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NICK COFFER'S WEEKEND KITCHEN

Recipes for the 6th July 2013

Saira Hamilton

Main course

Masala Lamb Chops with Baba Ghanoush

Serves 4

Lamb cutlets (depending on their size, allow for 2 or 3 per person). Asking your butcher to French trim them would be a bonus.

1 tbsp vegetable oil
2 cloves garlic, crushed
½ inch of fresh ginger, grated
1 ripe kiwi fruit

Spices for lamb:

¼ tsp ground turmeric
½ tsp chilli powder
½ tsp ground coriander
1 level tsp ground cumin
½ tsp table salt

- Preheat oven to 180°C/ Gas Mark 4.
- Mix the spices, garlic, ginger and oil and rub into the lamb. Squeeze the pulp out of the kiwi fruit and massage into the lamb.
- Cover and set aside to marinade for 15mins up to 2 hours. Take the chops out of the bowl and brush off any excess marinade or kiwi flesh or seeds.
- Heat a frying pan to very hot and sear the chops for approx. 1 min on each side.
- Transfer the chops to a roasting tin and put in the oven. It's difficult to say exactly how long the chops need in the oven. A guide for medium chops would be 5-6 minutes. Wrap the meat well in foil and allow to rest for approx 5 minutes before serving.

For the Baba Ghanoush:

2 large aubergines
1 tbsp olive oil (plus extra for garnish)
1 small garlic clove, crushed
80 gms pre-roasted red peppers (out of a jar is absolutely fine), cut into small pieces
2 tbsps finely diced red onion
½ large red chilli, de-seeded and finely chopped
2 tbsps of fresh coriander, finely chopped
Sea salt and pepper to taste

- Heat the oven to 180°C/ Gas Mark 4. Using a skewer or sharp knife, prick the aubergines all over and rub the olive oil all over.
- Place on a baking sheet in the oven and roast for at least 1 hour until the aubergines are cooked through and completely soft.
- Split the aubergines in half lengthways and scoop out all the flesh into a large bowl.
- Add all the other ingredients and mix well with a fork. Season with salt, pepper and lemon juice to your taste. It should have enough lemon to give the dip a really zingy and fresh flavour.
- When you are happy with the flavour, pile into a bowl and drizzle with a little extra olive oil and serve with the lamb.

Main course

Chicken Bhuna

This is what I would call a “starter” curry, ie. if you’ve never made curry before, this is the one to get you started. From this recipe, you can add layers of flavour by using different spices to create your desired heat and taste.

Serves 4

4 tbsp sunflower / vegetable oil
1 large / 2 small onions, finely chopped
6-7 cloves garlic, crushed
1 inch ginger, finely chopped / grated
800gms boneless skinless chicken thigh fillets
1 heaped tablespoon natural yoghurt (**not** low fat – it’s too watery)

Starter spices:

Whole spices – 4 cardamon pods, 2/3 cinnamon slivers (or cassia bark), 2 dried bay leaves.
Ground spices – ½ level tsp turmeric, 1 level tsp chilli powder, 1 heaped tsp coriander, 1 ½ heaped tsp cumin, 1 level tsp garam masala, 1 tsp salt

- Heat the oil in a large saucepan, on a medium heat. When the oil is hot, add in the chopped onions. Cook the onions for at least 10 minutes over a medium heat until they are a bronzed brown. Be patient or the final result will be pale and pasty looking!

- Add in the whole spices (tear the bay leaf) and fry for a further minute, until you can smell their fragrance.
- Then add in the garlic and ginger and fry for at least a minute, stirring all the time to prevent burning.
- Now add in the ground spices and fry for at least another 90 seconds or so. Be brave and keep the heat up quite high but keep stirring to prevent burning. Once spices have been cooked, add in approximately a cupful of water (200ml). At this point the spice-mix will bubble furiously. Keep cooking, stirring continuously, until most of the water has evaporated, and you are left with a shiny looking curry paste in the pan. This process is called the 'bhuna'.
- Now, with the heat still high, add in the chicken pieces. Turn them over in the pan for at least a few minutes until the pieces are sealed all over.
- Now reduce the heat to a healthy simmer and cover. Cook for about 20 minutes, stirring occasionally. Finally stir in the yoghurt, and the curry is ready to eat. Garnish with chopped coriander and serve.
- Serve with rice or Indian breads, some vegetables and a salad.

Dessert

Sticky Pear Sponge

Serves 6

2 eating pears (conference pears work well)
 2 tsps ground cinnamon
 200gms butter or margarine (plus extra for greasing)
 200gms caster sugar (white or golden)
 4 eggs
 200gms self-raising flour
 1 level tsp baking powder
 3 tablespoons of golden syrup

- Pre-heat the oven to 180°C (170° fan oven)/ Gas Mark 4 and grease a ceramic dish or cake tin (approx 20cm x 15cm or similar). If using a cake tin I would also line with baking parchment.
- Peel and quarter the pears and discard the cores. Slice each quarter lengthways again, so you have 8 slices from each pear. Toss the pear pieces in the ground cinnamon.
- Measure each of the sponge ingredients (butter/margarine, sugar, eggs, flour and baking powder) and add into one big mixing bowl and beat together until well combined and pale and fluffy (by hand or mixer). If it is a little stiff, add a tablespoon of milk to loosen.
- Pour the sponge mix into the prepared dish, and level.
- Place the pear pieces on top of the sponge mix and press each one gently into the mix so they are half submerged.
- Drizzle the golden syrup over the top of the pears.

