of salt. Take blistered tomatoes out of the oven. Spread a garlic clove on each slice of bread and top with roasted tomatoes. Garnish here with parsley and chilli flakes, and enjoy!



main

Peter Rabbit's Roast Salad

Ingredients

2 carrots, peeled and chopped roughly into chunks of 3x2cm
2 parsnips, as above
2 sweet potatoes, as above
Handful of Radishes, halved
1 red onion, quartered
Parsley, chopped roughly and as much as desired
200g of rocket, washed and dried
1 jar of pesto
1 tablespoon of honey
Olive oil
Salt
Pepper



Method

1. Preheat oven at 180 degree Celsius, or 140 degrees Celsius fan-force
2. Place prepared carrots, parsnips, sweet potatoes, onion and radishes in a large baking tray. Mix through a generous amount of salt, pepper, honey and enough olive oil to thinly cover each vegetable chunk. Place into oven and roast for 90 minutes, or until golden.
3. While the vegetables are roasting, prepare your easy pesto dressing. In a small bowl take mix the jar of pesto with 3 tablespoons of olive oil and stir through freshly chopped parsley.
4. When the roasted vegetables are ready, stir through your rocket and generously dress your roast spring salad. Enjoy!

dessert

Bread, Milk and Blackberries

A play on Mrs Rabbit's dessert treat and bread and butter pudding

Ingredients

Blackberries (or any berries you wish)
250ml full-fat milk
300ml single cream
3 whole large eggs, plus one egg yolk
1 teaspoon of vanilla extract
3 tablespoons of caster or golden sugar
50g unsalted butter, melted
4 to 6 slices of day-old crusty white bread, or preferably brioche
2 tablespoons of demerara sugar
1 teaspoon of lemon zest

Method

1. Preheat oven at 180 degree Celsius, or 140 degrees Celsius fan-force

2. To make the custard, heat the milk, cream and vanilla extract together in a saucepan to just below boiling point. Meanwhile whisk the eggs and yolk with the caster sugar in a jug. Slowly pour the warm milk mixture, including the vanilla pod, over the eggs, stirring constantly until smooth. Stir in the vanilla extract now if using.
3. Lightly butter an ovenproof dish. Cut the crusts from the bread slices, then butter both sides of the bread and cut into triangles. Lay half of the bread slices in the bottom of the dish so that they are slightly overlapping. Place half of the berries and lemon zest over the bread. Layer the rest of the bread on top then sprinkle over the remaining fruit and zest.
4. Pour the custard over the pudding. Leave to soak for at least 30 mins, or longer in the fridge, if you like. Sprinkle over the demerara and bake for 35-40 mins until golden brown and puffed up. Enjoy!



We would suggest a calming drink of camomile tea to accompany your dessert and film viewing, or as an after meal treat. After all, it's what Mrs Rabbit would suggest.



Your concert tickets will be e-mailed to you in the days before the concert, so don't worry if you haven't received them yet!

If you have any questions, you can email us at artsfable@gmail.com

In the meantime, you can keep up with FABLE's activities by following us on our website:
<https://www.fable-arts.com/>

or on Instagram at: @fable_arts

THE CONCERT WILL BE AVAILABLE ON-LINE FROM
APRIL 24th and 25th, 2021

for you to enjoy with your meal at any time for your convenience! We can't wait to see you there,

Your fable directors,
Daniel Pini & Victoria Pham