- Bake in the oven for 30-35 minutes until the sponge is golden and springy to the touch. If the sponge is still wobbly in the centre, return to the oven for another 5 minutes. Check after 20 minutes and if the top is getting too brown cover with foil for the remainder of the cooking time.
- Serve with custard, cream or ice-cream.

Chris Smith

Main course

Beer Battered Haddock and Chips

4 large Maris pipers

4x 5/6oz haddock fillets (skinned & pin boned)

200-300g self raising flour

1 can lager

20g self raising flour (for dusting the fish)

- Peel the potatoes and cut into the desired size you are looking for. Wash the potatoes in a bowl of warm water for 10 minutes.
- Boil the potatoes in a pan of lightly salted water until they start to nearly fall apart, (the further you dare to take the potato without them turning to mash the better they will be) drain and chill.
- Heat oil in a high sided pan to 150C and cook for 3-4 minutes or until the potato feels fully cooked with no colour. Remove from the pan. (If you don't have a thermometer, you want the oil to be hot enough to gently simmer and sizzle the chips. You don't want it to hard fry the chips at this stage).
- Then, turn up the heat of the oil to 180C and add the potatoes back in. Cook until golden and crispy. Drain and season with rock salt. (Again, if you don't have a thermometer, you will know if the oil is hot enough if the chips really sizzle in it).
- In a bowl, whisk 200g of the self-raising flour with the lager until smooth. It should be neither too runny nor too thick – the kind of consistency you would have with Yorkshire pudding batter or pancake batter. If it is too thin, add more of the flour until you get the right consistency.
- Dust the haddock in a little flour and dip into the batter, covering the fish evenly. Slowly drop into the pan of hot oil.
- Cook at 180C, turn after 2 minutes or when the fish looks golden. Cook again for another 2 minutes before removing the fish and draining on a cloth or kitchen towel. Serve with a sprinkle of rock salt and a wedge of lemon.

Main course

Crispy Duck Leg

4 fresh duck legs

2 cloves garlic, cut in half

1 star anise (optional)
2 bay leaves
2 tsp Chinese Five spice
Sea salt / table salt
Bag of mixed salad
2 oranges
1 tablespoon hoisin sauce to serve

- Place the duck legs, garlic cloves, bay leaves, pinch of salt, star anise and Chinese Five spice in a pan and cover with water.
- Simmer for a couple of hours, or until the duck leg feels tender.
- Remove the duck from the pan, drain and dry. Transfer to a frying pan and fry both sides until crispy.
- Peel and segment the oranges.
- In a bowl, mix together the salad leaves, hoisin and orange segments.
- Serve alongside the crispy duck leg

NOTE: This cooking method gives you perfectly tender duck legs which you can just as easily use with Chinese wraps to create classic Peking Duck wraps. If you prefer, you can cook the duck legs just as easily in an oven at 180C/ gas Mark 4 for an hour, having dusted them with the spices. They will go nice and crispy this way too.

Dessert

Strawberry Tarte Fines

1 punnet fresh strawberries
75g plain flour
6 eggs
500ml semi skinned milk
100g caster sugar
1 pack ready-roll puff pastry/block
Icing sugar

- In a bowl, mix the eggs and sugar together. Add the flour and mix well until smooth.
- In a pan, heat the milk on a low heat to a near boil. Pour the milk over the egg mix. Mix together well.
- Place the mixture back in the pan and back on the stove. Cook until the mixture thickens and you can no longer taste the flour (this will take approx 3-4 minutes). Take the pan off the heat and transfer into a bowl ready to chill in fridge.
- While the cream is chilling, roll out the puff pastry to about ½ cm thickness and cut into the desired size and shape. You can do one large round tart, 4-6 smaller ones of about 3-4 inches in diameter or several small ones for canapés.
- Prick the pastry with a fork all over apart from the edges.
- Spread your chilled pastry cream over the puff pastry leaving a 1cm clean edge. Arrange the sliced strawberries on top of the cream and dust with icing sugar.

- Bake on greaseproof paper for 15 minutes or until the bases are golden and crispy. Finish with a decorative dusting of icing sugar.

Starter / Main course

Sweetcorn Chowder

1 bag frozen sweetcorn
 2 slices of pancetta/bacon
 1 fresh chilli
 1 bunch coriander
 1 tablespoon of golden syrup
 Vegetable stock/water
 1 onion, chopped
 1 carrot, chopped
 1 celery stick, chopped
 1 tin crab claw meat/white meat

- Put the onion, carrot and celery in a pan with a little oil. On a low to medium heat, cook the vegetables until they begin to sweat or the onions are soft. Don't allow the veg to colour though.
- Cook for 5 minutes and then add the bag of frozen sweetcorn. Add the golden syrup and enough vegetable stock/water to cover the contents of the pan.
- Cook for 25 minutes. Remove from the heat and use a blender to create a smooth mixture. You can also use a food processor.
- On a baking tray, lay slices of pancetta and grill until they are crispy and golden.
- Serve the soup with a sprinkle of crab meat and garnish with your grilled pancetta, fresh coriander leaves and diced fresh chilli (add as much chilli as you dare!)